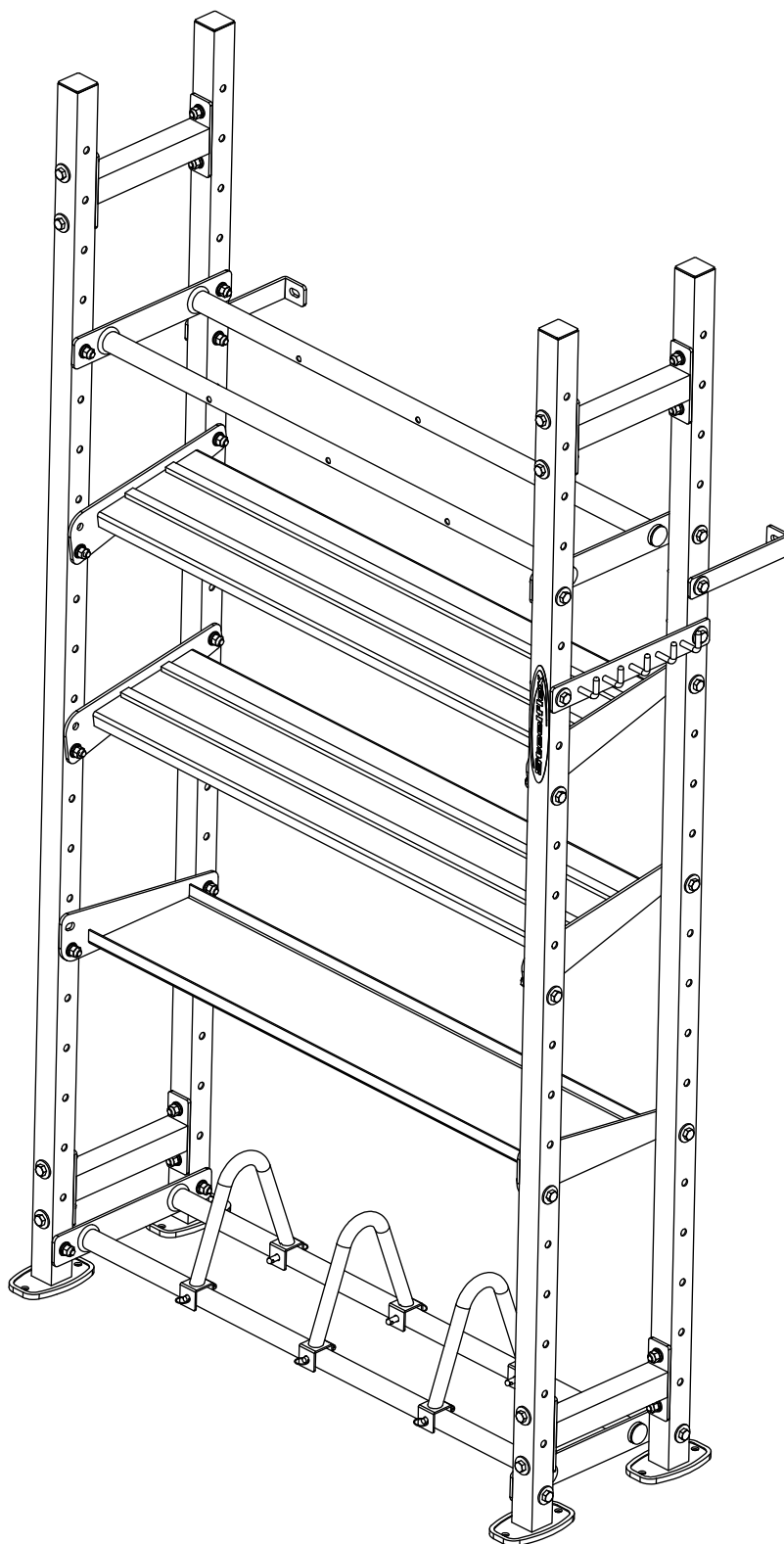


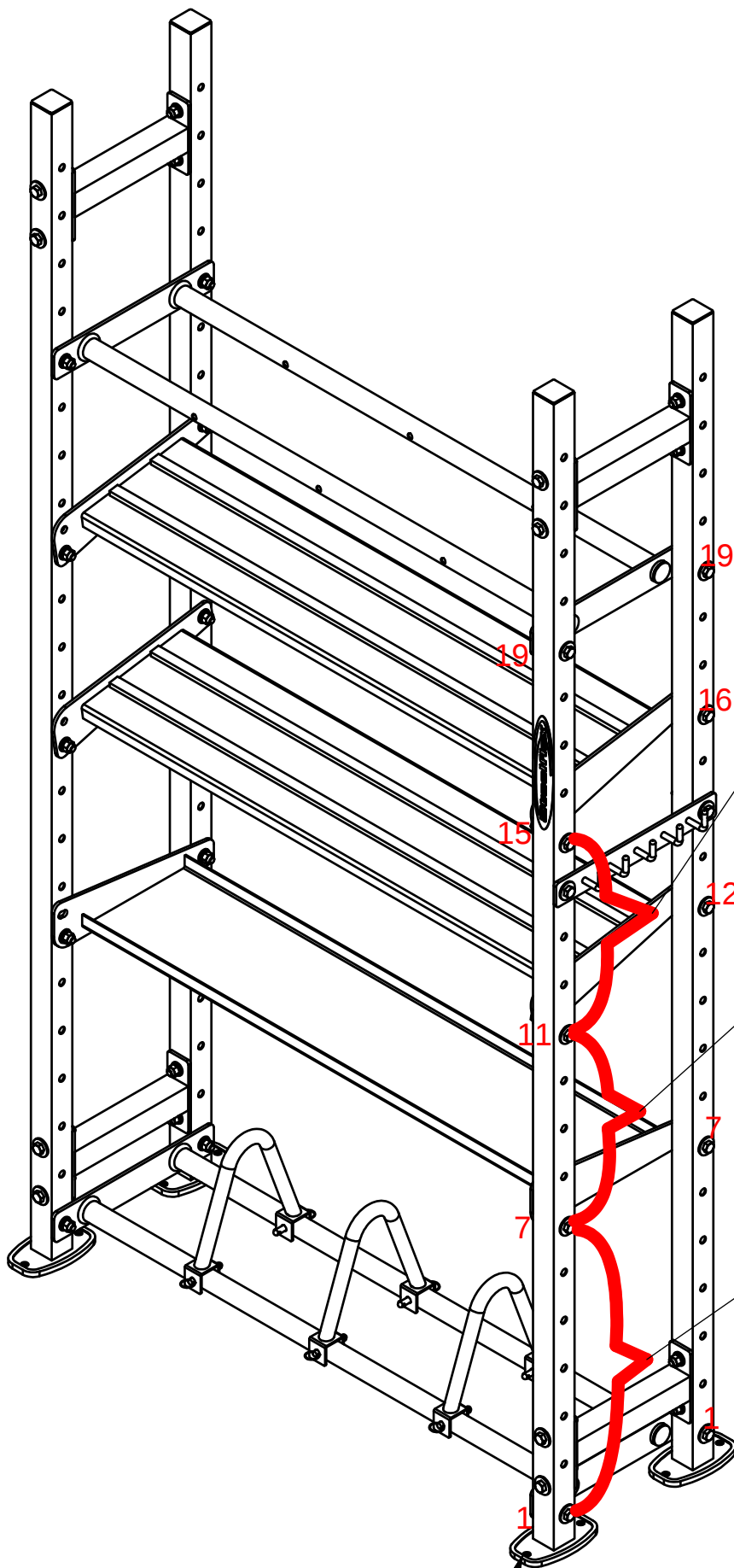


NGFR1



Assembly & Instructions

OWNER'S & MANUAL



When placing the dumbbells ,
you need to leave four holes
above for use and put back.

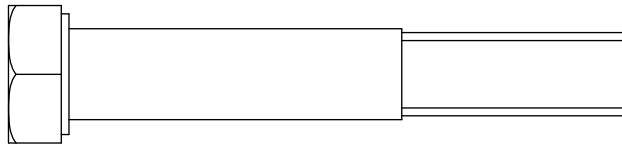
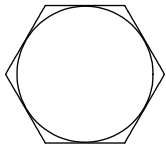
When placing the Kettle bell,
you need to leave four holes
above for use and put back.

When placing the Plates,
you need to leave six holes
above for use and put back.

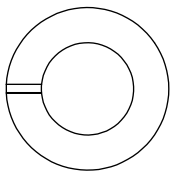
Sleeve anchor required for stability.

NGFR1 HARDWARE
(shown in actual size)

