

INSTRUCTION



SPRING WALL

PTX2000

liveness



Component:

When you open package, you will find:







No.	Item	Quantity
1	Oak spring board with Push-through	1
	bar	
2	Long spring	4
3	Short spring	4
4	Hook	16
5	Roll down bar	1
6	Dowel footbar	1
7	Foot loop	2
8	Handle grip	2
9	Safty strap with snap	1
10	Expansion bolts	8
11	Assembly kit tools	1

Assembly:

Warning: the board must be installed on loading bear wall, otherwise, it 's not allowed to use. It is required to unpack the equipment and correct lifting technique by two people at least. At all times you are responsible for your own safety and those around you.

Please unpack the equipment in a clear, clean & dry environment on a level floor surface. And follow the steps below to operate"

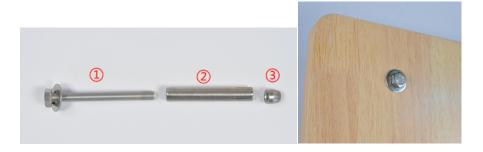
1. Take Out All Parts:

Please take out each product from the wooden box and place them on a flat surface.

2. Install spring board on loading bear wall

Place the spring board on the load-bearing wall surface, determine the installation position, and mark the drilling locations.

There are three parts each expansion bolts, disassemble bolt and put part③、part② into holes of drilled wall in sequence, after drill all holes, put spring board on the wall surface and assemble part① to fix.



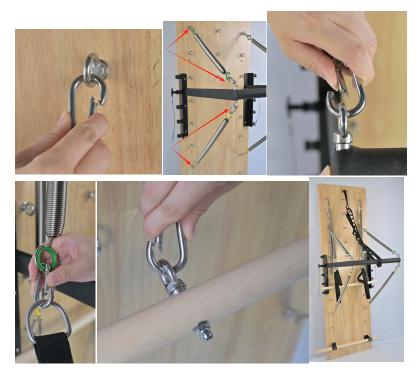
3. Assemble spring with hook:

Assemble hook on both side of each spring.



4. Assemble spring on the board:

Hang long spring on the board firstly, then, assemble bar, handle grip, foot loop with springs as picture.



5. Install dowel footbar:

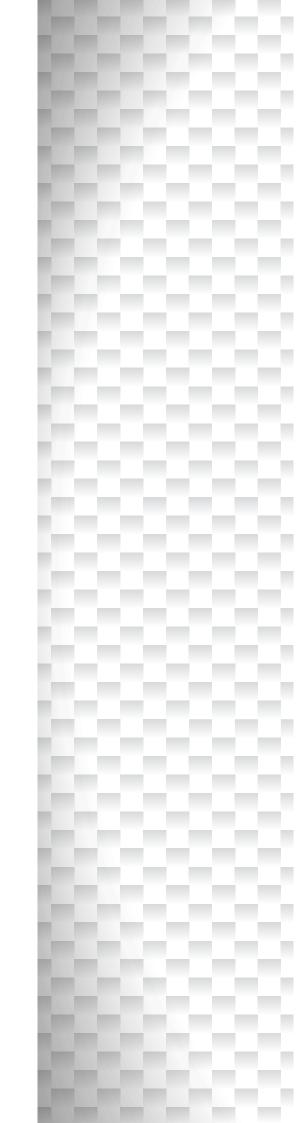
Put the bar into bottom holes and keep center position, then, use tools to tighten the screws.



6. Assemble safty strap:

Put one side of safty strap into the top ring in the middle of board, then, to adjust length according to user trainging inquire, put the hook at the strap hole to fix position.





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