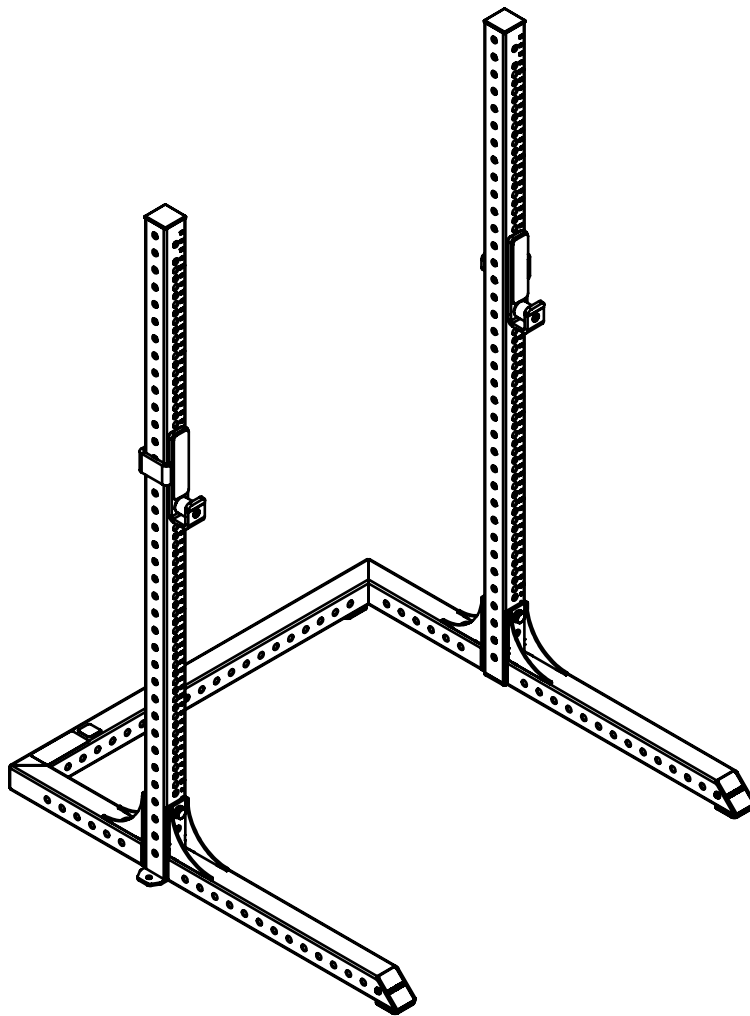


# ELEIKO PRESTERA SQUAT RACK - STAINLESS

Art.no. 3065208



**ELEIKO**

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# READ BEFORE INSTALLATION AND USE

Install and use this equipment in a place where access and supervision are specifically controlled by the owner.

Be sure to install the equipment on a stable base and level the equipment properly. Eleiko recommends that all equipment is installed by a licensed contractor or an Eleiko installer.

This equipment is intended for indoor use only.

