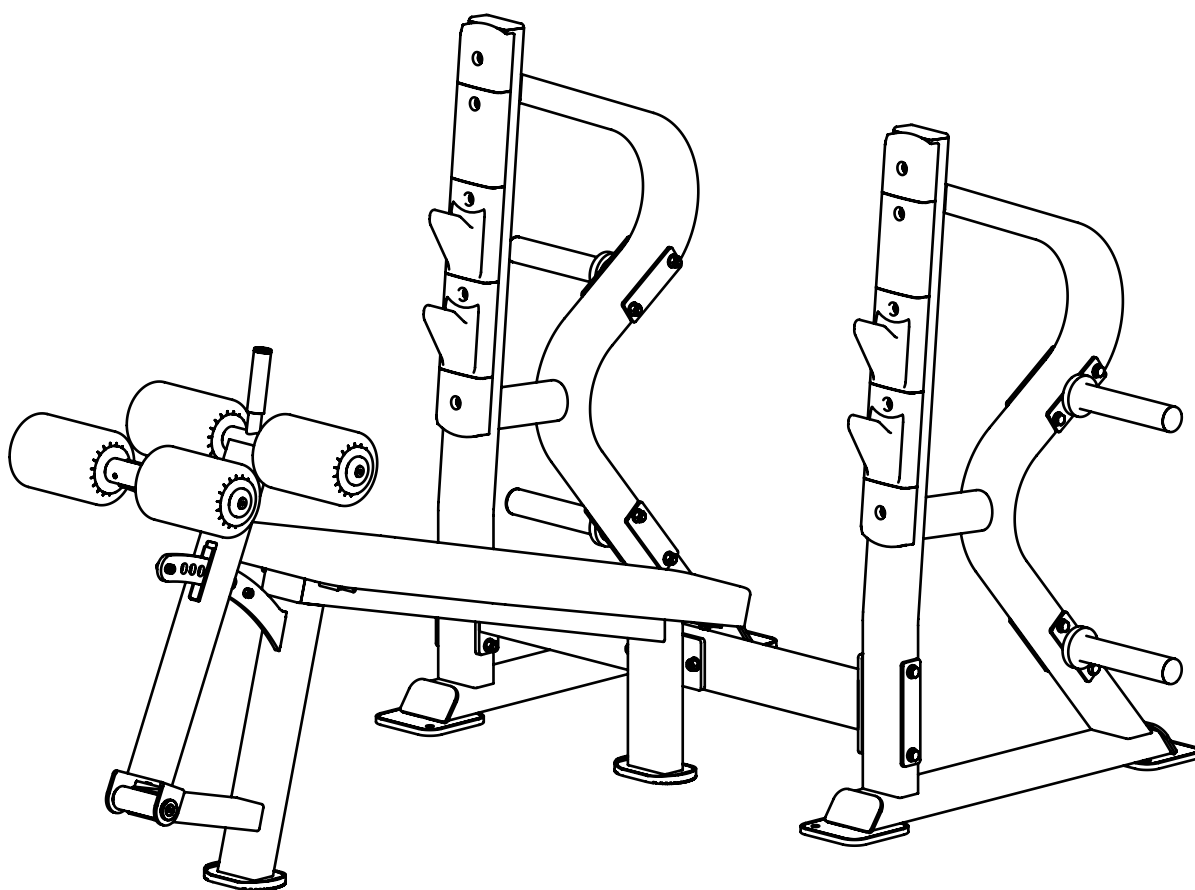


DH028

DECLINE OLYMOIC 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.

