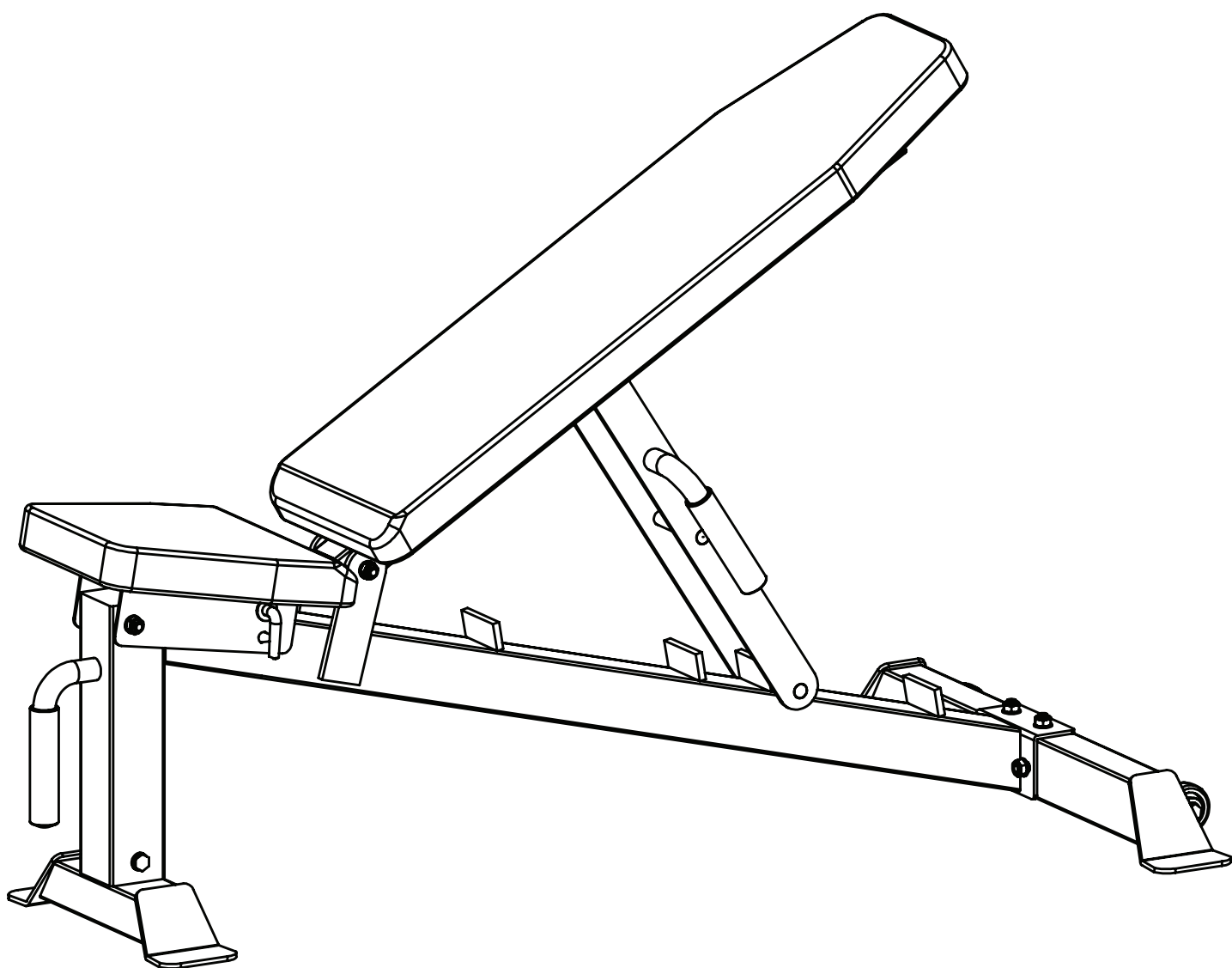




HEAVY DUTY UTILITY BENCH

Model No:
CF122



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

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

