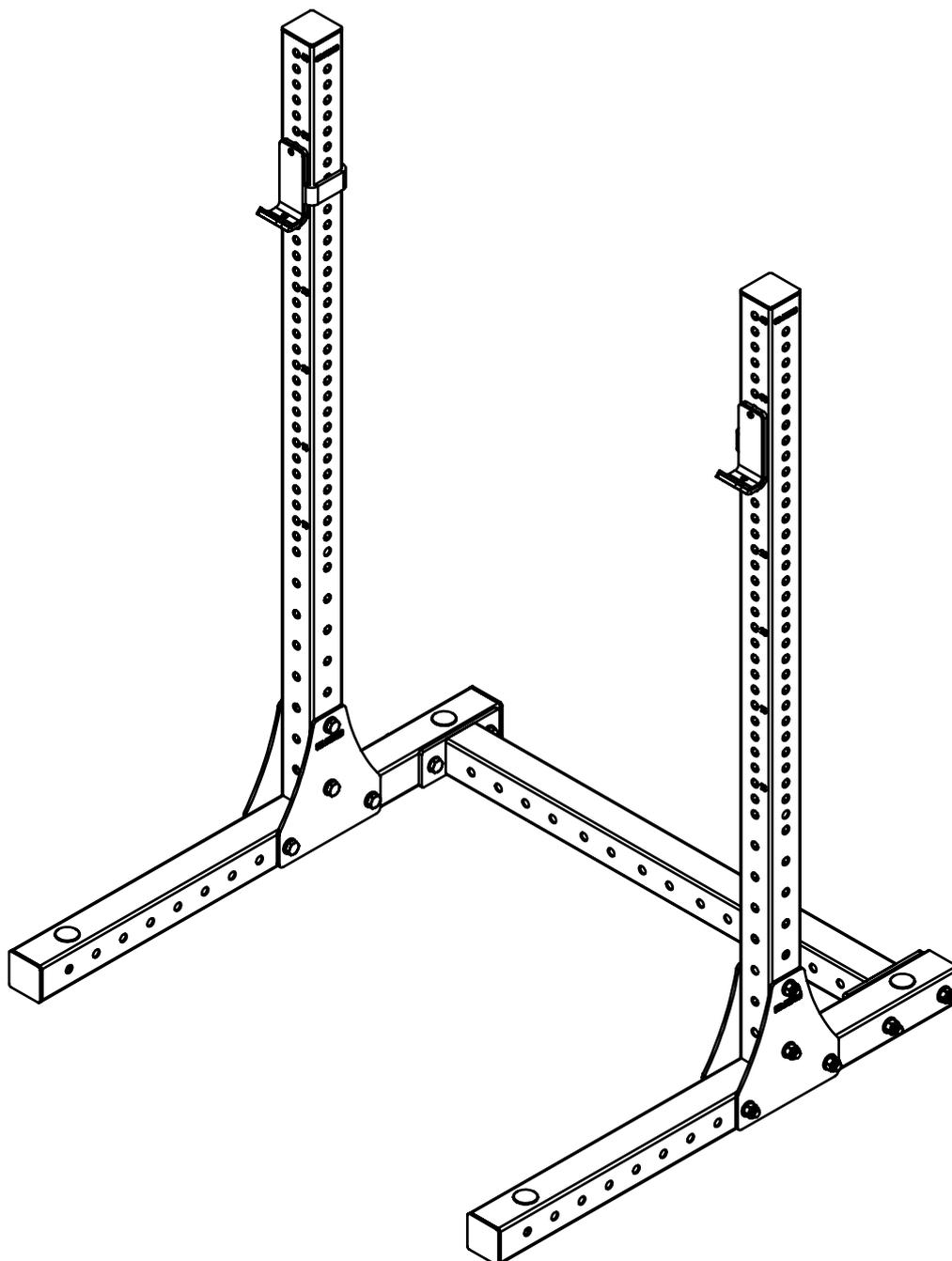


# Eleiko XF 80 Light Rack

Art.no. 3085341



**ELEIKO**

# READ BEFORE INSTALLATION AND USE

## CAUTION

The equipment must be installed and used in a place whose access and supervision are specifically controlled by the owner.

Be sure to install the equipment on a stable base and properly level the equipment. ELEIKO recommends that all equipment is secured to floor and installed by a licensed contractor or an ELEIKO-installer.

## SAFETY INSTRUCTIONS

It is the responsibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment.

1. All included warnings (labels) and instructions **MUST** be read before the use of any ELEIKO-equipment. Use each equipment as it is intended for.
2. A user **MUST** get a medical examination and proper instructions before the use of any ELEIKO-equipment.
3. **DO NOT** let anyone, under any circumstances, use equipment that appears to be damaged. Do not try to repair any equipment before consulting an ELEIKO technician.
4. **DO NOT** replace the components of ELEIKO-equipment with other none ELEIKO-equipment (magnetic safety pin, frames, bars), do not improvise. If there are any doubts consult an ELEIKO representative prior to any intervention.
5. **DO NOT** overload the equipment and **DO NOT** try to exceed personal strength levels.
6. Children under the age of 14 must be supervised by an adult.
7. **DO NOT** remove any safety labels from the ELEIKO-equipment. ELEIKO is not responsible if a label is removed. Replace damaged labels immediately.

## PREVENTITIVE MAINTENANCE & INSPECTIONS

### REGULARLY:

Clean the surfaces on frames and tubes from dust and dirt.

Check that all bolts between parts, walls, floors are properly tightened, according to recommendations.

Check equipment for sharp edges and replace if necessary.

Check tubes and welds for cracks or other defects, replace if necessary.

## WARRANTY

All products manufactured by ELEIKO are warranted to the original purchaser to be free from defects in workmanship and / or materials under normal use or service as follows:

10 years on structural frame, 6 months on wear parts.

Normal wear and tear does not fall under the warranty.

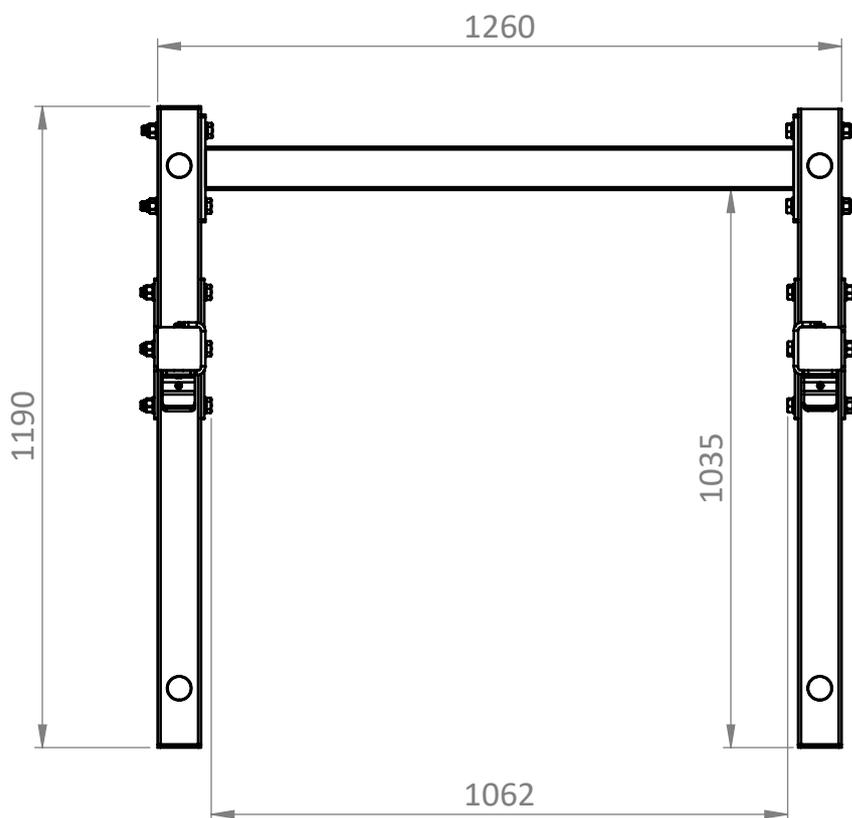
## ADDITIONAL INFORMATION

This equipment is for indoor use only.

# PRODUCT SPECIFICATIONS

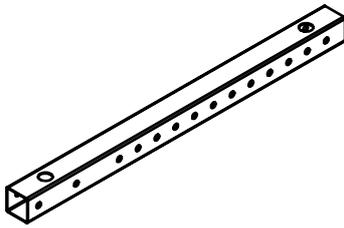
Product weight	60,8 kg / 134 lbs
Max user weight	150 kg / 330 lbs
Max training weight	350 Kg/ 441 lbs
Dimensions (L x W x H)	1190x1260x1803 / 46,8"x49,6"x71"

## FOOTPRINT AREA

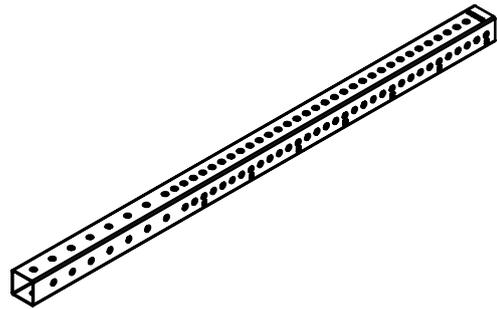


**ELEIKO**

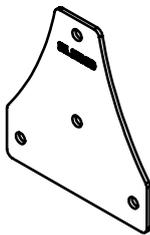
# CONTENTS



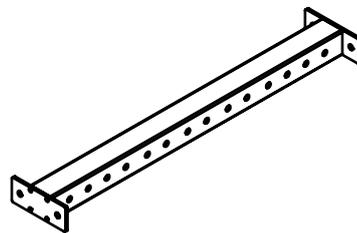
Rack floor beam 80x80x3 L=1180  
3085342  
x2



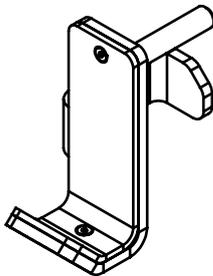
Rack leg, 80x80x3, L=1718  
3085343  
x2



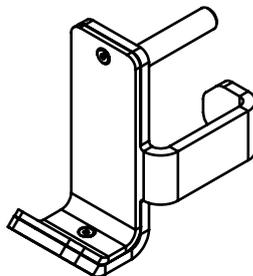
Eleiko Squat stand plate 285x260x6  
3085356p1  
x4



XF 80 beam L=1100  
3003144  
x1



80 J-Cup  
3003125 L  
x1



80 J-cup  
3003125 R  
x1



M6S M16x120 din 931 black  
3050451-03  
x12

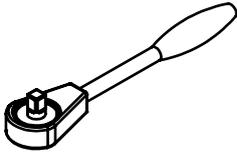


M6M M16 Nut - Self-locking, Black  
3085341  
x12

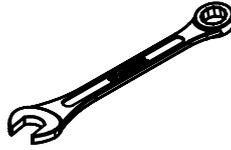


BRB M16 Washer - 17x30x3, Black  
3050453-03  
x24

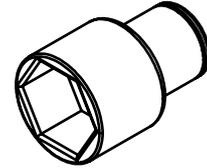
## REQUIRED TOOLS



Wrench socket 1/2



Spanner 24 mm



Socket 24 mm- 1/2

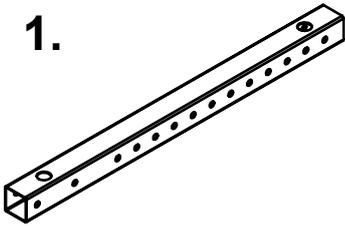
## GENERAL

The table below is torque Use these torques, if nothing else is set. Below numbers are for screw/nut of quality 8.8.

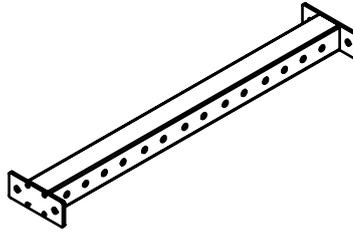
THREAD	TORQUE (Nm / ftlb) Quality 8.8
M16	60 / 45

# ASSEMBLY INSTRUCTIONS

1.



Rack floor beam 80x80x3 L=1180  
3085342  
x2



XF 80 beam L=1100  
3003144  
x1



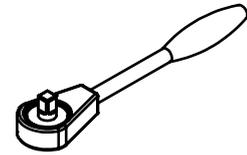
BRB M16 Washer - 17x30x3, Black  
3050453-03  
x8



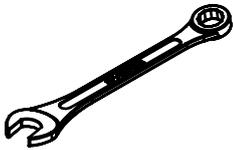
M6S M16x120 din 931 black  
3050451-03  
x4



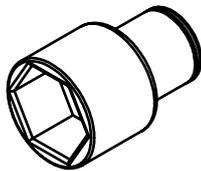
M6M M16 Nut - Self-locking, Black  
3085341  
x4



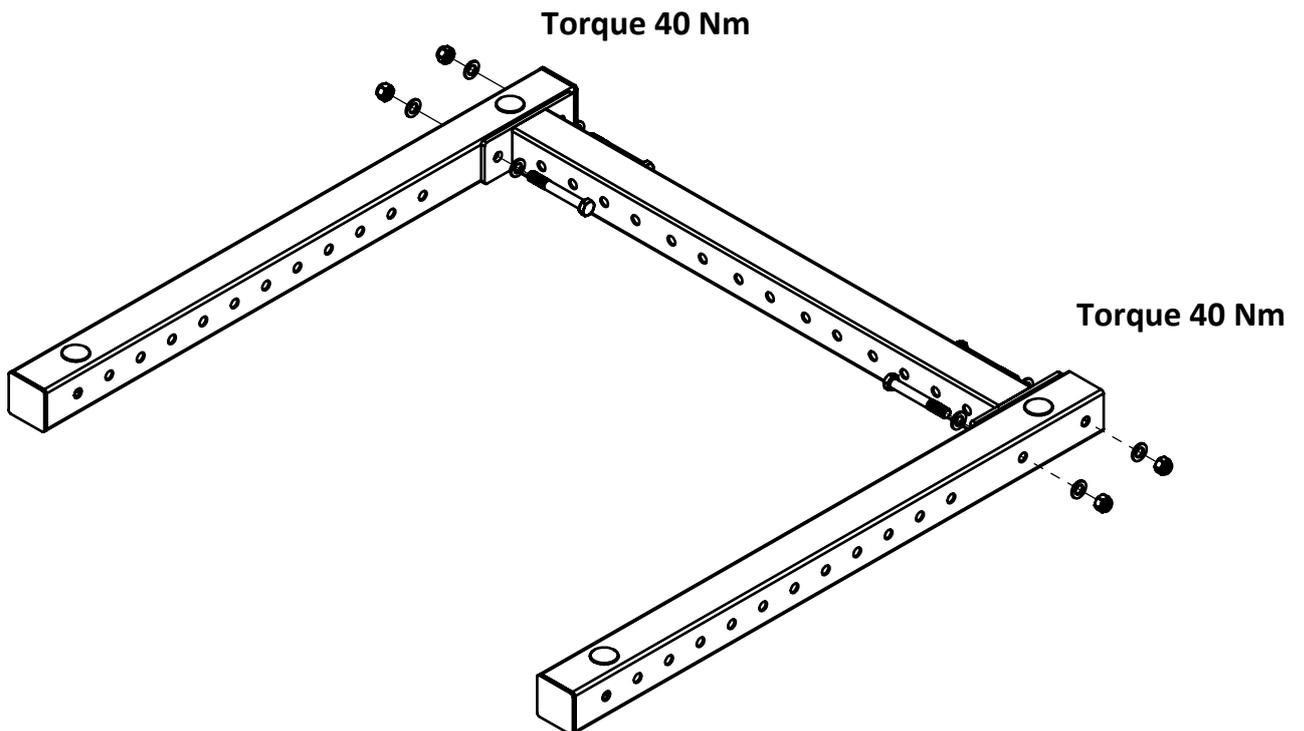
Wrench socket 1/2



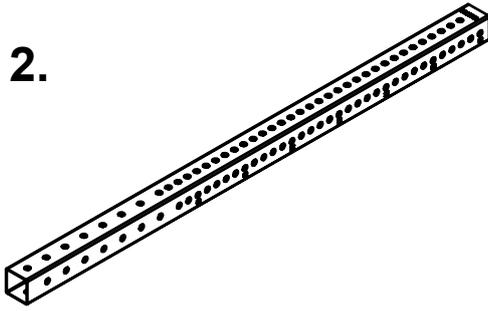
Spanner 24 mm



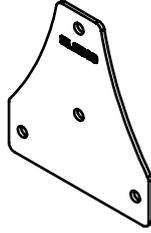
Socket 24 mm- 1/2



2.



Rack leg, 80x80x3, L=1718  
3085343  
x2



Eleiko Squat stand plate 285x260x6  
3085356p1  
x4



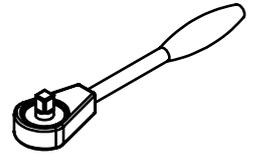
M6S M16x120 din 931 black  
3050451-03  
x8



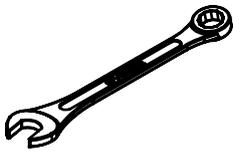
BRB M16 Washer - 17x30x3, Black  
3050453-03  
x16



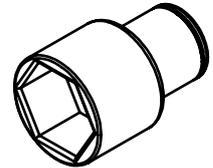
M6M M16 Nut - Self-locking, Black  
3085341  
x8



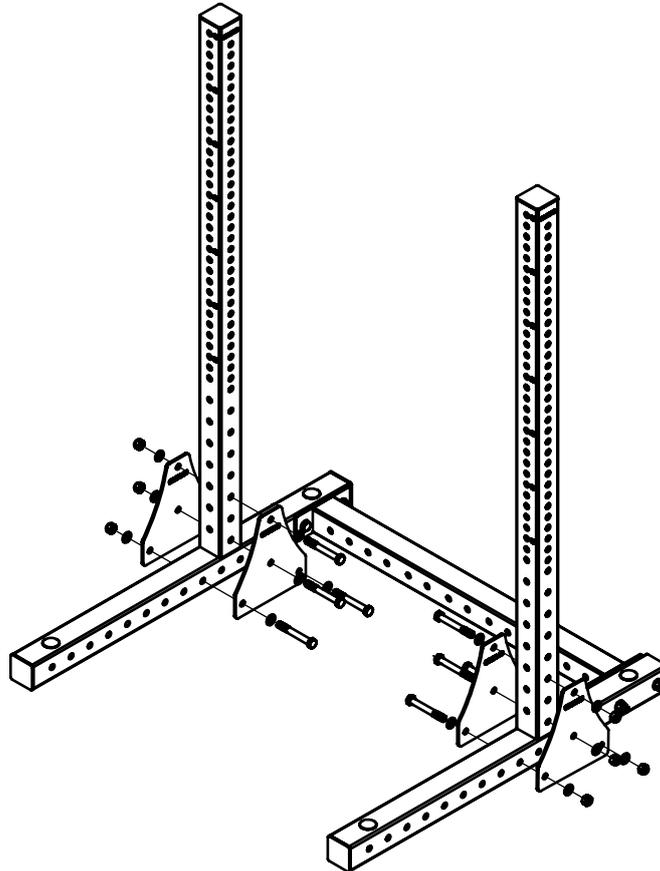
Wrench socket 1/2



Spanner 24 mm

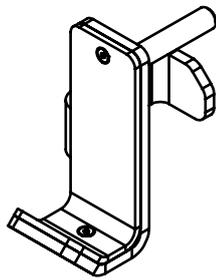


Socket 24 mm- 1/2

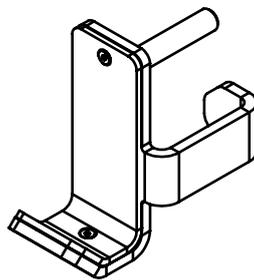


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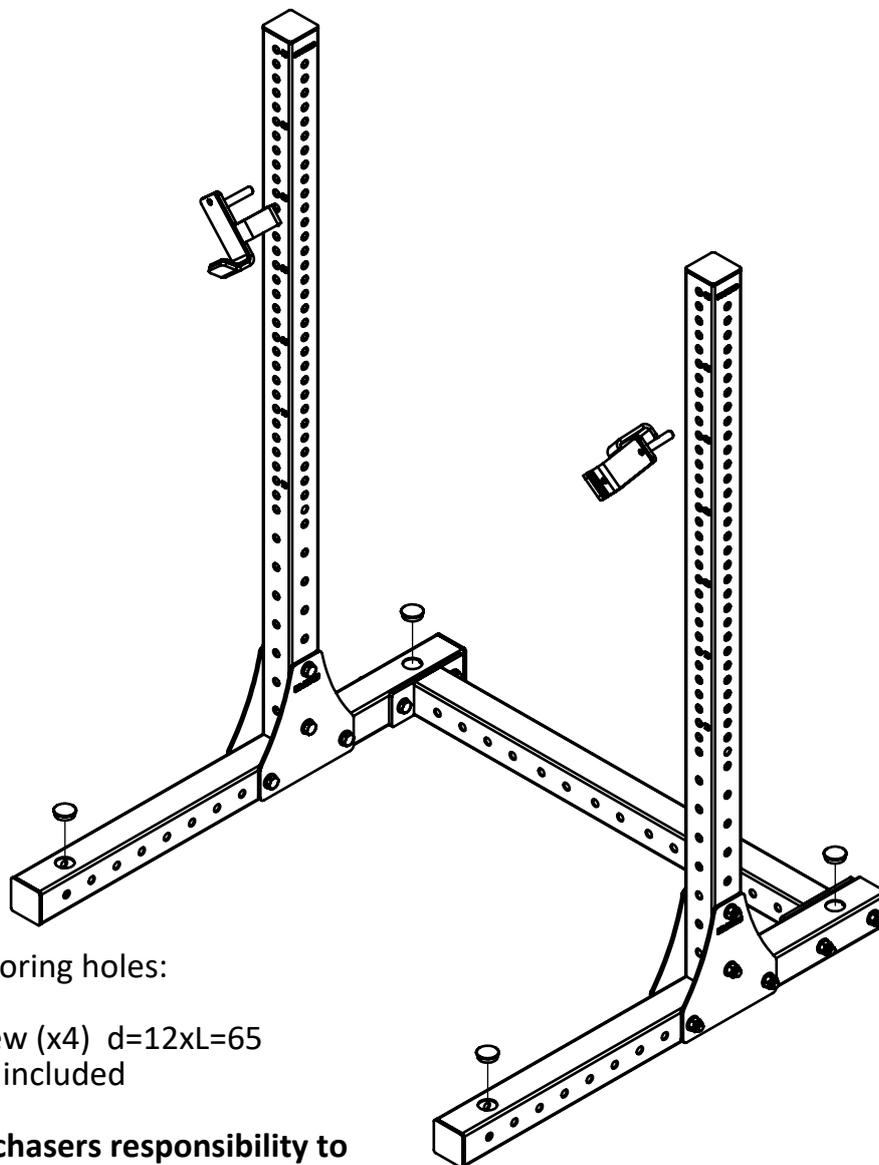
3.



80 J-Cup  
3003125 L  
x1



80 J-cup  
3003125 R  
x1



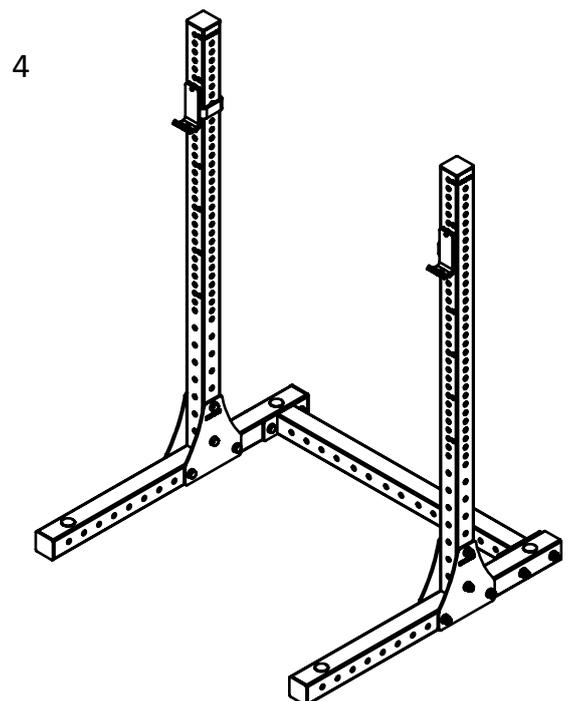
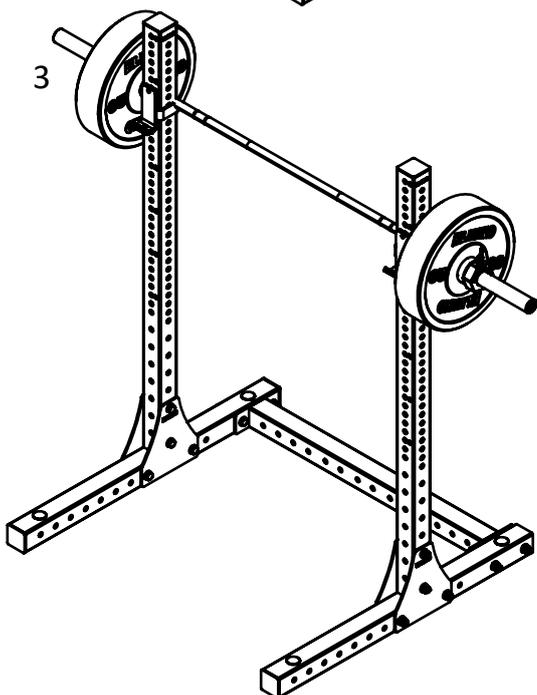
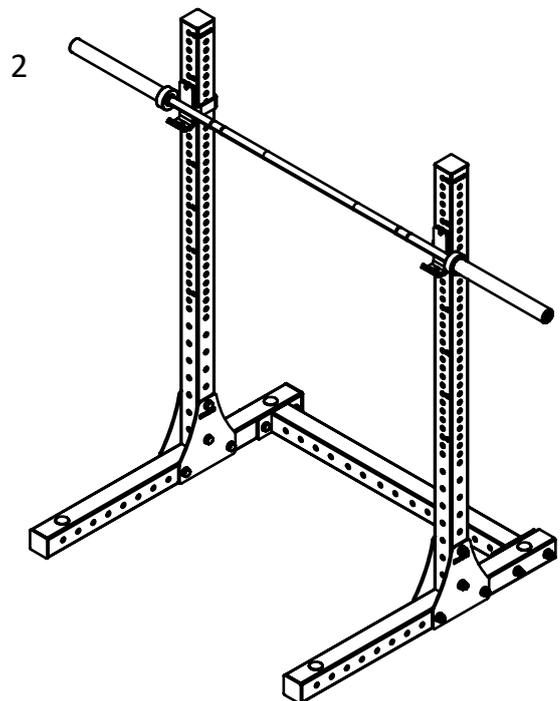
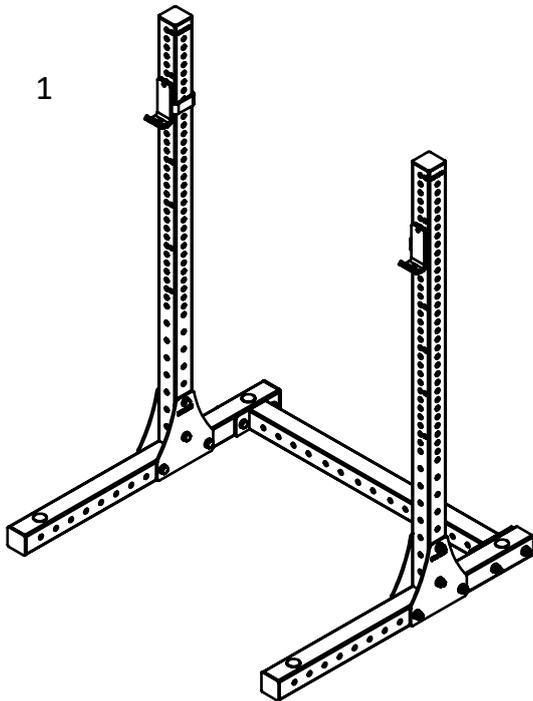
Anhoring holes:

Screw (x4) d=12xL=65  
Not included

**Purchasers responsibility to  
make sure screws are properly  
secured**

## 4. Usage

1. Apply J cups in correct height
  2. Place the bar in J cups
  3. Add weight equally
  3. Add collars
- Do your exercises
3. Place the bar back on J cups
  4. Unload the bar from collars and discs



# ELEIKO

RAISE THE BAR

Eleiko Group AB | Klastorpsvägen 18 | SE-302 62 HALMSTAD | Sweden  
E-mail: [info@eleiko.com](mailto:info@eleiko.com) | Phone: +46 35 17 70 70

[www.eleiko.com](http://www.eleiko.com)