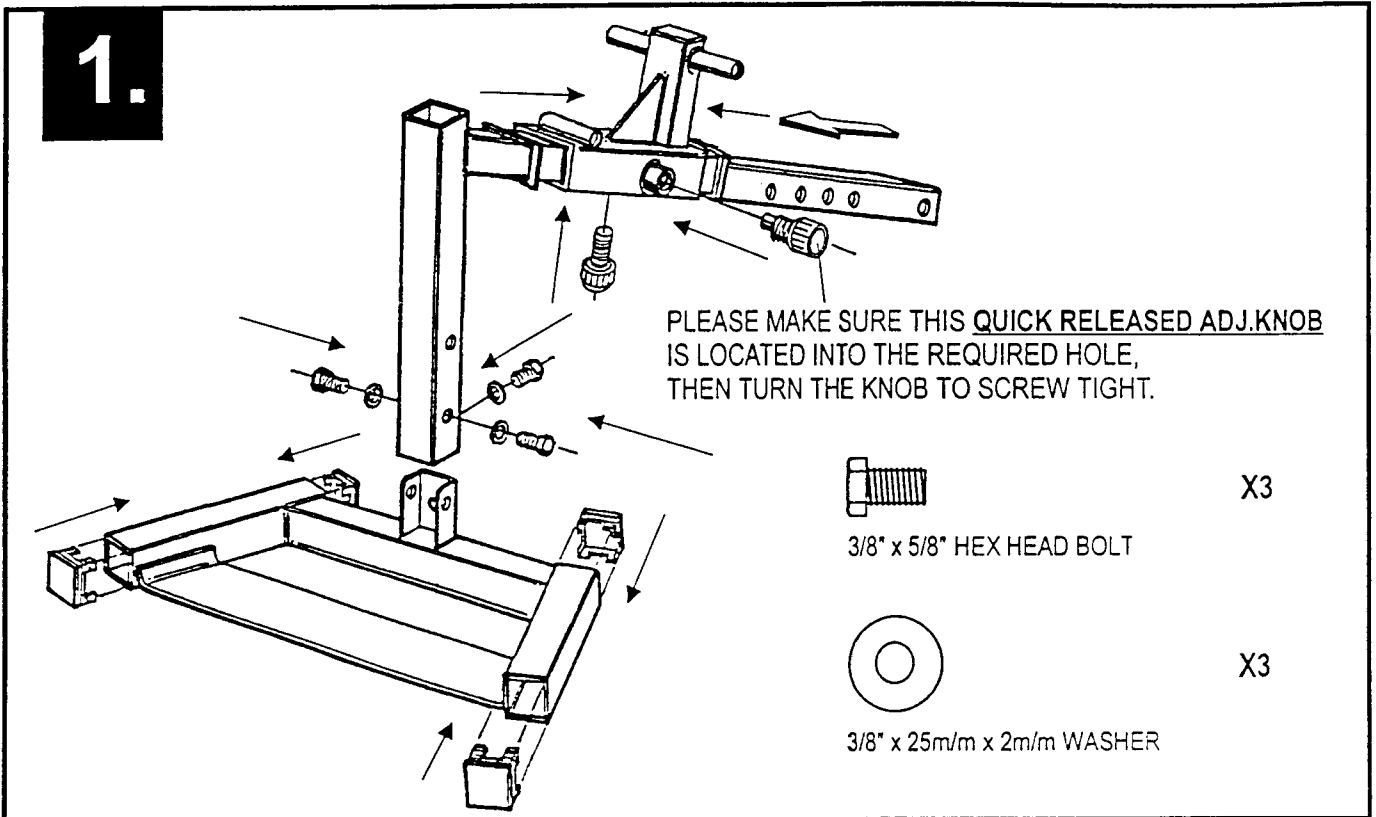


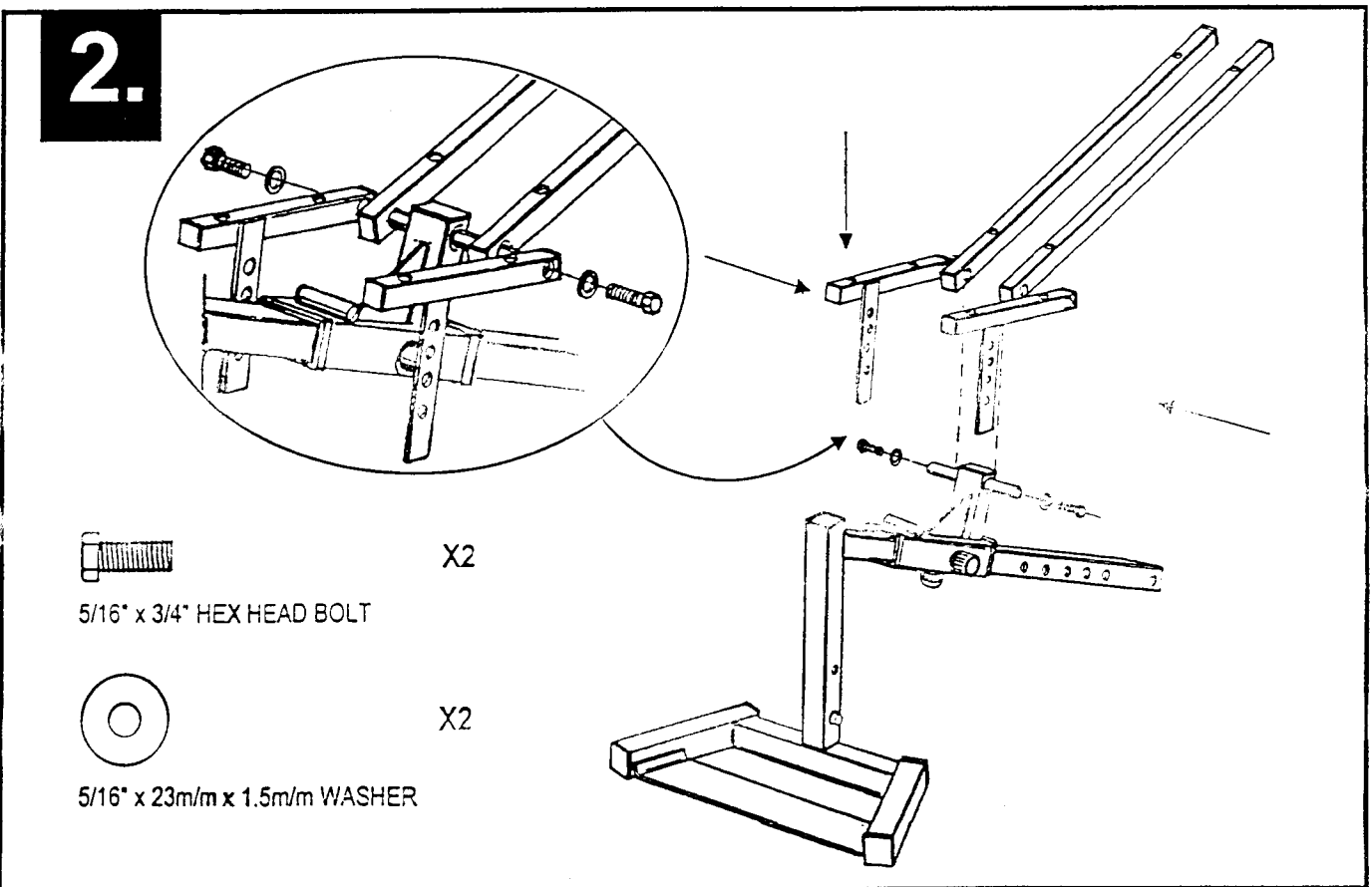
ASSEMBLY INSTRUCTIONS

IMPORTANT

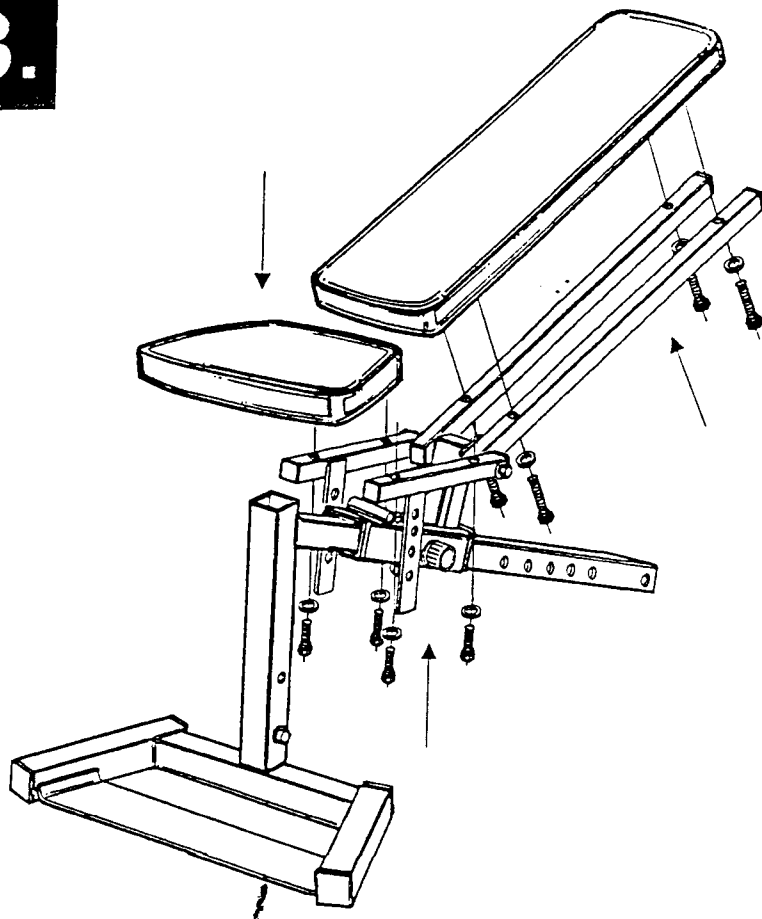
- THIS BENCH IS FITTED WITH NYLOCK NUTS FOR SAFETY. (THEY CAN ONLY BE TIGHTENED OR LOOSENED WITH TOOLS)
- FASTEN BENCH TOGETHER WITH THE BOLTS LOOSE. FULLY TIGHTEN ALL BOLTS AFTER THE WHOLE BENCH HAS BEEN ASSEMBLED.



- ALL THE BOLTS & WASHERS SHOWN ARE DRAWN 50% ACTUAL SIZE.



3.



