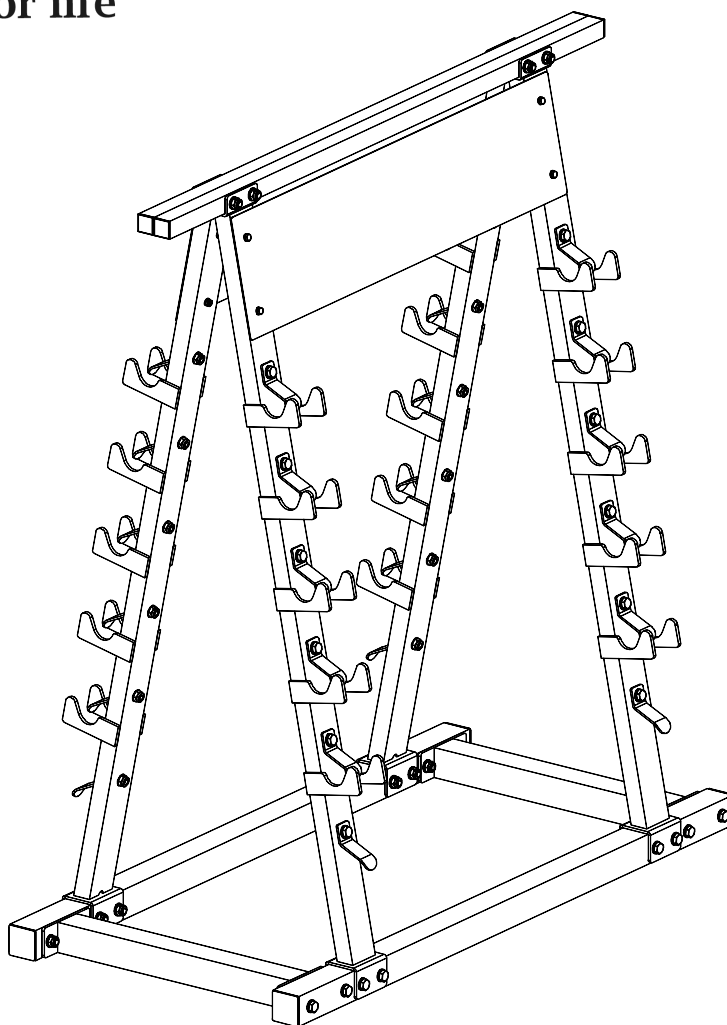


# ***LifeGear L1/BARBELL RACK***

## ***ITEM NO.: 76260***

***LifeGear***

Get active for life



## ***OWNER'S MANUAL***

**IMPORTANT:** Read all instructions carefully before using this product. Retain this owner's manual for future reference.  
The specifications of this product may vary from this photo and are subject to change without prior notice.

2022, April

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# ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

# IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this barbell rack. Read all instructions before using it.

1. Read all instructions and follow it carefully before using this barbell rack. Make sure this barbell rack is properly assembled and tightened before use.
2. Please make sure all parts are not damaged and fixed well before use. This barbell rack should be placed on a flat surface when using.
3. Never drop or insert any object into any opening.
4. Never operate the barbell rack when it has been dropped or damaged.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Do not jump on the barbell rack.
7. Do not use the barbell rack outdoors.
8. This barbell rack is for household use only.
9. Do not allow children or pet on or near the barbell rack. Children are not allowed to use this barbell rack.

**CAUTION:** Read all instructions carefully before operating this product.  
Retain this Owner's Manual for future reference.

## MAINTENANCE

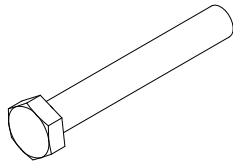
Please wipe dust off the barbell rack with a clean and dry cloth.

Please inspect all assembly bolts and nuts on the barbell rack for proper tightness and frame of the barbell rack for any sign of cracking or permanent bending. If you find this situation, do not use this barbell rack.

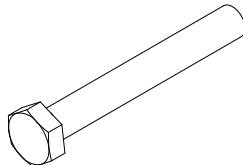
## PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Base Tube	2	010	Hex Bolt M10x50	24
002	Connector Frame	2	011	Hex Bolt M6x40	8
003	Barbell Frame	4	012	Washer Ø6	16
004	Top Tube	2	013	Washer Ø10	88
005	Flat Plate	2	014	Nylon Lock Nut M10	44
006	Safety Plate	24	015	Nylon Lock Nut M6	8
007	Hex Bolt M10x70	8	016	Top Tube End Cap 30x30	4
008	Hex Bolt M10x75	8	017	Base Tube End Cap 50x50	4
009	Hex Bolt M10x85	4			

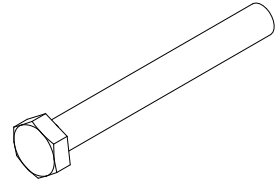
# HARDWARE LIST



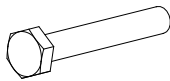
(7) Hex Bolt M10x70  
8 PCS



(8) Hex Bolt M10x75  
8 PCS



(9) Hex Bolt M10x85  
4 PCS



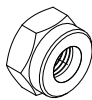
(11) Hex Bolt M6x40  
8 PCS



(12) Washer Ø6  
16 PCS



(13) Washer Ø10  
40 PCS

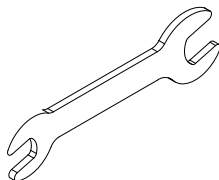


(14) Nylon Lock Nut M10  
20 PCS

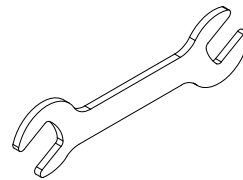


(15) Nylon Lock Nut M6  
8 PCS

# TOOLS

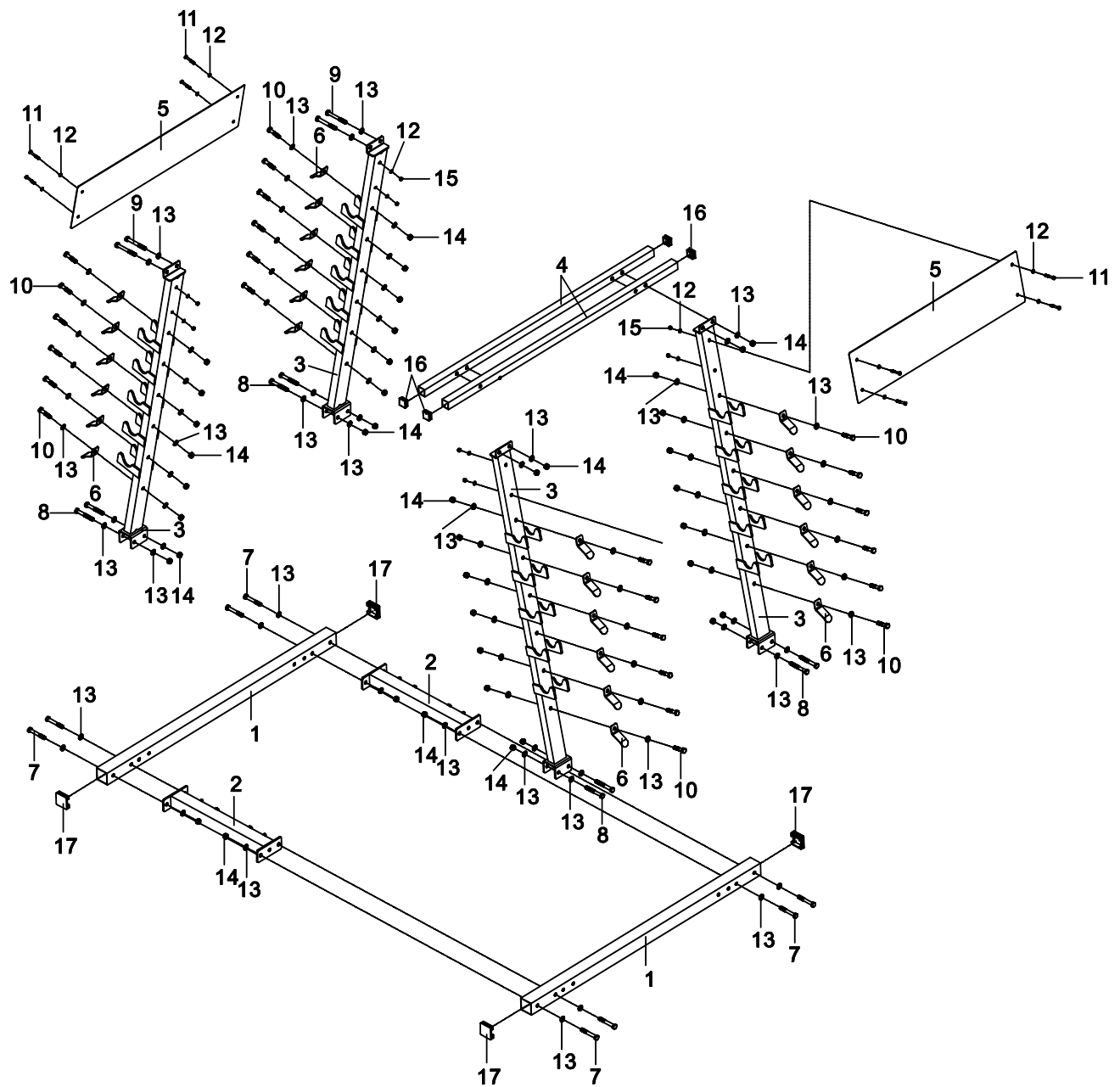


