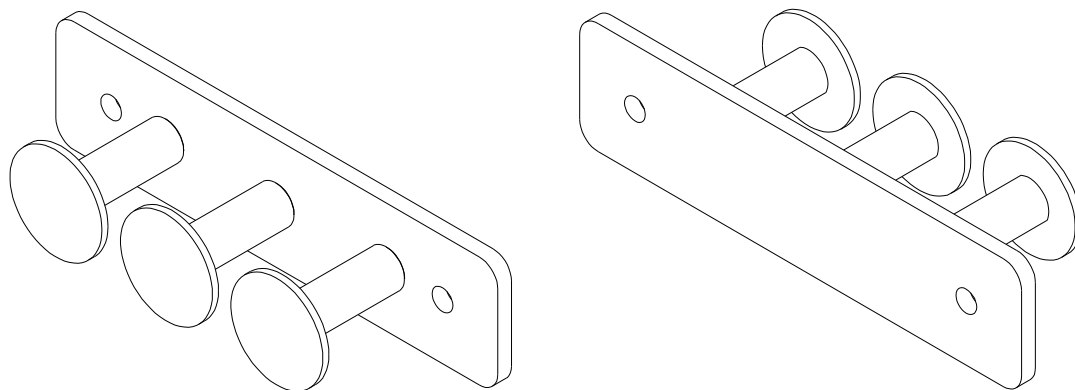


HAMMER STRENGTH®

OLYMPIC HEAVY DUTY RESISTANCE BAND PEGS (OHDGBP)



ASSEMBLY INSTRUCTIONS

PARTS LIST

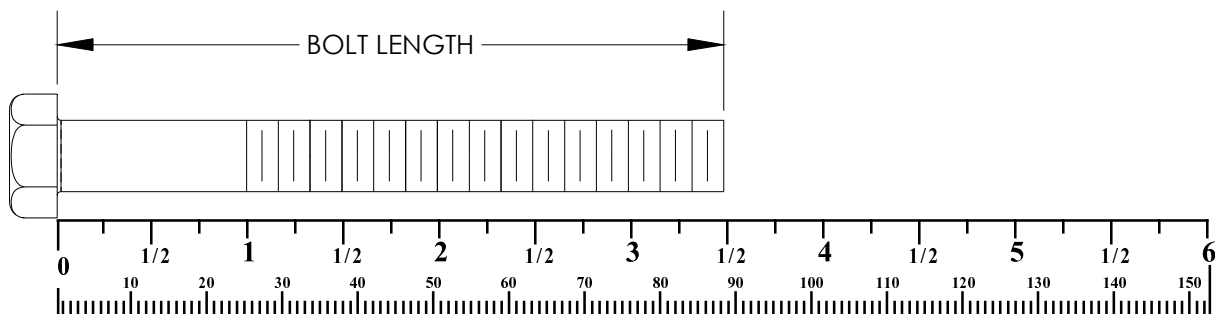
KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	LEA7589303	RESISTANCE BAND PEG	2		4	3102801	1/2" LOCK NUT	4
2	3237505	1/2" INT TOOTH LOCK WASHER	4		5	3239317	1/2 X 4-1/4" BOLT	4
3	7617301	1/2" PLASTIC DOME WASHER	4		6	3248808	1/2 X 5" LAG SCREW	4

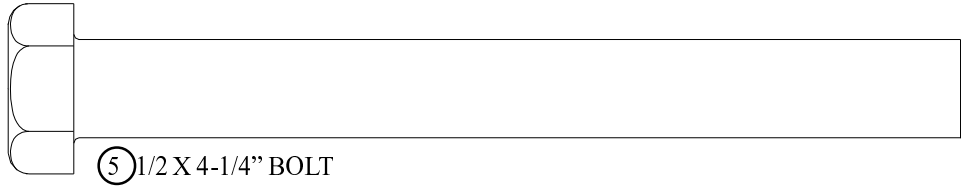
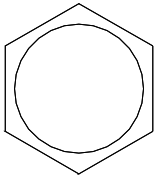
Tools Required for Assembly

