

SERIAL NO. AB2689-UK

V-FIT-ST



Herculean STB/09-1 Folding Weight Bench

Assembly & User Manual

Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use

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Protect the environment by not disposing of this product with household waste.



General Information

Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please **DO NOT** return it to your retailer but contact us first for help and advice, asking for **CUSTOMER SUPPORT**, by any of the following means.

Tel:- 01535 637711 or
Fax:- 01535 637722 or
Email:- support@benysports.co.uk
Website: www.benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

Beny Sports Co. UK Ltd.
Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire
BD20 7BW

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME
YOUR ADDRESS
YOUR PHONE NUMBER
PRODUCT MAKE OR BRAND
PRODUCT MODEL
PRODUCT SERIAL NUMBER
DATE OF PURCHASE
NAME OF RETAILER
PART NUMBERS REQUIRED

Guarantee

Beny Sports Co. UK Ltd. guarantee's its product range for **DOMESTIC USE ONLY**. For specific guarantee periods please consult the Guarantee Registration Card supplied with your product. During the Guarantee Period we have the right to: -

- a). provide parts for the purchaser to effect repair.
- b). repair the product returned (at the purchaser's cost) to our warehouse.
- c). replace the product if it is deemed economical to do so.

This guarantee applies to the original purchaser only and is not transferable.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse or defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product, we will ask for proof of purchase. To enable us to service your requirement for replacement parts, you must return the enclosed Guarantee Registration Card within 14 days of purchase. Failure to do so will result in any claim for replacement parts or repairs being refused.

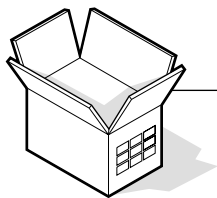
This does not affect your statutory rights as a consumer.

Customer Support

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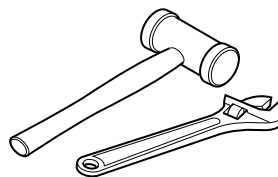
Beny Sports Co. UK Ltd.
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BD20 7BW



Before You Start

Tools

To enable you to successfully assemble your product. You will require 1 x 13mm, 2 x 14mm, 2 x 17mm Combination Spanners and 1 x Screw Driver, you may also find it beneficial to have a Soft-Headed Hammer and perhaps an Adjustable Spanner handy as this may help.



Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.



Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- * Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.
- * For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.
- * Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.
- * Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.
- * Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of damaging flooring or slipping in use.
- * Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.



Warning

If any part of your product becomes damaged, broken or badly worn do not use the equipment until the defective parts have been replaced

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limits

This product is suitable for users weighing a MAXIMUM of 110kg
 The TOTAL WEIGHT LOADING on this product INCLUDING the user plus any weights and accessories is 200kg
 The MAXIMUM STATIC LOADINGS of the individual workstations are: -
 Barbell Stands – 120kg* but not to exceed the 200kg TOTAL WEIGHT LOADING
 Leg Extension – 35kg
 Pec Deck (where fitted) – 25kg
 Squat Stands (where fitted) – 80kg* to be used only with 50kg on the Leg Extension to provide balance
 Lat Tower (where fitted) – 35kg
DO NOT EXCEED THESE WEIGHT LIMITS AS DAMAGE MAY OCCUR TO THE PRODUCT & SERIOUS INJURY COULD RESULT

USER WEIGHT – kg	BARBELL WEIGHT LIMIT - kg
60kg	120kg
70kg	120kg
80kg	120kg
90kg	110kg
100kg	100kg
110kg	90kg

Conformity

This product conforms to: -
 BS EN ISO 20957 – 1 and BS EN 957 – 4 – Class (H) – HOME USE – Class (C)
 It is NOT suitable for therapeutic purposes



Exercising Information

Beginning

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.



Exercising Information

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.

USERS AGE	UNCONDITIONED TARGET ZONE - A	CONDITIONED TARGET ZONE - B
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135



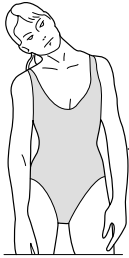
Exercising Information

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

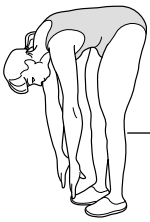
Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



Head Roll

Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



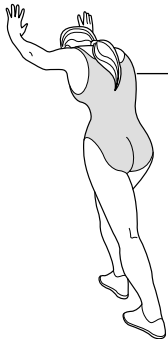
Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.



Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.



Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



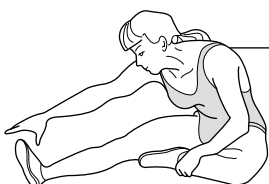
Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.



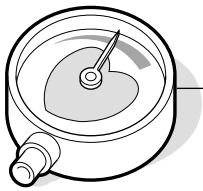
Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.



Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 4 minutes at 'A'
Rest 1 minute
Exercise 2 minutes at 'A'
Exercise slowly 1 minute

Week 3 & 4

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Rest 1 minute
Exercise 3 minutes at 'A'
Exercise slowly 2 minutes

Week 5 & 6

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 6 minutes at 'A'
Rest 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 7 & 8

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

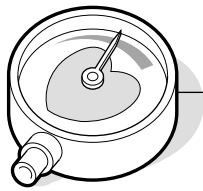
Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 9 & beyond

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Repeat entire cycle 2 or 3 times

This is only a suggested programme and may not suit every individual's needs.



Exercising Information

GETTING STARTED

You will often read about terms referring to exercise that may be confusing. Below are some of the definitions that are regularly used.

Repetition - Commonly referred to as 'REPS'.

This is a complete movement from start to finish.

Set - This is a complete number of consecutive repetitions.
i.e. 1 set of 10 reps.

Speed of Motion - This is the relative speed of movement for each rep.

Fast is considered as 1 rep / second. Medium is 1 rep / 2 seconds. Slow is 1 rep / 4 seconds.

Intensity - How 'hard' the exercise feels.

Low Intensity = easy exercise. High Intensity = hard exercise.



Note

Incorrect or excessive training may damage your health. Please read the exercise information first.

