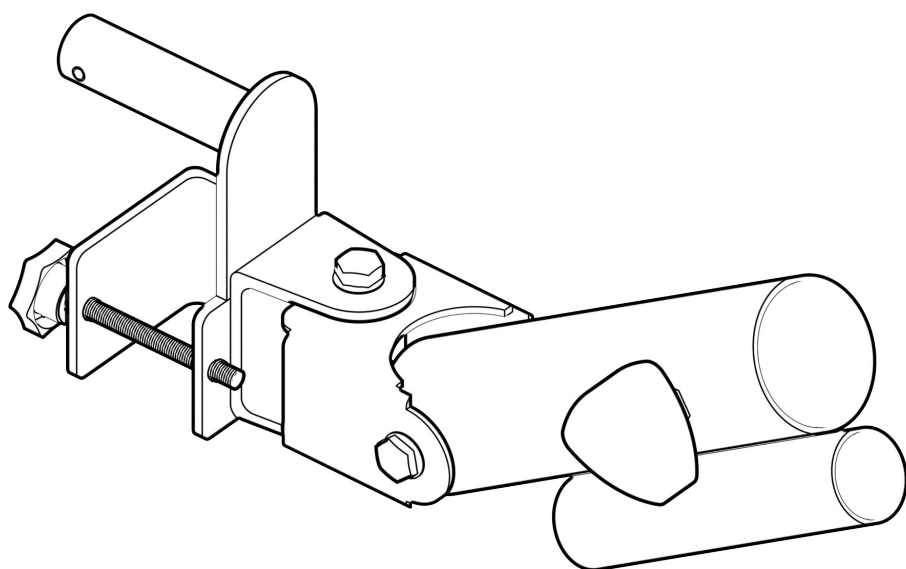


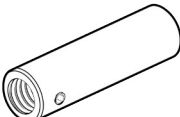
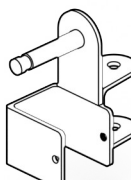
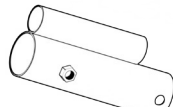
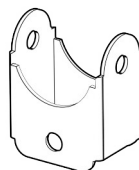
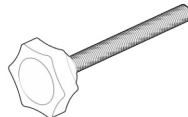
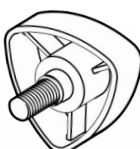


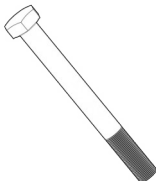
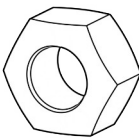
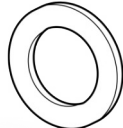
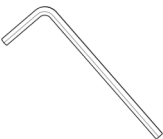
# LANDMINE ATTACHMENT



# PARTS LIST

IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:  
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

|                                                                                                                                     |                                                                                                                                        |                                                                                                                             |                                                                                                                                     |                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>1.</b> QTY<br>x1<br><br><b>CONVERTER SLEEVE</b> | <b>2.</b> QTY<br>x1<br><br><b>LANDMINE ATTACHMENT</b> | <b>3.</b> QTY<br>x1<br><br><b>LANDMINE</b> | <b>4.</b> QTY<br>x1<br><br><b>LANDMINE HINGE</b> | <b>5.</b> QTY<br>x1<br><br><b>SAFETY KNOB</b> |
| <b>6.</b> QTY<br>x1<br><br><b>BAR FASTENER</b>     |                                                                                                                                        |                                                                                                                             |                                                                                                                                     |                                                                                                                                  |

|                                                                                                                                 |                                                                                                                              |                                                                                                                                 |                                                                                                                                    |                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>A.</b> QTY<br>x2<br><br><b>M10X90 BOLT</b> | <b>B.</b> QTY<br>x2<br><br><b>M10 NUT</b> | <b>C.</b> QTY<br>x4<br><br><b>M10 WASHER</b> | <b>D.</b> QTY<br>x1<br><br><b>#3 ALLEN KEY</b> | <b>E.</b> QTY<br>x2<br><br><b>#17 WRENCH</b> |
|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|

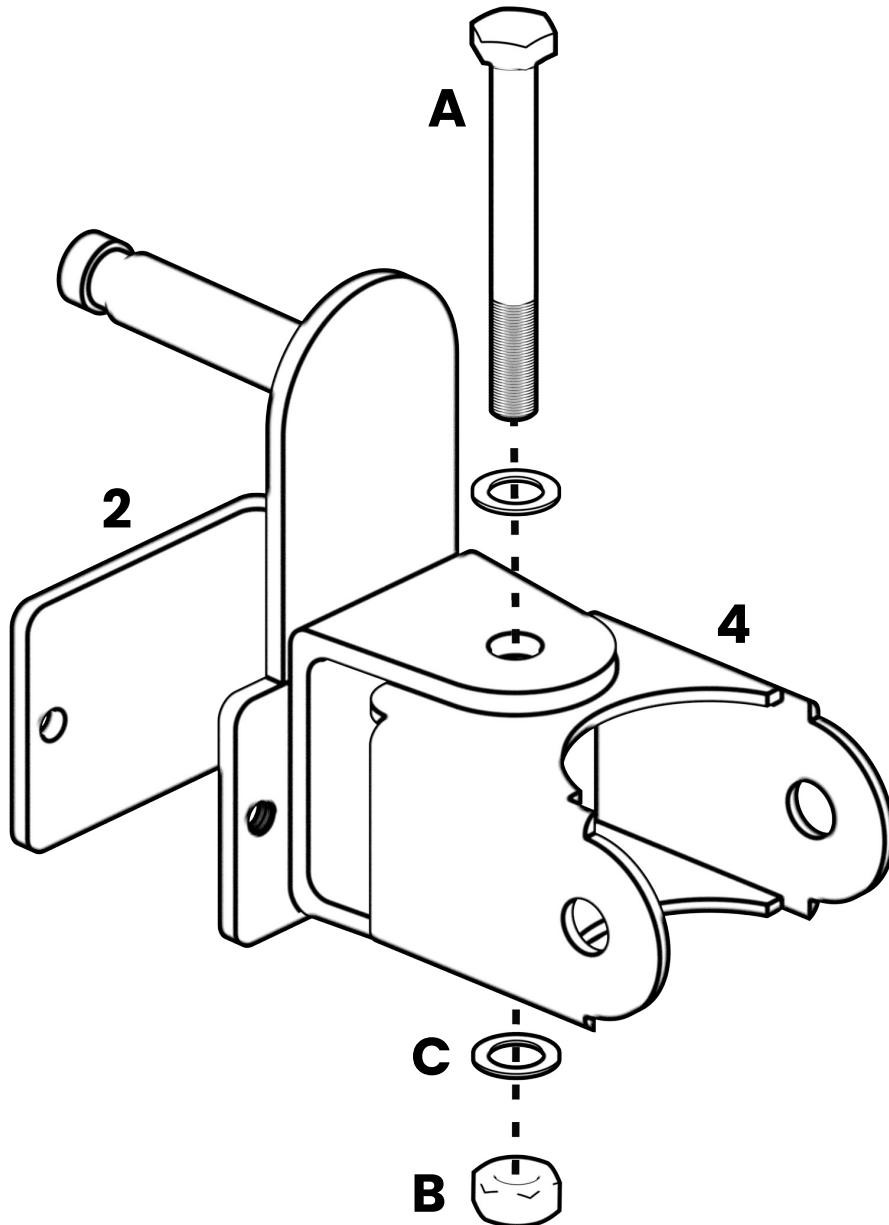


# ASSEMBLY

## STEP: 1

### STEP PART GUIDE

| #  | PART NAME           | QTY |
|----|---------------------|-----|
| 2. | LANDMINE ATTACHMENT | 1   |
| 4. | LANDMINE HINGE      | 1   |
| A. | M10X90 BOLT         | 1   |
| B. | M10 NUT             | 1   |
| C. | M10 WASHER          | 2   |

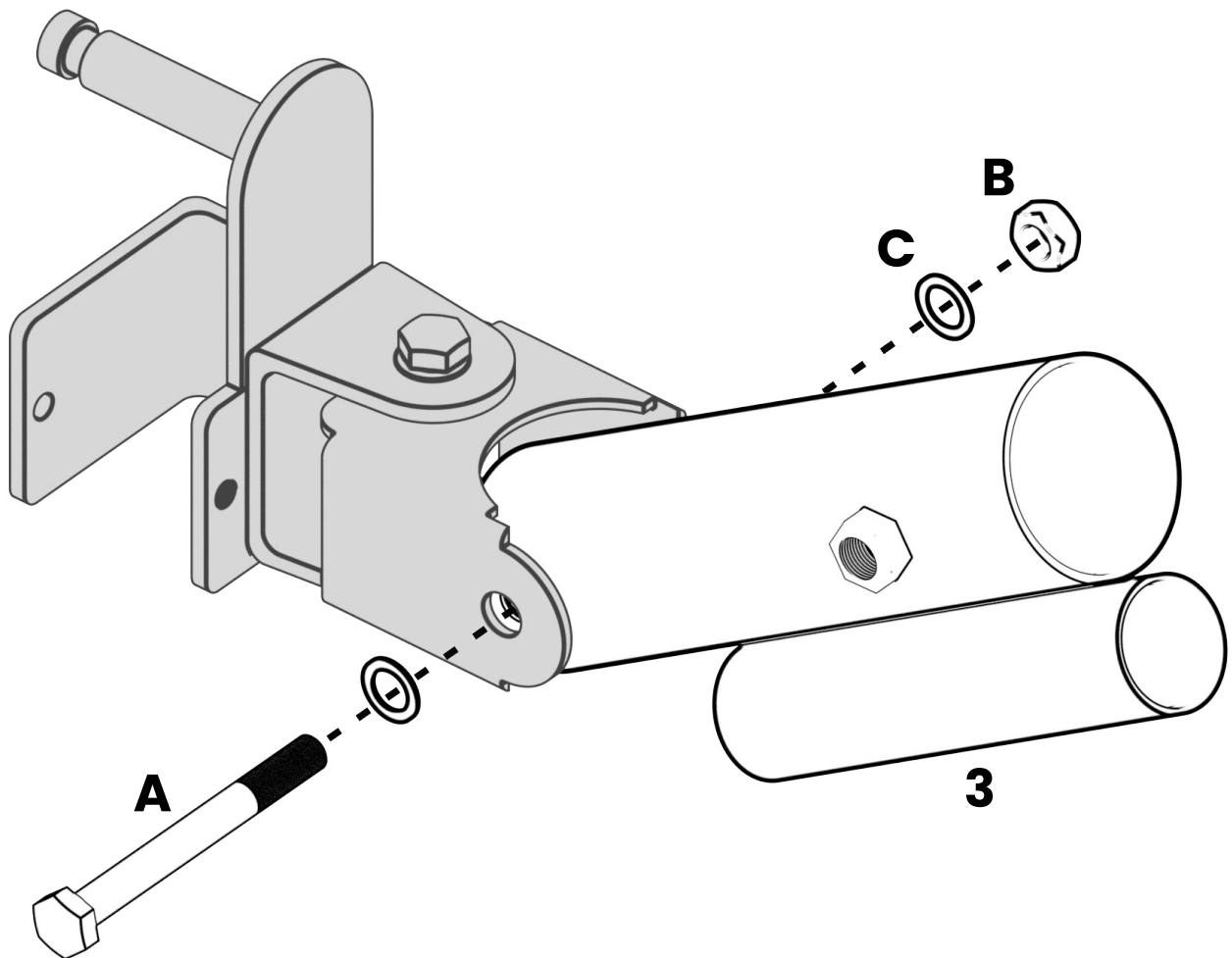


# ASSEMBLY

## STEP: 2

### STEP PART GUIDE

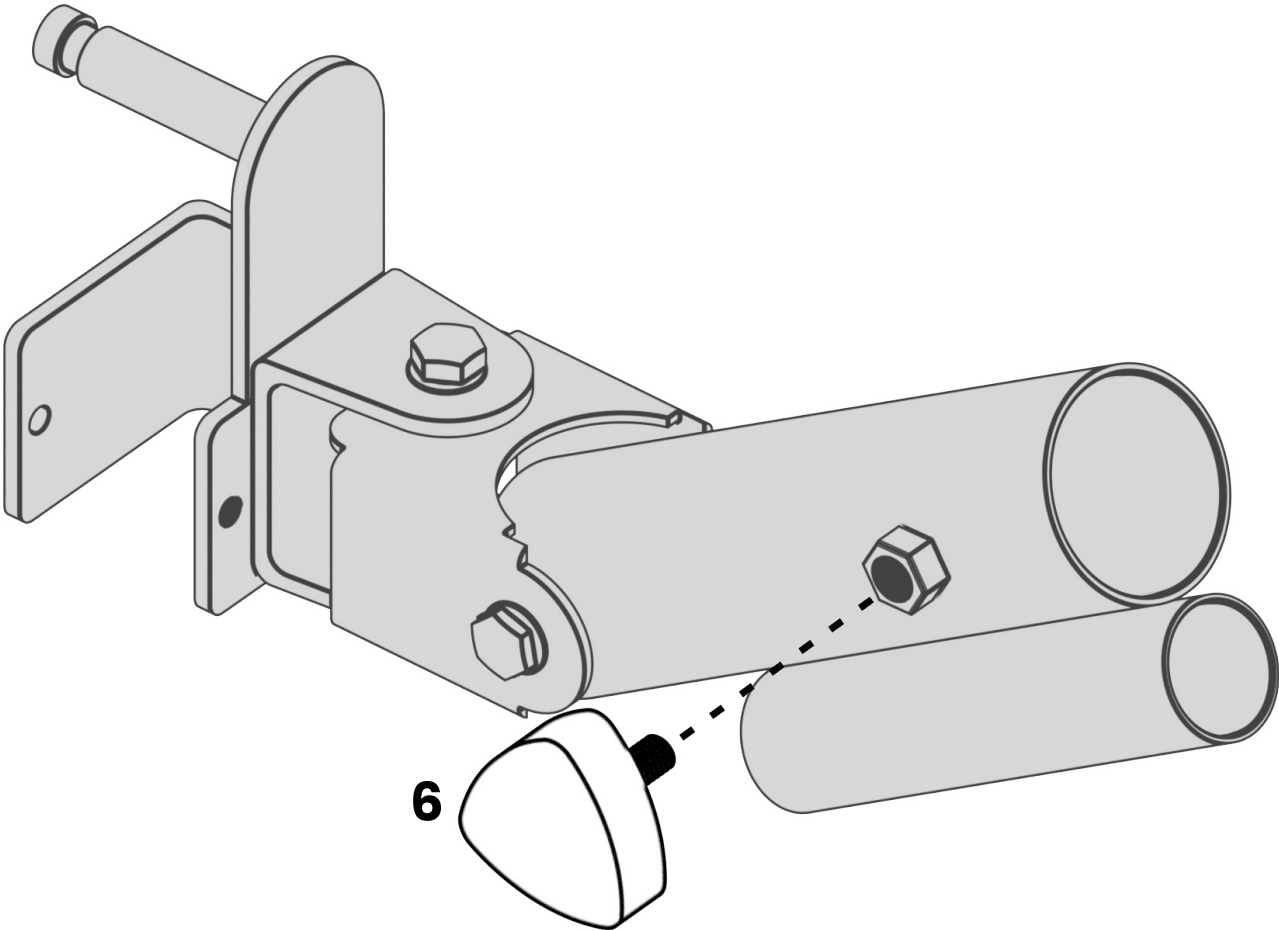
| #  | PART NAME   | QTY |
|----|-------------|-----|
| 3. | LANDMINE    | 1   |
| A. | M10X90 BOLT | 1   |
| B. | M10 NUT     | 1   |
| C. | M10 WASHER  | 2   |



ASSEMBLY

STEP: 3

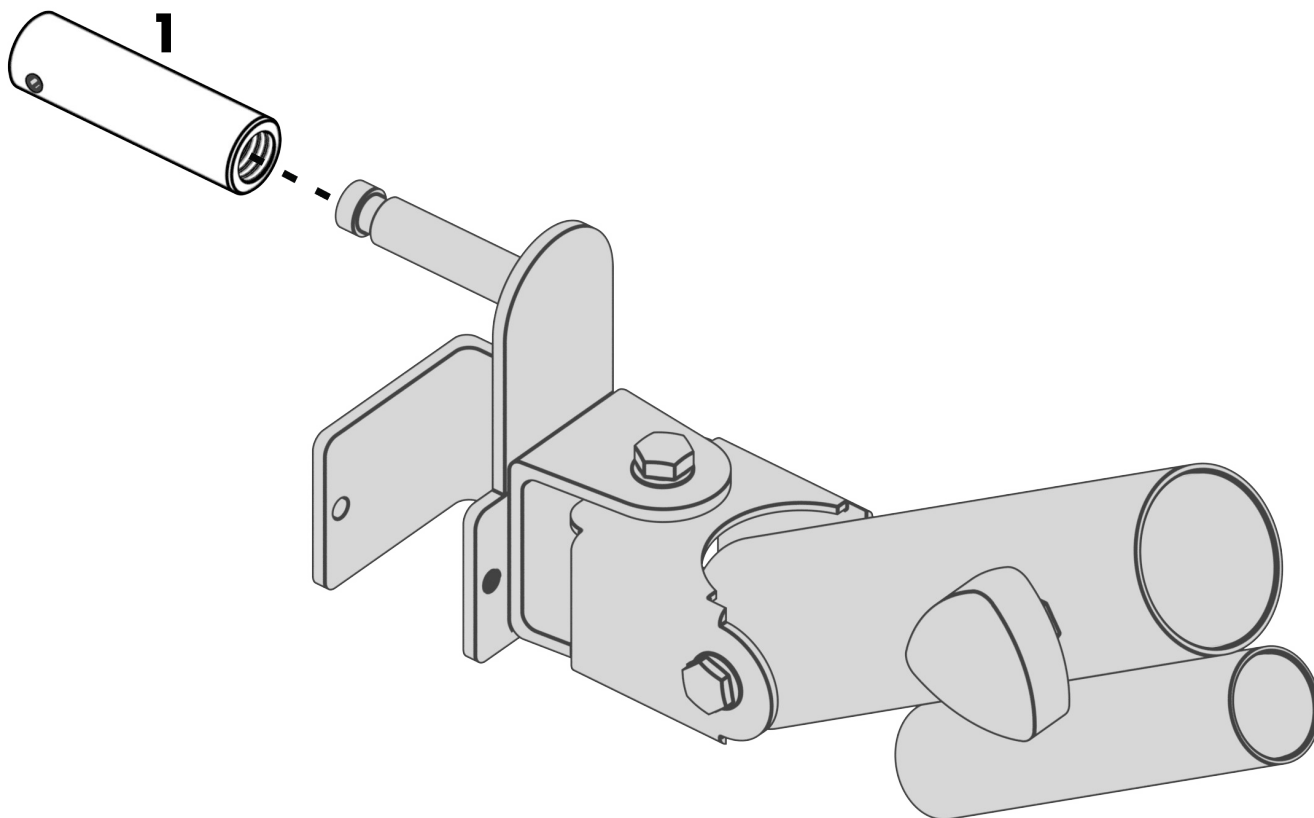
| STEP PART GUIDE |              |     |
|-----------------|--------------|-----|
| #               | PART NAME    | QTY |
| 6.              | BAR FASTENER | 1   |



# ASSEMBLY

## STEP: 4

| STEP PART GUIDE |                  |     |
|-----------------|------------------|-----|
| #               | PART NAME        | QTY |
| 1.              | CONVERTER SLEEVE | 1   |

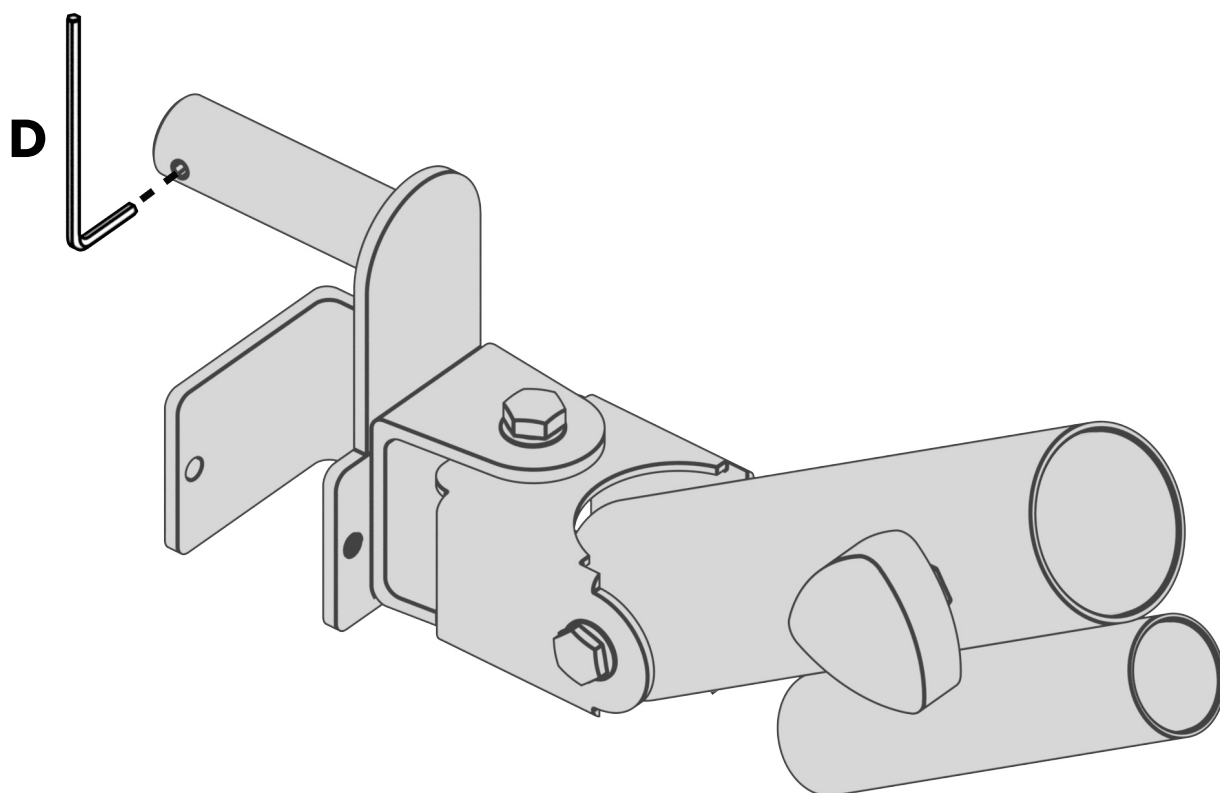


# ASSEMBLY

## STEP: 5

### STEP PART GUIDE

| #  | PART NAME    | QTY |
|----|--------------|-----|
| D. | #3 ALLEN KEY | 1   |



### ATTENTION

USE THE #3 ALLEN KEY  
AND FASTEN UNTIL TIGHT

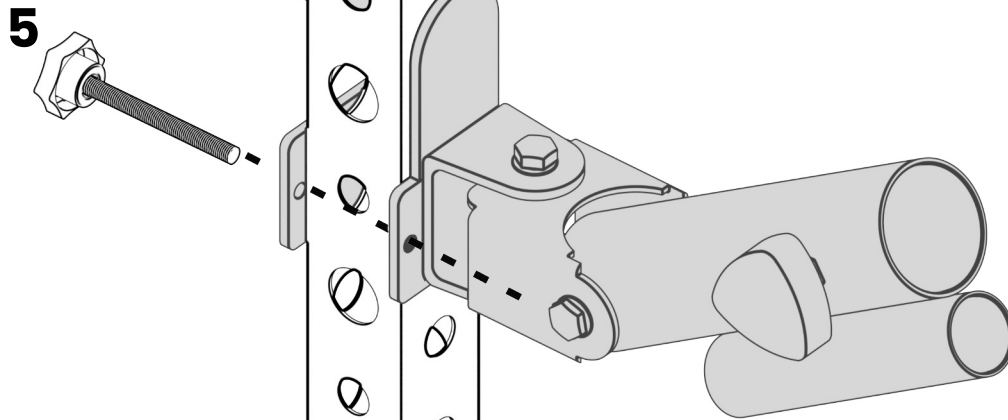


**ASSEMBLY**

**STEP: 6**

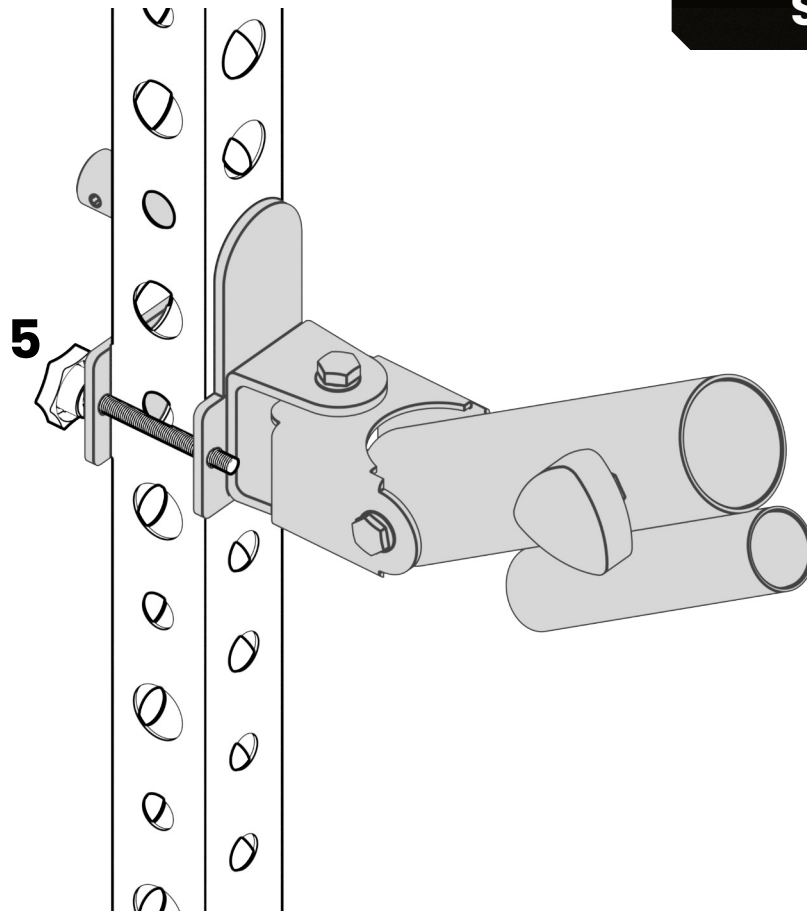
**STEP PART GUIDE**

| #  | PART NAME   | QTY |
|----|-------------|-----|
| 5. | SAFETY KNOB | 1   |



**STEP A**

**STEP B**



## ASSEMBLY

### STEP: 7

## ASSEMBLY

**STEP: #**



### ATTENTION

REPEAT STEPS 12  
FOR THE OTHER SIDE

## STEP PART GUIDE

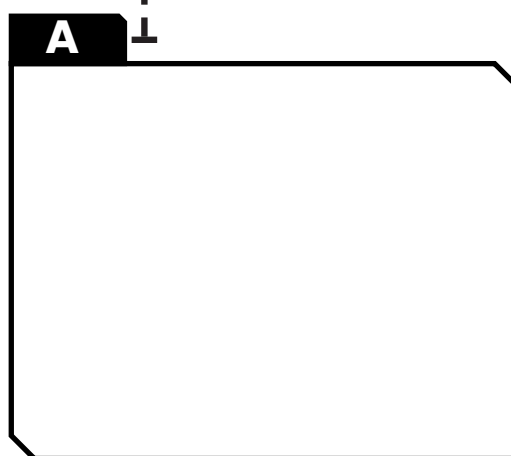
| #  | PART NAME     | QTY |
|----|---------------|-----|
| 4. | Lower Upright | 1   |
| 4. | Lower Upright | 1   |
| 4. | Lower Upright | 1   |
| 4. | Lower Upright | 1   |
| 4. | Lower Upright | 1   |
| 4. | Lower Upright | 1   |

### STEP A

### STEP B

T  
-----

- A.** Loop through the bottom of the pulley wheel at point A and pull towards point B
