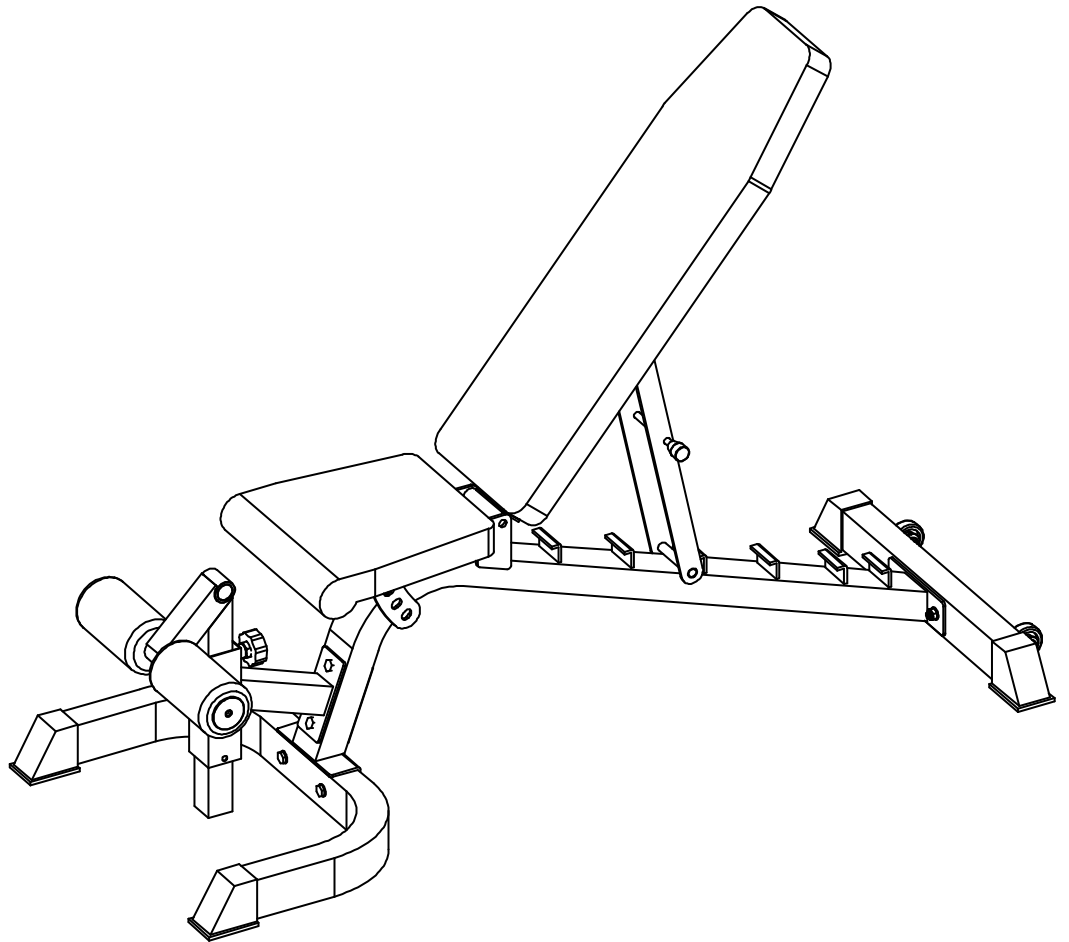


OWNER'S MANUAL

Heavy Duty FID Utility Bench Model #: 430 UB



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

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 equipment 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 it is not functioning properly.

