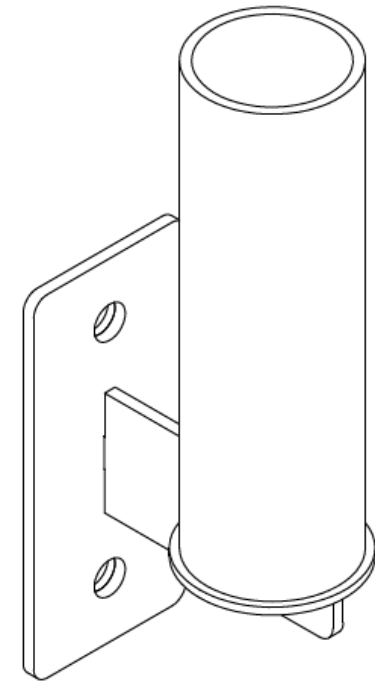




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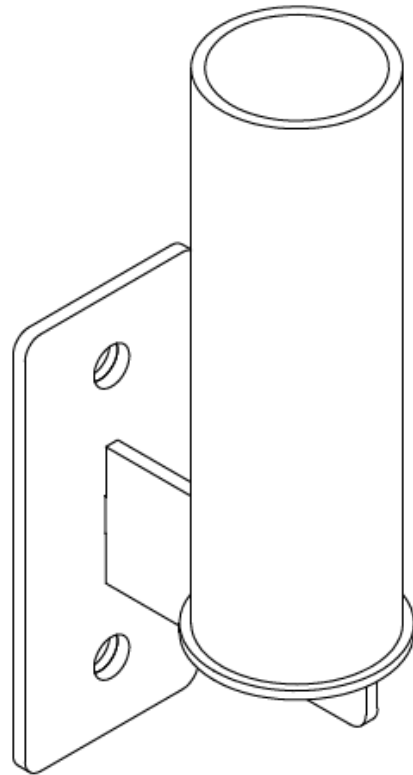
*scan QR code for options
on how to contact us*



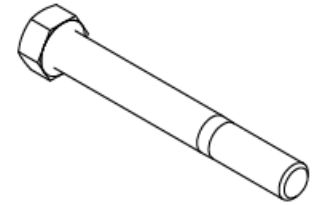
A (2) Adapter Washers



B (1) Barbell Holder



C (2) 4" 3/4 bolt



D (2) 1/2" hex nut



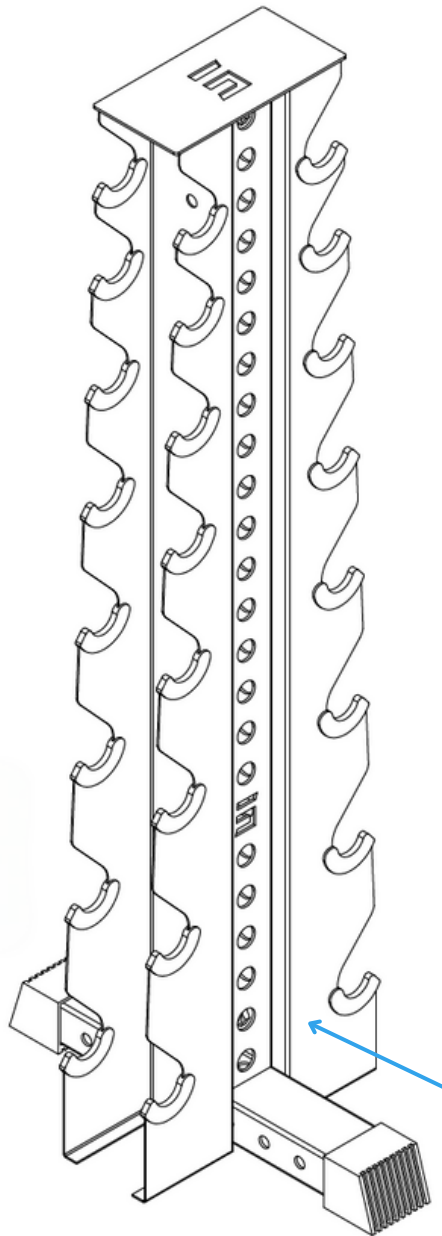
E (1) Wrench



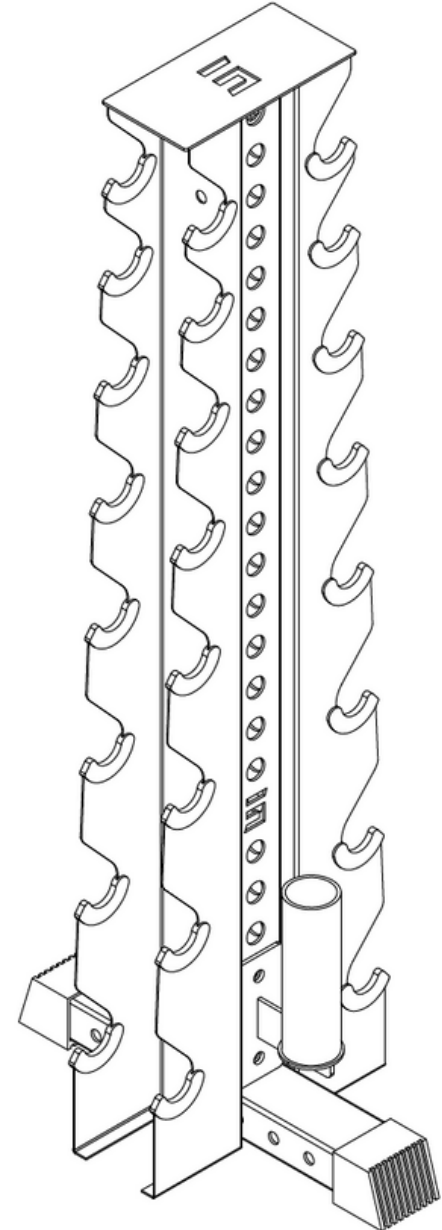
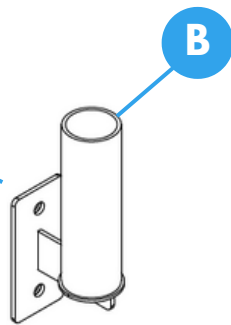
STEP 1

Model #

BBH-V1



*Place [B] plate holder
desired height on upright,*



Step 1 completed



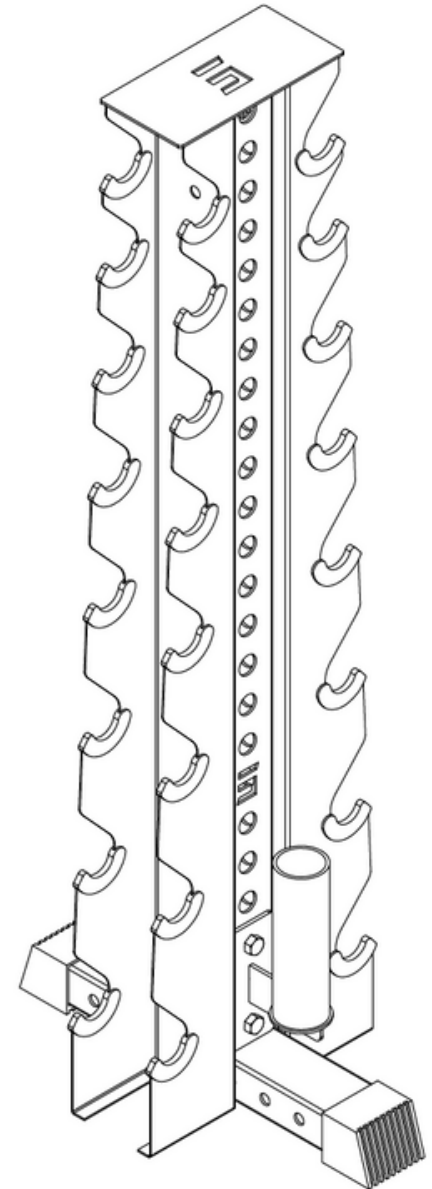
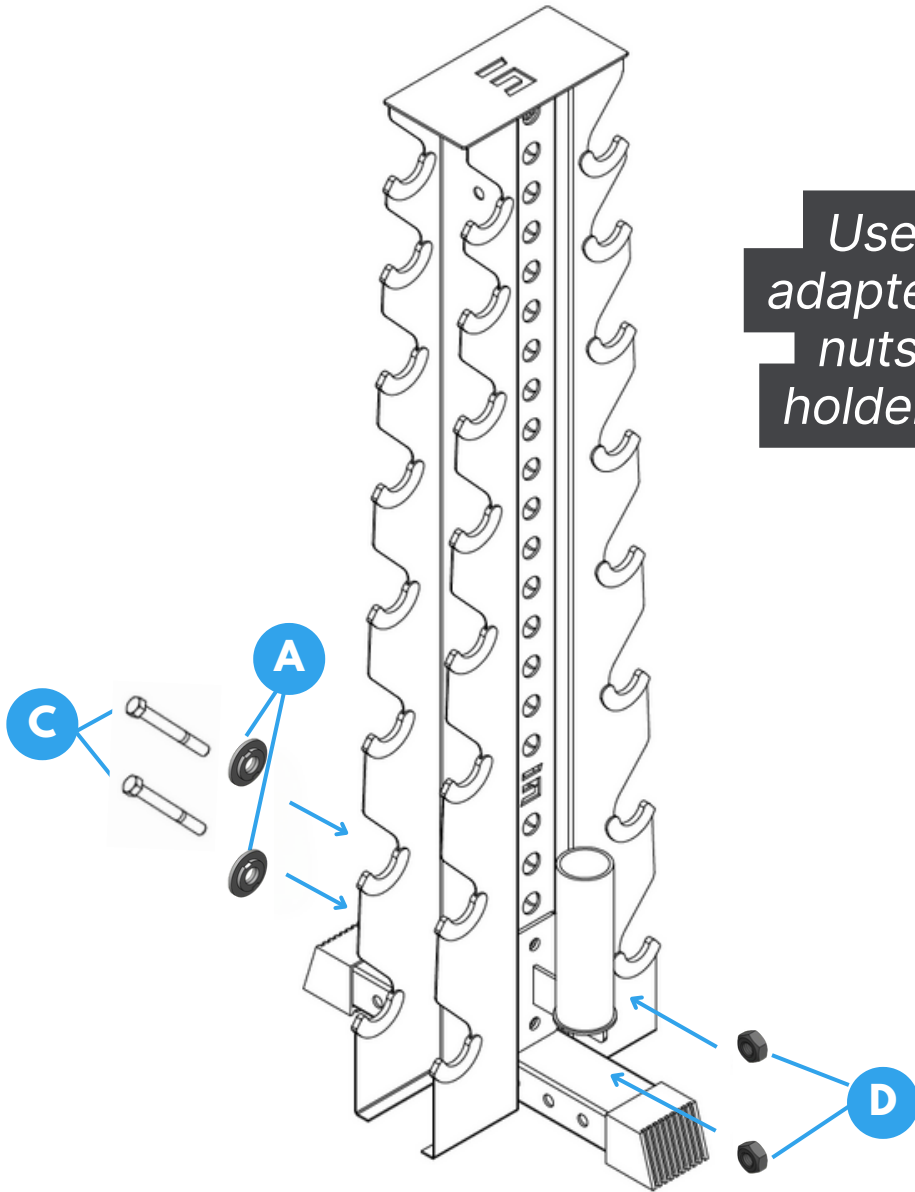
STEP 2

Model #

BBH-V1

2

Use [C] Bolts and [A] adapter washers, then [D] nuts to secure barbell holder. Tighten securely.



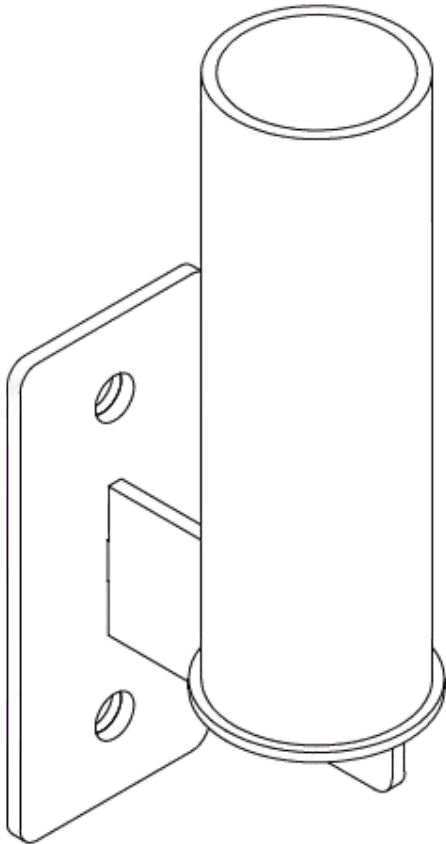
Step 2 completed



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WARNINGS



Heavy Object.

Use lifting aids and proper lifting techniques when moving to avoid injury.



Sharp Objects.

Sharp objects may be included. Always use precaution and protection to avoid injury.



Choking Hazard.

Small parts – Please exercise caution if small children or pets are present.



Suffocation Hazard.

Plastic bags may be involved. Please exercise caution by keeping bags away from babies, small children and pets.