



CRUNCH SITUP ATTACHMENT - ASSEMBLY

Insert the 1" round tubing through the hole in the curved frame, line up the threaded hole in the round tubing with the 7/16 hole in the curved frame. Bolt the tubing to the frame by inserting the M10x25mm bolt through the hole, into the threads and tighten. Do not over tighten the bolt or you will collapse the frame wall. Slide the pads onto the 1" tubing as shown above. Bolt round plugs on the ends of 1" tubes, using M8x25mm sunken screw and M8 washer.