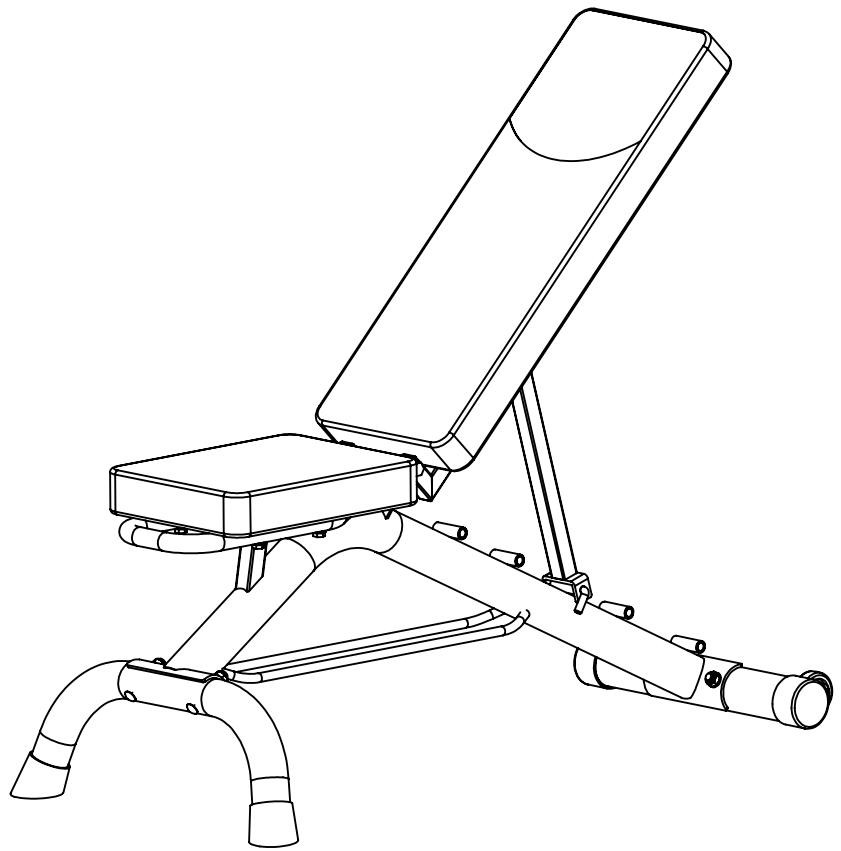


OWNER'S MANUAL

Utility Bench

Model #: 325 UB



Caution: Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Assembly Instructions

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Assembly Instructions

Before Your Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.
CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the bench near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

Tools Required

Tools Required : Allen Wrench Set / Socket Wrench Set
Adjustable Wrench / Crescent Wrench
Rubber Mallet / Tape Measure

ASSEMBLY REQUIRES AT LEAST TWO PERSONS

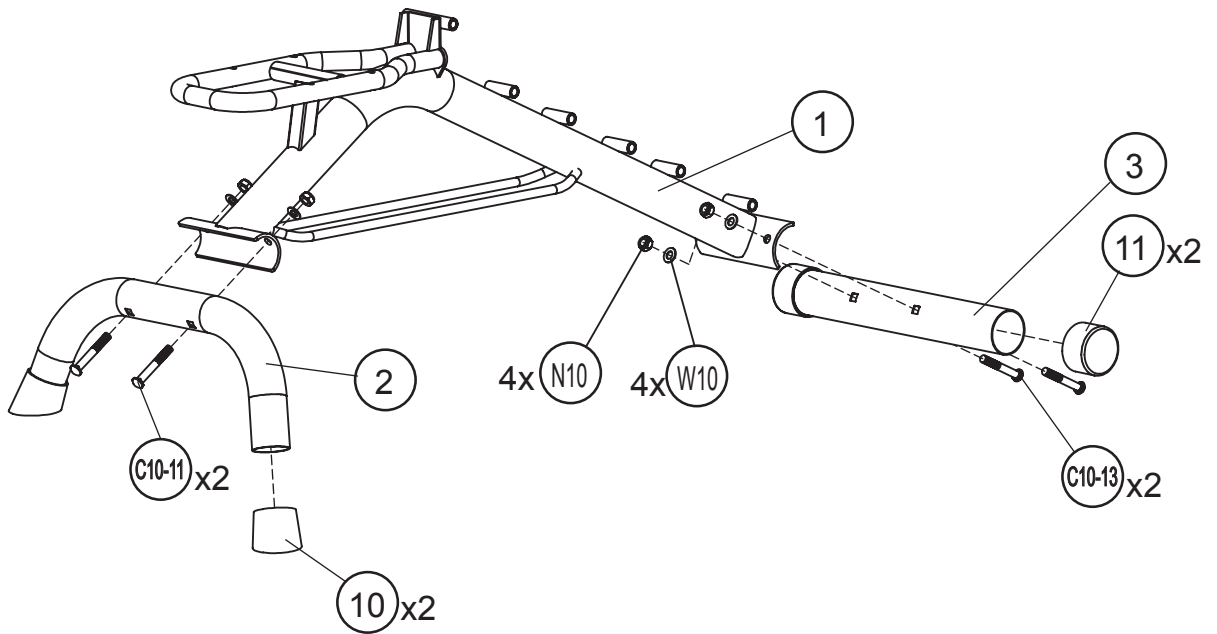
WARNING: This Product Is Rated for Home Use Only!

Using this product in a commercial setting will void all warranties and can result in serious injury or death!

Note: Hand tighten bolts and nuts until machine is fully assembled.

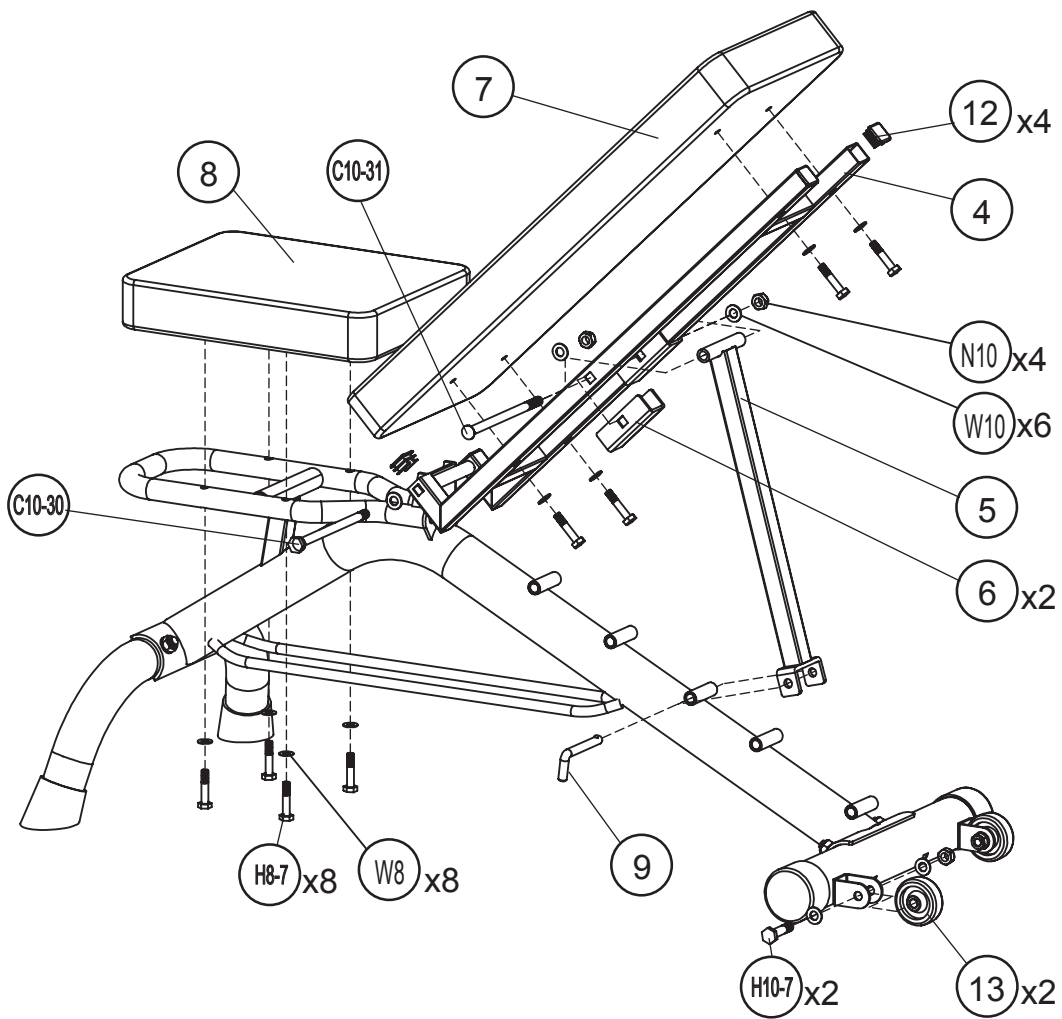
Assembly Instructions

STEP 1



Assembly Instructions

STEP 2



Assembly Instructions

Parts & Hardware List

Part#	Discription	Qty	Remark
1	Main Frame	1	
2	Front Foot Tube	1	
3	Rear Foot Tube	1	
4	Back Pad Support	1	
5	Back Pad Adjust Bar	1	
6	Back Pad Support Bracket	2	
7	Back Pad	1	
8	Seat Pad	1	
9	Lock Pin	1	
10	Front Foot Tube Outer Cap	2	
11	Dia 60mm Outer Cap	2	
12	F25x25mm Inner Cap	4	Pre-assembled
13	Wheel	2	
H8-7	M8x45 mm Hex Head Bolt	8	
H10-7	M10x45 mm Hex Head Bolt	2	
C10-11	M10x65 mm Carriage Bolt	2	
C10-13	M10x75 mm Carriage Bolt	2	
C10-30	M10x160 mm Carriage Bolt	1	
C10-31	M10x165 mm Carriage Bolt	1	
W8	M8 Washer	8	
W10	M10 Washer	10	
N10	M10 Nut	8	