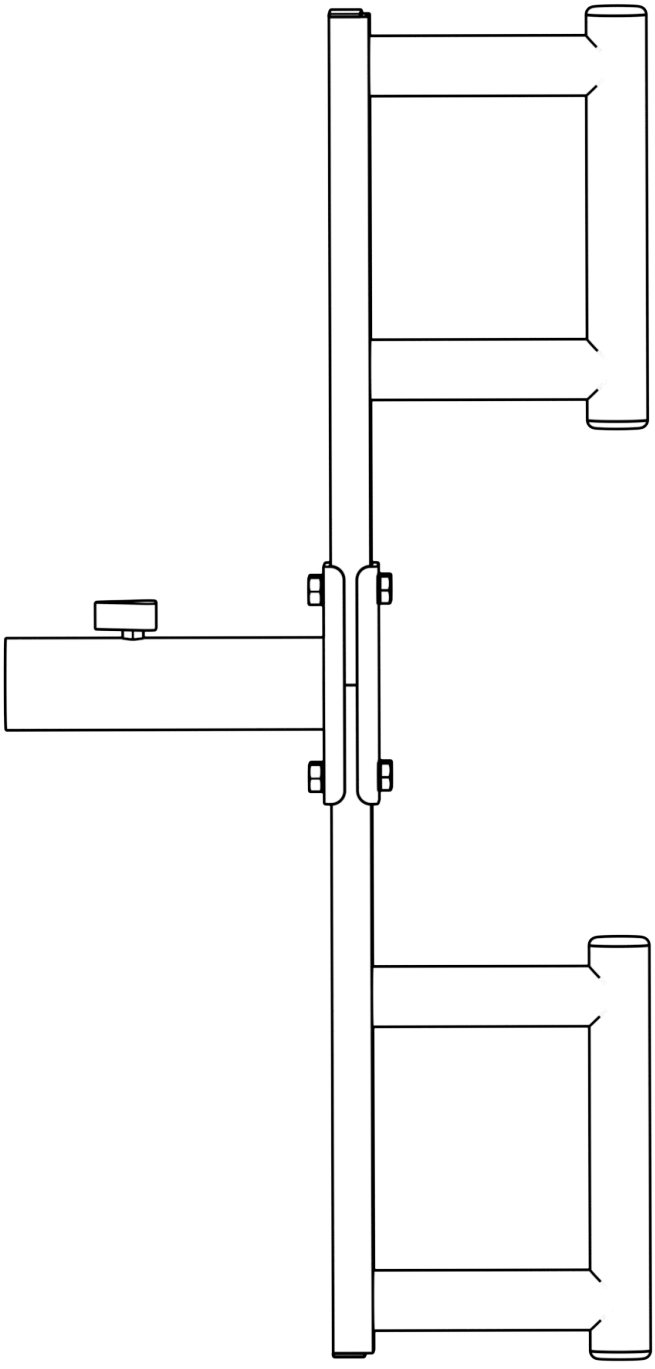
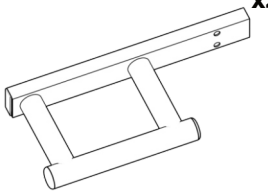
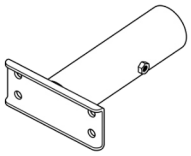
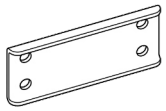
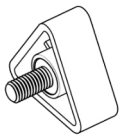
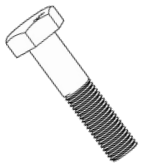
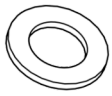
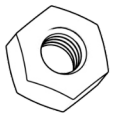
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PARTS LIST

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

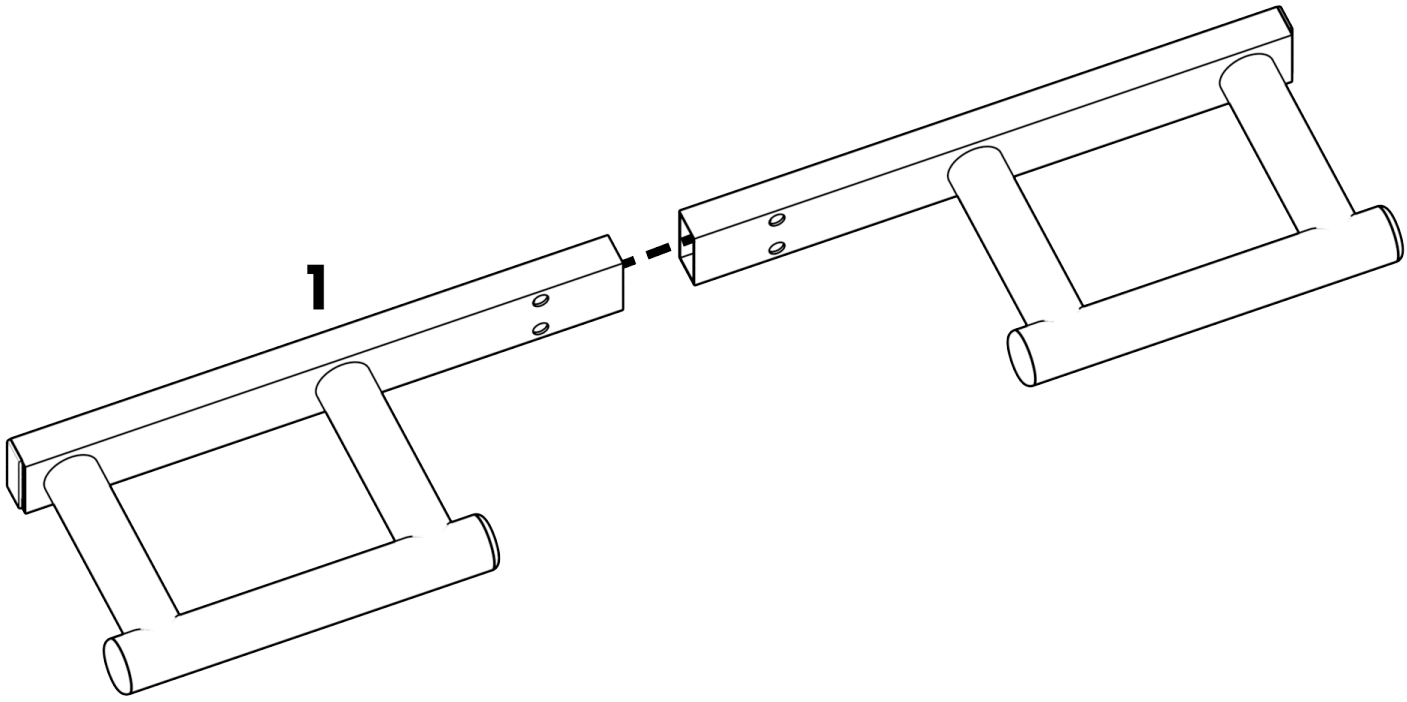
1. QTY x2  **HANDLE FRAME**	**2.** QTY x1  **BAR SLEEVE FRAME**	**3.** QTY x1  **SUPPORT BRACKET**	**4.** QTY x1  **KNOB**	**5.** QTY x4  **M10x45 HEX HEAD BOLT**
6. QTY x8  **M10 WASHER**	**7.** QTY x4  **M10 NUT**			

ASSEMBLY

STEP: 1

STEP PART GUIDE

#	PART NAME	QTY
1.	Handle Frame	2

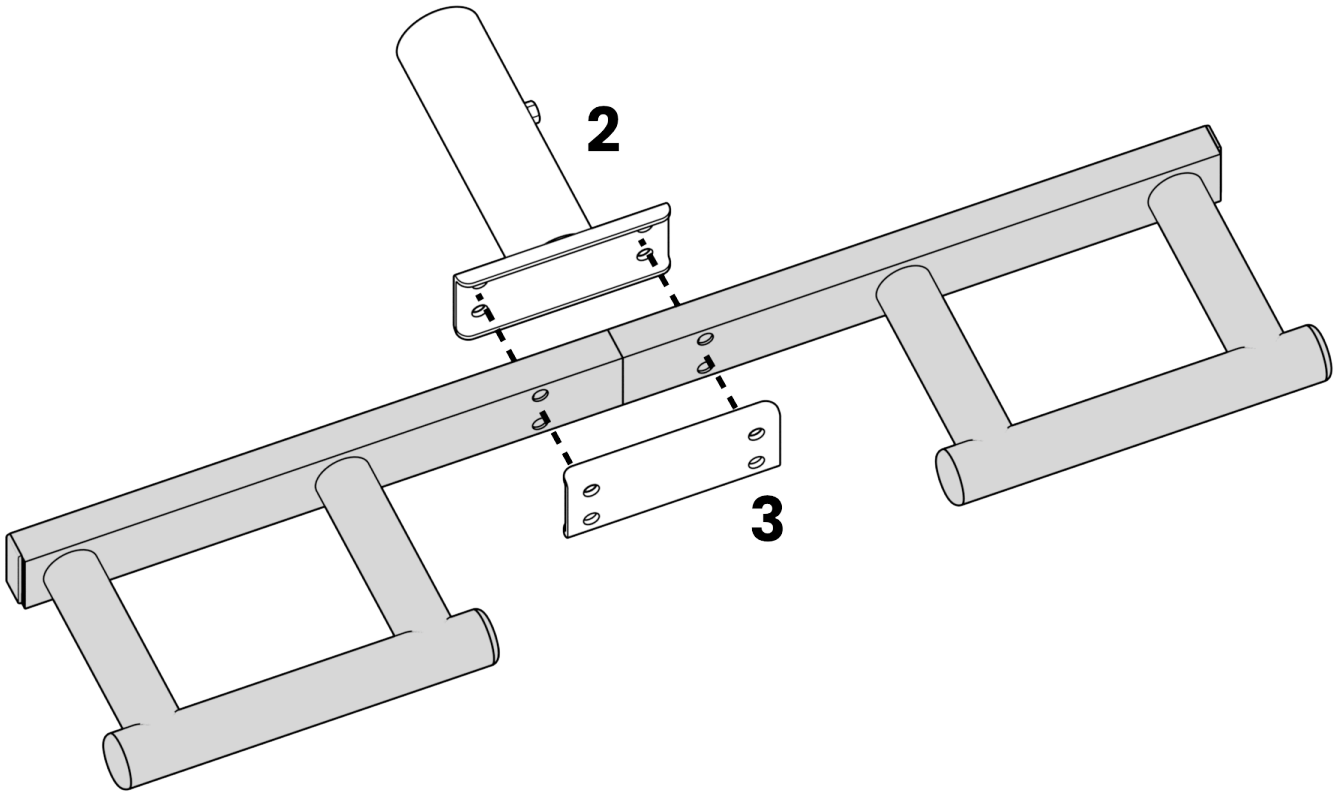


ASSEMBLY

STEP: 2

STEP PART GUIDE

#	PART NAME	QTY
2.	Bar Sleeve Frame	1
3.	Support Bracket	1



ASSEMBLY

STEP: 3

STEP PART GUIDE		
#	**PART NAME**	**QTY**
4.	Knob	1
5.	M10x45 Hex Head Bolt	4
6.	M10 Washer	8
7.	M10 Nut	4

