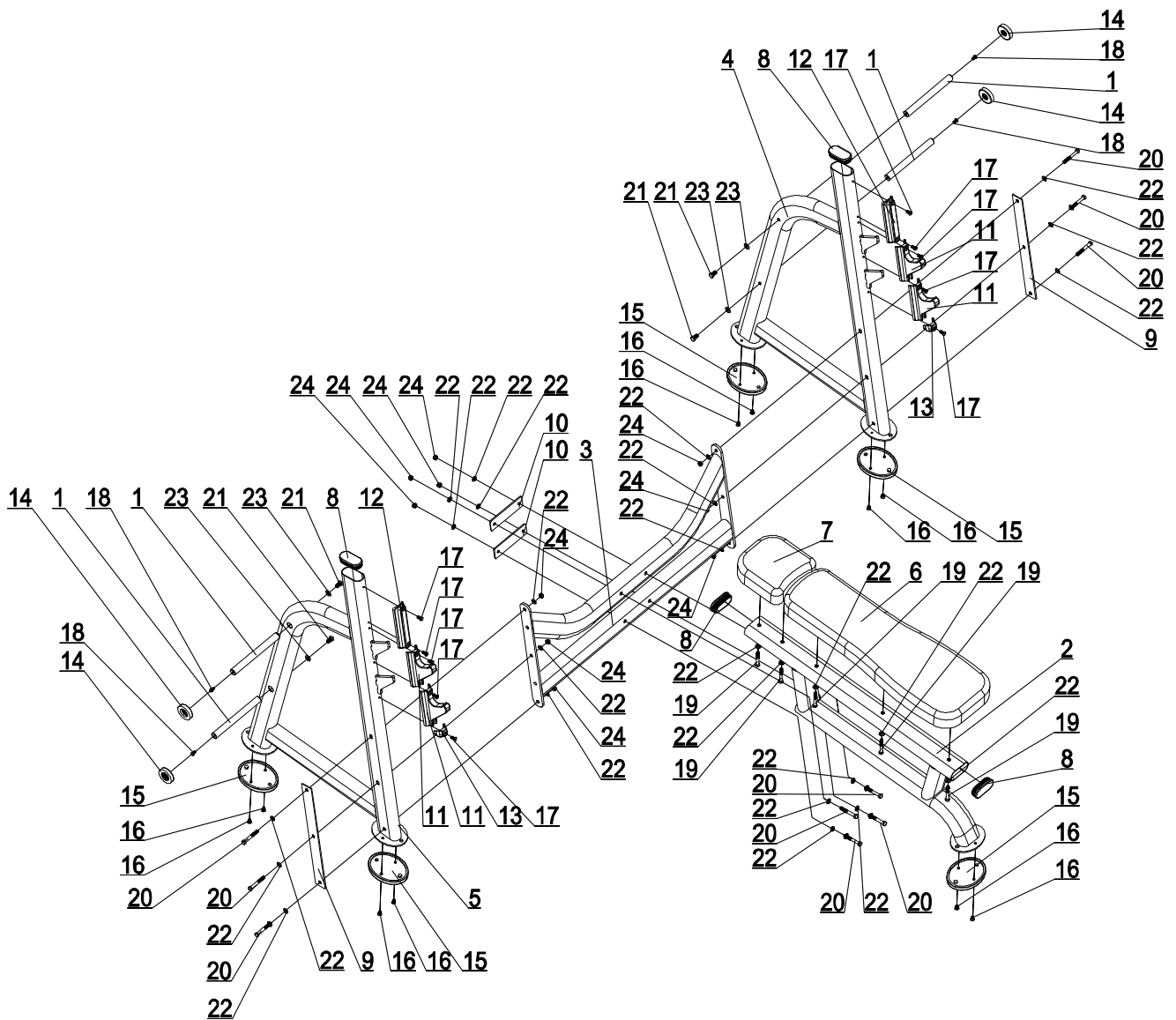




MODEL# BNCH-OFB  
TAG Olympic Flat Bench 602B



# EXPLODED DRAWING



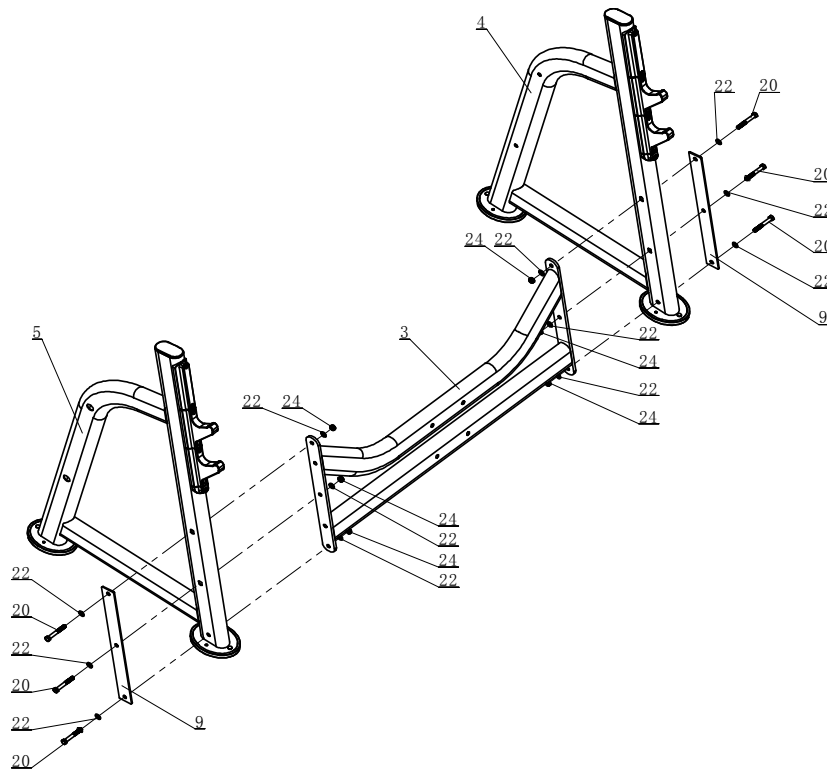
# PARTS LIST

No.	DESCRIPTION	SPEC	QTY
1	WEIGHT SUPPORT	Φ25*253.5	4
2	MAIN FRAME		1
3	CONNECTING FRAME		1
4	LEFT FRAME		1
5	RIGHT FRAME		1
6	CUSHION	900*300*70	1
7	CUSHION	245*240*70	1
8	DECORATIVE CAP	OVAL:50*100*2.5	4
9	FIXING PLATE	525*50*4	2
10	FIXING PLATE	178*50*5	2
11	PROTECTION COVER	183*114*50	4
12	PROTECTION COVER	220*50*34	2
13	PROTECTION COVER	50*34*37	2
14	SHOCK ABSORBER RUBBER	Φ63.5*Φ26*15	4
15	FOOTPAD	169*129*16	5
16	FLAT HEAD, ALLEN BOLT M8*15	STD.FLT-M8X15-T5-WZ-FT	10
17	FLAT HEAD, ALLEN BOLT M8*20	STD.FLT-M8X20-T5-WZ-FT	10
18	PAN HEAD, ALLEN BOLT M8*15	STD.PAN-M8X15-T5-WZ-FT	4
19	HEX HEAD BOLT M10*70	STD.HEX-M10X70-T16-WZ-PT30	5
20	HEX HEAD BOLT M10*75	STD.HEX-M10X75-T16-WZ-PT30	10
21	HEX HEAD BOLT M12*20	STD.HEX-M12X20-T18-WZ-FT	4
22	FLAT WAHSER	(Øext = 20) (Øint = 11) (TH = 2)-WZ	25
23	FLAT WASHER	(Øext = 24) (Øint = 13.5) (TH = 2.5)-WZ	4
24	LOCK NUT HEX M10	STD-HEX-LN-M10-T16-WZ	10
25	SLEEVE	Φ50	4
26	END CAP	ALUMINUM	4

