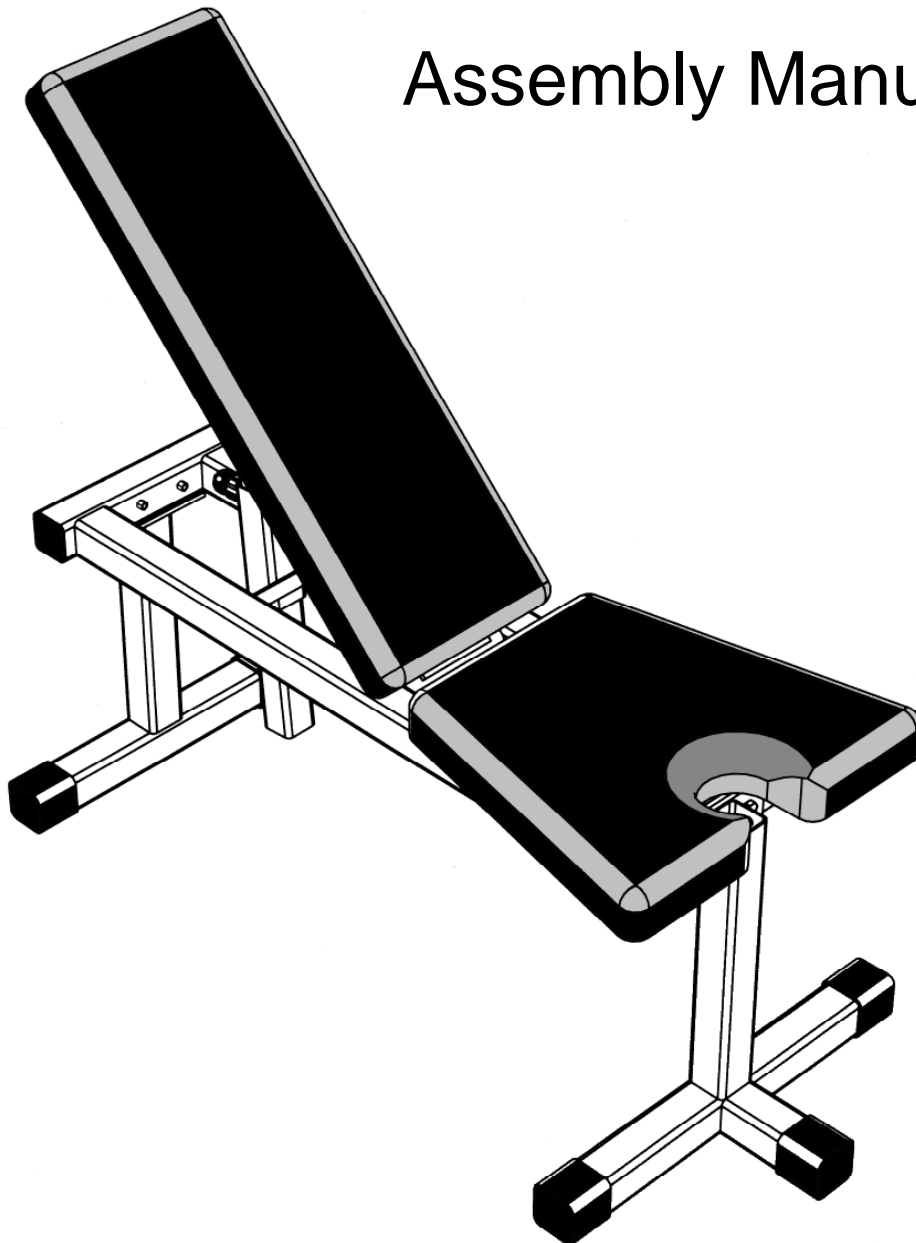


DF104

FLAT TO INCLINE BENCH

Assembly Manual

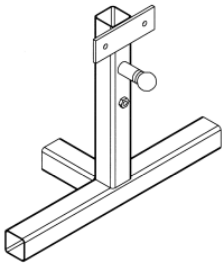


(888) 258-0533

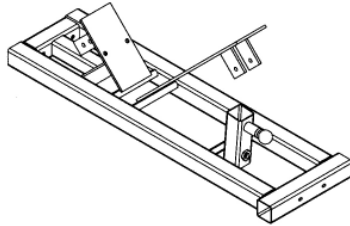
FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

