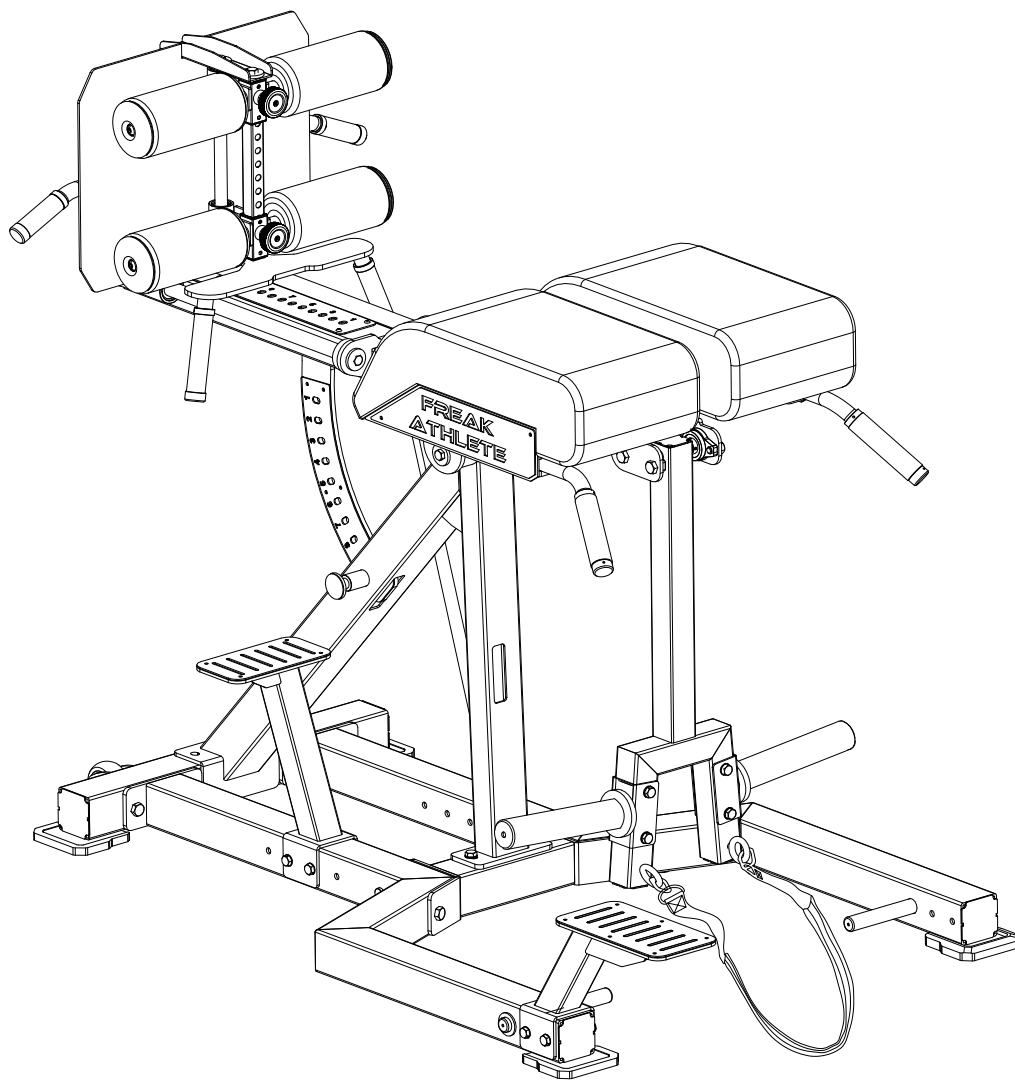
