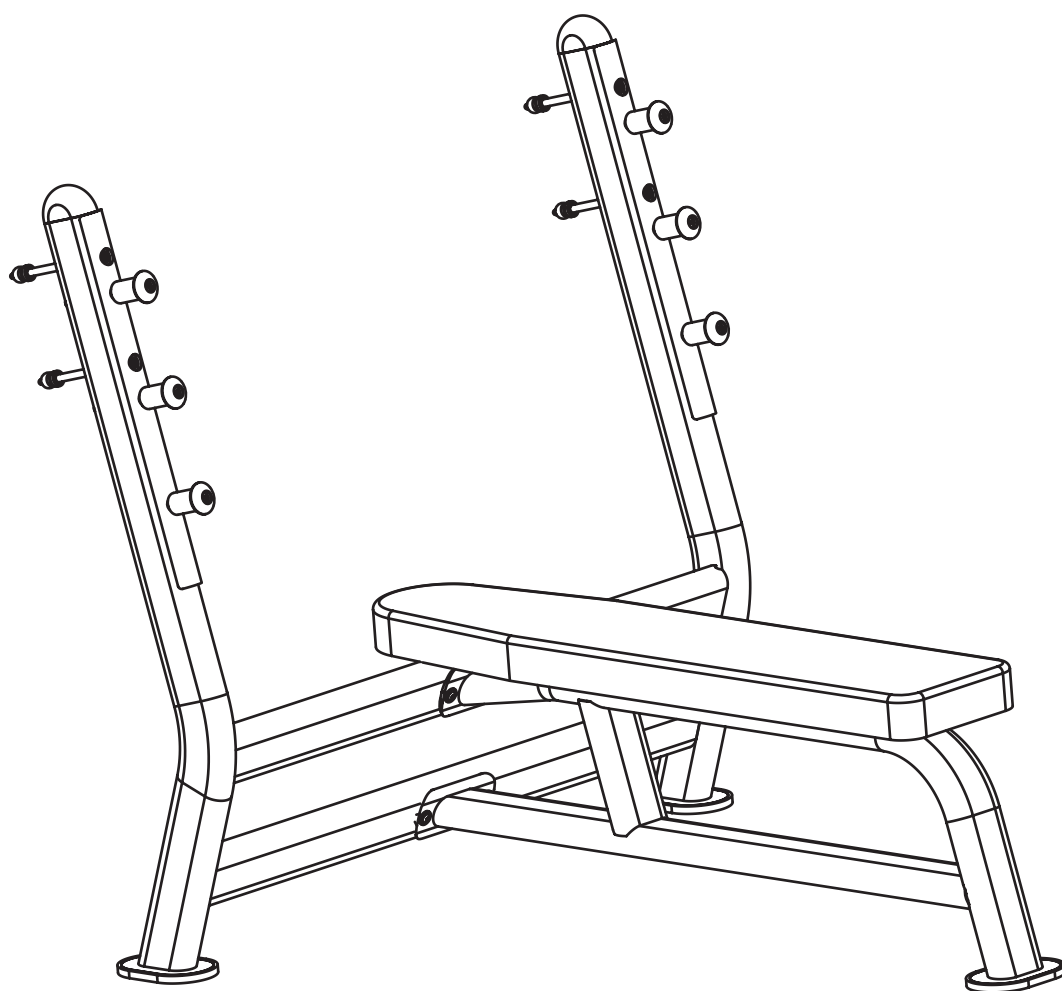


impulsa²



**IT6014B FLAT BENCH
Assembly Instructions**

Table of contents

Important Safety Instructions	1
Exploded View Diagram	2
Assembly Part List	3
Hardware List	4
Parts List	5
Assembly instructions	6

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

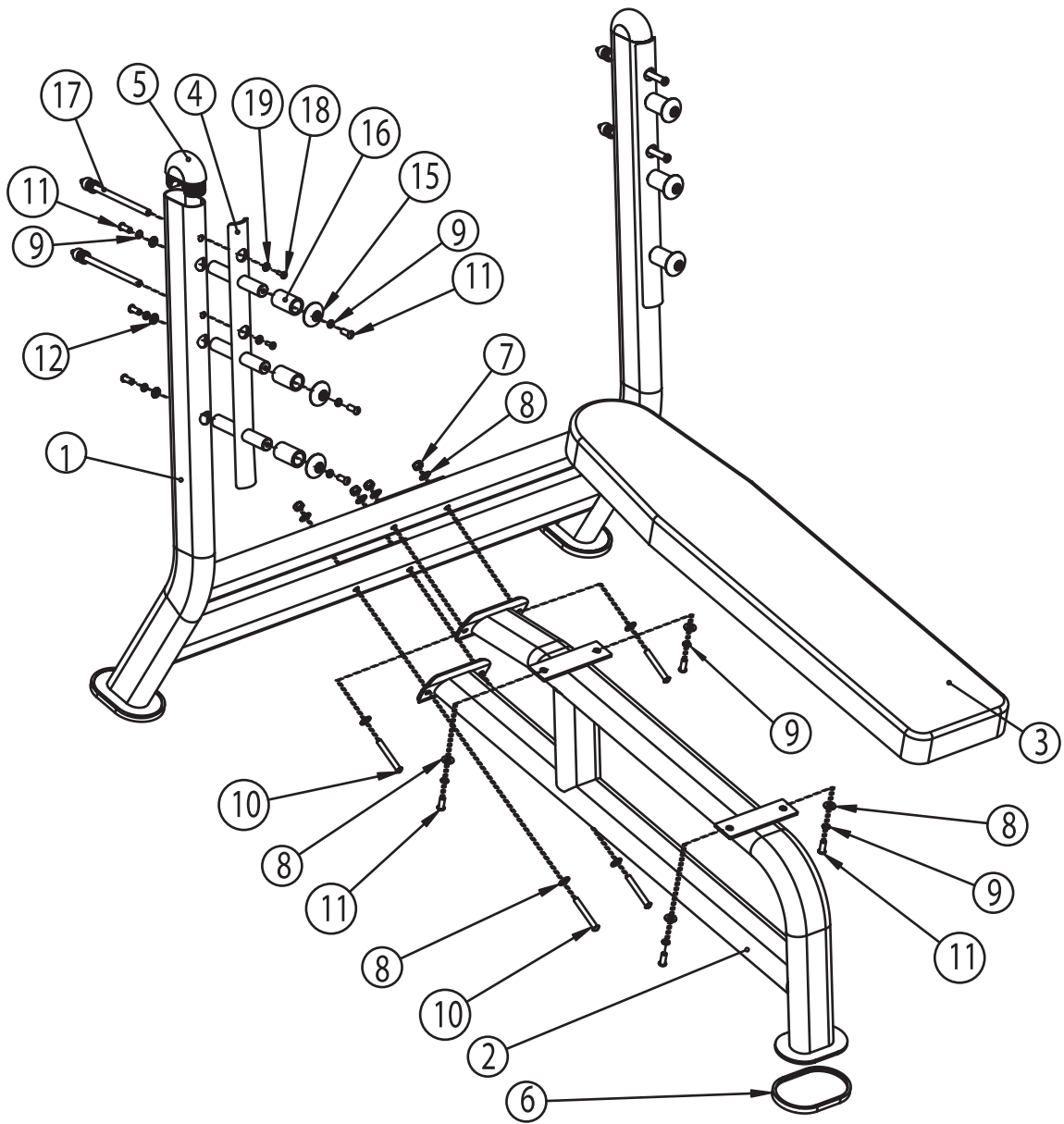
- * Read all instructions before using the FLAT BENCH. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

Personal Safety During Assembly

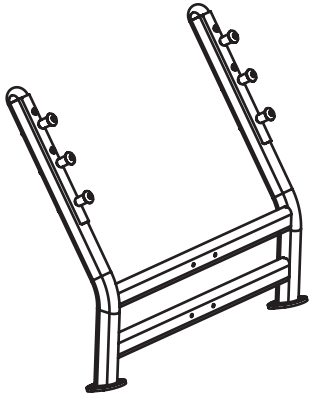
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The FLAT BENCH is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

IT6014B FLAT BENCH

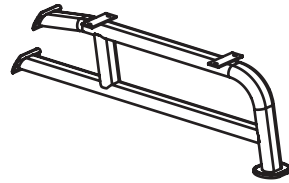
Exploded View Diagram



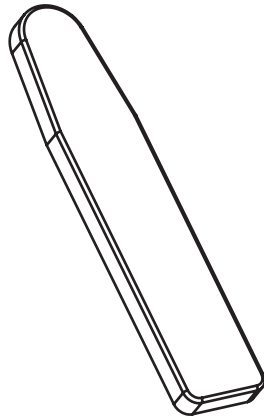
Assembly Part List



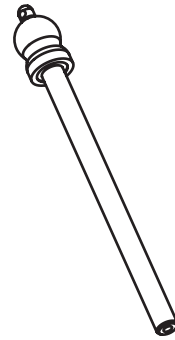
[1#] 1pcs



[2#] 1pcs

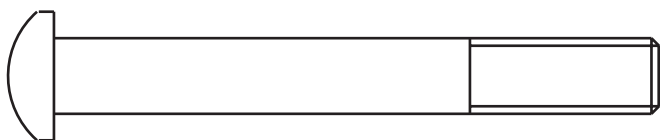


[3#] 1pcs



[17#] 4pcs

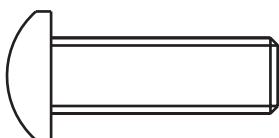
Hardware List



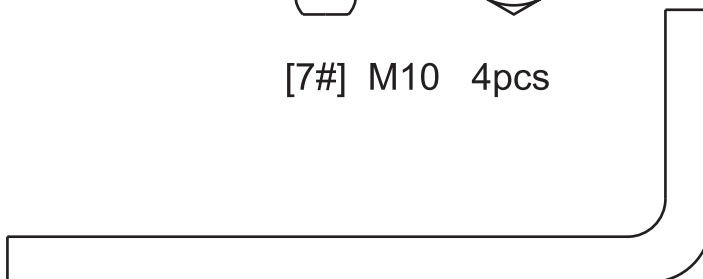
[10#] M10*80 4pcs



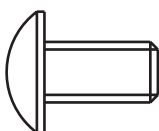
[7#] M10 4pcs



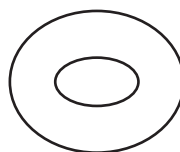
[11#] M10*30 16pcs



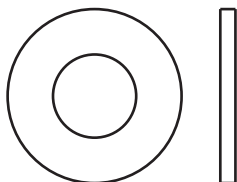
[14#] S=6 1pcs



[18#] M6*12 4pcs



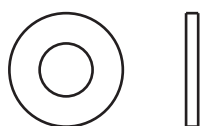
[12#] Ø11*Ø23*1.5 6pcs



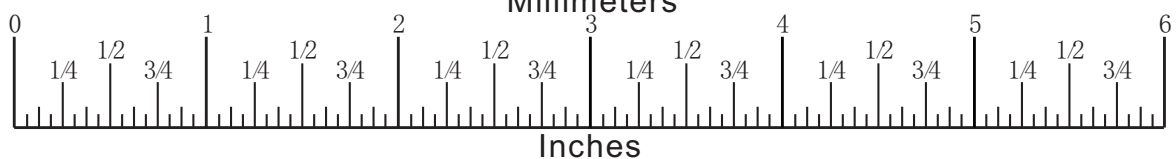
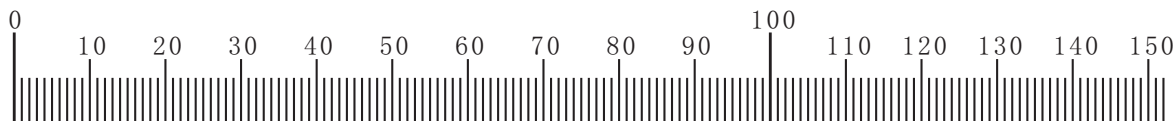
[8#] Ø11 *Ø23*2 12pcs



[9#] Ø10 16pcs



[19#] Ø6*Ø15*1.6 4pcs



Parts List

Item No.	Description	QTY
1	Main upright	1
2	Pad upright	1
3	Pad	1
4	Weight bar storage	2
5	Plug RT50*100	2
6	Foot pad	3
7	Nylon locknut M10	4
8	Washer $\Phi 11*\Phi 23*2$	12
9	Spring washer $\Phi 10$	16
10	Allen bolt M10*80	4
11	Allen bolt M10*30	16
12	Curving washer $\Phi 11*\Phi 23*\Phi 1.5$	6
14	Allen wrench S=6	1
15	Curving block $\Phi 49*12$	6
16	Rubber sleeve $\Phi 25.3*\Phi 34.5*57$	6
17	Safety pin	4
18	Philip screw M6*12	4
19	Washer $\Phi 6.6*\Phi 15*1.6$	4

Assembly Instructions

Assembly of the FLAT BENCH takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.



Note

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

STEP 1

1) Attach the Pad upright (2#) to the Main upright (1#) use:

Four Allen bolts (10#) M10*80

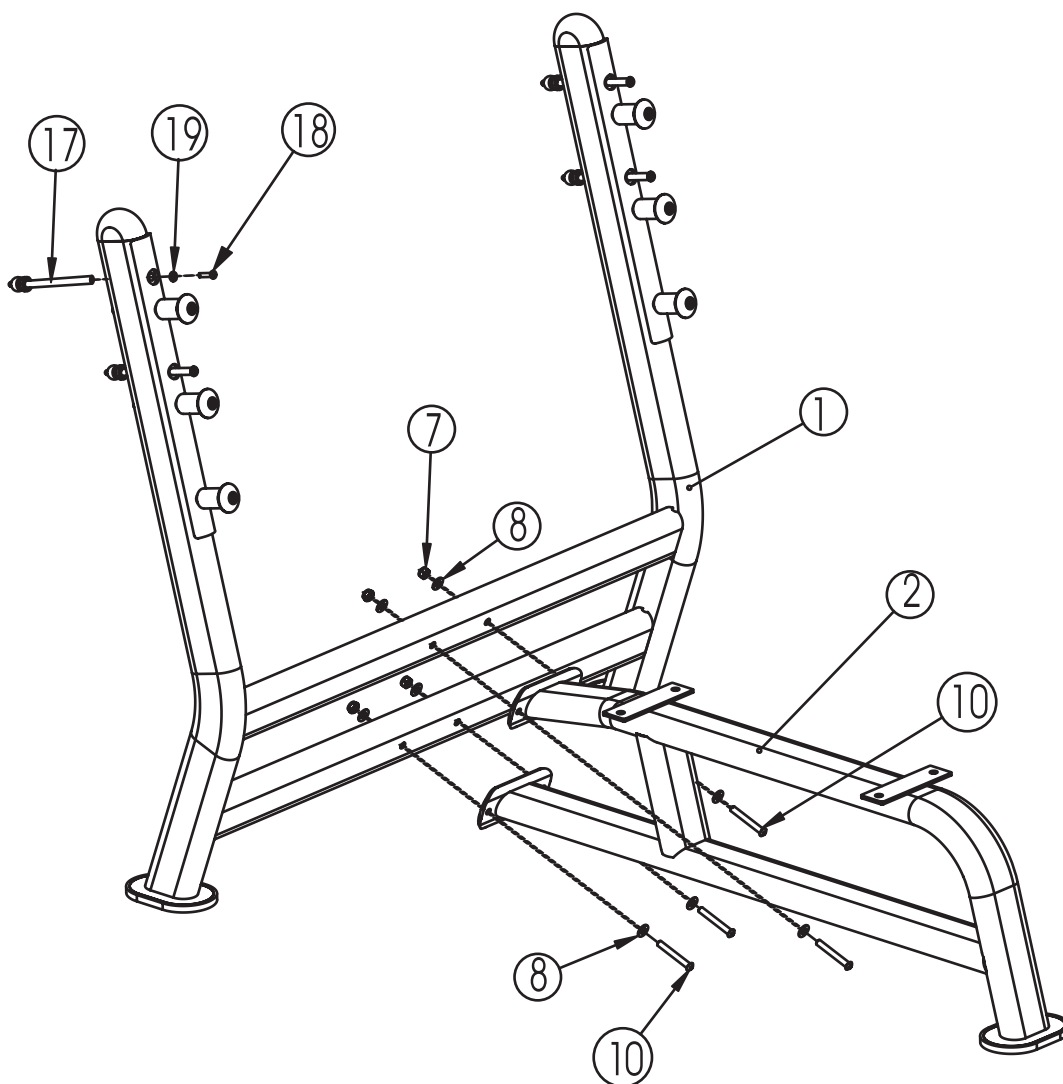
Eight Washers (8#) $\Phi 11 * \Phi 23 * 2$

Four Nylon Locknuts (7#) M10

**2) Through Four Safety pins (17#) to the Main upright (1#),
attached by:**

Four Philip Screws (18#) M6*12

Four Washers (19#) $\Phi 6.6 * \Phi 15 * 1.6$



STEP 2

Attach the Pad (3#) to the Pad upright (2#), use:
Four Allen bolts (11#) M10*30
Four Washers (8#) $\Phi 11 * \Phi 23 * 2$
Four Spring Washers (9#) $\Phi 10$

