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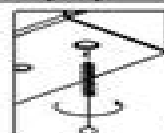
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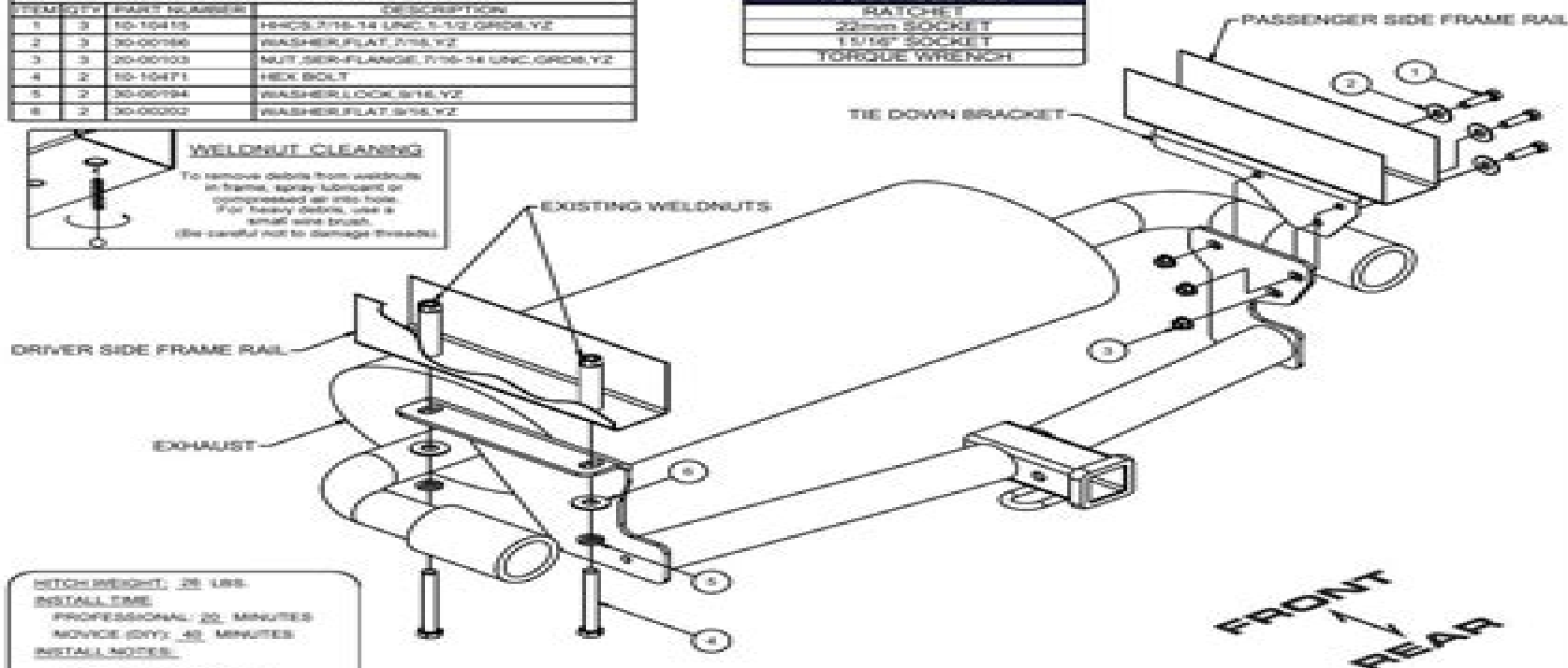
HAVING INSTALLATION QUESTIONS? CALL TECHNICAL SUPPORT AT 1-877-287-8634

| Parts List |             |             |                                        |
|------------|-------------|-------------|----------------------------------------|
| ITEM QTY   | PART NUMBER | DESCRIPTION |                                        |
| 1          | 3           | HD-10415    | HHCB, 7/16-14 UNC, 5-1/2 GRD, 1/2      |
| 2          | 3           | 30-00786    | WASHER, FLAT, 7/16, 1/2                |
| 3          | 3           | 30-00703    | NUT, SER-FLANGE, 7/16-14 UNC, GRD, 1/2 |
| 4          | 2           | 10-10471    | HEX BOLT                               |
| 5          | 2           | 30-00784    | WASHER, LOCK, 8/16, 1/2                |
| 6          | 2           | 30-00002    | WASHER, FLAT, 5/16, 1/2                |

| TOOLS REQUIRED |                |
|----------------|----------------|
|                | RATCHET        |
|                | 22mm SOCKET    |
|                | 1 1/16" SOCKET |
|                | TORQUE WRENCH  |

**WELDNUT CLEANING**

To remove debris from weldnuts on frame, spray lubricant or compressed air into hole. For heavy debris, use a small wire brush. (Be careful not to damage threads.)



HITCH WEIGHT: 26 LBS.  
INSTALL TIME:  
PROFESSIONAL: 20 MINUTES  
NOVICE (DIY): 40 MINUTES  
INSTALL NOTES:

-NO DRILLING REQUIRED

**INSTALLATION STEPS**

1. It may be necessary to clean the existing weldnuts on the driver side frame rail. (See WELDNUT CLEANING diagram above).
2. Raise hitch over the exhaust on the driver side and install a M14 bolt in the rearmost existing weldnut.
3. Attach passenger side of hitch to the vehicle tie down bracket on passenger side frame rail using the 7/16" hardware, as shown above.
4. Install the remaining M14 bolt in the driver side plate. NOTE: Exhaust may need to be pushed forward for this bolt to be installed.
5. Torque all M14 hardware to 126 ft-lbs. and all 7/16" hardware to 70 ft-lbs.

**PERIODICALLY CHECK THIS RECEIVER HITCH TO ENSURE THAT ALL FASTENERS ARE TIGHT AND THAT ALL STRUCTURAL COMPONENTS ARE SOUND.**

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# Lr2 Maintenance Manual

**Lei Shi**



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web put your arms in front of your body with elbows slightly bent pull theraband outwards across your chest hold for 3 seconds slowly return to starting position repeat 10 times shoulder flexion sit or stand with theraband held at hip or waist height point your thumb toward the ceiling

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web triceps help with transfers pressure reliefs and locking the elbow basic home exercise equipment theraband tie a knot in the end of the band and shut the knotted end in a door this allows you to adjust the height for different exercises choose a resistance that you can do for 2 sets of 15 reps if it s too easy

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web keep your upper arms at your side bend from your elbows to pull your lower arms up toward your head 3 repeat times page 4 for exercises 5 and 6 tie a theraband to the head of the bedframe 5 elbow extension 1 bend your elbow and grasp the band 2 straighten your elbow and stretch the band down toward the foot

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