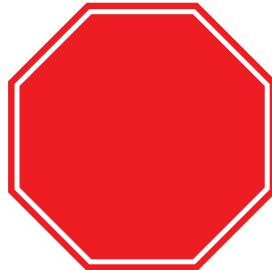


# FREAK ATHLETE

## 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](http://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

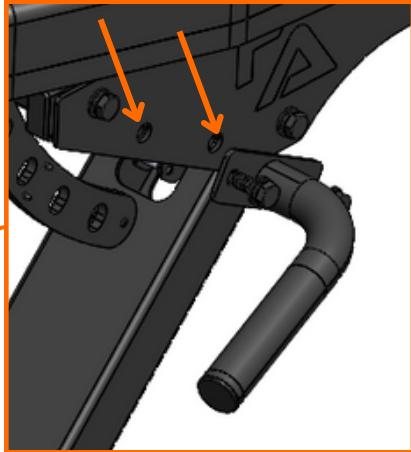
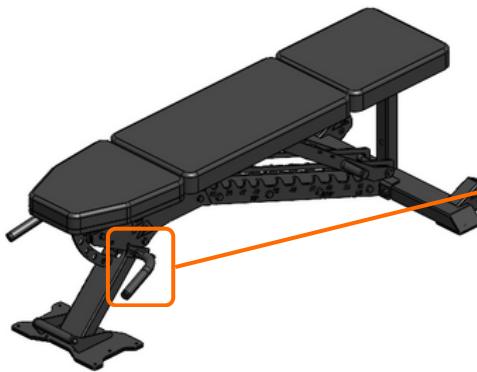


**ABX**  
**Full Assembly**



**ABX**  
**Getting Started**

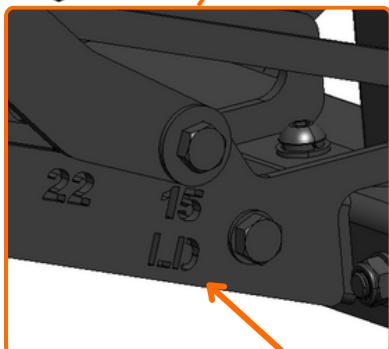
LDA Installation	Hardware & Parts
1. Handle installation 2. Setting the ladder to 15 degrees (LD)	● ABX ● Handles



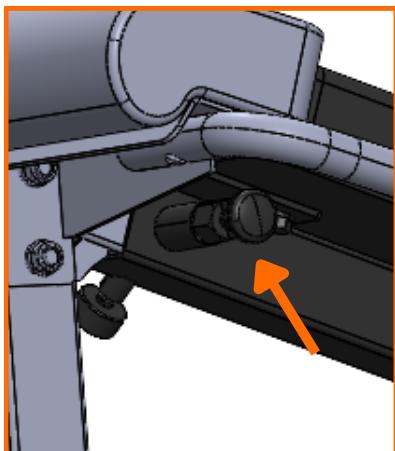
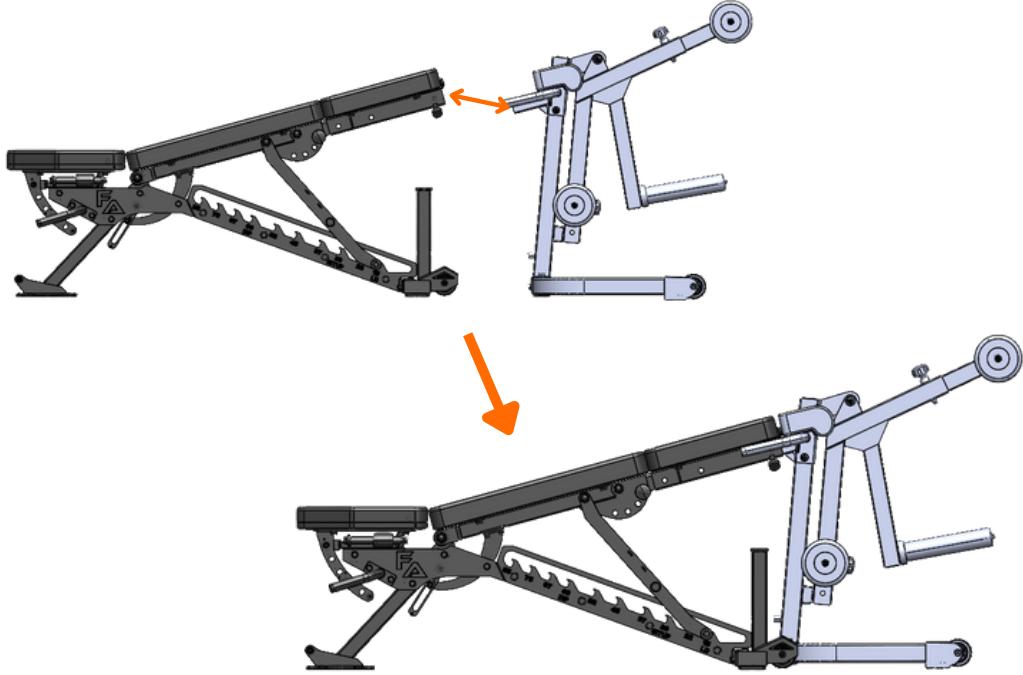
**1. Remove the bolt & washers on 2 locations then bring back together with the handle on both sides of the ABX.**



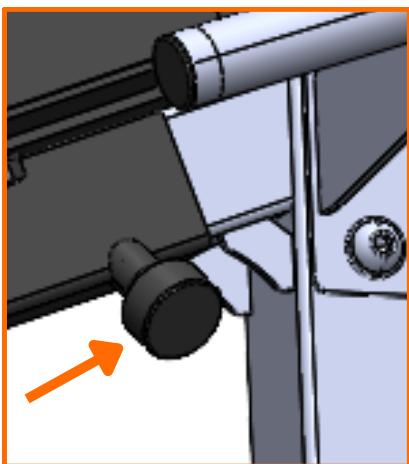
**2. Set the ABX to 15degrees (LD)**



LDA Installation	Hardware & Parts
<p>3.a Position the ABX and LD, the square tube of the LD is facing the Square tube of the Headrest.</p> <p>3.b Install the LD to the ABX.</p>	<ul style="list-style-type: none"> <li>● ABX with handles</li> <li>● LD</li> </ul>



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



5. Use this Pin to tighten the LD.

	<b>Hardware &amp; Parts</b>
<b>ABX + LD</b>	<ul style="list-style-type: none"><li>● ABX with handles</li><li>● LD</li></ul>

