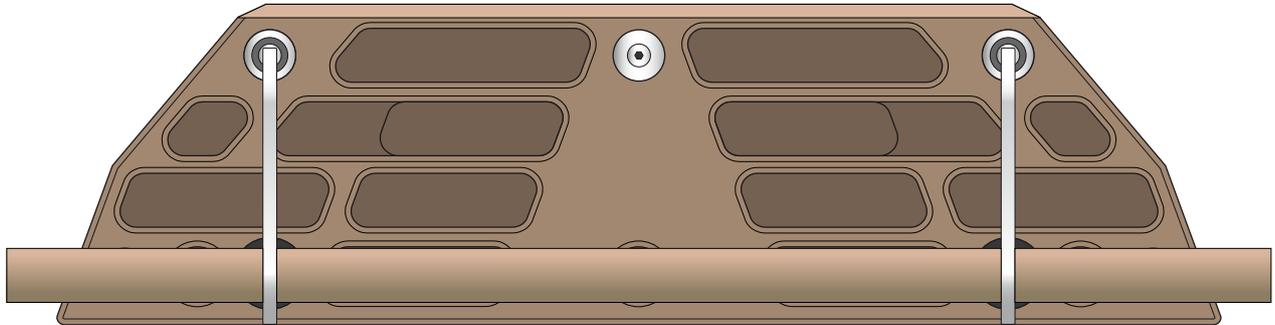


Installation Ant Bar (Date: Dezember 2012)



The Ant Bar is an optional Chin Up Bar for the Strong Ant I Trainingboard. To hook the Ant Bar at the Strong Ant I there must be two anchor bushes pressed into the outer, upper holes. The instruction therefore you can find on the next side of this paper.

You need to adhere to the following advice for mounting and training with the Ant Hill:

Check before every training session that all bolts are still tight. If there is the slightest indication that the board could become loose or even starts to wobble it must not be used for training until until all bolts are tightened and there is no movement of the board.

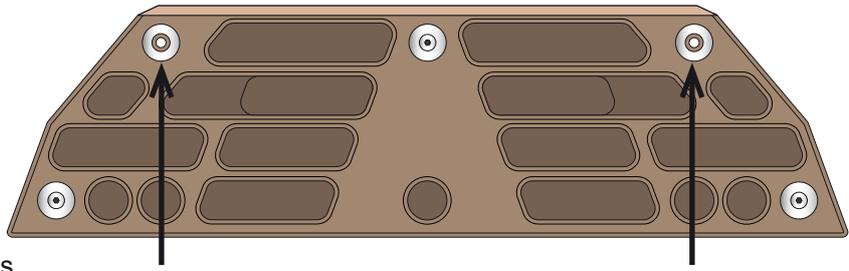
Make sure that both hooks are in the correct position in the anchor bushes

We are not liable for damages or injuries due to not conforming to the instructions in this manual. If you have question regarding the installation or anything else, please feel free to contact us.

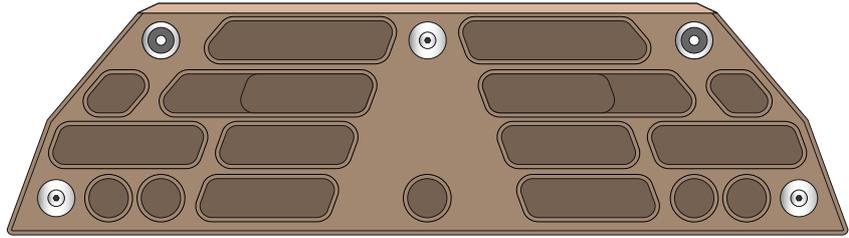
contact:
info@antworks.at
+43 660 50 96 239

We wish a good success with your new Ant Bar Chin Up Bar and your Strong Ant I

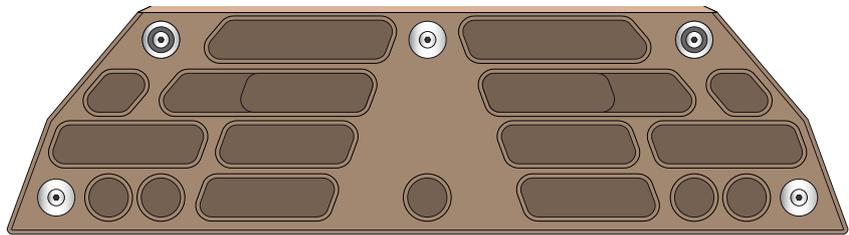
The antworking team



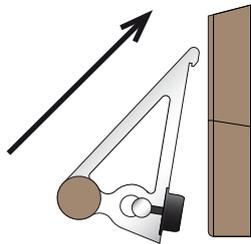
Remove the both upper, outer bolts.



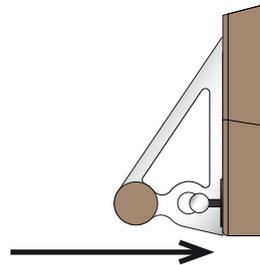
Press one of the anchor bushes in each of both holes. The side with the big hole has to display on the front side of your Strong Ant I. The holes are quite tight. That is necessary to minimize the play between the bush and the board. If it is to strict you can use a hammer and a piece of plastic or wood to press the anchor in the board.



Place the bolts again and make sure that you tighten the bolts well.



To hook the Ant Bar you have to put the bar with the little hooks on the top of the beam into the anchor bush.



Next and last step is to put the both black pins into the designated holes. Ready. You can start your training.