

# WEIGHT BAR

PARTS: Weight Bar



## ACCESSORY IN USE



## ATTACHMENT INSTRUCTIONS

**STEP 1.** Position the Weight Bar across the rails over the top of the glideboard. **STEP 2.** Align the Weight Bar brackets into the hooks at the top of the glideboard and slide the Weight Bar into place. **STEP 3.** Make sure the Weight Bar hooks are correctly and completely secure before adding plate weights.

(Use caution when adding weight plates. Only perform exercise when weights are equally loaded on each side.) **HINT:** Load weights evenly on each side and securely stabilize the bar while loading weights.



View 1

View 2