

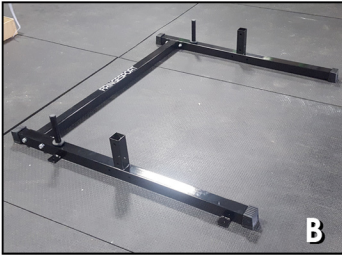
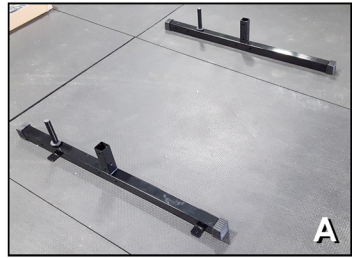
OneFitWonder

Squat Rack with Pullup Bar
LIFE SERIES



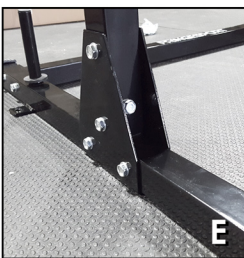
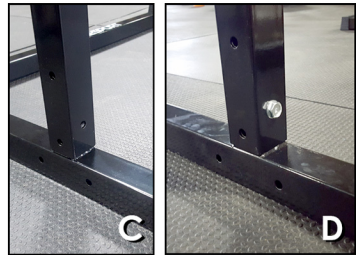
ASSEMBLY INSTRUCTIONS

1 Place the base tubing with the cement mounting tabs facing away from each other. (Figure A)



2 Using a bolt mounting plate on the outside of the base tubing, bolt the crossbar to the parallel base legs. (Figure B)

3 Place the lower half of the upright tubing on the base legs (Figure C), then use the shortest bolts to secure them front and back. (Figure D)



4 Bolt two triangular mounting plates to each tubing intersection. (Figure E)

PROTIP: Insert all bolts into the plates before tightening to ensure the correct fit.

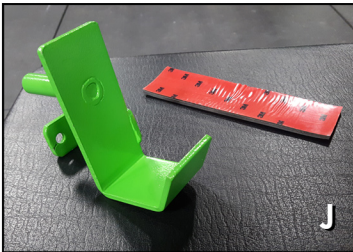
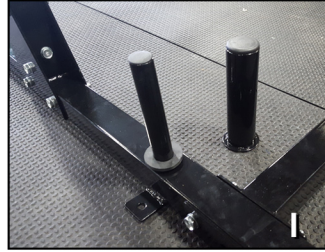
5 Assemble the upper tubing on the ground using the remaining mounting plates on the outside. (Figure F)





Place the upper tubing onto the completed base (*Figure G*), then secure with four short bolts. (*Figure H*)

Slide the plate horns on the horn pegs and secure them with a hex wrench. (*Figure I*)



Peel the red backing from the plastic J-Cup protectors and carefully apply to the inside of the cups. (*Figure J*)

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Enjoy your
OneFitWonder
Squat Rack
with Pullup Bar!



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3725 Drossett AVE
Austin, TX 78744