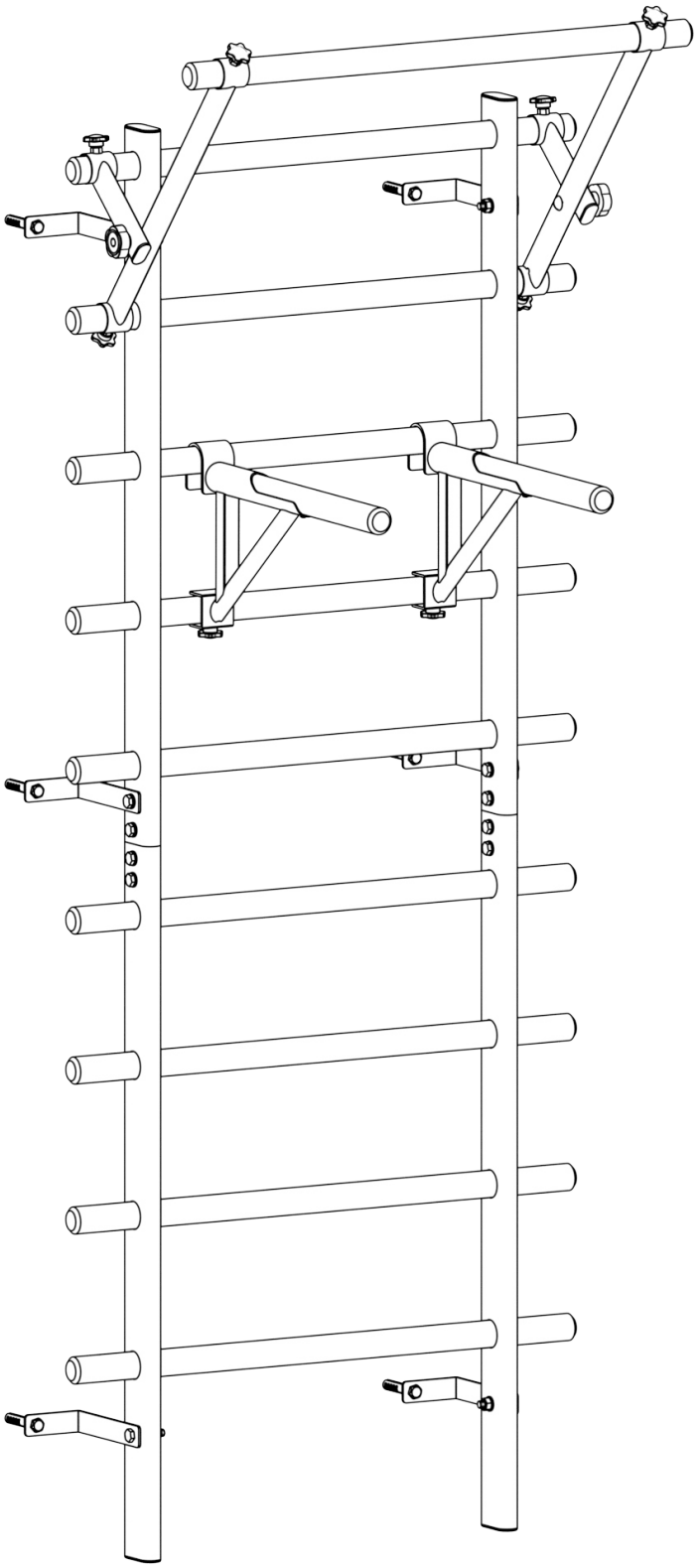
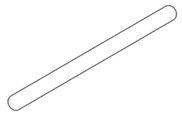
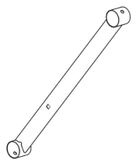
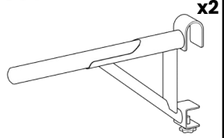
SYNERGEE®

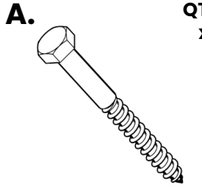
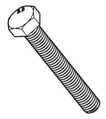
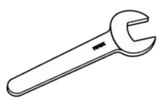
SWEDISH LADDER



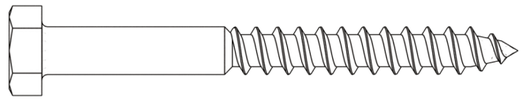
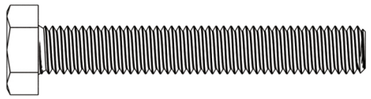
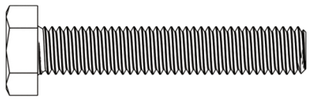
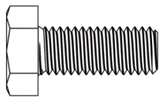
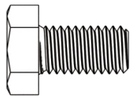
PARTS LIST

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

1. QTY x2 LOWER UPRIGHT (4 HOLES)	2. QTY x2 UPPER UPRIGHT (5 HOLES)	3. QTY x4 CONNECTION PLATE	4. QTY x6 WALL BRACKET	5. QTY x10  WOOD ROD
6. QTY x2 CONNECTION TUBE	7. QTY x2  PULL UP FRAME	8. QTY x8 TWIST KNOB	9. QTY x2 KNOB CAP	10. QTY x2  DIP BAR

A. QTY x6  M8x78 Screw	B. QTY x2  M8x55 Bolt	C. QTY x4 M8x45 Bolt	D. QTY x18 M8x20 Bolt	E. QTY x16 M8x10 Bolt
F. QTY x6 M8 EXPANSION SLEEVE	G. QTY x24 M8 WASHER	H. QTY x4 M8 NUT	I. QTY x2  WRENCH	J. QTY x6 M8 CONCRETE BOLT SET

