

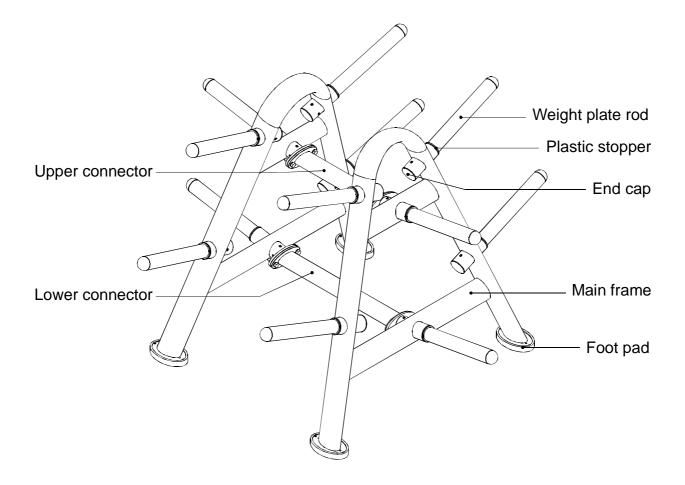
# Olympic Plate Tree



## **A. SAFETY INSTRUCTIONS**

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the machine on a solid, level surface. DO NOT use outdoors or near water.
- Never allow children on or near the machine.
- Make sure all fasteners are properly tightened for safety. DO NOT use the machine if the unit is disassembled in any way.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this machine is used by, on, or near adolescent, invalids, and disabled persons.
- Never drop or insert any object into any opening.

# **B. INTRODUCTION**



### C. LIST OF PARTS

- 1. One L Shaped, M5 hex wrench
- 2. One L Shaped, M6 hex wrench
- 3. One double-end open wrench, 8mm and 17mm
- 4. Two main frames
- 5. One upper connector
- 6. One lower connector
- 7. Twelve weight plate rods

# **D. ASSEMBLY INSTRUCTION**

#### Weight plate rod installation (4 rods as shown)

Step 1: Insert weight plate rod into the main frame.

Step 2: Secure with screws provided.

Step 3: Repeat step1-2 for installation of the other 3 weight plate rods.

Notes: If end caps come loose during assembly, press them back in again.

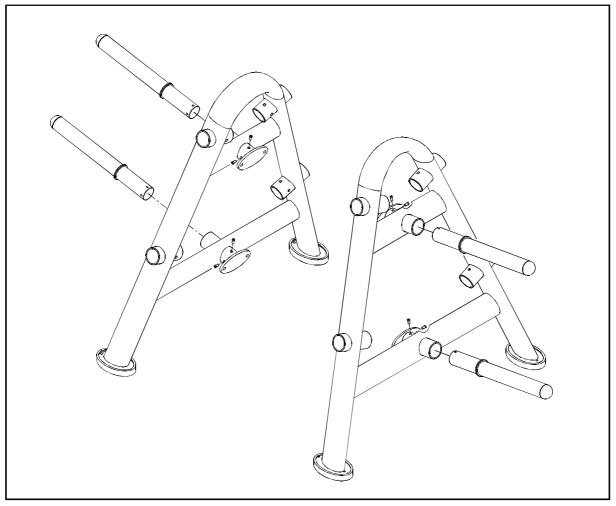
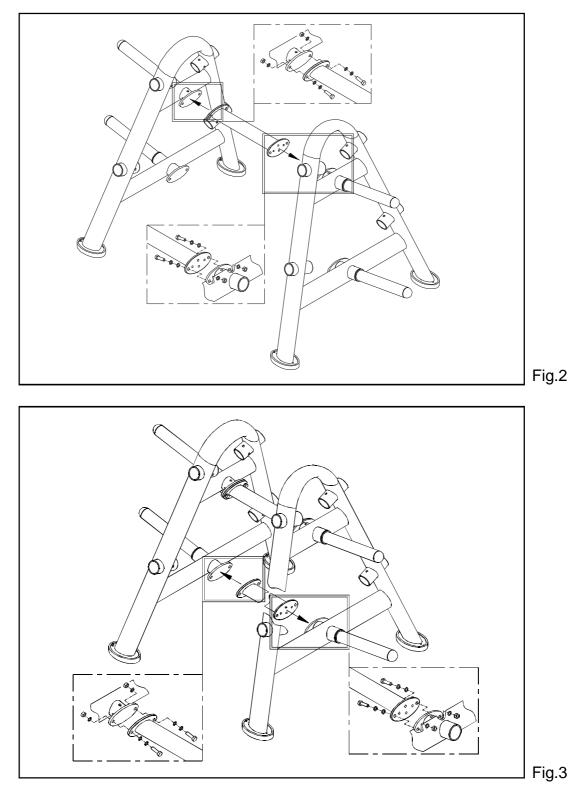


Fig.1

#### Connector installation:

- Step 1: Assemble the upper connector onto two leg frames by loosely securing the hardware.
- Step 2: Assemble the lower connector onto two leg frames by loosely securing the hardware.
- Step 3: Secure all hardware provided.



#### Weight plate rod installation (the other 8 rods)

Step 1: Insert weight plate rod into the main frame.

Step 2: Secure with screws provided.

Step 3: Repeat step1-2 for installation of 7 weight plate rods left.

Notes: If end caps come loose during assembly, press them back in again.

