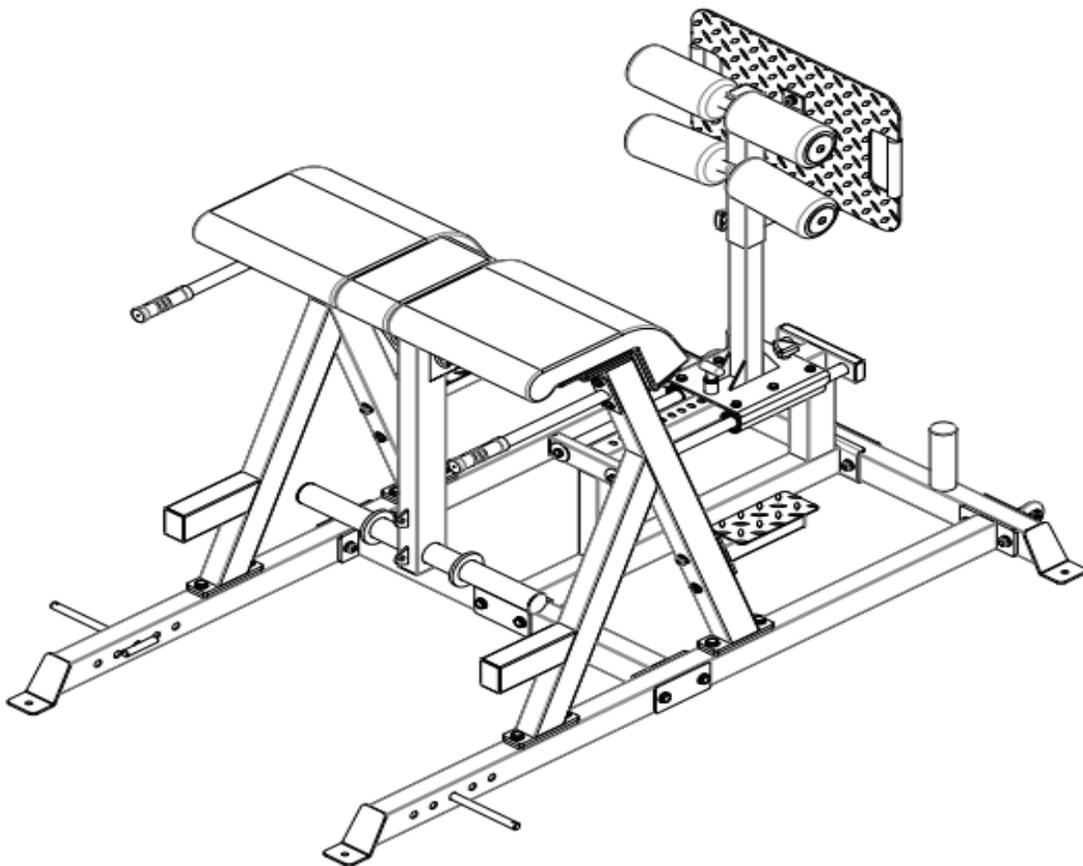




# REVERSE HAMMER

SKU: RHAM-MA

PO:



## ASSEMBLY INSTRUCTIONS

   **BELLSOFSTEEL**

**Stuck?** Scan the QR code for the assembly video

[www.bellsofsteel.com](http://www.bellsofsteel.com) | [www.bellsofsteel.us](http://www.bellsofsteel.us) | Telephone: 1-888-718-7997



# BUILDING STRENGTH, ONE BOLT AT A TIME.



## Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

**Kaevon Khoozani**



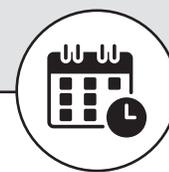
Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

**@BELLSOFSTEEL**



Warranty & returns? We got you covered—check here:

**[bellssofsteel.com/pages/warranty](https://bellssofsteel.com/pages/warranty)**



Changed your mind? No sweat. 30-day refund guarantee:

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### Let us know how we've done

Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.



### Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.



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# BEFORE WE BEGIN, LET'S STAY SAFE.



## A GUIDE TO SAFETY

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We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.
- ② It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- ③ Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- ④ Read all instructions in this manual before using the product and use the product only as described in this manual.
- ⑤ It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- ⑥ Keep hands and feet from moving parts. Do not lean or rest on the product.
- ⑦ Wear athletic shoes for foot protection while exercising.
- ⑧ Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- ⑨ This product is designed for indoor use only.
- ⑩ Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- ⑪ Ensure that any handles that may be included with your product are attached securely before using the product.
- ⑫ Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- ⑬ Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- ⑭ Do not overexert yourself during any exercise program. Operate the product as intended.
- ⑮ The product should be anchored where required or whenever possible. The product should be secured when not in use.
- ⑯ The product is very heavy. Improper use or assembly can lead to serious injury or death.
- ⑰ SAVE AND REVIEW THESE INSTRUCTIONS.

NOW...

**LET THE GAINZ BEGIN**

# PARTS LIST

<p>1 M12 x 90mm bolt M12 nut, M12 Washer x4</p>	<p>2 M12 x 85mm bolt M10 Washer x4</p>	
<p>3 M12 x 80mm bolt M12 nut, M12 Washer x8</p>	<p>4 M12 x 75mm bolt M12 nut, M12 Washer x4</p>	
<p>5 M12 x 35mm bolt M12 Washer x4</p>	<p>6 M12 x 20mm bolt M12 Washer x10</p>	<p>7 M10 x 25mm bolt M10 Washer x2</p>
<p>8 M10 x 16mm bolt Big Washer x4</p>	<p>9 M10 x 20mm Hex socket bolt M10 Washer x10</p>	<p>10 M10 x 25mm Hex socket bolt Big washer x4</p>
<p>11 M8 x 16mm bolt M8 Washer x6</p>	<p>12 M10 x 30mm Handle bolts x2</p>	<p>13 P204 Bearing x2</p>

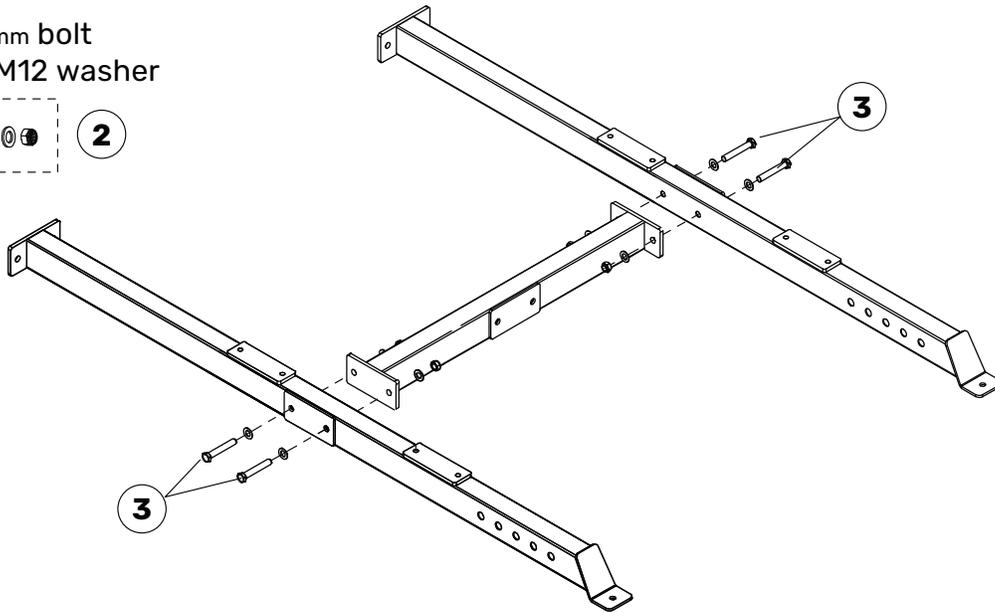
# TOOLS REQUIRED

<p>19mm Box wrench x2</p>	<p>17mm Box wrench x2</p>	<p>14mm Box wrench x1</p> <p>Hex key</p>	<p><b>You can use an impact/ socket wrench but not required.</b></p>
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# ASSEMBLY

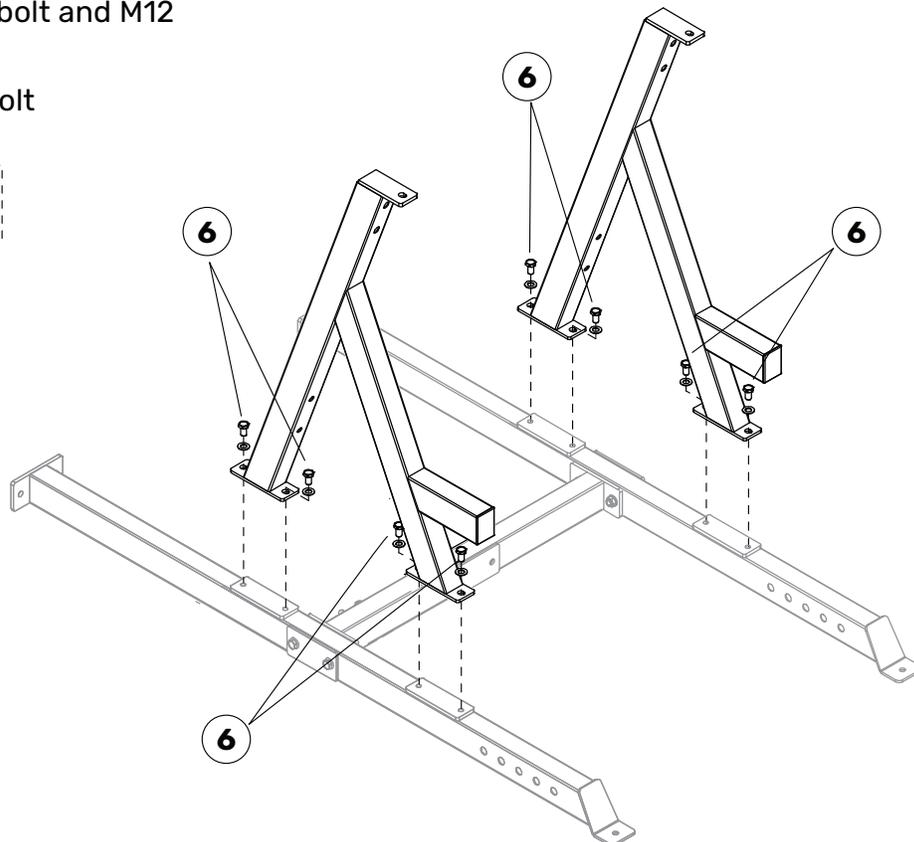
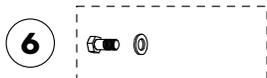
- 1** Assemble base. Fix using M12 x 80mm bolt, M20 washer and M20 nut (3).

M12 x 80mm bolt  
M12 Nut, M12 washer



- 2** Attach uprights. Fix using M12 x 20mm bolt and M12 washer (6).

M12 x 20mm bolt  
M12 washer

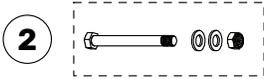


# ASSEMBLY

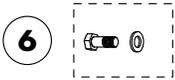
**3** Attach top supports. Fix upper part with M12 x 85mm bolt and M12 washer (2) and M12 x 20 bolt and M10 washer (6).

Fix lower parts with M12 x 90mm bolt M12 nut and M12 washer (1).

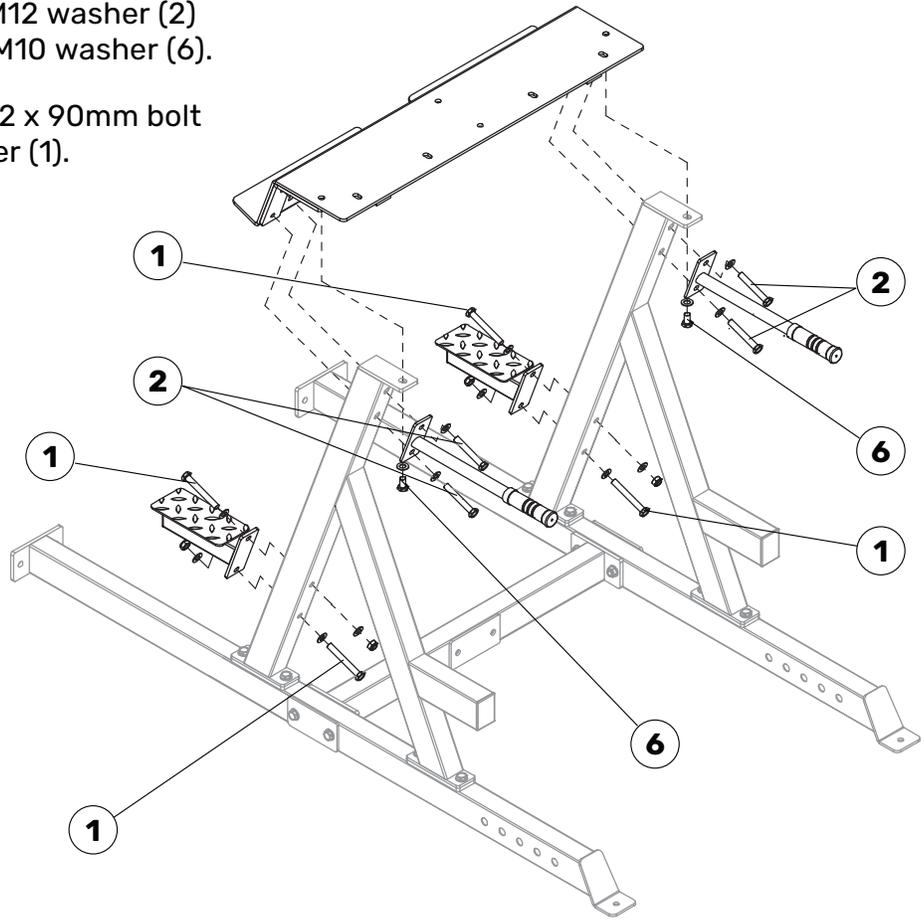
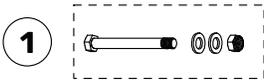
M12 x 85 mm bolt



M12 x 20 mm bolt

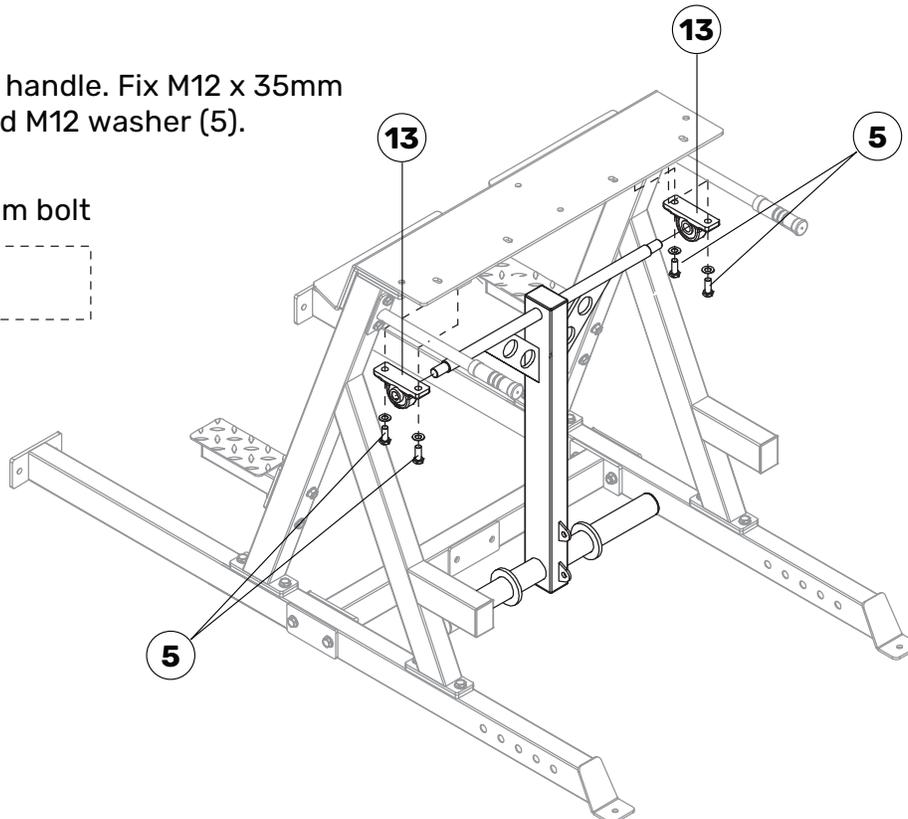
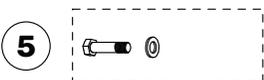


M12 x 90 mm bolt



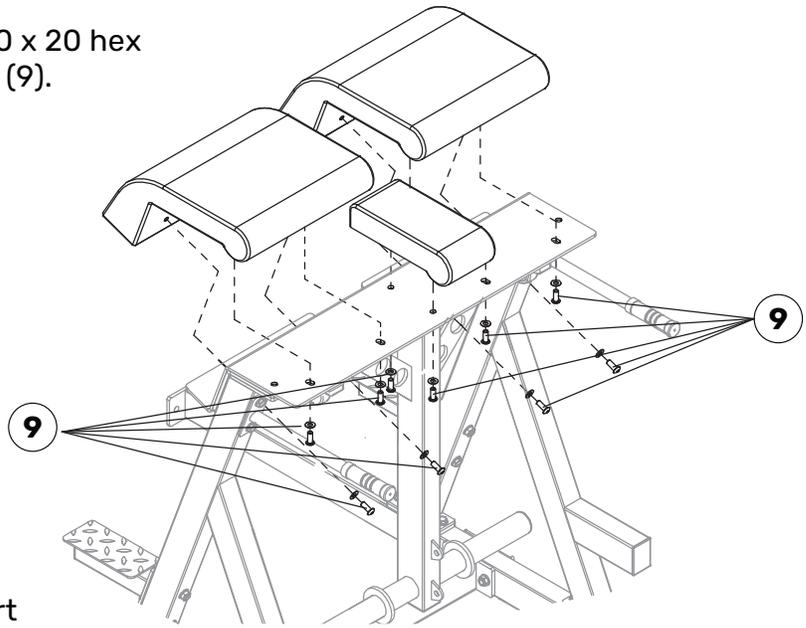
**4** Attach handle. Fix M12 x 35mm bolt and M12 washer (5).

M12 x 35 mm bolt

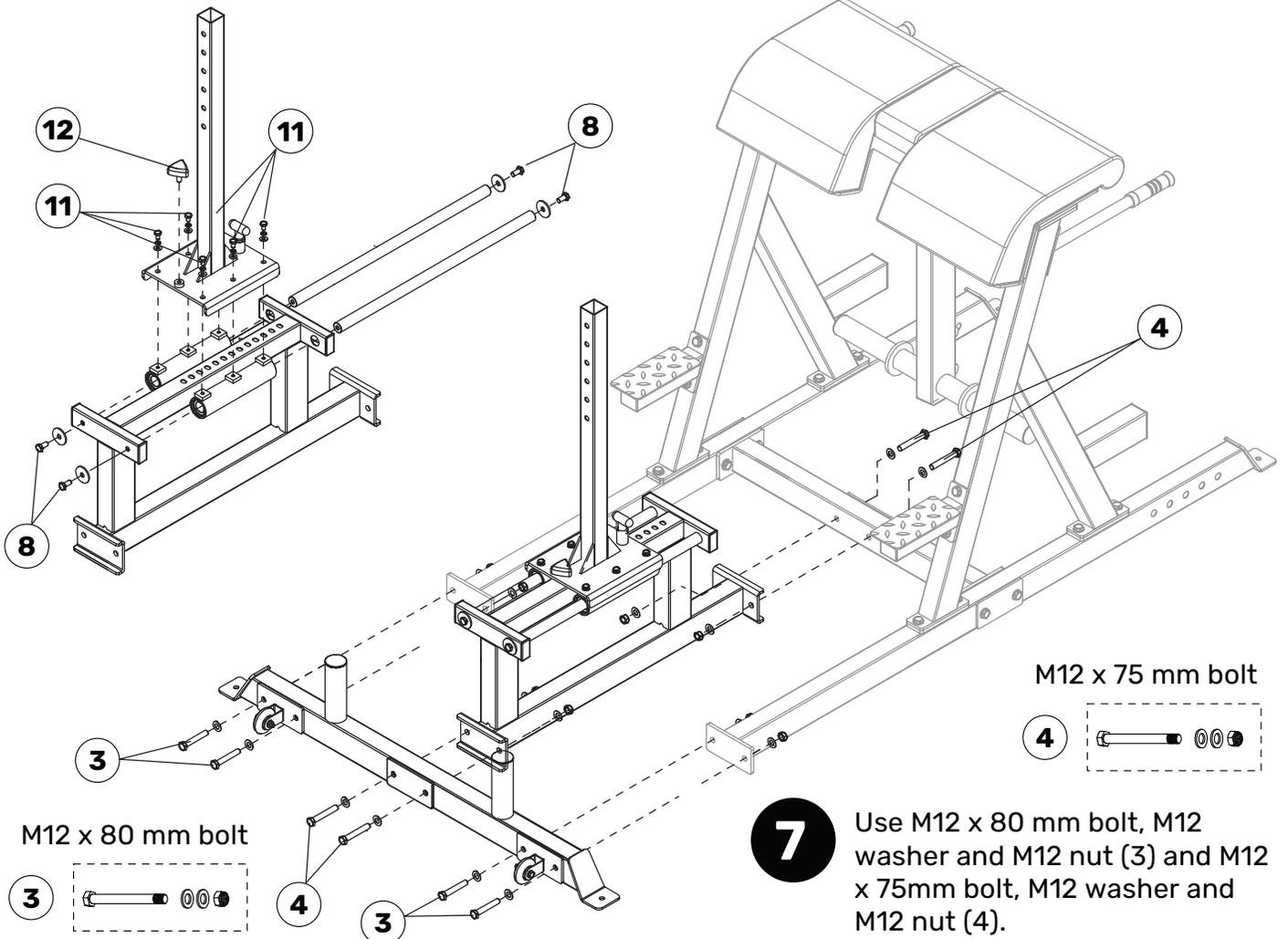


# ASSEMBLY

- 5** Attach top parts, Fix with M10 x 20 hex socket bolts and M10 washer (9).

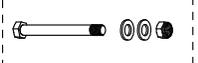


- 6** Assemble parts. Fix lower part with M10 x 16mm bolt and big washer (8). Fix upper part with M8 x 16mm bolt, SP washer and M8 washers (11).



