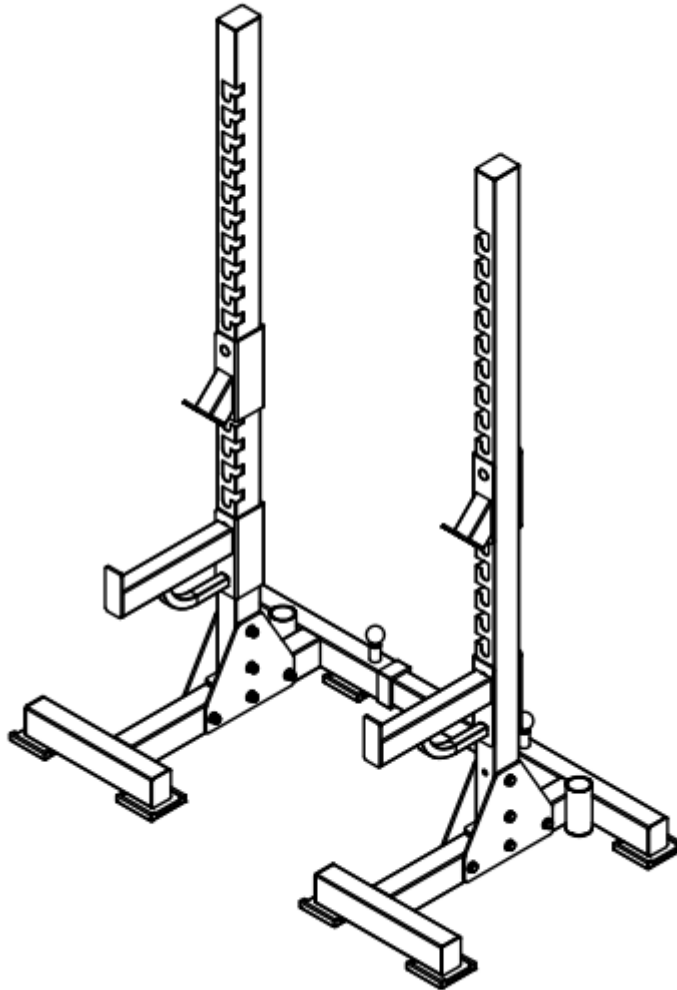


JORDAN Helix Adjustable Squat Stand (JF-ASS)

ASSEMBLY INSTRUCTIONS



JORDAN
— FITNESS —

56 oldmedow road, Hardwick
Industrial Estate, King's Lynn,
Norfolk, PE30 4JJ, UK

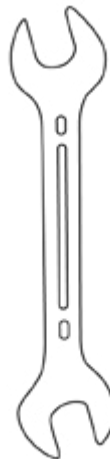


WARNING

Assembly of product should only be undertaken by an individual who has:

- Read and understood this manual
- Is familiar with assembling similar equipment





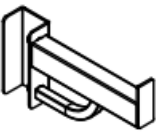
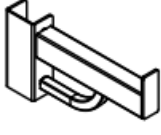
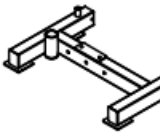
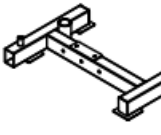

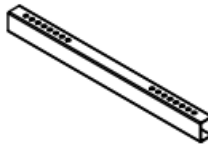

TOOLS REQUIRED



1 x Socket Wrench (17mm)

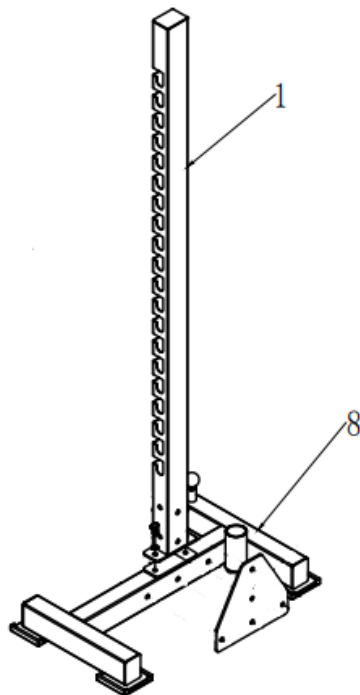
1 x Spanner (17mm)

PARTS INCLUDED

			
1 1 PC	2 1 PC	3 1 PC	4 1 PC
			
5 1 PC	6 1 PC	7 1 PC	8 1 PC
M10*90 bolt, nut, washer			
			
9 1 PC	10 1 PC	11 10 PCS	

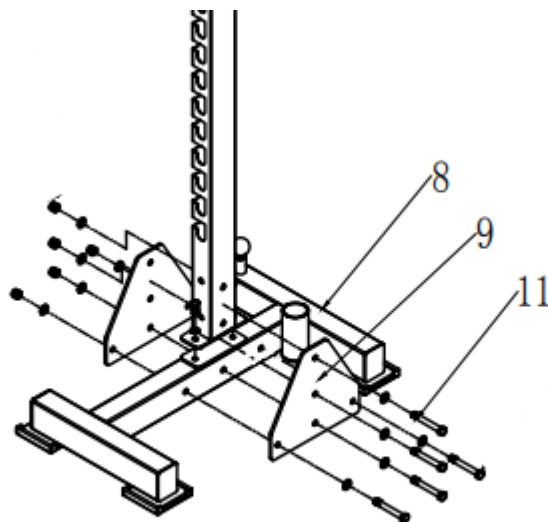
STEP 1

Attach Upright (1) to base (8) using M10x90 nut, washer, and bolt x2 per upright (11)
Assemble upright (2) to base (7) in the same way



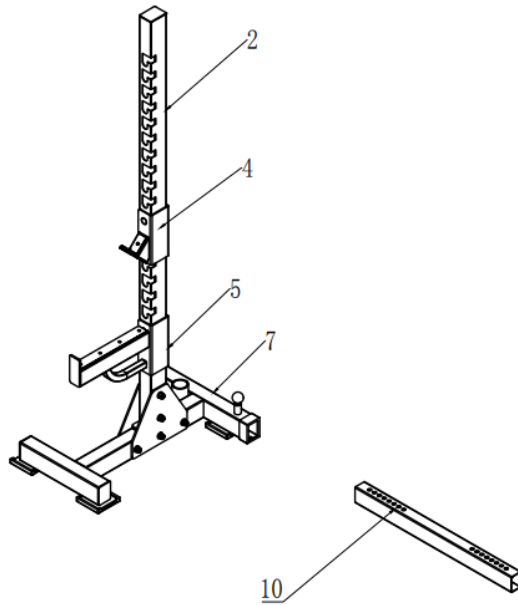
STEP 2

Attach side plates (9) to sides of base using M10x90 bolt, washer, and nuts x 5 per upright (11)
Attach side plates to upright (2) and base (7) in the same way.



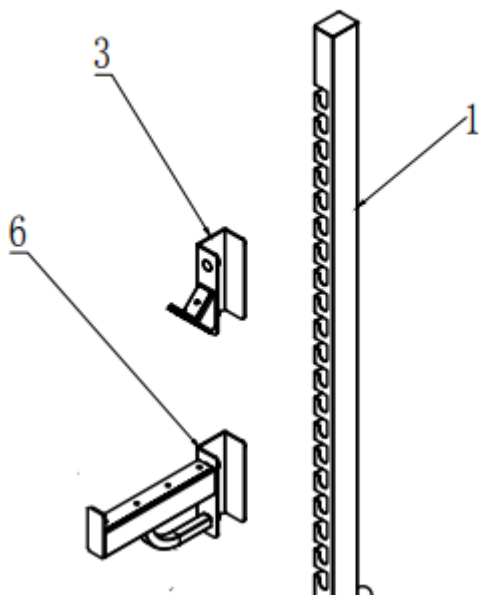
STEP 3

Insert Adjuster Bar (10) into base (7) using the Adjuster Pin to select required setting. Use adjuster pin on base (8) to secure to Adjuster Bar at required setting.



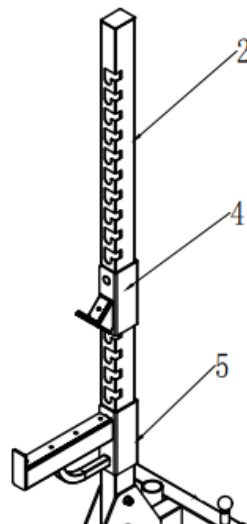
STEP 4

Slide Bar holder (3) and Safety Squat Arm (6) at desired setting on Upright (1)



STEP 5

Slide Bar Holder (4) and Safety Squat Arm (5) at desired setting on Upright (2)





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