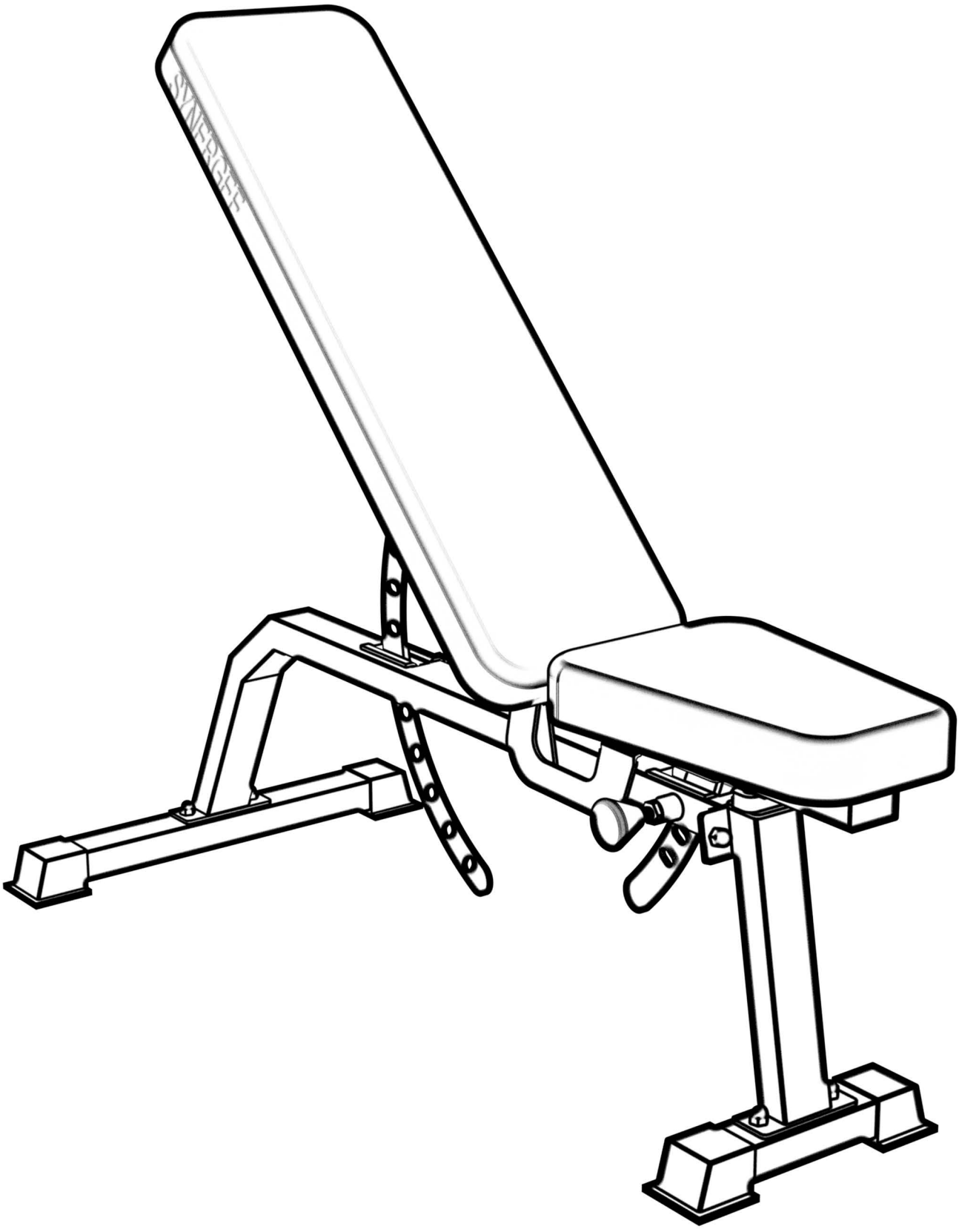
SYNERGEE®

ADJUSTABLE BENCH

INCLINE/DECLINE



PARTS LIST

KEY	PART	QTY	BOX
1	SMALL BASE	1	1
2	LARGE BASE	1	1
3	STABALIZER	1	1
4	UPPER FRAME	1	1
5	SEAT CUSHION	1	1
6	ADJUSTABLE FRAME	1	1
7	BACK CUSHION	1	1
8	BACK FRAME	1	1
9	BACK FRAME ADJUSTMENT PART	1	1
10	M10 WASHER	8	1
11	M8 WASHER	12	1
