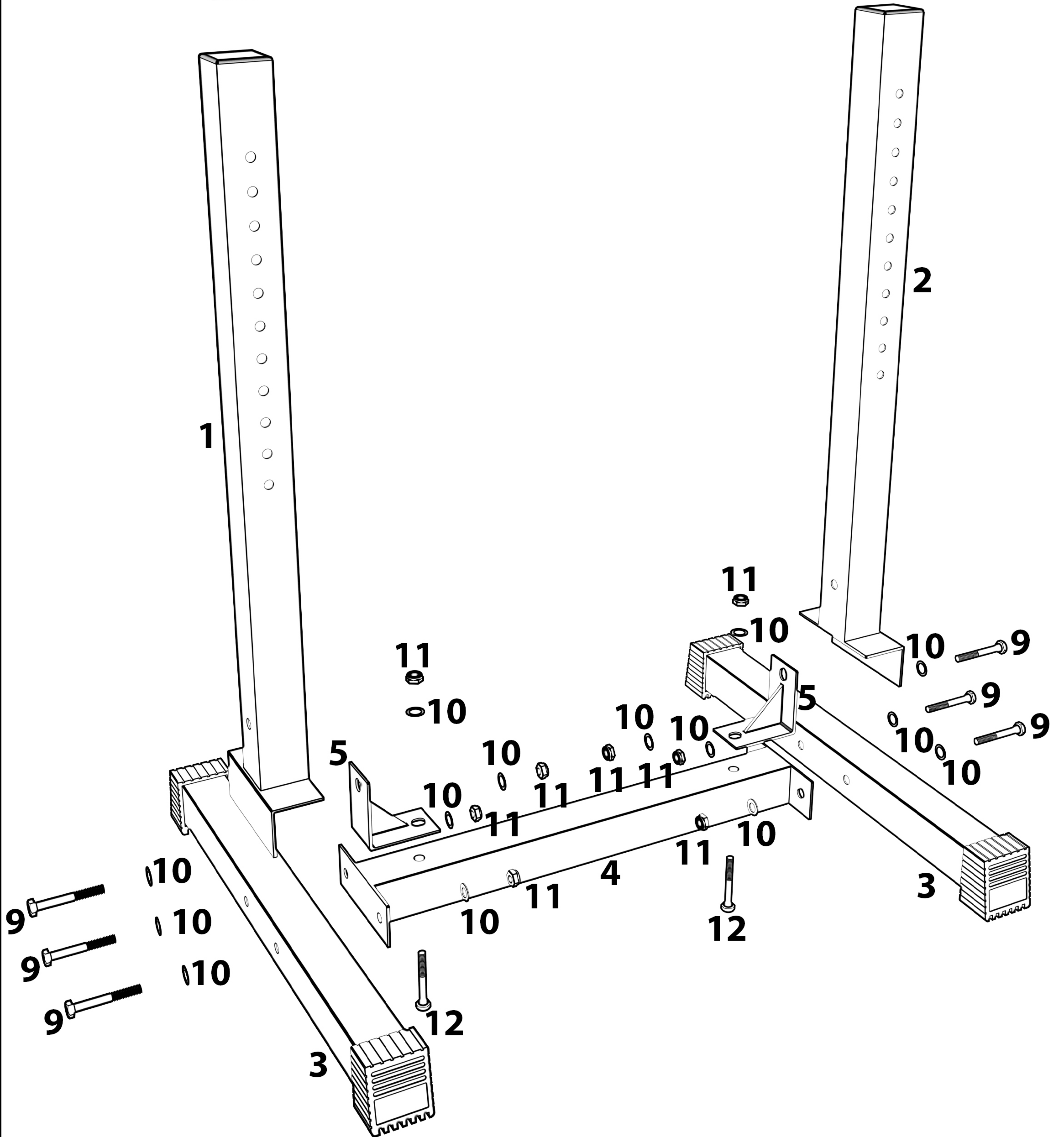
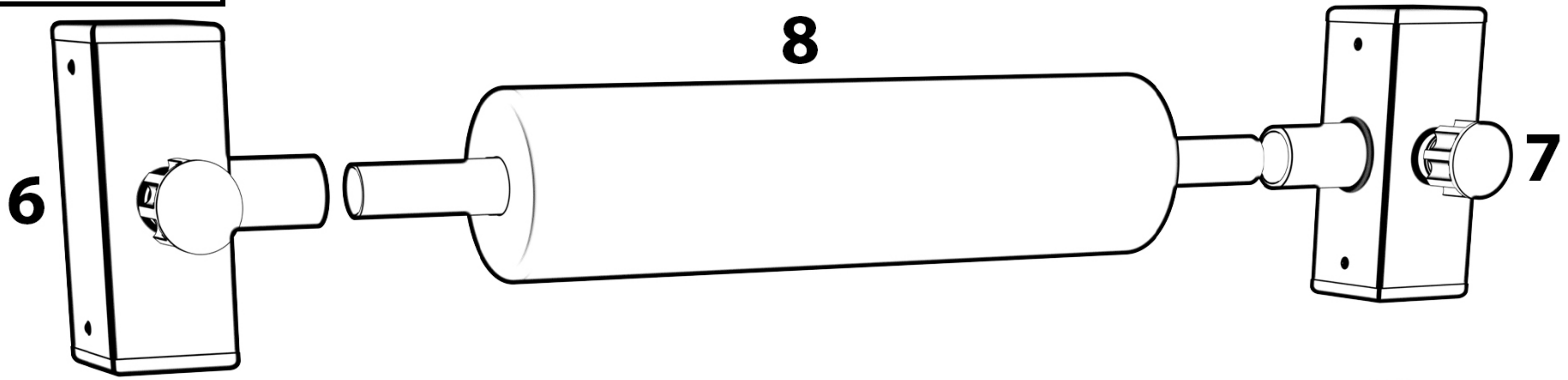