Double Open End Wrench 14x10  
2 PCS

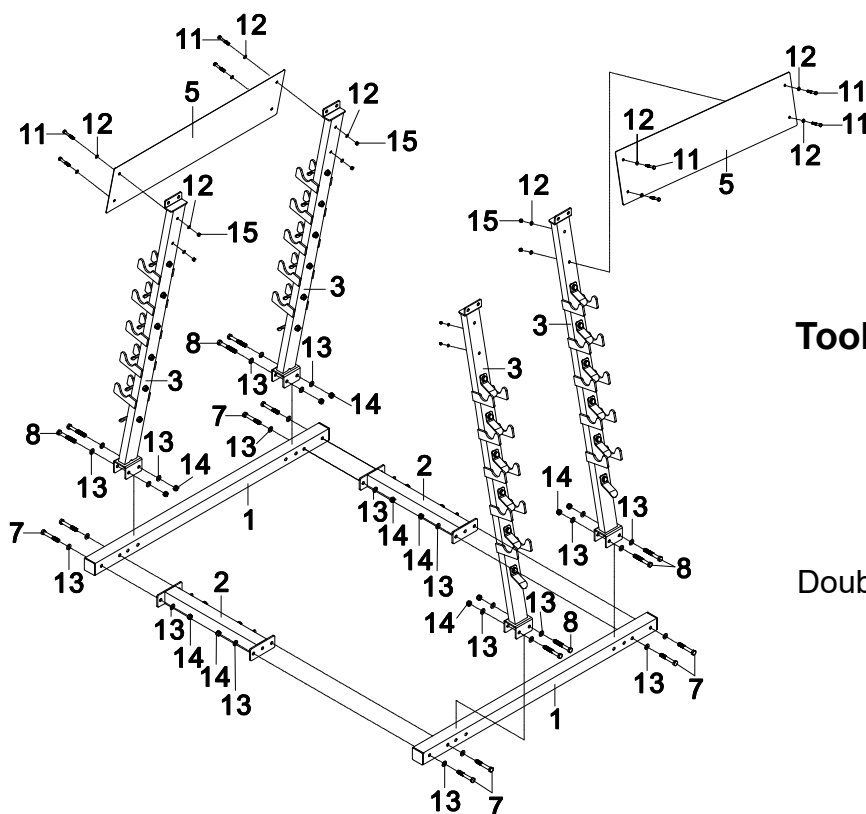


Double Open End Wrench 14x17  
2 PCS

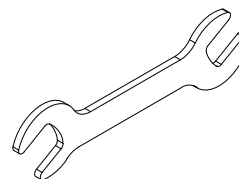
# EXPLODED VIEW



# ASSEMBLY INSTRUCTIONS



## Tool:



Double Open End Wrench 14x17  
2 PCS

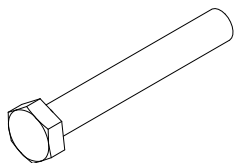
## Step 1

Attach both Base Tubes (1) onto Connector Frames (2) with eight M10x70 Hex Bolts (7), eight M10 Nylon Lock Nuts (14), and sixteen Ø10 Washers (13). Tighten bolts and nuts with two 14x17 Double Open End Wrenches provided.

Attach four Barbell Frames (3) onto both Base Tubes (1) with eight M10x75 Hex Bolts (8), eight M10 Nylon Lock Nuts (14), and sixteen Ø10 Washers (13). Tighten bolts and nuts with two 14x17 Double Open End Wrenches provided.

Attach two Flat Plates (5) onto four Barbell Frames (3) with eight M6x40 Hex Bolts (11), eight M6 Nylon Lock Nuts (15), and sixteen Ø6 Washers (12). Tighten bolts and nuts with two 14x17 Double Open End Wrenches provided.

