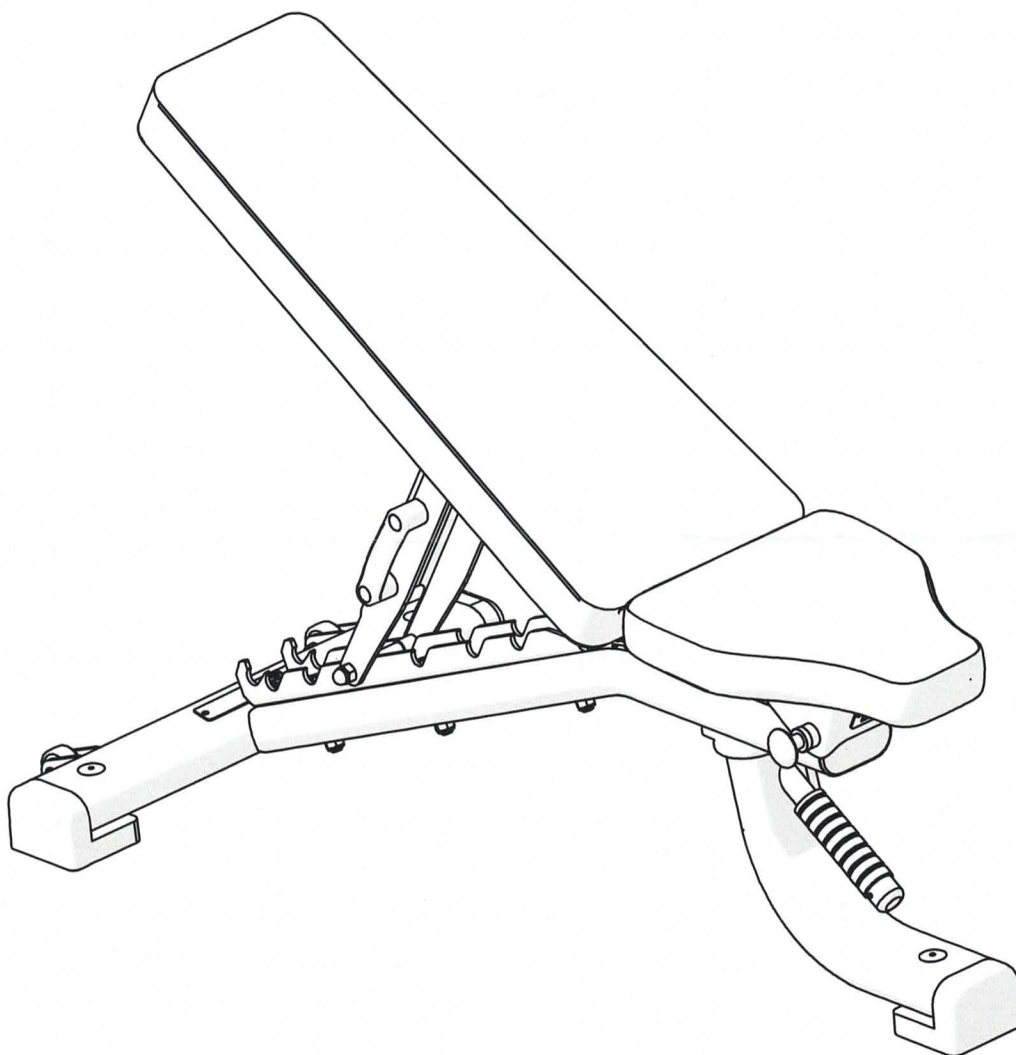


ADJUSTABLE BENCH

2310-2



ASSEMBLY MANUAL

DIMENSIONS L x W x H mm (inch)	WEIGHT kg (lbs)	COMMERCIAL WARRANTY
1312 x 630 x 1176 (52 x 25 x 47)	38 (84)	Main Frame Lifetime





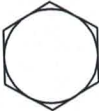


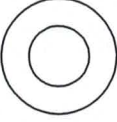
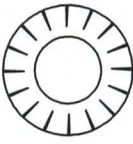
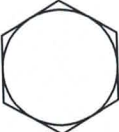
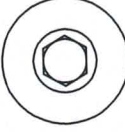
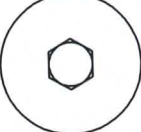
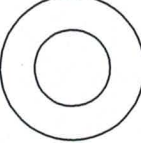
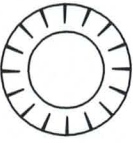
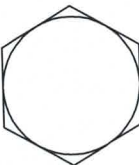
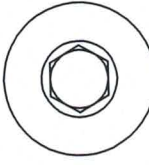
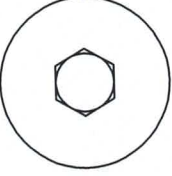
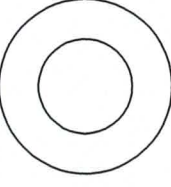
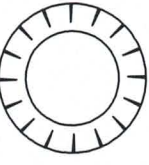
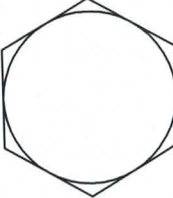
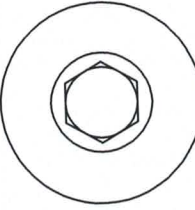
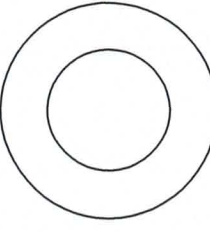
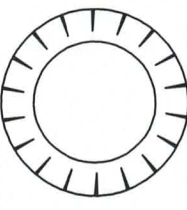
WARNING

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.

