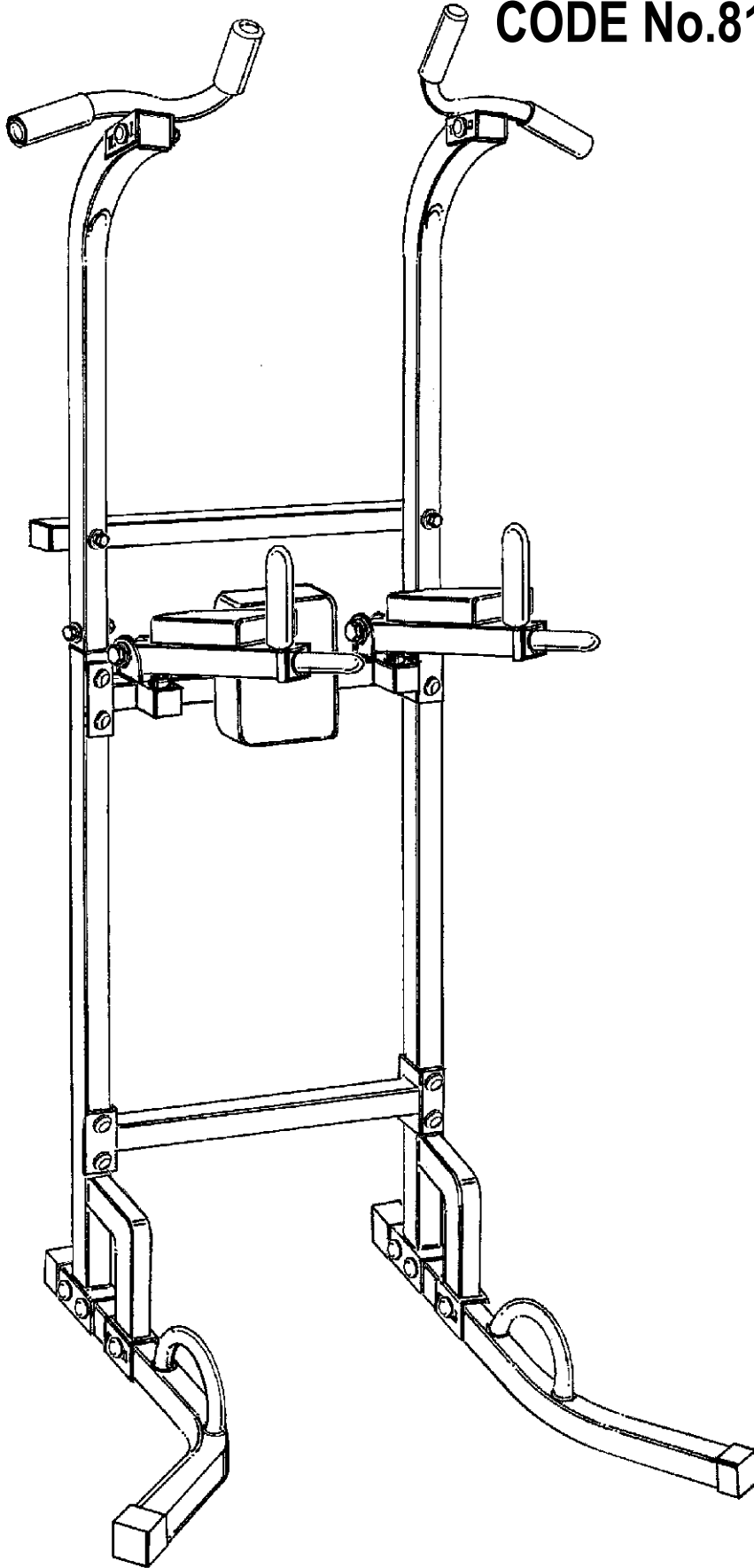


MULTI-STATION
CODE No.8120



SPORTLINE
FITNESS

INSTRUCTION MANUAL



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 spanners.

