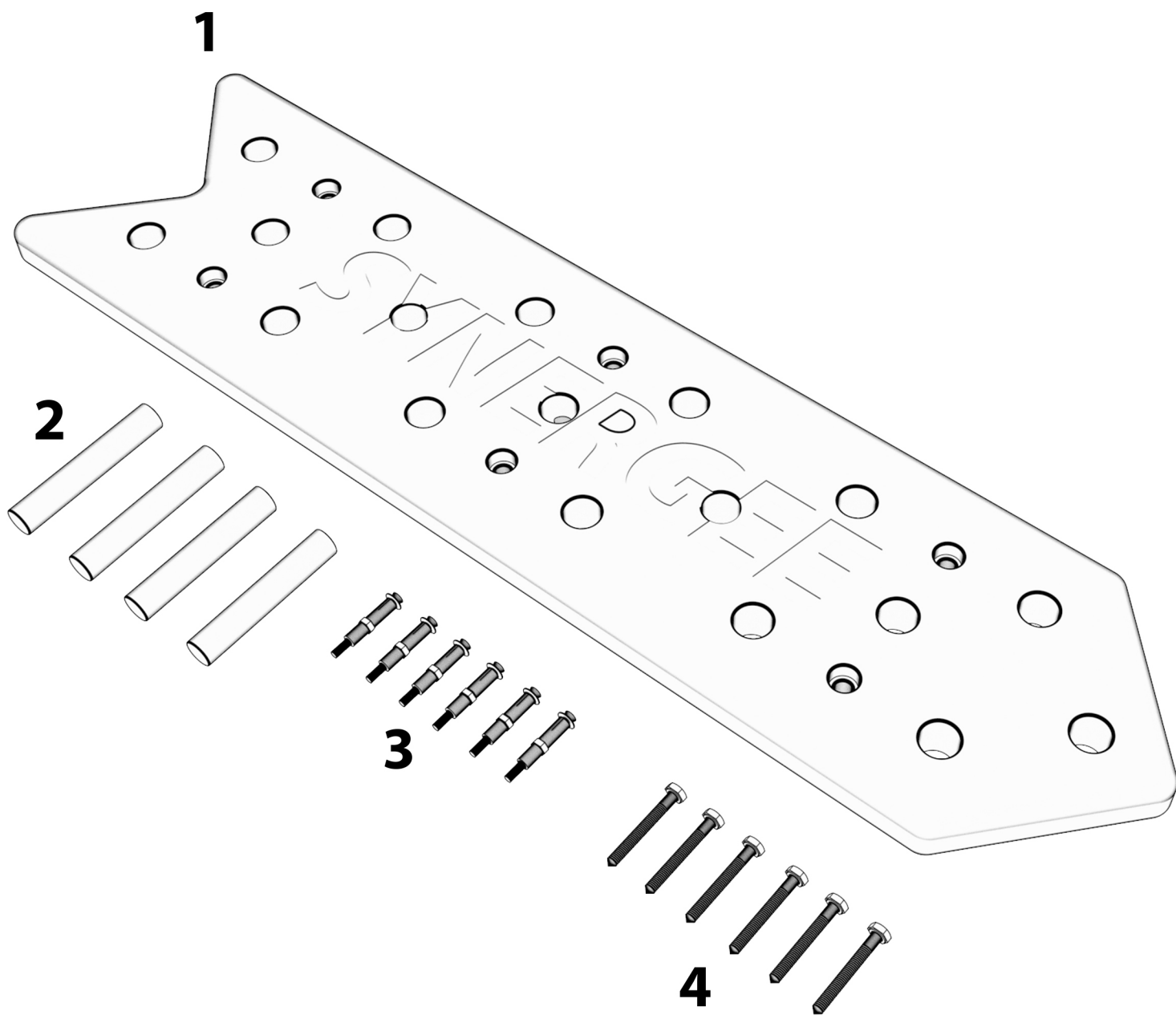
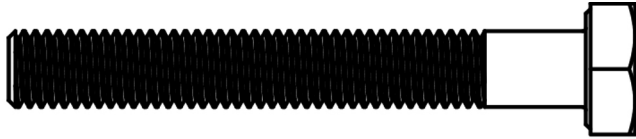


SYNERGEE

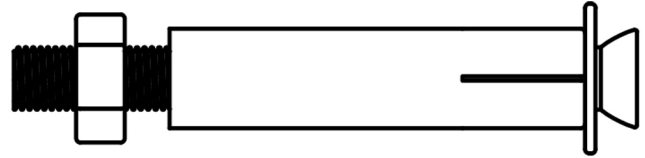
PEG BOARD



No.	Description	Qty
1	Synergee Peg Board	1
2	Wooden Pegs	4
3	Concrete Mounting Screws	6
4	Wood Mounting Screws	6



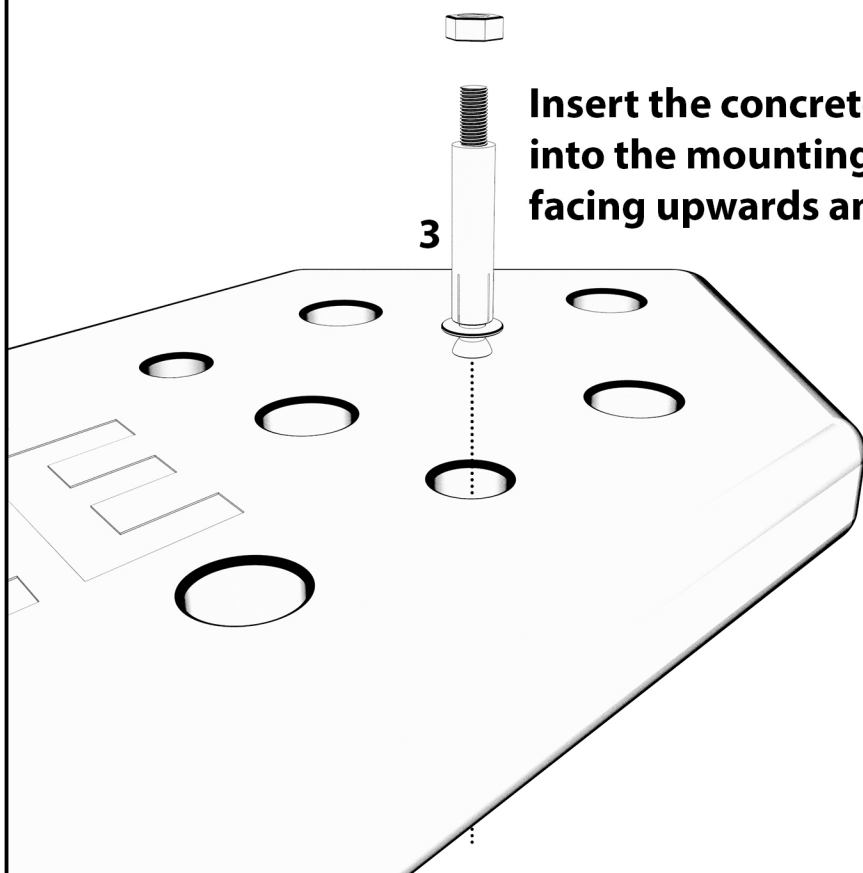
M10x75 mm Bolt(6)



Concrete Screw(6)

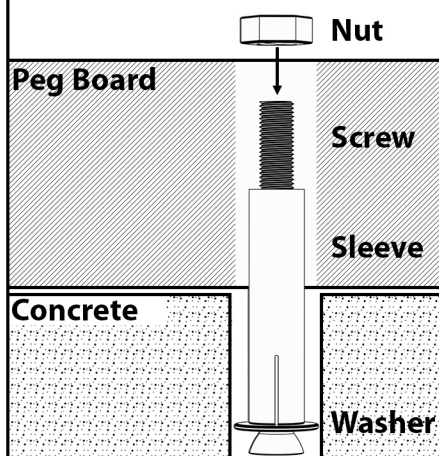
**IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
CUSTOMERCARE@IHEARTSYNERGEE.COM OR 1.855.217.7136**

1. Concrete Mounting Instructions

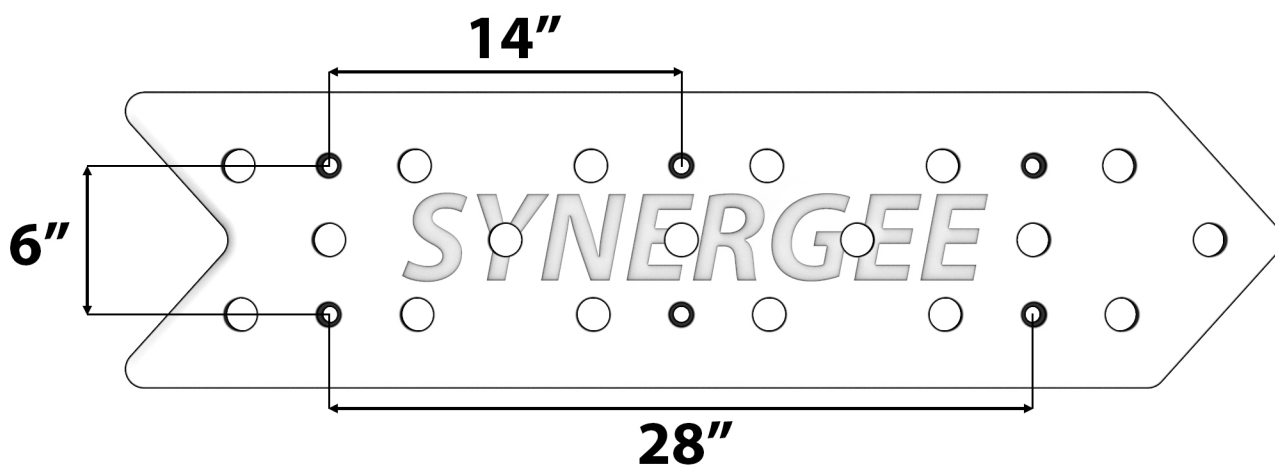


Insert the concrete screw and sleeve into the mounting hole with the threads facing upwards and fasten the nut until secure.

