



Putting together your Training Bar Conversion Kit: DGS-FBKIT



What You Need: 2 1/2" Wrenches or 2 Adjustable Wrenches

Contents: 2 Feet, 2 Brackets with 4 holes, Hardware Package (4 Bolts, 4 Lock Washers, 4 Hex Nuts) *Rail not included.*



Step 1 and 2:

1. Take both brackets with the four holes and place 4 bolts through each hole and flip upside down so the threads of the bolts are facing up.
2. Take your uneven bar rail and place it in the slot that is welded on the bottom side of the bracket. Make sure the black strip of the rail is facing up.

Picture Below Shows Steps 1 and 2 completed:



Step 3 and 4:

3. Place feet over the bracket assembly, sliding the bolts which are facing up, through the 4 holes found on the feet.
4. Place lock washer on each bolt, and then finger tighten each hex nut. Make sure you tighten each hex nut evenly to limit the angle on the foot.

Picture Below Shows Step 3 completed:



Step 5:

5. After tightening the bolts on each end of the rail, flip the entire bar back over allowing it to rest on its feet. At this time, take your $\frac{1}{2}$ " Wrench and your adjustable wrench, and tighten each bolt. Make sure to tighten evenly, if you tighten one bolt too much, it may create wobble in the feet.

