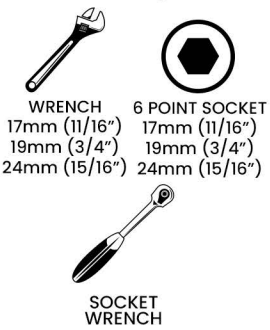


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KEY	PART	QTY	KEY	PART	QTY	BOX
1.	TOP UPRIGHT	2	11.	Expansion Screws M10x80 set	8	3
2.	BOTTOM UPRIGHT	2	12.	Self Tapping Screw M10x80	8	3
3.	M0X20 BOLTS (FULLY THREADED)	4	13.	M10x65 BOLTS (Partially Threaded)	2	3
4.	M10 WASHERS (FOR UPRIGHTS)	4	14.	M10 WASHER	10	3
5.	PULL UP BAR	1	15.	M10 NUT	2	3
6.	SAFETY PIN	2	16.	Expansion Screws M8x70 SET	8	3
7.	J CUP	2	17.	M16X80 BOLTS (PARTIALLY THREADED)	2	2
8.	WALL MOUNT FRAME	4	18.	M16 WASHER	20	2 & 3
9.	FLOOR STAND	2	19.	M16 NUT	10	2 & 4
10.	M16x75 Bolts (Partially Threaded)	8				

TOOLS REQUIRED

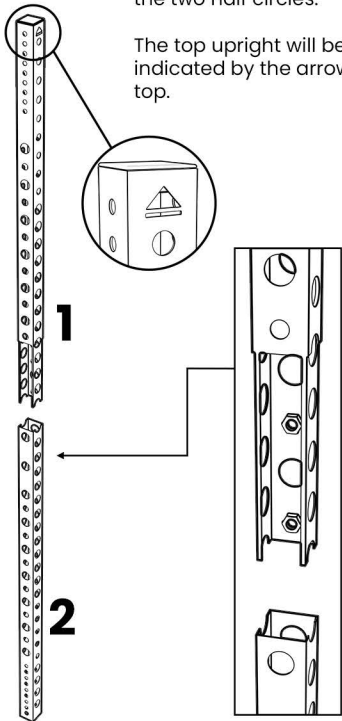


IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY: HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

STEP 1

Slide the top upright into the bottom upright aligning the two half circles.

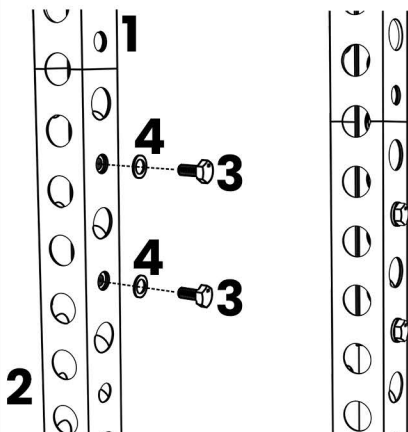
The top upright will be indicated by the arrow at the top.



