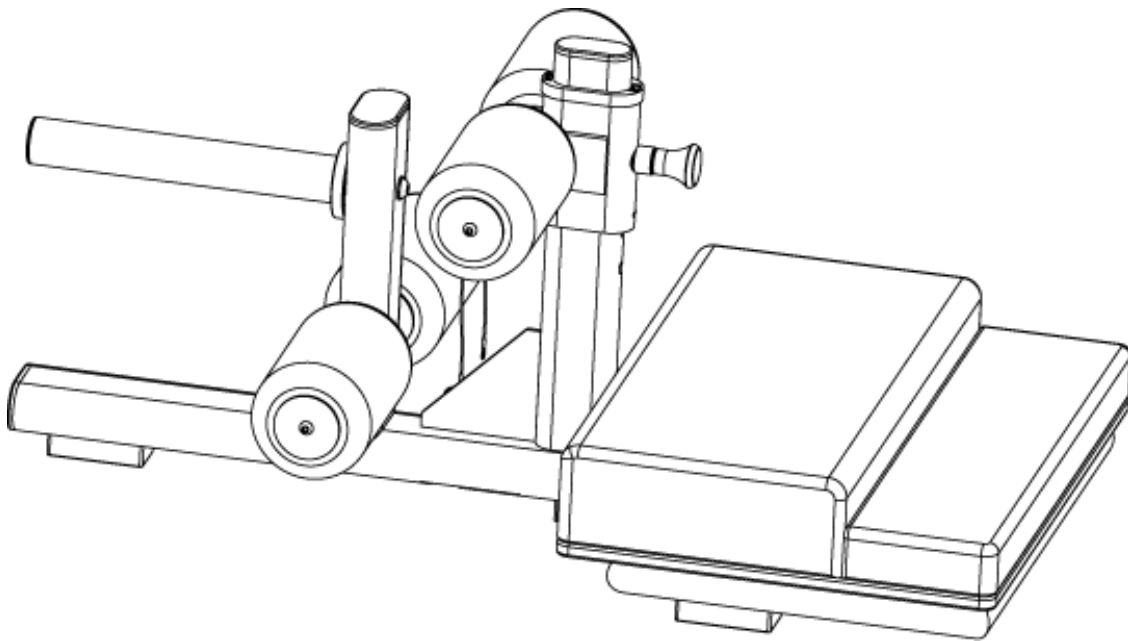
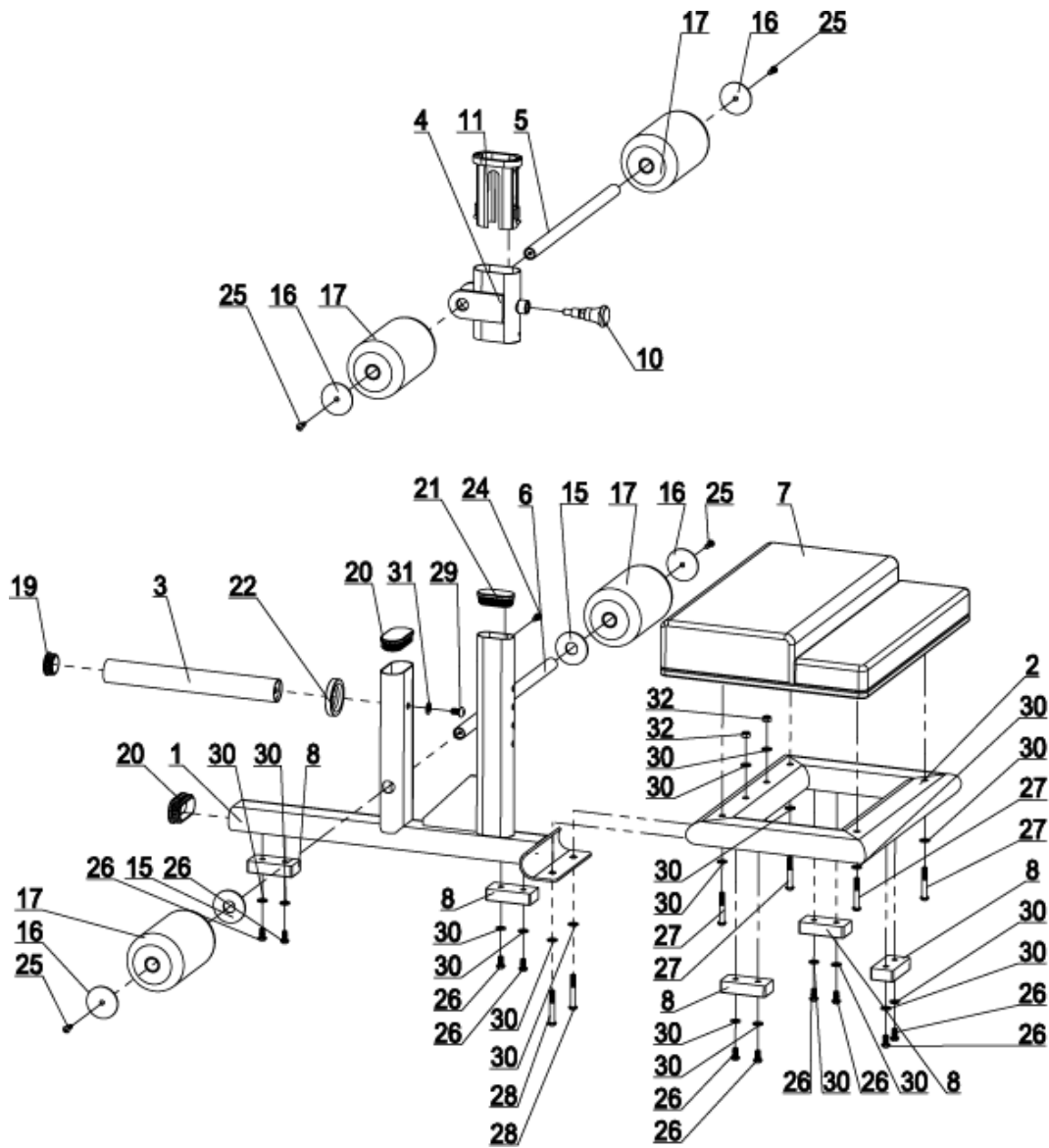


