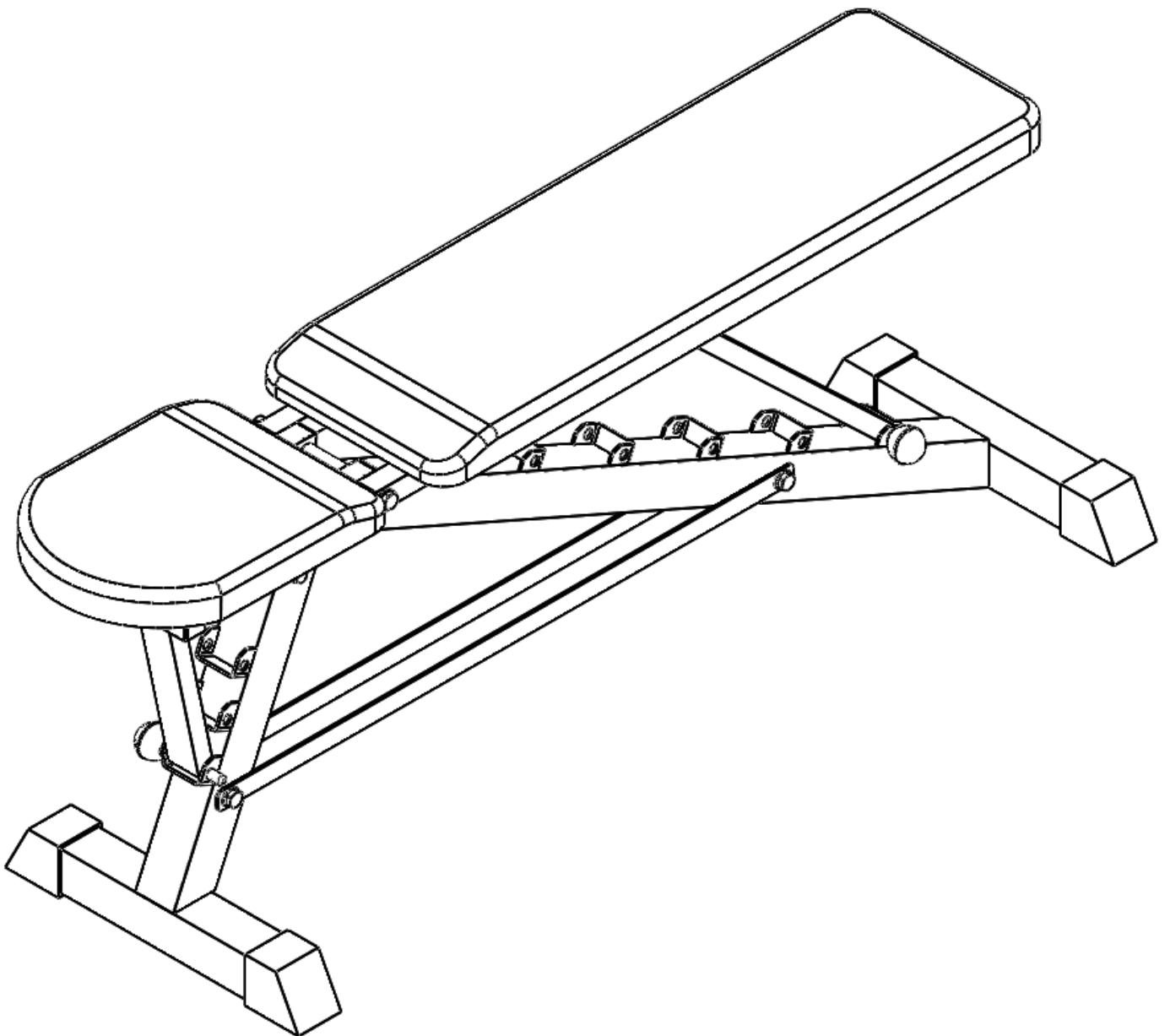


HIT00180

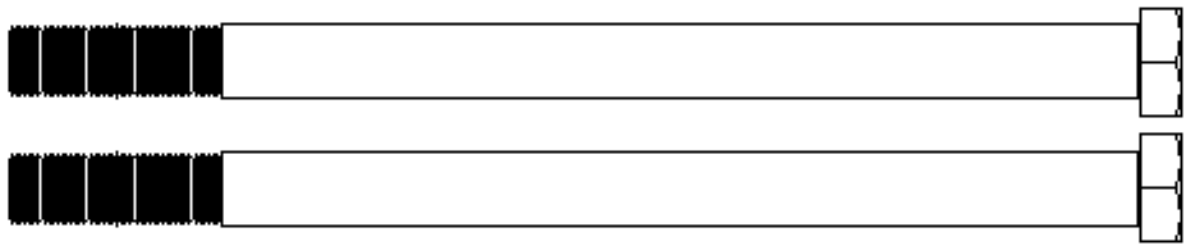
SB30 HOME WEIGHT BENCH



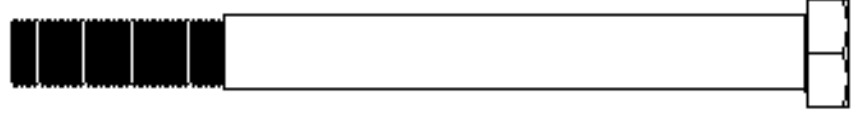
OWNER'S MANUAL

PART LIST

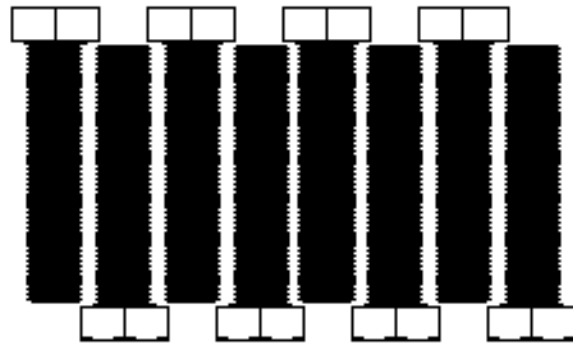
| PART NO: | DESCRIPTION | Q'TY |
|----------|-----------------------------|------|
| 1. | FRONT TUBE | 1 |
| 2. | REAR TUBE | 1 |
| 3. | SEAT FIRM TUBE | 1 |
| 4. | ADJUSTABLE TUBE FOR SEAT | 1 |
| 5. | ADJUSTABLE TUBE FOR BACKPAD | 1 |
| 6. | BACKREST FIRM TUBE | 2 |
| 7. | SEAT | 1 |
| 8. | BACK PAD | 1 |
| 9. | 50x50MM FOOT CAP | 4 |
