

# **ANAZAO™**

**FITNESS GEAR**

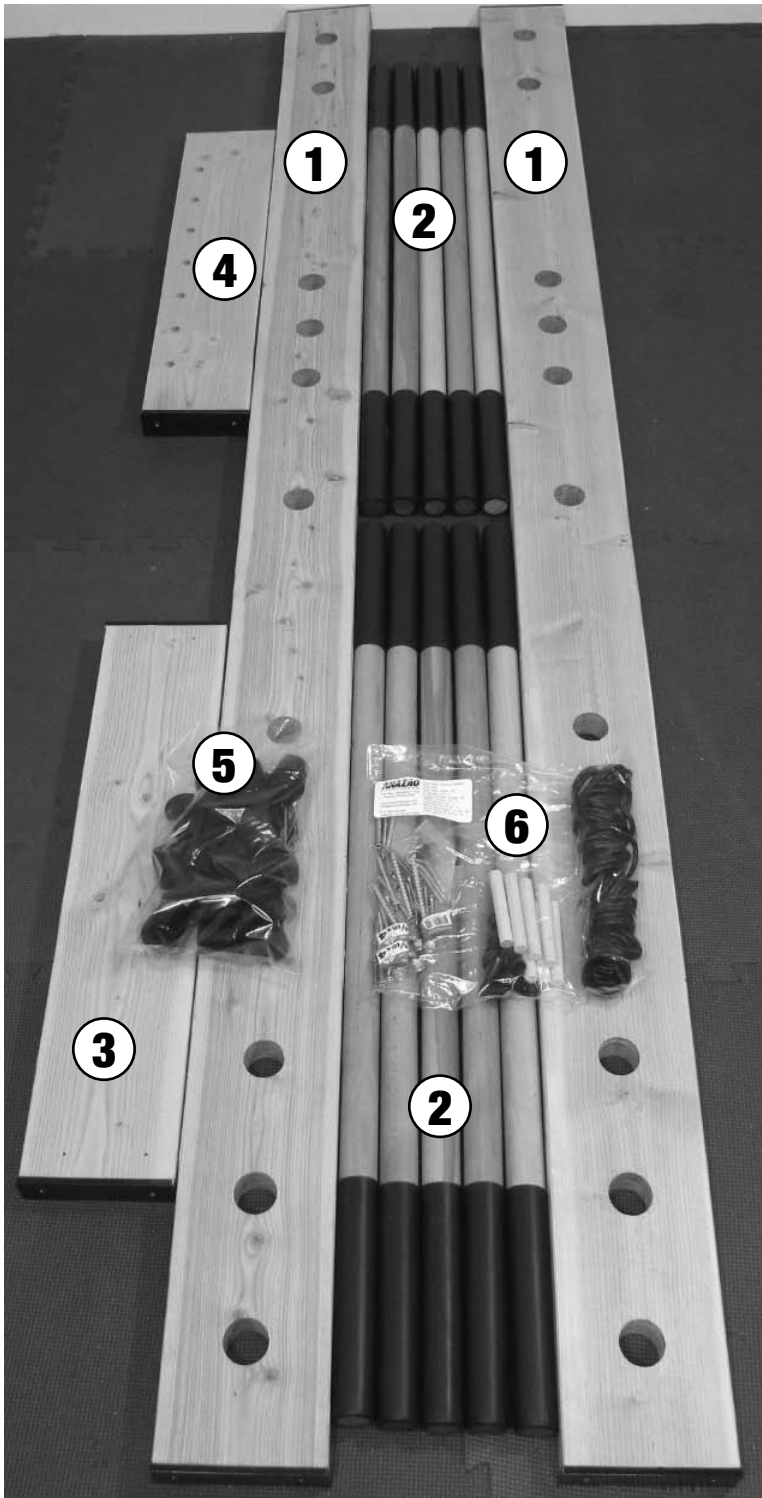


- **Parts List**
- **Step by Step Assembly Instructions**

## **ANAZAO™ Total Body Workout Station**

# **ASSEMBLY INSTRUCTIONS**

# Anazao™ Fitness Gear Total Body Workout Station



## PARTS LIST

- 1** (2) Side rails
- 2** (10) Rungs
- 3** (1) Lower support (pre-drilled)
- 4** (1) Upper support (pre-drilled)
- 5** (20) Large vinyl end caps
- 6** (1) Assembly pack includes:
  - (60) Large rubber O-Rings
  - (7) Medium rubber O-Rings
  - (4) 5/16" X 4" Lag bolts
  - (12) 3" gold wood screws
  - (20) 2" Wood screws
  - (7) Small vinyl end caps for 1/2" dowels
  - (3) Gear hanger hooks
  - (7) 1/2" Wood dowels

**ANAZAO**<sup>™</sup>  
FITNESS GEAR

**!** **NOTE:** ANAZAO Fitness Gear recommends that a qualified person install your Total Body Fitness Station to the wall to assure proper and safe connection to studs or other wall structure types.

# Anazao™ Fitness Gear Total Body Workout Station

## Step 1

Lay rails on flat surface, preferably with the ends braced against a flat wall. Note that rails are marked “Left” and “Right”.



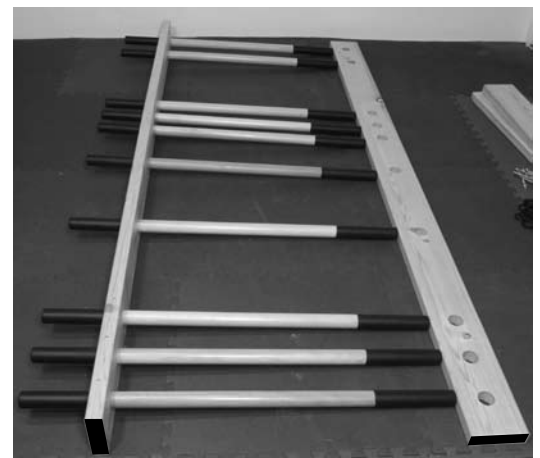
## Step 2

Slide (2) large rubber O-rings on each of the 10 dowels, noting that these need to be about 9” from the ends of the dowel towards the center. This is a critical step because if you do not place these O-rings on before installing the station, you will need to take it apart to include them.



## Step 3

Lay rail labeled “Right” on its side, then insert all 10 dowels into left rail.



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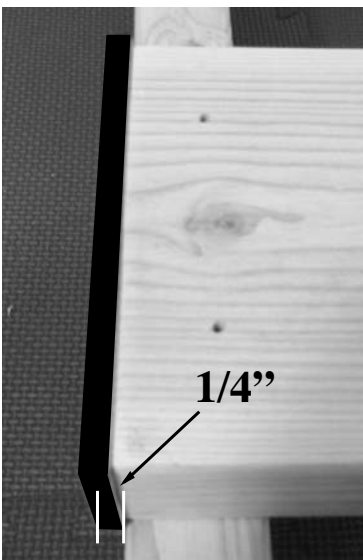
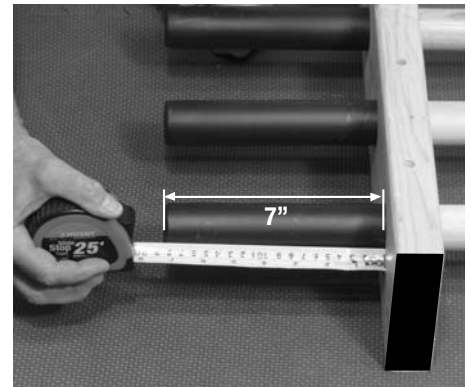


## Step 4

Lift up left rail “B” and slide the dowels in about 7”.

## Step 5

Measure the dowels on the left rail 7 inches from the rail, then slide the right rail toward the left rail until the dowels extend 7” to the outside of each rail.



## Step 6

Place the lower support 17” from the bottom of the rail and the upper support 17” from the top of the rail. Note that there are 2 stickers on each rail with arrows that say “Locate mounting board between black lines on rail.” Note: Black trim should exceed rail by 1/4”. These support boards are pre-drilled, so, lining them up between the black marks and stickers on the rails should line up the holes. Make sure the black trim on the end of the board exceeds the rails by 1/4”.

**Helpful hint:** To better line up the 3” screws, insert them into the board so they extend about 1/8” out the other side. Then put the 1/8” length of the screw into the predrilled holes.

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## Step 7

Make sure all dowels extend at least 7" (may be a little more) from each rail, and are evenly extended on both sides. Insert the 2" wood screws. Note: the holes are pre-drilled and counter-sunk. Screw to a snug fit, but do not over-tighten. The screws are intended to enter into the dowel approximately 1/4" - just enough to secure it in place. Over-tightening the screw will break it. Make sure you **cannot** rotate the dowel after inserting the screw. If you can, tighten the screw a little more.



## Step 8

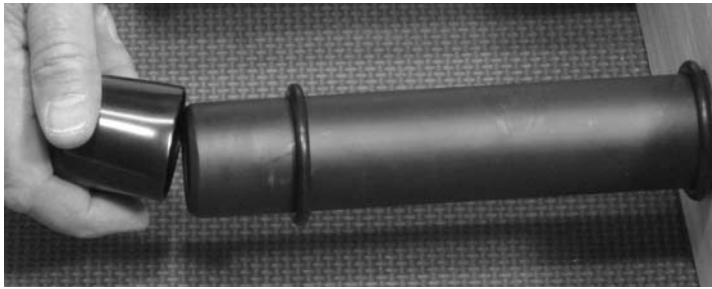
Slide the large rubber O-rings (you placed on the dowels earlier) so they are snug against the inside of the rails. Helpful tip: sometimes the O-rings will roll up against the rail, and sometimes they will be a slight distance from the rail. It helps to put a little hand sanitizer on the dowel to help the O-ring slide more easily.

## Step 9

Slide (1) large rubber O-ring over the end of each dowel so that it is up against the outside rail. Note the helpful hint in step 8 for sliding the O-ring more easily, Now, slide (1) large rubber O-ring over the end of each dowel about 1 1/2" from the end.



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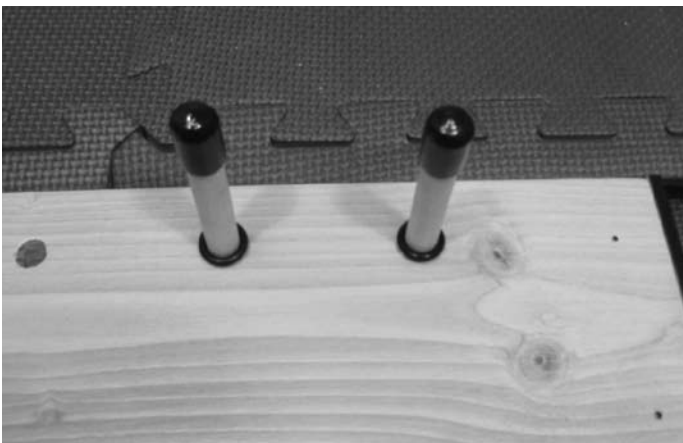


## Step 10

Place large vinyl cap over each dowel. Helpful hint: Use a “rolling motion” to help slide the cap on. If it is tight, place a small amount of hand sanitizer on the inside of the cap and then line up the O-ring so it is snug against the end of the cap.

## Step 11

Screw in 3 gear hanger hooks; 2 in the predrilled holes on the left rail, and 1 towards the top on the right rail. Slide on the small rubber O-rings flush with the rail. Note: do not screw in more than 1 ¼” deep.



## Step 12

Using a hammer, gently tap the seven ½” dowels into the holes on the upper support. **Suggestion:** Although the dowel will fit tight, feel free to put a little wood glue in the hole for greater security. Slide on the “medium” sized rubber O-rings so they are flush with the wood surface and then slide the small vinyl caps on to the dowels. Note: The vinyl caps are designed to fit tight, so to make it easier, place a little hand sanitizer inside the cap or around the outside of the wood dowel and then slide it on.

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## Step 13\*

