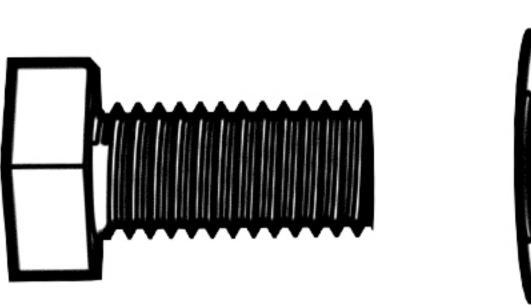
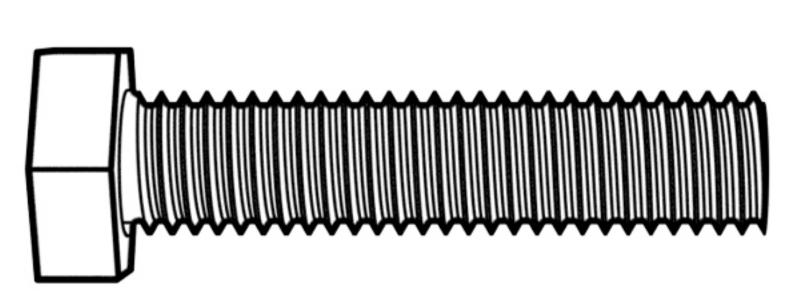


PARTS LIST		
KEY	PART	QTY
1.	MAIN FRAME	1
2.	REAR LEG	1
3.	FRONT LEG	1
4.	SEAT FRAME	1
5.	BACK REST FRAME	1
6.	BACK REST ADJUSTMENT FRAME	1
7.	BENCH HANDLE	1
8.	FOAM ROLLER	2
9.	FOAM ROLLER ROD	1
10.	FOAM ROLLER END CAP	2
11.	SPRING KNOB	2
12.	BACK REST	1
13.	SEAT	1
14.	M12X110 BOLT SET (BOLT, WASHER X2, NUT)	1
15.	M12X10 BOLT SET (BOLT, WASHER X2, CAP NUT)	6
16.	M8X16 BOLT SET (BOLT, WASHER X1)	4
17.	M8X35 BOLT SET (BOLT, WASHER X1)	8

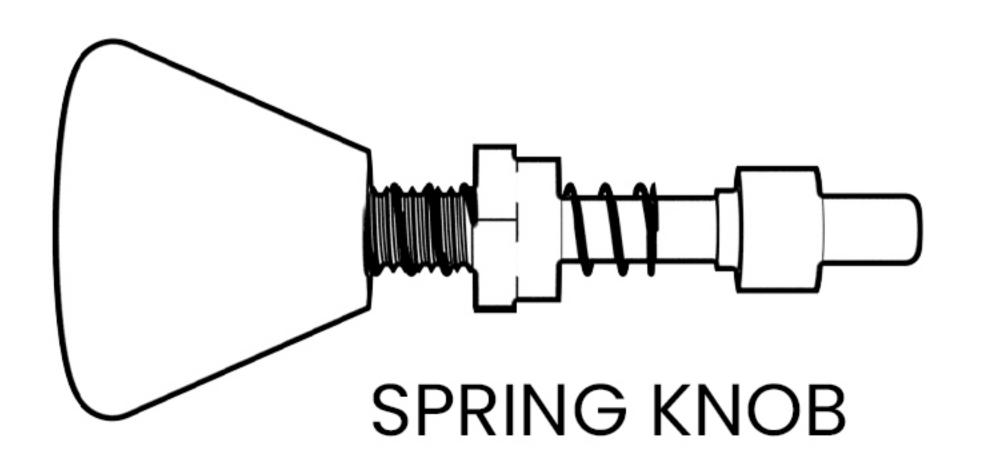


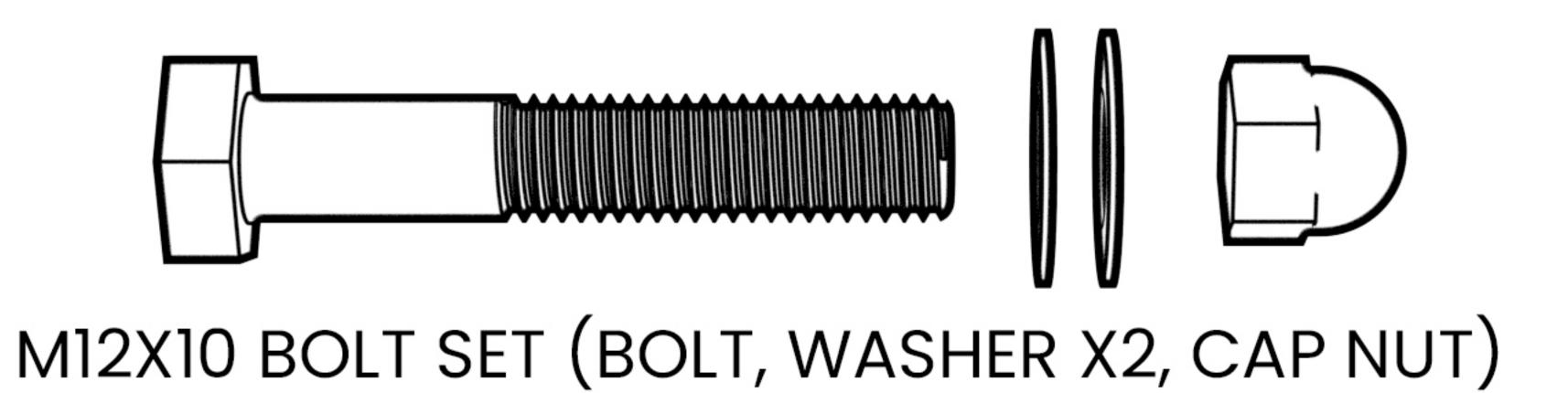
M8X16 BOLT SET (BOLT, WASHER X1)

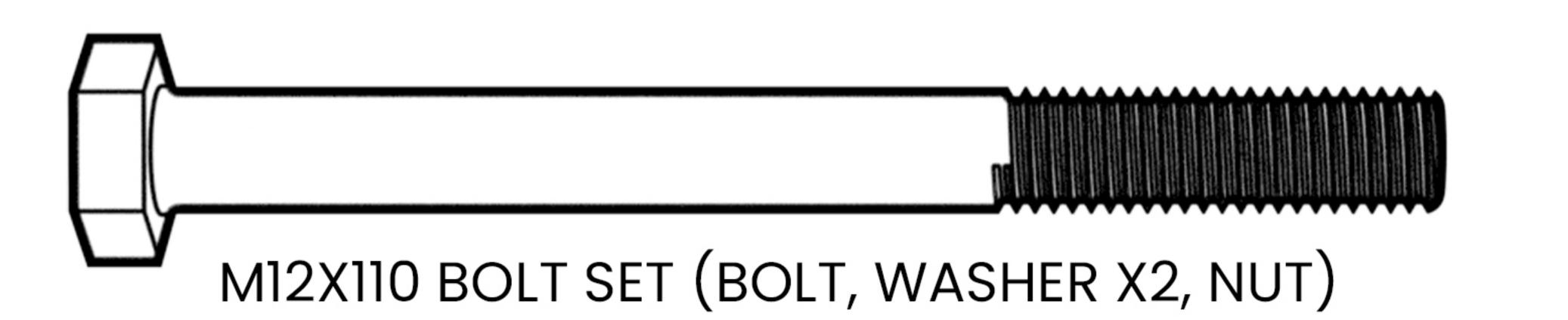




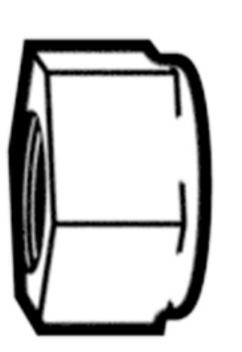
M8X35 BOLT SET (BOLT, WASHER X1)



