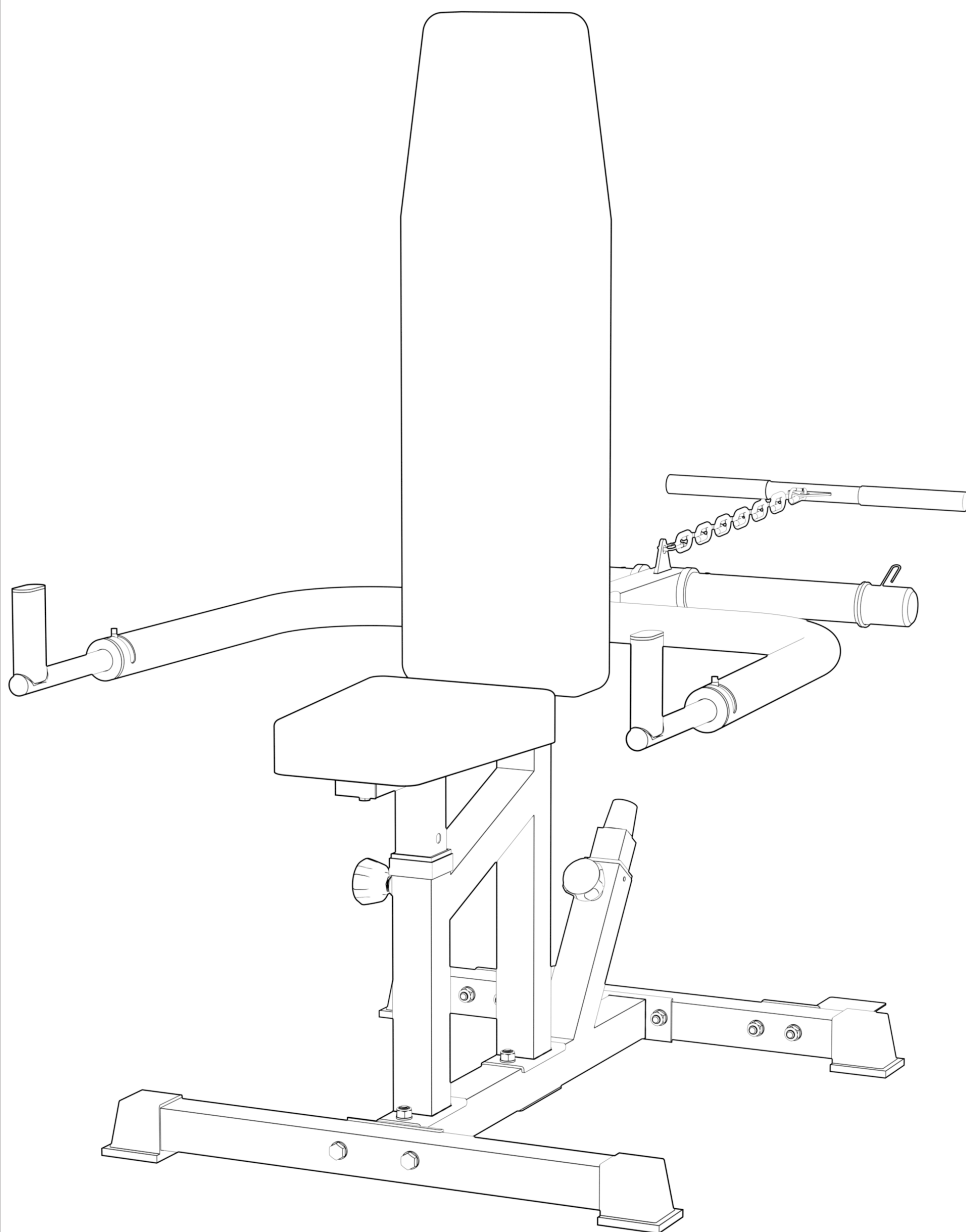


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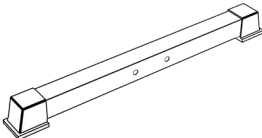
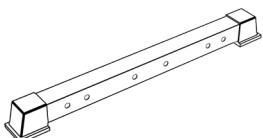
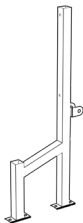
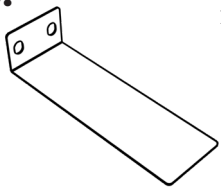
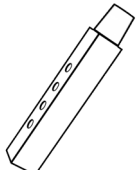
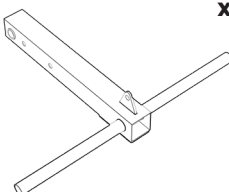