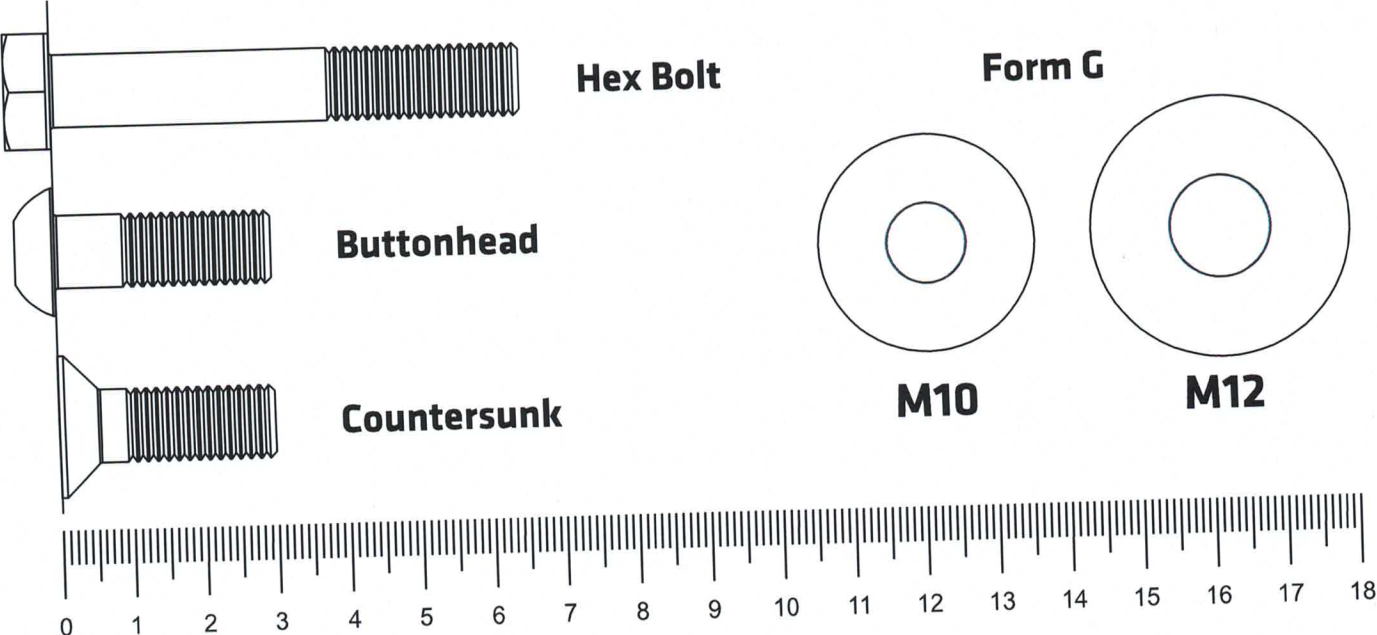
FIXINGS

NO.	PART	QTY
1	FEET	3
2	FEET SCREWS	3
3	FEET CAPS	3
4	M8 X 45 BUTTON HEADS	2
5	M8 X 25 BUTTON HEADS	17
6	M8 SPRUNG WASHERS	13
7	M8 NYLOC	8
8	M8 WASHERS	16
9	UPHOLSTERY SCREWS	2
10	M12 X 80 BUTTON HEAD BOLTS	2
11	M12 NYLOC	9
12	M12 WASHER	11
13	M12 X 140 BOLT	1
14	M12 X 75 BOLT	3
15	M12 X 120 BOLT	1
16	BENCH WHEELS	2
17	NYLON SPACER	2
18	METAL SPACER	1
19	M8 X 16 BUTTON HEADS	2
20	BUMP STOP	1
21	PLASTIC HANDLE	1
22	HANDLE CAPS	2
23	M12 FORM G WASHER	3

