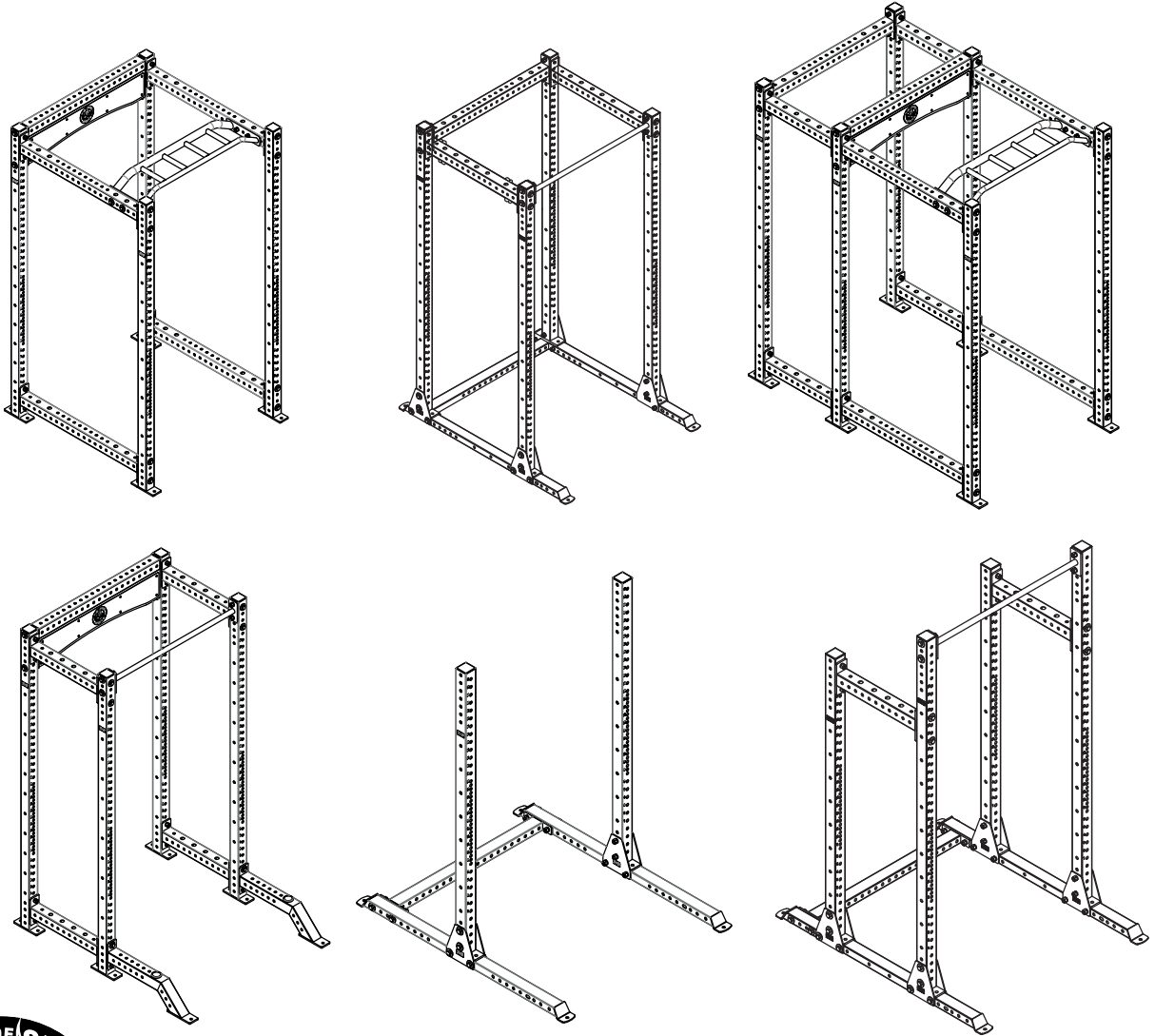




# HYDRA ASSEMBLY GUIDE



## ASSEMBLY INSTRUCTIONS

   **BELLSOFSTEEL**

**Stuck?** Scan the QR code for the assembly video



# 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**



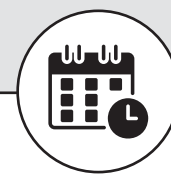
Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

**@BELLSOFSTEEL**



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

**[bellssofsteel.com/pages/warranty](https://bellssofsteel.com/pages/warranty)**



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

**[bellssofsteel.com/policies/refund-policy](https://bellssofsteel.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.



# BEFORE WE BEGIN, LET'S STAY SAFE.



## A GUIDE TO SAFETY

---

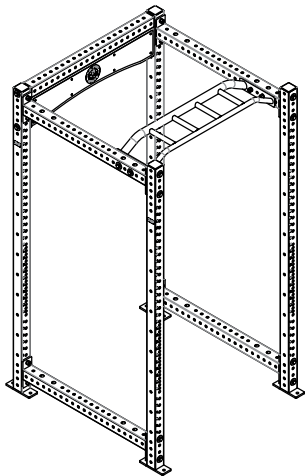
We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO 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, LIGHTHEADEDNESS, 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.

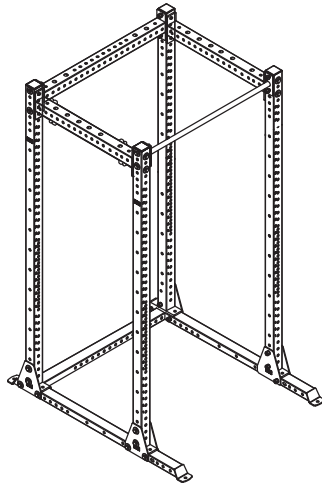
NOW...

**LET THE GAINZ BEGIN**

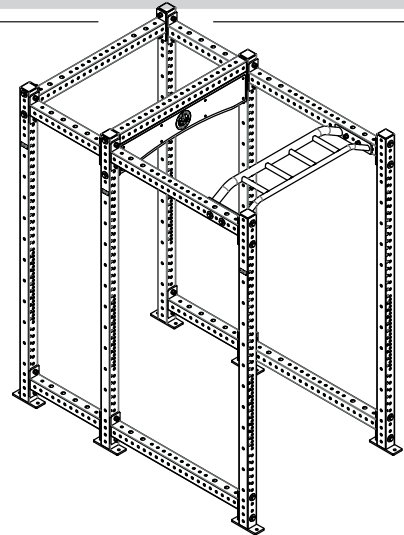
**Choose the type of Hydra rack you have from the diagrams below. Refer to the pages indicated for the assembly instruction.**



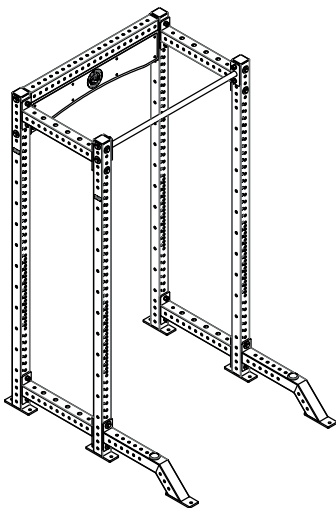
**A. HYDRA 3 X 3 Inch Four Post Power Rack** (page 2-4)



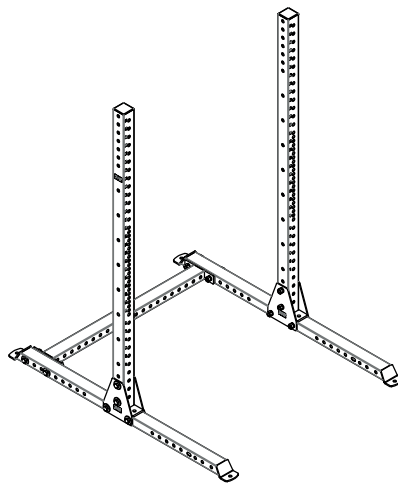
**B. HYDRA 3 X 3 Inch Flat Foot Power Rack** (page 5-7)



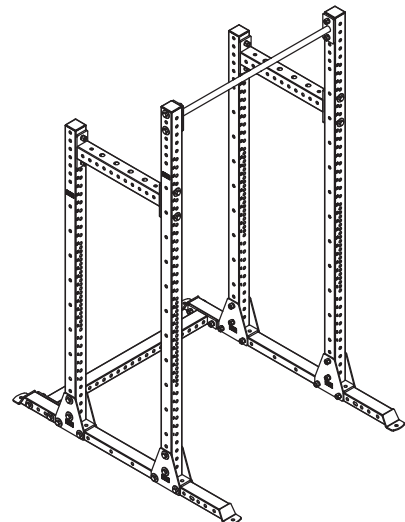
**C. HYDRA 3 X 3 Inch Six Post Power Rack** (page 8-11)



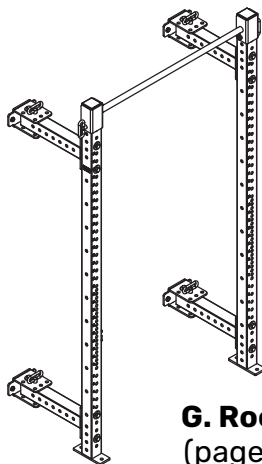
**D. HYDRA 3 X 3 Inch Four Post Collegiate Rack** (page 12-14)



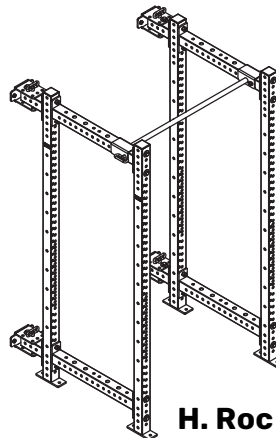
**E. HYDRA 3 X 3 Inch Squat Stand** (page 15-16)



**F. HYDRA 3 X 3 Inch Half Rack** (page 17-19)



**G. Roc Foldable Cage** (page 20-22)



**H. Roc Foldable 4 Post Cage** (page 23-26)

# Assembly Tips

---

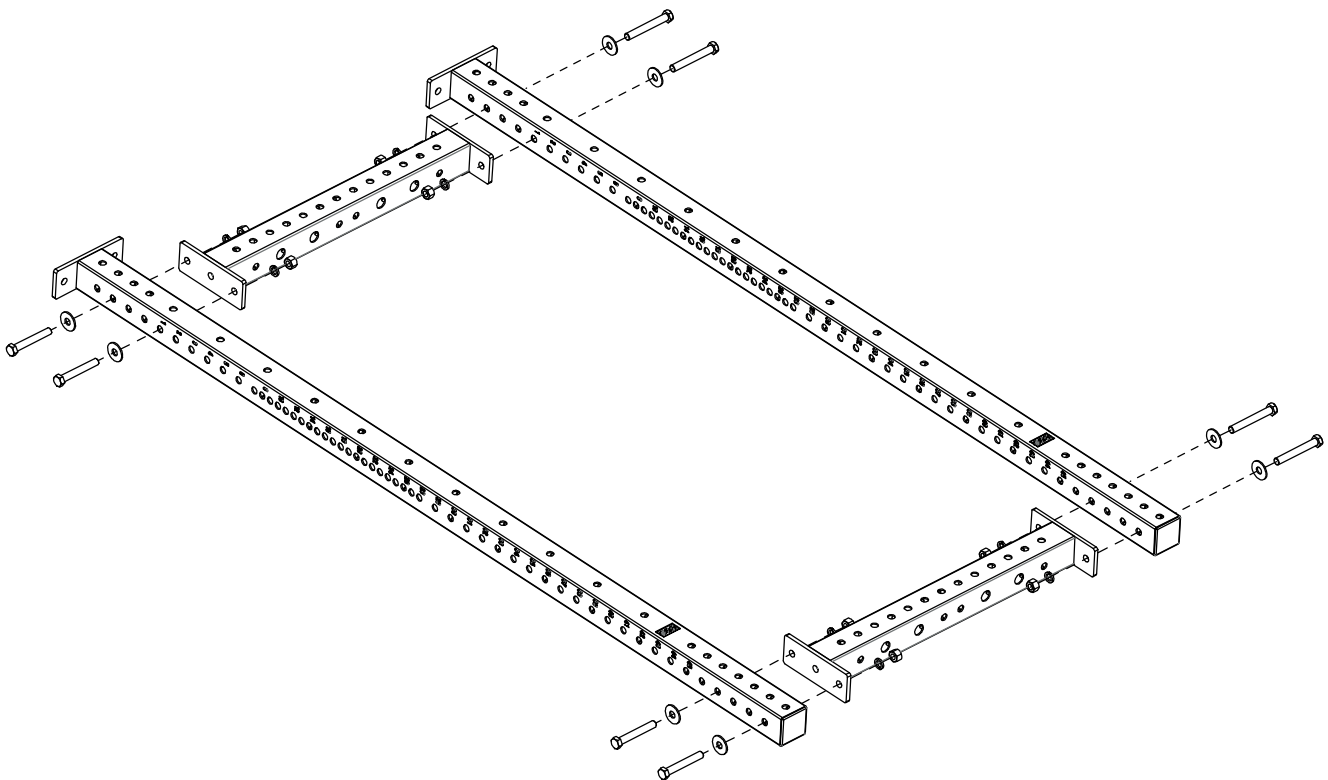
**Choose an appropriate location:** Ensure you have sufficient space around the rack before starting assembly. Assemble the rack in the location where it will be used to avoid unnecessary movement after setup.

**- 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.

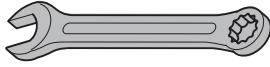
**Securing the rack:** For maximum stability and safety, bolting the rack to the floor is strongly recommended. Use appropriate anchoring hardware based on your specific flooring type to prevent movement during use.



# A. HYDRA 3 X 3 Inch Four Post Power Rack

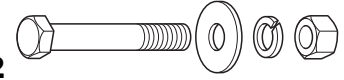
## TOOLS REQUIRED

24mm  
Wrench  
x2

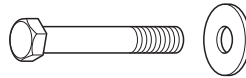


## PARTS LIST

- 1 M16x110mm bolt, M16 washer,  
M16 spring washer, M16 nut **x22**

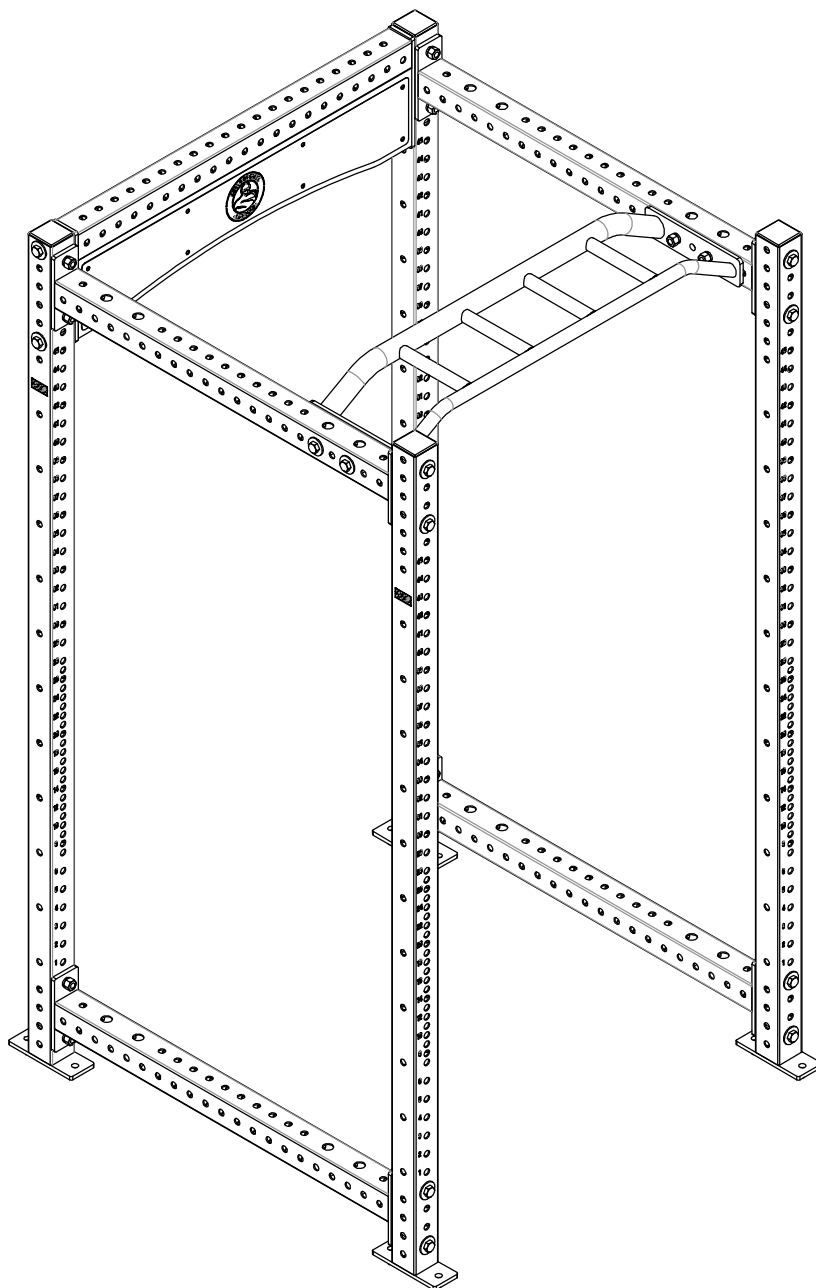


- 2 M16x110mm bolt,  
M16 washer **x2**



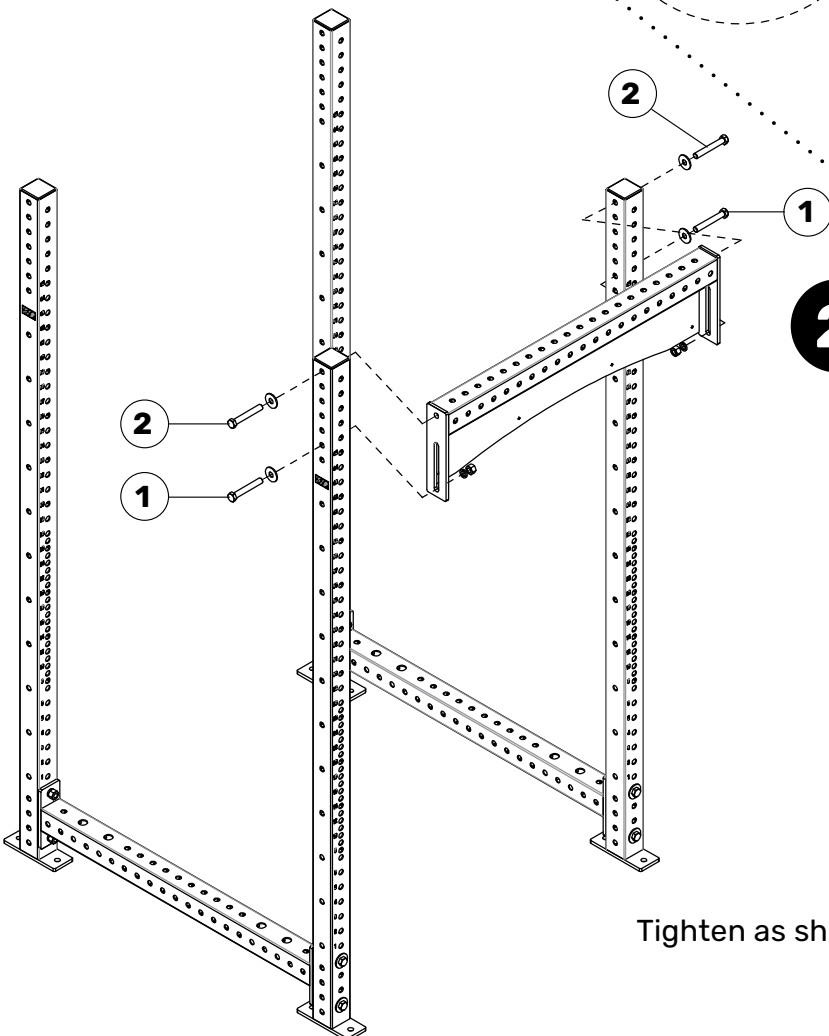
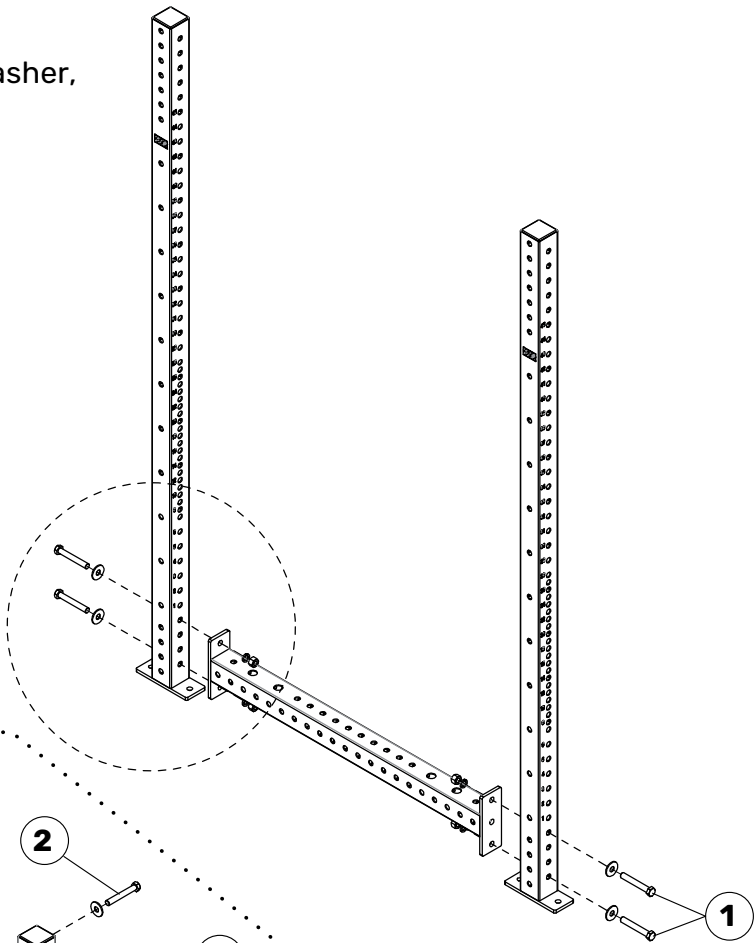
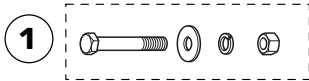
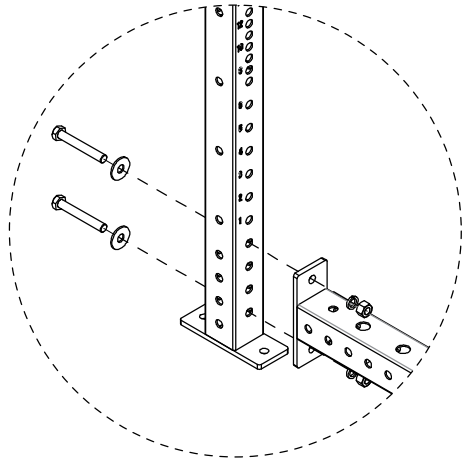
**Not  
included**

Ø12x75-Ø 14  
anchor bolt **x8**

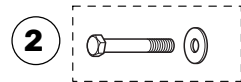
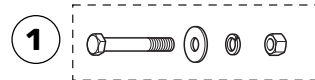


# A. ASSEMBLY

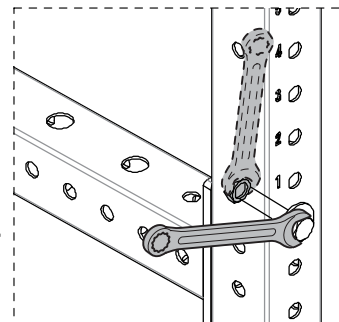
- 1** Assemble the uprights.  
Fix with M16x110mm bolt, M16 washer, M16 spring washer M16 nut (1).



- 2** Connect uprights by attaching rear crossmember. Fix with M16x110mm bolt, M16 washer, M16 spring washer M16 nut (1). And M16x110mm bolt, M16 washer set (2).



Tighten as shown.

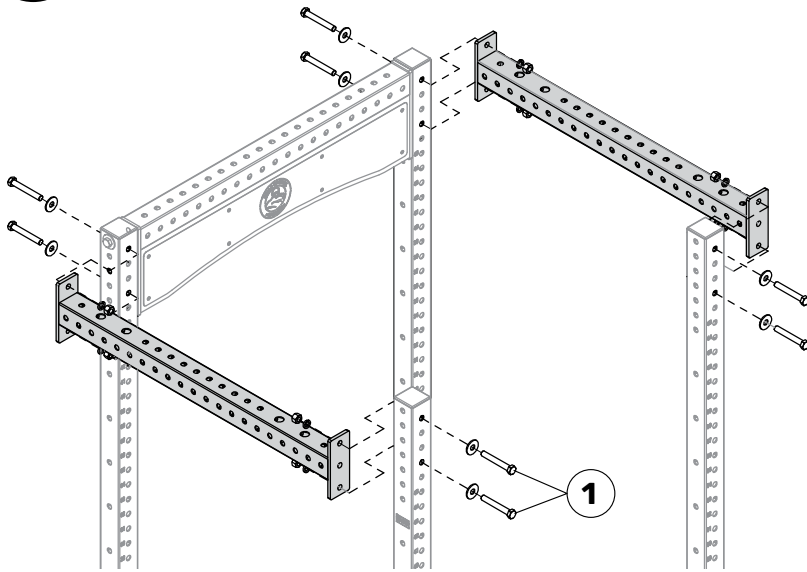


# A. ASSEMBLY

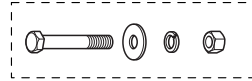
**3**

Attach side crossmembers.

Fix with M16x110mm bolt, M16 washer, M16 spring washer M16 nut (1).



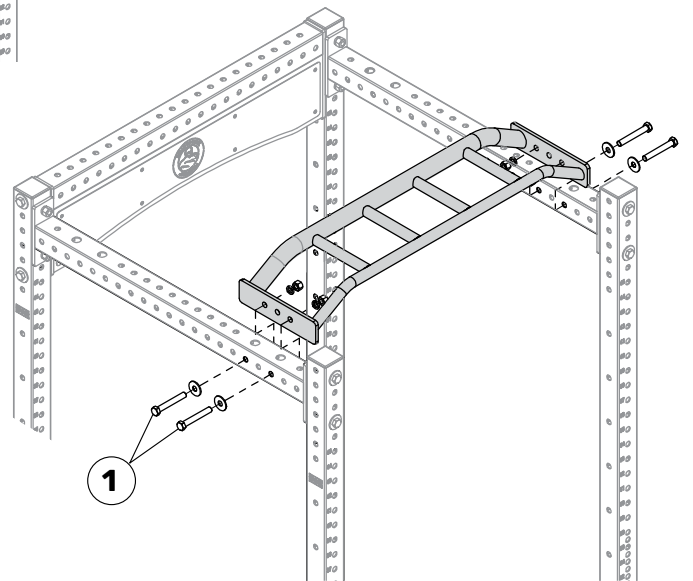
**1**



**4**

Attach front support.

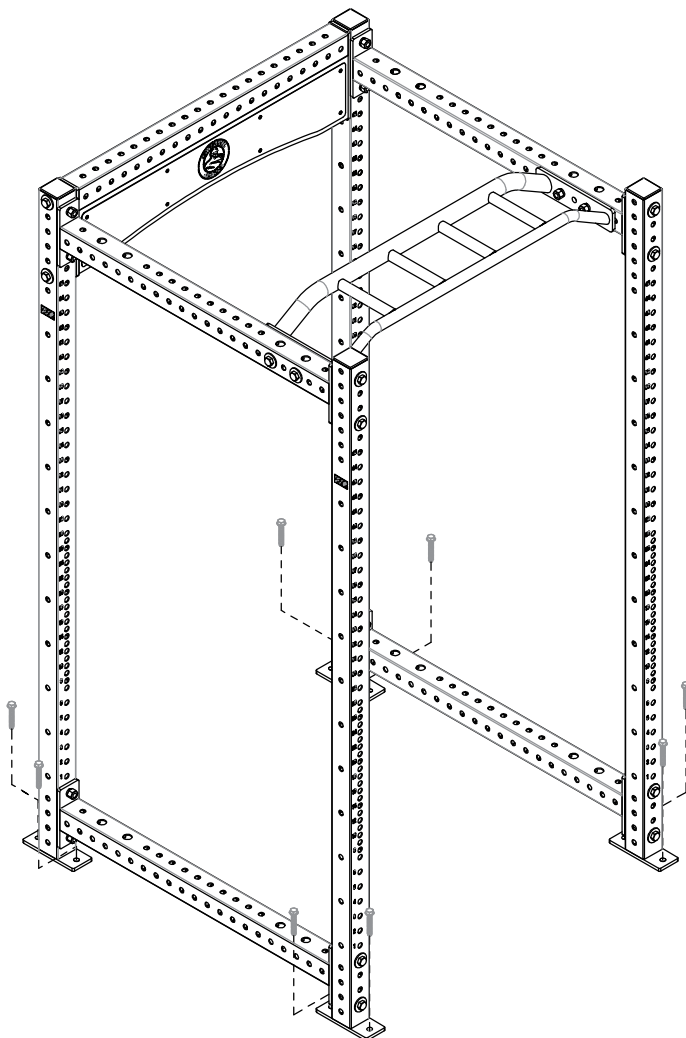
Fix with M16x110mm bolt, M16 washer, M16 spring washer and M16 nut (1).



**1**

**5**

If anchoring to the ground install anchor bolts.



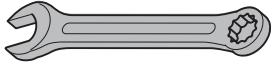
**Level uprights and beams before fully tightening.**



# B. HYDRA 3 X 3 Inch Flat Foot Power Rack

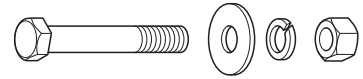
## TOOLS REQUIRED

24mm  
Wrench  
x2



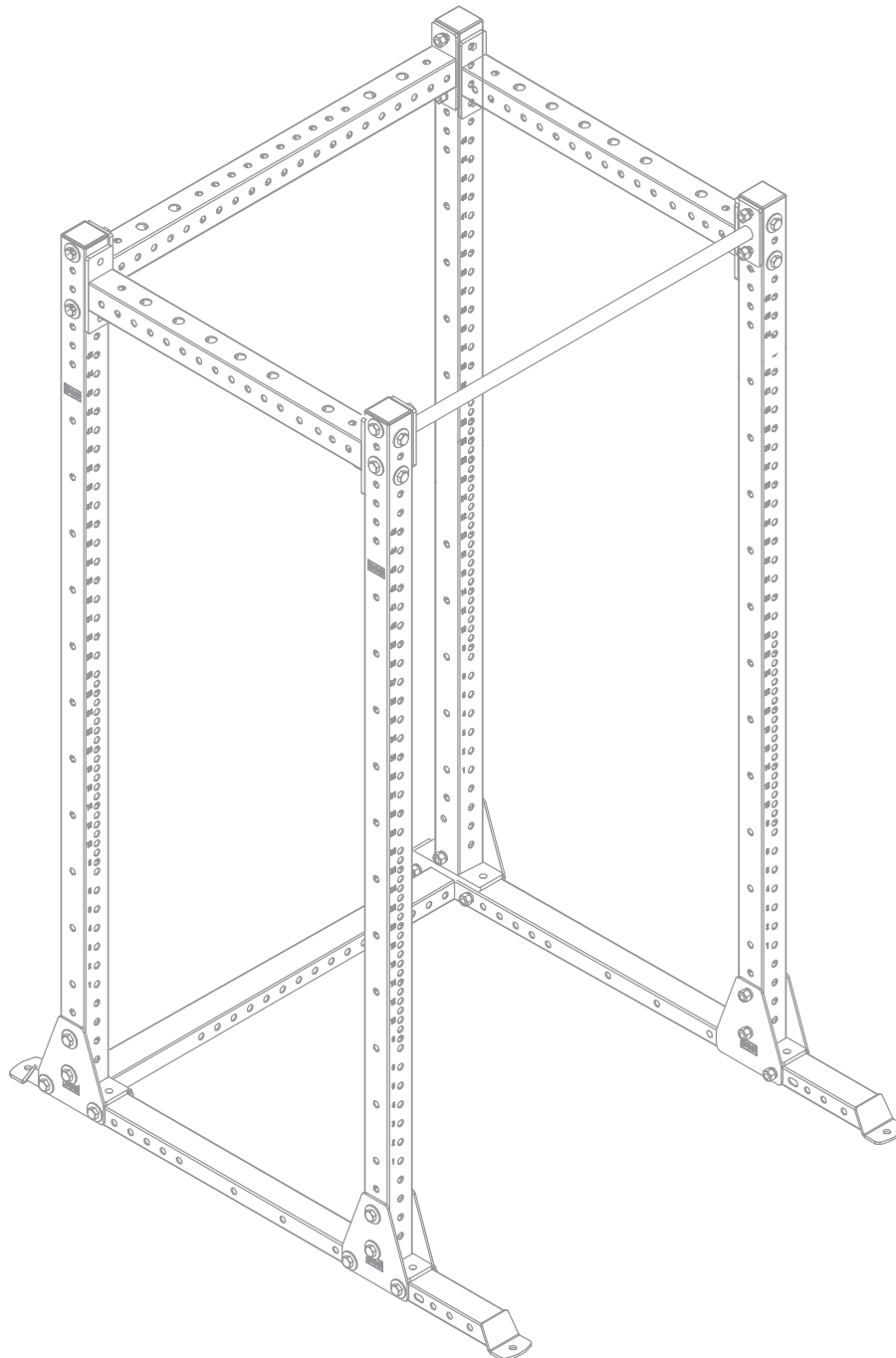
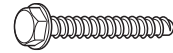
## PARTS LIST

1 M16x110mm bolt,  
M16 washer,  
M16 spring washer  
M16 nut x32



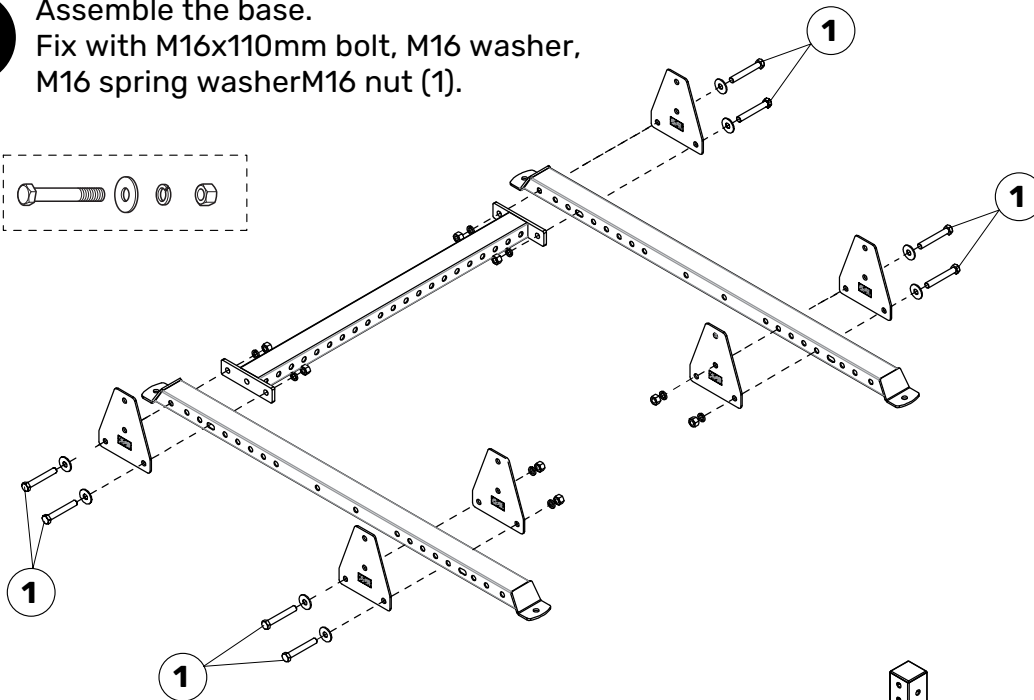
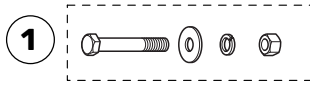
**Not  
included**

∅12x75-∅14  
anchor bolt x4

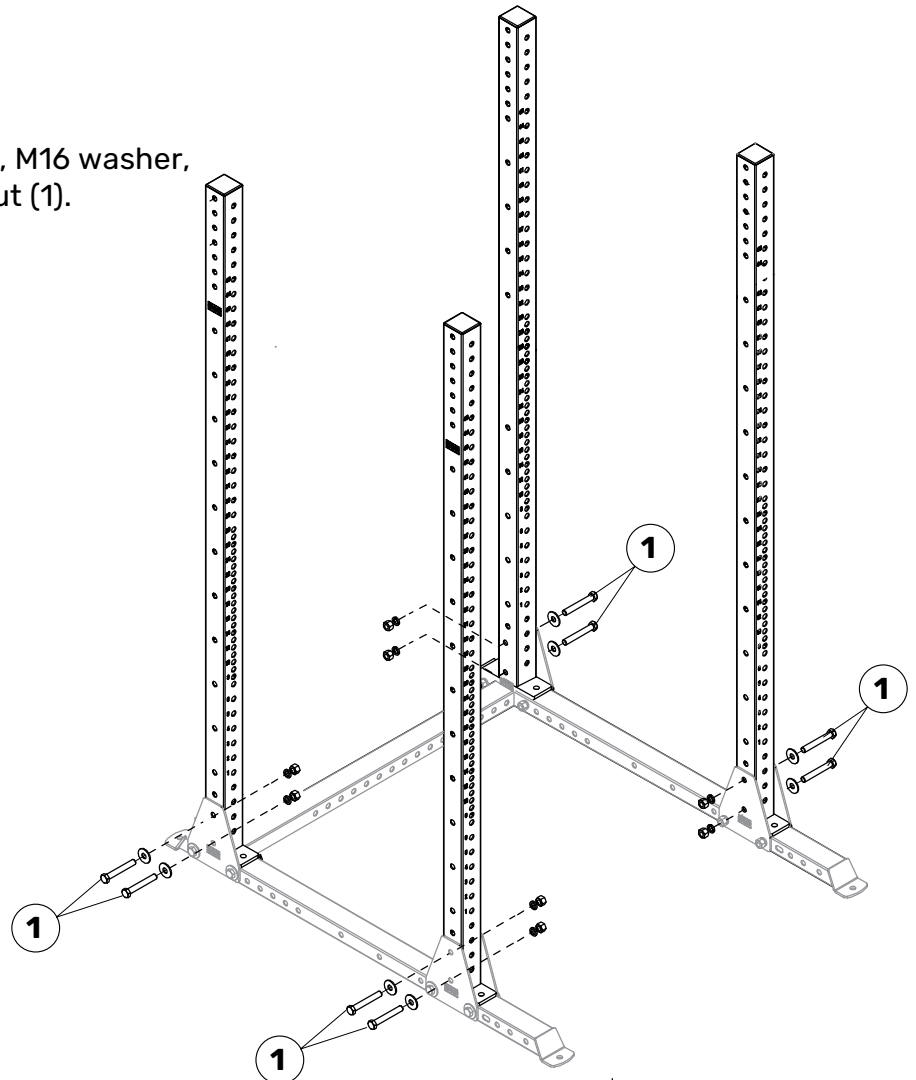
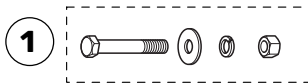


# B. ASSEMBLY

- 1** Assemble the base.  
Fix with M16x110mm bolt, M16 washer, M16 spring washer M16 nut (1).

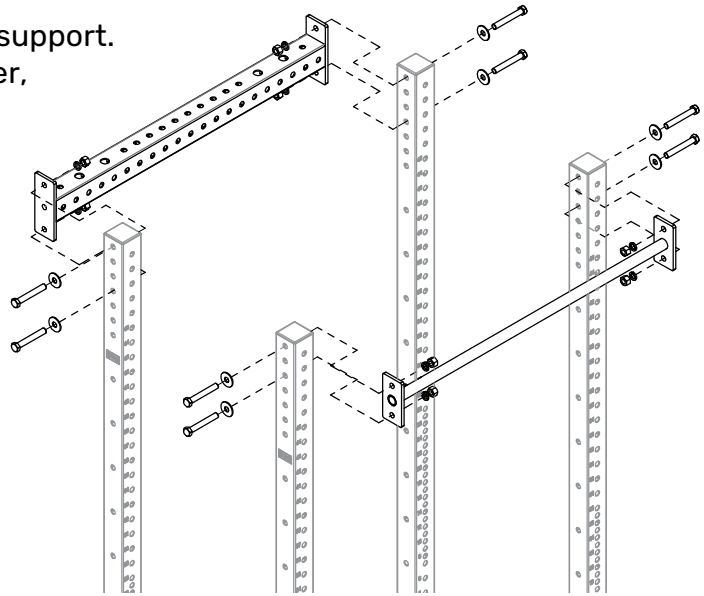
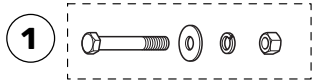


- 2** Install the uprights.  
Fix with M16x110mm bolt, M16 washer, M16 spring washer M16 nut (1).

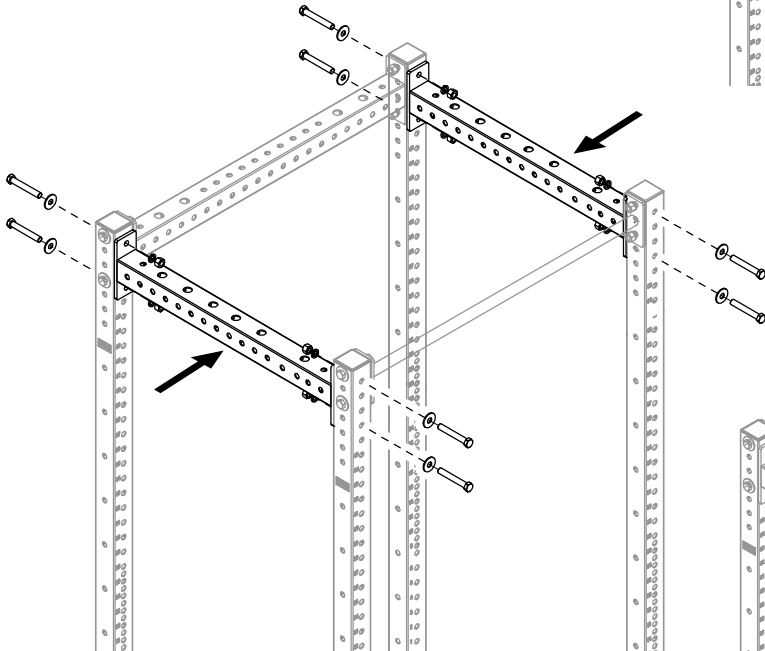


# B. ASSEMBLY

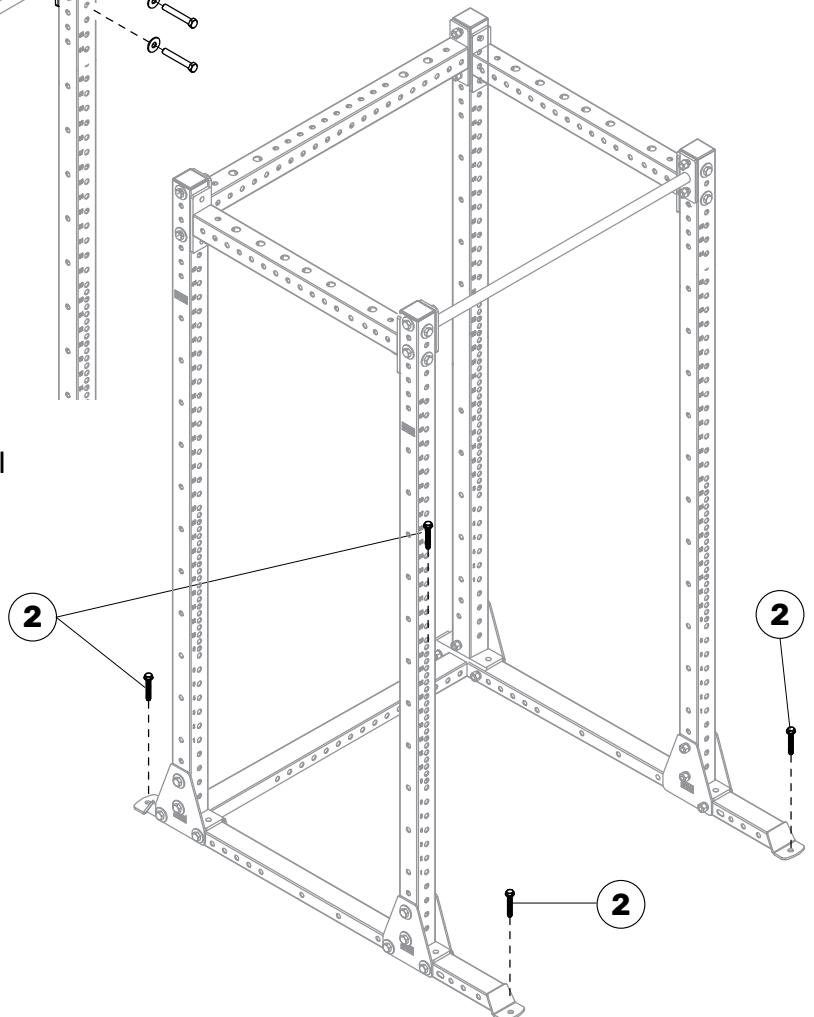
- 3** Attach rear crossmember and front support. Fix with M16x110mm bolt, M16 washer, M16 spring washer M16 nut (1).



- 4** Attach side crossmembers. Fix with M16x110mm bolt, M16 washer, M16 spring washer M16 nut (1).



