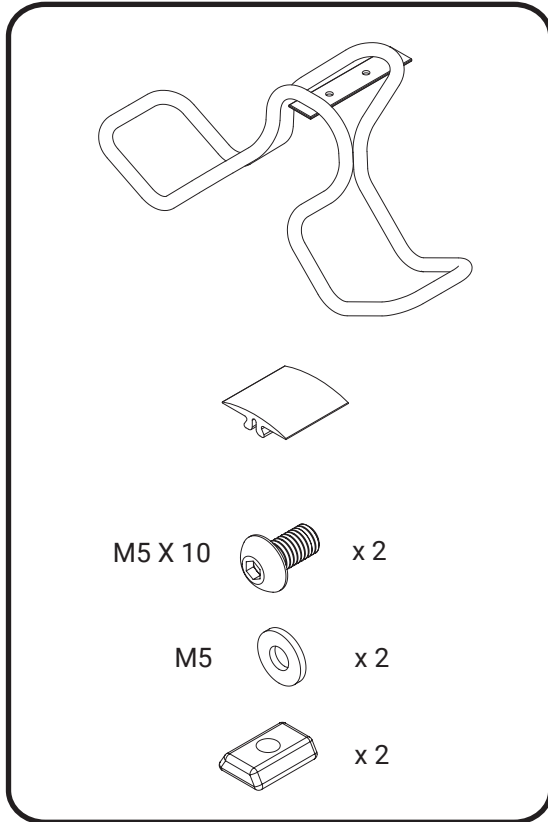


# Dumbbell Holder Installation Guide



**Contents** / Inhalt / Contenido / Contenu /  
Contenuto / 内舎物 / 内舎物 / 内容物 / 내용물

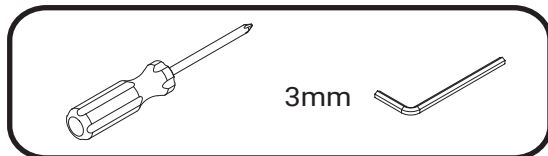


M5 X 10 x 2

M5 x 2

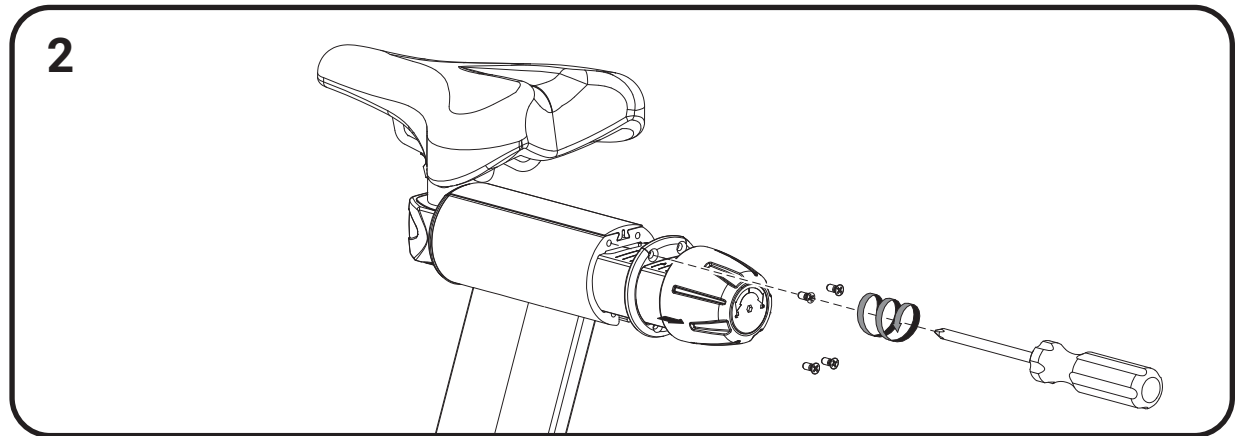
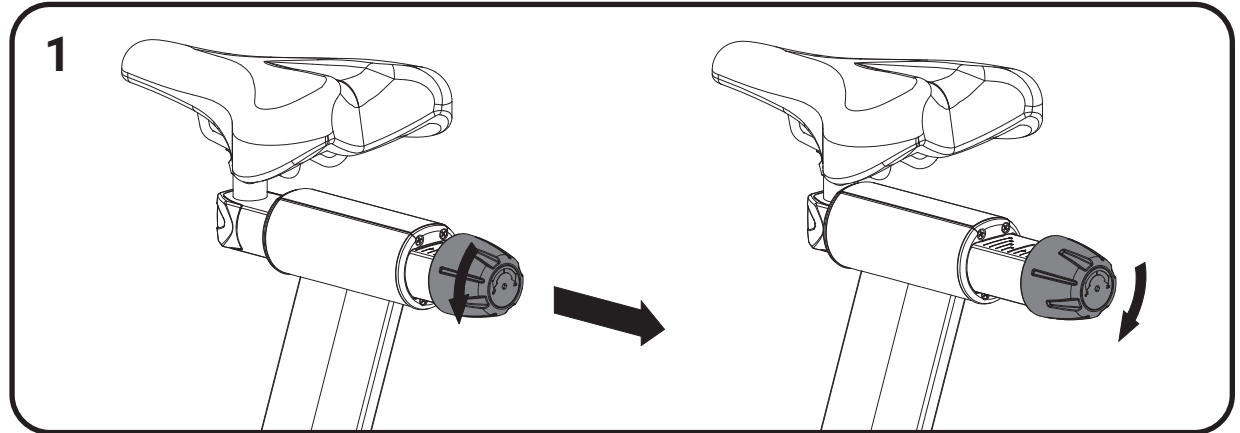
x 2

