

A-Frame Setup Instructions

- 1. Unboxing:** Gather all the pieces of the A Frame on a floor that has ample working space. You will not need additional tools for assembly. Locate and identify all the parts of the Frame:
 - a. Heavy, heavy Cross Bar
 - b. (2) Uprights
 - c. (4) Feet
 - d. (4) D-2 Knobs
 - e. Various nuts and bolts
 - f. Allen Wrench
- 2. Spring Loaded Knobs:**
 - The A Frame comes with Spring Loaded Knobs that secure the crossbar and the uprights. These adjustable knobs are designed to help make setup a snap. When lined up with the hole in the bar or frame, you will hear an audible “click”, letting you know when the knob is in the right place.
 - To begin, thread the Spring-loaded Knob, by turning the knob a few times (2-3 rotations) to start. It will be loose at first. This allows you to adjust the bar freely until you hear it click into place. If you need to adjust the knob, pull out on the knob to release it from the hole.
- 3. Assembling the Uprights:**
 - Lay the two uprights side by side with each other, making sure they are facing the same direction.
 - Screw a knob loosely into the hole in the square tubing at the top of the upright. Be sure the knob isn't blocking the bar from being able to slide through.
- 4. Assembling the A Frame feet:**
 - Locate all 4 padded feet with 4 bolts and washers
 - Use the included Allen wrench to secure the feet to the uprights.
- 5. Assembling the A Frame:**
 - Lay the cross bar on the floor with holes pointing upward
 - Lay the uprights on the floor on either end of the cross bar, making sure the knob is in the right place to align with the holes on the bar.
 - With one adult holding each end of the bar, slide the bar into the top of the square tubing of the upright, Once the bar is through both sides, tighten the knobs a few extra turns. Continue to adjust the bar until you hear the knob “click” when it is secure.
 - Once the Crossbar is secure, prepare to lift the bar in place. Make sure you have cleared enough space in the room, clearing of obstacles! With one adult at each upright, lift the frame until the crossbar is at top. Open the legs of the frame making sure that the spring-loaded knobs click into place. Tighten the knobs.
 - Place appropriate matting under the A Frame before use.

