

# MX100™ BARBELL SYSTEM

## ASSEMBLY & SYSTEM ADJUSTMENTS



**MX100 Weight Legend**

DIAL NO.	1	2	3	4	5	6	7	8	9	10
WEIGHT	28 lbs	36 lbs	44 lbs	52 lbs	60 lbs	68 lbs	76 lbs	84 lbs	92 lbs	100 lbs
LEGEND	12.7 kgs	16.3 kgs	19.9 kgs	23.5 kgs	27.2 kgs	30.8 kgs	34.4 kgs	38.1 kgs	41.7 kgs	45.3 kgs

## MX SELECT - USER SAFETY PRECAUTIONS

**To avoid possible injury, all users should read and understand these instructions before using any MX Select product.**

1. Consult a medical doctor or healthcare professional to be cleared by them for exercise and to determine the exercises appropriate for you, before undertaking exercise with MX Select Systems.
2. If you experience any pain or dizziness, stop exercise immediately and consult a medical doctor.
3. Perform any exercise with the correct technique – consult a personal trainer or healthcare professional for guidance if unsure of technique or your personal exercise parameters.
4. MX SELECT Systems are designed for home use only and are not suitable or warranted for commercial use.
5. Understand how to select the desired weight with the MX SELECT System, see page 2 following.
6. Never touch the weight selector release button or move the selector dial while the MX Select product is out of the cradle, doing so may release weight plates from the handset and cause catastrophic injury.
7. Never use MX Select Systems if they are not functioning properly.
8. Never drop, throw or strike together any MX Select System, this will void warranty and could cause permanent damage.
9. Take personal responsibility to ensure your safety and the safety of those around you while using and storing MX SELECT Systems.



### HOW TO SELECT DESIRED TRAINING WEIGHT

Only adjust the Weight Selector Dial while the Barbell is in the Weight Cradle



Adjust both ends of the Barbell to your desired training weight.

### ASSEMBLY OF MX100 BARBELL SYSTEM & RACK

#### BOX 1 - RACK

Straight Barbell  
EZ Curl Barbell  
Rack Components  
Rack Hardware  
DIM: L 1423 x W 545 x H 360 mm - 47.8 kg



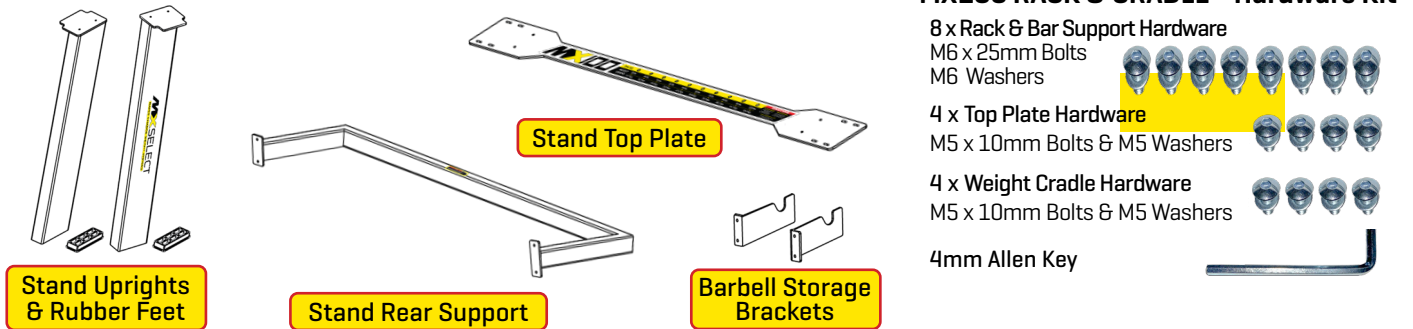
#### BOX 2 - MX PLATES

18 x 4lb / 1.8kg  
MX100 Weight Plates  
2 x Weight Cradles  
DIM: L 423 x W 335 x H 340 mm - 39.2 kg



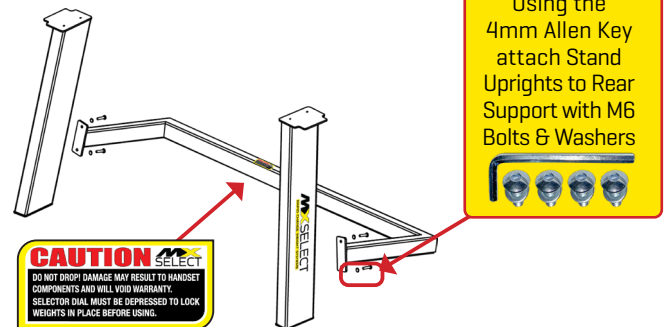
#### STEP ONE - UNPACKING BOX 1 - RACK

Place BOX 1 on a flat, firm surface with the Up Arrow pointing up. Open the top of the box and remove the Stand Top Plate, the Left and Right Stand Uprights, the Stand Rear Support, the Barbell Storage Brackets and the Hardware Kit.



