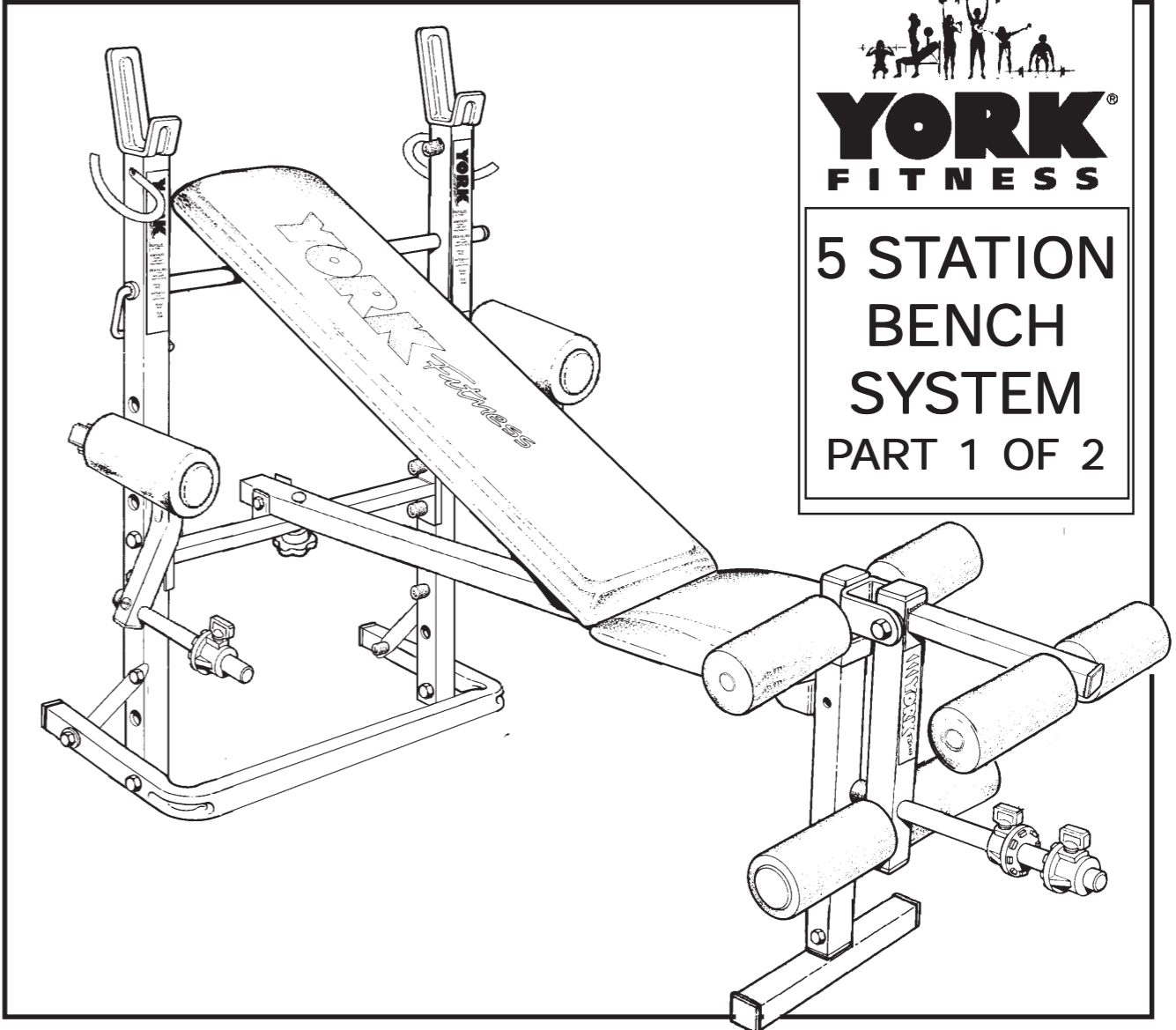
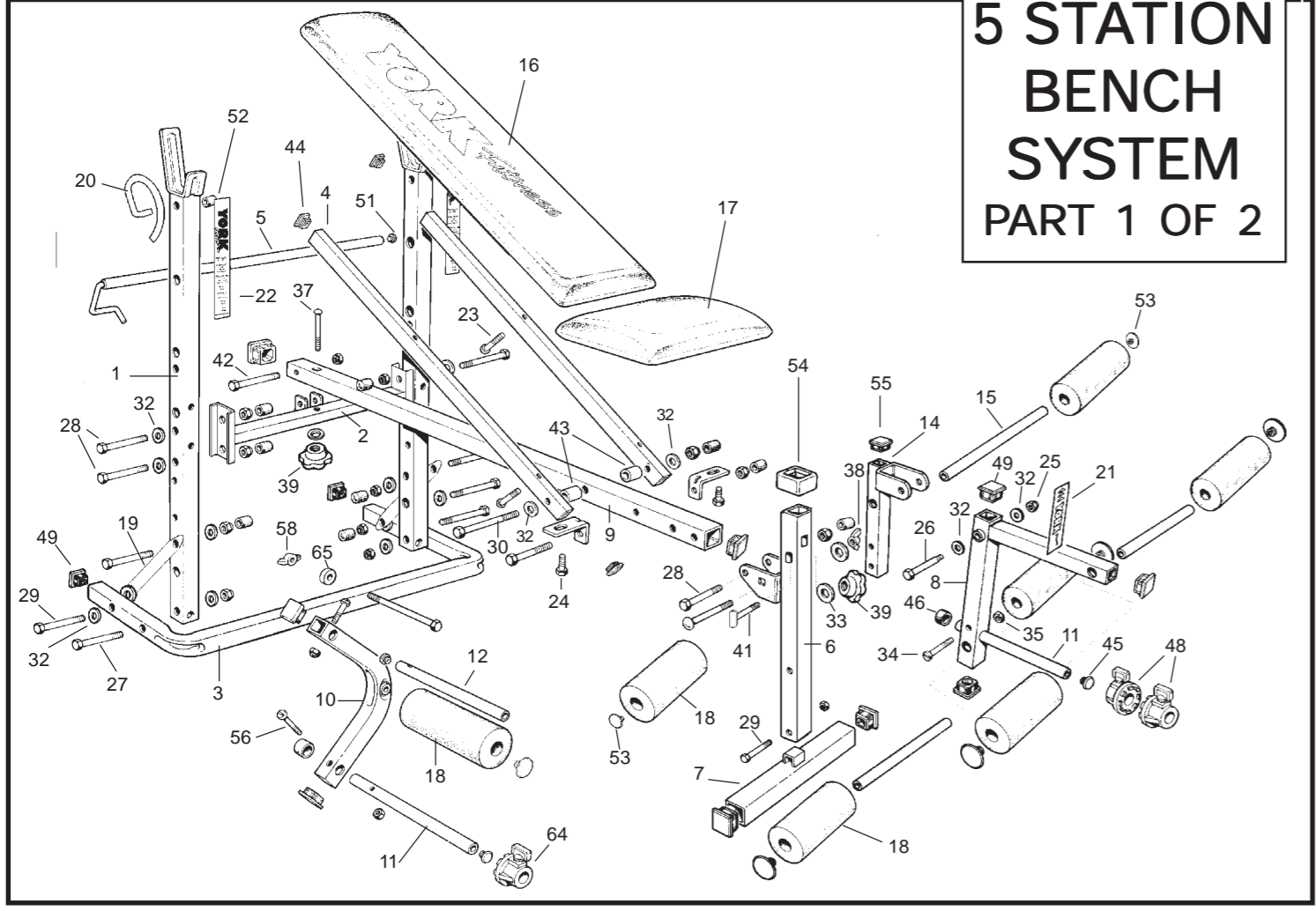




