

ASSEMBLY GUIDE - X-SERIES SUPER BENCH v7

Parts:

- (1) 2x3" Rear Frame Tube
- (1) 2x3" Front Frame Tube
- (1) 2x3" Rear Support
- (1) 2x2" Rear Upright
- (1) 2x3" Rear Pivot Tube
- (1) 2x3" Front Pivot Tube
- (2) Central Pivot Plates
- (2) Front Ladder Plates
- (2) XTC Gear Ladder Plates
- (1) "T" Plate
- (2) Wheel Bracket
- (4) "L" Plates – Stainless Steel
- (4) Small Steel 1" Round Tubes
- (1) Medium Steel 1" Round Tube
- (1) Large Steel 1" Round Tube
- (2) Front Pivot Brackets Left/Right
- (2) Rear Pivot Brackets Left/Right
- (22) Brass Oil Impregnated Bushings
- (2) Machined UHMW Round Tube
- (4) Pad Brace Rectangles

OPTIONAL:

(2) Stainless Steel Handles

Hardware:

(1) 7" Bolt with washers, Regular Nut and Nyloc Nut

(6) 4.25" Bolts with washers and Nut with Nyloc

(4) 4.25" Bolt with Washers and Jam Nut

(2) 5.5" Bolt with Washers and Jam Nut

(3) 6.5" Bolt with Washers and Jam Nut

(4) 3.25" Bolt with Washers and Nyloc Nut

(2) 3.25" Bolt with Washers and Jam Nut

(2) 1.5" Bolt with Washers and Jam Nut

(4) ¾" Bolt with Washer and Jam Nut

(2) Wheels with Hardware

(4) 3/8" Bolt, Lock Washer and Flat Washer

INSTRUCTIONS:

Step 1.

Connect (1) 2x3" Rear Frame Tube to (1) 2x3" Front Frame Tube with Central Pivot Plates and (4) 4.25" Bolt with Washers and Jam Nut. Central Pivot point should be perpendicular to the floor. FINGER TIGHTEN HARDWARE.

Step 2.

Connect (1) 2x3" Rear Frame Tube to (1) 2x3" Rear Support with (1) "T" Plate

and (2) 3.25" Bolt with Washers and Jam Nut. FINGER TIGHTEN HARDWARE.

Step 3.

Connect (2) Wheel Bracket to (1) 2x2" Rear Upright with (4) ¾" Bolt with Washer and Jam Nut. Tighten Hardware completely with wrench and ratchet.

Step 4.

Connect (1) 2x2" Rear Upright to (1) 2x3" Rear Support by aligning male/female tabs. Use a rubber mallet and tap the top of the upright until the two parts are connected. Then use (2) 3.25" Bolt with Washers and Jam Nut to connect the assemblies. Tighten Hardware completely.

Step 5.

Using a rubber mallet, tap a brass bushing into the outer most sides of the central pivot plate.

Step 6.

Position "L" Plates on a flat sturdy surface such that two "L" Plates are facing one direction, and the other two "L" Plates are mirroring. Use a rubber mallet and install four brass bushings into the larger hole. NOTE this may require some force, ensure that bushings are hammered into position evenly, do so on a stable, and durable surface such as wood surface worktable/bench.

Step 7.

Install Brass bushings into either end of ALL the Steel 1" Round Tubing, use a mallet.

Step 8.

Line up the installed “L” Plate and bushing with the central pivot such that the shoulder of the bushing in the “L” Plate is facing away from the frame of the bench and that the long end of the “L” Plate is facing the rear of the bench. Using a 7” Bolt feed the bolt through the bushing installed in one “L” Plate and the Central Pivot Bushing.

Step 9.

Using the mirror image “L” Plate line up the bushing with the inner side of Central Pivot such that the shoulder of the bushing is touching the inner side of the Central Pivot and the long end of the “L” is facing the front of the bench. Feed 7” Bolt through plate.

Step 10.

Place the Medium Steel 1” Tube in the centre of the central pivot point and feed 7” Bolt through the tube.

Step 12.

Place “L” Plate after the Medium Steel 1” Tube such that the shoulder of the bushing is against the inner side of the Central Pivot Plate and the long end of the “L” is facing the front of the bench. Feed 7” bolt through the “L” Plate and the Central Pivot Plate Busing.

Step 13.

Using the remaining “L” mirrored plate, place it on the shaft of the 7” bolt such that the long end of the “L” is facing the rear of the bench. Place one washer on the bolt, then the regular nut, and last the Nyloc Nut. Finger Tighten Hardware.

Step 14.

Install (1) 2x3" Front Pivot Tube over top of the front facing "L" Plates, this may require use of a mallet and gentle taps until all holes are lined up. Install 1.5" Bolts through the holes closest to the central pivot point.

Step 15.

Install (2) Front Pivot Brackets Left/Right, (2) Small Steel 1" Round Tubes with (2) 3.25" Bolt with Washers and Jam Nuts to the free holes on the 2x3" Front Pivot Tube. Finger Tighten.

Step 16.

Place Rear Pivot Tube between Rear "L" Plates such that the curved portion is facing the floor and that the squared end is facing the rear of the bench. Using two 5.5" Bolts feed through the holes of the "L" Plate, then through brass bushing such that the shoulder is against the frame of the Rear Pivot Tube. Feed bolt through the Rear Pivot Tube and repeat the process on the other side with another bushing and feed the bolt through the bushing and the "L" Plate. Finger Tighten Hardware.

Step 17.

Install (2) Rear Pivot Brackets Left/Right, (2) Small Steel 1" Round Tubes with (1) 6.5" Bolt with Washers and Jam Nuts to the free centre holes on the 2x3" Rear Pivot Tube. Finger Tighten.

Step 18.

Install UHMW Roller to the opposite ends of the Front and Rear Pivot Brackets Left/Right using 6.5" Bolts.

Step 19.

Rotate Front Pivot Tube such that it rests on the Rear Pivot Tube. Install the (2) Front Ladder Plates to the frame using two 4.25" Bolts and Nyloc Nuts. Then place the Long Steel 1" Round Tube between the two plates and install with one 4.25" Bolt and Nyloc Nut. Rotate Front Pivot Tube back around and place the UHMW into one of the Front Ladder Rungs and tighten the 4.25" bolts with a wrench and ratchet.

Step 20.

Rotate Rear Pivot Tube such that it rests on the Front Pivot Tube. Install the (2) Rear Ladder Plates to the frame using three 4.25" Bolts and Nyloc Nuts. Rotate Rear Pivot Tube back around and place the UHMW into one of the Rear Ladder Rungs and tighten the 4.25" bolts with a wrench and ratchet.

Step 21.

Fasten hardware (EXCEPT PIVOT POINTS) completely using a wrench and ratchet.

Pivot point hardware must NOT be over tightened

Step 22.

The central pivot point has a dual nut locking system. Finger tighten the inner most regular nut such that the Front and Rear Pivot tubes can rotate smoothly, once you have found your desired pivot firmness tighten bolt and outer most Nyloc nut until the Regular Nut and Nyloc make contact. Then position your socket on the Nyloc Nut and your wrench on the Regular Nut and tighten Nuts against one another, ensure through this process that your pivot firmness is unchanged.

Step 23.

Tighten the Rear and Front Pivot Plates hardware such that the plates have fluid ability to rotate, it is ideal that these components have a little bit of initial stiffness as they will work in after several uses. It is EXTREMELY critical that the special Nyloc of the Jam and Nyloc bolt be penetrated by the thread of the bolts, this is a securing mechanism and will prevent the bolt from loosening over time. Work in small $\frac{1}{4}$ turns of the wrench/ratchet once the nuts approach the steel and test the pivot for ideal firmness.

Step 24.

Place both the seat and back rest onto slight/medium angles using the ladder rungs. Place (4) Pad Brace Rectangles between cut-outs on the Front and Rear Pivot Tube. Using $\frac{3}{8}$ " Bolts, Lock Washer and Washer feed through the underside of the tube out through the opening of the Pad Braces and into the holes on the back side of the upholstery. Leave the first bolt loose until the second bolt is in place, then finger tighten hardware as far as possible so as to avoid cross-threading or stripping the internal female end inside the pad. Proceed to tighten bolts until lock washer is flattened. DO NOT OVERTIGHTEN.

Step 25.

Connect protective head rest to the backrest upholstery using Velcro. Install 2x3 end caps into Front and Rear Pivot Tube.

If you have purchased our optional stainless-steel handle and decorative end caps refer to the included installation instructions.