



HART Flat/Incline/Decline Bench





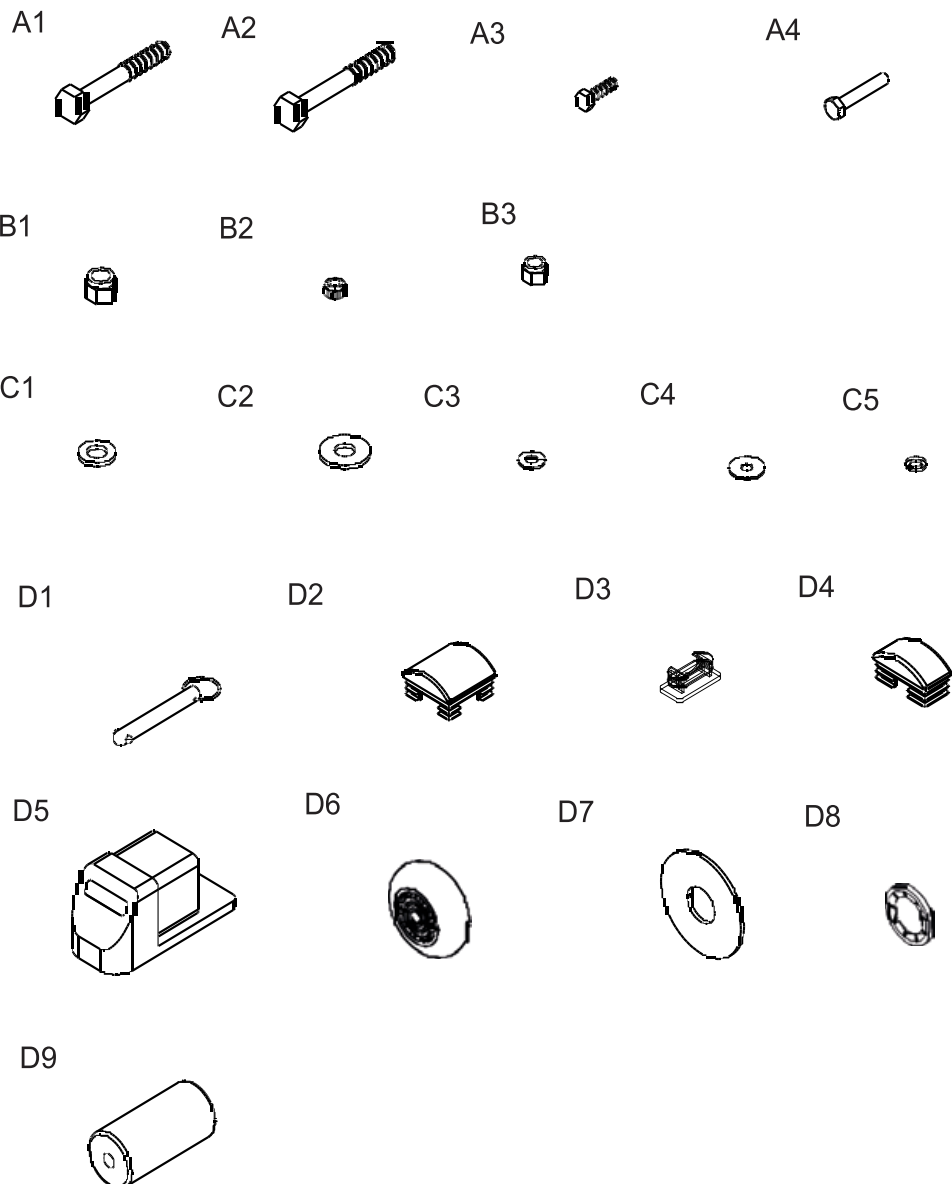
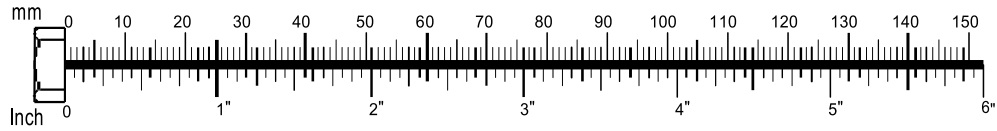
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COMPONENTS LIST

