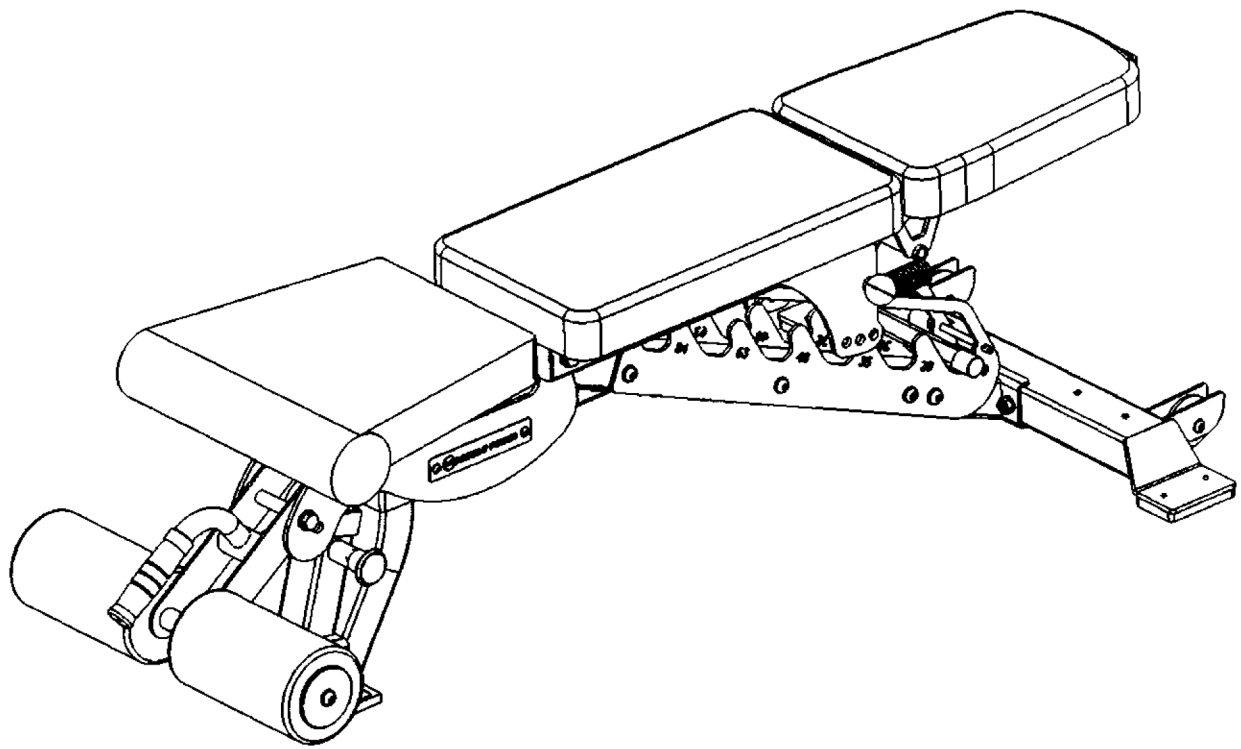
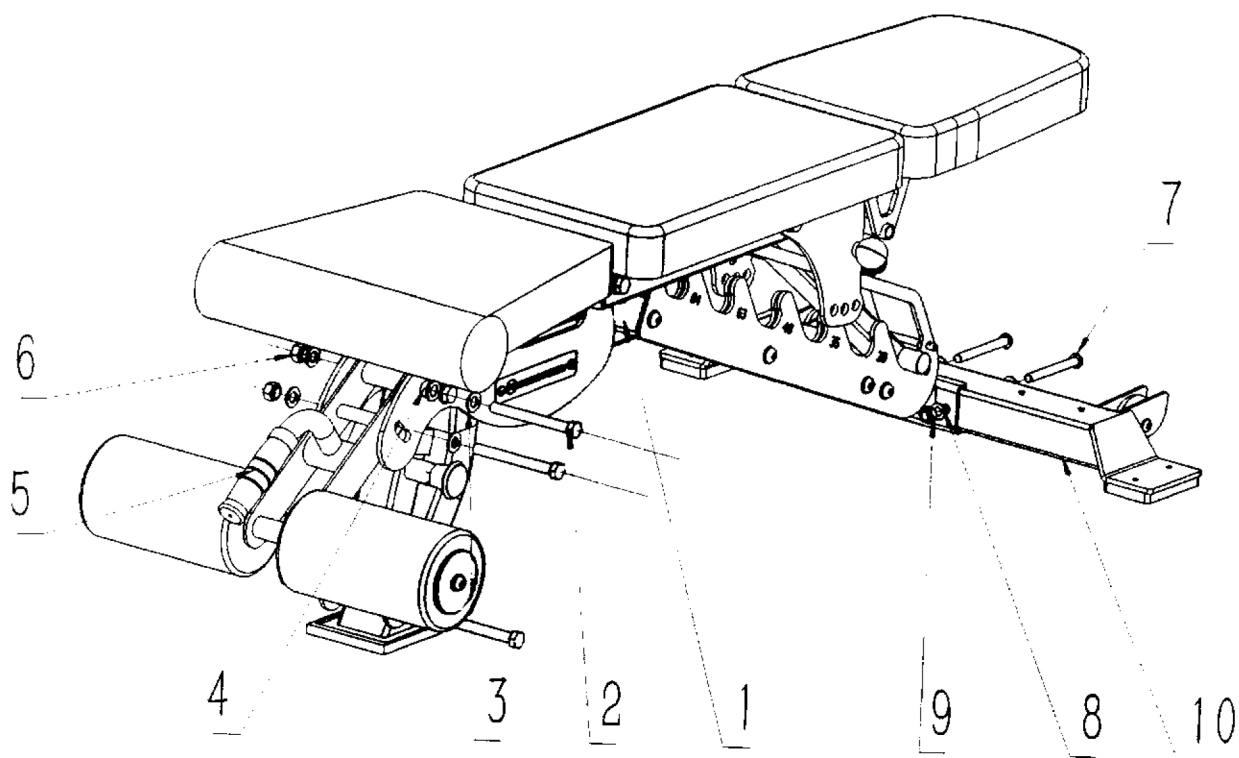




