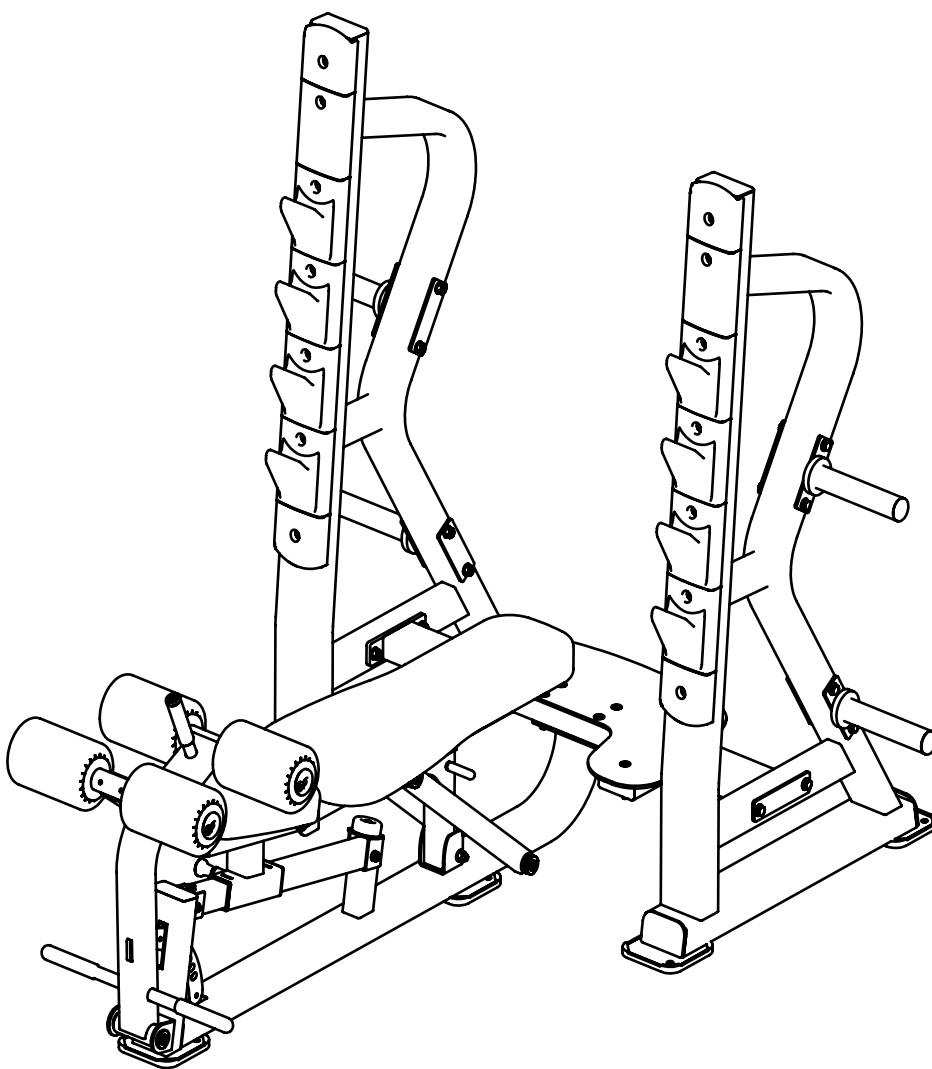


DH036

MULTI BENCH PRESS

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.

