

# DF1700

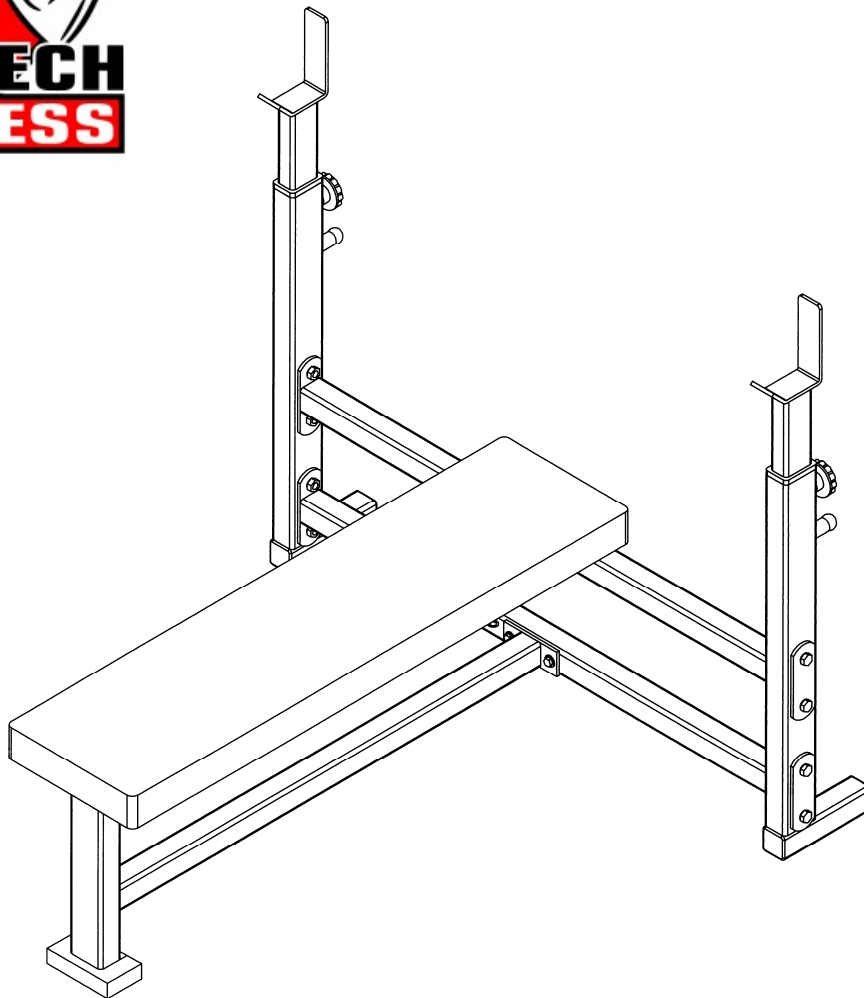
## FIXED OLYMPIC BENCH

### Assembly Manual



Assembly Video Available

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



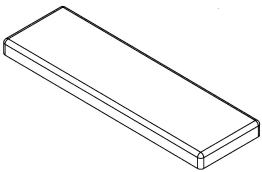
**(888) 258-0533**

***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

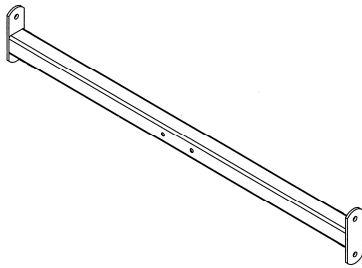
# *DF1700*

## *BOX CONTENTS*



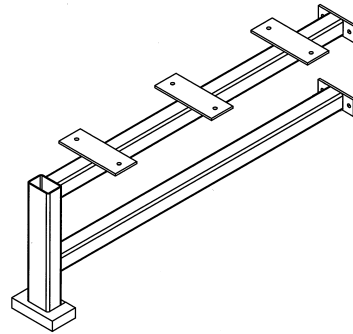
**A**

**BACKREST**  
QTY 1



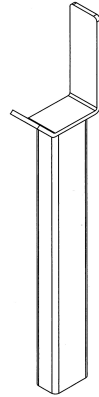