- * 3/4"
- * Ratchet with 3/4" socket

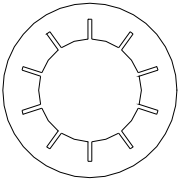
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

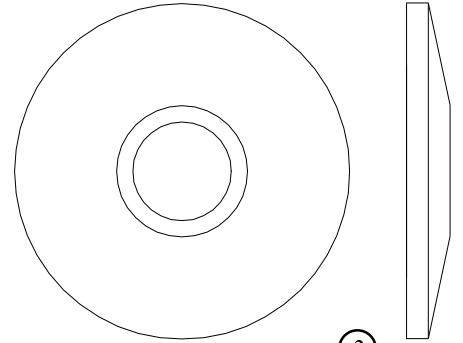




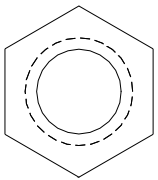
⑤ 1/2 X 4-1/4" BOLT



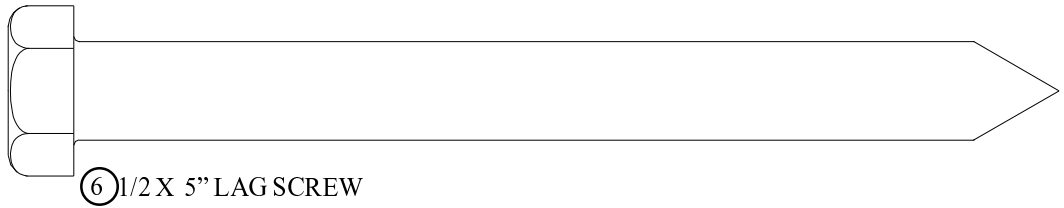
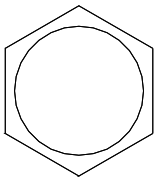
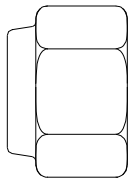
②
1/2" INT TOOTH
LOCK WASHER



