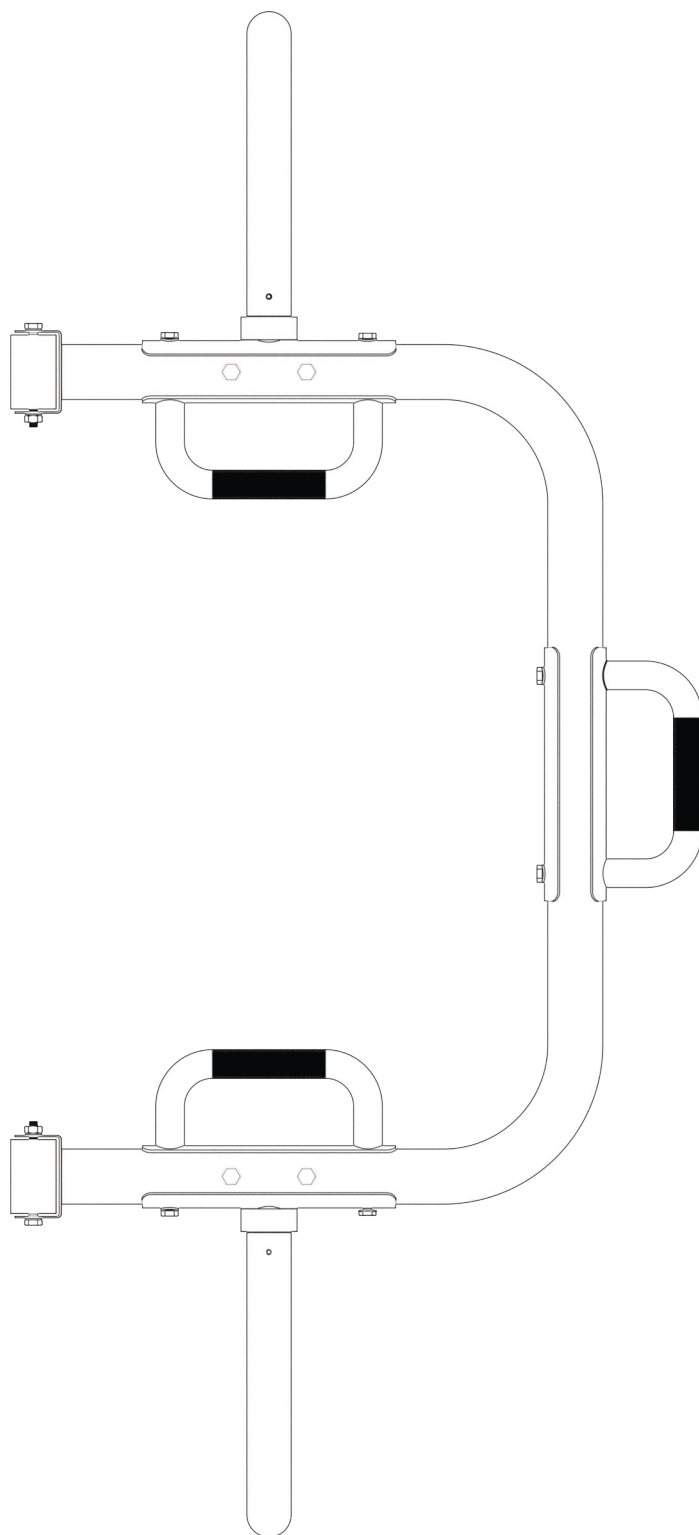
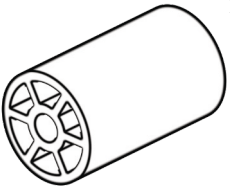
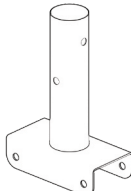
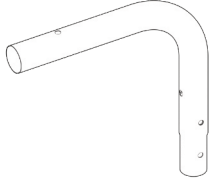
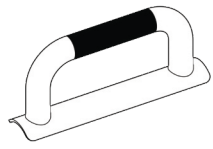
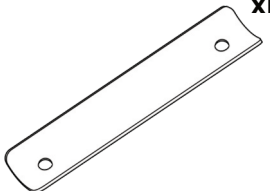
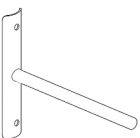
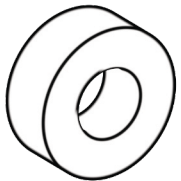
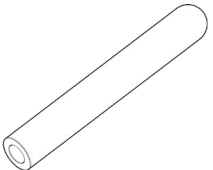
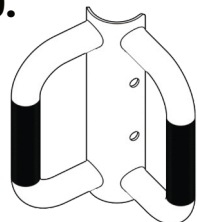


