

ULTRA SQUAT STAND



SET UP & SAFETY GUIDE

Important: Please read instructions before use

Wichtig: Bitte lesen Sie vor der Verwendung die Anweisungen

Important : Veuillez lire les instructions avant utilisation.

Importante: Por favor lea las instrucciones antes de usar el producto.

Importante: leggere le istruzioni prima dell'uso



PRECAUTIONS

It is your responsibility to read and understand all warnings and instructions that accompany this product. This is essential to safe operation.

Ensure that this squat stand always remains in an upright position with the two lowest bars positioned firmly on the ground. This product should never 'wobble' and should only be used if it has been placed securely on a flat, even stretch of ground.

Set up and use this squat stand in an area that is free from obstacles, particularly furniture and other sharp objects. Make sure you have adequate room to use the equipment without interference from other objects or people.

Never allow children to use this squat stand.

Never hang from or sit on this squat stand. Never shake this product, especially if there are weights loaded on the bars.

Do not wear loose clothing or jewellery while using this squat stand.

Do not exceed the maximum load bearing of 450kg.

The approximate weight of the squat stand is 65kg. This product is not intended for commercial use.

Inspect your squat stand before each workout. Periodically check all fasteners and screws to make sure none have become loosened with use. Never place any load on the spotter deck or weight plate storage holders without first checking the security of these elements.

Never attempt to exercise with a higher weight loading than you are physically able to handle.

For safety, it is recommended that you always use the spotter bars when performing any barbell exercises.

Ensure that the spotter bars are set to the correct height, so that they may support the barbell if needed. The same can be said for the rack height - ensure that the rack is suitably positioned, so that it can securely hold your weights if needed.

Do not use this squat stand if any component is found to be worn or damaged.

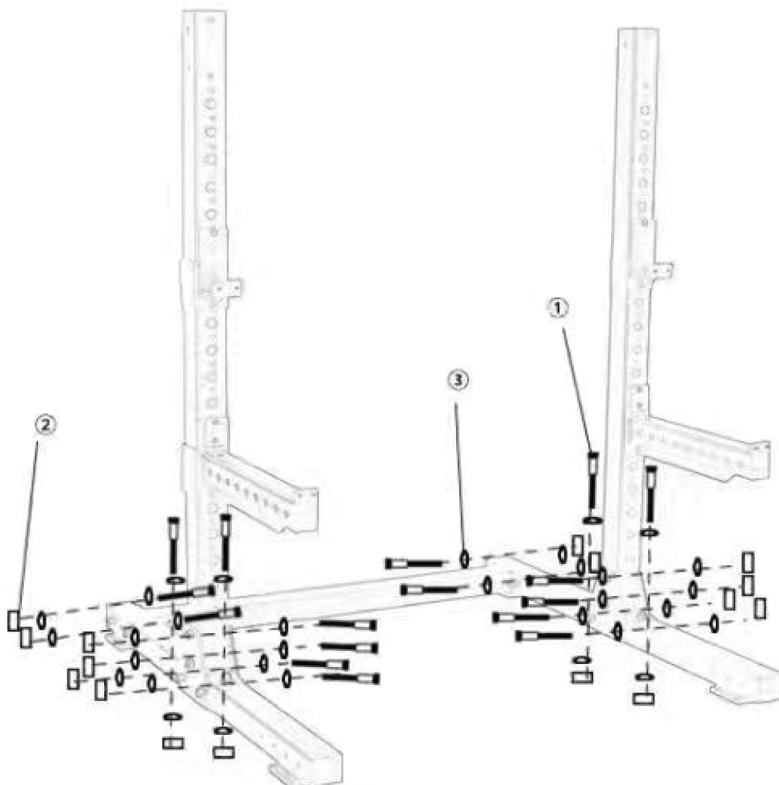
Do not use this squat stand if you discover any pieces are missing prior to or during set up. Please contact RPM Sports immediately for advice in the case of missing pieces.

It is important to consult your doctor or physician before starting any form of exercise. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy, or if you experience pain of any form.

Never overexert yourself while exercising. Always be aware of your own fitness level and ability when it comes to using this piece of fitness equipment.

LIST OF PARTS

①	②	③
SCREW M12*100	NUT M10	WASHER M10
16pcs	16pcs	32pcs





ASSEMBLY

Step 1

Secure the upright frame pillars to the base (bars with the rubber feet) using 2 M12*100 screws vertically downward. Insert washers on either side and secure with a lock nut. Repeat on other side.

Step 2

Secure connector rod at the base using 2 M12*100 screws horizontally. Insert washers on either side and secure with the lock nut. Repeat on other side, this will complete the base section of the frame.

Step 3

Secure the upright frame pillars to the base with the anchor brackets provided. Loosely insert all screws in position, once aligned properly then tighten all screws fully.

Step 4

Insert the barbell holders and spotter arms at desired height. These are fully adjustable depending on exercise.



Adjustments:

Spotter decks and bar racking: To adjust the height of the spotter bar and/or the bar rack, simply pull out the pull pins and, keeping the pin outwards, slide the bar you wish to move to the desired height level.

Squat Rack Exercises

Note: To accompany your barbell workout, it is always useful to have a weight bench to increase the amount of exercises you can do with your RPM Power® Adjustable Squat Stand Ultra. Using a weight bench in accompaniment with this Squat Stand will not only increase the amount of exercises you can do, but will help diversify your workouts, allow for greater muscle targeting and will build overall fitness and endurance. We offer a selection of premium quality RPM Power Weight Benches in our online store. Simply check out our website www.rmpower.com for more information.

Many of the exercises below require the use of an Olympic Weight Lifting Barbell. Like the weight bench, you can maximise the potential of this product by adding a barbell & plates to your home gym collection.

Setting up the Squat Stand for safe exercising:

Spotter bars: It is very important that the spotter bars are set up at the correct height before you begin exercising. Spotter bars act as safety guides and will 'catch' the barbell should you not be able to return it to the stand. For example, if you are performing a barbell squat and on the last rep you realise that you do not have the energy to return to the upright position - you can immediately crouch down low and let the barbell rest on the spotter bars instead of your back. That way, you can safely get out from under the barbell without risking injury.

It is recommended to set the spotter bars to a height that is just below your shoulder level when you are in your lowest squat position.



Barbell Exercises:

The RPM Power® Adjustable Squat Stand Ultra features an adjustable rack level as well as a wide, adjustable spotter deck for assisting with barbell exercises. Weight lifting with barbells is an intense form of strengthening that will build powerful muscles across the entire body. Below are just some exercises that you can perform with the dip station. We recommend trying these and others to fully maximise the potential of your RPM Power® Squat Squat.

Rack Level for Squats: Most people already know at which height they want the barbell to sit at on the upper rack level, however we recommend adjusting the rack level so that it holds the barbell just below shoulder height. Ideally you should lift the barbell from the rack while already in the squat position. It is not recommended to remove the barbell from the rack in an upright position, as you may require that extra bit of height to lift the barbell from the rack. To get that height, most people will go on their tip-toes. Going on your tip-toes with a heavy barbell on your back can be dangerous and you risk the barbell becoming unbalanced or falling, which can cause injury to you and/or others around you.

Spotter bars for Squats: It is very important that the spotter bars are set up at the correct height before you begin exercising. Spotter bars act as safety guides and will 'catch' the barbell should you not be able to return it to the rack. For example, if you are performing a barbell squat and on the last rep you realise that you do not have the energy to return to the upright position - you can immediately crouch down low and let the barbell rest on the spotter bars instead of your back. That way, you can safely get out from under the barbell without risking injury.

For squats, it is recommended to set the spotter bars to a height that is just below your shoulder level when you are in your lowest squat position.

Squats

Doing squats with a barbell and squat stand is an excellent way to develop explosiveness, power and muscle in your legs. Done properly, this exercise will develop serious base level strength.

First, ensure the rack level and spotter bars are correctly and safely positioned and in line with your height (as outlined above).

Position the barbell bar (without weights) on the top section of the rack. Choose weights you are comfortable with and attach them carefully to the barbell. Always keep technique and form in mind before engaging with any weight.

Place your hands on the bar and stand in a mid squat position so that your traps (back, not neck) is solid underneath the bar.

