

SYNRGY180 SIDE STORAGE

S180-SIDE

Parts Manual

2/6/2024 1:05:41 AM

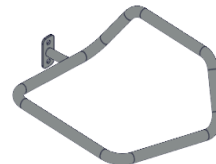
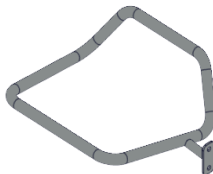
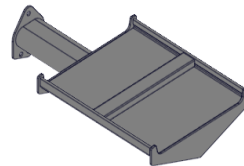
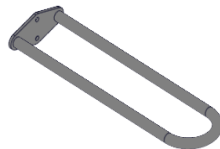
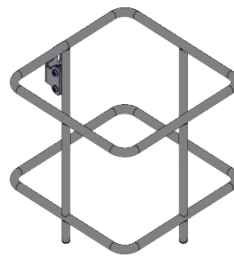
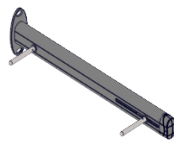
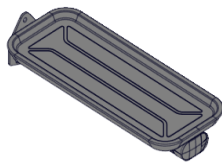
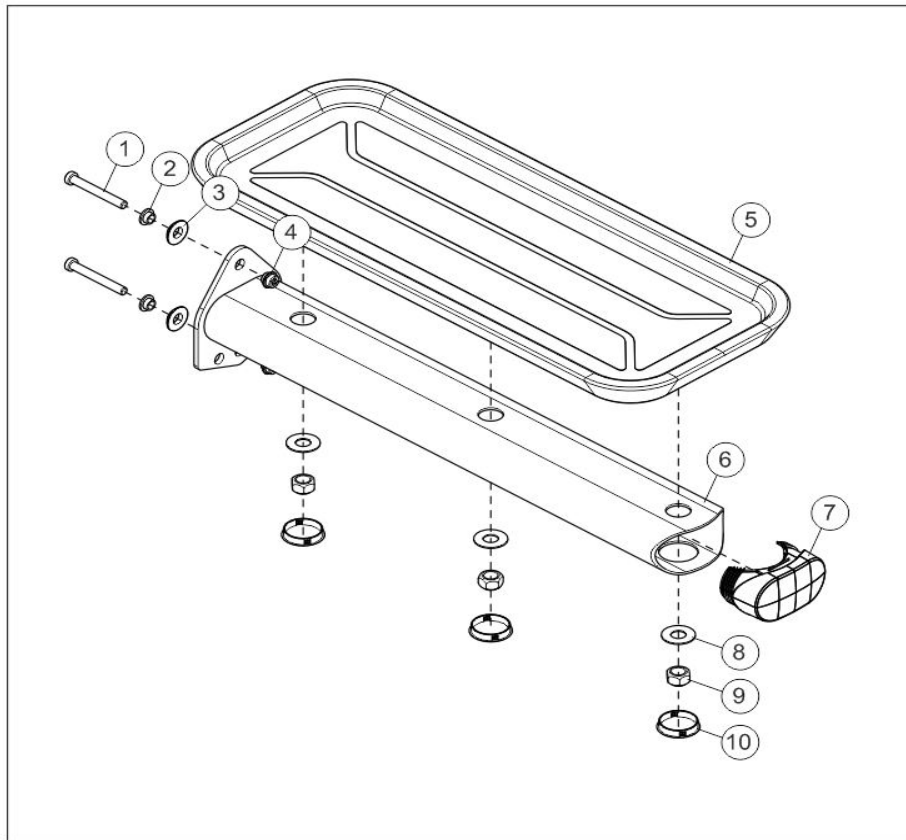


