

61A46B Installation Guide

Multifunction Adjustable Bench

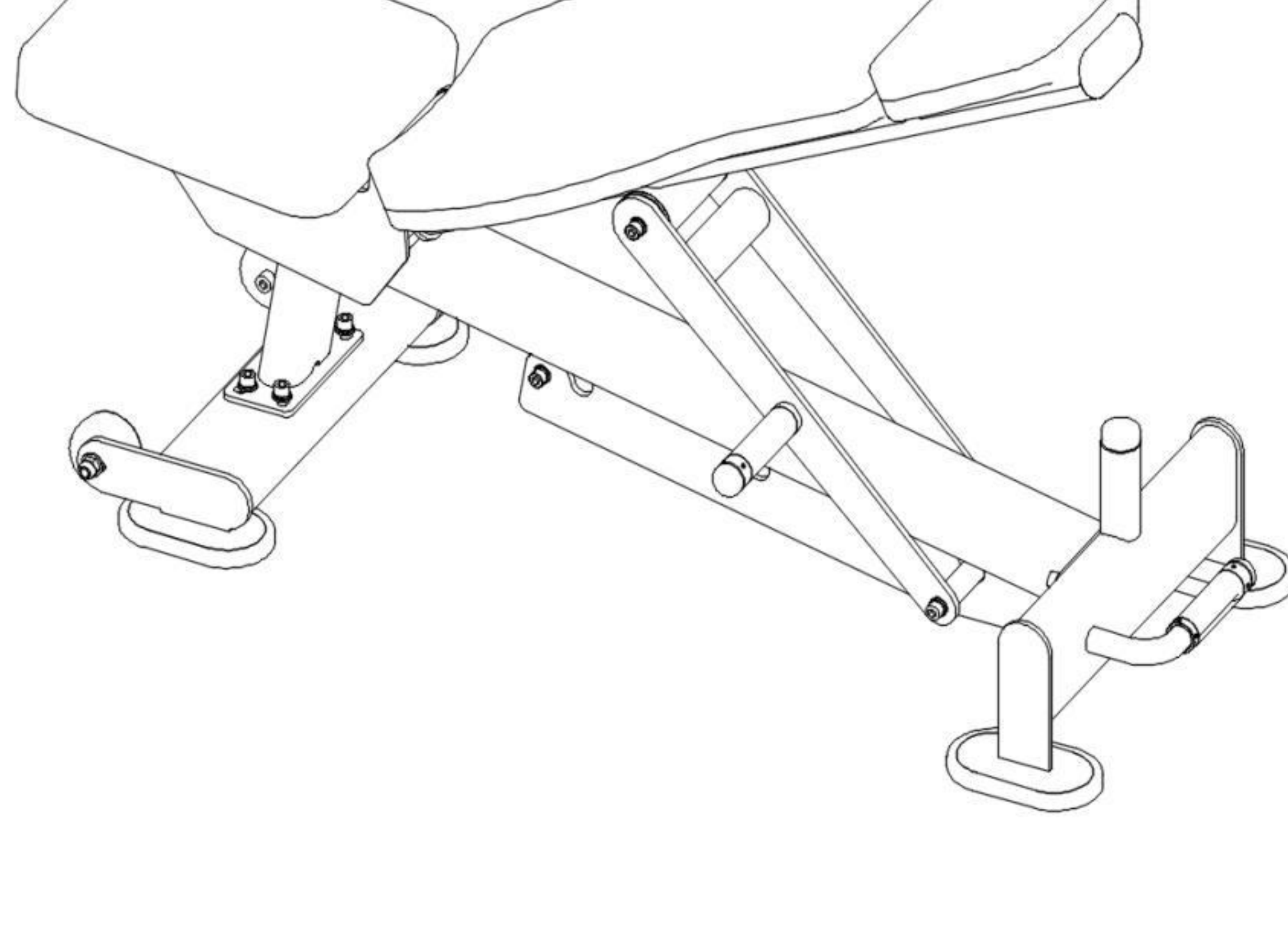


Table of contents

<b>Brief Introduction</b>	<b>2</b>
<b>Installation</b>	<b>3</b>
<b>Accessories list</b>	<b>5</b>

1/5

Brief Introduction

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

level ruler

Allen wrench

Two people

Circlip pliers

adjustable wrench

2/5

Installation

Step 1: Assemble the Angled Ab Board Frame (#2) with the Adjustable Chair Main Frame using the following method

piece (#1) is connected:

4 x Socket Head Cap Screws (#3)

4 x spring washers (#4)

4 x Flat Washers (#5)

Step 2: Use the following method to connect the Multifuction adjustable Bench support frame (#6) to the Multifunction adjustable Bench main frame

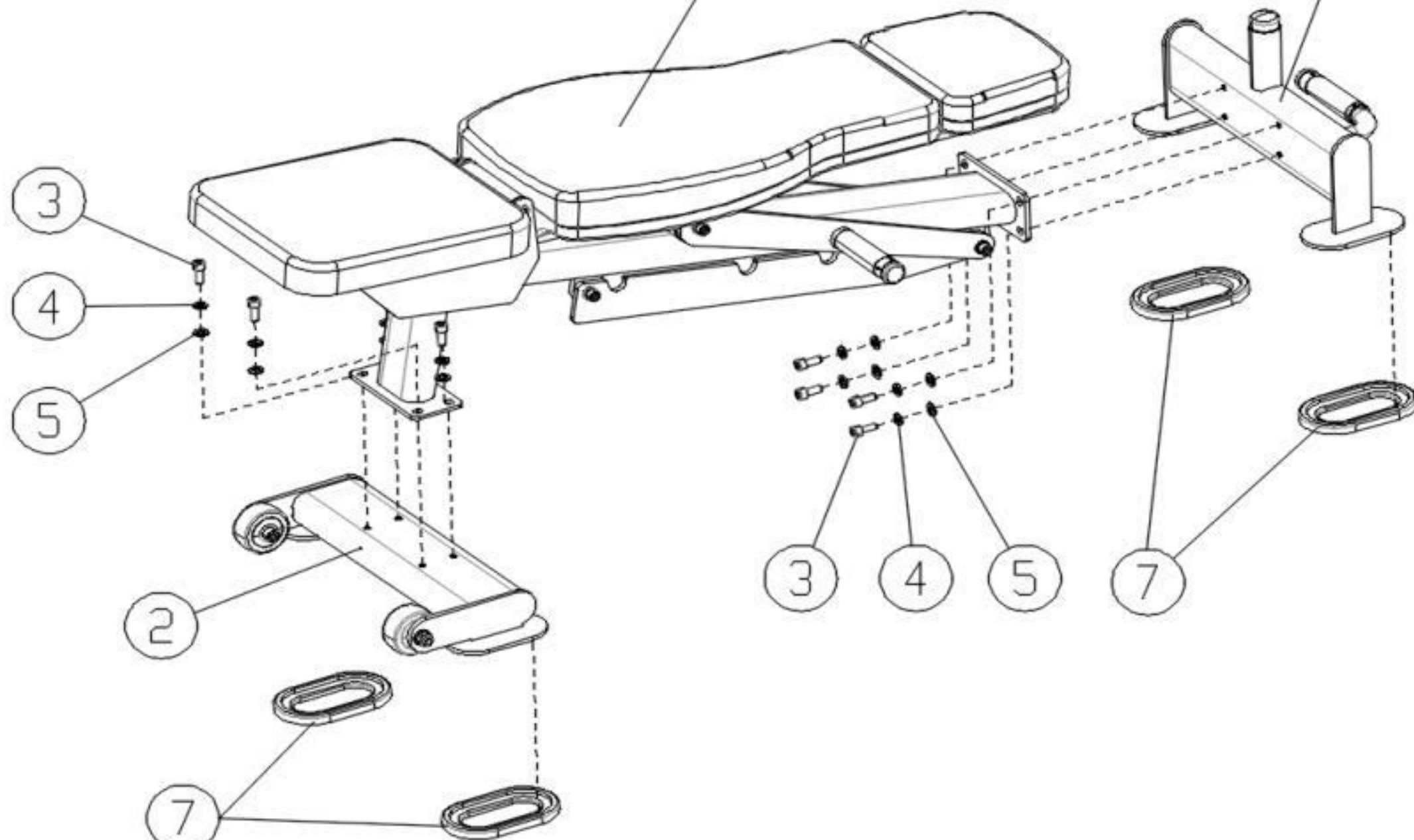
Component (#1) is wired up:

4 x Socket Head Cap Screws (#3)

4 x spring washers (#4)

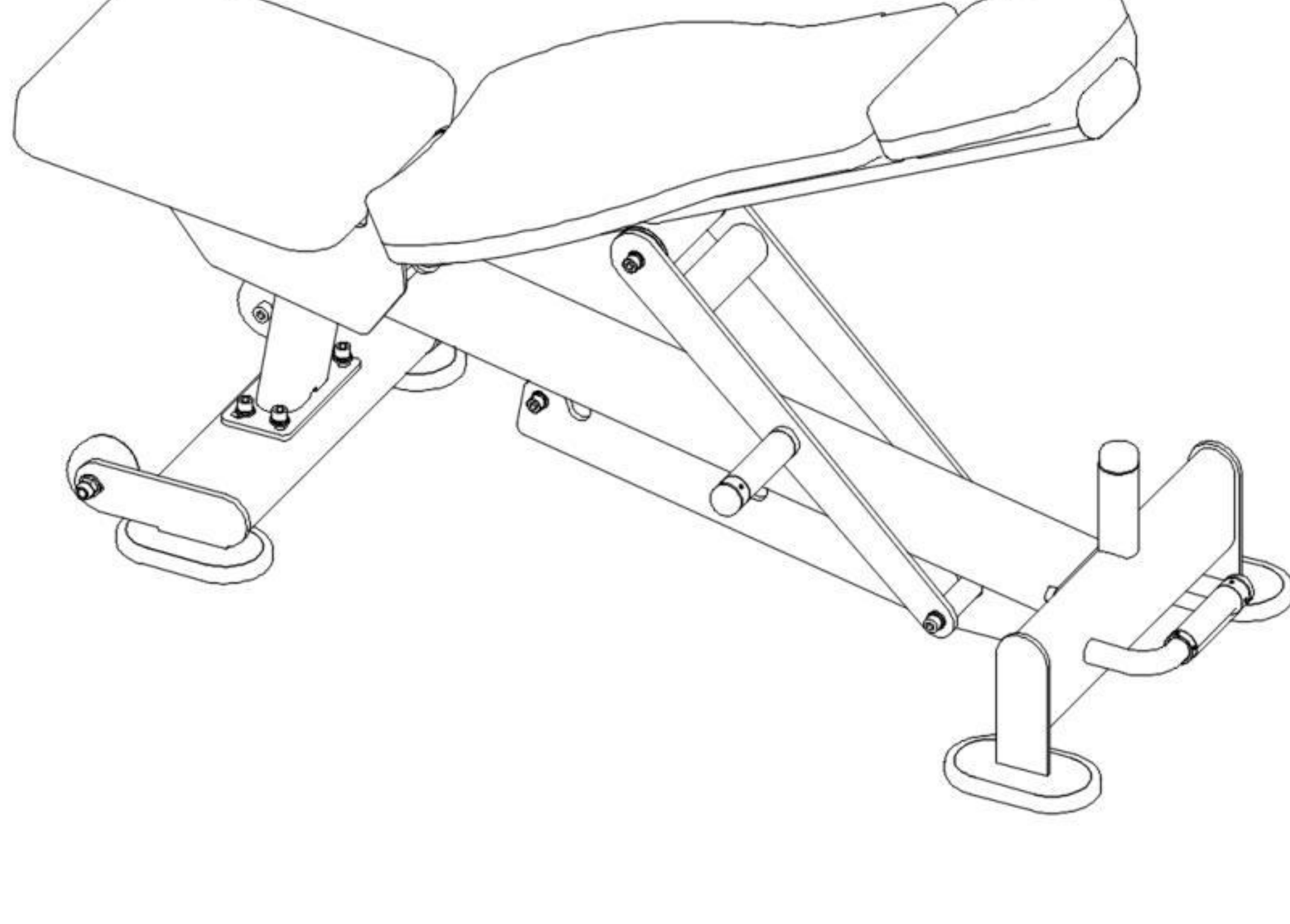
4 x Flat Washers (#5)

Step 3: Attach the 4 flat oval feet (#7) to the angled abs chassis (#2) and Multipurpose Adjustable Chair Support Frame (#6)



3/5

Installation



Important Tips

Now that the Multifuction adjustable Bench has been installed, you need to spend some time ensuring that your device is horizontal and vertical. Use a spirit level to check that the guide bars are perpendicular in both

4/5

Accessories list

No.	Name and specification	qty
1	Multifuction adjustable Bench main frame assembly	1
2	Fixed Angle Ab Board Base	1
3	Hexagon socket head screw (M10*25)	8
4	Spring washers (10)	8
5	Flat washers (10)	8
6	Multifuction adjustable Bench support frame	1
7	flat oval pad	4

Note: Parts pre-installed are not listed in this table.

5/5