TRAINING PROGRAMMES

You will achieve fast results, gaining a trimmer, fitter body if you follow these general rules.

- * Exercise regularly - do not skip workouts as consistency is the first key to success.
- * Do not be afraid perspire a little. This is a sign that you are working your body hard enough to give fast results. You will find 'hard' exercise enjoyable.
- * Set yourself realistic goals. Do not be over-ambitious. Plan your workouts to concentrate on specific body areas. Start slowly and gradually increase the intensity, reps and sets.

BEGINNERS PROGRAMME

This is a short suggested programme which we suggest you use for no more than 3 weeks, to be ideally performed every other day, but certainly not more than 4 times during the week.

This suggested routine is specifically for beginners or those who have not exercised for a considerable time. The programme is designed to provide general improvement in muscle tone, strength, flexibility and co-ordination.

As a beginner, you should start with no more than 2 sets of 6 exercises for the following reps on each of the Gyms training stations.

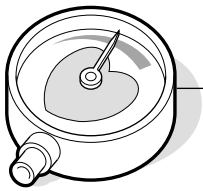
10 REPS - BENCH PRESS followed by LAT PULLDOWNS

5 REPS - PEC DEC

10 REPS - SHOULDER PRESS

10 REPS - LEG EXTENSIONS followed by LEG CURLS

- * Your rest interval between each set of reps should be 1 minute.
- * You should perform 2 SETS of each exercise.
- * Your exercise pace should be SLOW to MEDIUM.
- * This exercise programme should take you approximately 20 minutes.
- * Follow this exercise programme with 5 minutes of proper cool down exercises.



Exercising Information

INTERMEDIATE EXERCISE

This is a slightly longer programme which we suggest you use for the next 6 - 8 weeks, to be ideally performed not more than 5 times during the week.

This suggested routine is specifically for intermediate users or those that are familiar with exercise routines. The programme is designed to increase muscle definition, build strength, aid flexibility and co-ordination.

The increase in exercise intensity and speed of repetitions is key to your success at this stage. For intermediate exercise we recommend 3 - 4 sets of 8 exercises for the following reps on each of the Gym's training stations.

15 REPS - BENCH PRESS followed by LAT PULLDOWNS

10 REPS - PEC DEC

15 REPS - SHOULDER PRESS

15 REPS - LEG CURLS

15 REPS - LEG EXTENSIONS followed by ARM CURLS

** Your rest interval between each set of reps should be 1 minute.*

** You should perform 3 - 4 SETS of each exercise.*

** Your exercise pace should be MEDIUM to FAST.*

** This exercise programme should take you approximately 35 - 40 minutes.*

** Follow this exercise programme with 5 minutes of proper cool down exercises.*

ADVANCED TRAINING

This is an open-ended programme, ideally performed not more than 4 times during the week, preferably on alternate days.

This suggested routine is specifically for advanced users or those that are familiar with exercise routines. The programme is designed to increase muscle mass and build strength.

The increase in exercise intensity, resistance levels and speed of repetitions is key to your on going success.

For advanced training we recommend 4 sets of the 9 exercises for the following reps on each of the Gym's training stations. However at this stage you may want to concentrate on specific body parts, so as you are now fully familiar with the workings of your Gym you should be able to structure an exercise programme to suit your own individual needs. Any specific advice should be sought through specialist books.

20 REPS - BENCH PRESS followed by LAT PULLDOWNS

15 REPS - PEC DEC

15 REPS - SHOULDER PRESS

15 REPS - LEG CURLS

20 REPS - LEG EXTENSIONS followed by ARM CURLS

15 REPS - LEG PRESS

10 SLOW REPS - 2 SETS - SIT UPS

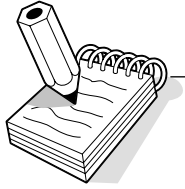
** Your rest interval between each set of reps should be 1 minute.*

** You should perform 4 SETS of each exercise.*

** Your exercise pace should be MEDIUM to FAST.*

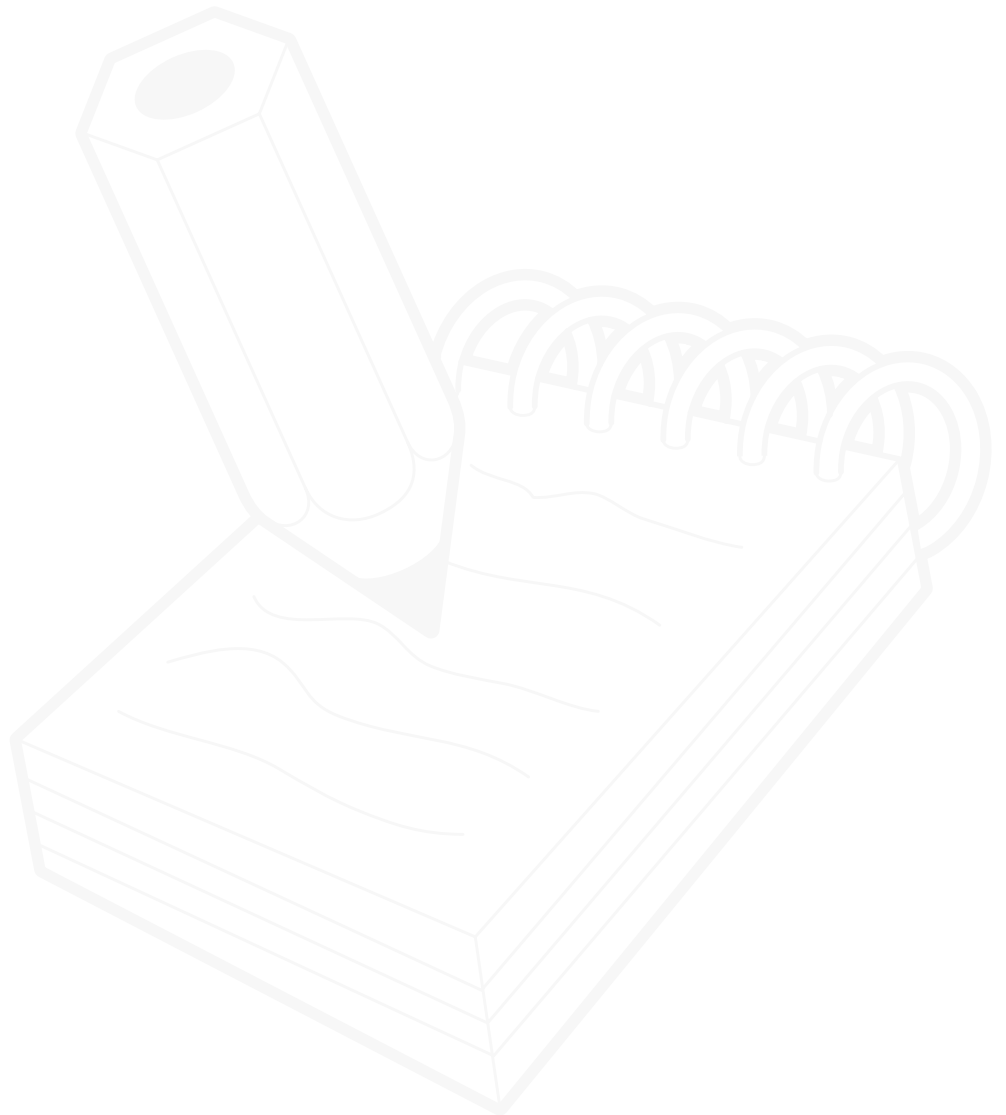
** This exercise programme should take you approximately 40 - 50 minutes.*

