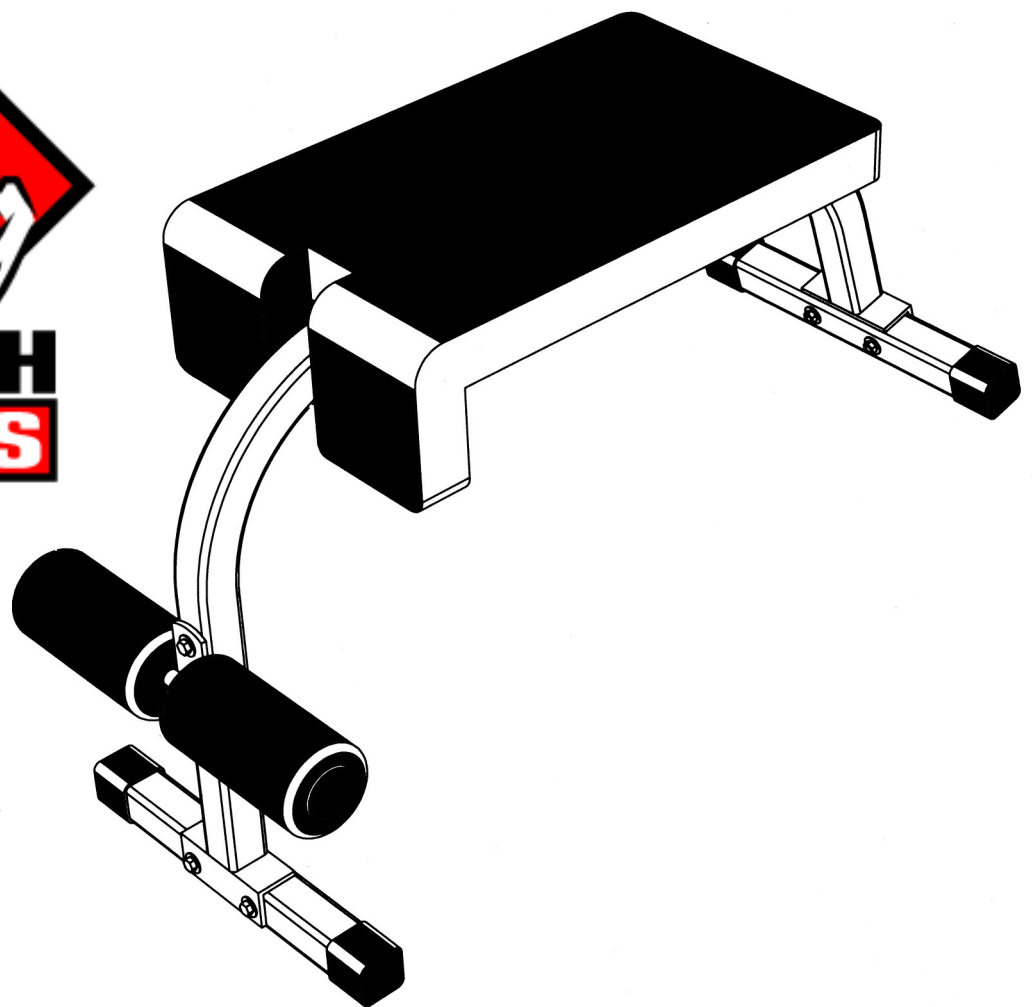


DF408

SIT-UP BENCH

Assembly Manual

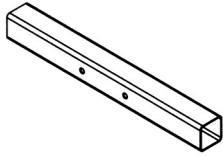


(888) 258-0533

FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

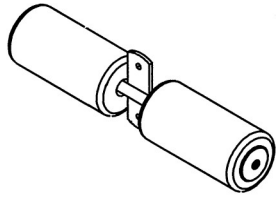
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

