



CONGRATULATIONS ON YOUR NEW PURCHASE

WELCOME TO THE SYNERGY FAMILY!
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*scan QR code for options
on how to contact us*



INSIDE THE BOX

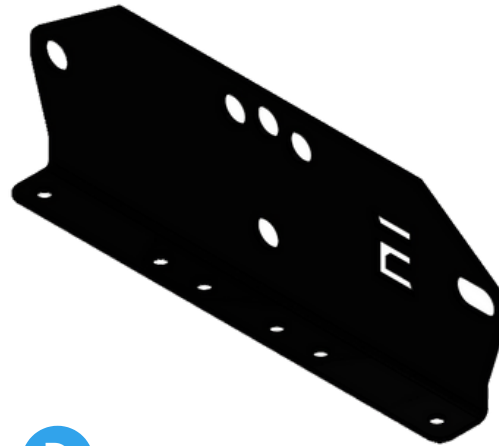
Model #

2-Tier Horizontal Storage Bravo H-DBRK-BRV

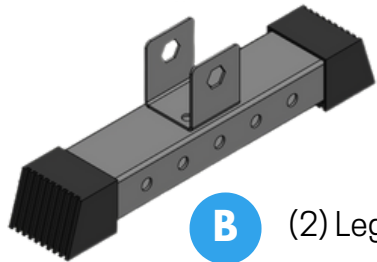
A (2) Upper tubes



C (4) L Angle Shelf Support



D (4) Shelf Brackets



B (2) Leg base



E (1) Small wrench



F (8) 4.3/4" - 1" Bolt



