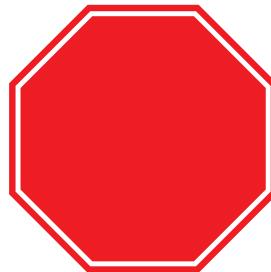


# **FREAK ATHLETE**

## **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.**

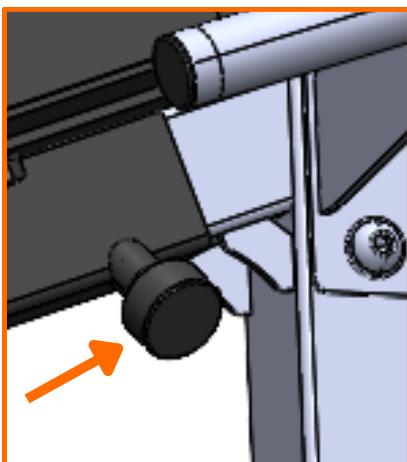
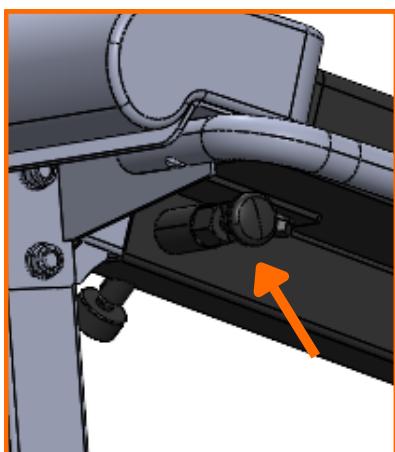
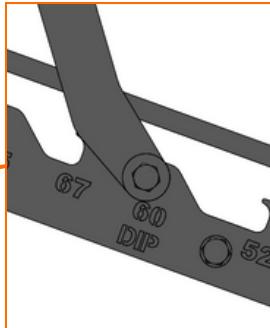
**It is critical to follow the full Assembly Video and the Getting Started video for your own safety.**

### DIPS Attachment Installation

### Hardware & Parts

1. Put the Ladder on 60degrees (DIPS) configuration.
- 2.a Position DIPS attachment to ABX, the square tube of the DIPS attachment is facing the Square tube of the Headrest.
- 2.b Install the DIPS attachment to the ABX.

- ABX
- DIPS Attachment



**3. Use this Pin to lock the SITUP attach to the ABX**

**4. Use this Pin to tighten the SITUP Attach.**

