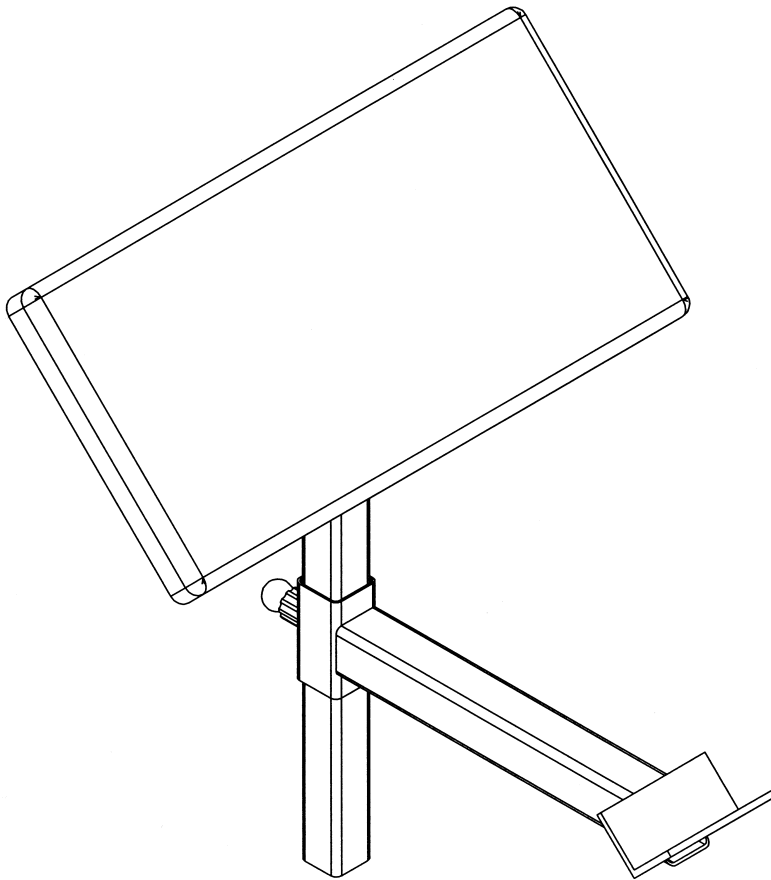


DF105

PREACHER CURL ATTACHMENT

Assembly Manual

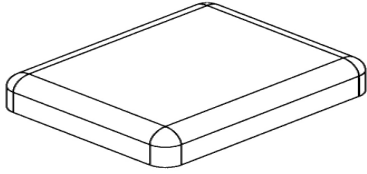


(888) 258-0533

FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

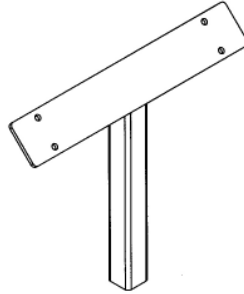
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

BOX CONTENTS



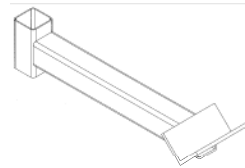
A

**ARMREST PAD
QTY 1**



B

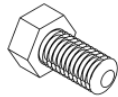
**ARMREST SUPPORT
QTY 1**



C

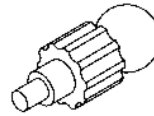
**BAR SUPPORT
QTY 1**

HARDWARE



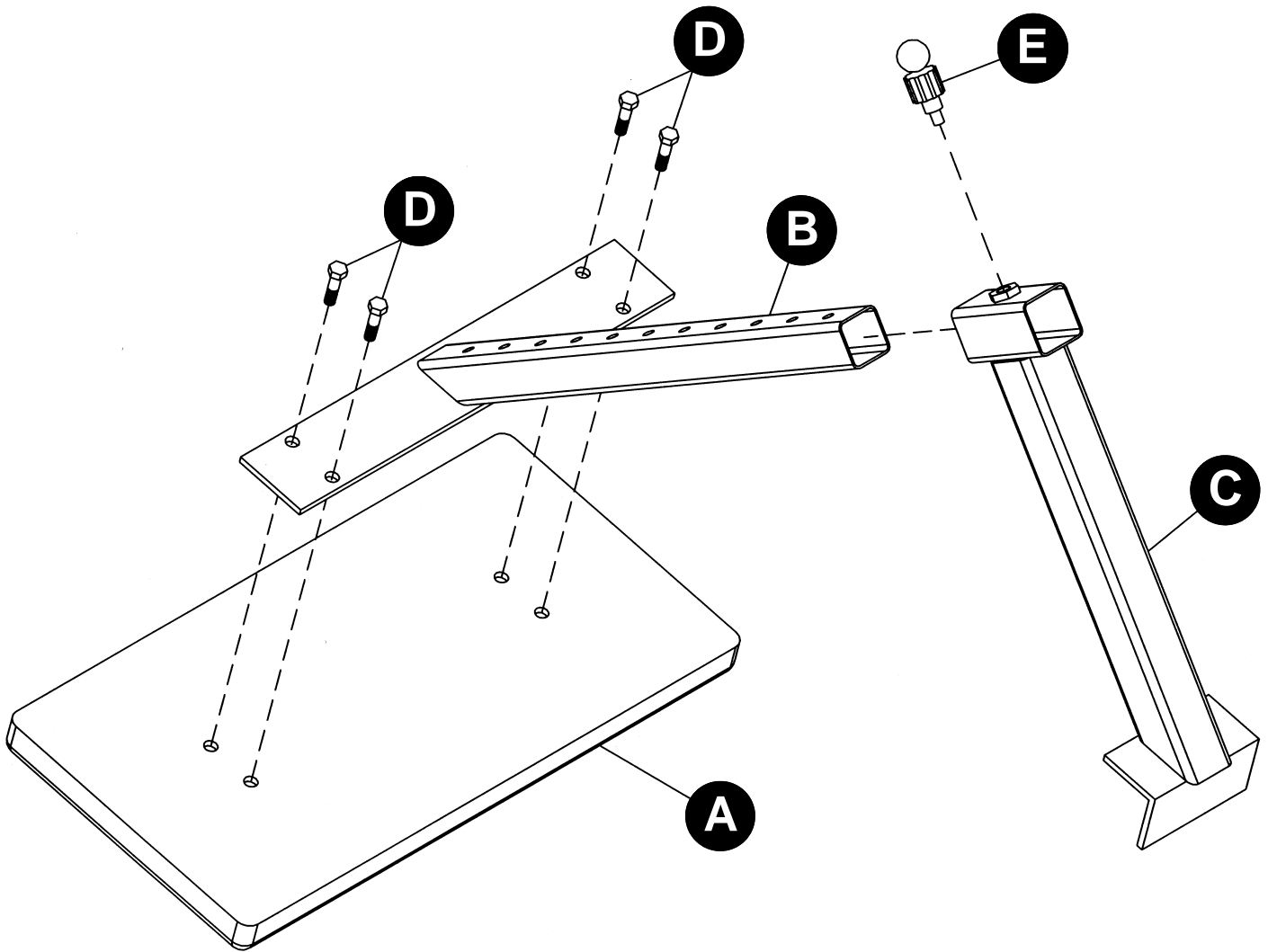
D

**M10 x 25MM BOLT
QTY 4**



E

**PULL-PIN
QTY 1**



ASSEMBLE THE ARMREST PAD (A) TO THE ARMREST SUPPORT (B) USING THE M10 x 25MM BOLTS (D).

SCREW THE PULL-PIN (E) INTO THE BAR SUPPORT (C).

SLIDE THE BAR SUPPORT (C) ONTO THE ARMREST SUPPORT (B) AND LOCK INTO PLACE WITH PULL-IN.

ADJUSTING THE SEAT AND ARM PADS: RAISE AND LOWER THE PADS 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.

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.