

NINJA

MTB PERFORMANCE

NINJA MTB MANUAL MACHINE TRAINER

ASSEMBLY INSTRUCTIONS

1



Unfold the frame.

2



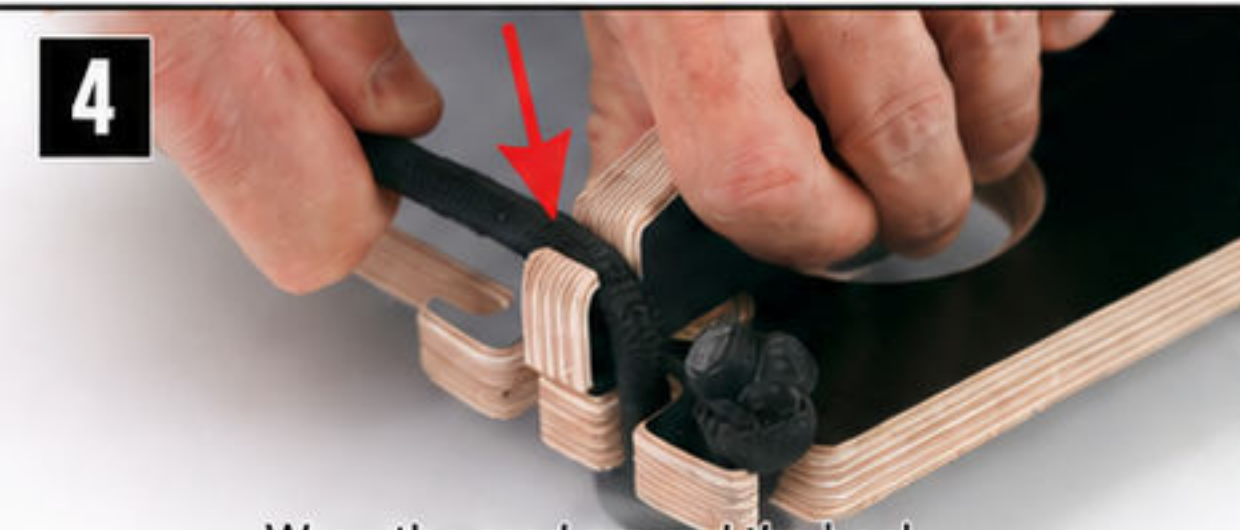
Open the frame and remove the side support piece.

3



Thread the cord through the bottom hole from the inside out.

4



Wrap the cord around the back of the tab.

5



Bring the cord around the front and through the front hole.

6



Pull the cord down to lock it in place. Repeat on the other side.

7



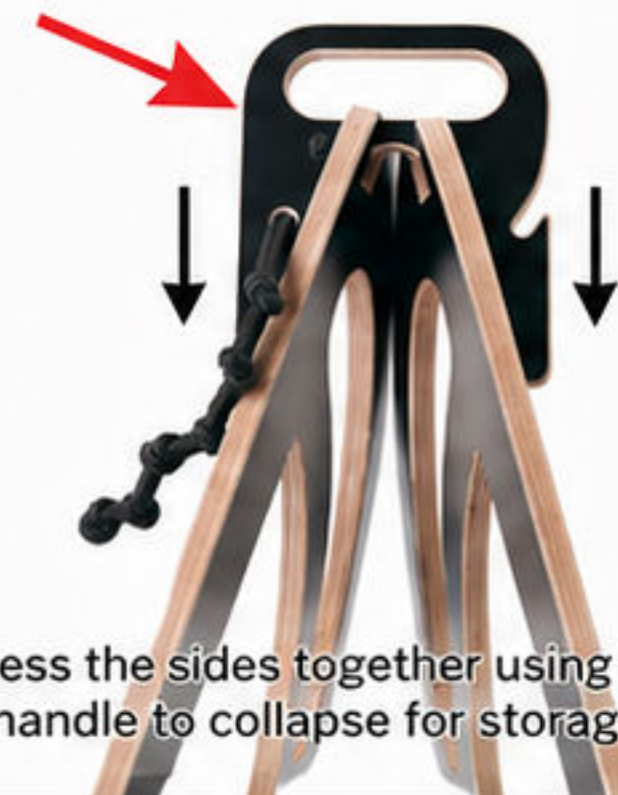
Make sure both sides are secure and knots are tight.

8



Your Ninja MTB Manual Machine Trainer is assembled and ready to use!

9



Press the sides together using the handle to collapse for storage.



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