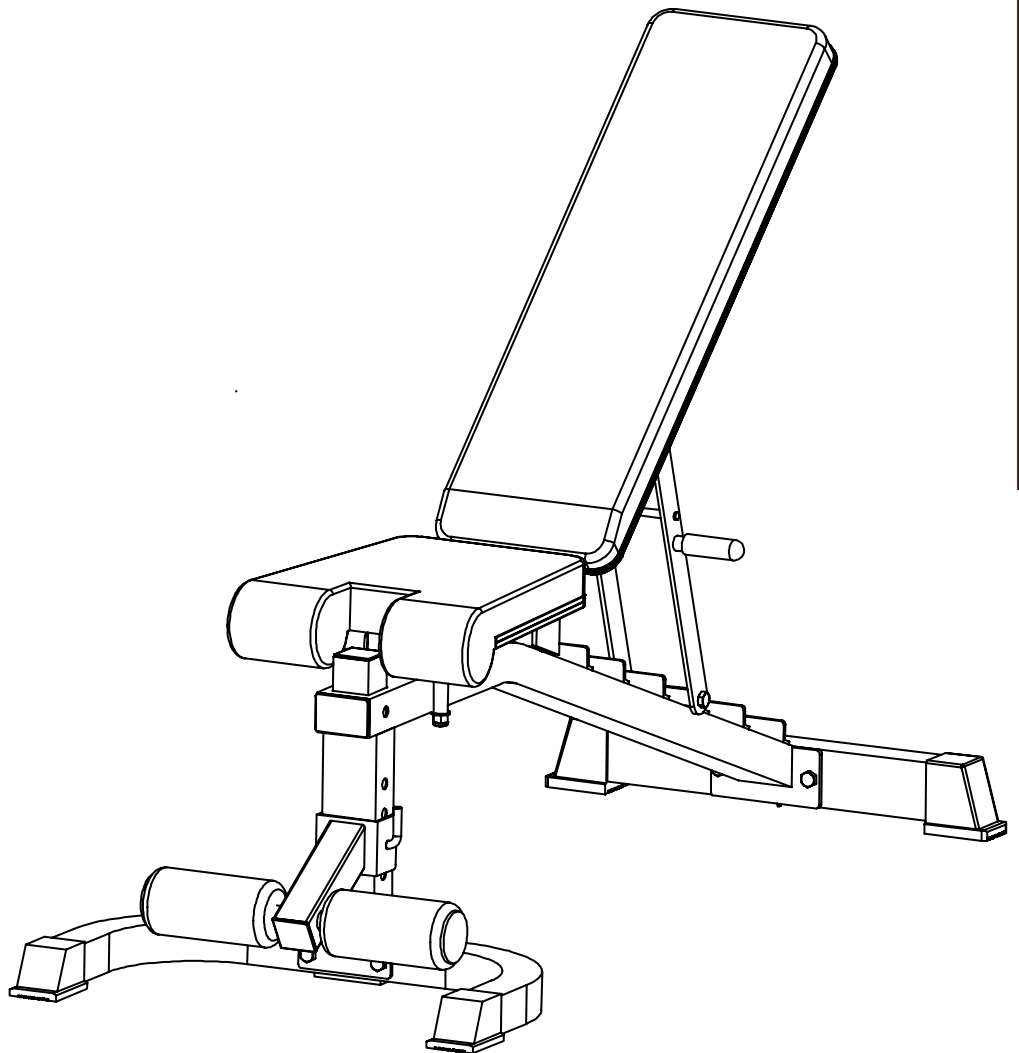




**FID BENCH**

**LEAP419**

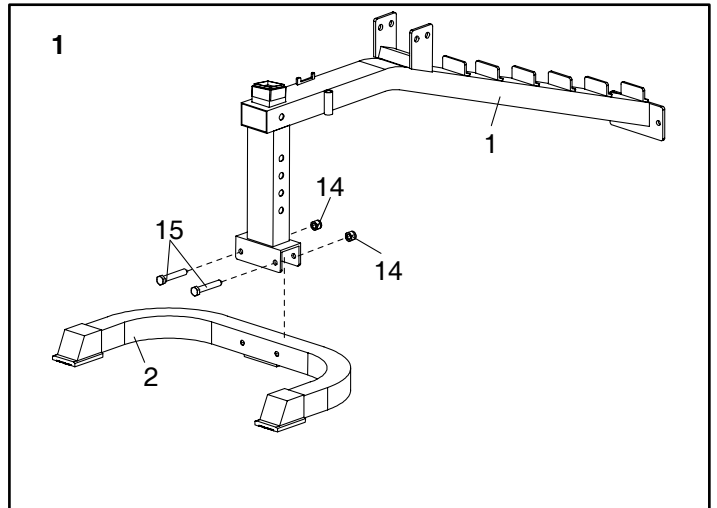
**User's Manual**



# Assembly

**NOTE: Hand tighten bolts and locknuts until machine is fully assembled.**

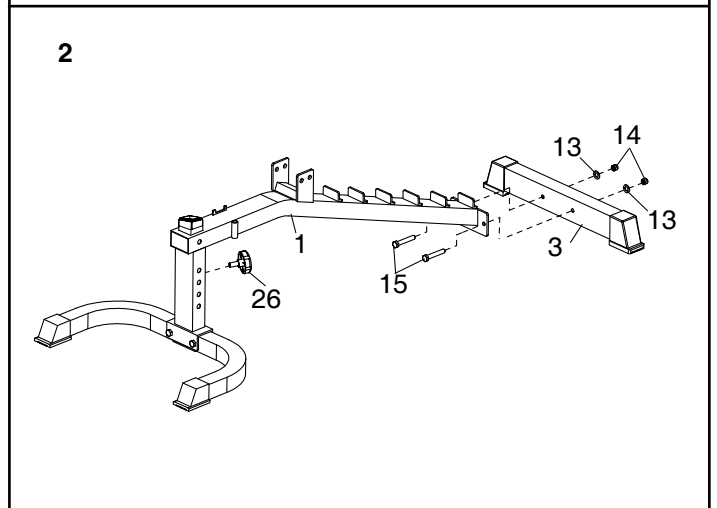
1. Connect Main Frame (1) to U Front Base (2) with two M12 x 75mm Bolts (15) and two M12 Locknuts (14).



2. Connect Main Frame (1) to Rear Base (3) with two M12 x 75mm Bolts (15), two M12 Washers (13) and two M12 Locknuts (14).

Screw Knob (26) into Main Frame (1).

This Knob is used to tighten down any attachment used in your LEAP419 Bench.

