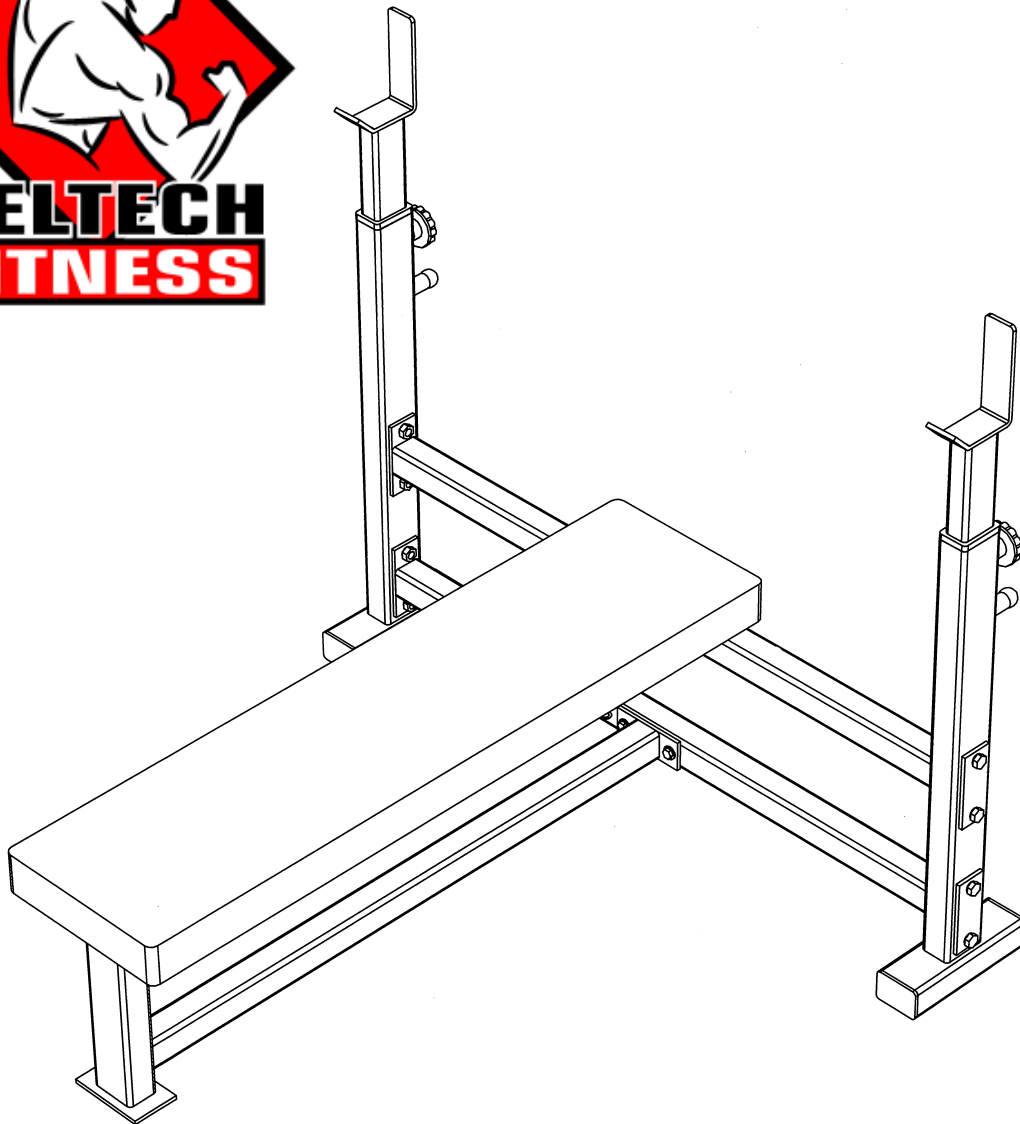


DF1700

FIXED OLYMPIC BENCH

Assembly Manual

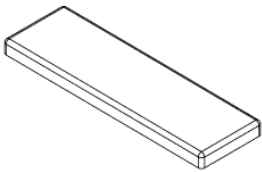


(888) 258-0533

FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

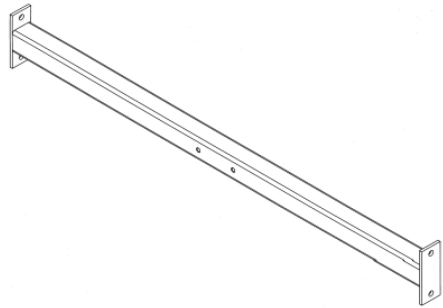
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

