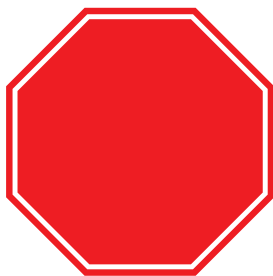


# FREAK ATHLETE

## ABX + LD 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](https://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.

# FREAK ATHLETE

## ABX Guide

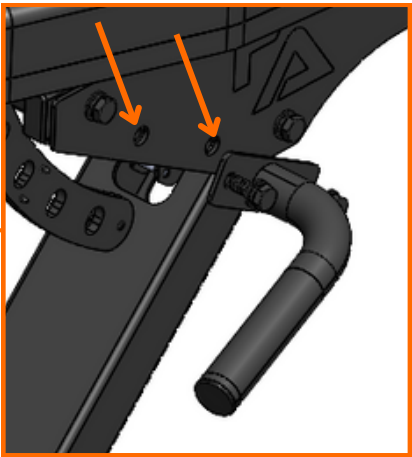
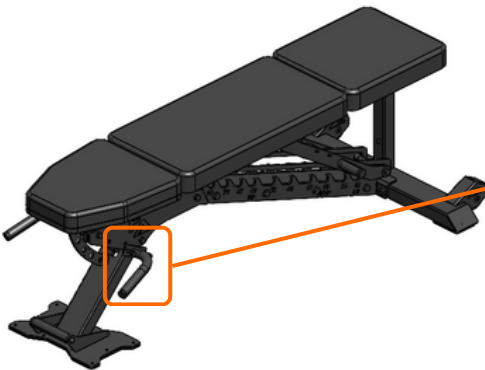


### **ABX** **Full Assembly**



### **ABX** **Getting Started**

LDA Installation	Hardware & Parts
1. Handle installation 2. Setting the ladder to 15 degrees (LD)	
	● ABX ● Handles

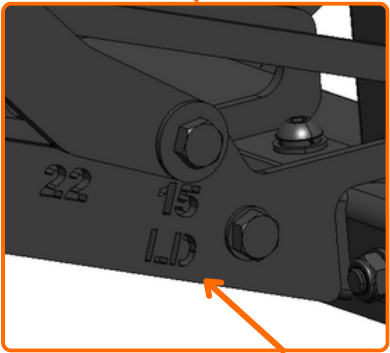


**1. Remove the bolt & washers on 2 locations then bring back together wit the handle on both sides of the ABX.**

.....



**2. Set the ABX to 15degrees (LD)**



## LDA Installation

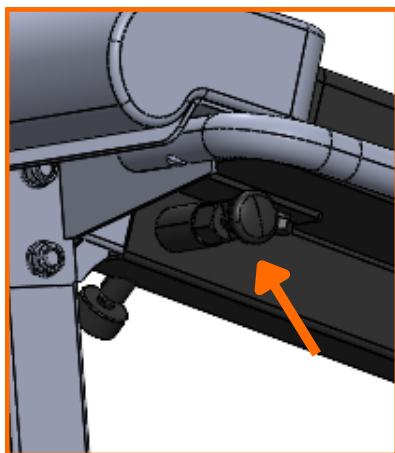
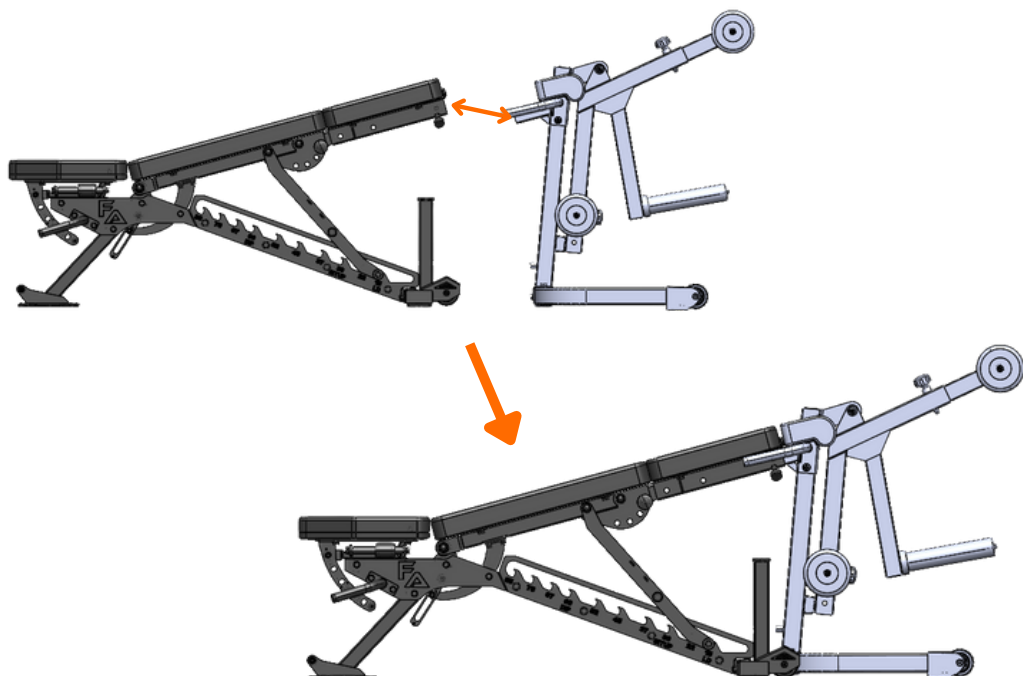
## Hardware & Parts

3.a Position the ABX and LD, the square tube of the LD is facing the Square tube of the Headrest.

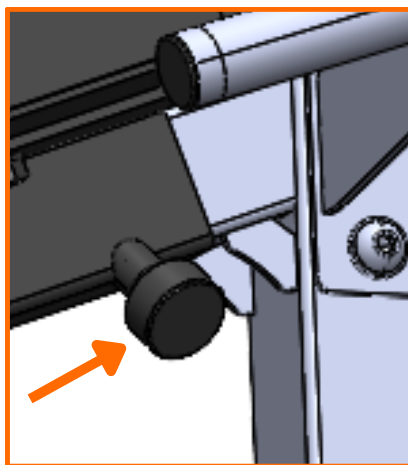
3.b Install the LD to the ABX.

● ABX with handles

● LD



4. Use this Pin to lock the LD to the ABX



5. Use this Pin to tighten the LD.

**ABX + LD**

● ABX with handles

● LD