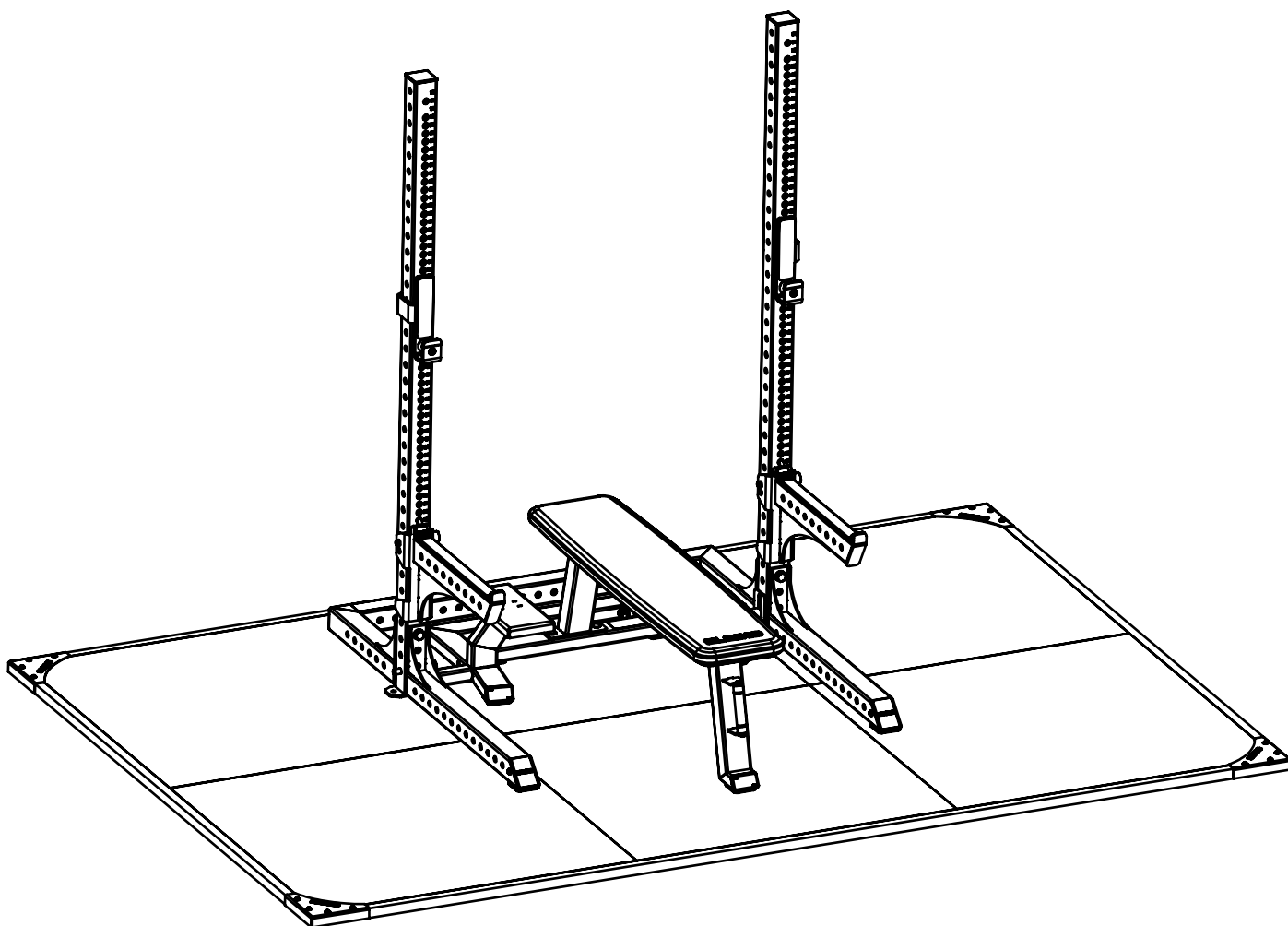
## SAFETY INSTRUCTIONS

It is the responsibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment.

1. All included warnings (labels) and instructions **MUST** be read before the use of any Eleiko equipment. Only use the equipment as it is intended.
2. A user **MUST** get a medical examination and proper instructions before using any Eleiko equipment.
3. **DO NOT** let anyone, under any circumstances, use equipment that appears to be damaged. Do not try to repair any equipment before consulting an Eleiko technician.
4. **DO NOT** replace components of Eleiko equipment with other, none Eleiko, equipment (magnetic safety pin, frames, bars etc.). Do not improvise! If there are any doubts, consult an Eleiko representative prior to any intervention.
5. **DO NOT** overload the equipment and **DO NOT** try to exceed personal strength levels.
6. Children under the age of 14 must be supervised by an adult.
7. **DO NOT** remove any safety labels from the Eleiko equipment. Eleiko is not responsible if a label is removed. Replace damaged labels immediately.
8. Eleiko packaging for products can be made of wood. Be aware of splinters! You **MUST** use protective gloves and proper work wear.
9. Eleiko packaging material could be a risk when handling. Be aware of crushing! You **MUST** use work wear including protective gloves and hard shoes.
10. Eleiko products and packing material are heavy, You **MUST** use proper lifting techniques, work wear and hard shoes.

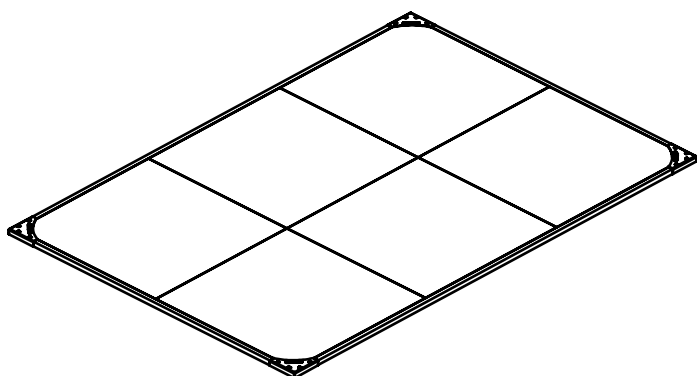
THIS PRODUCT IS A PART OF ELEIKO  
POWERLIFTING TRAINING STATION

Art.no. 3065160



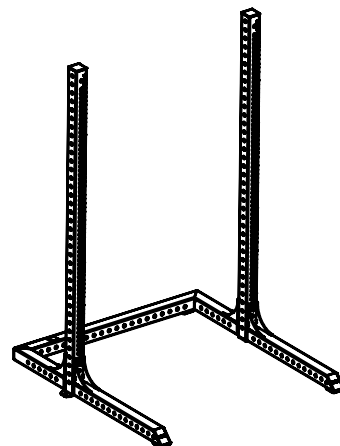
IF YOU HAVE PURCHASED THE ENTIRE  
POWERLIFTING TRAINING STATION,  
ASSEMBLE THE PRODUCTS IN THE  
FOLLOWING ORDER:

1



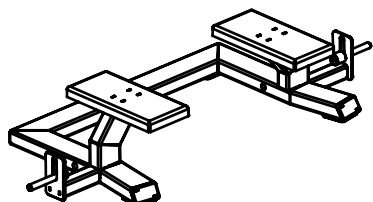
ELEIKO POWERLIFTING TRAINING PLATFORM - 3x2m

