

# DF9500

## FLAT/INCLINE/DECLINE BENCH

### Assembly Manual

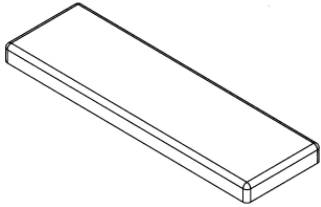


**(888) 258-0533**

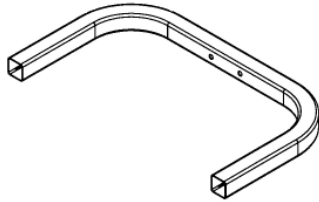
***FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY***

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

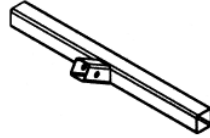
# ***BOX CONTENTS***



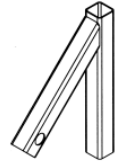
**A**  
**BACKREST**  
QTY 1



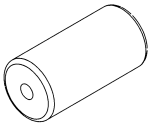
**B**  
**FRONT FOOT**  
QTY 1



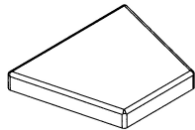
**C**  
**REAR FOOT**  
QTY 1



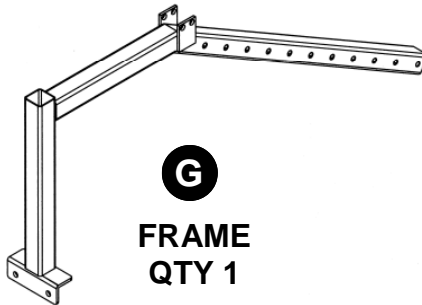
**D**  
**HOLDDOWN**  
QTY 1



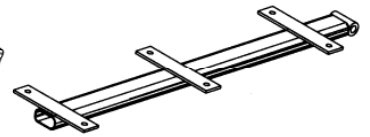
**E**  
**LEG PAD**  
QTY 2



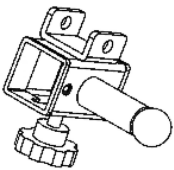
**F**  
**SEAT**  
QTY 1



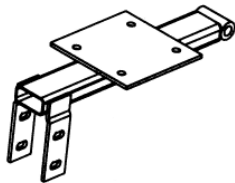
**G**  
**FRAME**  
QTY 1



**H**  
**BACKREST**  
**SUPPORT**  
QTY 1



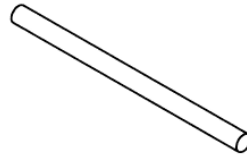
**I**  
**SLIDE ASSEMBLY**  
QTY 1



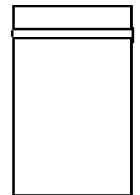
**J**  
**SEAT SUPPORT**  
QTY 1



**K**  
**BACKREST**  
**SUPPORT**  
QTY 1



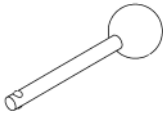
**L**  
**LEG PAD TUBE**  
QTY 1



**DF9500**  
**HARDWARE PACK**  
QTY 1

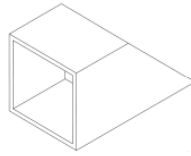
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# ***HARDWARE***



