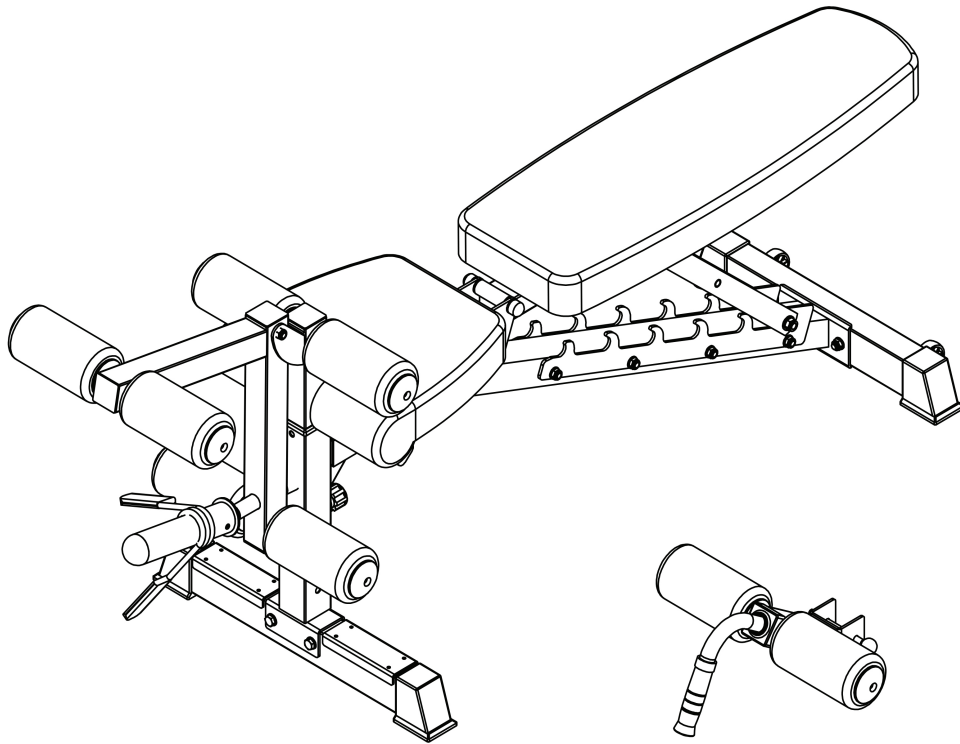


SUPA808-L

Adjustable Bench with Leg Extension/Leg Curl

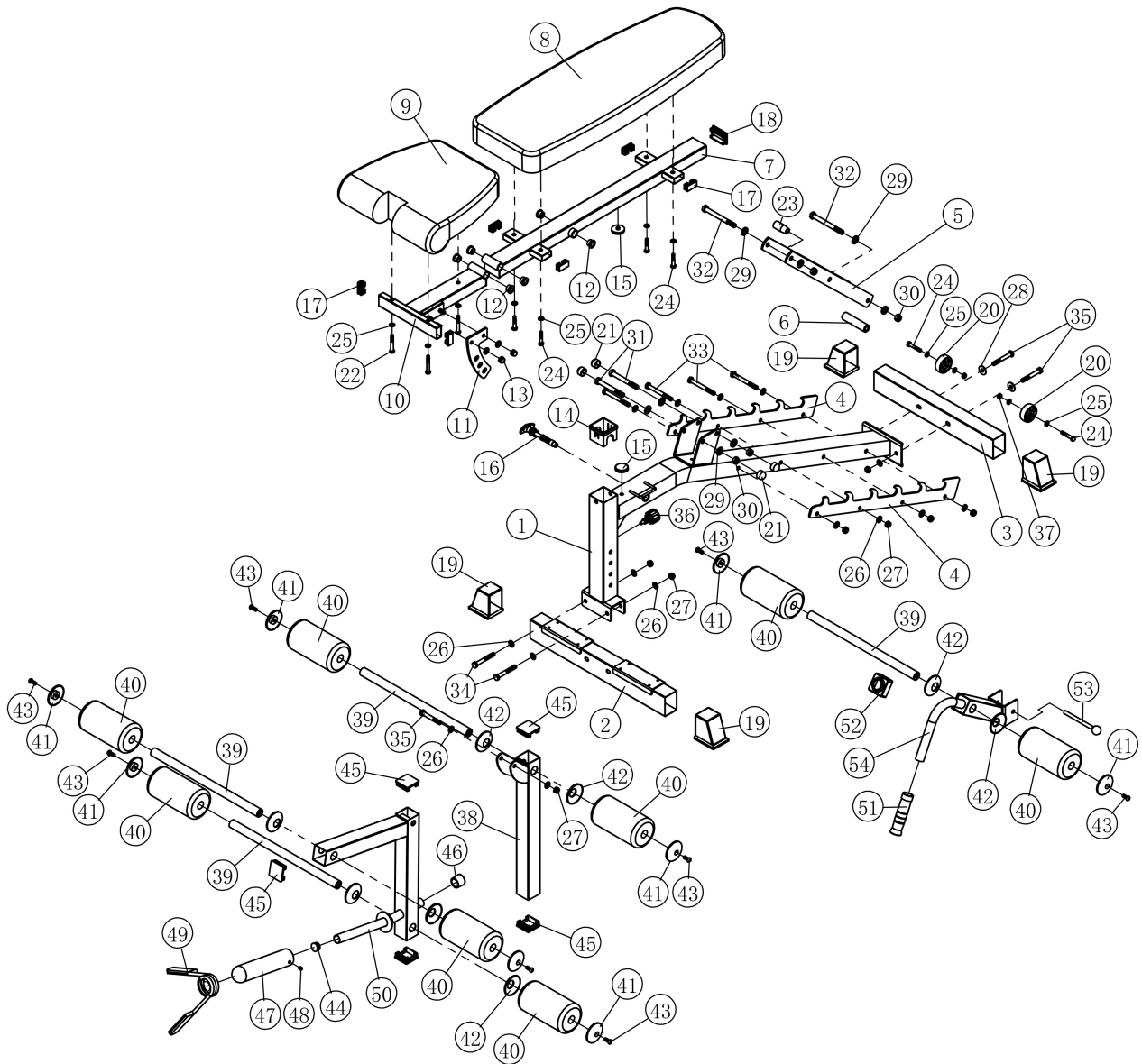


※※※ Pay attention to fixing and operation ※※※

1. Please keep the box and the manual after installing the machine.
2. Check and tighten screws regularly.
3. Please install the machine in a spacious area.
4. Position the machine on level ground and use a mat to protect the floor.
5. This machine is designed for generally healthy people; please don't use if feeling unwell.
6. There are slip proof cover on the nut (little nylon circle on the nut); please tighten them with a wrench.
9. Do not use if the machine is damaged in any way.
10. Do change or modify the machine as this will void your warranty and could be dangerous to use.
11. Avoiding use or storage in damp, wet and/or direct sunlight conditions.
12. Do not use scour or any chemicals/dilutants on frames or seat/bench coverings; clean using rag and warm water.
13. Don't put your hands in the aperture and moving part of the machine when you are doing exercise.
14. To extent the life of your machine please follow the preceding recommendations.

As we continue to improve our products we apologize for any small deviations from the actually product and the manual, that maybe present.

