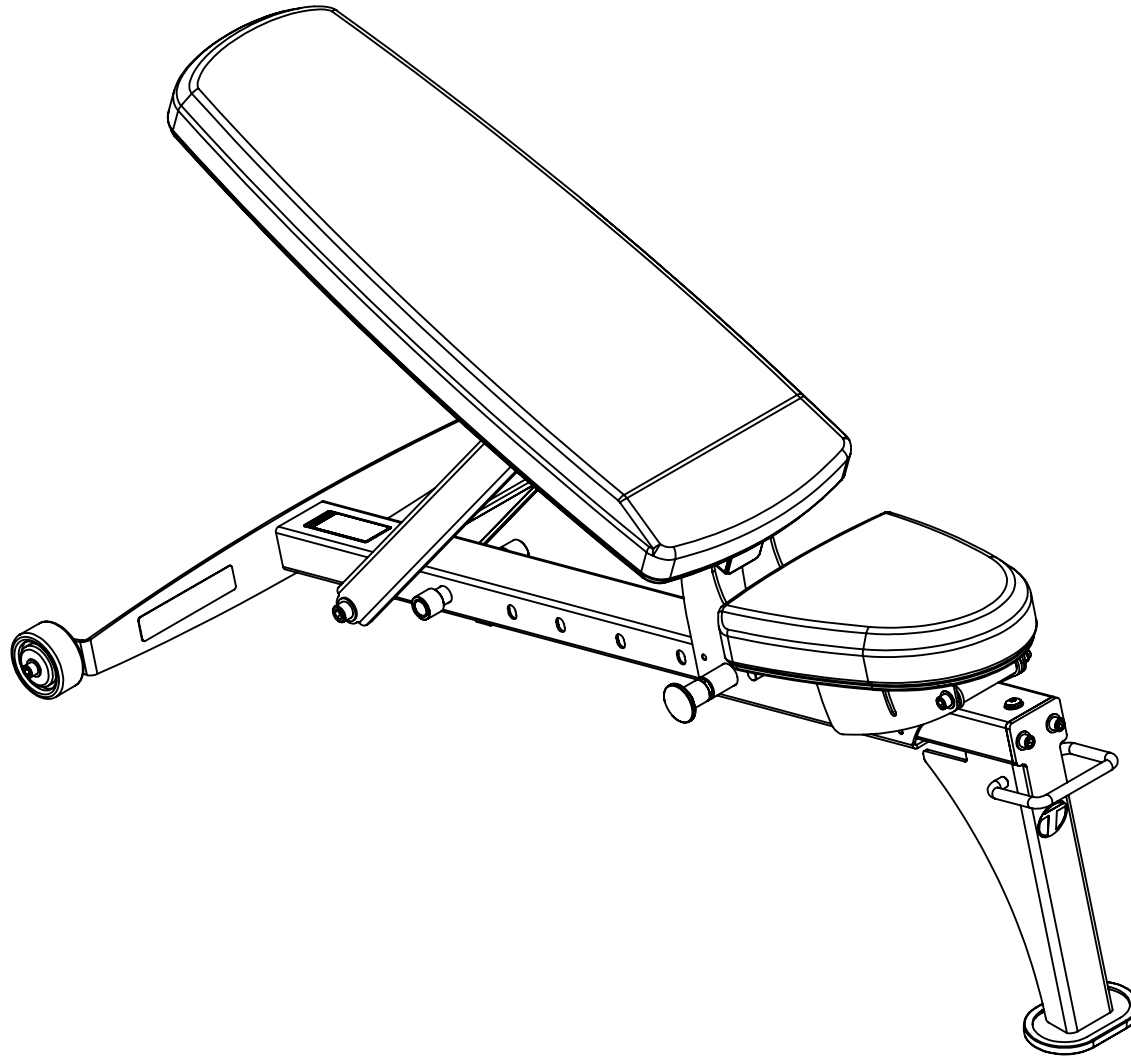


# FLAT INCLINE BENCH ASSEMBLY GUIDE

VERSION: FFIB-101

PART #: 5494001-B



**TORQUE** USA

# TABLE OF CONTENTS

## Important safety instructions:

- Important safety instructions for using equipment: **Page 3**
- Important safety instructions for assembling equipment: **Page 3**
- Obtaining service: **Page 3**

## General Notes:

- Unpacking equipment: **Page 4**
- Tools Required: **Page 4**
- Optional equipment: **Page 4**
- Assembly tips: **Page 4**

## Parts List: **Page 5**

## Assembly Instructions: **Pages 6 - 14**

## Adjustments and Maintenance:

- Attachment and adjustment instructions: **Page 15**
- Maintenance: **Page 15**

# WARNING !

## Important safety instructions for using Equipment

There is a risk assumed by the individuals who use this type of equipment. To minimize risk, you must follow these precautions:

1. **READ ALL INSTRUCTIONS AND WARNING LABELS COMPLETELY PRIOR TO ANY USE OR ASSEMBLY. Failure to read and follow the safety instructions and warnings within the Assembly and Maintenance Guide may result in possible serious injury or death. Use this product only for the intended uses described in the Assembly and Maintenance Guide and exercise booklet. DO NOT modify equipment in anyway. Any use other than as intended or modification of product will void any and all product warranties.**
2. Consult your physician before starting any exercise program. Warm up properly before engaging in resistance training. Stop exercising and consult a physician **immediately** if you experience dizziness, nausea, faintness, chest pain, shortness of breath or any other abnormal symptoms during use of this equipment.
3. Certain exercise equipment and/or equipment may not be suitable or appropriate for pregnant women, people with heart conditions, balance impairment or other pre-existing health problems. Persons with disabilities should consult a physician and obtain medical approval prior to using this product and should only use this product under close supervision. **Failure to comply with these instructions will void any and all product warranties.**
4. Carefully inspect equipment before each use. Replace all parts at the first sign of wear or damage. Tighten all loose connections. Do not disassemble, remove any parts or components or otherwise attempt to repair this product. **DO NOT** use product if product appears damaged. **DO NOT** attempt to fix a broken or jammed machine, contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST). **Failure to comply with these instructions will void any and all product warranties.**
5. Keep body and clothing clear of all moving parts. Do not put any foreign on or near this product when in use. Wear comfortable clothing which does not impair freedom of movement. Do not wear clothing which is too loose and could get caught in moving parts.
6. Make sure all adjustment spring pins are fully engaged after making an adjustment and before using the product.
7. Children and pets must not be allowed near this machine. Supervise teenagers. This product is not a toy.
8. If unsure of proper use of this product, contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST). or 1-877-TORQUE5 (1-866-664-9894). [www.service@torquefitness.com](mailto:www.service@torquefitness.com)

## Important Safety Instructions for Assembling Equipment

1. **Assistance is required. Torque Fitness recommends using more than one person to assemble this equipment.**
2. This product must be assembled on a flat, level surface to assure its proper function. Locate the unit a few inches from walls or furniture to allow easy access during assembly and use.
3. Read each numbered step in Assembly and Maintenance Guide and follow the steps in sequence. Skipping ahead may result in damage to the equipment and may require components to be disassembled.
4. Wear proper attire during the assembly process. Do not wear clothing which is too loose or open toed shoes.

