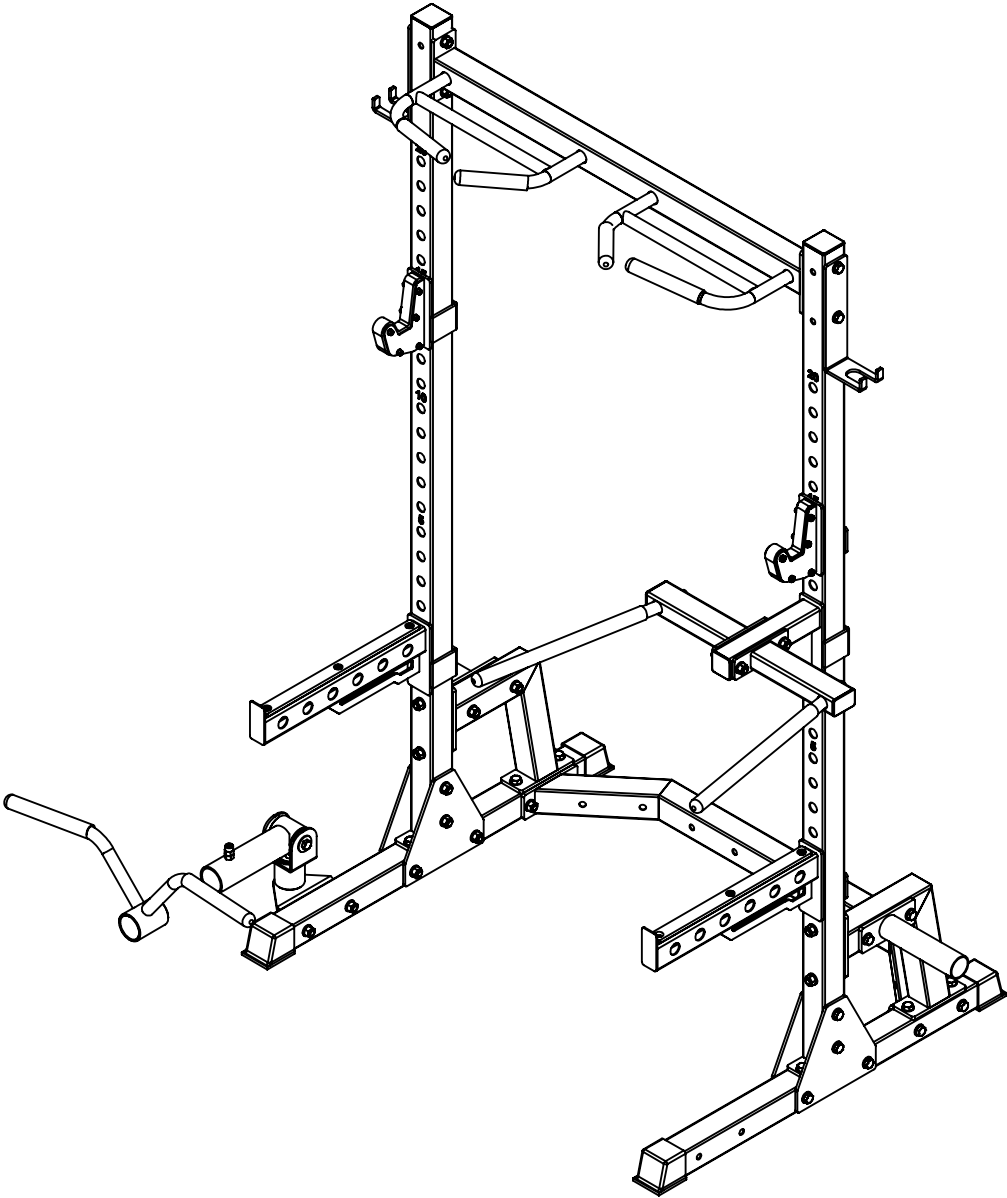


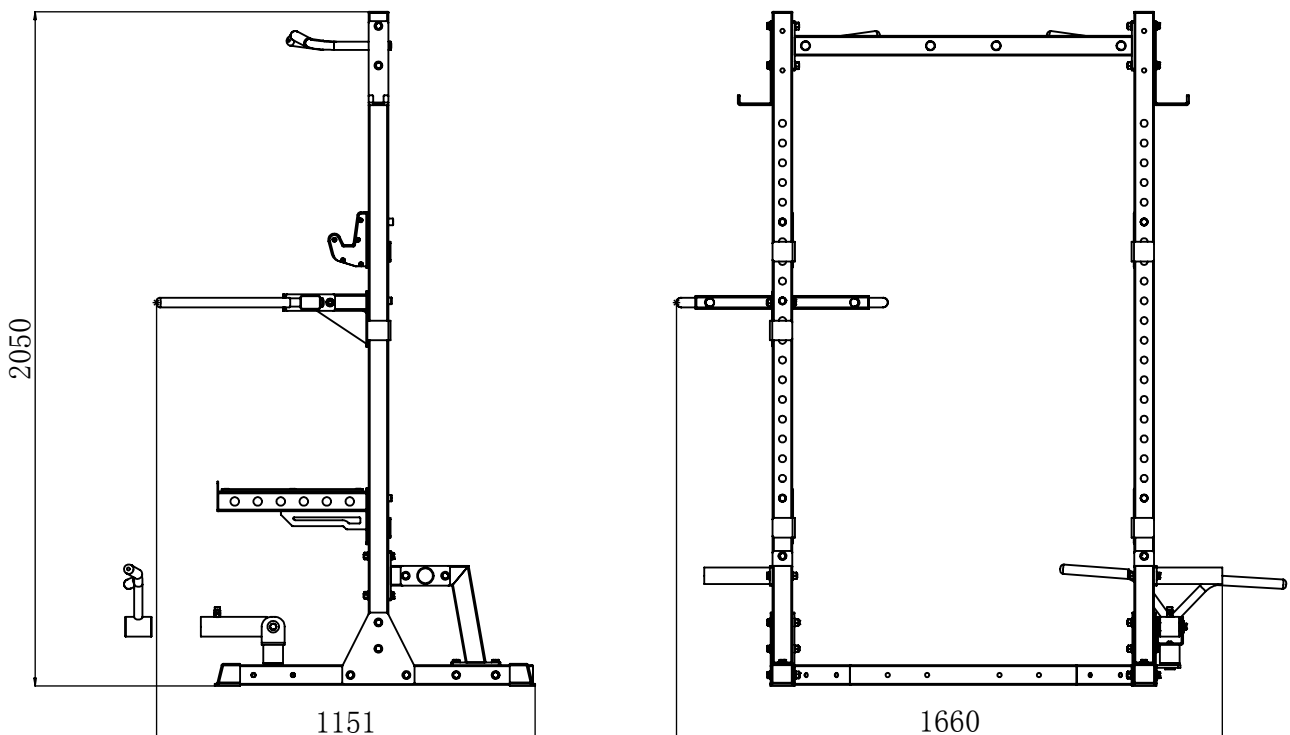
# Simple Home Training Rack **ASSEMBLY INSTRUCTIONS**



# PARTS/HARDWARE LIST

ITEM	QTY	DESCRIPTION
1	2	COLUMN MAIN BEAM GROUP
2	1	CHASSIS GROUP
3	4	CONNECTING PLATE
4	1	HANDLE GROUP
5	1	MIRROR HANDLE GROUP
6	1	BOTTOM DOWN CONNECTION GROUP
7	1	HOOK GROUP
8	1	SAFETY STRUCTURE SECTION
9	1	PARALLEL BARS HANDLE GROUP
10	2	PARALLEL BARS KNEE - LIFTING HANDLE GROUP
11	1	AFTER A FIXED SET OF
12	2	THE UPPER IRON PLATE
13	1	MIRROR THE INSURANCE HOOK GROUP
14	1	FIXED STRUCTURE GROUP
15	1	CONNECTION GROUP
16	1	GUN BARREL STRUCTURE
17	1	HANDLE GROUP
18	2	HANG A BELL GROUP
19	1	MIRROR HOOK GROUP
20	1	AFTER A FIXED SET OF
21	8	OUTER SIX ANGLE BOLTS
22	8	HEXAGON NUTS GRADE

L1151\*W1660\*H2050



# PARTS/HARDWARE LIST