PART	QTY	DESCRIPTION
A1	4	Hex Head Bolt 12x75mm
A2	2	Hex Head Bolt 12.5x80mm
A3	8	Hex Head Bolt 5/16"X25mm
A4	2	Hex Head Bolt 8x45mm
B1	2	Nylon Lock Nut 1/2"
B2	2	Nylon Lock Nut 8mm
B3	4	Nylon Lock Nut 12mm
C1	4	Washer n25 1/2" (I.D)
C2	8	Washer n34 12mm (I.D)
C3	4	Washer n18 8mm (I.D)
C4	8	Washer 5/16" (I.D)
C5	8	Spring Washer 5/16"
D1	1	Quick Release Ring Pin
D2	2	End Cap 45x45mm
D3	4	End Cap 20x40mm
D4	1	End Cap 25x50mm
D5	4	Foot Cap 50x50mm
D6	2	Pulley
D7	6	Nylon Washer 75mm
D8	4	Round End Cap 25mm
D9	4	Foam Roller



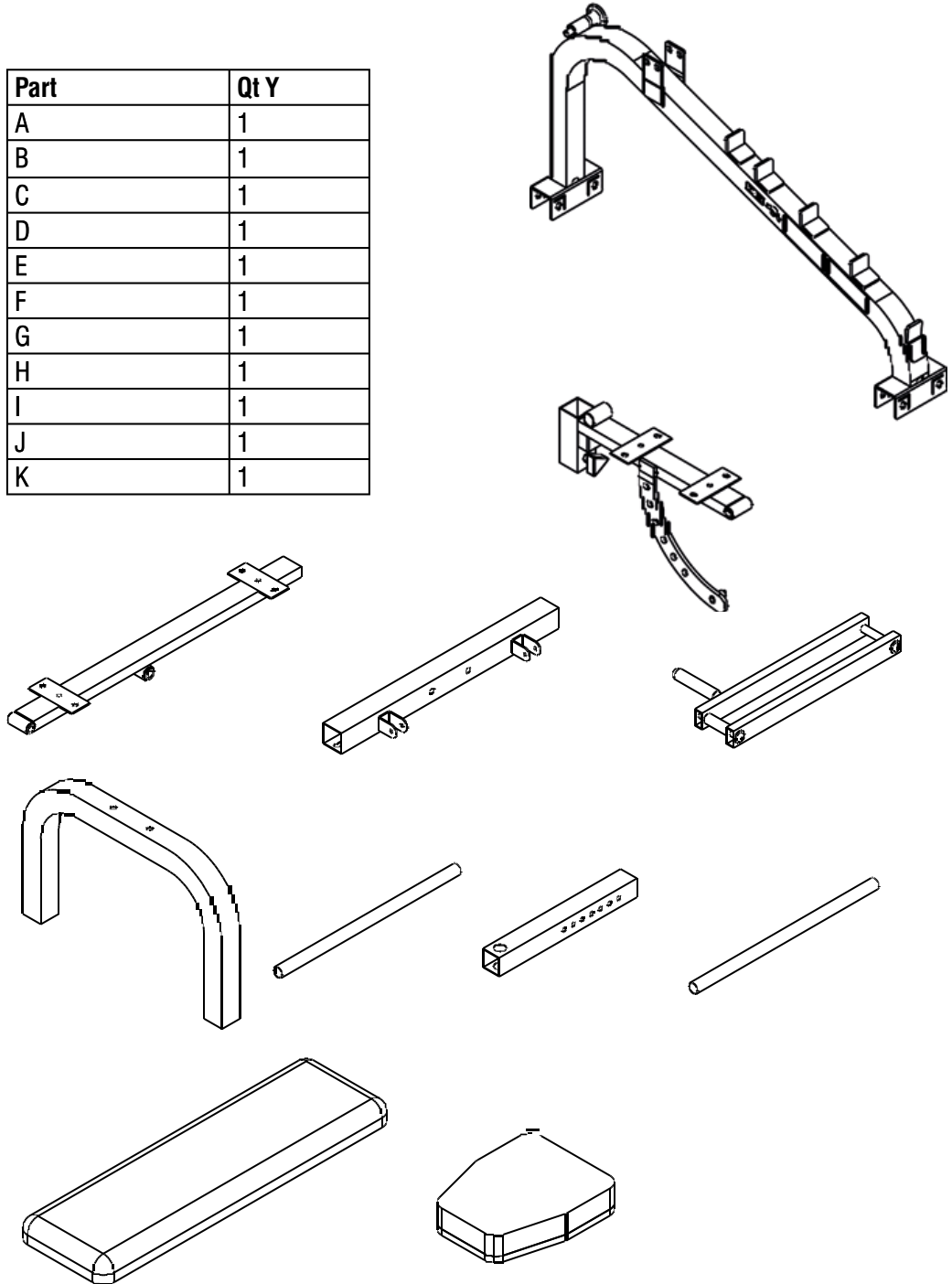
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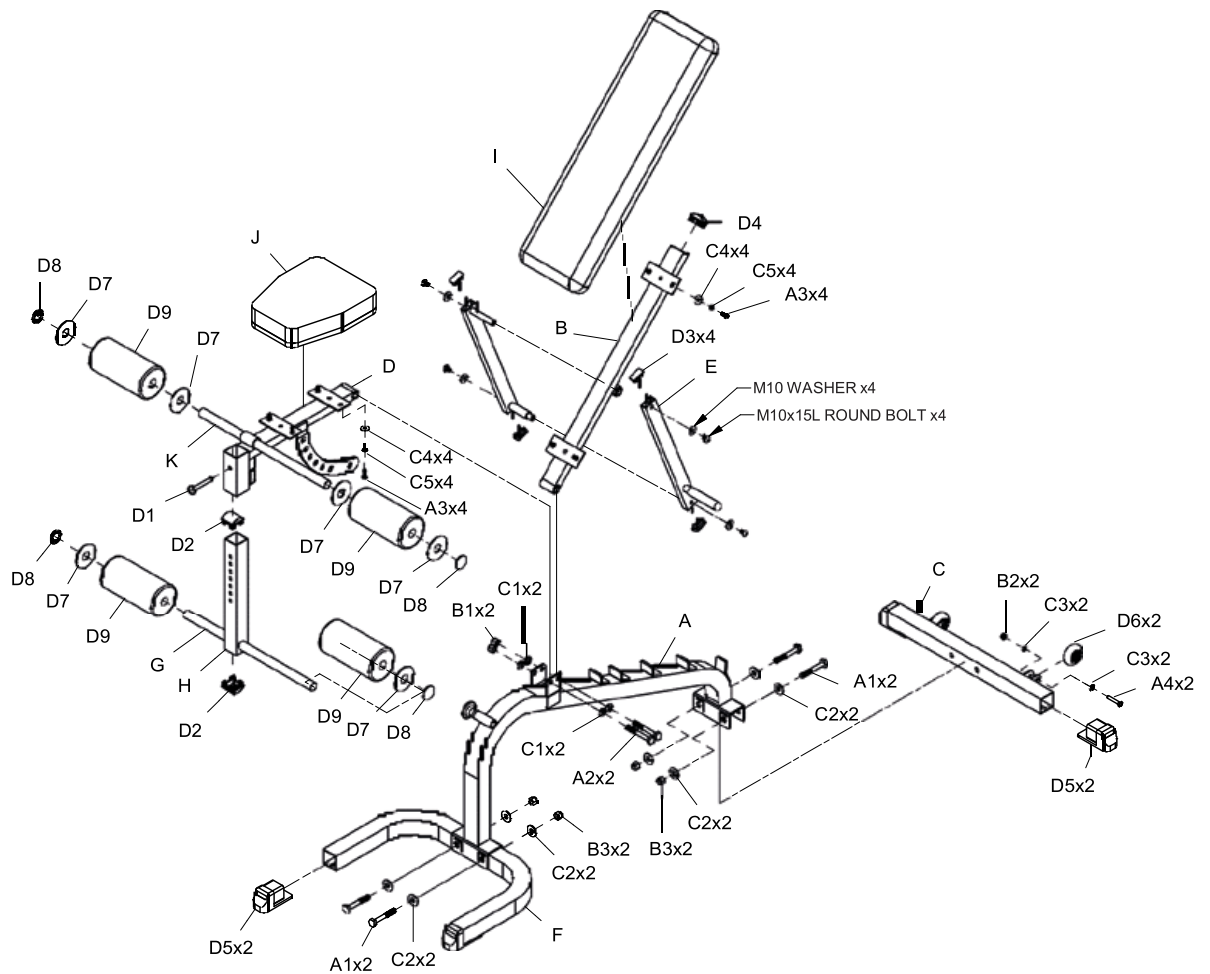
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Part	Qt Y
A	1
B	1
C	1
D	1
E	1
F	1
G	1
H	1
I	1
J	1
K	1





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BEFORE

- Check all equipment has been supplied as per the Components/ Hardware Lists.
- Construct the Flat/Incline/Decline Bench in a large, clear working space.
- Group the areas for construction (i.e. legs, main frame, back pad/ seat) and ensure the correct assembly order is followed.

DURING

- Construct the main frame first (Part A, F, C) then attach the leg bracket (Part D) and back pad bracket (Part B) to this.
- When putting on the leg pads, ensure the correct assembly order is followed, in particular Parts G & K.
- DO NOT over tighten the nut/bolts that connect Part E to the back pad bracket (Part B).

AFTER

- Check that all nuts, bolts, washers are in the correct positions and firmly tightened, before use.