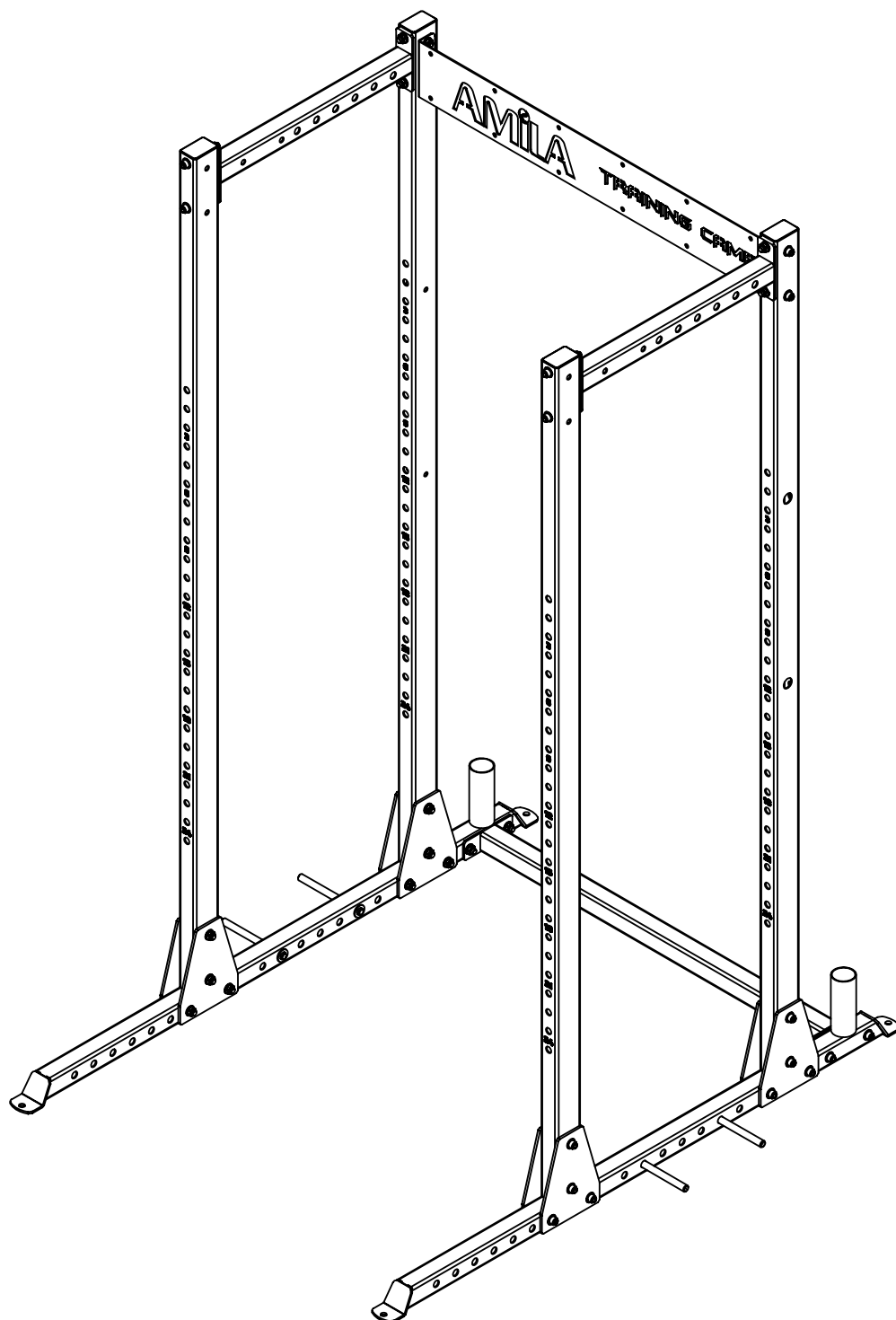


TRAINING CAMP

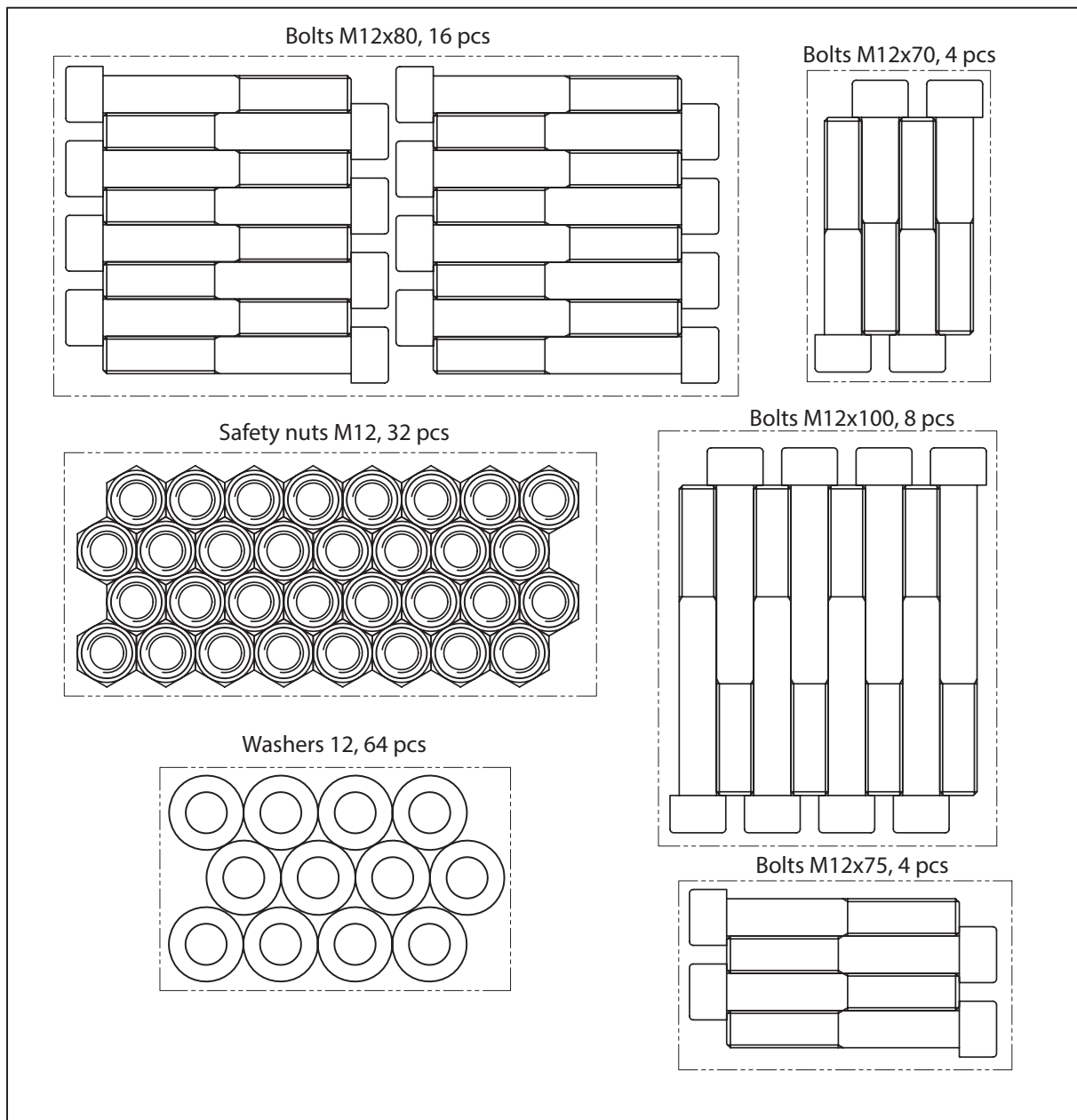


PARTS LIST

#	PCS	DESCRIPTION
1	2	Front base tubes
2	2	Front upright tubes
3	2	Rear upright tubes
4	2	Upper crossbars
5	1	Logo plate
6	1	Lower crossbar
7	8	Connecting plates




#	PCS	DESCRIPTION
8	4	Bolt M12x70
9	4	Bolt M12x75
10	16	Bolt M12x80
11	8	Bolt M12x100
12	64	Washer 12
13	32	Safety nut M12
14	4	Power-band pegs

