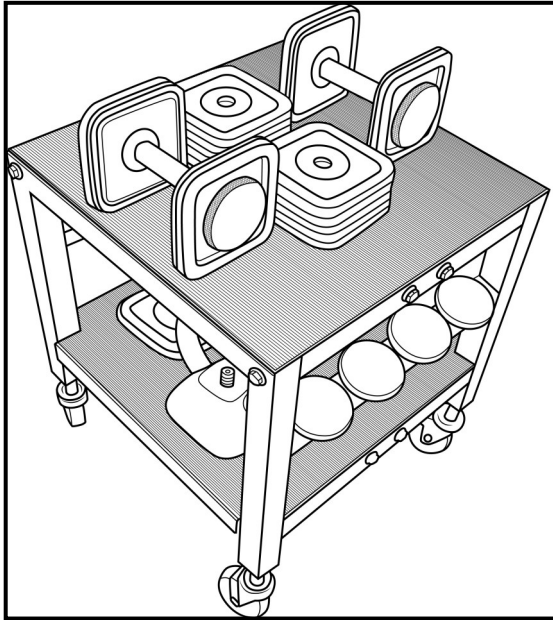


# Assembly & Operating Instructions

## Ironmaster PRO Stand

Congratulations on your purchase of this fine Ironmaster product. Be sure to read and understand the operating instructions to achieve the best performance and avoid injury.



### Description:

This stand is designed to hold Quick-Lock Dumbbell equipment, weight plates, locking screws, kettlebells, etc. Heavy duty, rated for 1000 lbs load.

It is recommended to keep small stacks of weight plates on the top between the dumbbells for speedy weight changes. There are many options for storage and use.

Use care when rolling PRO STAND with heavy loads. Keep the two wheel locks engaged when stationary.

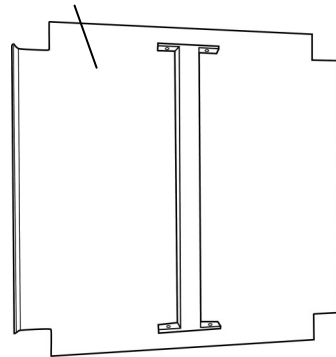
### Bolt Pack contents

4x Industrial Caster (2x locking)  
8x Caster axle spacers  
20x M8 Washers  
8x M8 Nylock Nut  
8x M8 x 65mm bolt  
4x Top shelf bolt M8 x 20mm

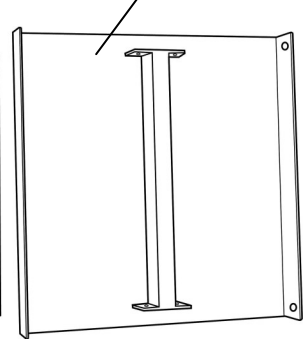
**2x 17mm and 1x 19mm wrench  
required for assembly  
(not included)**

### Box Contents

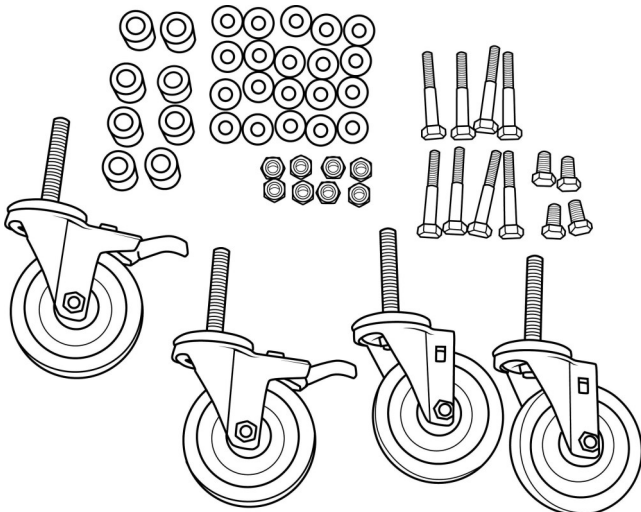
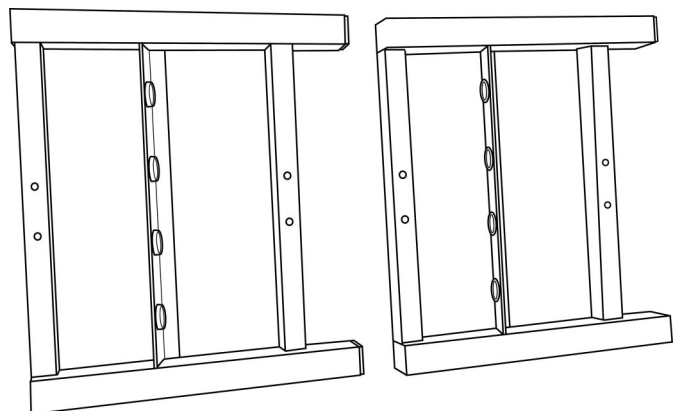
BOTTOM SHELF



