



Wall Mounted Folding Squat Rack

ASSEMBLY INSTRUCTIONS

VER-WFR-001



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

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Before You Begin.

Read these instructions fully before starting. This rack is built from 75×75mm, 3mm thick steel, uses Westside hole spacing for finer bar height adjustment, and folds flat to sit only around 100mm off the wall when not in use. It is fixed directly to your wall and must be installed by two people — plan for 60–90 minutes including marking and drilling the wall fixings.

Tools required.

- **Socket wrench set** — 24mm socket — every structural bolt on this rack is M16
- **Open-end spanner** — 24mm — to hold each nut while tightening
- **Drill** — with a bit matched to the expansion screws provided, and to your wall material
- **Spirit level & tape measure** — to mark and check all 4 wall fixing points before you drill
- **A second person** — required throughout Step 3 to lift and hold the frame against the wall

SAFETY INFORMATION

Wall fixing is the most important part of this installation. The hardware supplied for mounting to the wall is 8× M8×80 expansion screws — a masonry/concrete-style anchor. That is all the manufacturer specifies; nothing else is supplied or implied for any other wall type.

Before you drill, confirm your wall is solid concrete or brick capable of carrying this rack and the loads you'll put through it. Expansion screws of this type are **not** suitable for plasterboard, timber-stud, brick veneer with a cavity, or hollow block. If your wall is anything other than solid masonry or concrete, stop and have a builder or structural engineer assess it and specify fixings rated for that wall — do not substitute your own anchor choice.

Do not hang or load any weight on the rack until all 4 wall brackets are fully tightened and, by hand, none of them move.

Before every session, check that each fold/lock pin is pushed fully home and the arm is locked in the open position — never train on the rack if a pin is only part-way in.

This product must be installed and assembled by adults only.

ASSEMBLY TIPS

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

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

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

These are standard hex nuts, not self-locking — check every one again after your first session, and monthly after that.

Part numbers in these instructions match the numbers on the parts diagram on page 6.

Hardware Inventory.

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

Step 1 — Fit the top crossbar.

☐	2	Quick-release pin, Ø16×105mm	x2	One per end — locks the crossbar into the socket on top of each upright
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Step 2 — Bolt the arm brackets to the uprights.

☐	3	M16×105 bolt, nut & washer	x8	2 per bracket — 4 arm brackets in total, 2 upper and 2 lower
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Step 3 — Fix the arm brackets to the wall and fit the pivot pins.

☐	4	Expansion screw, M8×80	x8	2 per bracket — wall fixing, see Safety Information on page 2 before drilling
☐	1	M16×110 bolt, nut & washer	x4	One per bracket — the longer bolt, forms the arm's pivot
☐	2	Quick-release pin, Ø16×105mm	x4	One per bracket — locks the arm in its open, deployed position

Included separately — no hardware.

☐	—	J-hooks	x2	Hook directly into the hole ladder — no tools needed
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STEP 1 OF 3

Fit the top crossbar.

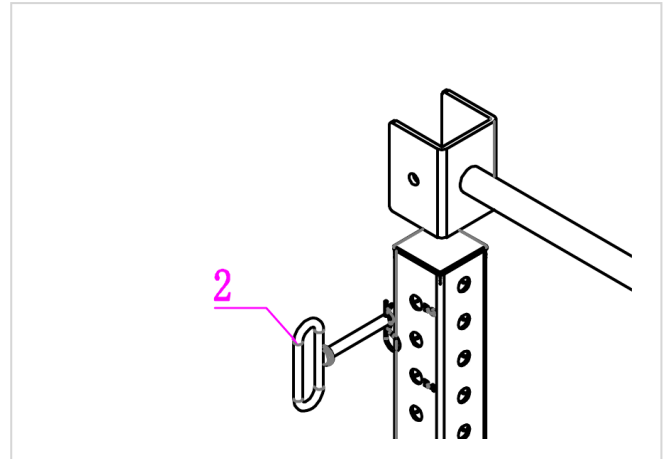
Hardware: 2× quick-release pins (2)

Lay the two **uprights** on the floor, hole ladders facing up, far enough apart for the crossbar to sit between them.