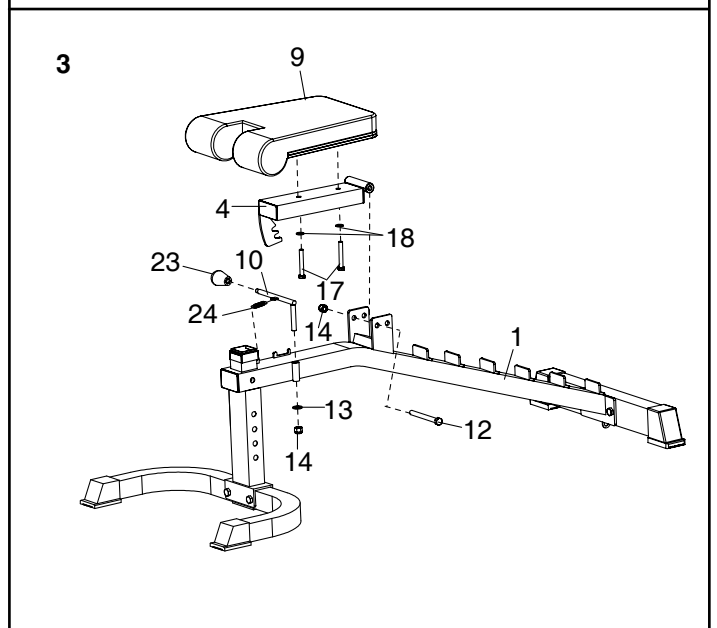


3. Connect Seat Pad (9) to Seat Support Frame (4) using two M10 x 60mm Bolts (17) and two Big M10 Washers (18).

Slide Pin (10) down into Main Frame (1) and secure with M12 Washer (13) and M12 Locknut (14). Connect Spring (24) between Main Frame (1) and Pin (10).

Connect Seat Support Frame (4) to Main Frame (1) using one M12 x 125mm Bolt (12) and one M12 Locknut (14). **Do not overtighten the Locknut; the Seat Support Frame (4) should pivot freely.**

Seat can then be adjusted by pulling Pin (10) toward rear of unit.