G (16) 1" Nylon washer



H (8) 1" lock washer



I (8) 1" hex nut



J (12) 1" - 1/2" bolt



K (4) 1/2 specialty washer



L (4) 1/2 flat washer



M (8) 1/2 hex nut



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

STEP 1

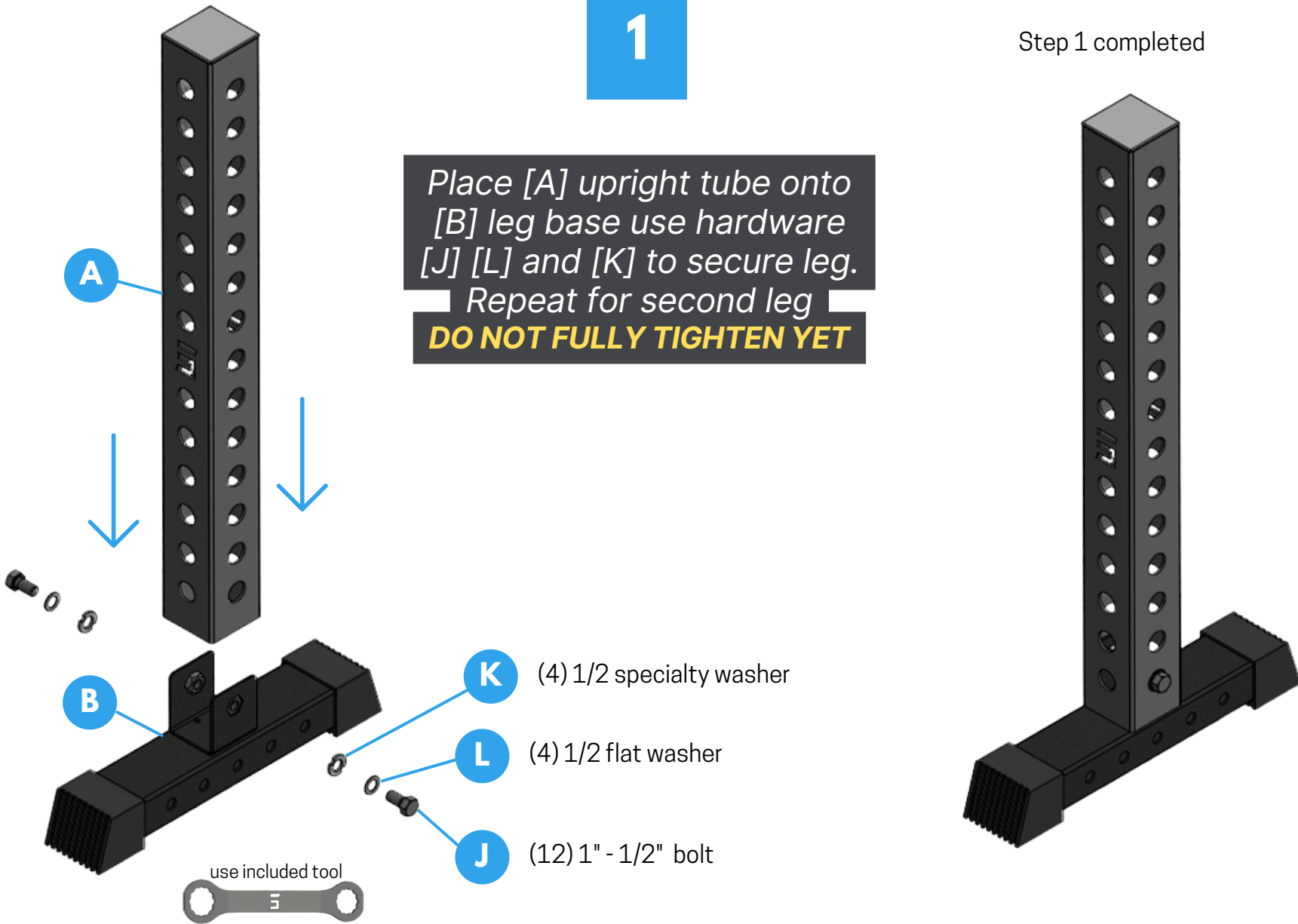
Model #
H-DBRK-BRV

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

Place [A] upright tube onto [B] leg base use hardware [J] [L] and [K] to secure leg.
Repeat for second leg
DO NOT FULLY TIGHTEN YET

