

OLYMPIC MULTI BENCH INSTRUCTIONS

FITTERS ONLY(NOT FOR MANUAL)

Item no	Description	Quantity	
1	100 x 50 F/O End Caps	2	
2	Branding Badge	1	
3	3.2mm Rivets	2	
4	Training Station Warning Stickers	1	
5	Designed & Manufactured in UK sticker	1	
6	250mm Storage Weight Horn	6	
7	Weight Horn Buffer	6	
8	Weight Horn Ends	6	
9	Weight Horn Screw & Thread	6	



Step 1

Attach training station warning sticker on side upright.
Position is 95mm from the top of the upright.

Step 2

Attach joining arm branding plate to joining arm.
100mm from right hand side.

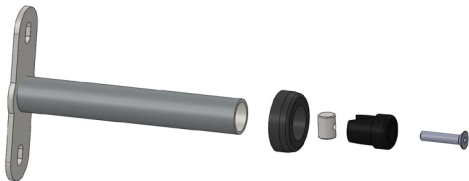
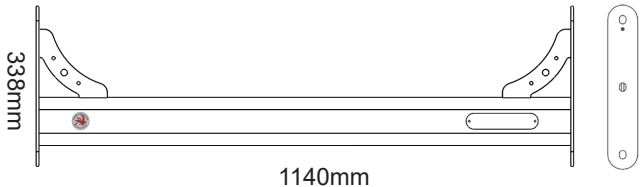
Add on “Designed & Manufactured in the UK” sticker.

Step 3

Add in 2 - 100x50 plastic end caps to the side uprights.

Step 4

Assemble weight horn



Item no	Description	Quantity	
1	Multi Bench Chrome Catchers	2	
2	M10 x 70 Bolts	8	
3	M12 x 75 Bolts	10	
4	M12 x 80 Bolts	4	
5	M12 x 140 Bolts	4	
6	M10 Nylocs	8	
7	M10 Washers	16	
8	M12 Nylocs	18	
10	M12 Washers	36	
11	End Foot	4	
12	End Foot Retain Screw	4	
13	25mm Dia Flat Round End Cap	2	

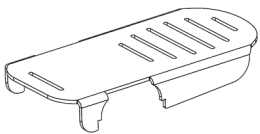
Item no	Description	Quantity	
A	Main Uprights	2	
B	Crossmember	1	
C	Foot Plates - Flat Mount	2	
D	Foot Plate Bar	1	
E	Weight Horns	4	
F	Adjustable Bench Complete	1	
G	Instruction Manual	1	

Quality Control (Sign, Print & Date)

