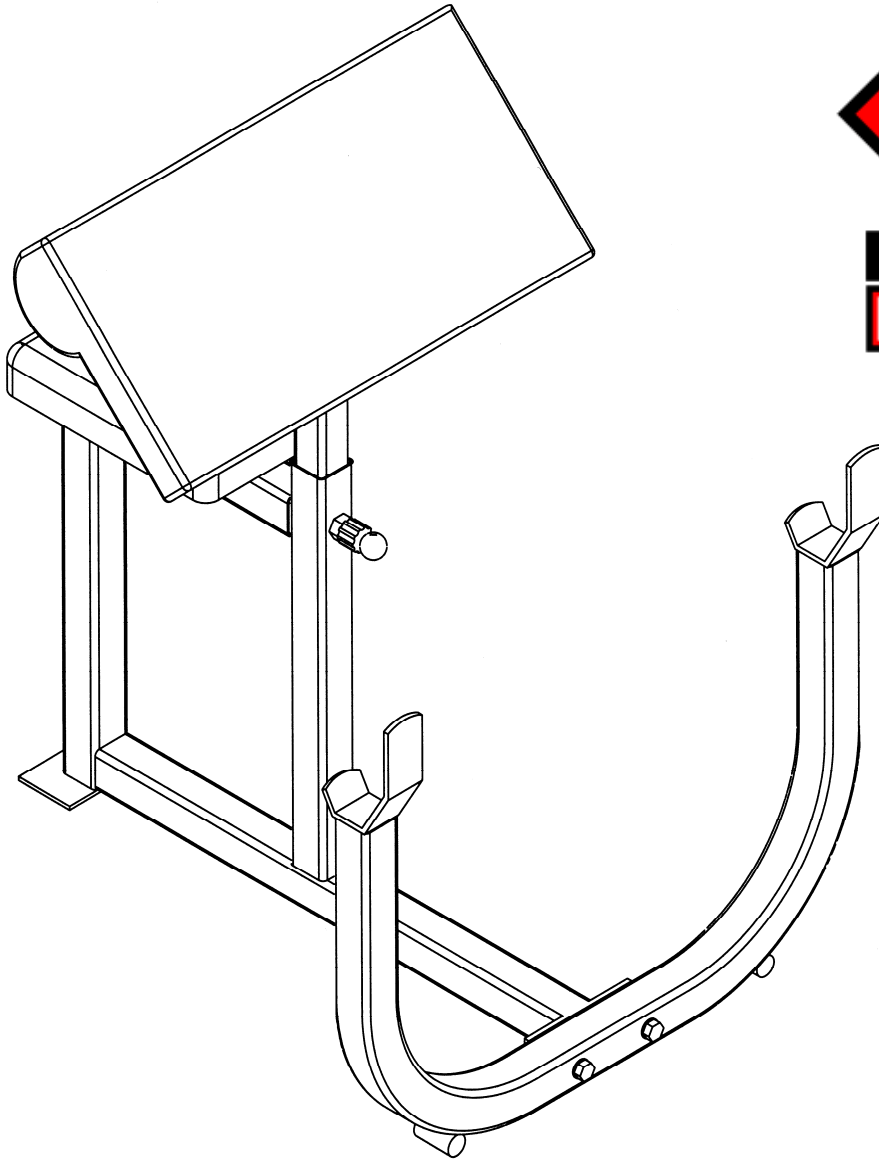


# *ASSEMBLY INSTRUCTIONS FOR THE DF3000 PREACHER CURL BENCH*

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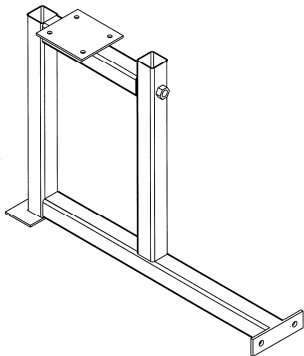


**(888) 258-0533**

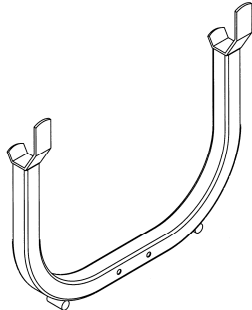
***FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY***

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

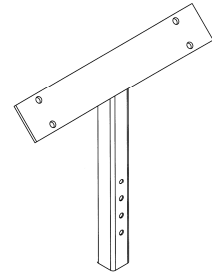
# ***BOX CONTENTS***



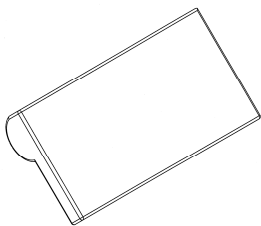
**A**  
**SEAT FRAME**  
QTY 1



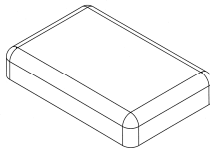
**B**  
**WEIGHT COLUMN**  
QTY 1



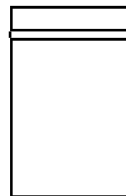
**C**  
**ARM REST**  
**FRAME**  
QTY 1