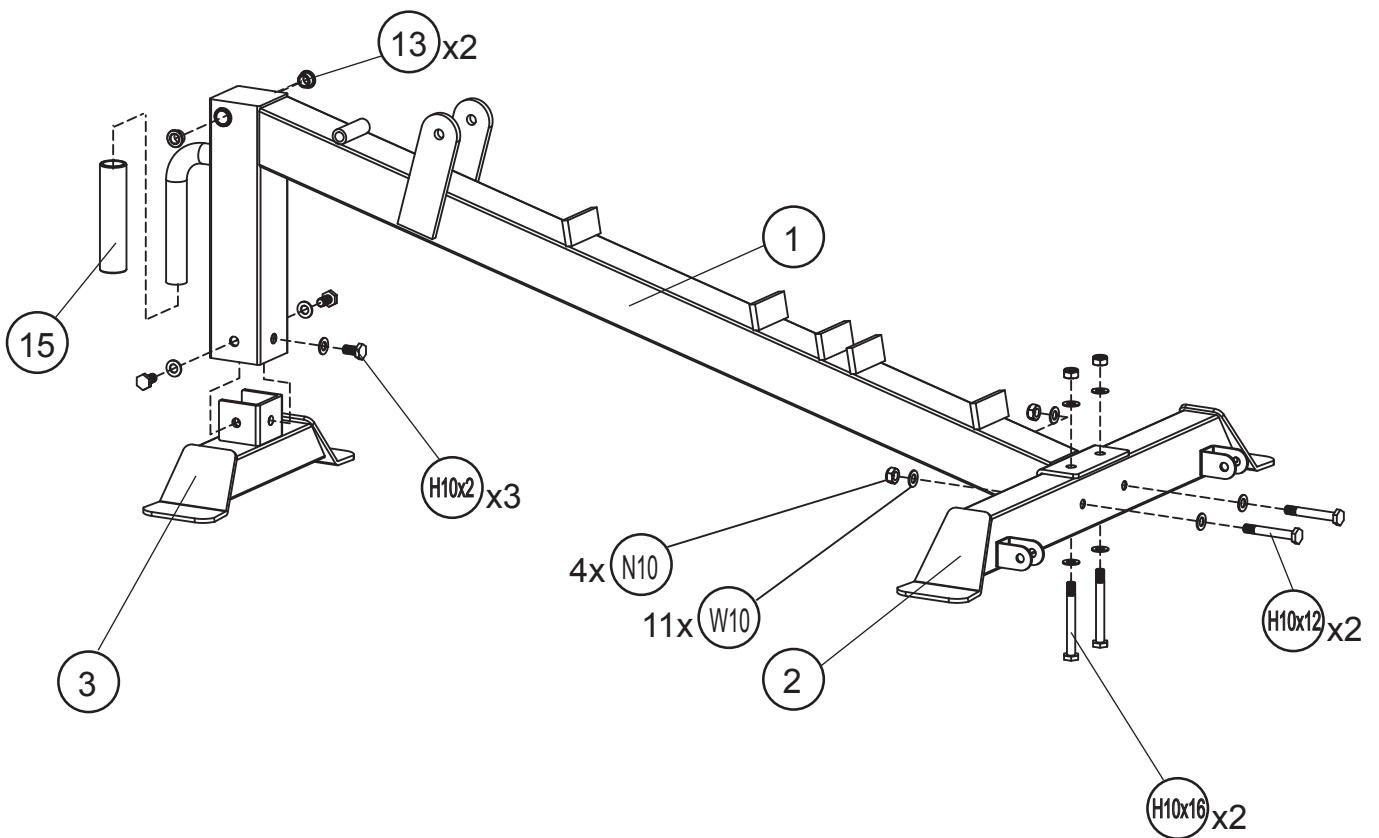
WARNING: This Product Is Rated for Home Use Only!

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.

