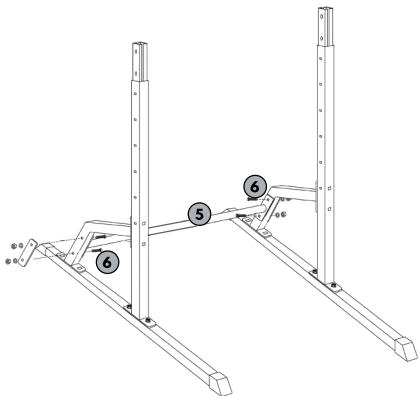


ASSEMBLY INSTRUCTIONS

5. To assemble the Push Up Bar (⑤), a second person must help you to avoid personal injury and damage to property. They will hold the base while you assemble the Push Up Bar (⑤).



6. To attach the Push Up Bar, you will need 4 bolts, washers and nuts each, which are attached to the support beams from the outside using 2 plates (⑥). Make sure that the square holes in the side panels face outwards.



7. Next, extend the sides upwards. To do this, take the side parts (⑦) with the GORNATION logo and place them so that the square holes are facing outwards and the logo is facing forwards and backwards.

