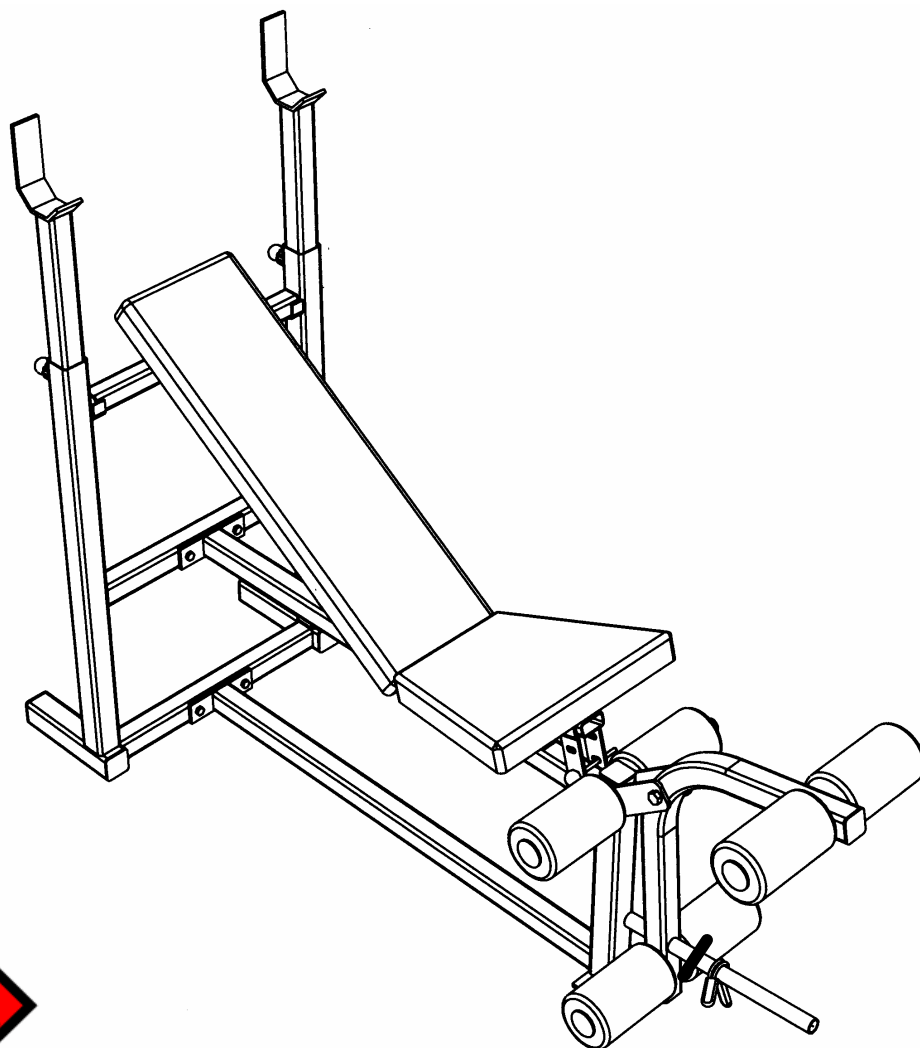


# *ASSEMBLY INSTRUCTIONS FOR THE DF2000 OLYMPIC BENCH*

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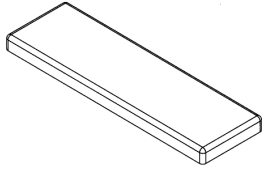


**(888) 258-0533**

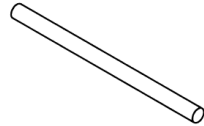
***FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY***

\*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

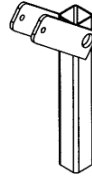
# ***BOX CONTENTS***



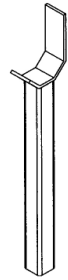
**PART #COM8013  
BACKREST  
QTY 1**



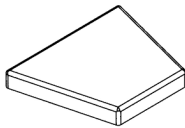
**PART #COM7001  
LEG PAD TUBE  
QTY 3**



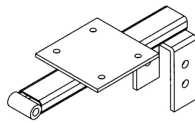
**PART #COM6005  
LEG YOKE  
QTY 1**



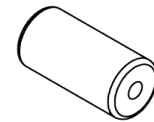
**PART #DF1050  
WEIGHT HOLDER  
QTY 2**



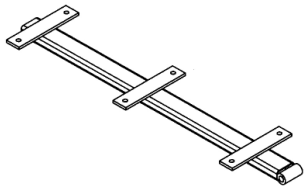
**PART #COM8012  
SEAT  
QTY 1**



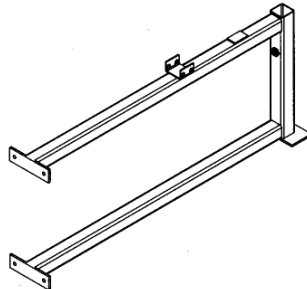
**PART #COM6015  
SEAT SUPPORT  
QTY 1**



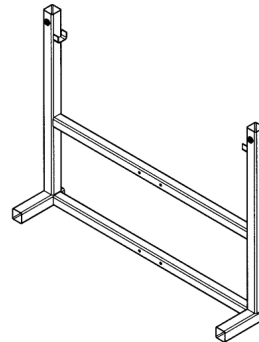
**PART #4 X 8  
LEG PAD  
QTY 6**



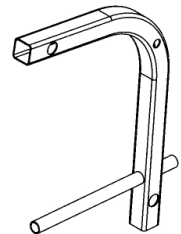
**PART #COM6017  
BACKREST SUPPORT  
QTY 1**



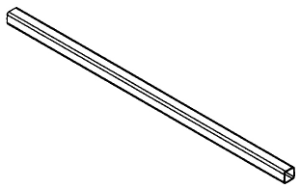
**PART #DF1030  
SEAT FRAME  
QTY 1**



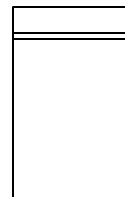
**PART #DF1040  
WEIGHT FRAME  
QTY 1**



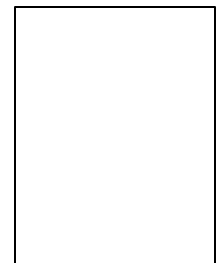
**PART #COM6000  
LEG EXTENSION  
QTY 1**



**PART #DF1070  
INCLINE SUPPORT  
QTY 1**



**PART #DF1000  
HARDWARE  
QTY 1**

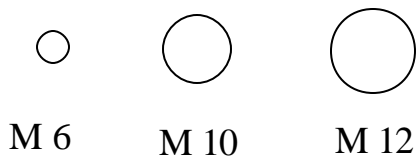


**PART #DF1000  
INSTRUCTIONS  
QTY 1**

# ***HARDWARE***

(2 PCS) M12 LOCK NUT  
(5 PCS) M10 LOCK NUT  
(4 PCS) M10 x 65MM BOLT  
(2 PCS) M12 x 80MM BOLT  
(10 PCS) M6 x 20MM BOLT  
(4 PCS) 2" SQ. CAP  
(2 PCS) 1 1/2" SQ. CAP  
(6 PCS) 1" FLANGE CAP  
(1 PC) 1" QUICK CLAMP  
(10 PCS) M6 FLAT WASHER

(3 PCS) 1 3/4" SQ. CAP  
(1 PC) 1" RD BUMPER  
(1 PC) 1" RD. INSIDE CAP  
(3 PCS) 2" TO 1 3/4" REDUCER  
(1 PC) 3" LOCK PIN  
(3 PCS) M10 PULL PIN BALL  
(10 PCS) M10 WASHERS  
(2 PCS) 1" X 2" CAP  
(4 PCS) M12 FLAT WASHER  
(1 PC) M10 x 75MM BOLT

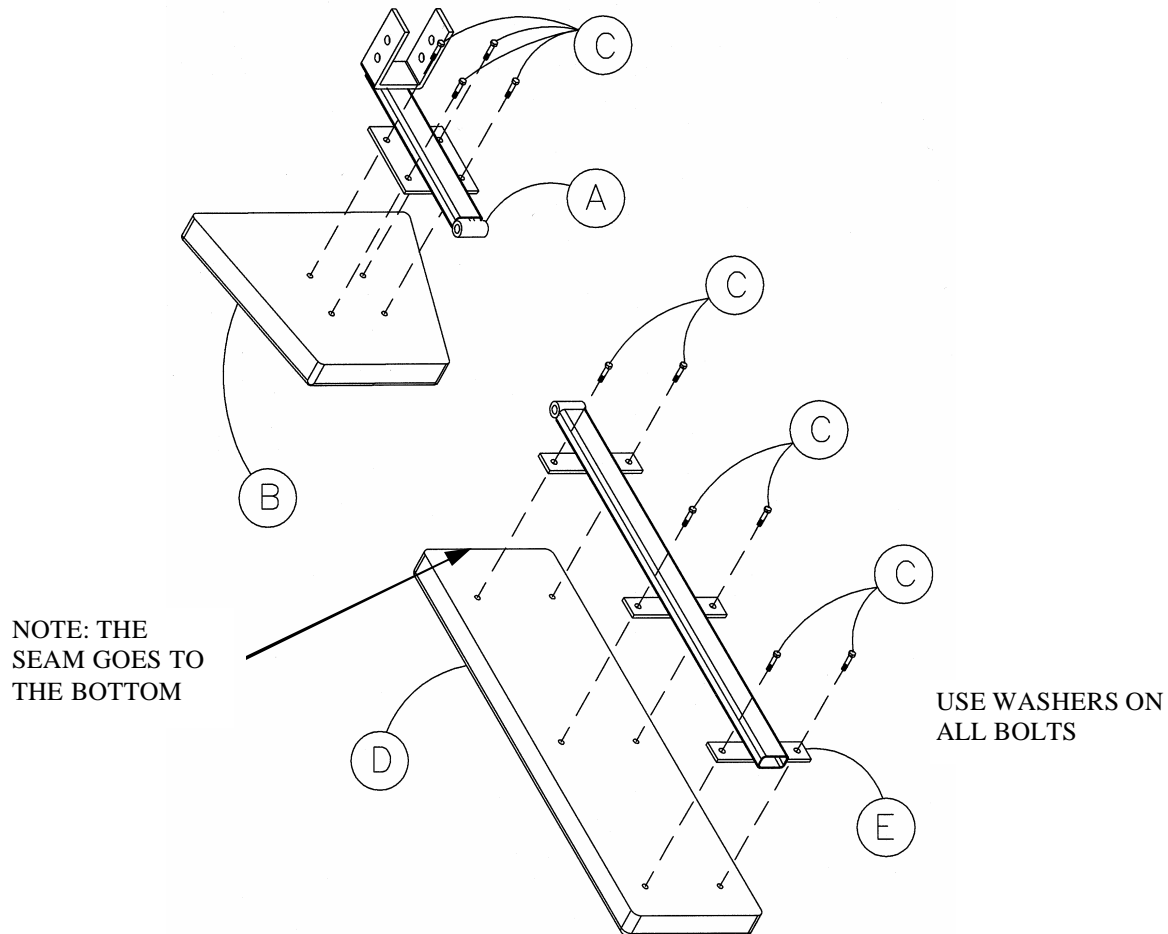


**BOLT DIAMETER**



**MEASURE BOLT LENGTH HERE**

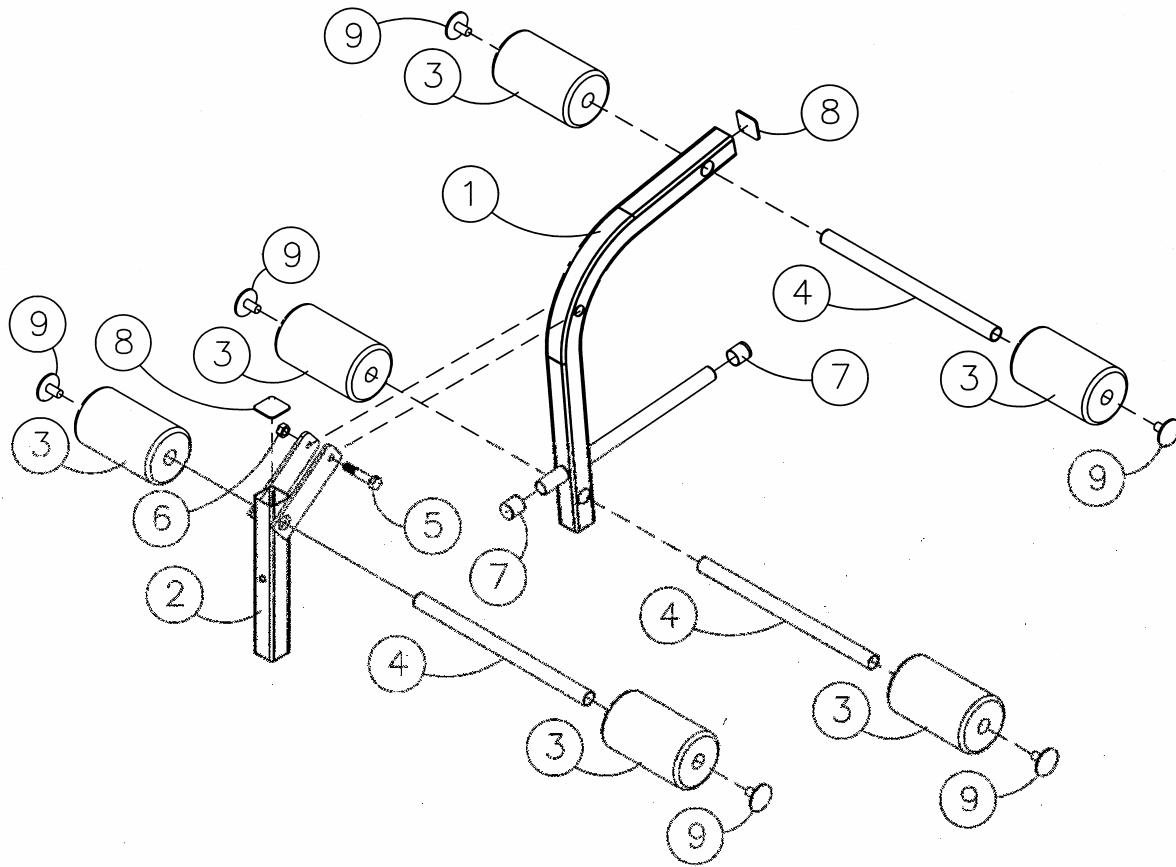
## SEAT & BACKREST ASSEMBLY



**TOOLS REQUIRED:**  
METRIC WRENCHES OR SOCKET SET

USE THE M6 x 20MM BOLTS (C) AND THE M6 FLAT WASHERS TO SECURE THE BACKREST (D) AND THE SEAT (B) TO THE SUPPORTS (E) AND (A).

## LEG EXTENSION ASSEMBLY



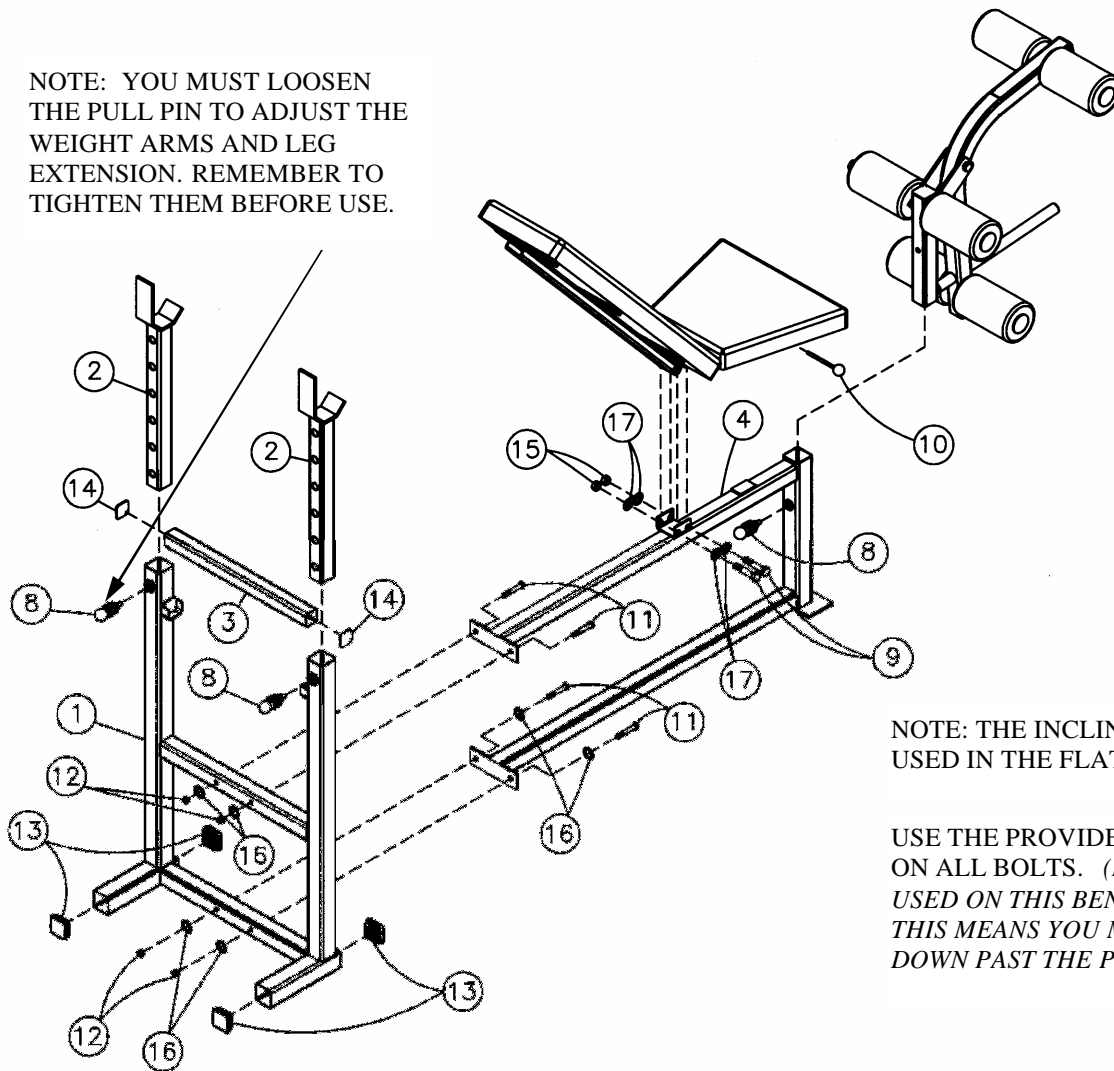
BOLT THE LEG EXTENSION (1) TO THE YOKE (2) USING THE M10 x 75MM BOLT (5) THE 10M FLAT WASHERS, AND THE M10 LOCK NUT (6).

NEXT SLIDE THE LEG TUBES (4) THROUGH THE LEG EXTENSION AND THE YOKE. THEN SLIDE THE PADS (3) ON THE TUBES (4). INSERT THE ROLLER CAPS (9).

INSERT THE 1 3/4" CAPS (8) INTO THE OPEN SQUARE TUBE ENDS. NEXT INSERT THE 1" CAPS (7) INTO THE ROUND TUBE END. SCREW THE BUMPER ONTO THE BACK OF THE LEG SWING (1).

## MAIN ASSEMBLY

NOTE: YOU MUST LOOSEN THE PULL PIN TO ADJUST THE WEIGHT ARMS AND LEG EXTENSION. REMEMBER TO TIGHTEN THEM BEFORE USE.



NOTE: THE INCLINE BAR (3) IS NOT USED IN THE FLAT POSITION

USE THE PROVIDED FLAT WASHERS ON ALL BOLTS. (NOTE: THE NUTS USED ON THIS BENCH ARE LOCK NUTS, THIS MEANS YOU MUST TIGHTEN THEM DOWN PAST THE PLASTIC INSERT.)

ATTACH BENCH FRAME (4) TO THE FRAME WEIGHT COLUMN (1) USING 4 PCS M10 x 65MM BOLTS (11), THE M10 WASHERS (16) AND M10 LOCK NUTS (12).

INSERT THE WEIGHT ARMS (2). INTO THE FRAME WEIGHT COLUMN (1). SECURE THE WEIGHT ARMS BY USING THE PULL PINS (8) IN THE WEIGHT COLUMN (1).

ATTACH THE BACKREST ASSY TO THE BENCH FRAME (4) USING THE M12 x 80MM BOLTS (9), THE M12 WASHERS (17) AND THE M12 LOCK NUTS (15). ATTACH THE SEAT ASSY ON TO THE BENCH FRAME (4) USING THE (9) M12 x 80MM BOLTS, THE M12 WASHERS (17) AND THE M12 LOCK NUTS (15).

INSERT LEG EXTENSION FROM "FIGURE B" INTO THE SEAT FRAME (4) AND INSERT PULL PIN (8) TO SECURE THE LEG EXTENSION.

INSERT END CAPS(13) INTO (1) WEIGHT COLUMN.

# ***ADJUSTMENT***

***ADJUSTING THE WEIGHT ARMS:*** RAISE AND LOWER THE WEIGHT ARMS USING THE PULL PIN. TURN THE KNOB TO LOOSEN FOR ADJUSTMENT.

MAKE SURE THE PULL PIN IS SECURE IN THE ADJUSTMENT HOLE THEN TURN THE KNOB TO TIGHTEN BEFORE USE. (THE PULL PIN IS DESIGNED TO FIT TIGHTLY AGAINST THE TUBE AND WILL NOT ADJUST UNLESS IT IS LOOSENED FIRST.) THE LEG EXTENSION IS ADJUSTED THE SAME WAY.

## ***SAFETY NOTICE***

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE POSSIBILITY OF RISK CAN BE REDUCED BY ALWAYS FOLLOWING THESE SIMPLE RULES:

- 1) BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR FOR A COMPLETE PHYSICAL EXAMINATION AND SUGGESTED EXERCISE PROGRAM SPECIFIC FOR YOU.
- 2) STRETCH BEFORE AND AFTER THE EXERCISE PROGRAM. PROPER STRETCHING WILL PREPARE YOUR JOINTS AND MUSCLES FOR EXERCISE AND HELP AVOID INJURIES.
- 3) IF AT ANY TIME YOU SHOULD FEEL FAINT OR DIZZY, NAUSEOUS OR EXPERIENCE ANY OTHER ABNORMAL SYMPTOMS OR DISCOMFORT DISCONTINUE USE AND CONSULT YOUR DOCTOR.
- 4) DO NOT USE THIS EQUIPMENT WITHOUT QUALIFIED SUPERVISION AND PROPER TRAINING. NEVER WORK OUT ALONE- ALWAYS HAVE A PARTNER.
- 5) SECURELY TIGHTEN ALL BOLTS AND REGULARLY CHECK TO ENSURE ALL BOLTS HAVE NOT LOOSENED.
- 6) WEAR GOOD RUBBER SOLE SHOES ONLY. DO NOT USE BARE FOOTED OR WITH SOCKS ONLY.
- 7) DO NOT WEAR LOOSE CLOTHES SUCH AS ROBES, GOWNS, PANTS, LONG SHIRTS OR JEWELRY WHICH COULD BECOME ENTANGLED IN MOVING PARTS.
- 8) DO NOT STAND OR KNEEL ON SEAT. ALWAYS SIT OR LAY SQUARELY CENTERED.
- 9) KEEP HEAD, LIMBS AND BODY PARTS CLEAR OF MOVING PARTS AND WEIGHT PLATES.
- 10) CHILDREN SHOULD NOT USE EXERCISE EQUIPMENT WITHOUT SUPERVISION BECAUSE OF POSSIBILITY OF INJURY FROM IMPROPER USAGE. THIS EQUIPMENT IS INTENDED FOR HOME USE ONLY.
- 11) REPLACEMENT OF WORN OR DEFECTIVE PARTS MUST BE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ASSESSORS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.

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QTY	SIZE	DESCRIPTION	COLOR	PRICE	TOTAL
		T - SHIRT	WHITE	\$12.99 EA.	
		MUSCLE SHIRT	BLACK	\$12.99 EA.	
				TOTAL	

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