CARD WITH BOLTS / WASHERS / NUTS

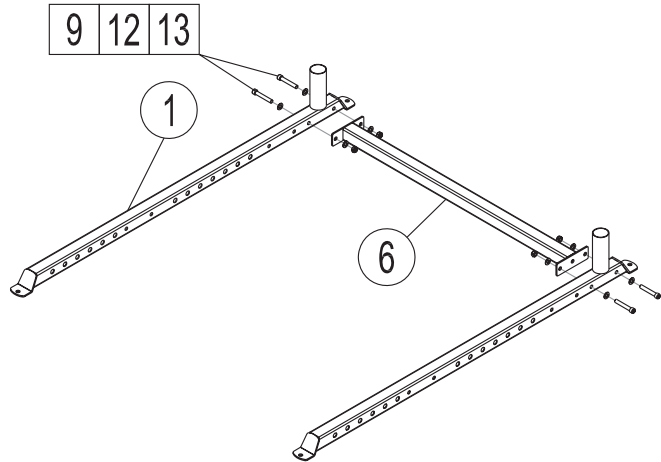


ASSEMBLY INSTRUCTIONS

Step 1

#	PCS	SHAPE
9	4	
12	8	
13	4	

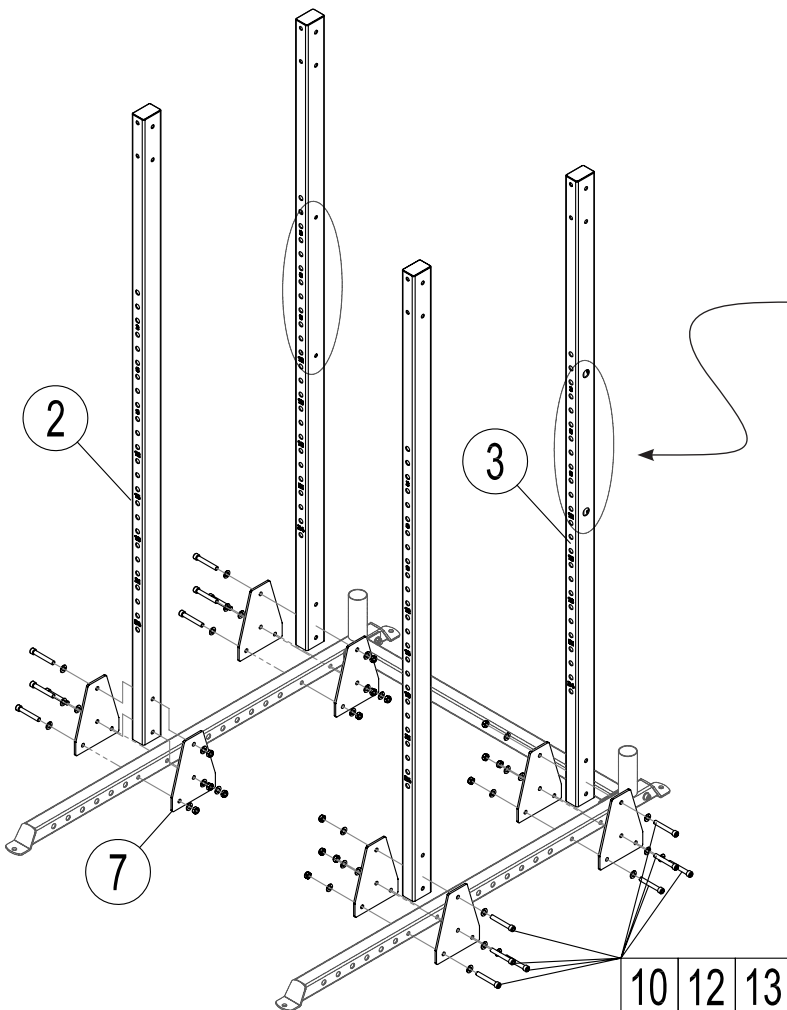
Connect the front base tubes (1) with the lower crossbar (6) using bolts (9), washers (12) and safety nuts (13).






