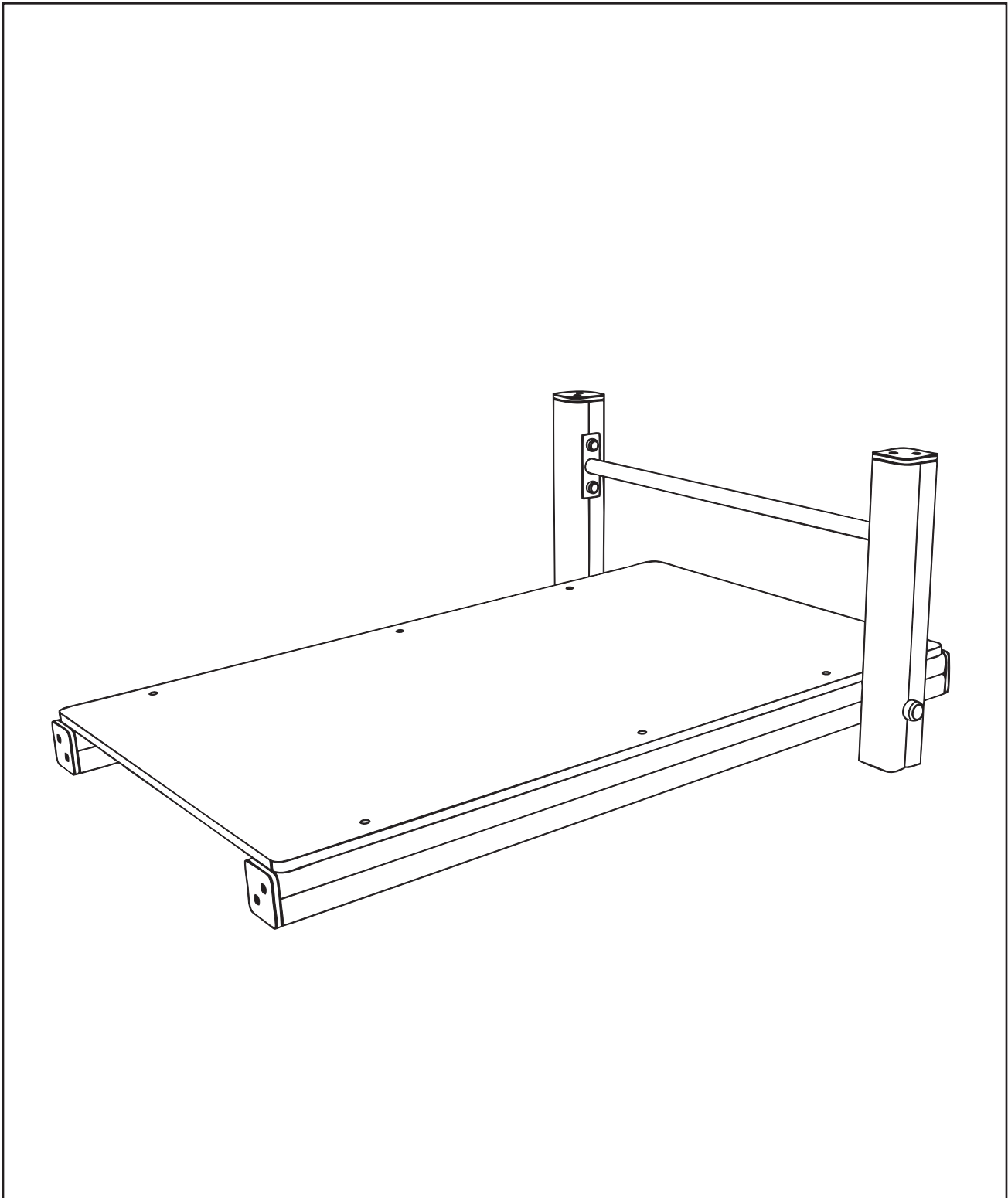
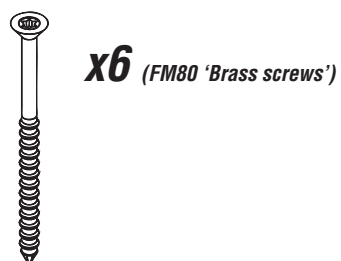
