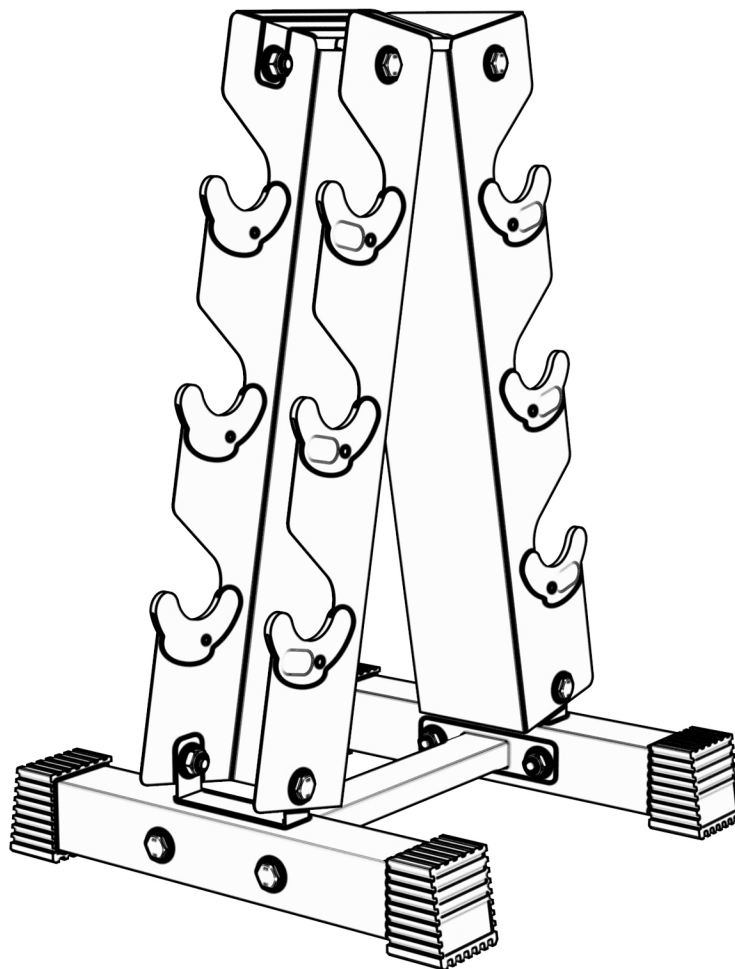
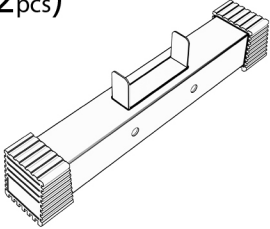
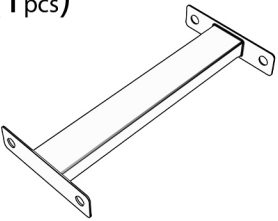
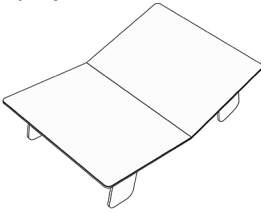
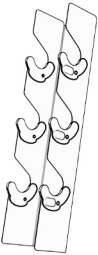
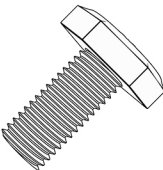
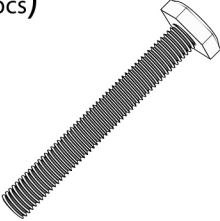
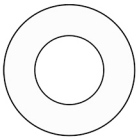
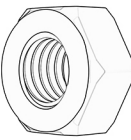


SYNERGEE

A-Frame Dumbbell Rack - Installation Manual



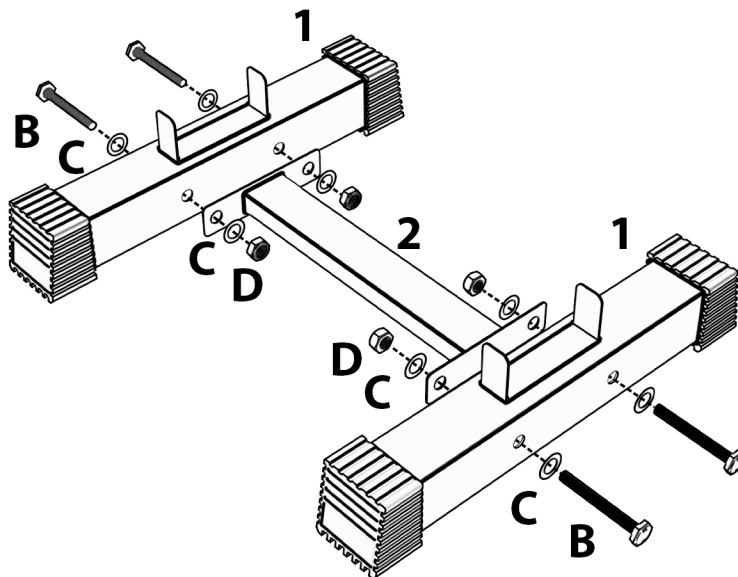
A-Frame Dumbbell Rack - Parts List

<p>1. Stabilizer (2 pcs)</p> 	<p>2. Middle Frame (1 pcs)</p> 	<p>3. Top Stabilizer (1 pcs)</p> 	<p>4. Main Frame (2 pcs)</p> 
<p>A. M10x45 (8 pcs)</p> 	<p>B. M10x75 (4 pcs)</p> 	<p>C. M10 Washer (24 pcs)</p> 	<p>D. M10 Nut (12 pcs)</p> 

SYNERGEE

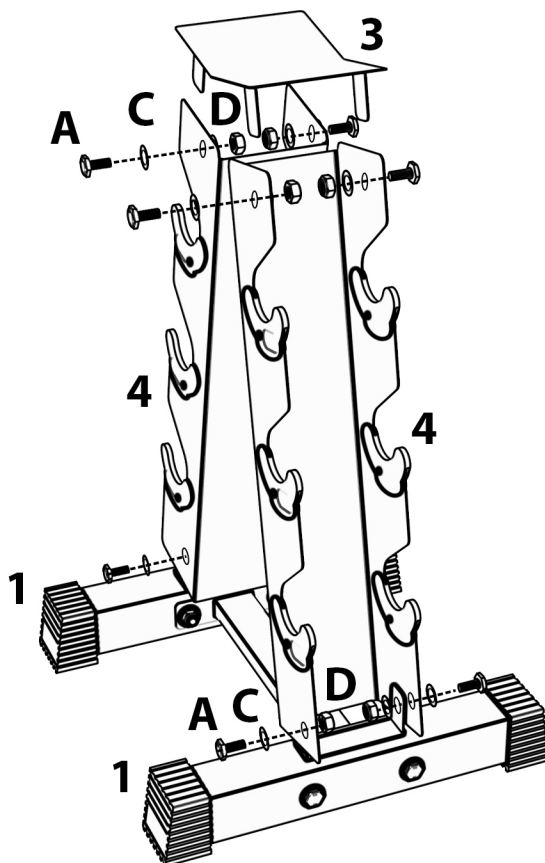
Pulley Machine - Installation Manual

STEP 1:



Connect the 2 stabilizers(#1) to the middle frame(#2) using 4x m10x75(B), 8x M10 Washer(C) and 4x M10 Nuts(D). Tighten until secure.

STEP 2:



Connect the 2 main frames(#4) to the stabilizers(#1) using 4x m10x45(A), 8x M10 Washer(C) and 4x M10 Nuts(D). Lightly tighten. Proceed to attach the top stabilizer(#3) to the 2 main frames(#4) using 4x m10x45(A), 8x M10 Washer(C) and 4x M10 Nuts(D). Tighten all screws from step 2 until secure.