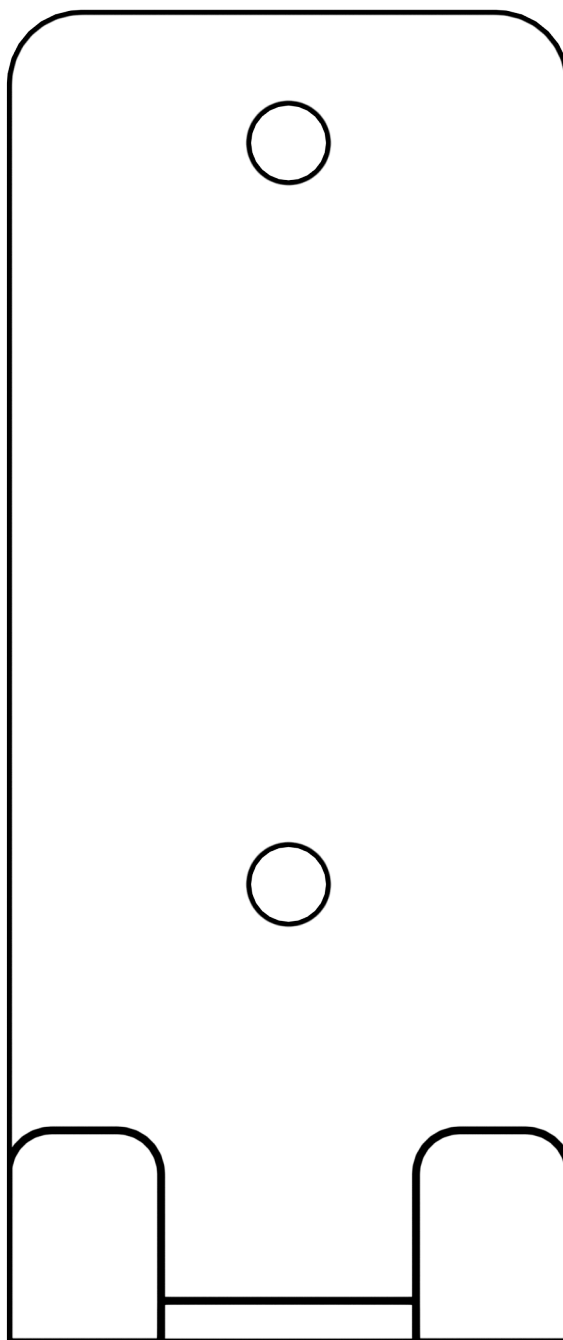




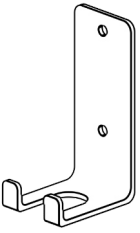
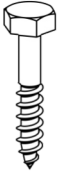
VERTICAL BAR

HANGER - 1 BAR



PARTS LIST

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

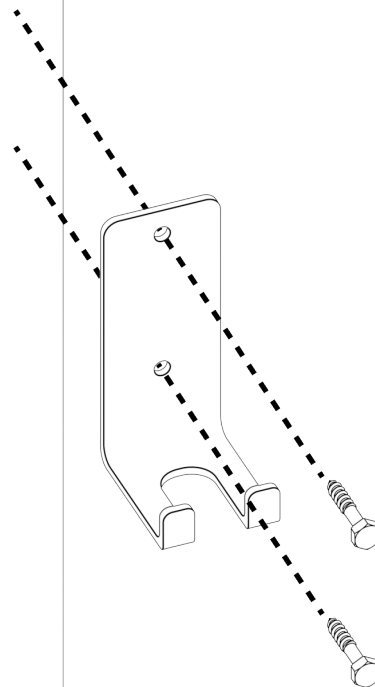
1.		QTY x1
2.		QTY x2
3.		QTY x2
BARBELL HANGER		M10X73 EXPANSION BOLT
		M10X60 SELF-TAPPING SCREW

ASSEMBLY: WOOD

STEP: 1

STEP PART GUIDE

#	PART NAME	QTY
1.	Barbell Hanger	1
3.	M10x60 Self Tapping Screw	2



ATTENTION

FIND THE STUDS IN YOUR WALLS AND INSTALL THE BAR HOLDER ON IT'S OWN INDIVIDUAL STUD.



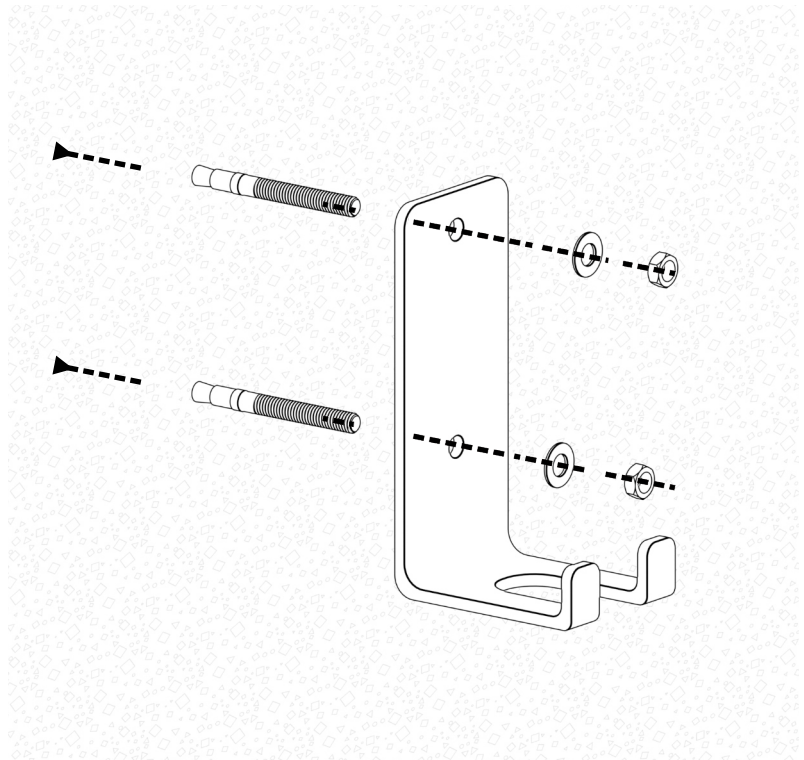
ASSEMBLY CONCRETE

STEP: 1

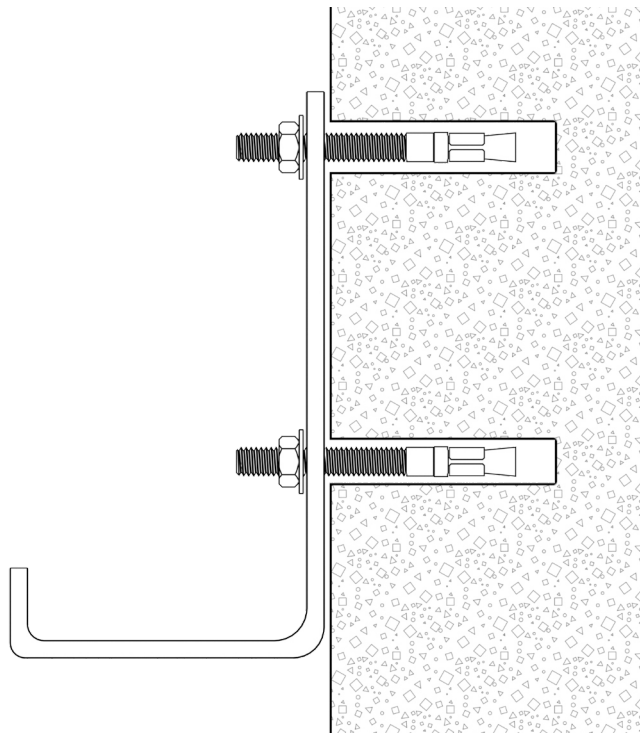
- A.** Measure the rack and mark on wall where you want to install the bolts.
- B.** Drill Preliminary hole in concrete wall with a 1/2" Drill Bit.
- C.** Remove the nut, washer, and lock washer, and insert concrete bolt into the wall.
- D.** Place bar holder onto the bolt. Put the washers and nut on and tighten with a drill until stable.
- E.** If required cut excess from bolt sticking out of wall with the appropriate tools.
- F.** Install all included hardware on rack.

STEP PART GUIDE

#	PART NAME	QTY
1.	Barbell Hanger	1
2.	M10x73 Expansion Bolt	2



VIEW A



VIEW B