Exploded View Diagram



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Part List

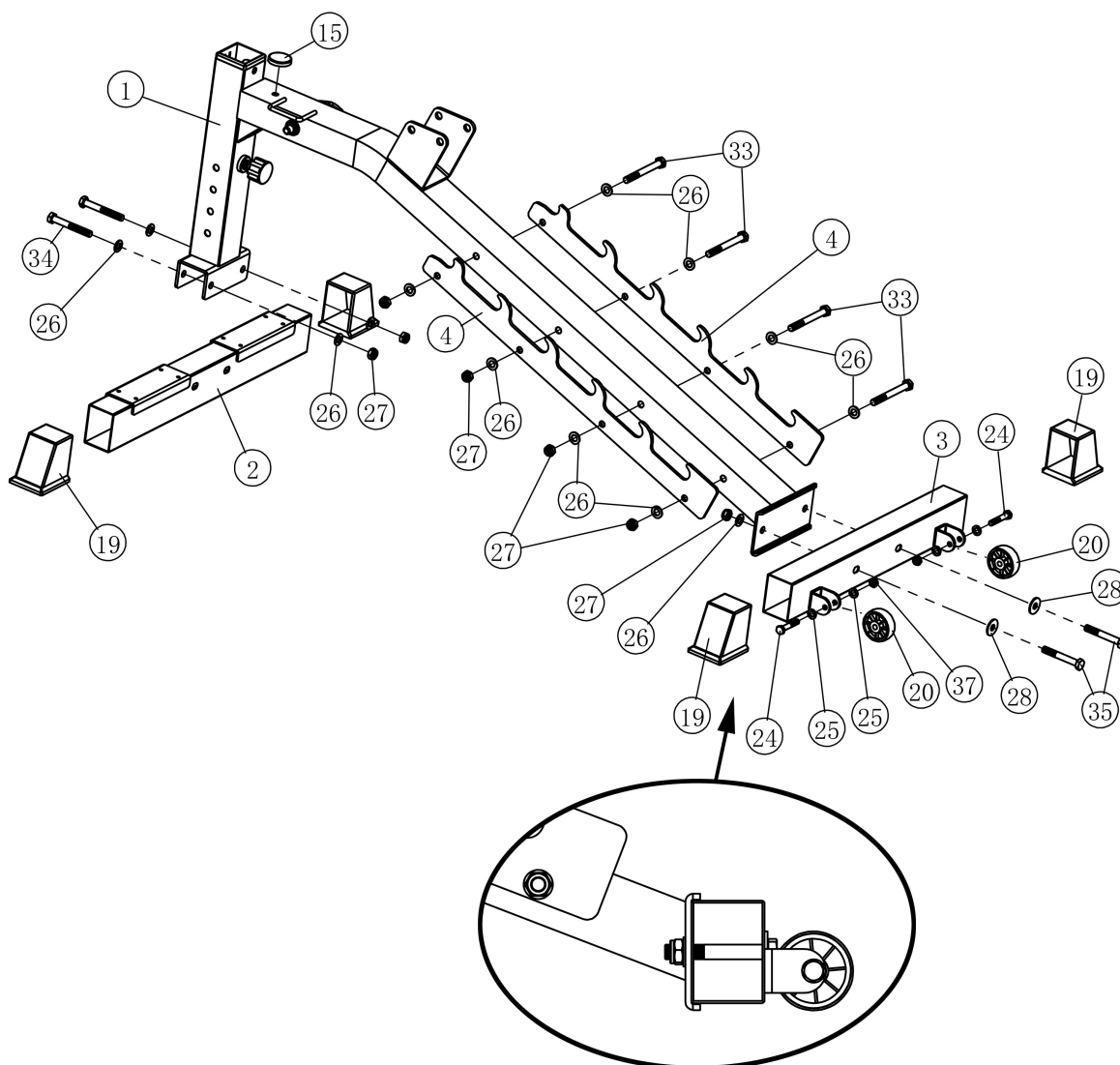
Key No.	Description	Qty.	Key No.	Description	Qty.
1	Main Frame	1	2	Front Base	1
3	Rear Base	1	4	Metal Plate	2
5	Backrest Adjustment	1	6	Plastic Axis	1
7	Backrest Support	1	8	Backrest Pad	1
9	Seat Pad	1	10	Seat Support	1
11	Seat Adjustment	1	12	Bushing ϕ 12	6
13	Lid Nut M10	2	14	Sleeve 60/50	1
15	Round Buffer ϕ 38*7	2	16	Pop-Pin	1
17	Plug 40*20	6	18	Plug 60*40	1
19	End Cap	4	20	Wheel	2
21	Plastic Cap M12	4	22	Hex Bolt M8*55	3
23	Plastic Handlebar	1	24	Hex Bolt M8*45	6
25	Washer ϕ 8	11	26	Washer ϕ 10	18
27	Nylon Lock Nut M10	9	28	Big Washer ϕ 10	2
29	Washer ϕ 12	8	30	Nylon Lock Nut M12	4
31	Hex Bolt M12*100	2	32	Hex Bolt M12*120	2
33	Hex Bolt M10*95	4	34	Hex Bolt M10*75	2
35	Hex Bolt M10*70	3	36	Lock-Pin	1
37	Nylon Lock Nut M8	2	38	Leg Press Support	1
39	Foam Roller Tube	4	40	Foam Roller	8
41	Out Side Cap	4	42	Inner Side Cap	4
43	Hex Socket Head Bolt M8*20	8	44	Round Plug ϕ 25	1
45	Plug 50*50	5	46	Buffer ϕ 25	1
47	OP Tube	1	48	Hex Socket Set Screws M8X10	1
49	Spring Clip	1	50	Leg Press	1
51	Comfort Grip	1	52	Plastic Cap	1
53	Ball Head Pin	1	54	Handlebar	1

