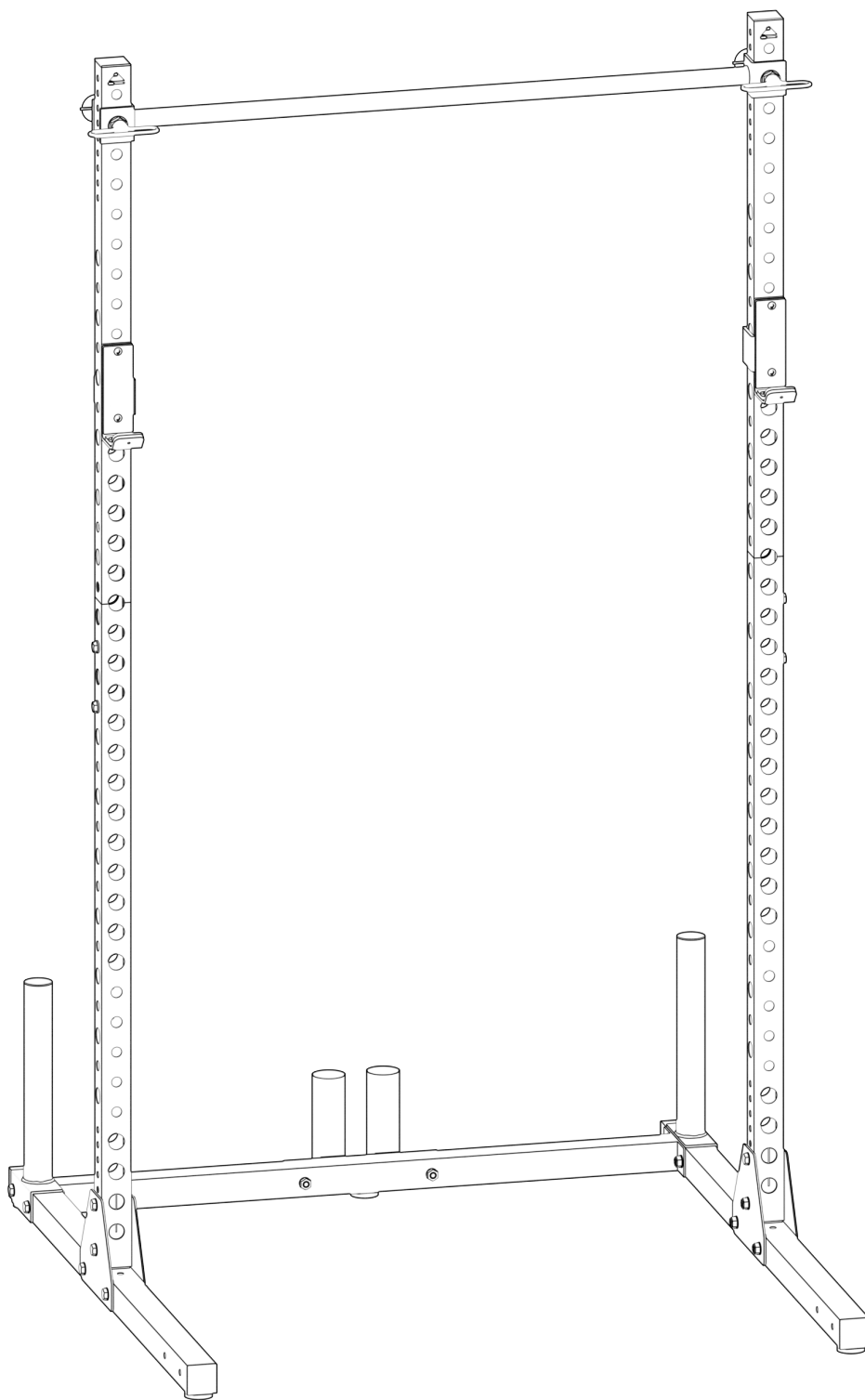


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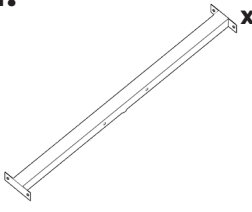
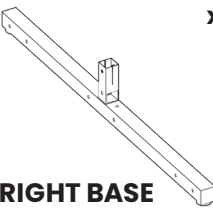
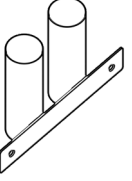
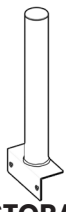
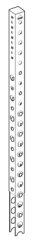