## Obtaining Service

Do not attempt to service the product yourself except for maintenance tasks described in this manual.

Refer to the Adjustments and Maintenance section at the back of this manual and the included workout booklet for information on product operation and service.

For further information, visit our website at [www.torquefitness.com](http://www.torquefitness.com) or contact us at [www.service@torquefitness.com](mailto:www.service@torquefitness.com)

If you call or email customer service, have the model number and serial number(s) available. The location of the model and serial numbers are indicated in the back of this manual. For future reference, write the model and serial number(s) in the space below.

Model Number: \_\_\_\_\_

Serial Number(s): \_\_\_\_\_

# GENERAL NOTES

**CAUTION:** More than one person is required to assemble this unit. Do not attempt to assemble by yourself.

## Unpacking the Equipment

This product may be packaged and shipped in multiple boxes. Parts from all of the boxes are required for various steps during the assembly process.

Carefully open each box and arrange all the parts near the area where assembly is to take place.

**CAUTION:** Use extreme care when cutting plastic tie wraps and package banding. A wire cutter works best for protecting yourself and the parts.

**CAUTION:** Some of the internal boxes may contain upholstery. Do not use a utility knife to open any boxes or the pads may be damaged.

The hardware is packed in bags. Carefully open each bag and sort them per parts list on the next page.

Before starting assembly, identify each part and hardware item as listed in the parts list on the next page. If any items are missing, contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST), or 1-877-TORQUE5 (1-866-664-9894). [www.service@torquefitness.com](mailto:www.service@torquefitness.com)

**Note:** Some items listed in the parts list may already be pre-installed on the product.

## Tools Required

- Rubber mallet or hammer
- Creasant wrench
- 3/4" Wrench or Ratchet with 3/4" socket
- 9/16" Wrench or Ratchet with 9/16" socket
- 3/8" Allen wrench
- 5/16" Allen wrench
- 1/8" Allen wrench
- Wire snips (to cut plastic tie wraps)
- Scissors or utility knife (to cut hardware bags)
- Tape measure

## Optional Equipment

Optional equipment may be available for this product.

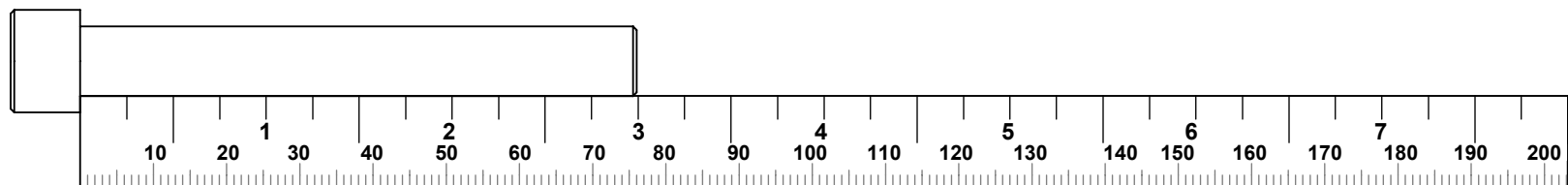
Follow the instructions included with the optional equipment to assemble it to the base product.

## Assembly Tips

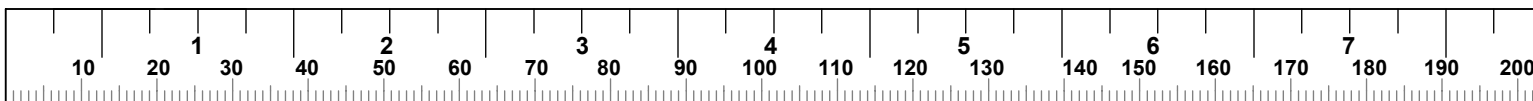
- In a continual effort to improve our products, specifications are subject to change.
- A 6" scale is provided at the bottom of every page. To correctly measure the bolts, measure from underneath the bolt head to the end of the bolt as illustrated below.
- Read all notes on each page before beginning that step.
- Some of the items shown in the assembly steps may already be pre-assembled.

## Assembly Tips Continued

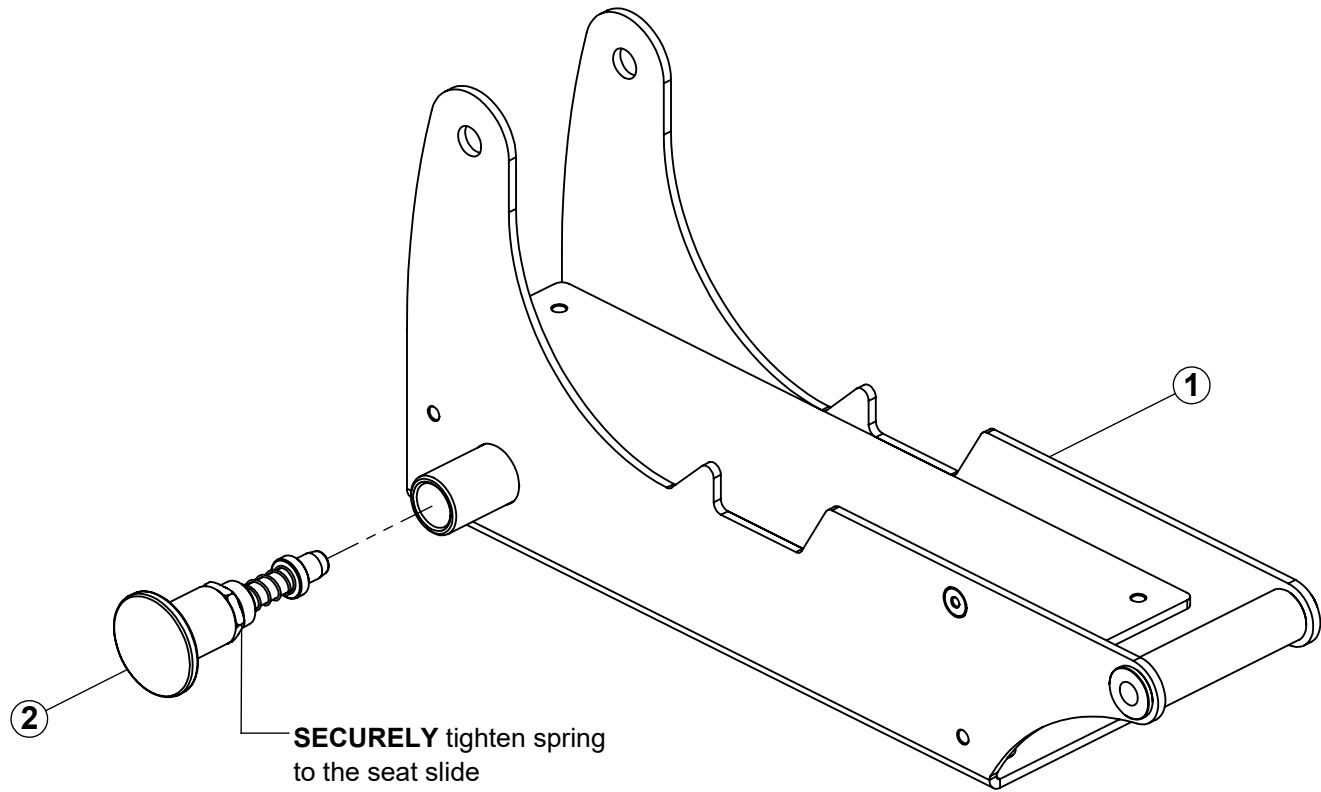
- **Note:** Some items have been hidden for assembly clarity.
- **Note:** Some pre-assembled parts may need to be temporarily removed in order to complete the step. Follow the instructions or damage to the product could occur.
- Some parts may have extra holes that will not be used. Use only the holes depicted in the instructions.
- Certain parts make reference to the right and left side of the machine. In order to determine the left and right side, stand with your back to the front of the bench.
- Provide ample space around the product for ease of assembly.
- **DO NOT** fully tighten any connections until instructed to do so. This will help insure that the alignment of all of the parts will be correct.
- Insert all bolts in the direction indicated in the instructions. Failure to do so may result in clearance issues and will degrade the aesthetics of the product.
- Carefully follow instructions for all pivot points. In general, primary rotating parts have connections that should be securely tightened, while secondary connections need to be loosen 1/4 turn.



