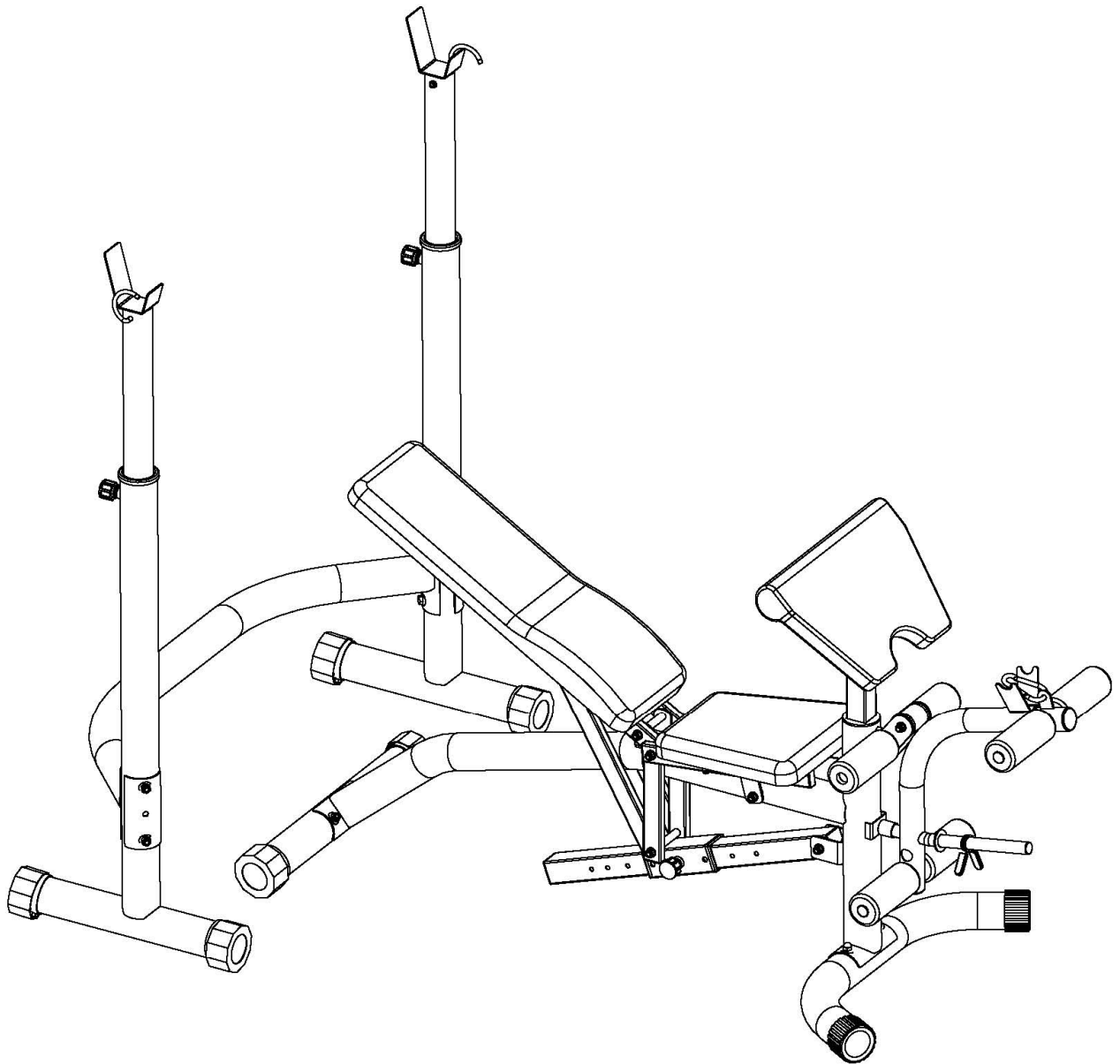


# SIT UP BENCH

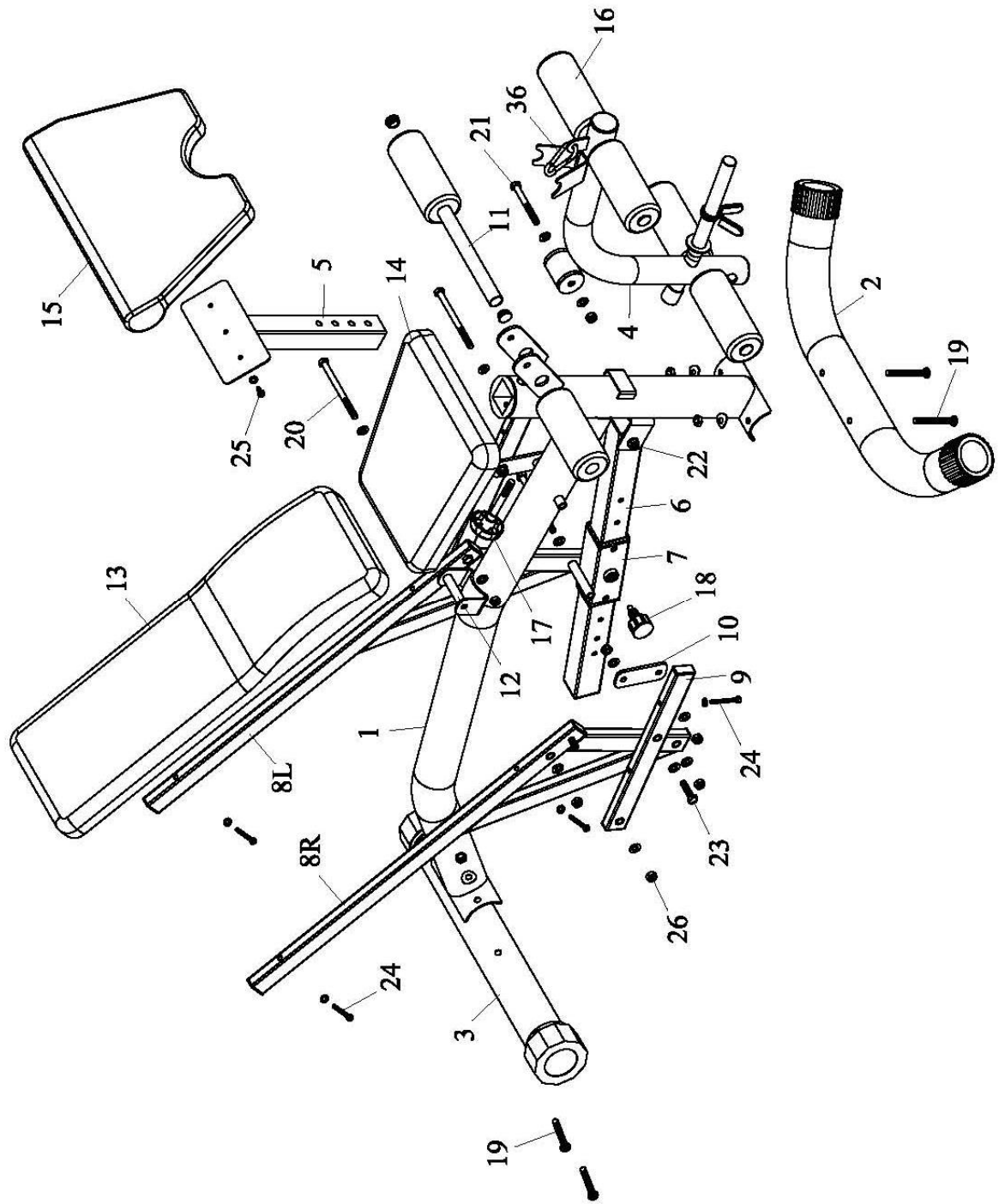
## BH3660B

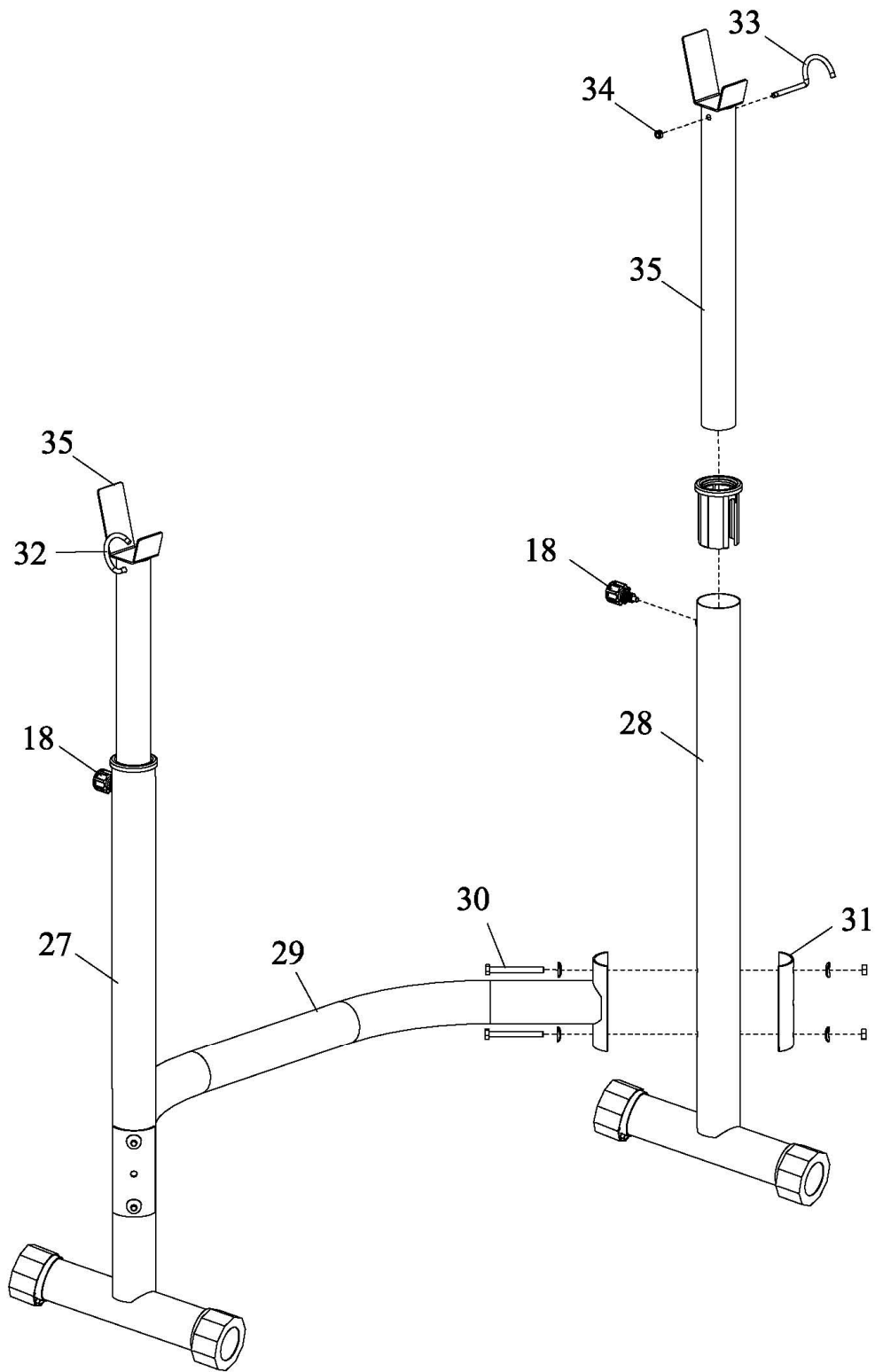


ASSEMBLY INSTRUCTIONS

## PARTS LIST

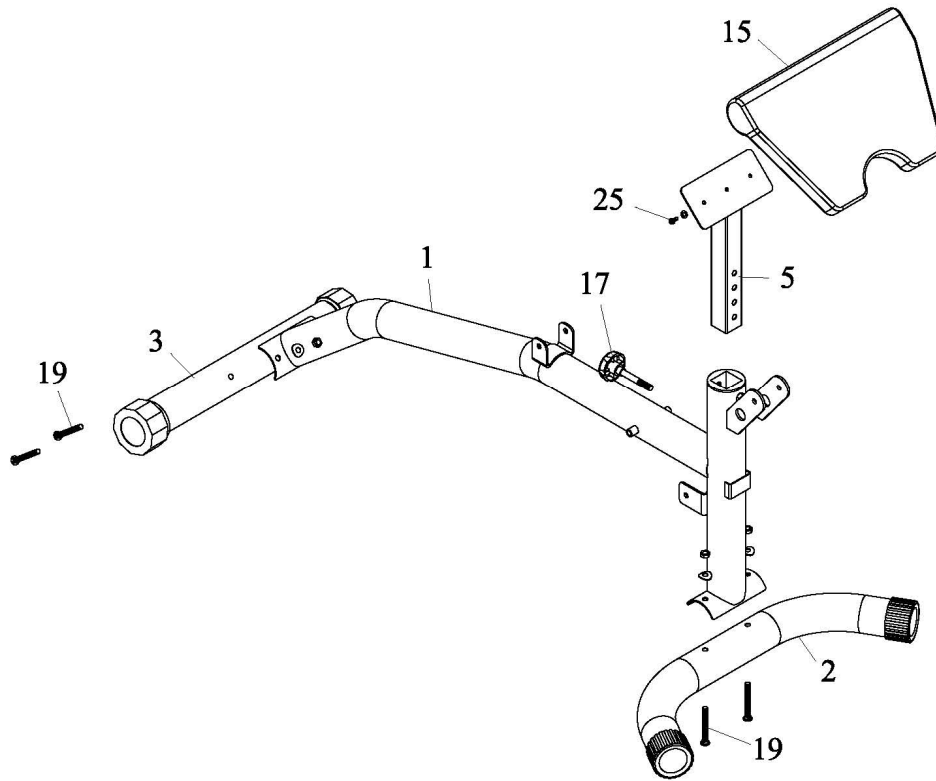
NO.	DESCRIPTION	Q'TY
1	MAIN FRAME	1
