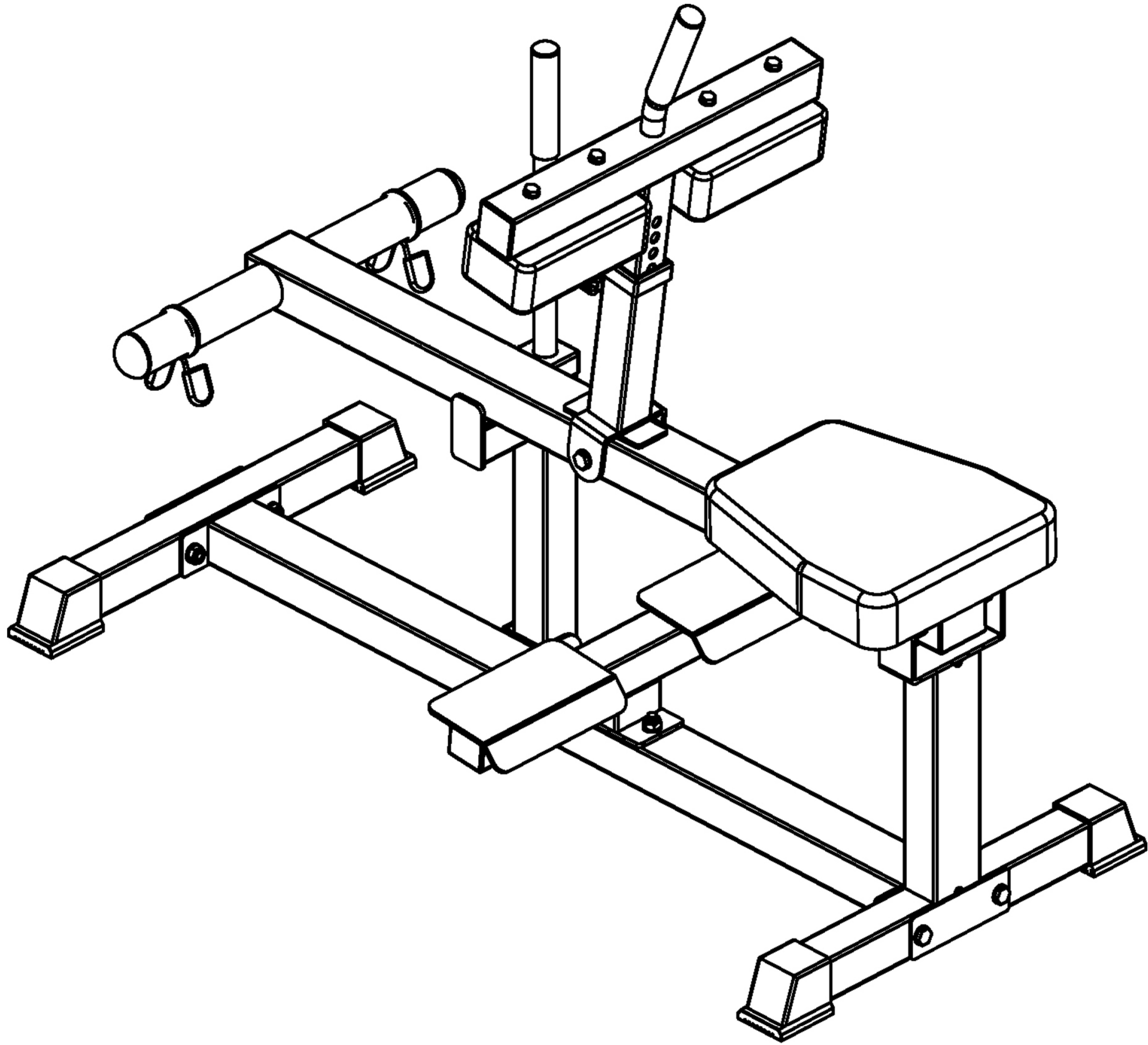
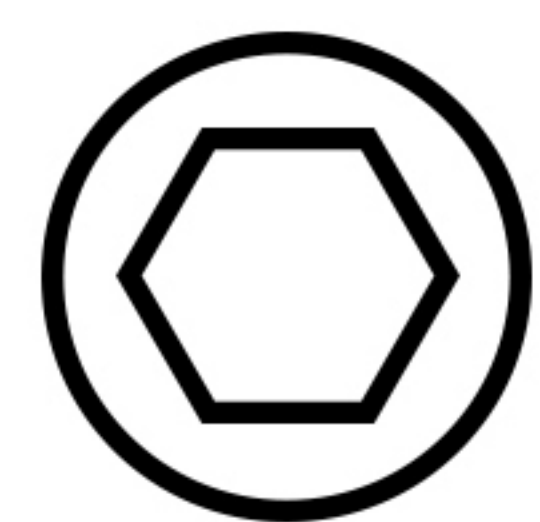