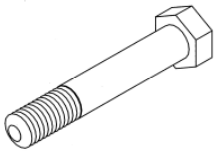
**M**

**SEAT SUPPORT PIN**  
QTY 1



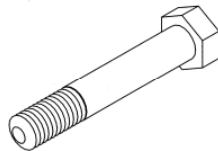
**N**

**RUBBER SHOE**  
QTY 4



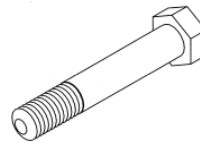
**O**

**M12 x 76MM BOLT**  
QTY 4



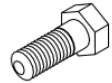
**P**

**M12 x 70MM BOLT**  
QTY 2



**Q**

**M12 x 65MM BOLT**  
QTY 1



**R**

**M10 x 25MM BOLT**  
QTY 10



**S**

**M12 WASHER**  
QTY 14



**T**

**M10 WASHER**  
QTY 10



**U**

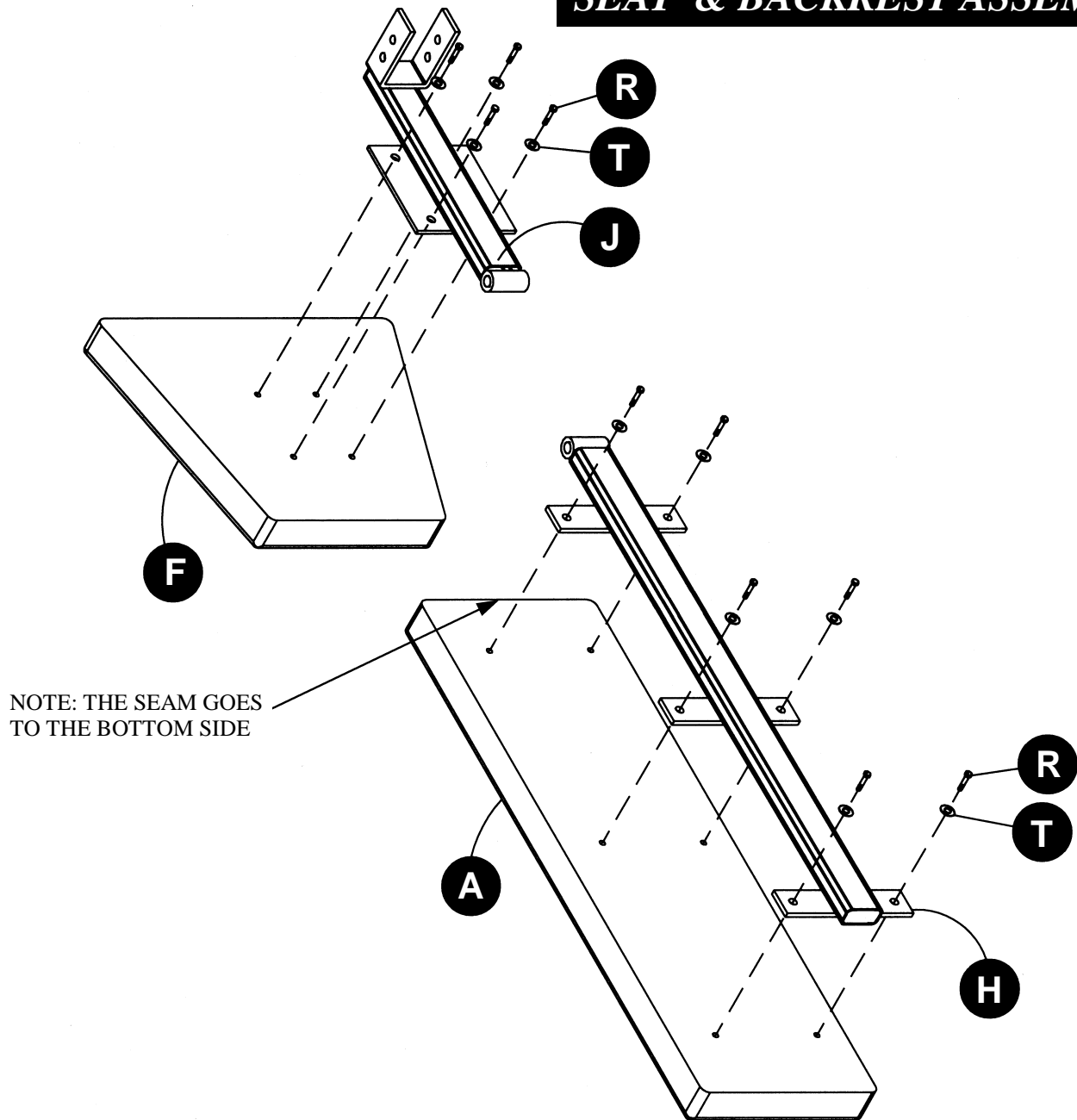
**M12 LOCKNUT**  
QTY 7

