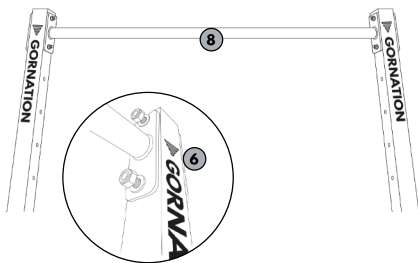


ASSEMBLY INSTRUCTIONS

11. For the assembly of the pull-up bar (⑧), get help from a second person again.

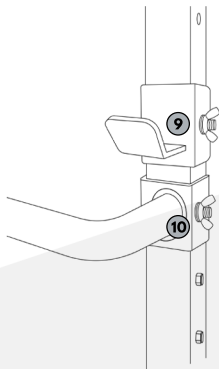


12. While the second person holds the Pull Up Bar (⑧) for you, you can assemble it. You will need 2 bolts, washers, nuts and a plate (⑥) for each side.



13. Tighten all screws firmly.

14. You can attach the squat bracket (⑨) on both sides. Take one squat bracket, one screw, washer and nut for each side. Make sure that the height of the squat bracket is exactly the same on both sides of the pull-up station.



15. You can also attach the dip extension (⑩). To do this, take the dip extension and mount it at the same height on both sides using two bolts, washer and nuts.