

Инструкция

Скамья силовая Winner/Oxygen Fort Smith

Полезные ссылки:

[Скамья силовая Winner/Oxygen Fort Smith - смотреть на сайте](#)

[Скамья силовая Winner/Oxygen Fort Smith - читать отзывы](#)

NOTE:
Please read all instructions
carefully before using this
product

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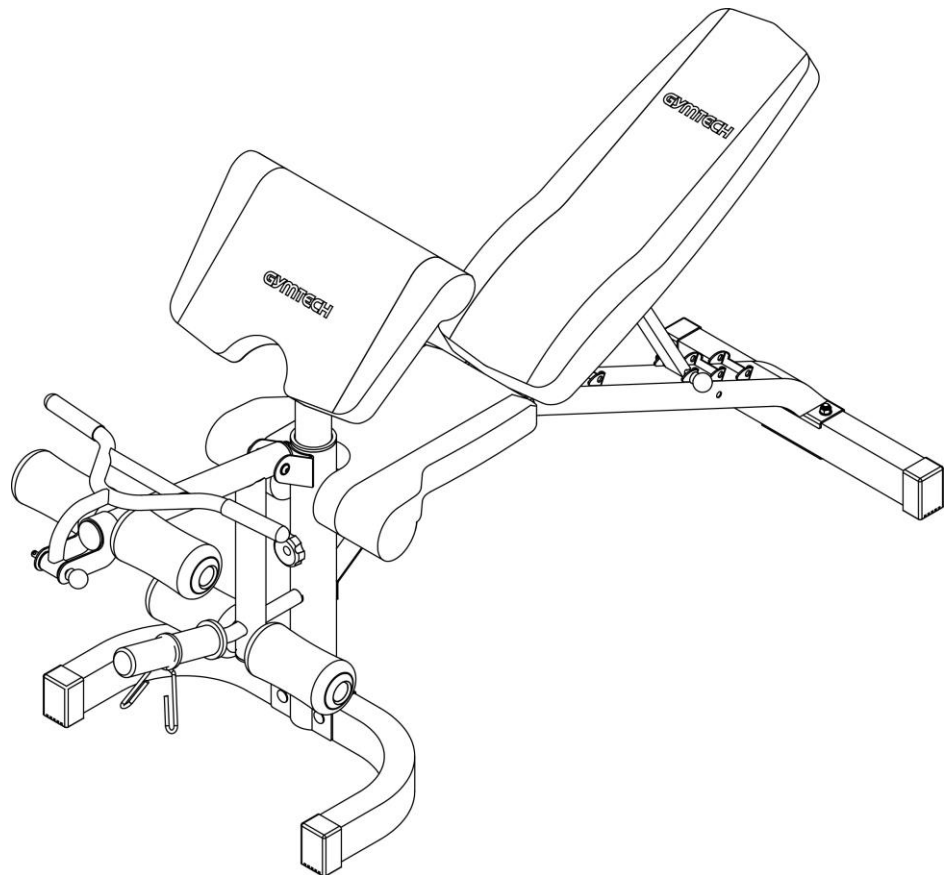
Model
50951

Retain This
Manual for
Reference

02-07-2014

OWNER'S
MANUAL

FORT SMITH



Please contact HUNTER LEISURE AUSTRALIA Should any questions arise at 1800-632-792
Spare Part Service: If you require Spare Part service, **please do not** return the Power Bench to the store. Contact Hunter Leisure Australia on 1800-632-792.

ASSEMBLY INSTRUCTION

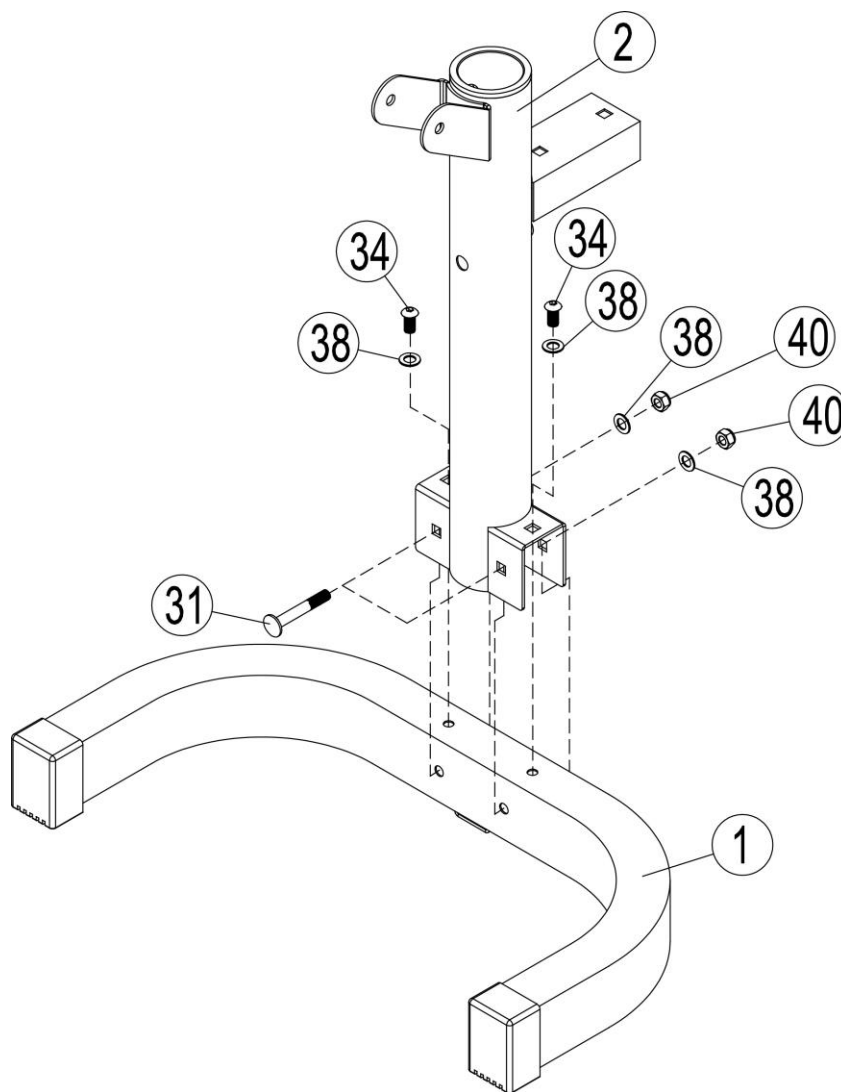
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury. Do not tighten all the bolts and nuts until getting instruction.

STEP 1 (See Diagram 1)

A Attach the upright beam (#2) to the front stabilizer (#1), and secure them horizontally with two M10×70mm Carriage bolts (#31), two Ø 10mm washers (#38), two aircraft nuts (#40). And then secure them vertically with two M10×20mm Allen bolt (#34), two Ø 10mm Washers (#38).