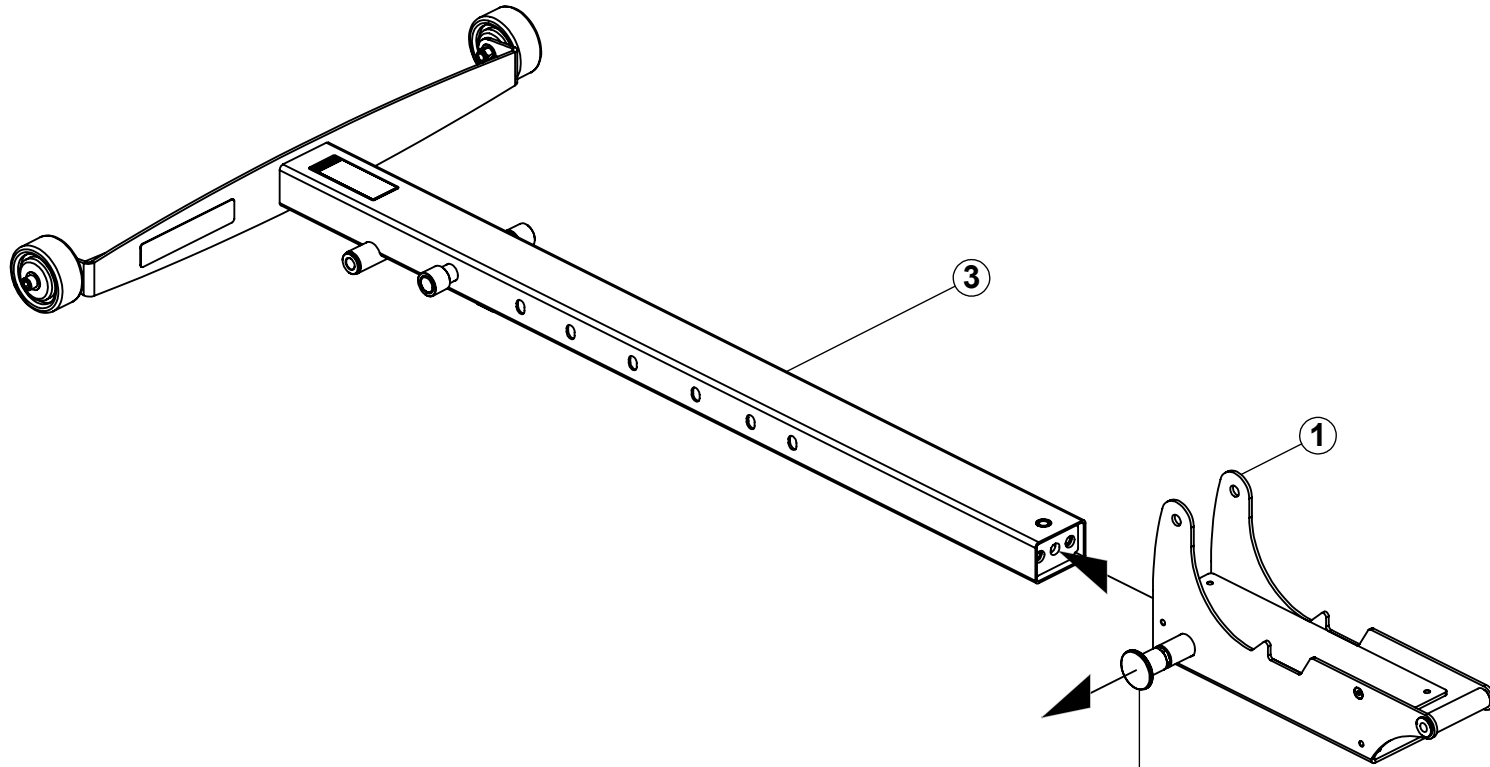
ITEM	PART NO	DESCRIPTION	QTY
1	54906PA	PTD ASSY, SEAT SLIDE	1
2	5333801	ASSY, SPRING PIN 40MM	1
3	54899PA	PTD ASSY, BENCH FRAME	1
4	54910PA	PTD ASSY, FRONT LEG	1
5	2001101	WASHER, FLAT 3/8 SAE ST ZN	11
6	2004011	BOLT, 3/8-16 X 3-1/4" BUTTON HEAD W/NP	1
7	2009404	BOLT, 3/8-16 X 1-1/4" (32mm) ST HT SOCKET HEAD W/NP	4
8	5513501	SPACER, 16 OD X 10.1 ID X 9	1
9	54915PA	PTD ASSY, BACK PAD SUPPORT	1
10	2001301	WASHER, FLAT 1/2 SAE ST ZN	6
11	2002401	NUT, 1/2 LW HT LK ST ZN	3
12	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	1
13	5491801	WLDMT, BACK PAD PIVOT	1
14	2005825	BOLT, 1/2-13 X 6-1/2" (165mm) SOCKET HEAD	2
15	5492101	BRACKET, SEAT PAD SUPPORT	1
16	5493801	PAD, FFIB SEAT	1
17	54922PA	PLTD ASSY, SEAT ADJUST	1
18	2001201	NUT, 3/8-16 LK ST ZN	2
19	2008418	BOLT, 3/8-16 X 4-3/4" (121mm) ST HT SOCKET HEAD	2
20	5513401	BOLT, 1/4 DIA X 3/8" SHOULDER	1
21	5493901	PAD, FFIB BACK	1
22	2009411	BOLT, 3/8-16 X 3" (76mm) ST HT SOCKET HEAD W/NP	2