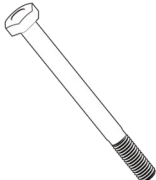
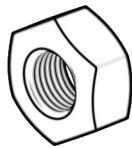
# STANDING HEX BAR



# PARTS LIST

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

|                                                                                                                              |                                                                                                                             |                                                                                                                              |                                                                                                                              |                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>1.</b> QTY x4<br><br><b>BASE WHEELS</b>  | <b>2.</b> QTY x2<br><br><b>BASE FRAME</b>  | <b>3.</b> QTY x2<br><br><b>BODY FRAME</b>   | <b>4.</b> QTY x1<br><br><b>TOP HANDLE</b>  | <b>5.</b> QTY x1<br><br><b>HANDLE SUPPORT</b> |
| <b>6.</b> QTY x2<br><br><b>PLATE LOADER</b> | <b>7.</b> QTY x2<br><br><b>RUBBER RING</b> | <b>8.</b> QTY x2<br><br><b>2" CONVERTER</b> | <b>9.</b> QTY x2<br><br><b>SIDE HANDLE</b> |                                                                                                                                  |

|                                                                                                                                |                                                                                                                                |                                                                                                                              |                                                                                                                                |                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <b>A.</b> QTY x4<br><br><b>M10x105 BOLT</b> | <b>B.</b> QTY x10<br><br><b>M10x80 BOLT</b> | <b>C.</b> QTY x2<br><br><b>GRUB SCREW</b> | <b>D.</b> QTY x8<br><br><b>M10 WASHER</b> | <b>E.</b> QTY x14<br><br><b>M10 CURVED WASHER</b> |
| <b>F.</b> QTY x8<br><br><b>M10 NUT</b>      |                                                                                                                                |                                                                                                                              |                                                                                                                                |                                                                                                                                        |

