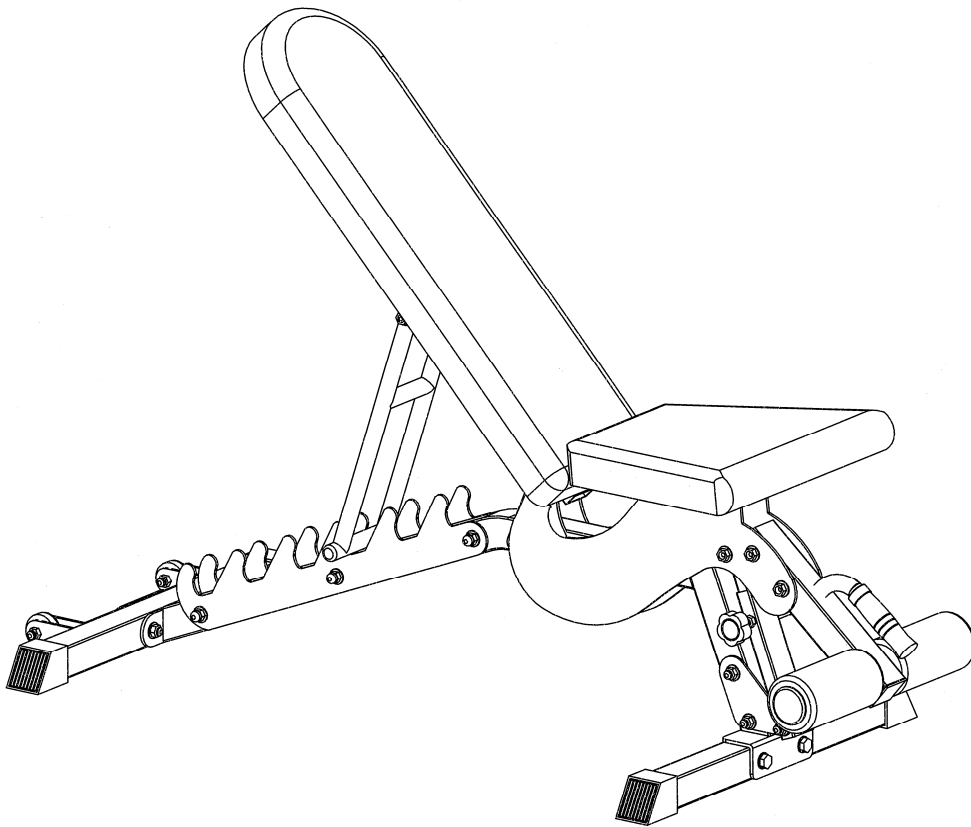


# DF9800

## FLAT/INCLINE/DECLINE BENCH

### Assembly Manual



#### Assembly Video Available

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

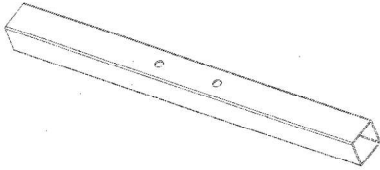


## (888) 258-0533

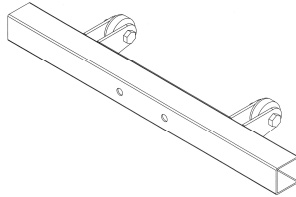
***FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY***

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

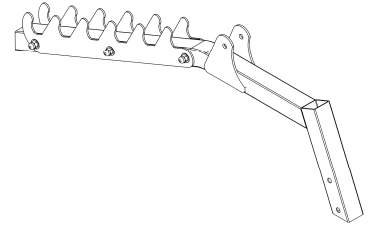
# ***BOX CONTENTS***



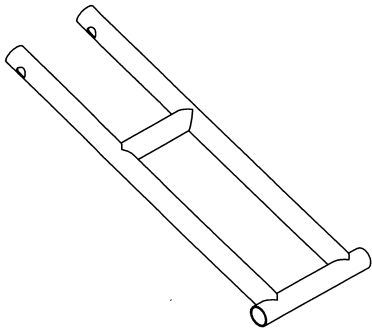
**A**  
FRONT FOOT  
QTY 1



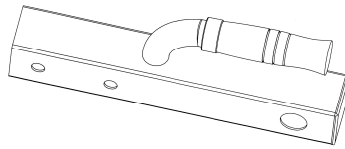
**B**  
REAR FOOT  
QTY 1



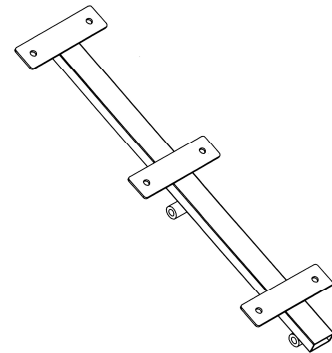
**C**  
FRAME  
QTY 1



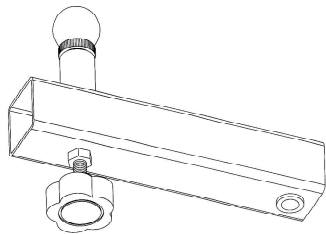
**D**  
ADJUSTMENT SUPPORT  
QTY 1



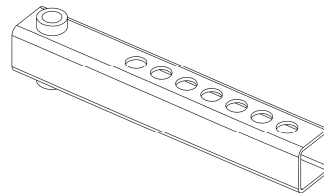
**E**  
LEG HOLDDOWN  
TUBE  
QTY 1



**F**  
BACKREST MOUNT  
QTY 1

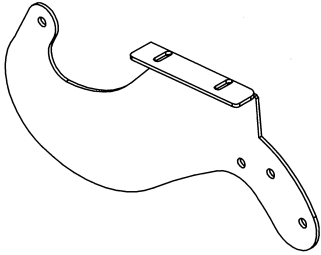


**G**  
SEAT ADJUSTMENT  
BASE  
QTY 1

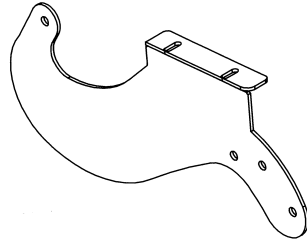


**H**  
TELESCOPING  
TUBE  
QTY 1

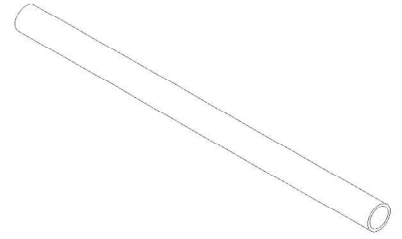
# ***BOX CONTENTS***



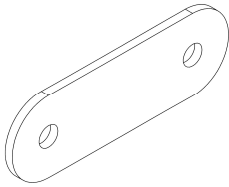
**I**  
LEFT HAND  
SEAT FLANGE  
QTY 1



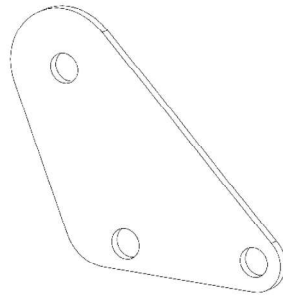
**J**  
RIGHT HAND  
SEAT FLANGE  
QTY 1



