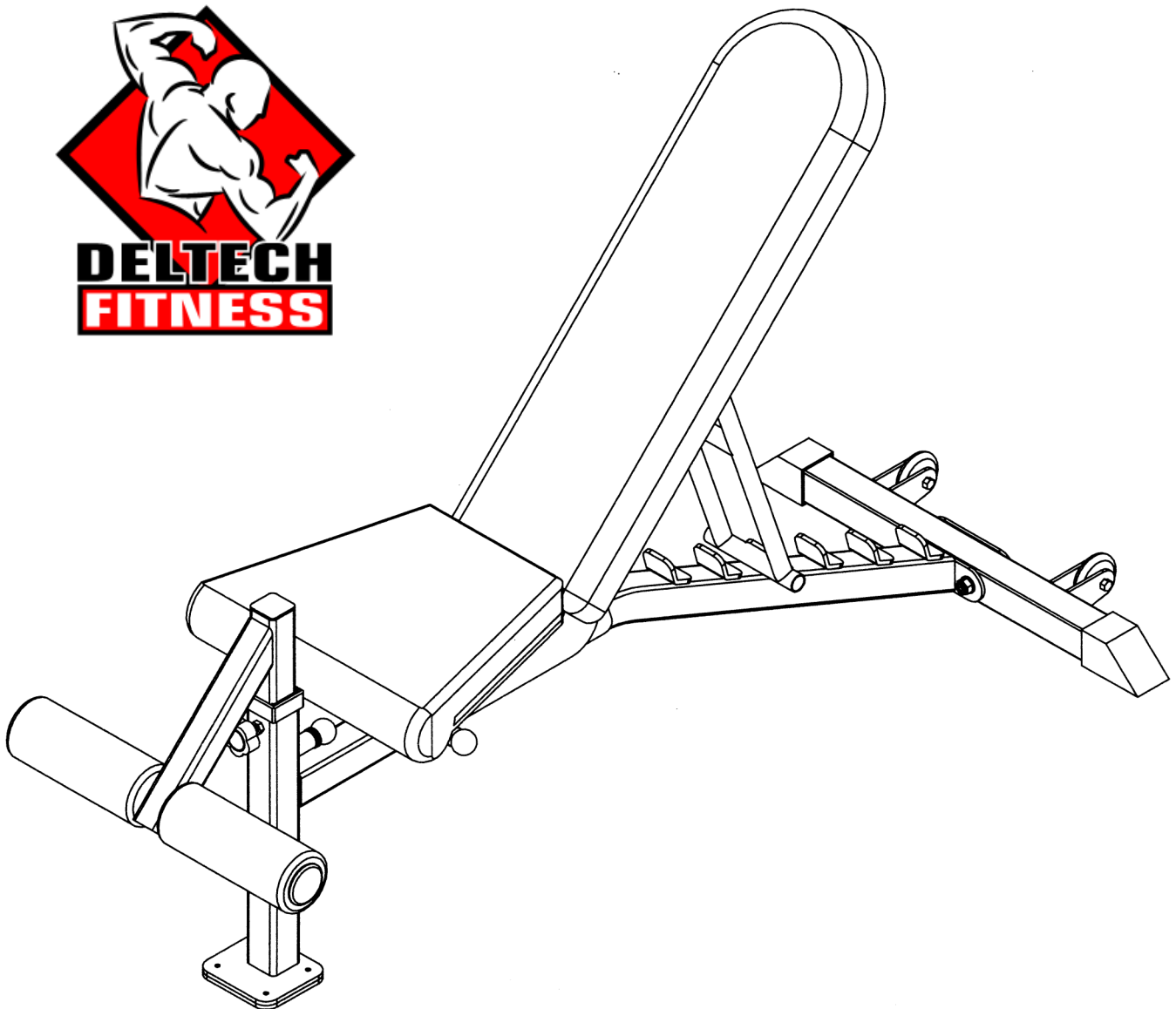


DF9600

FLAT/INCLINE BENCH

Assembly Manual

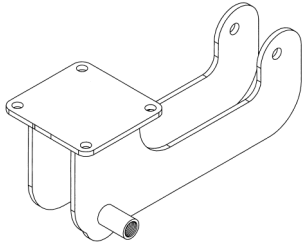


(888) 258-0533

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

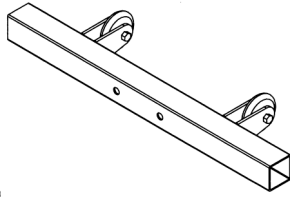
BOX CONTENTS



A

SEAT FRAME

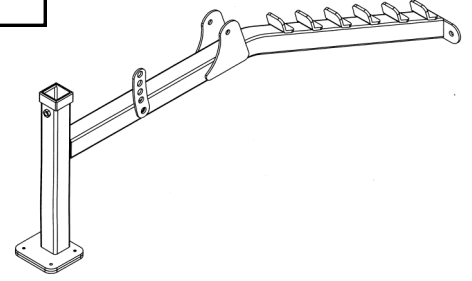
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B

REAR FOOT

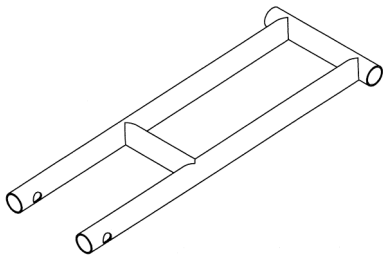
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C

MAIN FRAME

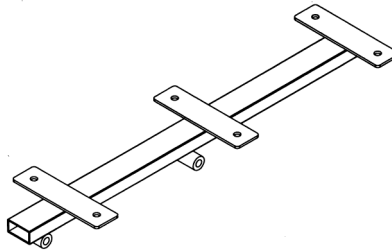
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D

ADJUSTMENT SUPPORT

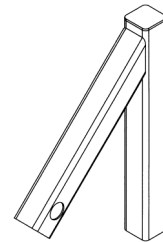
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E