X8

5/16" x 1 1/2" HEX HEAD BOLT

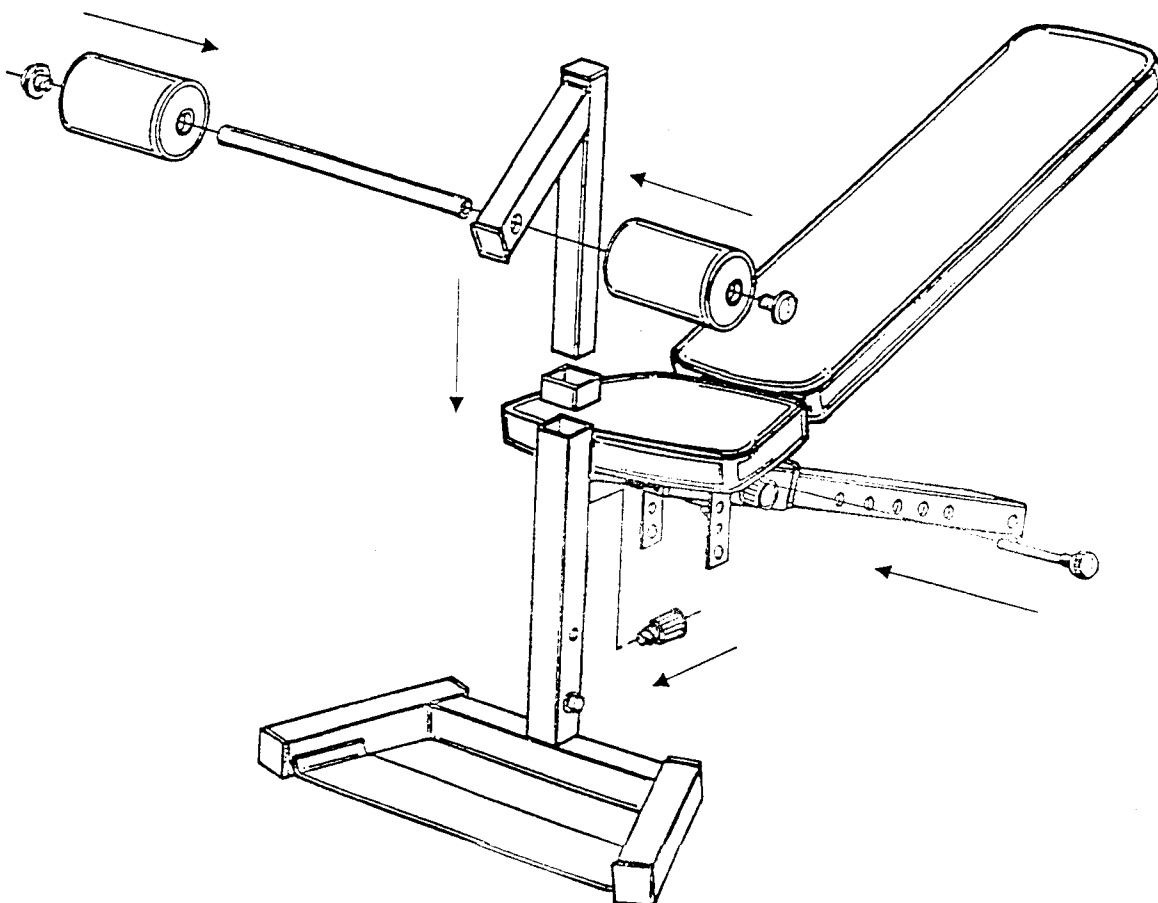


X8

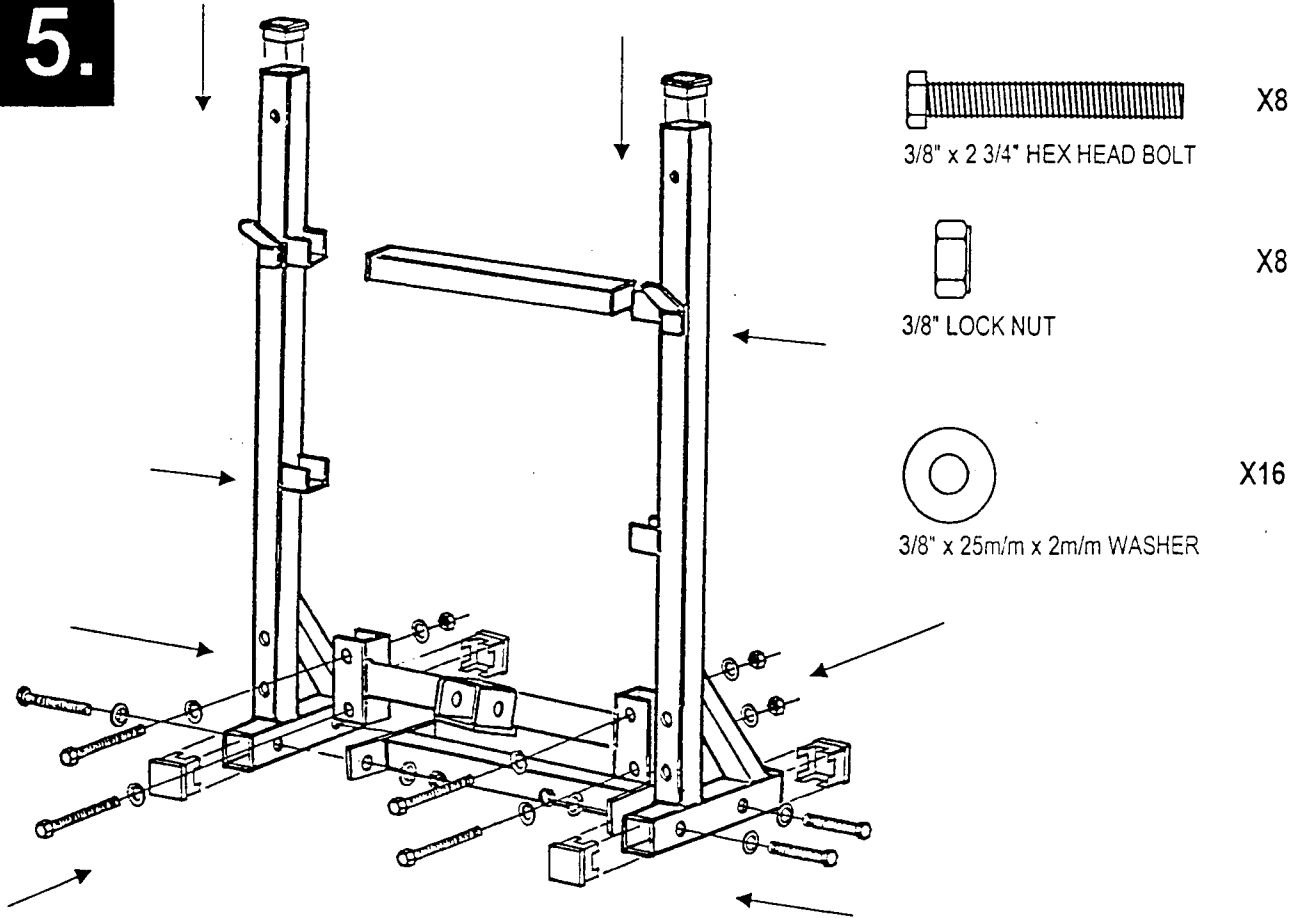
5/16" x 23m/m x 1.5m/m WASHER

● ALL THE BOLTS, WASHERS AND LOCKNUTS SHOWN ARE DRAWN 50% ACTUAL SIZE.

4.

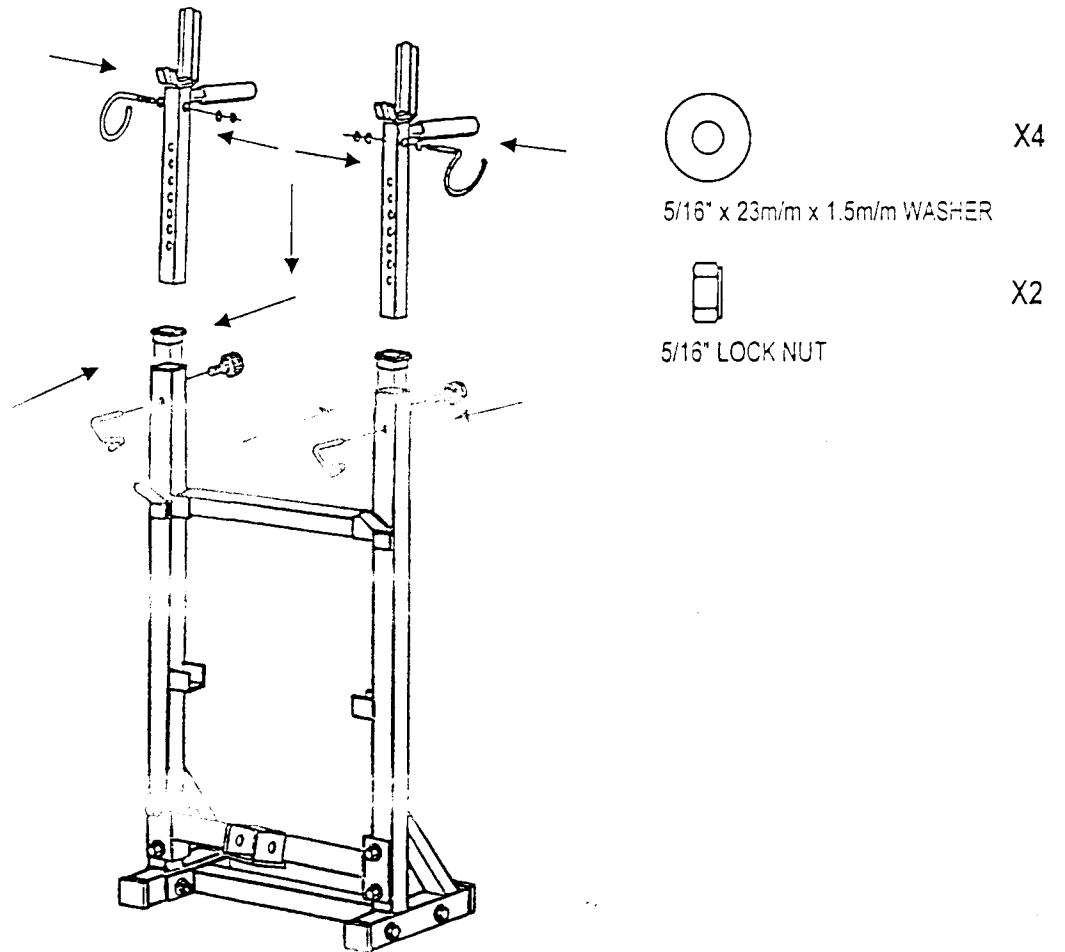


5.



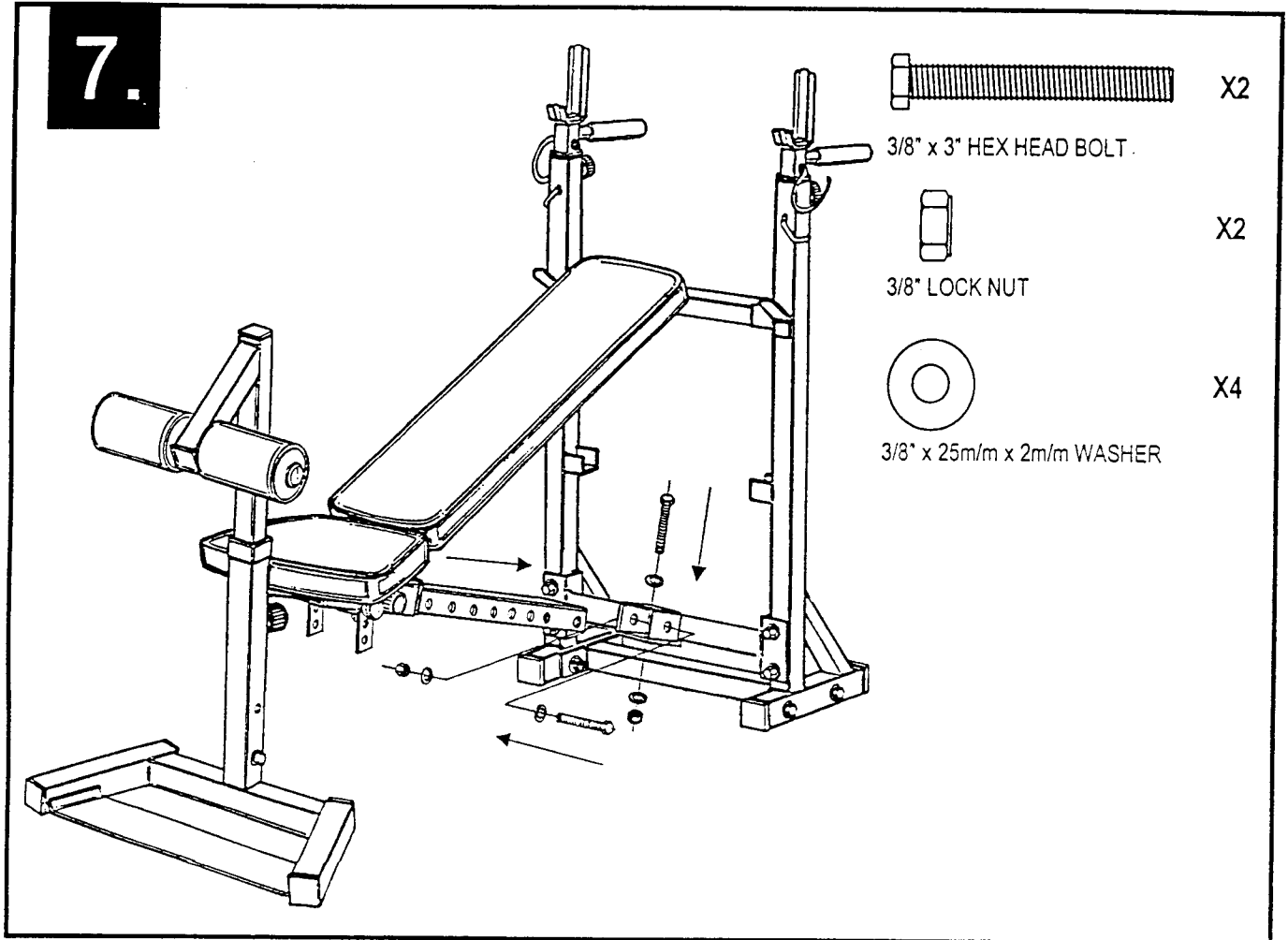
● ALL THE BOLTS, WASHERS AND LOCKNUTS SHOWN ARE DRAWN 50% ACTUAL SIZE.

