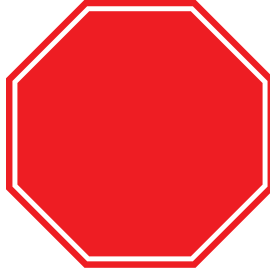


FREAK ATHLETE

GHD Attachment Assembly Guide

Important Notice



The written instruction manual is meant to be a supplement to the GHD Attachment Assembly video and Getting Started Video.

Go to FreakAthlete.co/GHDGuide for full video instructions.

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

FREAK ATHLETE

GHD Attachment Assembly Guide



**GHD Attachment
Assembly.**



**GHD Attachment
Getting Started**

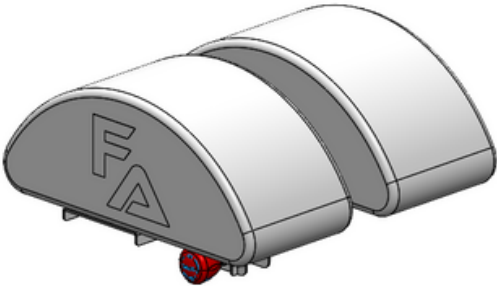
FREAK ATHLETE

GHD Attachment Assembly Guide

What's Included		
Bolts	Washers, Nuts, & Other	Tools
● 8x M10x25 Bolts	● 8x M10 Washers	● 2x Hex Wrenches

⚠ IMPORTANT NOTE For **video assembly**, go to FreakAthlete.co/GHDGuide
Make sure all screws are **fully tightened** during assembly.

GHD Attachment Assembly Parts
● Frame ● 2x GHD Pad



Steps 1: Fixing GHD Pad to Frame

1. Take the GHD Pad and make sure the logo is facing outside.
2. Align Holes in GHD Pad to the holes on frame.
3. Take the bolts and washer and line it up with the holes and Hand tighten

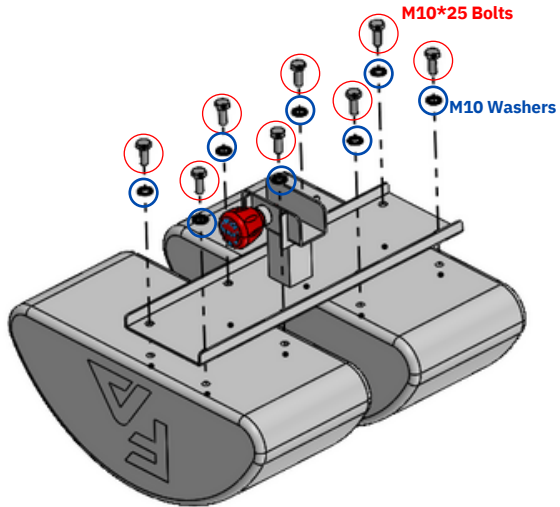
Hardware & Parts

● 8x **M10x25 Bolts**

● 8x **M10 Washers**

● Frame

● GHD Pads



M10x25 Bolts



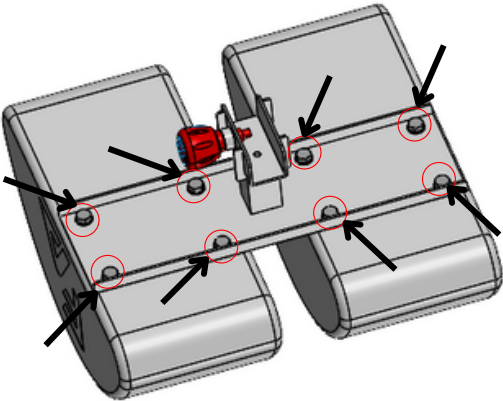
M10 Washers

Steps 2: Securing GHD Pads to Frame

Hardware & Parts

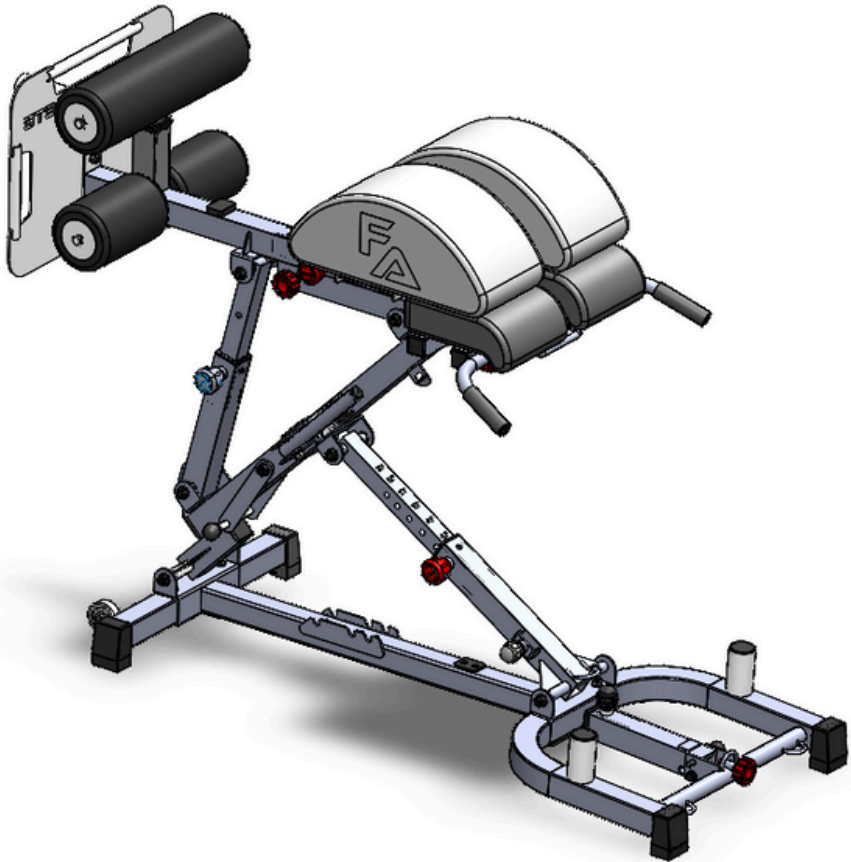
1. **IMPORTANT:** Tighten all of the bolts to secure the GHD Pads on frame

- Wrench (provided)



⚠ IMPORTANT NOTE

Ensure all knobs are tightened when in use to ensure stability.



To learn **how to use** your GHD Pad, go to **[FreakAthlete.co/HyperGuide](https://www.freakathlete.co/HyperGuide)**