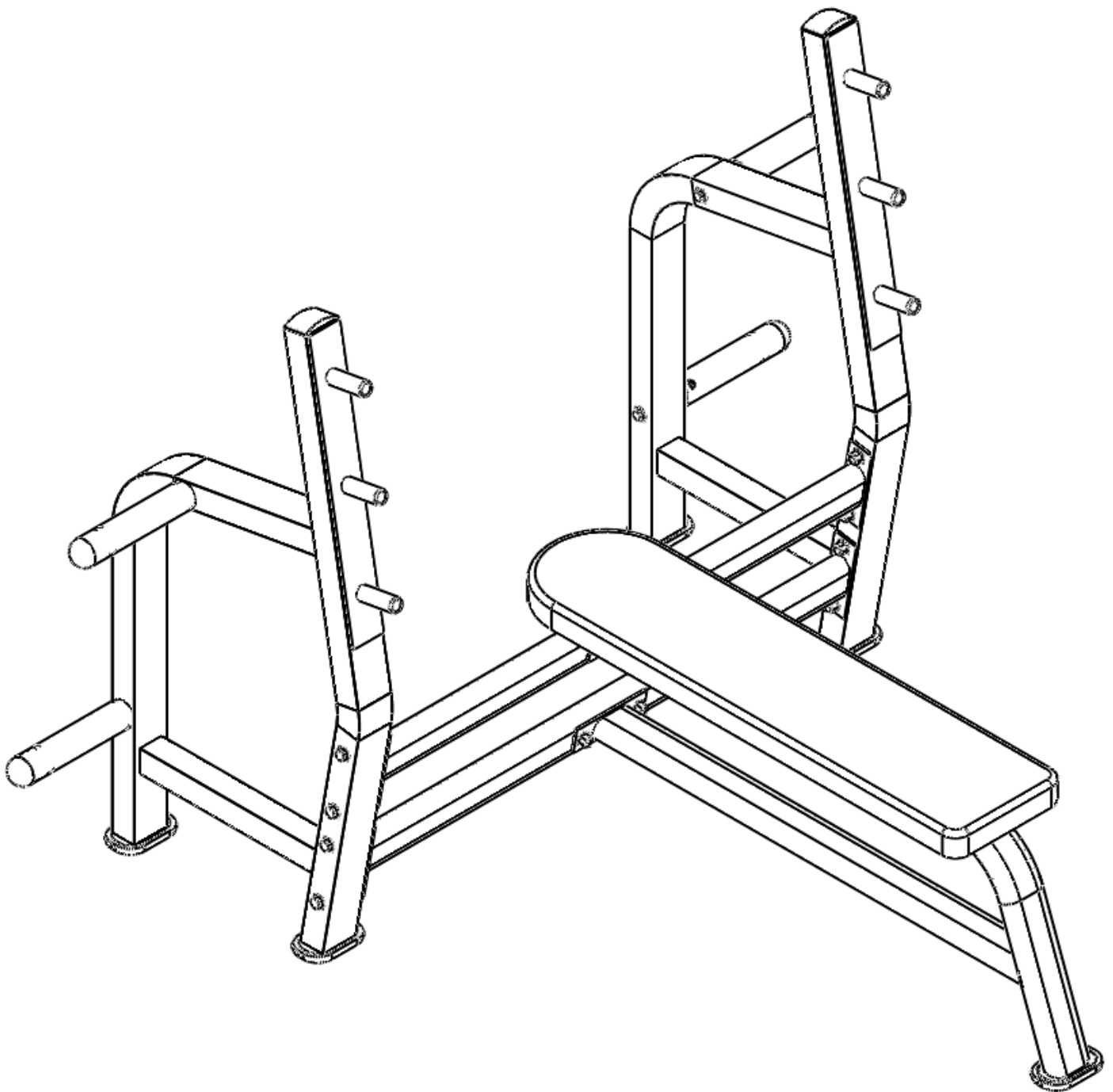


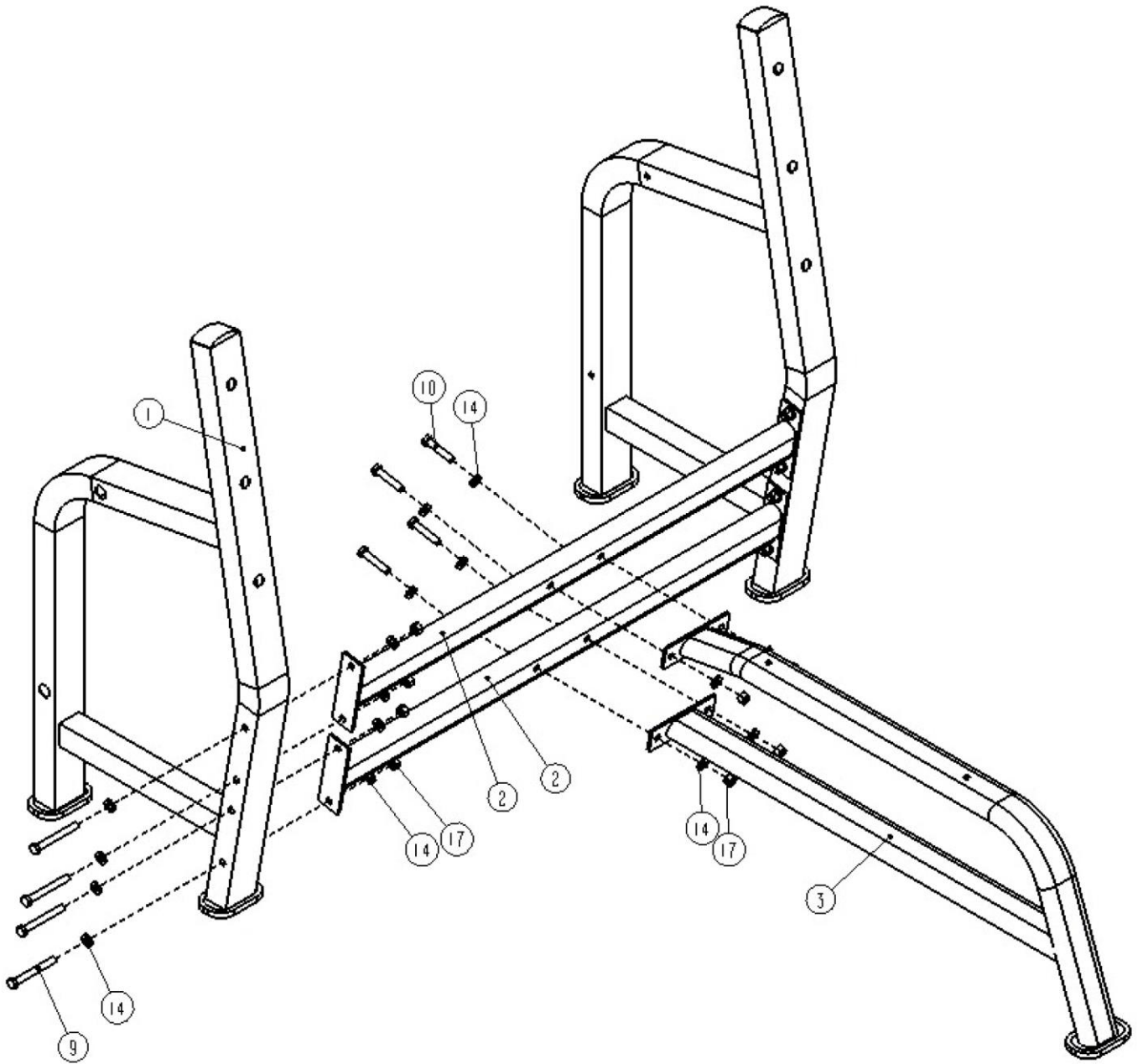
HIT00331
FLAT OLYMPIC WEIGHT
BENCH



OWNER'S MANUAL

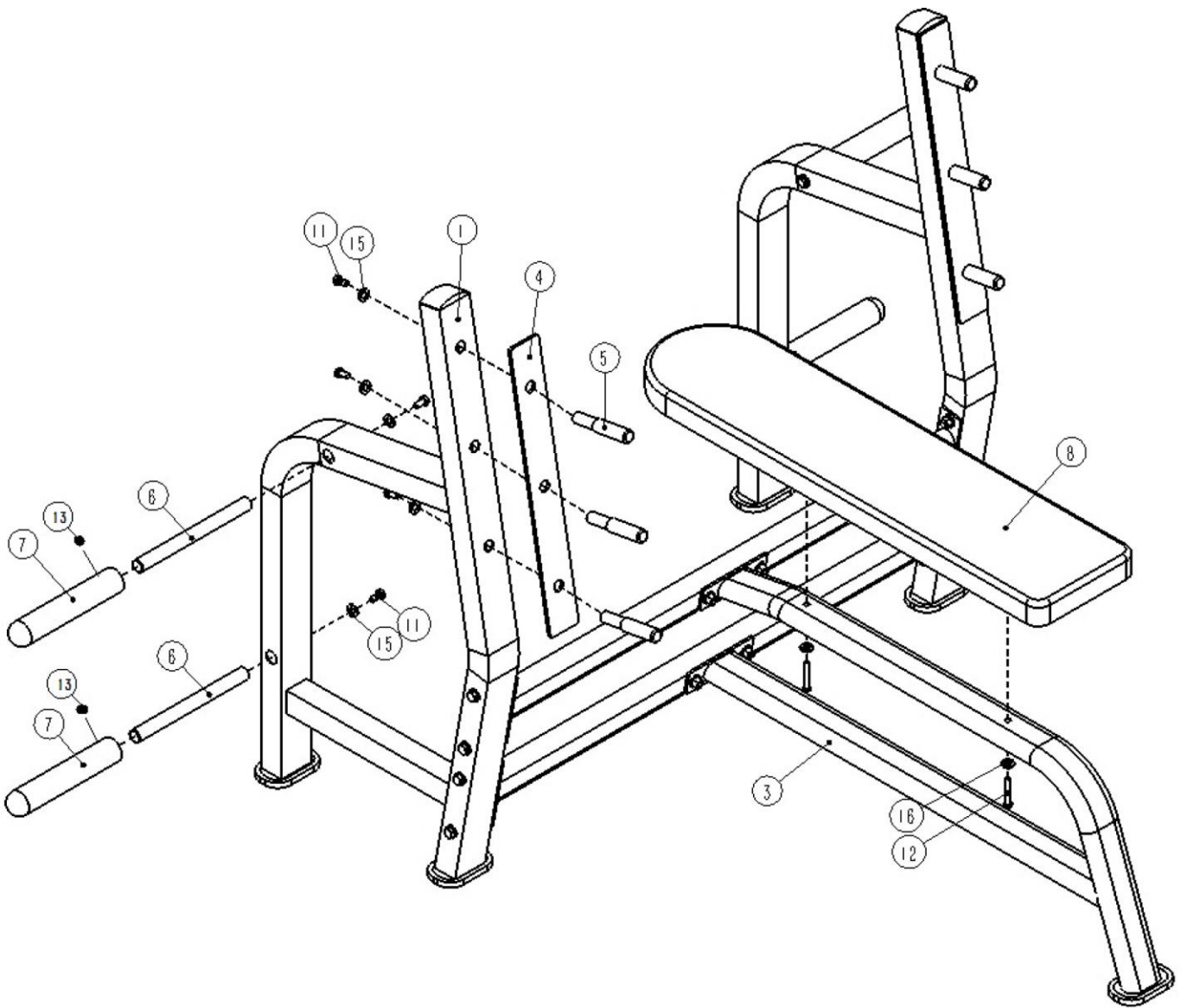
PART LIST

PART NO:	DESCRIPTION	Q'TY
1.	LEFT&RIGHT VERTICAL FRAME	2
2.	CONNECTION FRAME	2
3.	CUSHION FRAME	1
4.	CHROMED PLATE	2
5.	CHROMED PIN	6
6.	Φ25MM PLATE LOADING TUBE	4
7.	OLYMPIC ADAPTER	4
8.	CUSHION	1
9.	HEX BOLT M12*95	8
10.	HEX BOLT M12*60	4
11.	HEX BOLT M10*20	10
12.	HEX BOLT M8*55	2
13.	SOCKET HEX BOLT M8*16	4
14.	WASHER Φ12	24
15.	WASHER Φ10	10
16.	WASHER Φ8	2
17.	NYLON NUT M12	12
18.	ALLEN KEY	1



STEP 1

1. CONNECT (1) AND (2) WITH (9,14,17);
2. CONNECT (2) AND (3) WITH (10,14,17), AS SHOWN;



STEP 2

1. CONNECT (1), (4) AND (5) WITH (11,15);
2. CONNECT (1) AND (6) WITH (11,15); PLACE (7) ONTO (6), SECURED BY (13);
3. CONNECT (3) AND (8) WITH (12,16), AS SHOW.

NOTE: PLEASE FASTEN ALL BOLTS BEFORE USING THIS BENCH!