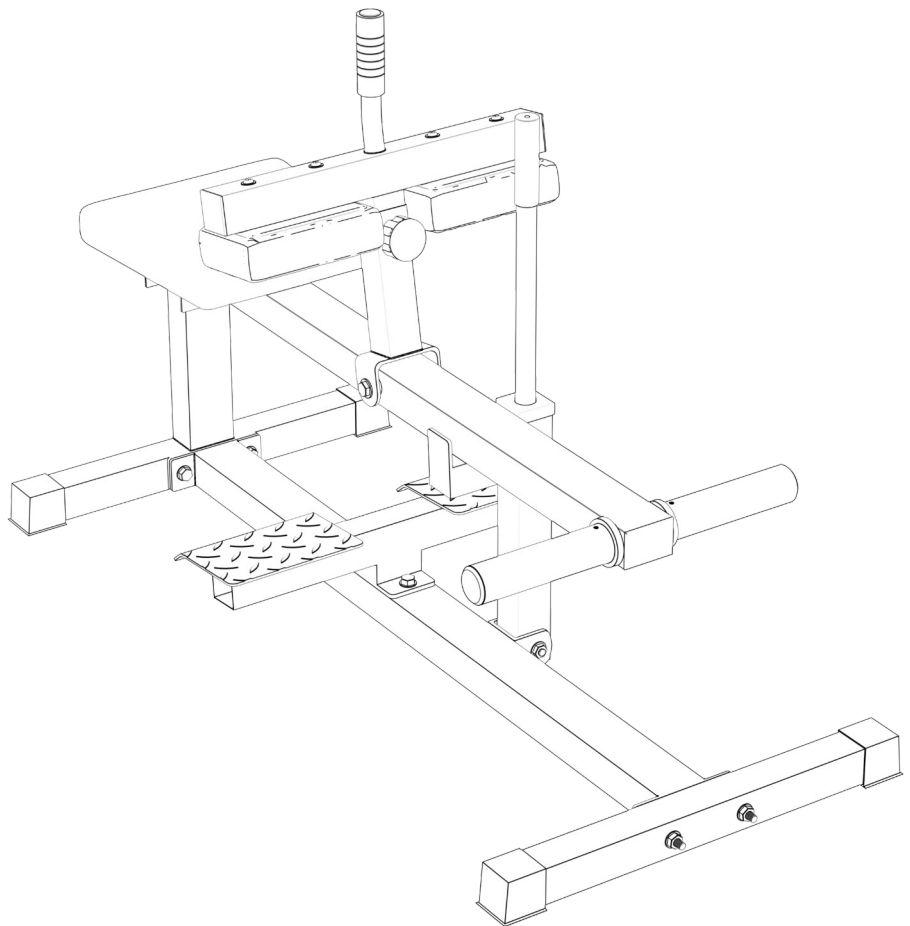


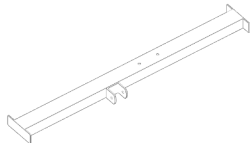
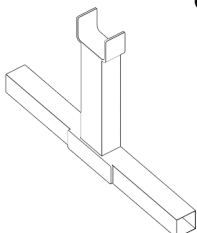
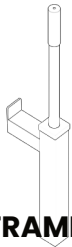
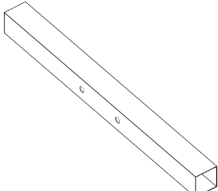
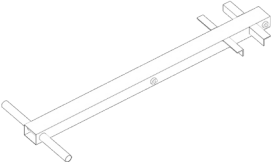
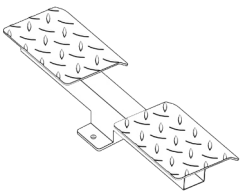
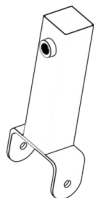
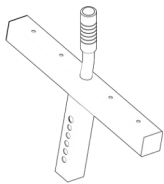
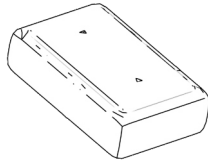
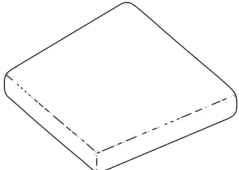
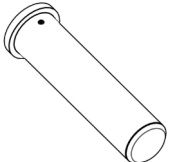
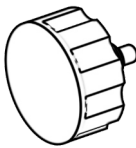
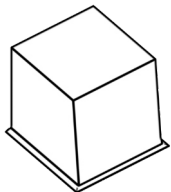
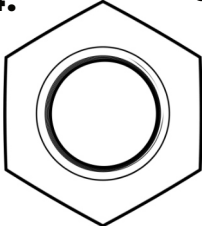
 **SYNERGEE<sup>®</sup>**