Step 1 completed



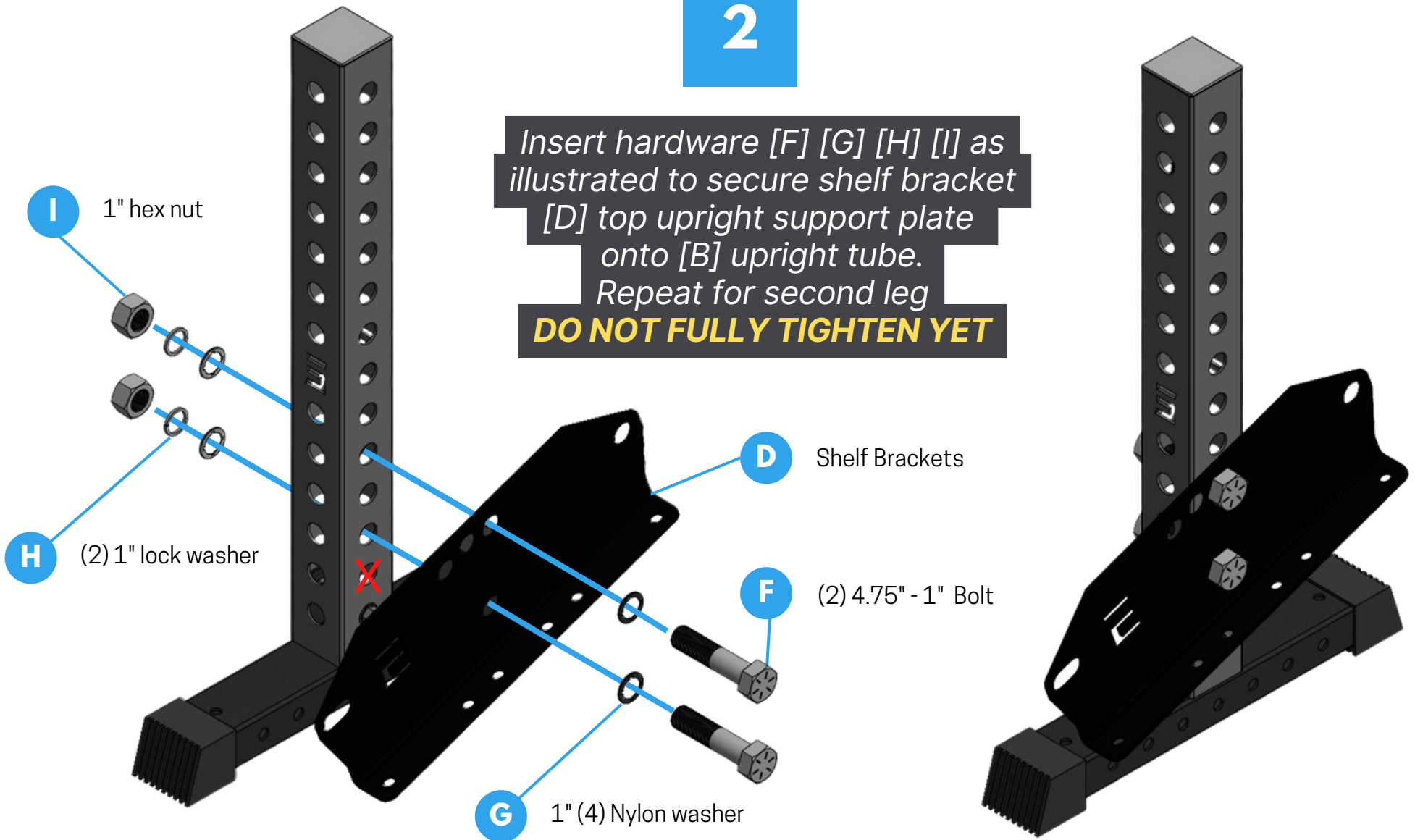
STEP 2

Model #
H-DBRK-BRV

2

Insert hardware [F] [G] [H] [I] as illustrated to secure shelf bracket [D] top upright support plate onto [B] upright tube. Repeat for second leg
DO NOT FULLY TIGHTEN YET

Step 2 completed



*We recommend setting up the first tier before installing the second tier brackets

