

ASSEMBLY GUIDE – LEGACY SERIES FLAT BENCH v2

PARTS:

- (1) Front Frame
- (1) Rear Frame
- (1) Rear Stabilizer
- (1) Rear Upright
- (1) Pad Frame
- (2) Front Handle Plate
- (2) Centre Mount Plate
- (2) Rear Triangle Plate
- (2) Pad Brace Plate
- (2) Wheel Bracket
- (1) Rear T Plate
- (2) 2x3" Plastic

HARDWARE:

- (8) 4.25" BOLT W/WASHER, JAM NUT
- (4) 4" BOLT W/WASHER, JAM NUT
- (4) 3.25" BOLT W/WASHER, NYLOC NUT
- (4) ¾" BOLT W/WASHER, JAM NUT
- (2) 3/8" X 3" BOLTS W/LOCK WASHER & WASHER
- (2) WHEEL ASSEMBLY

TOOLS REQUIRED:

- (1) ¾" BOX-HEAD WRENCH
- (1) ¾" SOCKET
- (1) 9/16" SOCKET
- (1) RUBBER MALLET
- (1) UTILITY KNIFE

INSTRUCTIONS:

STEP 1.

Attach Rear T Plate, Rear Stabilizer, Rear Frame using two 3.25" Bolts. Finger Tighten.

STEP 2.

Attach Centre Mount Plate, Rear Frame, and Front Frame using 4.25" Bolts. Finger Tighten.

STEP 3.

Attach Wheel Bracket to Upright Tube using four ¾" Bolts. Tighten completely with ¾ wrench and socket. TIP: use electrical tape and cover one side of the Box Head Wrench, see photo below.



STEP 4.

Attach Upright Tube between T Plate such that the wheel bracket faces the rear of the bench.
Use two 3.25" Bolts

STEP 5.

Connect Pad Frame to Centre Mount Plate using six 4.25" Bolts. Finger Tighten.

STEP 5.

Connect Rear Triangle to Pad Frame and Rear Upright using four 4" Bolts. Finger Tighten.

STEP 6.

Install Pad using two Pad Braces and 3" x 3/8" Bolts. Cut a square between the staples in the centre line on the back of the pad. **DO NOT TIGHTEN COMPLETELY UNTIL BOTH BOLTS HAVE BEEN FINGER TIGHTENED.**

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 2x3" Plastic using Rubber Mallet.