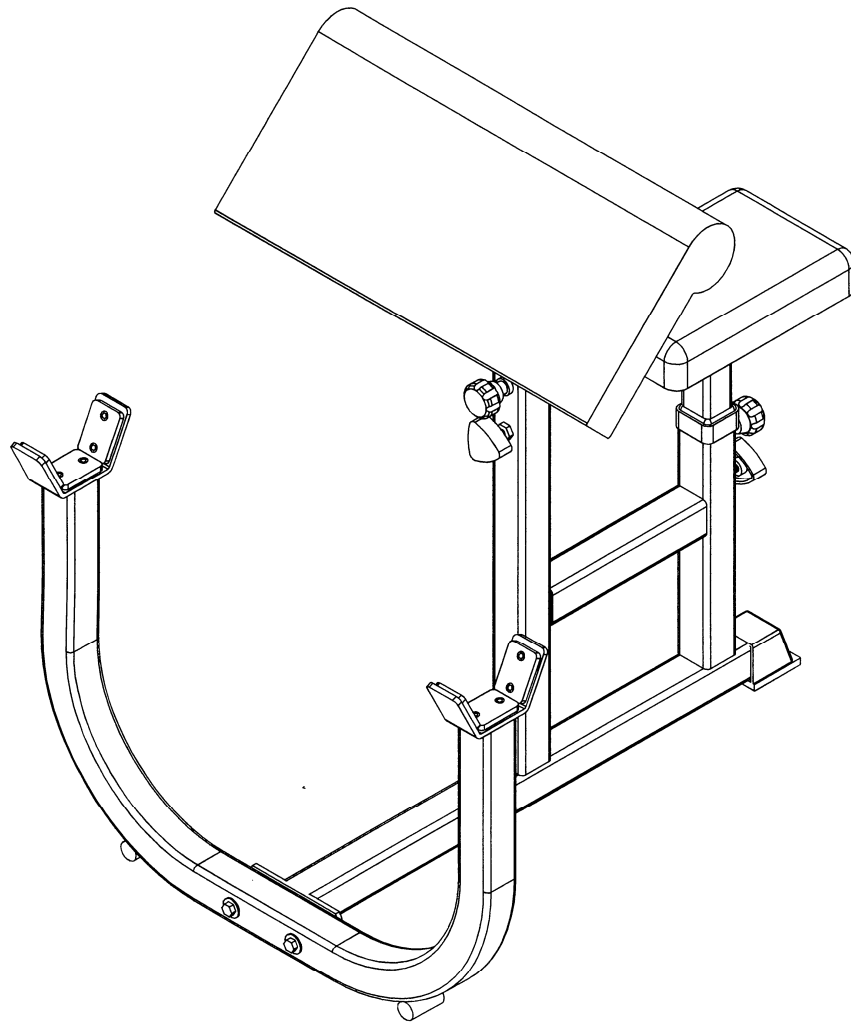


# DF308

## PREACHER CURL BENCH

### Assembly Manual



#### Assembly Video Available

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

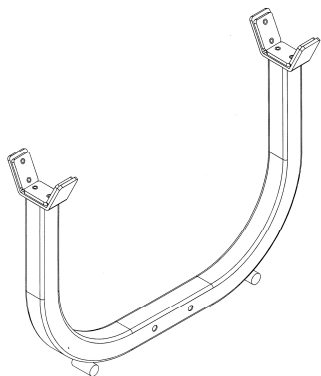


## (888) 258-0533

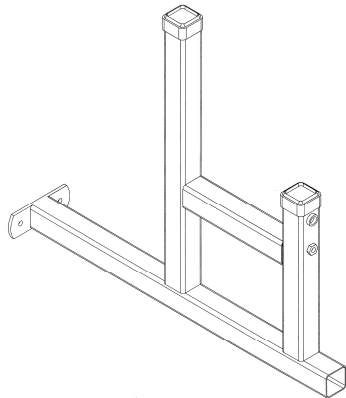
***FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY***

