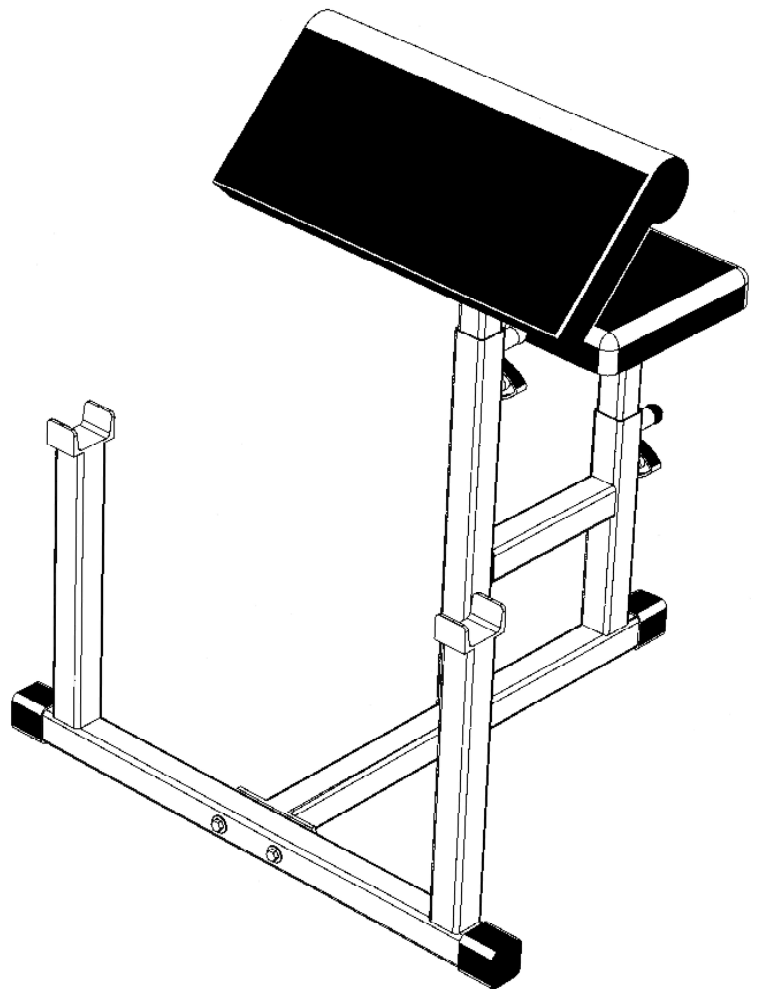


DF306

PREACHER CURL BENCH

Assembly Manual

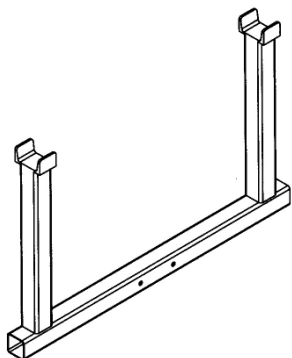


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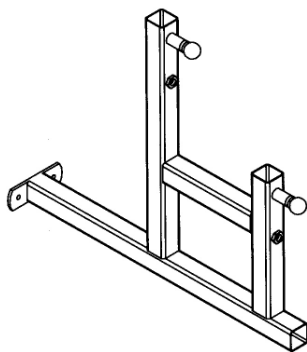
FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

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

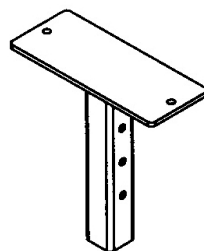
BOX CONTENTS



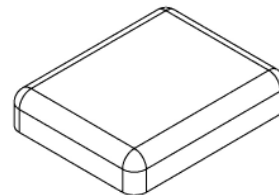
A
WEIGHT FRAME
QTY 1



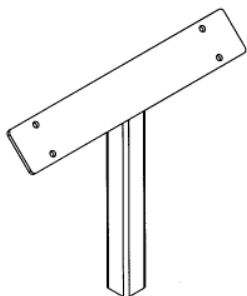
B
SEAT FRAME
QTY 1



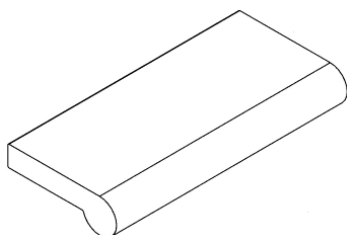
C
SEAT SUPPORT
QTY 1



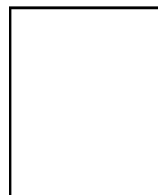
D
SEAT PAD
QTY 1



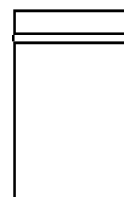
E
ARM SUPPORT
QTY 1



F
ARMREST PAD
QTY 1



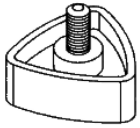
DF306
INSTRUCTIONS
QTY 1



DF306
HARDWARE
QTY 1

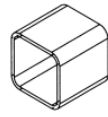
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

HARDWARE



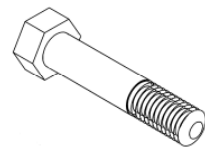
G

**TURN KNOB
QTY 2**



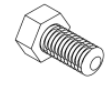
H

**RUBBER SHOE
QTY 3**



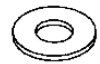
I

**M12 x 70MM BOLT
QTY 2**



J

**M10 x 25MM BOLT
QTY 6**



K

**M12 WASHER
QTY 4**



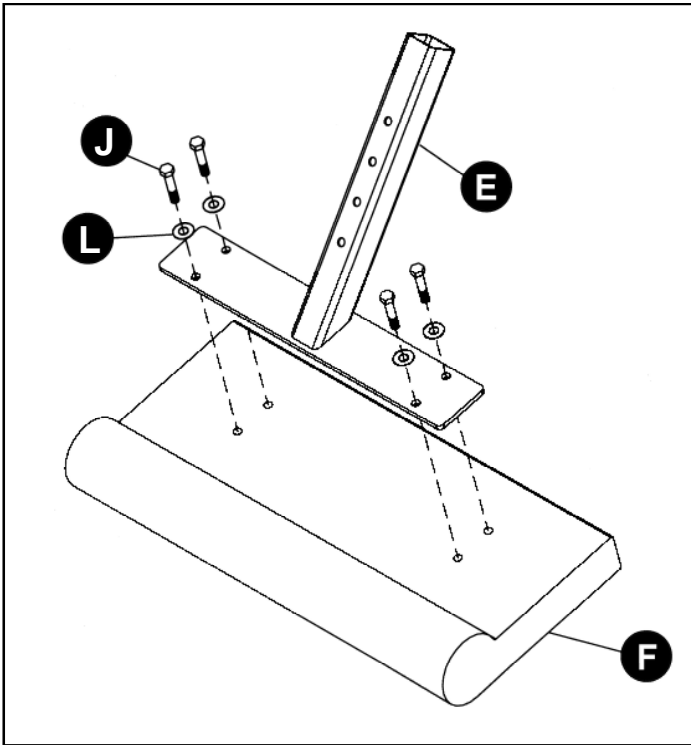
L

**M10 WASHER
QTY 6**



M

**12MM LOCKNUT
QTY 2**

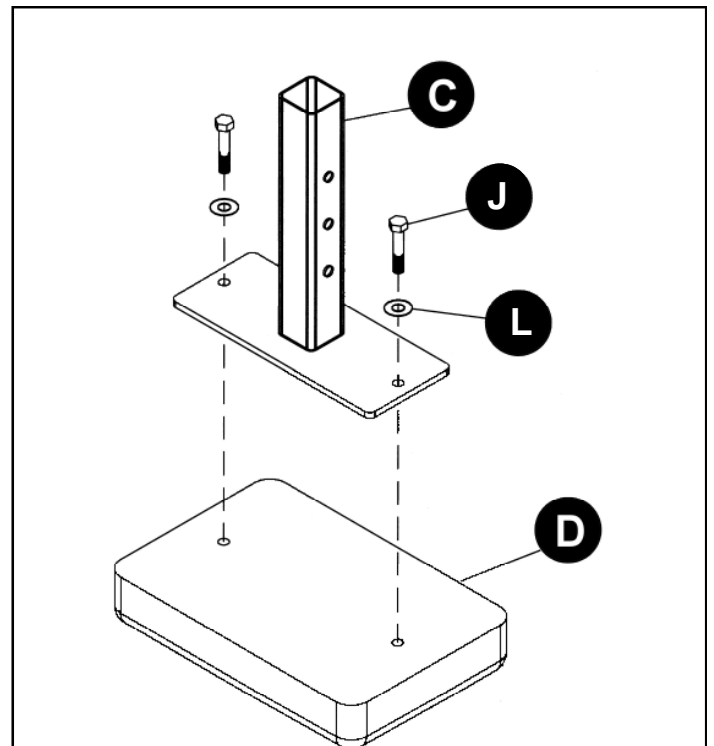


ARMREST ASSEMBLY

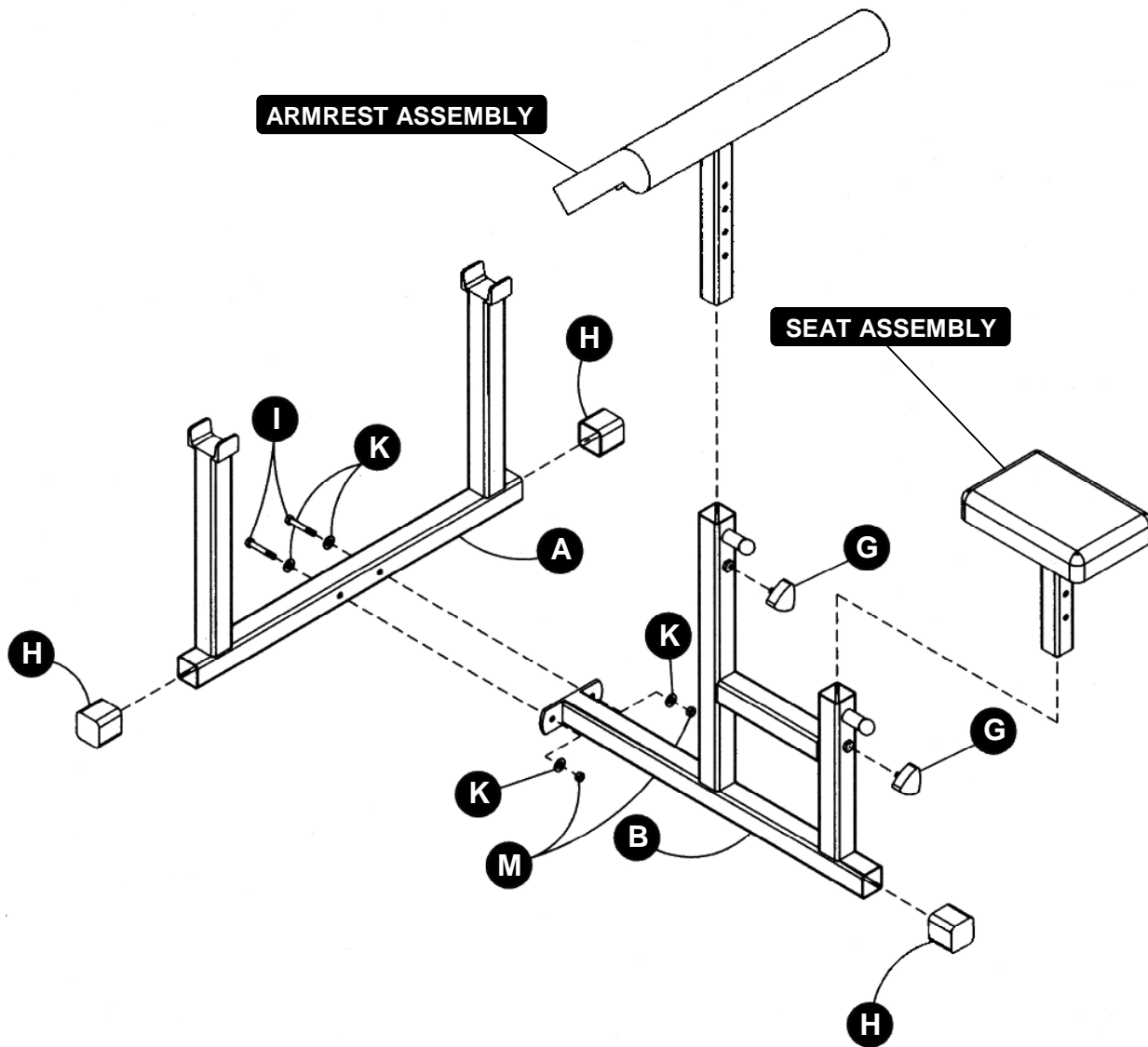
INSTALL ARMREST PAD (F) TO ARM SUPPORT (E) USING M10 x 25 MM BOLTS (J) AND M10 WASHERS (L).

TOOLS REQUIRED:
WRENCHES OR METRIC SOCKET SET

INSTALL SEAT PAD (D) TO SEAT SUPPORT (C) USING M10 x 25 MM BOLTS (J) AND M10 WASHERS (L).



SEAT ASSEMBLY



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

ASSEMBLE THE SEAT FRAME (B) TO THE WEIGHT COLUMN (A) USING THE M12 x 70MM BOLTS (I), M12 WASHERS (K) AND M12 LOCKNUTS (M). THEN INSTALL THE 2" RUBBER BOOTS (H).

INSERT THE SEAT AND ARM PAD ASSEMBLY INTO THE SEAT FRAME (B) AND ADJUST PULL-PINS UNTIL THEY LOCK INTO PLACE. INSTALL THE TURN KNOBS (G) INTO THE SEAT FRAME.

ADJUSTING THE SEAT AND ARM PADS: RAISE AND LOWER THE PADS USING THE PULL PIN. LOOSEN THE TURN KNOB BEFORE MAKING ANY ADJUSTMENTS. MAKE SURE THE PULL PIN IS SECURE IN THE ADJUSTMENT HOLE, THEN TIGHTEN THE TURN KNOB BEFORE USE.

EXERCISES



BAR CURL



DUMBBELL CURL



DUMBBELL PRESS



HYPEREXTENSION

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 LOOSEMED.
- 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.