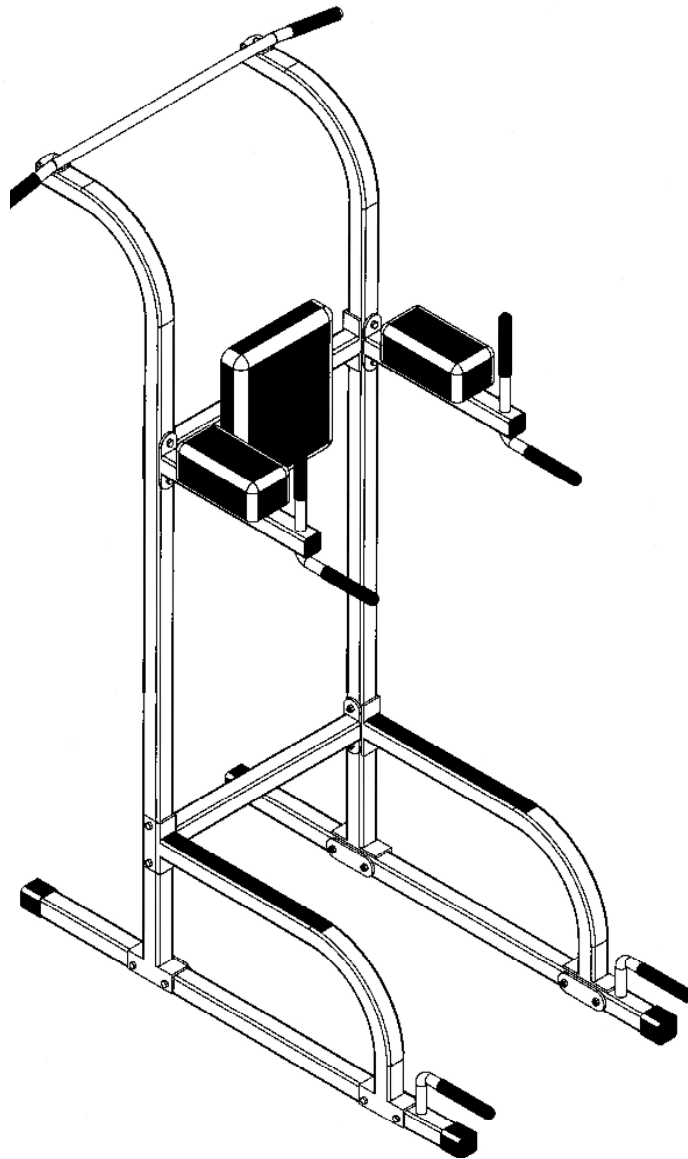


DF6800

VERTICAL KNEE RAISE

Assembly Manual

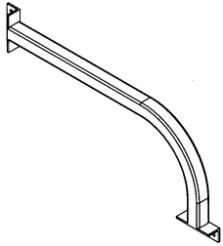


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FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

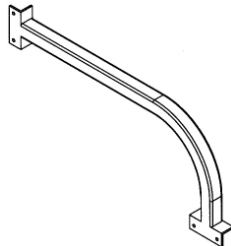
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

