

HOW TO BUILD

F85 ADJUSTABLE BENCH

ABOUT THE BENCH



The design of this bench is simple, but functional in every way. Over the top strong. Super stable. Easily adjustable from flat to 85 degrees. Made with 11gauge steel/ 7gauge ladder and superior grip padding. We added a premium knurled handle for easy transport around your commercial or home gym.

WHATS INSIDE THE PACKAGE?

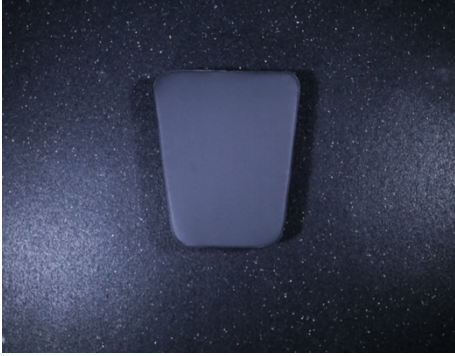

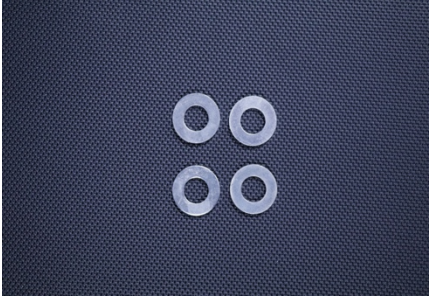

ITEM NAME: BH2007 Adjustable bench
QTY: 1 PC/CTN






In the Adjustable Bench box, you will find a few items that will create your adjustable bench. The package contains the benches **Main Frame**, the **Base Footing**, **SeatPad**, **Backrest**, **Washers**, **Nuts**, and **Bolts**.

WHAT'S IN THE BOX

PART #	DESCRIPTION	QTY
1.	 <p data-bbox="737 852 987 894">MAINFRAME</p>	1
2.	 <p data-bbox="751 1367 976 1409">BASE FOOT</p>	1

3.	 <p>SEATPAD</p>	1
4.	 <p>BACKREST</p>	1
5.	 <p>M12 Washer</p>	4
6.	 <p>M8 WASHER</p>	8

7.	 <p data-bbox="675 468 1040 506">M12X95 HEX BOLT</p>	2
8.	 <p data-bbox="688 842 1027 879">M8X65 HEX BOLT</p>	8
9.	 <p data-bbox="699 1199 1016 1236">M12 NYLON NUT</p>	2

TOOLS NEEDED



(SOCKET WRENCH WORKS AS WELL)

For this project the tools that we will be using are as followed: Crescent Wrench and or Socket Wrench. Power tools are not needed but do help make the process go more quickly. If used, use the number 19 socket to match the bolt.

STEP 1

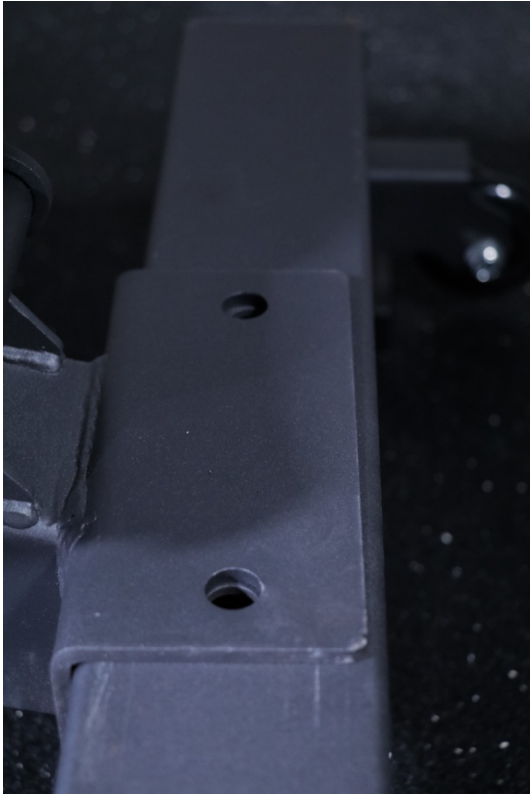


For the first step we are going to apply Item 2 (Base Foot) to Item 1 (Main Frame).

We will do this by using Item 5 (M12 Washer), Item 7 (M12x95 Hex Bolt), and Item 9 (M12 Nylon Nut).



Insert the Bolt through the Base Footing into the Main Frame connecting the two. At the bottom we will apply Item 5 and then Item 9 screwing it in with a wrench or power drill.



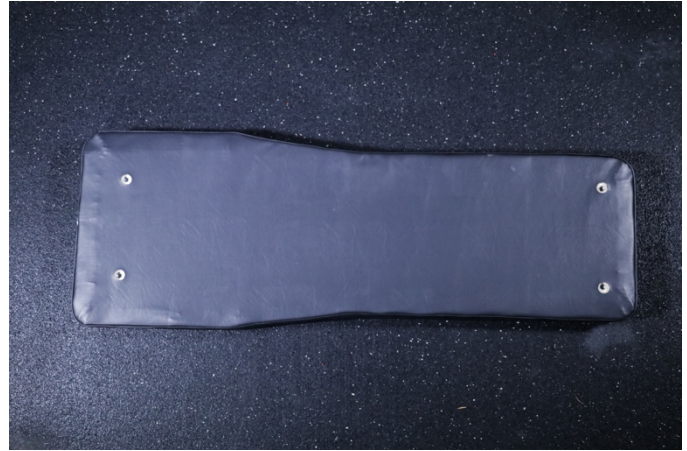
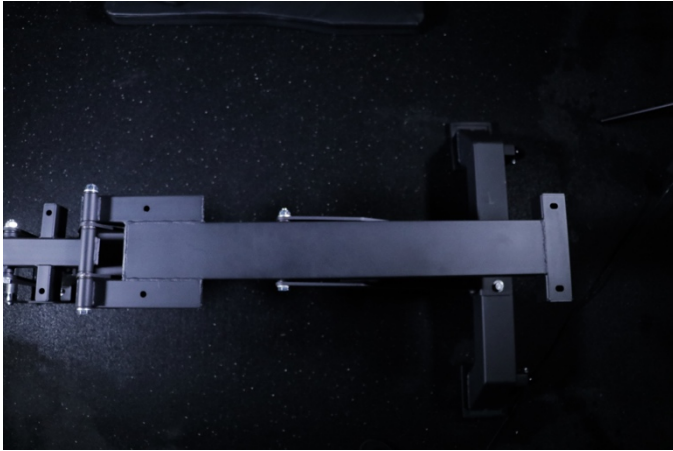
Before