12	M10 ROUNDED NUT	6	1
13	M10 x 55 BOLT	4	1
14	M10 x 100 BOLT	1	1
15	M10 x 20 BOLT	2	1
16	M8 x 20 BOLT	12	1
17	SPRING PINS	2	1
18	M10 LOCK NUT	1	1

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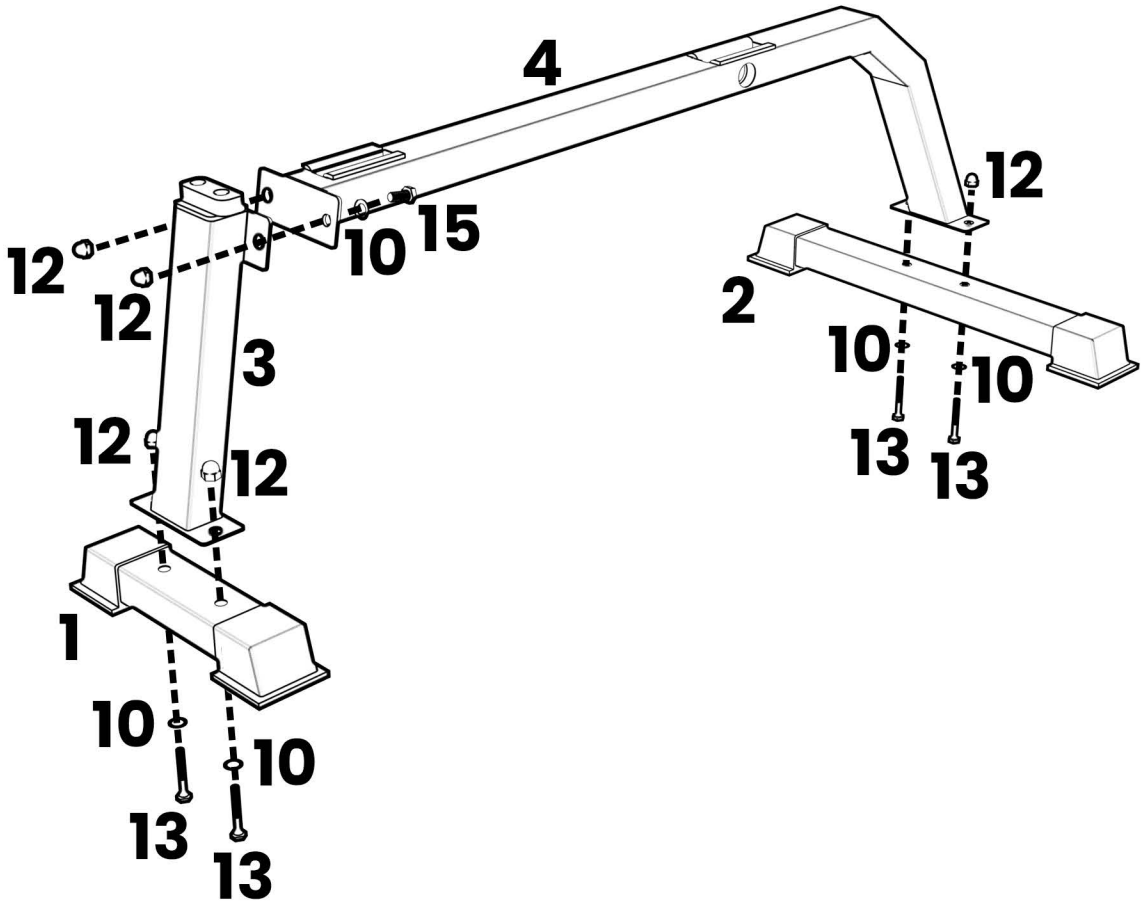
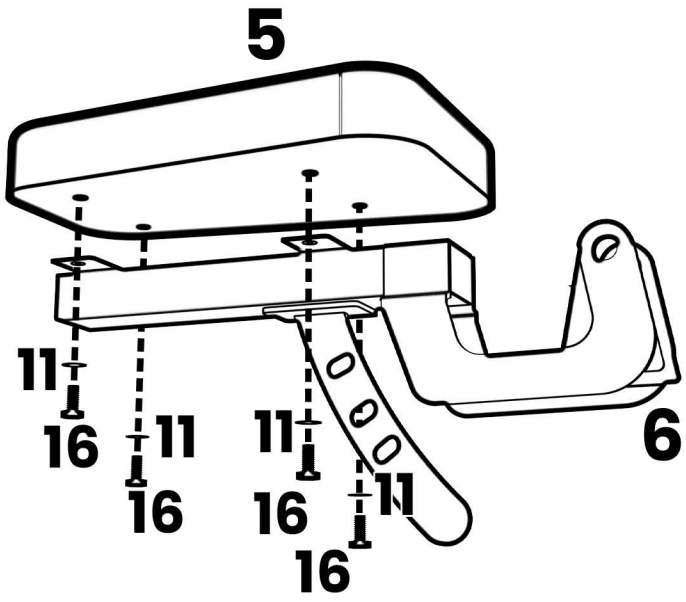
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

