



INSTALLATION MANUAL

FREE STANDING TRAINING RIG

RAPTOR MODULAR BOLT-TOGETHER RIG SYSTEM

01 SYSTEM OVERVIEW

The RAPTOR Free Standing Training Rig is a modular, bolt-together rig system. Every model is built from the same core parts — vertical uprights joined at the top by pull-up bars and branded logo pull-up bars — so the structure scales from a single bay up to a five-station rig using one consistent method.

Uprights are available in two heights (240 cm / 275 cm) and the rig depth in two options (110 cm / 180 cm). This manual applies to all models; use the configuration matrix below to confirm the exact part count for your build, then follow the assembly sequence on the final page.

02 MODEL RANGE & CONFIGURATION MATRIX

MODEL	REFERENCE	UPRIGHTS	1.10 M PU BAR	1.80 M PU BAR	LOGO PU BAR	J-CUPS (PAIR)
Rig 1-0	RAP-FREESTND1-0	4	2	–	2	2
Rig 1-0 Extended	— *	–	–	–	–	–
Rig 1-1	RAP-FREESTND1-1	6	2	2	3	2
Rig 2-1	RAP-FREESTND2-1	8	4	2	4	4
Rig 3-2	RAP-FREESTND3-2	12	6	4	6	6
Rig 4-3	RAP-FREESTND4-3	16	8	6	8	8
Rig 5-4	RAP-FREESTND5-4	20	10	8	10	10

Uprights: choose 240 cm (RAP-240UPR) or 275 cm (RAP-275UPR). Logo pull-up bar: choose 110 cm (RAP-110PULOGO) or 180 cm (RAP-180PULOGO) to match the rig depth. * Bill of materials for the 1-0 Extended was not supplied — confirm its part count with STRIDE before assembly.

03 OPTIONAL ATTACHMENTS

ATTACHMENT	REFERENCE	FUNCTION
Safety Spotters (pair)	RAP-SAFSPOT	Catch arms for barbell work
Landmine (rack attachment)	RAP-LANDMINE	Rotational barbell exercises
Double Barbell Holder	RAP-DUALBARHOLD	Vertical barbell storage on the upright
Plate Pin Set (2)	RAP-PLATEPINSET	Weight-plate storage horns
Dip Station	RAP-DIPSTAT	Parallel dip bars

Attachments are ordered per configuration (typically 1 or 2 sets per rig). Fit them after the frame is fully assembled, squared and torqued.

04 DIMENSIONS & CLEARANCE

Overall dimensions for the free-standing rig range. Depth and upright height are selected per configuration; overall length depends on the model. All dimensions in millimetres.

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

Lengths as per the STRIDE dimension drawing. Note: this model set (incl. 2-2, 3-3, 3-4) differs from the bill-of-materials range on page 2 (incl. 4-3, 5-4) — please confirm the authoritative model list so both can be aligned.

■ DEPTH (PER RIG)

- Between uprights: **1100 mm** or **1800 mm**
- Footprint incl. base plates: **1360 mm** / **2060 mm**

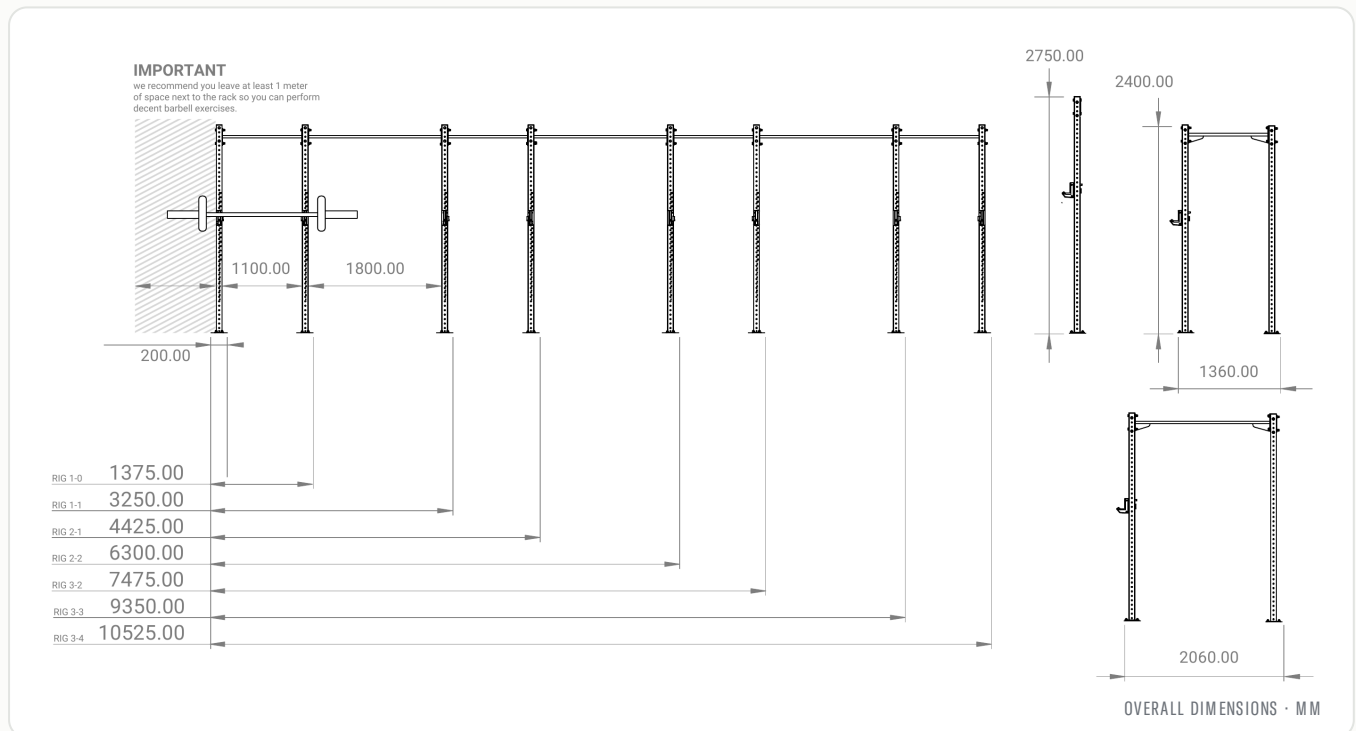
■ UPRIGHT HEIGHT

- 2400 mm** or **2750 mm**

■ BASE PLATE

- Approx. **200 mm** footprint per plate

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



05

BEFORE YOU BEGIN

■ REQUIRED TOOLS

- Socket / ratchet set and combination spanners
- Hex (Allen) key set
- Calibrated torque wrench
- Spirit level (≥ 600 mm) and tape measure
- Rubber mallet and marker / chalk
- Step ladder for top-bar and pull-up work

■ PEOPLE & TIME

Assemble with a minimum of **two people**. Larger multi-bay models (3-2 and up) are easier with three. Keep the work area clear during frame raising.

■ SAFETY

- Wear gloves and eye protection throughout.
- Leave all fasteners **finger-tight** until the rig is squared and level — only then torque to spec.
- Support uprights while raising; never let a frame stand unsecured.
- Confirm every fastener is torqued before first use.
- Ensure sufficient overhead clearance for pull-ups and muscle-ups.
- Do not use the rig if any part is bent, cracked or damaged.

06

SITE & FLOOR REQUIREMENTS

■ FLOOR

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

■ CLEARANCE & LAYOUT

- Mark the full footprint before building (uprights + safe working zone around the rig).
- Allow head-height clearance above the top pull-up bars.
- Keep walkways and emergency exits clear of the footprint.

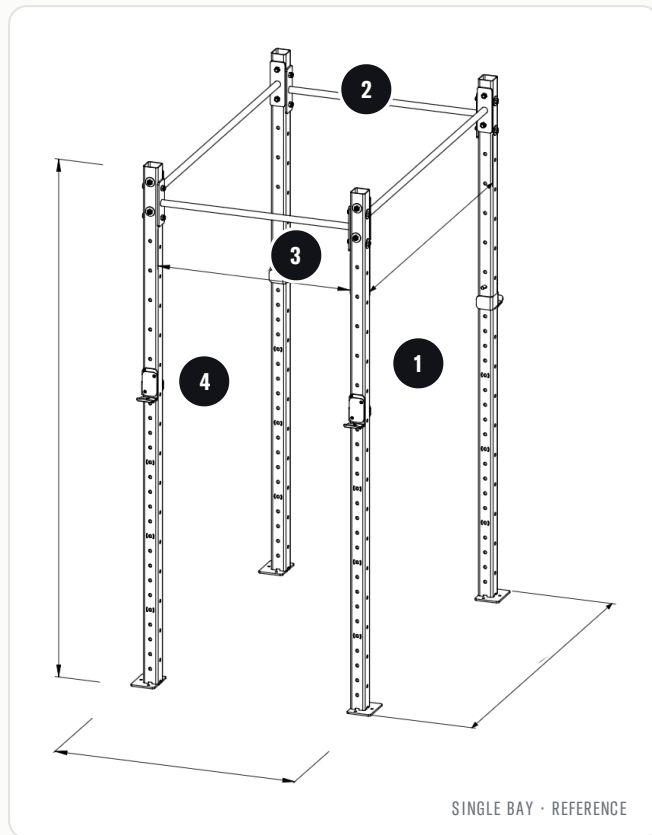
■ FREE-STANDING STABILITY

Each upright stands on a welded base plate that bolts to the floor. Make sure every base plate sits flat (shim if needed) and anchor the rig through the base-plate holes with suitable fixings — required for pull-up, muscle-up, rope and landmine use.

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

07 PARTS & TECHNICAL DRAWING

A single bay is shown below. Every model is built from these parts — larger rigs repeat and share uprights. Numbers on the drawing match the parts key.



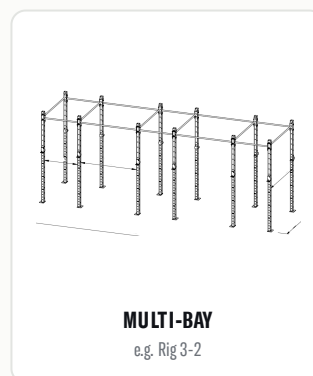
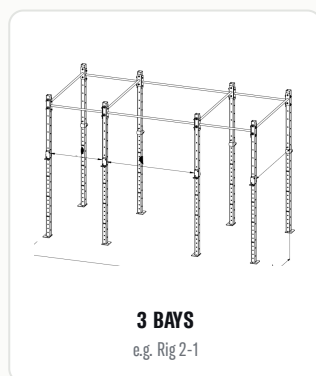
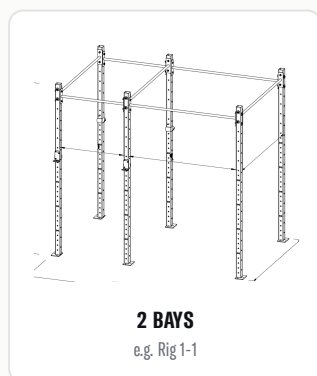
PARTS KEY

- 1 Rack upright (incl. base plate)**
RAP-240UPR (240 cm) / RAP-275UPR (275 cm)
- 2 Pull-up bar (1.10 m / 1.80 m)**
RAP-110PU / RAP-180PU
- 3 Logo plate pull-up bar**
RAP-110PULOGO / RAP-180PULOGO
- 4 J-cups (pair)**
RAP-JCUPS

The base plate is welded to the upright and supplied as one part; it bolts to the floor. Uprights are drilled on multiple faces so bars, J-cups and attachments can be positioned to suit the build.

08 CONFIGURATION RANGE

The same components scale from a single bay up to a full-length multi-bay rig:



09 ASSEMBLY SEQUENCE

1

INVENTORY & SORT

Unpack all parts and check them against the configuration matrix (page 2). Sort fasteners by type and keep them within reach.

2

MARK THE FOOTPRINT

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

3

JOIN FRONT & BACK PAIRS

Bolt a **logo plate pull-up bar (3)** between the two front uprights, and one between the two back uprights. Keep all bolts **finger-tight**.

4

CONNECT TOP RECTANGLE

Fit the **pull-up bars (2)** linking the front and back uprights to complete the top frame. Still finger-tight.

5

RAISE THE BAY

With two or more people, stand the assembled frame upright onto its base plates. Steady it before releasing.

6

ADD FURTHER BAYS

For multi-bay models (1-1 → 5-4), position the next uprights and connect them to the standing bay with the additional pull-up bars, sharing uprights where they meet. Repeat until complete.

7

SQUARE & LEVEL

Check that diagonals are equal, uprights are plumb, and the top frame is level. Shim any base plate that rocks so all sit flat.

8

TORQUE ALL FASTENERS

Working around the rig, tighten every bolt progressively to the specified torque. Re-check level once fully torqued.

9

ANCHOR TO FLOOR

Anchor the base plates to the floor through the provided holes with the specified fixings, and verify the rig no longer shifts under load.

10

FIT J-CUPS & ATTACHMENTS

Install the **J-cups (4)** at working height, then fit any safety spotters, landmine, dual barbell holder, plate pins and dip station.

FINAL INSPECTION CHECKLIST

- | | |
|--|---|
| ☐ All fasteners torqued to spec | ☐ Uprights plumb, frame level & square |
| ☐ All base plates flat & anchored | ☐ J-cups & attachments secure |
| ☐ No bent, cracked or damaged parts | ☐ Overhead clearance confirmed |

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