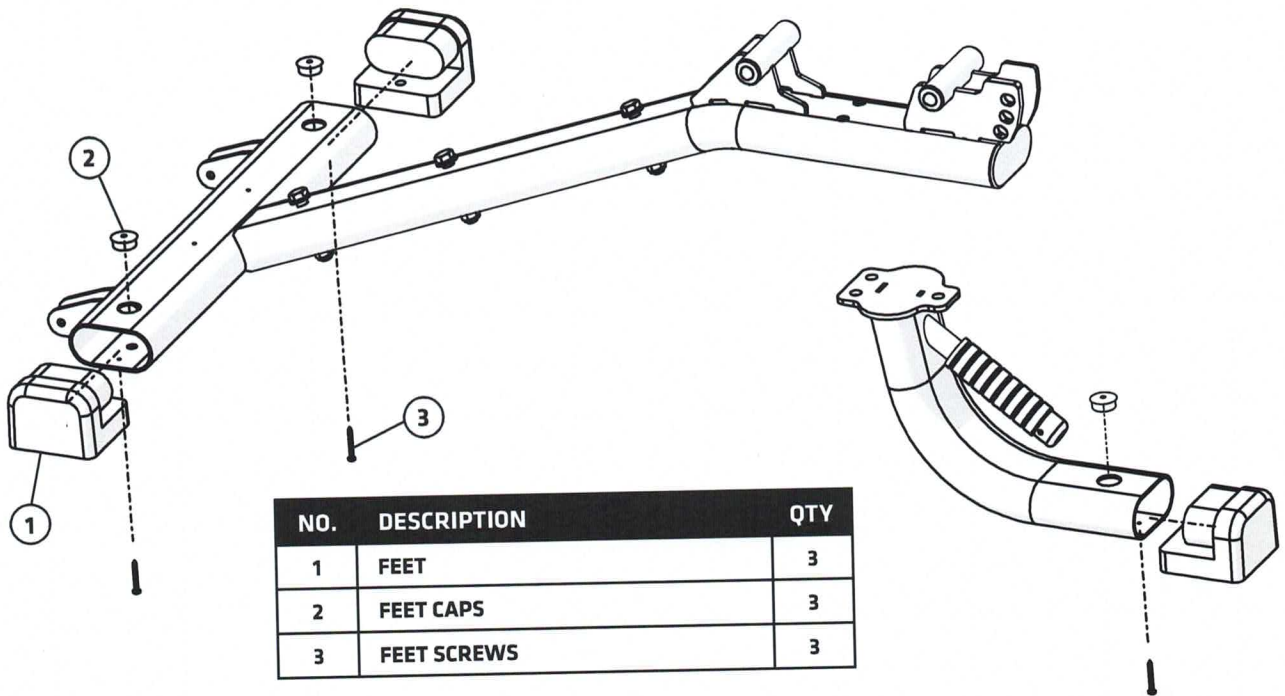
PLACE THE BOLT HEAD OR WASHER OVER THE SIZING CHART BELOW³

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

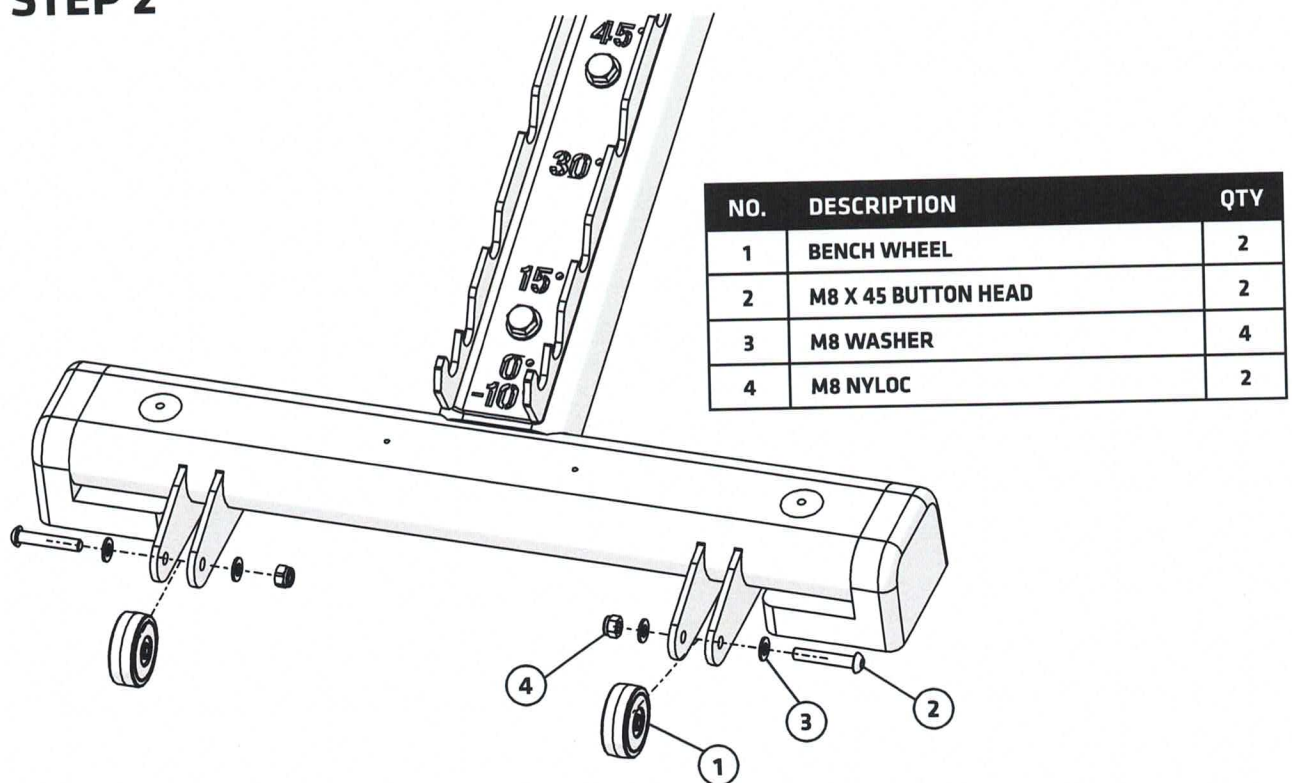
