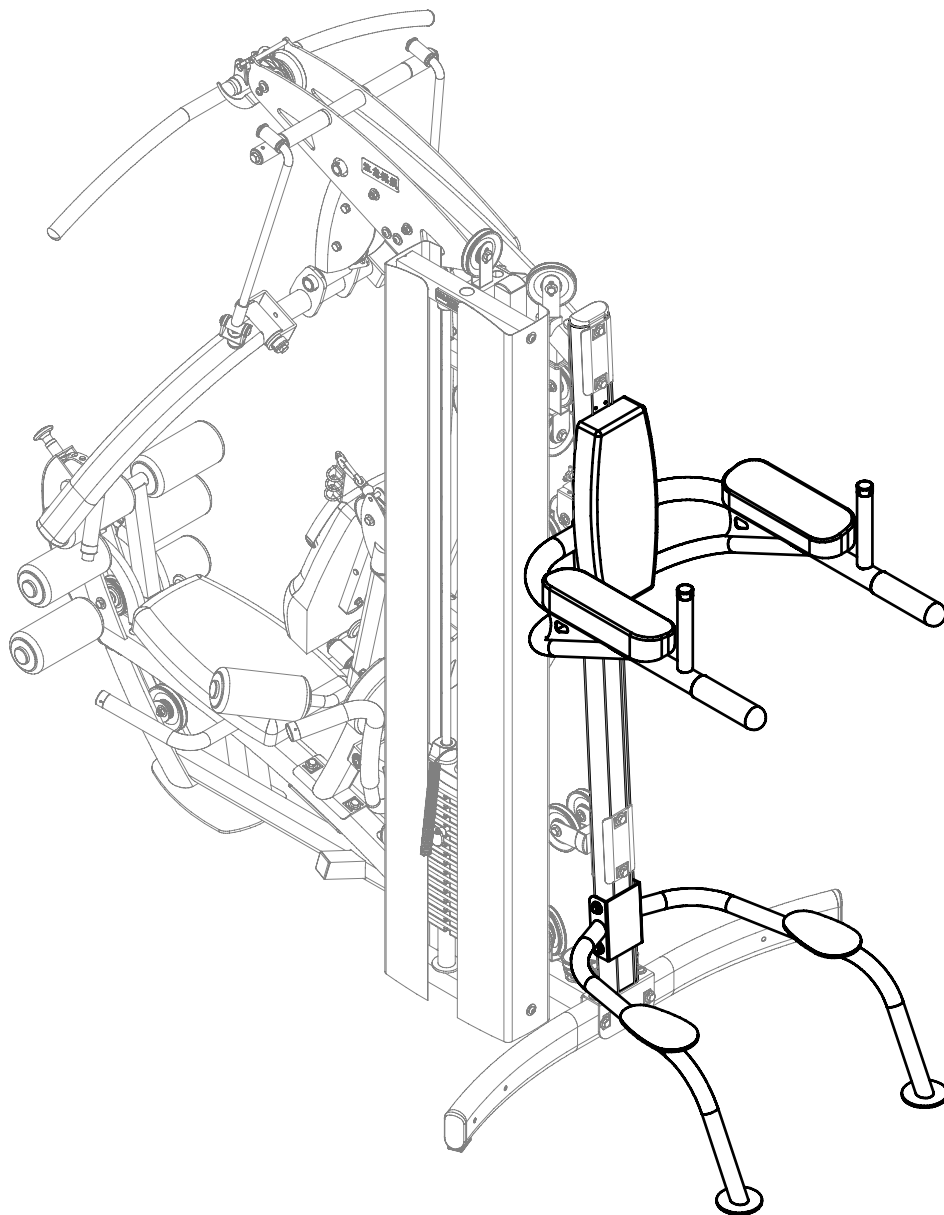


# Body-Solid

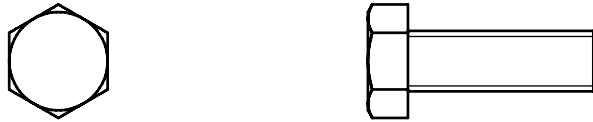


BODY-SOLID, Inc  
1900 S.Des Plaines Ave.  
Forest Park, IL 60130 USA  
Phone:(708)427-3555  
Fax:(708)427-3556  
[www.bodysolid.com](http://www.bodysolid.com)

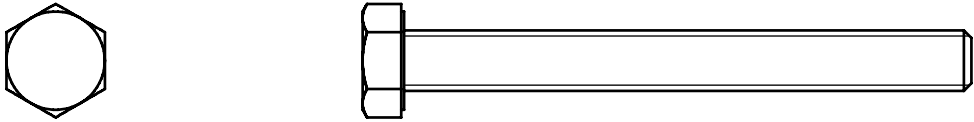
FKR OWNER'S MANUAL

# FKR HARDWARE ILLUSTRATION SHEET

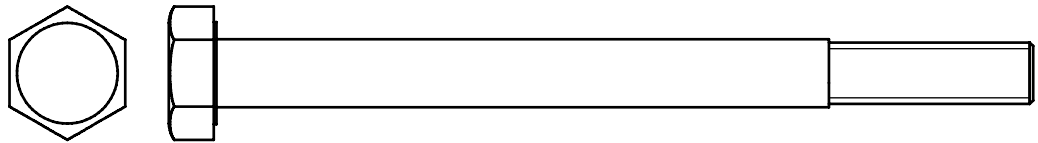
A1.M8X25L HEX BOLT-----[4PCS]



A2.M8X75L HEX BOLT-----[2PCS]



A3.M10X120L HEX BOLT-----[4PCS]



B1.M10 NYLON LOCK NUT-----[4PCS]



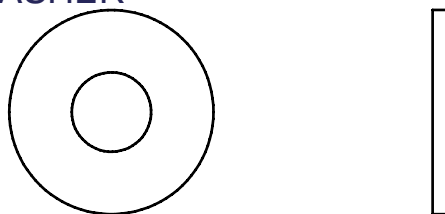
C1.M8 SPRING WASHER -----[6PCS]



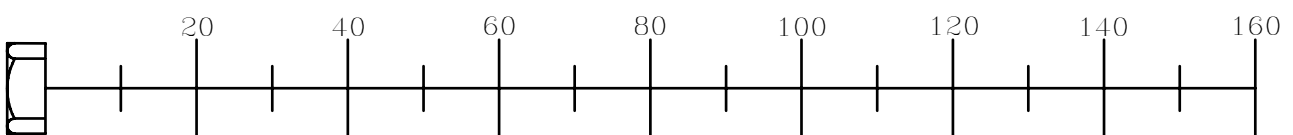
C2.M8 WASHER -----[6PCS]



C3.M10 WASHER -----[8PCS]

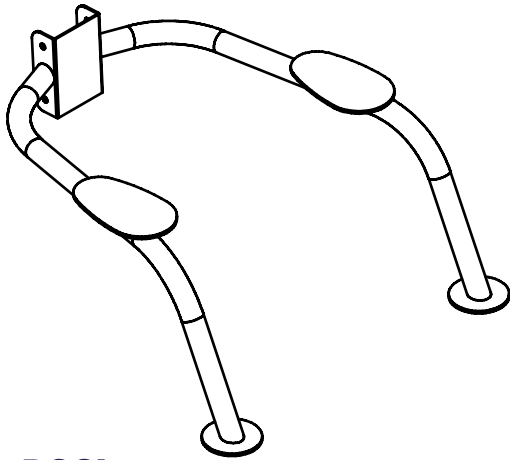


D1.NO-SLIP TAPE (9310-063)-----[2PCS]

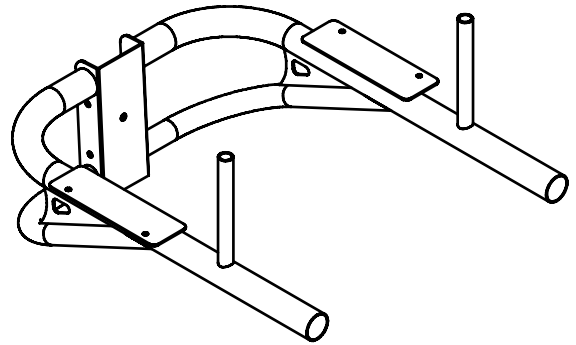


# FKR PARTS ILLUSTRATION SHEET

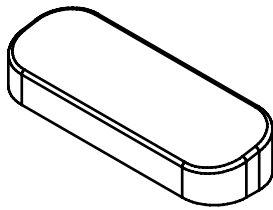
A[1PCS]



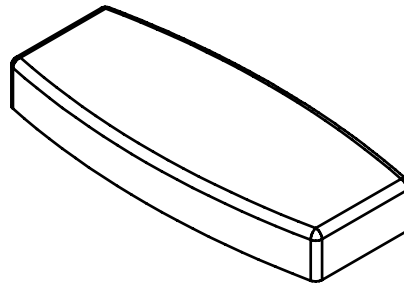
B[1PCS]



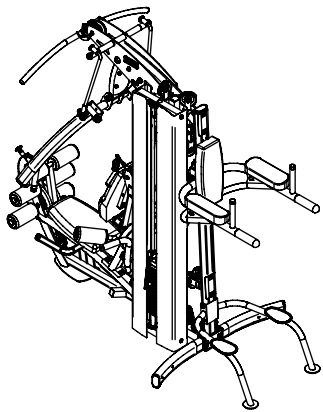
C[2PCS]



D[1PCS]



# FKR ASSEMBLY INSTRUCTIONS



Above shows FKR  
assembled and completed

