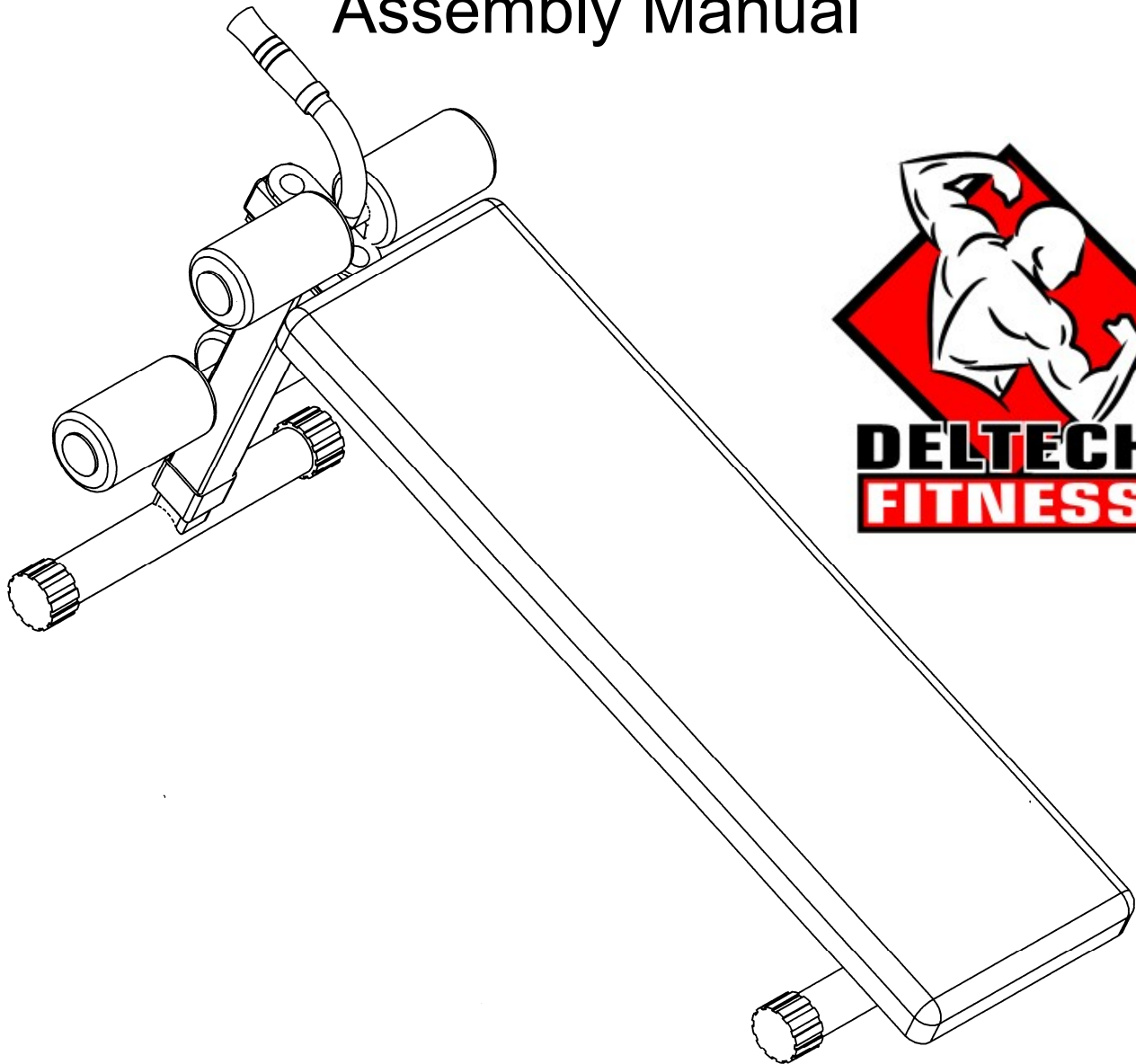


DF6000

ABDOMINAL BENCH

Assembly Manual

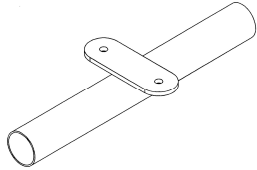


(888) 258-0533

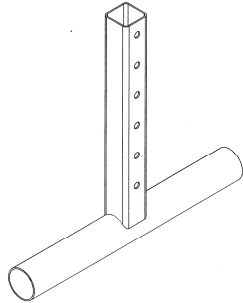
FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

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

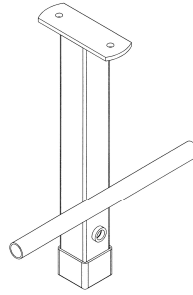
BOX CONTENTS



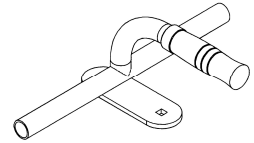
A
REAR FOOT
QTY 1



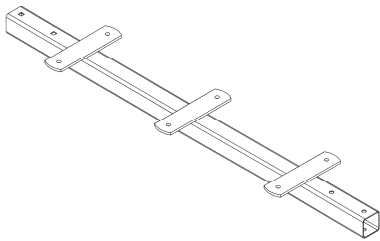
B
FRONT LEG
QTY 1



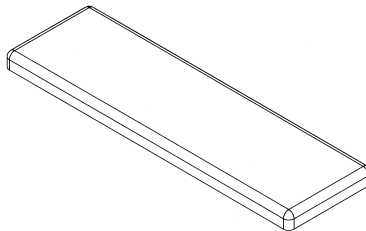
C
FRONT LEG
GUIDE
QTY 1



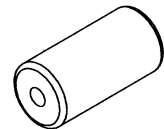
D
HANDLE
QTY 1



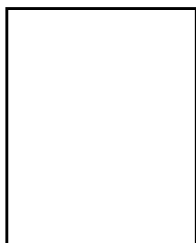
E
BACKREST
SUPPORT
QTY 1



F
BACKREST
QTY 1



G
LEG PADS
QTY 4



DF6000
INSTRUCTION
SHEET
QTY 1

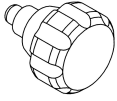


DF6000
HARDWARE PACK
QTY 1

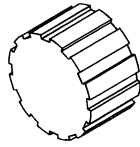


*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

HARDWARE



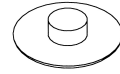
H
PULL- PIN
QTY 1



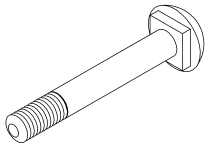
I
RUBBER SHOE
QTY 4



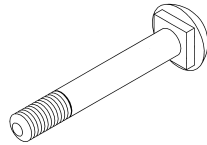
J
SQUARE CAP
QTY 2



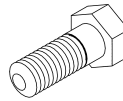
K
MUSHROOM CAP
QTY 4



L
M10 x 75MM BOLT
QTY 2



M
M10 x 70MM BOLT
QTY 2



N
M10 x 25MM BOLT
QTY 6

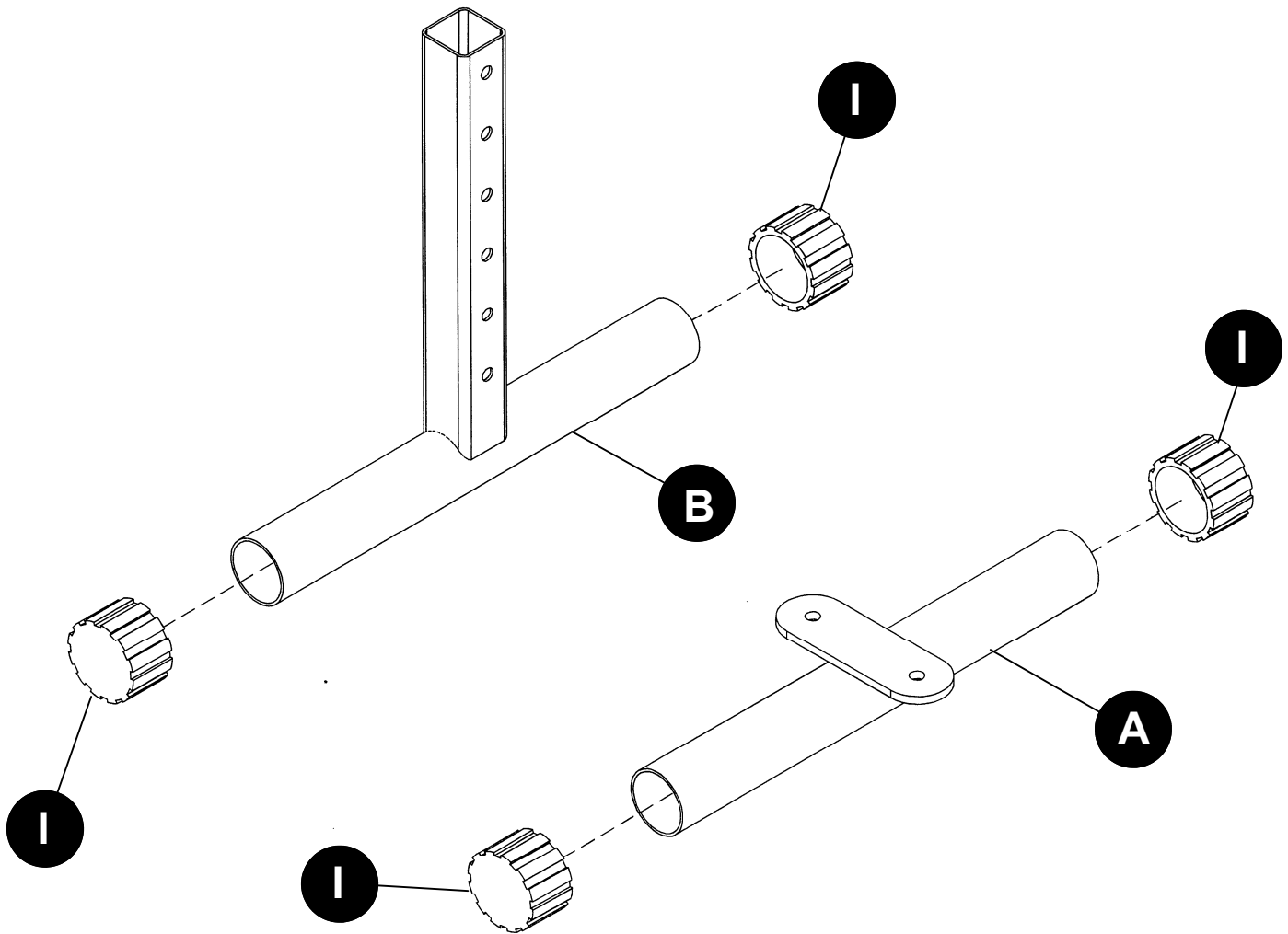


O
M10 WASHER
QTY 10



P
M10 LOCKNUT
QTY 4

RUBBER SHOE INSTALLATION

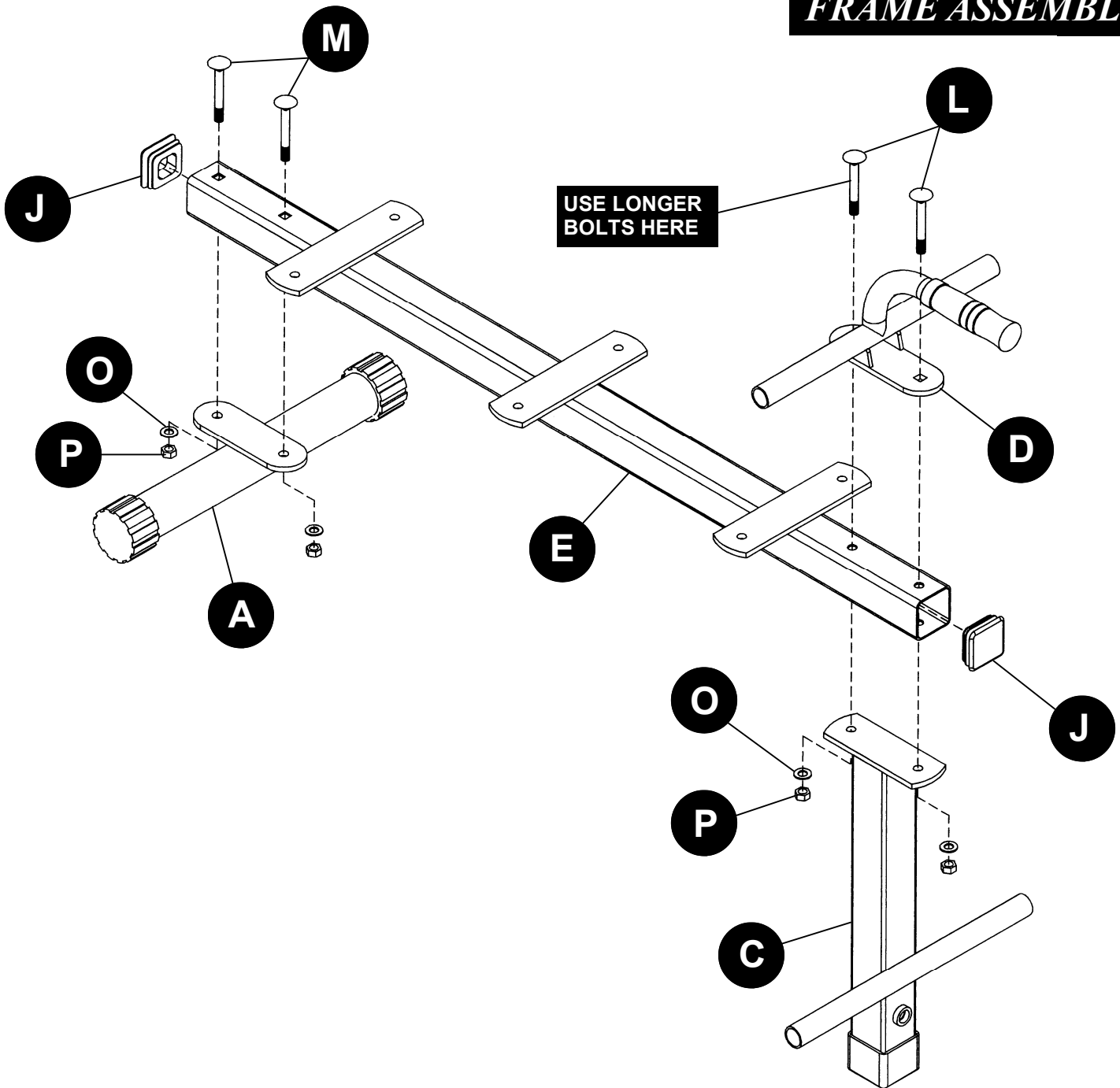


TOOLS REQUIRED:
WRENCHES OR METRIC SOCKET SET
RUBBER Mallet

SLIDE THE RUBBER SHOES (I) ON TO BOTH ENDS OF REAR FOOT (A) AND FRONT LEG (B).

IF RUBBER SHOES ARE DIFFICULT TO INSTALL, USE SOAPY WATER TO MAKE IT EASIER TO SLIDE THEM ON.

FRAME ASSEMBLY



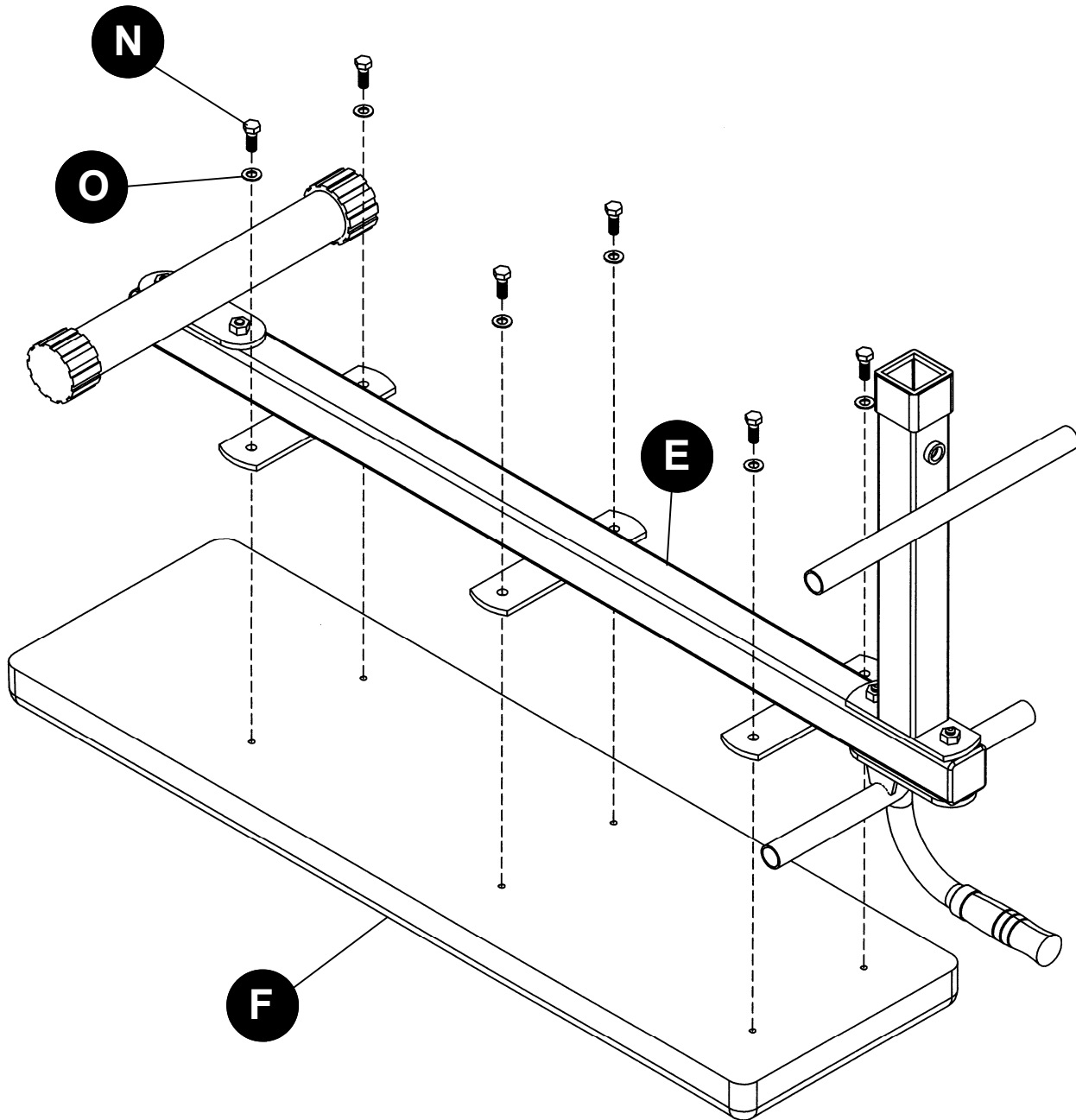
INSTALL SQUARE CAPS (**J**) INTO EACH END OF BACKREST SUPPORT (**E**). USE A RUBBER Mallet TO SEAT THEM ALL THE WAY IN.

ATTACH HANDLE (**D**) AND FRONT LEG GUIDE (**C**) TO BACKREST SUPPORT (**E**) USING M10 x 75MM CARRIAGE BOLTS (**L**), M10 WASHERS (**O**), AND M10 LOCKNUTS (**P**).

THE CARRIAGE BOLTS HAVE A SQUARE BODY UNDER THE HEAD THAT MUST FIT INTO THE SQUARE HOLE IN THE HANDLE.

ATTACH REAR FOOT (**A**) TO BACKREST SUPPORT (**E**) USING M10 x 70MM CARRIAGE BOLTS (**M**), M10 WASHERS (**O**), AND M10 LOCKNUTS (**P**).