MEASURE BOLT FROM THIS LINE AS SHOWN



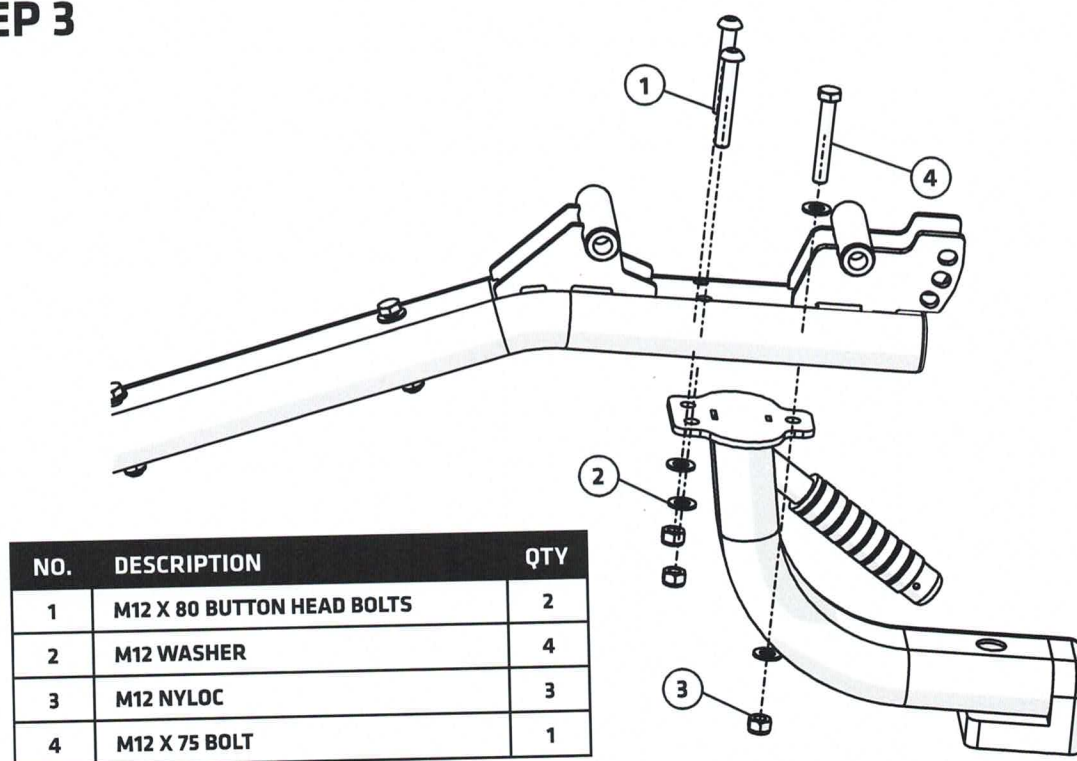
STEP 1



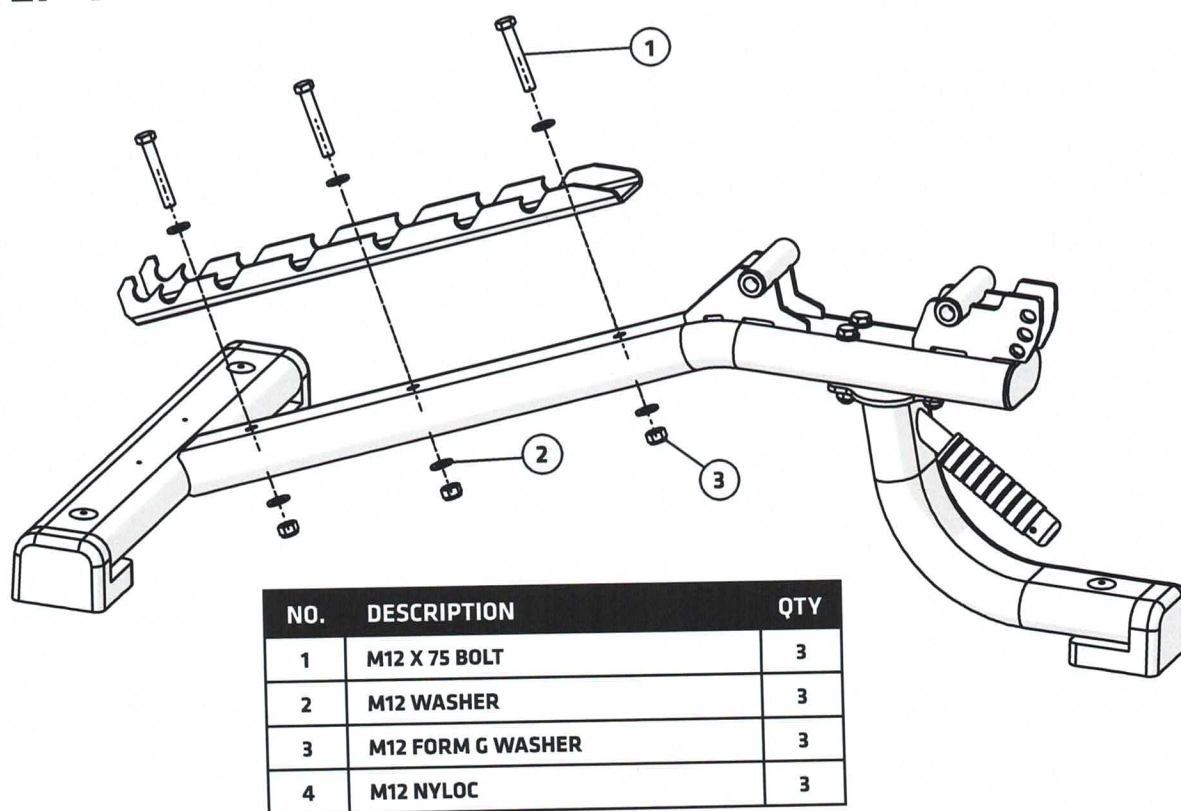
STEP 2



STEP 3

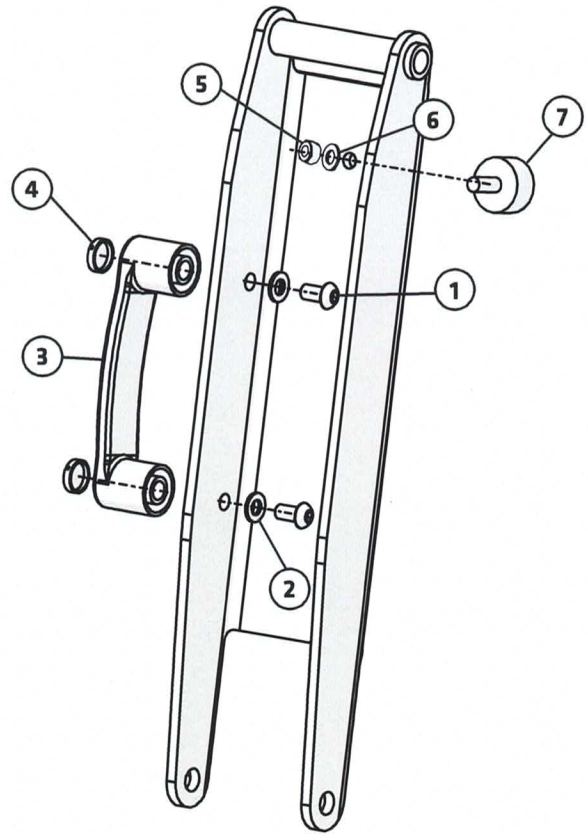


STEP 4



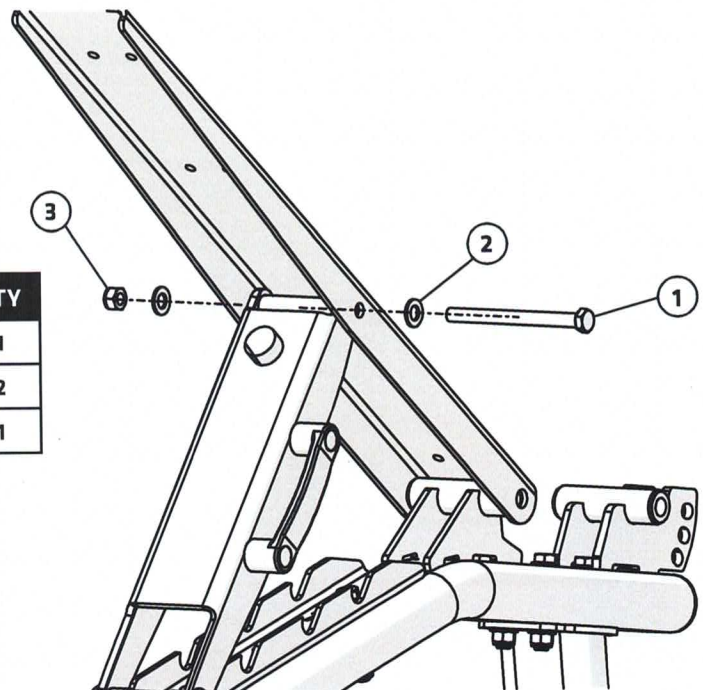
STEP 5

NO.	DESCRIPTION	QTY
1	M8 X 16 BUTTON HEADS	2
2	M8 SPRUNG WASHER	2
3	HANDLE	1
4	HANDLE CAPS	2
5	M8 NYLOC	1
6	M8 WASHER	1
7	BUMP STOP	1