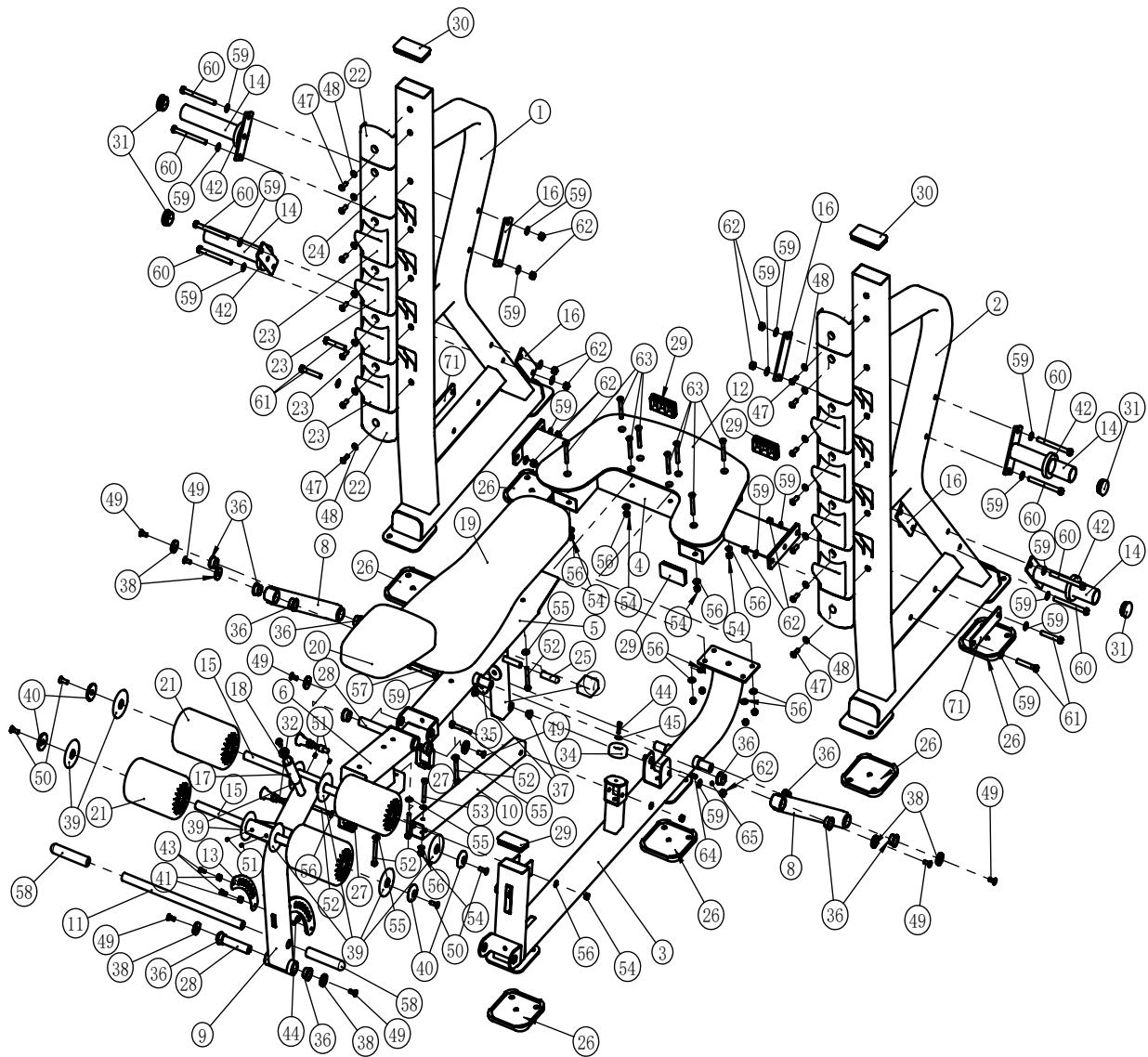
PERSONAL SAFETY DURING ASSEMBLY

- * 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	Left Frame	1	36	Copper bearings	12
2	Right Frame	1	37	Bushings	2
3	Front Frame	1	38	End Cap $\phi 38 \times 6$	8
4	Connection Frame	1	39	Aluminum retainer ring	8
5	Back cushion Frame	1	40	Aluminum End Cap	4
6	Seat cushion Frame	1	41	Limit sleeve	2
7	Assistance Frame	1	42	Rubber Bumper	4
8	Turn Frame	2	43	Socket Head Cap Screw M8 \times 15	2
9	FOAM Frame	1	44	Socket Head Cap Screw M8 \times 25	2
10	Regulator Tube	1	45	Flat Washer $\phi 9 \times \phi 22 \times 2$	1
11	Step Pipe	1	46	Rivet Nut M10 \times 19.5	14
13	Control Panel	1	47	Button Head Cap Screw M10 \times 30	14
14	BAR Frame	4	48	Flat Washer $\phi 11 \times \phi 20 \times 2$	14
15	FOAM Frame	2	49	Flat Head Cap Screw M10 \times 25	9
16	Fixing plate	4	50	Flat Head Cap Screw M10 \times 30	4
17	Short handle	1	51	Socket Set Screw M8 \times 10	4
18	Aluminum head	1	52	Hex Head Bolt M10 \times 75	6
19	Back cushion	1	53	Hex Head Bolt M10 \times 70	1
20	Seat Pad	1	54	Nylon Lock Nut M10	11
21	FOAM	4	55	Flat Washer $\phi 11 \times \phi 20 \times 2$	4
22	Jacket end	4	56	Flat Washer $\phi 11 \times \phi 20 \times 1.5$	14
23	Hook jacket	8	57	Socket Head Cap Screw M12 \times 95	1
24	Long sheath	2	58	Handle Gloves	2
25	Handle Gloves	2	59	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	26
26	Plug160 \times 160	6	60	Hex Head Bolt M12 \times 130	8
27	Hollow tube sleeve	2	61	Hex Head Bolt M12 \times 75	4
28	Rotating shaft	2	62	Nylon Lock Nut M12	13
29	Plugs $\square 50 \times 100$	6	63	Flat Head Cap Screw M10 \times 75	8
30	Plugs $\square 60 \times 120$	2	64	Spring	1
31	Plugs $\phi 48$	4	65	Steel balls	1
32	Resilient Latch Assembly	2	12	Pedals	1
33	Plugs50 \times 50	1	71	Fixing plate	2
34	Rubber pads	1	72	Plugs $\square 50.8$	1
35	Pads	1			

