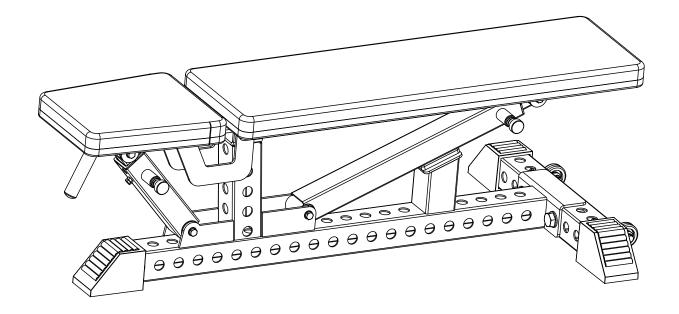
ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

MODULAR ADJUSTABLE BENCH

SKU: CPL-MAB-138

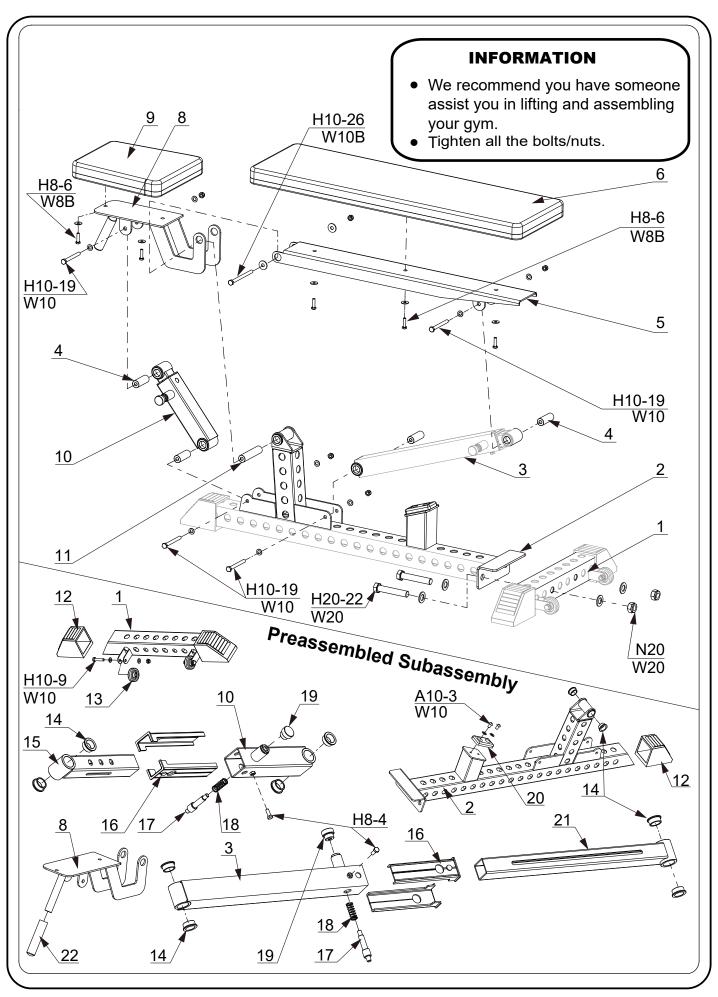




Assembly Instructions Before Your Begin

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 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 the equipment is not functioning properly.



	PAF	RTS	3 L	<u> IST</u>		
PART NO.	DESCRIPTION	QTY		PART NO.	DESCRIPTION	QT
1	Bottom Lateral Tube	1				
2	Base Frame	1				
3	Swinging Sleeve	1				
4	Shaft D25 L=66	4				
5	Back Pad Support Frame	1				
6	Back Pad	1				
7	*	*				
8	Seat Frame	1				
9	Seat Pad	1				
10	Swinging Sleeve 2	1				
11	Shaft D25 L= 111	1				
12	Rubber Foot	3				
13	Wheel	2				
14	Bushing	10				
15	Perforated Tube 1	1				
16	Plastic Bushing	4				
17	Pull Pin	2				
18	Compressive Spring	2				
19	Knob	2				
20	Pad	1				
21	Perforated Tube 2	1				
22	Hand Grip	1				
W8B	Big Washer 8	5				
W10	Washer 10	14				
W10B	Big Washer 10	2				
W20	Washer 20	4				
N10	Lock Nut M10	7				
N20	Lock Nut N20	2				
A10-3	Button Head Screw M10×16	2				
H8-4	Hex Head Bolt M8×20	2				
H8-6	Hex Head Bolt M8×30	5				
H10-9	Hex Head Bolt M10×45	2				
H10-19	Hex Head Bolt M10×95	4				
H10-26	Hex Head Bolt M10×130	1				
H20-22	Hex Head Bolt M20×110	2				