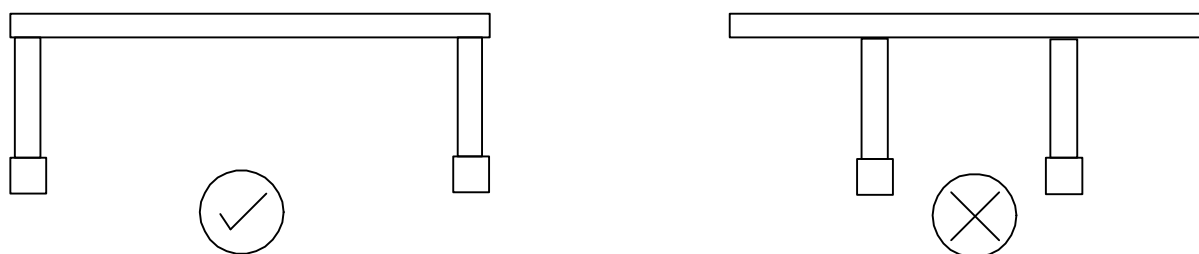




Parallettes / Pirouette Bar Assembly Guide



To Assemble: Place each base at each end of the bar and that the bar is resting on the full width of the base. Bases should be no more than 1/2" inch in from each end of the bar. Insert the threaded stud into the hole on top of each base. Install the flat washer then the split lock washer and lastly the acorn nut. Securely tighten all nuts.



DISCLAIMER: As with any fitness or exercise equipment, use of this equipment should only be used by persons who are physically able to use the equipment as it is designed for. Proper safety gear such as padded mats, shoes, clothing and the like should always be used. This equipment should not be used alone. Always have someone nearby in case of an emergency. Vita Vibe, Inc. and it's affiliates will not be liable for any injury or death resulting from use of this equipment. User assumes responsibility for proper assembly, maintenance and use of this equipment.