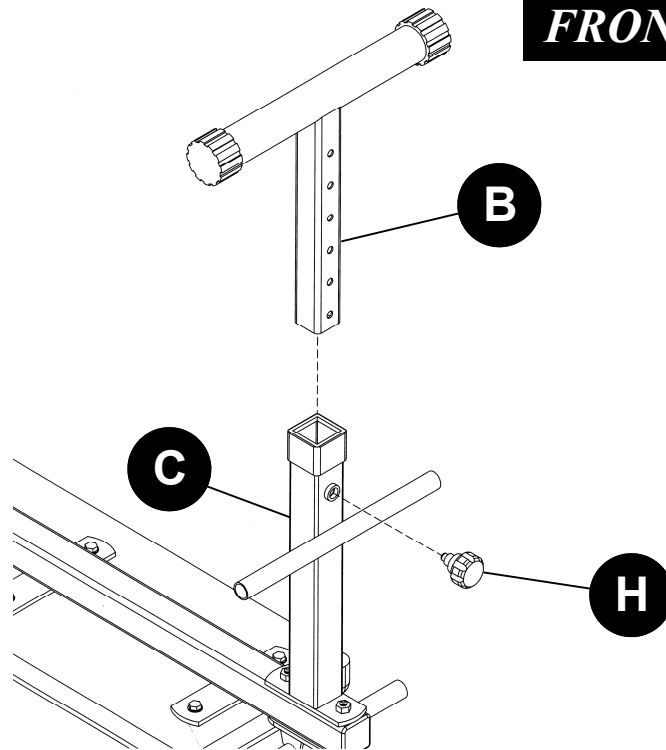
BACKREST ASSEMBLY



ATTACH BACKREST (F) TO BACKREST SUPPORT (E) USING M10 x 25MM BOLTS (N), AND M10 WASHERS (O).

MAKE SURE TO INSTALL ALL BOLTS FINGERTIGHT BEFORE TIGHTENING THEM COMPLETELY WITH A WRENCH.

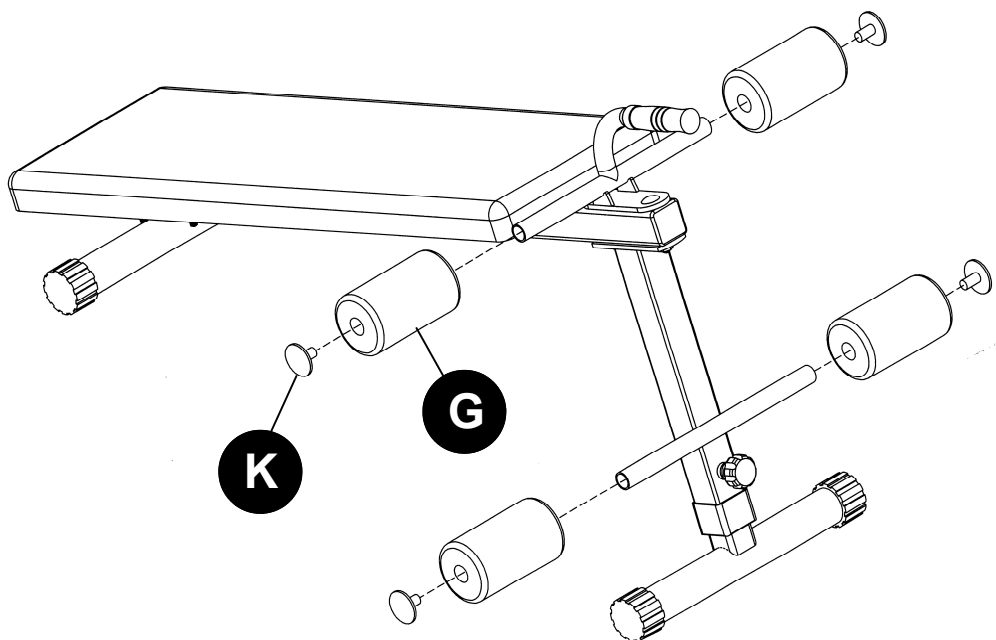
FRONT LEG ASSEMBLY



SCREW PULL-PIN (H) INTO FRONT LEG GUIDE (C).

SLIDE FRONT LEG (B) INTO FRONT LEG GUIDE (C), MAKING SURE THAT HOLES ARE FACING THE CORRECT WAY. SLIDE PULL-PIN OUT TO ALLOW FRONT LEG TO DROP IN. ADJUST FRONT LEG TO DESIRED HEIGHT AND RELEASE PULL-PIN, MAKING SURE THAT PIN ENGAGES IN HOLE IN FRONT LEG. TIGHTEN KNOB SECURELY.

ROLLER PAD INSTALLATION



SLIDE ROLLER PADS (G) ON TO BOTH ENDS OF TUBES ON HANDLE AND FRONT LEG GUIDE.

INSERT MUSHROOM CAPS INTO END OF TUBES AND INSTALL USING RUBBER MALLET.

ADJUSTMENT

RAISE AND LOWER THE BENCH BY TURNING THE PULL PIN AND PULLING IT OUT TO ADJUST UP OR DOWN. WHEN ADJUSTED MAKE SURE THE PULL PIN IS SECURE IN ADJUSTMENT HOLE THEN TURN TO TIGHTEN. (NOTE: YOU MUST LOOSEN THE PULL PIN OR THE BENCH WILL NOT ADJUST)

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.