



MAX RACK®





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Safety Instructions

MaxRack Safety Information and General Exercise Guidelines

Safety Information

Read the MaxRack Owner's Manual carefully before assembling, servicing or using the Max Rack.

! WARNING: Serious injury or death could occur if these safety precautions are not observed:

1. Do not use the MaxRack in any way other than designed or intended by the manufacturer. It is imperative that the MaxRack as well as any other STAR TRAC STRENGTH equipment is used properly to avoid injury.
2. Keep hands, feet, head, limbs, fingers and hair clear at all times from moving parts to avoid injury. Use appropriate positioning, speed and controlled movements.
3. **DO NOT** use any equipment that is damaged and/or has worn or broken parts. Use only replacement parts supplied by STAR TRAC STRENGTH.
4. **DO NOT** wear loose or dangling clothing while using the STAR TRAC STRENGTH equipment. Keep away from all moving parts.
5. Obtain a medical exam prior to beginning an exercise program.
6. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
7. Children must not be allowed near these machines. Teenagers must be supervised.
8. **DO NOT** attempt to fix a broken or jammed machine. Contact appropriate staff or Star Trac Service.
9. Use the machine only for the intended use. Obtain instruction and **DO NOT** modify the machines.
10. Load plates evenly and carefully to avoid tipping equipment and possible crushing injuries. **DO NOT** exceed maximum load of 320 lbs (145.5 Kilos) **DO NOT** exceed 160 lbs (73 Kilos) per side of loaded weight.
11. **ALWAYS USE** safety stops as directed **DO NOT** use if guards are missing or damaged.
12. **ALWAYS** position safety stops as outlined on the user placard descriptions for each movement.
13. **USE A SPOTTER** for all activities.
14. **MAINTAIN LABELS AND NAMEPLATES:** Do not remove labels for any reason. They contain important information. If unreadable or missing, contact STAR TRAC STRENGTH for a replacement.



MaxRack

15. **SECURING EQUIPMENT:** All STAR TRAC STRENGTH equipment MUST be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor. **DO NOT** use the weight equipment if it is not set up and located on a solid level surface.
16. Make sure that each machine is set up, attached to floor, and operated on a solid level surface. **DO NOT install equipment on an uneven surface.**

Use fasteners having a minimum of 500 lbs. (227.2 kilogram) tensile capacity (3/8" grade 2 bolts or better).

17. **MAINTAIN ALL EQUIPMENT:** Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Inspect the STAR TRAC STRENGTH equipment prior to use. **DO NOT** use if damaged or inoperable.
18. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
19. Routinely inspect all fasteners that join attachments and framework tighten as needed to maintain the integrity of the unit.
20. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all STAR TRAC STRENGTH equipment. It is recommended that the end users physical condition be evaluated prior to beginning any exercise program.
21. Perform regular maintenance checks on the STAR TRAC STRENGTH equipment. Also, pay close attention to all areas most susceptible to wear.
22. Keep a repair log of all maintenance activities.
23. Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove the STAR TRAC STRENGTH piece of equipment from service until the repair is made.
24. Make sure that all users are properly trained on how to use the STAR TRAC STRENGTH equipment.
25. Make sure there is enough room for safe access and operation of the STAR TRAC STRENGTH equipment.
26. Use only STAR TRAC STRENGTH supplied components to maintain/repair the STAR TRAC STRENGTH equipment.
27. **UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM STAR TRAC STRENGTH PERSONNEL.**

NOTE: It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.



Exercise Guidelines

- Like most exercise, strength training involves an element of risk. Utilize this information to assist you and/or your members in making the experience on STAR TRAC STRENGTH both productive and safe.
- Prior to engaging in any strength-training program, individuals with known health conditions and/or individuals whom are unfamiliar with the risk(s) involved with weight training, should first consult with a physician.
- All training sessions should be supervised by trained personnel.
- Be certain that the warning stickers affixed on STAR TRAC STRENGTH, remain on the product and unaltered. Also, be certain that all the stickers (safety, instructional and/or other) are read and understood by each user.
- All users should be instructed on the proper use of STAR TRAC STRENGTH as well as those actions that should be avoided.
- The STAR TRAC STRENGTH Max Rack has safety catches specifically designed to enhance the use of the product and protect the user – **ALWAYS** use the safety catches as outlined on the user placards.