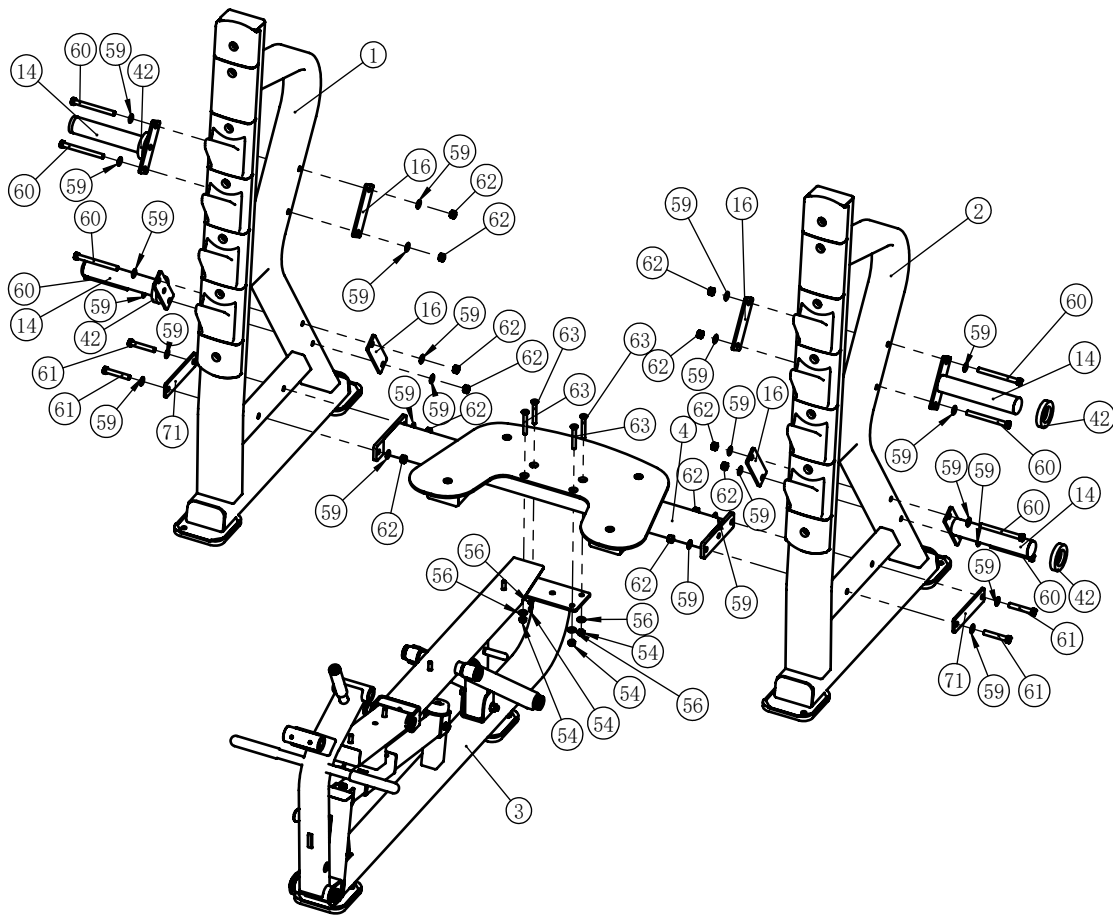
Exploded View and Parts List



Assembly

STEP 1

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Left Frame	1	54	Nylon Lock Nut M10	4
2	Right Frame	1	56	Flat Washer $\phi 11 \times \phi 20 \times 1.5$	4
3	Front Frame	1	59	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	24
4	Connection Frame	1	60	Hex Head Bolt M12 \times 130	8
14	BAR Frame	4	61	Hex Head Bolt M12 \times 75	4
16	Fixing plate	4	62	Nylon Lock Nut M12	12
42	Rubber Bumper	4	71	Fixing plate	2



Assembly

STEP 2

Item NO.	Description	Qty	Item NO.	Description	Qty
11	Step Pipe	1	40	Aluminum End Cap	4
15	FOAM Frame	2	50	Flat Head Cap Screw M10×30	4
19	Back cushion	1	51	Socket Set Screw M8×10	4
20	Seat Pad	1	52	Hex Head Bolt M10×75	4
21	FOAM	4	55	Flat Washer $\phi 11 \times \phi 20 \times 2$	4
39	Aluminum retainer ring	8	58	Handle Gloves	2