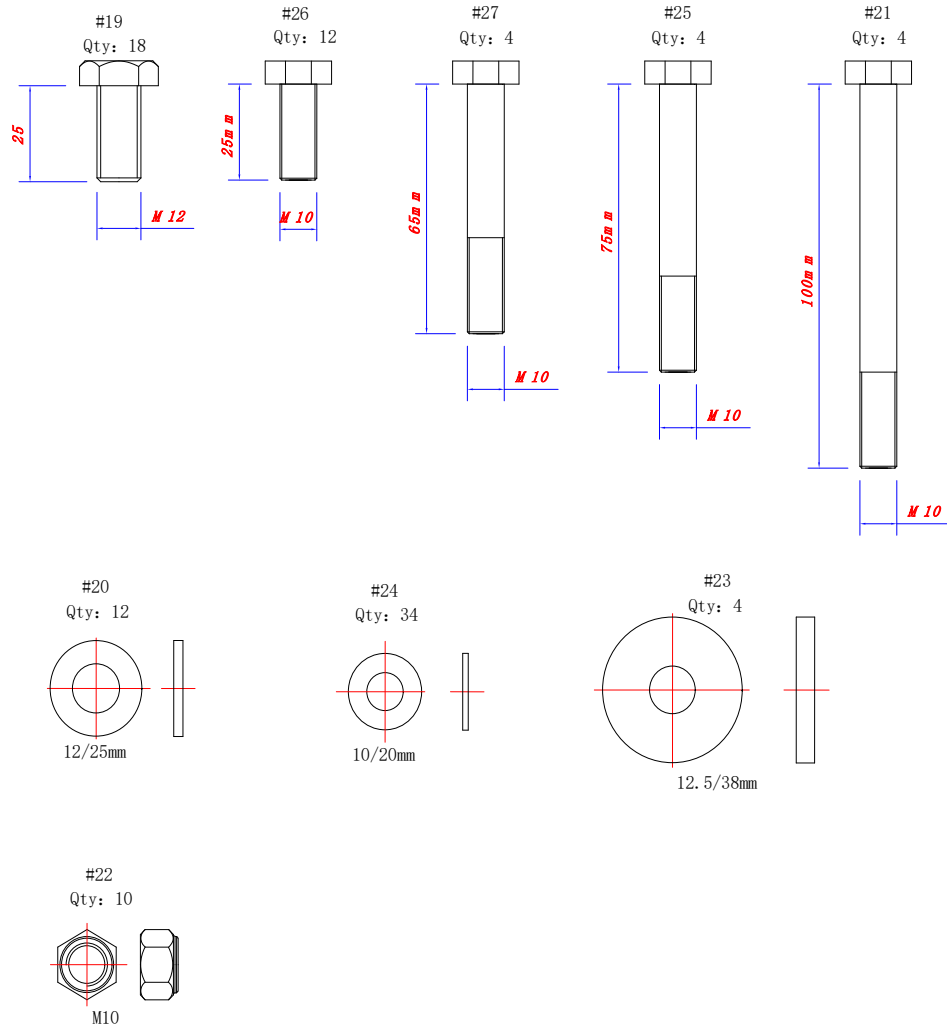


