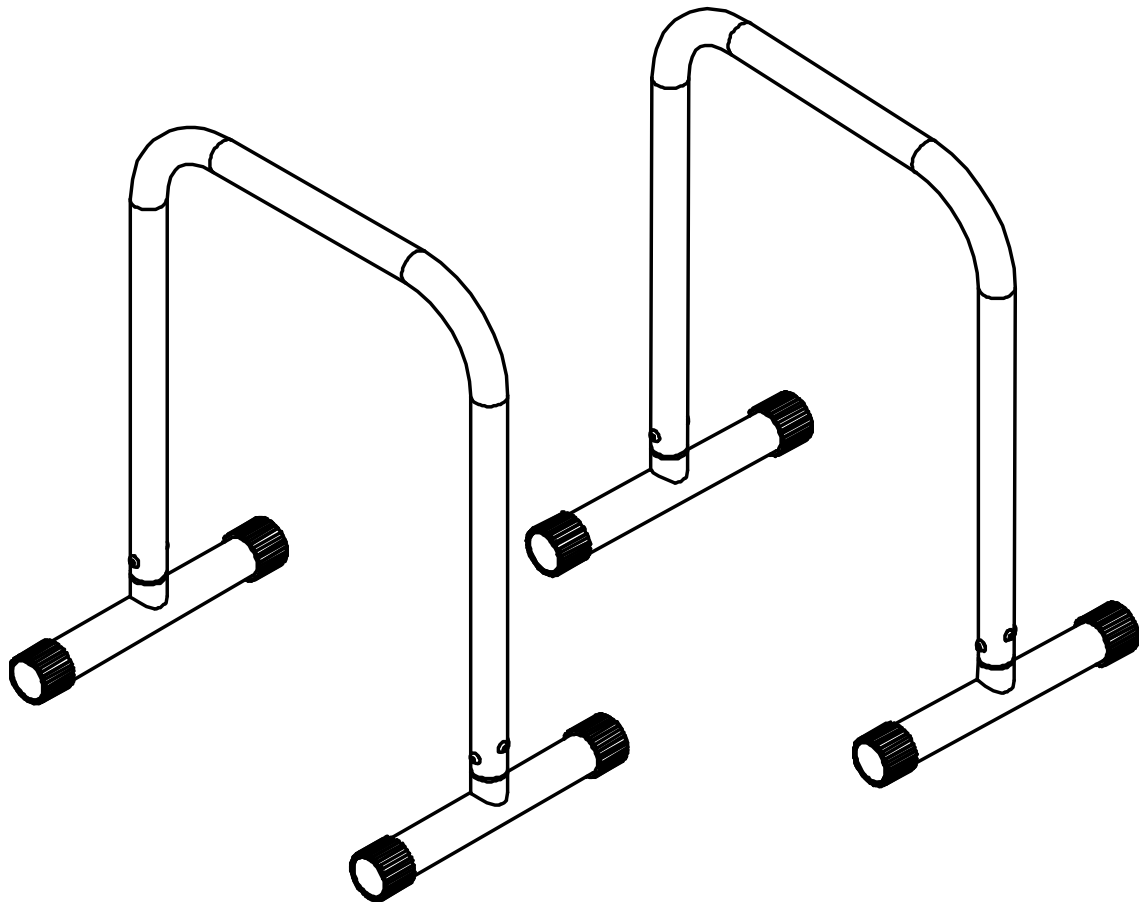


# PARALLEL BARS OWNER'S MANUAL



Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

# TABLE OF CONTENTS

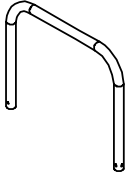
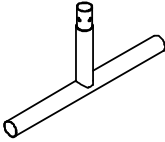





