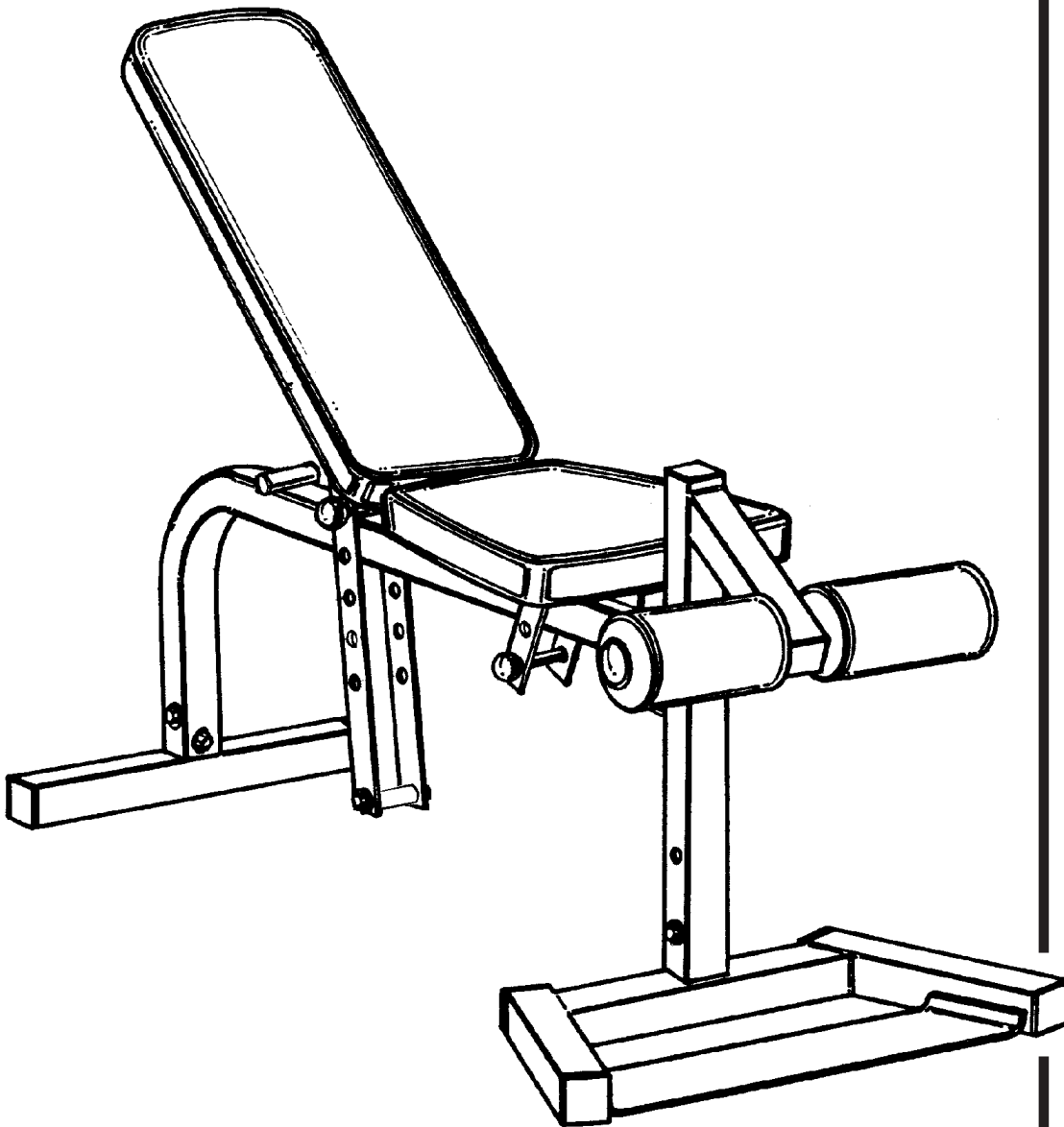


**FLAT / INCLINE BENCH**  
**CODE No.8110**



**Sportline**  
**FITNESSES**

**INSTRUCTION MANUAL**

12 / 2002



## **SAFETY GUIDELINES:**

### **BEFORE ASSEMBLY**

- This must be read before you start assembling this unit.
- Great care has been taken in design and how to assemble this unit.
- All bags of nuts and bolts have been packed with ease of assembly in mind.
- You must follow the assembly instructions exactly as outlined.
- You will need at least one person to help you assemble this unit, two would be better.
- Assemble this unit starting at the beginning and work to the end.
- The assembly instructions are set out so that you are only doing one section at a time, therefore you will finish one section and move on to the next.
- If something is missing when assembling this unit, you must notify us of the part number of the exact nut, bolt of part that is missing.
- To help you assemble this unit we have used line drawings.
- Check the line drawings for the exact positioning of the parts.
- The unit will need to be checked at least once a week for nuts and bolts that can work loose, upholstered pieces working loose and wear on pivot assemblies.

**WARNING: YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY!!**

### **WARNING**

1. Always consult your doctor before undertaking any exercise program.
  2. Ensure that all nuts and bolts are fully tight before using any exercise equipment.
  3. Always wear suitable clothing and footwear e.g. tracksuit and training shoes.
  4. Children should not be allowed on or around the machinery or equipment, even when not in use.
  5. Do not eat large meals 2 to 3 hours before exercising.
  6. Always warm up well before exercising as this will prevent straining muscle.
  7. Always read and follow the manufacturers assembly and user instructions.
  8. Remove jewelry, rings, chains and pins before exercising.
  9. Check for full engagement of locking pins.
  10. Check that any of the adjustment devices are not projecting.
  11. Give special attention to the cables, pulleys and locking devices as they may wear.
  12. Inquiries to health may result from incorrect or excessive training.
  13. Always use your bench on a flat level surface.
  14. Always use your bench in adequate space e.g. at least 2ft. (60cm) clearance on each side and front (the rear can be close to a wall ).
- N.B. this list should not be taken as exhaustive.

### **CARE AND MAINTENANCE**

Use a warm, damp cloth with mild detergent to keep your bench clean.

### **TOOLS REQUIRED**

The tool enclosed in the carton is three multi-purpose spanners.

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.