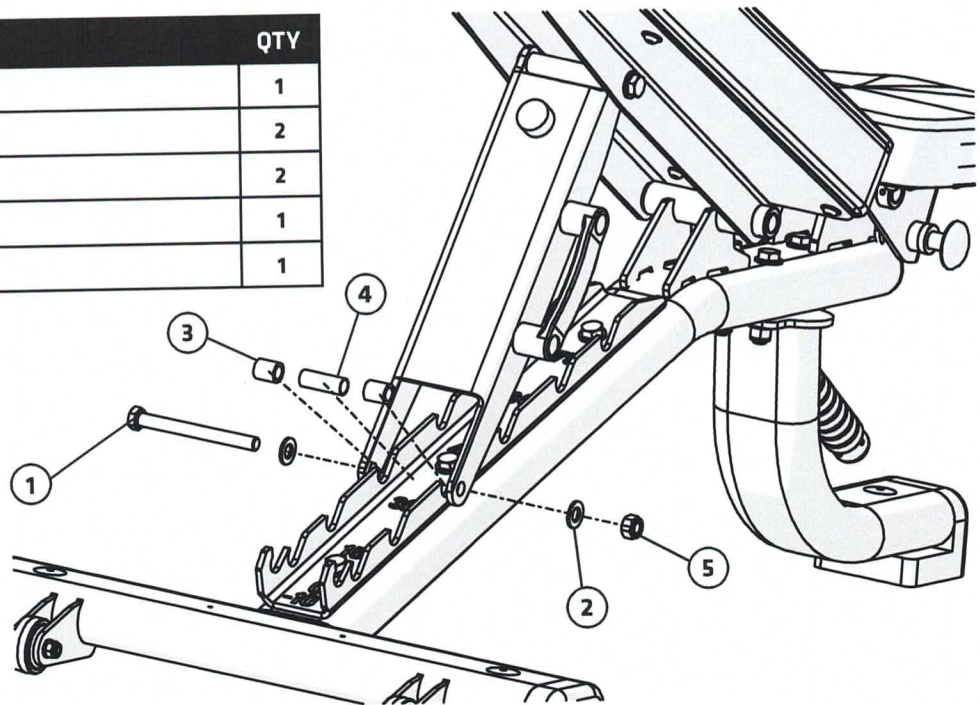
STEP 6

NO.	DESCRIPTION	QTY
1	M12 X 140 BOLT	1
2	M12 WASHER	2
3	M12 NYLOC	1

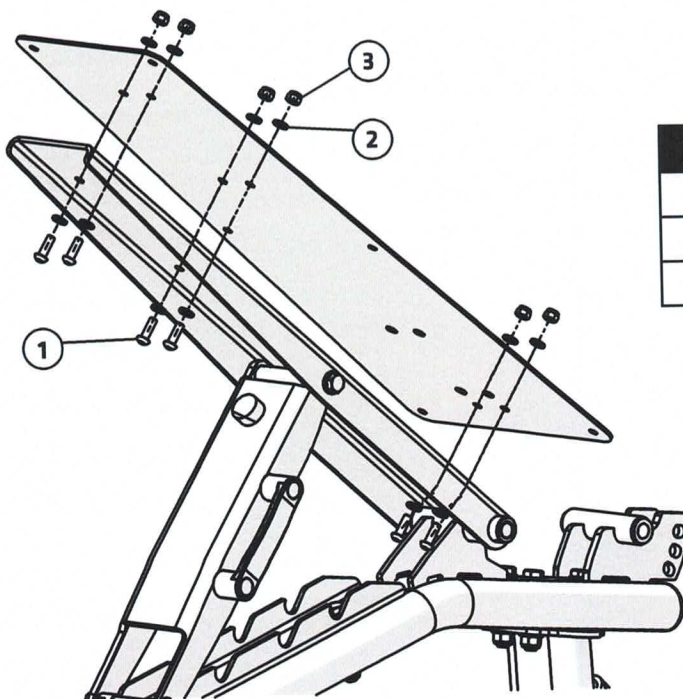


STEP 7

NO.	DESCRIPTION	QTY
1	M12 X 120 BOLT	1
2	M12 WASHER	2
3	NYLON SPACER	2
4	METAL SPACER	1
5	M12 NYLOC	1



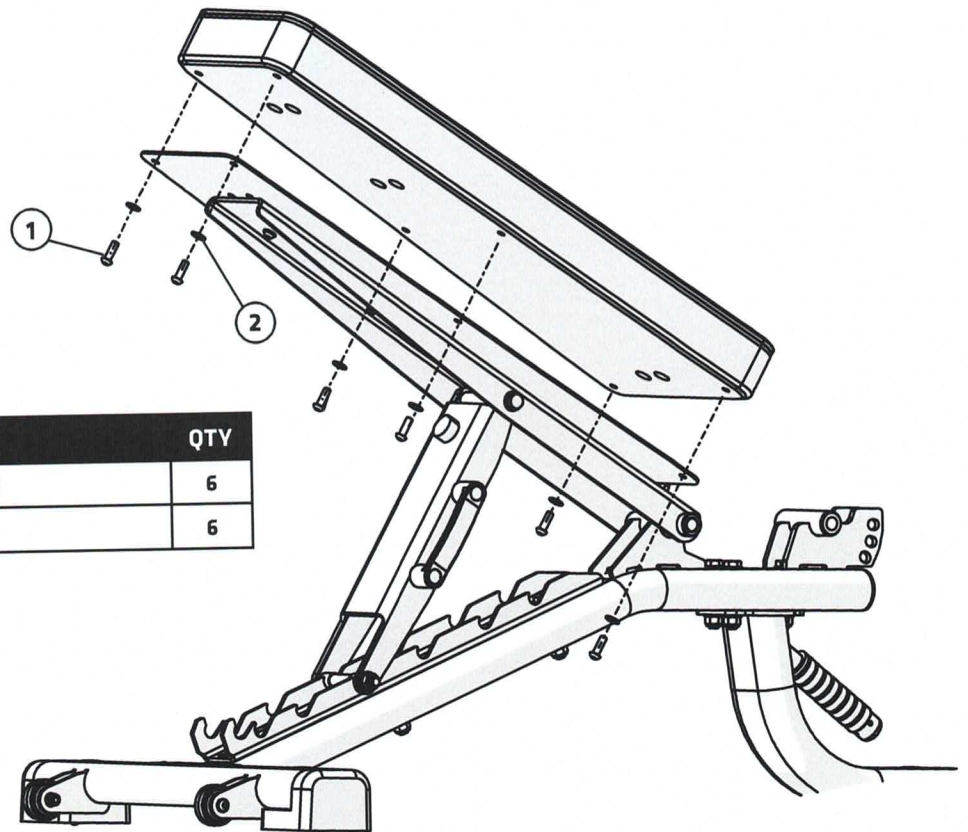
STEP 8



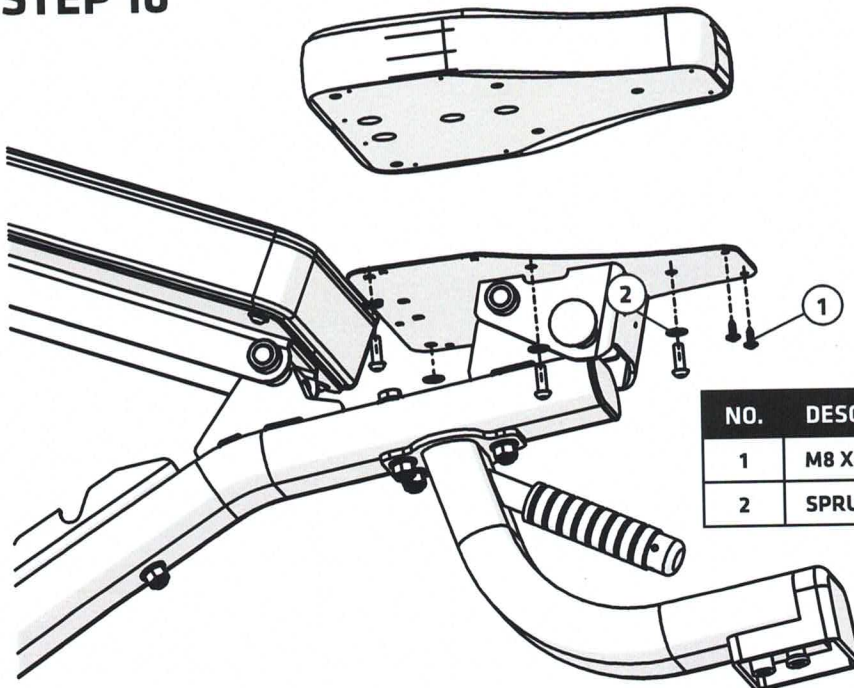
NO.	DESCRIPTION	QTY
1	M8 X 25 BUTTON HEAD	6
2	M8 WASHER	12
3	M8 NYLOC	6

STEP 9

NO.	DESCRIPTION	QTY
1	M8 X 25 BUTTON HEAD	6
2	M8 WASHER	6

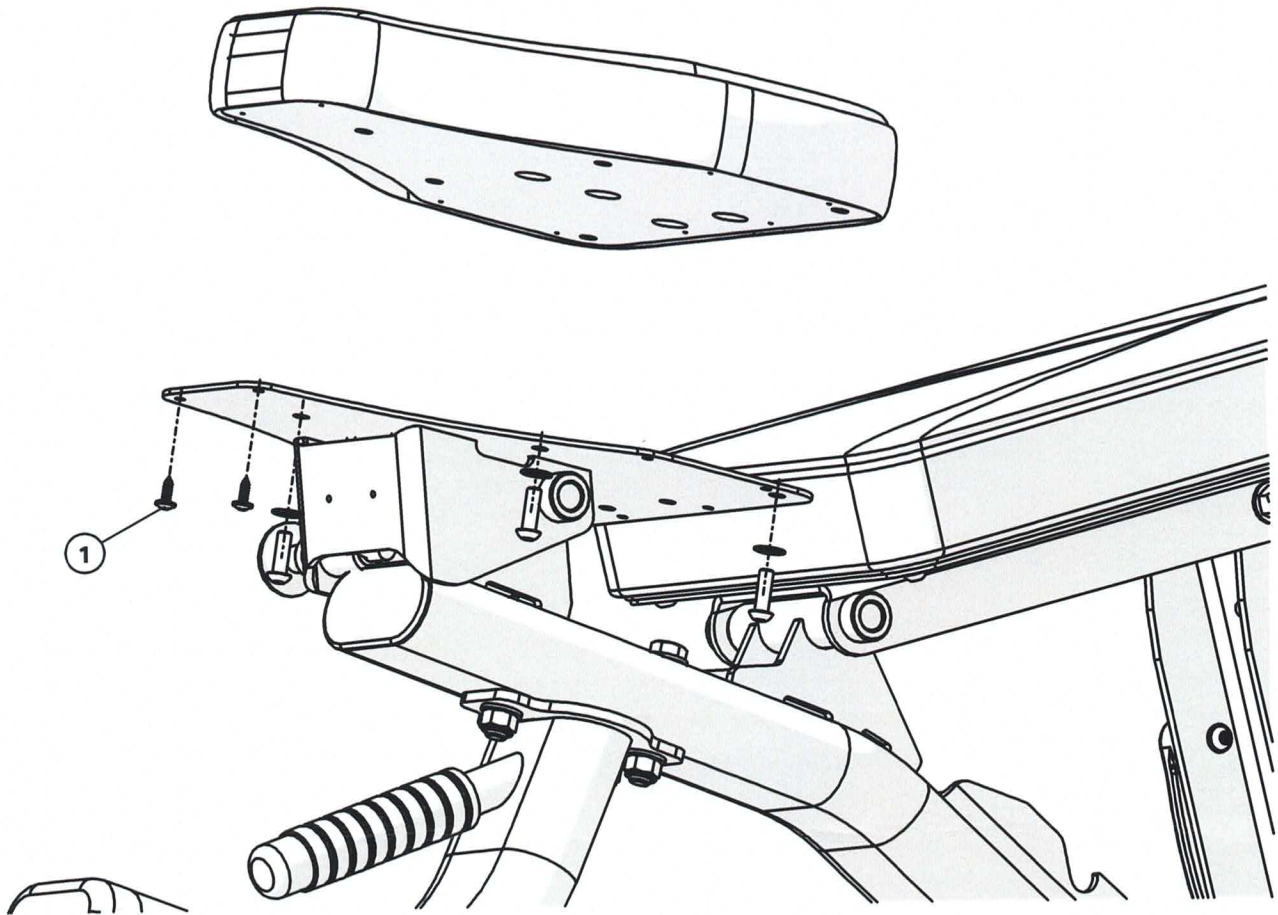


STEP 10



NO.	DESCRIPTION	QTY
1	M8 X 25 BUTTON HEAD	5
2	SPRUNG WASHER	5

STEP 11



NO.	DESCRIPTION	QTY
1	SCREW	2

MAINTENANCE & EQUIPMENT USAGE

PREVENTATIVE MAINTENANCE IS CRITICAL TO THE SAFETY OF USERS AS WELL AS ENSURING THE OPTIMUM FUNCTION OF THE EQUIPMENT. USE ONLY SUPPLIED COMPONENTS WHEN SERVICING YOUR EQUIPMENT. BE CERTAIN TO REPLACE ANY COMPONENTS AT THE FIRST SIGNS OF WEAR.

DAILY INSPECTION

PAINT: LOOK FOR PAINT CHIPS AND FILL IN IMMEDIATELY WITH TOUCH-UP PAINT.

FIXINGS: CHECK ALL NUTS, BOLTS AND ASSOCIATED FRAME PARTS FOR ANY LOOSENESS. TIGHTEN AS REQUIRED.

WALL FIXINGS: ENSURE WALL FIXINGS ARE SOLID AND SECURED TO THE WALL WITH NO DAMAGE. DO NOT USE IF ANY DAMAGE IS APPARENT OR FIXINGS ARE LOOSE.

MAIN FRAME: INSPECT FOR ANY DAMAGE. NOTIFY US OF ANY FAULTS OR DAMAGE IMMEDIATELY.

DAILY CLEANING

MAIN FRAME: CLEAN THE MAIN FRAME WITH A MILD SOAP SOLUTION OR AN APPROVED CLEANER AND DRY COMPLETELY.

PLASTIC PARTS: WIPE PLASTIC PARTS WITH A MILD SOAP SOLUTION OR AN APPROVED CLEANER TO REMOVE DIRT AND GREASE MARKS AND DRY COMPLETELY.

CHROME PARTS: WIPE CHROME PLATED PARTS WITH A MILD SOAP SOLUTION OR AN APPROVED CLEANER AND DRY COMPLETELY.

HEAVY DUTY CLEANING: IF YOU HAVE SCUFF MARKS, GREASE OR A HEAVY DIRT BUILDUP ON FRAME COMPONENTS, START WITH A MILD SOAP SOLUTION OR A DILUTED SOLUTION OF AN ALL PURPOSE CLEANER. IF YOU CANNOT REMOVE THE MARKS USING THOSE METHODS, USE A CAR POLISH/CLEANER. DO NOT USE SOLVENTS SUCH AS LACQUER THINNER, MINERAL SPIRITS OR ACETONE. FOR DEEPER SCUFF MARKS, USE AN AUTOMOBILE FINISH RUBBING COMPOUND.

