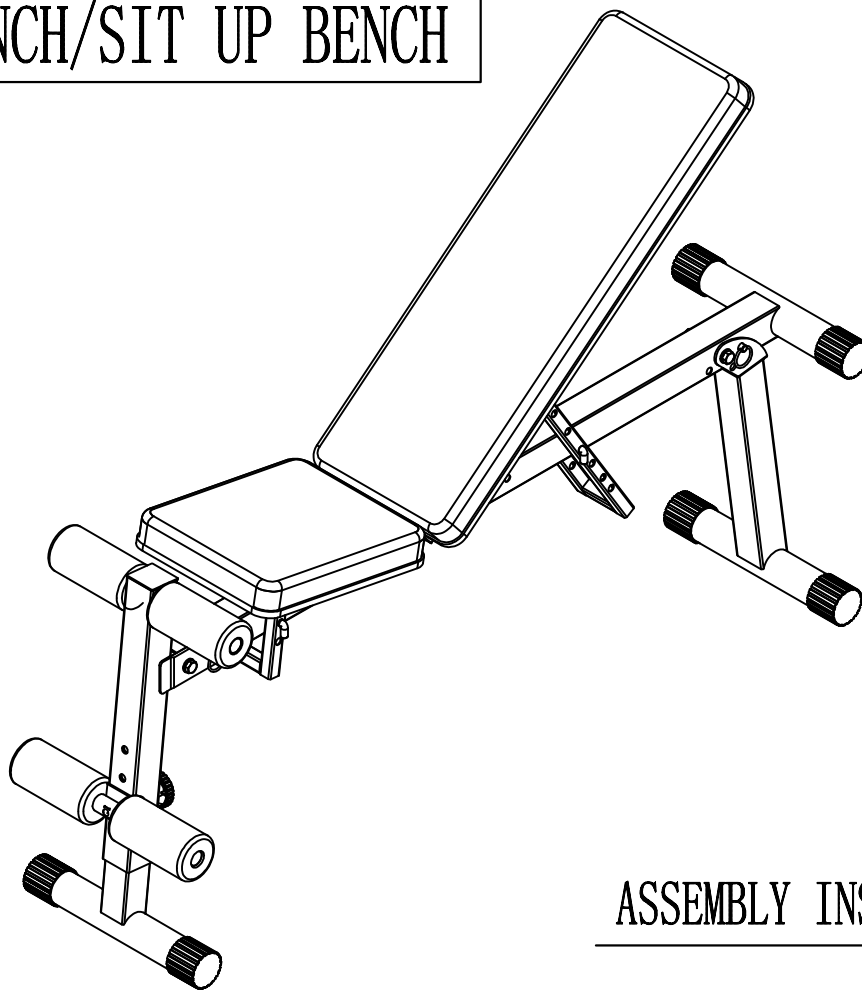
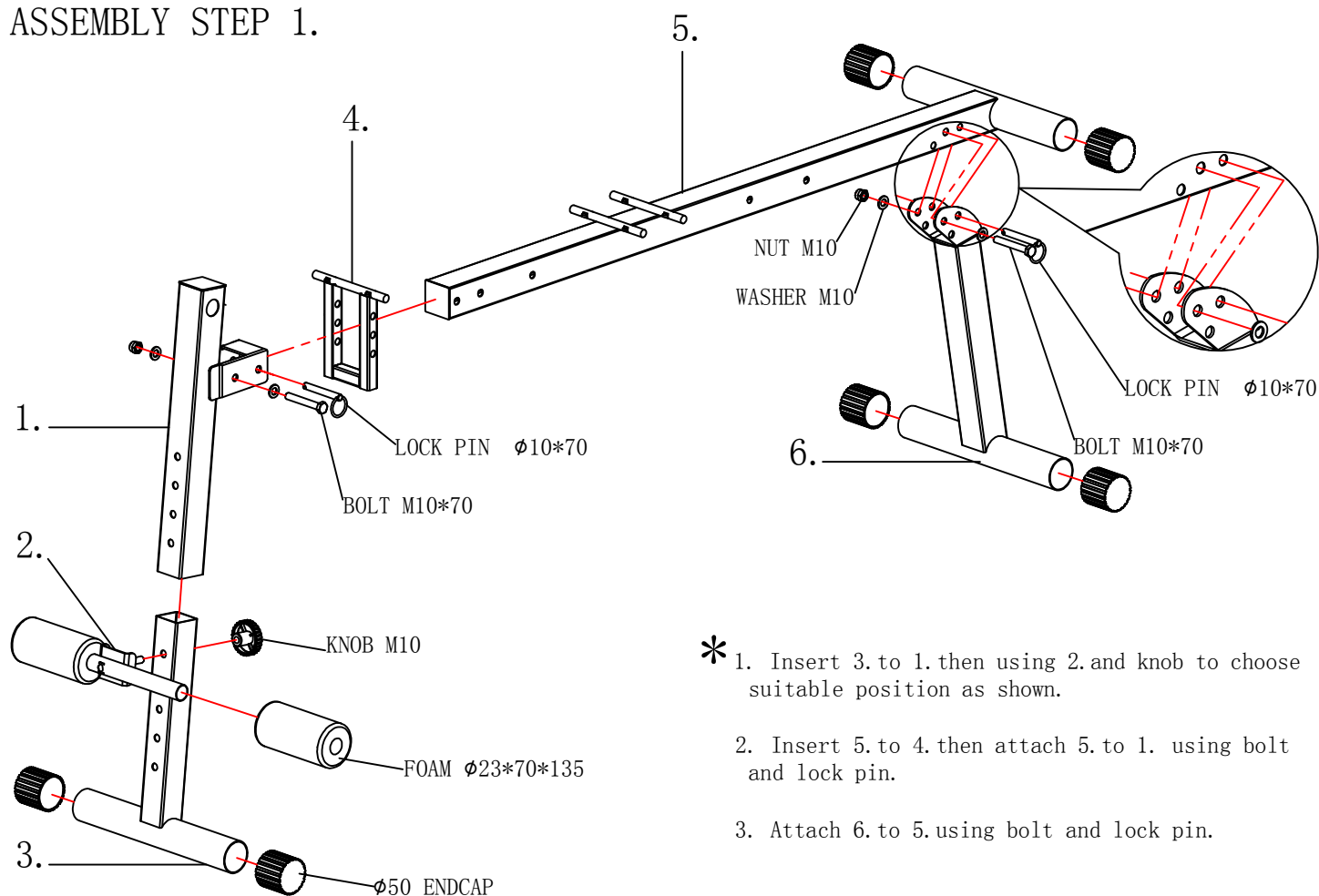


