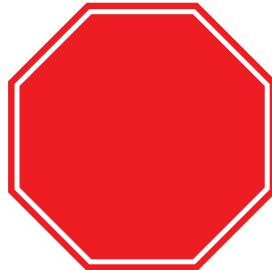


FREAK ATHLETE

ABX+Situp 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.

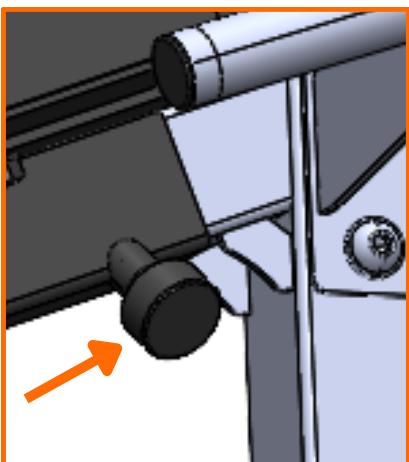
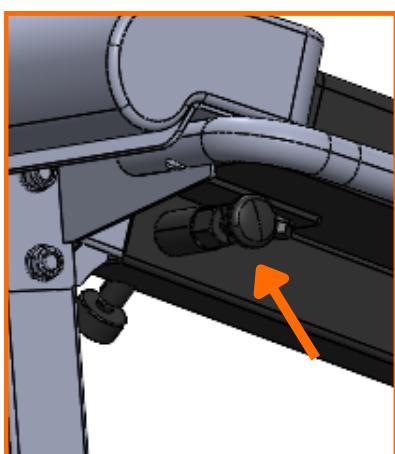
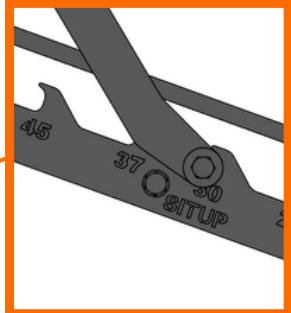
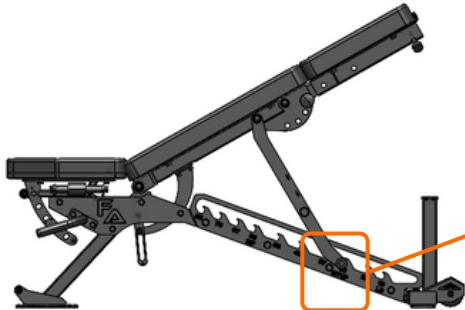
It is critical to follow the full Assembly Video and the Getting Started video for your own safety.

SITUP Attachment Installation

Hardware & Parts

1. Put the Ladder on 30degrees (SITUP). configuration.
2. a Position SITUP attachment to ABX, the square tube of the SITUP attachment is facing the Square tube of the Headrest.
2. b Install the SITUP attachment to the ABX.

- ABX
- SITUP Attachment



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

4. Use this Pin to tighten the SITUP Attach.

