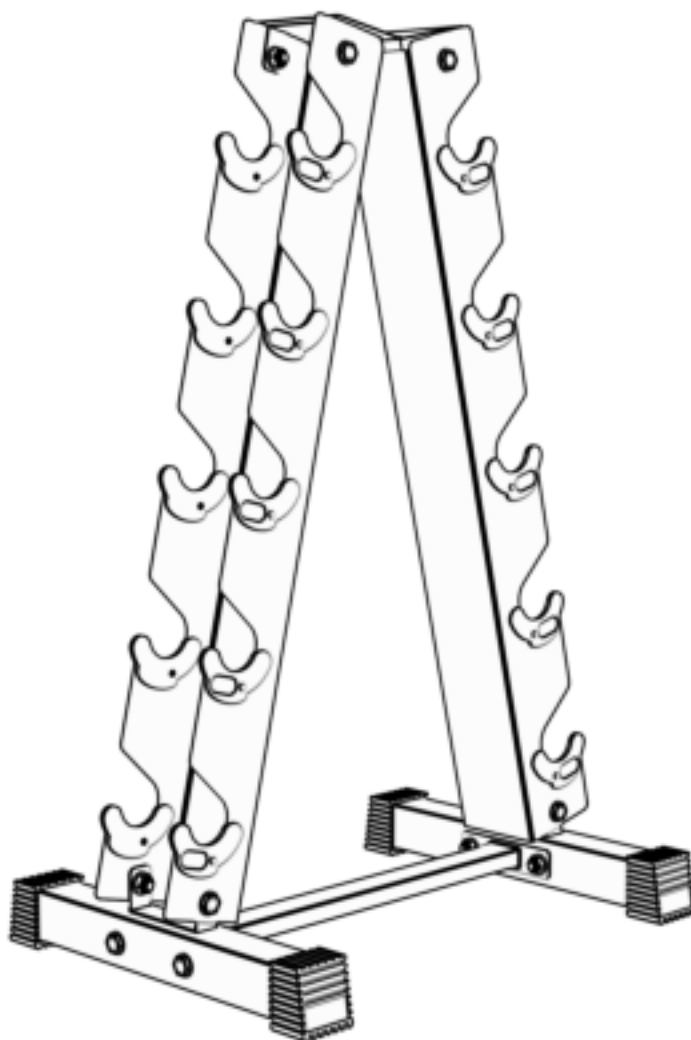
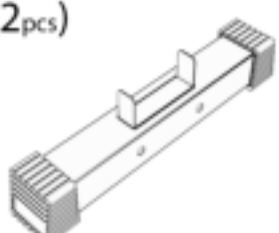
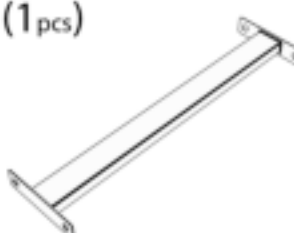
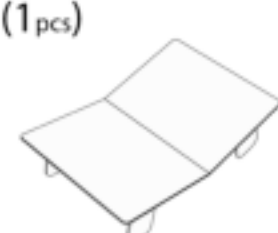


SYNERGEE

A-Frame Dumbbell Rack - Installation Manual



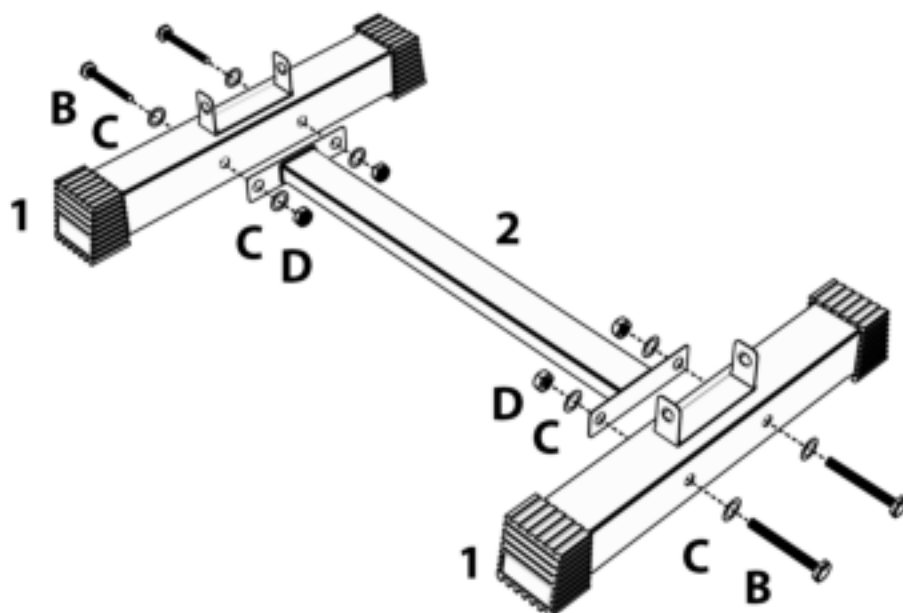
A-Frame Dumbbell Rack - Parts List

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

SYNERGEE

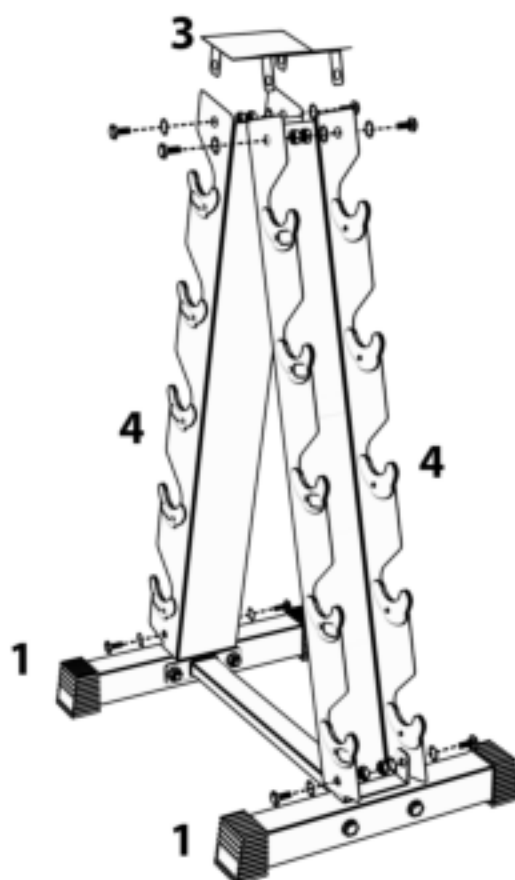
Pulley Machine - Installation Manual

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.