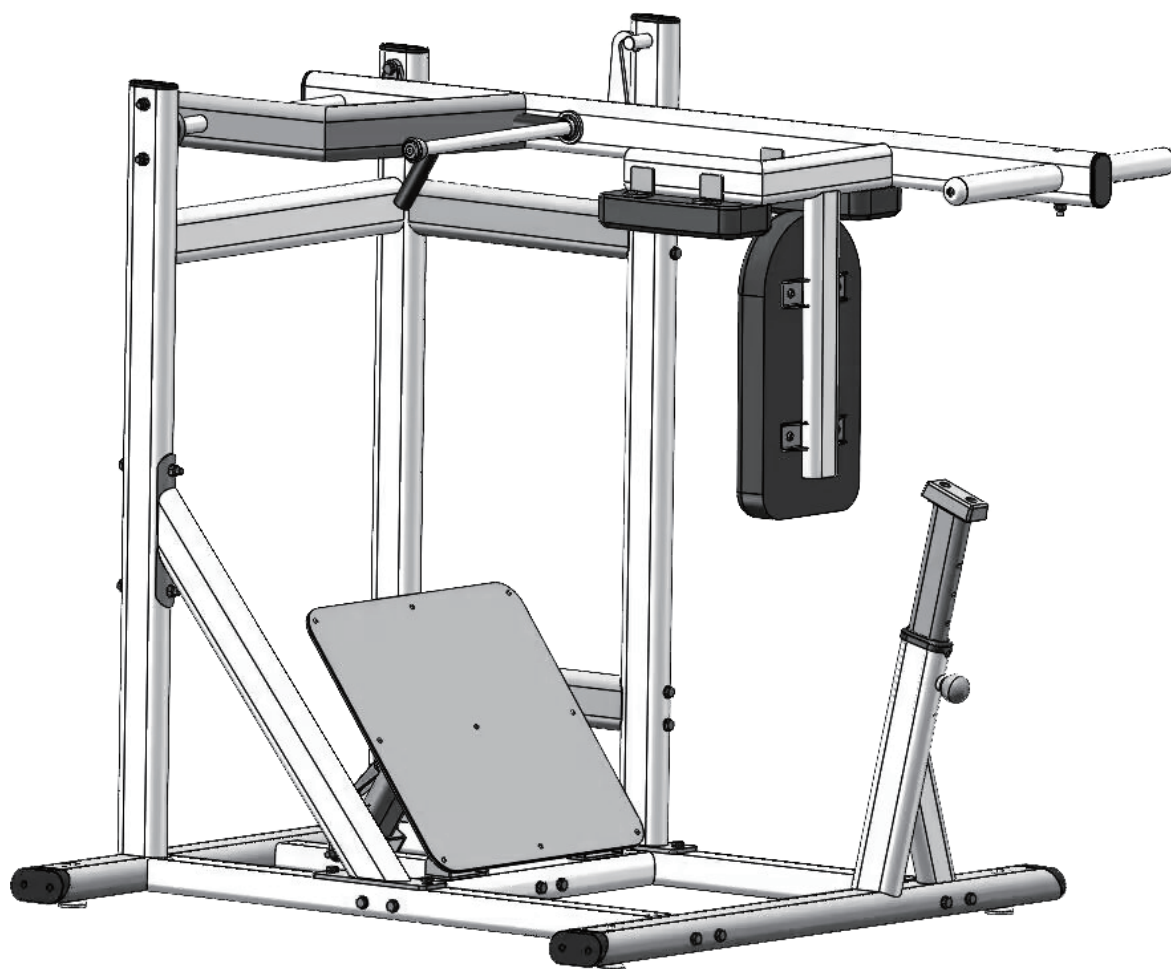


Pendulum Squat

VER-PDS-001

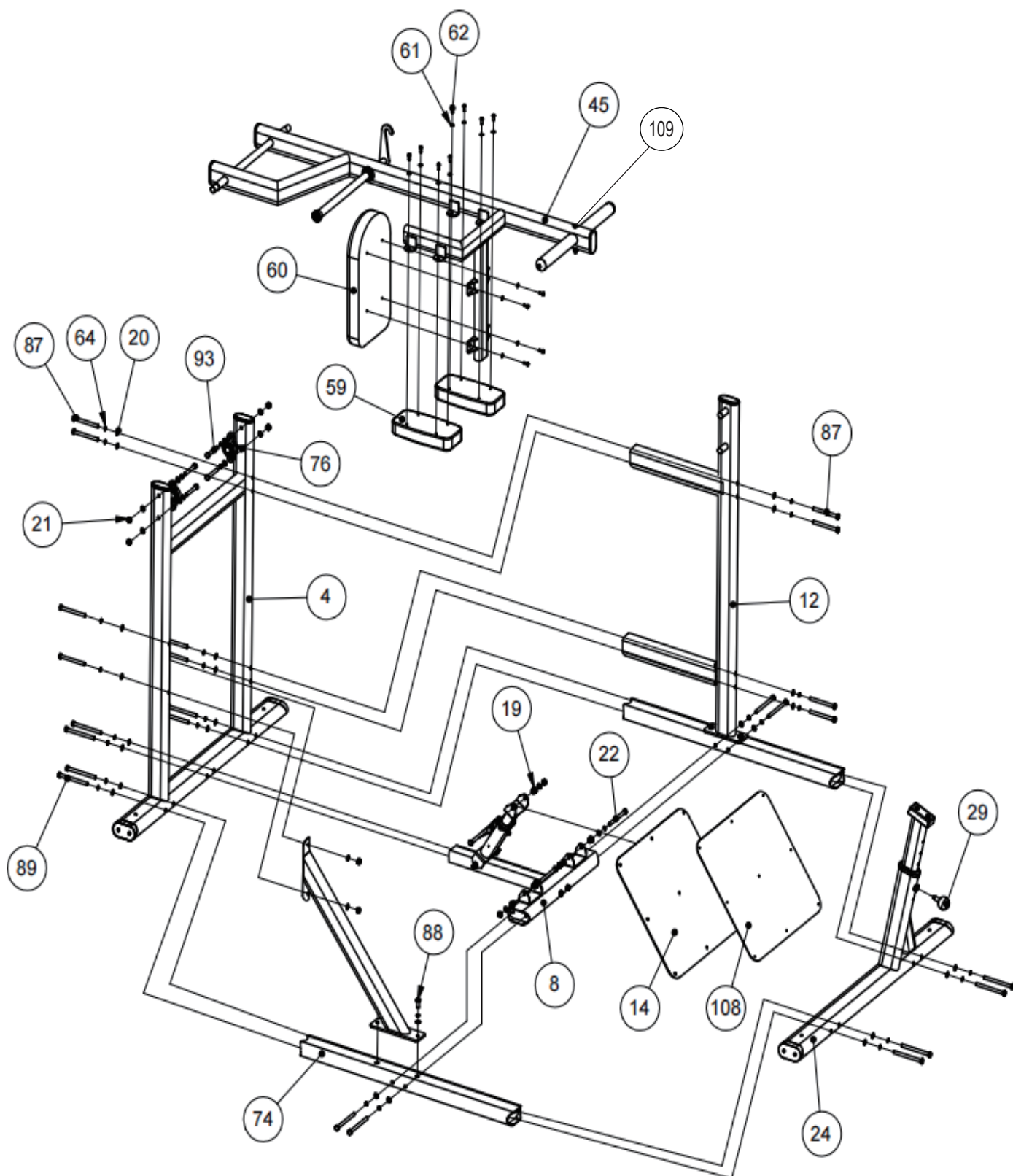
Assembly Instructions

For the easiest possible assembly of your VERVE Pendulum Squat, It is important to read the following instructions for this product.



Pendulum Squat

VER-PDS-001



Pendulum Squat

VER-PDS-001

ITEM NO	PART NAME	QUANTITY
4	upright group	1
8	foot	1
12	side upright	1
14	foot rest	1
19	nylon sleeve	4
20	M12 washer	40
21	M12 locking nut	9
22	M12*135 bolt	2
24	support group	1
29	ball pin	1
45	arms	1
59	elbow pad	2
60	back pad	1
61	M8 washer	12
62	M8*25 bolt	14
64	M12 spring washer	38
74	connection	1
76	bearing	2
87	M12*130 bolt	10
88	M12*35 bolt	4
89	M12*150 bolt	16
93	M12*85 bolt	4
108	pedal	1
109	M12*90 bolt	1