**sportline**  
FITNESS

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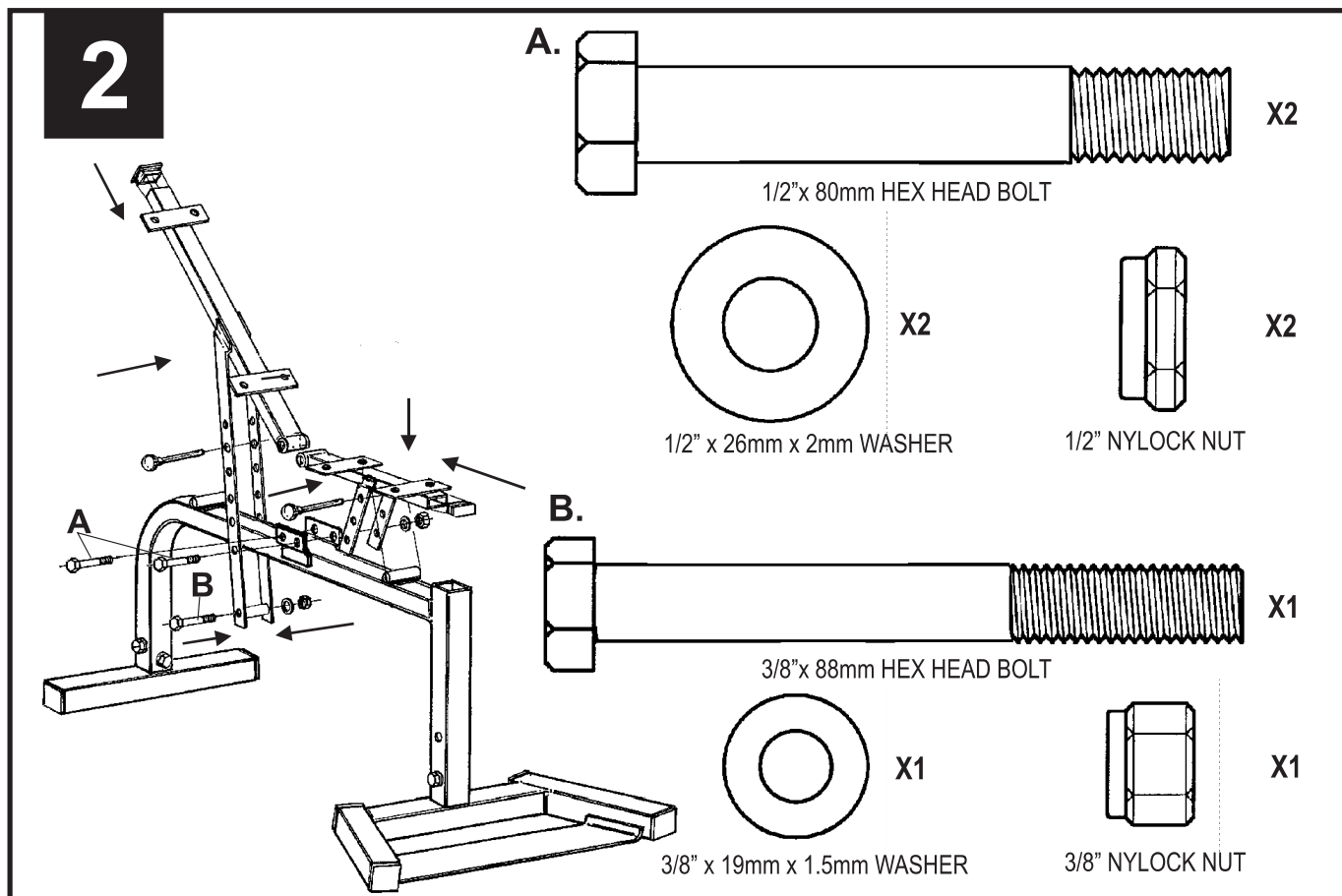
