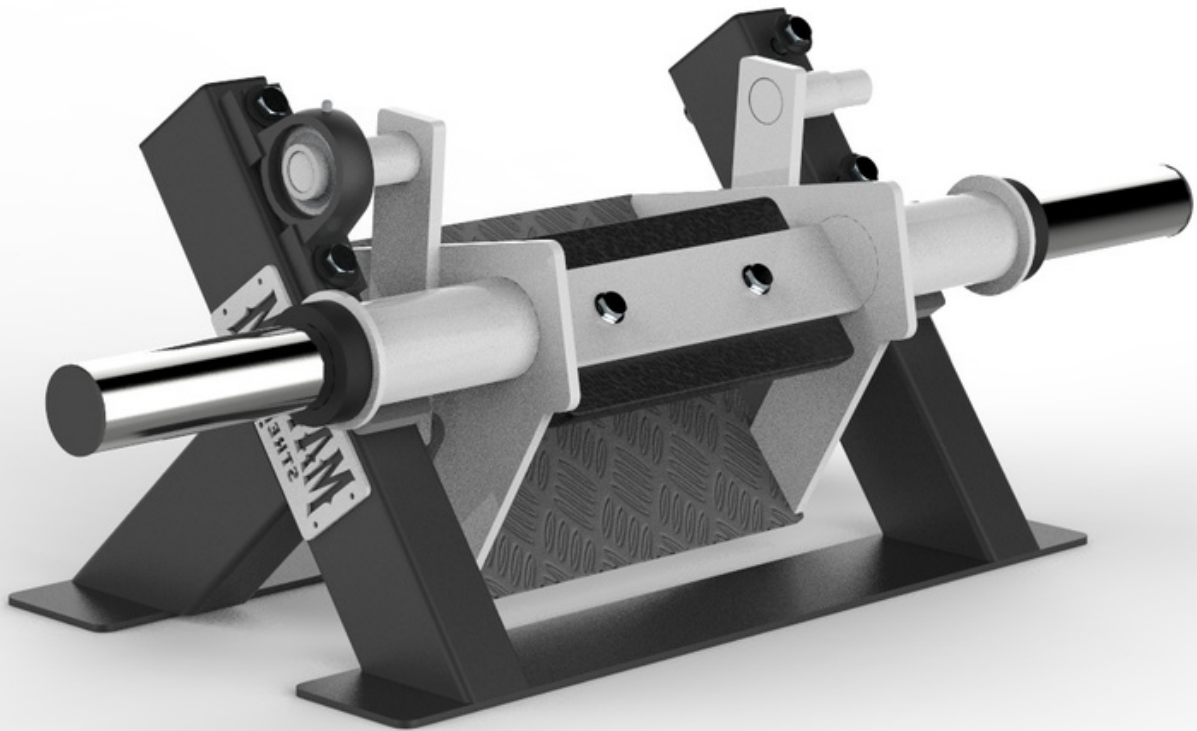




# Tibia Dorsi Flexion ASSEMBLY INSTRUCTIONS



**Please take the time to carefully read the instruction manual before starting the process of assembling your machine. If you have any inquiries or complications, please call us at 662-GYM-BROS, or email us at [info@gymbrofitness.com](mailto:info@gymbrofitness.com).**

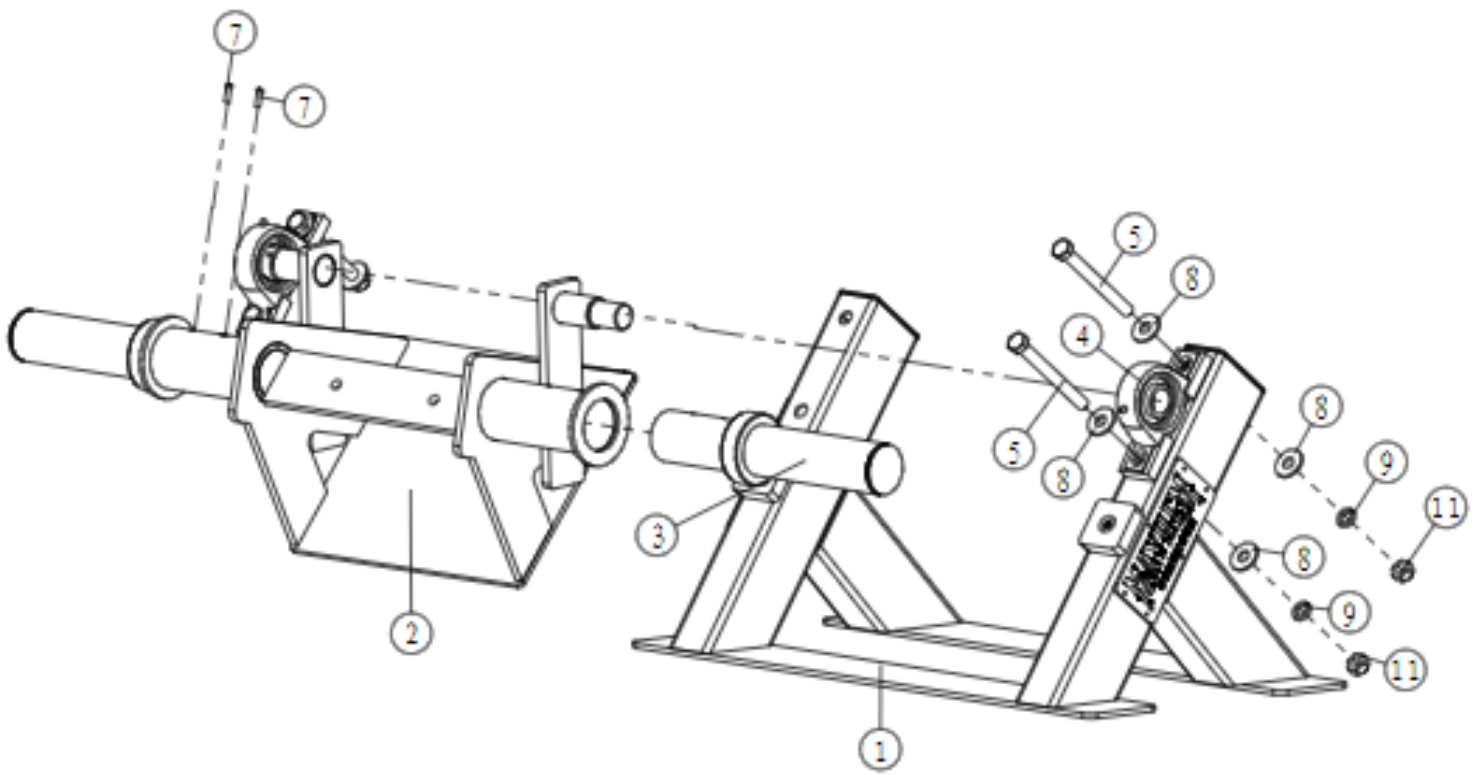
**Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior to frequent use, and that the machine that you are assembling is fully functional.**

<b>Tools Required for Installation:</b>
Rubber Mallet
Level
Ratchet and Socket Set
Snap Ring Pliers
Adjustable Wrench
2 People Required

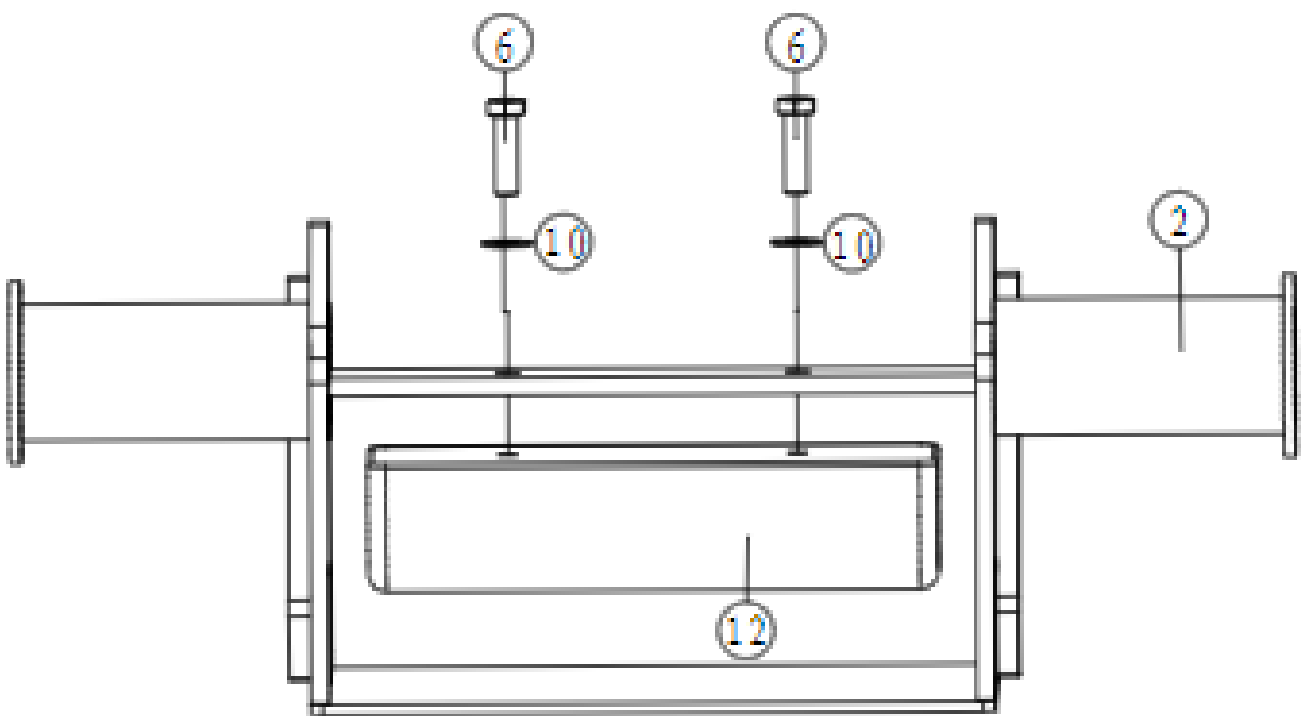
## PARTS/HARDWARE LIST

<b>Part Number</b>	<b>Part Description</b>	<b>Quantity</b>
1	Support	1
2	Arm Support	1
3	Weight Holder	2
4	Block Bearing	2
5	Hexagon Head Bolts M12x120	4
6	Hexagon Head Bolts M10x35	2
7	Hexagon Head Bolts M5x15	4
8	Plain Washers	8
9	Spring Lock Washers	4
10	Plain Washers	2
11	Hexagon Nuts M12	4
12	Upholstery Knee Pad	1

# Frame Assembly



# Frame Assembly



**Have a question about assembly?**



**Please contact a Gym Bro Fitness Team Member!**

**Hours of Operation:**

**Monday-Friday 9:00am - 5:00pm (PST)**

**Saturday 9:00am - 3:00pm (PST)**

**Sunday CLOSED**

**Phone: (662)GYM-BROS**

**Email: [info@gymbrofitness.com](mailto:info@gymbrofitness.com)**

**Visit Our Website: [www.gymbrofitness.com](http://www.gymbrofitness.com)**