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

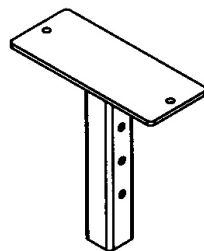
# ***BOX CONTENTS***



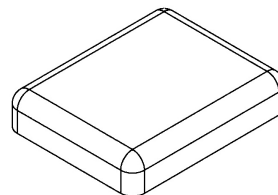
**A**  
**WEIGHT FRAME**  
**QTY 1**



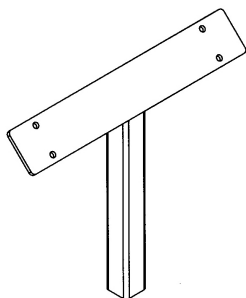
**B**  
**SEAT FRAME**  
**QTY 1**



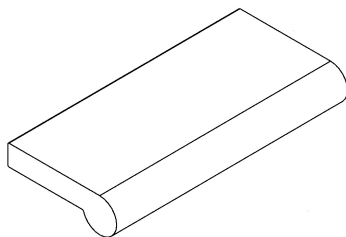
**C**  
**SEAT SUPPORT**  
**QTY 1**



**D**  
**SEAT PAD**  
**QTY 1**



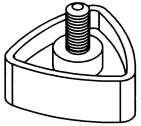
**E**  
**ARM SUPPORT**  
**QTY 1**



**F**  
**ARMREST PAD**  
**QTY 1**

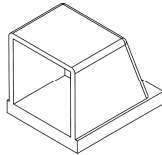
\*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

