

# Lama Portal

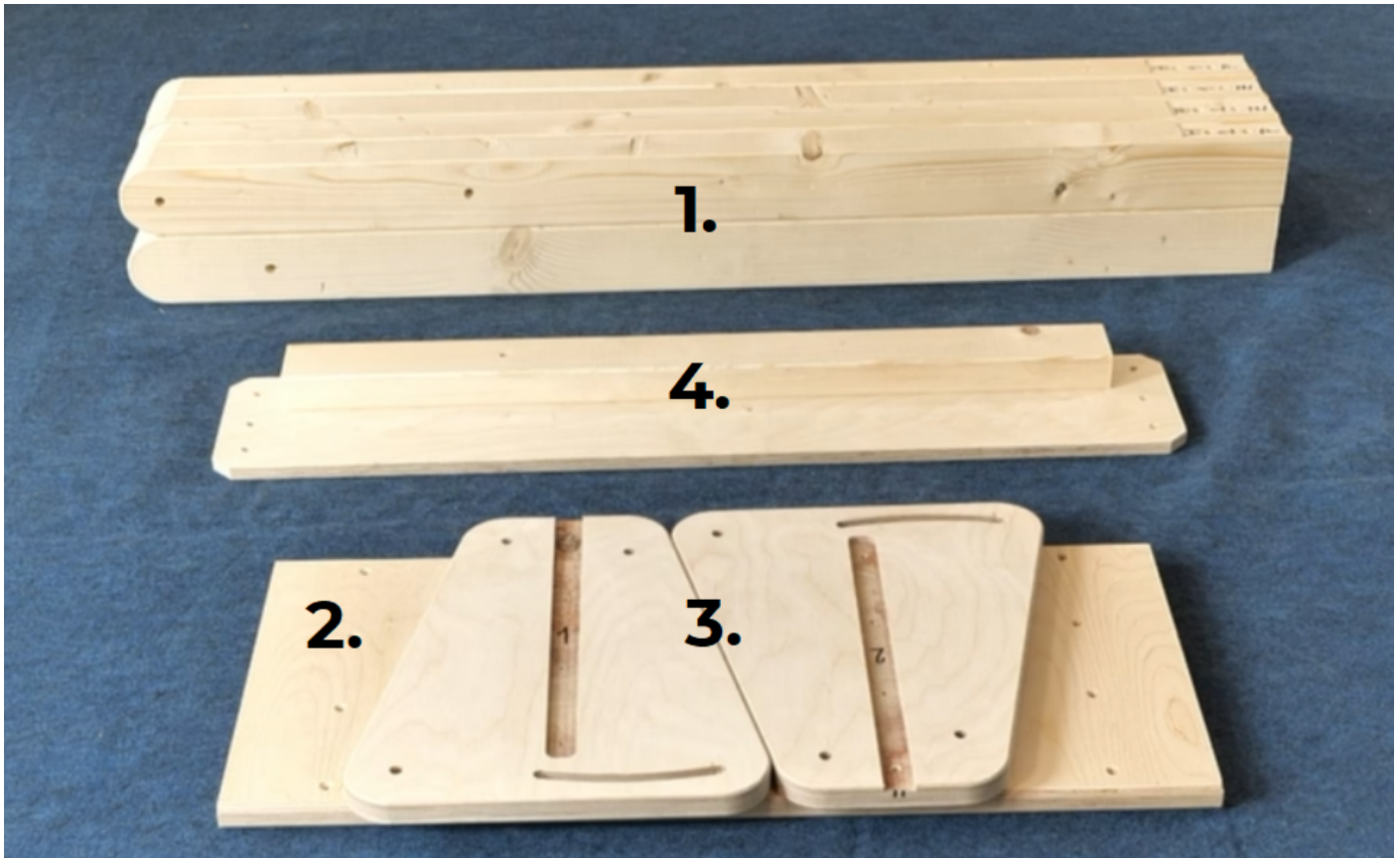
## Assembly Instructions



Package contents:

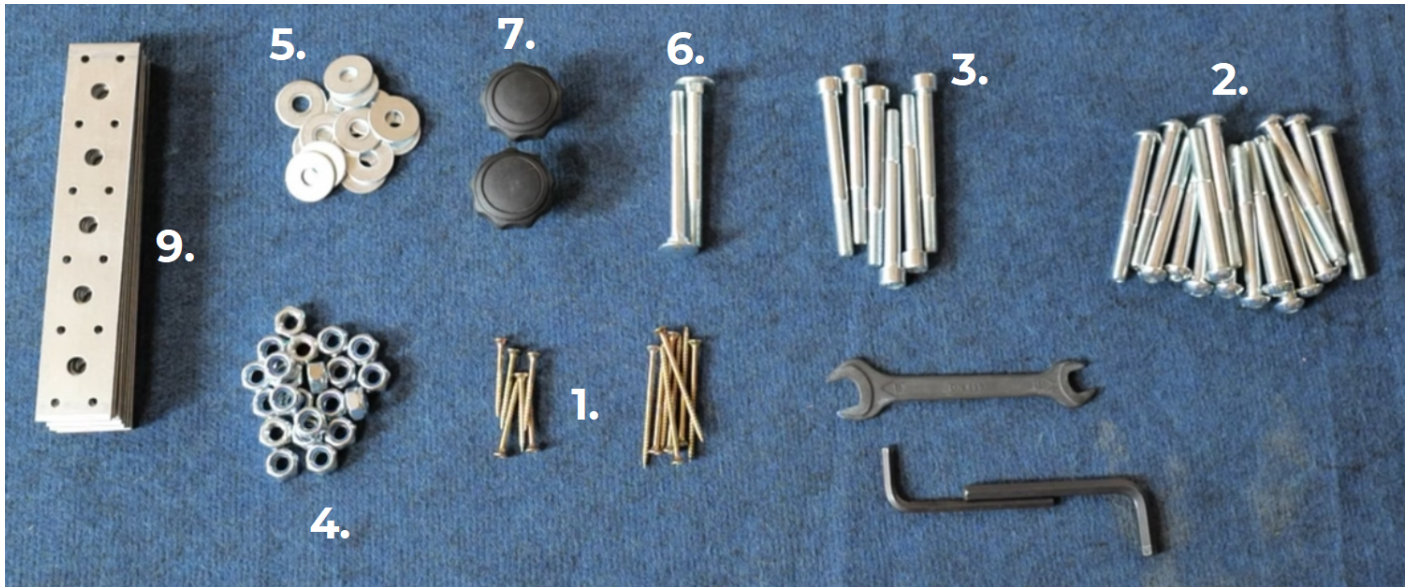
### Portal structure parts

1. 8 pcs **wooden posts** 60 x 80 x 1200 mm  
(2x SP - lower front, 2x SZ - lower back, 2x HP - upper front, 2x HZ - upper back)
2. 1 pc **main board** 350 x 760 x 24 mm - plywood
3. 2 pcs **side-plates** 320 x 400 x 24 mm - plywood
4. 1 pc **feet support** 150 x 920 x 55 mm - plywood



### Fasteners

1. 14 pcs **screw** 4,5 x **60 mm** / TX 20  
(sideplates + main board 8 pcs , feet support 6 pcs )
2. 16 pcs **bolt** M10 x **90 mm**  
(steel connecting plates)
3. 6 pcs **bolt** M10 x **100 mm**  
(sideplates + posts)
4. 22 pcs **locking nut** M10  
(sideplates + posts, steel connecting plates)
5. 14 pcs **washer** M10 x 30 mm  
(sideplates + posts)
6. 2 pcs **wide head bolt** M10 x 100 mm  
(sideplates + posts)
7. 2 pcs **plastic handle** M10  
(sideplates + posts)
8. 1 pcs **eyebolt** M10  
(steel connecting plates)
9. 8 pcs **steel connecting plate** 40 x 220 x 3 mm  
(wooden posts)



required tools:

1. wrench size 17 mm
2. allen key 6 and 8 mm
3. bit Torx T20

## Step 1 - Wooden posts assembly

Each post is marked with 2 letters (**SP** - lower front, **SZ** - lower back, **HP** - upper front, **HZ** - upper back).

Connect the **SP** and **HP** posts (lower front and upper front) with 2 steel plates. Then connect the **SZ** and **HZ** posts.



Use the shorter (**90 mm**) bolts and locking nuts (without washers).

Assemble the posts on the floor (or other flat surface) so the connected posts are as straight as possible. Use the **feet support** part as a straight edge to align the 2 posts when connecting them. After aligning, tighten the bolts and nuts as much as you can.



## Step 2 - Assemble the main board with side plates

It is better to flip the parts (**main board** and **side-plates**) “upside down” for this step (side-plates with the wider side up).



Insert the left edge of the main board in the left side-plate's groove and attach it with **4 screws (60 mm long)**. Then attach the right side the same way.



### Step 3 - Attach posts to the side-plates assembly

Start with the **back posts** (they have wider spacing of upper holes - 32 cm apart). Lay the **side-plates + main board** assembly with its back side on the ground (curved slot facing up). Attach the back posts from the outside. Use a **100 mm bolt**, nut and 2 washers for each hole.



Attach the **feet support** to the lower part of the back posts. Mark about 20 cm distance from each end (from the floor) and align the edge of the feet support to them. You can adjust the feet support position later according to your height. Attach the feet support with **6 screws**.



Attach the **front posts** to the side-plate assembly. Start with the upper hole first (using 100 mm bolt, nut and 2 washers).



Then insert the **wide-head bolt** through the groove (from inside of the side-plate) and through the hole in the front post. Screw the **plastic handle** with a washer to the bolt from outside.



The Portal is **finished!**

Set it up, attach your hangboard and start working out :)



#### TIP

Use the **eyebolt** instead of one locking nut on the steel connecting plate. You can attach your chalk bag to it so you always have it at hand.

