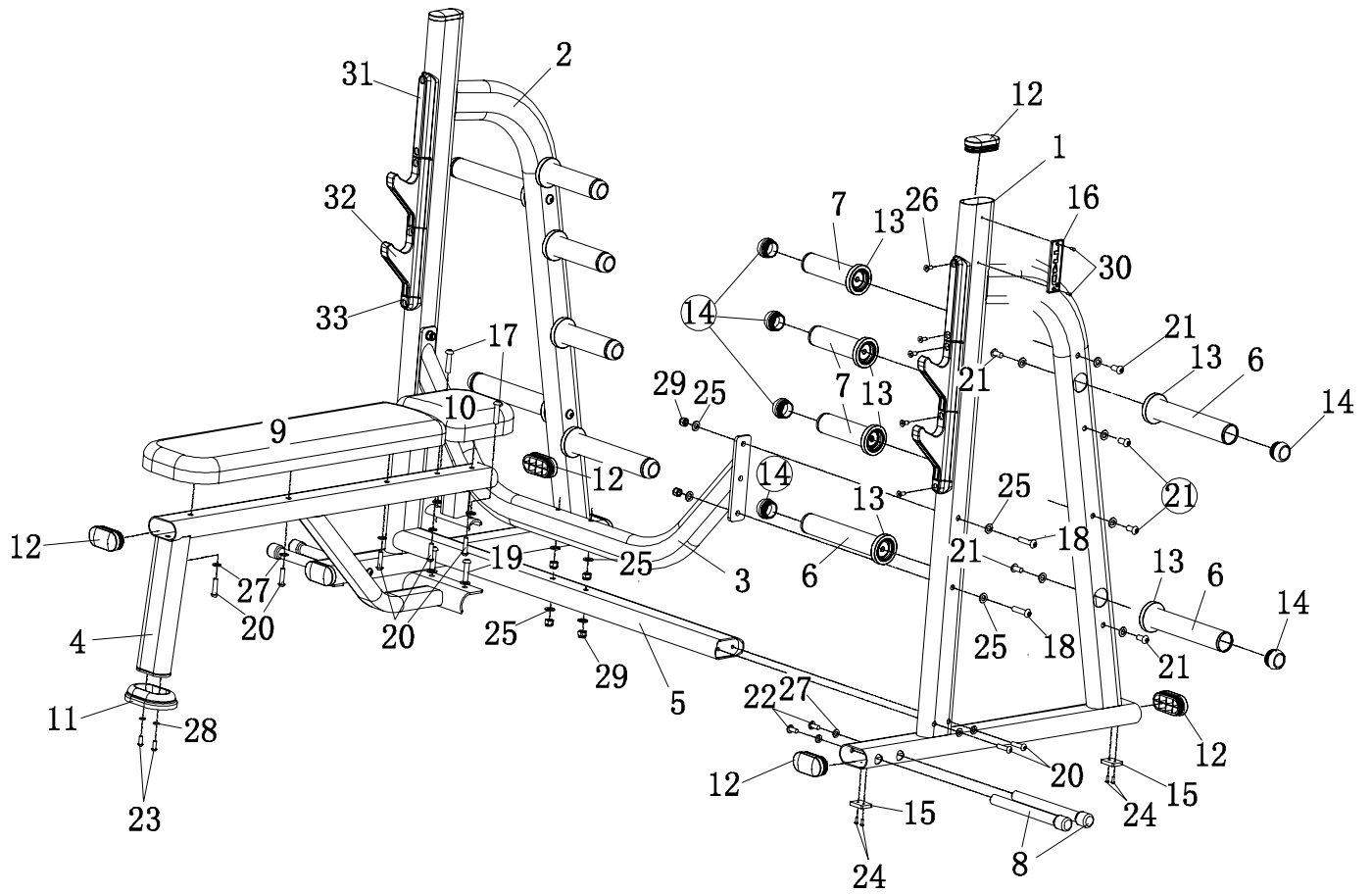


ITKO®

**Model 880FB
Olympic Flat Bench**



EXPLODED DRAWING



PARTS LIST

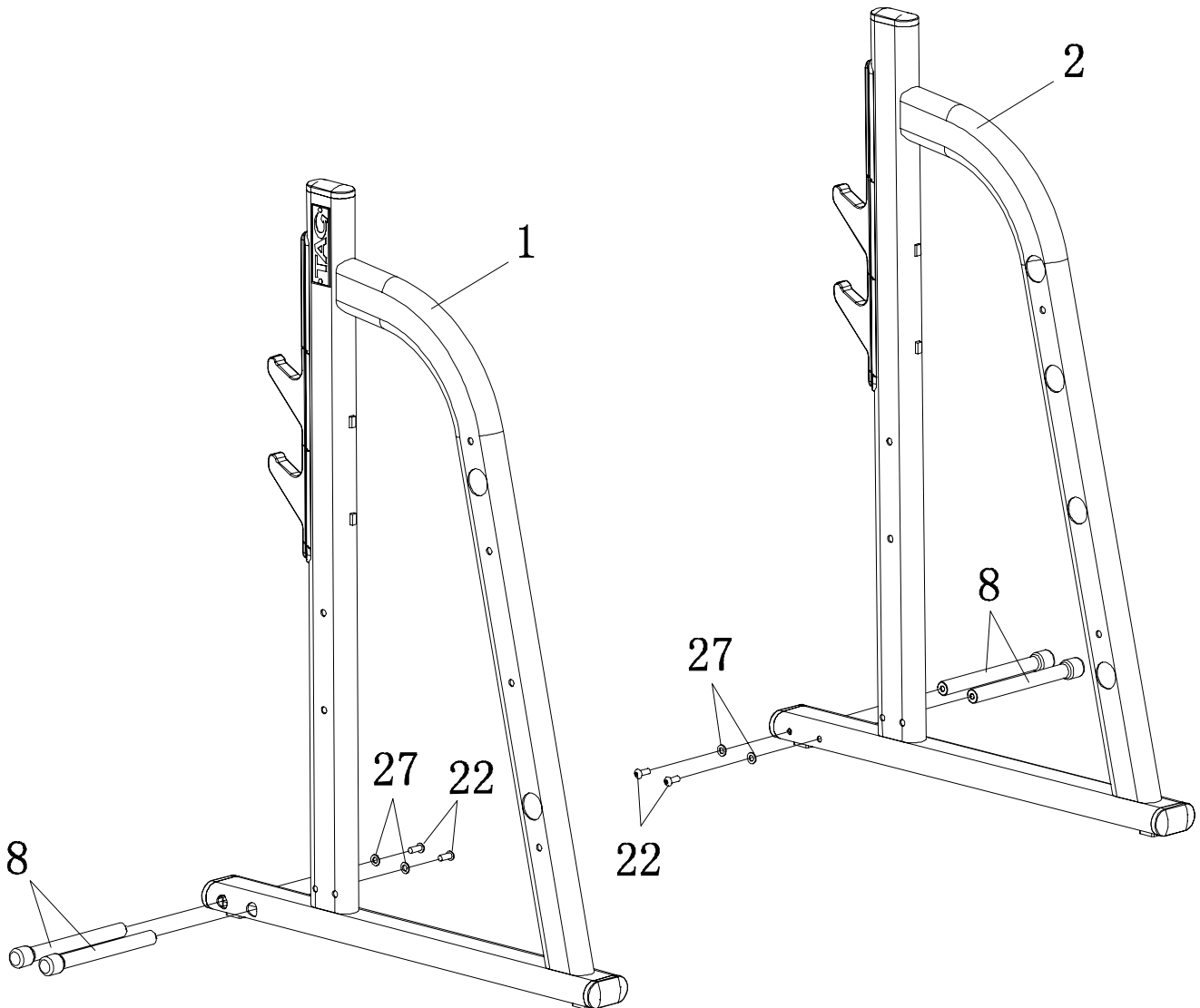
Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Left Upright Frame	1	18	Allen Bolt M12x75mm	4
2	Right Upright Frame	1	19	Allen Bolt M12x70mm	2
3	Upper Cross Frame	1	20	Allen Bolt M10x65mm	9
4	Back Pad Support Frame	1	21	Allen Bolt M12x25mm	12
5	Lower Cross Frame	1	22	Allen Bolt M10x25mm	4
6	Longer Plate Storage Bar	6	23	Allen Bolt M8x20mm	2
7	Shorter Plate Storage Bar	6	24	Screw M5x15mm	8
8	Stretch Cords Holder	4	25	Flat Washer M12	28
9	Back Pad	1	26	Allen Bolt M8x20mm	10
10	Pillow	1	27	Flat Washer M10	13
11	Rubber Foot Pad	1	28	Flat Washer M8	2
12	End Cap 50X100mm	8	29	Lock Nut M12	8
13	Rubber Bumper	12	30	Rivet 4mm x 12 mm	4
14	End Cap	12	31	Upper Cover	2
15	Rubber Floor Pad	4	32	Bar Holder Cover	4
16	Name Plate	2	33	Lower Cover	2
17	Allen Bolt M12x100mm	2			

ASSEMBLY STEPS

Step 1.

