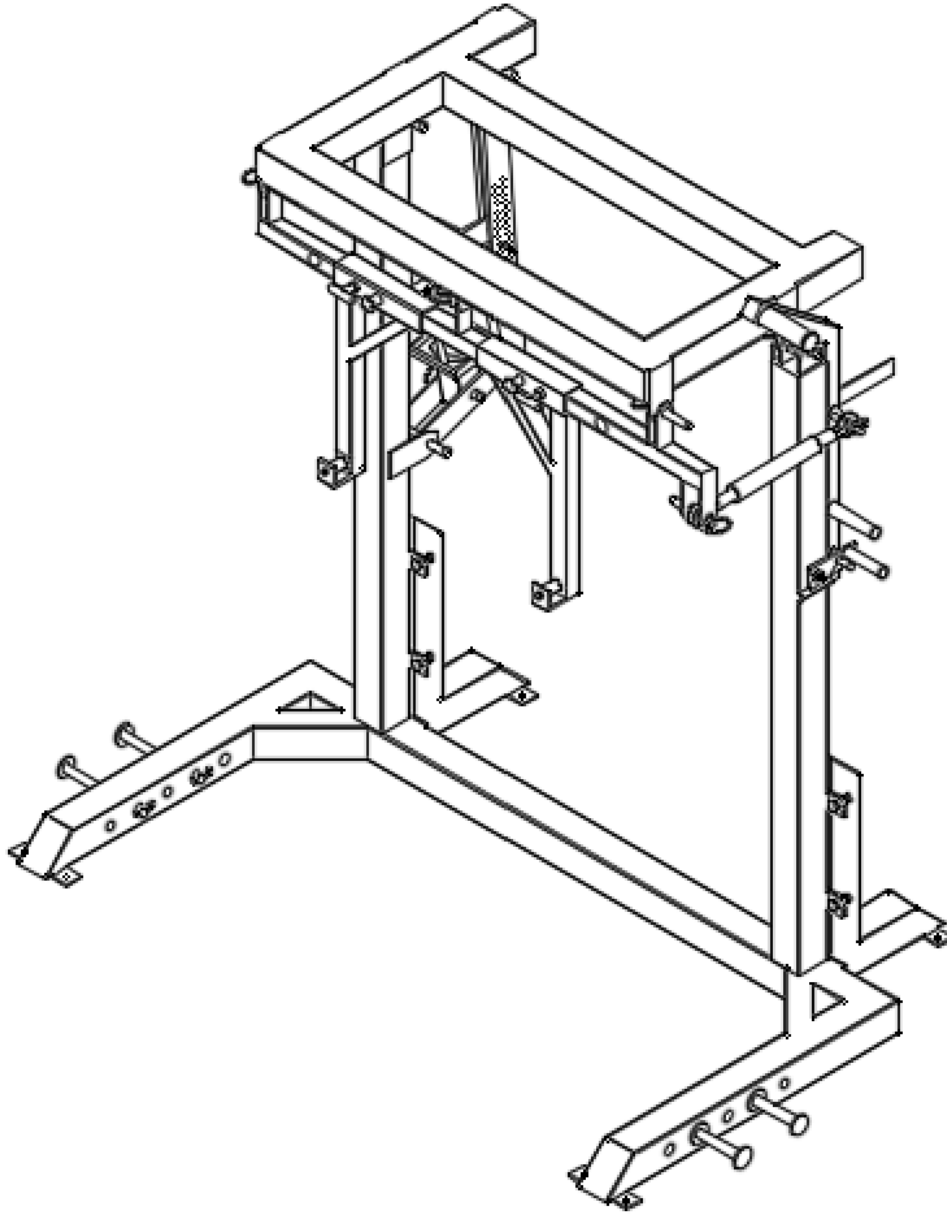


# Monolift



## **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. **The assembly of this piece of equipment requires 4 people.**

### **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.

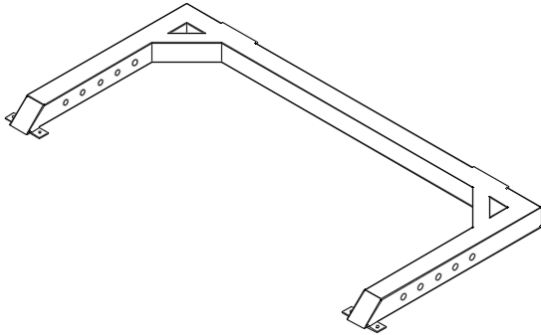
### **EQUIPMENT USE AND CARE**

- 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).
- Multiple components involved with assembly of this piece of strength equipment are above 50lbs and it is recommended that you have an additional person to assist in the positioning of these items.
- Ensure that all components are securely fastened before use.

