

A998
OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

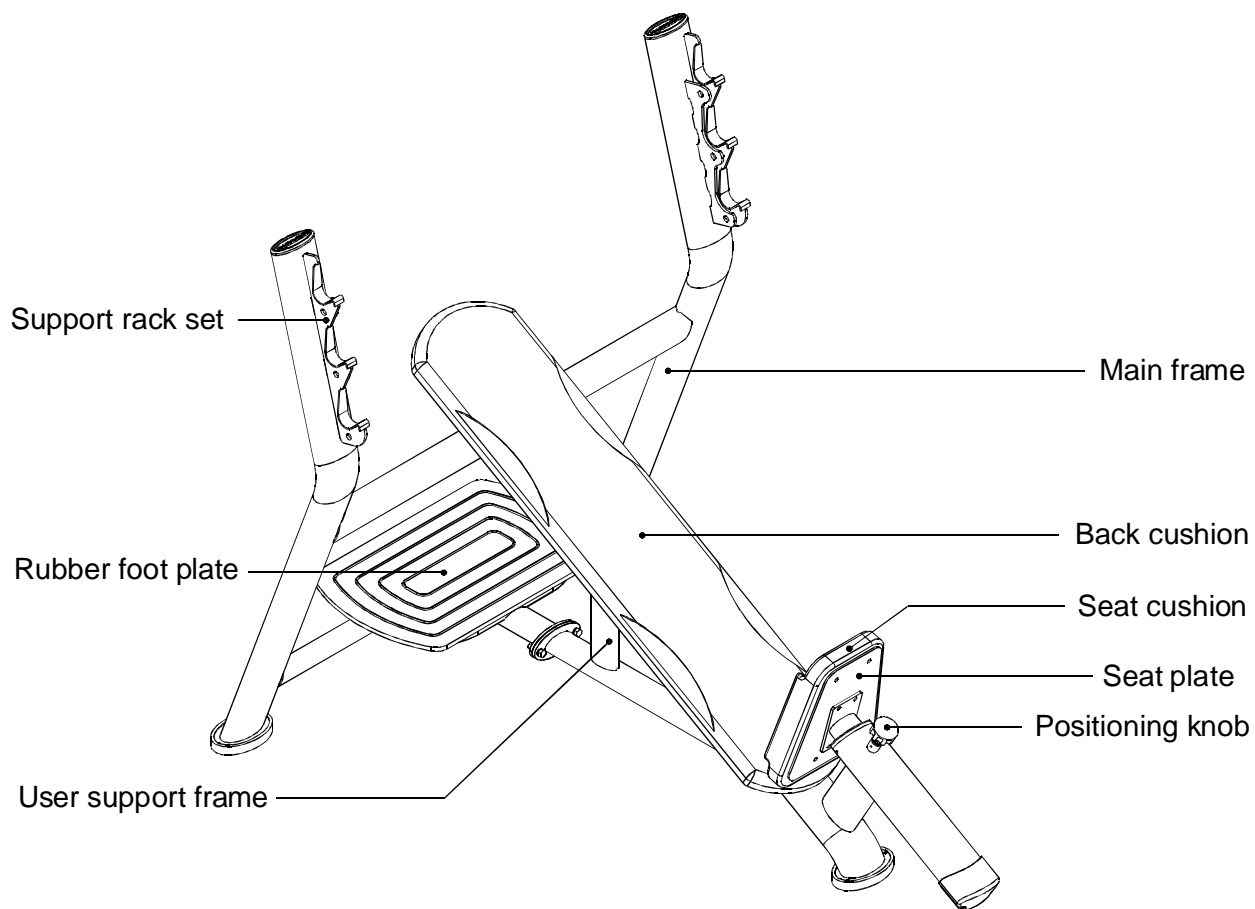


OLYMPIC INCLINE BENCH PRESS

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 hex key wrench M5
2. Two double-end open wrenches 8mm*17mm
3. One main frame
4. One user support frame
5. One back cushion
6. One seat cushion set

D. ASSEMBLY INSTRUCTION

Step 1: Secure the two frames with hardware provided as shown.

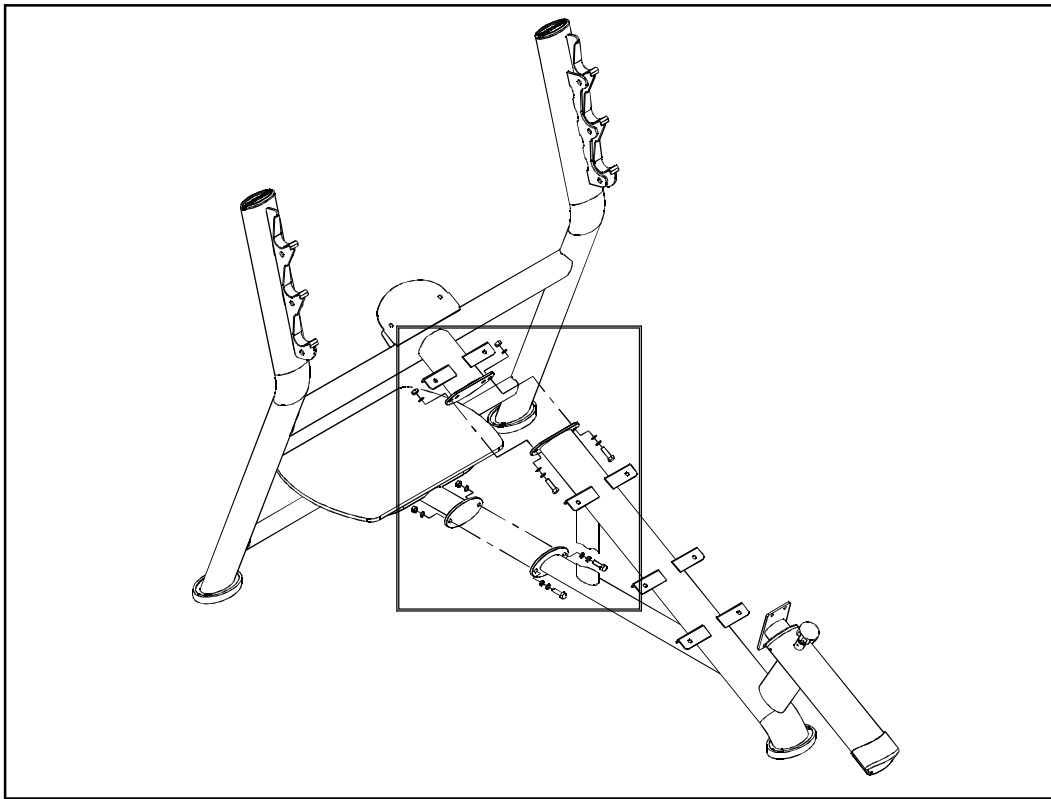


Fig.1

Step 2: Insert the foot pad into the foot plate as shown.