# CALF RAISE MACHINE





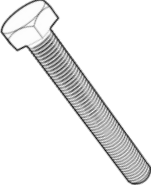
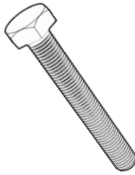
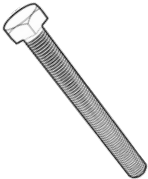
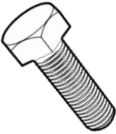
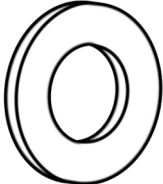
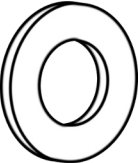

# PARTS LIST

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

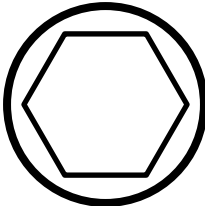
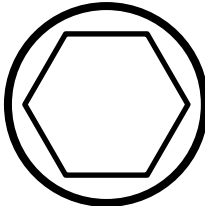
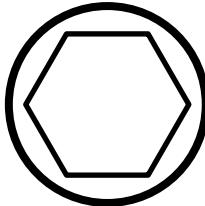

<b>1.</b> QTY x1  <b>MAIN FRAME</b>	<b>2.</b> QTY x1  <b>REAR FRAME</b>	<b>3.</b> QTY x1  <b>MAIN FRAME SUPPORT</b>	<b>4.</b> QTY x1  <b>FRONT FOOT TUBE</b>	<b>5.</b> QTY x1  <b>CARRIAGE FRAME</b>
<b>6.</b> QTY x1  <b>Foot Board</b>	<b>7.</b> QTY x1  <b>KNEE PAD SUPPORT</b>	<b>8.</b> QTY x1  <b>KNEE PAD ADJUST BRACKET</b>	<b>9.</b> QTY x2  <b>KNEE PAD</b>	<b>10.</b> QTY x1  <b>SEAT PAD</b>
<b>11.</b> QTY x2  <b>OLYMPIC SLEEVE</b>	<b>12.</b> QTY x1  <b>POP PIN</b>	<b>13.</b> QTY x4  <b>OUTER CAP</b>	<b>14.</b> QTY x2  <b>SPRING CLIP</b>	

# PARTS LIST

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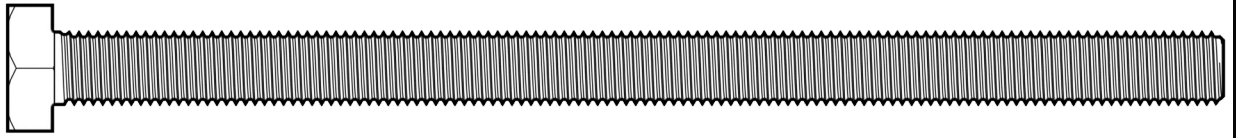
<b>A.</b>  <b>M10x155 Hex Bolt</b>	<b>B.</b>  <b>M10x115 Hex Bolt</b>	<b>C.</b>  <b>M10x70 Hex Bolt</b>	<b>D.</b>  <b>M10x65 Hex Bolt</b>	<b>E.</b>  <b>M8x70 Hex Bolt</b>
<b>F.</b>  <b>M8x25 Hex Bolt</b>	<b>G.</b>  <b>M10 Washer</b>	<b>H.</b>  <b>M8 Washer</b>	<b>I.</b>  <b>M10 Nut</b>	

## TOOLS REQUIRED

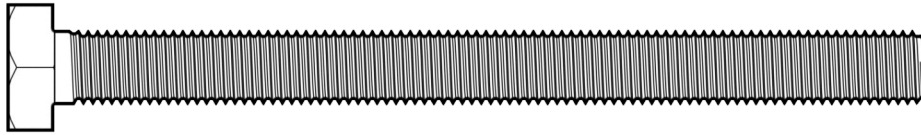
 <b>13mm</b>	 <b>17mm</b>	 <b>19mm</b>	 <b>Socket Wrench</b>
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# HARDWARE SIZING CHART

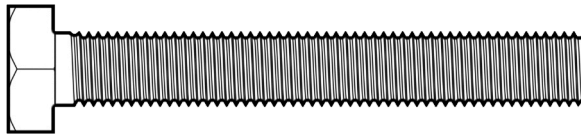
**M10x155  
BOLT**



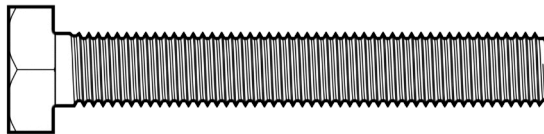
**M10x115  
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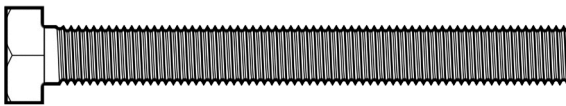
**M10x70  
BOLT**



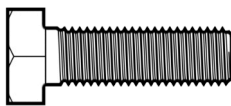
**M10x65  
BOLT**



**M8x70  
BOLT**



**M8x25  
BOLT**

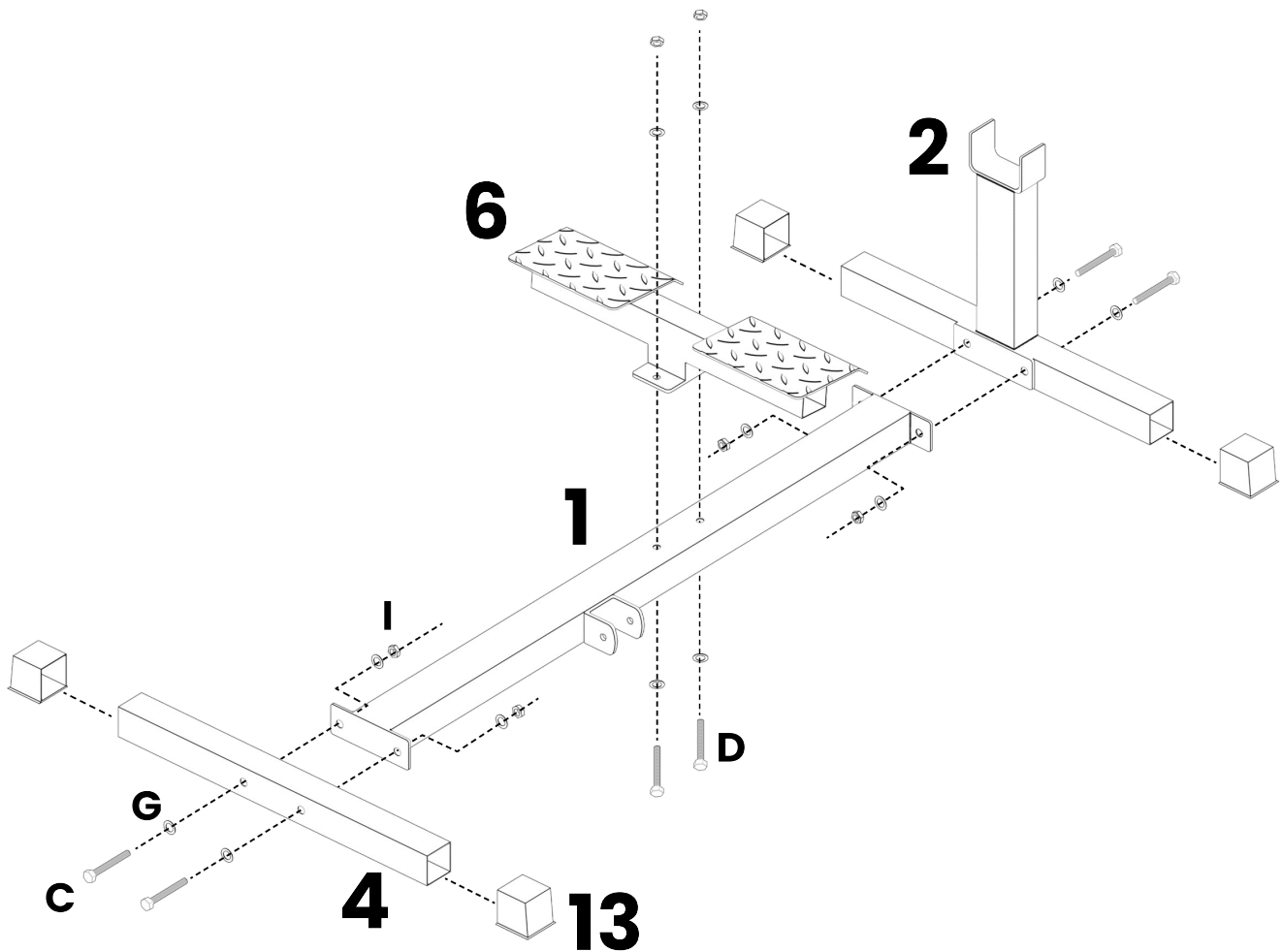


# ASSEMBLY

## STEP: 1

### STEP PART GUIDE

#	PART NAME	QTY
1.	Main Frame	1
2.	Rear Frame	1
4.	Front Foot Tube	1
6.	Foot Board	1
13.	Outer Cap	4
C.	M10x70 Bolt	4
D.	M10x65 Bolt	2
G.	M10 Washer	12
I.	M10 Nut	6

