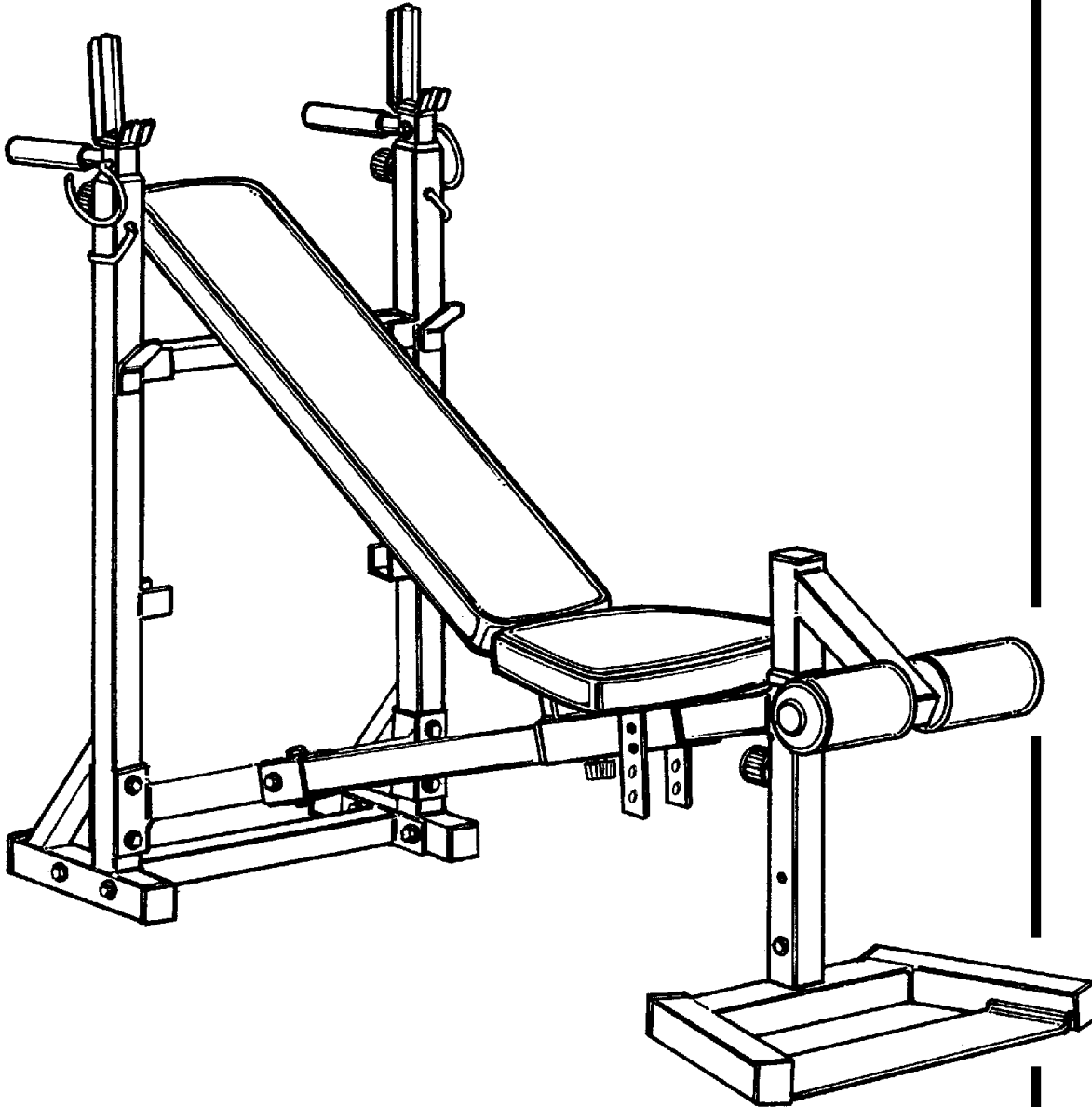


**NARROW STANCE
DECLINE BENCH
CODE No.8113**



Sportline
FITNESS

INSTRUCTION MANUAL

12 / 2002



sportline - NARROW STANCE DECLINE BENCH

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 one multi-purpose spanner + allen head key.

