STEALTH
EQUIPMENT

ALL OUT STAND

Assembly and user manual

MODEL JSL206C · V3



2	806 x 562 x 565	2 people	40 min
STEALTH DUMBBELLS HELD	MM, W X D X H	RECOMMENDED	ASSEMBLY TIME

READ THIS FIRST

Thank you for choosing Stealth. The All Out Stand holds a pair of Stealth adjustable dumbbells in their bases at a comfortable lifting height, and rolls on four braked castors. Read this manual before you start and keep it for later.

SAFETY

- We recommend two people. No single part is heavy, but a second pair of hands holds each joint steady while you fit the bolts.
- Maximum load: rated for the full Stealth dumbbell range, two dumbbells in their bases, up to 60 kg per dumbbell. Do not sit, stand or climb on it.
- Use it indoors on a flat, level, hard floor. Lock all four castor brakes before loading or lifting a dumbbell.
- The stand is made to be wheeled with the dumbbells on, but only once their bases are bolted down (Step 6A or 6B). Never move it with an unbolted base on it.
- Move it slowly on a flat floor, pushing on the frame, not the dumbbells. Avoid steps, door thresholds and slopes. Lock the brakes again once it is in place.
- Keep children and pets away during assembly and use. Watch your fingers at every joint.
- Check every bolt is tight before first use, then once a month. Stop using the stand if any part is cracked, bent or loose.

Tools you need

2x	24 mm spanner (included), one to hold the bolt head, one to turn the nut (M16 bolts)
1x	6 mm hex key (included), for the M10 countersunk bolts and the M6 inserts
1x	17 mm spanner (M10 nuts and bolts)
1x	10 mm spanner (M6 bolts)
1x	3 mm hex key (not included), to remove the M4 inserts

Included in the box: two 24 mm spanners and a 6 mm hex key.

Space and set-up

- Clear a floor area of about 1.5 × 1.5 m.
- Lay the cardboard from the box flat and build on it to protect the floor and the paint.
- Unpack everything and check it against the parts list on the next page before you start.
- Leave every nut finger-tight until Step 4. The holes need a little play while the frame comes together.

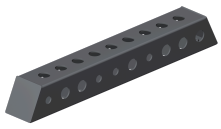
How a bolt set goes together

Each M16 bolt set is a bolt, two washers and a nut. One washer goes under the bolt head, one under the nut. Bolt heads go on the outside of the stand, nuts on the inside.

Specification

Size, assembled	`806 W x 562 D x 565 H mm (long plates fitted)`
Dumbbell spacing	`532 mm, centre to centre`
Frame	`75 x 75 mm steel box section, powder coated`

FRAME PARTS



1 **x2**
Base
castors fitted



2 **x1**
Cross beam
logo plate on top



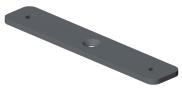
3 **x2**
Upright
300 mm



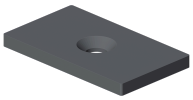
4 **x2**
Support arm
holds one dumbbell



5 **x8**
Triangle plate
4 at the bottom, 4 at the top



6 **x4**
Long dumbbell plate
Black / Chrome edition



7 **x4**
Short dumbbell plate
Block dumbbells

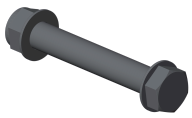


8 **x4**
Castor with brake
already fitted to the bases

HARDWARE



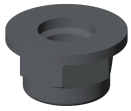
9 **x4**
Bolt set M16 × 100
bolt, nut, 2 washers



10 **x16**
Bolt set M16 × 110
bolt, nut, 2 washers



11 **x4**
Countersunk bolt M10 × 90
6 mm hex socket



12 **x4**
Locking nut and washer M10
for bolt 11



13 **x8**
Threaded insert M6
replaces the M4 inserts in the Black / Chrome base



14 **x8**
Bolt M6 × 20
Black / Chrome bases, into inserts 13



15 **x4**
Bolt and washer M10 × 25
bolts the Block base to the arm

Something missing or damaged? Contact us within 7 days of delivery at **hello@assassingoods.com** with your order number and a photo. Do not start assembly with missing parts.

1 JOIN THE BASES

2 x1 9 x4

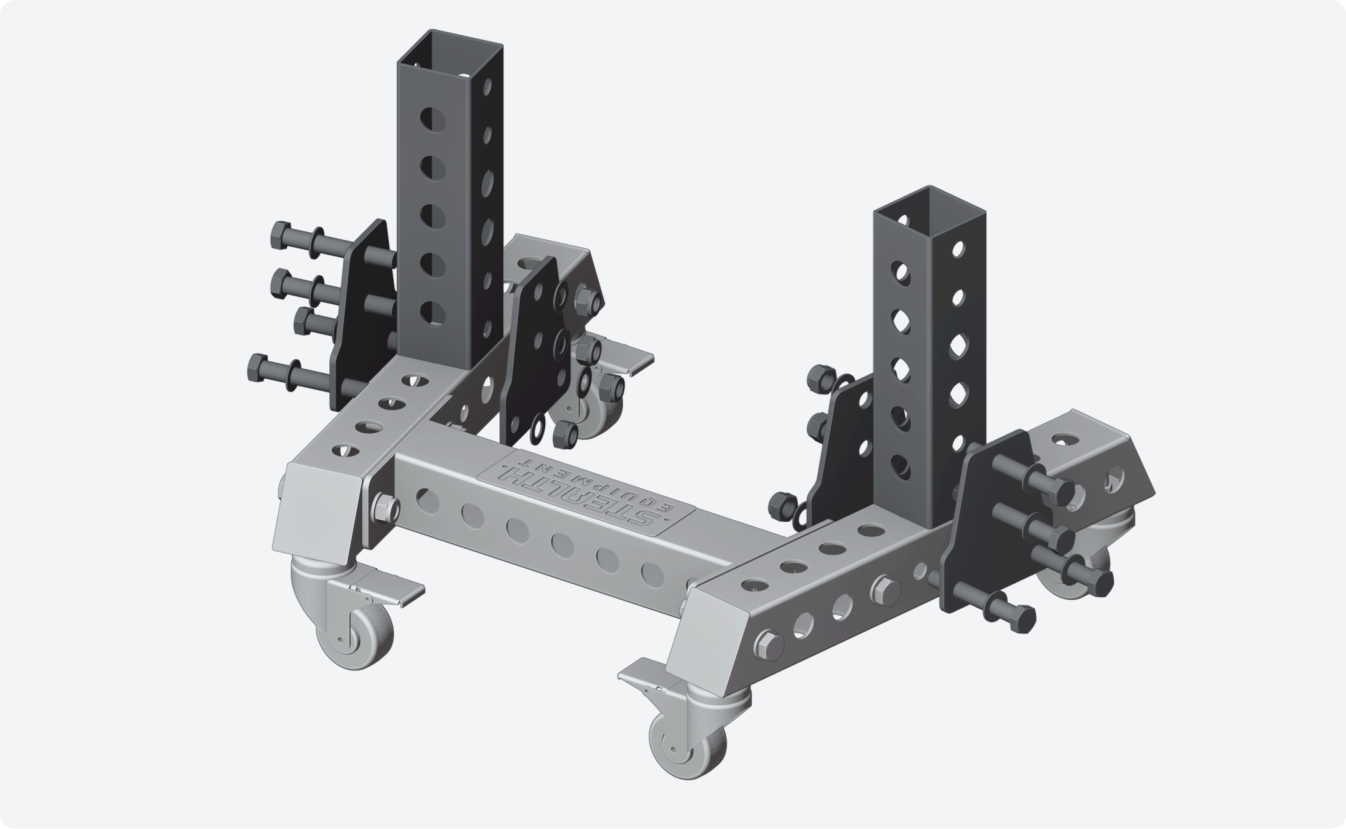


1. The castors come fitted. Set both bases upright on their castors, side by side, a little more than the beam's length apart, narrow ends towards you. Lock all four brakes.
2. Set the cross beam (2) between them at the narrow end, logo plate facing up.
3. Line up the end plates of the beam with the holes on the inside of each base.
4. Fit two M16 × 100 bolt sets (9) at each end: bolt from the outside of the base, nut on the inside.
5. Finger-tight only for now.

