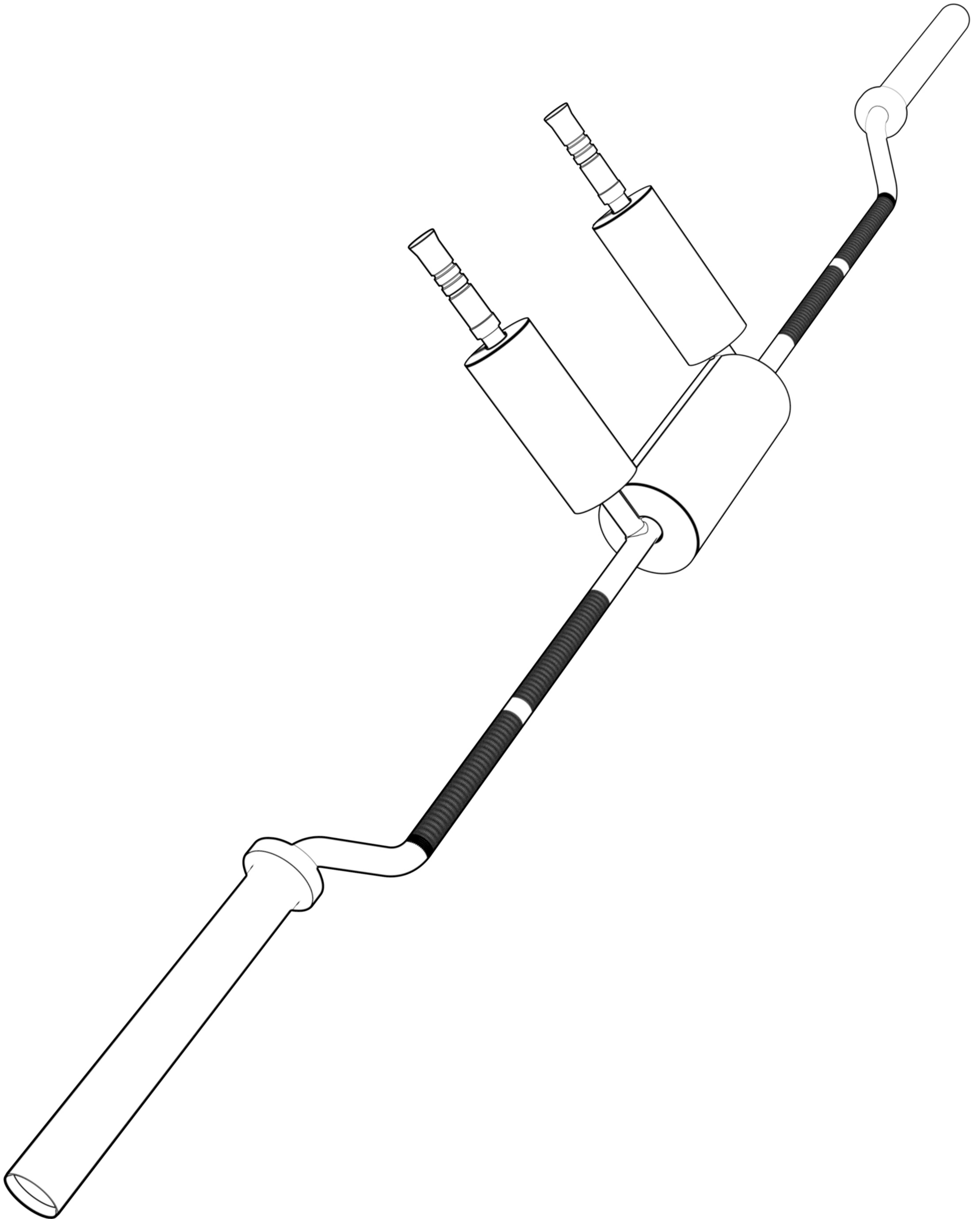


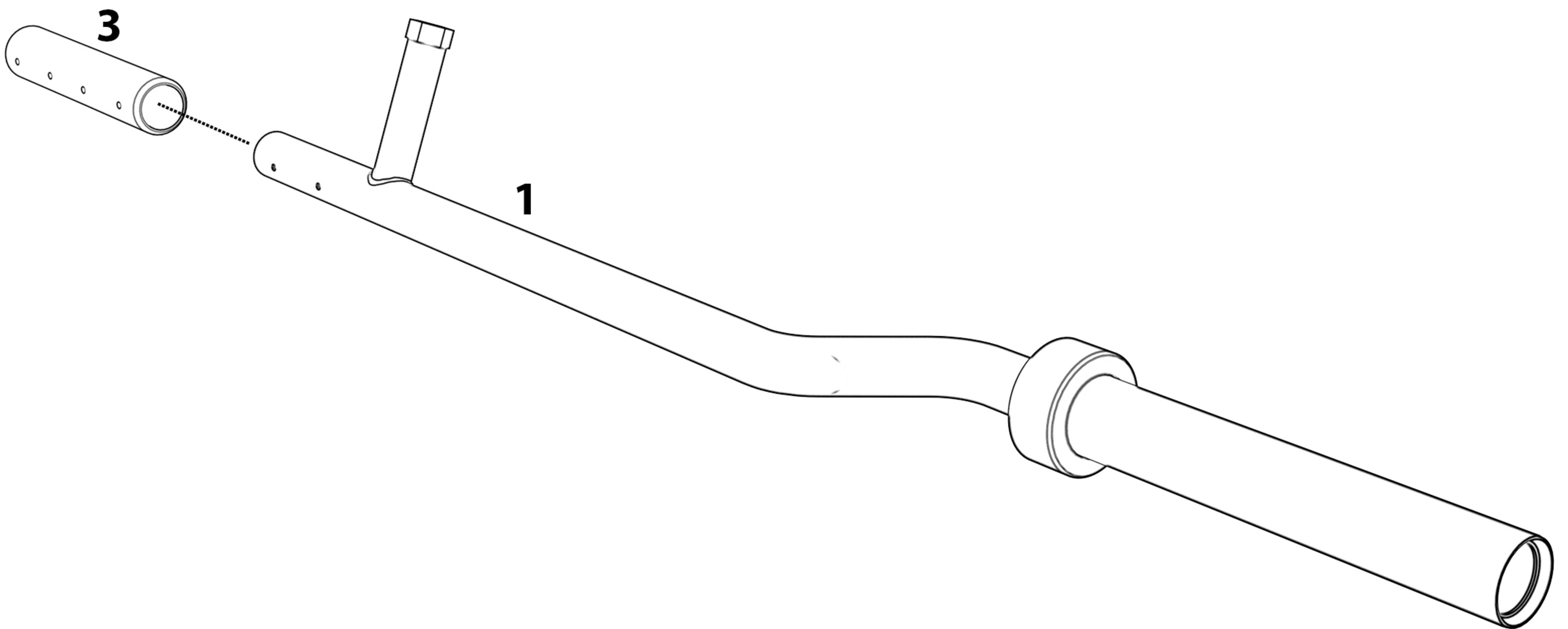
**SYNERGEE**  
SAFETY SQUAT BAR



No.	Description	Qty
1	Left Bar	1
2	Right Bar	1
3	Center Connector	1
4	M8 X 16mm Socket Countersunk Screw	4
5	Handles	2
6	Head Rest	1
7	Shoulder Rests	2