5 STATION BENCH SYSTEM PART 1 OF 2



5 STATION BENCH SYSTEM PART 1 OF 2



PARTS LIST

ITEM No.	PART No.	DESCRIPTION	QTY.
1	21E53171	NEW STANDARD UPRIGHT	2
2	21E53182	CROSSBAR 214/234/6605	1
3	21E5357	U - BEND 214/234/6605	1
4	21E5312	BACKREST SUPPORT (1" x 1/2")	2
5	21E6607	BACKREST ADJ. BAR (15 .88mm DIA)	1
6	21E53133	314/234/212 COMMON FRONT LEG	1
7	21E5325	FRONT FOOT 212/232/312 1.5 SQ	1
8	21E5320	LEG UNIT-VERTICAL+ HORIZONTAL	1
9	21E53103	SPINE 6605/234	1
10	21E11071	BUTTERFLY ARM (NEW LENGTH)	2
11	21E5321	WEIGHT HOLDER TUBE	3
12	21E5329	BUTTERFLY FOAM TUBE (0.216m)	2
13	21E5349	LEG FOAM TUBE (1 x 0.318)	2
14	21E53261	ADJ. LEG UNIT PIVOT - NEW	1
15	21E5350	LEG FOAMTUBE (7/8 x 0.311)	1
16	30E17	BENCH UPH. LARGE (FITNESS LOGO)	1
17	30E16	BENCH UPHOLSTERY - SMALL	1
18	27A422	DIABLO NOMAPAD	8
19	21E5308	STRAPS	2
20	33E33	BARBELL HOOKS	2
21	01D145	YORK FITNESS DECAL RED/YELLOW	1
22	01D144	WEIGHT DECAL 234 RED/YELLOW	2

BAG 9418			
ITEM No.	PART No.	DESCRIPTION	QTY.
23	33A13	1/4" x 1 1/2" RHSMS	4
24	33A10	1/4" x 3/4" HH BOLT	2
25	33A33	5/16" NYLOC NUT	1
26	33A46	3/8" x 2" STRIPPER BOLT	1
27	33A47	3/8" x 3 1/2" HH BOLT	2
28	33A56	3/8" x 2 1/2" HH BOLT	8
29	33A48	3/8" x 2" HH BOLT	3
30	33A59	3/8" x 4 1/2" HH BOLT	1
31	33A53	3/8" NYLOC	15
32	33B63	3/8" SAE WASHER	16
33	41D34	1/2" M12 HEAVY WASHER	5
34	33A14	1/4" x 1 3/4" RHSMS	1
35	33A01	1/4" HEX NUT	1
36	33A466	3/8" x 2 1/4" CARRIAGE BOLT	1
37	41D72	3/8" x 4" CARRIAGE BOLT	1
38	33A54	3/8" WING NUT	1
39	33D13	TRI KNOB 3/8 - FEMALE	2
40	33D20	90 DEG. SEAT BRACKET - GALV.	2
41	41D68	3/8" 2" OVAL BOLT SPECIAL	1
42	41D75	3/8" x 2 1/4" HH BOLT	1

BAG 9417			
ITEM No.	PART No.	DESCRIPTION	QTY.
43	41D32	SPACER 15mm BLACK	2
44	41D33	1" x 1/2" INT. CAP - BLACK.	4
45	41B011	1" ROUND INT. CAP - RED	1
46	41B02	1" ROUND EXTERNAL CAP - BLACK	1
47	41B211	FOAM CAP 1" - RED	4
48	41C09	RED VINYL LOCKING D/B COLLARS	2
49	41B03	1 1/2" SQUARE INT CAP - BLACK	9
50	41B402	3/8" THREAD CAP	9
51	41D04	5/8" ROUND INT. BLACK	1
52	41D16	END TIP 7.25 mm BLACK	2
53	41B0271	7/8" RND. INT CAP - RED	2
54	41B145	1 1/2" SQ REDUCER x 1 1/4" HOLE	1
55	41B07	1 1/4" SQ INT CAP - BLK	1

BAG 900 BUTTERFLY ATTACHMENT			
ITEM No.	PART No.	DESCRIPTION	QTY.
56	33A14	1/4" x 1 3/4" RHSMS	4
57	33A01	1/4" HEX NUT	4
58	33A54	3/8" WING NUT	2
59	33A59	3/8" x 4 1/2" HEX BOLT	2
60	41B011	1" RD. INT. CAP - RED	4
61	41B02	1" RD. EXT. CAP - BLACK	2
62	41B031	1 1/2" SQUARE INT CAP - BLACK	4
63	41B211	1" FOAM CAPS - RED	2
64	41C09	VINYL D/B COLLARS - RED	2
65	41B239	SPACER 3/8" x 1" O.D. x 1/2" I.D	2

NOTE

Maximum weight limits
 Bench - Flat - 200 Kgs INCLUDES BODYWEIGHT
 - Inclined - 200 Kgs INCLUDES BODYWEIGHT
 Leg Extension - 35 Kgs
 Butterfly - 15 Kgs EACH SIDE
 Lat - 40 Kgs
 Curl - 30kgs

CARE AND MAINTENANCE

Use a warm, damp cloth to keep upholstery clean. Always make sure that Item 5 (Backrest adj. bar) is in all the way and the locking device is engaged. When the bench is used in the flat position Item 5 should be removed and inserted in the lowest holes in Item 1. (Uprights)

BEFORE ASSEMBLY

Read instructions carefully. If the instructions are followed, you should have no problems with assembly. Always assemble your bench on a flat surface.

WARNINGS

Consult your doctor before participating in this or any exercise program. Never lift weights alone. There should always be someone readily available to help in case of difficulty. Ensure that all nuts and bolts are fully tight before using any exercise equipment. Always wear suitable clothing and footwear e.g. track suit and training shoes. Children should not be allowed on or around the machinery or equipment, even when not in use. Do not eat large meals before exercising. Always warm up well before exercising as this will prevent muscle strain. Remove jewellery, rings, chains and pins before exercising. Always use your bench on a flat, level surface. Always use your bench in an adequate space e.g. at least 2ft. (60cm) clearance on each side. Give special attention to checking the parts used for adjusting and folding the bench as they may wear. Injuries to health may result from incorrect or excessive training. Check that any of the adjustment devices are not projecting.