HARDWARE SIZING CHART

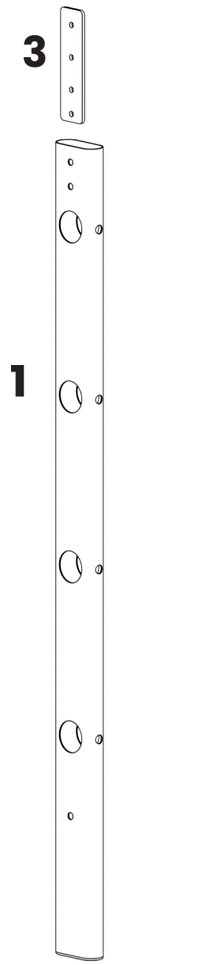
M8x78 SCREW	
M8x55 BOLT	
M8x45 BOLT	
M8x20 BOLT	
M8x10 BOLT	

ASSEMBLY
STEP: 1

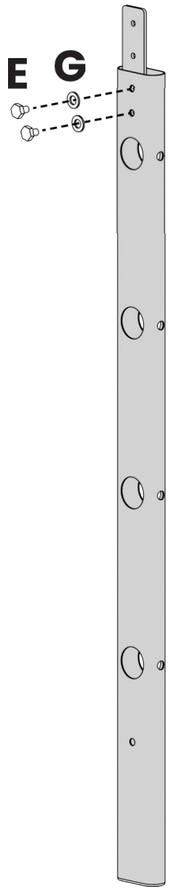
STEP PART GUIDE

#	PART NAME	QTY
1.	Lower Upright	1
3.	Connection Plate	2
E.	M8x10 Bolts	2
G.	M8 Washer	2

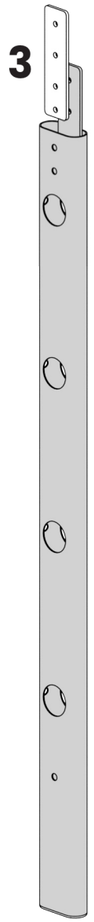
STEP A



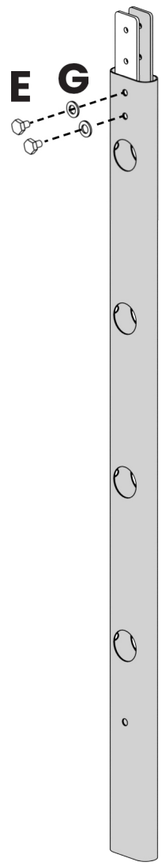
STEP B



STEP C



STEP D

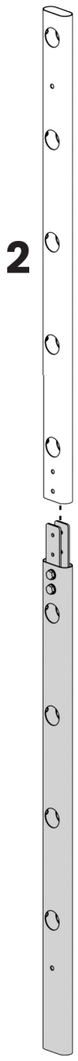


ASSEMBLY
STEP: 2

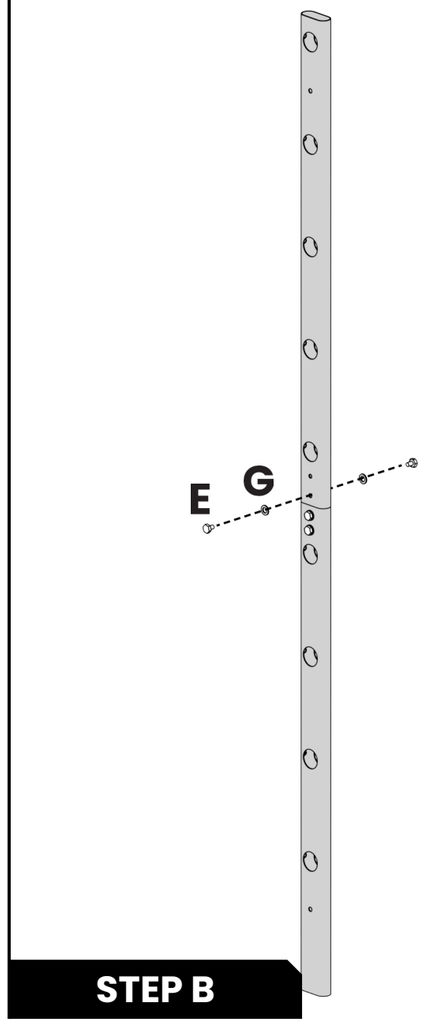
STEP PART GUIDE

#	PART NAME	QTY
2.	Upper Upright	1
E.	M8x10 Bolt	2
G.	M8 Washer	2

STEP A



STEP B

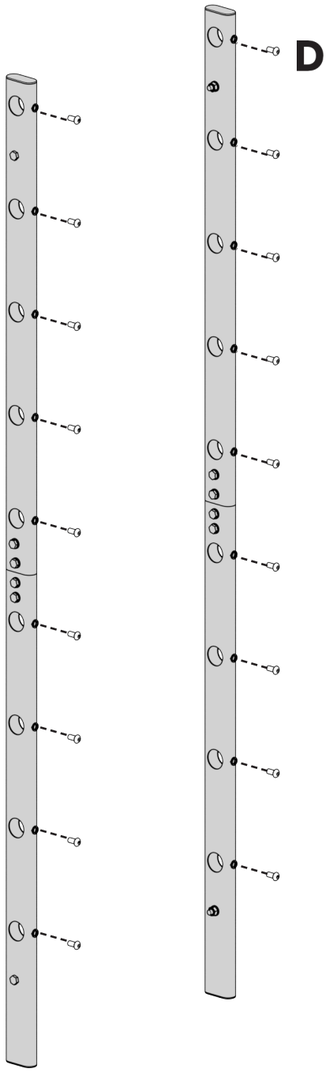


ATTENTION

REPEAT STEPS 1 AND 2 AGAIN TO CREATE A SECOND COMPLETE UPRIGHT.

