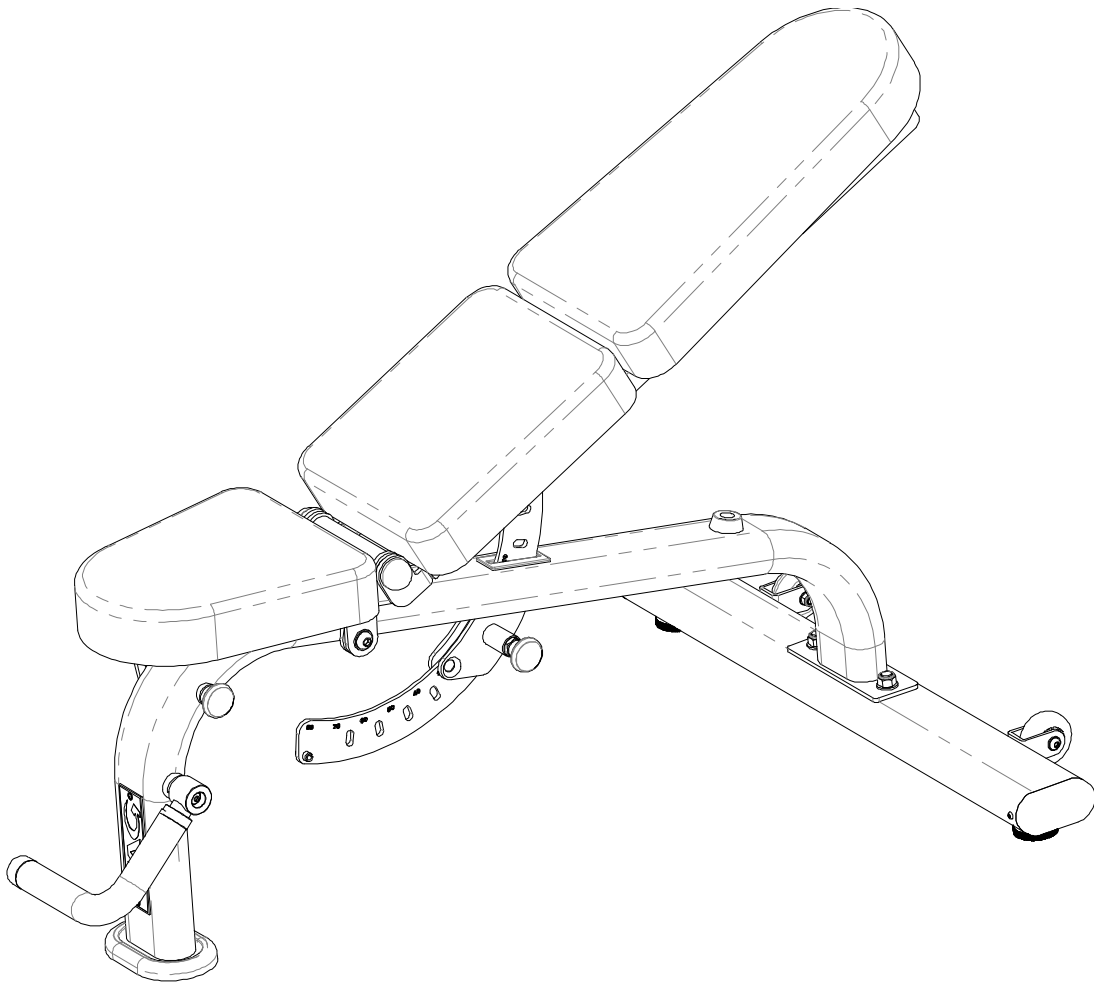




BNCH-FID

TAG FLAT/INCLINE/DECLINE/DUMBBELL BENCH

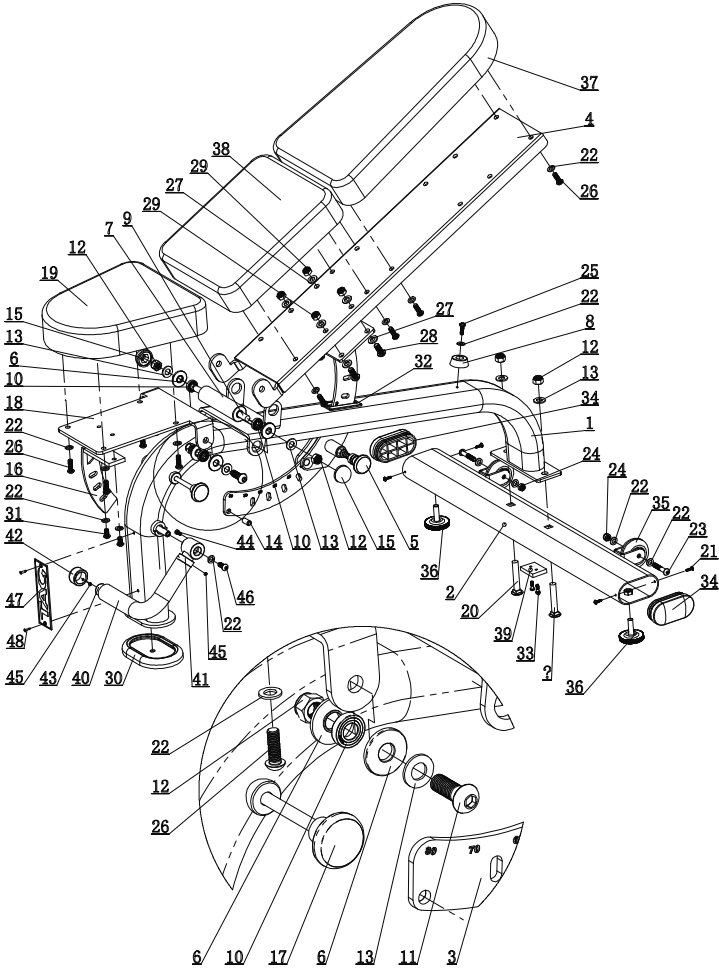
OWNER'S MANUAL&PARTS LIST



PARTS LIST

No	Description	Q'ty	No.	Description	Q'ty
1.	Main Frame	1	25.	Screw M6x20mm	1
2.	Base Frame	1	26.	Allen Bolt M8x25mm	12
3.	Back Pad Angle Adjustment Plate	1	27.	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	8
4.	Back Pad Support Frame	1	28.	Allen Bolt M10x25mm	4
5	Knob	1	29.	Lock Nut M10	4
6	Washer $\Phi 34 \times \Phi 13 \times 4$	6	30.	Rubber Foot	1
7	Shaft $\Phi 34 \times \Phi 12.5 \times 131$	1	31.	Allen Bolt M8x15mm	2
8	Cushion $\Phi 38 \times \Phi 7 \times 15$	1	32.	Rubber Bumper	1
9	Bolt M12*192	1	33.	Allen Bolt M5x15mm	2
10	Bearing (#61901) 24 OD \times 12 ID \times 6mm T	4	34.	End cap 50x100mm	2
11	Allen Bolt M12x35mm	2	35.	Wheel $\Phi 63 \times 24$	2
12	Lock Nut M12	6	36.	Leveler $\Phi 50 \times 44 \times M10$	2
13	Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$	6	37.	Pillow 500*264*65	1
14	Pin $\Phi 10 \times 20$	1	38.	Back Pad 320*275*65	1
15	Plastic Cap M12	2	39.	Eva Cushion 45*35*8	1
16	Seat Pad Angle Adjustment Plate	1	40.	Grip $\Phi 23 \times 5 \times 285$	1
17	Lock Pin For Seat Pad	1	41.	Ring $\Phi 35 \times \Phi 26 \times 12$	1
18	Seat Pad Support Frame	2	42.	Metal end cap $\Phi 35 \times \Phi 26 \times 23$	1
19	Seat Pad	1	43.	Handle Frame	1
20	Carriage Bolt M12x70mm	2	44.	Allen Bolt M5x10mm	1
21	Screw ST4.2*6	4	45.	Screw M6x4mm	1
22	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	20	46.	Allen Bolt M8x20mm	1
23	Allen Bolt M8x45mm	2	47.	Name Plate	1
24	Lock Nut M8	2	48.	Rivet 4 X12mm	2

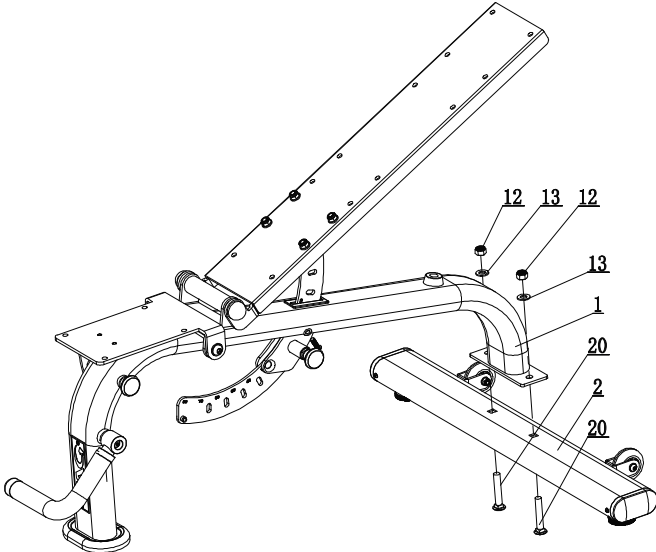
EXPLODED DRAWING



ASSEMBLY

STEP 1

Please connect the Base Frame (2) to the Main Frame (1), using Carriage Bolts (20), Flat Washers (13) and Lock Nuts (12).



STEP 2

Install Pillow(37) & Back Pad (38) to Back Pad Support Frame(4) using Allen Bolt M8x25mm(26) and Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$ (22), then tighten all the bolts;
Install Seat Pad (19) to Seat Pad Support Frame (18) using Allen Bolt M8x25mm (26) and Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$ (22), then tighten all the bolts.