#### STEP TWO - ASSEMBLE THE RACK

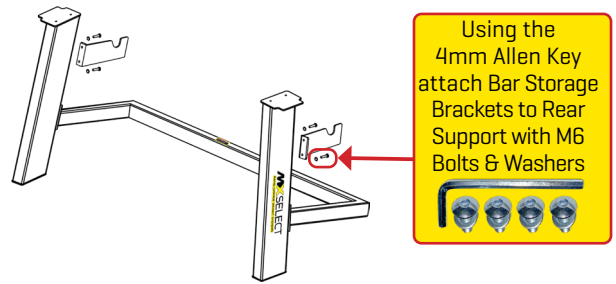
Lay the Stand Uprights on the floor [careful not to damage the floor or stand coating] and place the Rear Support in position to line up the bolt pattern on both parts. Ensure the MX SELECT decal faces outwards on both Stand Uprights and that the Warning decal on the Stand Rear Support will face up when assembled. Attach each Stand Upright to the Stand Rear Support using [2] M6 x 25 bolts and washers. **DO NOT fully tighten until Step Four is complete.**



Place Stand assembly on the floor as shown, checking to make sure the Stand assembly sits evenly on the floor.

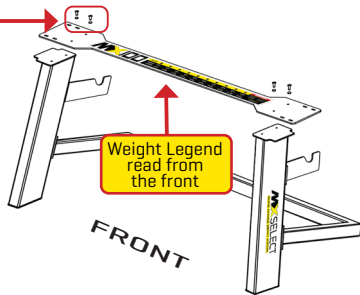
### STEP THREE - BAR STORAGE

Attach the Left and Right Barbell Storage Brackets to the rear of the Stand Uprights as shown, using [2] M6 x 25 bolts and washers. Note that the hook for the bar faces upwards and the bend in the bracket is flush with the inside of the Stand Uprights. **Fully tighten these brackets in place now.**

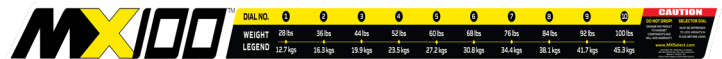


### STEP FOUR - STAND TOP PLATE

Using the 4mm Allen Key attach Stand Top Plate to the top of the Rack with M5 Bolts & Washers



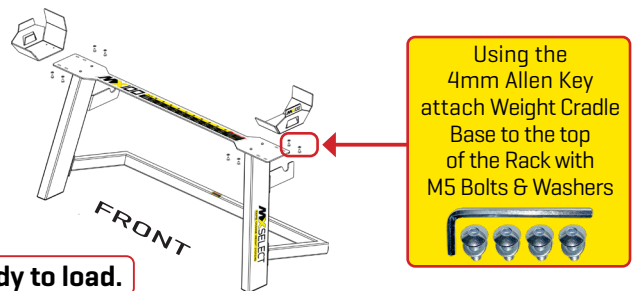
Place the Stand Top Plate across the Stand Uprights as shown. Ensure the Weight Legend can be read from the front. Line up the holes in the Top Plate and attached using [4] M5 x 10 bolts and [4] M5 x 10 washers. **Now fully tighten all stand bolts (All 12)**



Weight Legend

### STEP FIVE - WEIGHT CRADLES

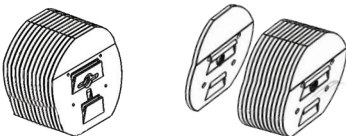
Place the Weight Cradles on the Top Plate as shown. Ensure the low side of the Weight Cradle is at the front and that the closed ends are to the outside. Attach using [4] M5 x 10 bolts and [4] M5 x 10 washers for each Weight Cradle. **DO NOT fully tighten at this time.**



**Position your MX100 Barbell Stand in its desired location ready to load.**

### STEP SIX - UNPACK BOX 2 - MX WEIGHT PLATES

18 x  
4lb / 1.8kg  
MX100  
Weight Plates



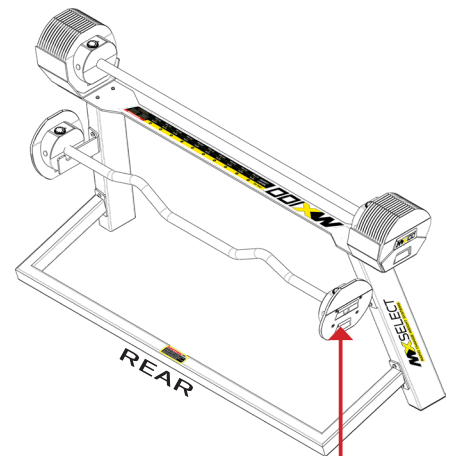
Place BOX 2 on a flat, firm surface with the Up Arrow pointing up. Open the top of the box and remove the 18 x MX Weight Plates, ready to insert 9 x Weight Cradles at either end of your stand.

### STEP SEVEN - LOAD YOUR BARBELL SYSTEM

Place 1 x Weight Plate in each Weight Cradle so that it fits neatly into the outside edge Cradle supports. Now stack 9 more MX Weight Plates to each Weight Cradle, and confirm there are 10 plates in each Weight Cradle fitting neatly together. Check that the Weight Selector Dial on both MX100 Barbells is SET to 1. Place one of the MX Barbells across the stand and into the Weight Plates at either end of the stand. Check that the Barbell fits neatly into the Weight Plates and adjust the Weight Cradle so that the Weight Selector Dial at each end can be rotated smoothly 1 through to 10.

Refer to page 4 for details on adjusting Weight Cradles for smooth Weight Plate selection.

**FULLY TIGHTEN ALL BOLTS** and re-check that the Weight Selector Dial moves freely 1 through 10, adjust weight cradle as required.



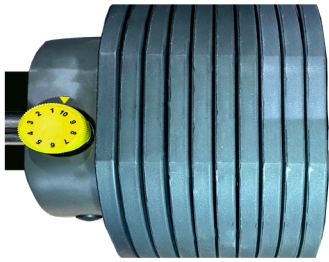
Place the 2nd MX Barbell on Storage Bracket when not in use.

### MX BARBELL ADJUSTMENT GUIDE

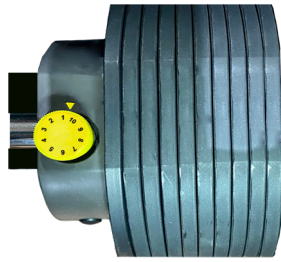
#### FOR SMOOTH & ACCURATE WEIGHT PLATE SELECTION

##### STEPS TO RESOLVE THE FOLLOWING

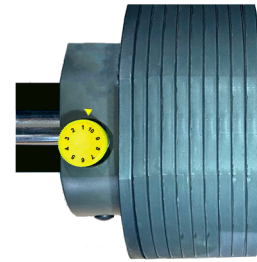
- + Selector dial will not push down and lock into place.
- + Selector dial feels tight or will not turn easily.
- + Extra weight plate sticks when the MX Barbell is removed from Cradle.
- + Weight plates are too widely spaced or too closely spaced.



**CRADLE SPACING TOO WIDE**  
Weight plates move freely when in Cradle



**CORRECT SPACING**  
Weight plates have a thin gap but don't move freely

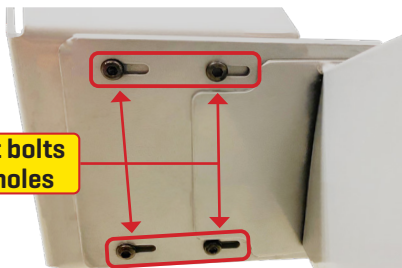


**CRADLE SPACING TOO CLOSE**  
Cant remove weights and selector dial won't turn

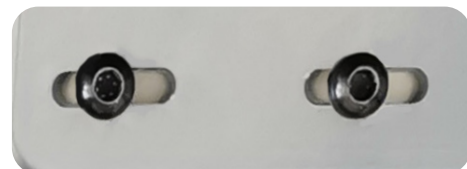
##### STEP ONE

With the Barbell still in weight cradle, locate adjustments bolts in the slots underneath Cradle.

Adjustment bolts in slotted holes



ADJUSTMENT SLOTS



##### STEP TWO

Using a M4 Allen Key loosen the 4 Adjustment Bolts at one end of the Barbell Cradle just enough to allow you to move the Cradle as required.

M4 ALLEN KEY



##### IF CRADLE SPACING TOO WIDE

Push the floating Cradle end slightly inwards. Tighten Bolts and replace Barbell Handset and check that the gap between the plates is the correct spacing and test on all dial settings 1 to 10. If not correct, repeat adjustment steps.

##### IF CRADLE SPACING TOO CLOSE

Move slightly apart the floating Cradle end outwards, opening a slight gap between the plates. Tighten bolts and replace Barbell Handset check that the gap between the plates is the correct spacing and test on all dial settings 1 to 10. If not correct, repeat adjustment steps.

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