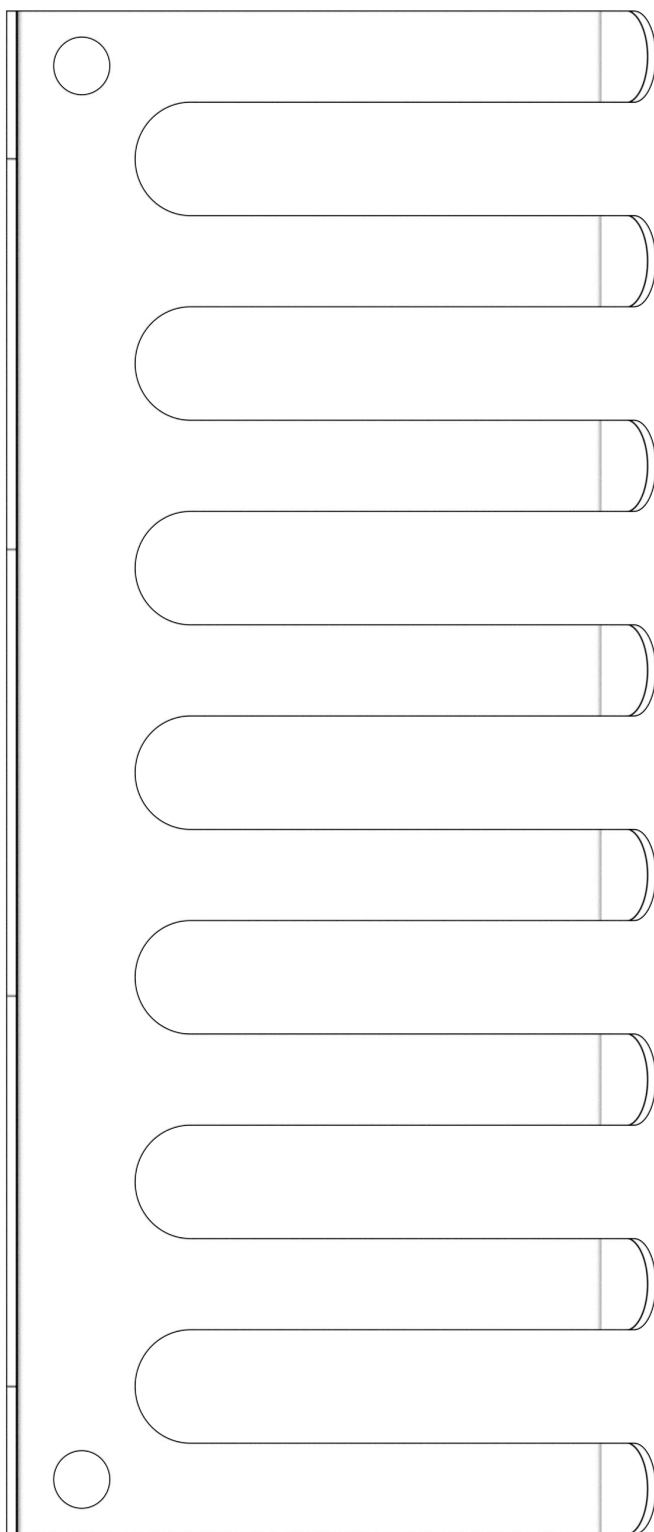

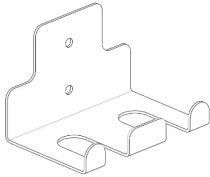
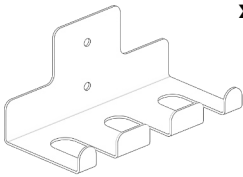
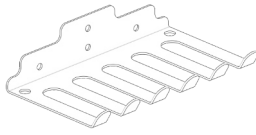
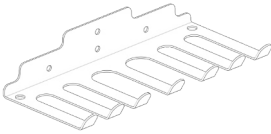
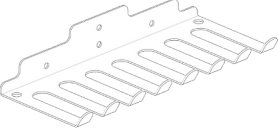