CFF Floor GHD/Sissy Squat

8189 CFF-FGHD



EXPLODED DRAWING



PARTS LIST

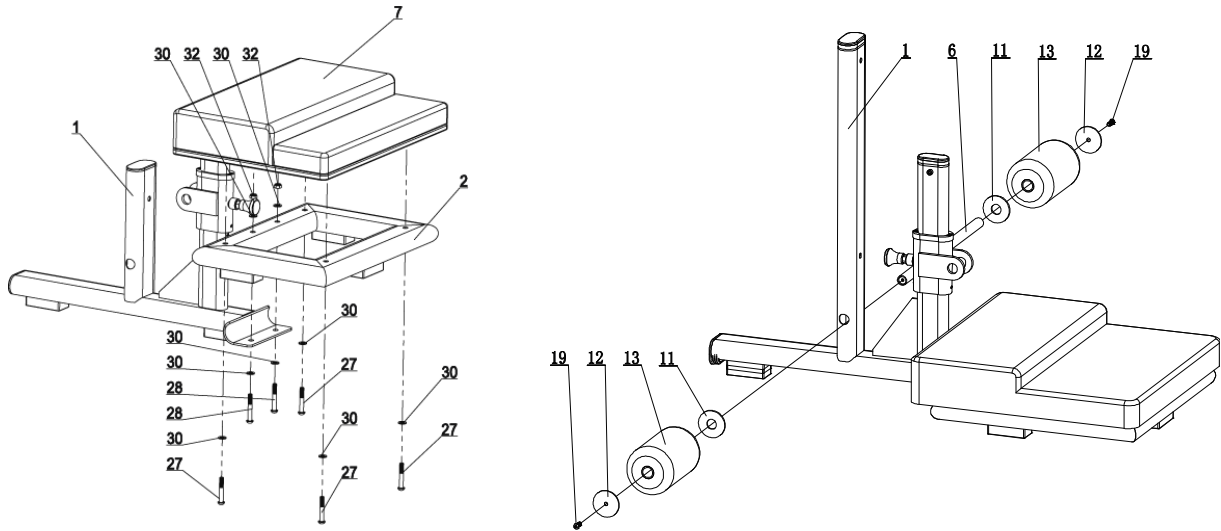
No.	Description	Qty
1	Main Frame	1

2	Base frame	1
3	Plate Holder	1
4	Adjustable bar	1
5	Front Foam Roller Tube	1
6	Rear Foam Roller Tube	1
7	Pad	1
8	Rubber Foot	5
10	Pin	1
11	Sleeve	1
15	Foam Roller Cap	2
16	Foam Roller Outer Cap	4
17	Foam Roller	4
18	End Cap $\Phi 19*2$	2
19	End Cap $\Phi 48*2.5$	1
20	End Cap Oval50*100*2.5	2
21	End Cap Oval40*80*2.5	1
22	Rubber Bumper	1
23	Screw M4*10	1
24	Hex Bolt M8*15	1
25	Hex Bolt M8*25	4
26	Hex Bolt M10*20	10
27	Hex Bolt M10*65	4
28	Hex Bolt M10*70	2
29	Hex Bolt M12*20	1
30	Flat Washer $\Phi 11*\Phi 20*2$	18
31	Flat Washer $\Phi 13.5*\Phi 24*2.5$	1
32	Nut M10	2