ASSEMBLY
STEP:3

STEP PART GUIDE		
#	PART NAME	QTY
D.	M8x20 Bolt	18

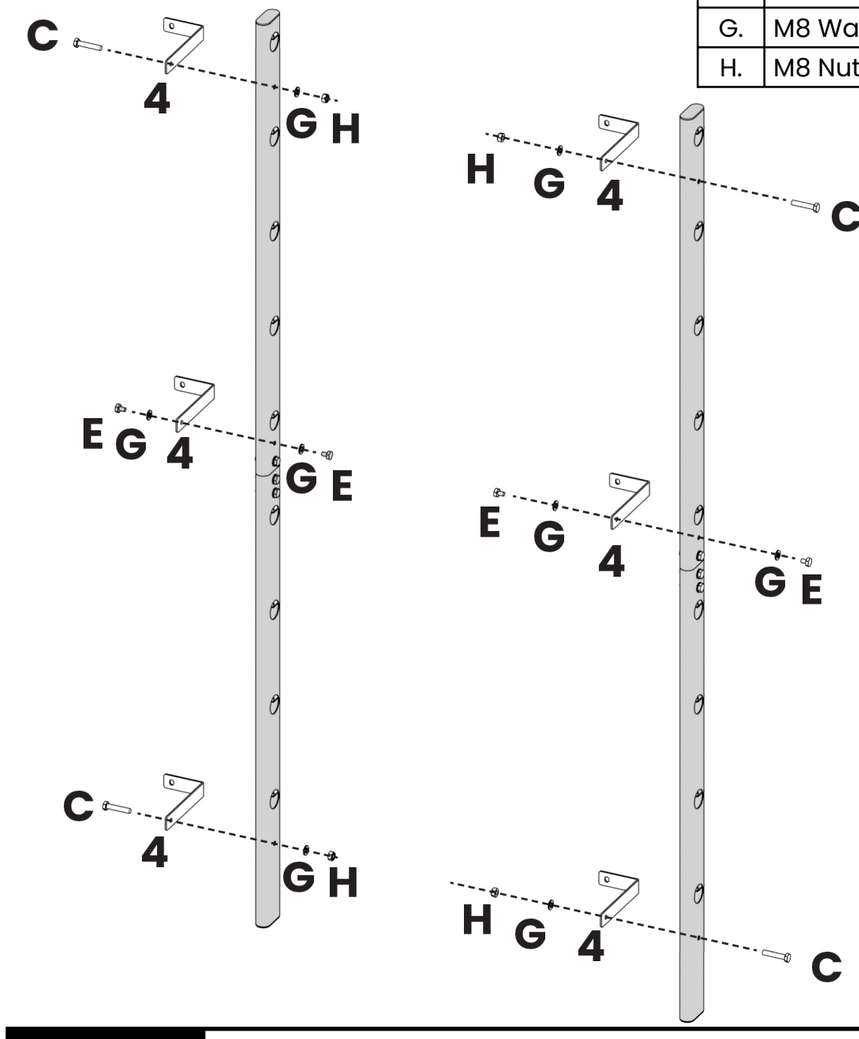


ATTENTION

ONLY HAND TIGHTEN THE BOLTS IN THIS STEP. ENSURE THEY DO NOT PROTRUDING IN THE SIDE OPENINGS OF THE UPRIGHT

ASSEMBLY
STEP: 4 (24”)

STEP PART GUIDE		
#	PART NAME	QTY
4.	Wall Bracket	6
C.	M8x45 Bolt	4
E.	M8x10 Bolt	2
G.	M8 Washer	8
H.	M8 Nut	4

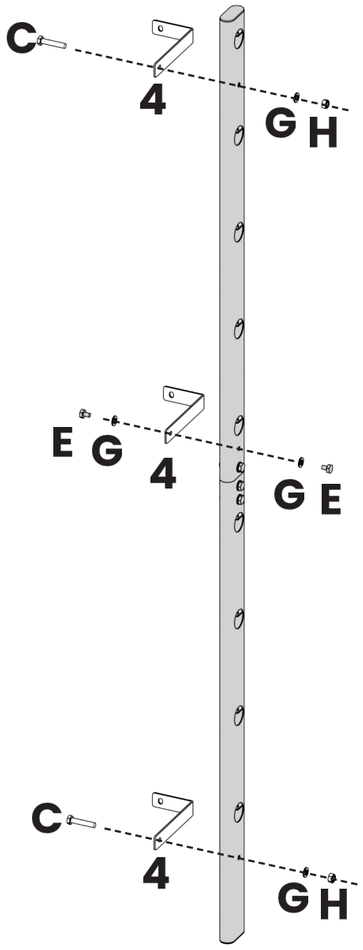


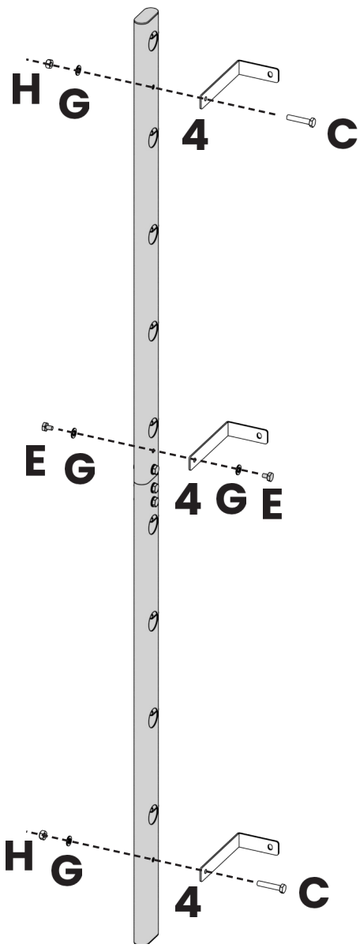
ATTENTION

IF YOU HAVE 24” STUDS DO THIS STEP AND CONTINUE TO STEP 6. IF YOU HAVE 16” STUDS PLEASE SKIP THIS STEP AND GO TO STEP 5 AND CONTINUE FROM THERE. IF INSTALLING INTO CONCRETE SKIP TO STEP STEP 9.

