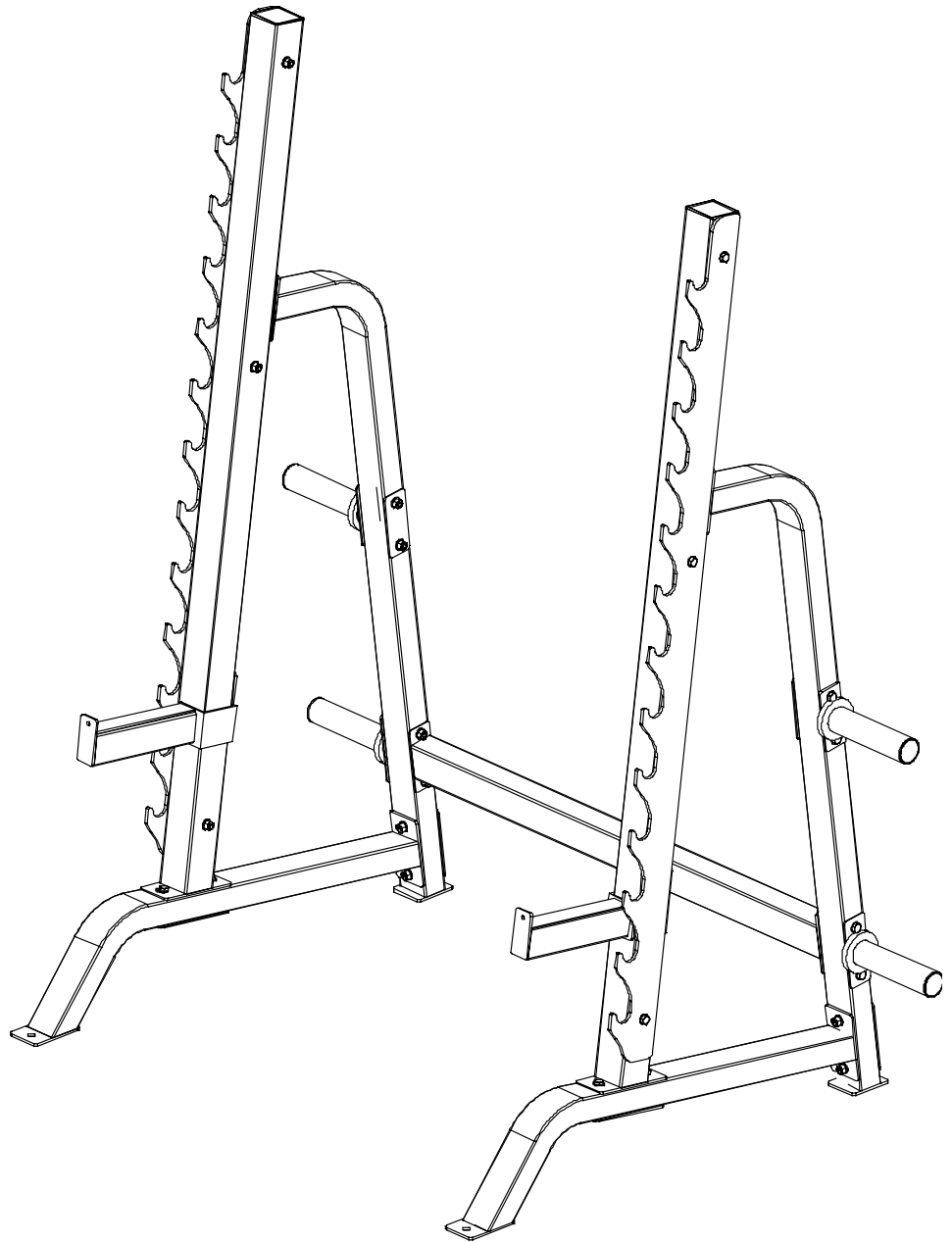


# OWNER'S MANUAL

## Multi Press/Squat Rack

Model #: 480 MPR



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

# **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 bench. Please note the following safety precautions:

1. Keep children and pets away from the bench 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 bench.
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 equipment 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 it is not functioning properly.

