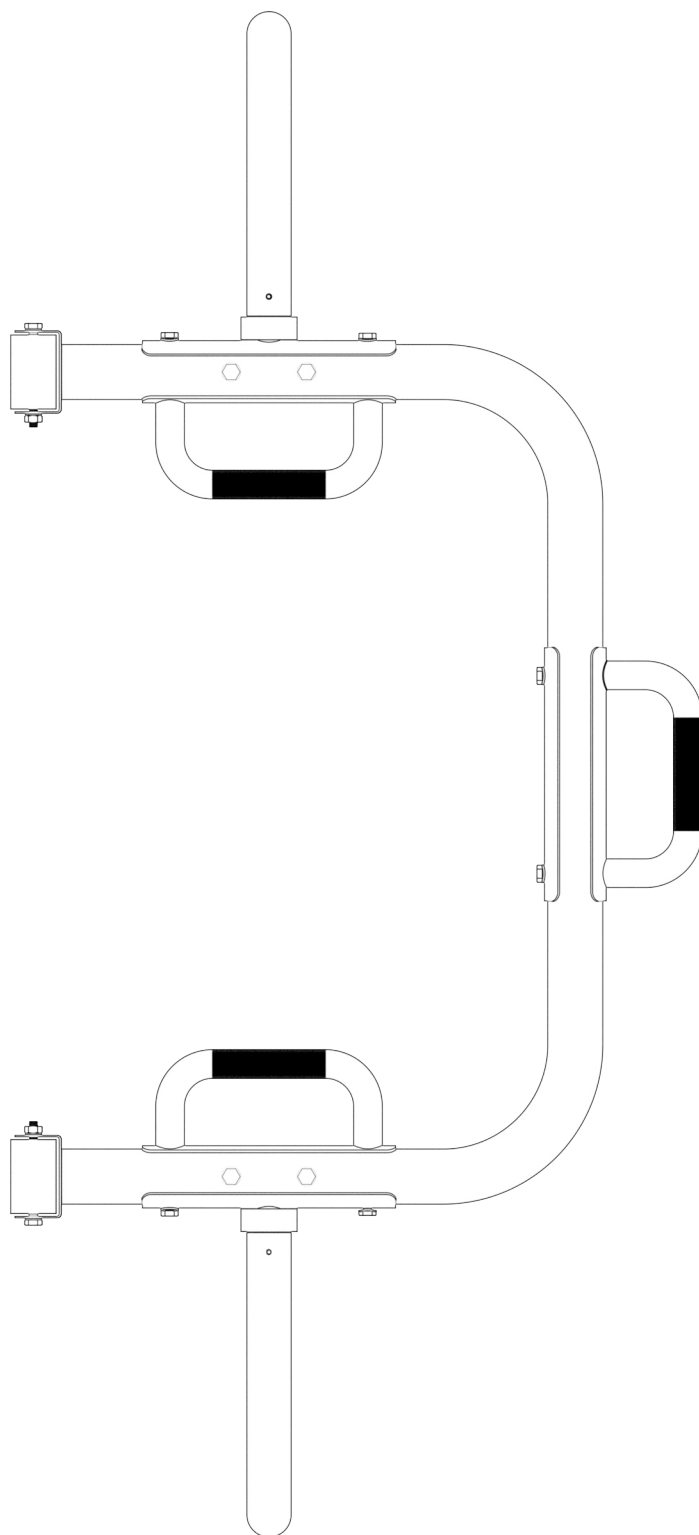
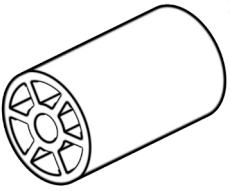
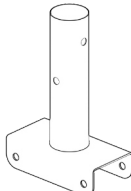
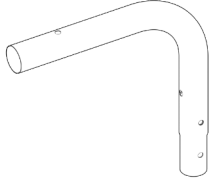
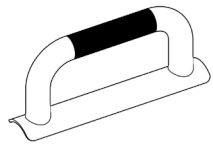
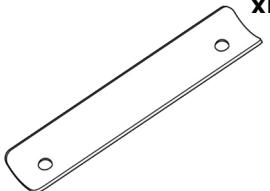
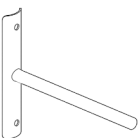
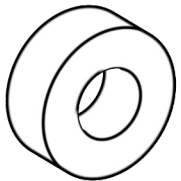
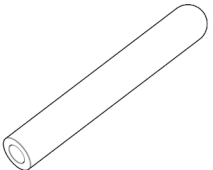
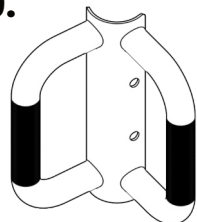


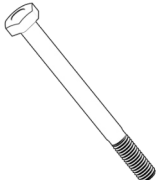
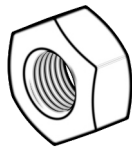
STANDING HEX BAR



PARTS LIST

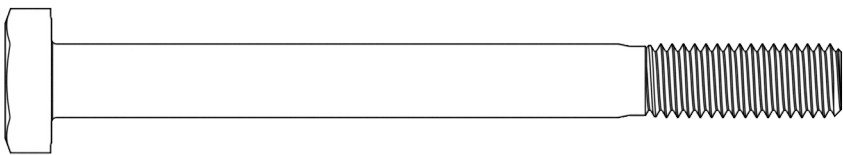
IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

1. QTY x4  BASE WHEELS	2. QTY x2  BASE FRAME	3. QTY x2  BODY FRAME	4. QTY x1  TOP HANDLE	5. QTY x1  HANDLE SUPPORT
6. QTY x2  PLATE LOADER	7. QTY x2  RUBBER RING	8. QTY x2  2" CONVERTER	9. QTY x2  SIDE HANDLE	

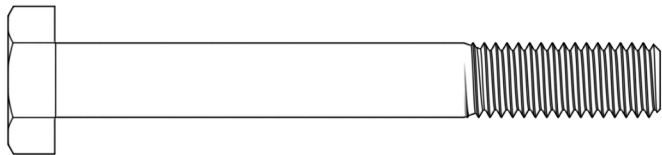
A. QTY x4  M10x105 BOLT	B. QTY x14  M10x80 BOLT	C. QTY x2  GRUB SCREW	D. QTY x8  M10 WASHER	E. QTY x22  M10 CURVED WASHER
F. QTY x12  M10 NUT				

HARDWARE SIZING CHART

**M10x105
BOLT**



**M10x80
BOLT**



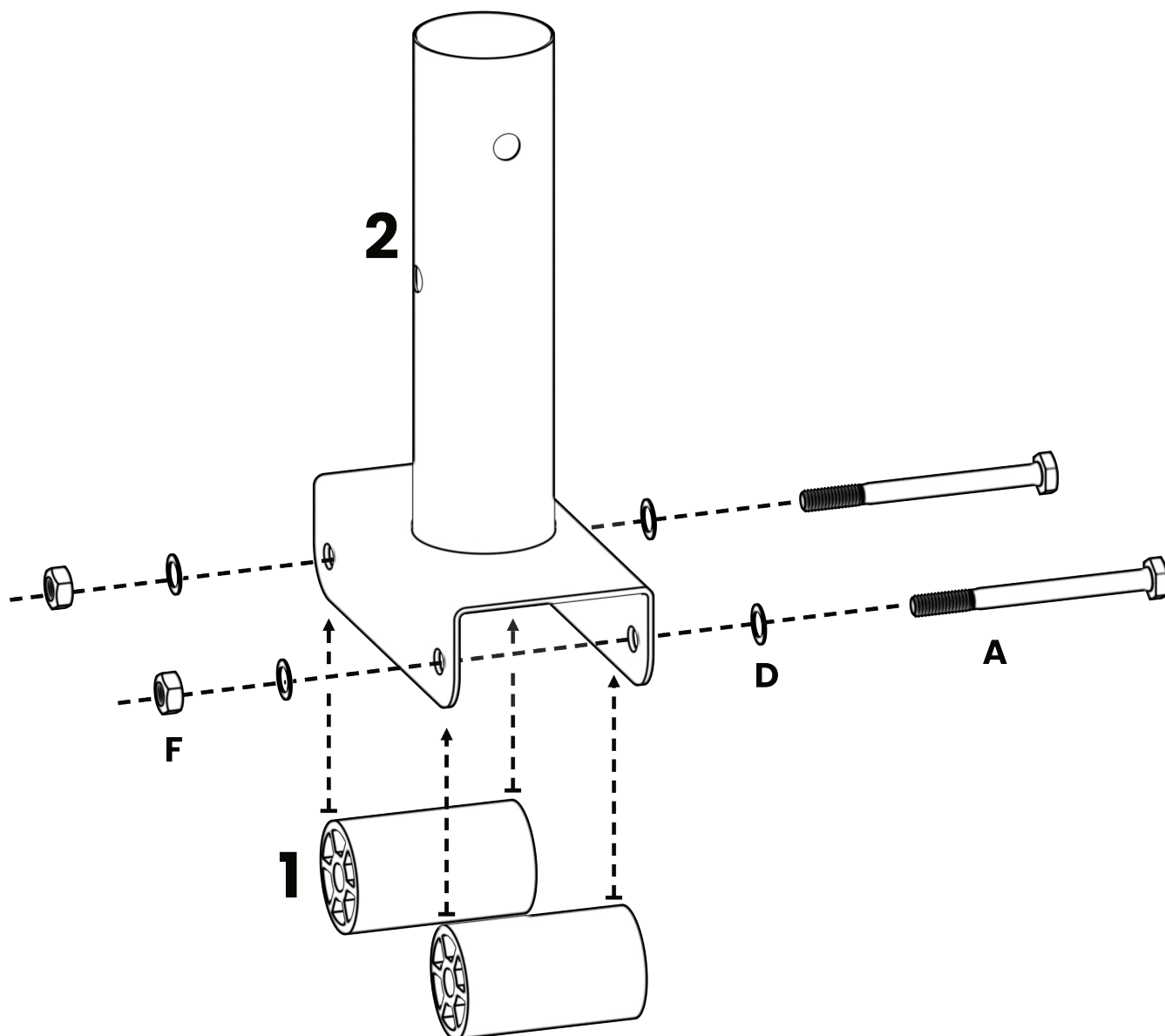
ASSEMBLY

STEP: 1

REPEAT STEP TWICE

STEP PART GUIDE

#	PART NAME	QTY
1.	Base Wheels	4
2.	Base Frame	2
A.	M10x105 Bolt	4
D.	M10 Washer	8
F.	M10 Nut	4

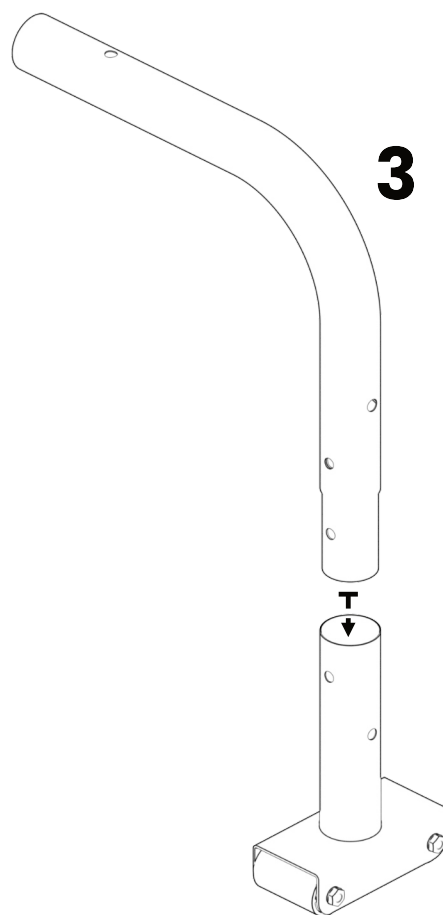
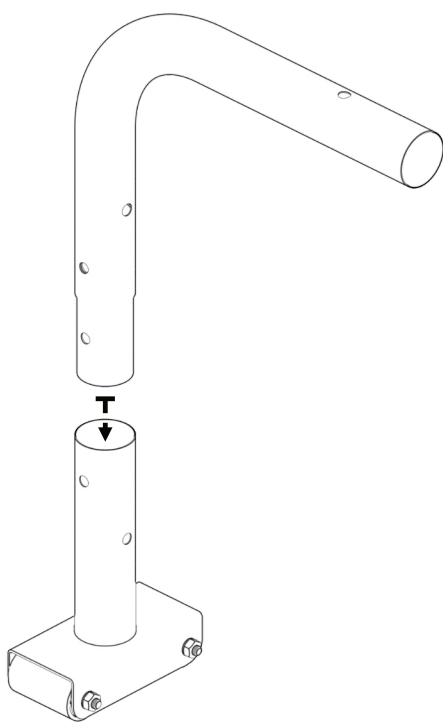