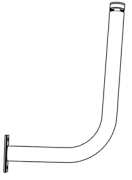
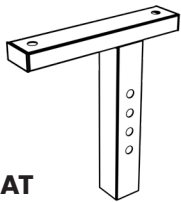


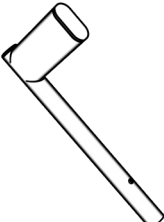

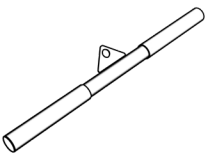
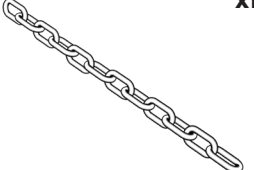
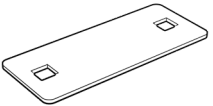
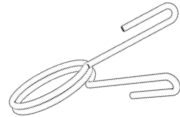

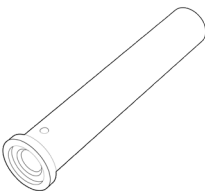

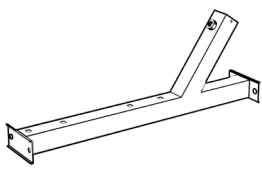
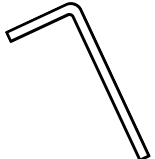
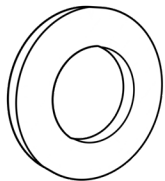
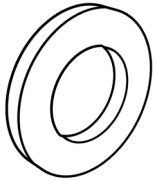
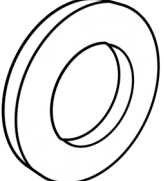
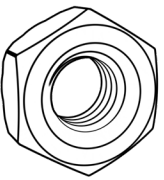
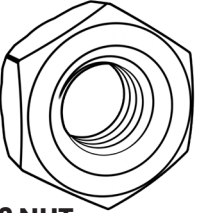
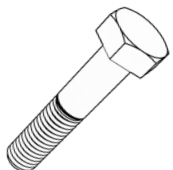

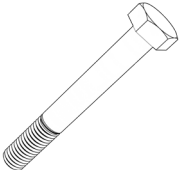


SEATED DIP MACHINE



PARTS LIST

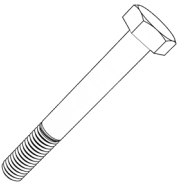
IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