| 10. | 25x25MM SQUARE END CAP | 8 |
| 11. | φ10 OIL BUSHING | 2 |
| 12. | φ10x80 POP PIN | 2 |
| 13. | M10x170 HEX BOLT | 2 |
| 14. | M10x120 HEX BOLT | 1 |
| 15. | M8x40 HEX BOLT | 8 |
| 16. | M8x16 HEX BOLT | 3 |
| 17. | M10 NYLON NUT | 5 |
| 18. | φ10 WASHER | 10 |
| 19. | φ8 WASHER | 11 |
| 20. | 50x50MM SQUARE END CAP | 1 |
| 21. | DUMBBELL STORAGE TRAY | 2 |
| 22. | M10x75 HEX BOLT | 2 |



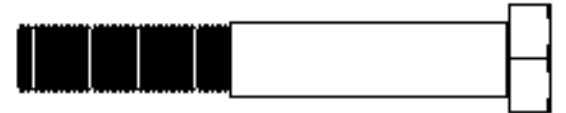
13. M10×170 HEX BOLT(2)



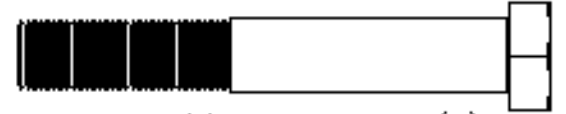
14. M10×120 HEX BOLT(1)



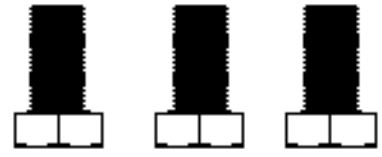
15. M8×40 HEX BOLT(8)



22. M10×75 HEX BOLT(2)



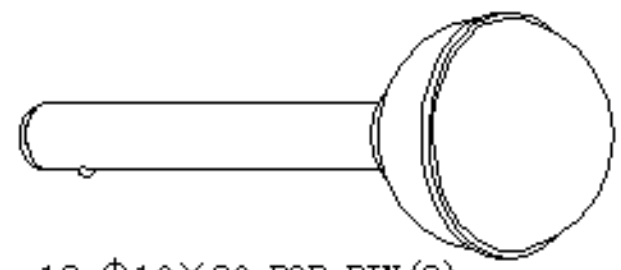
17. M10 NYLON NUTT(5)



16. M8×16 HEX BOLT(3)



11. Φ10 OIL BUSHING(2)



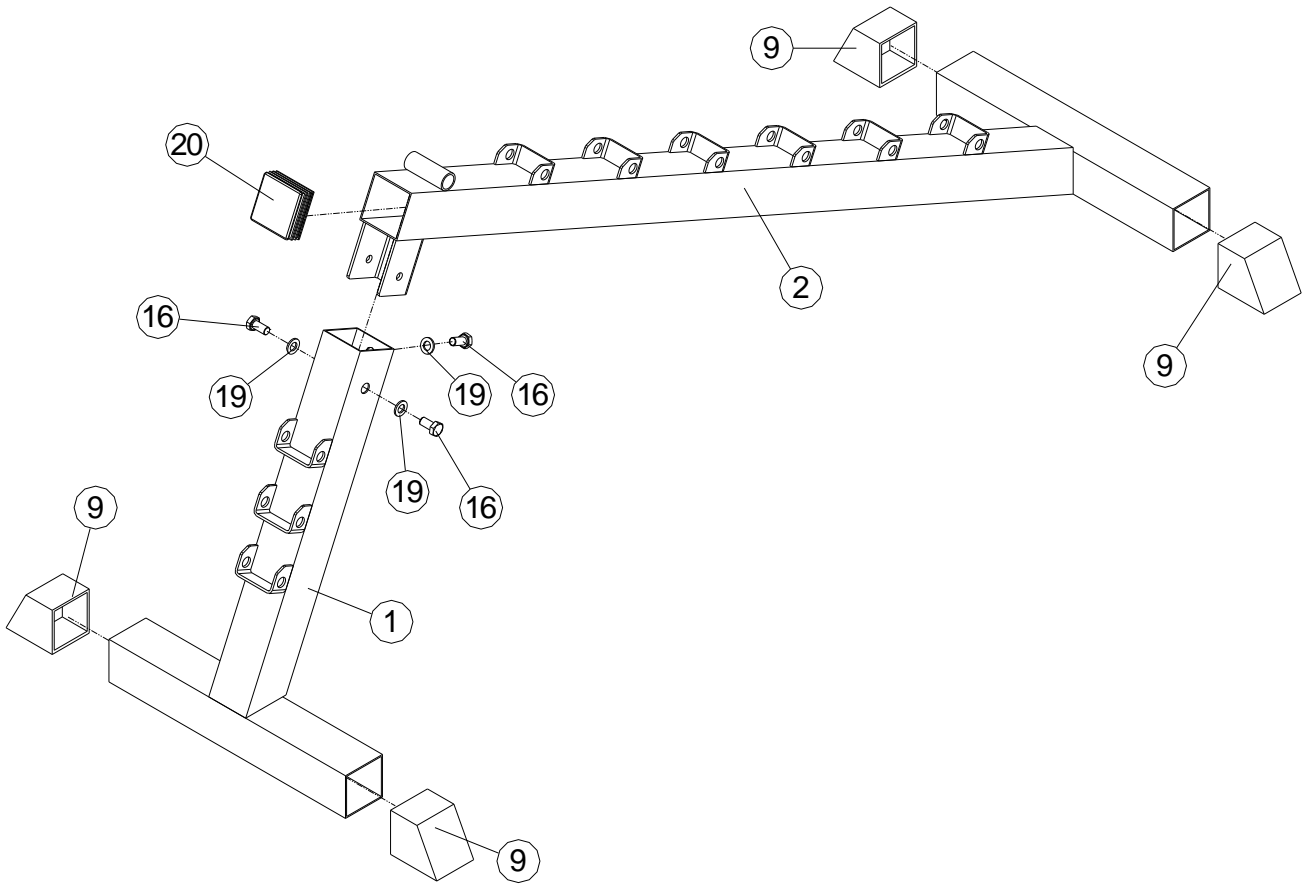
12. Φ10×80 POP PIN(2)