NOTE

Assemble frame with bolts and nuts finger tight first. This equipment has been supplied with some NYLOC (LOCK) Nuts. It is essential that the nuts are tightened onto the bolts so that the bolt penetrates through the nylon insert in the nut and the nut locks up against the tubing.

TOOLS REQUIRED

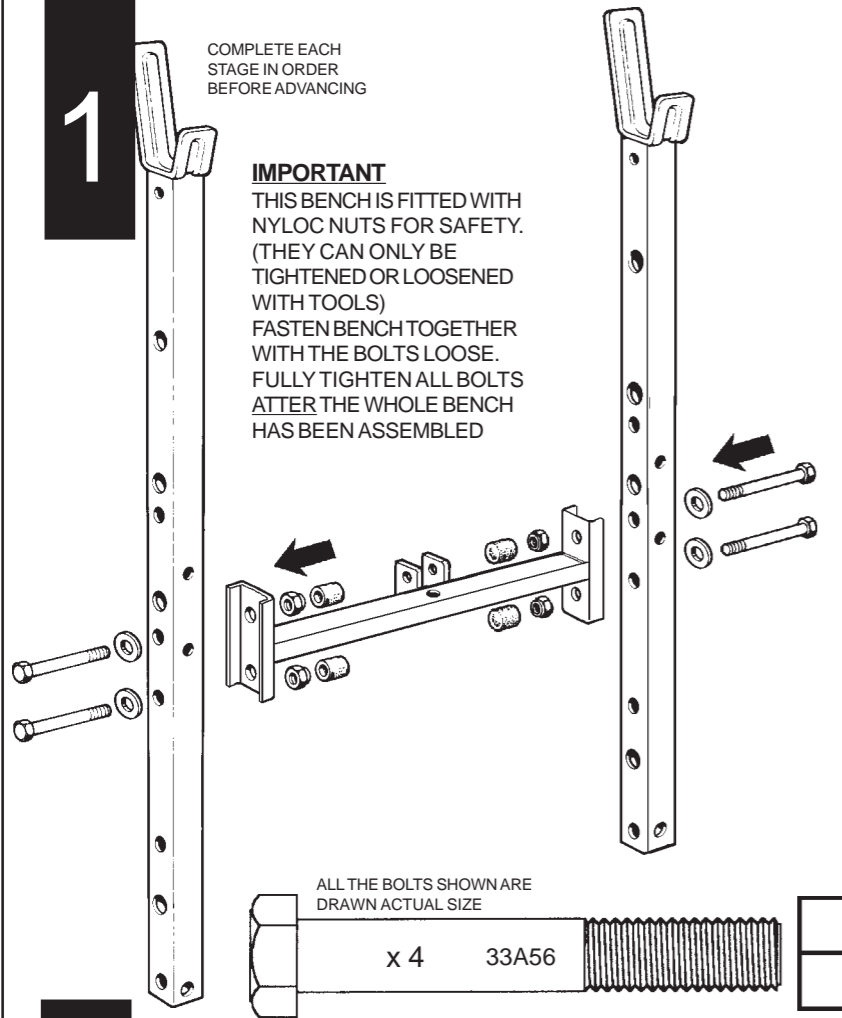
- Slotted Screwdriver
- 1 x 1/2" Spanner
- 1 x 7/16" Spanner
- 2 x 9/16" Spanner
- 1 x 5/8" Spanner or 2 Adjustable Spanners.

Before every training session, the equipment should be inspected for loose, worn or missing parts. To prevent possible injury, replace doubtful parts before resuming usage of the equipment.

1

COMPLETE EACH STAGE IN ORDER BEFORE ADVANCING

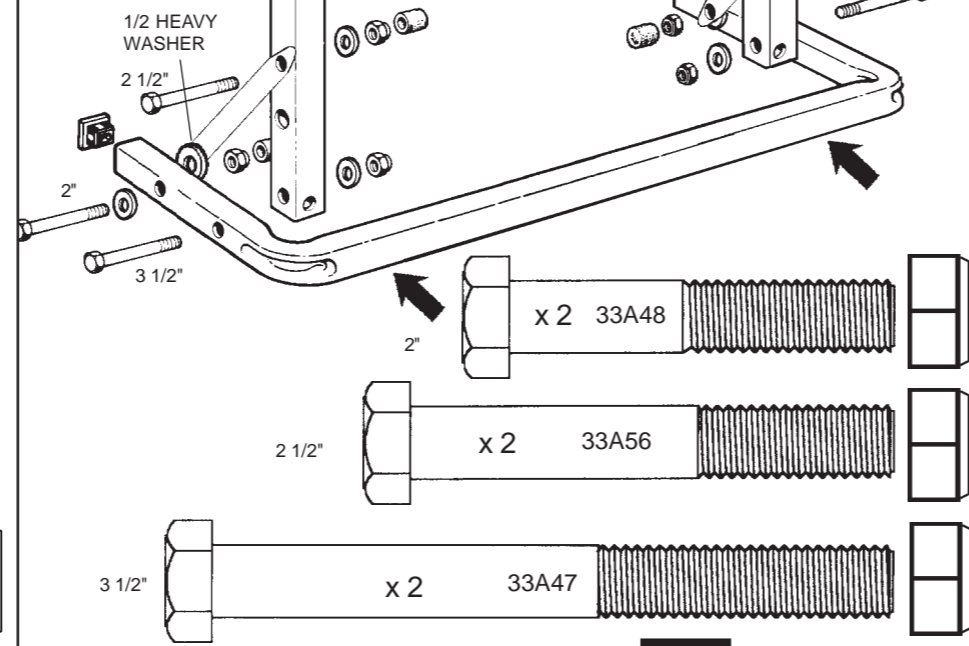
IMPORTANT
THIS BENCH IS FITTED WITH NYLOC NUTS FOR SAFETY. (THEY CAN ONLY BE TIGHTENED OR LOOSENED WITH TOOLS)
FASTEN BENCH TOGETHER WITH THE BOLTS LOOSE. FULLY TIGHTEN ALL BOLTS AFTER THE WHOLE BENCH HAS BEEN ASSEMBLED



2

IMPORTANT INSTRUCTION
DO NOT FIT SQUARE INTERNAL CAPS ON THE BOTTOM OF THESE TWO UPRIGHTS.

IMPORTANT
N.B. MAKE SURE THIS BOLT IS IN THE THIRD HOLE FROM THE BOTTOM.