2



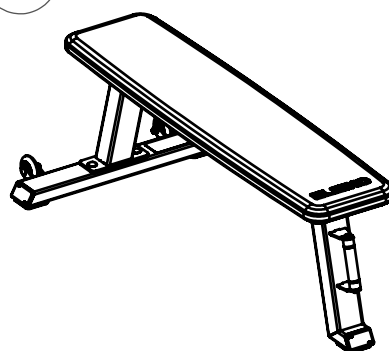
ELEIKO PRESTERA SQUAT RACK - STAINLESS

3



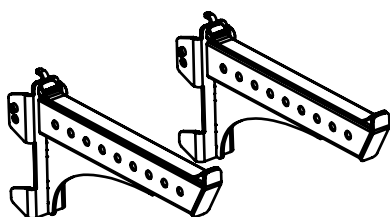
ELEIKO PRESTERA SPOTTER ATTACHMENT

4



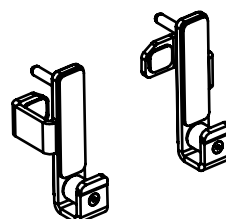
ELEIKO FLAT BENCH

5



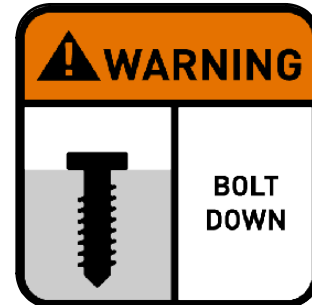
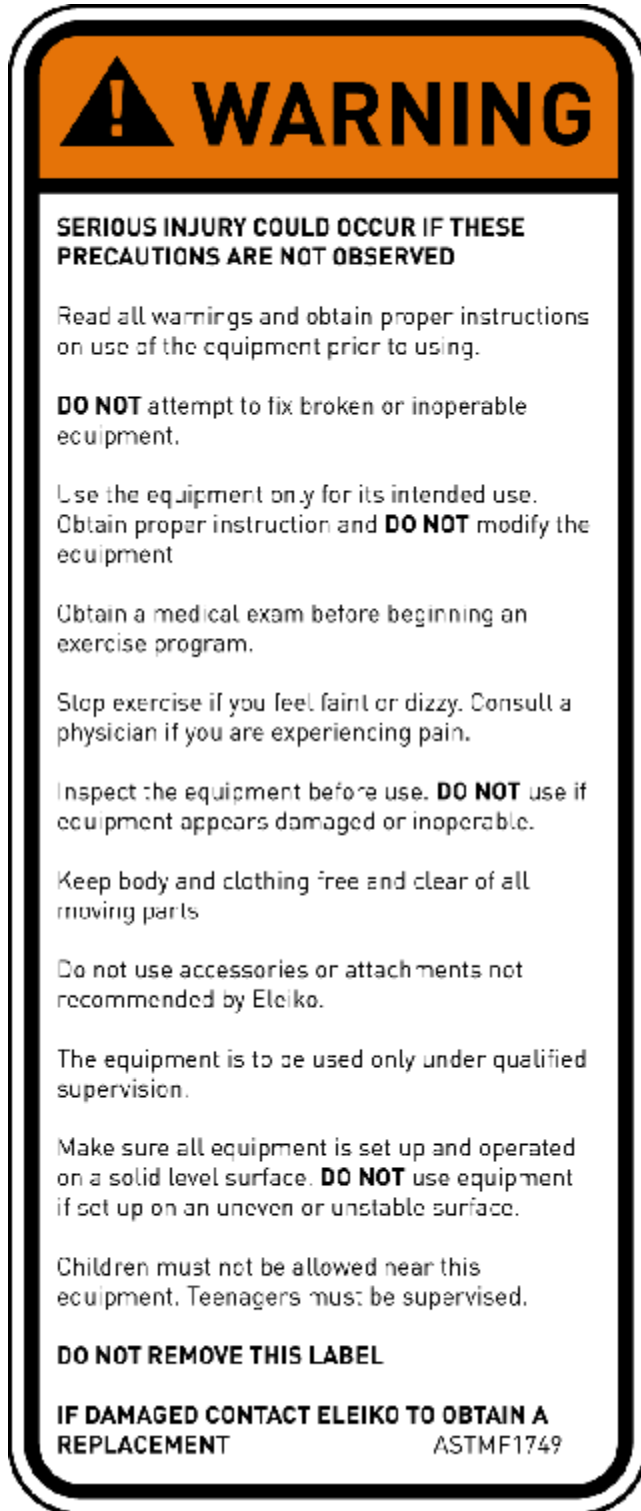
ELEIKO PRESTERA MAGNETIC PIN SAFETY ARMS

