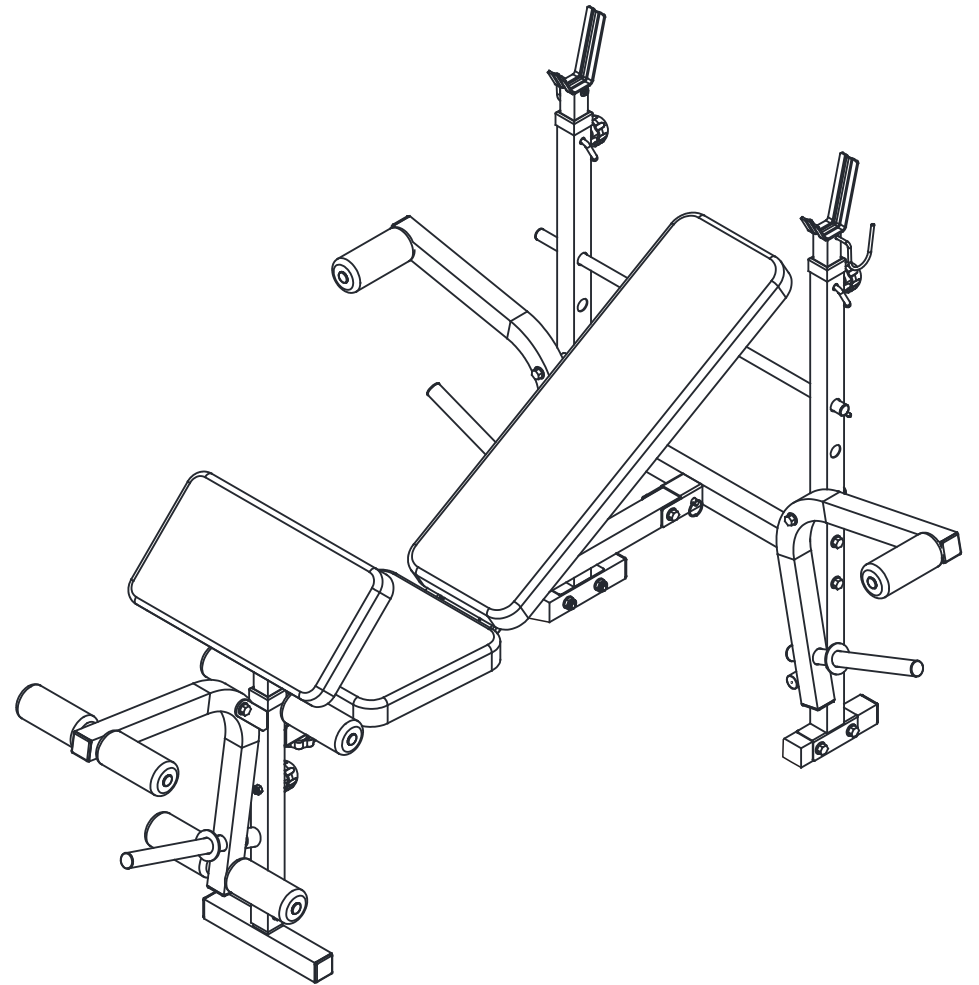


WEIGHT BENCH

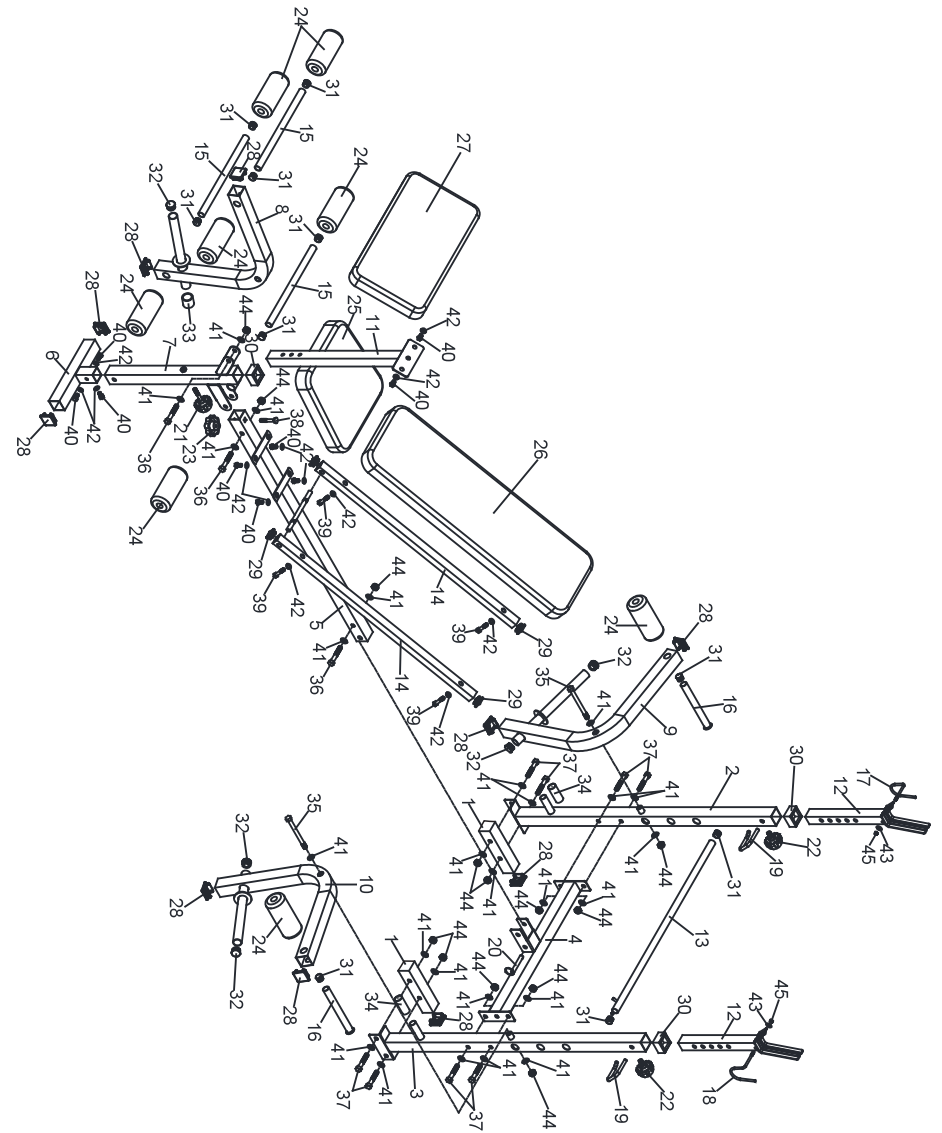


USER MANUAL

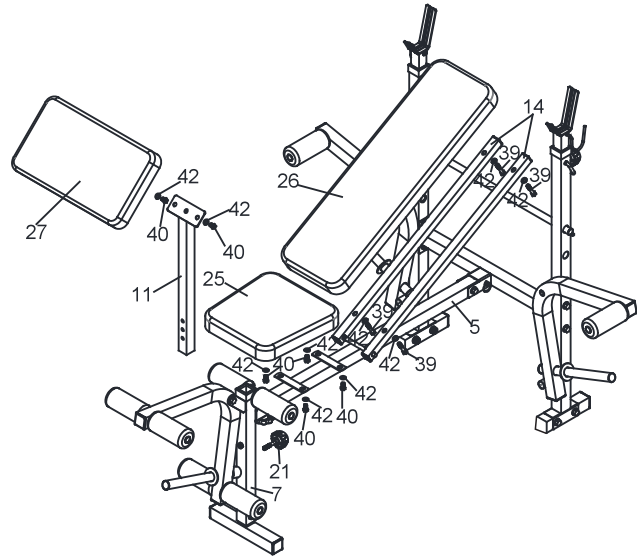
PART LIST

1  Rear Base 1PC	2  Rear Upright (R) 1PC	3  Rear Upright (L) 1PC	4  Cross Support 1PC	5  Main Frame 1PC
6  Front Base 1PC	7  Front Upright 1PC	8  Leg Extension 1PC	9  Butterfly Arm (R) 1PC	10  Butterfly Arm (L) 1PC
11  Arm Cushion Support 1PC	12  Barbell Support 2PCS	13  Backrest Adjustment Rod 1PC	14  Backrest Support 2PCS	15  Foam Roller Post 3PCS
16  Butterfly Pad Tube 2PCS	17  Safety Hook (R) 1PC	18  Safety Hook (L) 1PC	19  Safety Hook 2PCS	20  Quick Pin 1PC
21  Locking Knob (long) 1PC	22  Locking Knob (short) 2PCS	23  Plum Blossom Nut 1PC	24  Foam Roller 8PCS	25  Seat Cushion 1PC
26  Backrest Cushion 1PC	27  Arm Cushion 1PC	28  38mm Square End Plug 10PCS	29  25mm Square End Plug 4PCS	30  Mid-Empty Plug 3PCS
31  19mm Round End Plug 10PCS	32  25mm Round End Plug 5PCS	33  25mm Round End Cap 1PC	34  Handle Grip 2PCS	35  M10x115mm Hex Bolt 2PCS
36  M10x60mm Hex Bolt 3PCS	37  M10x55mm Hex Bolt 8PCS	38  Carriage Bolt M8x55mm 1PC	39  M8x40mm Hex Bolt 4PCS	40  M8x15mm Hex Bolt 9PCS
41  M10 Washer 26PCS	42  M8 Washer 13PCS	43  M6 Washer 2PCS	44  M10 Nylon Nut 13PCS	45  M6 Nylon Nut 2PCS

EXPLODED DRAWING



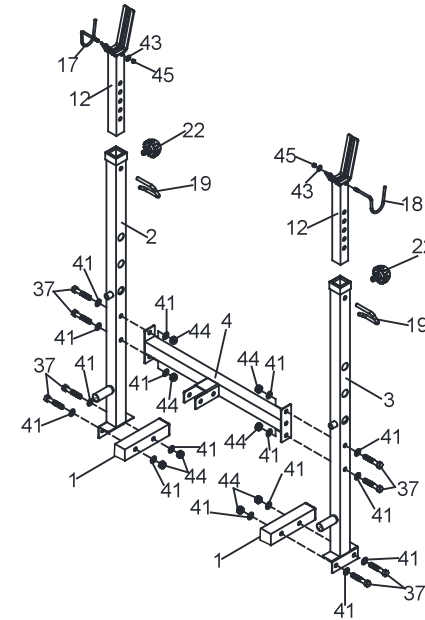
ASSEMBLY INSTRUCTIONS



STEP 4:

1. Attach the Arm Cushion (27) to the Arm Cushion Support (11), using two M8X15mm Hex Bolts (40) and two M8 Washers (42).
2. Insert the Arm Cushion Support (11) into the Front Upright (7), using one Locking Knob (long) (21).
3. Attach the Seat Cushion (25) to the Main Frame (5), using four M8X15mm Hex Bolts (40) and four M8 Washers (42).
4. Attach the Backrest Cushion (26) to the Backrest Support (14), using four M8X40mm Hex Bolts (39) and four M8 Washers (42).

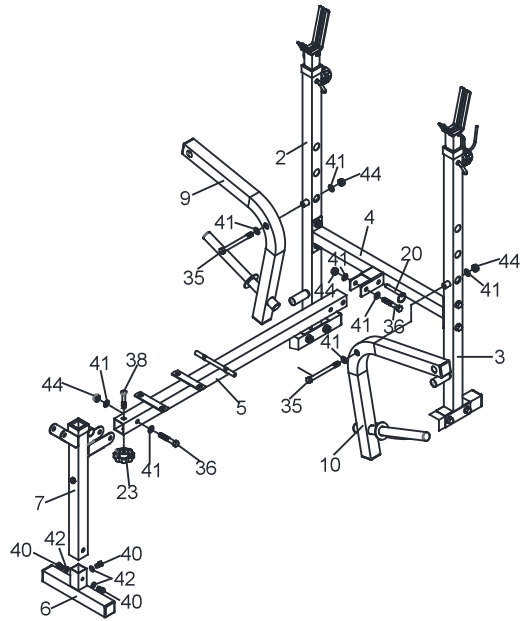
ASSEMBLY INSTRUCTIONS



STEP 1:

1. Attach the Rear Upright (R&L) (2&3) to the Rear Base (1), using four M10X55mm Hex Bolts (37), eight M10 Washers (41) and four M10 Nylon Nuts (44).
2. Attach the Cross Support (4) to the Rear Upright (R&L) (2&3), using four M10X55mm Hex Bolts (37), eight M10 Washers (41) and four M10 Nylon Nuts (44).
3. Insert the Barbell Support (12) into the Rear Upright (R&L) (2&3), using two Locking Knobs (short) (22) and two Safety Hooks (19).
4. Attach the Safety Hook (R&L) (17&18) to the Barbell Support (12), using two M6 Washers (43) and two M6 Nylon Nuts (45).

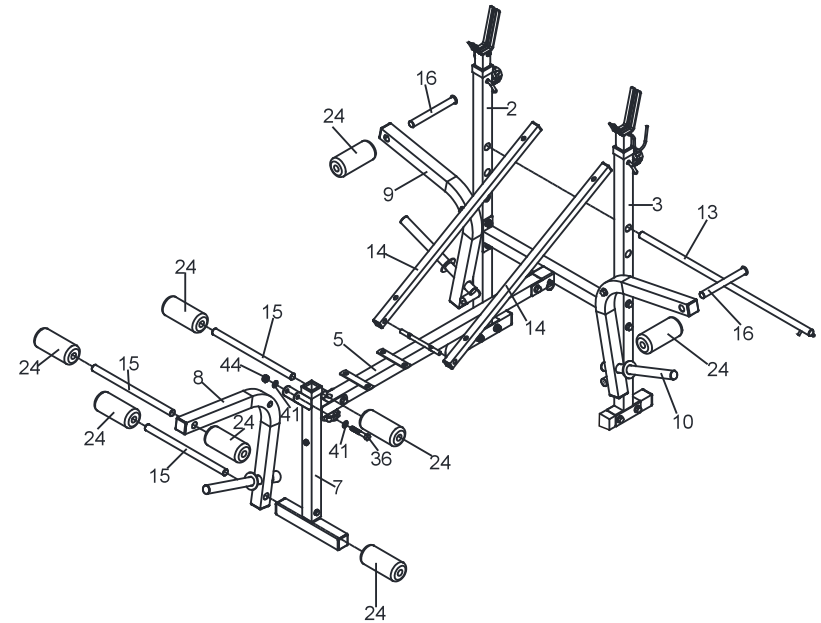
ASSEMBLY INSTRUCTIONS



STEP 2:

1. Attach the Main Frame (5) to the Cross Support (4), using one M10X60mm Hex Bolt (36), two M10 Washers (41) and one M10 Nylon Nut (44). one Quick Pin (20).
2. Attach the Front Upright (7) to the Main Frame (5), using one M10X60mm Hex Bolt (36), two M10 Washers (41) and one M10 Nylon Nut (44). one M8X55mm Carriage Bolt (38) and one Plum Blossom Nut (23).
3. Attach the Front Base (6) to the Front Upright (7), using three M8X15mm Hex Bolts (40) and three M8 Washers (42).
4. Attach the Butterfly Arm (R&L) (9&10) to the Rear Upright (R&L) (2&3), using two M10X115mm Hex Bolts (35), four M10 Washers (41) and two M10 Nylon Nuts (44).

ASSEMBLY INSTRUCTIONS



STEP 3:

1. Attach the Leg Extension (8) to the Front Upright (7), using one M10X60mm Hex Bolt (36), two M10 Washers (41) and one M10 Nylon Nut (44).
2. Insert the Backrest Adjustment Rod (13) into the Rear Upright (R&L) (2&3).
3. Insert the Backrest Support (14) into the Main Frame (5).
4. Insert the Foam Roller Post (15) into the Leg Extension (8) and Front Upright (7).
5. Insert the Butterfly Pad Tube (16) into the Butterfly Arm (R&L) (9&10).
6. Slide the Foam Roller (24) onto the Foam Roller Post (15) and the Butterfly Pad Tube (16).