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

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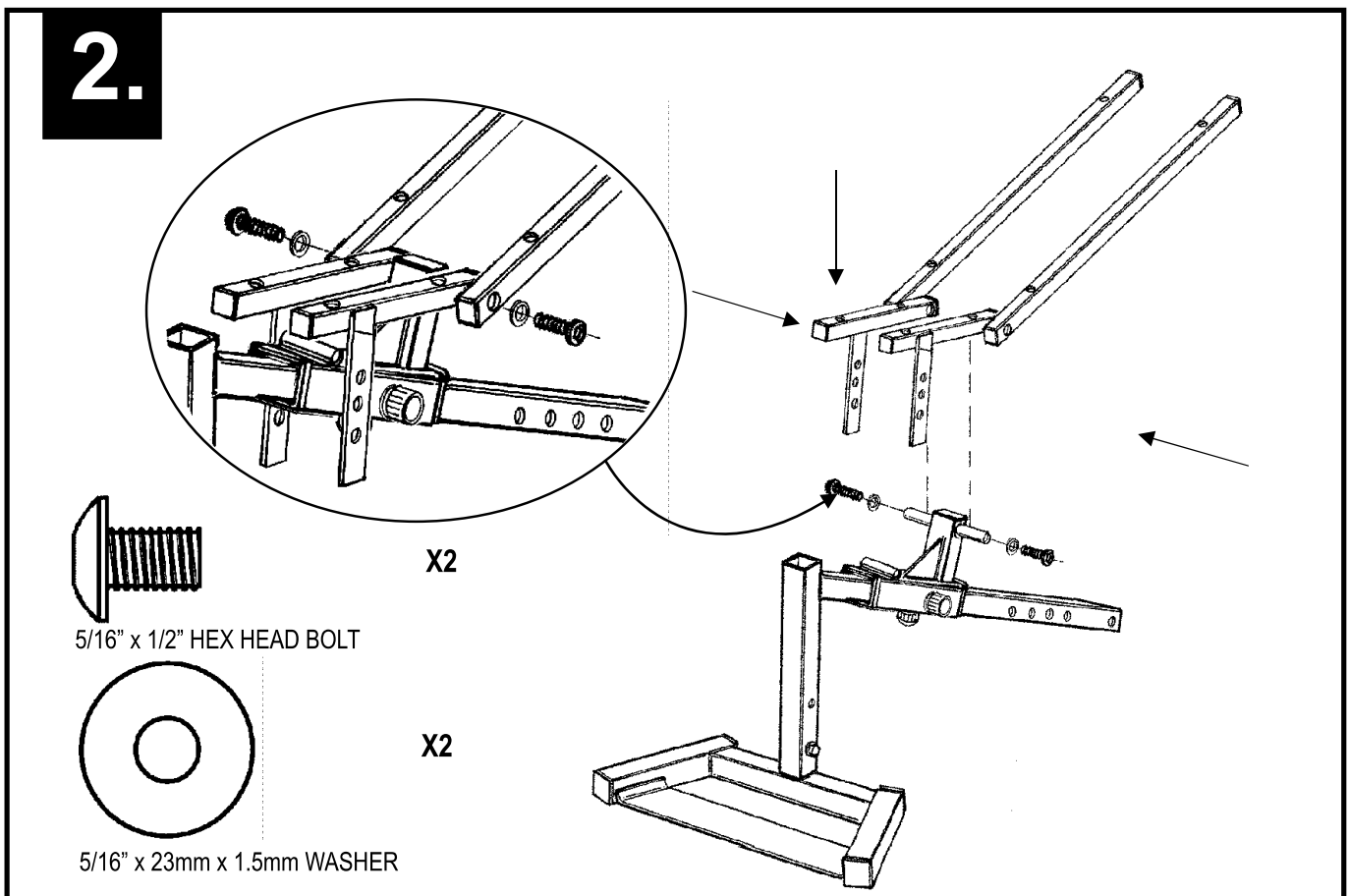
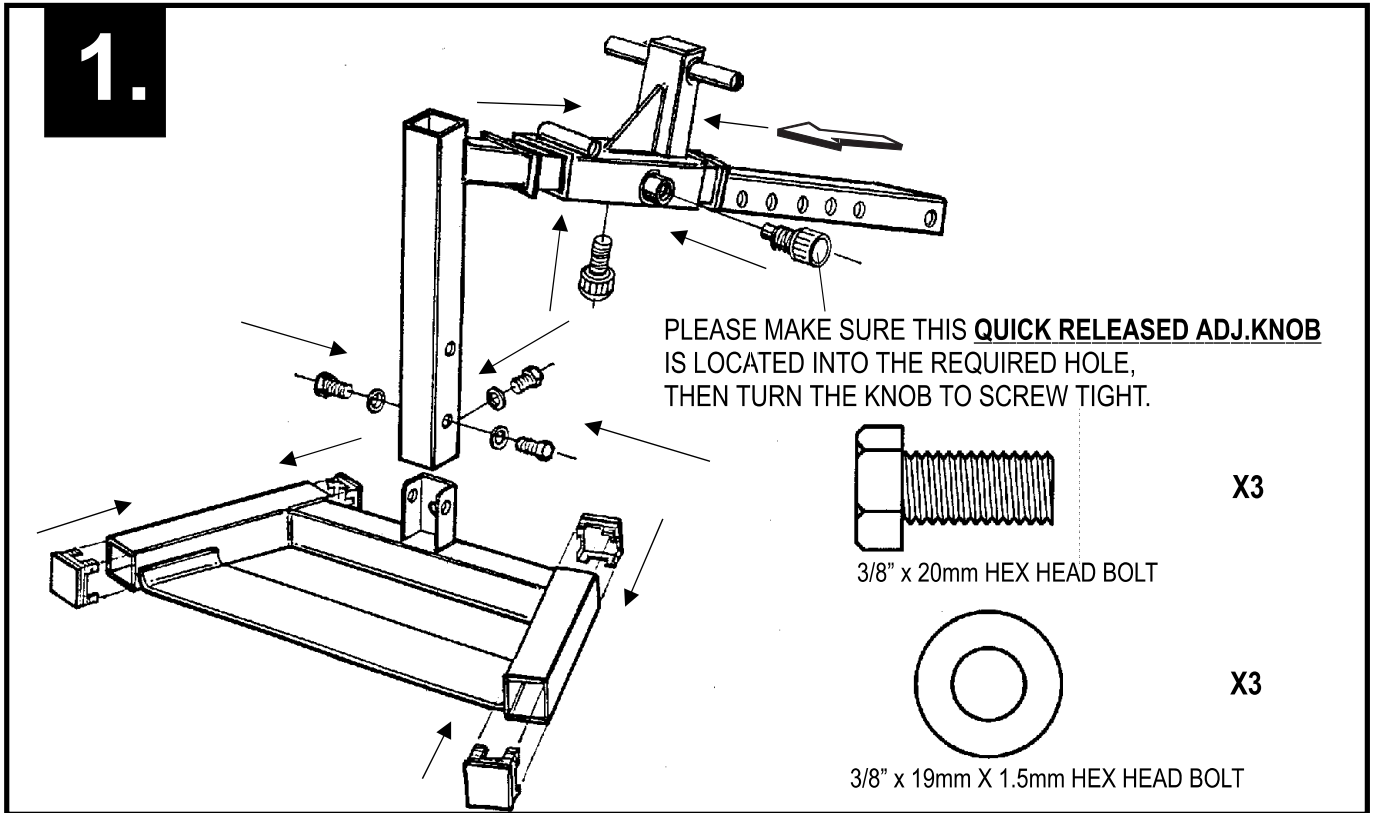
www.yorkfitnessworldwide.com