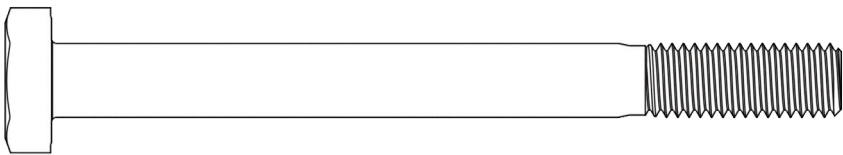


**ATTENTION**  
PLEASE DO NOT  
FULLY TIGHTEN UNTIL  
THE LAST STEP.

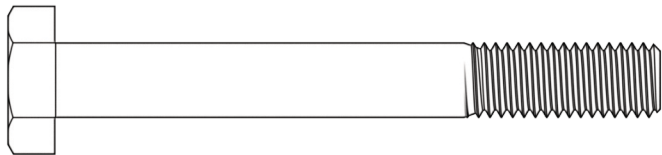


# HARDWARE SIZING CHART

**M10x105  
BOLT**



**M10x80  
BOLT**

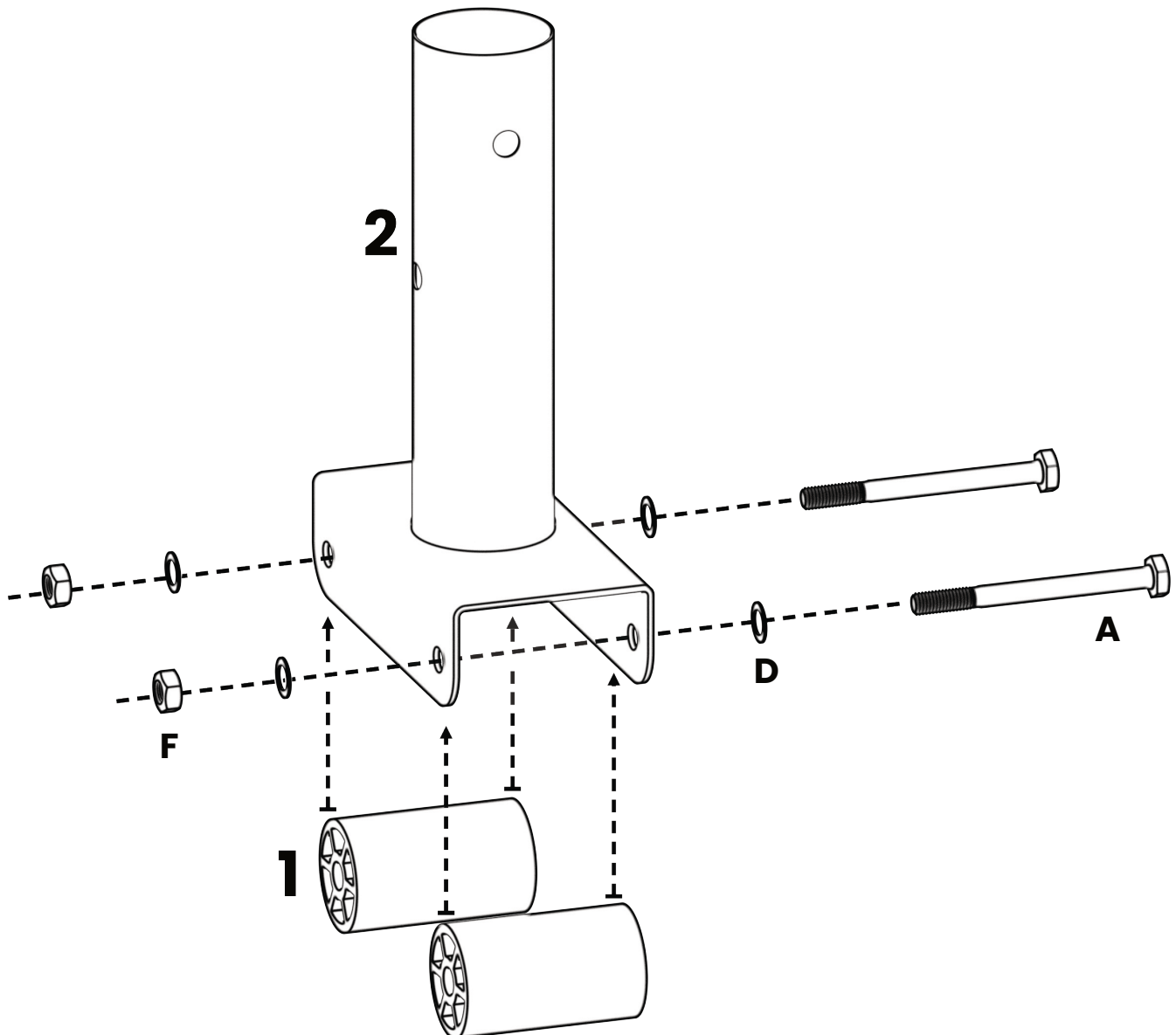


# ASSEMBLY

## STEP: 1

### STEP PART GUIDE

| #  | PART NAME        | QTY |
|----|------------------|-----|
| 1. | Base Wheels      | 2   |
| 2. | Base Frame       | 1   |
| A. | M10x105 Hex Bolt | 2   |
| D. | M10 Washer       | 4   |
| F. | M10 Nut          | 2   |