1.	IMPORTANT SAFETY INSTRUCTIONS_____	3
2.	PARTS LIST_____	4
3.	ASSEMBLY INSTRUCTIONS_____	5
4.	WARRANTY_____	6

# 1. IMPORTANT SAFETY INSTRUCTIONS

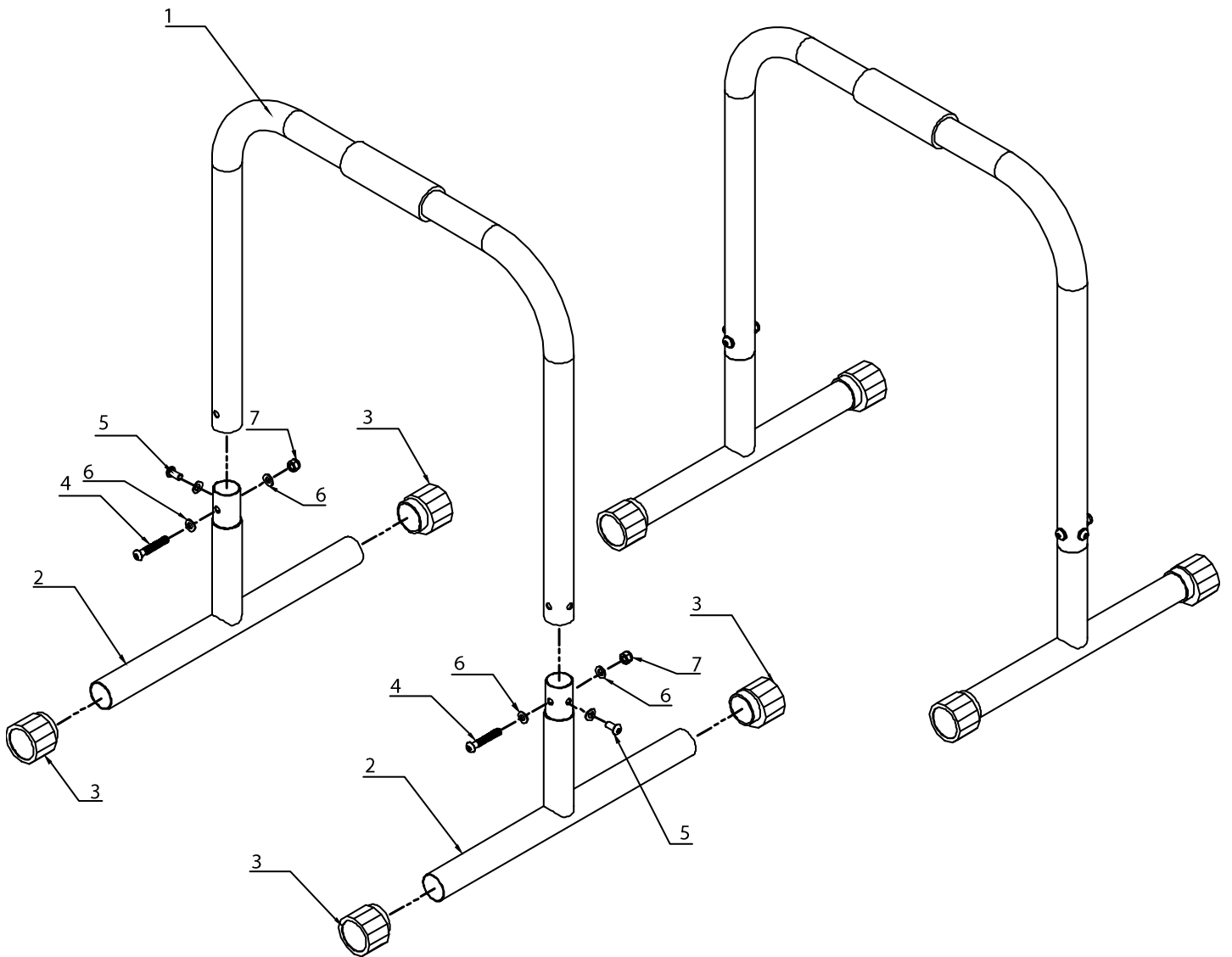
**WARNING** - Read all instructions before using this machine.

- Install the product on a flat level surface
- Place your unit on a solid, level surface when in use
- Never allow children on or near the machine.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- Only 1 person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY
- Do not use the machine near water or outdoors.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- Do not place any sharp objects around the machine.
- Disabled person should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- A spotter is recommended during exercise.

## 2. PARTS LIST

Main Frame	T-Shaped Leg	End Cap	Bolt(M8*50)
			
1	2	3	4
2 PCS	4 PCS	8 PCS	4 PCS
Bolt(M8*16)	Washer(M8)	Nut(M8)	
			
5	6	7	
4 PCS	12 PCS	4 PCS	

### 3. ASSEMBLY INSTRUCTIONS



1. Attach Main Frame to the T-Shaped Leg using Part 4, 5, 6 and 7.
2. Attach the End Caps onto the T-Shaped Leg as shown above image.

## 4. WARRANTY

### AUSTRALIAN CONSUMER LAW

*Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.*

*You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at [www.consumerlaw.gov.au](http://www.consumerlaw.gov.au)*

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanfitness.com.au/warranty-repairs>

### **Warranty and Support:**

Please email us at [support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au) for all warranty or support issues.

For all warranty or support related enquiries an email must be sent to lodge a support case in our system.

### **Head Office and Customer Service:**

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