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



# C. HYDRA 3 X 3 Inch Six Post Power Rack

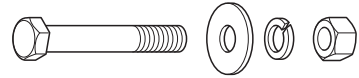
## TOOLS REQUIRED

24mm  
Wrench  
x2

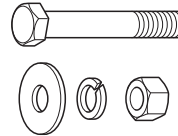


## PARTS LIST

- 1 M16x120mm bolt,  
M16 washer,  
M16 spring washer  
M16 nut **x8**

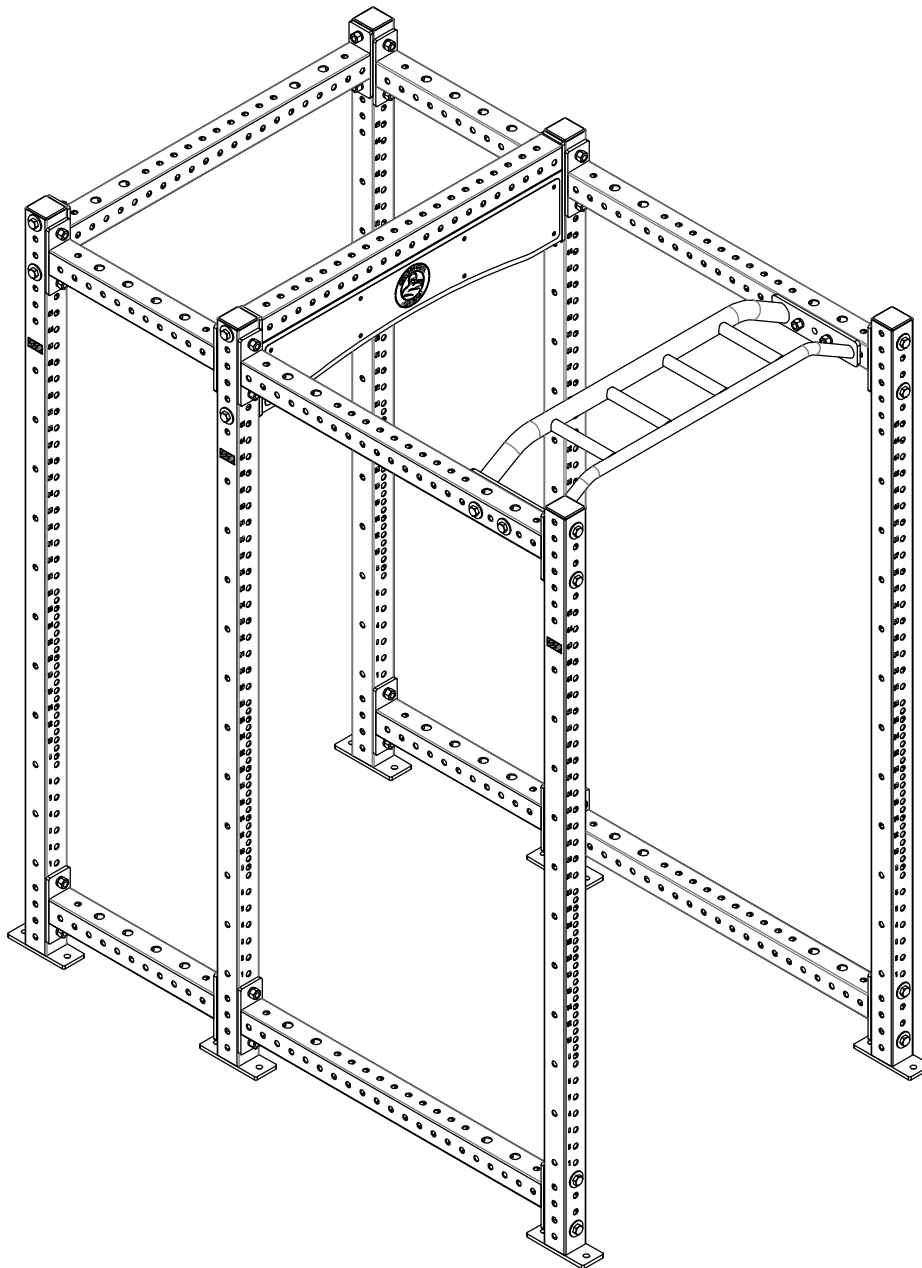


- 2 M16x110mm bolt,  
M16 washer,  
M16 spring washer  
M16 nut **x28**



**Not  
included**

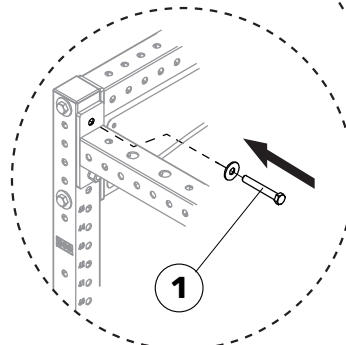
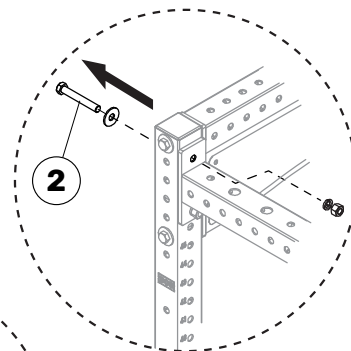
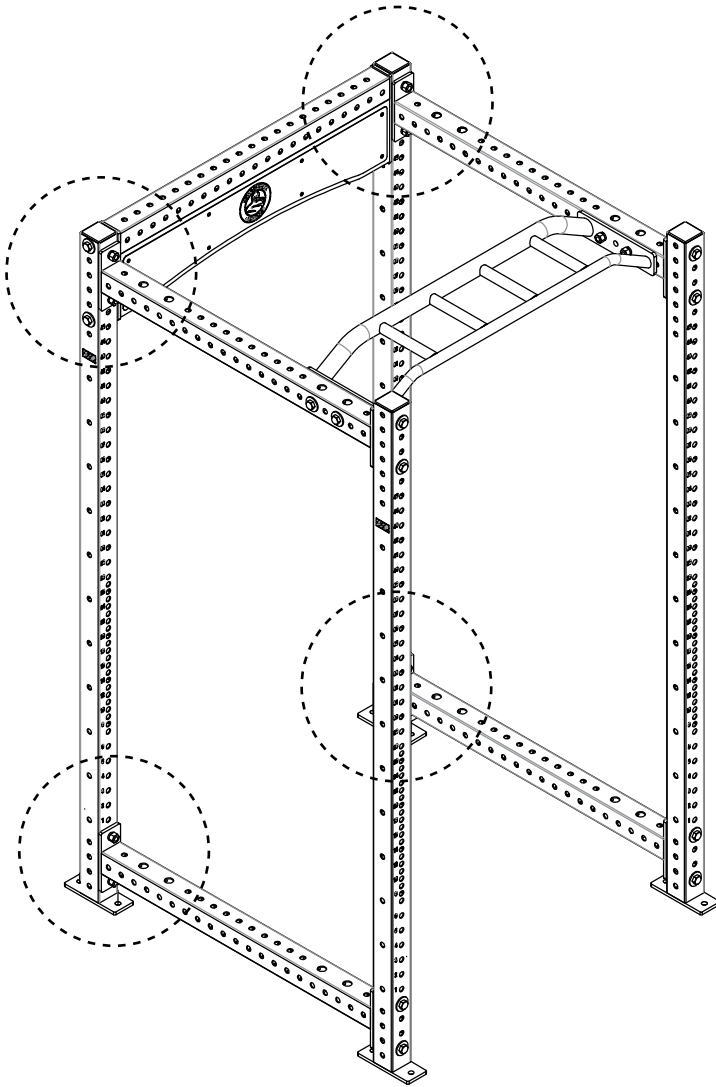
∅12x75-∅14  
anchor bolt **x12**



# C. ASSEMBLY

For steps **1** to **4** please follow HYDRA 3 X 3 Inch Four Post Power Rack on Page 3 & Page 4.

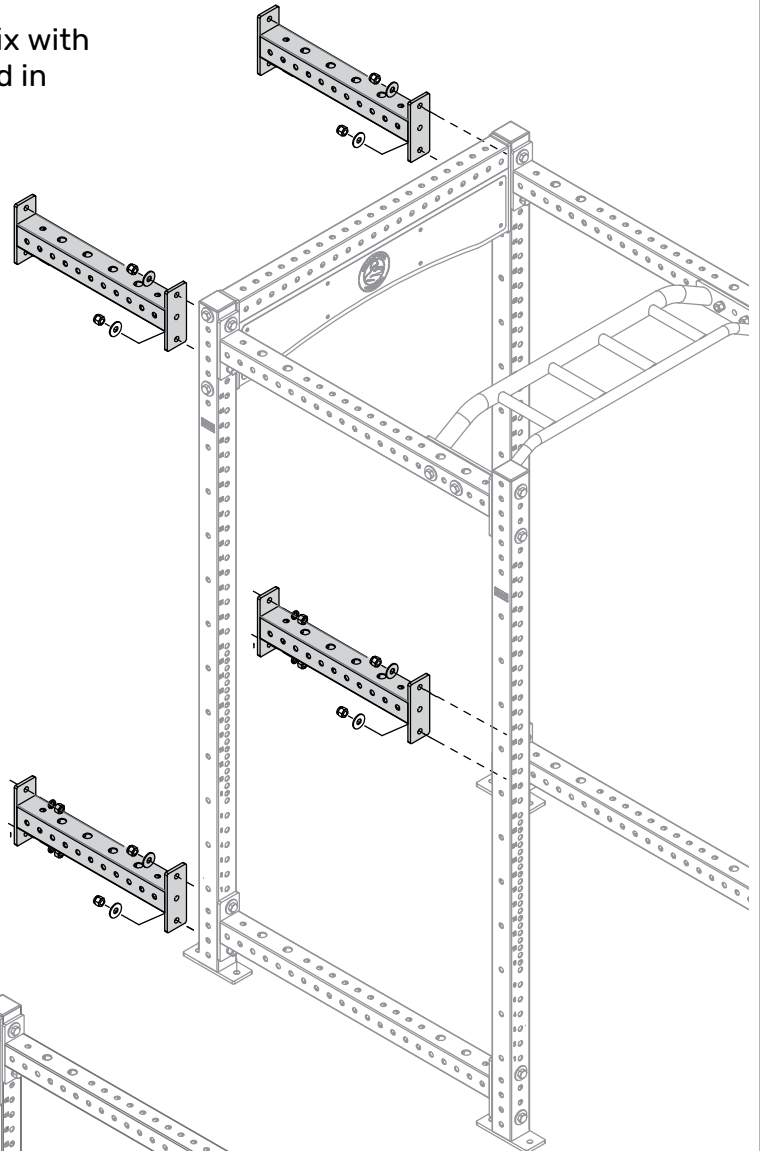
- 5** Remove M16x110 bolt set (2) and replace with M16 x 120 both set (1) but do not install M10 washer and M10 nut.



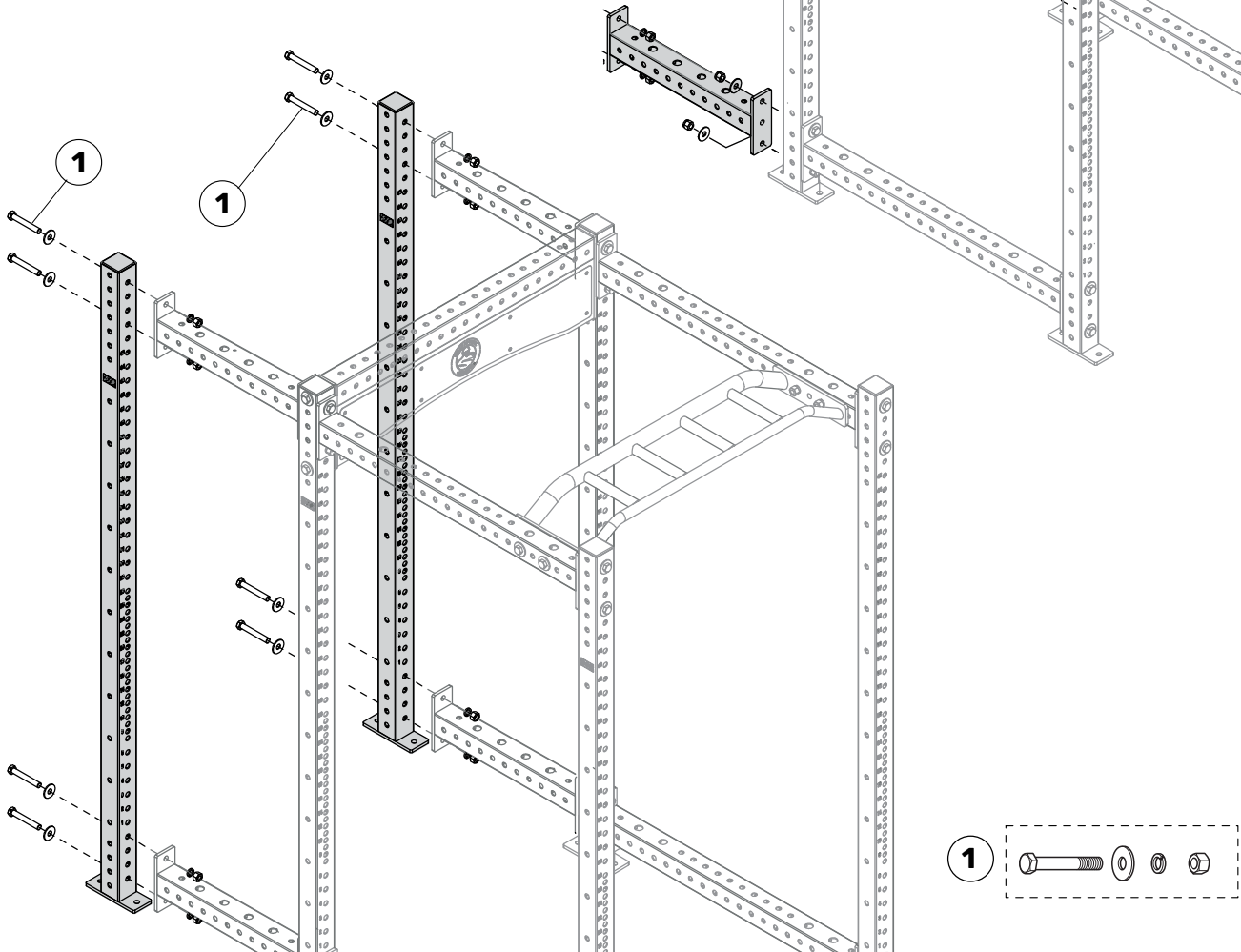
Repeat on all  
8 M16x110 bolts.

# C. ASSEMBLY

**6** Attach rear side crossmembers and fix with M16 washer and M16 nut you removed in previous step.

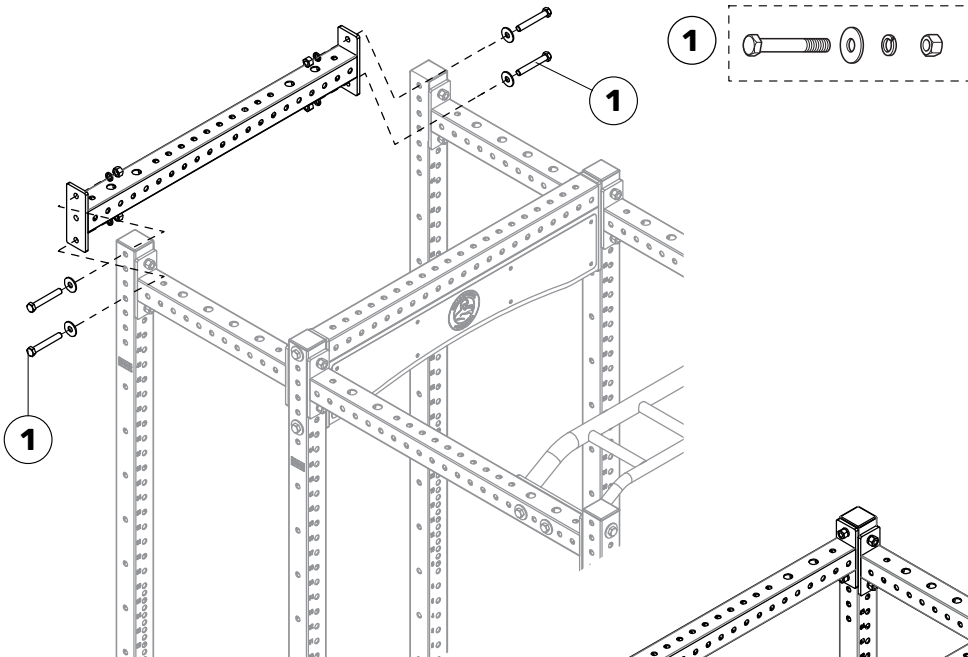


**7** Attach 2 rear uprights, Fix with M16x110mm bolt, M16 washer, M16 spring washer M16 nut (1).

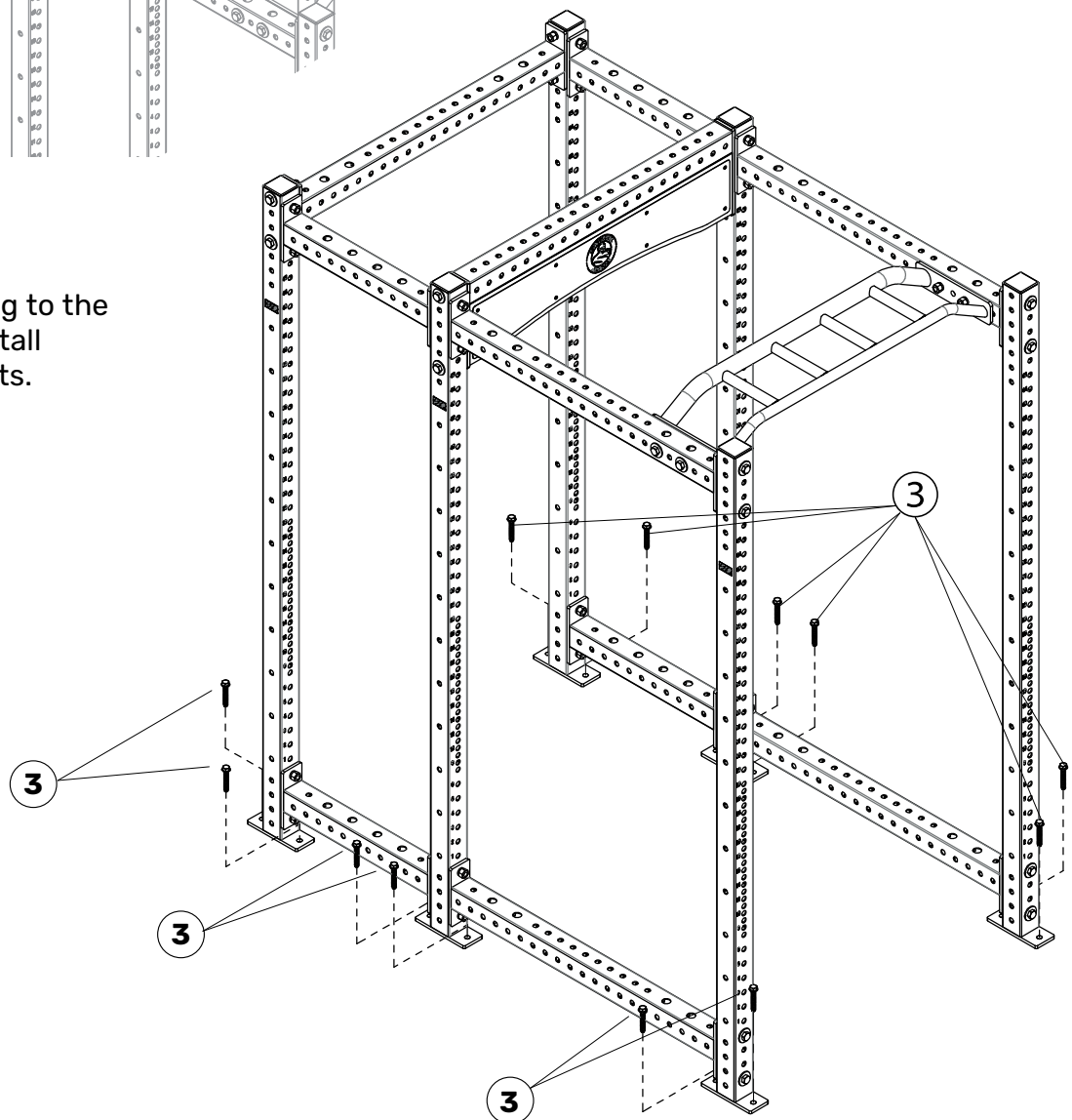


# C. ASSEMBLY

- 8** Attach rear crossmembers, Fix with M16x110mm bolt, M16 washer, M16 spring washer M16 nut (1).



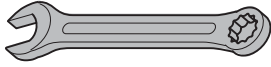
- 9** If anchoring to the ground install anchor bolts.



# D. HYDRA 3 X 3 Inch Four Post Collegiate Rack

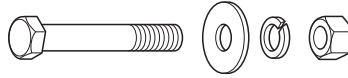
## TOOLS REQUIRED

24mm  
Wrench  
x2

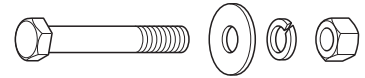


## PARTS LIST

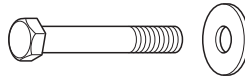
1 M16x120mm bolt,  
M16 washer,  
M16 spring washer  
M16 nut **x4**



2 M16x110mm bolt,  
M16 washer,  
M16 spring washer  
M16 nut **x18**

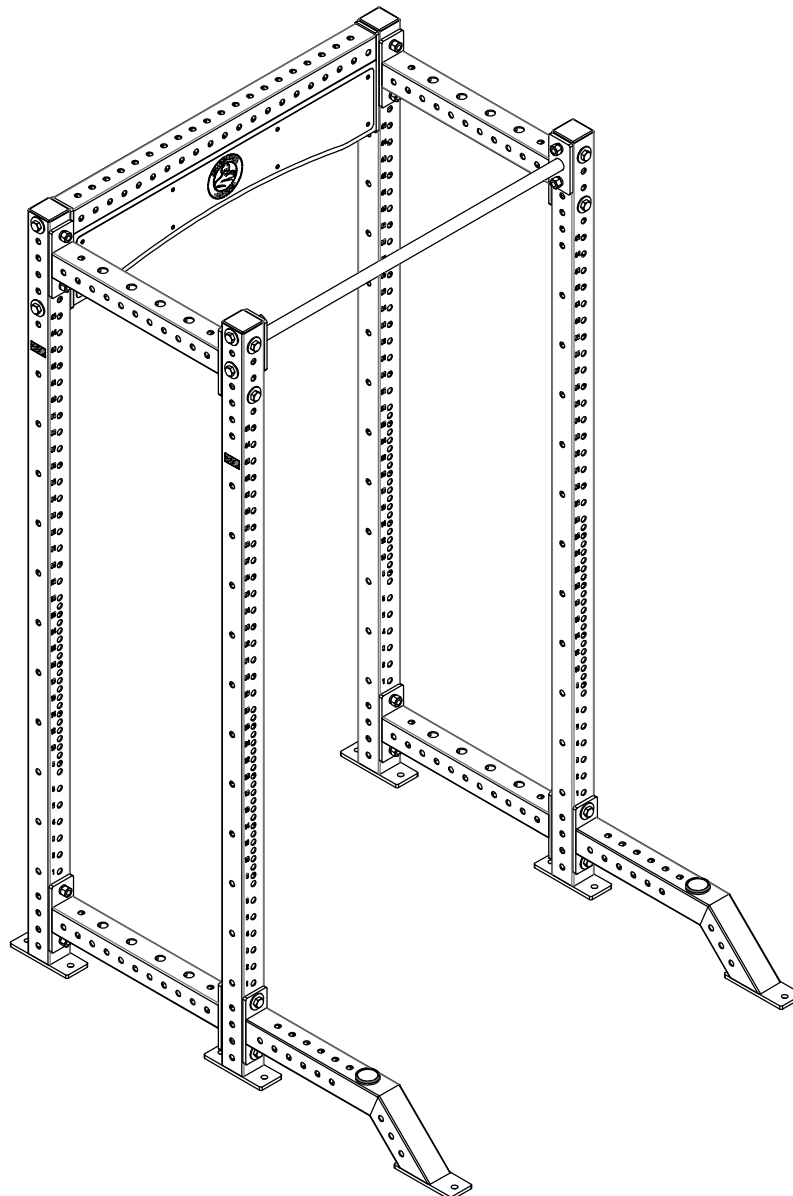


3 M16x110mm bolt,  
M16 washer **x2**



**Not  
included**

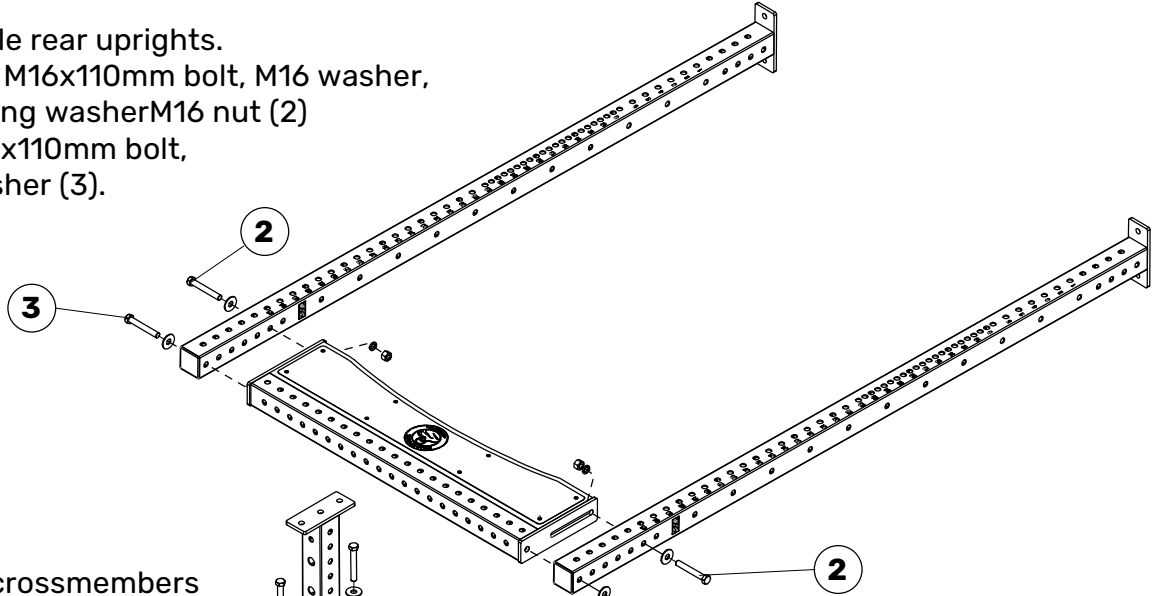
∅12x75- 14∅  
anchor bolt **x10**



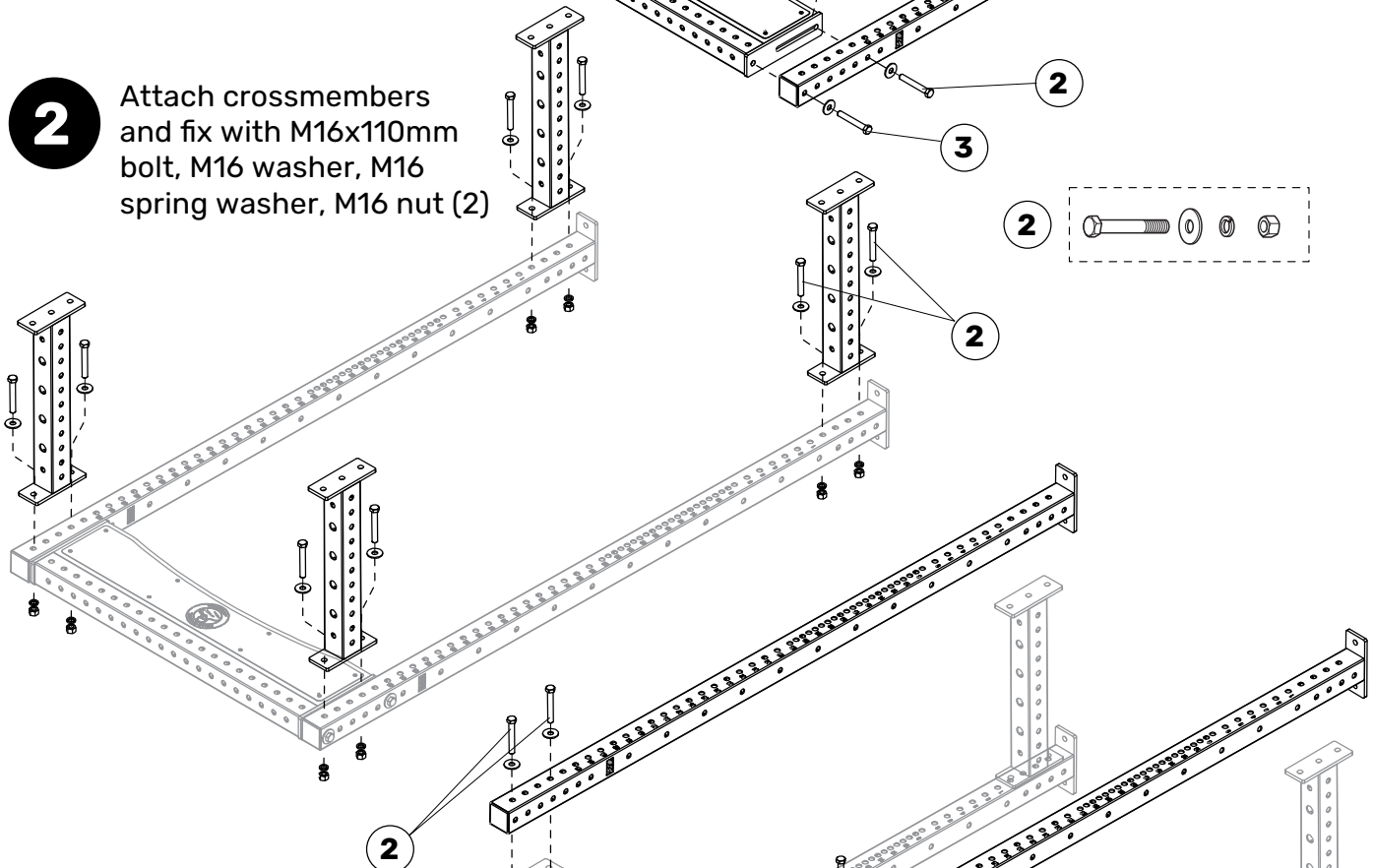


# D. ASSEMBLY

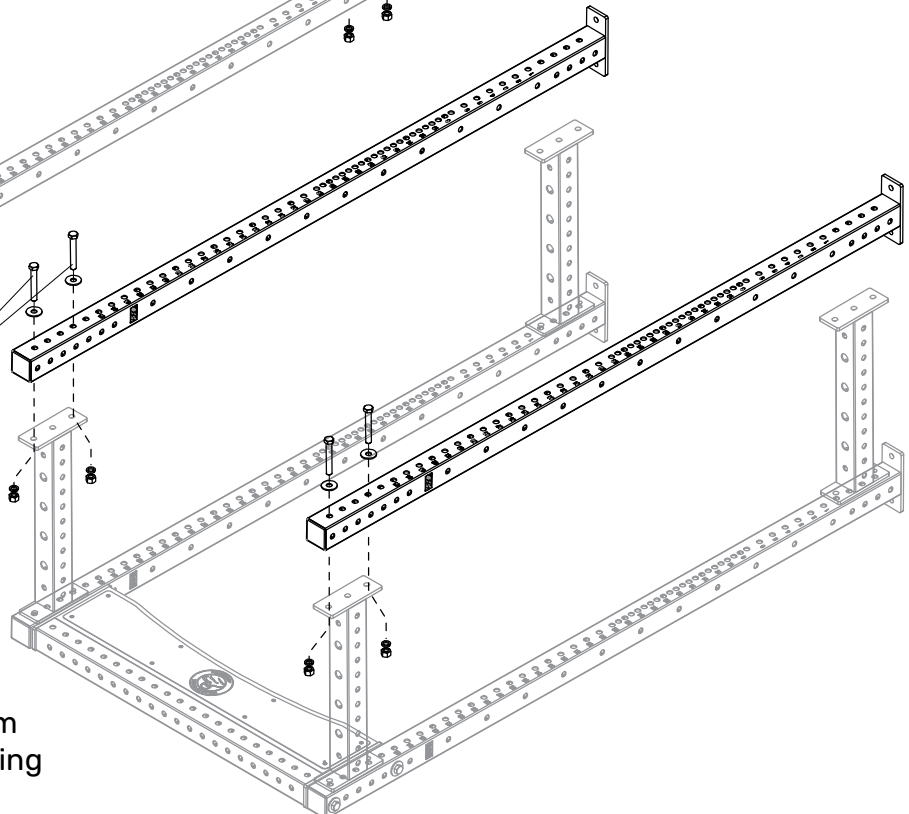
- 1** Assemble rear uprights.  
Fix with M16x110mm bolt, M16 washer,  
M16 spring washer, M16 nut (2)  
and M16x110mm bolt,  
M16 washer (3).



- 2** Attach crossmembers and fix with M16x110mm  
bolt, M16 washer, M16  
spring washer, M16 nut (2)



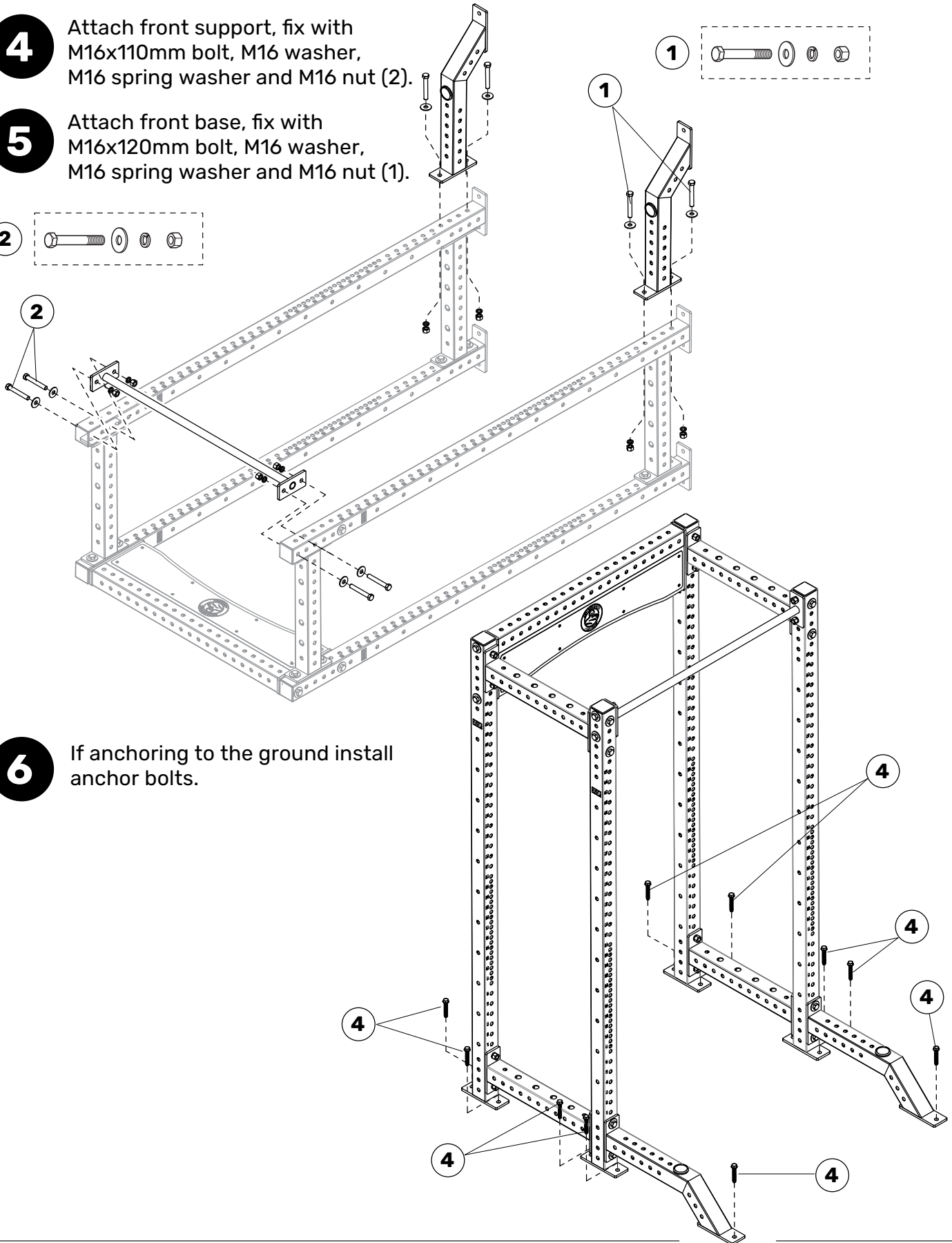
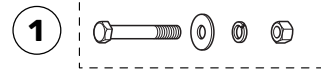
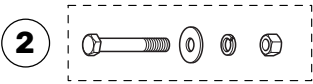
- 3** Attach front upright, fix  
top holes with M16x110mm  
bolt, M16 washer, M16 spring  
washer, M16 nut (2).



# D. ASSEMBLY

**4** Attach front support, fix with M16x110mm bolt, M16 washer, M16 spring washer and M16 nut (2).

**5** Attach front base, fix with M16x120mm bolt, M16 washer, M16 spring washer and M16 nut (1).

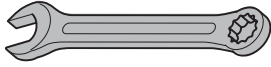


**6** If anchoring to the ground install anchor bolts.

# E. HYDRA 3 X 3 Inch Squat Stand

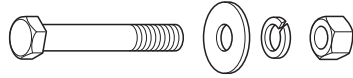
## TOOLS REQUIRED

24mm  
Wrench  
x2



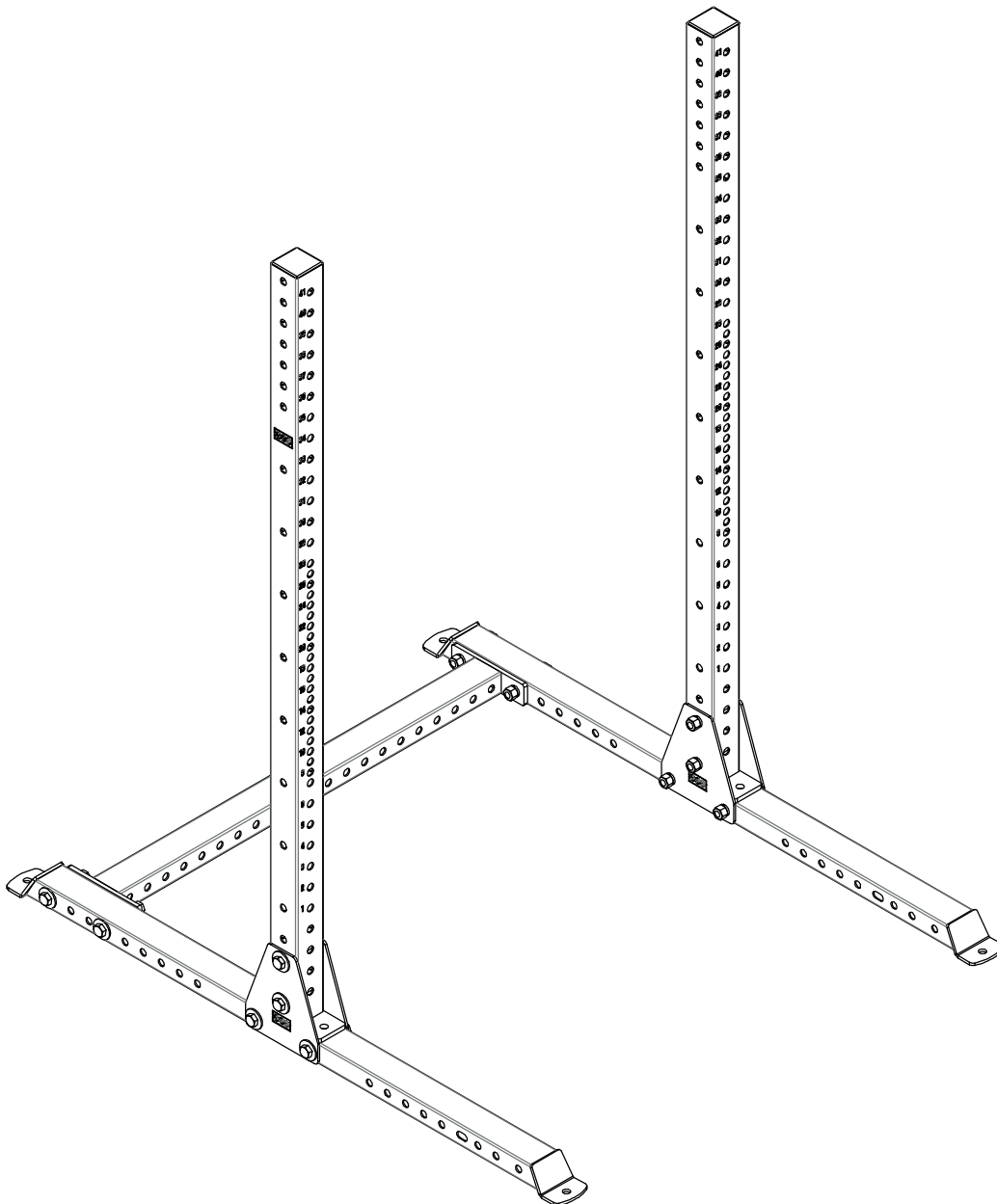
## PARTS LIST

- ① M16x110mm bolt,  
M16 washer,  
M16 spring washer  
M16 nut **x12**



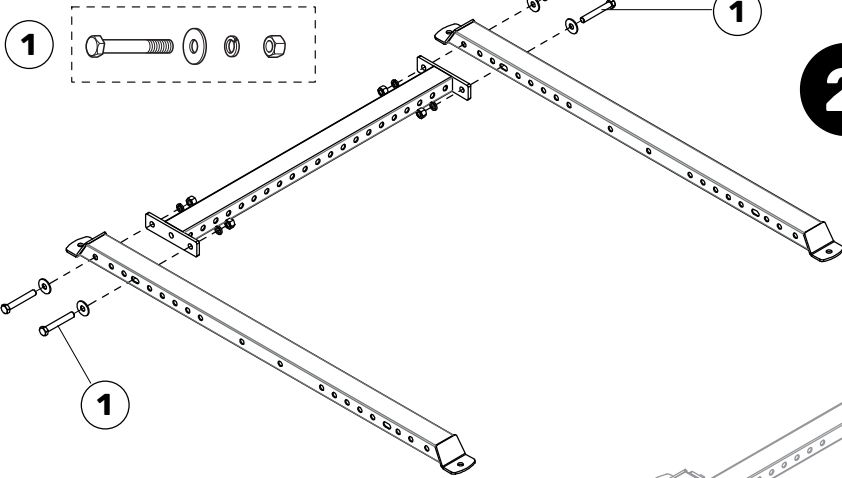
**Not  
included**

Ø12x75- 14Ø  
anchor bolt **x10**

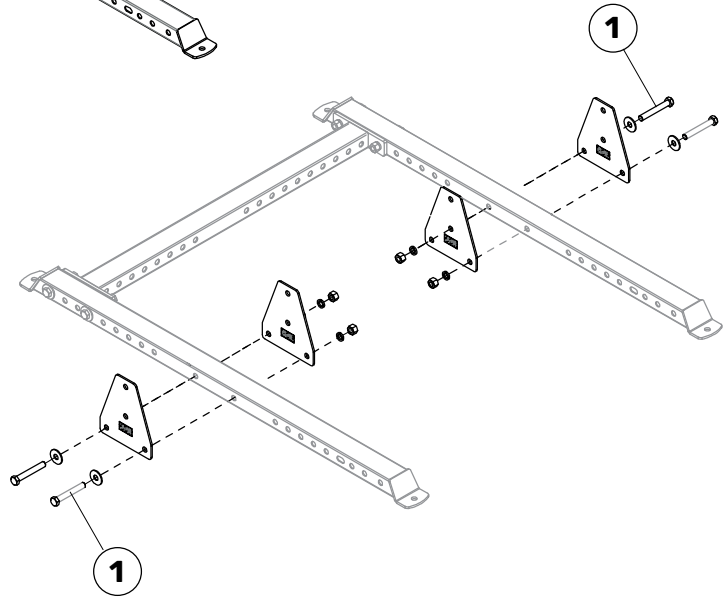


# E. ASSEMBLY

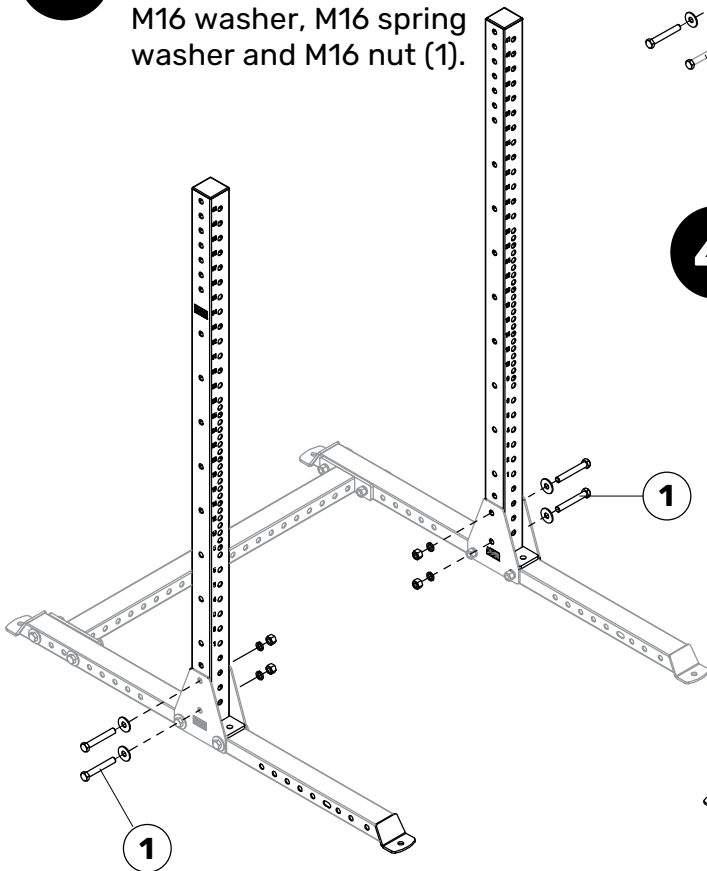
**1** Assemble the base. Fix with M16x110mm bolt, M16 washer, M16 spring washer and M16 nut (1).



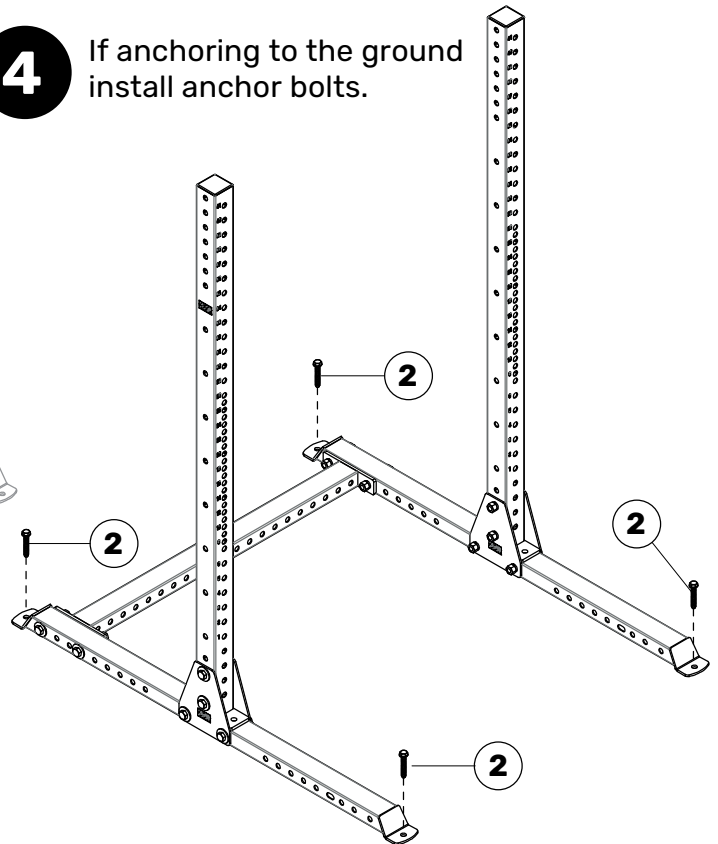
**2** Attach upright brackets. Fix with M16x110mm bolt, M16 washer, M16 spring washer and M16 nut (1).



**3** Attach uprights. Fix with M16x110mm bolt, M16 washer, M16 spring washer and M16 nut (1).



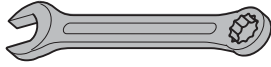
**4** If anchoring to the ground install anchor bolts.