Fit each end of the **crossbar** into the U-shaped socket welded to the top of an upright.

Push a **quick-release pin (2)** through the socket and the crossbar at each end to lock it in place.

Tip: this sets the width of the whole rack and keeps both uprights square while you fit the arm brackets in Step 2 — check both ends are seated fully in their sockets before you pin them.



STEP 2 OF 3

Bolt the arm brackets to the uprights.

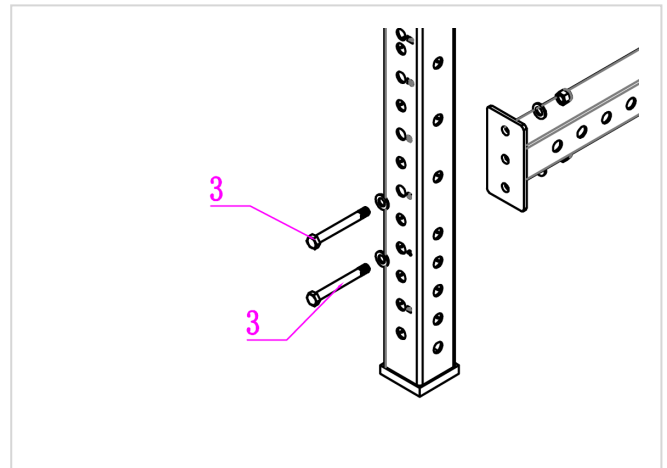
Hardware: 8× M16×105 bolts (3)

Take the 4 **arm brackets** — 2 per upright, one upper and one lower — and bring each one's mounting plate flush against the front of its upright, lining up the plate's 2 holes with a matching pair of holes in the hole ladder.

Fit an **M16×105 bolt (3)** with a washer under the head through each hole, then fit the washer and nut on the inside.

Repeat for all 4 brackets — 2 bolts each, 8 bolts in total.

Tip: leave every bolt finger-tight for now. You'll fully tighten these once the frame is offered up to the wall in Step 3, so the bracket can still be nudged into line.



STEP 3 OF 3

Fix the arm brackets to the wall and fit the pivot pins.

Hardware: 8× expansion screws (4), 4× M16×110 bolts (1), 4× quick-release pins (2)

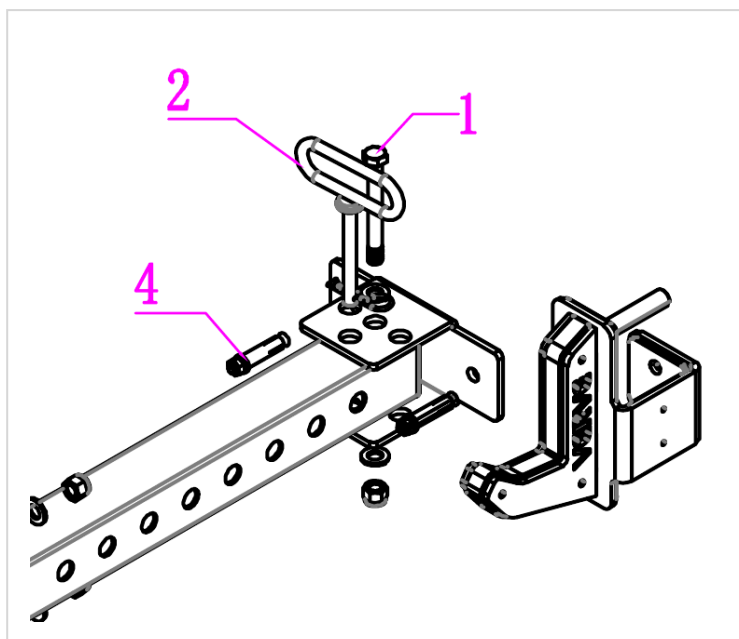
With a second person, lift the assembled frame into position against the wall at the height you want it, supporting its weight while you work — do not let go until all 4 brackets are fixed.