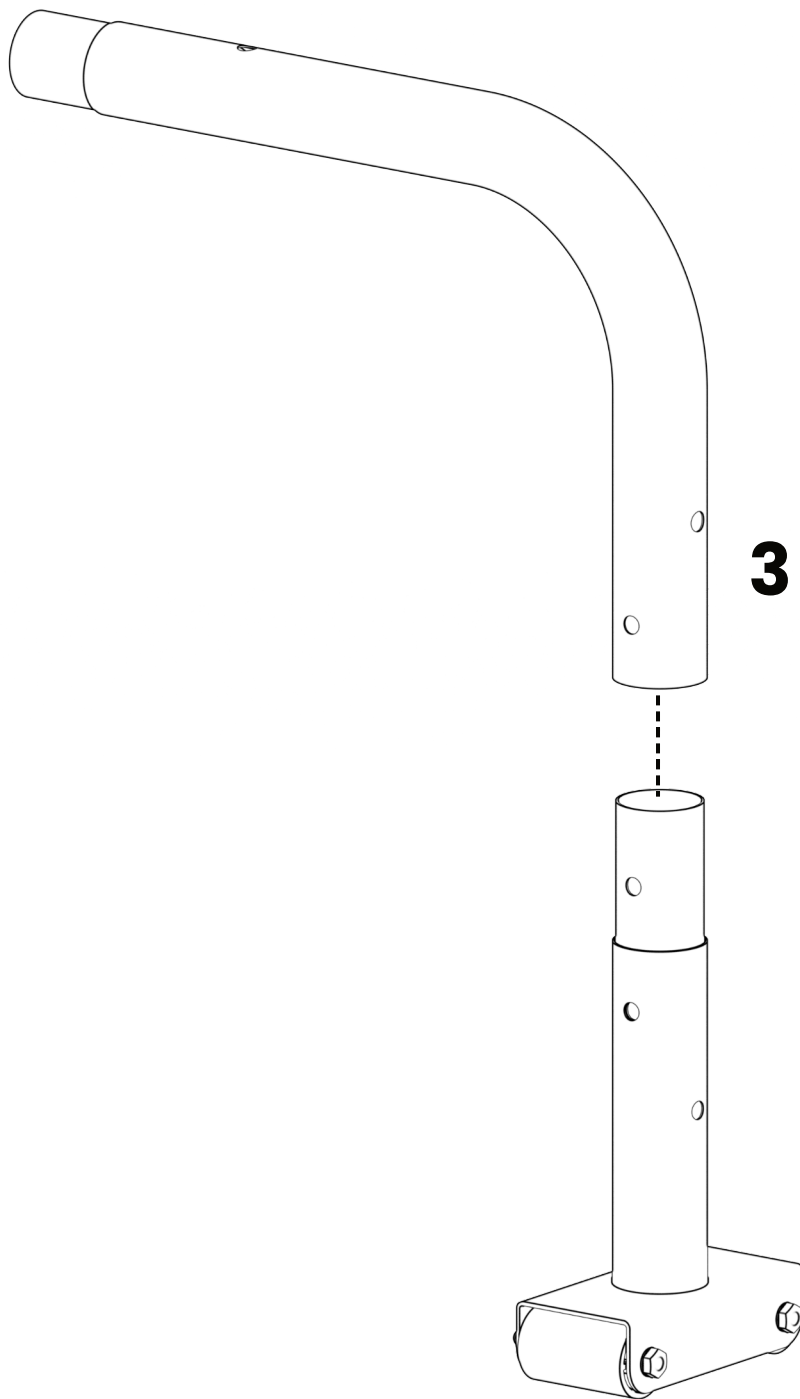




# ASSEMBLY

## STEP:2

| STEP PART GUIDE |            |     |
|-----------------|------------|-----|
| #               | PART NAME  | QTY |
| 3.              | Body Frame | 1   |



