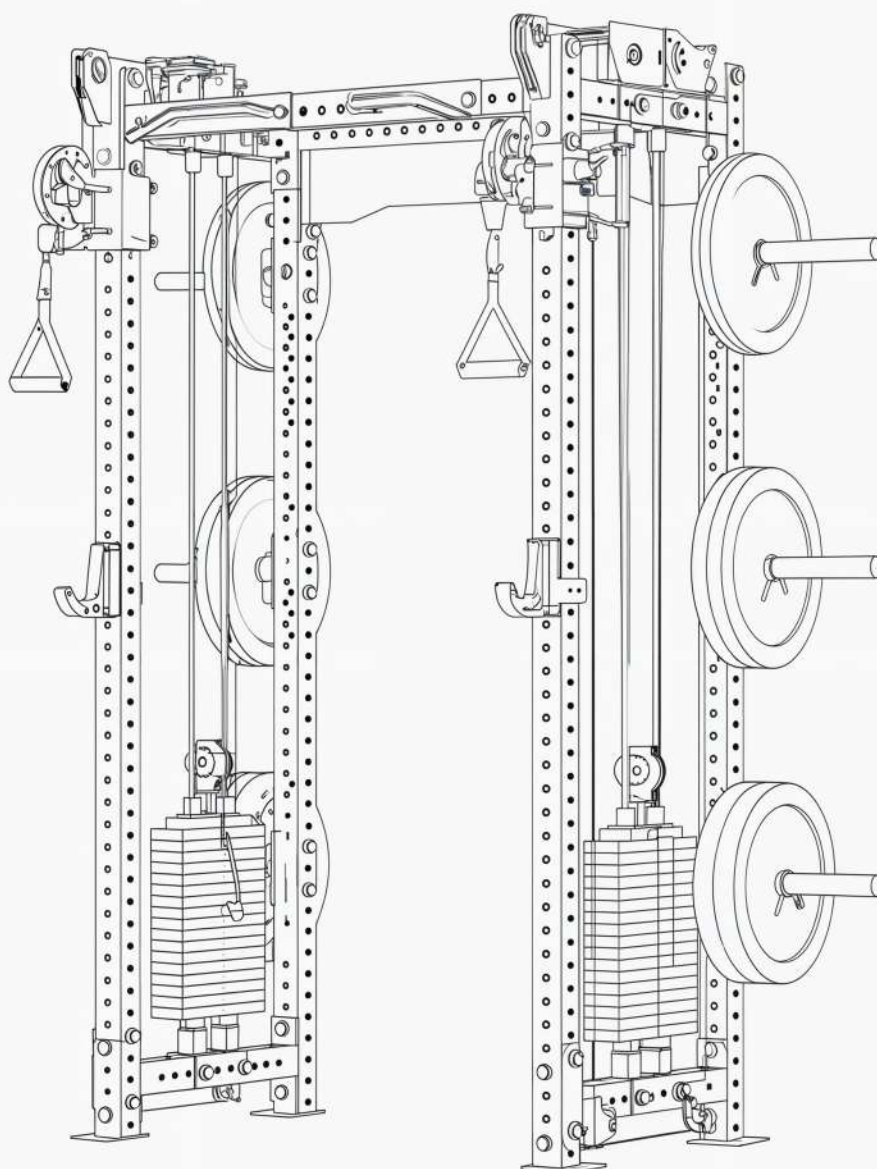




INSTRUCTION MANUAL

APEX

SERIES WITH DUAL WEIGHT STACK



PLEASE KEEP A COPY OF THIS MANUAL FOR FUTURE REFERENCE

Thank you for purchasing this RPM Power® product. We hope you enjoy using this high-quality piece of equipment. Please read the following instructions carefully before use.

For product assembly guides, maintenance advice, training tips and more, visit:

www.rpmpower.com/rpm-care.



This assembly guide covers the following RPM Power Apex Series models:

- APEX SHADOW RACK
- APEX PLATINUM RACK

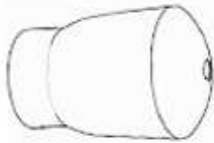
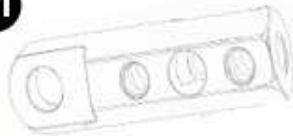
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1. LIST OF PARTS

Before beginning assembly, confirm that every component below is present. Each part is identified by the number used throughout the Assembly Guide.

Parts list 1		
1 	2 	3 
J-HOOK / 2PCS	SIDE CROSSBEAM / 4PCS	GUIDE ROD / 4PCS
4 	5 	6 
GUIDE ROD SLEEVE / 4PCS	PULLEY CARRIAGE / 2PCS	CABLE / 2PCS
7 	8 	9 
PLATE STORAGE PEG / 6PCS	UPPER REAR CROSSBEAM / 1PCS	RUBBER SHOCK ABSORBING PAD / 4PCS
10 	11 	12 
UPRIGHT COLUMN / 4PCS	TOP PLATE & WEIGHT STACK PIN / 2PCS	WEIGHT STACK PLATE / 34PCS
13 	14 	15 
UPPER GUIDE ROD BRACKET / 2PCS	LOWER GUIDE ROD BRACKET / 2PCS	UPPER FRONT CROSSBEAM / 1PCS
16 	17 	18 
UPPER FRONT PULLEY BRACKET / 2PCS	L-PLATE PULLEY BRACKET / 2PCS	TOP PULLEY BLOCK / 2PCS

Parts list 2					
19 		20 		21 	
PULL-UP BAR HANDLE / 2PCS		RUBBER CABLE STOPPER / 2PCS		CABLE END FIXING / 2PCS	
22 					
CARABINER / 2PCS					
A 		B 		C 	
M16-110 BOLT / 50PCS		M16 WASHER / 100PCS		M16 NUT / 50PCS	

2. ASSEMBLY GUIDE

We highly recommend watching the full assembly video available for this product. Please visit www.rpmpower.com/rpm-care or scan the QR code on page 1.

Pre-Step — Gather Parts

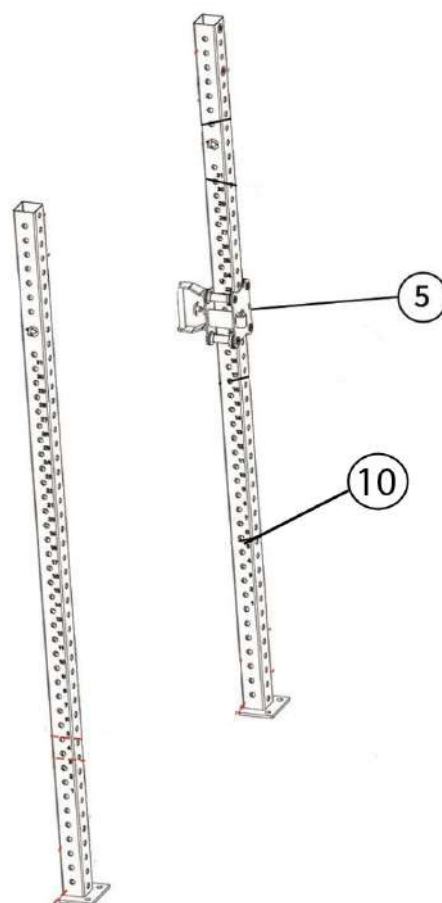
Lay all included parts out on the floor before beginning, clearly identifying left and right pieces. Compare each piece to the parts list and ensure everything is accounted for. Unravel the pulley cables to full length and remove any kinks that may have formed.

Step 1 — Main Frame

SECTION 1

1. Lay two upright columns (10) on the floor and ensure the bases are facing outwards on each and that the numbers are on the front.
2. Place a pulley carriage (5) over each front upright column. Ensure the handle on this part is positioned so it faces inwards. *(Note: if you have the Apex Platinum Series model, your front upright column (10) will be made of stainless steel.)*
3. Remove the pulley wheels that are attached to the upper front pulley brackets (16) and set aside.
4. Insert bolt A through this piece, reinsert the pulley wheel and tighten.
5. Position both brackets (16) at the upper end of each front upright column (10). **See FIG. 1A.**

FIG. 1A



IMPORTANT NOTE

Don't tighten bolts fully during Step 1. This ensures the frame is flexible for further assembly steps.

SECTION 2

1. Connect both front upright columns (10) together with the upper front crossbeam (15).
2. Secure the two pull-up bar handles (19) to the upper front crossbeam (15). **See FIG. 2A.**

