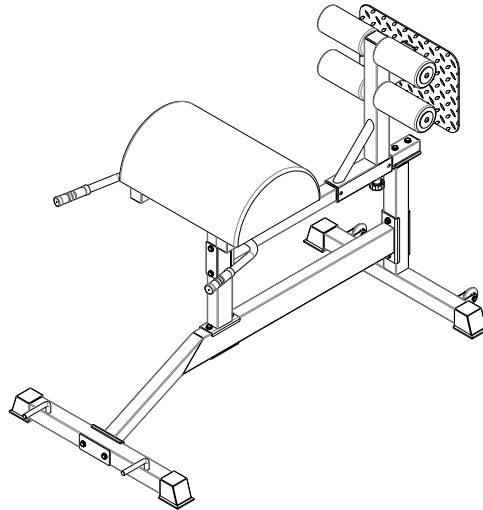


FRINGE SPORT

Assembly Instructions



GLUTE HAM DEVELOPER GHD MACHINE

Tools Needed For Assembly:



2 Adjustable
Wrenches

OR



2 Wrenches / Socket Wrench
with 5/8" (16 mm)

Assembly
Time:

40:00

40 Minutes




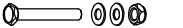

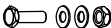

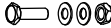




Assembly



▲
Easy

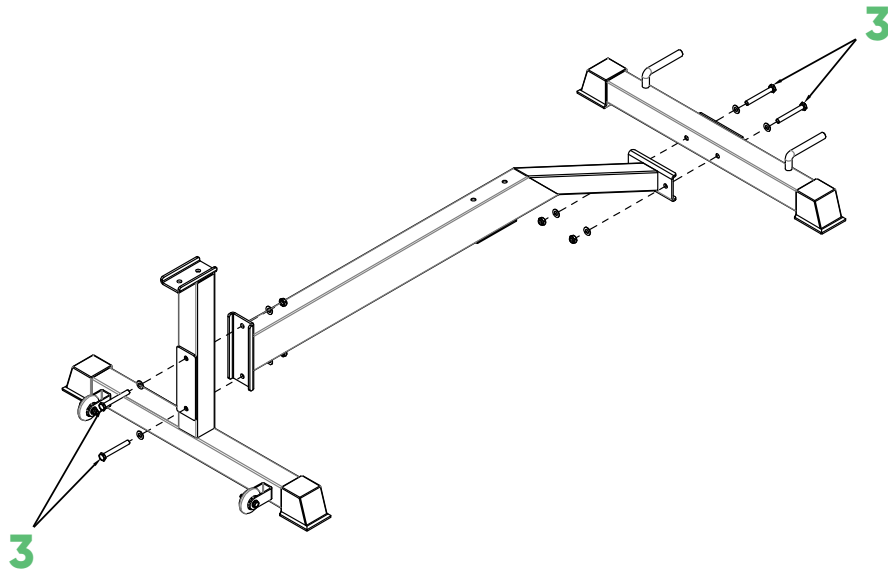
▲
Advanced

Parts

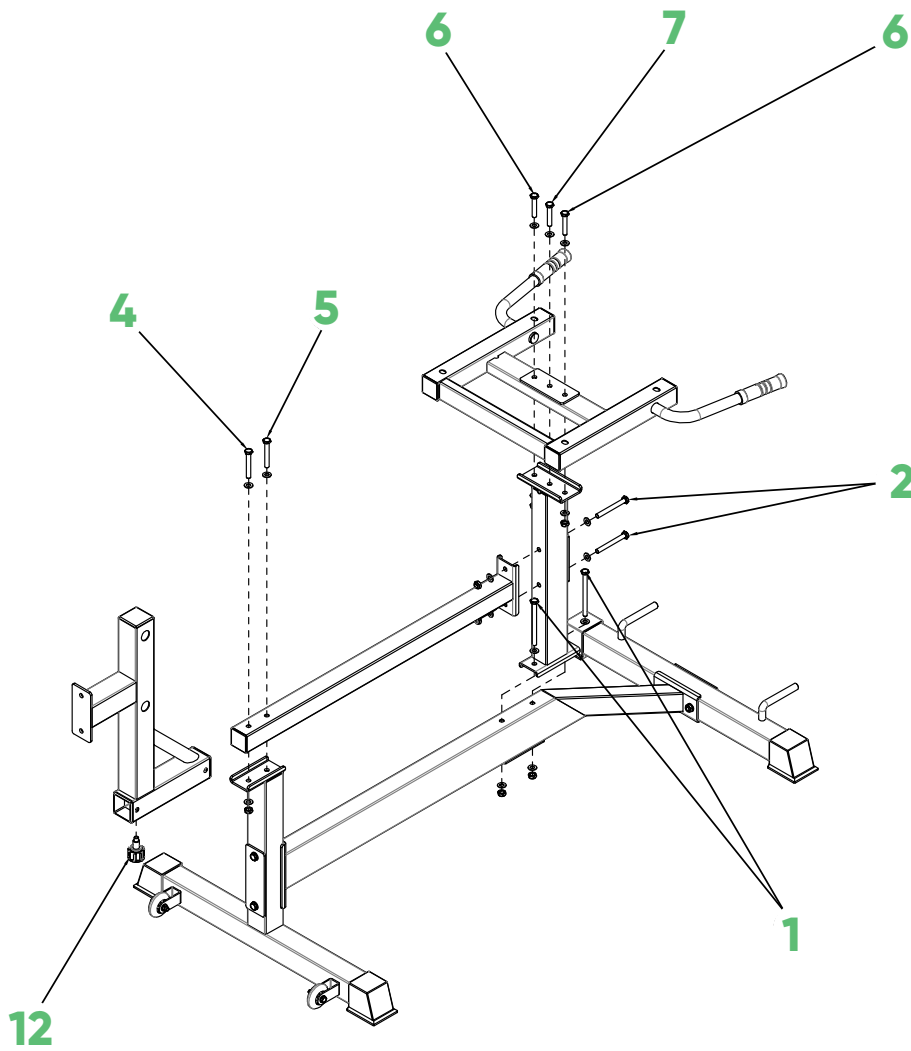
<p>1</p>  <p>M10 x 120 Bolt, Nut, Washer x2</p>	<p>2</p>  <p>M10 x 90 Bolt, Nut, Washer x2</p>	<p>3</p>  <p>M10 x 85 Bolt, Nut, Washer x4</p>	<p>4</p>  <p>M10 x 70 Bolt, Nut, Washer x1</p>	<p>5</p>  <p>M10 x 70 Bolt, Washer x1</p>
<p>6</p>  <p>M10 x 55 Bolt, Nut, Washer x2</p>	<p>7</p>  <p>M10 x 55 Bolt, Washer x1</p>	<p>8</p>  <p>M10 x 25 Bolt, Nut, Washer x2</p>	<p>9</p>  <p>Ø 10 Big Washer x4</p>	<p>10</p>  <p>M10 x 25 Hex Socket Bolt x4</p>
<p>11</p>  <p>M10 x 65 Bolt, Washer x4</p>	<p>12</p>  <p>Adjusting Popper Pin x1</p>			

ASSEMBLY GUIDE

1



2



3