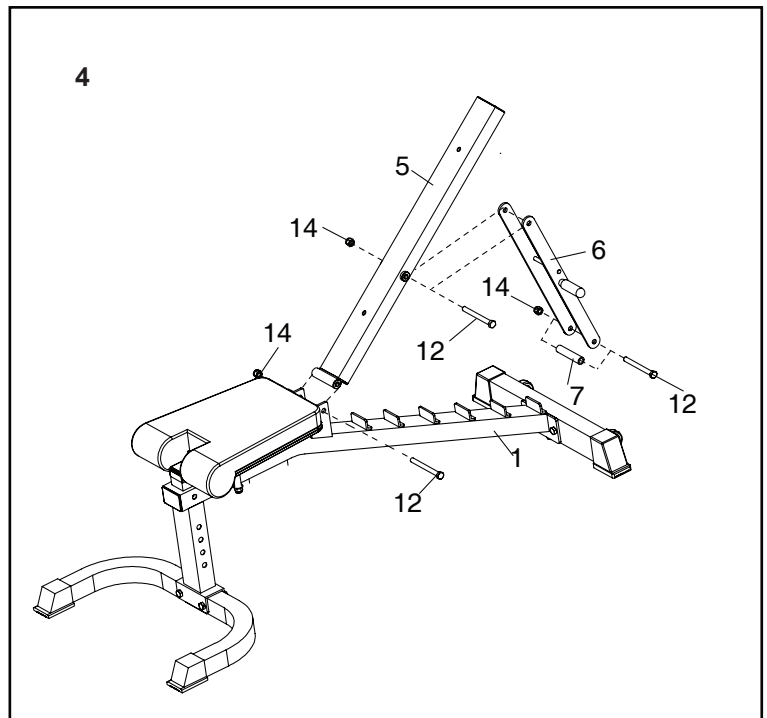
# Assembly

**NOTE: Hand tighten bolts and locknuts until machine is fully assembled.**

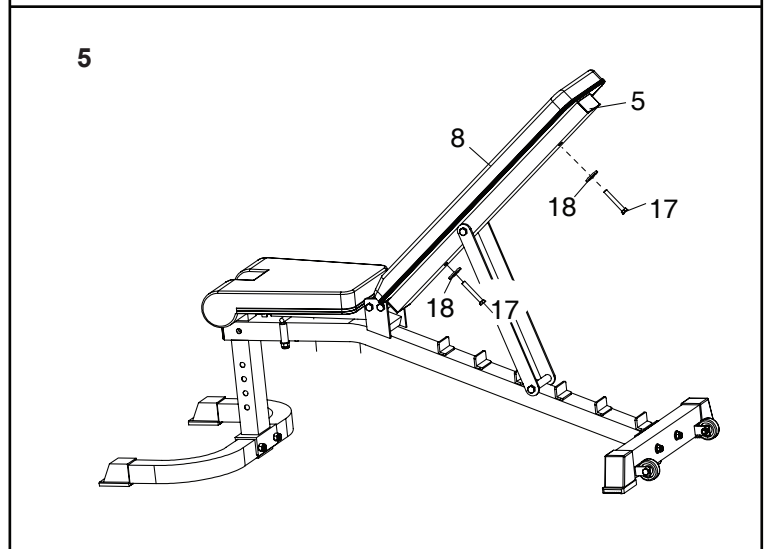
4. Attach the Back Pad Support Frame (5) to the Main Frame (1) with one M12 x 125 mm Bolt (12) and one M12 Locknut (14). **Do not overtighten the Locknut; the Back Pad Support Frame (5) should pivot freely.**

Attach the Plastic Sleeve (7) to the Adjustable Back Pad Frame (6) with one M12 x 125 mm Bolt (12) and one M10 Locknut (14).

