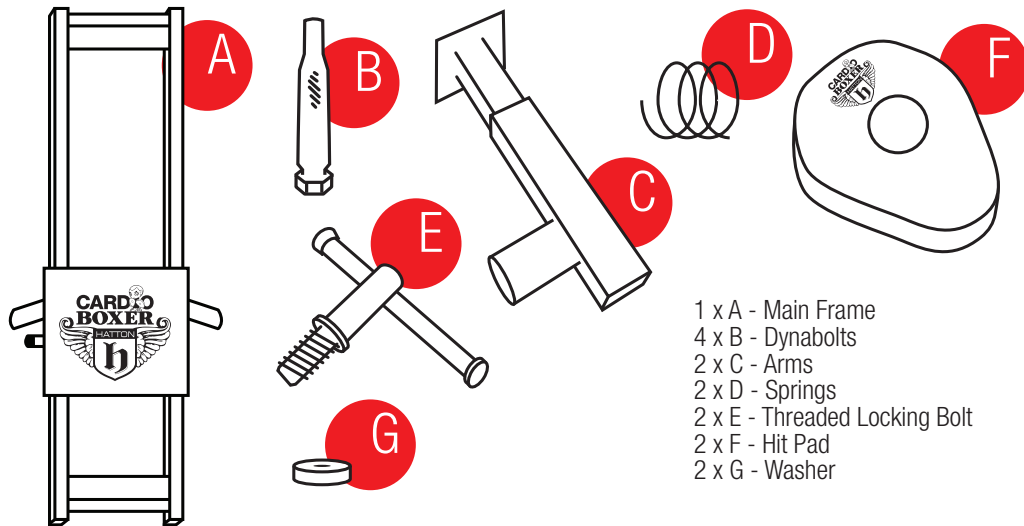


## INSTALLATION GUIDE for the machine to a masonry wall



- 1 x A - Main Frame
- 4 x B - Dynabolts
- 2 x C - Arms
- 2 x D - Springs
- 2 x E - Threaded Locking Bolt
- 2 x F - Hit Pad
- 2 x G - Washer

1. Remove frame (A) and wall fixings (B) from the box.
2. Place a mark 1 metre from the floor, on the wall where you are going to mount Cardio Boxer. This mark will indicate where the bottom of the Cardio Boxer frame will be mounted.
3. Using a masonry drill and drill bit, drill a hole approx 70mm deep.
4. Lift frame (A) up and secure using the supplied bolt (B) into the bottom hole of frame.
5. Make sure the frame (A) is plumb/level and proceed to drill the remaining 3 holes.
6. Insert the fixings (B) into the holes.
7. Take the arms (C) and slide them onto the shoulders of the frame making sure the springs (D) are in the arms.
8. Use the threaded locking bolt (E) and the washer (G) to tighten the arms onto the shoulder.
9. Take the hit pads (F) and slide them onto the metal plates. Tighten the wing nuts when in position.

## USER'S GUIDE

- 1 To adjust the height of the machine, pull the knob on the left side out (1a) and lift up or push down the body (1b).
- 2 To adjust the angle on the arms, turn the handle on the top of the shoulders (2a) anti-clockwise once. Push the shoulder in towards the body (2b) and rotate the arm downwards (2c). To tighten turn the handle clockwise until tight (2a).
- 3 To adjust the arms back repeat, but rotate the arms up.