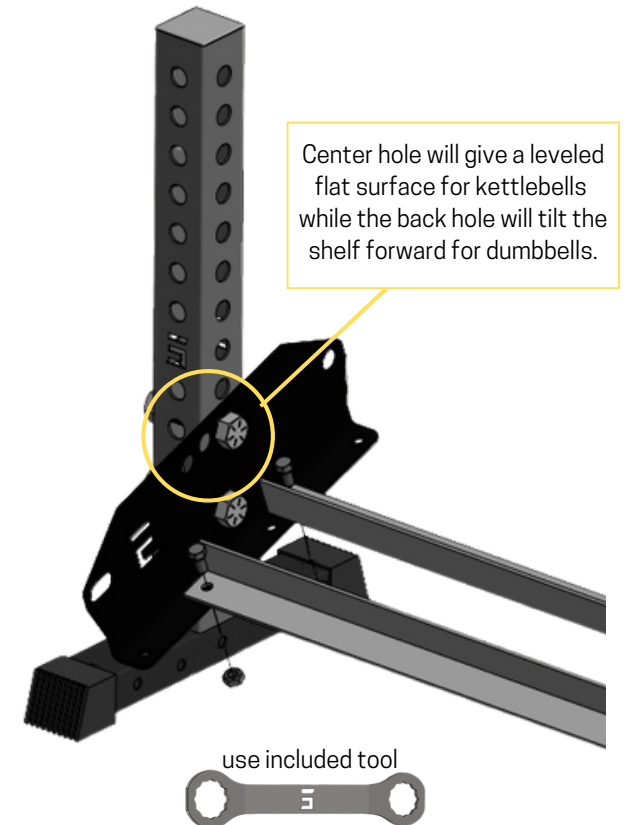
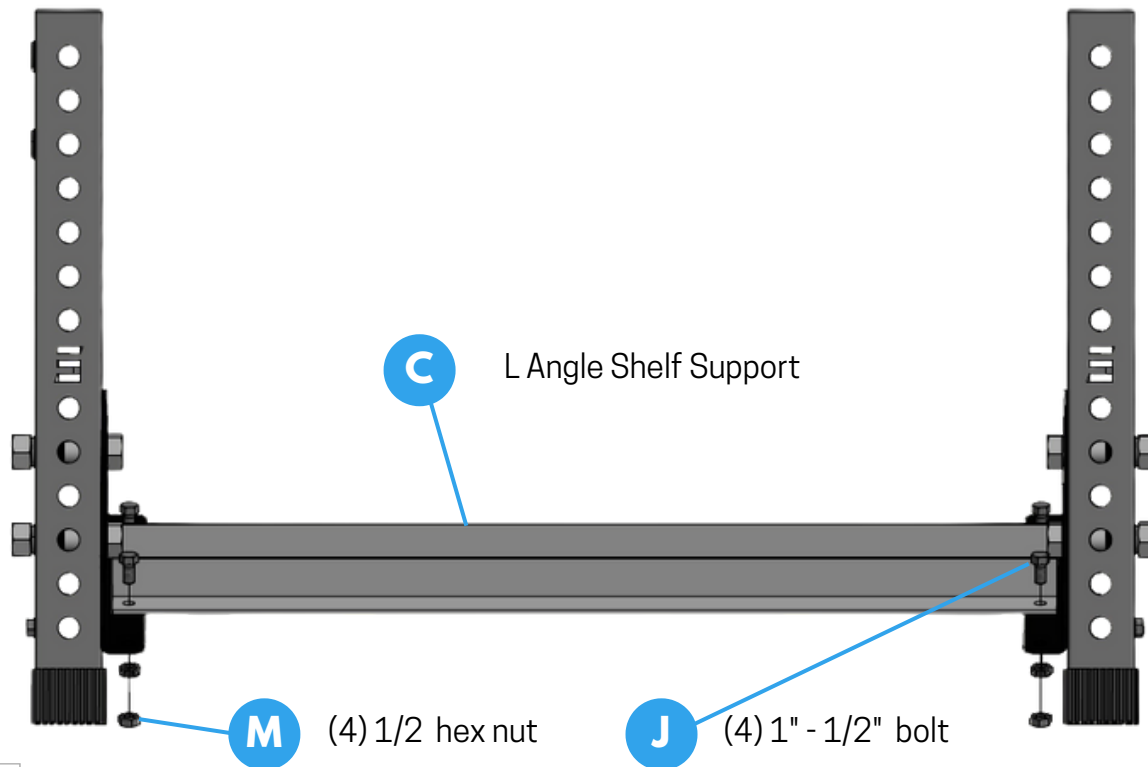
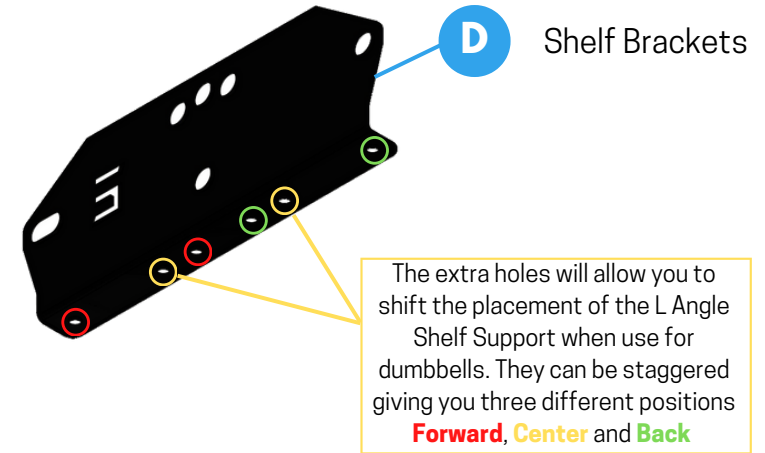
STEP 3

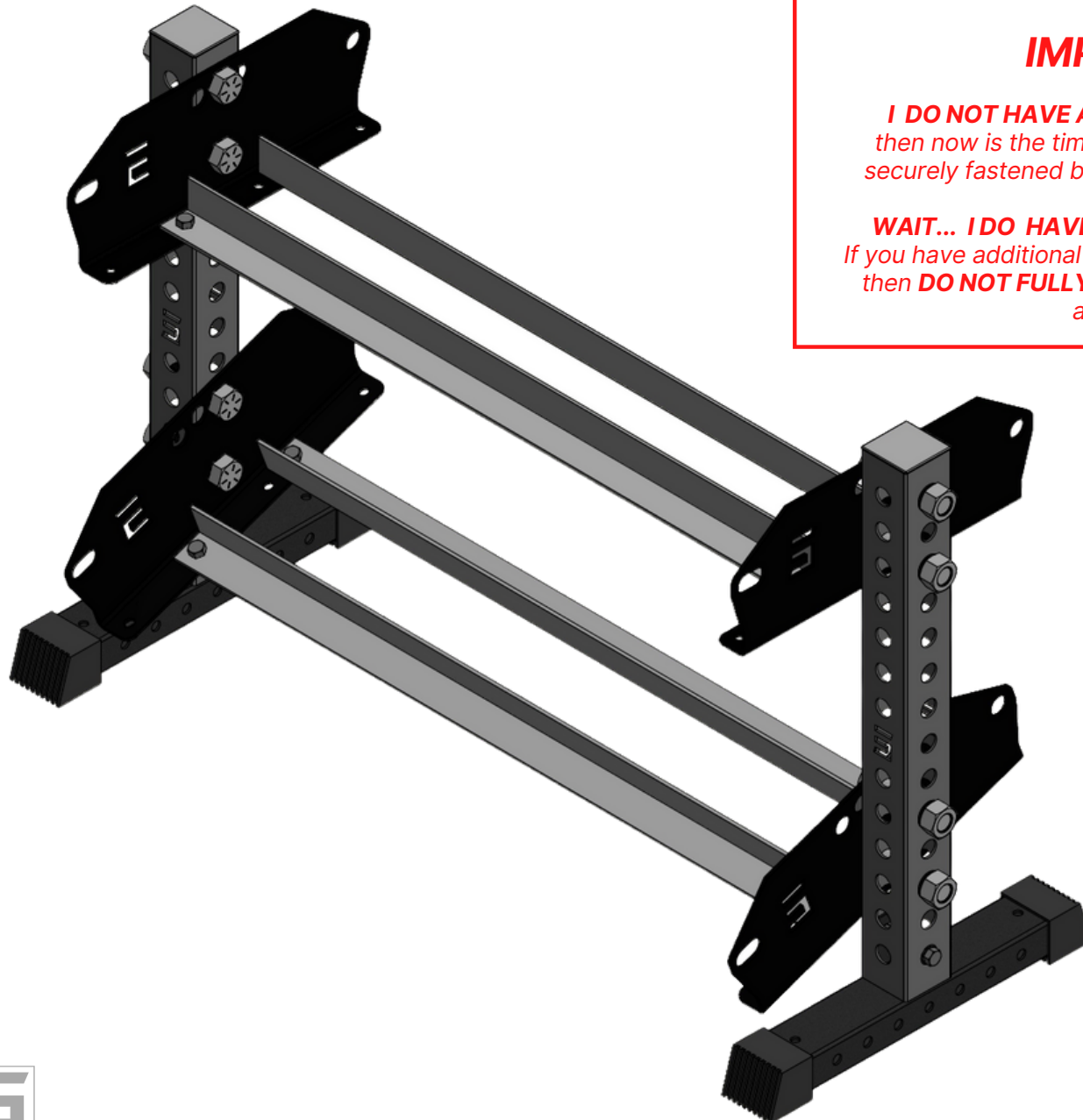
Model #
H-DBRK-BRV

3

Place both L Angle Shelf Support [C] on shelf brackets [D] and use hardware [J] and [M] to secure.

Repeat steps 2 and 3 for next tier on desire height.





IMPORTANT

I DO NOT HAVE ADDITIONAL ACCESSORIES
then now is the time to make sure all hardware is
securely fastened before adding any weights to it.

WAIT... I DO HAVE ADDITIONAL ACCESSORIES
If you have additional accessories to attach to this unit
*then **DO NOT FULLY TIGHTEN** until all accessories*
are attached.





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?

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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.