

## Step 1



Note - square head bolts are used to build main frame of the rack

## Step 2



### Step 3

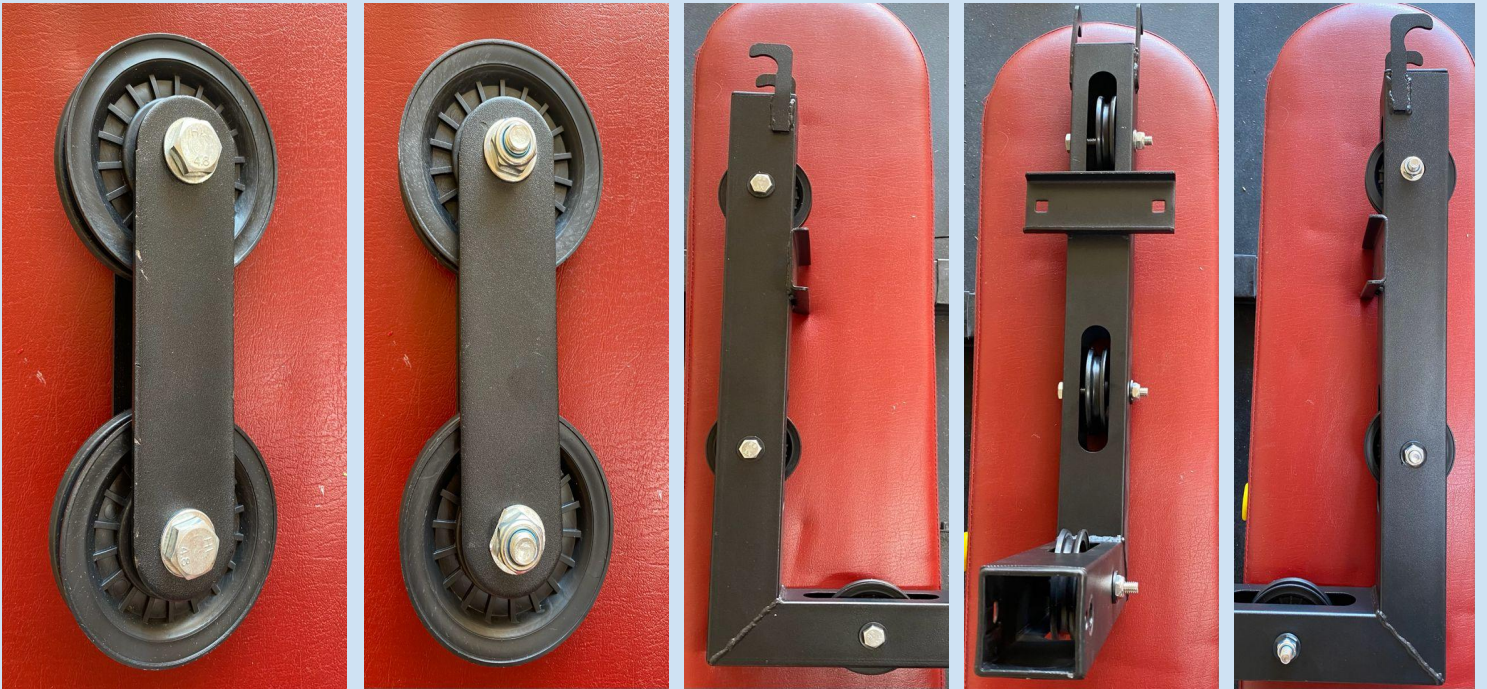


### Step 4



Add pull-up bar

## Step 5



Build pulley system (use black washers for L-shaped piece)

## Step 6



## Step 7



## Step 8



Slide weight holding attachment onto silver bar and keep the bolt side facing up

## Step 9



Add L-piece on top

## Step 10



## Step 11



These parts are used for landmine attachment

## Step 12

