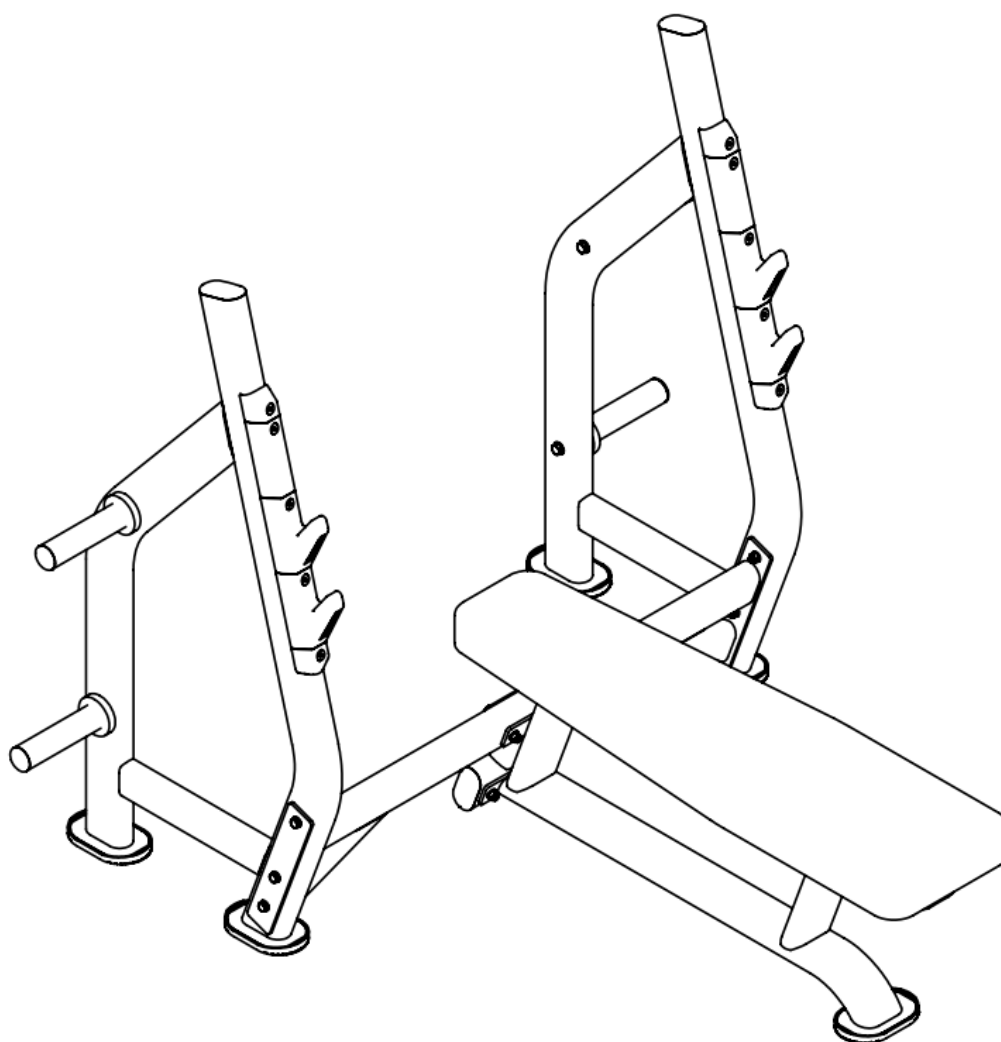


DR004B

FLAT 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:

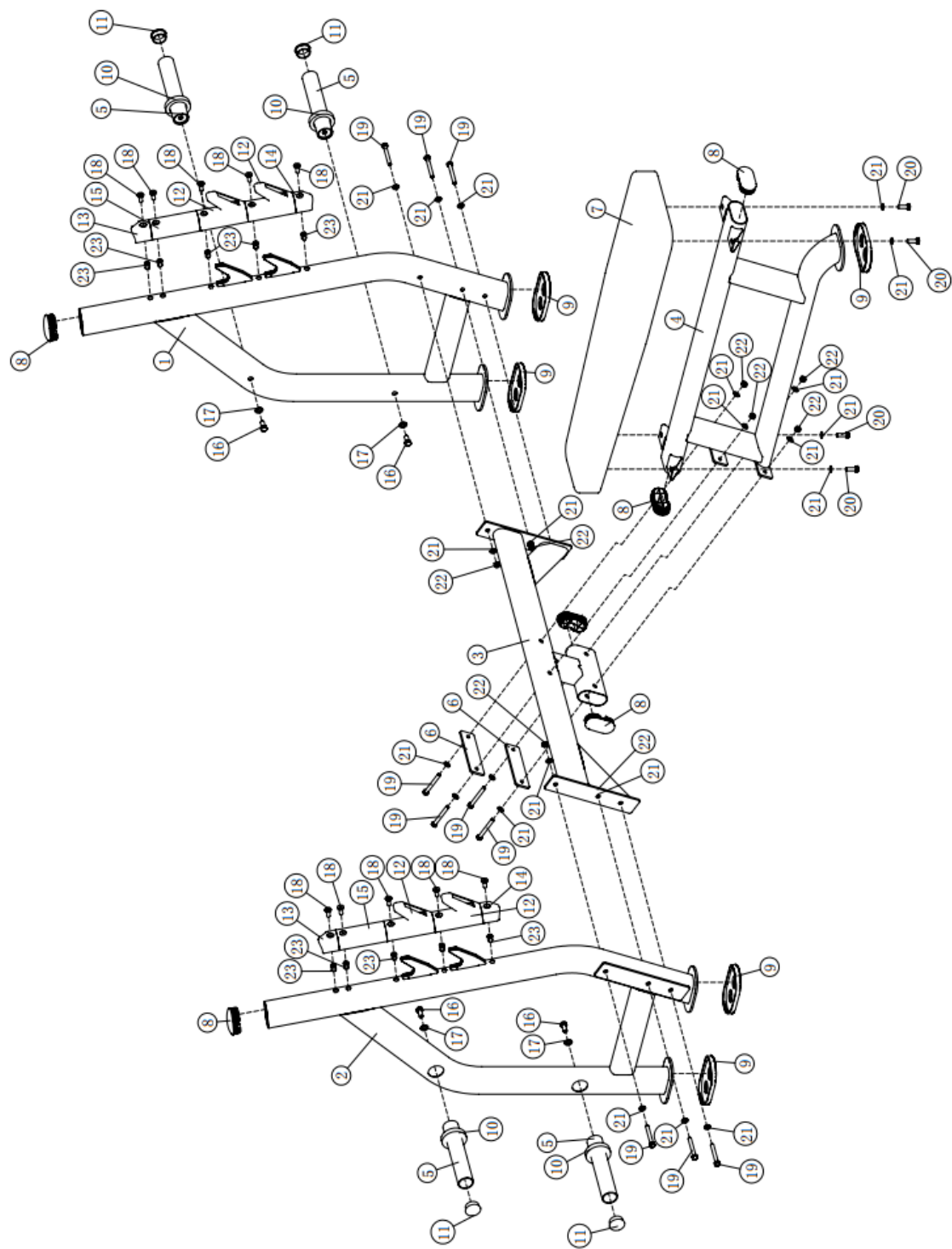
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments 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.

