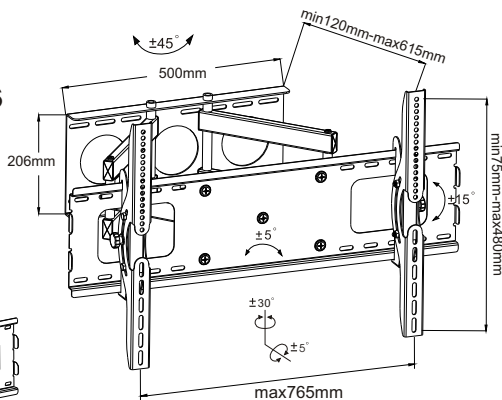
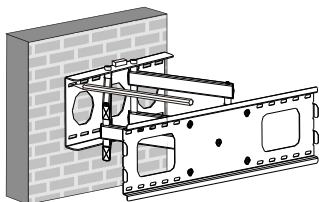


# Manual Instructions



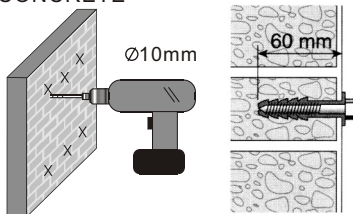
75kg/165lbs

1

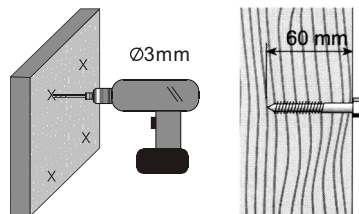


CONCRETE

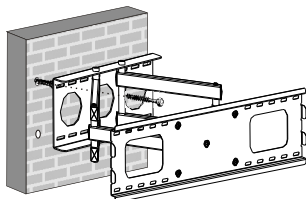
2a



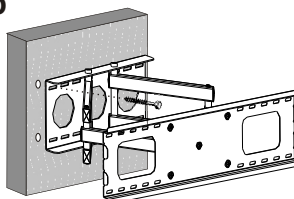
WOODEN BOARD



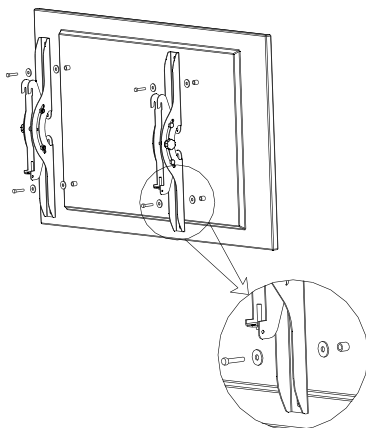
3a



3b



4



5