Step 2

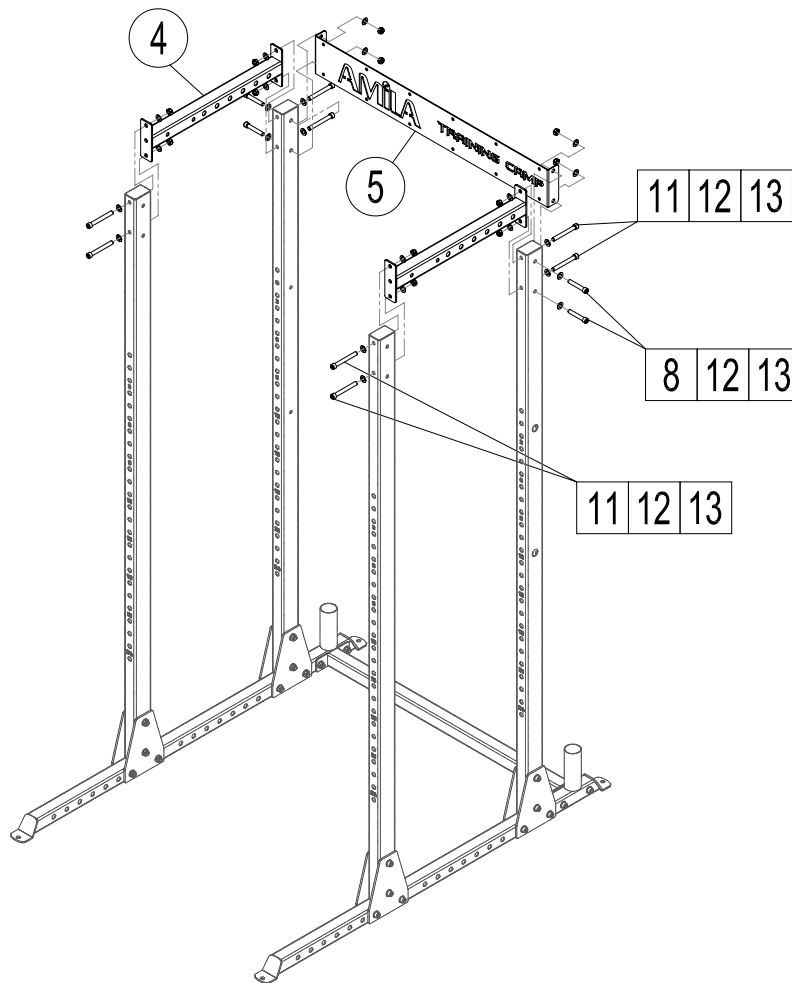
Connect the front (2) and rear (3) upright tubes to the front base tubes (1) using connecting plates (7), bolts (10), washers (12) and safety nuts (13).

CAUTION: Please pay attention to the correct orientation of the rear upright tubes (3). See the drawing on the left (circled areas) with the holes on the sides of the uprights.







#	PCS	SHAPE
10	16	
12	32	
13	16	

Step 3

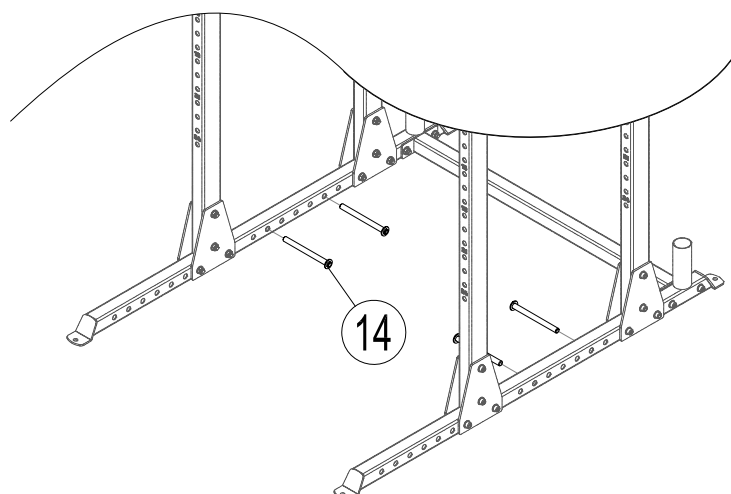


Connect the upper crossbars (4) and the logo plate (5) to the uprights (2 & 3) using washers (12), safety nuts(13), and:

- For the logo plate (5) short bolts (M12x70),
- For the upper crossbars (4) long bolts (M12x100).

#	PCS	SHAPE
8	4	
11	8	
12	24	
13	12	

Step 4



Finally, the only thing remaining to do is to insert the power-band pegs (14) in the holes of the front base tubes.

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