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

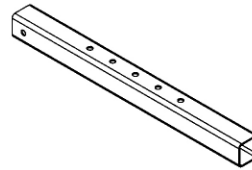
BOX CONTENTS



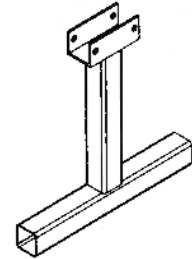
A
FRONT LEG
QTY 1



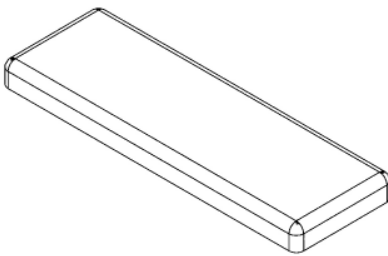
B
BODY
QTY 1



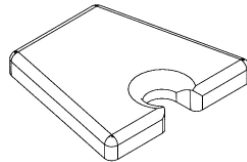
C
INCLINE TUBE
QTY 1



D
REAR LEG
QTY 1



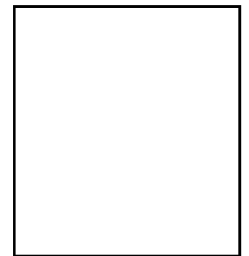
E
BACKREST
QTY 1



F
SEAT
QTY 1



DF102
HARDWARE PACK
QTY 1



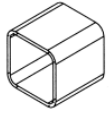
DF102
ASSEMBLY
INSTRUCTIONS
QTY 1

(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

HARDWARE



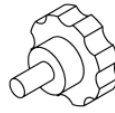
G

**RUBBER
SHOE
QTY 5**



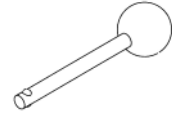
H