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 BENCH HAS BEEN ASSEMBLED.



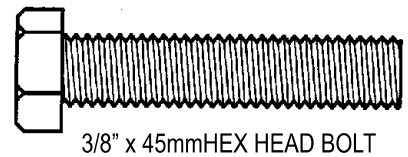
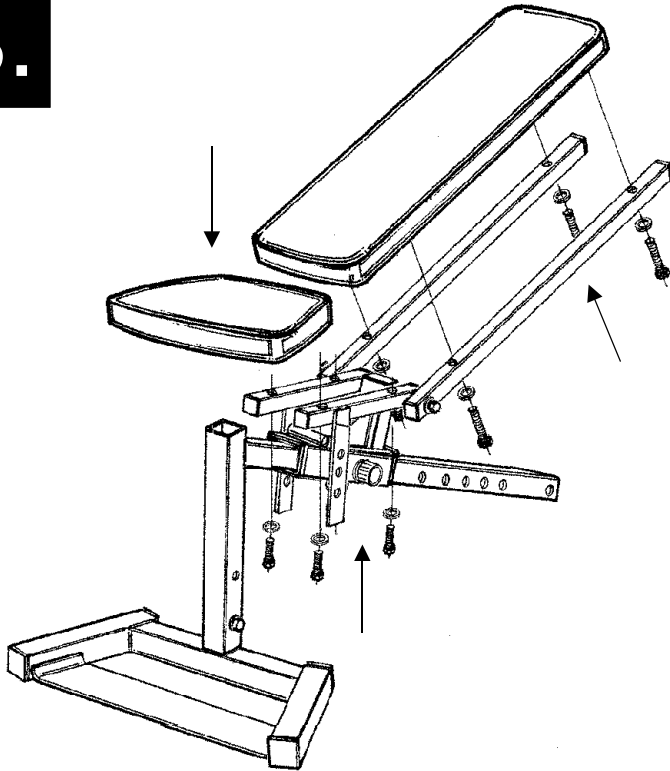
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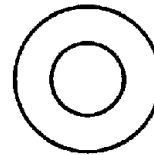
- THIS BENCH IS FITTED WITH NYLOCK NUTS FOR SAFETY.
(THEY CAN ONLY BE TIGHTENED OR LOOSENED WITH TOOLS)
- FASTEN BENCH TOGETHER WITH THE BOLTS LOOSE.
FULLY TIGHTEN ALL BOLTS **AFTER** THE WHOLE BENCH HAS BEEN ASSEMBLED.

3.



