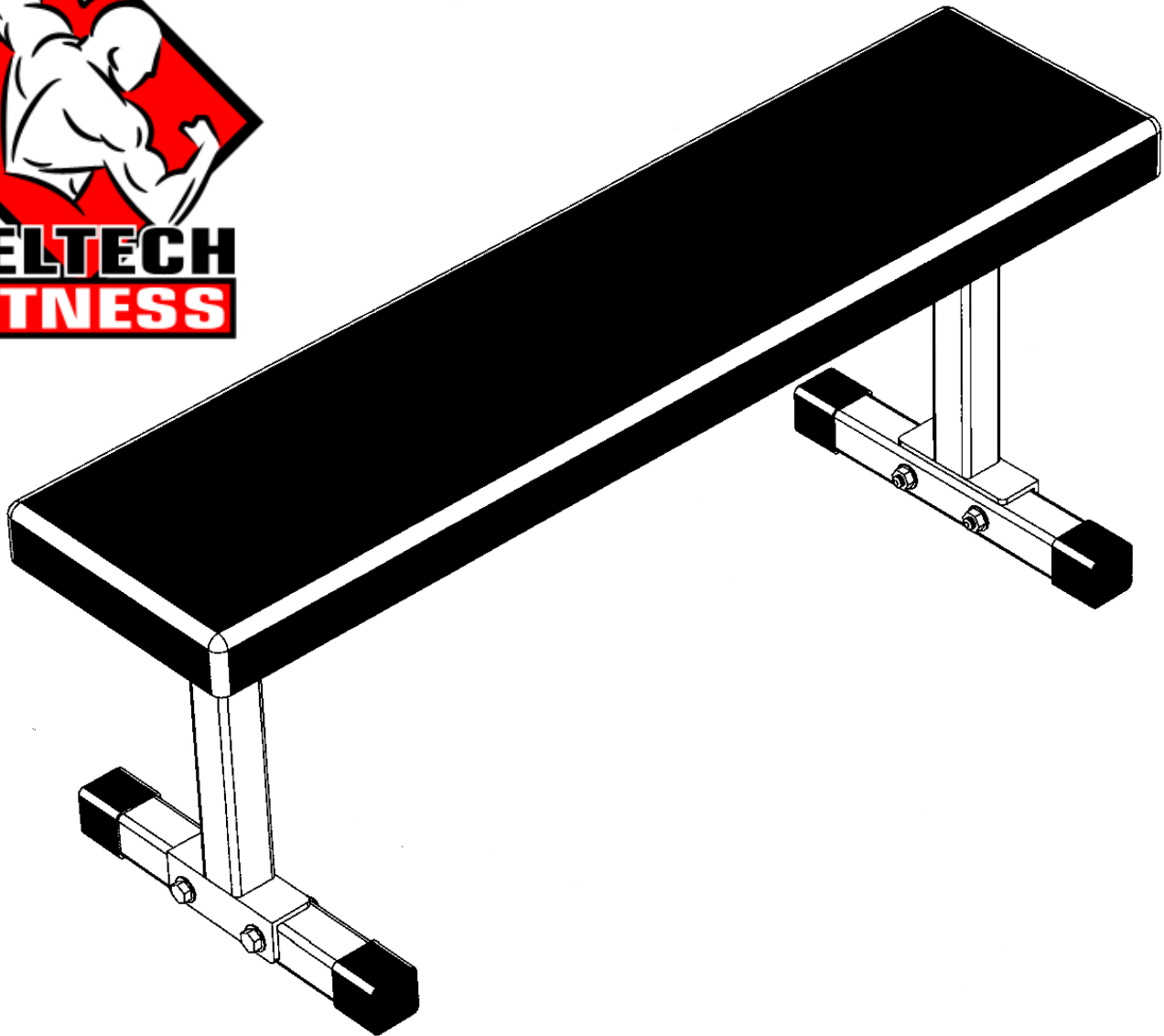


# DF8000

## FLAT BENCH

Assembly Manual

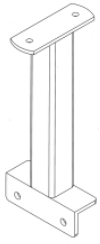


**(888) 258-0533**

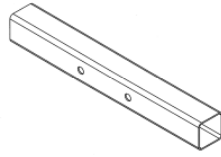
***FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY***