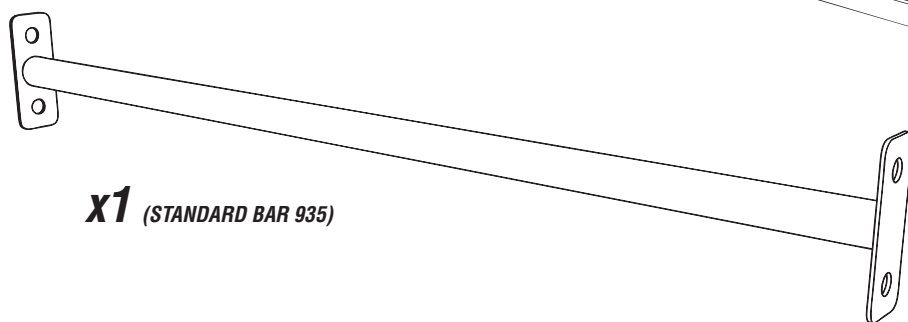
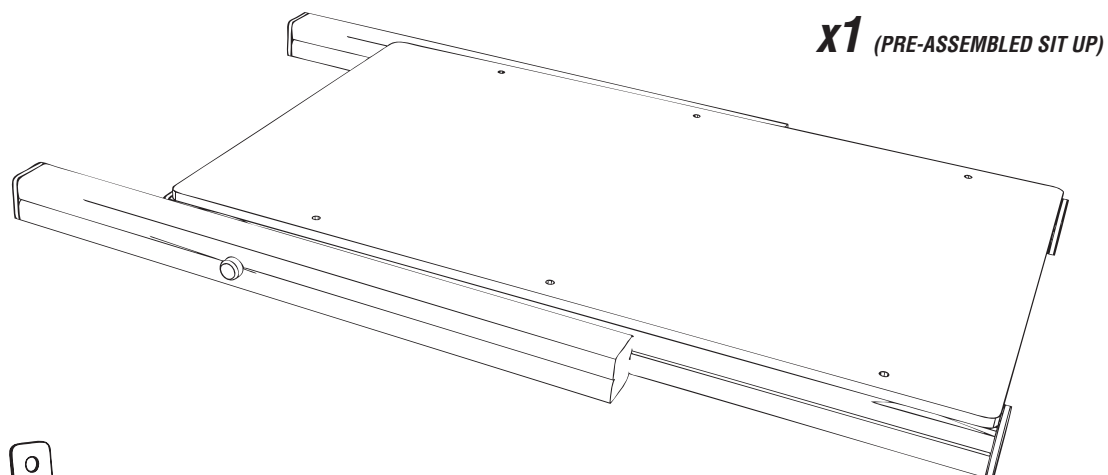


