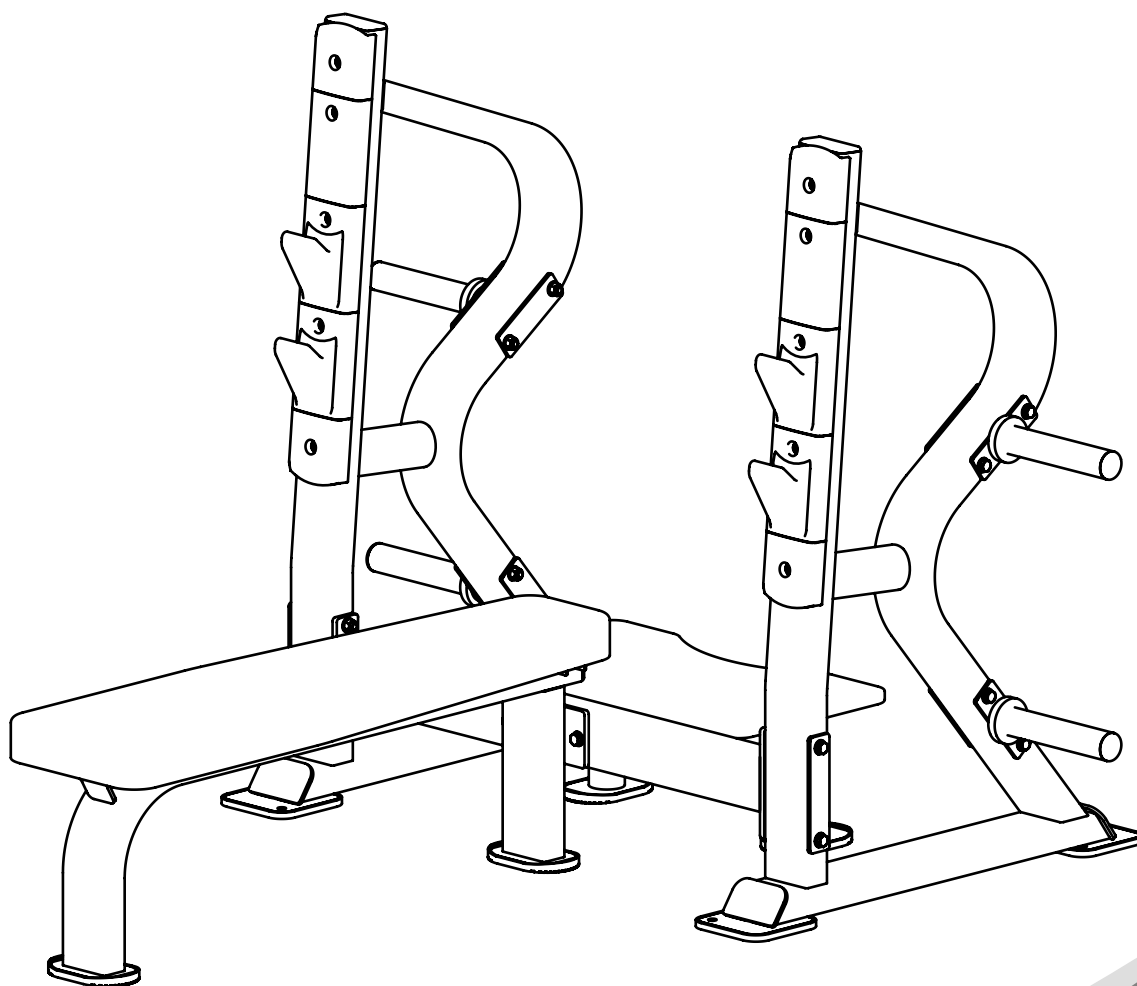


DH026

FLAT OLYMPIC 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:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * 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.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * 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.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

