



## Stretching Ladder/Split Trainer Assembly Guide

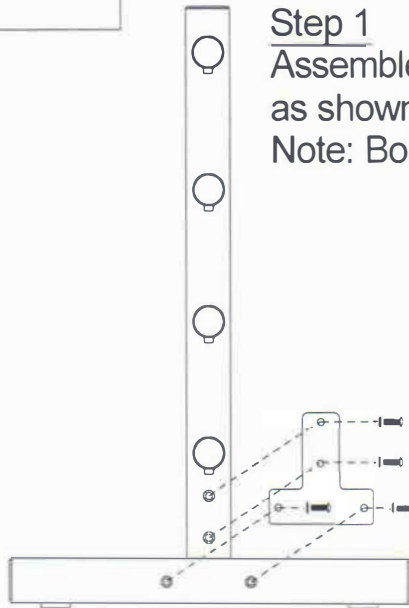


Please read this guide thoroughly before beginning assembly and follow each process step by step.

*DISCLAIMER: As with any fitness or exercise equipment, use of this equipment should only be used by persons who are physically able to use the equipment as it is designed for. Proper safety gear such as padded mats, shoes, clothing and the like should always be used. This equipment should not be used alone. Always have someone nearby in case of an emergency. Vita, Inc. and its affiliates will not be liable for any injury or death resulting from use of this equipment. User assumes responsibility for proper assembly, maintenance and use of this equipment.*

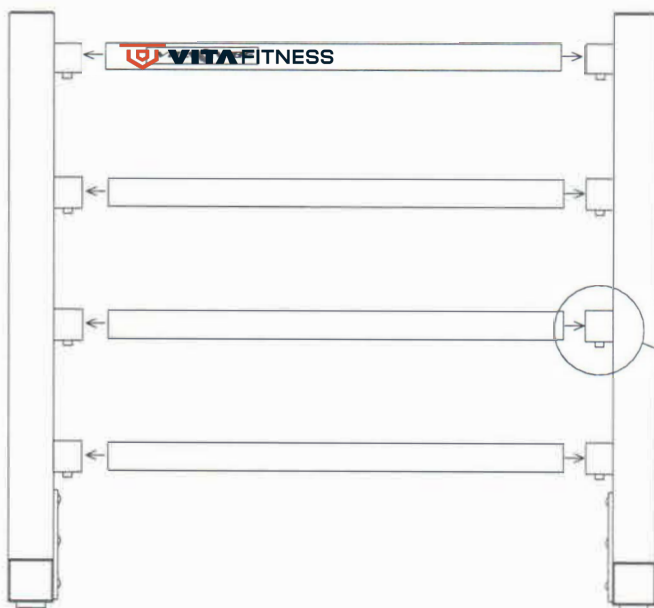
### Components:

- 2) Base Tubes with Rubber Feet
- 2) Upright Tubes with Bar Collars
- 2) "T" Joining Plates
- 4) 28" Wood Dowel Bars
- 1) 3/16" Allen Hex Wrench



### Step 1

Assemble both sides of the frame as shown. Securely tighten all bolts.  
Note: Bolts and Washers are pre-installed.



### Step 2

Fully insert wood dowel bars into the collars as shown. Tighten all set screws so that the set screws are flush with the nuts.  
Note: Set screws are pre-installed.

Set screw should be flush with nut when tight.

Periodically check all bolts and screws to make sure all are tight and secure.