ASSEMBLY

STEP:2

STEP PART GUIDE

#	PART NAME	QTY
3.	Body Frame	2

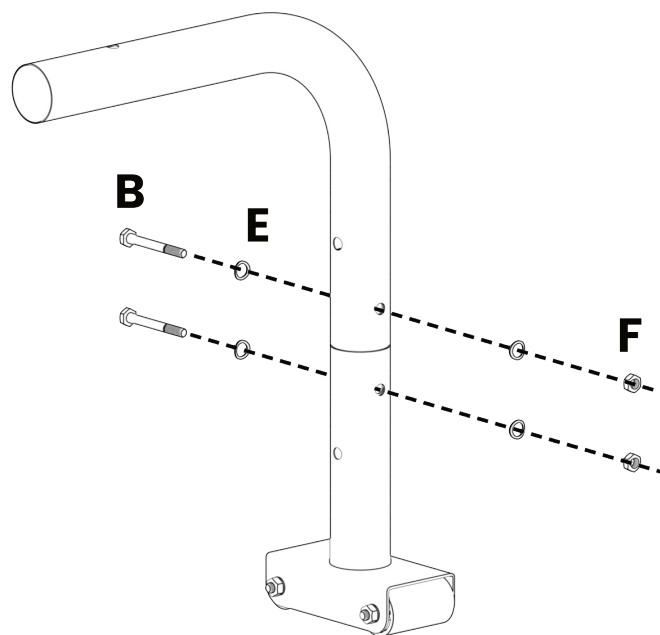
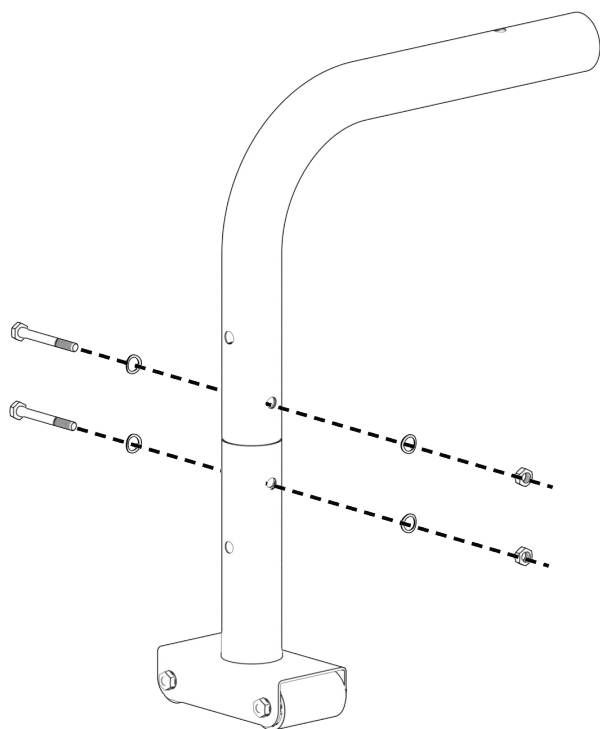


ASSEMBLY

STEP: 3

STEP PART GUIDE

#	PART NAME	QTY
B.	M10x80 Bolt	4
E.	M10 Curved Washer	8
F.	M10 Nut	4

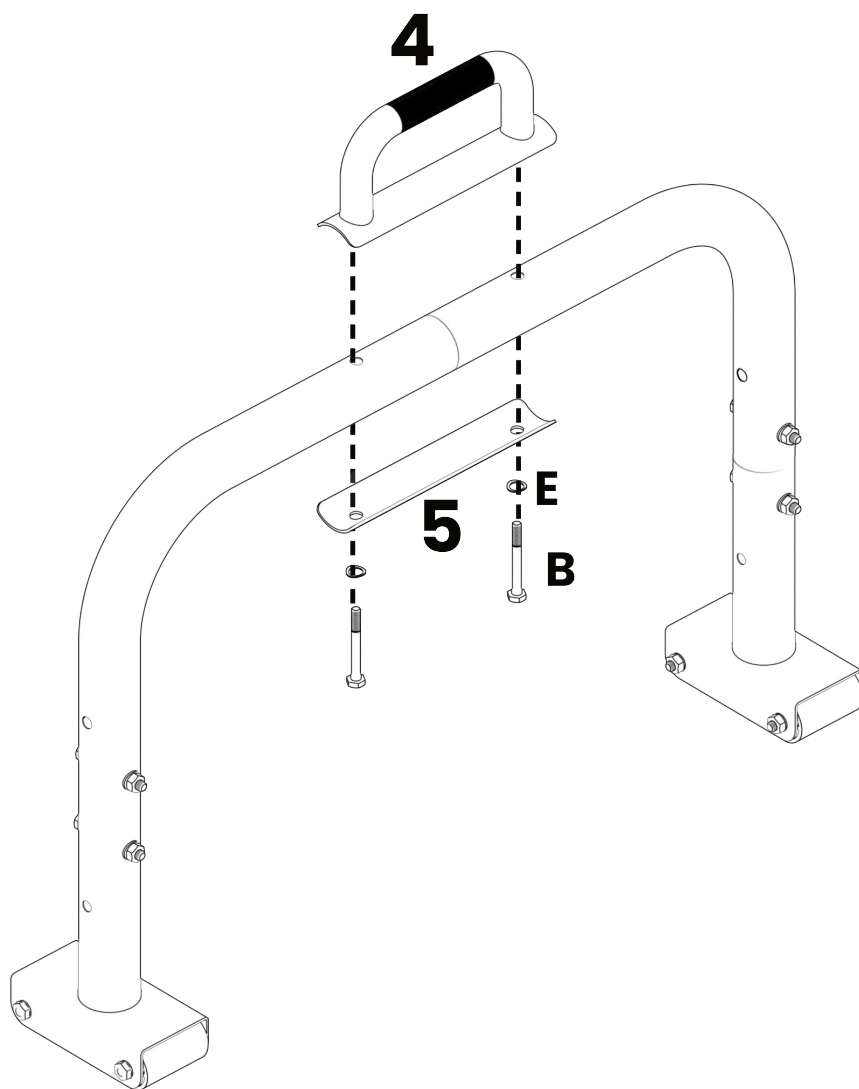


ASSEMBLY

STEP: 4

STEP PART GUIDE

#	PART NAME	QTY
4.	Top Handle	1
5.	Handle Support	2
B.	M10x80 Bolt	2
E.	M10 Curved Washer	2



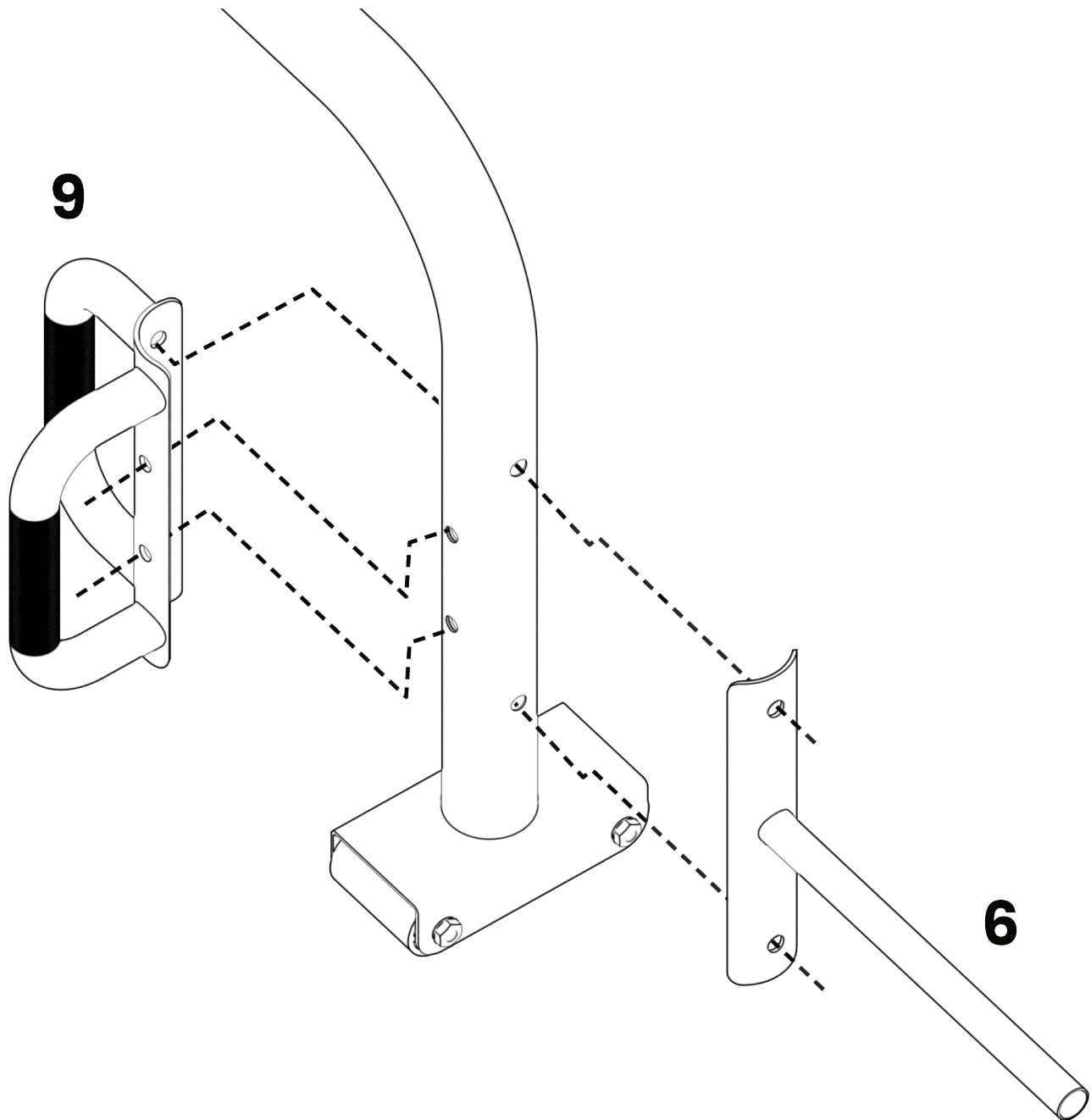
ASSEMBLY

STEP: 5

REPEAT STEP TWICE

STEP PART GUIDE

#	PART NAME	QTY
6.	Plate Loader	2
9.	Side Handles	2



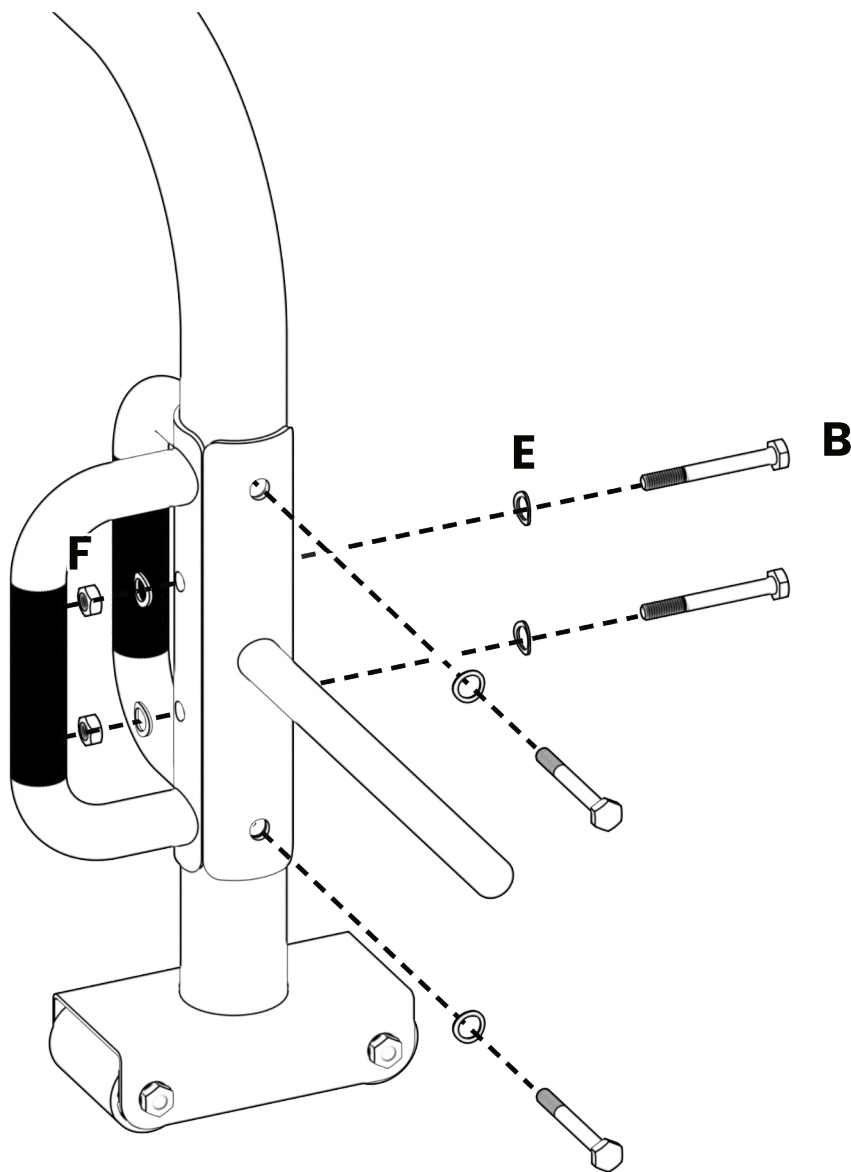
ASSEMBLY

STEP: 6

REPEAT STEP TWICE

STEP PART GUIDE

#	PART NAME	QTY
B.	M10x80 Bolt	8
E.	M10 Curved Washer	12
F.	M10 Nut	4

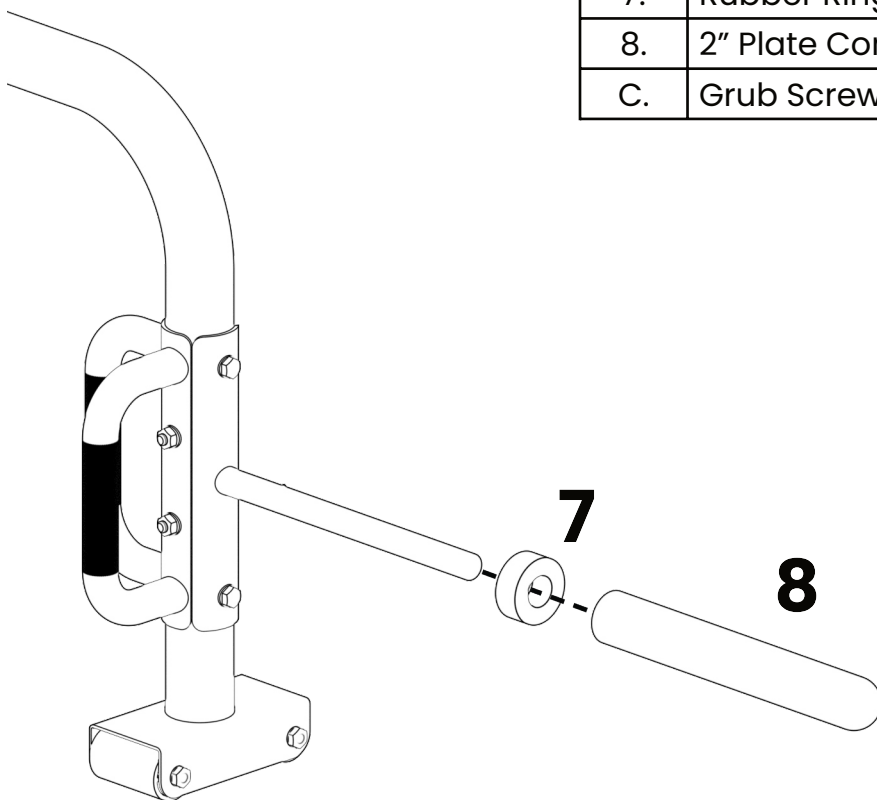


ASSEMBLY

STEP: 7

STEP PART GUIDE

#	PART NAME	QTY
7.	Rubber Ring	2
8.	2" Plate Converter	2
C.	Grub Screw	2



STEP A

Optional: Install 2" Plates. Slide on and tighten grub screw with an Allen key

REPEAT STEP TWICE

STEP B