**Tools required** / Erforderliches Werkzeug /  
Herramientas necesarias / Outillage requis /  
Utensili necessari / 必备工具 / 必備工具 /  
必要な工具 / 필요한 도구



3mm

**Installation** / Installation / Instalación / Installation / Installazione / 安裝 / 安裝 / 取り付け / 설치

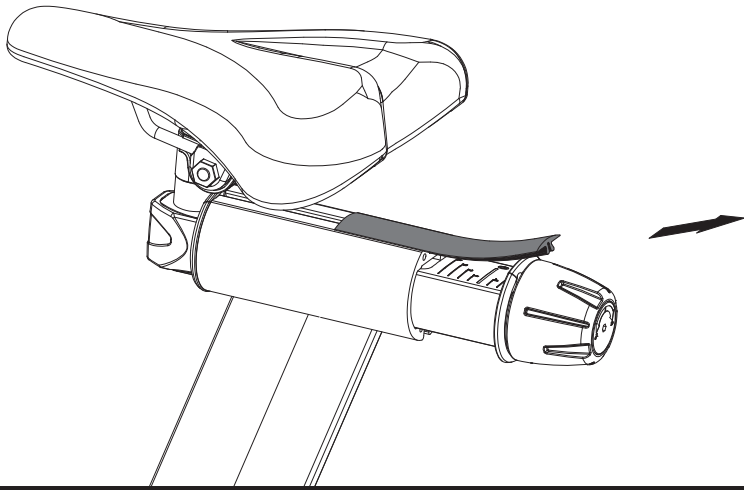


Warranty Information / Garantieinformationen  
/ Información de garantía / Informations sur la  
garantie / Informazioni sulla garanzia /  
保修信息 / 保修信息 / 保証情報 / 보증 정보 :  
[support.stagesindoorcycling.com](http://support.stagesindoorcycling.com)

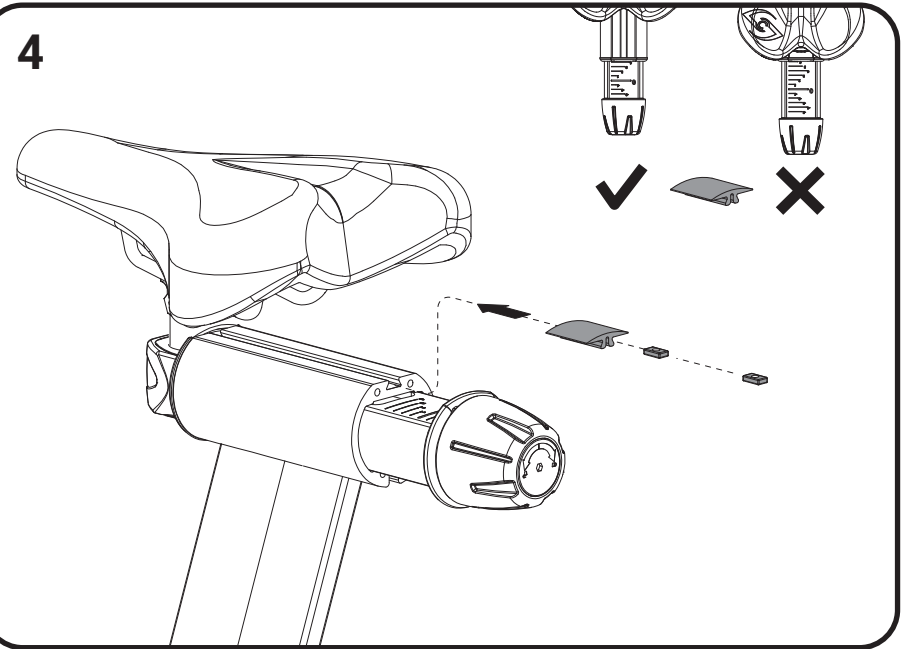
Stages Cycling  
606 SE 9th Ave, Portland, OR 97214, USA  
Tel. +1 800-717-8076  
[info@stagescycling.com](mailto:info@stagescycling.com)

© 2020 Stages Cycling, LLC  
000-4220 Rev. C

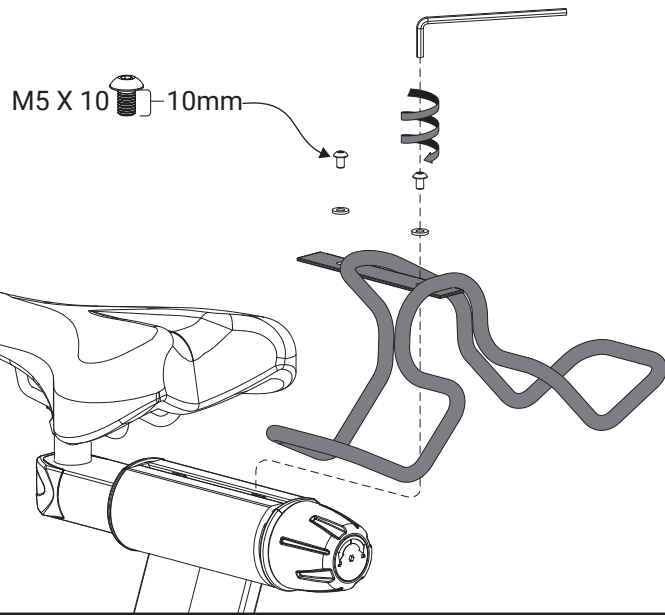
3



4



5



6