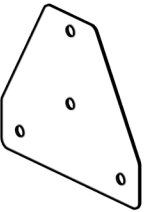
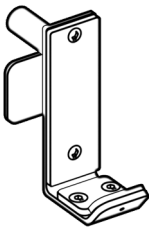
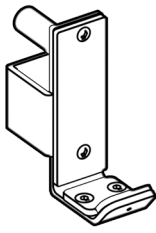
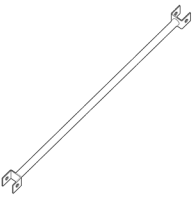
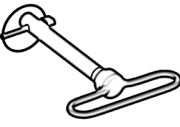
SQUAT RACK

SF-2200



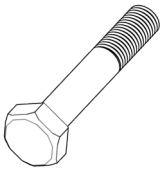
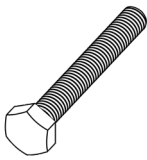
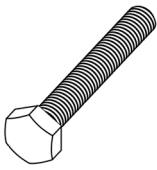
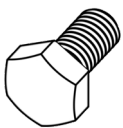
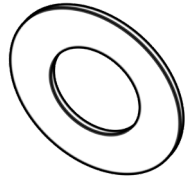
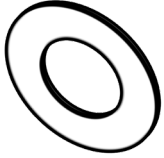
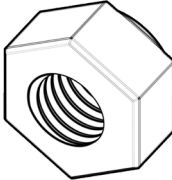
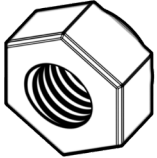
PARTS LIST

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

<p>1. QTY x1</p>  <p>BACK FRAME</p>	<p>2. QTY x2</p>  <p>UPRIGHT BASE FRAME</p>	<p>3. QTY x1</p>  <p>BARBELL STORAGE FRAME</p>	<p>4. QTY x2</p>  <p>PLATE STORAGE FRAME</p>	<p>5. QTY x2</p>  <p>TOP UPRIGHT</p>
<p>6. QTY x2</p>  <p>BOTTOM UPRIGHT</p>	<p>7. QTY x4</p>  <p>TRIANGLE FRAME</p>	<p>8. QTY x1</p>  <p>LEFT J-CUP</p>	<p>9. QTY x1</p>  <p>RIGHT J-CUP</p>	<p>10. QTY x1</p>  <p>PULL UP BAR</p>
<p>11. QTY x2</p>  <p>PULL UP BAR PIN</p>				

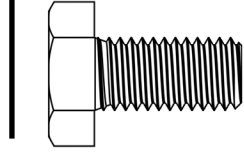
PARTS LIST

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

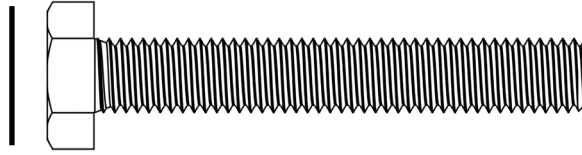
A.  QTY x2 M16X80 HEX BOLT PARTIALLY THREADED	B.  QTY x10 M10X70 HEX BOLT FULLY THREADED	C.  QTY x2 M10X65 HEX BOLT FULLY THREADED	D.  QTY x8 M10X20 HEX BOLT FULLY THREADED	E.  QTY x4 M16 WASHER
F.  QTY x32 M10 WASHER	G.  QTY x2 M16 NUT	H.  QTY x12 M10 NUT		