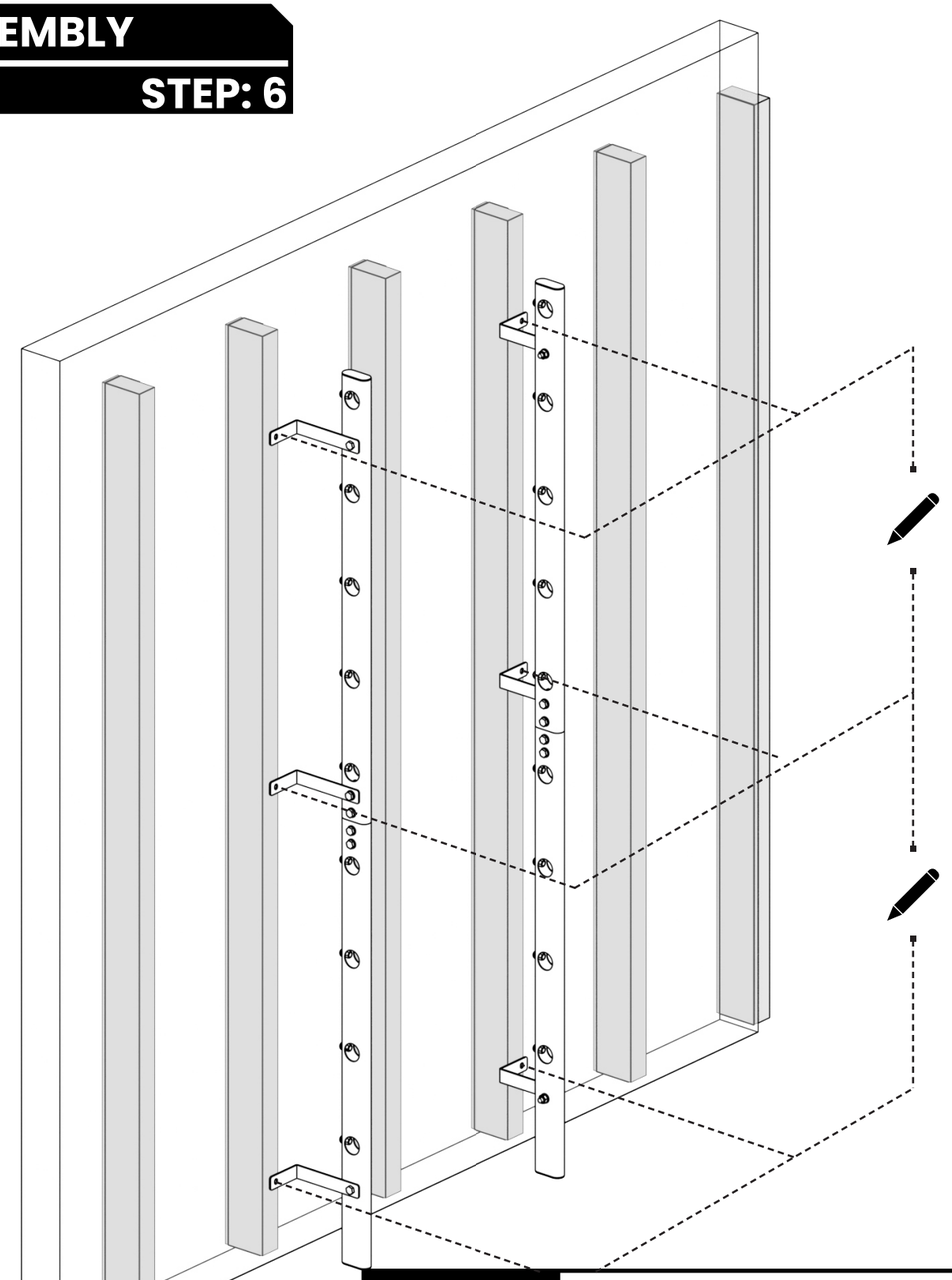
ASSEMBLY
STEP: 5 (16”)

STEP PART GUIDE		
#	PART NAME	QTY
4.	Wall Bracket	6
C.	M8x45 Bolt	4
E.	M8x10 Bolt	2
G.	M8 Washer	8
H.	M8 Nut	4





ASSEMBLY
STEP: 6



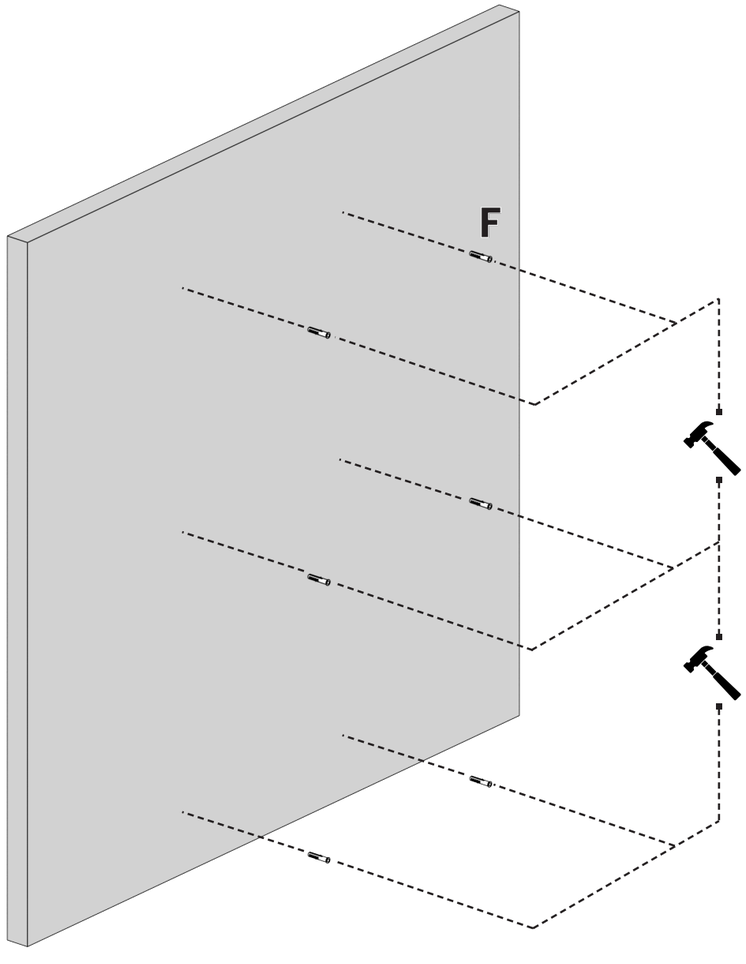
ATTENTION
MARK WITH A PENCIL WHERE THE MOUNTING HOLES LINE UP WITH THE STUD.