Push upwards unracking the bar and take a step backwards.

Look forward at all times so that your head remains straight. This is the key to maintaining form throughout the exercise.

With your feet shoulder width apart, lower your body in a controlled motion, ensuring that your knees are in position above your feet throughout the workout.



When descending into the squat position, try and bend at your hip without moving your back at all.

Once you have reached the squat position, drive up through your heels and return to the starting position.

Repeat 8-10 reps based on your chosen weight. When finished, step forwards and put the barbell back onto the rack.

Trains: Glutes, Hamstrings, Quads.

Rack Pulls

The rack pull is a cousin of the deadlift, however it differs in the sense that it does not require the leg push of the deadlift exercise, rather it focuses pressure directly on your back muscles.

Begin by setting up the height of the spotter rack. We recommend adjusting the spotter rack so that the barbell sits just below your knee, however this will differ from person to person. The most important thing is that you only need to minimally angle your back when lifting the barbell. If you have to bend down to lift, then the spotter bar is not high enough.

Once the bar is in position, grab it with both palms facing towards you. Your hands should be shoulder width apart.

Tense your hamstrings by positioning your hips backwards.

In doing this, you should keep your back straight and look forwards throughout the entire movement.

Lift the weight off the rack by pushing your hips forwards and straightening your knees.



At the top of the movement, you should pull your shoulders backwards, then slowly reverse the movement when lowering the bar back into the rack.

Repeat this exercise 5-20 times, or do as many reps as you are comfortable with.

Trains: Triceps, Lats, Biceps.

Overhead Press

The setup required for the overhead press is similar to that of the squat:

First, ensure the rack level and spotter bars are correctly and safely positioned and in line with your height (as outlined above). For this exercise, we recommend setting the rack height to be in line with your collar-bone.

Position the barbell bar (without weights) on the top section of the rack. Choose weights you are comfortable with and attach them carefully to the barbell. Always keep technique and form in mind before engaging with any weight.

Place your hands under the bar and keep your elbows tucked into your sides. Stand with feet shoulder-width apart. It is important to have a solid grounding before starting this exercise.

Fully engage your core and take a deep breath in. Push upwards unracking the bar (dipping your head back slightly so that the bar doesn't hit your nose or chin) and take a step backwards.

Look forward at all times so that your head remains straight. This is the key to maintaining form throughout the exercise.

Push the barbell upwards above your head.



Bring it back down again and return to the starting position.

Repeat 8-10 reps based on your chosen weight. When finished, step forwards and put the barbell back onto the rack.

Trains: Biceps, Shoulders, Core

Bench Press

Bench Press

The bench press is an excellent exercise that will engage muscles, such as specs, triceps, shoulders and more. This exercise requires a weight bench to lie on, whether that be at an incline, decline or neutral bench.

Lie on the bench, with the barbell in front of you resting on the spotter rack. The barbell should be in line with your upper chest.

Grip the barbell bar with both hands and get into a comfortable position as you prepare to lift.

Slowly raise the barbell above your chest.

Once it has reached full height, slowly bring it back down to chest level. This is one rep, repeat 8-10 reps based on your chosen weight.

Trains: Chest, Arms, Shoulders

Note: We offer a selection of premium quality RPM Power® Weight Benches, Weightlifting Bars and Plates in our online store. Simply check out our website www.rpmpower.com for more information.



THANK YOU FOR YOUR PURCHASE

We would like to warmly thank you for your purchase of this RPM Power® Adjustable Squat Stand Ultra. Should you have any questions or concerns about this product, please don't hesitate to get in touch with us and we will be happy to help you in any way we can.

Your Opinion is Important to Us

As a small family business, word of mouth promotion from our customers is really important and we would be most grateful to receive feedback on your purchase. If you have a minute, please leave us a quick review on Trustpilot.com.

Simply search for our business - **RPM Power** - on the Trustpilot website.

Reviews from our customers give others a better understanding of our products and how they function, allowing for a far more informed purchase when buying from our store. Thank you so much for your time and consideration.

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For further information on this product, including videos, exercise guides and more, visit:

www.rmpower.com/info

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