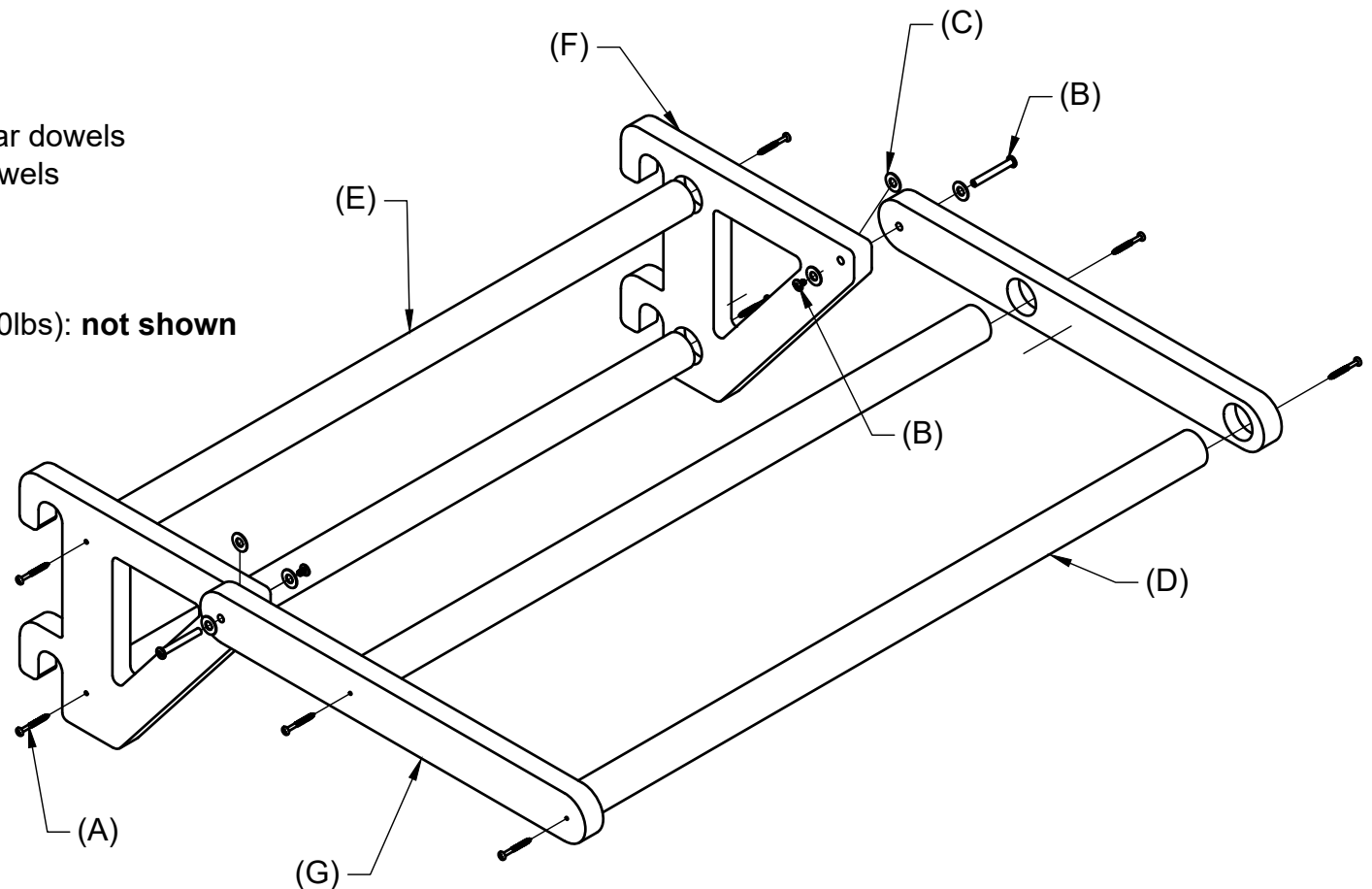


Pilates Push-Thru Bar Assembly Instructions

Included Hardware and Materials:

- (A): [8] 1.5" black #8 screws
- (B): [2] 2" barrel-bolt with cap screw
- (C): [6] flat washers
- (D): [2] 1.5" X 33.375" push-thru circular dowels
- (E): [2] 1.5" X 31.250" base circular dowels
- (F): [2] bases, left and right
- (G): [2] push-thru arms
- (H): [1] 78" safety strap: **not shown**
- (I): [3] resistance bands (10lbs,30lbs,50lbs): **not shown**



Tools Required:

- Phillips Screw Driver
- Electric Drill/Impact with Phillips Bit
- Wood Glue
- Tape Measure

Figure 1: Base Assembly

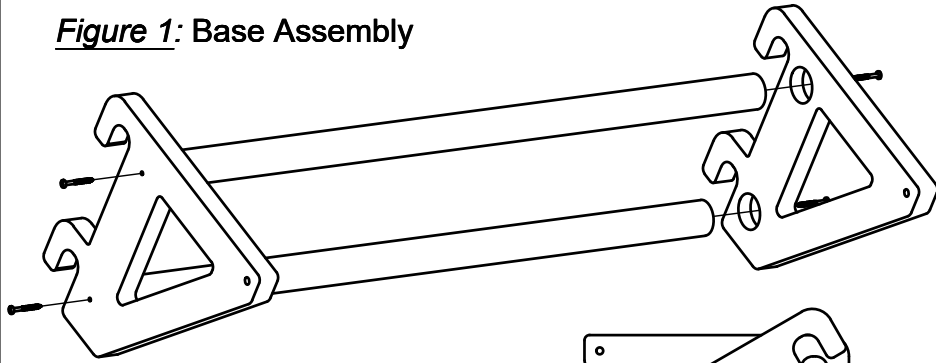
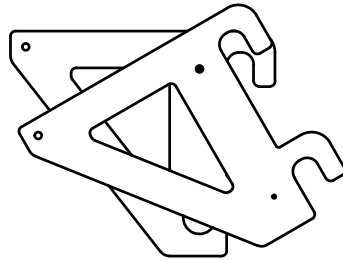


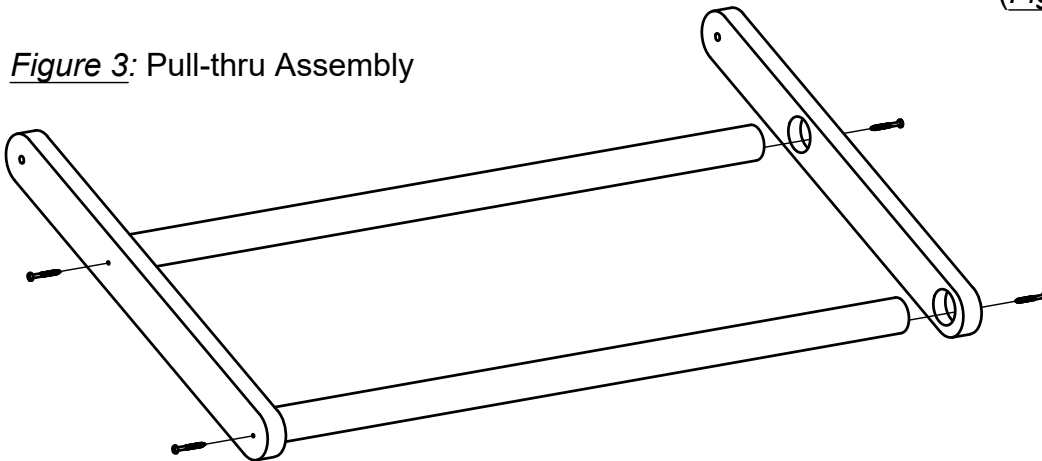
Figure 2: Base assembly not level



STEP 1: Insert ends of (E) dowels into (F) base and screw (A) #8 screws into [4] pre-drilled holes. (*Figure 1*). Set assembly to the side.

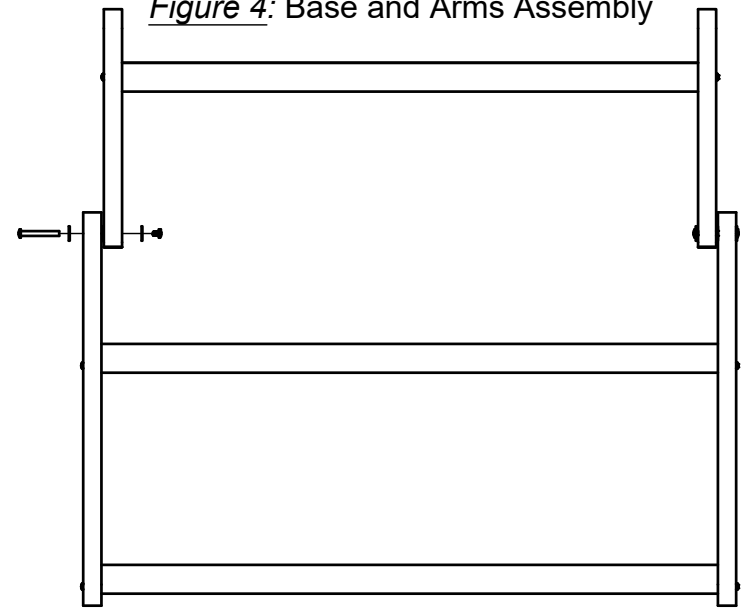
Note: when installing any screws into pre-drilled holes throughout the installation make sure they are straight/level and not at an angle to prevent the tip of the screws from poking through any pieces.

Figure 3: Pull-thru Assembly



STEP 2: Insert ends of (D) dowels into (G) arms and screw (A) #8 screws into [4] pre-drilled holes. (*Figure 3*). Set assembly to the side.

Figure 4: Base and Arms Assembly



STEP 3: Align holes on push-thru assembly with the outside of the base assembly (*Figure 4*). Insert (B) barrel bolt into hole with (C) flat washers: [1] washer will be located on the outside, [1] will be between the wood, and [1] on the inside against (F), followed by the cap screw. Screw in (B) barrel bolt on both ends using [2] screwdrivers to tighten. (*Figure 5*) Repeat on the other side.

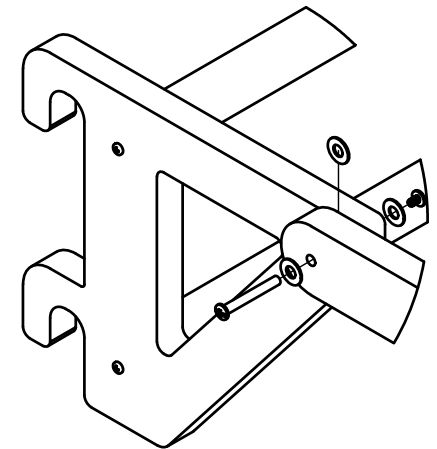
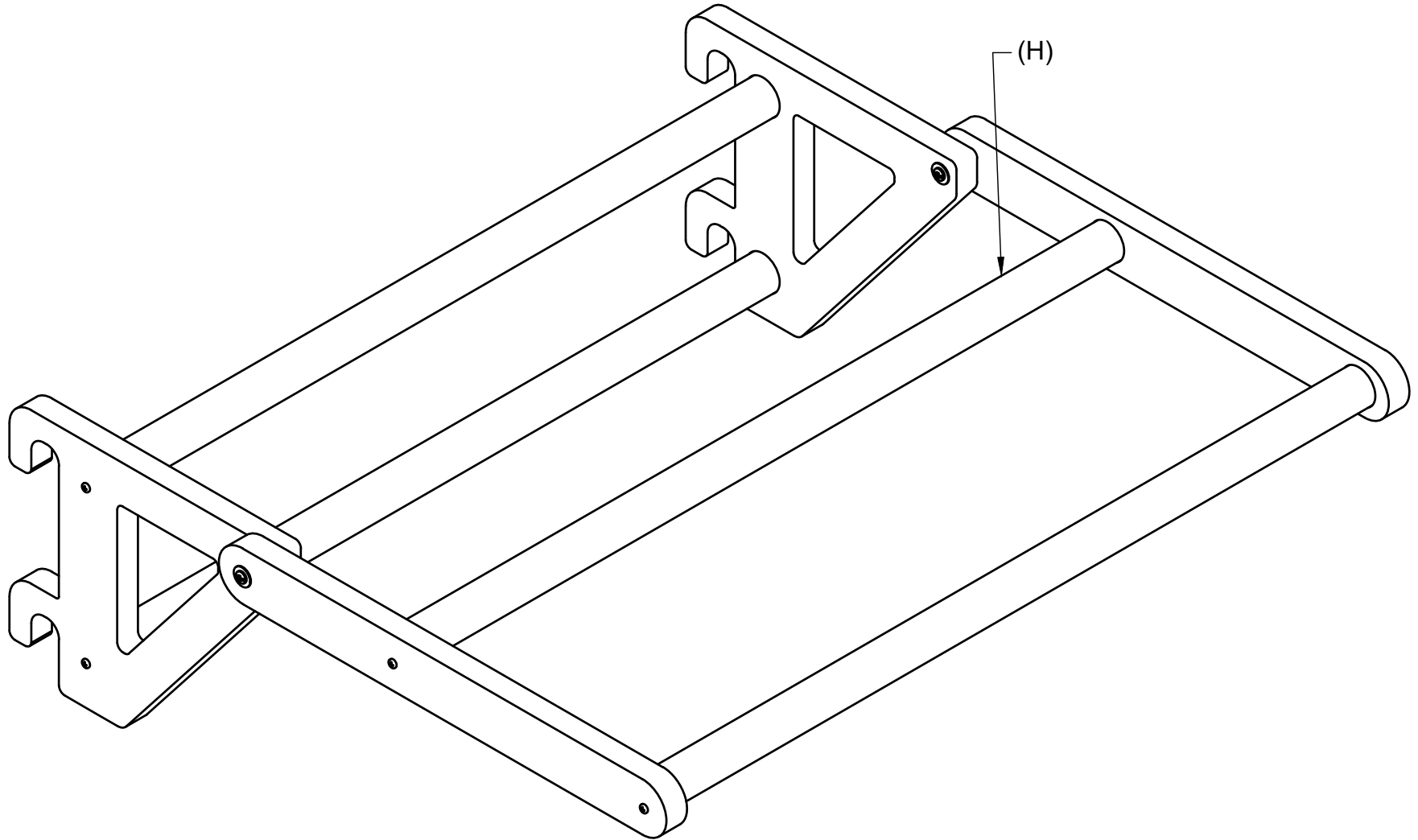


Figure 5: Base and Arms Assembly Closeup

For added security, attach the provided (H) 78" safety strap as necessary.

Congratulations!
You are ready to use your pilates push-thru bar!



Note: periodically check the barrel bolt on both ends and tighten if needed.

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