ASSEMBLY
STEP: 7

STEP PART GUIDE		
#	PART NAME	QTY
F.	M8 Expansion Sleeve	6

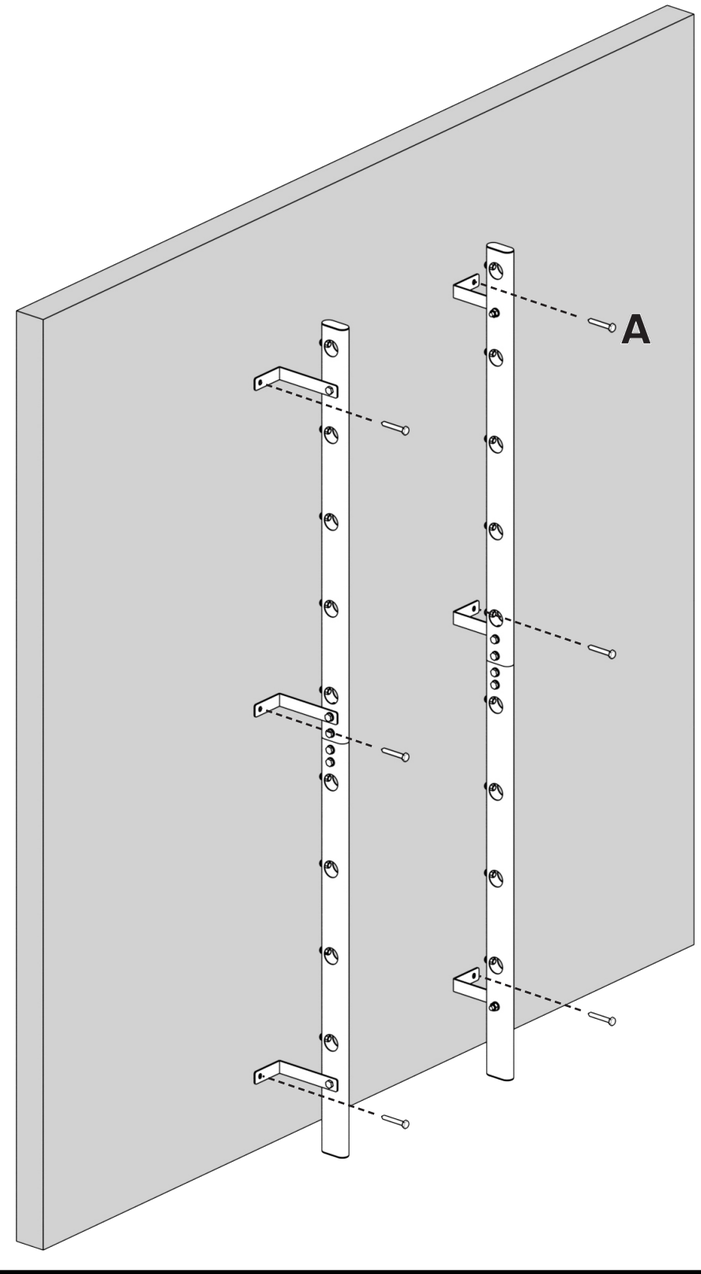
ATTENTION

GENTLY TAP THE EXPANSION BOLTS INTO WHERE YOUR PENCIL MARKINGS ARE



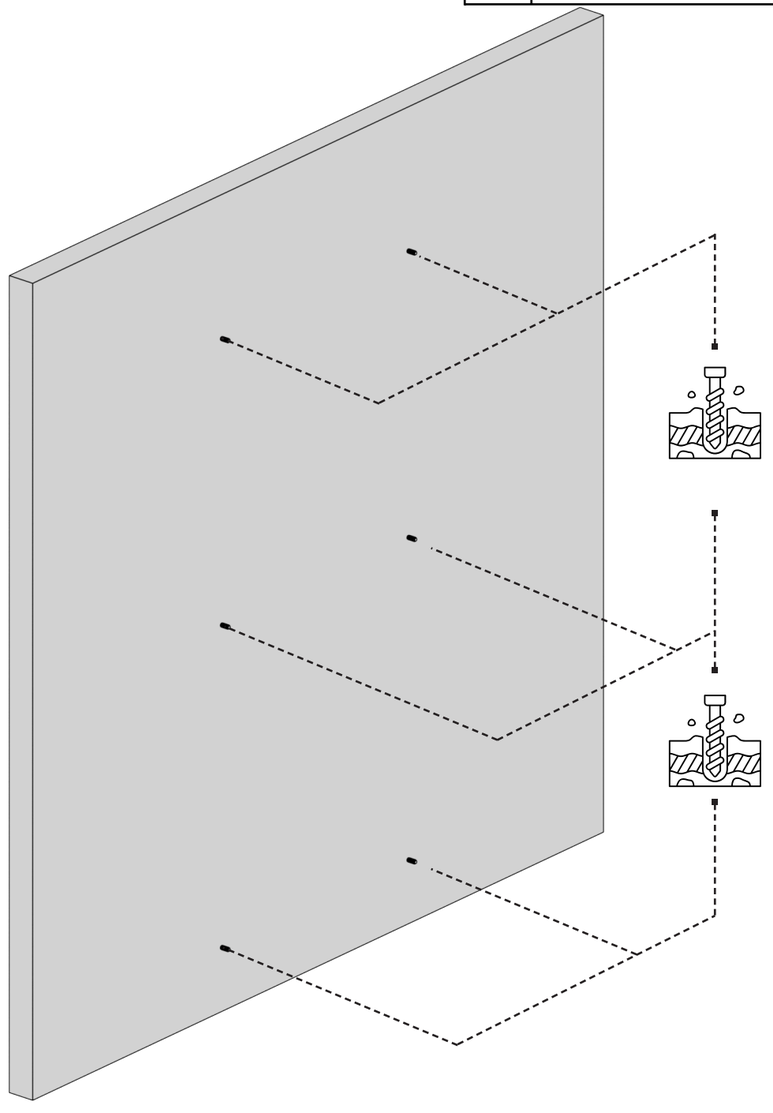
ASSEMBLY
STEP: 8

STEP PART GUIDE		
#	PART NAME	QTY
A.	M8x78 Screws	6



ASSEMBLY
STEP: 9

STEP PART GUIDE		
#	PART NAME	QTY
J.	M8 Concrete Bolt	6

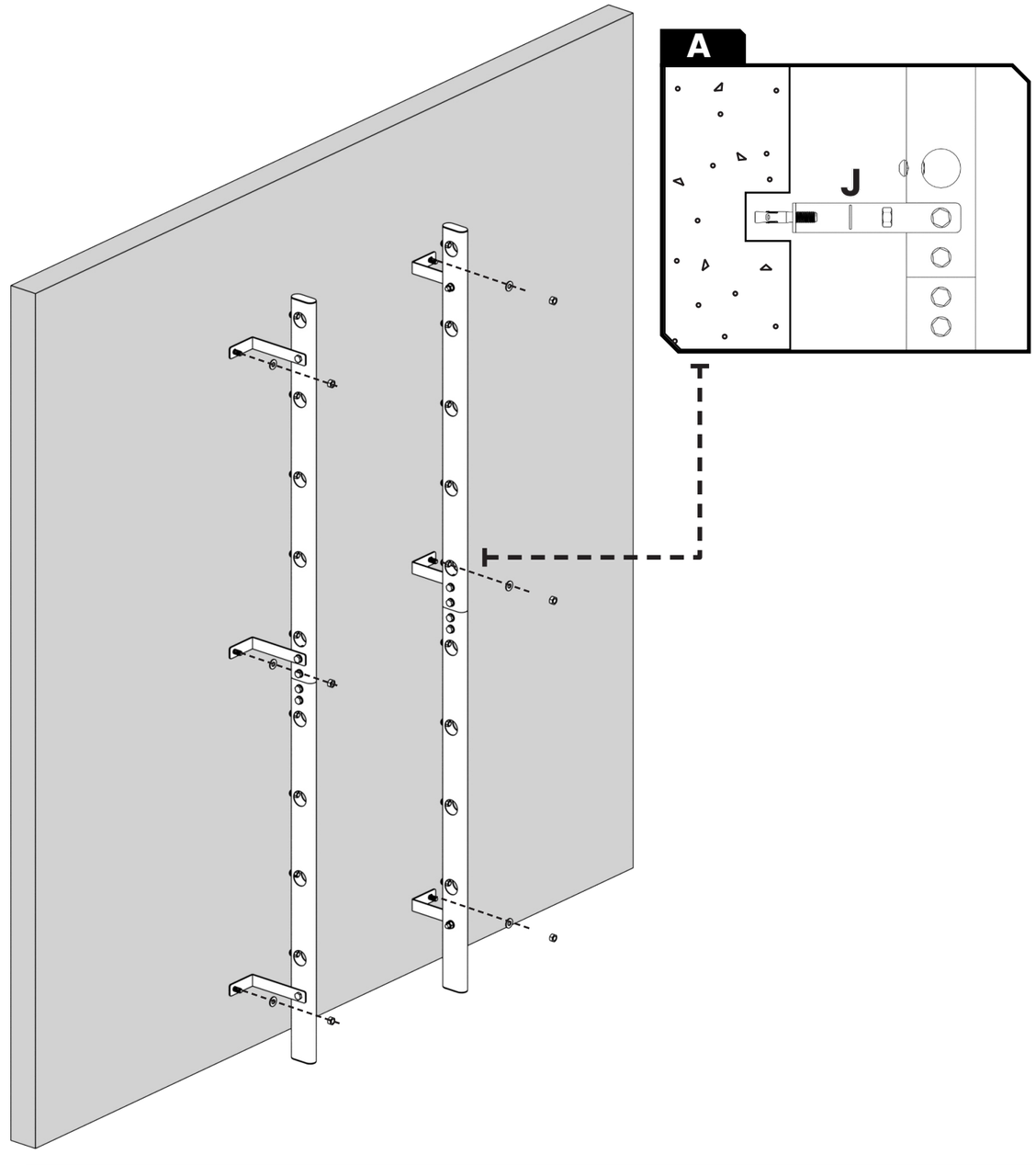


ATTENTION

Drill Preliminary hole in concrete wall with a 1/2" Drill Bit. Remove the nut, washer, and lock washer, and insert concrete bolt into wall1/2" Drill Bit Required for concrete wall mounting

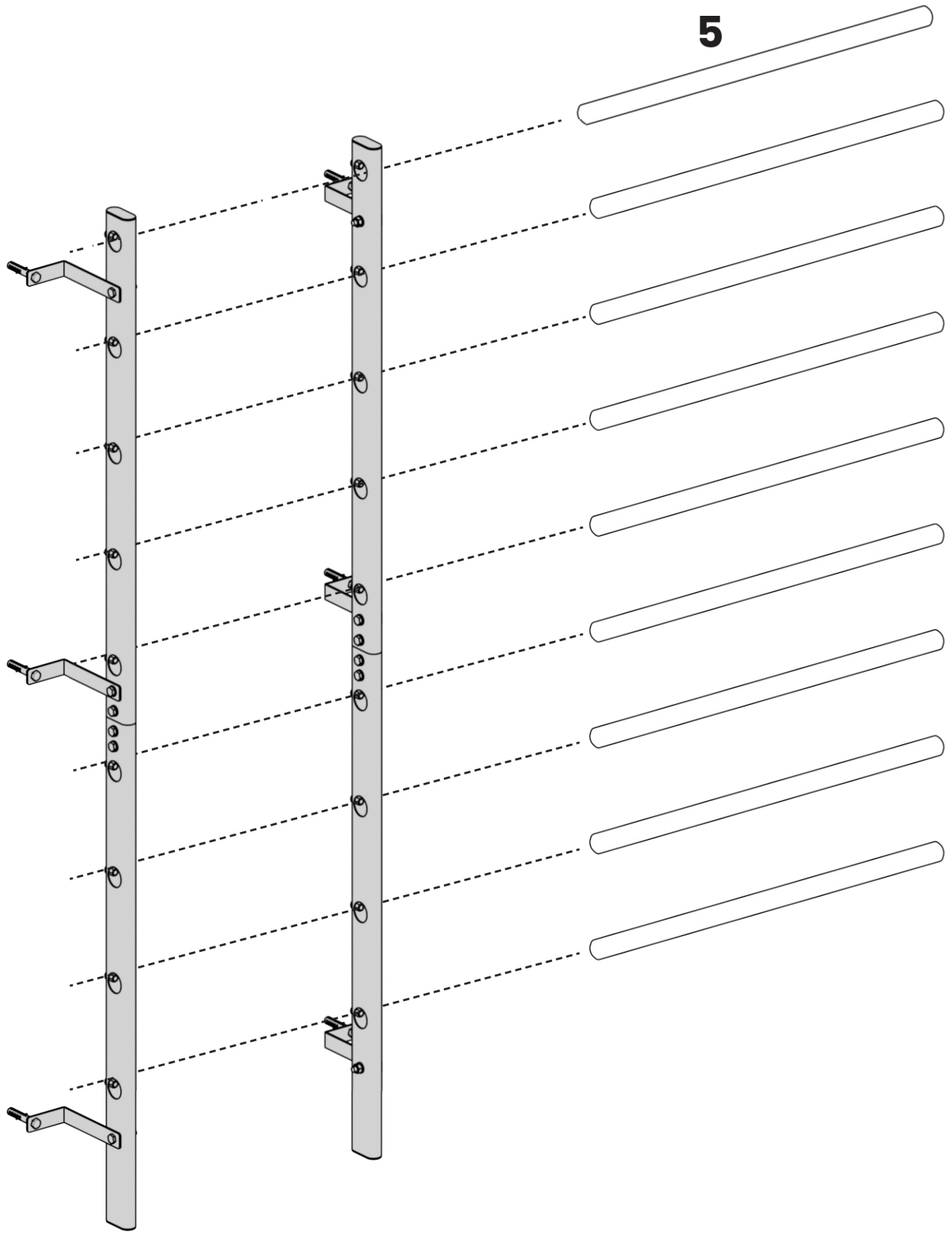
ASSEMBLY
STEP: 10

STEP PART GUIDE		
#	PART NAME	QTY
J.	M8 Concrete Bolt	6

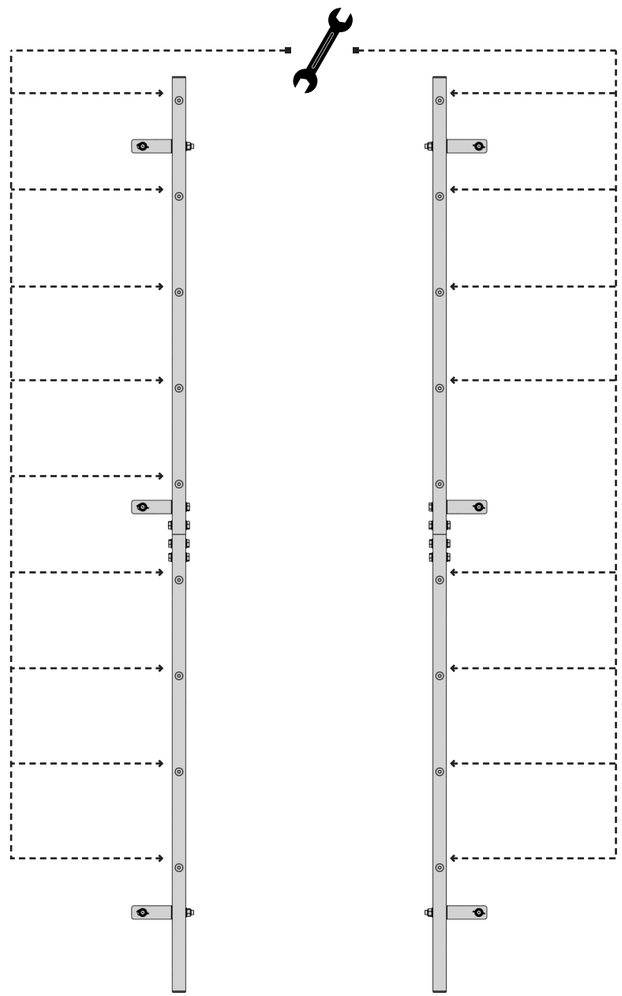


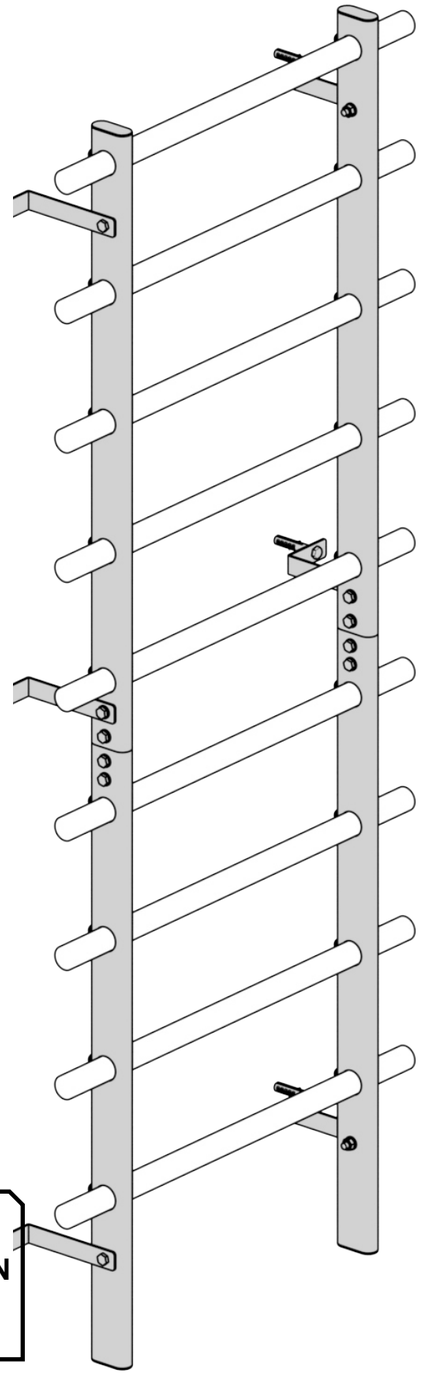
ASSEMBLY
STEP: 11

STEP PART GUIDE		
#	PART NAME	QTY
5.	Wood Rod	9



ASSEMBLY
STEP: 12

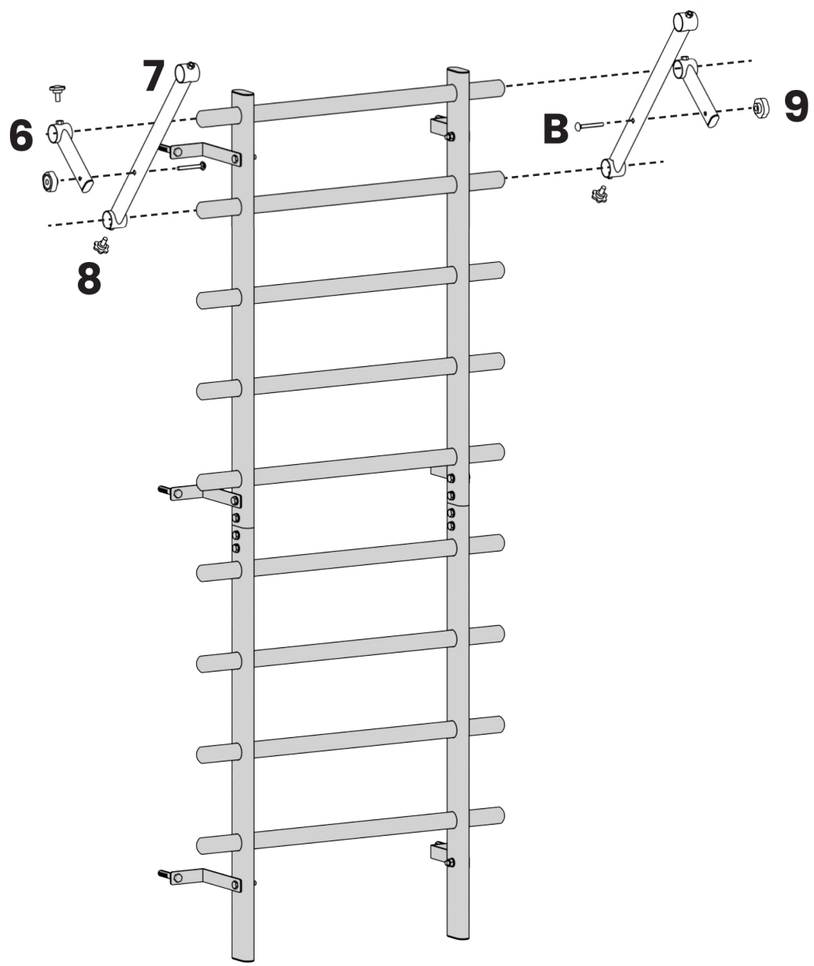