APEX Assembly Instructions



HARDWARE PACK



STEP 1 (See Diagram 1)

- a) Attach left base frame (2) and right base frame (1) to back base frame (3) using four M12/25mm screws (19) and four 12/25mm washers (20).
- b) Attach middle base frame (4) to left base frame (2) and right base frame (1) using four M12/25mm screws (19) and four 12/25mm washers (20).

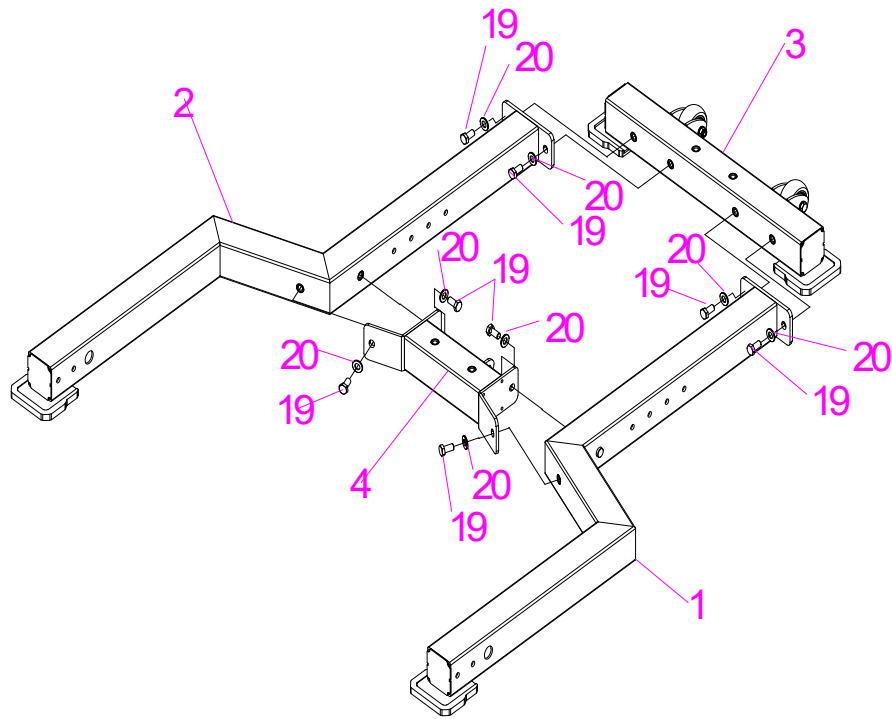


Diagram 1.

Step 2 (See Diagram 2)

- a) Attach the vertical frame post (5) to the base using four M12/25mm screws (19) and four 12/25mm washers (20).

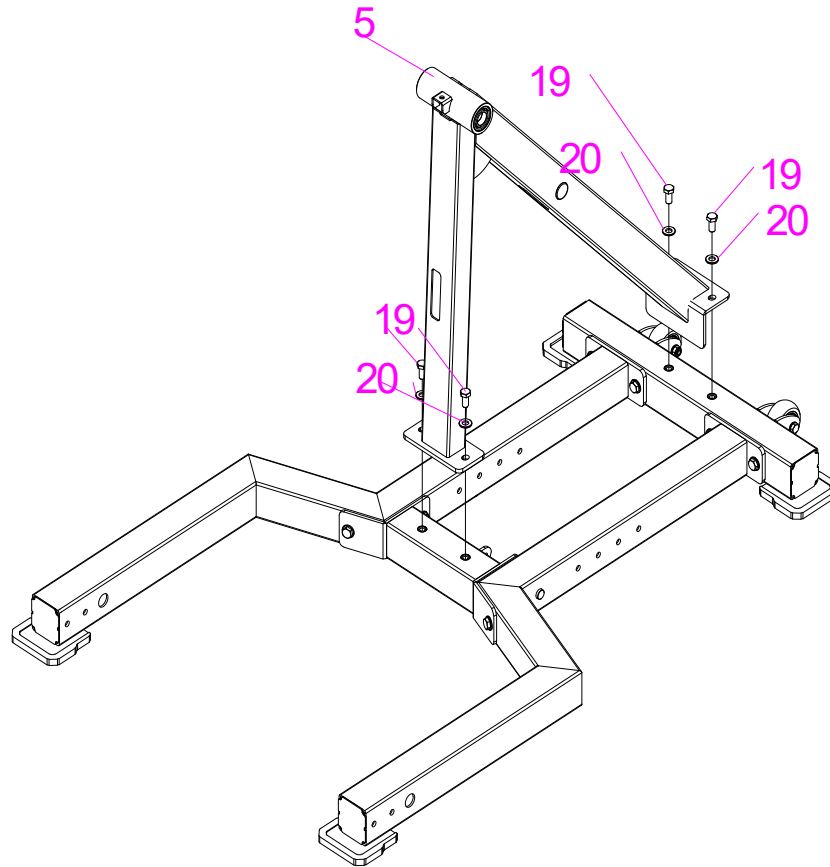


Diagram 2.

Step 3 (See Diagram 3)

- a) Place the upper connecting frame (6) on the vertical frame post and push in tube (7).
- b) Secure the upper connecting frame (6) with the vertical frame post and the tube (7) using two M12/25mm screws (19) and two 12.5/38mm washers (23).

