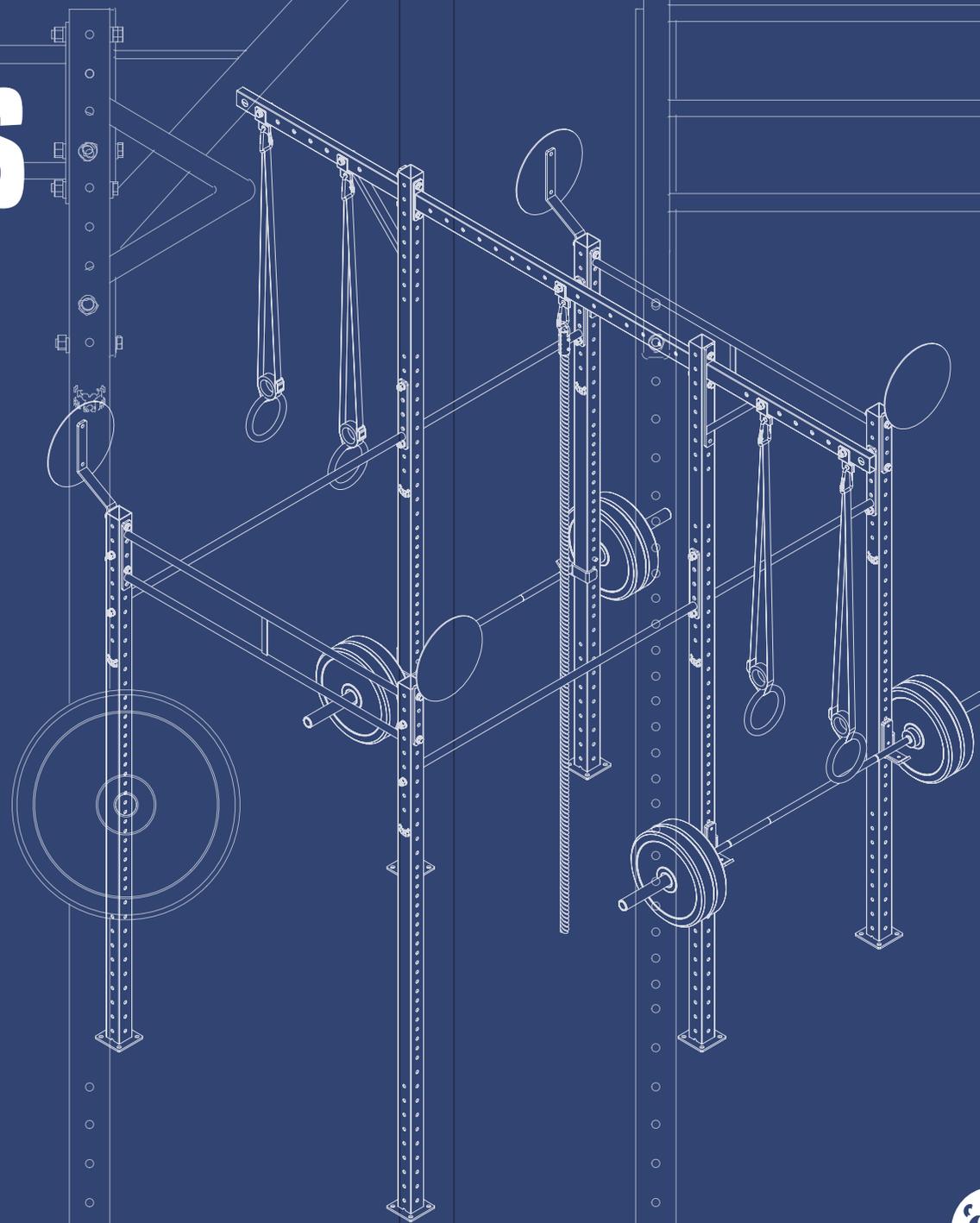


BEAR  
**SERIES**  
FLOOR



**BEARFITNESS**  
STRONG. TRAINING. EQUIPMENT

# MODULAR RIGS SERIES 3/8

All our Rigs and structures are modular, we have designed them from the beginning with this feature to allow infinite solutions with a small number of components, to be able to expand the chosen solution even at a later time, allowing upgrades that enable the use to a greater number of users. The mechanical characteristics reflect our company philosophy: raw materials of the highest quality that allow a high degree of toughness and strength, to which we have combined working and surface protection processes that ensure durability and a high resistance to wear. With the modular Rig **BEARFITNESS®** you have no limit in choosing the most appropriate solution to your needs and the possibility of customizing, in addition to the type, also the color and its appearance.

## TOOLS NEEDED

To ensure the proper assembly of your modular rig make sure to use quality tools, and if needed ask the help a professional construction workers.



wrenches



electric drill



ladder  
at least 3m



measure tape



level



impact wrench

## WARNING!

**SAFETY FIRST!** You're about to lift heavy weights, drill holes and other risky stuff, so make sure to wear your safety gear such as: gloves, goggles/glasses. Our modular rigs are made of large and heavy parts and are designed to be assembled by crews of three or more workers.

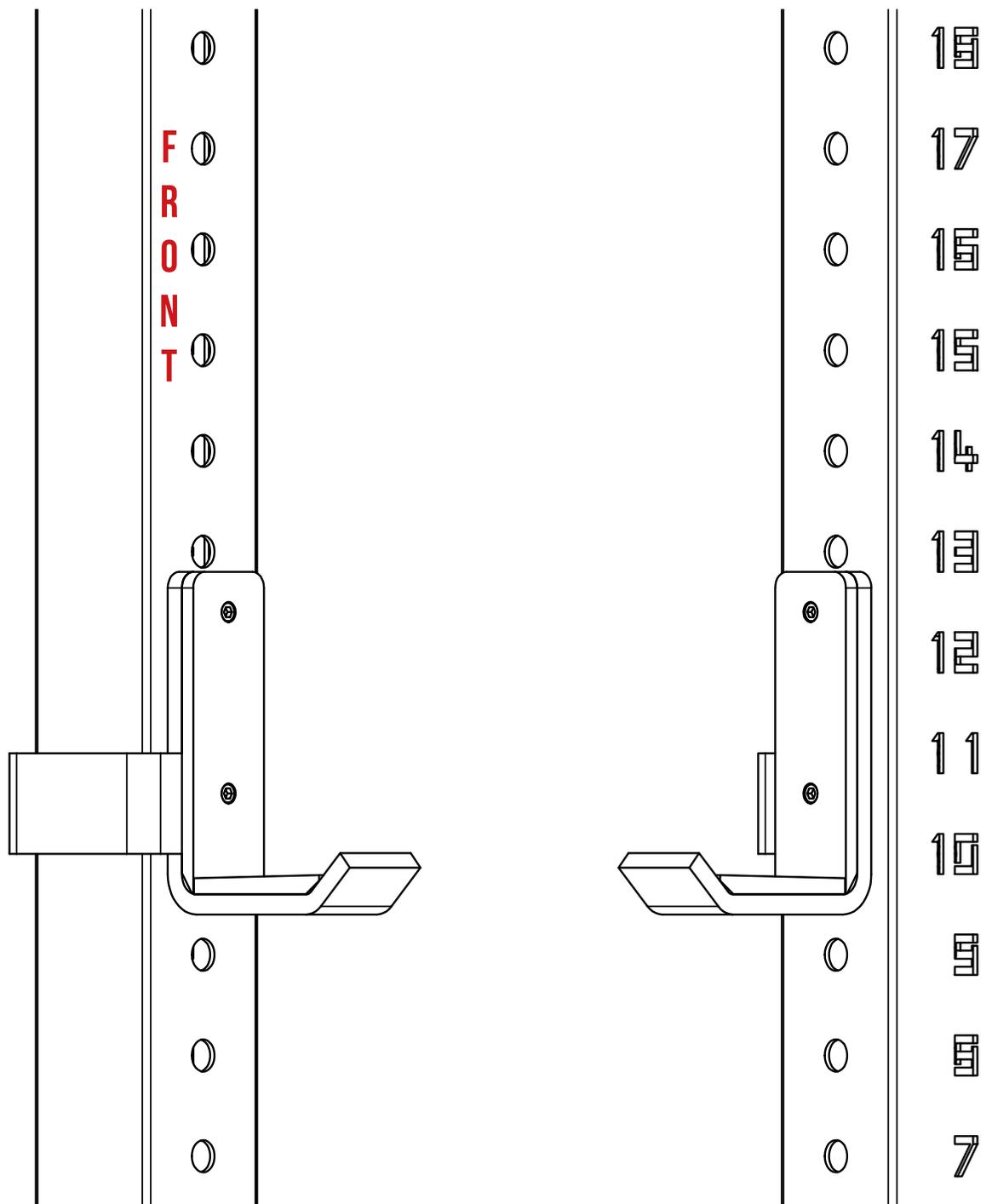


# BEFORE YOU START...

Make sure to mount ALL columns with numbering facing the right side and the holes facing you.