DF1700 BOX CONTENTS



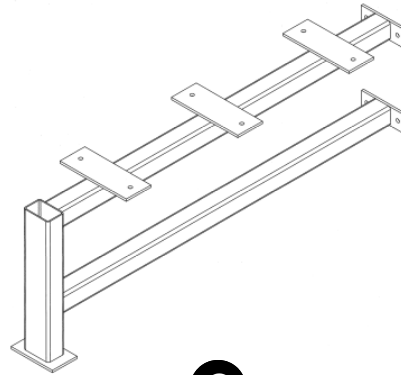
A

**BACKREST
QTY 1**



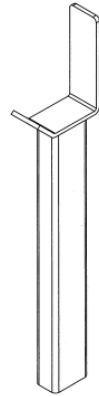
B

**CROSSMEMBER
QTY 2**



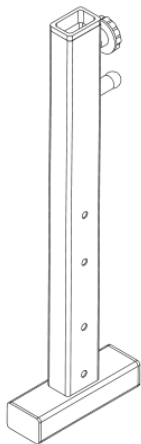
C

**MAIN FRAME
QTY 1**



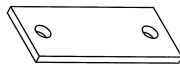
D

**WEIGHT HOLDER
QTY 2**



E

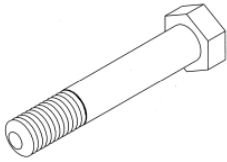
