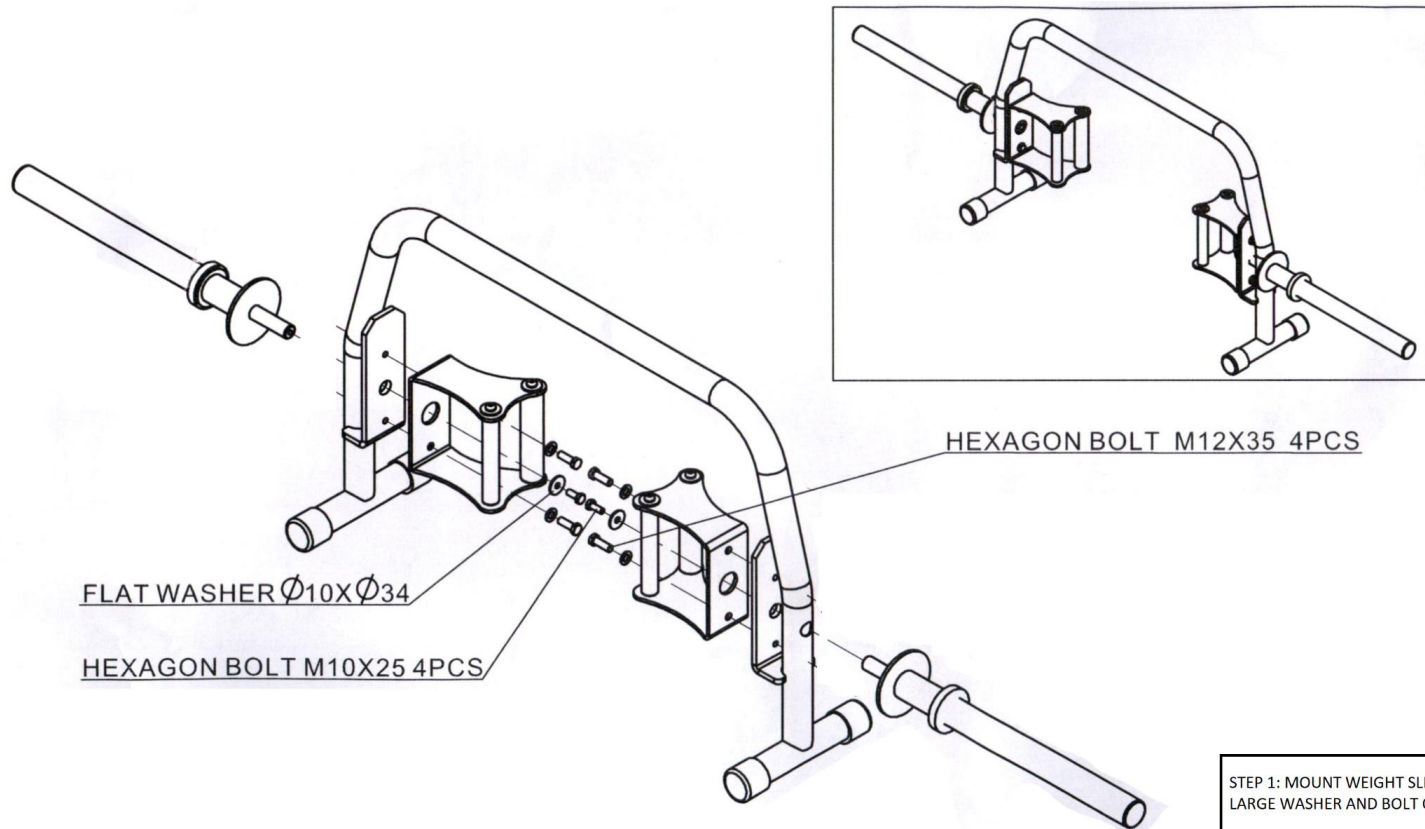


ADAMANT FITNESS

OPEN TRAP BAR 2.0



STEP 1: MOUNT WEIGHT SLEEVES WITH PROVIDED LARGE WASHER AND BOLT ON EACH SIDE.

STEP 2: MOUNT HANDLES ON EACH SIDE WITH PROVIDED SMALLER BOLTS, LOCK WASHERS AND WASHERS (2X)