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Briefs

Please take the time to carefully read the instructions before installing .Please refer to the manual to determine the list of all components were packaged well. (If there have some parts missed or damaged please immediately call our customer service department) Please refer to the installation instruction while installing.

This device designed to provide the most effective and smoothest training movements. After installing, you can only know how to use the products after you know all the functions. If there is any question, please check the installation insturction and find out the wrong steps during the installing. If still not work, please contact the distributors authorised by original factory. The code and manual will be needed.

Rubber stick

Levelling instrument

Socket head screw wrench

More than 2 person

Circlip pliers

The adjustable wrench

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Installation of Frame

Step 1:Install 3 flat oval pads (#3) on the Underframe assembly(#2) and the Bracket assembly(#1) of the Adjustable AB board respectively.

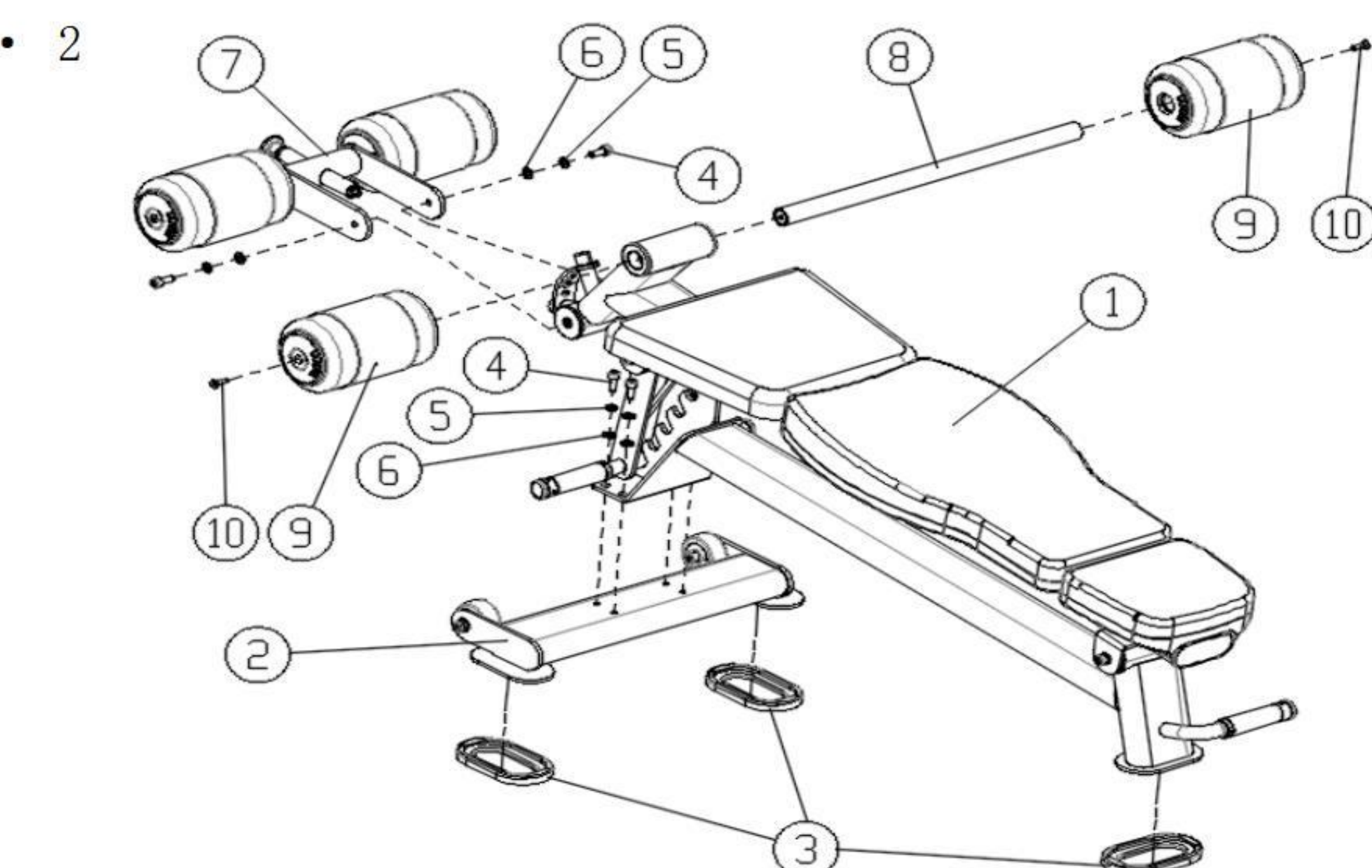
Step 2:Use the below ways to connect the the Underframe assembly(#2) and the Bracket assembly(#1)

- 4 x Hexagon socket head screws with cylindrical head (#4)
- 4 x Spring washer (#5)
- 4 x Plain washer (#6)

Step 3:Use the below ways to connect the Leg press bracket assembly(#7) and the Bracket assembly(#1)

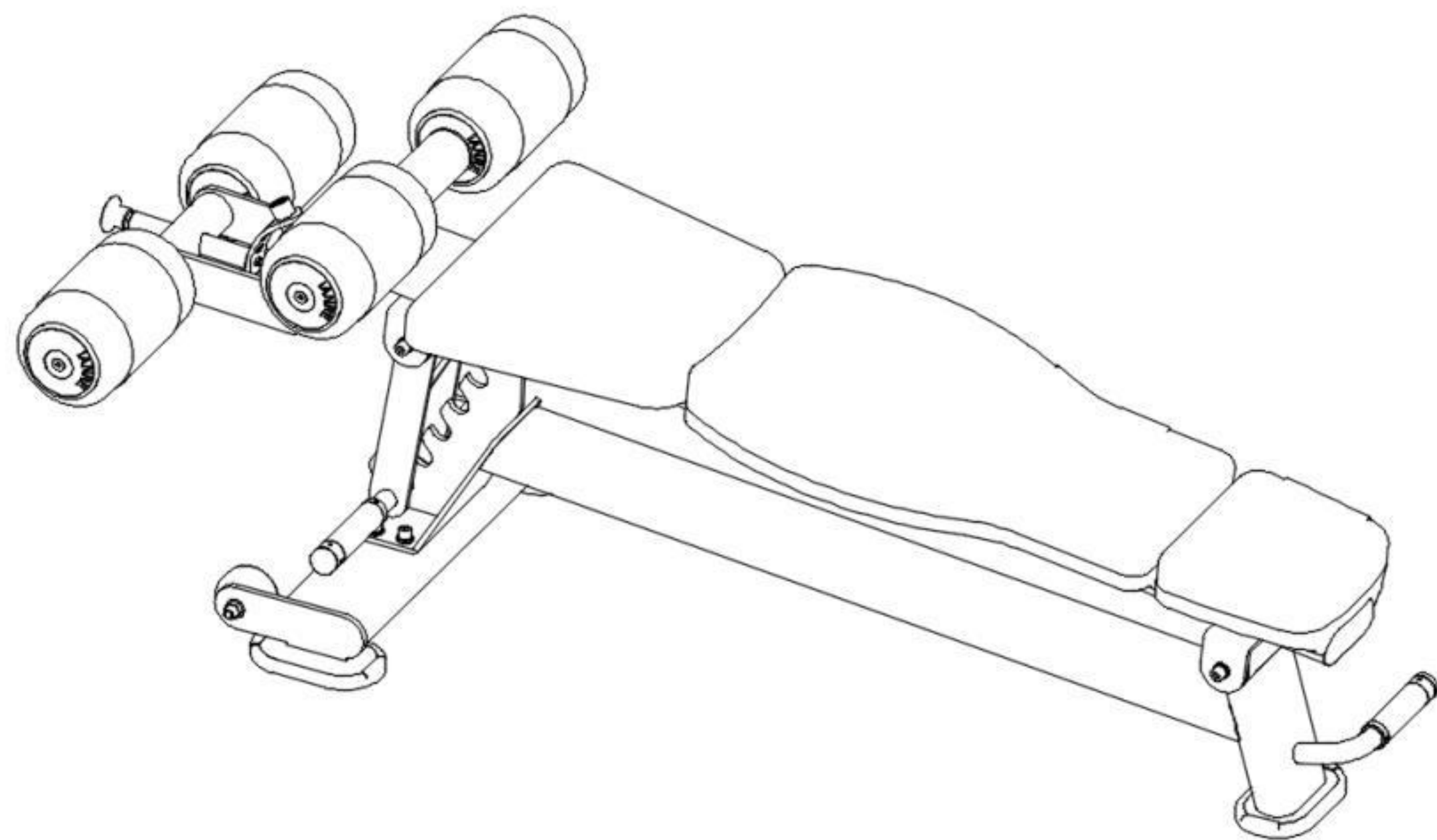
- 2 x Hexagon socket head screws with cylindrical head (#4)
- 2 x Spring washer (#5)
- 2 x Plain washer (#6)

Step 4: Use the below way to connect the Leather barrel rod (#8) ,two Leather barrels(#9) with the Bracket assembly(#1)Decline bench(#21)



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Installation



Important Notification

Now Incline bench has been assembled, You need to take the time to make sure your device is square and vertical,With a spirit level to check whether the guide bar perpendicular in the two directions,If not, then you have to loosen some of the vertical frame reassembly hardware and tighten the bolts.

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Accessories List

N0	Name & Specification	Qty
1	the Bracket assembly(#1)	1
2	the Underframe assembly(#2)	1
3	Flat oval pad	3
4	Hexagon socket head screws with cylindrical head (M10*25)	6
5	Spring washer (10)	6
6	Plain washer (10)	6
7	the Leg press bracket assembly	1
8	Leather barrel rod	1
9	Leather barrel	2
10	Hexagon socket head screws with cylindrical head ( M8*25)	2

Note: Pre-assembled parts are not listed in this file.

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