



# JORDAN JF-JA Helix Jammer Arm Attachments Instruction Manual

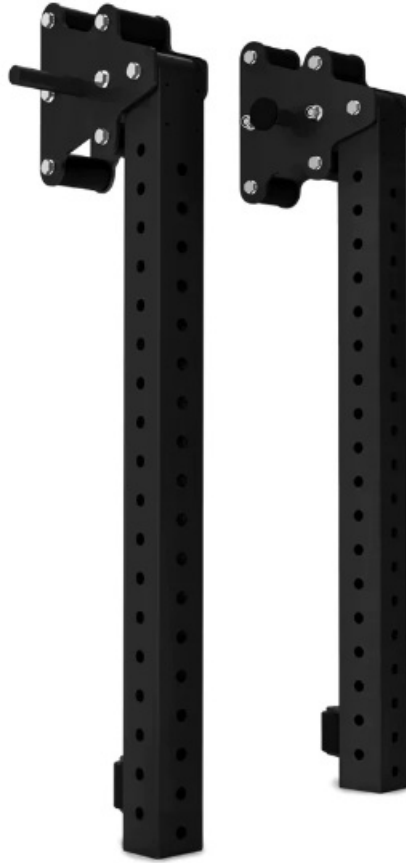
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**JORDAN JF-JA Helix Jammer Arm Attachments**



## Product Information

The JORDAN Helix Jammer Arm Attachments – Pair (JF-JA) is a set of arm attachments designed to be used with a fitness rack. These arm attachments are used for various exercises and workouts to target different muscle groups in the upper body.

The product is made of high-quality materials and is designed for durability and stability during workouts. It comes with all the necessary parts and hardware required for assembly.

## Product Usage Instructions

**WARNING:** Assembly of the product should only be undertaken by an individual who has the necessary tools and knowledge to do so.

### Tools Required:

- 1 x Socket Wrench (13mm, 17mm, 19mm)
- 1 x Spanner (13mm, 17mm, 19mm)

### Assembly Steps:

#### Step 1:

Use the M12x80 bolt (8), M12 Washer (12), and M12 Nut (15) to secure the Nylon wheel (7) to the base of each arm (1).

#### Step 2:

Use the M10x20 bolt, M10 Washer (13), Nylon wheel (4), and M10 nut to attach the arm to the side plates. Make sure to insert the bush (6) into the jammer arm before bolting it to the side plates (3) and (2).

### Step 3:

Attach the side plates (3) to either side of the rack uprights using the M8x110 bolt (9), M8 Washer (11), Nylon wheel (4), and M8 Nut (14) as shown in the diagram.

### Safety & Maintenance Checks:

After assembly, it is important to perform safety and maintenance checks on the product regularly to ensure its safe and proper functioning. For any safety concerns or maintenance queries, please contact JORDAN Fitness using the following details:

Address: 56 Oldmedow Road, Hardwick Ind. Est. King's Lynn, Norfolk, PE30 4JJ United Kingdom

Email: [sales@jordanfitness.com](mailto:sales@jordanfitness.com)

Phone: +44 (0) 1553 763 285

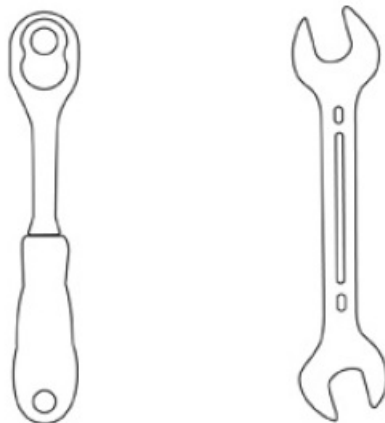
Website: [www.jordanfitness.com](http://www.jordanfitness.com)

### WARNING

Assembly of product should only be undertaken by an individual who has:















- Read and understood this manual
- Is familiar with assembling similar equipment

### TOOLS REQUIRED



- 1 x Socket Wrench (13mm, 17mm, 19mm)
- 1 x Spanner (13mm, 17mm, 19mm)

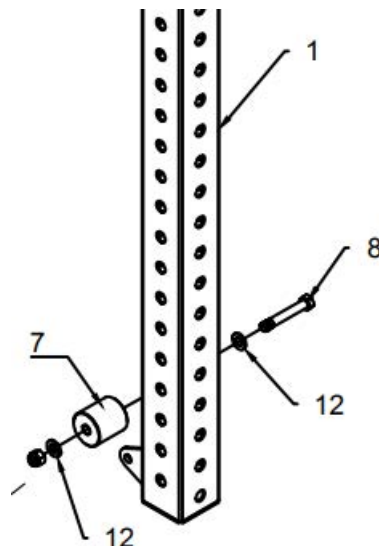
### PARTS INCLUDED

1  2 PCS	2  2 PCS	3  2 PCS	4 nylon wheel  8 PCS
	6  2 PCS	7 nylon wheel  2 PCS	8 M12*80 bolt  2 PCS
9 M8*110 bolt  8 PCS	10 M10*20 bolt  4 PCS	11 M8 washer  32 PCS	12 M12 washer  4 PCS
13 M10 washer  4 PCS	14 M8 nut  8 PCS	15 M12 nut  2 PCS	

## Assembly

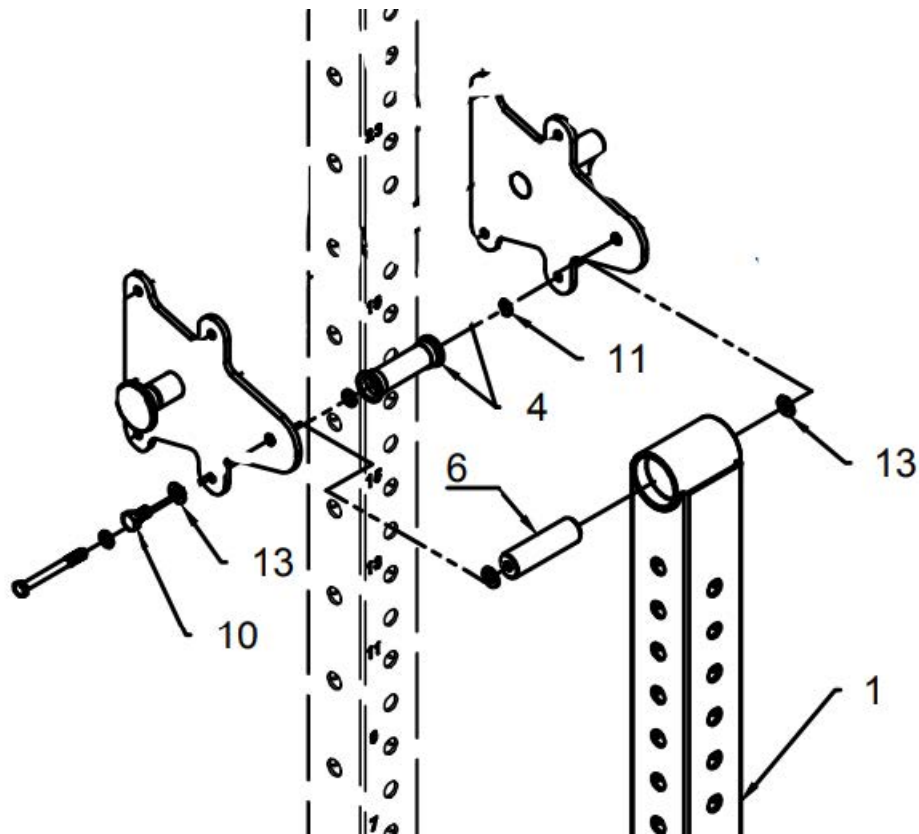
### • STEP 1

Use M12x80 bolt (8), M12 Washer (12) and M12 Nut (15) to secure Nylon wheel (7) to the base of each arm (1)



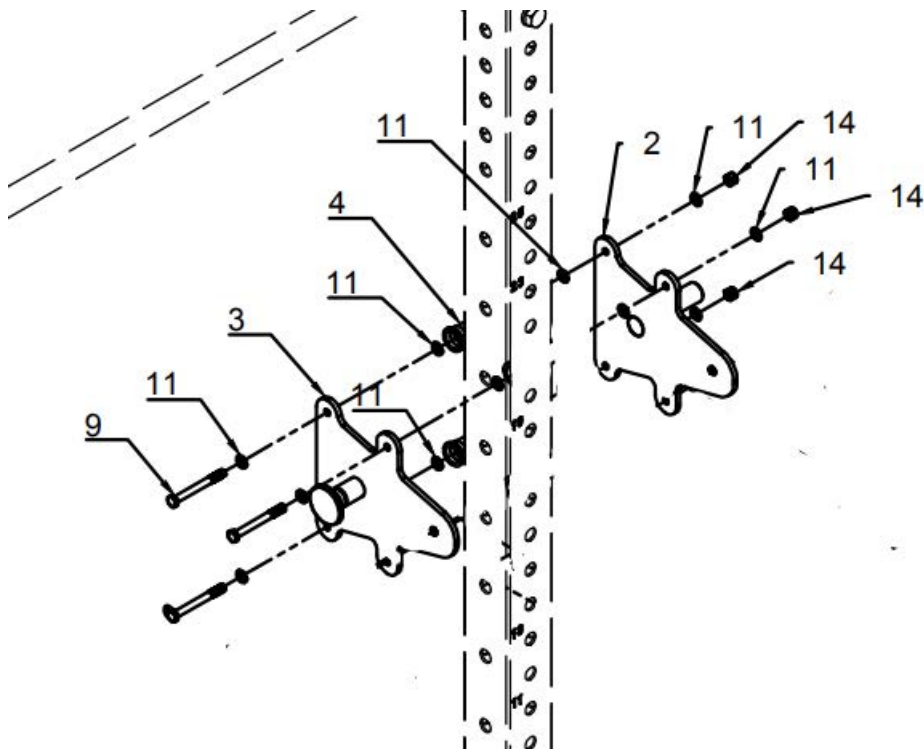
### • STEP 2

Use M10x20 bolt, M10 Washer (13), Nylon wheel (4) and M10 nut to attach arm to side plates. Ensure bush (6) is inserted into jammer arm prior to bolting to side plates (3) and (2)



### • STEP 3

Attach side plates (3) to either side of rack uprights using M8x110 bolt (9), M8 Washer (11) Nylon wheel (4) and M8 Nut (14) as per diagram



## Safety & Maintenance Checks

### Our service starts from as little as £199.

At Jordan we believe in Quality and strive to supply only premium products that we know will last.... but even the best products need a little care and attention.

To keep your kit in tip top shape we offer annual maintenance services on all your Jordan Equipment.

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## Documents / Resources

	<p><b><a href="#">JORDAN JF-JA Helix Jammer Arm Attachments</a></b> [pdf] Instruction Manual JF-JA Helix Jammer Arm Attachments, JF-JA, Helix Jammer Arm Attachments, Jammer Arm Attachments, Arm Attachments</p>
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## References

- [^ Jordan Fitness | Commercial Gym Equipment & Gym Design | Commercial Gym Equipment Suppliers | Functional Fitness Specialists](#)
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