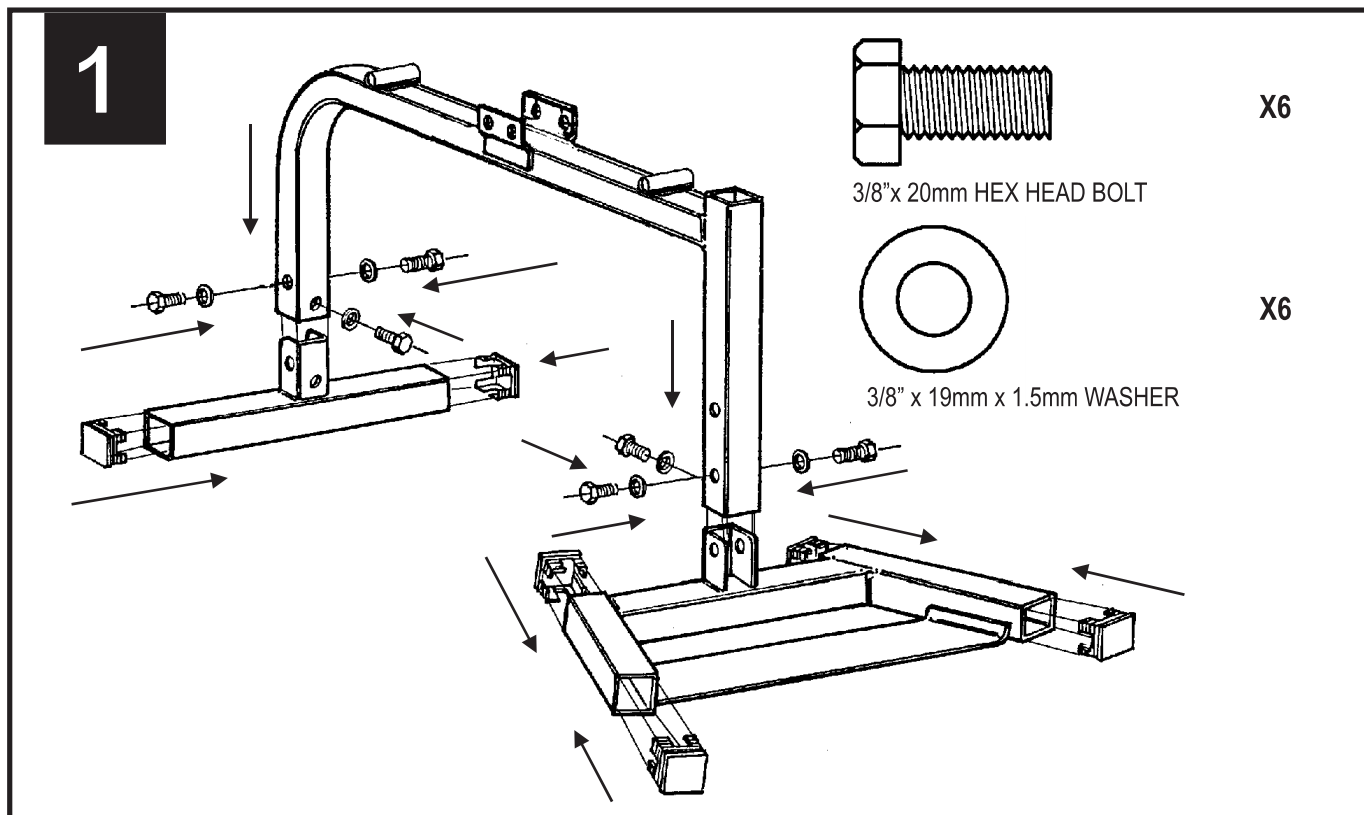
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# ASSEMBLY INSTRUCTIONS

