Final steps to the easy assembly!

**STEP 5** Slide on band hook axle guides, two on each axle.
Note: They are not side specific.

**STEP 6** Attach both left and right side wheels by pulling up/out on pin and aligning with corresponding insert hole on axle.

**STEP 7** Secure any combination of 1-3 matching bands per side.
Note: The closed end side should attach to front axles and snap on firmly.
The rear side should attach around the bottom of the rear axle and attach loose top band to the rear open band hook assembly by simply pulling the band through the guide and around the place holder pin.

**THAT’S IT!**
Hop on The Frog™ and prepare for the workout of your life!
**Begin the easy assembly!**

**STEP 1** Unpack your Frog and lay out on floor as follows...

- **A** 1 Front axle
- **B** 1 Rear axle
- **C** 1 Left side foot pad
- **D** 1 Right side foot pad
- **E** 1 Left side wheels
- **F** 2 Right side wheels
- **G** 2 10 lb bands with hook assemblies
- **H** 2 20 lb bands with hook assemblies
- **I** 2 40 lb bands with hook assemblies
- **J** 2 60 lb bands with hook assemblies
- **K** 1 Center safety pad
- **L** 1 Center safety pad bottom guide wheel assembly
- **M** 4 Band hook axle guides
- **N** 2 Vertical use stabilizer bars

**STEP 2** Look carefully at the foot pads and the axles, be sure to slide the foot assembly on either side with the notches on the axle guide pointing up towards the top side of each foot pad. Also, if the pull pins are not engaging with the notches, give the pull pin a half turn and it should snap in place.

Note: “The pull pins should be on the inside of either foot pad, towards the center safety pad.”

**STEP 3** Attach bottom guide wheel to bottom side of center safety pad via pull pin

Note: Once attached you need not ever remove the center safety guide wheel again.

**STEP 4** Attach center safety pad to front axle via the two security clamps.

Note: This is best done by standing the center safety pad up with the rear on the floor and the front facing up. Now open the two safety clamps. Notice the two holes in the front axle near the center. These holes must line up with the two male pins inside the safety clamps. Once perfectly lined up, close the safety clamps and pop them shut with your hand, never hit the product with a hammer or such object. Now be sure to install both safety push pins to lock the clamps closed.

Next clamp both sides completely shut and insert both safety push pins completely.

**NEVER USE THE FROG IN THE HORIZONTAL POSITION IF BOTH OF THESE SAFETY PINS ARE NOT PROPERLY AND FULLY INSTALLED AS THE SAFETY PAD WILL COME OFF WITHOUT BEING CLAMPED.**