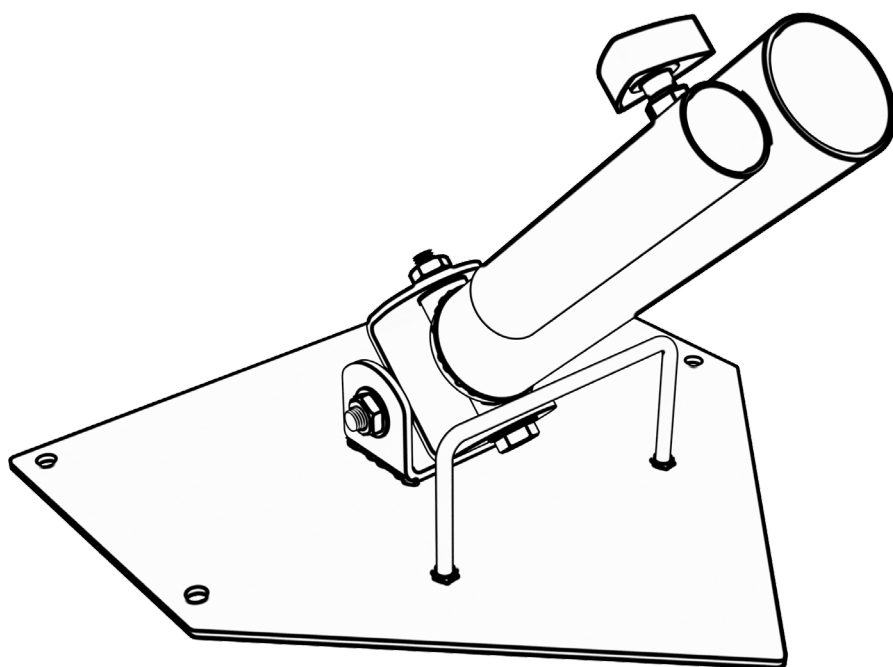


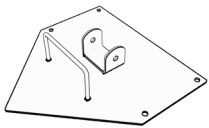
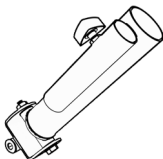
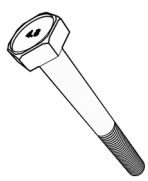
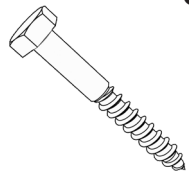
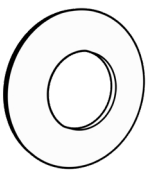
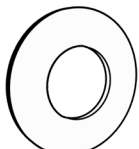
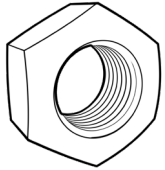
 **SYNERGEE[®]**

LANDMINE



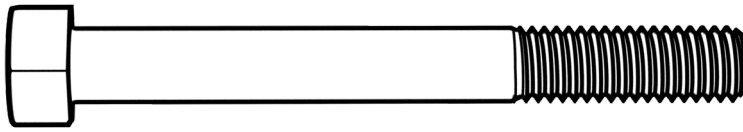
PARTS LIST

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

1.  BASE PLATE	QTY x1	2.  BARBELL TUBE	QTY x1	3.  M12x95 HEX BOLT	QTY x1	4.  M8x70 HEX SCREW	QTY x4	5.  M8 EXPANSION SCREW	QTY x4
6.  M12 WASHER	QTY x2	7.  M8 WASHER	QTY x4	8.  M12 NUT	QTY x1	9.  WRENCH	QTY x2		

