

# STANDARD PLATE TREE

STEO0114

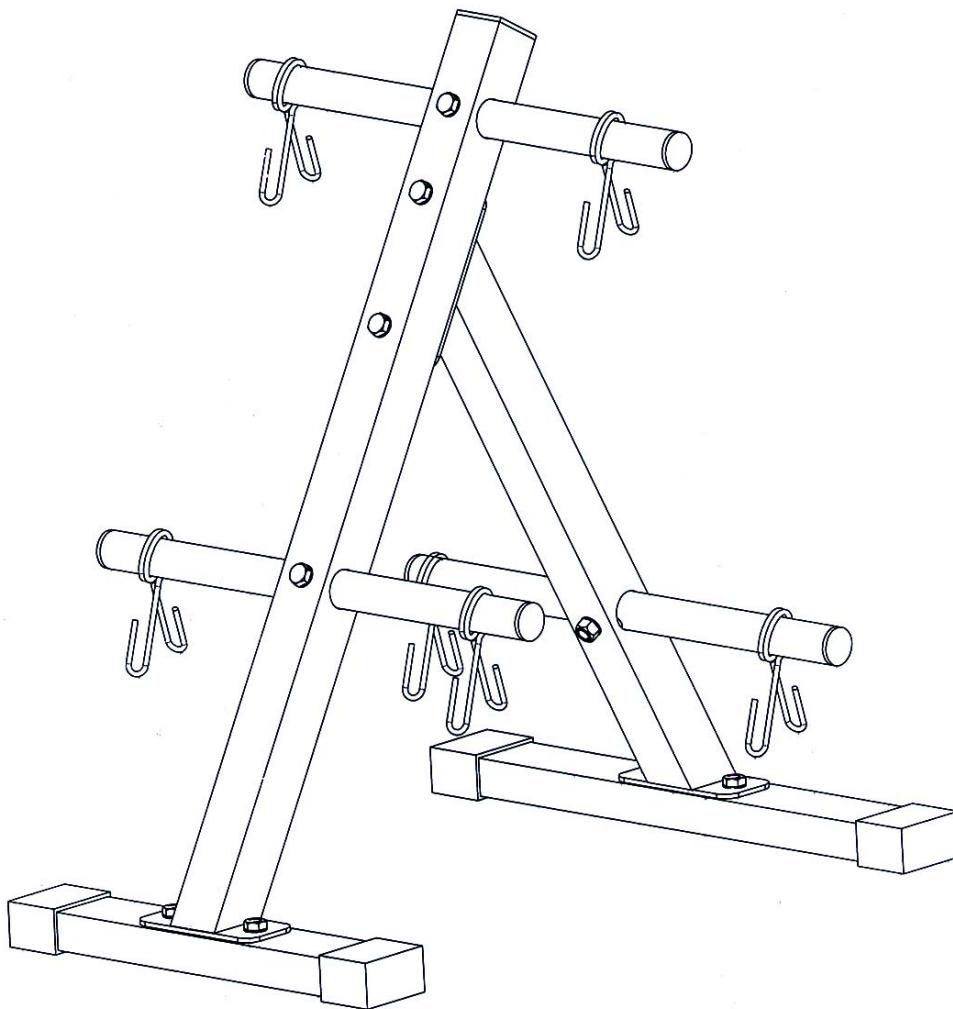
**FG** ST|250

**FITNESS  
GEAR**

Tools Required:  
Adjustable Wrench  
Allen Wrench

## **OWNER'S MANUAL**

Retain This Manual For Reference



Dick's Sporting Goods 345 Court Street Coraopolis, PA 15108

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## BEFORE YOU BEGIN

Thank you for selecting the FG ST-250 Standard Plate Tree. For your safety and benefit, read this manual carefully before using the machine. We are committed to providing you customer satisfaction. If you have any questions, or find there are missing or damaged parts, please contact our Customer Service Agents.

**Toll-Free Customer Service Number**  
**1-866-677-4771**  
**Mon. – Fri. 9 a.m. – 5 p.m. EST**  
**customer.service@dcsbg.com**

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

Certain precautions apply when you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Position the machine on an obstruction free, level surface. DO NOT use the machine near water or outdoors.
4. Keep hands away from all moving parts.
5. Use the machine only for its intended use as described in this manual. Always place an even amount of weight on both sides of the tree.  
DO NOT use attachments not recommended by the manufacturer.
6. Do not place any sharp objects around the machine.
7. Never use if the unit is not functioning properly.
8. A spotter is recommended during exercise.
9. NEVER climb or stand on rack.
10. **This machine is designed and intended for home and consumer use only, not for commercial use.**

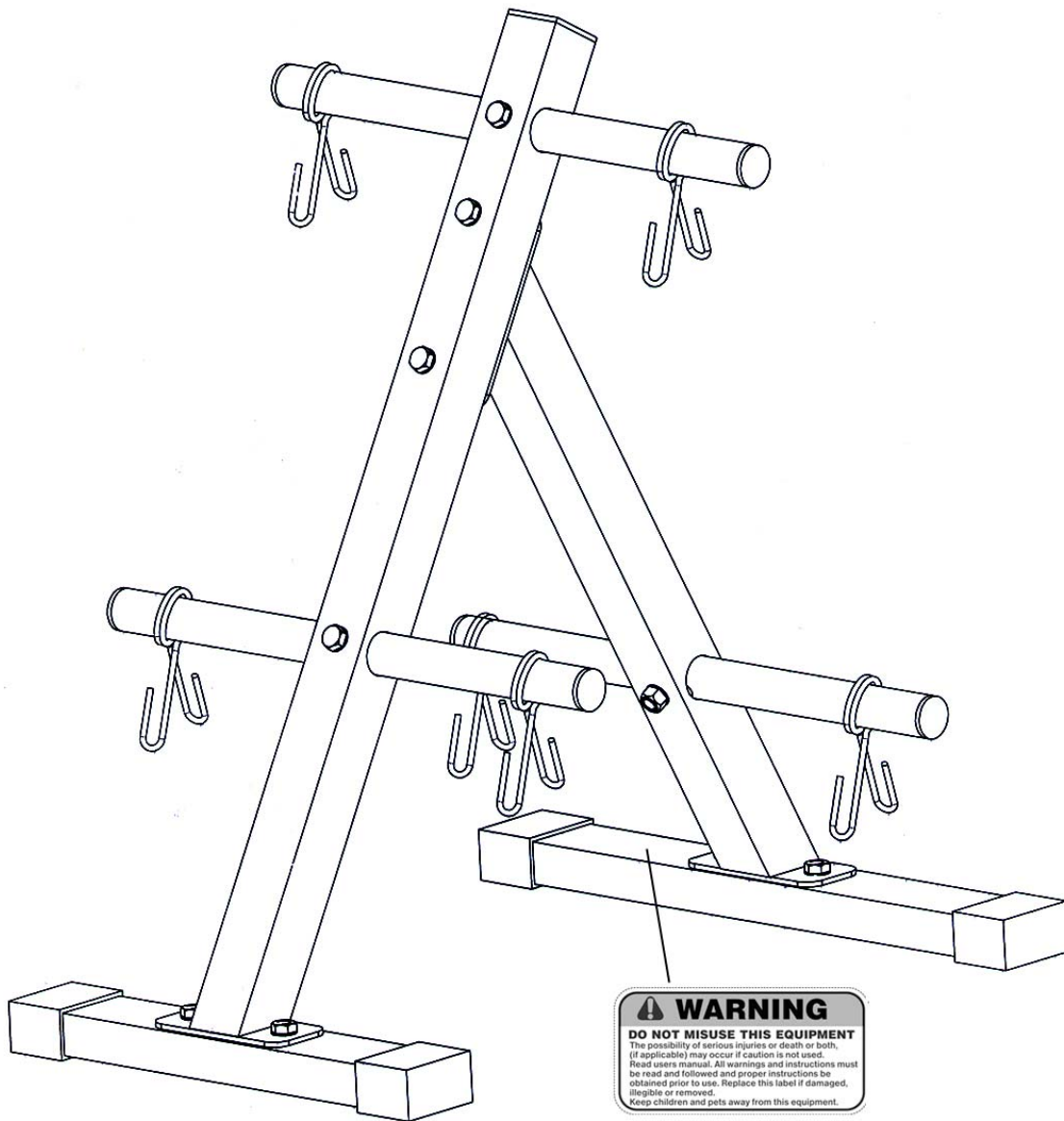
### **CARE AND MAINTENANCE**

1. Inspect and tighten all parts before using the machine. DO NOT overtighten. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
2. **Failure to examine regularly may affect the safety level of the machine.**
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent.  
DO NOT use solvents or bleach.
4. **Maximum weight load on each side of Weight Plate Post: 75lbs**
5. **Maximum weight Capacity: 450 lbs**
6. Assembled Dimension: 20" x 16" x 22"