# ***HARDWARE***



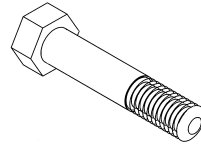
**G**

**TURN KNOB  
QTY 2**



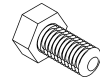
**H**

**RUBBER SHOE  
QTY 1**



**I**

**M12 x 70MM BOLT  
QTY 2**



**J**

**M10 x 25MM BOLT  
QTY 6**



**K**

**M12 WASHER  
QTY 4**



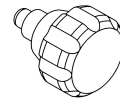
**L**

**M10 WASHER  
QTY 6**



**M**

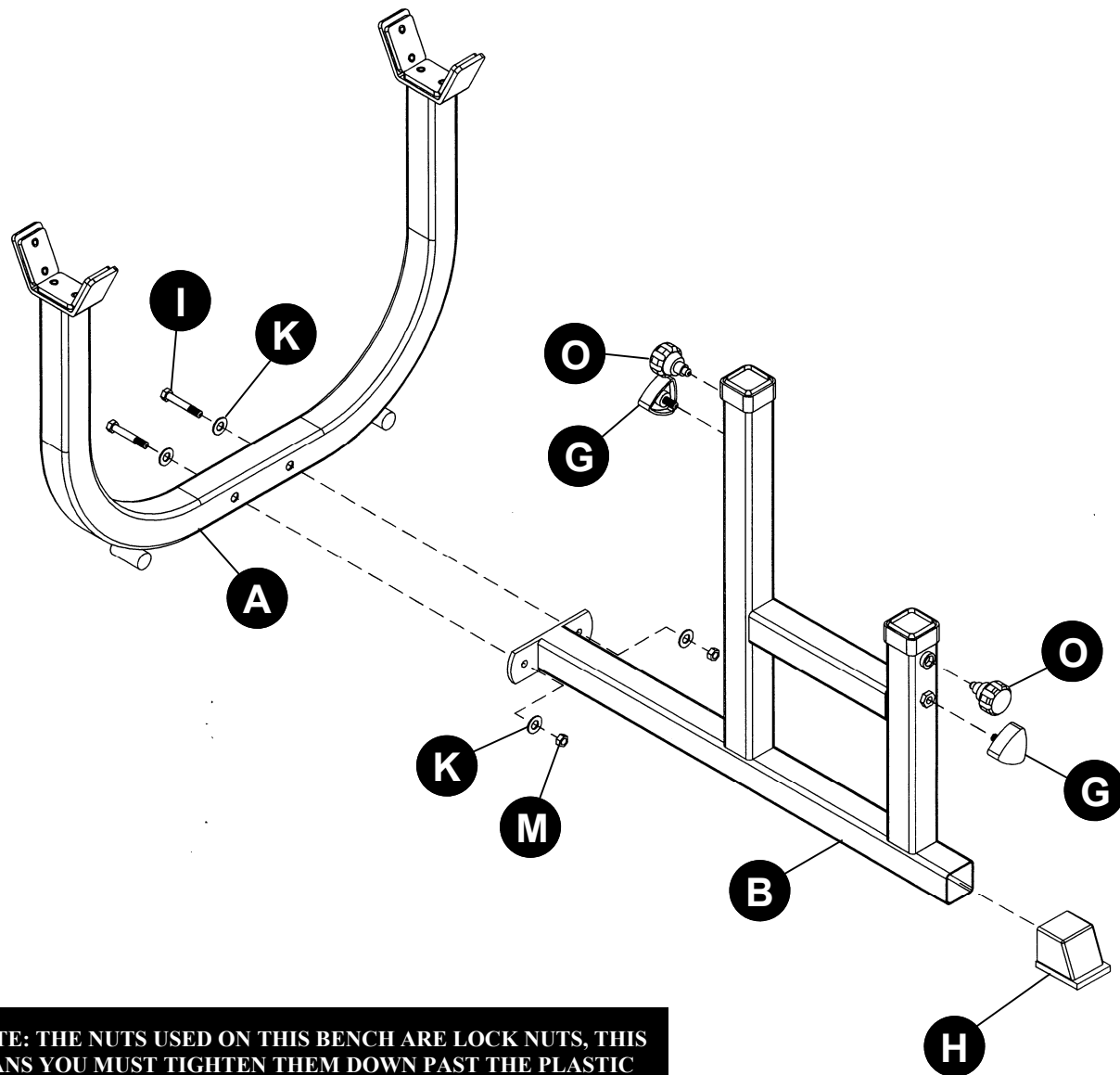
**12MM LOCKNUT  
QTY 2**



**O**

**PULL PIN  
QTY 2**

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

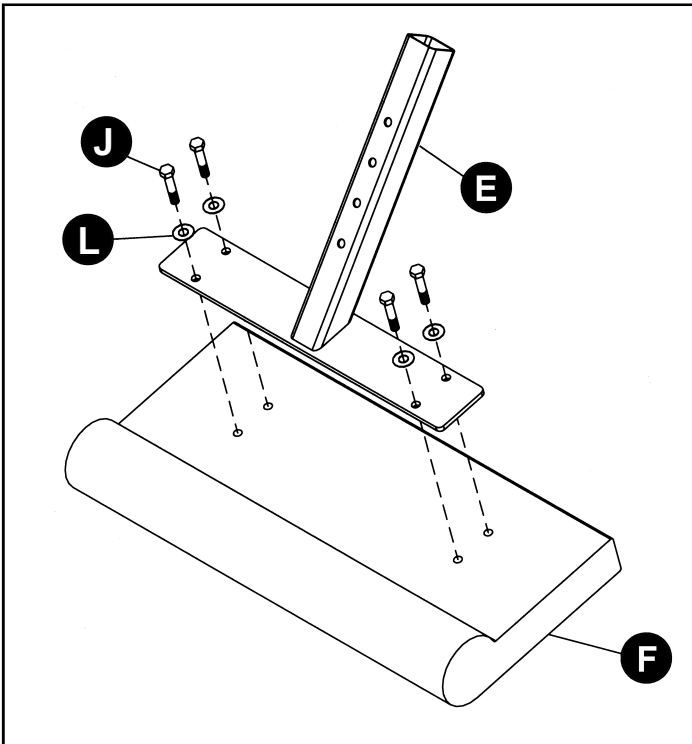


**(NOTE: THE NUTS USED ON THIS BENCH ARE LOCK NUTS, THIS MEANS YOU MUST TIGHTEN THEM DOWN PAST THE PLASTIC INSERT.)**

INSTALL THE RUBBER BOOT (H) ONTO THE SEAT FRAME (B).

