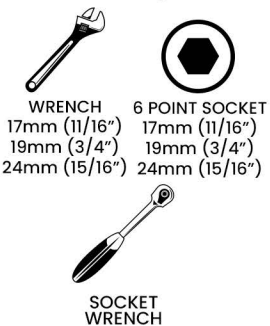


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KEY	PART	QTY	BOX	KEY	PART	QTY	BOX
1.	TOP UPRIGHT	2	1	11.	Expansion Screws M10x80 set	8	3
2.	BOTTOM UPRIGHT	2	1	12.	Self Tapping Screw M10x80	8	3
3.	M0X20 BOLTS (FULLY THREADED)	4	1	13.	M10 WASHER	8	3
4.	M10 WASHERS (FOR UPRIGHTS)	4	1	14.	M16x75 Bolts (Partially Threaded)	8	3
5.	PULL UP BAR	1	2	15.	M16x100 Bolts (Partially Threaded)	4	3
6.	J CUP	2	2	16.	M16 WASHER	36	3
7.	M16X80 BOLTS (PARTIALLY THREADED)	2	2	17.	M16 NUT	14	3
8.	FOLDING RACK MOUNTING	4	2	18.	SAFETY PIN (FOR PULL UP BAR)	2	3
9.	SAFETY PIN	2	2				
10.	RACK FRAME WALL MOUNT	2	3				

TOOLS REQUIRED

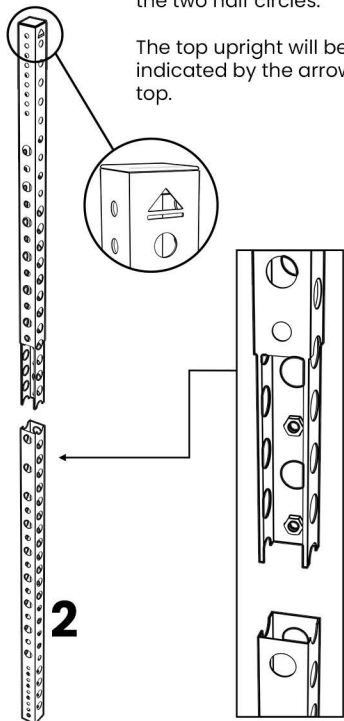


IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY: HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

STEP 1

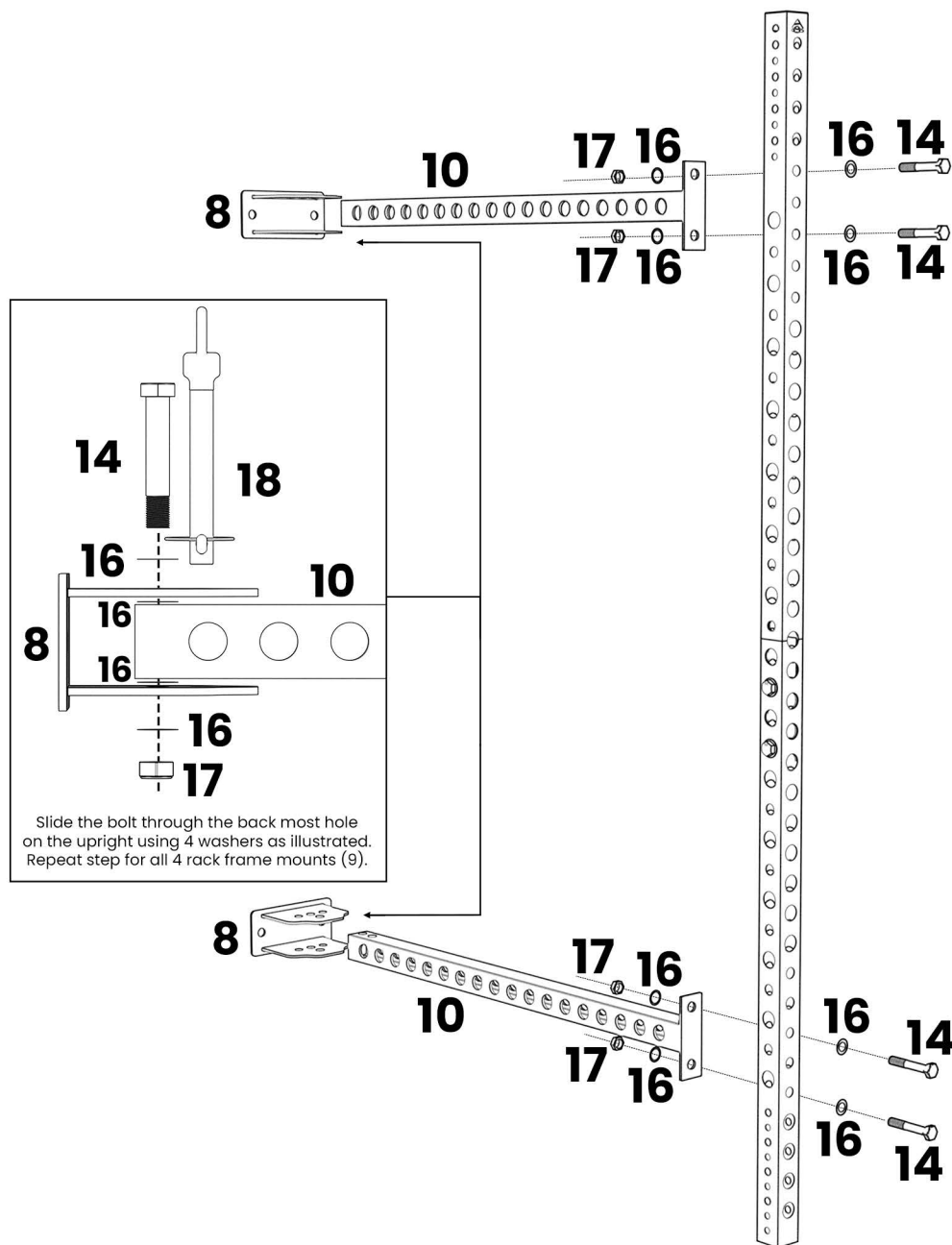
Slide the top upright into the bottom upright aligning the two half circles.