Table of Contents

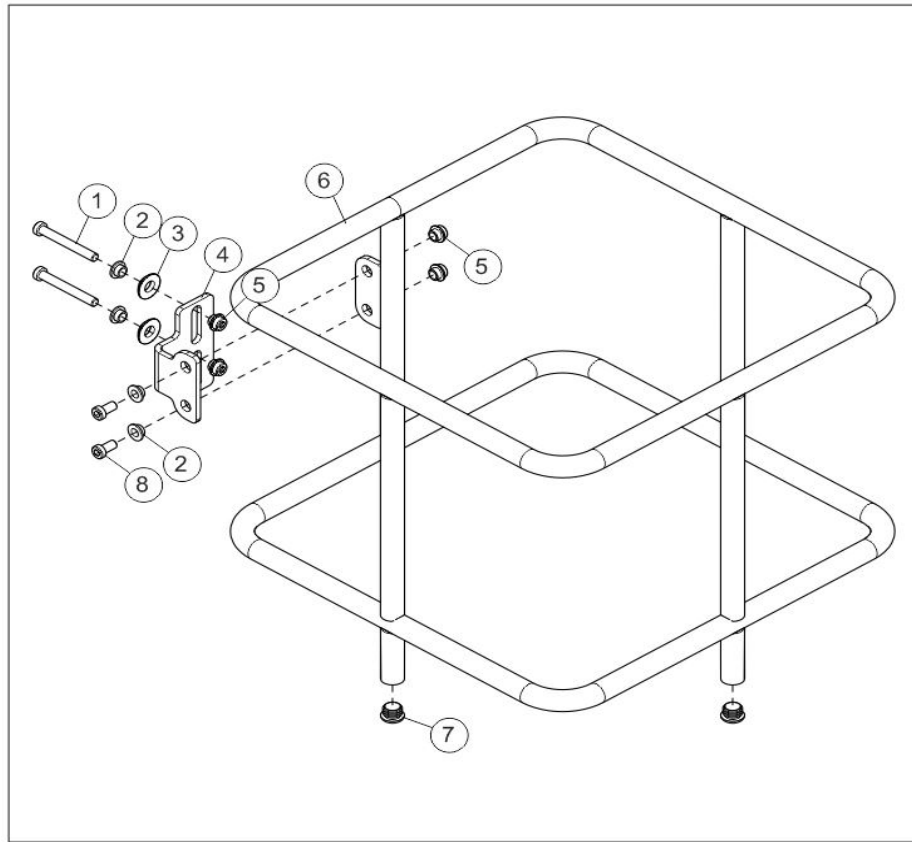
<u>Accessory Storage</u>	3
<u>Foam Side Storage</u>	4
<u>Mat Storage</u>	5
<u>Power Block</u>	6
<u>Side Bosu Left</u>	7
<u>Side Bosu Right</u>	8
<u>Side Dual Rail</u>	9
<u>Side Stability Ball</u>	10
<u>White Board</u>	11
<u>Workout Board Hardware Kit</u>	12
<u>2 Bolt Hardware Kit</u>	13
<u>4 Bolt Hardware Kit</u>	14

Accessory Storage



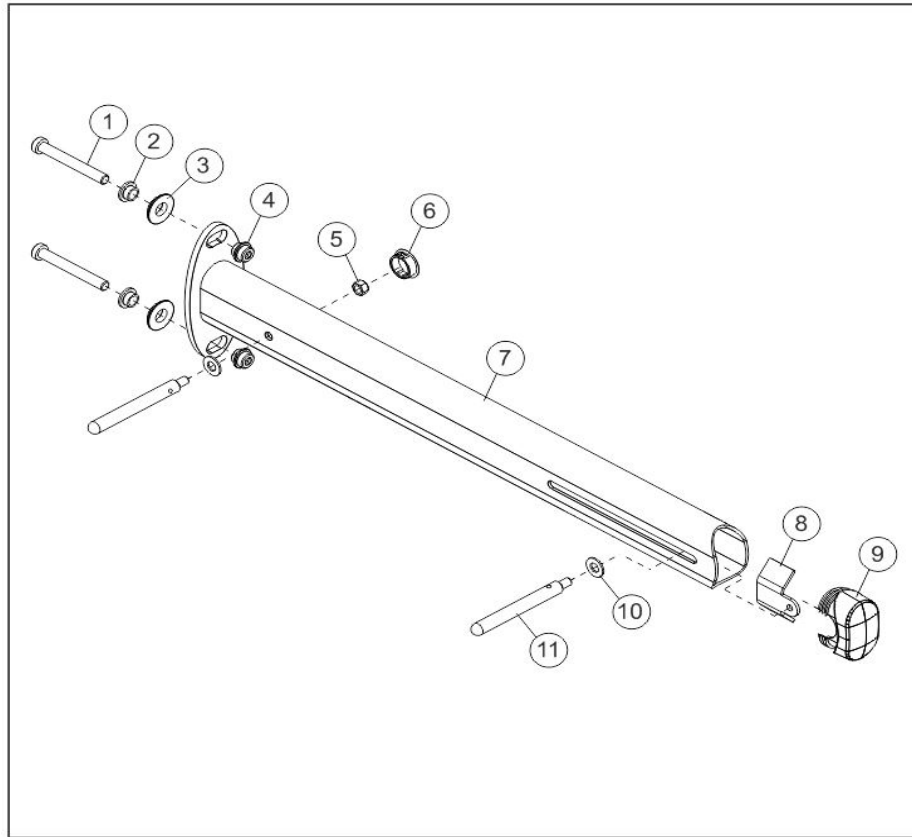
Ref #	Part Number	Qty	Description
1	3236213	2	M10 X 1.5 X 80 SHCS, LOW HEAD
2	7630101	2	RETAINER, CM/MJ, PULLEY
3	1012186-0001	2	SPACER: 1-1/4 OD X 1/4
4	7335401	2	NUT, M10 X 1.5 SOCKET HEAD
5	1008902-0001	1	TRAY: 11.5 X 28.5, OVERMOLD, SHORT STUDS
6	1011632-0028	1	WELDMENT: RUBBER SHELF, CHR
7	7333902	1	CAP, LARGE FLOV-END; CHGR
8	3236603	3	WASHER, 11/16 ID X 1.5 OD SS
9	3236804	3	NUT, M16 HEX NYLOCK SS
10	3237408	3	PLUG: 1.75" HOLE

