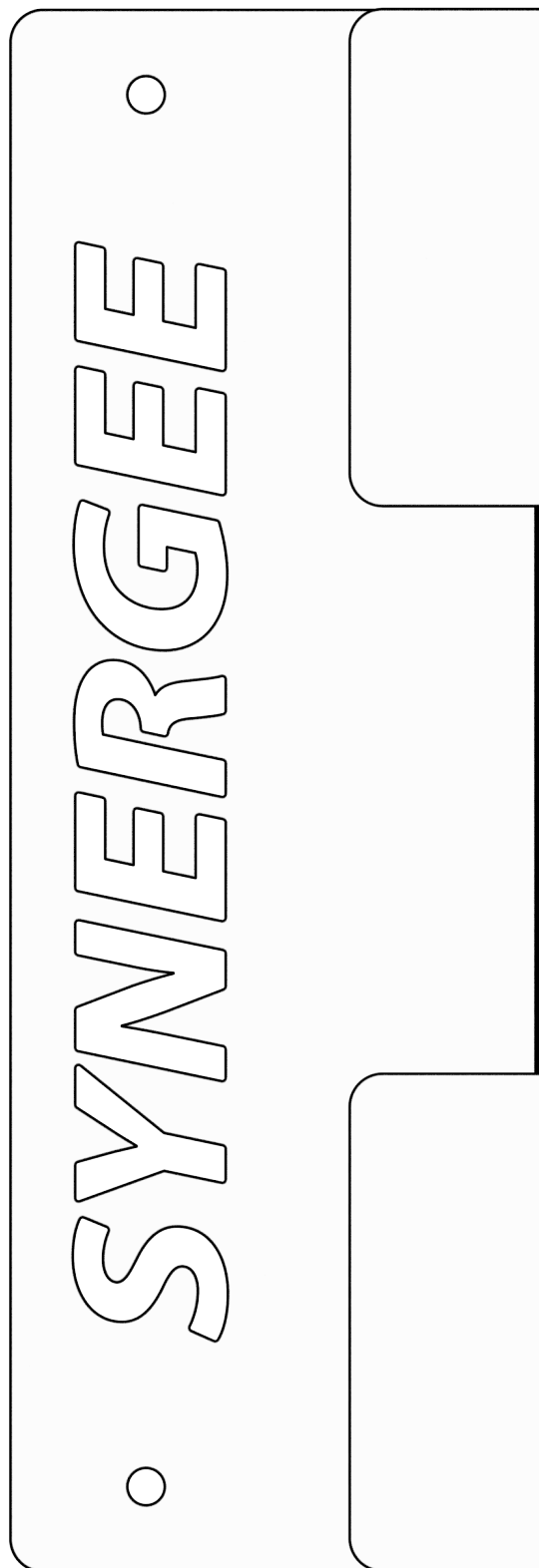




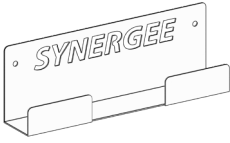
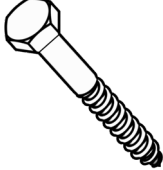
BENCH RACK

LARGE



PARTS LIST

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

1.  BENCH WALL HOLDER	QTY x1	2.  M8X80 HEX HEAD LAG BOLT	QTY x2	3.  M8 EXPANSION BOLT (WASHER INCLUDED)	QTY x2	4.  M8 WASHER	QTY x2
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ASSEMBLY