**STEP 1**

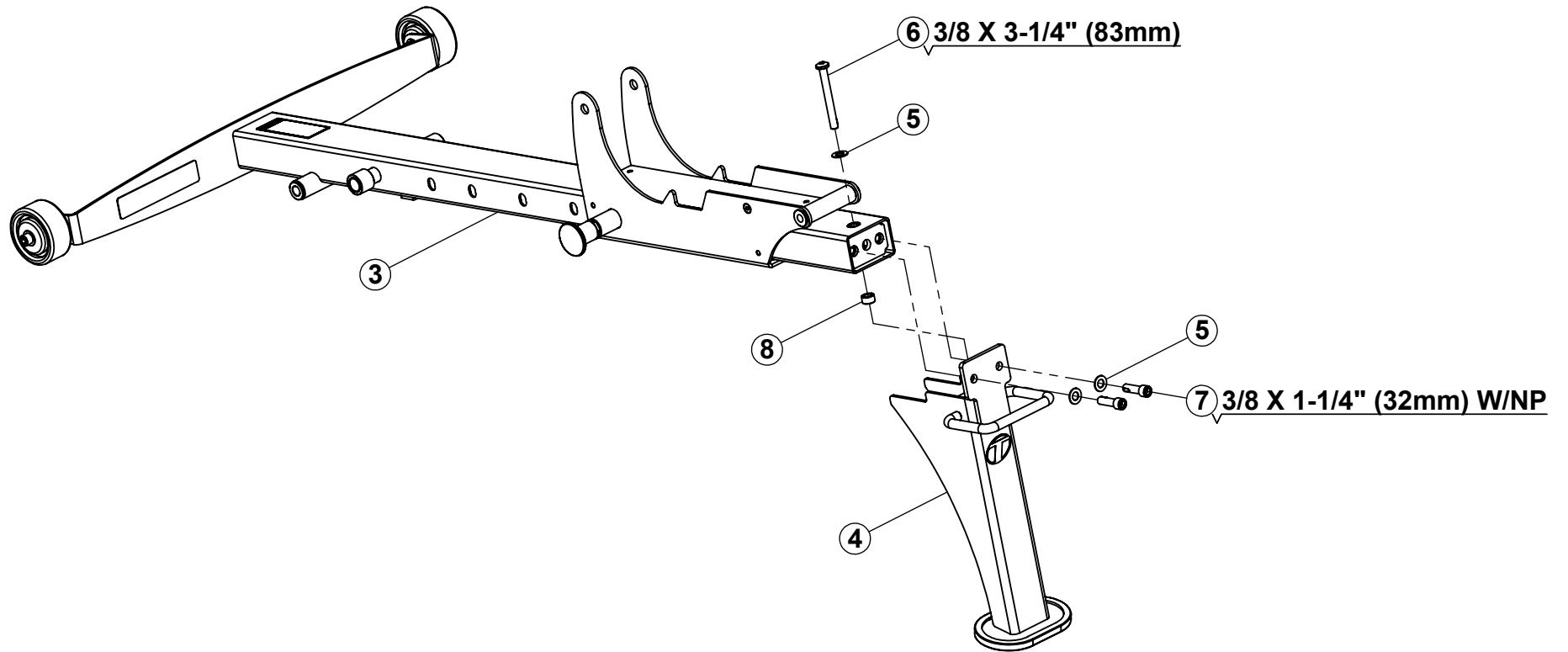


**STEP 2**

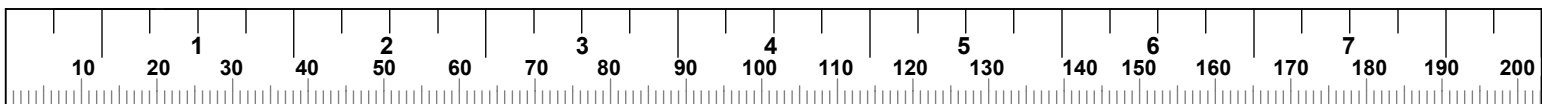


Pull back spring pin and carefully  
slide seat over the bench frame.  
Release spring pin into the first hole