Job No

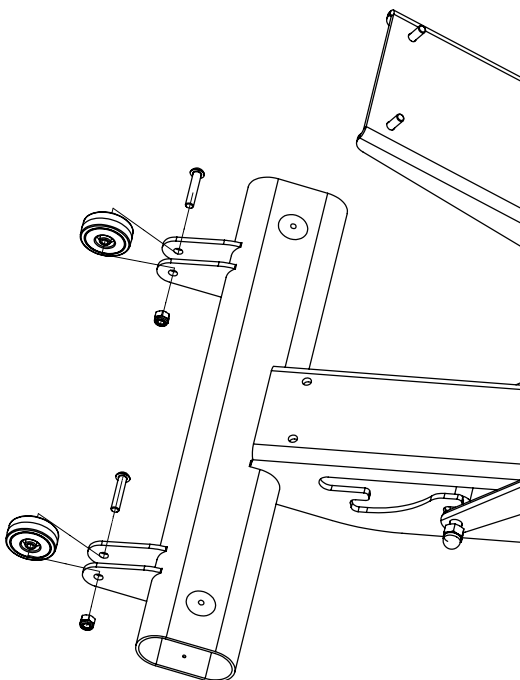
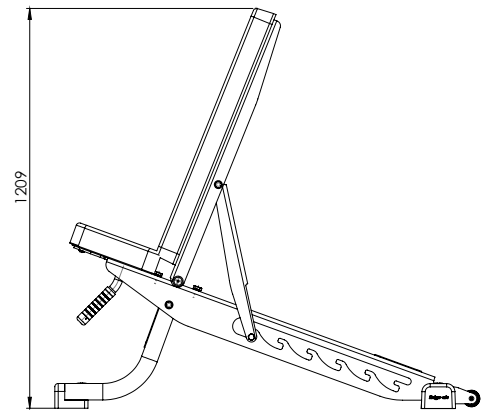
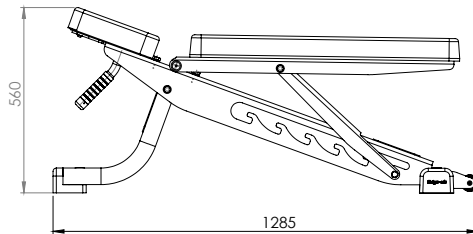
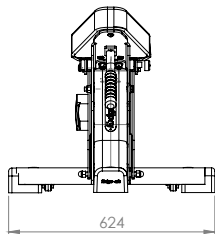
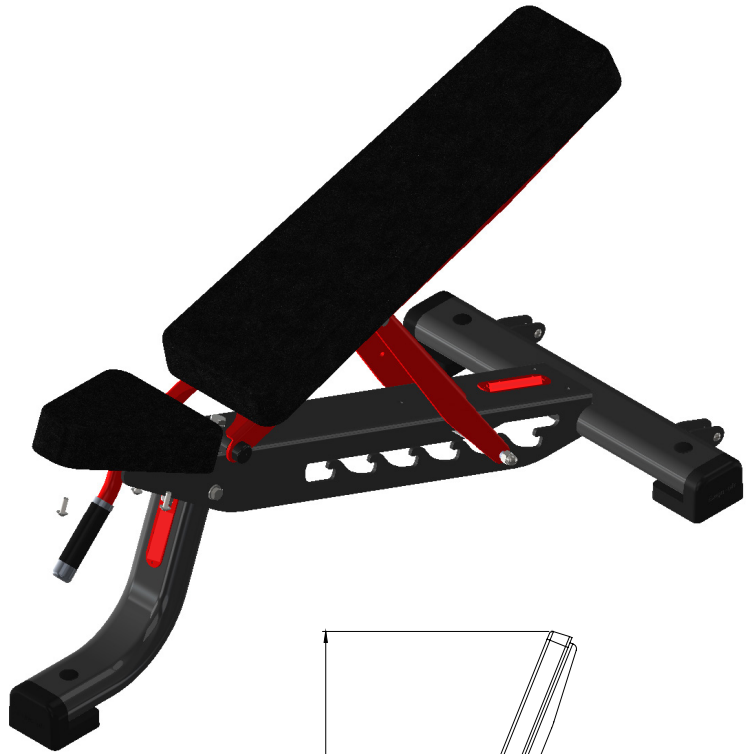
Customer

2x Foot Plate
Flat Mount



ADJUSTABLE BENCH ASSEMBLY INSTRUCTIONS

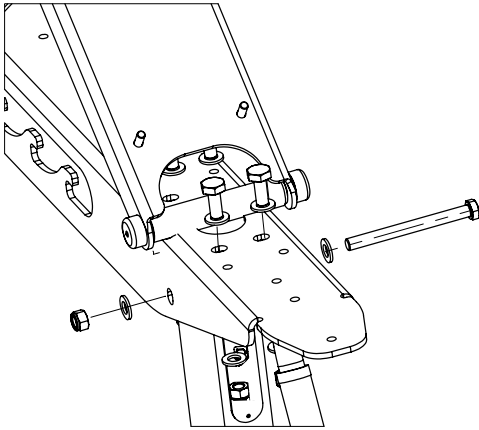
Item no	Description	Quantity
1	Handle / Grip	1
2	Plastic Handle	1
3	Plastic Handle Cover Caps	2
4	Foot End	3
5	Rubber Wheel	2
6	Plastic Plug	3
7	Nylon Spacer	2
8	Metal Spacer	1
9	M12 Dome Nut	2
10	M12 Nyloc	6
11	M12 Washer	12
12	M12 x 130	1
13	M12 x 180	1
14	M12 x 30 Buttonhead	4
15	M12 Threaded Bar	1
16	M8 Nyloc	4
17	M8 Washer	8
18	M8 x 16 Buttonhead	2
19	M8 x 25 Buttonhead	11
20	M8 x 45 Buttonhead	2
21	M8 Fan Disc Washer	11
21	8 x 1 1/2" Pozi Screw	3



Step 1

Add in rubber wheels to the main frame using:

- 2 x M8x45 Button Head
- 2 x M8 Nylocs
- 4 X M8 Washers

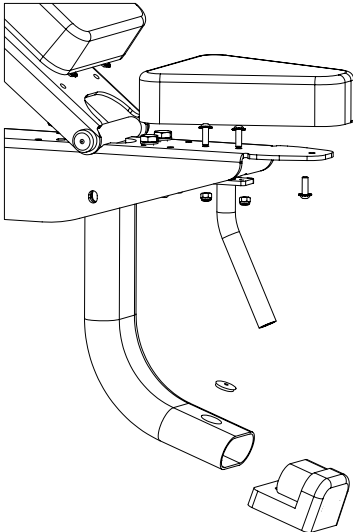


Step 2

Fasten on the front leg using the following fixings.

4 x M12x30 Bolt
8 x M12 Washer
4 x M12 Nyloc

1 x M12x130
2 x M12 Washer
1 x M12 Nyloc



Step 3

Attach the front handle onto the main frame using the following fixings:

2 x M8x25 Button Head
4 x M8 Washers
2 x M8 Nyloc

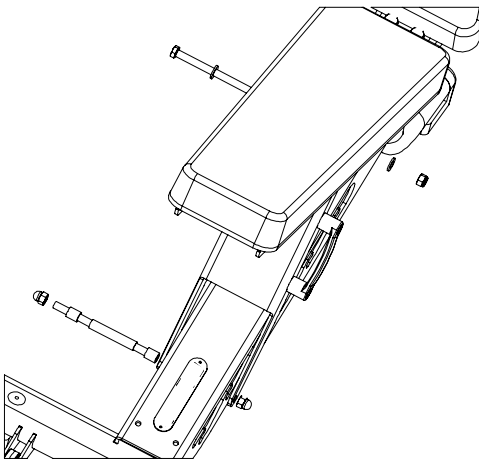
Attach the upholstery to the bench.

Seat Pad:

3 x M8x25 Button Head
3 x M8 Fan Disc Washer

Back Pad:

6 x M8x25 Button Head
6 x M8 Fan Disc Washer



Step 4

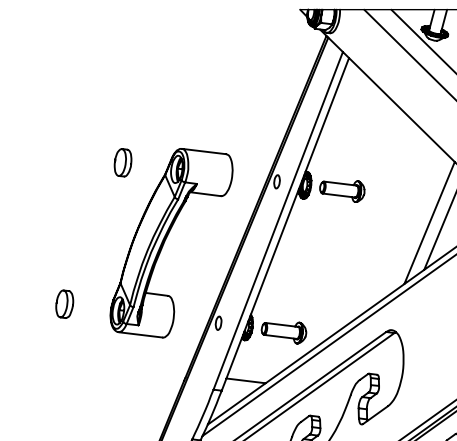
Bolt the upright support into the rear of the bench upright. Then add the adjuster roller bar into the lower of the back of the upright making sure it goes through the inside of the main frame adjusting slots.

Bolt the upright support into the bench upright using the following fixings:

1 x M12x180
2 x M12 Washer
1 x M12 Nyloc

The threaded bar has the following fixings in this order:

Dome nut - Nylon Roller - Metal Spacer Tube - Nylon roller - Dome nut







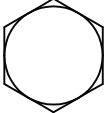
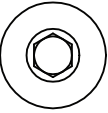
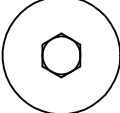
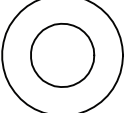
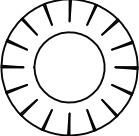
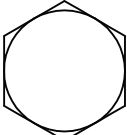
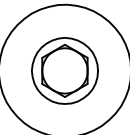
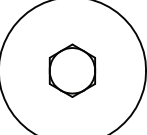
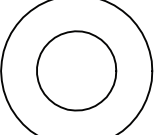
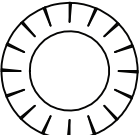
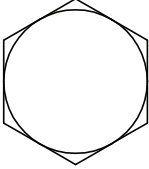
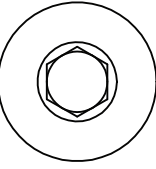
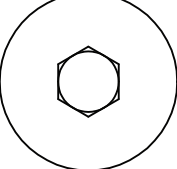
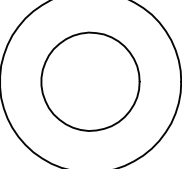
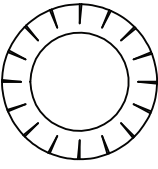
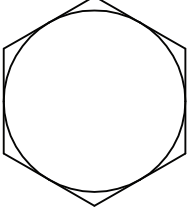
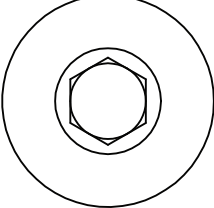
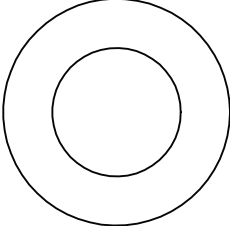
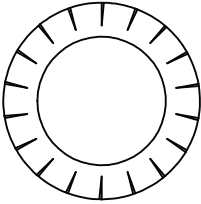
Step 5

Attach the side handle onto the rear seat support using the following fixings:

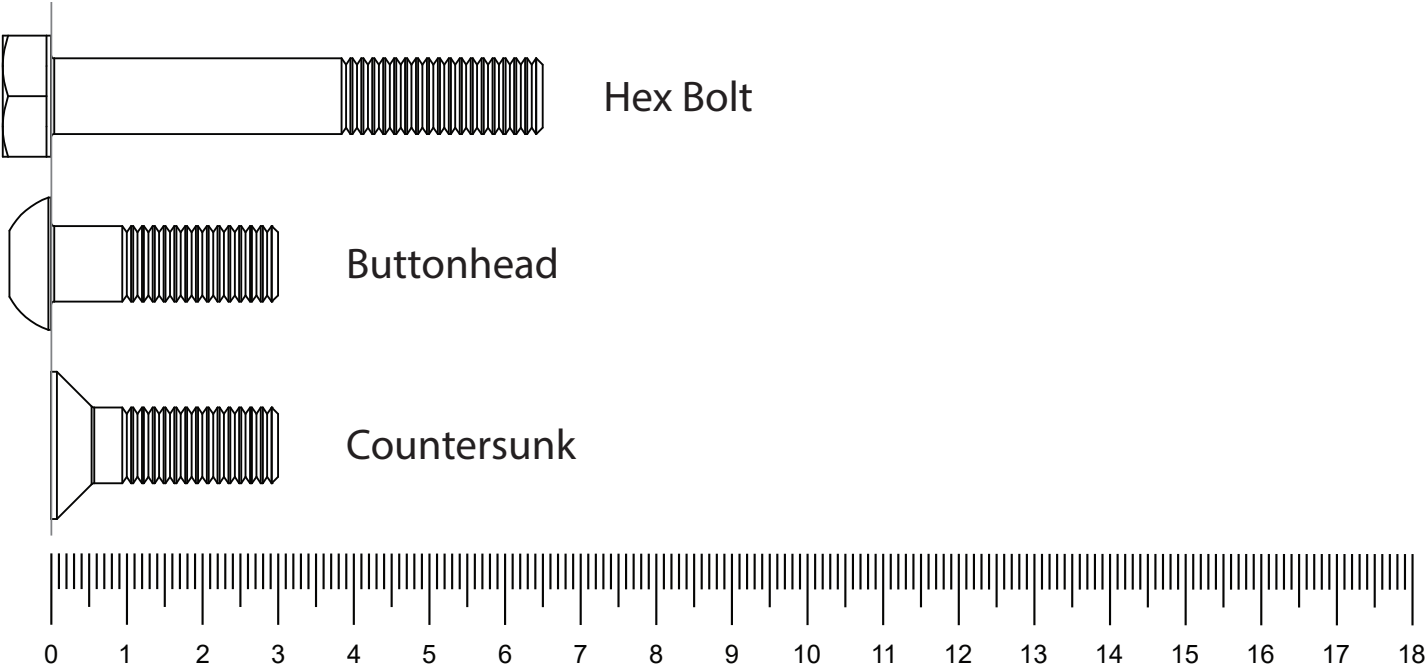
2 x M8x16 Button Head
2 x M8 Fan Disc Washer

Then attach the end caps into the plastic handle.