Assembly Instruction

Note:

1. Washer should be placed on both ends of all bolts (against the head of the bolt and against the nut) unless otherwise specified in these instructions.
2. Hand tighten all bolts on initial assembly and finally tighten with the wrench once the entire structure is erect.
3. Some parts may be pre-assembled at the factory.

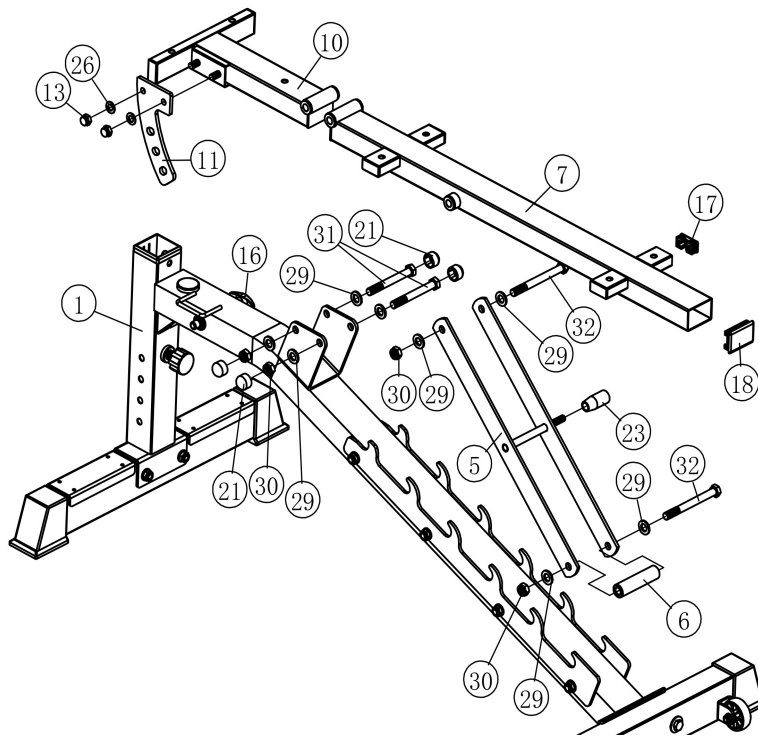
Step 1



Key No.	Description	Qty.	Key No.	Description	Qty.
15	Buffer Φ 38*7	1	24	Hex Bolt M8*45	2
25	Washer Φ 8	4	26	Washer Φ 10	14
27	Nylon Lock Nut M10	8	28	Big Washer Φ 10	2
33	Hex Bolt M10*95	4	34	Hex Bolt M10*75	2
35	Hex Bolt M10*70	2	37	Nylon Lock Nut M8	2