Please attach the Stretch Cords Holders (8) to the Left and Right Upright Frames (1&2), using 4 Allen Bolts (22) and 4 Flat Washers (27).

Please make sure to tighten all the knobs.



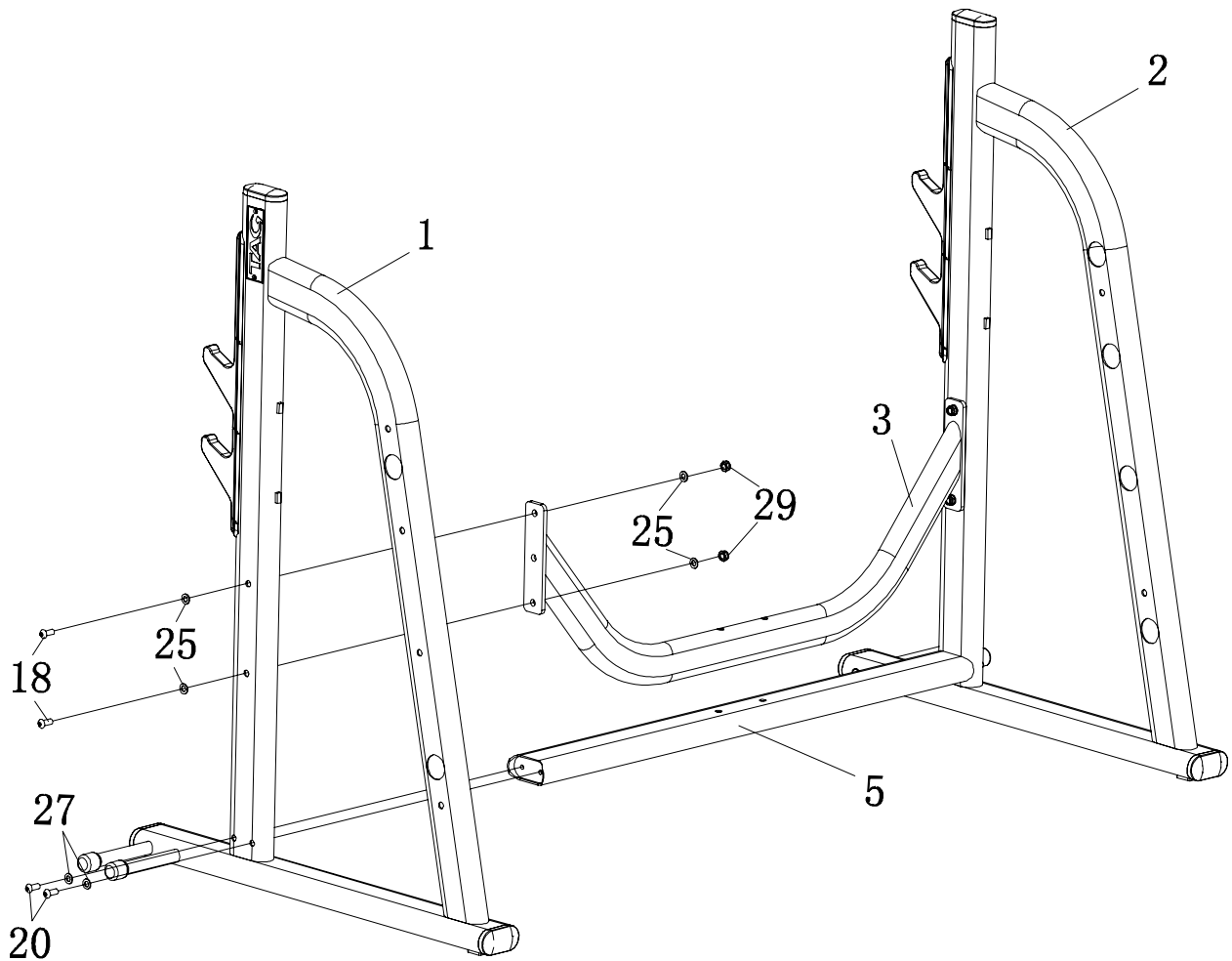
ASSEMBLY STEPS

Step 2.

Please attach the Upper Cross Frame (3) to the Left and Right Upright Frames (1&2), using 4 Allen Bolts (18), 8 Flat Washers (25) and 4 Lock Nuts (29).