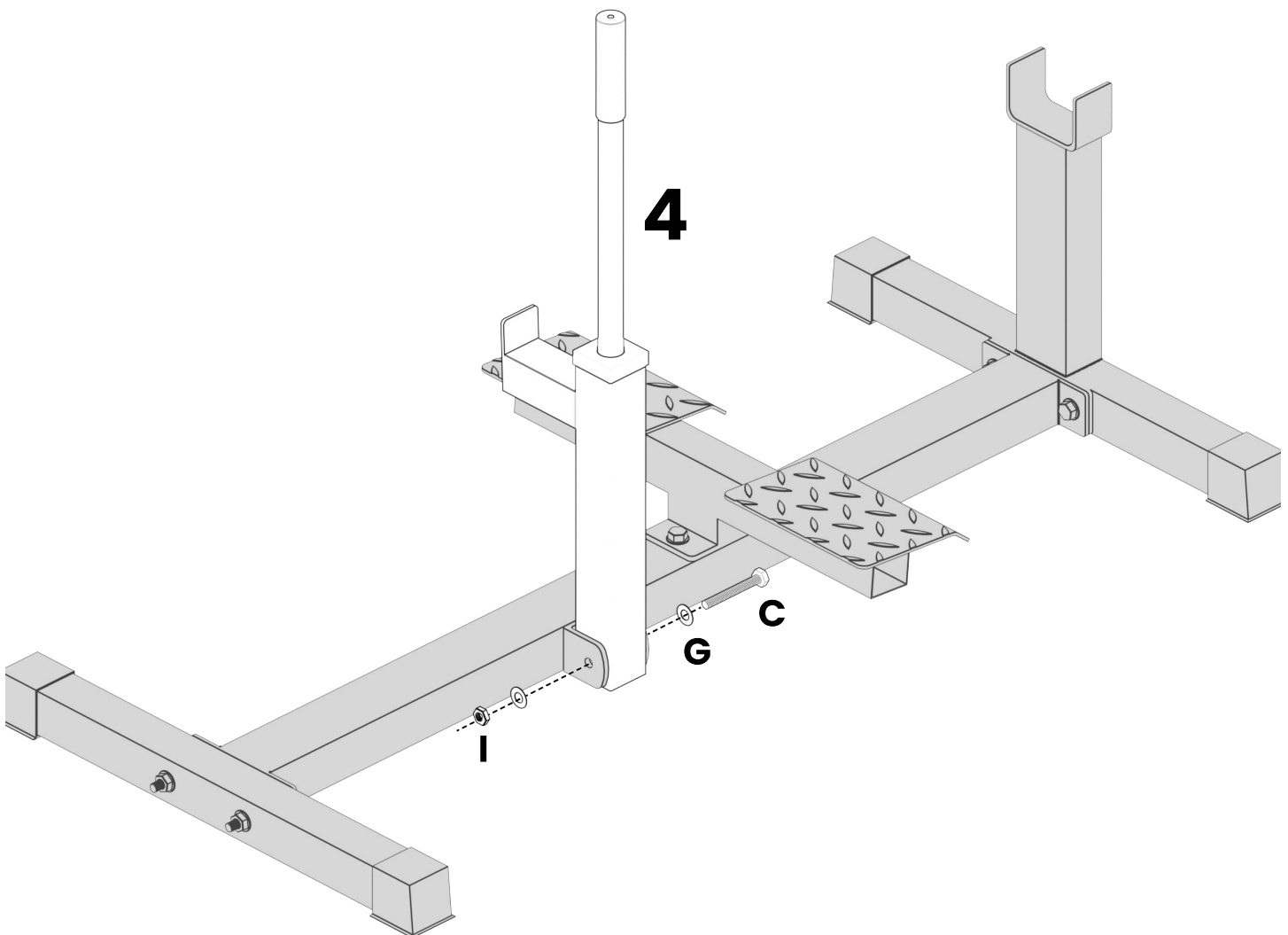


## ASSEMBLY

### STEP: 2

## STEP PART GUIDE

#	PART NAME	QTY
4.	Main Frame Support	1
C.	M10x70 Bolt	1
G.	M10 Washer	2
I.	M10 Nut	1