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

sportline
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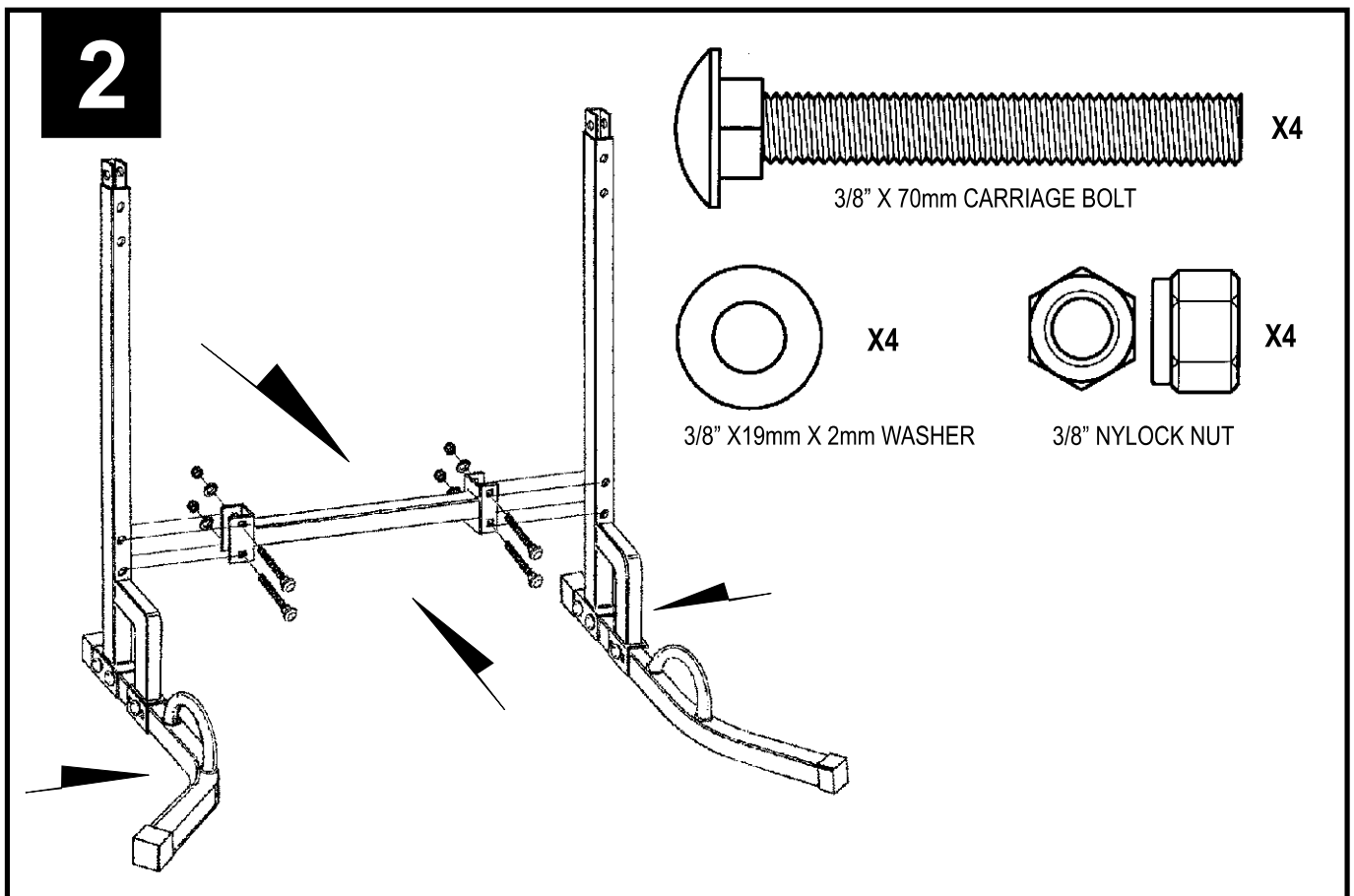
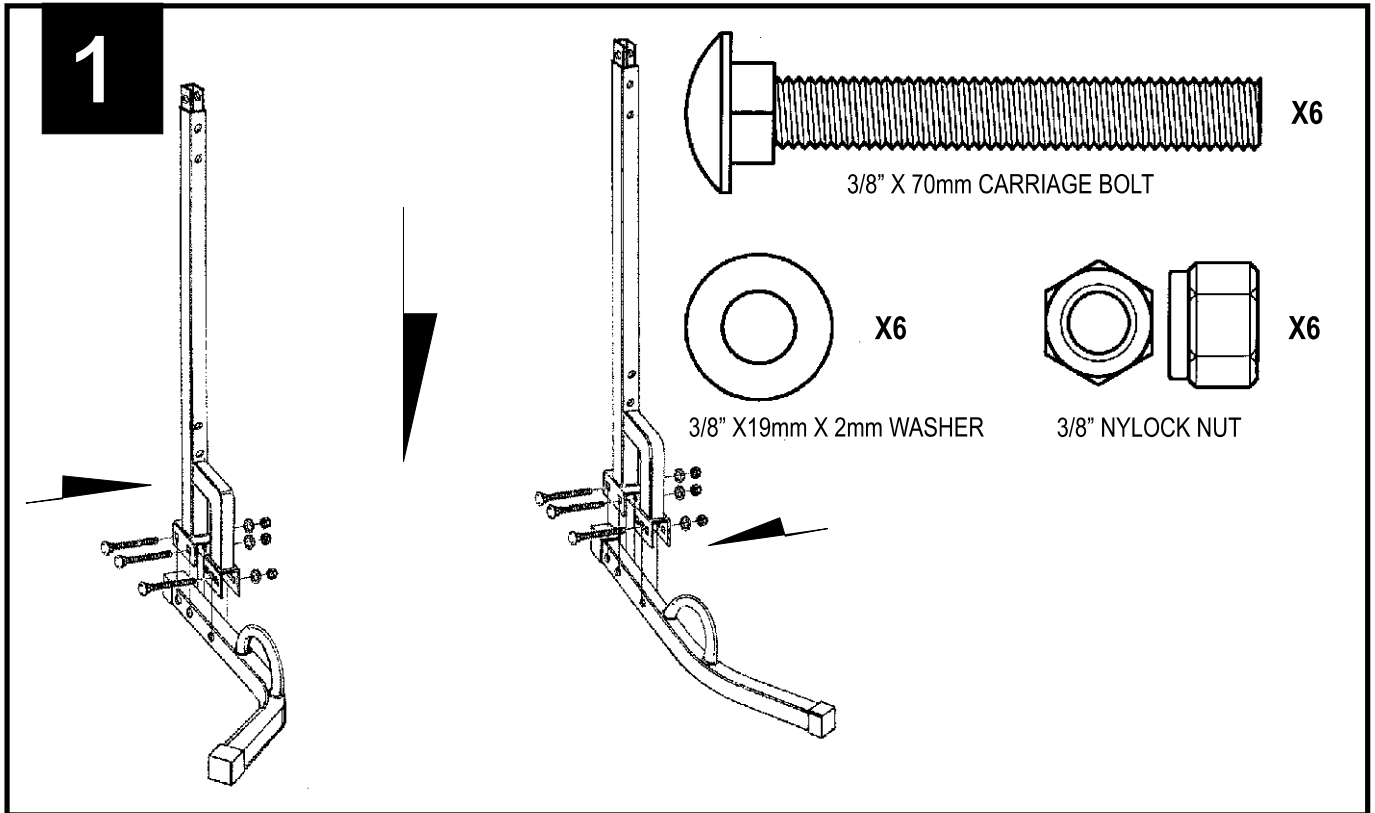
www.yorkfitnessworldwide.com

