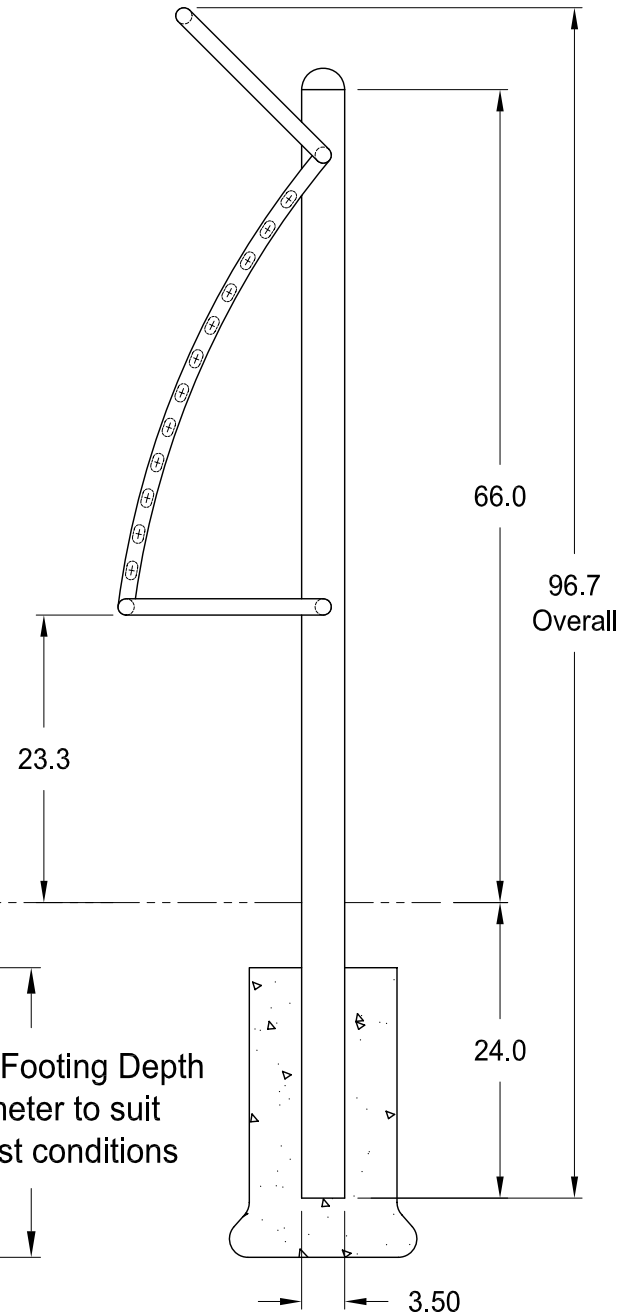
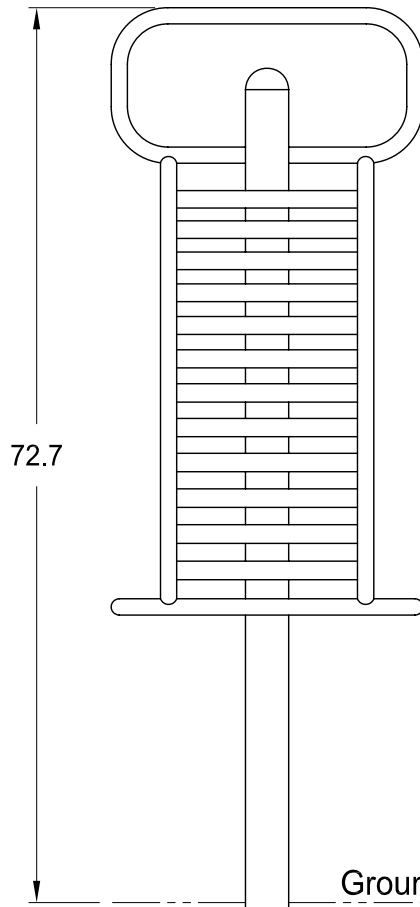
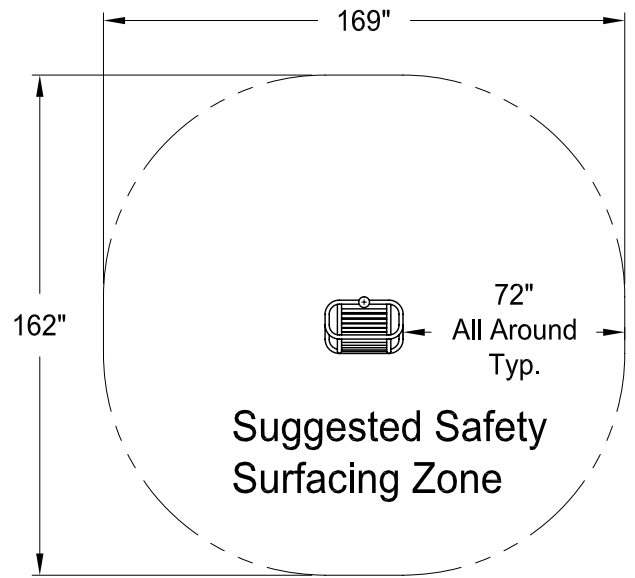
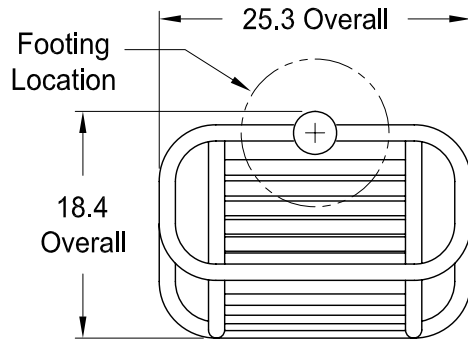