**SQUARE CAP
QTY 5**



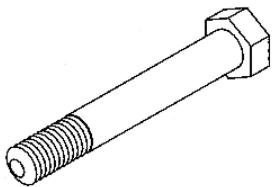
I

**KNOB
QTY 2**



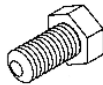
J

**SEAT SUPPORT
PIN
QTY 1**



K

**M12 x 75MM
BOLT
QTY 5**



L

**M10 x 25MM
BOLT
QTY 4**



M

**M12 LOCKNUT
QTY 5**



N

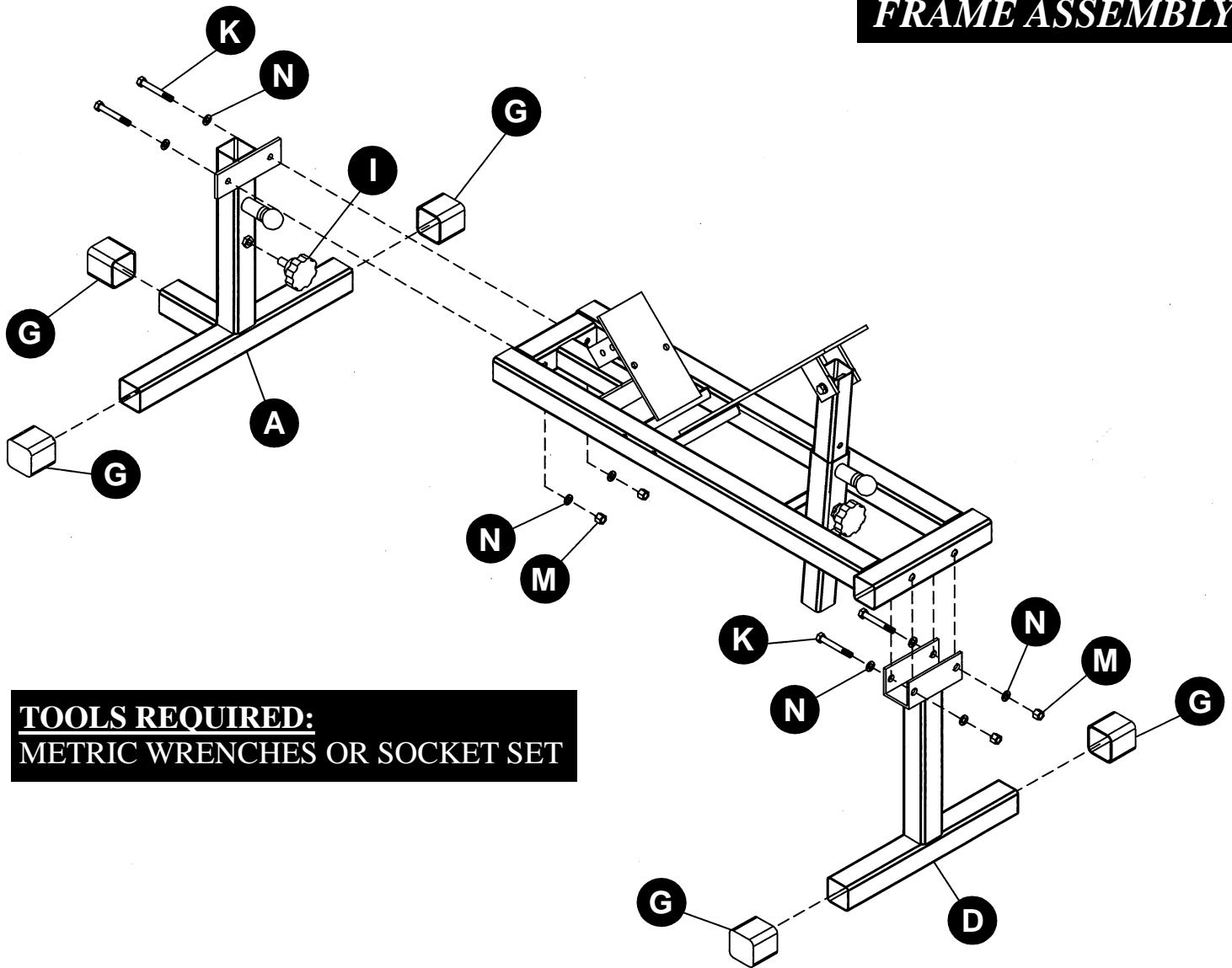
**M12 WASHER
QTY 8**



O

**M10 WASHER
QTY 4**

FRAME ASSEMBLY



TOOLS REQUIRED:
METRIC WRENCHES OR SOCKET SET

BOLT THE REAR LEG (D) TO THE BODY USING THE M12 x 75MM BOLTS (K), THE M12 WASHERS (N) AND M12 LOCKNUTS (M).

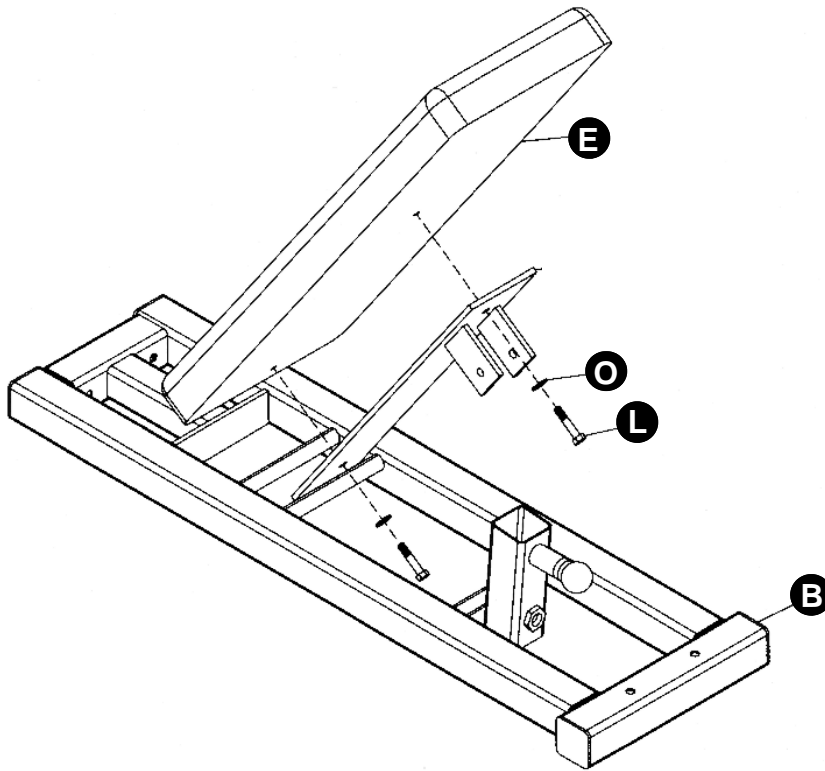
BOLT THE FRONT LEG (A) TO THE BODY USING THE M12 x 75MM BOLTS (K), THE M12 WASHERS (N) AND M12 LOCKNUTS (M). INSERT KNOB (J).