**STEP 3**

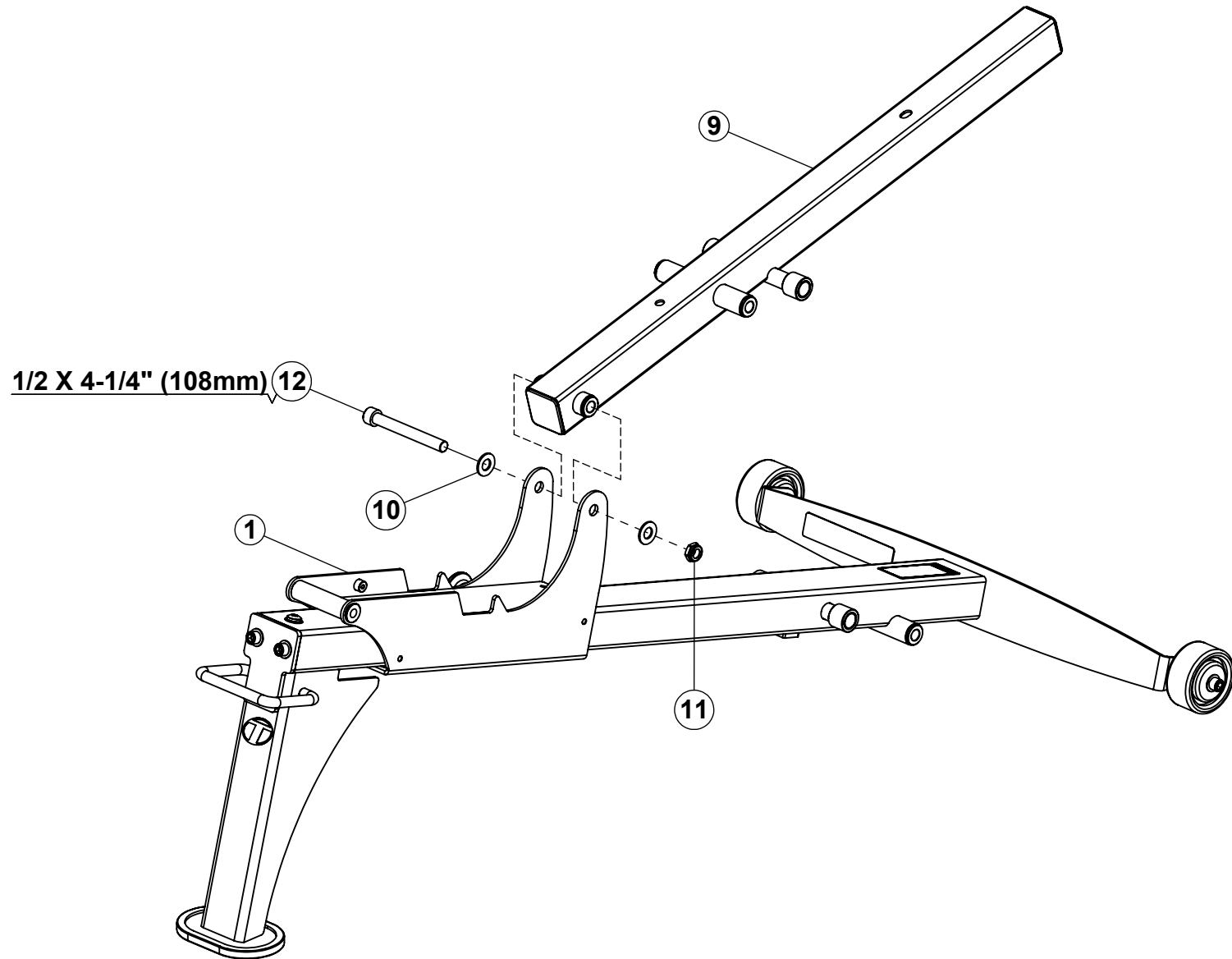


**SECURELY** tighten all bolt connections in this step

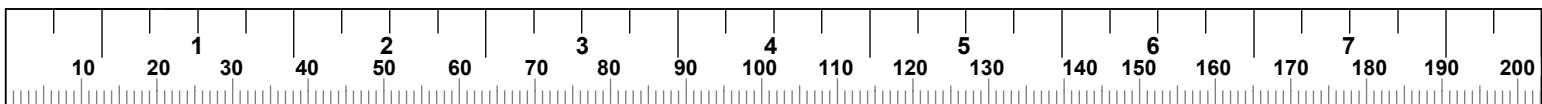




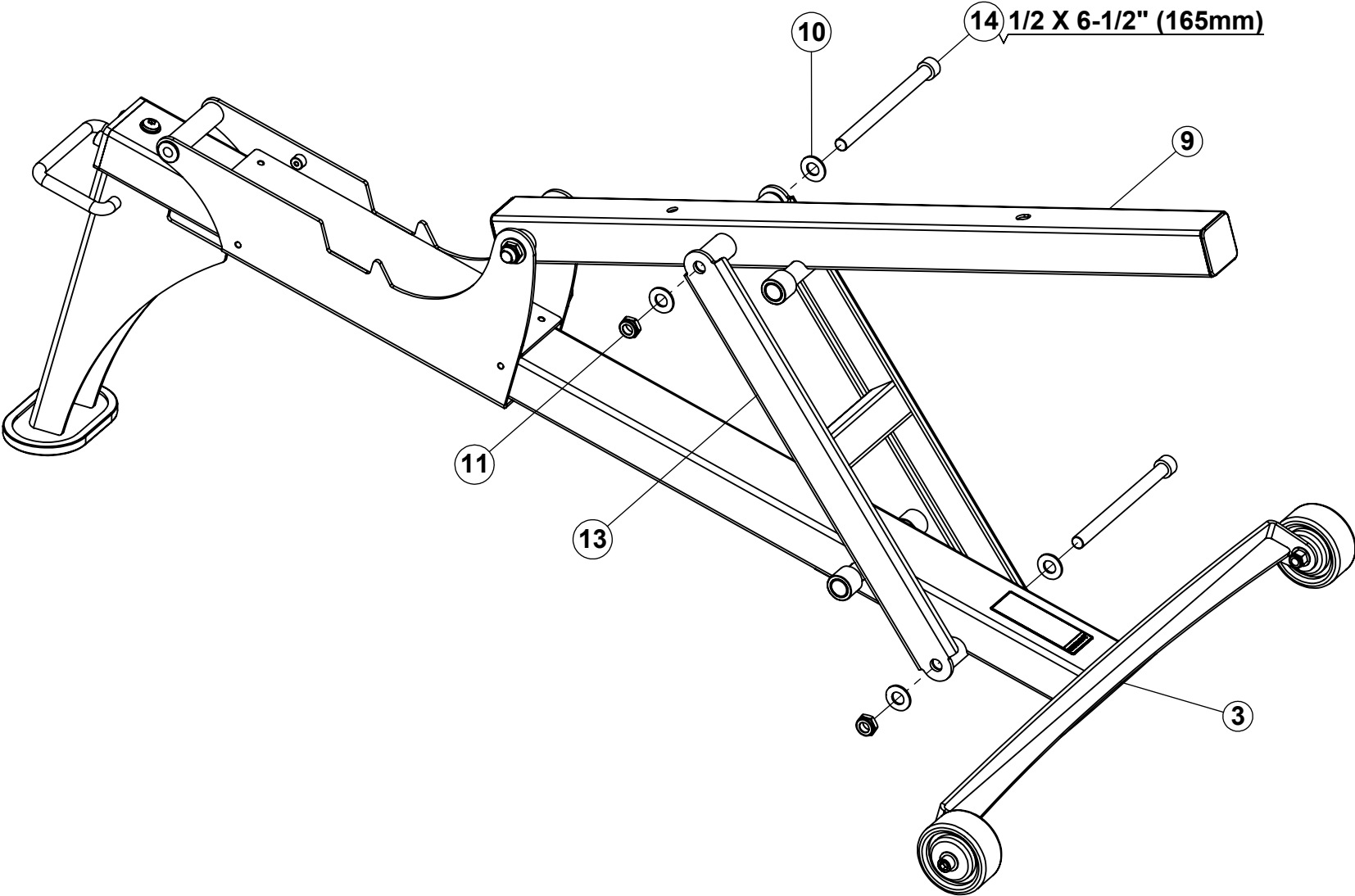
**STEP 4**



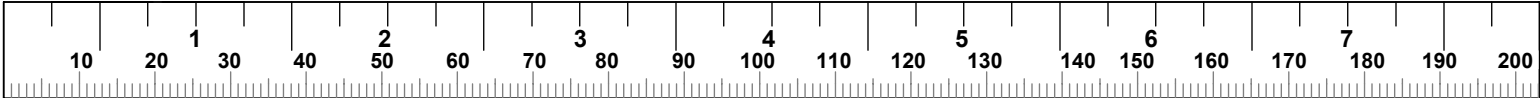
**NOTE: SECURELY** tighten bolt connection, then back nut off 1/4 turn. Part should rotate freely.