BOX CONTENTS



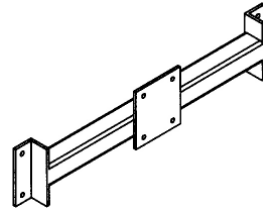
A

**RH BRACE
QTY 1**



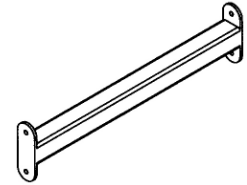
B

**LH BRACE
QTY 1**



C

**TOP CROSSMEMBER
QTY 1**



D

**BOTTOM
CROSSMEMBER
QTY 1**



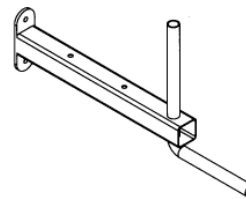
E

**RH UPRIGHT
QTY 1**



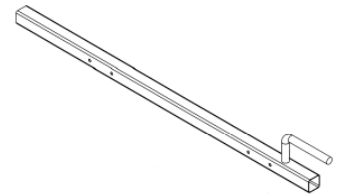
F

**LH UPRIGHT
QTY 1**



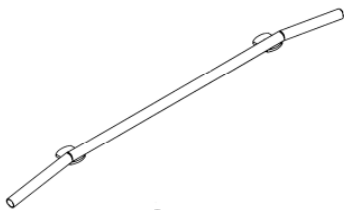
G

**ARM SUPPORT
QTY 2**



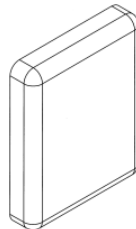
H

**FOOT
QTY 2**



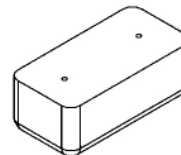
I

**CHIN-UP BAR
QTY 1**



J

