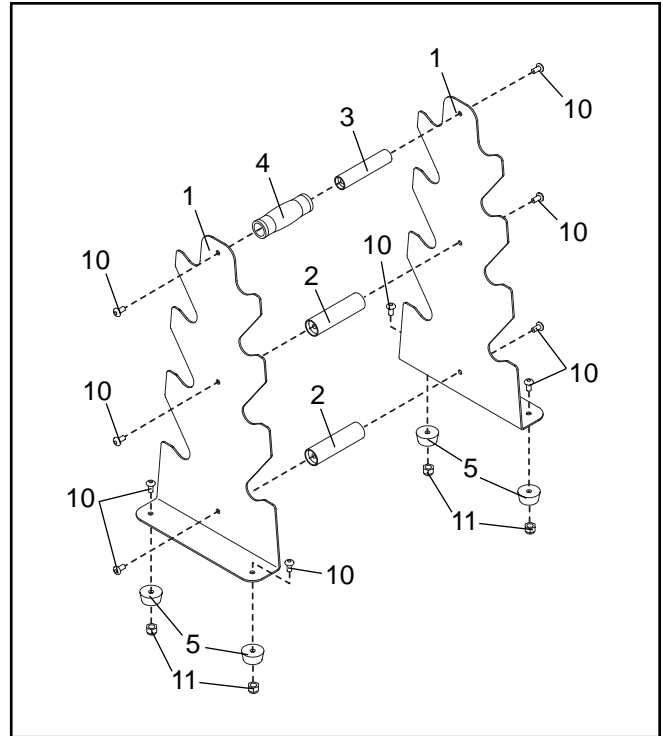


ASSEMBLY

Attach the four Foot Bumpers (5) to the two Frames (1) with four M8 x 18mm Button Bolts (10) and four M8 Nylon Locknuts (11).

Slide the Small Tube (3) into the Handle Grip (4).

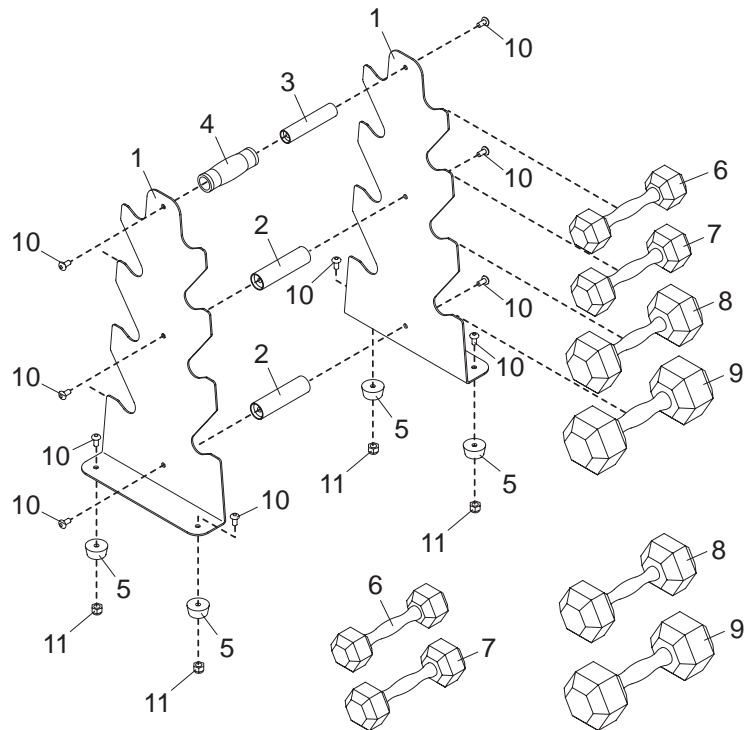
Attach the Small Tube (3) and the two Large Tubes (2) to the Frames (1) with six M8 x 18mm Button Bolts (10). **Make sure all of the Bolts are fully tightened.**



PART LIST/EXPLODED DRAWING—Model No. 831.147010

R1103A

Key No.	Qty.	Description
1	2	Frame
2	2	Large Tube
3	1	Small Tube
4	1	Handle Grip
5	4	Foot Bumper
6	2	2.5-pound Dumbbell
7	2	5-pound Dumbbell
8	2	10-pound Dumbbell
9	2	15-pound Dumbbell
10	10	M8 x 18mm Button Bolt
11	4	M8 Nylon Locknut
#	1	User's Manual
#	1	Exercise Ball
#	1	Ball Pump
#	1	Allen wrench



Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.