③
1/2" PLASTIC
DOME WASHER

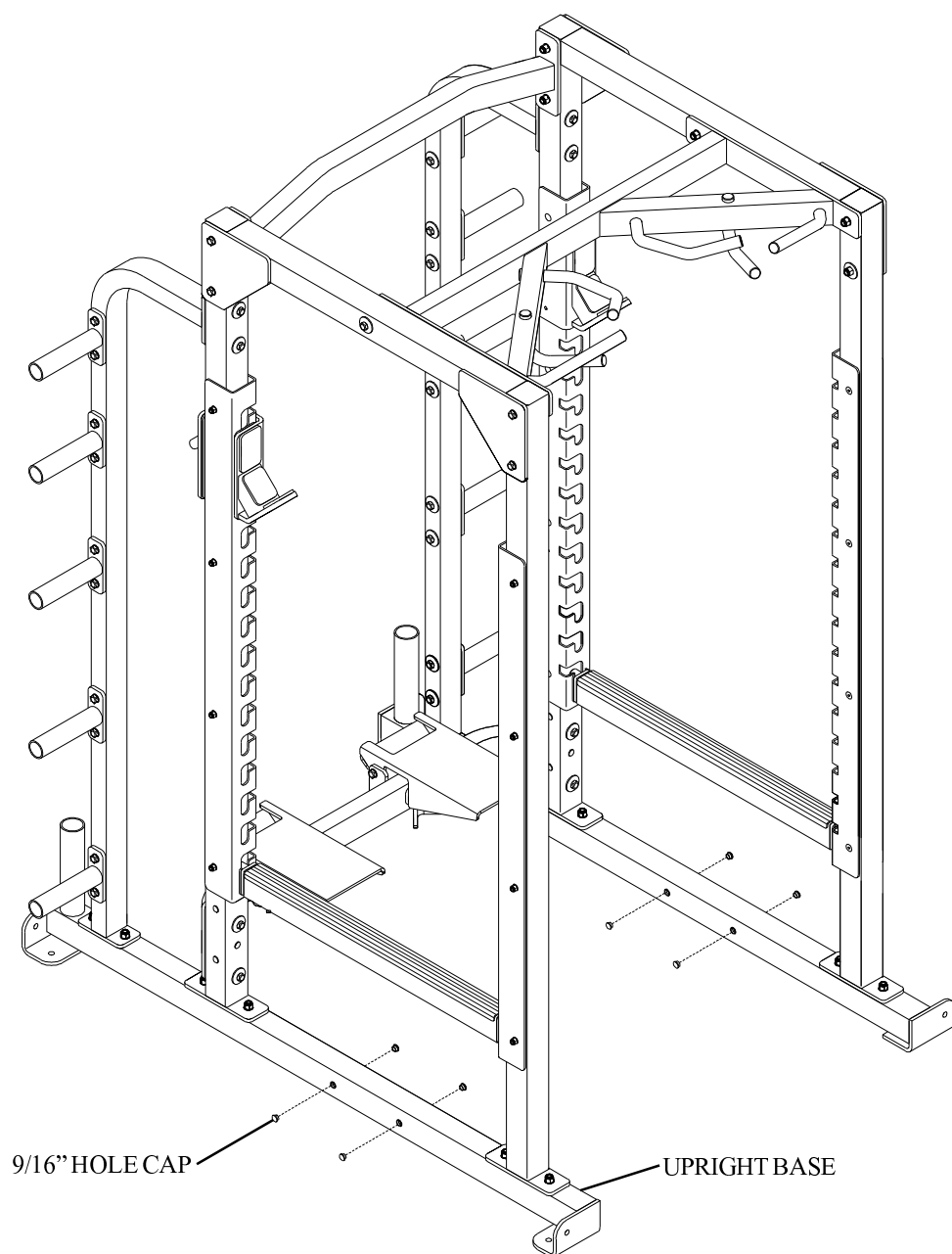


④
1/2"
LOCK NUT



⑥ 1/2 X 5" LAG SCREW

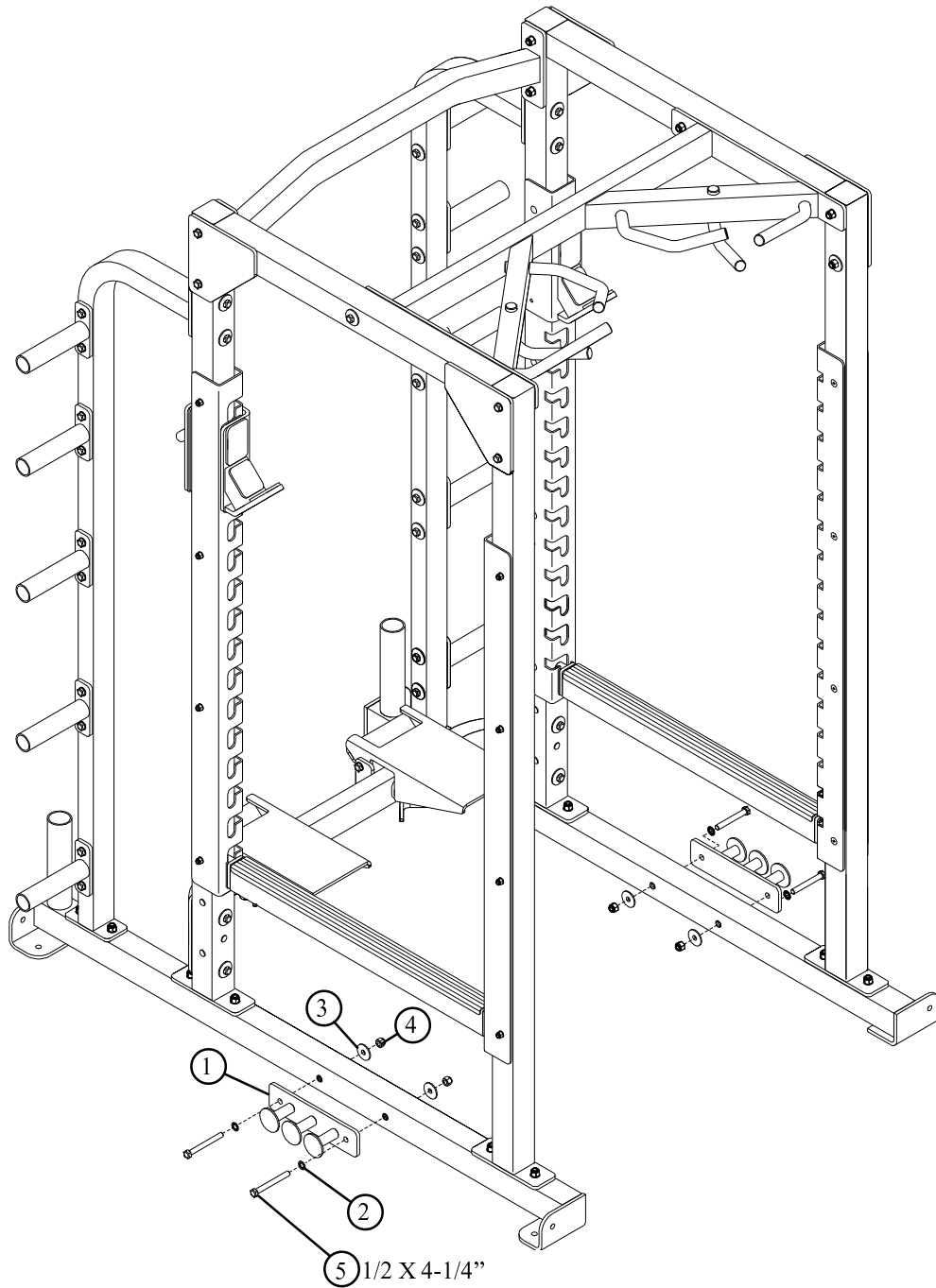
FIGURE 1



STEP 1:

- Remove the 9/16" HOLE CAPS from the holes of the LEFT & RIGHT UPRIGHT BASE as shown in FIGURE 1.

