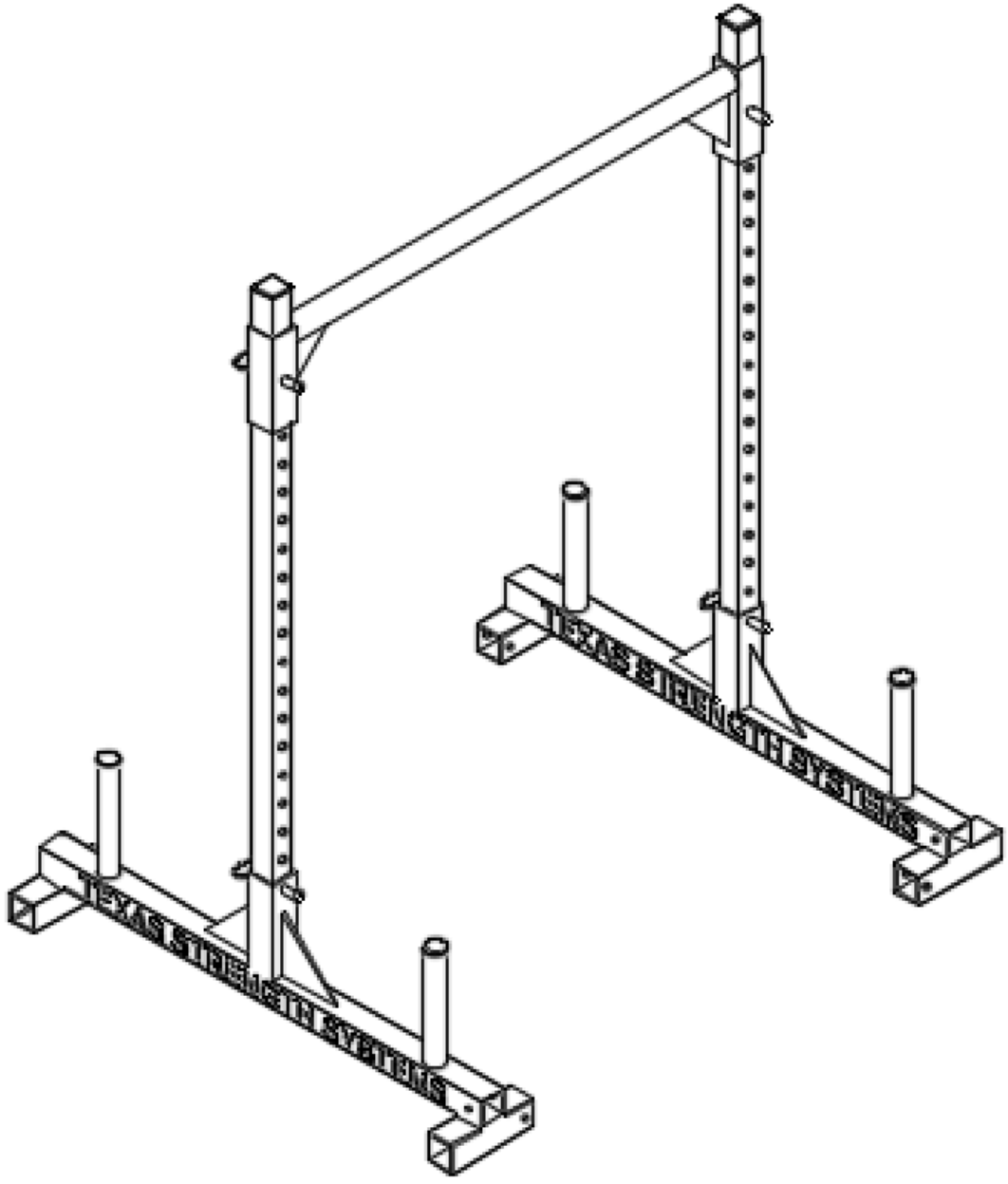


# 6-in-1 Yoke



 **WARNING**

Read all safety warnings, instructions and illustrations provided for this piece of strength equipment. Failure to follow all instructions listed below may result in serious injury or death. User assumes all potential risks of assembly or use of this product.

