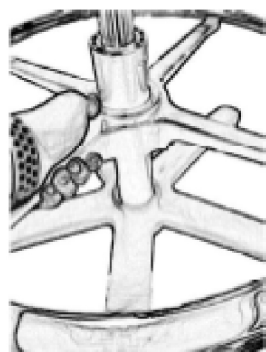


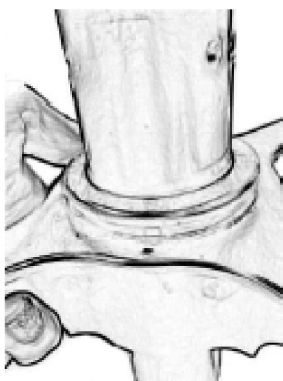
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## Assembly Instructions ***\*\*\* Initial Installation must be completed from the bottom of the cylinder \*\*\****

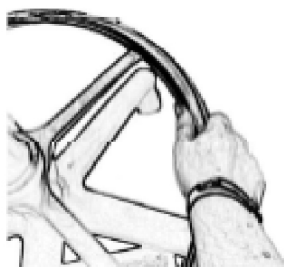


Unlock the foot ring by pushing the top of the inner center hub down.

Adjust the height to the appropriate height.



Lock the foot ring in place by pushing on the spokes until the inner center hub extends approximately  $\frac{1}{2}$ " from the outer center hub.



To fully lock, put pressure alternatively on the outer ring sides.