Parts List

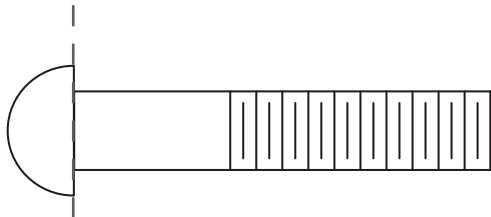
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No.	Description	Qty
1	Left Frame	1
2	Right Frame	1
3	Cross Connection Frame	1
4	Seat Frame	1
5	Weight Plate Bar	4
6	Fixed Plate	2
7	Back Pad	1
8	Plug 50*100	6
9	Foot Cover	5
10	Rubber Bumper	4
11	Plug $\phi 48$	4
12	Hook Protector	4
13	Top Hook Protector	2
14	Bottom Hook Protector	2
15	Straight Hook Protector	2
16	Hex Head Bolt M12*25	4
17	Flat Washer $\phi 13 * \phi 24 * 1.5$	4
18	Flat Head Cap Screw M10*30	10
19	Hex Head Bolt M10*80	10
20	Hex Head Bolt M10*30	4
21	Flat Washer $\phi 11 * \phi 20 * 2$	22
22	Nylon Lock Nut M10	8
23	Flat Head Hex Rivet Nut M10*19.5	10

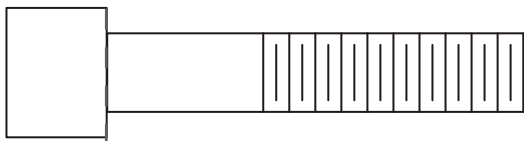
Exploded View



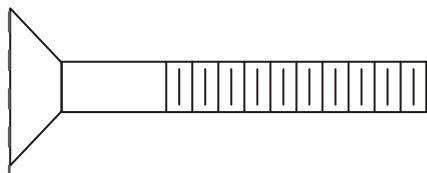
Measurement Guide



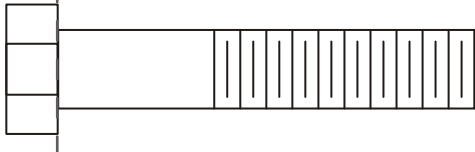
BHCS = Button Head Cap Screw



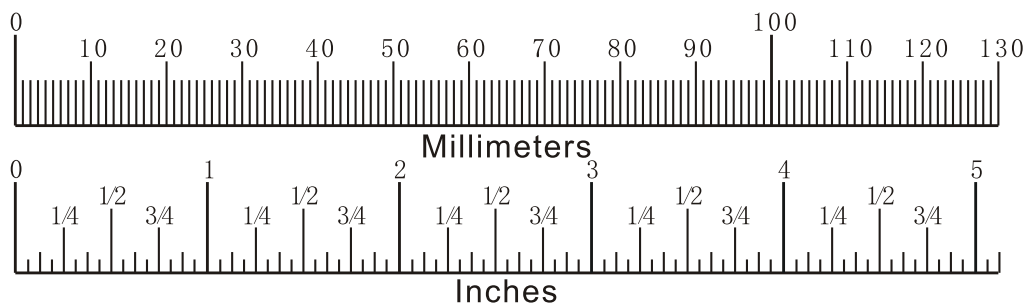
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt

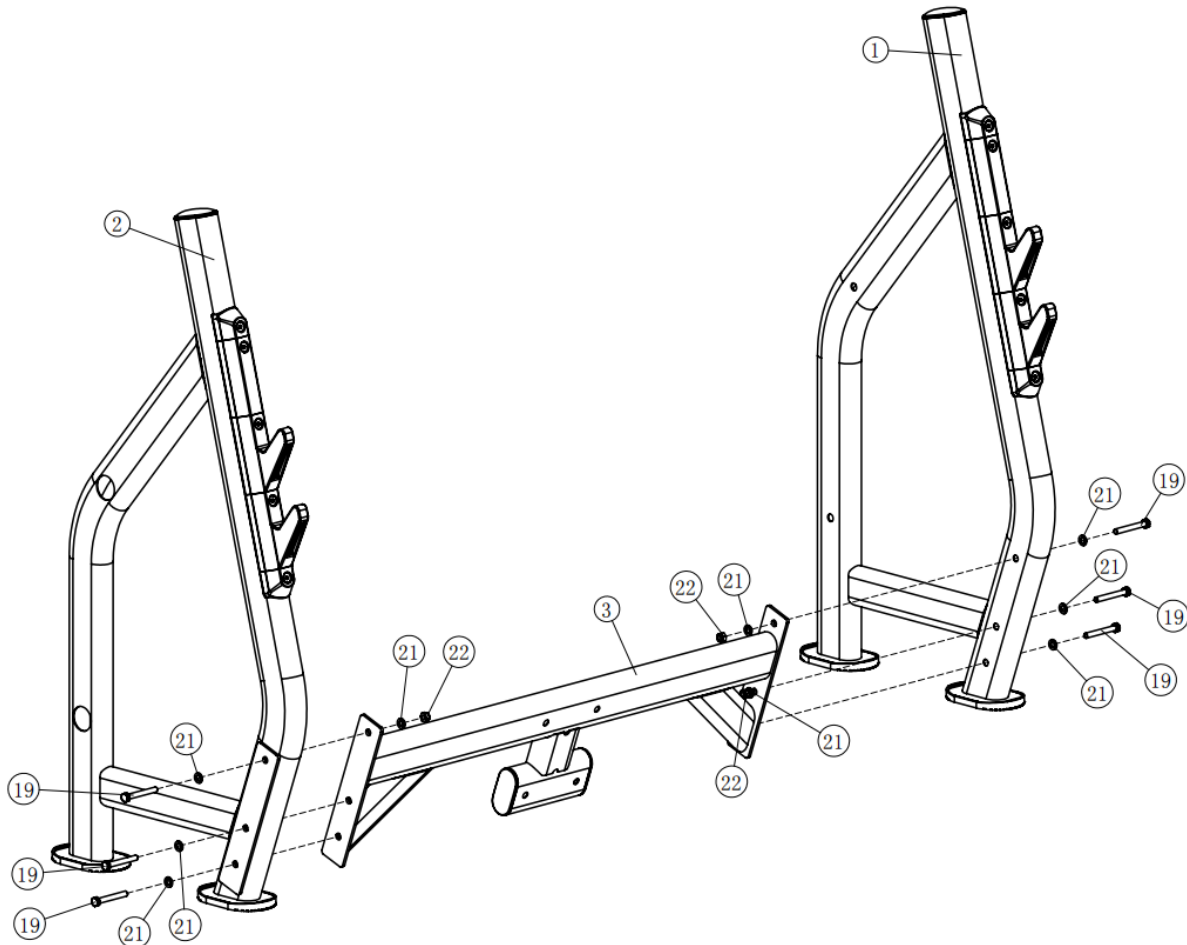


Assembly

STEP 1

Item No.	Description	Qty
1	Left Frame	1
2	Right Frame	1
3	Cross Connection Frame	1
19	Hex Head Bolt M10*80	6
21	Flat Washer $\phi 11 \times \phi 20 \times 2$	10
22	Nylon Lock Nut M10	4

Note: Hand Tighten Bolts and Nylon Lock nuts.