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## SEAT & BACKREST ASSEMBLY



NOTE: THE SEAM GOES TO THE BOTTOM SIDE

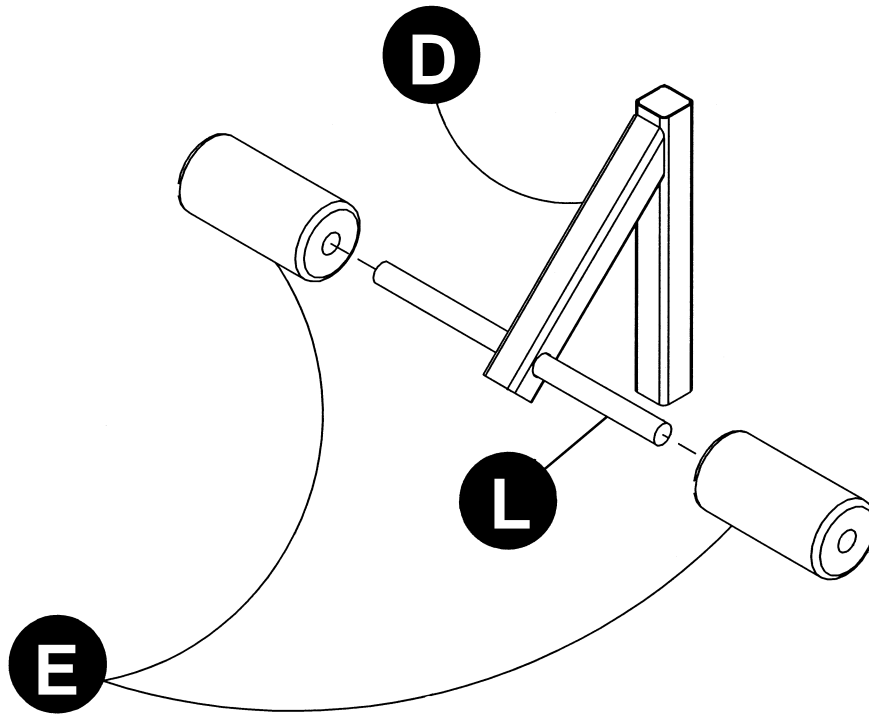
### **TOOLS REQUIRED:** METRIC WRENCHES OR SOCKET SET

Some components may be pre-installed from the factory

ATTACH THE SEAT (F) TO THE SEAT SUPPORT (J) USING THE M10 x 25MM BOLTS (R) AND M10 FLAT WASHERS (T).

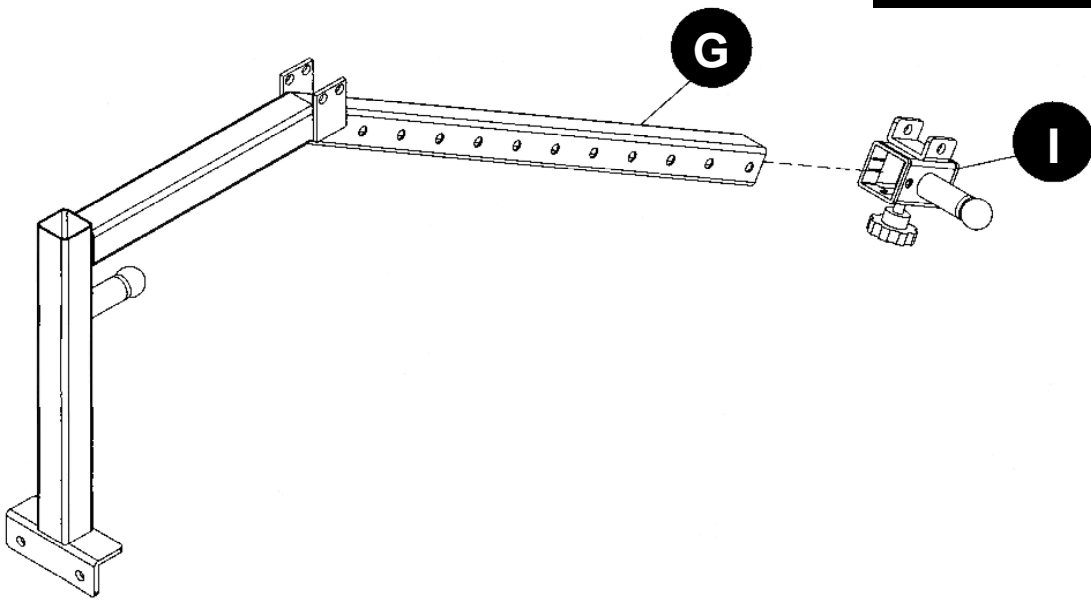
ATTACH THE BACKREST (A) TO THE BACKREST SUPPORT (H) USING THE M10 x 25MM BOLTS (R) AND M10 FLAT WASHERS (T). MAKE SURE THE SEAM ON THE BACKREST FACES THE SEAT AS SHOWN ABOVE.

