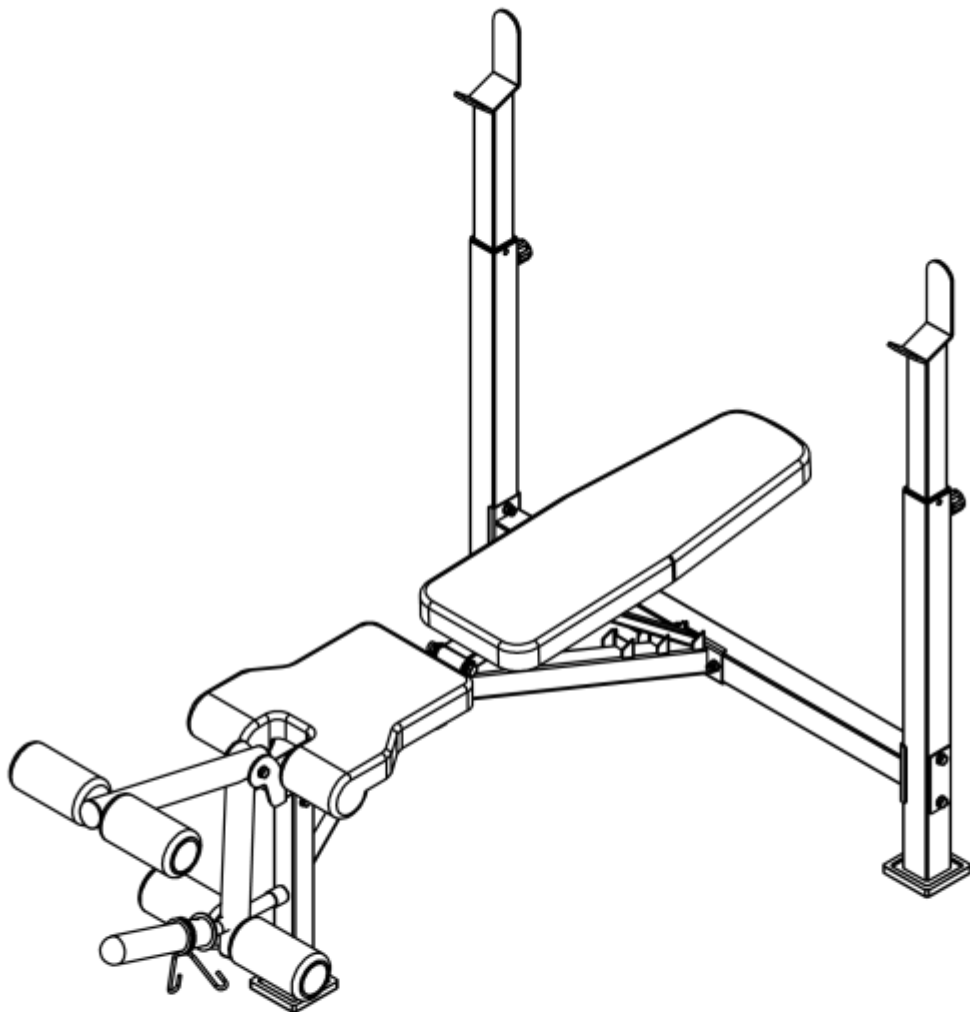




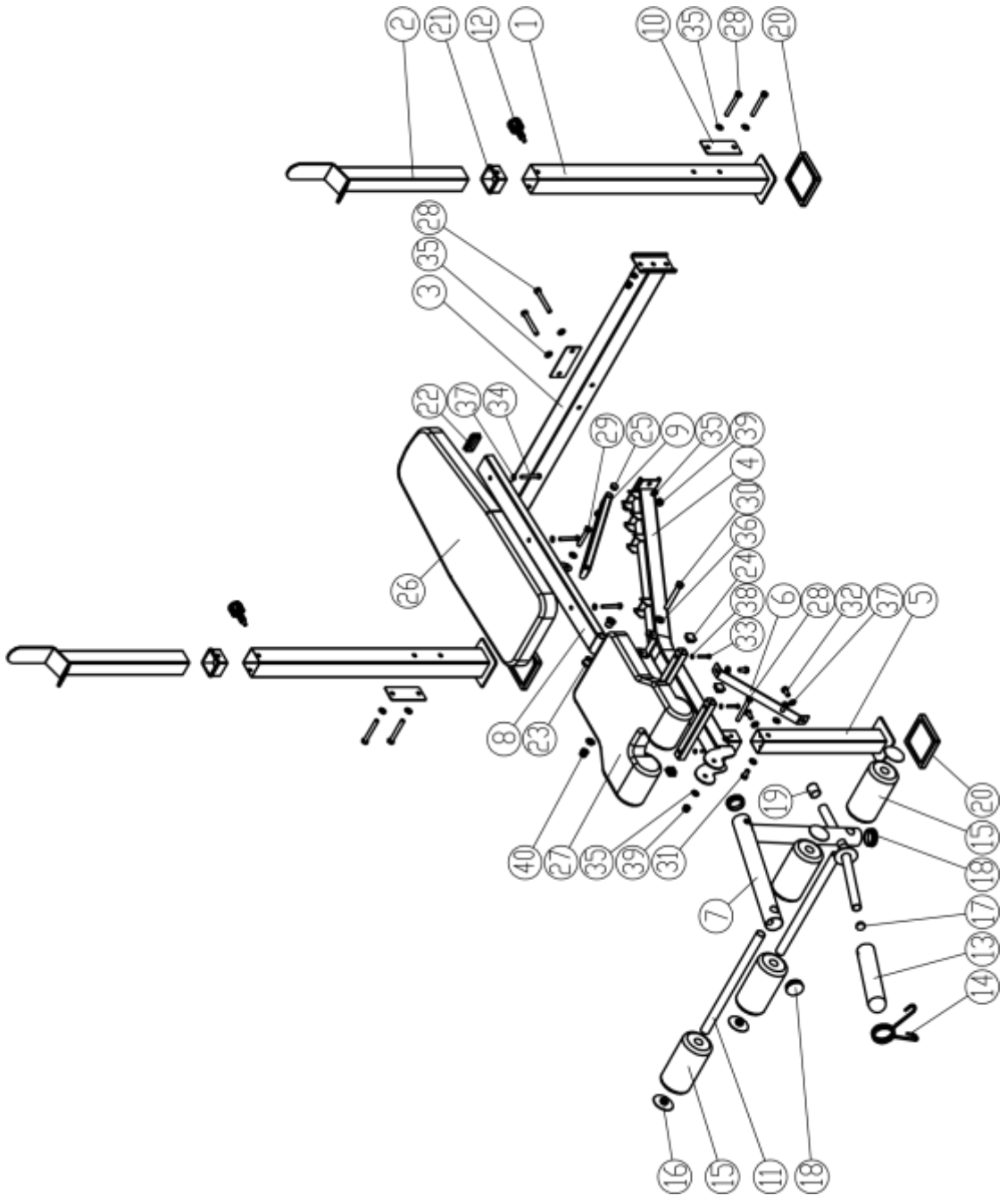
**ADJUSTABLE OLYMPIC WEIGHT
BENCH WITH LEG DEVELOP
B07DQ9TXSQ/ D1BNCH6**



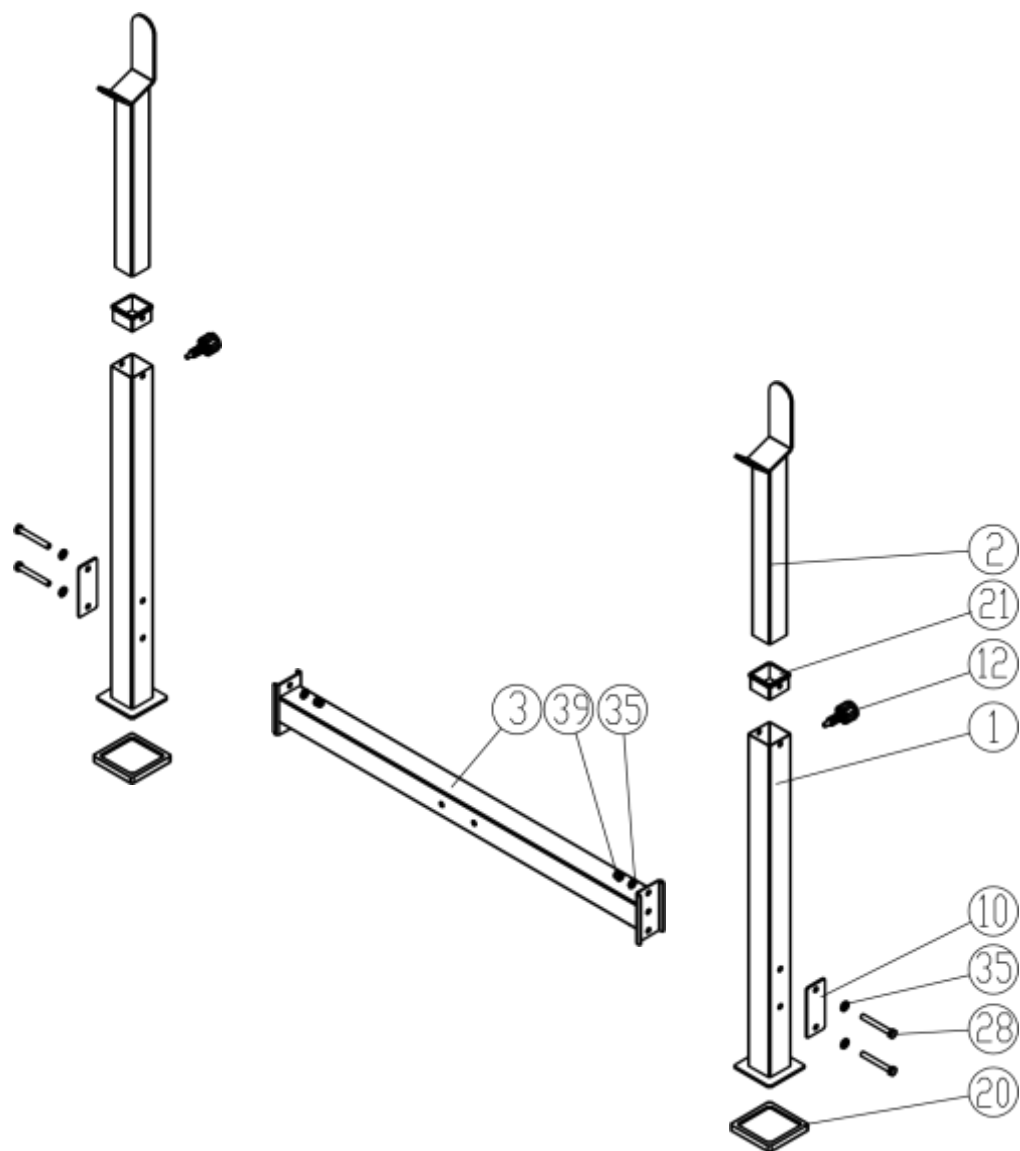
PART LIST

KEY NO.	DESCRIPTION	QUANTITY	KEY NO.	DESCRIPTION	QUANTITY
1	Upright Beam	2	27	Seat Pad	1
2	Crutch	2	28	Hex bolts M10*80	7
3	Cross Brace	1	29	Hex bolts M10*60	1
4	Main Seat Support	1	30	Hex bolts M12*95	1
5	Front Post	1	31	Hex bolts M10*20	3
6	Diagonal Support	1	32	Hex bolts M8*16	2
7	Leg Developer	1	33	Hex bolts M6*40	4
8	Backrest Support	1	34	Hex bolts M8*45	3
9	Incline Support	1	35	Washer ϕ 10	19
10	Bracket	3	36	Washer ϕ 12	2
11	Foam Tube	2	37	Washer ϕ 8	5
12	Lock Knob	2	38	Washer ϕ 6	4
13	Olympic Sleeve	1	39	LOCK NUT M10	8
14	Spring Clip	1	40	LOCK NUT M12	1
15	Foam	4			
16	Foam Roll End Cap	4			
17	ϕ 25 Round plug	1			
18	ϕ 50 Round plug	3			
19	Buffer sleeve	1			
20	Foot sleeve	3			
21	Crutch Sleeve	2			
22	Rectangular plug 60*30	1			
23	Steel Bushing	2			
24	25 Square plug	4			
25	ϕ 19 Round plug	2			
26	Backrest Board	6			