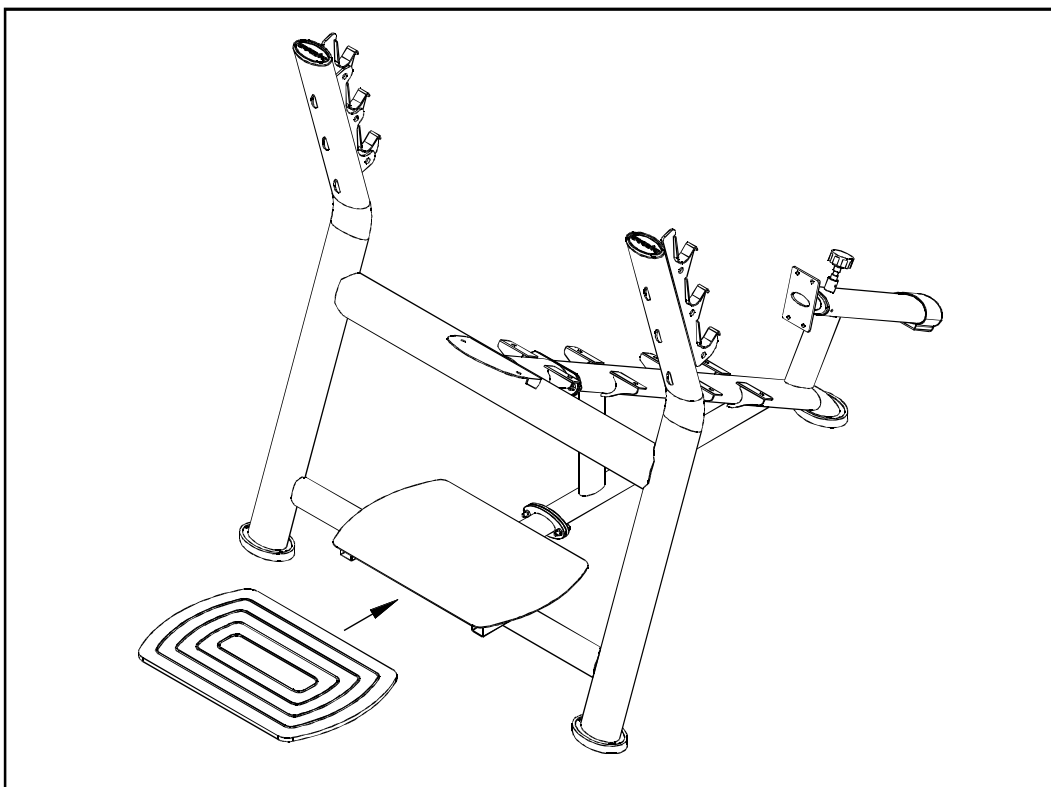


Fig.2

Step 3: Secure the back cushion onto both frame pieces with hardware as shown.

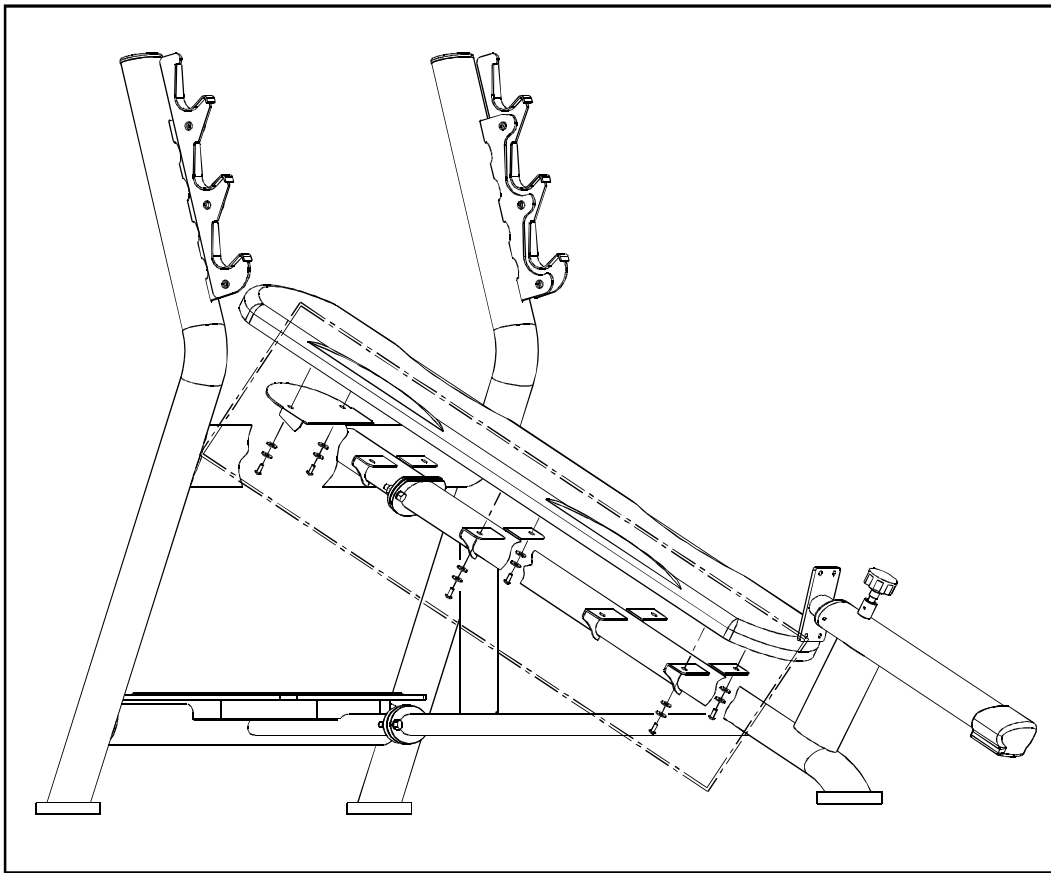


Fig.3

Step 4: Secure the seat plate with hardware provided as shown.

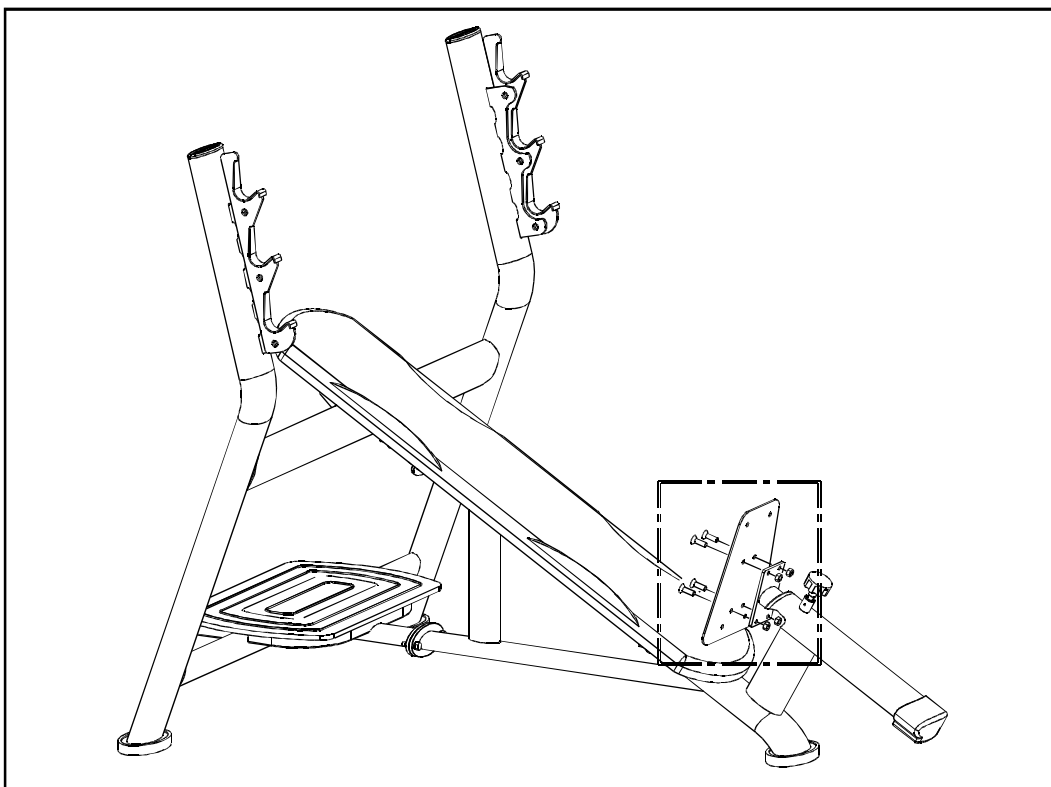


Fig.4

Step 5: Secure the seat cushion with hardware provided as shown.

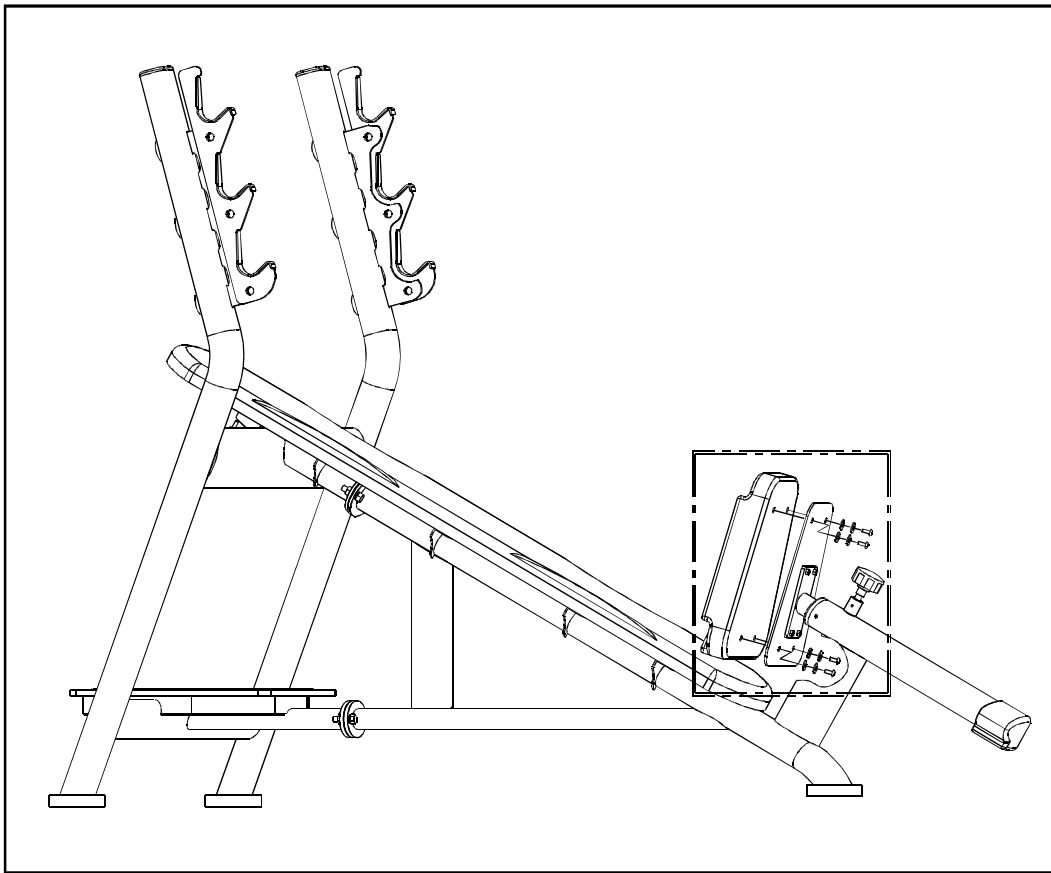


Fig.5

D. SEAT CUSHION ADJUSTMENT

Upward adjustment:

Directly pull up the seat cushion to a comfortable starting position.

Downward adjustment:

1. Pull out positioning knob "A" and hold it.
2. Adjust the seat cushion to a comfortable position.

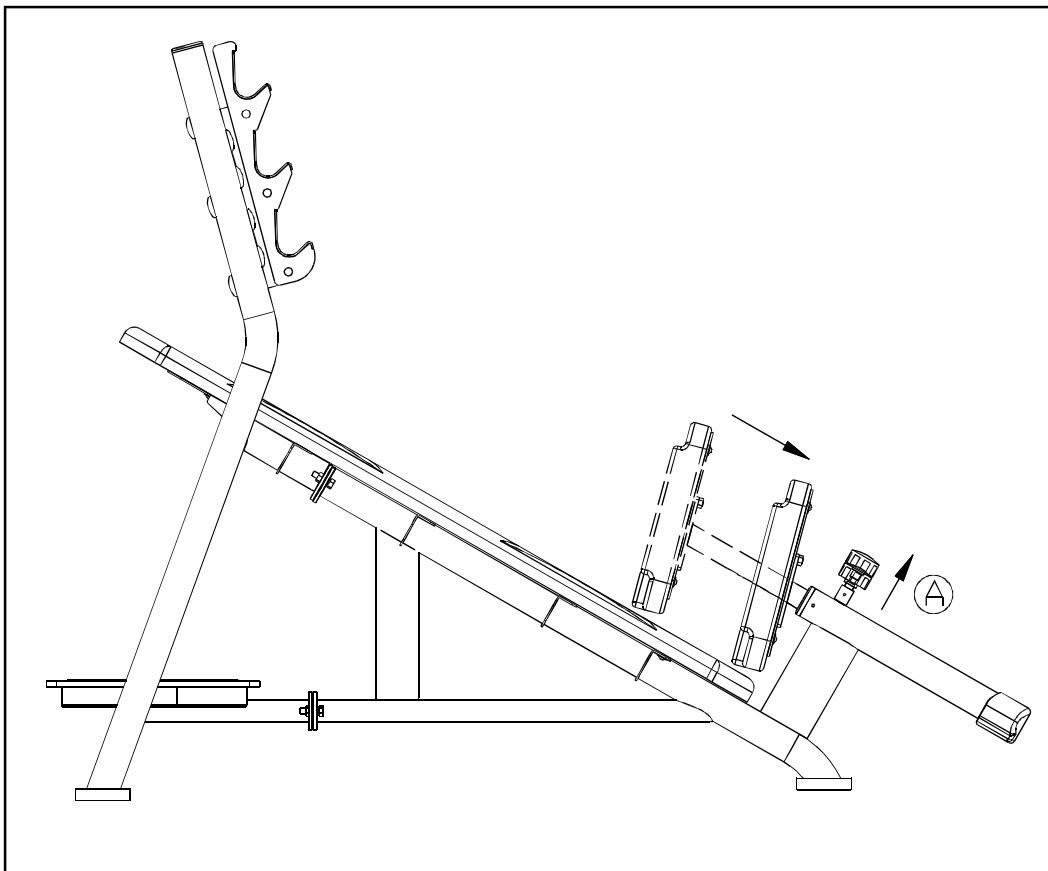


Fig.6