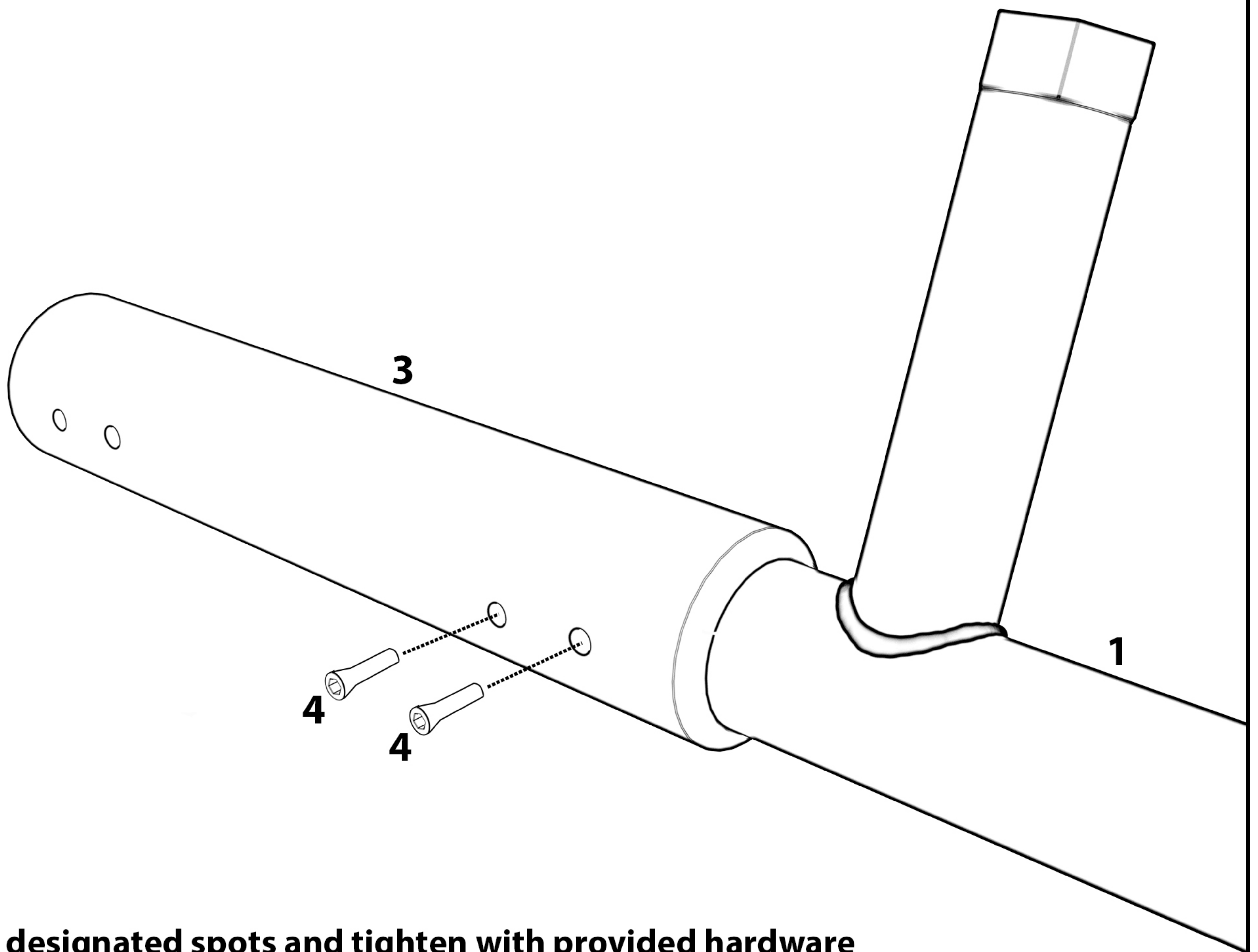
**IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:  
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136**