SIT-UPS

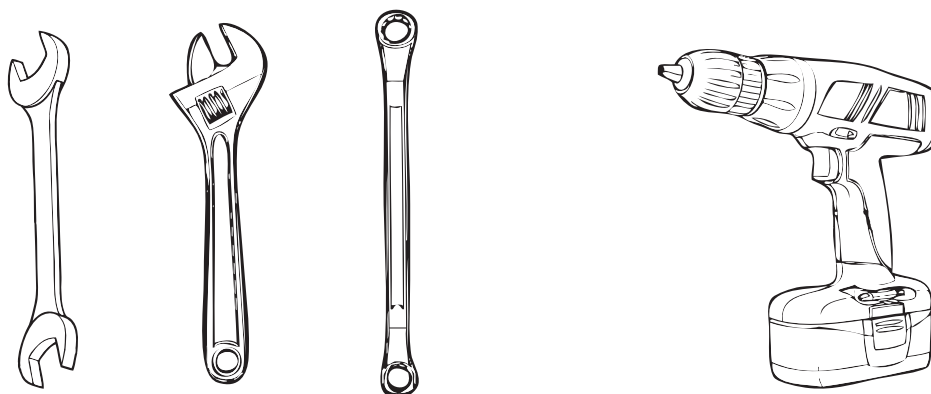
Installation Instructions