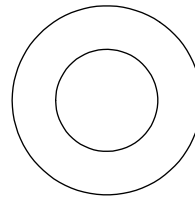
A1.M12X75L HEX HEAD SCREW...40PCS



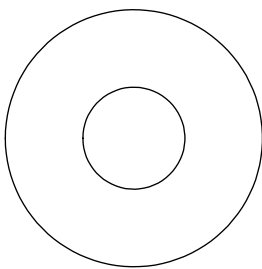
C1.M12 SPRING WASHER ...40PCS



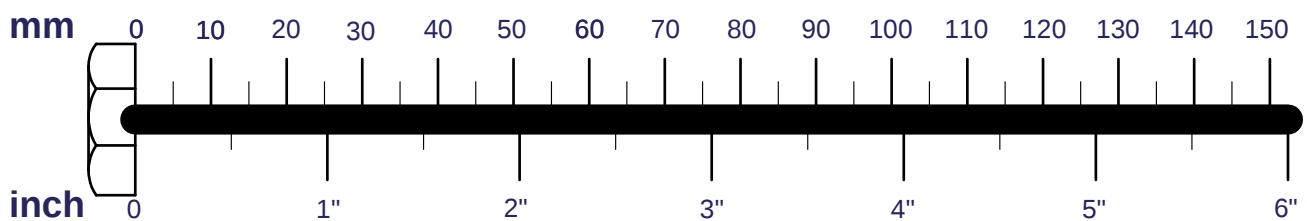
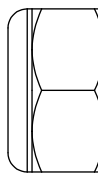
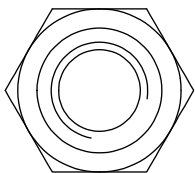
C2.M12 WASHER (Ø25)...40PCS



C3.M12 WASHER (Ø34)...40PCS



B1.M12 CAP NUT...40PCS



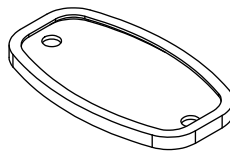
NGFR1 HARDWARE (shown in actual size)

D1.End Cap (9211-018).....	8PCS
D2.Rubber Blanket(9310-076).....	4PCS
D3.End Cover(9211-006).....	4PCS
D4.Plug(8250-015).....	6PCS

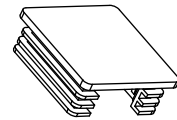
D1



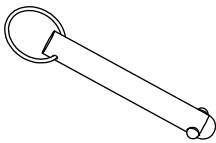
D2



D3

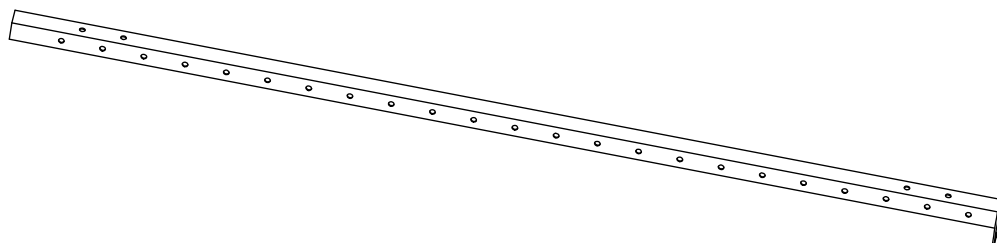


D4

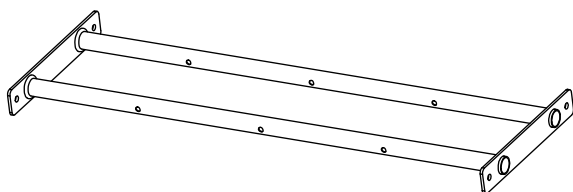


NGFR1 HARDWARE
(shown in actual size)

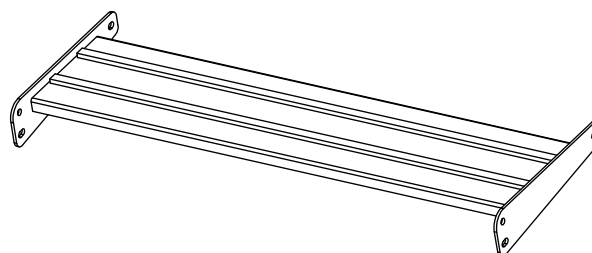
A[4PCS]



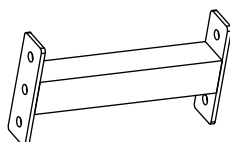
B[2PCS]



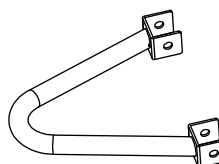
C[3PCS]



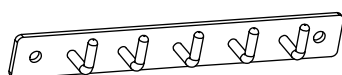
D[4PCS]



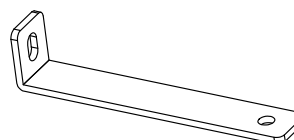
E[3PCS]

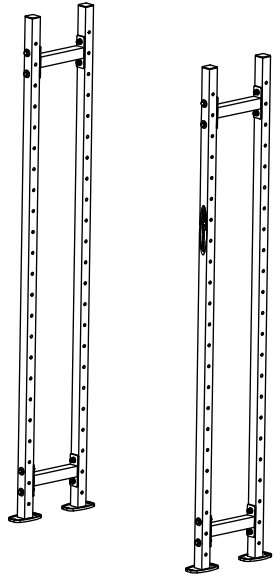


F[1PCS]



G[2PCS]
(8331-087)





Above shows STEP 1
assembled and completed