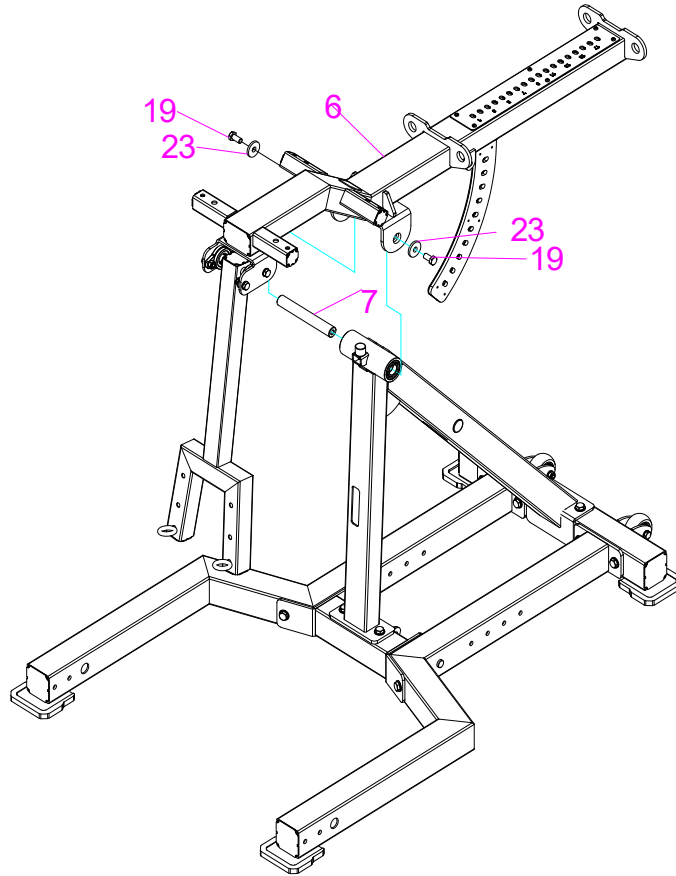


Diagram 3.

Step 4 (See Diagram 4)

- a) Attach gas spring (8) to frame using two M10 nuts (22) and two 10/20mm washers (24).

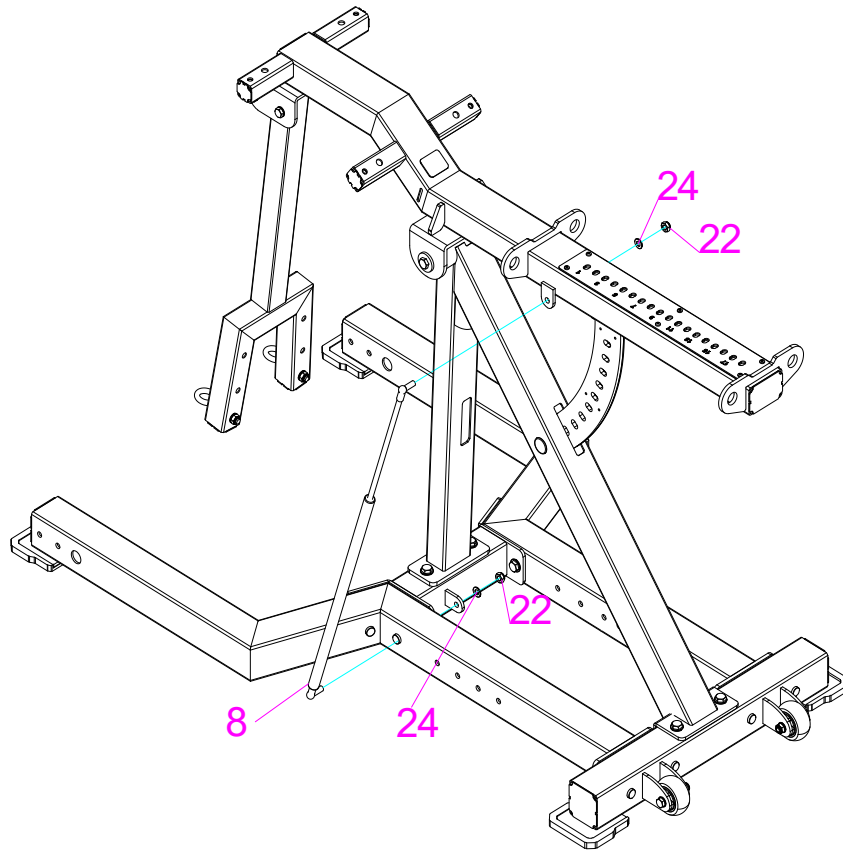


Diagram 4.

Step 5 (See Diagram 5)

- a) Place footplate (9) between the front and rear mounting plates on the main frame.
- b) Insert the two tubes (10) from the rear side, slide each tube in partway, and install one bumper (11) onto each tube.
- c) Pass the tubes (10) through the footplate (9), install the second bumper (11) onto each tube, then continue sliding the tubes into the front mounting plate.
- d) Secure the tubes (10) to the front and rear mounting plates using washers (23) and screws (19) at both ends.

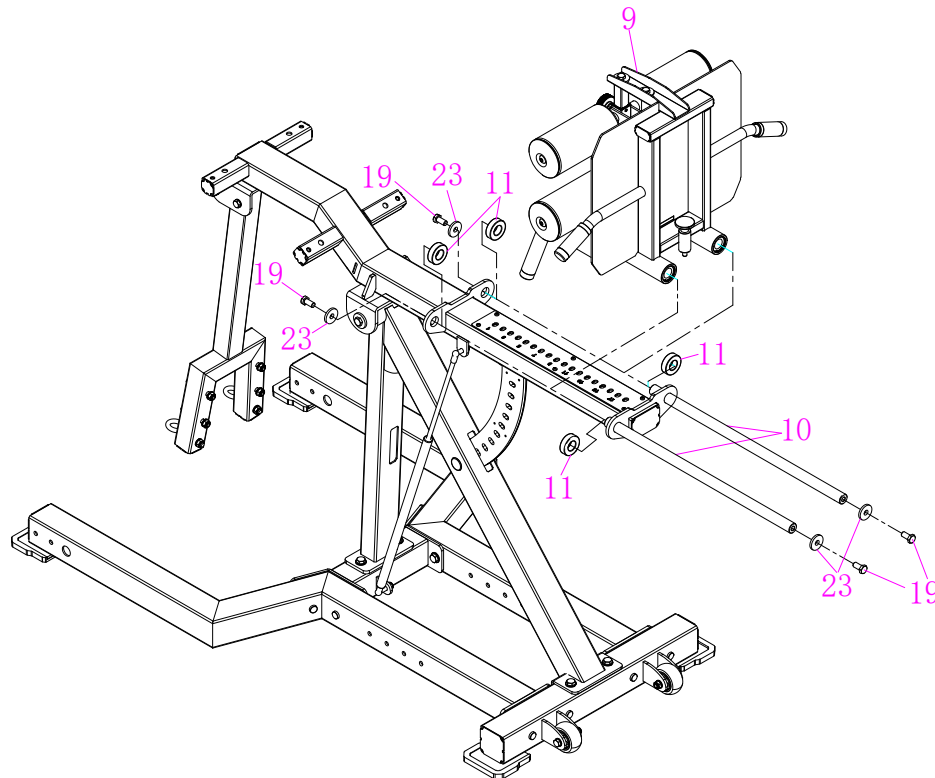


Diagram 5.

Step 6 (See Diagram 6)

- a) Attached pad frame (12) onto main frame using four M10/25mm screws (26) and four 10/20mm washers (24).
- b) Tighten all screws securely.