76608 BENCH/SIT UP BENCH



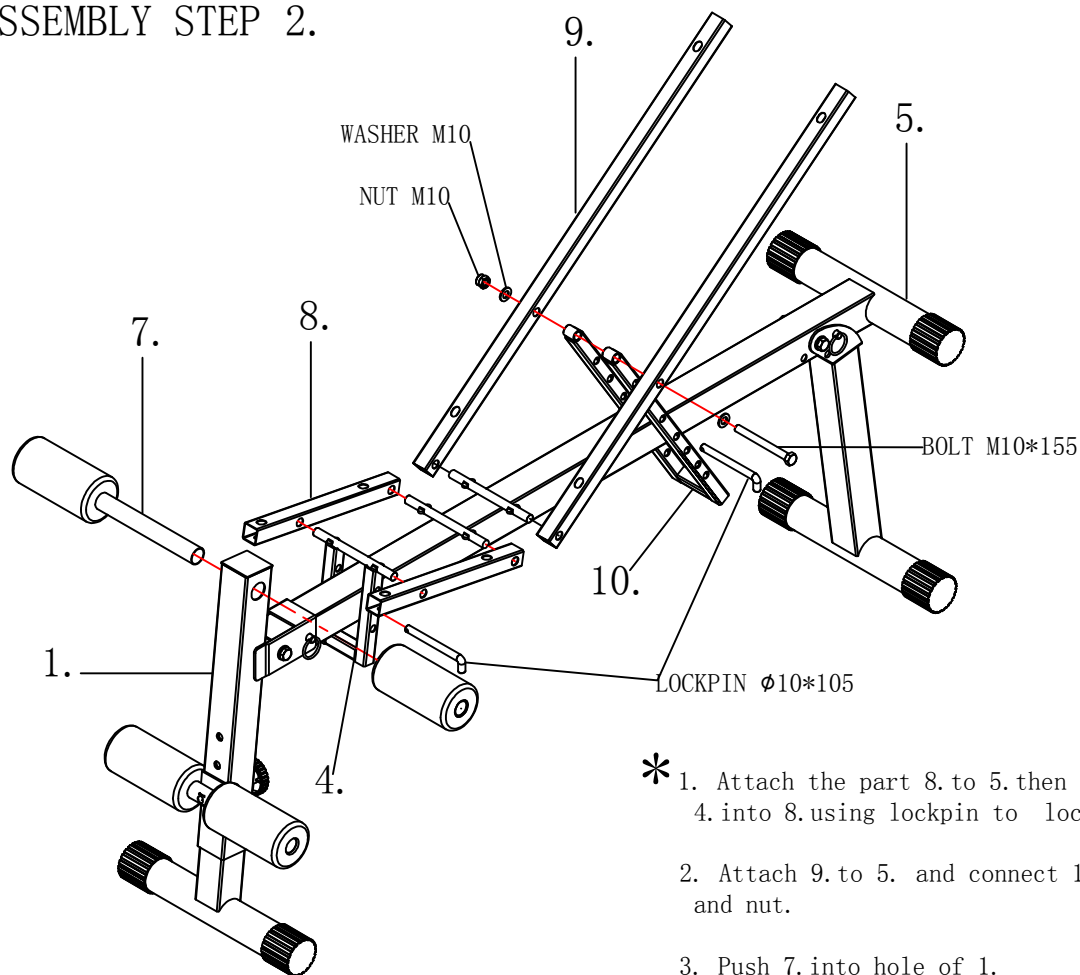
ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 1.



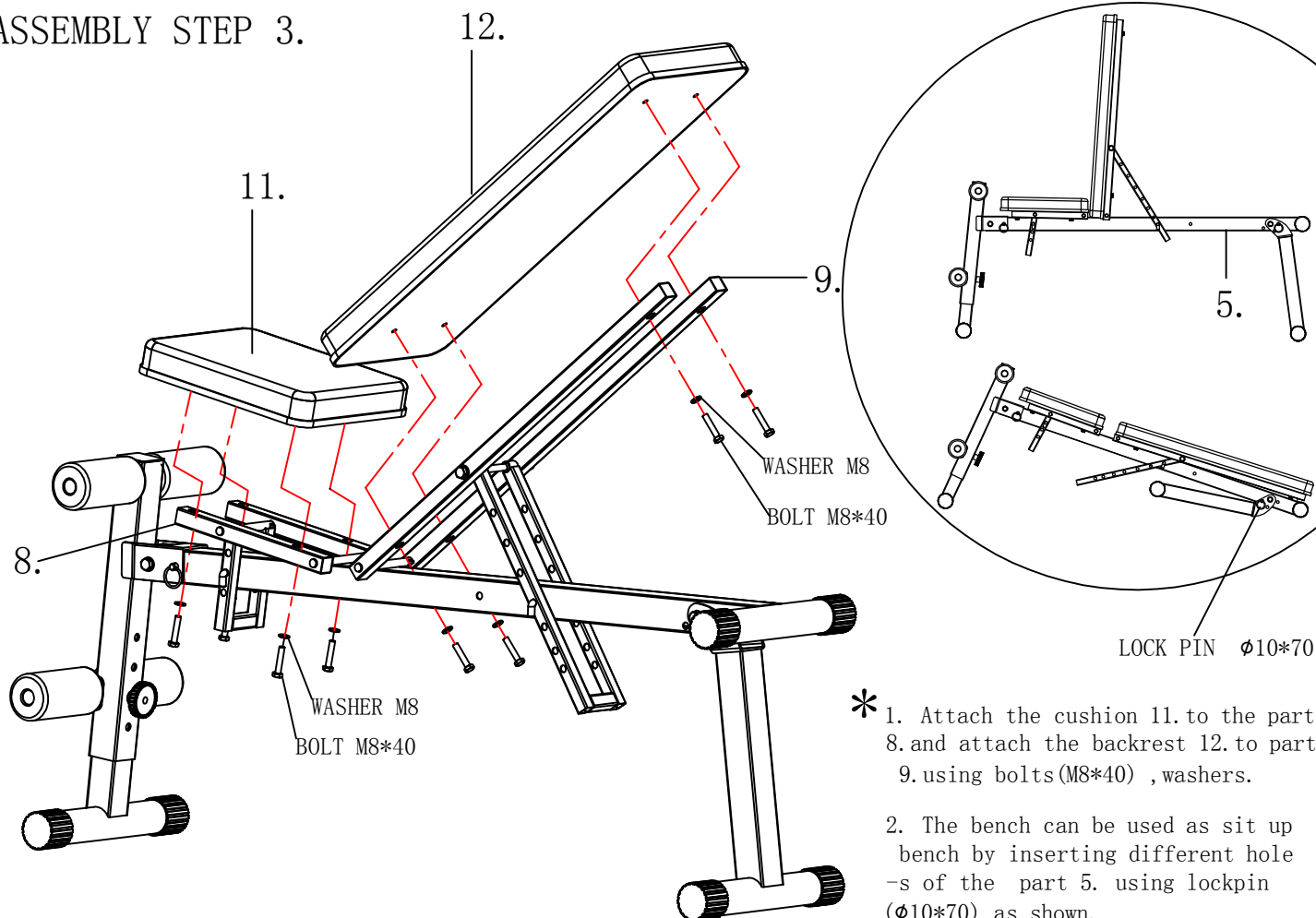
- * 1. Insert 3. to 1. then using 2. and knob to choose suitable position as shown.
- 2. Insert 5. to 4. then attach 5. to 1. using bolt and lock pin.
- 3. Attach 6. to 5. using bolt and lock pin.

ASSEMBLY STEP 2.



- * 1. Attach the part 8. to 5. then insert two ends of shaft 4. into 8. using lockpin to lock them as shown.
- 2. Attach 9. to 5. and connect 10 to 9. using bolt and nut.
- 3. Push 7. into hole of 1.

ASSEMBLY STEP 3.



- * 1. Attach the cushion 11. to the part 8. and attach the backrest 12. to part 9. using bolts (M8*40) , washers.
- 2. The bench can be used as sit up bench by inserting different hole-s of the part 5. using lockpin (Ø10*70) as shown.