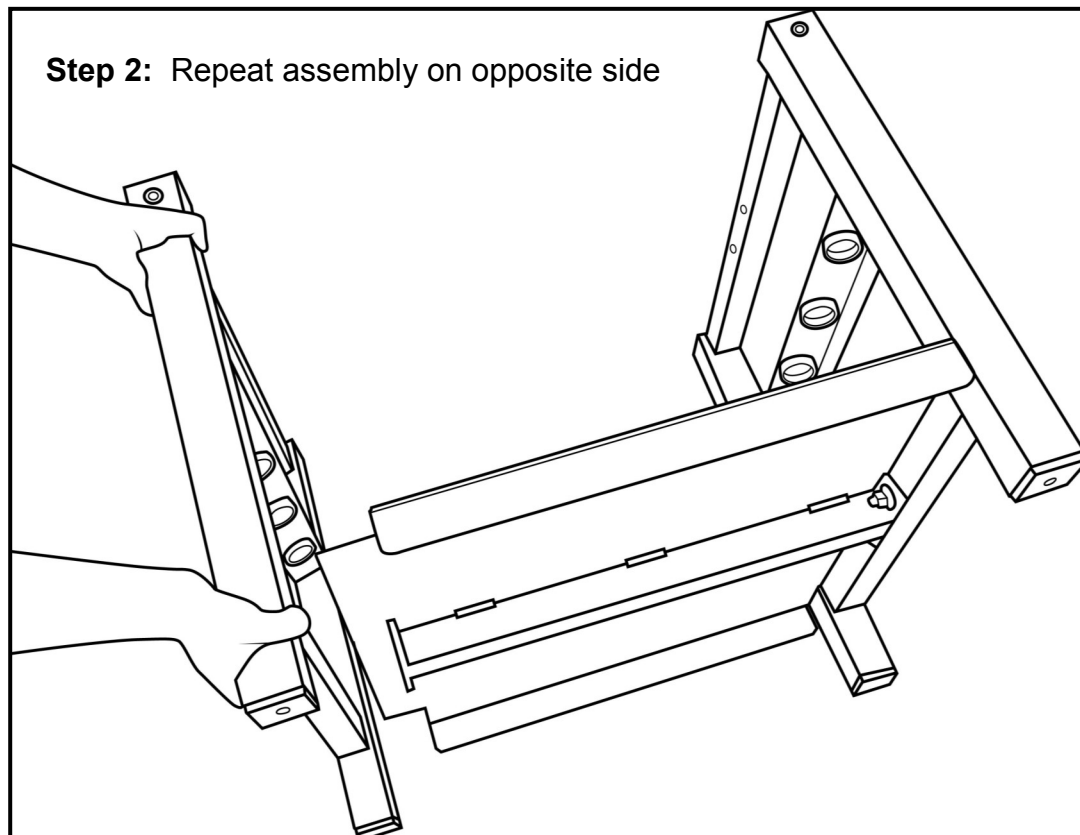
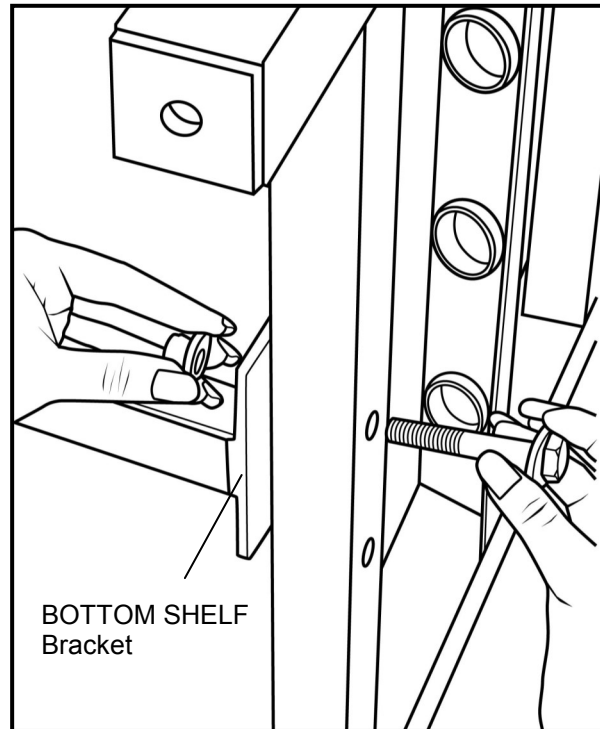
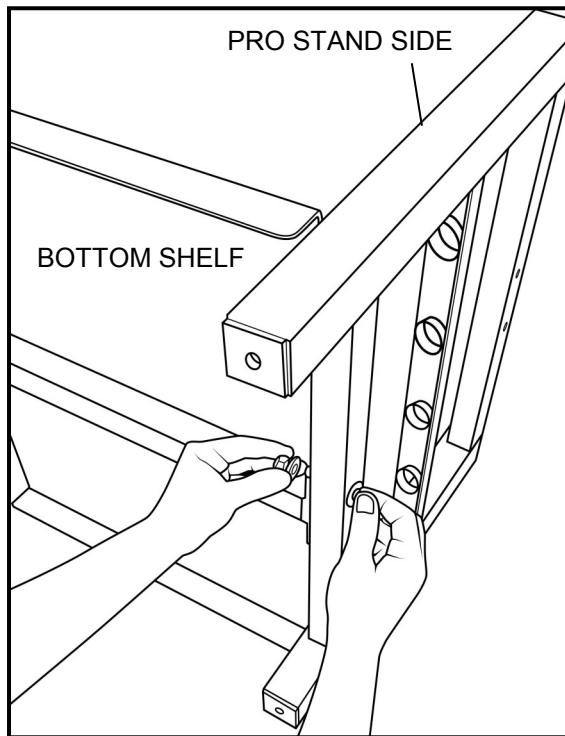
TOP SHELF

