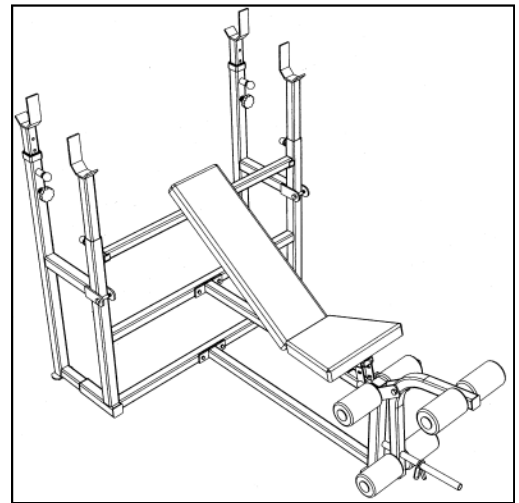
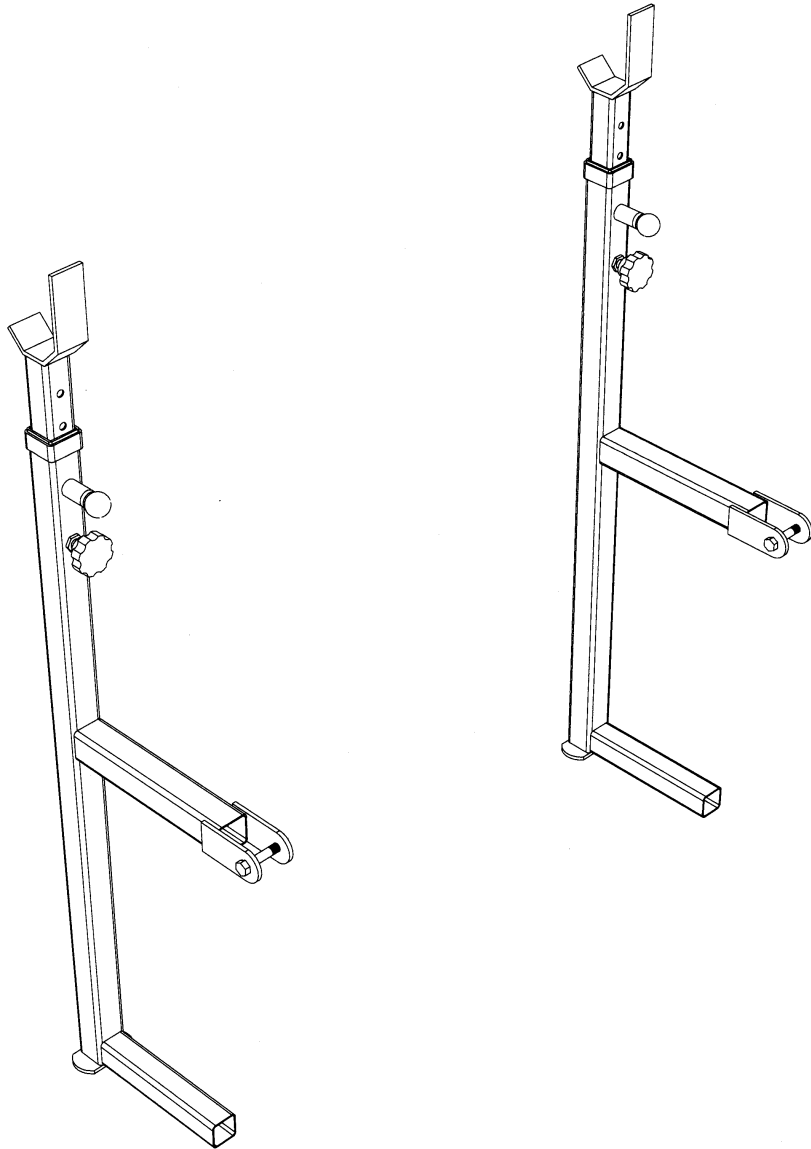


DF1080

SQUAT ATTACHMENT

Assembly Manual



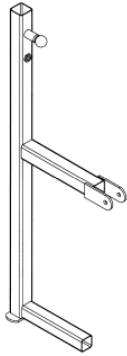
DF1080 SHOWN ON DF1000 WEIGHT BENCH

(888) 258-0533

FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

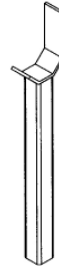
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