INSTALL THE RUBBER SHOES (G) TO FRONT AND REAR LEGS.

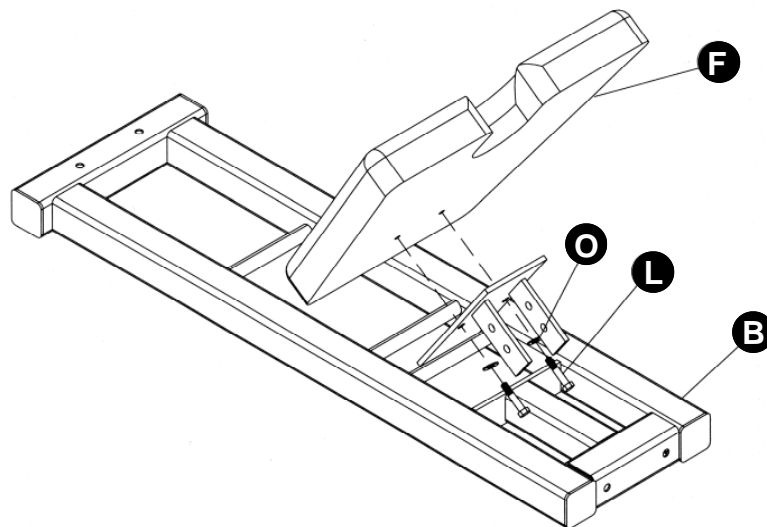
ADJUSTING THE BACK PAD: RAISE AND LOWER THE BACKREST USING THE PULL PIN. TURN THE KNOB TO LOOSEN FOR ADJUSTMENT MAKE SURE THE PULL PIN IS SECURE IN THE ADJUSTMENT HOLE THEN TURN THE KNOB TO TIGHTEN BEFORE USE.

ADJUSTING THE SEAT PAD: RAISE THE SEAT PAD TO THE DESIRED POSITION BY USING THE PULL PIN THROUGH THE HOLES IN THE BRACKET.

BACK & SEAT ASSEMBLY

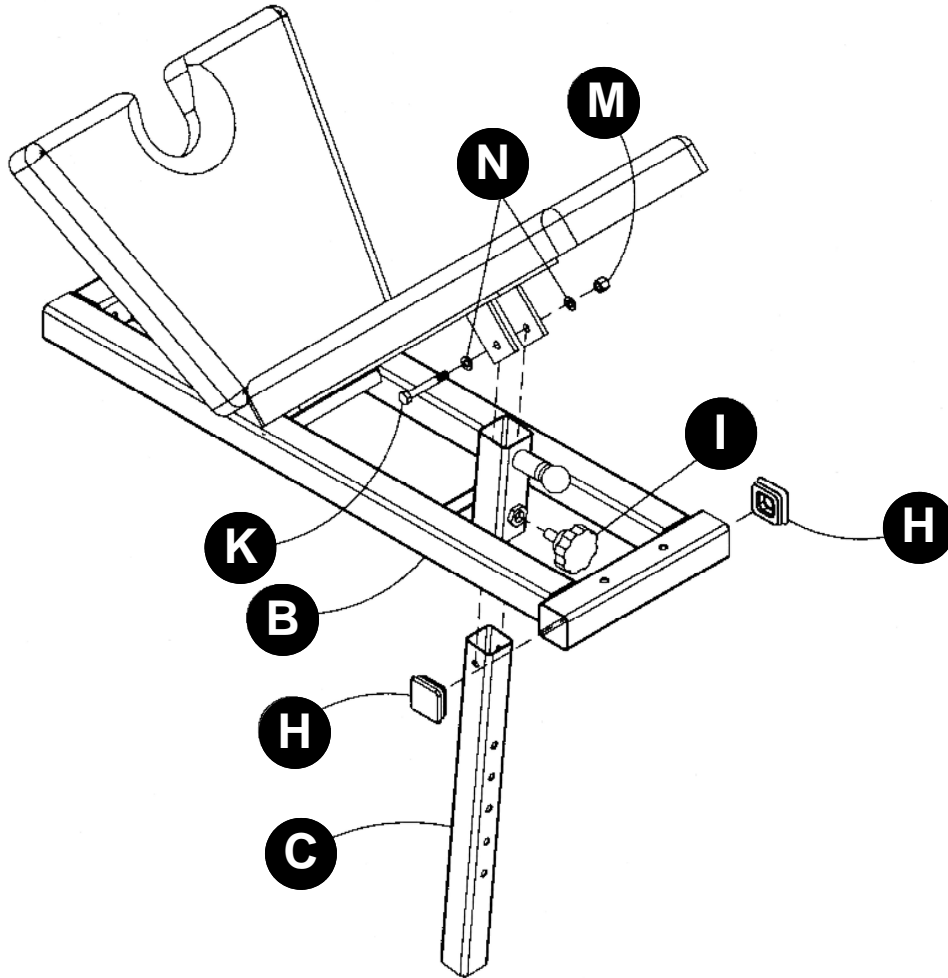


ATTACH THE BACKREST (E) TO THE BODY (B) USING THE M10 x 25MM BOLTS (L) AND WASHERS (O).



ATTACH THE SEAT (C) TO THE BODY (B) USING THE M10 x 25MM BOLTS (L) AND WASHERS (O).