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Model: 78000066 Waist & Abs Stretcher Installation Instructions

Ground Level

Concrete Footing Depth & Diameter to suit local frost conditions

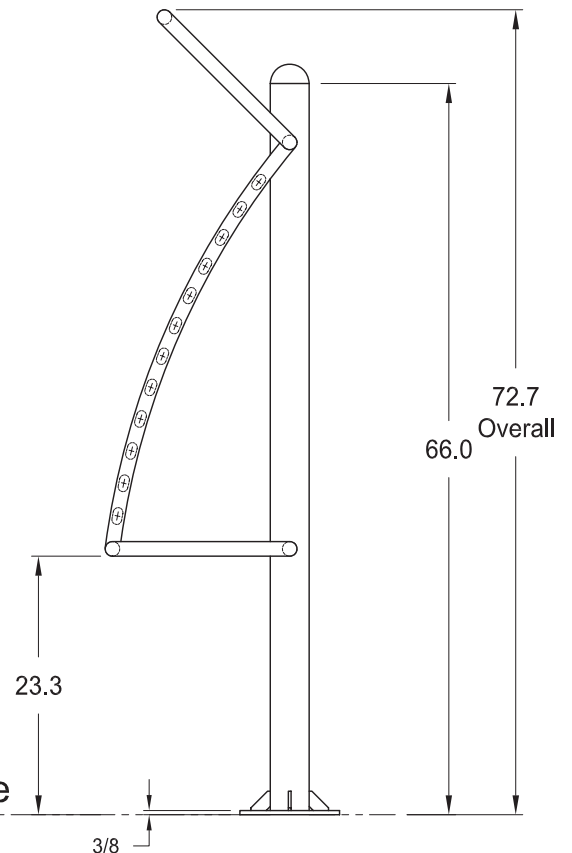
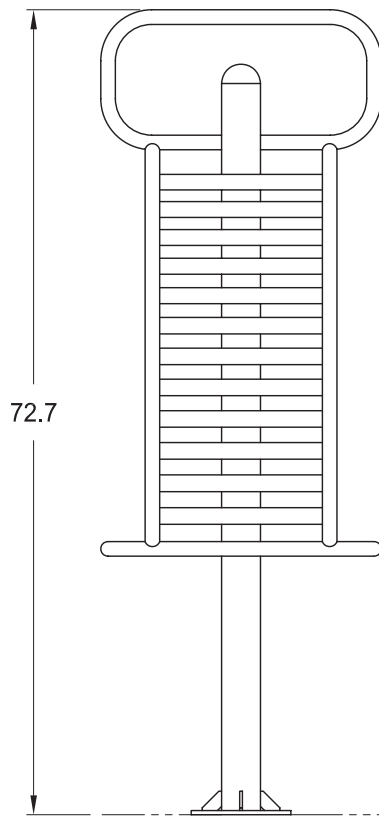
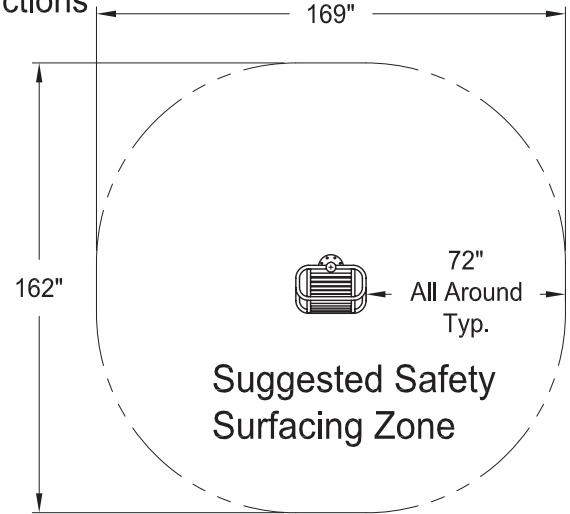
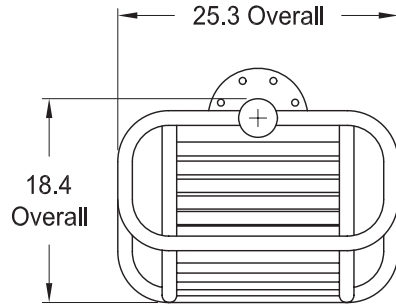
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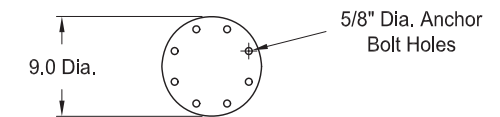


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Model: 78000066SM Waist & Abs Stretcher Surface Mount Version Installation Instructions



Concrete Level



Notes:

Anchoring hardware is not included as it is impossible to foresee all possible mounting surface conditions. Therefore, anchoring hardware "Types" only are suggested for a typical concrete pad. The concrete should be fully cured and at least 4" thick. Dimensions shown are in inches.

Suggested Anchoring Hardware for Surface Mount Plate:
 7/16" to 1/2" diameter x 4" long, expanding wedge bolts,
 4 bolts minimum / 8 bolts maximum. Use Base Plate as a template
 for locating the anchor bolts.