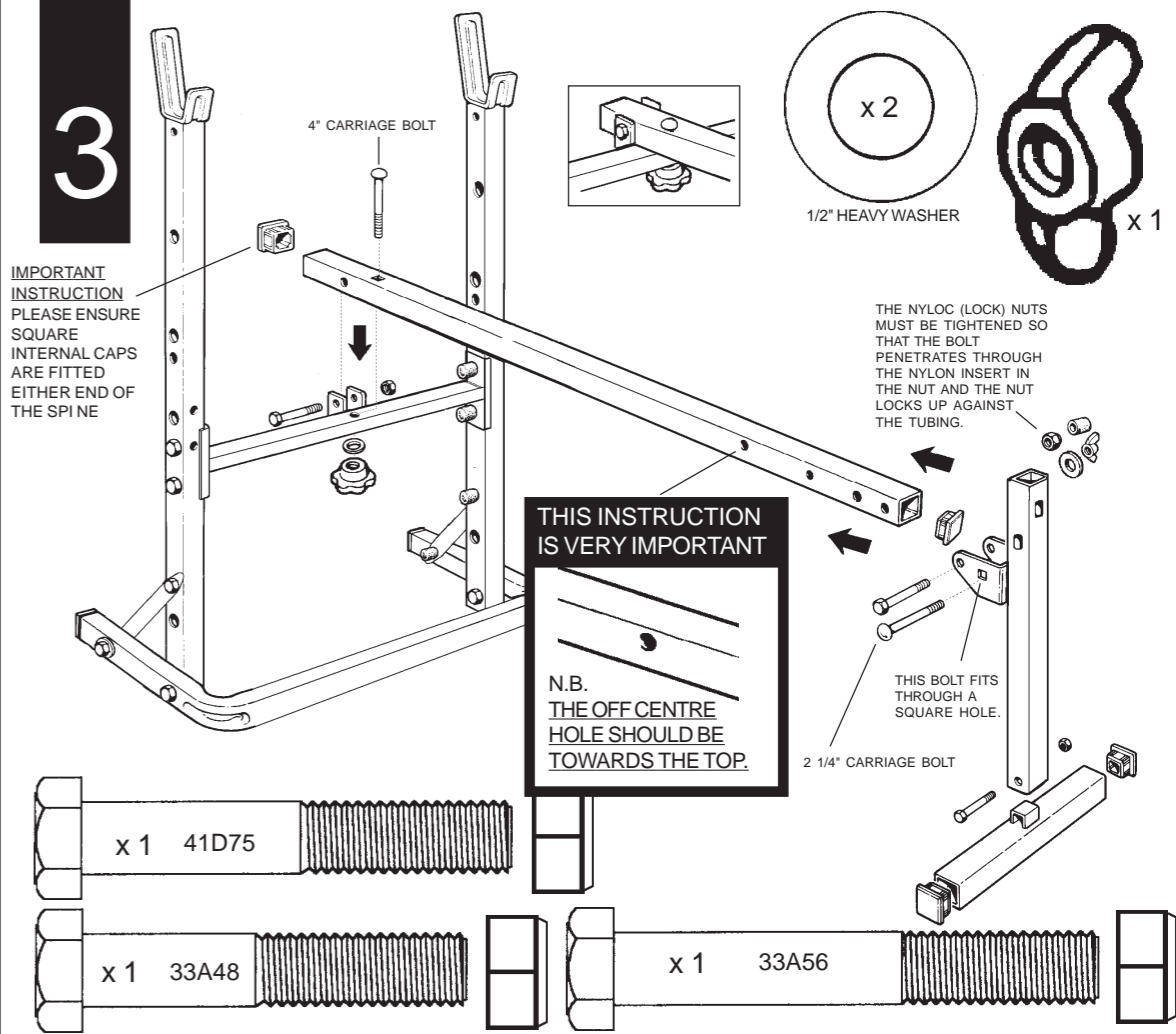
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IMPORTANT INSTRUCTION
PLEASE ENSURE SQUARE INTERNAL CAPS ARE FITTED EITHER END OF THE SPINE

THIS INSTRUCTION IS VERY IMPORTANT
N.B. THE OFF CENTRE HOLE SHOULD BE TOWARDS THE TOP.

THE NYLOC (LOCK) NUTS MUST BE TIGHTENED SO THAT THE BOLT PENETRATES THROUGH THE NYLON INSERT IN THE NUT AND THE NUT LOCKS UP AGAINST THE TUBING.

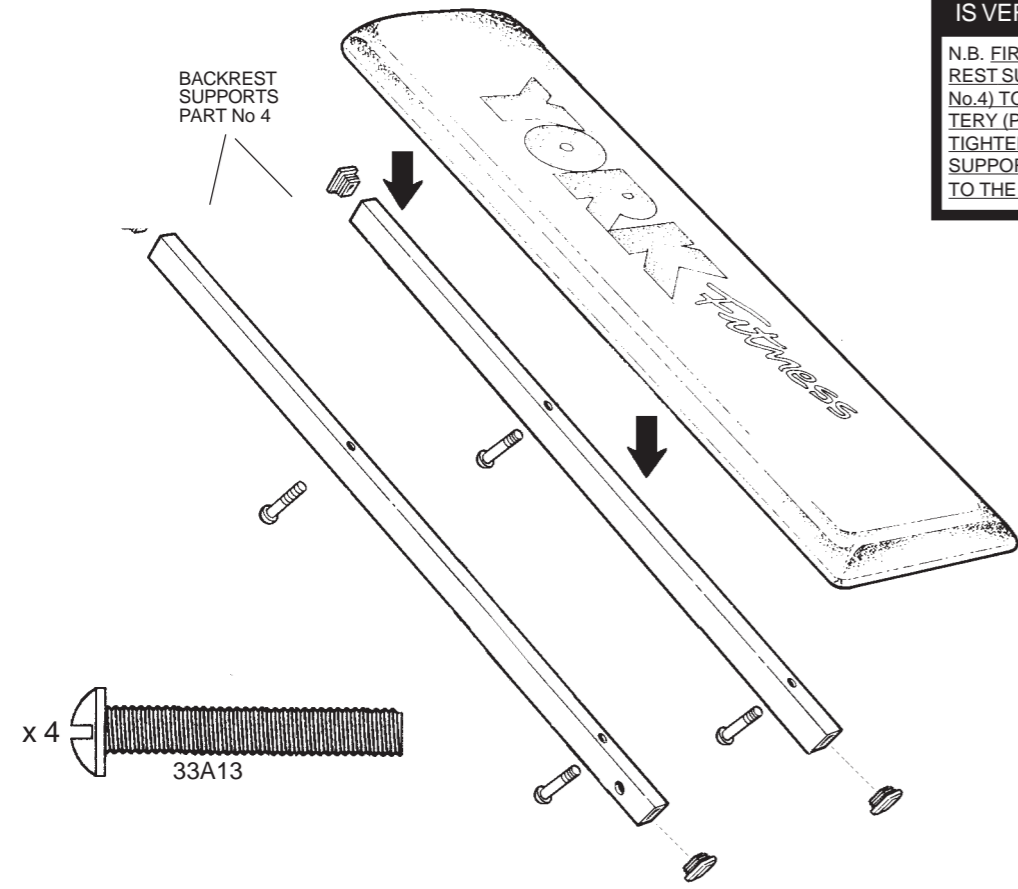
THIS BOLT FITS THROUGH A SQUARE HOLE.