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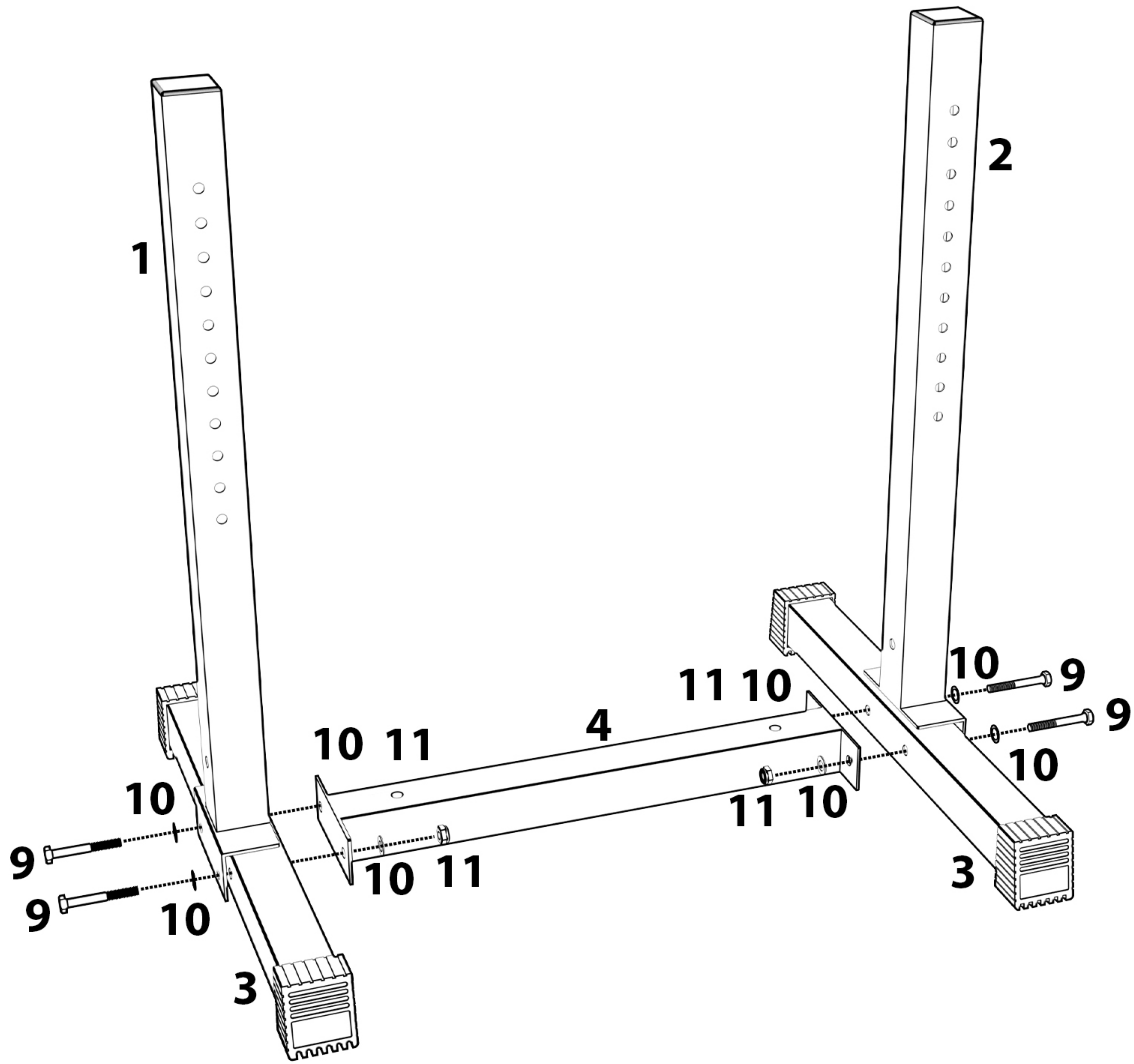
SINGLE LEG SQUAT STAND