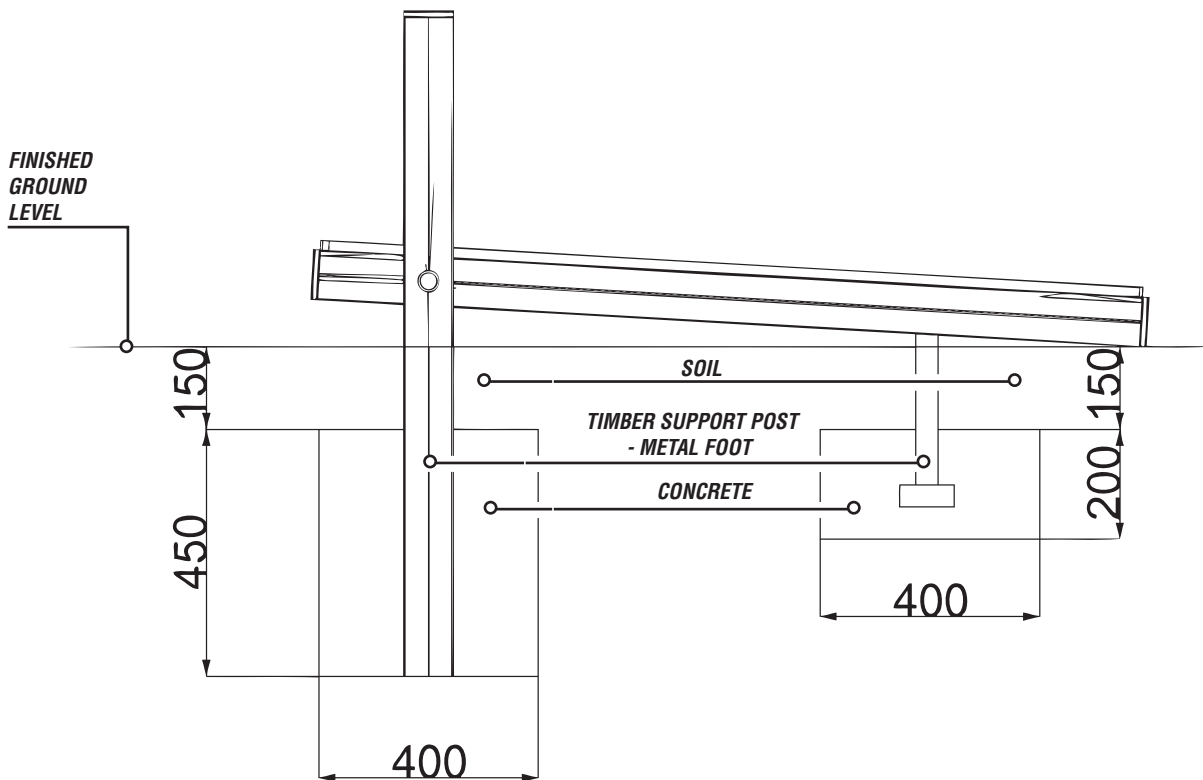
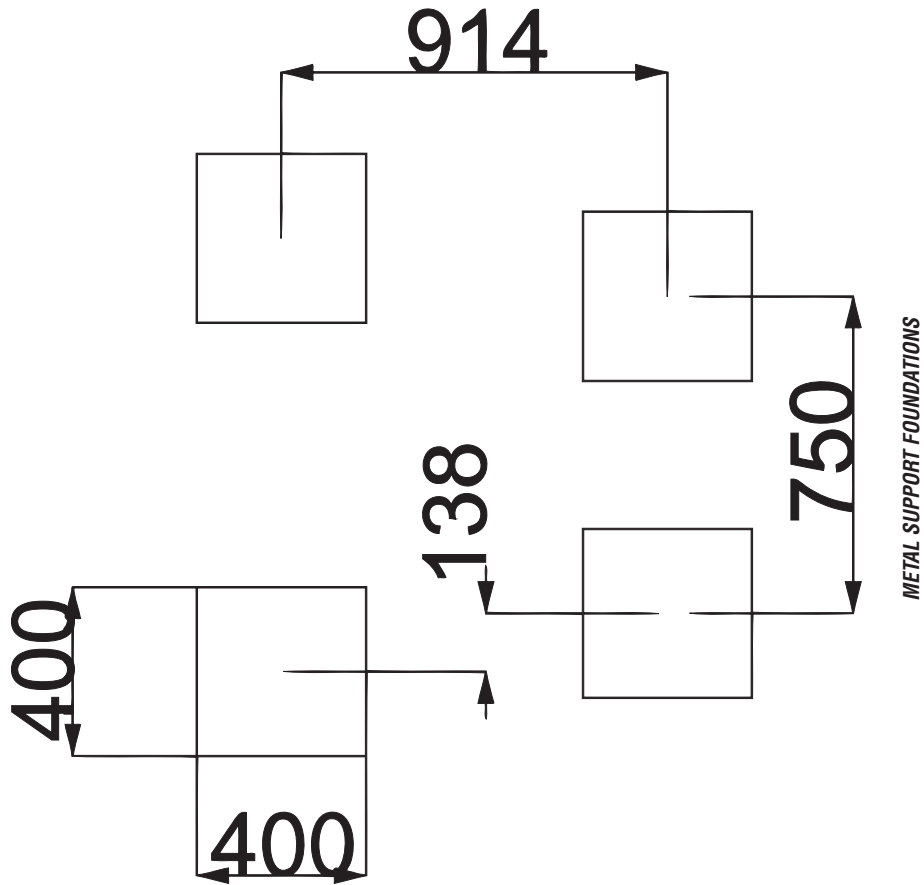
PARTS required