# ACCESSORY & BAR HOLDERS



# PARTS LIST


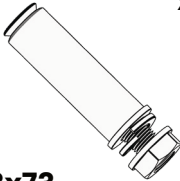

IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:  
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

<b>1.</b>  <b>SINGLE BAR HANGER</b>	<b>2.</b>  <b>DOUBLE BAR HANGER</b>	<b>3.</b>  <b>TRIPLE BAR HANGER</b>	<b>4.</b>  <b>WALL ACCESSORY HANGER</b>	<b>5.</b>  <b>WALL &amp; BAR ACCESSORY HANGER</b>
<b>6.</b>  <b>LARGE WALL ACCESSORY HANGER</b>				



## ATTENTION

This manual is for installation of all Bar and Wall Accessory Racks. Even though there are multiple racks listed, only the one you purchased is included in the package. Hardware may vary.

<b>A.</b>  <b>M8x70 HEX BOLT</b>	<b>B.</b>  <b>M8x73 EXPANSION BOLT</b>	<b>C.</b>  <b>M8 WASHER</b>
---	---	--



## ASSEMBLY

### OPTION 1 – STEP: 1

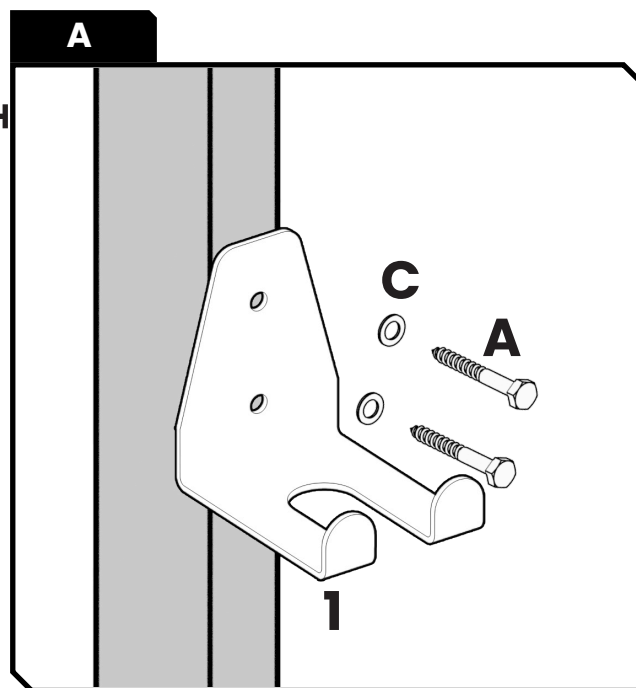
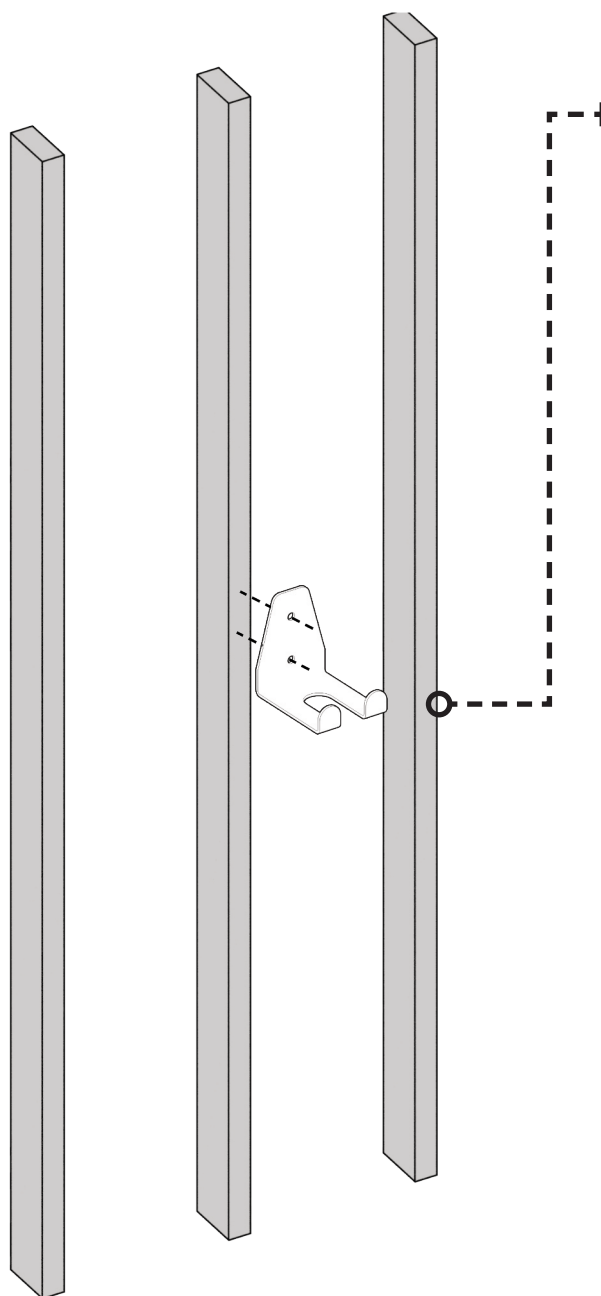


#### ATTENTION

For **SINGLE STUD**  
accessory rack

## STEP PART GUIDE

#	PART NAME	QTY
1-4.	Rack	2
A.	M8x70 Hex Bolt	2
C.	M8 Washer	2



Find the studs in your walls and install accessory/bar holder on it's own individual stud. If your **studs do not** have the standard **16"** **spacing** please use **OPTION 2** illustrated in this manual.



## ASSEMBLY

### OPTION 2 – STEP: 1

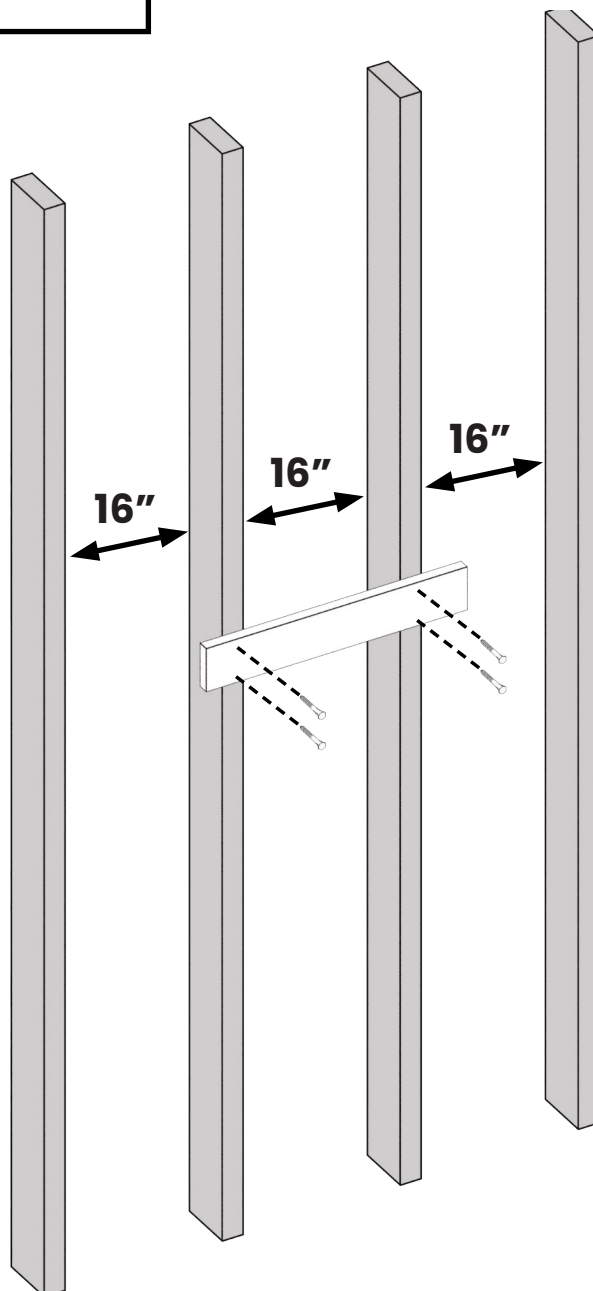


#### ATTENTION

For **SINGLE STUD**  
accessory rack

## STEP PART GUIDE

#	PART NAME	QTY
–	Hardware for this step not provided	–



Please acquire a wood board from a hardware store, and mount to the studs on your wall. Hardware is not provided for this step.

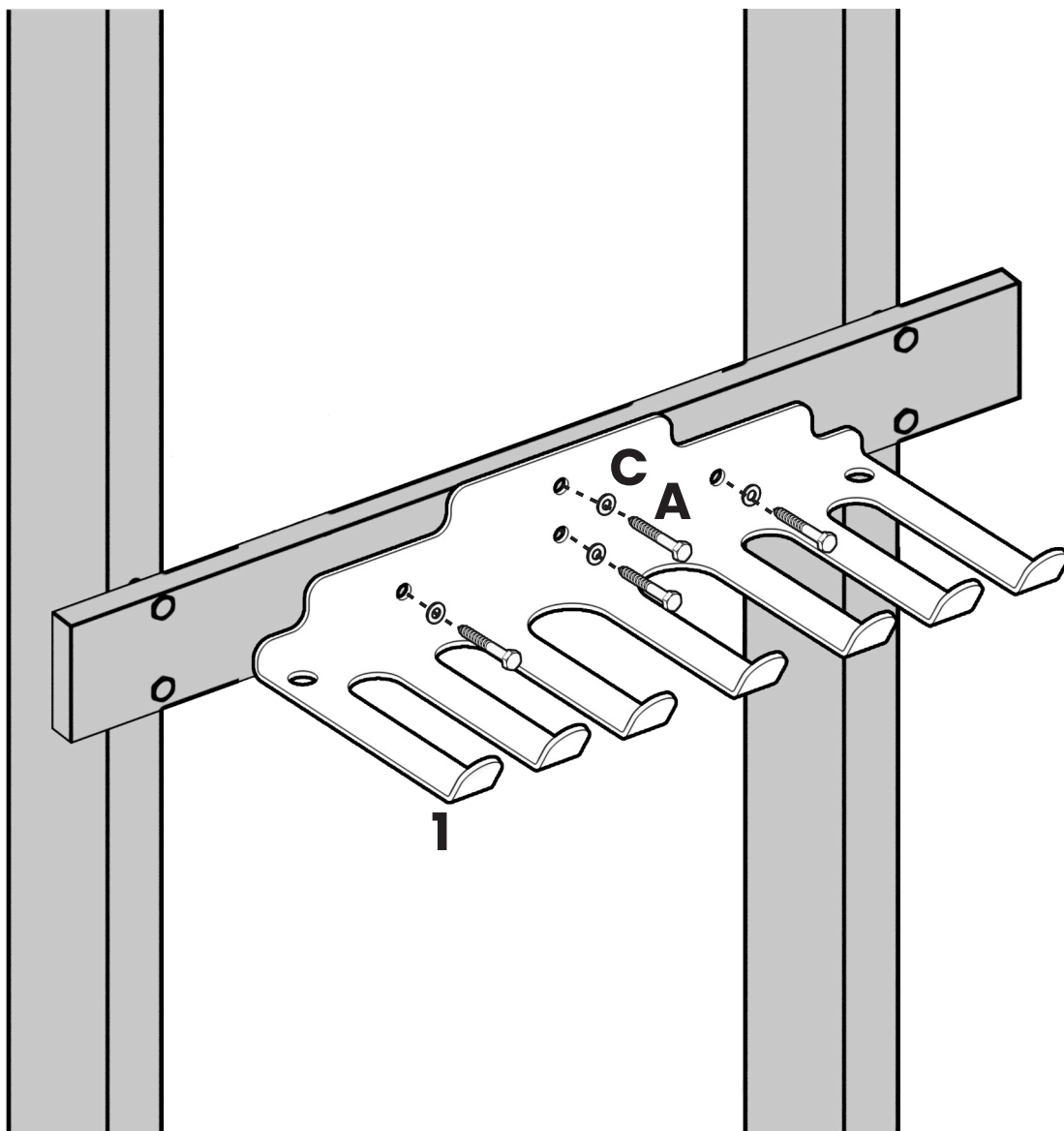


## ASSEMBLY

### OPTION 2 – STEP: 2

## STEP PART GUIDE

#	PART NAME	QTY
1-4	Base Frame	1
A.	M8x70 Hex Bolt	4
C.	M8 Washer	4



Mount the rack on the wall and mark install the rack as required



# ASSEMBLY

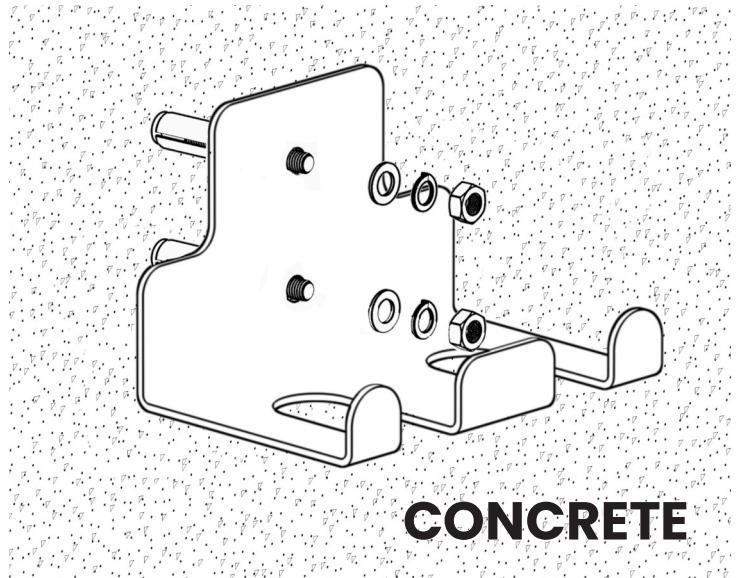
## OPTION 3 – STEP: 1

- A. Measure the rack and mark on wall where you want to install the bolts
- B. Drill Preliminary hole in concrete wall with a 1/2" Drill Bit