# F. HYDRA 3 X 3 Inch Half Rack

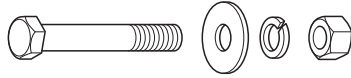
## TOOLS REQUIRED

24mm  
Wrench  
x2



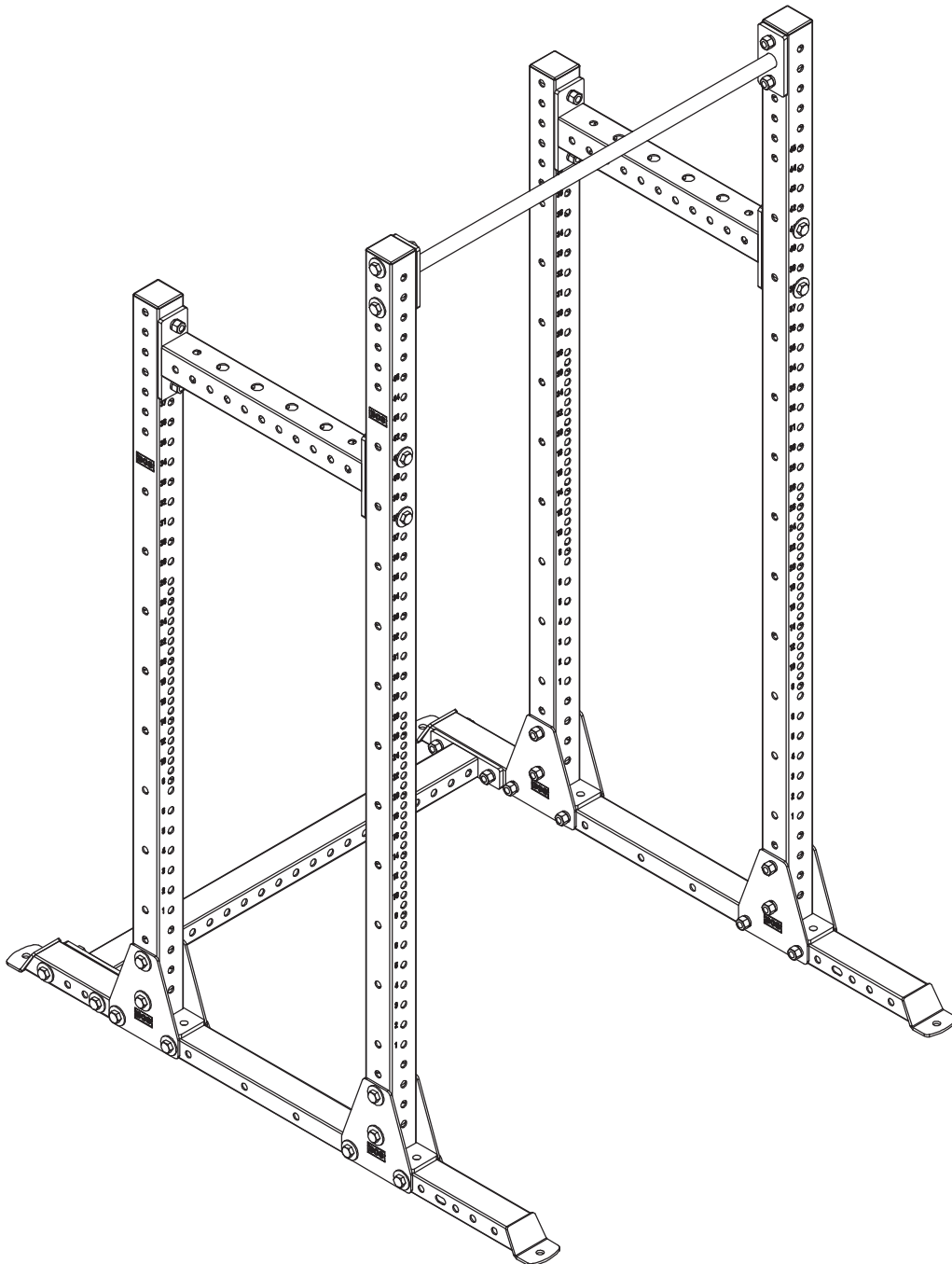
## PARTS LIST

- ① M16x110mm bolt,  
M16 washer,  
M16 spring washer  
M16 nut **x32**



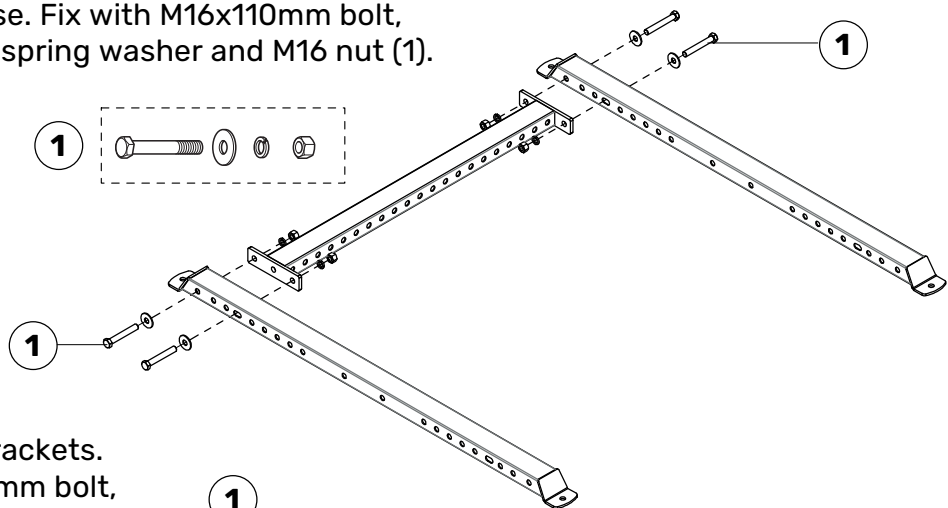
**Not  
included**

∅12x75- 14∅  
anchor bolt **x4**

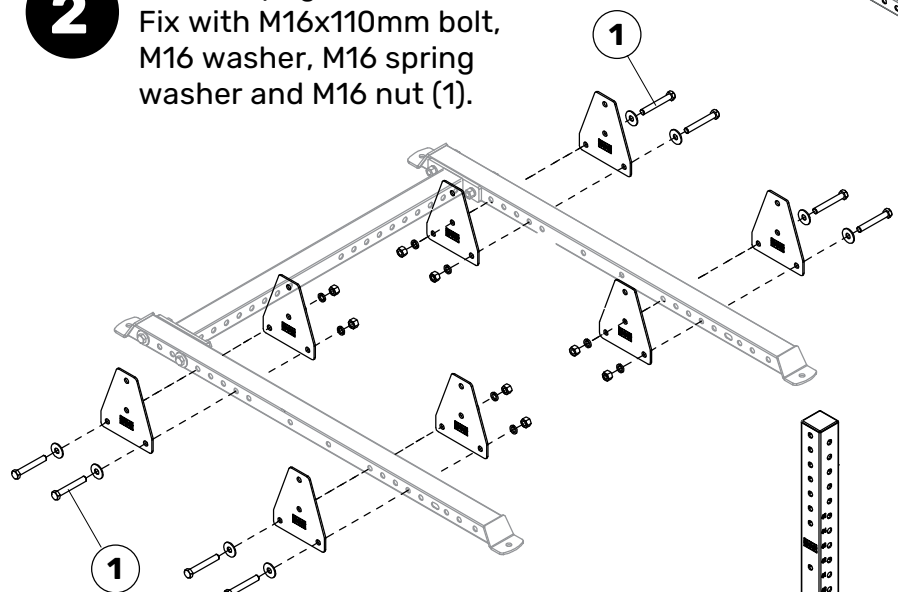


# F. ASSEMBLY

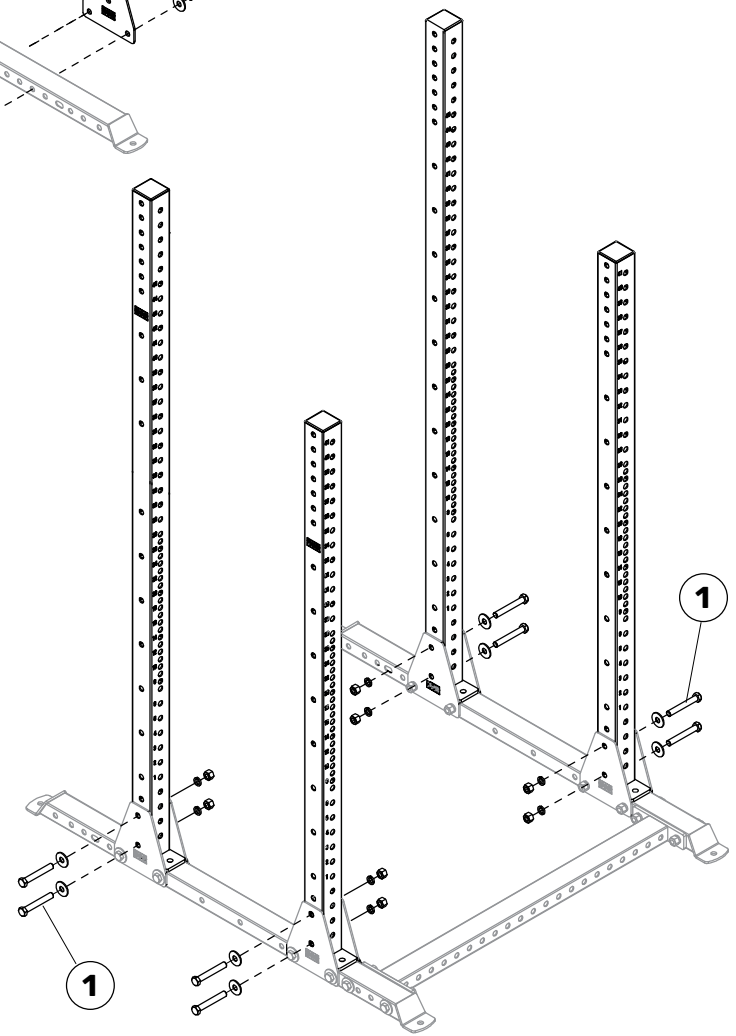
- 1** Assemble the base. Fix with M16x110mm bolt, M16 washer, M16 spring washer and M16 nut (1).



- 2** Attach upright brackets. Fix with M16x110mm bolt, M16 washer, M16 spring washer and M16 nut (1).

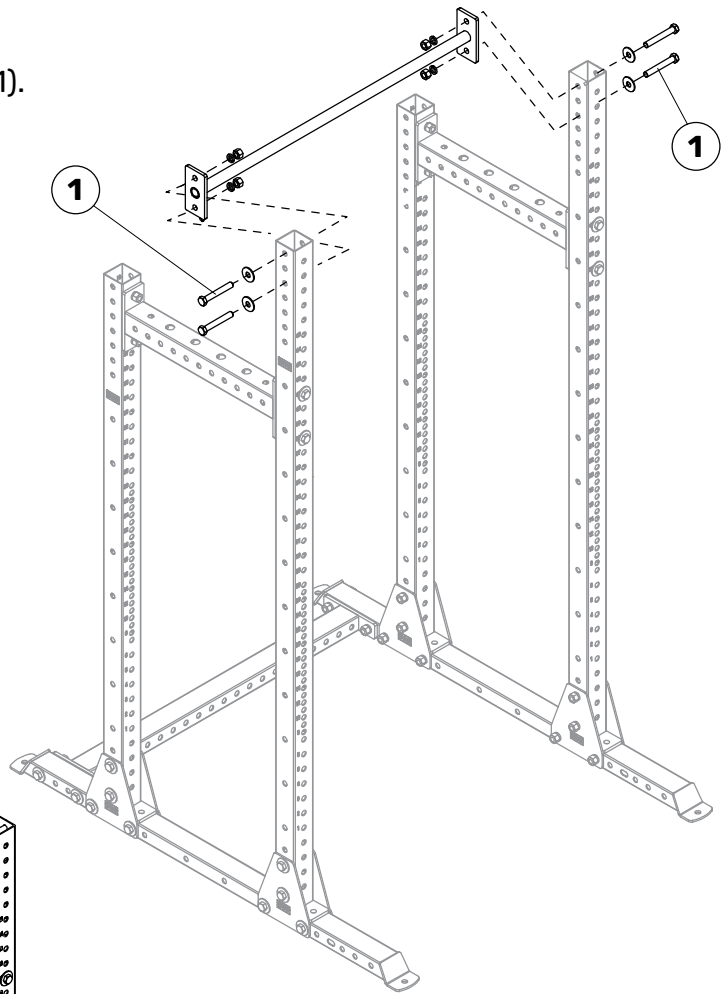
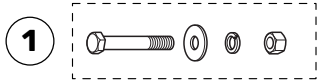


- 3** Attach uprights. Fix with M16x110mm bolt, M16 washer, M16 spring washer and M16 nut (1).

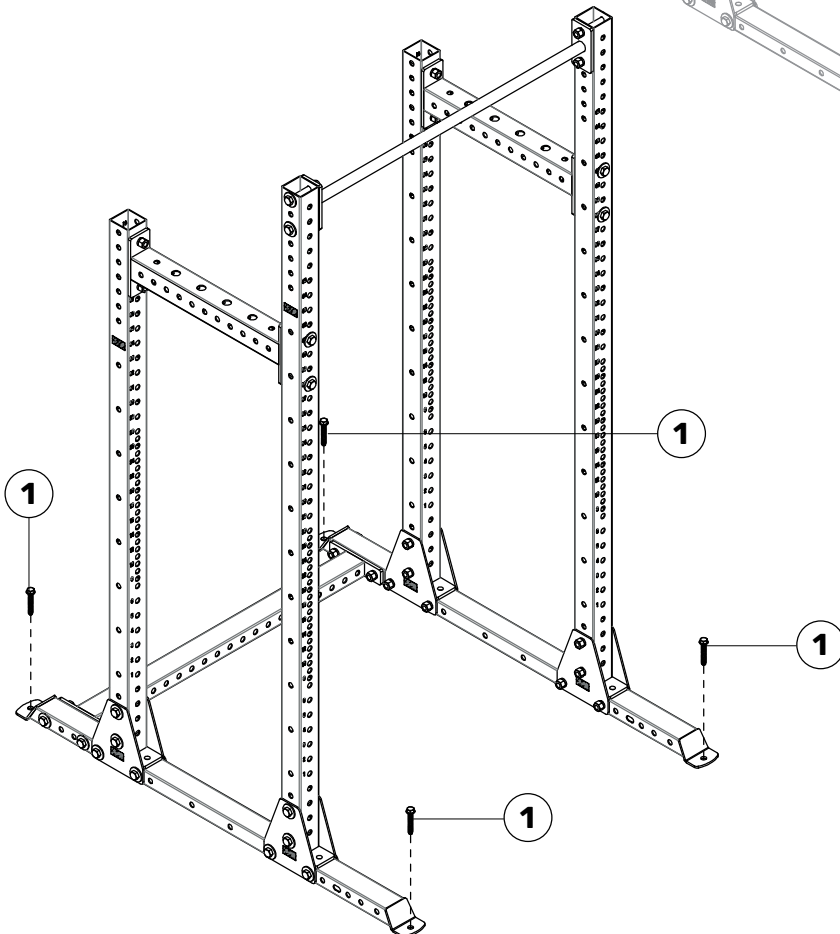


# F. ASSEMBLY

- 4** Attach front support, fix with M16x110mm bolt, M16 washer, M16 spring washer and M16 nut (1).



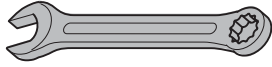
- 5** If anchoring to the ground install anchor bolts.



# G. Roc Foldable Cage

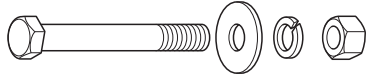
## TOOLS REQUIRED

24mm  
Wrench  
x2

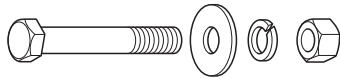


## PARTS LIST

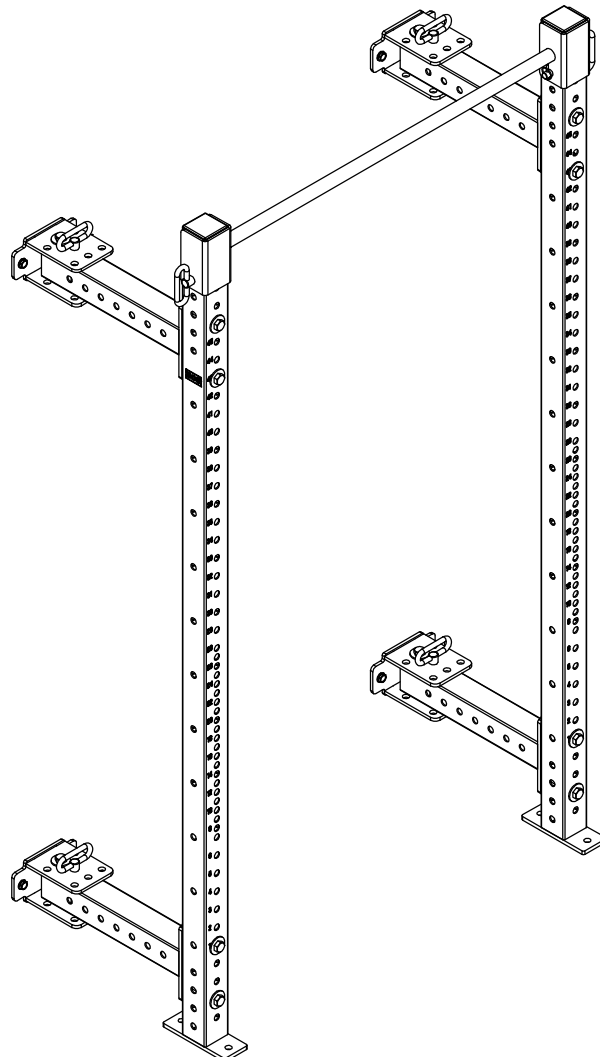
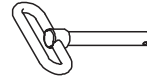
1 M16x130mm bolt,  
M16 washer,  
M16 spring washer  
M16 nut **x4**



2 M16x110mm bolt,  
M16 washer,  
M16 spring washer  
M16 nut **x8**



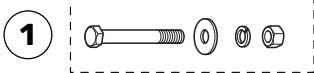
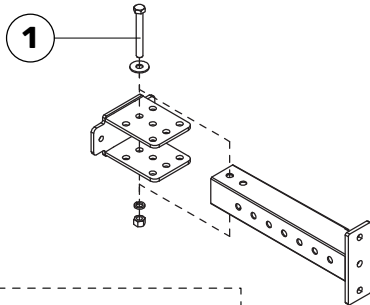
3  $\varnothing 15.8$   
Pinball pin **x6**



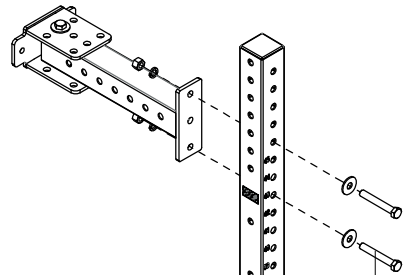
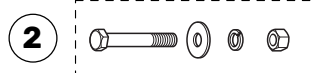


# G. ASSEMBLY

- 1** Assemble 4 crossmembers, fix with M16x130mm bolt, M16 washer, M16 spring washer and M16 nut (1).

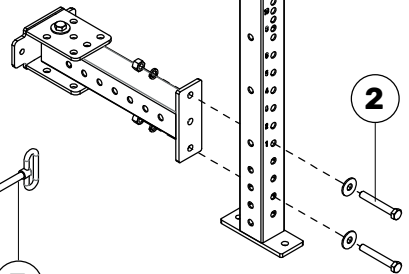
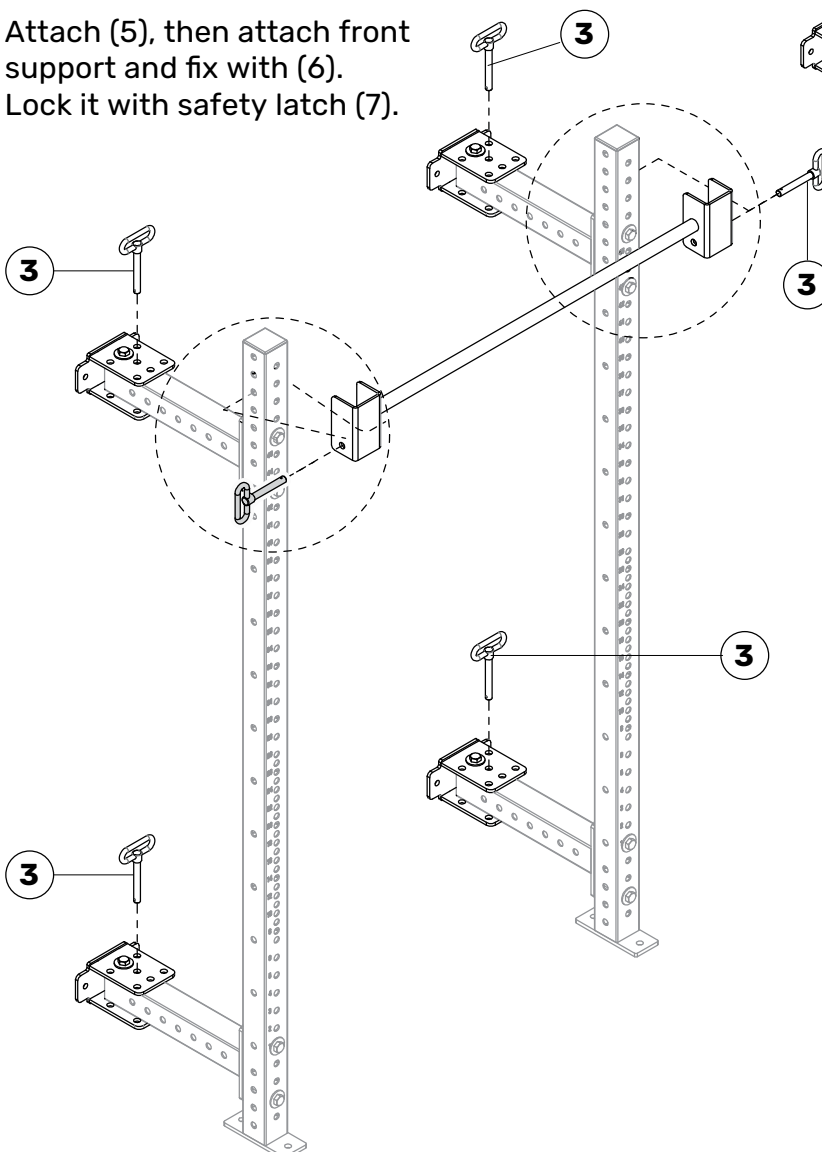


- 2** Attach the beams to the upright, fix with M16x110mm bolt, M16 washer, M16 spring washer and M16 nut (1). Make 2 sets.



**2**

- 3** Attach (5), then attach front support and fix with (6). Lock it with safety latch (7).

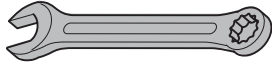


**2**

# H. Roc Foldable 4 Post Cage

## TOOLS REQUIRED

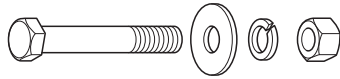
24mm  
Wrench  
x2



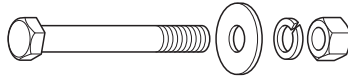
## PARTS LIST

### PARTS LIST

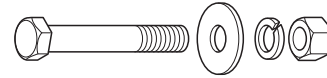
1 M16x130mm bolt,  
M16 washer,  
M16 spring washer  
M16 nut **x4**



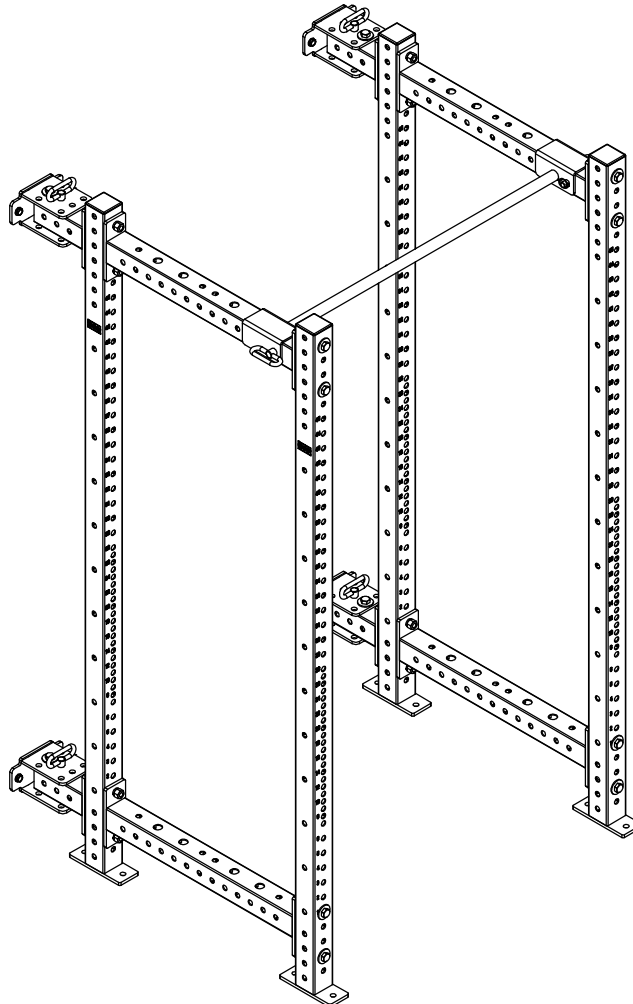
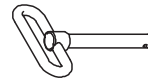
2 M16x120mm bolt,  
M16 washer,  
M16 spring washer  
M16 nut **x8**



3 M16x110mm bolt,  
M16 washer,  
M16 spring washer  
M16 nut **x8**

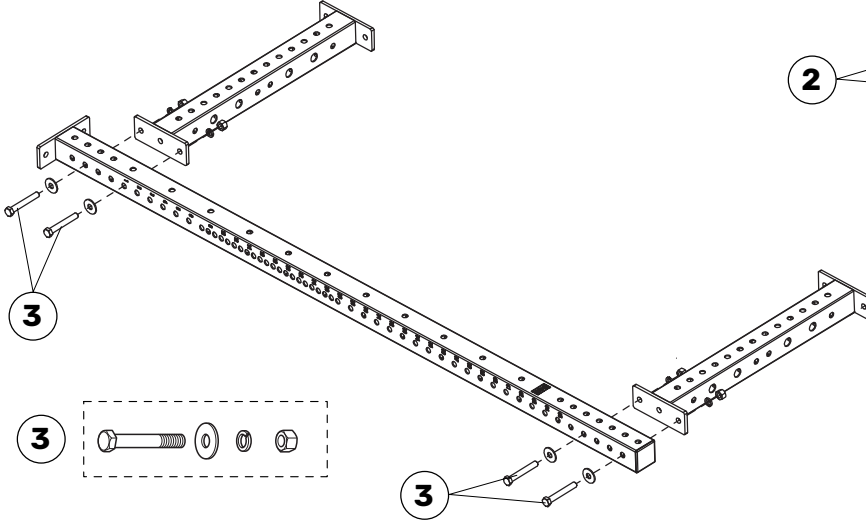


4  $\varnothing 15.8$   
Pinball pin **x6**

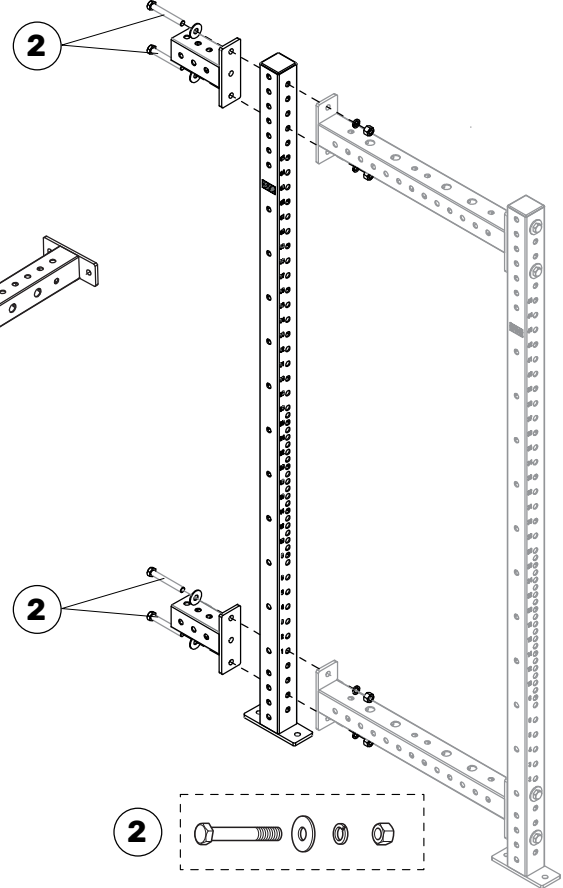


# H. ASSEMBLY

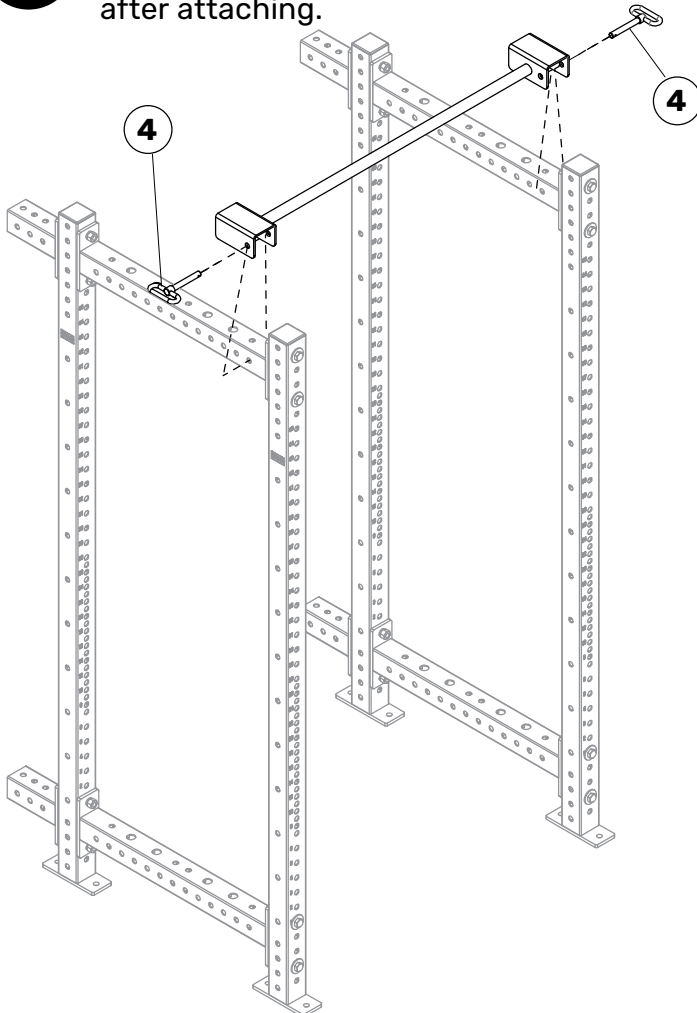
- 1** Attach 2 beams to upright, fix with M16x110mm bolt, M16 washer, M16 spring washer and M16 nut (3).



- 2** Install other upright and short beam, fix with M16x120mm bolt, M16 washer, M16 spring washer M16 nut (1). Make 2 sets.

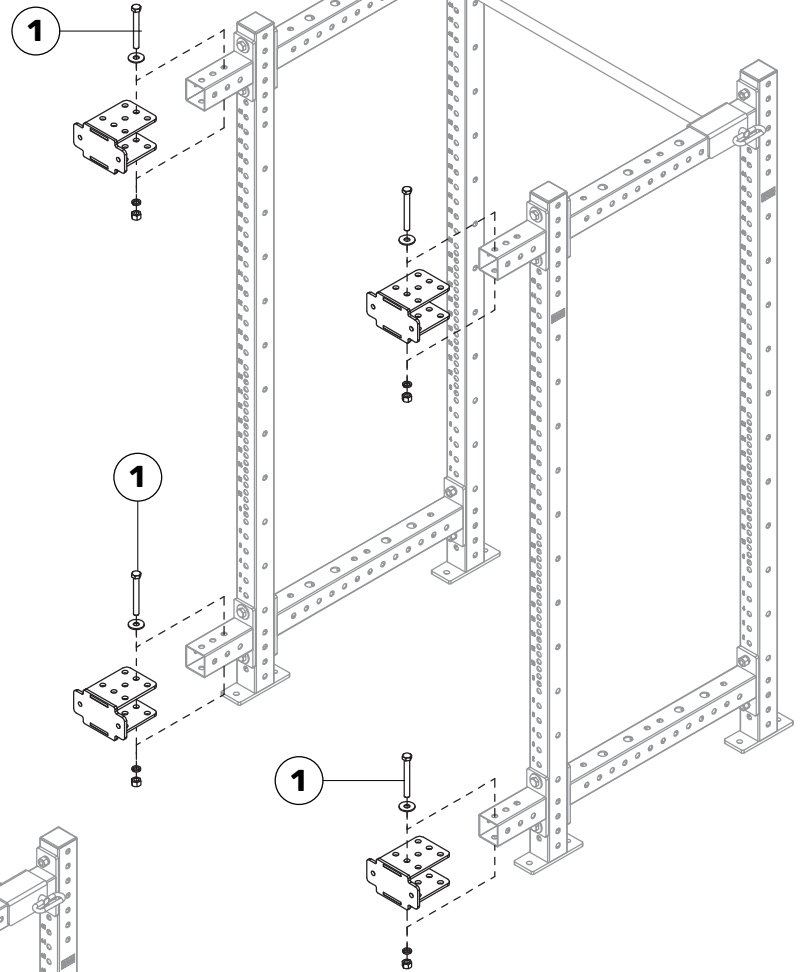
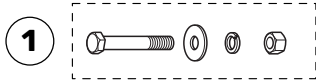


- 3** Attach front support, lock it with (7). Add safety latch (8) after attaching.

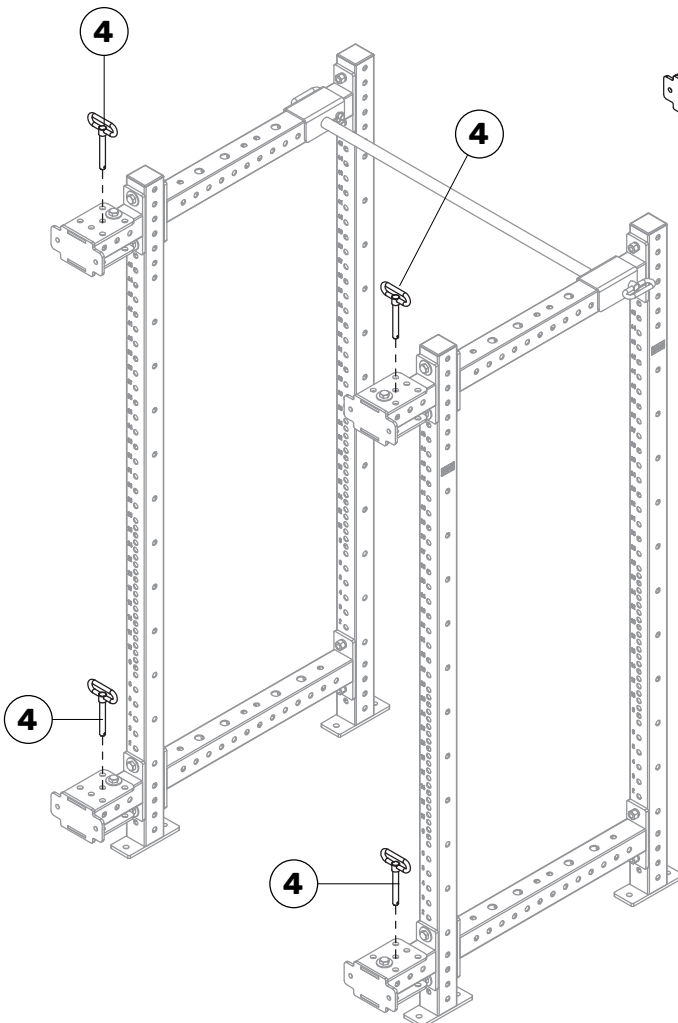


# H. ASSEMBLY

- 4** Attach 4 crossmembers, fix with M16x130mm bolt, M16 washer, M16 spring washer M16 nut (1).



- 5** Slide in pin (5) on each brackets.



# YOU'RE FINISHED!

**WANT TO LEARN MORE ABOUT THE HYDRA RACK?  
CHECK OUT THE OVERVIEW VIDEO:**



## VISIT OUR SHOWROOMS



Calgary - HQ



Toronto - Showroom



Indianapolis - Showroom

Corporate Headquarters 7880 66 St SE, Calgary, AB, Canada  
U.S.A. Headquarters 5925 W 71st St, Indianapolis, IN, U.S.A.  
Toronto Store 39 Haist Ave # 2, Woodbridge, ON, Canada

support@bellssofsteel.com | 1-888-718-7997