Foam Side Storage



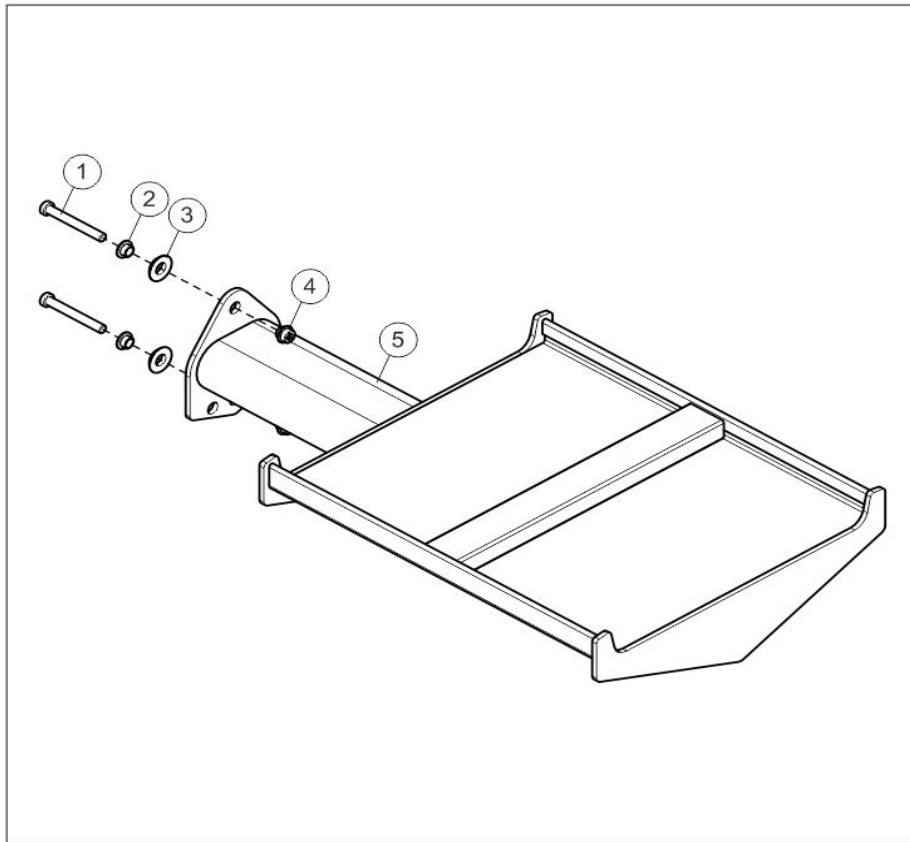
Ref #	Part Number	Qty	Description
1	3236213	2	M10 X 1.5 X 80 SHCS, LOW HEAD
2	7630101	4	RETAINER, CM/MJ, PULLEY
3	1012186-0001	2	SPACER: 1-1/4 OD X 1/4
4	1011892-0028	1	BRACKET: 0.25, FOAM ROLLER, CHR
5	7335401	4	NUT, M10 X 1.5 SOCKET HEAD
6	1011898-0028	1	WELDMENT: SIDE STORAGE, FOAM, CHR
7	3119304	2	CAP, END 1 DIA RD 10-12GA
8	3236201	2	M10 X 1.5 X 20 SHCS, LOW HEAD

