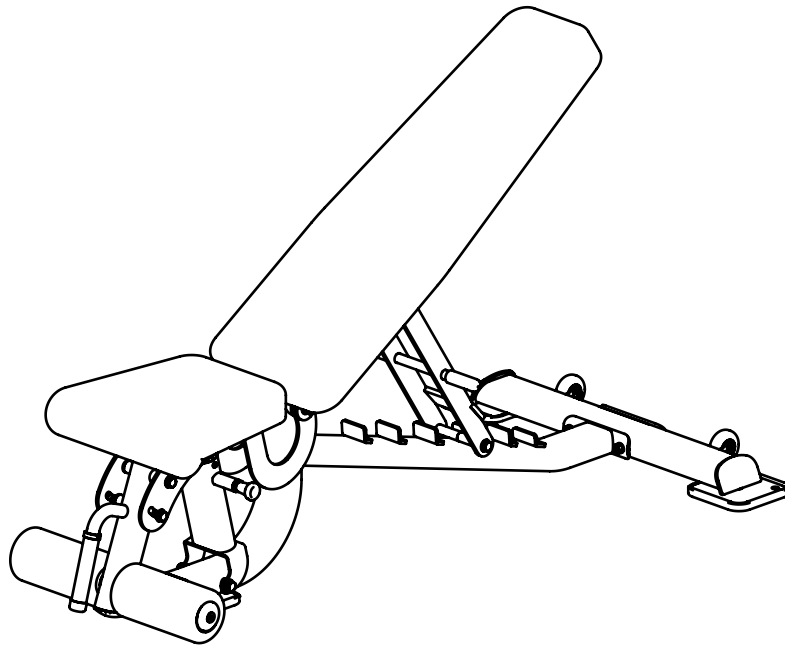


BS020

MULTI-ANGLE FID BENCH

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

Important Safety Instructions

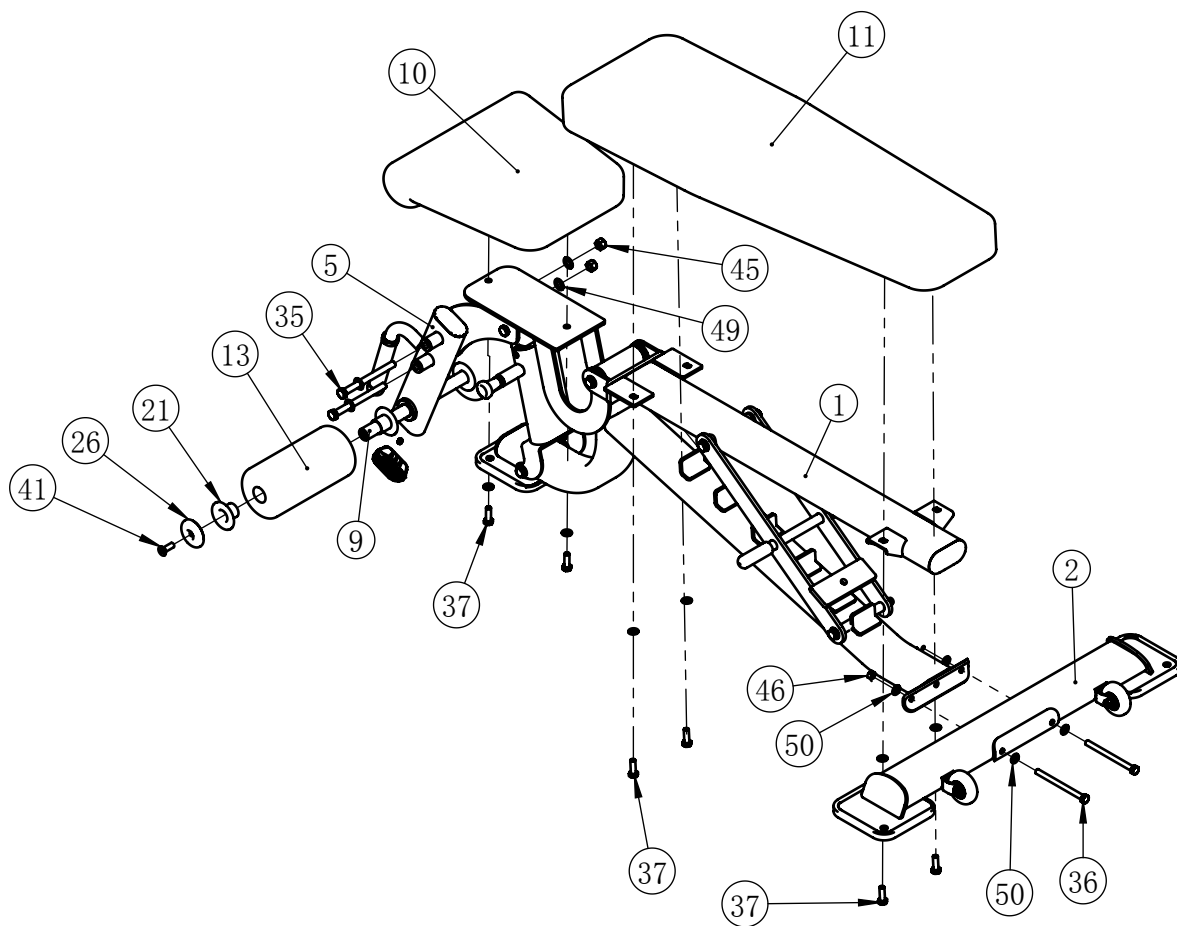
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

Exploded View and Parts List

overall

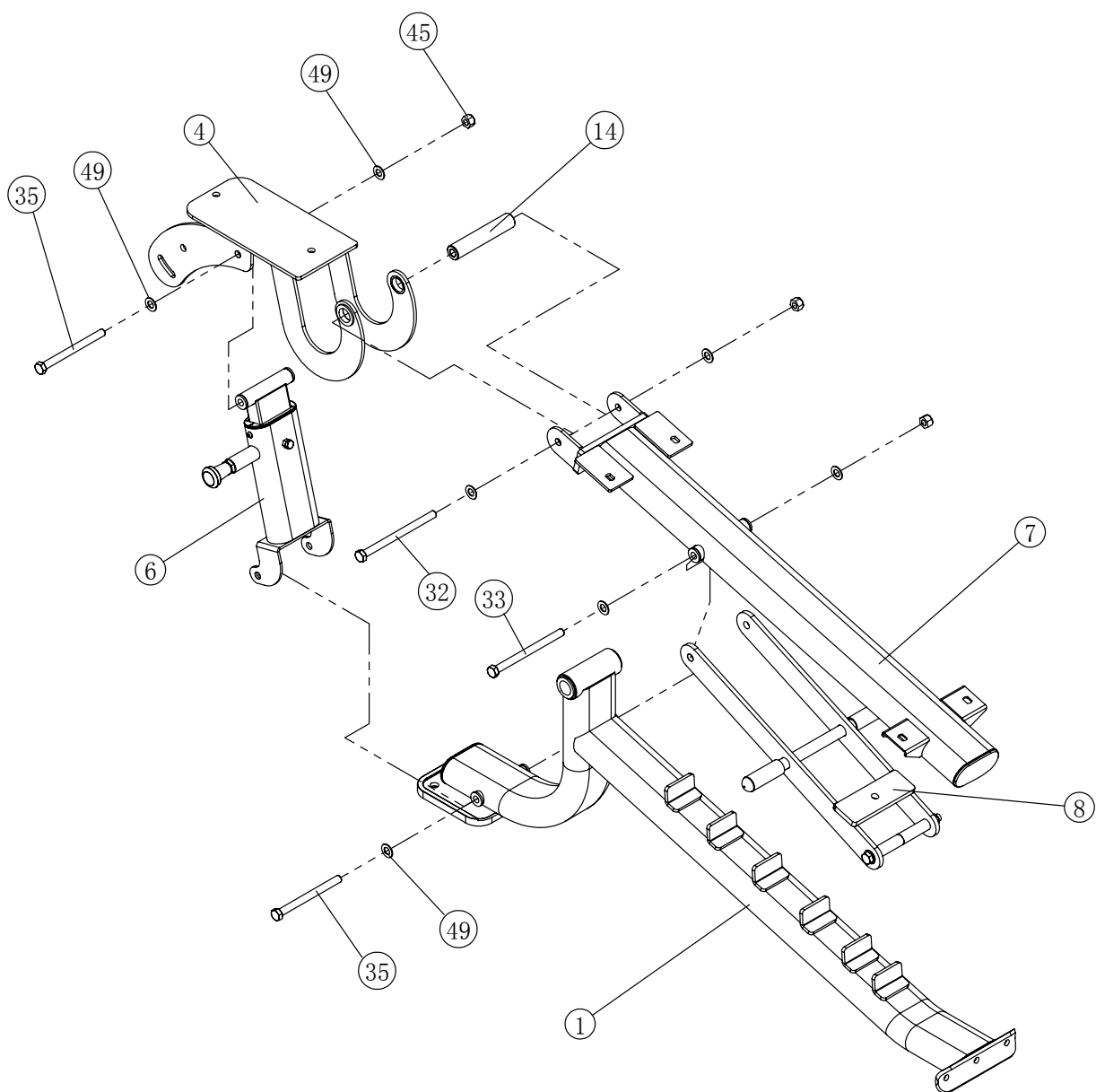
Item NO.	Description	QTY	Item NO.	Description	QTY
1	Main Frame ASSY	1	35	Hex Bolt M12*140	2
2	Bottom Bracket ASSY	1	36	Hex Bolt M10*130	2
5	FOAM Fixed Mount ASSY	1	37	Hex Bolt M10*30	6
9	FOAM Rack	1	41	Flat Head Cap Screw M10*30	2
10	Seat Cushion	1	45	Nylon Nut M12	2
11	Back Cushion	1	46	Nylon Nut M10	2
13	FOAM	2	49	Washer $\phi 13*\phi 24*1$	4
21	FOAM Bushing	4	50	Washer $\phi 11*\phi 20*2$	10
26	Aluminum End Cap	2			



Exploded View and Parts List

Main Frame ASSY

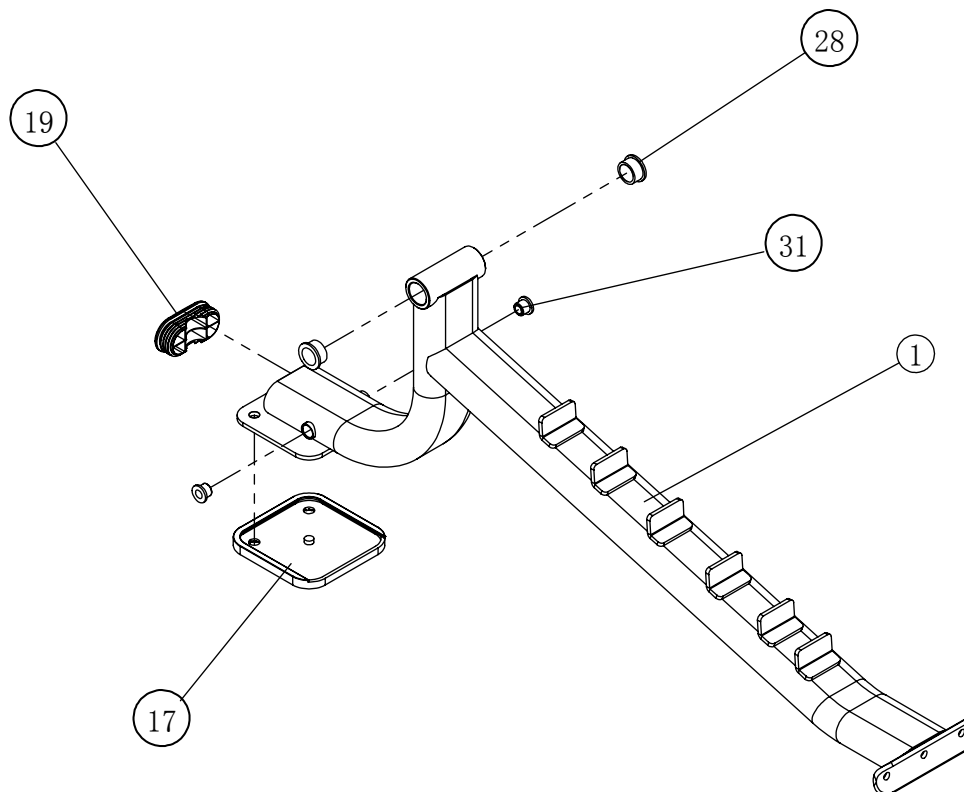
Item NO.	Description	QTY	Item NO.	Description	QTY
1	Main Frame ASSY 1	1	32	Hex Bolt M12*165	1
4	Seat Frame ASSY	1	33	Hex Bolt M10*155	1
6	Adjusting Frame ASSY	1	35	Hex Bolt M12*140	2
7	Back Frame ASSY	1	45	Nylon Nut M12	4
8	Adjusting Back Frame ASSY	1	49	Washer $\phi 13 \times \phi 24 \times 1.5$	8
14	Shaft	1			



Exploded View and Parts List

Main Frame ASSY 1

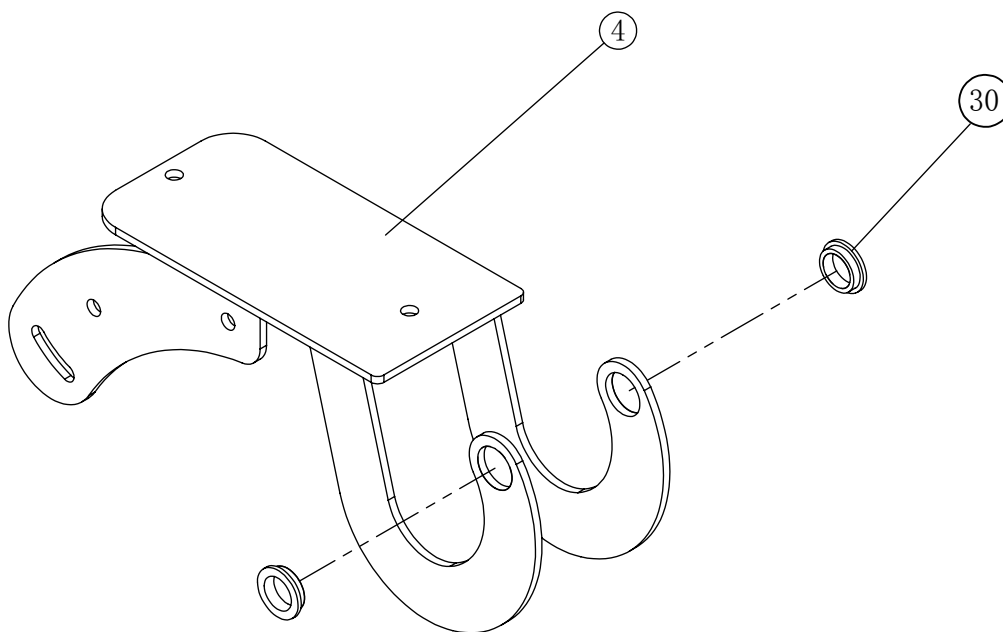
Item No.	Description	QTY
1	Main Frame	1
19	Plug	1
17	Rubber Foot	1
31	Bushing	2
29	Bushing	2



Exploded View and Parts List

Seat Frame ASSY

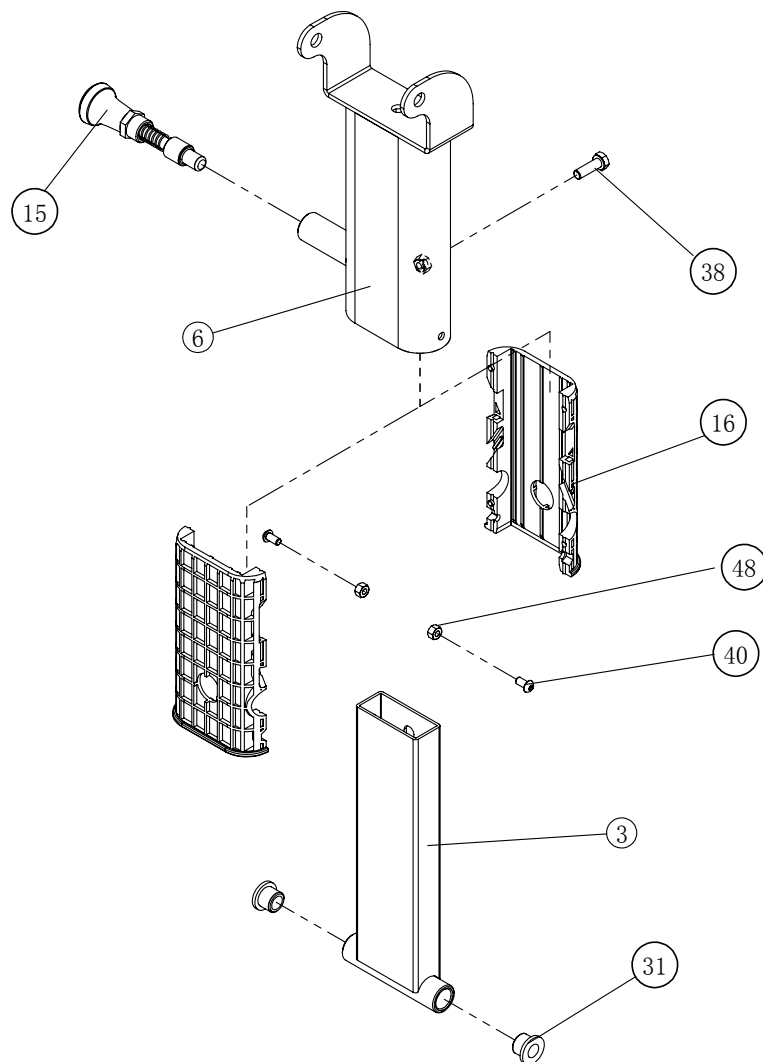
Item No.	Description	QTY
4	Seat Frame	1
30	Bushing	2



Exploded View and Parts List

Adjusting Frame ASSY

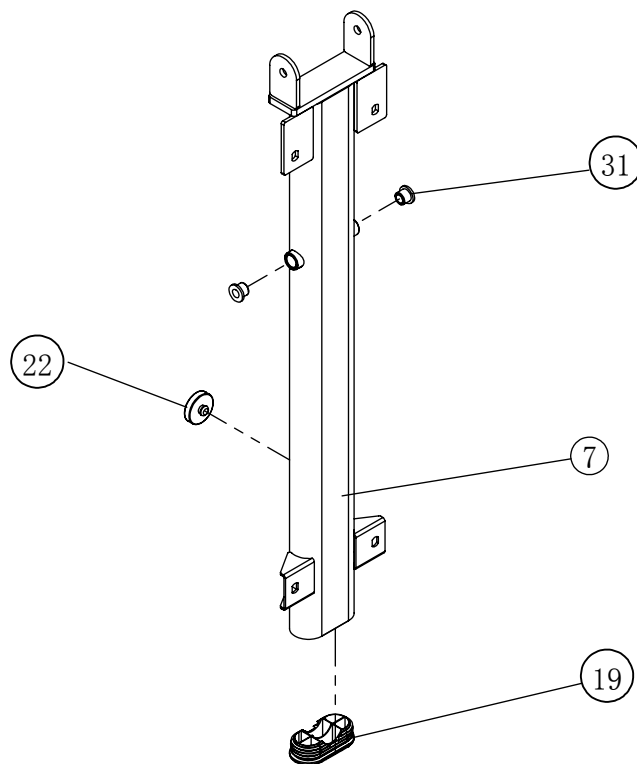
Item No.	Description	QTY
3	Telescopic Frame	1
6	Adjusting Frame	1
15	Pin	1
16	Plastic Tube Guide	2
31	Bushing	2
38	Hex Bolt M8*25	1
40	Flat Head Cap Screw M6*12	2
48	Nut M6	2



Exploded View and Parts List

Back Frame ASSY

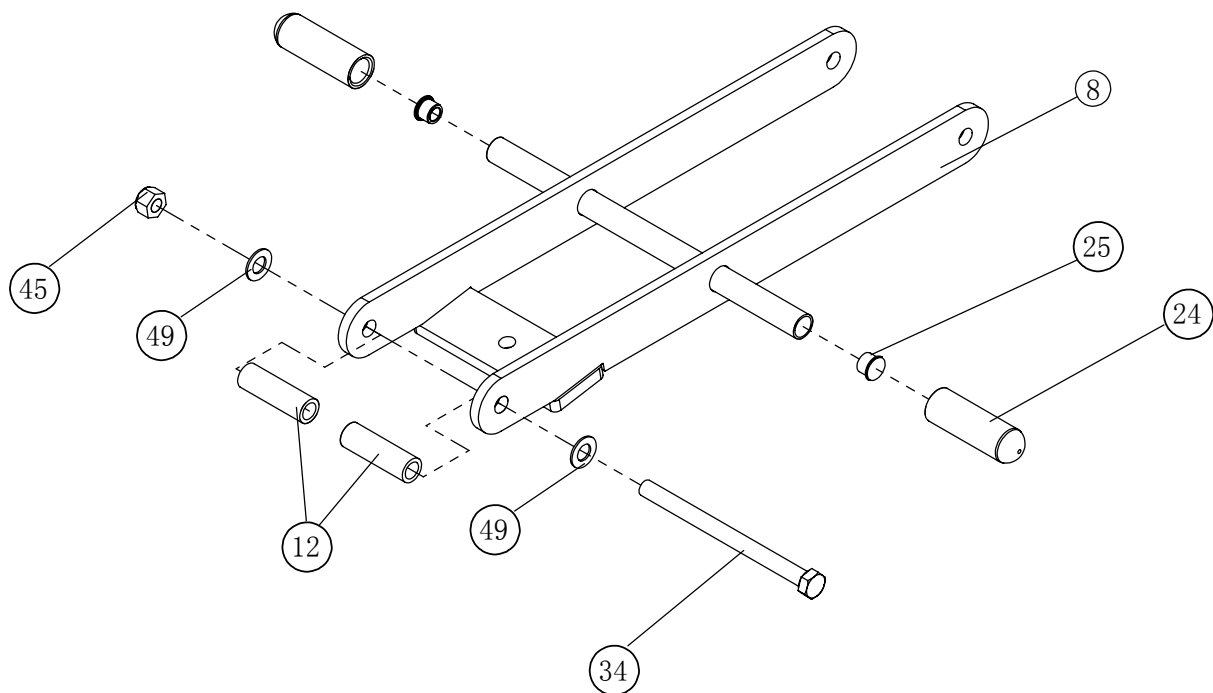
Item No.	Description	QTY
7	Back Frame	1
19	Plug	1
22	Bumper	1
31	Bushing	2



Exploded View and Parts List

Adjusting Back Frame ASSY

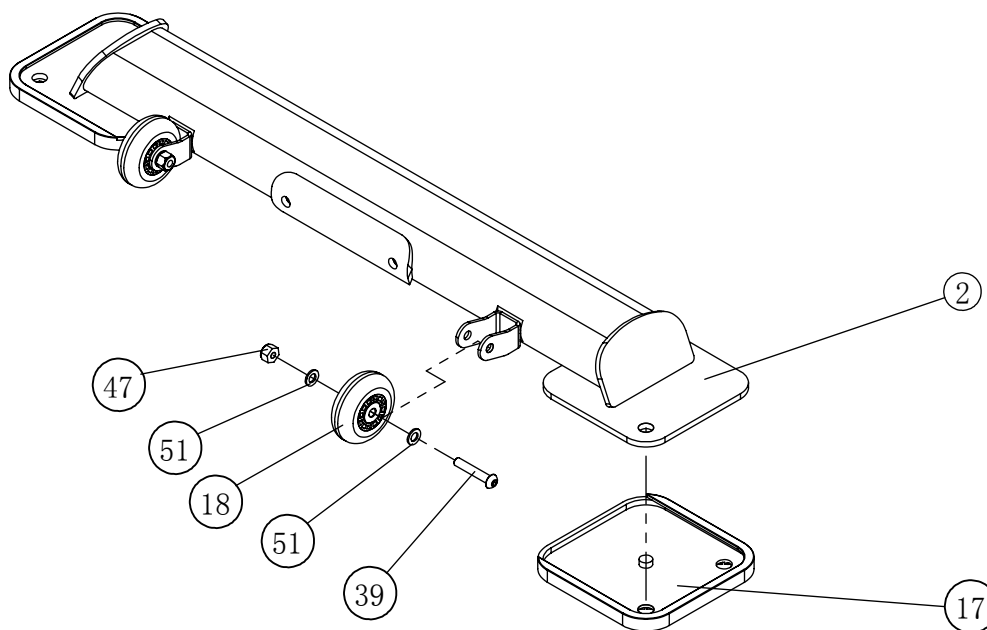
Item No.	Description	QTY
8	Adjusting Back Frame	1
12	Plastic Sleeve	2
24	Grip	2
25	Rubber Plug	2
34	Hex Bolt M12*160	1
45	Nylon Nut M12	1
49	Washer $\phi 13 \times \phi 24 \times 1.5$	2



Exploded View and Parts List

Bottom Bracket ASSY

Item No.	Description	QTY
2	Bottom Bracket	1
17	Rubber Foot	2
18	Wheel	2
39	Button Head Cap Screw M8*45	2
47	Nylon Nut M8	2
51	Washer $\phi 9 \times \phi 16 \times 1.6$	4



Exploded View and Parts List

FOAM Fixed Mount ASSY

Item No.	Description	QTY
5	FOAM Fixed Mount	1
20	Plug	2
23	Grip	1
27	Aluminum Caps $\phi 25$	1
28	$\phi 25$ Aluminum Ring	1
31	Bushing	4
41	Socket Set Screw M8*10	1
42	Flat Head Cap Screw M6*15	1
44	Socket Set Screw M5*3	2