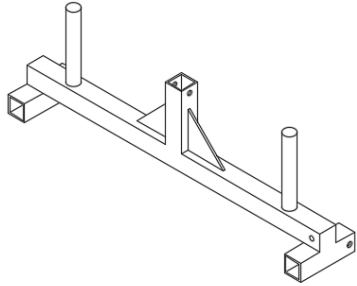
**PERSONAL SAFETY**

- Stay alert, watch what you are doing when assembling and operating the strength equipment. Do not use the strength equipment while you are tired or under the influence of drugs, alcohol or medication. A moment of inattention while operating or assembling the strength equipment may result in serious or fatal injury.

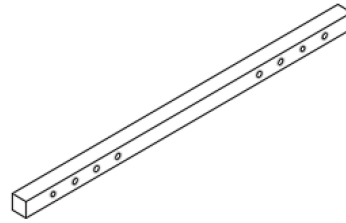
**EQUIPMENT USE AND CARE**

- Visually inspect all components in order to identify potential deformation or damage. If damages are observed, discontinue assembly and contact the manufacturer at [shipping@texasstrengthsystems.com](mailto:shipping@texasstrengthsystems.com), [wesz@texasstrengthsystems.com](mailto:wesz@texasstrengthsystems.com).
- Ensure that all components are securely fastened before use.

# Parts



6IN5-001 | (x2) | Part A



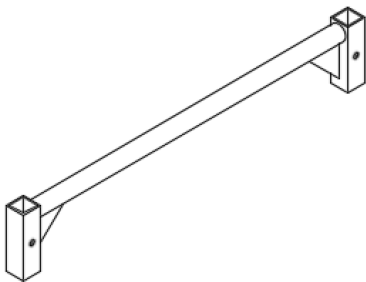
6IN5-004 | (x2) | Part D



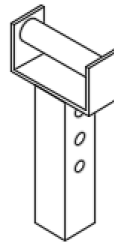
6IN5-002 | (x2) | Part B



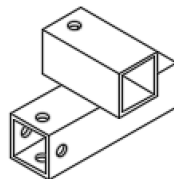
6IN5-005 | (x2) | Part E



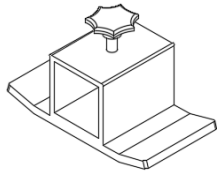
6IN5-003 | (x1) | Part C



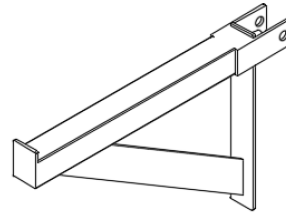
6IN5-006 | (x2) | Part F



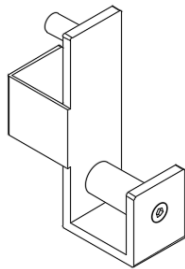
6IN5-007 | (x2) | Part G



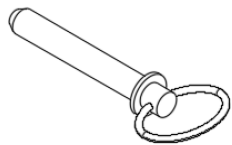
6IN5-008 | (x4) | Part H



\*6IN5-010 | (x2) | Part K\*  
(Upgrade)



