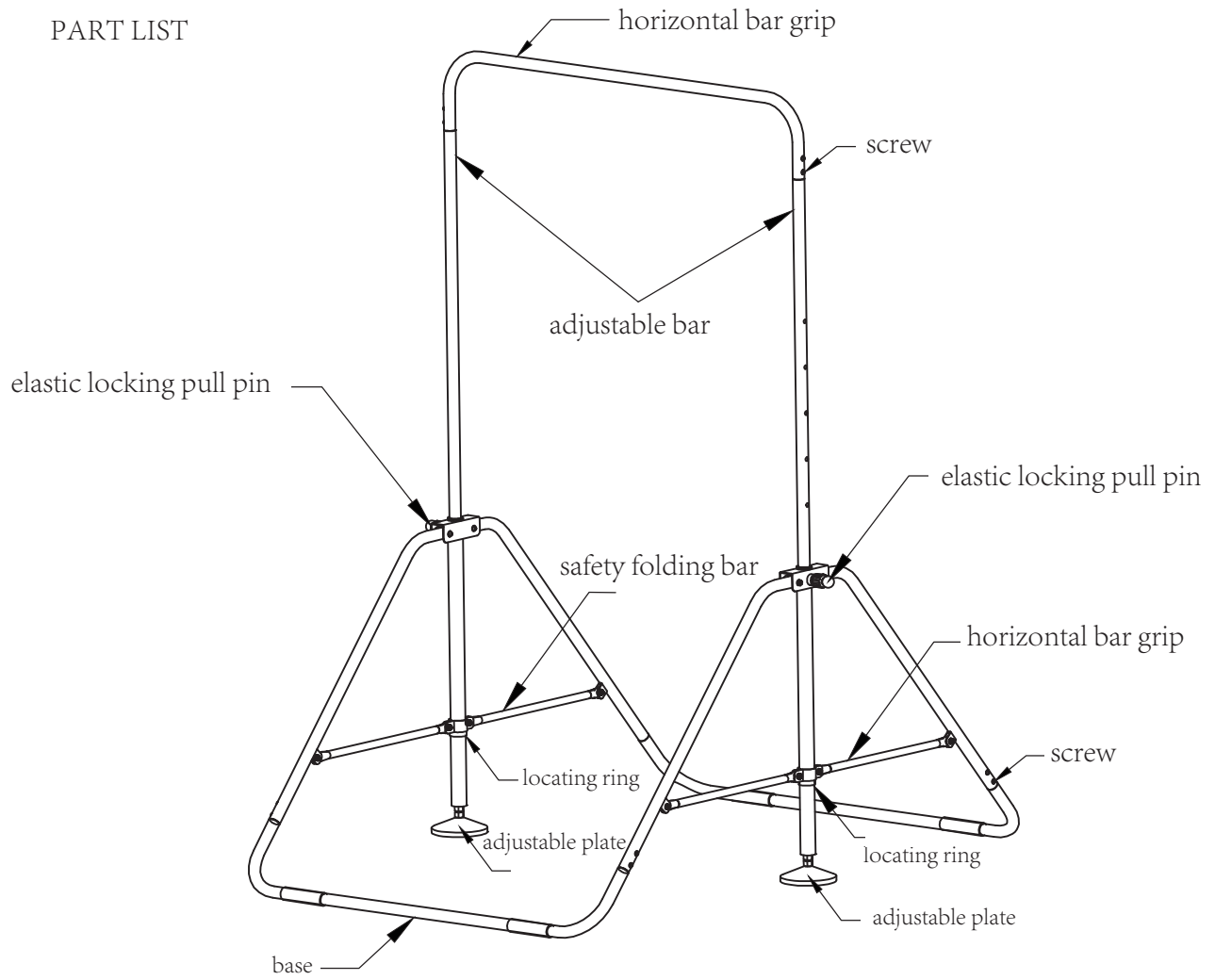




**HIT00730**

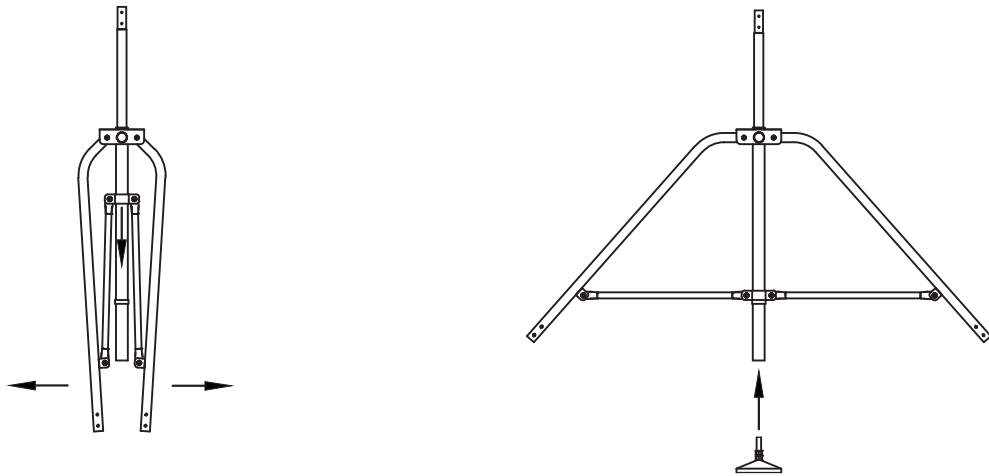
**I LOVE GYMNASTICS ADJUSTABLE BAR & MAT SET  
USER MANUAL**

## PART LIST

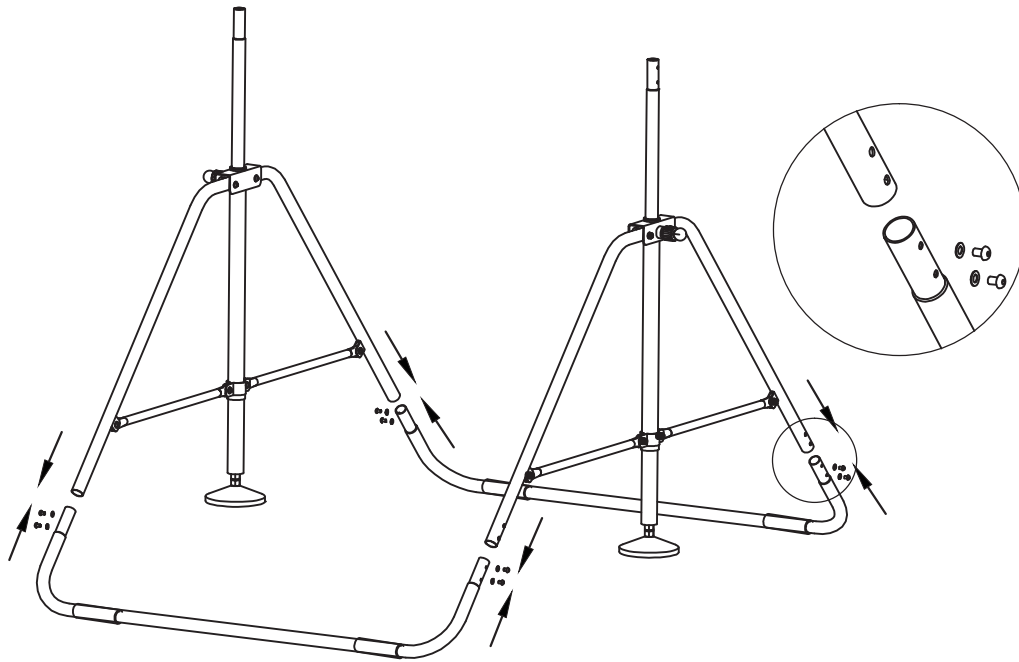


## ASSEMBLY

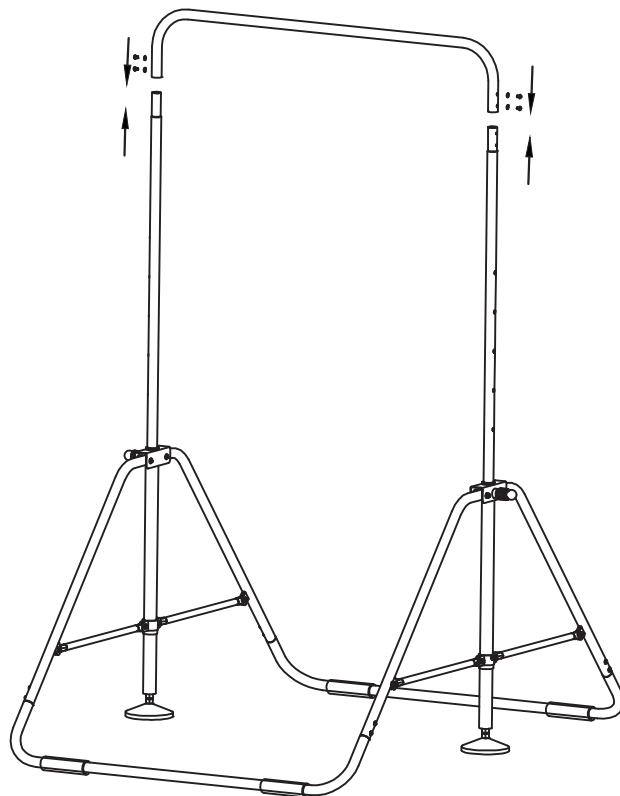
For easier assembly, it is recommended that two people do it at the same time.  
Open the main frame and screw on the adjustable plate.