## ***LEG HOLD DOWN ASSEMBLY***

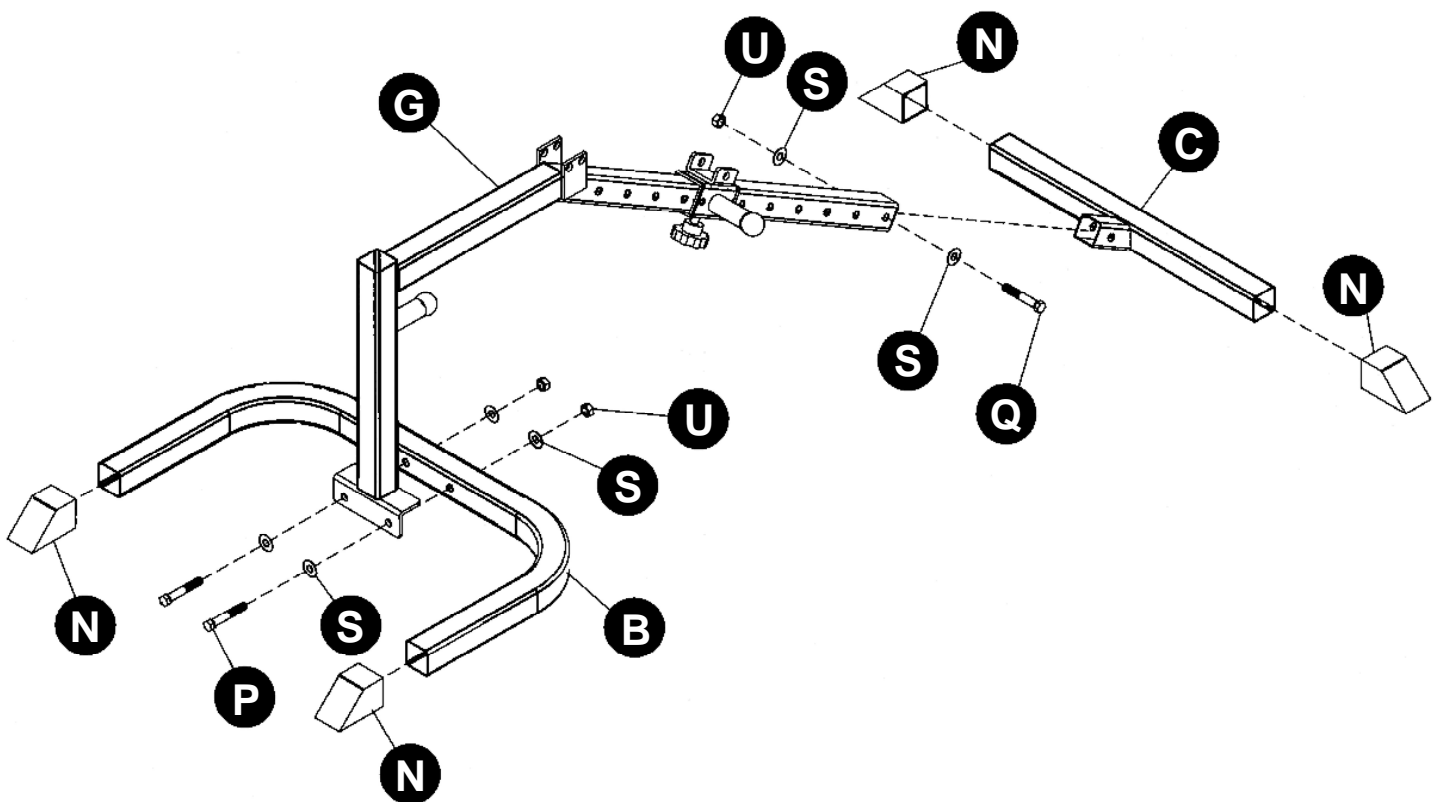


SLIDE THE LEG PAD TUBE (L) THROUGH THE HOLD DOWN (D). NOW SLIDE THE LEG PADS (E) ONTO THE LEG PAD TUBE.

## FRAME ASSEMBLY



INSTALL THE SLIDE ASSEMBLY (I) ONTO THE FRAME (G). LOCK INTO PLACE WITH PULL-PIN.