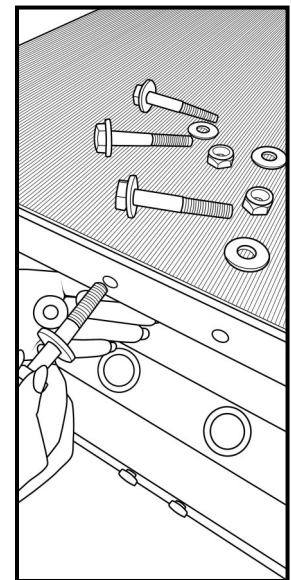
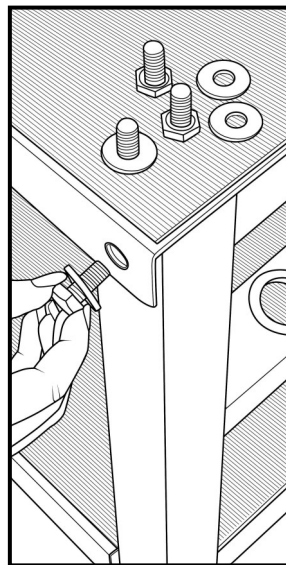
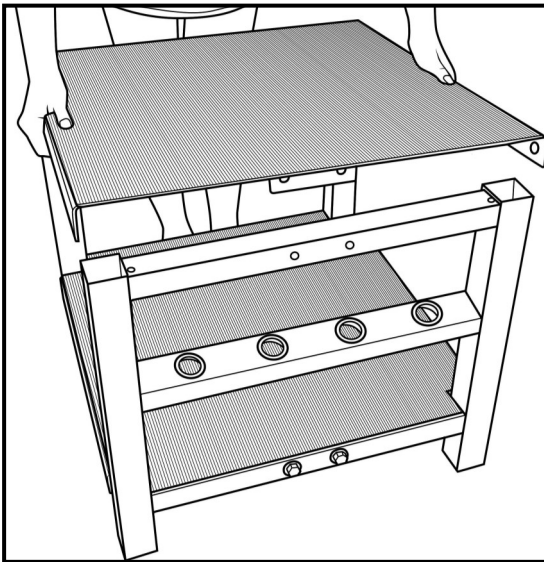


