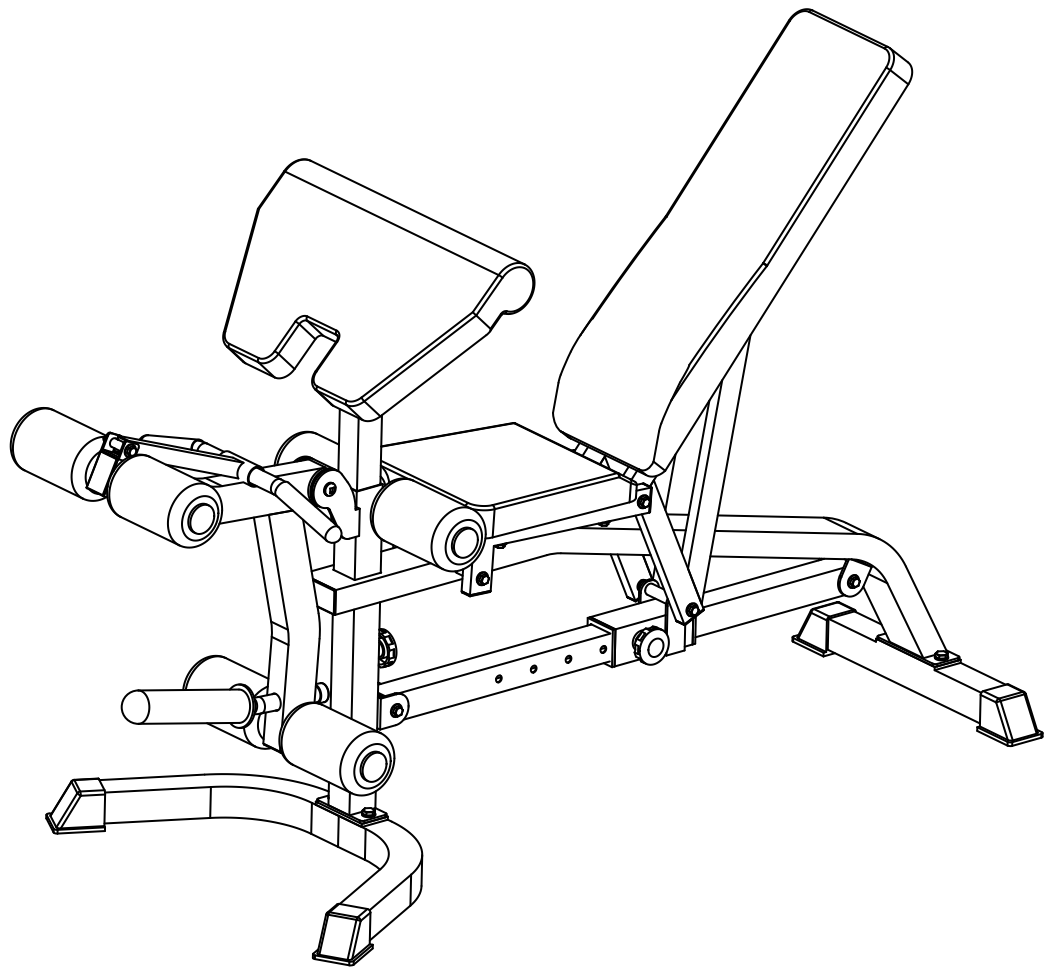


# OWNER'S MANUAL

## DELUXE FID UTILITY BENCH

Model #: 330 UB



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

# **Assembly Instructions**

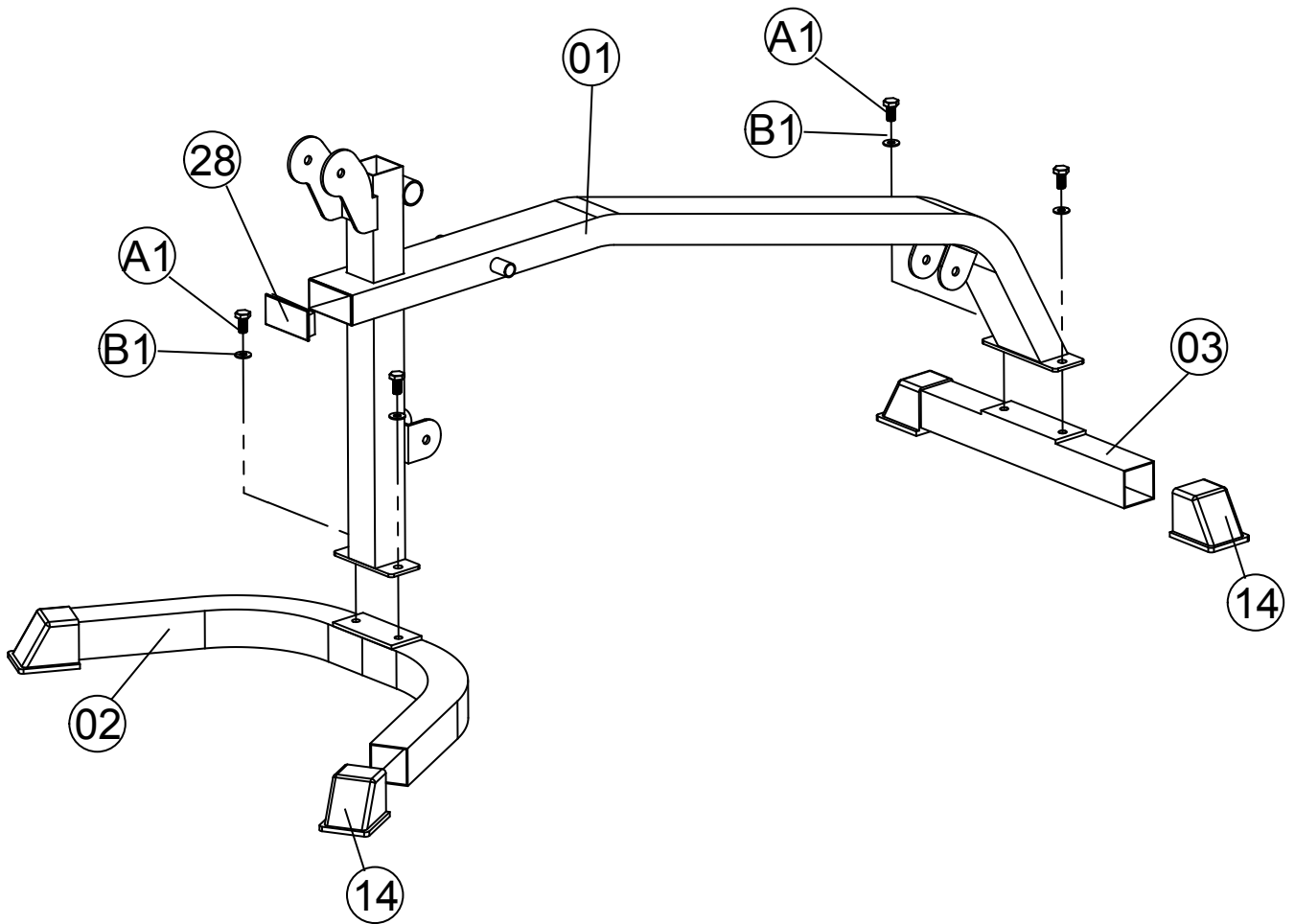
## **Before You Begin**

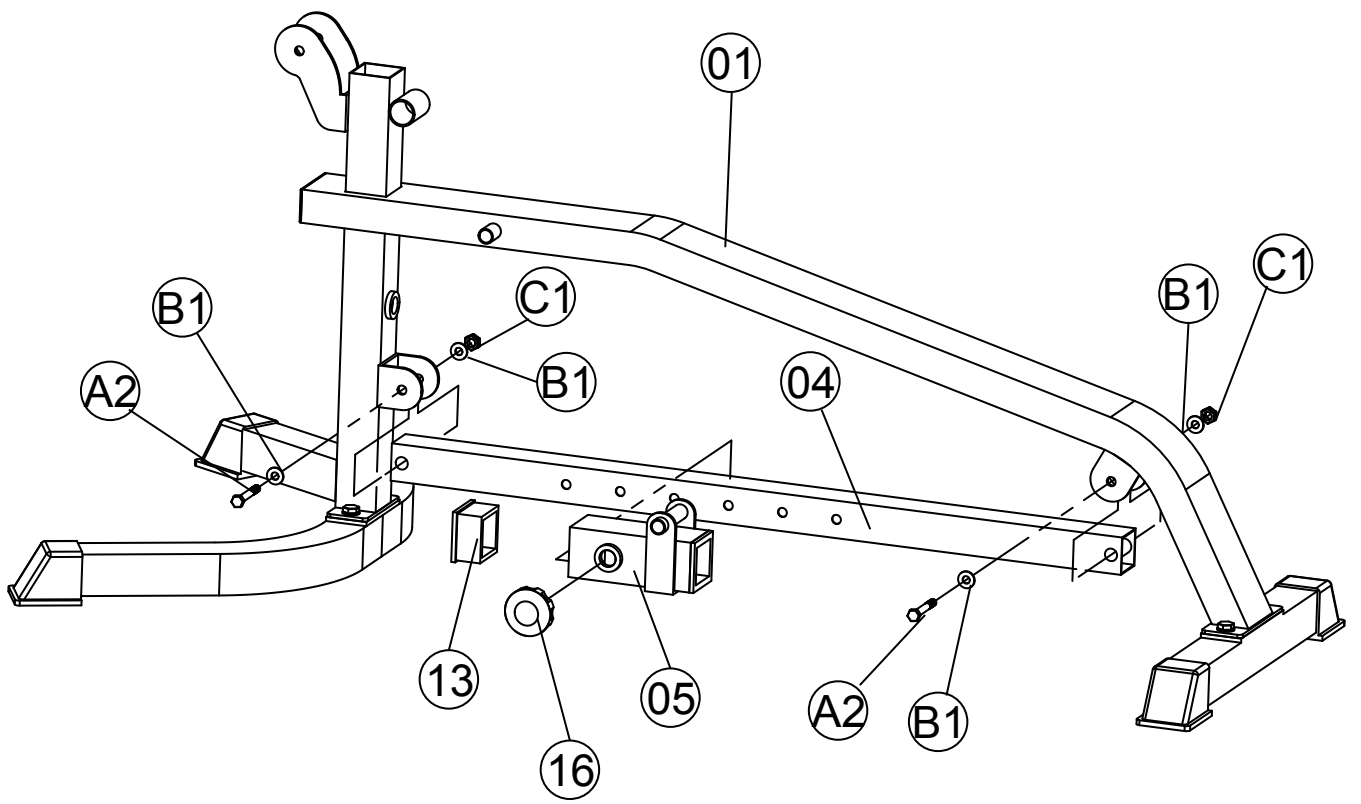
This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

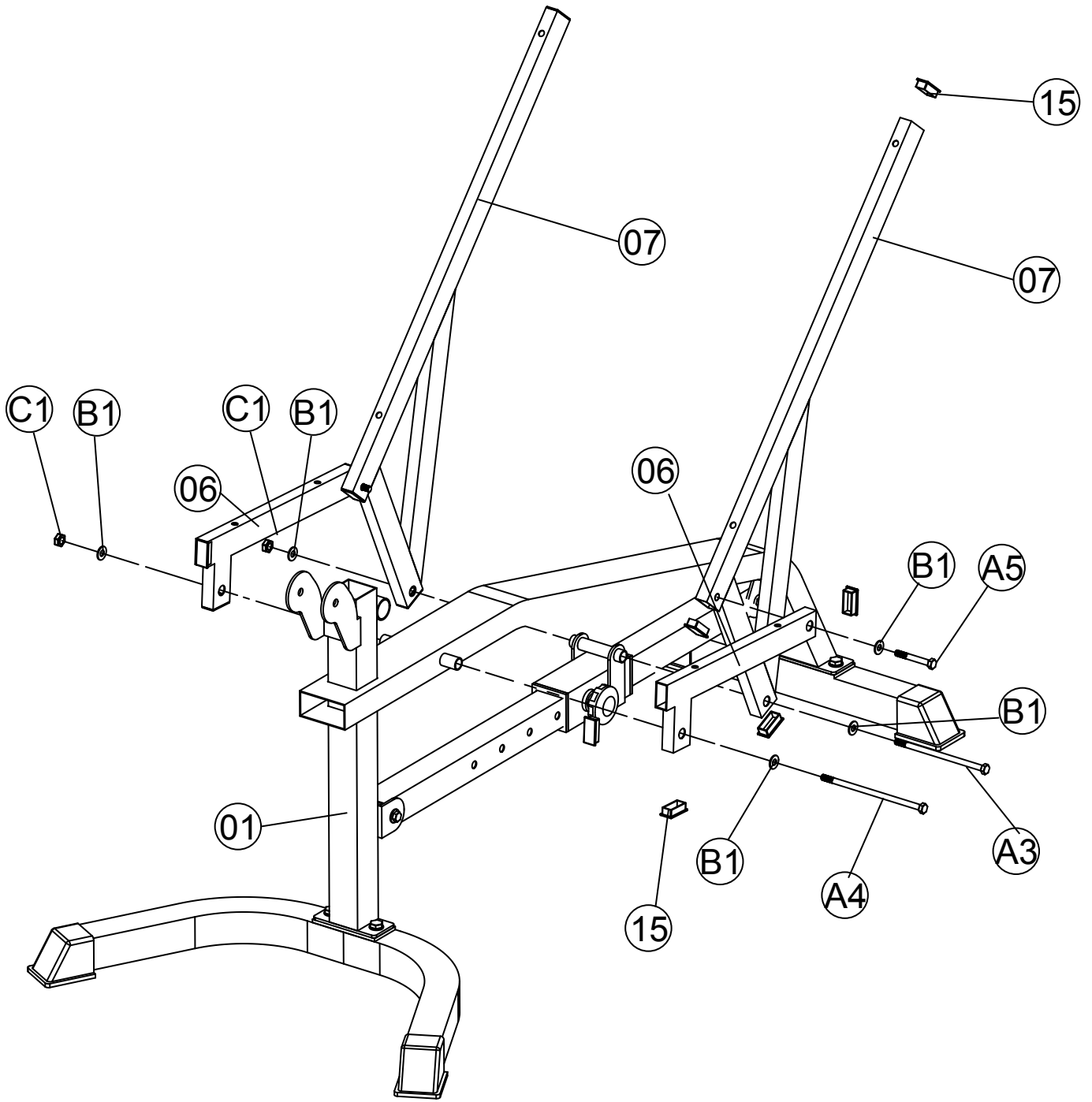
1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.  
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.

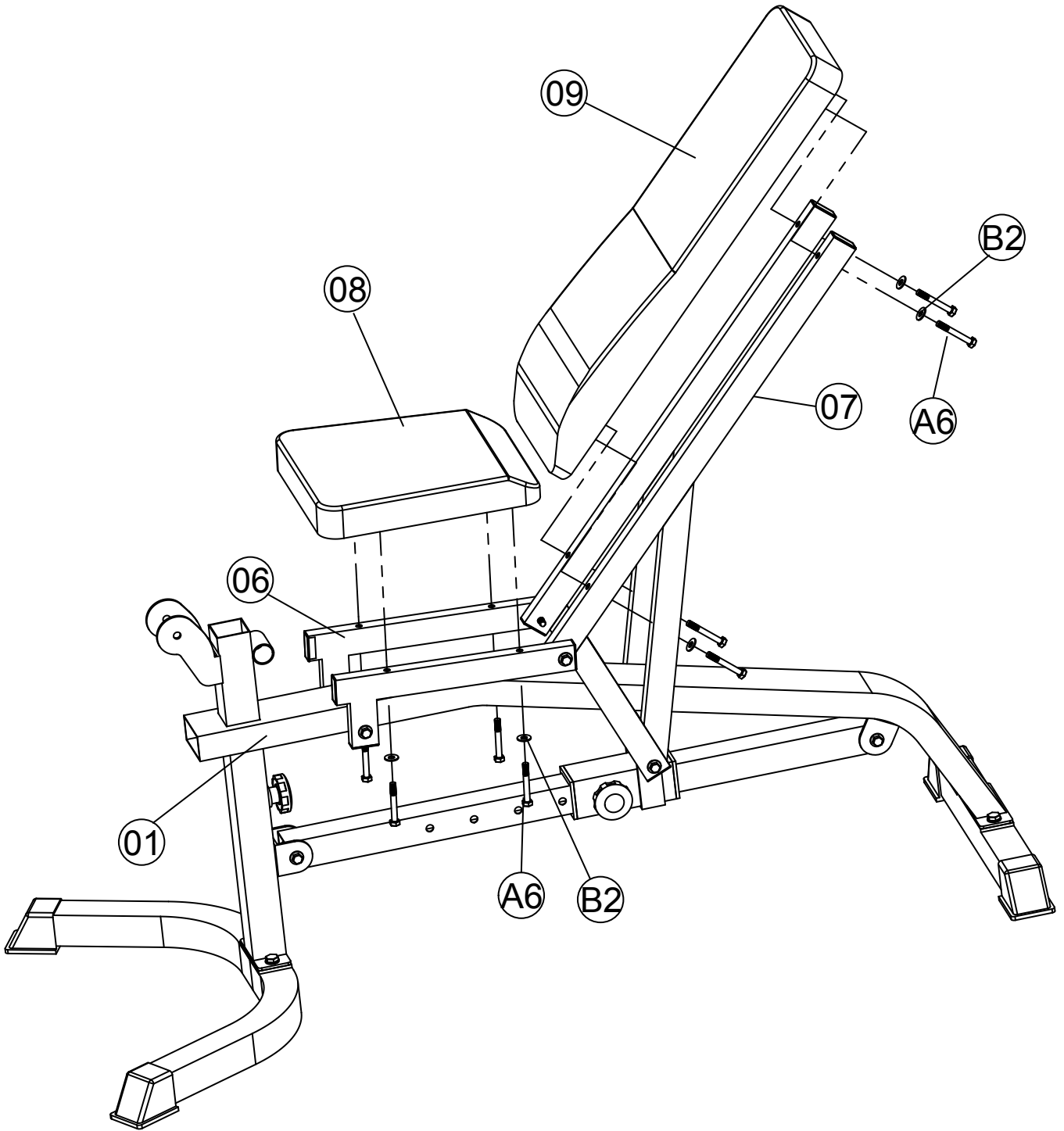
# ASSEMBLY INSTRUCTIONS

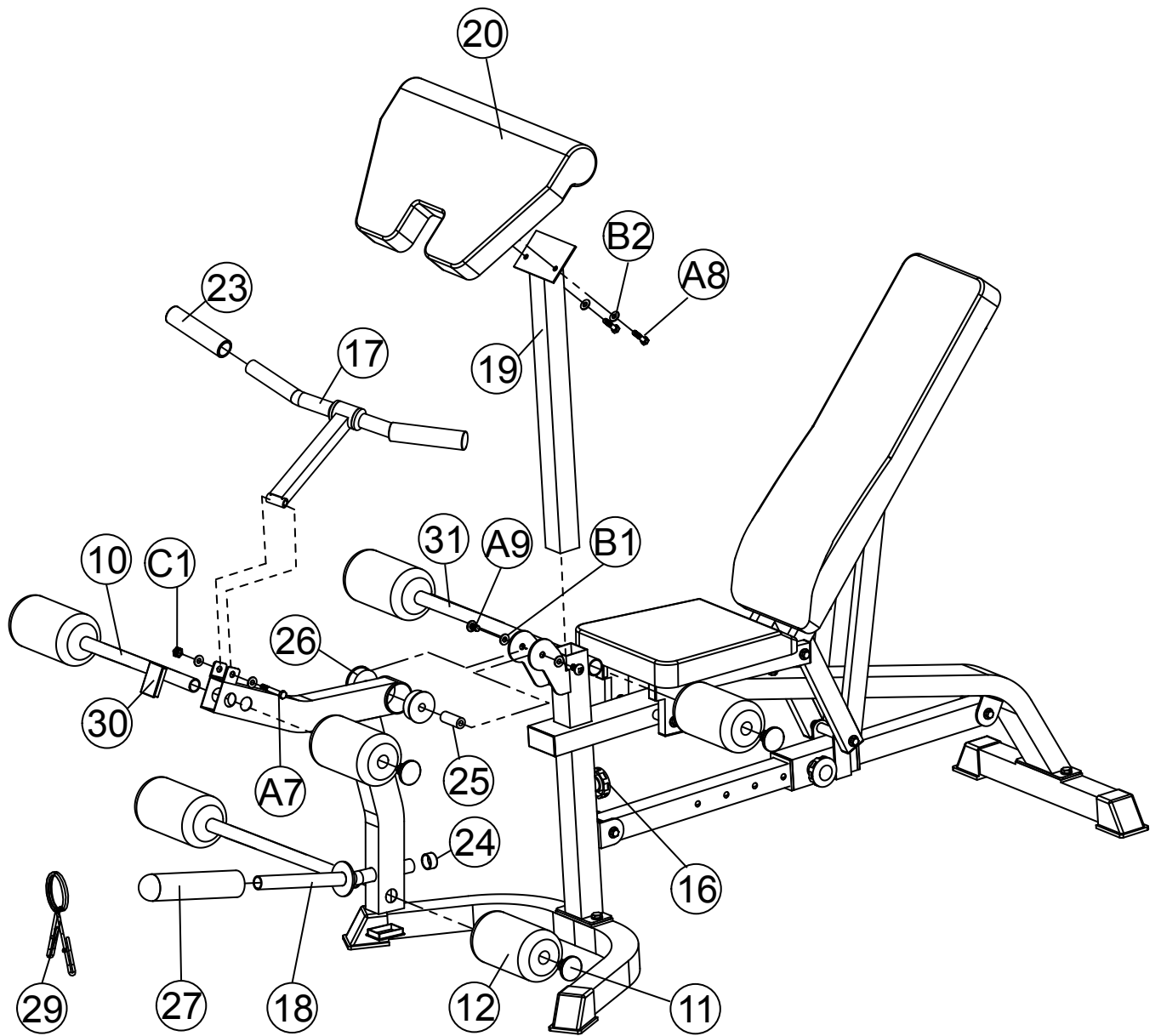
Place all parts in a clear area and remove the packing materials. We highly recommend that this weight bench be assembled by at least 2 persons.











# PARTS LIST

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Part#	Description	Qty	Remark
1	Main Frame	1	
2	Front Stabilizer	1	
3	Rear Stabilizer	1	
4	Incline Adjustment Bar	1	
5	Sliding Block	1	
6	Seat Support Frame	2	
7	Backrest Support	2	
8	Seat	1	
9	Backrest Board	1	
10	Foam Tube	2	
11	Foam Roll End Cap	6	
12	Foam Roll	6	
13	Sliding Block Sleeve	2	Pre-assembled
14	Outer End Cap	4	Pre-assembled
15	Inner End Cap(40x20)	12	Pre-assembled
16	Lock Knob	2	
17	Curl Bar	1	
18	Leg Developer	1	
19	Arm Curl Stand	1	
20	Arm Curl Pad	1	
23	Handle Grip	2	Pre-assembled
24	Outer End Cap(D=25)	1	Pre-assembled
25	Axle	1	
26	Axle Bushing	2	
27	Olympic Sleeve	1	
28	Inner Square End Cap(80x40)	1	Pre-assembled
29	Spring Clip	1	
30	Inner Square End Cap(60x40)	2	Pre-assembled
31	Long Foam Tube	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.