6



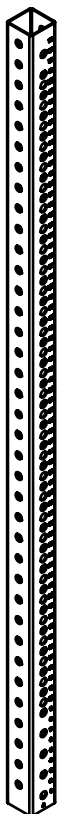
ELEIKO PRESTERA J-CUPS WITH ROLLERS

# WARNING LABELS



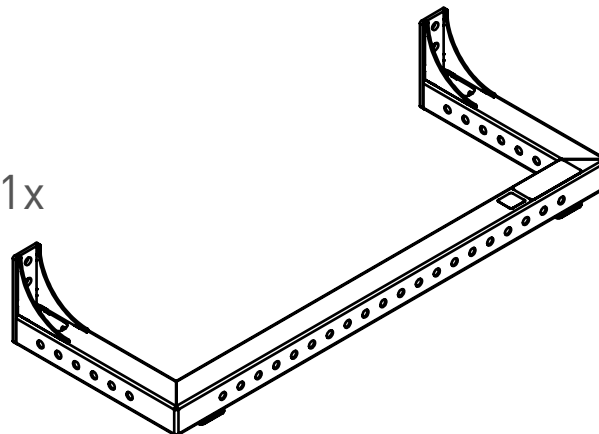
# LIST OF COMPONENTS

2x



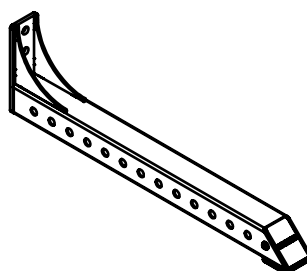
2001475

1x



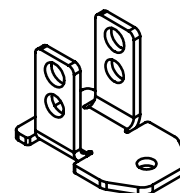
2001478

2x



2001477

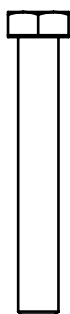
2x



2001373

Screw kit 2001382

2x



M16x100  
2001385-L110

2x



M16x100  
2001385-L100

2x



2001379

6x



2001421

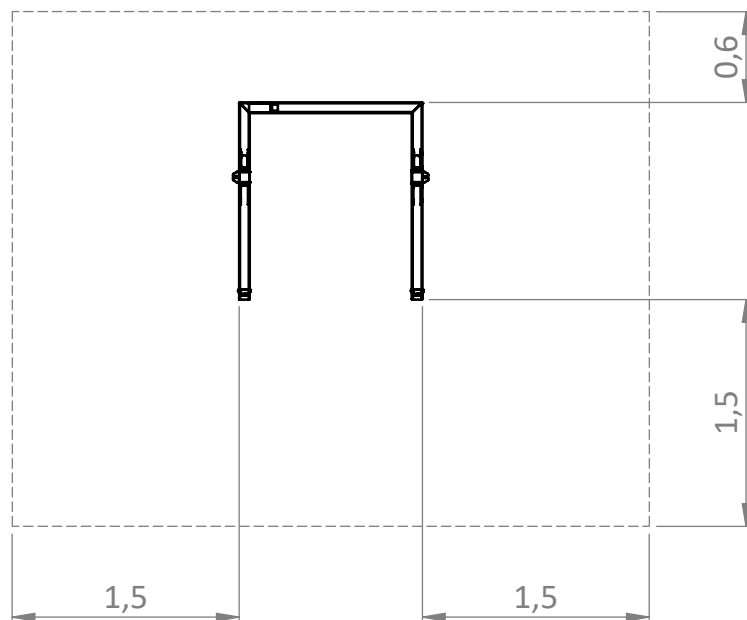
2x



2001522

# ASSEMBLY INSTRUCTIONS

Before assembly, make sure you have enough clearance on all sides of the equipment, not less than 0,6 meters. Take in account the accessibility to remove and replace bar and weights.

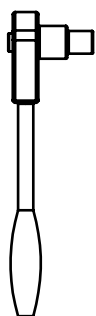


## TOOLS NEEDED

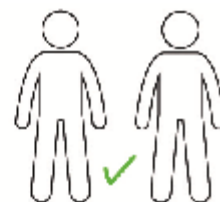
You need the following tools to assemble the equipment.



WRENCH  
24 mm



SOCKET WRENCH  
24 mm



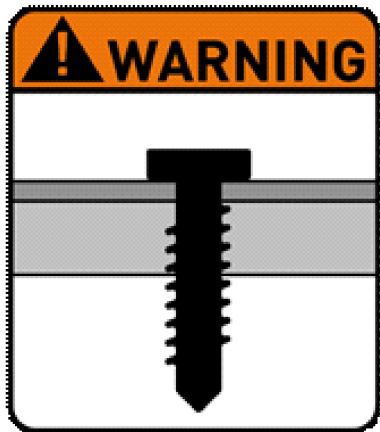
NOTE: Do not use electric power tools for assembly.



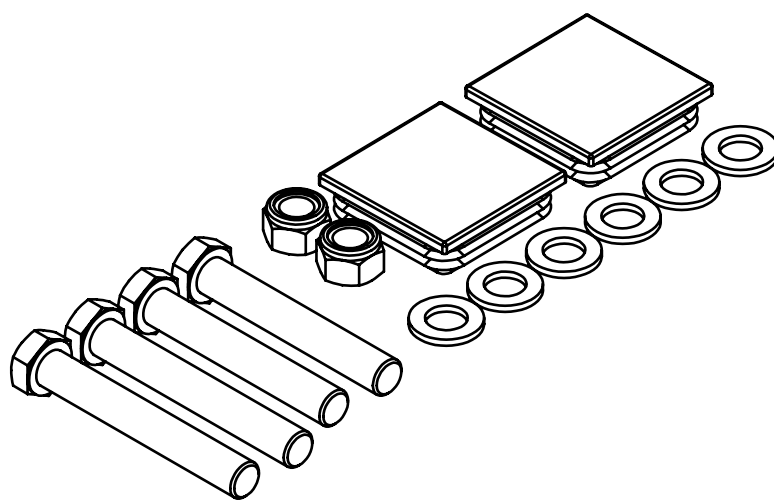
# BOLT TO GROUND

This product needs to be bolted to ground. See last page of assembly instructions.

Make sure to use right fasteners, depending on floor type.



# PREPARATION



1.

