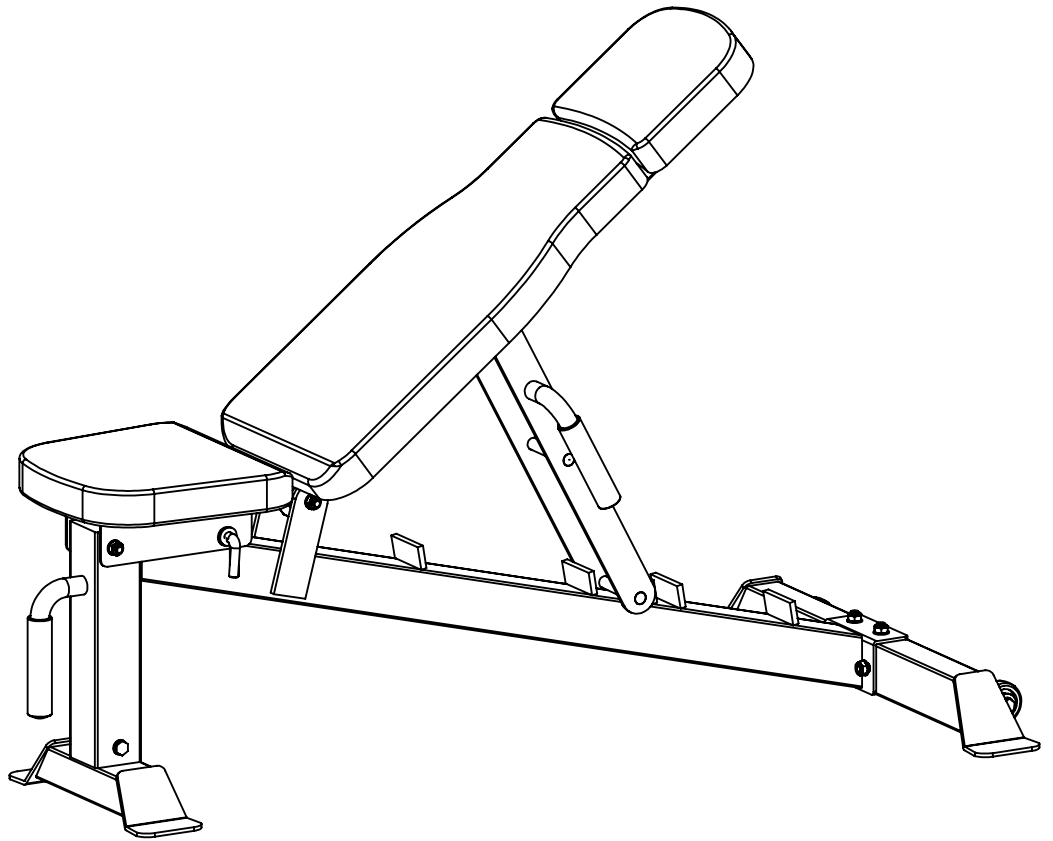


# OWNER'S MANUAL

## Utility Bench

Model #: ES 420



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

# Assembly Instructions

## Contents

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# Assembly Instructions

## *Before You Begin!*

This exercise equipment is built for optimum safety. Please read the entire manual before you assemble or operate this 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 you experience dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once and CONSULT A PHYSICIAN.
4. Position the equipment on a clear, level surface. Do not use near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate 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. Check all bolts and connections before use. Do not use if the equipment is not functioning or is in need of repair.
9. Before using the equipment, perform the proper stretches to properly warm up.

