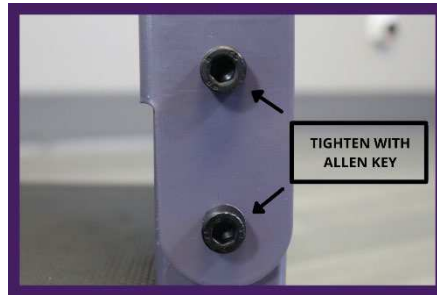


## IMPORTANT USAGE/ASSEMBLY TIPS – PLEASE READ BEFORE FIRST USE

To help you get the best experience from your Evolution, here are 3 simple tips.

- 1) To ensure maximum stability of your Evolution, be sure to tighten both bolts on the upright arms (allen key is provided). The more you tighten the bolts, the more stable the arms will be. This is especially important for exercises that utilize the parallel bars.



- 2) Before adjusting the height of the upright arms, be sure to loosen the spring pins by turning them counterclockwise. Adjust the arms to the desired height then tighten the spring pins by turning them clockwise.



- 3) After assembling or disassembling your Evolution, store the allen key in the storage hole which is located on the frame between the wheels. Secure the allen key to the frame using the magnet provided.



For more detailed assembly and use instructions and explanation of functionality, refer to the included **User Guide**.

## COMMENTS OR QUESTIONS

If you have any comments or questions about your Evolution, please email, call, or write our team. Your complete satisfaction is our goal. You can also refer to the Frequently Asked Questions section on our website:

[www.evolutionVN.com/FAQs](http://www.evolutionVN.com/FAQs)

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