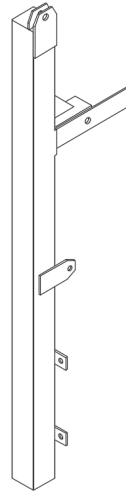
## Required Tools

- Crescent Wrench
- 1 1/8" and Wrench

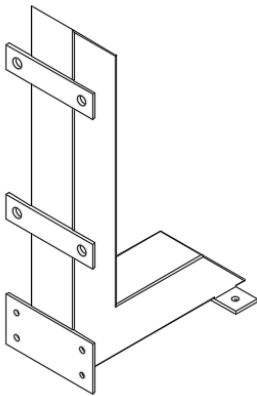
## Parts



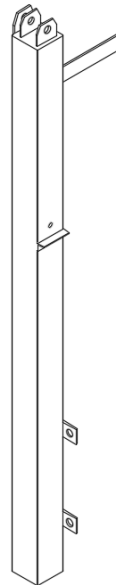
MONO-001 | (x1) | Part A



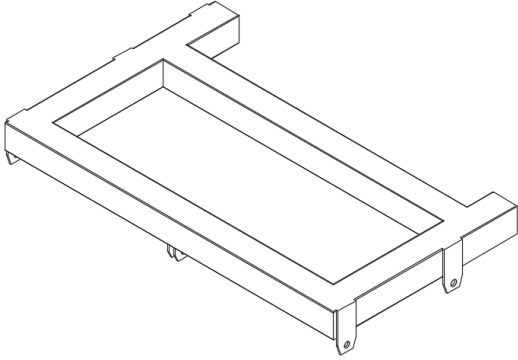
MONO-003 | (x1) | Part C



MONO-002 | (x2) | Part B



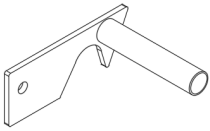
MONO-004 | (x1) | Part D



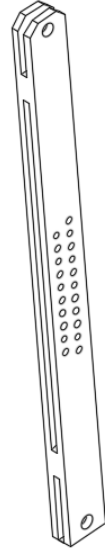
MONO-005 | (x1) | Part E



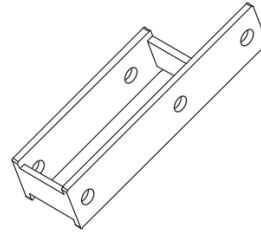
MONO-006 | (x1) | Part F



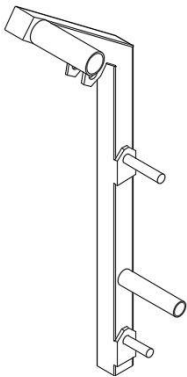
MONO-007 | (x1) | Part G



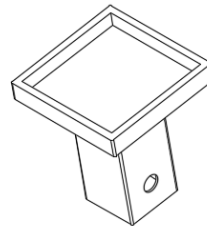
MONO-009 | (x4) | Part I



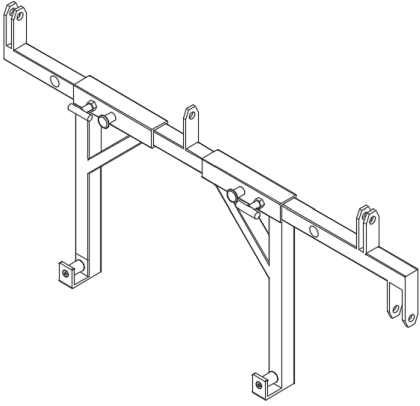
MONO-010 | (x1) | Part J



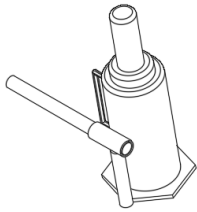
MONO-008 | (x1) | Part H



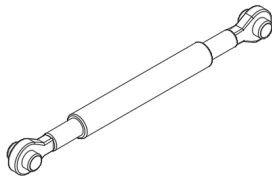
MONO-011 | (x1) | Part K



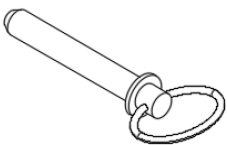
MONO-012 | (x1) | Part L



MONO-013 | (x1) | Part M



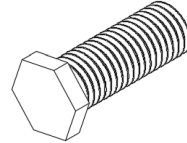
MONO-014 | (x1) | Part N



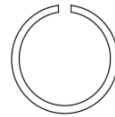
MONO-200 | (x10) | Part O



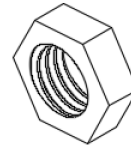
MONO-300 | (x1) | Part P



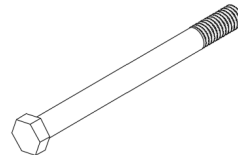
$\frac{3}{4}$ " x 2" Bolt | (x16) | Part Q



$\frac{3}{4}$ " Lock Washer | (x16) | Part R



$\frac{3}{4}$ " Nut | (x8) | Part S



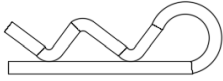
$\frac{1}{2}$ " x 5  $\frac{1}{2}$ " Bolt | (x1) | Part T



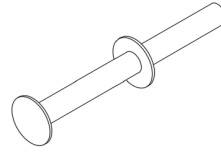
$\frac{1}{2}$ " Lock Nut | (x1) | Part U



Height Pin | (x1) | Part V



Cotter Pin | (x5) | Part W



Band Pegs | (x4) | Part X

# Assembly

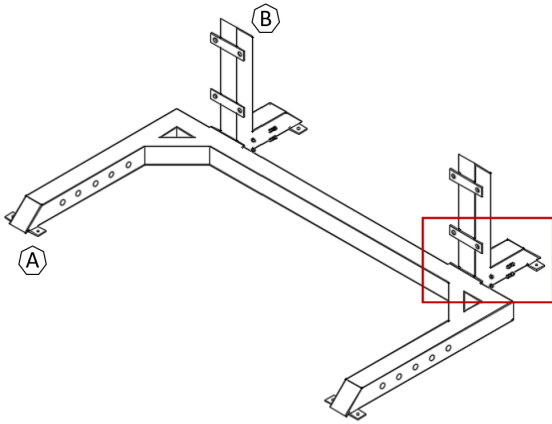


Image 1

Place parts A and B as seen above in image 1.