## Tools Required

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

### **PROPER ASSEMBLY REQUIRES TWO PERSONS**

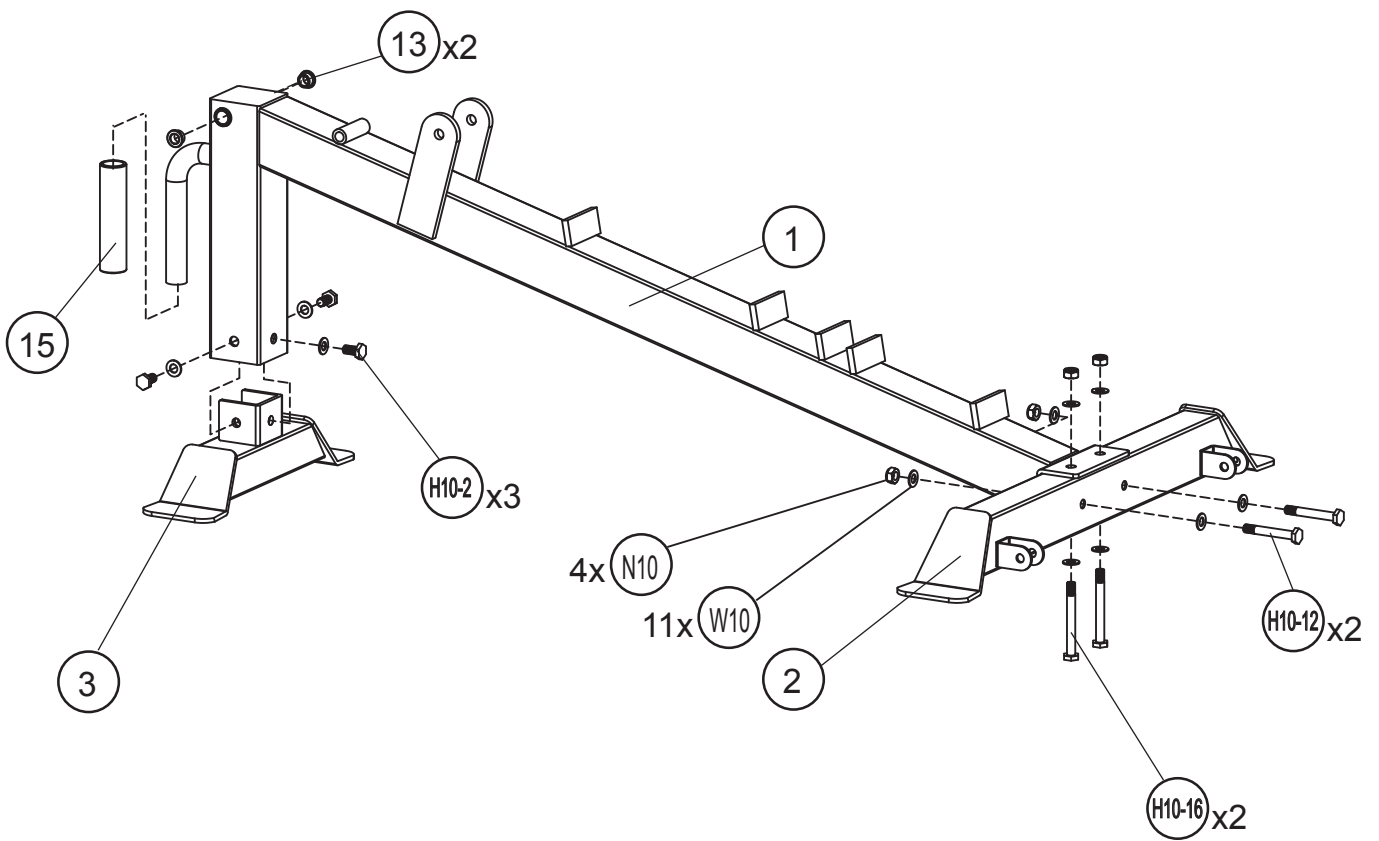
Note: Only hand tighten all nuts and bolts until the complete unit is assembled.

