

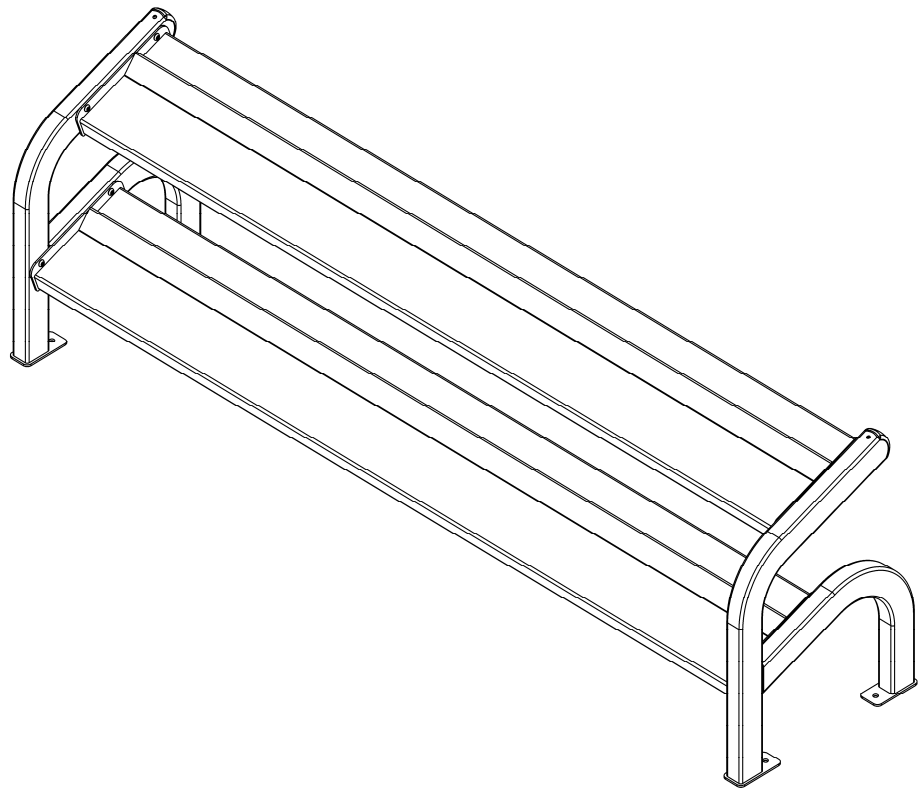


# ROGERS

## PRODUCT INFORMATION PACKET

PRODUCT NAMES: 8' & 4' DUMBBELL RACKS

PRODUCT PART NUMBERS: 410527 & 410528



KEEP INFORMATION PACKET FOR FUTURE REFERENCE

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## INTRODUCTION

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The Rogers Athletic Dumbbell Rack has been designed and manufactured with safety, performance and dependability as top priorities, making it easy to operate and maintain.

The care you give your Dumbbell Rack will greatly determine your satisfaction with its performance and service life. Careful study of this manual is encouraged to obtain a thorough understanding of your new Dumbbell Rack and its functions.

If your manual is lost or destroyed, Rogers Athletic will gladly provide you with a new copy. Should you require additional information or assistance, please feel free to contact us at 800-457-5337.

BECAUSE ROGERS ATHLETICS MAINTAINS AN ONGOING PROGRAM OF  
PRODUCT DEVELOPMENT AND IMPROVEMENT, WE RESERVE THE  
RIGHT TO MAKE IMPROVEMENTS IN DESIGN OR CHANGES IN  
SPECIFICATIONS WITHOUT INCURRING ANY OBLIGATIONS TO INSTALL  
THEM ON UNITS PREVIOUSLY SOLD.

# GENERAL SAFETY RULES

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## **WARNING!**

### **READ AND UNDERSTAND ALL INSTRUCTIONS.**

Failure to follow all instructions listed below may result in serious personal injury.

