



Lay rubber mat on floor, ribbed side down.



Feed bolts. Through bottom of base.



Lay four of the blocks with bolts fed through bottom to form bottom layer



Place the anchor cap on top of the bolts and adjust their position until they line up through the anchor cap holes.



Remove the anchor cap then with the bottom layer of weights in their correct positions, slot the top two layers of weights on top of them.



When three levels of weights have been built-up they will look like this



Slide the anchor cap onto the weights , place washer over exposed bolt threads .



Tighten the first nut then add a locking nut.

For further assistance please contact

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