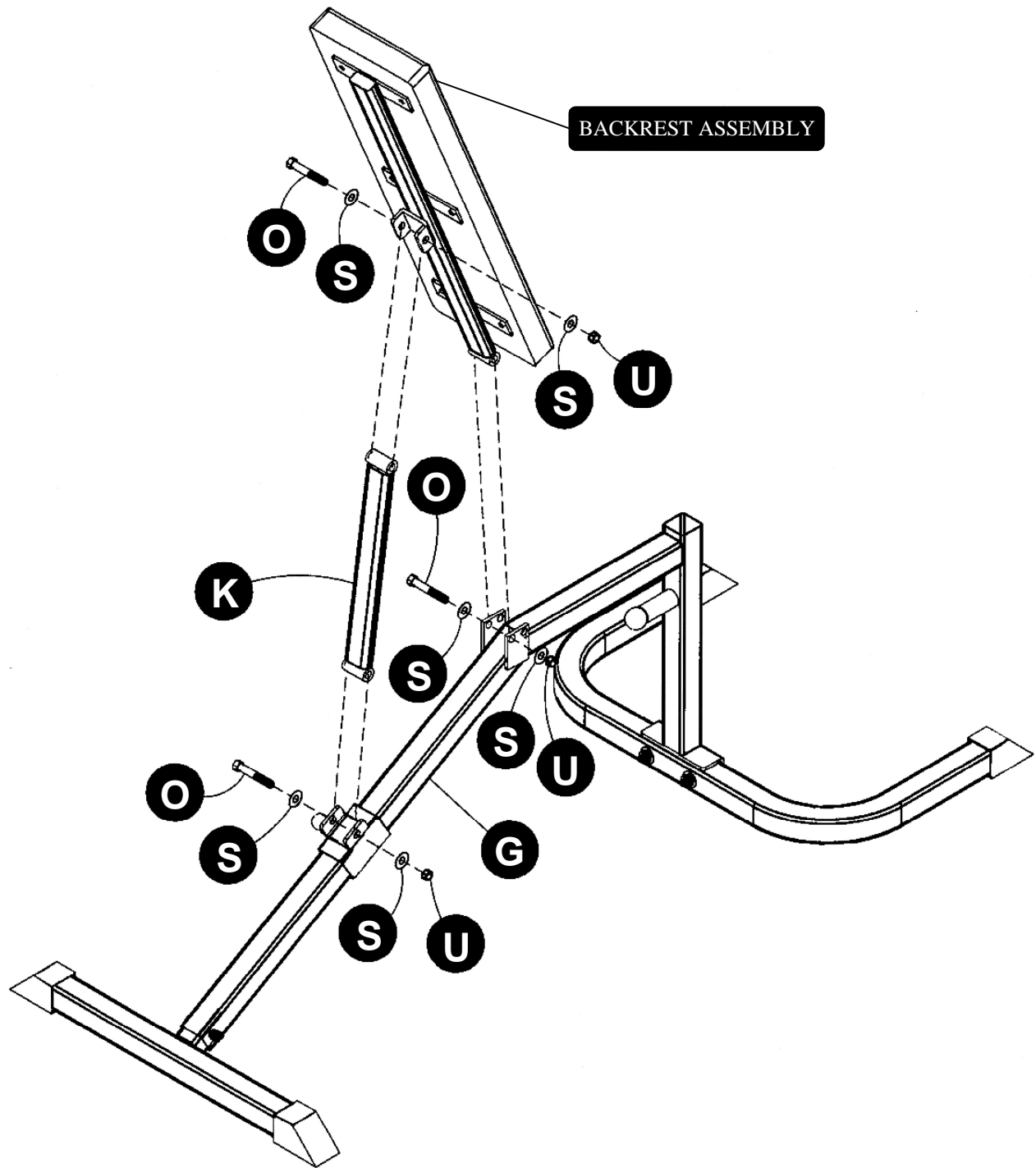


ATTACH THE REAR FOOT (C) TO THE FRAME (G) USING THE M12 x 65MM BOLT (Q) THE M12 FLAT WASHERS (S) AND M12 LOCK NUT (U). THEN SLIDE THE RUBBER BOOTS (N) ONTO THE REAR FOOT (C).

NOW ATTACH THE FRONT FOOT (B) TO THE FRAME ASSEMBLY (G) USING THE M12 x 70MM BOLTS (P), THE M12 FLAT WASHERS (S) AND THE M12 LOCK NUTS (U). SLIDE THE RUBBER BOOTS (N) ON THE FRONT FOOT (B).

