



INSTRUCTIONS AND INFORMATION FOR LB-106, LB-112 AND LPB-416

Thank you for your purchase. Please read all of this information before assembly and use of this product. Make sure all users of this product are aware of the warnings and information contained on this sheet. **THIS IS NOT A TOY** and the warnings below must be taken seriously. If you have any questions contact the vendor you purchased this from. This product has a 80 lb. user weight limit - any damage from a user over this weight will not be covered under warranty.

ASSEMBLY INSTRUCTIONS

This item has been shipped disassembled to reduce shipping cost. Assembly should be simple and easy to understand, if you have any questions contact vendor. Do not use this product if any of the assembly instructions are unclear, doing so is dangerous!

TOOLS NEEDED

Phillips screwdriver and a 7/16" socket or open end wrench.

PARTS LIST

LB-106 and LB-112 - You should have received a box with a pair of metal legs (uprights) and ONE cardboard tube containing the pre-drilled wooden rail. LPB-416 - You should have received a box with a pair of metal legs (uprights) and TWO cardboard tubes containing pre-drilled wooden rails.

STEP 1

Separate all of your parts and remove the 7/16 nuts and screws from the legs.

STEP 2

Insert wooden pre-drilled rail into leg with holes lined up.

STEP 3

Re-insert screw and nut and tighten. Make sure phillips screw head is on the top and nut is on the bottom. Tighten enough to prevent rail from turning or twisting in the leg socket. **DO NOT OVER TIGHTEN.** Occasionally you may have to twist or hold the leg with a little force to line up the holes in the rail and leg socket.

STEP 4

Check for stability before use! Remember bars have a 80 lb. user weight limit. **REMEMBER,** call your vendor if you have any questions regarding assembly or use.

IMPORTANT CONSUMER PRODUCT HAZARD WARNING — PLEASE READ!

Serious injury (including paralysis or death) could result from any activity involving motion, rotation, and/or height. All users of this equipment assume the risk of serious injury. Mats, pits, and padding cannot and do not eliminate hazards. This product should be used **ONLY** by properly trained and qualified participants under the supervision of a trained professional instructor. Do not allow use without proper supervision. Do not use a mat with tears, evidence of flattening, and/or other defects. Do not use apparatus with damaged, worn, and/or missing parts. Check for proper positioning of mats and apparatus before each use. Replace this label if it becomes damaged or illegible. This is not a toy.