X8

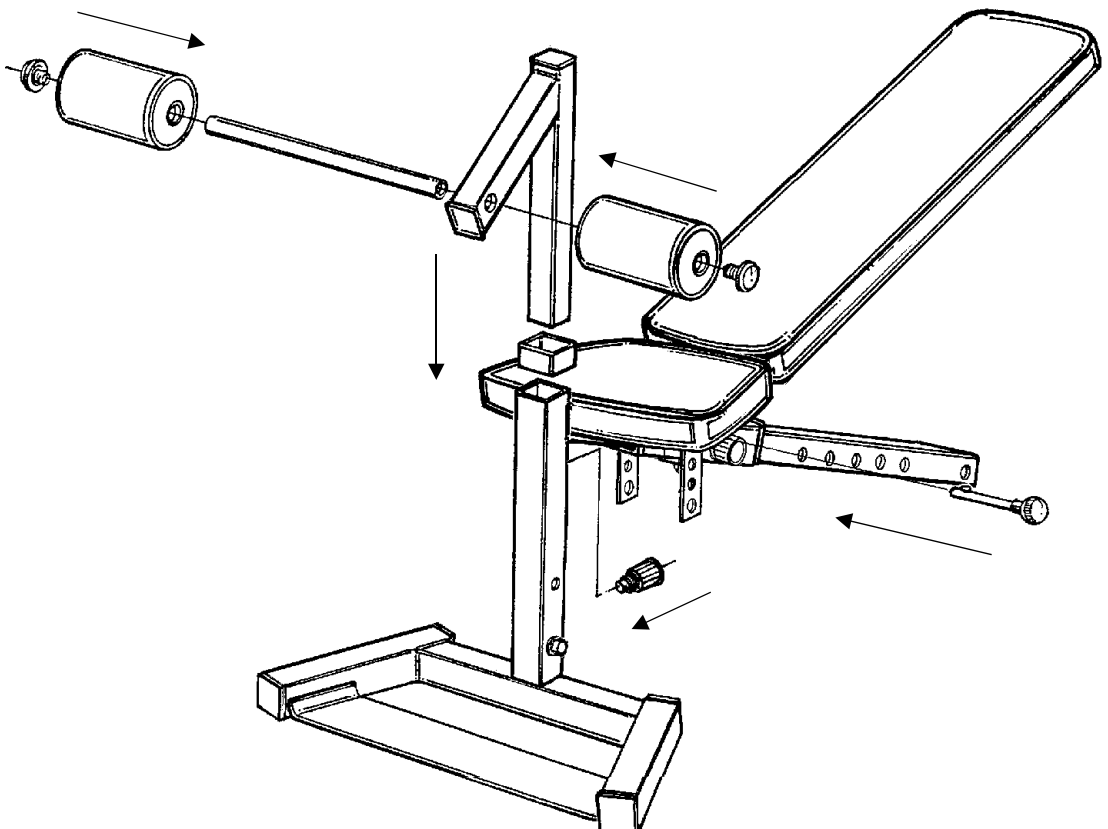
3/8" x 45mm HEX HEAD BOLT



X8

3/8" x 19mm X 1.5mm HEX HEAD BOLT

4.



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 BENCH HAS BEEN ASSEMBLED.

5.

PLEASE MAKE SURE THIS **BACK REST ADJ. BAR** IS LOCATED IN THE UPPER BRACKET BEFORE YOU SECURE THE BOLTS, WASHERS AND LOCKNUTS.

FIT THE PIN ON EACH SIDE INTO THE SLOT IN THE BRACKETS.

A. 3/8" X 70mm CARRIAGE BOLT X8

A. 3/8" x 19mm x 1.5mm WASHER X4

B. 10.2mm x 23mm x 2.8mm WASHER X4

B. 3/8" NYLOCK NUT X8

6.