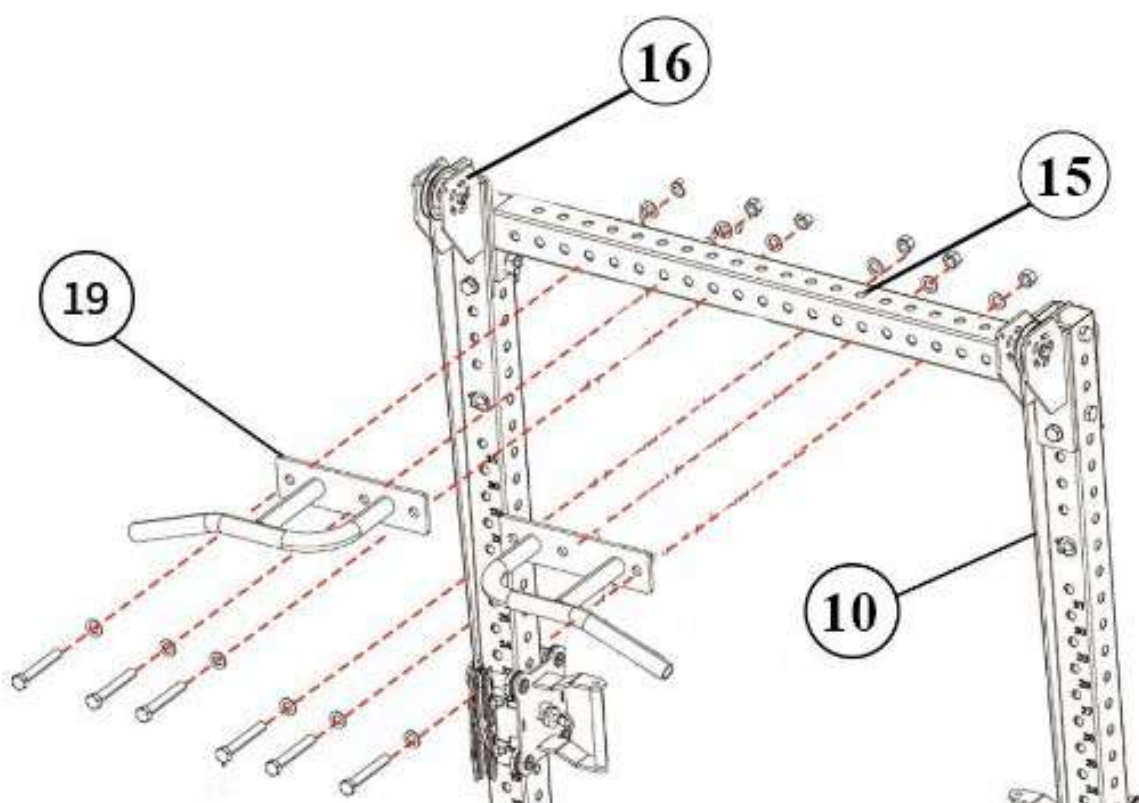


FIG. 2A

SECTION 3

1. Gather the two remaining rear upright columns (10) and connect these together with the upper rear crossbeam (8). Lay these parts on the floor.
2. Secure the side crossbeam (2) to the lower holes of each upright column (10). Secure in place with bolts, nuts and washers (A/B/C) but don't tighten fully.
3. Ask another person to help you stand this element upright. Place it in the desired location where you want your rack to be positioned.
4. Place the completed front half of the main frame from Section 2 in front of this and connect it to the other side of the side crossbeams (2). **See FIG. 3A.**

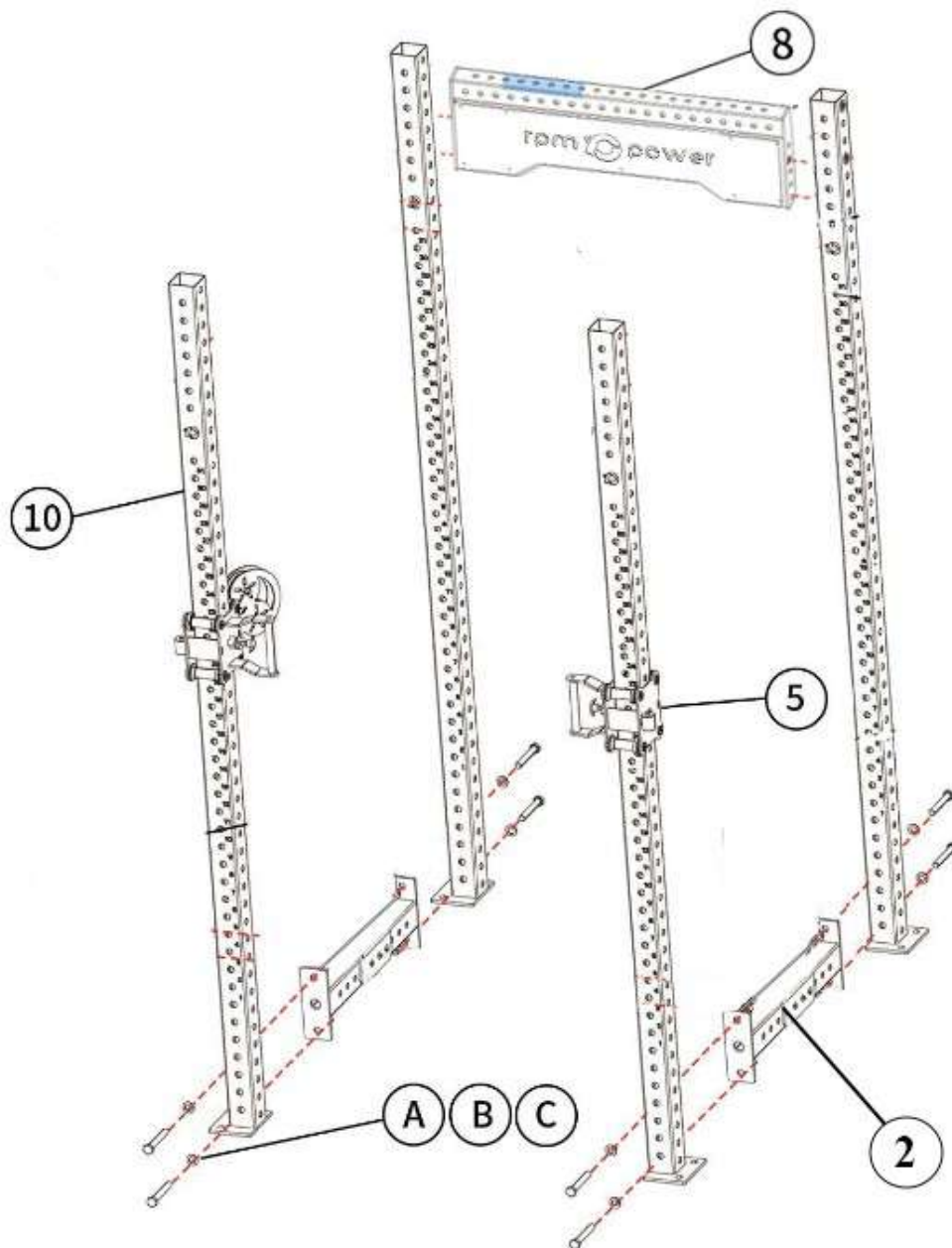


FIG. 3A

IMPORTANT NOTE

It is crucial that the rack is positioned on a level floor. The guide rails that hold the weight plates only have so much tolerance for differences in angles. If the plastic inserts inside the weight plates rub against the guide rail, it will cause friction and additional resistance. Movement will be much smoother on a level surface.

