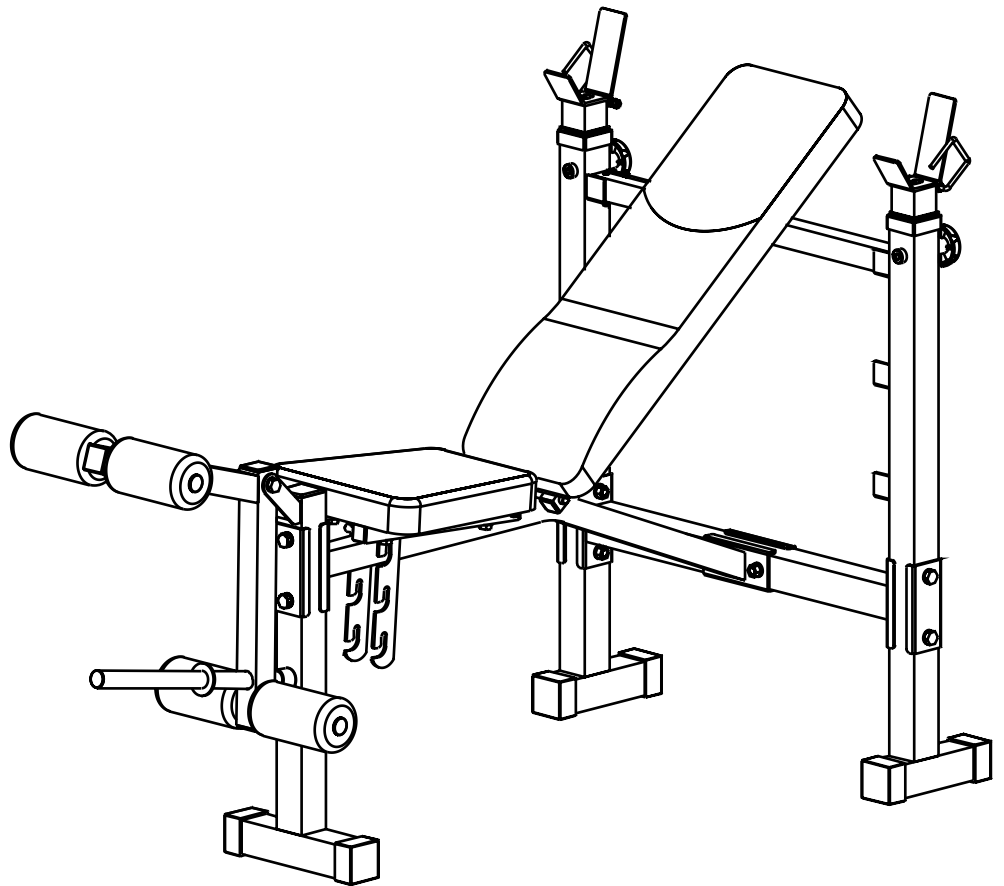


OWNER'S MANUAL

Standard Weight Bench

Model #: 340 STB



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