2x PRO STAND SIDE

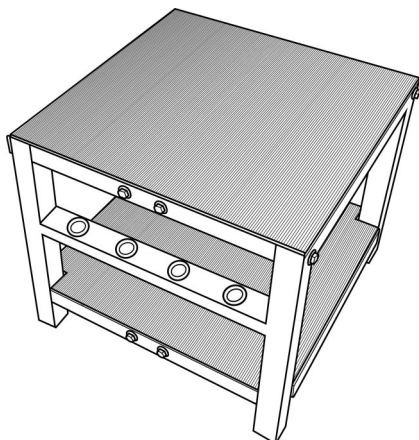


**Assembly: Step 1:** After confirming all parts are present, locate 4x M8 x 65mm bolts, 8x M8 Washers, 1x PRO STAND SIDE and BOTTOM SHELF. Next connect BOTTOM SHELF and PRO STAND SIDE together. Do not tighten bolts until entire assembly is complete.





### Step 3:



Assemble TOP SHELF onto PRO Stand Frame. Using 4x TOP SHELF M8x 20mm Bolts and 4x 8mm Washers, secure the TOP SHELF on four corners but **DO NOT TIGHTEN**. Next, repeat Step 1 and secure TOP SHELF Bracket to PRO STAND SIDES using 4x M8 x 65mm bolts, 8x M8 Washers and 4x Nylock Nuts. Note you may have to push down slightly in middle for TOP SHELF BRACKET and PRO STAND SIDE holes to align properly. Once Assembly is complete, tighten all bolts.

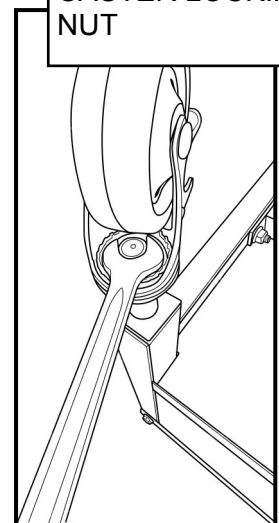
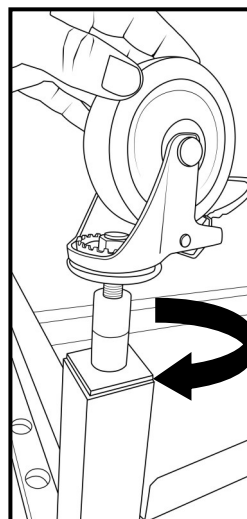
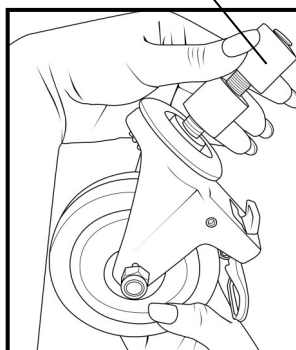
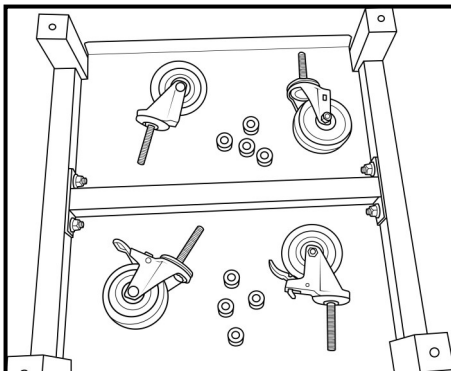
**Step 4:** Turn Completed PRO STAND upside down to install 8x CASTER AXLE SPACERS and CASTERS. Note 2x CASTERS have foot locking lever. Slide AXLE SPACER onto each CASTER and then thread Casters into 4 corners of PRO STAND SIDES.

**Choose your preferred PRO STAND height** by the number of AXLE SPACERS you install on each CASTER AXLE. Total height adjustability is 2 inches or 50mm. Each Spacer is 1 inch/25mm in length. Finally, tighten CASTER LOCKING NUT with 19mm wrench.