<p>1. QTY x1</p>  <p>FRONT BASE FRAME</p>	<p>2. QTY x1</p>  <p>BACK BASE FRAME</p>	<p>3. QTY x1</p>  <p>TOP FRAME</p>	<p>4. QTY x2</p>  <p>FOOT PLATE</p>	<p>5. QTY x1</p>  <p>ADJUSTMENT FRAME</p>
<p>6. QTY x1</p>  <p>PLATE LOADER</p>	<p>7. QTY x1</p>  <p>LEFT ARM</p>	<p>8. QTY x1</p>  <p>RIGHT ARM</p>	<p>9. QTY x1</p>  <p>SEAT FRAME</p>	<p>10. QTY x1</p>  <p>SEAT CUSHION</p>
<p>11. QTY x1</p>  <p>BACK SEAT CUSHION</p>	<p>12. QTY x2</p>  <p>HANDLE</p>	<p>13. QTY x2</p>  <p>CARABINER</p>	<p>14. QTY x1</p>  <p>STRAIGHT BAR</p>	<p>15. QTY x1</p>  <p>CHAIN</p>
<p>16. QTY x2</p>  <p>CONNECTION PLATE</p>	<p>17. QTY x2</p>  <p>2" SPRING COLLAR</p>	<p>18. QTY x4</p>  <p>M10X70 SQUARE-NECK CARRIAGE BOLTS</p>	<p>19. QTY x2</p>  <p>2" PLATE SLEEVES</p>	<p>20. QTY x2</p>  <p>QUICK KNOBS</p>
<p>21. QTY x1</p>  <p>BOTTOM FRAME</p>	<p>22. QTY x1</p>  <p>ALAN KEY</p>	<p>23. QTY x4</p>  <p>M8 WASHER</p>	<p>24. QTY x24</p>  <p>M10 WASHER</p>	<p>25. QTY x2</p>  <p>M12 WASHER</p>
<p>26. QTY x14</p>  <p>M10 NUT</p>	<p>27. QTY x1</p>  <p>M12 NUT</p>	<p>28. QTY x2</p>  <p>M8X40 BOLTS FULLY THREADED</p>	<p>29. QTY x2</p>  <p>M8X65 BOLTS PARTIALLY THREADED</p>	<p>30. QTY x8</p>  <p>M10X70 BOLTS PARTIALLY THREADED</p>

PARTS LIST

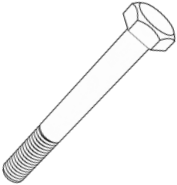
IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