**WEIGHT FRAME
POST
QTY 2**



F

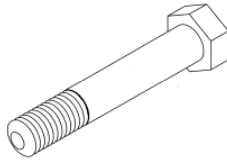
**MOUNTING
FLANGE
QTY 2**

DF1700 HARDWARE



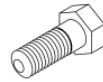
G

**M12 x 75MM BOLT
QTY 8**



H

**M12 x 70MM BOLT
QTY 4**



I

**M10 x 25MM BOLT
QTY 6**



J

**M12 WASHER
QTY 24**



K

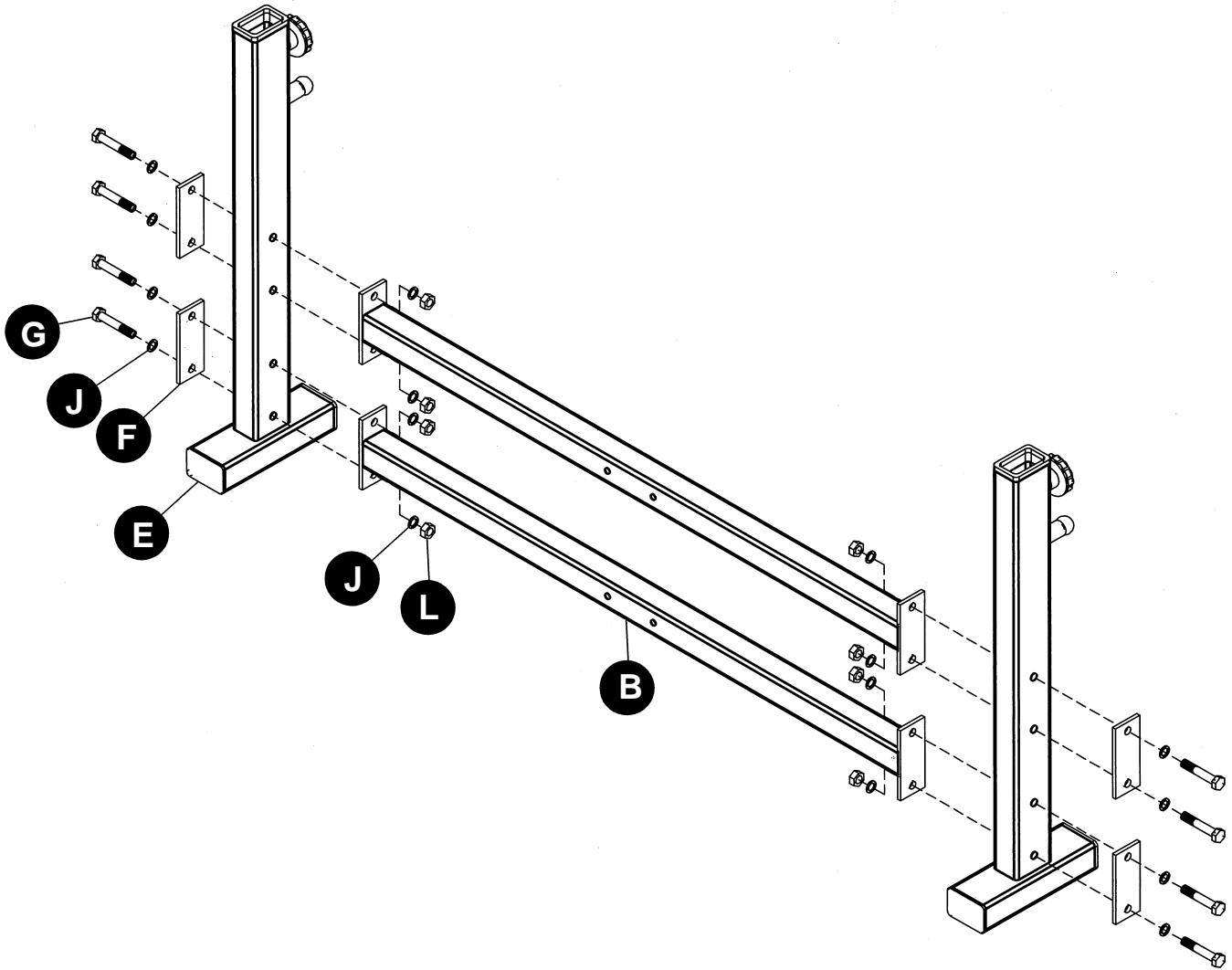
**M10 WASHER
QTY 6**



L

**M12 LOCKNUT
QTY 12**

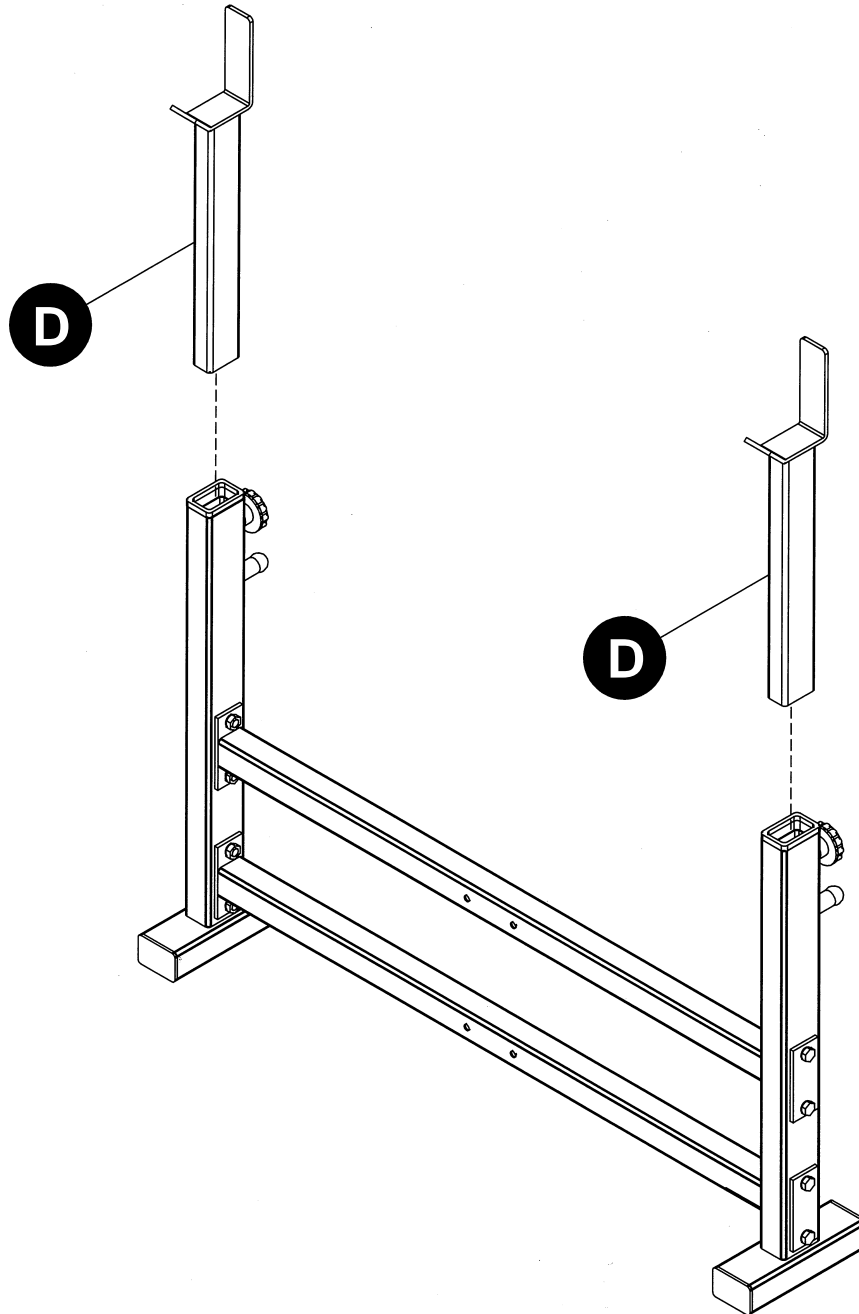
WEIGHT FRAME ASSEMBLY



TOOLS REQUIRED: METRIC WRENCHES OR SOCKET SET

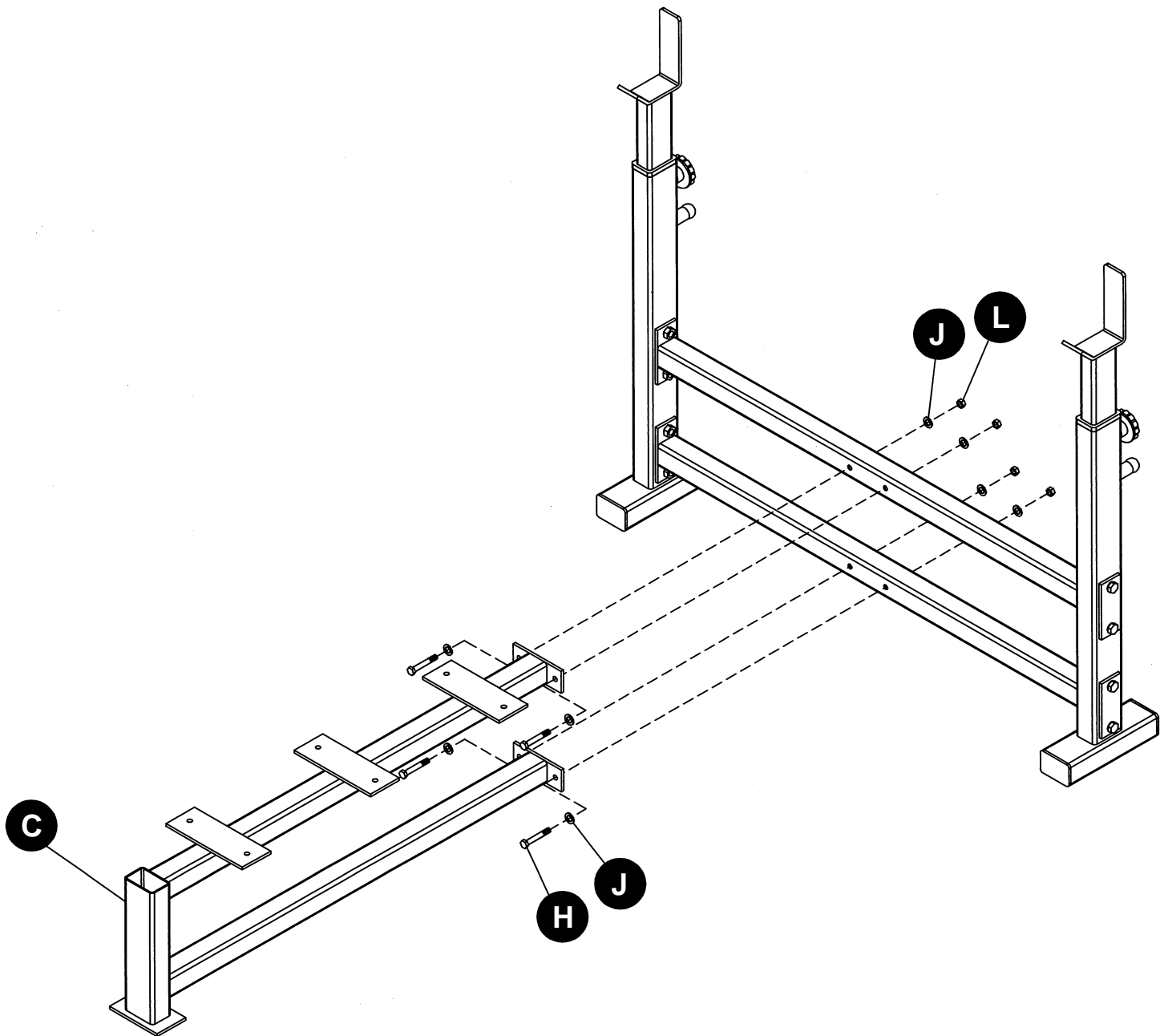
INSTALL WEIGHT FRAME POSTS (E) TO CROSSMEMBERS (B) USING M12 x 75MM BOLTS (D), M12 WASHERS (I), MOUNTING FLANGES (F), AND M12 LOCKNUTS (K).

WEIGHT FRAME ASSEMBLY



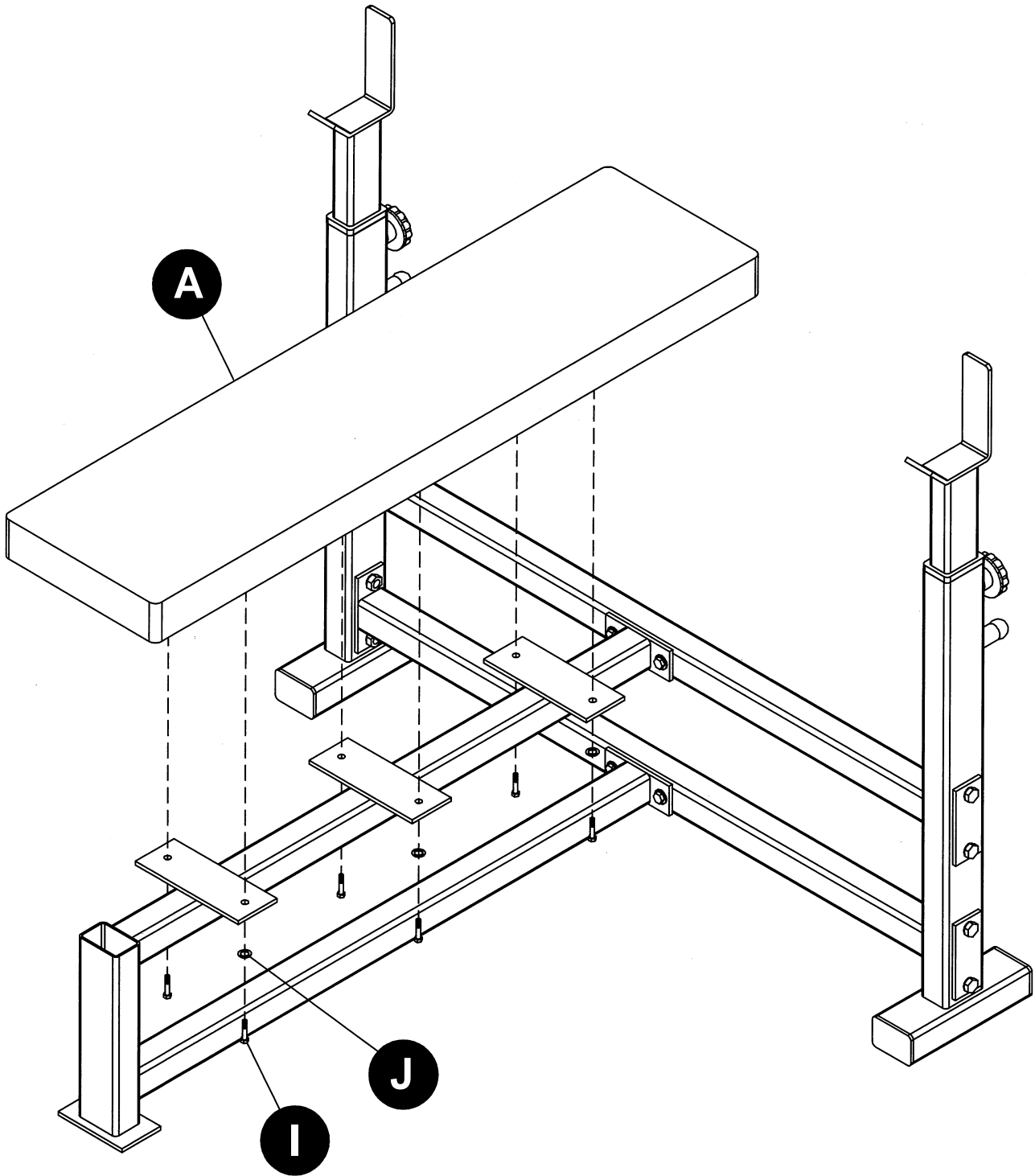
INSTALL WEIGHT HOLDERS (D) INTO THE FRAME POSTS. ADJUST HEIGHT OF WEIGHT HOLDERS (D) WITH PULL-PINS AND TIGHTEN KNOB TO LOCK WEIGHT HOLDERS IN PLACE.

MAIN FRAME ASSEMBLY



INSTALL MAIN FRAME (C) TO WEIGHT FRAME ASSEMBLY USING M12 x 70MM BOLTS (H), M12 WASHERS (J), AND M12 LOCKNUTS (L).

BACKREST ASSEMBLY



ATTACH BACKREST (A) TO MAIN FRAME ASSEMBLY USING M10 x 25MM BOLTS (I) AND M10 WASHERS (J).

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.