

ASSEMBLY GUIDE – ATHLETIC SERIES FLAT BENCH v4.0

PARTS:

- (1) XS-BF-01009 – X PLATE RIGHT
- (1) XS-BF-01007 – X PLATE LEFT
- (1) XS-BF-01006 – FRONT UPRIGHT
- (4) XS-BF-01001 – “TRIANGLE”
- (1) XS-BF-01002 + PAD
- (1) XS-BF-01003-V4 – REAR UPRIGHT
- (2) LS-BSF-01004 – T PLATE
- (2) LS-BSF-01007 – WHEEL BRACKET
- (1) XS-BF-01005 – REAR FOOT
- (4) 2x2” Plastic

HARDWARE:

- (16) 3.25” BOLT W/WASHER, LOCK WASHER, NUT
- (4) ¾” BOLT W/WASHER
- (2) WHEEL ASSEMBLY

TOOLS REQUIRED:

- (1) ¾” BOX-HEAD Wrench
- (1) ¾” Ratchet and Socket
- (1) Rubber Mallet

INSTRUCTIONS:

STEP 1.

Lay pad on a soft working surface. Using XS-BF-01001 and two 3.25” Bolts assemble the triangles to the main pad frame. Finger Tighten. Repeat for the rear.

STEP 2.

Assemble Wheel Bracket to Rear Upright using ¾” Bolt. ***PRO-TIP*** use ¾” box-head wrench and electrical tape (or similar), tape one end of the box-head. Place nut into the box-head wrench. Wheel Bracket lines up with lower most holes on the tube (this end has 2 holes on all four sides). Repeat for all for bolts and tighten completely.

SEE PHOTOS BELOW.



STEP 3.

Assemble the Rear Upright. The Rear end of the bench can be identified by a single piece of steel extending out from the main tube frame. Slide tube between the triangles and assemble using 3.25" Bolt. Finger Tighten.

STEP 4.

Assemble Front Upright (this tube has ONLY 4 holes on two sides). Slide tube between the front triangles installed in step one.

STEP 5.

Install X-Plate to Front Upright, ensure that foot extends outward. Install 2 UHMW Rollers with 3.25" Bolt.

STEP 6.

Install Rear foot using two T-PLATES and 3.25" Bolts.

STEP 7.

Tighten all hardware completely using wrench, and ratchet/socket.

STEP 8.

Install Wheels to wheel bracket. To do so disassemble the included assembly, then, take the bolt and slide the wheel onto the bolt, then thread the basic nut all the way down the length of threading, use a wrench if needed, then place one washer onto assembly. Slide new assembly through wheel bracket, then place second washer, and nut. Using a wrench and ratchet tighten the head of the bolt and the last nut added. The wheel should spin freely.



STEP 9.

Install 2x2" Plastic using Rubber Mallet.