**BACK PAD
QTY 1**



K

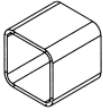
**ARM PAD
QTY 2**



**DF6800
HARDWARE PACK
QTY 1**

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

HARDWARE



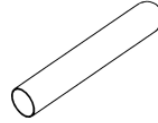
L

**RUBBER SHOE
QTY 4**



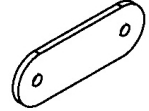
M

**SQUARE CAP
QTY 4
(factory installed)**



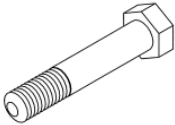
N

**HAND GRIP
QTY 8
(factory installed)**



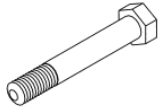
O

**MOUNTING
PLATE
QTY 4**



P

**M12 x 70MM BOLT
QTY 18**



Q

**M10 x 64MM BOLT
QTY 4**



R

**M10 x 25MM BOLT
QTY 4**



S

**M12 WASHER
QTY 32**



T

**M10 WASHER
QTY 8**



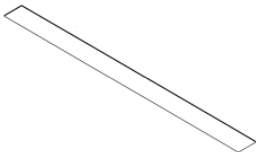
U

**M12 LOCKNUT
QTY 16**



V

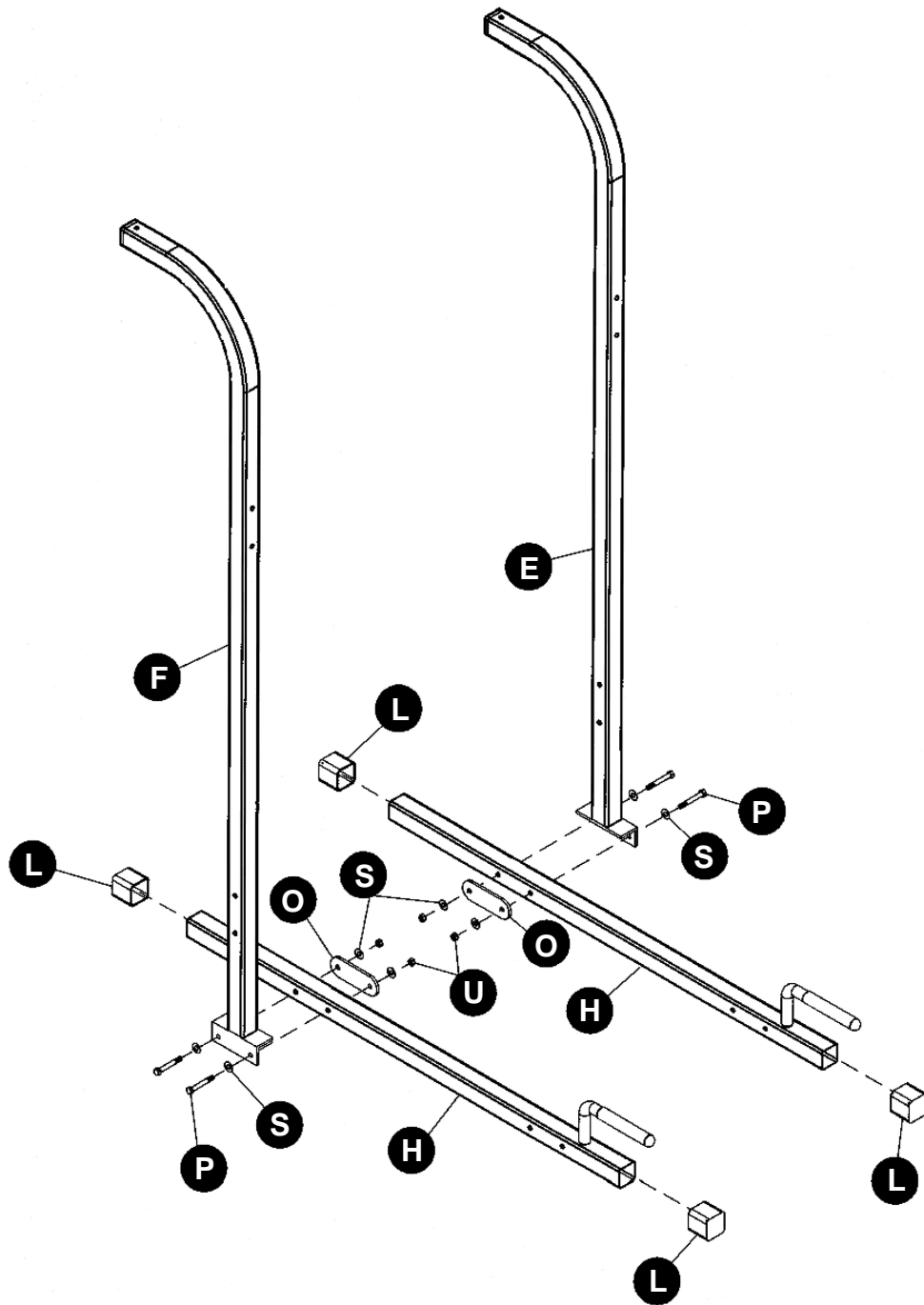
**M10 LOCKNUT
QTY 2**



W

**SAFETY TREAD
QTY 2**

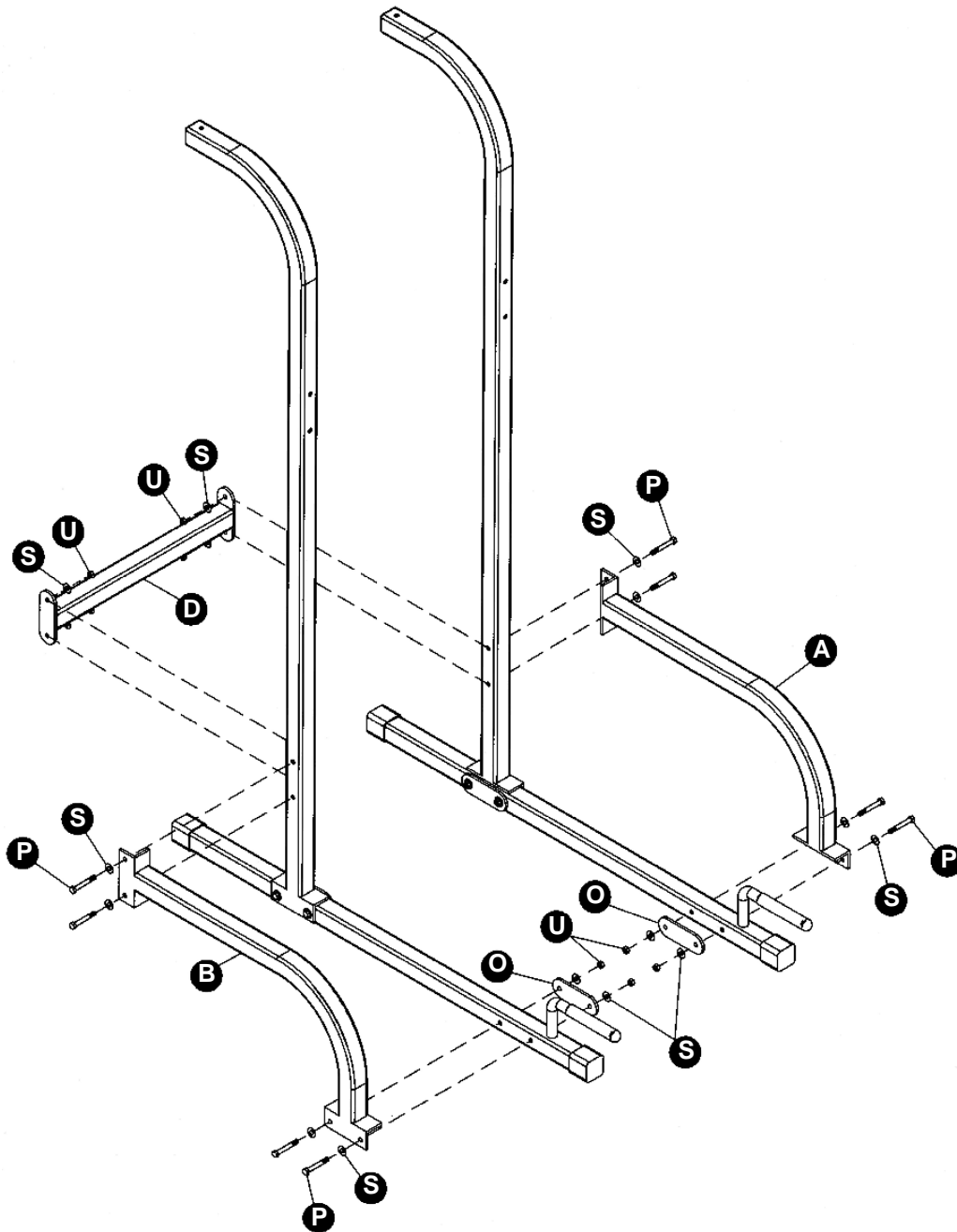
FRAME ASSEMBLY



ASSEMBLE THE UPRIGHTS (**E,F**) TO THE FEET (**H**) USING M12 x 70MM BOLTS (**P**), MOUNTING PLATES (**O**), M12 WASHERS (**S**), AND M12 NUTS (**U**).

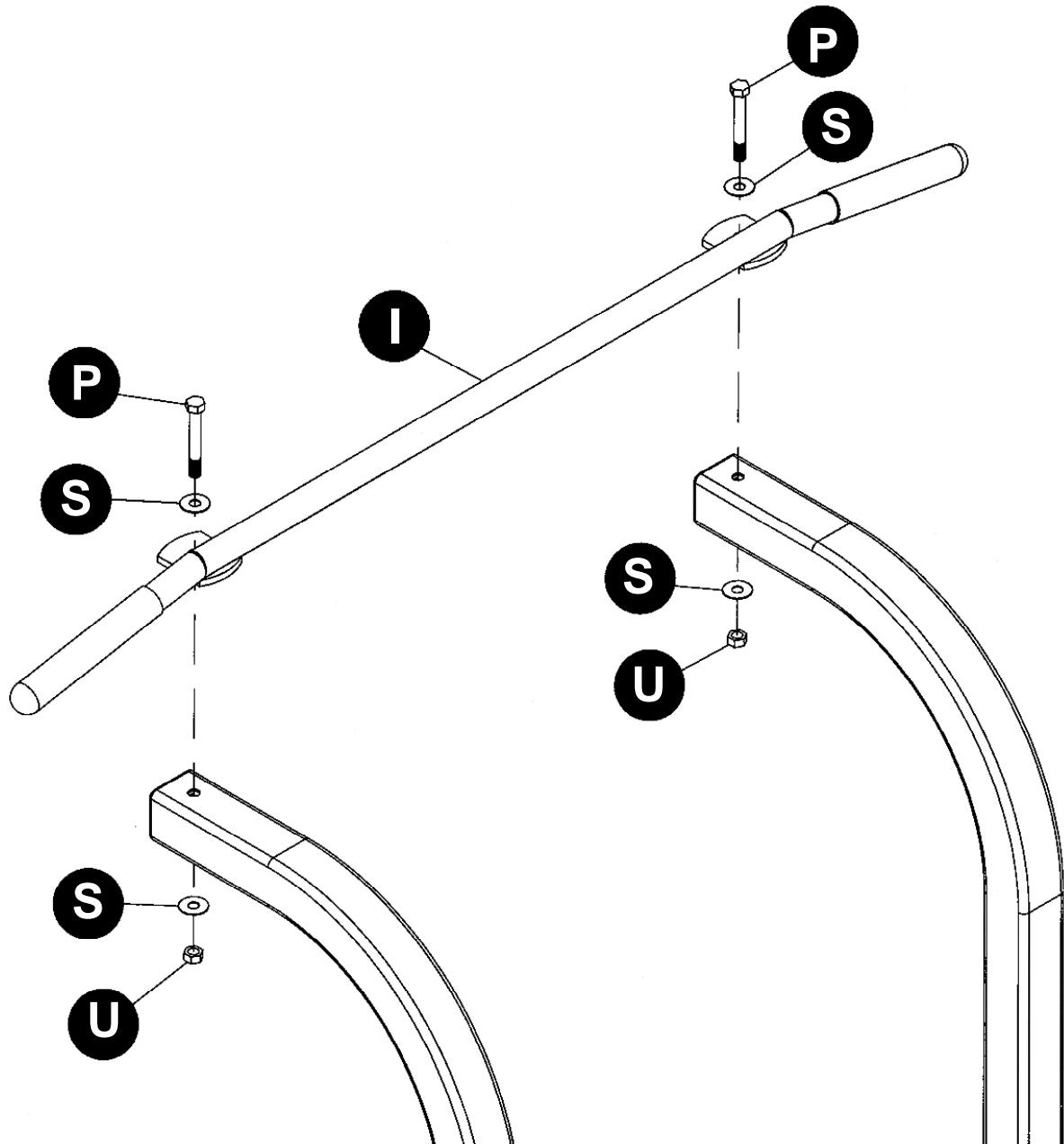
INSTALL RUBBER SHOES (**L**) TO THE ENDS OF THE FEET (**H**).