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

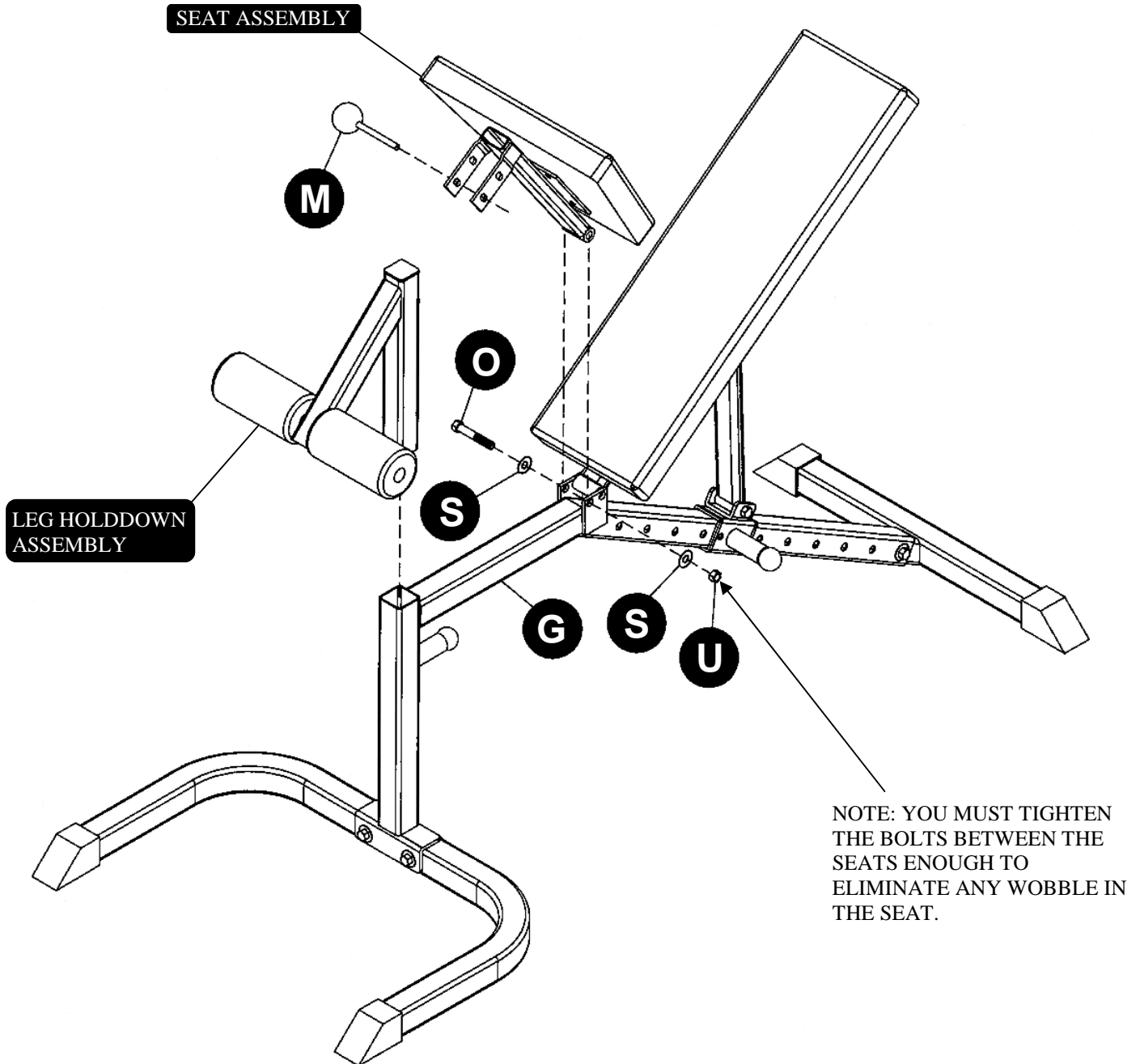
## BACKREST INSTALLATION



ATTACH THE BOTTOM OF THE BACKREST ASSEMBLY TO THE FRAME (G) USING M12 x 76MM BOLT (O), M12 FLAT WASHERS (S), AND M12 LOCK NUT (U).