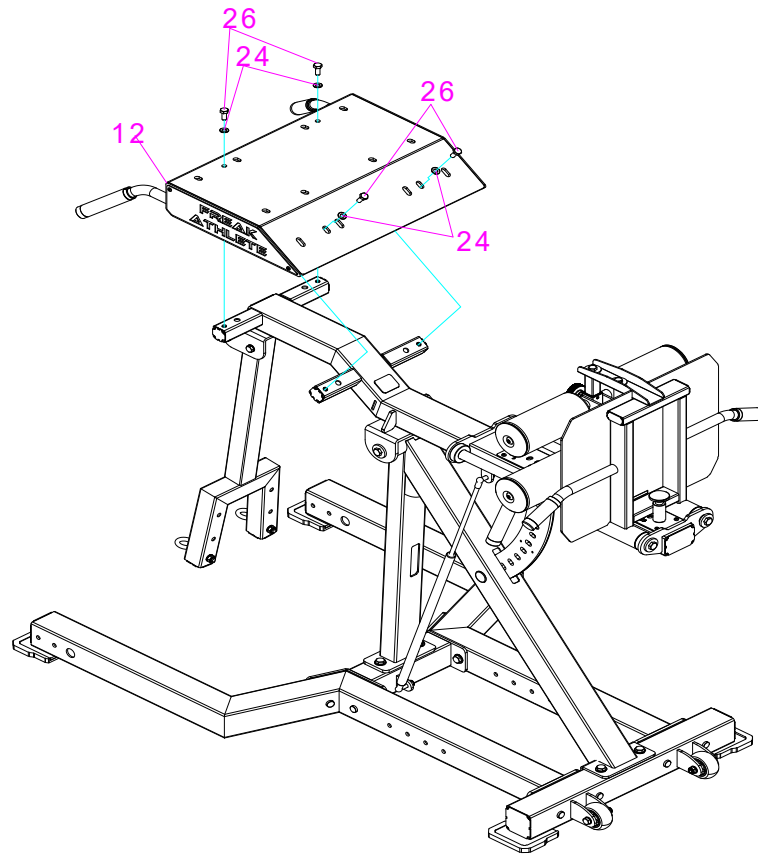


Diagram 6.

Step 7 (See Diagram 7)

- a) Attach pads (13) onto pad frame using four M10/65mm screws (27) and four 10/20mm washers (24) on the two center horizontal tubes on the pad frame.
- b) Use eight M10/25mm screws (26) and eight 10/20mm washers (24) on the remaining holes to attach the pads onto the pad frame.

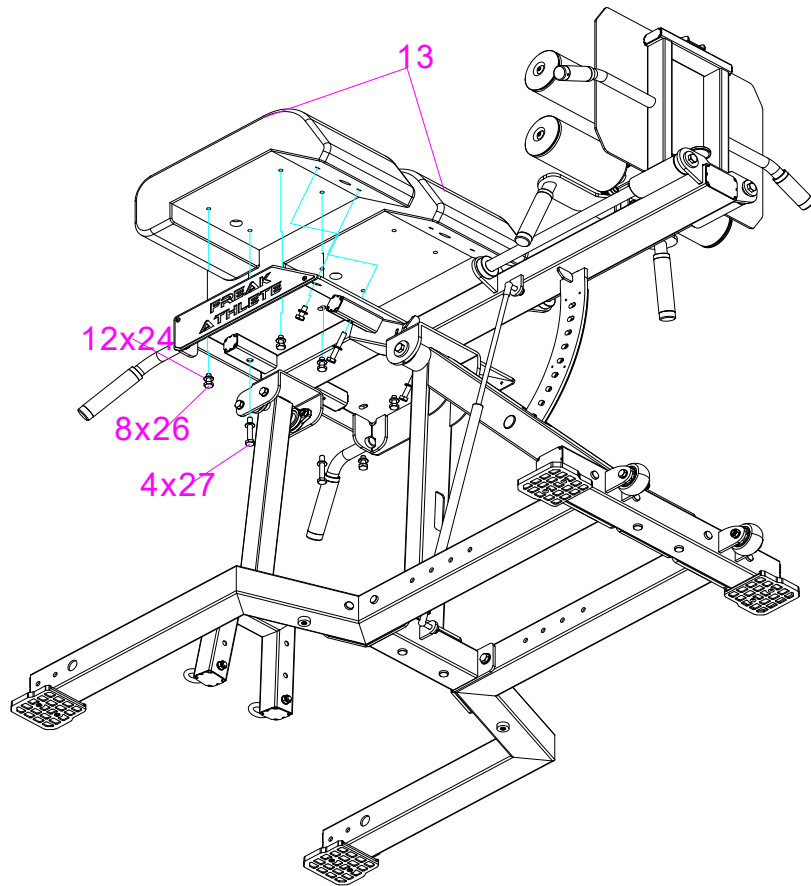


Diagram 7.

Step 8 (See Diagram 8)

- a) Attach weight posts (14) onto the frame using four M10/75mm screws (25), eight 10/20mm washers (24), and four M10 nuts (22).
- c) Place bumpers (15) on weight posts.