In an attempt to minimize user and/or bystander injury:

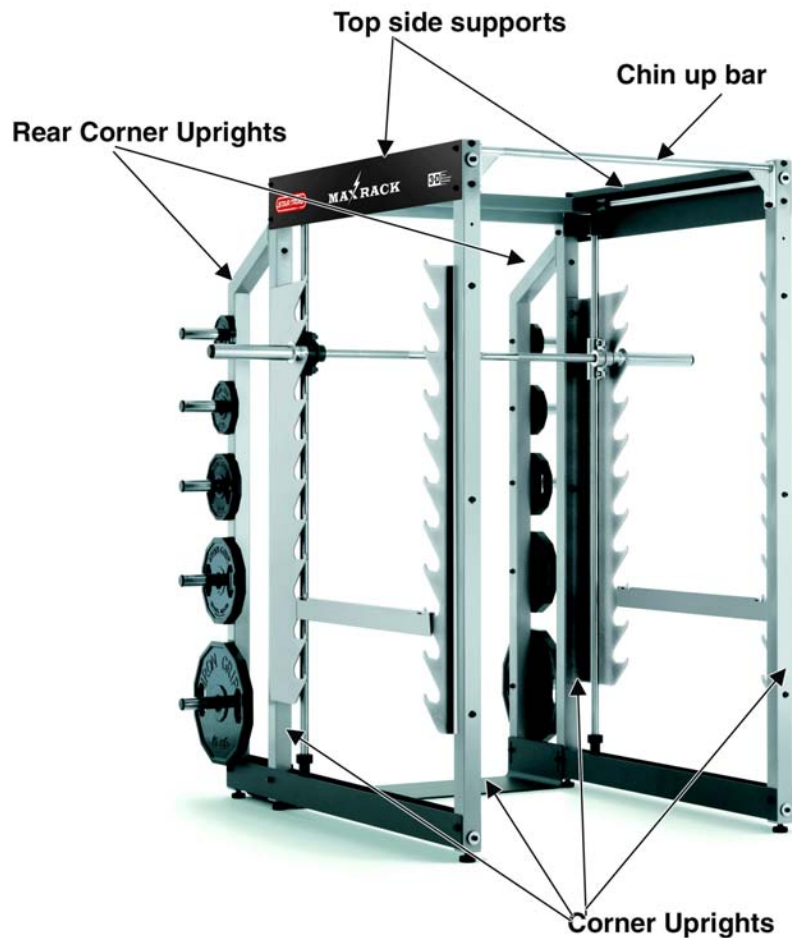
- Do not lean against framework, plate holders or any component whether it is dynamic or static.
- Stay clear of any components while in a dynamic state of motion. Keep hands and feet away from all moving parts. The convergence of these components can cause serious injury.
- Exercising on free weight products should be performed with the assistance of a spotter.
- **ALWAYS** insure proper positioning of the safety stops during each exercise set.

Unpacking

- After opening the shipping carton, carefully remove any packing material and parts.

NOTE: Take care not to discard parts when disposing of the carton or packing materials.

- Lay the parts on the floor so they do not present a trip hazard and do not get damaged.
- Sort like parts together for easy identification.
- Lay out all the bolts in order by size so it is easy to identify the 3 sizes of bolts.
- The 4 main uprights are the same and can be interchanged.
- Compare all parts to the parts list and immediately report any missing or damaged parts to Star Trac's Product Support department at 800-503-1221. (International 714-669-1660)



Parts List and Identification

Assembly Hardware

There are three main bolt sizes, 85mm 90mm and 95mm long.

Use the 85 mm bolt on all other places where one plate attaches to the main support leg.



M10 X 1.5 X 85 mm Hex Bolt 110-3373



Washer



Nut

Use the 90 mm bolt on holes that have two side plates on the sides of a main support leg, such as the chin up bar or top side plates.



M10 X 1.5 X 90 mm Hex Bolt 110-3372
(Top Corners)



Washer



Nut

Use the 95 mm long bolts at the bottom rear plate, side foot plates and main support leg in four holes.



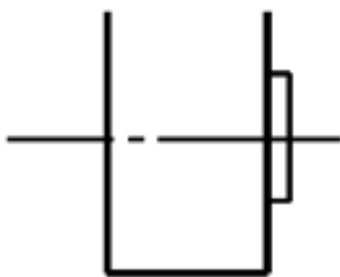
M10 X 1.5 X 95 mm Hex Bolt 110-3371
(Rear Floor Plate)