OPTION 1 – STEP: 1

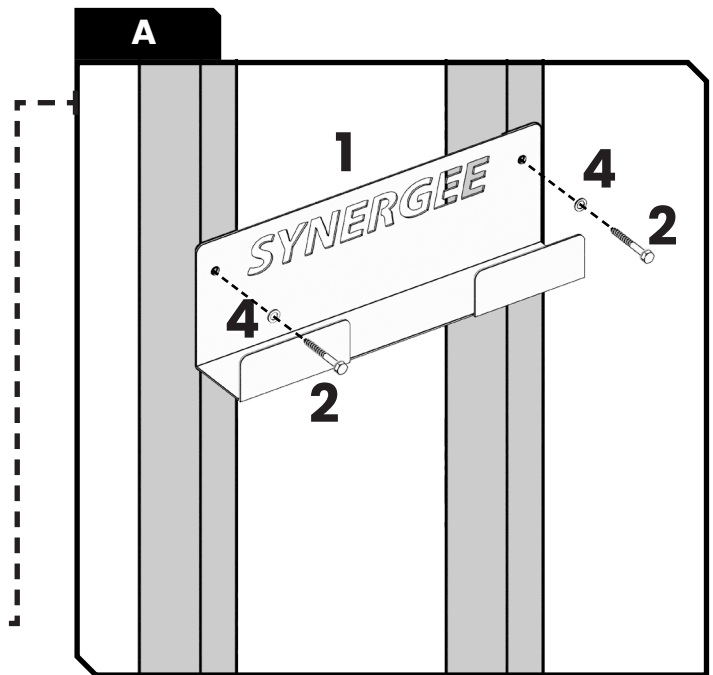
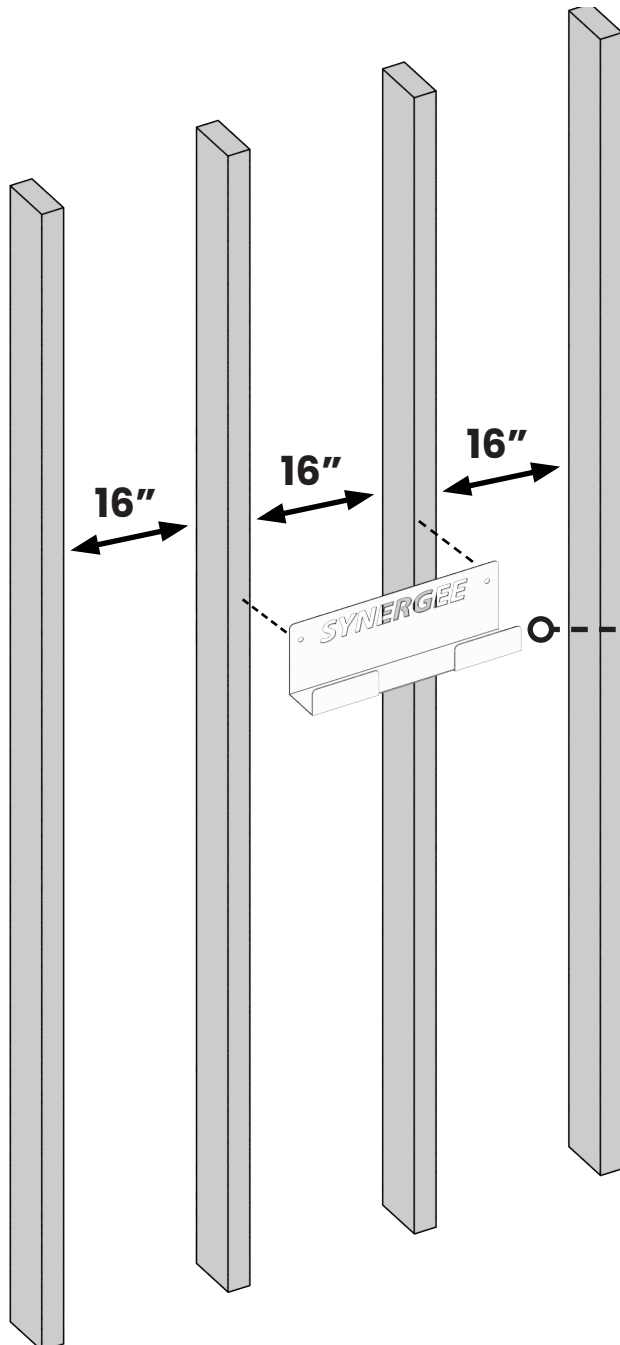


ATTENTION

For installation into
walls with wood studs

STEP PART GUIDE

#	PART NAME	QTY
1.	Bench Wall Holder	1
2.	M8x80 Hex Head Lag Bolt	2
4.	M8 Washer	2



This rack was designed to be easily installed into walls with standard 16" stud spacing. Find the studs in your walls and place the bench holder level on them. Install as shown above.