1x



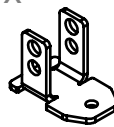
2001475

1x

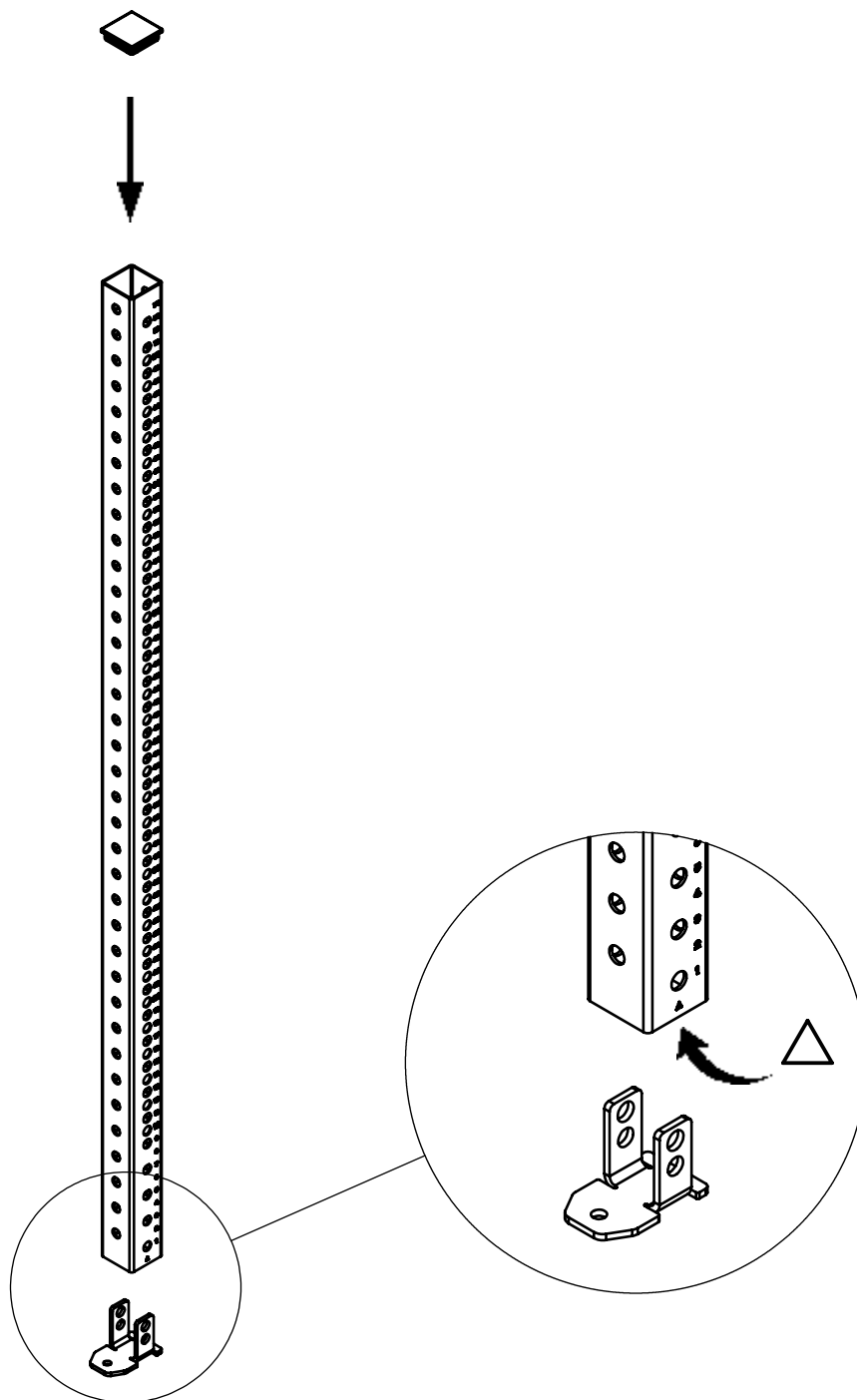


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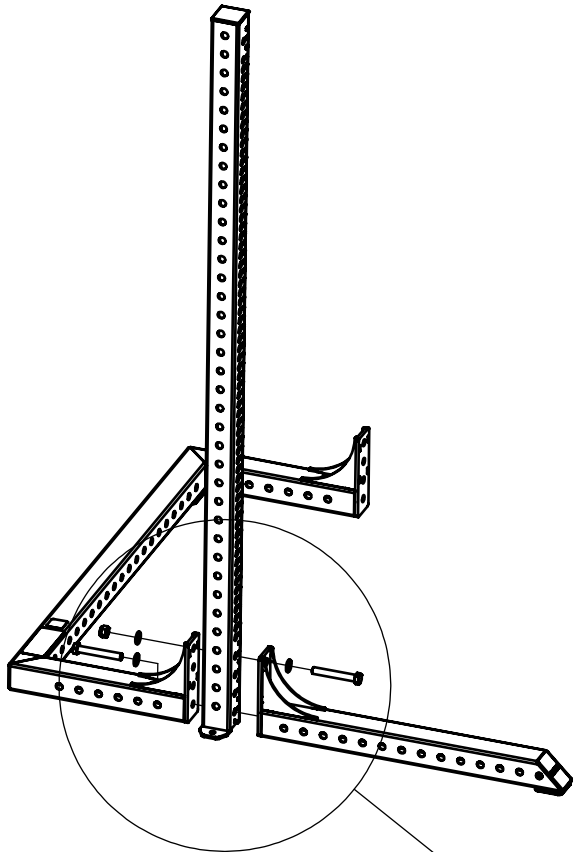
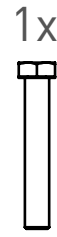
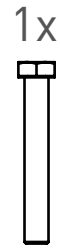
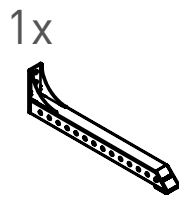
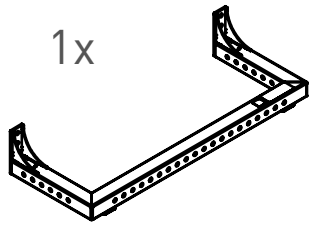
1x



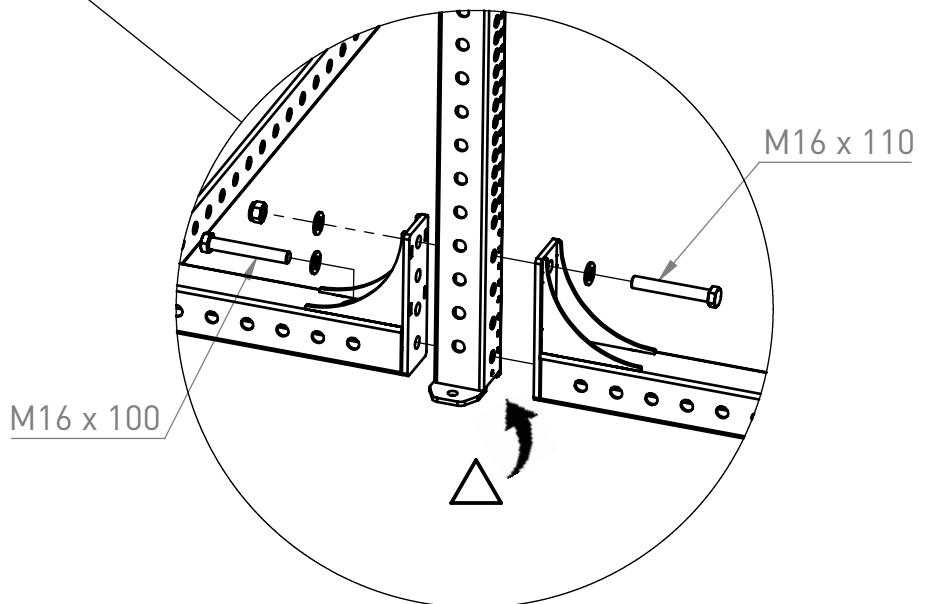
2001373



2.



LOOSE SCREWS!



3.

1x



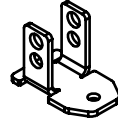
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1x

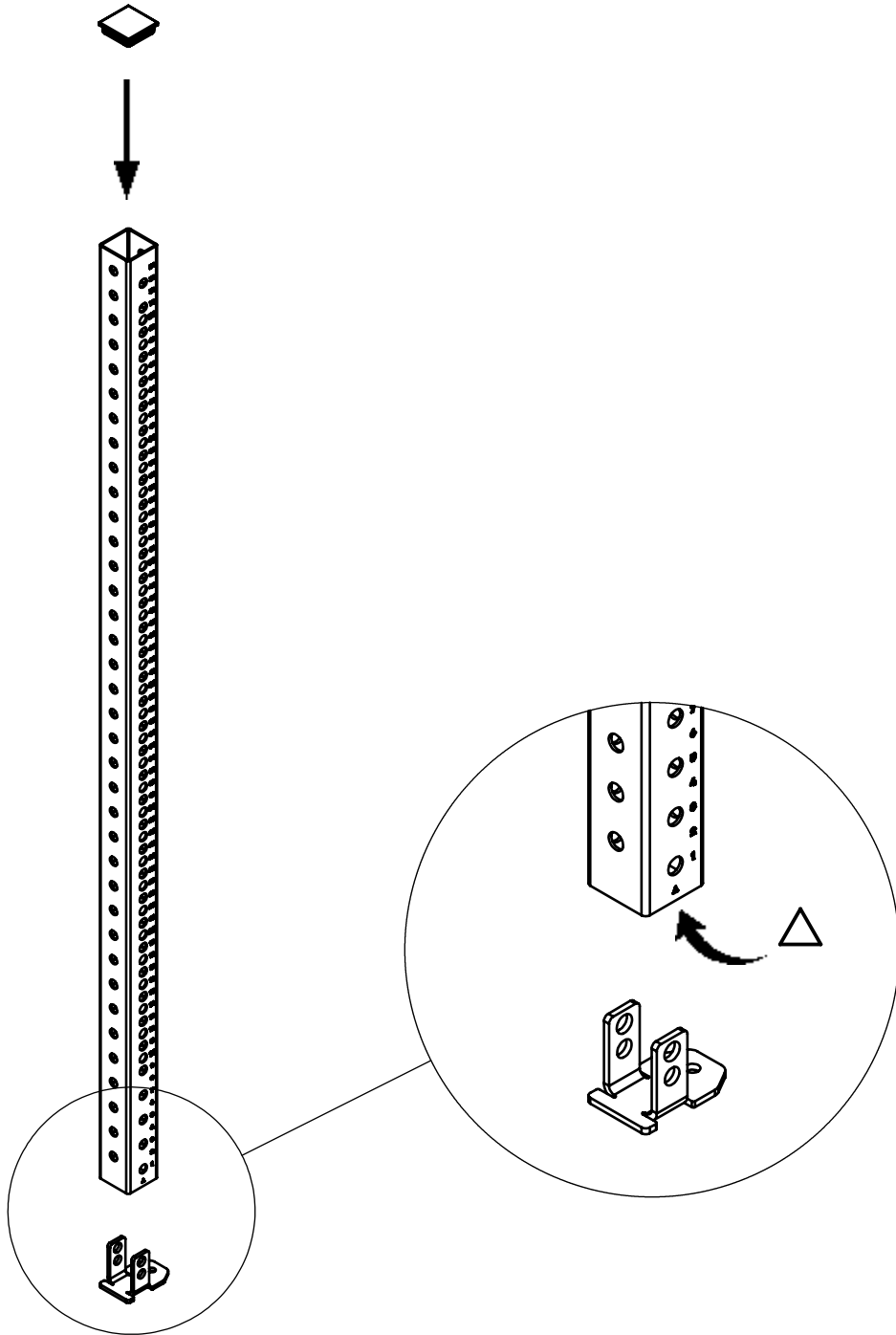


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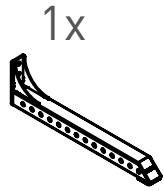
1x



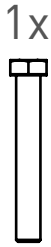
2001373



4.