SIDE VIEW

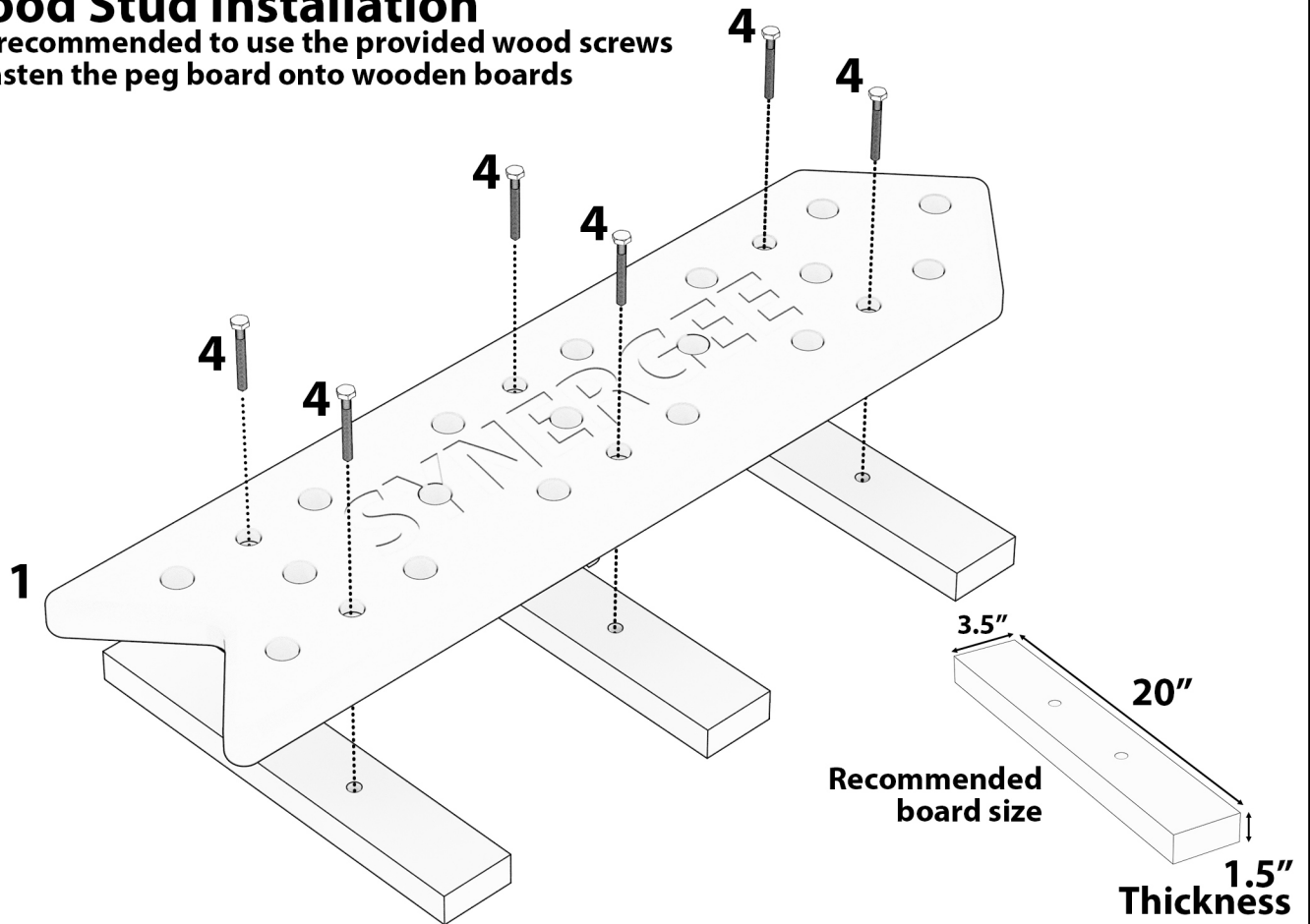


2. Repeat step 1 for all 6 mounting holes

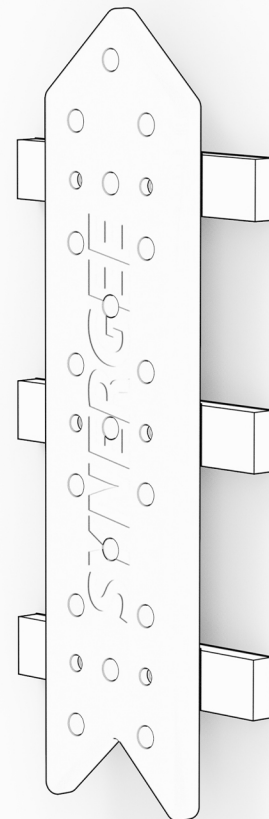
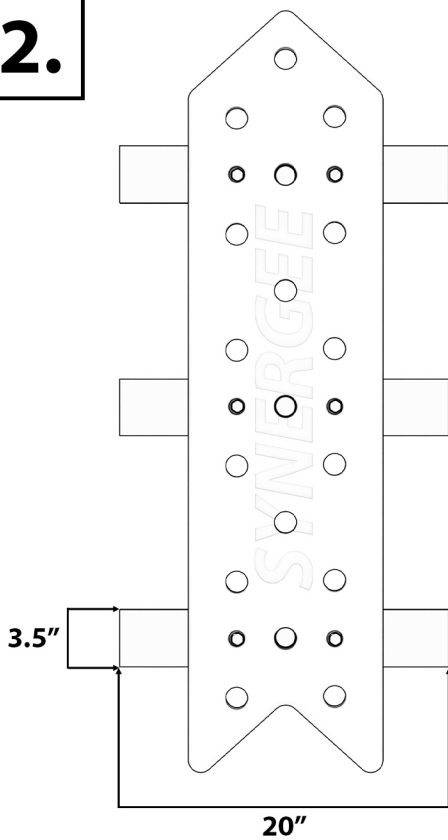


1. Wood Stud Installation

It is recommended to use the provided wood screws to fasten the peg board onto wooden boards



2.



You can now mount your Synergee Peg Board on studs spaced 16" apart.

WARNING

WARNING: SERIOUS INJURY OR DEATH CAN OCCUR IF CAUTION IS NOT USED.

As with any workout equipment, there is a risk of injury when using the Synergee Peg Board. The best way to reduce the risk of serious injury is to exercise caution. Follow the instructions in this manual and familiarize yourself with all warnings on your product before using it.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health issues.

UTILIZE THE MOUNTING HARDWARE

This Peg Board comes with wood mounting screws and concrete mounting screws. All the hardware required for mounting is included in this package with the intention that they get used.

Follow these precautions to ensure you use your Synergee Peg Board safely:

- 1.** Read all instructions in this manual and all warnings on the product before using it. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all the safety precautions.
- 2.** Use this product only as described in this manual and keep this manual handy for future reference.
- 3.** Always keep children and pets away from this product. Keep hands and feet away from moving parts.
- 4.** This product is intended for consumer use only in an indoor environment. Do not use it in a commercial, rental, or institutional setting. Keep this product indoors, away from moisture and dust.
- 5.** Install the Peg Board properly and according to instructions. Properly tighten all parts and check their tightness regularly. If any worn or damaged parts are found, stop usage immediately. Refrain from use until the machine has been repaired.
- 6.** Wear appropriate clothes while exercising. Do not wear loose clothes that can get caught and always wear athletic shoes while exercising.
- 7.** Do not install any fitness product near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components, which is not covered under any warranty.
- 8.** Do not use this equipment to exhaustion: stop exercising and step away from the equipment if you feel faint, dizzy, or in pain.
- 9.** Create a safe workout space by always working out with someone else present. Lift with a spotter for your weighted exercises.

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