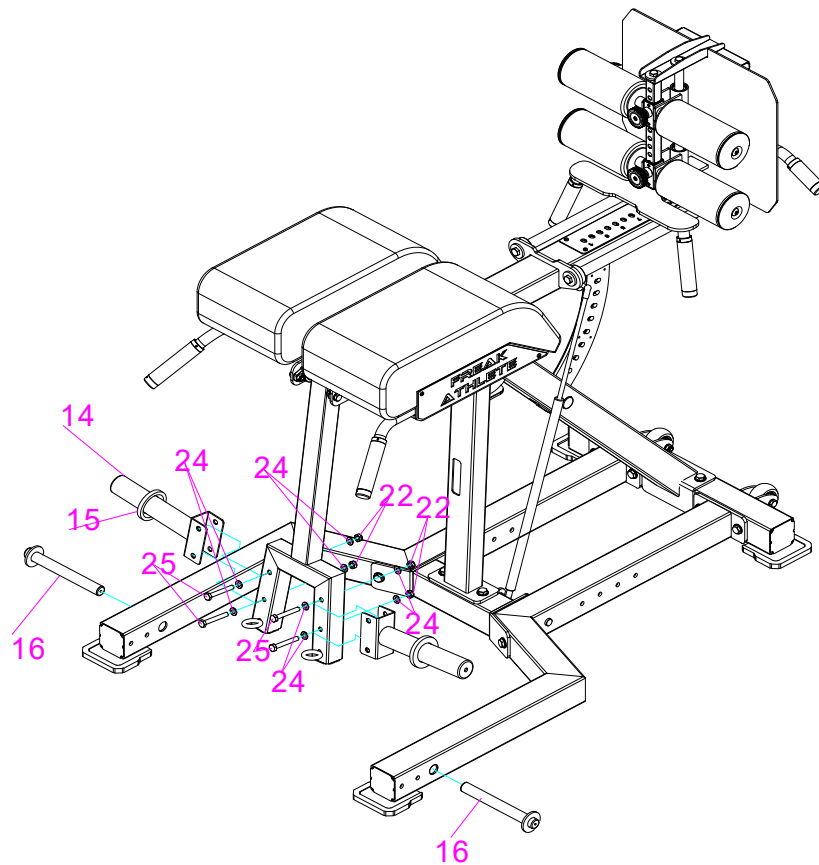


Diagram 8.

Step 9 (See Diagram 9)

- a) Attach the rear foot step (17) onto the main frame using two M10/100mm screws (21), four 10/20mm washers (24) and two M10 nuts (22).
- b) Attach the front foot step (18) onto the main frame using two M10/100mm screws (21), four 10/20mm washers (24) and two M10 nuts (22).
- c) Attach the belt (28) onto the pendulum.

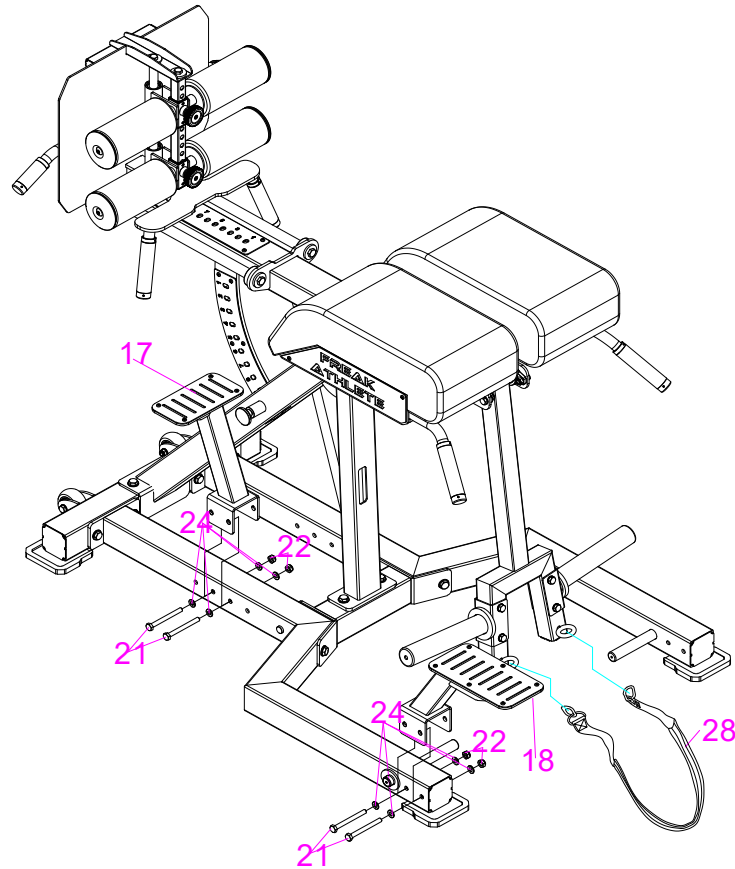


Diagram 9.