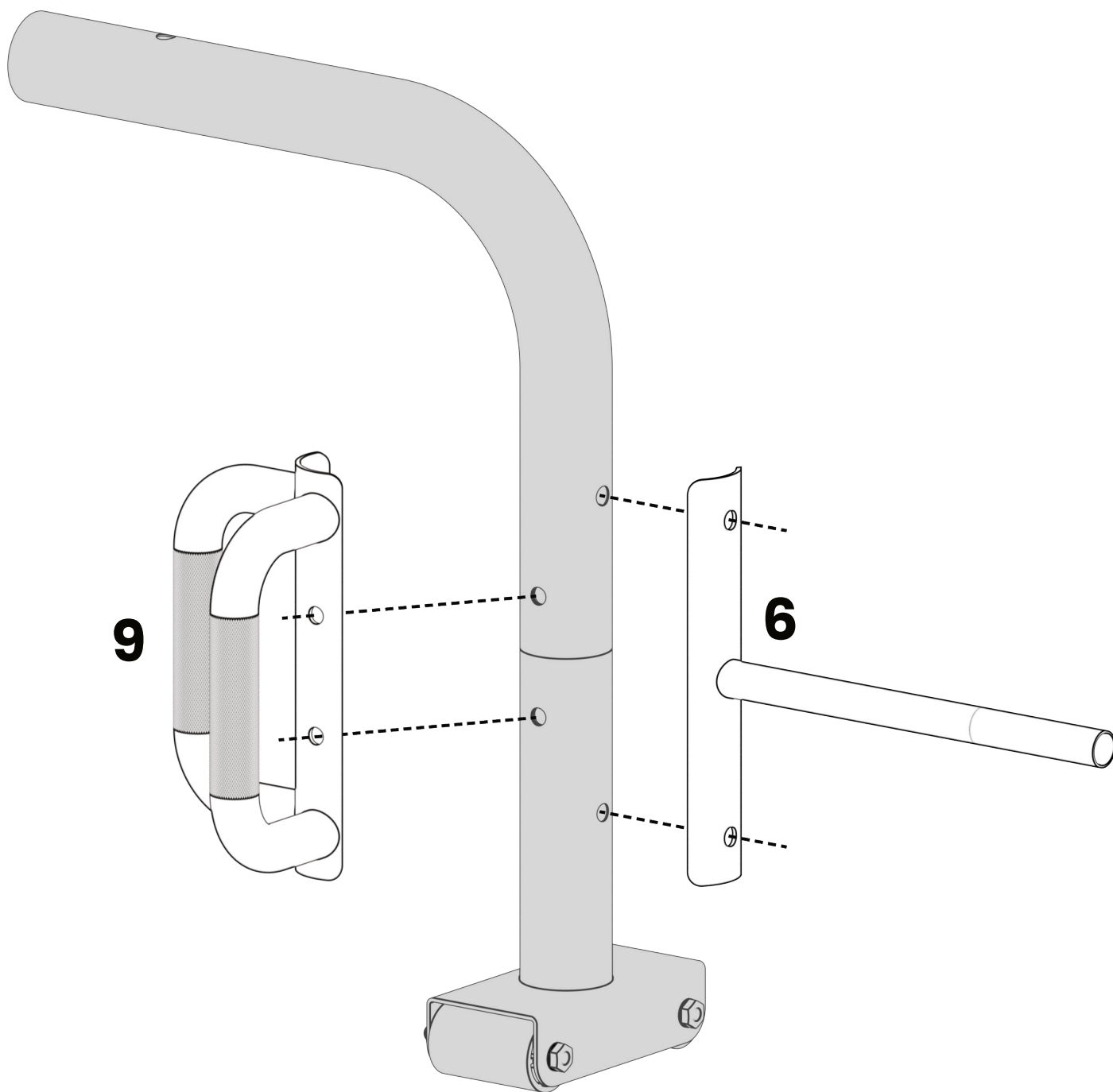
**ASSEMBLY**

---

**STEP: 3-A**

**STEP PART GUIDE**

| #  | PART NAME    | QTY |
|----|--------------|-----|
| 6. | Plate Loader | 1   |
| 9. | Side Handles | 1   |