Mat Storage



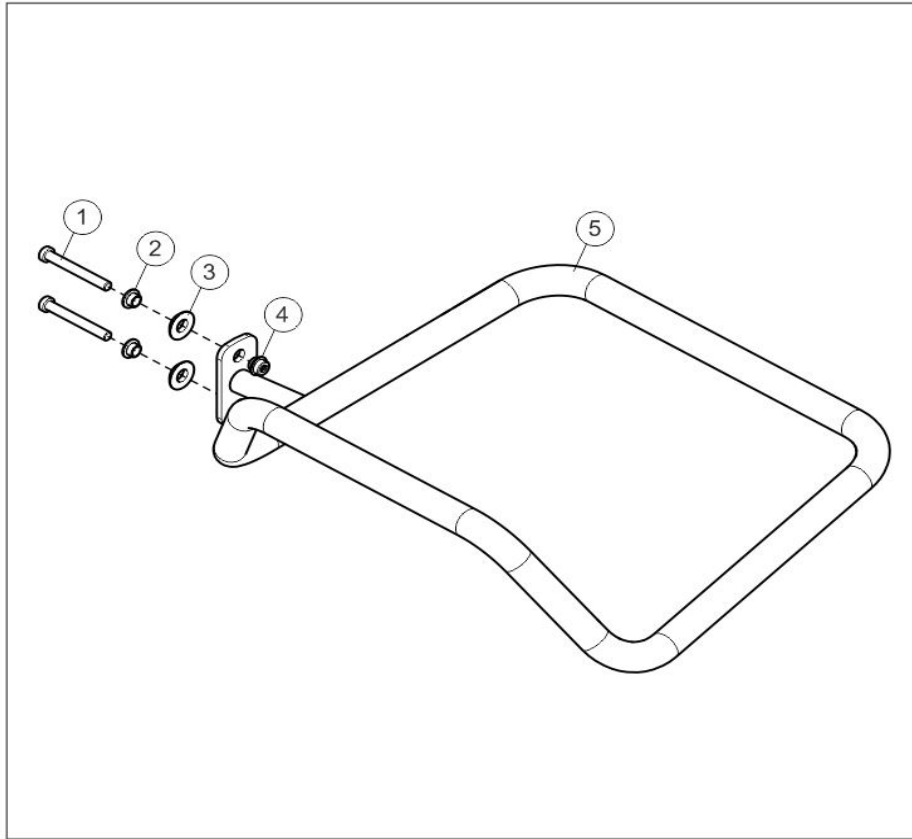
Ref #	Part Number	Qty	Description
1	3236213	2	M10 X 1.5 X 80 SHCS, LOW HEAD
2	7630101	2	RETAINER, CM/MJ, PULLEY
3	1012186-0001	2	SPACER: 1-1/4 OD X 1/4
4	7335401	2	NUT, M10 X 1.5 SOCKET HEAD
5	3242004	1	NUT, M8 X 1.25 HEX NYLOCK
6	3237403	1	PLUG, 1 IN HOLE
7	1018891-0028	1	WELDMENT: MAT STORAGE, CHR
8	1008966-0001	1	BRKT: MAT STORAGE
9	7333802	1	CAP, SMALL FLOV-END
10	3273303	2	WASHER, 3/8, THRU-HARDENED
11	1008965-0001	2	PIN: MAT STORAGE

Power Block



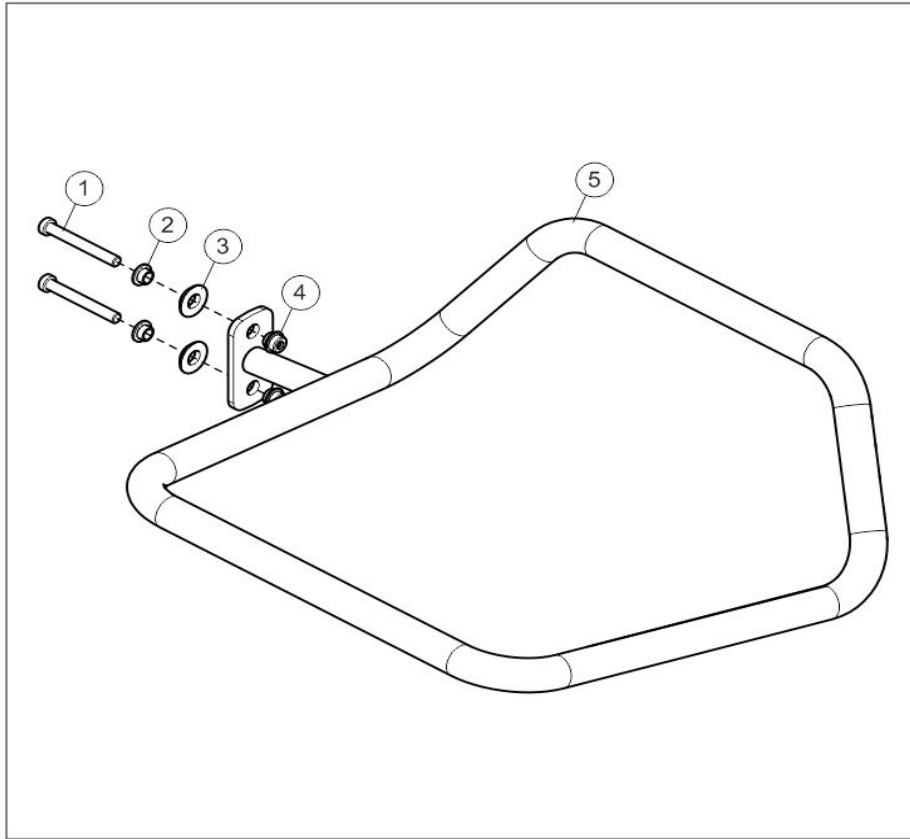
Ref #	Part Number	Qty	Description
1	3236213	2	M10 X 1.5 X 80 SHCS, LOW HEAD
2	7630101	2	RETAINER, CM/MJ, PULLEY
3	1012186-0001	2	SPACER: 1-1/4 OD X 1/4
4	7335401	2	NUT, M10 X 1.5 SOCKET HEAD
5	1011962-0028	1	WELDMENT: SHELF, POWER BLOCK, CHR