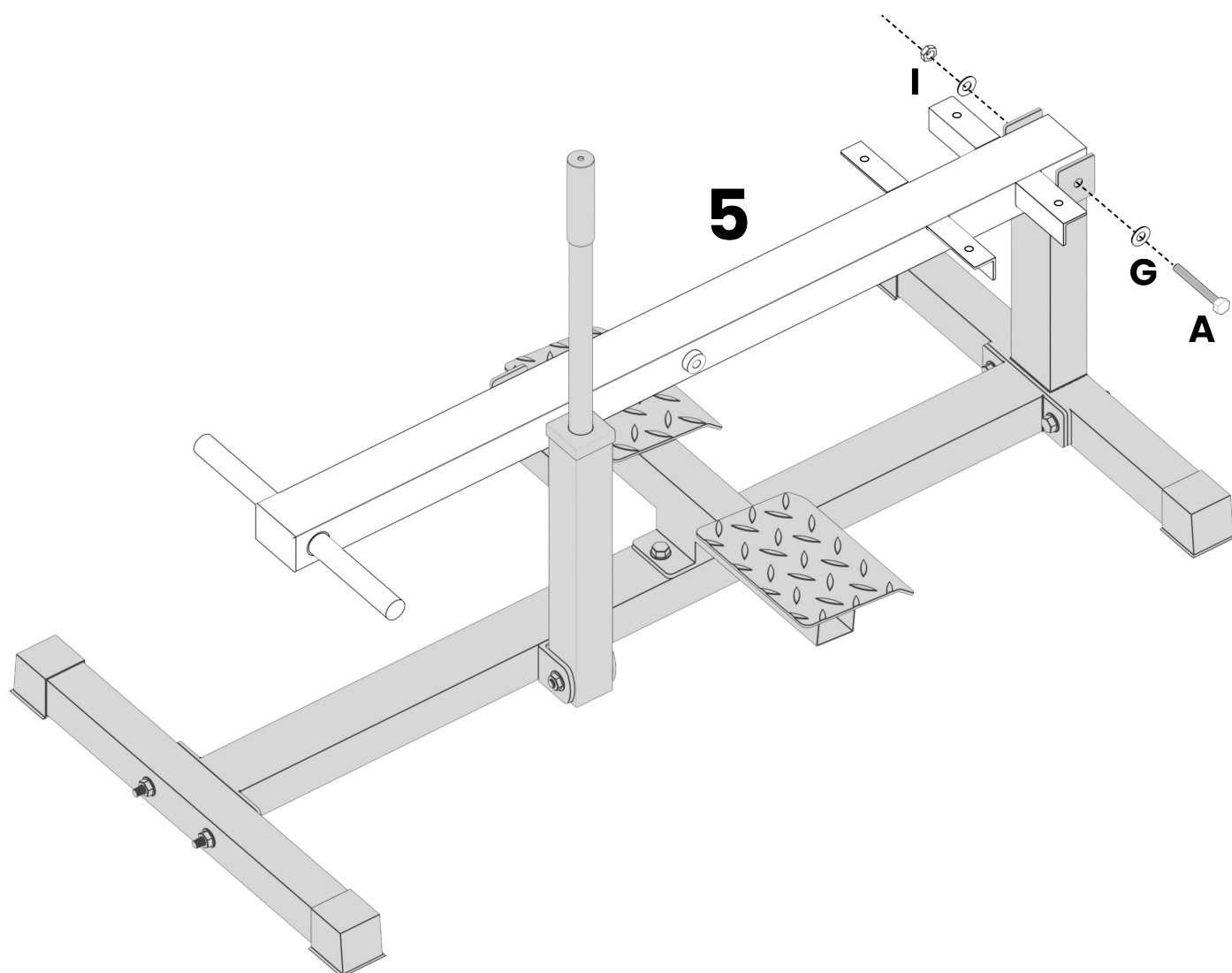


## ASSEMBLY

### STEP: 3

## STEP PART GUIDE

#	PART NAME	QTY
5.	Carriage Frame	1
A.	M10x155 Bolt	1
G.	M10 Washer	2
I.	M10 Nut	1

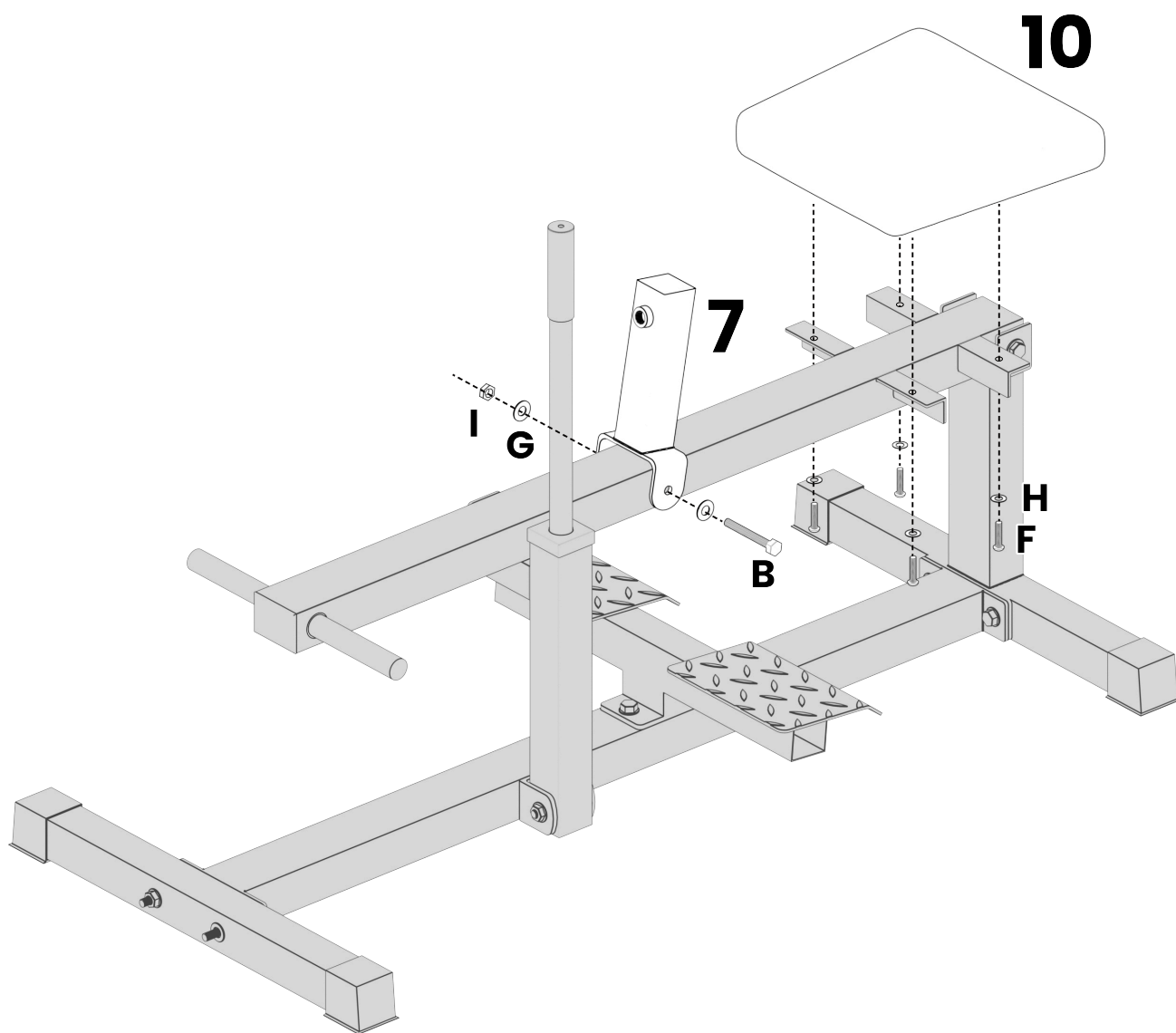


## ASSEMBLY

### STEP: 4

## STEP PART GUIDE

#	PART NAME	QTY
7.	Knee Pad Support	1
10.	Seat Pad	1
B.	M10x115 Bolt	1
F.	M8x25 Bolt	4
G.	M10 Washer	2
H.	M8 Washer	4
I.	M10 Nut	1



