

Pro Power Multi Gym Assembly Guide

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Connect the Main Base (1) and the Rear Stabiliser together using

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2 x M10 x 65mm Hex Bolts (29), 4 x M10 Flat Washers (38) and 2 x M10 Nylon Locknuts (35). 3). Lay the Footplate (18) onto the front of the Main Base and lock in position with the Footplate Lock Pin (43). 4).

PRO POWER Lay Flat Home Gym Inst(DI)v-08 | Physical ...

Insert the Short Carriage Bolt through one of the Square Holes in the Connecting Bar and through the second hole from the end of the Curved Frame Tube Assembly. Page 10 Multi-Gym Pro Adjustment ® Door frames and trim (molding) vary in size. The Perfect Multi-Gym Pro has 3 adjustments to ® accommodate different molding heights (Figures A and B).

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