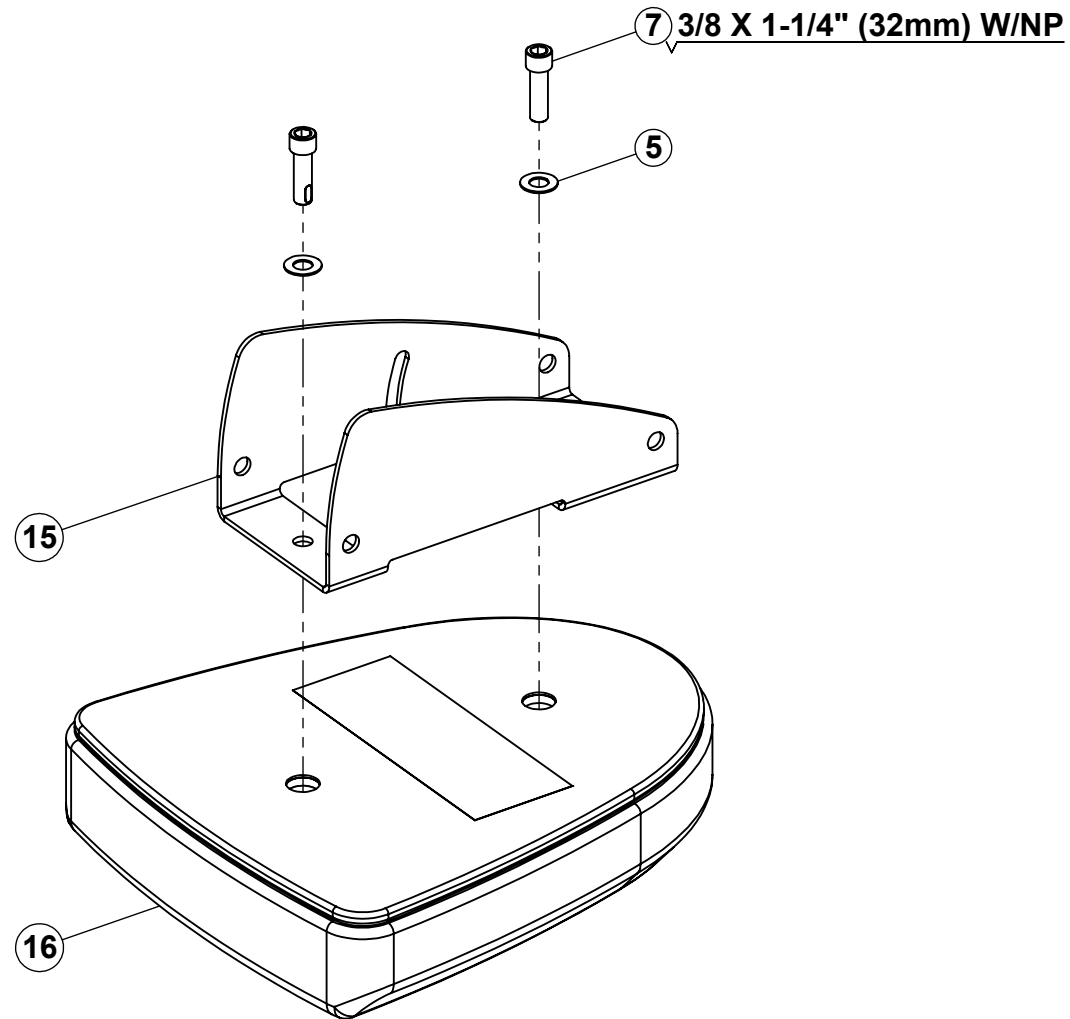
**STEP 5**



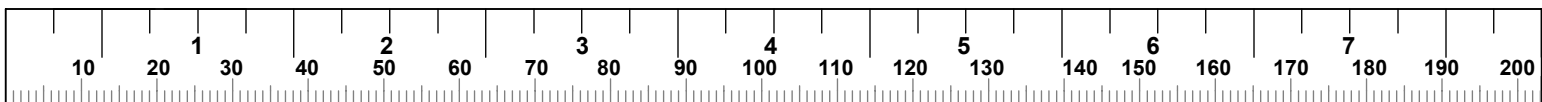
**NOTE:** SECURELY tighten bolt connections, then back nuts off 1/4 turn. Part should rotate freely.



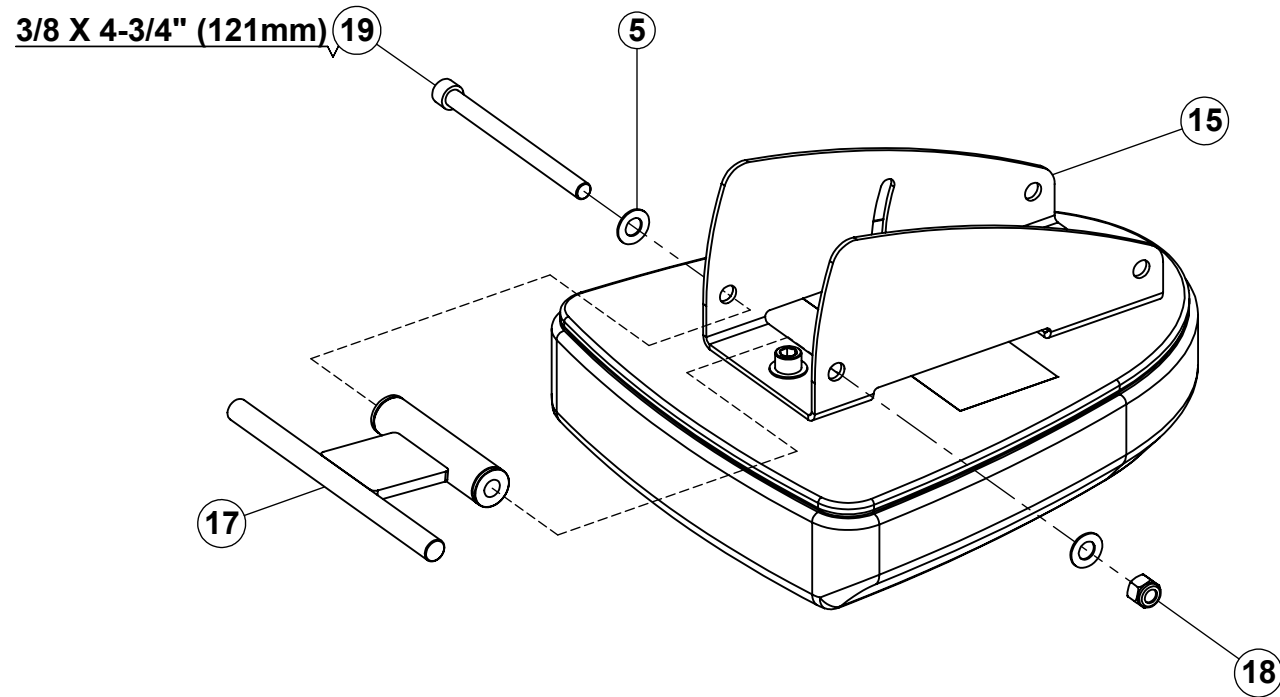
## STEP 6



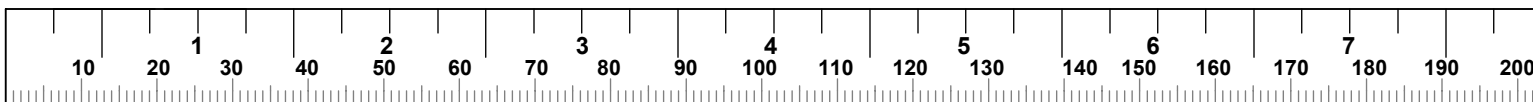
**SECURELY** tighten bolt connections in this step



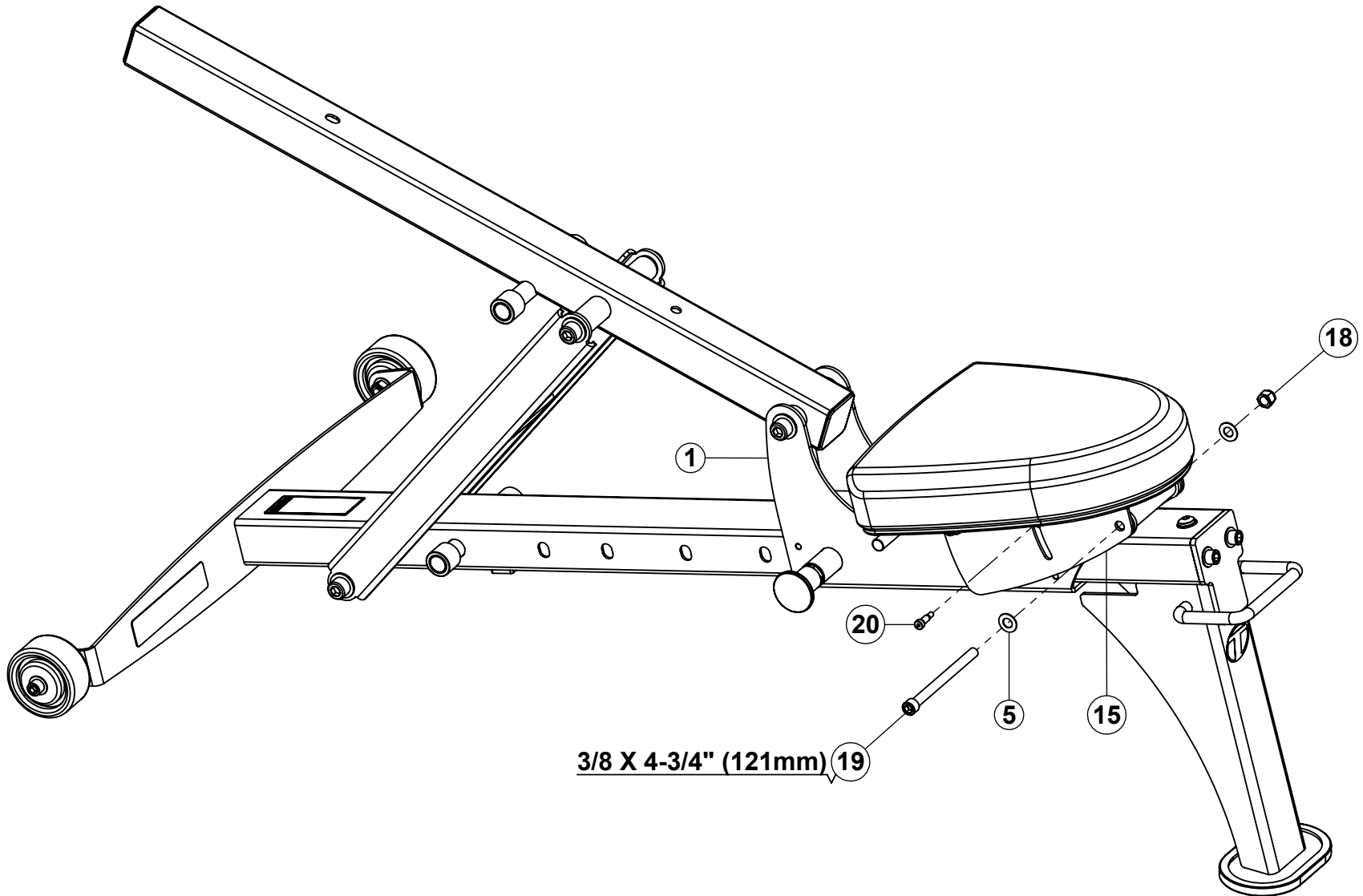
# STEP 7



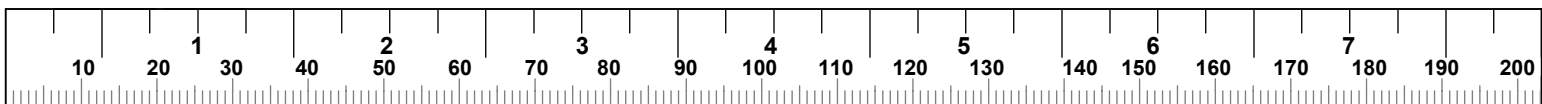
**NOTE: SECURELY** tighten bolt connection, then back nut off 1/4 turn. Part should rotate freely.



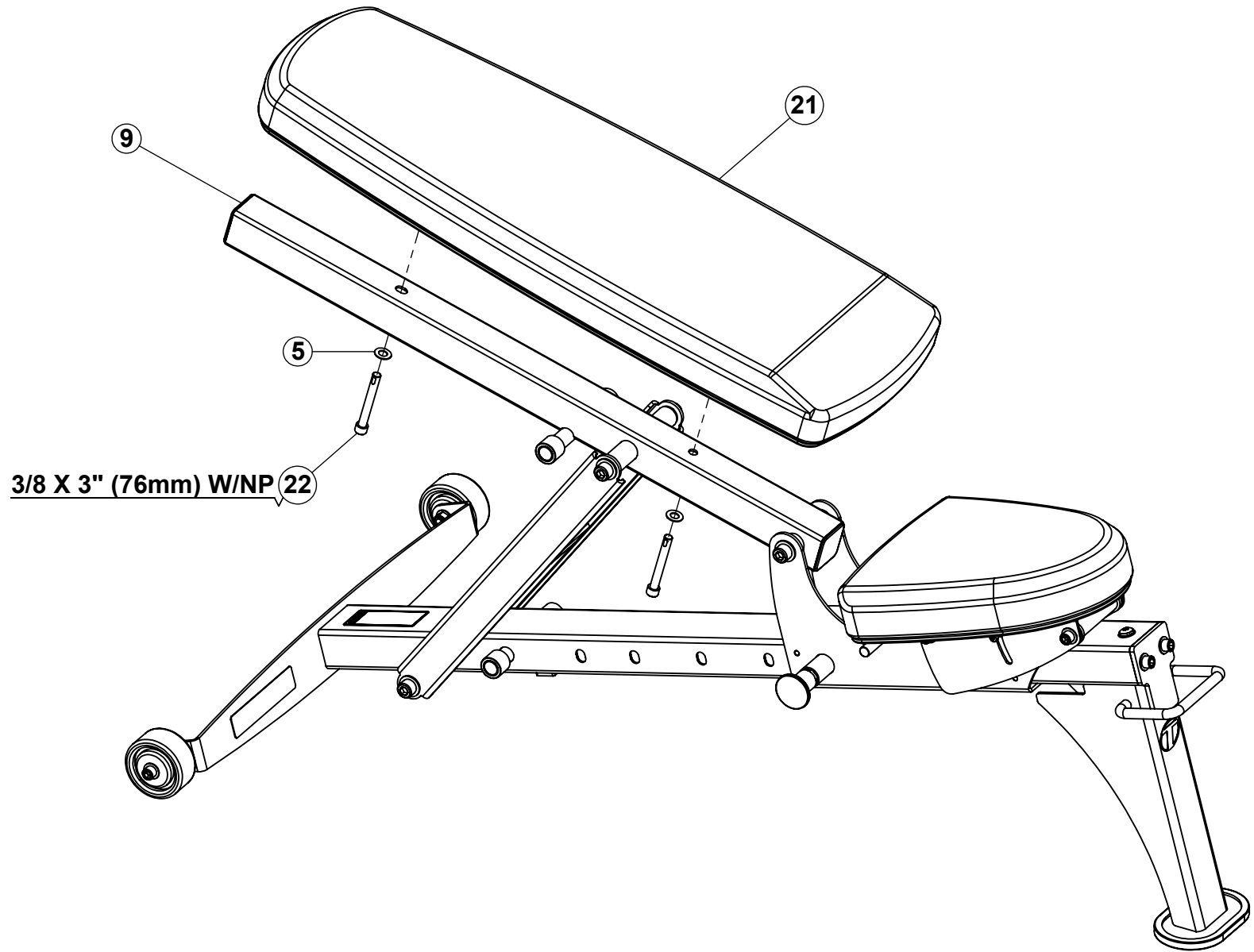
**STEP 8**



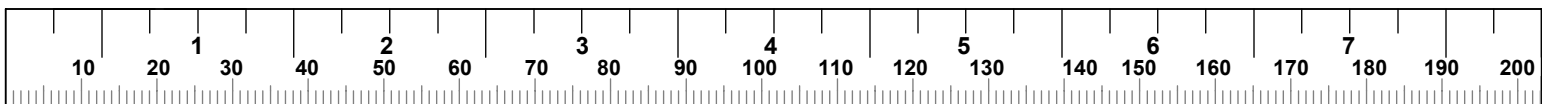
**NOTE: SECURELY** tighten bolt connection, then back nut off 1/4 turn. Part should rotate freely.



**STEP 9**



**SECURELY** tighten bolt connections in this step



## STEP 10

### MAINTENANCE:

**NUTS/BOLTS:** Tighten and/or adjust as needed.

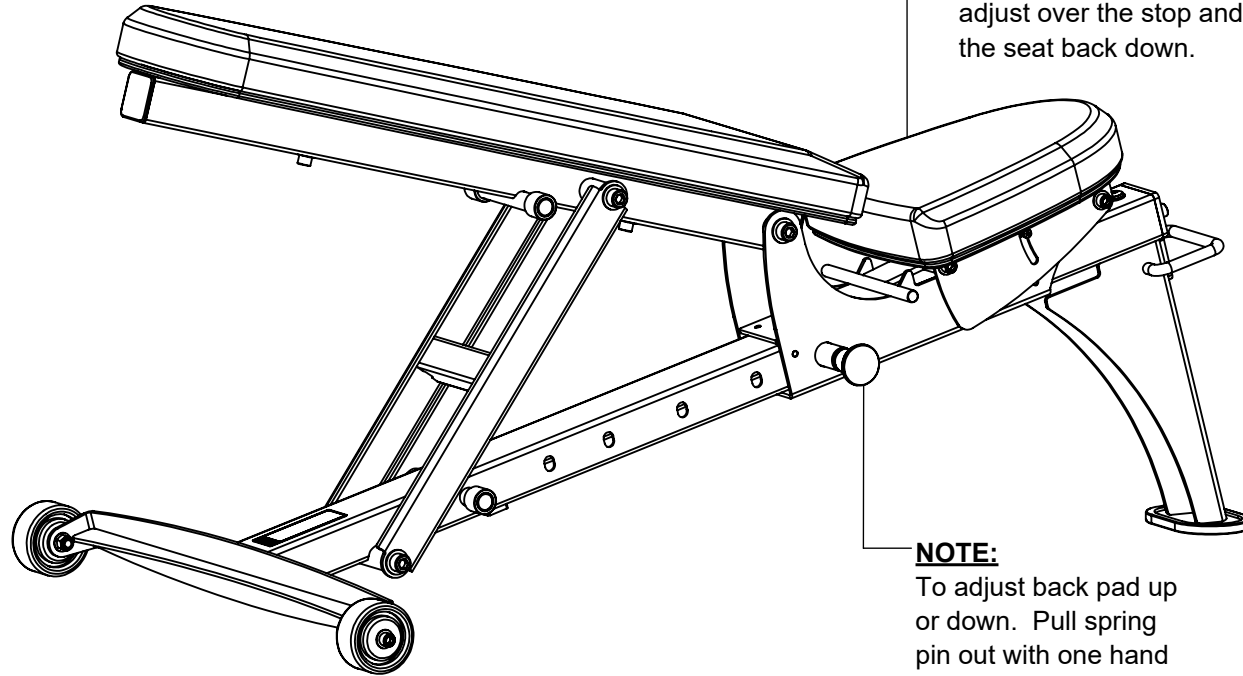
**SPRING PINS:** Check that spring pin fully engages the hole when released. Tighten spring pin nut as needed.

**FRAME:** Wipe down and dry with polish or wax.

**UPHOLSTERY:** Wipe down and dry after each use. Clean and condition periodically.

**GRIPS:** Inspect and replace if they appear worn or damaged.

For customer service contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST), or 1-877-TORQUE5 (1-866-664-9894).  
[www.service@torquefitness.com](http://www.service@torquefitness.com)



**NOTE:**

To adjust the seat pad up, simply lift up on the seat and allow the seat adjust to engage stop on the seat slide.

To lower the seat, lift up on seat pad and flip the seat adjust over the stop and set the seat back down.

**NOTE:**

To adjust back pad up or down. Pull spring pin out with one hand and with the other hand, adjust back pad to desired location. Release spring pin into the hole.

**NOTE:** Back pad adjustments in 15 degree increments. Flat, 15, 30, 45, 60 and 75.