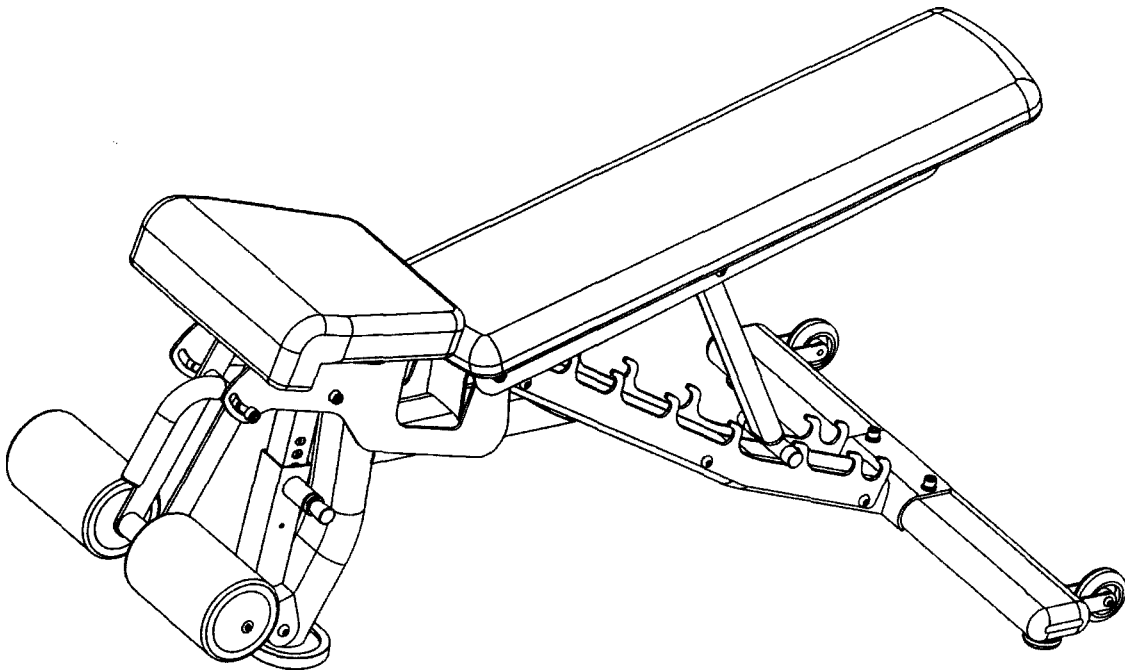


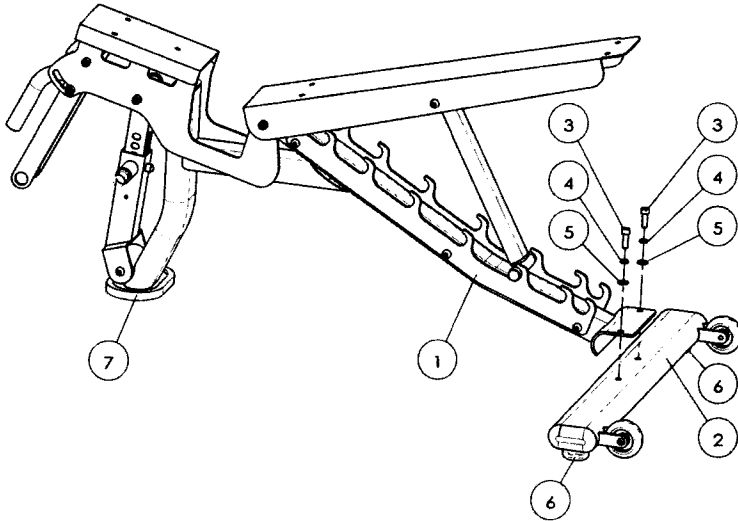
Flat Incline Decline Bench (FW-FID)