- B.** Feed the cable through the out-most side of the pulley wheel at point B and through the bottom of the one beside it.
- C.** Feed the cable through the back most hole on the bottom upright and through the top upright.
- D.** Feed across the top of the two pulley



**Tighten parts 2300-10-01 and 2300-10-02 with the M5 Allen Key**



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HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

|                                                                                                                                   |                                                                                                                                   |                                                                                                                                   |                                                                                                                                    |                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <b>A.</b><br><br><b>PRODUCT NAME<br/>HERE</b>    | <b>B.</b><br><br><b>PRODUCT NAME<br/>HERE</b>    | <b>C.</b><br><br><b>PRODUCT NAME<br/>HERE</b>    | <b>D.</b><br><br><b>PRODUCT NAME<br/>HERE</b>    | <b>E.</b><br><br><b>PRODUCT NAME<br/>HERE</b>    |
| <b>F.</b><br><br><b>PRODUCT NAME<br/>HERE</b>    | <b>G.</b><br><br><b>PRODUCT NAME<br/>HERE</b>    | <b>H.</b><br><br><b>PRODUCT NAME<br/>HERE</b>    | <b>I.</b><br><br><b>PRODUCT NAME<br/>HERE</b>    | <b>J.</b><br><br><b>PRODUCT NAME<br/>HERE</b>    |
| <b>11.</b><br><br><b>PRODUCT NAME<br/>HERE</b>  | <b>12.</b><br><br><b>PRODUCT NAME<br/>HERE</b>  | <b>13.</b><br><br><b>PRODUCT NAME<br/>HERE</b>  | <b>14.</b><br><br><b>PRODUCT NAME<br/>HERE</b>  | <b>15.</b><br><br><b>PRODUCT NAME<br/>HERE</b>  |
| <b>16.</b><br><br><b>PRODUCT NAME<br/>HERE</b> | <b>17.</b><br><br><b>PRODUCT NAME<br/>HERE</b> | <b>18.</b><br><br><b>PRODUCT NAME<br/>HERE</b> | <b>19.</b><br><br><b>PRODUCT NAME<br/>HERE</b> | <b>20.</b><br><br><b>PRODUCT NAME<br/>HERE</b> |
| <b>21.</b><br><br><b>PRODUCT NAME<br/>HERE</b> | <b>22.</b><br><br><b>PRODUCT NAME<br/>HERE</b> | <b>23.</b><br><br><b>PRODUCT NAME<br/>HERE</b> | <b>24.</b><br><br><b>PRODUCT NAME<br/>HERE</b> | <b>25.</b><br><br><b>PRODUCT NAME<br/>HERE</b> |