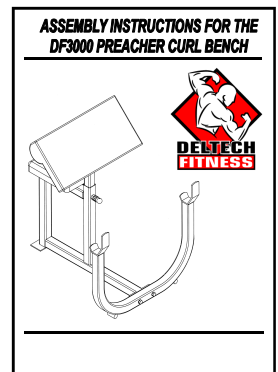
**D**  
**ARM PAD**  
QTY 1



**E**  
**SEAT PAD**  
QTY 1



**HARDWARE**  
**PACK**  
QTY 1

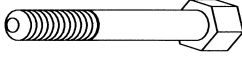


**ASSEMBLY**  
**INSTRUCTIONS**

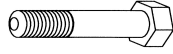


IF YOU ARE MISSING PARTS PLEASE CALL 1-888-258-0533

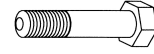
# ***HARDWARE***



**F**  
**M10 x 70MM**  
**BOLT**  
**QTY 2**



**G**  
**M6 x 30MM**  
**BOLT**  
**QTY 4**



**H**  
**M6 x 25MM**  
**BOLT**  
**QTY 4**



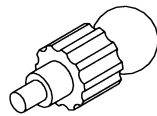
**I**  
**10MM WASHER**  
**QTY 2**



**J**  
**6MM WASHER**  
**QTY 8**



**K**  
**10MM LOCKNUT**  
**QTY 2**

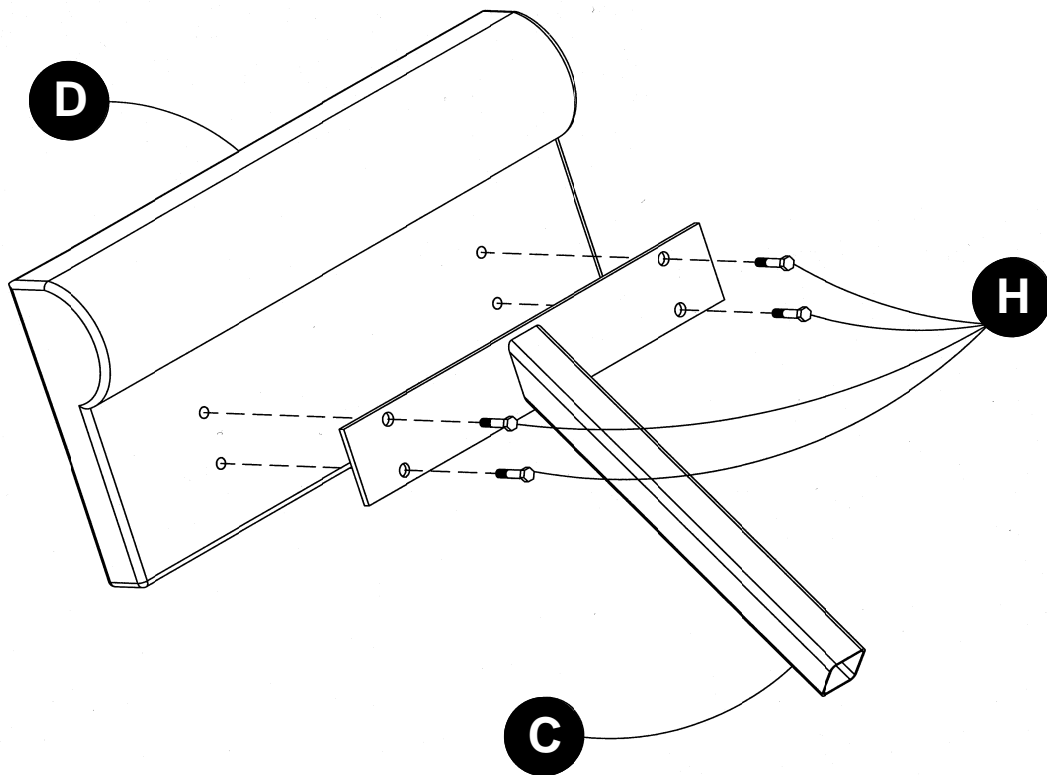


**L**  
**PULL-PIN**  
**QTY 1**



IF YOU ARE MISSING HARDWARE PLEASE CALL 1-888-258-0533

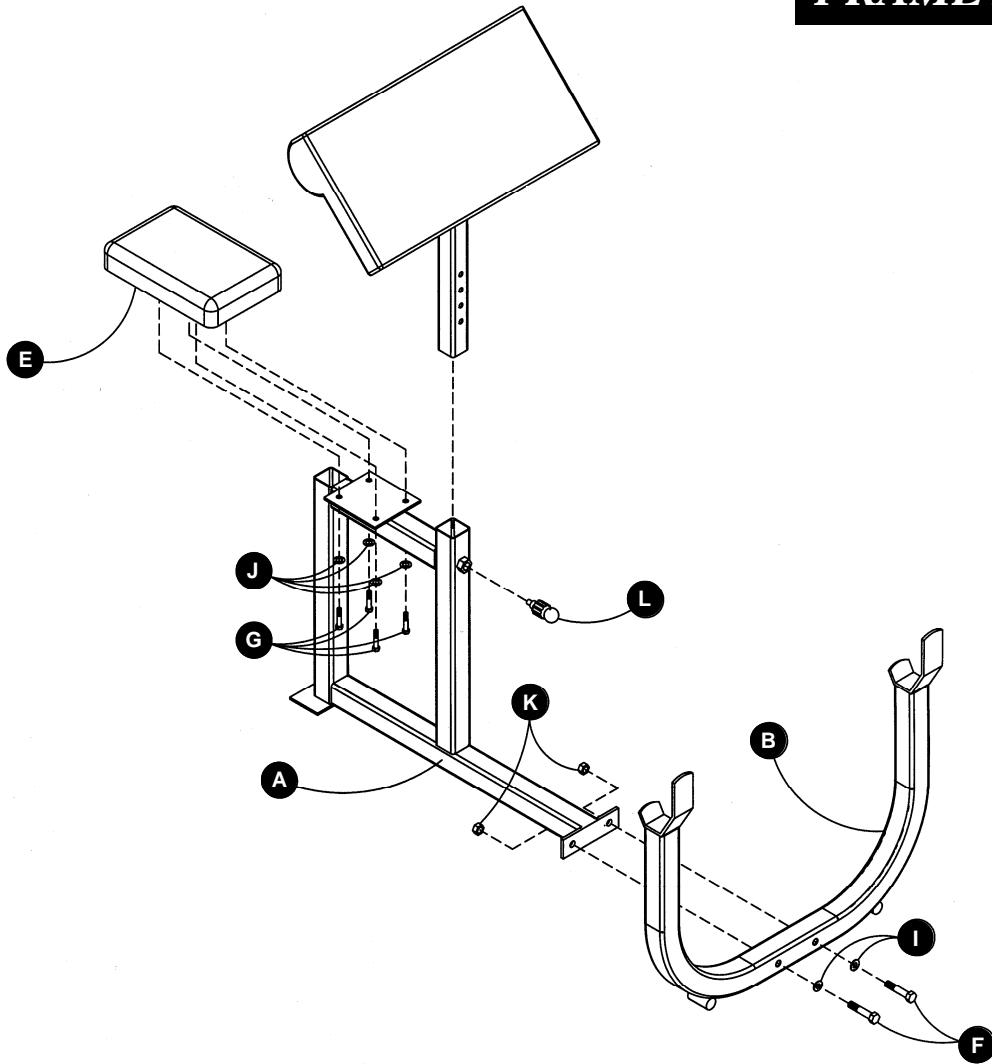
## ARMREST ASSEMBLY



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

ATTACH THE ARM REST PAD (D) TO THE ARM REST FRAME (C) USING THE M6 x 25MM BOLTS (H)

## FRAME ASSEMBLY



SECURE THE WEIGHT COLUMN (B) TO THE SEAT FRAME (A) USING M10 x 70MM BOLTS (F), NYLON LOCK NUTS (K) AND M10 WASHERS (I).

ATTACH THE SEAT (E) TO THE SEAT FRAME (A) USING THE M6 x 30MM BOLTS (G) AND M6 WASHERS (J) .

