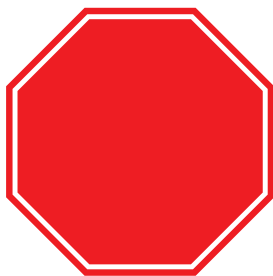


FREAK ATHLETE

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.

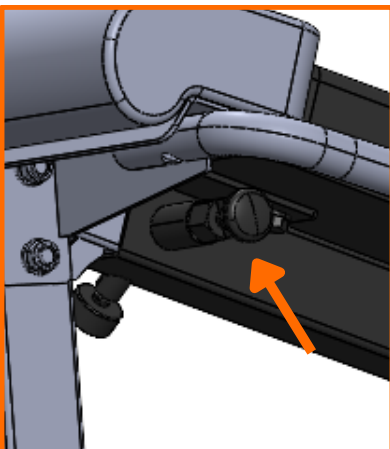
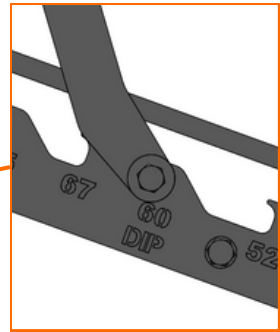
It is critical to follow the full Assembly Video and the Getting Started video for your own safety.

DIPS Attachment Installation

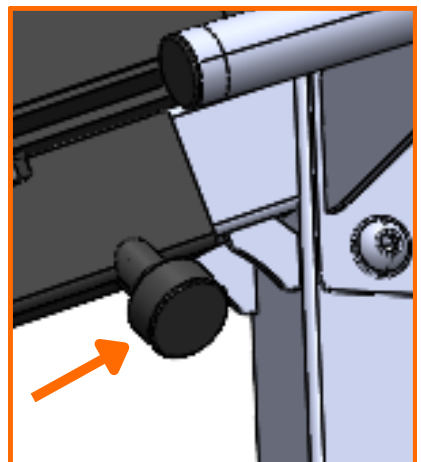
Hardware & Parts

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.

ABX+DIPS Attachment

- ABX
- DIPS Attachment