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## **SAVE THESE INSTRUCTIONS**

- **Supervision of athletes while using the equipment is recommended.** Horse play such as climbing on the machine or using the machine for unintended purpose can result in injuries.
- **Athletes should be oriented in the proper use of the equipment.**
- **Athletes should be properly fit to engage in a workout regimen.** Obtaining a medical exam prior to beginning any exercise program is recommended. If an athlete feels faint, dizzy, or experiences pain at any time while exercising, they should stop exercising and consult a physician.
- **Athletes should wear close fitting clothing to keep the clothing free from and clear of all moving parts.**
- **Inspect equipment prior to use.** DO NOT use if it appears damaged or inoperable.
- **This Product Information Packet is an integral part of this machine.** Save these instructions. If they are lost or damaged or if you would like another copy, a copy can be downloaded from [www.RogersAthletic.com](http://www.RogersAthletic.com)
- **Reading the Product Information Packet is recommended.** Failure to read this Packet is considered a misuse of this equipment.
- **Warning labels are an integral part of this machine.** Become familiar with all caution/warning labels and never cover or deface caution/warning labels.
- **Install the equipment allowing sufficient room for safe access to the machine, adequate room for the spotters to stand and to ensure that the machine does not collide with a wall or another machine through the entire range of motion.**
- **Use of a spotter is recommended.** Spotters should stand behind the athlete using the machine or to either side of the athlete.
- **Stay clear of all pinch points.** Instruct all athletes to keep fingers away from the weight arm and away from moving parts that may present danger of pinching.
- **Unit is designed for performing a squat with proper technique using only authorized Rogers Athletic components.** Do not use weight equipment for anything other than its approved purpose.
- **Equipment is designed for use by one person at a time.** Keeping other athletes and spectators away from the machines during use is recommended.

- **Anchor dumbbell racks to the floor.** All racks have built-in anchor points to allow them to be bolted down. A non-anchored rack may be unstable, unsafe, and compromise performance. Rogers Athletics is not responsible to install the anchors. Use a Professional contractor to anchor the rack(s). Use 3/8" grade 5 or better fasteners.
- **A clean workout environment is recommended to avoid trip hazards.**
- **Questions or comments?** Please contact Rogers Athletic by phone (1-800-457-5337), or visit our website at [www.RogersAthletic.com](http://www.RogersAthletic.com)

# SYMBOLS

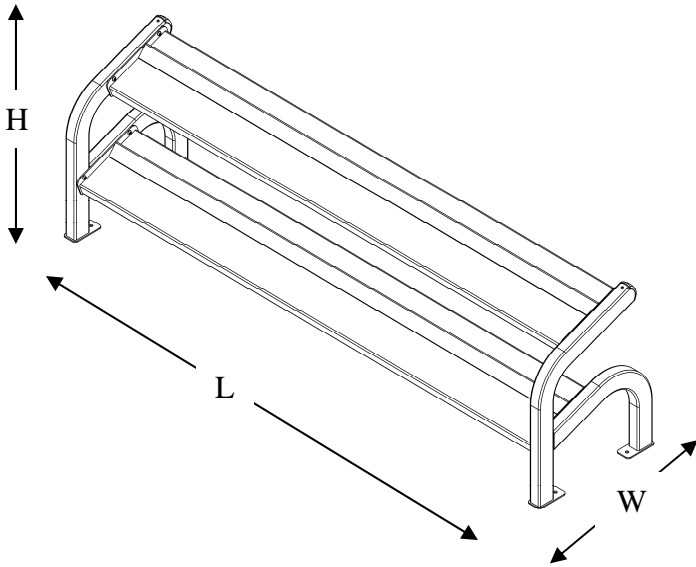
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	<p><b>Safety Alert:</b> Precautions that involve your safety</p>
	<p><b>Athletes must be properly trained before using equipment.</b> Failure to train athletes may result in personal injury.</p>

# ROGERS ATHLETIC FIELD EQUIPMENT SPECIFICATIONS

8' DUMBBELL RACK (PART # 410527)

4' DUMBBELL RACK (PART # 410528)



**Weight:**

- 8' Rack 166 lbs (75.5 kg)
- 4' Rack 111 lbs (50.5 kg)

**Length:**

- 8' Rack 96.5" (245 cm)
- 4' Rack 48.5" (123 cm)

**Width:**

23.5" (60 cm)

**Height:**

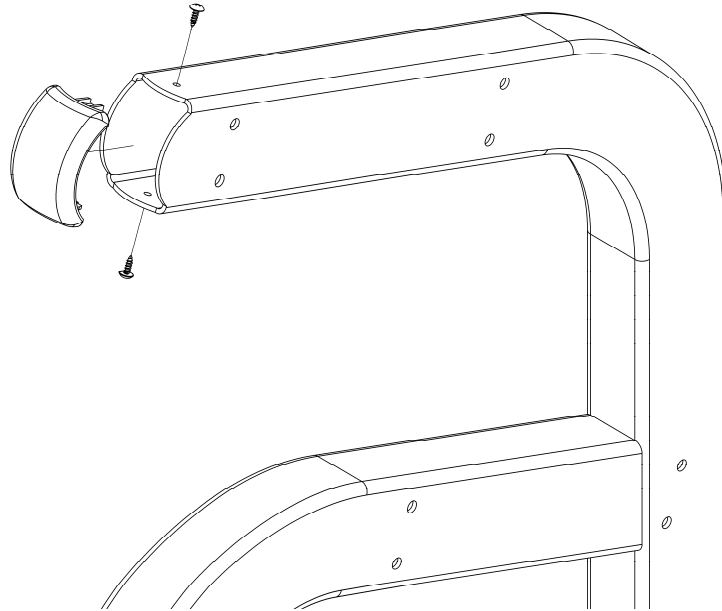
29.5" (75 cm)

- The top shelf is set back for quick, clear access to the lower shelf.
- Durable urethane coating on wear surfaces providing quiet dumbbell placement and long finish life.
- Shelves slant at the correct angle for easier gripping of the dumbbells.
- Able to hold a wide variety of dumbbell weights and styles.
- Equipped for floor anchorage

## Construction, Finish, and Hardware

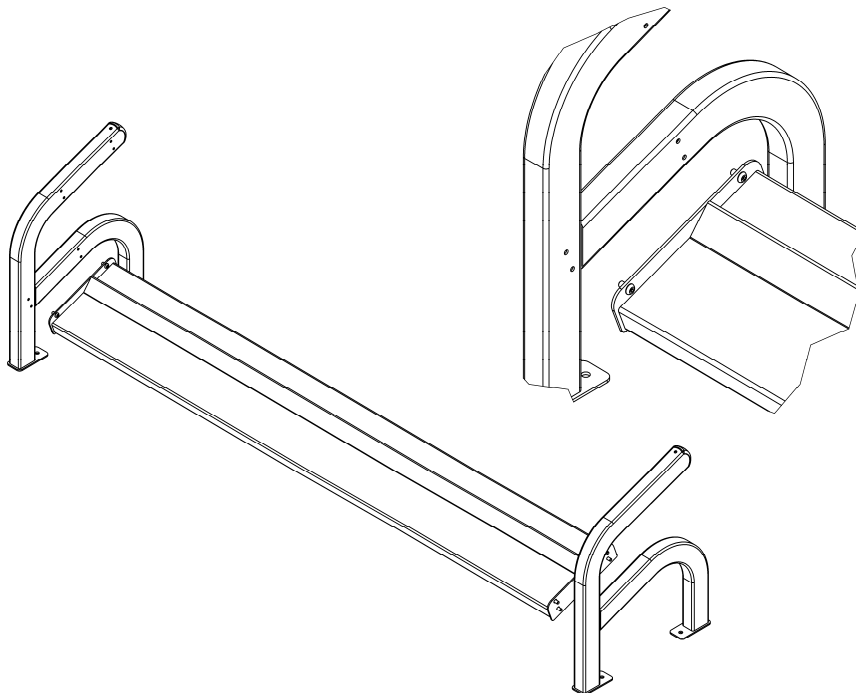
- Constructed of ASTM specified steel.
- Baked-on powder coat and urethane finish.
- Zinc-plated hardware.