6.



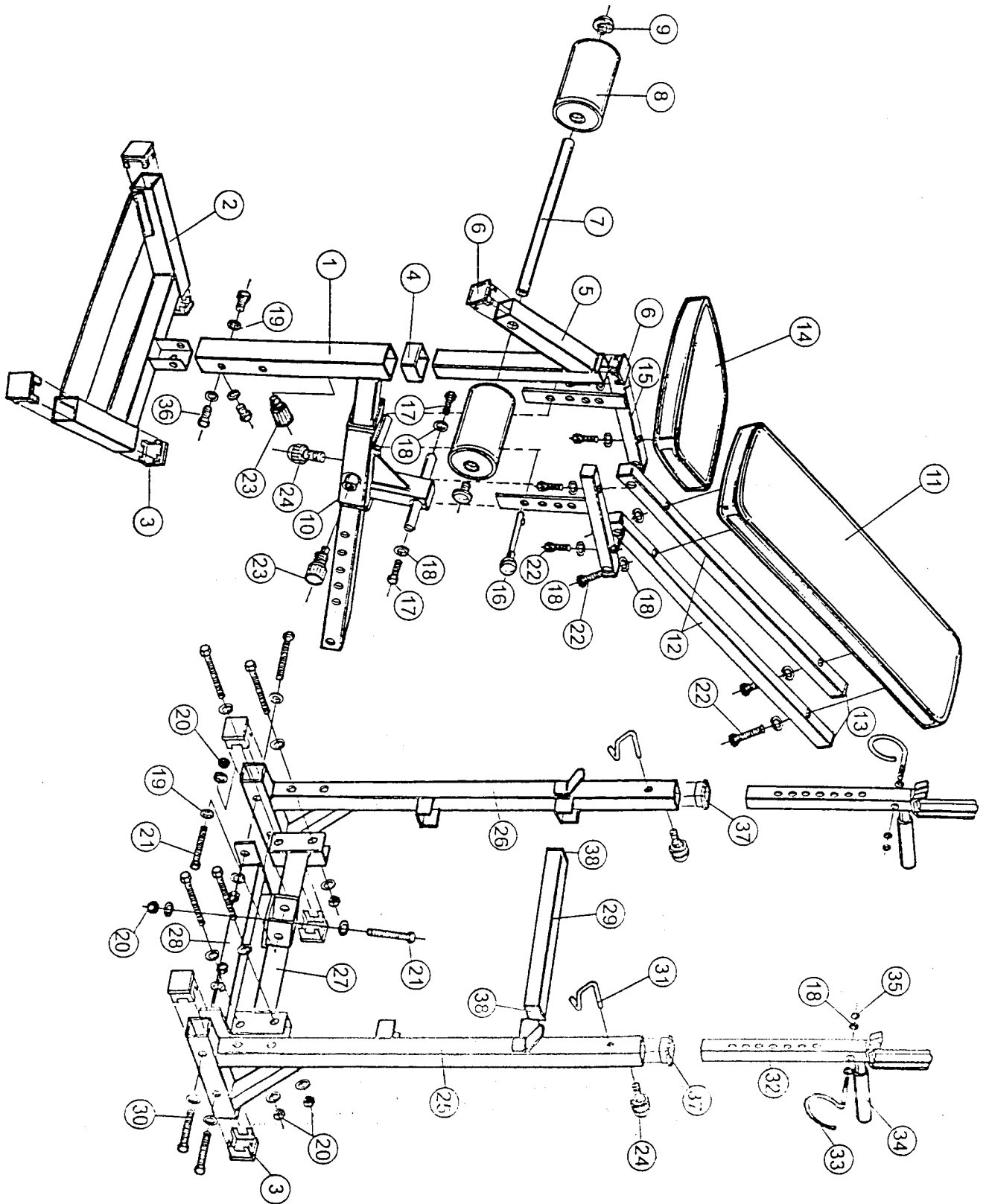
IMPORTANT

- THIS BENCH IS FITTED WITH NYLOCK NUTS FOR SAFETY.
(THEY CAN ONLY BE TIGHTENED OR LOOSENED WITH TOOLS)
- FASTEN BENCH TOGETHER WITH THE BOLTS LOOSE.
FULLY TIGHTEN ALL BOLTS **AFTER** THE WHOLE BENCH
HAS BEEN ASSEMBLED.



- ALL THE BOLTS, WASHERS AND LOCKNUTS SHOWN ARE DRAWN 50% ACTUAL SIZE.

DESCRIPTION



PARTS LIST

	PART NO.	Q'TY	DESCRIPTION
1	# 8113-01	1	MAIN FRAME
2	# 8113-02	1	FRONT BASE
3	# 8113-03	8	2" SQUARE INT. END CAP
4	# 8113-04	1	2" SQ. REDUCER CAP
5	# 8113-05	1	LEG BRACE
6	# 8113-06	2	1 3/4" SQUARE INT. END CAP
7	# 8113-07	1	LEG FOAM TUBE
8	# 8113-08	2	DIABLO NOMAPAD
9	# 8113-09	2	1" FOAM CAP
10	# 8113-10	1	ADJUSTABLE BRACKET
11	# 8113-11	1	BENCH UPHOLSTERY
12	# 8113-12	2	BACK REST SUPPORT
13	# 8113-13	8	1" SQUARE INT. END CAP
14	# 8113-14	1	SEAT UPHOLSTERY
