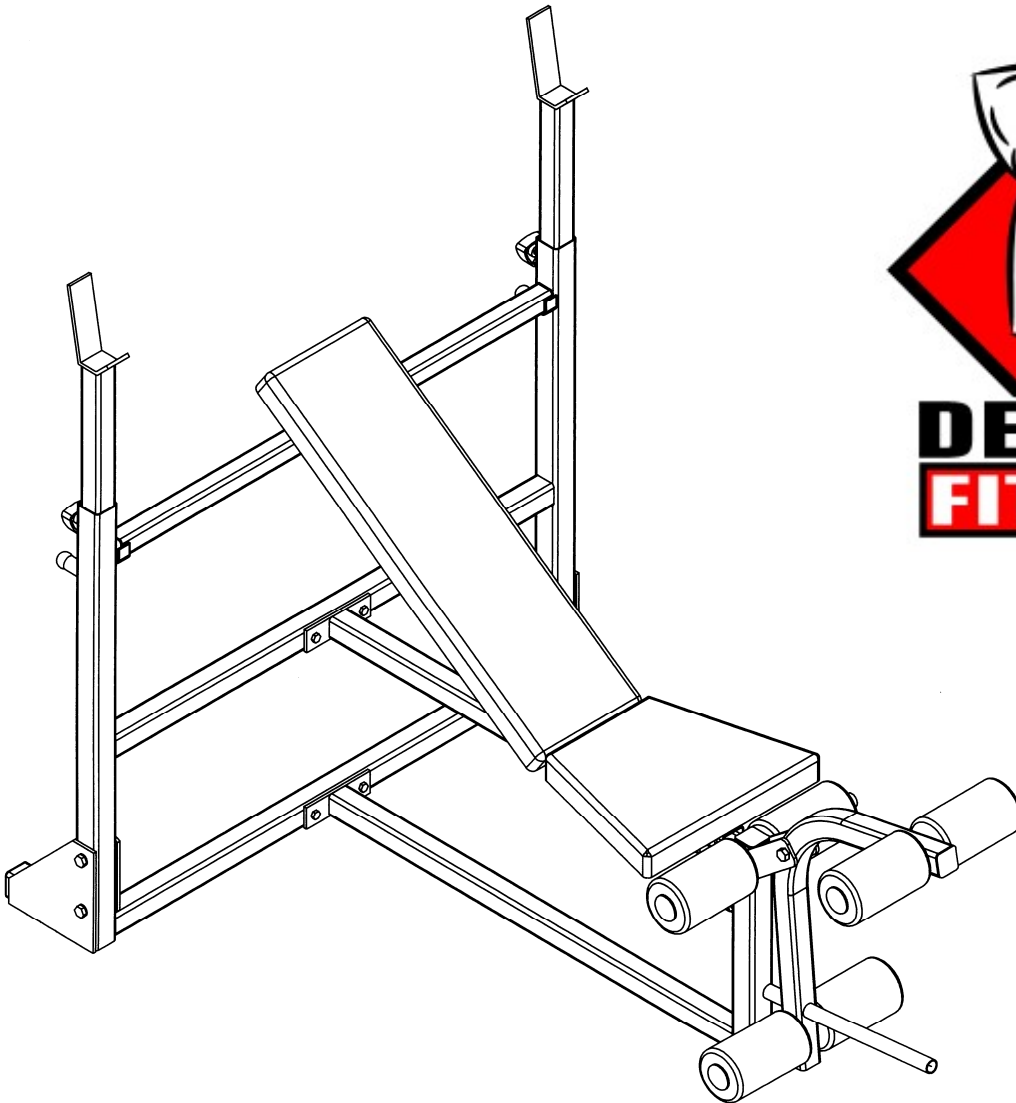


DF1000

OLYMPIC WEIGHT BENCH

Assembly Manual



Assembly Video Available

Simply scan the QR code below
on your phone's camera to access
the video

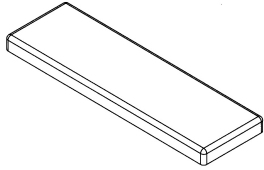


(888) 258-0533

FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

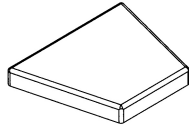
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