** Follow this exercise programme with 5 minutes of proper cool down exercises.*



Exercise Notes

Use this space to record your own exercise routine results.



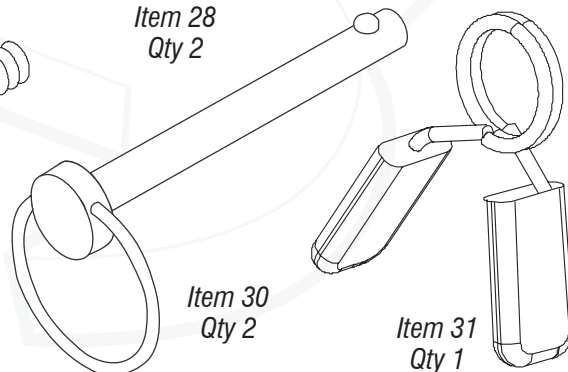
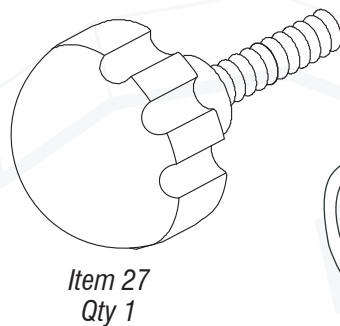
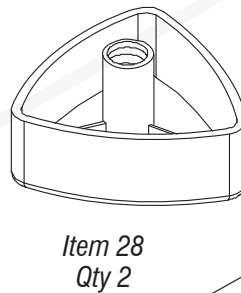
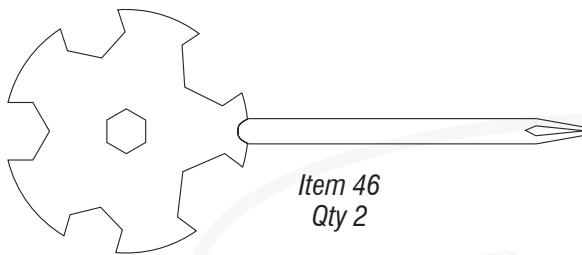
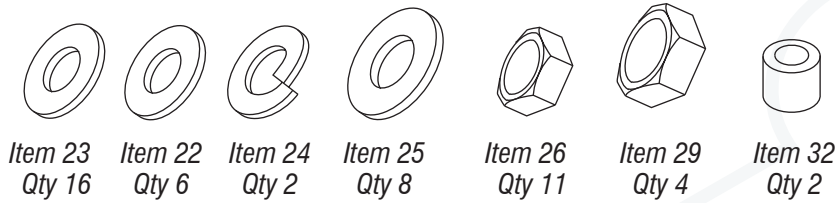
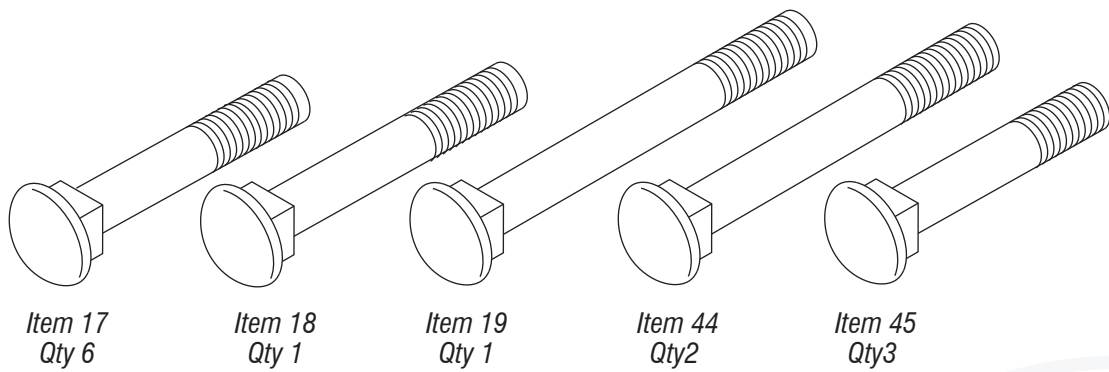
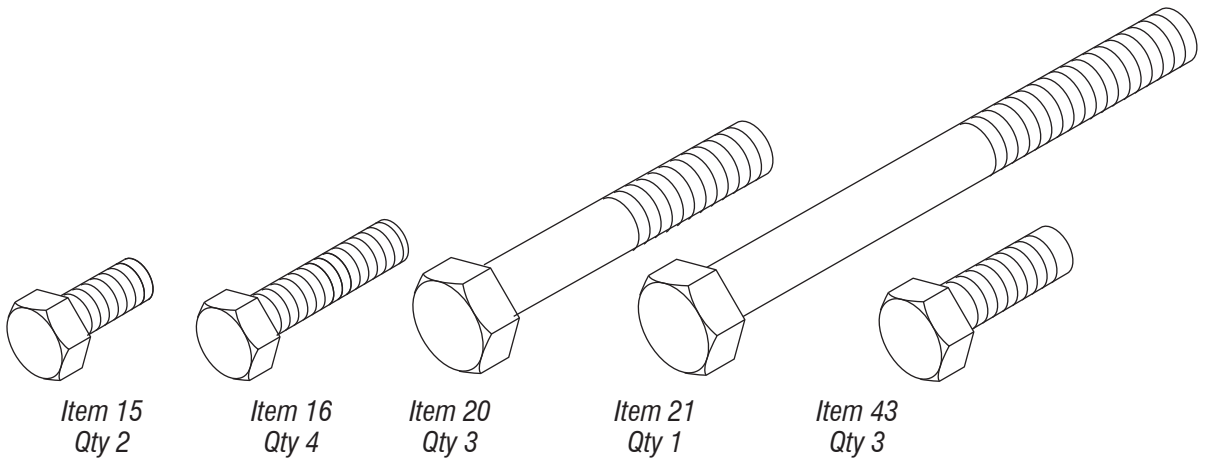
Assembly



