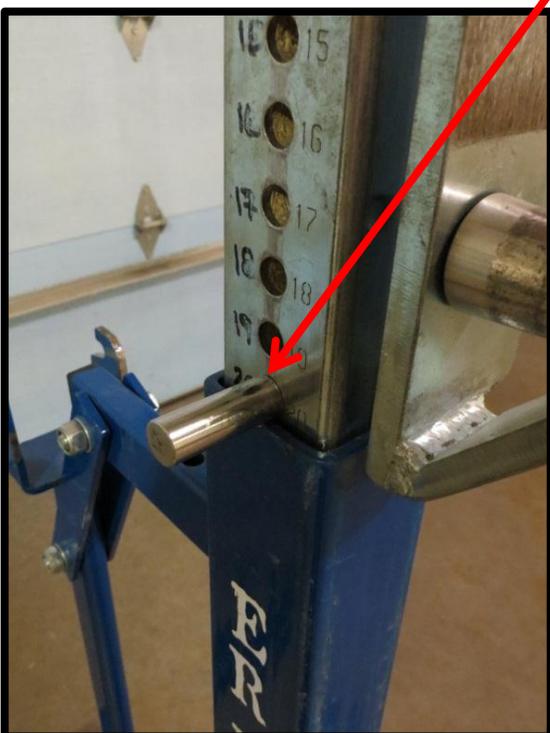


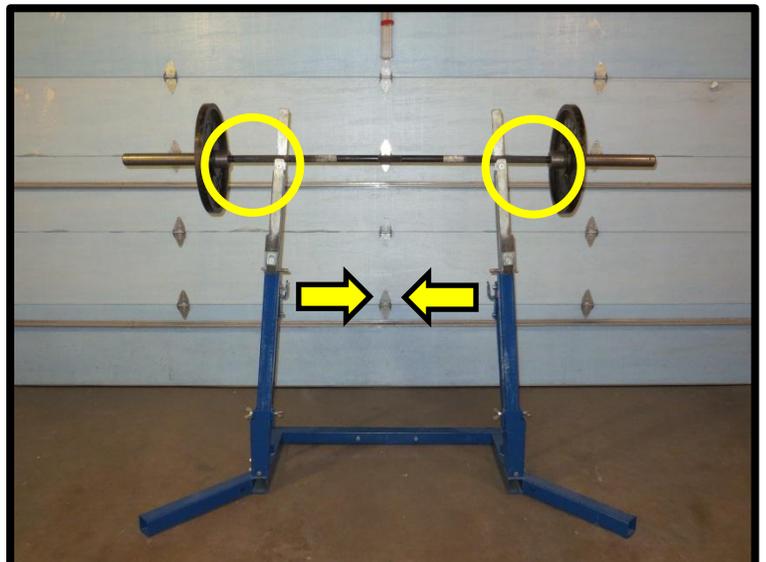
## ER Squat Rack Height (indicate pin-hole #)



jmw



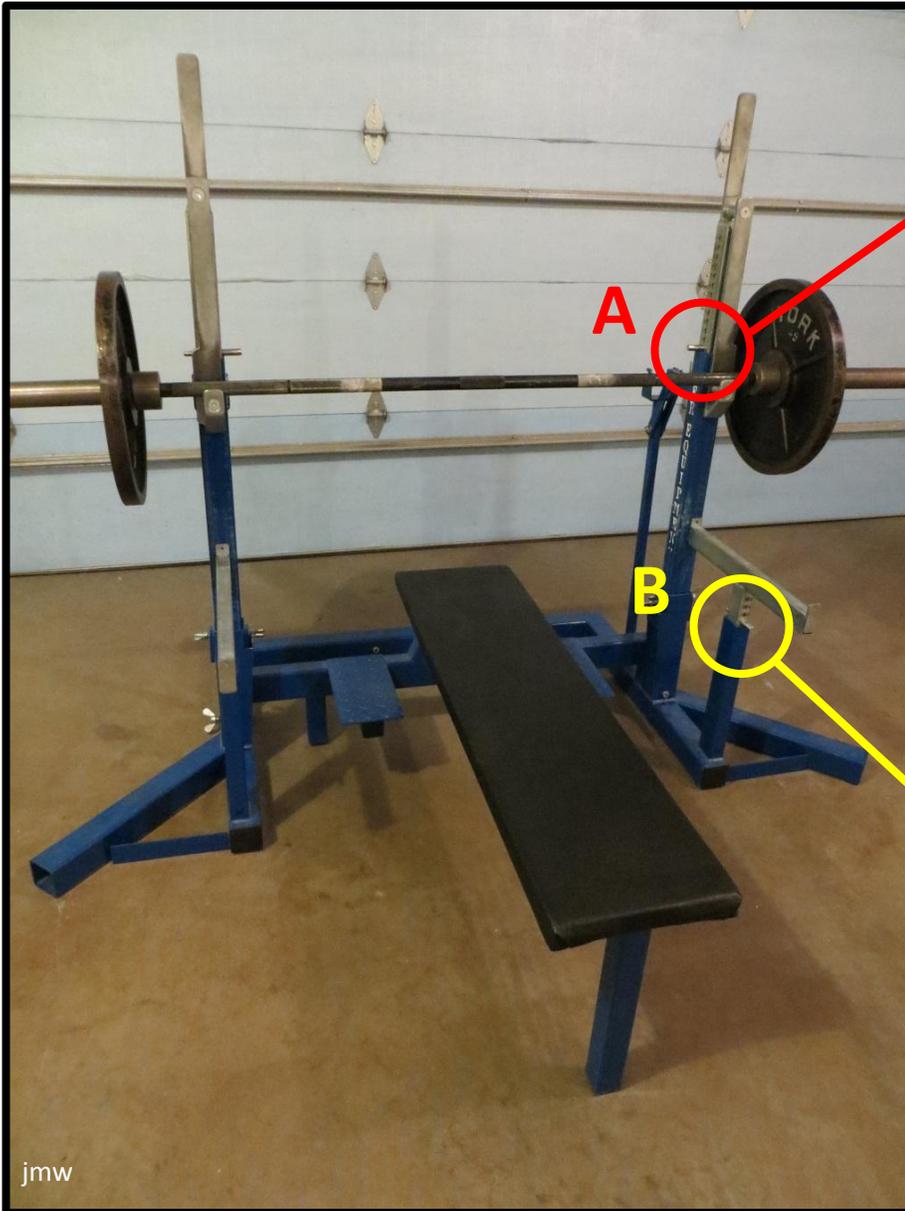
Ask for "Racks In" if you take a very wide grip for squat  
(see picture below)



## ER Bench Press Rack - 2 rack heights needed:

A. indicate bench rack height (pin-hole #)

B. indicate safety bar height\* (pin-hole #)



\*Note: safety bar height ("B" in picture above) should be set so that the barbell does not touch the safety rack when the barbell is at/on the chest (leave at least ½ inch space); safety rack should be set so that barbell will not hit the neck or face area if the barbell gets dropped during the lift.