The top upright will be indicated by the arrow at the top.



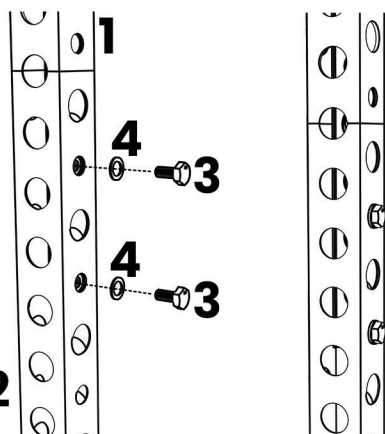
STEP 3

Assemble the rack wall mount frame to the uprights as illustrated below.



STEP 2

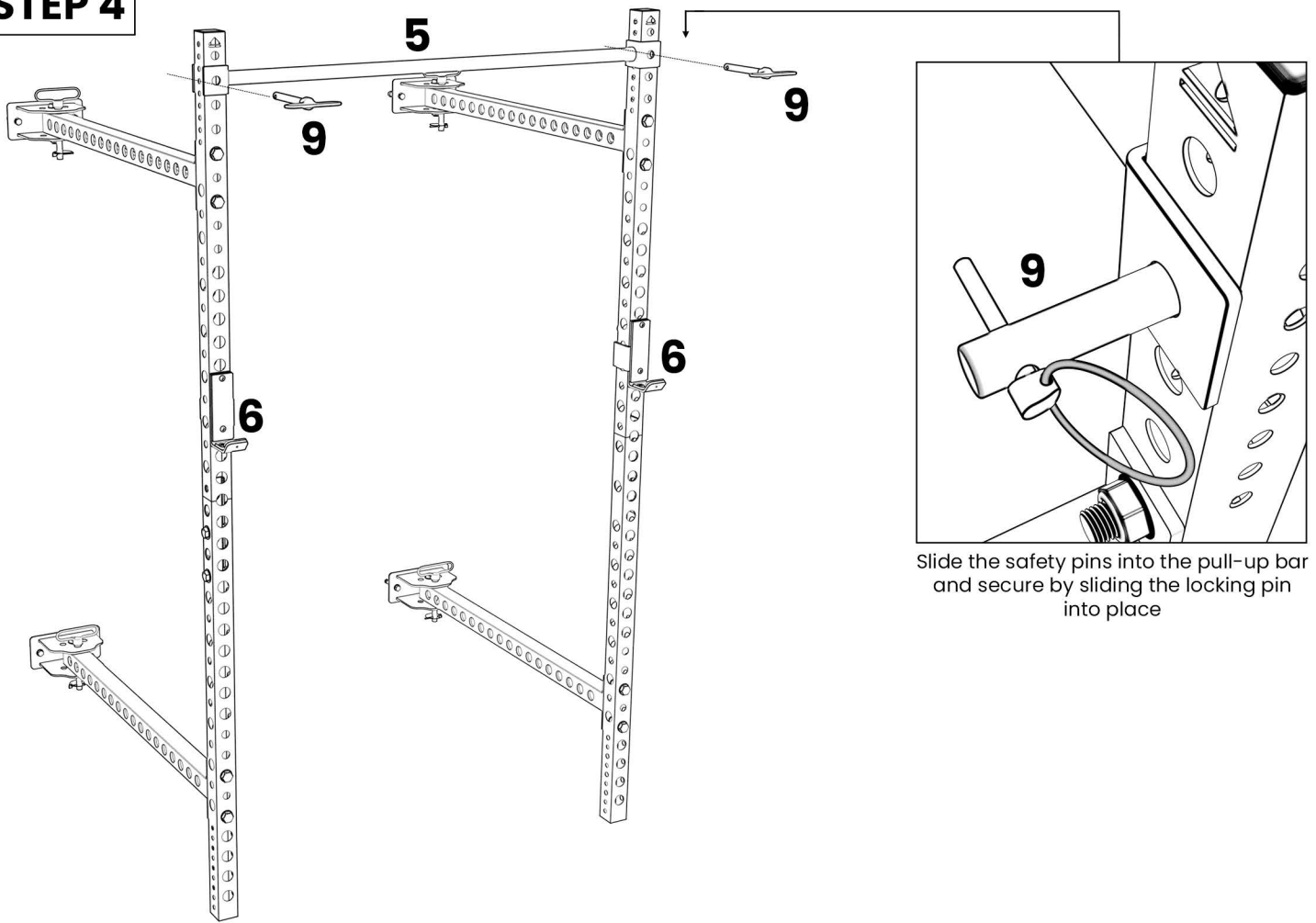
Insert bolt into the uprights. Fasten into the built in fastener in the rack uprights.