15	# 8113-15	2	SEAT REST SUPPORT
16	# 8113-16	1	PIN
17	# 8113-17	2	5/16" x 3/4" HEX HEAD BOLT
18	# 8113-18	14	5/16" x 23m/m x 1.5m/m WASHER
19	# 8113-19	23	3/8" x 25m/m x 2m/m WASHER
20	# 8113-20	10	3/8" LOCK NUT
21	# 8113-21	2	3/8" x 3" HEX HEAD BOLT
22	# 8113-22	8	5/16" x 1 1/2" HEX HEAD BOLT
23	# 8113-23	2	QUICK RELEASED ADJ. KNOB
24	# 8113-24	3	ADJ. BRACKET FIXING KNOB
25	# 8113-25	1	RIGHT UPRIGHT
26	# 8113-26	1	LEFT UPRIGHT
27	# 8113-27	1	UPPER CROSS BAR
28	# 8113-28	1	BOTTOM CROSS BAR
29	# 8113-29	1	BACK REST ADJ. BAR
30	# 8113-30	8	3/8" x 2 3/4" HEX HEAD BOLT
31	# 8113-31	2	LOCK PIN
32	# 8113-32	2	SQUAT ADJ. BAR RACK
33	# 8113-33	2	BARBELL HOOK
34	# 8113-34	2	HANDLE GRIP
35	# 8113-35	2	5/16" LOCK NUT
36	# 8113-36	3	3/8" x 5/8" HEX HEAD BOLT
37	# 8113-37	2	2" INSERT CAP.
38	# 8113-38	2	1 1/2" SQUARE INT. END CAP.