BACKREST MOUNT

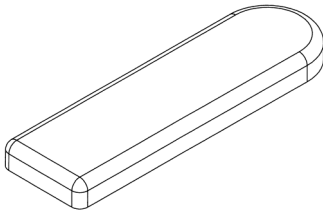
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F

LEG HOLD DOWN

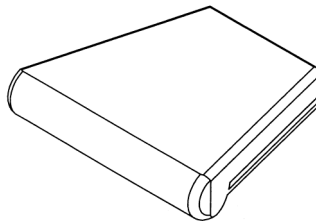
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G

BACKREST PAD

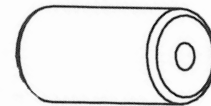
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H

SEAT PAD

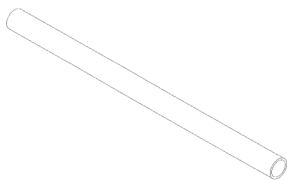
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I

ROLLER PADS

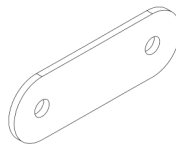
QTY 2



J

ROLLER TUBE

QTY 1

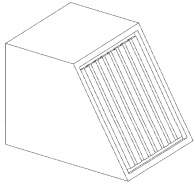


K

CLAMP PLATE

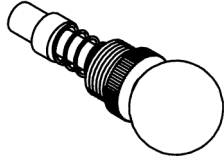
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HARDWARE



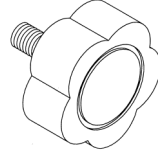
L

RUBBER SHOE



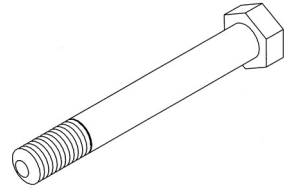
M

PULL-PIN



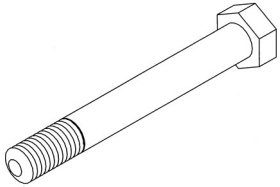
N

TURN KNOB



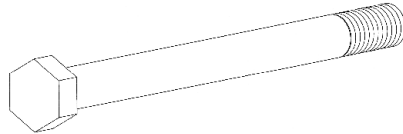
O

M12 x 75MM BOLT



P

M12 x 92MM BOLT



Q

M12 x 150MM BOLT



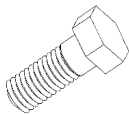
R

M12 WASHER



S

M12 NUT



T

M10 x 25 MM BOLT



U

M10 WASHER



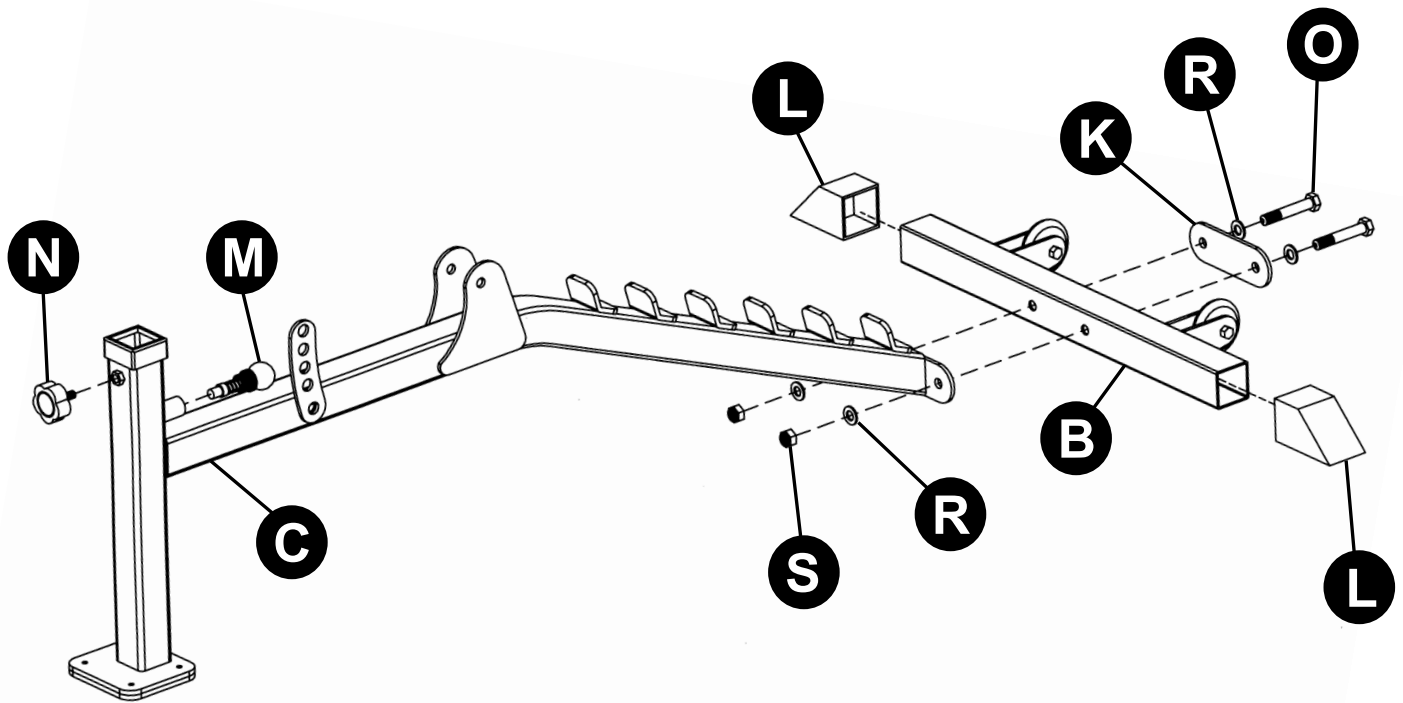
V

MUSHROOM CAP

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.



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

TOOLS REQUIRED:

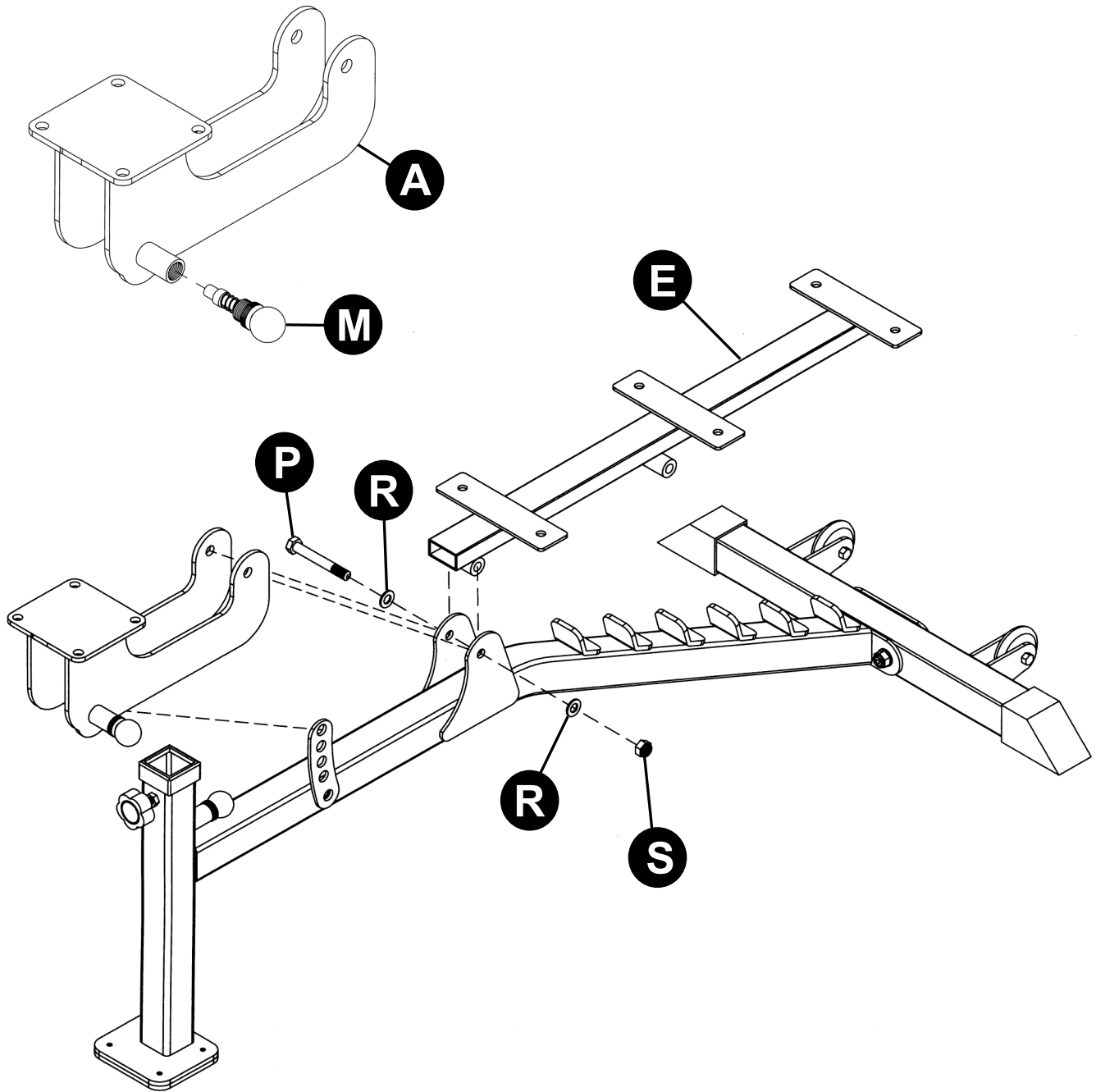
METRIC WRENCHES OR SOCKET SET

Some components may be pre-installed from the factory

INSTALL RUBBER SHOES (L) ON REAR FOOT (B).

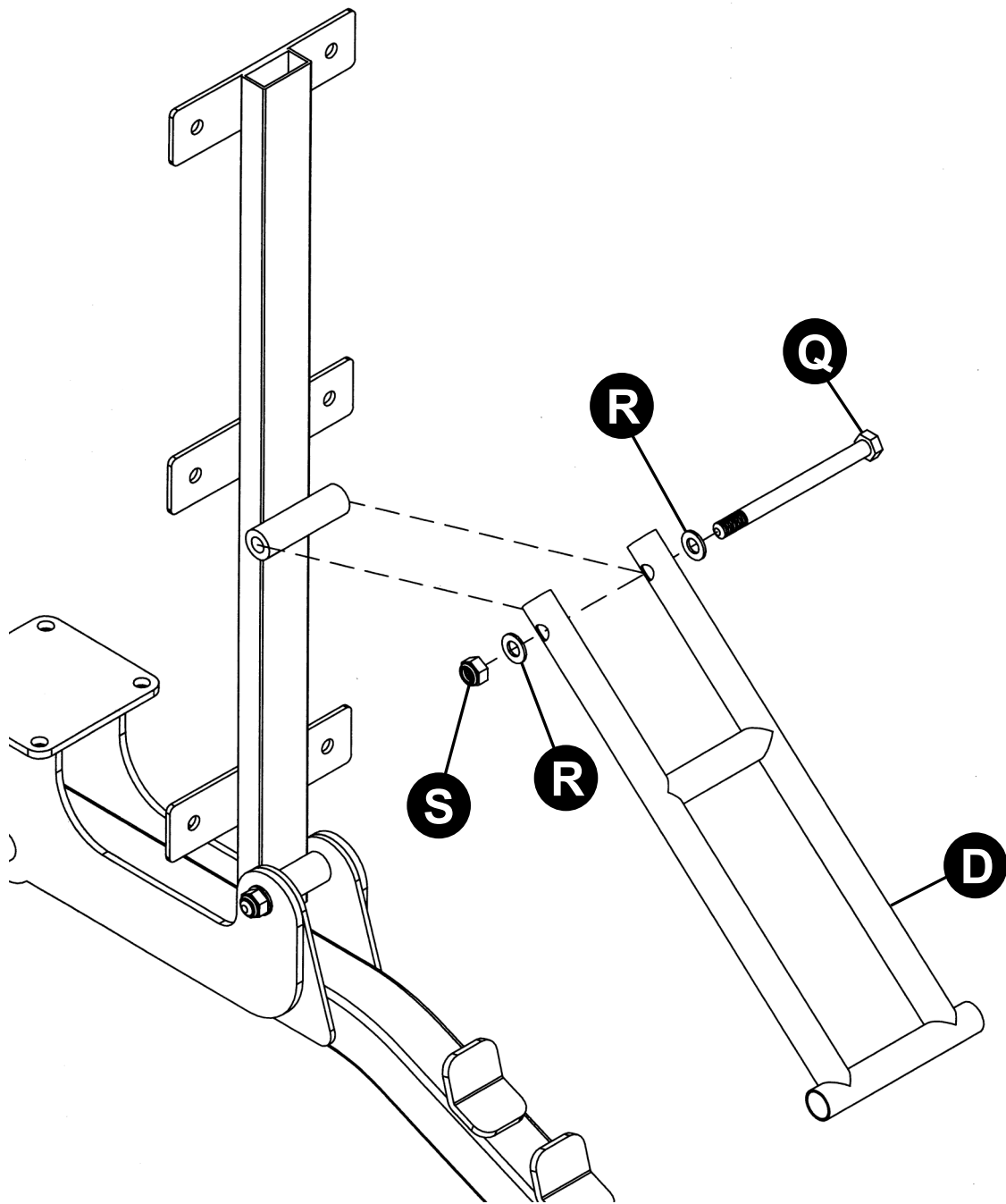
ATTACH THE REAR FOOT (B) TO FRAME (C) USING M12 x 75MM BOLTS (O), M12 WASHERS (R), CLAMP PLATE (K), AND M12 LOCKNUTS (S).

INSTALL PULL-PIN (M) AND TURN KNOB (N) TO MAIN FRAME.

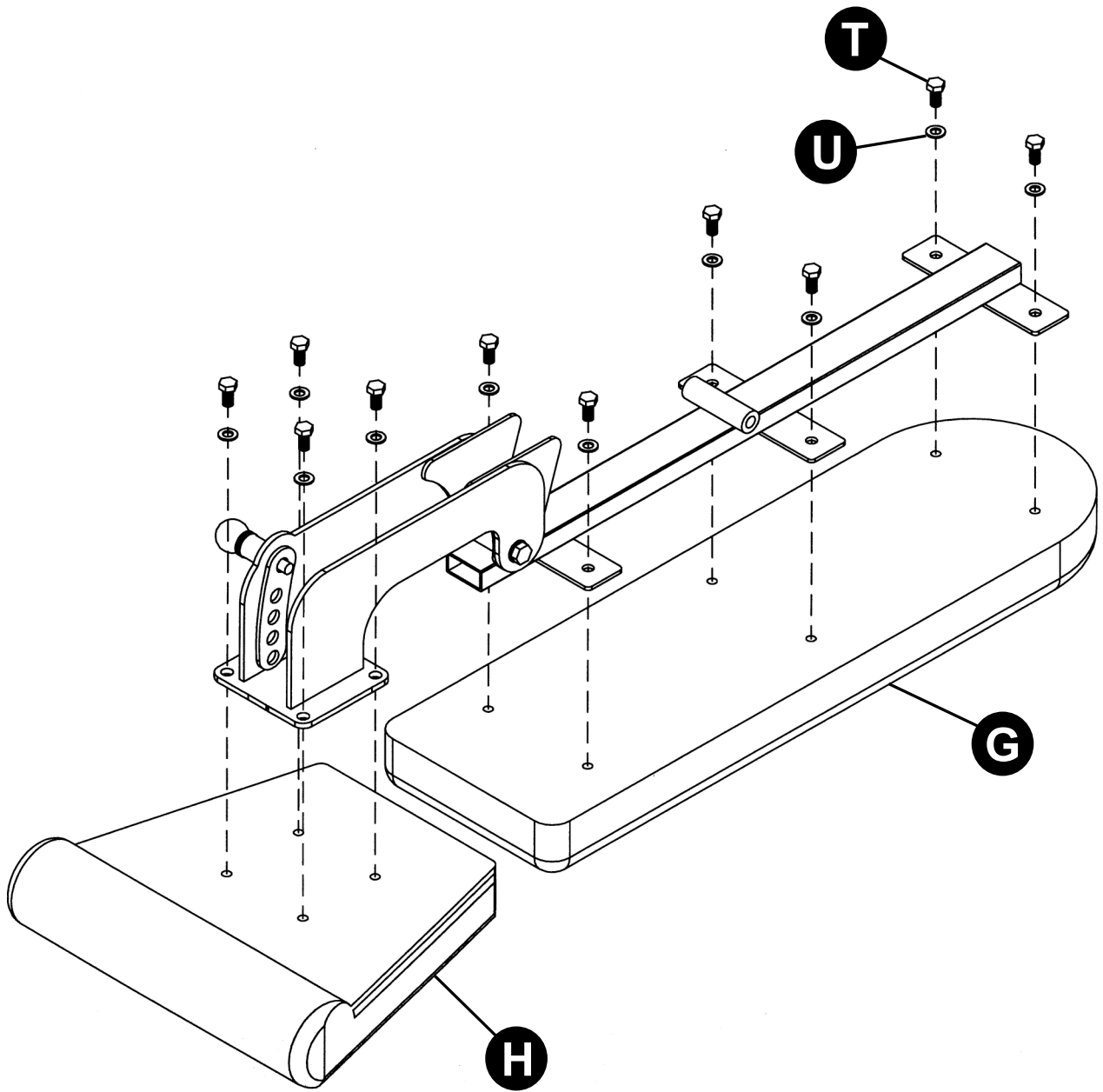


INSTALL PULL-PIN (**M**) INTO SEAT FRAME (**A**).

