



Commercial Half Rack

ASSEMBLY INSTRUCTIONS

VER-CHR-001



EST. TIME 60–90 min	PEOPLE 2 people	DIFFICULTY Advanced
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Before You Begin.

Read these instructions fully before starting assembly. Unpack all components and hardware in a clear workspace and use the inventory on page 3 to confirm nothing is missing. This is a heavy, freestanding commercial rack — fully assembled it weighs approximately 129kg — so work with two people throughout and plan for 60–90 minutes. The front uprights use closer, Westside-style hole spacing through the bench press range for finer bar height adjustment.

Tools required.

- **Socket wrench set** — 24mm socket — every bolt on this rack is M16
- **Open-end spanner** — 24mm — to hold the nylock nuts while tightening
- **Rubber mallet** — helpful for aligning bolt holes (optional)
- **A second person** — required for lifting and holding the frames square, and for lowering the assembled rack onto its feet

SAFETY INFORMATION

This is a tall, heavy structure — never lift, tilt or stand a side frame on your own. Work with a second person from Step 2 onward.

Assemble and use the rack on flat, level ground. Check the base sits flat with no rocking before the first session, and shim under a foot if the floor is uneven.

Consider anchoring the rack to the floor once positioned, particularly before heavy squat or pull-up sessions.

Tighten every bolt to firm hand-tight, then check each one again after your first session, and monthly after that.

Keep fingers clear of the J-hook and pin & pipe safety pivots when adjusting height.

This product must be assembled by adults only.

ASSEMBLY TIPS

Finger-tighten all bolts first, then fully tighten once each step is complete.

Every bolt on this rack is M16 — only the length changes: 105mm or 110mm depending on the step. Check the length before inserting.

Always place a washer under the bolt head AND under the nut.

Nylock nuts have a plastic locking ring — they are firm to turn by design.

Part numbers in these instructions match the numbers on the parts diagram on page 7.

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Hardware Inventory.

Check all items before assembly. Quantities below are grouped by the step they are used in. If anything is missing, contact VERVE support before you start.

Step 1 — Build the two side frames.

☐	4	M16×105mm hex bolt	×4	One per brace end — two braces, two ends each
☐	2	M16 washer	×8	Two per bolt — one under the head, one under the nut
☐	5	M16 nylon nut	×4	One per bolt

Step 2 — Fit the pull-up bar.

☐	4	M16×105mm hex bolt	×4	Two per end, both ends of the pull-up bar
☐	2	M16 washer	×8	Two per bolt
☐	5	M16 nylon nut	×4	One per bolt

Step 3 — Attach the base plates and feet.

☐	1	Plate	×6	2 single plates (front feet) + 4 sandwiched in pairs (rear uprights)
☐	3	M16×110mm hex bolt	×12	Longer bolt — six per rear upright, through the sandwiched plates
☐	4	M16×105mm hex bolt	×8	Four per front foot plate
☐	2	M16 washer	×40	Two per bolt
☐	5	M16 nylon nut	×20	One per bolt

Step 4 — Fit the J-hooks and pin & pipe safety bars.

☐	—	Sandwich J-hooks & pin/pipe safeties	×2 ea	Slot directly into the hole ladder — no tools needed
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STEP 1 OF 4

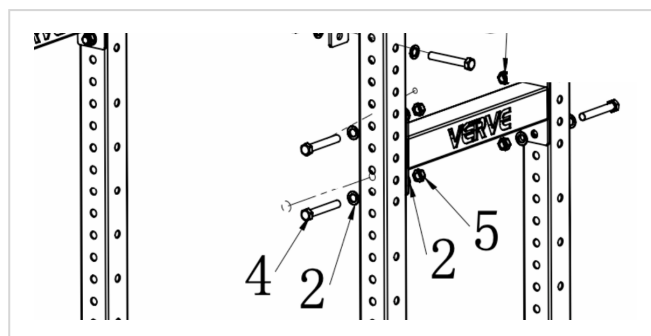
Build the two side frames.

Hardware: 4× M16×105 bolts (4), 8× washers (2), 4× nylock nuts (5)

The rack is built as two identical side frames, then joined together. Lay the two uprights for one side flat on the floor, hole ladder facing up, with the **VERVE-branded brace** positioned between them.

Bolt each end of the brace to its upright with an **M16×105 bolt (4)**, a **washer (2)** under the head, and a **washer (2)** and **nylock nut (5)** on the inside — one bolt per end, two bolts per frame.

Tip: leave both ends finger-tight until the frame sits flat and square, then fully tighten with a 24mm socket while holding each nut with a spanner. Repeat the whole step to build the second, mirror-image frame.



STEP 2 OF 4

Fit the pull-up bar.

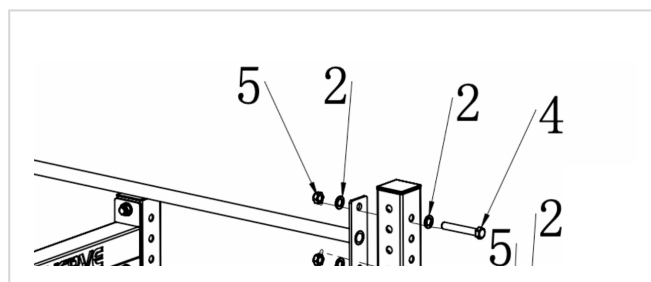
Hardware: 4× M16×105 bolts (4), 8× washers (2), 4× nylock nuts (5)

With a second person, stand both side frames upright, hole ladders facing each other, in the footprint you want the rack to sit.

Lift the **pull-up bar** into place across the top of the two front uprights — the pair with the bracket mounting holes near the top of the ladder.

Bolt each end to its upright with **two M16×105 bolts (4)**, a **washer (2)** under each head, and a **washer (2)** and **nylock nut (5)** on the inside — four bolts in total.

Tip: leave every bolt finger-tight until the bar sits level and both frames stand square, then fully tighten. The rack will balance on its own from here, but keep a hand on it until the feet are bolted on in Step 3.



STEP 3 OF 4

Attach the base plates and feet.

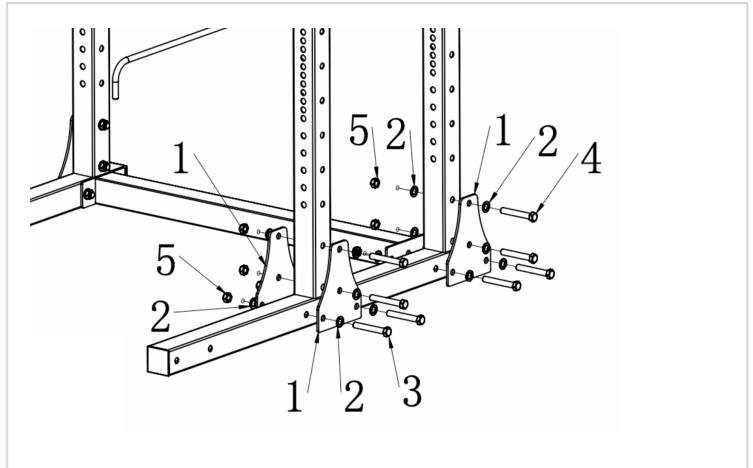
Hardware: 6× plates (1), 12× M16×110 bolts (3), 8× M16×105 bolts (4), 40× washers (2), 20× nylock nuts (5)

With a second person, lower the joined frames so all four uprights land on the floor and the two front foot rails sit flat, pointing forward.

Each **front upright** bolts to its own foot rail with a single **plate (1)**: fit **four M16×105 bolts (4)**, a **washer (2)** under each head, and a **washer (2)** and **nylock nut (5)** on the inside.

The two **rear uprights** land where the front foot rails meet, at the centre of the base. Sandwich a **plate (1)** on each side of this junction — two plates per rear upright — and bolt through with **six M16×110 bolts (3)** per side, a **washer (2)** under each head and a **washer (2)** and **nylock nut (5)** on the inside.

Tip: leave every base bolt finger-tight until the rack sits flat with no rocking on all four feet, then fully tighten. Shim under a foot first if your floor is uneven — do not rely on the bolts to correct it.



STEP 4 OF 4

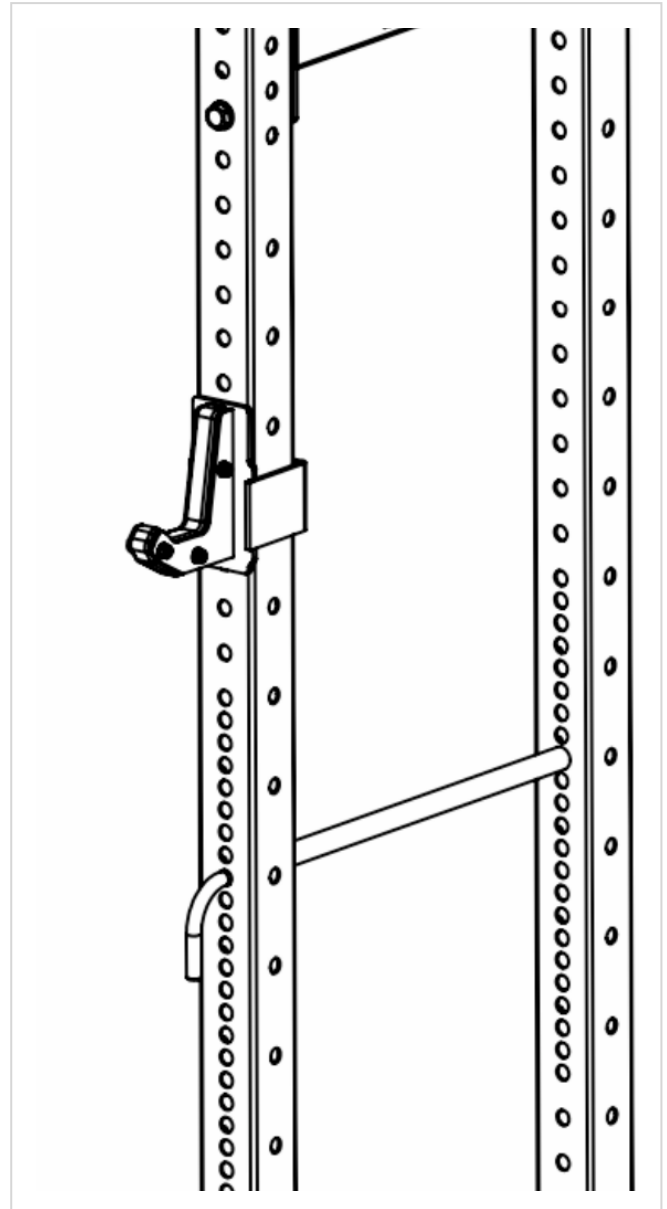
Fit the J-hooks and pin & pipe safety bars.

Hardware: none — both parts locate on pins through the hole ladder

Choose a suitable height for your squat or press and slot a **sandwich J-hook** onto the front upright on each side — one per side, at the same numbered hole.

Slide a **pin & pipe safety bar** through the holes a few positions below your J-hooks, one on each side, as your catch for a failed lift. The bent handle end makes it easy to pull out one-handed.

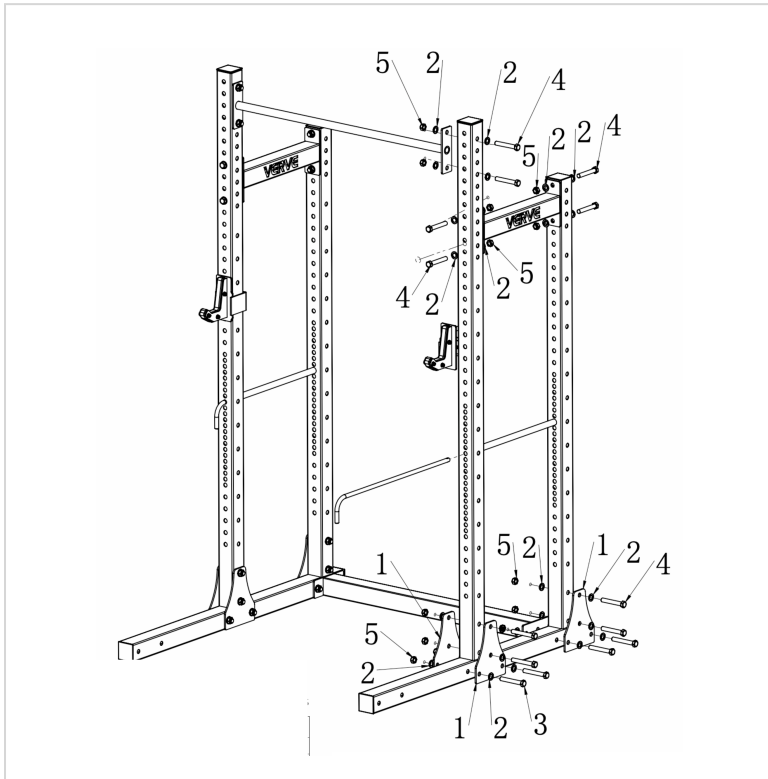
Tip: set the safety bars below your lowest expected bar path — they are a catch, not a resting shelf. Double-check both J-hooks and both safety bars sit in the same numbered hole on each side before loading the bar.



ASSEMBLY COMPLETE

That's it — your Commercial Half Rack is built. Before your first session, run through the final checks on page 7 and confirm the rack is level and doesn't rock.

Parts Diagram.



NO.	PART	QTY
1	Plate	6
2	M16 washer	56
3	M16×110mm hex bolt	12
4	M16×105mm hex bolt	16
5	M16 nylon nut	28

Final checks.

- ☐ All 28 bolts are fully tightened and every nylon nut is firm.
- ☐ The rack sits flat on all four feet with no rocking — shim if your floor is uneven.
- ☐ Both J-hooks and both pin & pipe safety bars sit at matching heights on the left and right.
- ☐ The pull-up bar is level and both ends are secure.
- ☐ Re-check every bolt after your first training session.

NEED HELP?

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

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