BOX CONTENTS



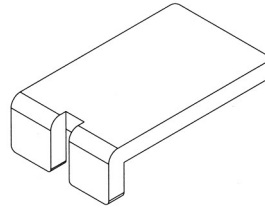
A

**FOOT
QTY 2**



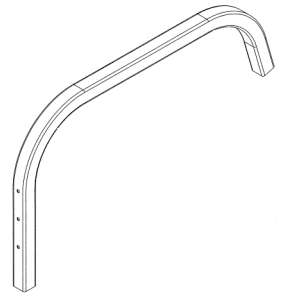
B

**LEG PAD ASSEMBLY
QTY 1**



C

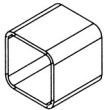
**SEAT PAD
QTY 1**



D

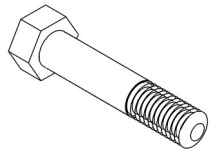
**FRAME
QTY 1**

HARDWARE



E

**RUBBER SHOE
QTY 4**



F

**M10 x 70MM
BOLT
QTY 6**



G

**M8 x 25MM
BOLT
QTY 4**



H

**M10 WASHER
QTY 12**



I

**M8 WASHER
QTY 4**

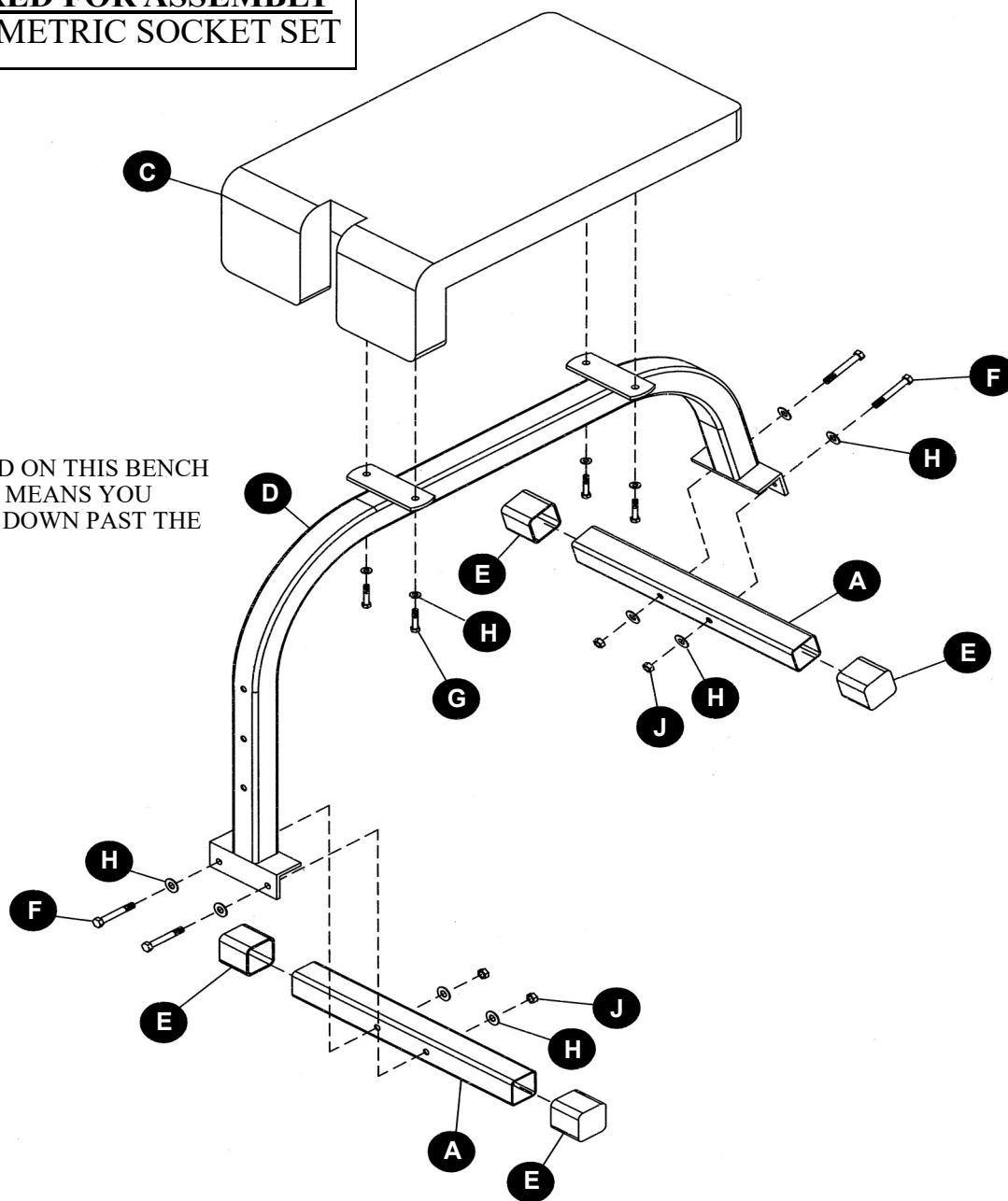


J

**M10 LOCKNUT
QTY 6**

TOOLS REQUIRED FOR ASSEMBLY
WRENCHES OR METRIC SOCKET SET

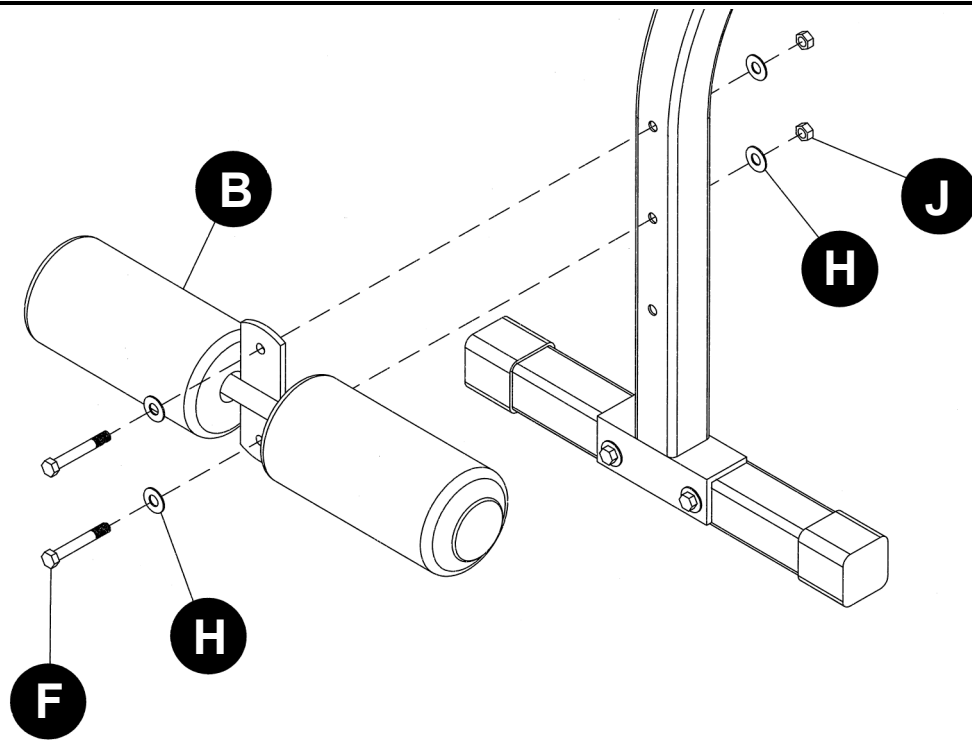
(NOTE: THE NUTS USED ON THIS BENCH ARE LOCK NUTS, THIS MEANS YOU MUST TIGHTEN THEM DOWN PAST THE PLASTIC INSERT.)



FIRST ASSEMBLE THE FRAME (D) TO THE FOOT (A) USING THE M10 BOLTS (F), THE M10 WASHERS (H), AND THE M10 LOCK NUTS (J). NOW SLIDE THE RUBBER SHOES (E) ONTO THE FOOT (A).

NOW ASSEMBLE THE SEAT PAD (C) TO THE BODY (A) USING THE M8 BOLTS (G) AND THE M8 WASHERS (I).

MAKE SURE ALL THE BOLTS ARE TIGHT BEFORE USE. REMEMBER TO CHECK THEM PERIODICALLY TO MAKE SURE THEY ALWAYS STAY TIGHT.



ASSEMBLE THE LEG PAD ASSEMBLY (B) TO THE FRAME (D) USING THE M10 BOLTS (F), THE M10 WASHER (H), AND THE M10 LOCK NUTS (J). THE UPPER MOUNTING POSITION IS RECOMMENDED FOR SMALL TO AVERAGE SIZE USERS. THE LOWER MOUNTING POSITION IS FOR USERS 6 FOOT OR TALLER.

SAFETY NOTICE

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE RISK OF INJURY 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 OR WORN OR DEFECTIVE PARTS MUST BE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ACCESSORIES ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.