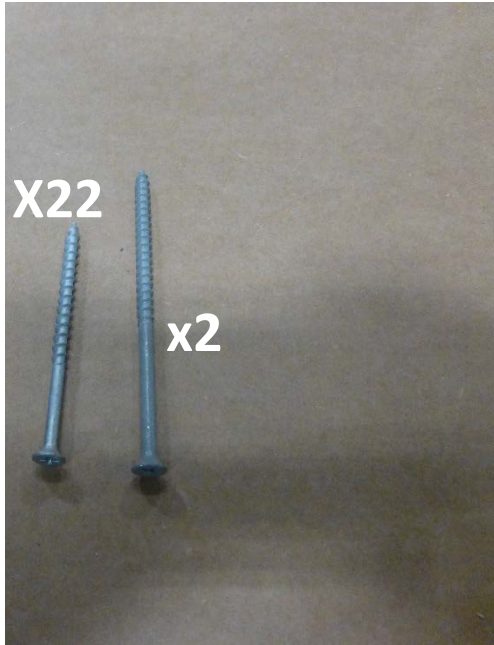


List of Materials Included

Parts Included



- 2 - 4" Screws
- 22 - 3" Screws
- 8 - 2" Screws
- 4 - Wood Dowels
- 12 – Rungs 33 ½"
- 2 - 8' side rails
- 2 - 34" mounting brackets

Tools needed



- Impact/power Screw Driver
- Wood Glue
- Rubber Mallet
- 42" Bar Clamp
- 1/8" Drill bit

How to Assemble your Workstation



1. Inspect package for all parts and hardware



2. Lay out 8' side rails parallel to each other about 3ft apart. Lay out all 12 rungs and line them up with the side rail holes.



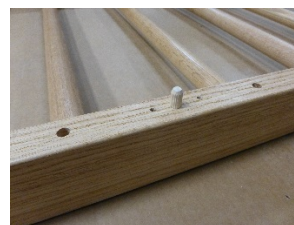
3. Apply a layer of wood glue in the hole and firmly press the rungs in the hole until they are seated in the bottom of the hole. Notice the pre-drilled holes in the rungs and twist the rung to align them with the small holes in the side rails so they are ready to accept the 3" screws. Clean any glue that may have spilled from the hole.

How to Assemble your Workstation



4. Use 3" screws to screw all 12 rungs (except for the top rung which will require the 4" screw) into the side rail on one side before proceeding to the other. Be sure that the screw is in both pre-drilled holes of the side rail and the dowel.

5. The top rung on the work station requires 4" screws to be properly mounted.

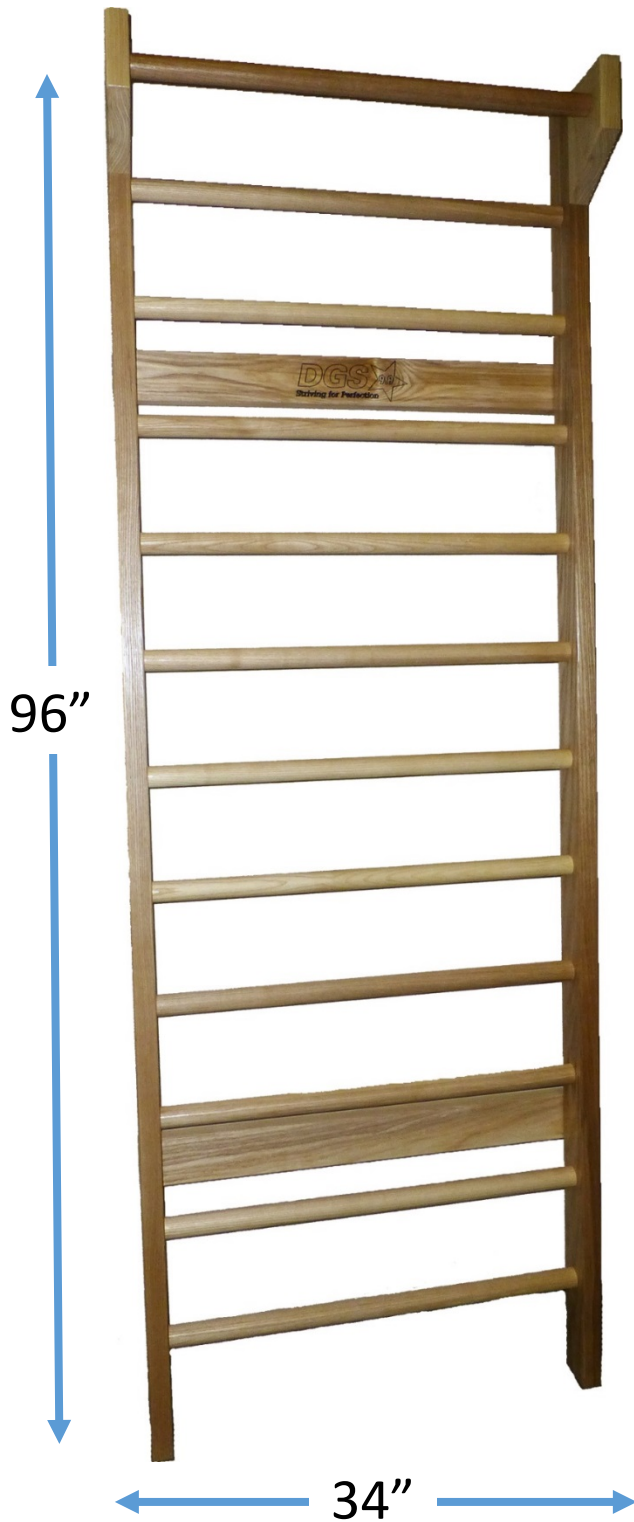


6. Working on the back of the unit place the 4 small wood dowels and glue in the proper holes on the back of the side rails and place the 34" mounting bracket on the dowels using their pre-drilled holes. Secure the unit firmly with the 42" pipe clamp. Be sure to protect the wood from damage from the clamp.



7. Orient the Logo on the front of the backer board correctly at the top of the unit. Drill pilot holes using 1/8" drill bit. Use 2" screws and secure the 2 mounting brackets to the back of the side rails.

How to Assemble your Workstation



Your DGS Workstation is now ready for mounting to the wall.

All Workstations must be securely mounted to a wall for safe use.

Please be sure to use the appropriate anchors made specifically for the type of wall you are mounting your workstation on.

Visit

<http://www.gymsupply.com/workstationcomplete-1.aspx> to see video of product options and other training devices.

Happy strength and flexibility training!