

ASSEMBLY INSTRUCTIONS

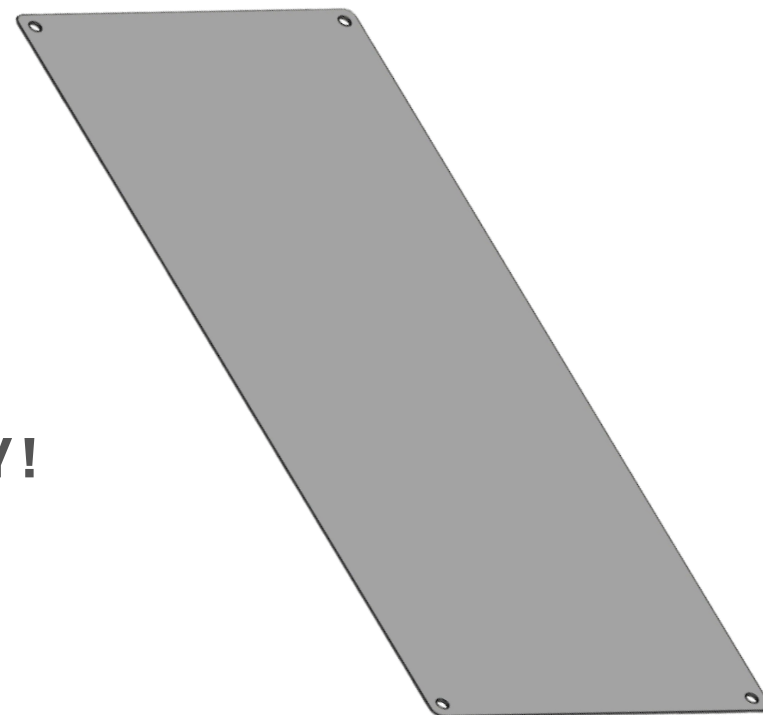
Model #
FSHL-DBRK-43
FSHL-DBRK-70



CONGRATULATIONS

ON YOUR NEW PURCHASE

WELCOME TO THE SYNERGY FAMILY!
Do you need support? we are 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>

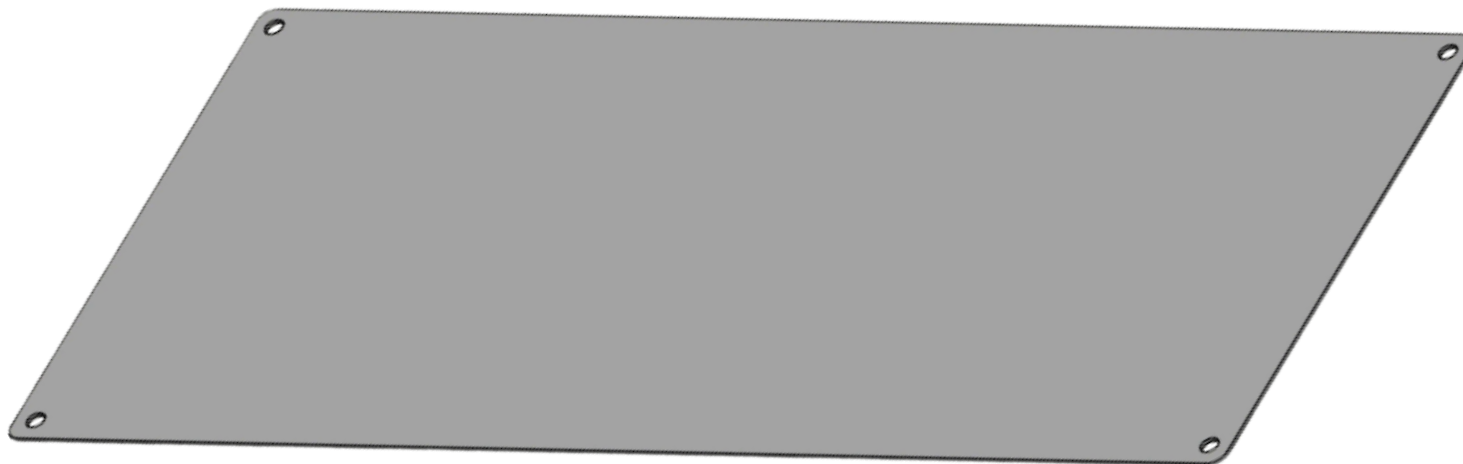


You can also email us support@synergycustomfitness.com or call us at 1-877-305-4057

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



A Flat Shelf



**This assembly instructions is for both FSHL-DBRK-43 and FSHL-DBRK-70*

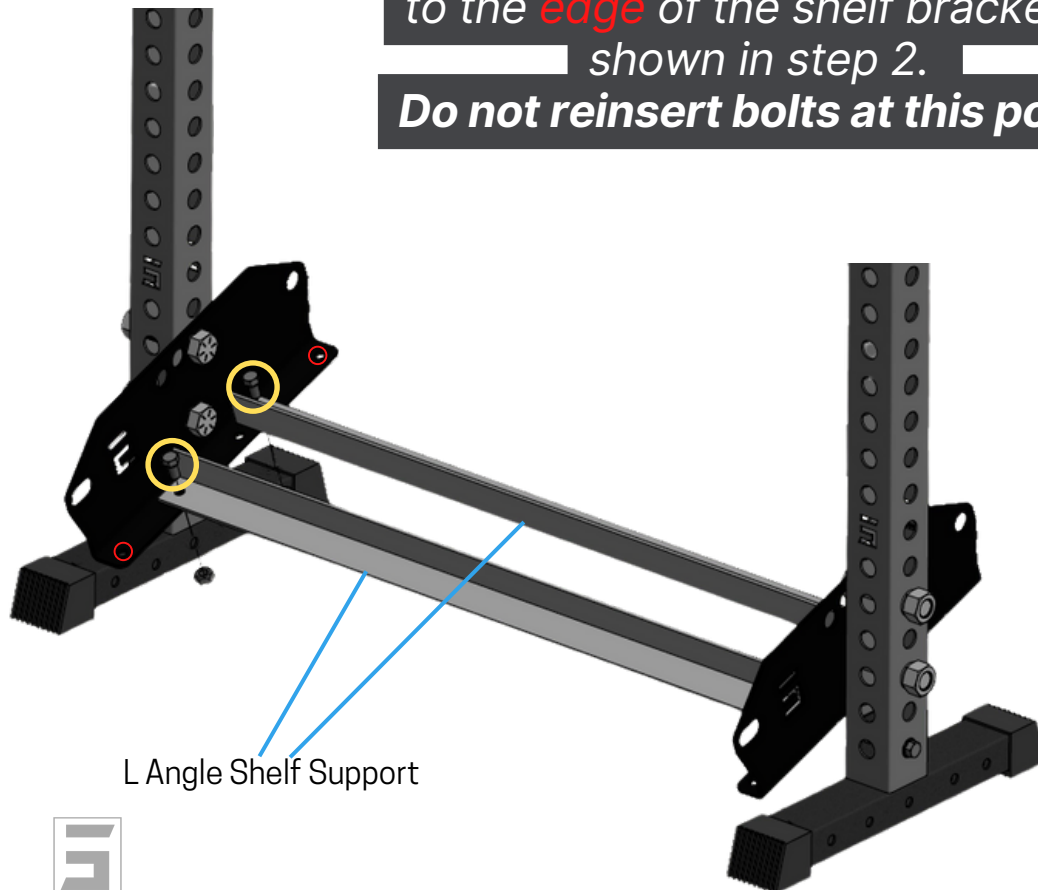
STEP 1

Model #
FSHL-DBRK-43
FSHL-DBRK-70

WARNING: Many of these parts are heavy and could cause serious injury if not handle properly, to help avoid injury we recommend assembling with another person and using proper tools,

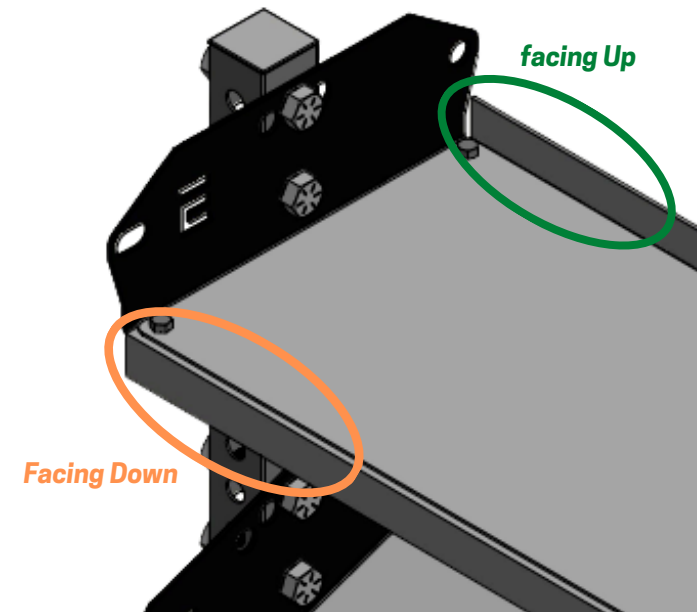
1

Remove all 4 **mounting hardware** and reposition L Angle Shelf Support to the **edge** of the shelf bracket as shown in step 2.
Do not reinsert bolts at this point.



IMPORTANT: You can position the L angle shelf support **facing down** or **facing up**. Face down will give you a flush look while face up will give you a lip that can serve as a stopper.

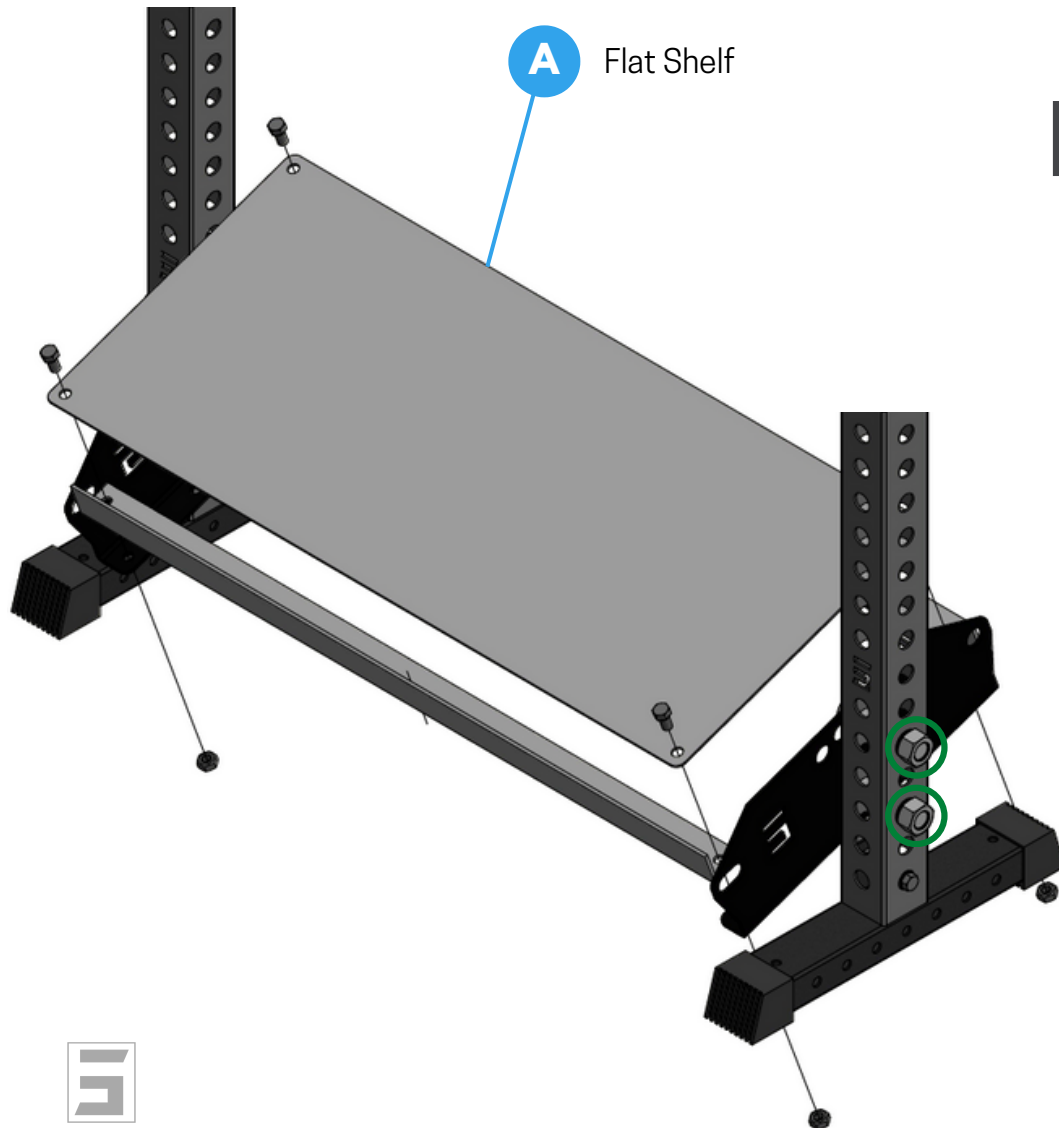
If setting up your shelf tilting forward, then we recommend the front L angle shelf support should face up to help avoid your dumbbells from sliding off the shelf



STEP 2

Model #
FSHL-DBRK-43
FSHL-DBRK-70

2



Place flat shelf [A] over L angle shelf support and reinsert all mounting hardware in each corner. Repeat for second shelf

IMPORTANT: loosen (do not remove) **shelf bracket** bolts on both sides, this will allow for the brackets to have some movement and for all parts to align easier.

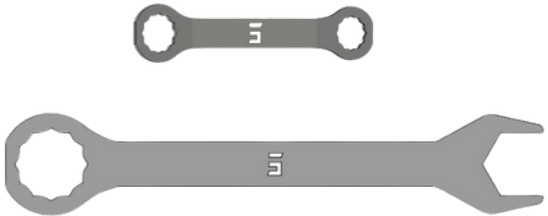
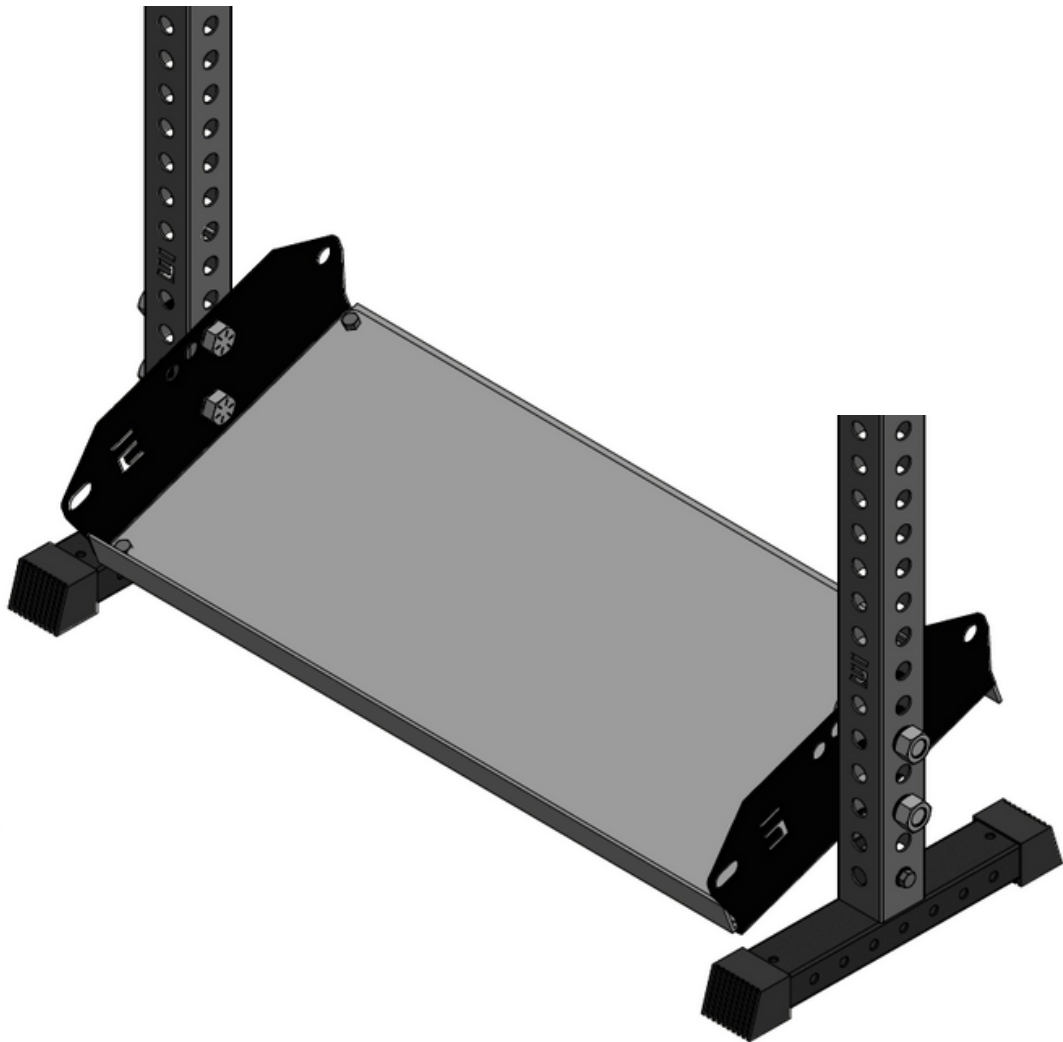


STEP 3

Model #
FSHL-DBRK-43
FSHL-DBRK-70

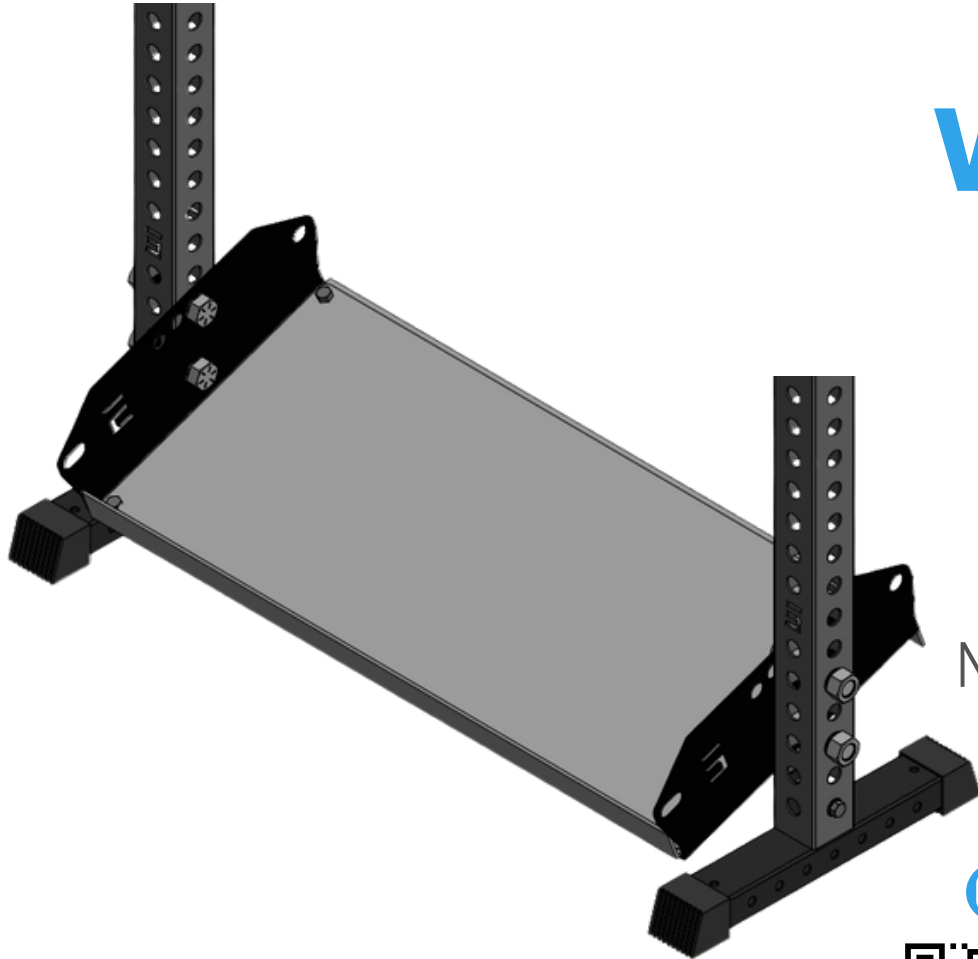
3

*Use proper tools to securely
tighten all mounting
hardware before loading any
weights*



**Additional 1 3/8 wrench tool needed but not included*





Wasn't that easy?

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

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



NEED SUPPORT?

VISIT US ONLINE!

Contact us.



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/contact-us>



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

scan QR code to
visit us online



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.