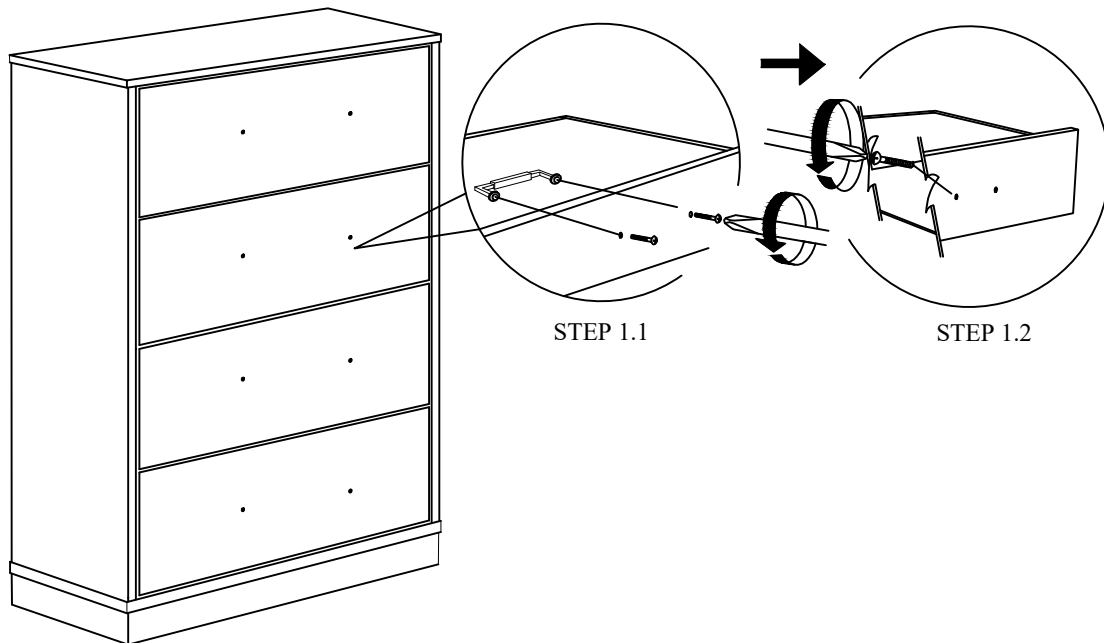


# ASSEMBLY INSTRUCTIONS

## CHEST

NOTE: PHILLIPS HEAD SCREW DRIVER IS REQUIRED IN THE ASSEMBLY PROCESS; HOWEVER, MANUFACTURER DOES NOT PROVIDE THIS ITEM.

### STEP 1



COMPLETE ASSEMBLY

NOTE : MUST TIGHTEN SCREWS PERIODCALLY WITH USE SCREW WILL BECOME LOOSE CHECK TIGHTNESS OF ALL SCREW EVERY 6-8 WEEKS.