> Use the shorter M16 × 100 bolts here. The longer M16 × 110 bolts are for Steps 2 and 3.

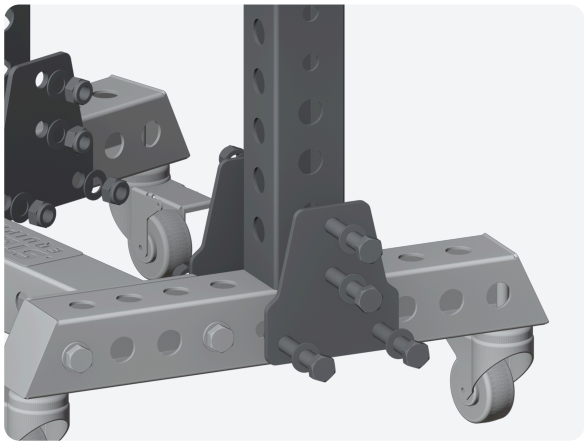
2 FIT THE UPRIGHTS

3 x2 · 5 x4 · 10 x8



Do one side at a time, with one person holding the upright.

1. Set an upright (3) on the middle of a base.
2. Hold a triangle plate (5) against each side, **wide end down**, so the plates sandwich both the base and the upright.
3. Push two M16 × 110 bolt sets (10) through the lower holes (through the base) and two through the upper holes (through the upright).
4. Start the first bolt and nut by hand before fitting the rest. It holds the plates while you line up the others.
5. Finger-tight only. Repeat on the other side.



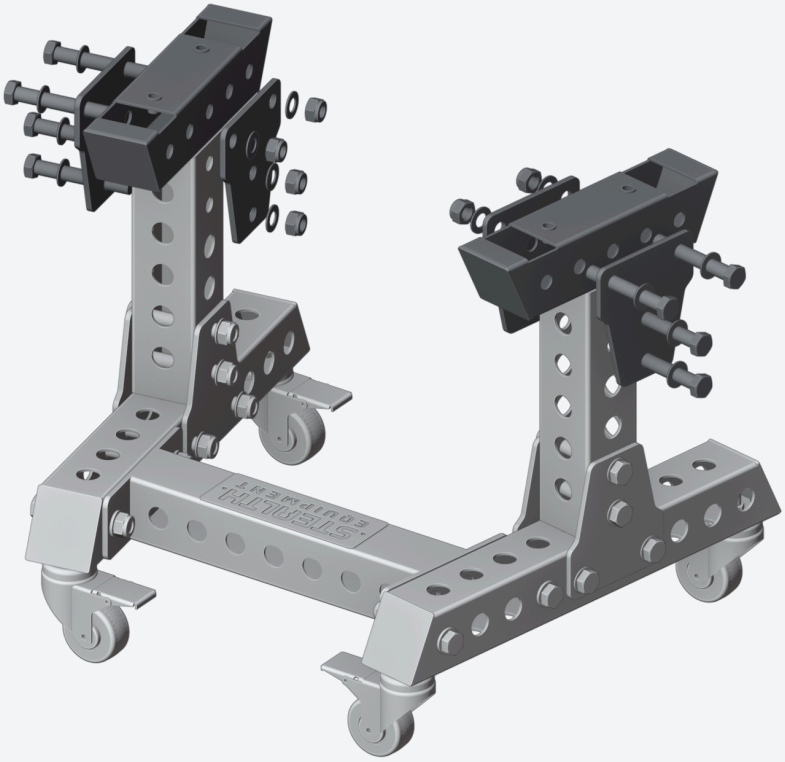
Close-up: one plate each side, four bolts per joint.

