

# UCS

est. 1967

Congratulations on your new UCS Strength and Speed Rack System purchase. This advanced line uses state of the art engineering, precision tooling and in-house powder coating to deliver unparalleled quality and custom finishings.

All Racks have a  
LIFETIME GUARANTEE  
on all steel components.



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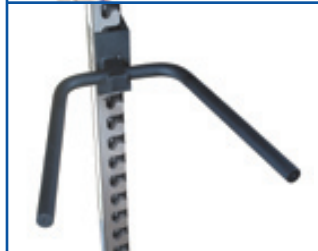


## Accessories for your new Rack



### Safety Spot Arms (pair)

Fully welded 7-gauge construction. HDPE hook at front prevents bar roll-off and offers additional starting point for activities. Padded handle for easy adjustment.



### Dip Attachment

Variable width positions for different sized athletes. Non-slip knurled grip for added safety.



### Bar Holders

Quick Lock Single Bar Holders are standard on all UCS Racks. Spring loaded lock for added safety. Composite HDPE hook protects the bar.



### Technique Scoops (pair)

Fully Welded 7-gauge construction.



### Bench Docking Station

Standard with Multi-Function Bench orders. Centers and secures bench between rack uprights.

### Pullup Bar w/Rotating Handles

Adjustable to meet training requirements.



### Horizontal Weight Storage

Stores both Certified and "fat" Bumper plates. Fully welded plate support rails. Tilt 'n roll option available.



### Rack Band Attachment

Allows for elastic bands to be used during training.



## Warning

*Weight lifting is a serious activity which presents hazards. When hazards are not avoided, accidents could lead to serious injury or death.*

- Keep children away.
- Keep body and clothing free and clear of all moving parts.
- Inspect machine before use. Refrain from use if the machine appears to be inoperable.
- Prior to use, read the warning labels and instruction placards affixed to the machine.
- If you are unsure on how to use the machine, ask for advice from a professional or call UCS.
- Do not attempt to use or fix any piece of equipment that is not functioning properly.

## Caring for your Rack

- Remember steel and sweat don't mix so rack and accessories should be cleaned regularly, at least once a month \*varies per facility. It is best to clean equipment with a damp cloth and all purpose cleaner.
- Wood platforms should be wiped down with a mixture of vinegar and water this includes both center and wing sections.
- Do not place hands where pinch points exist.
- Touch up paint can be attained through UCS.
- **Annually tighten all bolts on rack to prevent rack destabilization.**



Thank you for choosing UCS. We highly value and appreciate your business and consideration when purchasing top quality athletic equipment.

We are confident our equipment will exceed your needs and demands. Thank you again, and we look forward to serving you again soon.

Sincerely, The UCS Team

**Building foundations,  
leaving Legacies**



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