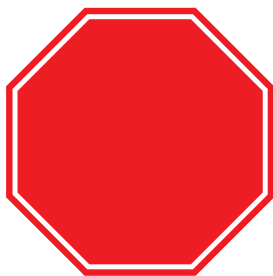


FREAK ATHLETE

ABX+Dips Attachment Assembly Guide

Important Notice



The written instruction manual is meant to be a supplement to the ABX Assembly video and Getting Started Video.

Go to FreakAthlete.co/ABXGuide for full video instructions.

It is critical to follow the full Assembly Video and the Getting Started video for your own safety.

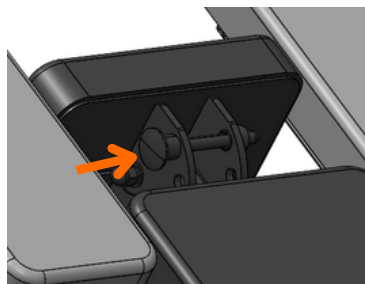
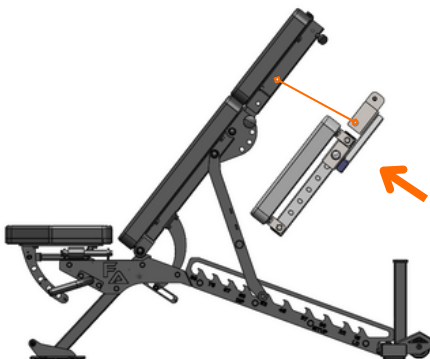
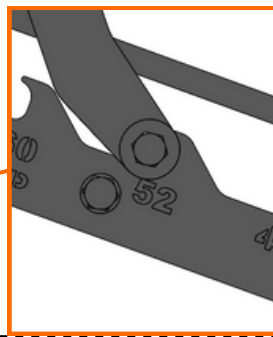
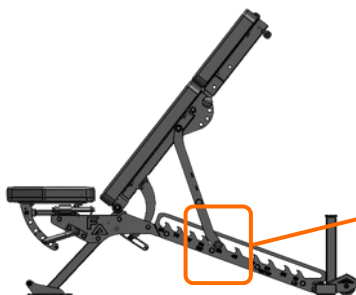
BCF Installation

Hardware & Parts

1. Put the Ladder on 52degrees configuration.
2. a Position BCF attachment to ABX Headrest Tube underneath.
2. b Install the BCF attachment to the ABX. Lock the BCF using the Pin.
3. Pull down the Headrest at 90 degrees or on desired angle.
4. Lock position using the Pin.

● ABX

● BCF



4. Lock position using the pin.

3. Pull the down the Headrest

ABX+BCF Attachment

- ABX
- BCF