6IN1-009 | (x2) | Part I



6IN5-010 | (x8) | Part J

# Assembly 1 of 6 (Farmers Walks)

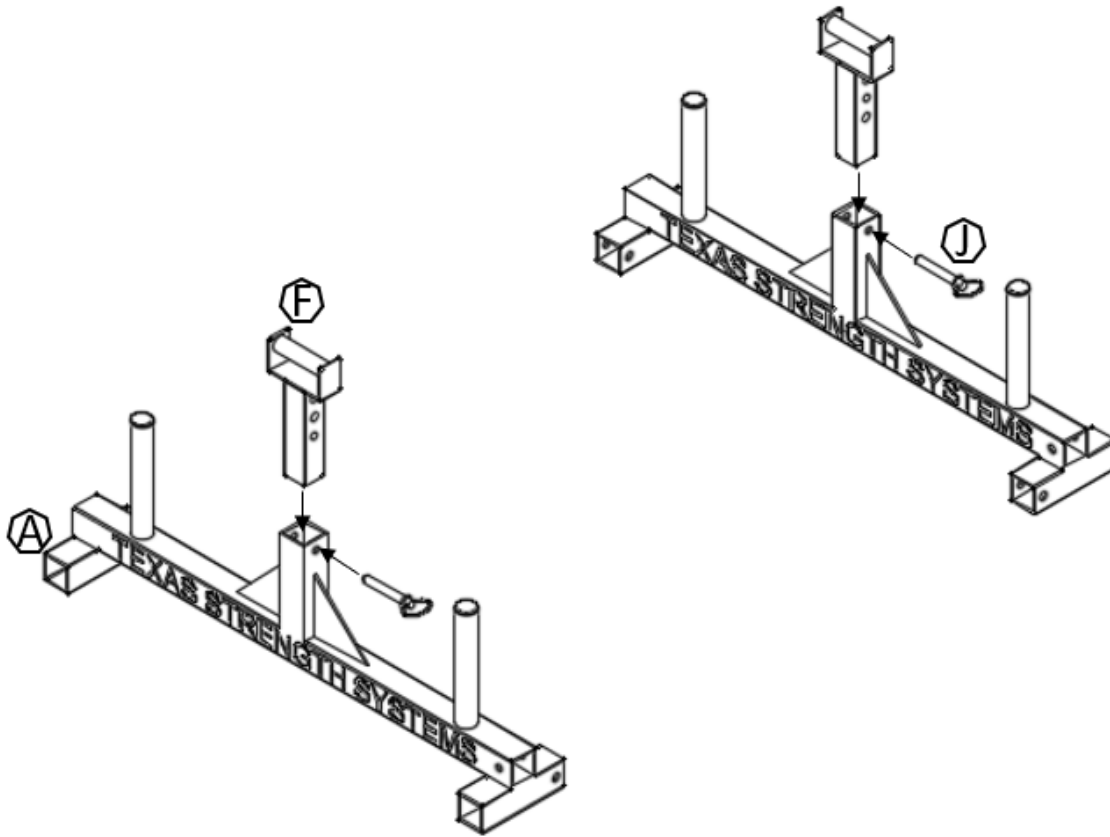


Image 1

Place parts A, F and J together in the orientation seen from image 1.

(~100 lbs Empty)

## Assembly 2 of 6 (Frame Carry)

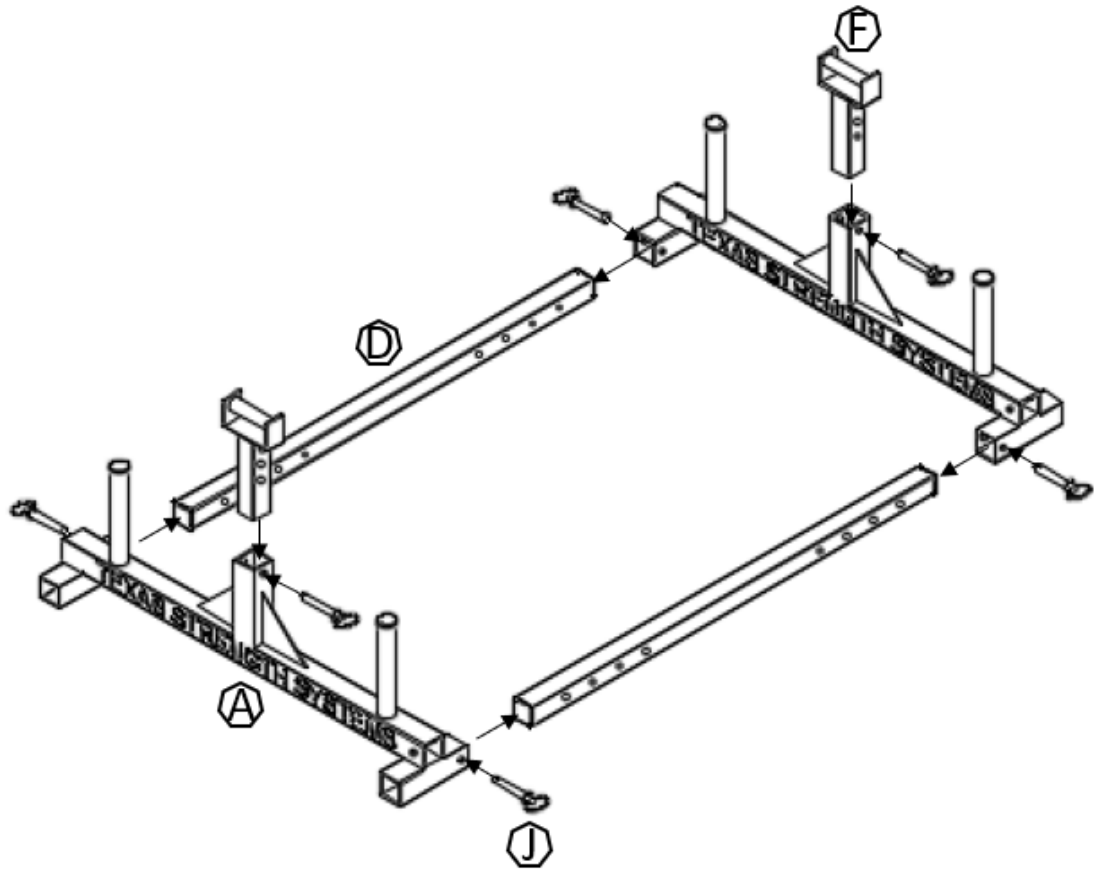


Image 2

Using the previous assembly add part D and J as seen in image 2. (~137 lbs Empty)