## IMPORTANT -

**This bench should be assembled finger tight in the beginning to allow for proper alignment.**

- 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 RACK HAS BEEN ASSEMBLED.

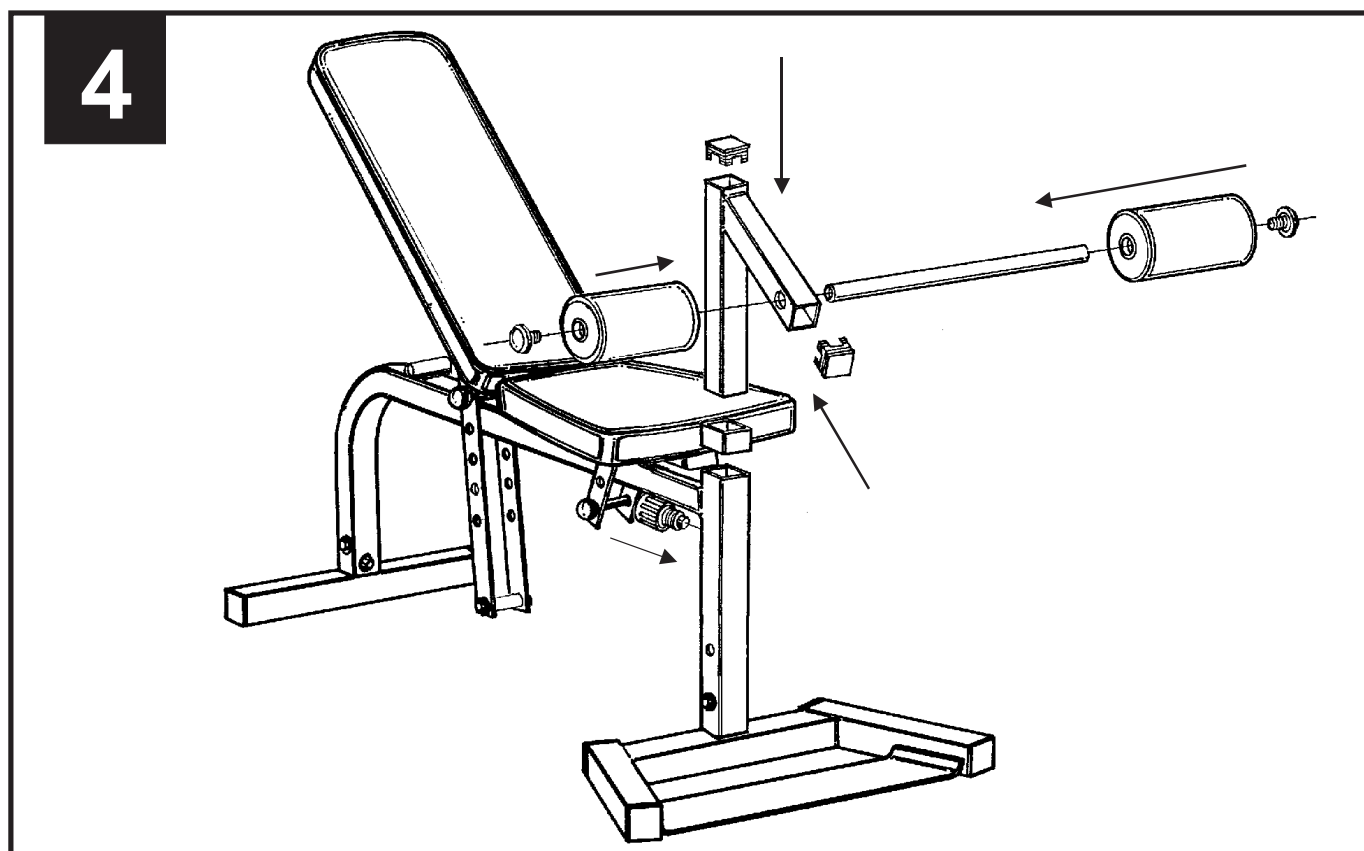
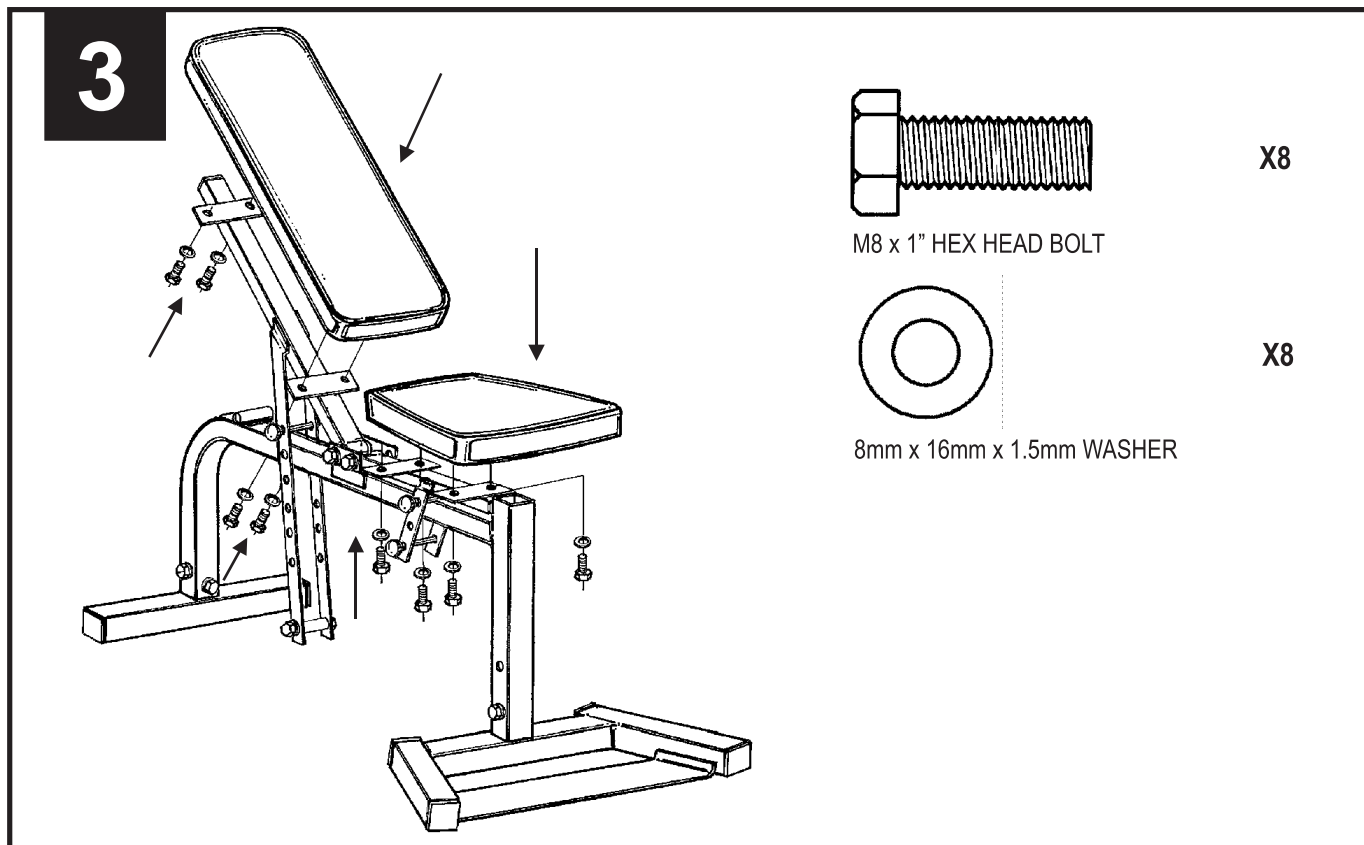