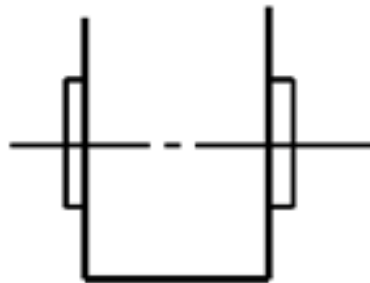
Washer



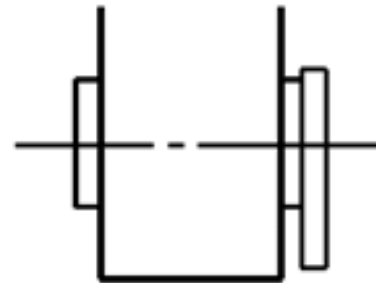
Nut



1 Plate, use screw
M 10 X 1.5 X 85mm



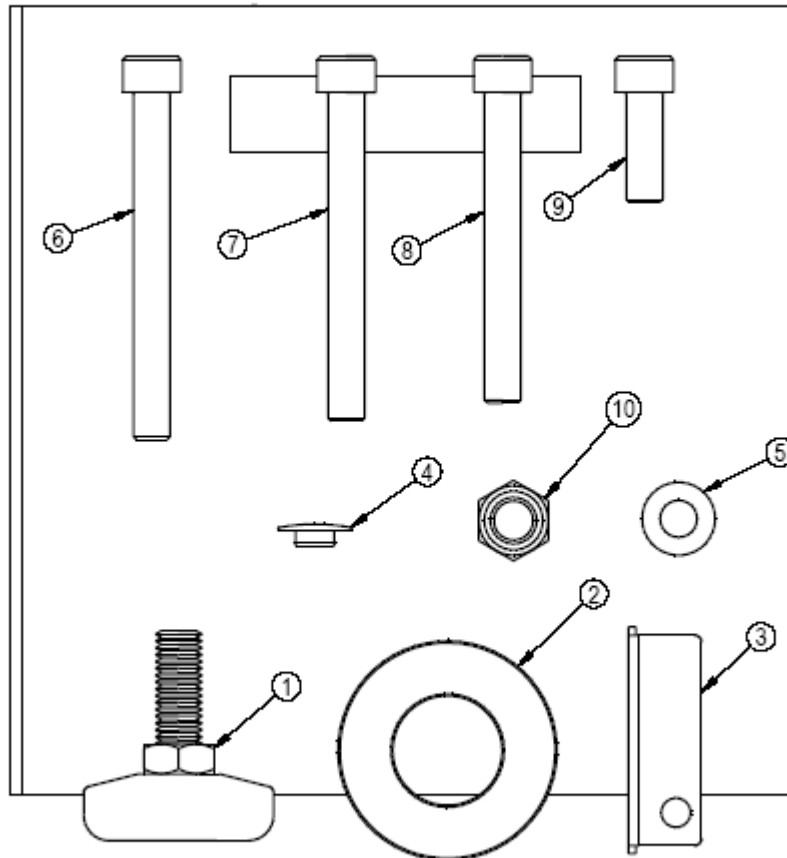
2 Plates, use screw
M 10 X 1.5 X 90mm



3 Plates, use screw
M 10 X 1.5 X 95mm














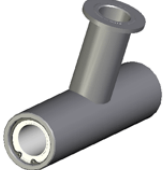






620-7661-KT Hardware Kit



ITEM NO.	STAR TRAC P/N	DESCRIPTION	QTY.
1	800-3689	ADJUSTABLE FOOT, SPINNERS	4
2	140-3368	CUSHION , BEARING SOCKET	2
3	020-6934	SPACER, VERTICAL TUBE	4
4	140-3369	END CAP , BOLT HOLE COVER	4
5	120-3301	WASHER, M10	83
6	110-3371	SCREW, M10x1.5x95, SHC,CS,ZP	6
7	110-3372	SCREW, M10x1.5x90, SHC,CS,ZP	10
8	110-3373	SCREW, M10x1.5x85, SHC,CS,ZP	22
9	110-3374	SCREW, M10x1.5x30, SHC,CS,ZP	12
10	110-3375	NUT, M-10x1.5, HEX NYLOCK,ZP	40
11	620-7661	MANUAL, OWNERS, MAX RACK	1

Parts List and Identification- cont'd

 <p>Bearing socket connector</p>	 <p>Upper side brace assembly</p>	<p>Top</p>  <p>Rear support bar</p>
 <p>Weight supports</p>	 <p>Bottom rear step plate</p>	<p>Weight stack bumpers are used on the plate holders and protect the uprights of the MaxRack from damage caused by weight plates.</p> 
 <p>Bottom support plates Qty 4</p>	<p>Bar bumpers are used on the main vertical bar, and go between the bottom glide and the weight bar.</p> 	 <p>Safety gate Qty 2</p>
 <p>Upper horizontal guide rods Qty 2</p>	<p>Upper bearing socket assembly Qty 2</p> 	<p>Horizontal guide bars have a short bolt with a washer and spacer.</p> 
 <p>Lower horizontal guide rods Qty 2</p>	<p>Lower bearing socket assembly Qty 2</p> 	<p>Horizontal guide bars have a short bolt with a washer and spacer.</p> 
 <p>Vertical guide rods Qty 2</p>	<p>Vertical bearing socket assembly Qty 2</p> 	<p>Bolt hole cover end cap Qty 4</p> 

Assembly Overview

The following is an overview of the steps to follow.

These are not the complete assembly steps. Refer to the detailed assembly instructions starting on page 10.

The MAXRACK will be assembled on the floor by building 2 sides and then lifting them up and attaching them. The MAXRACK will be lying on the front. Then lift the assembled box up on it's feet and attach the remaining parts. Allow enough room behind the MaxRack to allow for tipping it up on the feet. Observe all standard safety practices when assembling the MAXRACK.