Side Bosu Left



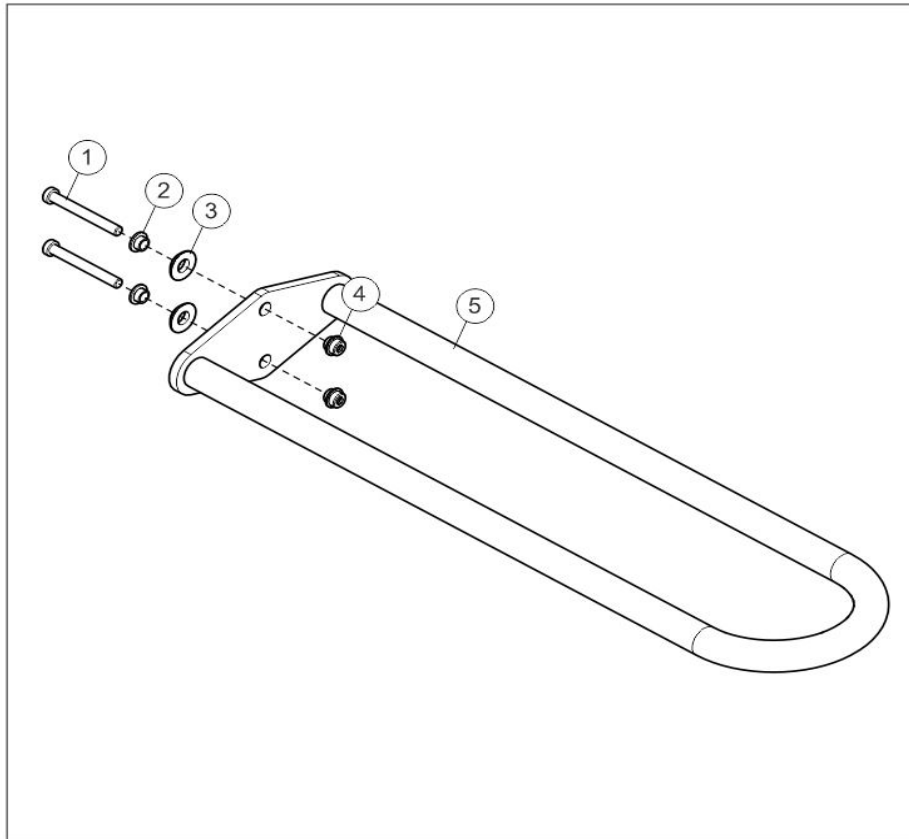
Ref #	Part Number	Qty	Description
1	3236213	2	M10 X 1.5 X 80 SHCS, LOW HEAD
2	7630101	2	RETAINER, CM/MJ, PULLEY
3	1012186-0001	2	SPACER: 1-1/4 OD X 1/4
4	7335401	2	NUT, M10 X 1.5 SOCKET HEAD
5	1011889-0028	1	WELDMENT: BOSU SHELF, SIDE, L - CHR

Side Bosu Right



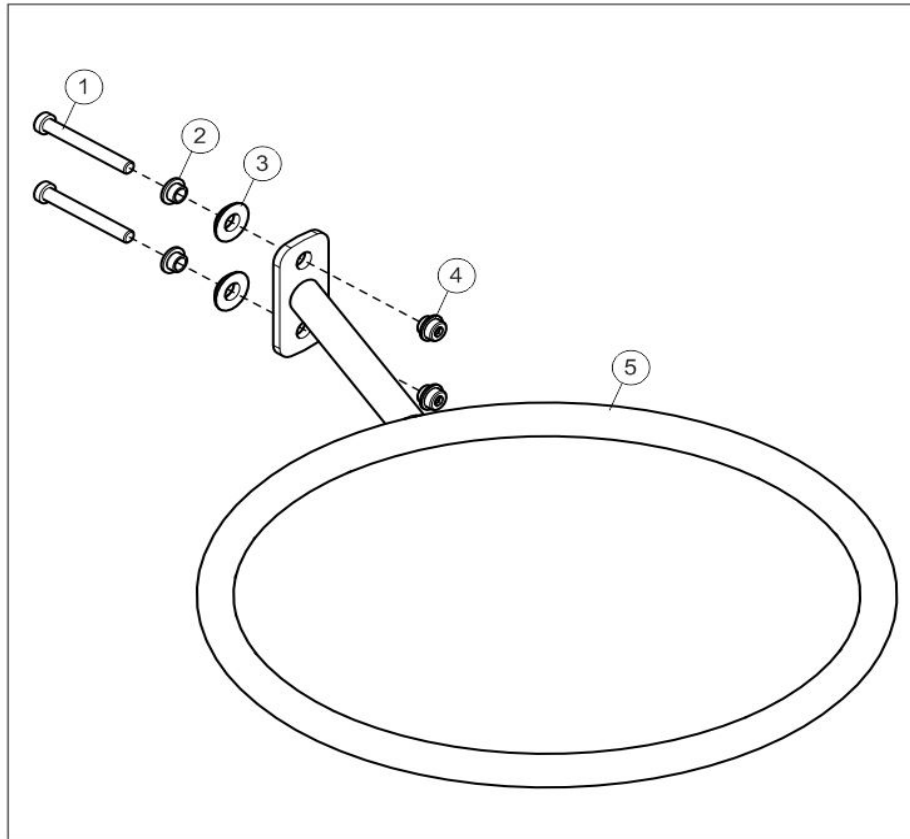
Ref #	Part Number	Qty	Description
1	3236213	2	M10 X 1.5 X 80 SHCS, LOW HEAD
2	7630101	2	RETAINER, CM/MJ, PULLEY
3	1012186-0001	2	SPACER: 1-1/4 OD X 1/4
4	7335401	2	NUT, M10 X 1.5 SOCKET HEAD
5	1012144-0028	1	WELDMENT: BOSU SHELF, SIDE, R - CHR

