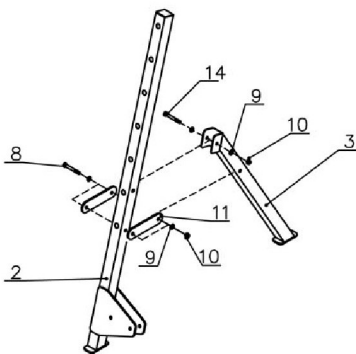


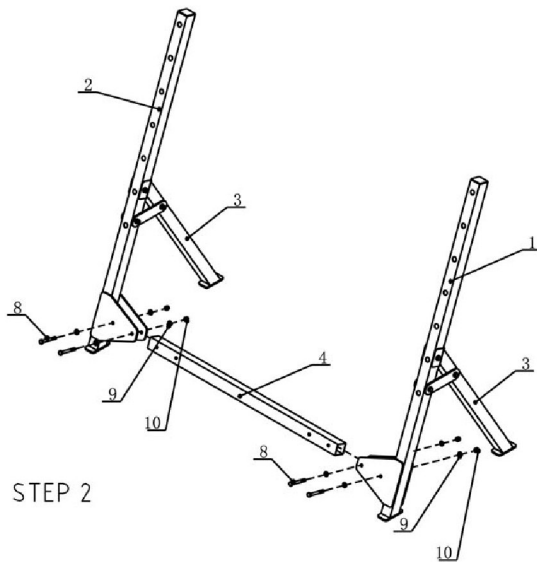


BFPR10 Olympic Barbell Holder Assembly Steps:

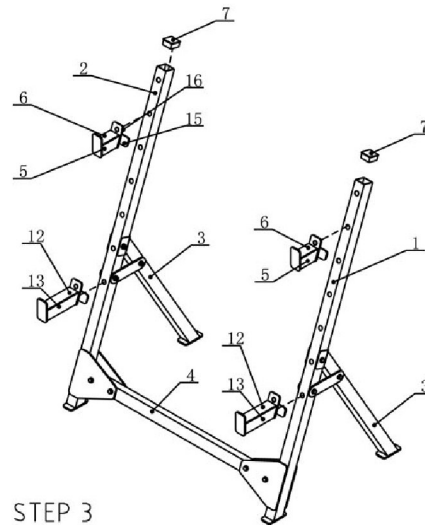
1. Install rear leg (3) and rear leg plate (11) onto both sides of the two main uprights (1) and (2) with bolts (8), washers (9), and nuts (10). Finger tighten nuts only. Attach rear legs to leg supports and main uprights with bolts (14), washers (9) and nylon nuts (10).
2. Install lower cross bar (4) into main upright leg gussets and secure with two bolts (8), washers (9) and nylon nuts (10) on each side. Straighten main uprights and tighten all fasteners.
3. Install the long safety bar (13) and the short safety bar (5) on uprights where desired. Make sure all safety's and supports are placed at equal heights on the uprights before using. Check all fasteners periodically and tighten if necessary.



STEP 1

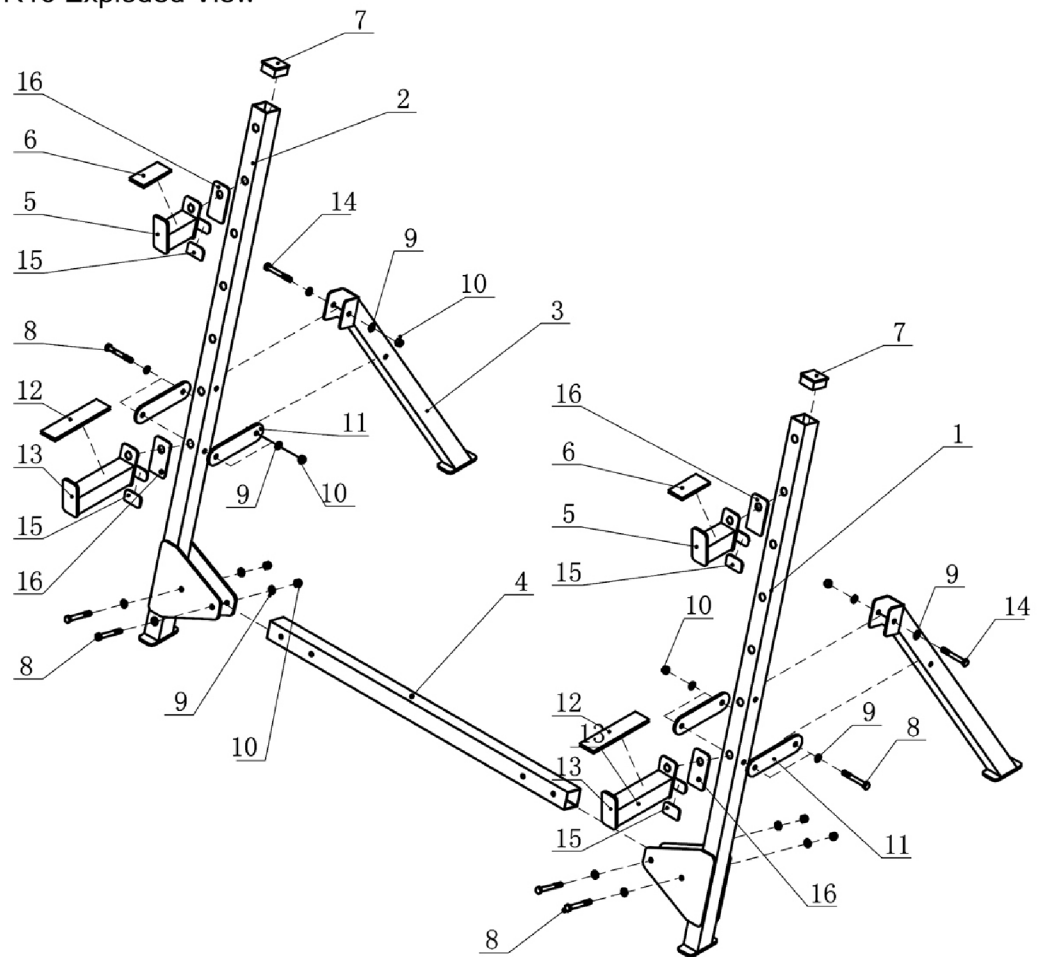


STEP 2



STEP 3

BFPR10 Exploded View



BFPR10 Parts List

No.	Description	Qty	No.	Description	Qty
1	Left Frame	1	9	ϕ 10 Washer	20
2	Right Frame	1	10	M10 Nylon Nut	20
3	Rear Leg	2	11	Rear Leg Plate	4
4	Connecting Tube	1	12	Long Rubber Pad	2
5	Short Safety Bar	2	13	Long Safety Bar	2
6	Short Rubber Pad	2	14	M10*70 Hex Bolt	2
7	50*50 Square End Cap	2	15	Small Teflon Sticker	4
8	M10*78 Hex Bolt	8	16	Big Teflon Sticker	4

FOR PARTS OR SERVICE INQUIRIES CALL TEL 800-556-3113 FAX 708-427-3556