**B**

**CROSSMEMBER**  
QTY 2



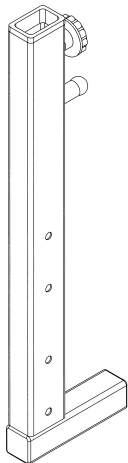
**C**

**MAIN FRAME**  
QTY 1



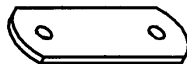
**D**

**WEIGHT HOLDER**  
QTY 2



**E**

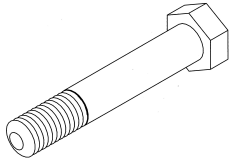
**WEIGHT FRAME**  
**POST**  
QTY 2



**F**

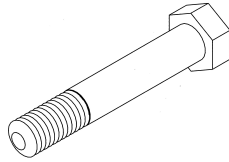
**MOUNTING**  
**FLANGE**  
QTY 4

# *DF1700 HARDWARE*



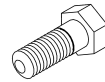
**G**

**M12 x 75MM BOLT  
QTY 8**



**H**

**M12 x 70MM BOLT  
QTY 4**



**I**

**M10 x 25MM BOLT  
QTY 6**



**J**

**M12 WASHER  
QTY 24**



**K**

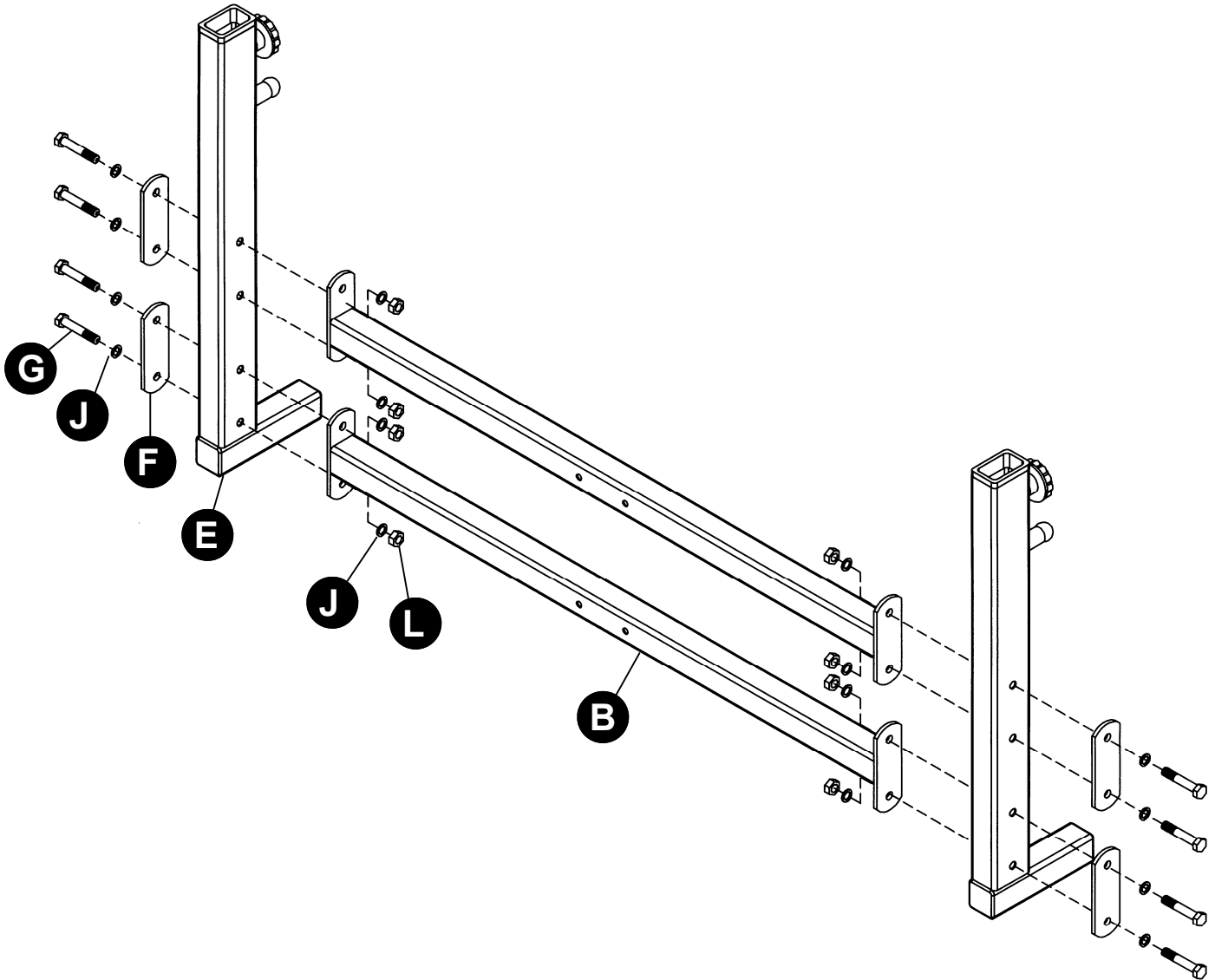
**M10 WASHER  
QTY 6**



**L**

**M12 LOCKNUT  
QTY 12**

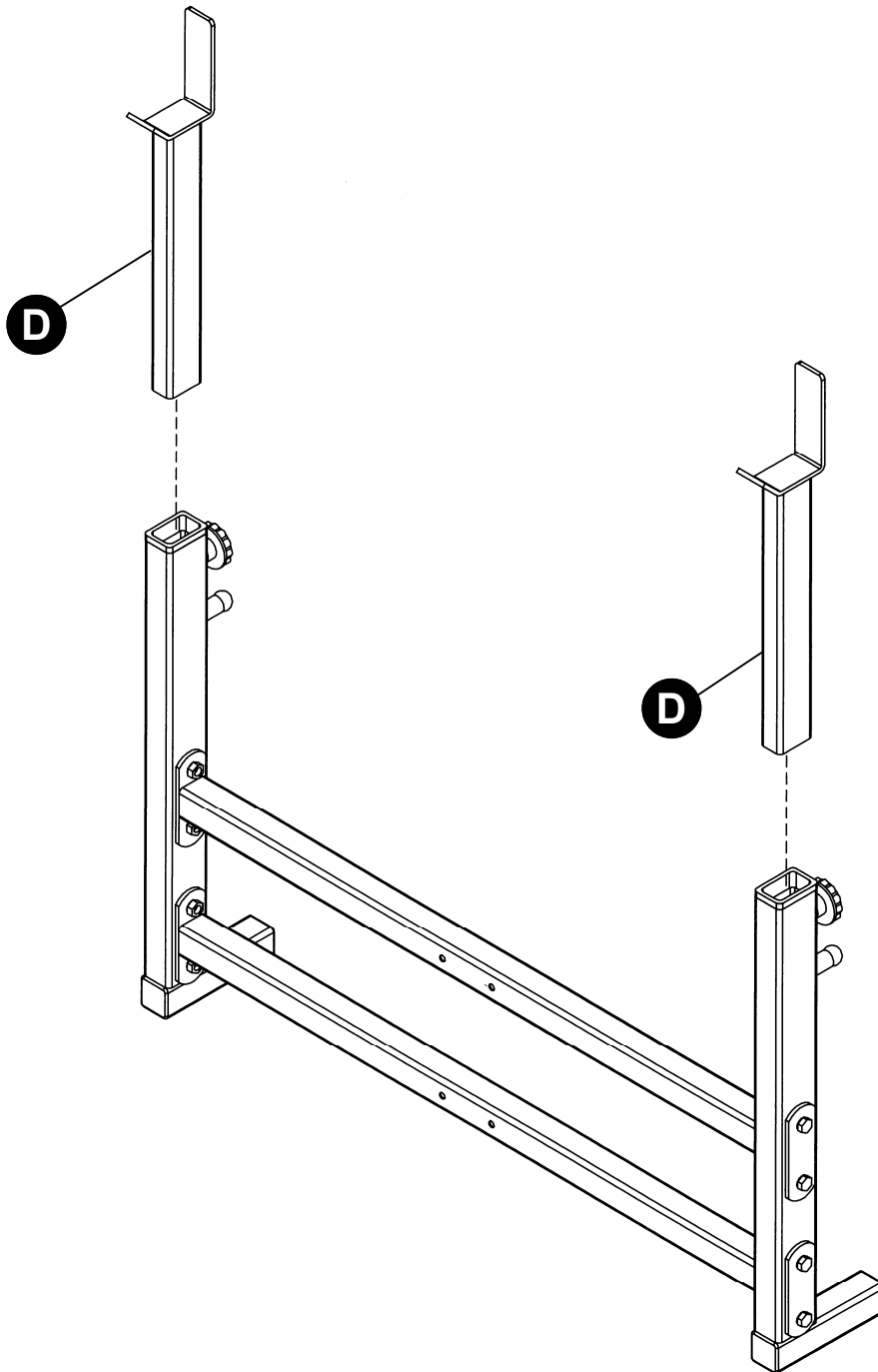
## ***WEIGHT FRAME ASSEMBLY***



**TOOLS REQUIRED:**  
METRIC WRENCHES OR SOCKET SET

INSTALL WEIGHT FRAME POSTS (E) TO CROSSMEMBERS (B) USING M12 x 75MM BOLTS (D), M12 WASHERS (J), MOUNTING FLANGES (F), AND M12 LOCKNUTS (L).