STEP 2

STEP 2

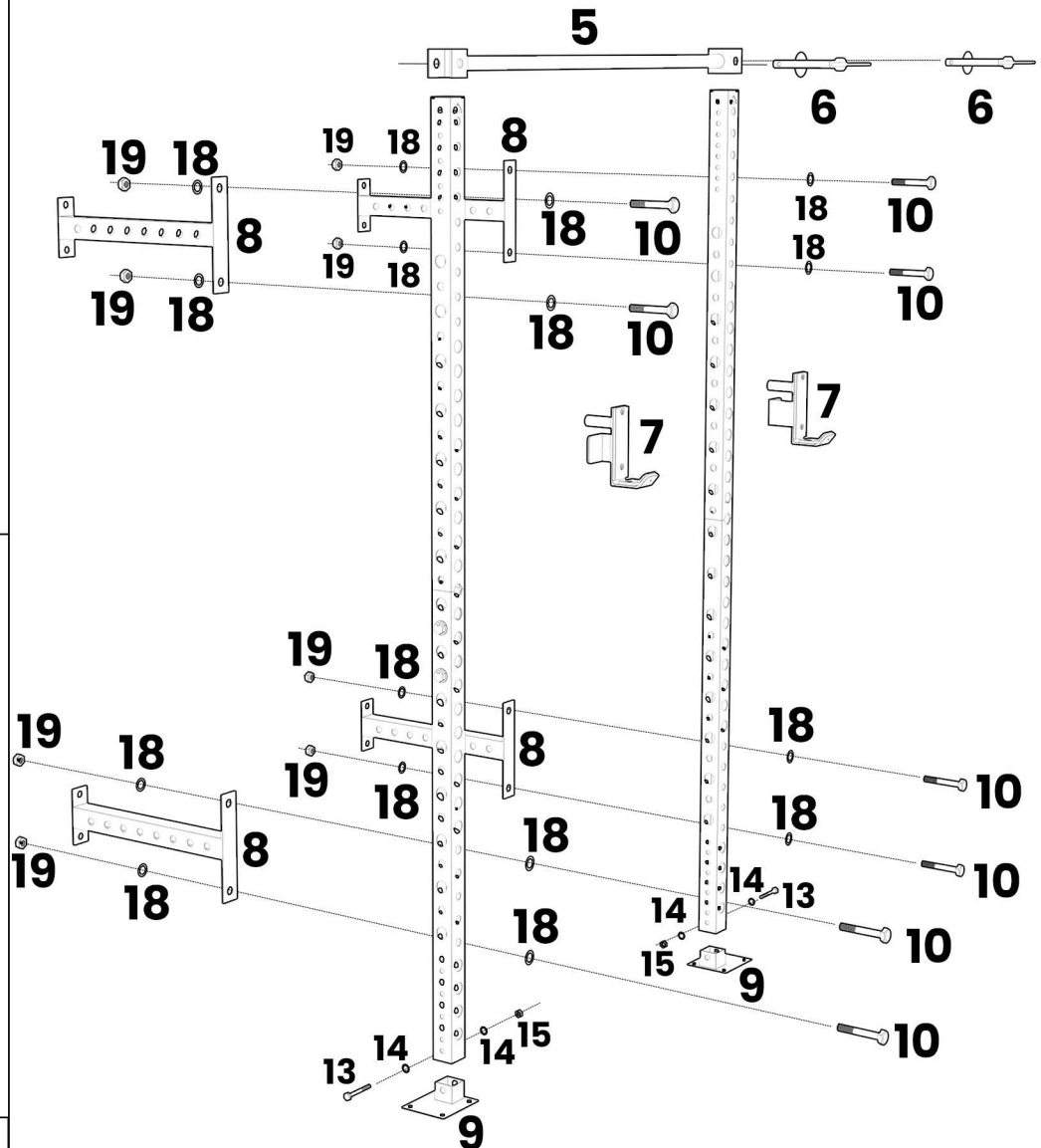
Insert bolt into the uprights. Fasten into the built in fastener in the rack uprights.



REPEAT STEPS FOR BOTH UPRIGHTS BEFORE MOVING ON

Assemble the rest of the rack as illustrated. Fasten with required hardware. Optionally replace pins (6) Bolts (17) to connect your pull-up bar.

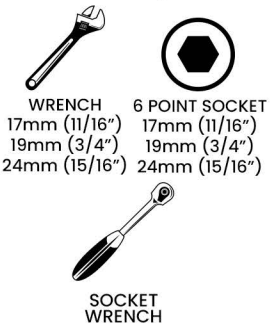
Once assembled hold against you may begin to install the rack to your wall at your own discretion. Attach to the wall using parts (11 or parts 12 and 14). To secure to the floor use the expansion screw set (16).



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KEY	PART	QTY	BOX	KEY	PART	QTY	BOX
1.	TOP UPRIGHT	2	1	11.	Expansion Screws M10x80 set	8	3
2.	BOTTOM UPRIGHT	2	1	12.	Self Tapping Screw M10x80	8	3
3.	M0X20 BOLTS (FULLY THREADED)	4	1	13.	M10x65 BOLTS (Partially Threaded)	2	3
4.	M10 WASHERS (FOR UPRIGHTS)	4	1	14.	M10 WASHER	10	3
5.	PULL UP BAR	1	2	15.	M10 NUT	2	3
6.	▲ SAFETY PIN (DO NOT USE) ▲	2	2	16.	Expansion Screws M8x70 SET	8	3
7.	J CUP	2	2	17.	PULL UP BAR MOUNT	2	4
8.	WALL MOUNT FRAME	4	3	18.	M16X80 BOLTS (PARTIALLY THREADED)	6	2 & 4
9.	FLOOR STAND	2	3	19.	M16 WASHER	28	2 & 3 & 4
10.	M16x75 Bolts (Partially Threaded)	8	3	20.	M16 NUT	14	2 & 3 & 4

