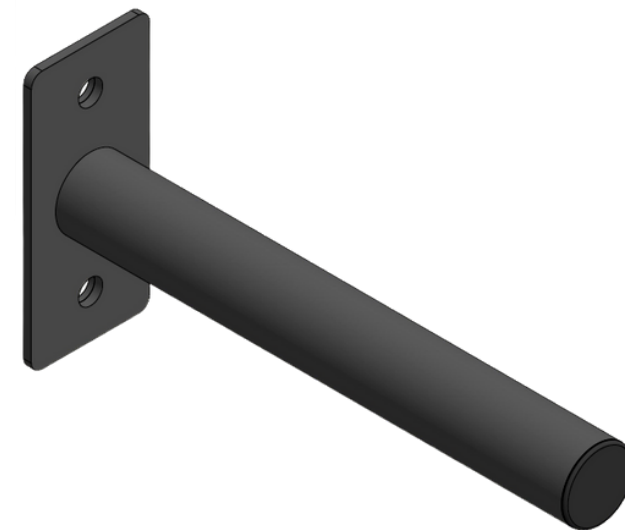




CONGRATULATIONS ON YOUR NEW PURCHASE

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>

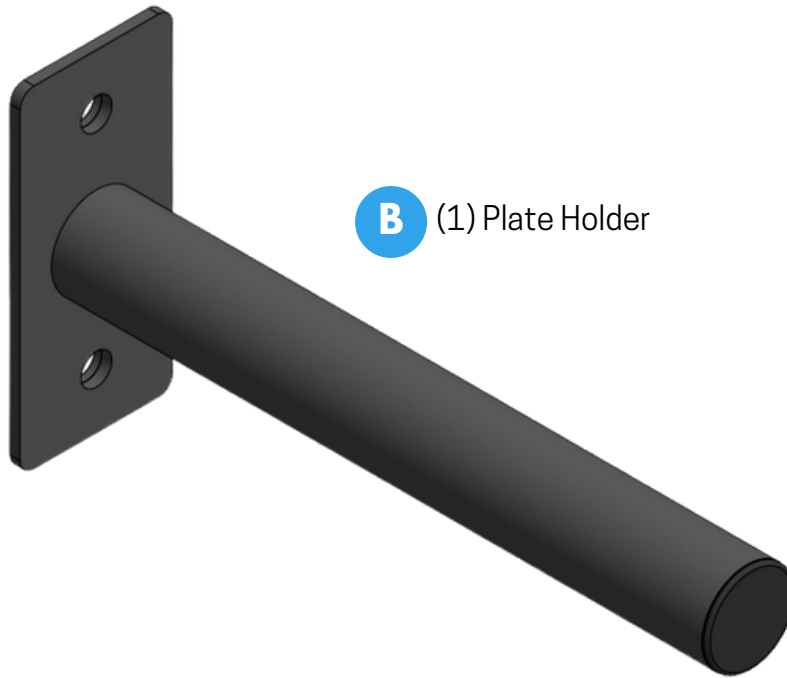


You can also email us support@synergycustomfitness.com or call us at 1-877-305-4057