2001477



M16x110



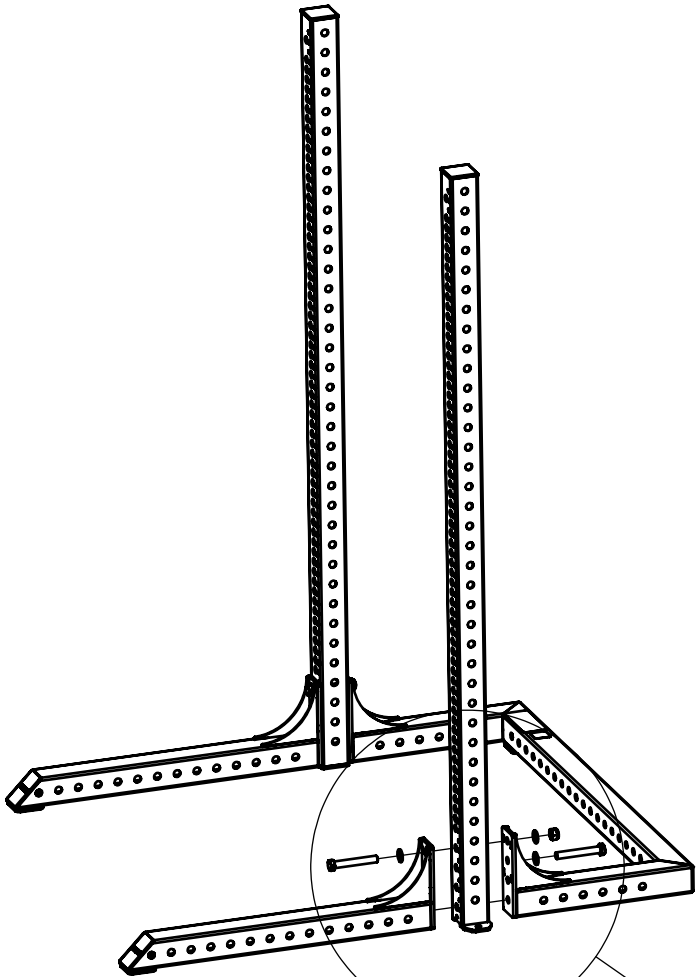
M16x100



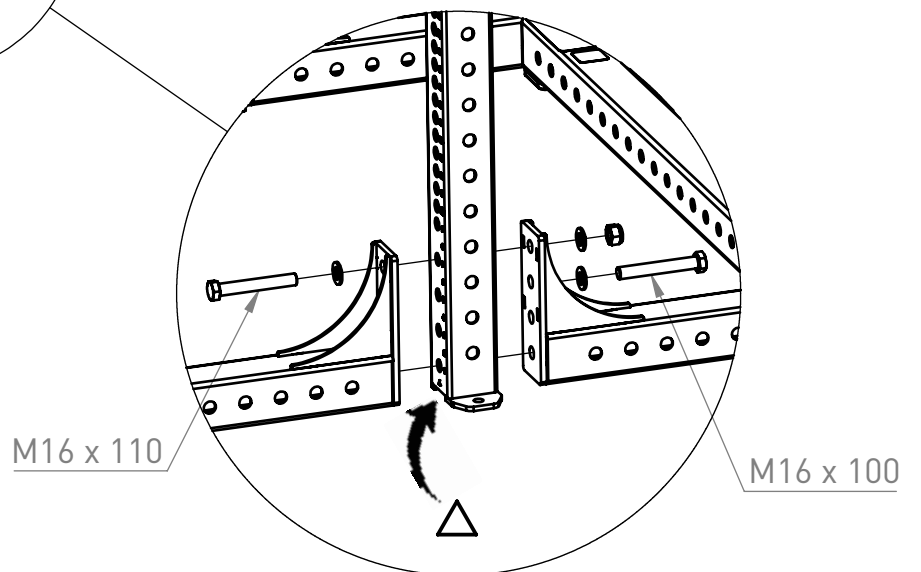
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2001379

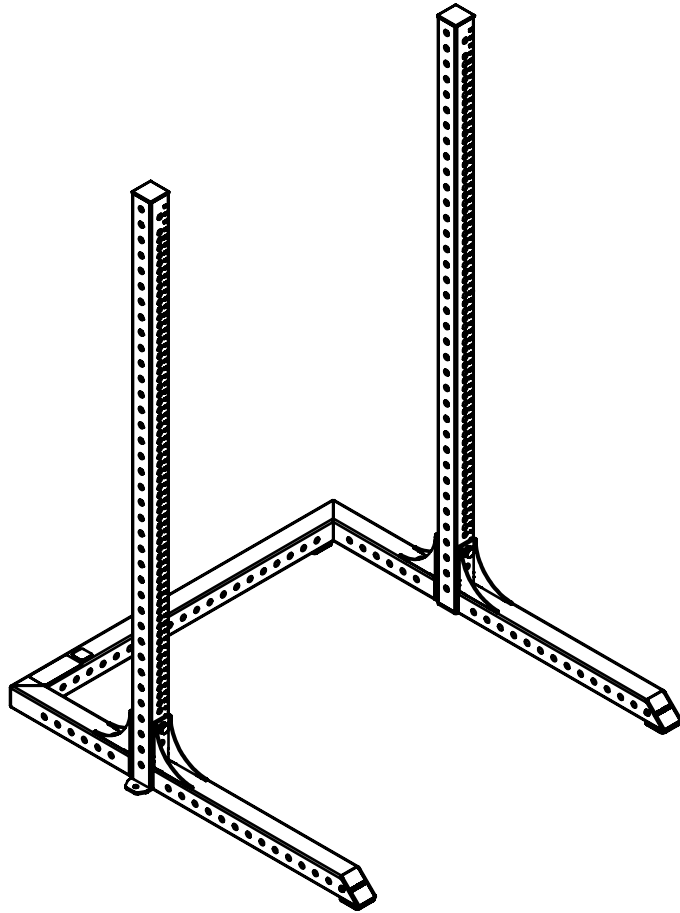


LOOSE SCREWS!