18. Φ10 WASHER(10)

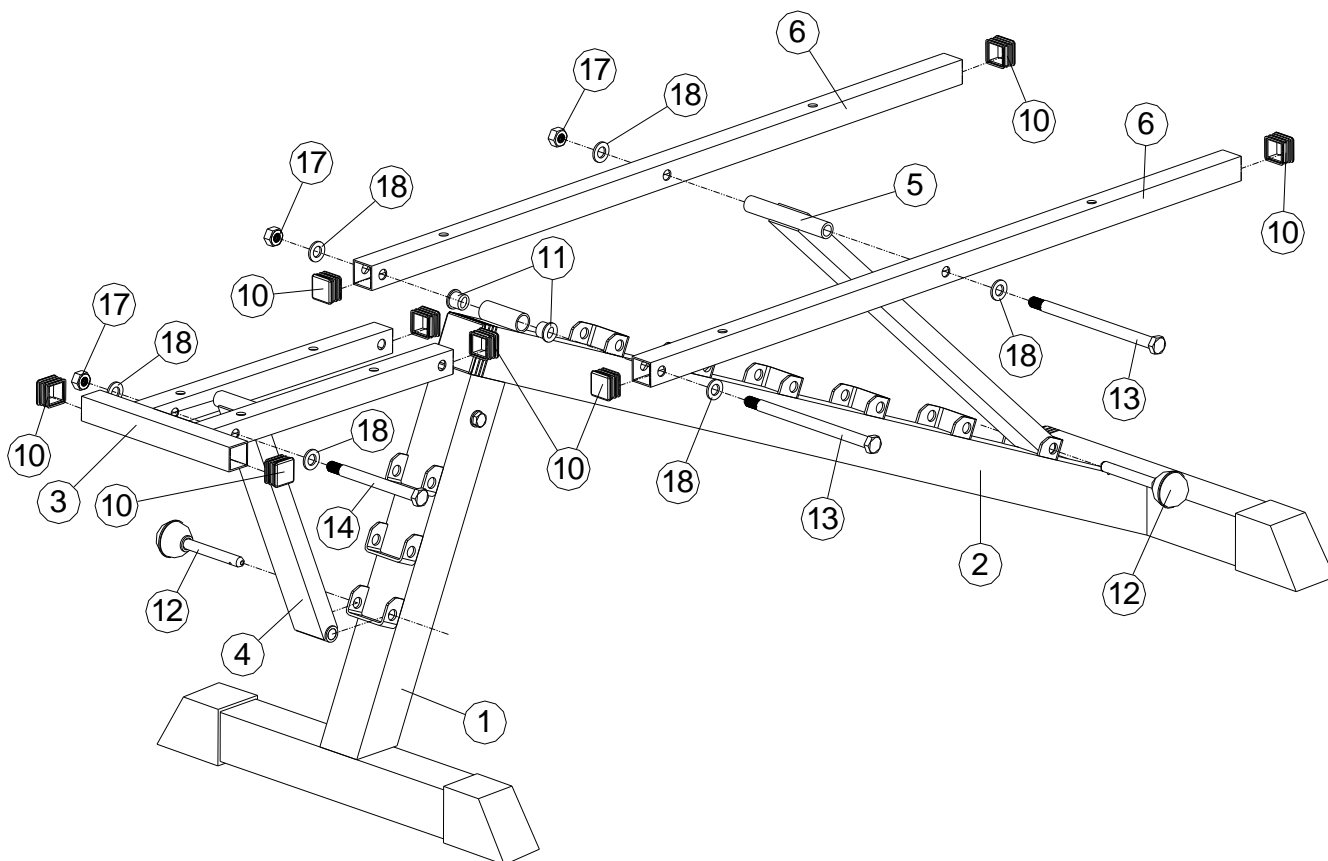


19. Φ8 WASHER(11)



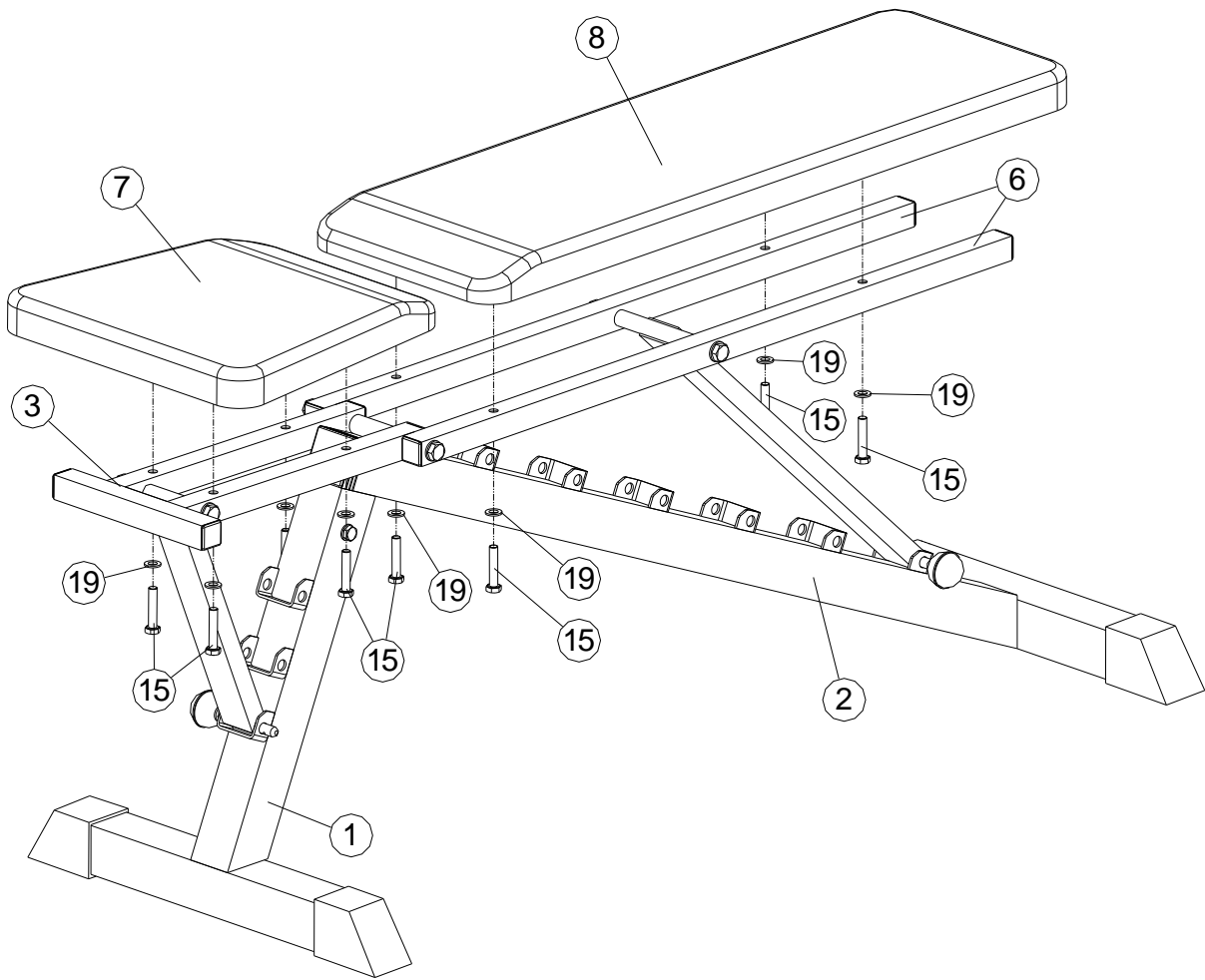
STEP 1

1. PLACE (9) ONTO (1); PLACE (20) AND (9) ONTO (2);
2. CONNECT (1) AND (2) WITH (16,19), AS SHOWN;



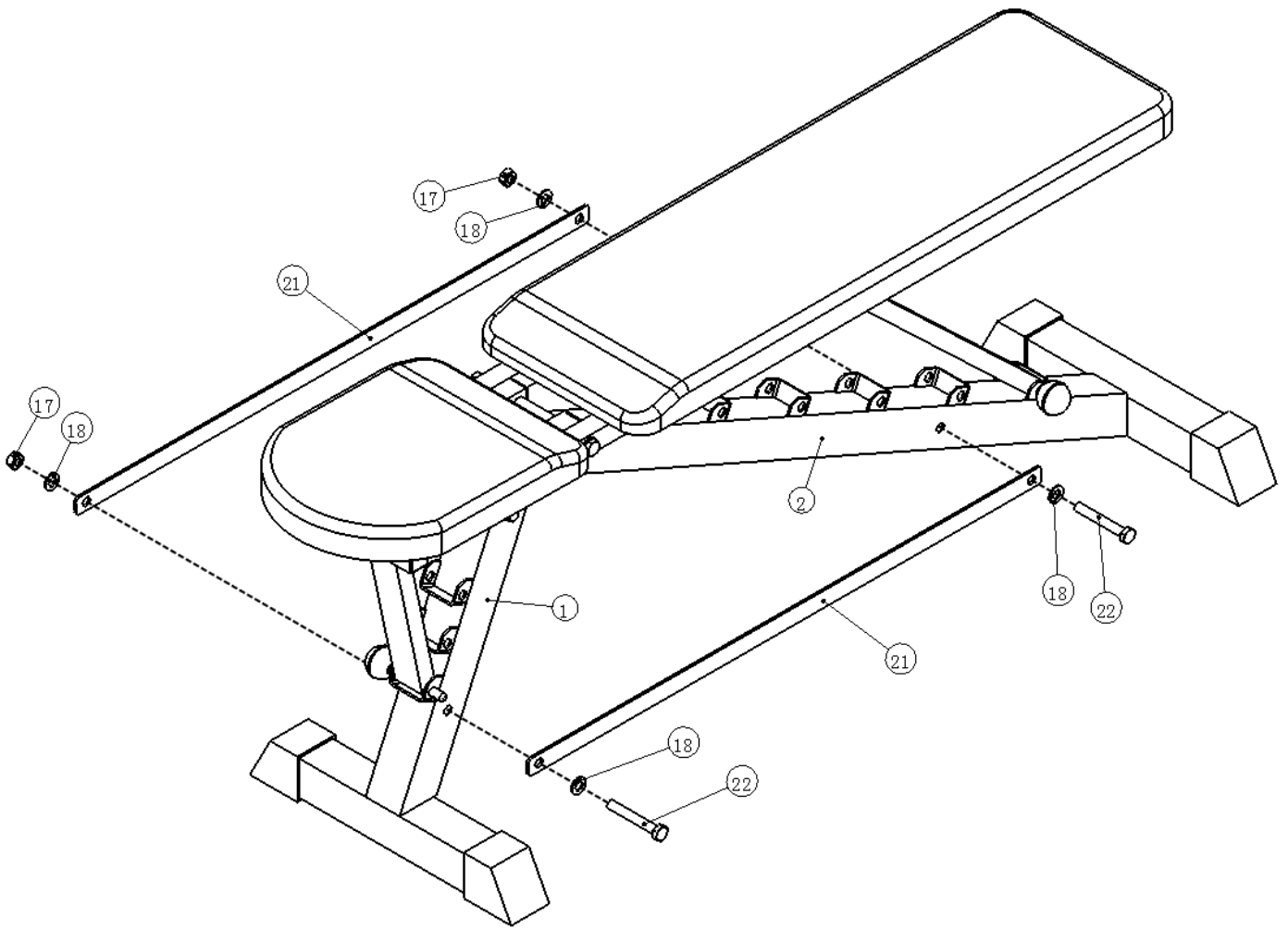
STEP 2

1. PLACE (10) ONTO (3) AND (6);
2. PLACE (11) INTO (2); CONNECT (6),(3) AND (2) WITH (13,18,17);
3. CONNECT (4) AND (3) WITH (14,18,17); CONNECT (4) AND (1) WITH (12);
4. CONNECT (5) AND (6) WITH (13,18,17); CONNECT (5) AND (2) WITH (12), AS SHOWN;



STEP 3

1. CONNECT (7) AND (3) WITH (15,19);
2. CONNECT (8) AND (6) WITH (15,19), AS SHOWN.



STEP 4

1. CONNECT (1) AND (21) WITH (22,18,17); CONNECT (2) AND (21) WITH (22,18,17)

NOTE: FASTEN ALL BOLTS BEFORE USING THE BENCH.