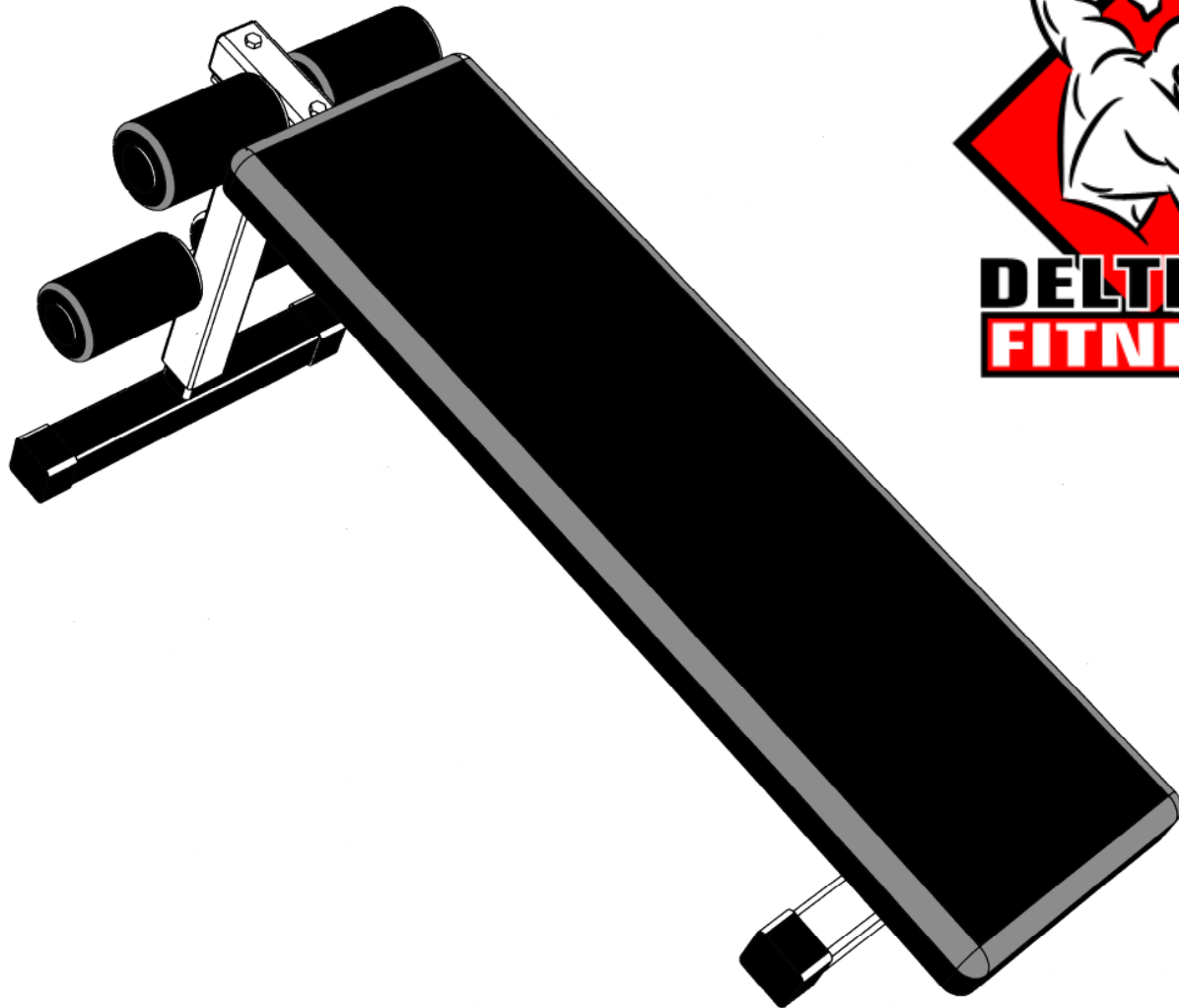


DF6000

ABDOMINAL BENCH

Assembly Manual

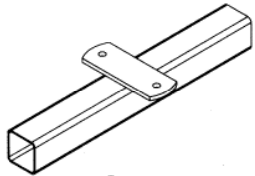


(888) 258-0533

FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

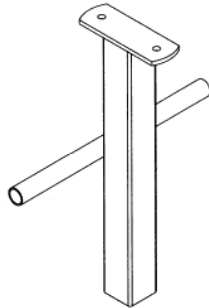
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

BOX CONTENTS



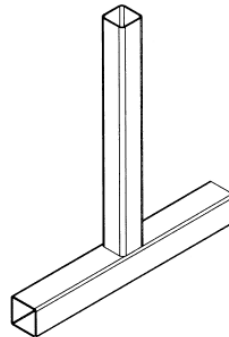
A

**FOOT ASSEMBLY
QTY 1**



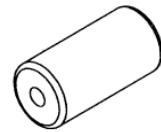
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**LEG GUIDE
QTY 1**



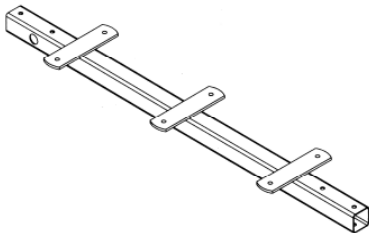
C

**LEG
QTY 1**



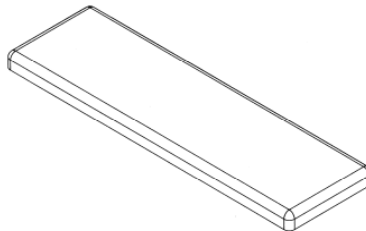
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**LEG PADS
QTY 4**



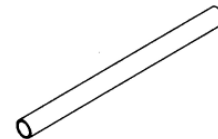
E

**BODY
QTY 1**



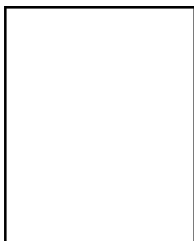
F

**BACKREST
QTY 1**



G

**LEG TUBE
QTY 1**



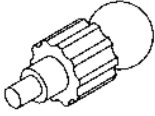
**DF6000
INSTRUCTION
SHEET
QTY 1**



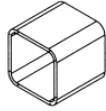
**DF6000
HARDWARE PACK
QTY 1**



HARDWARE



H
PULL- PIN
QTY 2



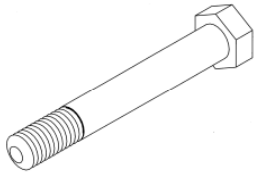
I
RUBBER SHOE
QTY 4



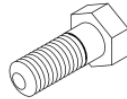
