



High Bar Set Up Instructions



1.

First things first, open up both boxes and remove all packing material.

Lay all items out on the floor so that you have a clear view of the task ahead.

Start with the base by attaching the **cross support** to the **base legs**. Use the small flat washers and the allen key bolts.

Do this on both sides and the base should look like a big capital H.

2.

Once the base is together, put the **chrome uprights** into the **coloured uprights**.

Make sure the holes on both chrome uprights are facing the same way.



3.

Next secure the **coloured uprights** to the base using the flat washers and the allen key bolts.

Do this for both sides you now should have the base and both coloured uprights in place just the bar left to go now.

To fix the bar in place you need the allen key bolts & the four flat washers.





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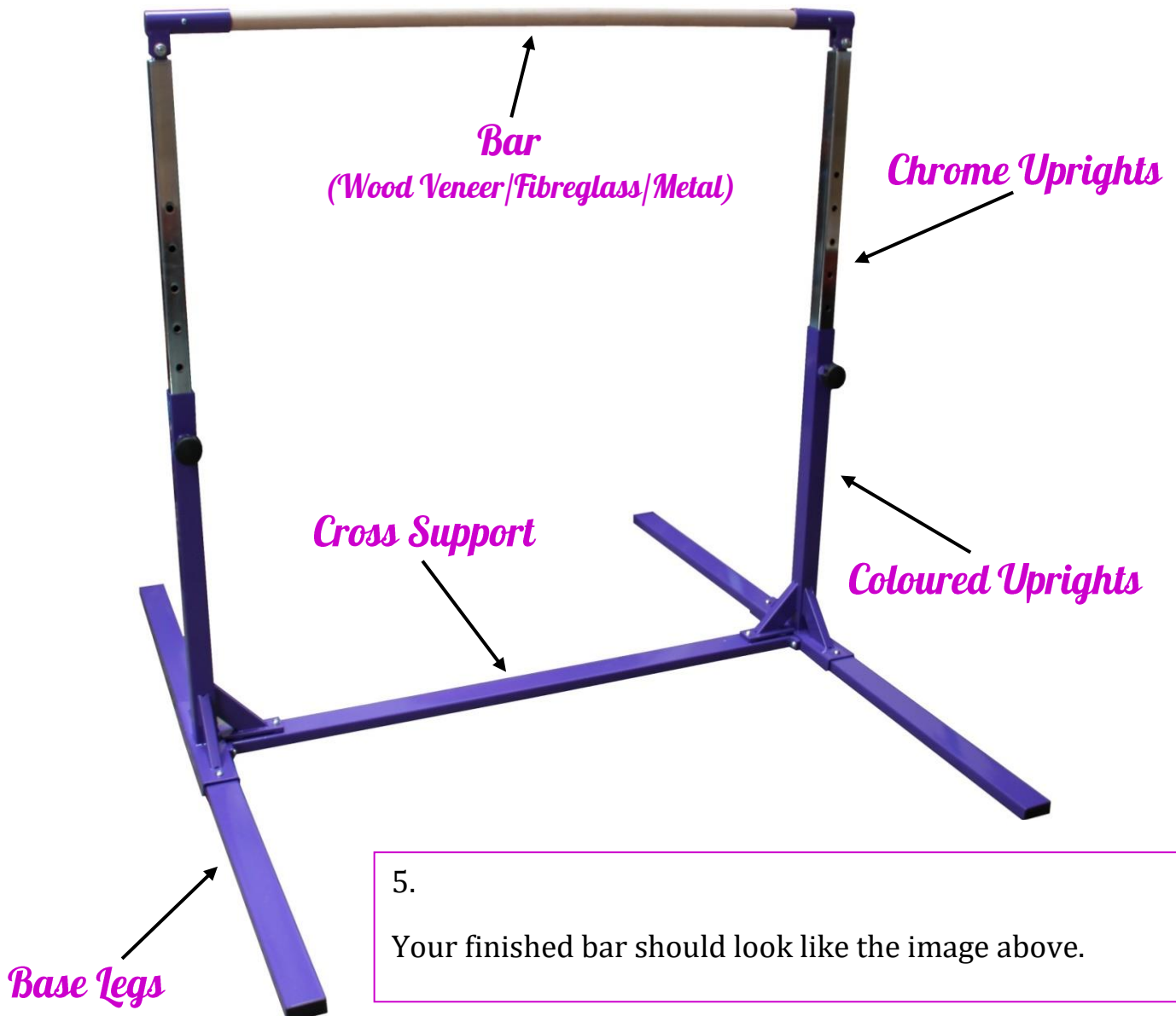


4.

Place the **bar** over the round attachments at the top of the **chrome uprights**.

Using the large allen key and spanner, tighten the nut enough to secure the bar in place.

Do not tighten too much as this will restrict movement when adjusting the height of the bar when in use.



5.

Your finished bar should look like the image above.