ACCESSORY FITMENT LIST

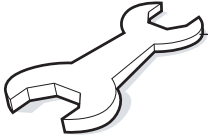
The are all the accessories you will need to complete the assembly of your product.

The following accessories are supplied in a pack and should be checked before attempting assembly.



All items are drawn to scale.

Assembly



Beny Sports Co. UK Ltd
Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire.
BD20 7BW

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

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E-mail:- support@benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday



Note

1

Do not fully tighten at this stage.

Do NOT FULLY TIGHTEN any Bolts, Nuts or Fittings at this stage unless specifically instructed to do so.

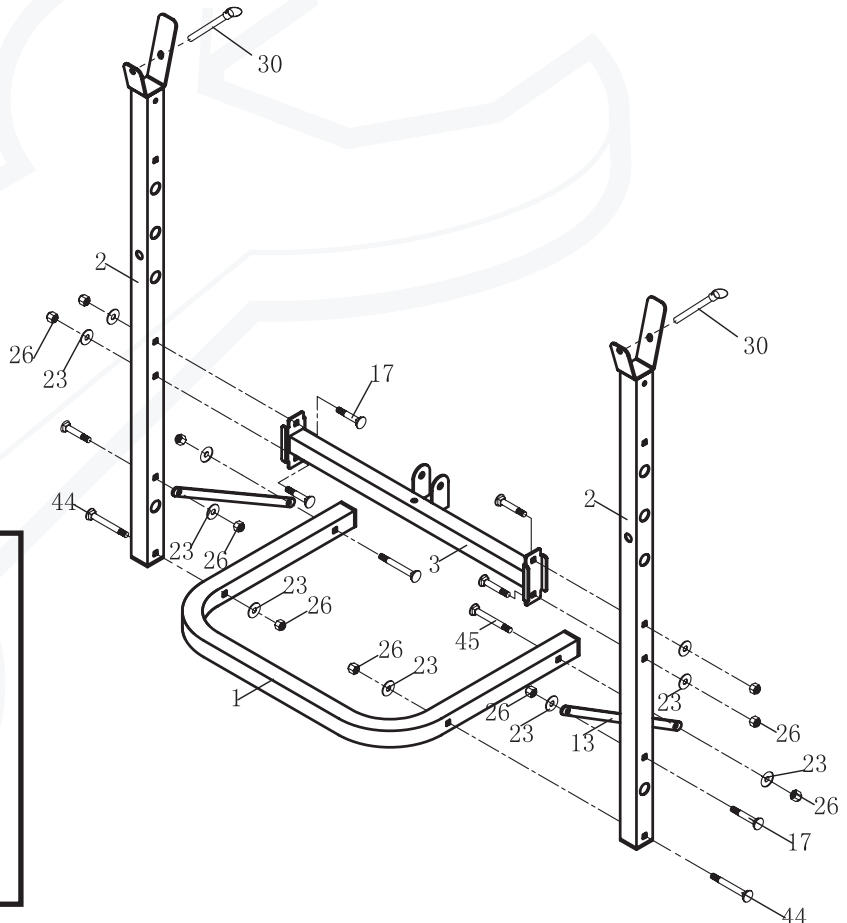
Connect both Uprights (2) to the Upright Support Bar (3) using 4 x M8 x 50mm Carriage Bolts (17) fitted from the inside as per illustration, 4 x M8 Flat Washers (23) and 4 x M8 Nylon Locknuts (26).

Place both Uprights (2) on the outside of the Rear Stabiliser (1) and secure in place using 2 x M8 x 85mm Carriage Bolts (44) fitted from the outside, 2 x M8 Flat Washers (23) and 2 x M8 Nylon Locknuts (26).

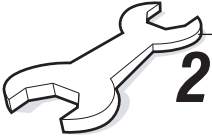
Now attach both Stabiliser Brackets (13) to the outside of the Rear Stabiliser (1) and to the inside of both Uprights (2) using 2 x M8 x 50mm Carriage Bolts (17), 2 x M8 Flat Washers (23) and 2 x M8 Nylon Locknuts (26) and from the inside of the Rear Stabiliser (1) using 2 x M8 x 45mm Carriage Bolts (45), 2 x M8 Flat Washers (23) and 2 x M8 Nylon Locknuts (26). Insert both Barbell Locking Pins (30) through the holes in the top of both Uprights (2) as shown below.

Assembly Accessories 1

PART No.	DESCRIPTION	QTY
17	M8 x 50mm CARRIAGE BOLT	6
23	M8 FLAT WASHER	10
26	M8 NYLON LOCKNUT	10
30	BARBELL LOCKING PIN	2
44	M8 x 85mm CARRIAGE BOLT	2
45	M8 x 45mm CARRIAGE BOLT	2



Assembly



Note

The highest position will give the greatest intensity during exercise.

Connect the REAR of the Main Frame (4) to the assembled Upright Support (3) using 1 x M10 x 60mm Hex Bolt (20), 2 x M10 Flat Washers (25) and 1 x M10 Nylon Locknut (29) bolted from the SIDE.

Place an M8 x 90mm Carriage Bolt (19) in the UPPER hole on the rear of the Main Frame (4) and through the hole in the Upright Support (3), secure in position using 1 x M8 Flat Washer (23), 1 x M8 Spring Washer (24) and 1 x M8 Locking Knob (Female) (28). Tighten securely to lock the frame in position.

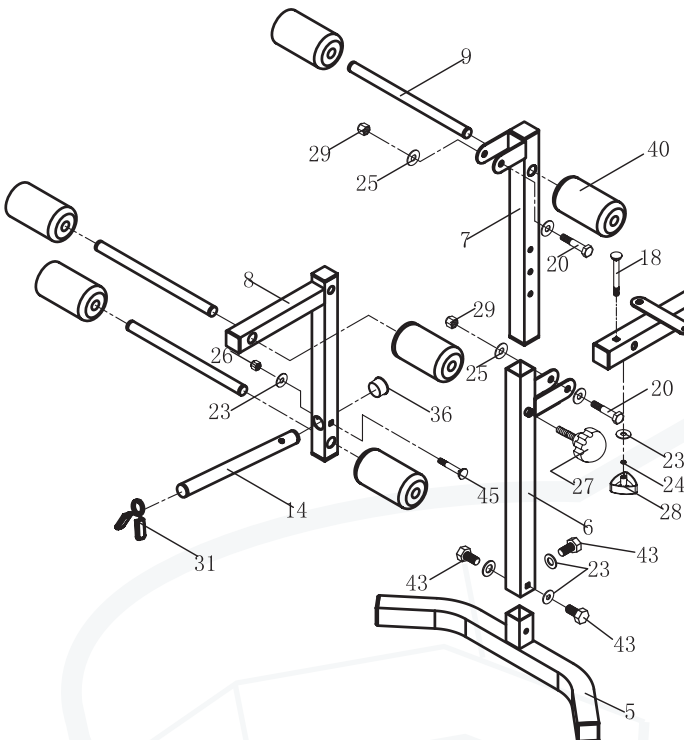
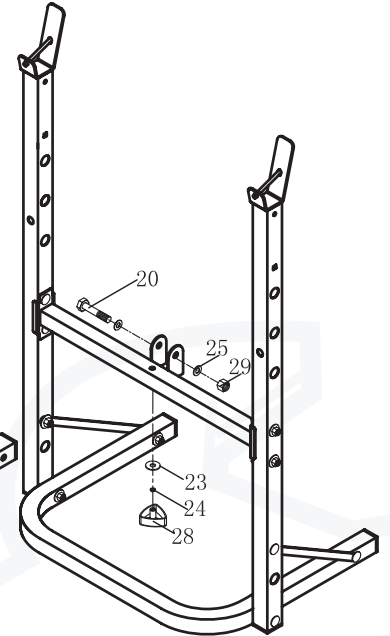
Fit the Front Stabiliser (5) to the Leg Extension Upright (6) and secure with 3 x M8 x 15mm Hex Bolts (43) and 3 x M8 Flat Washers (23). Connect the assembled Leg Extension Upright to the FRONT of the Main Frame (4) using 1 x M10 x 60mm Hex Bolt (20), 2 x M10 Flat Washers (25) and 1 x M10 Nylon Locknut (29) bolted from the SIDE. Place an M8 x 55mm Carriage Bolt (18) in the UPPER hole on the front of the Main Frame (4) and through the hole in the Upright Support (3) using 1 x M8 Flat Washer (23), 1 x M8 Spring Washer (24) and 1 x M8 Locking Knob (Female) (28). Tighten securely to lock the frame in position.

Fit the Leg Extension Support (7) into the Leg Extension Upright (6) to any one of 3 positions and lock in position using the M8 Locking Knob (27).

Assemble the Leg Extension (8) to the Leg Extension Support (7) using 1 x M10 x 60mm Hex Bolt (20), 2 x M10 Flat Washers (25) and 1 x M10 Nylon Locknut (29) bolted from the SIDE.

Fit the Leg Extension Weight Support (14) to the Leg Extension (8) using 1 x M8 x 45mm Carriage Bolt (45), 1 x M8 Flat Washer (23) and 1 x M8 Nylon Locknut (26). Tighten securely and slide on the Weight Retainer Clip (31).

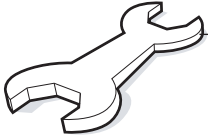
Insert the Leg Extension Pad Bar (9) into the holes of Leg Extension Support (7) and Leg Extension (8) and then slide the Foam Roller (40) onto the Leg Extension Pad Bar (9).



Assembly Accessories 2

PART No.	DESCRIPTION	QTY
18	M8 x 55mm CARRIAGE BOLT	1
19	M8 x 90mm CARRIAGE BOLT	1
20	M10 x 60mm HEX BOLT	3
23	M8 FLAT WASHER	6
24	M8 SPRING WASHER	2
25	M10 FLAT WASHER	6
26	M8 NYLON LOCKNUT	1
27	M8 LOCKING KNOB (MALE)	1
28	M8 LOCKING KNOB (FEMALE)	2
29	M10 NYLON LOCKNUT	3
31	WEIGHT PLATE RETAINER CLIP	1
43	M8 x 15mm HEX BOLT	3
45	M8 x 45mm CARRIAGE BOLT	1

Assembly



3

Connect the Backrest Supports (11) to the Main Frame (4) using the fittings in the following sequence. 1 x M10 x 130mm Hex Bolt (21), 1 x M10 Flat Washer (25), 1 x Backrest Support (11), 1 x Backrest Support Bushing (32) on one side of the Main Frame (4), then 1 x Backrest Support Bushing (32), 1 x Backrest Support (11), 1 x M10 Flat Washer (25) and 1 x M10 Nylon Locknut (29) on the other side of the Main Frame (4). DO NOT tighten fully at this stage.



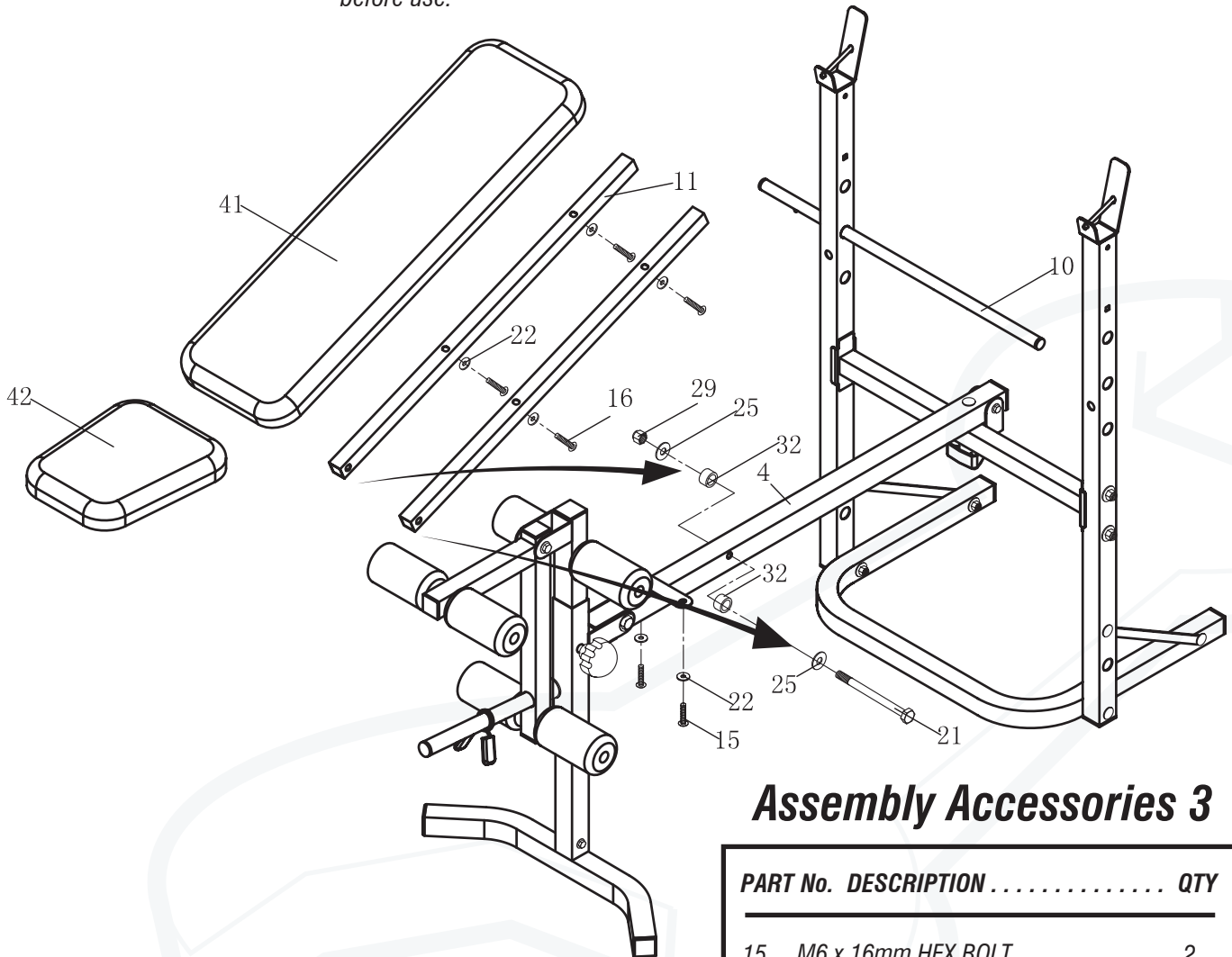
Note

The Backrest Support Bushings should be placed between the Backrest Supports and the Main Frame during assembly. This will ensure that there is minimal sideways movement on the Backrest during use.

Fit the Backrest (41) to the Backrest Supports (11) using 4 x M6 x 40mm Hex Bolts (16) and 4 x M6 Flat Washers (22). Now tighten the M10 x 130mm Hex Bolt to remove all free-play but take care NOT to overtighten.

Fit the Seat (42) to the seat bracket (4) using 2 x M6 x 16mm Hex Bolts (15) and 2 x M6 Flat Washers (22).

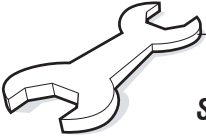
The Backrest can be adjusted into 4 positions for convenient use. (Flat and 3 Incline Positions). Please ensure that the Backrest Adjustment Rod (10) is positioned UNDER the Backrest Supports and is secured into place in any one of the 3 adjustment holes in the Uprights before use.



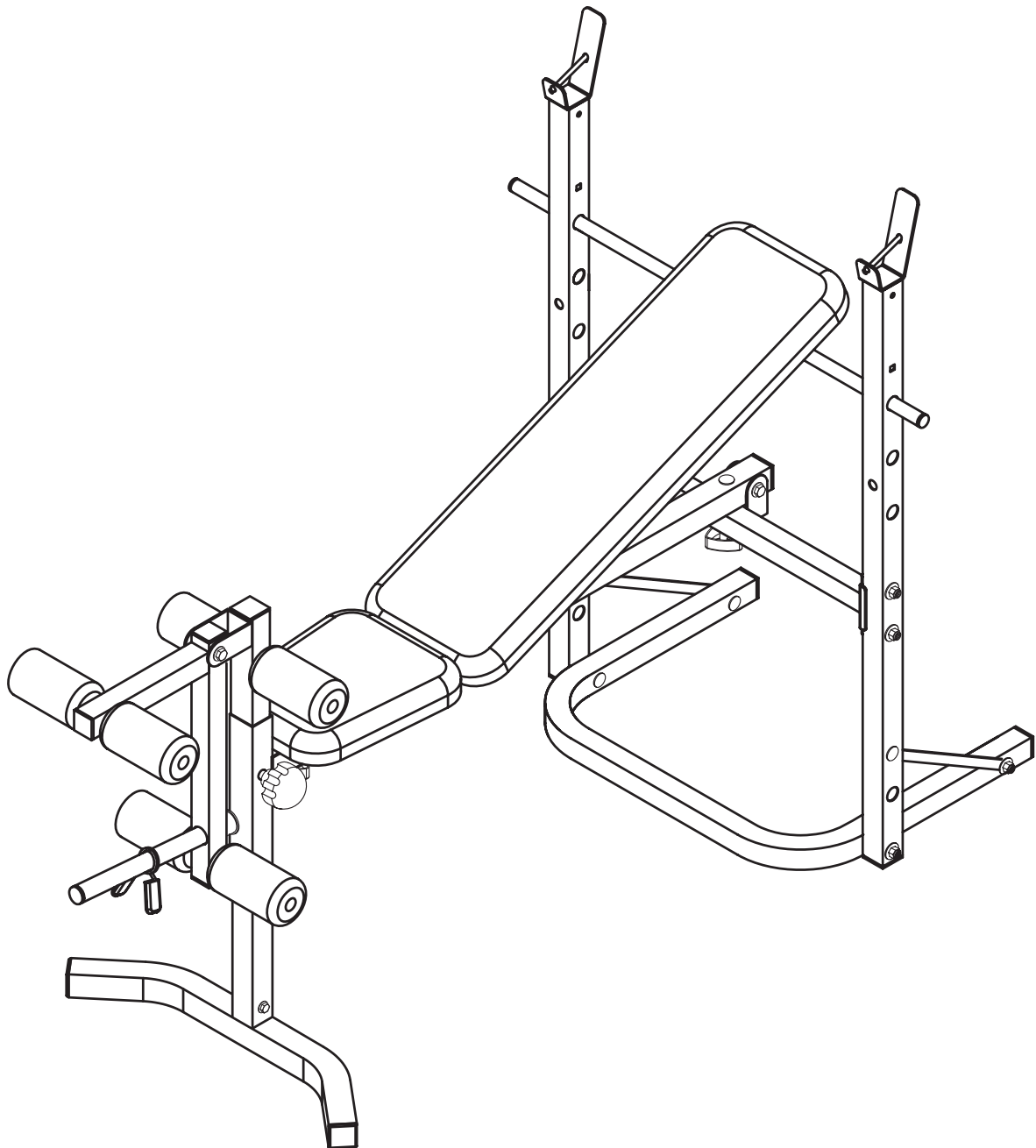
Assembly Accessories 3

PART No.	DESCRIPTION	QTY
15	M6 x 16mm HEX BOLT	2
16	M6 x 40mm HEX BOLT	4
21	M10 x 130mm HEX BOLT	1
22	M6 FLAT WASHER	6
25	M10 FLAT WASHER	2
29	M10 NYLON LOCKNUT	1
32	BACKREST SUPPORT BUSHING	2

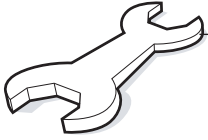
Assembly



Securely tighten ALL bolts and other fixings and your Weight Training Bench is ready to use.