No.	Description	Qty
1	Left Main Upright	1
2	Right Main Upright	1
3	Frame Base	2
4	Frame Base Brace	1
5	L Bracket	2
6	Left Adjustment Slider	1
7	Right Adjustment Slider	1
8	Foam Leg Roller	1
9	M10x65 Hexagon Headed Screw	6
10	M10 Washer	14
11	M10 Nut	8
12	M10x65 Round Headed Screw	2

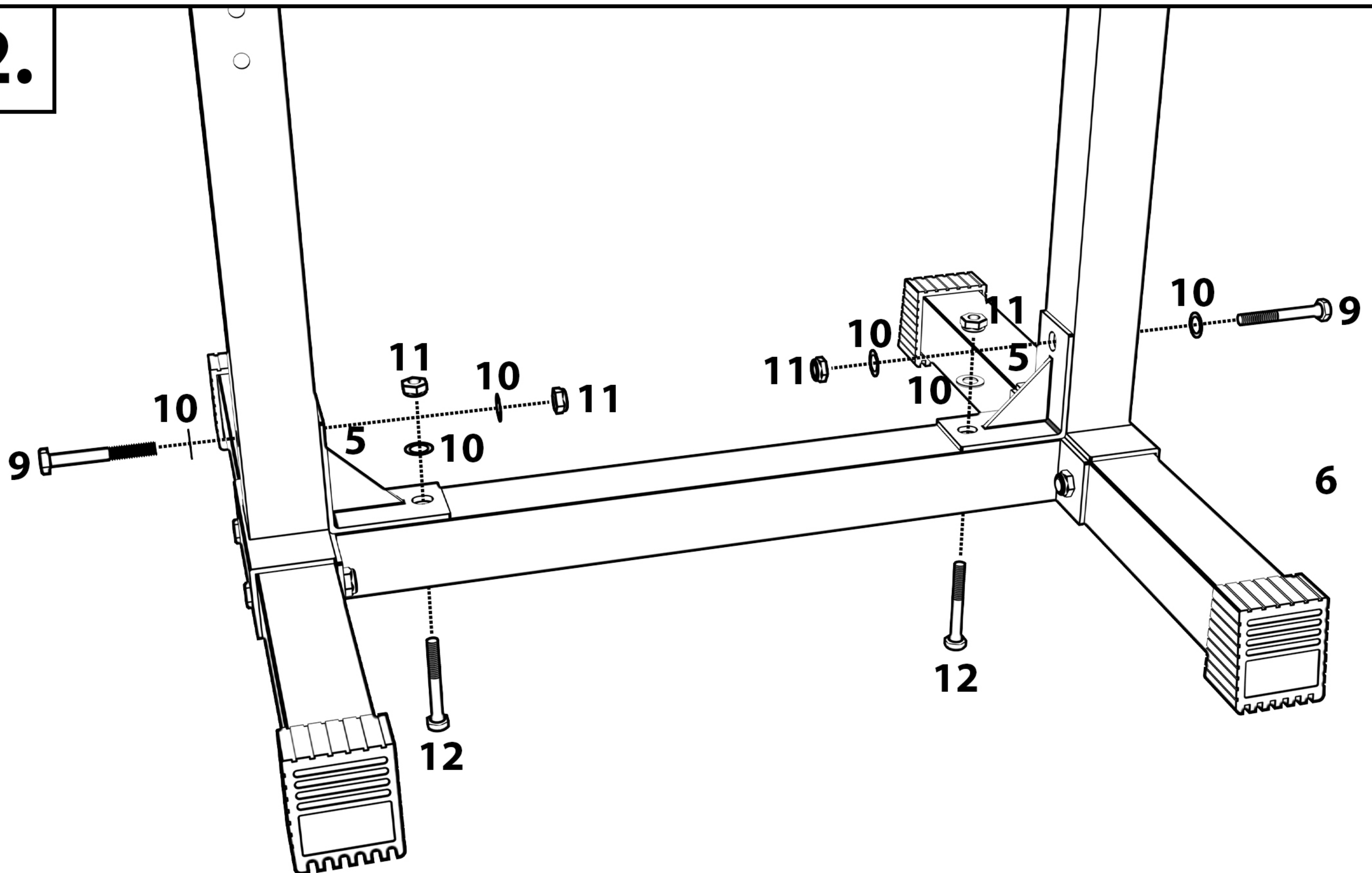
**IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136**