Tools Required:

- 17mm open end wrench
- 17mm socket
- 8mm Allen hex wrench
- Socket wrench set
- Torque wrench
- 8mm hex socket
- Tape measure

Approximate Assembly Time: 90 Minutes

Build the MAXRACK by assembling both sides of the MAXRACK on the floor.

1. Attach the chin up bar on the front left leg.
2. Attach the back tube assembly on rear left leg.
3. Build the two sides lying on their sides on the floor.
4. Lift the left side up and let it rest on the chin up bar.
5. Lift the right side up onto its front and attach it to the left side at the chin up bar and back tube assembly.
6. The MAXRACK will now balance on its front.
7. Attach one on the bottom support plates on each side for stability. Do not tighten the bolts as you will be removing them later.
8. Lift the MAXRACK from the back tube assembly and stand it up taking care and having another person help to balance it as it settles forward.
9. Complete the assembly by adding the weight adjustment plates, the bottom step plate and the other bottom support plates.
10. Attach the Olympic bar.
11. Attach the plate holders.
12. Check to make sure the MAXRACK is square and the distance between the front legs is the same as the rear legs side to side.
13. Tighten all bolts and nuts.



Floor



Floor



Floor



Floor



Floor



Floor



Floor



Re

Floor

Detailed instructions follow after the overview.

Assembly – Assemble the sides

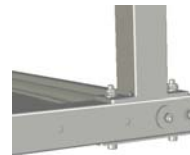
NOTE: Position the main vertical uprights to allow for it to settle back as you tip it up. 5' (12.7 cm) is recommended.



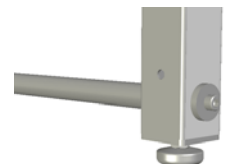
1. Select two of the vertical tube uprights and the top support plate. The corner uprights have holes to attach the glide bar.
2. Lay the vertical tube uprights on the floor with the large holes on the sides and the leveling feet at the bottom.
3. Insert the bolt hole covers into the top of the four vertical tube uprights. NOTE: As you insert the bolts and tighten them the bolt hole inserts will stay in place they are used to stiffen the top of the tube.



4. **LEFT SIDE ONLY**- Attach the chin up bar to the top of the left front vertical frame.
5. **LEFT SIDE ONLY**- Attach the back tube bar to the top of the left rear vertical upright.



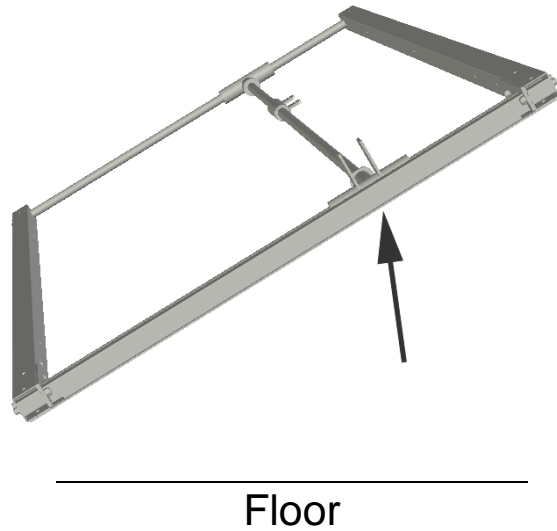
6. Attach the top support plate facing out, at the top of the vertical tubes.
7. Slide the top and bottom guide rods halfway into the frame.
8. Lay the vertical guide rod in the frame.
9. Slide the upper bearing onto the top of the vertical guide rod.
10. Slide the vertical bearing that holds the Olympic bar onto the vertical guide rod.
11. Slide the cushion onto the guide rod below the vertical bearing assembly.
12. Slide the lower bearing onto the bottom of the vertical guide rod.
13. Slide the horizontal guide rods into the sides of the upper and lower bearings.
14. Insert the rubber spacer and washer and bolts and tighten to secure the ends of the horizontal guide rods into the frame.



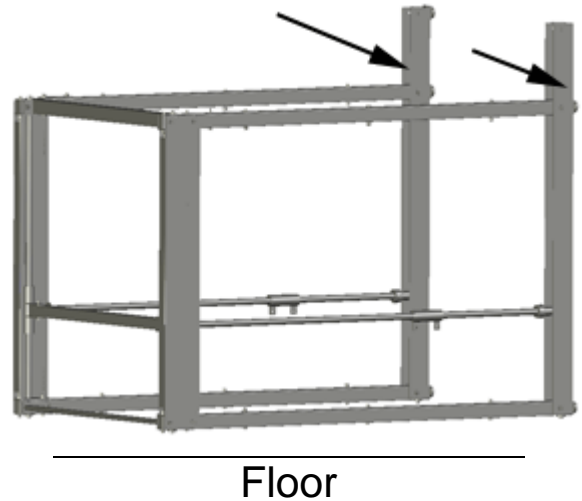
The completed assembly should look like the photo below.

