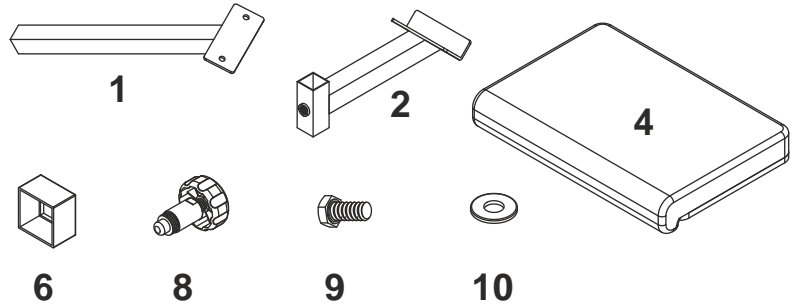




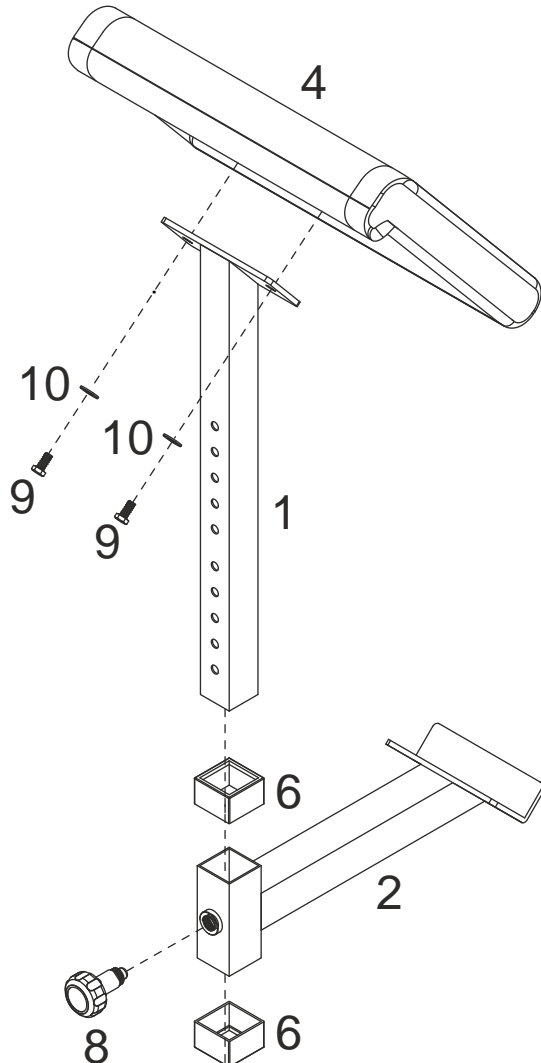
H810 Arm Curl Attachment Assembly Manual

NO.	DESCRIPTION	QTY.
1	ADJ. TUBE	1
2	BAR CATCH	1
4	ARM CURL PAD	1
6	SQ. SPACER	2
8	KNOB	1
9	3/8" X 1-1/2" HEX HEAD BOLT	2
10	3/8" WASHER	2

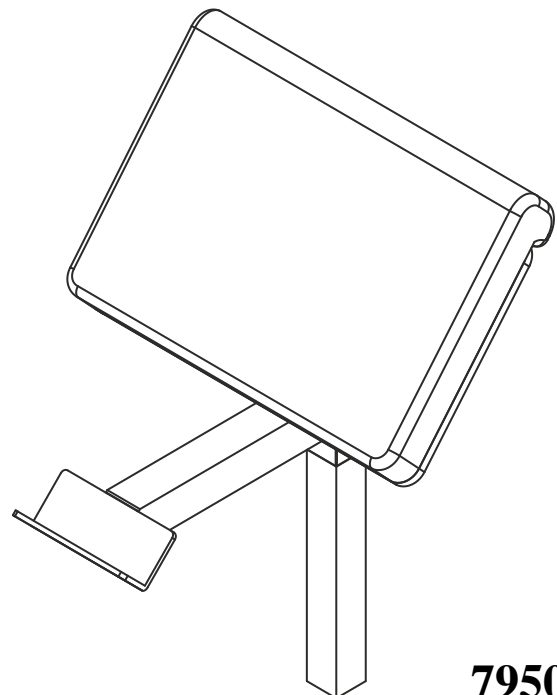


1. Attach Arm Curl Pad (4) to Adj. Tube (1) using two 3/8" X 1-1/2" Hex Bolts (9) and two 3/8" Washers (10) as shown.
2. Install 2 Sq. Spacer onto Bar Catch (2). Partially thread Knob (8) into Bar Catch (2) then slide Bar Catch (2) onto the Adj. Tube (1) as shown.

Assembly is complete! Please make certain all bolts are tightened securely.



NOTE! ADJUSTING THE BAR CATCH
 The Knob (8) is a combination pop-pin and **tighten down**. When adjusting the bar catch, loosen the knob by turning it counter-clockwise 1/2 turn, then pull the pin to adjust the bar catch height. Always re-tighten the knob to secure the bar catch.



BEFORE YOU BEGIN:

For your safety and benefit, read this manual before using the ATTAIN FITNESS H810. Keep this manual for future reference.

If you have additional questions,
please call your local ATTAIN FITNESS dealer.

IMPORTANT SAFETY NOTES

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

1. Clean pads and frame on a regular basis. ATTAIN FITNESS recommends warm, soapy water. Do not use harsh or abrasive chemicals.
2. Inspect prior to every use. Tighten and/or replace any worn or loose parts immediately. Failure to do so may result in serious injury.
3. Keep children away from the ATTAIN FITNESS H810 Arm Curl Attachment at all times.
4. Keep your hands away from moving parts.
5. When adjusting the bar catch, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.
6. Exercise with care to avoid injury.

As a quality exercise equipment supplier, we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts. We will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or ATTAIN FITNESS at +1 877-551-7484 and info@attainfitnessusa.com.

**Model No. H810
79500-2
ATTAIN FITNESS**

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