



3 Tier Hex Dumbbell Rack

ASSEMBLY INSTRUCTIONS

VER-HDR-300



EST. TIME 20–30 min	PEOPLE 2 people	DIFFICULTY Moderate
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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 the next page to confirm nothing is missing. This rack is tall and carries real weight once loaded — assemble it directly in the position where it will be used, with two people on hand to hold the frame steady while it's bolted together.

Tools required.

- **Socket wrench set** — 17mm socket — fits all M10 bolts and nuts
- **Open-end spanner** — 17mm — to hold the nut steady on the far side while you tighten the bolt
- **Rubber mallet** — helpful for aligning bolt holes (optional)

SAFETY INFORMATION

Assemble this rack directly in the position where it will be used, on flat, level ground. Do not build it lying down and stand it upright afterwards — the welded frame is heavy and can tip while being lifted into position.

Two people are recommended to hold the two foot tubes steady while the tiers are bolted between them.

Once assembled, always load your heaviest dumbbells onto the BOTTOM tier and lighter dumbbells on the tiers above it — this keeps the rack's weight low and stable.

Load weight evenly along the full length of each tier; don't stack dumbbells at one end.

These are standard hex nuts, not self-locking — check every bolt is still fully tight before first use and re-check monthly.

This product must be assembled by adults only.

ASSEMBLY TIPS

Finger-tighten all bolts first, then go back and fully tighten once both uprights are square and standing on their feet.

Each bolt uses a washer under the bolt head AND under the nut.

Fit the four rubber foot covers onto the foot tubes before you start bolting on the tiers — they're a firm push-fit, no tools needed.

The notation 'M10×70' means a metric bolt: 10mm diameter, 70mm length.

Part numbers in these instructions match the numbers on the parts diagram on page 5.

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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.

Components — check before you begin.

☐	1	Bearing Plate	x3	The three shelf trays that the dumbbells rest on
☐	2	Foot Tube	x2	The two upright end-frames — each already has its floor foot welded on
☐	3	Foot Cover	x4	Rubber caps for the ends of each foot tube — push-fit, no tools required

Step 1 — Fit the feet and attach the bottom tier.

☐	4	M10x70 hex bolts	x4	2 per side, securing the bottom tier to each upright
☐	5	M10 washers	x8	2 per bolt — one under the head, one under the nut
☐	6	M10 hex nuts	x4	One per bolt

Step 2 — Attach the middle and top tiers.

☐	4	M10x70 hex bolts	x8	2 per side, per tier — middle tier then top tier
☐	5	M10 washers	x16	2 per bolt — one under the head, one under the nut
☐	6	M10 hex nuts	x8	One per bolt

STEP 1 OF 2

Fit the feet and attach the bottom tier.

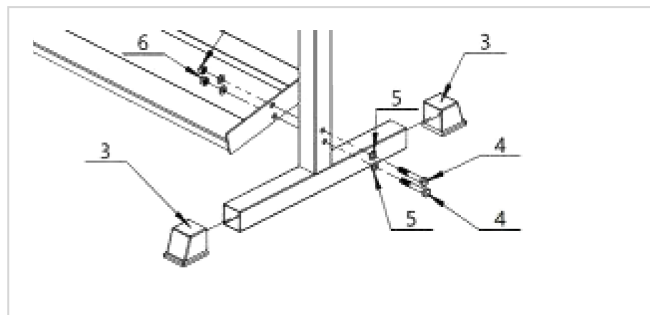
Hardware: 4× M10×70 bolts (4), 8× M10 washers (5), 4× M10 nuts (6)

Push a rubber **foot cover (3)** onto both ends of each **foot tube (2)** — they're a firm push-fit, no tools needed.

Stand both foot tubes (2) upright in the final position of the rack, on flat, level ground, with their bolt holes facing each other.

Lift the bottom **bearing plate (1)** between the two uprights. At each end, fit two **M10×70 bolts (4)** through the plate and upright, with a **washer (5)** under each bolt head and another **washer (5)** and **nut (6)** on the far side.

Tip: leave every bolt finger-tight for now — the frame needs to flex slightly while you square it up. This bottom tier also gives the rack a stable base to build the next two tiers onto.



STEP 2 OF 2

Attach the middle and top tiers.

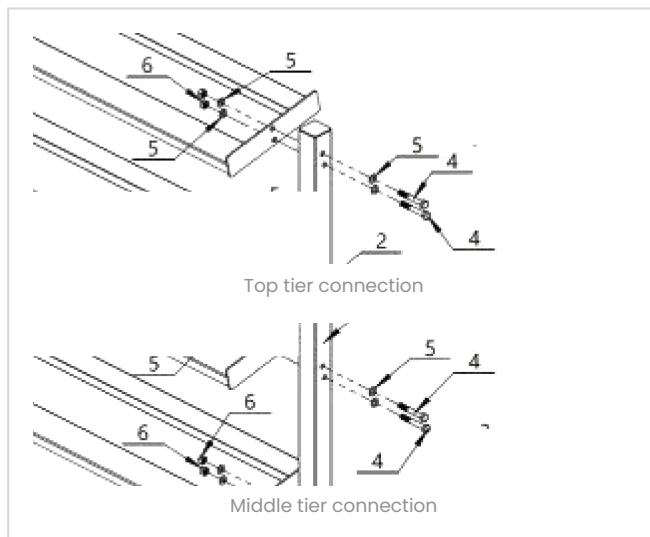
Hardware: 8× M10×70 bolts (4), 16× M10 washers (5), 8× M10 nuts (6)

With the bottom tier holding the frame steady, lift the middle **bearing plate (1)** into place and bolt it to both uprights the same way — two **M10×70 bolts (4)**, **washers (5)** and **nuts (6)** at each end.

Repeat for the top **bearing plate (1)**.

Once all three tiers are fitted, go back and fully tighten every bolt on the rack — 17mm socket on the bolt head, 17mm spanner holding the nut.

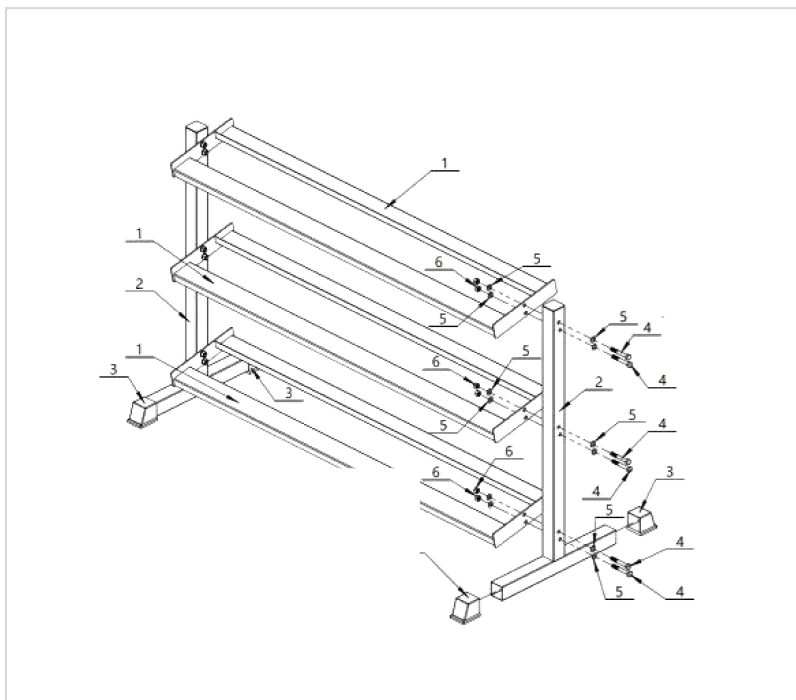
Tip: check the rack sits flat on all four feet with no rocking before you tighten the final bolt.



ASSEMBLY COMPLETE

That's it — your dumbbell rack is built. Load your heaviest dumbbells onto the bottom tier first, spread weight evenly along each tier, and run through the final checks on page 5.

Parts Diagram.



NO.	PART	QTY
1	Bearing Plate	3
2	Foot Tube	2
3	Foot Cover	4
4	M10×70 Hex Bolt	12
5	M10 Washer	24
6	M10 Hex Nut	12

Final checks.

- ☐ All 12 bolts are fully tightened, top and bottom of every tier.
- ☐ The rack stands flat on all four feet with no rocking.
- ☐ Each rubber foot cover is firmly seated and doesn't spin loose.
- ☐ Heaviest dumbbells are loaded on the bottom tier, lightest on top, spread evenly along each shelf.
- ☐ Re-check every bolt after the first week of use, then monthly.

NEED HELP?

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

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