

BRET CONTRERAS
STRENGTH

Nordic Ham Curl

**ASSEMBLY
INSTRUCTIONS**



**Thank you for your recent purchase. Please read these
instructions carefully prior to constructing the
Nordic Ham Curl product.**

PARTS

BRET CONTRERAS
STRENGTH

Tools required (not included): 17mm Wrench and Socket



A BASE FRAME



B FOOT PLATE



C PAD



D ROLLER PAD



E LONG BOLT (x2)



F WASHERS (x12)



G SHORT BOLT (x6)



H LOCK NUT (x4)

ASSEMBLY INSTRUCTIONS

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STEP 1



a) Place Base (Part a)

STEP 2



a) Attach Foot Plate (Part b) to Base Frame (Part a)



b) Insert Long Bolt (Part e) with Washer (Part f)



c) Add Washer (Part f) and Lock Nut (Part h)



d) Repeat (x1) on the other side



e) Tighten Bolts



f) Step 2 is now complete

ASSEMBLY INSTRUCTIONS

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STEP 3



a) Attach Pad (Part c) to Base Frame (Part a)



b) Insert Short Bolt (Part g) with Washer (Part f)



c) Screw in Bolt



d) Repeat (x3)



e) Tighten Bolts



f) Step 3 is now complete

STEP 4



a) Attach Roller Pad (Part d) to Foot Plate (Part b)



b) Insert Short Bolt (Part g) with Washer (Part f)

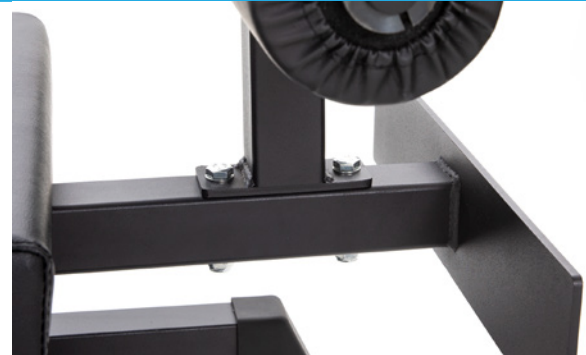
ASSEMBLY INSTRUCTIONS

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STEP 4 (cont)



c) Add Washer (Part f) and Lock Nut (Part h)



d) Repeat (x1) on the other side



e) Tighten Bolts



f) Step 4 is now complete

DISCLAIMER

Warning: misuse of this equipment can result in severe injury or even death. Your use of this equipment is done so at your own risk, and you warrant that you are both fit and competent to undertake physical activity and the use of this equipment. You assume all risks and responsibilities for all damage, injury and death which may occur during or following incorrect use of this equipment in any matter whatsoever.