iyogaprops.com.au tressler assembly guide

Your packages contain the following components :-

- 1 wooden beam;
- 2 wooden uprights;
- 2 plywood brackets;
- 4 long wood screws
- 4 large screws with a hexagonal socket head;
- 1 long hexagonal key called an Allen Key;
- 1 container of strong wood glue;
- 1 aluminium pipe 60 mm dia. with wooden end plug already fastened; and
- 1 removable end plug with spring-loaded retaining pin.

Check that these parts are all there.

Have a piece of moistened soft rag handy to wipe away any glue drips.

Note that the combination of the physical structure and the fastening screws provide a rugged and safe structure so there is no need to overtighten any of the screws.

Remove the end plug with the spring –loaded pin and practice insertion and removal of the plug a few times (Pictures 1 and 2).

Fastening the beam to the uprights

Lay the beam down with the grooves facing upwards. Identify the markings on each bracket and align with the corresponding markings in the grooves.

Apply a thin bead of the glue to the inside of both grooves at the ends of the beam.

Fit the long sides of the plywood brackets into the grooves; A to A and A1 to A1.

Insert the long wood screws and tighten till firm. Do







not overtighten.

Wipe any excess glue that may have oozed out.

Position the two uprights the approximate length of the beam apart with the vertical grooves facing each other. ie inwards.

Identify the markings on the end of the beam and in the vertical grooves and align the markings, eg. B2 to B2 and A2 to A2.

Apply a narrow bead of glue to the insides of each vertical groove (Picture 3).

Invert the beam so that the brackets are pointing downwards then slide the downward pointing brackets into the vertical grooves of the uprights. You may need to wriggle the beam and apply some body weight to ensure that the brackets slide "home".

Fit the remaining long wood screws into the pre-drilled screw holes and tighten. Do not overtighten. (Pictures 4) Wipe any excess glue.

Insert the fatter screws into the holes on each side of the uprights and align the pre-drilled holes. The ends of the beam should be flush with the outside face of the uprights. Again, you may need to wriggle the uprights to align the holes.

Tighten with the Allen Key – do not overtighten (Picture 5).

Check for any excess glue around all the grooves and wipe off.

Fitting the aluminium pipe

Select the hole in the upright that you wish to use for the pipe and remove the plug with the spring-loaded pin.

Insert the pipe into the hole and slide the pipe along until it enters the corresponding hole in the other upright. The pipe will slide more easily if you support it in the middle.

Insert the plug and rotate it until the spring-loaded pin pops up into the retaining hole. You may need to adjust the vertical positioning of the uprights until the ends of the pipe are flush with the face of the uprights.

We recommend that you do not use the apparatus for 24 hors after assembly to allow the glue to set firmly



