

ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

 Ader Sports



FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT ADER SPORTING GOODS TOLL FREE (800) 733-2338

ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

TOOLS REQUIRED:

- 1) 11/16" WRENCH
- 2) 9/16" WRENCHES

INSTRUCTIONS:

FIGURE A

1) FIRST INSTALL THE RUBBER CAPS (B) ONTO THE WEIGHT COLUMN ARMS (A). NEXT INSTALL THE TURN KNOB (D) AND THE REDUCER CAP (C) ON THE WEIGHT COLUMN ARMS (A).

2) NOW INSTALL THE TOP CROSS MEMBER (E) TO THE WEIGHT COLUMN ARMS USING THE 3/8" X 2 1/2" BOLT (F), THE 3/8" X 1" BOLTS (I), THE 3/8" FLAT WASHERS, AND THE 3/8" LOCK NUTS.

3) INSTALL THE BOTTOM CROSS MEMBER (G) ON THE WEIGHT COLUMN ARMS (A) USING THE 3/8" X 3" BOLTS (H), THE 3/8 FLAT WASHERS, AND THE 3/8" LOCK NUTS.

FIGURE B

1) SLIDE THE WEIGHT ARMS (B) INTO THE WEIGHT COLUMN AND SECURE THEM WITH THE LOCK PIN (D). NOW SLIDE THE GRIPS (C) ONTO THE WEIGHT ARMS (B).

FIGURE C

1) ATTACH THE SEAT SLIDE (A) TO THE BACKREST (B) USING THE 3/8" X 2" BOLT (E). NOW BOLT THE SEAT SLIDE (A) TO THE SEAT USING THE 3/8" X 1" BOLT (F) TO THE SEAT (C). NOW INSTALL THE TURN KNOB (D) INTO THE SEAT SLIDE (A)

FIGURE D

1) SLIDE THE SEAT ASSEMBLY (A) ONTO THE SEAT FRAME (B).

FIGURE E

1) INSTALL THE RUBBER CAPS (C) ONTO THE FOOT (B). NEXT SLIDE THE FOOT (B) INTO THE SEAT FRAME (A) AND SECURE IT WITH THE LOCK PIN (D).

2) NOW INSTALL THE SEAT ASSEMBLY (F) ONTO THE SEAT FRAME (A) USING THE 3/8 X 2 1/2" BOLT (G), THE 3/8" X 1" BOLT (J), THE 3/8 FLAT WASHERS (H) AND THE 3/8" LOCK NUTS (I).

3) NOW INSTALL THE TURN 3" TURN KNOB (E) AND THE REDUCER CAP (F).

ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

FIGURE E

1) CONNECT THE SEAT FRAME (A) TO THE WEIGHT COLUMN (B) USING THE 3/8" X 3" BOLTS (C), THE FLAT WASHERS (D) AND THE 3/8" LOCK NUTS (E).

FIGURE G

1) FIRST INSTALL THE 2" END CAPS (K), THE 1" ROUND CAP (L) AND THE BUMPER (J) INTO THE LEG SWING (A). NEXT ATTACH THE YOKE (E) TO THE LEG SWING (A) USING THE 3/8" X 3" BOLT (G), THE FLAT WASHERS (H), AND THE 3/8" LOCK NUT (I).

2) NOW SLIDE THE LEG PAD TUBES (B) INTO THE LEG SWING (A) AND THE YOKE (E). NEXT INSTALL THE LEG PADS (C) ONTO THE LEG PAD TUBES (B). (NOTE IF THE LEG PADS ARE TIGHT MOISTEN THE LEG PAD TUBE WITH A DAMP CLOTH FOR EASIER INSTALLATION.)

3) INSTALL THE END CAPS (D) INTO EACH END OF THE LEG PAD TUBE (B).

4) INSERT THE 1 3/4" SQUARE CAP (F) INTO THE YOKE (E).

5) IF YOU HAVE OLYMPIC WEIGHTS SLIDE THE OLYMPIC ADAPTER (M) ONTO THE LEG SWING (A).

FIGURE H

1) INSTALL THE DIP TUBES (A) ONTO THE BENCH (B) USING THE 3/8" X 3" BOLTS (C), THE 3/8" FLAT WASHERS (D), AND THE 3/8" LOCK NUTS (E).

2) INSTALL THE TURN KNOBS AND THE REDUCER CAPS (F) ONTO THE DIP TUBE (A).

FIGURE I

1) INSERT THE LEG ATTACHMENT INTO THE BENCH.

FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

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 OR WORN OR DEFECTIVE PARTS MUST BE REPLACED WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ASSESSORS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.

ADJUSTING THE BACK PAD: RAISE AND LOWER THE BACKREST USING THE LOCK PIN IN THE SEAT SLIDE. LOOSEN THE TIGHTEN KNOB BEFORE ADJUSTMENT. MAKE SURE THE LOCK PIN IS THROUGH BOTH SIDES OF THE TUBE AND THEN TIGHTEN THE KNOB TO SECURE IT.

ADJUSTING THE SEAT PAD: RAISE THE SEAT PAD TO THE DESIRED POSITION BY USING THE LOCK PIN THROUGH THE HOLES IN THE BRACKET. MAKE SURE THE LOCK PIN IS THROUGH BOTH SIDES BEFORE USE.