3 FIT THE SUPPORT ARMS

 4 x2

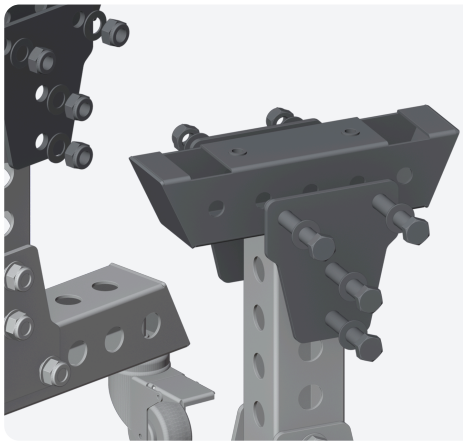
 5 x4

 10 x8



1. Set a support arm (4) on top of an upright, running front to back, the flat face with the bolt holes on top.
2. Hold a triangle plate (5) against each side, **wide end up** this time.
3. Fit two M16 × 110 bolt sets (10) through the upright and two through the arm, bolt heads outside.
4. Finger-tight only. Repeat on the other side.

> Both arms should sit level and parallel. If one sits higher, loosen its joint, push it down and re-tighten by hand.



Close-up: the top joint mirrors the bottom one.

4 SQUARE UP AND TIGHTEN

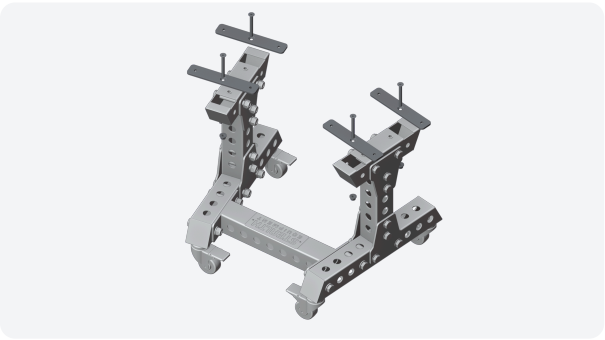


1. Check all four castors sit on the floor and the brakes are locked.
2. Tighten the 20 M16 bolts (highlighted) in this order: cross beam, then both bottom joints, then both top joints.
3. Hold the bolt head with one spanner and turn the nut with the other.
4. Tighten until both washers are pressed flat and the nut will not move with normal hand force on the spanner. Do not use an extension bar.

5 FIT THE DUMBBELL PLATES

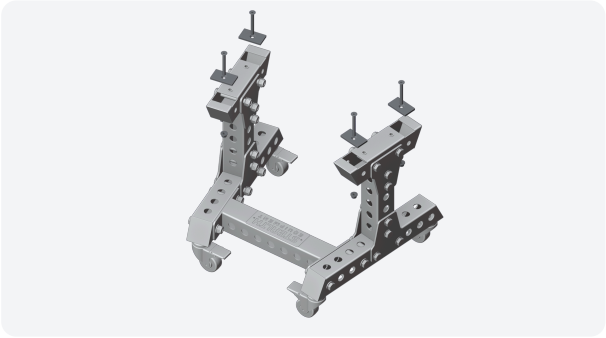
Choose the option for **your** dumbbells. Both use the same countersunk bolts and nuts.

A Stealth Black or Chrome edition: long plates (6)



The slots line up with the four fixing holes under the Black and Chrome edition base. The bases are bolted down in Step 6A.

B Stealth Block dumbbells: short plates (7)



The Block base sits on the short plates and bolts to the middle of the arm in Step 6B.

