




**B**  **ODY BENCH**

Live Fit

## ASSEMBLY INSTRUCTIONS

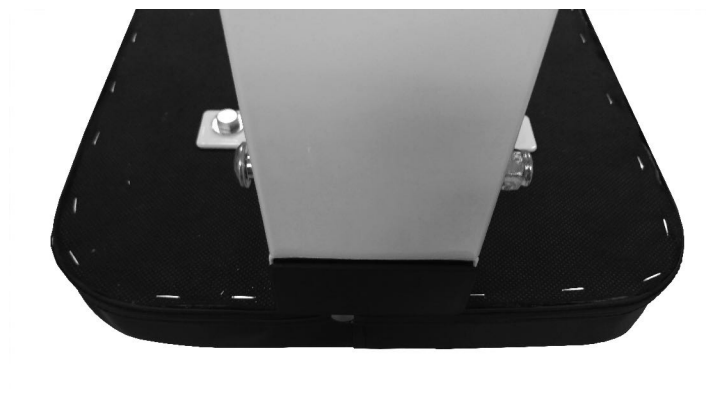
# ASSEMBLY INSTRUCTIONS

## What's included

	<p>Bolt 3/8 *95m/m x 2</p> <p>Bolt 3/8*15m/m x 2</p> <p>3/8 nut x 2</p> <p>Washer 3/8 mm x 6</p> <p>Wrench x 1</p> <p>Allen key x 1</p> <p>Knob x 2</p>
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Put front and back leg into the main frame



Put bolt 3/8 X 95 mm, washer 3/8mm X 2 and 3/8mm nut (front and back leg ).

**NOTE: Please don't tighten it now**

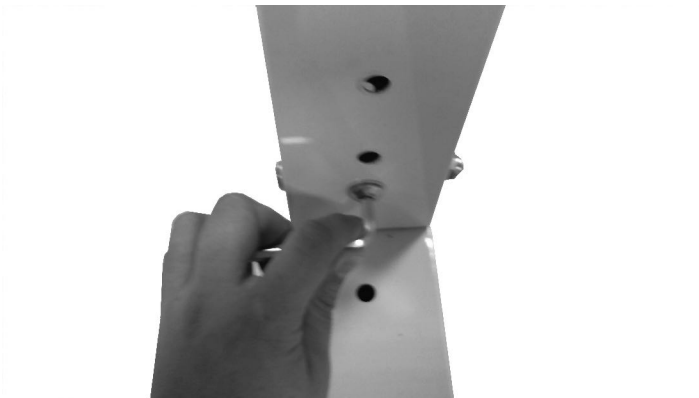
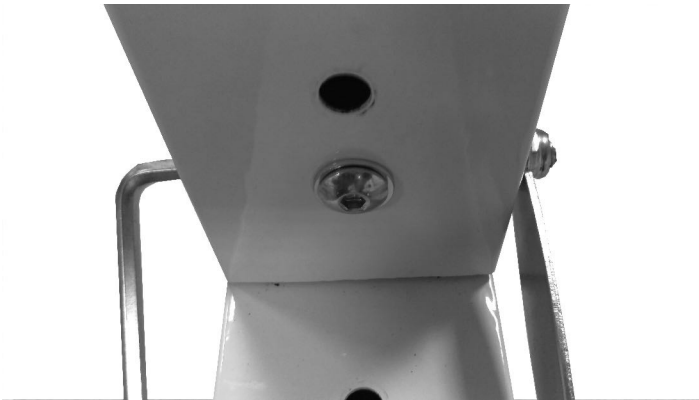
Put 3/8X15mm and washer 3/8 (front and back leg )

**NOTE: Please don't tighten it now**



Make sure all of bolts are in the right position.

Use the included Allen key and wrench to tighten.



Put hand support and use knob to lock it in place.



Put leg support and use knob to lock it in place.