31. QTY
x2



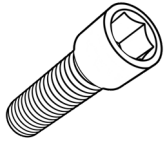
**M10X75 BOLTS
PARTIALLY THREADED**

31. QTY
x1



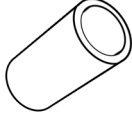
**M12X85 BOLTS
PARTIALLY THREADED**

33. QTY
x2



**M6X20 BOLTS SOCKET
HEAD**

34. QTY
x2



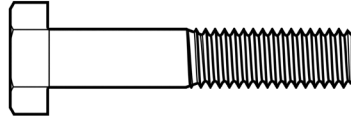
STEEL BUSHING

HARDWARE SIZING CHART

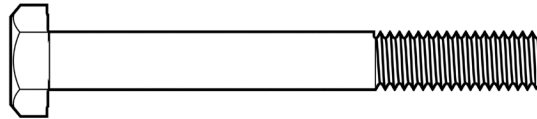
**M6x20
BOLT**



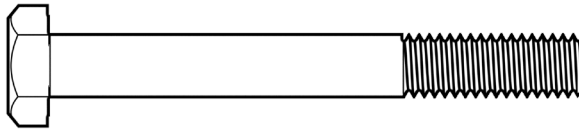
**M8x40
BOLT**



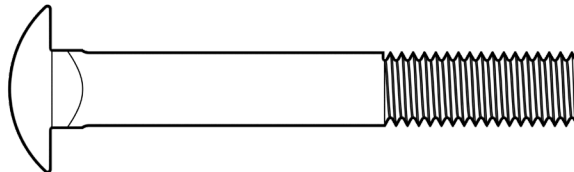
**M8x65
BOLT**



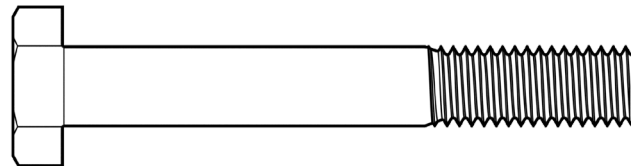
**M10x70
BOLT**



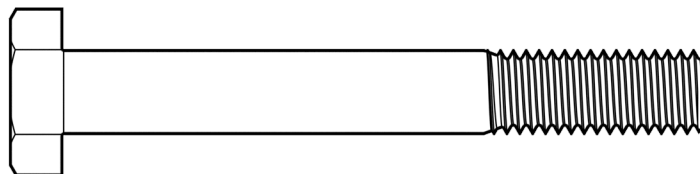
**M10x70
CARRIAGE
BOLT**



**M10x75
BOLT**



**M12x85
BOLT**



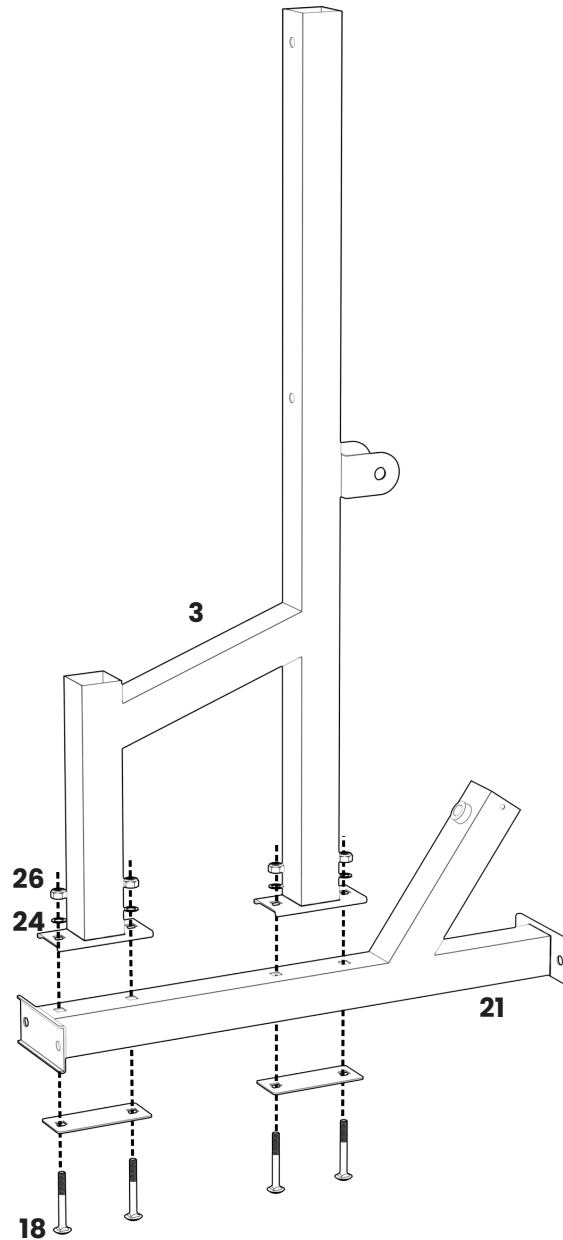
SYNERGEE® | PRODUCT NAME

ASSEMBLY

STEP: 1

STEP PART GUIDE

#	PART NAME	QTY
3.	TOP FRAME	1
21.	BOTTOM FRAME	1
16.	CONNECTION PLATE	2
18.	M10X70 STEEL SQUARE-NECK CARRIAGE BOLTS	4
24.	M10 WASHER	4
26.	M10 NUT	4