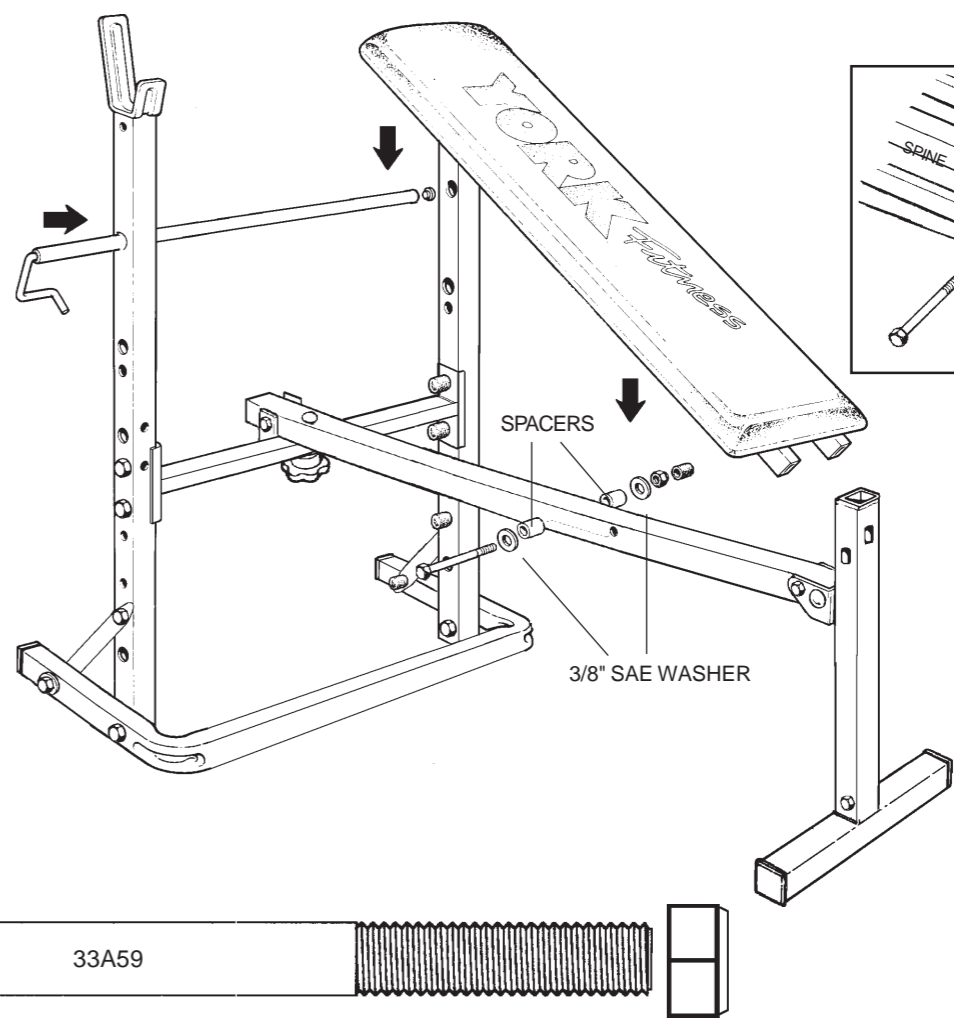
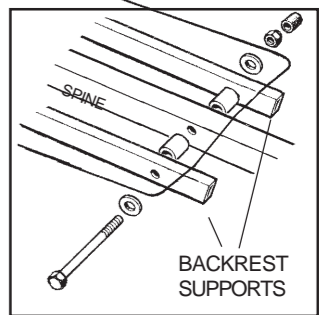
4

THIS INSTRUCTION IS VERY IMPORTANT
N.B. FIRST FASTEN BACKREST SUPPORTS (PART No.4) TO THE UPHOLSTERY (PART No.16). DO NOT TIGHTEN UNTIL THE SUPPORTS ARE FASTENED TO THE BENCH.