FRAME ASSEMBLY



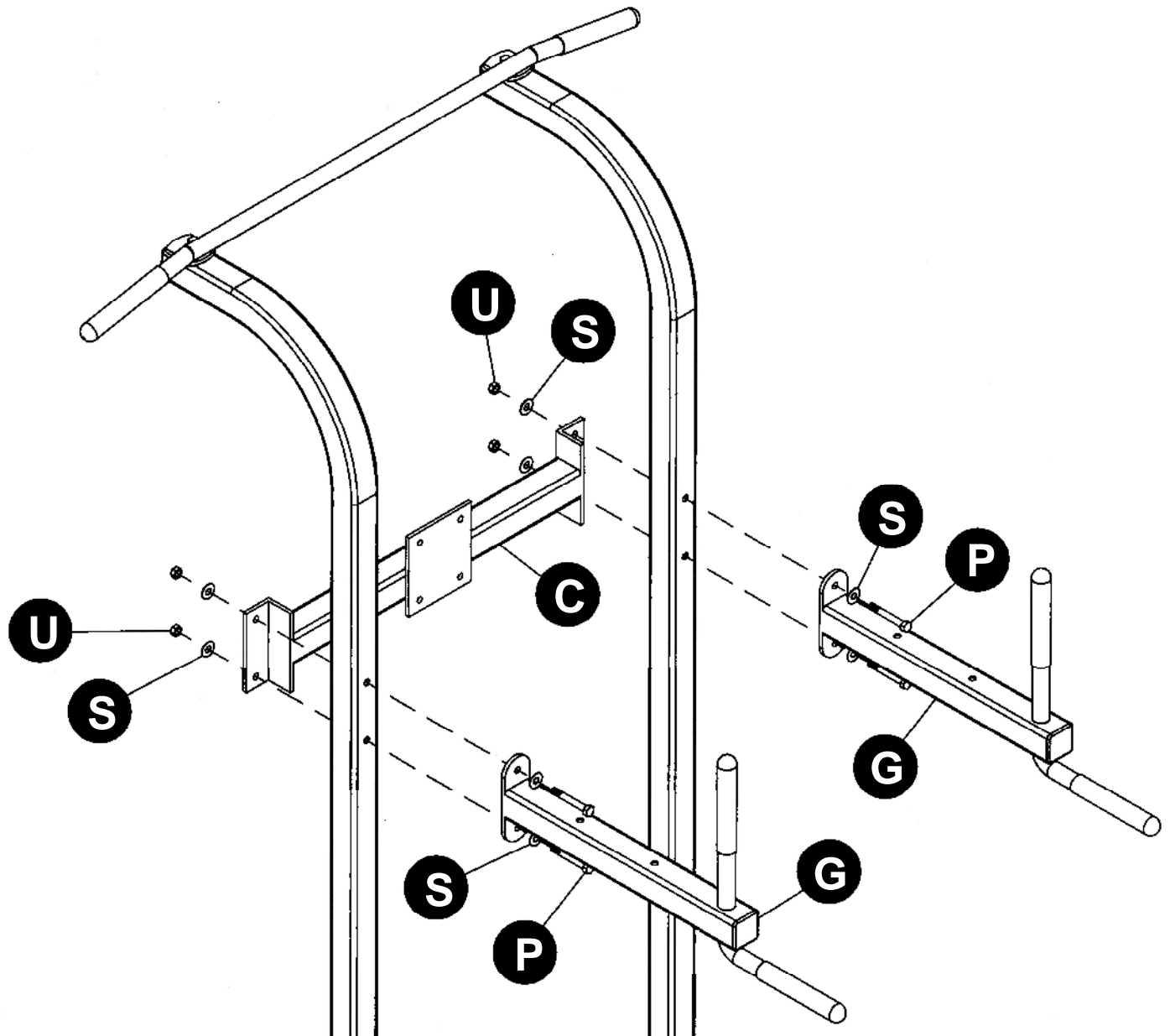
ASSEMBLE THE LH AND RH BRACE (A,B) AND THE BOTTOM CROSSMEMBER (D) TO THE UPRIGHTS USING M12 x 70MM BOLTS (P), M12 WASHERS (S), AND M12 NUTS (U). BOLT THE OTHER END TO THE FEET USING M12 x 70MM BOLTS (P), MOUNTING PLATES (O), M12 WASHERS (S), AND M12 NUTS (U).