## ASSEMBLY INSTRUCTIONS

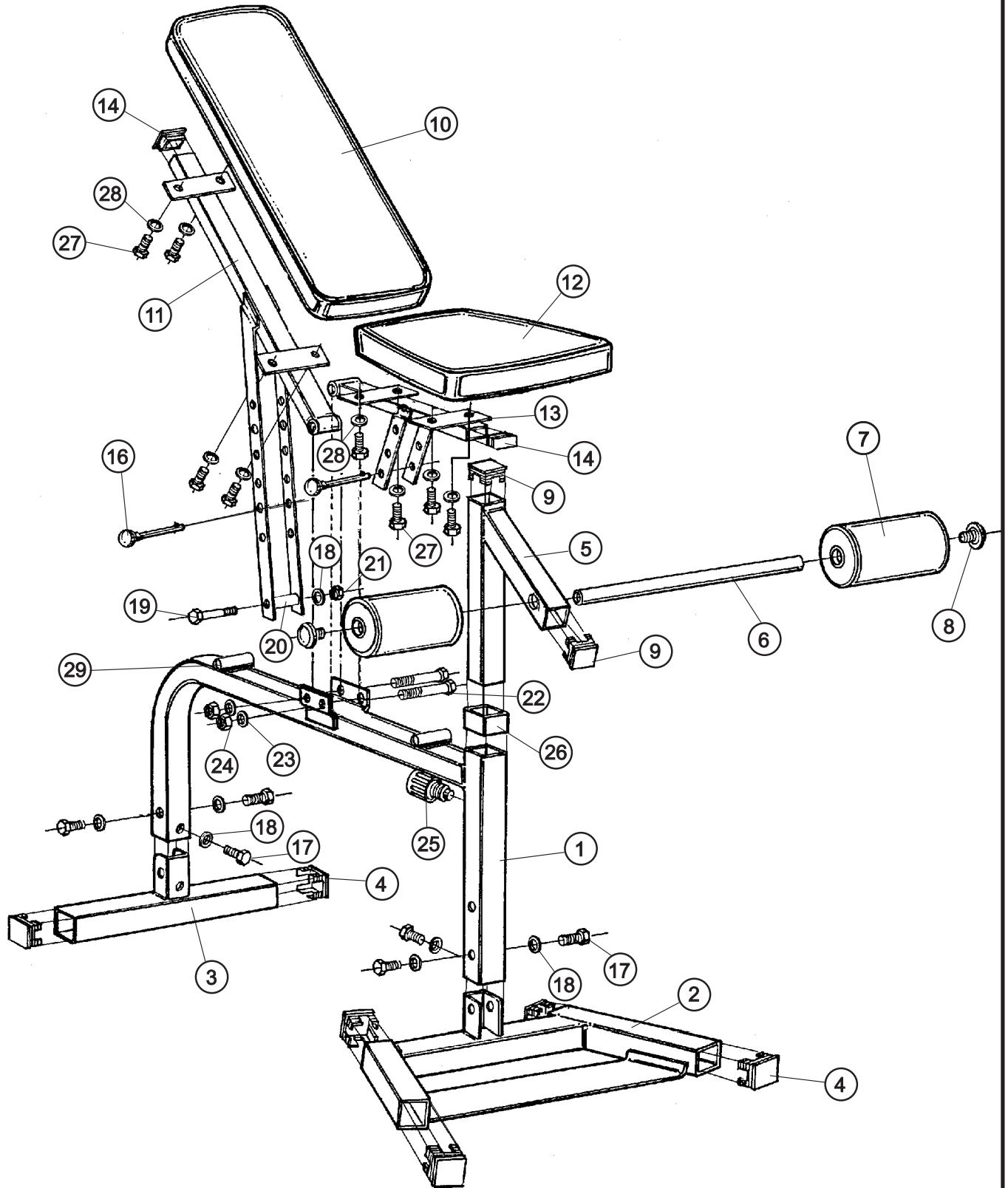
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**DESCRIPTION**



**PARTS LIST**

	<b>PART NO.</b>	<b>Q'TY</b>	<b>DESCRIPTION</b>
1	# 8110-01	1	MAIN FRAME
2	# 8110-02	1	FRONT BASE
3	# 8110-03	1	REAR STABILIZER
4	# 8110-04	6	2" SQUARE INT. END CAP
5	# 8110-05	1	LEG BRACE
6	# 8110-06	1	LEG FOAM TUBE
7	# 8110-07	2	DIABLO NOMAPAD
8	# 8110-08	2	1" FOAM CAP
9	# 8110-09	2	1 3/4" SQUARE INT. END CAP
10	# 8110-10	1	BENCH UPHOLSTERY
11	# 8110-11	1	BACKREST SUPPORT
12	# 8110-12	1	SEAT UPHOLSTERY
13	# 8110-13	1	SEAT SUPPORT
14	# 8110-14	2	SUPPORT END CAP
16	# 8110-16	2	PIN
17	# 8110-17	6	3/8" x 20mm HEX HEAD BOLT
18	# 8110-18	7	3/8" x 19mm x 1.5mm WASHER
19	# 8110-19	1	3/8" x 88mm HEX HEAD BOLT
20	# 8110-20	1	METAL SLEEVE
21	# 8110-21	1	3/8" LOCK NUT ( THICK )
22	# 8110-22	2	1/2" x 80mm HEX HEAD BOLT
23	# 8110-23	2	1/2" x 26mm x 2mm WASHER
24	# 8110-24	2	1/2" NYLOCK NUT
25	# 8110-25	1	QUICK RELEASED ADJ. KNOB
26	# 8110-26	1	2" SQ. REDUCER CAP
27	# 8110-27	8	M8 X 1" HEX HEAD BOLT
28	# 8110-28	8	8mm x 16mm x 1.5mm WASHER
29	# 8110-29	2	END CAP