

A996
OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

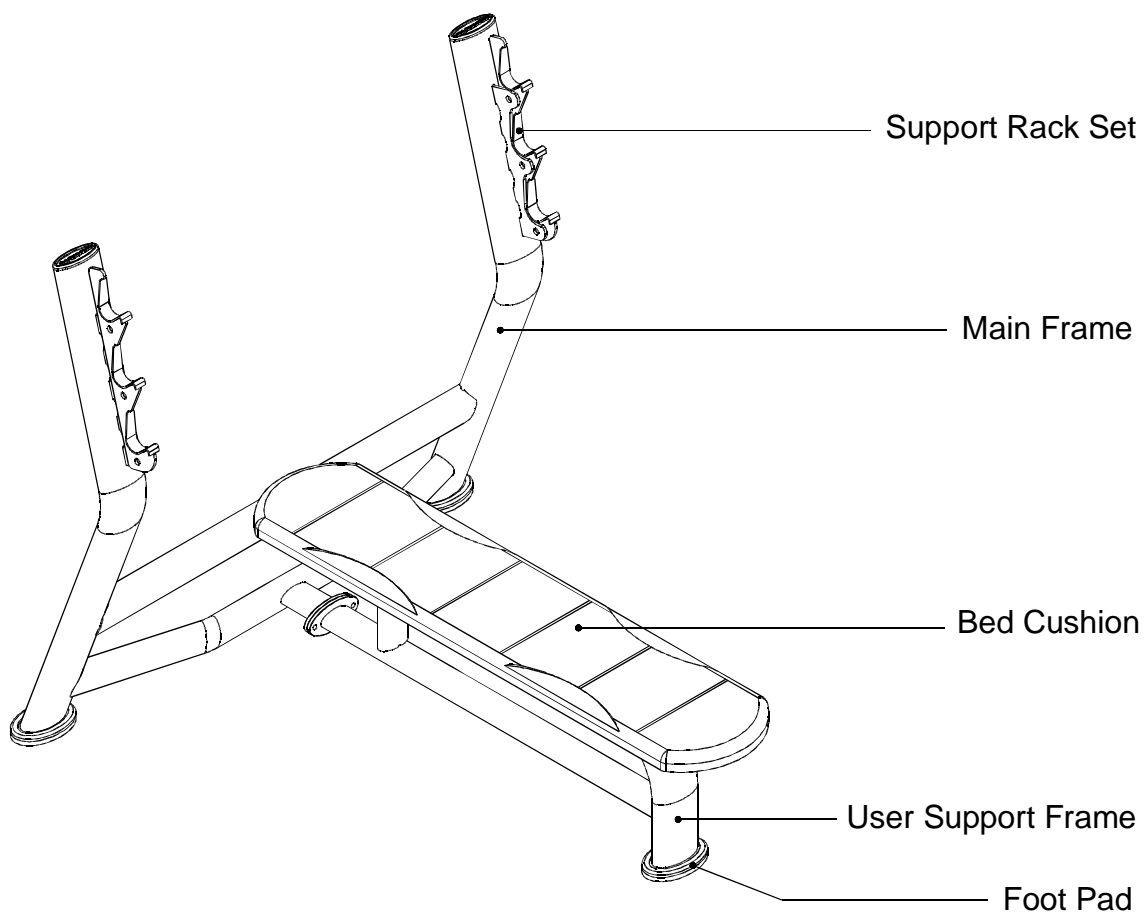


OLYMPIC BENCH PRESS

A. SAFETY INSTRUCTIONS

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the machine on a solid, level surface. DO NOT use outdoors or near water.
- Never allow children on or near the machine.
- Make sure all fasteners are properly tightened for safety. DO NOT use the machine if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this machine is used by, on, or near adolescent, invalids, and disabled persons.
- Use this machine only for its intended use as described in this manual.
- Never operate this machine if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

B. INTRODUCTION

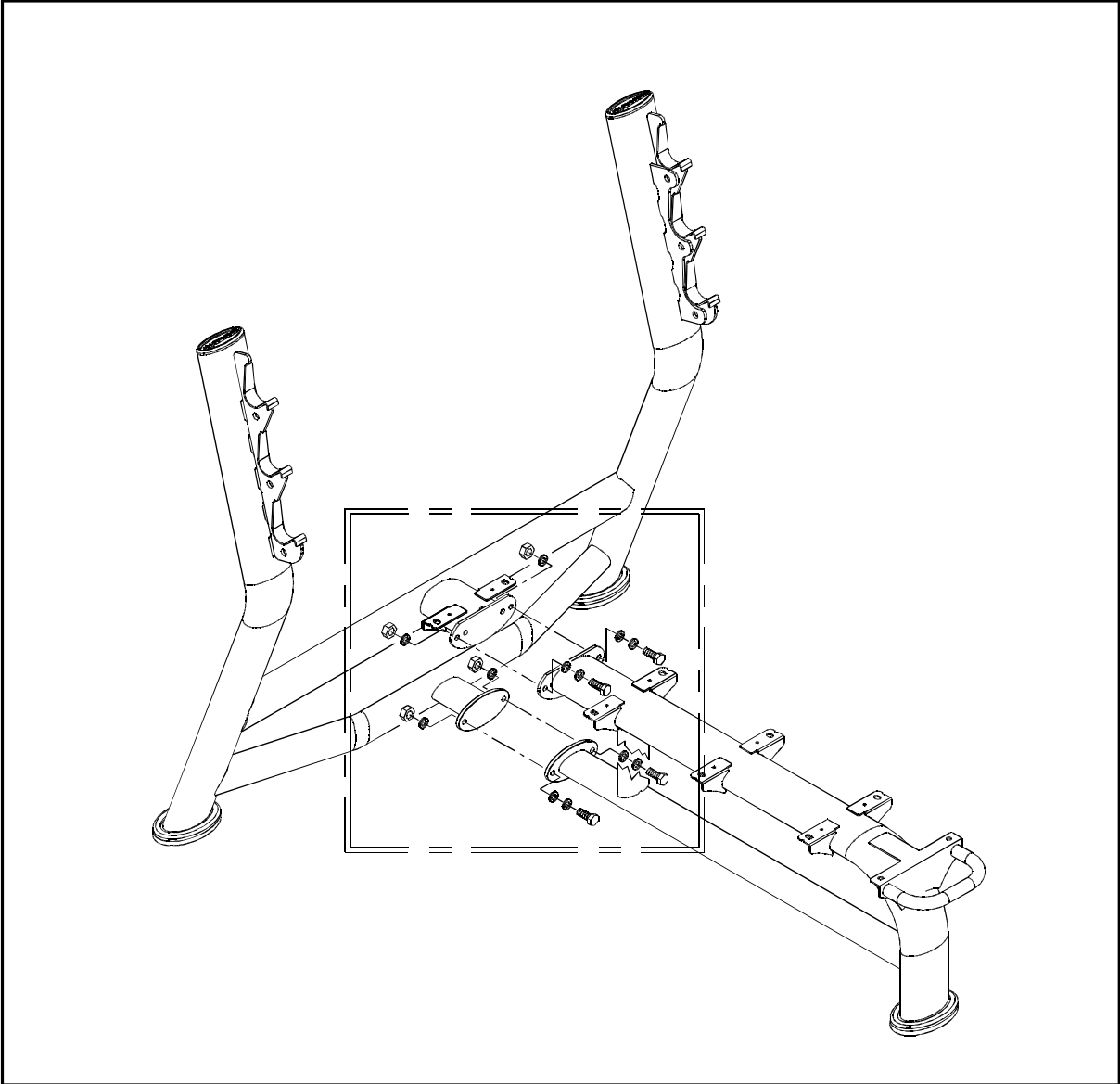


C. LIST OF PARTS

1. One L-shaped, M5 hex wrench
2. Two double-ended open wrenches, 8mm and 17mm
3. One main frame
4. One user support frame

D. ASSEMBLY INSTRUCTION

Step 1: Secure the user support frame onto the main frame with hardware provided as shown.



Step 2: Secure bed cushion onto both frames as shown.

