

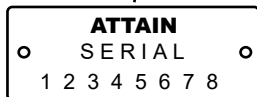
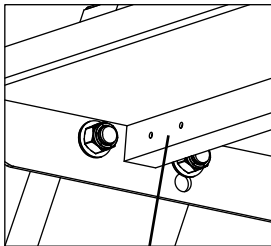


## H808 Dumbbell Rack

### OWNER'S MANUAL

#### Serial Number Location

Located under the Top Tier



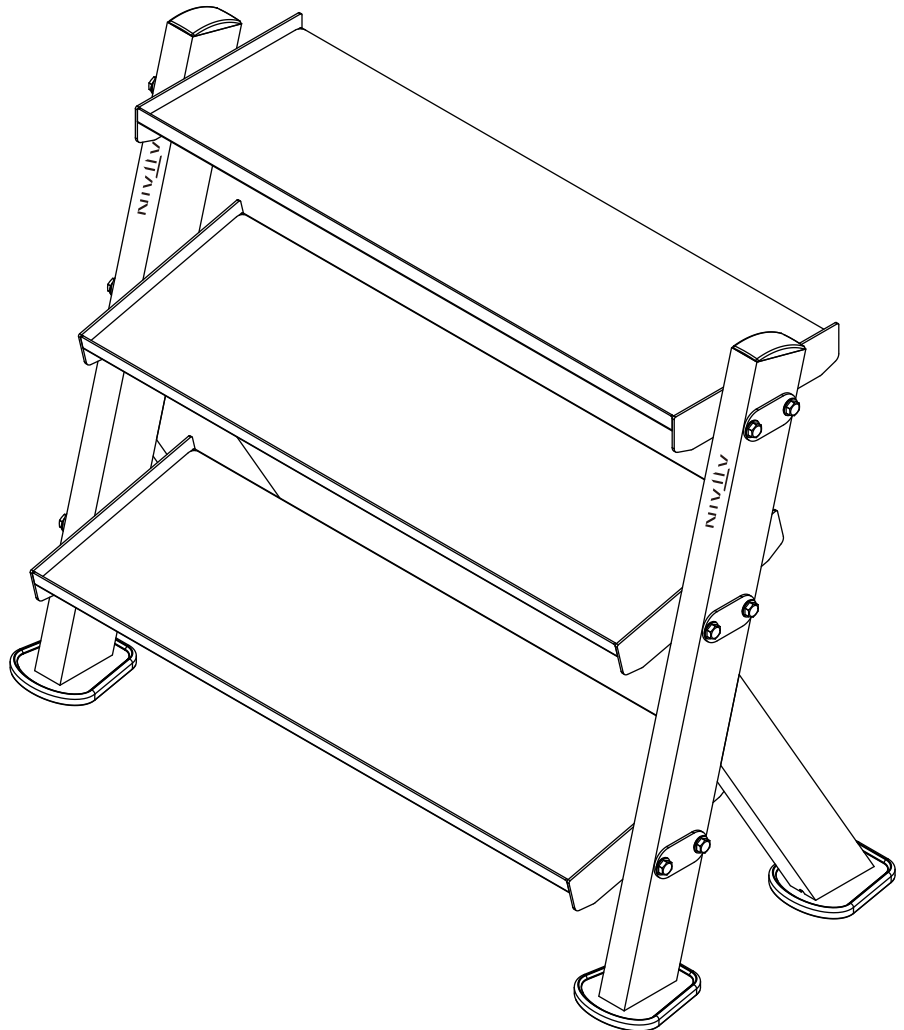
Record your Serial number  
and purchase date here:

S/N \_\_\_\_\_

PURCH.DATE: \_\_\_\_\_

DEALER: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



Model No. H808  
MB1326  
ATTAIN FITNESS

Fitness Authority Industrial Co., LTD.  
No. 15, Xiangxue Rd., Dali Dist.,  
Taichung City 41275, Taiwan.

## **Congratulations and Thank You!**

Thank you for selecting the **ATTAIN FITNESS H808 DUMBELL RACK**. For your safety and benefit, read this manual and the accompanying literature before using the ATTAIN FITNESS H808. Keep this manual for future reference. If you have additional questions, please call your local ATTAIN FITNESS dealer.

