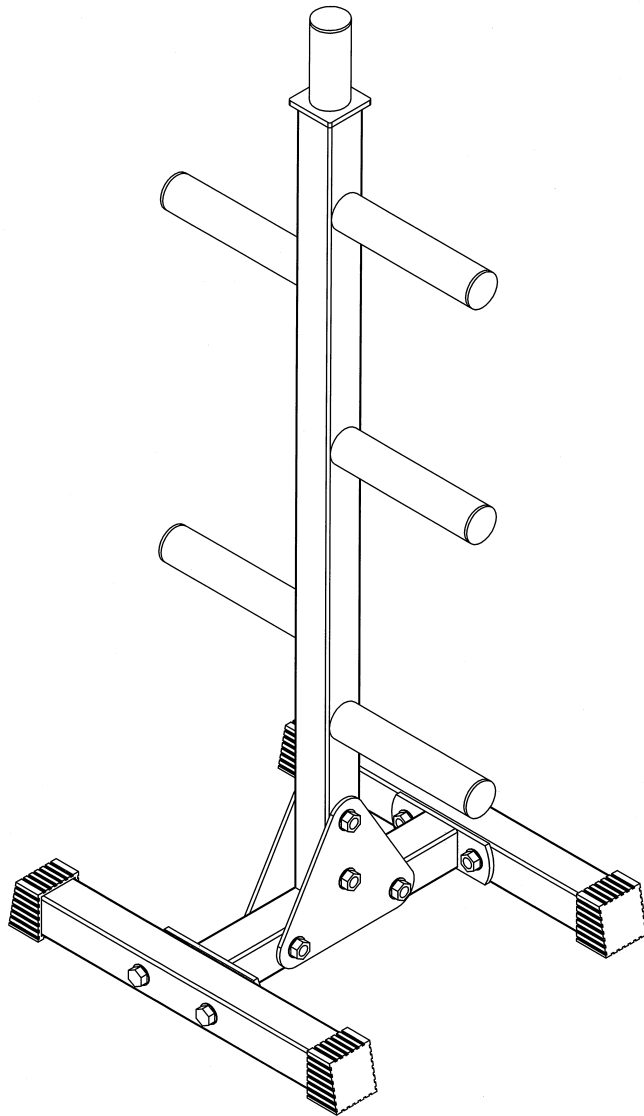


# DF7700

## OLYMPIC WEIGHT TREE

### Assembly Manual

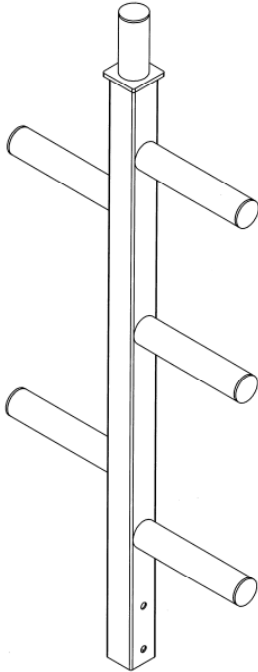


**(888) 258-0533**

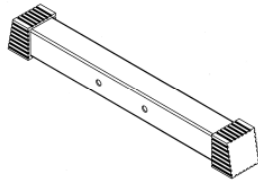
***FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY***

\*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

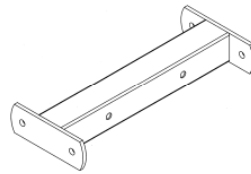
# BOX CONTENTS



**A**  
BODY  
QTY 1



**B**  
SUPPORT LEG  
QTY 2

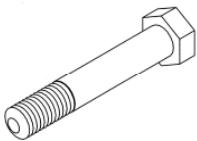


**C**  
CROSSMEMBER  
QTY 1

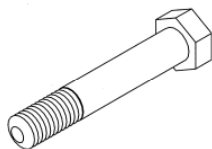


DF7700  
ASSEMBLY MANUAL  
QTY 1

# HARDWARE



**D**  
M12 x 70MM BOLT  
QTY 4



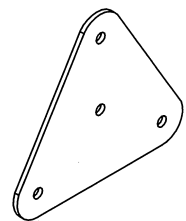
**E**  
M12 x 85MM BOLT  
QTY 4



**F**  
M12 WASHER  
QTY 16

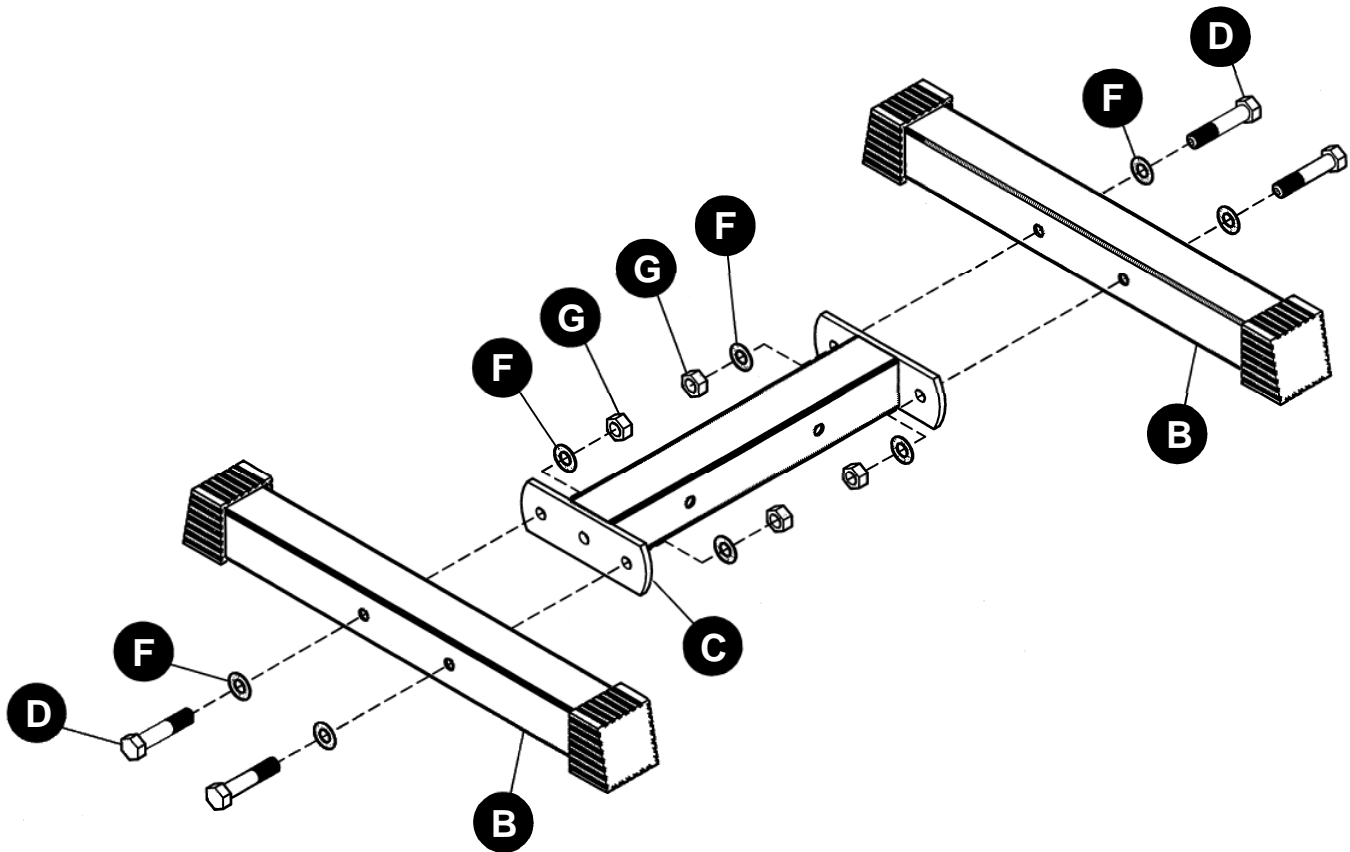


**G**  
M12 LOCKNUT  
QTY 8



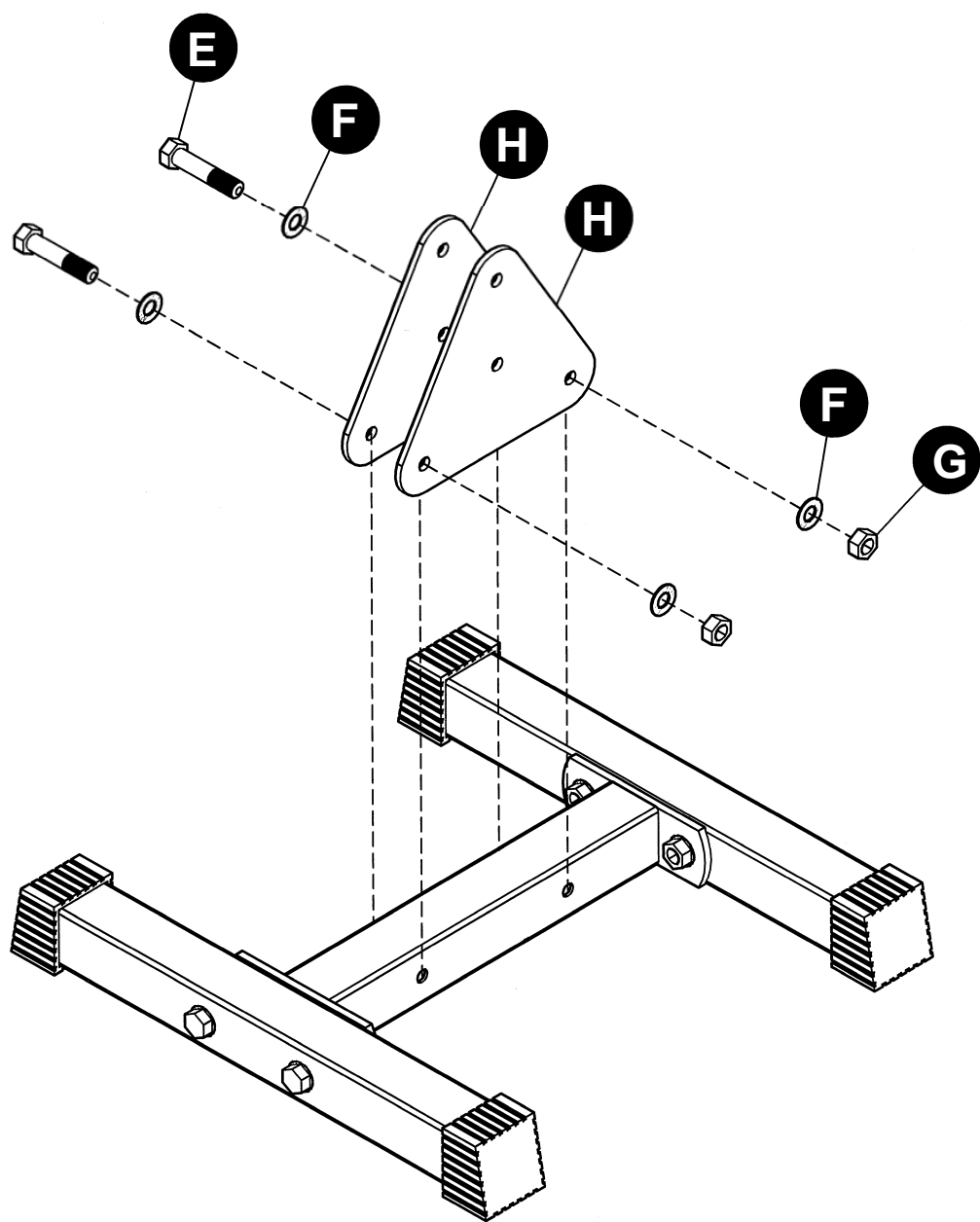
**H**  
TRIANGLE FLANGE  
QTY 2

\*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

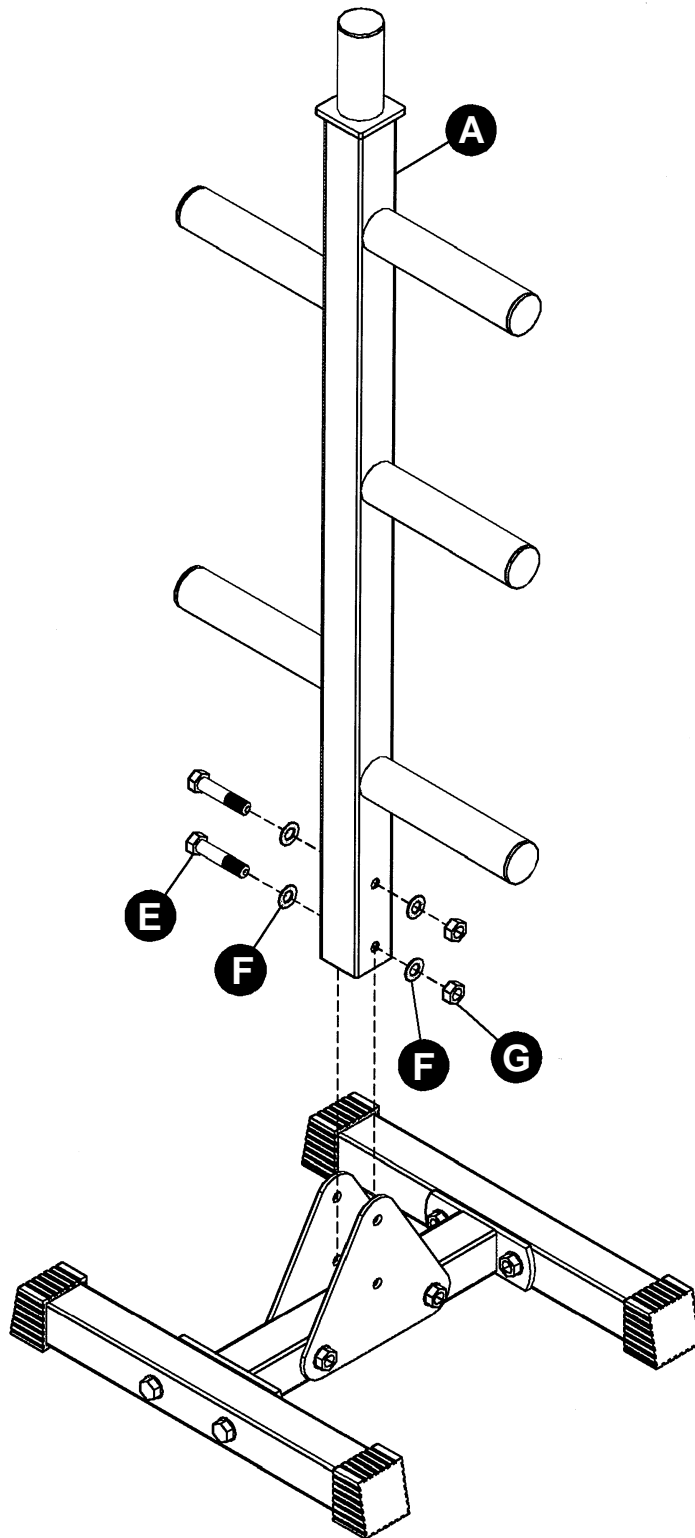


**TOOLS REQUIRED:**  
METRIC SOCKET SET OR WRENCHES

**INSTRUCTIONS:**  
ATTACH THE SUPPORT LEGS (B) TO THE CROSSMEMBER (C) USING M12 x 70MM BOLTS (D), M12 WASHERS (F), AND M12 LOCK NUTS (G). DO NOT FULLY TIGHTEN AT THIS TIME.