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



A (2) Adapter Washers



B (1) Plate Holder

C (2) 4" 3/4 bolt



D (2) 1/2" hex nut



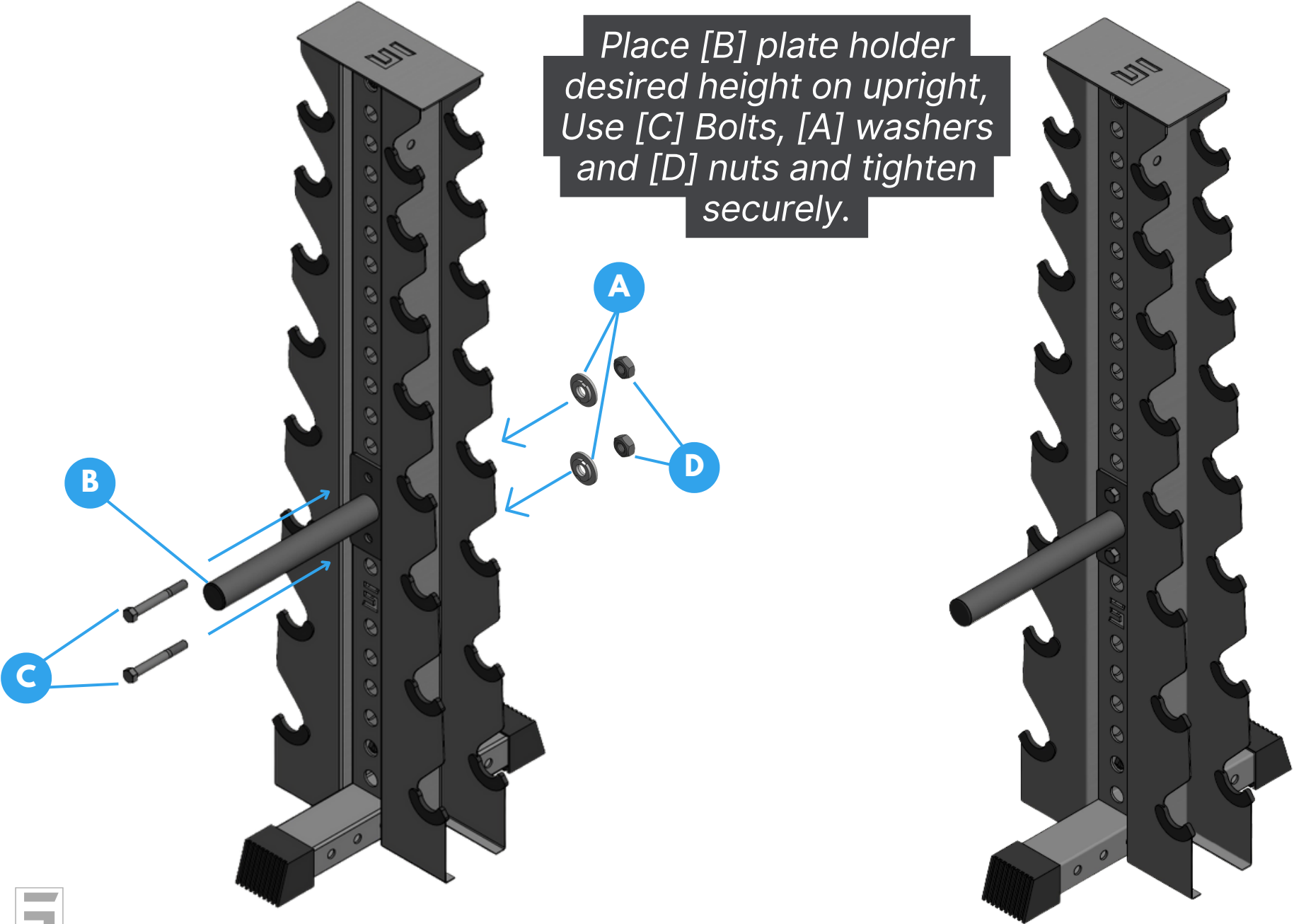
E (1) Wrench

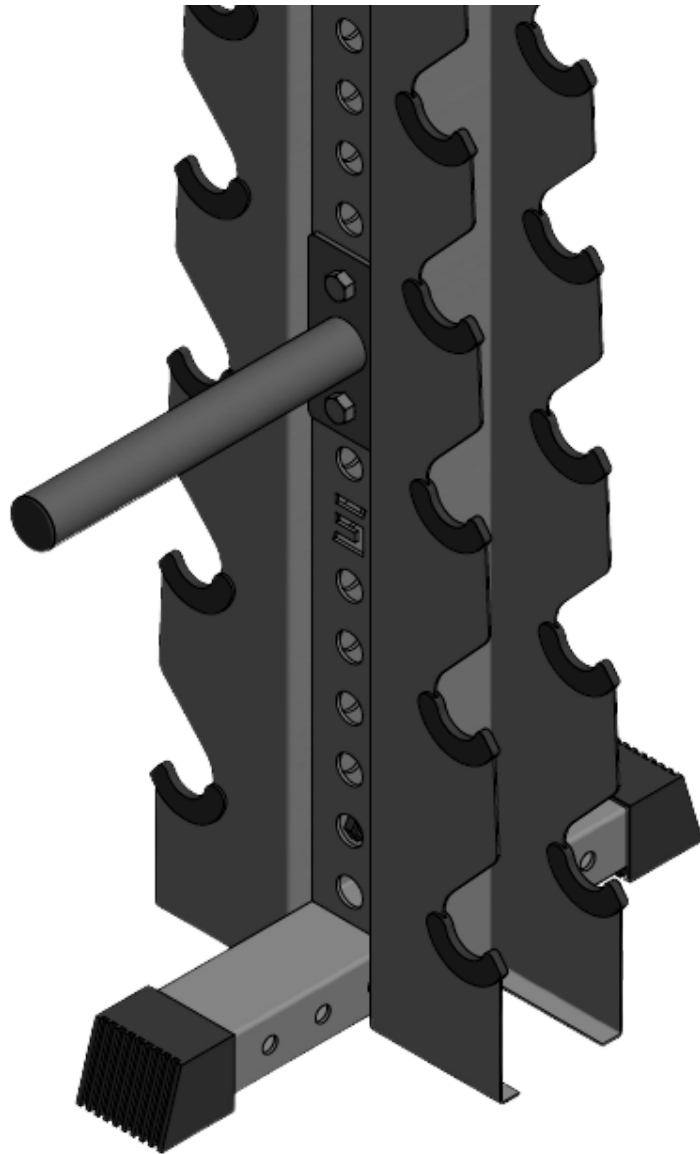


STEP 1

Model #
PLH1

Place [B] plate holder
desired height on upright,
Use [C] Bolts, [A] washers
and [D] nuts and tighten
securely.





Wasn't that easy?

**You have mounted your new
accessory and didn't
even break a sweat.**

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



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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.