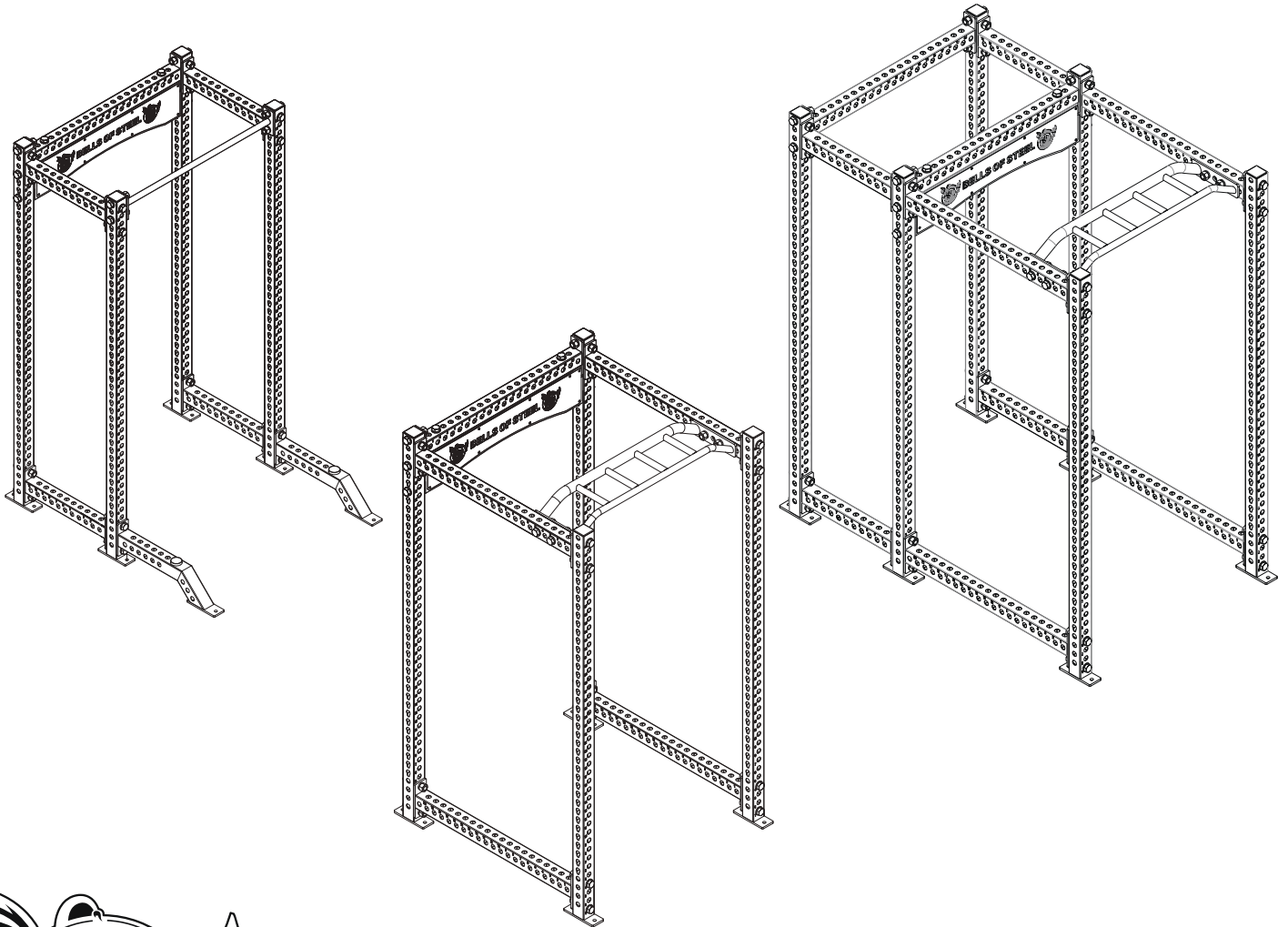




MANTICORE ASSEMBLY GUIDE



ASSEMBLY INSTRUCTIONS



BUILDING STRENGTH, ONE BOLT AT A TIME.



Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

Kaevon Khoozani



Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

@BELLSOFSTEEL



Warranty & returns? We got you covered—check here:

bellsofsteel.com/pages/warranty



Changed your mind? No sweat. 30-day refund guarantee:

bellsofsteel.com/policies/refund-policy



Let us know how we've done

Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.



Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.



BELLSOFSTEEL | www.bellsofsteel.com | www.bellsofsteel.us

BEFORE WE BEGIN, LET'S STAY SAFE.



A GUIDE TO SAFETY

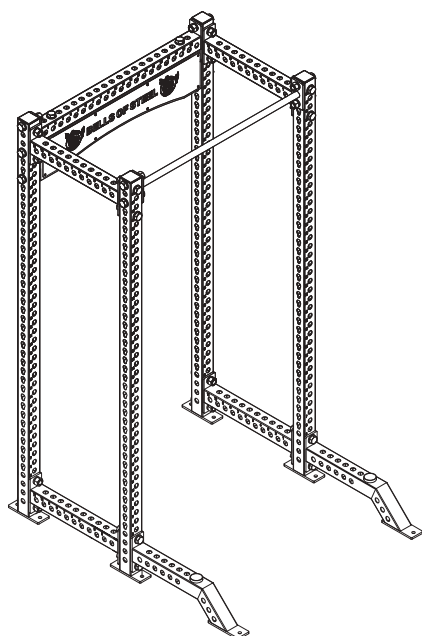
We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.
- ② It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- ③ Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- ④ Read all instructions in this manual before using the product and use the product only as described in this manual.
- ⑤ It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- ⑥ Keep hands and feet from moving parts. Do not lean or rest on the product.
- ⑦ Wear athletic shoes for foot protection while exercising.
- ⑧ Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- ⑨ This product is designed for indoor use only.
- ⑩ Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- ⑪ Ensure that any handles that may be included with your product are attached securely before using the product.
- ⑫ Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- ⑬ Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- ⑭ Do not overexert yourself during any exercise program. Operate the product as intended.
- ⑮ The product should be anchored where required or whenever possible. The product should be secured when not in use.
- ⑯ The product is very heavy. Improper use or assembly can lead to serious injury or death.
- ⑰ SAVE AND REVIEW THESE INSTRUCTIONS.

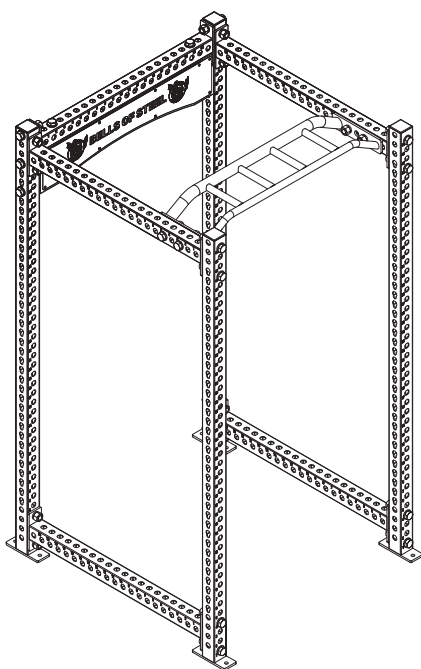
NOW...

LET THE GAINZ BEGIN

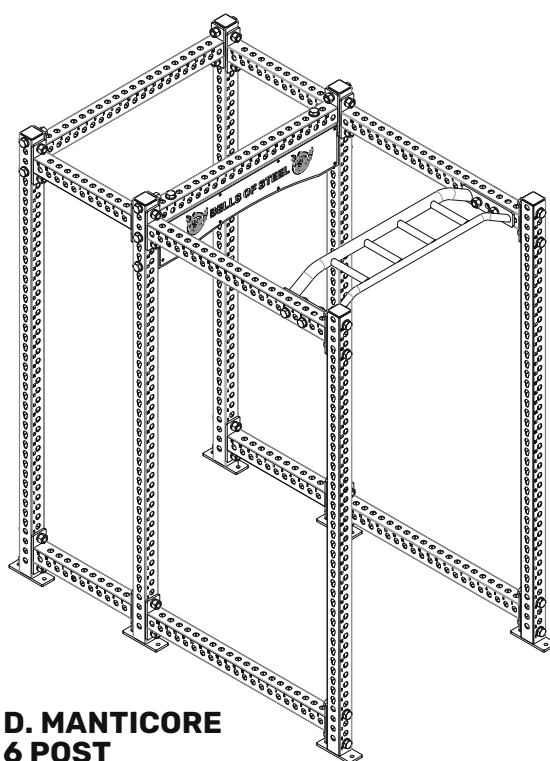
**Choose the type of Manticore rack you have from the diagrams below.
Refer to the pages indicated for the assembly instruction.**



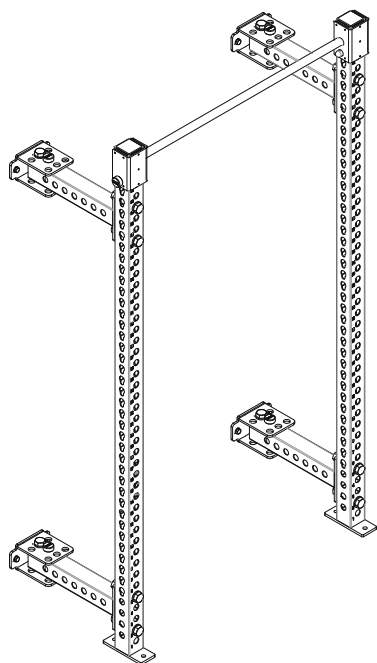
**A. MANTICORE
COLLEGIATE**
(page 7-9)



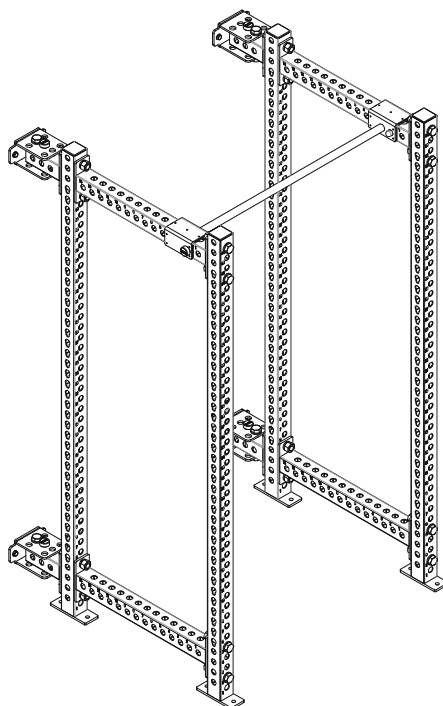
**B. MANTICORE
4 POST**
(page 10-13)



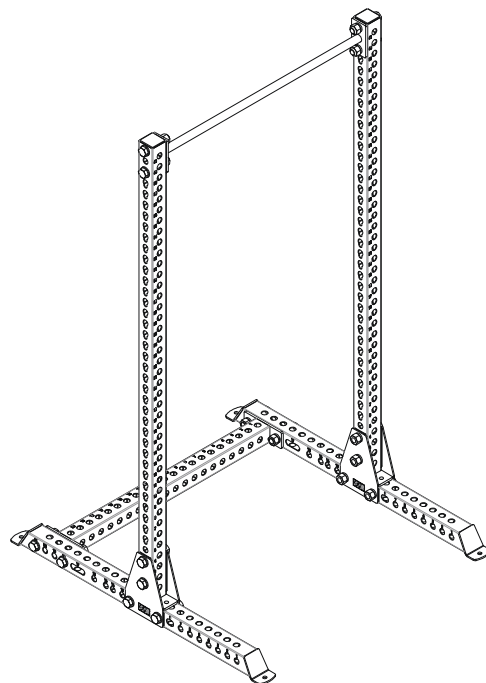
**D. MANTICORE
6 POST**
(page 14-16)



**D. MANTICORE
FOLDING HALF RACK**
(page 17-19)

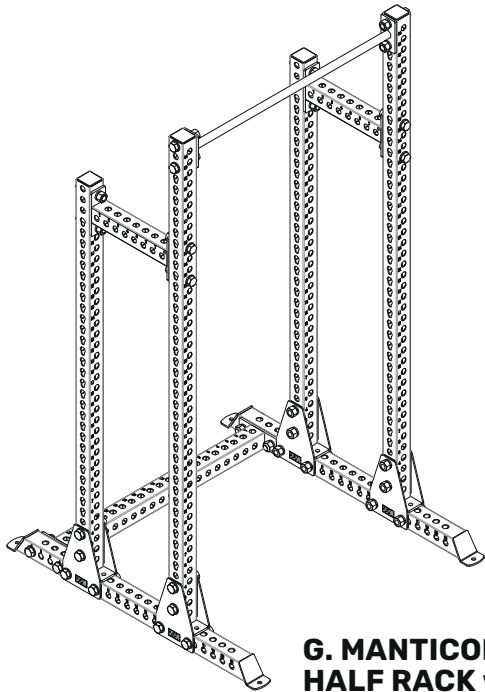


**E. MANTICORE
FOLDING 4 POST**
(page 18-22)

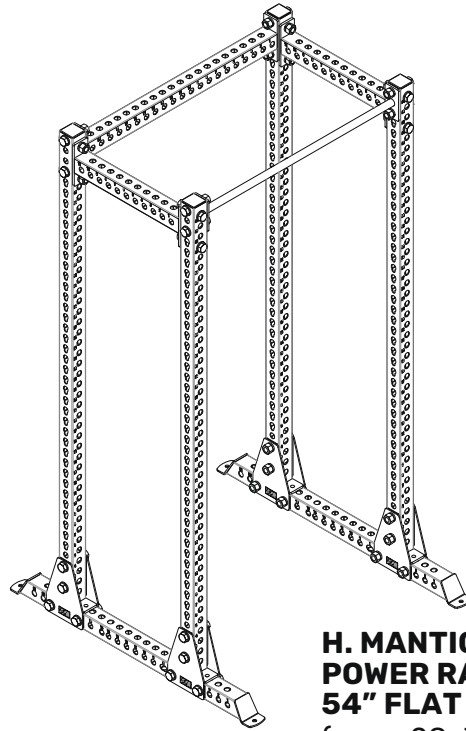


**F. MANTICORE
SQUAT STAND with
54" FLAT FOOT**
(page 23-24)

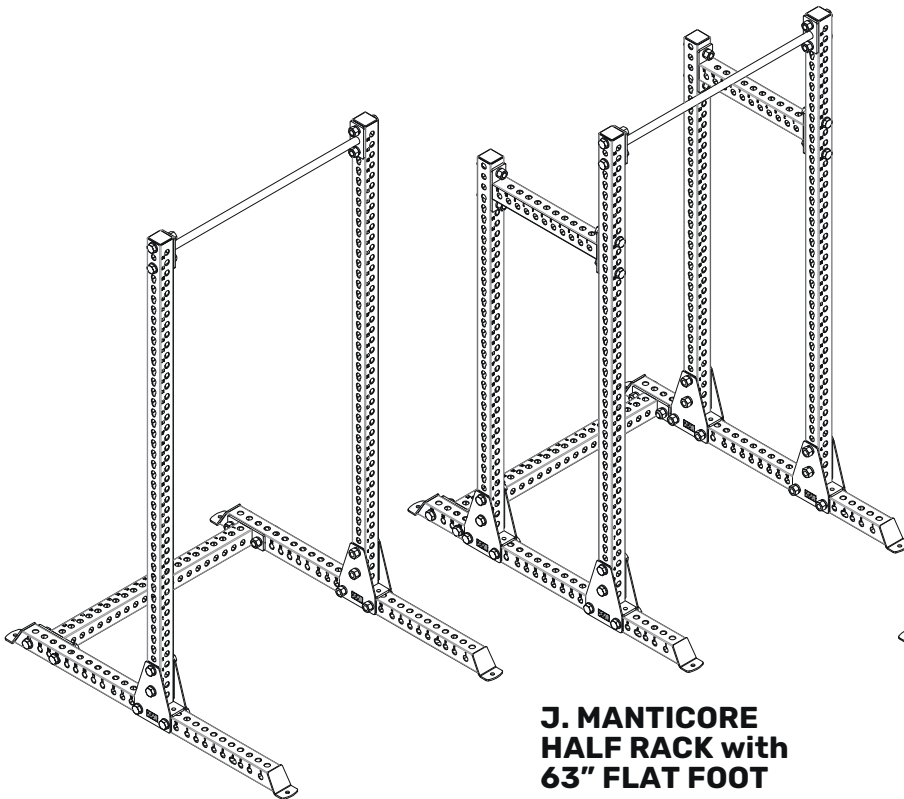
**Choose the type of Manticore rack you have from the diagrams below.
Refer to the pages indicated for the assembly instruction.**



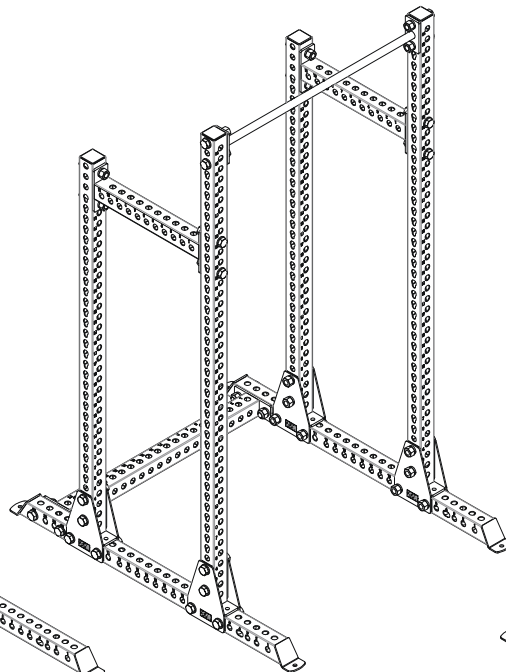
**G. MANTICORE
HALF RACK with
54" FLAT FOOT**
(page 25-27)



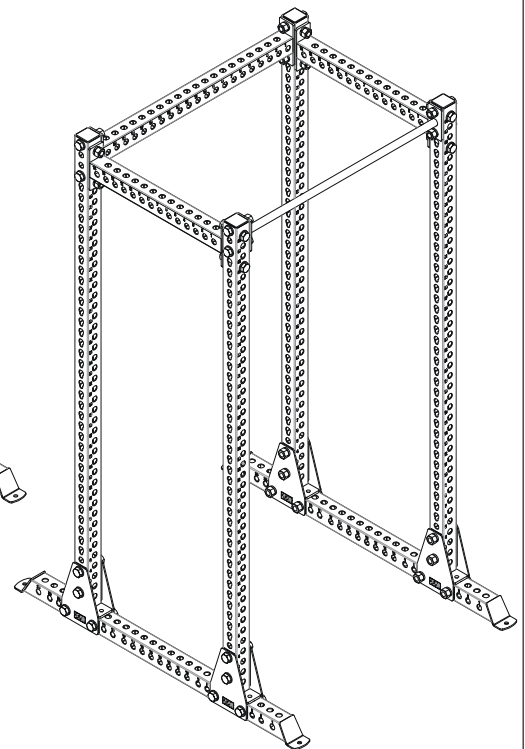
**H. MANTICORE
POWER RACK with
54" FLAT FOOT**
(page 28-30)



**I. MANTICORE
SQUAT STAND with
63" FLAT FOOT**
(page 31-32)



**J. MANTICORE
HALF RACK with
63" FLAT FOOT**
(page 33-35)



**F. MANTICORE
POWER RACK with
63" FLAT FOOT**
(page 36-38)

Assembly Tips

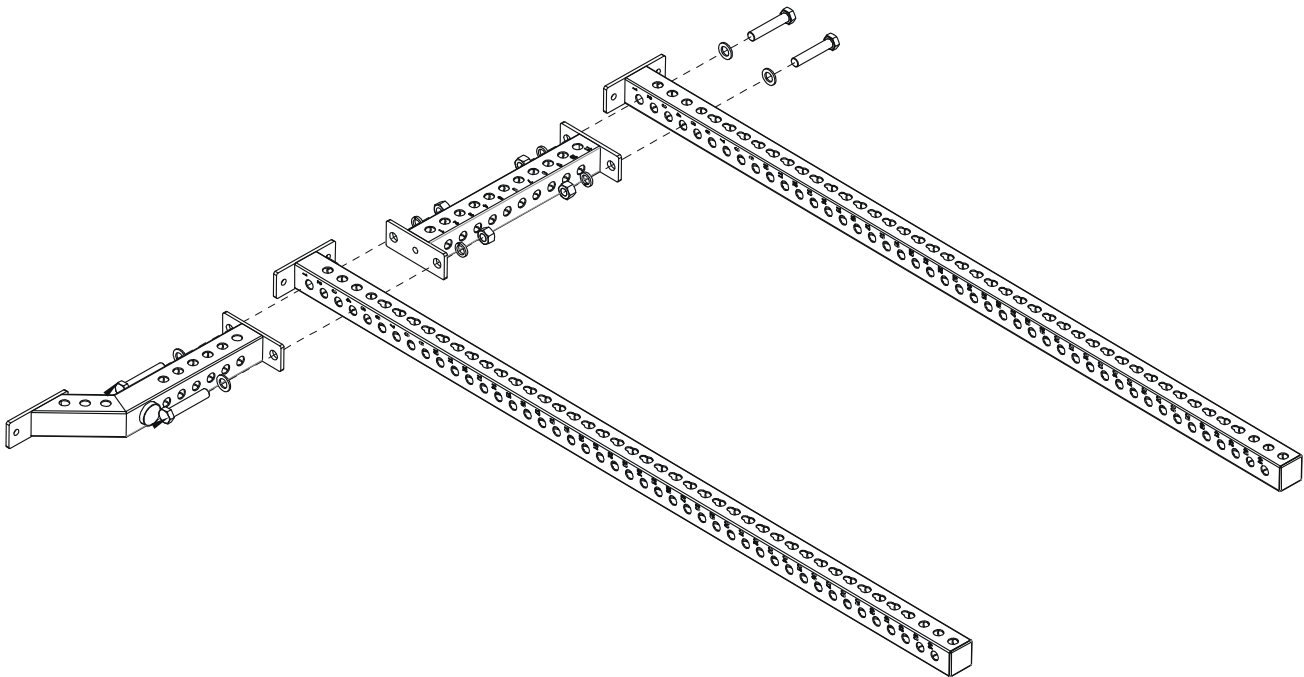
Choose an appropriate location: Ensure you have sufficient space around the rack before starting assembly. Assemble the rack in the location where it will be used to avoid unnecessary movement after setup.

Two-person assembly recommended: Due to the size and weight of the components, having two people for assembly is strongly recommended to ensure safety and ease of installation. Lifting and securing the rack alone may increase the risk of injury or improper assembly.