- C. Remove the nut, washer, and lock washer, and insert concrete bolt into wall
- D. Place bench holder onto the bolt. Put the washers and nut on and tighten with a drill until stable
- E. If required cut excess from bolt sticking out of wall with the appropriate tools
- F. Install all included hardware on rack

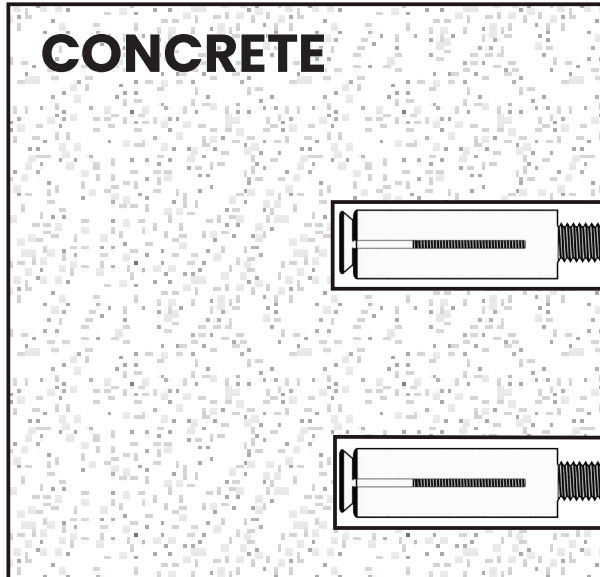
### VIEW A

## STEP PART GUIDE

#	PART NAME	QTY
1-4	Rack	1
B.	M8x73 Bolt	2-4



### VIEW B



**ATTENTION**  
1/2" Drill Bit Required  
for concrete wall  
mounting

