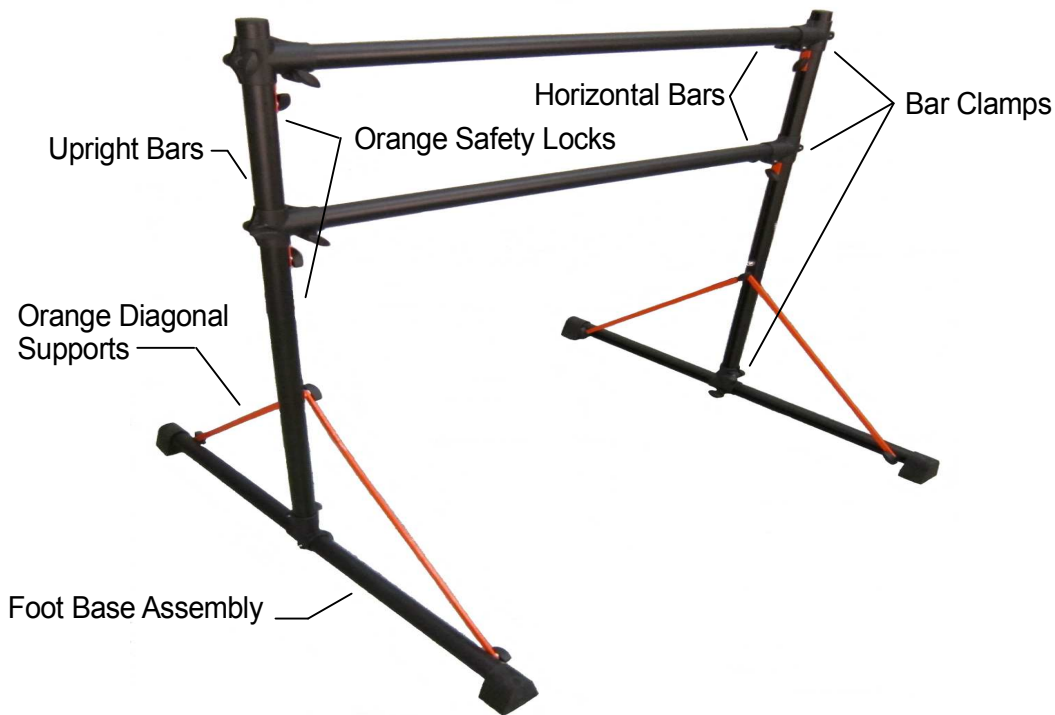




FB4 Personal Fitness Bar Assembly And User's Guide



- 1) Unwrap all components. Do not discard any packing materials until fully assembled.
- 2) Insert upright bars into foot assembly clamps making sure that slide tracks are on the same side. Tighten foot assembly clamp.
- 3) Install the orange diagonal supports by loosening the two slide knobs and flat washers located on the foot assembly near the rubber feet and removing the one knob located on the upright bar. Place the two orange support rods on the the exposed threaded bolt (note: the top of the orange supports mount on the same threaded bolt overlapped) then replace the flat washer and knob and securely tighten all three knobs. 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 orange safety lock and slide upward to each clamp then securely tighten.
- 7) Lastly, make sure all bars are level and all clamps and locks are positioned correctly and tight before using.

Note: Make Certain All Clamps And Locks 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.