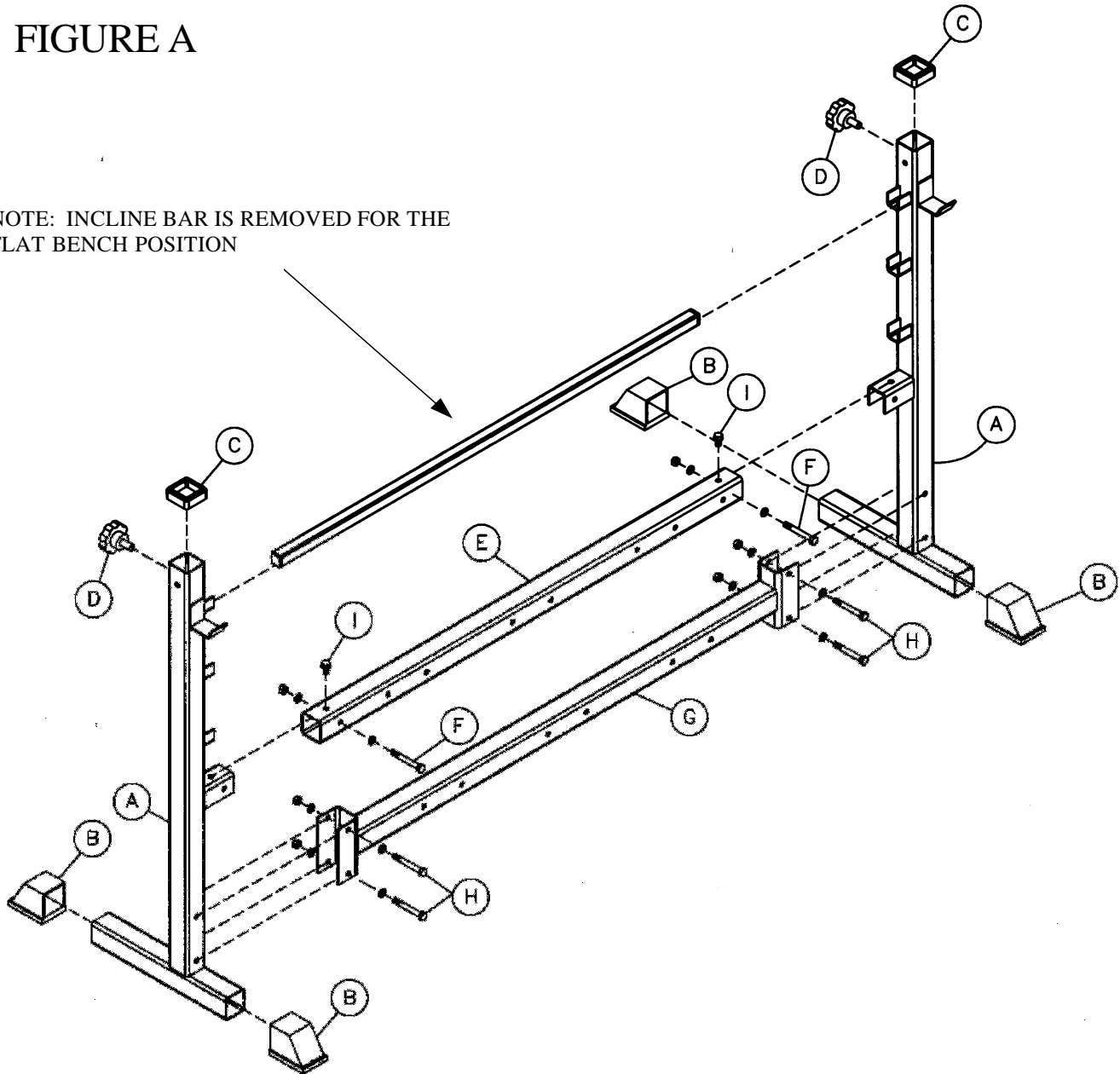
ADJUSTING THE WEIGHT ARMS: RAISE AND LOWER THE WEIGHT ARMS USING THE LOCK PIN. YOU MUST LOOSEN THE TIGHTEN KNOB BEFORE ADJUSTING. MAKE SURE THE LOCK PIN IS THROUGH BOTH SIDES OF THE TUBE. THEN USE THE TIGHTEN KNOB TO SECURE IT.

ADJUSTING THE DECLINE: RAISE AND LOWER THE WEIGHT BENCH USING THE LOCK PIN IN THE HOLE AT THE DESIRED HEIGHT. MAKE SURE THE LOCK PIN IS THROUGH BOTH SIDES OF THE TUBE BEFORE USE.

ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

FIGURE A

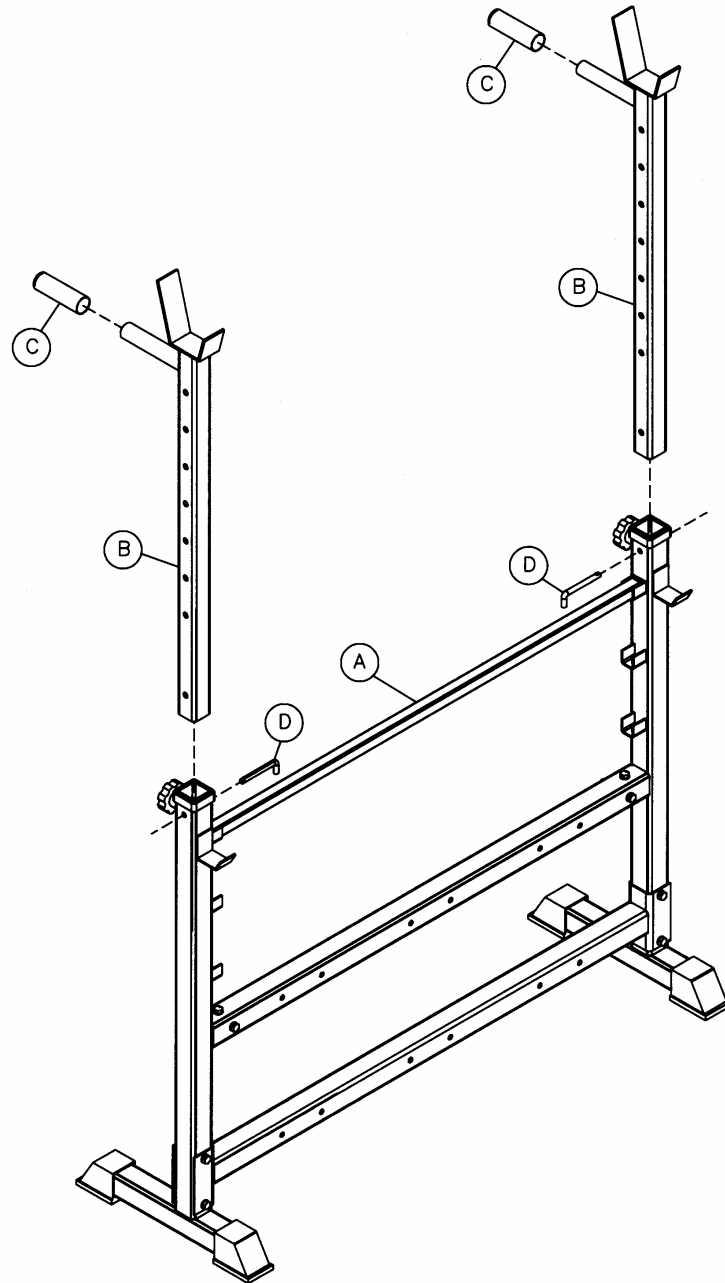
NOTE: INCLINE BAR IS REMOVED FOR THE
FLAT BENCH POSITION



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

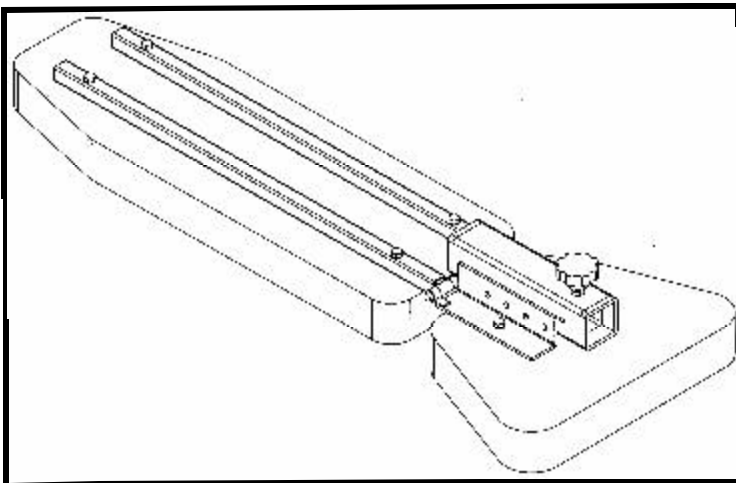
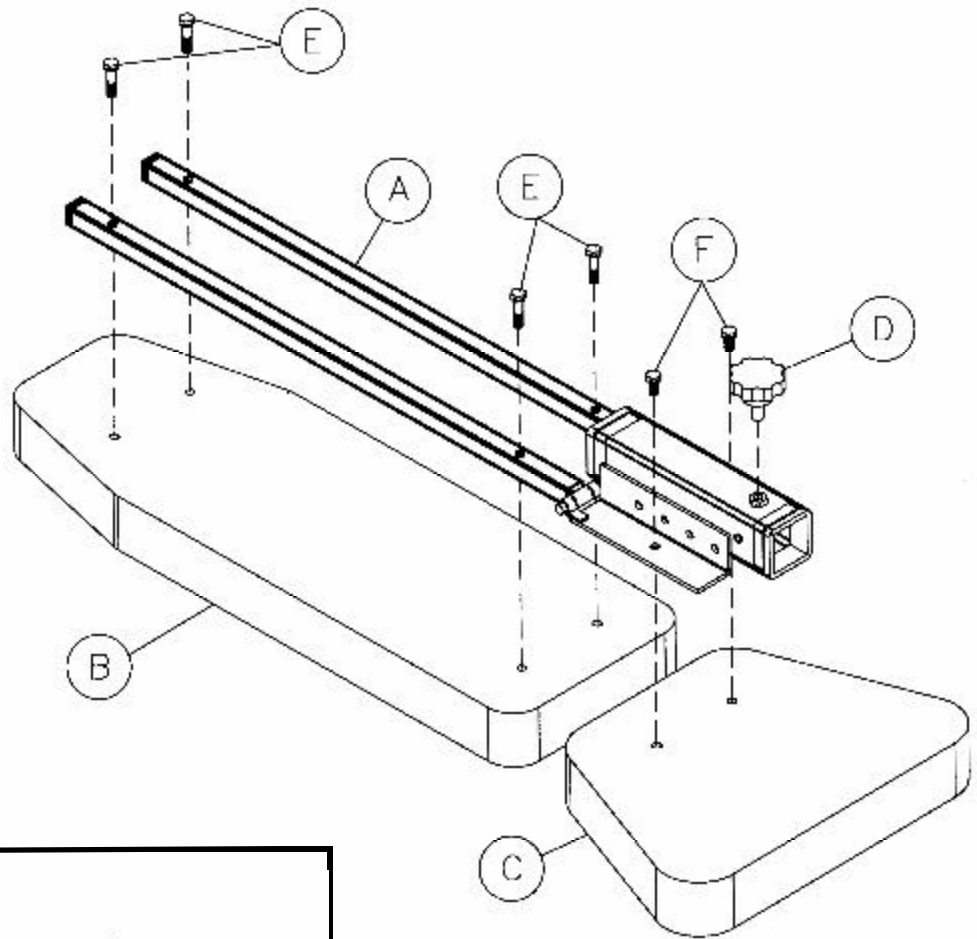
ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

FIGURE B



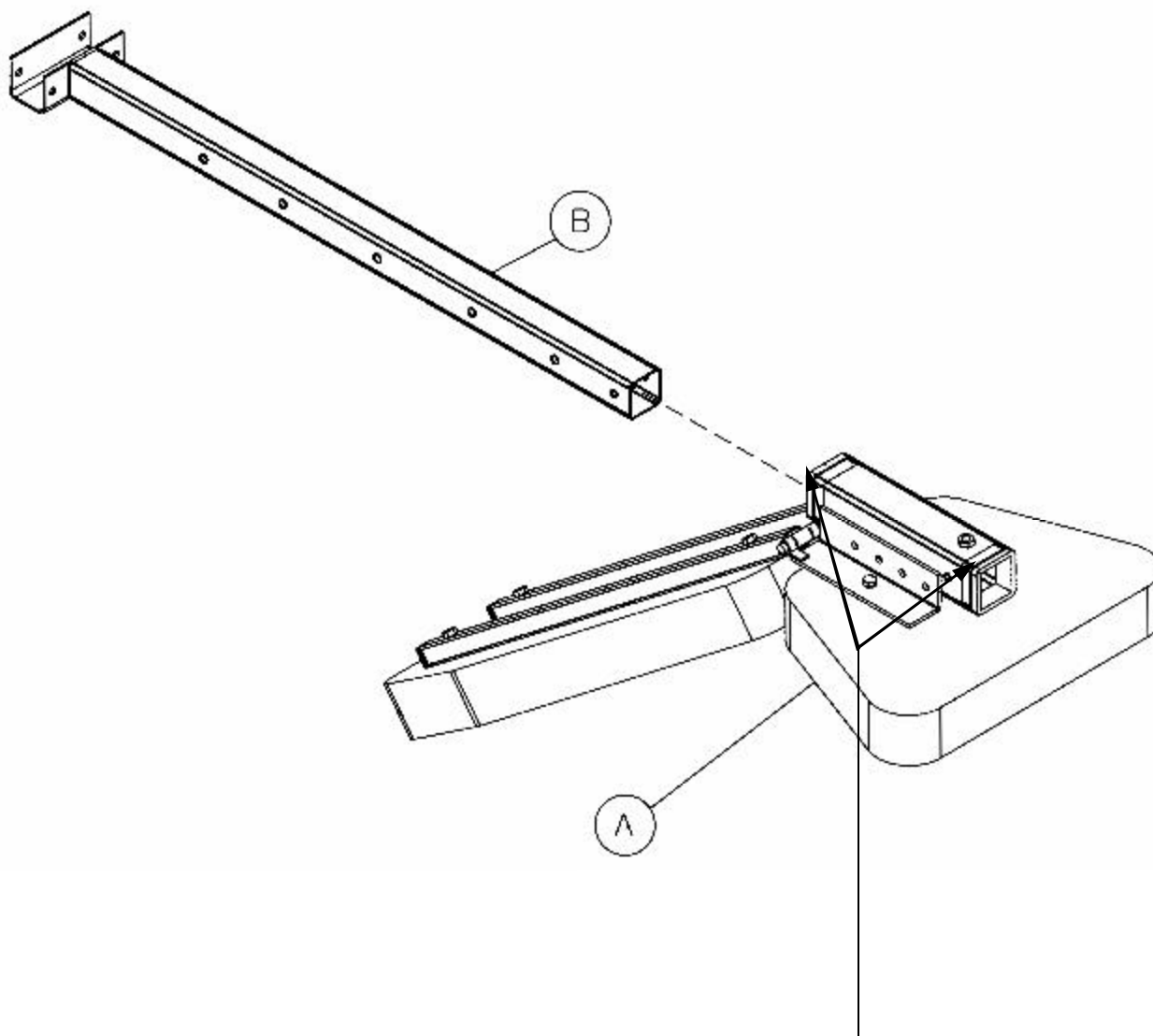
ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

FIGURE C



ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

FIGURE D



MAKE SURE PLASTIC SLIDES STAY INSERTED IN BOTH ENDS OF THE SEAT SLIDE DURING ASSEMBLY.

ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

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

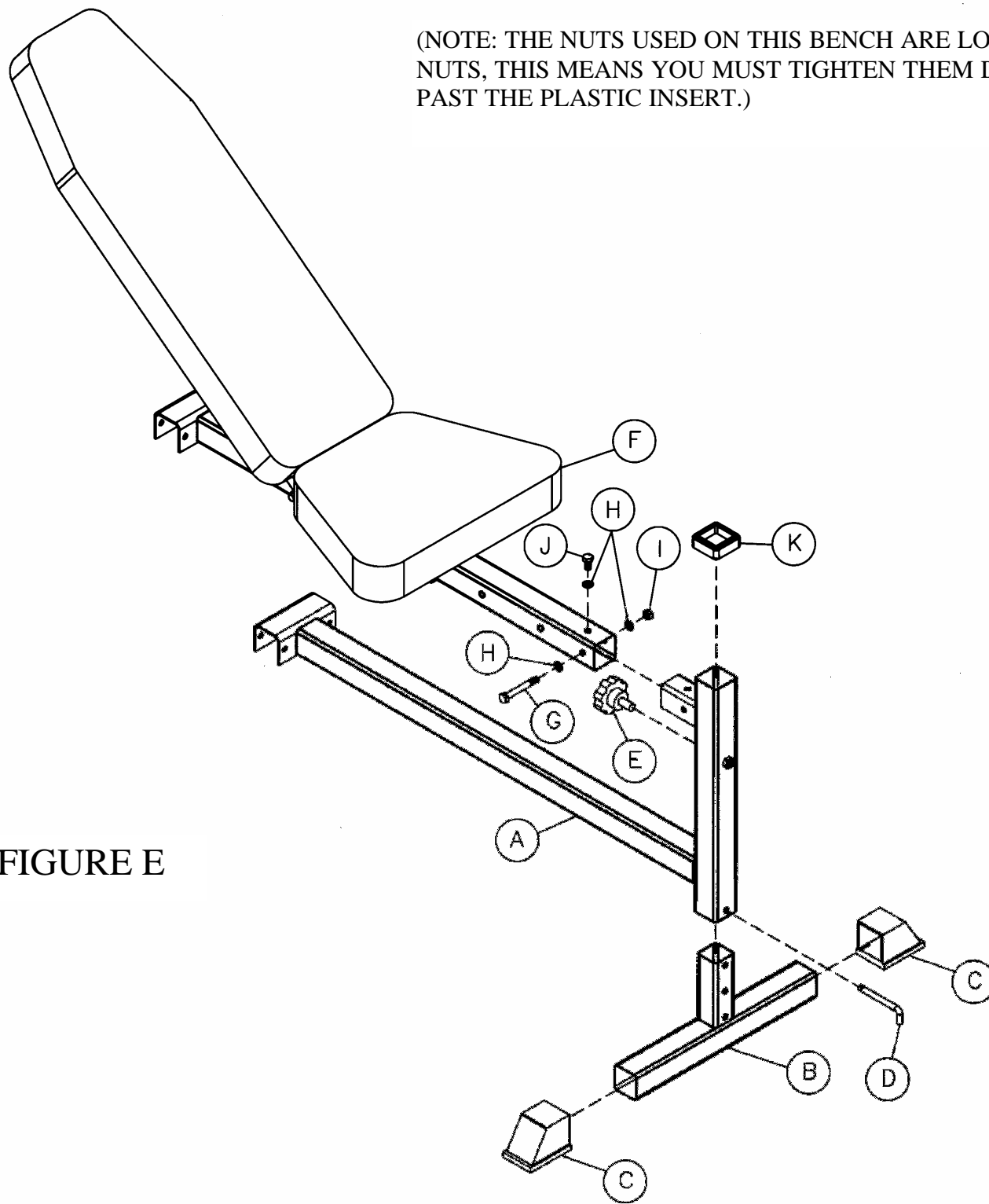
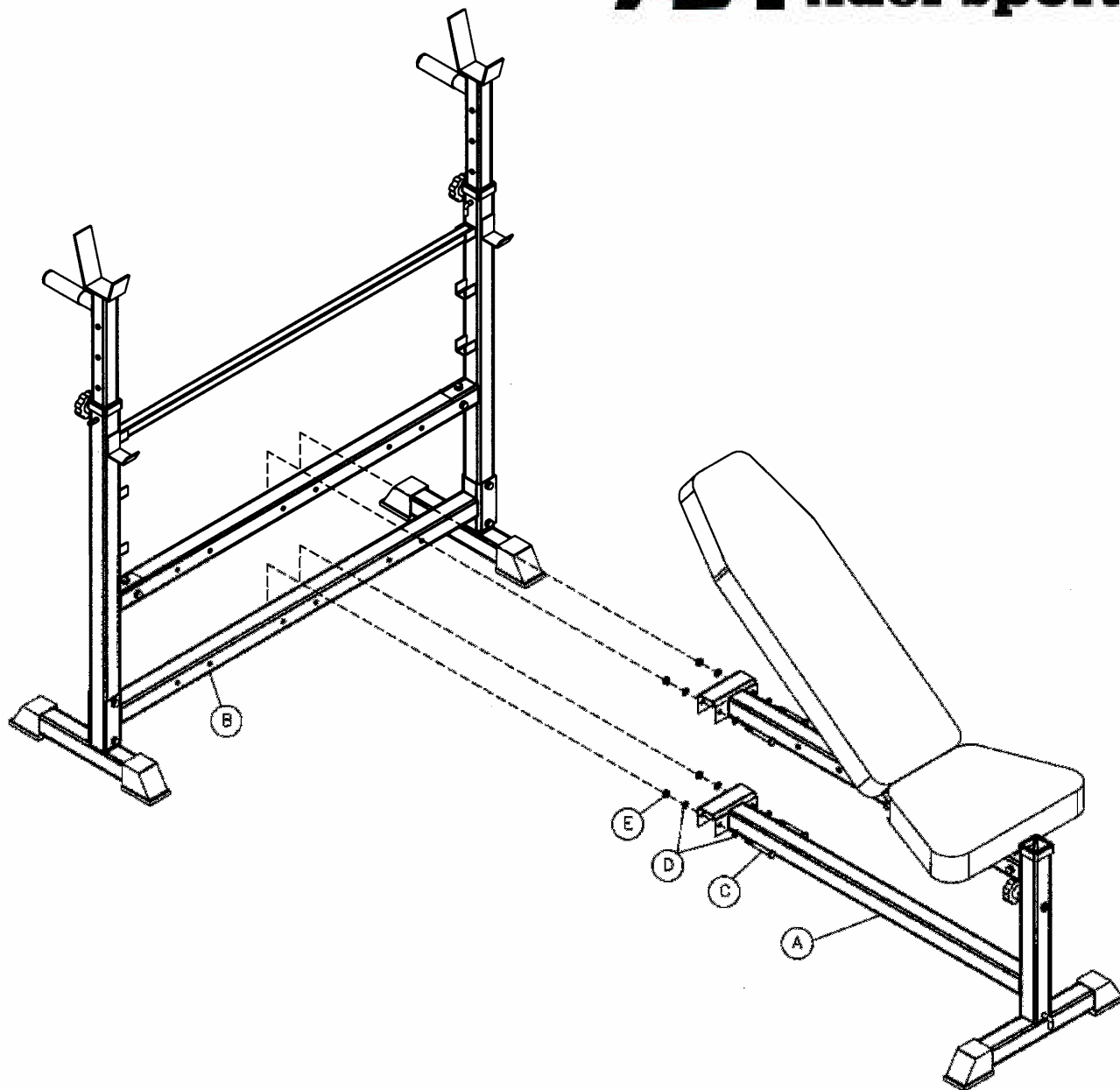


FIGURE E

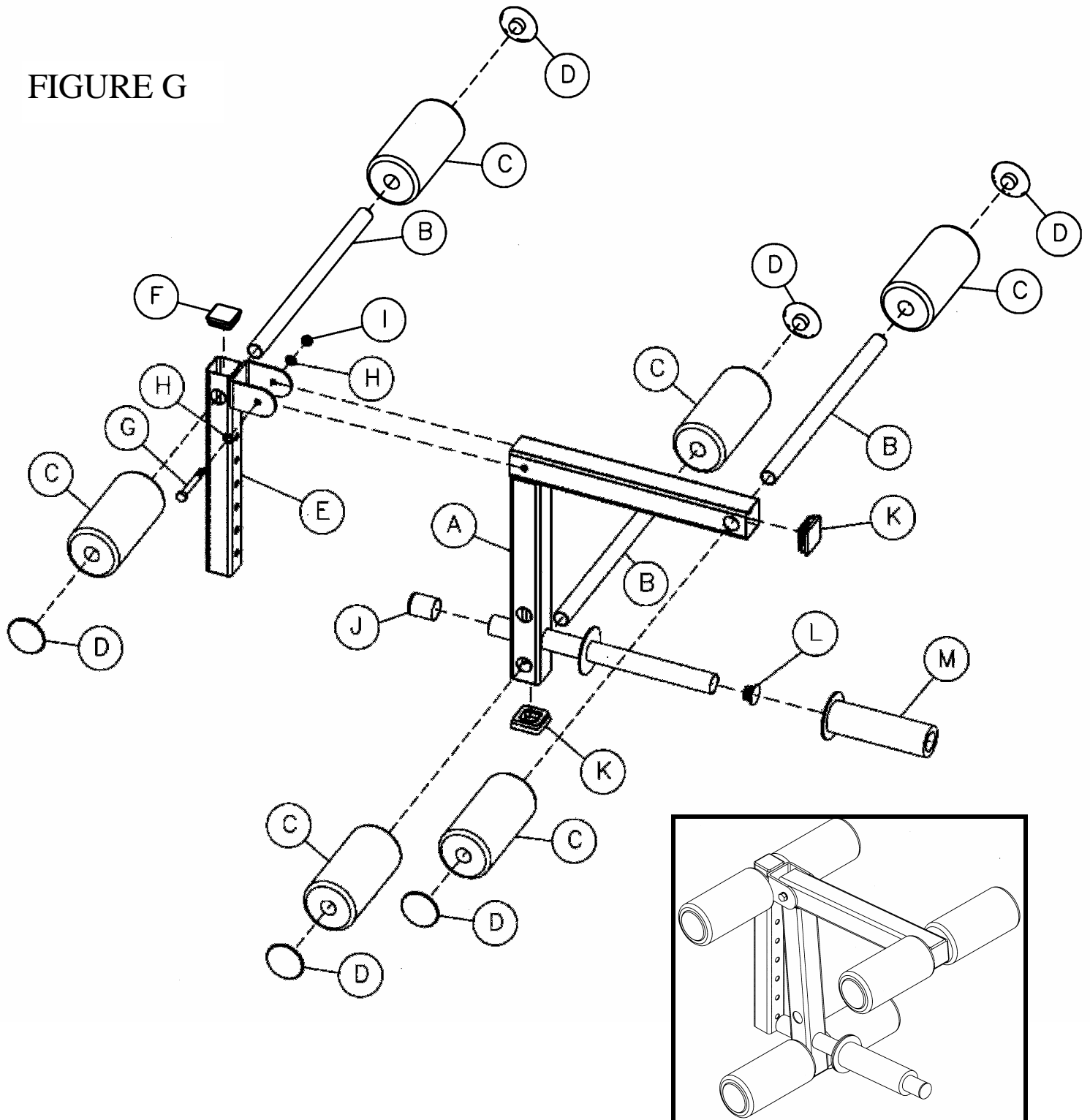
ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

FIGURE F



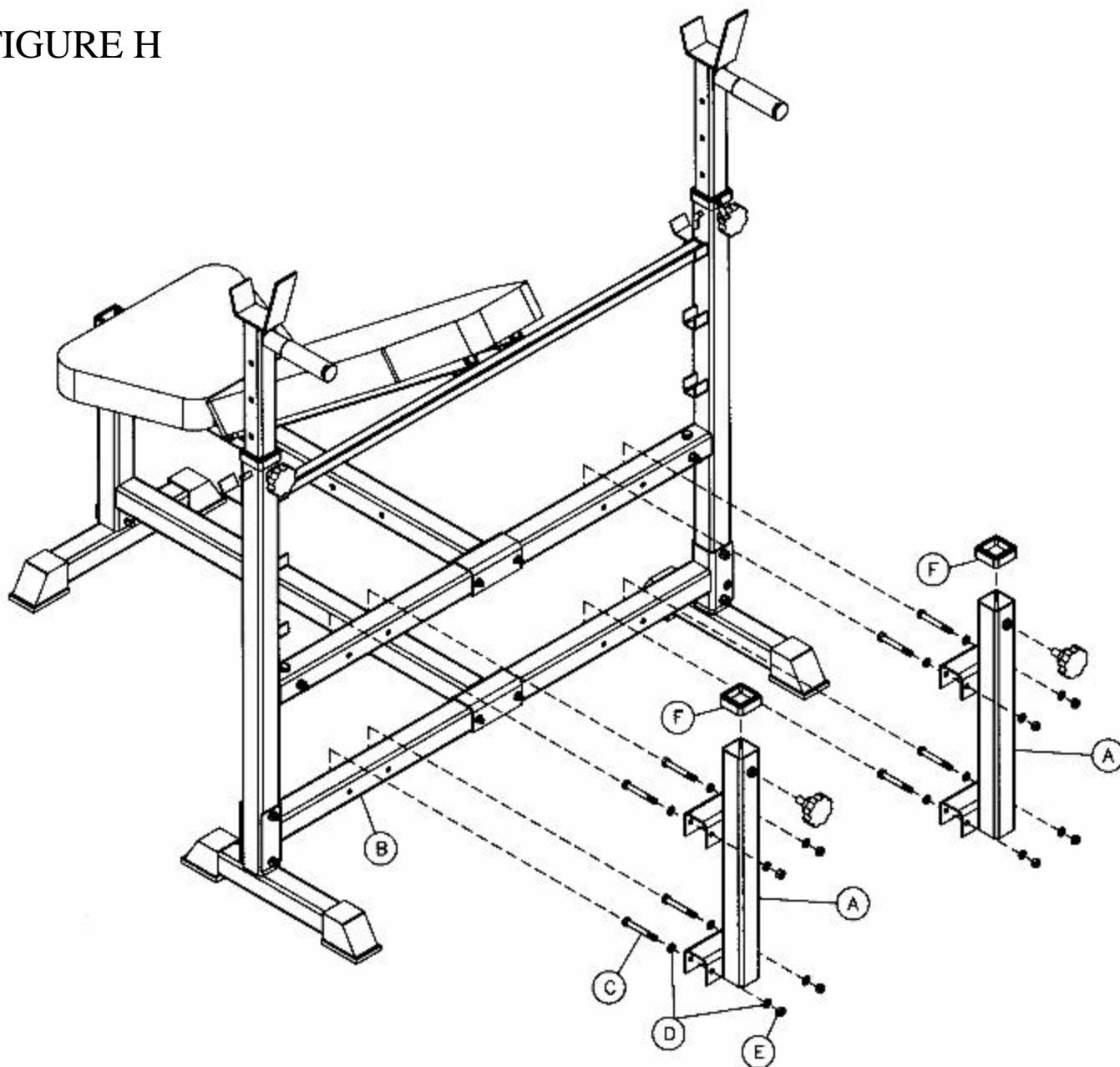
ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

FIGURE G



ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

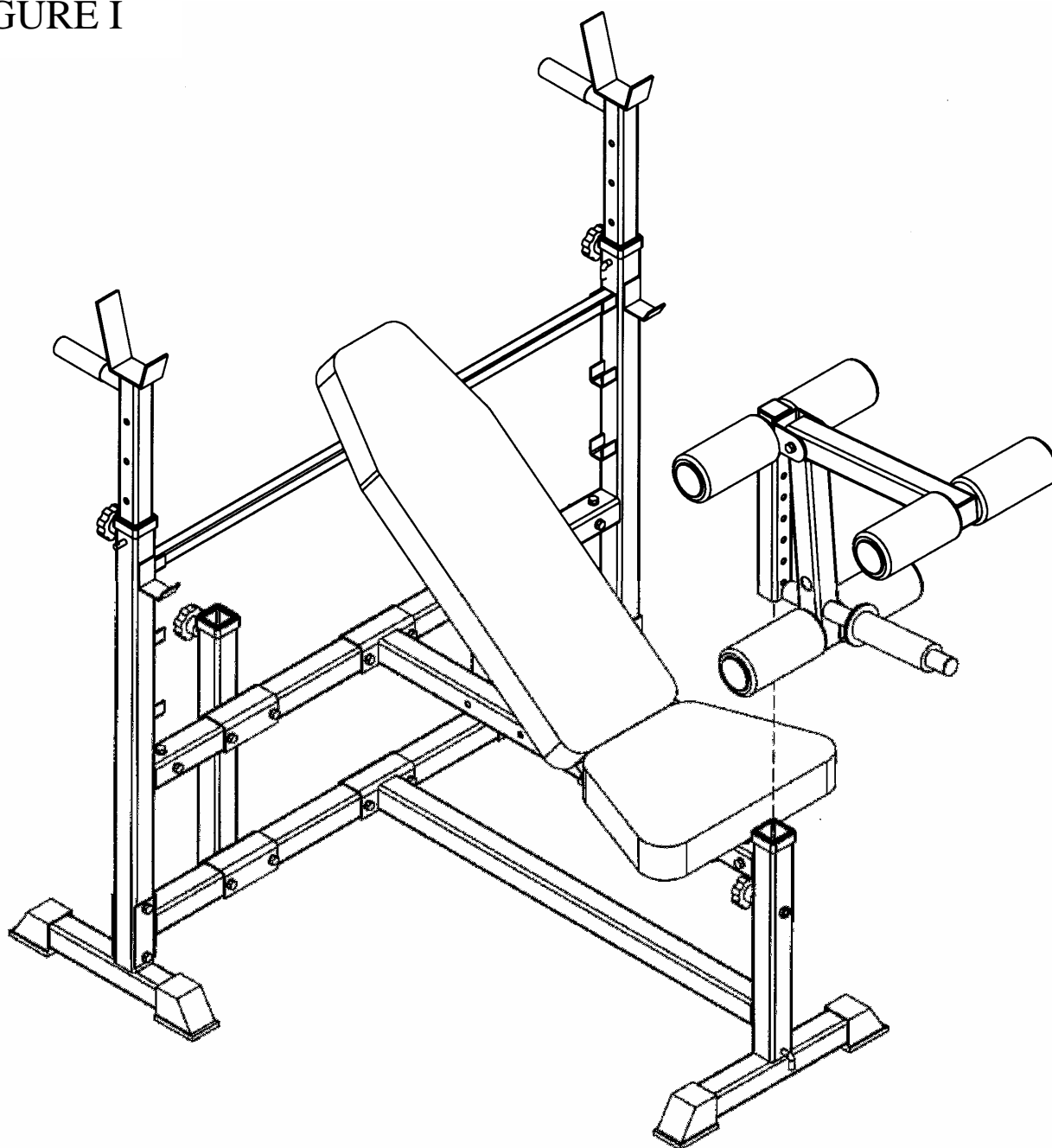
FIGURE H



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

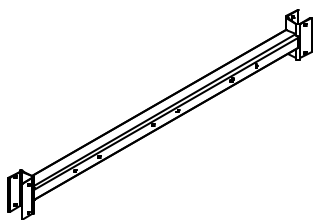
ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

