STEP 1

Be careful to assemble all components in the sequence they are presented.

NOTE:
Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 5.

A. Attach the Right Side Bottom Frame (6R) to Rear Bottom Frame (7) by using:
   Two 13 (1/2” x 4” hex head bolt)
   Four 15 (1/2” washer)
   Two 14 (1/2” nylon lock nut)

B. Attach the Left Side Bottom Frame (6L) to Rear Bottom Frame (7) by using:
   Two 13 (1/2” x 4” hex head bolt)
   Four 15 (1/2” washer)
   Two 14 (1/2” nylon lock nut)
Be careful to assemble all components in the sequence they are presented.

**NOTE:**
Finger tighten all hardware in this step. **Do Not** wrench tighten until end of Step 5.

A. Connect Back Upright (1) and Front Upright (2) to Right Side Bottom Frame (6R) by using:
   - Four 12 (1/2" x 4" hex head bolt)
   - Eight 15 (1/2" washer)
   - Four 14 (1/2" nylon lock nut)

B. Connect Back Upright (1) and Front Upright (2) to Left Side Bottom Frame (6L) by using:
   - Four 12 (1/2" x 4" hex head bolt)
   - Eight 15 (1/2" washer)
   - Four 14 (1/2" nylon lock nut)
STEP 3

Be careful to assemble all components in the sequence they are presented.

NOTE:
Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 5.

A. Attach Left Side Top Frame (3L) to Back Upright (1) and Front Upright (2) by using:
   Four 12 (1/2" x 4" hex head bolt)
   Eight 15 (1/2" washer)
   Four 14 (1/2" nylon lock nut)

B. Attach Right Side Top Frame (3R) to Back Upright (1) and Front Upright (2) by using:
   Four 12 (1/2" x 4" hex head bolt)
   Eight 15 (1/2" washer)
   Four 14 (1/2" nylon lock nut)
Be careful to assemble all components in the sequence they are presented.

NOTE:
Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 5.

A. Connect Rear Top Frame (5) to Left Side Top Frame (3L) and Right Side Top Frame (3R) by using:
   Six 12 (1/2” x 4” hex head bolt)
   Ten 15 (1/2” washer)
   Four 14 (1/2” nylon lock nut)

B. Connect Chin Up Bar (4) to Left Side Top Frame (3L) and Right Side Top Frame (3R) by using:
   Four 13 (1/2” x 4 1/8” hex head bolt)
   Eight 15 (1/2” washer)
   Four 14 (1/2” nylon lock nut)
Be careful to assemble all components in the sequence they are presented.

NOTE:
Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 5.

A. Connect Right Safety Catch (8R), Left Safety Catch (8L), Right Lift Off (9R), Left Lift Off (9L) to the desired positions.
B. Enjoy your workout!
<table>
<thead>
<tr>
<th>Part#</th>
<th>Qty</th>
<th>Description</th>
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<tbody>
<tr>
<td>1</td>
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<td>BACK UPRIGHT</td>
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<tr>
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<td>2</td>
<td>FRONT UPRIGHT</td>
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<tr>
<td>3</td>
<td>2</td>
<td>SIDE TOP FRAME</td>
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<tr>
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<td>CHIN UP BAR</td>
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<tr>
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<tr>
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<td>REAR BOTTOM FRAME</td>
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<td>12</td>
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<tr>
<td>11</td>
<td>4</td>
<td>END CAP 3”×2”</td>
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<tr>
<td>12</td>
<td>20</td>
<td>HEX HEAD BOLT 1/2”×4” PARTIAL THREAD</td>
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<td>HEX HEAD BOLT 1/2”×4” 1/8” PART.THR.</td>
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<td>30</td>
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<td>1/2” WASHER</td>
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<tr>
<td>16</td>
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