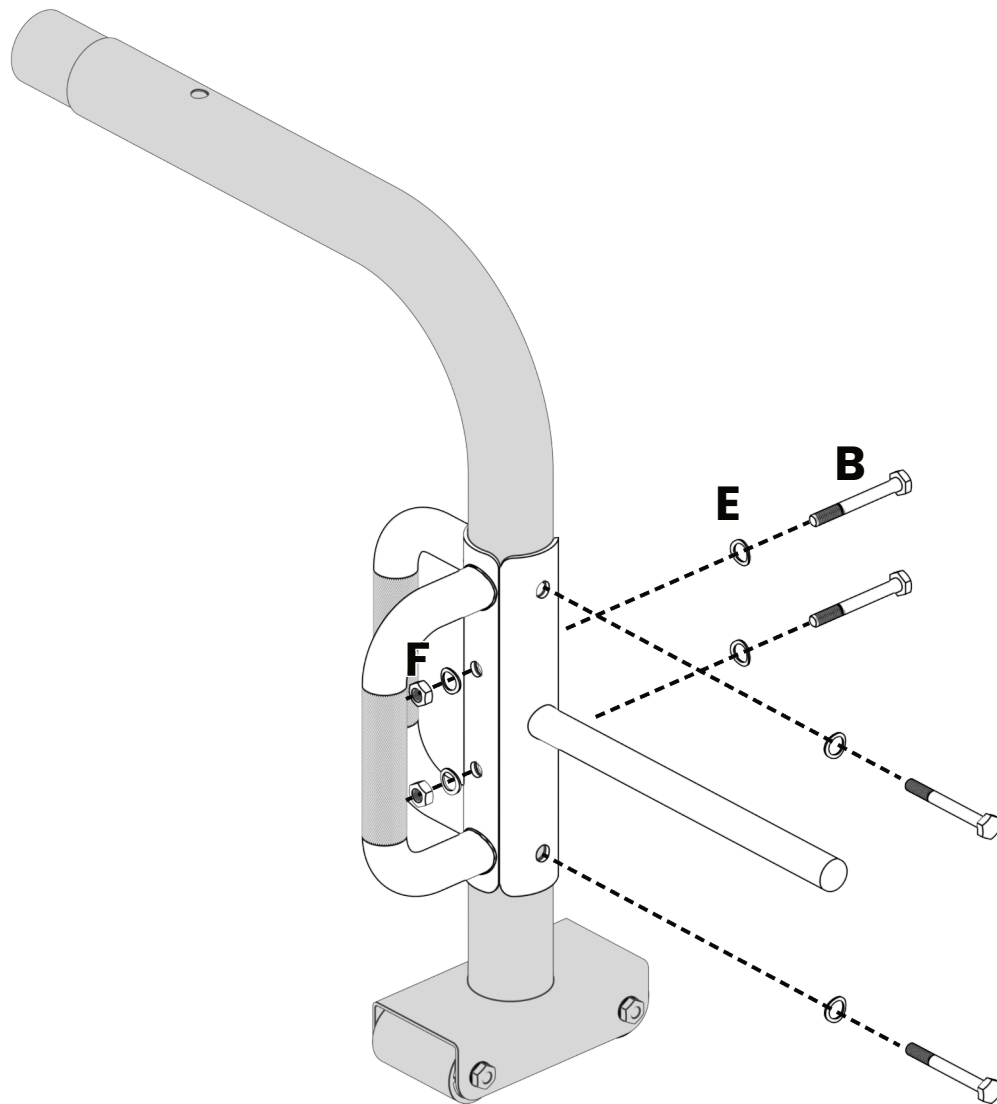


## ASSEMBLY

### STEP: 3-B

## STEP PART GUIDE

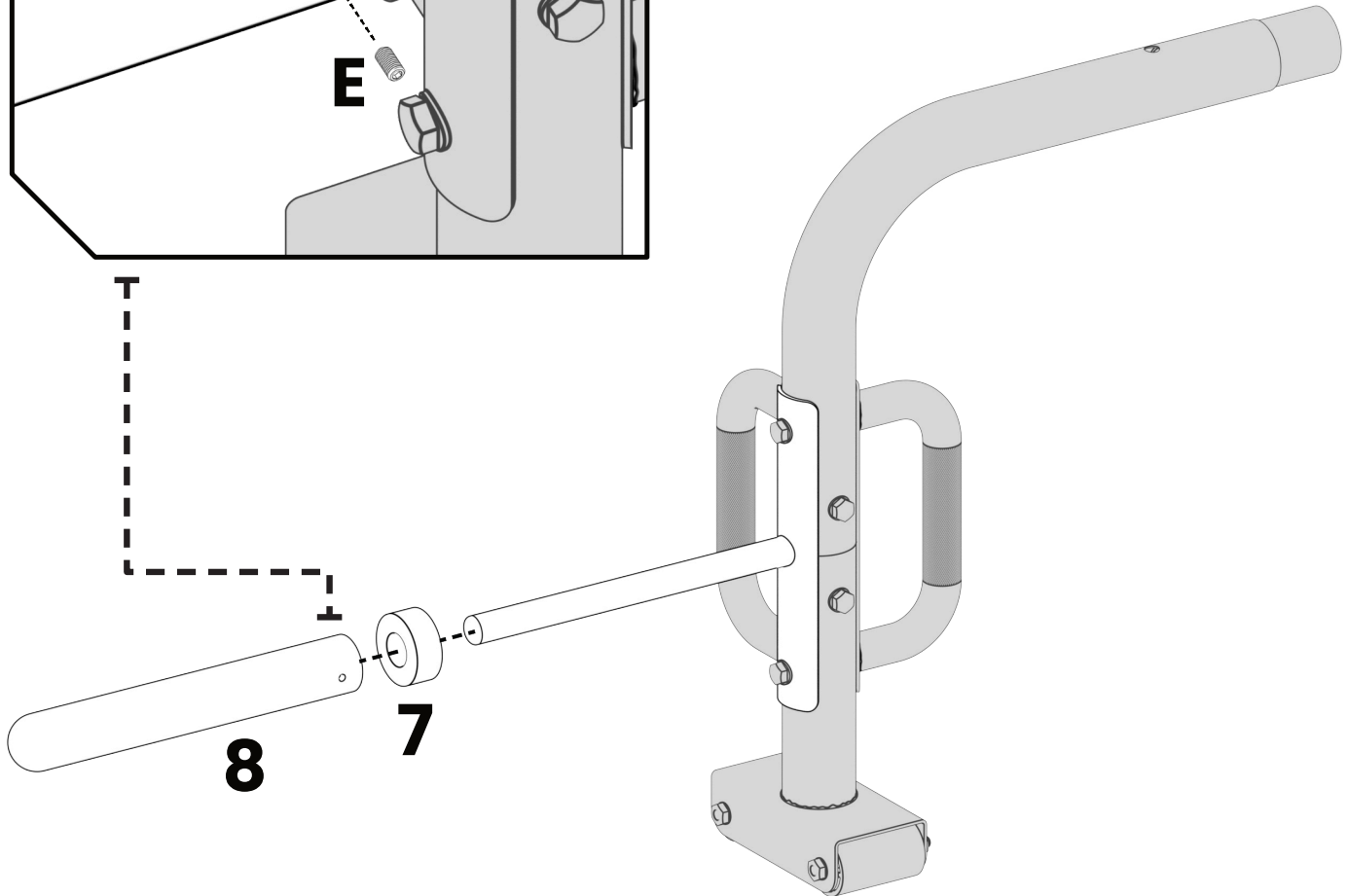
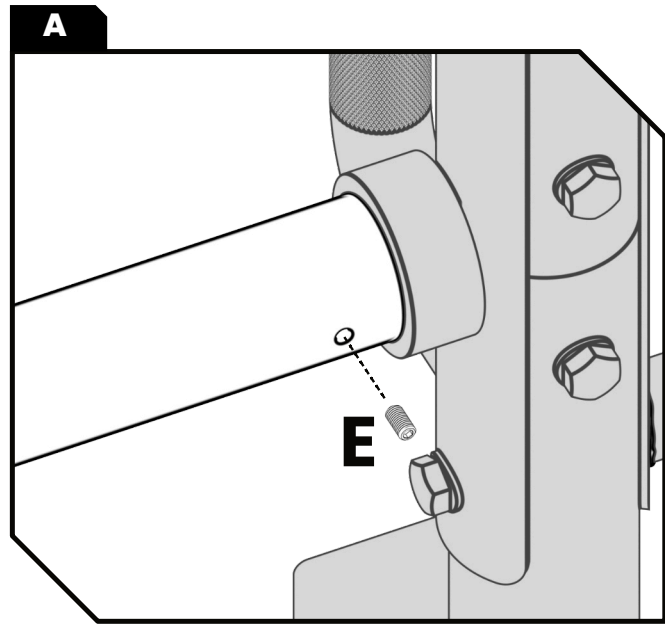
| #  | PART NAME         | QTY |
|----|-------------------|-----|
| B. | M10x80 Bolt       | 4   |
| E. | M10 Curved Washer | 6   |
| F. | M10 Nut           | 2   |



# ASSEMBLY

## STEP: 4

| STEP PART GUIDE |                    |     |
|-----------------|--------------------|-----|
| #               | PART NAME          | QTY |
| 7.              | Rubber Ring        | 1   |
| 8.              | 2" plate converter | 1   |
| E.              | M10 Curved Washer  | 1   |



**ATTENTION**  
REPEAT STEPS 1-4  
AGAIN TO BUILD THE  
OTHER SIDE

## ASSEMBLY

### STEP: 5

## STEP PART GUIDE

| #  | PART NAME         | QTY |
|----|-------------------|-----|
| 4. | Top Handle        | 1   |
| 5. | Handle Support    | 1   |
| B. | M10x80 Hex Bolt   | 2   |
| E. | M10 Curved Washer | 2   |