DIAGRAM 1



STEP 2 (See Diagram 2)

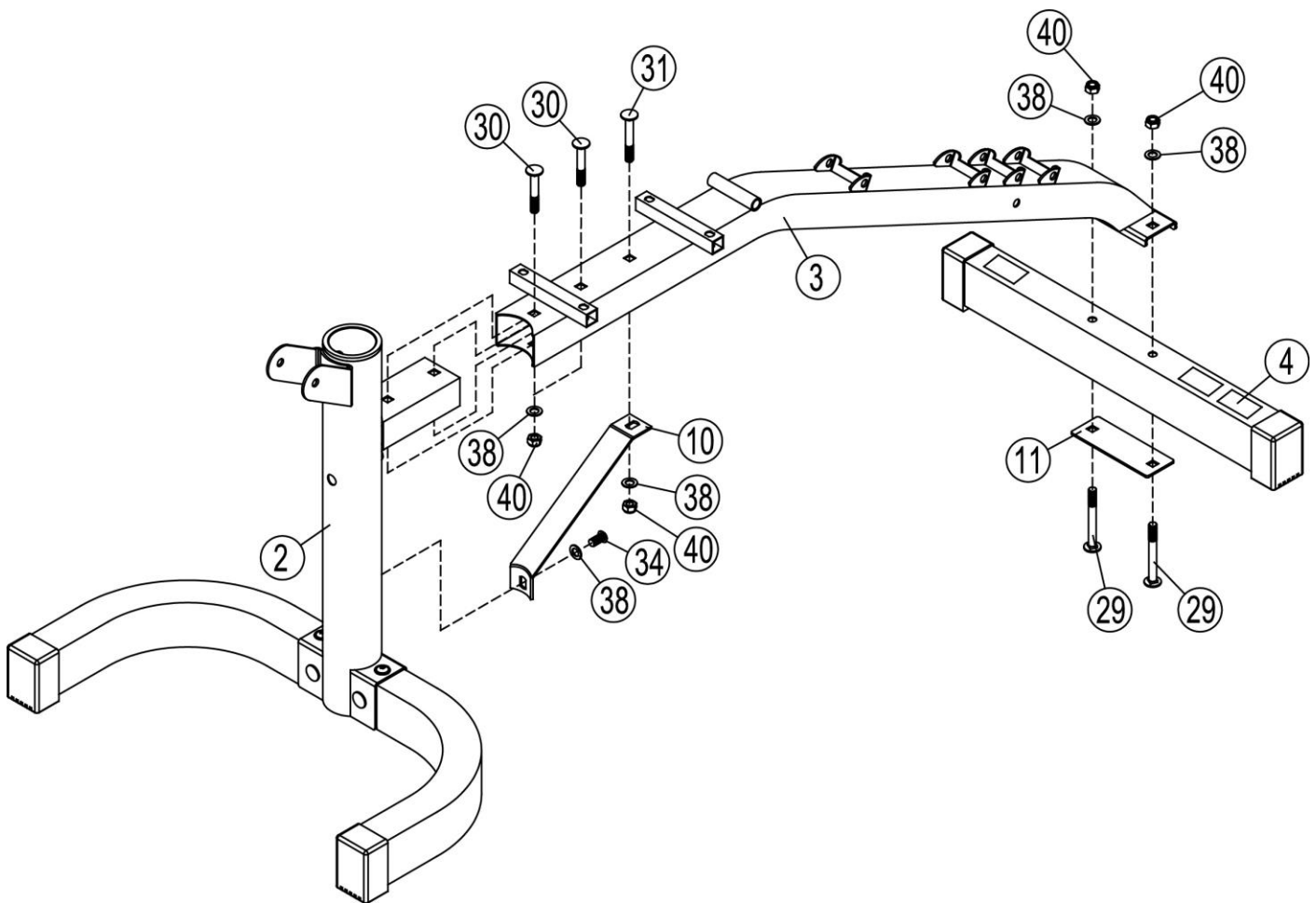
A Attach the one end of the seat pad support frame (#3) to the rear stabilizer (#4).

Secure them with two M10×90mm carriage bolts (#29), one flat connection (#11), two Ø10mm Washers (#38), two M10 aircraft nut (#40) .DO NOT tighten the bolts yet.

B Attach another end of the Seat pad Support frame (#3) to the upright beam (#2) and secure them with two M10×63mm Carriage Bolt (#30), two Ø10mm washers (#38), two M10 aircraft nuts (#40).

C. Attach one end of the bracket (#10) to the upright beam (#2), and secure them with one Ø 10mm Washer (#38), one M10×20mm Allen bolt (#34). Attach the other end of the bracket to the seat pad support frame (#3), secure them with One M10×70mm carriage bolt (#31), Ø 10mm washer (#38), One M10 aircraft nut (#40).

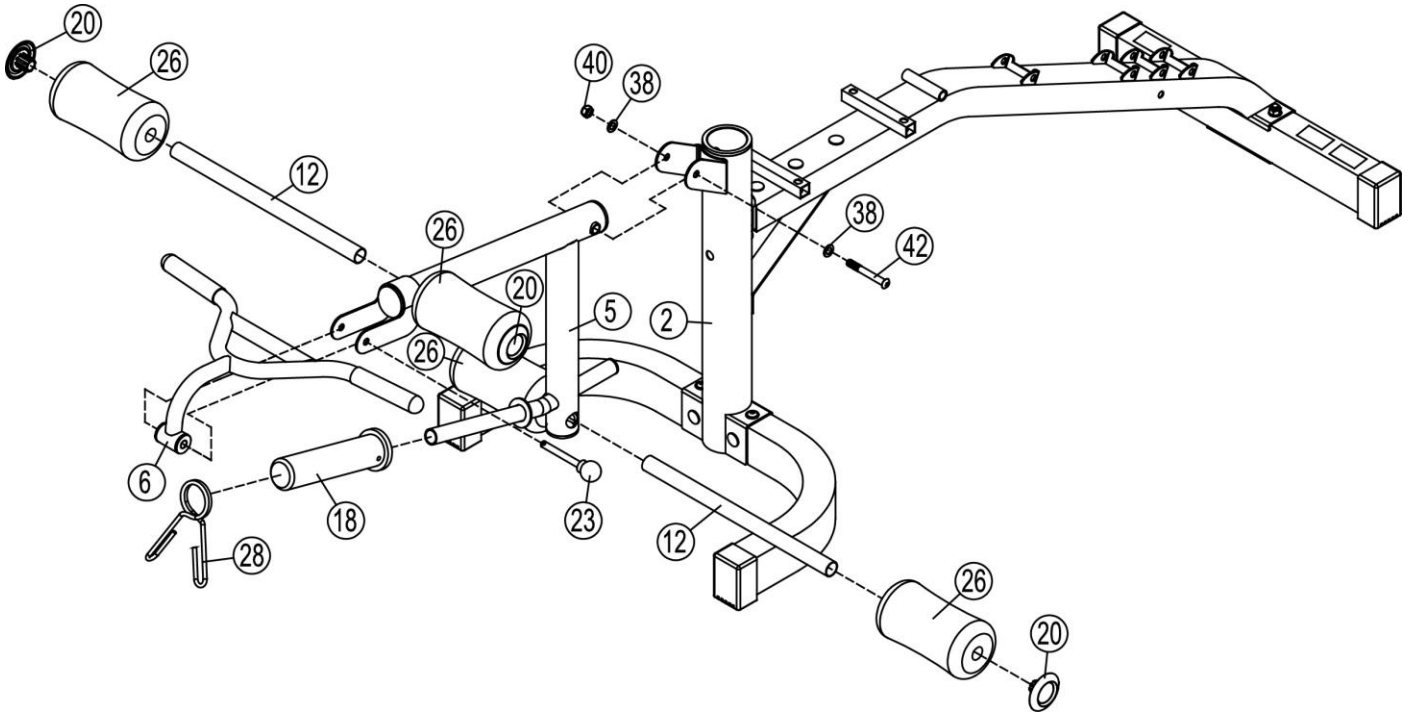
DIAGRAM 2



STEP 3 (See Diagram 3)

- A Attach the leg developer (#5) to the upright beam (#2). Secure them with one M10×80mm allen bolt (#42), two Ø10mm washers (#38), one M10 Aircraft nut (#40).
- B Insert two foam roll tubes (#12) halfway through the holes on the leg developer. Push four foam rolls (#26) onto the tubes from both sides and push the four Ø25×1.3mm end cap (#20) to the foam roll.
- C Place a sleeve (#18) and a spring clip (#28) onto the weight post on the leg developer. Attach the handle (#6) to the leg developer (#5), and secure them with Ø10×100 pin(#23).