Assembly – Attach the two sides together

15. Stand the frame up on its side leaning on the front of the frame as in the photo.
16. Select the proper length bolt, nut and washers to attach the two sides together. Stand the right side up and lean it against the left side. Insert the bolt and washers at the top and secure the back tube to the right side.
17. Attach the chin up bar to the right side.



18. Attach the bottom side braces, Insert the bolt, washer and nuts at the front, and temporarily insert the bolt, nut and washers at the back legs.



Assembly – Lifting the Max Rack up onto the feet

NOTE: For the next step a second person might be necessary to help lift and balance the frame.

NOTE: Allow enough room behind the frame assembly to allow for you to lift and position the frame in place.

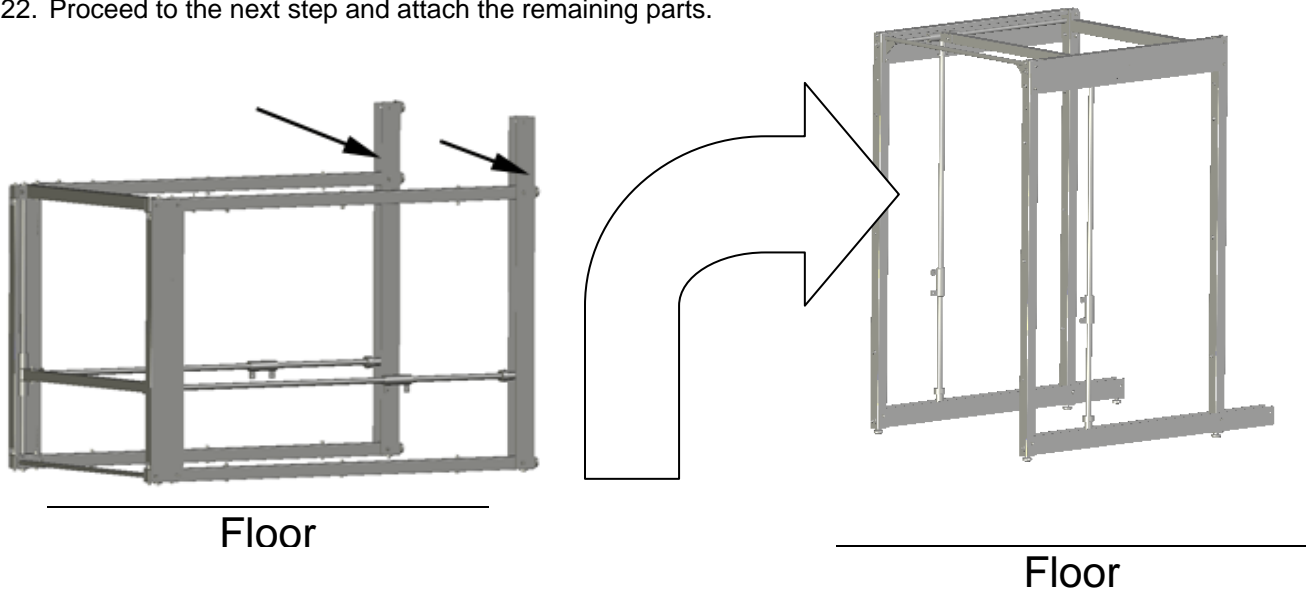
CAUTION: Do not stand behind the frame or allow anyone to walk behind the frame when moving it.

19. Carefully stand the frame up so it will be in the normal useable position.

20. Lift the back tube and then walk your hands down to the chin up bar as you lift the frame assembly.

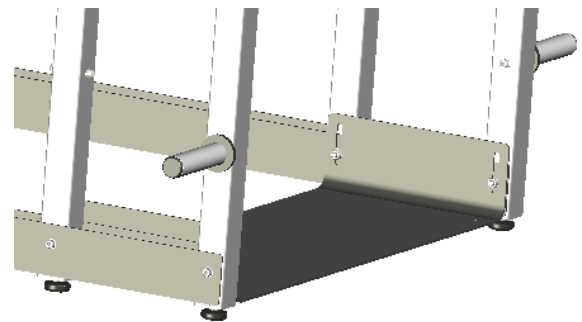
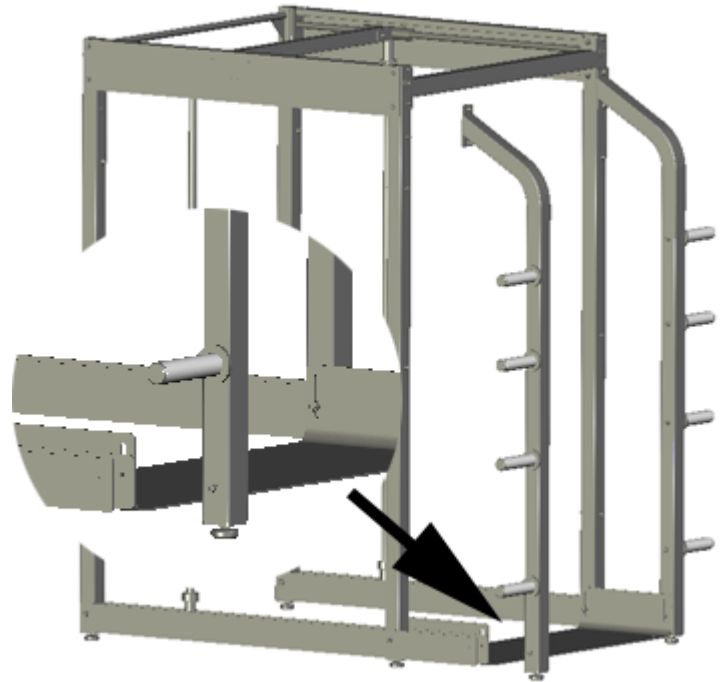
21. Carefully let the frame settle down on the back legs.

