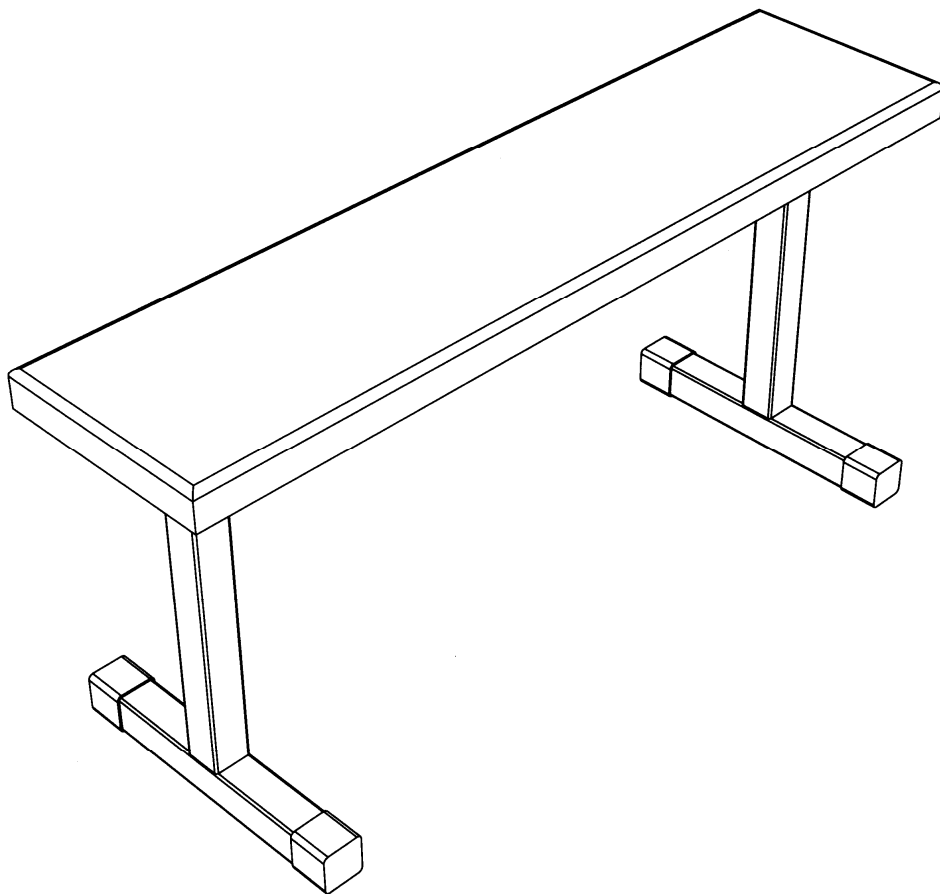


ASSEMBLY INSTRUCTIONS FOR THE DF8000 FLAT BENCH

800 LB CAPACITY

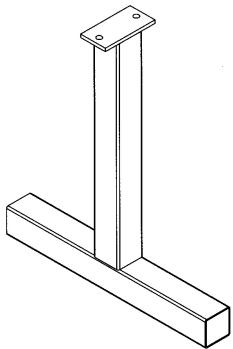


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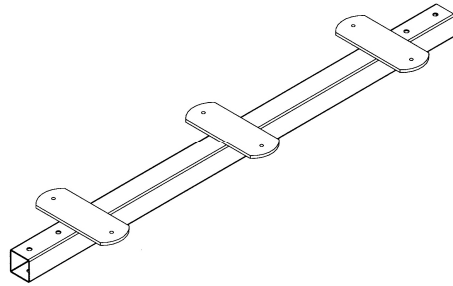
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