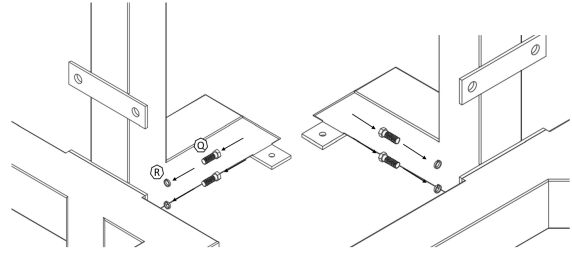


Image 2

Parts Q and R will be placed as seen above in image 2 on both sides of part B and tightened using a 1 1/8" socket.

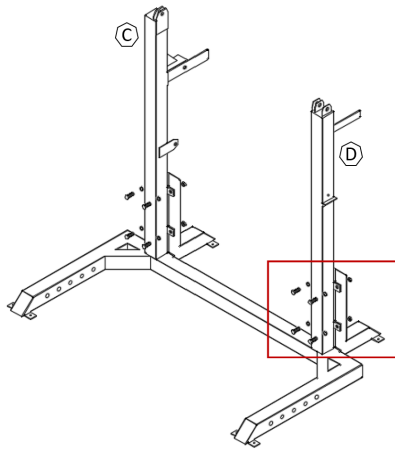


Image 3

Place parts C and D as seen above in image 3.

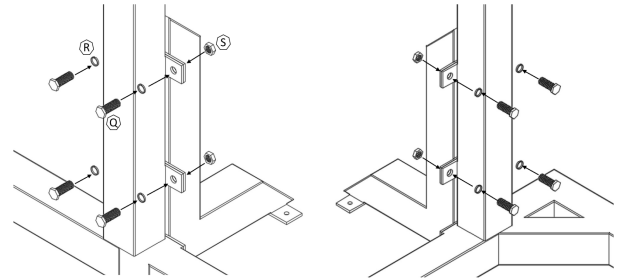


Image 4

Place parts Q, R, and S as seen above in image 4 to connect both C and D to part B. Tighten with 1  $\frac{1}{8}$ " socket and crescent wrench.



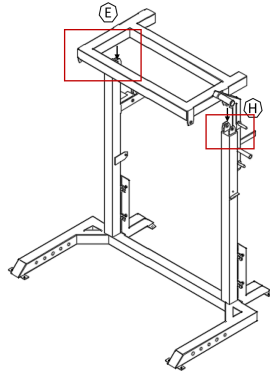


Image 5

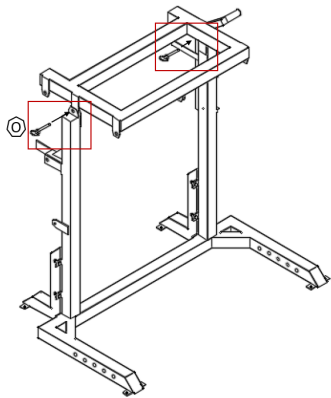


Image 6

Image 5 and 6 display how parts H and E are placed and attached with part O. Image 7 below displays how part O is placed through both parts E and H.

