

Start by setting up the 2 main side frames and connecting the front crossbeam to hold them up (note: all main frame bolts are the same). The foot plates should face outwards and the flatwashers should be placed on the outsides. Do not fully tighten the main frame until assembly is complete.



Next the rear crossbeam/footplate can be put in place using the same hardware, with flat washers being placed on the outside once again. Once that is in place, the sleeve for the row arm can be bolted to the center of the footplate crossbeam using the same hardware.



Next the row arm can be assembled and attached. Please note that the row arm should come marked to show which side needs to face up. Smaller $\frac{3}{8}$ "x1" bolts are used to connect the two row arm pieces together. Once the arm is together, it can be connected to the sleeve that was mounted in the previous step using the same $\frac{1}{2}$ " bolt and nut as the main frame (no flat washers are needed here).



Once the arm is assembled, the adjustable sleeve can be slid onto it and the handles attached.



The last step will be bolting the thigh pads to their frame. The bolts for the pads are already inserted into the back of the pads. Do not over tighten them as it could possibly strip the wood nuts inside the boards.

If you have any questions, please email wes@texasstrengthsystems.com