CHIN-UP BAR INSTALLATION



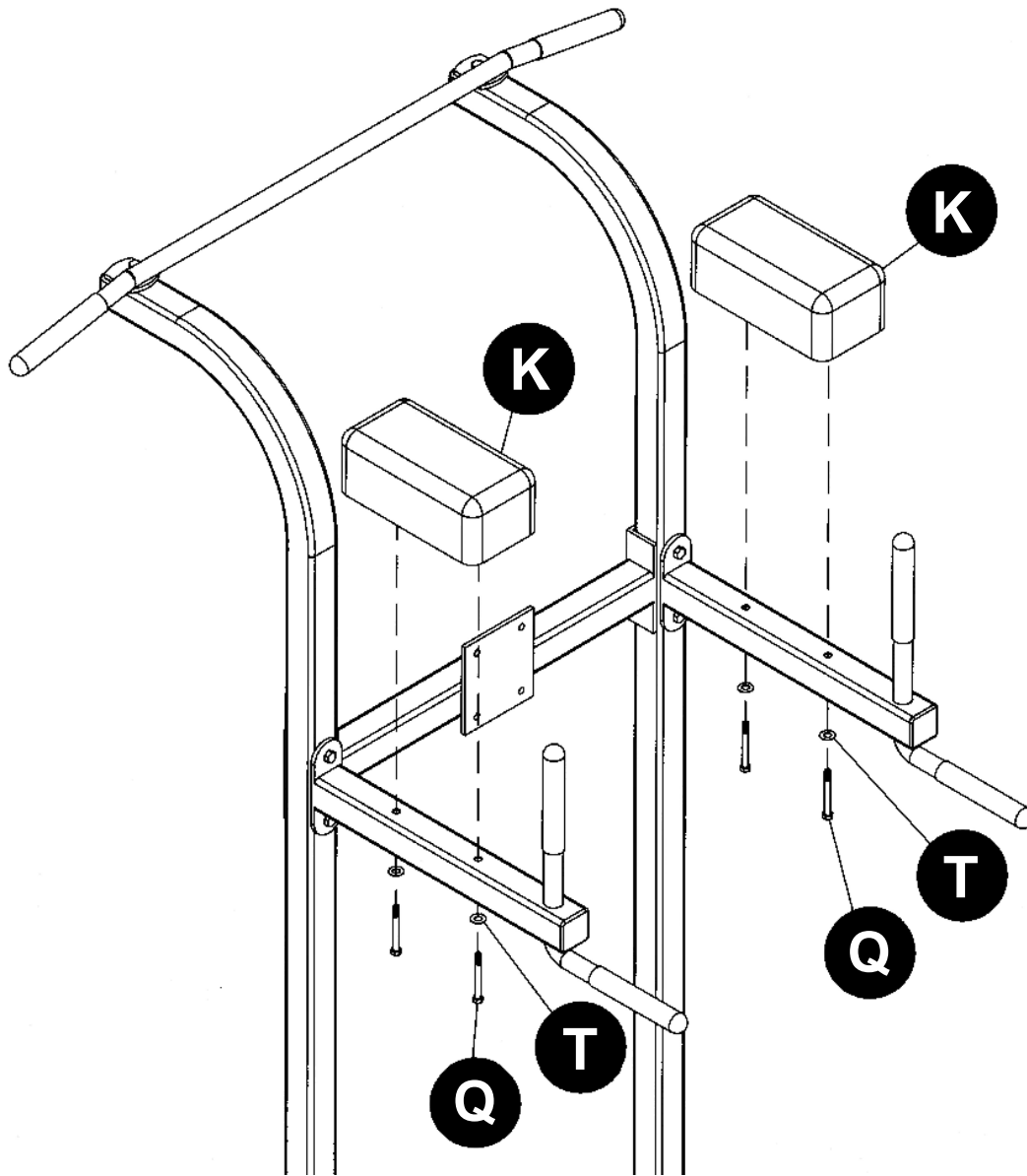
INSTALL THE CHIN-UP BAR (I) TO THE UPRIGHTS USING M12 x 70MM BOLTS (P), M12 WASHERS (S), AND M12 NUTS (U).