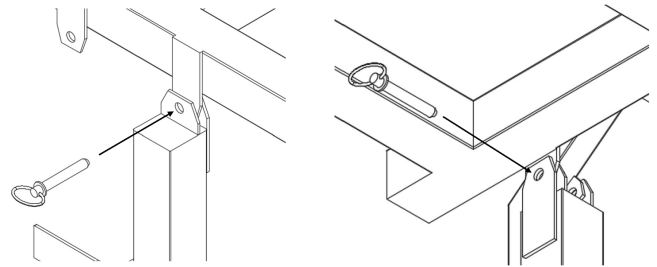


Image 7

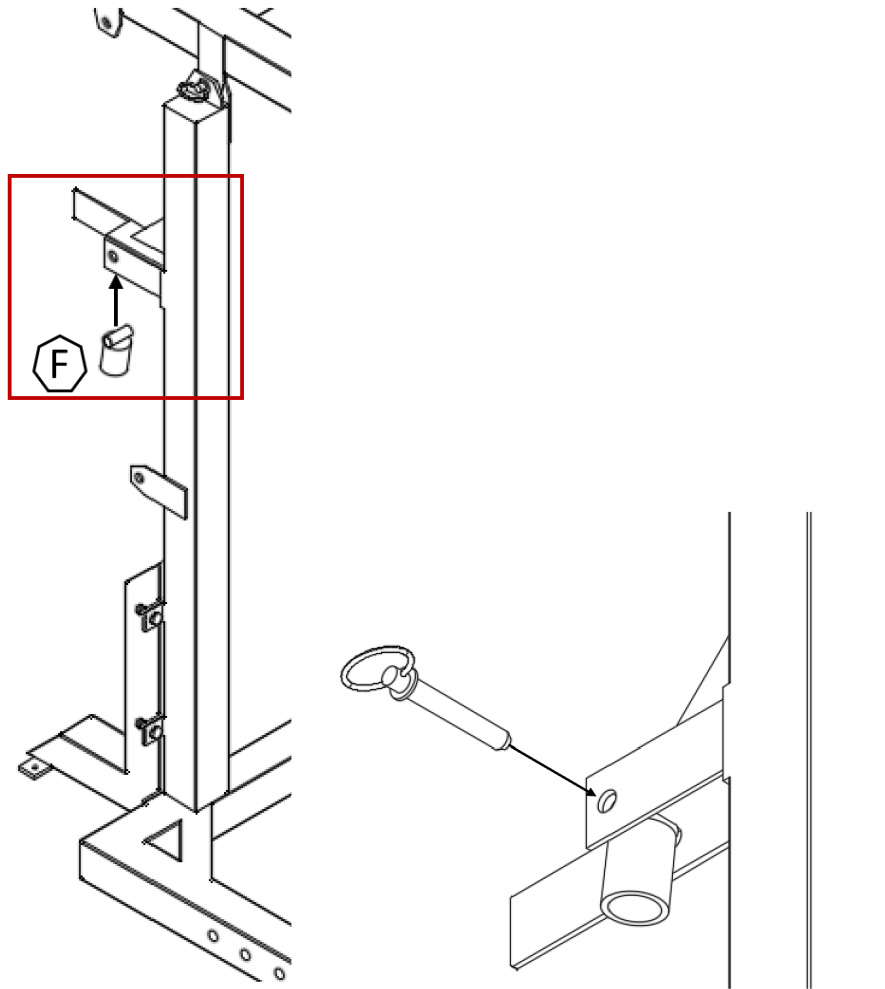


Image 8

Part F is placed onto part C and is attached with part O as seen above in image 8.

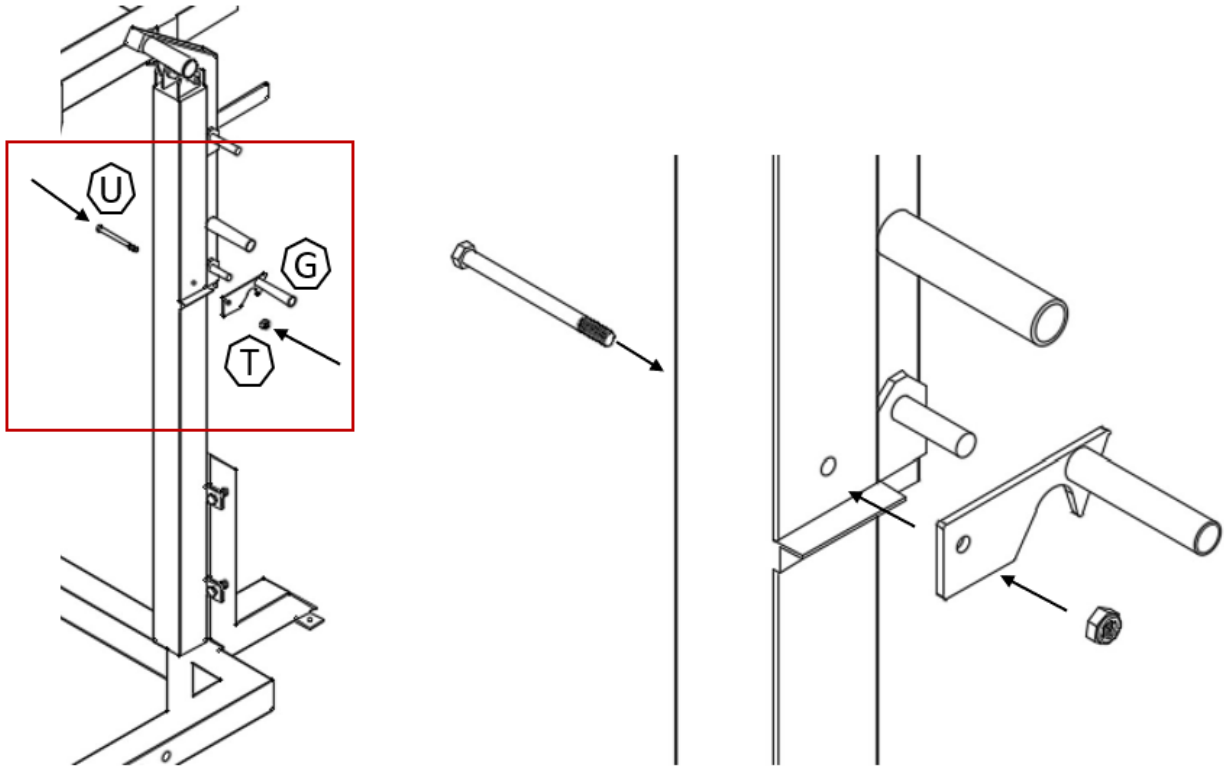


Image 9

Place part G onto part D as seen above in image 9.

