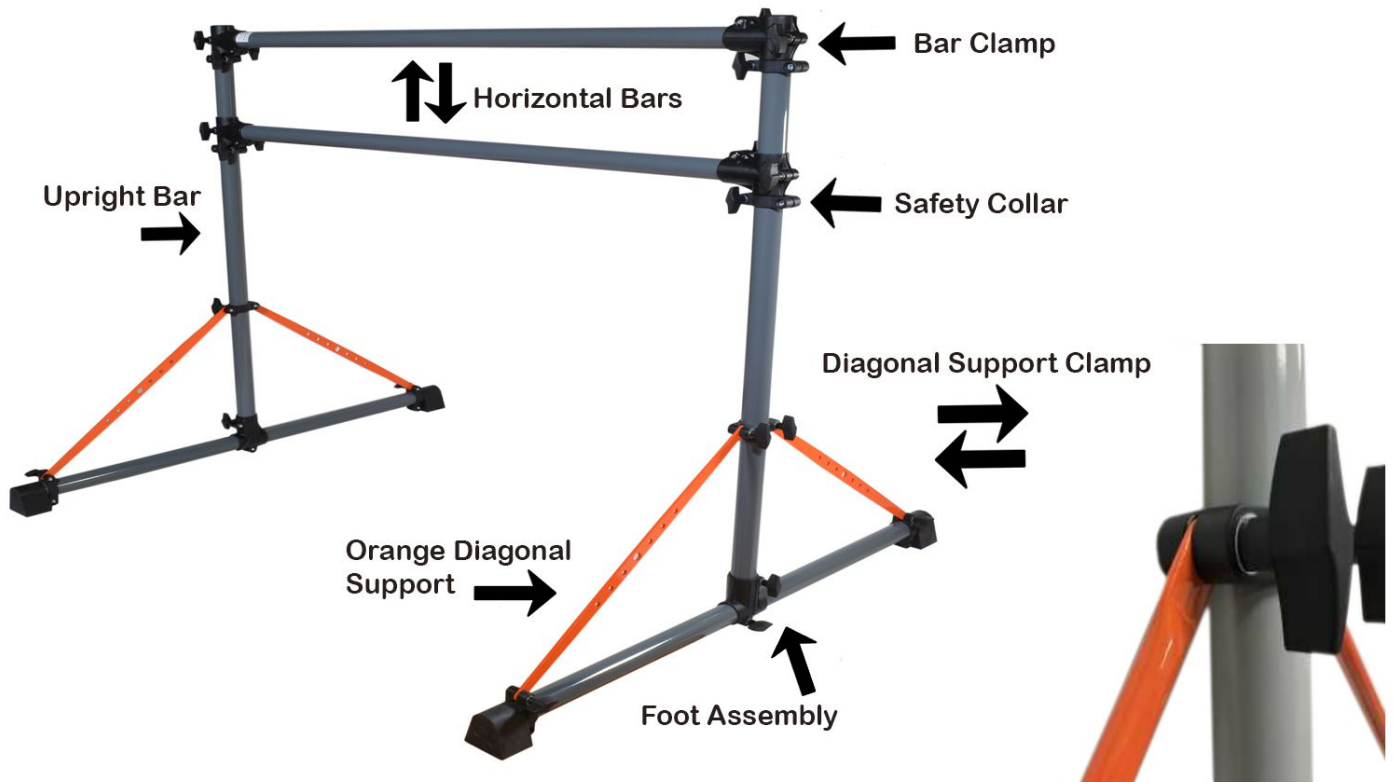




FB Series Personal Fitness Bar Assembly Guide



- 1) Unwrap all components. Do not discard any packing materials until fully assembled.
- 2) Insert upright bars into foot assembly clamps. Tighten foot assembly clamp.
- 3) Attach the orange diagonal support braces to the upright bars by removing the two side knobs and flat washers located on the diagonal support clamp and placing the diagonal support brace in the center of the clamp halves in the same manner as the lower clamp near the rubber foot. (see enlarged picture) Tighten all clamp knobs and repeat this process for the other side.
- 4) Insert the two horizontal bars into the clamps located on each upright bar and tighten clamp knobs.
- 5) Adjust both horizontal bars to your desired height and tighten clamp knobs.
- 6) Loosen knobs located on each safety collar and slide upward to the horizontal bar clamp then securely tighten.
- 7) Lastly, make sure all bars are level and all clamps and safety collars are positioned correctly and tight before using.

Note: Make Certain All Clamps And Safety Collars Are Securely Tight Before Each Use. Please keep This Guide For Future Reference.

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.