A. 5/16" x 23mm x 1.5mm WASHER X4

B. 5/16" NYLOCK NUT X2

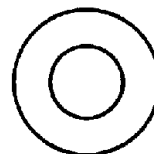
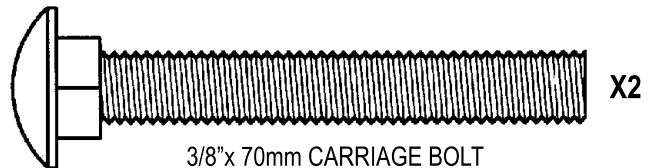
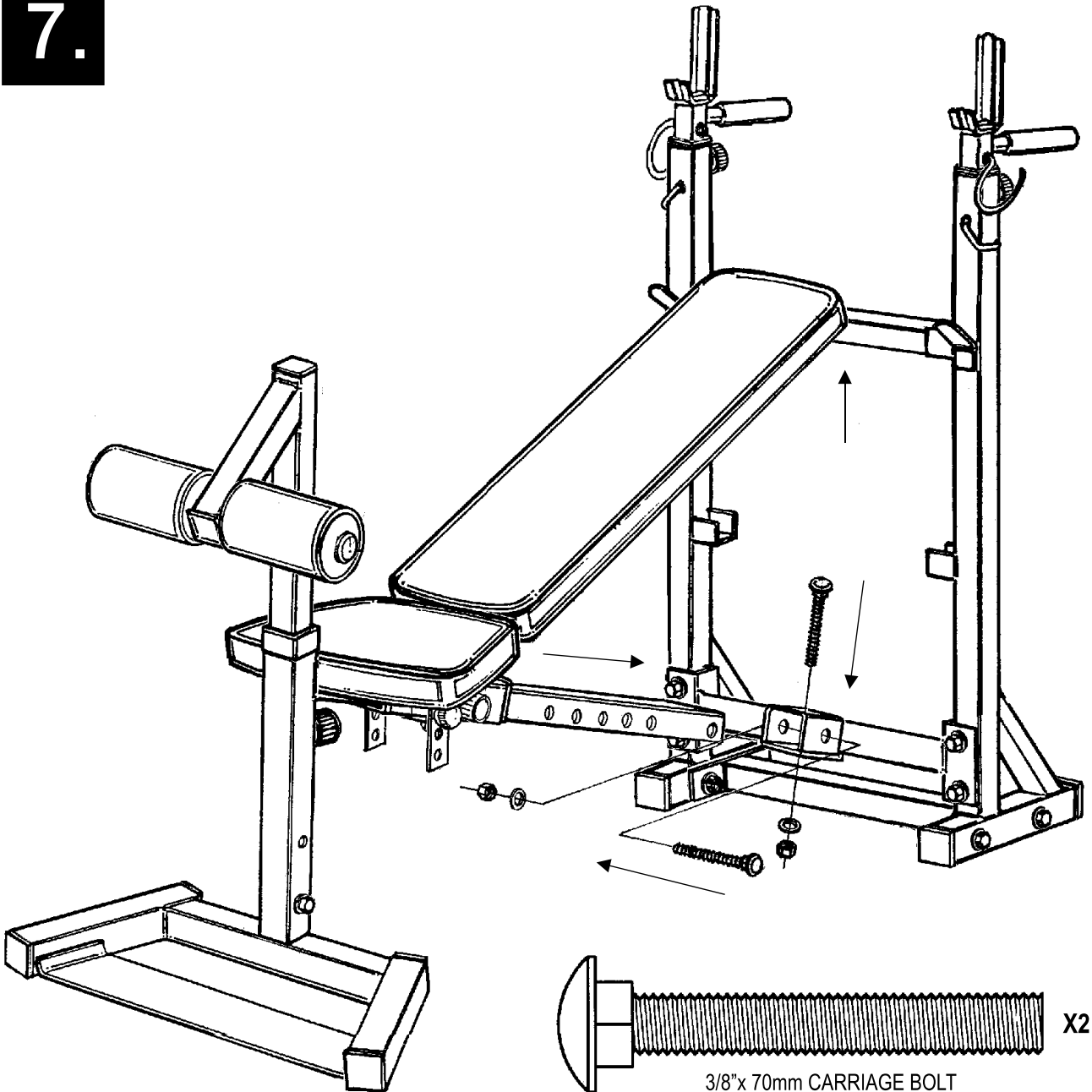
ASSEMBLY INSTRUCTIONS

IMPORTANT -

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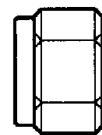
- THIS BENCH IS FITTED WITH NYLOCK NUTS FOR SAFETY.
(THEY CAN ONLY BE TIGHTENED OR LOOSENED WITH TOOLS)
- FASTEN BENCH TOGETHER WITH THE BOLTS LOOSE.
FULLY TIGHTEN ALL BOLTS **AFTER** THE WHOLE BENCH HAS BEEN ASSEMBLED.

7.