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.

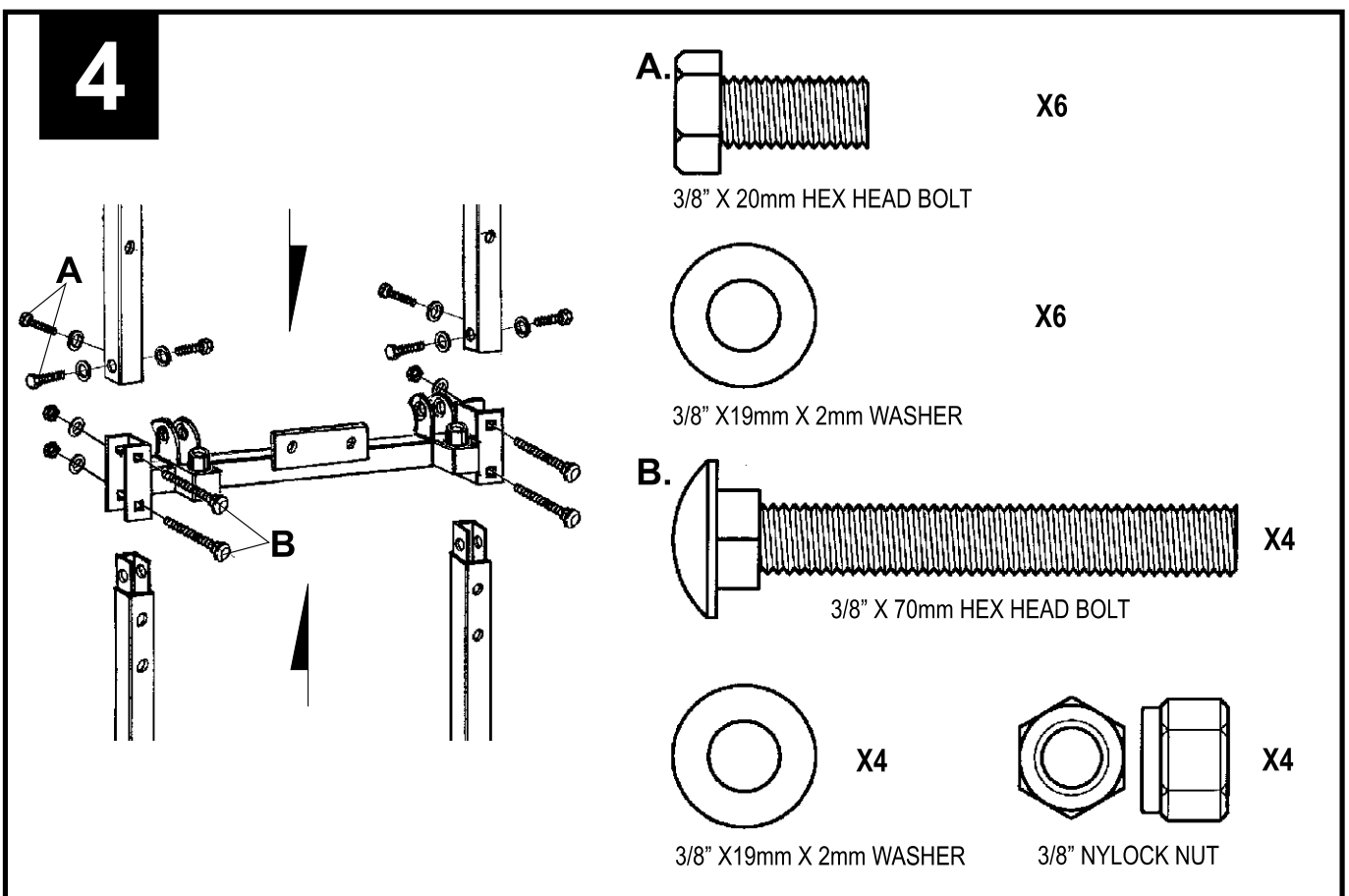
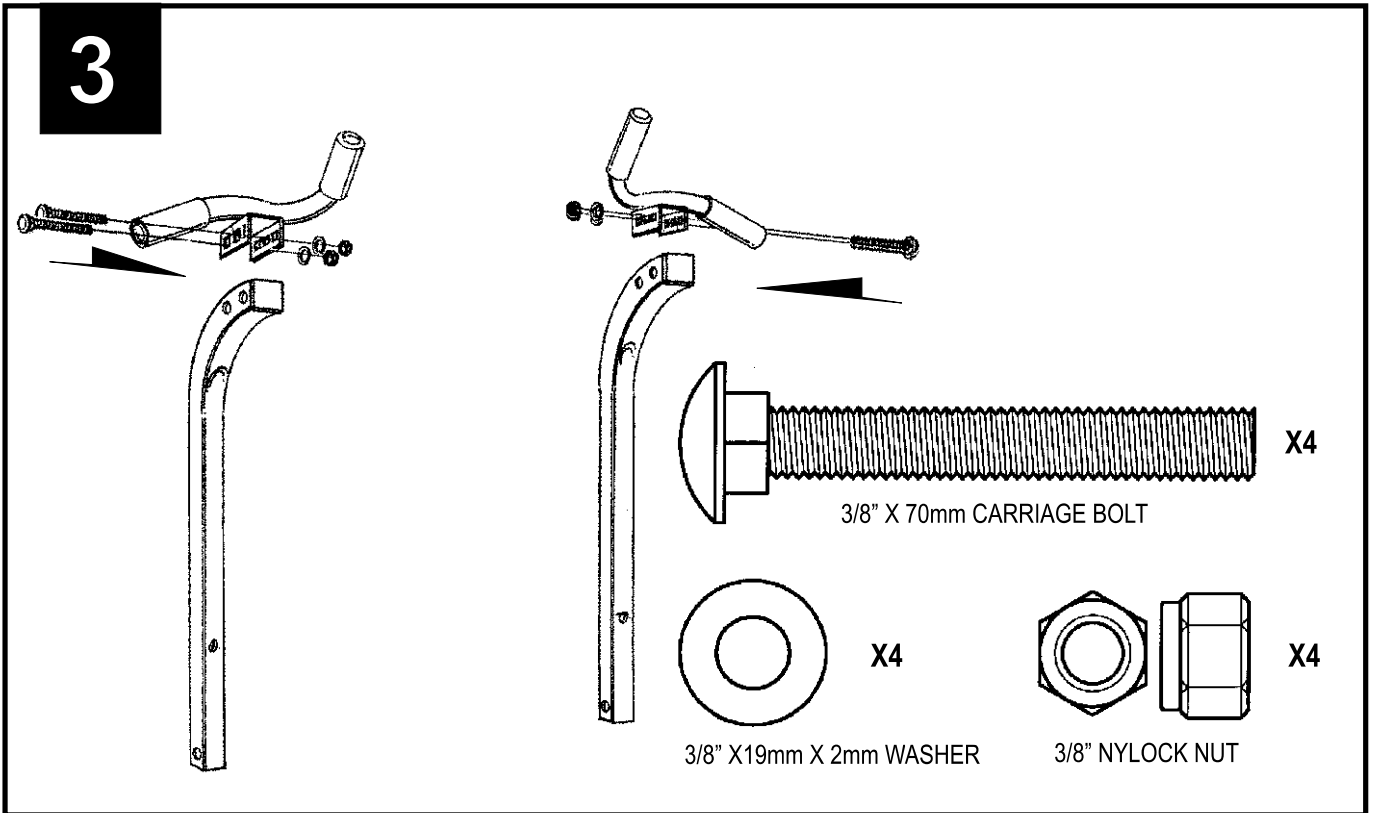