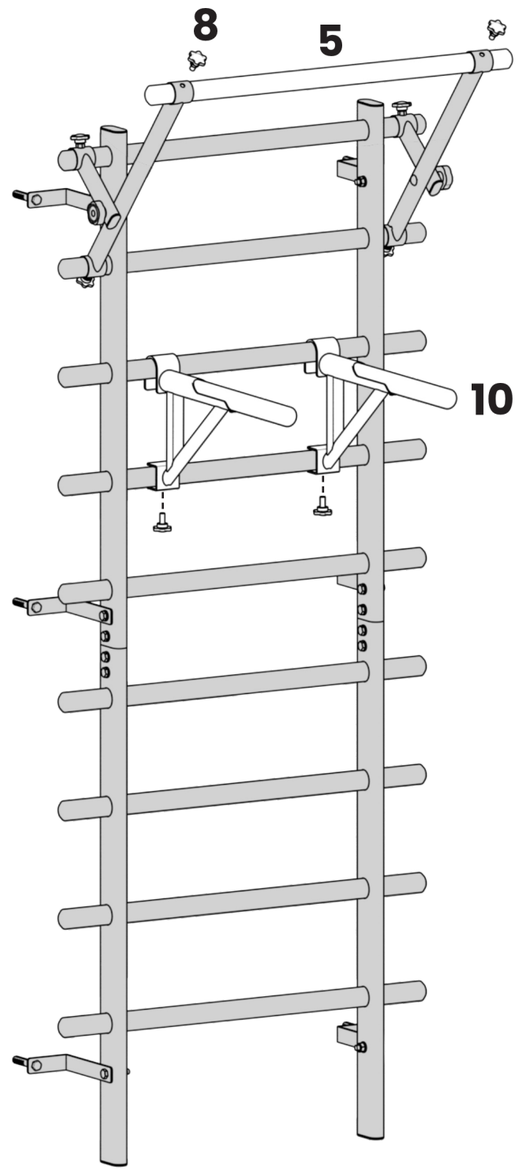


ATTENTION
BEFORE CONTINUING TIGHTEN BOLTS SECURING THE WOOD FULLY WITH A WRENCH

ASSEMBLY
STEP: 13

STEP PART GUIDE		
#	PART NAME	QTY
6.	Connection Tube	2
7.	Pull Up Frame	2
8.	Twist Knob	4
9.	Knob Cap	2
B.	M8x55 Bolt	2



ASSEMBLY
STEP: 14

STEP PART GUIDE		
#	PART NAME	QTY
5.	Wood Rod	2
8.	Twist Knob	4
10.	Dip Bar	2