Attach the Adjustable Back Pad Frame (6) to the Back Pad Support Frame (5). **Do not overtighten the Locknut; the Adjustable Back Pad Frame (6) should pivot freely.**



5. Connect Back Pad (8) to Back Pad Support Frame (5) with two M10 x 60mm Bolts (17) and two M10 Washers (18).

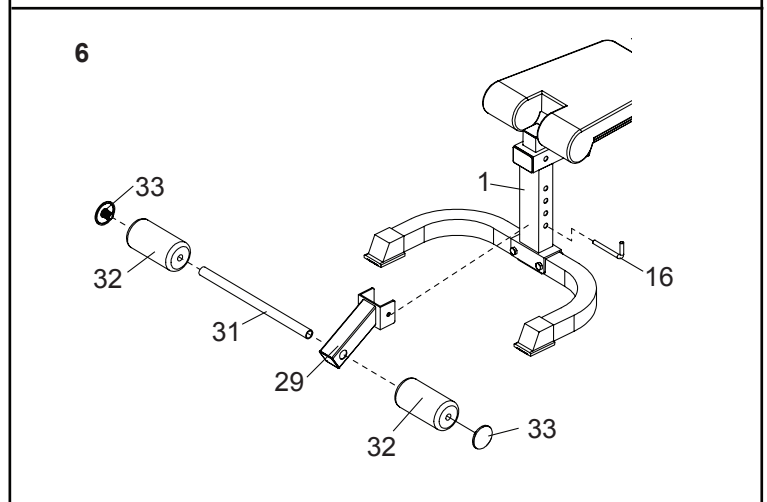


6. Insert Roller Pad Tube (31) into Leg Support (29).

Slide a Foam Pad (32) onto each of the Roller Pad Tube (31).

Press a Pad Cap (33) into each Roller Pad Tube (31).

Then, insert the L Pin (16) into the Main Frame (1) and Leg Support (29).