Assembly Instruction

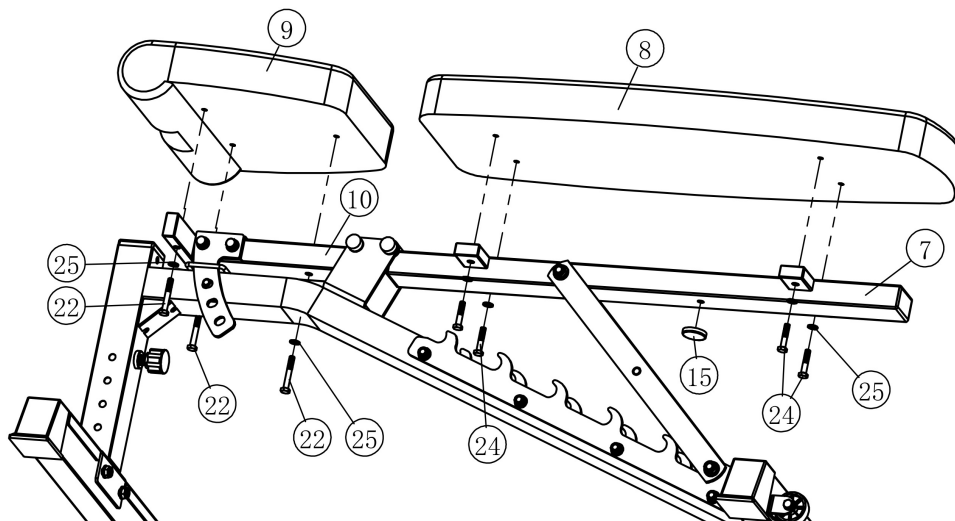
Step 2



Key No.	Description	Qty.
13	Lid Nut M10	2
26	Washer Φ 10	2
29	Washer Φ 12	8
30	Nylon Lock Nut M12	4
31	Hex Bolt M12*100	2
32	Hex Bolt M12*120	2

Note: Wrench tighten the bolt(#31,#32) then loosen nut just enough for part(#5,#7,#10) to pivot freely.

