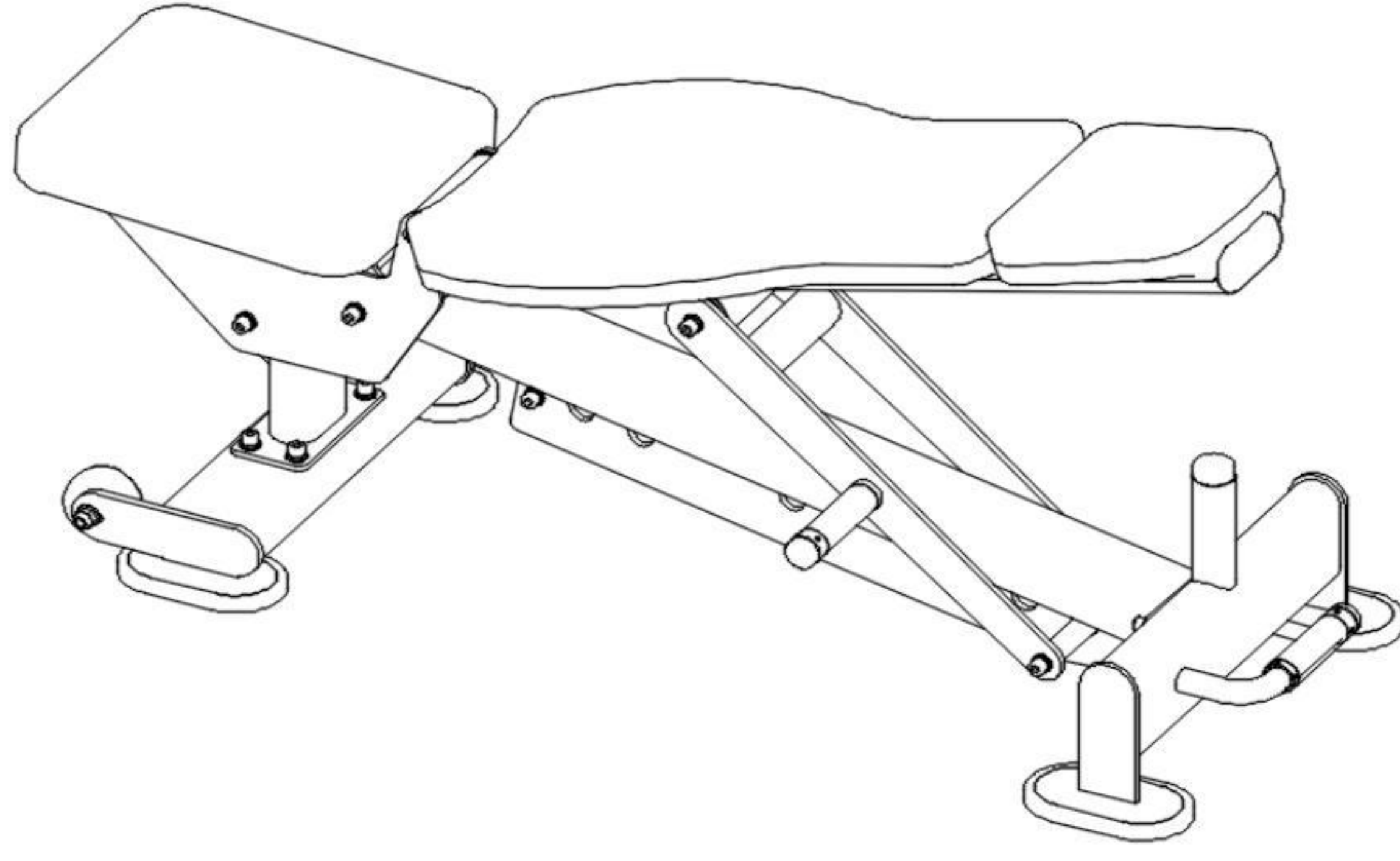


Multifunction Adjustable Bench



Catalogue

Brief	2
Installation	3
Accessories List	5

1/5

Brief

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

Tools

Rubber stick

Levelling instrument

Socket head screw wrench

More than 2 person

Circlip pliers

The adjustable wrench

2/5

Installation

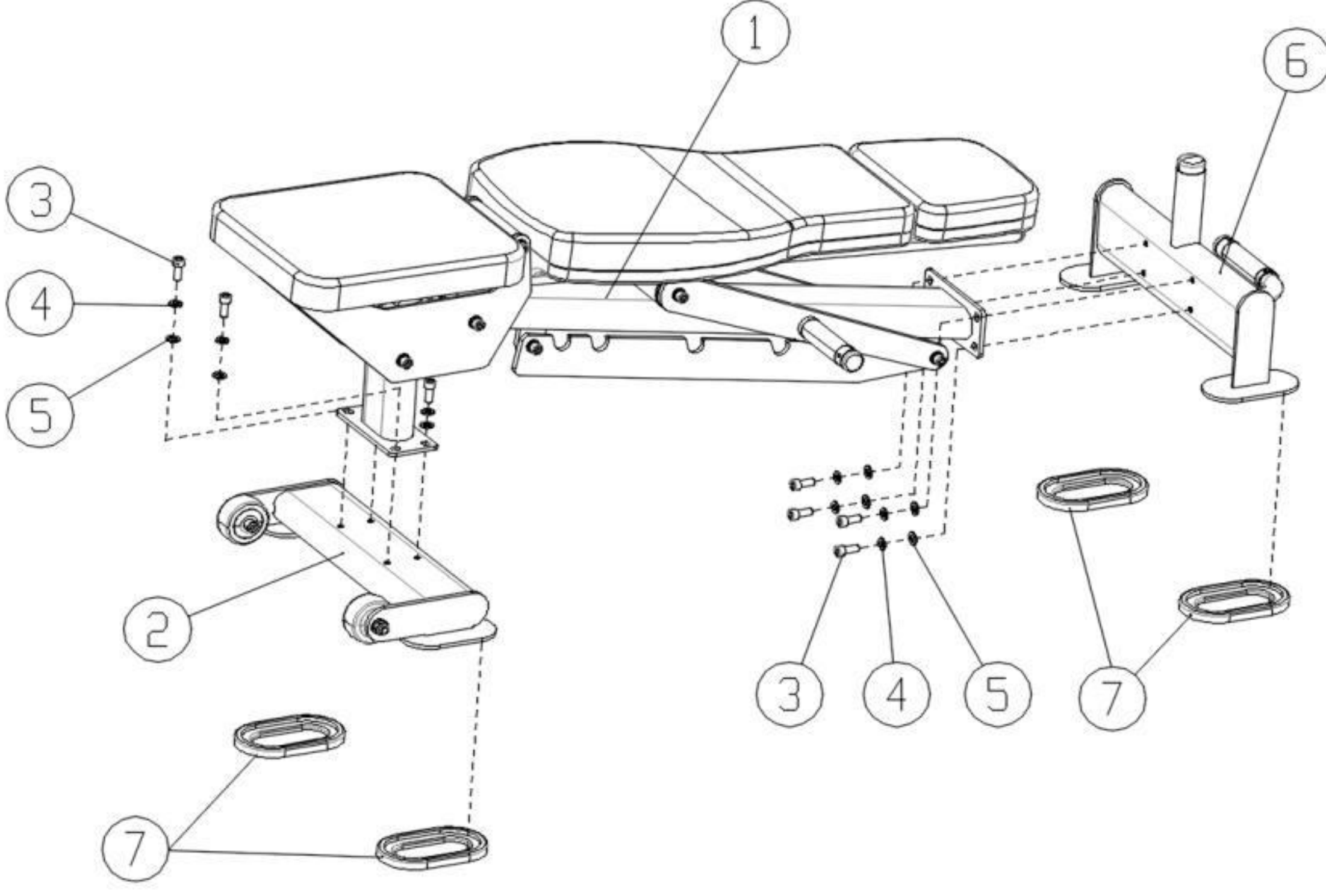
Step 1:with the following method install front wheel frame (#2) with bench main frame (#1) :

- 4 x Hex socket head cap screw (#3)
- 4 x spring washer (#4)
- 4 x flat washer (#5)

Step 2:with the following method install rear support frame (#6) with bench main frame (#1) :

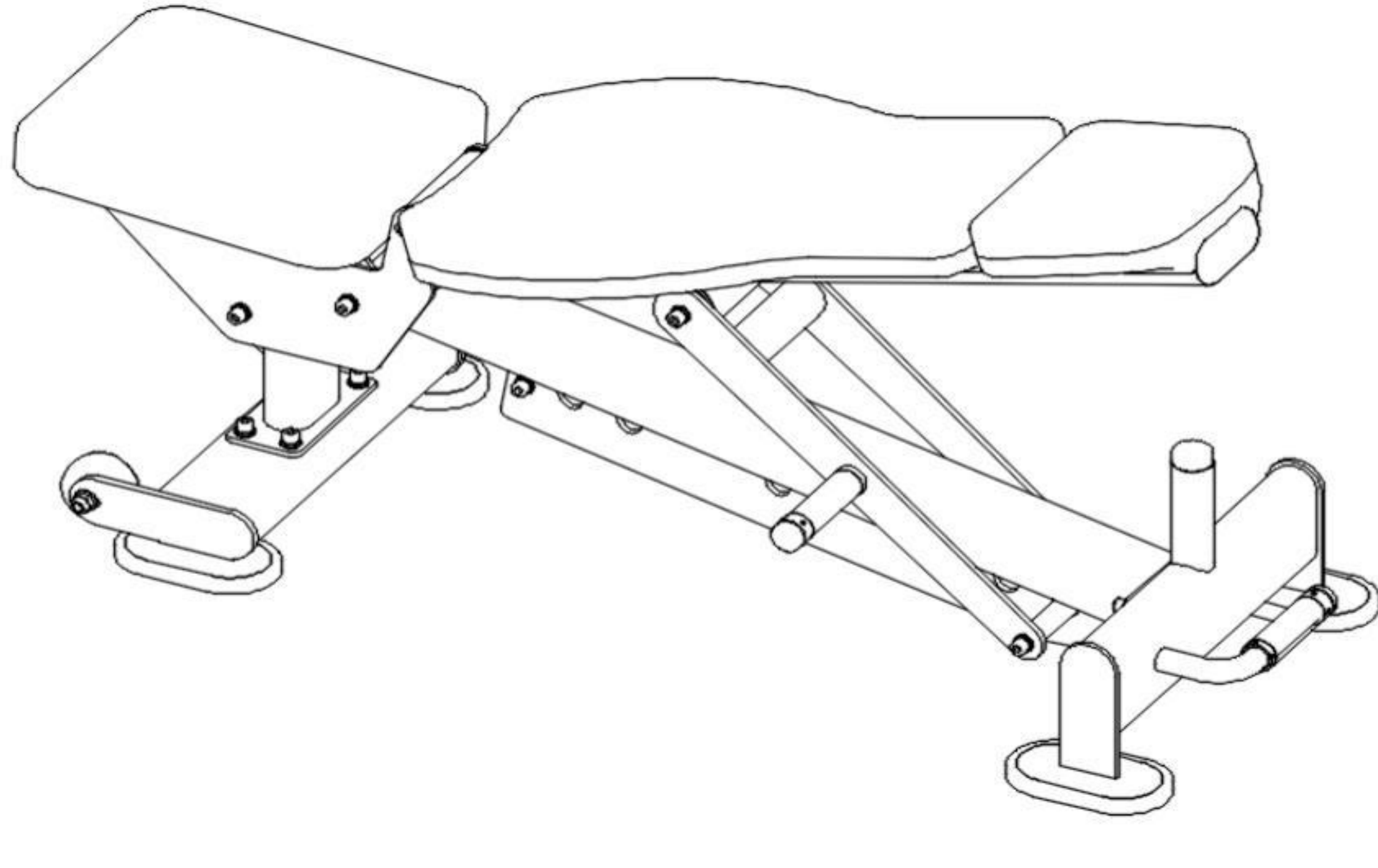
- 4 x Hex socket head cap screw (#3)
- 4 x spring washer (#4)
- 4 x flat washer (#5)

Step 3:install four flat oval footpad (#7) to (#2) 和 rear support frame (#6)



3/5

Fully Installation



Important Notification

Now Flat/incline adjustable 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.

4/5

Accessories List

NO.	Name & Specification					QTY
1	bench main frame					1
2	front wheel frame					1
3	Hex socket head cap screw*25)					8
4	spring washer (10)					8
5	flat washer (10)					8
6	rear support frame					1
7	flat oval footpad					4

NOTE: Pre-assembled parts are not listed in this list.

5/5