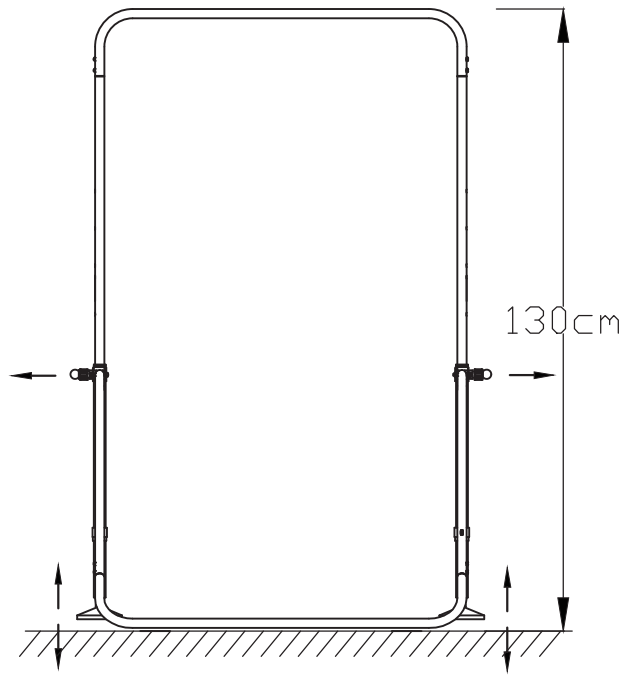
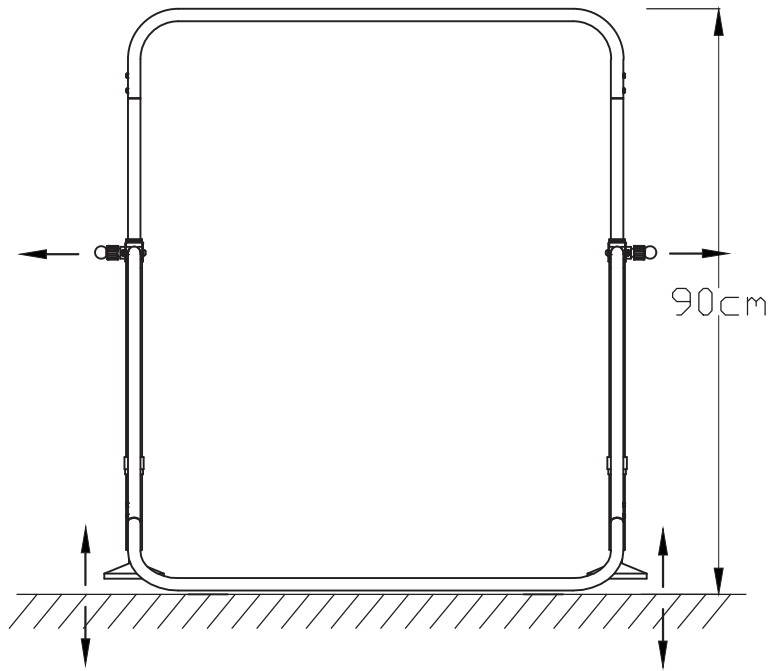
Connect the base to the main frame and fasten the screws



The horizontal bar grip connected with the adjustable bar, and then lock the screw

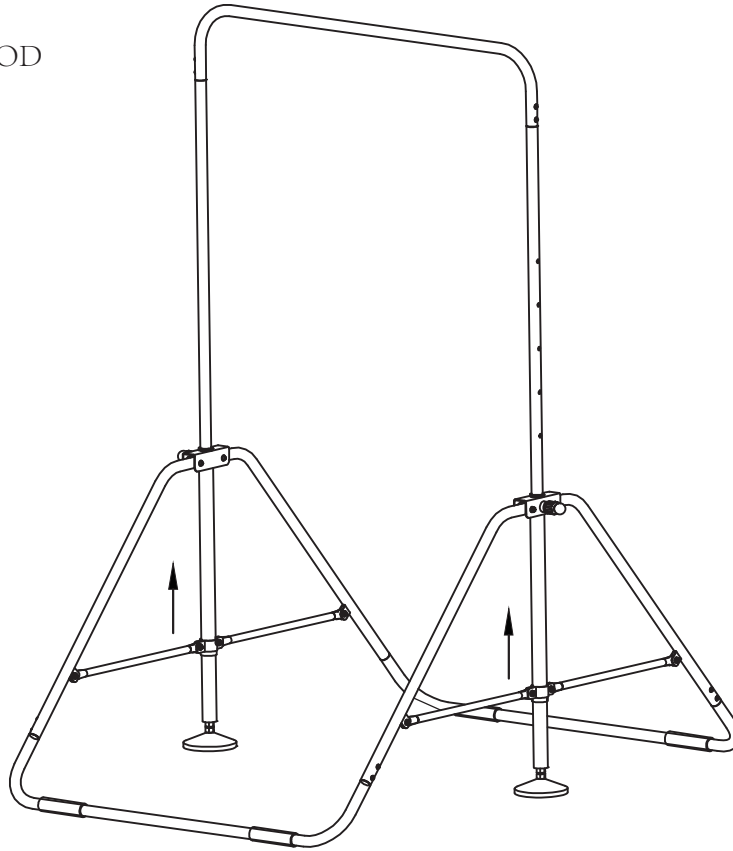


Five speed adjustments, adjust the height from 90cm to 130cm



When there is a gap between base flate and the ground, spin the adjustment to reach the ground

## FOLDING METHOD



Two hands hold the safety folding bar at the same time, lift it upward and then can be folded the product