Side Dual Rail



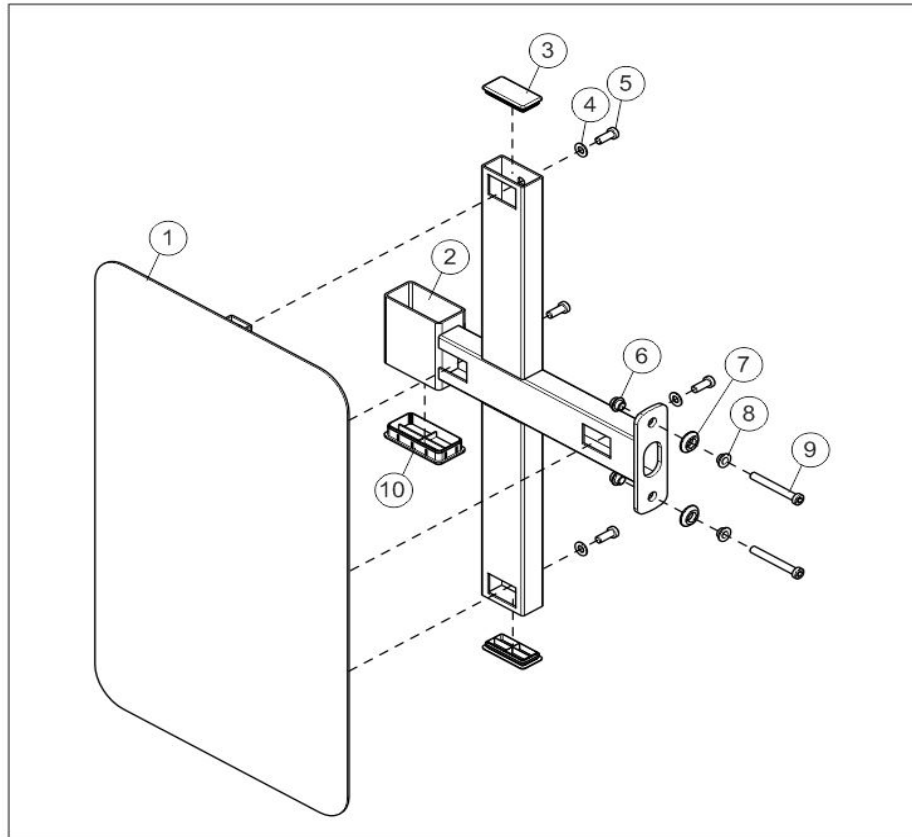
Ref #	Part Number	Qty	Description
1	3236213	2	M10 X 1.5 X 80 SHCS, LOW HEAD
2	7630101	2	RETAINER, CM/MJ, PULLEY
3	1012186-0001	2	SPACER: 1-1/4 OD X 1/4
4	7335401	2	NUT, M10 X 1.5 SOCKET HEAD
5	1011083-0028	1	WELDMENT: DUAL RAIL, SIDE, CHR