Pre-assembly setup: Lay the uprights and crossmembers on the ground and assemble each side separately before standing the rack up. Keep all nuts and bolts loosely fastened to allow for proper alignment when the rack is upright.

Final assembly and tightening: When connecting the pull-up bar and/or back crossmember, only hand-tighten all bolts initially. Once the rack is fully assembled and in its final position, use the appropriate wrenches to securely tighten all bolts. Before using the rack, double-check that all bolts are properly tightened. Failure to do so may result in serious injury or equipment damage.

Securing the rack: For maximum stability and safety, bolting the rack to the floor is strongly recommended. Use appropriate anchoring hardware based on your specific flooring type to prevent movement during use.



A. MANTICORE COLLEGIATE

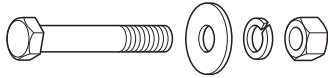
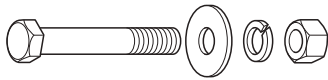
TOOLS REQUIRED

PARTS LIST

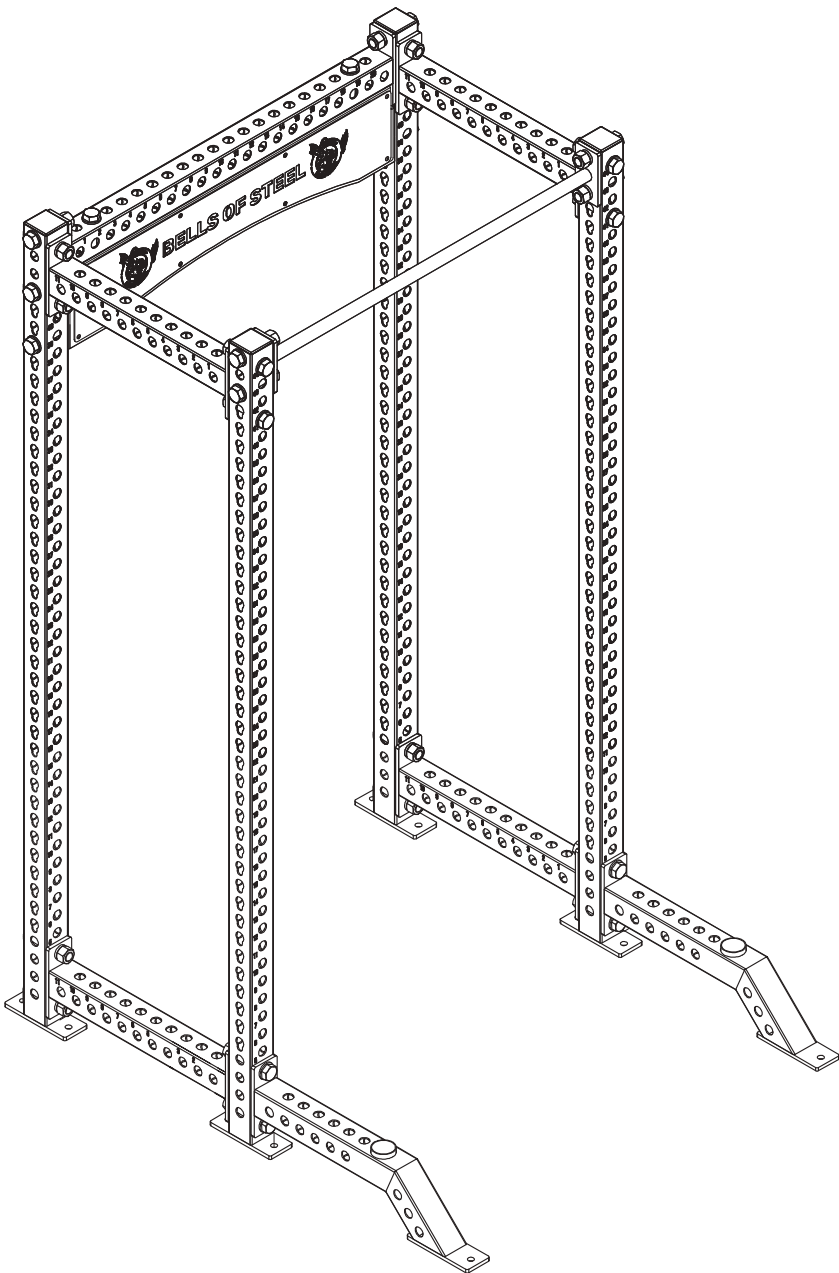
24mm
Wrench
x2



- 1 M24x120mm bolt, M24 washer,
M24 spring washer, M24 nut **x24**
- 2 M24x110mm bolt, M24 washer,
M24 spring washer, M24 nut **x4**

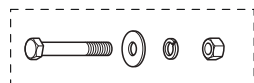


- 3 **Not
included** M14x75
Anchor bolt **x10**

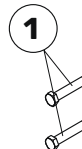


A. ASSEMBLY

Assemble the uprights.
Fix with M24x110mm bolt, M24 washer,
M24 spring washer, M24 nut (1).



Make 2.

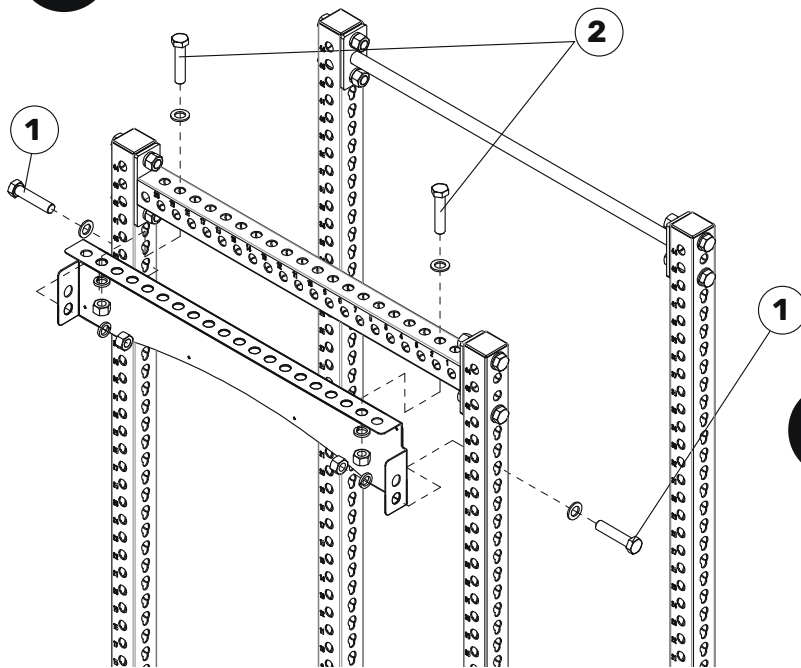


Attach rear crossmember and front support. Fix with M24x120mm bolt, M24 washer, M24 spring washer, M24 nut (1).

A. ASSEMBLY

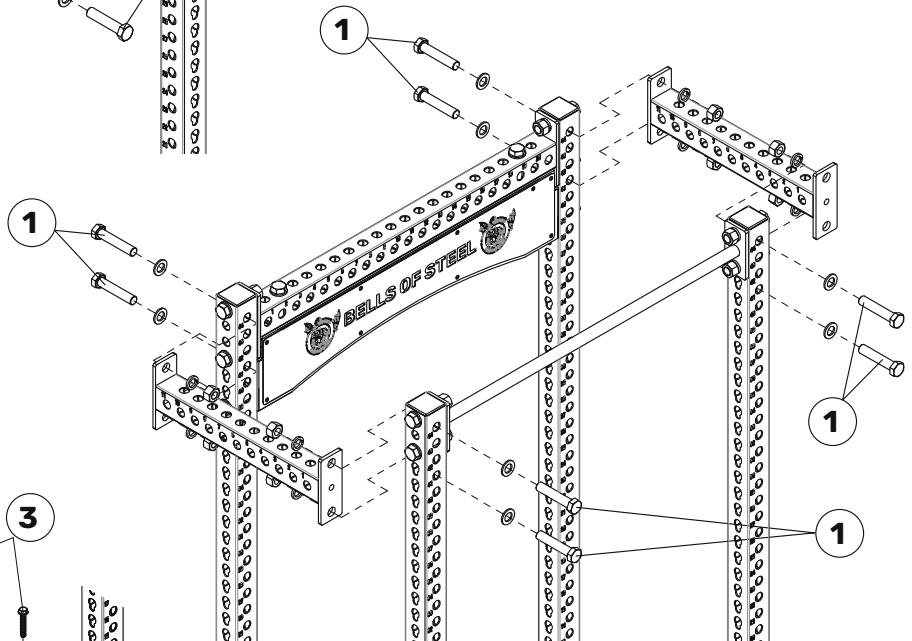
3

Attach rear support. Fix with M24x120mm bolt, M24 washer, M24 spring washer, M24 nut (1) and M24x110mm bolt, M24 washer, M24 spring washer, M24 nut (2).



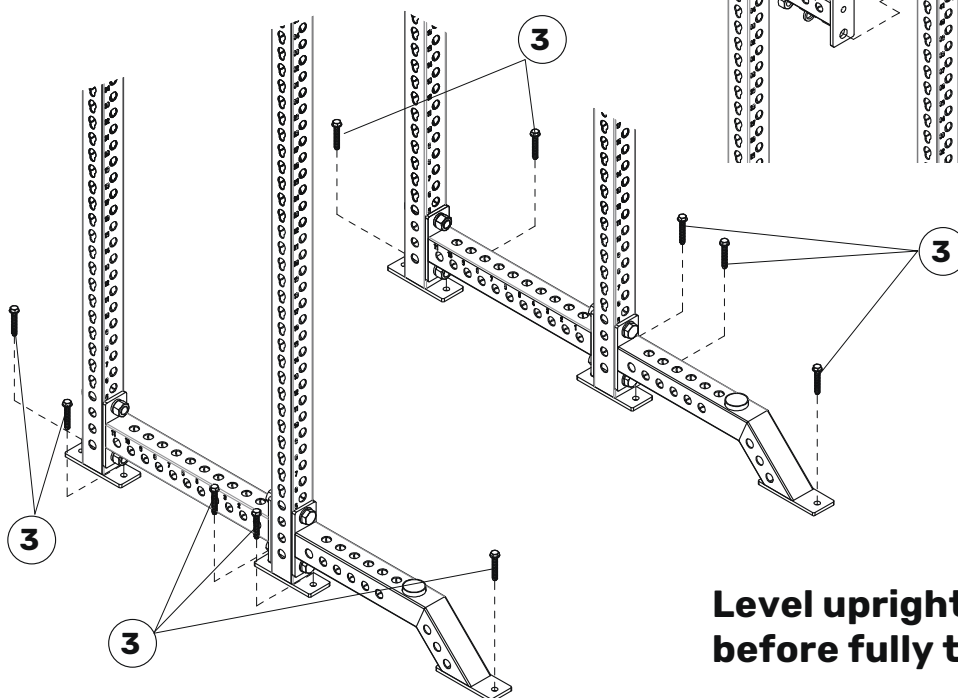
4

Attach side crossmembers. Fix with M24x120mm bolt, M24 washer, M24 spring washer, M24 nut (1).



5

If anchoring to the ground install anchor bolts.



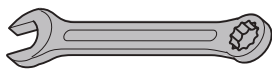
Level uprights and crossmembers before fully tightening.

B. MANTICORE 4 POST

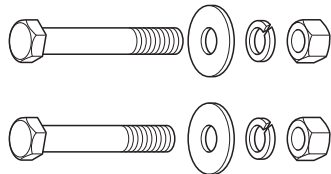
TOOLS REQUIRED

PARTS LIST

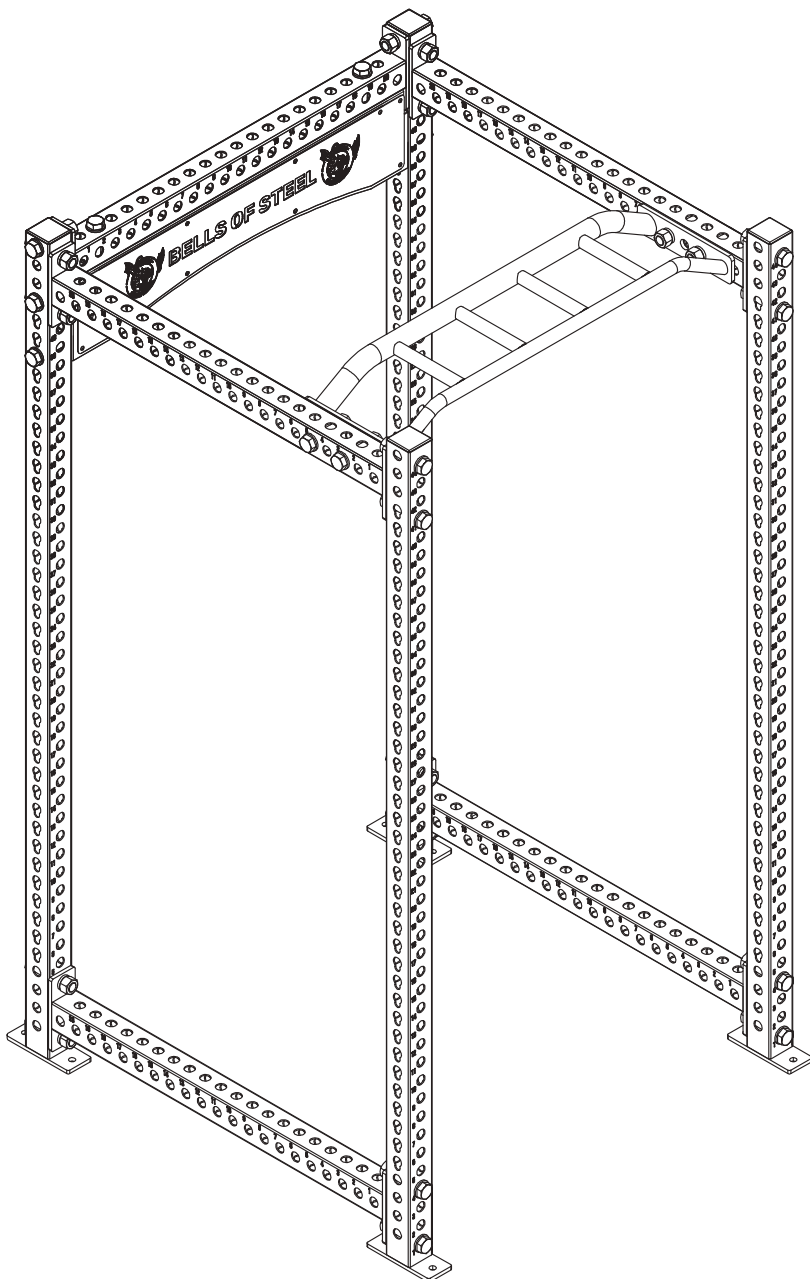
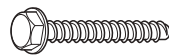
24mm
Wrench
x2



- 1 M24x120mm bolt, M24 washer,
M24 spring washer, M24 nut **x24**
- 2 M24x110mm bolt, M24 washer,
M24 spring washer, M24 nut **x4**



- 3 **Not included** M14x75
Anchor bolt **x8**

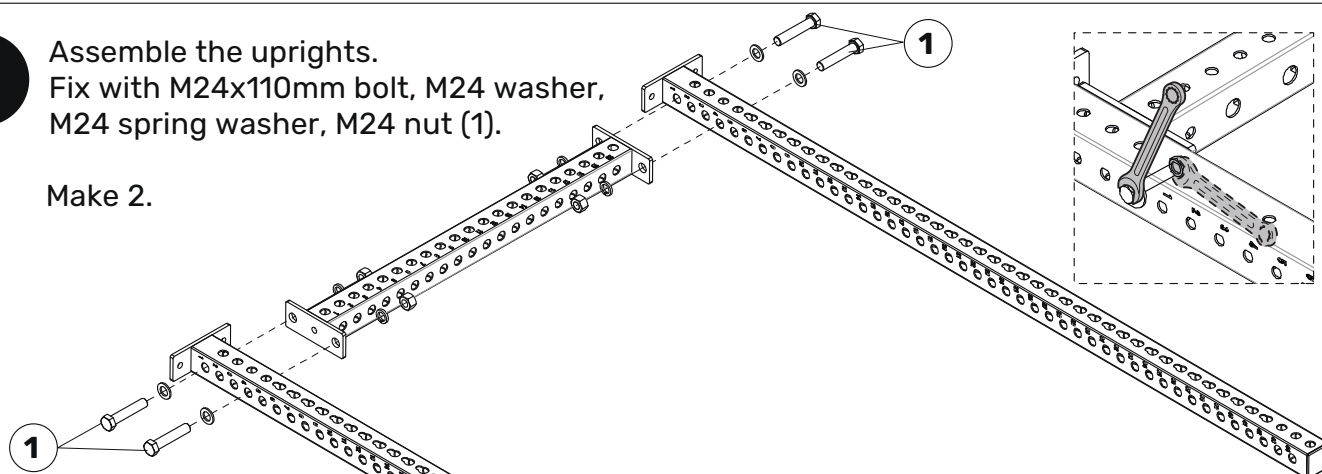


B. ASSEMBLY

1

Assemble the uprights.
Fix with M24x110mm bolt, M24 washer,
M24 spring washer, M24 nut (1).

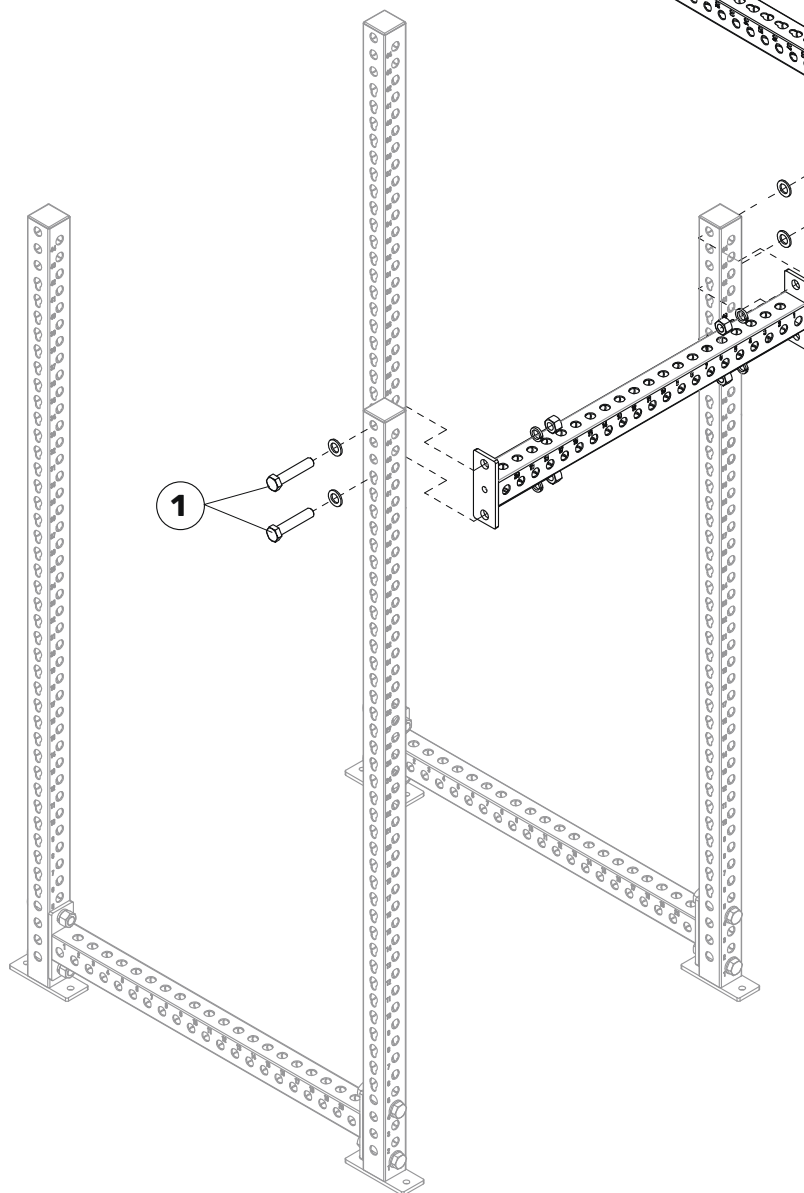
Make 2.



1

2

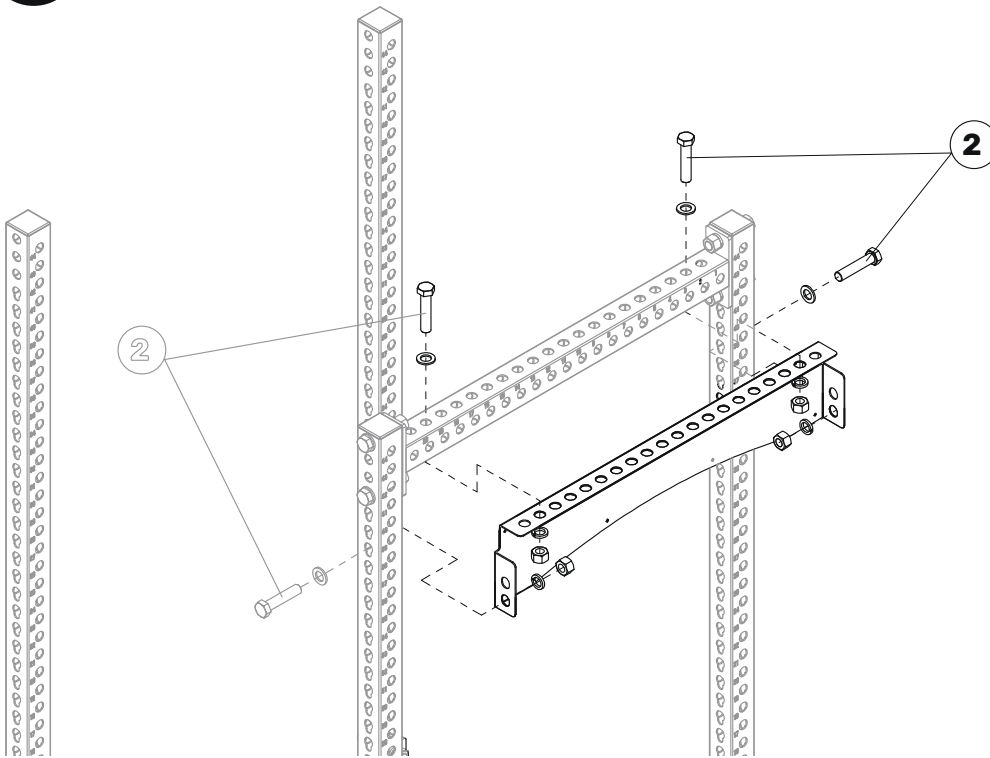
Attach rear crossmember and
front support. Fix with
M24x120mm bolt, M24 washer,
M24 spring washer, M24 nut (1).