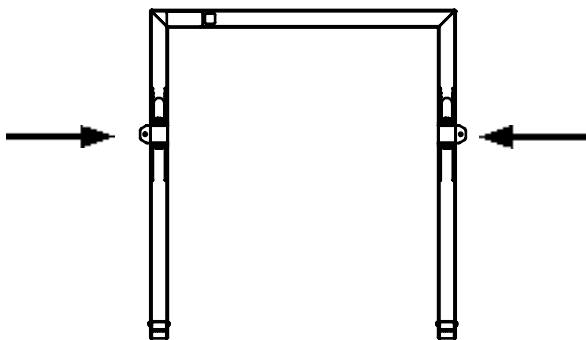


5.

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TIGHTEN ALL SCREWS!



# USER GUIDE

## PURPOSE

Multi-purpose rack for squats, presses and more. Compatible with several different attachments.

## GENERAL INSTRUCTIONS FOR USE

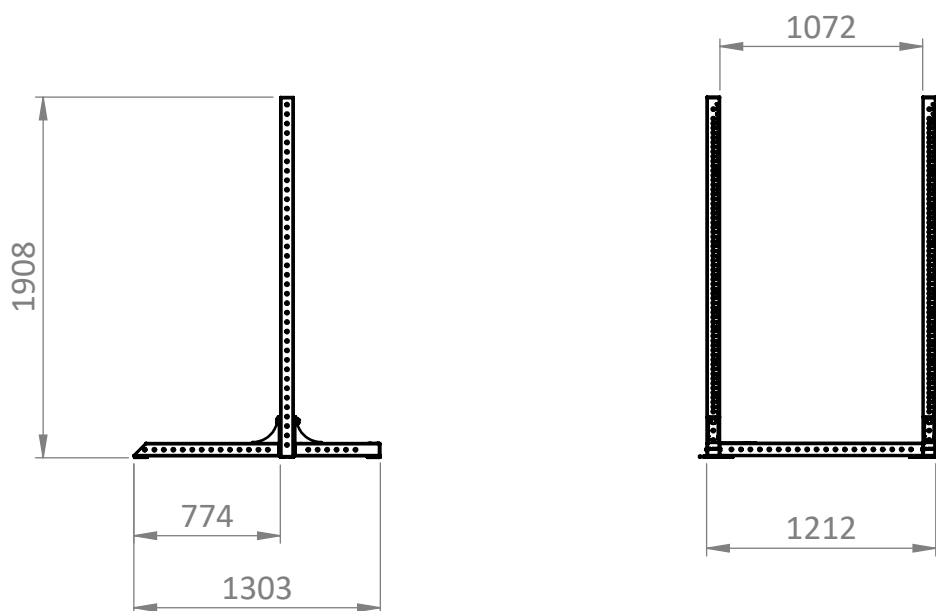
1. Add attachment for the selected exercise.
2. Follow instructions for that specific attachment.

## PRODUCT SPECIFICATION

Max training weight 500 kg / 1102 lbs

Product weight 50 kg / 110 lbs

Dimensions (L x W x H) 1303 x 1212 x 1908 mm  
51,3 x 47,7 x 75,1 "





# CARE AND MAINTENANCE

## PREVENTIVE MAINTENANCE AND INSPECTIONS

NOTE: The safety level of the equipment can only be maintained if it is examined regularly for damage and wear.

Regularly:

- Clean surfaces on the frames and tubes from dust and dirt.
- Check that all bolts between parts, walls and floors are properly tightened, according to recommendations.
- Check equipment for sharp edges. Replace parts with sharp edges.
- Check equipment structural frames and welds to ensure they are free from cracks, irregularities or any other abnormalities. If in doubt, consult an Eleiko representative before product use.

Cleaning and Care:

- Apply a mild soap detergent to a lint free cloth, then wipe down product surface.
- While it is safe to use an alcohol-based neutral pH7 solution on surface-treated steel elements of the benches and racks, take care to avoid pads and cushions.
- We recommend alcohol-free, bleach-free, and o-phenylphenol (OPP) ammonia-free wipes.

See also [www.eleiko.com](http://www.eleiko.com).

## SPARE PARTS AND SERVICE

Contact Eleiko for spare parts and service:

Eleiko Group AB | Klastorpsvägen 18 | SE-302 62 HALMSTAD | Sweden  
E-mail: [info@eleiko.com](mailto:info@eleiko.com) | Phone: +46 35 17 70 70  
[www.eleiko.com](http://www.eleiko.com)

## WARRANTY

All products manufactured by ELEIKO are warranted to the original purchaser to be free from defects in workmanship and / or materials under normal use or service as follows:

- 10 years on structural frame welds (NOT on moving parts).
- 1 year on wear and tear parts.

Normal wear and tear do not fall under the 10-year warranty.





# ELEIKO

Eleiko Group AB | Klastorpsvägen 18 | SE-302 62 HALMSTAD | Sweden  
E-mail: [info@eleiko.com](mailto:info@eleiko.com) | Phone: +46 35 17 70 70

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