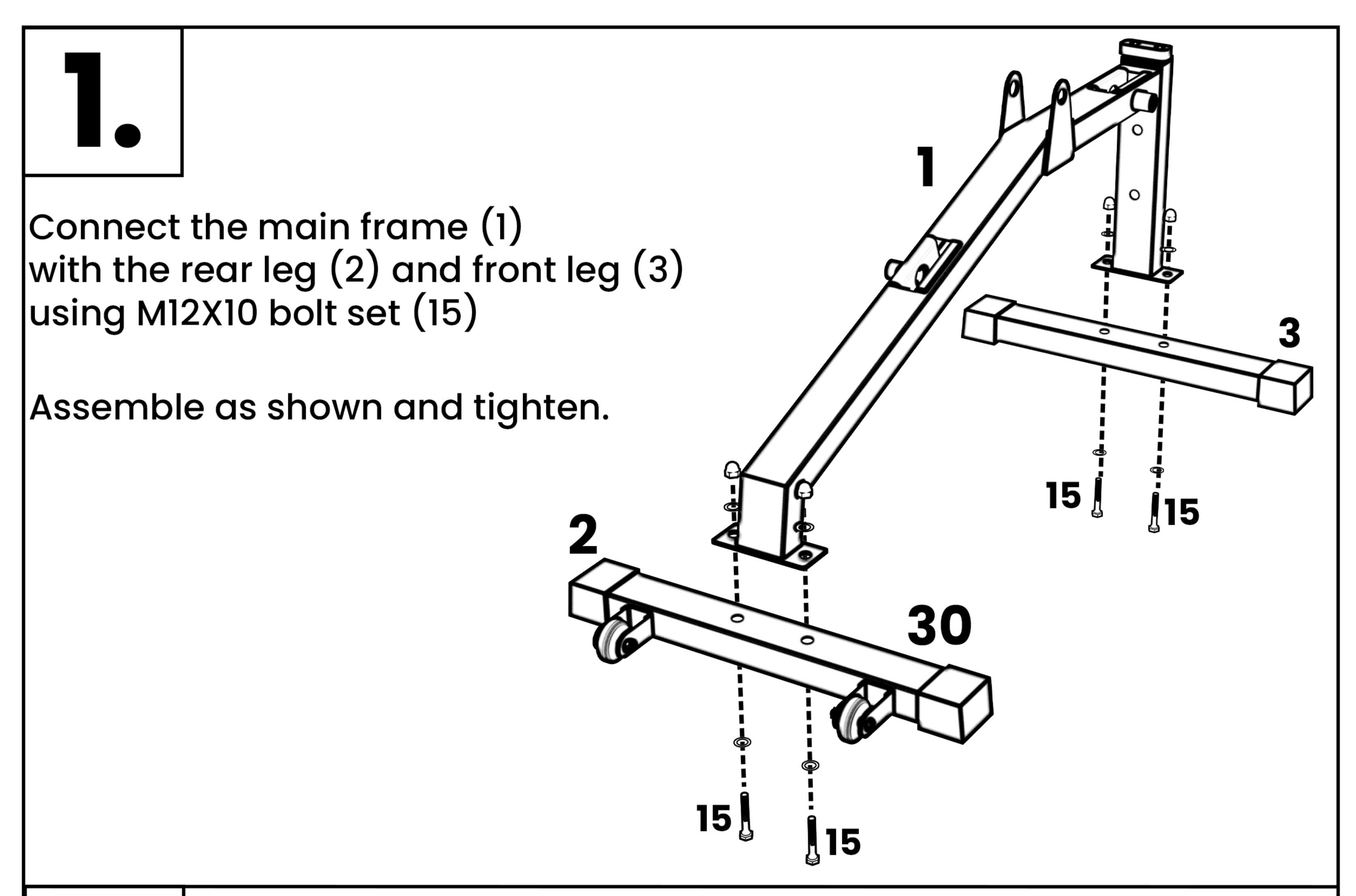


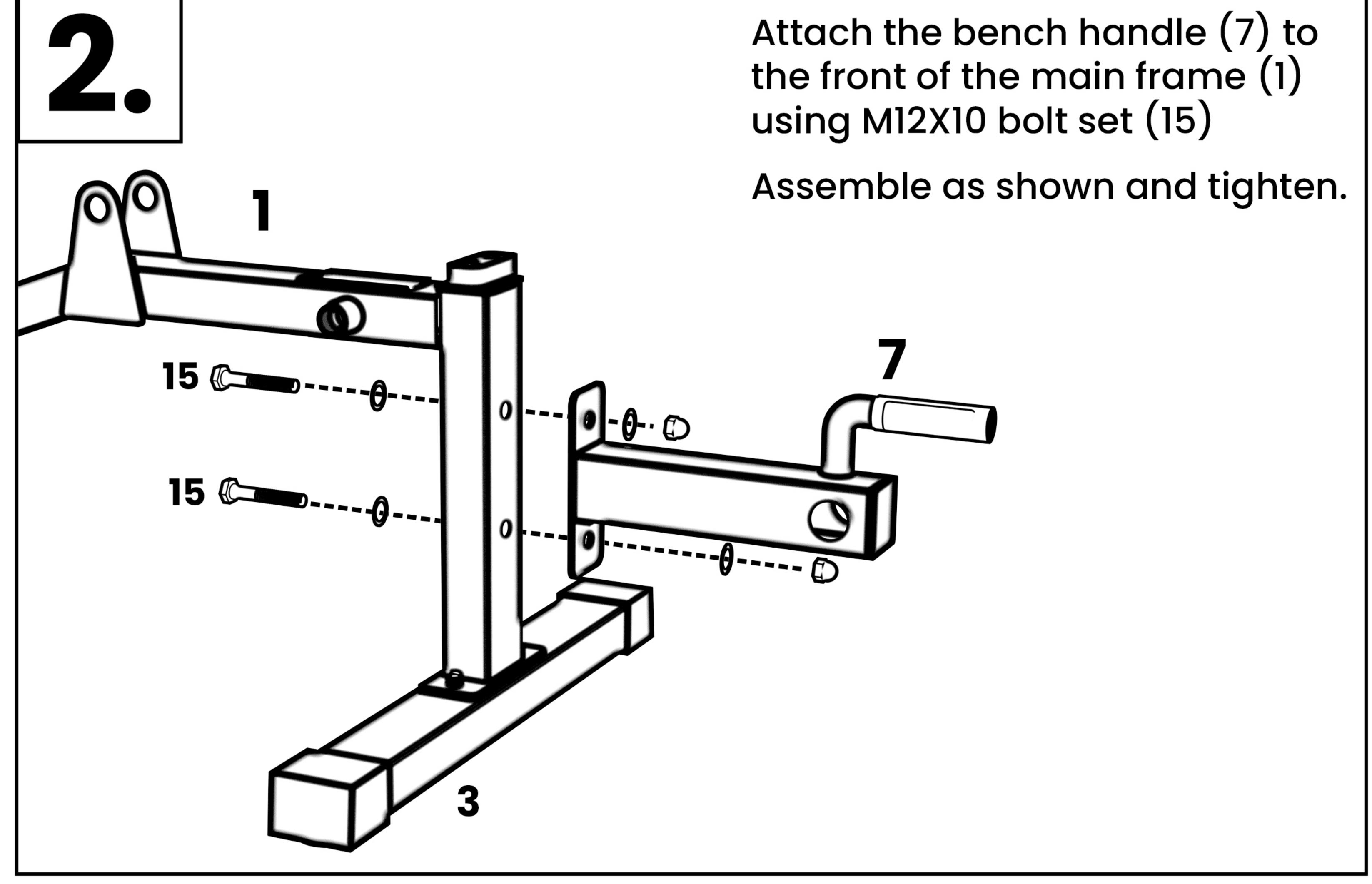


