



INSTALLATION MANUAL

POWER RACK

RAPTOR MODULAR POWER RACK SYSTEM

01 SYSTEM OVERVIEW

The RAPTOR Power Rack is a modular, bolt-together four-post rack system. Uprights are joined by crossbeams and pull-up bars to form each squat station, and the rig scales from a single rack to a full-length multi-station power rack. Standard and Extended models cover the core rack; the Shelves models add integrated storage.

Uprights are 240 cm as standard and can be extended to 340 cm. The squat-station width is 110 cm or 180 cm. This manual applies to all models; use the model range to confirm your build, choose your shelves, then follow the assembly sequence on the final page.

02 MODEL RANGE

MODEL	REFERENCE	UPRIGHTS	SHELF POSITIONS
Power Rack Standard	RAP-POWRAC	4	–
Power Rack Extended	RAP-POWRACE	6	–
Power Rack + Shelves 1-1	RAP-POWRACS1-1	6	4
Power Rack + Shelves 2-1	RAP-POWRACS2-1	8	4
Power Rack + Shelves 3-2	RAP-POWRACS3-2	12	4
Power Rack + Shelves 4-3	RAP-POWRAC4-3	16	4
Power Rack + Shelves 5-4	— *	–	4

Uprights: 240 cm (RAP-240UPR) or 275 cm (RAP-275UPR), extendable to 340 cm. * Bill of materials for Shelves 5-4 was not supplied — confirm its part count with STRIDE.

03 SHELF OPTIONS

Shelf models have **four shelf positions (Shelf 1–4)**. The customer chooses a type for each position — each has a different function:

SHELF TYPE	REFERENCE	FUNCTION
Flat shelf	RAP-180FLATSH	Flat storage surface for boxes, mats and accessories
Dumbbell shelf	RAP-180DBRACK	Tiered storage for dumbbells
Plate rack	RAP-180PLRACK	Vertical storage for weight plates
Ball rail	RAP-180BALLRAIL	Rail for wall balls / medicine balls

Any mix of the four types can be combined across the four positions. Shelf models may also include an on-beam globe pull-up bar (RAP-PUGLOBE) and a wooden ladder (RAP-WOODLAD).

04 DIMENSIONS & CLEARANCE

Overall dimensions for the rack range. Width and upright height are selected per configuration; overall length depends on the model. All dimensions in millimetres.

SIZE	OVERALL LENGTH (MM)
1-0	1375
1-1	3250
2-1	4425
2-2	6300
3-2	7475
3-3	9350
3-4	10525

Lengths from the shared HALF / POWER / PERFORMANCE / CABLE rack dimension sheet. Sizing (1-0 ... 3-4) may not map 1:1 to the power-rack model names on page 2 — confirm the authoritative mapping with STRIDE.

■ SQUAT-STATION WIDTH

- 1100 mm or 1800 mm

■ UPRIGHT HEIGHT

- Standard 2400 mm, extendable to 3400 mm

■ UPRIGHT & FOOTPRINT

- Upright section: 75 × 75 mm
- Footprint incl. feet: 1360 mm / 2060 mm
- Add 62.5 mm at each end for the feet

Important — clearance: leave at least 1 metre of free space alongside the rack so barbell exercises can be performed safely.

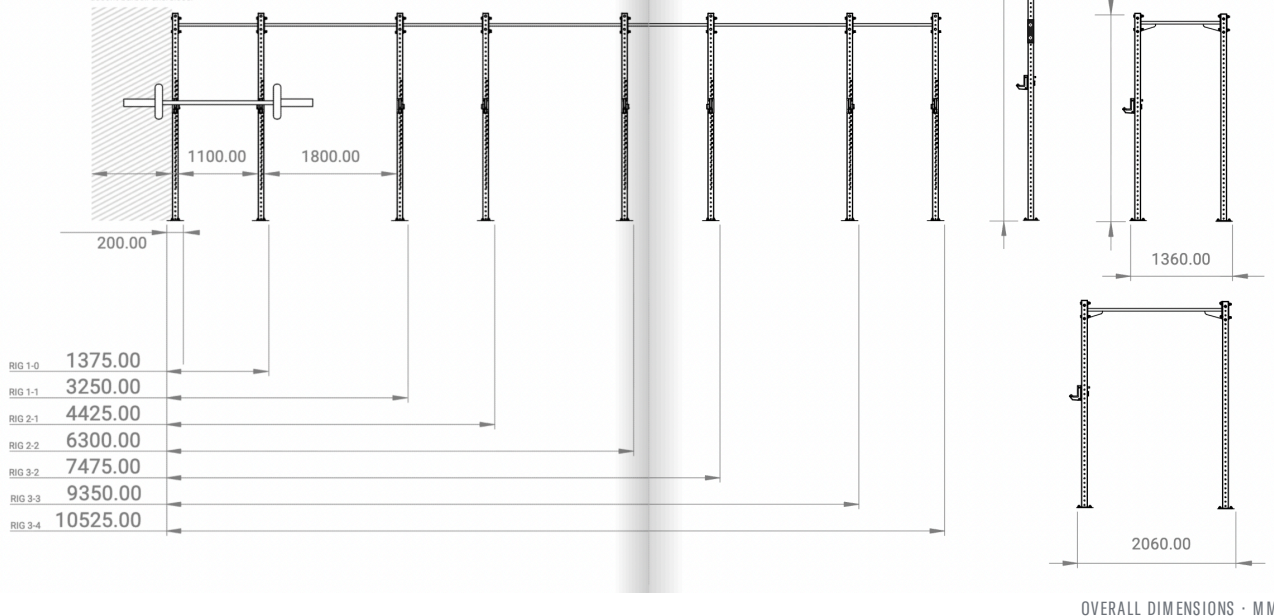
HALF / POWER / PERFORMANCE / CABLE RACKS TECHNICAL SHEET



- All pillars have a standard height of 240cm and can be extended up to 340cm when needed.
- Width of squat station is 110cm or 180cm.
- Upright pillars 7,5cm x 7,5cm.
- Connected to wall with 110cm or 180cm pull-up bars.
- At the bottom of the pillars there are feet for extra stability. To measure the outer dimensions of your rack, you need to take these feet into account, and add 6,25cm on each end.

IMPORTANT

We recommend you leave at least 1 meter of space next to the rack so you can perform decent barbell exercises.



05 BEFORE YOU BEGIN

■ REQUIRED TOOLS

- Socket / ratchet set and combination spanners
- Hex (Allen) key set
- Calibrated torque wrench
- Spirit level (≥ 600 mm), plumb line and tape measure
- Rubber mallet, marker / chalk and step ladder
- Hammer drill & anchors if fixing to floor / wall

■ PEOPLE & TIME

The power rack is heavy — assemble with a minimum of **two people**, three for Extended and multi-station builds. Keep the work area clear while raising frames.

■ SAFETY

- Wear gloves and eye protection throughout.
- Leave all fasteners **finger-tight** until the rack is squared, level and plumb, then torque to spec.
- Support uprights while raising; never let a frame stand unsecured.
- When using extended (up to 340 cm) uprights, anchor and/or wall-tie the rack.
- Confirm every fastener and safety strap / J-cup is secure before first use.
- Do not use the rack if any part is bent, cracked or damaged.

06 SITE, FLOOR & STABILITY

■ FLOOR

- Solid, load-bearing surface — cured concrete recommended.
- Floor must be flat and level; shim the feet where needed.
- Protect finished floors with rubber tiles or mats under the feet.

■ STABILITY

Feet at the base of the uprights give free-standing stability; shim so every foot sits flat. For extended pillars, heavy loading or dynamic work, anchor the feet to the floor and/or connect the rack to the wall with the pull-up bars, as specified for your configuration.

■ CLEARANCE & LAYOUT

- Mark the full footprint (width 110 / 180 cm) before building.
- Allow head-height clearance above the top pull-up bars.
- Keep walkways and exits clear of the footprint.

Specifications to confirm: fastener sizes and final torque values, maximum load ratings, and floor / wall anchor hardware are defined in the STRIDE technical specification for your model. Enter those values here before the manual is issued to installers.

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PARTS & PRODUCT REFERENCE



POWER RACK · REFERENCE

CORE COMPONENTS

- **Rack upright** RAP-240UPR / RAP-275UPR
- **Pull-up bar 1.10 m** RAP-110PU
- **Logo plate crossbeam** RAP-110CROSSLOGO / RAP-LOGOTUBE
- **Crossbeams** RAP-64CROSS / 110CROSS / 180CROSS
- **J-cups (pair)** RAP-JCUPS
- **Plate pins** RAP-PLATEPINSET / RAP-PLATEPIN
- **Webbing safety straps** RAP-SAFSTRAPS
- **Band pegs (4 pcs)** RAP-BANDPEGS
- **On-beam globe pull-up bar** RAP-PUGLOBE (shelf models)
- **Wooden ladder** RAP-WOODLAD (shelf models)

Optional attachments: Safety Spotters (RAP-SAFSPOT), Landmine (RAP-LANDMINE), Double barbell holder (RAP-DUALBARHOLD), Dip station (RAP-DIPSTAT). Uprights are drilled on all faces so bars, J-cups, shelves and attachments can be positioned to suit the build.

08

CONFIGURATION & SHELVES

Example configurations with shelves and accessories — the same rack scales and accepts any mix of shelf types:



SHELVES 1-1

Flat, plate & ball shelves · globe pull-up bar



SHELVES 2-1

Storage with wooden ladder



SHELVES 3-2

Multi-station with shelving

09 ASSEMBLY SEQUENCE**1****INVENTORY & SORT**

Unpack all parts and check them against the model range and your chosen shelves. Sort fasteners by type.

2**MARK THE FOOTPRINT**

Measure and mark the upright positions for your width (110 / 180 cm) and depth. Verify diagonals are equal so the layout is square.

3**BUILD THE END FRAMES**

Bolt each pair of uprights to their top and bottom **crossbeams** (0.64 / 1.10 / 1.80 m) to form the front and back frames. Keep bolts **finger-tight**.

4**JOIN THE BOX**

Connect front and back frames with the **pull-up bar** and **logo plate crossbeam** across the top to complete the four-post box.

5**RAISE & STAND**

With two or more people, stand the assembled rack upright onto its feet. Steady it before releasing.

6**ADD FURTHER STATIONS**

For Extended and multi-station models, position the next uprights and connect with additional crossbeams and bars, sharing uprights where they meet.

7**SQUARE, LEVEL & PLUMB**

Check diagonals, plumb the uprights and level the top beams. Shim any foot that rocks so all sit flat.

8**TORQUE & STABILISE**

Tighten every bolt progressively to the specified torque. Anchor the feet to the floor and/or tie to the wall as required, then re-check level.

9**FIT RACK HARDWARE**

Install the **J-cups**, **safety straps**, **plate pins** and **band pegs** at working height.

10**FIT SHELVES & ATTACHMENTS**

Slot the chosen **shelves** into positions 1-4, then fit any globe pull-up bar, wooden ladder, safety spotters, landmine, dual barbell holder or dip station.

FINAL INSPECTION CHECKLIST

- | | |
|---|--|
| ☐ All fasteners torqued to spec | ☐ Uprights plumb, frame level & square |
| ☐ Feet flat / anchored & wall-tie (if used) secure | ☐ J-cups, safety straps & plate pins secure |
| ☐ Shelves seated & attachments secure | ☐ No bent, cracked or damaged parts |

Maintenance: re-check fastener torque and anchors after the first week of use and periodically thereafter. Inspect uprights, crossbeams, welds, shelves and attachment points regularly, keep the rack clean and dry, and report any damage before further use.