DIAGRAM 3



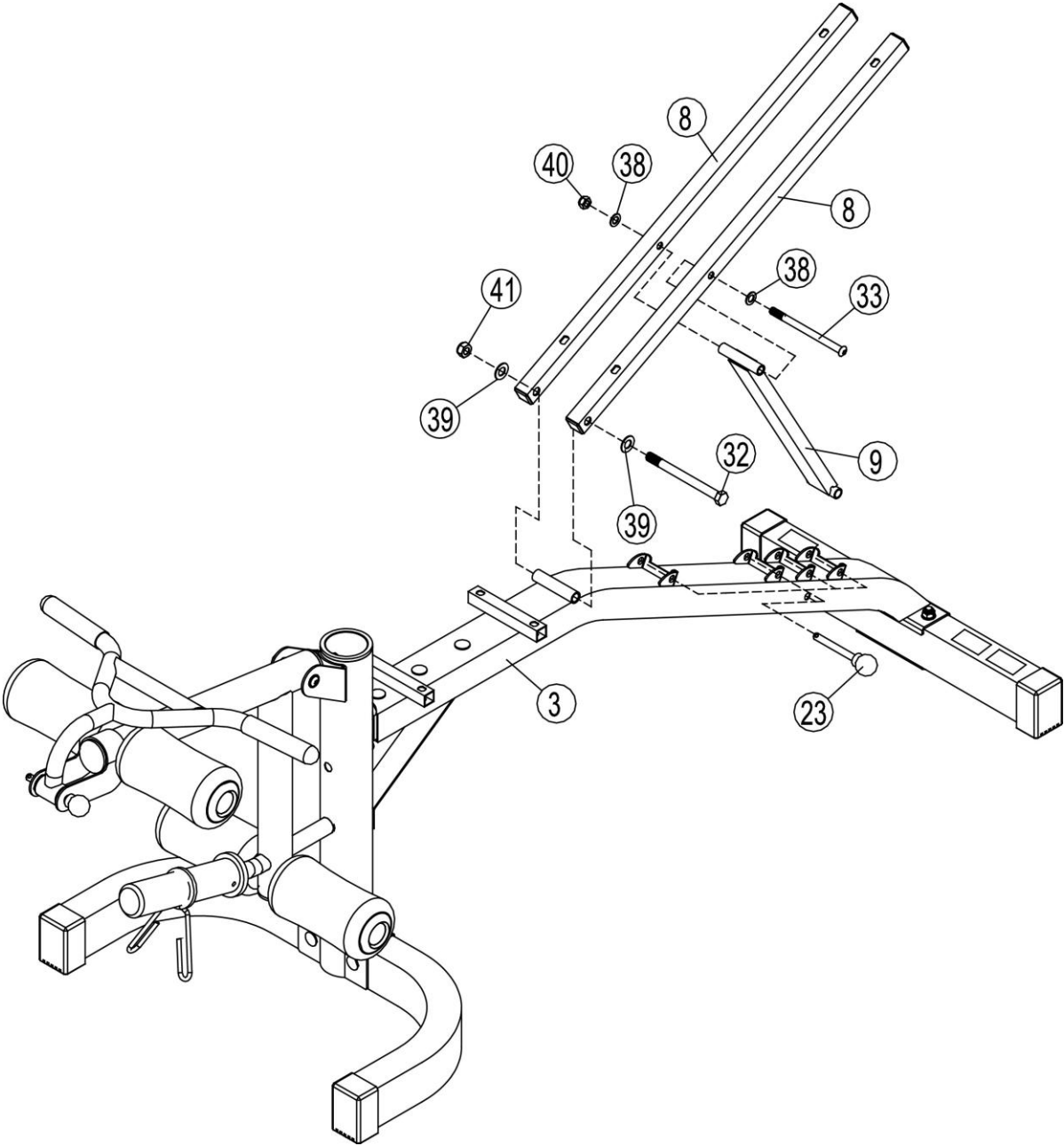
STEP 4 (See Diagram 4)

- A Attach the backrest support (#8) onto the seat pad support frame (#3), align the holes

and secure them with one M12×145mm allen bolt (#32) and two Ø12mm washer (#39), one M12 Aircraft nut (#41).

- B** Attach the backrest incline pad support (#9) to the backrest support (#8), and secure them with one M10×145mm Allen Bolt (#33), two Ø10mm washers (#38), one M10 aircraft nut (#40).

