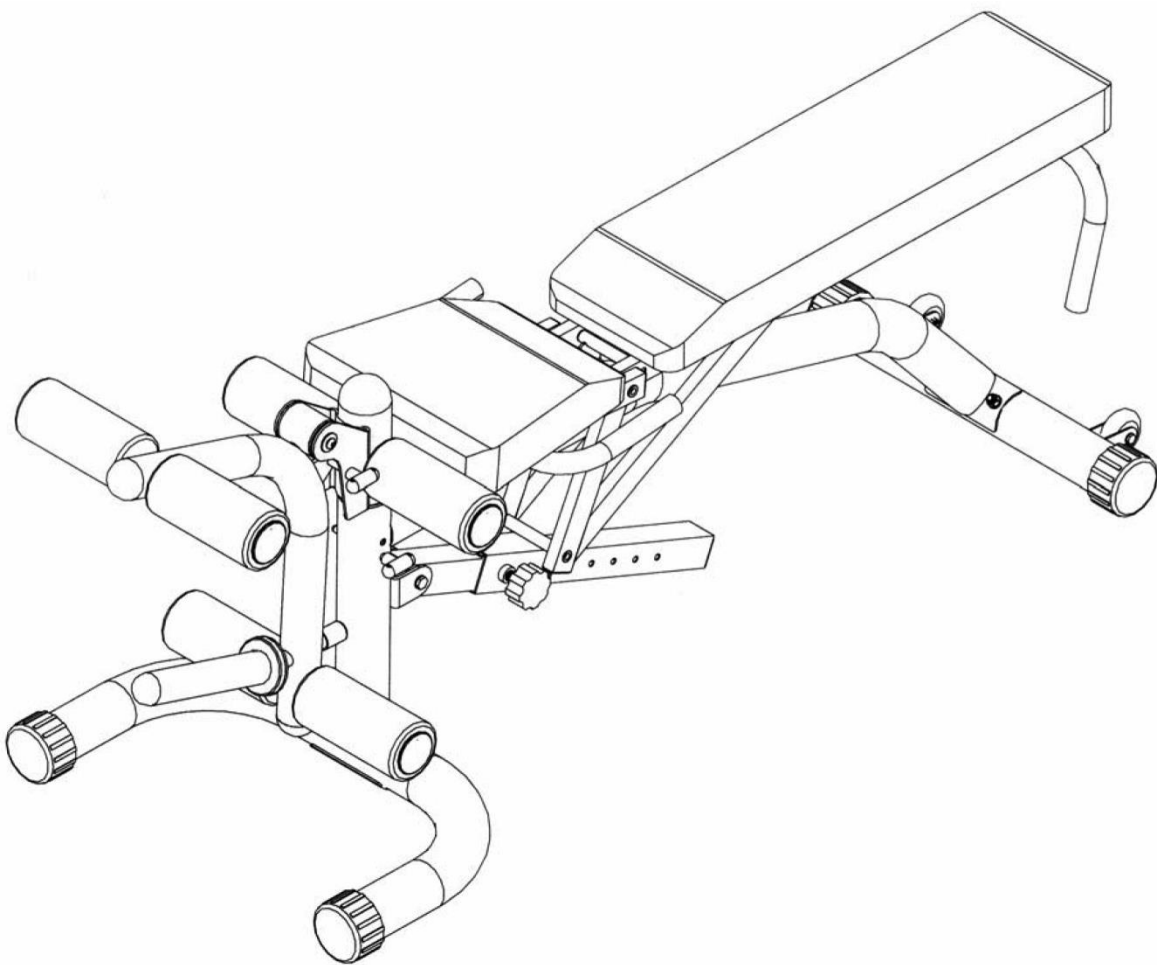


**HIT00329**  
**ADJUSTABLE LEVERAGE**  
**WEIGHT BENCH**



**OWNER'S MANUAL**

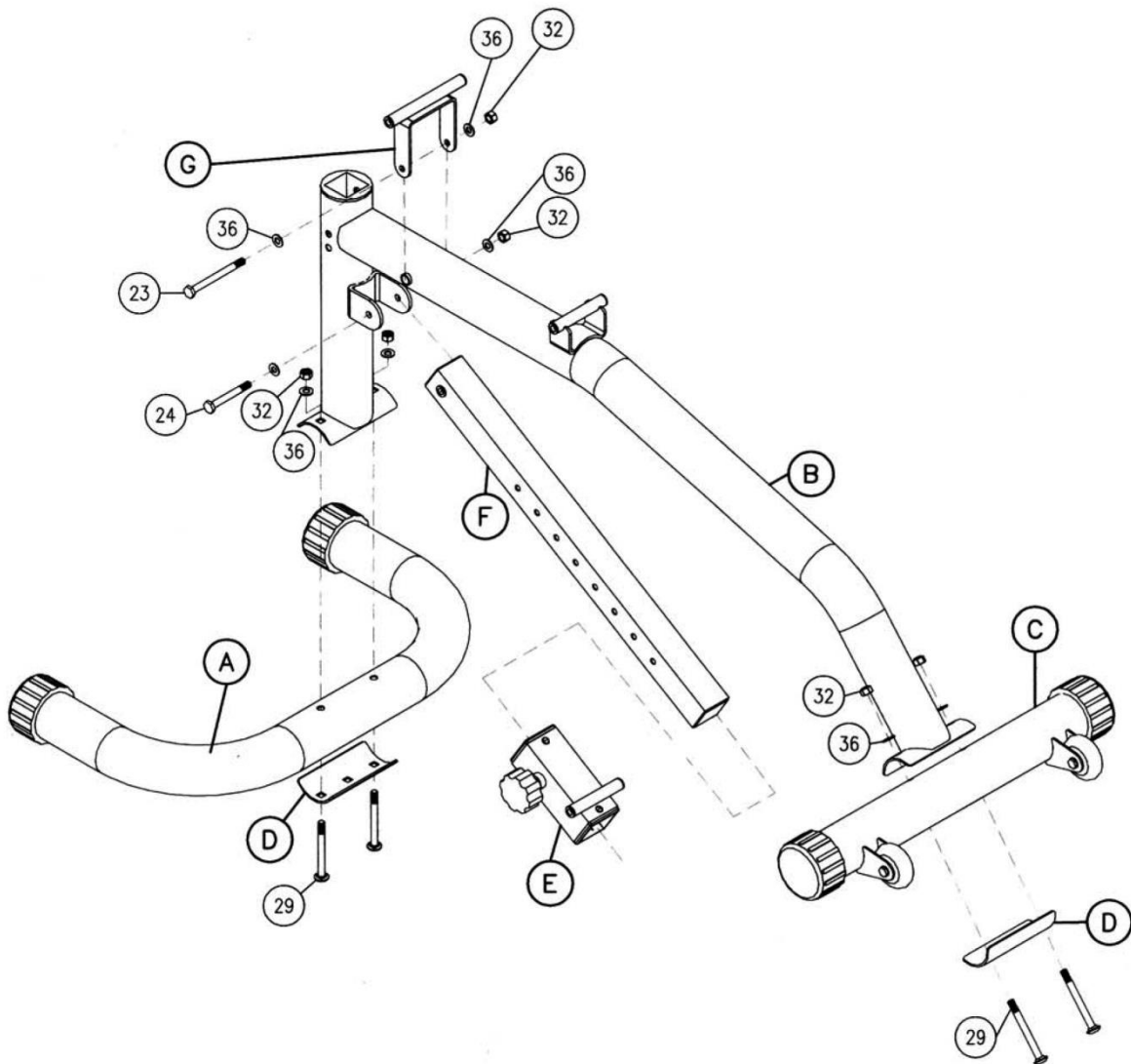
## PART LIST

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PART NO:	DESCRIPTION	Q'TY
A	FRONT LEG	1
B	MAIN FRAME	1
C	BACK LEG	1
D	BRACE PLATE	2
E	ADJUSTMENT CARRIAGE	1
F	CHROME ADJUSTMENT TUBE	1
G	SEAT PIVOT	1
H	SEAT BRACE	2
J	BACK BRACE	2
K	LEFT SEAT PAD HANDLE	1
L	RIGHT SEAT PAD HANDLE	1
M	LEFT BACK PAD HANDLE	1
N	RIGHT BACK PAD HANDLE	1
R	PIVOT ARM	1
S	PIVOT SHAFT	1

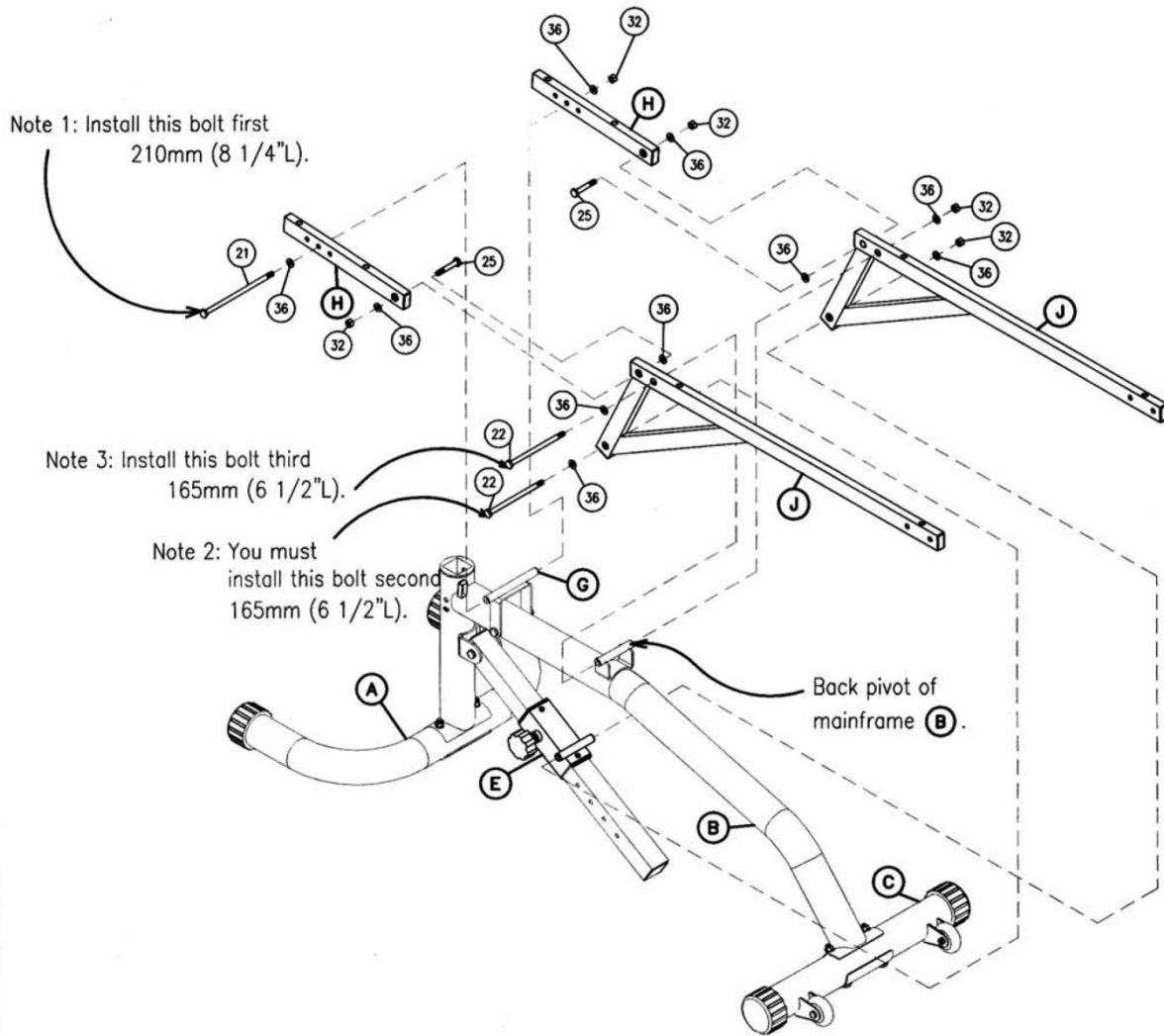
T	MAIN POST	1
P	SEAT PAD	1
Q	BACK PAD	1
2	PLASTIC BALL-END CAP 2"	1
6	PLASTIC ROLLER END CAP	6
8	OLY ADAPTER SLEEVE	1
9	FOAM ROLLER	6
10	FOAM ROLLER BAR	3
12	RUBBER DONUT	1
13	ADJUSTMENT PIN	2
21	HEX BOLT 10*210MM	1
22	HEX BOLT 10*165MM	2
23	HEX BOLT 10*110MM	1
24	HEX BOLT 10*80MM	2
25	HEX BOLT 10*60MM	2
26	HEX BOLT 10*40MM	8
28	ROUND ALLEN HEAD 10*20MM	3

29	CARRIAGE BOLT 10* 95MM	4
30	HEX BOLT 8*60MM	8
32	NYLON NUT 10MM	19
34	FLAT WASHER 10*30MM	3
35	SPRING WASHER 10MM	3
36	FLAT WASHER 10MM	34
37	SPRING WASHER 8MM	8
38	FLAT WASHER 8MM	12



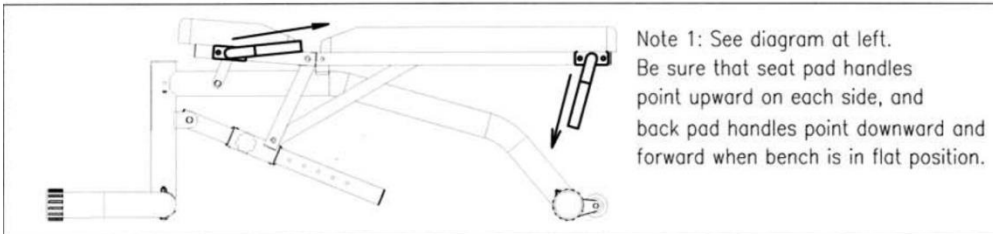
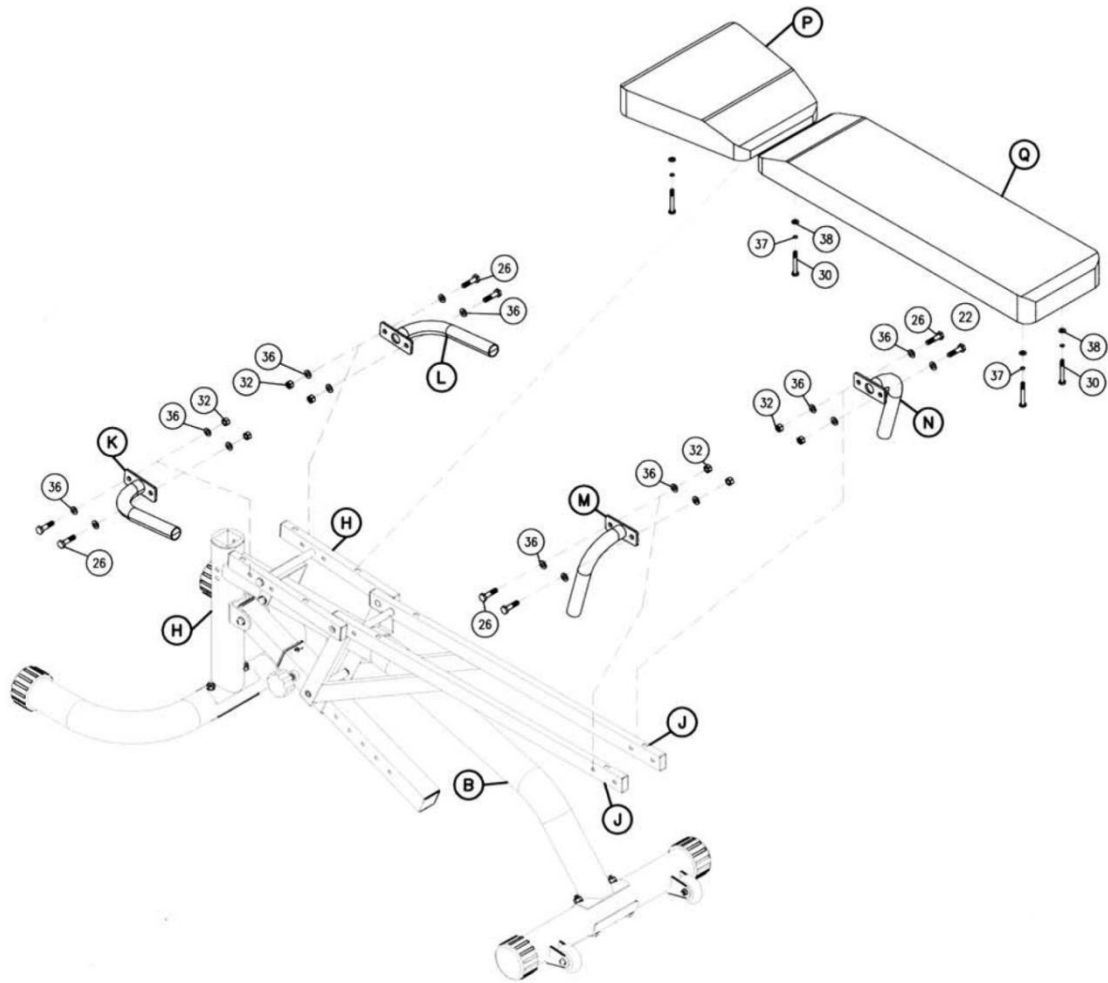
### STEP 1

- 1.) CONNECT (B), (A) AND (D) WITH (29, 36, 32);
- 2.) CONNECT (B), (C) AND (D) WITH (29, 36, 32);
- 3.) CONNECT (B) AND (F) WITH (24, 36, 32); SLIDE (E) ONTO (F);
- 4.) CONNECT (B) AND (G) WITH (23, 36, 32), AS SHOWN;



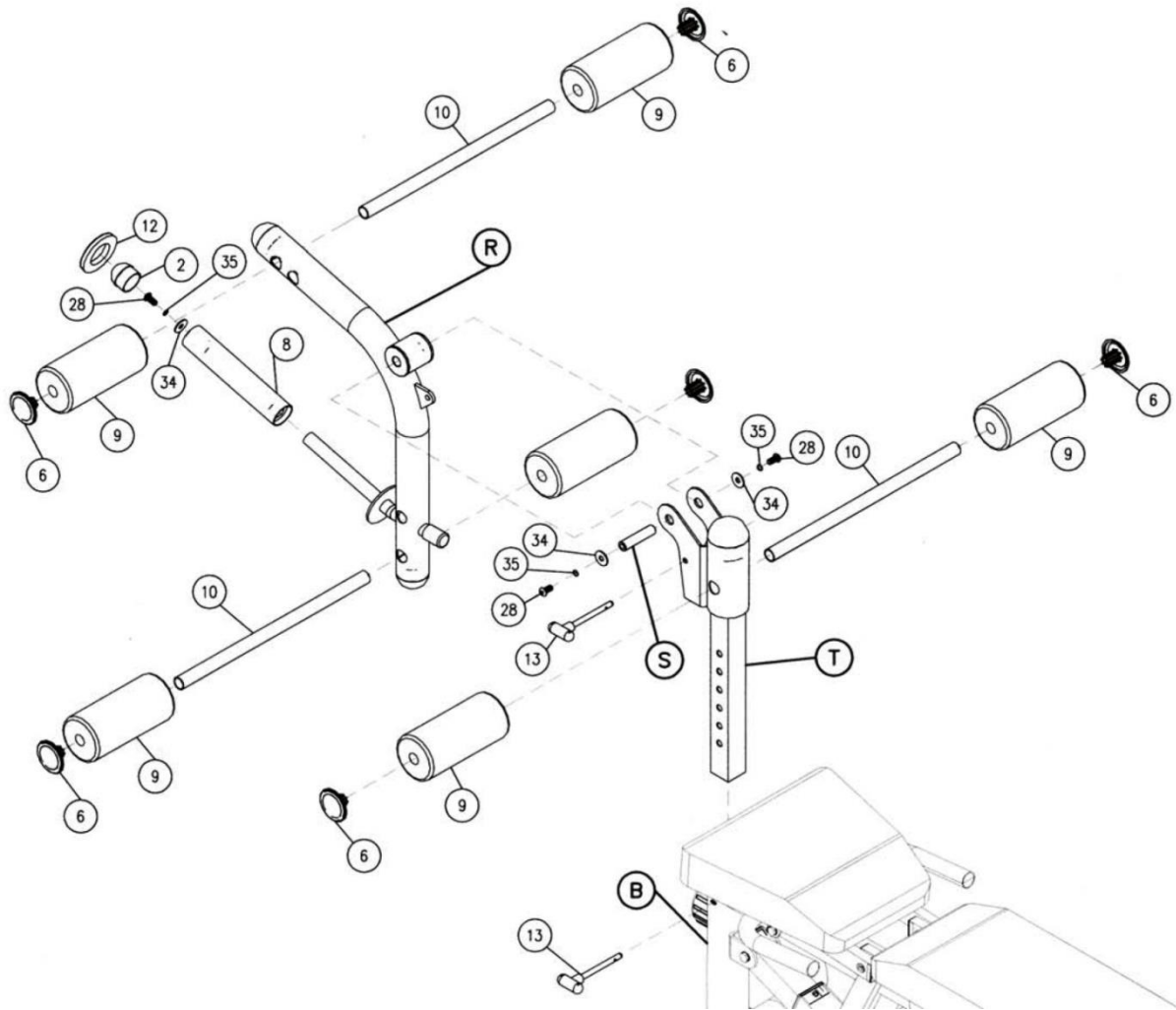
## STEP 2

- 1.) SLIDE (21) THROUGH (H) AND (G), SECURED BY (36,32);
- 2.) SLIDE (22) THROUGH (J) AND (E), SECURED BY (36,32);
- 3.) SLIDE (22) THROUGH (J) AND (B), SECURED BY (36,32);
- 4.) CONNECT (H) AND (J) WITH (25,36,32), AS SHOWN;



### STEP 3

- 1.) CONNECT (K) AND (H), (L) AND (H) WITH (26,36,32);
- 2.) CONNECT (M) AND (J), (N) AND (J) WITH (26,36,32);
- 3.) CONNECT (P) AND (H) WITH (30,37,38);
- 4.) CONNECT (Q) AND (J) WITH (30,37,38), AS SHOWN;



## STEP 4

- 1.) INSERT (T) INTO (B), SECURED BY (13);
- 2.) INSERT (S) INTO (R); CONNECT (R) AND (T) WITH (28,35,34);
- 3.) PLACE (8) ONTO (R), SECURED BY (28,35,34); PLACE (12) AND (2) ONTO (8);
- 4.) SLIDE (10) INTO (R) AND (T); PLACE (9) AND (6) ONTO (10), AS SHOWN.

**NOTE: PLEASE FASTEN ALL BOLTS BEFORE USING THE BENCH!**