NOW ATTACH THE BACKREST ASSEMBLY TO THE TOP OF THE BACKREST SUPPORT (K) USING M12 x 76MM BOLT (O), M12 WASHERS (S), AND M12 NUT (U). THEN ATTACH THE BOTTOM OF THE BACKREST SUPPORT (K) TO THE SLIDE ASSEMBLY USING M12 x 76MM BOLT (O), M12 FLAT WASHERS (S), AND M12 LOCK NUT (U).

## LEG HOLD DOWN & SEAT INSTALLATION



ATTACH THE SEAT ASSEMBLY TO THE FRAME (G) USING M12 x 76MM BOLT (O), M12 FLAT WASHERS (S), AND M12 LOCK NUT (U). (\* NOTE THE TIGHTER YOU MAKE THE BOLT, THE MORE SECURE THE BENCH WILL BE.)

INSERT THE LEG HOLD DOWN ASSEMBLY INTO THE FRAME ASSEMBLY AND SECURE IT WITH THE PULL PIN.

**MAKE SURE ALL THE BOLTS ARE TIGHT BEFORE USE. REMEMBER TO CHECK THEM PERIODICALLY TO MAKE SURE THEY ALWAYS STAY TIGHT.**



# ***ADJUSTMENT***

***ADJUSTING THE BACK PAD:*** RAISE AND LOWER THE BACKREST USING THE PULL PIN. MAKE SURE THE PULL PIN IS SECURE IN THE ADJUSTMENT HOLE AND THE KNOB IS TIGHTENED 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.

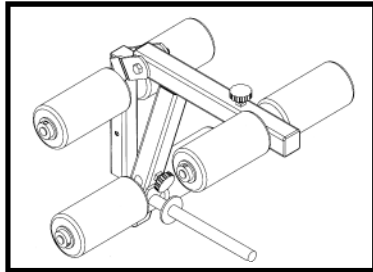
***ADJUSTING THE LEG HOLD DOWN:*** RAISE AND LOWER THE HOLD DOWN BY TURNING THE PULL PIN AND PULLING IT TO ADJUST UP OR DOWN. WHEN ADJUSTED MAKE SURE THE PULL PIN IS SECURE.

# ***SAFETY NOTICE***

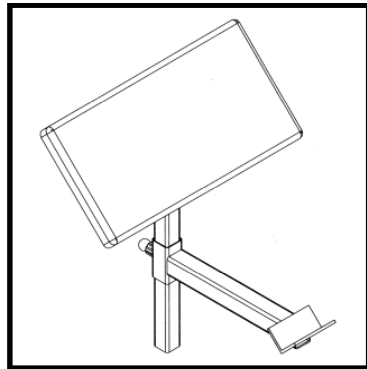
WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE RISK OF INJURY CAN BE REDUCED BY ALWAYS FOLLOWING THESE SIMPLE RULES:

- 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.

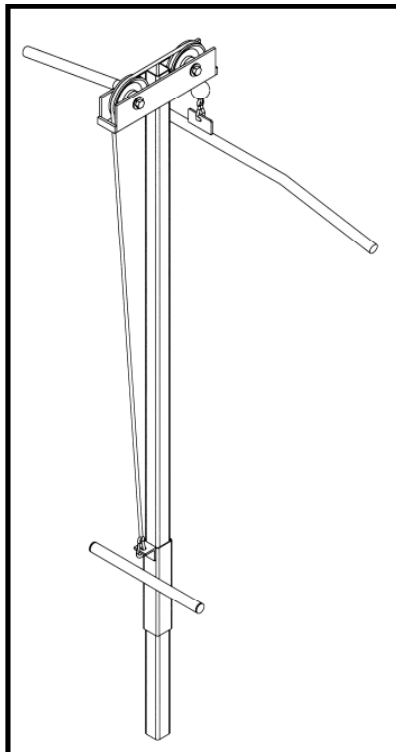
# WEIGHT BENCH ACCESSORIES



**DF106** Add leg extension and leg curls to your bench with this leg attachment. Get more information at [www.fitnessdestination.com](http://www.fitnessdestination.com)



**DF105** Add preacher curls to your bench with this preacher curl attachment. Get more information at [www.fitnessdestination.com](http://www.fitnessdestination.com)



**DF1200** Add lat pulls to your bench with this lat attachment. You can find more information at [www.fitnessdestination.com](http://www.fitnessdestination.com)