BOX CONTENTS



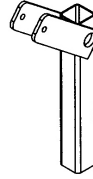
A

BACKREST
QTY 1



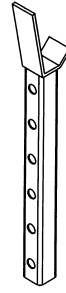
B

SEAT
QTY 1



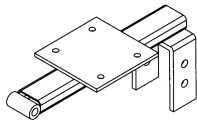
C

LEG YOKE
QTY 1



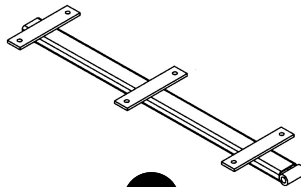
D

WEIGHT HOLDER
QTY 2



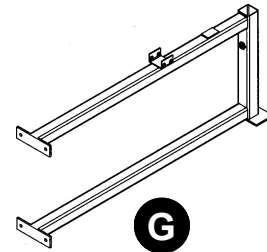
E

SEAT SUPPORT
QTY 1



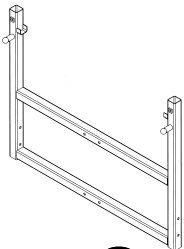
F

BACKREST SUPPORT
QTY 1



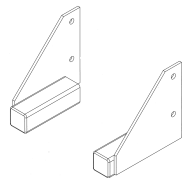
G

MAIN FRAME
QTY 1



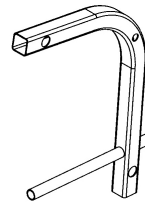
H

WEIGHT FRAME
QTY 1



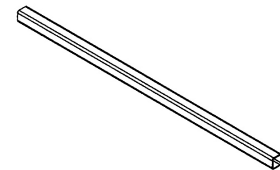
I

WEIGHT FRAME
FEET
QTY 1



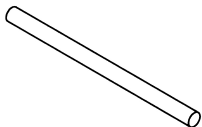
J

LEG EXTENSION
ARM
QTY 1



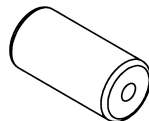
K

INCLINE SUPPORT
QTY 1



L

LEG PAD TUBE
QTY 3

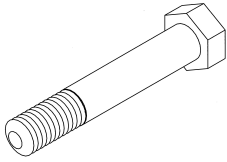


M

LEG PAD
QTY 6

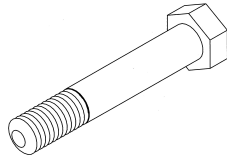
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