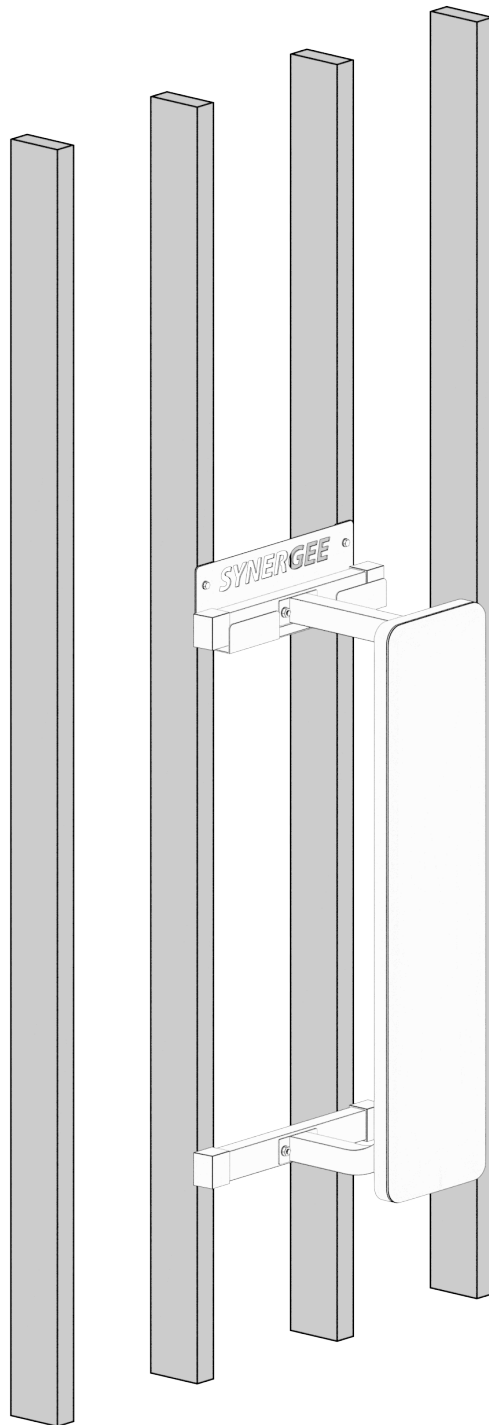


ASSEMBLY

OPTION 1 – STEP: 2

STEP PART GUIDE

#	PART NAME	QTY
-	-	-



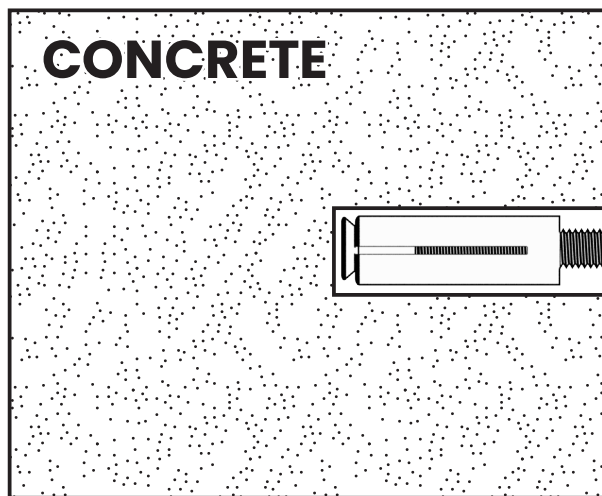
Mount bench into the newly installed bench wall rack