B. ASSEMBLY

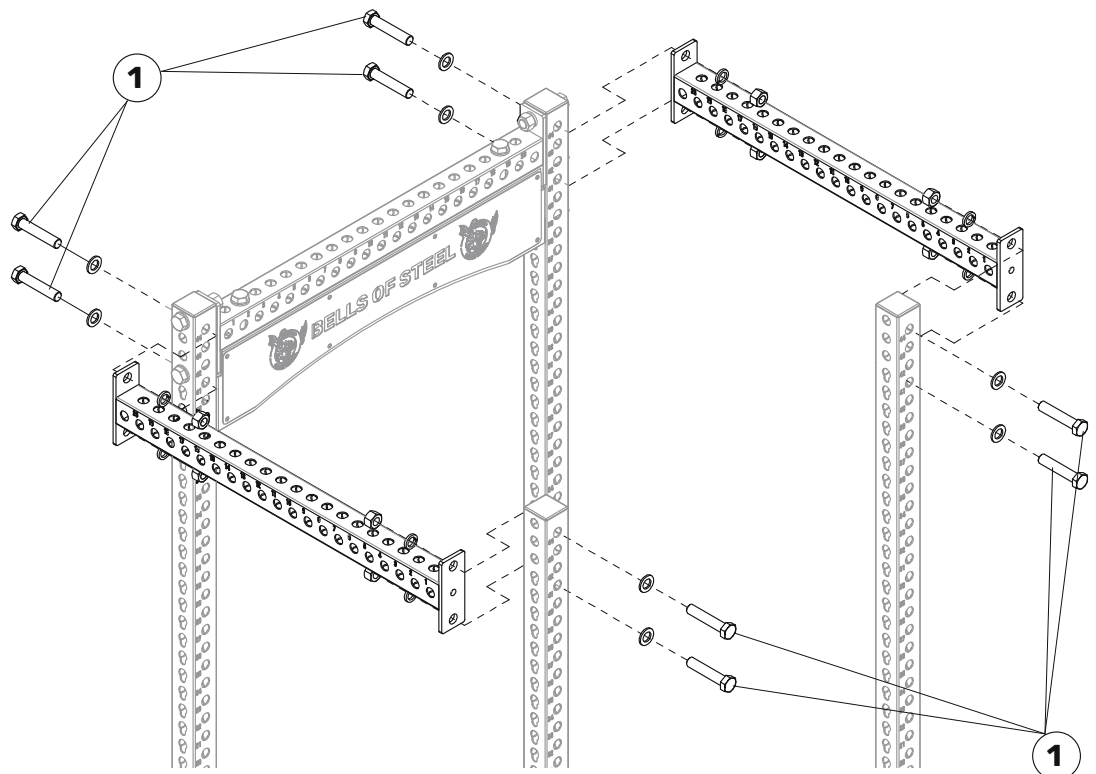
3

Attach rear support. Fix with M24x120mm bolt, M24 washer, M24 spring washer, M24 nut (1) and M24x110mm bolt, M24 washer, M24 spring washer, M24 nut (2).



4

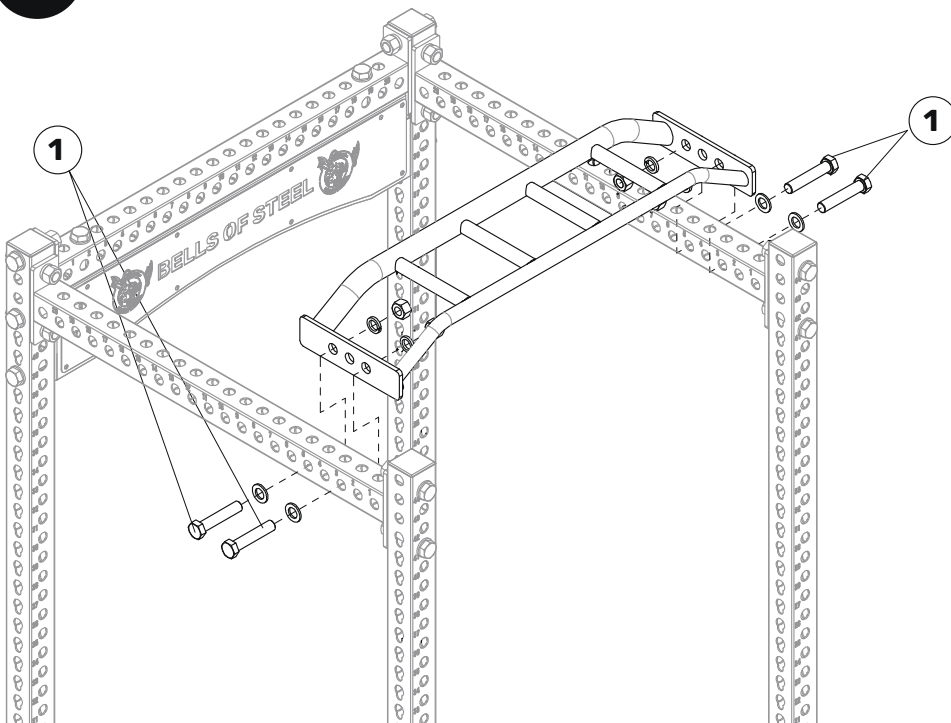
Attach side crossmembers. Fix with M24x120mm bolt, M24 washer, M24 spring washer, M24 nut (1).



B. ASSEMBLY

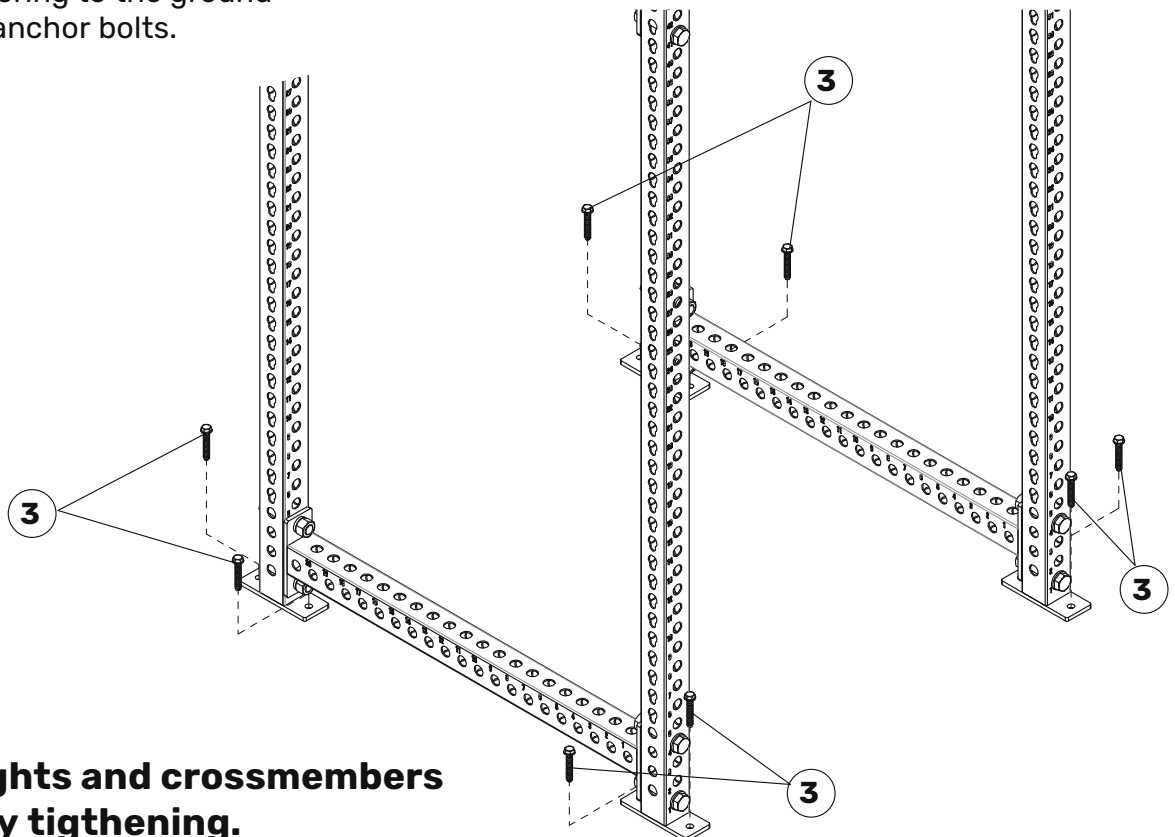
4

Attach front support. Fix with M24x120mm bolt, M24 washer, M24 spring washer, M24 nut (1).



5

If anchoring to the ground install anchor bolts.



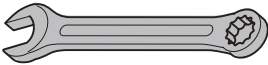
Level uprights and crossmembers before fully tightening.

C. MANTICORE 6 POST

TOOLS REQUIRED

PARTS LIST

24mm
Wrench
x2

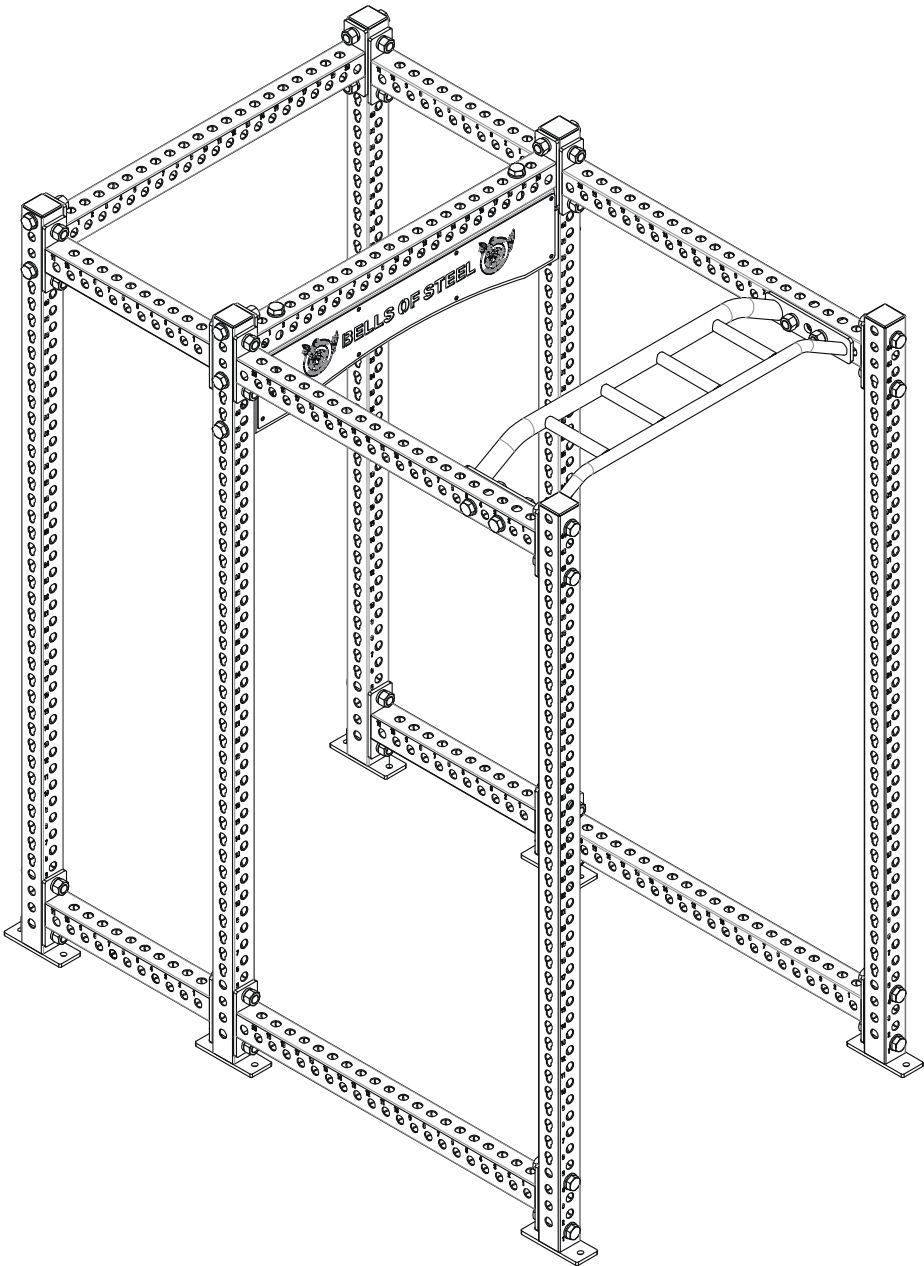
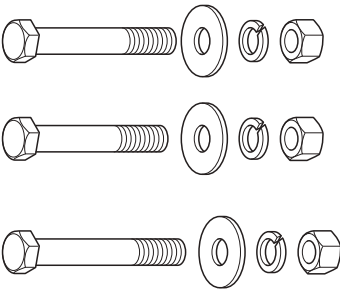


4

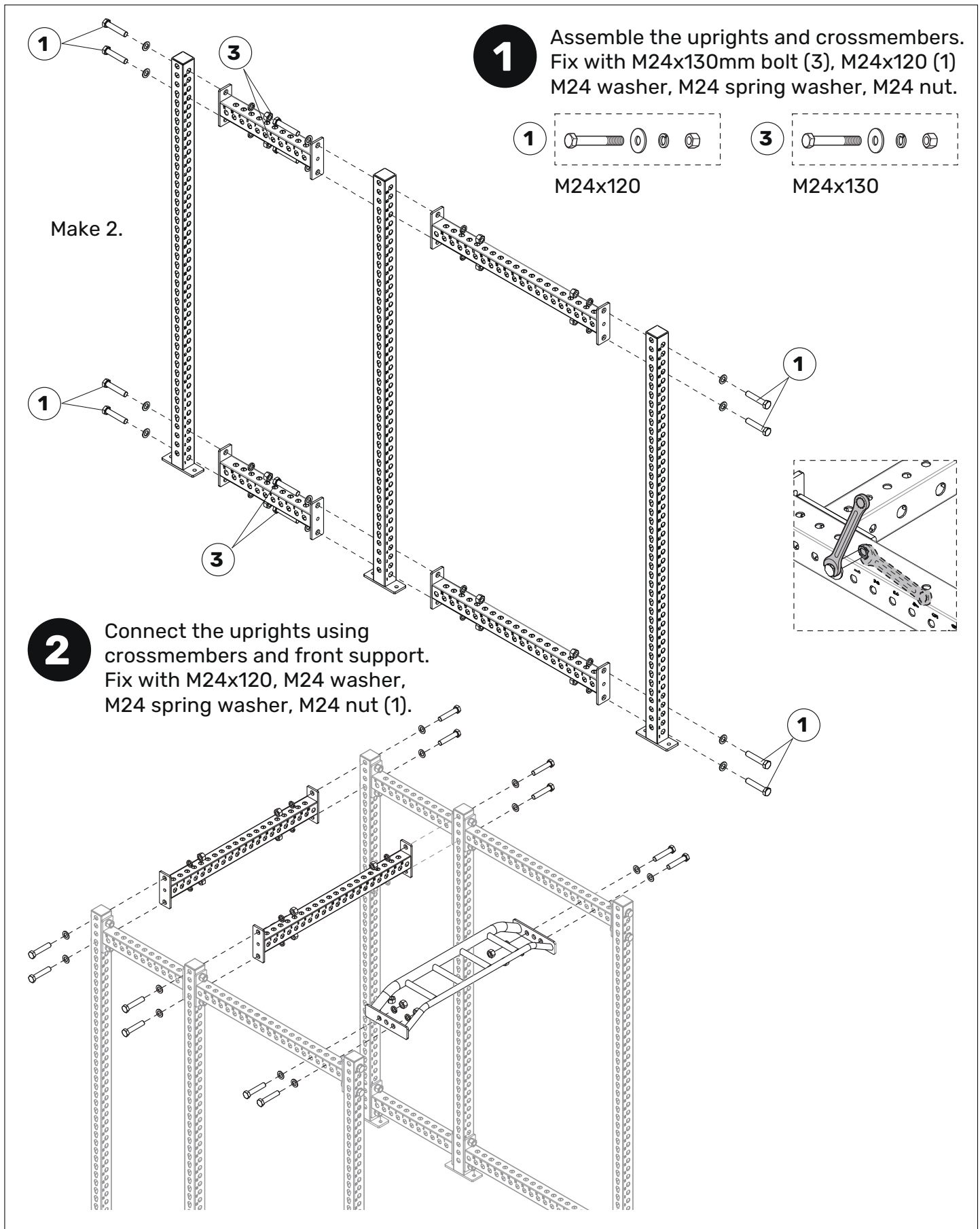
Not included
M14x75
Anchor bolt x12



- 1
- M24x120mm bolt, M24 washer,
M24 spring washer, M24 nut **x24**
- 2
- M24x110mm bolt, M24 washer,
M24 spring washer, M24 nut **x4**
- 3
- M24x130mm bolt, M24 washer,
M24 spring washer, M24 nut **x8**



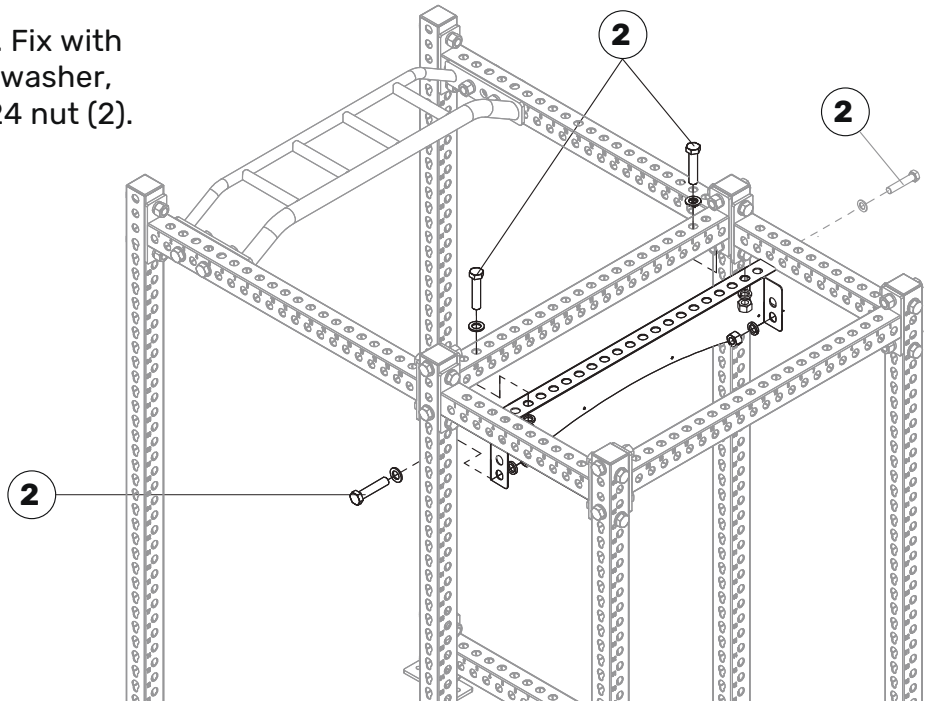
C. ASSEMBLY



C. ASSEMBLY

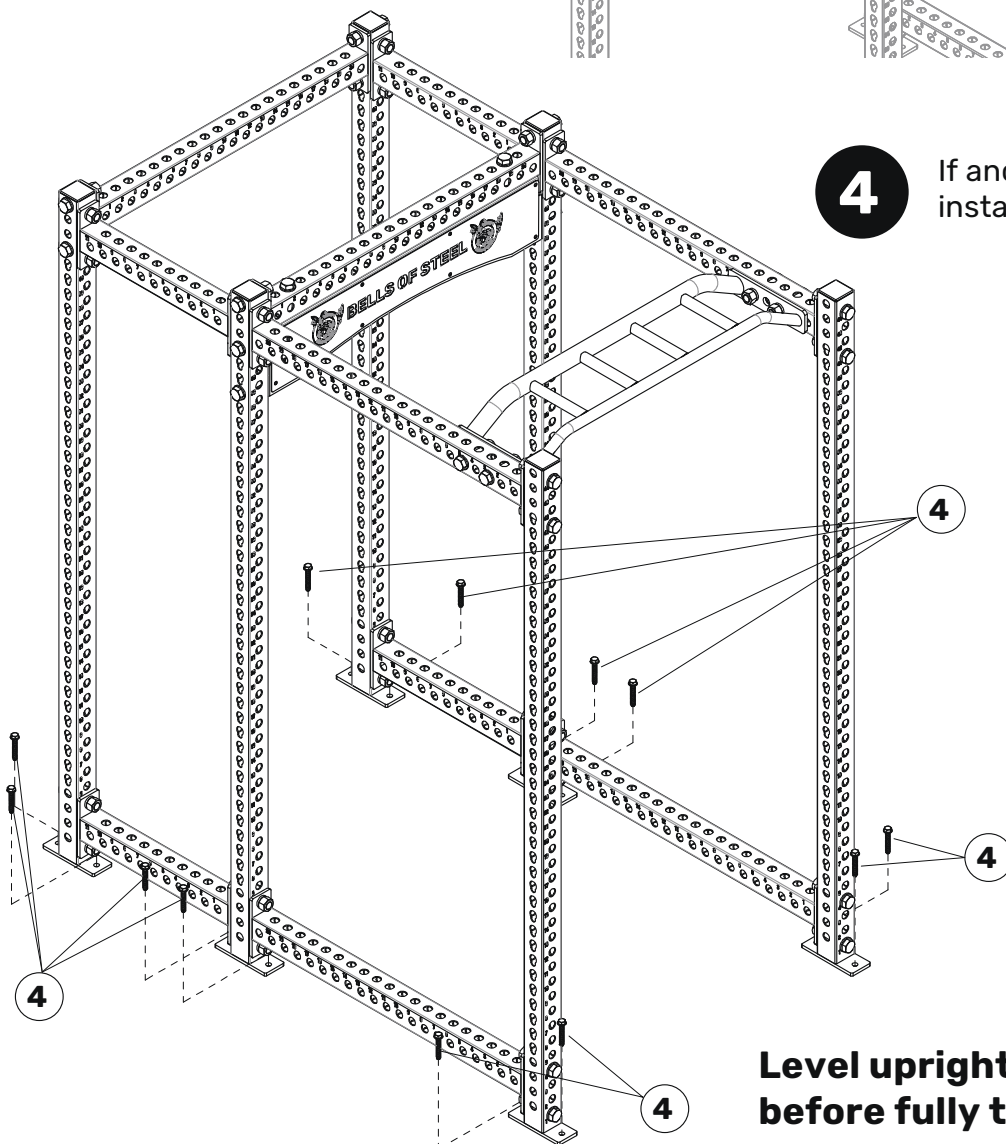
3

Attach middle support. Fix with M24x110mm bolt, M24 washer, M24 spring washer, M24 nut (2).



4

If anchoring to the ground install anchor bolts.



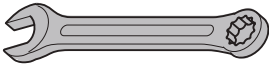
Level uprights and crossmembers before fully tightening.

D. MANTICORE FOLDING HALF RACK

TOOLS REQUIRED

PARTS LIST

24mm
Wrench
x2



3

Not included
Ø10x75- Ø12
Anchor bolt x8

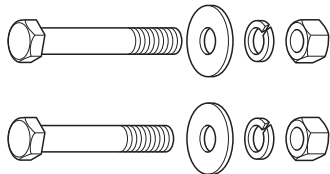


1

M24x140mm bolt, M24 washer,
M24 spring washer, M24 nut x4

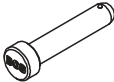
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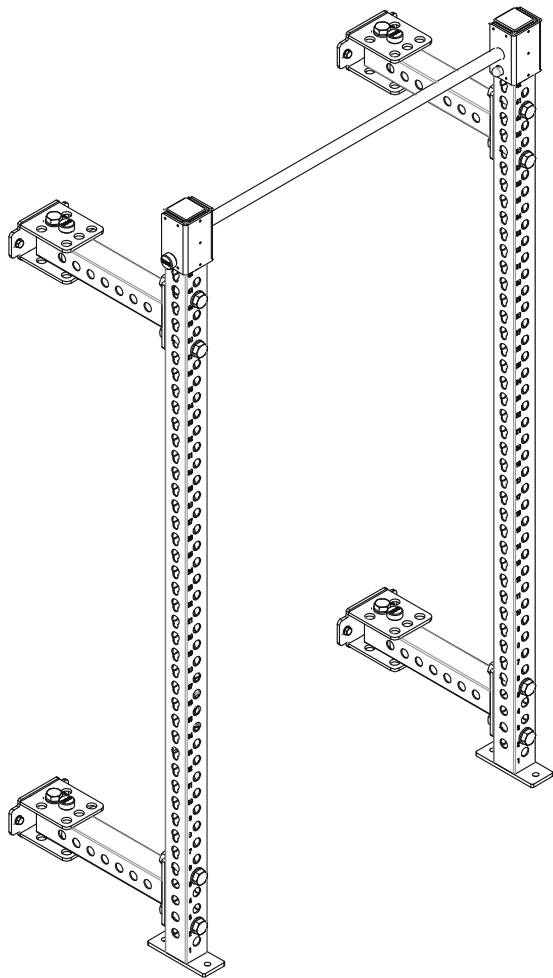
M24x120mm bolt, M24 washer,
M24 spring washer, M24 nut x8



4

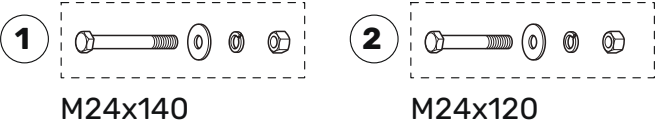
Ø 25 magnet pin x6



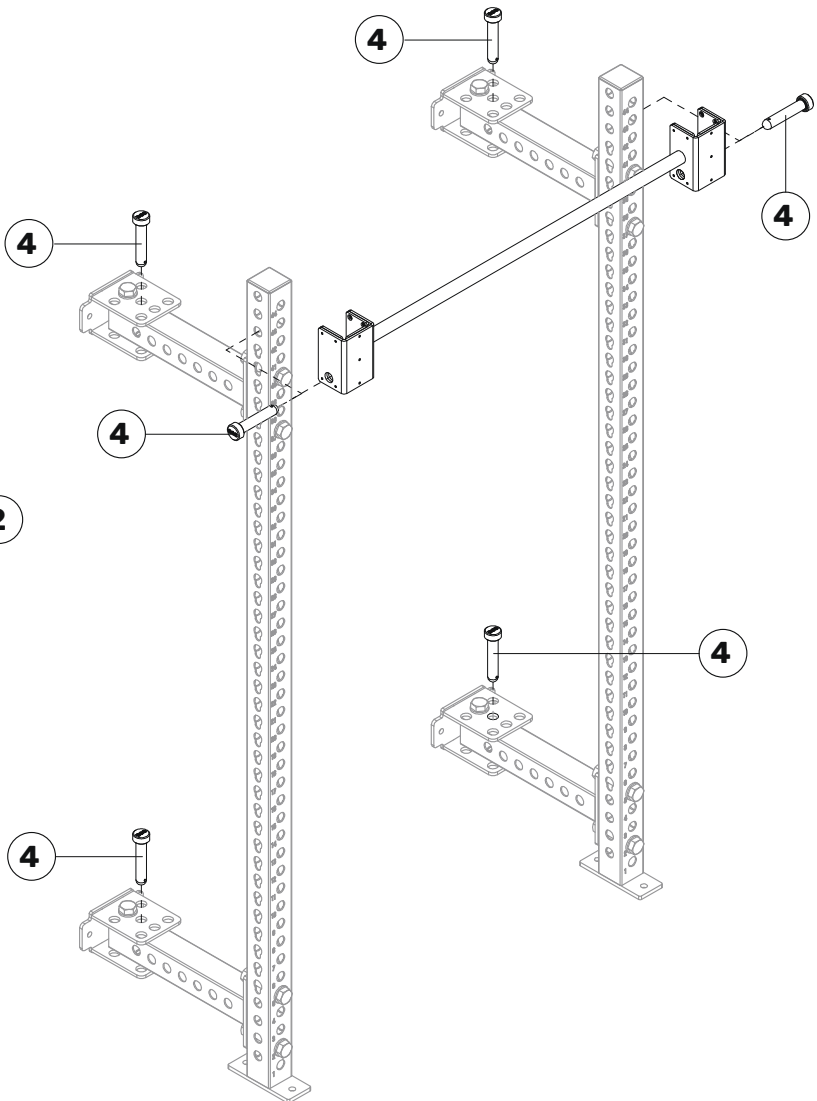
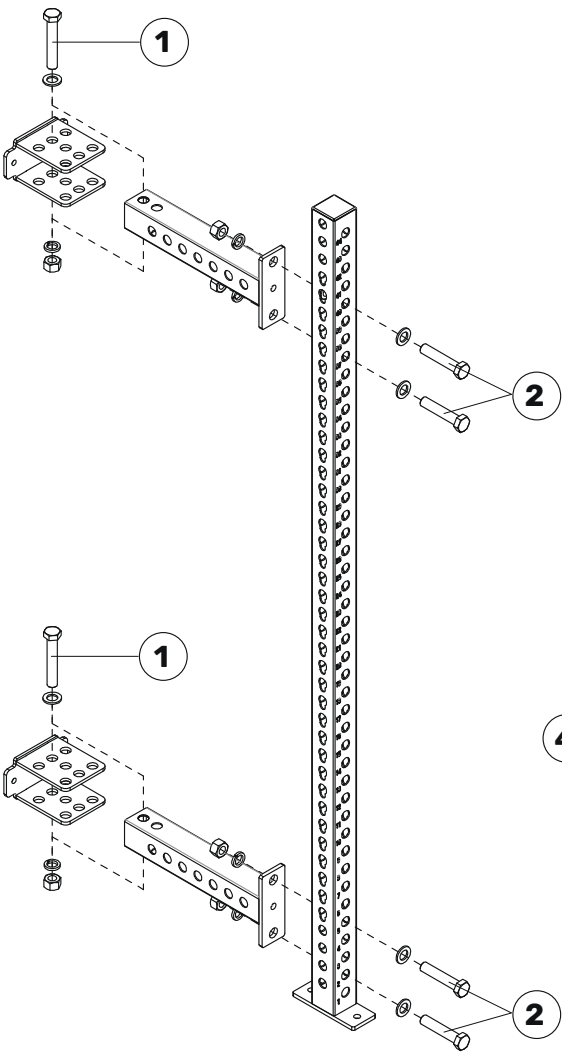


D. ASSEMBLY

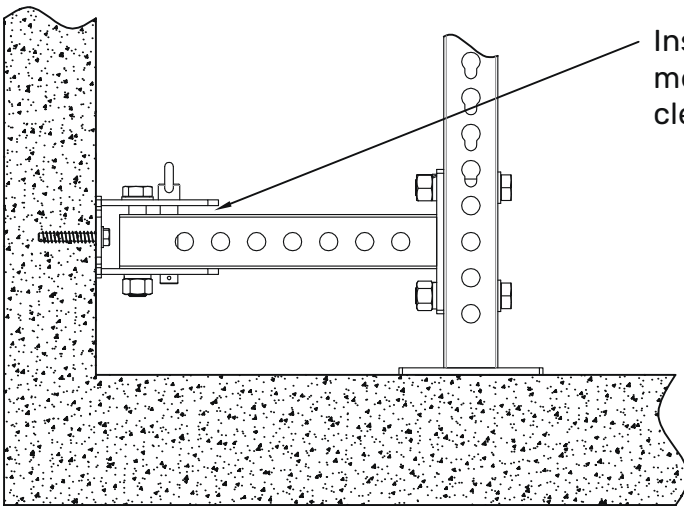
- 1** Assemble the uprights and crossmembers.
Fix with M24x120mm bolt (1), M24x120 (2)
M24 washer, M24 spring washer, M24 nut.



- 2** Connect the uprights using front support.
Fix with $\varnothing 25$ magnet pin.



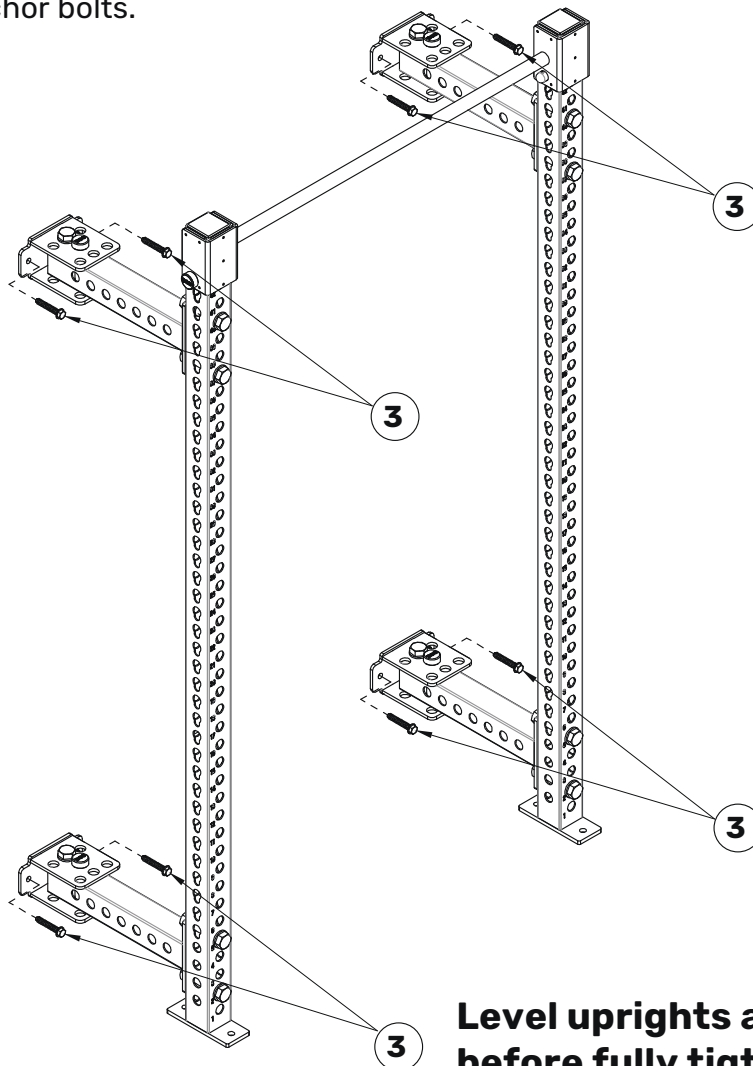
D. ASSEMBLY



Install bracket so cross member retains the top clearance to prevent friction.

3

If anchoring to the wall
install anchor bolts.

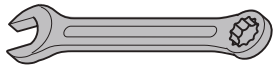


**Level uprights and crossmembers
before fully tightening.**

E. MANTICORE FOLDING 4 POST

TOOLS REQUIRED PARTS LIST

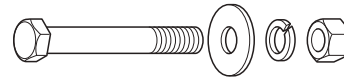
**24mm
Wrench
x2**



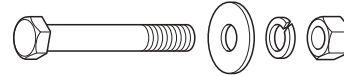
4 $\varnothing 10 \times 75 - \varnothing 12$
Anchor bolt **x8**



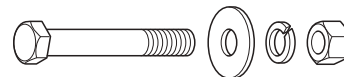
1 M24x140mm bolt, M24 washer,
M24 spring washer, M24 nut **x4**



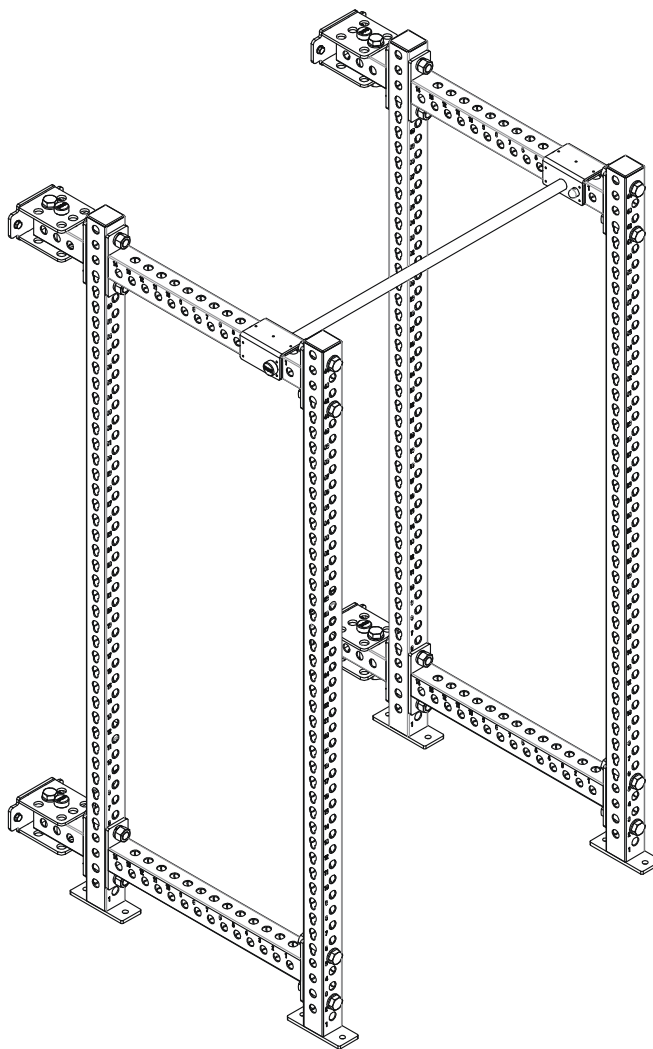
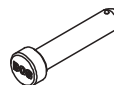
2 M24x130mm bolt, M24 washer,
M24 spring washer, M24 nut **x8**



3 M24x120mm bolt, M24 washer,
M24 spring washer, M24 nut **x8**

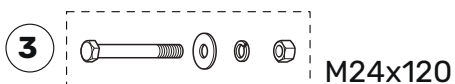
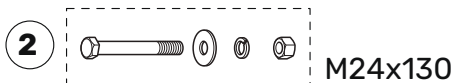


5 $\varnothing 25$ magnet pin **x6**

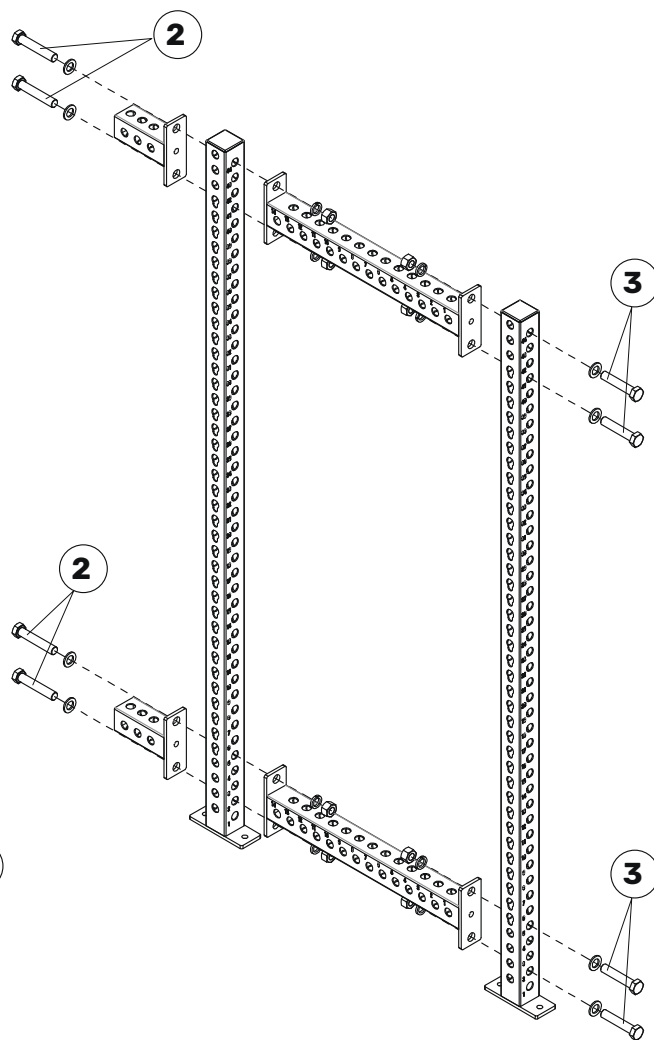
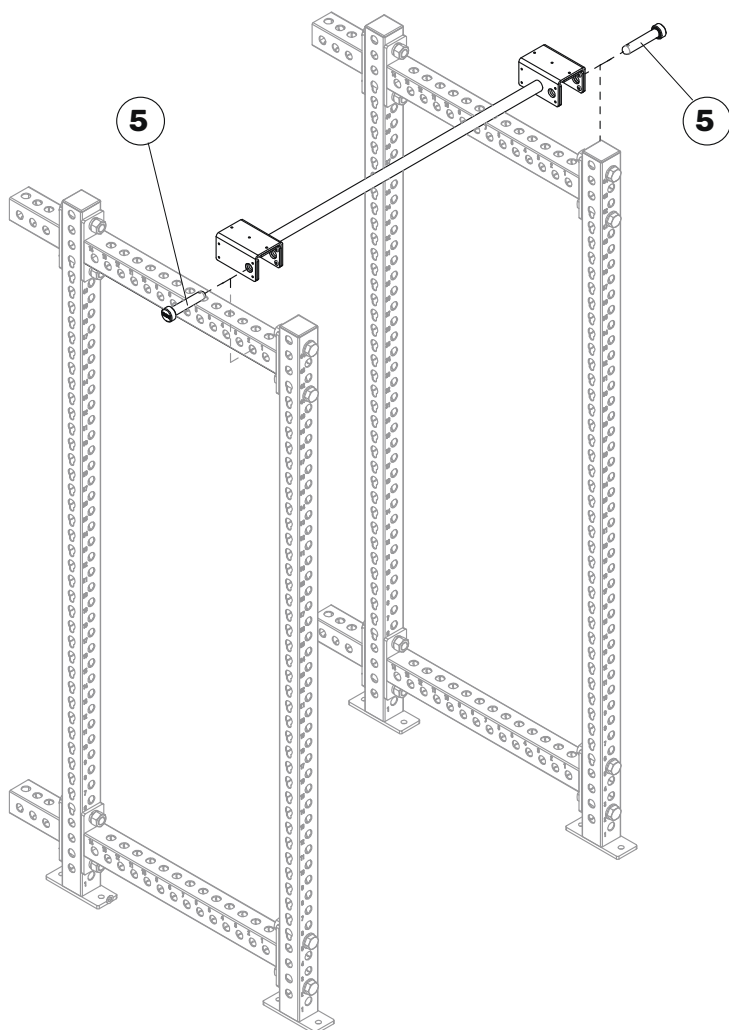


E. ASSEMBLY

- 1** Assemble the uprights and crossmembers. Fix with M24x130mm bolt (1), M24x120 (2) M24 washer, M24 spring washer, M24 nut.



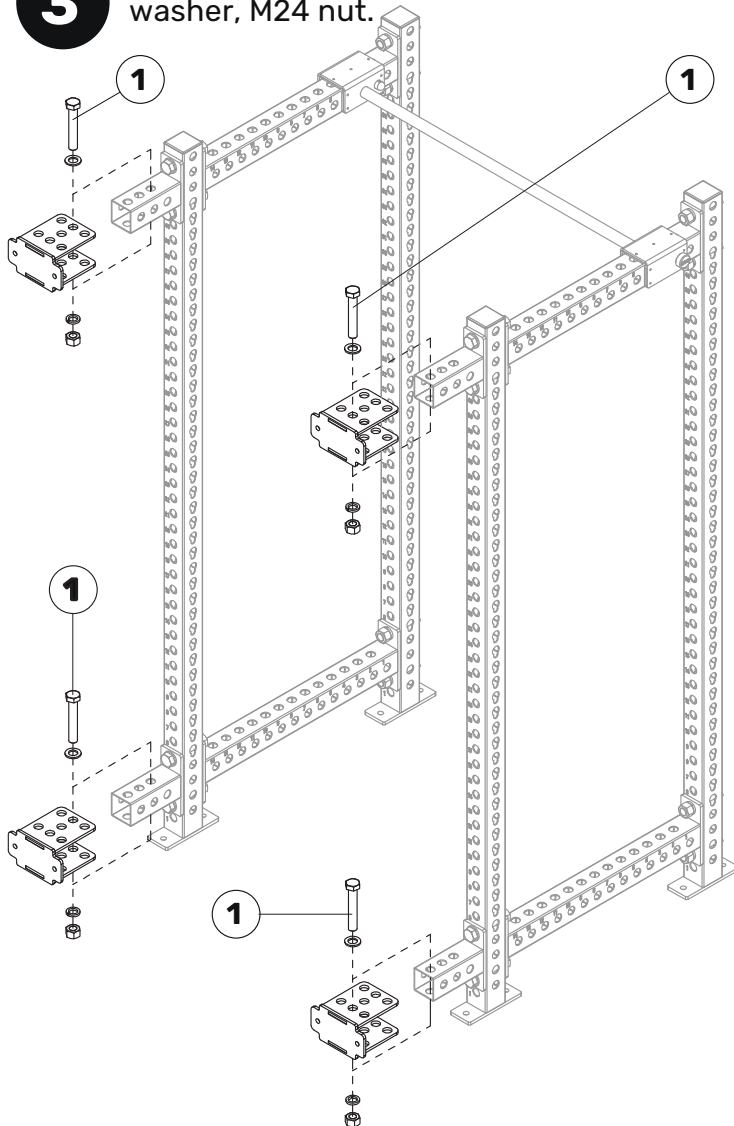
- 2** Attach front support. Fix with $\varnothing$ 25 magnet pin (5).