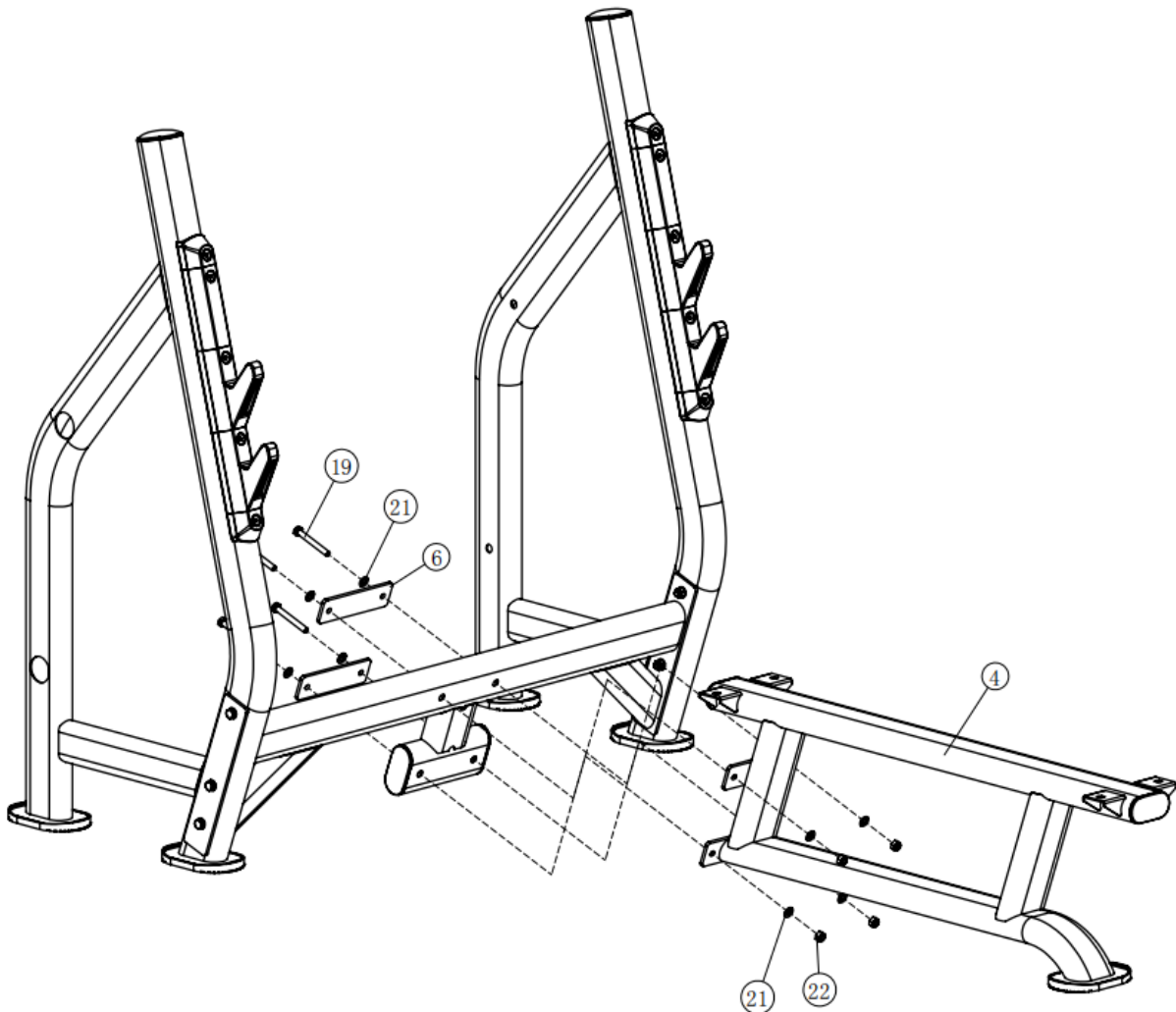


Assembly

STEP 2

Item No.	Description	Qty
4	Seat Frame	1
6	Fixed Plate	2
19	Hex Head Bolt M10*80	4
21	Flat Washer $\phi 11*\phi 20*2$	8
22	Nylon Lock Nut M10	4

Note: Hand Tighten Bolts and Nylon Lock nuts.



Assembly

STEP 3

Item No.	Description	Qty
5	Weight Plate Bar	4
7	Back Pad	1
16	Hex Head Bolt M12*25	4
17	Flat Washer $\phi 13*\phi 24*1.5$	4
20	Hex Head Bolt M10*30	4
22	Flat Washer $\phi 11*\phi 20*2$	4

Note: Wrench Tighten Screws.