# ASSEMBLY

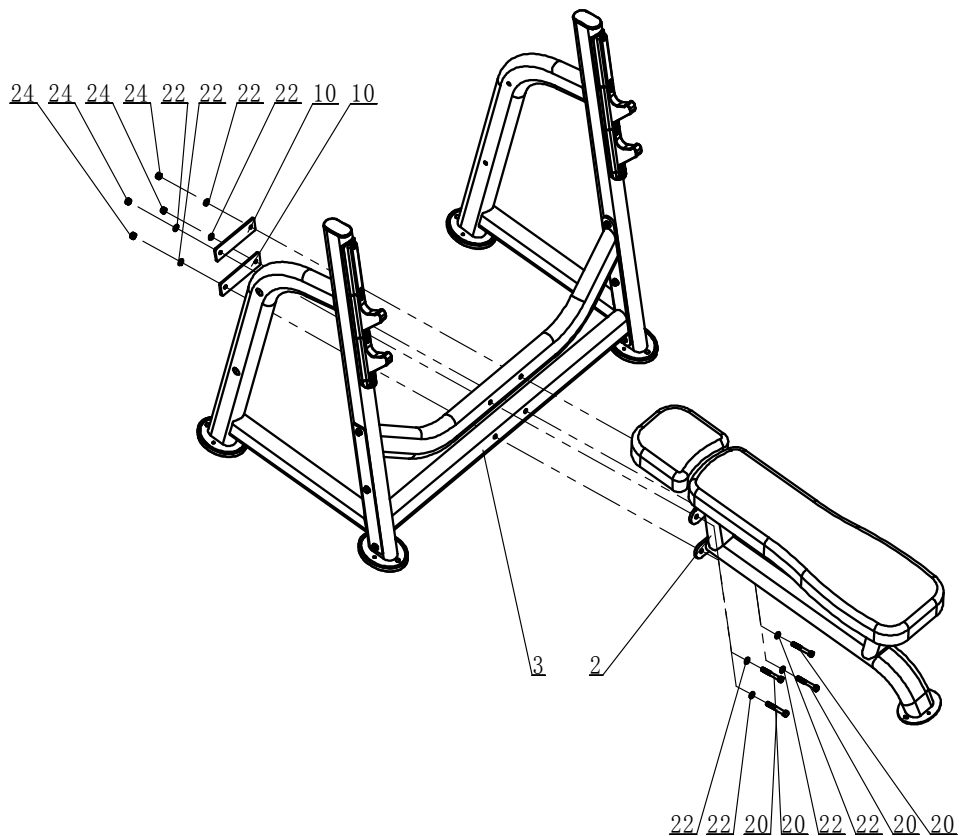
## STEP 1

Assemble the connecting frame(3) to the left frame(4) and right frame(5) using 12 flat washer(22), 6 hex head bolt M10x75(20), 2 fixing plate(9) and 6 lock nut hex M10(24) and using the right tools tighten nuts and bolts properly.



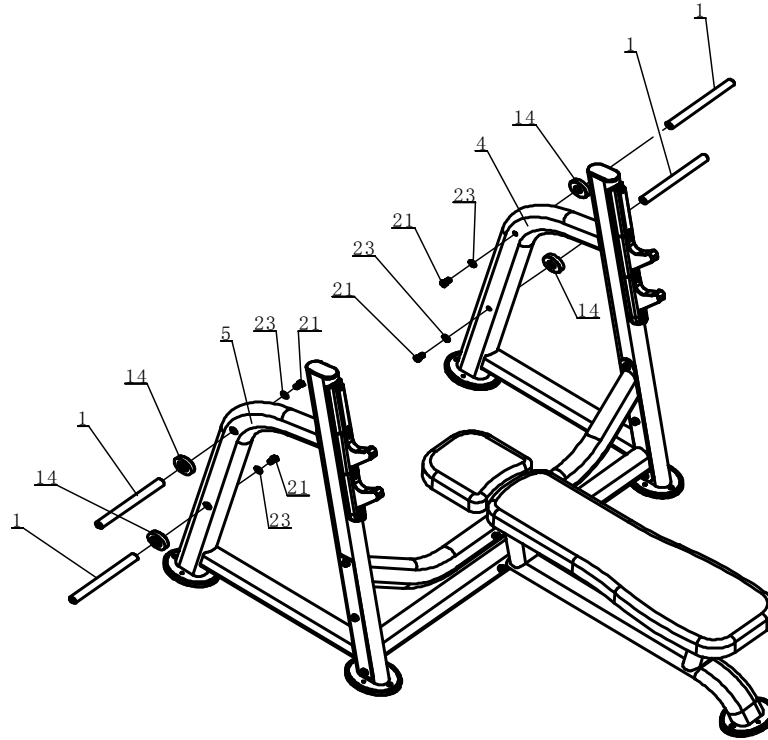
## STEP 2

Assemble the main frame(2) to the connecting frame(3), using 8 flat washer(22), 4 pan hex head bolt M10x75(20), 2 fixing plates(10) and 4 lock nut hex M10(24) and using the right tools tighten bolts and nuts properly.



### STEP 3

Assemble 4 weight supports (1), 2 on left frame (4) and 2 on right frame (5), using 4 flat washer (23) and 4 hex head bolt M12x20 (21) and using the right tools to tighten bolts and nuts properly. Then put 1 shock absorber rubber(14) on each weight support (1).



### STEP 4 (OPTIONAL PARTS ASSEMBLY)

Insert 4 sleeves (25) to the weight support(1), 2 on left frame(4) and 2 on right frame(5), put end caps (26) on the end and fix with pan head Allen bolt M8\*15 (18).

Notes: Don't use the shock absorber rubber (14) when using the sleeves (25).