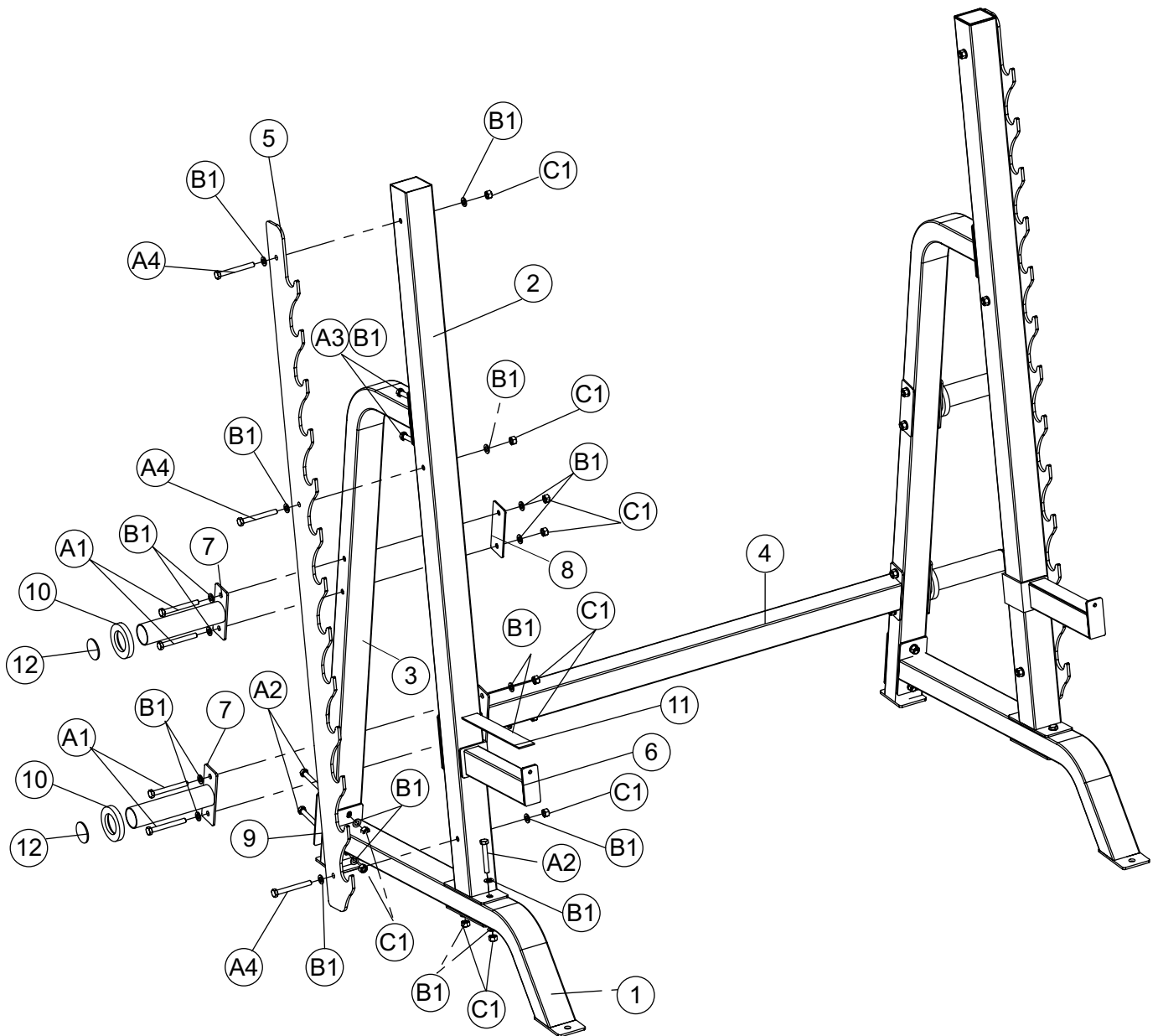
## Space and Tools Required

Space Required : Approx. L1650 x W2100 x H2380 MM

Tools Required : Two Adjustable Wrench

# ASSEMBLY INSTRUCTIONS

Place all parts in a clear area and remove the packing materials. We highly recommend that this weight bench be assembled by at least 2 persons.



# **PARTS LIST**

<b>Part#</b>	<b>Description</b>	<b>Qty</b>	<b>Remark</b>
<b>1</b>	<b>Base Frame</b>	<b>2</b>	
<b>2</b>	<b>Front Vertical Beam</b>	<b>2</b>	
<b>3</b>	<b>Arc Connect Beam</b>	<b>2</b>	
<b>4</b>	<b>Rear Base Frame</b>	<b>1</b>	
<b>5</b>	<b>Barbell Frame</b>	<b>2</b>	
<b>6</b>	<b>Safety Stop Frame</b>	<b>2</b>	<b>1pair</b>
<b>7</b>	<b>Weight Storage Bar</b>	<b>4</b>	
<b>8</b>	<b>Long Square Bracket</b>	<b>2</b>	
<b>9</b>	<b>Short Square Bracket</b>	<b>2</b>	
<b>10</b>	<b>Rubber Bumper D78</b>	<b>4</b>	
<b>11</b>	<b>Safety Stop Rubber Board</b>	<b>2</b>	Pre-assembled
<b>12</b>	<b>Inner Plug Dia48</b>	<b>4</b>	Pre-assembled
<b>A1</b>	<b>Hex Head Bolt M10X95</b>	<b>8</b>	
<b>A2</b>	<b>Hex Head Bolt M10X75</b>	<b>8</b>	
<b>A3</b>	<b>Hex Head Bolt M10X15</b>	<b>4</b>	
<b>A4</b>	<b>Hex Head Bolt M10X90</b>	<b>6</b>	
<b>B1</b>	<b>Flat Washer Dia10</b>	<b>48</b>	
<b>C1</b>	<b>Nylon Lock Nut M10</b>	<b>22</b>	