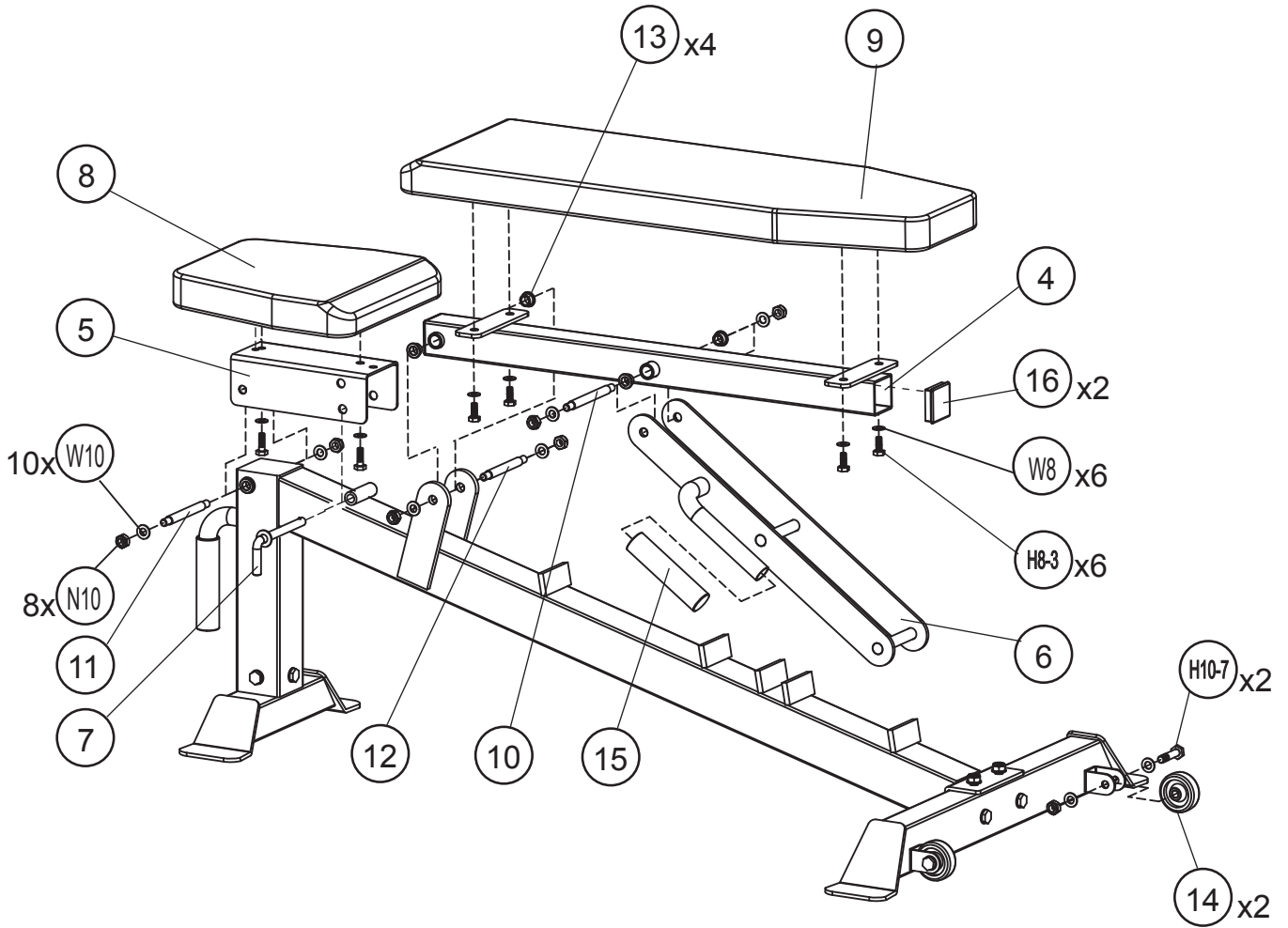
Assembly Instructions

STEP 1



Assembly Instructions

STEP 2



Assembly Instructions

Parts & Hardware List

Part#	Description	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	Back Pad	1	
10	Back Pad Adjust Axle	1	
11	Seat Pad Adjust Axle	1	
12	Back Pad Axle	1	
13	Bushing	6	Pre-assembled
14	Wheel	2	
15	Handle Sleeve	2	Pre-assembled
16	F50x50mm Inner Cap	2	Pre-assembled
H8-3	M8x25 mm Hex Head Bolt	6	
H10-2	M10x20 mm Hex Head Bolt	3	
H10-7	M10x45 mm Hex Head Bolt	2	
H10-12	M10x70 mm Hex Head Bolt	2	
H10-16	M10x90 mm Hex Head Bolt	2	
W8	M8 Washer	6	
W10	M10 Washer	21	
N10	M10 Nut	12	



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To register your warranty, please go to
www.gpisports.com.au

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