[www.atainfitnessusa.com](http://www.atainfitnessusa.com)

## **Important Safety Notes**

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. ATTAIN FITNESS assumes no responsibility for personal injury or property damage sustained by or through use of this product.

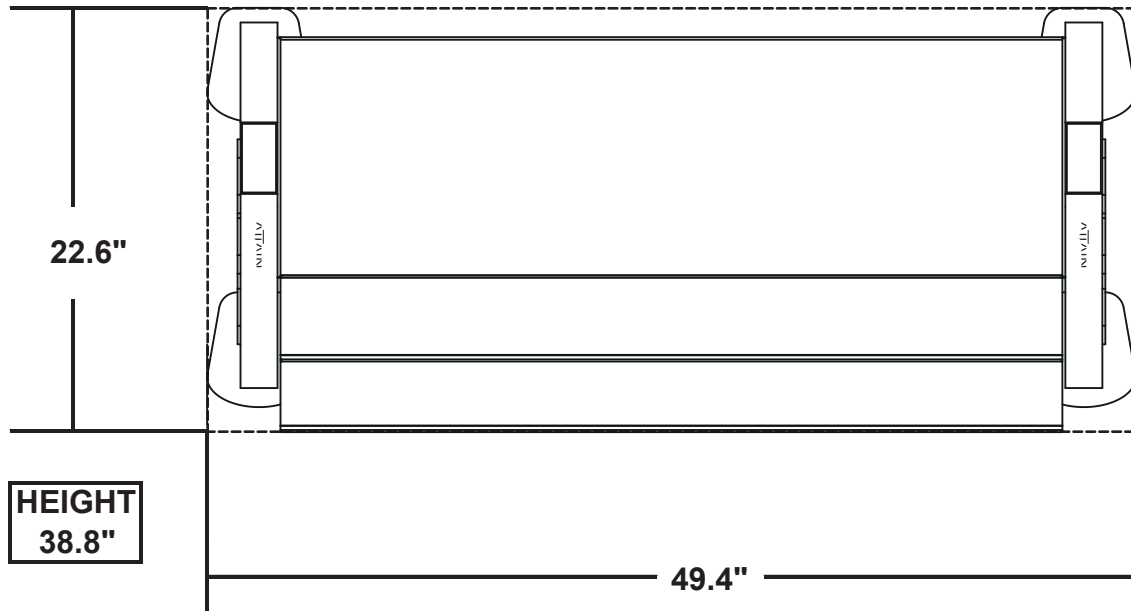
1. **This product must be assembled on a flat, level surface to assure its proper function.**
2. **Clean pads and the frame on a regular basis. ATTAIN FITNESS recommends warm, soapy water. Do not use harsh or abrasive chemicals.**
3. **Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
4. **Keep children away from the ATTAIN FITNESS H808 at all times.**
5. **If you are unsure about the proper use of the ATTAIN FITNESS H808, please call your local ATTAIN FITNESS dealer or our customer service department.**

## **QUESTIONS?**

As a quality exercise equipment supplier, we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or ATTAIN FITNESS at +1 877-551-7484 and [info@atainfitnessusa.com](mailto:info@atainfitnessusa.com).

[www.atainfitnessusa.com](http://www.atainfitnessusa.com)

## Gym Placement Planner

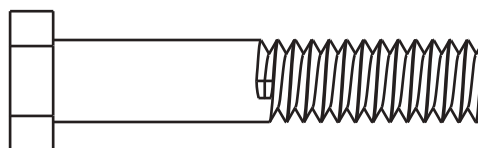


### Recommended Tools for Assembly

Ratchet  
 9/16" Socket  
 3/4" Socket  
 9/16" Combination Wrench  
 3/4" Combination Wrench  
 Adjustable Wrench  
 Rubber Mallet  
 Metric Allen Key Set

### Important Notes and Tips:

1. Do not tighten bolts until instructed.
2. Two people are required for the safe assembly of this product.
3. Use window cleaner or water to assist with sliding roller pads on to tubes.
4. Apply silicone lubricant onto guide rods prior to weight plate installation.
5. Please allow plastic parts to acclimate to room temperature before installation or they may be damaged.
6. Carefully install plastic caps using a rubber mallet.
7. When measuring bolt lengths, only measure the shank, as shown below.



i.e. 2-1/4" Hex Bolt

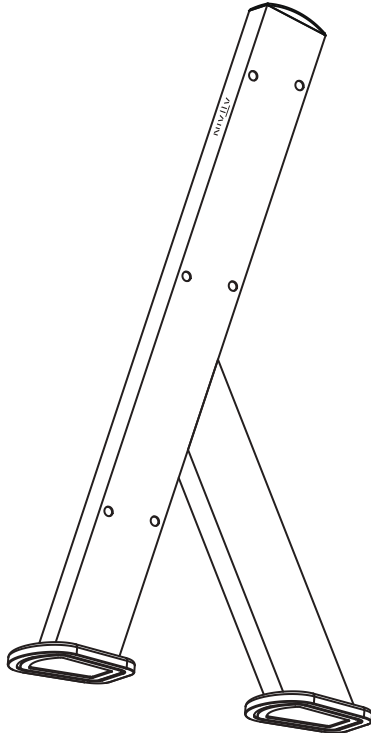


# Assemble Parts List

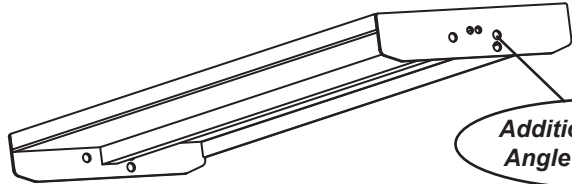


**NOTE: IF A PART IS MISSING, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES. PLEASE PROCEED WITH ASSEMBLY.**

**\*Parts images are not to scale.**

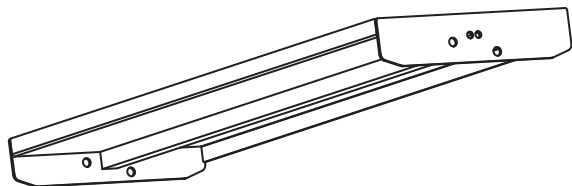


**(1) MAIN FRAME X 2pcs**



**Additional Hole for Angle Adjustment**

**(2T) TOP DUMBBELL TIER**

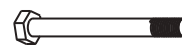


**(2L) LOW DUMBBELL TIER X 2pcs**



**(3) STEEL BACKING PLATE X 6pcs**

NO.	DESCRIPTION	QTY.
7	1/2" X 3-1/8" HEX BOLT	12
8	1/2" WASHER	24
9	1/2" NYLON NUT	12



**(7)**

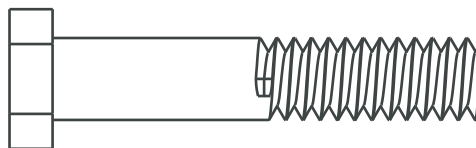


**(8)**

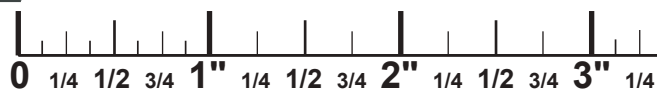


**(9)**

**When measuring bolt lengths, only measure the shank.**



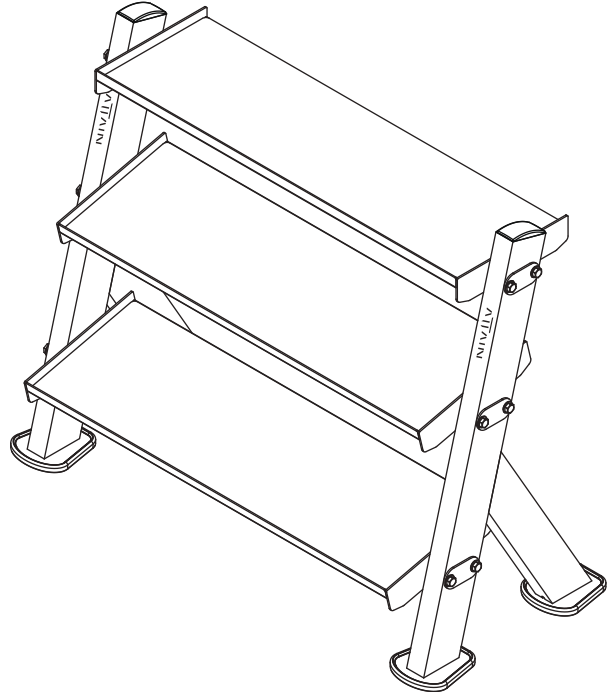
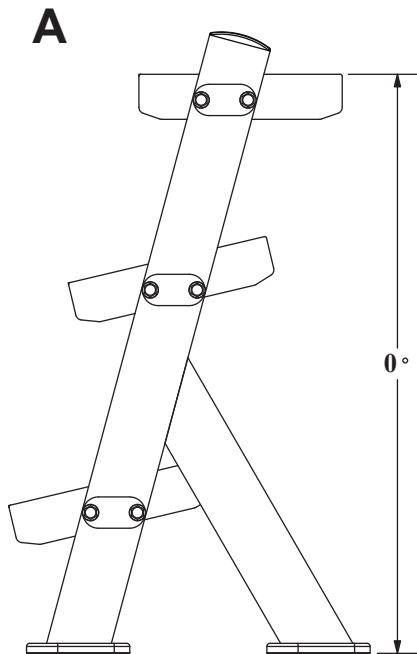
**i.e. 2-1/4" Hex Bolt**



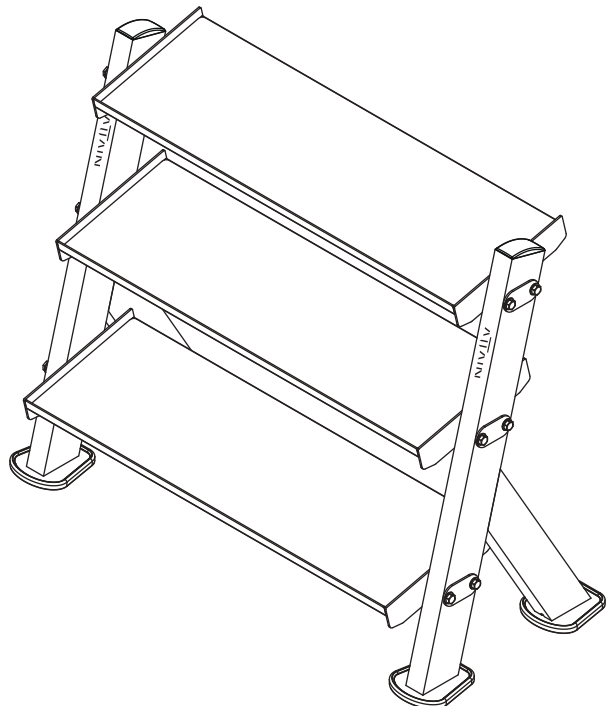
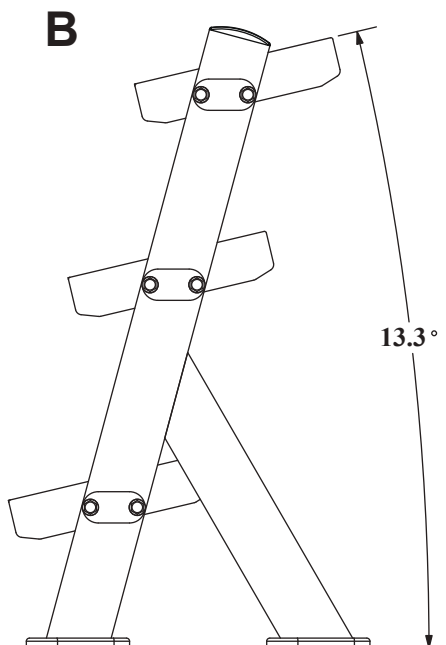
# Adjustable Top Tier Overview

PLEASE CHOOSE BETWEEN OPTION A OR B.

This Dumbbell Rack has been designed with an adjustable top tier #2T, it can be assembled in the flat position (OPTION A) or at an angle (OPTION B).



**A.** If you wish to use the Top Tier for items such as Kettlebells, Lat Bars or other Accessories, it is recommended that you assemble it in the flat position.



**B.** For Dumbbells, the angled position is recommended, but either position will work. If you have a mixture of Dumbbells and Accessories, use Option A.

# ASSEMBLY

(NOTE: Two Racks can be joined to make a longer rack. If you have purchased a second rack wish to connect them, please refer to the next page for additional information. Please recycle unused components.)