**1.**



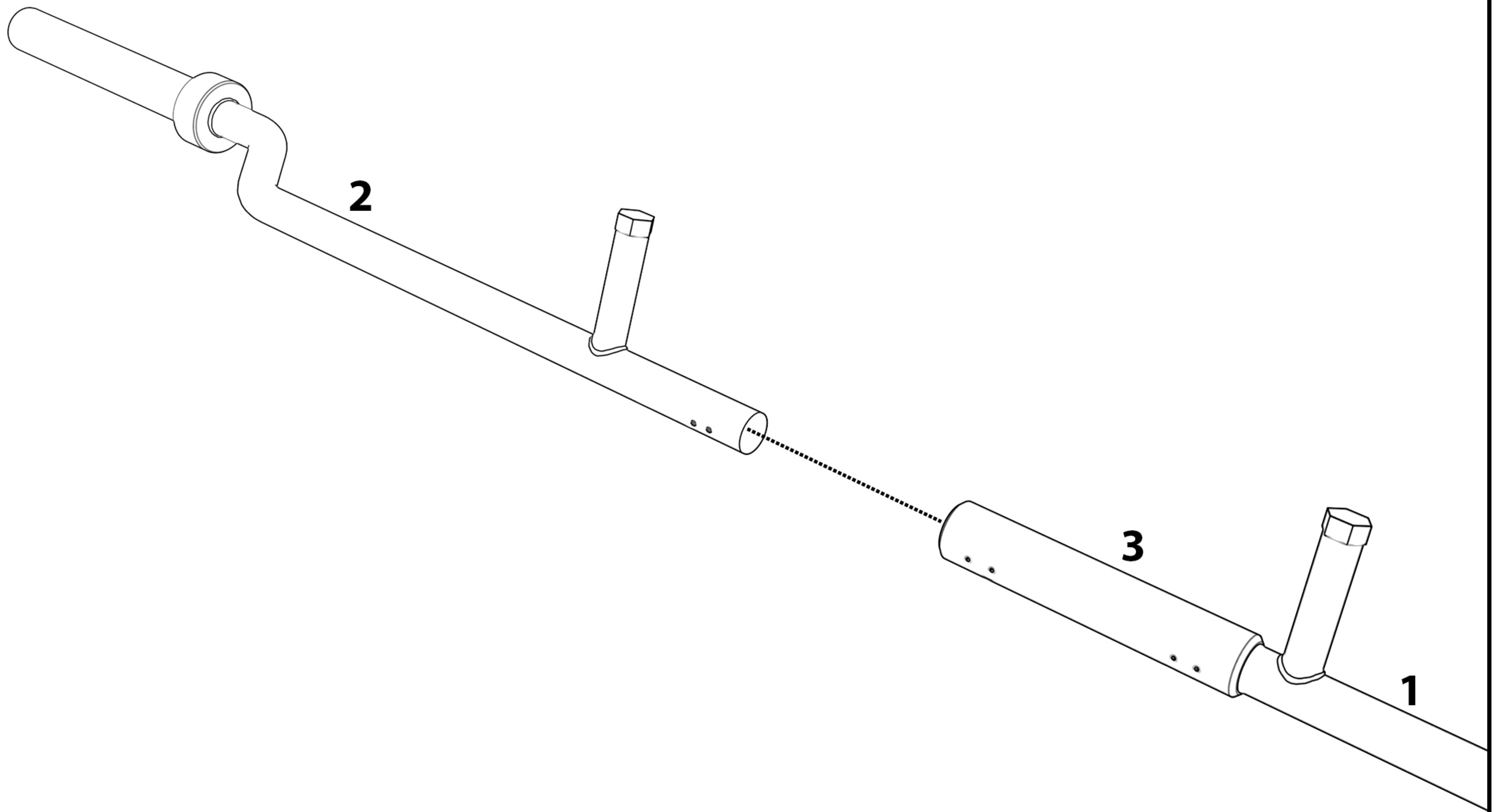
**One at a time connect the bars to the connector piece (3).  
Before connecting ensure that the holes on the connector (3) are aligned to the ones on the bar (1)  
Once aligned slide into place**

**2.**



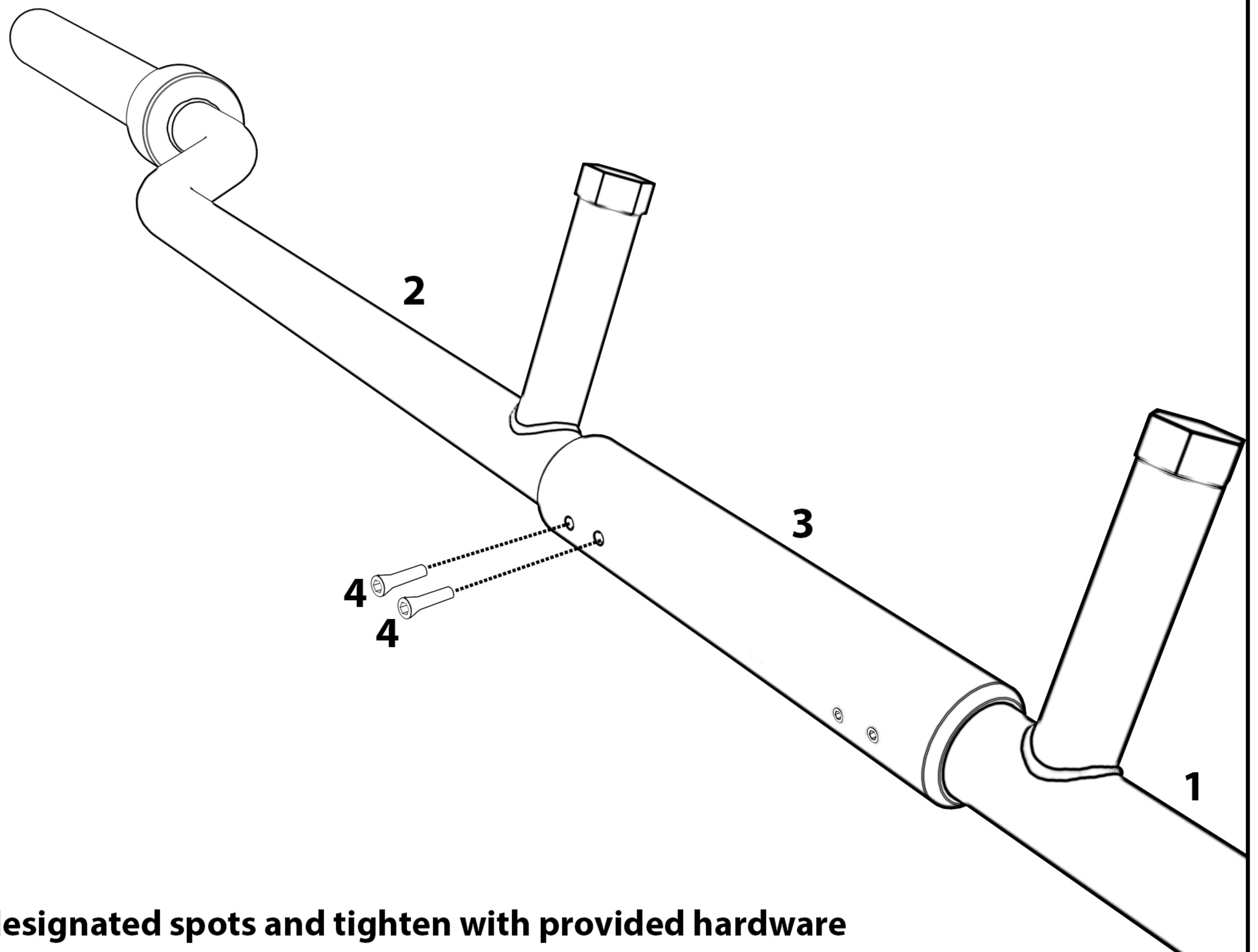
**Insert screws into designated spots and tighten with provided hardware**