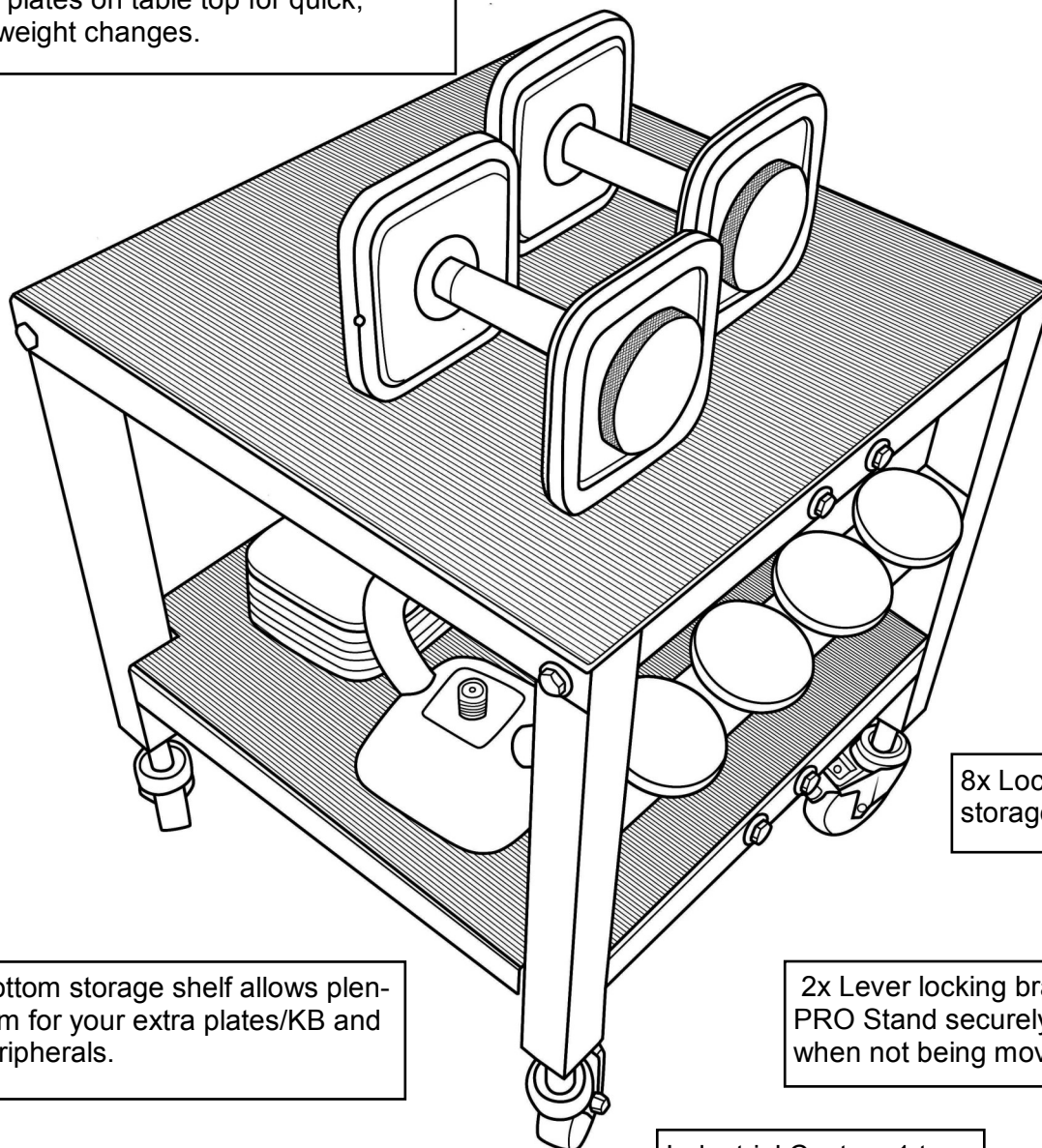
Adjust height of stand by up to 2 inches/50mm using spacers

AXLE SPACER  
1 inch/25mm

CASTER LOCKING  
NUT



Large Table top surface area for easy weight plate changes while having extra room to keep extra plates on table top for quick, seamless weight changes.



8x Locking screw storage locations

Large bottom storage shelf allows plenty of room for your extra plates/KB and other peripherals.

2x Lever locking brake keeps PRO Stand securely in position when not being moved

Industrial Casters 1 ton capacity

For further details regarding this product, operation, tutorials and video links, please visit our website [www.ironmaster.com](http://www.ironmaster.com)

### Warranty Information:

Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective part(s) at no charge. Warranty covers in-home use only.

1 year for normal wear items such as rubber, upholstered parts and surface finishes.

10 years for frame and structural components.

Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Ironmaster to the purchaser with respect to the product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Ironmaster be liable or in any other way responsible for damages or defects in the product which were caused by repairs or attempted repairs performed by anyone other than Ironmaster or Authorized Service Contractor. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear of the product purchased. Nor shall Ironmaster be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damage, so the above exclusion may not apply to you.