Adjustable Bench



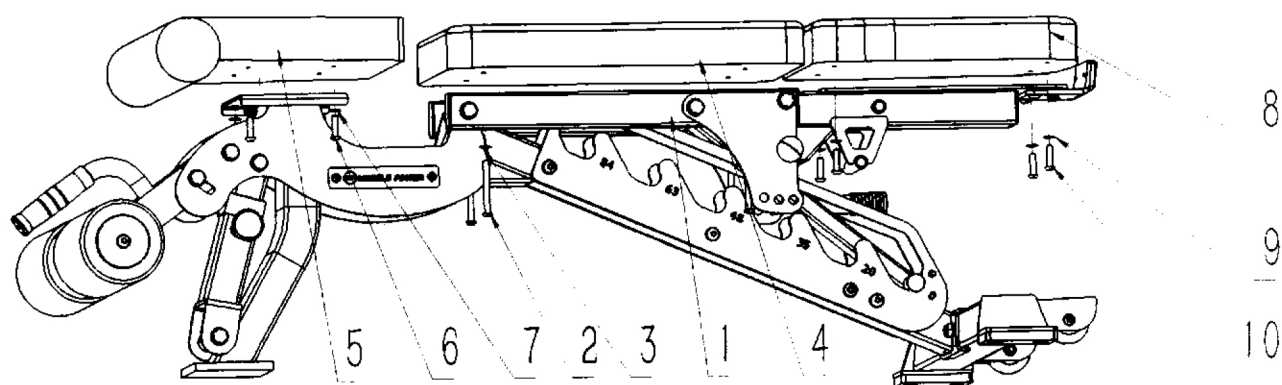
Step 1: Assembly



The instructions		
No.	Description	Q'ty
1	The main frame	1
2	Bolt M12*115	2
3	Washer $\varnothing 12$	4
4	Copper alloy bushings	2
5	The Adjustment tube	1
6	Nut M12	2
7	Bolt M10*90	2
8	Washer $\varnothing 10$	4
9	Nut M10	2
10	Rear support leg	1



Step 2: Assembly



The instructions		
No.	Description	Q'ty
1	The main frame	1
2	Bolt M8*70	4
3	Washer $\varnothing 8$	4
4	lower Backrest cushion	1
5	seat cushion	1
6	Bolt M8*30	4
7	Washer $\varnothing 8$	4
8	up Backrest cushion	1
9	Bolt M8*30	4
10	Washer $\varnothing 8$	4