Please attach the Lower Cross Frame (5) to the Left and Right Upright Frames (1&2), using 4 Allen Bolts (20), 4 Flat Washers (27).

Please do not tighten all the bolts and nuts at this time.



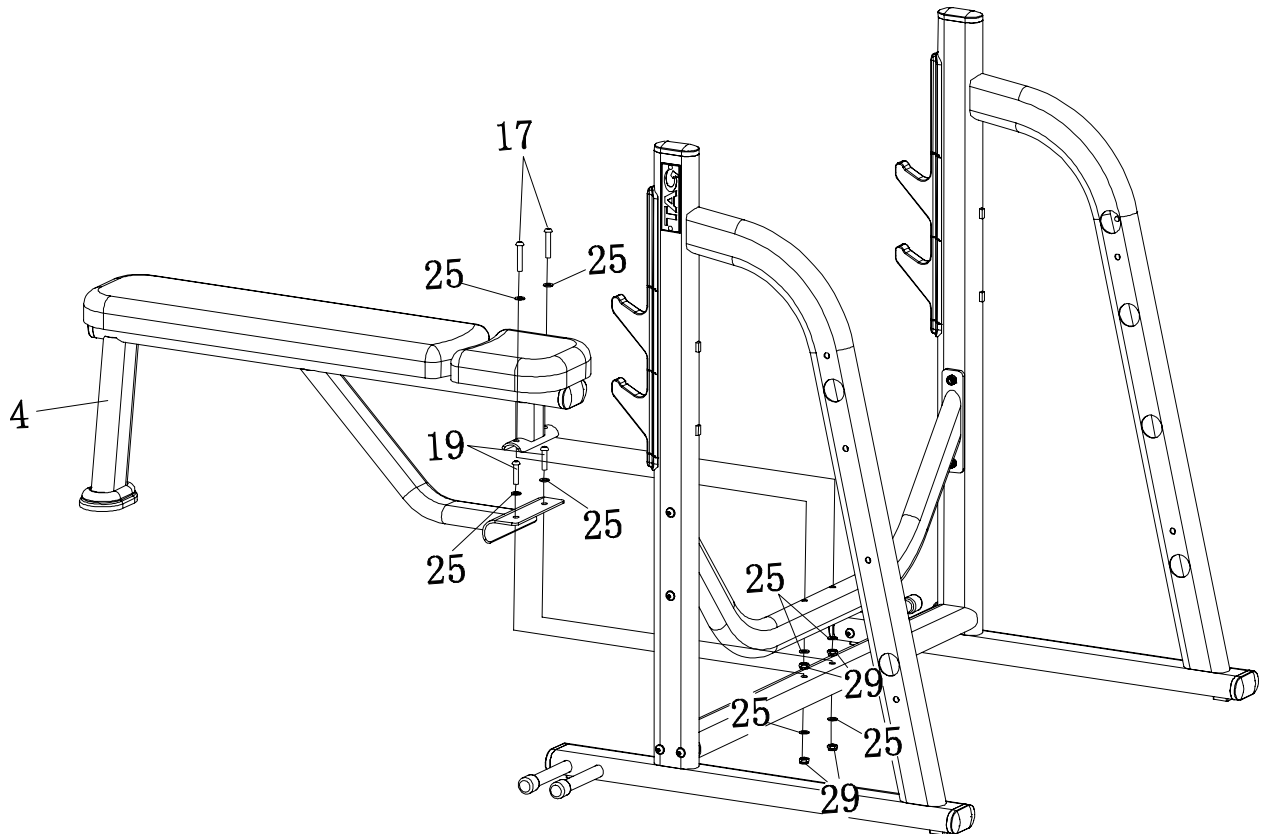
ASSEMBLY STEPS

Step 3.

Please attach the Back Pad Support Frame assembly (4) to the Upper Crosse Frame (3), using 2 Allen Bolts (17), 4 Flat Washers (25) and 2 Lock Nuts (29).

Please attach the Back Pad Support Frame assembly (4) to the Lower Crosse Frame (5), using 2 Allen Bolts (19), 4 Flat Washers (25) and 2 Lock Nuts (29).

Please make sure to tighten all the bolts and nuts.



ASSEMBLY STEPS

Step 4.

Please attach the Plate Storage Bars (6&7) to the Left and Right Upright Frames (1&2), using 12 Allen Bolts (21) and 12 Flat Washers (25).

Please tighten all the bolts.

