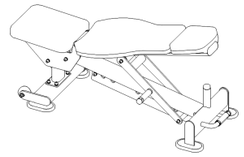
61A46B · Multifunction Adjustable Bench

INSTALLATION MANUAL



Before Installation

Before You Start

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

02 Stop using the equipment if any problem occurs during use.

03 Important Notes: After assembly, check that the equipment is level and vertical.

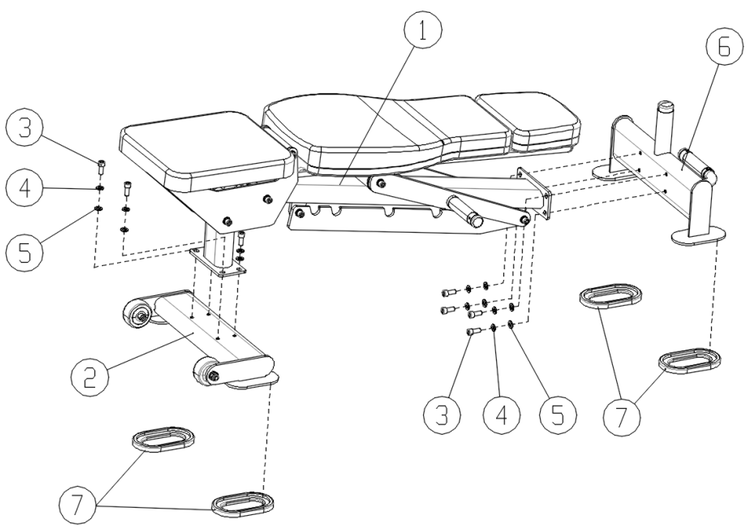
Tools Required

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

Assembly Notes

Follow the instructions carefully to install the equipment correctly.

Assembly



STEP 1, 2 & 3

STEP 1

Attach the fixed-angle abdominal board base (#2) to the main frame assembly (#1).

HARDWARE

- Socket Head Cap Screw (M10×25) (#3) × 4
- Spring Washer (10) (#4) × 4
- Flat Washer (10) (#5) × 4

STEP 2

Attach the support frame (#6) to the main frame assembly (#1).

HARDWARE

- Socket Head Cap Screw (M10×25) (#3) × 4
- Spring Washer (10) (#4) × 4
- Flat Washer (10) (#5) × 4

STEP 3

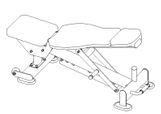
Install four flat oval foot pads (#7) on the abdominal board base (#2) and support frame (#6).

HARDWARE

- Flat Oval Foot Pad (#7) × 4

FINAL CHECK

01 Use a spirit level to check vertical alignment. If adjustment is needed, loosen frame hardware, reinstall and tighten bolts.



Parts List

NO.	PART / SPECIFICATION	QTY
1	Main Frame Assembly	1
2	Fixed-Angle Abdominal Board Base	1
3	Socket Head Cap Screw (M10×25)	8
4	Spring Washer (10)	8
5	Flat Washer (10)	8
6	Support Frame	1
7	Flat Oval Foot Pad	4