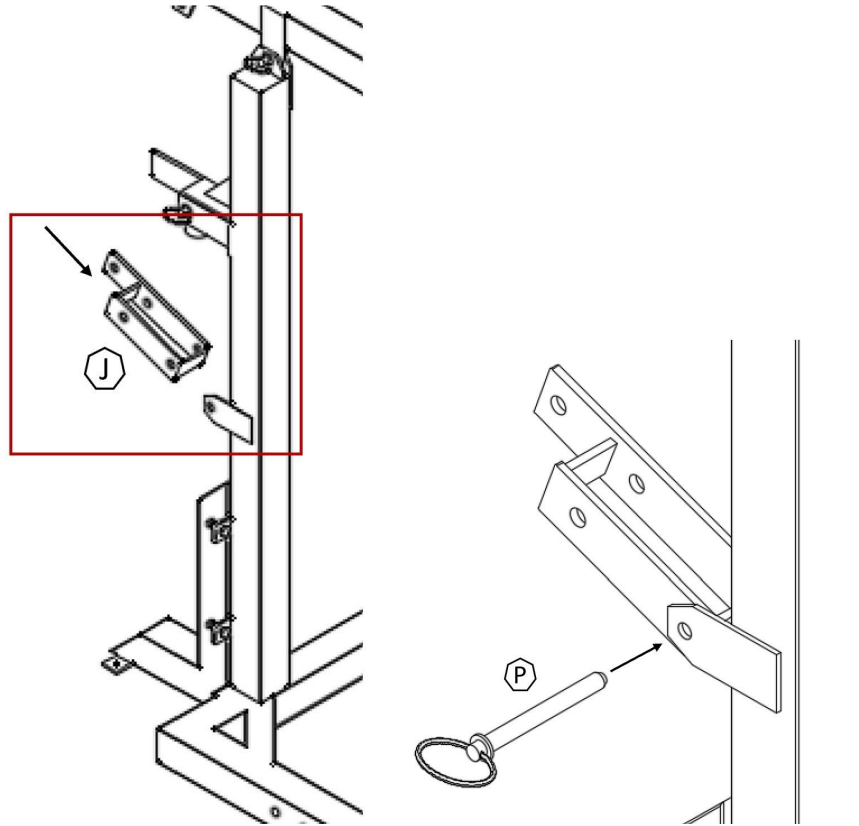


Image 10

Place part J on part C as seen above in image 10. Part P will then be used to connect them.

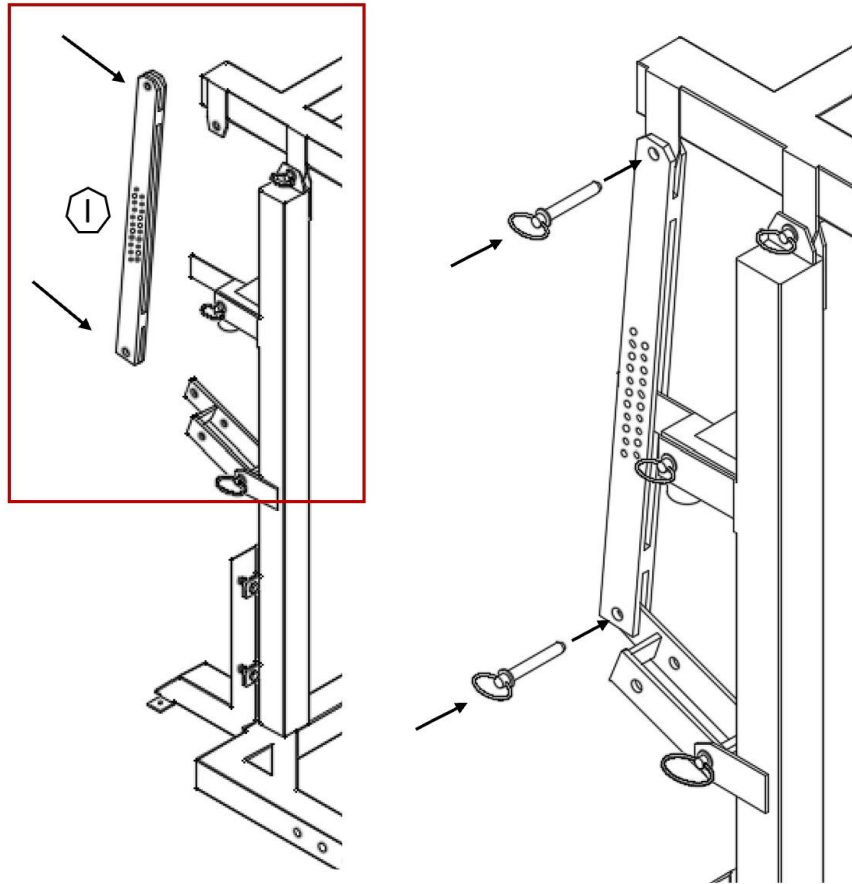


Image 11

Part I is placed on part C as seen above in image 11 and is held in place with part O.

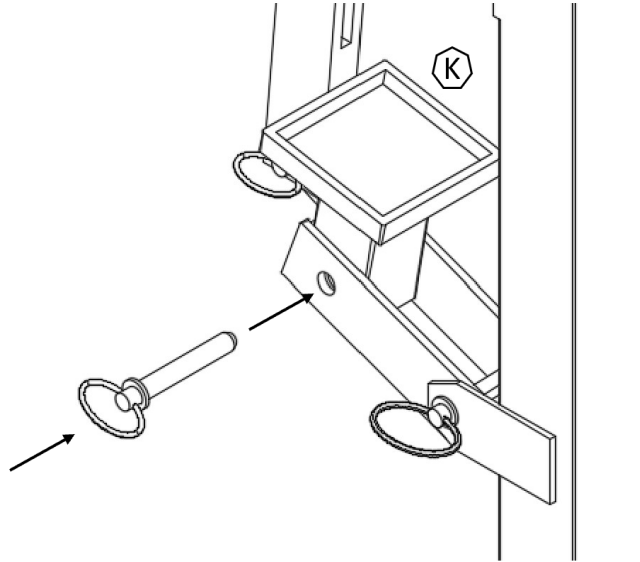


Image 12

Place part K into part J as seen above in image 12 and connect them both using part O.

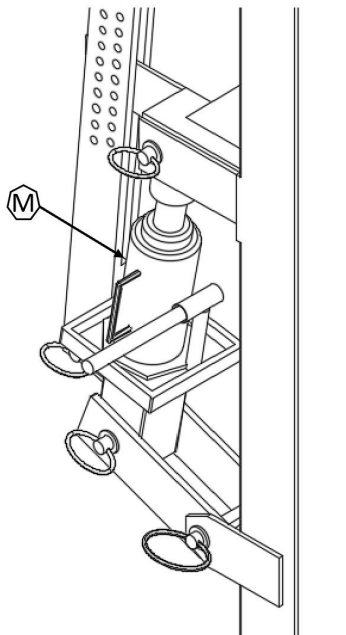


Image 13

Part M is placed on part K as seen above in image 13. Once placed, elevate part M until it places pressure onto part F.

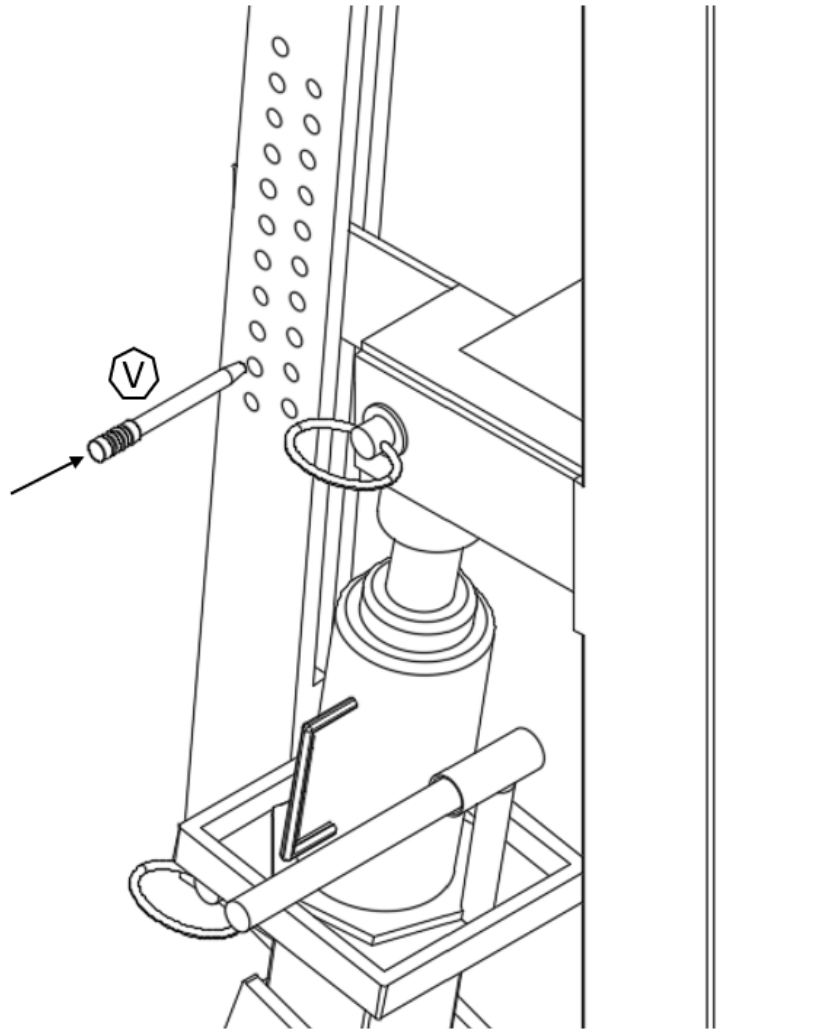


Image 14

Place part V into part I at the desired location. Once placed, reduce pressure from part M until part V is touching part D.

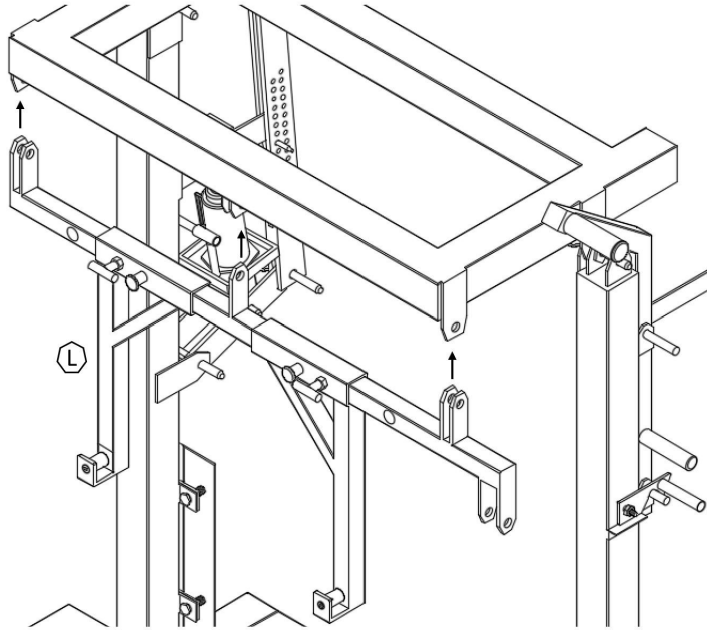


Image 15

Part L is placed onto part E as seen above in image 15.

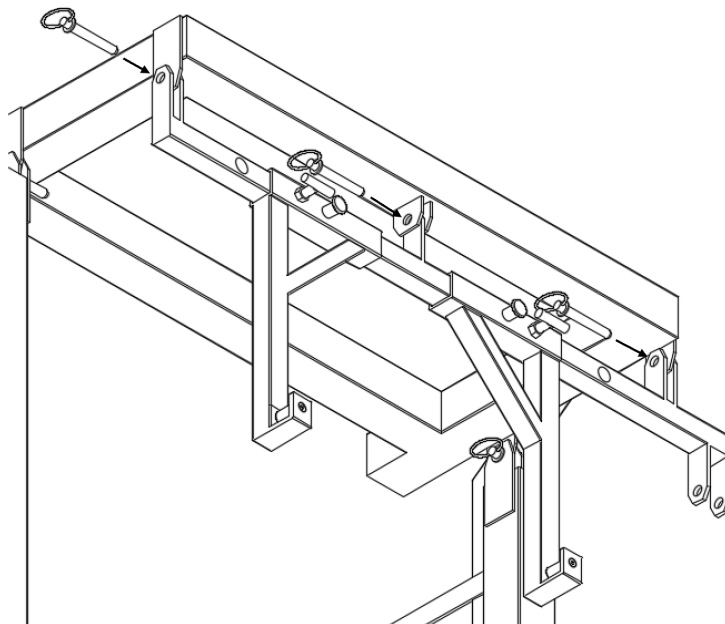


Image 16

Part O is then used to connect part L to part E as seen above in image 16.



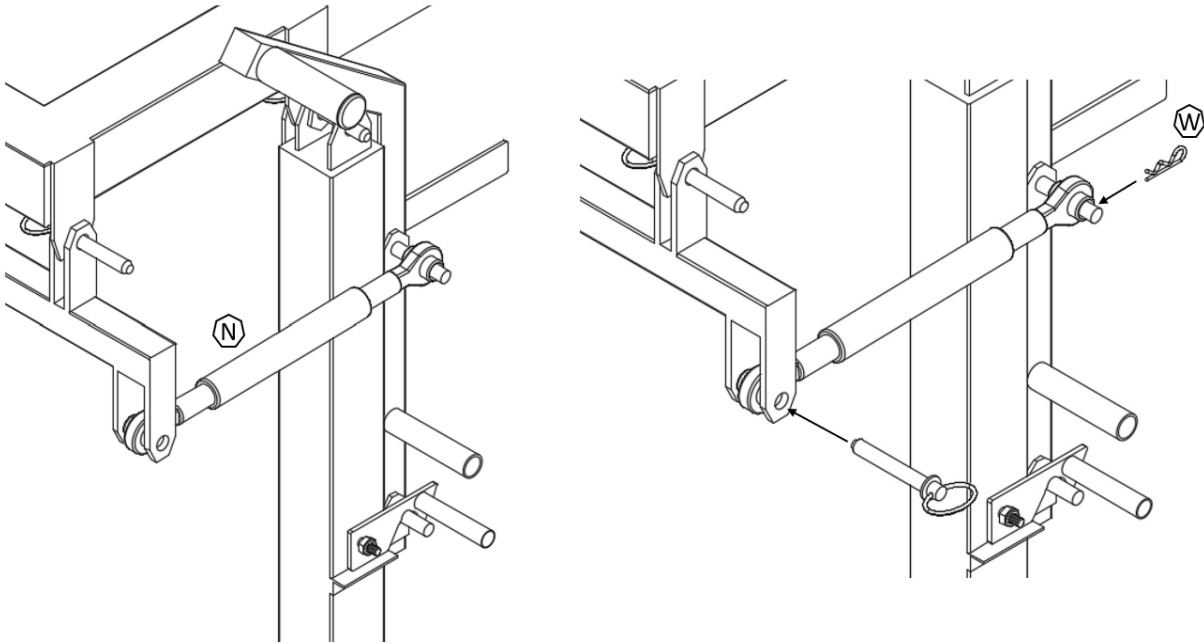


Image 17

Place part N between parts L and H as seen above in image 17. Place parts O and W as seen in image 17 in order to secure part N.

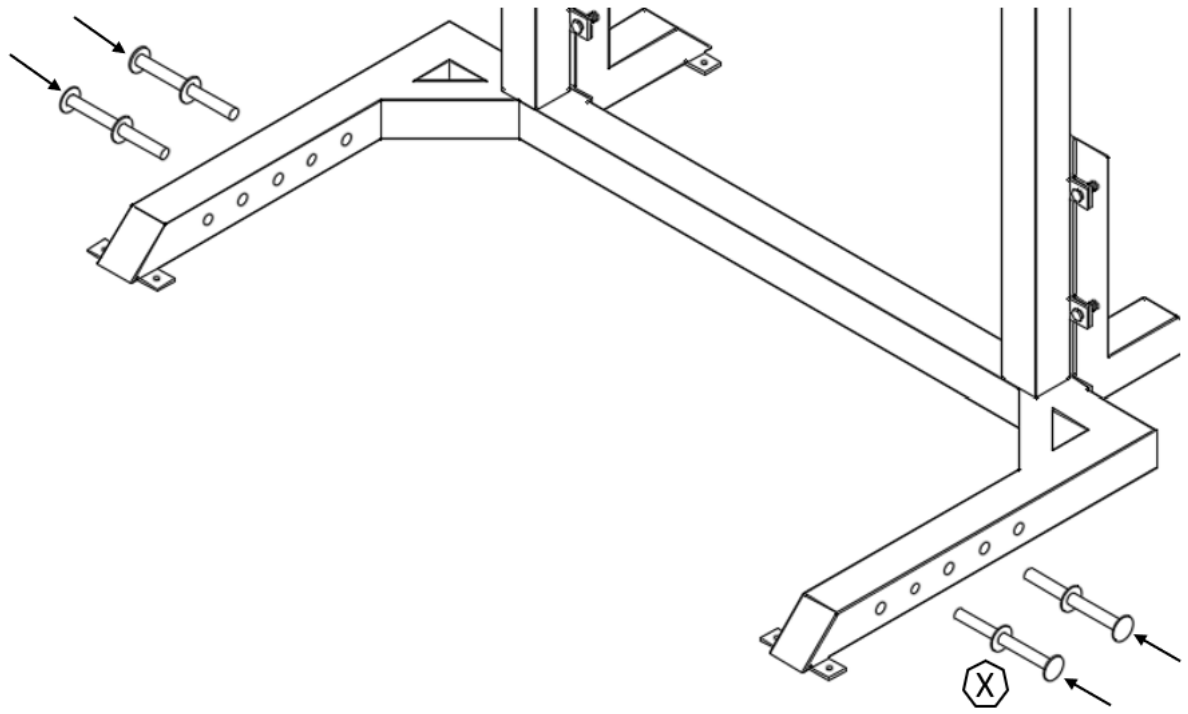
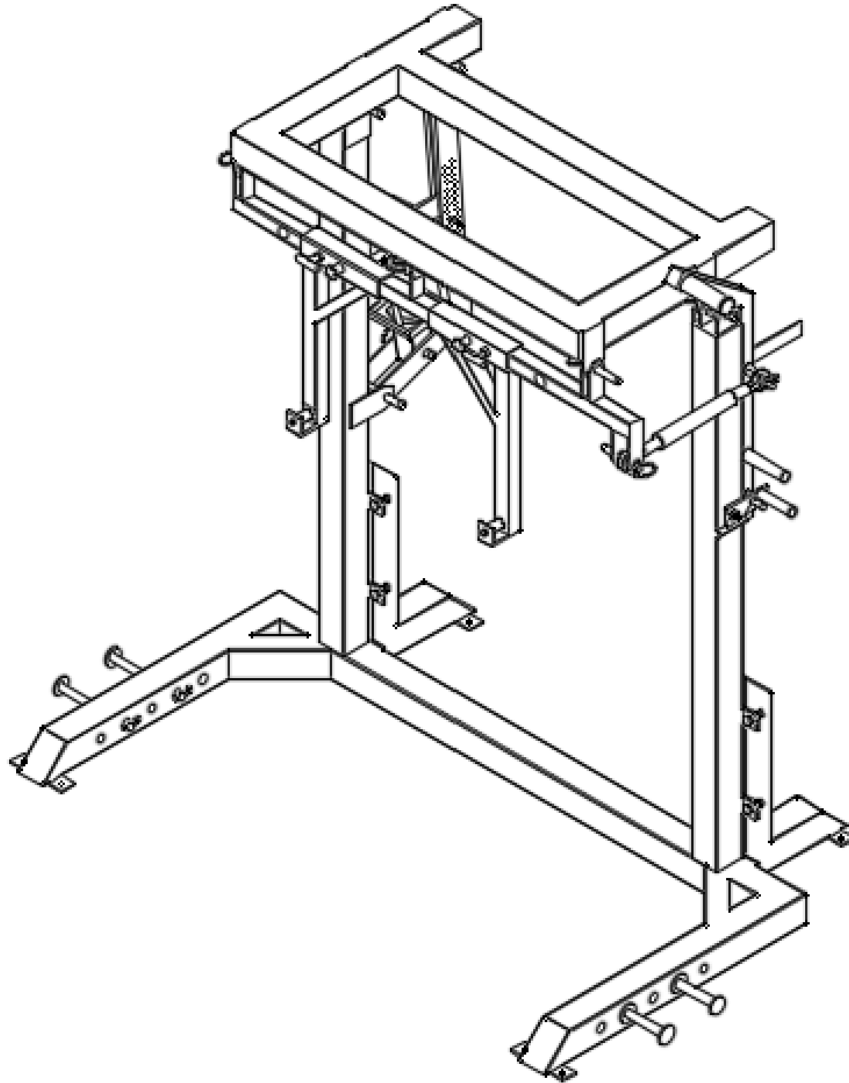


Image 18

Place part X in the desired location on part A and secure them with part W.



You have now completed assembling your very own Monolift! 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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