HARDWARE



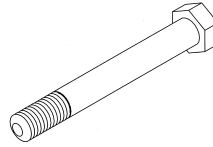
N

**M12 x 79MM BOLT
QTY 2**



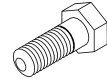
O

**M12 x 75MM BOLT
QTY 6**



P

**M10 x 75MM BOLT
QTY 1**



Q

**M10 x 25MM BOLT
QTY 10**



R

**M12 WASHER
QTY 8**



S

**M10 WASHER
QTY 12**



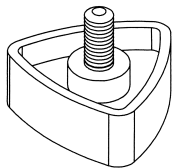
T

**M12 LOCKNUT
QTY 6**



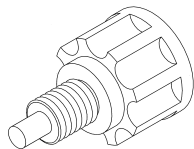
U

**M10 LOCKNUT
QTY 1**



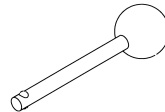
V

**TURN KNOB
QTY 2**



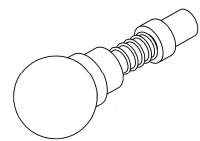
W

**SELF LOCKING
TURN KNOB
QTY 1**



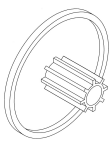
X

**SEAT SUPPORT PIN
QTY 1**



Y

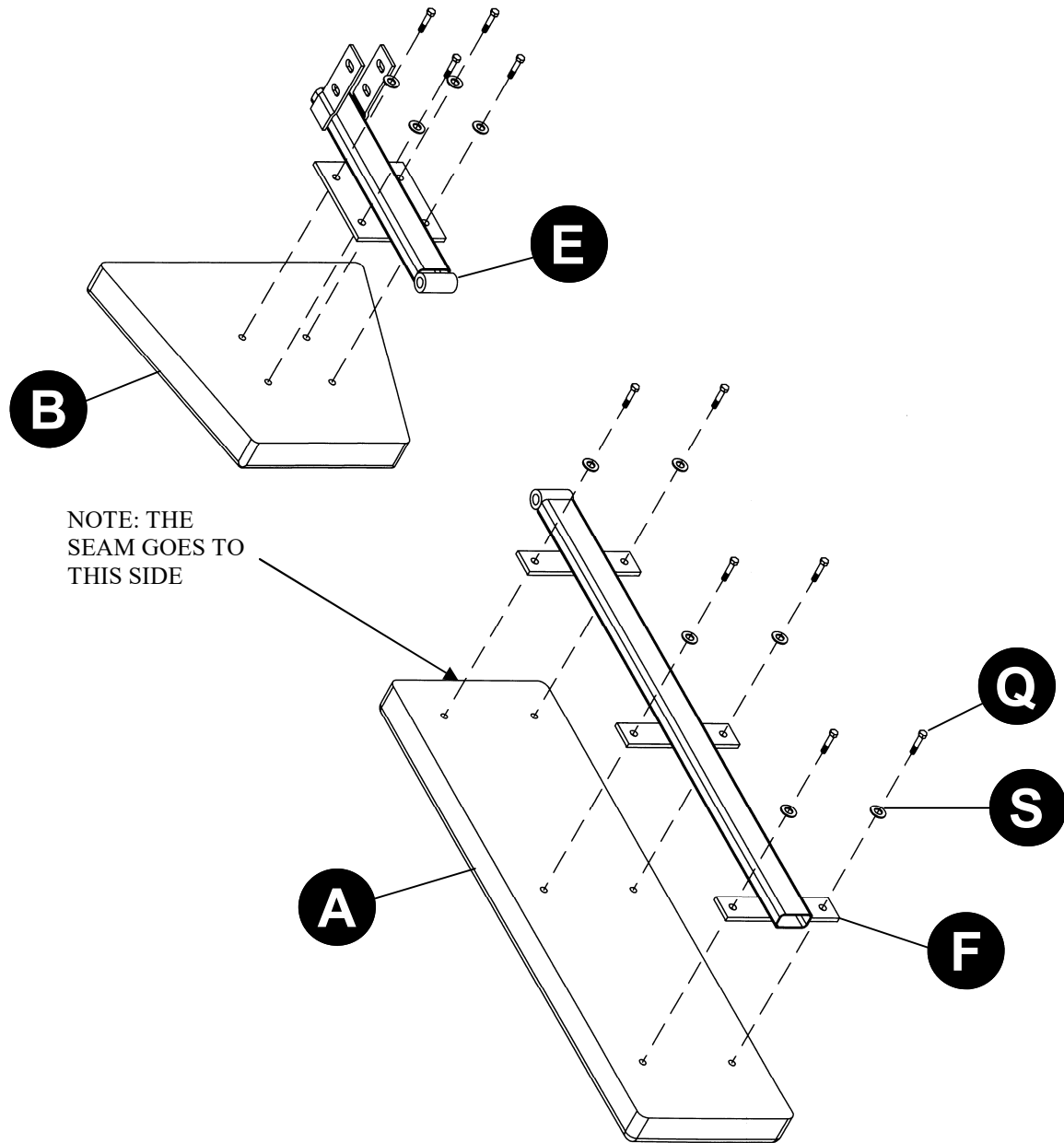
**PULL-PIN
QTY 2**



Z

**MUSHROOM CAP
QTY 6**

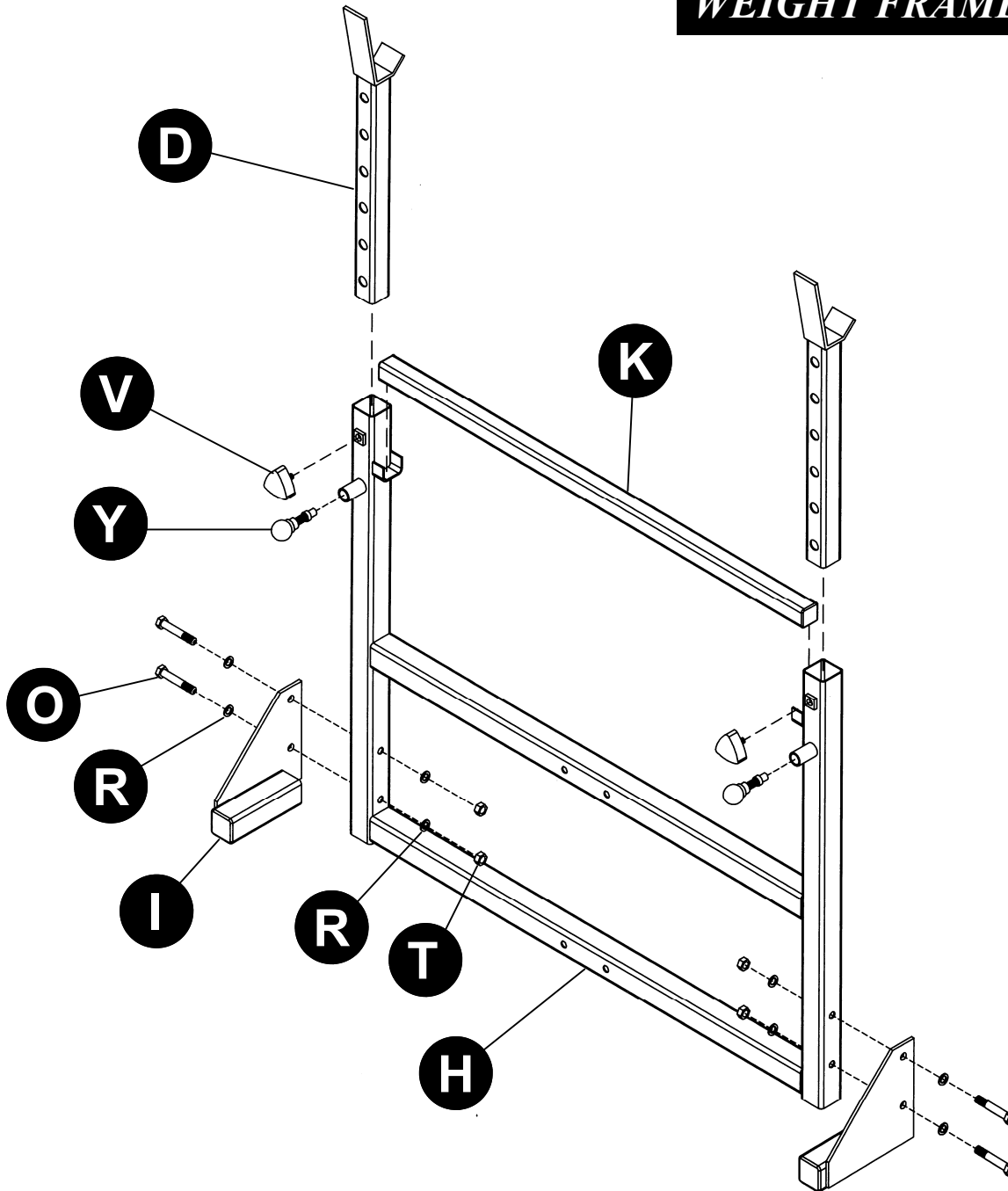
SEAT & BACKREST ASSEMBLY



TOOLS REQUIRED:
METRIC WRENCHES OR SOCKET SET

USE THE M10 x 25MM BOLTS (Q) AND THE M10 WASHERS (S) TO SECURE THE BACKREST (A) AND THE SEAT (B) TO THE SUPPORTS (E) AND (F). HAND TIGHTEN ALL BOLTS FIRST, THEN TIGHTEN SECURELY WITH WRENCH.