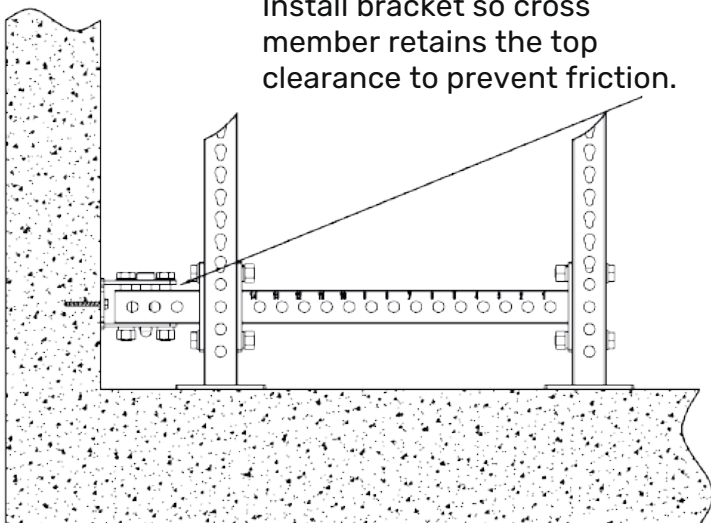
E. ASSEMBLY

3

Attach rear end. Fix with M24x140mm bolt (1), M24x120 (2) M24 washer, M24 spring washer, M24 nut.



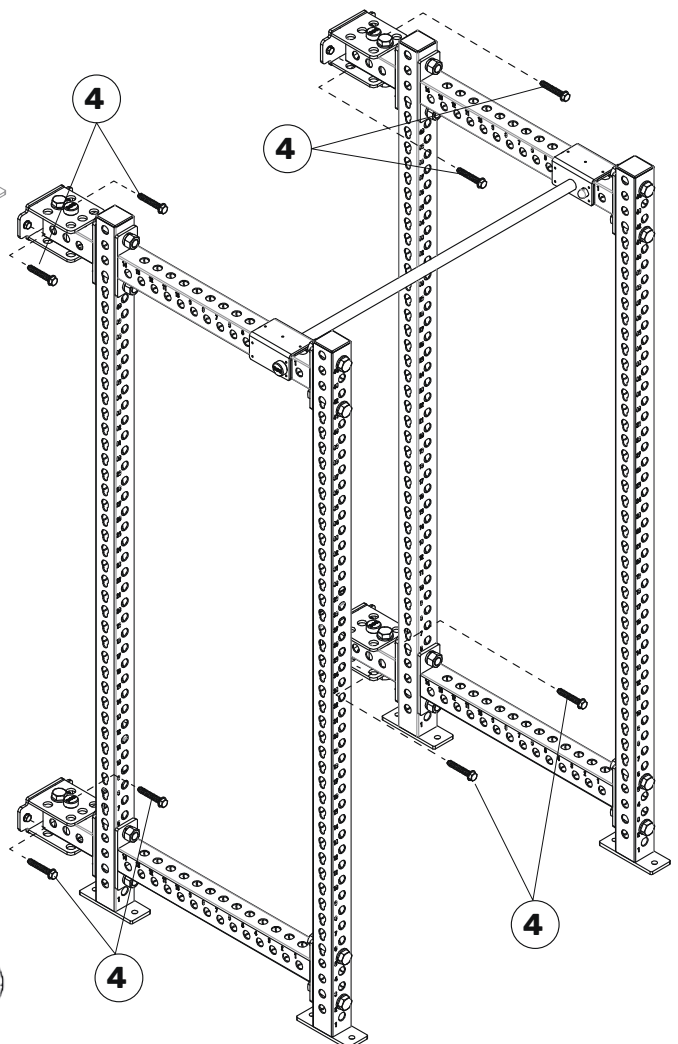
Install bracket so cross member retains the top clearance to prevent friction.



4

If anchoring to the wall install anchor bolts.

Concrete anchors are included for direct wall-mounting. If you want to mount this rack using a wooden stringer, make sure to get lag bolts that are the correct size for safe installation on the chosen stringer.



F. MANTICORE SQUAT STAND with 54" FLAT FOOT

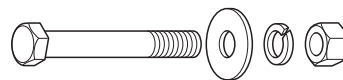
TOOLS REQUIRED

**24mm
Wrench
x2**

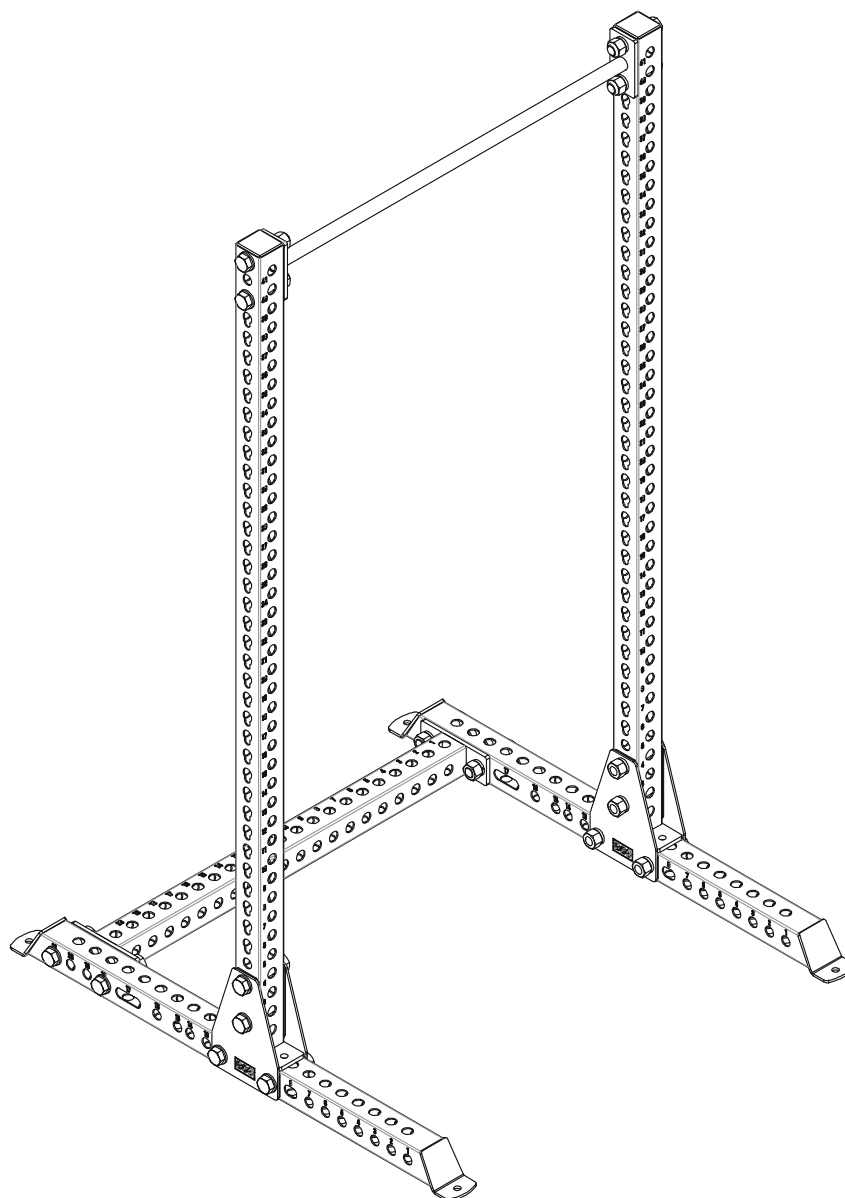


PARTS LIST

- 1** M24x120mm bolt, M24 washer, M24 spring washer, M24 nut **x16**

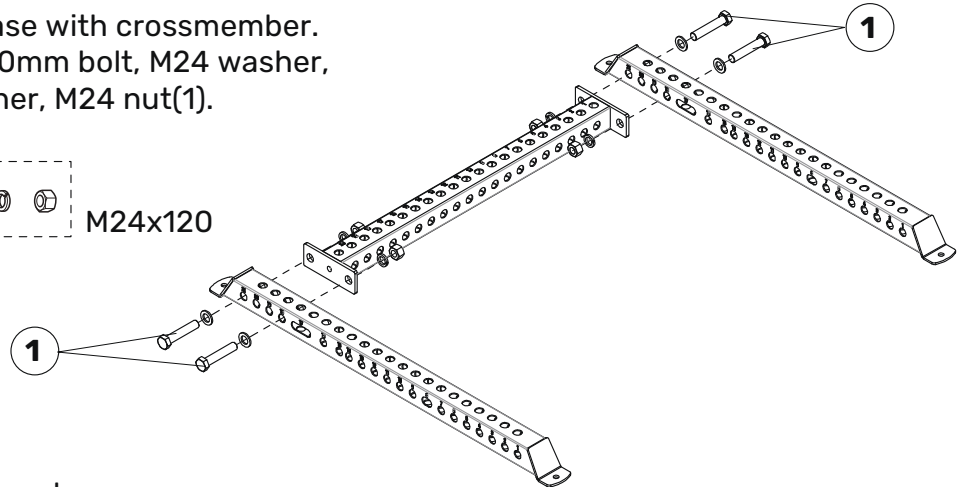


- 2** $\varnothing 12 \times 75 - \varnothing 14$
Anchor bolt **x4**



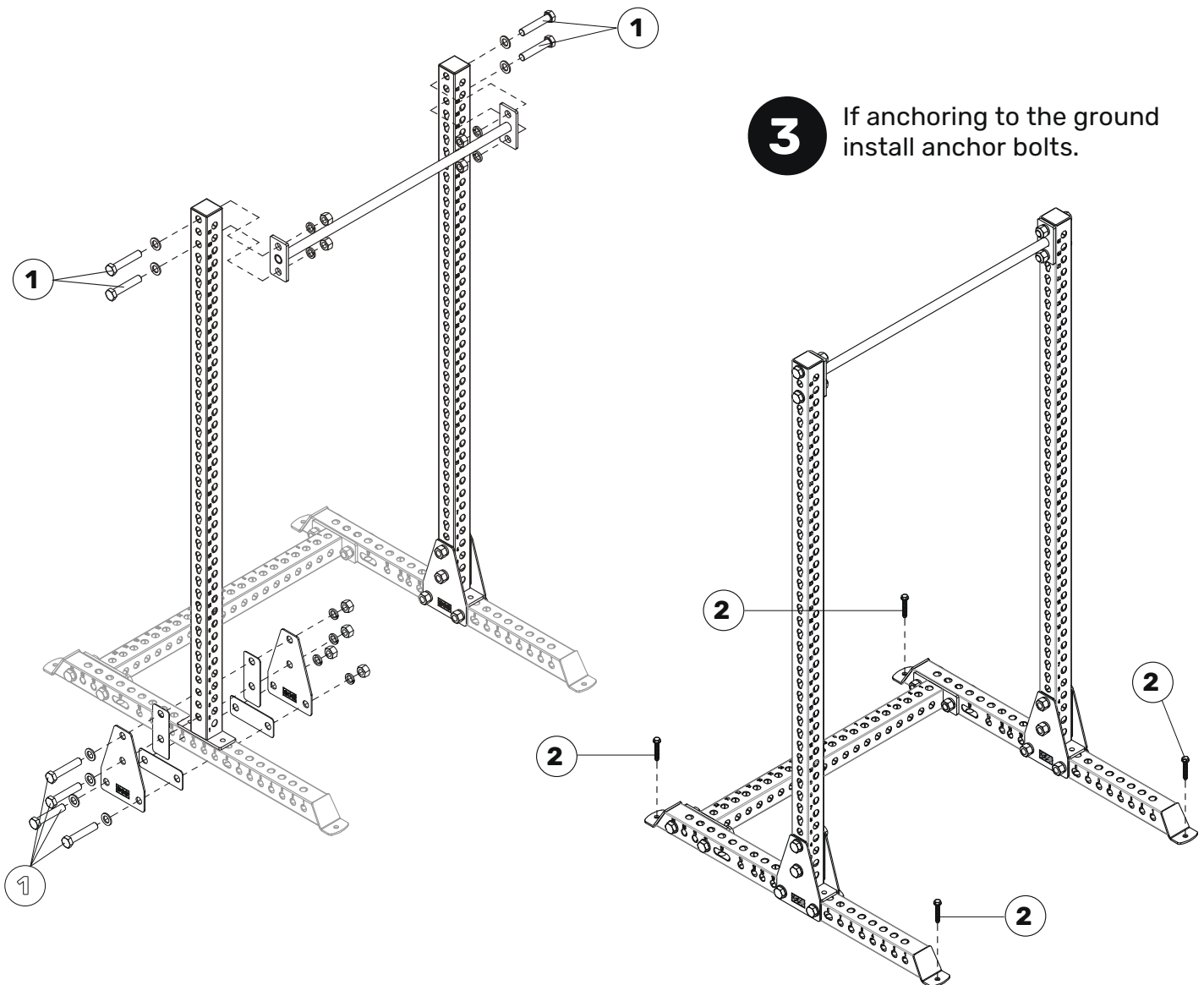
F. ASSEMBLY

- 1** Assemble the base with crossmember.
Fix with M24x120mm bolt, M24 washer,
M24 spring washer, M24 nut(1).



- 2** Attach front support.
Fix with M24x120mm bolt, M24 washer,
M24 spring washer, M24 nut (1).

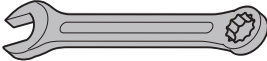
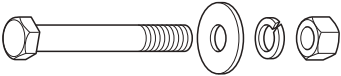
- 3** If anchoring to the ground
install anchor bolts.

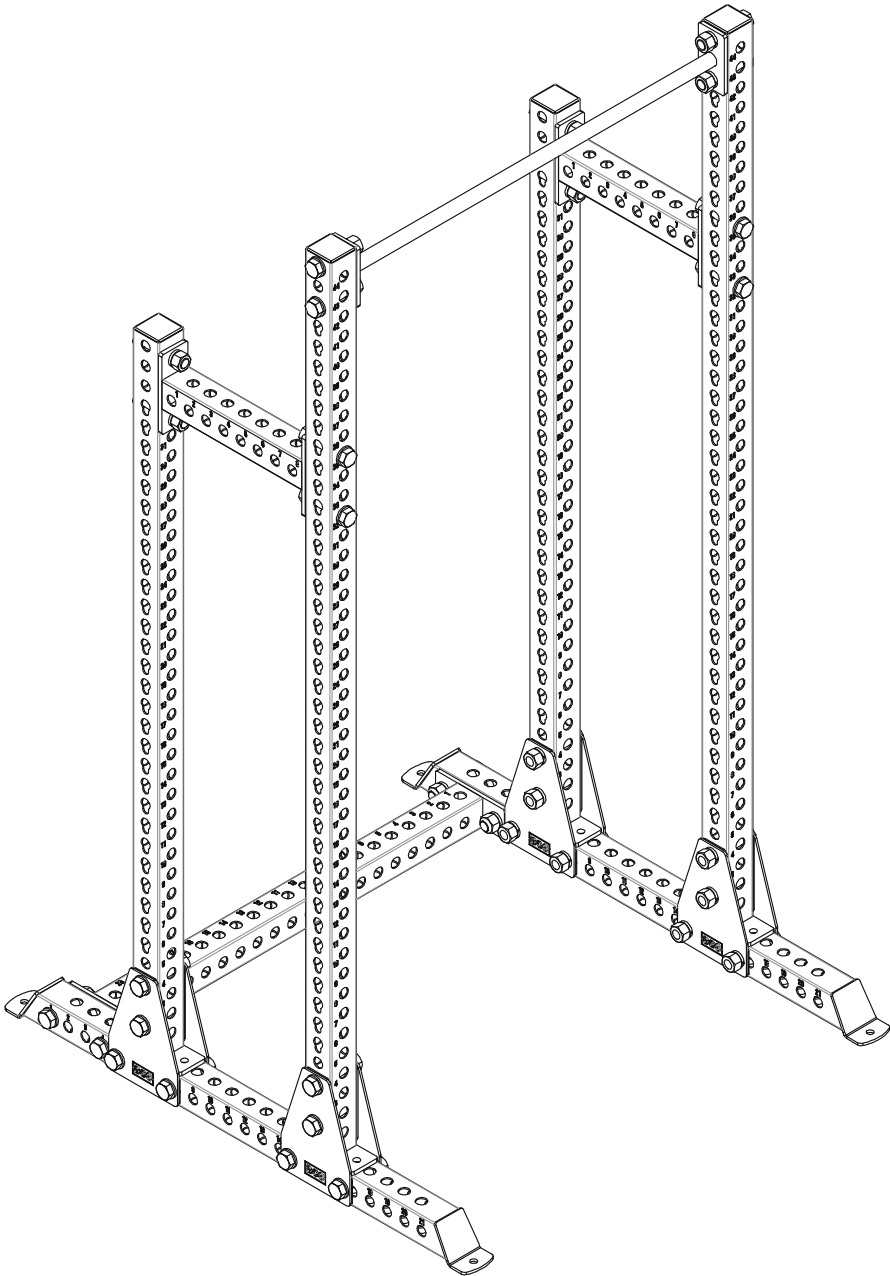


G. MANTICORE HALF RACK with 54" FLAT FOOT

TOOLS REQUIRED

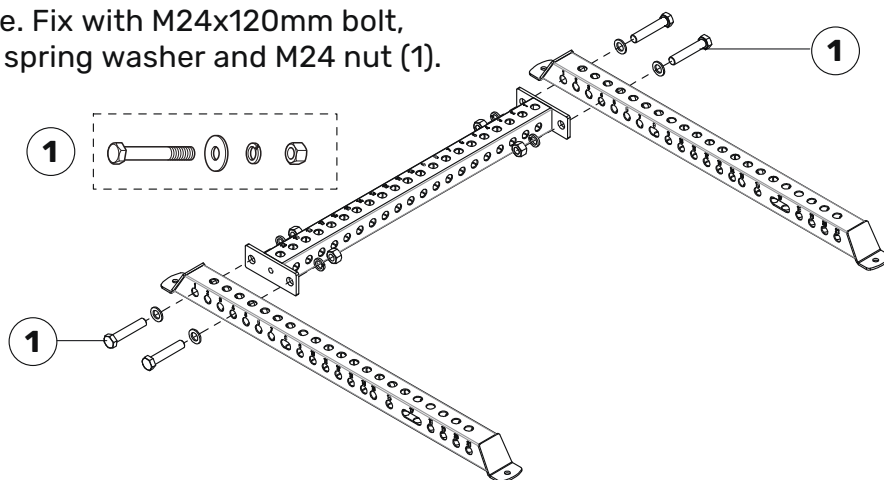
PARTS LIST

24mm Wrench x2 	1 M24x120mm bolt, M24 washer, M24 spring washer, M24 nut x32  2 Ø12x75- Ø14 Anchor bolt x4 
--	--

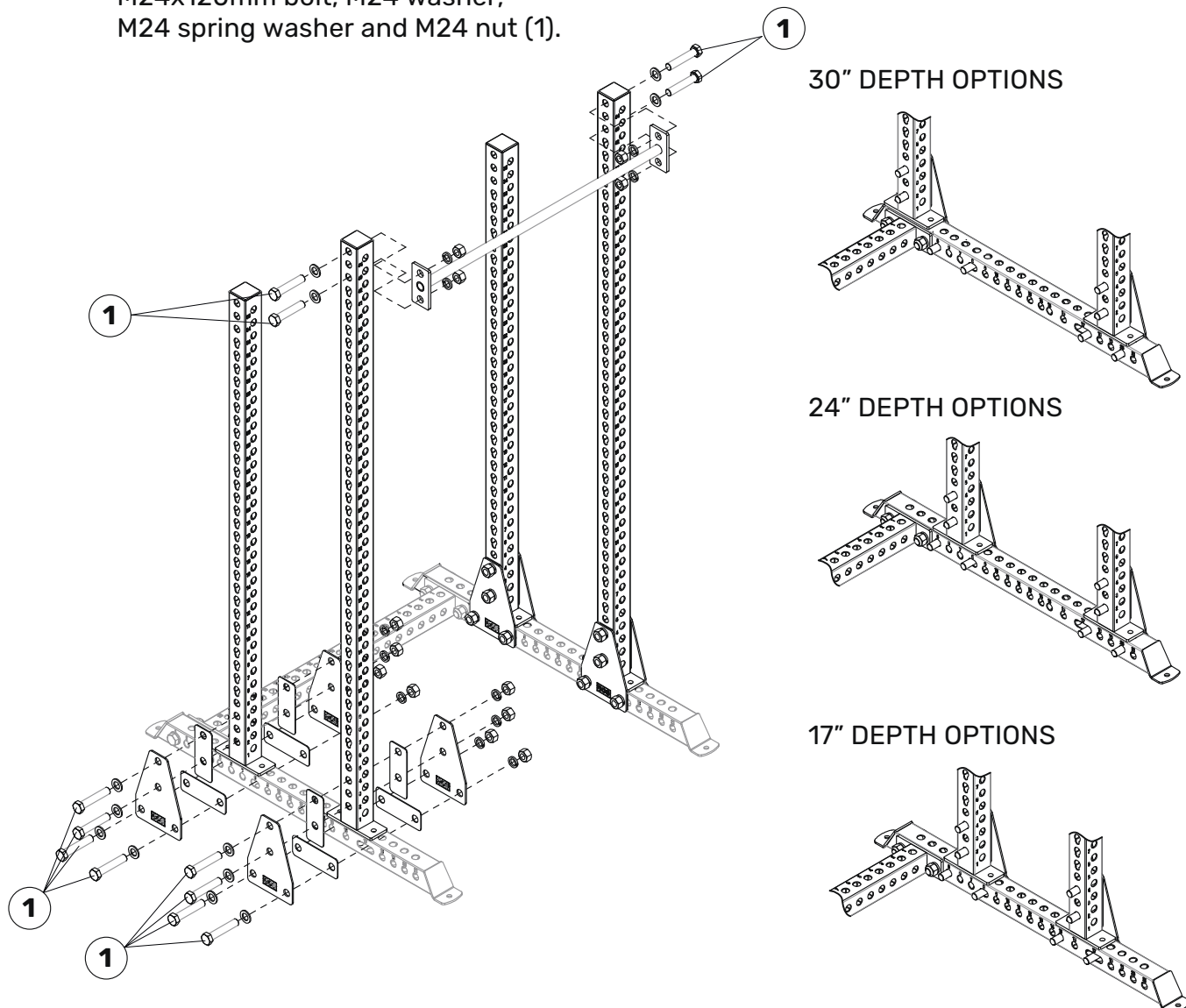


G. ASSEMBLY

- 1** Assemble the base. Fix with M24x120mm bolt, M24 washer, M24 spring washer and M24 nut (1).