1



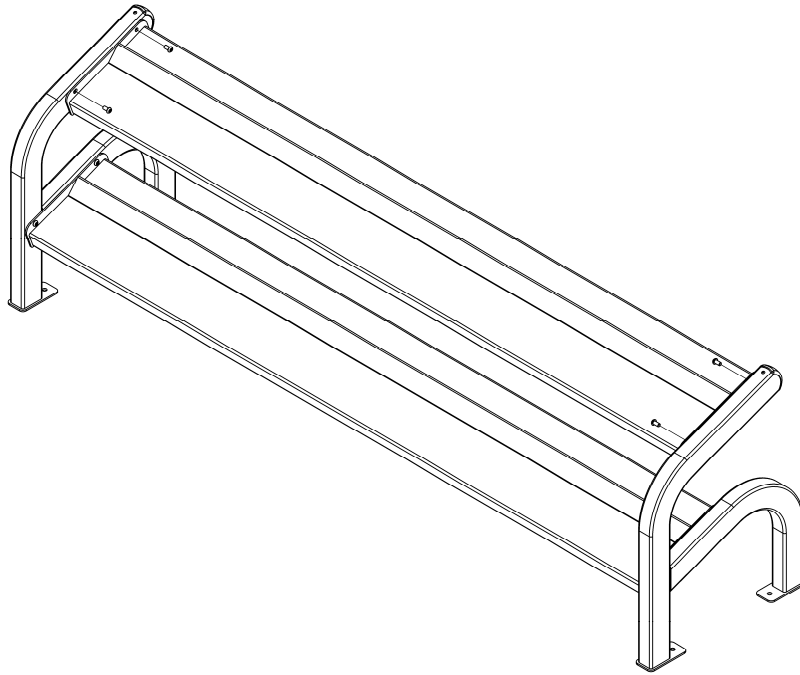
**Note: Two people should be used for assembly.** Use a Phillips head screwdriver to fasten (2) plastic tube caps to the right and left dumbbell uprights with (4) #8 screws.

2



Use a  $7/32$ " Allen wrench and (4)  $3/8$ " x  $3/4$ " bolts to fasten bottom shelf onto left and right dumbbell uprights. Leave bolts loose.

3



Use a  $7/32$ " Allen wrench and (4)  $3/8$ " x  $3/4$ " bolts to fasten top shelf onto left and right dumbbell uprights. Tighten all bolts.

## MAINTENANCE

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### **WARNING!**

### **READ AND UNDERSTAND ALL MAINTENANCE PROCEDURES.**

Failure to follow all procedures listed below may cause serious injury and a decrease in the equipments functional existence.

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- **Frequently check to see that all bolts are securely fastened.**
- **Touch up paint can be used to cover any scratches or blemishes sustained through use.**
- **Mild detergent or disinfectant may be used to clean weight equipment.**
- **Replace any worn or damaged equipment with genuine Rogers Athletic parts.** Failure to do so may result in unsafe equipment and/or personal injury, and void warranty.

## CUSTOMER SERVICE

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For parts or service contact Rogers Athletic Company. When ordering parts be sure to provide all relevant information available including the name and part number of the equipment purchased. This information is located on the cover of this product information package. Hours of phone service are Monday through Friday from 8:00 a.m. to 5:00 p.m. Eastern Standard Time. Customers can phone (989) 386-2950 or toll free at (800) 457-5337. Fax toll free at (888) 549-9659 or mail:

Rogers Athletic Company  
3760 W. Ludington Drive  
Farwell, Michigan 48622

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