

LOW BRIDGE

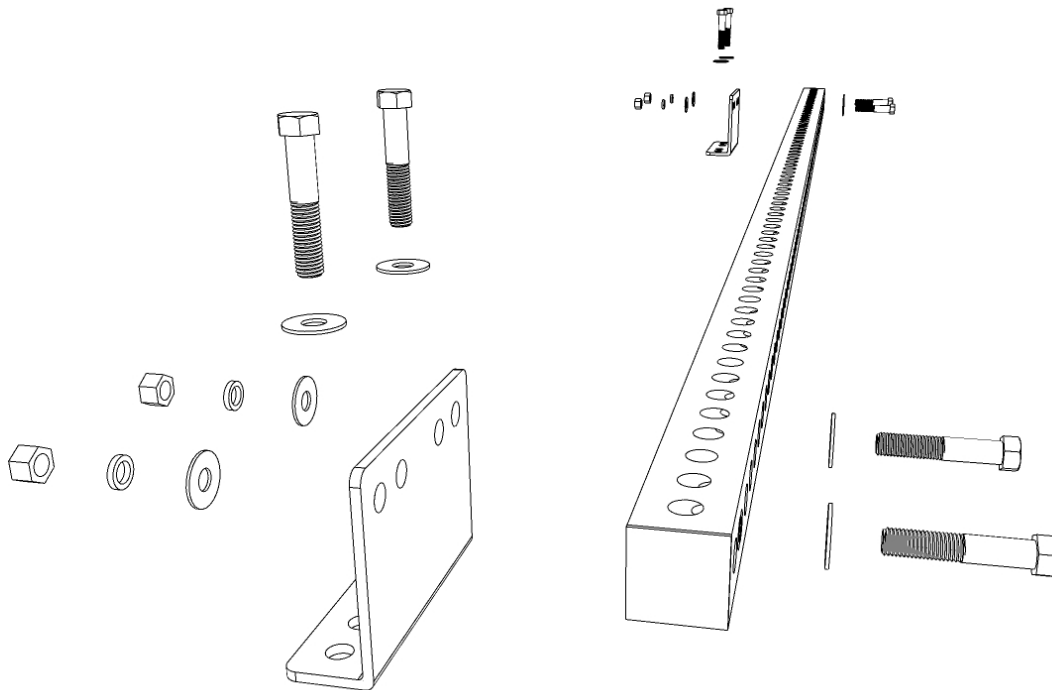
ASSEMBLY INSTRUCTIONS

Tools needed:

- Impact gun with 3/4" deep socket
- 1/2" Wedge bolts (Red Head brand recommended)
- Rotohammer (hammerdrill) with 1/2" mason bit (long)
- Shop vac to suck up concrete dust
- Weighted rubber hammer to pound wedge bolts into hole
- Angle grinder with reinforced cutting wheel (optional to cut off excess exposed thread)
- Extension cord with multi-plug (so you can vaccum and rotohammer at the same time)

DISCLAIMER:

RESISTANCE TRAINING, GYMNASTICS TRAINING, AND ACTIVITIES AT HEIGHT ARE POTENTIALLY DANGEROUS AND MAY LEAD TO SEVERE INJURY OR EVEN DEATH. THIS EQUIPMENT MUST BE USED BY COMPETENT AND RESPONSIBLE PERSONS OR UNDER THE GUIDANCE AND SUPERVISION OF COMPETENT PERSONS. BE SURE YOU ARE VERSED IN PROPER TECHNIQUE AND METHODS BEFORE USING ANY EQUIPMENT. THE USER ASSUMES ALL RISKS AND RESPONSIBILITIES FOR ALL DAMAGE, INJURY OR DEATH WHICH MAY OCCUR DURING INCORRECT USE OF THIS EQUIPMENT. SORINEX BEARS NO LIABILITY ABOVE REPLACEMENT VALUE OF THE EQUIPMENT IN QUESTION.



Place the low bridge exactly where you want it. Rotohammer a hole through the hole in the foot to a depth of 3" into the concrete (set the depth gauge on the rotohammer for 3" plus whatever thickness your flooring is). Keep the shop vac hose next to the hole as you drill to make sure concrete dust doesn't fall back into the hole. Vaccum out the hole once you are done drilling. Pound the wedge bolt into the hole until it stops, being careful not to damage the threads (it helps to screw the nut down to where it is flush with the top of the threading. Make sure the washer is in place before you pound the wedge bolt into the hole). Take your impact gun and drill the nut down until both it and the washer are firmly in place. Do not use all four anchor holes going into the ground. Putting them too close may cause a blow out in the concrete, to avoid anchor in holes 1 and 3, 1 and 4 or, 2 and 4. Cut the excess threading off of the top of the wedge bolt with the angle grinder (optional), you can use a file to smooth over any excess burs.

Sorinex Exercise Equipment | 193 Litton Drive | Lexington, SC 29073 | 1-877-SORINEX | info@sorinex.com
 THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF SORINEX INC.
 ANY REPRODUCTION IN PART OR AS A WHOLE WITHOUT THE WRITTEN PERMISSION OF SORINEX INC. IS PROHIBITED.