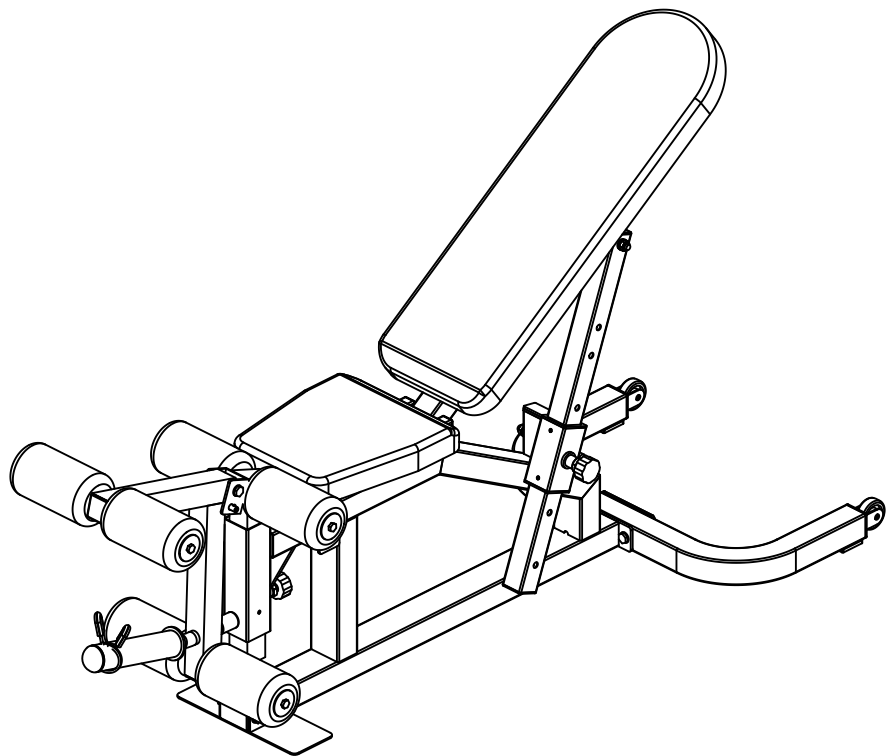


OWNER'S MANUAL

Utility Bench

Model #: 510 UB



Caution: Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Assembly Instructions

Contents

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Assembly Instructions

Before Your Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.
CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the bench near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

Tools Required

Tools Required : Allen Wrench Set / Socket Wrench Set
Adjustable Wrench / Crescent Wrench
Rubber Mallet / Tape Measure

ASSEMBLY REQUIRES AT LEAST TWO PERSONS

Weight Capacity

Maximum Loading Weight :

Bench :500 LBS;

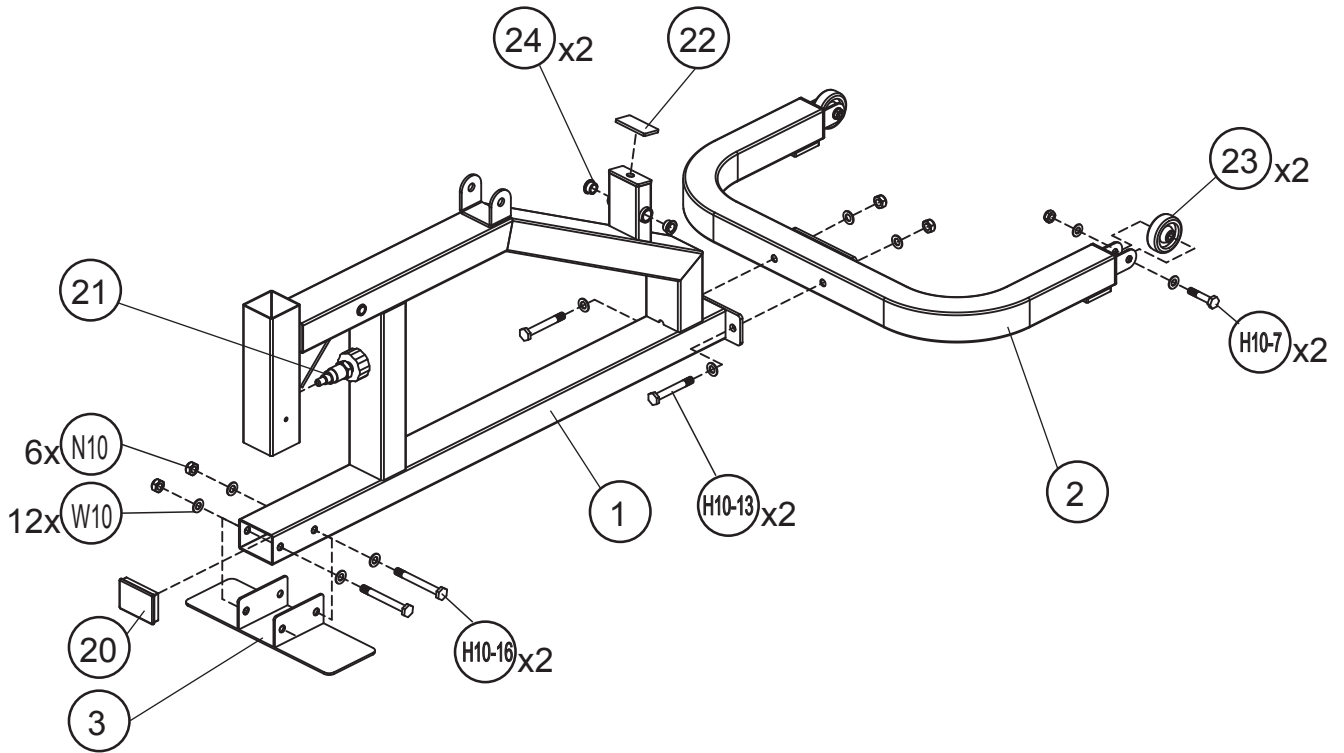
Leg Developer :150 LBS;Arm Curl :150 LBS

WARNING: This Product Is Rated for Home Use Only!

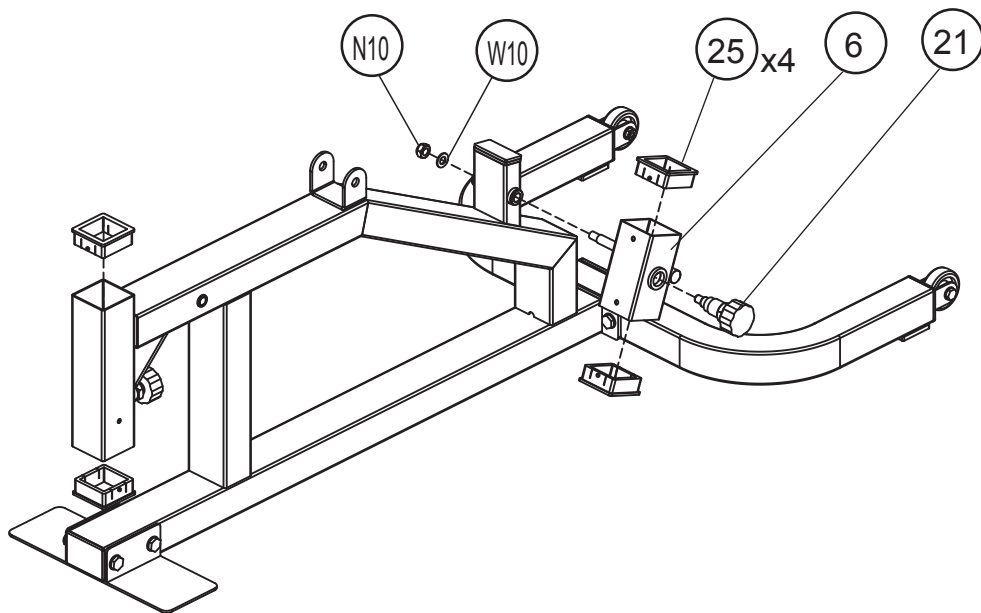
Using this product in a commercial setting will void all warranties
and can result in serious injury or death!

Assembly Instructions

STEP 1

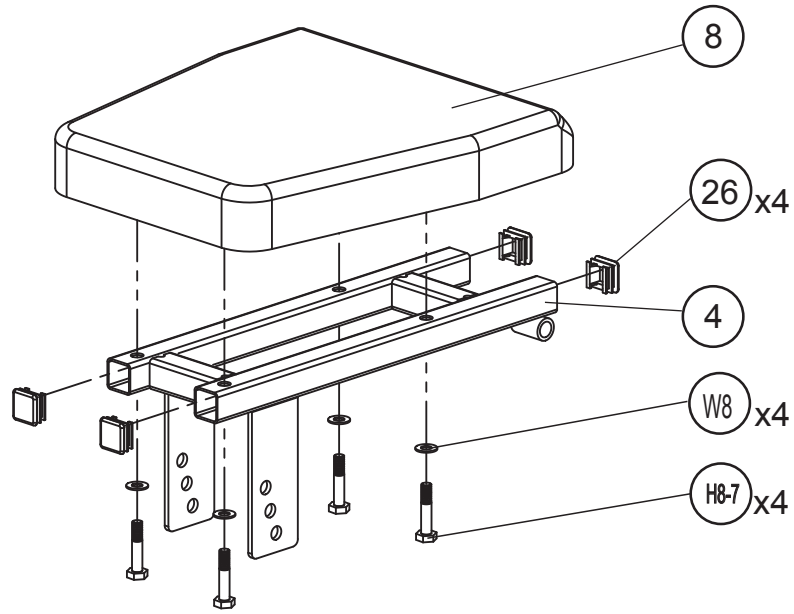


STEP 2

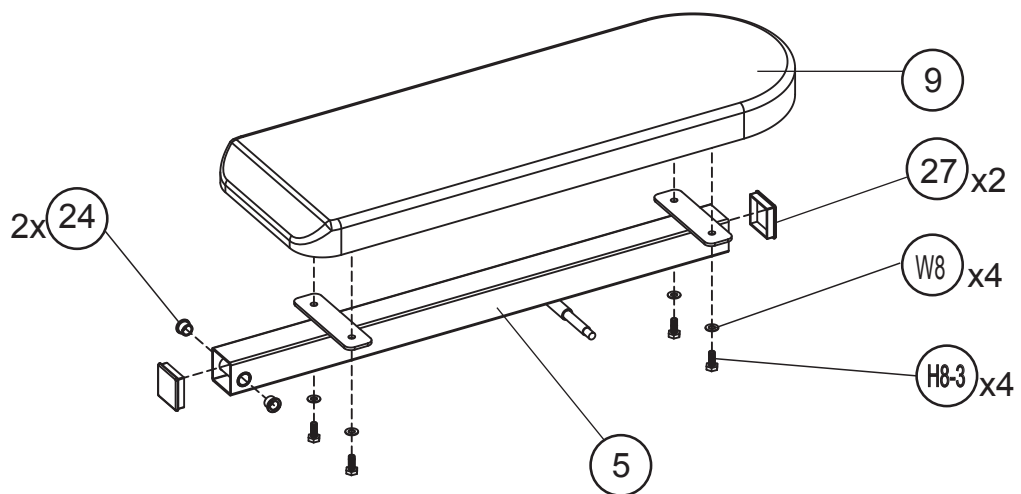


Assembly Instructions

STEP 3

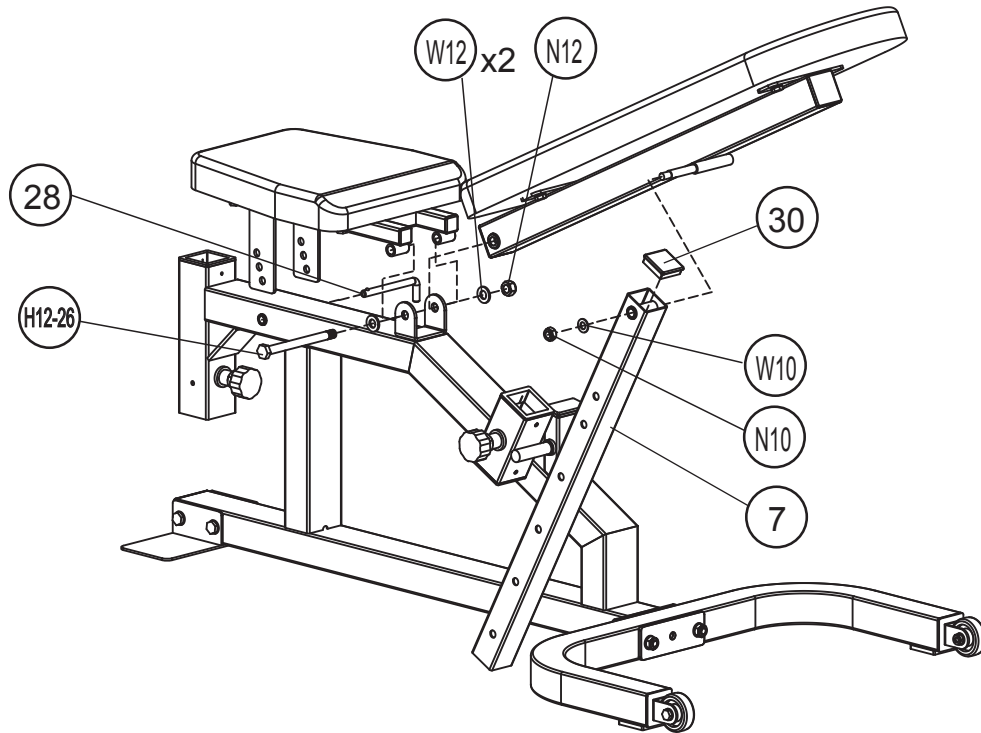


STEP 4

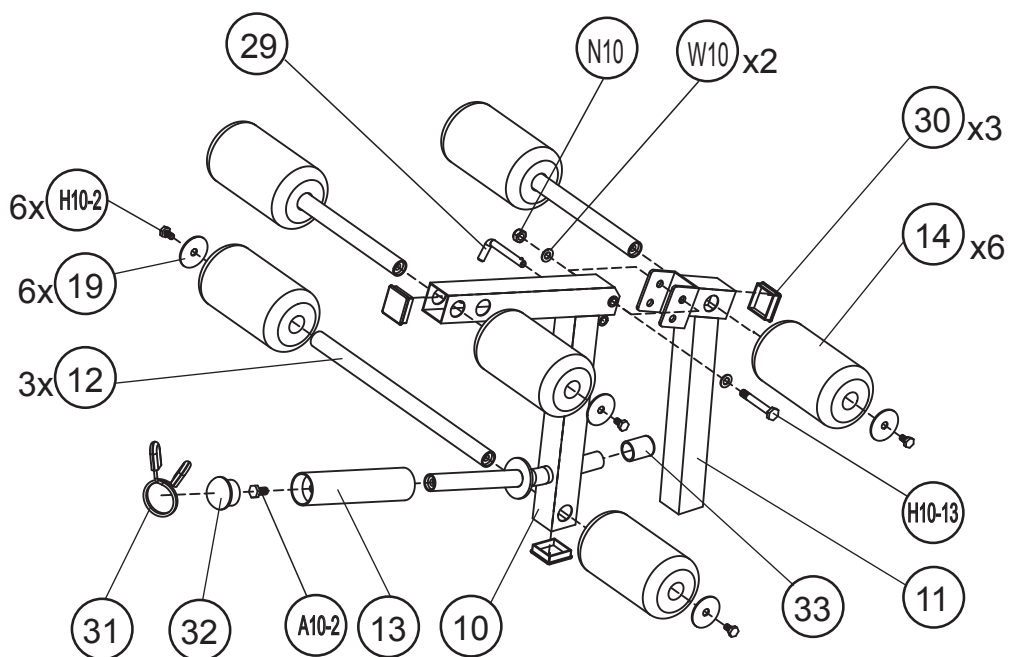


Assembly Instructions

STEP 5

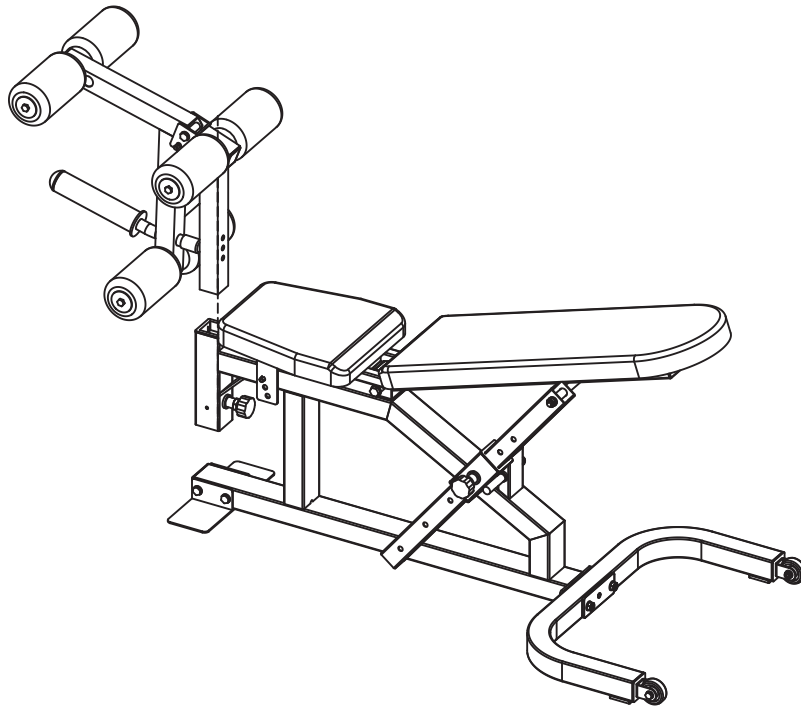


STEP 6



Assembly Instructions

STEP 7



Assembly Instructions

Parts & Hardware List

Part#	Description	Qty	Remark
1	Main Frame	1	
2	Rear Foot Tube	1	
3	Front Foot Plate	1	
4	Seat Pad Support	1	
5	Back Pad Support	1	
6	Back Adjust Swivel	1	
7	Back Adjust Tube	1	
8	Seat Pad	1	
9	Back Pad	1	
10	Leg Developer	1	
11	Leg Developer Support	1	
12	Foam Roll Tube	3	
13	Olympic Sleeve	1	
14	Foam Roll	6	
19	Foam Roll Washer	6	
20	F50x70mm Inner Cap	1	Pre-assembled
21	Pop Pin	2	
22	Rubber Buffer Pad	1	Pre-assembled
23	Wheel	2	
24	Bushing	4	Pre-assembled
25	F60-45mm Sleeve	4	Pre-assembled
26	F25x25mm Inner Cap	4	Pre-assembled
27	F50x50mm Inner Cap	2	Pre-assembled
28	Seat Lock Pin(120mm)	1	
29	Leg Developer Lock Pin(85mm)	1	
30	F45x45mm Inner Cap	4	Pre-assembled
31	Olympic Spring Clip	1	
32	Dia 48mm Inner Cap	1	
33	Buffer Outer Cap	1	Pre-assembled

Assembly Instructions

Parts & Hardware List

Part#	Description	Qty	Remark
H8-3	M8x25mm Hex Head Bolt	4	
H8-7	M8x45mm Hex Head Bolt	4	
A10-2	M10x20mm Allen Bolt	1	
H10-2	M10x20mm Hex Head Bolt	6	
H10-7	M10x45mm Hex Head Bolt	2	
H10-13	M10x75mm Hex Head Bolt	3	
H10-16	M10x90mm Hex Head Bolt	2	
H12-26	M12x140mm Hex Head Bolt	1	
W8	M8 Washer	8	
W10	M10 Washer	16	
W12	M10 Washer	2	
N10	M10 Nut	9	
N12	M12 Nut	1	

Limited Warranty

We warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **1 year FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the product. The company's obligation under this warranty is limited to replacing or repairing the product, at the discretion of the company.

This Limited Warranty is void if the product is:

Damaged through improper use, negligence, abuse, misuse, transportation damage, act of nature, or accident, include failure to follow the assembly and or operation instructions supplied with the product.

Used in commercial or rental applications.

Modified or repaired by anyone not authorized by the company.

This Limited Warranty does not cover expendable items including but not limited to: Batteries, light bulbs, fuses, accessories, and other items that experience wear as a result of normal use.