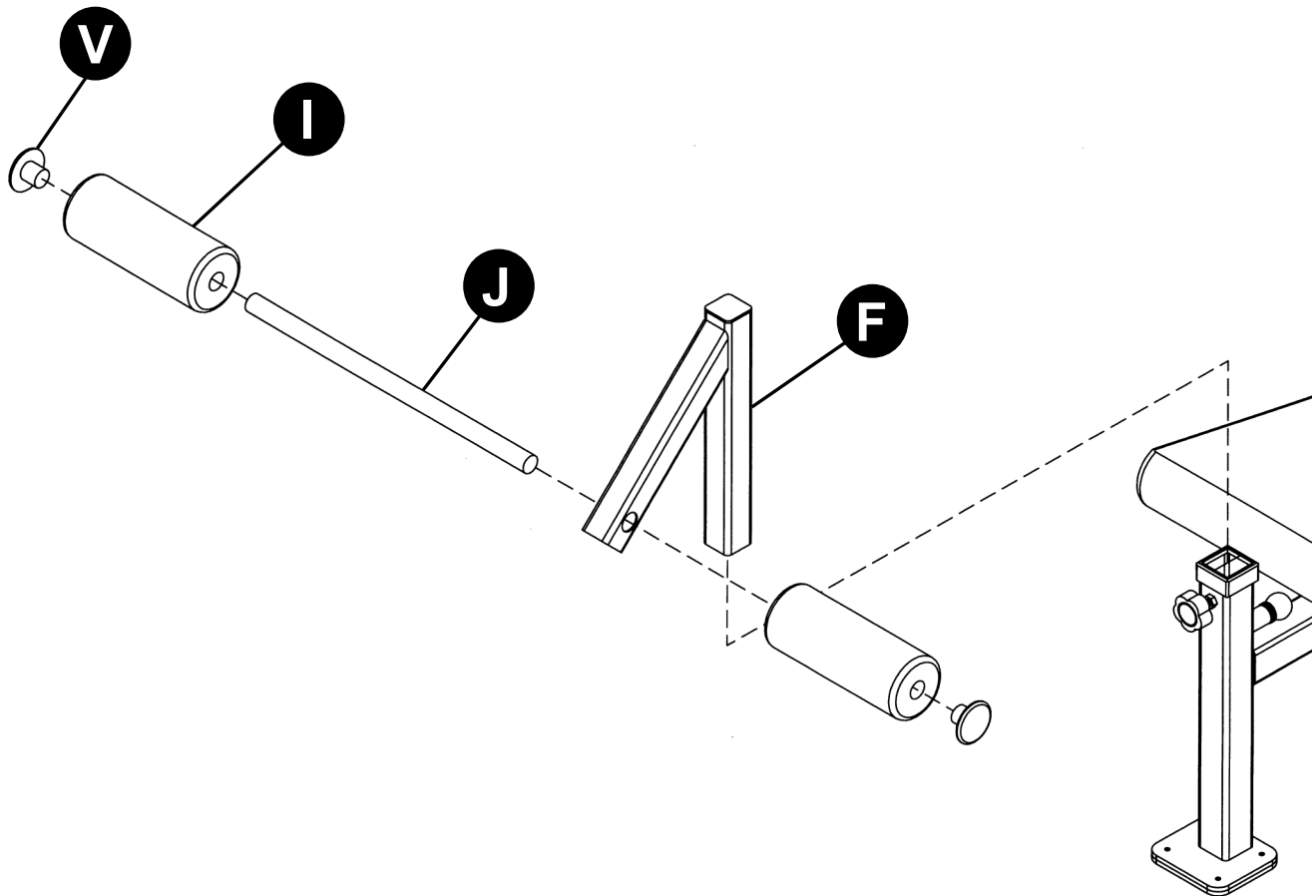
ATTACH SEAT FRAME AND BACKREST MOUNT (**E**) TO MAIN FRAME USING M2 x 92MM BOLT (**P**), M12 WASHERS (**R**), AND M12 NUT (**S**).



INSTALL ADJUSTMENT SUPPORT (D) TO BACKREST MOUNT USING M12 x 150MM BOLT (Q), M12 WASHERS (R), AND M12 LOCKNUT (S).



INSTALL BACKREST PAD (G) AND SEAT PAD (H) TO SEAT FRAME AND BACKREST MOUNT USING M10 x 25MM BOLTS (T) AND M10WASHERS (U).



INSERT LEG HOLD DOWN (**F**) INTO MAIN FRAME AND LOCK INTO PLACE WITH PULL-PIN AND TURN KNOB.

INSERT ROLLER TUBE (**J**) INTO LEG HOLD DOWN UNTIL IT IS EQUAL ON BOTH SIDES.

INSTALL ROLLER PADS (**I**) ONTO EACH END OF ROLLER TUBE.

INSERT MUSHROOM CAP (**V**) INTO EACH END OF ROLLER TUBE AND HAMMER INTO PLACE WITH A RUBBER MALLETT.