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

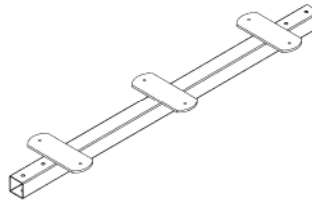
# ***BOX CONTENTS***



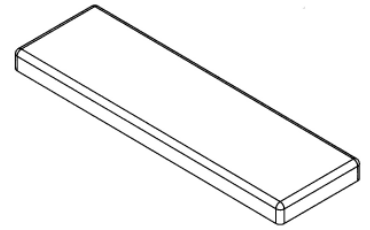
**A**  
**LEG**  
QTY 2



**B**  
**FOOT**  
QTY 2

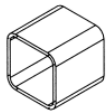


**C**  
**BACKREST**  
**SUPPORT**  
QTY 1



**D**  
**BACKREST**  
QTY 1

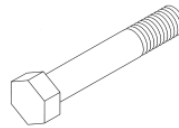
# ***HARDWARE***



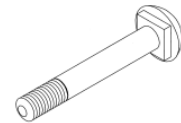
**E**  
**RUBBER SHOE**  
QTY 4



**F**  
**SQUARE CAP**  
QTY 2



**G**  
**M12 x 70MM BOLT**  
QTY 4



**H**  
**M10 x 67MM**  
**CARRIAGE BOLT**  
QTY 4



**I**  
**M10 x 25MM BOLT**  
QTY 6



**J**  
**M12 LOCKNUT**  
QTY 4



**K**  
**M10 LOCKNUT**  
QTY 4



**L**  
**M12 WASHER**  
QTY 8

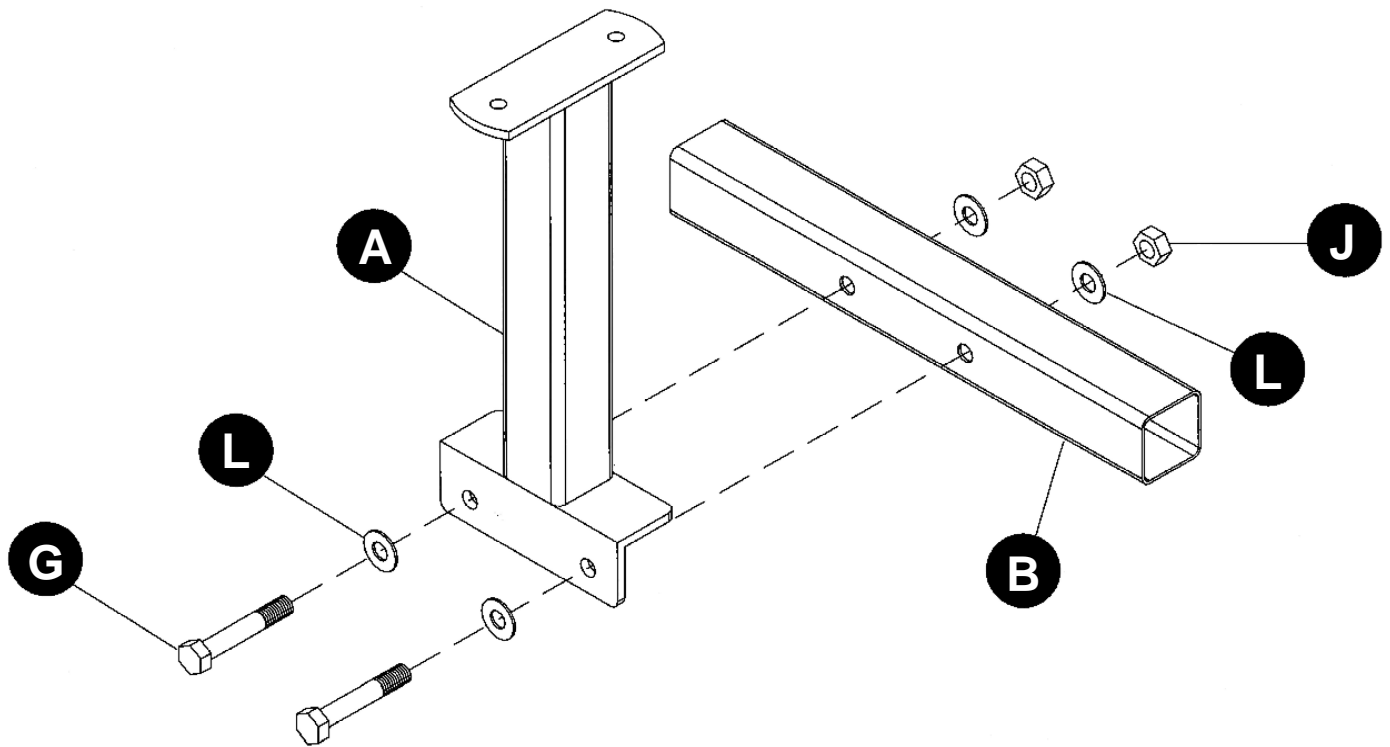


**M**  
**M10 WASHER**  
QTY 4

***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

## LEG ASSEMBLY



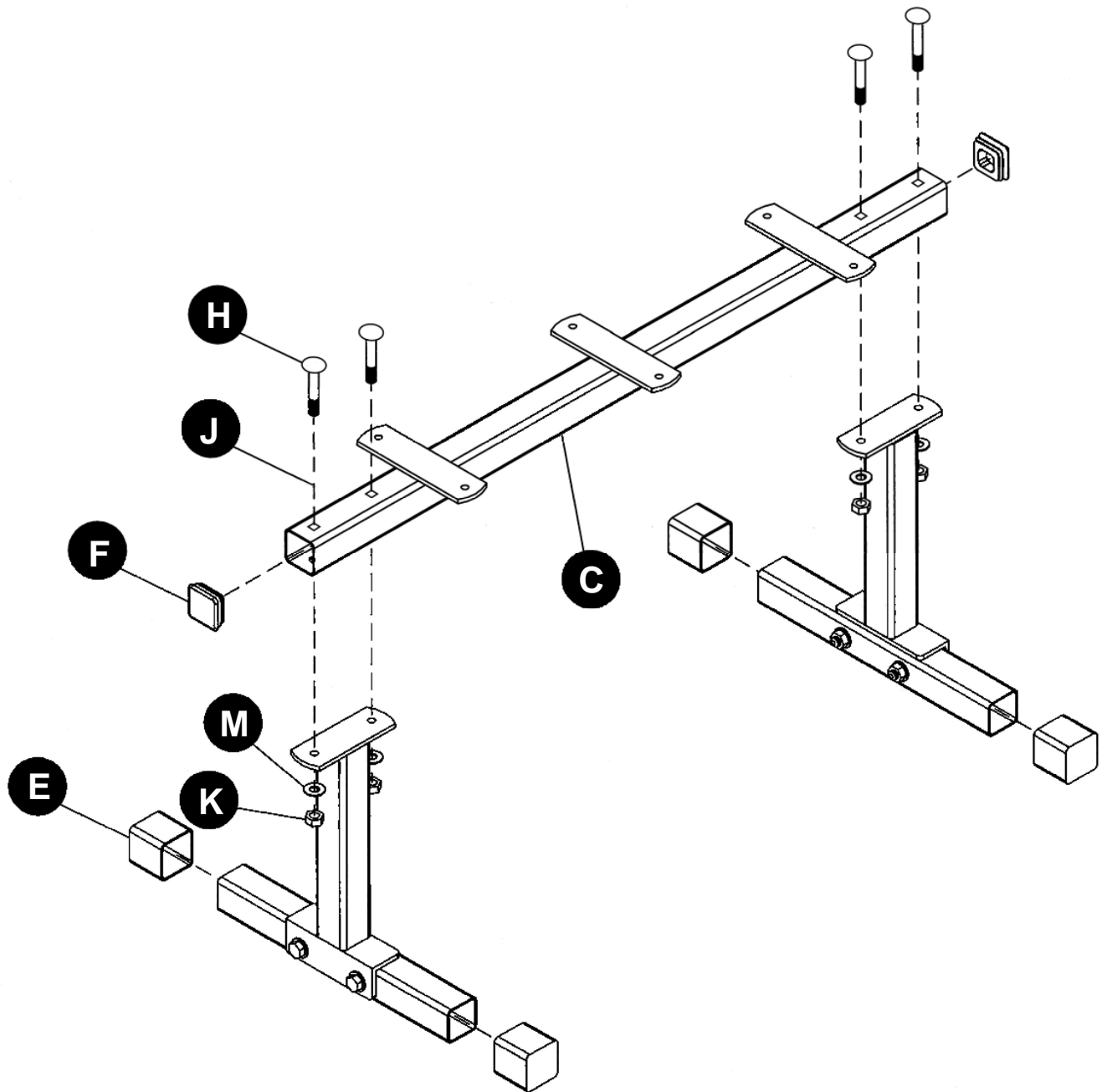
**TOOLS REQUIRED:**  
METRIC WRENCHES OR SOCKET SET

Some components may be pre-installed  
from the factory

ASSEMBLE THE FOOT (B) TO THE LEG (A) USING M12 x 70MM BOLTS (G), M12 WASHERS (L), AND M12 NUTS (J). REPEAT FOR 2ND LEG ASSEMBLY.

