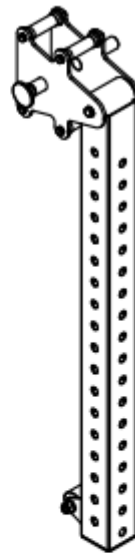
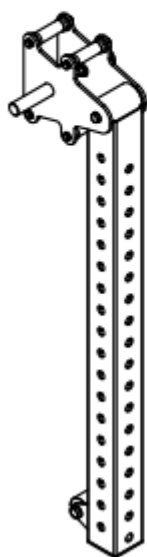


JORDAN Helix Jammer Arm Attachments - Pair (JF-JA)

ASSEMBLY INSTRUCTIONS



JORDAN
— FITNESS —

56 oldmedow road, Hardwick
Industrial Estate, King's Lynn,
Norfolk, PE30 4JJ, UK

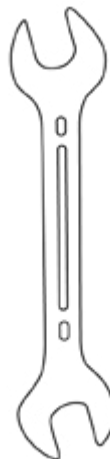


WARNING

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

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





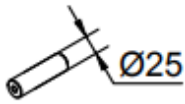









TOOLS REQUIRED



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

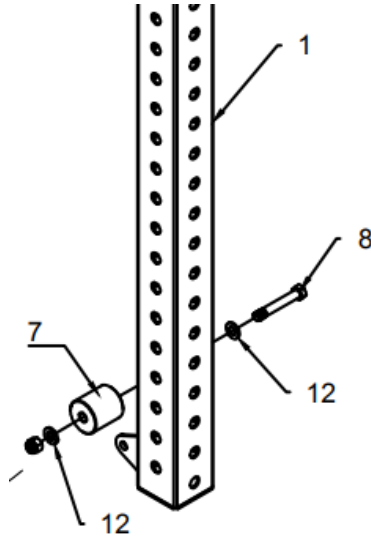
1 x Spanner (13mm,
17mm, 19mm)

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	

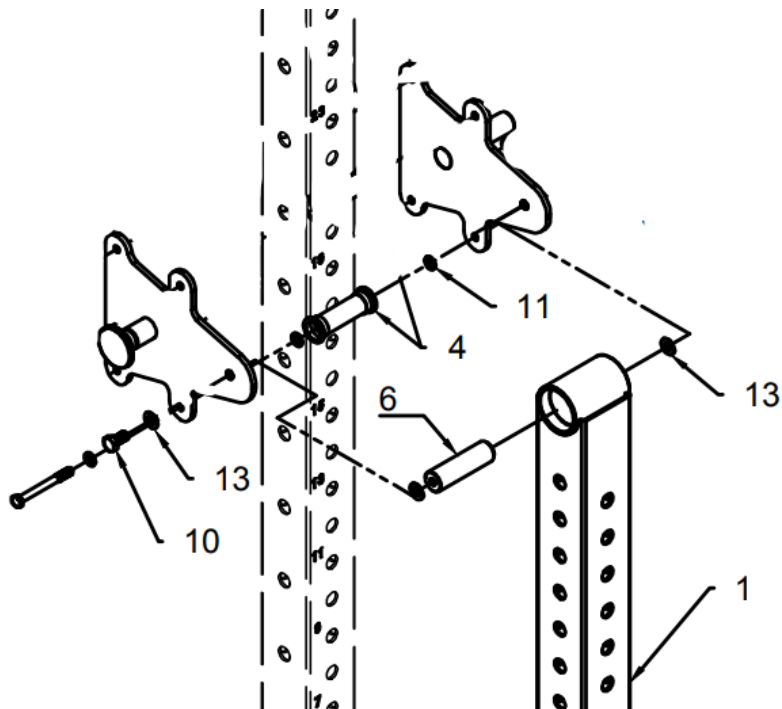
STEP 1

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



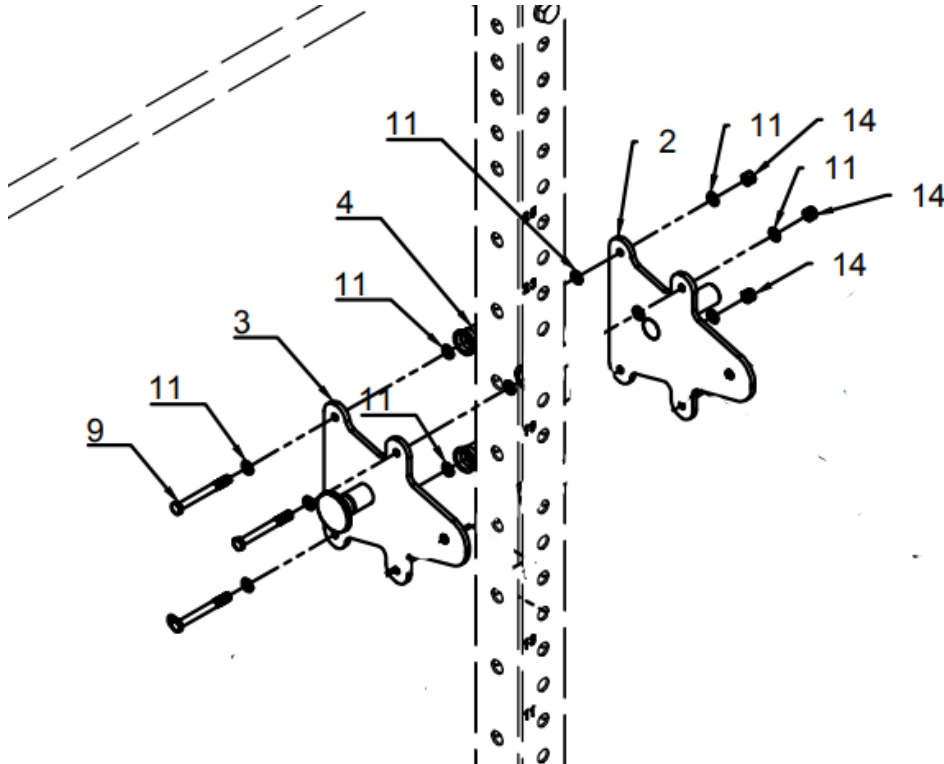
STEP 2

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





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+44 (0) 1553 763 285
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