ARM SUPPORT INSTALLATION



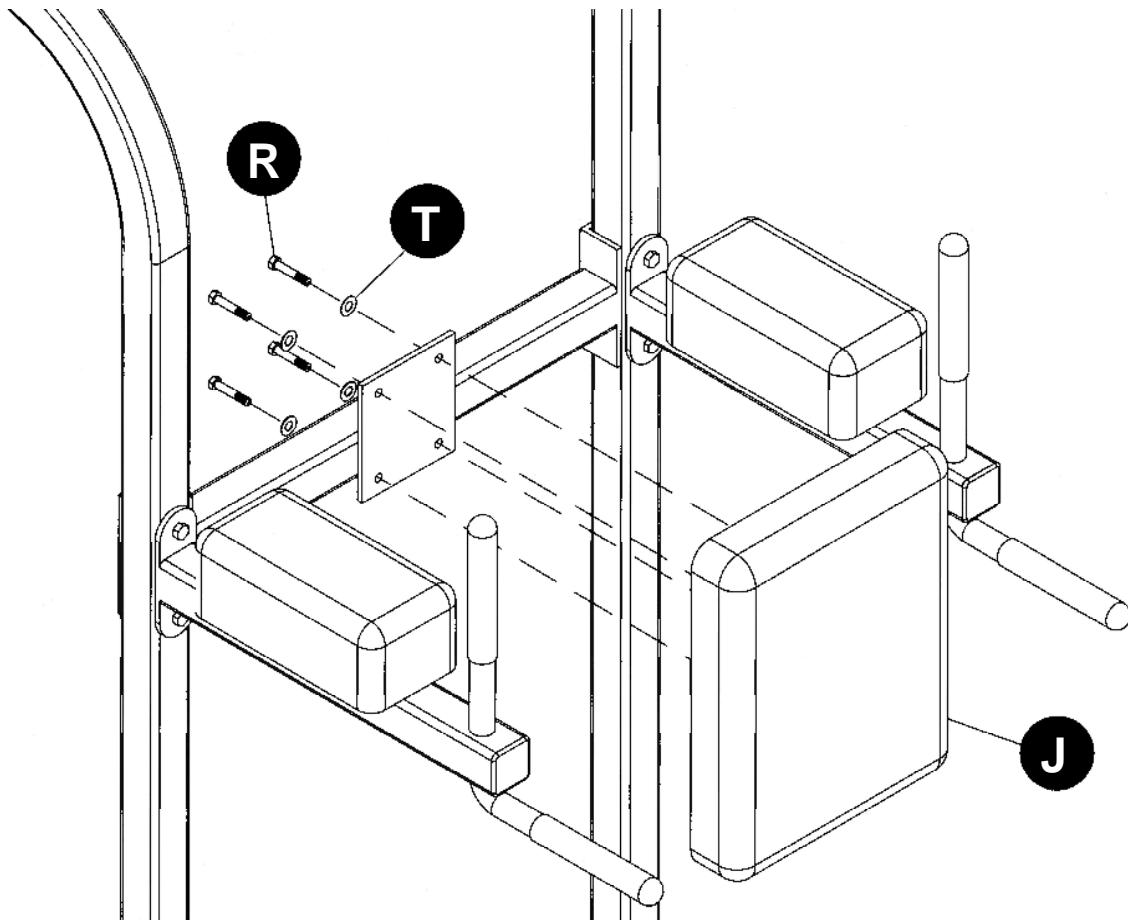
ASSEMBLE THE UPPER CROSSMEMBER (C) AND THE ARM SUPPORTS (G) TO THE UPRIGHTS USING M12 x 70MM BOLTS (P), M12 WASHERS (S), AND M12 NUTS (U).

ARM PAD INSTALLATION



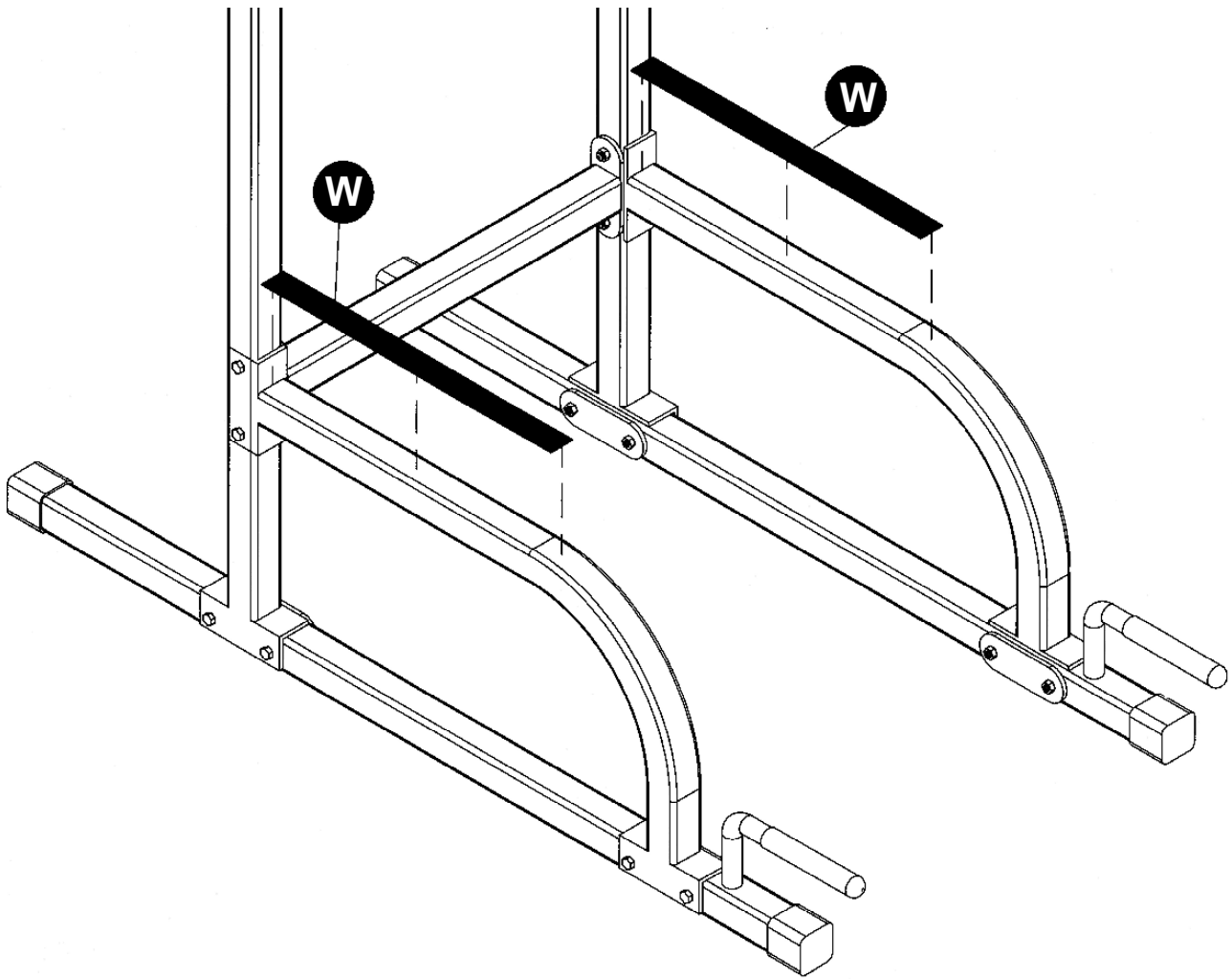
INSTALL THE ARM PADS (K) TO THE ARM SUPPORT USING M10 x 64MM BOLTS (Q), AND M10 WASHERS (T).

BACK PAD INSTALLATION



INSTALL THE BACK PAD (J) TO THE UPPER CROSSMEMBER USING M10 x 25MM BOLTS (R), AND M10 WASHERS (T).

TREAD INSTALLATION



REMOVE THE BACKING FROM THE SAFETY TREADS (W) AND INSTALL ON THE TOP OF THE LH & RH BRACES.

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.