BOX CONTENTS



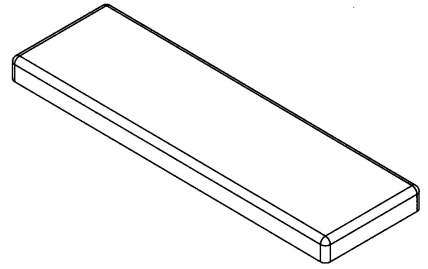
A

**LEG FRAME
QTY 2**



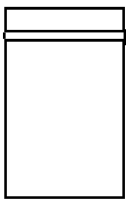
B

**BACKREST
SUPPORT
QTY 1**

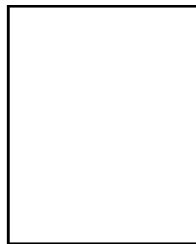


C

**BACKREST
QTY 1**



**DF8000
HARDWARE PACK
QTY 1**



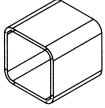
**DF8000
INSTRUCTION
SHEET
QTY 1**



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

HARDWARE



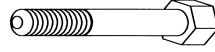
D

**RUBBER SHOE
QTY 4**



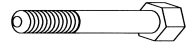
E

**SQUARE CAP
QTY 2**



F

**M10 x 70MM BOLT
QTY 4**



G

**M6 x 25MM BOLT
QTY 6**



H

**M10 LOCKNUT
QTY 4**



M 6



M 10



M 12

BOLT DIAMETER



25 MM



65 MM



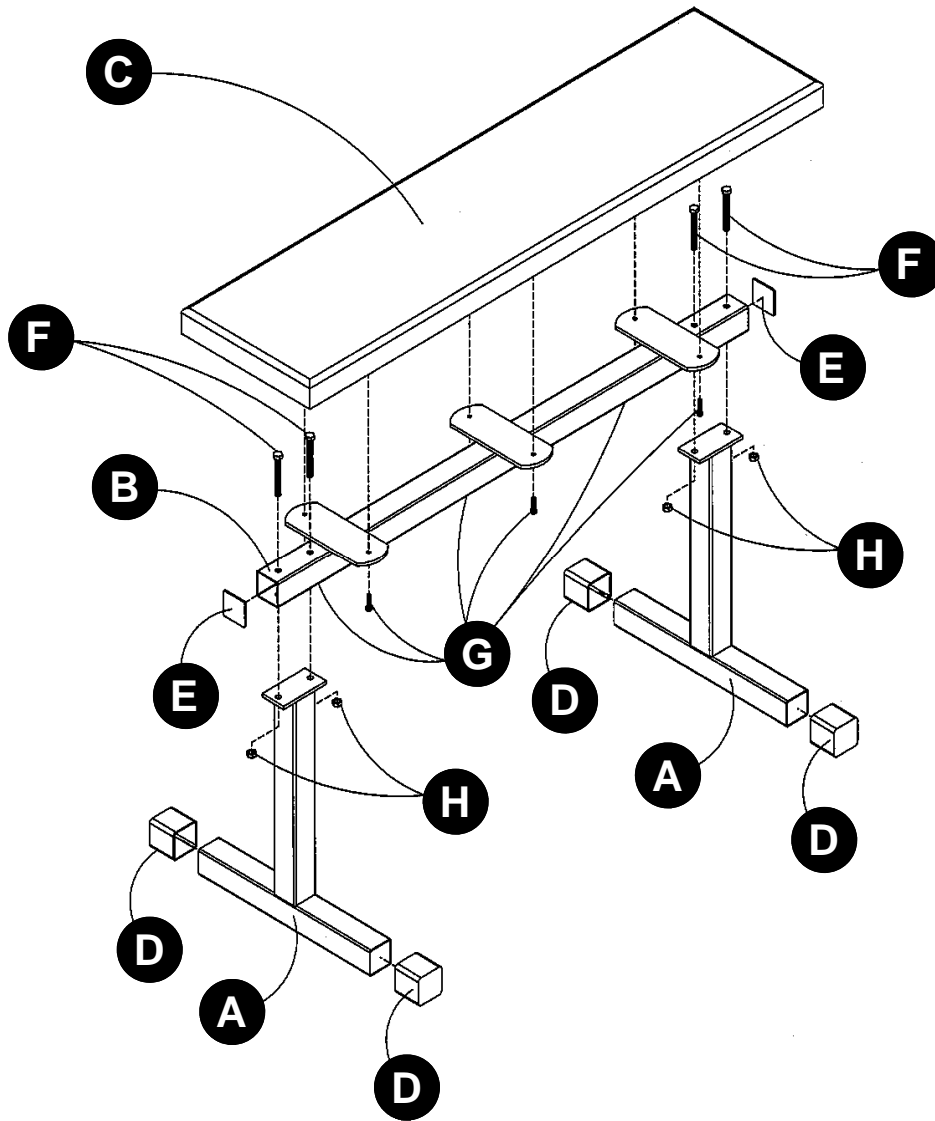
70MM



80MM

MEASURE BOLT LENGTH HERE

FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY



SLIDE M10 X 70MM BOLTS (F) THROUGH THE BACKREST SUPPORT (B) AND THROUGH THE LEG FRAMES (A). INSTALL M10 LOCKNUTS (H) AND TIGHTEN.

ATTACH THE BACKREST (C) TO THE BACKREST SUPPORT (B) USING THE M6 X 25MM BOLTS (G).

INSTALL THE SQUARE CAPS (E) AND THE RUBBER SHOES (D) ONTO THE BACKREST SUPPORT (B) AND THE LEG FRAMES (A).

(NOTE: THE NUTS USED ON THIS BENCH ARE LOCK NUTS, THIS MEANS YOU MUST TIGHTEN THEM DOWN PAST THE PLASTIC INSERT.)

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

SAFETY NOTICE

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE RISK OF INJURY 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 OR WORN OR DEFECTIVE PARTS MUST BE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ACCESSORIES ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.

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

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

SHIPPING INFORMATION:
