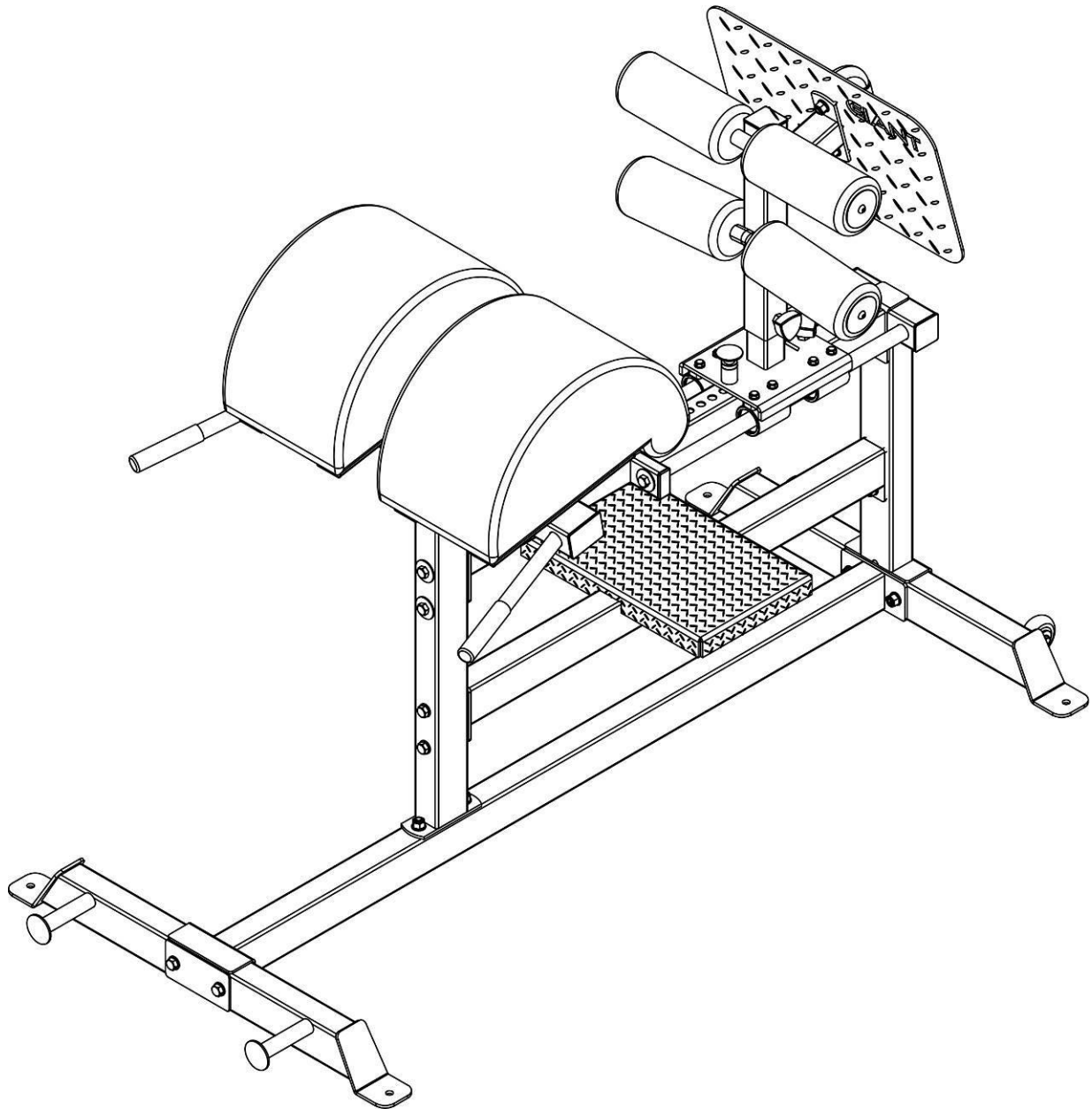


GHD BENCH



OWNER'S MANUAL

PART LIST

PART NO	DESCRIPTION	Q'TY
1	MAIN FOOT FRAME	1
2	FRONT UPRIGHT TUBE	1
3	FRONT FOOT TUBE	1
4	REAR FOOT TUBE	1
5	REAR UPRIGHT TUBE	1
6	LOW CONNECT TUBE	1
7	UP CONNECT TUBE	1
8	OUTER SLIDE TUBE	4
9	INNER ADJUSTABLE TUBE	1
10	INNER SLIDE TUBE	2
11	OUTER ADJUSTABLE TUBE	1
12	FOOT PLATE	1
13	CUSHION TUBE	1
14	CUSHION	2
15	LOCK PIN	2