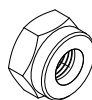
## Hardware:



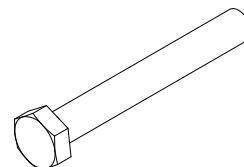
(7) Hex Bolt M10x70  
8 PCS



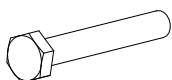
(13) Washer Ø10  
32 PCS



(14) Nylon Lock Nut M10  
16 PCS



(8) Hex Bolt M10x75  
8 PCS



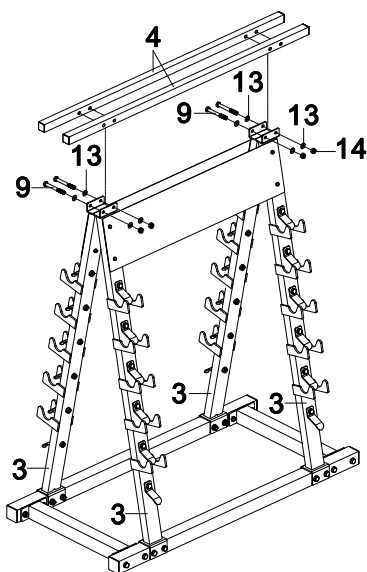
(11) Hex Bolt M6x40  
8 PCS



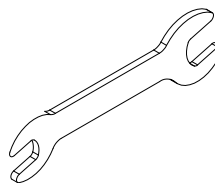
(12) Washer Ø6  
16 PCS



(15) Nylon Lock Nut M6  
8 PCS



### Tool:

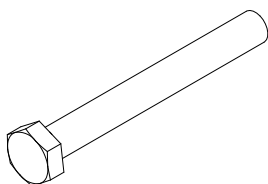


Double Open End Wrench 14x10  
2 PCS

### Step 2

Attach both Top Tubes (4) onto top ends of the Barbell Frames (3) with four M10x85 Hex Bolts (9), four M10 Nylon Lock Nuts (14), and eight Ø10 Washers (13). Tighten bolts and nuts with two 14x10 Double Open End Wrenches provided.

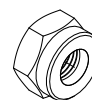
### Hardware:



(9) Hex Bolt M10x85  
4 PCS



(13) Washer Ø10  
8 PCS



(14) Nylon Lock Nut M10  
4 PCS