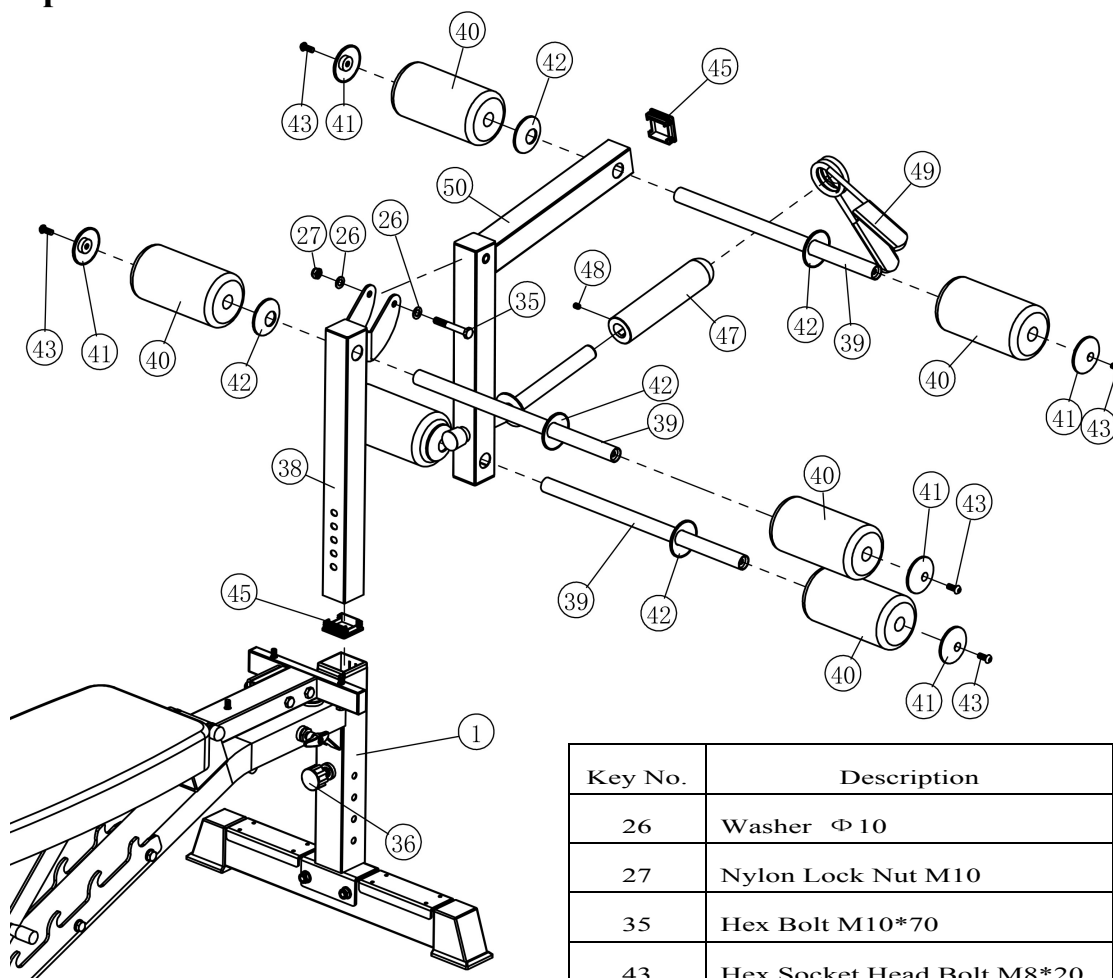
Step 3



Key No.	Description	Qty.
15	Buffer Φ 38*7	1
22	Hex Bolt M8*55	3
24	Hex Bolt M8*45	4
25	Washer Φ 8	7

Assembly Instruction

Step 4

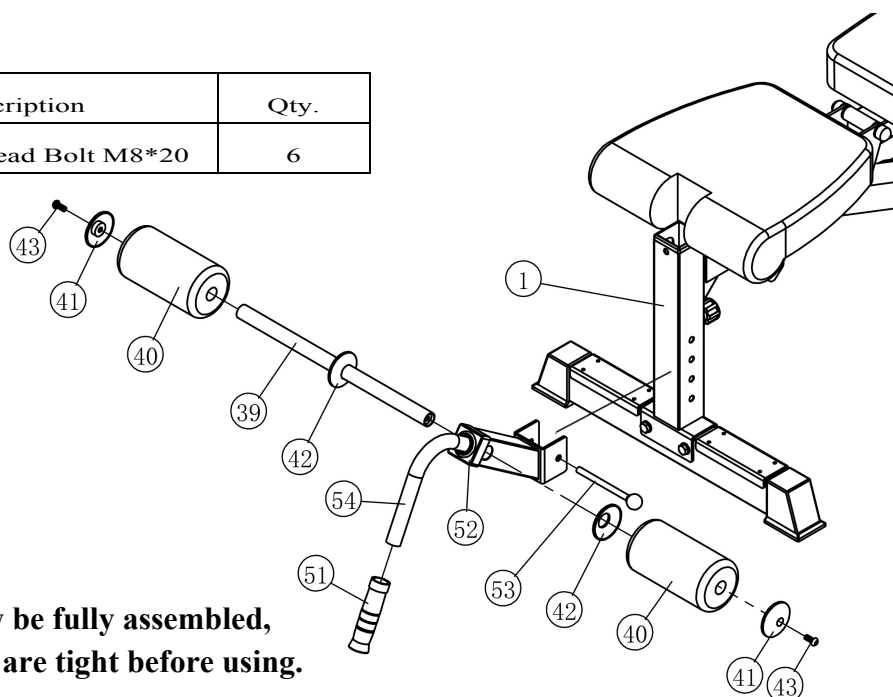


Key No.	Description	Qty.
26	Washer Φ 10	2
27	Nylon Lock Nut M10	1
35	Hex Bolt M10*70	1
43	Hex Socket Head Bolt M8*20	6

Note: Wrench tighten the bolt(#35) then loosen nut just enough for part(#50) to pivot freely.

Step 5

Key No.	Description	Qty.
43	Hex Socket Head Bolt M8*20	6



Wrench tighten all bolts.

Your machine should now be fully assembled, please check that all bolts are tight before using.