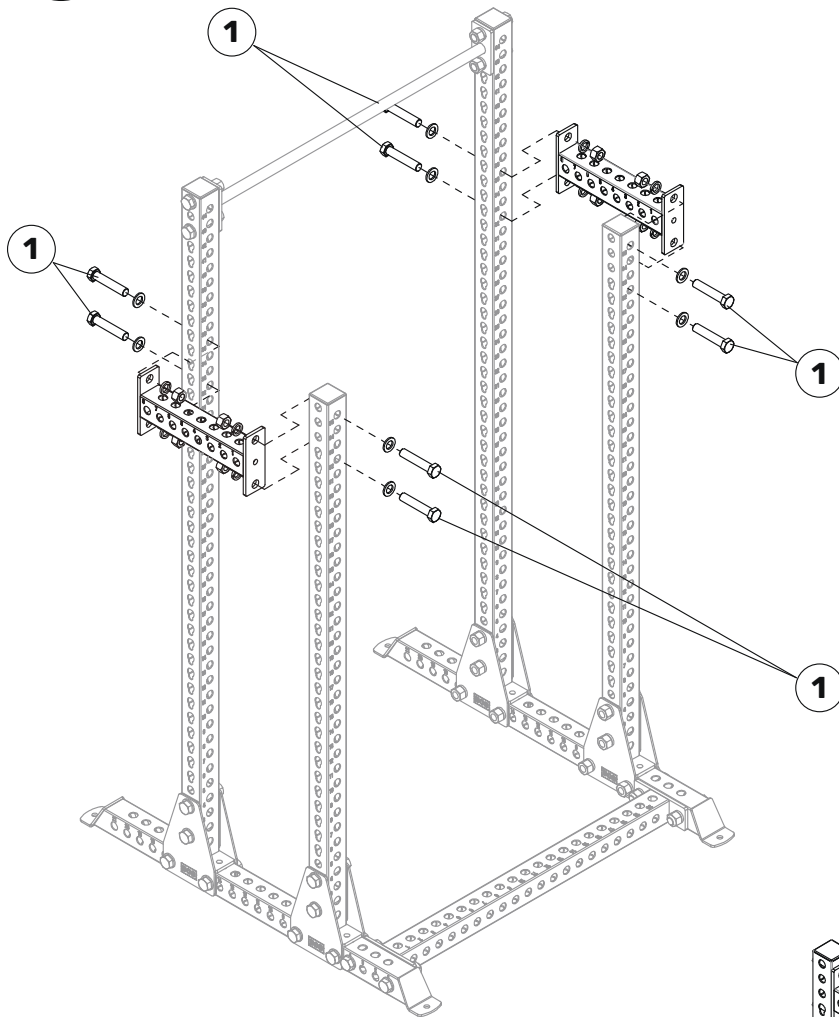


- 2** Attach base plates at first, then install the uprights and center support. Fix one side then the other side using M24x120mm bolt, M24 washer, M24 spring washer and M24 nut (1).

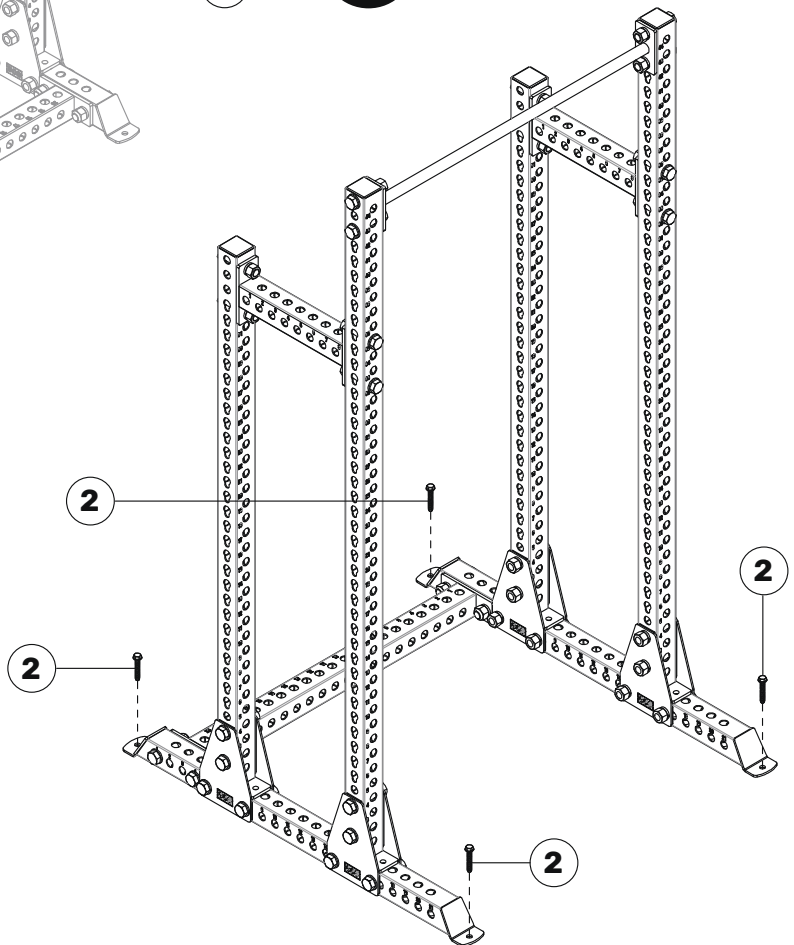


G. ASSEMBLY

- 3** Attach side crossmembers. Fix with M24x120mm bolt, M24 washer, M24 spring washer and M24 nut (1).



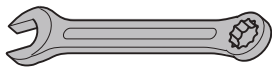
- 4** If anchoring to the ground install anchor bolts.



H. MANTICORE POWER RACK with 54" FLAT FOOT

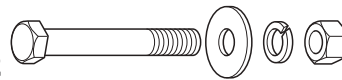
TOOLS REQUIRED

**24mm
Wrench
x2**

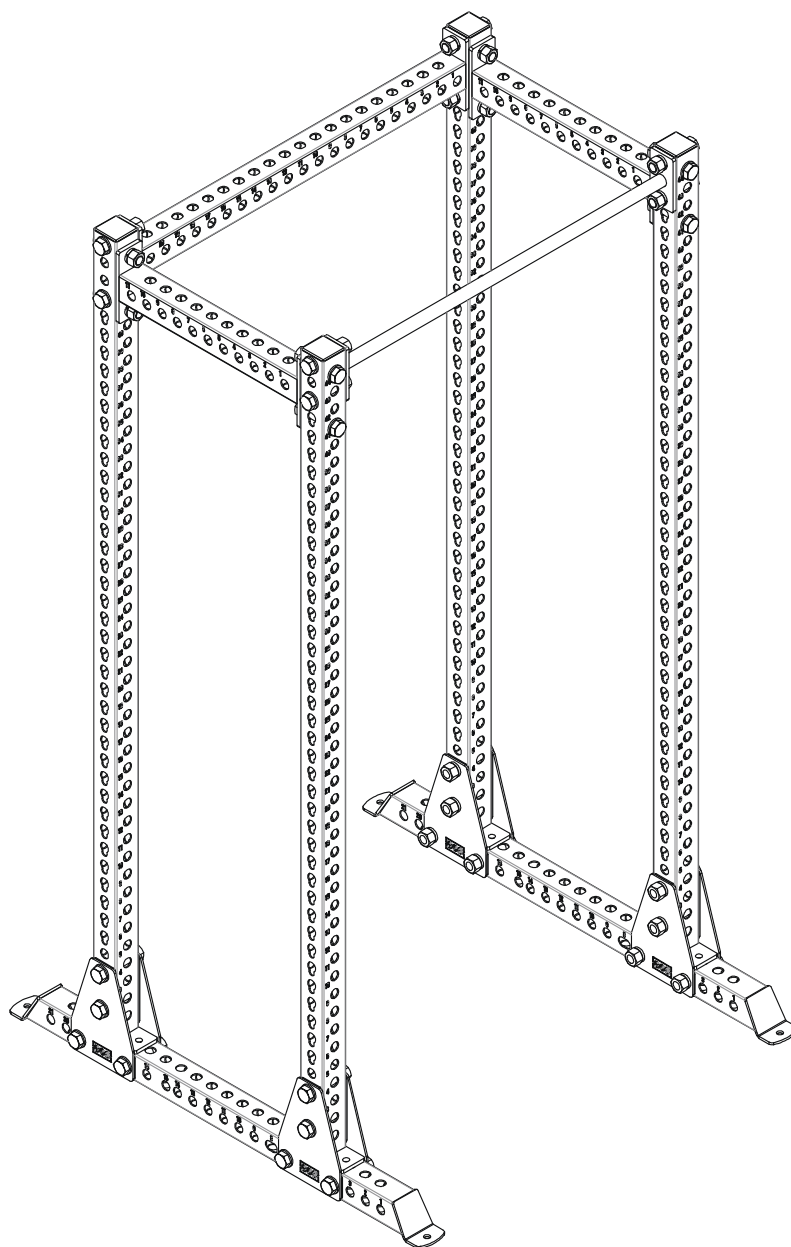


PARTS LIST

- 1** M24x120mm bolt, M24 washer,
M24 spring washer, M24 nut **x32**

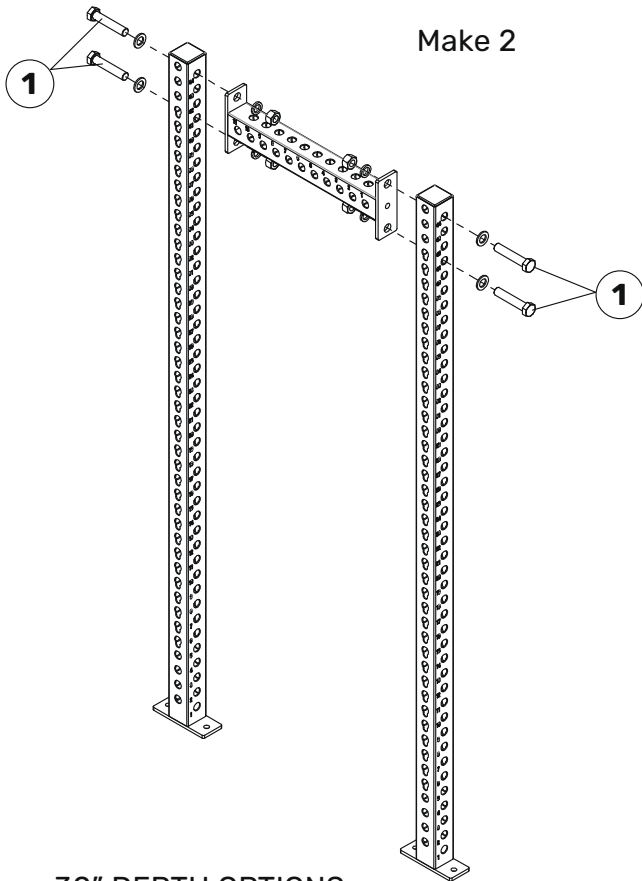


- 2** $\varnothing 12 \times 75$ - $\varnothing 14$
Anchor bolt **x4**

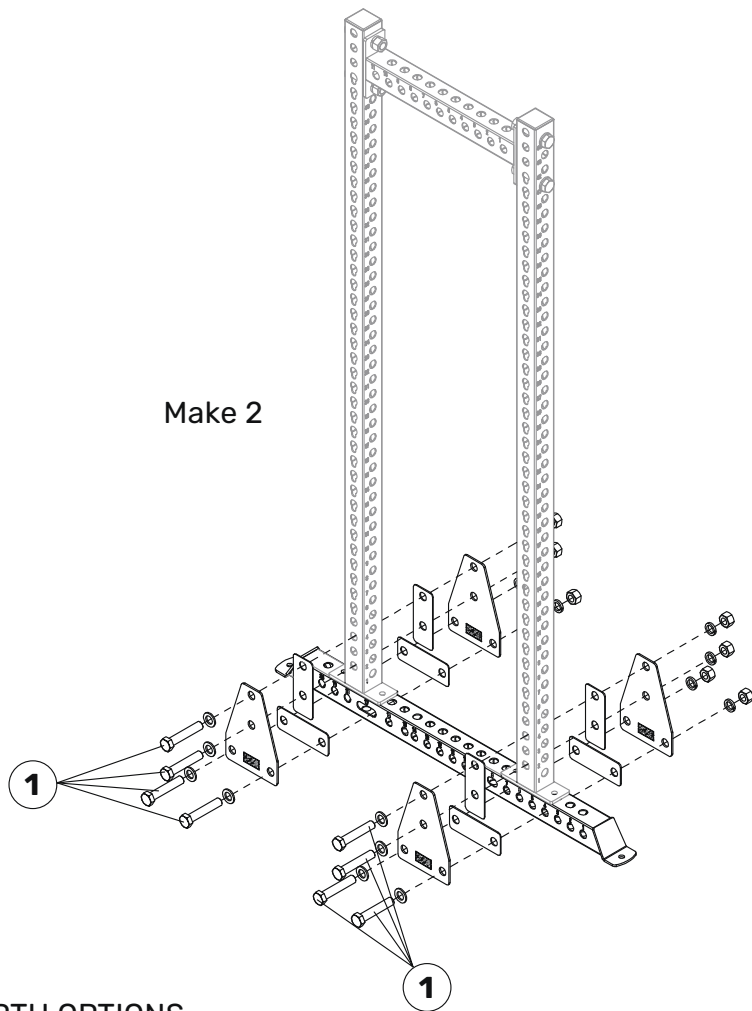


H. ASSEMBLY

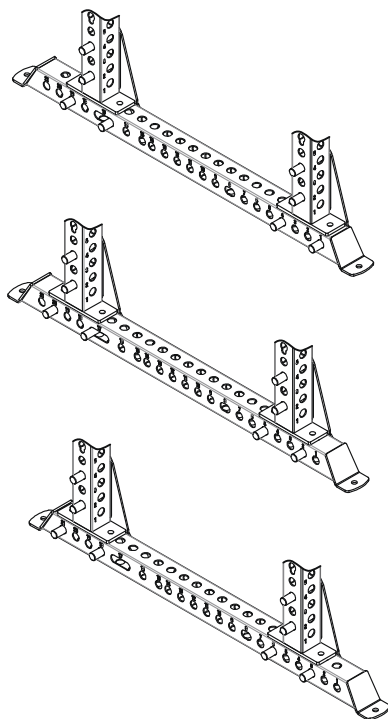
- 1** Assemble the uprights. Fix with M24x120mm bolt, M24 washer, M24 spring washer and M24 nut (1).



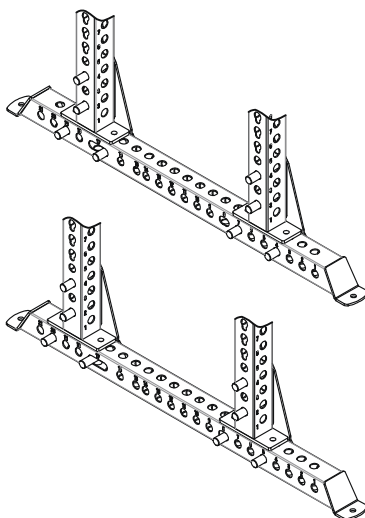
- 2** Fix base plates first to the base, then uprights. Fix with M24x120mm bolt, M24 washer, M24 spring washer and M24 nut (1).



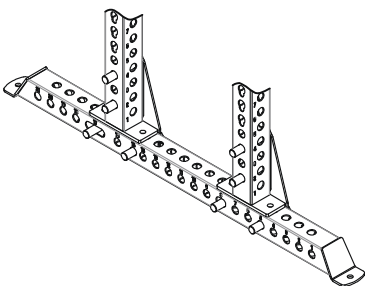
30" DEPTH OPTIONS



24" DEPTH OPTIONS



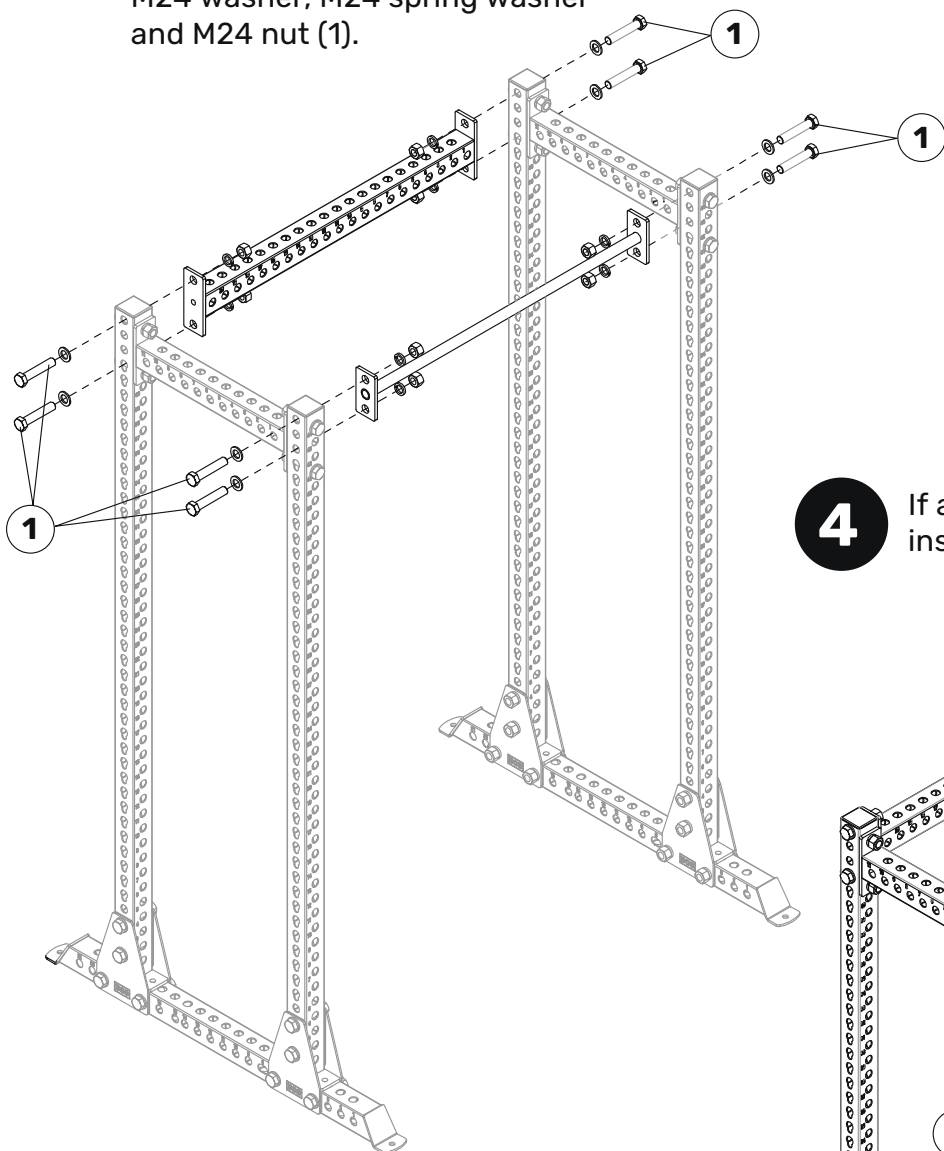
17" DEPTH OPTIONS



H. ASSEMBLY

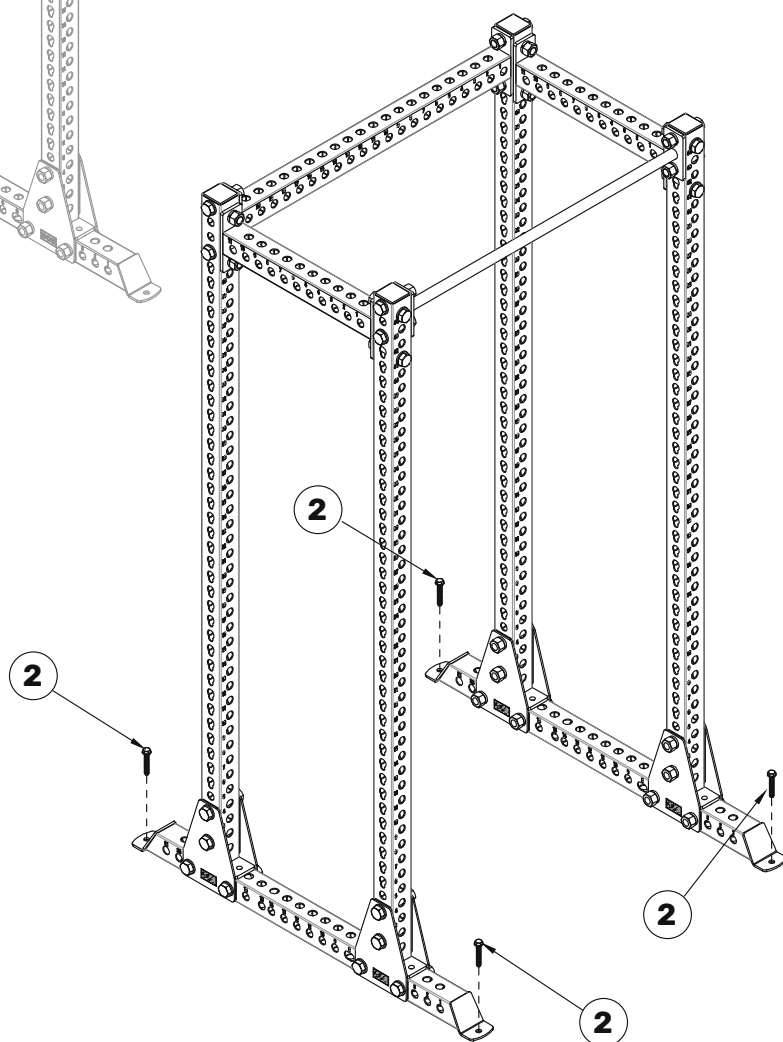
3

Attach rear crossmember and front support. Fix with M24x120mm bolt, M24 washer, M24 spring washer and M24 nut (1).



4

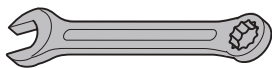
If anchoring to the ground install anchor bolts.