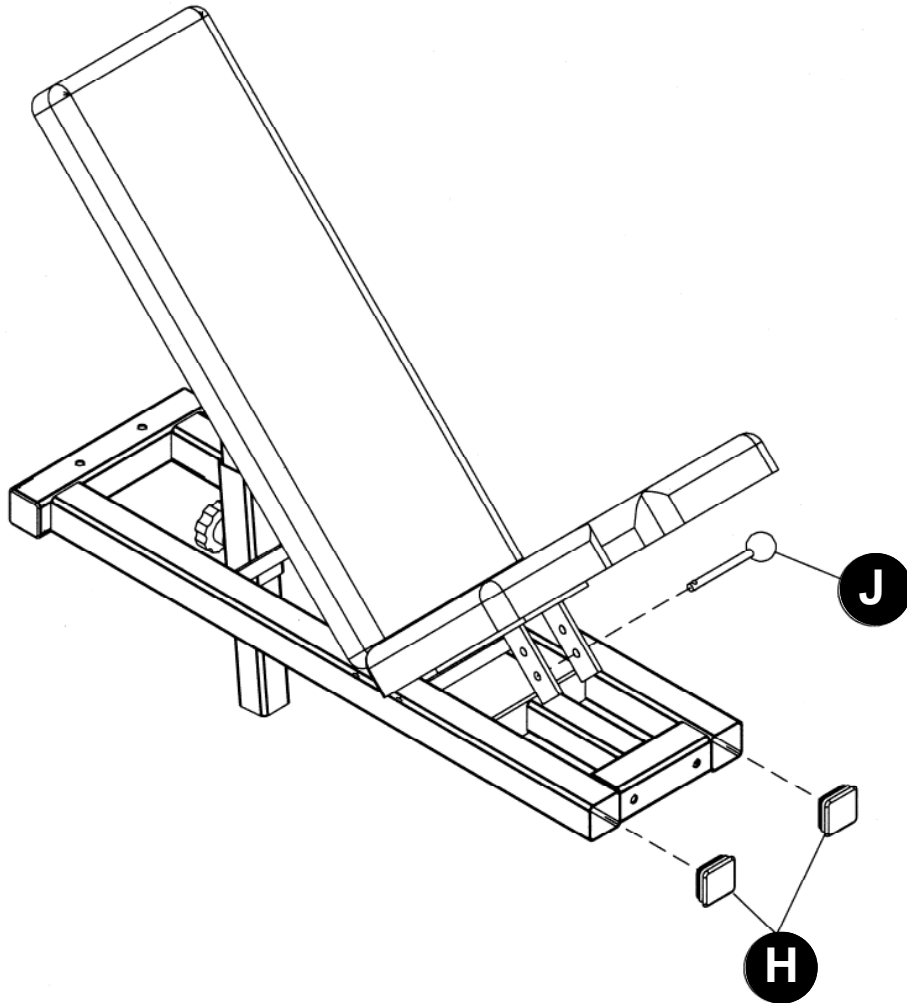
FRAME ASSEMBLY



ATTACH THE INCLINE TUBE (F) TO THE BODY USING THE M12 x 75MM BOLT (K), M12 WASHERS (N), AND THE M12 LOCKNUT (M). NOTE* (BACKREST SHOULD RAISE AND LOWER FREELY. OVER TIGHTENING MAY CAUSE BINDING.) NOW INSTALL THE KNOB (I) INTO THE INCLINE TUBE ON THE BODY AND INSERT THE SQUARE CAPS (H).

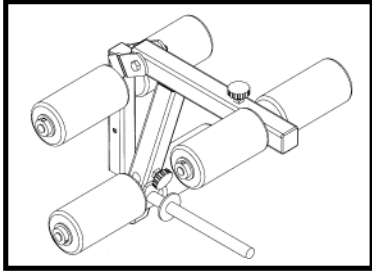
NOTE: THIS BENCH FEATURES A CAM LOCK SYSTEM FOR THE BACKREST THAT LOCKS IT INTO PLACE WHEN IN THE FLAT POSITION.

FRAME ASSEMBLY

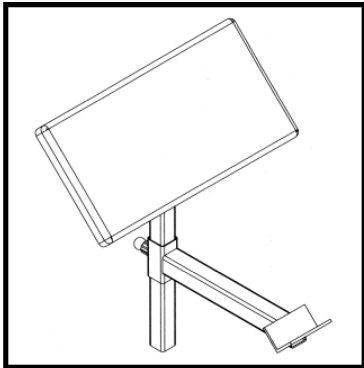


INSERT THE SQUARE CAPS (**H**) INTO THE ENDS OF THE BODY. INSERT THE SEAT SUPPORT PIN (**J**) INTO THE SEAT FRAME AND ADJUST AS NECESSARY

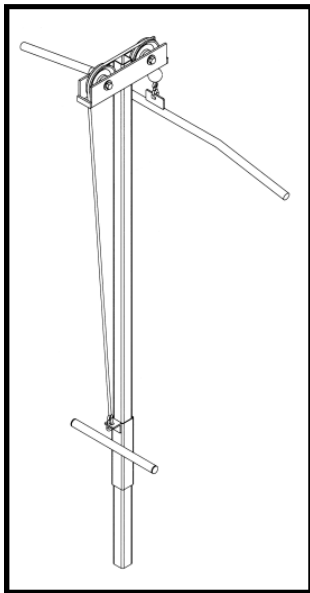
ACCESSORIES



DF106 Add leg extension and leg curls to your bench with this leg attachment. Get more information at www.fitnessdestination.com



DF105 Add preacher curls to your bench with this preacher curl attachment. Get more information at www.fitnessdestination.com



DF1200 Add lat pulls to your bench with this lat attachment. You can find more information at www.fitnessdestination.com

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.