J
SQUARE CAP
QTY 2



K
MUSHROOM CAP
QTY 4



L
M10 x 70MM BOLT
QTY 4



M
M10 x 25MM BOLT
QTY 6

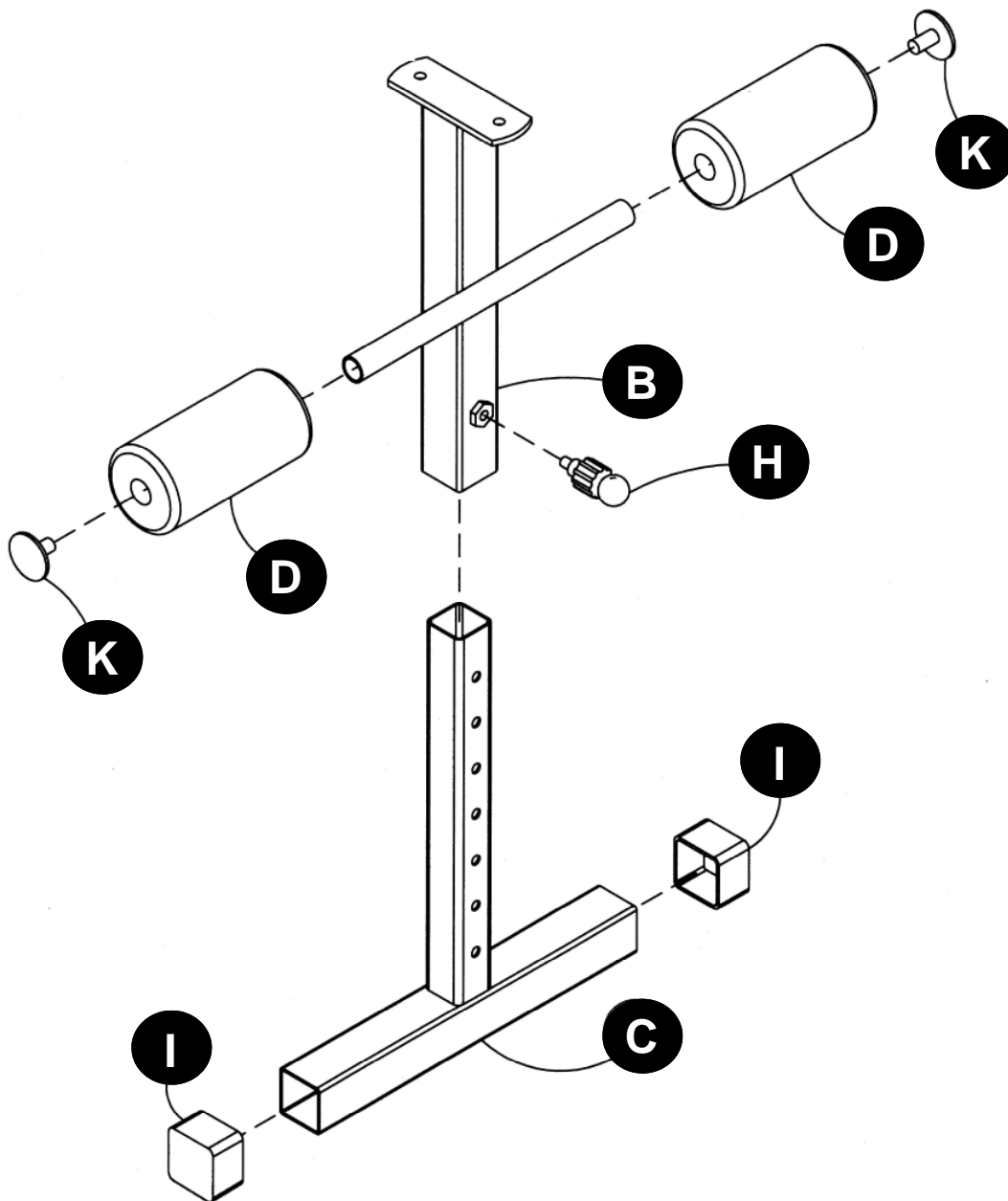


N
M10 WASHER
QTY 8



O
M10 LOCKNUT
QTY 4

FRONT LEG ASSEMBLY



TOOLS REQUIRED:
WRENCHES OR METRIC SOCKET SET

SCREW THE PULL-PIN (H) INTO THE LEG GUIDE (B). NEXT SLIDE THE LEG (C) INTO THE LEG GUIDE (B).

INSTALL THE LEG PADS (D) ONTO THE LEG GUIDE (B) AND SECURE THEM WITH THE MUSHROOM CAPS (K).

SLIDE THE RUBBER SHOES (I) ONTO THE LEG (C).

ADJUSTMENT

RAISE AND LOWER THE BENCH BY TURNING THE PULL PIN AND PULLING IT OUT TO ADJUST UP OR DOWN. WHEN ADJUSTED MAKE SURE THE PULL PIN IS SECURE IN ADJUSTMENT HOLE THEN TURN TO TIGHTEN. (NOTE: YOU MUST LOOSEN THE PULL PIN OR THE BENCH WILL NOT ADJUST)

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.