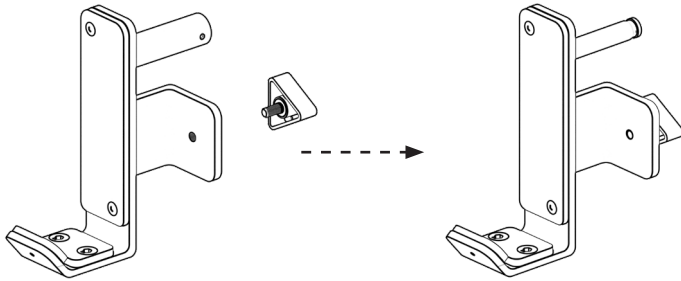


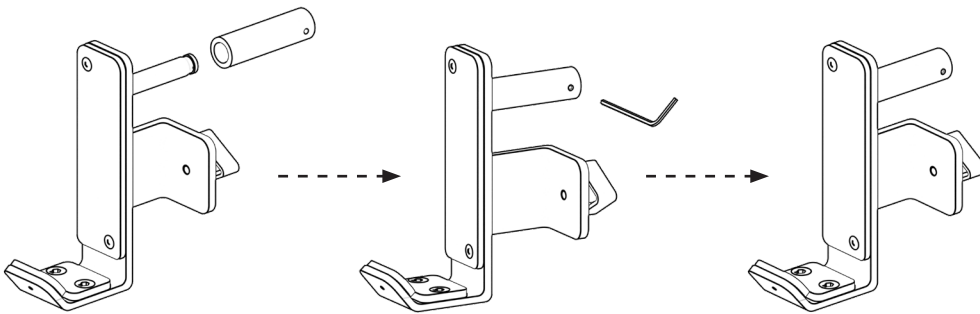
# **SYNERGEE® | J-CUP MANUAL**

IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY: [HELLO@SYNERGEEFITNESS.COM](mailto:HELLO@SYNERGEEFITNESS.COM) OR 1.855.217.7136

## **FOR 5/8" AND 1" HOLES INSTALL ADJUSTMENT KNOB**



## **FOR 1" HOLES INSTALL INCLUDED CONVERTER AS SHOWN BELOW**



## **INSTALLATION ON RACK**