2	FRONT BASE	1
3	REAR BASE	1
4	LEG EXTENSION	1
5	ARMREST CUSHION SUPPORT	1
6	SLIDE TUBE	1
7	ADJUSTABLE SUPPORT	1
8	BACK CUSHION SUPPORT (L&R)	2
9	SEAT CUSHION SUPPORT	2
10	JOINT PLATE	2
11	FOAM TUBE	3
12	JOINT TUBE	1
13	BACK CUSHION	1
14	SEAT CUSHION	1
15	ARMREST CUSHION	1
16	FOAM ROLLER	6
17	PLASTIC HEAD BOLT	1
18	FAST PIN	3
19	SQUARE NECK BOLT M10*90 + ARC WASHER + NUT	4
20	BOLT M10*140 + WASHERS + LOCK NUT	3
21	BOLT M10*90 + WASHERS + LOCK NUT	1
22	BOLT M10*75 + WASHERS + LOCK NUT	1
23	BOLT M10*45 + WASHERS + LOCK NUT	2
24	BOLT M6*55 + WASHER	8
25	BOLT M6*20 + WASHER	2
26	LOCK NUT M10 + WASHER	2
27	RIGHT VERTICAL BEAM	1
28	LEFT VERTICAL BEAM	1
29	CROSS BEAM	1
30	BOLT M10*95 + ARC WASHERS + NUT	4
31	ARC JOINT PLATE	2
32	RIGHT SAFETY LOCK	1
33	LEFT SAFETY LOCK	1
34	LOCK NUT M8	2
35	ADJUSTABLE BARBELL SUPPORT	2
36	HOOK	1





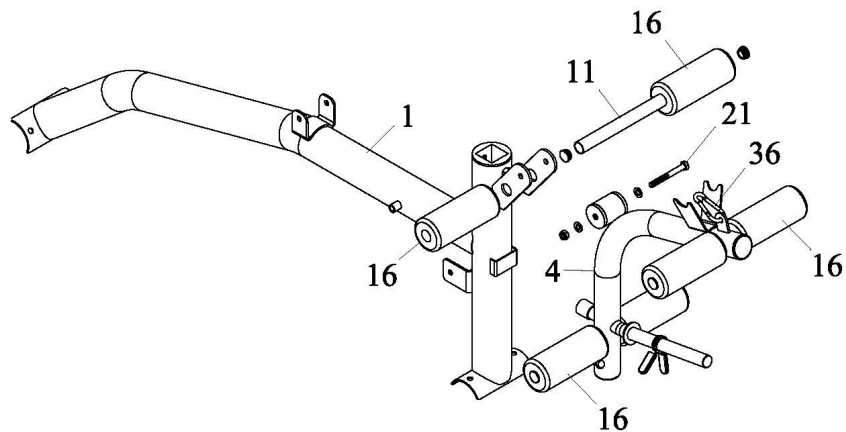
# ASSEMBLY INSTRUCTIONS

## STEP 01



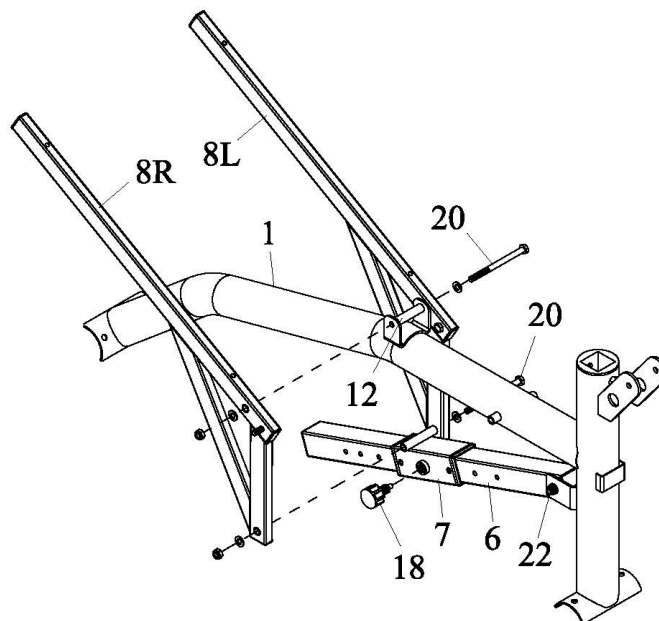
1. Attach front base (2) to main frame (1) with square neck bolt M10\*90 + arc washer + nut (19).
2. Attach rear base (3) to main frame (1) with square neck bolt M10\*90 + arc washer + nut (19).
3. Attach armrest cushion (15) to armrest cushion support (5) with bolt M6\*20 + washer (25).
4. Insert armrest cushion support (5) into front port of main frame (1), screw in place with plastic head bolt (17).

## STEP 02



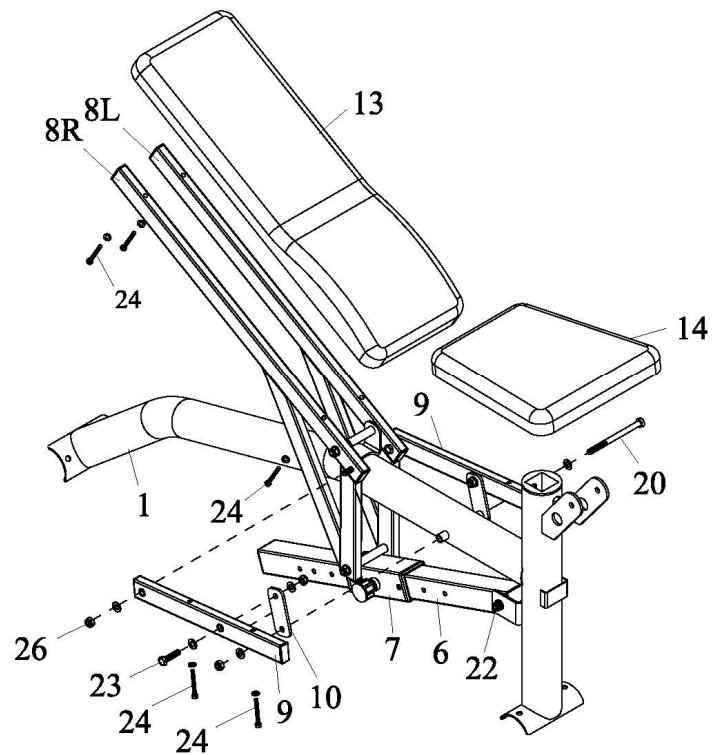
1. Attach leg extension (4) to main frame (1) with bolt M10\*90 + washers + lock nut (21).
2. Insert foam tubes (11) into hole on main frame (1) and leg extension (4). Then push a foam roller (16) onto each side of foam tube (11).

## STEP 03



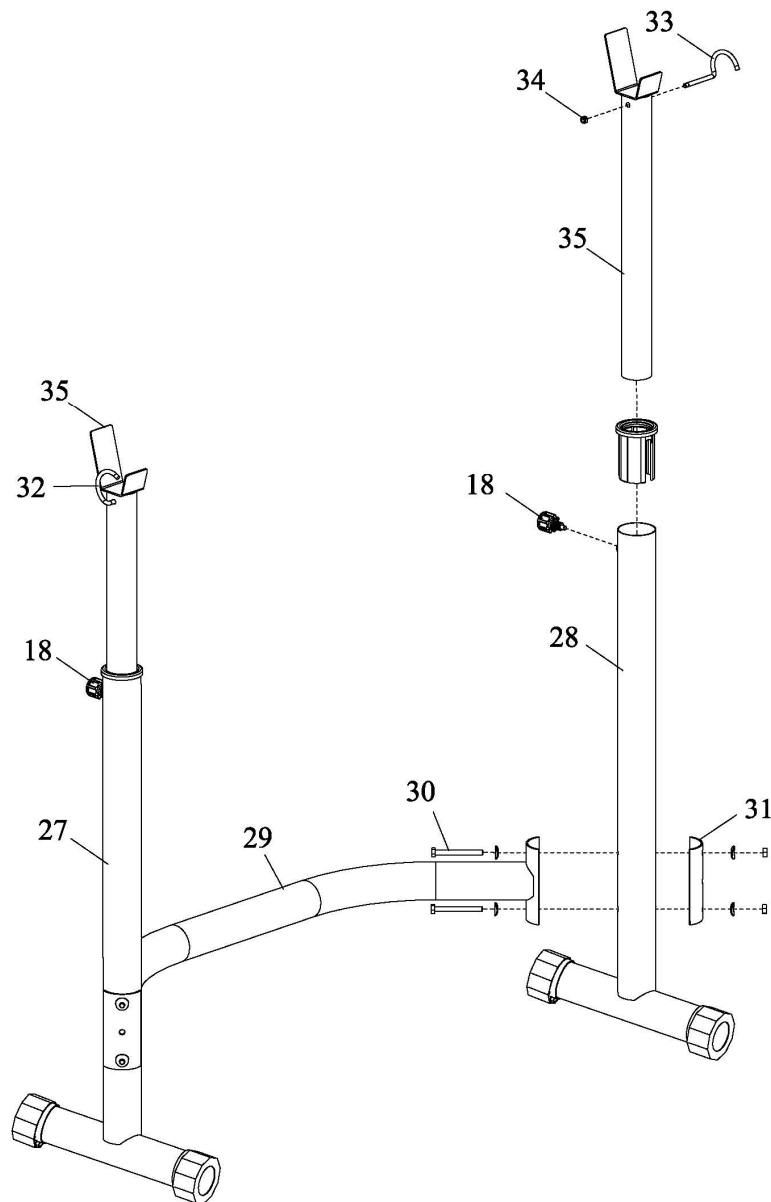
1. Attach slide tube (6) to main frame (1) with bolt M10\*75 + washers + nut (22).
2. Slide adjustment support (7) over slide tube (6), screw in place with fast pin (18).
3. Attach back cushion supports (8) to main frame (1) with joint tube (12) and bolt M10\*140 + washers + lock nut (20).
4. Attach back cushion supports (8) to adjustment support (7) with bolt M10\*140 + washers + lock nut (20).

## STEP 04



1. Attach seat cushion supports (9) to bolts on back cushion supports (8) with lock nut M10 + washer (26).
2. Attach joint plates (10) to seat cushion supports (9) with bolt M10\*45 + washers + lock nut (23).
3. Attach joint plates (10) to main frame (1) with bolt M10\*140 + washers + lock nut (20).
4. Attach back cushion (13) to back cushion supports (8) with bolt M6\*55 + washer (24).
5. Attach seat cushion (14) to seat cushion supports (9) with bolt M6\*55 + washer (24).

## STEP 05



1. Attach cross beam (29) and arc joint plate (31) to right and left vertical beam (27&28) with bolt M10\*95 + arc washer + nut (30).
2. Attach right and left safety lock (32&33) to adjustable barbell support (35) with lock nut M8 (34).
3. Insert barbell support (35) into port of right and left vertical beam (27&28), screw with fast pin (18).