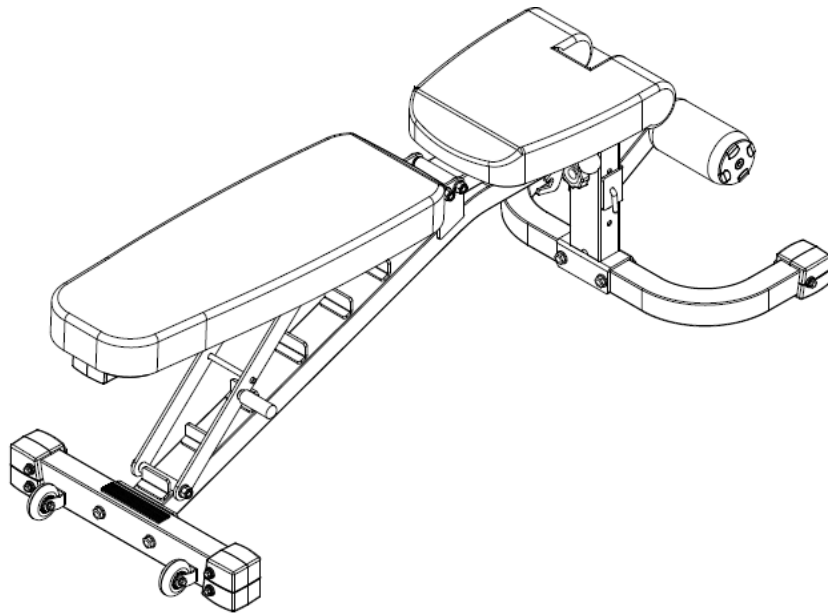




OWNER'S MANUAL

PFX – 210 FID Bench



www.progressionfitness.ca
info@progressionfitness.ca
1-306-978-1999

IMPORTANT SAFETY INFORMATION



Be sure to read the entire manual before assembly and operation. Also, please note the following safety precautions:

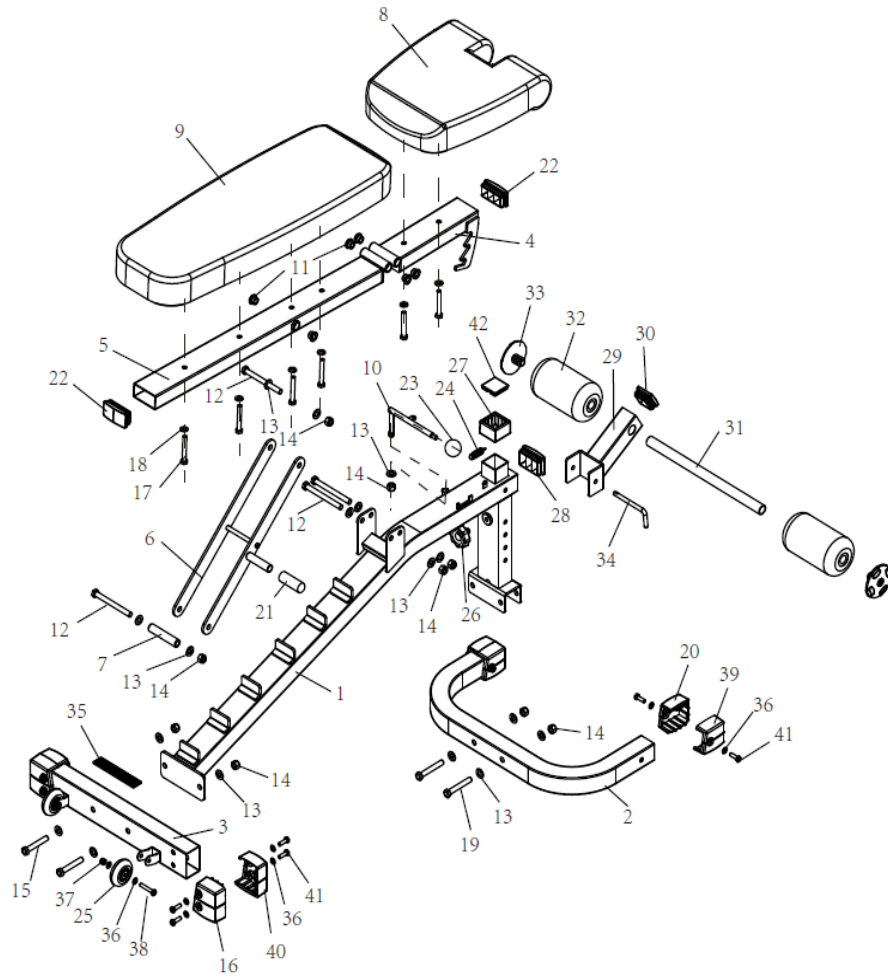
- Before using the unit or starting any exercise program, consult your physician. This is especially important for anyone over the age of 65, persons with pre-existing health problems or women that are pregnant.
- Keep children and pets away from this equipment at all times.
- This unit should only be used on a level surface and is intended for indoor use only. We recommend placing an equipment mat under the unit to protect the floor or carpet.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the manual.
- Always wear proper clothing and walking/running shoes when exercising. Do not wear loose fitting clothing that could get caught in the equipment.
- Always examine unit before use to ensure all parts are in working order.
- Progression assumes no responsibility for equipment failure if unauthorized equipment modifications are made.
- Progression assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

PARTS

Item	Qty	Description
1	1	Main Frame
2	1	U Front Base
3	1	Rear Base
4	1	Seat Pad Support Frame
5	1	Back Pad Support Frame
6	1	Adjustable Back Pad Frame
7	1	Plastic Sleeve
8	1	Seat Pad
9	1	Back Pad
10	1	Pin
11	6	Iron Bushing
12	4	Hex Bolt (12mm x 125mm)
13	17	Flat Washer (12 mm)
14	9	Lock Nut (12 mm)
15	2	Hex Bolt (12mm x 75mm)
16	2	Foot Cap (50 mm x 75mm)
17	6	Hex Bolt (10mm x 70mm)
18	6	Flat Washer (10mm)
19	2	Hex Bolt (12mm x 80mm)
20	2	Foot Cap (50mm)
21	1	Grip
22	2	Plug (80mm x 40mm)
23	1	Ball Head for Pin
24	1	Spring
25	2	Caster

Item	Qty	Description
26	1	Knob
27	1	Plastic Sleeve (50mm x 45mm)
28	1	Plug (50mm x 75mm)
29	1	Leg Support
30	1	Plug (50mm)
31	1	Roller Pad Tube
32	2	Upholstered Roller Pad
33	2	Big Plug
34	1	L - Pin
35	1	Rubber Dumper
36	16	Flat Washer (8mm)
37	2	Lock Nut (8mm)
38	2	Button Head Screw (8mm x 45mm)
39	2	Foot Cap (50mm)
40	2	Foot Cap (50mm x 75mm)
41	12	Button Head Screw (8mm x 25mm)
42	1	Plug (50mm)

EXPLODED VIEW DIAGRAM



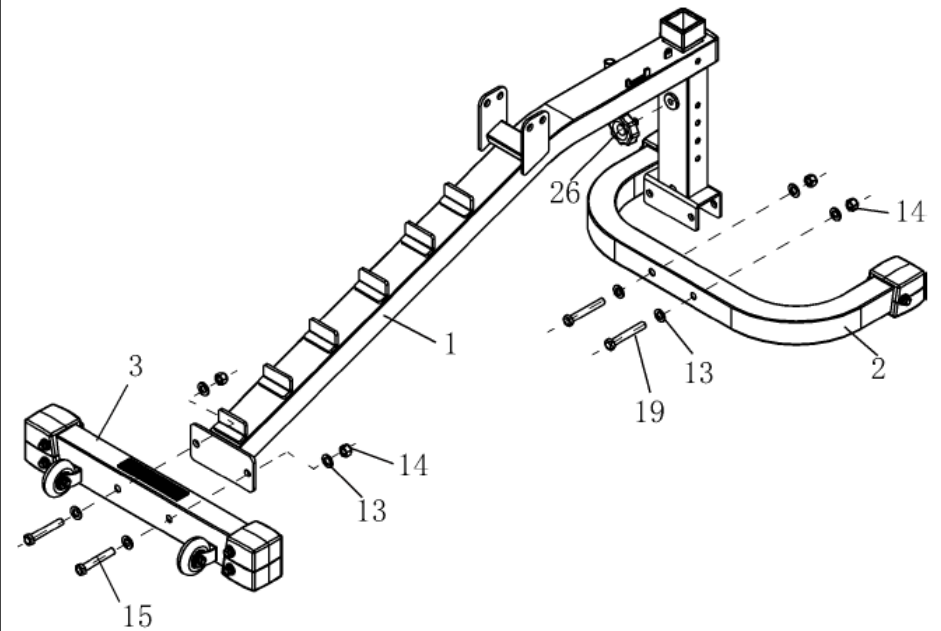
4

ASSEMBLY

Step 1:

1. On a flat surface, lay the U Front Base (2) and Rear Base (3) down.
2. Attach the U Front Base (2) to Main Frame (1) with Bolt (19-2pcs), Washer (13-4pcs) and Lock Nut (14-2pcs).
3. Attach the Rear Base (3) to Main Frame (1) with Bolt (15-2pcs), Washer (13-4pcs) and Lock Nut (14-2pcs).
4. Attach the Knob (26) to the Main Frame (1).