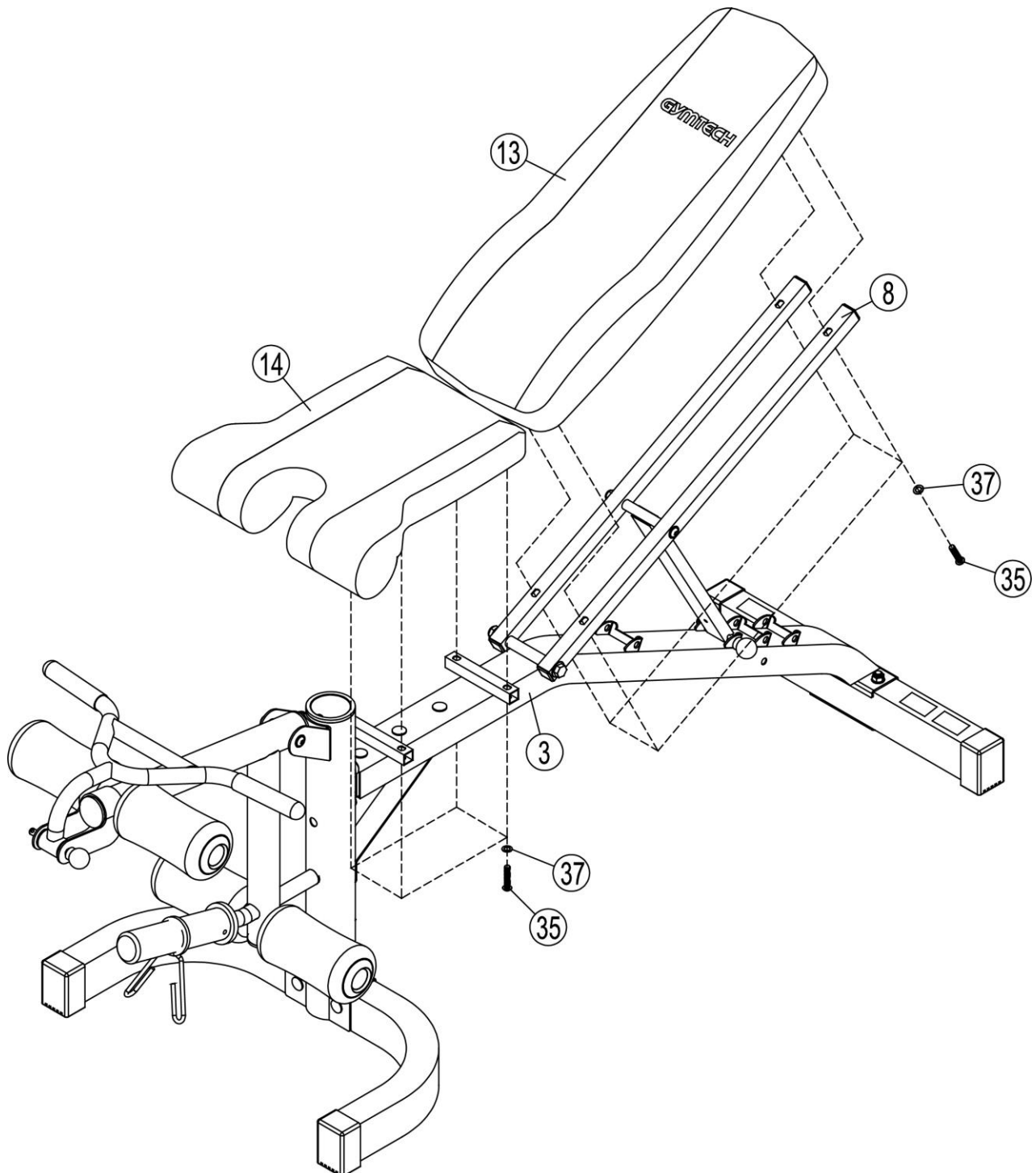
DIAGRAM 4



STEP 5 (See Diagram 5)

- A Attach the seat pad (#14) onto the seat pad support frame (#3), align the holes and secure them with four M10×40mm allen bolts (#35) and four Ø8mm washers (#37).
- B Attach the backrest pad (#13) to the backrest pad supports (#8), align the holes and secure them with four M10×40mm allen bolts (#35) and four Ø8mm washers (#37).

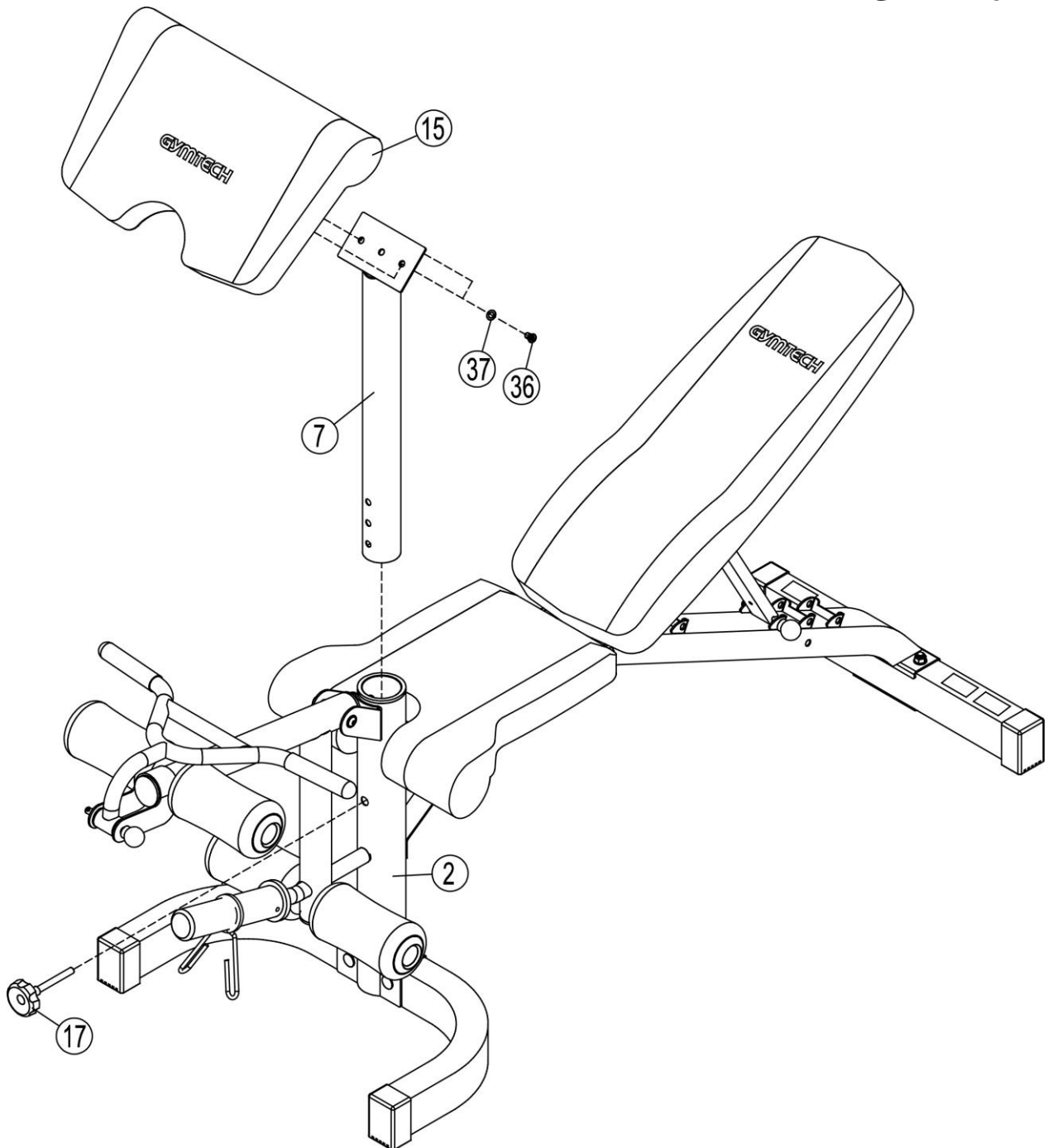
DIAGRAM 5

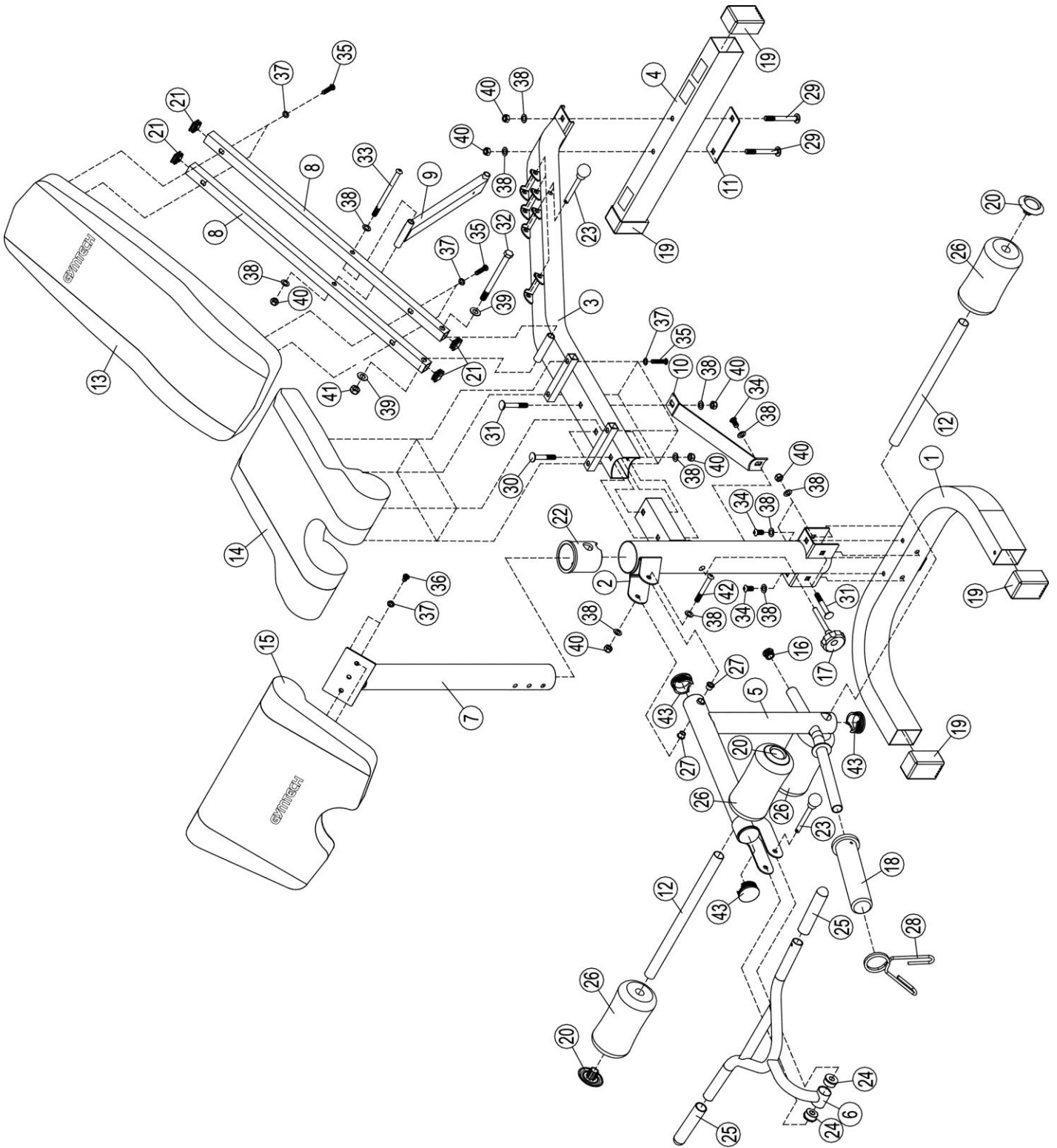


STEP 6 (See Diagram 6)

- A Insert the arm curl pad support (#7) to the hole of upright beam (#2), and secure them with M10×90mm Lock pin (#17) to adjust different height.
- B Attach the arm curl pad (#15) to the arm curl pad support (#7), and secure them with two Ø8mm washers (#37), two M8×16mm allen bolts (#36).
- C Tighten all the bolts and nuts when finishing assembling.

DIAGRAM 6





PARTS LIST

Key No. Description

QTY

Key No.

Description

QTY

Key No.	Description	QTY	Key No.	Description	QTY
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1	Front stabilizer	1	27	Ø18×Ø10×12 bushing	2
2	Upright beam	1	28	Ø49 spring clip	1
3	Seat pad support frame	1	29	M10×90mm Carriage bolt	2
4	Rear stabilizer	1	30	M10×63mm Carriage bolt	2
5	Leg developer	1	31	M10×70mm Carriage bolt	3
6	Handle	1	32	M12×145mm Hex bolt	1
7	Arm curl pad support	1	33	M10×145mm Allen bolt	1
8	Backrest pad support	2	34	M10×20mm Allen bolt	3
9	Backrest pad incline support	1	35	M8×40 mm Allen bolt	8
10	Bracket	1	36	M8×16mm Allen bolt	2
11	Flat connection	1	37	Ø8 washer	10
12	Foam roll tube	2	38	Ø10 washer	14
13	Bracket pad	1	39	Ø12 washer	2
14	Seat Pad	1	40	M10 mm Aircraft nut	9
15	Arm curl Pad	1	41	M12 mm Aircraft nut	1
16	Ø25×2 end cap	1	42	M10×80 mm Allen bolt	1
17	M10×90 lock pin	2	43	Ø50×1.5End cap	3
18	Ø50×Ø26.5×200 mm sleeve	1		4# Allen Wrench	1
19	End cap	4		5# Allen Wrench	1
20	Ø25×1.3mm end cap	4		6# Allen Wrench	1
21	□25×2 End cap	4			
22	Ø76×60 Sleeve	1			
23	Ø10×100 Pin	1			
24	Ø32 bushing	2			
25	Ø25×130 grip	2			
26	Ø22×Ø100×180 foam roll	4			

3 ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury. Do not tighten all the bolts and nuts until getting instruction.

STEP 1 (See Diagram 1)

- A. Attach the right upright beam (#2) to the right stabilizer (#1), and secure them with one flat connection (#9), two M10×90mm carriage bolt (#18), two Ø10 washer (#23), two M10 aircraft nut (#21). And then secure them horizontally with two M10×70mm carriage bolt (#19), two Ø10 washer (#23), M10 two aircraft nut (#21) again.
- B. Attach the curved end of the triangle support (#4) to the right upright beam (#2), and secure them with curved bracket (#10), two M10×95mm carriage bolt (#17), two Ø10 washer (#23), two M10 aircraft nut (#21). Attach the other end of the triangle support (#4) to the right stabilizer (#1). Then secure them with one flat connection (#9), two M10×90mm carriage bolt (#18), two Ø10 washer (#23), two M10 aircraft nut (#21).

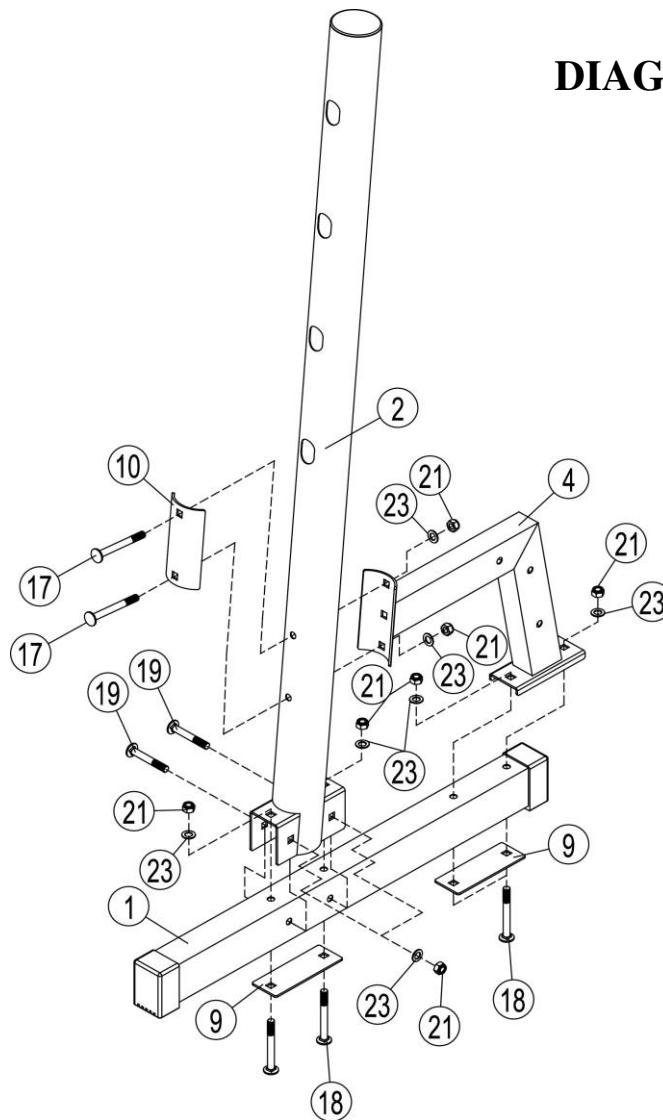
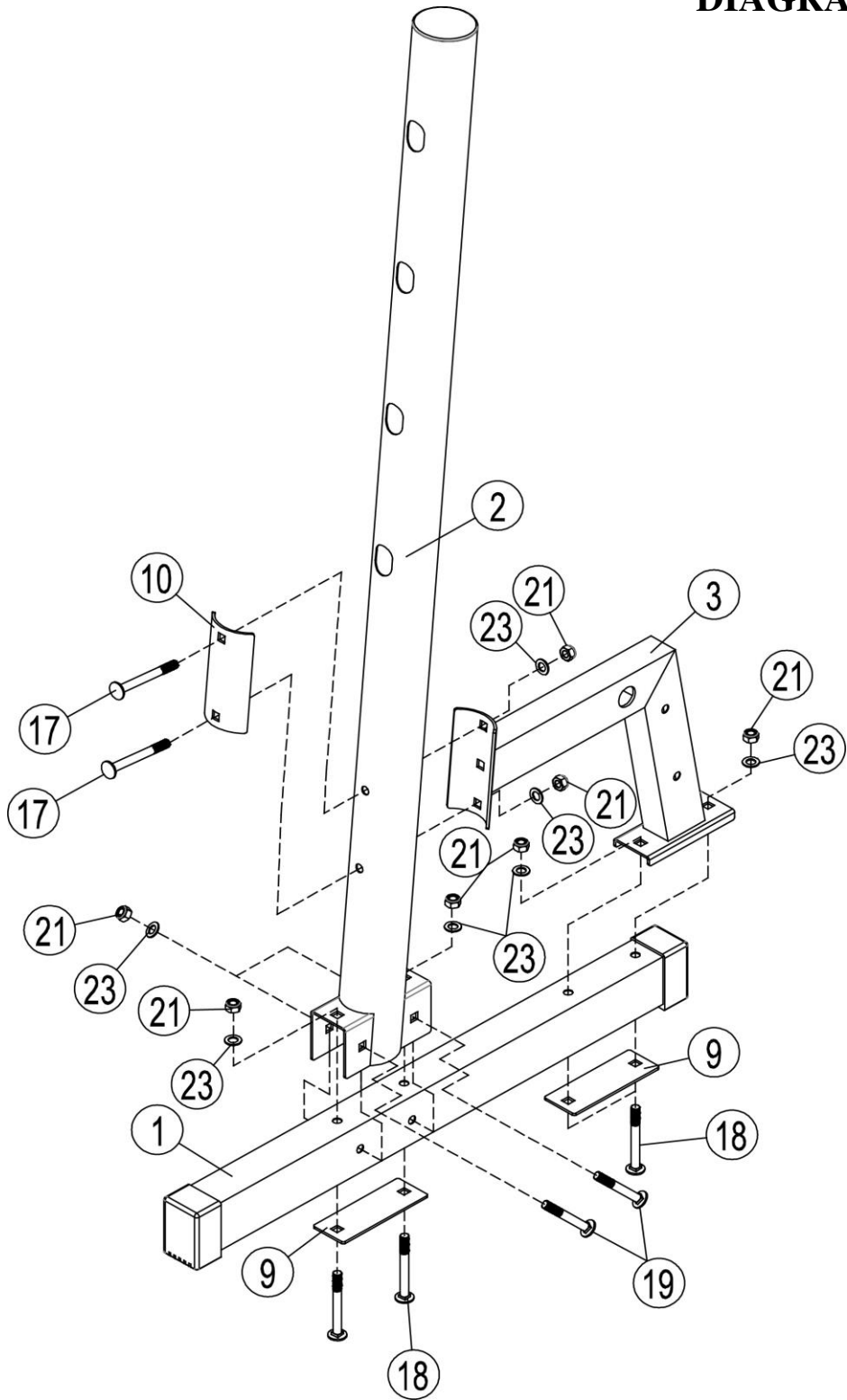


DIAGRAM 1

STEP 2 (See Diagram 2)

A. Repeat the same method of diagram 1 to install the left stabilizer (#1), left upright beam (#2), and triangle support (#3).

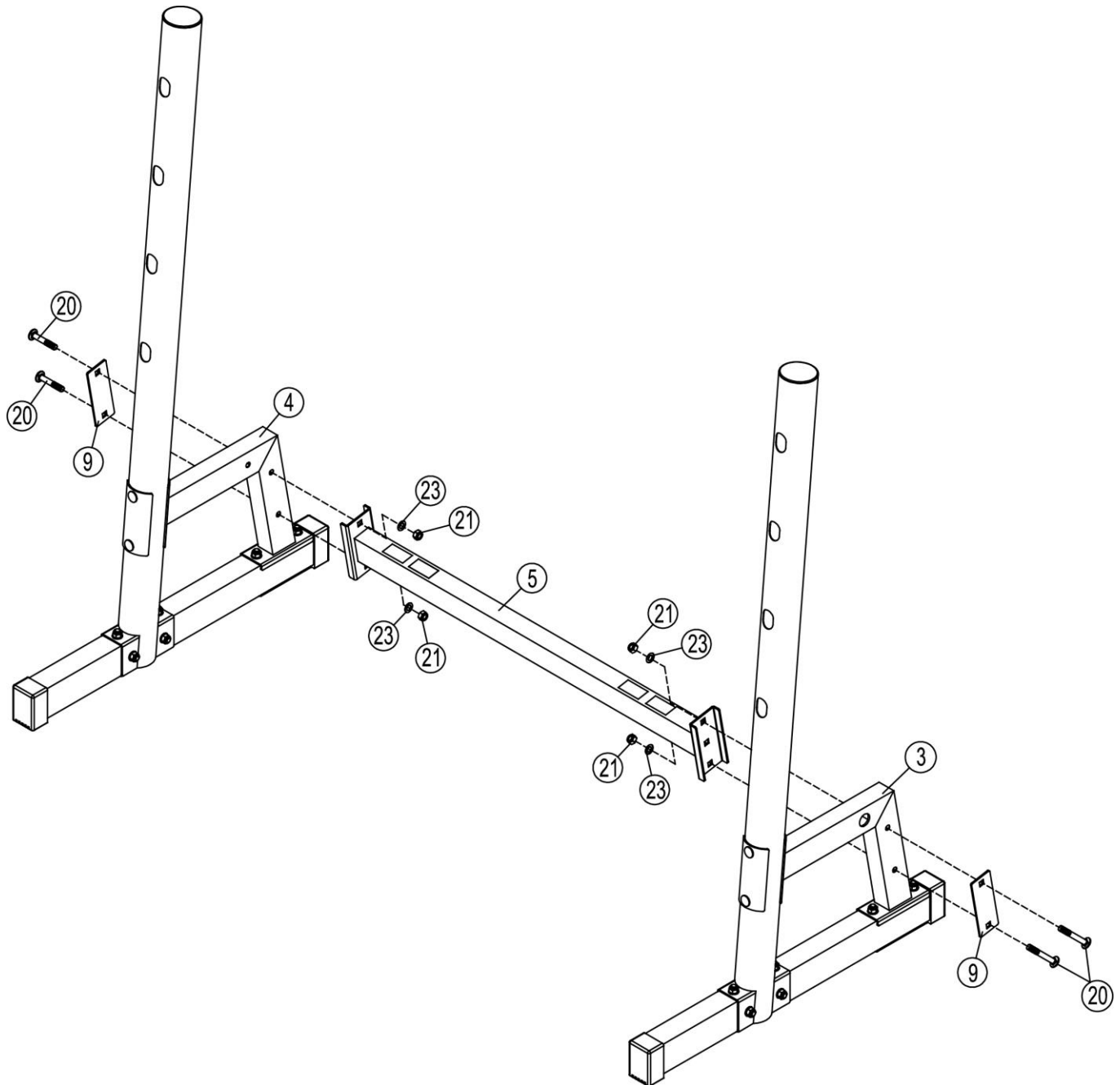
DIAGRAM 2



STEP 3 (See Diagram 3)

- A. Attach the cross beam (#5) to the left triangle support (#4). Secure them with two M10×60mm carriage bolt (#20), one flat connection (#9), two Ø10 washers (#23), two M10 aircraft nut (#21).
- B. Repeat the same method to attach the end of the cross beam (#5) to the right support and install them.

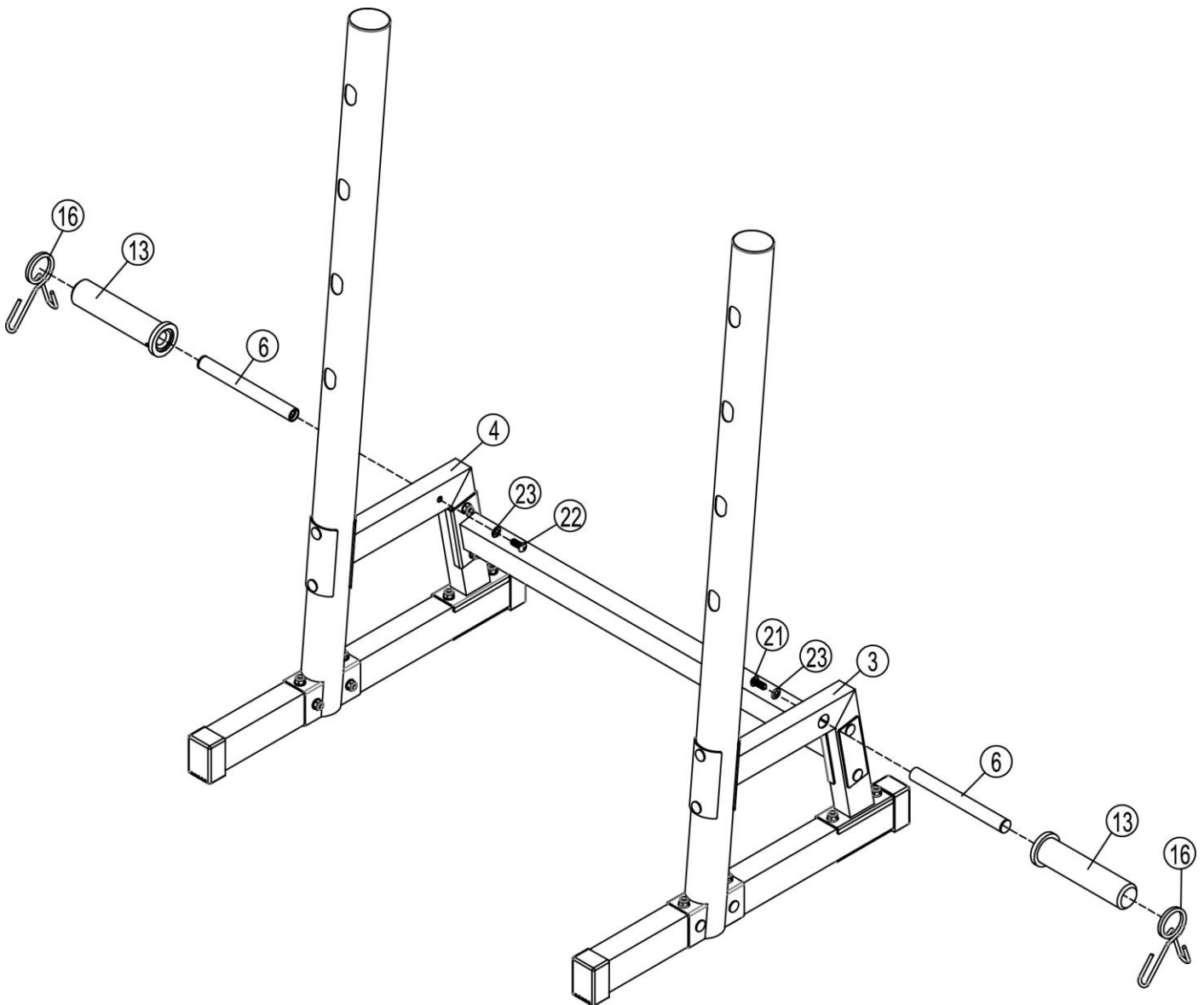
DIAGRAM 3



STEP 4 (See Diagram 4)

- A. Attach the weight poster (#6) to the left triangle support (#3), align the hole, secure them with one M10×25mm Allen bolt (#22) and one Ø10mm washer (#23). Place the sleeve (#13) and spring clip (#16) onto the weight poster (#6).
- B. Repeat the same method to install the other.

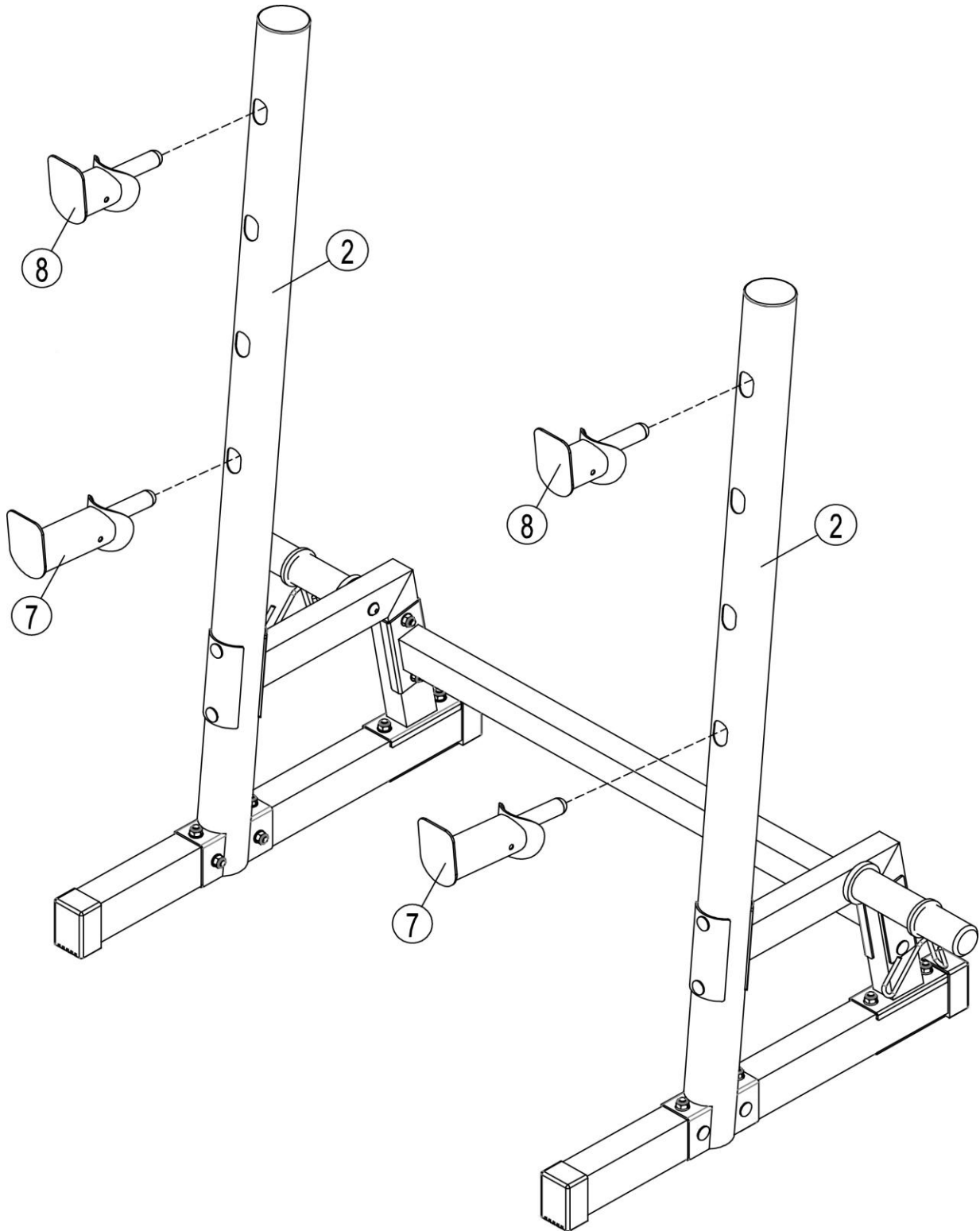
DIAGRAM 4

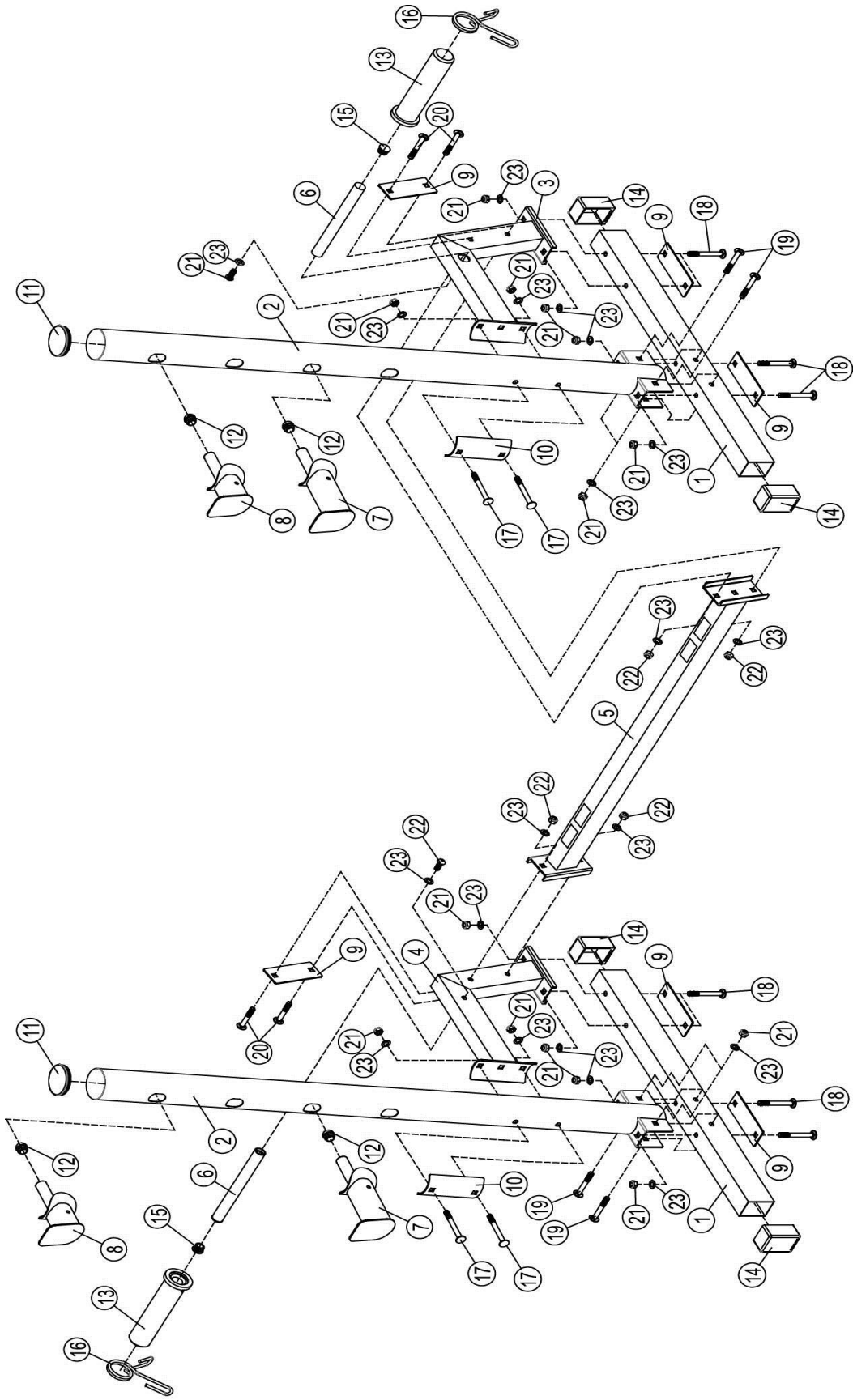


STEP 5 (See Diagram 5)

- A. Attach the two short crunch (#8) to the hole of the upright beam (#2).
 - B. Attach the two long crunch (#7) to the hole of the upright beam (#2).
- Make sure place the bulge of the crunch into the holes entirely when exercising .
Tighten all the bolts and nuts when finishing assembling

DIAGRAM 5





PARTS LIST

Key No.	Description	QTY	Key No.	Description	QTY
1	Stabilizer	2	22	M10×25mm Allen Bolt	2
2	Right /left Upright beam	2	23	Ø10 Washer	22
3	Left support	1		4#Allen wrench	1
4	Right support	1		6#Allen wrench	1
5	Cross beam	1			
6	Weight poster	2			
7	Long crunch	2			
8	Short crunch	2			
9	Flat connection	6			
10	Curved bracket	2			
11	Ø76×1.5 End cap	2			
12	Ø25×2.0 End Cap	4			
13	Ø50×Ø26.5×200 sleeve	2			
14	□50×70 End cap	1			
15	Ø25×2.0 End cap	2			
16	Ø49 Spring clip	2			
17	M10×95mm Carriage Bolt	4			
18	M10×90mm Carriage Bolt	8			
19	M10×70mm Carriage Bolt	4			
20	M10×60mm Carriage Bolt	4			
21	M10 Aircraft Nut	20			