Side Stability Ball



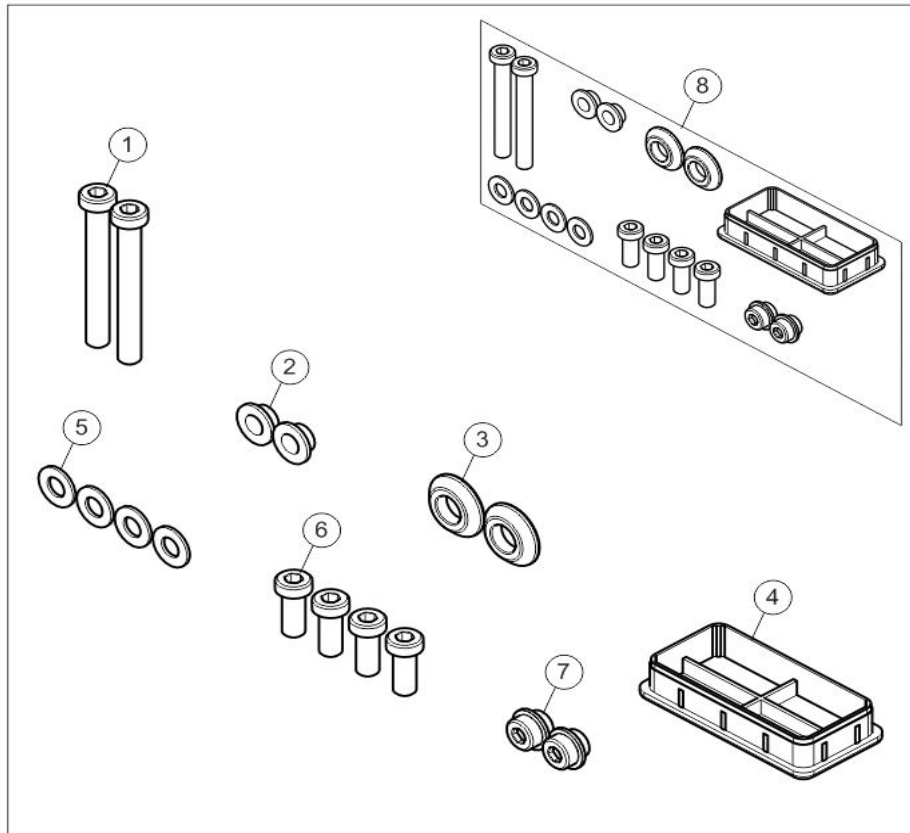
Ref #	Part Number	Qty	Description
1	3236213	2	M10 X 1.5 X 80 SHCS, LOW HEAD
2	7630101	2	RETAINER, CM/MJ, PULLEY
3	1012186-0001	2	SPACER: 1-1/4 OD X 1/4
4	7335401	2	NUT, M10 X 1.5 SOCKET HEAD
5	1011633-0028	1	WELDMENT: STABILITY BALL, SIDE STORAGE, CHR

White Board



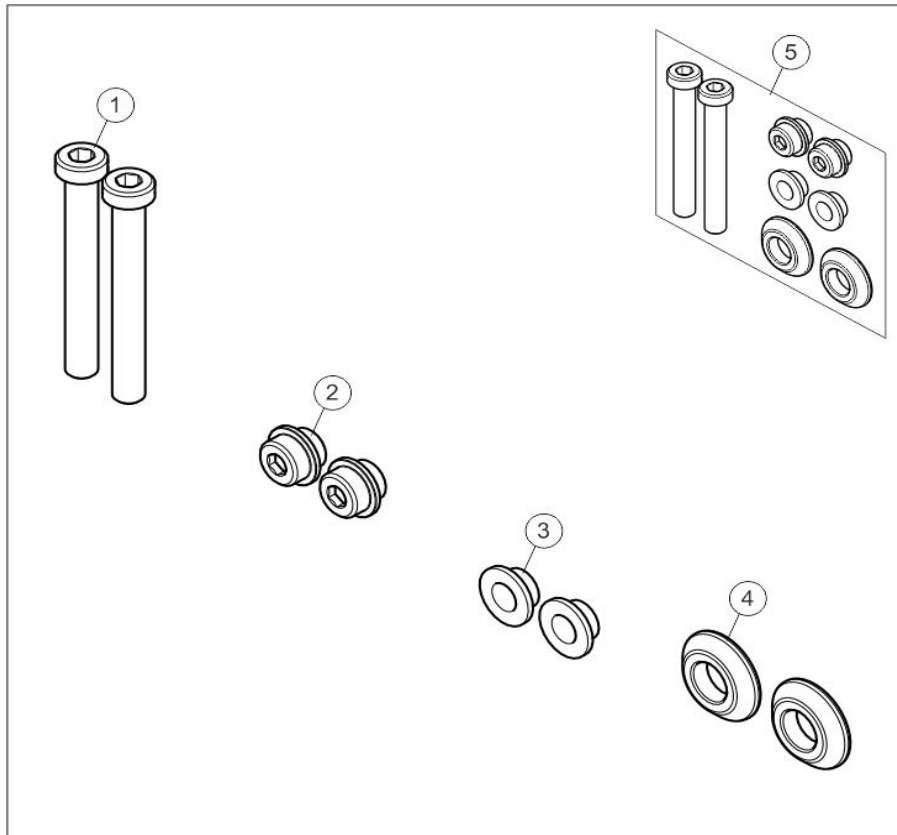
Ref #	Part Number	Qty	Description
1	1012864-0001	1	ASSEMBLY: WHITE BOARD
2	1012154-0028	1	WELDMENT: WHITEBOARD SUPPORT - CHR
3	1002974-0001	2	CAP, 1.5IN X 3IN, 10-14GA, END
4	3273303	4	WASHER, 3/8, THRU-HARDENED
5	3236202	4	M10 X 1.5 X 25 SHCS, LOW HEAD
6	7335401	2	NUT, M10 X 1.5 SOCKET HEAD
7	1012186-0001	2	SPACER: 1-1/4 OD X 1/4
8	7630101	2	RETAINER, CM/MJ, PULLEY
9	3236213	2	M10 X 1.5 X 80 SHCS, LOW HEAD
10	9462701	1	CAP, HAMMER, END 2 X 4

Workout Board Hardware Kit



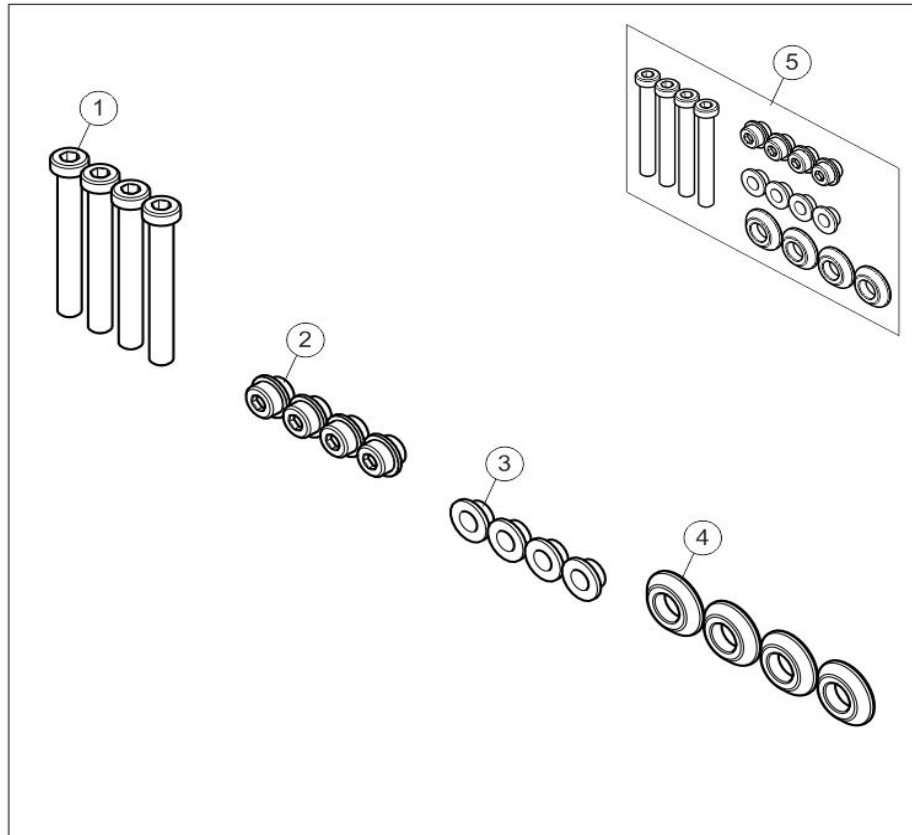
Ref #	Part Number	Qty	Description
1	3236213	2	M10 X 1.5 X 80 SHCS, LOW HEAD
2	7630101	2	RETAINER, CM/MJ, PULLEY
3	1012186-0001	2	SPACER: 1-1/4 OD X 1/4
4	9462701	1	CAP, HAMMER, END 2 X 4
5	3273303	4	WASHER, 3/8, THRU-HARDENED
6	3236202	4	M10 X 1.5 X 25 SHCS, LOW HEAD
7	7335401	2	NUT, M10 X 1.5 SOCKET HEAD
8	1012579-0001	1	KIT: HARDWARE, WHITE BOARD

2 Bolt Hardware Kit



Ref #	Part Number	Qty	Description
1	3236213	2	M10 X 1.5 X 80 SHCS, LOW HEAD
2	7335401	2	NUT, M10 X 1.5 SOCKET HEAD
3	7630101	2	RETAINER, CM/MJ, PULLEY
4	1012186-0001	2	SPACER: 1-1/4 OD X 1/4
5	1012310-0001	1	KIT: HARDWARE, 2 BOLT, S180

4 Bolt Hardware Kit



Ref #	Part Number	Qty	Description
1	3236213	4	M10 X 1.5 X 80 SHCS, LOW HEAD
2	7335401	4	NUT, M10 X 1.5 SOCKET HEAD
3	7630101	4	RETAINER, CM/MJ, PULLEY
4	1012186-0001	4	SPACER: 1-1/4 OD X 1/4
5	1012309-0001	1	KIT: HARDWARE, 4 BOLT, S180