22. Proceed to the next step and attach the remaining parts.



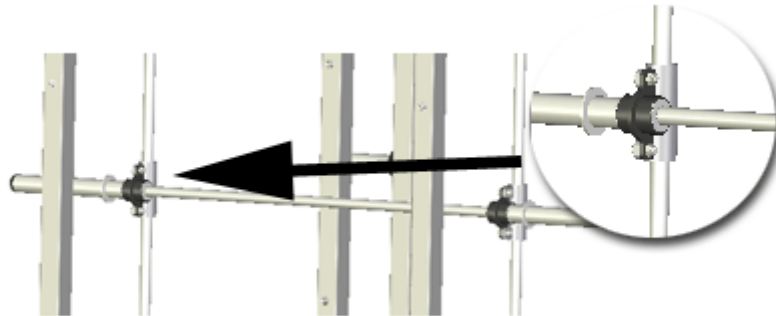
Assembly – Assemble the rear step plate

23. Position the back vertical tubes and the weight horns so the weight horns are facing out.
24. Slide the rubber bumpers on the weight horn closest to the frame and secure the weight horn to the frame with a short bolt and washer.
25. Secure the back vertical tubes to the top of the frame.
26. Remove the bolts from the bottom side braces and install the inner bottom side braces.
27. Position the rear step plate in-between the rear vertical tubes.
28. Attach the bottom side braces and the rear step plate and align the bottom of the back vertical tubes and attach them to the bottom side braces.
29. Set floor plate on the floor where the back of the MaxRack will be positioned. Floor plate will be toward the back of the MaxRack where the plate storage is located.



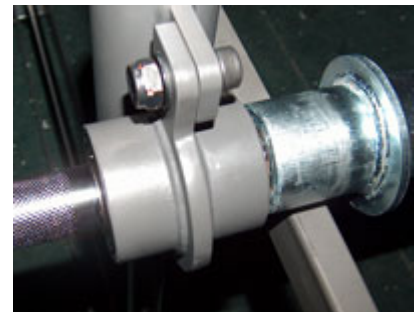
Assembly – Attach Olympic bar assembly

1. Position the Olympic bar in the frame and rest it on the bottom side braces.



2. Align the vertical bearing assembly and insert the bolts, washers and nuts and secure it to the Olympic bar.

NOTE: The vertical bearing has to be inside the Olympic bar as shown in the photo.



Assembly – Final assembly

3. Attach adjustment plates to the Vertical upright post.

NOTE: There are six bolt holes on each post that can be used for placing the adjustment plates. Insert the bolt in the top hole and attach the plate. The plate will now hang making it easier to inset the remaining bolts. Place the plates on the bottom set of bolt holes so they match the position of the rear adjustment plates. Repeat for all adjustment plates.

4. Lower weight bar to floor of system. Go back and tighten all bolts on the lower half of the MaxRack. After tightening all lower bolts, raise bar to upper position and tighten all bolts on the upper half of the MaxRack.
5. Check all bolts to be sure they are secure. Run weight bar up and down and front to back on bearing system. Bar should move freely.
6. Make sure the MaxRack is in a perfect square. Measure between the vertical uprights at the front of the MaxRack, at the top and bottom of the MaxRack to make sure the vertical upright posts are the same distance apart. Repeat for the back.
7. Place side safety gates at even levels on racks to prevent serious injury while lifting.



TEST THE SYSTEM FOR PROPER OPERATION.



Maintenance and Service

The MaxRack requires very little upkeep to perform at its best, the following guidelines are suggested.

GENERAL CLEANING

- Wipe the MaxRack with a light all-purpose cleaner, such as diluted Simple Green at a 30:1 solution.
- Dry the MaxRack with a soft cloth to prevent rust.
- To prevent rust build up, it is advised to wipe the MaxRack with a soft cloth and some LPS-1 rust preventative.
- Do not clean the guide rods or bearings as this will cause failure of the bearings.