Following the Safety Information on page 2, confirm each of the 4 bracket plates lands on solid wall structure. Fix each bracket to the wall with 2 **expansion screws (4)**.

At each bracket, drop the **M16×110 pivot bolt (1)** through the top of the bracket and the arm's hinge, then push a **quick-release pin (2)** through to lock the arm in its open, deployed position.

Go back and fully tighten every bolt from Step 2 and Step 3 while your second person holds the frame steady, then hook the 2 **J-hooks** into the hole ladder at your preferred bar height — the same numbered hole on each side, no tools needed.

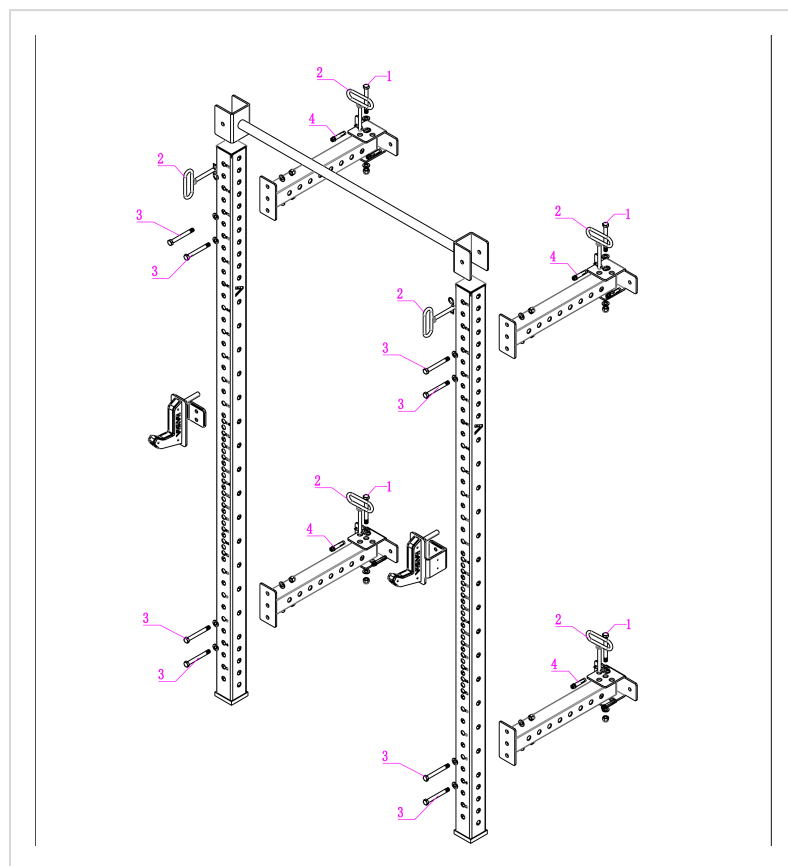
Tip: once tightened and pinned, pull on the frame by hand — nothing should move. If anything shifts, stop and re-check that bracket's wall fixing before going any further.



ASSEMBLY COMPLETE

That's it — your Wall Mounted Folding Squat Rack is installed. Before your first session, run through the final checks on page 6 and confirm every fixing is tight and every pin is fully home.

Parts Diagram.



NO.	PART	QTY
1	M16×110 bolt, nut & washer	4
2	Quick-release pin, Ø16×105mm	6
3	M16×105 bolt, nut & washer	8
4	Expansion screw, M8×80	8

Final checks.

- ☐ All 4 wall brackets are fully tightened — nothing moves when you pull on the frame by hand.
- ☐ Every M16 bolt is tight, with a washer under both the bolt head and the nut.
- ☐ The crossbar sits square and both of its quick-release pins are pushed fully home.
- ☐ Each arm's pivot pin is fully home and the rack is locked in the open position before you load it.
- ☐ Both J-hooks sit at the same numbered hole on each side.
- ☐ Re-check every bolt and pin after your first session, and monthly after that — these are standard nuts, not self-locking.

NEED HELP?

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

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