SLIDE THE ARM REST INTO SEAT FRAME (A) . ADJUST HEIGHT AND SECURE USING THE PULL-PIN PROVIDED (L) .

MAKE SURE ALL THE BOLTS ARE TIGHT BEFORE USE. REMEMBER TO CHECK THEM PERIODICALLY TO MAKE SURE THEY ALWAYS STAY TIGHT.

**ADJUSTING THE ARMREST:** RAISE AND LOWER THE USING THE PULL-PIN. TURN THE PULL-PIN KNOB TO LOOSEN FOR ADJUSTMENT, MAKE SURE THE PULL-PIN IS SECURE IN THE ADJUSTMENT HOLE, THEN TURN THE KNOB TO TIGHTEN THE PULL-PIN INTO PLACE BEFORE USE.

# T-SHIRT ORDER FORM

## DELTECH FITNESS T - SHIRT

SIZES AVAILABLE ARE M-XXL. THE COLOR OF THE SHIRTS ARE WHITE. RED AND BLACK LOGO. ONLY \$12.99



## DELTECH FITNESS MUSCLE SHIRT

SIZES AVAILABLE M-XXL THE COLOR AVAILABLE IS BLACK. RED AND WHITE LOGO. ONLY \$12.99



SEND TO: DELTECH MANUFACTURING, INC.  
3910 OAKLAWN DR.  
LOUISVILLE, KY. 40219

ALL ORDERS SHIPPED UPS GROUND.

MAKE CHECK OR MONEY ORDER PAYABLE TO: DELTECH MANUFACTURING  
KENTUCKY RESIDENTS ADD 6% SALES TAX. ALLOW 3 WEEKS FOR DELIVERY.

PRICE INCLUDES SHIPPING TO THE CONTIGUOUS UNITED STATES  
OR ORDER ONLINE WITH A CREDIT CARD AT [WWW.FITNESSDESTINATION.COM](http://WWW.FITNESSDESTINATION.COM)

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

### SHIPPING INFORMATION:

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# ***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.