5 SYNERGY
CUSTOM FITNESS

CONGRATULATIONS

ON YOUR NEW PURCHASE

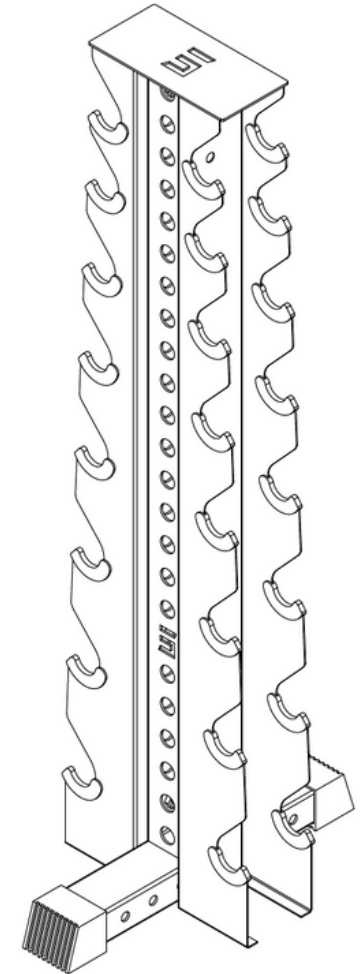## WELCOME TO THE SYNERGY FAMILY!

We know you need support, so we're here for you

✉ We are here to support you in any way we can. Scan the QR code for options on how to best contact us or visit us at

🌐 https://www.synergycustomfitness.com

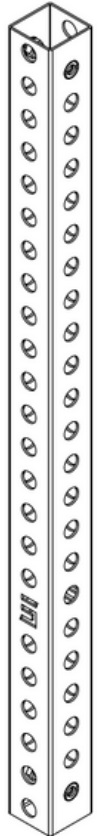📞 You can also email us support@synergycustomfitness.com or call us at 1-877-305-4057

scan QR code for options on how to contact us
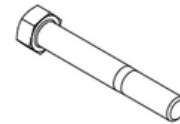
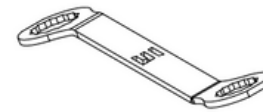# INSIDE THE BOX

A (1) Upper tube

C (1) Logo plate
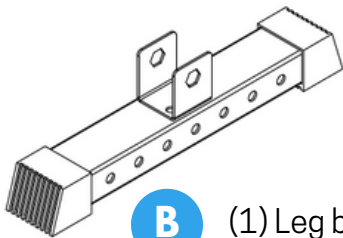
E (4) 1" 1/2-13 bolt

F (1) 3" 1/2-13 bolt

G (1) Box wrench

H (1) 1/2-13 hex nut

B (1) Leg base

D (2) Vertical Holders

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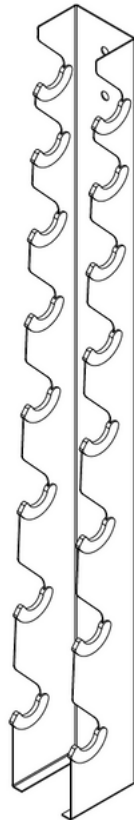
STEP 1

1

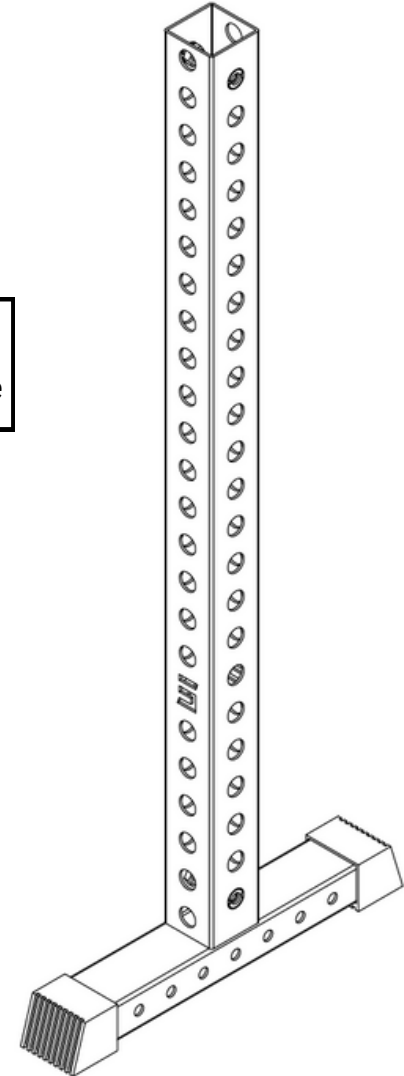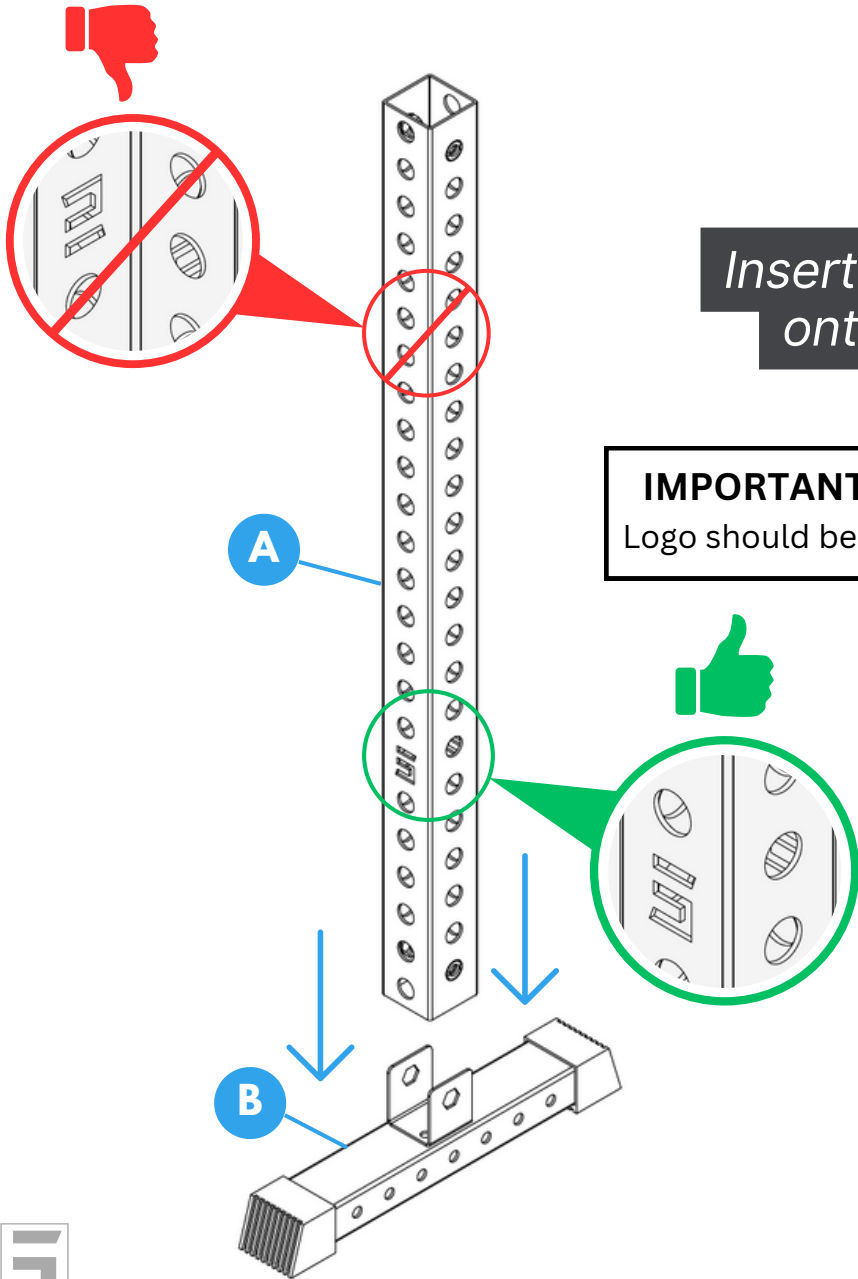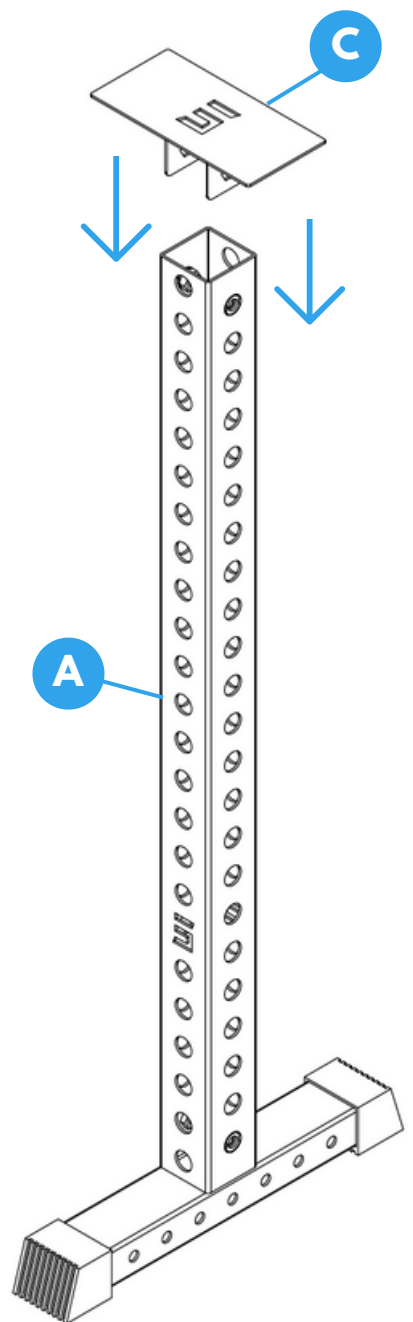*Insert [A] upright tube onto [B] leg base*

IMPORTANT: Upright correct placement.
Logo should be placed as shown in the green circle

A

B
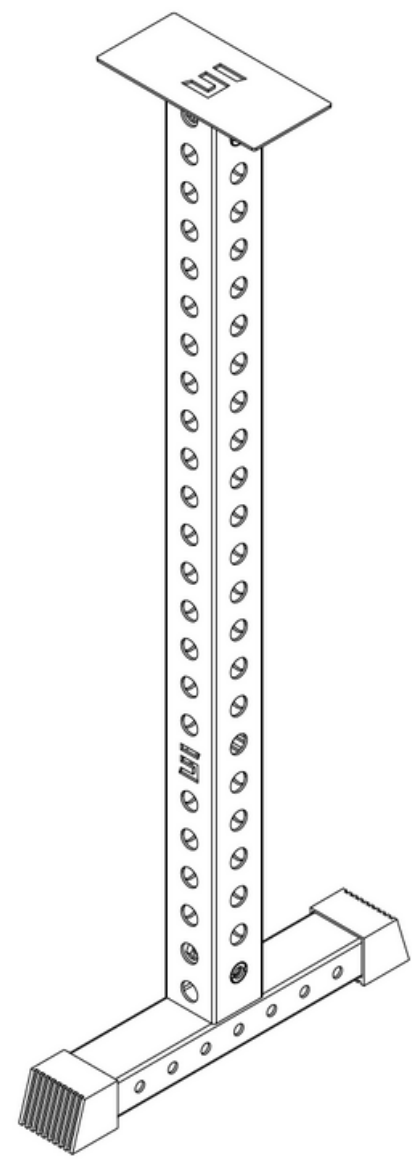
Step 1 completed

STEP 2
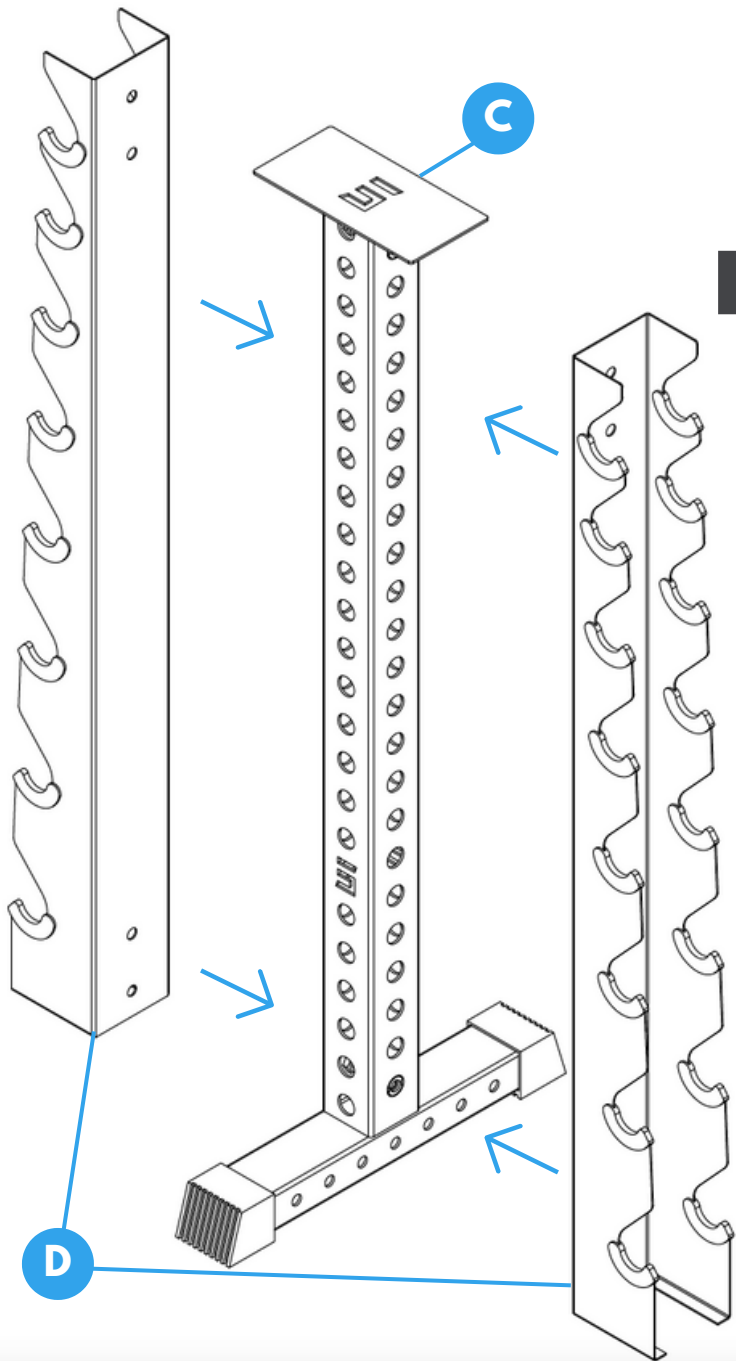
C

A

2

Insert [C] top support plate onto [A] upright tube

Step 2 completed

STEP 3

C

3

Step 3 completed

Place both [D] bracket holders on opposite sides underneath the [C] support plate
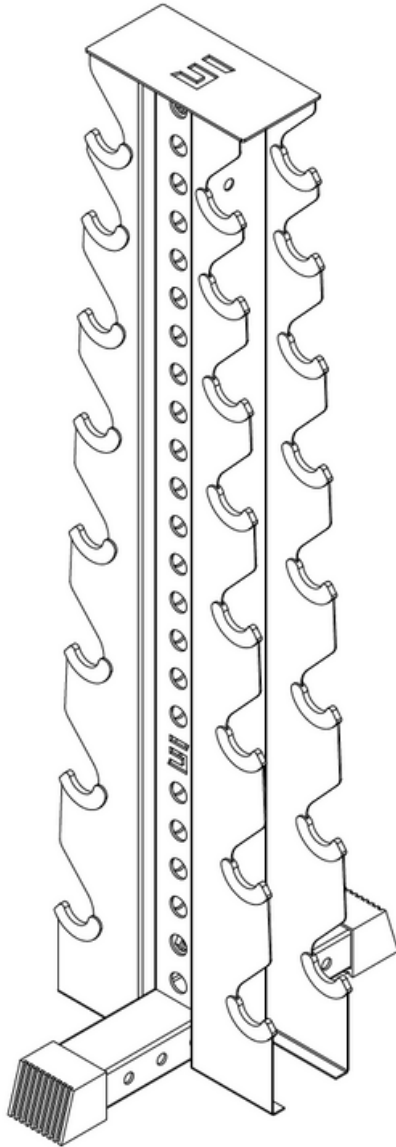
D

4

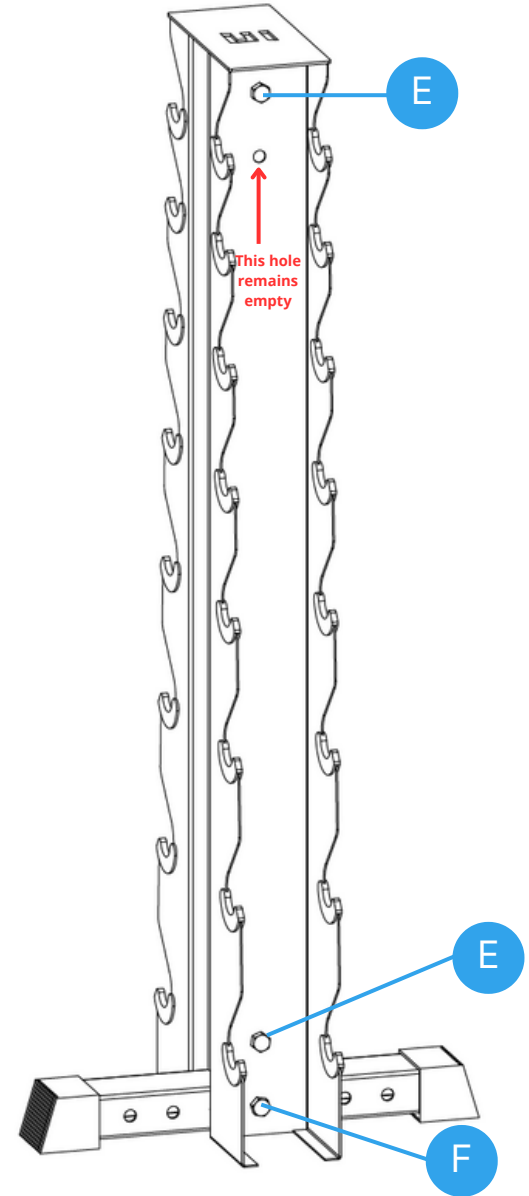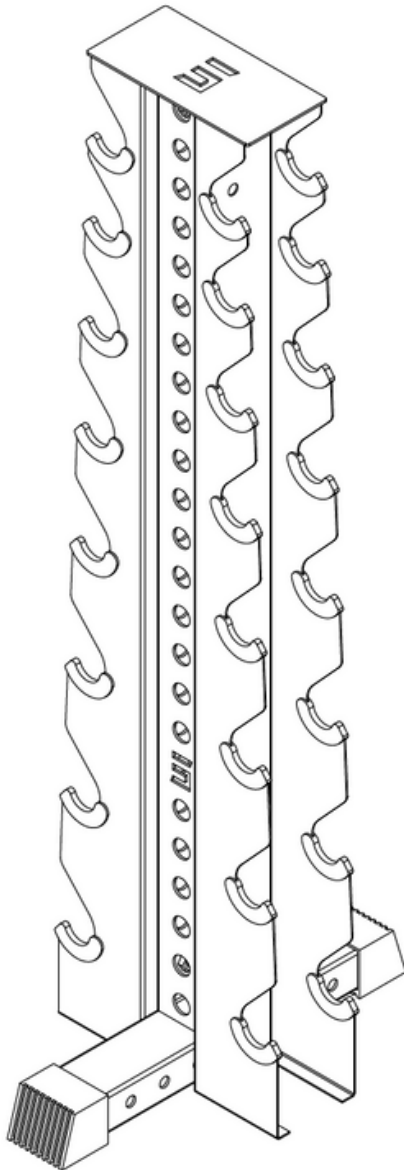Use [G] wrench to securely tight [E] (4) bolts as shown
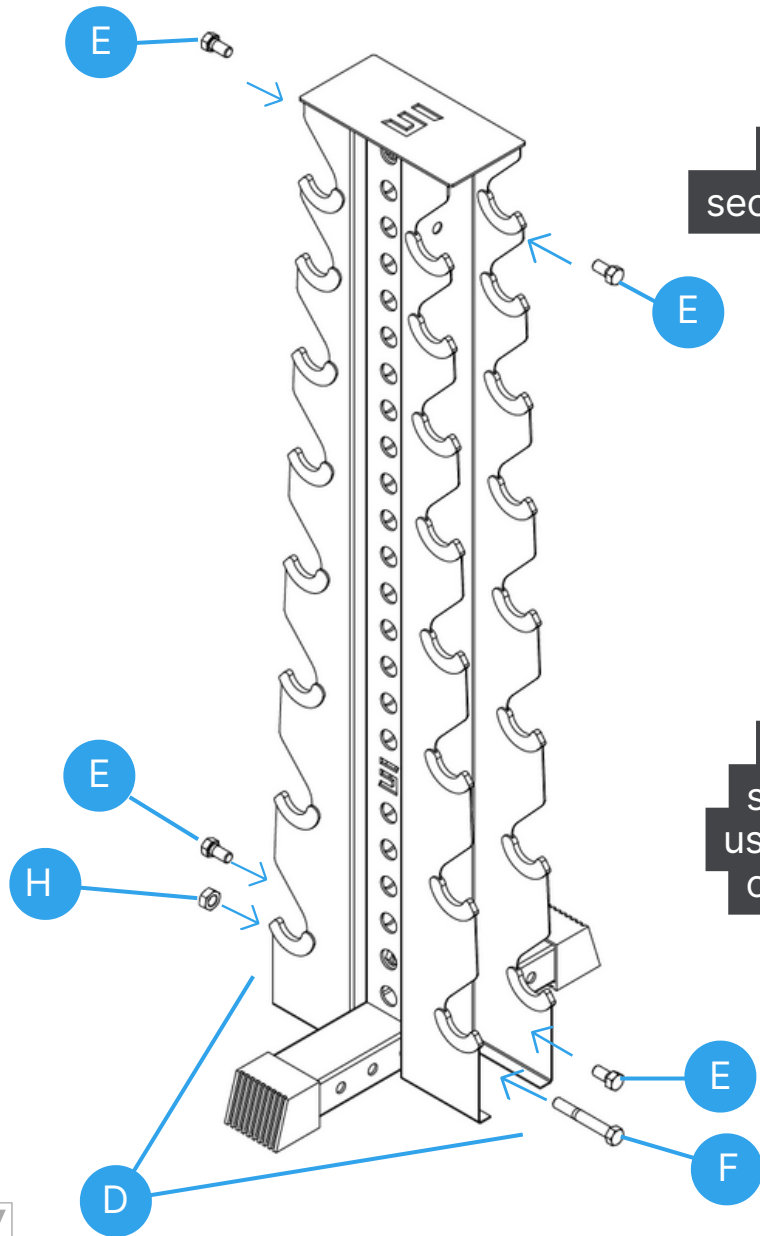
5

Use [G] wrench to securely tight [F] bolt using (H) hex nut on the opposite side into [D] lowest hole .

Step 4-5 completed

This hole remains empty

E

E

G

E

H

D

E

F

E

F

COMPLETED

Wasn't that easy?

**You have assembled your new
dumbbell rack and didn't
even break a sweat.**

Now go brag about it in social media
and get your workout done!

ADDITIONAL INFORMATION

NEED SUPPORT?

VISIT US ONLINE!

scan QR code to visit us online

Contact us.
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https://www.synergycustomfitness.com/contact-us

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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.