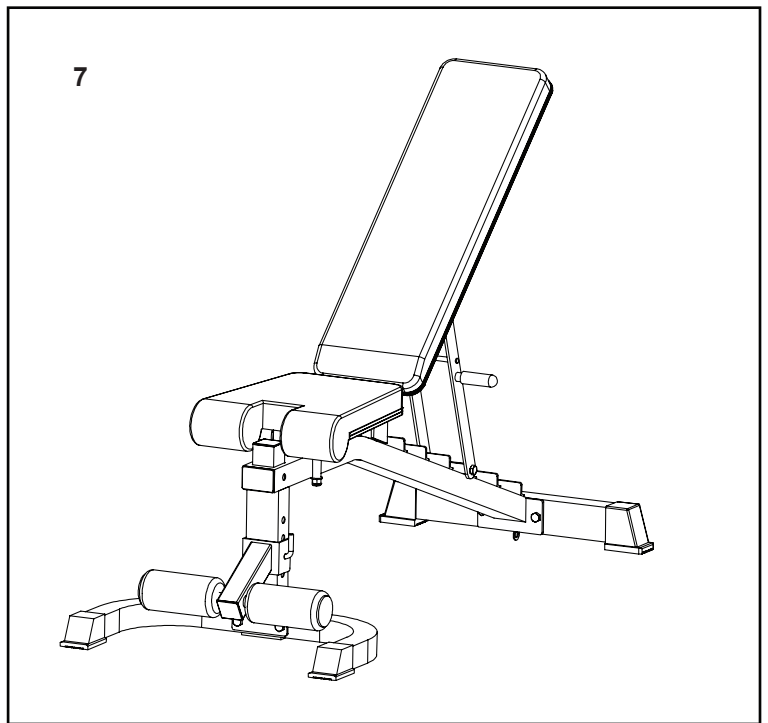
# Assembly

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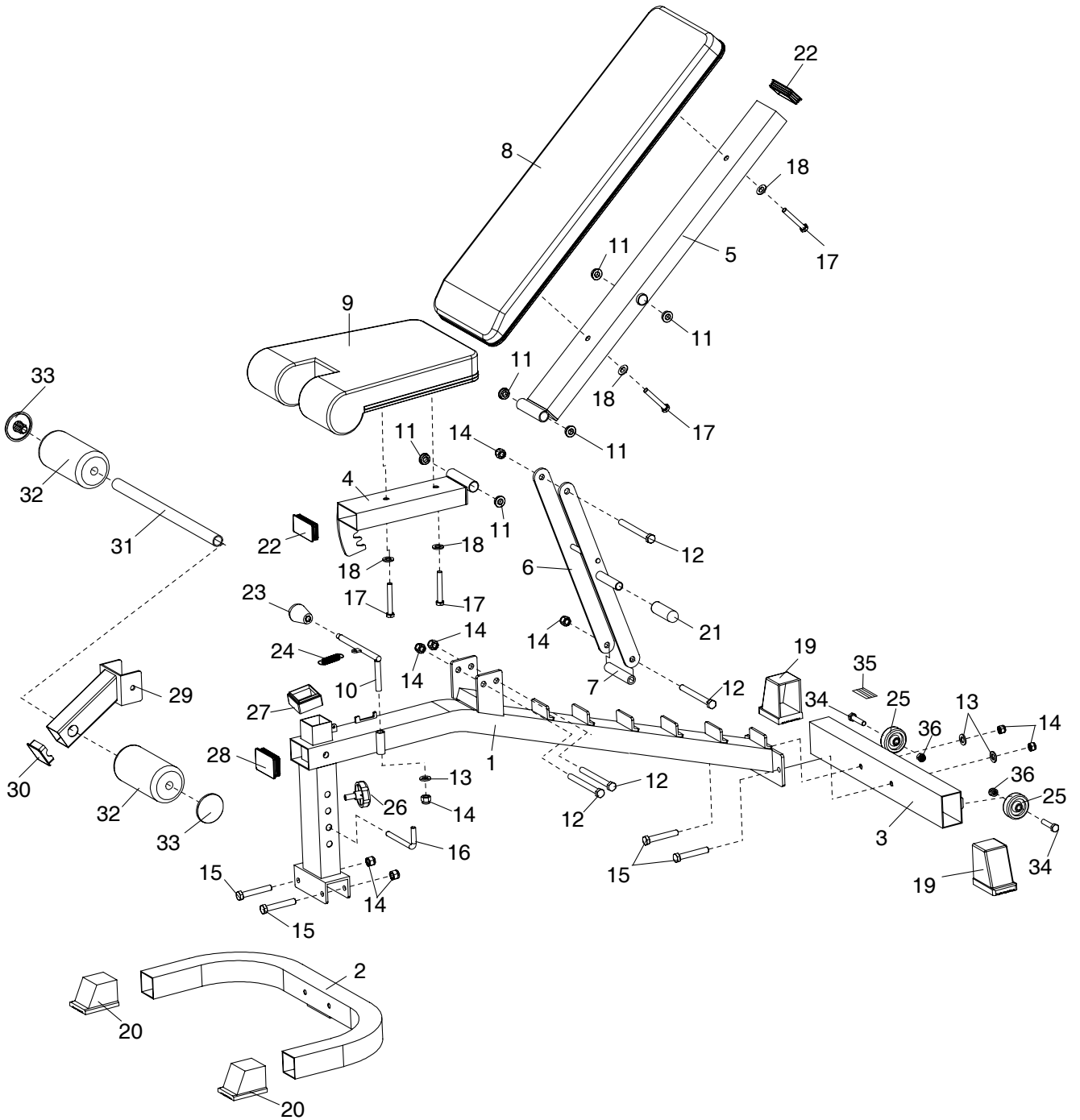
**NOTE: Hand tighten bolts and locknuts until machine is fully assembled.**

- 7. Congratulations!!**  
You have successfully completed  
the assembly of your LEAP419!

**Make sure that all parts are properly  
tightened before you use the weight  
bench.**



# Exploded View



## Parts List

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### LEAP419 PART LIST

Key NO	DESCRIPTION	QTY
1	Main Frame	1
2	U Front Base	1
3	Rear Base	1
4	Seat Support Frame	1
5	Back Pad Support Frame	1
6	Adjustable Back Pad Frame	1
7	Plastic Sleeve	1
8	Back Pad	1
9	Seat Pad	1
10	Pin	1
11	Iron Bushing	6
12	M12 x 125mm Bolt	4
13	M12 Washer	3
14	M12 Locknut	9
15	M12 x 75mm Bolt	4
16	L Pin	1
17	M10 x 60mm Bolt	4
18	M10 Washer	4
19	End Cap 50 x 75	2
20	End Cap 50	2
21	Grip	1
22	Plug 40 x 80	2
23	Ball Head For Pin	1
24	Spring	1
25	Wheel	2
26	Knob	1
27	Plastic Sleeve F50 x 44	1
28	Plug 50 x 75	1
29	Leg Support	1
30	Plug 50	1
31	Roller Pad Tube	1
32	Foam Pad	2
33	Pad Cap	2
34	M10 x 45mm Bolt	2
35	Rubber Pad	1
36	M10 Locknut	2