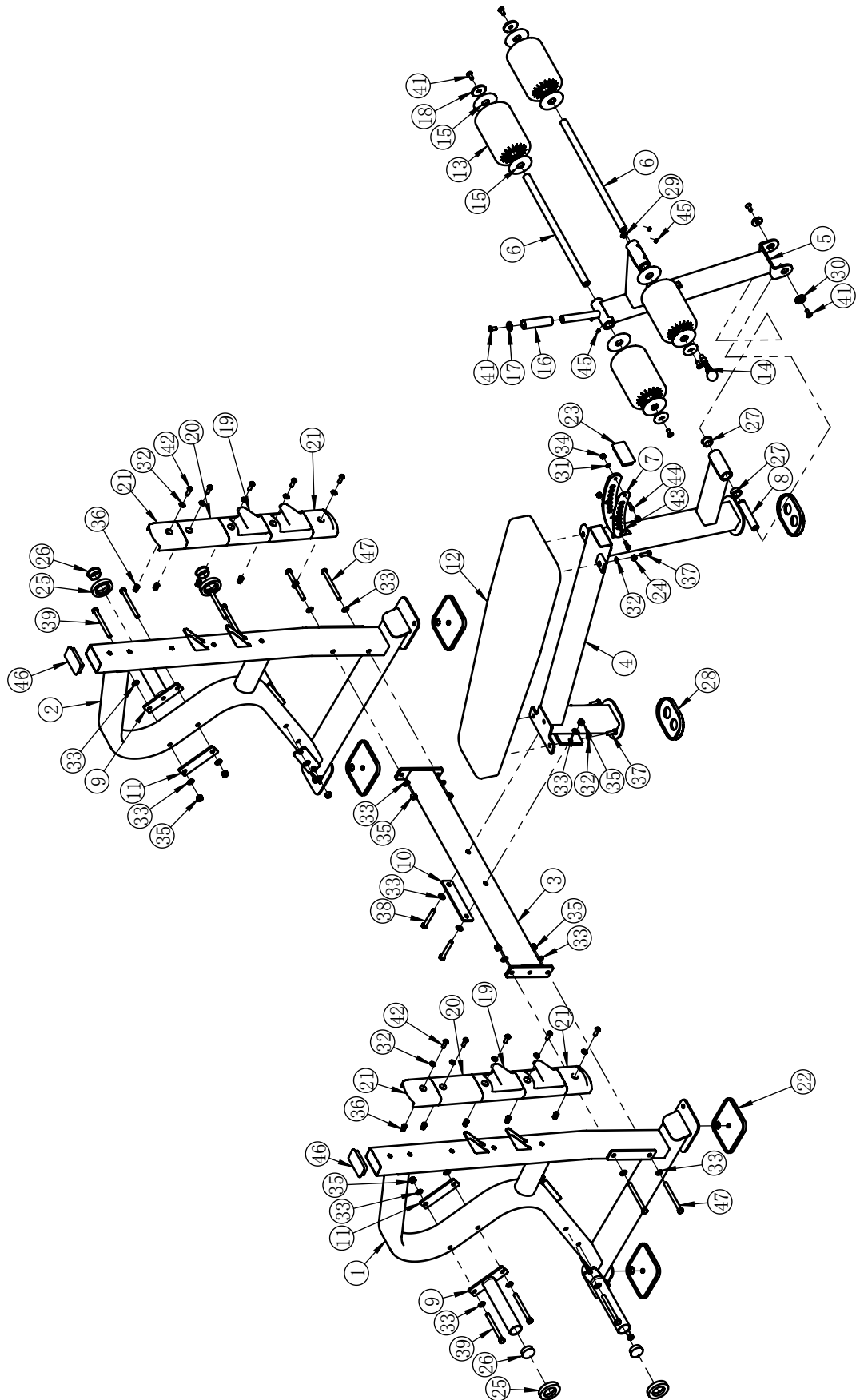
PERSONAL SAFETY DURING ASSEMBLY

- * 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	ITEM NO.	DESCRIPTION	QTY
1	Upright Frame Left	1	24	Stop Collar	2
2	Upright Frame Right	1	25	Rubber Bumper	4
3	Cross Brace	1	26	Plug	4
4	Seat Pad Frame	1	27	Aluminum Bearing	4
5	Back Adjustable Frame	1	28	Rubber Foot	2
6	Foam Frame	2	29	Silde	2
7	Lining Board	1	30	Cap $\phi 38 \times 6$	2
8	Shaft	1	31	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
9	Weight Plate Holders	4	32	Flat Washer $\phi 11 \times \phi 20 \times 2$	14
10	Outer Plate	1	33	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	28
11	Inner Plate	4	34	Nylon lock Nut M8	2
12	Back Pad	1	35	Nylon lock Nut M12	14
13	Foam	4	36	Flathead Hex Riveted Nut M10*19.5	10
14	Pop Pin	1	37	Hex Head Bolt M10*30	4
15	Aluminum Ring	7	38	Hex Head Bolt M12*85	2
16	Aluminum Grip	1	39	Hex Head Bolt M12*130	8
17	Aluminum Grip Cap	1	41	Flat Head Cap Screw M10*25	7
18	Aluminum Cap	4	42	Button Head Cap Screw M10*30	10
19	Hook Cover	4	43	Screw M6*12	1
20	Cover	2	44	Socket Head Cap Screw M12*140	2
21	Rack Bumber	4	45	Socket Set Screw M8*10	4
22	Rubber Foot	4	46	Plug $\square 60 \times 120$	2
23	Plug $\square 50 \times 100 \times 2.5$	1	47	Hex Bolt M12*160	4