**WARNING: CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. NOT FOR USE BY CHILDREN UNDER AGE 14. INSPECT FOR DAMAGE BEFORE EACH USE. DO NOT USE IF DAMAGED OR MISSING PARTS.**

**SAVE THESE INSTRUCTIONS.**

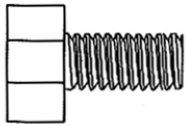
## WARNING LABEL PLACEMENT



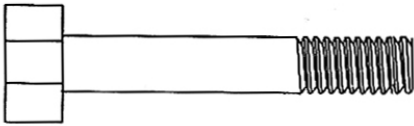
The warning labels shown here have been placed on the Rear Base. If the labels are missing or illegible, please call customer service at 1-866-677-4771 for replacements. Apply the labels in the location shown.

## HARDWARE PACK

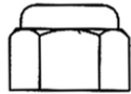
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



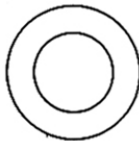
#12 M8 x  $\frac{5}{8}$ " Hex Bolt (Qty 4)



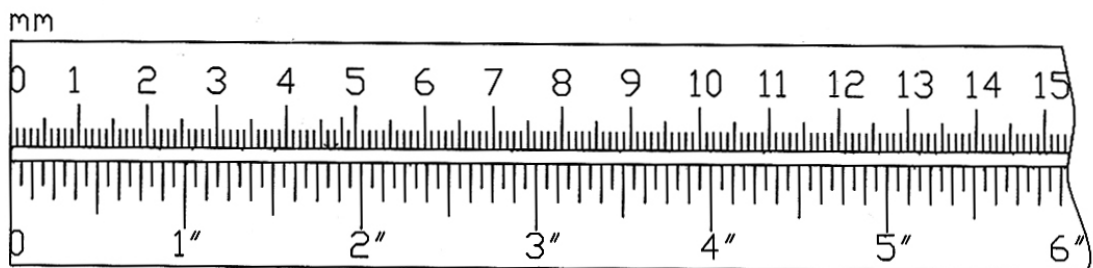
#13 M8 x 2" Hex Bolt (Qty 5)



#10 M8 Aircraft Nut (Qty 5)



#11  $\varnothing \frac{5}{8}$ " Washer (Qty 14)



## ASSEMBLY INSTRUCTION

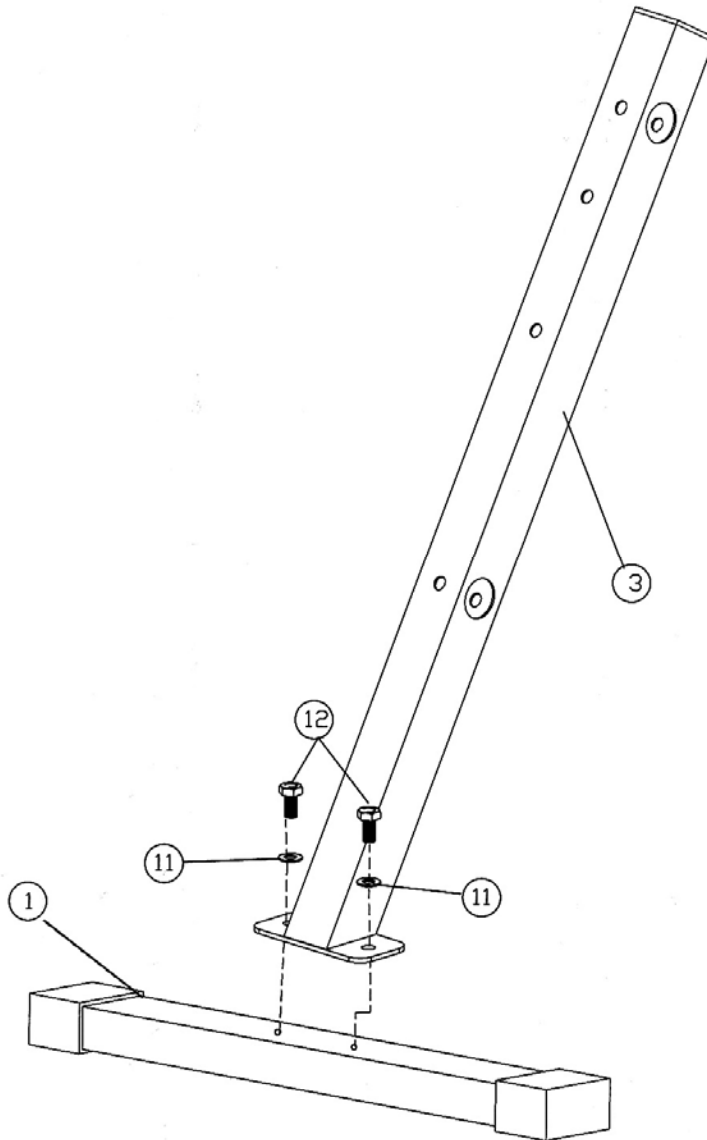
**Tools Required for Assembling the Machine: Adjustable Wrench and Allen Wrench.**

**NOTE: It is strongly recommended that this machine be assembled and moved by two or more people to avoid possible injury.**

**STEP 1 (See Diagram 1)**

- A.) Attach the Upright Frame (#3) to the Front Base (#1). Secure it with two M8 x 5/8" Hex Bolts (#12) and two Ø 5/8" Washers (#11).
- B.) **Do not tighten the Bolts until instructed to do so.**

**DIAGRAM 1**

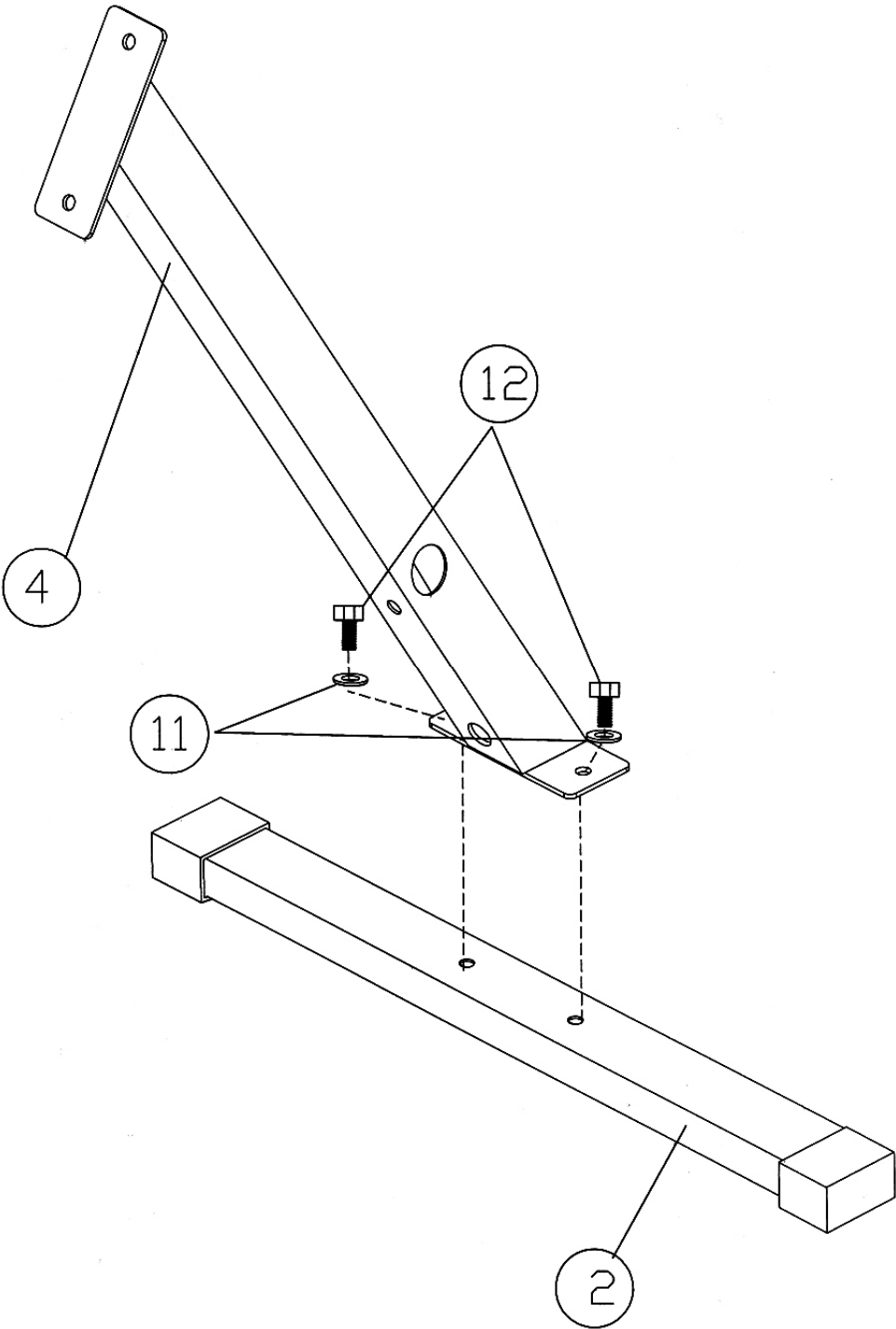


**STEP 2 (See Diagram 2)**

- A.) Attach the Diagonal Support (#4) to Rear Base (#2). Secure it with two M8 x 5/8" Hex Bolts (#12) and two Ø 5/8" Washers (#11).

B.) Do not tighten the Bolts until instructed to do so.

**DIAGRAM 2**

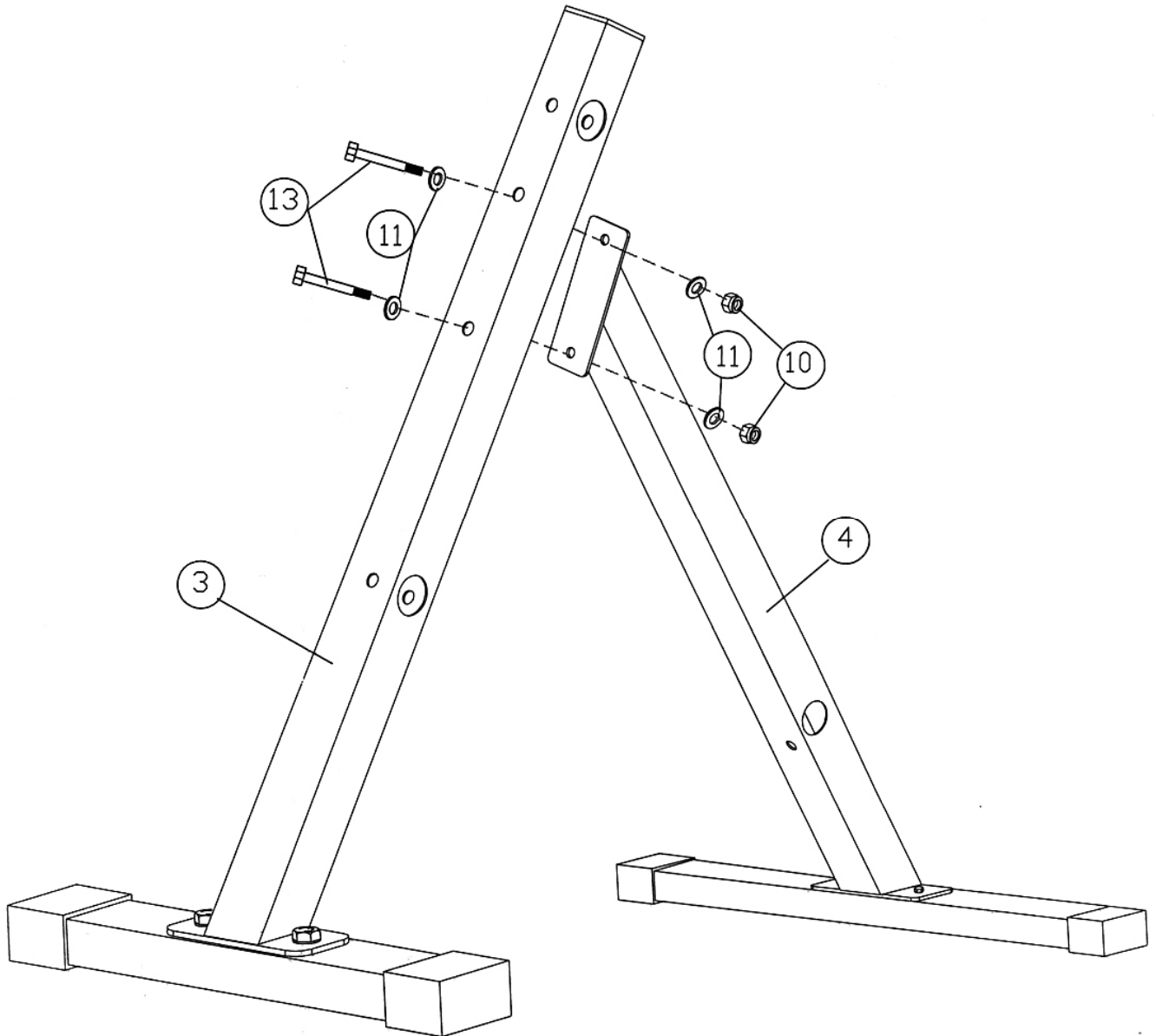


**STEP 3 (See Diagram 3)**

A.) Attach the Diagonal Support (#4) to Upright Frame (#3). Securely tighten them together with two M8 x 2" Hex Bolts (#13), four Ø 5/8" Washers (#11), and two M8 Aircraft Nuts (#10).

B.) Securely tighten Nuts and Bolts installed in Step-1, 2, and 3.

**DIAGRAM 3**

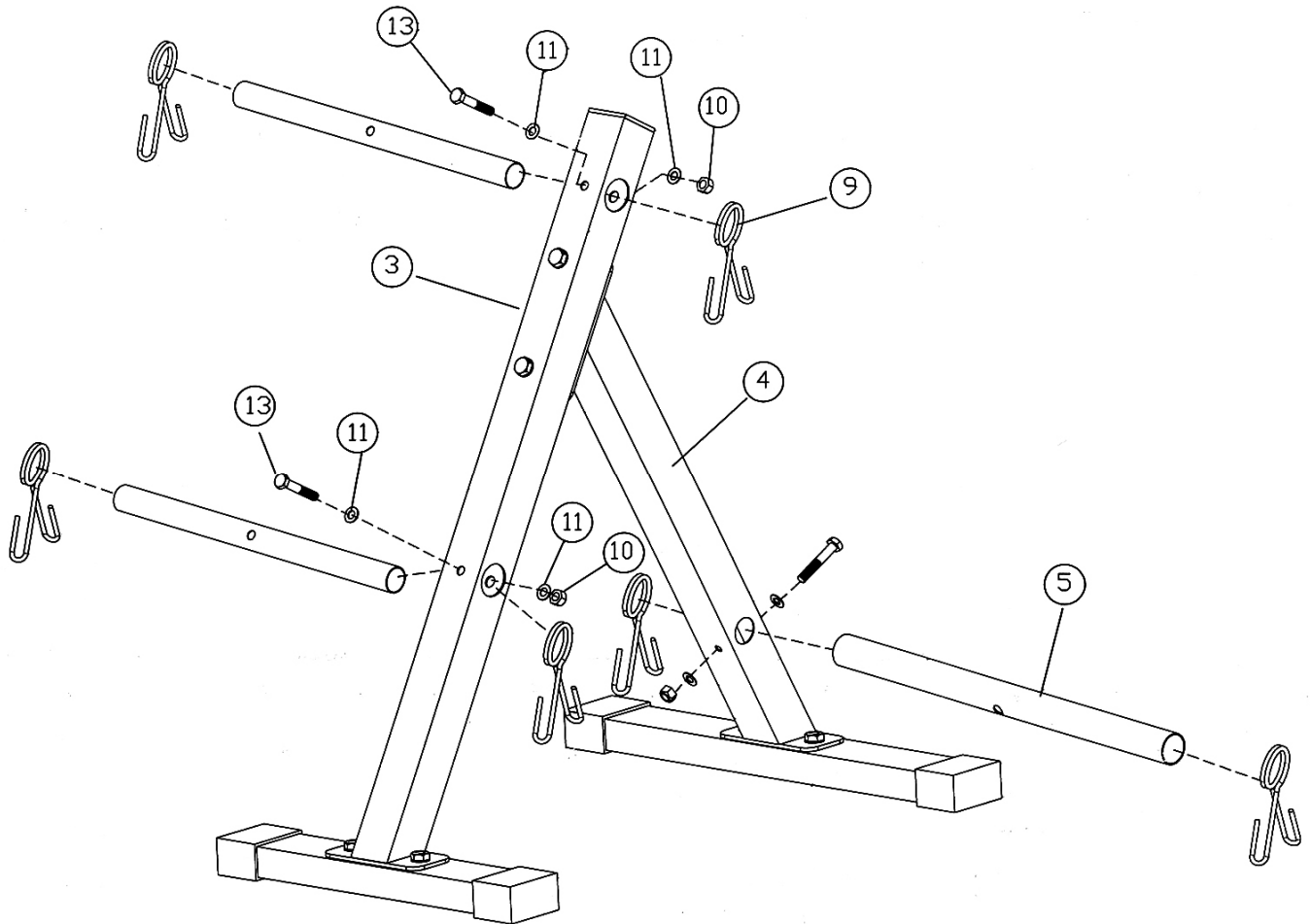


**STEP 4 (See Diagram 4)**

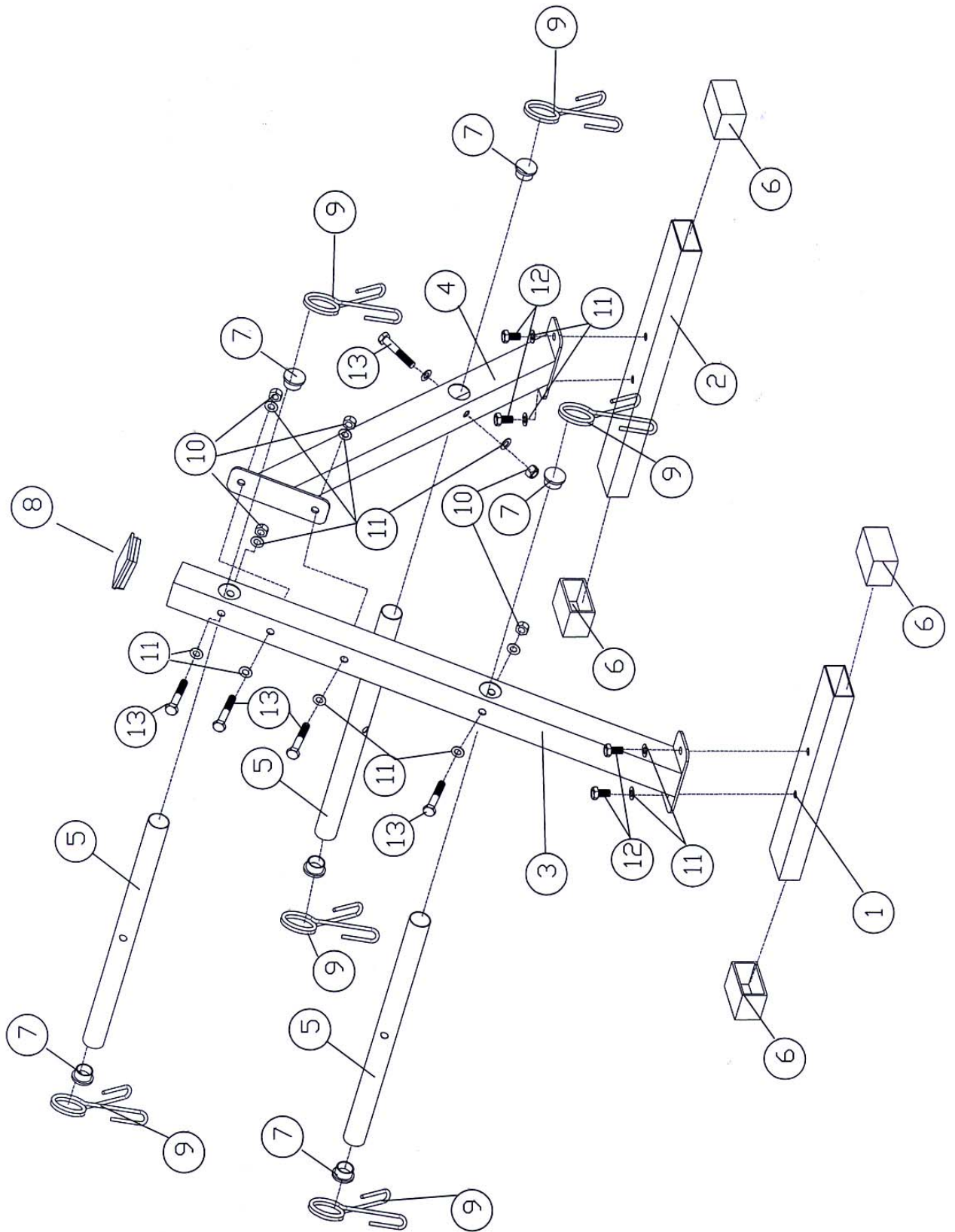


- A.) Insert three Weight Plate Posts (#5) through the holes on Upright Frame and Diagonal Support (#4).
- B.) Secure each Post with one M8 x 2" Hex Bolt (#13), two Ø 5/8" Washers (#11), and one M8 Aircraft Nut (#10).
- C.) Clip six Ø 1" Spring Clips on to Weight Plate Posts.

**DIAGRAM 4**



**EXPLODED DIAGRAM**



**STE00114 PARTS LIST**

<b>PART NO.</b>	<b>DESCRIPTION</b>	<b>SIZE</b>	<b>QUANTITY</b>
1	Front Base		1
2	Rear Base		1
3	Upright Frame		1
4	Diagonal Support		1
5	Weight Plate Post		3
6	End Cap	1" x 2"	4
7	End Cap	Ø 1"	6
8	End Cap	1 ½" x 1 ½"	1
9	Spring Clip	Ø 1"	6
10	Aircraft Nut	M8	5
11	Washer	Ø 5/8"	14
12	Hex Bolt	M8 x 5/8"	4
13	Hex Bolt	M8 x 2"	5

## **LIMITED WARRANTY**

Dick's Sporting Goods, Inc. (the "Company") warrants this product to be free from defects in workmanship and materials as follows:

### **Who is Covered**

This Limited Warranty covers only the person who first bought the product. This Limited Warranty is not transferable to anyone else.

## **What the Warranty Covers**

This Limited Warranty covers defects in materials and workmanship.

## **What the Warranty Does Not Cover**

This Limited Warranty does not cover:

- Expendable items, including by way of example only and not by way of limitation: batteries, light bulbs, fuses, zippers, tires, belts, shoe soles, fabric, and other items that experience wear as a result of normal use.
- Damage through improper use, negligence, abuse, misuse, transportation, acts of nature, or accident, including failure to perform routine maintenance or follow the assembly and/or operating instructions supplied with the product.
- Products used in commercial or rental applications.
- Products that have been modified or repaired by anyone not authorized by the Company.

This Limited Warranty does not cover any consequential or incidental damages of any kind, including transportation to get warranty service, loss of time, and loss of use. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

## **What the Period of Coverage Is**

This Limited Warranty lasts for a period of one year from the date of your original purchase. Any implied warranty arising under state law is limited in duration to the one year period of this Limited Warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

## **What the Company Will Do To Correct Problems**

The Company will furnish a replacement part at no charge to you.

## **How You Can Get Service**

Please direct all warranty service inquiries as follows:

If in writing, mail to:                   **Dick's Sporting Goods, Inc.**  
  **345 Court St.**  
  **Coraopolis, PA 15108**  
  **Attn: Customer Service**  
  **Serial No. STE00114**

If by telephone, call:                   **1-866- 677- 4771**  
If by e-mail, to:                           [customer.service@dcsq.com](mailto:customer.service@dcsq.com)

## **How State Law Applies**

This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.