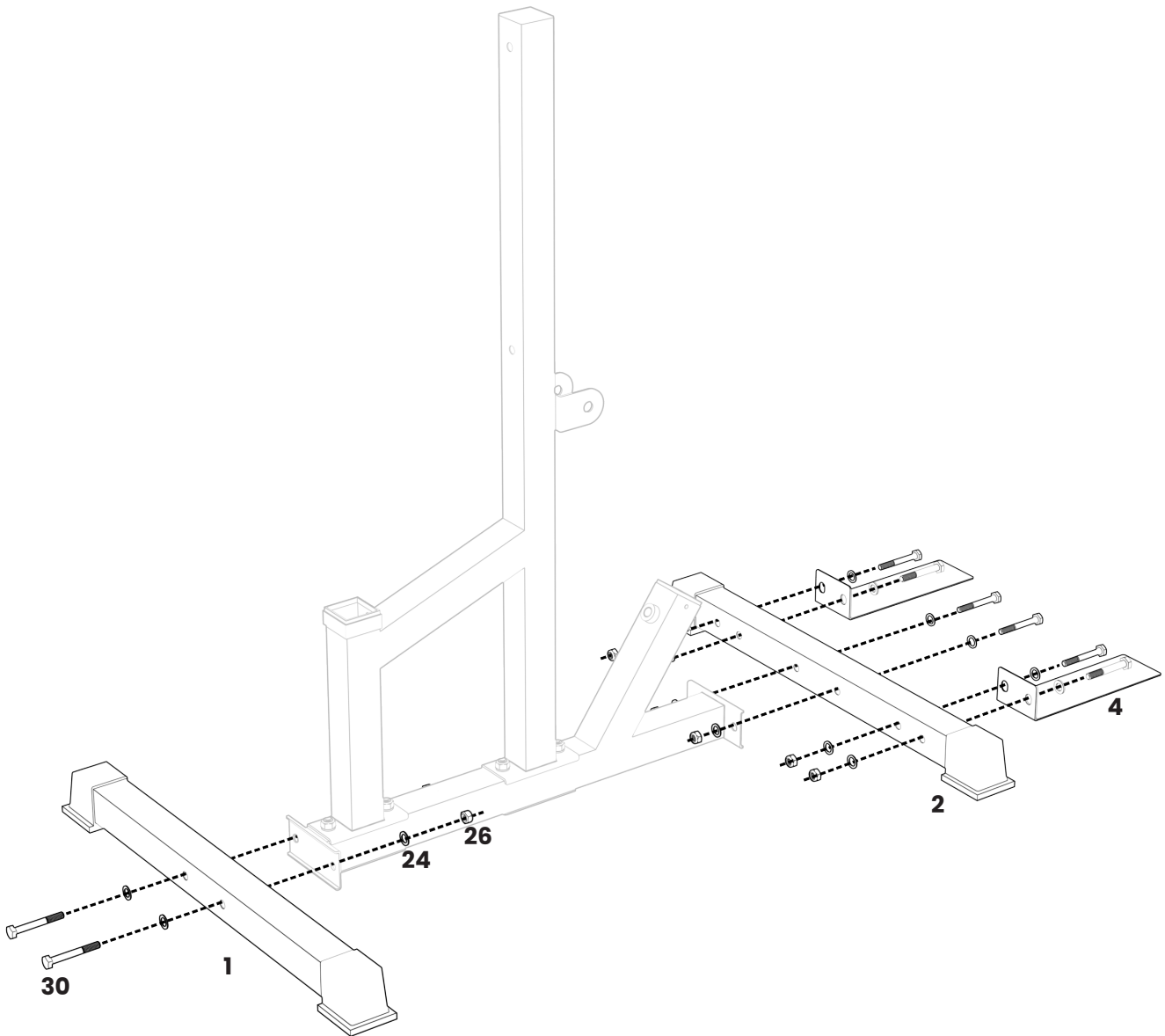


ASSEMBLY

STEP: 2

STEP PART GUIDE

#	PART NAME	QTY
1.	FRONT BASE FRAME	1
2.	BACK BASE FRAME	1
4.	FOOT PLATE	2
30.	M10X70 BOLTS PARTIALLY THREADED	8
26.	M10 NUT	8
24.	M10 WASHER	16

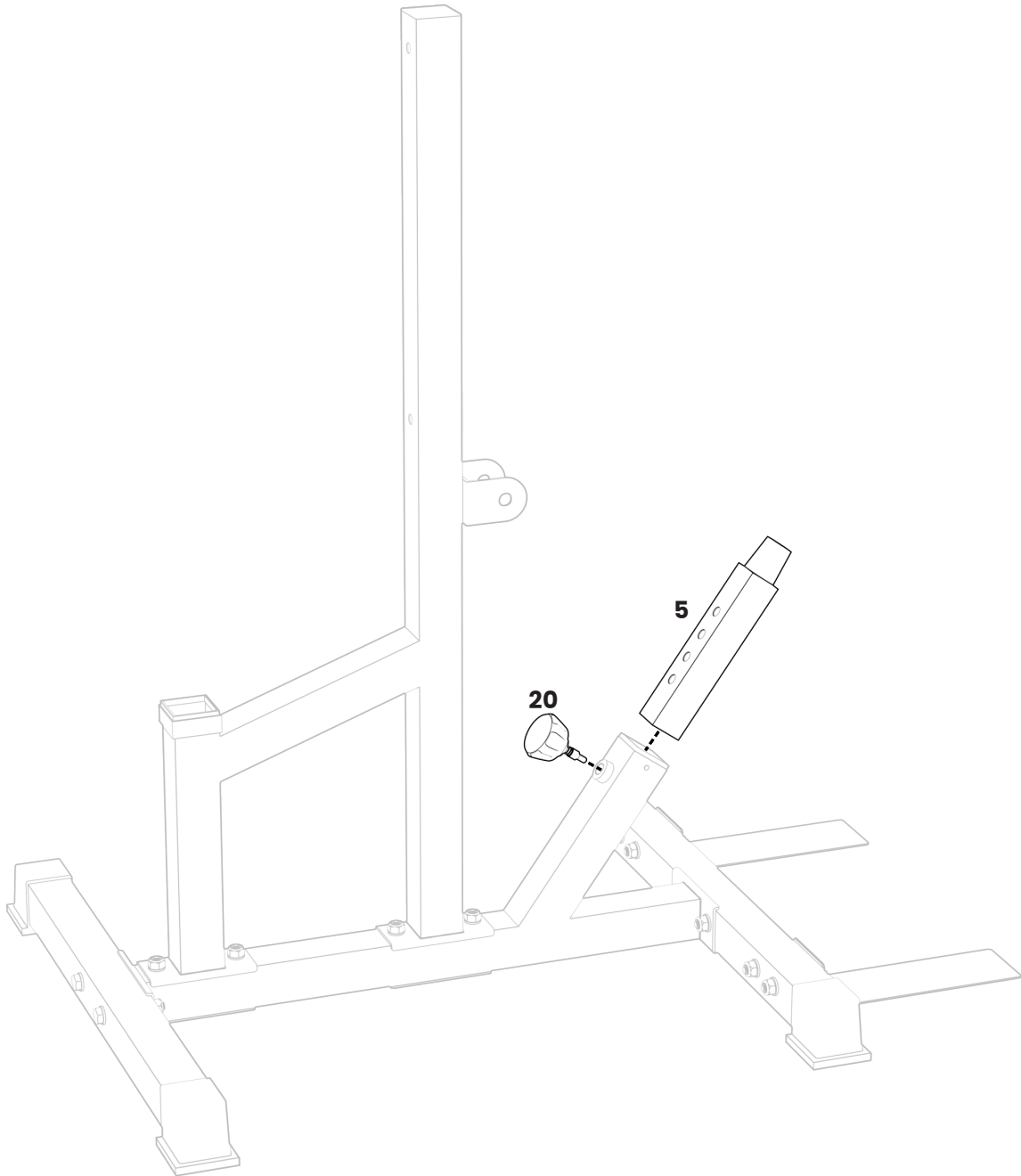


ASSEMBLY

STEP: 3

STEP PART GUIDE

#	PART NAME	QTY
5.	ADJUSTMENT FRAME	1
20.	QUICK KNOB	1

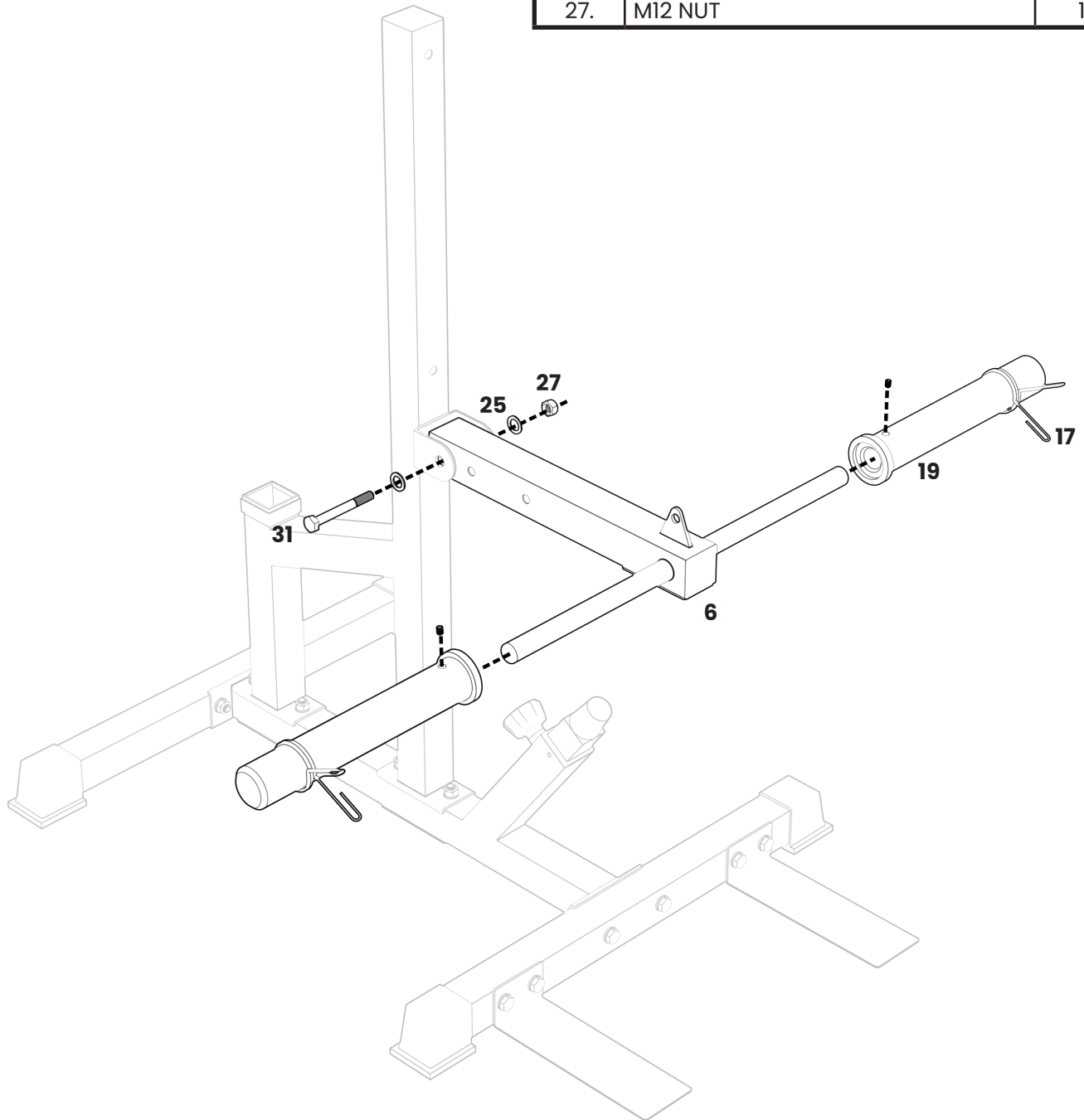


ASSEMBLY

STEP: 4

STEP PART GUIDE

#	PART NAME	QTY
6.	PLATE LOADER	1
19.	ADAPTER SLEEVES	2
17.	2" SPRING COLLARS	2
31.	M12X85 BOLT PARTIALLY THREADED	1
25.	M12 WASHER	2
27.	M12 NUT	1

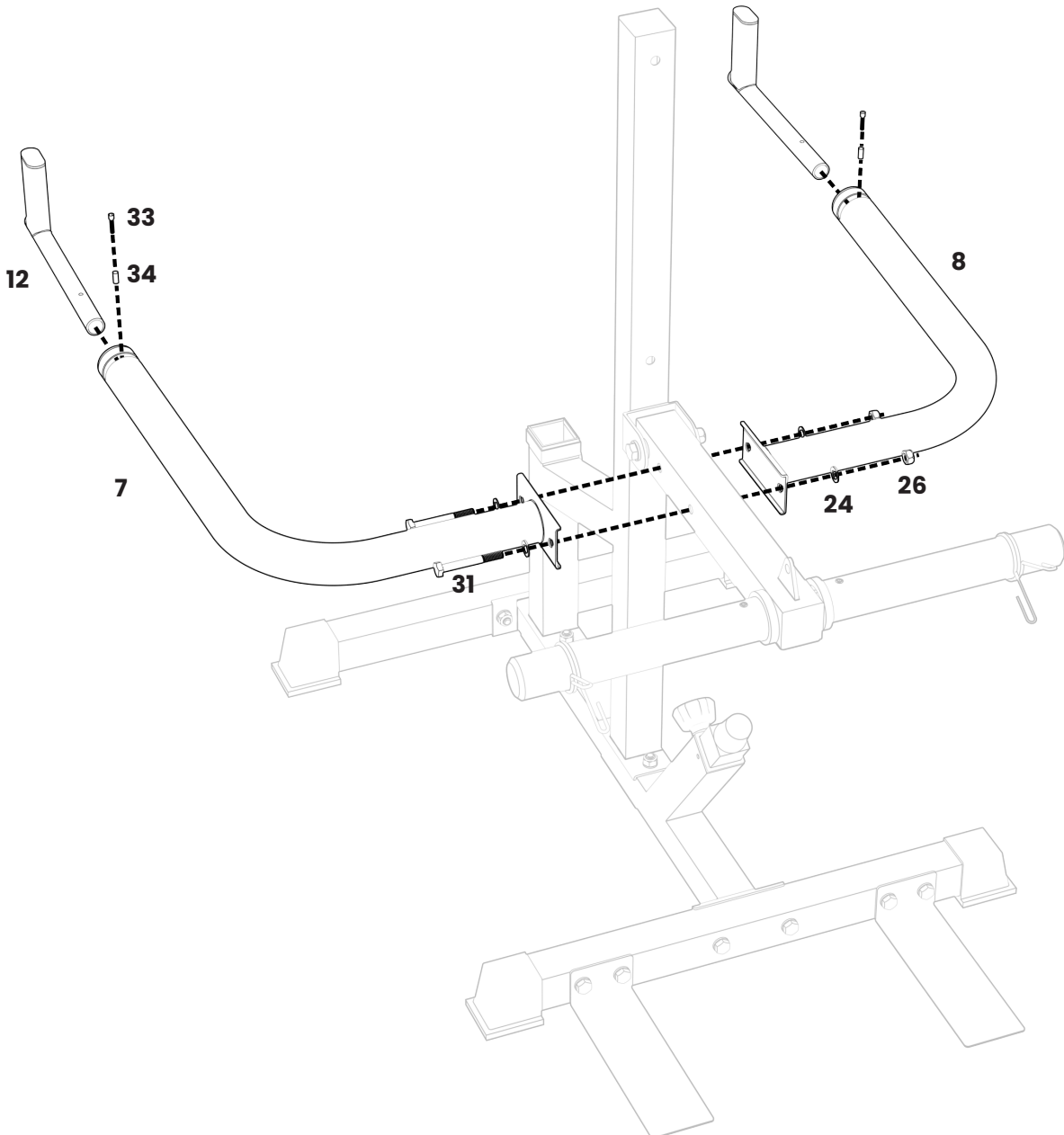


ASSEMBLY

STEP: 5

STEP PART GUIDE

#	PART NAME	QTY
7.	LEFT ARM	1
8.	RIGHT ARM	1
12.	HANDLE	2
33.	M6X20 BOLTS SOCKET HEAD	2
34.	STEEL BUSHING	2
24.	M10 WASHER	4
26.	M10 NUT	2
31.	M10X75 BOLTS PARTIALLY THREADED	2



ASSEMBLY

STEP: 6

STEP PART GUIDE

#	PART NAME	QTY
9.	SEAT FRAME	1
10.	SEAT CUSHION	1
11.	BACK SEAT CUSHION	1
13.	CARABINER	2
14.	STRAIGHT BAR	1
15.	CHAIN	1
23.	M8 WASHERS	4
28.	M8X40 BOLT FULLY THREADED	2
29.	M8X65 BOLTS PARTIALLY THREADED	2
20.	QUICK KNOB	1