1.

Align the small base, large base, upper frame and stabilizer as pictured above. Once aligned, loosley secure with provided bolts, nuts, and washers. (Fully tighten upon assemply completion)

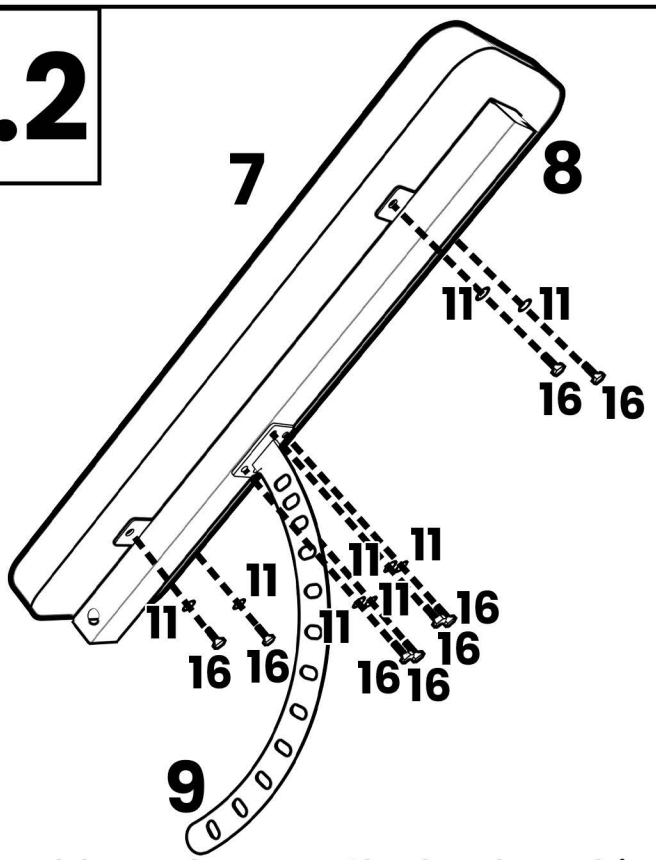


2.1



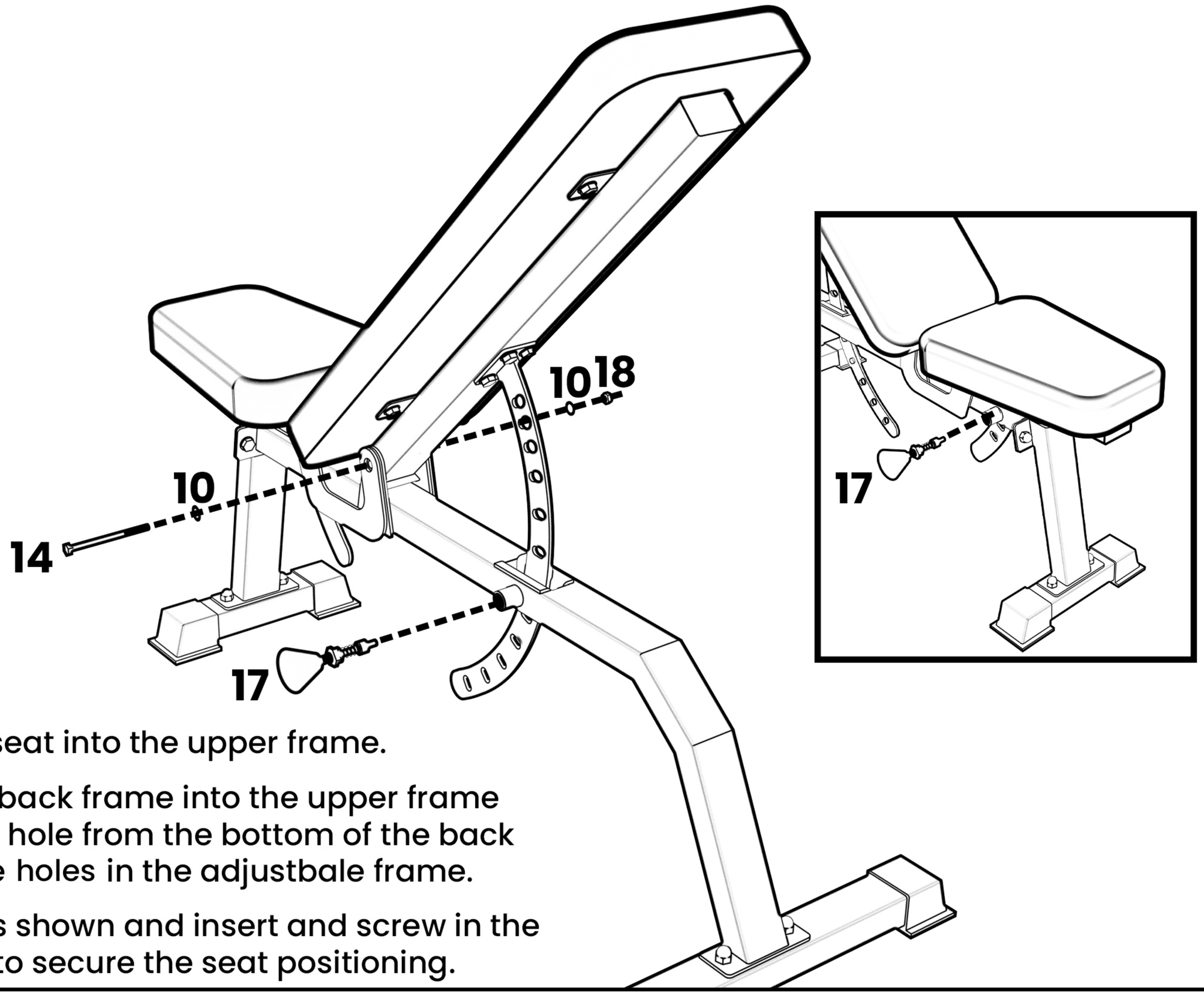
Assemble and secure the seat cushion to the adjustable frame.

2.2



Assemble and secure the back cushion to the back cushion frame.

2.3

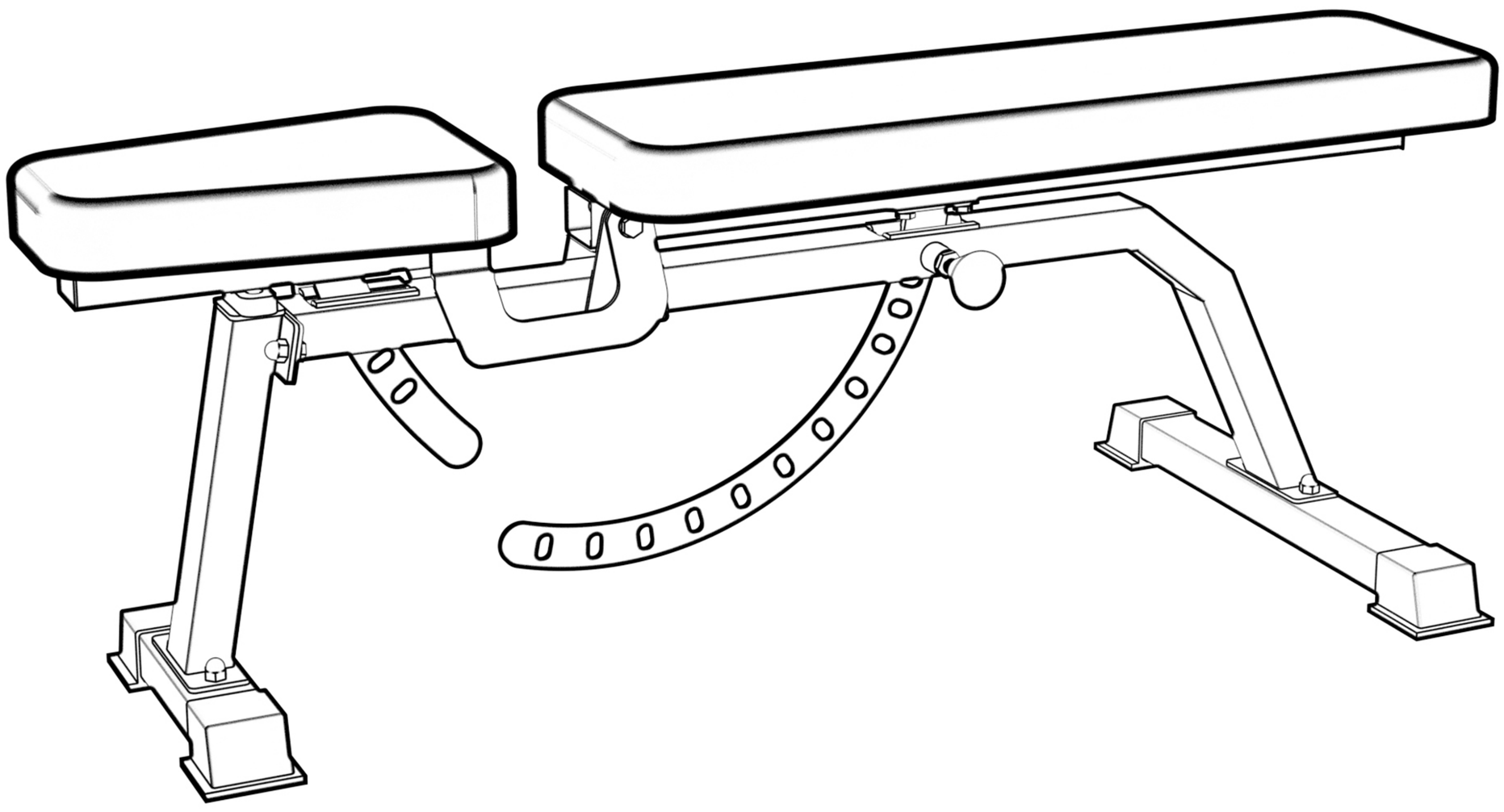


1. Slide the seat into the upper frame.

2. Slide the back frame into the upper frame aligning the hole from the bottom of the back frame to the holes in the adjustbale frame.

3. Secure as shown and insert and screw in the spring pins to secure the seat positioning.

3.



Please tighten and fully secure the bolts that where used in step one. Once finished the assebly is complete.

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