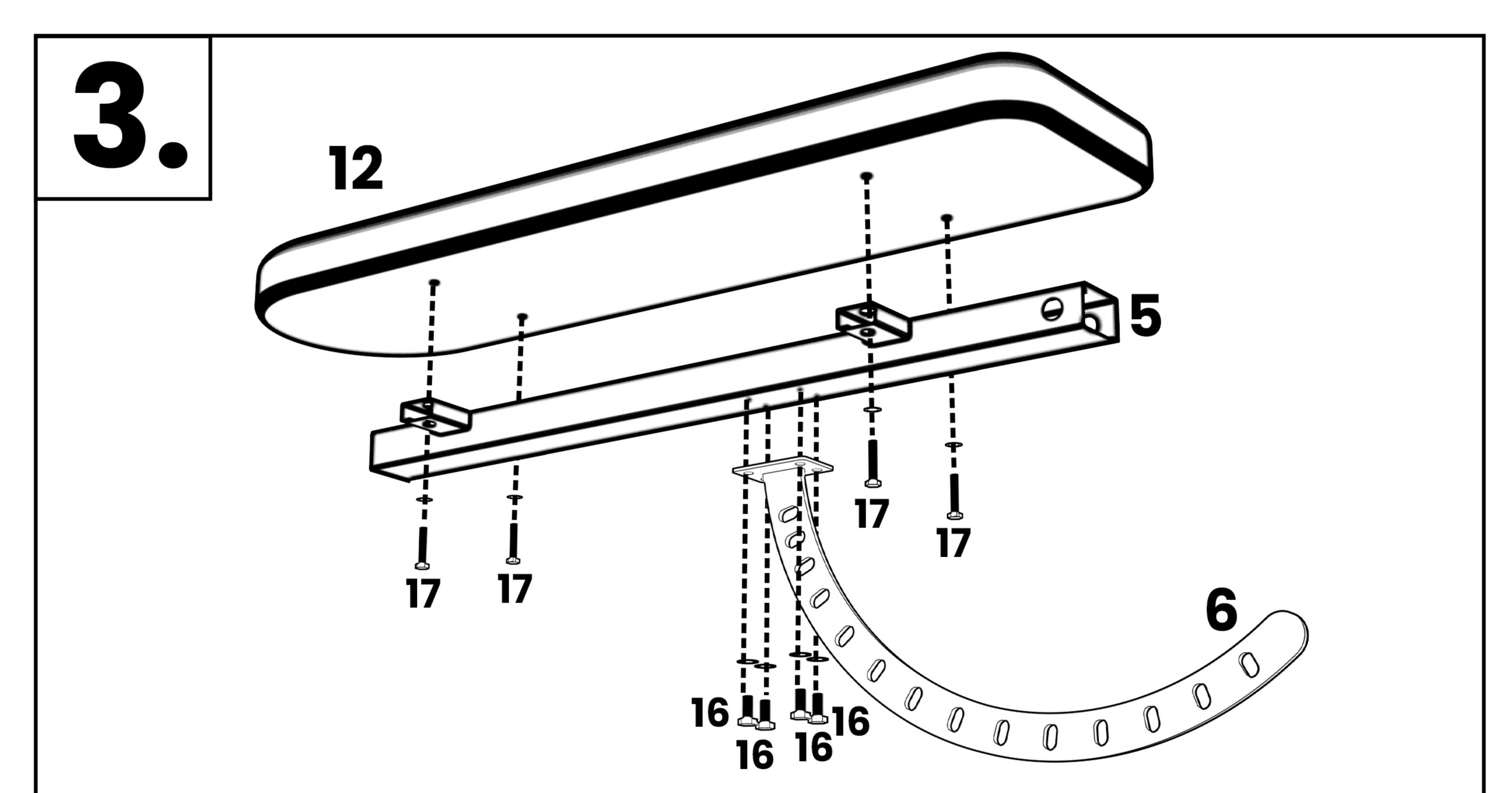




IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY: HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

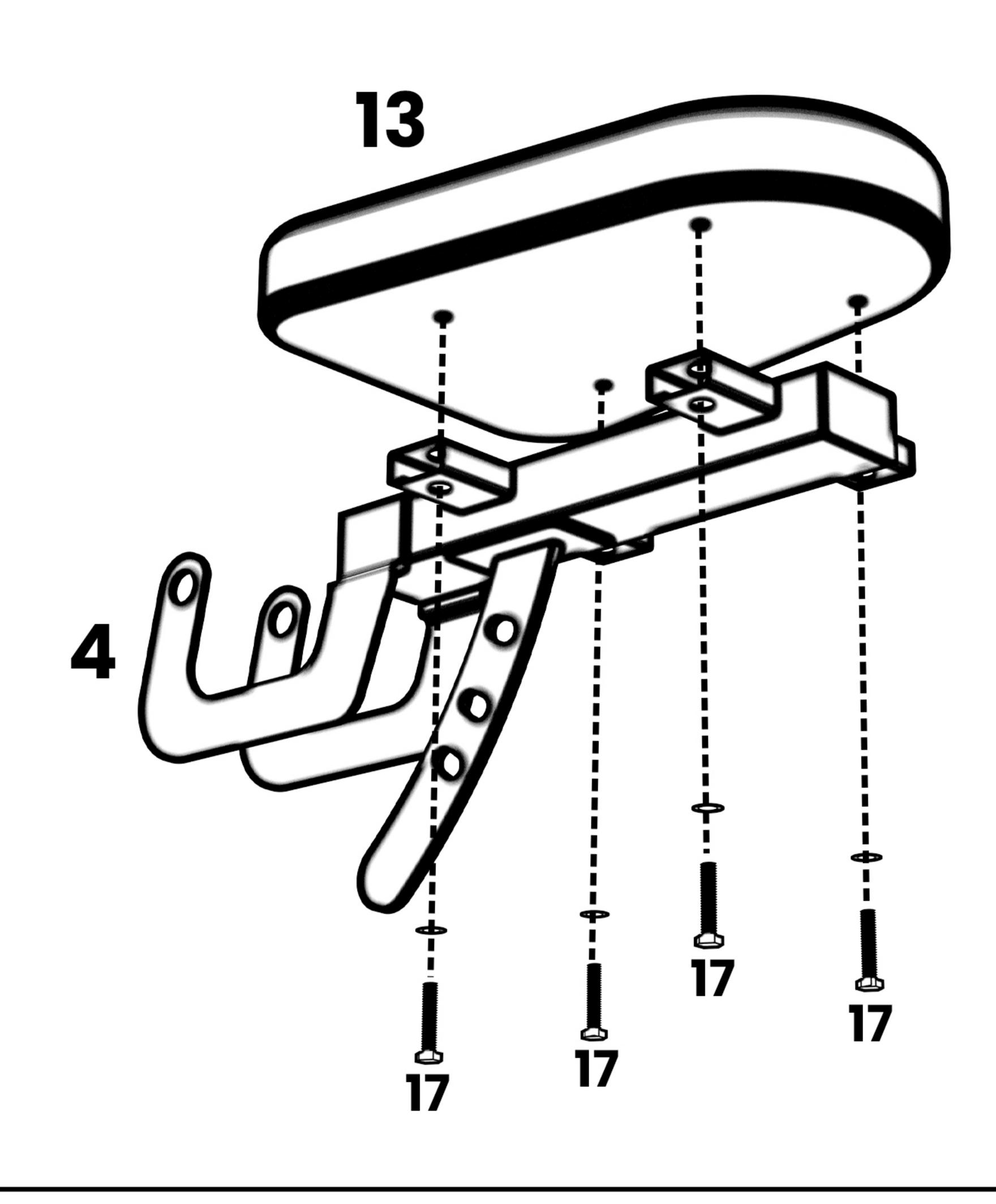




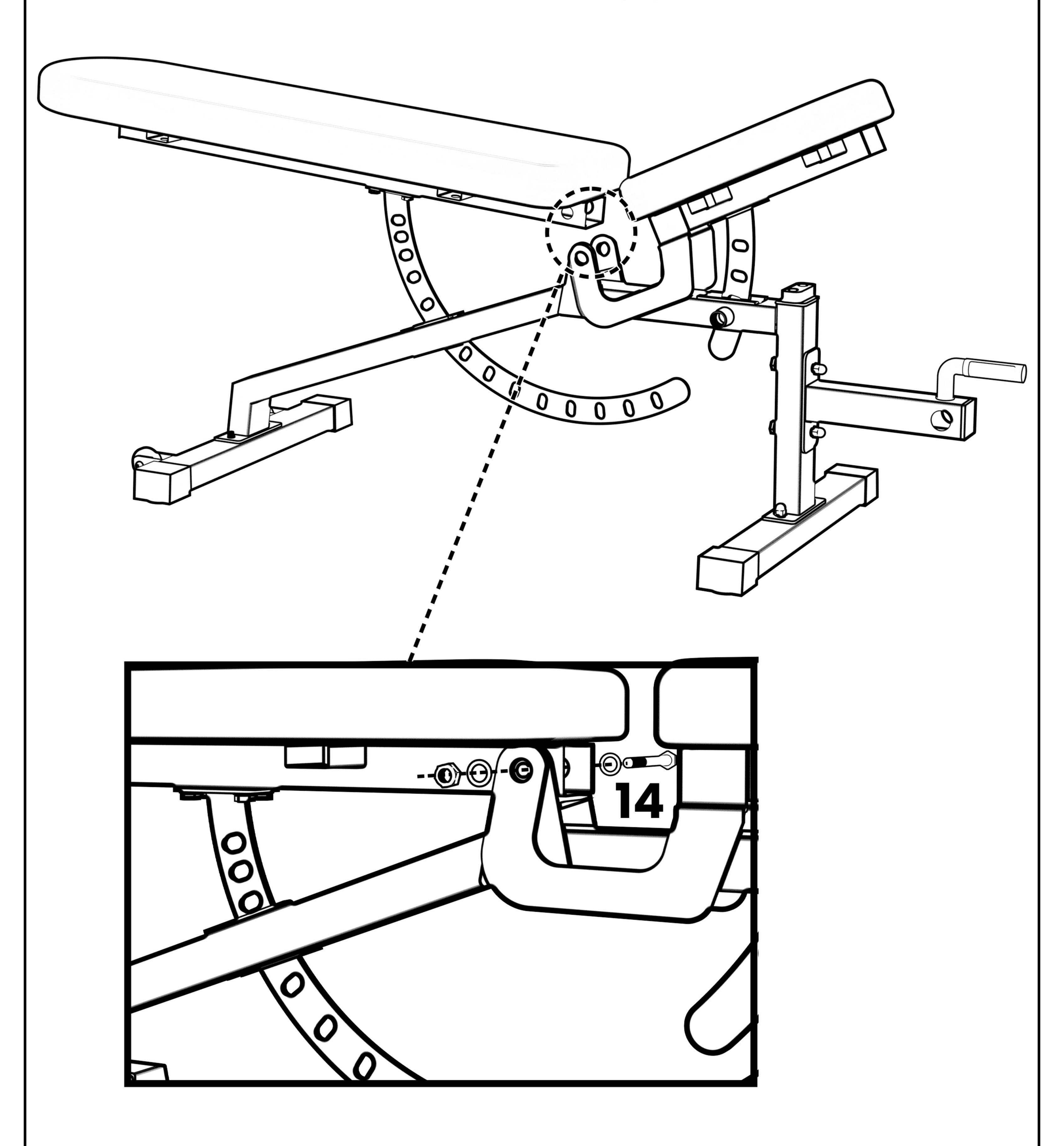


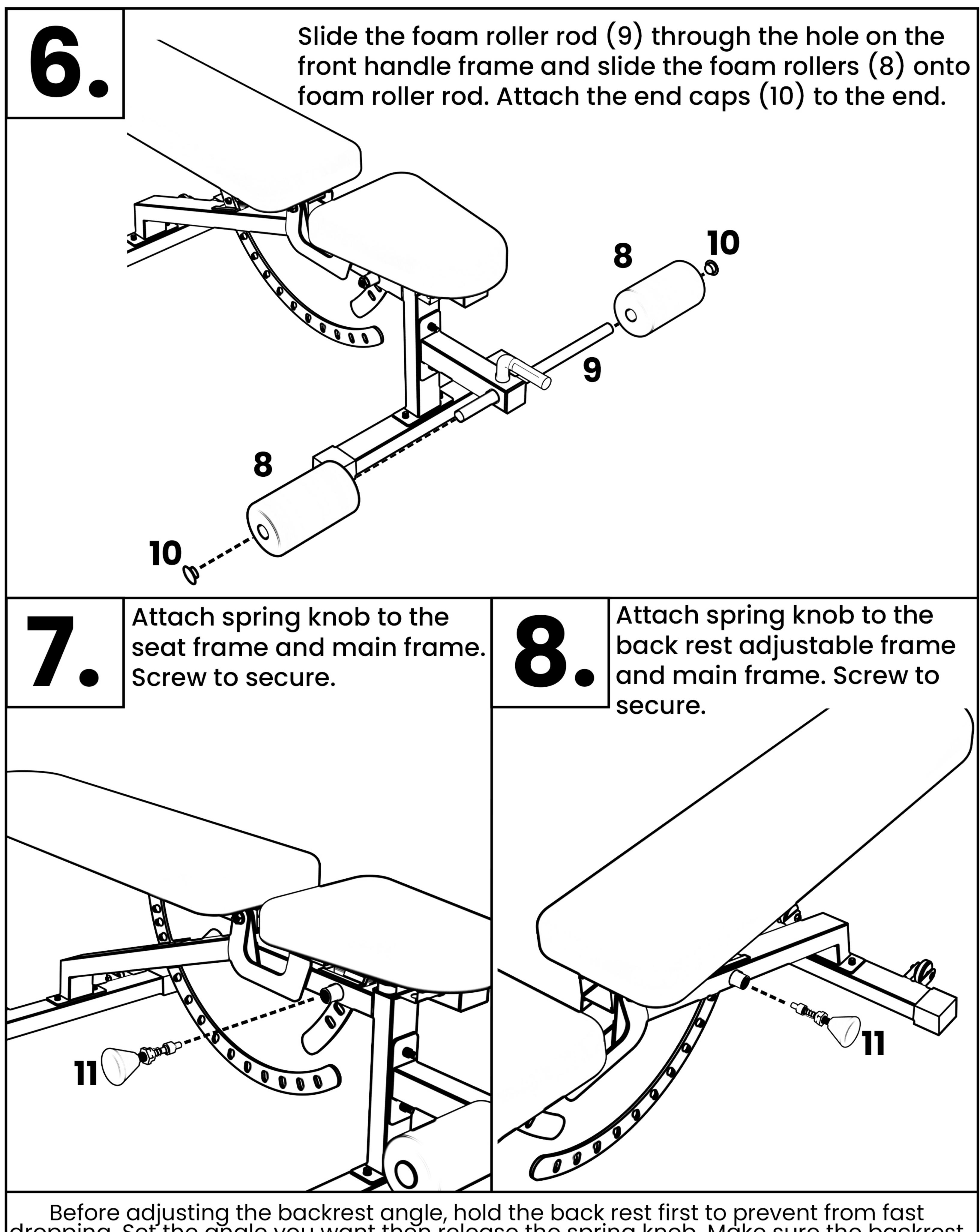
Attach the back rest (12) and the back rest adjustment frame (6) to the back rest frame (5) and secure as shown using the M8x16 (16) bolt set and M8x35 bolt set (17)

Attach the seat (13) to the seat frame (4) and secure as shown using the M8x35 bolt set (17)



Slide the newly assembled seat and back rest parts into their designated spots on the main frame (1) and the holes on the Seat Frame and Back rest frame to align to the the hinge point on the main frame. Once all the pieces are aligned secure with the m12x110 bolt set (14) as shown below





Before adjusting the backrest angle, hold the back rest first to prevent from fast dropping. Set the angle you want then release the spring knob. Make sure the backrest is locked in position before you remove your hands