I. MANTICORE SQUAT STAND WITH 63" FLAT FOOT

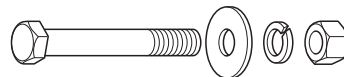
TOOLS REQUIRED

**24mm
Wrench
x2**



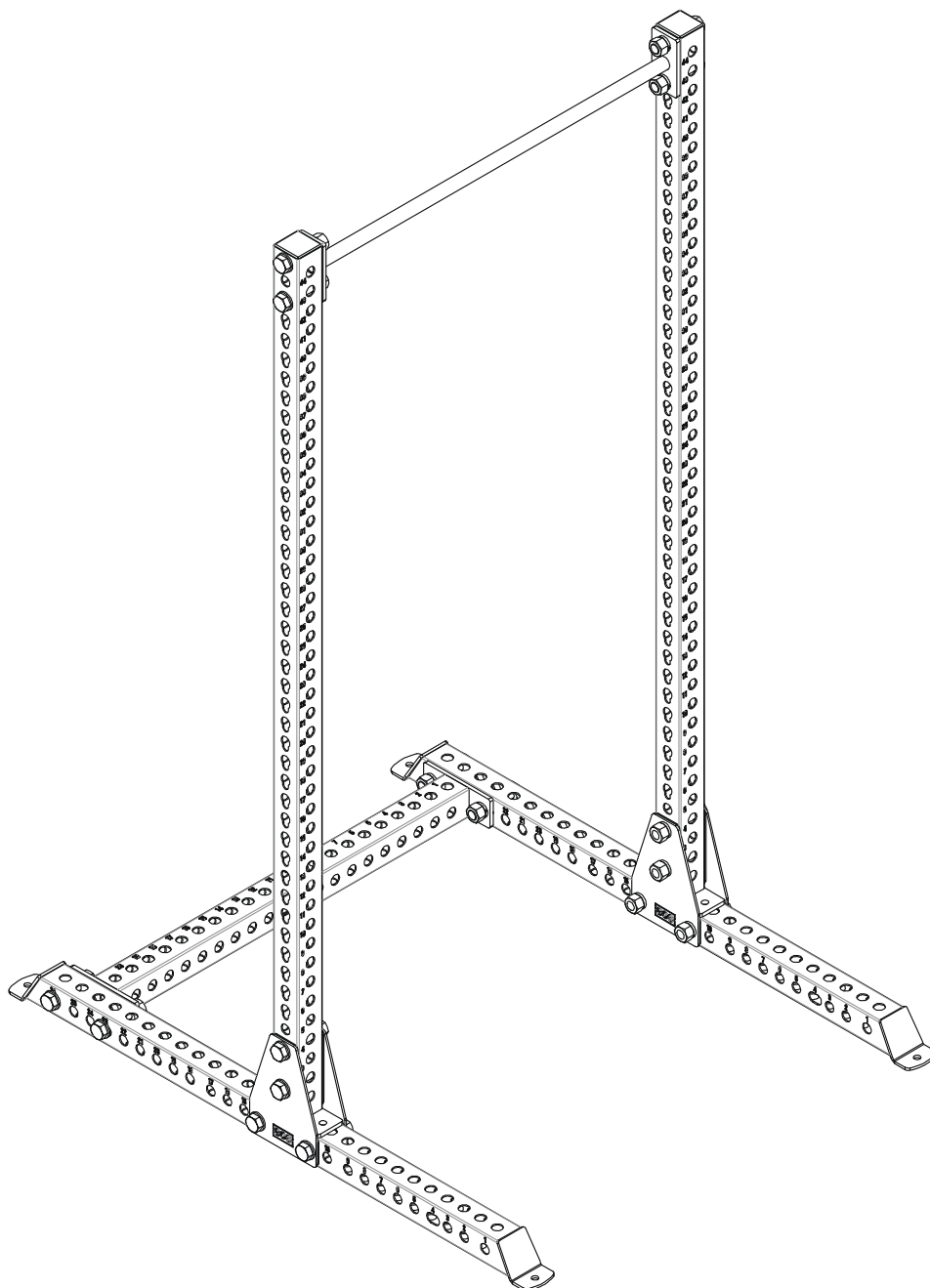
PARTS LIST

1 M24x120mm bolt, M24 washer,
M24 spring washer, M24 nut **x16**



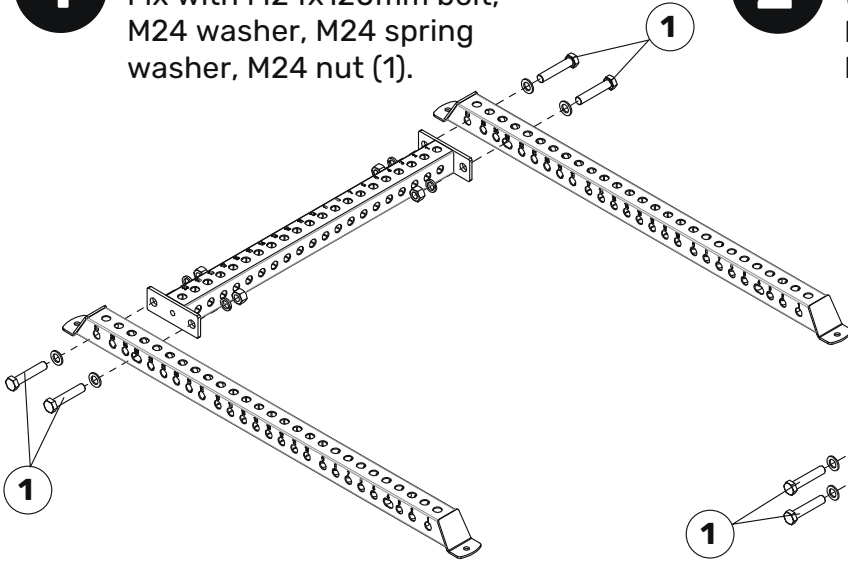
2 $\varnothing 12 \times 75 - \varnothing 14$

Anchor bolt **x4**

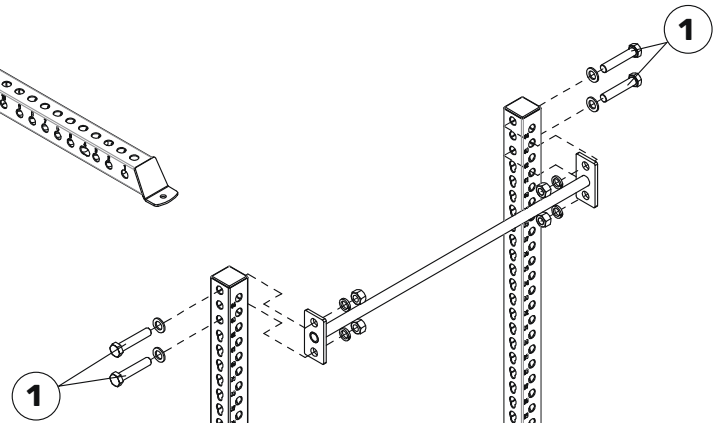


I. ASSEMBLY

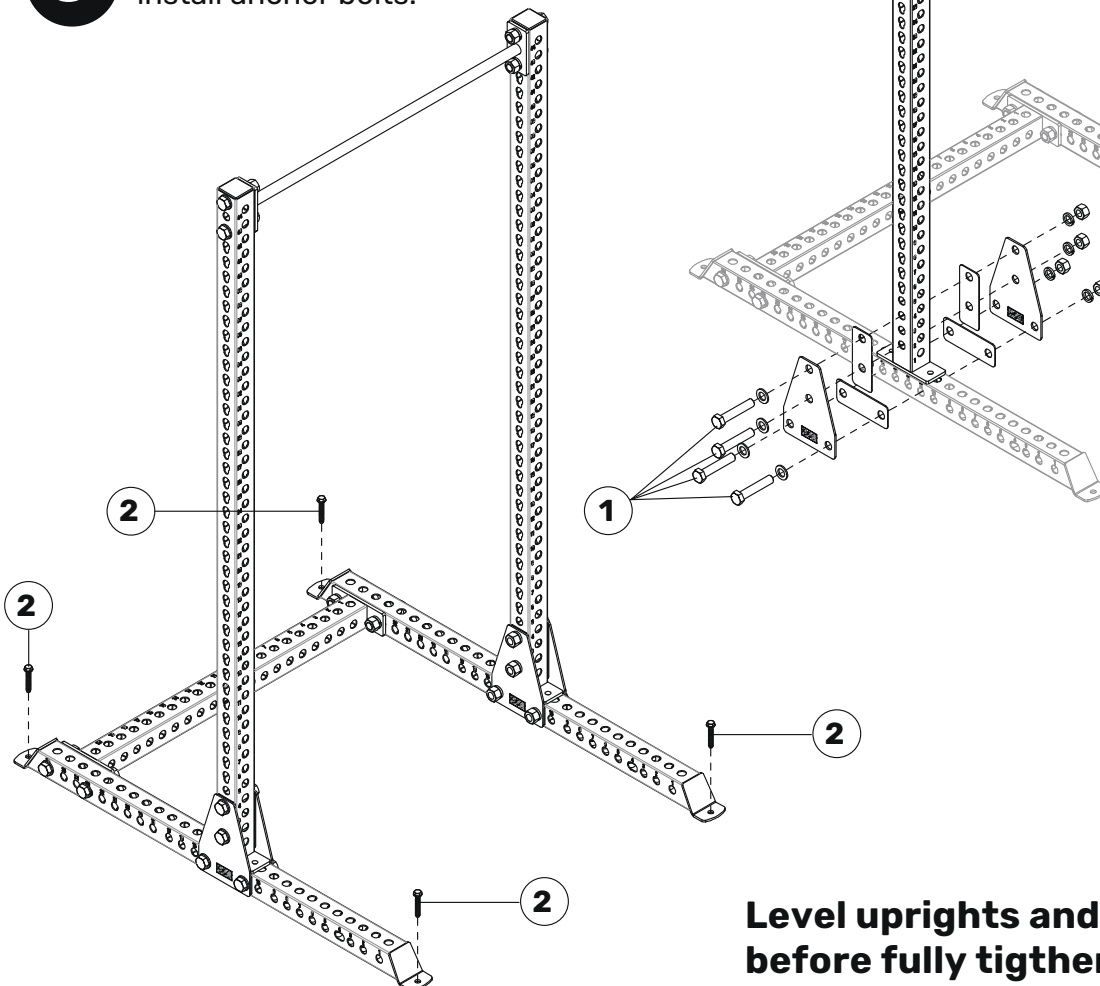
- 1** Assemble base with rear crossmember. Fix with M24x120mm bolt, M24 washer, M24 spring washer, M24 nut (1).



- 2** Attach lower base support at first, then add uprights and front support. Fix with M24x120mm bolt, M24 washer, M24 spring washer, M24 nut (1).



- 3** If anchoring to the ground install anchor bolts.



Level uprights and crossmembers before fully tightening.

J. MANTICORE HALF RACK WITH 63" FLAT FOOT

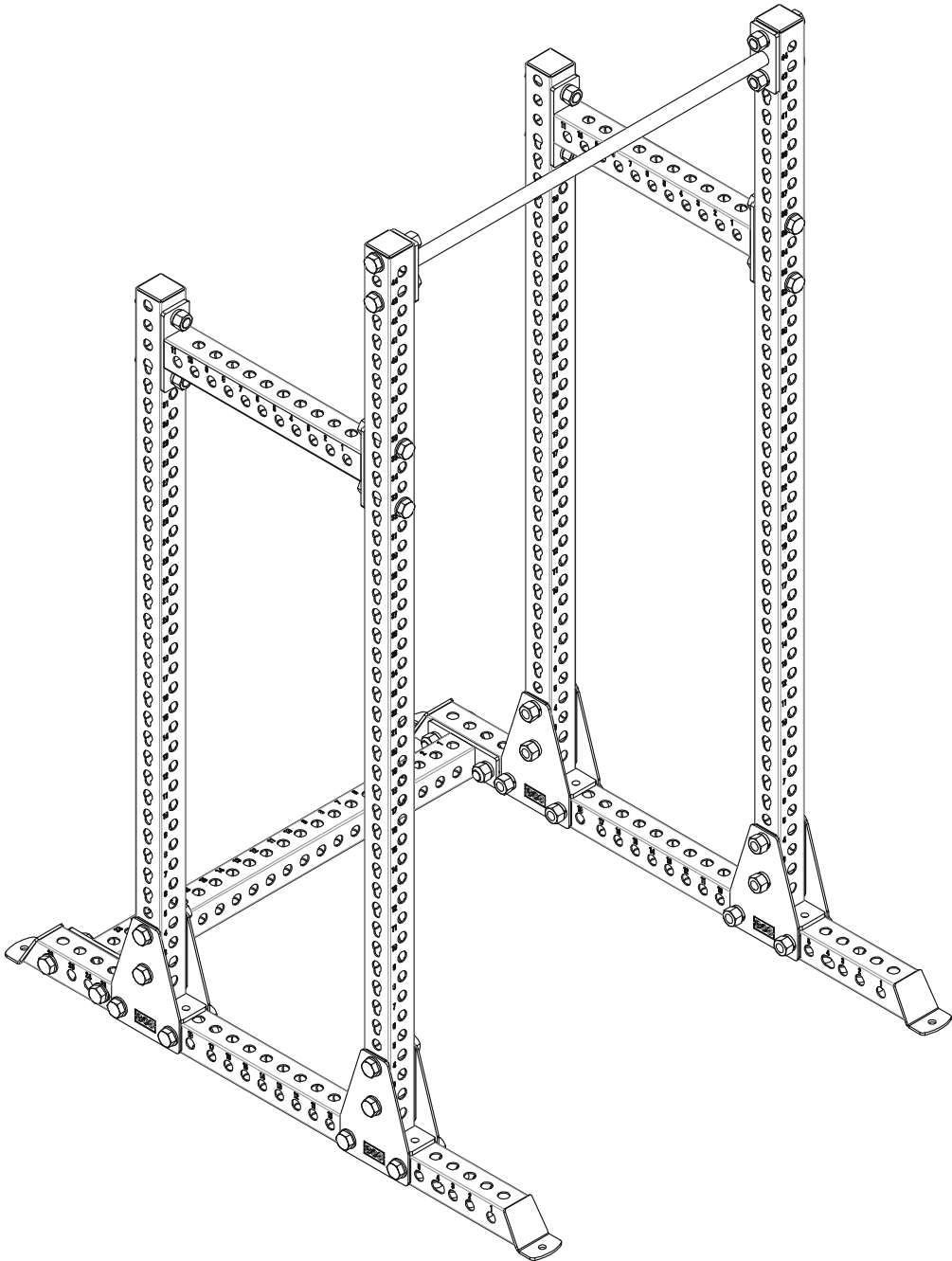
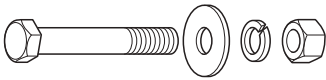
TOOLS REQUIRED

PARTS LIST

24mm
Wrench
x2

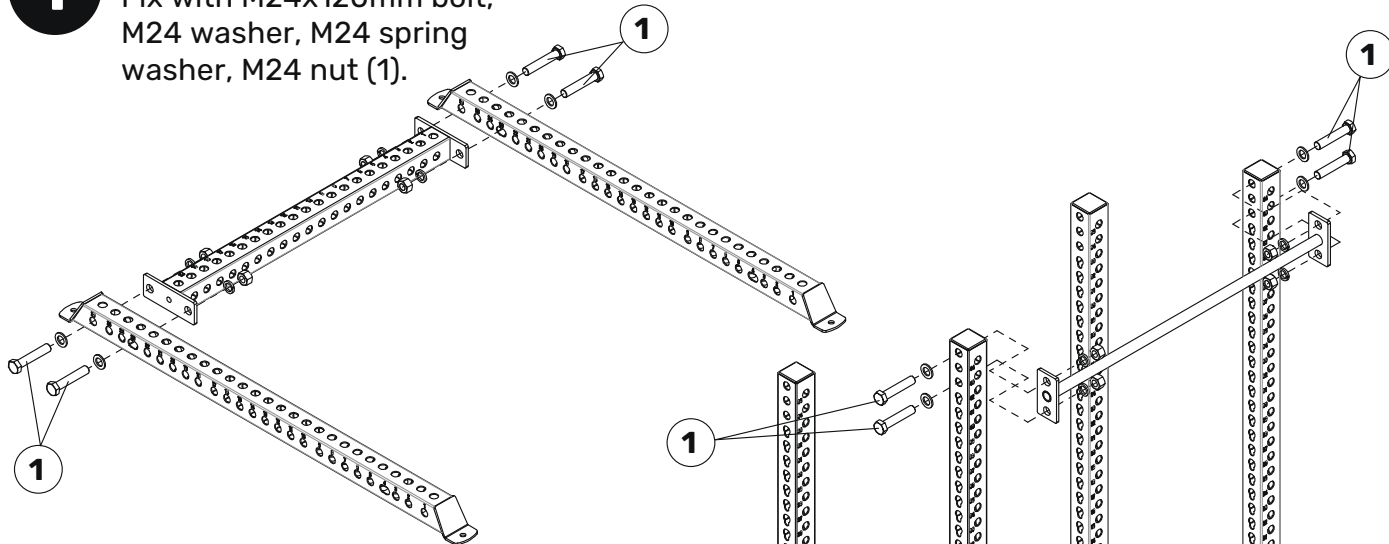


- 1 M24x120mm bolt, M24 washer,
M24 spring washer, M24 nut **x32**
- 2 Ø12x75- Ø14
Anchor bolt **x4**

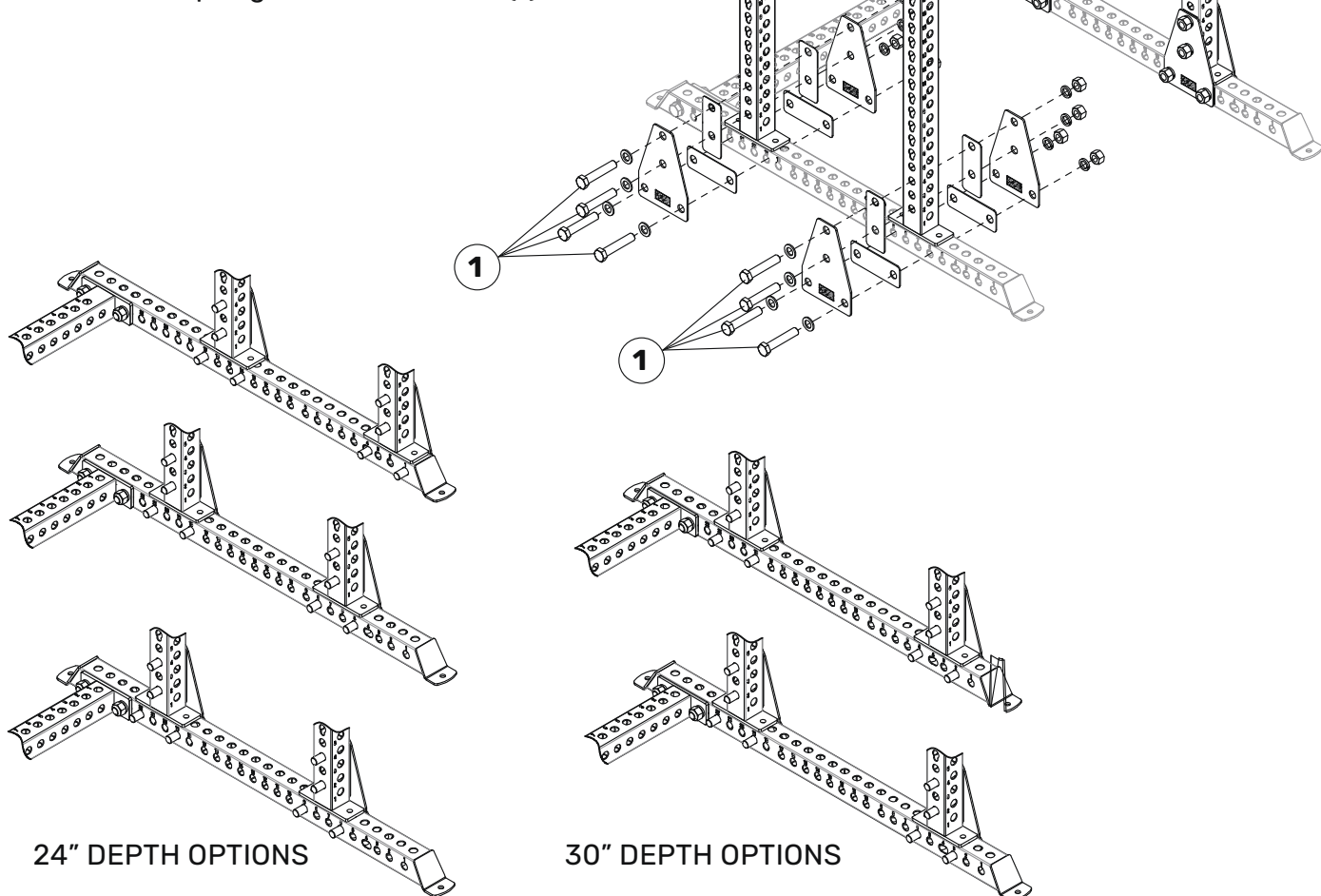


J. ASSEMBLY

- 1** Assemble base with rear crossmember.
Fix with M24x120mm bolt, M24 washer, M24 spring washer, M24 nut (1).



- 2** Attach lower base support at first, then add uprights and front support.
Fix with M24x120mm bolt, M24 washer, M24 spring washer, M24 nut (1).