### **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!

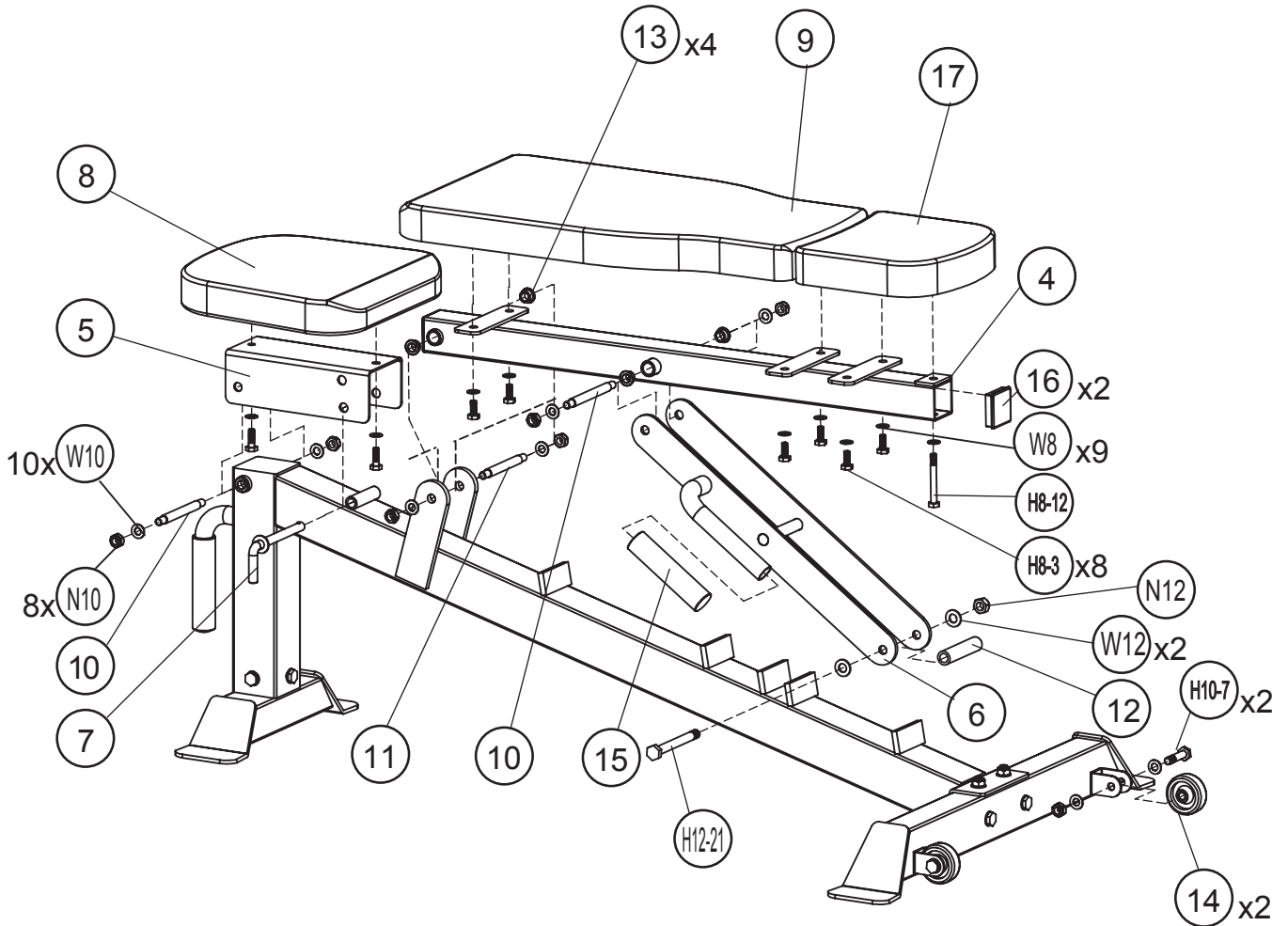
# Assembly Instructions

## STEP 1



# Assembly Instructions

## STEP 2



# Assembly Instructions

## Parts & Hardware List

Part#	Discription	Qty	Remark
1	Main Frame	1	
2	Rear Base	1	
3	Front Base	1	
4	Back Pad Support	1	
5	Seat Pad Support	1	
6	Back Pad Adjust Bracket	1	
7	Seat Pad Adjust Pin	1	
8	Seat Pad	1	
9	Big Back Pad	1	
10	Long Adjust Axle( 130mm)	2	
11	Short Adjust Axle( 116mm)	1	
12	Bumper Sleeve	1	Pre-assembled
13	Bushing	6	Pre-assembled
14	Wheel	2	
15	Handle Sleeve	2	Pre-assembled
16	F50x50mm Inner Cap	2	Pre-assembled
17	Small Back Pad	1	
H8-3	M8x25 mm Hex Head Bolt	8	
H8-12	M8x70 mm Hex Head Bolt	1	
H10-2	M10x20 mm Hex Head Bolt	3	
H10-7	M10x45 mm Hex Head Bolt	2	
H10-12	M10x70 mm Hex Head Bolt	2	
10-16	M10x90 mm Hex Head Bolt	2	
H12-21	M12x115mm Hex Head Bolt	1	Pre-assembled
W8	M8 Washer	9	
W10	M10 Washer	21	
W12	M12 Washer	2	
N10	M10 Nut	12	
N12	M12 Nut	1	

## ***Limited Warranty***

We warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **1 year FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the product. The company's obligation under this warranty is limited to replacing or repairing the product, at the discretion of the company.

This Limited Warranty is void if the product is:

Damaged through improper use, negligence, abuse, misuse, transportation damage, act of nature, or accident, include failure to follow the assembly and or operation instructions supplied with the product.

Used in commercial or rental applications.

Modified or repaired by anyone not authorized by the company.

This Limited Warranty does not cover expendable items including but not limited to: Batteries, light bulbs, fuses, accessories, and other items that experience wear as a result of normal use.