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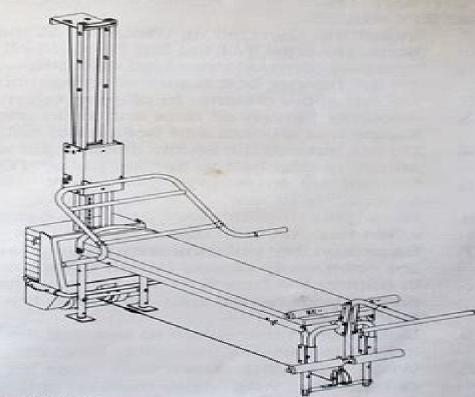
assembly

replacement parts

tools required:
hammer
standard screwdriver
phillips screwdriver
adjustable wrench
drill
5/16" bit
1/8" bit
level
measuring tape
plumb line

Assembly Instructions PR Gympac® 1500 Basic Wall Unit

U.S. Patent No. 268,508. Additional Patents Pending.



IMPORTANT:

This product is designed for use only as an exercise device. The maximum load capacity of the Gympac is 200 lbs, plus weight of lifter. The leg lift attachment on this product is designed for a total weight not to exceed 50 lbs. The maximum weight for pullup is 200 lbs. It is advisable to have a physical examination by your physican before you begin your weight training course.

Dp Gympac 3500 Bench Assembly User Guide

Michael Seilmaier

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