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| 1. Risers | 2. Pulleys | 3. Rails |
| 4. Head rest | 5. Straps (arm & leg) | 6. Posts |
| 7. Shoulder rest | 8. Carriage | 9. Foot bar kick stand |
| 10. Springs | 11. Gear box | 12. Foot bar |
| 13. Short Box Foot Strap | 14. Jump board knobs | 15. Platform |