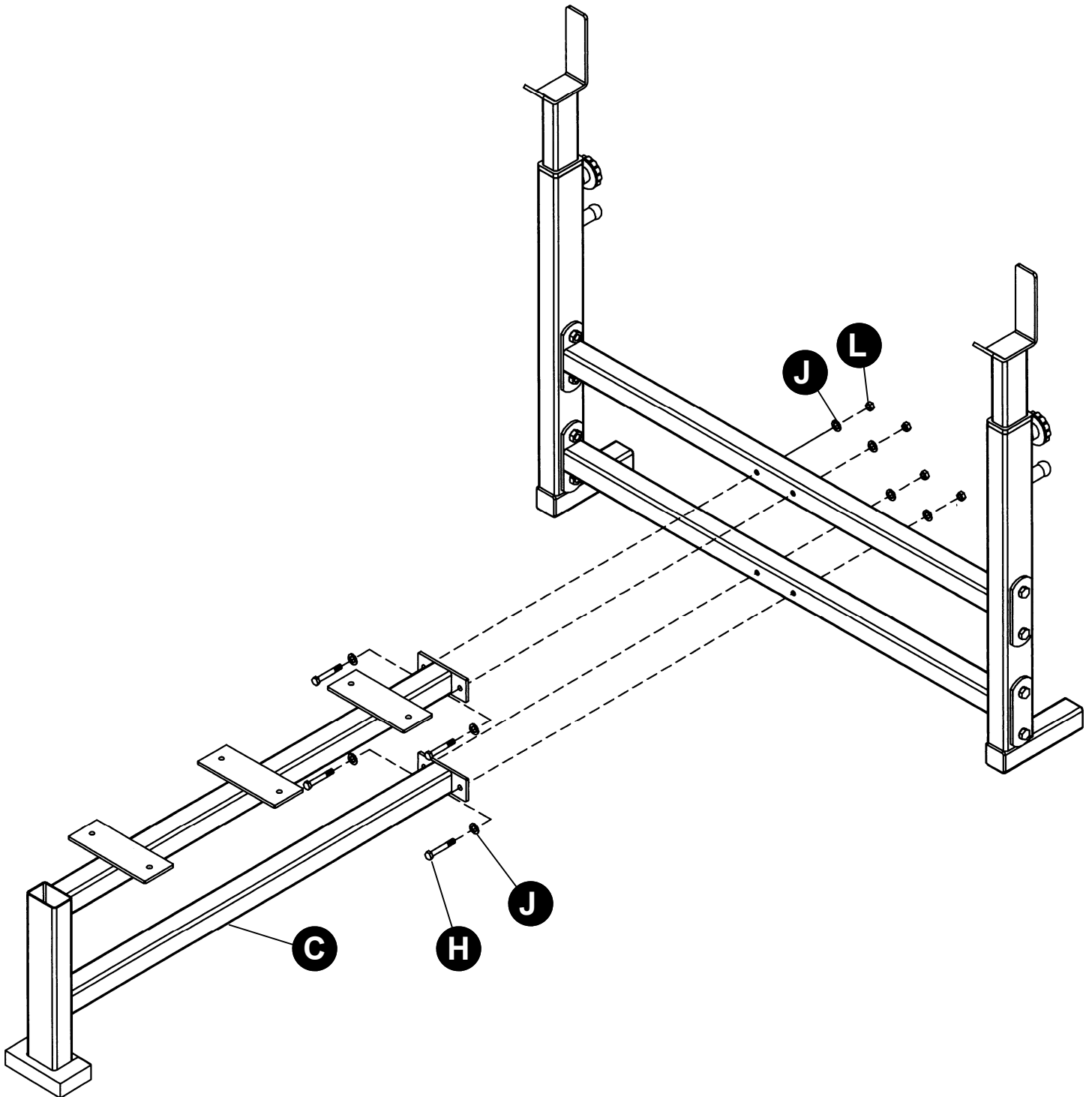
## ***WEIGHT FRAME ASSEMBLY***



INSTALL WEIGHT HOLDERS (D) INTO THE FRAME POSTS. ADJUST HEIGHT OF WEIGHT HOLDERS WITH PULL-PINS AND TIGHTEN KNOB TO LOCK WEIGHT HOLDERS IN PLACE.

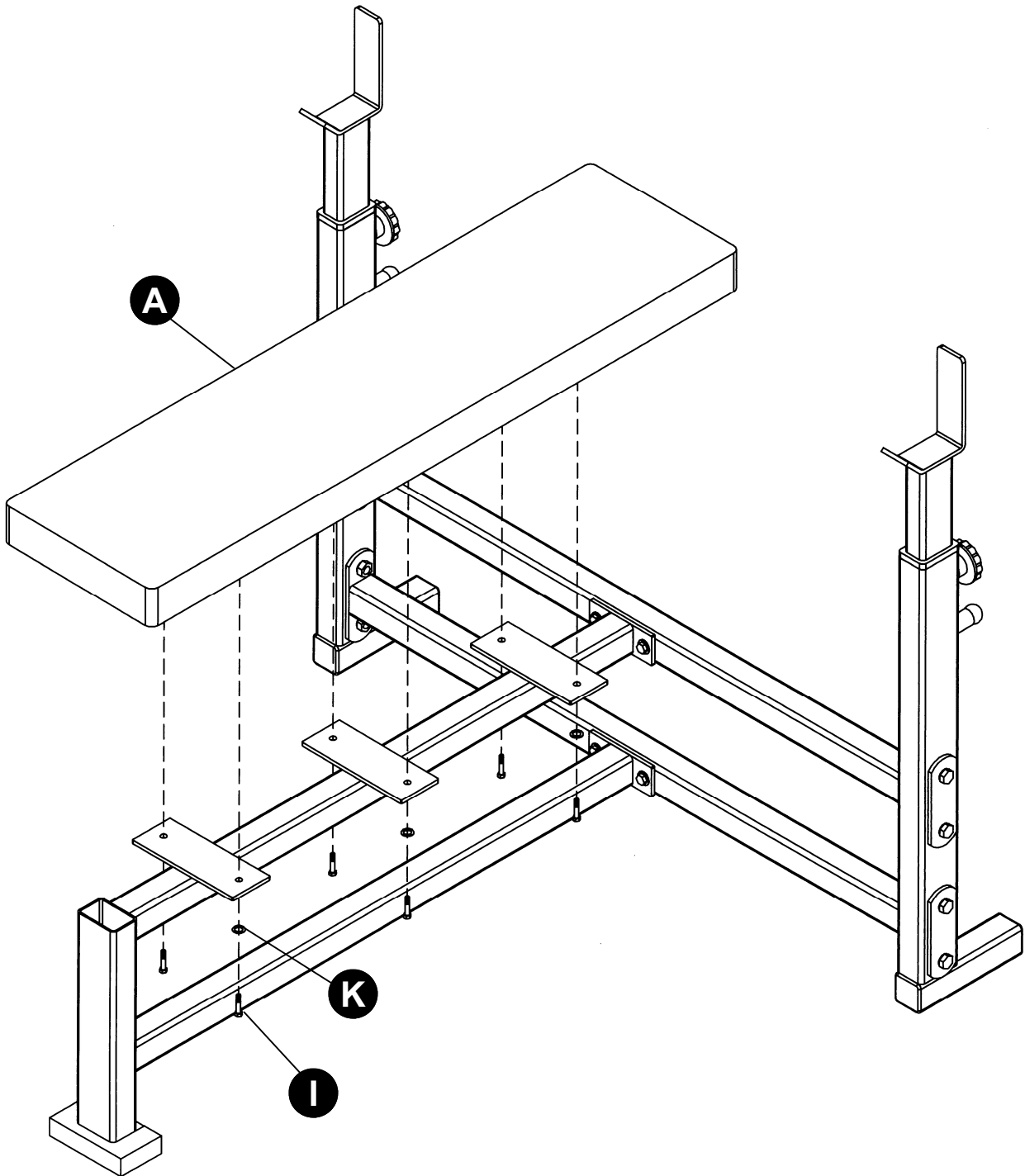
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## ***MAIN FRAME ASSEMBLY***



INSTALL MAIN FRAME (C) TO WEIGHT FRAME ASSEMBLY USING M12 x 70MM BOLTS (H), M12 WASHERS (J), AND M12 LOCKNUTS (L).

## ***BACKREST ASSEMBLY***



ATTACH BACKREST (A) TO MAIN FRAME ASSEMBLY USING M10 x 25MM BOLTS (I) AND M10 WASHERS (K).

# ***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.