1.



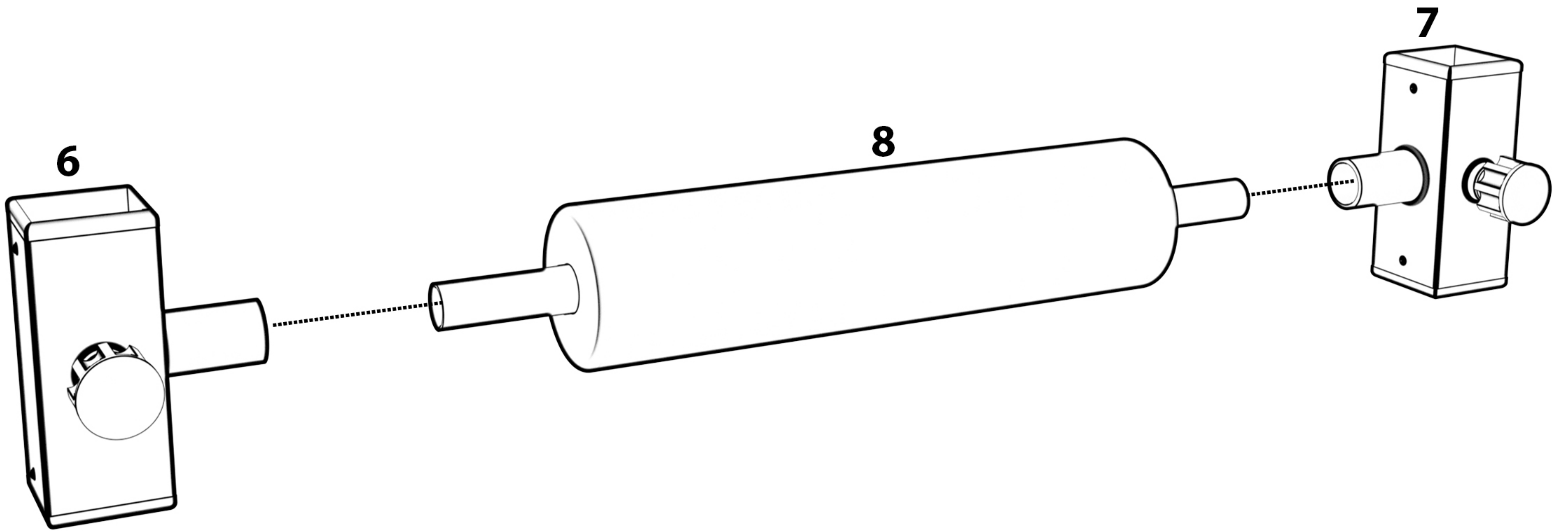
Align uprights (1&2) to the base frames (3&4) and secure with provided hardware and tools (both sides)

2.