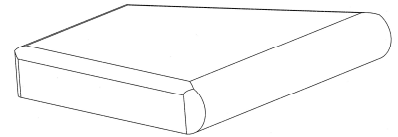
**K**  
ROLLER TUBE  
QTY 1



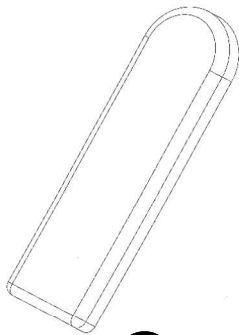
**M**  
CLAMP PLATE  
QTY 2



**N**  
ADJUSTMENT FLANGE  
QTY 2



**O**  
SEAT PAD  
QTY 1

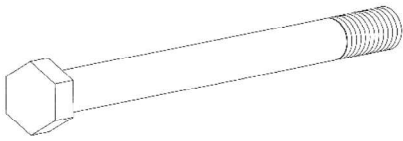


**P**  
BACKREST PAD  
QTY 1



**Q**  
ROLLER PADS  
QTY 2

# ***HARDWARE***



**AA**

**M12 x 150MM BOLT  
QTY 1**



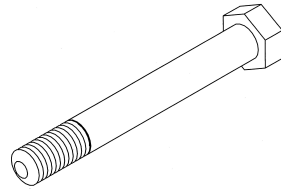
**BB**

**M12 WASHER  
QTY 24**



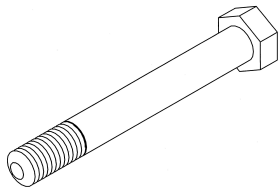
**CC**

**M12 NUT  
QTY 12**



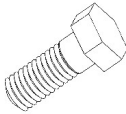
**DD**

**M12 x 75MM BOLT  
QTY 7**



**EE**

**M12 x 90MM BOLT  
QTY 4**



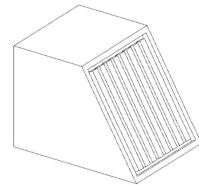
**FF**

**M8 x 25 MM BOLT  
QTY 10**



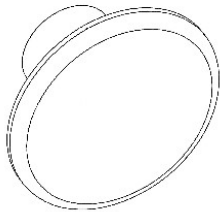
**GG**

**M8 WASHER  
QTY 10**



**HH**

**RUBBER SHOE  
QTY 4**



**II**

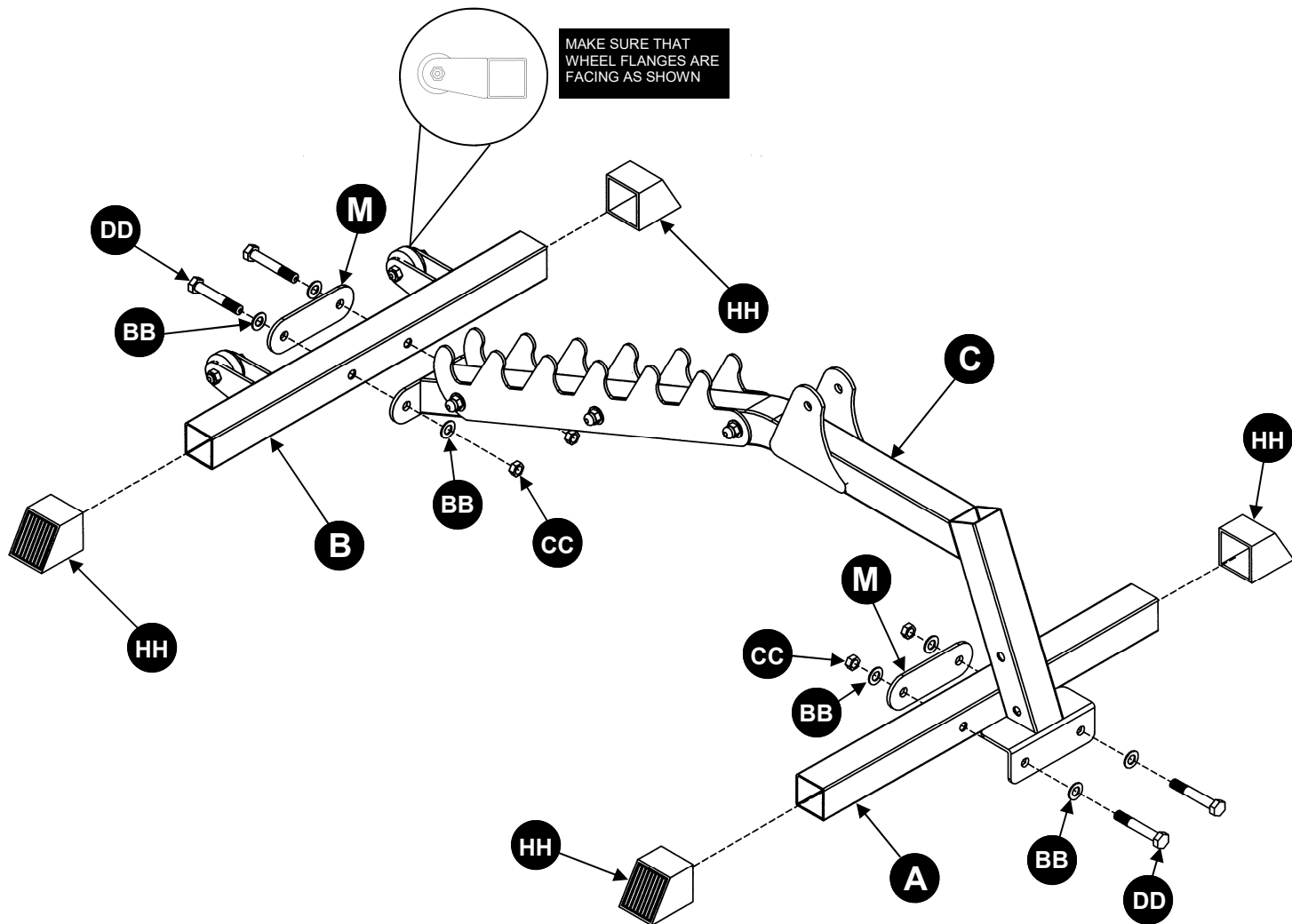
**MUSHROOM CAP  
QTY 2**

# ***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.

MAKE SURE THAT  
WHEEL FLANGES ARE  
FACING AS SHOWN



**TOOLS REQUIRED:**

**METRIC WRENCHES OR SOCKET SET**

Some components may be pre-installed  
from the factory

(NOTE: THE NUTS USED ON THIS BENCH ARE  
LOCK NUTS, THIS MEANS YOU MUST  
TIGHTEN THEM DOWN PAST THE PLASTIC  
INSERT.) PLEASE SEE BACK PAGE FOR  
MORE INFORMATION