Exploded View Diagram

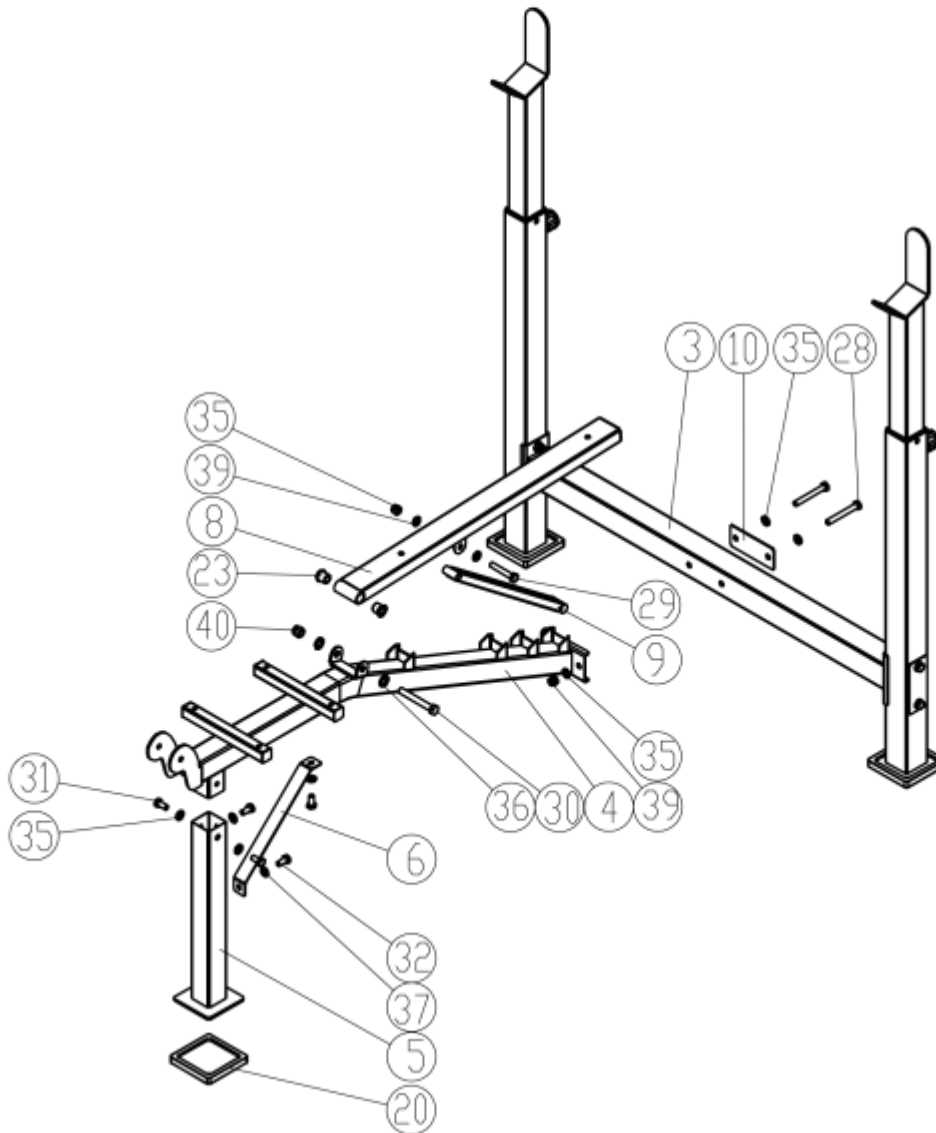


step 1



1. On a flat surface, connect foot sleeve (20) to upright beam (1) on both sides.
2. Place lock nut knob (12) and clutch sleeve (21) into upright beam (1)
3. Lay upright beams down and connect to both sides of cross brace (3). Secure into place using 4 each of hex bolts M10*80 (28), 8 each washersø10 (35), And 4 each nylon lock nuts M10(39).
4. Insert crutch (2) into upright beam (1).

