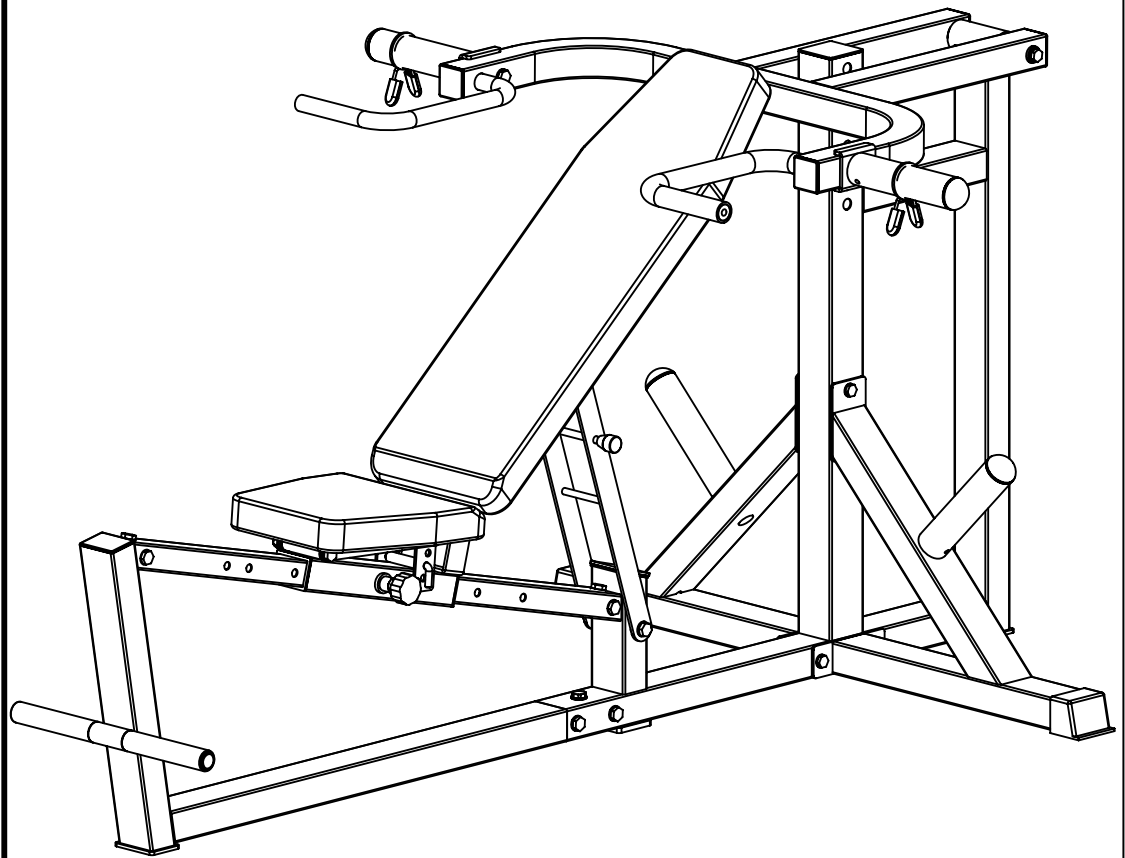


# OWNER'S MANUAL

## Multi Bench Press Machine

Model #: 666 MP



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

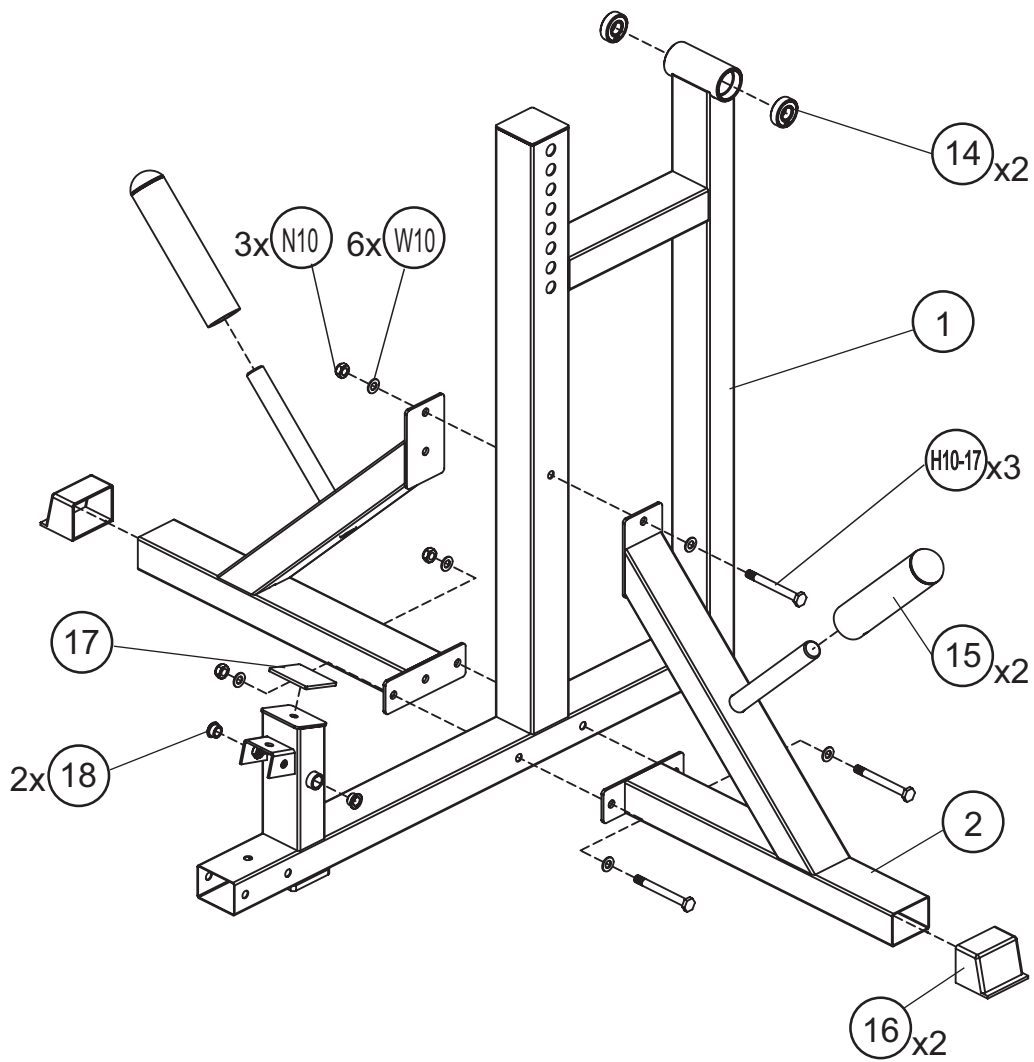
**ASSEMBLY REQUIRES AT LEAST TWO PERSONS**

***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!

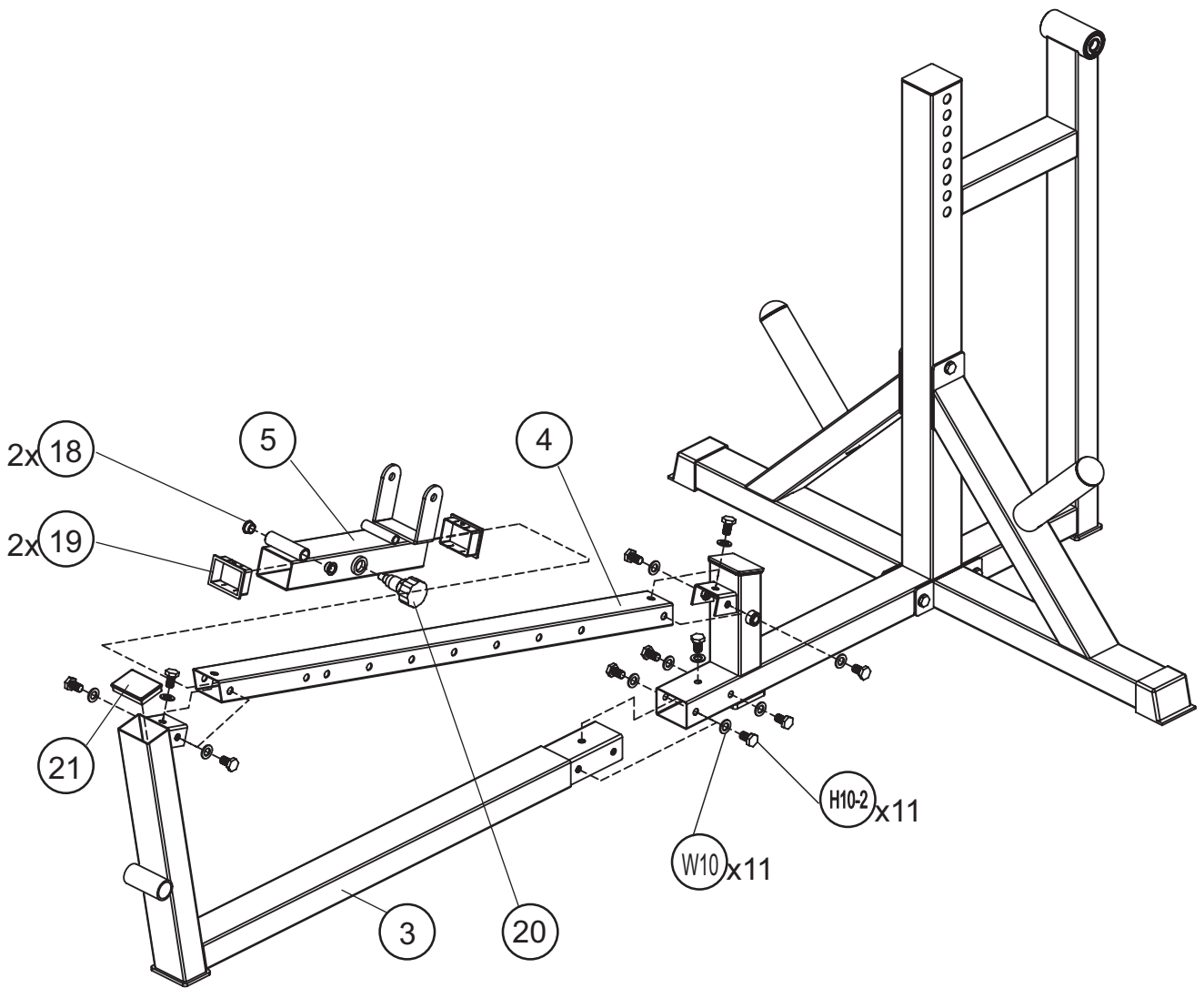
# Assembly Instructions

## STEP 1



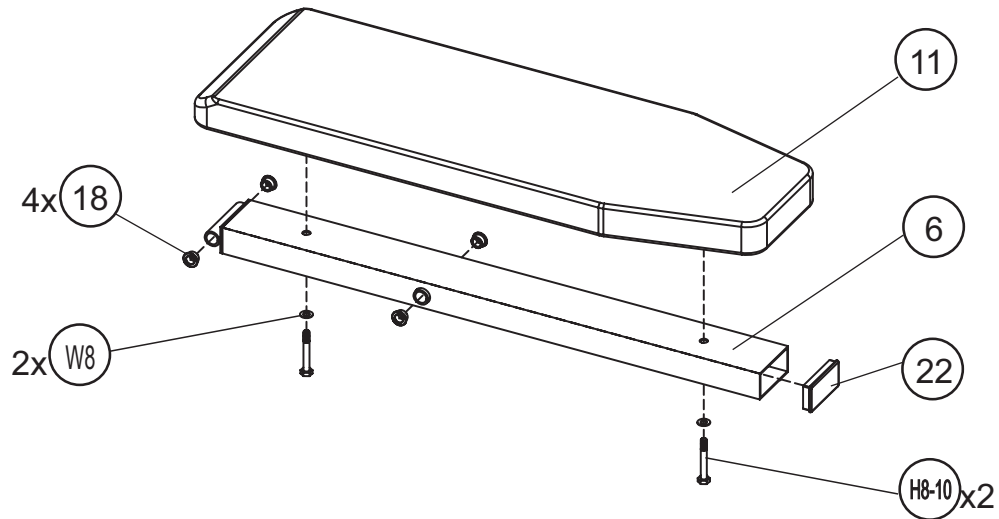
# Assembly Instructions

## STEP 2

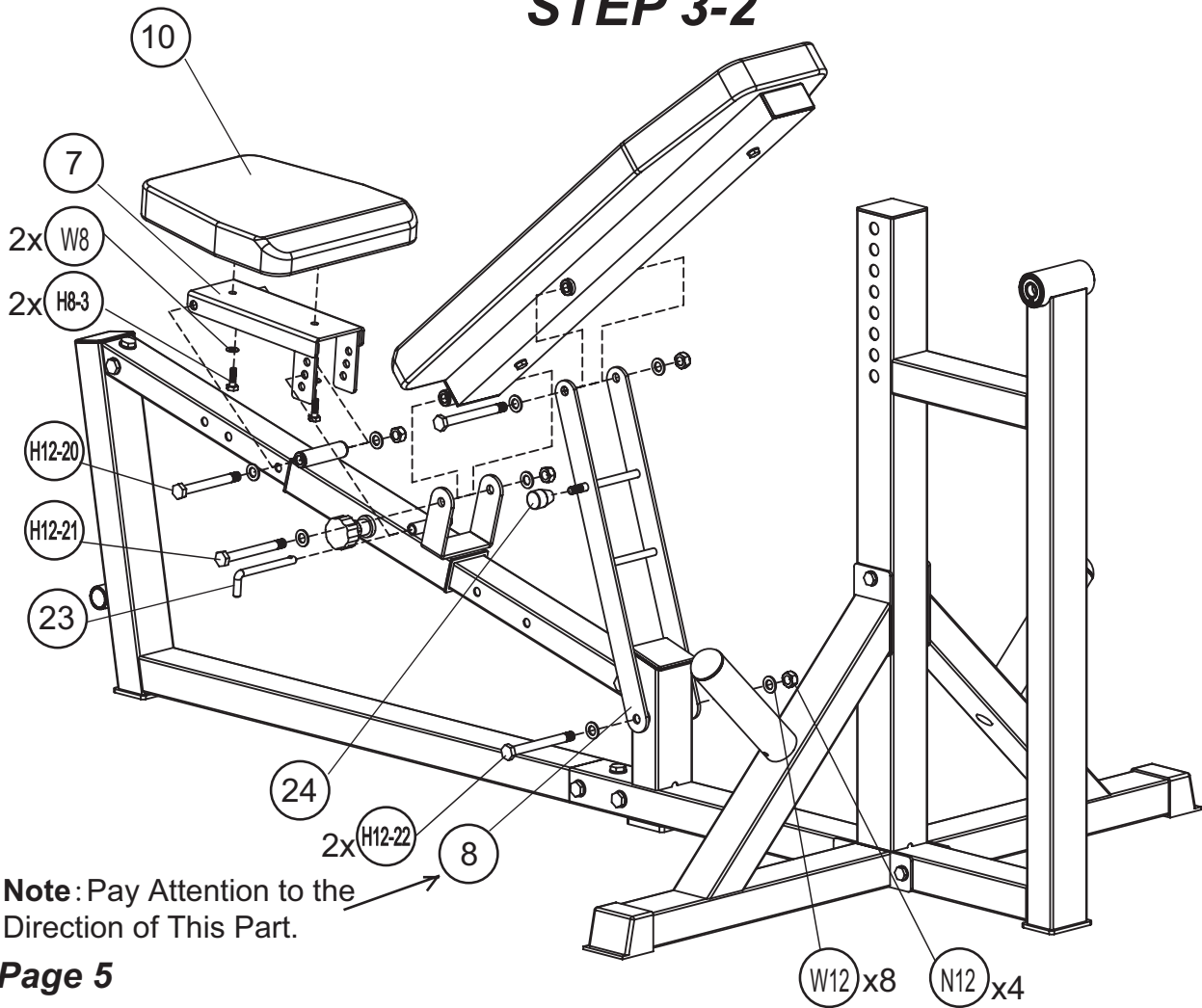


# Assembly Instructions

## STEP 3-1



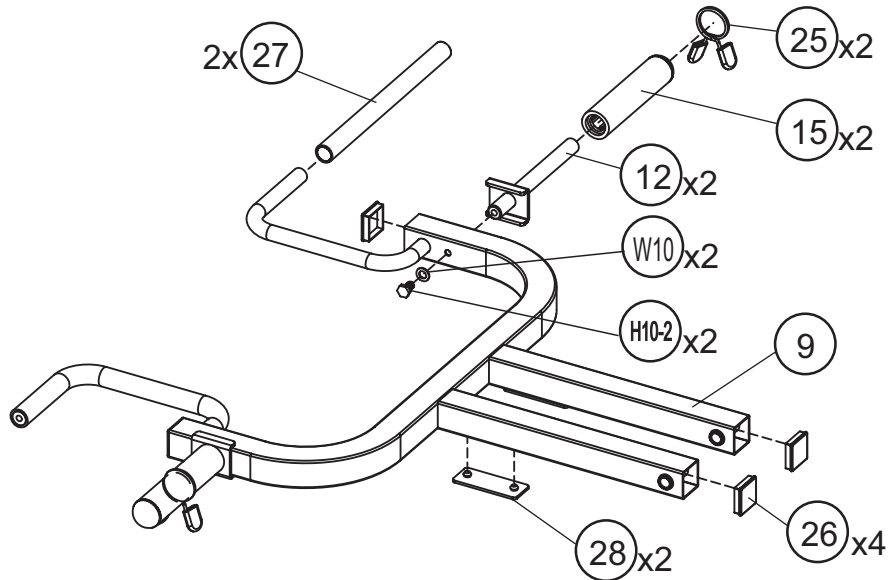
## STEP 3-2



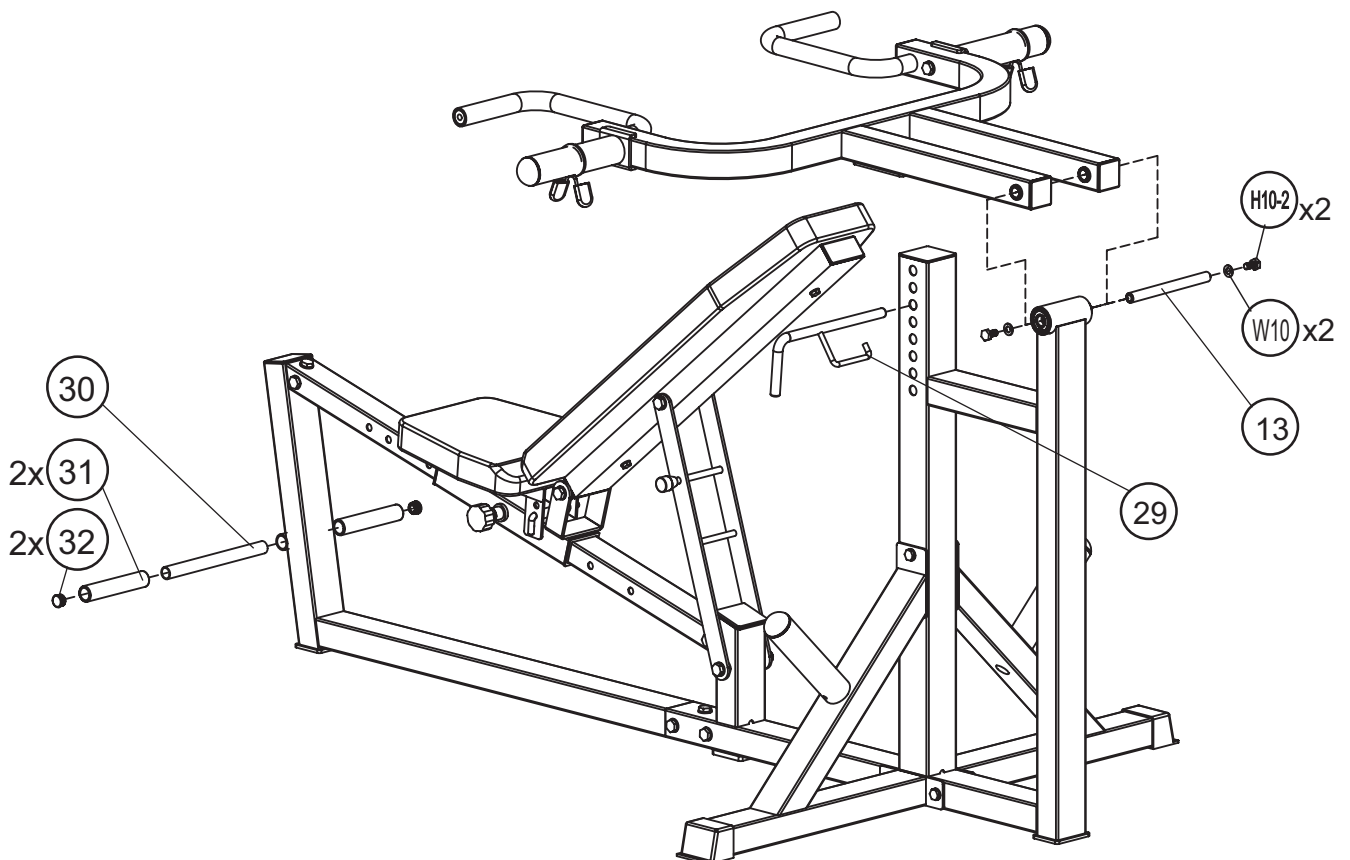
**Note:** Pay Attention to the Direction of This Part.

# Assembly Instructions

## STEP 4-1



## STEP 4-2



# ***Assembly Instructions***

## ***Parts & Hardware List***

Part#	Description	Qty	Remark
1	Rear Frame	1	
2	Support Leg	2	
3	Front Frame	1	
4	Front Top Frame	1	
5	Slider	1	
6	Back Pad Support	1	
7	Seat Pad Support	1	
8	Adjustable Bracket	1	
9	Press Arm	1	
10	Seat Pad	1	
11	Back Pad	1	
12	Plate Holder	2	
13	Steel Axis	1	
14	Bearing	2	Pre-assembled
15	Olympic Sleeve	4	
16	F50x70mm Outer Cap	2	
17	Small Bumper Pad	1	Pre-assembled
18	Bushing	8	Pre-assembled
19	F50x70-40x60mm Sleeve	2	Pre-assembled
20	Pop Pin	1	
21	F50x70mm Inner Cap	1	Pre-assembled
22	F40x80mm Inner Cap	1	Pre-assembled
23	Pin	1	
24	Handle	1	Pre-assembled
25	Olympic Clip	2	
26	F50x50mm Inner Cap	4	Pre-assembled
27	Handle Sleeve	2	Pre-assembled
28	Big Bumper Pad	2	Pre-assembled
29	Press Arm Holder Pin	1	
30	Leg Holder	1	
31	Leg Holder Sleeve	2	
32	Dia 25mm Inner Cap	2	Pre-assembled
H8-3	M8x25	2	
H8-10	M8x60	2	
H10-2	M10x20	15	
H10-17	M10x95	3	
H12-20	M12x110	1	
H12-21	M12x115	1	
H12-22	M12x120	2	
W8	M8	4	
W10	M10	21	
W12	M12	8	
N10	M10 Nut	3	
N12	M12 Nut	4	