# ***SYNERGEE***

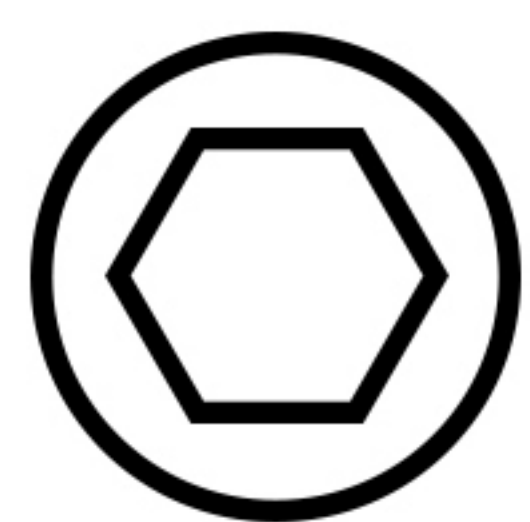
CALF RAISE MACHINE



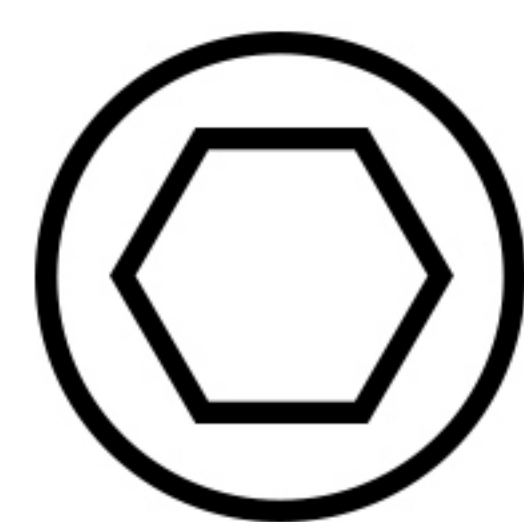
# TOOLS REQUIRED



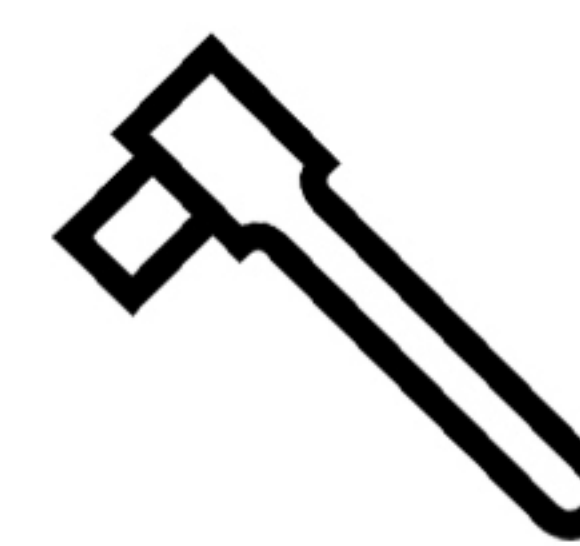
**13mm**



**17mm**



**19mm**



**SOCKET  
WRENCH**

Part#	Description	Qty	Remark
1	Main Frame	1	
2	Rear Frame	1	
3	Main Frame Support	1	
4	Front Foot Tube	1	
5	Carriage Frame	1	
6	Foot Board	1	
7	Knee Pad Support	1	
8	Knee Pad Adjust Bracket	1	
9	Knee Pad	2	
10	Seat Pad	1	
11	Long Axle	1	
12	Pop Pin	1	
13	F50x50mm Outer Cap	4	
14	F50x50mm Inner Cap	4	Pre-assembled
15	Small Rubber Bumper	1	Pre-assembled
16	Handle Sleeve	2	Pre-assembled
17	Big Rubber Bumper	1	Pre-assembled
18	F50-45mm Sleeve	1	
19	Spring Clip	2	
20	Olympic Sleeve	2	
21	Dia25mm Inner Cap	2	Pre-assembled
22	F50x70mm Inner Cap	2	Pre-assembled
23	Short Axle	1	
H8-3	M8x25mm Hex Head Bolt	4	
H8-12	M8x70mm Hex Head Bolt	4	
H10-2	M10x20mm Hex Head Bolt	4	
H10-12	M10x70mm Hex Head Bolt	5	
H10-13	M10x65mm Hex Head Bolt	2	
W8	M8 Washer	8	
W10	M10 Washer	14	
W12	M12 Washer	2	
N10	M10 Nut	6	
N12	M12 Nut	1	

**IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:  
CUSTOMERCARE@IHEARTSYNERGEE.COM OR 1.855.217.7136**



# STEP 3