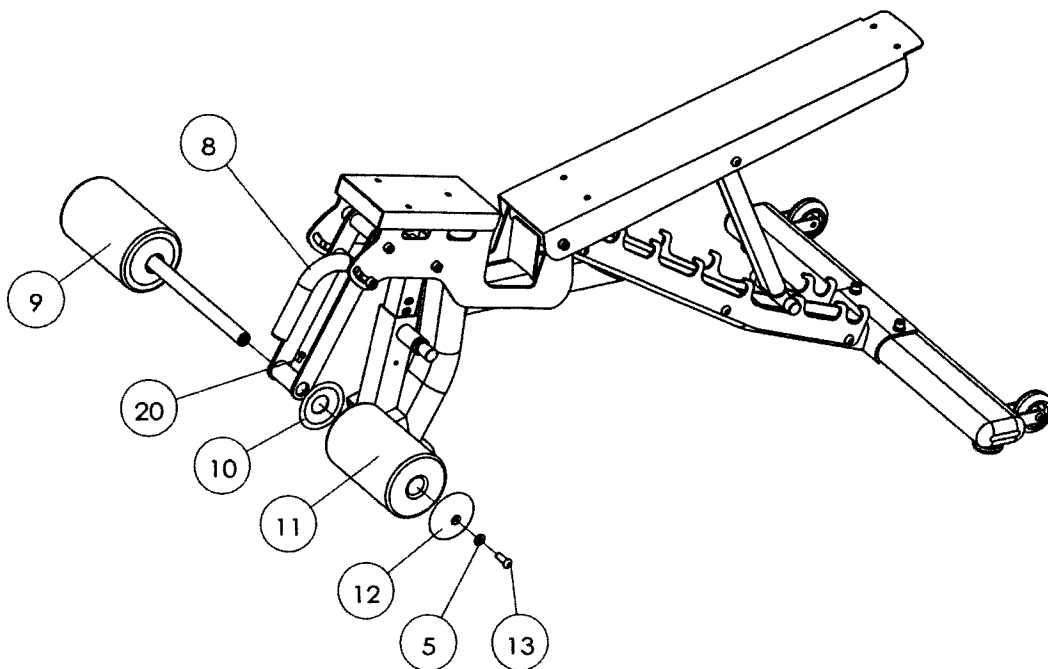
Installation Manual

Please read the manual carefully before using this equipment

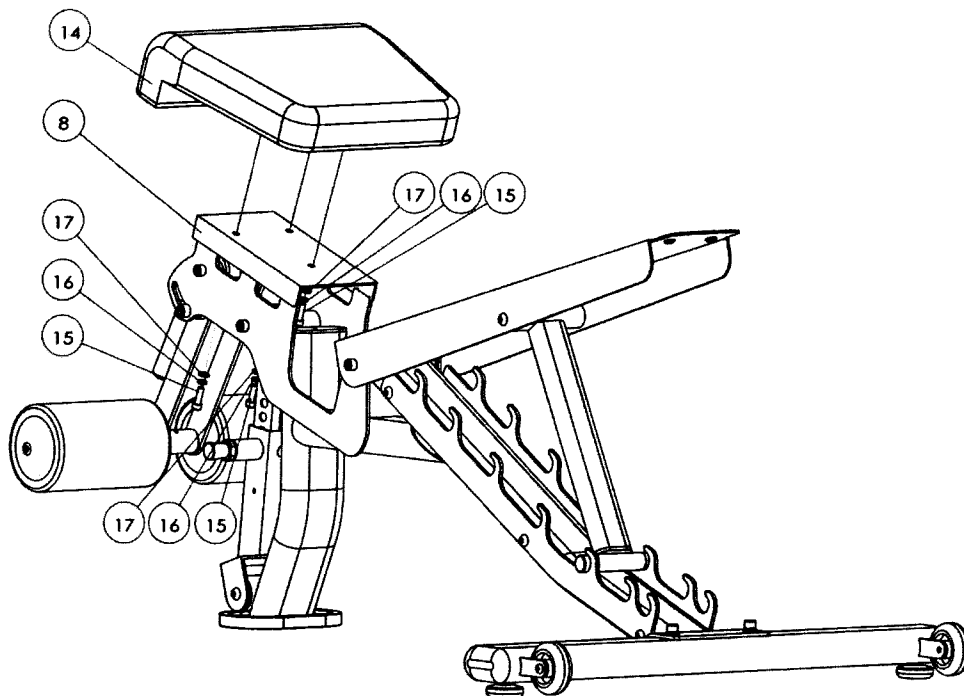
Step 1 Use bolt 3 (M10 * 30), spring washer 4 (M10), and flat washer 5 (M10) to lock and fix the rear frame in the corresponding threaded hole of the foot tube assembly. After installation, two foot pads must be adjusted And touch the ground horizontally with the front foot pad.



Step 2 Use the foam tube group 9 to pass through the adjustment sleeve hole at the lower position of the front frame 8, and insert the foam tube rear cover, foam, and foam tube front cover at the other end of the foam tube, and the threaded holes at the tube ends are flat The piece 5 (M10) and bolt 13 (M10 * 20) are locked and fixed, and the threaded hole at middel of the tube ends are bolt 20 (M6 *13) are locked and fixed.



Step 3 Use screws 15 (M8x20), spring washers 16 (M8), flat washers 17 (M8) to lock and secure the seat cushion 14 to the seat cushion connection plate below the front frame 8.



Step 4 Use screws 15 (M8x20), spring washers 16 (M8), flat washers 17 (M8) to lock the back pad 18 to the back pad bracket 19.