FIGURE I



ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

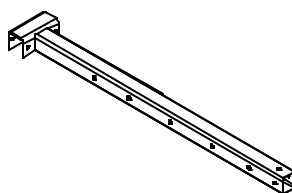
BOX CONTENTS



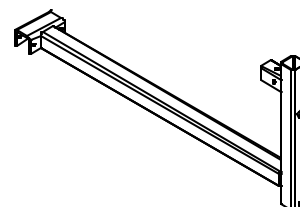
**PART # 6
CROSS MEMBER
QTY 1**



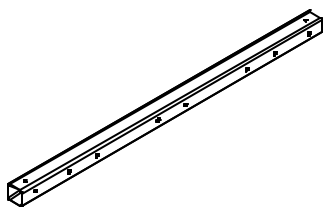
**PART # 7
DIP TUBE
QTY 2**



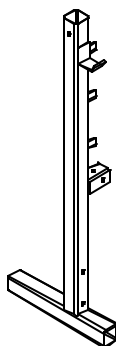
**PART # 8
SEAT FRAME 2
QTY 1**



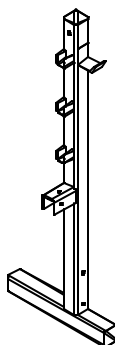
**PART # 9
SEAT FRAME
QTY 1**



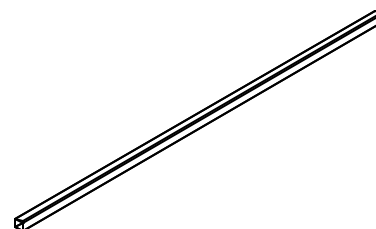
**PART # 1
CROSS MEMBER
QTY 1**



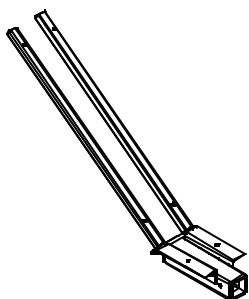
**PART # 4
RH WEGHT
COLUMN
QTY 1**



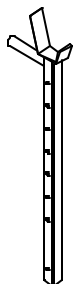
**PART # 5
LH WEGHT
COLUMN
QTY 1**



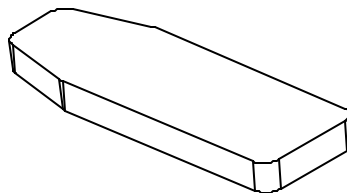
**PART # 3
INCLINE BAR
QTY 1**



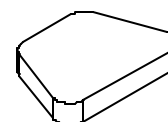
**PART # 11
SEAT SLIDE
QTY 1**



**PART # 2
WEIGHT ARM
QTY 2**



**PART # 14
BACKREST
QTY 1**



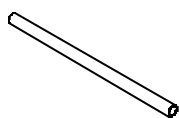
**PART # 13
SEAT
QTY 1**

ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

BOX CONTENTS



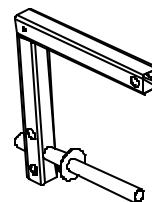
**PART # 17
ADAPTOR
QTY 1**



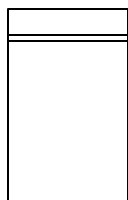
**PART # 18
LEG PAD TUBE
QTY 3**



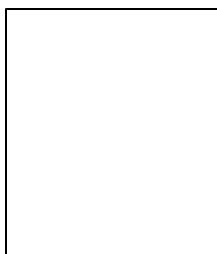
**ROLLER PAD
QTY 6**



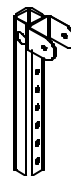
**PART # 16
LEG SWING
QTY 1**



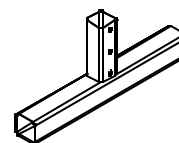
**PART # 19
HARDWARE
QTY 1**



**PART # 20
INSTRUCTIONS
QTY 1**



**PART # 14
YOKE
QTY 1**

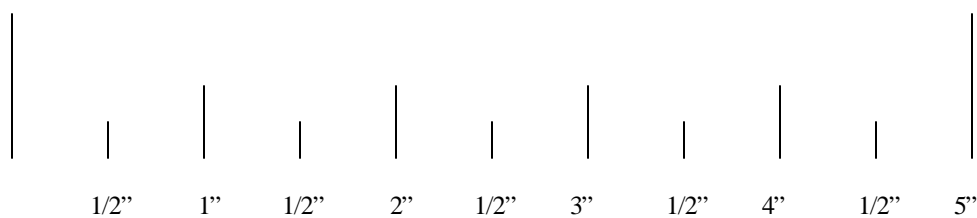


**PART # 10
FOOT
QTY 1**



ASSEMBLY INSTRUCTIONS FOR THE HS-7601B OLYMPIC COMBO BENCH

- | | |
|----------------------------|---------------------------|
| (1 PCS) TURN KNOB (LONG) | (5 PCS) L STYLE LOCK PIN |
| (5 PCS) TURN KNOB (SHORT) | (2 PCS) GRIP |
| (41 PCS) FLAT WASHER | (1 PC) 1" QUICK CLAMP |
| (20 PCS) 3/8" LOCK NUT | (1 PC) 1" RD. BUMPER |
| (5 PCS) 3/8" X 1" BOLT | (5 PCS) REDUCER CAP |
| (1 PCS) 3/8" X 3 1/2" BOLT | (1 PCS) 1" RD. INSIDE CAP |
| (16 PCS) 3/8" X 3" BOLT | (1 PCS) 1 3/4" SQ CAP |
| (3 PCS) 3/8" X 2 1/2" BOLT | (6 PCS) MUSHROOM CAP |
| (4 PCS) 3/8" X 2" BOLT | (6 PCS) 2" SQ RUBBER CAP |
| (2 PCS) SEAT SLIDE INSERTS | (3 PCS) 2" SQ CAP |



 **Ader Sports**

(800) 733-2338

FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY