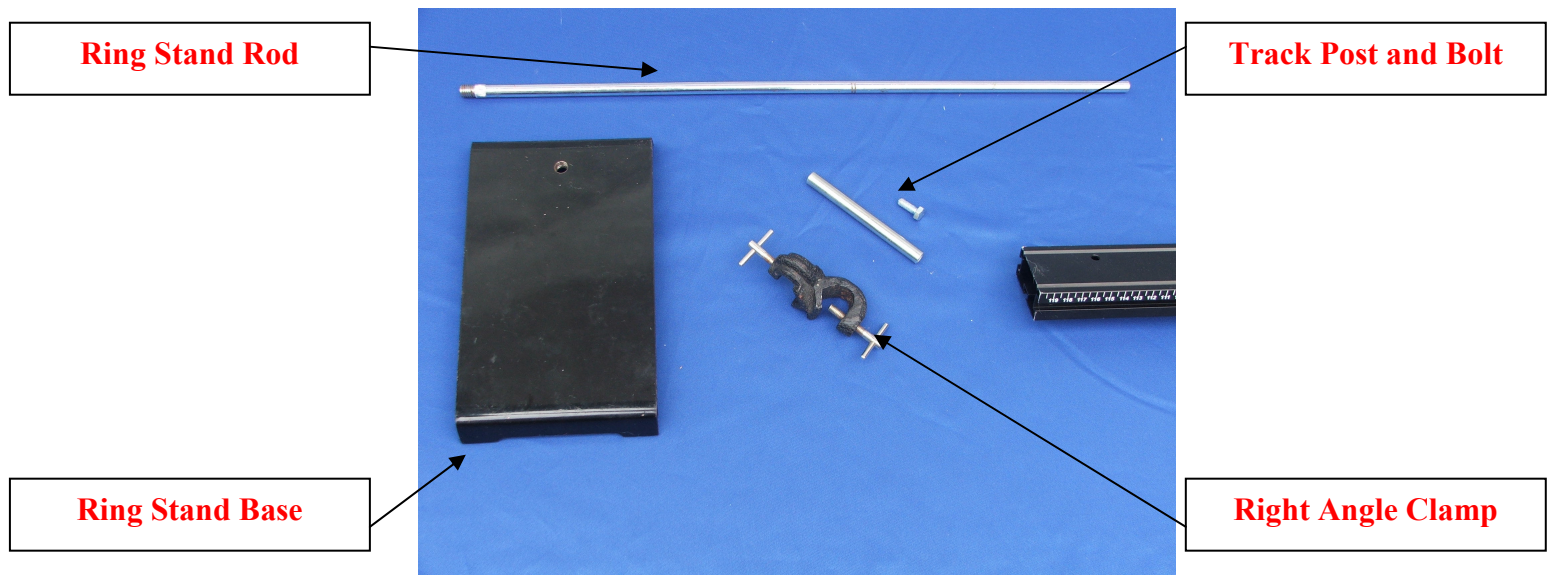


DYNAMICS TRACK ASSEMBLY INSTRUCTIONS

***Please insert these instructions in the place of PAGE 4 in the Dynamics System instruction book. The Dynamics System has been redesigned and these instructions reflect that change.

PARTS IDENTIFICATION



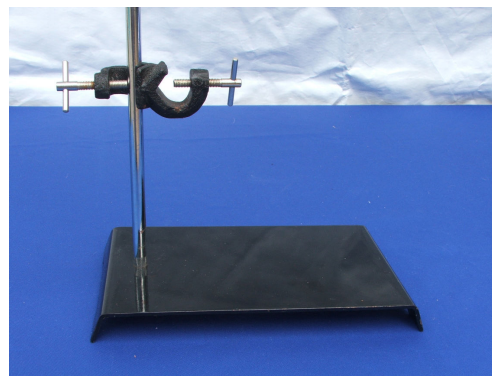
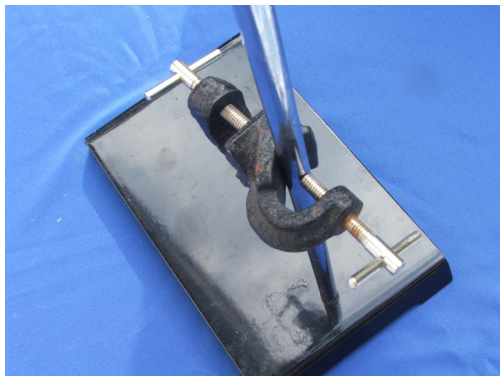
1. Insert threaded end of Ring Stand Rod into Ring Stand Base and twist clockwise until tight.
2. Insert Track Bolt into Track Post and twist clockwise a few turns (leaving it untightened as shown below).



Ring Stand Assembly



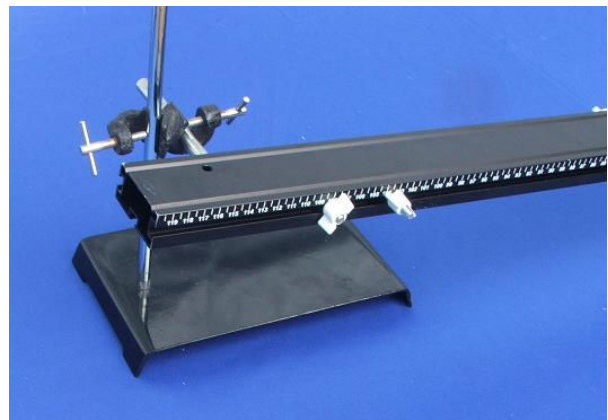
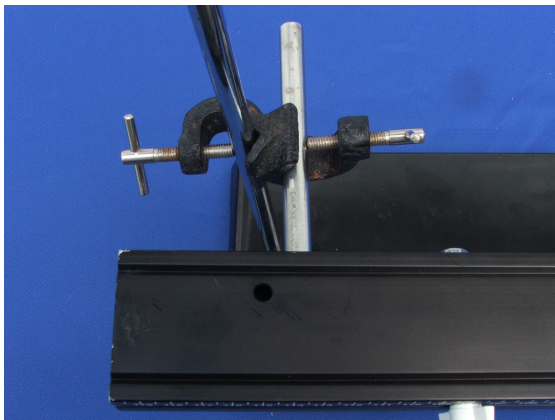
Track Post Assembly



3. Attach Right Angle Clamp to Ring Stand approximately 10cm from the base (bottom) as shown. The Rod will slide down the “V” shaped opening on the clamp. Tighten clamp firmly by turning T-Bolt clockwise.



4. Beginning at the 120cm mark on the track, attach Track Post Assembly by sliding the head of the hex bolt through the slot on the Track. Use the slot on the side opposite the side with the measurement markings. Tighten across from the 115 cm mark by twisting the Track Post clockwise.



5. Insert the Track Post into the “V” opening on the Right Angle Clamp and tighten firmly.



Continue assembly on page 5 of the Dynamics System Assembly instructions.