ASSEMBLE THE SEAT FRAME (B) TO THE WEIGHT COLUMN (A) USING THE M12 x 70MM BOLTS (I), M12 WASHERS (K) AND M12 LOCKNUTS (M).

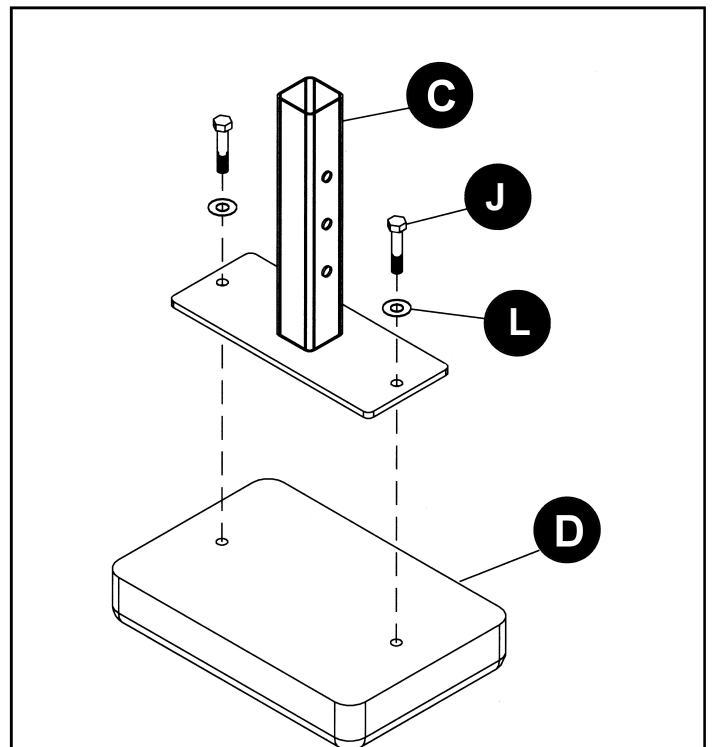
INSTALL THE PULL PINS (O) AND TURN KNOBS (G) INTO THE SEAT FRAME.



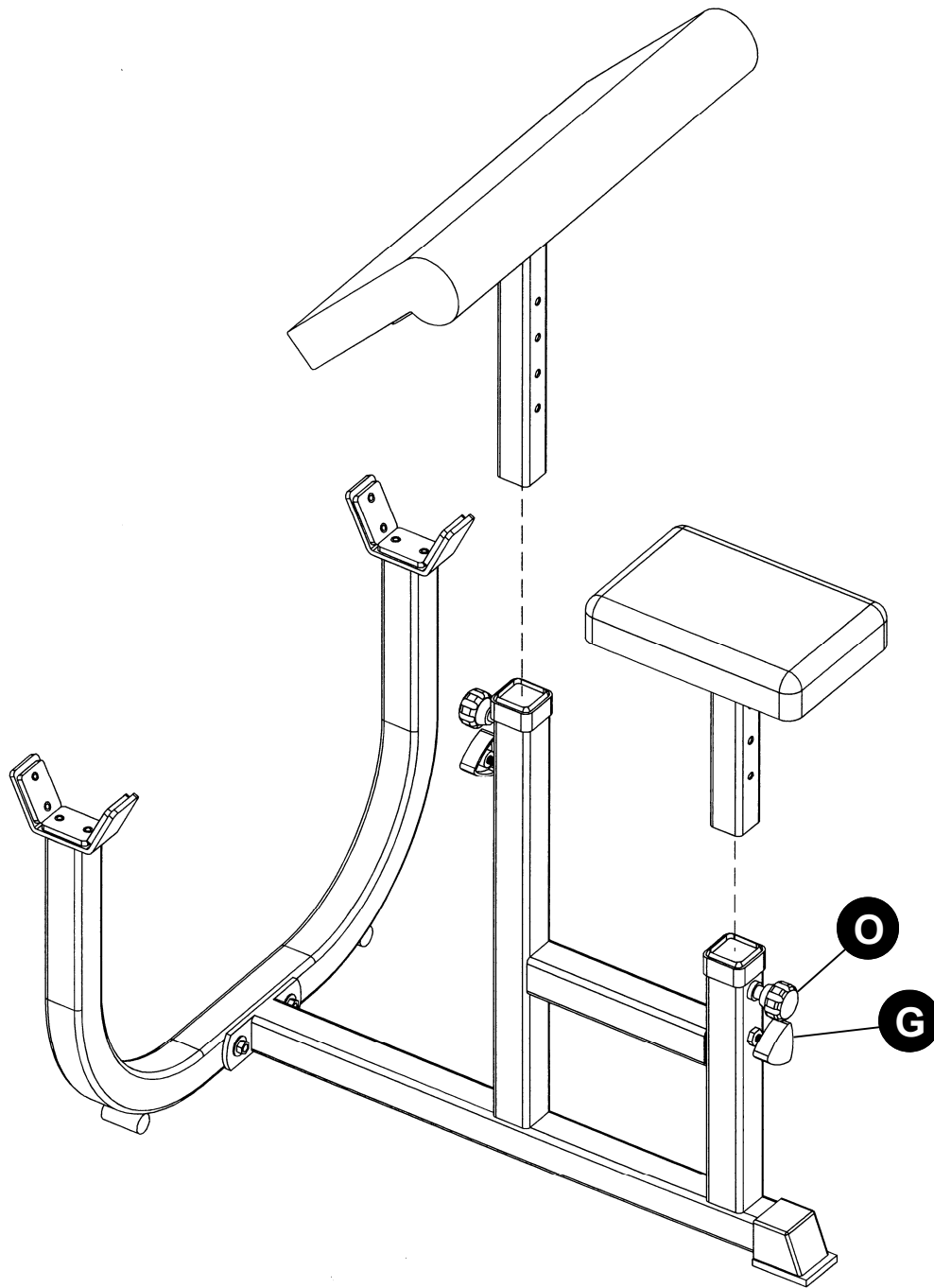
ARMREST ASSEMBLY

INSTALL ARMREST PAD (F) TO ARM SUPPORT (E) USING M10 x 25 MM BOLTS (J) AND M10 WASHERS (L).

INSTALL SEAT PAD (D) TO SEAT SUPPORT (C) USING M10 x 25 MM BOLTS (J) AND M10 WASHERS (L).



SEAT ASSEMBLY



MAKE SURE TO LOOSEN THE TURN KNOB (**G**) TO ALLOW THE SEAT AND ARMPAD ASSEMBLIES TO DROP INTO PLACE.

INSERT THE SEAT AND ARM PAD ASSEMBLIES INTO THE SEAT FRAME AND SLIDE PULL-PINS (**O**) OUT TO ALLOW THEM TO DROP DOWN. ADJUST TO DESIRED HEIGHT AND RELEASE PULL PIN (**O**), MAKING SURE THAT PIN LOCKS INTO HOLES IN THE ASSEMBLIES. TIGHTEN KNOB ON PULL PIN (**O**) AND TURN KNOB (**G**) TO LOCK THEM INTO PLACE.

# ***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.