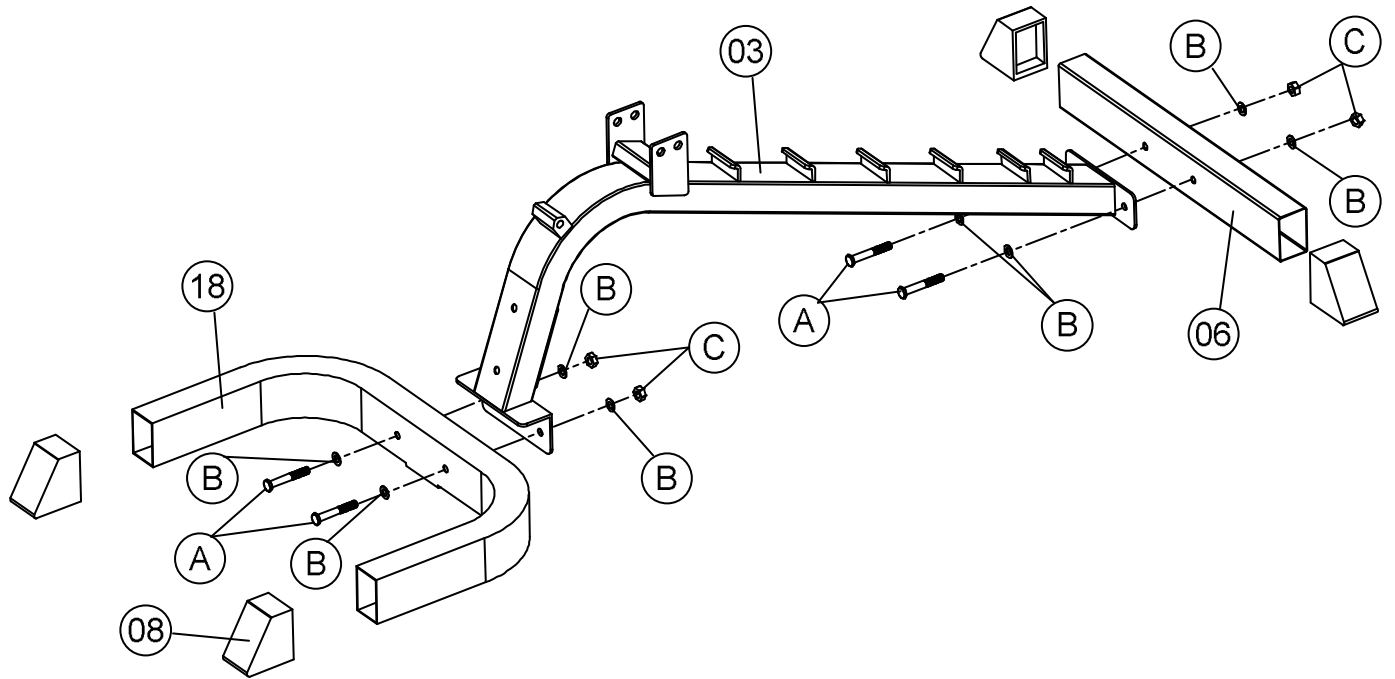
Space and Tools Required

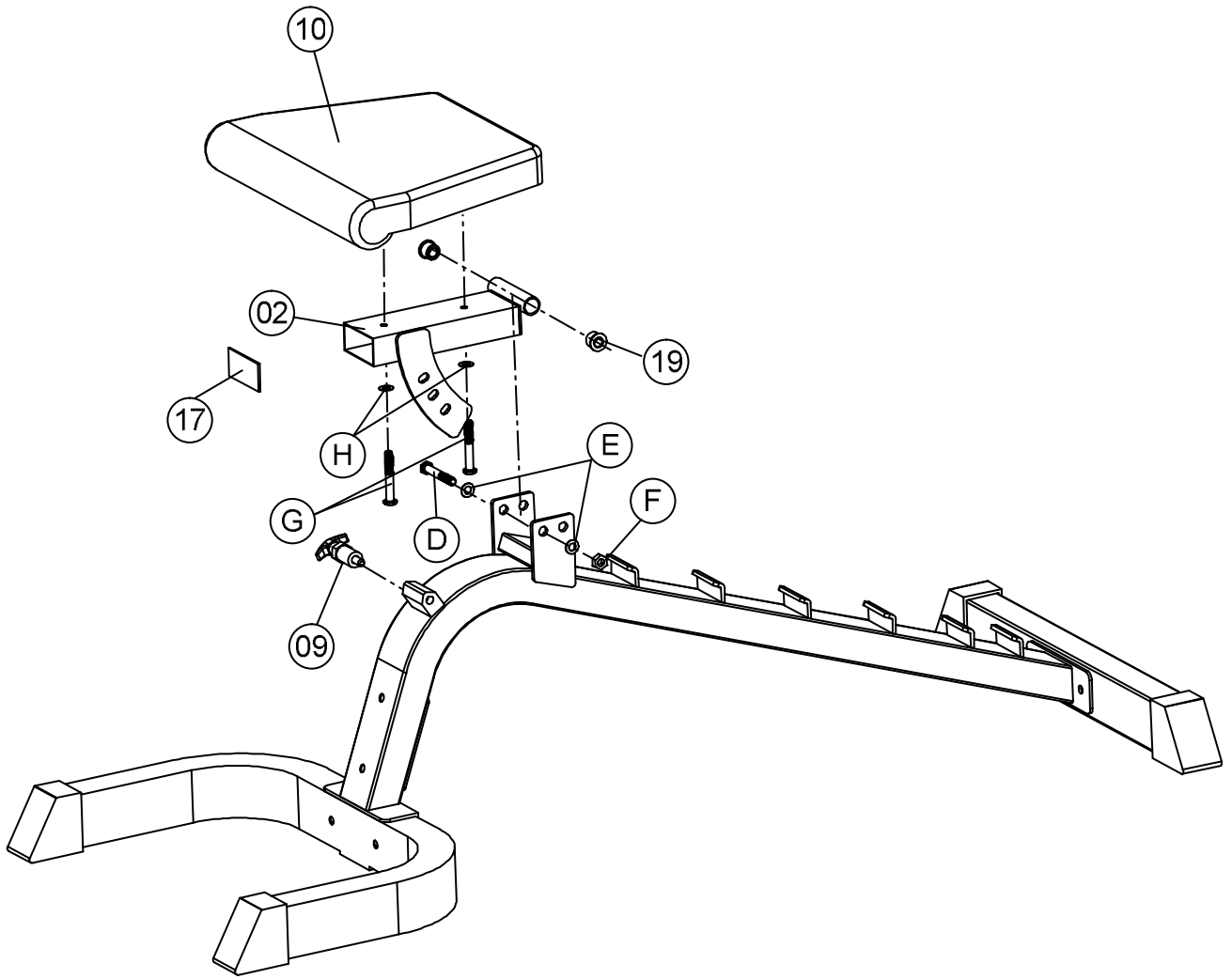
Space Required : Approx. L2100 x W1200 x H1800 MM

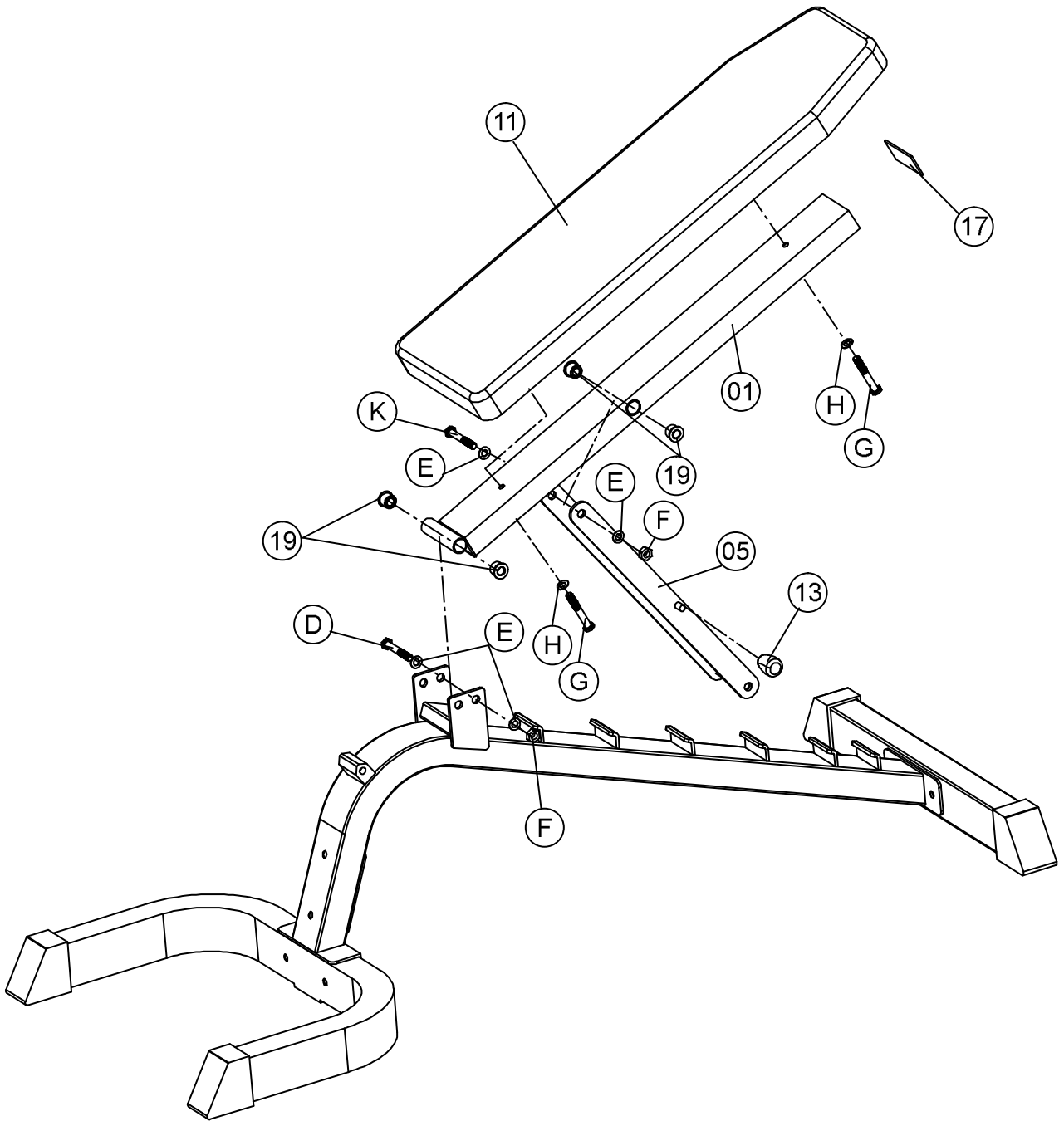
Tools Required : Two Adjustable Wrench

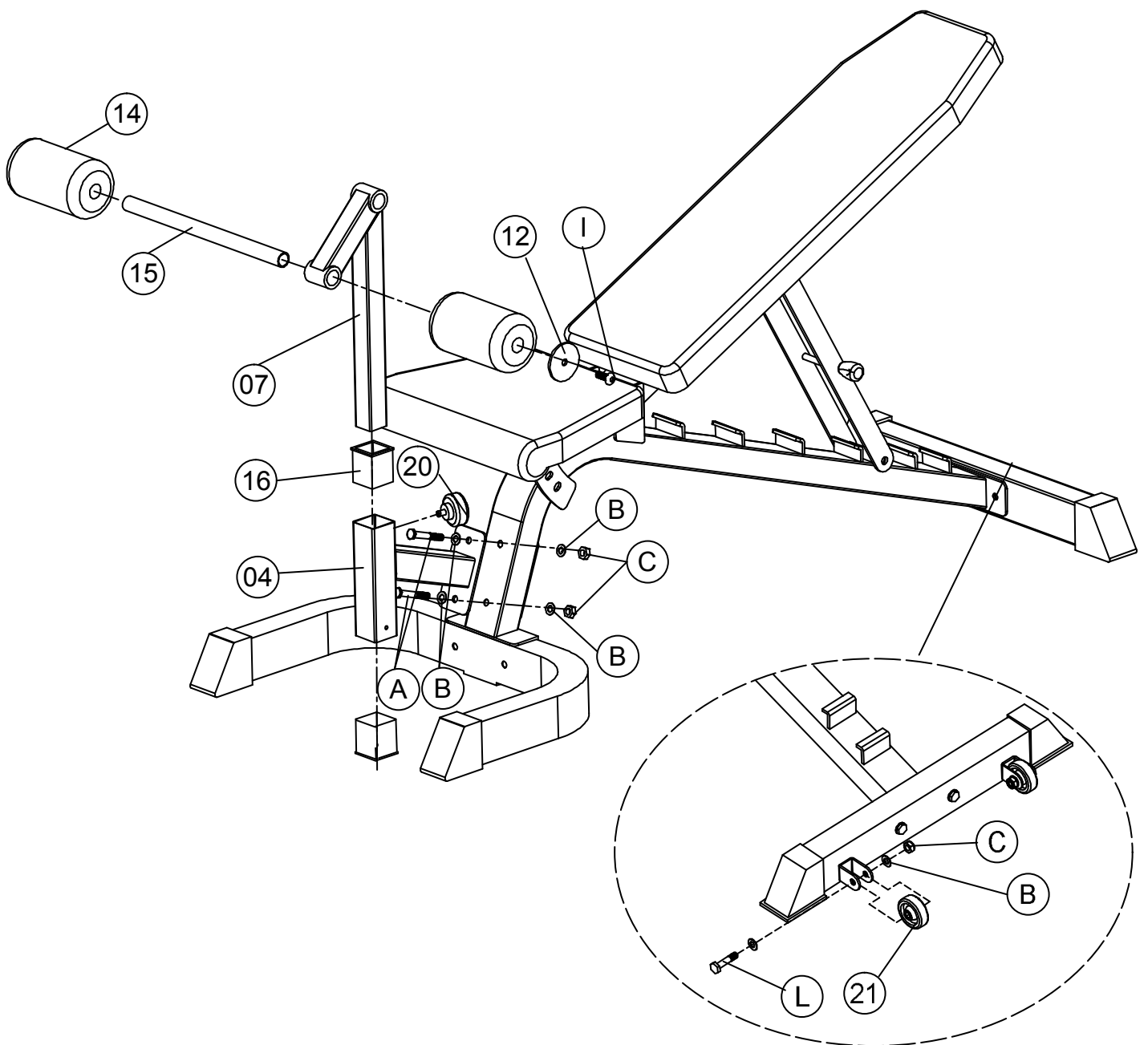
ASSEMBLY INSTRUCTIONS

Place all parts in a clear area and remove the packing materials. We highly recommend that this weight bench be assembled by at least 2 persons.



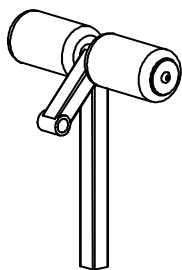






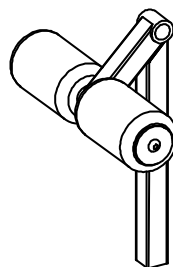
NOTE:

FOR LAT PULL-DOWN



When doing cage lat pull-down workouts, assemble the roller pads in the upper receiver and adjust (07) to one of the desired upper positions.

FOR DECLINE



When doing decline bench workouts, assemble the roller pads in the lower receiver and adjust (07) to one of the desired lower positions.

PARTS LIST

Part#	Description	Qty	Remark
1	Back Pad Mount	1	
2	Seat Pad Mount	1	
3	Main Frame	1	
4	Assessory Reciever	1	
5	Back Adjust Support	1	
6	Rear Base	1	
7	Decline Roller Attachment	1	
8	Foot Cap	4	Pre-assembled
9	PullPin	1	
10	Tapered Upholstery Seat	1	
11	Back Pad	1	
12	Big Washer	2	
13	Oval Tapered Knob	1	Pre-assembled
14	Roller Pad	2	
15	Roller Axle	1	
16	Sleeve	2	Pre-assembled
17	End Cap	2	Pre-assembled
18	Front Base	1	
19	Bushing	6	
20	Locking PullPin	1	
21	Wheel	2	
A	Hex Head Bolt M10X70	6	
B	Flat Washer Dia10	16	
C	Nylon Lock Nut M10	8	
D	Hex Head Bolt M12X125	2	
E	Flat Washer Dia12	6	
F	Nylon Lock Nut M12	3	
G	Hex Head Bolt M8X60	4	
H	Flat Washer Dia8	4	
I	Allen Bolt M10X20	2	
K	Hex Head Bolt M12X115	1	
L	Hex Head Bolt M10X45	2	