ASSEMBLY

OPTION 2 – STEP: 1

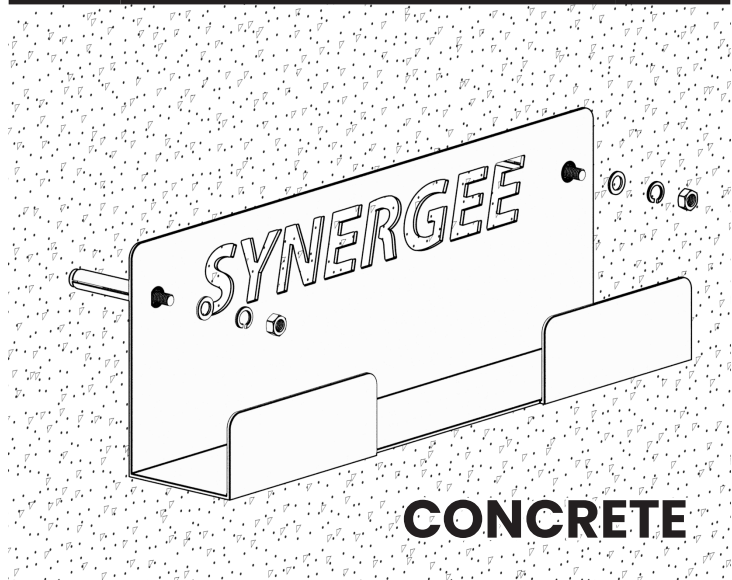
- A.** Place the bench holder level on the wall and mark where the holes will be placed
- B.** Drill Preliminary hole in concrete wall with a 1/2" Drill Bit
- C.** Remove the nut, washer, and lock washer, and insert concrete bolt into wall
- D.** Place bench holder onto the bolt. Put the washers and nut on and tighten with a drill until stable
- E.** If required cut excess from bolt sticking out of wall with the appropriate tools

VIEW A

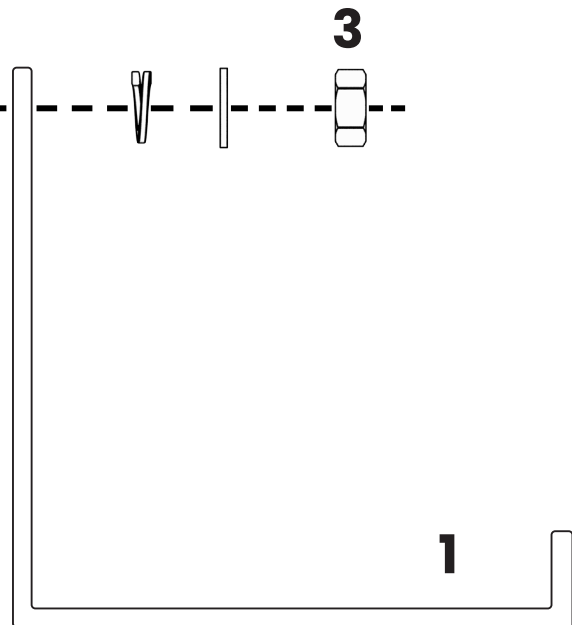


STEP PART GUIDE

#	PART NAME	QTY
1.	Bench Wall Holder	1
3.	M8 Expansion Bolt	2



VIEW B



ATTENTION
1/2" Drill Bit Required
for concrete wall
mounting

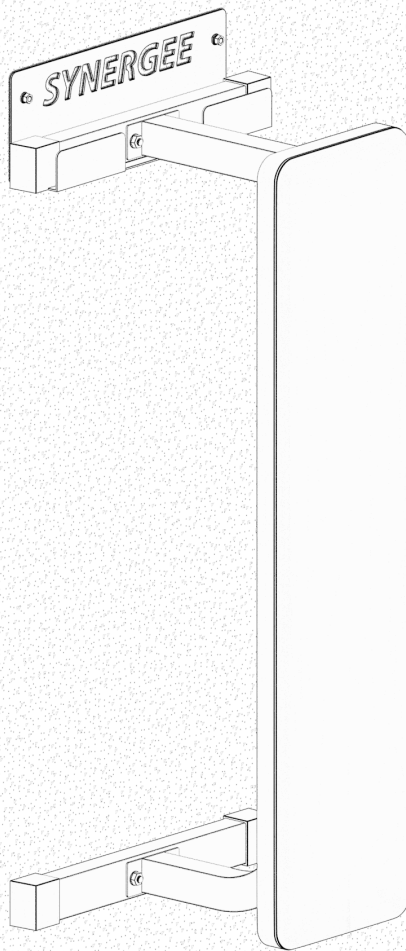


ASSEMBLY

OPTION 2 – STEP: 2

STEP PART GUIDE

#	PART NAME	QTY
-	-	-



Mount bench into the newly installed bench wall rack