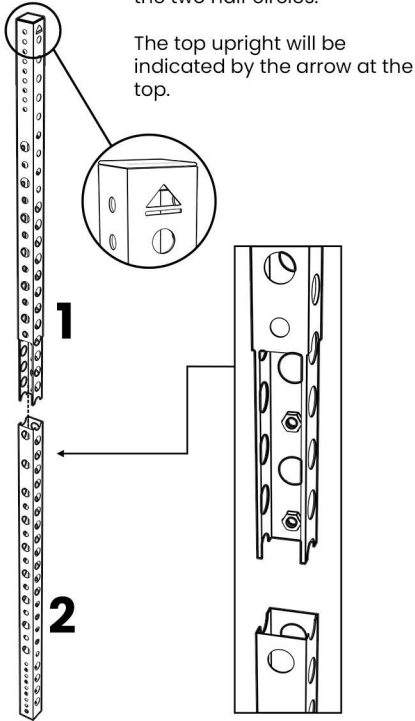
TOOLS REQUIRED



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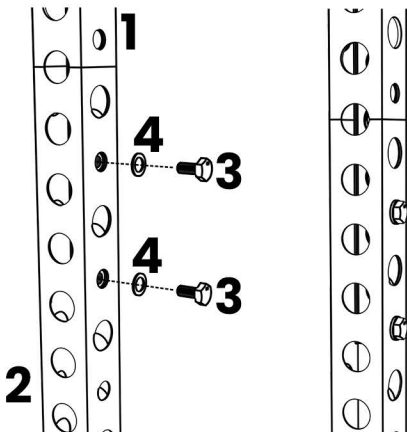
STEP 1

Slide the top upright into the bottom upright aligning the two half circles.



STEP 2

Insert bolt into the uprights. Fasten into the built in fastener in the rack uprights.

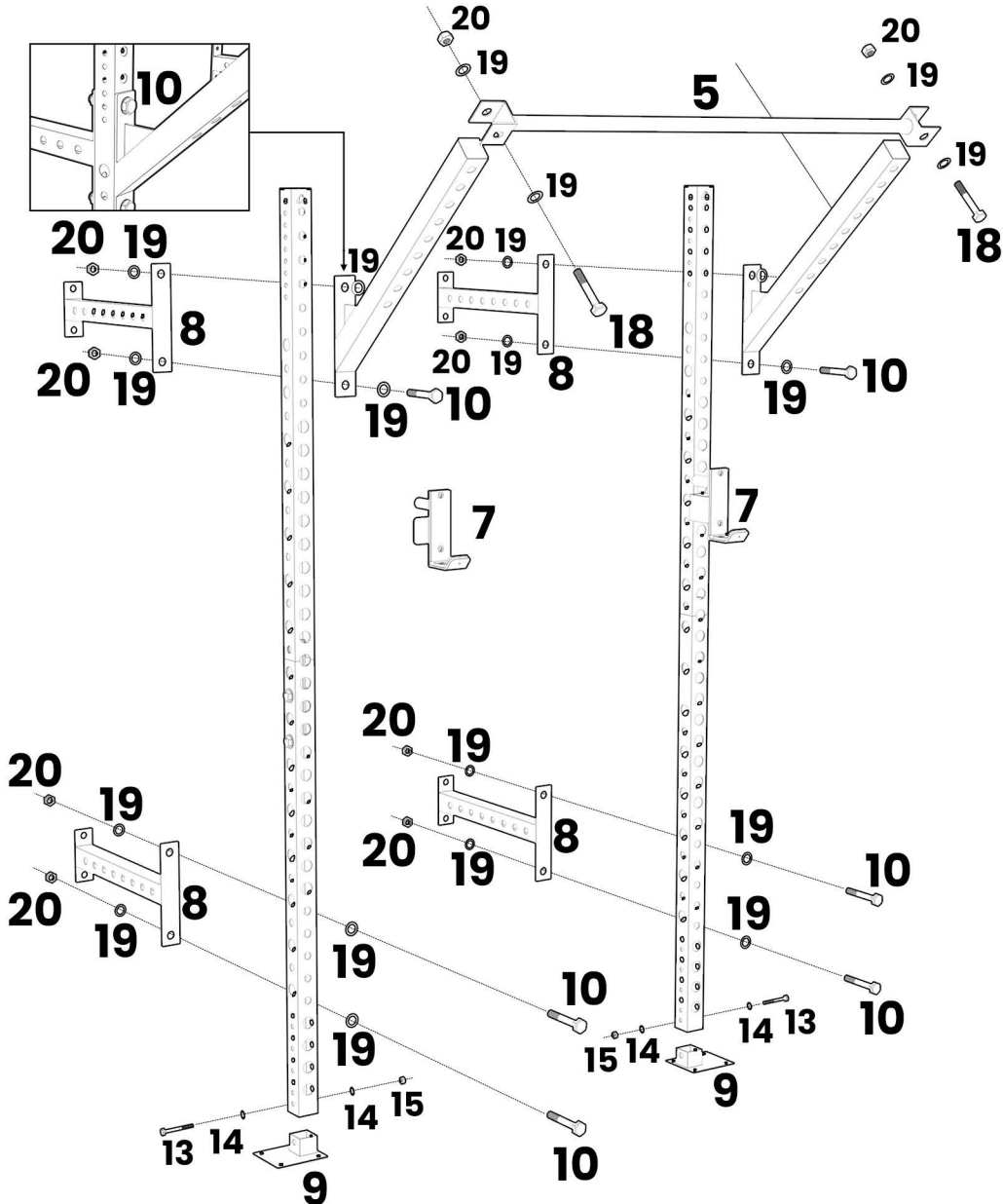


REPEAT STEPS FOR BOTH UPRIGHTS BEFORE MOVING ON


STEP 3

Assemble the rest of the rack as illustrated. Fasten with required hardware. Use bolts (18) to secure your pull-up bar. If staggering the wall mount frame and pull up bar mount use extra M16x80 bolts to secure through the point where the Pull up bar mount and wall mount frame intersect.

Once assembled hold against you may begin to install the rack to your wall at your own discretion. Attach to the wall using parts (11 or parts 12 and 14). To secure to the floor use the expansion screw set (16).



WARNING: DO NOT USE PINS WITH THIS RACK CONFIGURATION

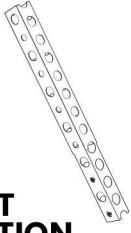


 **SYNERGEE[®]**

SF-2200 UPRIGHT 95" EXTENSION KIT

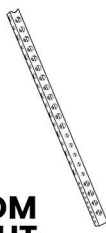





PARTS LIST

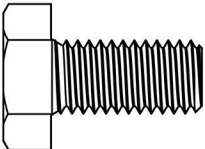
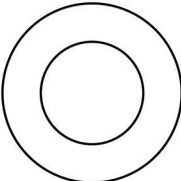
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<p>1.</p>  <p>UPRIGHT EXTENSION</p> <p>QTY x2</p>	<p>2.</p>  <p>M10X20 BOLTS FULLY THREADED</p> <p>QTY x4</p>	<p>3.</p>  <p>M10 WASHERS</p> <p>QTY x4</p>
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HARDWARE REQUIRED (FROM EXISTING RACK | NOT INCLUDED)

<p>A.</p>  <p>BOTTOM UPRIGHT</p> <p>QTY x2</p>	<p>B.</p>  <p>TOP UPRIGHT</p> <p>QTY x2</p>	<p>C.</p>  <p>M10 WASHERS</p> <p>QTY x4</p>	<p>D.</p>  <p>M10X20 BOLTS FULLY THREADED</p> <p>QTY x4</p>
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HARDWARE SIZING CHART

<p>M10X20 BOLT FULLY THREADED</p>		<p>QTY 4 IN STEPS 1-B</p>
<p>M10 WASHER</p>		<p>QTY 4 IN STEPS 1-B</p>

ASSEMBLY STEP 1-A:

