

Инструкция

Мультисистема с силовой скамьей Powertec WB-MS14-B black

Полезные ссылки:

[Мультисистема с силовой скамьей Powertec WB-MS14-B black - смотреть на сайте](#)

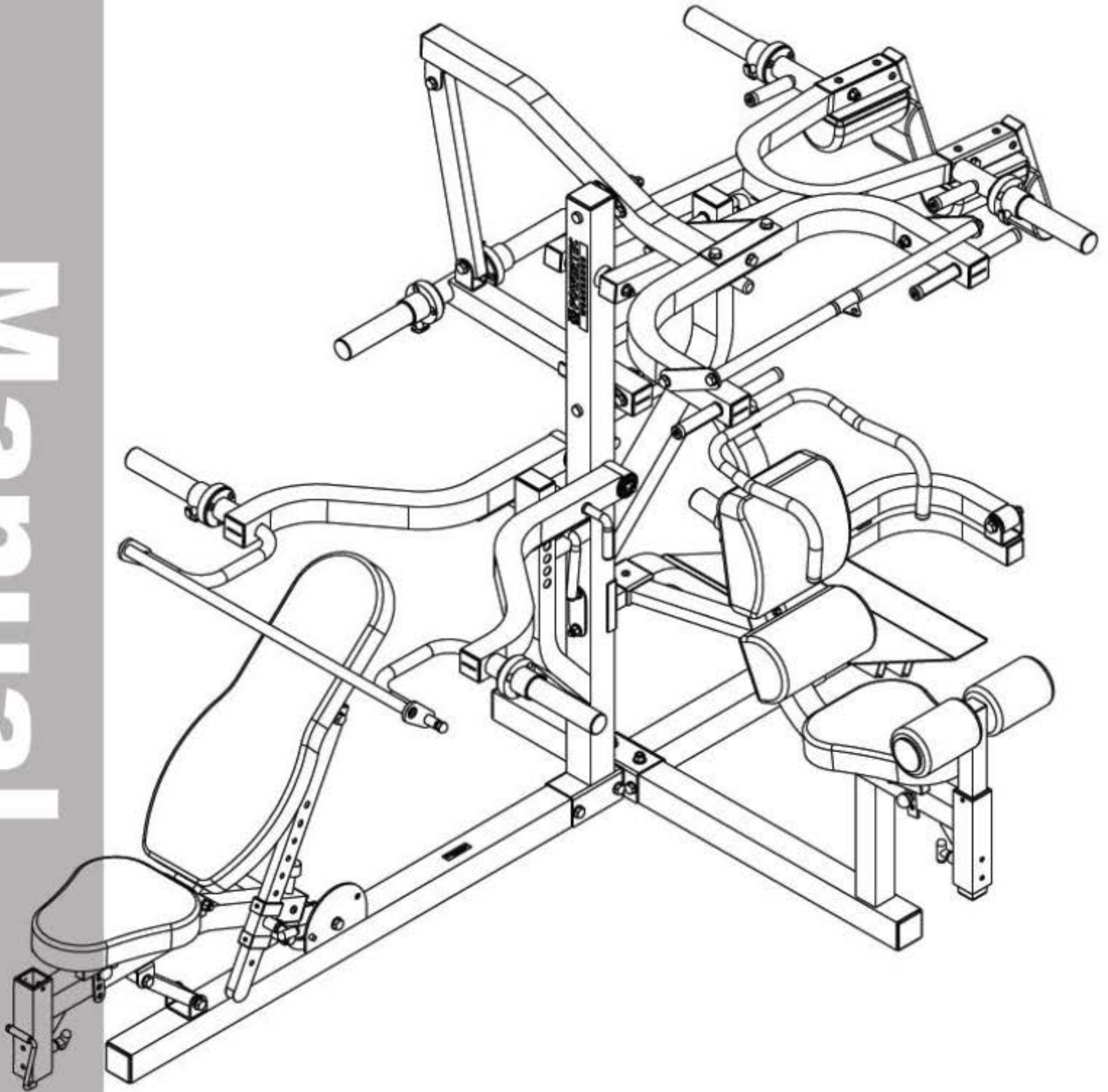
[Мультисистема с силовой скамьей Powertec WB-MS14-B black - читать отзывы](#)

 **POWERTEC®**

WORKBENCH

WB-MS14

Manual



WORKBENCH MULTI SYSTEM

Thank you for purchasing your new Powertec equipment. To maximize the use of this equipment, please take a moment to study, understand and familiarize with the assembly instructions and follow the sequence of steps as provided in the manual.

Because of our products unique features, this manual was created to provide you with information on how to assemble and properly maintain your equipment.

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WB-MS14 Workbench Multi-System

Weight Capacities

Lever Press Isolateral Arm: 250 Lbs.	Lat Lever Arm: 400 Lbs.
Lever Bench Press Arms: 500 Lbs.	Tricep Bar: 200 Lbs.
Squat Arm: 500 Lbs.	Ab Crunch: 100 Lbs.

Featured Exercises

Bench Press	Incline Overhead Row	Seated Overhand Lat Pulldown
Seated Row	Shoulder Press	Overhead Triceps Pushdowns
Incline Bench Press	Shrug	Seated Underhand Lat Pulldown
Triceps Extension	Tricep Press	Incline Bench Rows
Underhand Triceps Pushdowns	Ab Crunch	Incline Shoulder Press
Bent Over Row	Bent Knee Deadlift	Squat
Decline Bench Press	Straight Leg Deadlift	Bicep Curls
Close Grip Bench Press	Incline Overhead Tricep Extension	
Calf Raise	Lunges	

Recommended Accessories

WB-PFA13	Pec Fly Accessory	WB-LTA-13	Lat Tower Accessory
WB-LPA13-S1	Leg Press Accessory	WB-DMA13	Dip Machine Accessory
WB-LLA14	Leg Lift Accessory	WB-ASR10	Accessory Storage Rack

SAFETY INSTRUCTIONS, WARNINGS AND CAUTIONS



It is recommended that users of this equipment receive a thorough medical exam before commencing any exercise program. This is especially important if you have never Exercised and or are over the age of 35, are pregnant or suffer from any health issues.

Read All Warnings and Cautions on this Manual and on the Product

This product should only be used after a thorough review of the Owner's Manual.

Keep children away from the product when in use.

Set up and operate the product on a solid level surface.

Do not set up the product on loose rugs or uneven surfaces.

Make sure adequate space is available to exercise and move around the product.

Inspect product before and after each use, inspect for worn out or loose parts, repair or replace as needed.

This equipment meets industry safety standards for stability when used for the intended exercise. Do not allow straps, resistance bands or other means to be attached to the framework of this equipment to perform stretching or body weight exercises as it can result to equipment instability and lead to serious injuries.

Always choose a workout that best fits your needs, physical strength and flexibility Levels, know your limits and your product limits and train within them.

Always wear proper footwear with nonskid rubber soles such, running, walking or Cross training shoes that fit well and provide support.

Do not exercise bare foot or in socks.

Always use common sense when exercising.


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MAINTENANCE



The safety and performance of this product can be maintained only if it is examined regularly for damage and normal wear. Examine the equipment before each use for damage and wear. Replace damaged and worn components immediately or put the equipment out of use until repaired.

Inspect Daily / Before Each Use!

Inspect system. Make sure it is in good condition and operates smoothly. If you find damage, **DO NOT USE**. Contact your authorized Powertec dealer or Powertec Customer Service Center for assistance.

Inspect Daily / After Each Use!

Clean system with a clean, dry cloth. Use a mild detergent or spray on upholstery. Do Not use cleansers containing enzymes.

Inspect Weekly!

Clean your system fully with a clean and ammonia based cleaner. Touch up any scratches with touch-up paint to prevent rust, if necessary.

Inspect Monthly!

Examine the frame for signs of cracking or permanent bending. Do not use the equipment if you see this. Contact Powertec Customer Service Immediately. If you have any questions on the correct use or maintenance of this equipment, call your authorized distributor or Powertec Customer Service at 800-250-6665

Our Customer Service Mission:

“Committed to Stronger Lives”

By providing friendly and understanding service.

Tools Required for Assembly



M6 Allen Wrench



Wrenches
13 mm = 1/2"
19 mm = 3/4"
21 mm = 13/16"



8" Adjustable Wrench

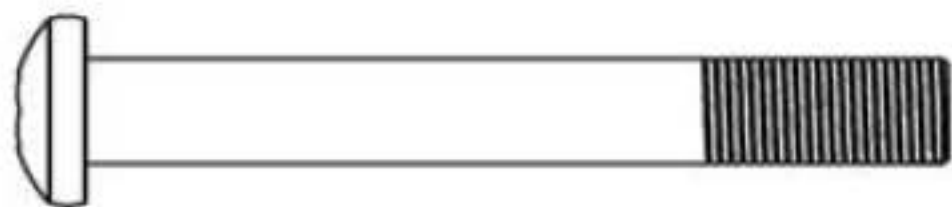
HARDWARE LIST

Hardware Provided for Assembly

Hardware as shown is actual size!



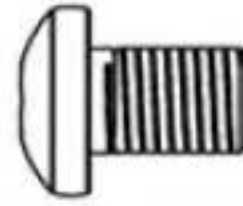
No. 62 3/8" x 1 1/2" 18 Pcs.



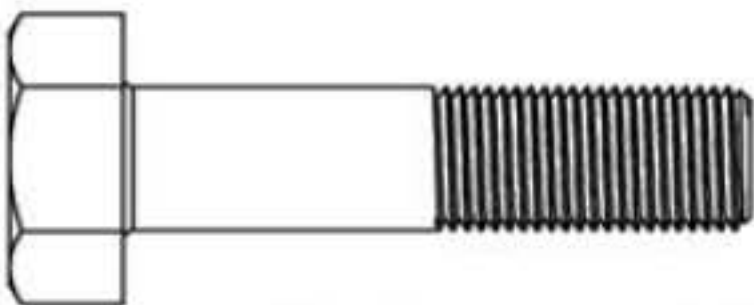
No. 63 3/8" x 2 3/4" 1 pc.



No. 64 3/8" x 2 7/8" 4 Pcs.



No. 79 3/8" x 1/2" 12 Pcs.



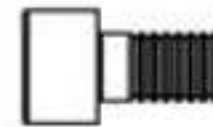
No. 65 1/2" x 2" 1 Pc.



No. 66 1/2" x 2 3/4" 4 Pcs.



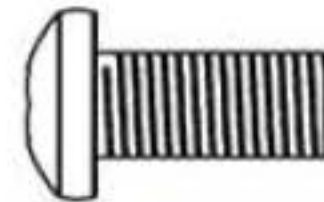
No. 67 1/2" x 3" 7 Pcs.



No. 37.3 M6 x 10 1 Pc.



No. 68 1/2" x 3 1/2" 2 Pcs.



No. 61 3/8" x 3/4" 12 Pcs.



No. 71 1/2" x 4 1/8" 1 Pc.


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WORKBENCH MULTI SYSTEM

HARDWARE LIST


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Hardware Provided for Assembly

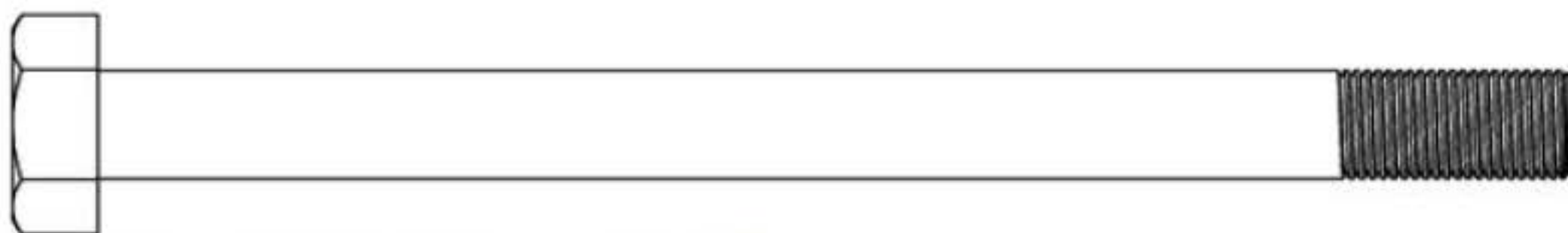
Hardware as shown is actual size!



No. 72 1/2" x 4 1/4" 9 Pcs.



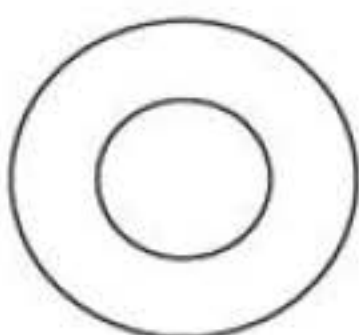
No. 73 1/2" x 6" 1 Pc.



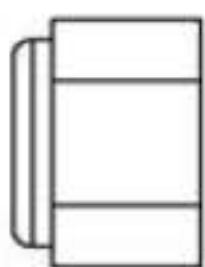
No. 74 1/2" x 6 1/4" 1 Pc.



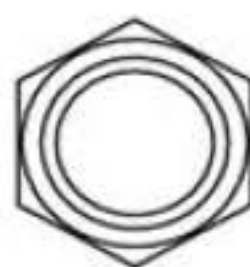
No. 75 1/2" x 7 1/8" 1 Pc.



No. 77 1/2" 59 pcs.



No. 78 1/2" 32 pcs.



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PART LIST

Part No.	Description	QTY
1	Seat Support Tube - LP	1
2	Linkage Tube - Base CP	1
3	Sliding Tube - CP	1
4	Bracket - CP	1
5	Seat Adjust Tube - CP	1
6	Backrest Tube	1
7	Seat Tube	2
8	Front Main Frame	1
9	Rear Adjust Tube	1
10	Front Adjust Tube	1
11	Upright	1
12	Foot Plate Support Tube - SQ	1
13	Linkage Tube - LP	1
14	Row Chair Lower Tube - LP	1
15	Row Chair Upper Tube - LP	1
16	Weight Horn Support Tube - LP	1
17	Linkage Tube - SQ	1
18	Foot Plate - SQ	1
19	U Shape Arm - SQ	1
20	Weight Horn Support Tube Right - SQ	1
21	Weight Horn Support Tube Left - SQ	1
22	Shoulder Pad Tube - SQ	2
23	Weight Horn Support Tube - LP	1
24	Linkage Tube - LP	1
25	Adjustment Tube - LP	1
26	Hand Lat Bar / U Shape Arm - LP	1
27	Handle Tube Right / Isolateral Arm - CP	1
28	Handle Tube Left / Isolateral Arm - CP	1
29	Push Bar / Close Grip Bar - CP	1
30	Handle Tube / CP	1
31	ABS BAR - LP	1
32	Seat Pad Bracket - LP	1
33	Seat Pad Tube - LP	2
34	Legs Support Tube - LP	1
35	Roller Support Tube - LP	1
36	Safety L Bar Handle - CP	1
37	Safety L Bar Handle - SQ	1
38	Bushing / Spacer	2
39	Short Lat Bar - LP	1

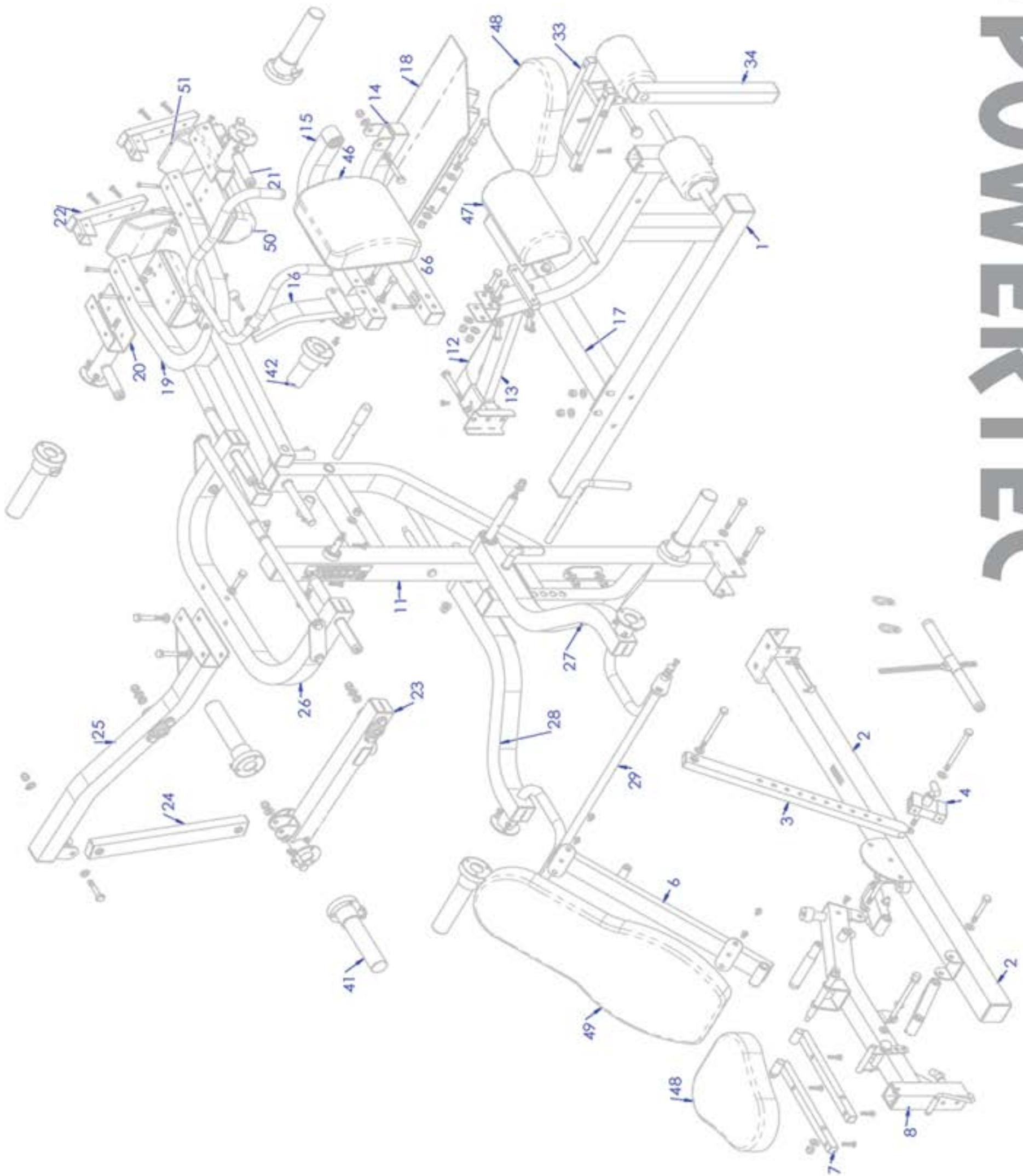
Part No.	Description	QTY
40	Bushing	1
41	Weight Horn	6
42	Weight Horn	1
43	Safety L Bar - Isolateral Arms CP	1
44	Chain	1
45	Safety Bar - Bumper Tube - SQ	1
46	Backrest Pad - LP	1
47	Lower Backrest Pad - LP	1
48	Seat Pad	2
49	Backrest Pad - CP	1
50	Shoulder Pad, Large - SQ	2
51	Shoulder Pad, Small - SQ	2
52	Steel Axis - CP	1
53	Steel Axis - SQ	1
54	Steel Axis, Workbench - CP	1
55	Bumper, Safety Bar - SQ	2
56	Roller Foam Tubes - LP	2
57	Chrome End Caps - LP	2
58	Ball Head Lock Pin	2
59	Snap Link, Ellipse Hook	2
60	Ball Head Lock Pin	1
61	Hex Bolt 3/8" x 3/4"	13
62	Hex Bolt 1/8" x 1 1/2"	18
63	Hex Bolt 3/8" x 2 3/4"	1
64	Hex Bolt 3/8" x 2 7/8"	4
65	Hex Bolt 1/2" x 2"	1
66	Hex Bolt 1/2" x 2 3/4"	4
67	Hex Bolt 1/2" x 3"	7
68	Hex Bolt 1/2" x 3 1/2" S1	2
69	Hex Bolt 1/2" x 3 3/8"	1
70	Hex Bolt 1/2" x 3 3/4"	4
71	Hex Bolt 1/2" x 4 1/8"	1
72	Hex Bolt 1/2" x 4 1/4"	9
73	Hex Bolt 1/2" x 6"	1
74	Hex Bolt 1/2" x 6 1/4"	1
75	Hex Bolt 1/2" x 7 1/8"	1
76	Washer 3/8"	1
77	Washer 1/2"	69
78	Nylon Nut 1/2"	37
79	Hex Bolt 3/8" x 1/2"	21

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WORKBENCH MULTI SYSTEM

EXPLODED DIAGRAM

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WORKBENCH MULTI SYSTEM

ASSEMBLY ONE

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Step 1

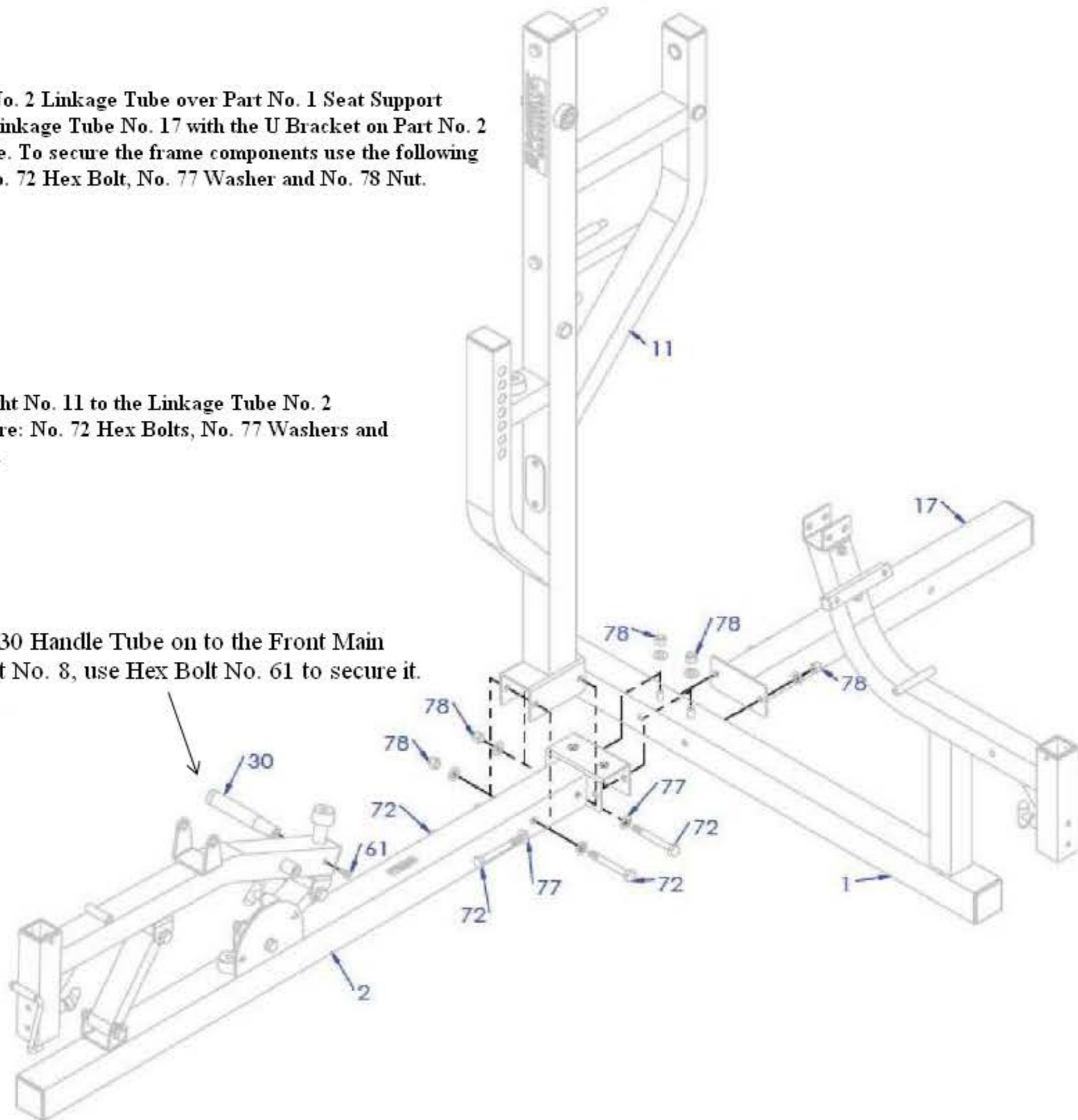
Install Part No. 2 Linkage Tube over Part No. 1 Seat Support Tube, align Linkage Tube No. 17 with the U Bracket on Part No. 2 Linkage Tube. To secure the frame components use the following hardware: No. 72 Hex Bolt, No. 77 Washer and No. 78 Nut.

Step 2

Install Upright No. 11 to the Linkage Tube No. 2
Use Hardware: No. 72 Hex Bolts, No. 77 Washers and No. 78 Nuts.

Step 3

Install No.30 Handle Tube on to the Front Main Frame Part No. 8, use Hex Bolt No. 61 to secure it.



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WORKBENCH MULTI SYSTEM

ASSEMBLY TWO

Step 1

Install Seat Tubes No. 7 to No. 8 Front Main Frame using Steel Axis No. 54 and Backrest Tube No. 6 use Hardware No. 77 Washers and No. 78 Nylon Nut.

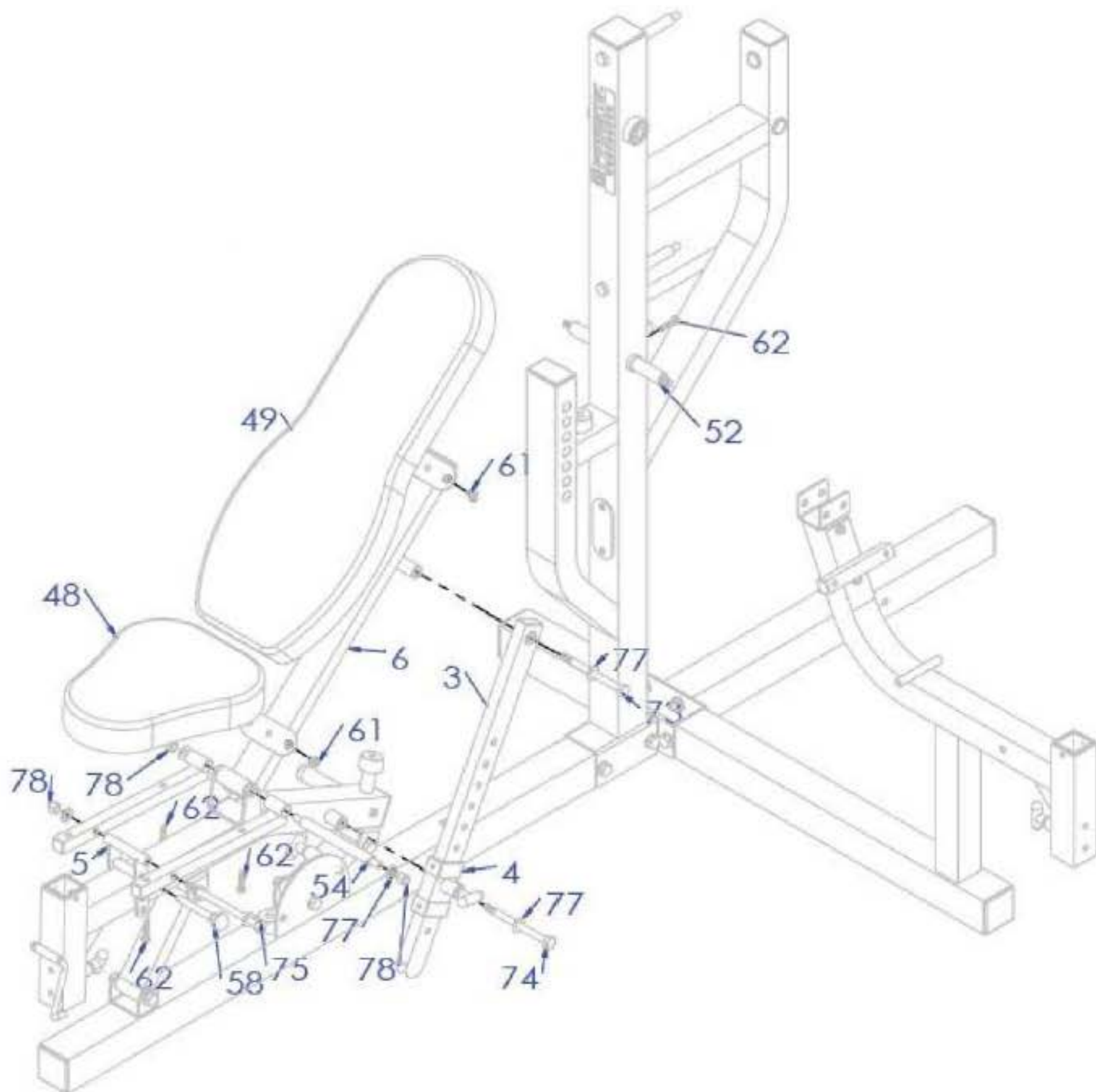
Step 2

Install No. 5 Seat Adjust Tube to Seat Pad Tubes No. 7 use Hex Bolt No. 75 to secure only Part No. 5 Seat Adjust Tube and Seat Pad Tubes No. 7
Hex Bolt No. 75 Does not go through the Bench Frame only through No. 5 Seat Adjust Tube and the two No. 7 Seat Pad Tubes. Use No. 77 Washer and No. 78 Nut.

Step 3

Install Seat Pad No. 48 using Hex Bolts No. 62
Install Backrest Pad No. 49 using Hex Bolts No. 61

To adjust Seat height and angle, use Part No. 58 Ball Head Lock Pin.



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WORKBENCH MULTI SYSTEM

ASSEMBLY THREE

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Step 1

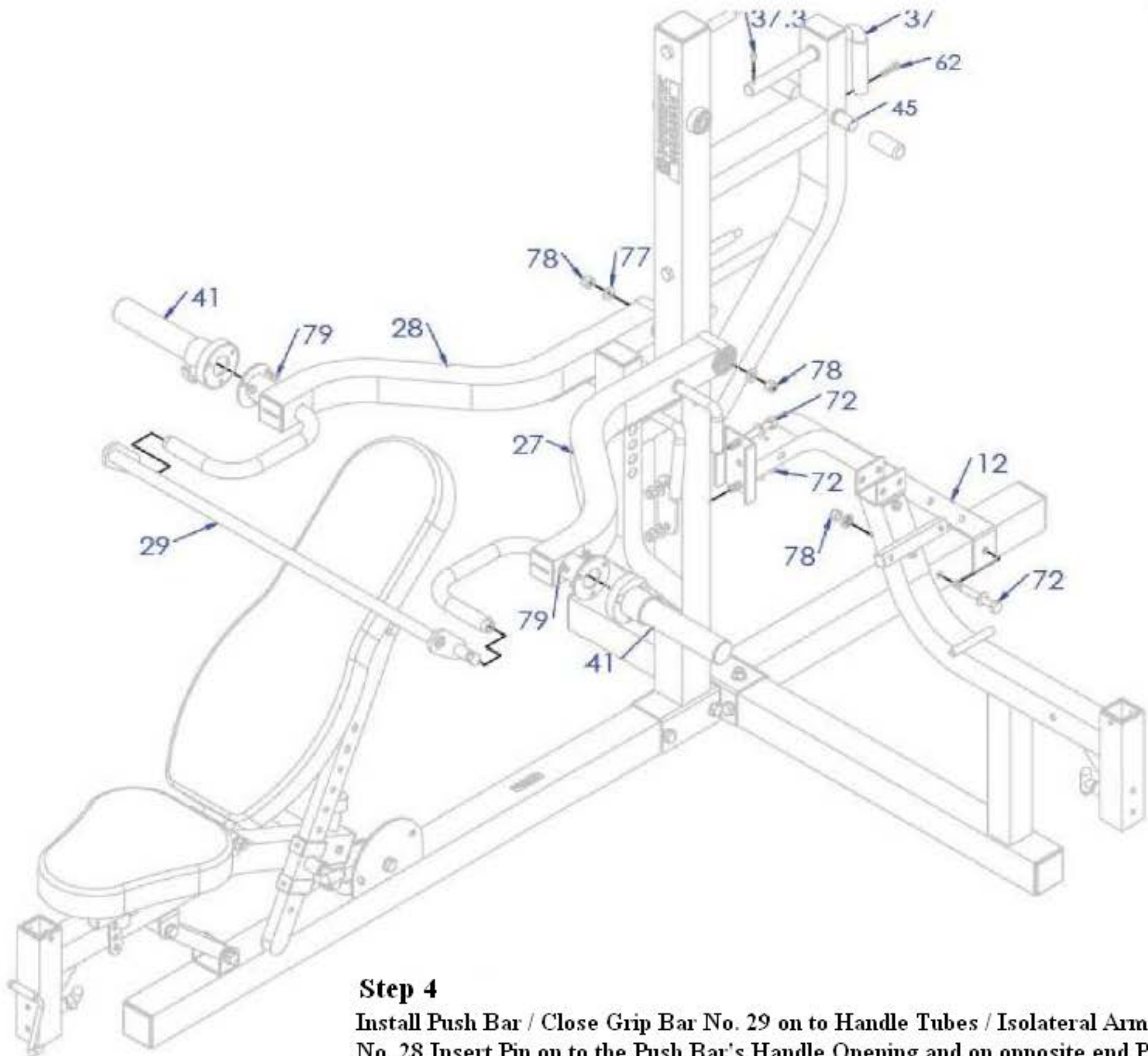
Install Foot Plate Support Tube No. 12 to Upright No. 11 using and to Linkage Tube No. 17 use Hardware No. 72 Hex Bolts, No. 77 Washers and No. 78 Nylon Nuts.

Step 2

Install Handle Tubes / Isolateral Arms L-R to the Upright No. 11 using the Steel Axis No. 52 and Hardware No. 77 Washer and No. 78 Nylon Nut.

Step 3

Install Weight Horns on to the Handle Tubes / Isolateral Arms using No. 61 Hex Bolts. Slide round rubber bumpers into place and Weight Collars.



Step 4

Install Push Bar / Close Grip Bar No. 29 on to Handle Tubes / Isolateral Arms No. 27 and No. 28 Insert Pin on to the Push Bar's Handle Opening and on opposite end Pull the Spring Loaded Pin and Install the Bar, you may find that this may be a tight fit, once the bar is in, release the Pin to secure the Push Bar to the Handle Tubes / Isolateral Arms.

Note:

To Lock both Isolateral Arms into place, use Safety L Bar No. 43
To Select Arms Starting Height, use safety L Bar Handle No. 36

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WORKBENCH MULTI SYSTEM

ASSEMBLY FOUR

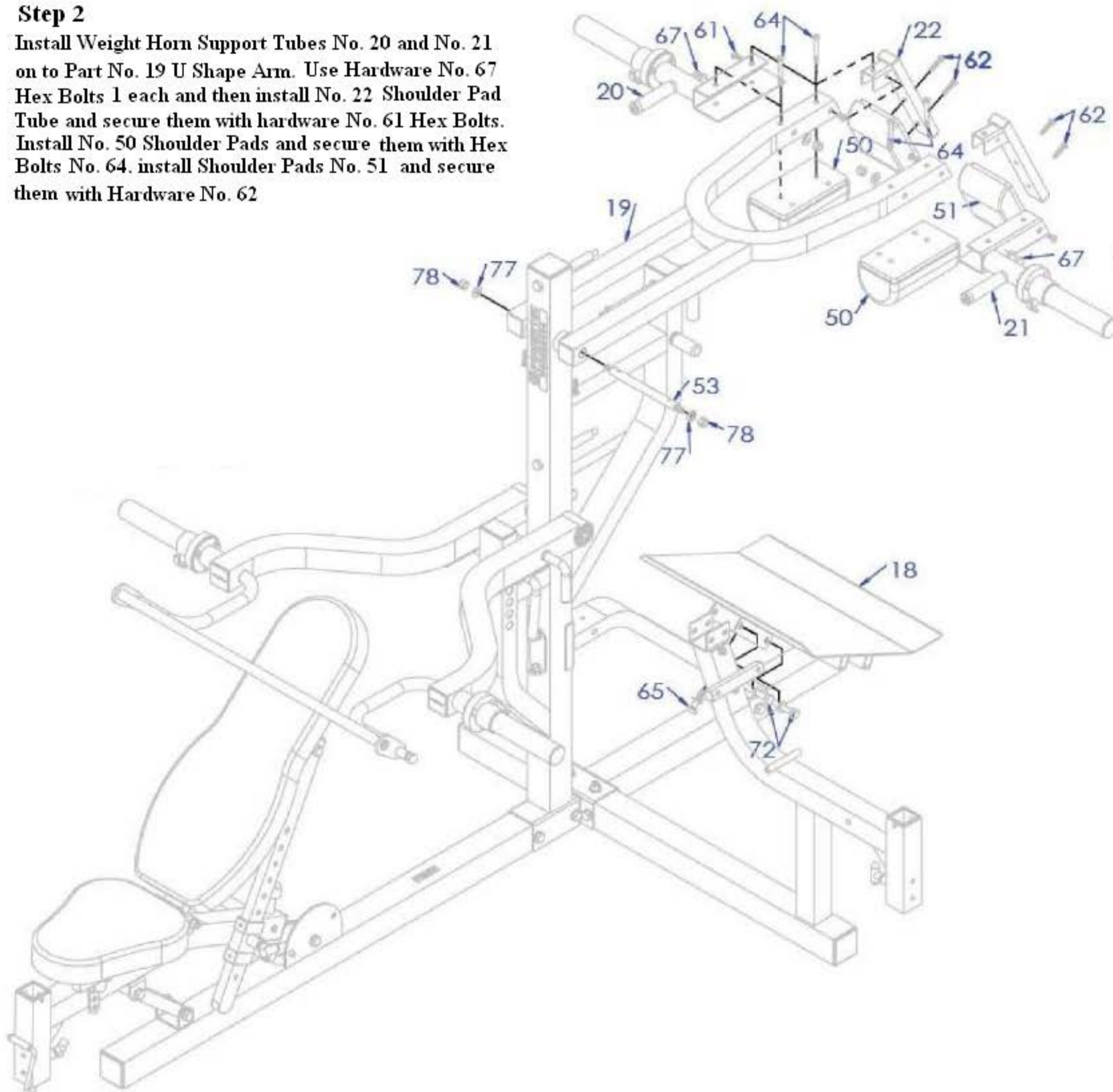
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Step 1

Install U Shape Arm SQ No. 19 on to Upright No. 11 use Steel Axis No. 53 and secure with Hardware No. 77 Washer and No. 78 Nylon Nut

Step 2

Install Weight Horn Support Tubes No. 20 and No. 21 on to Part No. 19 U Shape Arm. Use Hardware No. 67 Hex Bolts 1 each and then install No. 22 Shoulder Pad Tube and secure them with hardware No. 61 Hex Bolts. Install No. 50 Shoulder Pads and secure them with Hex Bolts No. 64. install Shoulder Pads No. 51 and secure them with Hardware No. 62



Step 3

Install Foot Plate No. 18 to Upright Support Tube No. 12 using Hardware No. 72 Hex Bolt and No. 77 Washer and No. 78 Nylon Nut.

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WORKBENCH MULTI SYSTEM

ASSEMBLY FIVE

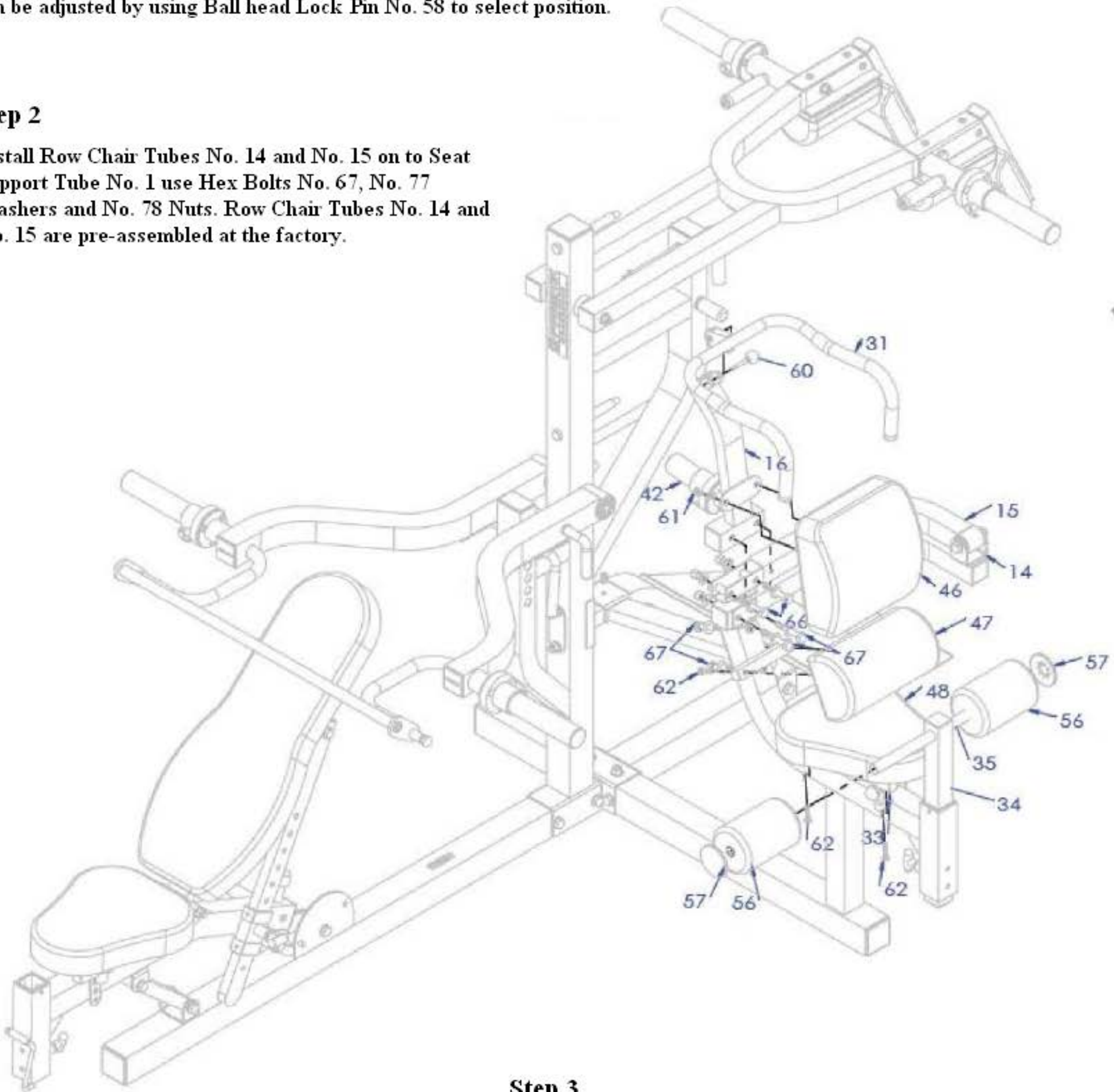
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Step 1

Install Seat Pad No. 48 to Seat Pad Tubes No. 33, the Seat Pad Tubes are pre-assembled at the factory and include Seat Adjust Tube No. 32 to install Seat Pad No. 48 to the Seat Tubes Assembly, use 4 ea. Hex Bolts No. 62. proceed and install the Seat Pad / Seat Tube Assembly on to the Seat Support Tube No. 1 using 3/8" x 7" Hex Bolt. Seat Angle / Height can be adjusted by using Ball head Lock Pin No. 58 to select position.

Step 2

Install Row Chair Tubes No. 14 and No. 15 on to Seat Support Tube No. 1 use Hex Bolts No. 67, No. 77 Washers and No. 78 Nuts. Row Chair Tubes No. 14 and No. 15 are pre-assembled at the factory.



Step 3

Install Weight Support Tube No. 16 on to the Row Chair Upper Tube No. 15 use Hex Bolts No. 66 Washers No. 77 and Nuts No. 78

Step 4

Install Lower Back Pad No. 47 using Hex Bolts No. 62
Install Back Rest Pad No. 46 using Hex Bolts No. 61
Install ABS Bar No. 31 on to Weight Support tube No. 16 using Ball Head Lock Pin No. 60

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WORKBENCH MULTI SYSTEM

ASSEMBLY SIX

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Step 1

Install Support Tube No. 23 to Upright No. 11. Slide Support Tube on to the welded pivot bolt on the Upright. Secure Support Tube using No. 77 Washer and No. 78 Nut.

Step 2

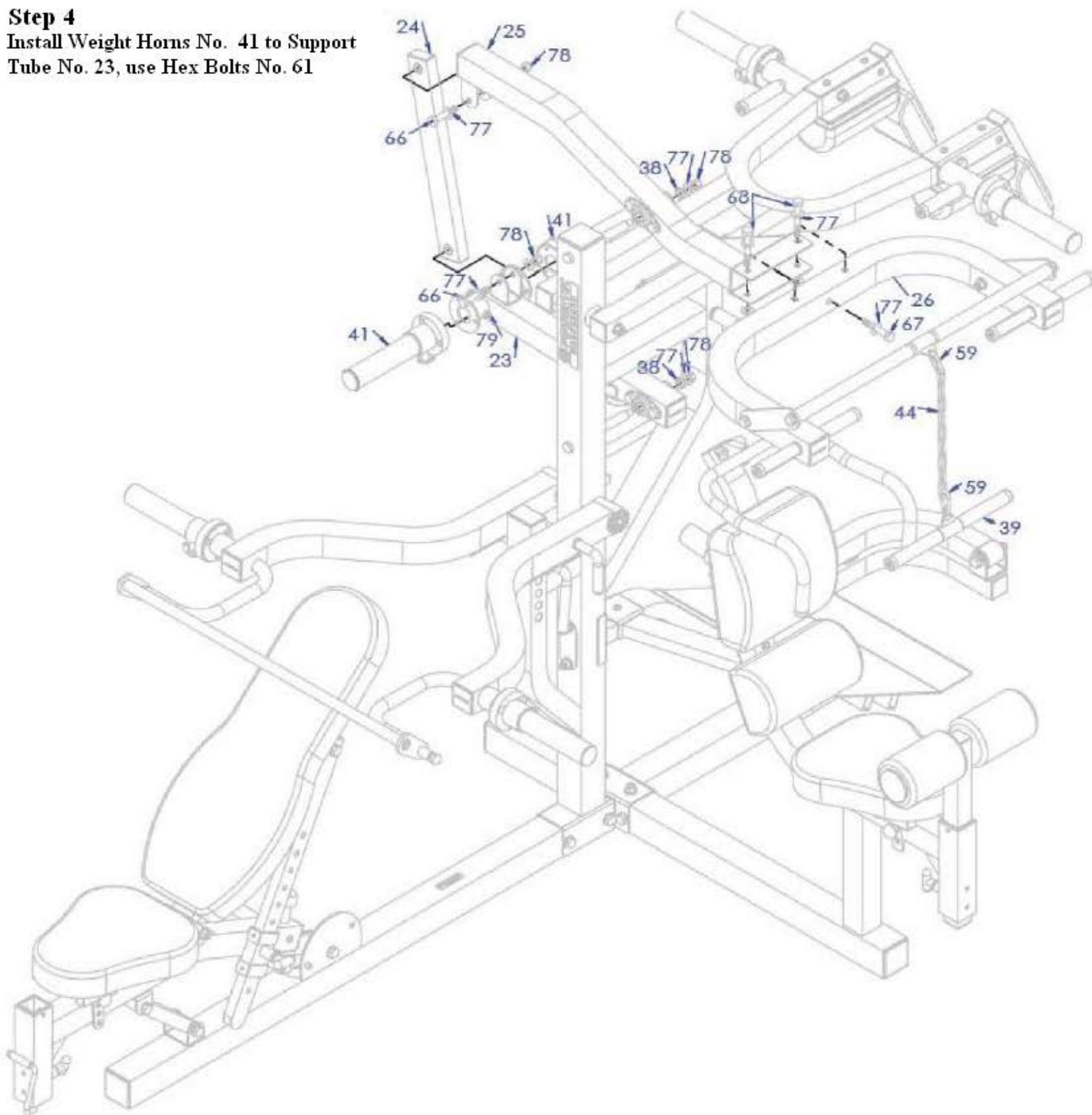
Install Adjustment Tube No. 25 to Upright No. 11. Slide Adjustment Tube on to the welded bolt on the upright. secure by using No. 77 Washer and No. 78 Nut.

Step 3

Install No. 24 Linkage Tube to No. 23 Support Tube and to No. 25 Adjustment Tube using No. 66 Hex Bolt, No. 77 Washer and No. 78 Nut.

Step 4

Install Weight Horns No. 41 to Support Tube No. 23, use Hex Bolts No. 61



Step 5

Install Hand Lat Bar No. 26 on Part No. 25 Adjustment Tube
Use Hex Bolts No. 68, Washers No. 77 and Nuts No. 78.

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WORKBENCH MULTI SYSTEM

Featured Exercises

The following show and describe the featured exercises that can be performed on the WB-MS13 Multi System.



Starting Position:

Seat height should place your shoulders level with the handles and your back firmly supported by the inclined bench. Your palms should be facing away from you with your wrists in line with your forearms and your elbows in line with the midline of your trunk. Place your feet on the floor firmly to help your back and abdominal muscles.

While exhaling, slowly begin the lift by straightening your elbows (never lock your elbows). Maintain the alignment of your wrists and forearms and your head and spine. Keep your back straight. Pause for a moment when your elbows are fully extended (not locked).

Use your back muscles to slowly bend your elbows to return to the starting position.

Tip: While extended, your shoulders are more vulnerable. Use your back muscles to help stabilize your shoulders.



Starting Position:

Stand flat with your feet slightly wider than shoulder-width apart and your toes facing forward. Grip the bar with your hands shoulder-width apart, keeping your back straight, shoulder blades pulled down and back, and your arms at your sides.

While exhaling, slowly shrug your shoulders upward while keeping your elbows and wrists straight. Do not arch your back or allow any rotation in your shoulders.

Pause briefly before inhaling as you slowly return to your position.



Starting Position:

Position yourself with the shoulder pads comfortably resting on your shoulders and your hands gripping the bar. Your feet should be hip width apart with balls of your feet firmly on the platform and your knees slightly bent. Your heels should be off of the platform with your toes pointed slightly upward.

As you begin, press down on the balls of your feet to lift yourself slightly until your ankle is fully flexed.

Pause briefly before slowly lowering yourself back to your starting position.



Starting Position:

Position yourself with the shoulder pads comfortably resting on your shoulders and your feet shoulder width apart. Grip the bar comfortably and make sure the weight is evenly distributed.

Inhale as you squat (same motion as sitting into a chair.) lowering yourself until your thighs are parallel with the floor. Do not allow your knees to go forward further than your toes.

Pause briefly, then exhale as you straighten, return to your starting position.



Starting position:

Lay down on the weight bench with your feet on the floor. Do not allow your chest to go flat or your shoulders to roll forward. Grip the handles comfortably with an overhand grip, shoulder width apart (do not use a thumbless grip).

Slowly lower the bar down to mid chest level. Pause briefly before extending your arms to push the bar up, stopping when your elbows are straight, but before locking your elbows.

Tip: Do not arch your back and keep your feet flat on the floor.



Inclined Bench Rows

Starting Position:

Incline the bench to the desired angle and lay on the bench in the prone position (on your stomach).

Keep your head up and look forward as you slowly raise the weight toward your chest as far as possible.

Pause briefly, then slowly return to the starting position.

WARRANTY

Serial No.

Thank you for purchasing one of Powertec's products.

Powertec warrants that the Product you have purchased is free from defects in materials and workmanship.

Powertec offers a Lifetime Warranty on Structural Frame.(Excludes Surface Finish).
5 year warranty on Moving Frames (Press Arms and other unspecified moving components).
Two year warranty on Components (Bearings, Locking Pins, Pulleys, Cables, Slide Rods).
One year warranty on Pads, Grips and other unspecified parts.

- All parts are shipped free of charge for first 90 days of date of purchase.
- Warranty is to original purchaser only (excluding dealer). Warranty is not Transferable in the event you sell the product.
- Warranty claims are subject to inspection and are voided if equipment shows Signs of abuse or alterations made other than the ones recommended by Powertec.
- Missing parts must be reported within 30 days from receipt of unit(s).
- Proof of purchase is required; your sales receipt must show date of purchase.
- For more information on the warranty or to obtain warranty service, please contact The appropriate Powertec Customer Service Department in the USA or Europe.

Powertec Inc. USA
2100 E. Artesia Boulevard
Long Beach, CA. 90805 – USA

Powertec Europe
6, Rue de l'Europe
68500 Bergholtz - France

Phone: (800) 250-6665
E-mail: service@powertecfitness.com

Phone: + 33 (0) 3 89 62 56 30
E-mail: contact@powertec-europe.fr

Thank you for giving us the opportunity to fulfill your strength and fitness needs.

POWERTEC® Customer Warranty Information Sheet

Last Name: _____ First Name: _____

Company: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Daytime Telephone No: _____ Alternate Telephone No. _____

E-Mail: _____ Date of Purchase: _____ Purchase Price: _____

Dealer Name and Address: _____

Model Name & Code: _____ Optional: Male / Female: ____ Age: ____ Occupation: _____

POWERTEC IS NOT LIABLE IF THE TRAINER SHOULD INJURE THEMSELVES WHILE USING POWERTEC EQUIPMENT OR WHILE PERFORMING THE TRAINING ROUTINE



COMMITTED TO STRONGER LIVES[®]

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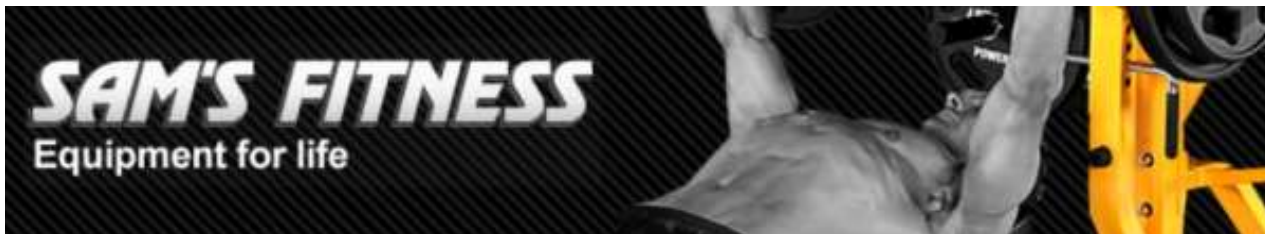
Return Warranty Registration Card to Appropriate Powertec Address:



Place
Stamp
Here







Powertec WB-MS14 Workbench Multi System Assembly Walkthrough



The Multi System comes in 3 cartons the dimensions are:

Carton 1			Carton 2			Carton 3		
Length	Width	Depth	Length	Width	Depth	Length	Width	Depth
1.53	0.8	0.21	1.68	0.65	0.21	1.43	0.65	0.18



The hardware comes in separate bags, and they should be numbered with stickers. Sometimes a sticker can come off, if it does, it is easy to identify them. If you get stuck just give us a call.

**NOTE: Do not tighten the nuts and bolts until the end, unless told otherwise.
Also all the ½" bolts use the same nuts and bolts.**



Get out the bench press base and the lat pulldown base. Place the bench press base over the bolts that come out of the lat pulldown base.



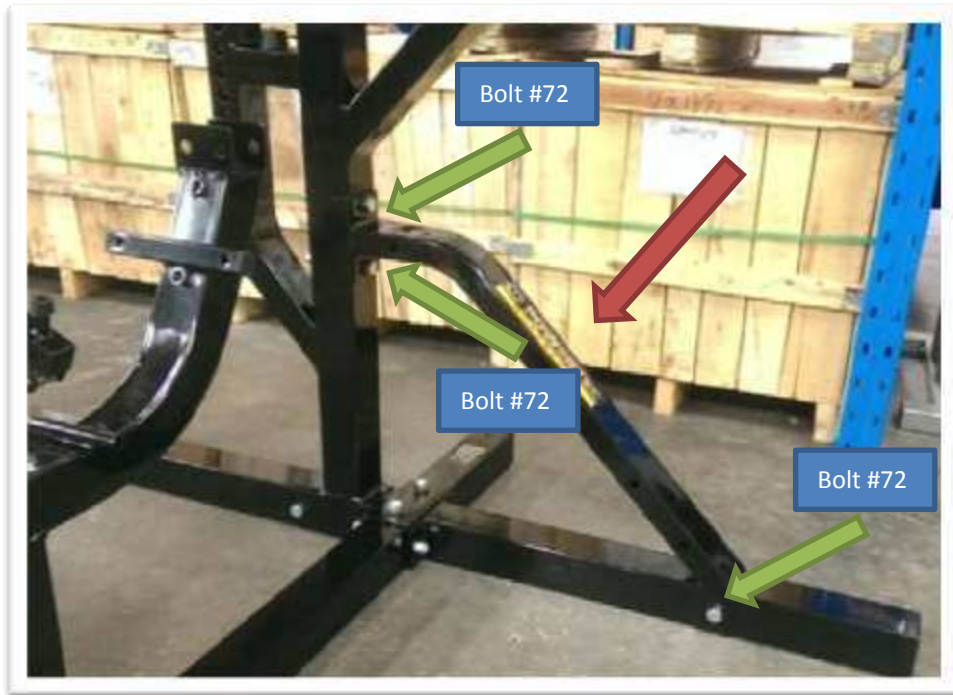
Get the base for the squat station (Part#17).



Using 2 x #72 bolts, with washers each side. Please note the direction the bolts go in. This will help clearance on the next step.



Put the main upright in place, using the #72 bolts with washers.



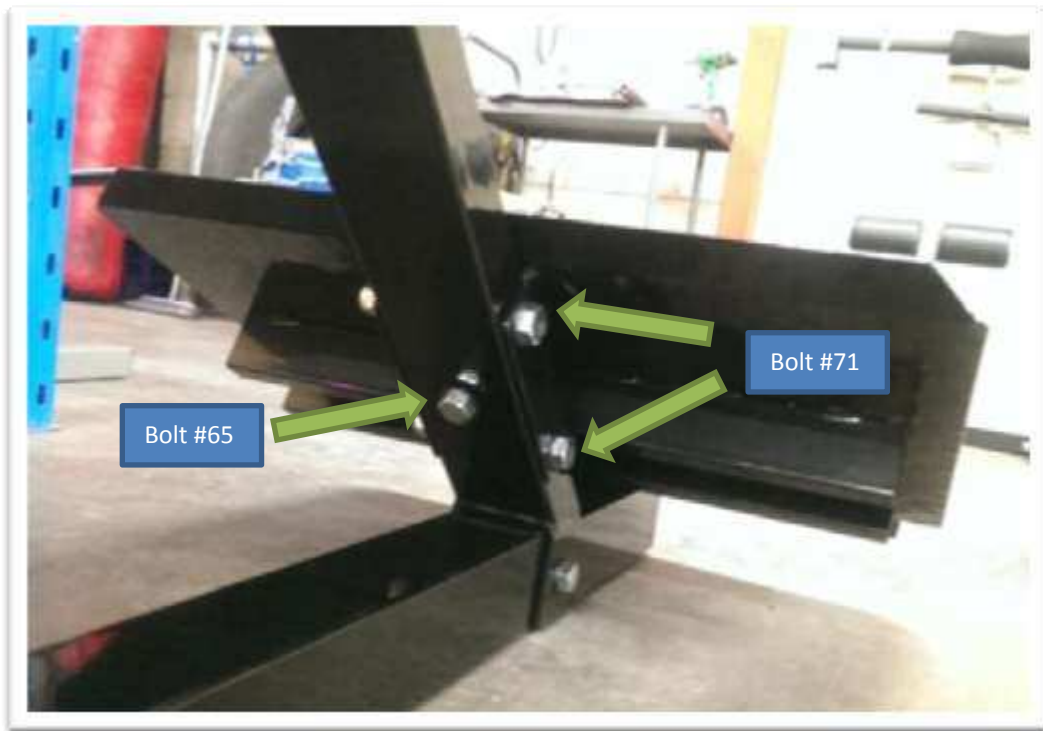
The brace that supports the main upright and squat footplate goes on next, using #72 bolts .

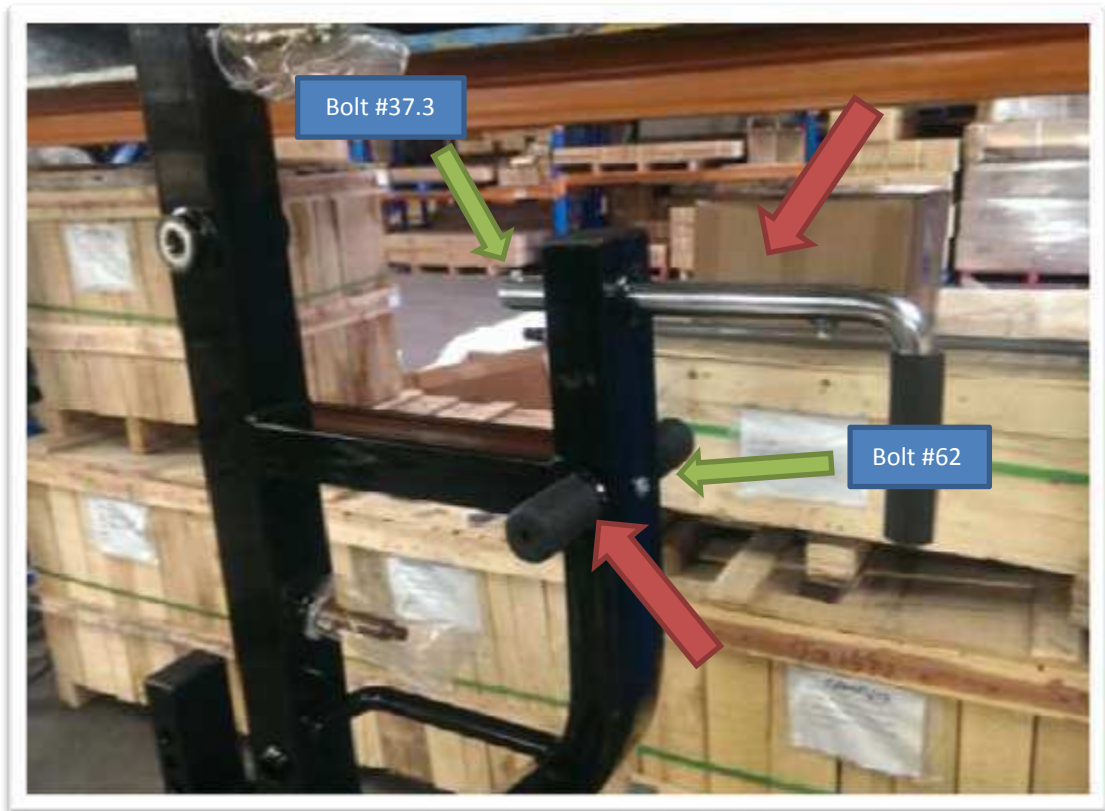


The brace which ties the main upright to the lat pulldown station goes on next.

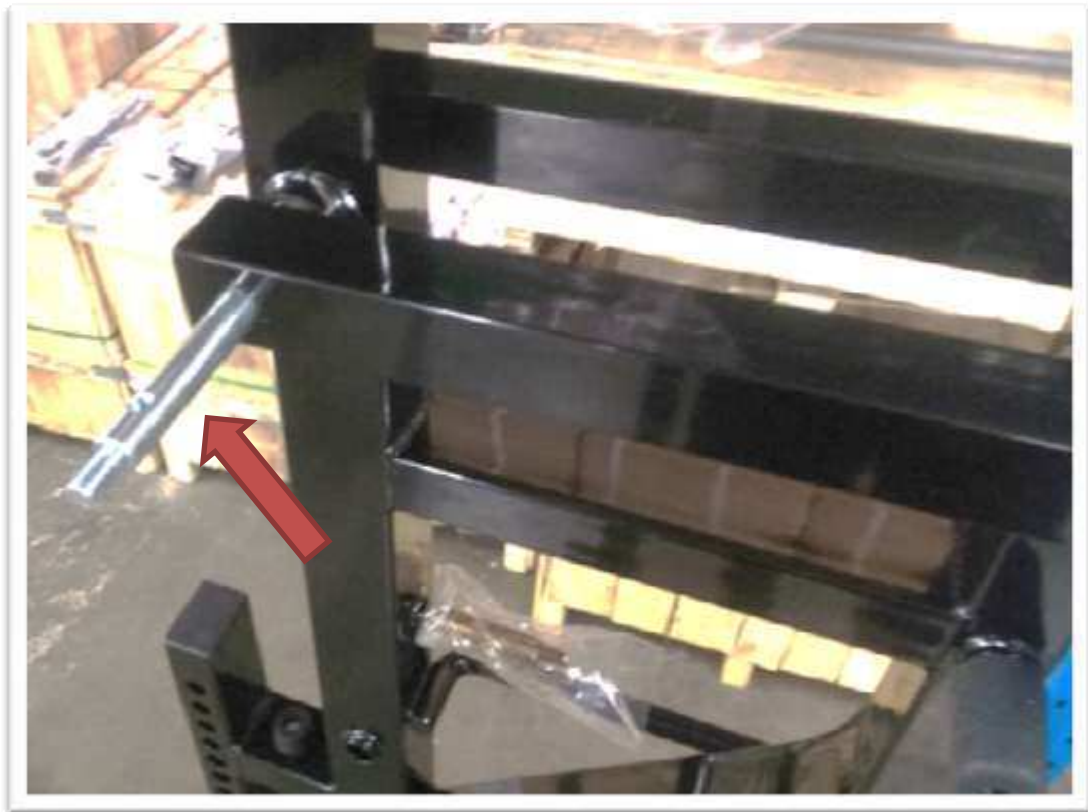


The footplate is next to go on.





Time to build the squat station. You put in the squat start/stop bar, plus the squat safety stopper. The start/stop bar is the one with hole drilled in the end.



The squat arm goes on next. You will need the steel axis that has the two holes in it. If you have trouble sliding it through **DO NOT HIT WITH A STEEL HEAD HAMMER**. Use a mallet with a rubber head.



The steel axis is secured in place with 2 x #62 bolts. To help find the hole, just put on the nuts and washers and rotate the axis.



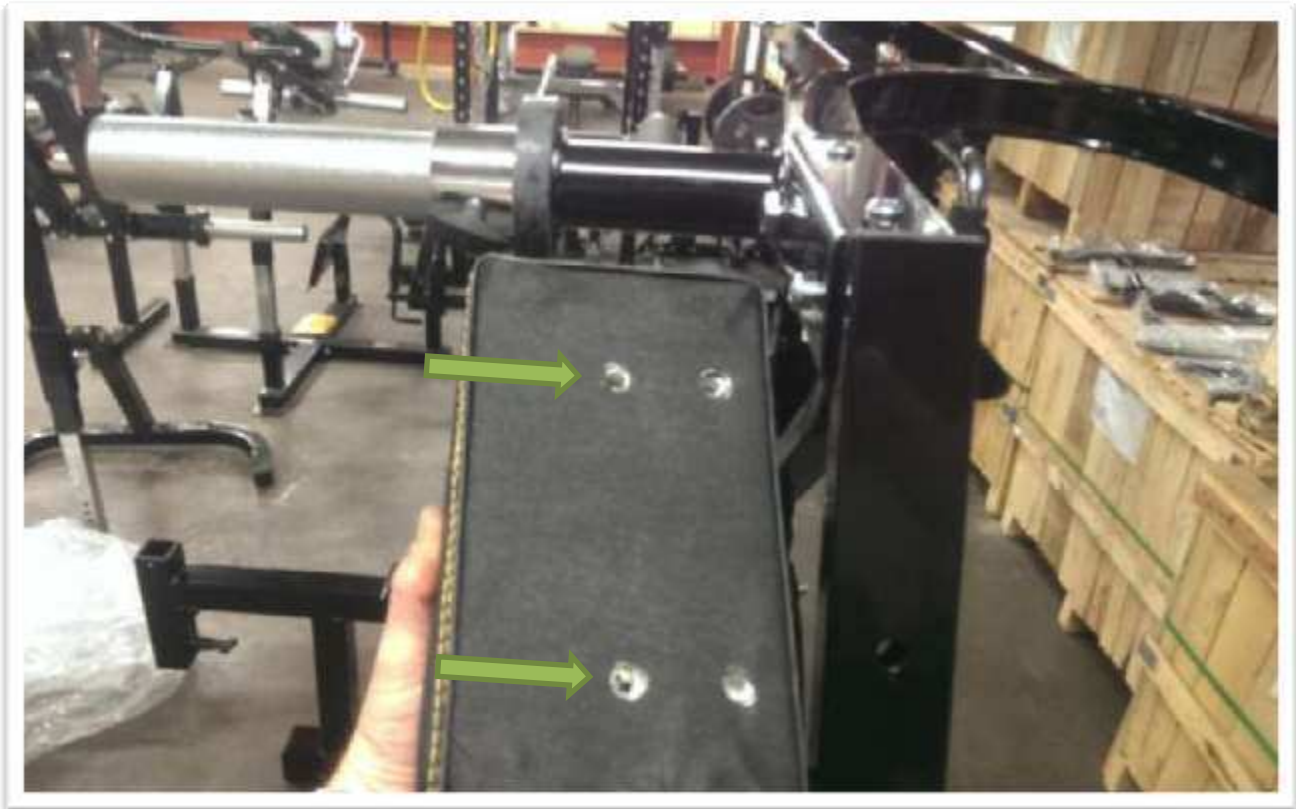
The easiest way to put the weight horns on the squat arm is simple, slip them in place, and just put in 1 x #64 bolt. The horn will stay in place.



Put the rear supports on the squat arm. Drop in another #64 bolt to hold it in place.



Put in the rest of the bolts. The #61 bolts can be a little tricky to line up, but just adjust the weight horn and rear support. It will slide right in when they line up.



Time put on the squat pads. There are options for spacing, I have pointed to the holes that we use.



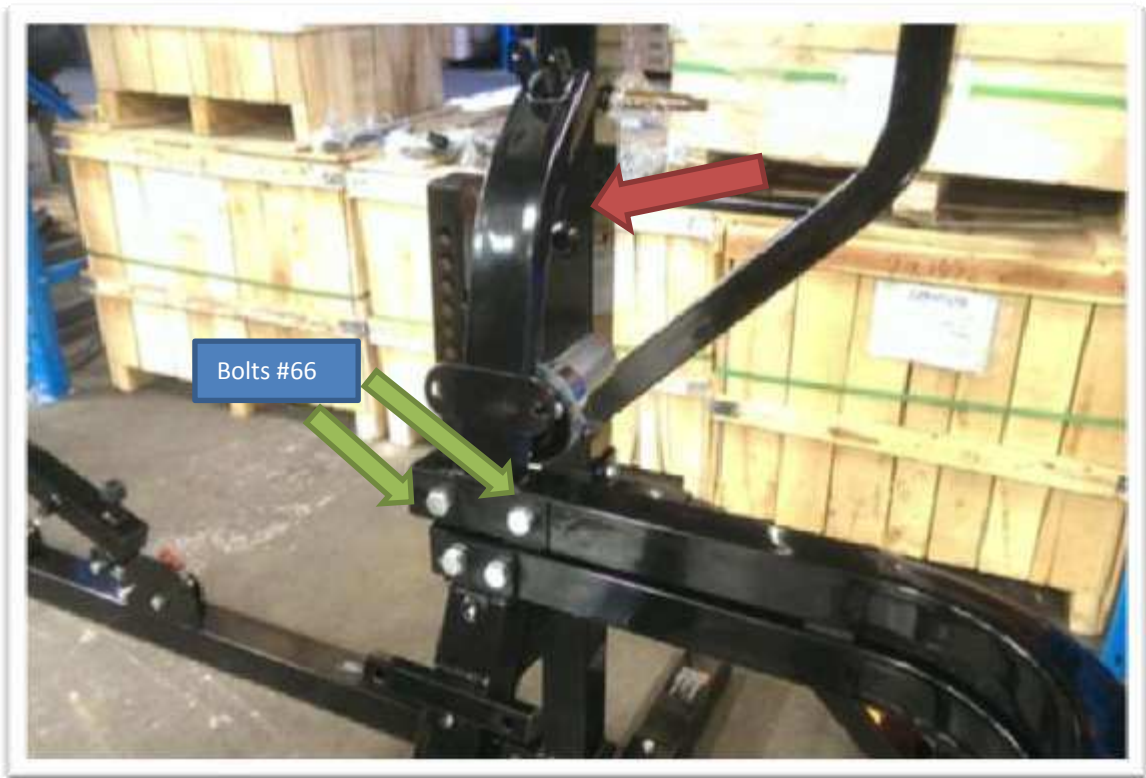
Put the rear support pad on, with bolts #62.



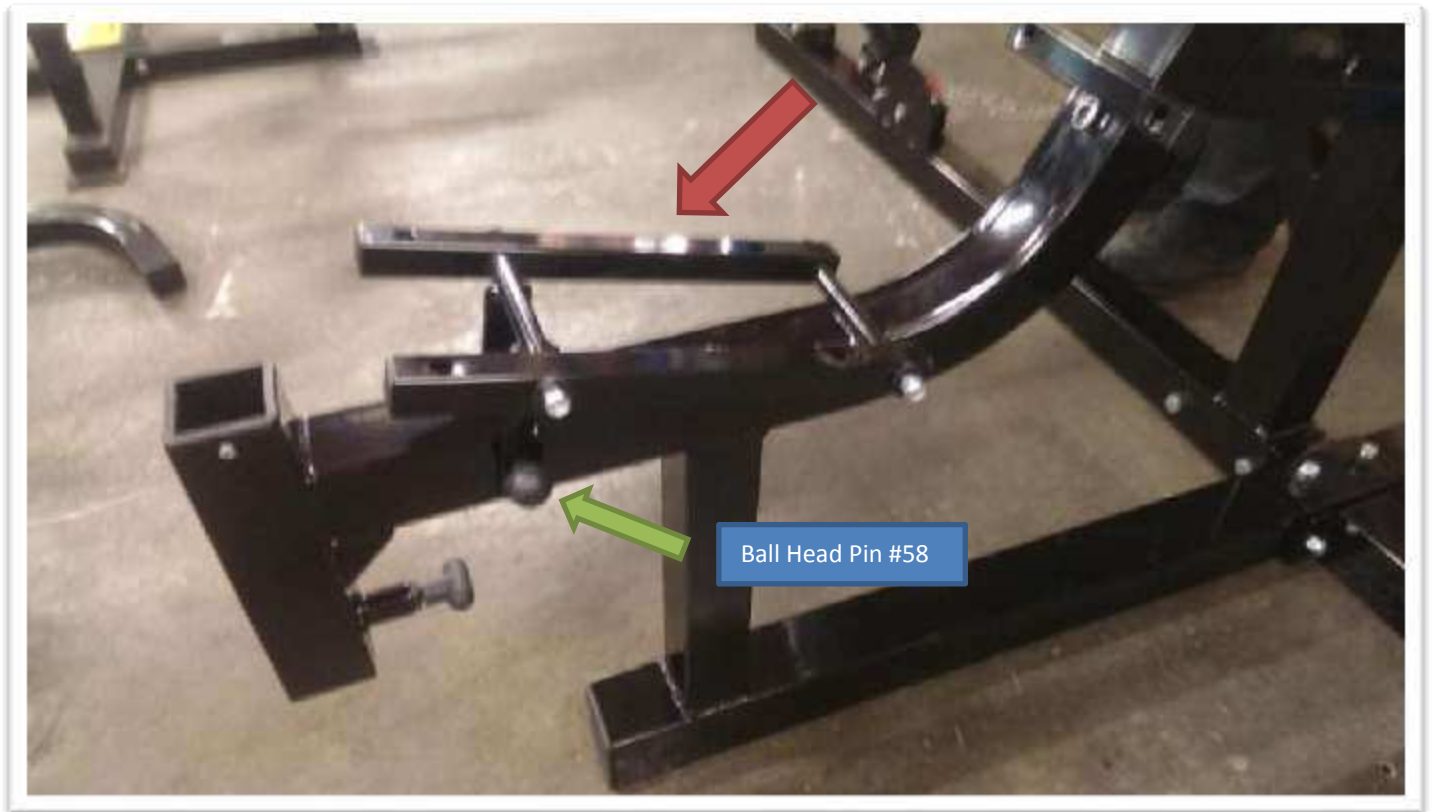
We move on to building the ab crunch. Drop it into place.



Lift up the ab crunch arm. You need to put in bolt #63. Now tighten up bolts #67 and #63 on the ab crunch arm.



Slide the weight horn/lat pull back support on the crunch station.



The frame for the lat pulldown seat comes pre-assembled. You just have slide the rear bolt through tube that is on the frame.



Put the seat pad on, and secure with 4 x #62 bolts.



The mid support is also secured in place with #62 bolts.



Put the backrest pad in place, secure in place with #61 bolts.



Time to put on the lat pulldown arms. First you will need to tighten the bolts that secure the bearings in place. You need to do this for both arms.



Now put the lower lat pull arm.



Then put on the upper arm.



Once the arms are in place, slip on #38 chrome bushings. Then put on a washer and nut.



Part#24 connects the two arms. Use 2 x #66 Bolts.



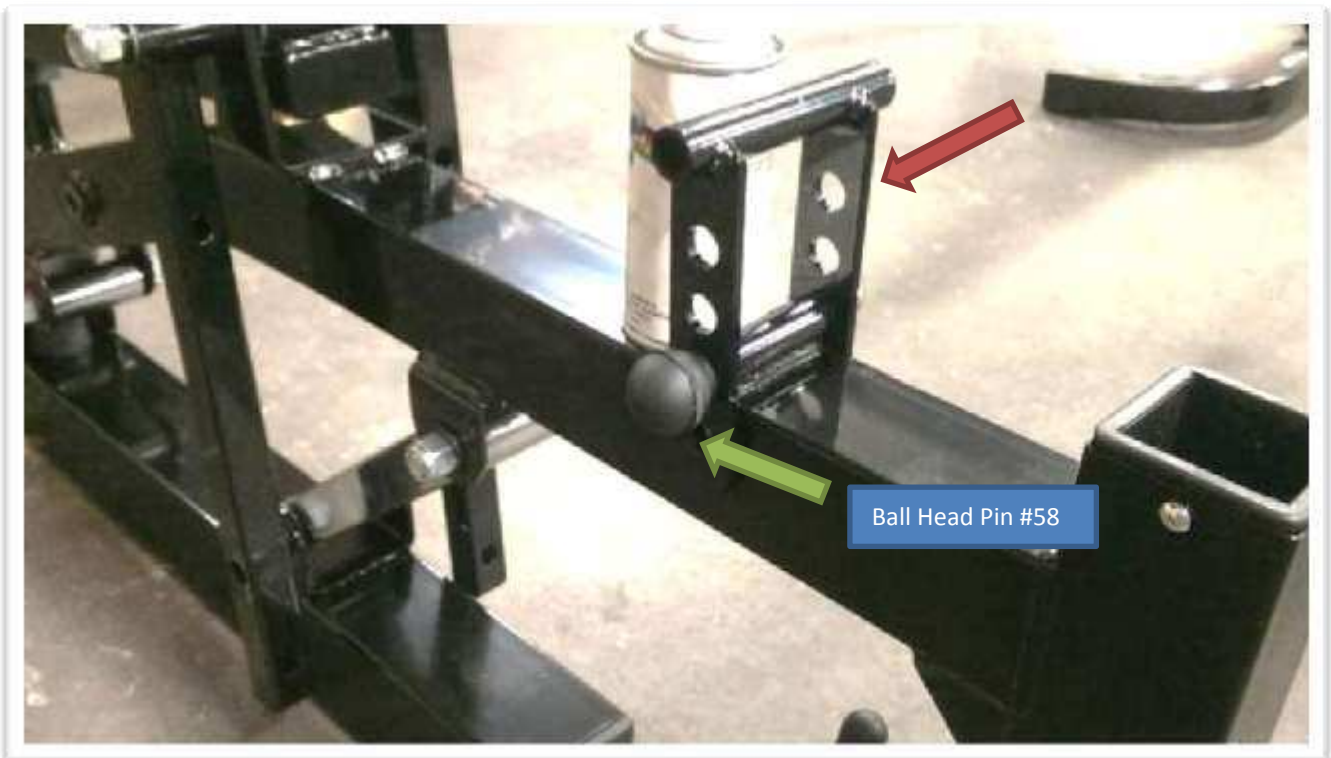
Put the Lat Pulldown handles on.



Get the backrest support frame for the bench, and the smallest of the steel axis.



Then slide the seat frame sections over the steel axis. Note that the tubes are on top.



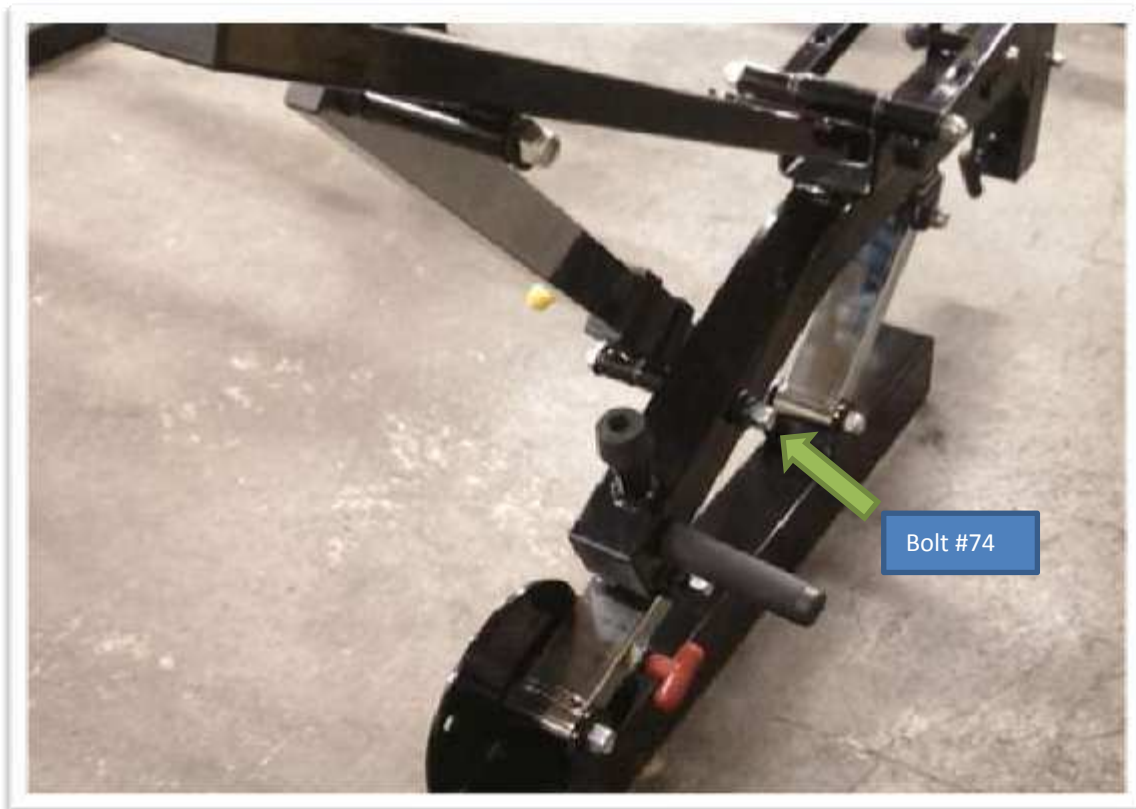
Using Ball Head Lock Pin #58, put the seat angle adjuster in place.



To complete the seat frame, slide the longest of the long bolts #75, through the frame and angle adjuster.



Get the chrome angle adjuster for the back rest of the bench. Plus the shortest of the long bolts, #73. Put the bolt through the top hole. I just get it to stand in place while I get the next bolt.



To finish off the bench frame, put the remaining long bolt through the bench frame.

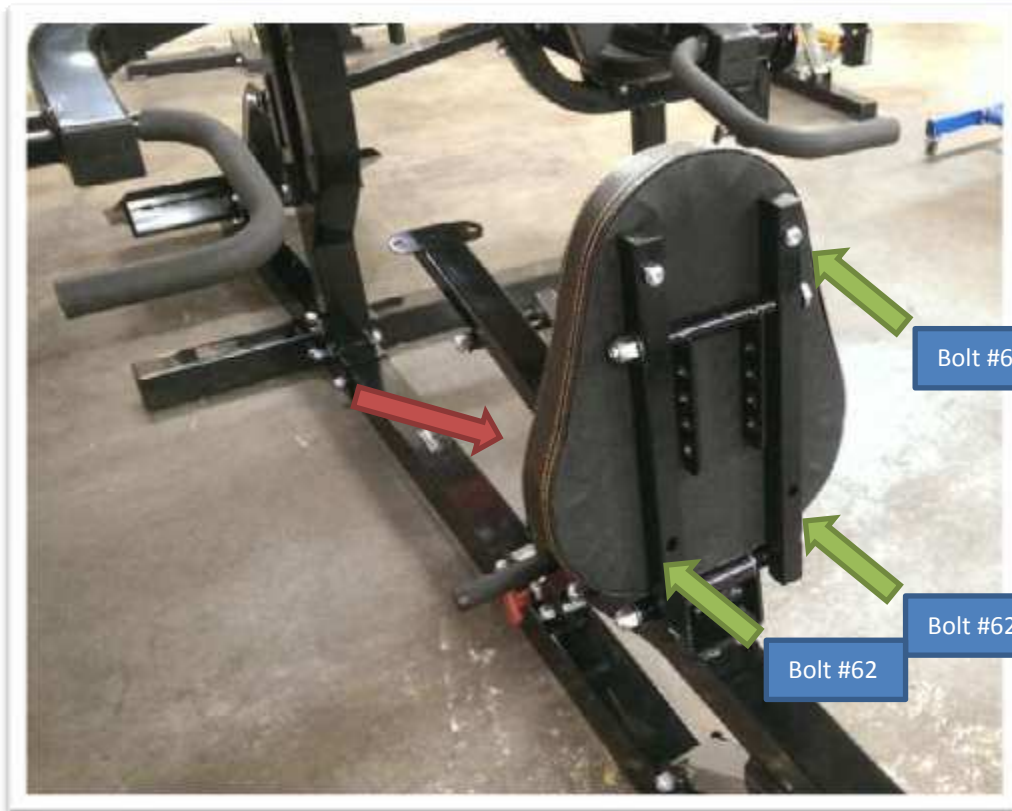
Time to put on the bench press arms. First slide the solid steel axis through the main upright. Secure in place using #62 bolt.



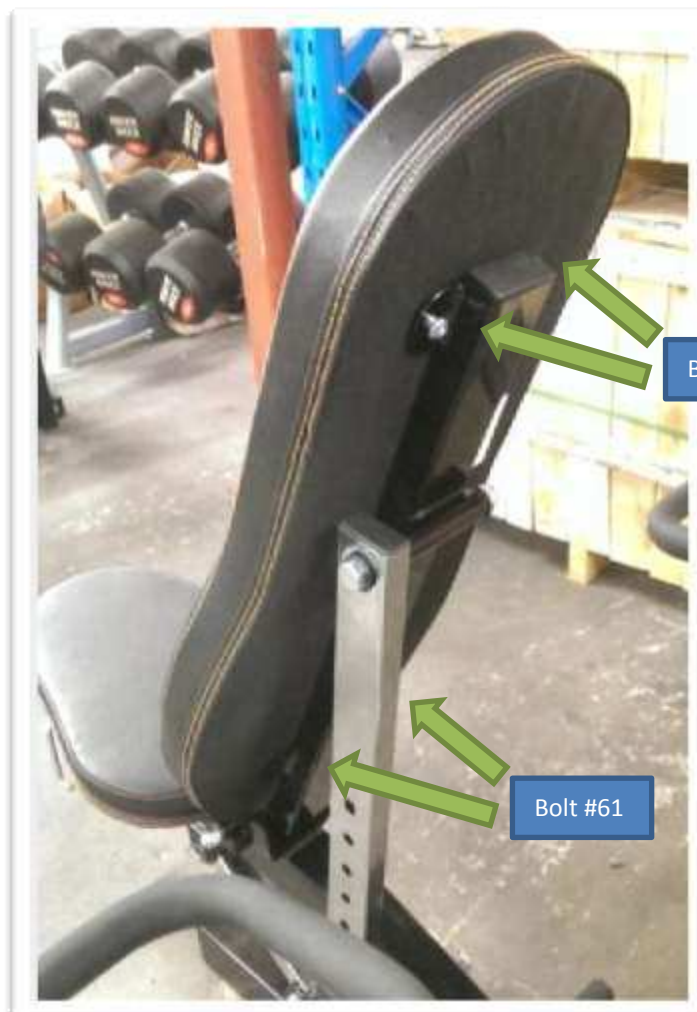
Before you put the press arms on, you will need to fit the start/stop arm. It is the shorter of the two.



Please note, the press arms are secured in place using the two large chrome washers.



To put on the seat pad, using #62 bolts, remove the ball head pin and just tilt up. It is easy to find the hole that way.



Now put on the backrest pad with 4 x #61 bolts.



Secure the Ab Crunch handle with the small ball head pin #60.



Build the leg lock for the lat pull station.

You can now tighten up all the nuts and bolts. It is best to tighten the gym in the position where you will be using it, so now is the time to move it.

The last step is to put the chrome weight horns on the press arms and lat pulldown station.