TOOLS required

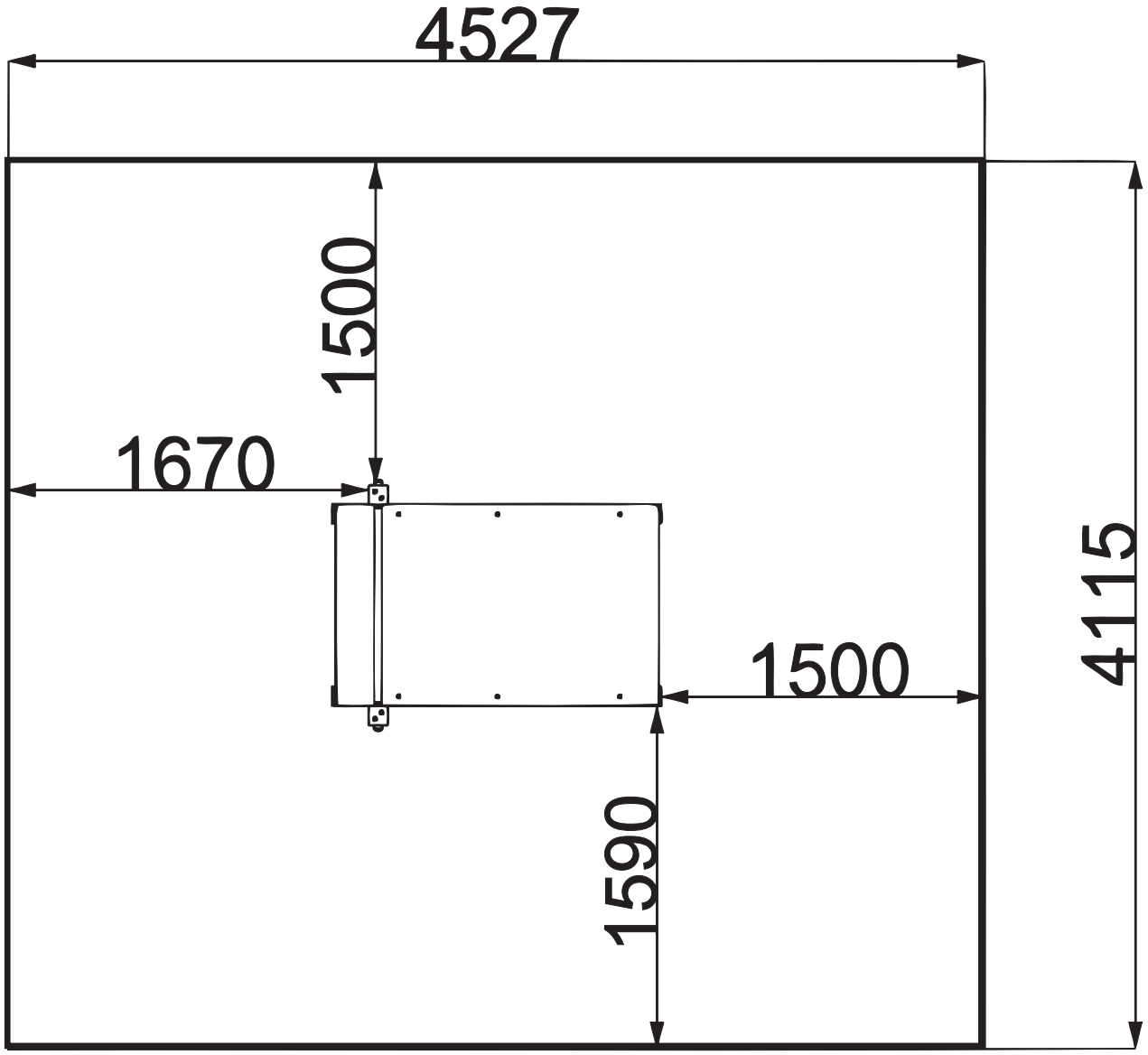


Foundation Details



Surfacing Details

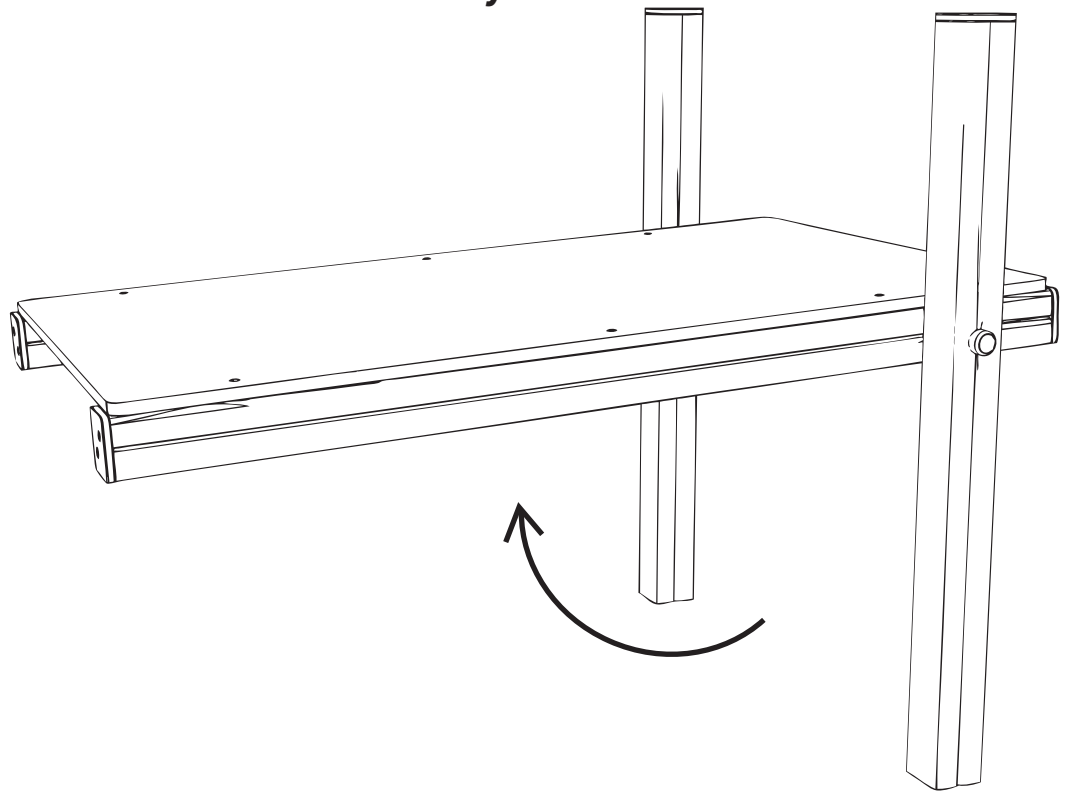
- - - - - = **MINIMUM SPACE**
- = **SURFACE AREA**



Assembly Instructions

1

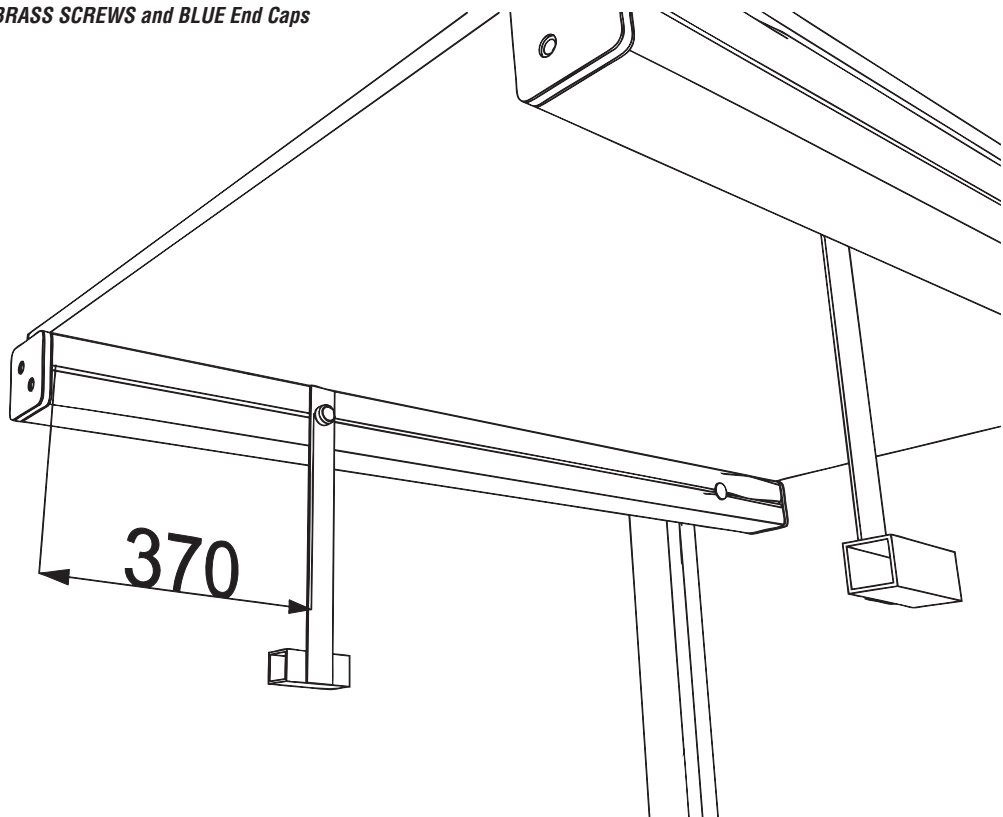
UNFOLD the SIT-UPS assembly



2

Attach the RAMP JUMP METAL FEET

Using FM80 BRASS SCREWS and BLUE End Caps

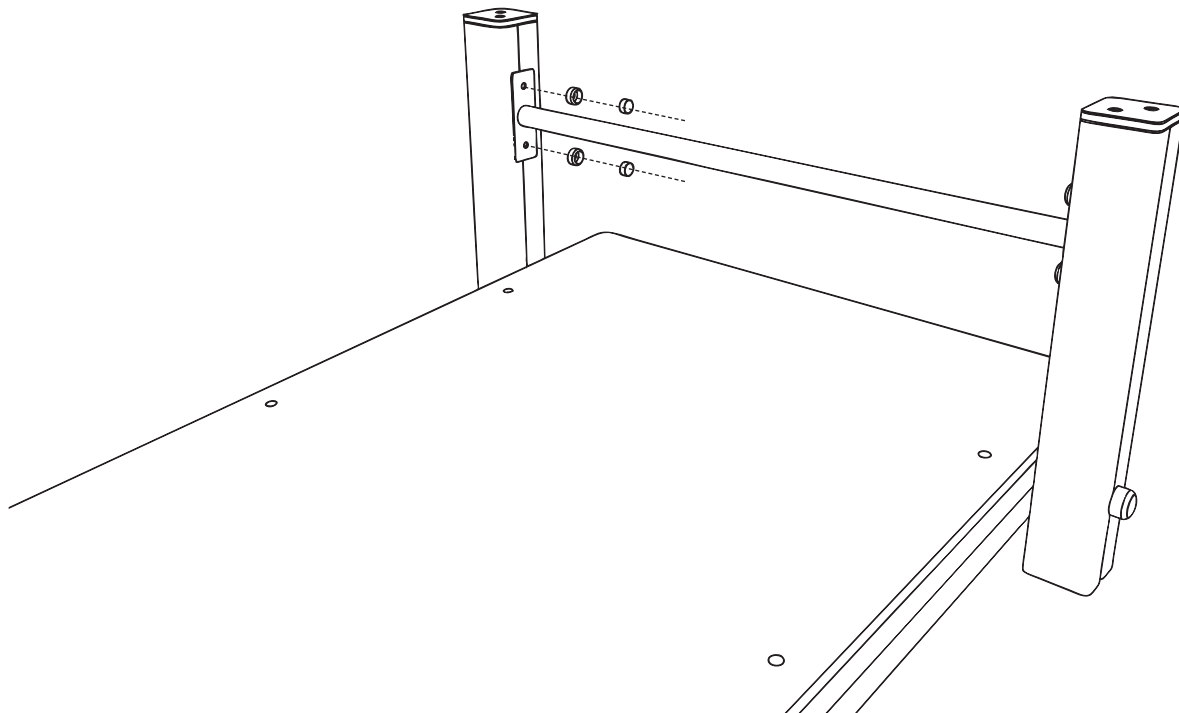