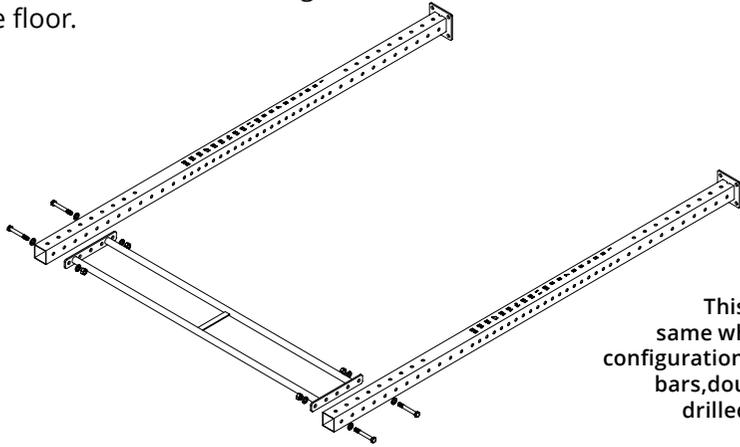
The wrong installation would not allow the proper use of the barbell racks.

Then proceed to the assembly by joining the column with the bar of depth. That's the first section.



1.

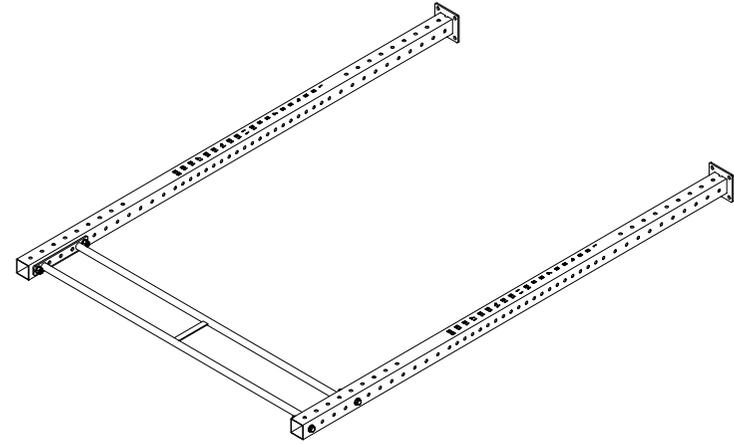
Lay the uprights, the connection bar and the accessories (eg. ball target) of the first section of YOUR configuration on the floor.



This step is the same whether your configuration has: single bars, double bars or drilled traverses.

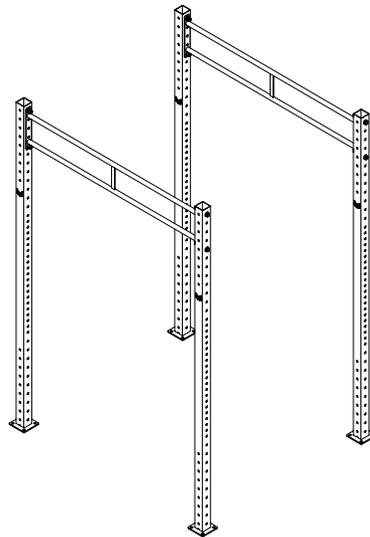
2.

Screw the bolts and the nuts, but DO NOT tight them yet.



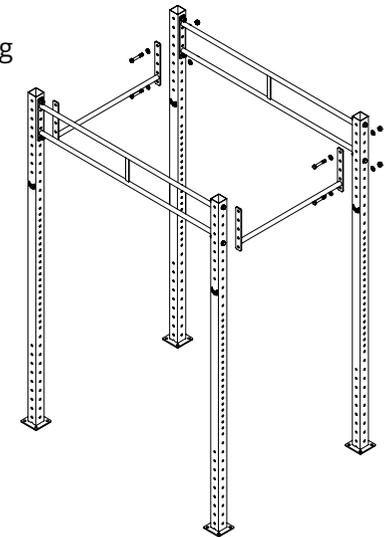
3.

Repeat the steps 1. and 2.  
Stand both the section setting the distance between the inner faces according to the length of the bar/traverse of your configuration



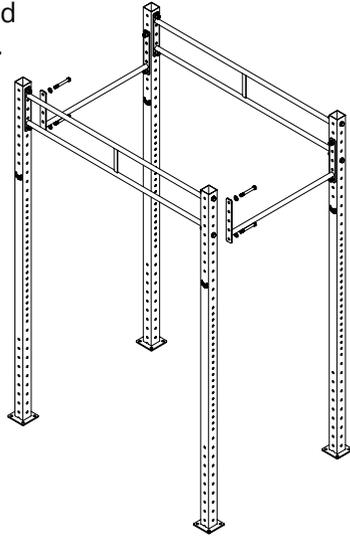
4.

Put the bar/traverse in place.  
Before screwing the nuts at the ending side of the rig make sure to add all the accessories foreseen in your configuration.  
Screw it but DO NOT tighten it yet.



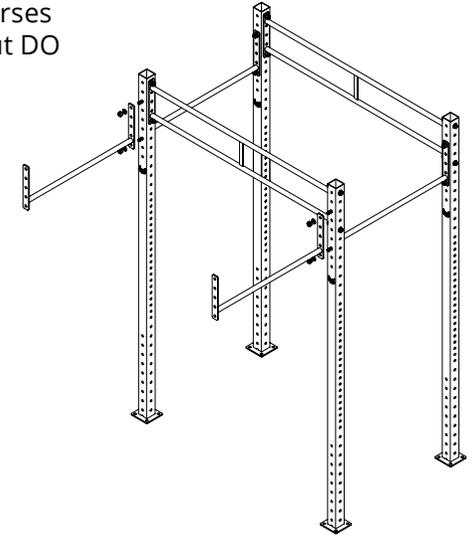
5.

Put the bolts and washers in place and connect the second section of the rig.



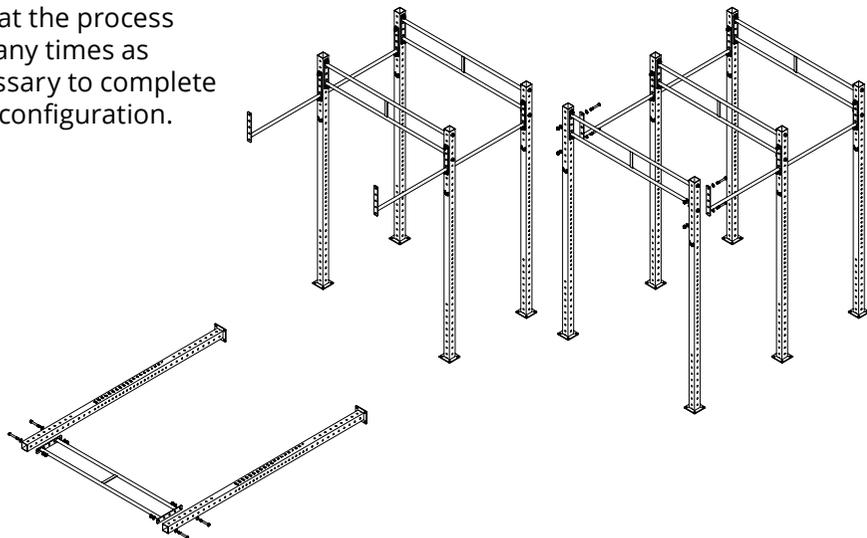
6.

Place the second set of bars/traverses and screw the nuts to the bolts but DO NOT tight them yet.



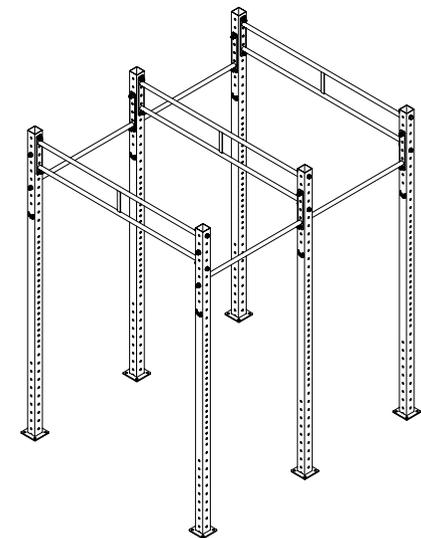
7.

Repeat the process as many times as necessary to complete your configuration.



8.

Drill the holes to the ground and fasten the rig down. After anchoring the rig tighten all the nuts and bolts. YOU'RE READY TO CRUSH REPS!





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