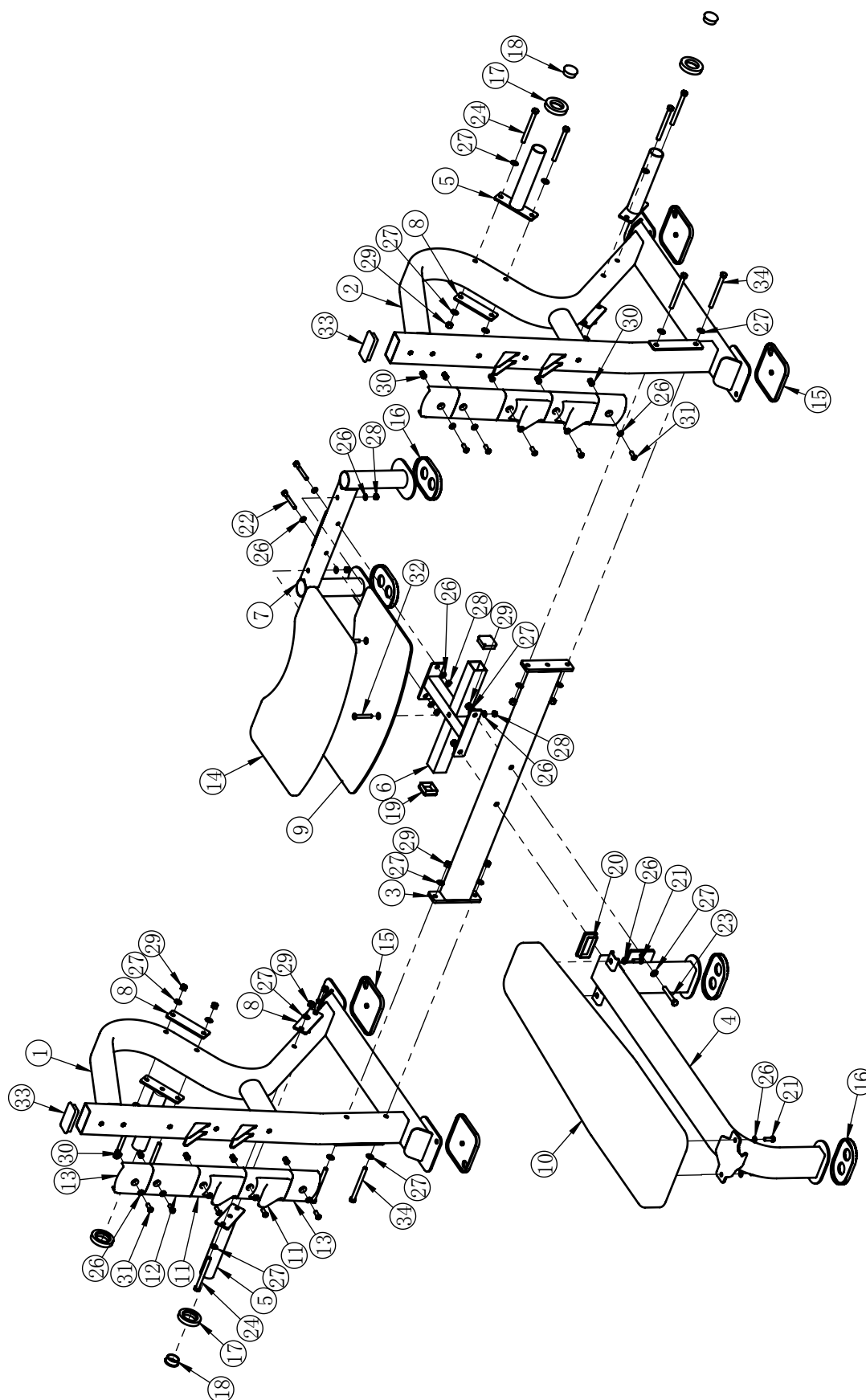
PERSONAL SAFETY DURING ASSEMBLY

- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY
1	Left Upright Frame	1
2	Right Upright Frame	1
3	Cross Brace	1
4	Back Frame	1
5	Weight Plate Holders	4
6	Rear Cross Brace	1
7	Rear Support Frame	1
8	Inner plate	4
9	pedal plate	1
10	Back Pad	1
11	Rack Cover	4
12	Cover	2
13	Rack bumper	4
14	Rubber pedal plate	1
15	Rubber Foot	4
16	Rubber Foot	4
17	Bumper	4
18	Plug $\phi 48$	4
19	Plug $\square 50.8$	2
20	Plug $\square 50*100*2.5$	1
21	Hex Bolt M10*30	4
22	Hex Bolt M10*80	2
23	Hex Bolt M12*85	2
24	Hex Bolt M12*130	8
26	Flat Washer $\phi 20*\phi 11*2$	21
27	Flat Washer $\phi 13*\phi 24*2.5$	28
28	Nylon Lock Nut M10	5
29	Nylon Lock Nut M12	14
30	Flat head hexagon riveted nuts M10*19.5	10
31	Botton Head Cap Screw M10*30	10
32	Flathead Cap Screw M10*70	3
33	Plug $\square 60*120$	2
34	Hex Bolt M12*160	4

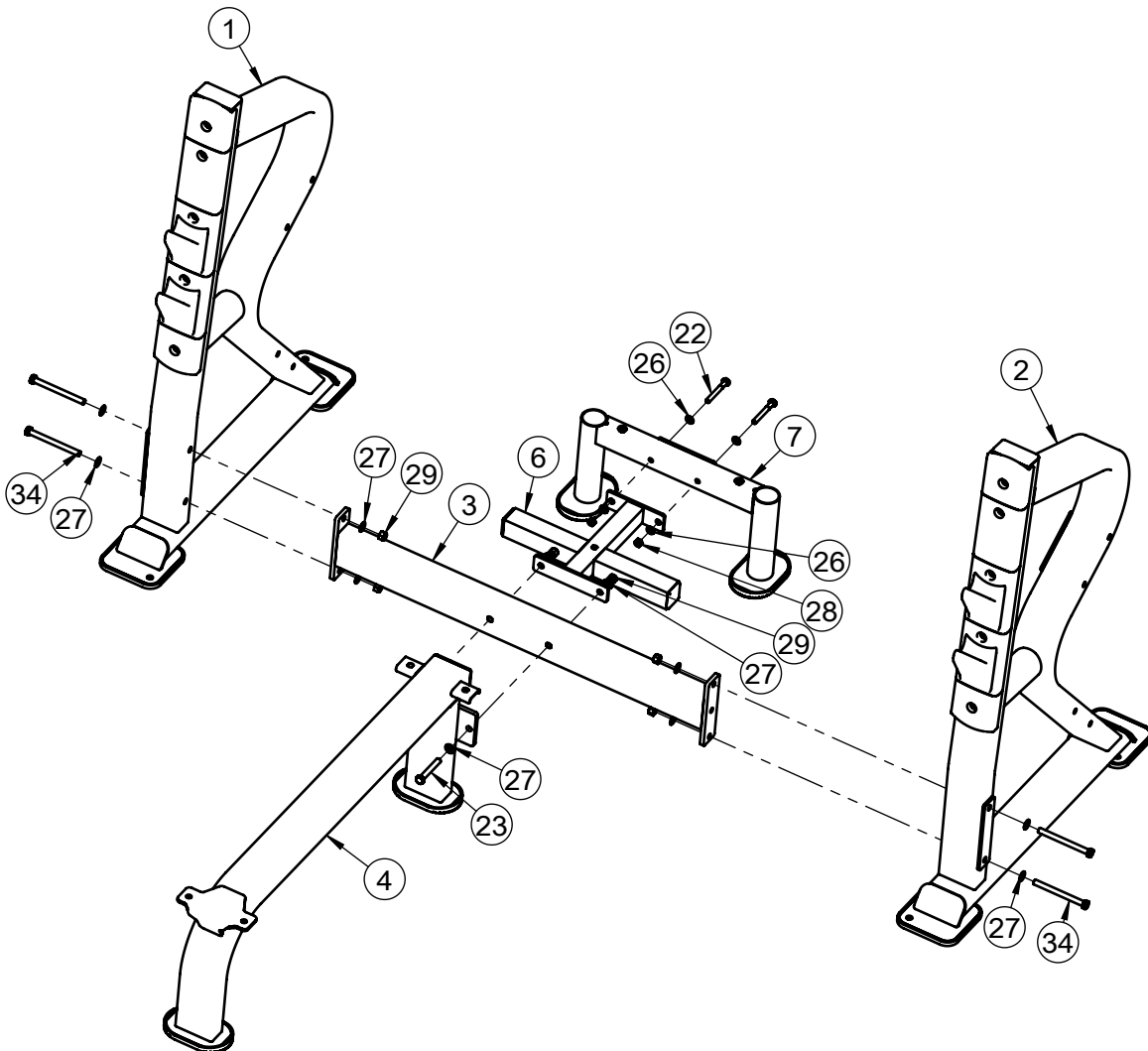
Exploded View and Parts List



Assembly

STEP 1

ITEM NO.	DESCRIPTION	QTY			
1	Left Upright Frame	1	34	Hex Bolt M12*160	4
2	Right Upright Frame	1	26	Flat Washer $\phi 20*\phi 11*2$	4
3	Cross Brace	1	27	Flat Washer $\phi 13*\phi 24*2.5$	12
4	Back Frame	1	28	Nylon Lock Nut M10	2
6	Rear Cross Brace	1	29	Nylon Lock Nut M12	6
7	Rear Support Frame	1			
22	Hex Bolt M10*80	2			
23	Hex Bolt M12*85	2			



Assembly

STEP 2

ITEM NO.	DESCRIPTION	QTY
2	Right Upright Frame	1
5	Weight Plate Holders	1
8	Inner plate	2
9	pedal plate	1
10	Back Pad	1
14	Rubber pedal plate	1
21	Hex Bolt M10*30	4
24	Hex Bolt M12*130	4
26	Flat Washer $\phi 20 \times \phi 11 \times 2$	7
27	Flat Washer $\phi 13 \times \phi 24 \times 2.5$	8
28	Nylon Lock Nut M10	3
29	Nylon Lock Nut M12	4
32	Flathead Cap Screw M10*70	3