ASSEMBLY

STEP 1

Assemble Main Frame (1) and Base frame (2) using Allen Bolt M10*70 (28), Flat Washer $\Phi 11*\Phi 20*2$ (30), Nut M10 (32); Assemble Pad (7) to Base frame (2), using Allen Bolt M10*65(27) and Flat Washer $\Phi 11*\Phi 20*2$ (30).

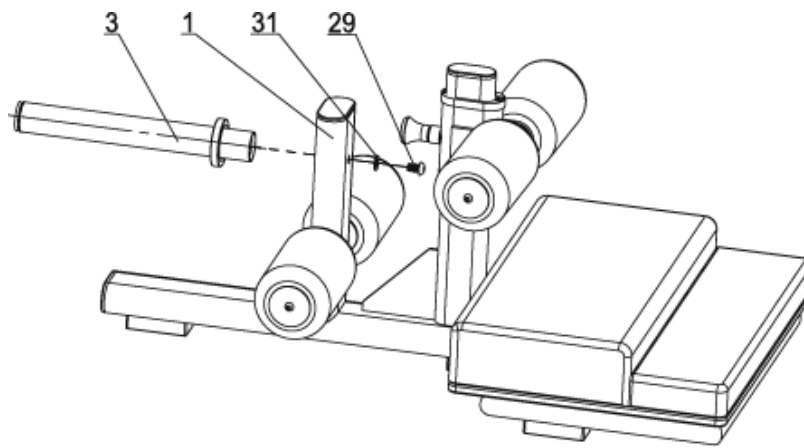
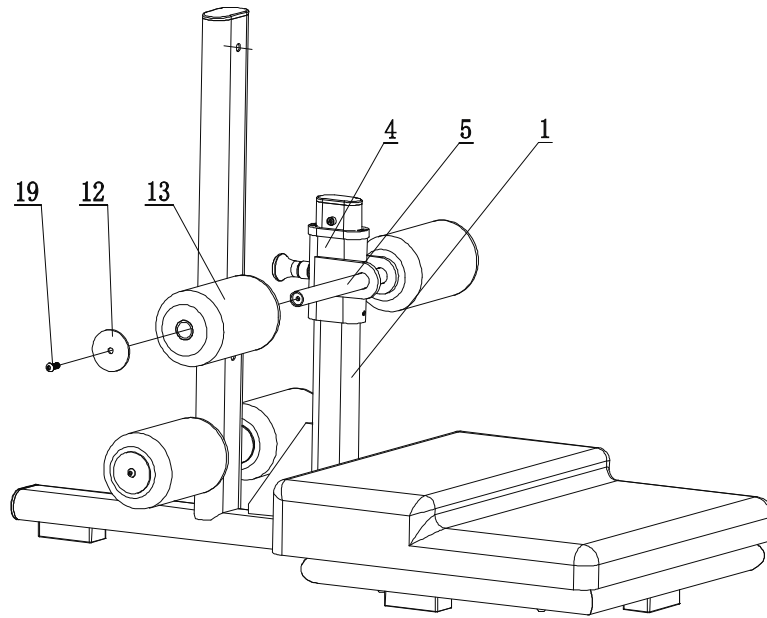


STEP 2

Put Foam Roller Cap(15) and Foam Roller(17) onto Rear Foam Roller Tube(6) then fix in Foam Roller Outer Cap(16) and Hex Bolt M8*25(25).

STEP 3

Pull out Foam Roller (17) as drawing; then insert Front Foam Roller Tube (5) to Adjustable bar (4), put Foam Roller (17) into Foam Roller Tube (5), install Foam Roller Cap (16) to Foam Roller Tube (5) using Allen Bolt M8*25 (25) as drawing.



STEP 4

Install Plate Holder (3) to Base Frame (1) using Allen Bolt M12*20 (29) and Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (31) , tighten all the bolts.