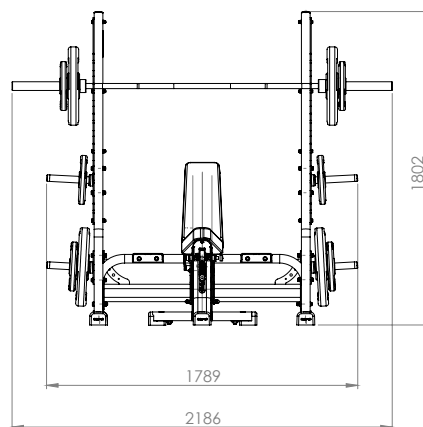
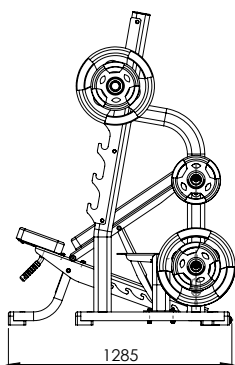
PLACE THE BOLT HEAD OR WASHER OVER THE SIZING CHART BELOW

	Hex Bolt	Buttonhead	Countersunk	Washer	Fan Disc Washer
M6					
M8					
M10					
M12					
M16					

MEASURE BOLT FROM THIS LINE AS SHOWN

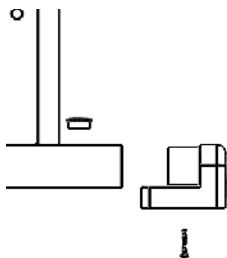


OLYMPIC MULTI BENCH INSTRUCTIONS



Item no	Description	Quantity	
1	Multi Bench Chrome Catchers	2	
2	M10 x 70 Bolts	8	
3	M12 x 75 Bolts	10	
4	M12 x 80 Bolts	4	
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7	M10 Washers	16	
8	M12 Nylocs	18	
10	M12 Washers	36	
11	End Foot	4	
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13	25mm Dia Flat Round End Cap	2	

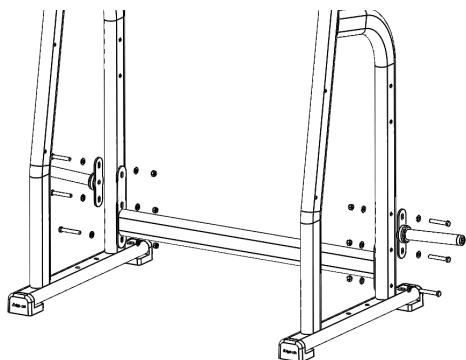
Item no	Description	Quantity	
A	Main Uprights	2	
B	Crossmember	1	
C	Foot Plates - Flat Mount	2	
D	Foot Plate Bar	1	
E	Weight Horns	4	
F	Adjustable Bench Complete	1	



Step 1

Knock in foot end caps into the feet of the uprights and screw in foot screw to secure.

Fit flat end cap into the hole above the feet.



Step 2

Bolt the rear connecting section and two weight horns loosely to the frame uprights.

For the top and middle bolts, use M12x80 Hex Bolts.

For bottom bolt use M12x75 Hex Bolts.

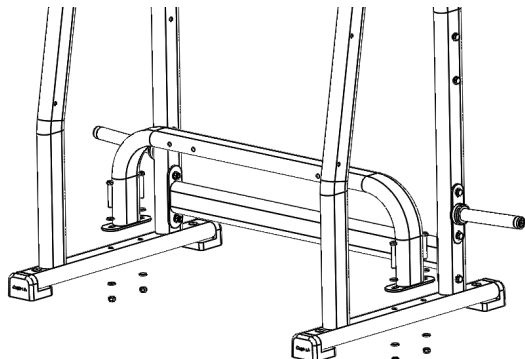
(As per picture)