X2

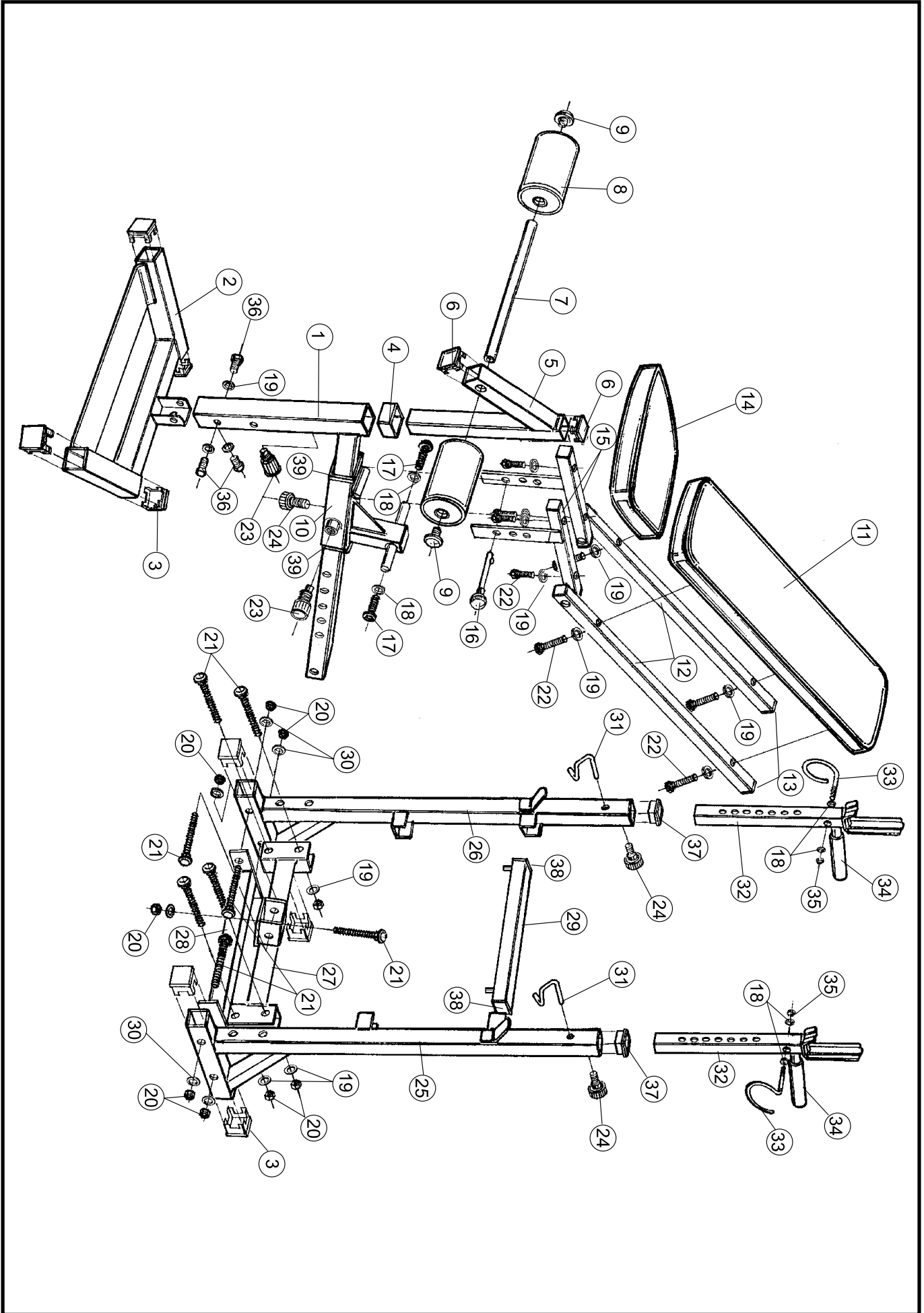
3/8" x 19mm x 1.5mm WASHER



X2

3/8" NYLOCK NUT

DESCRIPTION





- NARROW STANCE DECLINE BENCH

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	PAIR	SEAT REST SUPPORT
16	# 8113-16	1	PIN
17	# 8113-17	2	5/16" x 1/2" ALLEN HEAD BOLT
18	# 8113-18	6	5/16" x 23mm x 1.5mm WASHER
19	# 8113-19	17	3/8" x 19mm x 1.5mm WASHER
20	# 8113-20	10	3/8" NYLOCK NUT
21	# 8113-21	10	3/8" x 70mm CARRIAGE BOLT
22	# 8113-22	8	5/16" x 45mm 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 (L= 503mm BETWEEN BRACKETS)
28	# 8113-28	1	BOTTOM CROSS BAR (L= 500mm BETWEEN BRACKETS)
29	# 8113-29	1	BACK REST ADJ. BAR (L= 494mm W/O END CAP)
30	# 8113-30	4	10.2mm x 23mm x 2.8mm WASHER
31	# 8113-31	2	LOCK PIN
32	# 8113-32	2	SQUAT ADJ. BAR RACK
33	# 8113-33	PAIR	BARBELL HOOK
34	# 8113-34	2	HANDLE GRIP
35	# 8113-35	2	5/16" LOCK NUT
36	# 8113-36	3	3/8" x 20mm HEX HEAD BOLT
37	# 8113-37	2	2" INSERT CAP.
38	# 8113-38	2	1 1/2" SQUARE INT. END CAP.
39	# 8113-39	2	ADJUSTABLE BRACKET INSERT