ATTACH THE TRIANGLE FLANGES (H) TO THE CROSSMEMBER USING M12 x 85MM BOLTS (E), M12 WASHERS (F), AND M12 LOCK NUTS (G). FULLY TIGHTEN.



ATTACH THE BODY (A) TO THE TRIANGLE FLANGES USING M12 x 85MM BOLTS (E), M12 WASHERS (F), AND M12 LOCK NUTS (G). FULLY TIGHTEN.

NOW SET THE WEIGHT TREE IN THE AREA THAT YOU WILL BE USING IT IN. WHILE MAKING SURE THAT ALL 4 FEET SIT FLAT ON THE FLOOR, FULLY TIGHTEN THE NUTS SECURING THE LEGS TO THE CROSSMEMBER.

# ***SAFETY NOTICE***

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE POSSIBILITY OF RISK CAN BE REDUCED BY ALWAYS FOLLOWING THESE SIMPLE RULES:

- 1) BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR FOR A COMPLETE PHYSICAL EXAMINATION AND SUGGESTED EXERCISE PROGRAM SPECIFIC FOR YOU.
- 2) STRETCH BEFORE AND AFTER THE EXERCISE PROGRAM. PROPER STRETCHING WILL PREPARE YOUR JOINTS AND MUSCLES FOR EXERCISE AND HELP AVOID INJURIES.
- 3) IF AT ANY TIME YOU SHOULD FEEL FAINT OR DIZZY, NAUSEOUS OR EXPERIENCE ANY OTHER ABNORMAL SYMPTOMS OR DISCOMFORT DISCONTINUE USE AND CONSULT YOUR DOCTOR.