# Assembly 3 of 6 (Sled)

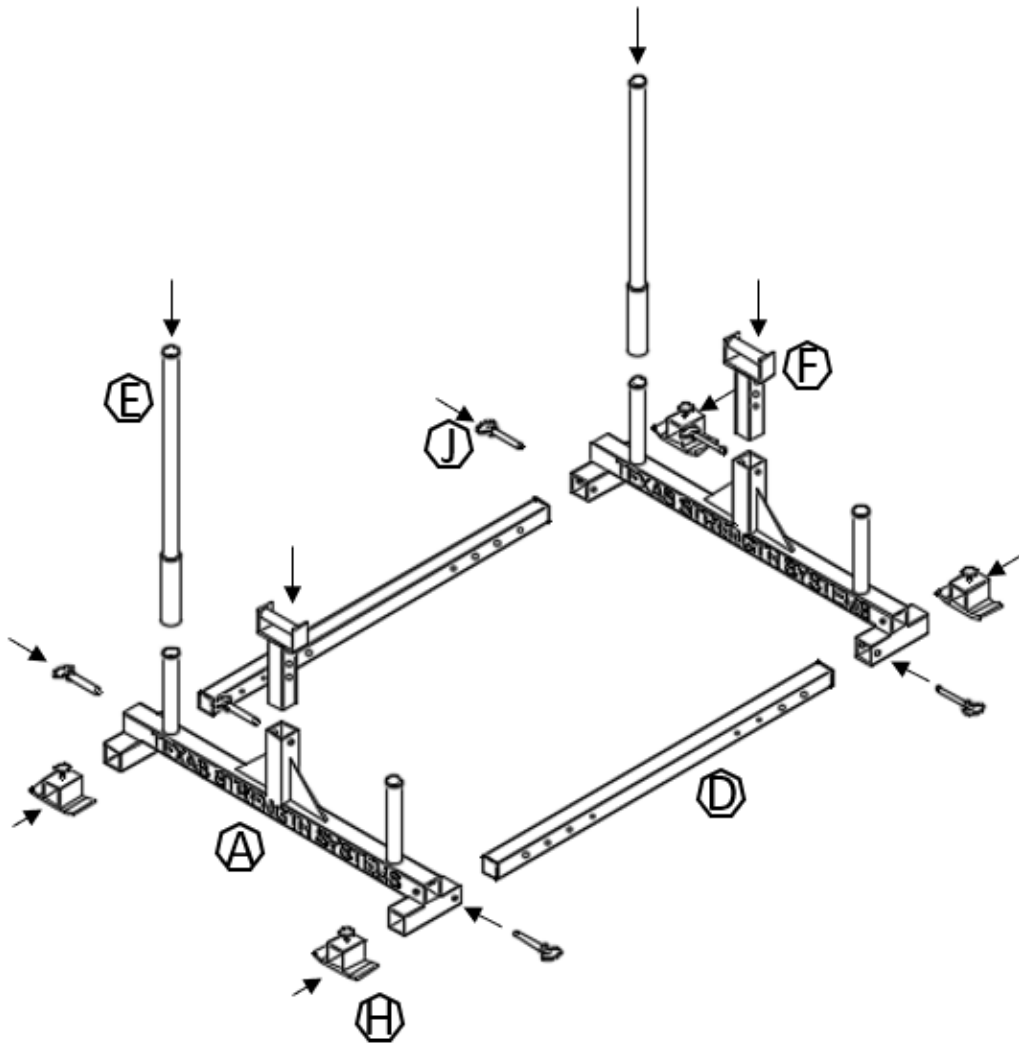


Image 3

Using the assembly from the previous image add on part H as seen in image 3. (~162 lbs Empty)

# Assembly 4 of 6 (Car Deadlift Frame Simulator)

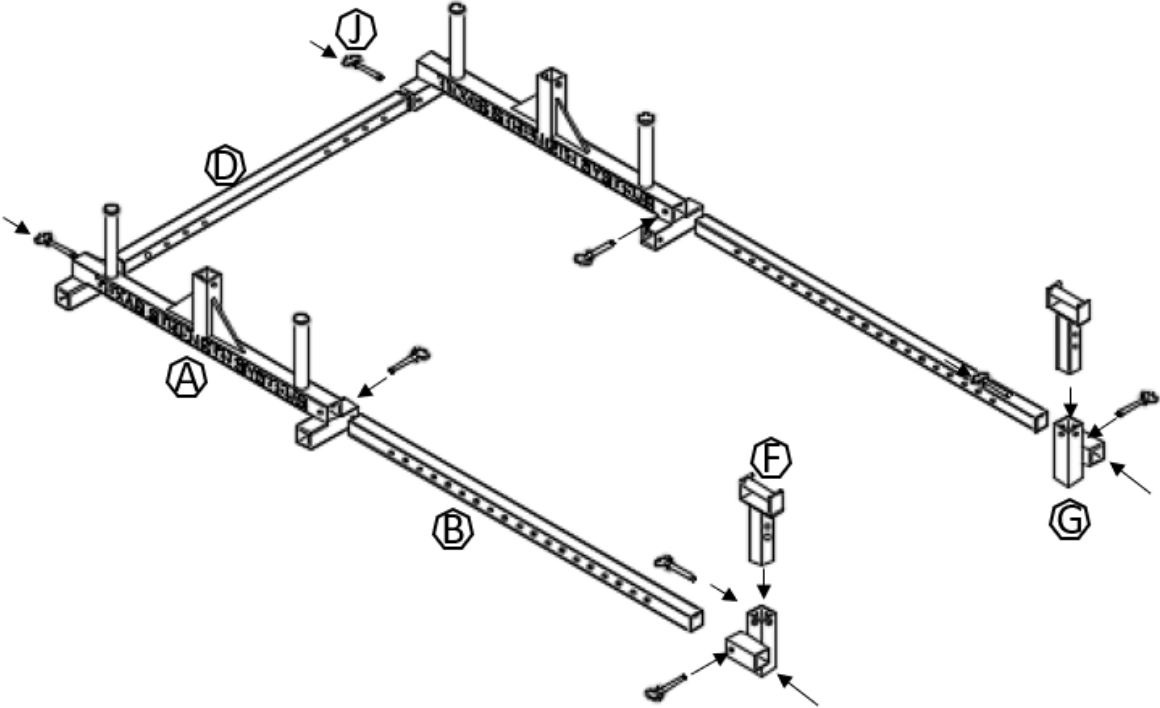


Image 4

(~178 lbs Empty)



# Assembly 5 of 6 (Yoke)

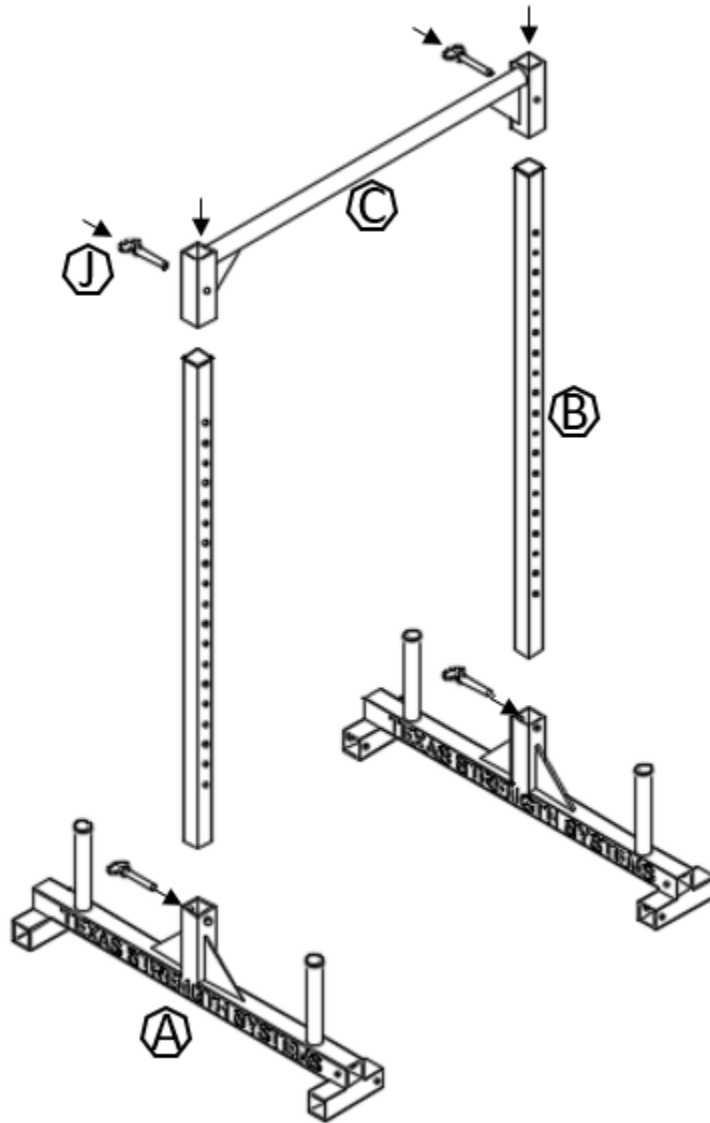
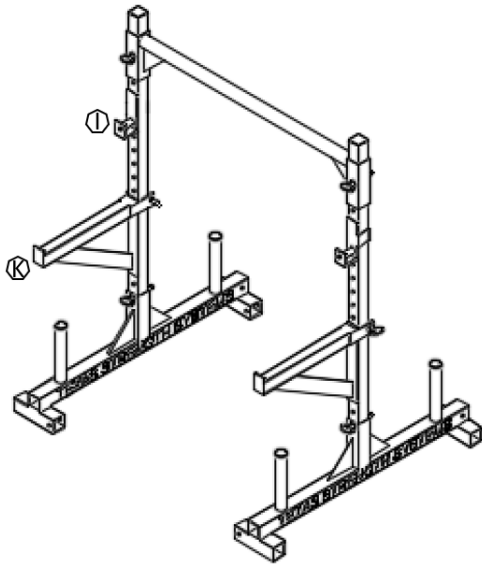


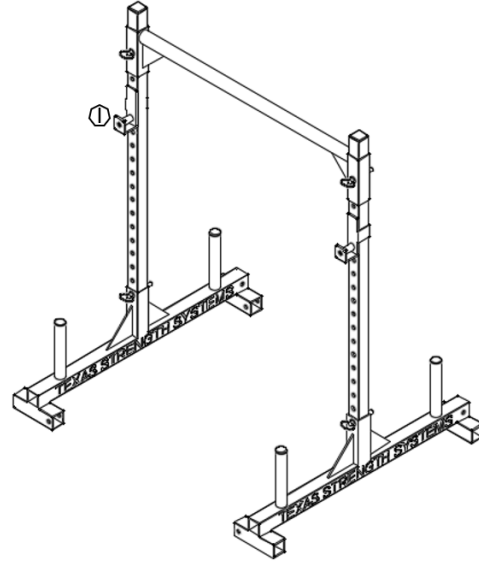
Image 5

(~157 lbs Empty)

## Assembly 6 of 6 (Squat Stands)



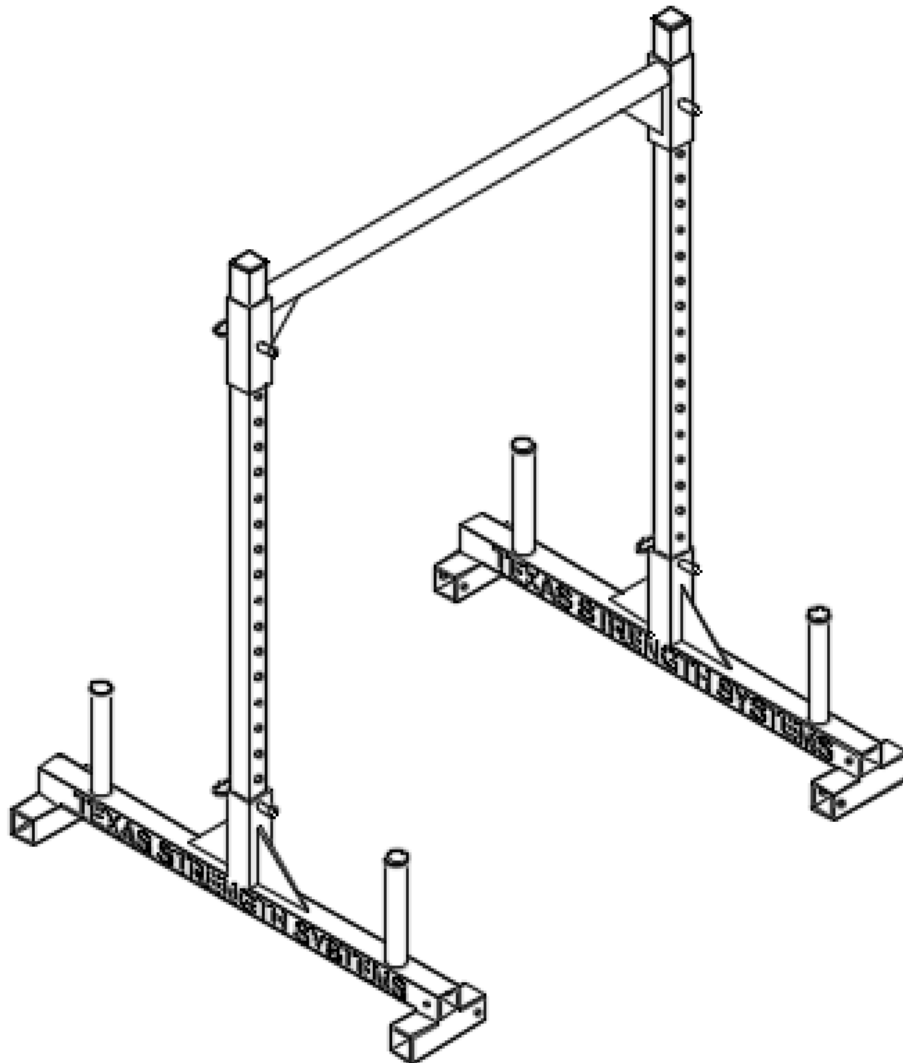
*Upgraded Safeties*



*No Safeties*

Image 6

From the previous assembly place part I and K (If applicable) in desired location.



You have now completed assembling your very own 6-in-1 Yoke! Thank you for choosing Texas Strength Systems for your fitness needs. If you have any questions, comments, or concerns please don't hesitate to contact our staff.

**Contact Information**

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**Phone:** (210) 233-6110, (210)-920-4877