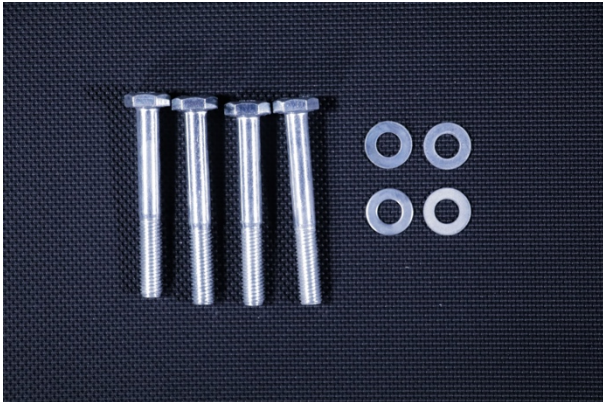
After

(Picture of the bottom of the Base Footing)

STEP 2

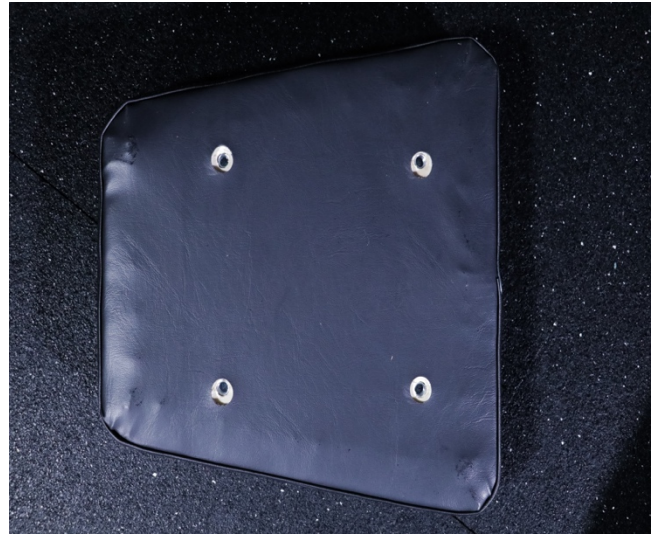
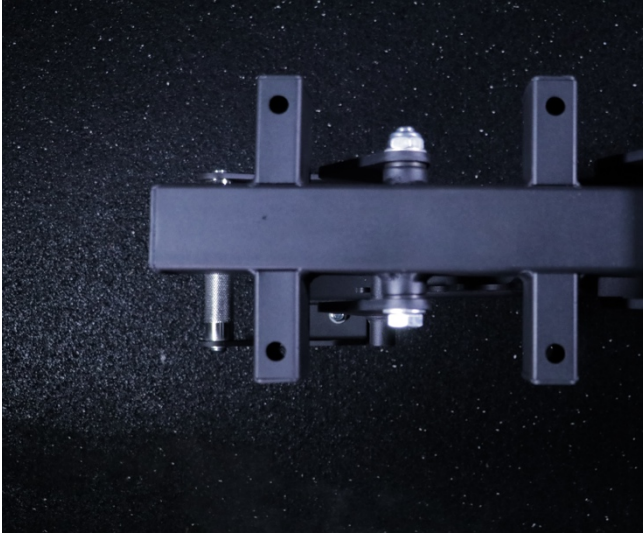


For Step 2 we will be applying Item 4 (Backrest) and Item 1 (Main Frame). This will be done by using 4 of Item 6 (M8 Washers) and 4 of Item 8 (M8X65 Hex Nut).

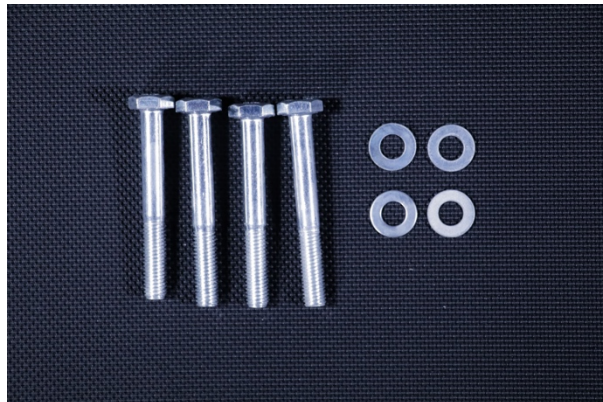


Do this for both Sides

STEP 3



For the Last Step we will be taking Item 3 (SeatPad) and attaching it to Item 1 (Main Frame). We will be doing this with the last four items of product 4 and 8.



After the Bolts at the bottom of the pad are tight into, you are ready to use your new F85 Adjustable Bench!

Happy Lifting



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