Assembly Instructions

3

Attach the BAR

Using FM80 BRASS SCREWS and BLUE End Caps



525

ENSURE

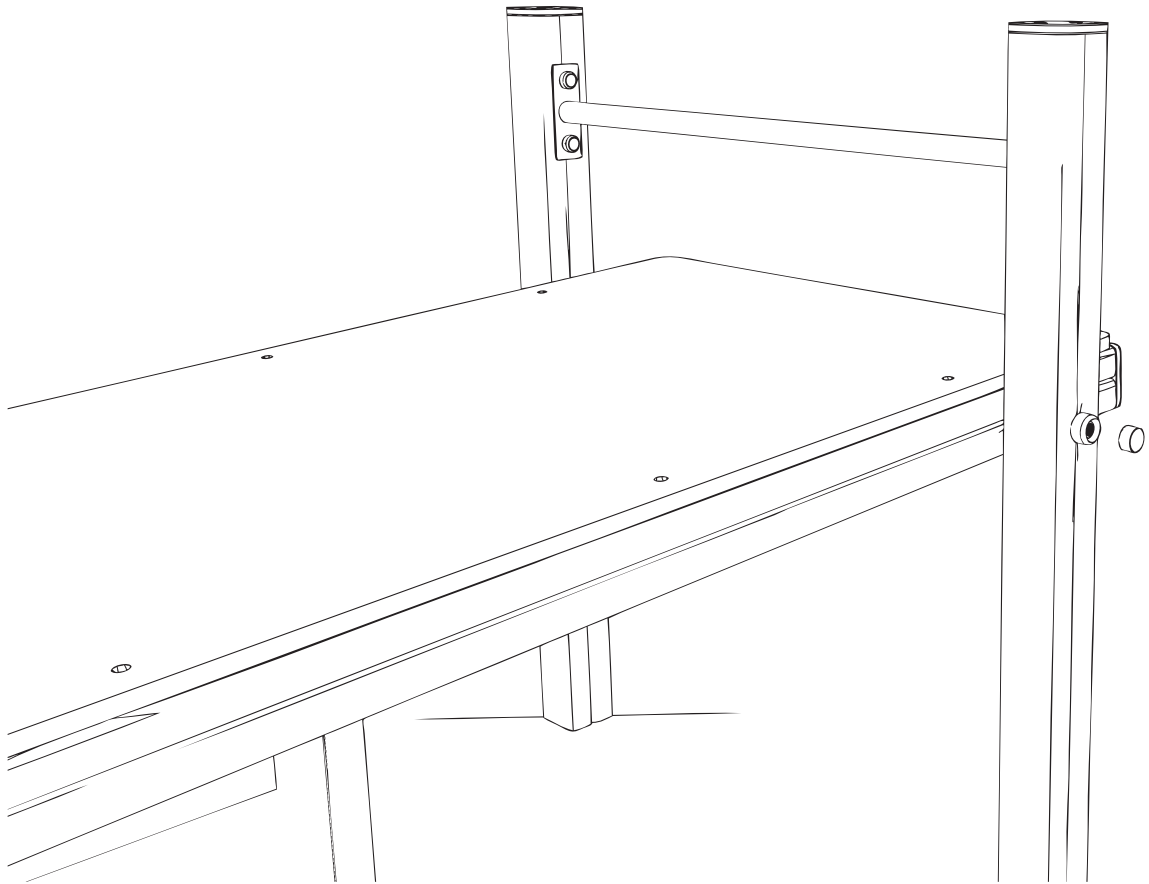
The top of 'PLATE' is positioned as shown

FINISHED
GROUND
LEVEL

Assembly Instructions

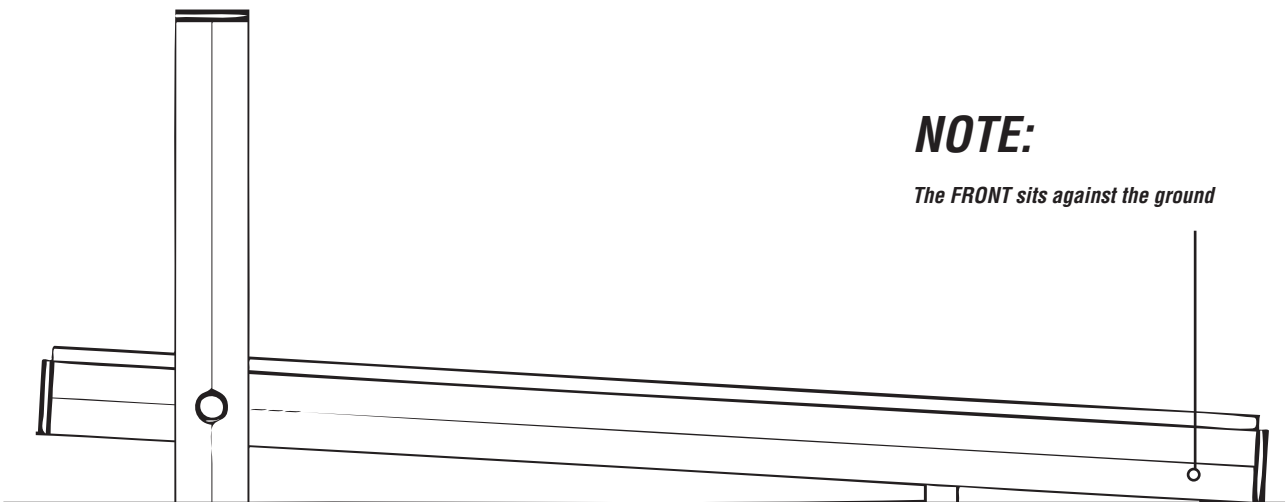
4

Once in position TIGHTEN the bolts on either side



NOTE:

The FRONT sits against the ground



Additional Drawings