M12 x 80 mm bolt

**3**



M12 x 75 mm bolt

**4**



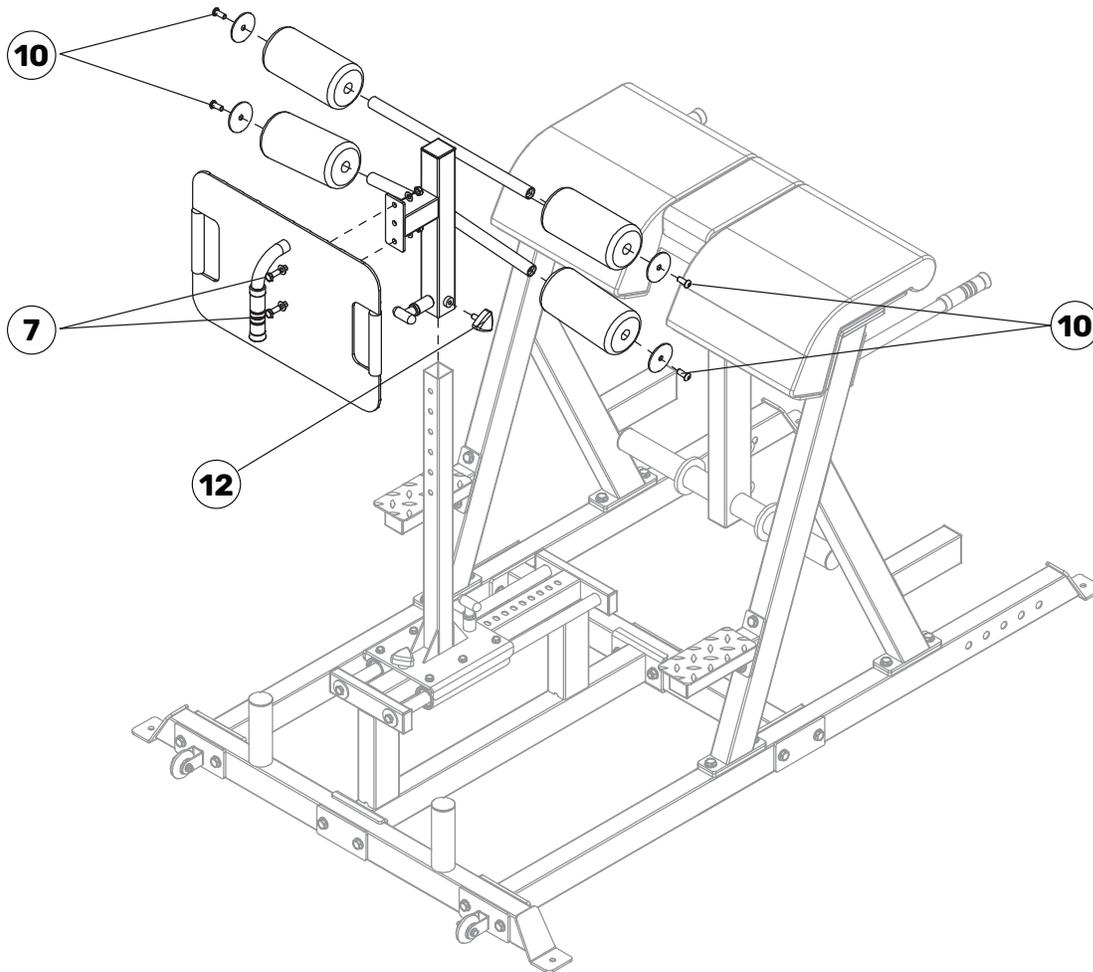
- 7** Use M12 x 80 mm bolt, M12 washer and M12 nut (3) and M12 x 75mm bolt, M12 washer and M12 nut (4).

## ASSEMBLY

**8**

Attach parts as shown. Fix each side with M10 x 25 hex socket bolt and big washer (10).

Attach other smaller part. Fix with M10 x 25mm bolt, M10 nut and M10 washer (7). Add part (12) to lock.



# YOU'RE FINISHED!

**WANT TO LEARN MORE ABOUT  
THE REVERSE HAMMER?  
CHECK OUT THE OVERVIEW VIDEO:**



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