FIGURE 2

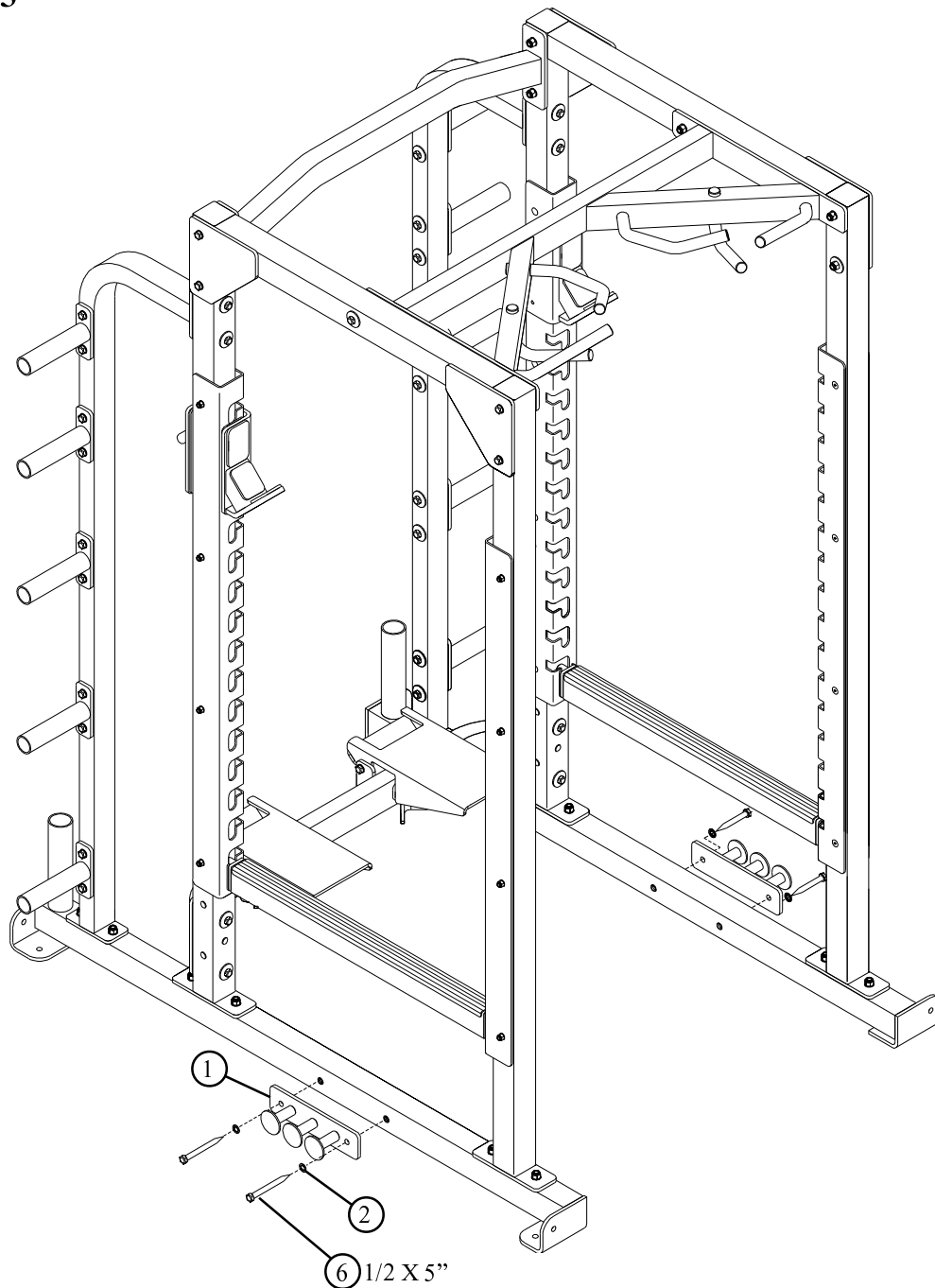


STEP 2:

(ASSEMBY WITHOUT PLATFORM)

- **SECURELY** assemble two RESISTANCE BAND PEGS (1) to the LEFT & RIGHT UPRIGHT BASE using four 1/2 X 4-1/4" BOLTS (5), four 1/2" INT TOOTH LOCK WASHERS (2), four 1/2" PLASTIC DOME WASHERS (3) and four 1/2" LOCK NUTS (4) as shown in FIGURE 2.

FIGURE 3



STEP 3:

(ASSEMBY WITH PLATFORM)

- Before assembling the RESISTANCE BAND PEGS (1), drill a pilot hole into the platform for the 1/2 X 5" (6) LAG SCREWS.
- **SECURELY** assemble two RESISTANCE BAND PEGS (1) to the LEFT & RIGHT UPRIGHT BASE and the PLATFORM using four 1/2 X 5" LAG SCREWS (6), four 1/2" INT TOOTH LOCK WASHERS (2) as shown in FIGURE 3.

Thank you for purchasing the OLYMPIC HEAVY DUTY RESISTANCE BAND PEGS. If unsure of proper use of equipment, call your local Hammer Strength distributor .

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately.
Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	5 YEARS	1 YEAR	90 DAYS
Structural Frame (Not Coatings)	Pillow Blocks, Pulleys, Weight Plates, and Guide Rods	Belts and Grips	Upholstery and Any Items Not Specified

CONTACT INFORMATION

United States, Canada, Latin America 800.634.8637 847.288.3399	Europe, Africa, Middle East (+31) 180.646666	Asia Pacific (+852) 2891.6677	United Kingdom +44(0)1353.666017
VISIT US AT: <i>HAMMERSTRENGTH.COM</i>			

PREVENTATIVE MAINTENANCE TIPS

<i>Action</i>	<i>DAILY</i>	<i>WEEKLY</i>	<i>QUARTERLY</i>	<i>BI-ANNUALLY</i>	<i>AS NEEDED</i>
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your Hammer Strength customer service representative.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.