- 4) DO NOT USE THIS EQUIPMENT WITHOUT QUALIFIED SUPERVISION AND PROPER TRAINING. NEVER WORK OUT ALONE- ALWAYS HAVE A PARTNER.
- 5) SECURELY TIGHTEN ALL BOLTS AND REGULARLY CHECK TO ENSURE ALL BOLTS HAVE NOT LOOSENED.
- 6) WEAR GOOD RUBBER SOLE SHOES ONLY. DO NOT USE BARE FOOTED OR WITH SOCKS ONLY.
- 7) DO NOT WEAR LOOSE CLOTHES SUCH AS ROBES, GOWNS, PANTS, LONG SHIRTS OR JEWELRY WHICH COULD BECOME ENTANGLED IN MOVING PARTS.
- 8) DO NOT STAND OR KNEEL ON SEAT. ALWAYS SIT OR LAY SQUARELY CENTERED.
- 9) KEEP HEAD, LIMBS AND BODY PARTS CLEAR OF MOVING PARTS AND WEIGHT PLATES.
- 10) CHILDREN SHOULD NOT USE EXERCISE EQUIPMENT WITHOUT SUPERVISION BECAUSE OF POSSIBILITY OF INJURY FROM IMPROPER USAGE. THIS EQUIPMENT IS INTENDED FOR HOME USE ONLY.
- 11) REPLACEMENT OF WORN OR DEFECTIVE PARTS MUST BE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ASSESSORS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.