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5

A.
3/8" X 20mm HEX HEAD BOLT X2

B.
3/8" X 65mm HEX HEAD BOLT X4

C.
1/2" X 82mm HEX HEAD BOLT X2

3/8" X 19mm X 2mm WASHER X6

1/2" X 26mm X 2mm WASHER X4

1/2" NYLOCK NUT X2

6

3/8" X 20mm HEX HEAD BOLT X2

3/8" X 19mm X 2mm WASHER X2

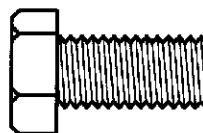
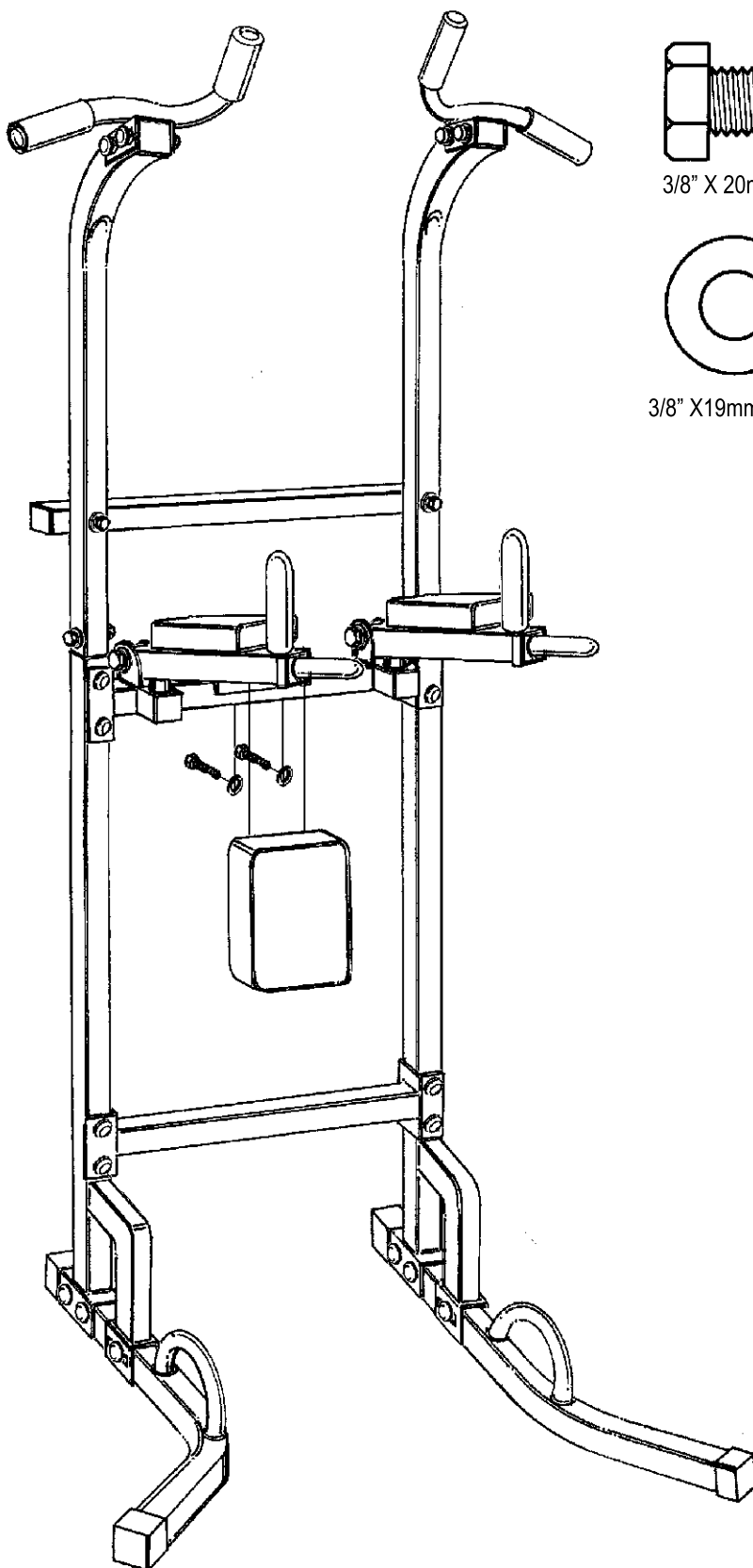
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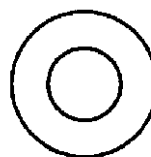
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7