16	PLASTIC BOLT M10	2
17	FOAM	4
18	ROUND HEAD SQUARE NECK BOLT M10*90	2
19	HEX BOLT M10*90	6
20	HEX BOLT M10*70	9
21	HEX BOLT M10*25	2
22	HEX BOLT M10*16	4
23	ROUND HEAD HEXAGON SOCKET BOLT M10*25	4
24	HEX BOLT M8*40	8
25	HEX BOLT M8*16	8
26	WASHER M10(ϕ 65)	4
27	WASHER M10(ϕ 38)	11
28	WASHER M10	24
29	WASHER M8	16
30	NYLON LOCK NUT M10	14

FIG-1:

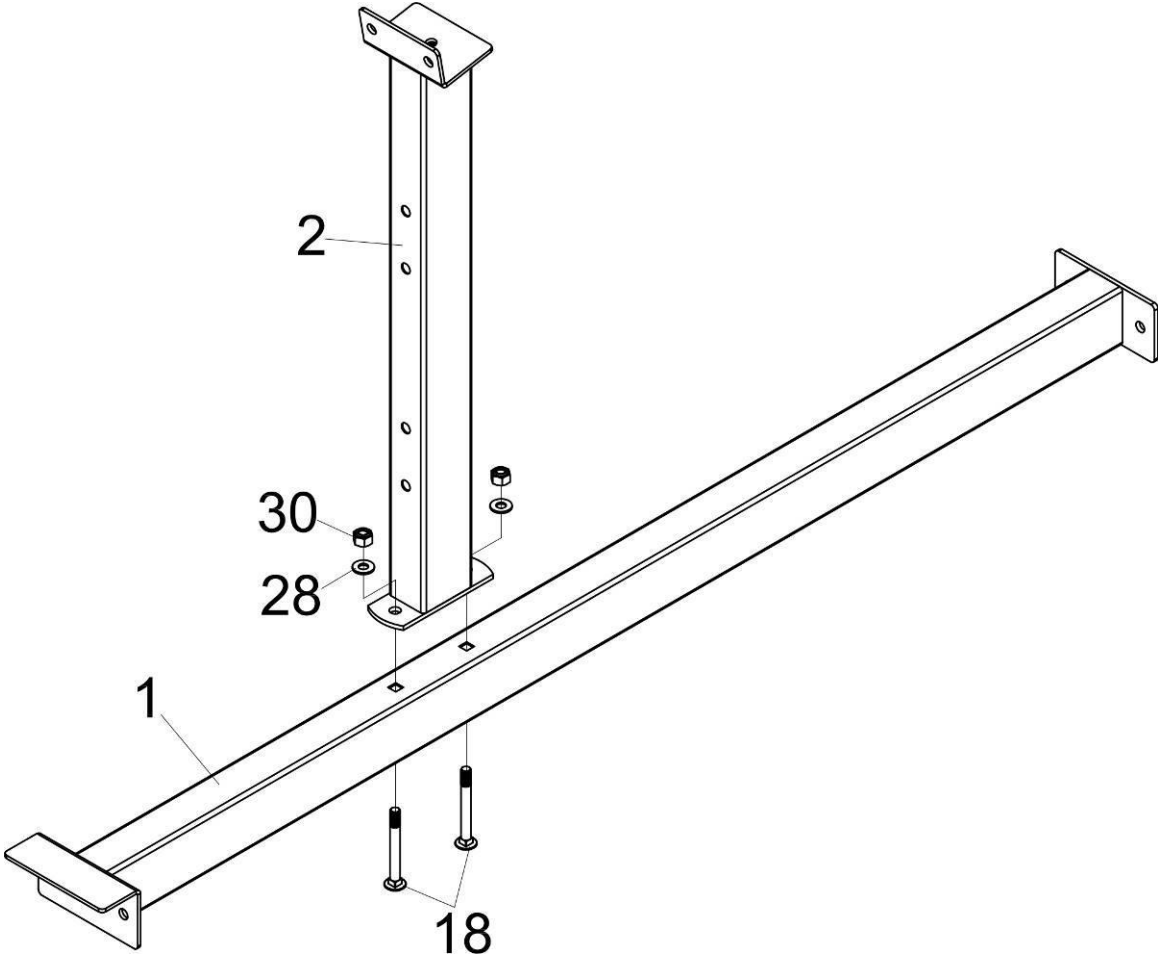


FIG-2:

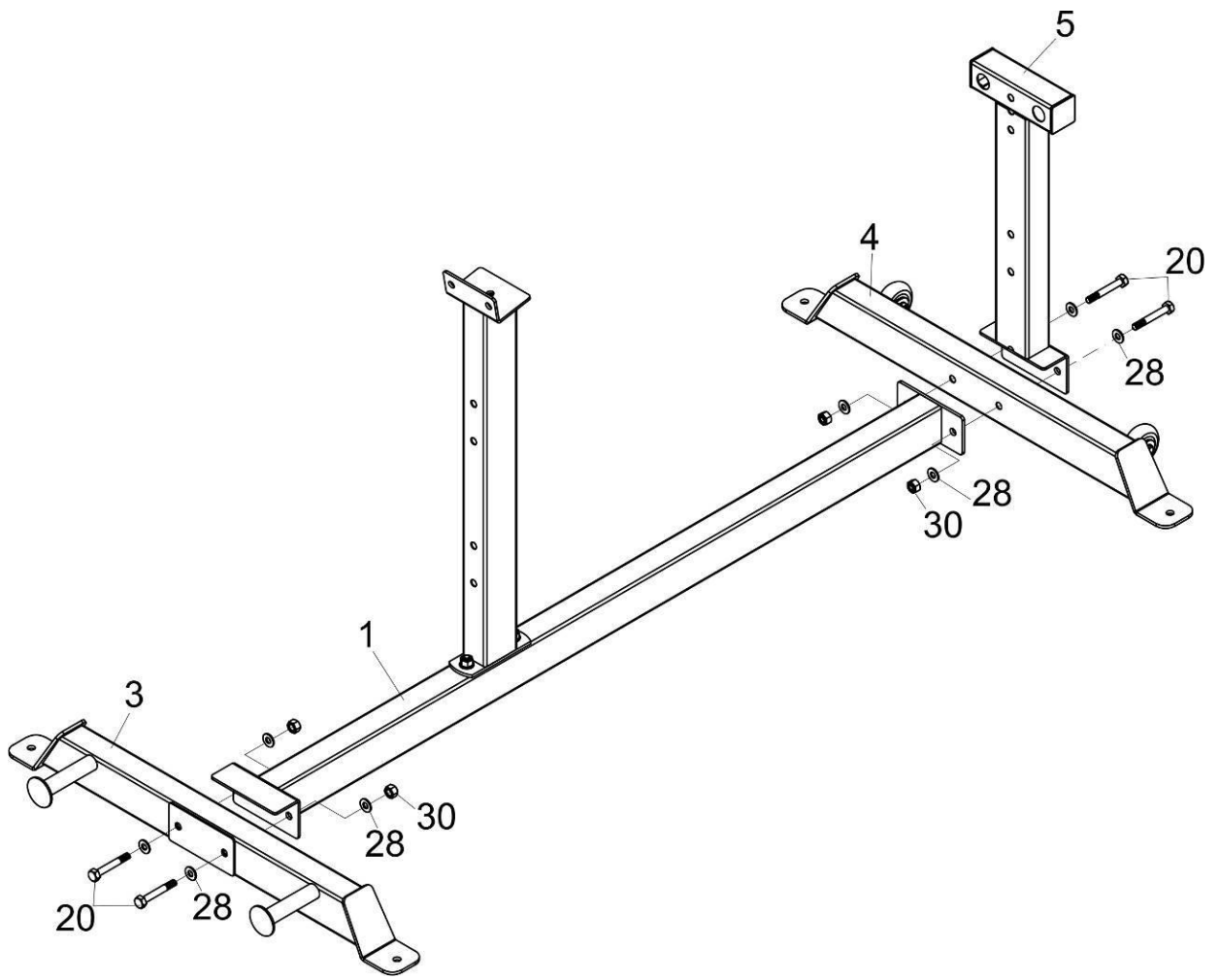


FIG-3:

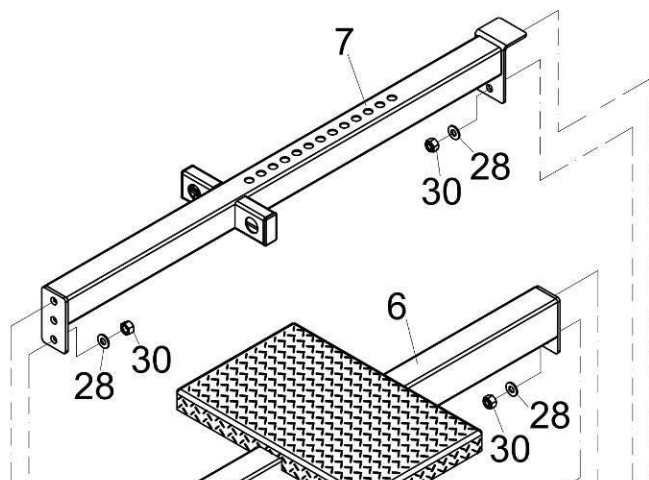


FIG-4:

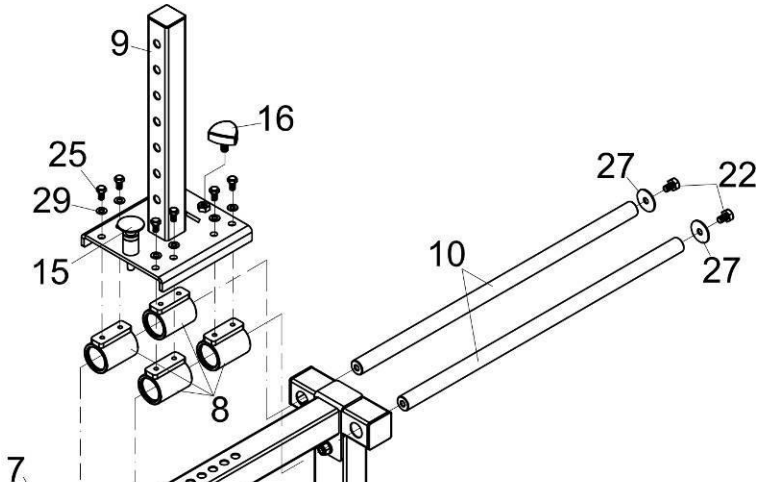


FIG-5:

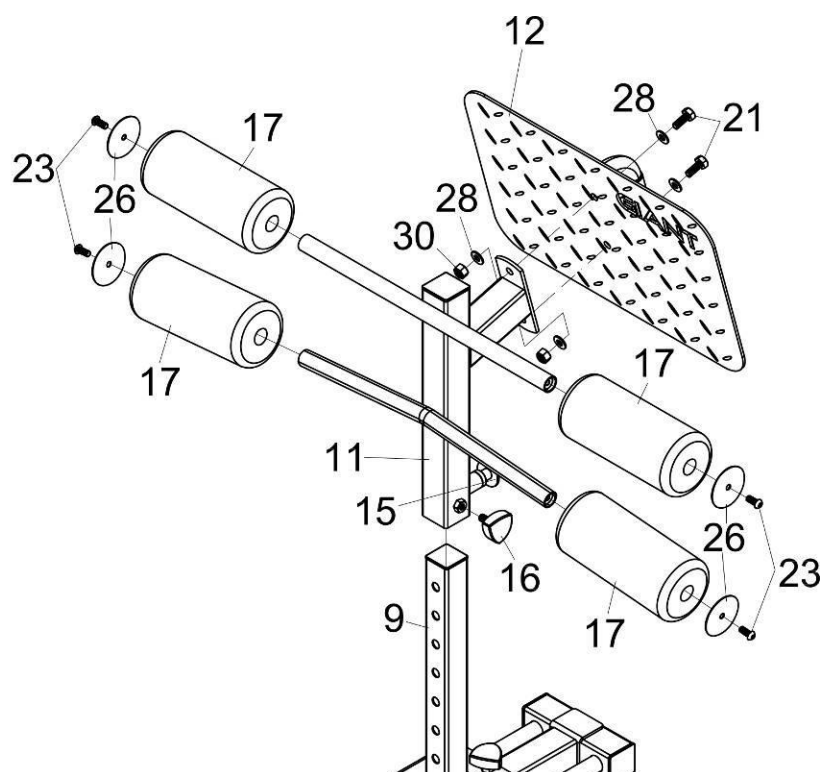


FIG-6:

