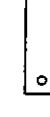
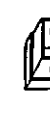
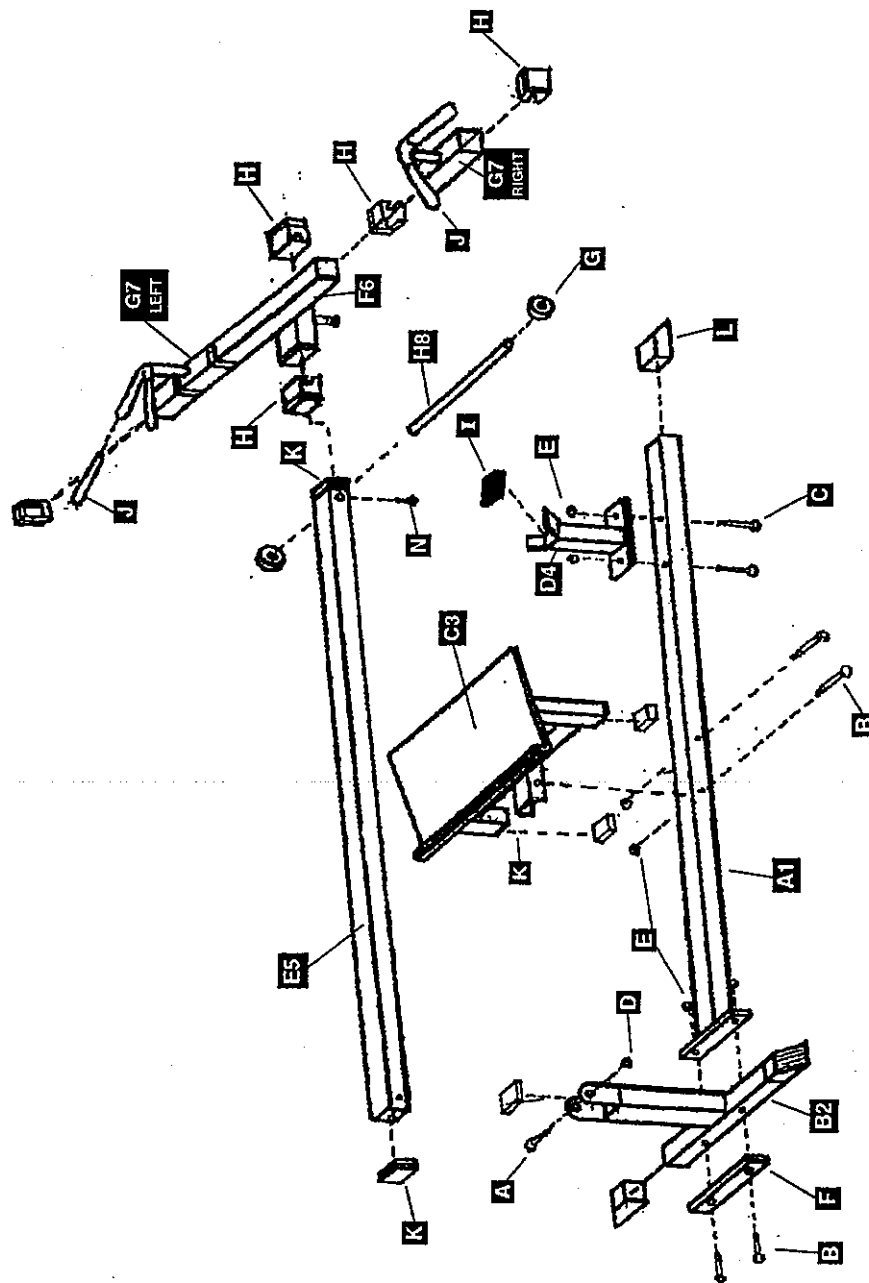


TBR-2

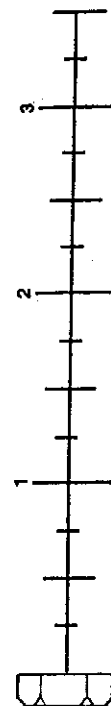
T-BAR ROW

ASSEMBLY INSTRUCTIONS

TBR-2 HARDWARE ILLUSTRATION SHEET		Qty.
A		1
B		4
C		2
D		1
E		6
F		1
G		2
H		6
I		1
J		4
K		6
L		3
M		1
N		1
J		M
K		N
L		L
I		I



TBR-2 PARTS ILLUSTRATION SHEET		Qty.
A1	Horizontal Base Frame	1
B2	Back Leg Frame	1
C3	Foot Plate	1
D4	T-Bar Holder	1
E5	T-Bar Frame	1
F6	Handle Frame	1
G7	Handle Bar (Left & Right)	2
H8	Weight Plate Bar	1



TBR-2 ASSEMBLY STEPS

STEP-1

NOTE: DO NOT TIGHTEN NUTS AND BOLTS SECURELY UNTIL YOU HAVE COMPLETED ALL ASSEMBLY STEPS.

- ☐ Attach A1 Horizontal Base Frame to B2 Back Leg Frame using F Mounting Plate.
- ☐ Attach C3 Foot Plate to A1 Horizontal Base Frame.
- ☐ Attach D4 T-Bar Holder to A1 Horizontal Base Frame.
- ☐ Attach E5 T-Bar Frame to B2 Back Leg Frame.

STEP-2

- ☐ Attach H Nylon Bushings to F6 Handle Frame and G7 Handle Bars. **YOU MUST GLUE THE NYLON BUSHINGS IN PLACE.**
- ☐ Slide F6 Handle Frame onto E5 T-Bar Frame.
- ☐ Slide G7 Handle Bars onto F6 Handle Frame.
- ☐ Slide H8 Weight Plate Bar through E5 T-Bar Frame.

STEP-3

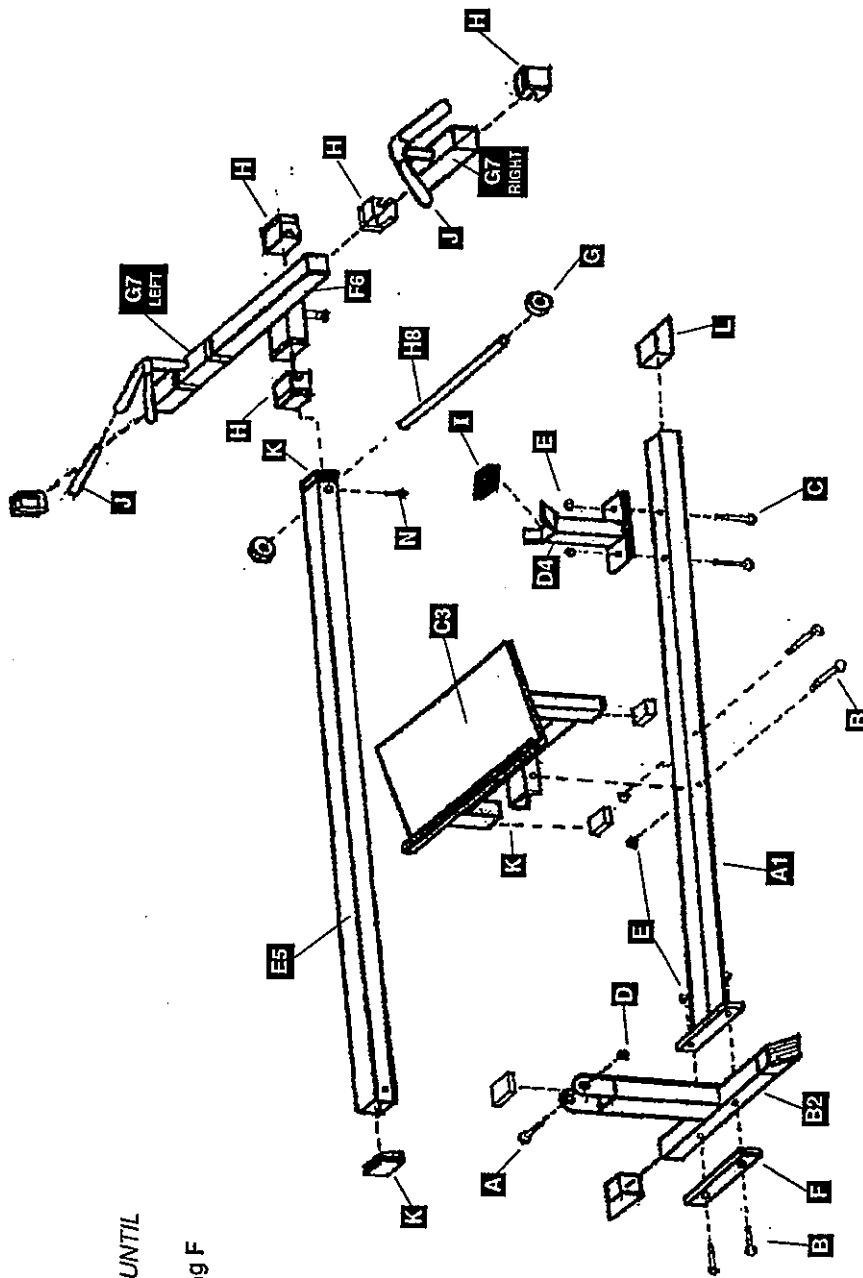
- ☐ Attach J Rubber Grips, I Rubber Pad, and G Rubber Donuts.

NOTE: It is advisable to spray the inside of Rubber Grips with hairspray to help ease attachment.

- ☐ Attach K End Caps and L Foot Caps.

NOTE: It is advisable to use glue to help secure End Caps.

- ☐ TIGHTEN ALL NUTS AND BOLTS SECURELY.



SAFETY RULES

1. Periodically check that all nuts, bolts and screws are fully tightened on your T-BAR ROW.
2. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
3. It is recommended that you should workout with a training partner.
4. **Warning: CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BEFORE YOU ENTER ANY EXERCISE PROGRAM. FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.**

TBR-2 BAR ROW