1. Using a Rubber Mallet or similar tool, install the **#6 CAPS** into the top of **BOTH** of the **#1 MAIN FRAMES** as shown in Fig. 1. **IMPORTANT:** If the caps are cold, please let them acclimate to room temperature before installation or they may be damaged during installation.

2. By hand, install the four **#5 RUBBER FEET** onto both of the **#1 MAIN FRAMES** as shown in Fig. 1.

3. Start by **LOOSELY** installing one of the **#2L LOW DUMBBELL TIERS** in the bottom set of holes of both of the **#1 MAIN FRAMES**. **IMPORTANT:** Please take care to install the **#3 BACKING PLATES** onto the outside of each of the **#1 MAIN FRAMES**.

4. **LOOSELY** install the second **#2L LOW DUMBBELL TIER** in the middle set of holes as shown in Fig 2.

5. **LOOSELY** install the **#2T TOP DUMBBELL TIER**. Please refer to page 3 for the installation choices. In the drawing below we are installing it at an angle. For flat use the rear upper hole.

FIG. 1

**TIGHTEN ALL BOLTS AT THIS TIME!**

**Assembly is Complete!**

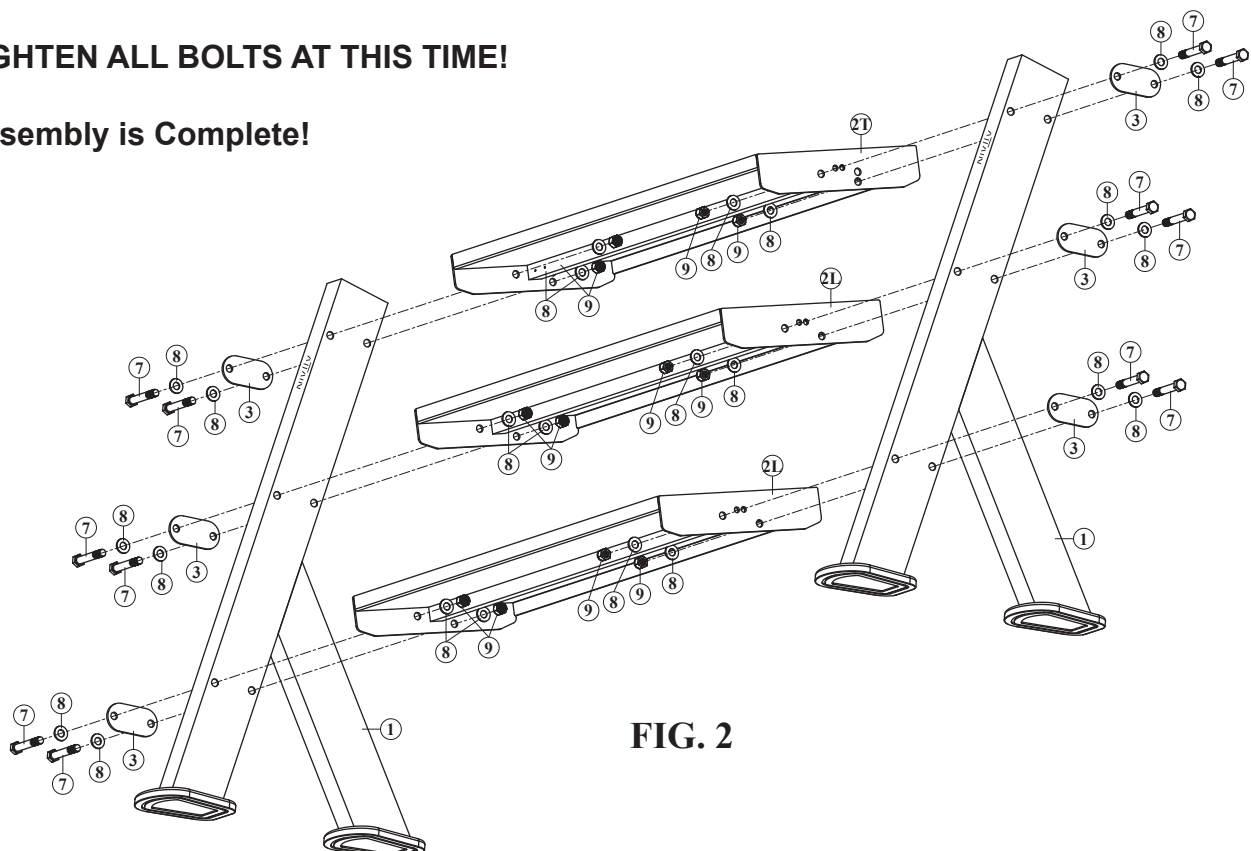
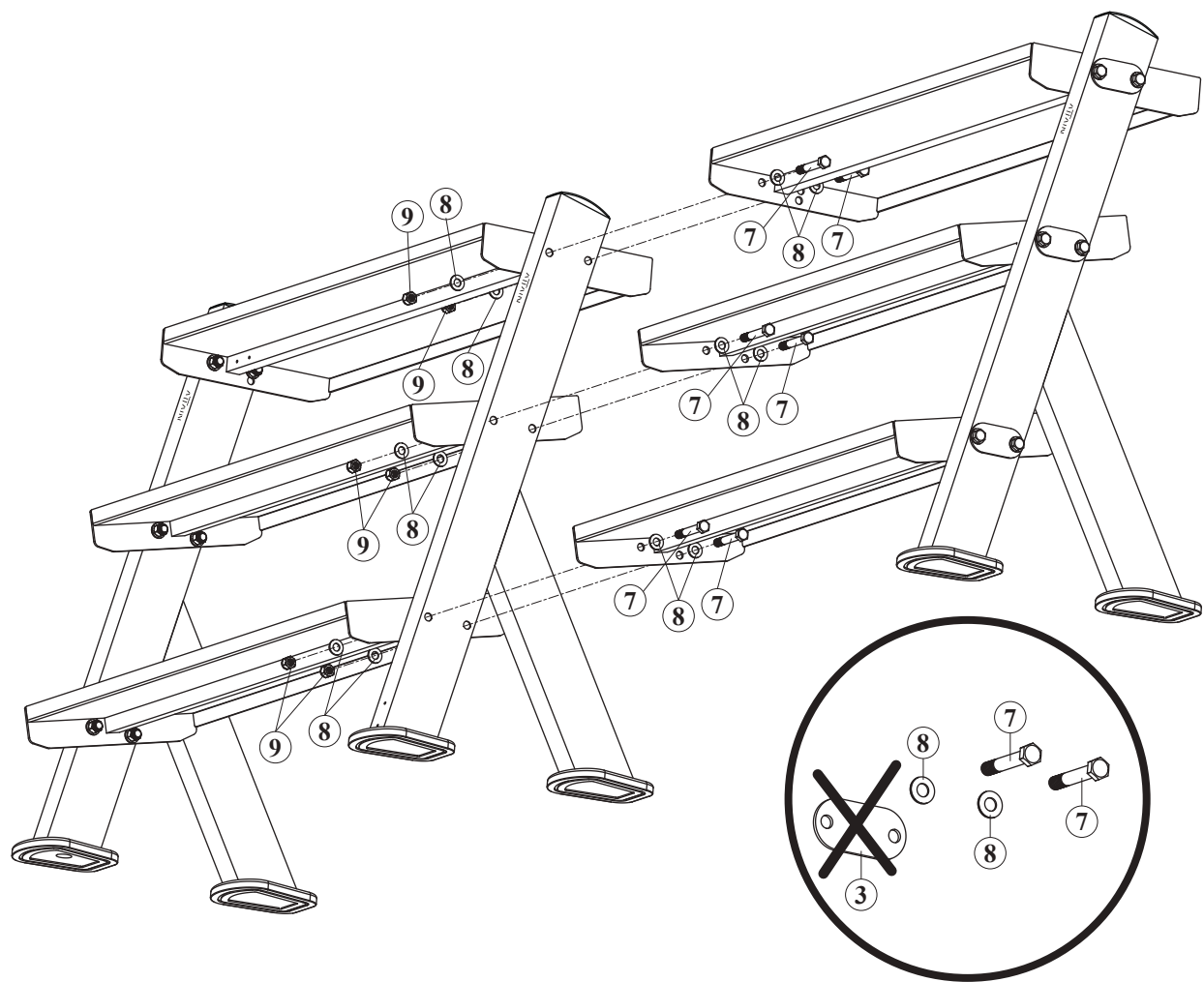


FIG. 2

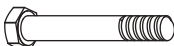


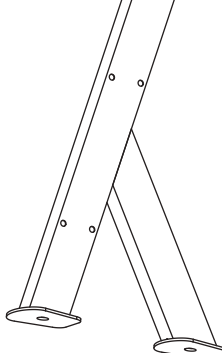

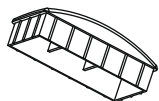

# Connecting 2 Racks into 1

When joining 2 rack together, remove the parts listed at the bottom from the assembly area The **#1 MAIN FRAME** used in the Center position will not require the **#3 Backing Plates**.

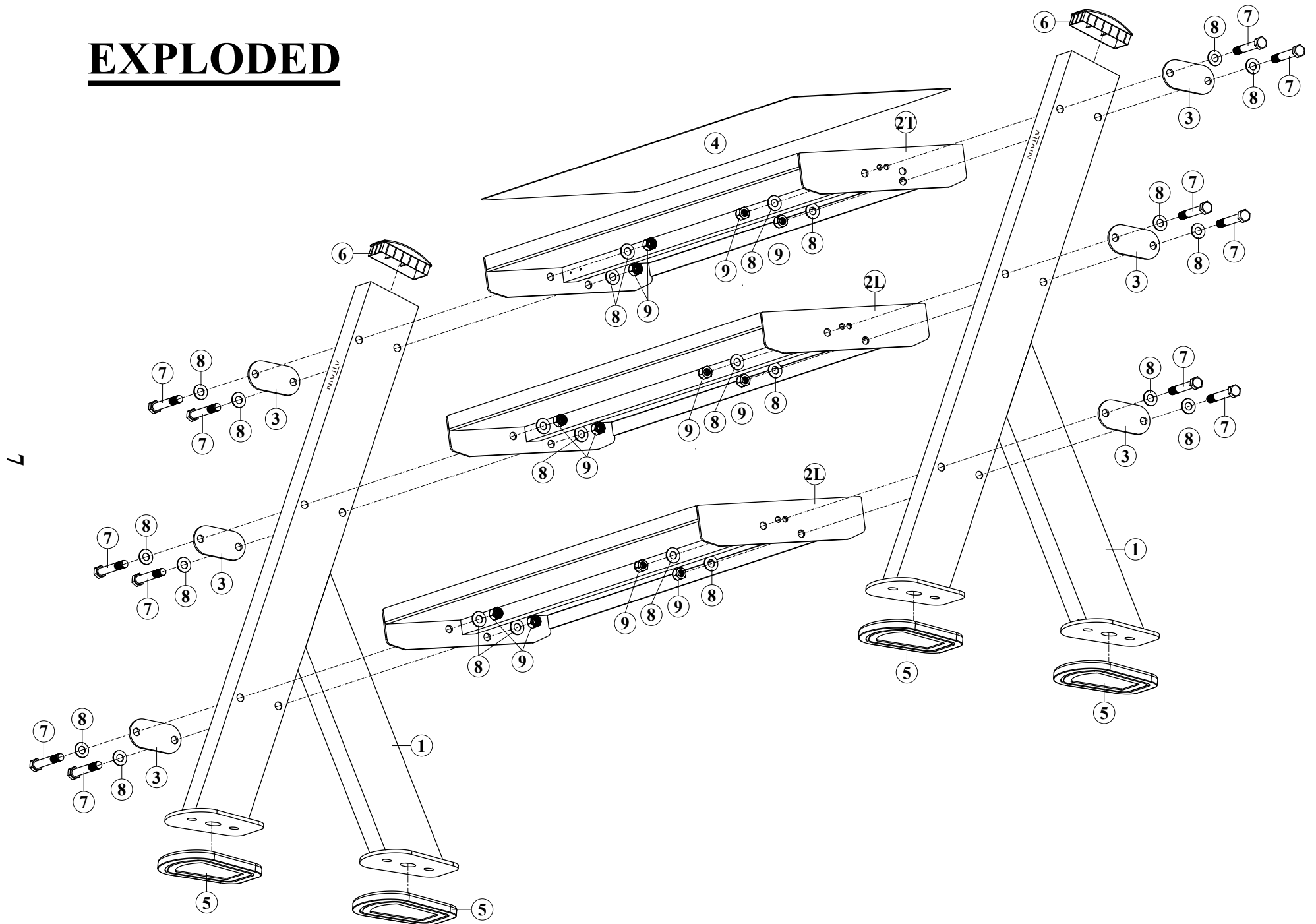


## Discarded Parts, please recycle

Remaining Components to save or recycle

- |  |  |  |  |
|--|--|--|--|
| <br><b>(7) 1/2" X 3-1/8"</b><br><b>Bolts 6pcs</b> | <br><b>(8) 1/2"</b><br><b>Washers</b><br><b>12pcs</b> | <br><b>(9) 1/2" Nuts</b><br><b>6pcs</b>                     | <br><b>(1) Main Frame</b> |
| <br><b>(5) Rubber</b><br><b>Foot 2pcs</b>         | <br><b>(6) 50 X 100mm</b><br><b>End Cap</b>           | <br><b>(8) Steel</b><br><b>Backing plate</b><br><b>6pcs</b> |  |

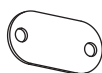
# EXPLODED



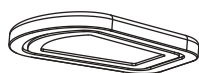


# COMPLETE PARTS CHART

NO.	DESCRIPTION	QTY.
1	MAIN FRAME	2
2T	TOP DUMBBELL TIER	1
2L	LOW DUMBBELL TIER	2
3	STEEL BACKING PLATE	6
4	NON-SLIP PVC LINER	1
5	RUBBER FOOT	4
6	50 X 100mm END CAP	2
7	1/2" X 3-1/8" HEX BOLT	12
8	1/2" WASHER	24
9	1/2" NYLON NUT	12



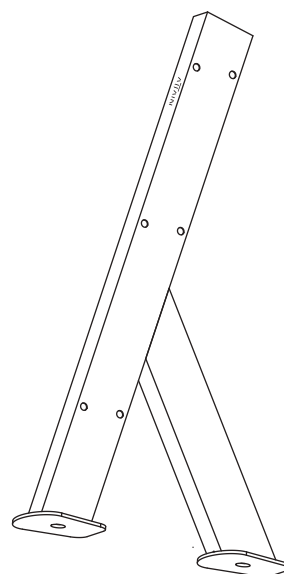
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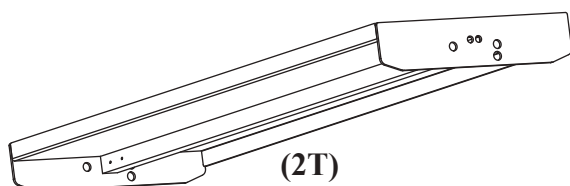
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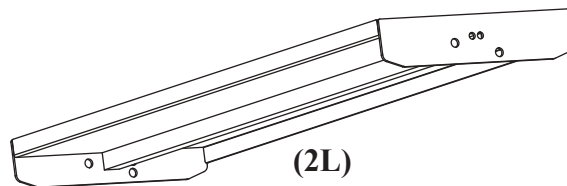
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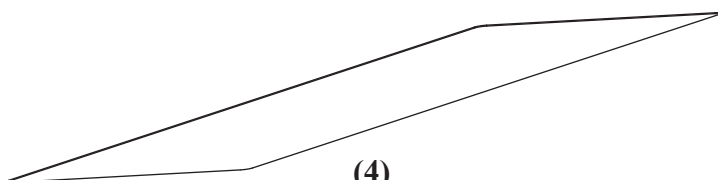
(1)



(2T)



(2L)



(4)



(7)



(8)



(9)

**\*Parts images are not to scale.**

Please take the following steps before using the ATTAIN FITNESS H808:

1. Be certain all bolts are tightened securely. Check and tighten all bolts before every use.
2. If unsure about the proper use of the ATTAIN FITNESS H808 call your local dealer.
3. Keep children away from the ATTAIN FITNESS H808.
4. Enjoy many years of Fit Lifestyle!

Please call us, or email us to let us know your thoughts! We love, and strive to provide the world's best fitness equipment!

Please contact our customer service department at +1 877-551-7484 and [info@attainfitnessusa.com](mailto:info@attainfitnessusa.com).

[www.attainfitnessusa.com](http://www.attainfitnessusa.com)