2 - M12 x 75 Bolts

4 - M12 x 80 Bolts

12 - M12 washers

6 - M12 Nyloc Nuts



Step 3

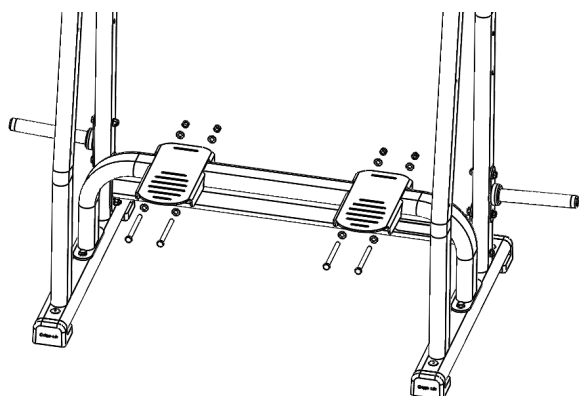
Bolt the spotter connecting section onto the frame using

4 - M12x75 Bolts

8 - M12 washers

4 - M12 Nyloc Nuts

Tighten the bolts from step 2 and 3 fully once all bolts are located.



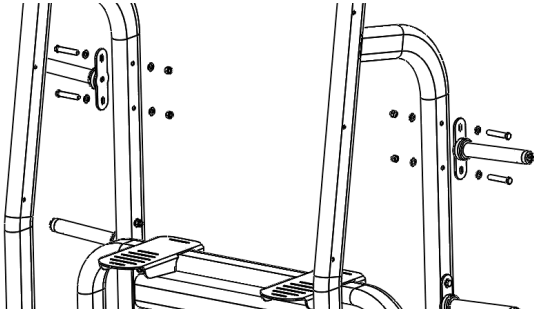
Step 4

Bolt the flat mount footplates onto the spotter connecting sections using

4 - M12 x 140 Bolts

8 - M12 Washers

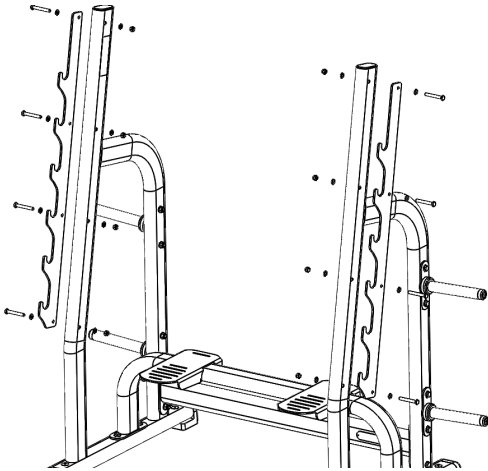
4 - M12 Nyloc Nuts



Step 5

Bolt the upper weight horns to the frame using

- 4 - M12 x 75 Bolts
- 8 - M12 washers
- 4 - M12 Nyloc Nuts



Step 6

Bolt the chromed catchers onto the frame using:

- 8 - M10 x 70 Bolts
- 16 - M10 Washers
- 8 - M10 Nyloc Nuts



Final Assembly

Check and tighten all fixings before use.

See separate instructions for Adjustable Bench



SERIOUS INJURIES TO USERS, BYSTANDERS OR INSTALLERS CAN OCCUR IF THE INSTRUCTIONS AND WARNINGS CONTAINED IN THIS MANUAL ARE NOT FOLLOWED.

TO MINIMIZE THIS RISK, READ THE MANUAL BEFORE BEGINNING THE INSTALLATION TO FAMILIARIZE YOURSELF WITH ITS CONTENTS AND THEN BE CERTAIN TO FOLLOW EACH OF THE STEPS AND PRACTICES DESCRIBED.

IN ADDITION, REVIEW THE GENERAL MAINTENANCE MANUAL, FACILITY SAFETY SIGN AND OTHER DOCUMENTS THAT MAY ACCOMPANY EACH MACHINE, FOR IMPORTANT SAFETY AND MAINTENANCE TIPS.

Final Checks

Check that all fixings are tightened and that the equipment is safe to use. Check the equipment regularly before use to ensure it is in safe working order and that all fixings are tight.

Daily Checks

To ensure safety and to keep the equipment well maintained, daily checks will have to be performed.

- Clean and inspect equipment frames.
- Check warning and instructional labels and replace if needed.
- Check fixings are secure and that the rig is stable.

To remove grease and dirt, clean frames with a mild soap and water solution in a spray bottle. Wipe the equipment down with a clean damp cloth and dry completely. Ensure both painted and chrome parts are cleaned. As you clean inspect the frames for cracks, rust or other damage.