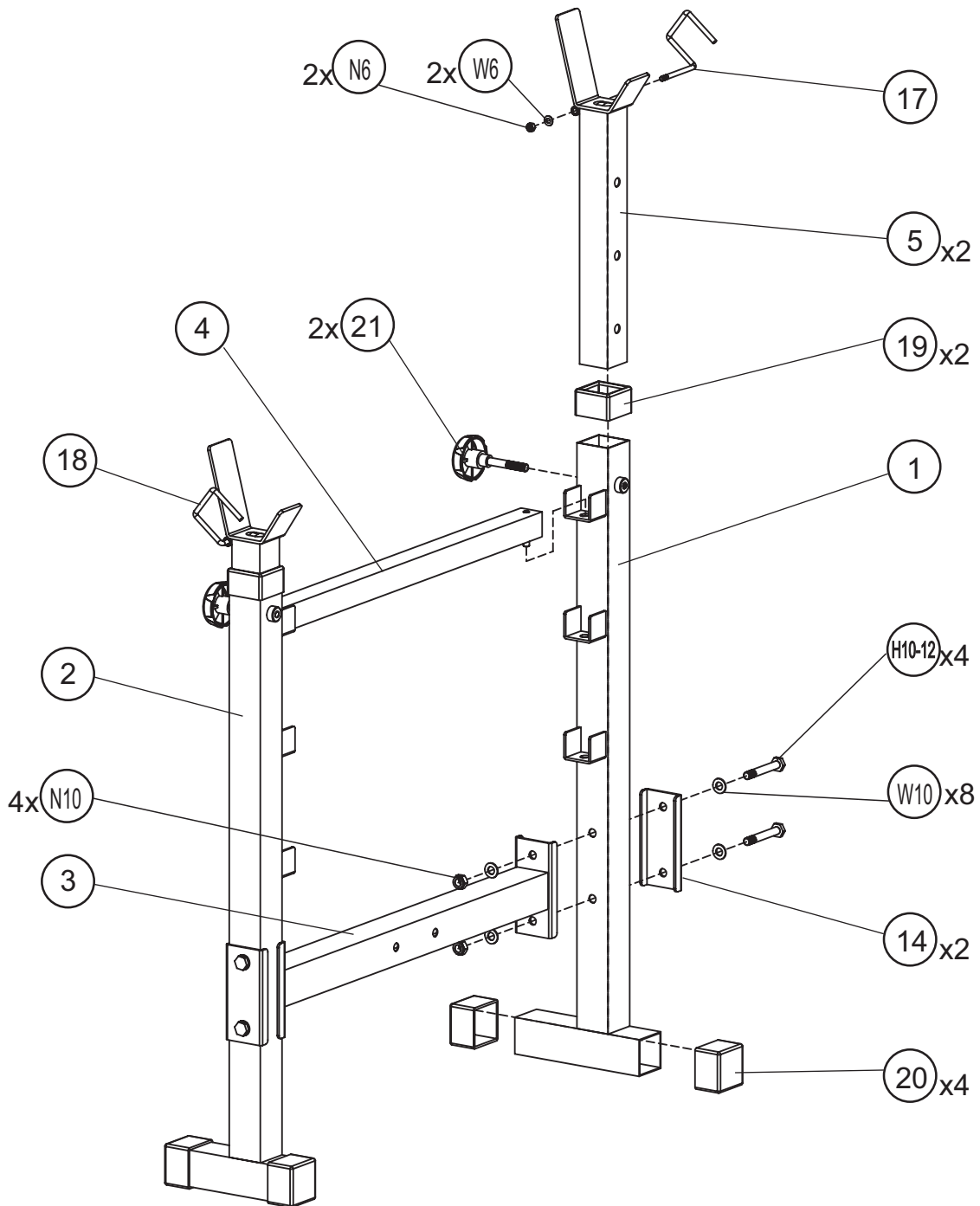
ASSEMBLY REQUIRES AT LEAST TWO PERSONS

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!

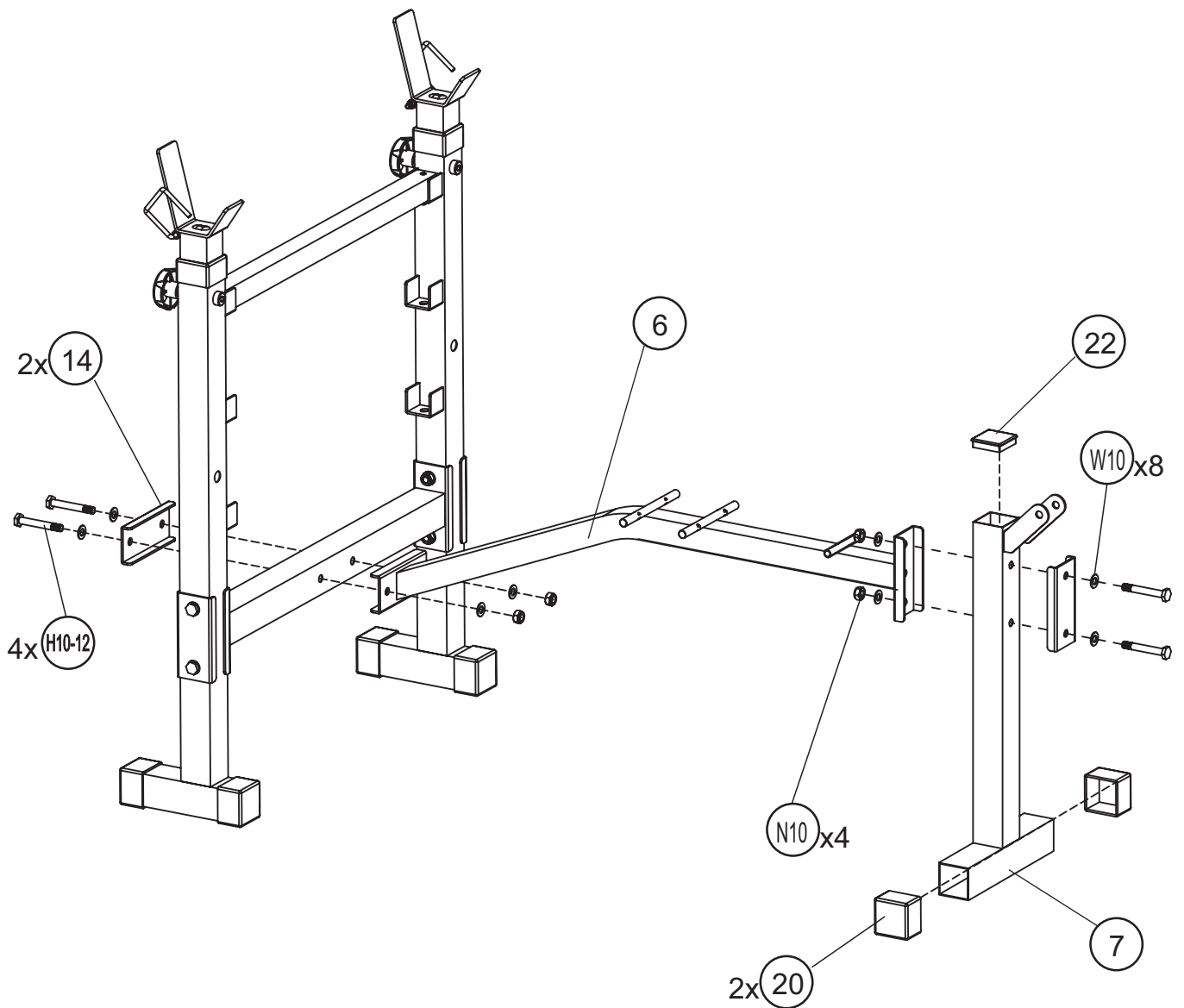
Assembly Instructions

STEP 1



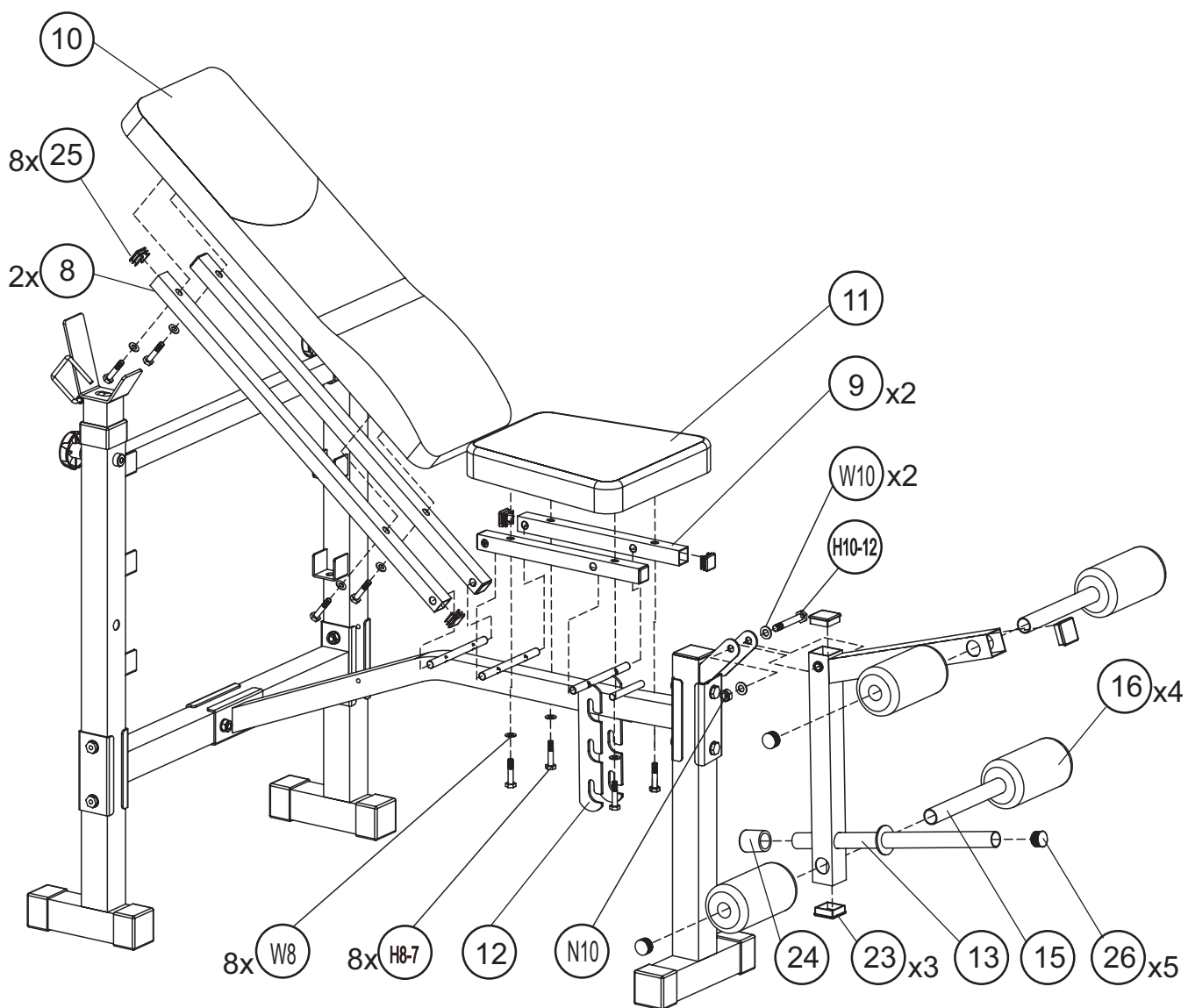
Assembly Instructions

STEP 2



Assembly Instructions

STEP 3



Assembly Instructions

Parts & Hardware List

Part#	Description	Qty	Remark
1	Left Upright	1	
2	Right pright	1	
3	Rear Cross Frame	1	
4	Backrest Adjust Bar	1	
5	Bar Holder	2	
6	Main Frame	1	
7	Front Upright	1	
8	Back Pad Support	2	
9	Seat Pad Support	2	
10	Back Pad	1	
11	Seat Pad	1	
12	Seat Adjust Bracket	1	
13	Leg Developer	1	
14	Steel Plate	4	
15	Foam Roller Tube	2	
16	Foam Roller	4	
17	Left Bar Lock	1	
18	Right Bar Lock	1	
19	F50x45mm Sleeve	2	Pre-assembled
20	F50x50mm Outer Cap	6	
21	Lock Screw	2	
22	F50x50mm Inner Cap	1	Pre-assembled
23	F38x38mm Inner Cap	3	Pre-assembled
24	Dia25mm Bumper Cap	1	Pre-assembled
25	F25x25mm Inner Cap	8	Pre-assembled
26	Dia25mm Inner Cap	5	Pre-assembled
H8-7	M8x45mm Hex Head Bolt	8	
H10-12	M10x70mm Hex Head Bolt	9	
W6	M6 Washer	2	
W8	M8 Washer	8	
W10	M10 Washer	18	
N6	M6 Nut	2	
N10	M10 Nut	9	