

Figure E

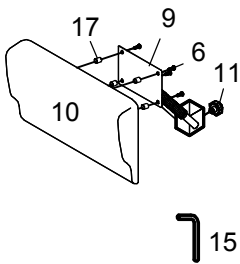
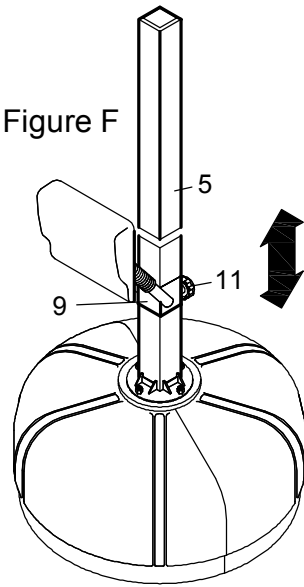


Figure F



**Warning:**

- 1- Before using the product, make sure that the Bolts and parts are firmly locked.
- 2- Use Lock Knob (11) for all position and height adjustments.
- 3- You can adjust the height according to your needs.
- 3- Make sure that Lock Knob does enter the hole of the Main Beam.
- 4- Ensure safety, Use this product within 1 meter, please confirm before use.

**STEP 4.**

Fix the Rectangle (10) and Rectangle Arm Support (9) with four Bolts (6) and Spacers (17) to assemble. And then slide this set end to the Main Beam (5) with Lock Knob (11) as shown in Figure E&F.

**Step by using the Allen Wrench (15) to Assemble. Please make sure tighten all bolts and parts.**

**STEP 5.**

Slide the Rectangle set onto the Main Beam (5) with Lock Knob (11). **You can adjust the height according to your needs.**

**Make sure that Lock Knob does enter the hole of the Main Beam.**

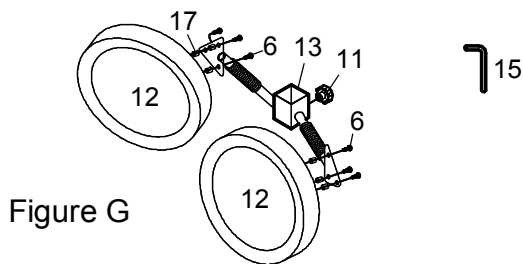


Figure G

**STEP 6.**

Fix the Round Pads (12) and Double Arm Support (13) with six Bolts (6), Spacer (17). And assemble the Lock Knob (11) see Figure E.

**Step by using the Allen Wrench to Assemble. Please make sure tighten all bolts and parts.**

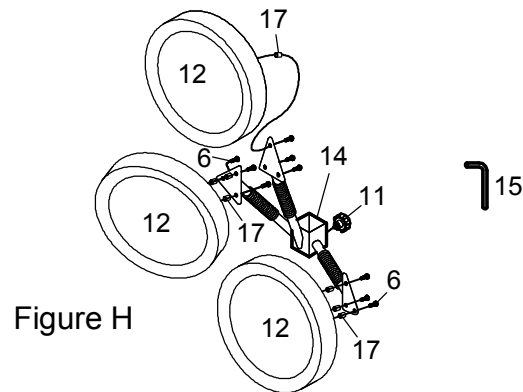
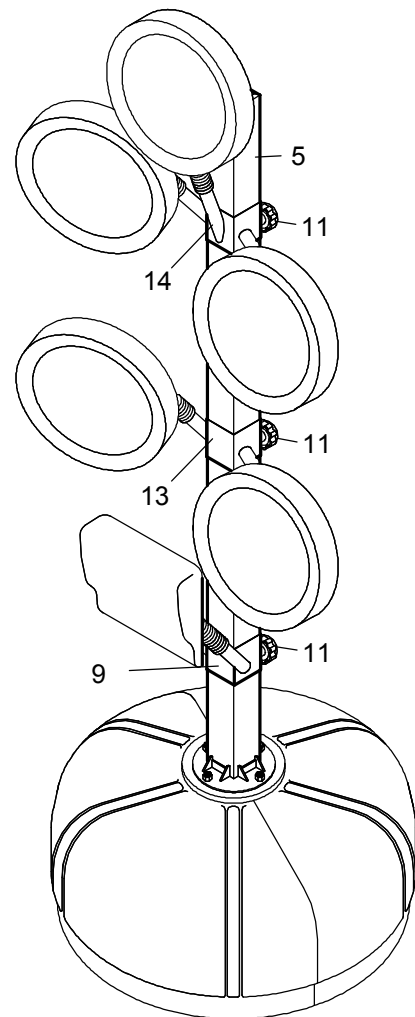


Figure H

**STEP 7.**

Fix the Round Pads (12) and Rhree-way Arm Support (14) with nine Bolts (6), Spacer (17). And assemble the Lock Knob (11) see Figure F.

**Step by using the Allen Wrench to Assemble. Please make sure tighten all bolts and parts.**



**This illustration is for basic reference only. You can choose a variety of combinations according to your training needs.**