HARDWARE SIZING CHART

**M12x95 HEX
BOLT**



STEPS

1

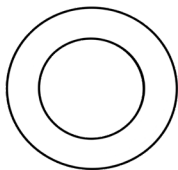
**M8x70 HEX
SCREW**



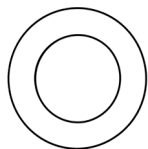
STEPS

2B

WASHERS



M12 WASHER



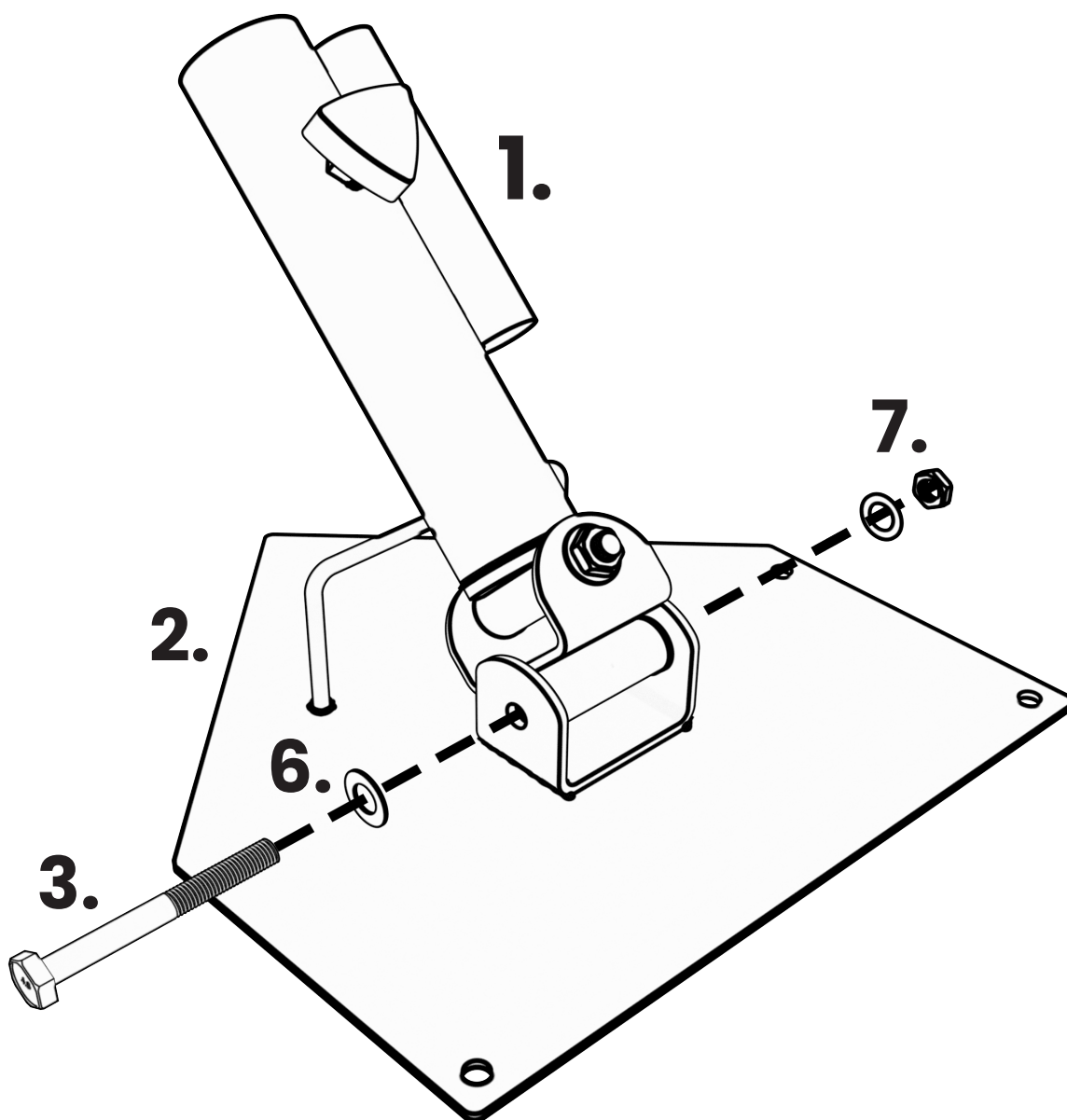
M8 WASHER

ASSEMBLY

STEP: 1

STEP PART GUIDE

#	PART NAME	QTY
1.	BASE PLATE	1
2.	BARBBELL TUBE	1
3.	M12x95 HEX SCREW	1
6.	M12 WASHER	2
7.	M12 NUT	1



ASSEMBLY

STEP: 2A-B

STEP PART GUIDE

#	PART NAME	QTY
5.	M8 EXPANSION SCREW	4
4.	M8x70 HEX SCREW	4
7.	M8 WASHER	4

A

5.

4.

7.

B

