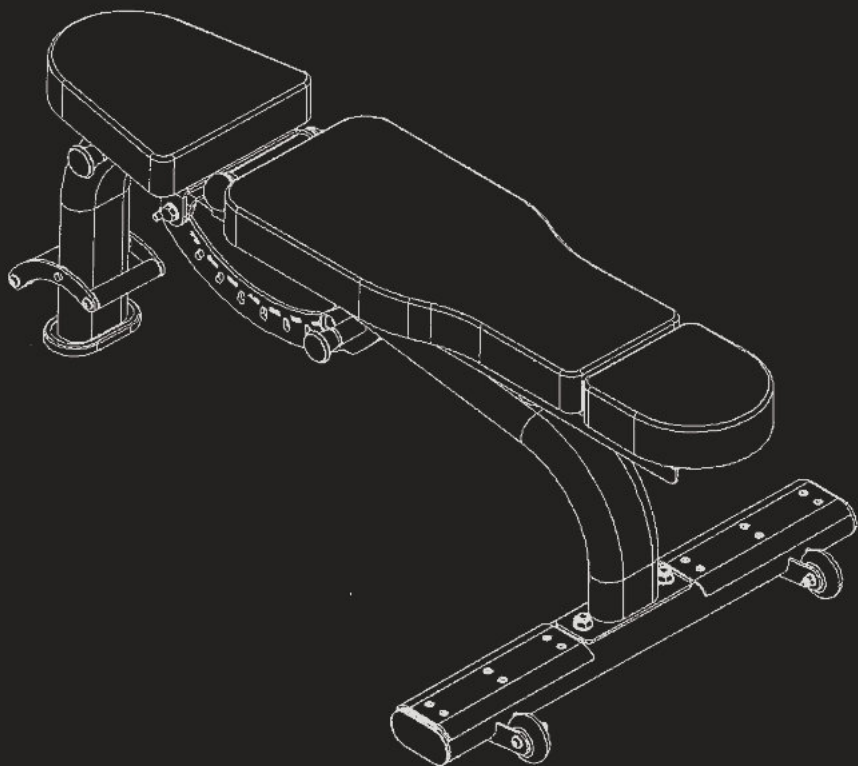
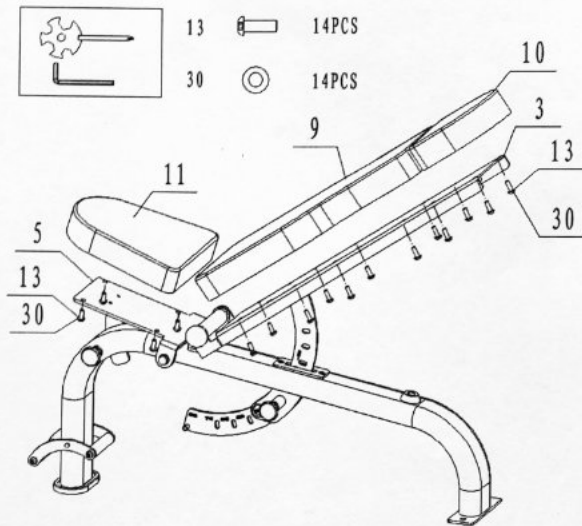


ADJUSTABLE BENCH

MP2310



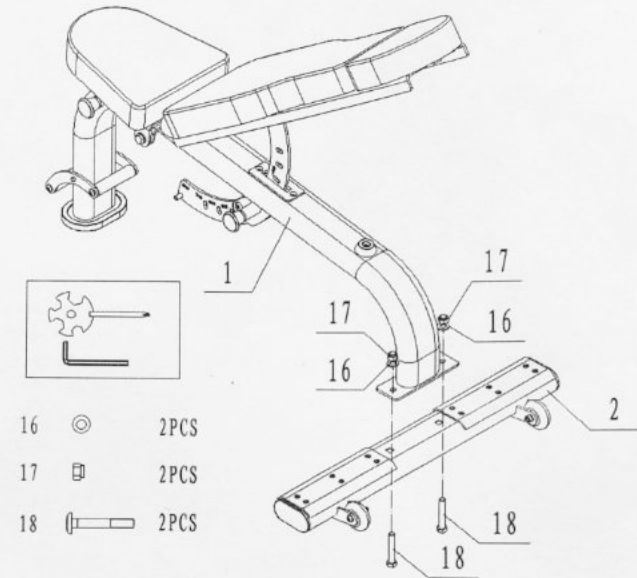
Montagesteps



Step 1

Assembly Back Pad (9), Pillow (10) and Back Pad Support Frame (3) by 10 Bolt M8*25 (30) and 10 Flat Washer ϕ 8 (13).

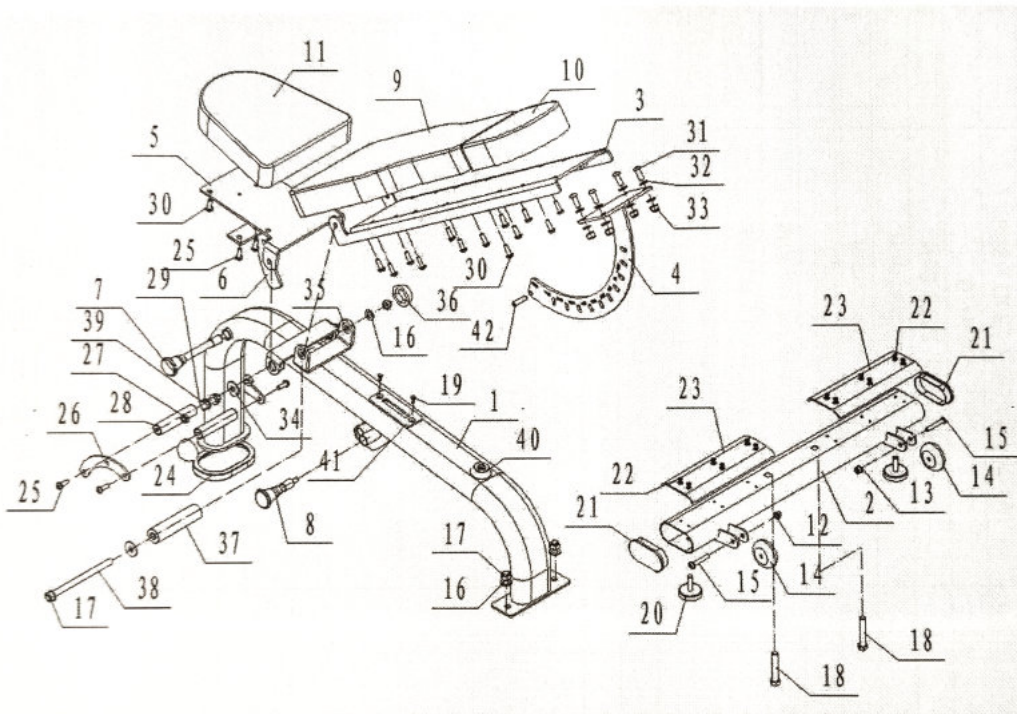
Assembly Seat Pad (11) and Seat Pad Support Frame (5) by 4 Bolt M8*25 (30) and 4 Flat Washer ϕ 8 (13).



Step 2

Please connect the Base Frame (2) to the Main Frame (1), using 2 Carriage Bolts (18), 2 Washers (16) and 2 Lock Nuts (17).

Please tighten the bolts and nuts.



Parts List		
Item No.	Description	Q'ty
1	Main Frame	1
2	Base Frame	1
3	Back Pad Support Frame	1
4	Back Pad Angle Adjustment Plate	1
5	Seat Pad Support Frame	1
6	Seat Pad Angle Adjustment Plate	1
7	Lock Pin For Seat Pad	1
8	Knob for Back Pad	1
9	Back Pad	1
10	Pillow	1
11	Seat Pad	1
12	Lock Nut M8	2
13	Washer for M8 Bolt	25
14	Transport Wheel	2
15	Allen Bolt M8x45mm	2
16	Washer for M12 Bolt	6
17	Lock Nut M12	6
18	Carriage Bolt M12x70mm	2
19	Screw M6*12mm	2
20	Leveler	2
21	End Cap 50x100mm	2
22	Allen Bolt M5x8mm	12
23	Foot Padding	2
24	Rubber Shoe	1
25	Allen Bolt M8x15mm	6
26	Handlebar Plate	2
27	Plastic Washer for Handle	2
28	Plastic Sleeve for Handle	2
29	Handlebar Shaft	2
30	Allen Bolt M8x25mm	14
31	Allen Bolt M10x25mm	4
32	Washer for M10 Bolt	8
33	Lock Nut M10	4
34	Washer 34 OD x 13 ID x 3mm t	6
35	Bearing (61901) 24 OD x 12 ID x 6mm t	4
36	Plastic Cap	2
37	Shaft for Back Pad	1
38	Hex Bolt M12x180mm	1
39	Allen Bolt M12x35mm	2
40	Rubber Bumper	1
41	Plastic Bush	1
42	Pin	1

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED