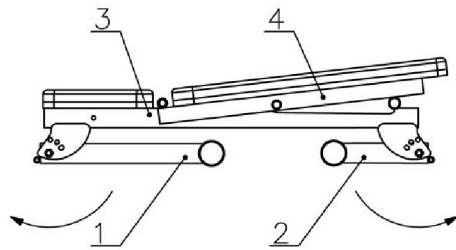


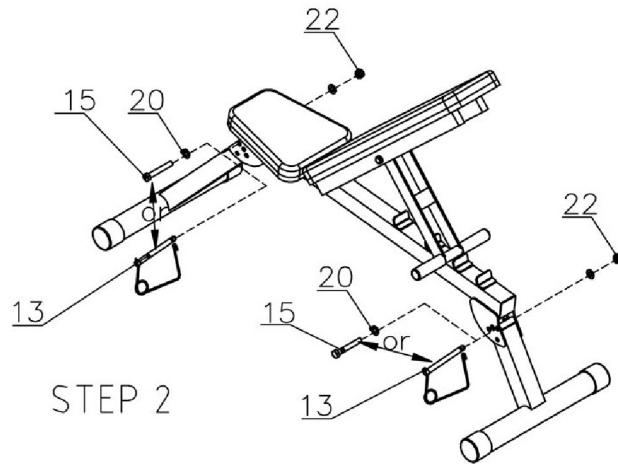


BFFID10 Flat / Incline / Decline Bench Assembly Steps:

1. Position bench on it's side and extend Front Support frame (1) and Rear Support frame (2).
2. Install Removable Safety Pins (13) if repeated adjustments and storage position is desired or install bolts (15), washers (20) and nylon nuts (22) for permanent leg positioning.
3. Always be careful when repositioning the legs.
Do not attempt to reposition legs while still on bench.

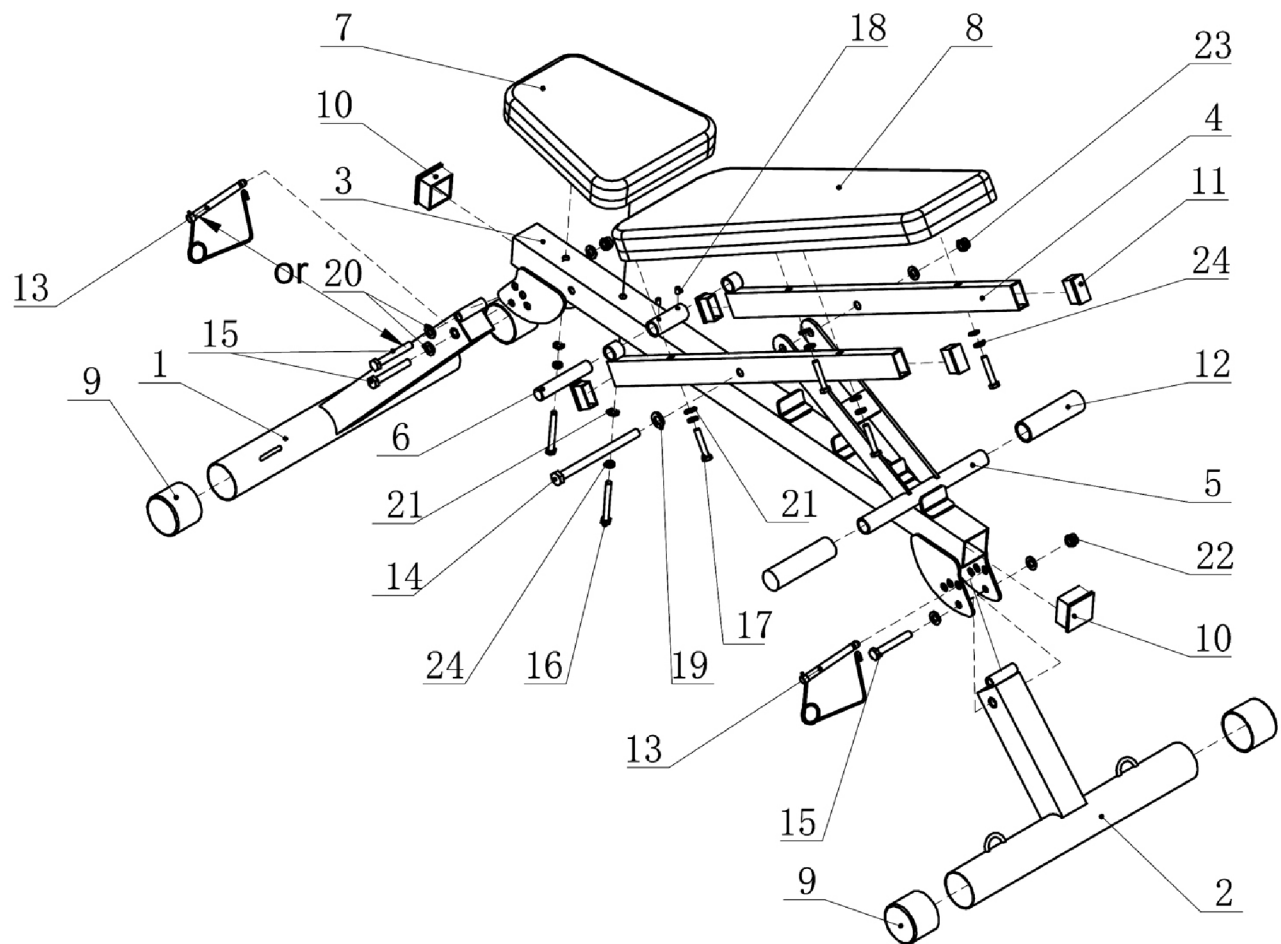


STEP 1



STEP 2

BFFID10 Exploded View



BFFID10 Parts List

No.	Description	Qty	No.	Description	Qty
1	Front Support Frame	1	13	¢ 10 Safety Pin	2
2	Back Support Frame	1	14	M12*120 Hex Bolt	1
3	Main Frame	1	15	M10*75 Hex Bolt	4
4	Back Pad Frame	2	16	M8*70 Hex Bolt	2
5	Back Pad Support Frame	1	17	M8*60 Hex Bolt	4
6	Shaft	1	18	M6*6 Screw	2
7	Seat Pad	1	19	¢ 12 Washer	2
8	Back Pad	1	20	¢ 10 Washer	8
9	¢ 60 Round End Cap	4	21	¢ 8 Washer	6
10	50*50 Square End Cap	2	22	M10 Nylon Nut	4
11	20*40 Square End Cap	4	23	M12 Nylon Nut	1
12	Handle Grip	2	24	¢ 8 Spring Washer	6

FOR PARTS OR SERVICE INQUIRIES CALL TEL 800-556-3113 FAX 708-427-3556