CAUTION: CERTAIN ANTI-BACTERIAL CLEANERS AND OTHER HARSH CLEANING AGENTS CAN INDUCE CORROSION ON THE EQUIPMENT. IT IS IMPORTANT NOT TO LEAVE PARTS DAMP. THIS WILL INCREASE THE POTENTIAL FOR CORROSION TO OCCUR.

EQUIPMENT USAGE

REVIEW AND UNDERSTAND ALL OF THE WARNING LABELS AFFIXED TO THE EQUIPMENT.

BE CERTAIN THAT THE EQUIPMENT OPERATION IS UNDERSTOOD BEFORE IT IS USED. USE THE RACK ONLY FOR THE INTENDED EXERCISE.

KEEP CHILDREN AWAY FROM THIS EQUIPMENT. TEENAGERS MUST BE SUPERVISED.

IT IS RECOMMENDED THAT USERS RECEIVE A THOROUGH MEDICAL EXAM BEFORE COMMENCING AN EXERCISE PROGRAM. ALL MEDICAL ISSUES SHOULD BE REVIEWED TO ENSURE THAT WEIGHT TRAINING WILL NOT AGGRAVATE PRE-EXISTING MEDICAL CONDITIONS.

DO NOT USE THE EQUIPMENT IF IT APPEARS DAMAGED, JAMMED OR INOPERABLE.

DO NOT MODIFY THE EQUIPMENT IN ANYWAY.

DO NOT WEAR LOOSE OR DANGLING CLOTHES/OBJECTS WHEN USING THIS EQUIPMENT.