



3 Barbell Hanger for Racks & Rigs

ASSEMBLY INSTRUCTIONS

VER-BBH-003



EST. TIME 5–10 min	PEOPLE 1 person	DIFFICULTY Easy
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Need help? Contact support@vervefitness.com or visit vervefitness.com/support
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Before You Begin.

This is a **rack attachment**, not a standalone product — it mounts onto an existing VERVE Power Rack or Rig crossbeam and holds 3 Olympic barbells vertically, sleeve-down, off the frame. The hanger arrives fully welded from the factory with its plastic hook caps already fitted, so the only job here is bolting it to your rack.

Compatibility: fits VERVE Power Racks and Rig crossbeams. Not compatible with the Commercial Half Rack. On the Tori Functional Trainer, it can only be fitted to the rear crossbeam.

Tools required.

- **Socket wrench** — 24mm socket, for the M16 bolt heads
- **Open-end spanner** — 24mm, to hold the nylock nuts while tightening

SAFETY INFORMATION

Three loaded barbells hanging off your rack is a real, constant cantilever load on the mounting bolts — treat this as load-bearing hardware, not a shelf bracket.

Mount at a height where all three barbells will hang clear of the floor once loaded.

Use both M16 bolts through matching holes in the rack or rig crossbeam — never mount on a single bolt.

Fully tighten both bolts before hanging any barbells on the hanger.

Check both mounting bolts periodically and re-tighten if needed — do this monthly, and after any heavy use.

Not compatible with the Commercial Half Rack. Tori Functional Trainer: rear crossbeam only.

This product must be assembled by adults only.

ASSEMBLY TIPS

The notation 'M16×105' means a metric bolt: 16mm diameter, 105mm length.

Before you start, confirm the crossbeam or upright you're bolting to has two clear holes 250mm apart.

The plastic caps on each hook are fitted at the factory to protect your barbell's finish — leave them in place.

Part numbers in these instructions match the number on the parts diagram on page 4.

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Hardware Inventory.

This hanger ships as one welded unit — the only hardware you need is below. If anything is missing, contact VERVE support before you start.

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|---|--|
| <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;"> ☐ 1 </div> <div style="margin-right: 10px;"> M16×105 bolt, washer & nylock nut kit </div> <div style="color: #c00000; font-weight: bold;">x2</div> </div> | <p>One kit per mounting hole, 250mm apart — bolts the hanger to your rack or rig crossbeam</p> |
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STEP 1 OF 1

Mount the hanger to your rack or rig.

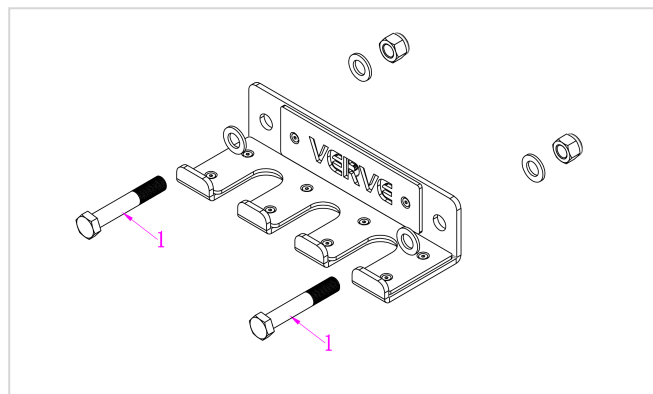
Hardware: 2× M16×105 bolt, washer & nylock nut kits (1)

Choose a mounting point on your VERVE Power Rack or Rig crossbeam at a height where three loaded barbells will hang clear of the floor. Hold the hanger against the frame with the **VERVE** plate facing out and the hook openings facing forward.

Line up the hanger's two mounting holes (250mm apart) with a matching pair of holes in the crossbeam. From the front, push an **M16×105 bolt (1)** through each hole with its **washer (1)** under the bolt head, then thread a **nylock nut (1)** onto each from behind.

Tighten both bolts fully with a 24mm socket while holding each nut still with a 24mm spanner.

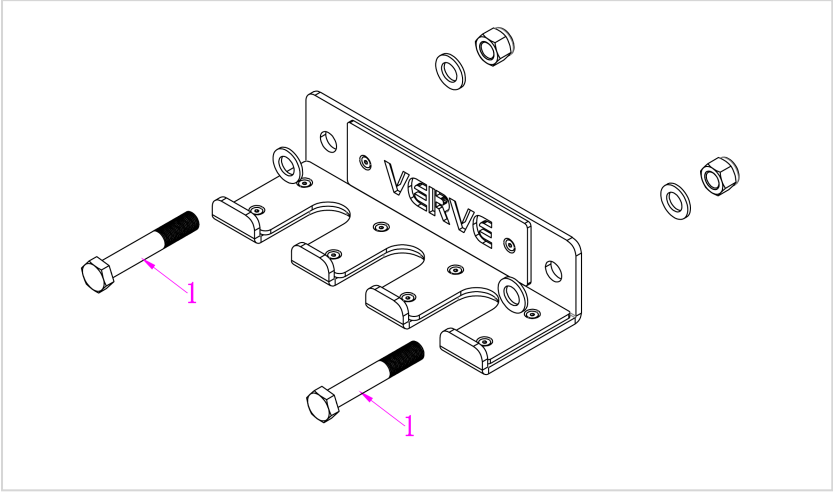
Tip: snug both bolts by hand first so the hanger sits flat against the frame, then fully tighten — a loose bracket will rock once a bar is loaded into it.



ASSEMBLY COMPLETE

That's it — your hanger is mounted. Run through the final checks on page 4 before loading any barbells onto it.

Parts Diagram.



NO.	PART	QTY
1	M16×105 bolt, washer & nylock nut kit	2

Final checks.

- ☐ Both M16 bolts are fully tightened and the hanger sits flat against the rack or rig with no rocking.
- ☐ The mounting height leaves all three barbells clear of the floor once loaded.
- ☐ Not fitted to a Commercial Half Rack — and if fitted to a Tori Functional Trainer, it's on the rear crossbeam only.
- ☐ Re-check both bolts after your first few sessions of use, then monthly.

NEED HELP?

Missing parts, damaged components or assembly questions — we'll sort it fast.

Contact support@vervefitness.com or visit vervefitness.com/support