step 2



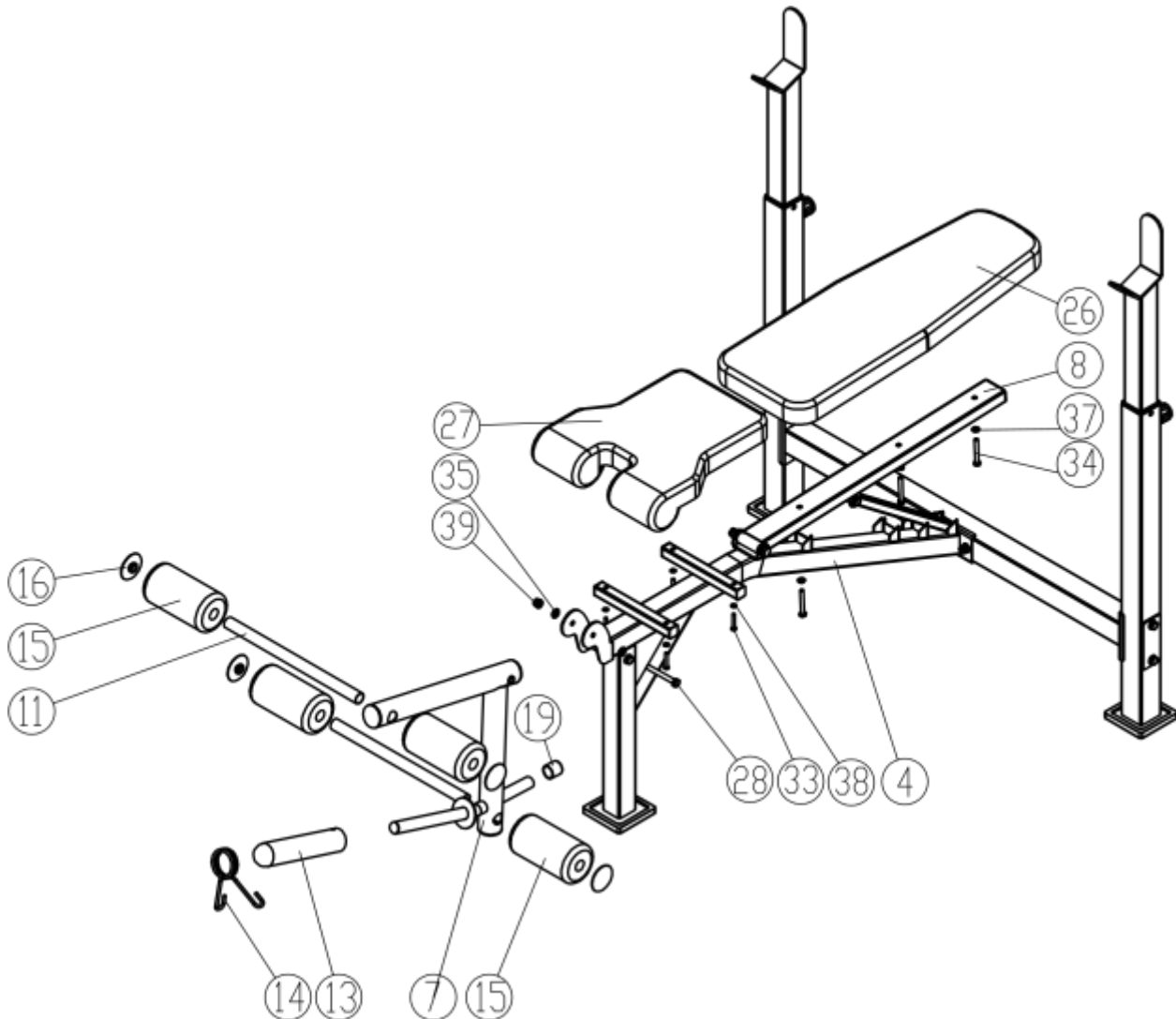
1. Insert the Foot sleeve (20) into the Front Post (5) . Attach Front Post (5) and Diagonal Support (6) to the Main Seat Support (4) and secure them into place using three Hex Bolts M10*20 (31) , two Hex Bolts M8*16 (32) , three Washers ϕ 10 (35) , two Washers ϕ 8 (37) .

2. Attach Main Seat Support (4) and Bracket (10) to the Cross Brace (3) and secure them into place using two Hex Bolts M10*80 (28) , four Washers ϕ 10 (35) and two Nylon Lock Nut M10 (39) .

3. Attach Incline Support (9) to the Backrest Support (8) and secure them into place using one Hex Bolts M10*60 (29) , two Washers ϕ 10 (35) and one Nylon Lock Nuts M10 (39) .

4. Insert two Steel Bushing (23) through the holes in the Backrest Support (8) , secure the Backrest Support (8) to the Main Seat Support (4) and , using one Hex Bolt M12*95 (30) , two Washers ϕ 12 (36) and one Nylon Lock Nut (40) .

step 3



1. Insert the Leg Developer (7) into Main Seat Support (4), and secure them into place using one Hex Bolts M10*80 (28), two Washers ϕ 10 (35), one Nylon Lock Nuts M10 (39).
2. Insert the Foam Tube (11) into holes of the Leg Developer (7), insert Foam (15) onto the Foam Tube (11), Then plug (16) into Foam (15) ends as shown above.
3. Insert the Buffer sleeve (19), Olympic Sleeve (13), Spring Clip (14) onto the Leg Developer (7)
4. Attach the Seat Pad (27) to the Main Seat Support (4) and secure it into place using four Hex bolts M6*40 (33) and four Washers ϕ 10 (38).
5. Attach the Backrest Board (26) to the Backrest Support (8) and secure it into place using three Hex bolts M8*45 (34) and three Washers ϕ 8 (37).