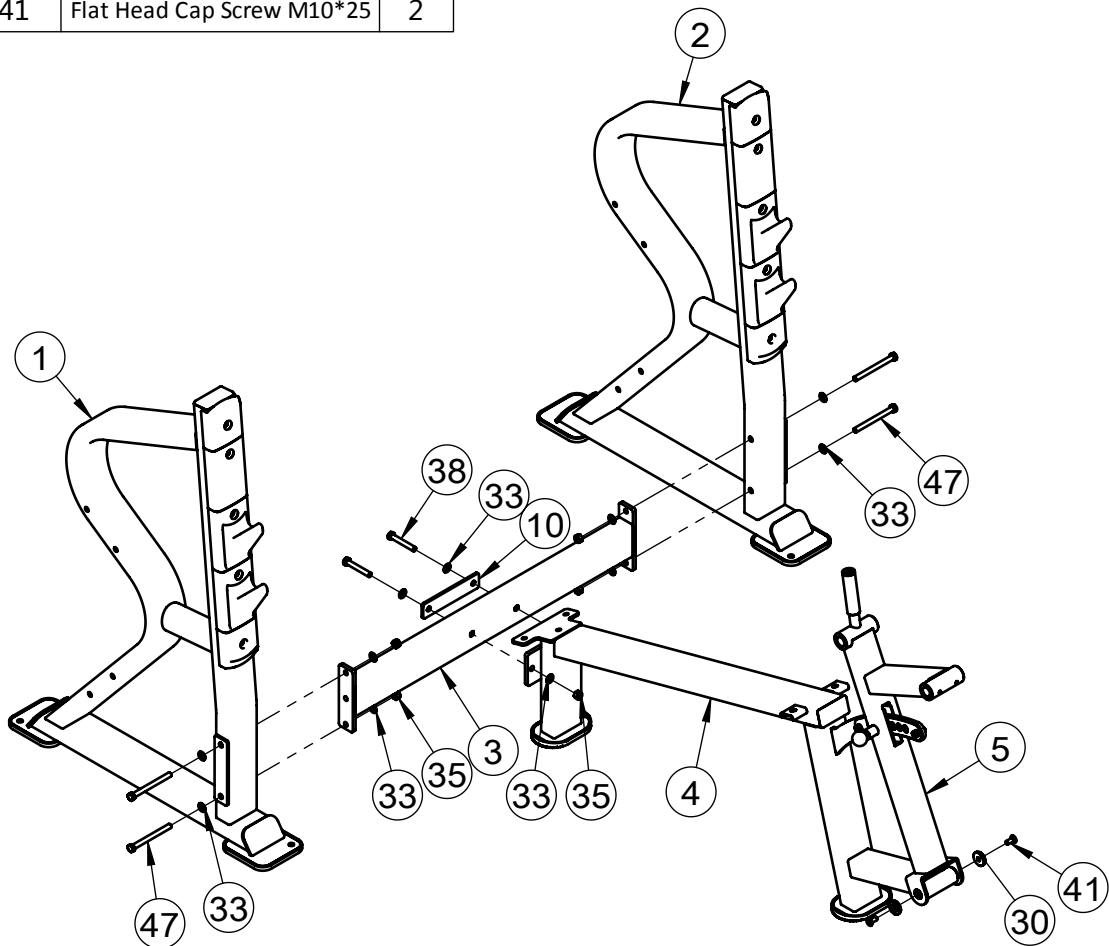
Exploded View and Parts List



Assembly

STEP 1

ITEM NO.	DESCRIPTION	QTY
1	Upright Frame Left	1
2	Upright Frame Right	1
3	Cross Brace	1
4	Seat Pad Frame	1
5	Back Adjustable Frame	1
10	Outer Plate	1
30	Cap $\phi 38*6$	1
33	Flat Washer $\phi 13*\phi 24*1.5$	12
35	Nylon lock Nut M12	6
38	Hex Head Bolt M12*85	2
47	Hex Head Bolt M12*160	4
41	Flat Head Cap Screw M10*25	2



Assembly

STEP 2

ITEM NO.	DESCRIPTION	QTY			
1	Upright Frame Left	1	32	Flat Washer $\phi 11 * \phi 20 * 2$	4
4	Seat Pad Frame	1	33	Flat Washer $\phi 13 * \phi 24 * 1.5$	4
5	Back Adjustable Frame	1	35	Nylon lock Nut M12	2
6	Foam Frame	1	37	Hex Head Bolt M10*30	4
9	Weight Plate Holders	1	39	Hex Head Bolt M12*130	2
11	Inner Plate	1	41	Flat Head Cap Screw M10*25	1
12	Back Pad	1	45	Socket Set Screw M8*10	2
13	Foam	1			
15	Aluminum Ring	2			
18	Aluminum Cap	1			
25	Rubber Bumper	1			
26	Plug	1			