REPEAT STEPS FOR BOTH UPRIGHTS BEFORE MOVING ON

REPEAT STEPS FOR BOTH UPRIGHTS BEFORE MOVING ON

STEP 4



Slide the safety pins into the pull-up bar and secure by sliding the locking pin into place

Once assembled with the pull-up bar hold the rack against the wall and you may begin to install the rack to your wall at your own discretion.

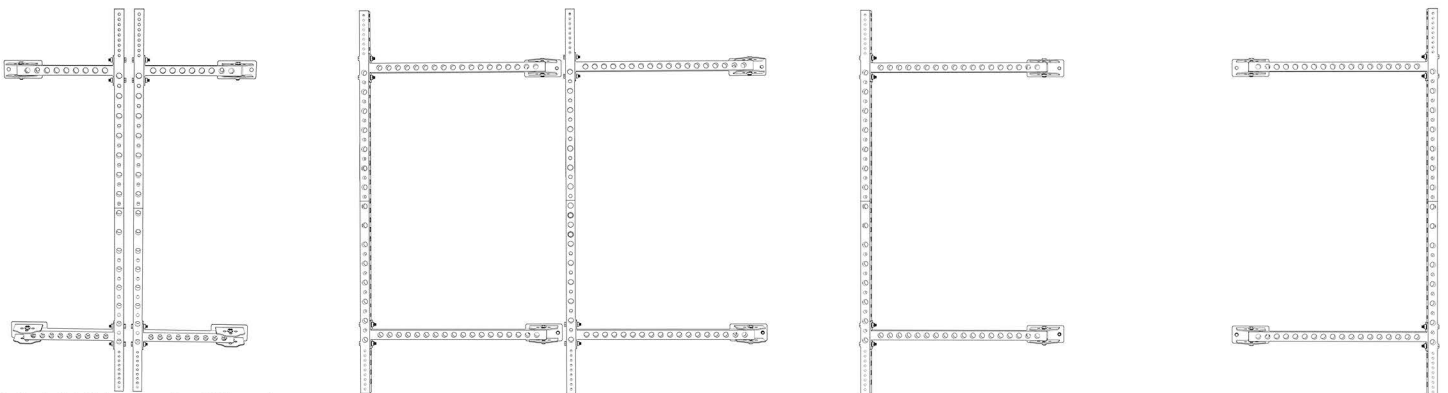
Use the folding rack mounting (8) to. Attach to the wall using parts (10 or parts 11 and 12). To secure to the floor use the expansion screw set (16).

When using at all times ensure the safety pins are inserted into the rack frame wall mount (9) as shown above. If the pins are not inserting please try and ensure the arms/wall mount frame are straight. arms are straight.

Do not try and use the machine while no pins are inserted.

IMPORTANT: When holding against the wall to find an install location, ensure the bottom of the rack is touching the ground. If not on the ground the rack may not fold properly

STEP 5



*Only fold this way for 21" rack

TO FOLD REMOVE PINS, PULL-UP BAR AND J CUPS. LIFT THE UPRIGHT FROM THE BASE AND SWING IT IN THE DIRECTION YOU WANT TO FOLD IN. FOLDING GUIDES ARE AS DISPLAYED ABOVE.