SECTION 4

1. Secure the lower guide rod bracket (14) to the centre of the lower side crossbeam (2) — that is, counting four holes inwards. The pulley should be positioned outside the rack frame and pointed towards the rear. Loosen and remove the nuts on the pulley wheel to slide it over the beam if needed.
2. Repeat this step on the other side of the main frame.
3. Secure both L-plate pulley brackets (17) to the lower holes on the outside of the front upright columns (10). *(Note: the pulley wheel on this part should be positioned towards the rear of the rack and directly in line with the pulley wheel on part 14.)*
4. Now tighten all bolts securely.

Step 2 — Weight Stack

NOTE

Ensure your rack is in its desired place before assembling the weight stack.

SECTION 1

1. Position two rubber shock absorbing pads (9) over the lower guide rod bracket (14).
2. Insert two guide rods (3) through the two shock absorbing pads (9) and into the holders (14).
3. Ask a second person to hold both guide rods in place.
4. Slowly lower each of the seventeen weight stack plates (12) over the guide rods until they rest on the shock absorbing pads (9). *(Note: the plastic spacers on each plate should face upwards; the small pin hole on the side should face inside the rack frame.)*
5. Once all plates are in place, slowly lower the top plate and weight stack pin (11) over the guide rods so it sits atop the stack. Ensure the side pin hole is facing inside the rack frame.
6. Secure the upper guide rod bracket (13) to the centre of the upper side crossbeam (2) — that is, counting four holes inwards. Secure in place with bolts, nuts and washers (A/B/C).
7. Next, position two guide rod sleeves (4) over the top of the guide rods (3).
8. Position the side crossbeam (2) between the upright columns (10) and over the guide rods. Secure these in place with bolts, nuts and washers (A/B/C). The bolts of the upper crossbeam should go through part 16 to secure everything in place on the frame.
9. Position both guide rods securely into the upper guide rod bracket (13) and securely tighten the grommets to hold them in place.
10. Only half tighten the grommets in the sleeves, as these need to be flexible for a later step.

11. Repeat steps 1–10 to assemble the weight stack on the other side of the main frame. **See FIG. 4A.**

IMPORTANT NOTE

- This machine has two weight stacks, each with 17 weight stack plates (12) and 1 top plate (11).
- Check the weight plates for anything that may affect smooth functionality, such as dust, debris or packaging remains, before placing them on the stack.

SECTION 2

Attach the weight label stickers to each weight stack plate (12), ensuring the heaviest weight label is on the bottom plate. Use a piece of tape as a sticker alignment guide if needed.

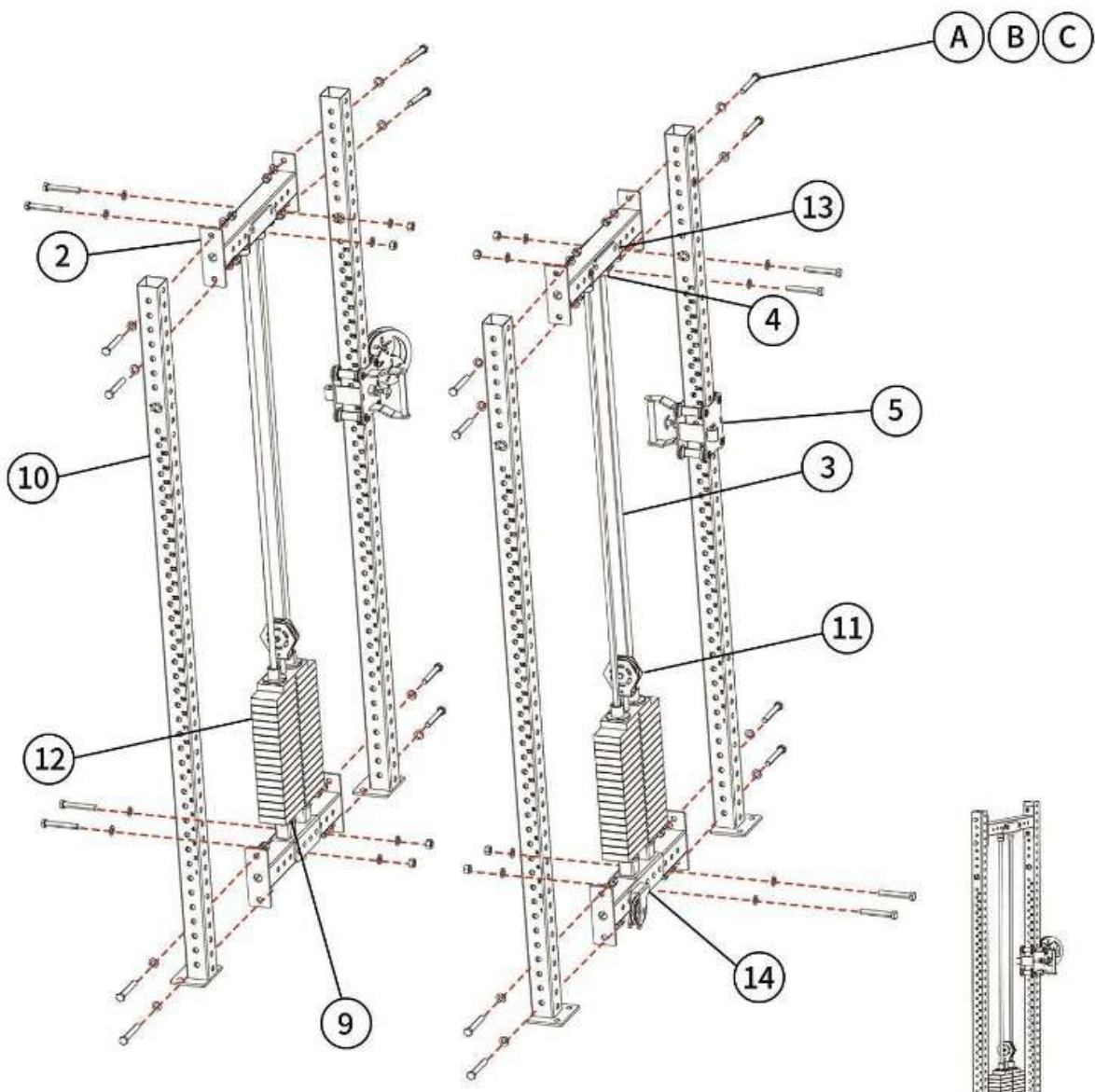


FIG. 4A

SECTION 3

Position the top pulley block (18) on top of the upper side crossbeam (2) and secure with bolts, nuts and washers (A/B/C).

Step 3 — Cable System

SECTION 1

1. Taking one cable (6), securely insert the end bolt hole into the pulley carriage (5).
2. Tighten the nut with a spanner just enough to ensure the bolt is inserted and held in place. This may need to be readjusted later depending on cable tension.
3. Standing outside the main frame, guide the other cable end through the pulley wheels on the L-plate bracket (17) and the lower guide rod bracket (14).
4. Feed the cable end through the two pulley wheels on the top pulley block (18), ensuring you guide the cable under the screws and not above.
5. Guide the cable end down through the exterior hole on the outside of the top pulley block (18).
6. Next, feed the cable through the pulley wheel on the weight stack pulley insert (11), running it from outside to inside the frame.
7. Now standing inside the rack frame, guide the cable end upwards into the interior hole on the top pulley block (18).
8. Run the cable over the top of the vertical wheel pulley and through the inside of the horizontal pulley wheel.
9. Next, run the cable end through the pulley wheel in the upper front pulley bracket (16).
10. From there, run it down through the centre of the two pulley wheels in the pulley carriage (5).
11. Perform a cable slack check before proceeding — see the Cable Check panel on next page.

IMPORTANT NOTE

Ensure the cable is sitting securely in the grooves of all pulley wheels and that the running cable is clear from any bolts and nuts.

SECTION 2

1. Slide the rubber cable stopper (20) over the cable end.
2. Finally, feed the cable end through the cable end fixing (21) completely and tighten the screws securely.
3. Push the cable end fixing (21) into the rubber end stopper (20).
4. Repeat these steps to install the cable system on the other side of the main frame.

TIP

Pushing part 21 into part 20 can be quite difficult. We recommend placing the stack pin in the heaviest weight and pulling the rubber stopper over the cable end fixing.

IMPORTANT NOTE

It is essential to regularly tighten all bolts and screws on the product before each use, especially the screws in the cable end fixing (21). These screws must be fully tightened to ensure they continually grip not only into the rubber cable sheath but the steel cable as well.

CABLE CHECK

- The rubber cable stopper (20) should always sit forced against the pulley carriage (5) — it should never hang down.
- The top plate in the stack should move as soon as you pull on the front cable; there should be no lifting delay.
- Tighten or loosen the nut on the cable end going into the pulley carriage (5) to adjust the slack if needed. Always ensure this is secure after adjusting.

Step 4 — Tighten All Bolts

Now that the main frame and cable system are almost complete, go back over and tighten all bolts securely using a drill, ratchet or spanner. Be sure to tighten the screws on the guide rod sleeves (4) with an Allen key.

Step 5 — Bolt to the Floor

IMPORTANT NOTE

- We recommend bolting the Apex Rack to your floor to ensure continued stability during use.
- We recommend bolting to concrete floors only, although thick wooden or stone flooring is also possible.
- Please ensure you consult a structural engineer before bolting and are aware of any wiring or plumbing, including underfloor heating, that may be present.
- We advise using expansion bolts (most permanent). Concrete self-tightening bolts can also be used, and are even more effective if used in conjunction with a chemical anchor.
- It is crucial that your floor is level before positioning the rack.
- Visual inspections of the floor bolts should be performed regularly.

1. Check that the rack is level and square.
2. Mark the anchor-hole locations through the base plates.
3. Drill the holes to the required depth and diameter for your anchors.
4. Clean dust from each hole thoroughly. Dust left in the hole can reduce holding strength.
5. Insert the anchors through the feet into the holes.
6. Tighten the anchors evenly and avoid overtightening.
7. Verify the rack is stable and doesn't rock.

Step 6 — Attachments

1. Attach the included handles to the cable ends via the included carabiners (22).
2. Attach the landmine to the base of the main frame.
3. Attach the six plate storage pegs (7) to the rear upright columns (10) of the rack. These should be spaced out to accommodate enough space for weight plates. **See FIG. 5A.**

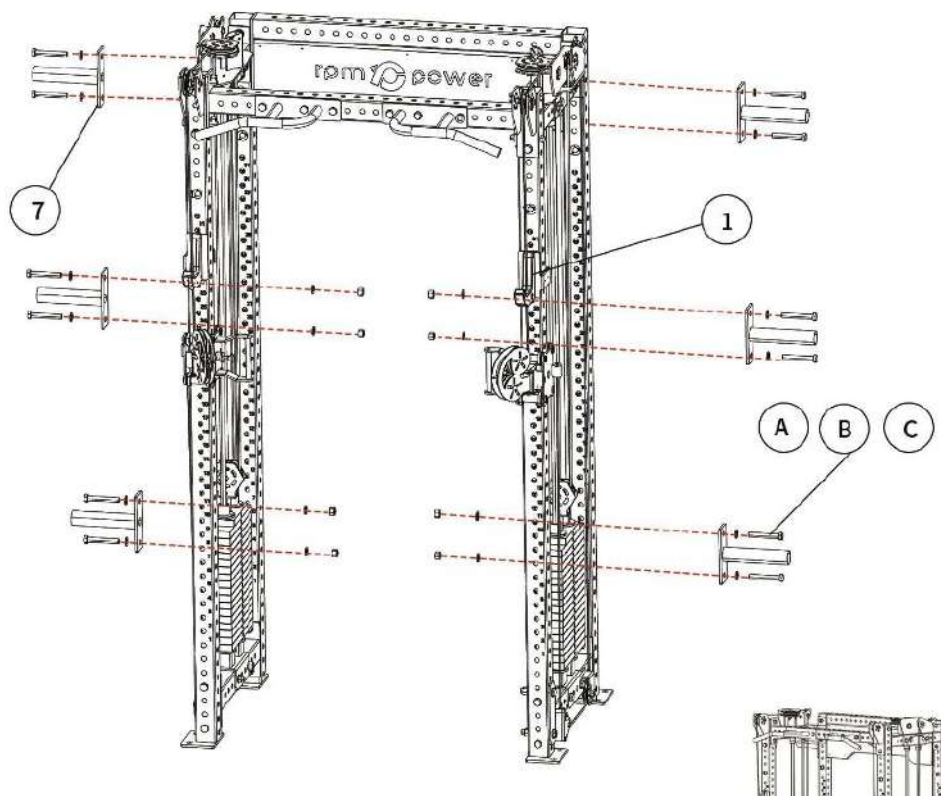
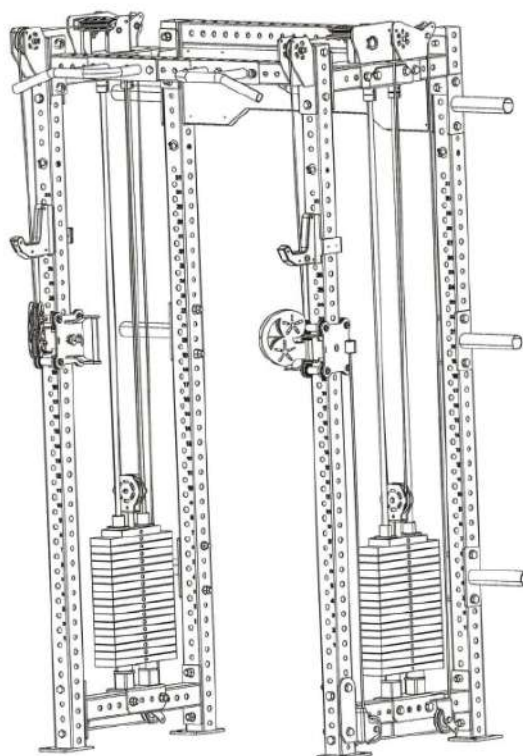


FIG. 5A



Your RPM Power Apex Series Rack is now ready for use. Please ensure all bolts and nuts are fully tightened before each use of this product. Please read the following Safety and Maintenance Guide for more information.

3. MAINTENANCE GUIDE

Regular inspection: Conduct a visual inspection of the entire product before each use. Look for any signs of wear, damage or loose components. Address any issues immediately or contact RPM Power for support.

Tighten bolts and screws: Check and tighten all bolts, screws and nuts regularly. Pay particular attention to those used in critical areas like safety catches, bar holders, frame connections and cable ends. Loose fasteners can compromise safety, so it is critical that they are all securely in place.

Cable inspection: Inspect cables and cable connections for fraying, kinks, or any signs of wear. Ensure cables always remain seated inside pulley wheels. If you notice any issues, replace the cables immediately. Videos on cable replacement can be found at care.rmpower.com.

Weight stack maintenance: Clean the weight stack regularly and ensure that weight plates are securely attached. Check for any damage or signs of wear on weight stack components.

Cleaning: Keep the product clean by wiping it down regularly with a damp cloth to remove dust, sweat and any debris which may have accumulated over time. Avoid using abrasive cleaners that may damage the finish.

Lubrication: Apply a silicone-based lubricant to moving parts, such as pulleys, guide rods and weight stack pins, if you notice any parts are “squeaking” or “sticking”, or in general not performing as they should. Lubrication helps maintain smooth movement and reduces wear.

Upholstery inspection: Examine all upholstery features on the product if present, such as seat cushions and backrests. Check for any tears, cracks, or signs of wear. Repair or replace damaged upholstery promptly.

Remember that proper maintenance is crucial not only for the longevity of your product but also for the safety of users. Consistent upkeep will ensure that the equipment remains in good working condition and reduces the risk of accidents or injuries during workouts.

IMPORTANT

While it is essential to regularly tighten all bolts and nuts on this product, regular inspection and tightening of the cable ends is critical — particularly on the cable end fixing (21). Cable maintenance guides can be found at www.rmpower.com/rpm-care.

4. SAFETY GUIDE

IMPORTANT

This product is recommended for users aged 16 years and older. It is not suitable for children.

Intended use of the product

This Apex Series Rack is designed for home and commercial fitness exercise only. The product is intended to support users while they perform strength training exercises in a controlled setting. Do not use this product for any purpose other than its intended use.

Safety before use

Inspect packaging upon arrival: Before opening any package, inspect it for any visible damage or signs of tampering. If the packaging is damaged, contact RPM Power immediately.

Remove and dispose of packaging correctly: Leaving any product packaging lying around your home could potentially be a hazard to you and others. Packaging, such as plastic bags, can also present a choking hazard to small children and pets. It is your responsibility to remove and dispose of all packaging correctly. RPM Power is not liable for any injury or damage that may occur as a result of packaging misuse.

Safety during assembly

Read the user manual: Always read and understand the user manual and instructions that come with the product. Familiarise yourself with the equipment's features and any specific safety precautions. Request help from another person if the product manual or assembly video suggests it, or if you have any doubt that you may not be able to correctly and safely assemble the product by yourself.

Be aware of any weight or age restrictions: Take note of any age or weight restrictions associated with the product. Make sure the equipment is suitable for the intended user.

Ensure the intended usage space is suitable: Familiarise yourself with the product dimensions as well as any specific product requirements, such as recommended floor type and ceiling height. You should only ever set up the product in a space that is safe and suitable for use. If the product needs to be attached or fixed to another surface, such as a wall, ensure that the surface area is sturdy enough to support the weight of the product and the user. Always check for piping and electrical wiring before drilling into any wall or flooring.

Ensure flooring is suitable for use: Proper flooring is paramount for user safety. Make sure that the flooring you use is level and free from any obstacles. Position heavy products correctly, so that they don't cause damage to your floor. Always use products on non-slip flooring only.

Check for missing parts: Ensure that all the components and parts listed in the manual are included in the product package. Contact RPM Power if anything is missing.

Use proper tools: Use the recommended tools and equipment specified in the manual for assembly. Do not use any makeshift tools that may compromise safety.

Ask a friend: If the product contains any parts that are heavy or difficult to handle, ask for assistance from a friend or family member to avoid straining yourself.

Clear your workspace: Ensure you have a clear and well-lit workspace with enough room to move around while assembling the equipment. Ensure all parts are clearly laid out and remove any tripping hazards, such as packaging.

Follow the assembly instructions correctly: Strictly follow the assembly instructions provided step by step. Do not skip any steps or rush through the process. If you are uncertain about any steps in the assembly process, do not proceed and instead reach out to us at RPM Power for assistance.

Be cautious with small parts: Clearly categorise and lay out any small parts, so that they are accounted for during the assembly process. It is important to keep any small components like screws and bolts away from children and animals, as they can be a potential choking hazard.

Safety during use

Warm up properly before exercising: Always warm up before starting any exercise routine to prevent injuries from occurring.

Ensure you have enough space: Before you use the product, ensure you have enough space around you to move freely without causing damage or harm to people, furniture or other surrounding elements.

Always wear suitable footwear and clothing: Wear appropriate footwear designed for the specific activity and ensure shoes are properly laced or fastened. Do not wear loose clothing or jewellery which could potentially get caught in moving or sharp elements.

Supervise children and pets: This product is not suitable for children. Ensure children and pets are supervised at all times when the machine is both idle and in use, and keep them away from any moving or sharp elements.

Follow weight limits: Adhere to weight limits specified for the equipment to prevent overloading, potential structural damage or injury.

Follow age limits: Adhere to age limits specified for the equipment to prevent injury to yourself or others.

Stay hydrated: Drink plenty of water while exercising in order to stay hydrated.

Be aware of proper form: Always do your research before attempting any exercise, particularly those involving barbells and weights. Practising proper form is crucial to staying injury-free.

Know your own limits: Do not push yourself beyond your physical capabilities. Start with appropriate exercise intensities and progress gradually.

Emergency procedures: Familiarise yourself with emergency procedures and safety features on the equipment.

Be mindful of any heavy or sharp components: Be careful when adjusting heavy objects, such as weight plates. Keep your fingers away from moving parts or sharp elements and watch your head when walking under the machine's frame.

Cool down after exercising: Always remember to cool down and stretch properly after exercising. This will lower your chances of incurring injury after using the equipment.

Safety through ongoing product maintenance

Regularly check all parts are secure: Any equipment with moving parts, such as bolts and screws, should be checked regularly for stability and tightness. Do not continue to exercise with a product if you find any parts are loose or unstable, as doing so may cause injury.

Do not ignore unusual sounds or “sticking” components: If any parts are visually or audibly damaged or not functioning as they should be, cease using the product and get in touch with RPM Power for guidance. We will be happy to assist you and can provide you with spare parts for your equipment if available.

Familiarise yourself with maintenance procedures: Take note of any maintenance requirements and continue to perform these over time. Product-specific maintenance recommendations will be outlined in the product manual or can be found at care.rmpower.com.

Additional safety guidelines

Safety catches: Always use safety catches or spotter arms when lifting heavy weights. Adjust them to the appropriate height for your exercise to prevent injury in case you can't complete a lift.

Safety keys: If your product utilises safety keys, always ensure these are positioned correctly.

Weight limits: Do not exceed the weight limits specified for your power rack and its components. Overloading can damage the equipment or your floor.

Barbell and weight collars: Secure the barbell with appropriate weight collars to prevent weight plates from sliding during exercise. Ensure the bar is centred before lifting. Secure weight plates to storage pegs using collars or spring clamps when not in use.

Commercial use: If this product is used in a commercial setting, always ensure the user is aware of how to correctly and safely use this product. It is the responsibility of the product owner to ensure regular maintenance of the product is carried out and to ensure ongoing safety for all users.

5. WARRANTY

This RPM Power product is covered under warranty so long as it was purchased directly from RPM Power and not a third party. The guarantee period commences when the item has been delivered to the purchaser or user.

RPM Power reserves the right to determine what constitutes manufacturing defects as well as wear and tear. A guarantee is non-transferable to a third party. All warranty information can be found at rpmpower.com/product-warranty-terms-conditions.

6. LIABILITY DISCLAIMER

RPM Power strongly encourages the safe and proper use of our exercise machines, including this product. Please read and follow all safety instructions and guidelines provided in this manual. By assembling, installing, or using this product, the user acknowledges and agrees to the following:

Assumption of risk: The use of this exercise equipment involves inherent risks, including but not limited to the risk of injury or death. The user voluntarily assumes all risks associated with the assembly, installation, and use of our products.

Proper assembly and installation: The user acknowledges that proper assembly and installation are critical to the safety and functionality of the exercise equipment. It is the user's responsibility to follow the assembly and installation instructions provided in this manual accurately. Any errors or negligence in assembly and installation may result in injury or damage.

Proper use and supervision: RPM Power strongly recommends consulting a qualified fitness professional or physician before beginning any exercise programme with this product. Users should always ensure they are in sufficient physical health before using the machine. Users should exercise caution and common sense when using the equipment. Users are responsible for ensuring proper supervision, especially when minors (16–18 years) or inexperienced individuals use the equipment.

Exclusion of liability: To the fullest extent permitted by applicable law, RPM Power disclaims all liability for any direct, indirect, incidental, consequential, special, or punitive damages, or any other loss or injury arising out of or in connection with the assembly, installation, or use of its products. This disclaimer includes but is not limited to injuries, property damage, or any other harm sustained while using the exercise equipment.

Limited warranty: RPM Power provides a limited warranty for its products, as outlined in the warranty section of this manual. Any claims under the warranty must be made in accordance with the terms and conditions specified therein.

By using RPM Power exercise machines, the user acknowledges and agrees to these terms and conditions. RPM Power reserves the right to modify or update this liability disclaimer at any time. It is the user's responsibility to review this disclaimer periodically for any changes on the RPM Power website. If you do not agree to these terms, please refrain from assembling, installing, or using our products.



Thank you for choosing RPM!

We appreciate your trust in our products and hope you enjoy using your new piece of equipment.

If you have any questions or need assistance with assembly or usage, please don't hesitate to reach out to us via the contact details below. Our team will be happy to assist you:

CONTACT

-  **Email** info@rpmpower.com
-  **Website** www.rpmpower.com
-  **Instagram** [@rpm_power](https://www.instagram.com/rpm_power)
-  **Facebook** [@RPMPowerFitness](https://www.facebook.com/RPMPowerFitness)
-  **YouTube** [@rpmpower](https://www.youtube.com/rpmpower)
-  **Address** RPM Sports Ltd, Nenagh Road, Thurles, Co. Tipperary, E41 Y512, Ireland

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More tips & deep-dives

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