X2

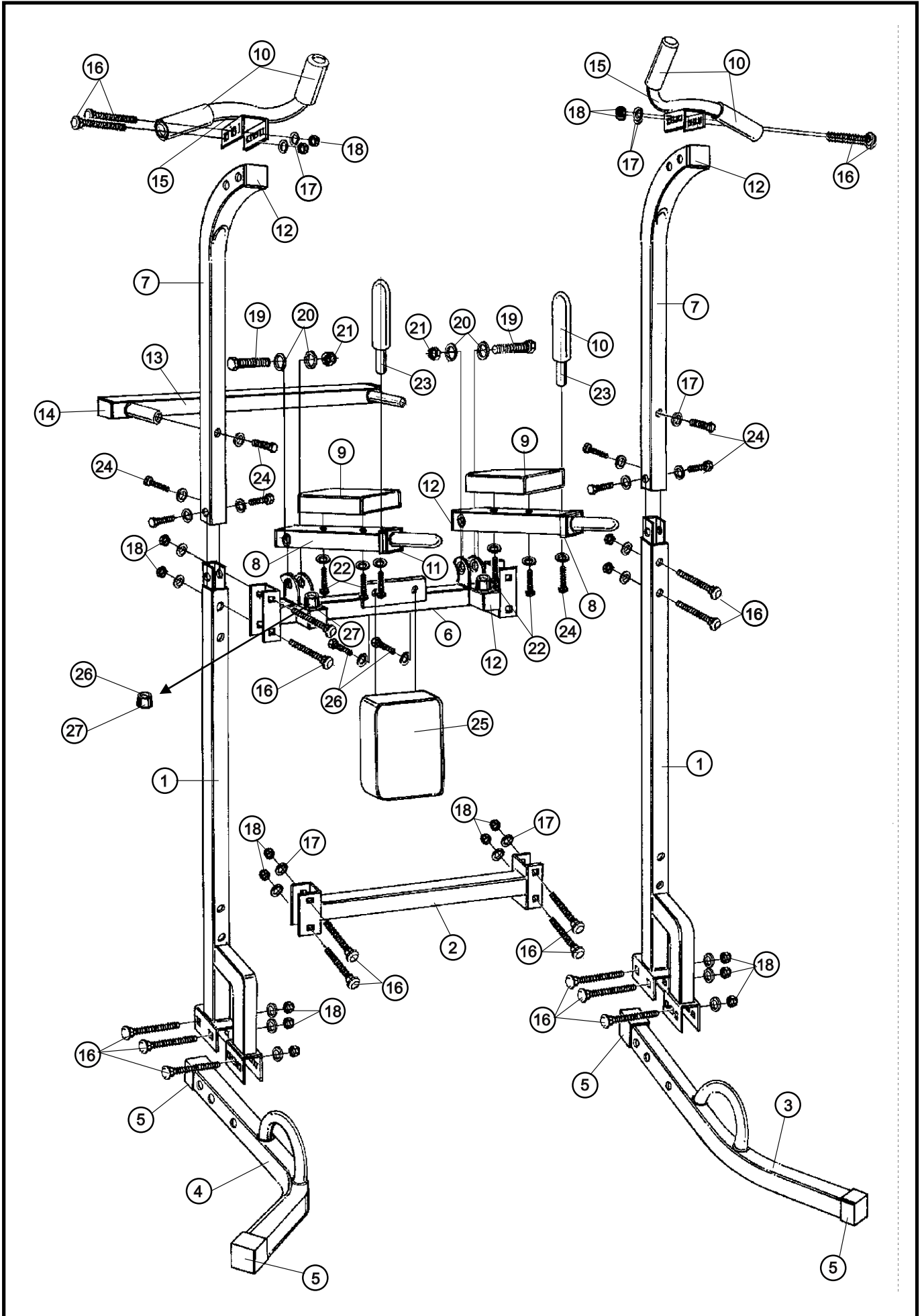
3/8" X 20mm HEX HEAD BOLT



X2

3/8" X 19mm X 2mm WASHER

DESCRIPTION



PARTS LIST

	PART NO.	Q'TY	DESCRIPTION
1	#8120-01	2	BOTTOM FRAME POST
2	#8120-02	1	BOTTOM CROSS BAR
3	# 8120-03	1	LEFT STABILIZER
4	# 8120-04	1	RIGHT STABILIZER
5	# 8120-05	4	2" SQ. EXTERNAL END CAP
6	# 8120-06	1	MIDDLE CROSS BAR ASSEMBLY
7	# 8120-07	2	TOP FRAME POST
8	# 8120-08	2	VKR HANDLE POST
9	# 8120-09	2	ARM REST UPHOLSTERY
10	# 8120-10	8	HAND GRIP
11	# 8120-11	2	2" SQ. REDUCER CAP W/ ROUND HOLE
12	# 8120-12	6	2" SQ. INTERNAL END CAP
13	#8120-13	1	TOP CROSS BAR
14	#8120-14	2	38mm SQ. INT. END CAP
15	#8120-15	2	BULL HANDLE
16	#8120-16	18	3/8" X 70mm CARRIAGE BOLT
17	#8120-17	34	3/8" X 19mm 2mm WASHER
18	#8120-18	18	3/8" NYLOCK NUT (THICK)
19	#8120-19	2	1/2" X 82mm HEX HEAD BOLT
20	#8120-20	4	1/2" X 26mm X 2mm WASHER
21	#8120-21	2	1/2" NYLOCK NUT
22	#8120-22	4	3/8" X 65mm HEX HEAD BOLT
23	#8120-23	2	VKR HANDLE
24	#8120-24	12	3/8" X 20mm HEX HEAD BOLT
25	#8120-25	1	BACK REST UPHOLSTERY
26	#8120-26	2	3/8" X 1" HEX HEAD BOLT
27	#8120-27	2	RUBBER STOP