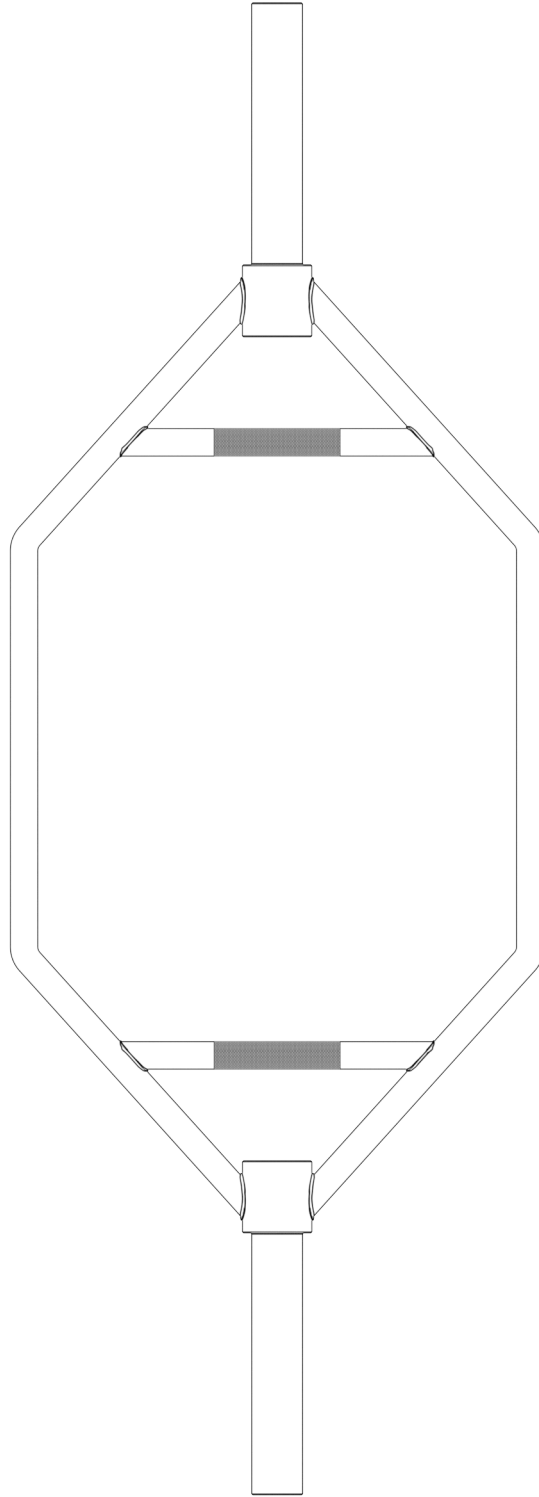


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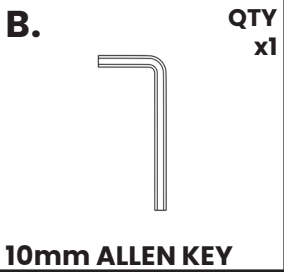
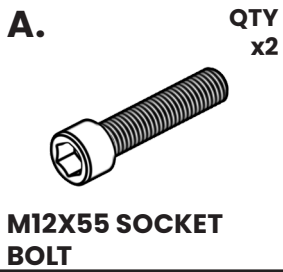
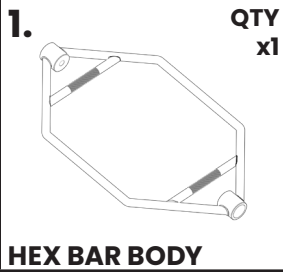
# HEX BAR

## 20KG



# PARTS LIST

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

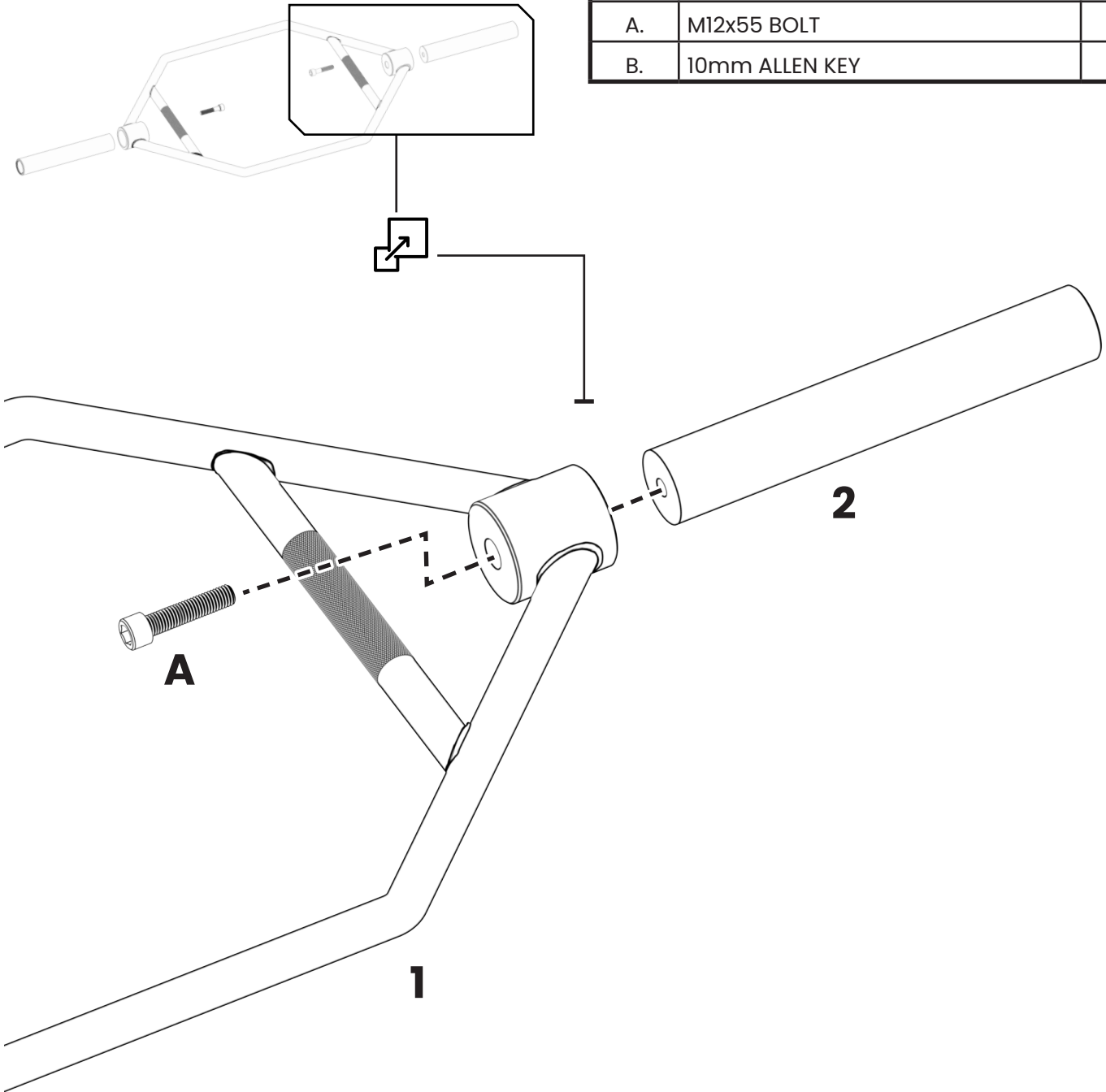


# ASSEMBLY

## STEP: 1

### STEP PART GUIDE

#	PART NAME	QTY
1.	HEX BAR BODY	1
2.	BARBELL SLEEVE	2
A.	M12x55 BOLT	2
B.	10mm ALLEN KEY	1



Insert the M12x55 bolt as shown into the sleeve and tighten with the provided Allen key. It is recommend to use a torque wrench to tighten to 40 ft/lb for safe assembly. Repeat on other side when completed.