**3.**



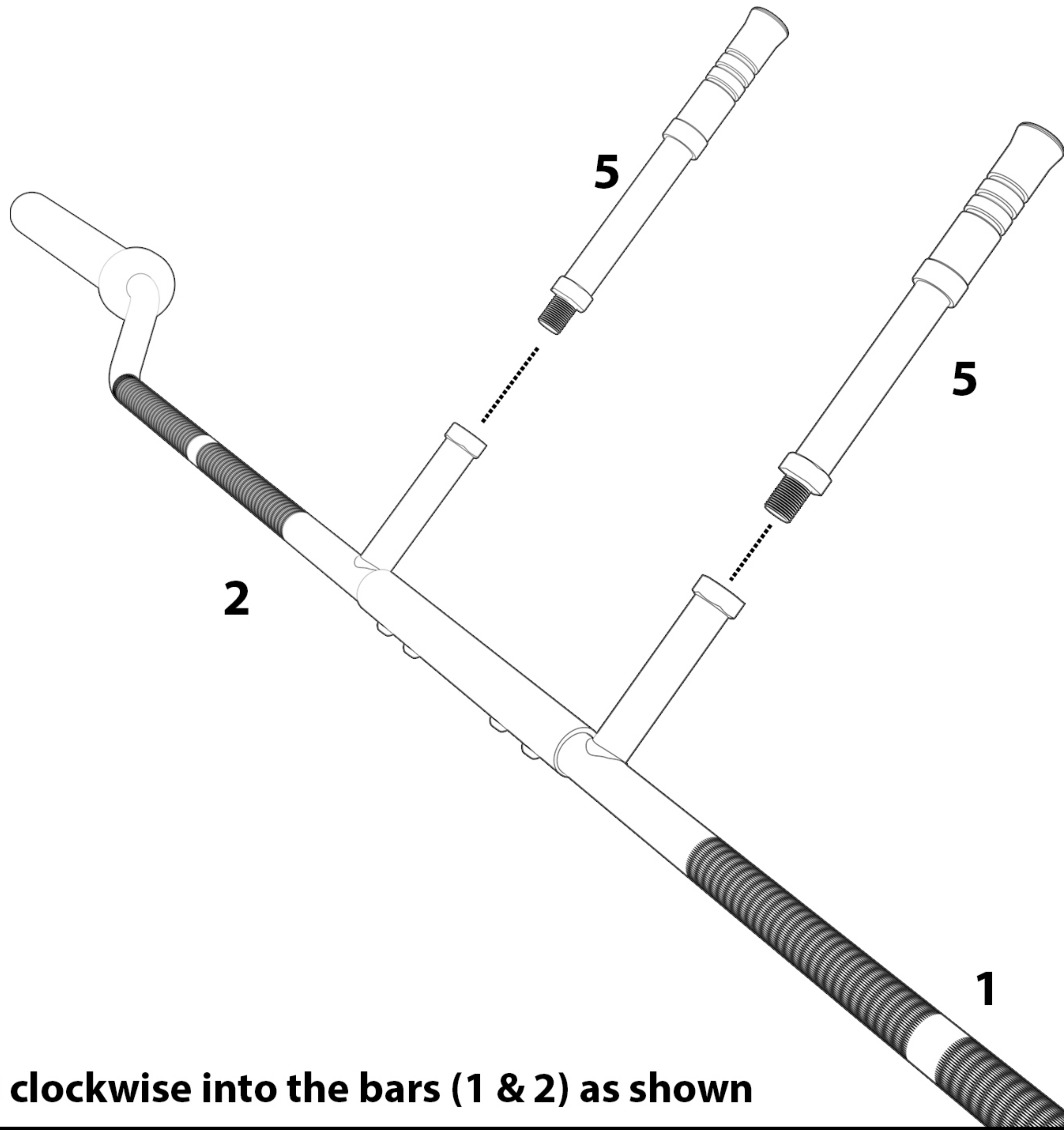
**Repeat step 1 for the other side**

**4.**



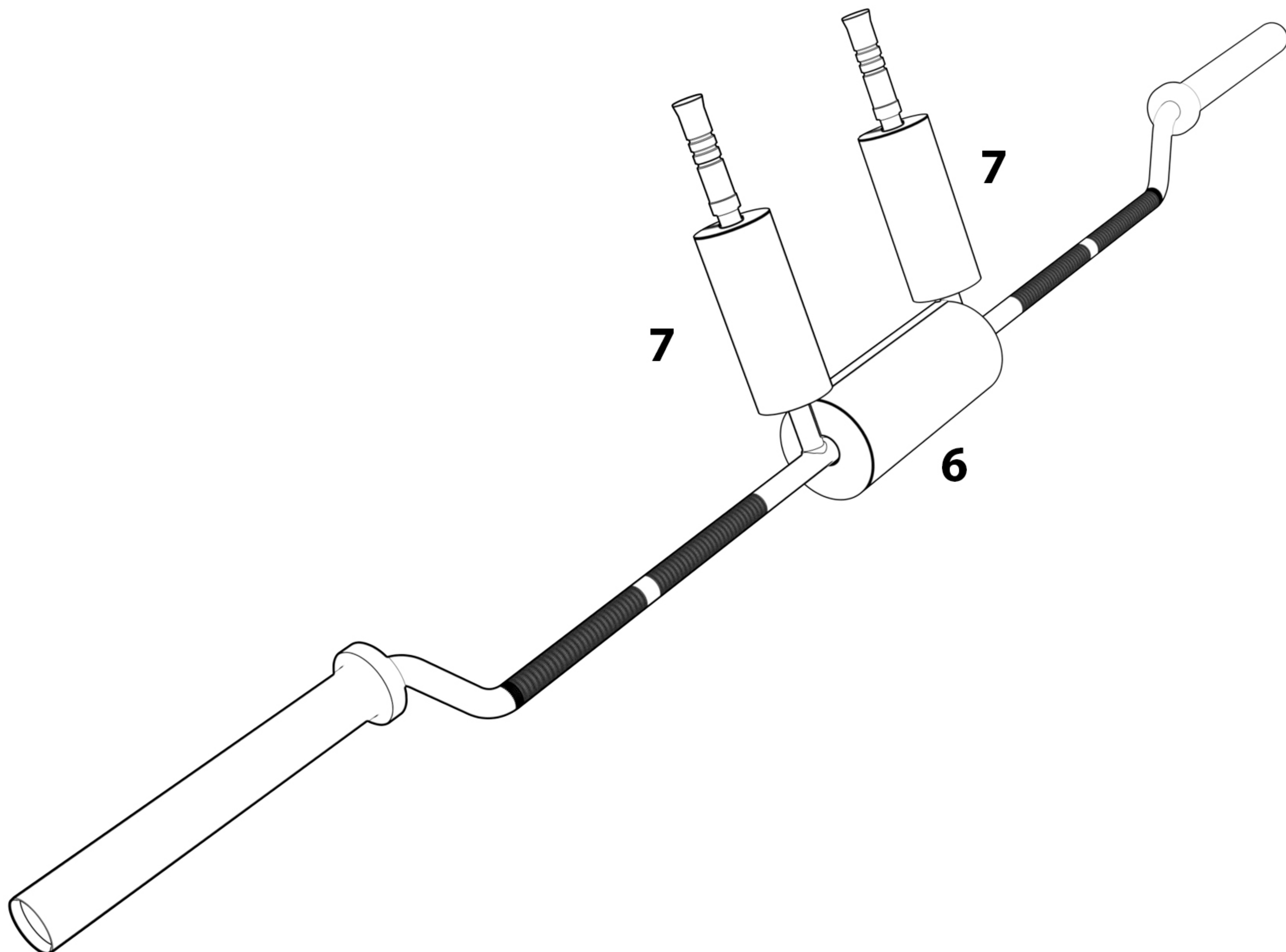
**Insert screws into designated spots and tighten with provided hardware**

**5.**



**Screw handles (5) clockwise into the bars (1 & 2) as shown**

**6.**



**Attach the head (6) and shoulder (7) rests onto the bar**