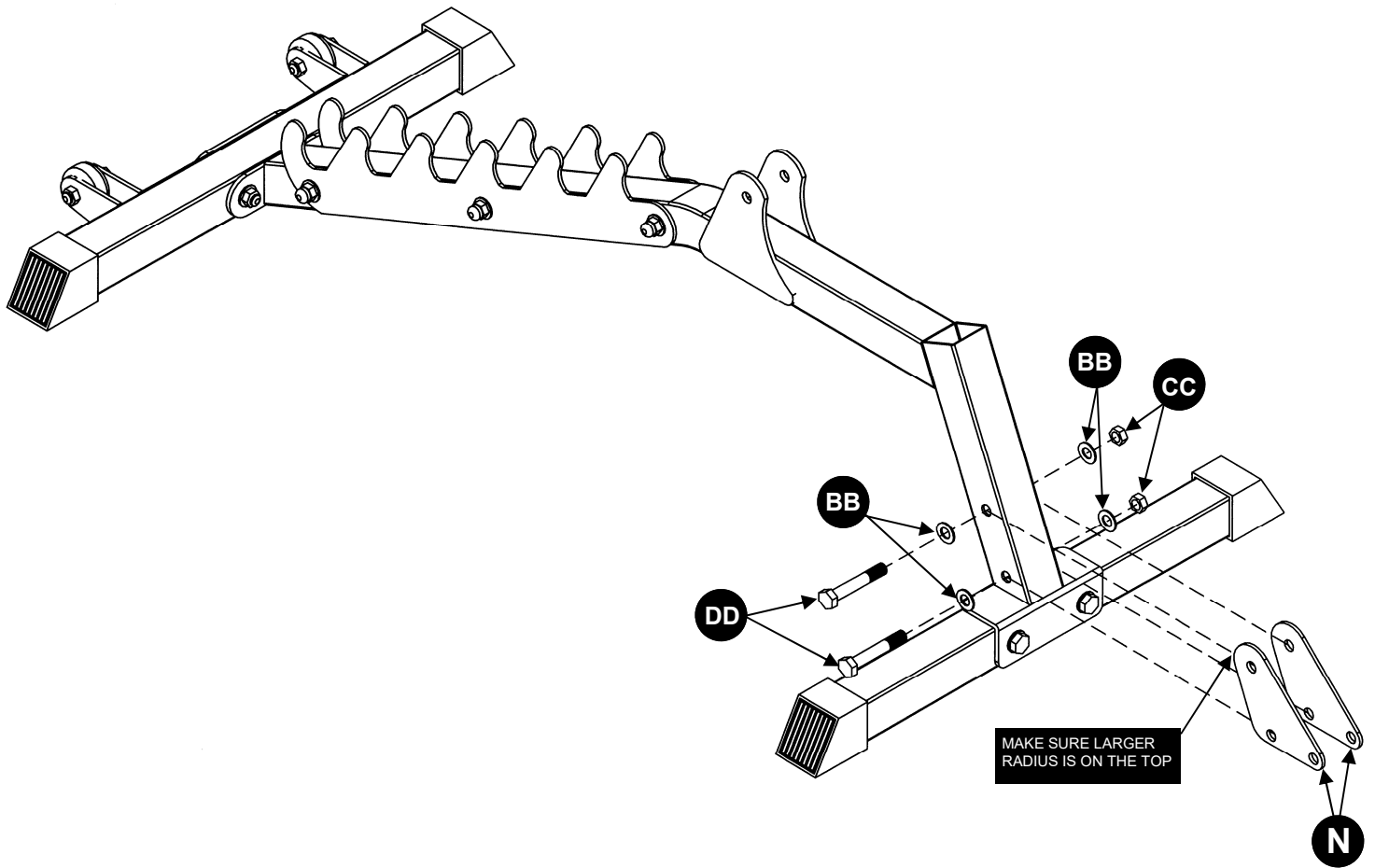
START BY INSTALLING RUBBER SHOES “HH” OVER REAR FOOT “B” AND FRONT  
FOOT “A”.

ATTACH REAR FOOT “B” TO FRAME “C” USING M12 x 75MM BOLTS “DD”, M12  
WASHERS “BB”, CLAMP PLATE “M”, AND M12 LOCKNUTS “CC”.

ATTACH FRONT FOOT “A” TO FRAME “C” USING M12 x 75MM BOLTS “DD”, M12  
WASHERS “BB”, CLAMP PLATE “M”, AND M12 LOCKNUTS “CC”.

DO NOT TIGHTEN NUTS AT THIS TIME.

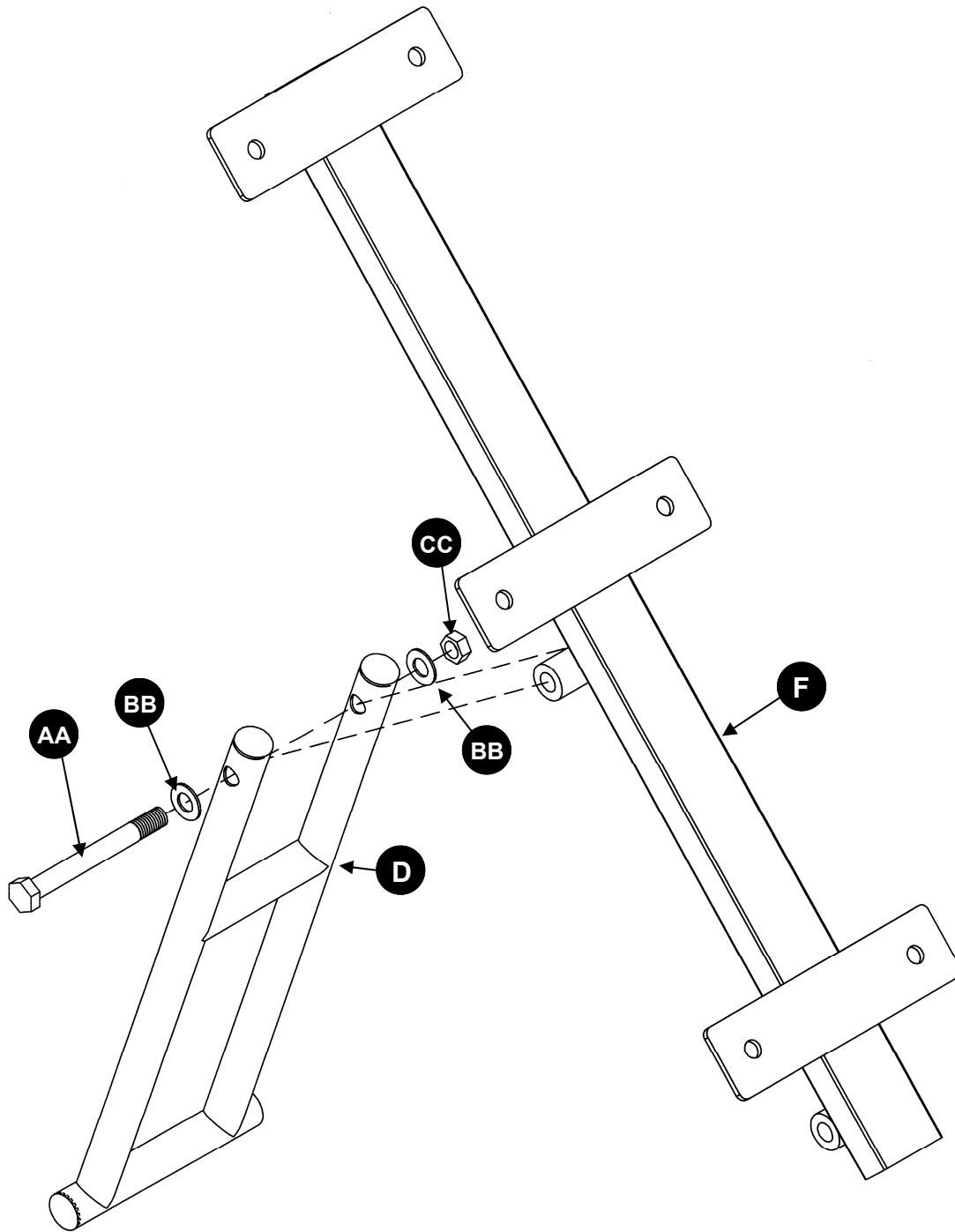
***FRAME ASSEMBLY***



INSTALL ADJUSTMENT FLANGES “N” TO FRAME USING M12 x 75MM BOLTS “DD”, M12 WASHERS “BB”, AND M12 LOCK NUTS “CC”.

DO NOT TIGHTEN NUTS AT THIS TIME.

**ADJUSTMENT FLANGE INSTALLATION**

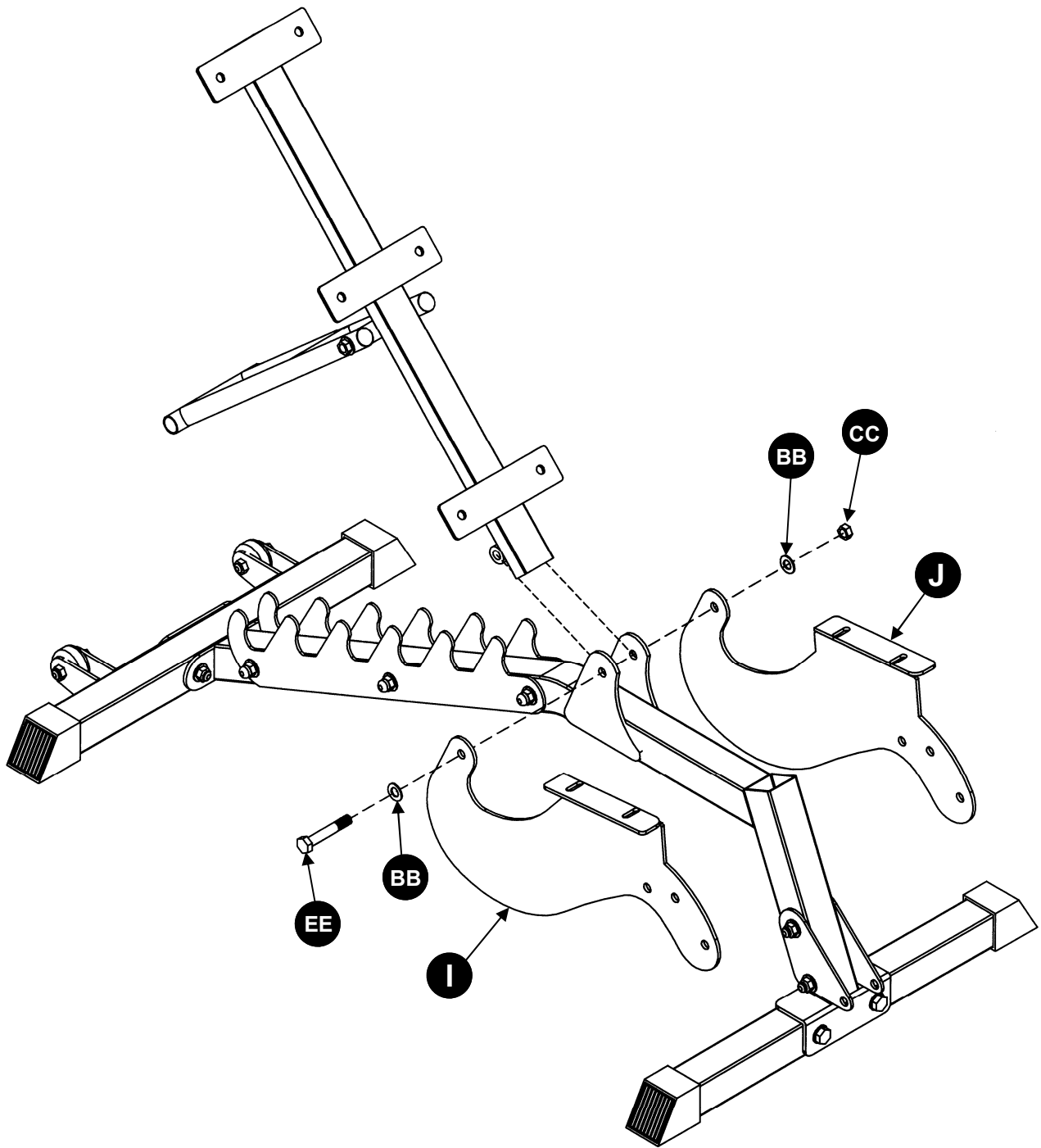


INSTALL ADJUSTMENT SUPPORT “D” TO BACKREST MOUNT “F” USING M12 x 150MM BOLT “AA”, M12 WASHERS “BB”, AND M12 LOCK NUT “CC”.

**DO NOT TIGHTEN NUT AT THIS TIME.**

***BACKREST FRAME ASSEMBLY***

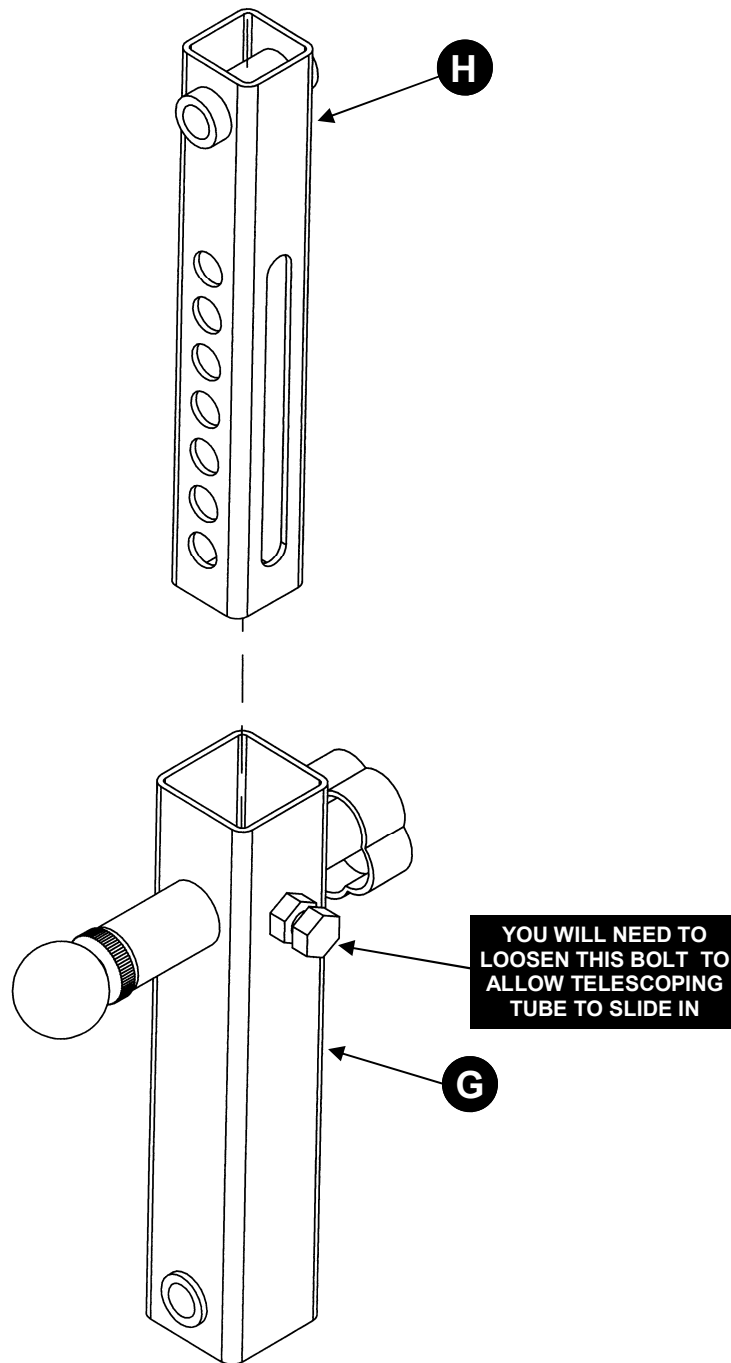




INSTALL BACKREST FRAME ASSEMBLY AND LEFT AND RIGHT HAND SEAT FLANGES "I" AND "J" TO FRAME USING M12 x 90MM BOLT "EE", M12 WASHERS "BB", AND M12 LOCK NUTS "CC".

**DO NOT TIGHTEN NUT AT THIS TIME.**

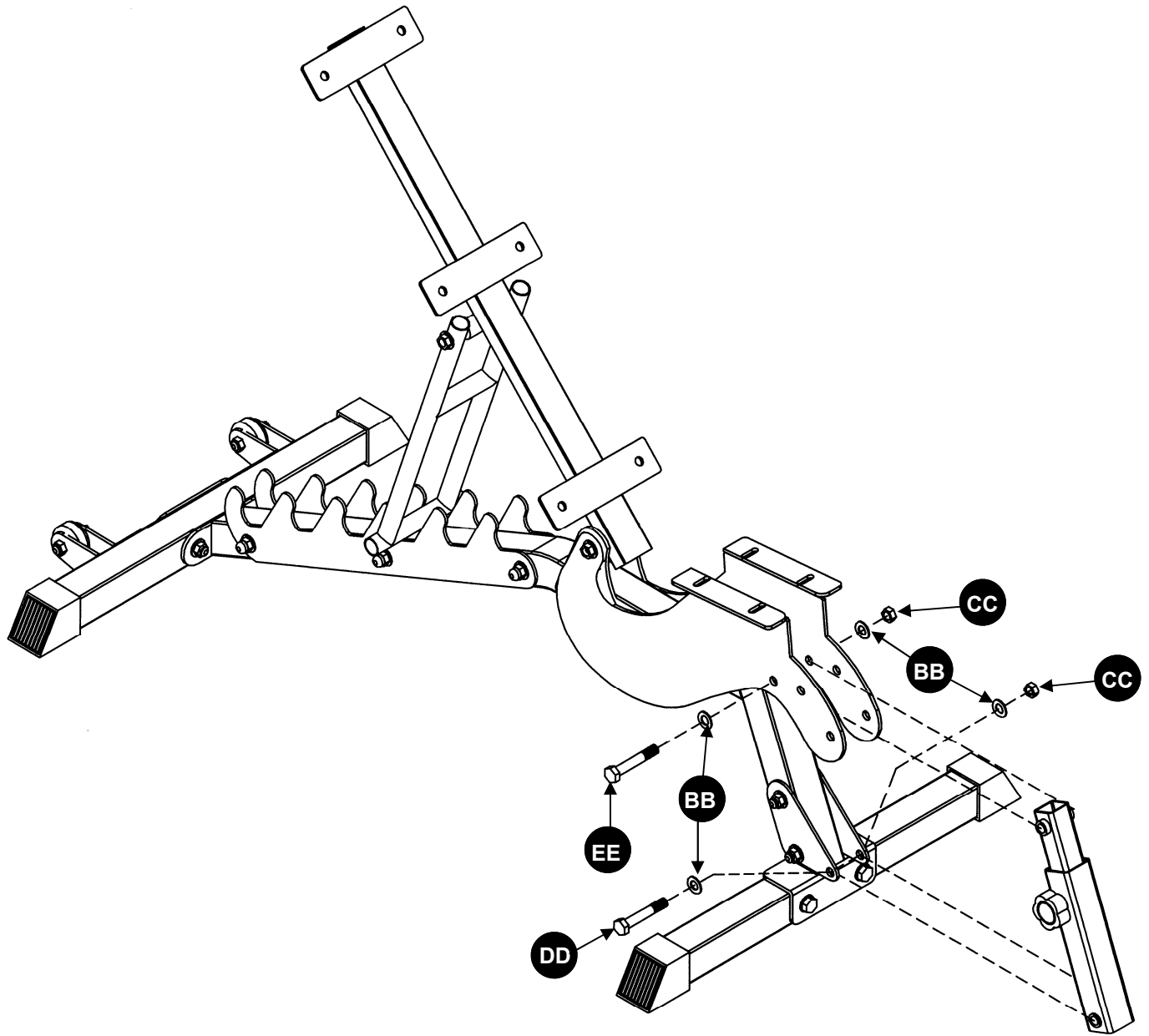
***BACKREST FRAME & SEAT FLANGE INSTALLATION***



SLIDE TELESCOPING TUBE “H” INTO THE SEAT ADJUSTMENT BASE “G”.

**(YOU WILL NEED TO LOOSEN BOLT TO ALLOW TELESCOPING TUBE TO SLIDE IN. AFTER TELESCOPING TUBE IS INSTALLED, RETIGHTEN BOLT.)**

***TELESCOPING TUBE ASSEMBLY***

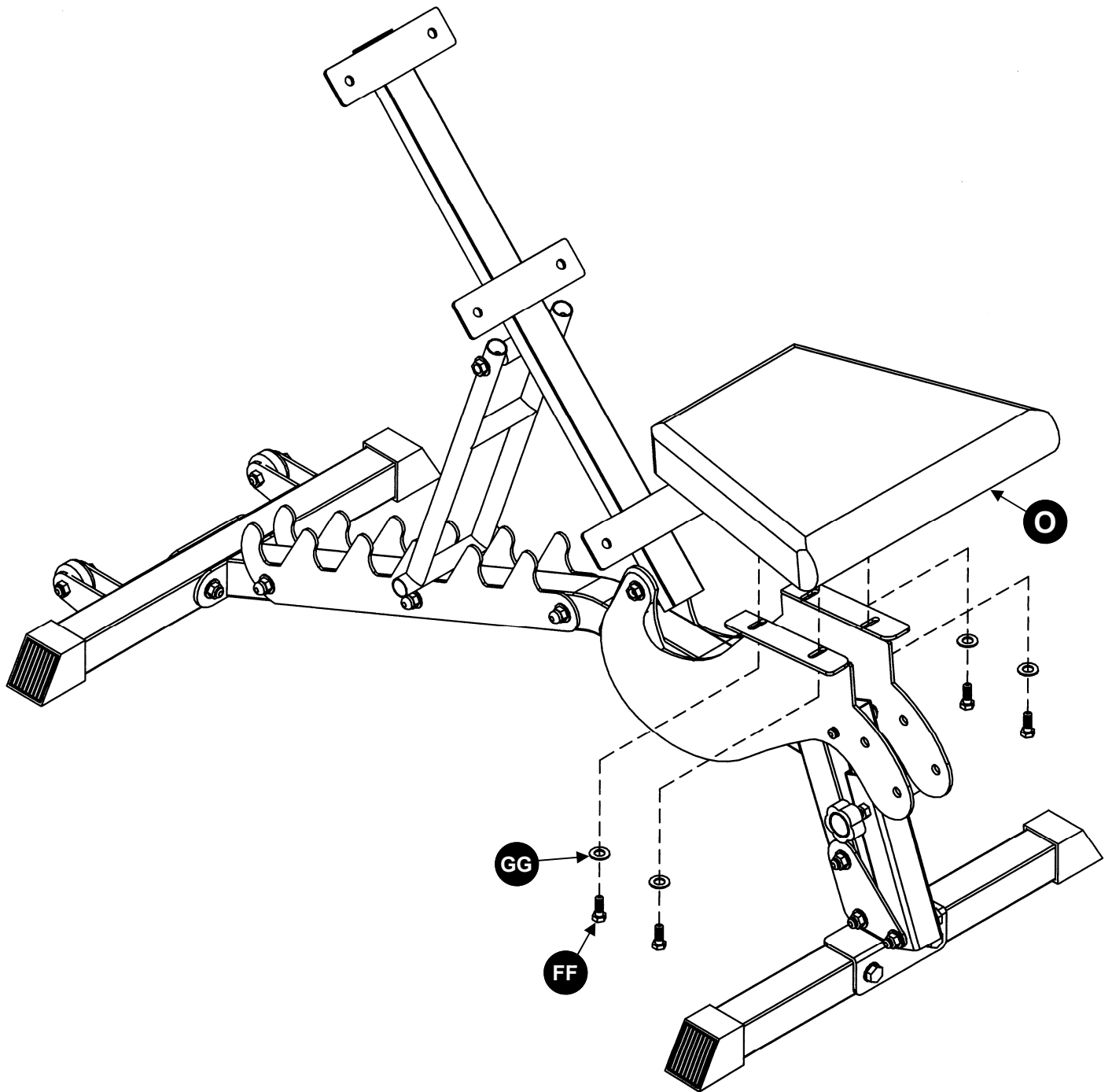


INSTALL THE TELESCOPING TUBE ASSEMBLY TO THE SEAT FLANGES AT THE TOP USING M12 x 90MM BOLT “EE”, M12 WASHERS “BB”, AND M12 NUT “CC”.

ATTACH THE TELESCOPING TUBE ASSEMBLY TO THE ADJUSTMENT FLANGES AT THE BOTTOM USING M12 x 75MM BOLT “DD”, M12 WASHERS “BB”, AND M12 NUT “CC”.

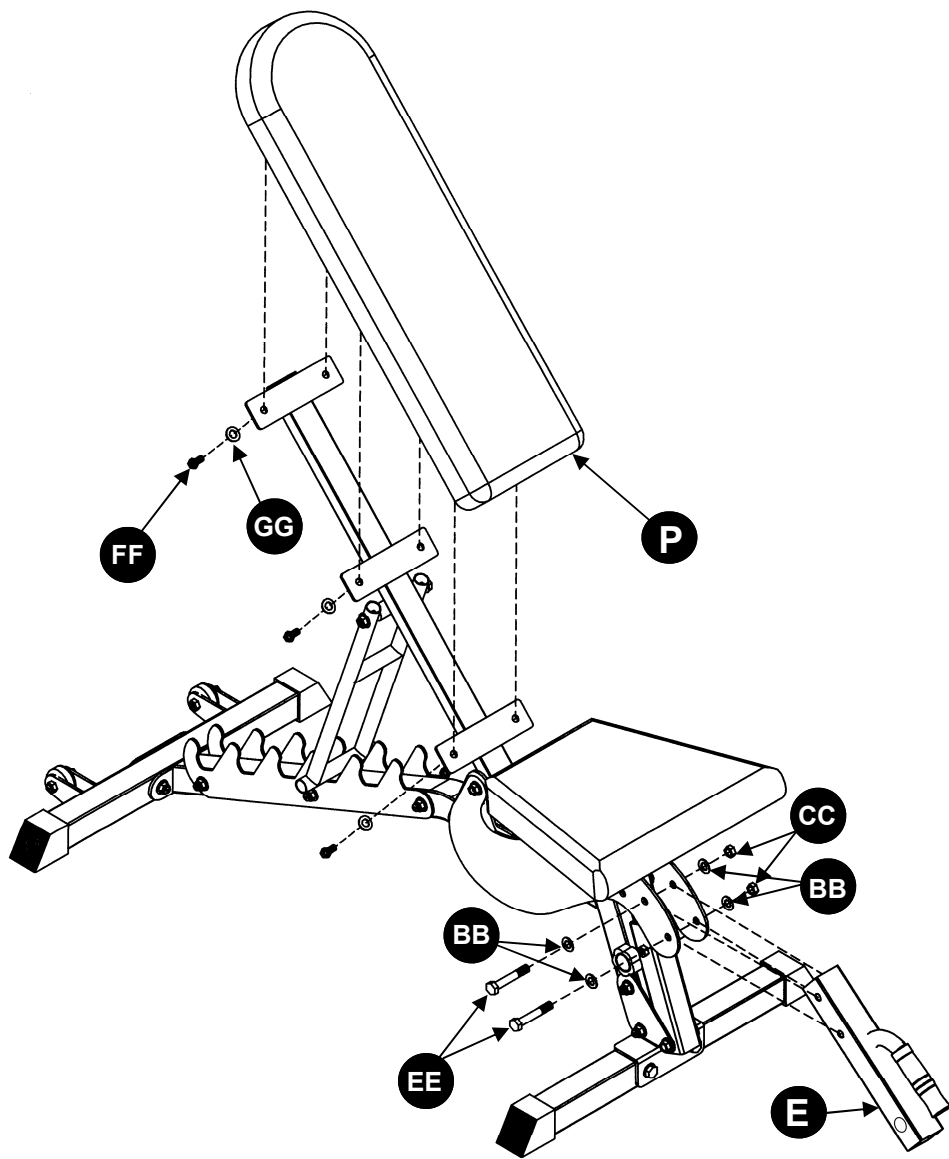
DO NOT TIGHTEN NUTS AT THIS TIME.

***TELESCOPING TUBE INSTALLATION***

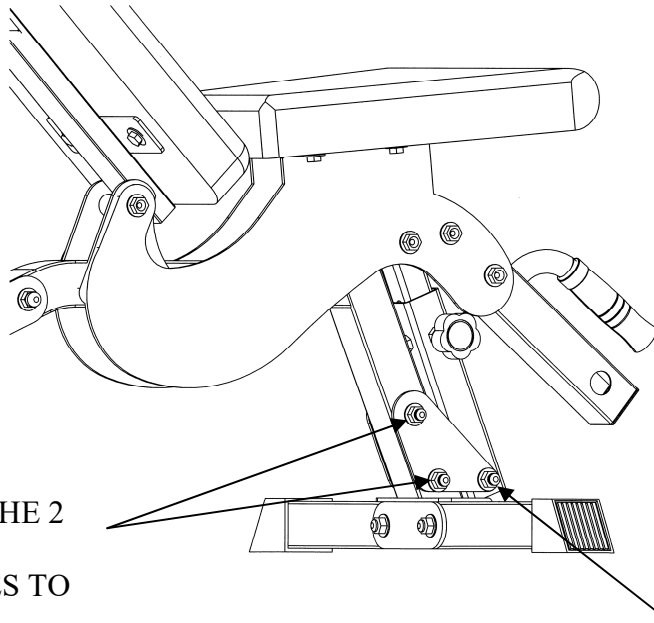


ATTACH SEAT PAD “O” TO THE SEAT FLANGES USING M10 x 25MM BOLTS “FF” AND M10 WASHERS “GG”. MAKE SURE ALL BOLTS ARE THREADED INTO SEAT PAD BEFORE TIGHTENING.

**SEAT INSTALLATION**

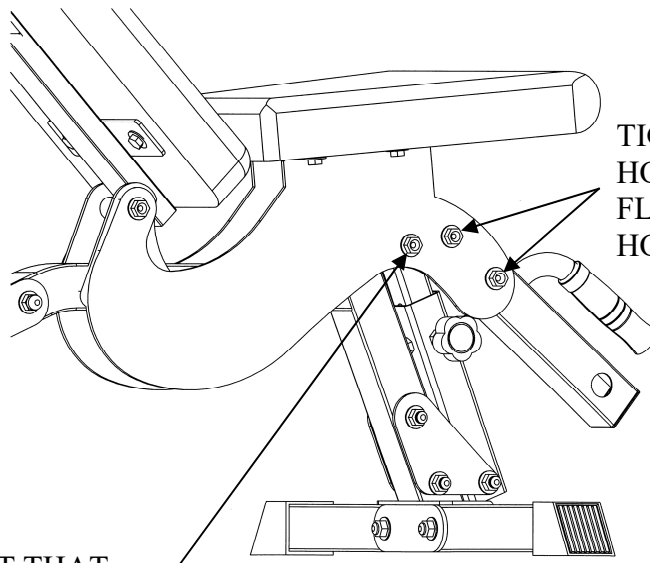


***BACKREST AND LEG HOLDDOWN ASSEMBLY***



SECURELY TIGHTEN THE 2 BOLTS HOLDING THE ADJUSTMENT FLANGES TO THE FRAME

NEXT TIGHTEN THE BOLT THAT FASTENS THE SEAT ADJUSTMENT BASE TO THE ADJUSTMENT FLANGES. DO NOT OVERTIGHTEN THIS BOLT. MAKE SURE THE SEAT ADJUSTMENT BASE IS ABLE TO PIVOT FREELY.

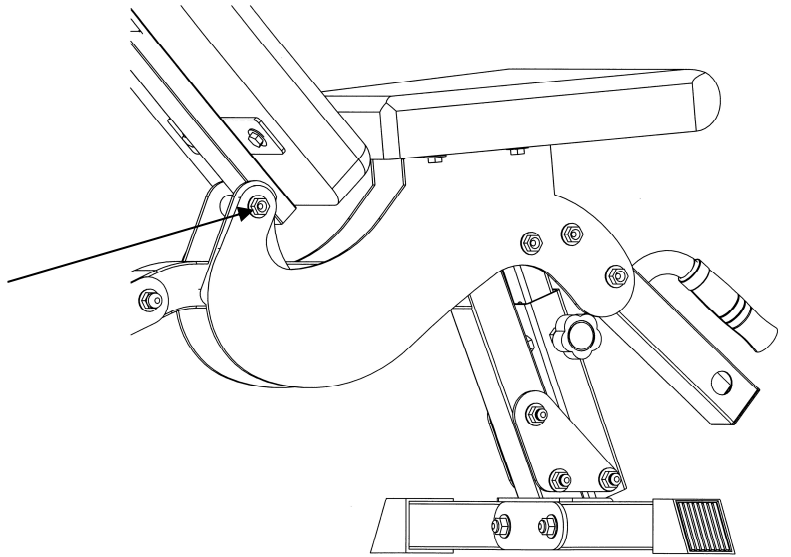


TIGHTEN THE 2 BOLTS HOLDING THE SEAT FLANGES TO THE LEG HOLDOWN TUBE

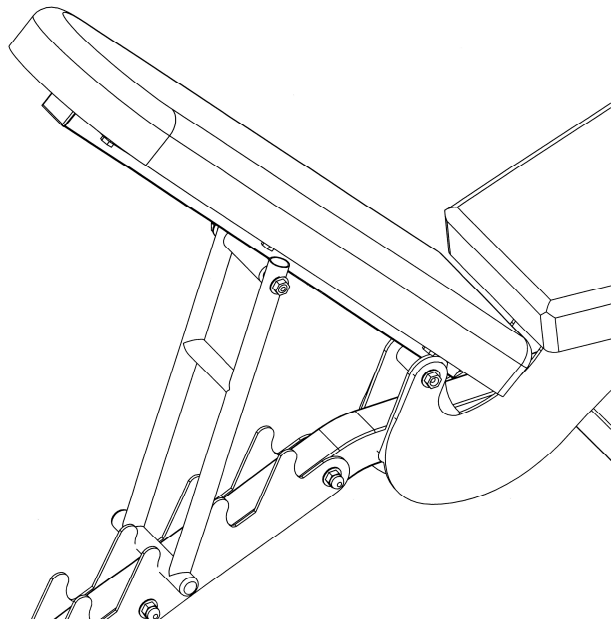
NEXT TIGHTEN THE BOLT THAT FASTENS THE TELESCOPING TUBE TO THE SEAT FLANGES. DO NOT OVERTIGHTEN THIS BOLT. MAKE SURE THE TELESCOPING TUBE IS ABLE TO PIVOT FREELY.

***FINAL ADJUSTMENTS***

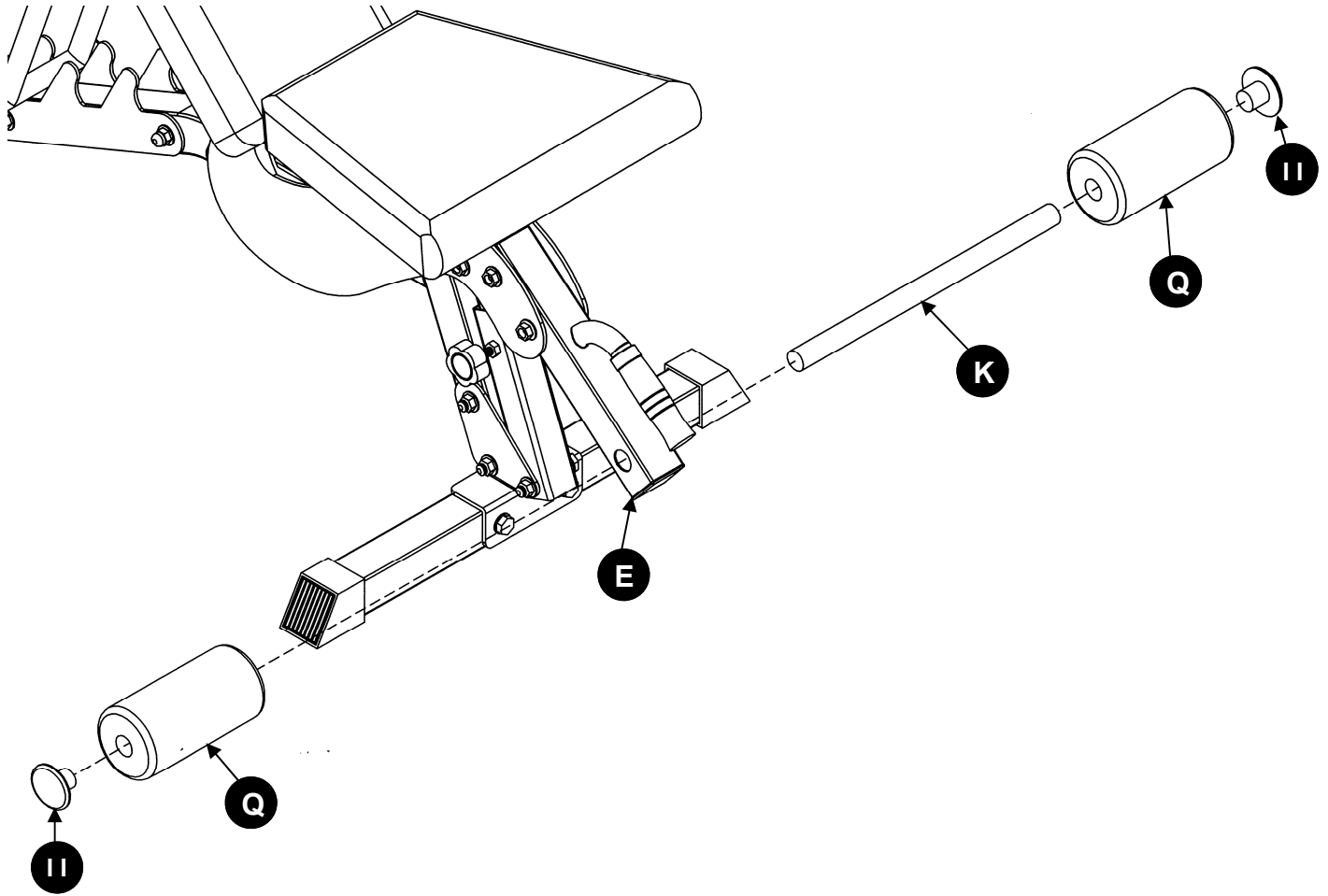
TO REMOVE WOBBLE IN THE BACKREST, TIGHTEN THE BOTTOM PIVOT BOLT, BEING CAREFUL NOT TO TIGHTEN IT TOO MUCH, WHICH WILL NOT ALLOW THE BACKREST TO ROTATE.



TO FURTHER REMOVE WOBBLE, TIGHTEN THE BOLT CONNECTING THE BACKREST PAD TO THE LADDER SUPPORT, BEING CAREFUL NOT TO TIGHTEN IT TOO MUCH WHICH WILL NOT ALLOW THE LADDER SUPPORT TO ROTATE.



***FINAL ADJUSTMENTS***

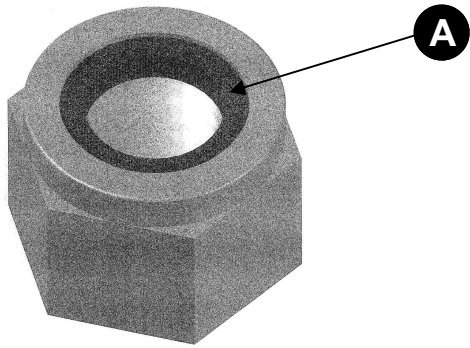


SLIDE ROLLER TUBE “K” INTO LEG HOLDER TUBE “E”. SLIDE ROLLER PADS “Q” ONTO ROLLER TUBE ON EACH END. INSERT MUSHROOM CAPS “II” ONTO ROLLER TUBE AND INSTALL WITH RUBBER MALLET.

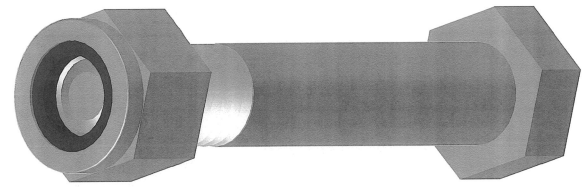
***ROLLER PAD ASSEMBLY***



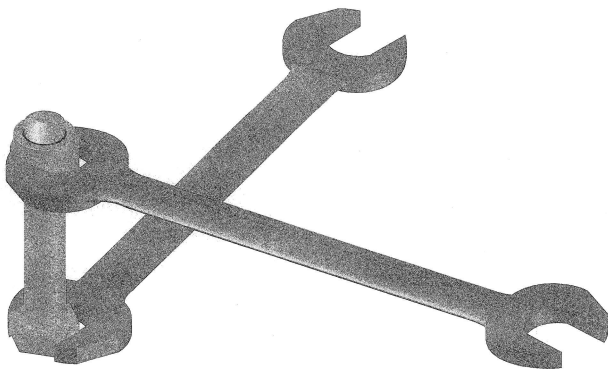
## ***THE LOCKNUT GUIDE***



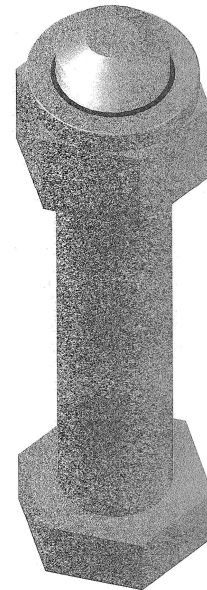
ALL DELTECH FITNESS PRODUCTS COME WITH LOCKNUTS. LOCKNUTS ARE NUTS WITH A SPECIAL PLASTIC PIECE PRESSED INTO THE TOP "A"



IF YOUR WEIGHT EQUIPMENT FEELS WOBBLEY AND UNSAFE IT COULD BE BECAUSE YOU DO NOT HAVE YOUR LOCKNUTS TIGHT ENOUGH. LOCKNUTS CAN NOT BE TIGHTENED ALL THE WAY BY HAND.



TO TIGHTEN A LOCKNUT CORRECTLY YOU MUST USE A WRENCH. THIS WILL ENSURE THAT YOU TIGHTEN THE LOCKNUT PAST THE PLASTIC PIECE ONTO THE BOLT.



A CORRECTLY TIGHTENED NUT SHOULD LOOK LIKE THIS. EVEN THOUGH LOCKNUTS DO NOT COME LOOSE EASILY, WITH HEAVY USE ON YOUR EQUIPMENT, YOU SHOULD TIGHTEN THEM PERIODICALLY.