HARDWARE SIZING CHART

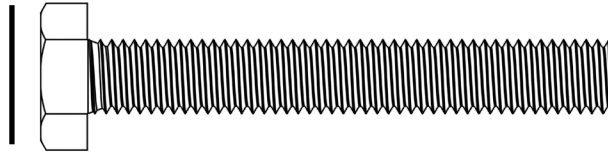
**M10x20
BOLT**



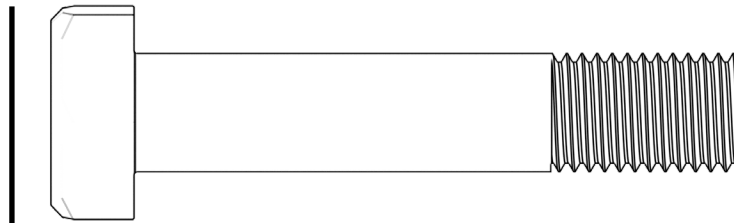
**M10x65
BOLT**



**M10x70
BOLT**



**M16x80
BOLT**

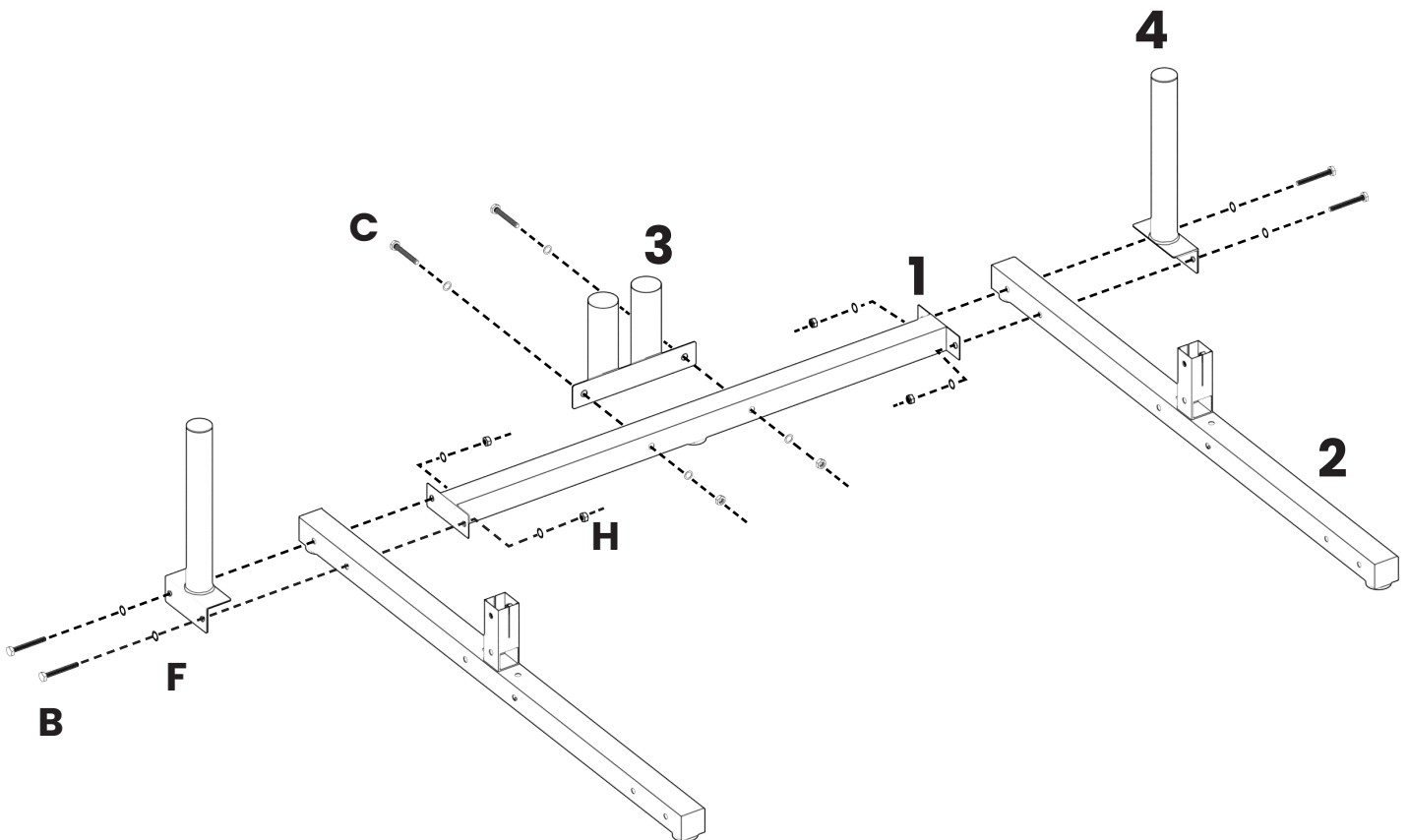


ASSEMBLY

STEP: 1

STEP PART GUIDE

#	PART NAME	QTY
1.	Back Frame	1
2.	Upright Base Frame	2
3.	Barbell Storage Frame	1
4.	Plate Storage Frame	2
B.	M10x70 Bolt	4
C.	M10x65 Bolt	2
F.	M10 Washer	12
H.	M10 Nut	6



ASSEMBLY

STEP: 2



ATTENTION

REPEAT TWICE
TO ASSEMBLE 2
UPRIGHTS

STEP PART GUIDE

#	PART NAME	QTY
5.	Top Upright	2
6.	Bottom Upright	2
D.	M10x20 Bolt	4
F.	M10 Washer	4

PART A

5



6



D F



PART B

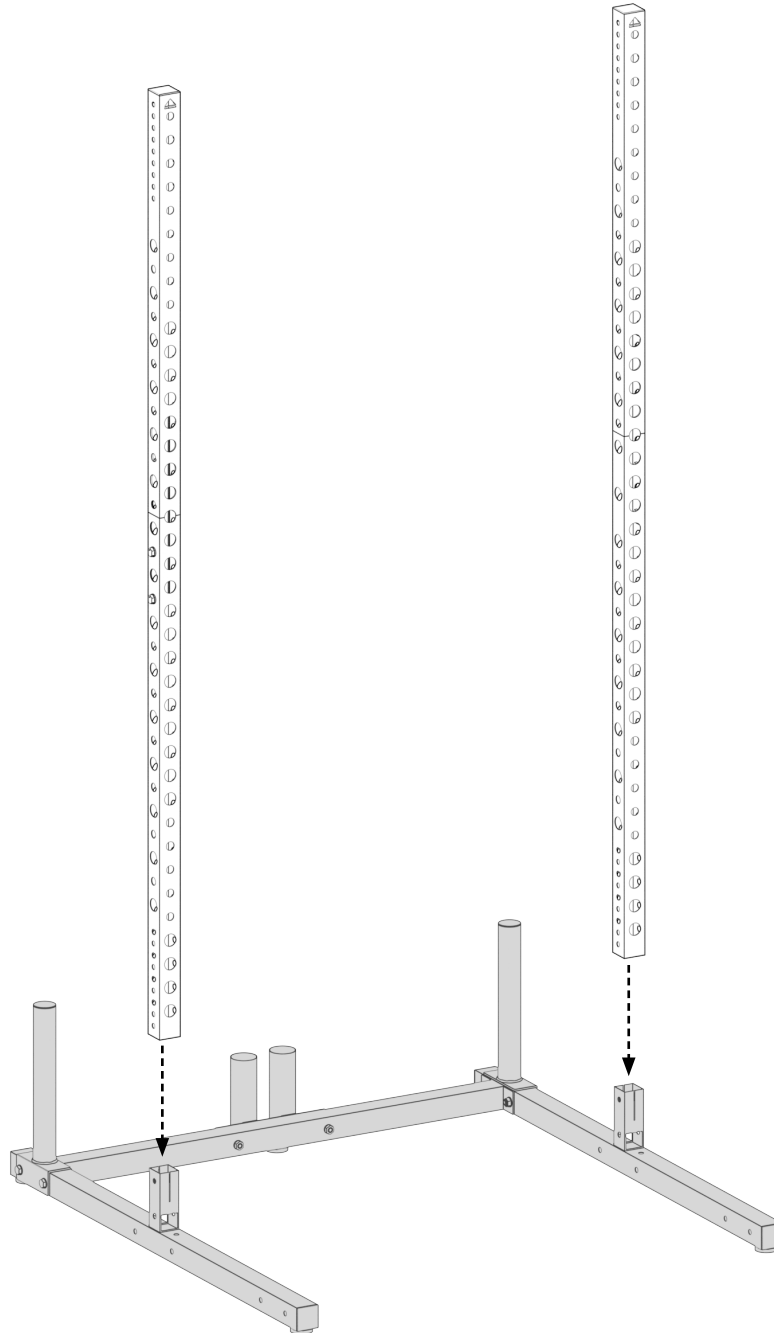


ASSEMBLY

STEP: 3

STEP PART GUIDE

#	PART NAME	QTY
-	-	-

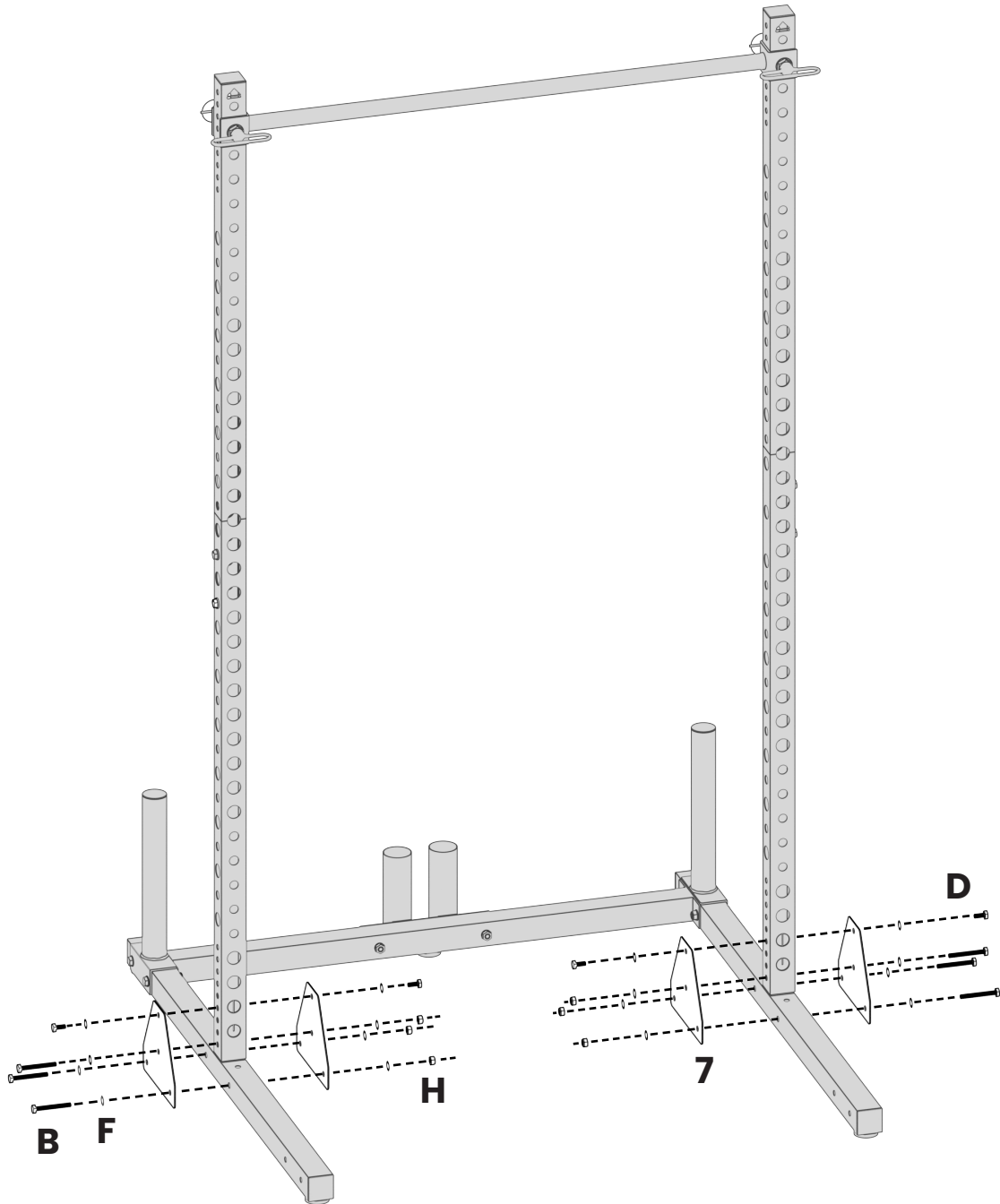


ASSEMBLY

STEP: 4

STEP PART GUIDE

#	PART NAME	QTY
7.	Triangle Plate	4
B.	M10x70 Bolt	6
D.	M10x20 Bolt	4
F.	M10 Washer	16
H.	M10 Nut	6

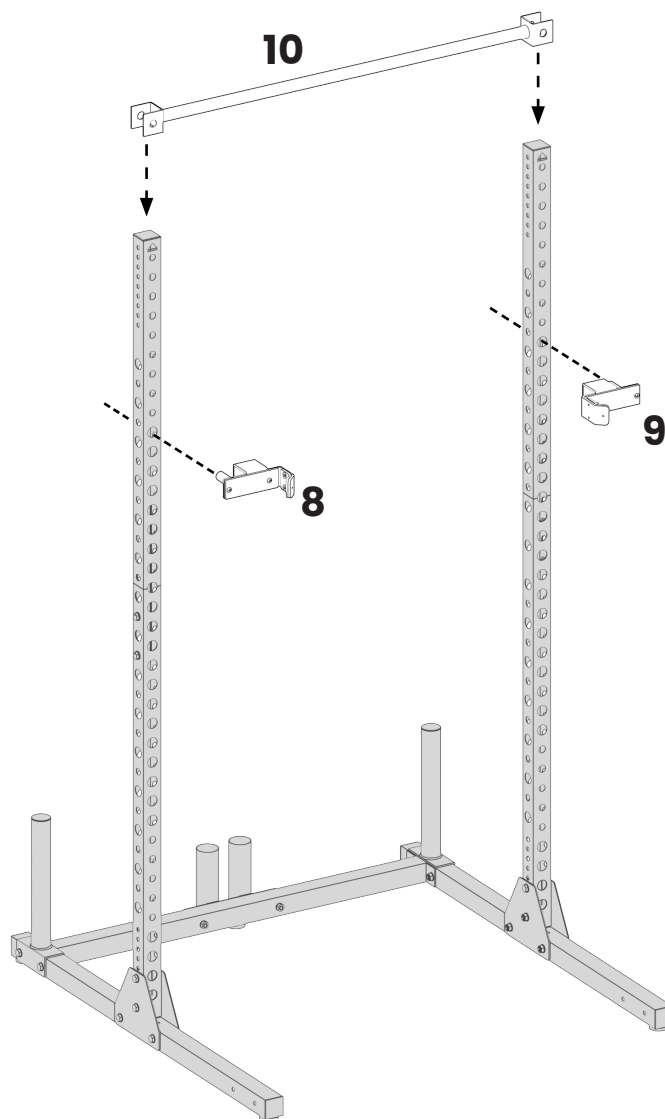


ASSEMBLY

STEP: 5

STEP PART GUIDE

#	PART NAME	QTY
8.	J-CUP Left	1
9.	J-CUP Right	1
10.	Pull Up Bar	1

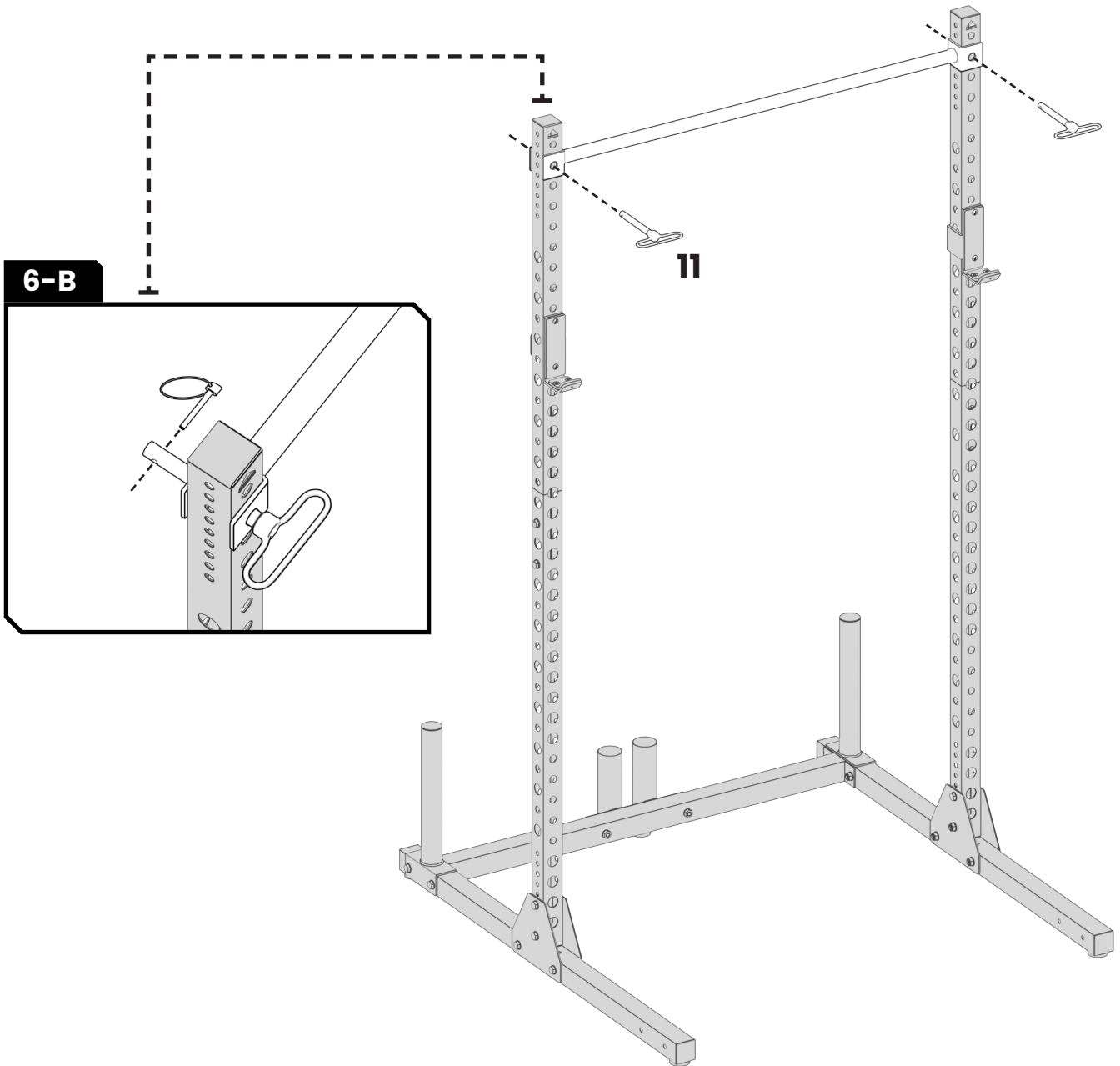


ASSEMBLY

STEP: 6-A

STEP PART GUIDE

#	PART NAME	QTY
11.	Pull Up Bar Pin	2



Alternatively you may bolt the pull up bar to the rack using parts A, E, and G (M16x80 Bolt, M16 WASHER, M16 NUT)