BOX CONTENTS



A

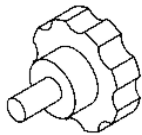
**WEIGHT FRAME
QTY 2**



B

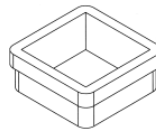
**WEIGHT HOLDER
QTY 2**

HARDWARE



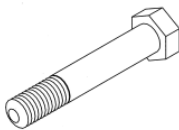
C

**KNOB
QTY 2**



D

**REDUCER
QTY 2**



E

**M10 x 79MM BOLT
QTY 2**



F

**M10 WASHER
QTY 4**



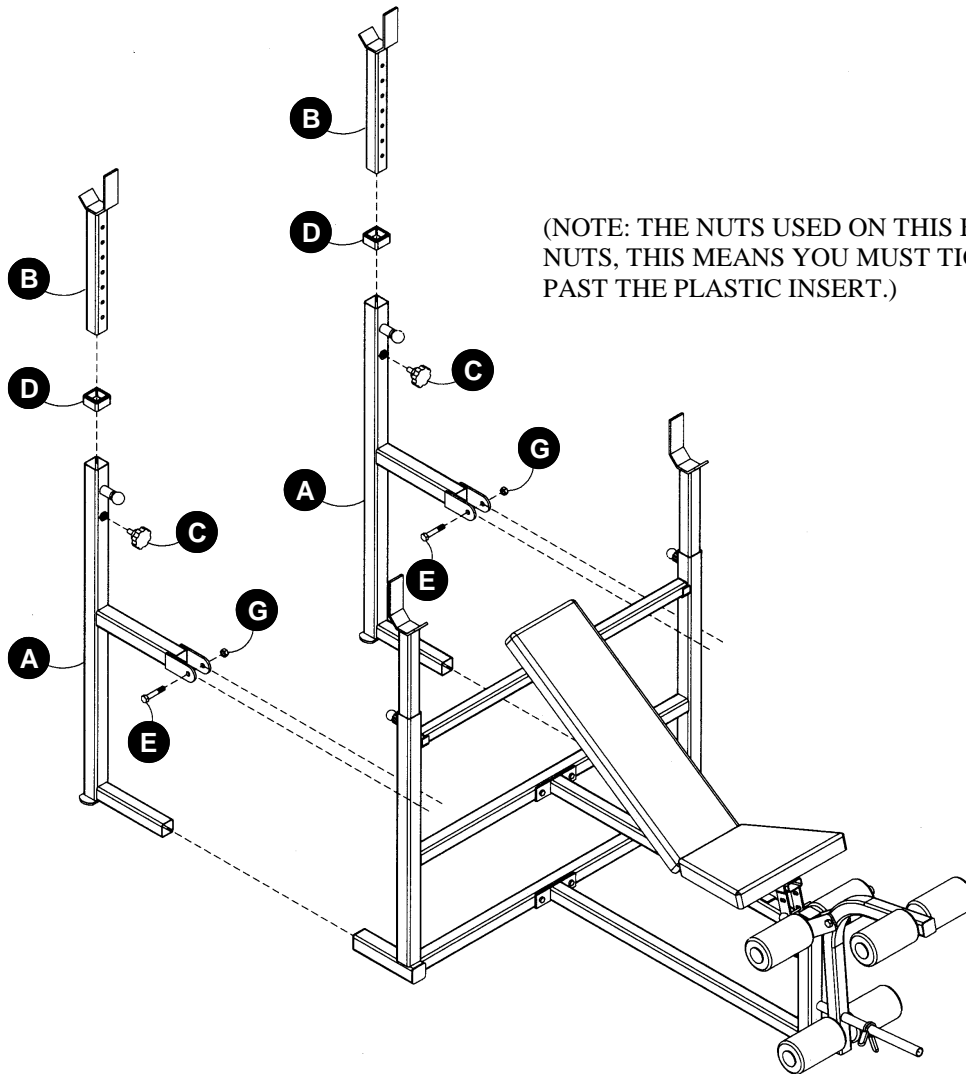
G

**M10 LOCKNUT
QTY 2**

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FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

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TOOLS REQUIRED:
WRENCHES OR METRIC SOCKET SET

ATTACH THE WEIGHT FRAMES (A) TO THE OLYMPIC BENCH USING THE M10 x 80MM BOLTS (E), M10 LOCKNUTS (G), AND M10 WASHERS (F).

NEXT INSTALL REDUCERS (D) AND WEIGHT HOLDERS (B) INTO THE WEIGHT FRAMES (A).

*(*NOTE: IF THE WEIGHT HOLDERS ARE TIGHT, USE A RUBBER MALLET TO TAP THE WEIGHT HOLDERS IN)*

INSTALL THE KNOBS (C) ONTO THE WEIGHT FRAMES (A).

ADJUSTING THE WEIGHT ARMS: FIRST TURN THE TURN KNOB COUNTER-CLOCKWISE TO LOOSEN IT. THEN PULL THE PULL-PIN OUT AND ADJUST THE WEIGHT ARMS TO THE DESIRED HEIGHT AND RELEASE THE PULL-PIN. ADJUST THE WEIGHT ARM UP OR DOWN UNTIL PULL-PIN LOCKS INTO HOLE IN WEIGHT ARM. TIGHTEN TURN KNOB SECURELY.

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.