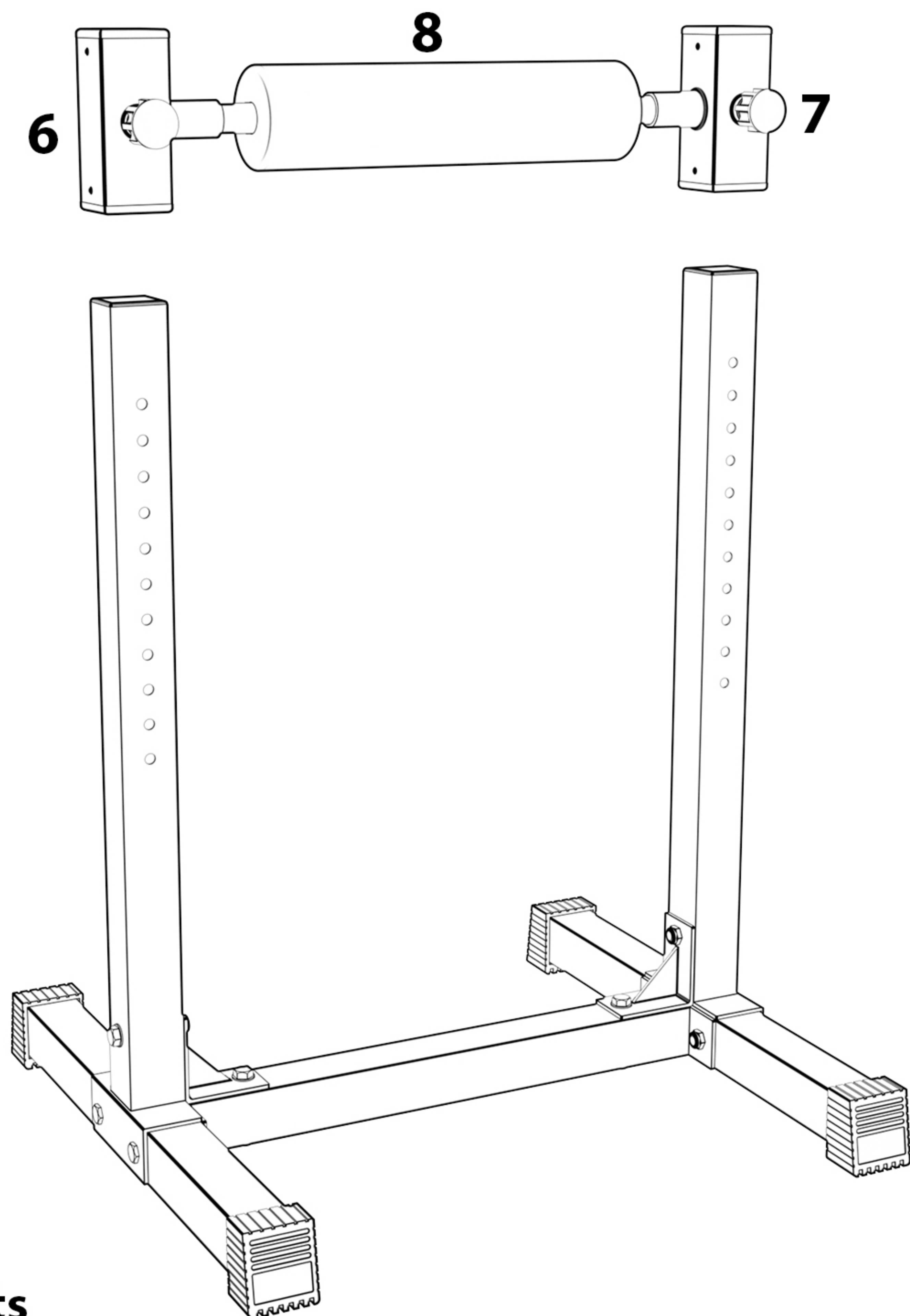
Insert the sliders (6&7) to the ends of the roller (8)

3.



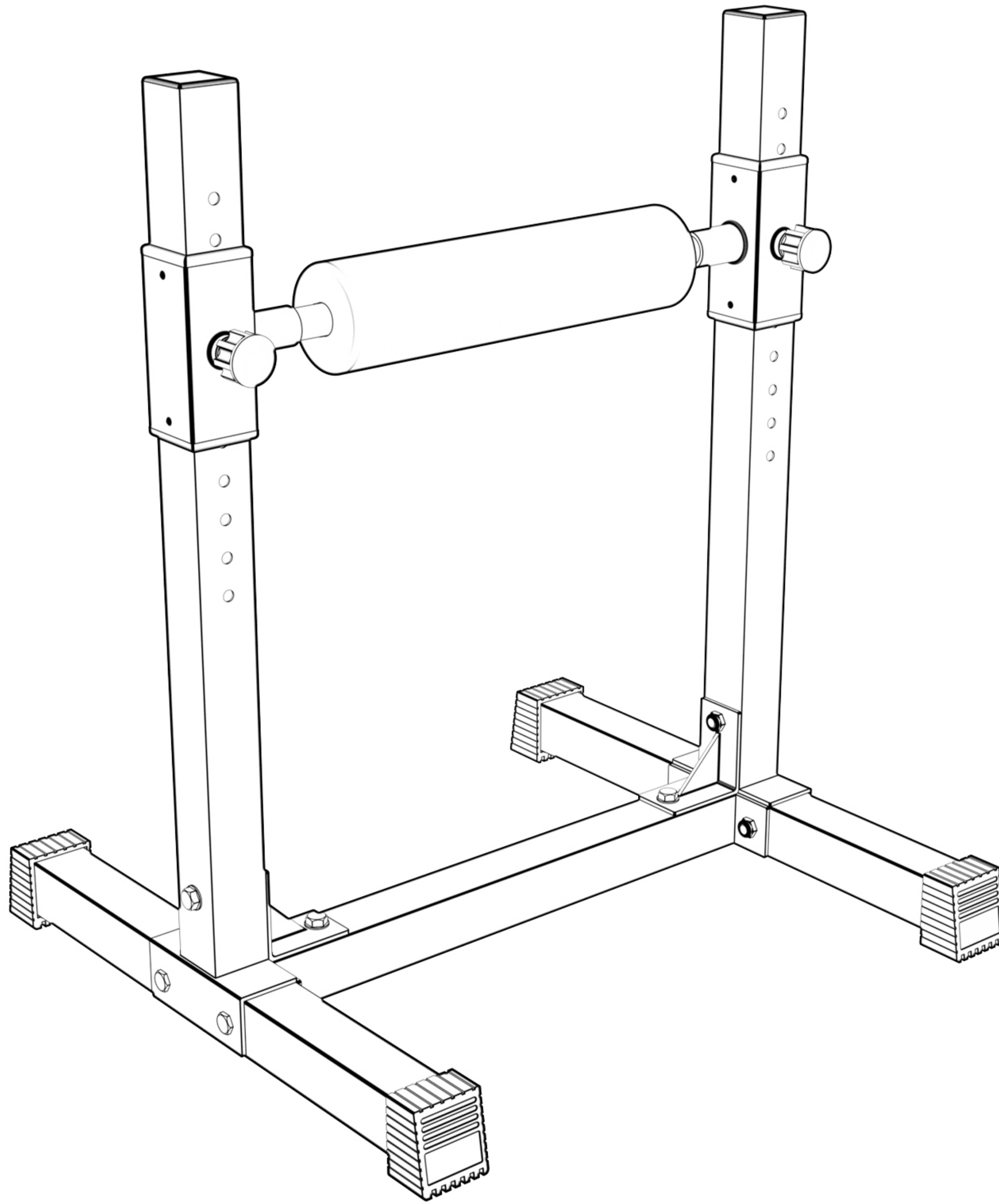
Insert the sliders (6&7) to the ends of the roller (8)

4.



Slide roller on to the uprights

5.



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