WEIGHT FRAME ASSEMBLY

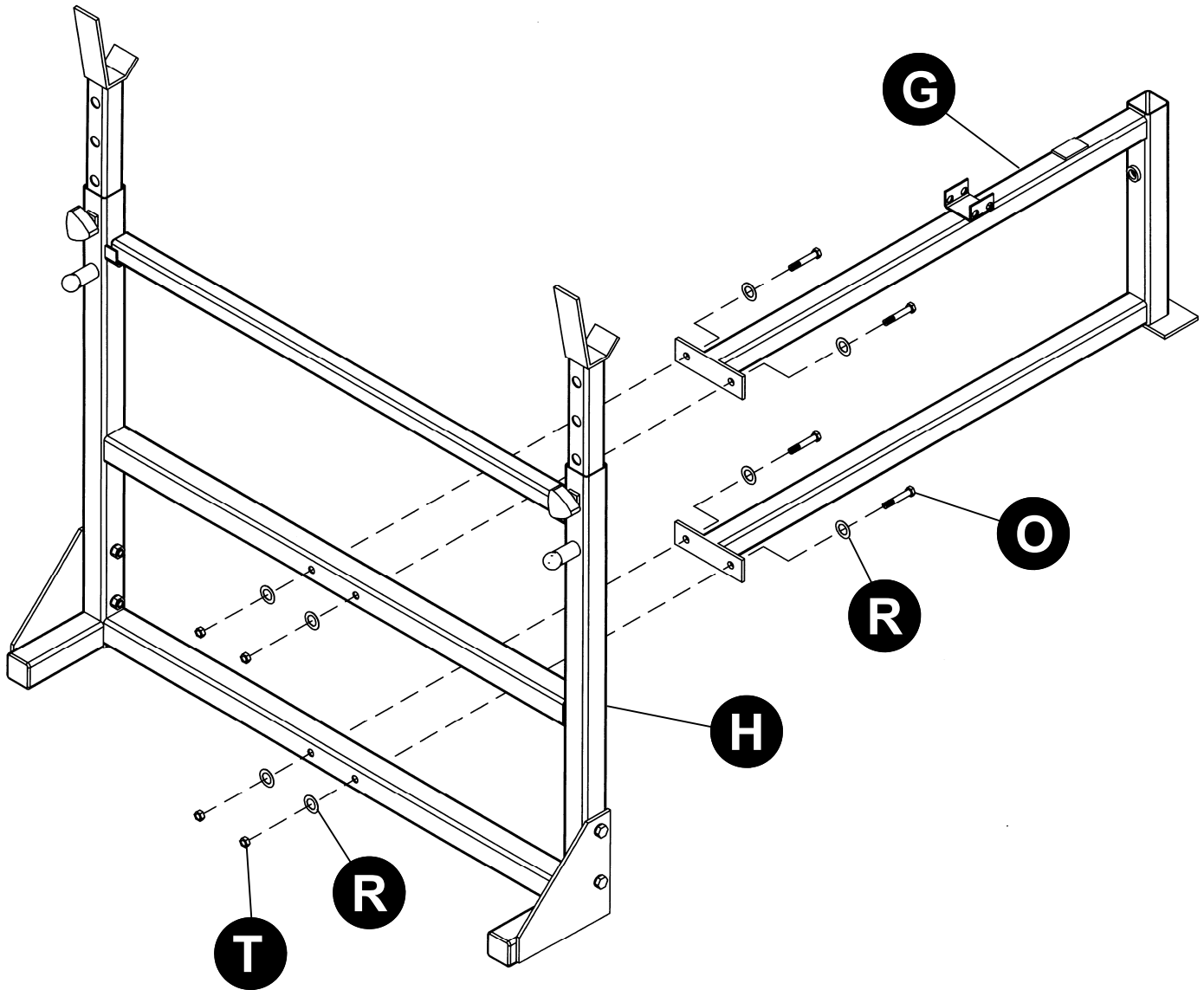


BOLT THE WEIGHT FRAME FEET (**I**) TO EACH SIDE OF THE WEIGHT FRAME (**H**) USING M12 x 75MM BOLTS (**O**), M12 WASHERS (**R**), AND M12 LOCKNUTS (**T**). DO NOT TIGHTEN NUTS AT THIS TIME.

INSTALL TURN KNOB (**V**) AND PULL-PIN (**Y**) INTO WEIGHT FRAME (**H**). ONLY THREAD TURN KNOB IN A FEW TURNS TO ALLOW WEIGHT HOLDERS (**D**) TO DROP IN. INSERT WEIGHT HOLDERS (**D**) AND LOCK IN PLACE WITH PULL-PIN (**Y**).

INSTALL INCLINE SUPPORT (**K**) INTO WEIGHT FRAME (**H**).

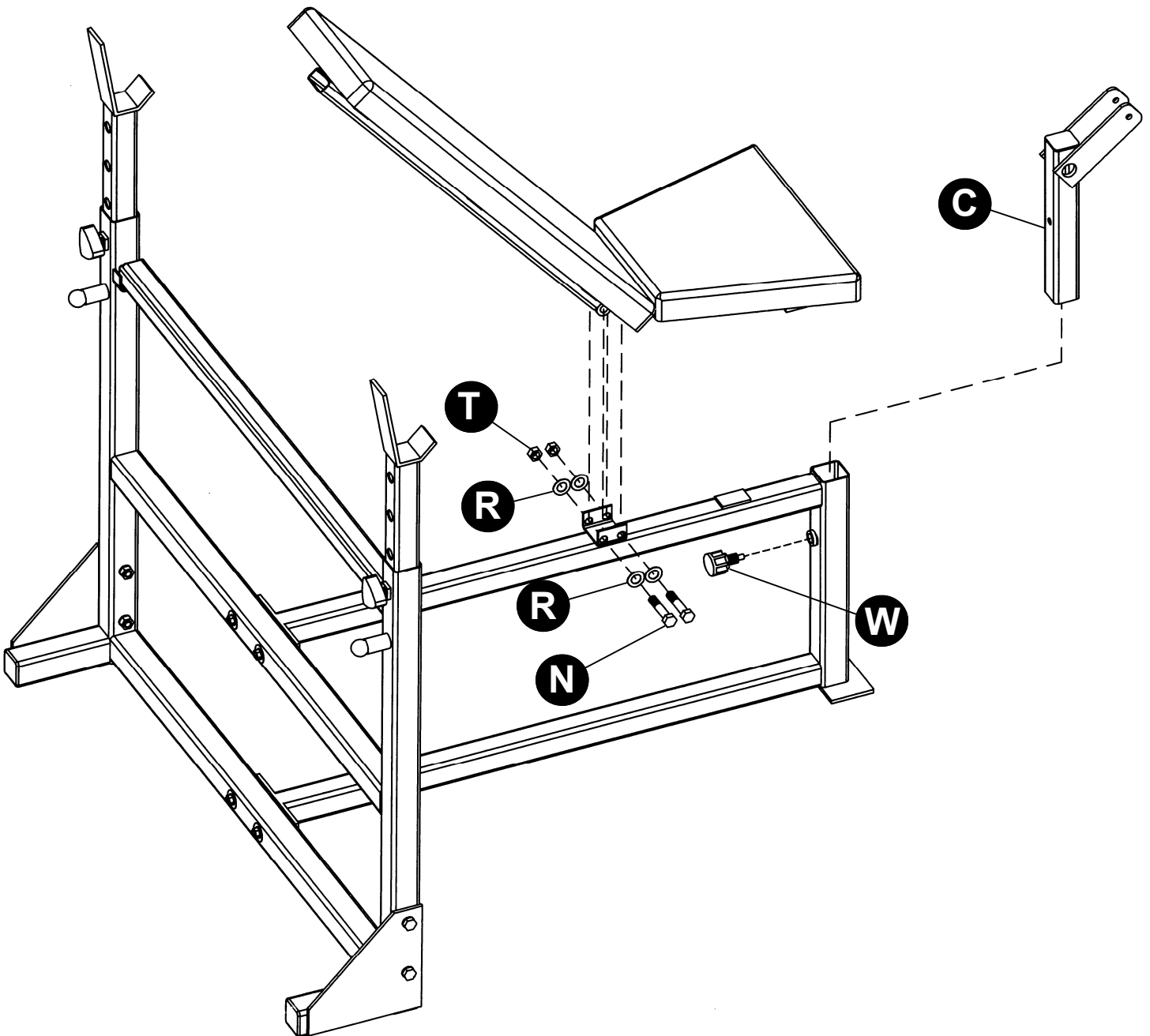
MAIN FRAME ASSEMBLY



INSTALL MAIN FRAME (G) TO WEIGHT FRAME (H) USING M12 x 75MM BOLTS (O), M12 WASHERS (R), AND M12 LOCKNUTS (T).

MAKING SURE THAT THE BENCH IS ON A FLAT SURFACE, TIGHTEN ALL NUTS SECURELY INCLUDING NUTS SECURING FEET TO WEIGHT FRAME.

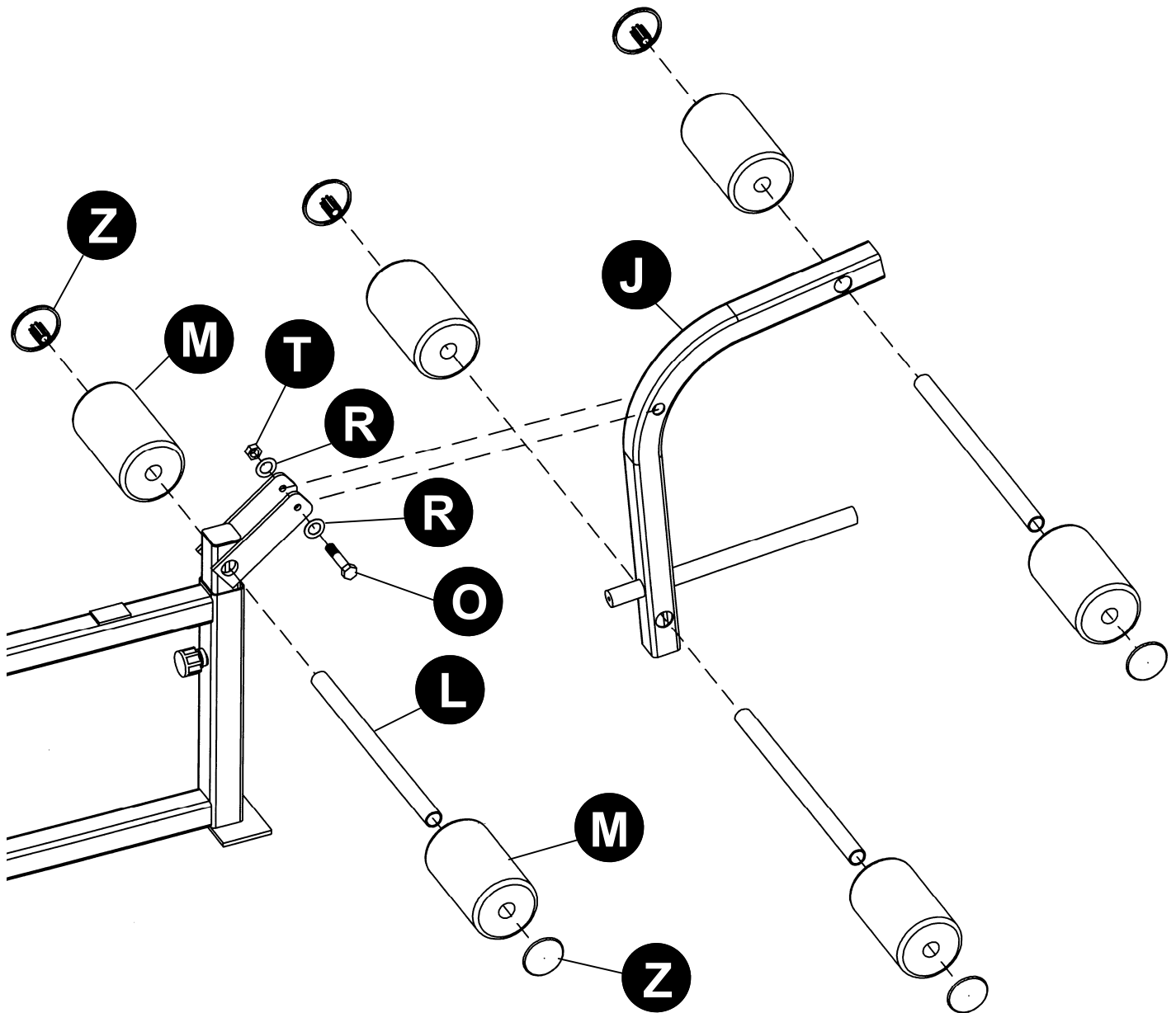
MAIN FRAME ASSEMBLY



ATTACH THE BACKREST ASSEMBLY TO THE MAIN FRAME USING THE M12 x 79MM BOLT (N), THE M12 WASHERS (R) AND THE M12 LOCK NUT (T). ATTACH THE SEAT ASSEMBLY TO THE MAIN FRAME USING THE M12 x 79MM BOLT (N), THE M12 WASHERS (R) AND THE M12 LOCK NUT (T).

THREAD SELF LOCKING TURN KNOB (W) INTO MAIN FRAME. INSERT LEG YOKE (C) AND LOCK INTO PLACE WITH SELF LOCKING TURN KNOB (W).

LEG EXTENSION ASSEMBLY

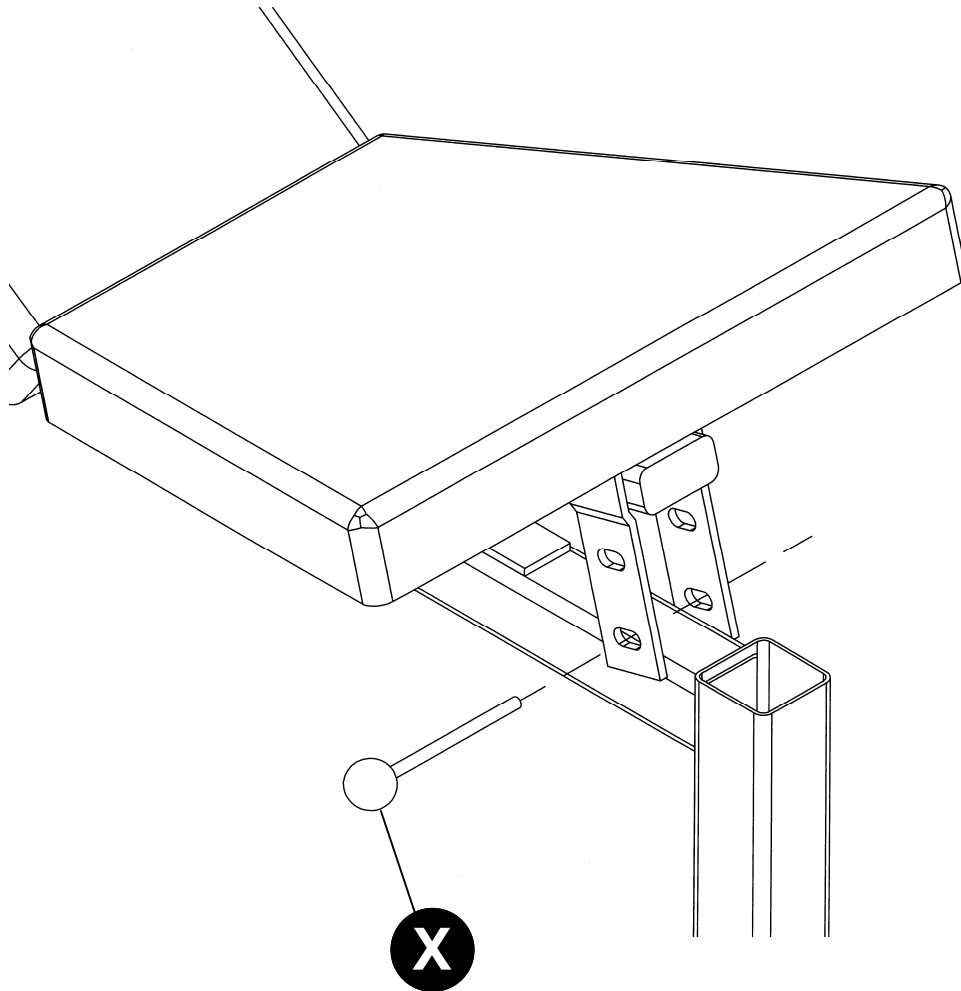


ATTACH THE LEG EXTENSION ARM (**J**) TO THE LEG YOKE USING M12 x 75MM BOLT (**O**), M12 WASHERS (**K**), AND M12 LOCKNUT (**T**).

SLIDE LEG PAD TUBE (**L**) THROUGH LEG YOKE AND INSTALL LEG PADS (**M**) ON EACH SIDE, MAKING SURE THAT LEG PAD TUBE IS EVEN ON BOTH SIDES. USING A RUBBER Mallet, INSTALL MUSHROOM CAPS (**Z**) INTO EACH END OF LEG PAD TUBE.

REPEAT THIS PROCESS FOR THE UPPER AND LOWER HOLES ON THE LEG EXTENSION ARM.

SEAT INCLINE ADJUSTMENT



ROTATE SEAT TO DESIRED HEIGHT AND INSERT SEAT SUPPORT PIN (X) THROUGH SLOT. LOWER SEAT AND ALLOW PIN TO REST AGAINST MAIN FRAME. REMOVE SEAT SUPPORT PIN FOR FLAT POSITION.

ADJUSTMENT

ADJUSTING THE WEIGHT ARMS: RAISE AND LOWER THE WEIGHT ARMS USING THE PULL PIN. TURN THE KNOB TO LOOSEN FOR ADJUSTMENT.

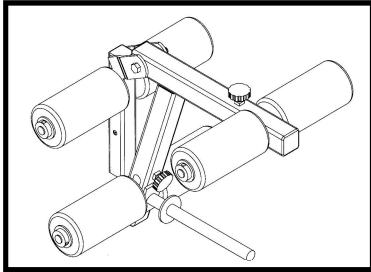
MAKE SURE THE PULL PIN IS SECURE IN THE ADJUSTMENT HOLE THEN TURN THE KNOB TO TIGHTEN BEFORE USE. (THE PULL PIN IS DESIGNED TO FIT TIGHTLY AGAINST THE TUBE AND WILL NOT ADJUST UNLESS IT IS LOOSENED FIRST.) THE LEG EXTENSION IS ADJUSTED THE SAME WAY.

SAFETY NOTICE

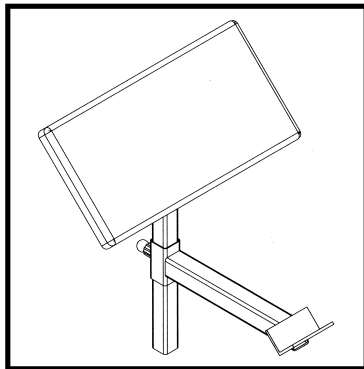
WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE POSSIBILITY OF RISK CAN BE REDUCED BY ALWAYS FOLLOWING THESE SIMPLE RULES:

- 1) BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR FOR A COMPLETE PHYSICAL EXAMINATION AND SUGGESTED EXERCISE PROGRAM SPECIFIC FOR YOU.
- 2) STRETCH BEFORE AND AFTER THE EXERCISE PROGRAM. PROPER STRETCHING WILL PREPARE YOUR JOINTS AND MUSCLES FOR EXERCISE AND HELP AVOID INJURIES.
- 3) IF AT ANY TIME YOU SHOULD FEEL FAINT OR DIZZY, NAUSEOUS OR EXPERIENCE ANY OTHER ABNORMAL SYMPTOMS OR DISCOMFORT DISCONTINUE USE AND CONSULT YOUR DOCTOR.
- 4) DO NOT USE THIS EQUIPMENT WITHOUT QUALIFIED SUPERVISION AND PROPER TRAINING. NEVER WORK OUT ALONE- ALWAYS HAVE A PARTNER.
- 5) SECURELY TIGHTEN ALL BOLTS AND REGULARLY CHECK TO ENSURE ALL BOLTS HAVE NOT LOOSENED.
- 6) WEAR GOOD RUBBER SOLE SHOES ONLY. DO NOT USE BARE FOOTED OR WITH SOCKS ONLY.
- 7) DO NOT WEAR LOOSE CLOTHES SUCH AS ROBES, GOWNS, PANTS, LONG SHIRTS OR JEWELRY WHICH COULD BECOME ENTANGLED IN MOVING PARTS.
- 8) DO NOT STAND OR KNEEL ON SEAT. ALWAYS SIT OR LAY SQUARELY CENTERED.
- 9) KEEP HEAD, LIMBS AND BODY PARTS CLEAR OF MOVING PARTS AND WEIGHT PLATES.
- 10) CHILDREN SHOULD NOT USE EXERCISE EQUIPMENT WITHOUT SUPERVISION BECAUSE OF POSSIBILITY OF INJURY FROM IMPROPER USAGE. THIS EQUIPMENT IS INTENDED FOR HOME USE ONLY.
- 11) REPLACEMENT OF WORN OR DEFECTIVE PARTS MUST BE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ASSESSORS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.

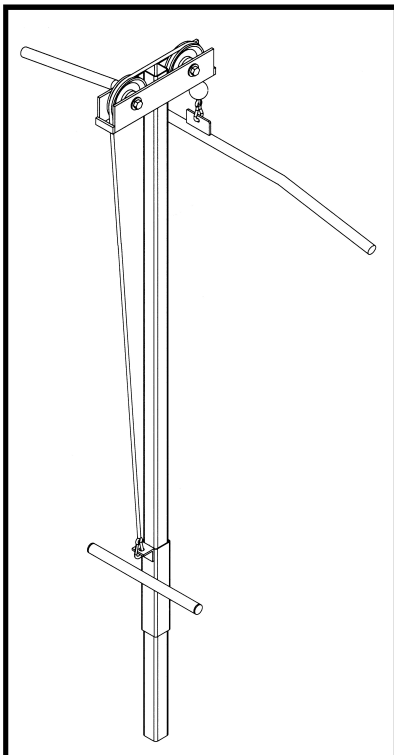
WEIGHT BENCH ACCESSORIES



DF106 Add leg extension and leg curls to your bench with this leg attachment. Get more information at www.fitnessdestination.com



DF105 Add preacher curls to your bench with this preacher curl attachment. Get more information at www.fitnessdestination.com



DF1200 Add lat pulls to your bench with this lat attachment. You can find more information at www.fitnessdestination.com