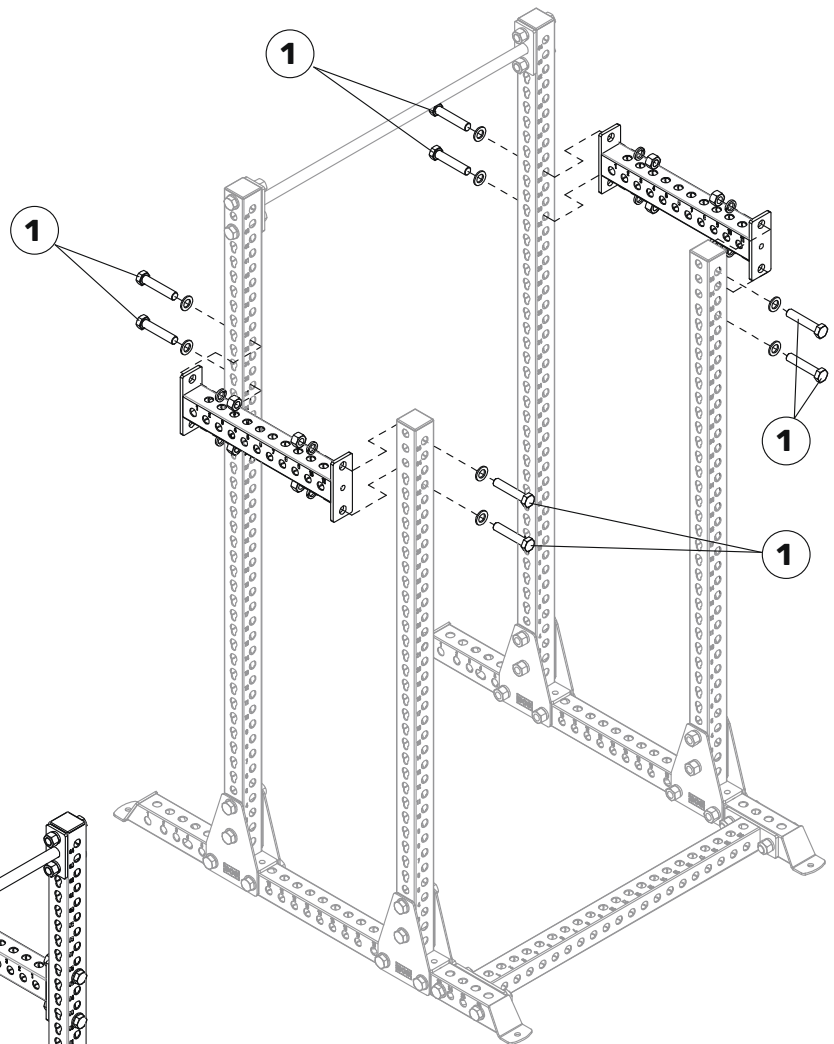
24" DEPTH OPTIONS

30" DEPTH OPTIONS

J. ASSEMBLY

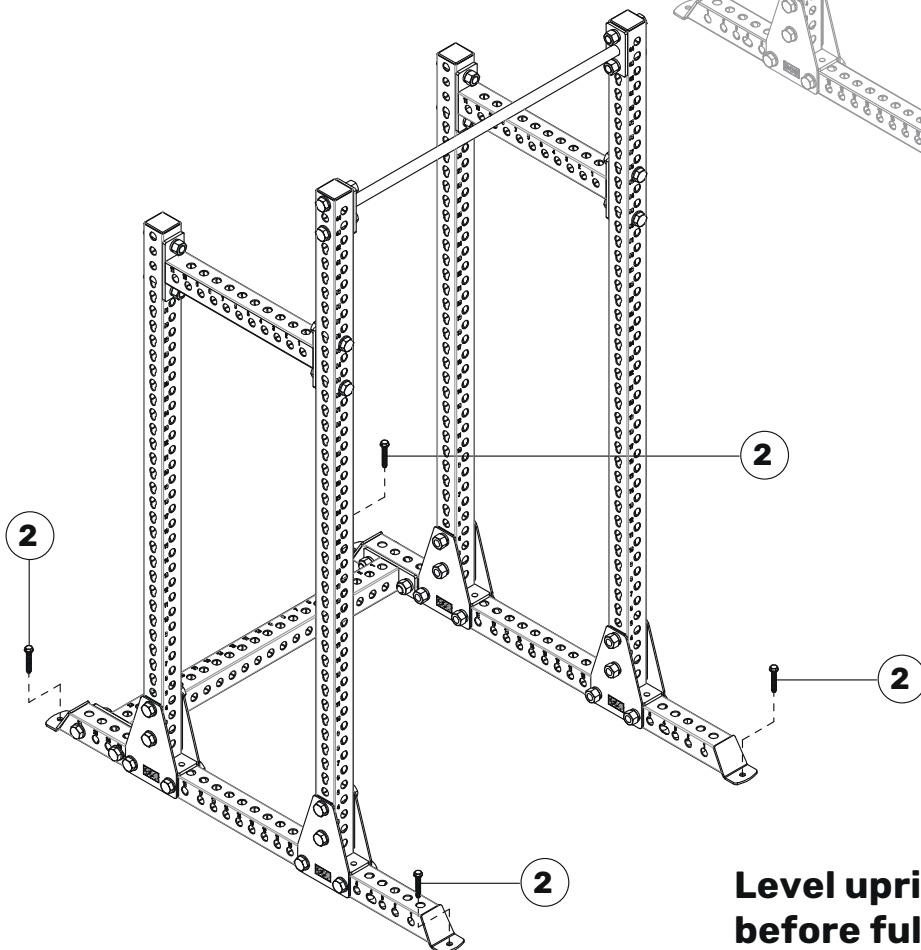
3

Attach side crossmember.
Fix with M24x120mm bolt,
M24 washer, M24 spring
washer, M24 nut (1).



4

If anchoring to the ground
install anchor bolts.



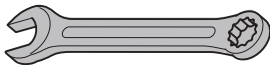
**Level uprights and crossmembers
before fully tightening.**

K. MANTICORE POWER RACK WITH 63" FLAT FOOT

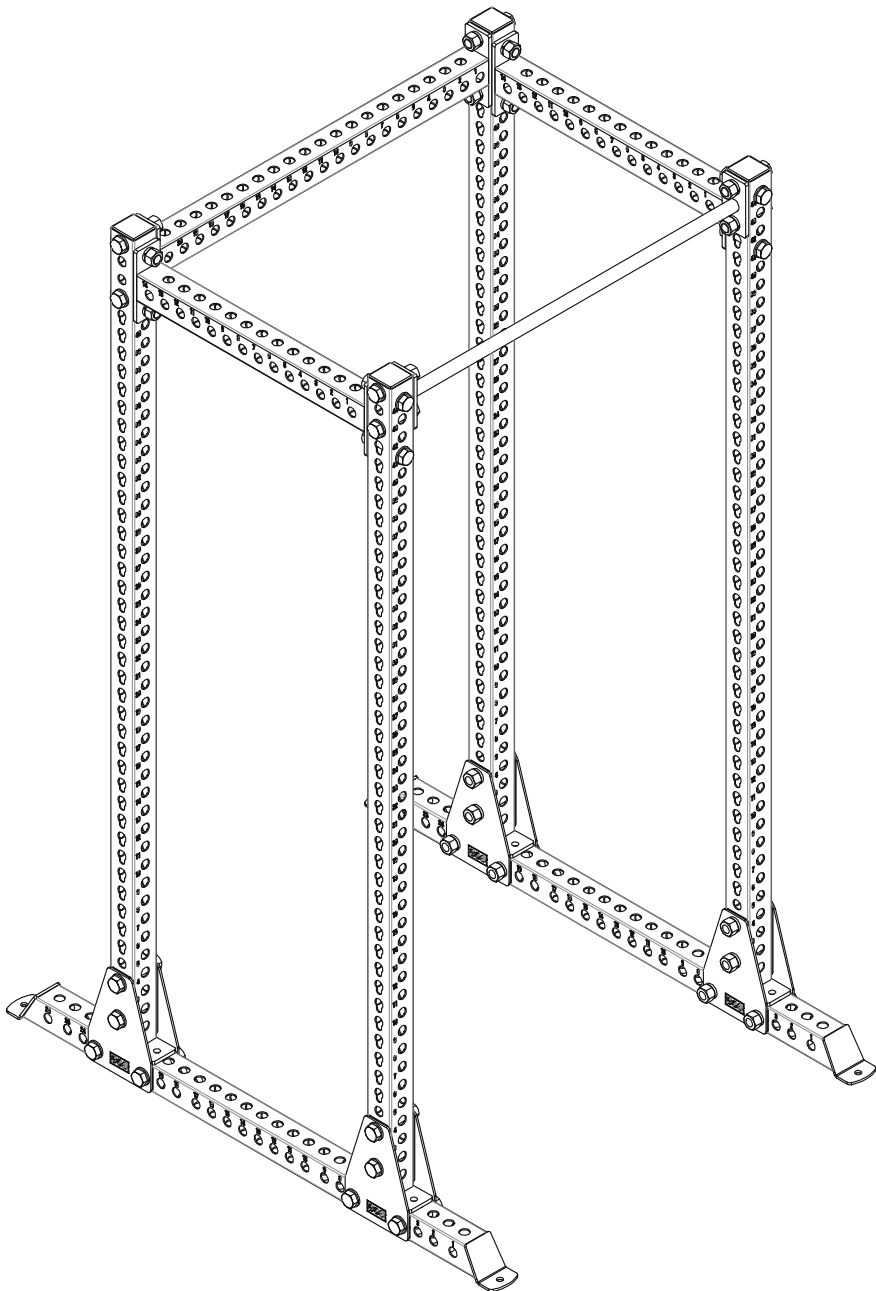
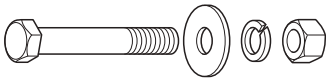
TOOLS REQUIRED

PARTS LIST

24mm
Wrench
x2

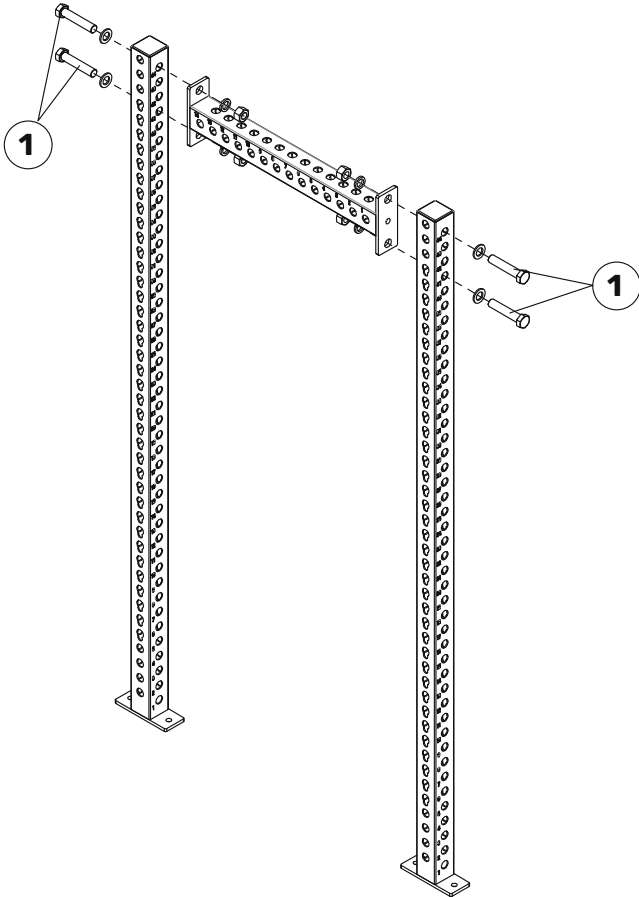


- 1 M24x120mm bolt, M24 washer,
M24 spring washer, M24 nut **x32**
- 2 Ø12x75- Ø14
Anchor bolt **x4**



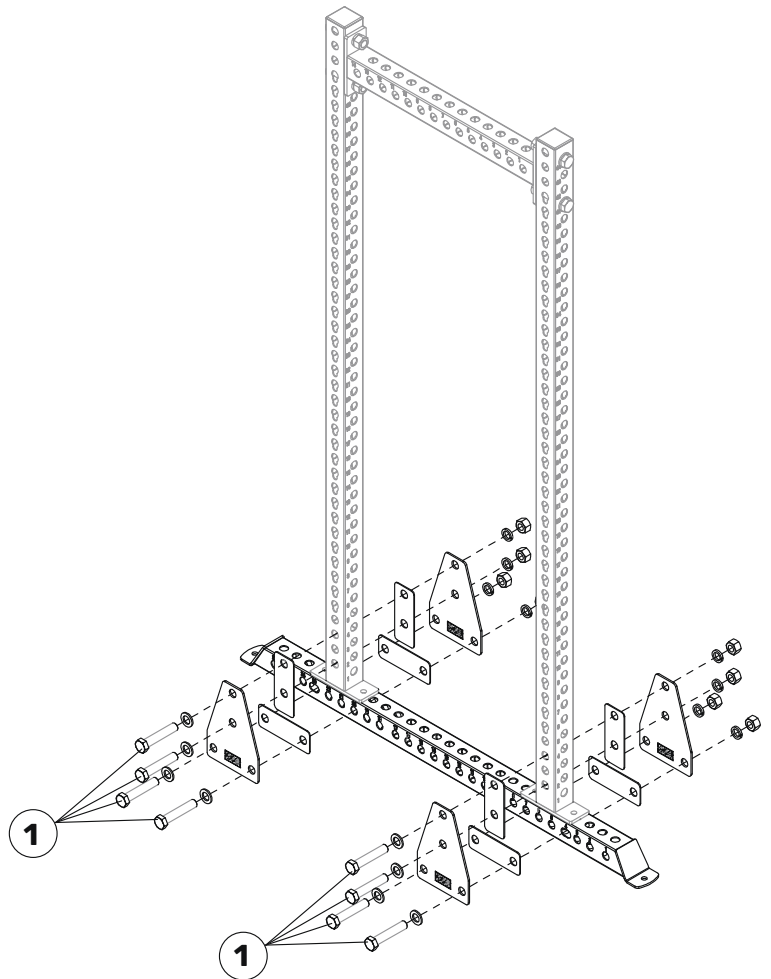
K. ASSEMBLY

- 1** Assemble base with crossmember. Fix with M24x120mm bolt, M24 washer, M24 spring washer, M24 nut (1). Make 2.



Refer to next page for depth option.

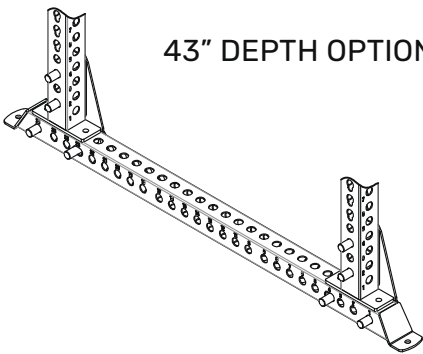
- 2** Attach the base. Install lower base support at first, then add uprights. Fix with M24x120mm bolt, M24 washer, M24 spring washer, M24 nut (1).



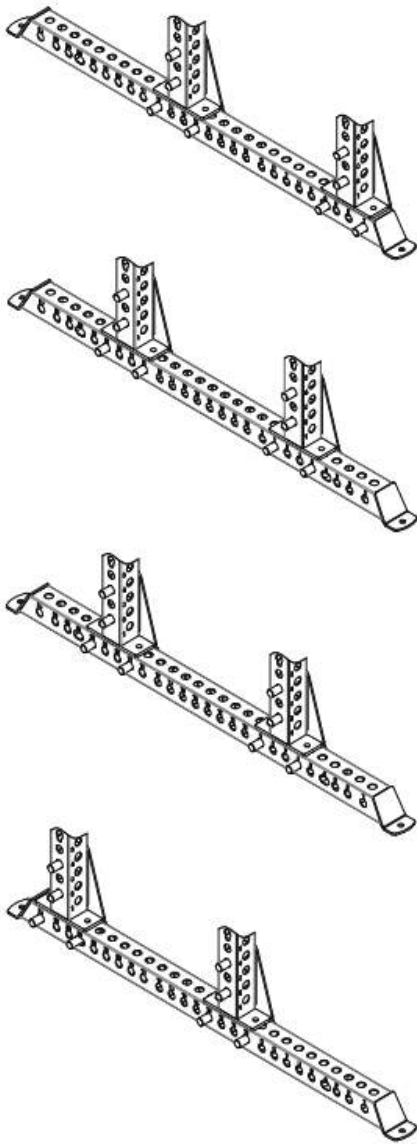
30" DEPTH OPTIONS

K. ASSEMBLY

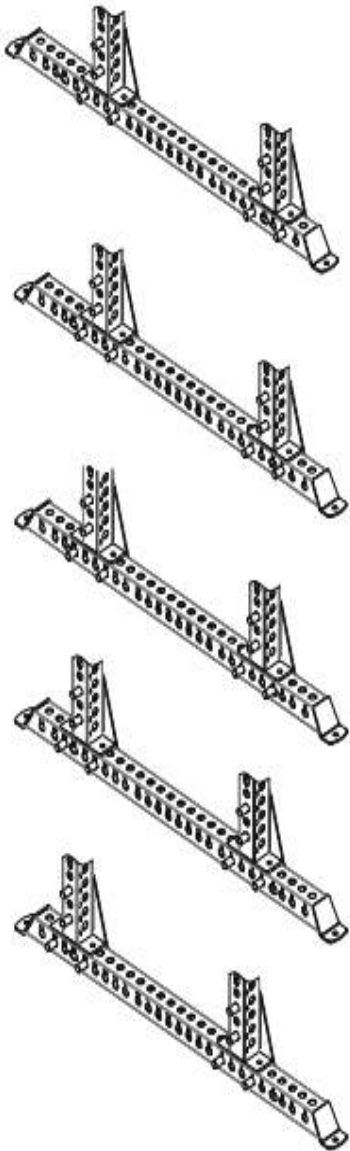
43" DEPTH OPTIONS



24" DEPTH OPTIONS



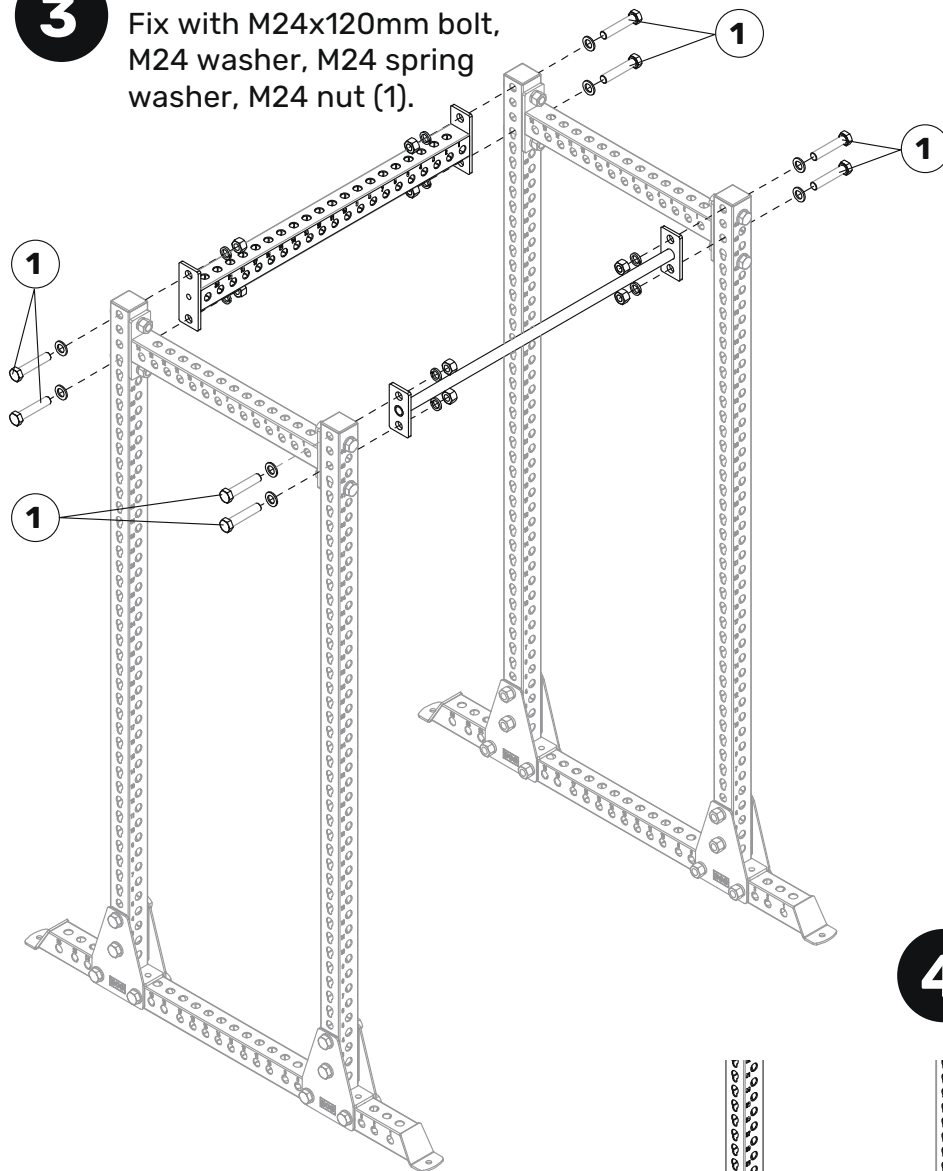
30" DEPTH OPTIONS



K. ASSEMBLY

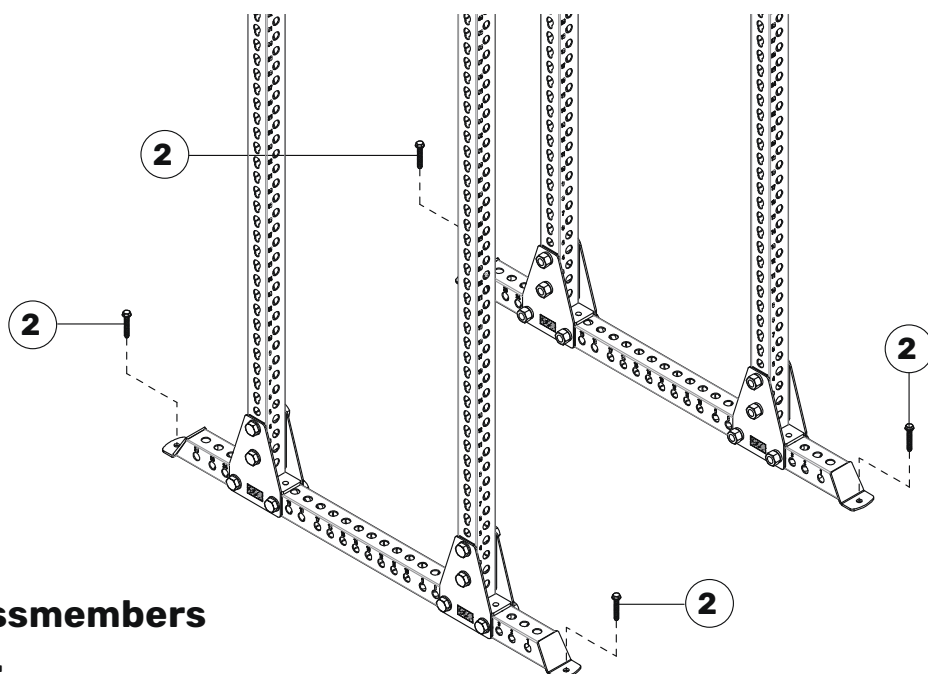
3

Attach side crossmember.
Fix with M24x120mm bolt,
M24 washer, M24 spring
washer, M24 nut (1).



4

If anchoring to the ground
install anchor bolts.



**Level uprights and crossmembers
before fully tightening.**

YOU'RE FINISHED!

**WANT TO LEARN MORE ABOUT THE HYDRA RACK?
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