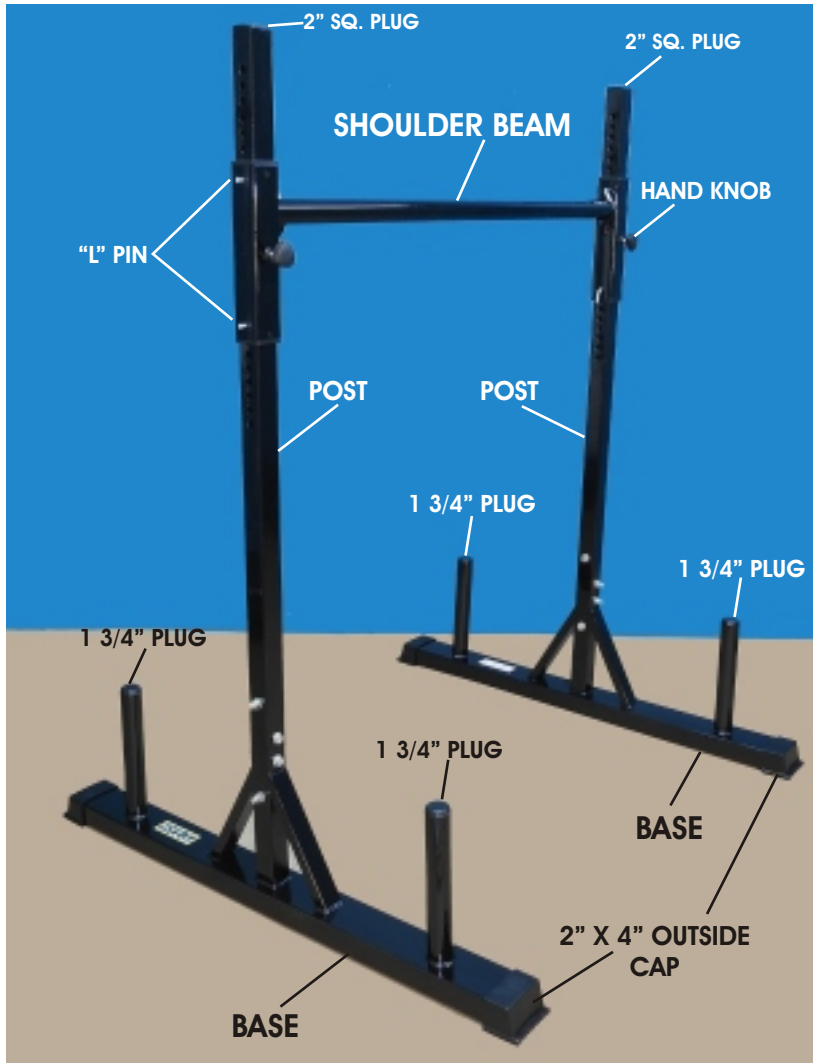


U-0455B - STRONGMAN'S YOKE



ASSEMBLY INSTRUCTIONS:

NOTE: THIS UNIT IS HEAVY AND BULKY, HENCE TWO PEOPLE ARE REQUIRED TO ASSEMBLE.

TOTAL NUMBER OF PARTS: (2) BASES, (2) POSTS AND (1) SHOULDER BEAM (TOTAL 5 PCS)

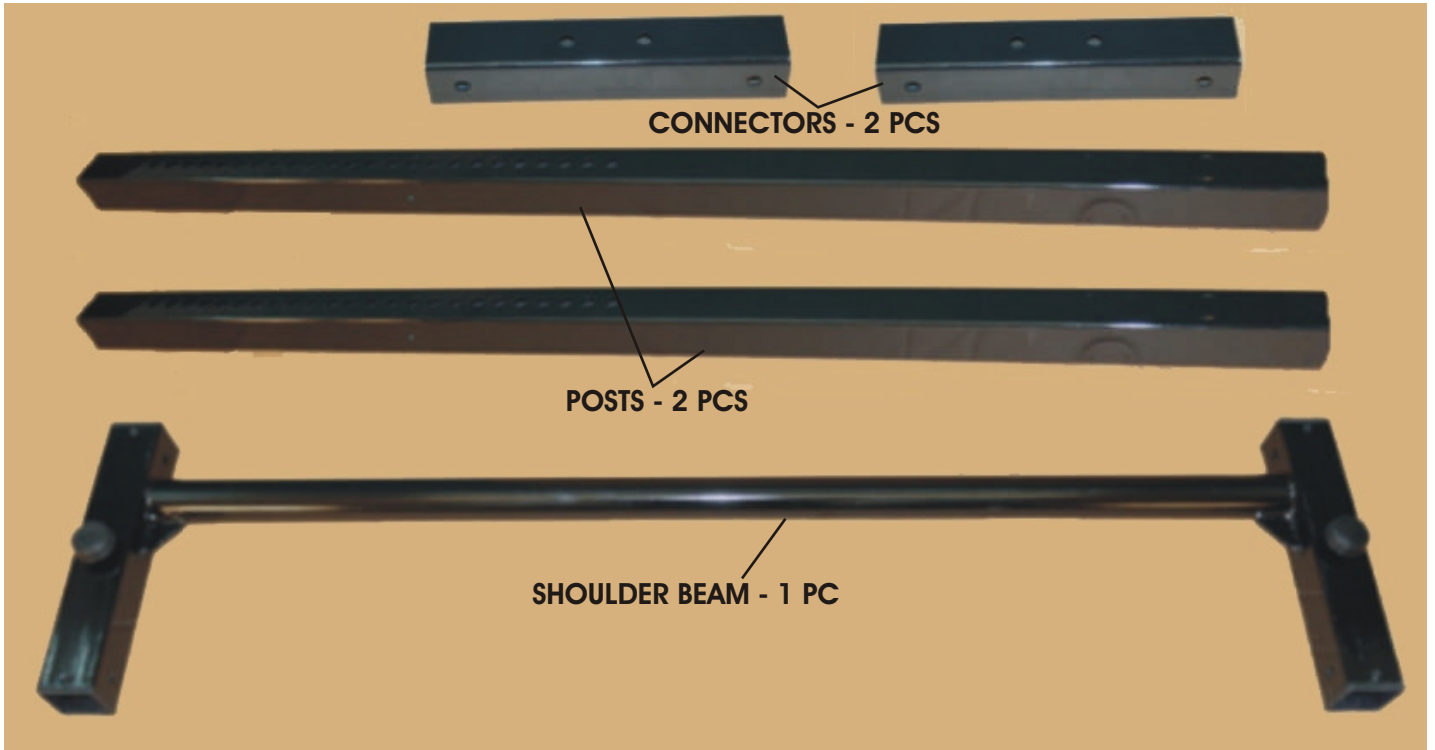
ATTACH (2) BASES TO (2) CONNECTORS WITH (4) 1/2" X 3" BOLTS, (8) 1/2" FLAT WASHERS AND (4) 1/2" LOCK NUTS. THEN ATTACH POST TO THE CONNECTORS WITH (4) 1/2" X 3" BOLTS, (8) 1/2" FLAT WASHERS AND (4) 1/2" LOCK NUTS. HOLD STRAIGHT (2) PRE-ASSEMBLED POSTS AND SLIDE THE SHOULDER BEAM ON TO THESE (2) POSTS SLOWLY. HOLD THE SHOULDER BEAM ABOUT 6" BELOW TO YOUR SHOULDER LEVEL. INSERT (4) L PINS AND TIGHTEN (2) HAND KNOBS.

LOAD OLYMPIC PLATES EVENLY ON FOUR WEIGHT PEGS TO HAVE PROPER BALANCE. LIFT THE UNIT BY SECURELY PLACING ON YOUR SHOULDER AND HOLDING BOTH POSTS WITH YOUR BOTH ARMS. WALK FEW STEPS FIRST. ONCE YOU FEEL COMFORTABLE, THEN ADD MORE WEIGHTS TO FIT TO YOUR STRENGTH.

HARDWARE:

- (8) 1/2" X 3" HEX BOLTS**
- (16) 1/2" FLAT WASHERS**
- (8) 1/2" LOCK NUTS**
- (2) HAND KNOBS**
- (4) 3/8" "L" PINS**
- (4) 2" X 4" OUTSIDE CAPS (PRE-ASSEMBLED)**
- (4) 1 3/4" ROUND PLUGS (PRE-ASSEMBLED)**
- (2) 2" SQ. PLUGS (PRE-ASSEMBLED)**
- (4) 2 3/8" x 2" REDUCERS (PRE-ASSEMBLED)**

U-0455B - STRONGMAN'S YOKE
PARTS LIST



**2" X 4" CAPS
(PRE-ASSEMBLED)**