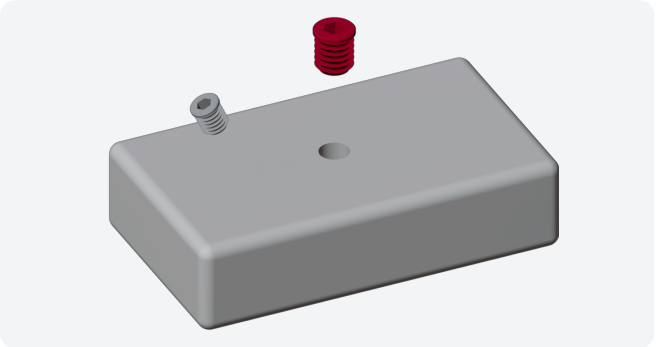
1. Lay two plates across each arm, over the bolt holes. Long plates run across the arm, side to side.
2. Drop a countersunk bolt (11) through each plate and the arm.
3. Underneath, fit a washer and locking nut (12). Hold the bolt with the 6 mm hex key and tighten the nut until the bolt head sits flush with the plate.

6A BOLT DOWN BLACK AND CHROME BASES

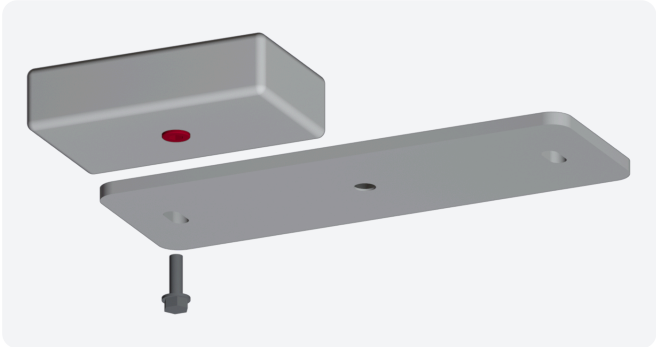
Stealth Black and Chrome editions, long plates (option A). Block dumbbells: go to Step 6B.

The dumbbell base comes with M4 threaded inserts underneath. The stand fixes the base with stronger M6 bolts, so you swap those four inserts for the M6 inserts in the hardware bag.





Swap the inserts: old M4 insert out (grey), new M6 insert in (red).



Bolt up through the slot into the new insert. One of four shown.

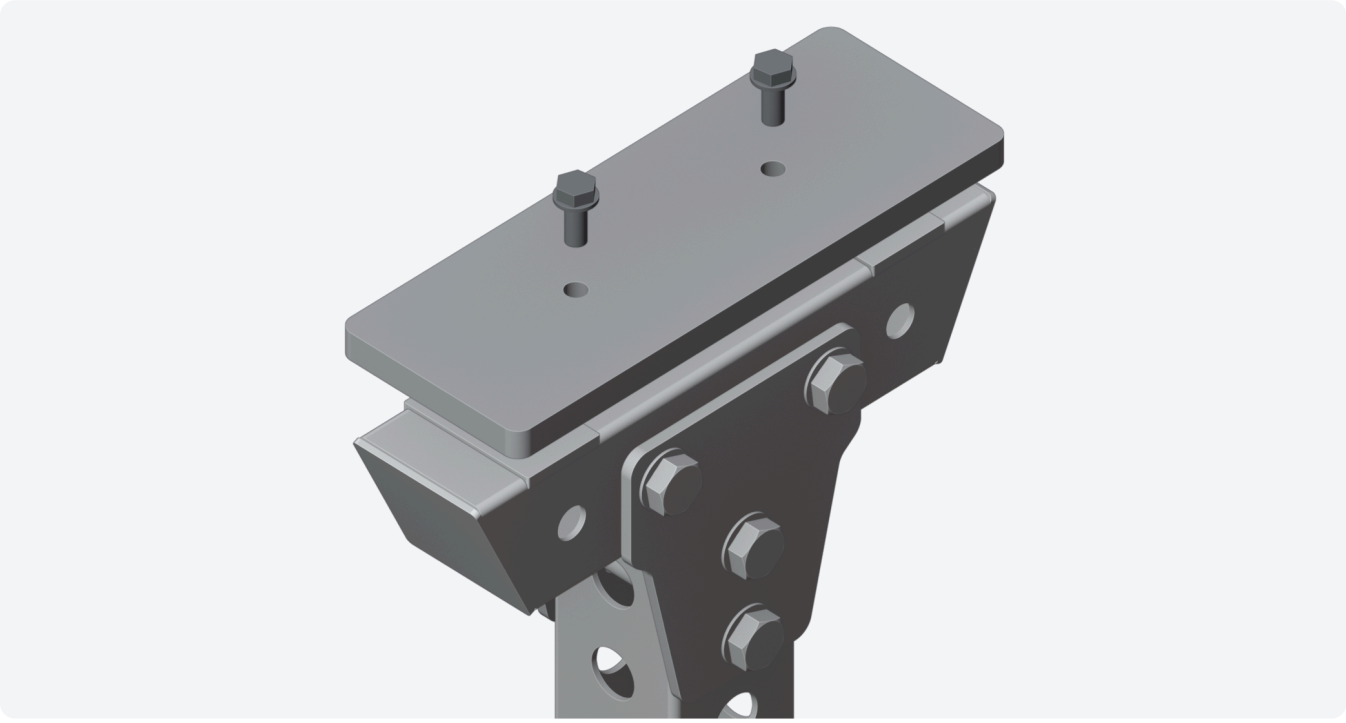
1. Take the dumbbells out of their bases.
2. Turn an empty base upside down. Unscrew the four M4 threaded inserts already fitted underneath with a 3 mm hex key.
3. Screw four M6 threaded inserts (13) from the hardware bag into the same holes with the 6 mm hex key (left picture). Stop when the flange sits flat on the base. Do not over-tighten: it can damage the insert.
4. Turn the base back over and set it on the two long plates of one arm, handle running front to back. Line up the four inserts with the four slots.
5. From underneath, fit an M6 × 20 bolt (14) up through each slot into an insert (right picture). Tighten firmly with a 10 mm spanner.
6. Repeat with the second base on the other arm, then put the dumbbells back.

6B BOLT DOWN BLOCK BASES

Stealth Block dumbbells, short plates (option B). Black and Chrome: see Step 6A.

Each Block base bolts to the two threaded holes in the middle of its arm, between the short plates.

15 x4



The Block base (drawn as a plain plate) sits on the short plates. The two bolts go through its centre holes into the threaded holes in the arm.

1. Take the dumbbells out of their bases.
2. Set an empty Block base on the two short plates of one arm, handle running front to back.
3. Line up the two holes in the centre of the base with the two threaded holes in the top of the arm.
4. Fit an M10 × 25 bolt with its washer (15) down through each hole into the arm. Tighten firmly with the M10 spanner.
5. Repeat with the second base on the other arm, then put the dumbbells back.

YOU'RE READY TO TRAIN



Before first use

- ☐ All 20 M16 bolts tight, washers flat.
- ☐ All 4 dumbbell plate bolts tight, heads flush.
- ☐ Both arms level, the stand does not rock.
- ☐ All four castor brakes lock.
- ☐ Both dumbbell bases bolted down (Step 6A or 6B).

Using the stand

- Lock the brakes before you lift a dumbbell out or put one back.
- Lower each dumbbell into its base under control. Do not drop it in.
- To move it: with the bases bolted down, the dumbbells can stay on. Release the brakes, push slowly from the frame, lock the brakes again.

Care

- Check every bolt once a month and re-tighten if needed.
- Wipe sweat off after training with a dry cloth. No solvents.
- Keep the stand indoors, away from damp and direct sun.
- Touch up chips in the paint to stop rust.

Need help?

Email **hello@assassingoods.com** with your order number. Photos of the problem help us sort it faster.

Assassin Goods Ltd, 24 Bowerbank Way, Penrith, Cumbria, CA11 9BQ, UK