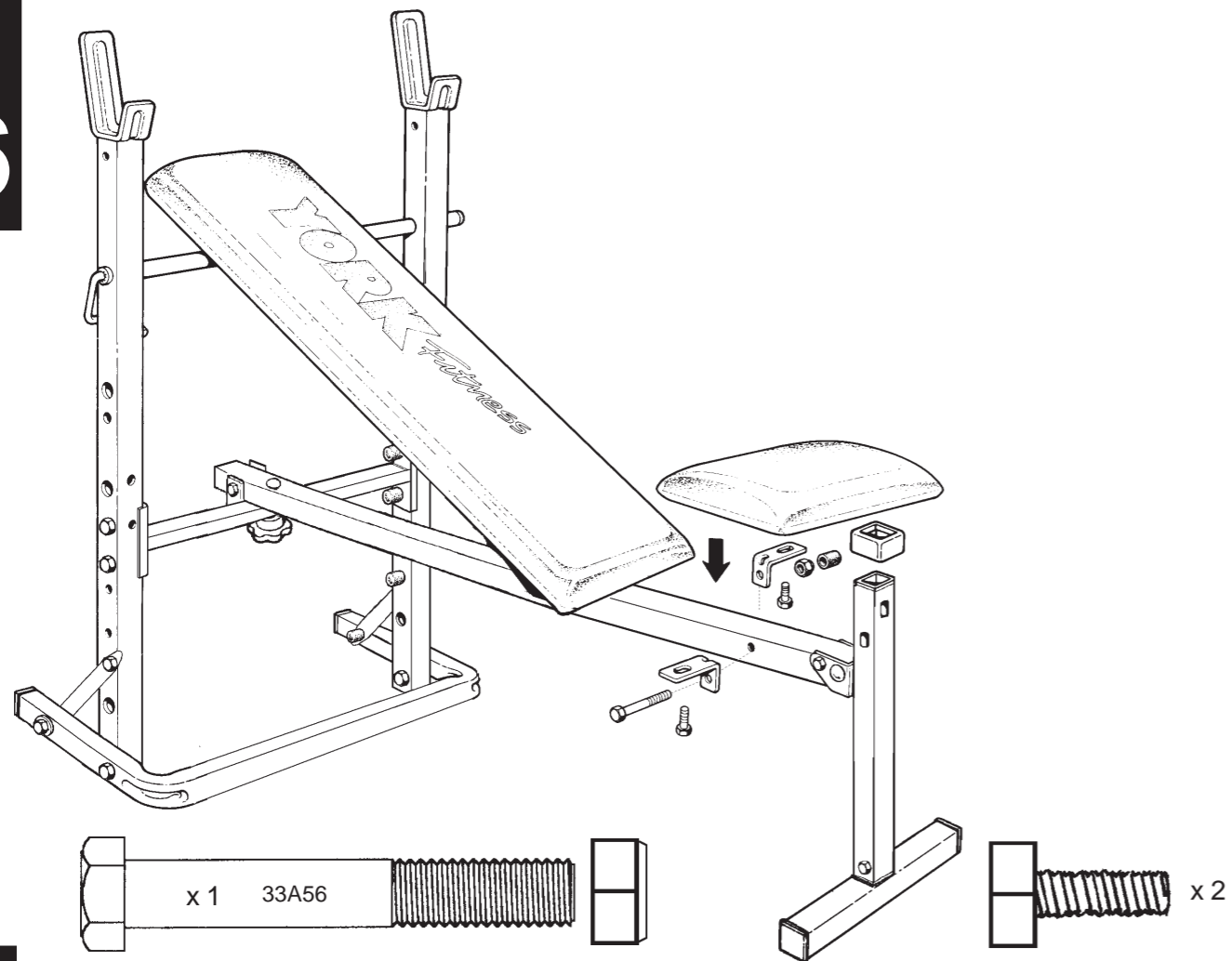
BACKREST SUPPORTS PART No 4



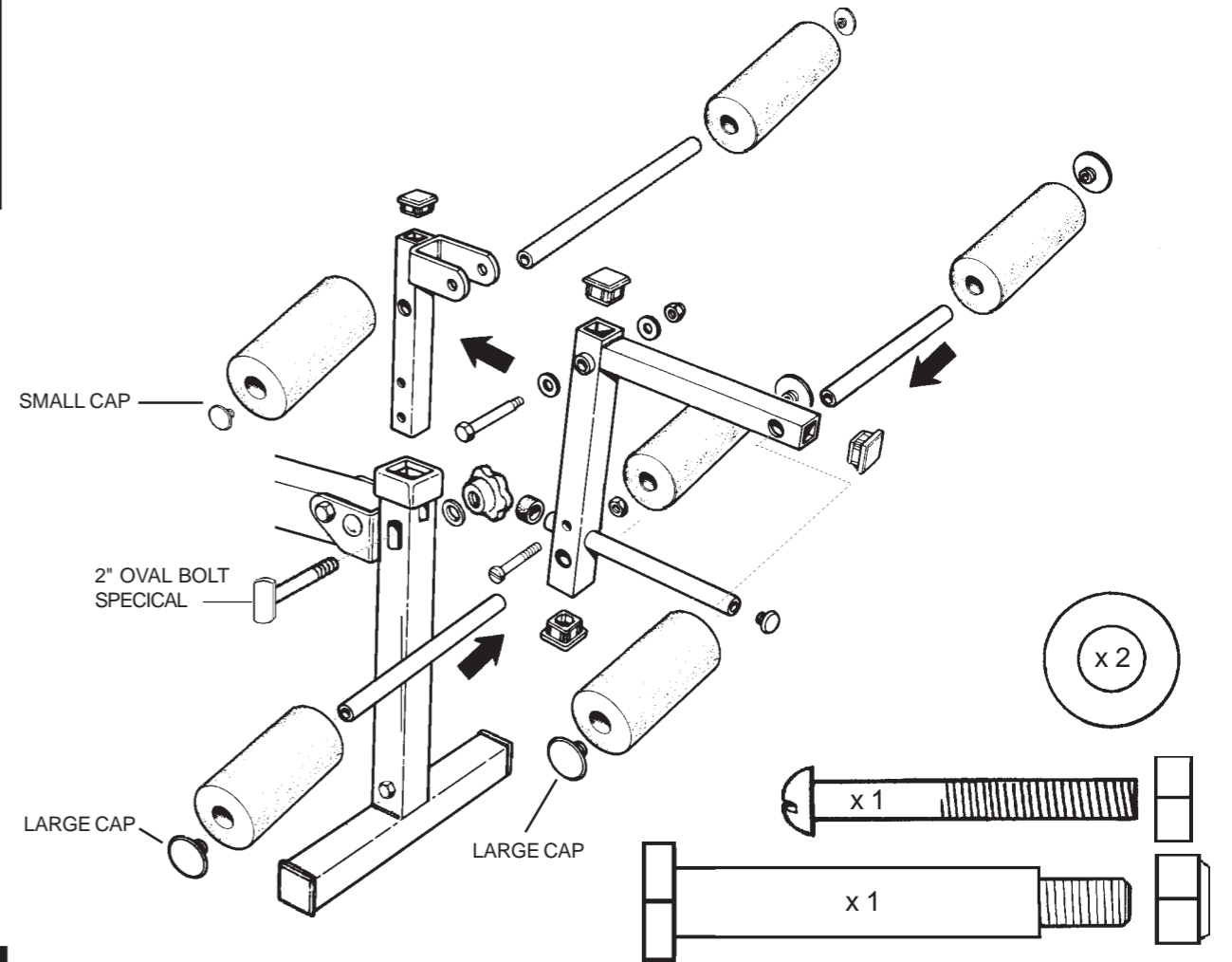
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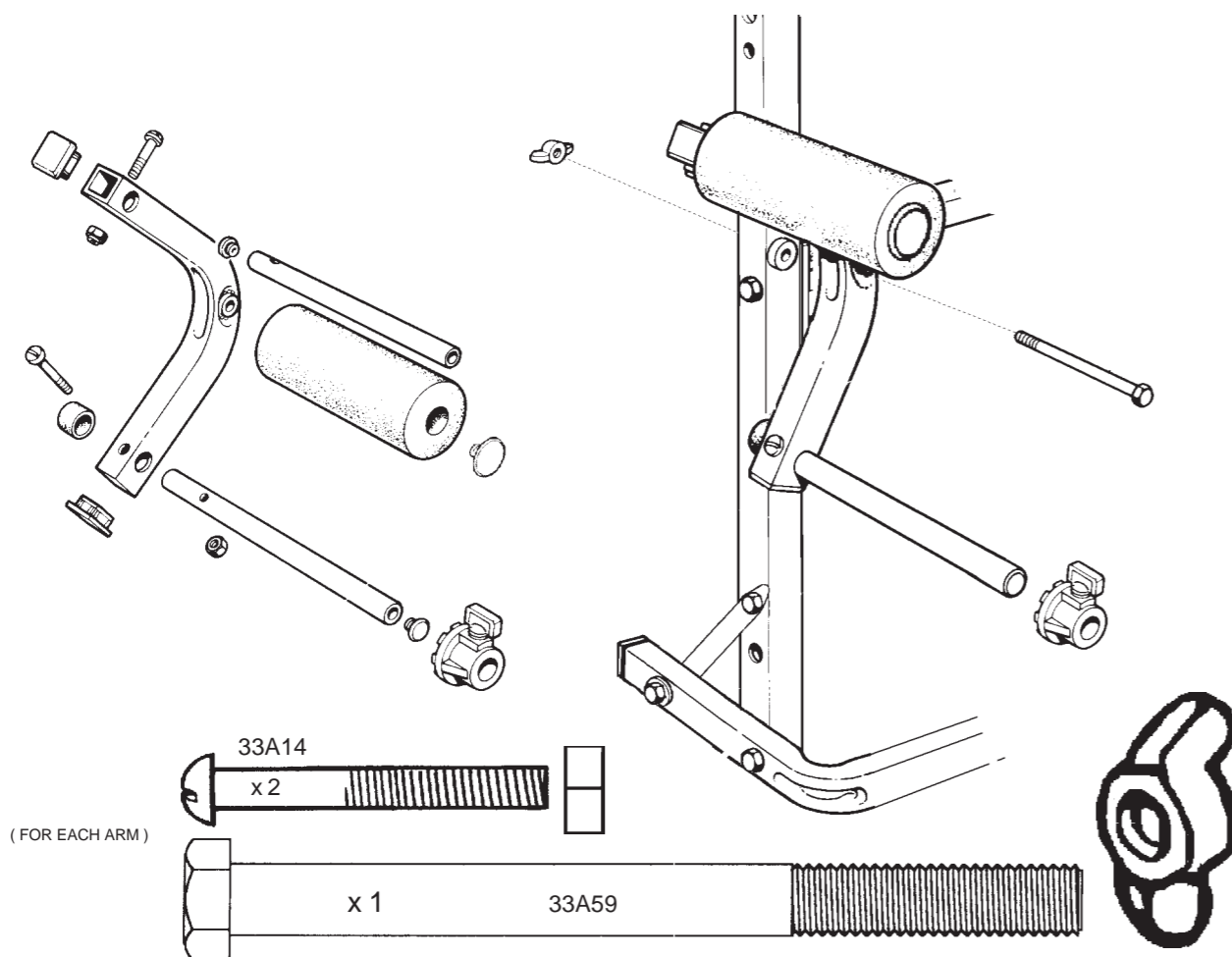
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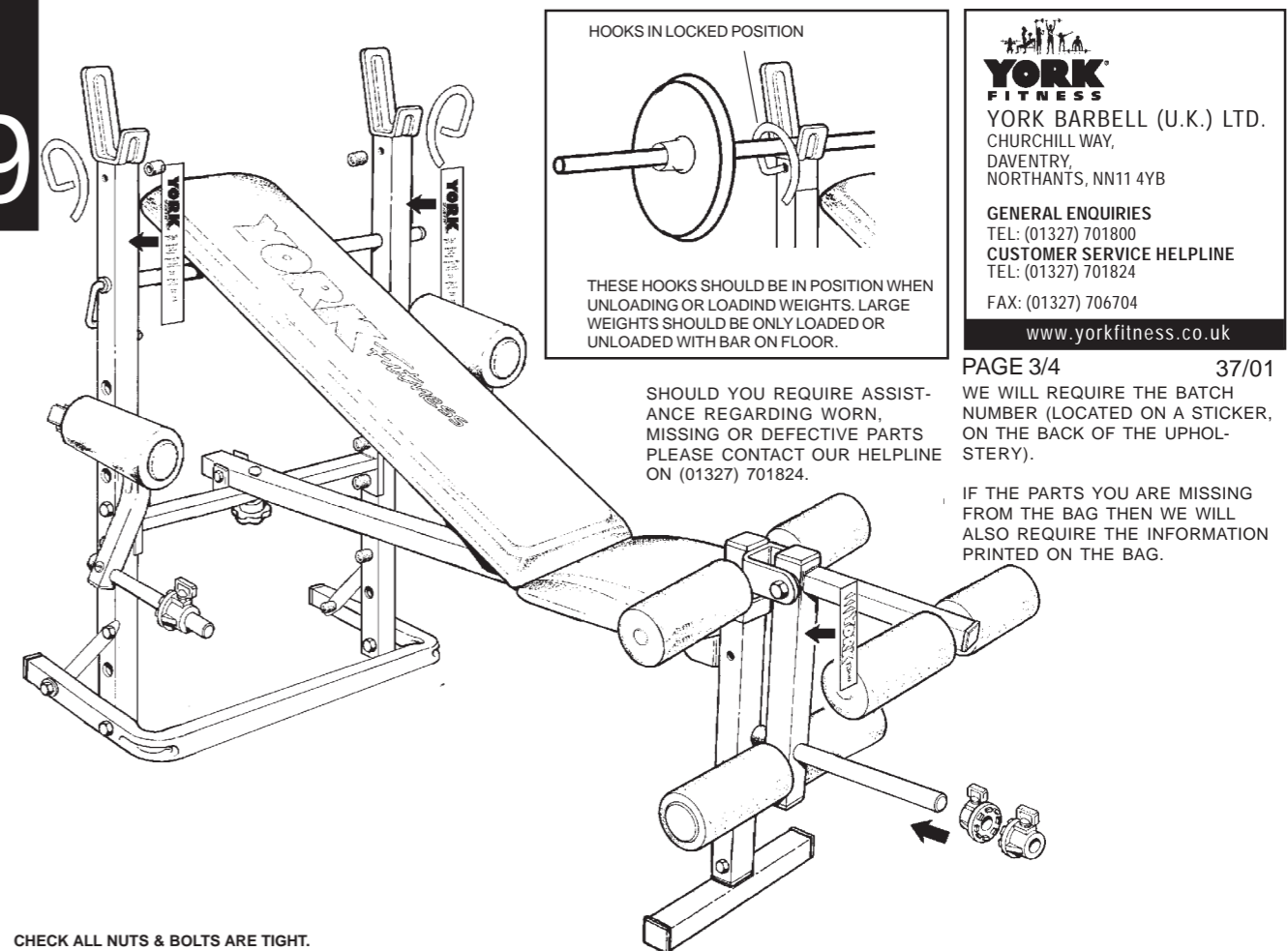
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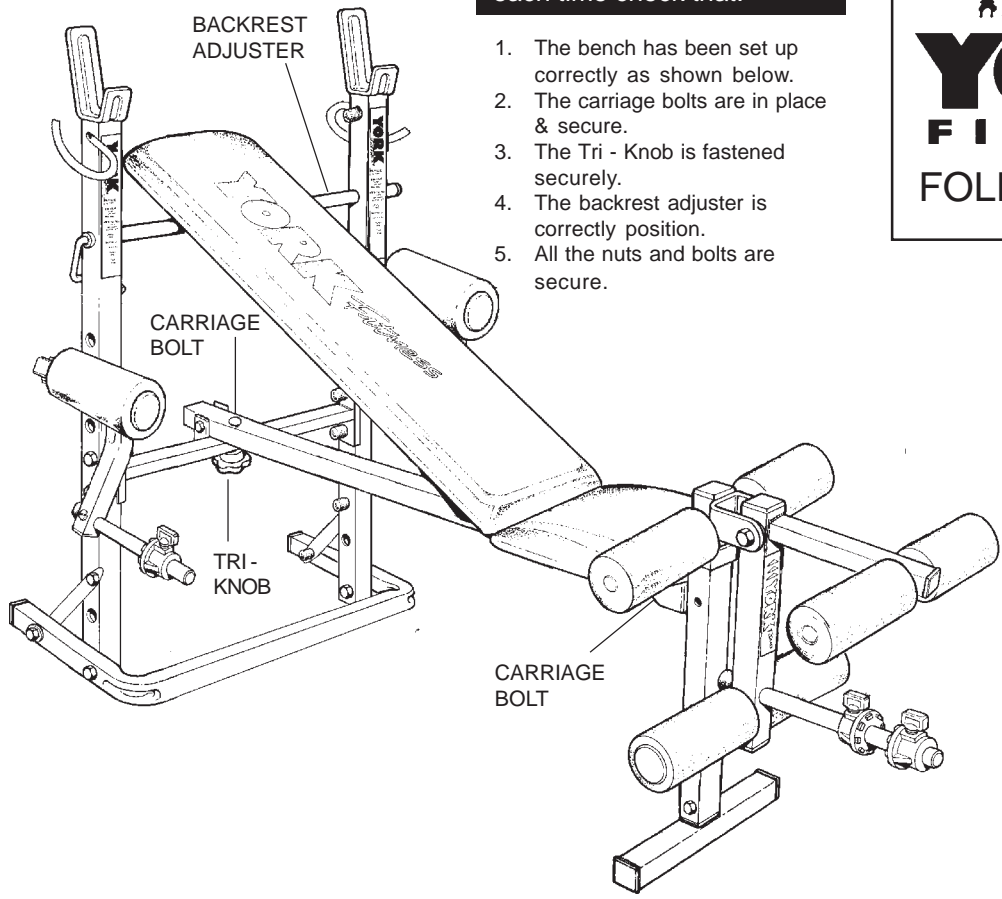
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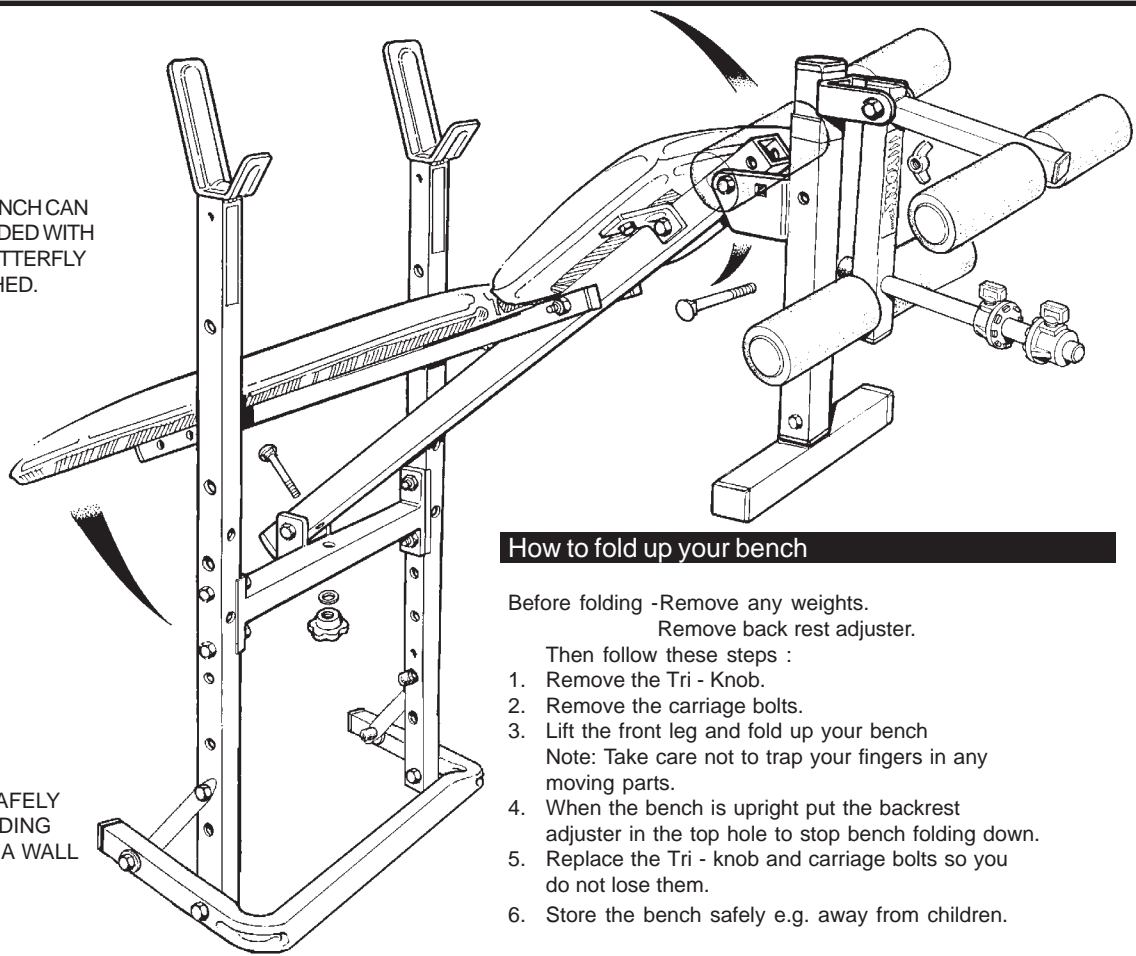


Before using your bench each time check that:-

1. The bench has been set up correctly as shown below.
2. The carriage bolts are in place & secure.
3. The Tri - Knob is fastened securely.
4. The backrest adjuster is correctly position.
5. All the nuts and bolts are secure.



THE BENCH CAN BE FOLDED WITH THE BUTTERFLY ATTACHED.



How to fold up your bench

Before folding - Remove any weights.
Remove back rest adjuster.

Then follow these steps :

1. Remove the Tri - Knob.
2. Remove the carriage bolts.
3. Lift the front leg and fold up your bench
Note: Take care not to trap your fingers in any moving parts.
4. When the bench is upright put the backrest adjuster in the top hole to stop bench folding down.
5. Replace the Tri - knob and carriage bolts so you do not lose them.
6. Store the bench safely e.g. away from children.

STORE SAFELY
e.g. STANDING
NEXT TO A WALL