DO NOT TIGHTEN NUTS AT THIS TIME.

## FRAME ASSEMBLY

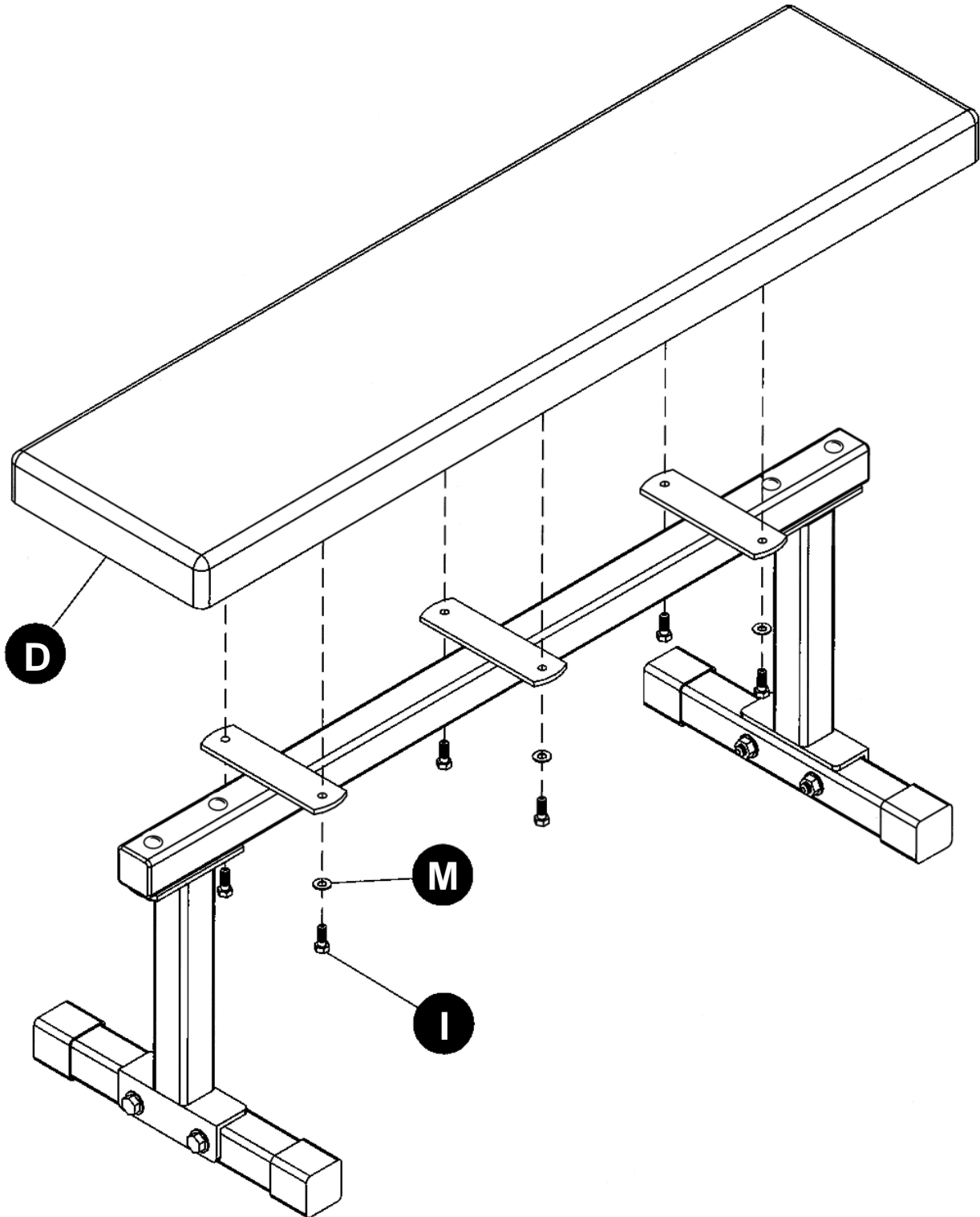


ASSEMBLE EACH LEG ASSEMBLY TO THE BACKREST SUPPORT (C) USING M10 x 67MM CARRIAGE BOLTS (H), M10 WASHERS (M), AND M10 LOCKNUTS (K). TIGHTEN NUTS SECURELY.

INSTALL THE SQUARE CAPS (F) INTO EACH END OF THE BACKREST SUPPORT (C).

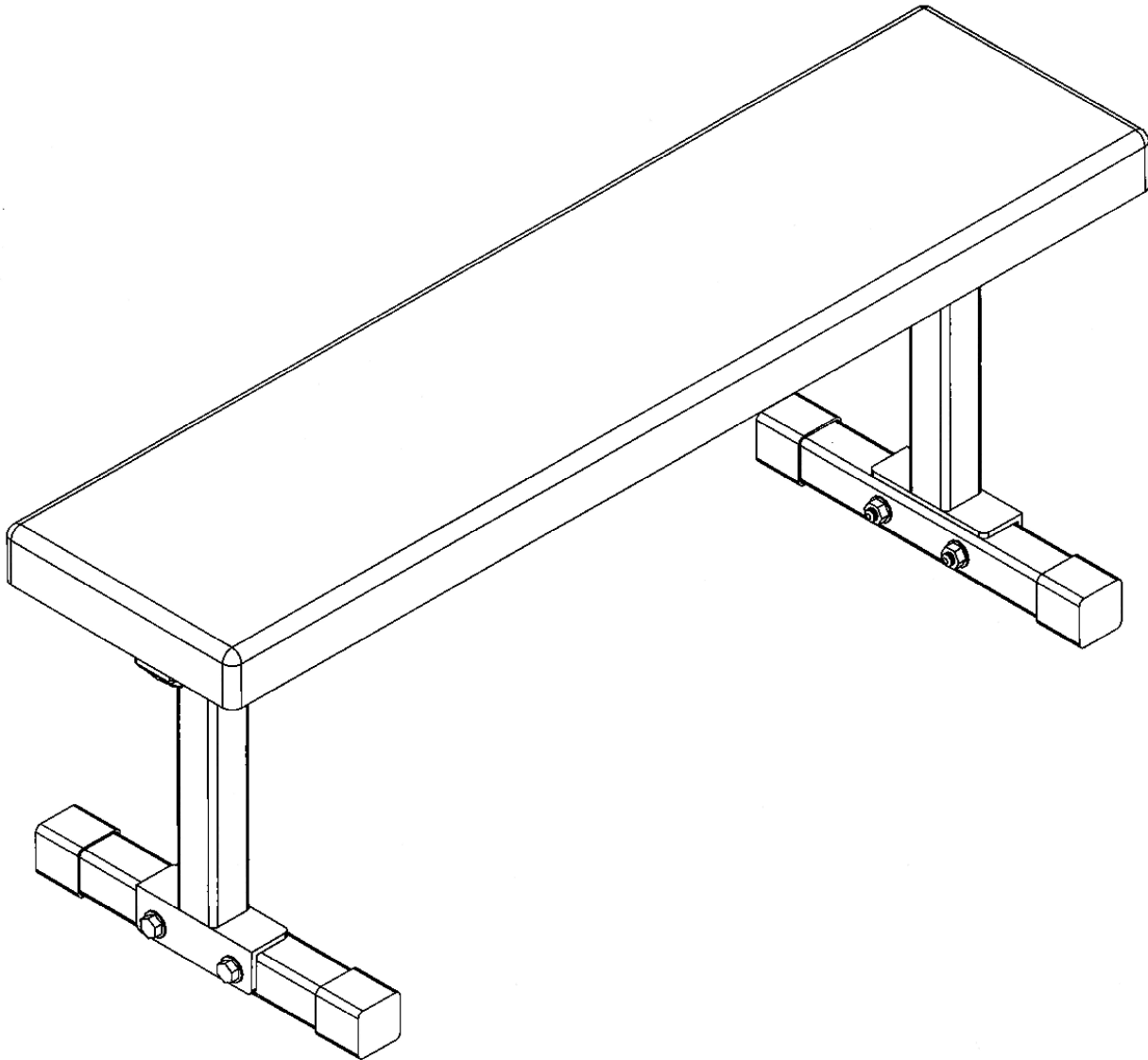
INSTALL RUBBER SHOES (E) ONTO THE FEET OF THE LEG ASSEMBLIES.

## BACKREST ASSEMBLY



ASSEMBLE THE BACKREST (**D**) TO THE FRAME ASSEMBLY USING THE M10 x 25MM BOLTS (**I**), AND M10 WASHERS (**M**).

## ***FINAL ASSEMBLY***



THE FINAL STEP IS TO FIND A FLAT SURFACE TO SET THE BENCH ON. SIT ON THE BENCH TO MAKE SURE ALL FOUR SHOES ARE EVENLY TOUCHING THE FLOOR. TIGHTEN THE NUTS SECURING THE FEET TO THE LEGS.

# ***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.