LUBRICATION OF GUIDE RODS

- Place light oil (i.e. Three-In-One) onto a clean rag and wipe it along the vertical and horizontal steel rods monthly.
- Do not use grease or heavy lubricating oil.**
- The bearings inside the barbell housings are sealed and require no maintenance.

Parts Replacement Procedures Olympic bar bearing replacement

Time required:

- 15 minutes

Parts required:

- 2 ea PN 730-0101 Olympic bar bearing assembly

Tools required:

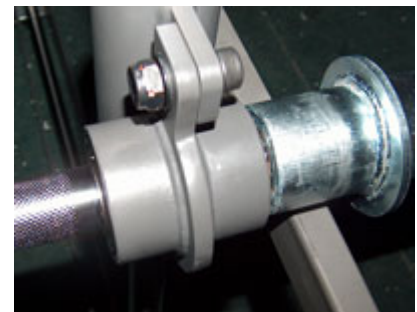
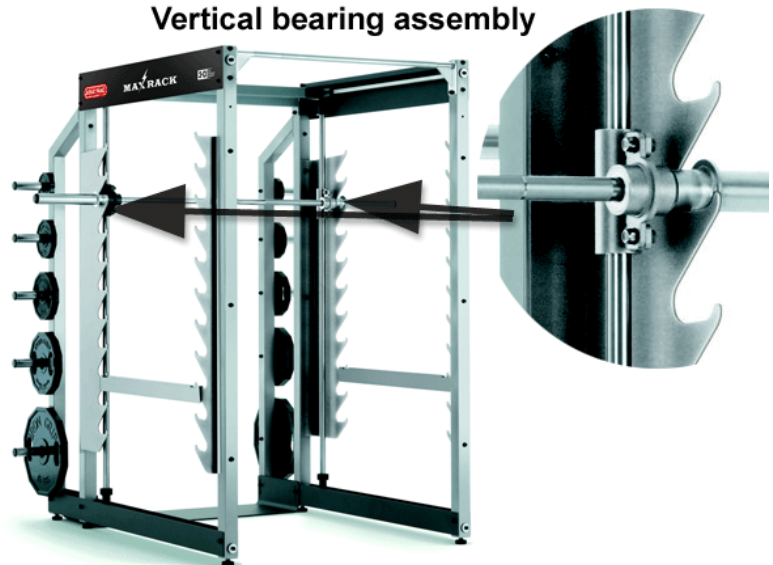
- 17mm open end wrench
- 17mm socket
- 8mm Allen hex wrench
- Socket wrench set
- Torque wrench

1. To replace the bearing assembly, remove all weights from the bar ends and rest the bar in the weight adjustment plates or safety gates.
2. Unscrew the bolt holding the vertical bearing assembly and Olympic bar bearing assembly.

NOTE: When the bolts are removed the vertical bearing assembly will slide down the vertical bar.

3. When the Olympic bar is free, lift it off and out of the MaxRack and onto the floor.
4. Remove the bar end loading sections.
5. Slide the bearing assembly off the bar and replace it with a new bearing assembly.

NOTE: When sliding the bearing assembly onto the bar, take care not to damage the bearings in the housing.



Bearing Socket Replacement

The upper, vertical and lower bearing assemblies all share the same guide rods.

Time required:

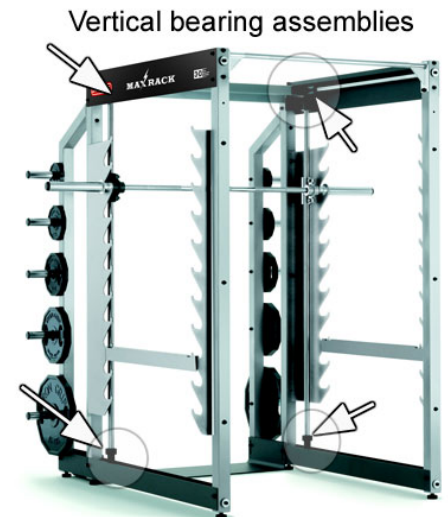
- 15 minutes

Parts required:

- 2 ea PN 730-0111 Upper bearing assembly
- 2 ea PN 730-0112 Lower bearing assembly

Tools required:

- 17mm open end wrench
- 17mm socket
- 8mm Allen hex wrench
- Socket wrench set
- Torque wrench

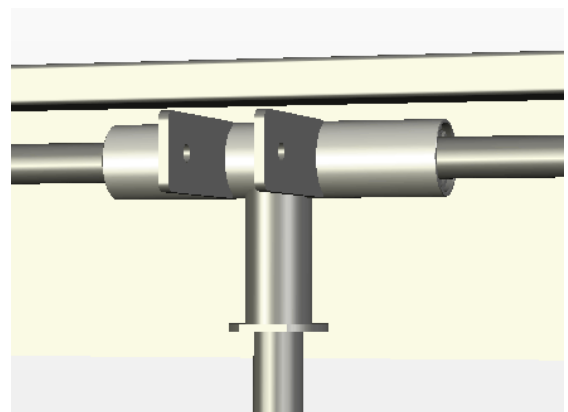


1. To replace the bearing assembly, remove all weights from the bar ends and rest the bar in the weight adjustment plates or safety gates.
2. Unscrew the bolt holding the vertical bearing assembly and Olympic bar bearing assembly.

NOTE: When the bolts are removed the vertical bearing assembly will slide down the vertical bar.

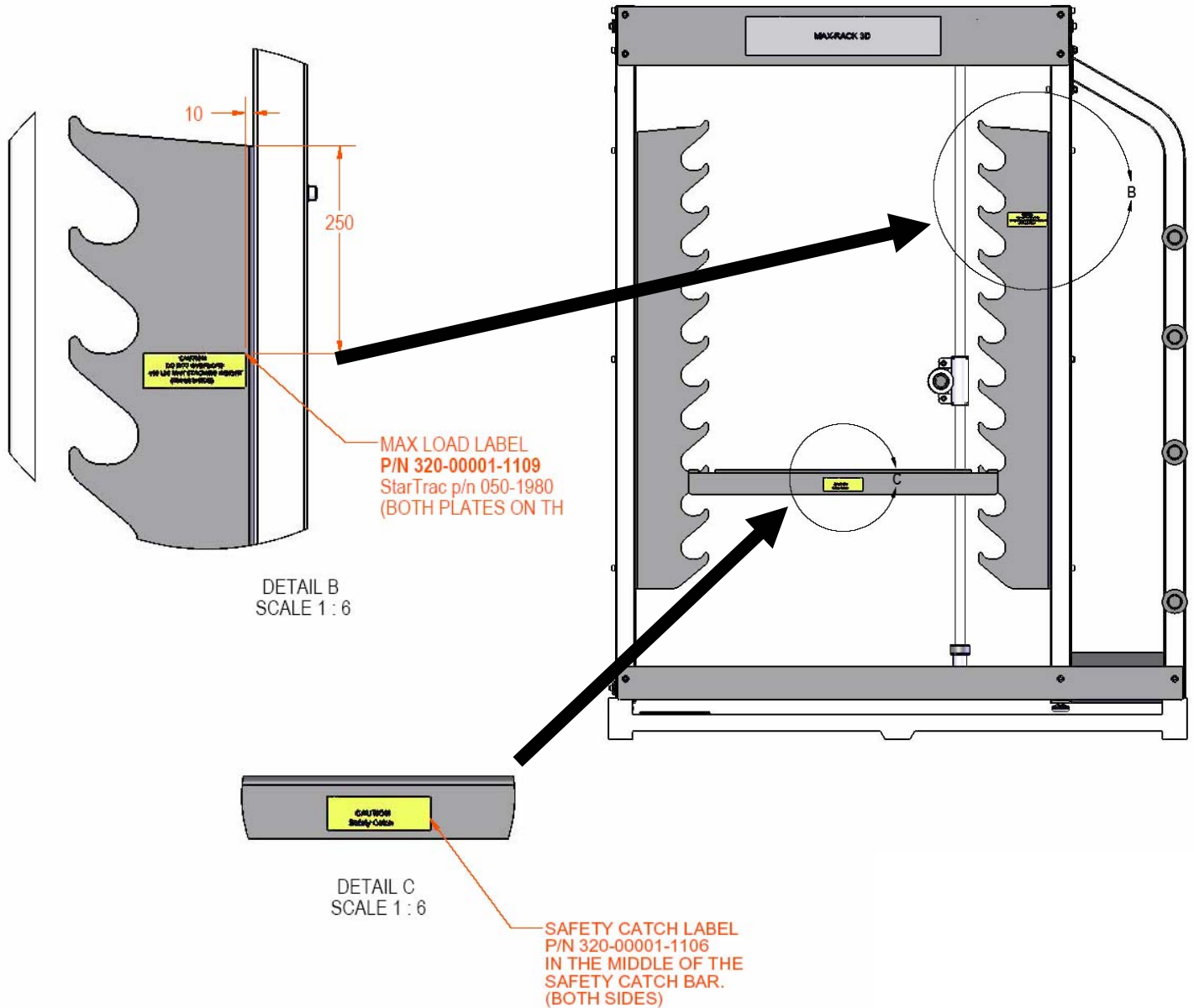
3. When the Olympic bar is free, lift it off and out of the MaxRack and onto the floor.
4. Remove the bolts at the guides on the top and bottom guide bars.

NOTE: When sliding the bearing assembly onto the bar, take care not to damage the bearings in the housing.



Sticker Placement

After assembly place the safety stickers on the safety bar and the rear weight supports as shown in the photo.



WEB SITE

<http://support.startrac.com/>

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