⚠ WARNING: ONLY HAND TIGHTEN BOLTS & NUTS WHEN MACHINE IS FULLY ASSEMBLED.

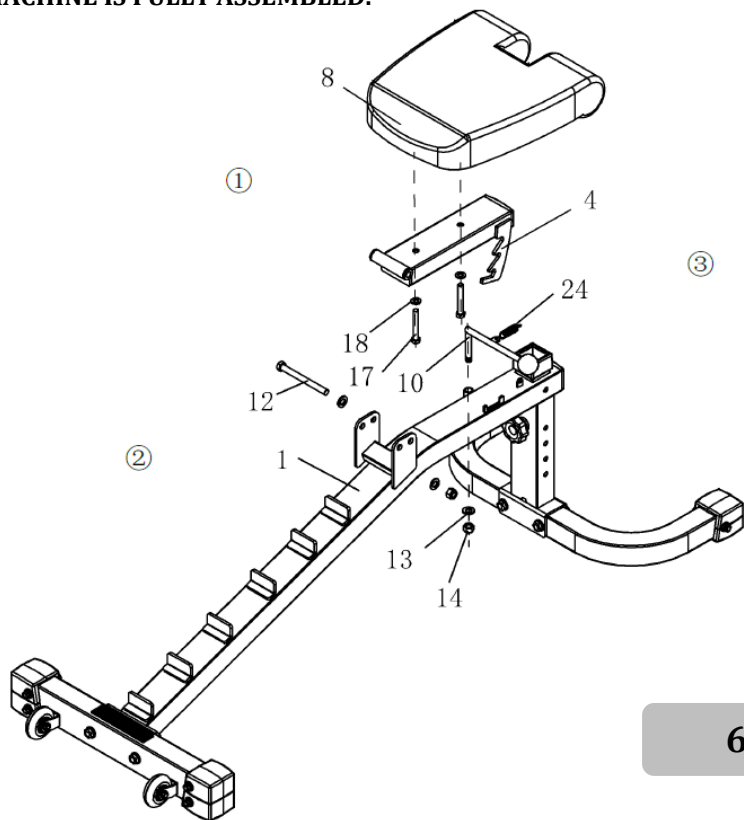


5

Step 2:

1. Attach the Seat Pad (8) to the Seat Support Frame (4) with Bolts (17-2pcs) and Washers (18-2pcs).
2. Attach the Pin (10) to Main Frame (1) with Washers (13) and Lock Nut (14). Connect Spring (24) between Main Frame (1) and Pin (10).
3. Attach the Seat Support Frame (4) to Main Frame (1) with Bolts (12), Washers (13-2pcs) and Lock Nut (14).

▲ WARNING: ONLY HAND TIGHTEN BOLTS & NUTS WHEN MACHINE IS FULLY ASSEMBLED.



Step 3:

1. Attach the Back Pad (9) to the Back Pad Support Frame (5) with Bolts (17-4pcs) and Washers (18-4pcs).
2. Attach the back Pad Support Frame (5) to Main Frame (1) with Bolts (12), Washers (13-2pcs) and Lock Nut (14).
3. Attach the Adjustable Back Pad Support Frame (6) to Back Pad Support Frame (5) with Bolts (12), Washers (13-2pcs) and Lock Nut (14).
4. Attach the Plastic Sleeve (7) to Adjustable back Pad Support Frame (6) with Bolts (12), Washers (13-2pcs) and Lock Nut (14).
5. Attach the Roller Pad Tube (31) into Leg Support (29). Place Upholstered Roller Pad (32) on each side of Roller Pad Tube (31) secure with Big Plugs (33)
6. Attach Leg Support (29) to Main Frame (1) with L-Pin (34).

▲ WARNING: YOU CAN NOW TIGHTEN ALL BOLTS AND LOCK NUTS.

