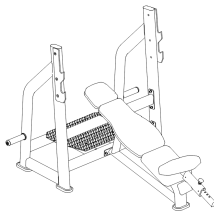


61A38 • Olympic Incline Bench

INSTALLATION MANUAL



Before Installation

Before You Start

- 01 Read this manual carefully before installation.
- 02 Check all parts and quantities before assembly.

Tools Required

- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

Assembly

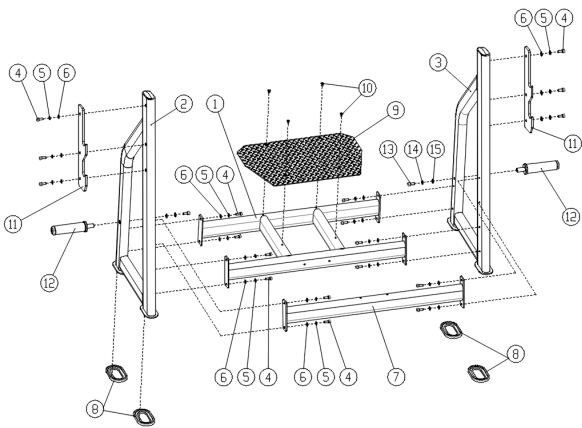
STEP 1 & 2

STEP 1
Connect the bottom frame (#1) with the foot plate (#2).

- HARDWARE**
- Countersunk Socket Screw M8×15 (#6) × 4

STEP 2
Connect the bottom frame (#1), connecting frame (#3), and left and right frames (#4, #5).

- HARDWARE**
- Socket Head Cap Screw M10×25 (#7) × 12
 - Spring Washer M10 (#8) × 12
 - Flat Washer M10-D20 (#9) × 12



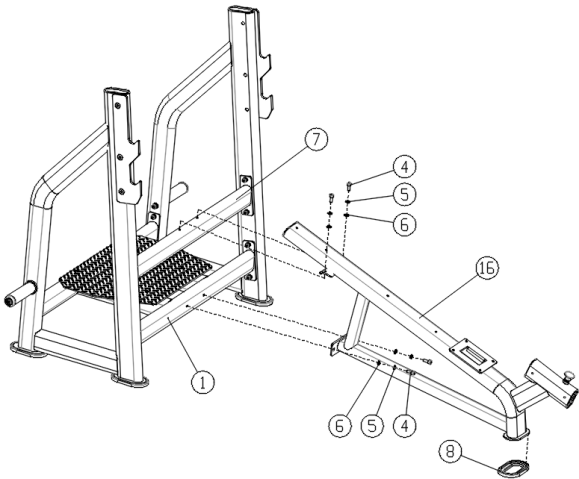
STEP 3 & 4

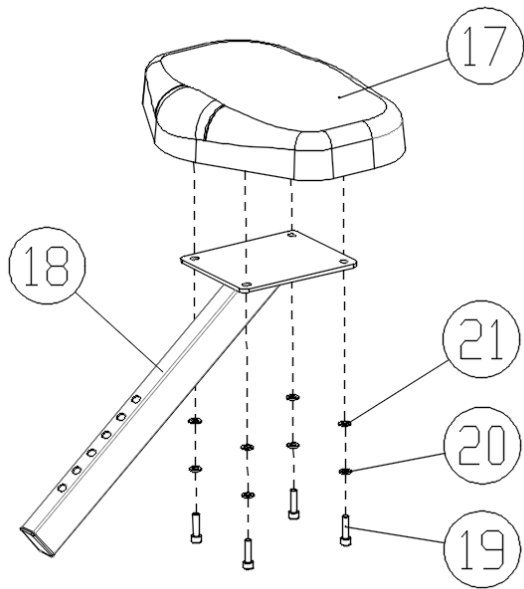
STEP 3
Connect the back seat frame (#10) with the bottom frame (#1) and connecting frame (#3).

- HARDWARE**
- Socket Head Cap Screw M10×25 (#7) × 4
 - Spring Washer M10 (#8) × 4
 - Flat Washer M10-D20 (#9) × 4

STEP 4
Install the head pad (#11), back pad (#12), incline bench seat pad (#13), and seat pad (#14).

- HARDWARE**
- Socket Head Cap Screw M10×25 (#7) × 6
 - Spring Washer M10 (#8) × 6
 - Flat Washer M10-D20 (#9) × 6





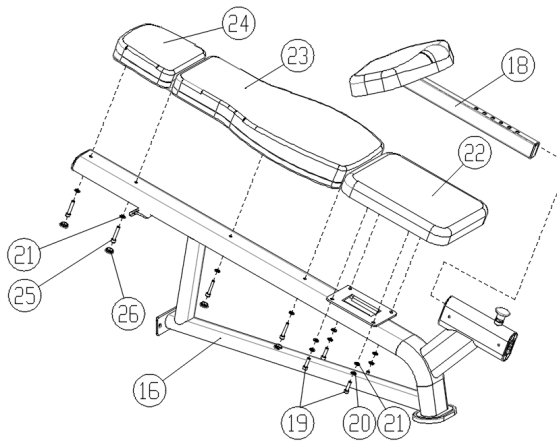
STEP 5 & 6

STEP 5
Open the pre-installed weight storage sleeve assembly (#21) and install it on the left and right frames (#4, #5).

- HARDWARE**
- Socket Head Cap Screw M10×25 (#7) × 4
 - Spring Washer M10 (#8) × 4
 - Flat Washer M10-D20 (#9) × 4

STEP 6
Place the incline bench in the proper position and install five foot pads (#22).

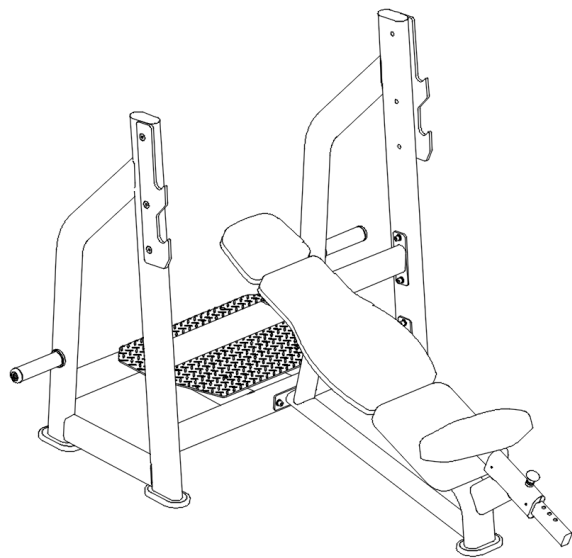
- HARDWARE**
- Right Frame (#5) × 1



STEP 7

ACTION

- HARDWARE**
- (#52) × 4
 - (#53) × 4
 - (#62) × 4
 - (#63) × 4



STEP 8

ACTION

- HARDWARE**
- (#52) × 4
 - (#62) × 4
 - (#63) × 4

FINAL CHECK

- 01 Use a spirit level to check the guide rods in both directions. Make sure the equipment is stable.
- 02 Important Notice: Check that the equipment is level and vertical. Adjust and retighten frame bolts if needed.



Parts List

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Bottom Frame	1	9	Flat Washer M10-D20	22	17	Socket Head Cap Screw M8×30	4
2	Foot Plate	1	10	Back Seat Frame	1	18	Spring Washer M8	4
3	Connecting Frame	1	11	Head Pad	1	19	Flat Washer M8-D16	4
4	Left Frame	1	12	Back Pad	1	20	Socket Head Cap Screw M8×25	4
5	Right Frame	5	13	Incline Bench Seat Pad	1	21	Weight Storage Sleeve Assembly	1
6	Countersunk Socket Screw M8×15	2	14	Seat Pad	1	22	Flat Oval Foot Pad	5
7	Socket Head Cap Screw M10×25	22	15	Hole Plug	4			
8	Spring Washer M10	22	16	Socket Head Cap Screw M8×45	4			