

GRATZ™ PILATES

LADDER BARREL
(FULL BARREL)

ASSEMBLY INSTRUCTIONS

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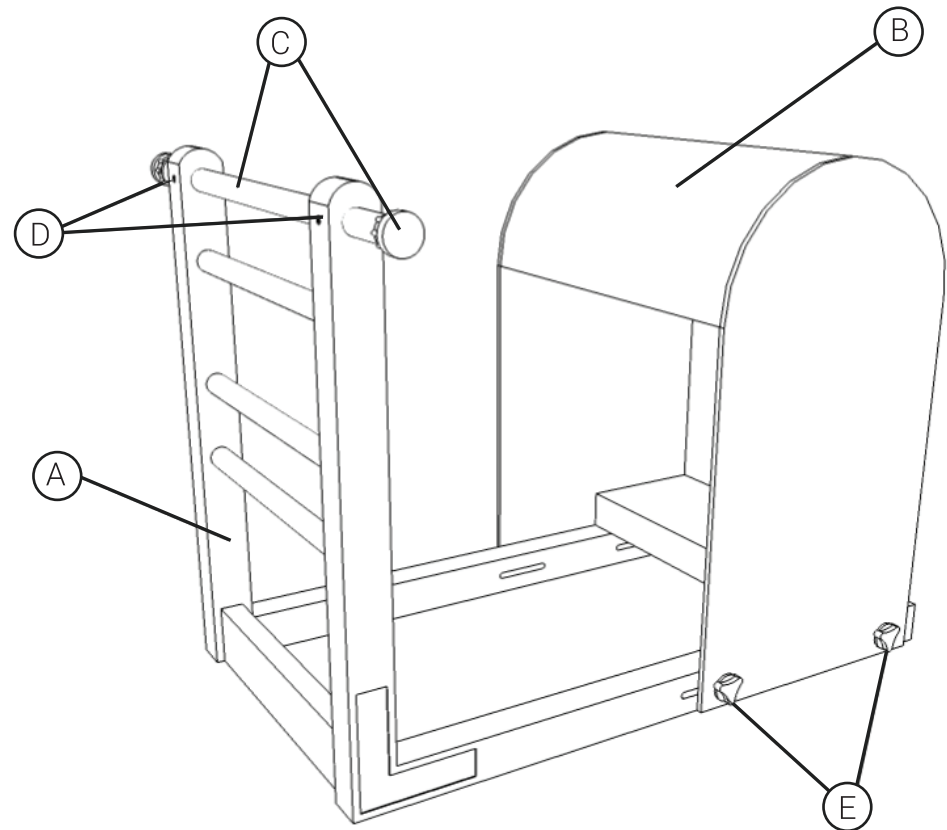
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Assembling Your Ladder Barrel

These instructions will show you how to assemble and set up your ladder barrel. Make sure you have all the items out of the box listed below and you will need the items listed on the following page to complete the assembly.

What Comes In The Box

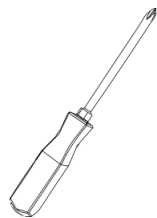
- (A) Ladder
- (B) Barrel
- (C) Top Pole [with 2 Rubber ends]
- (D) 2 Screws
- (E) 4 Black knobs



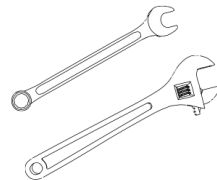
What You Will Need



Scissors



Phillips
Screwdriver



1/2" Wrench or
Adjustable Wrench

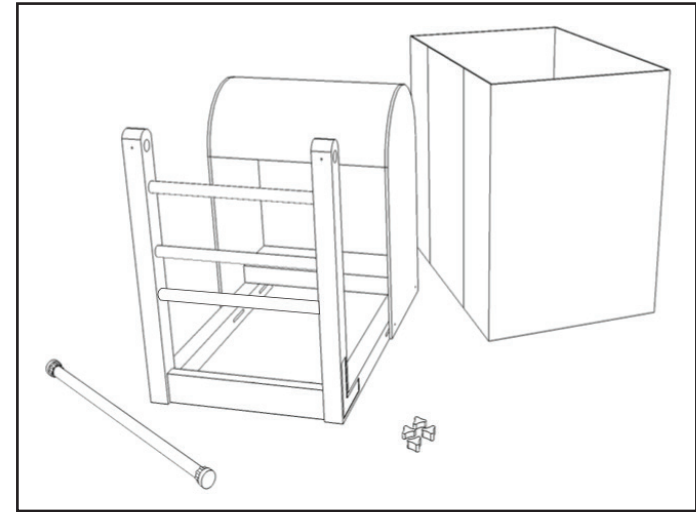
IMPORTANT: Two people are required to set up your Ladder Barrel.
Gratz Industries is not responsible for any damages to the Ladder Barrel that is caused by improper set up or installation.

STEP 1 - Remove The Contents From The Box

Place the box long side down. Use the **scissors** to carefully cut the ties and open the box. Remove the three packed bundles from the box.

(Figure A)

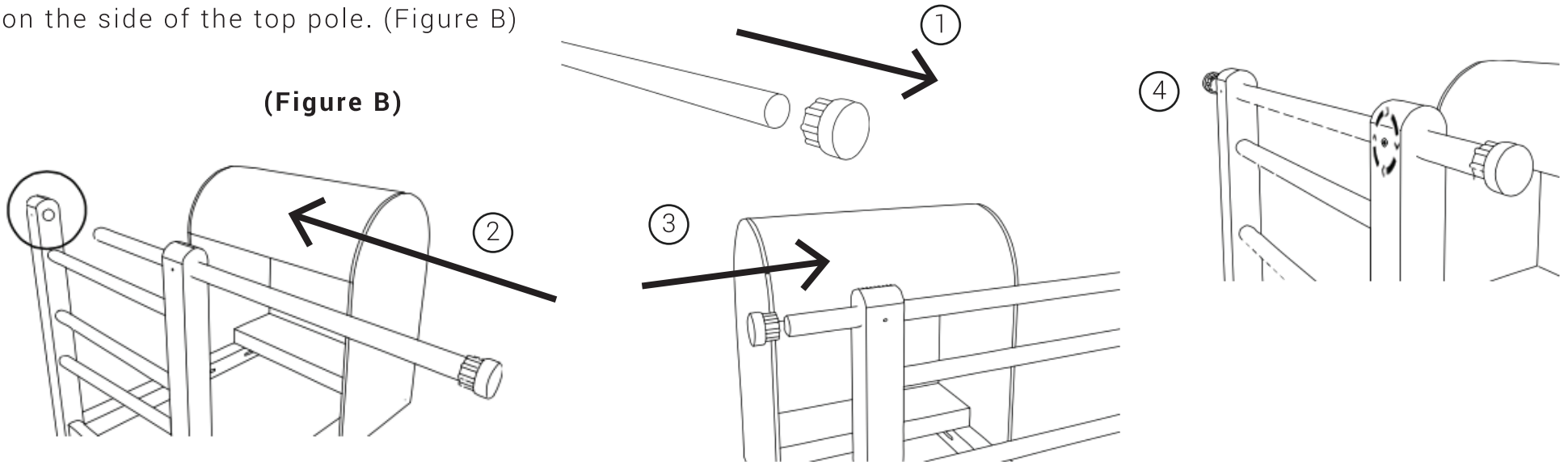
(Figure A)



STEP 2 - Place The Top Pole On The Ladder

Locate the Top Pole. Remove the rubber end off one side of the pole. Insert the pole through the top two holes of the ladder. Then align the holes of the top pole with the holes of the ladder. Locate the 2 screws attached to the pole and use the **phillips screwdriver** to carefully tighten the two screws fix the top pole to the ladder. Put the rubber end back on the side of the top pole. (Figure B)

(Figure B)

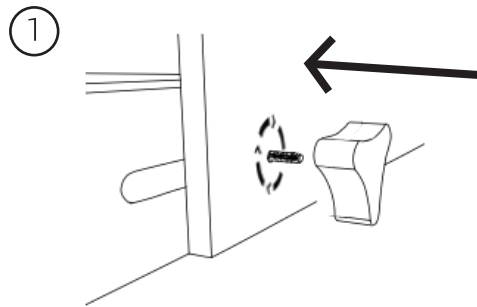


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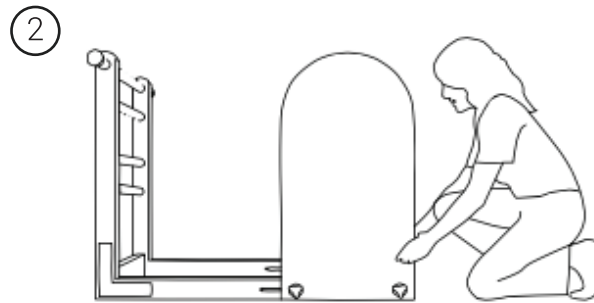
STEP 3 - Put Black Knobs On Barrel

Locate the 4 black knobs. Use **1/2" or adjustable wrench** to loosen and remove the 4 nuts at the bottom of the barrel. Next, twist on the 4 black knobs to the bottom of the barrel where you removed the nuts. Then adjust the distance of the ladder from the barrel by loosening the 4 black knobs and evenly sliding the barrel away from the ladder. **(Figure A)**

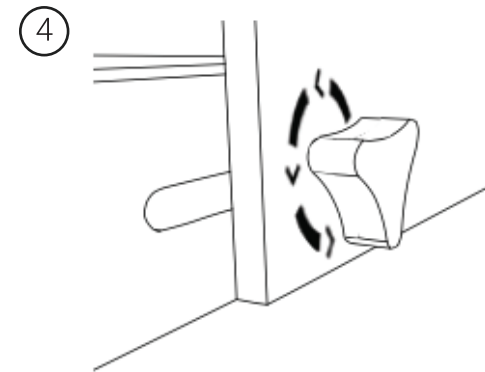
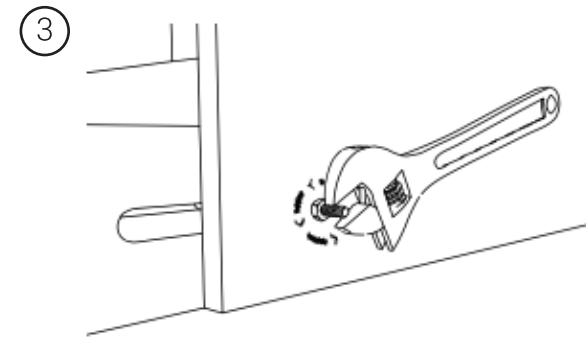
Tip: Kneel behind the barrel while moving it away from the ladder. Once the barrel is in the proper position tighten the 4 black knobs until they are secured. **(Figure B)**



(Figure A)



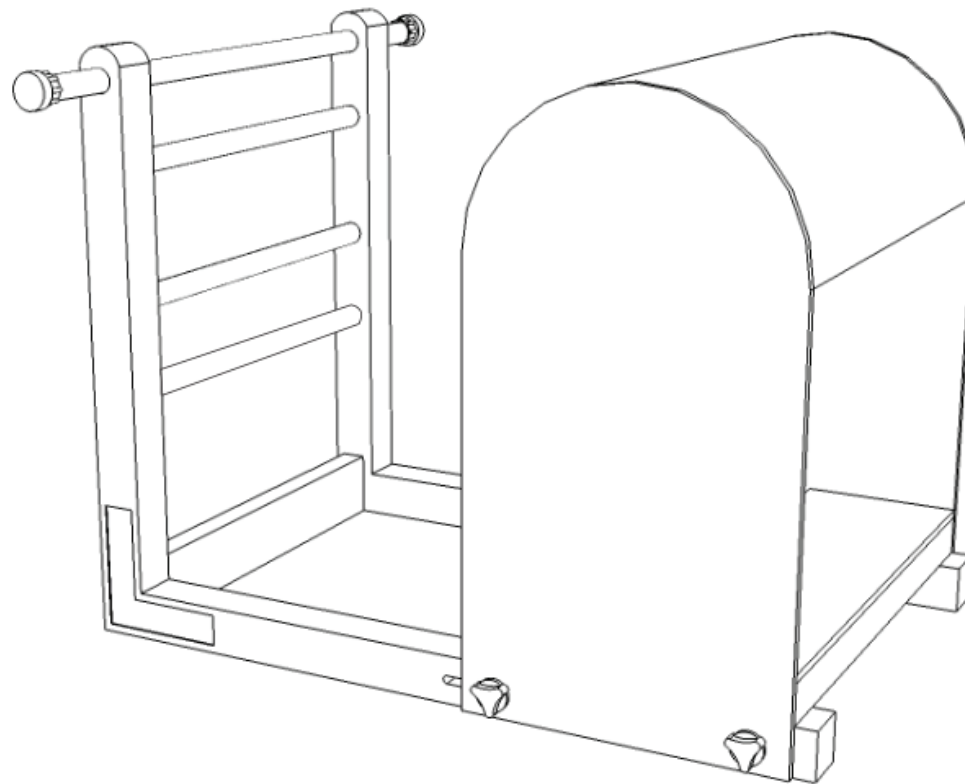
(Figure B)



STEP 4 - Prep For Use

Prior to using make sure the ladder is the preferred distance away from the barrel and all the black knobs are fully tightened.

Enjoy your Gratz Ladder Barrel!



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