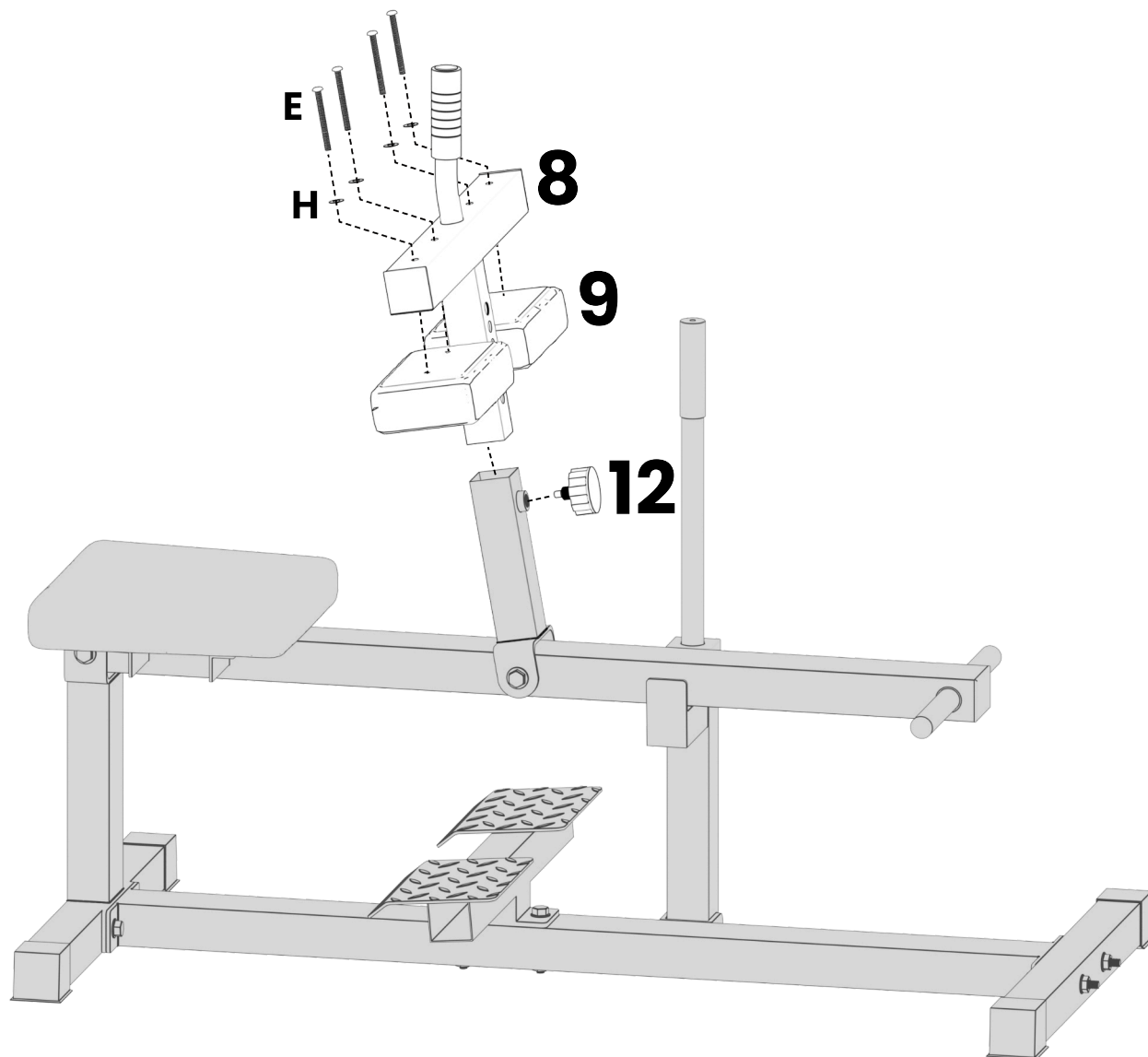


## ASSEMBLY

### STEP: 5

## STEP PART GUIDE

#	PART NAME	QTY
8.	Knee Pad Adjustable Bracket	1
9.	Knee Pad	2
12.	Pop Pin	1
E.	M8x70 Bolt	4
H.	M8 Washer	4

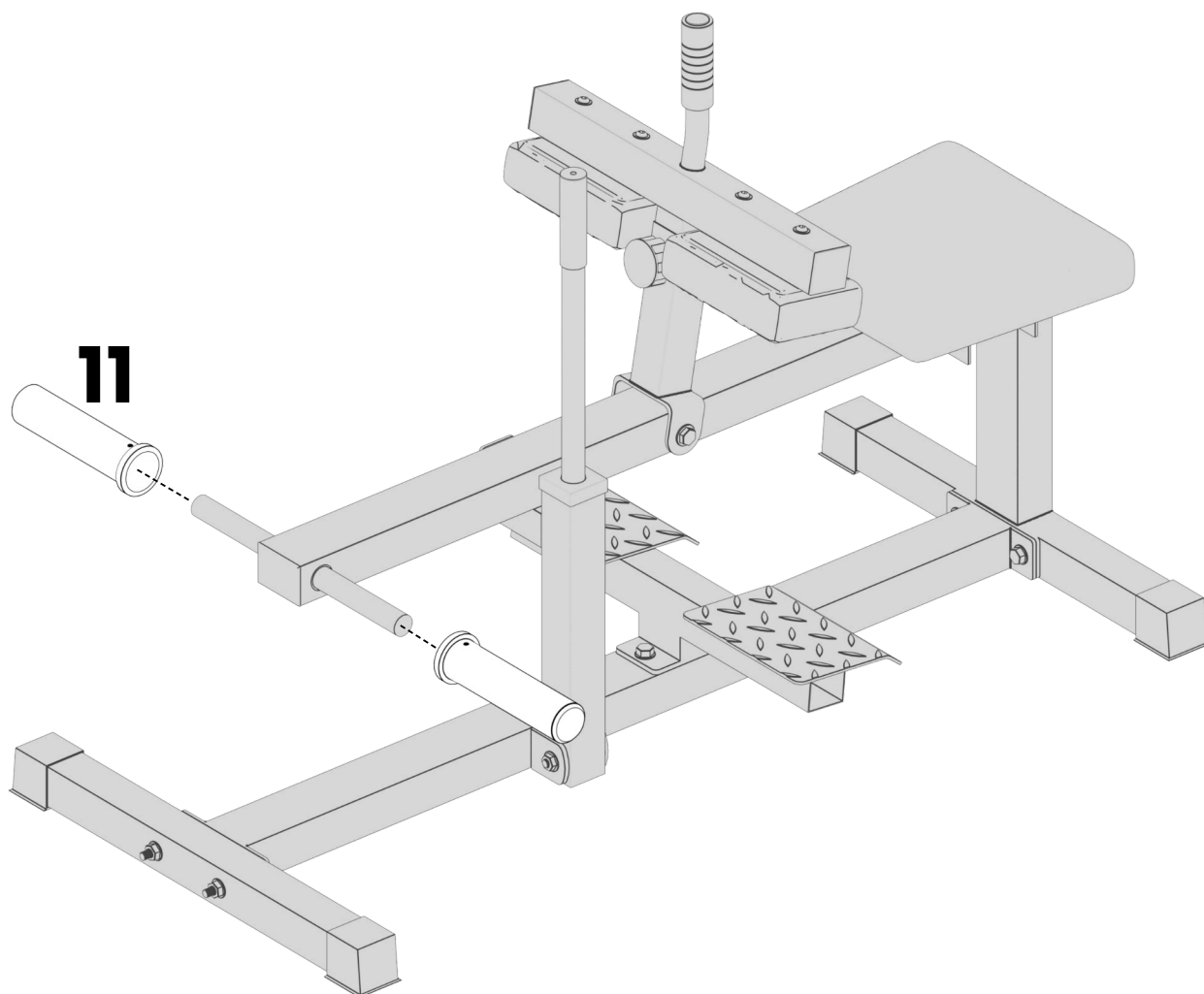


## ASSEMBLY

### STEP: 6

## STEP PART GUIDE

#	PART NAME	QTY
11.	Olympic Sleeve	2
14.	Spring Clip	2



To install Olympic Sleeves, insert on the machine as follows and tighten with a hex key.