Assembly



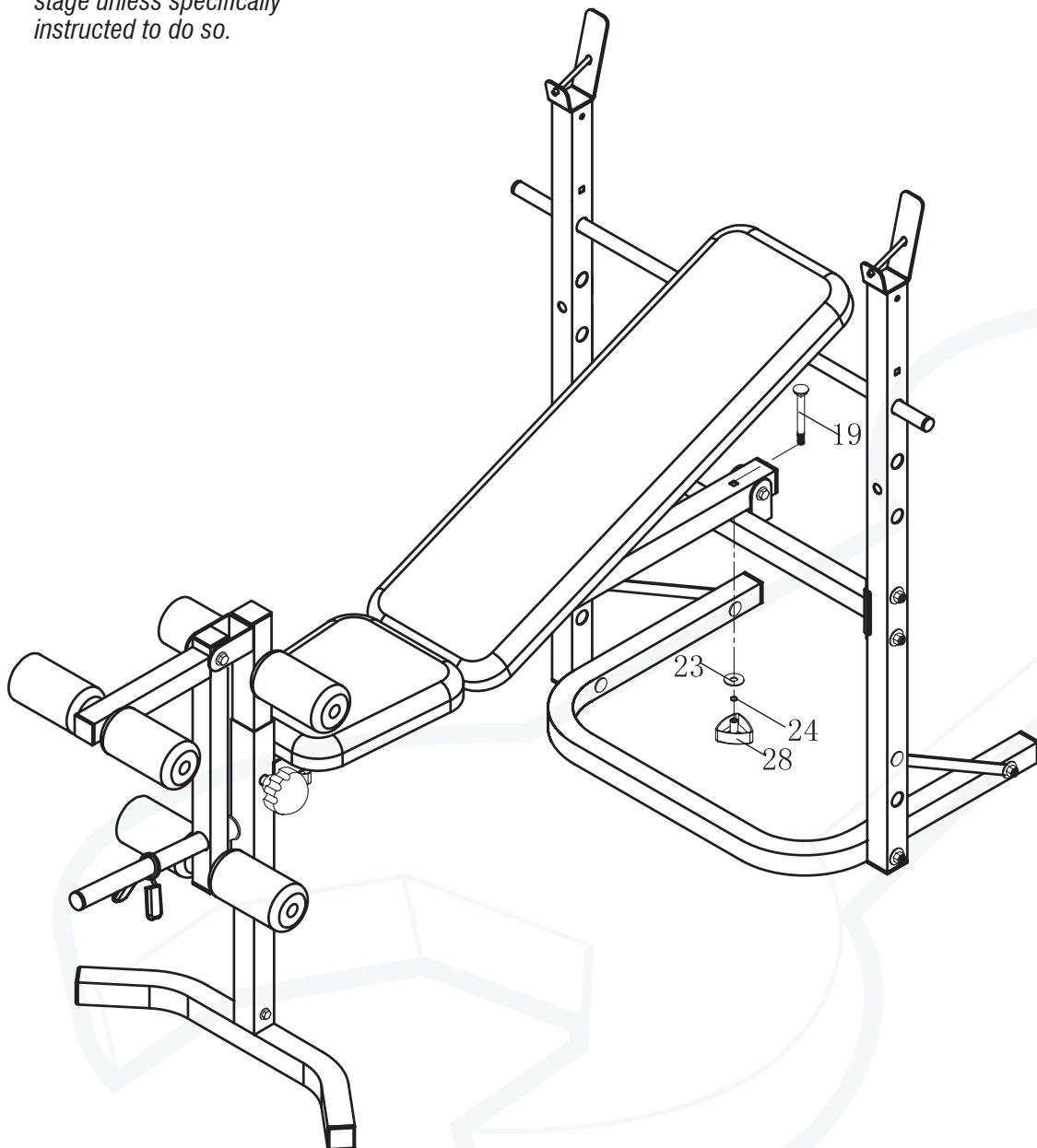
FOLDING THE BENCH FOR STORAGE

- 1 Unscrew the REAR M8 Locking Knob (Female) (28) and remove the M8 x 90mm Carriage Bolt (19), M8 Flat Washer (23) and M8 Spring Washer (24).



Note

Do NOT FULLY TIGHTEN any Bolts, Nuts or Fittings at this stage unless specifically instructed to do so.

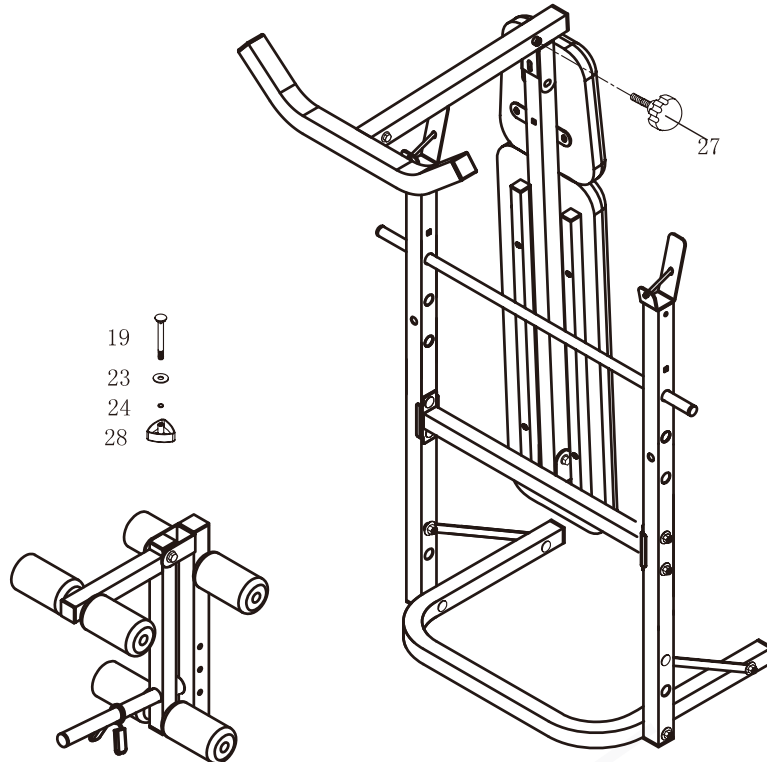


Assembly



FOLDING THE BENCH FOR STORAGE

- 2** Lift the front of the Main Frame. Remove the Leg Extension Assembly by unscrewing the M8 Locking Knob (Male) (27). Place this assembly to one side. Now unscrew the FRONT M8 Locking Knob (Female) (28) along with 1 x Flat Washer (23), 1 x Spring Washer (24) and fold down the Front Upright Assembly.

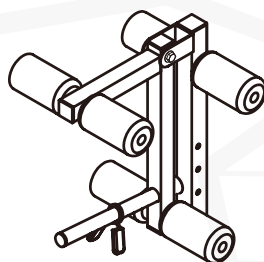
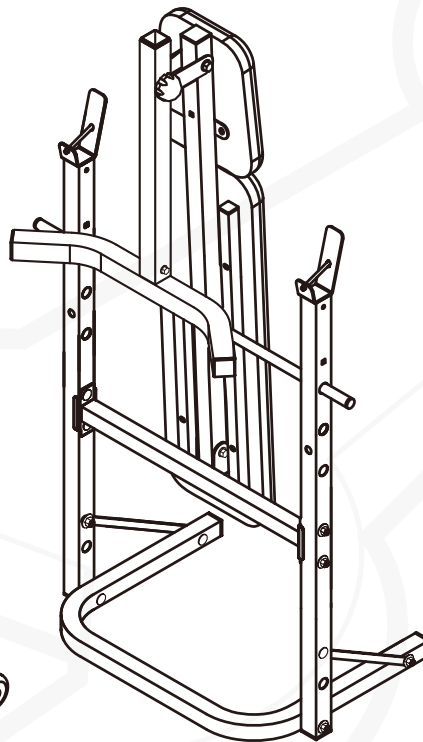
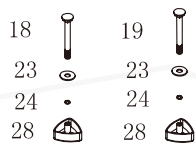


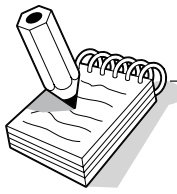
- 3** Please ensure that the Bench is securely stored in either an upright or full flat position away from Children.



Note

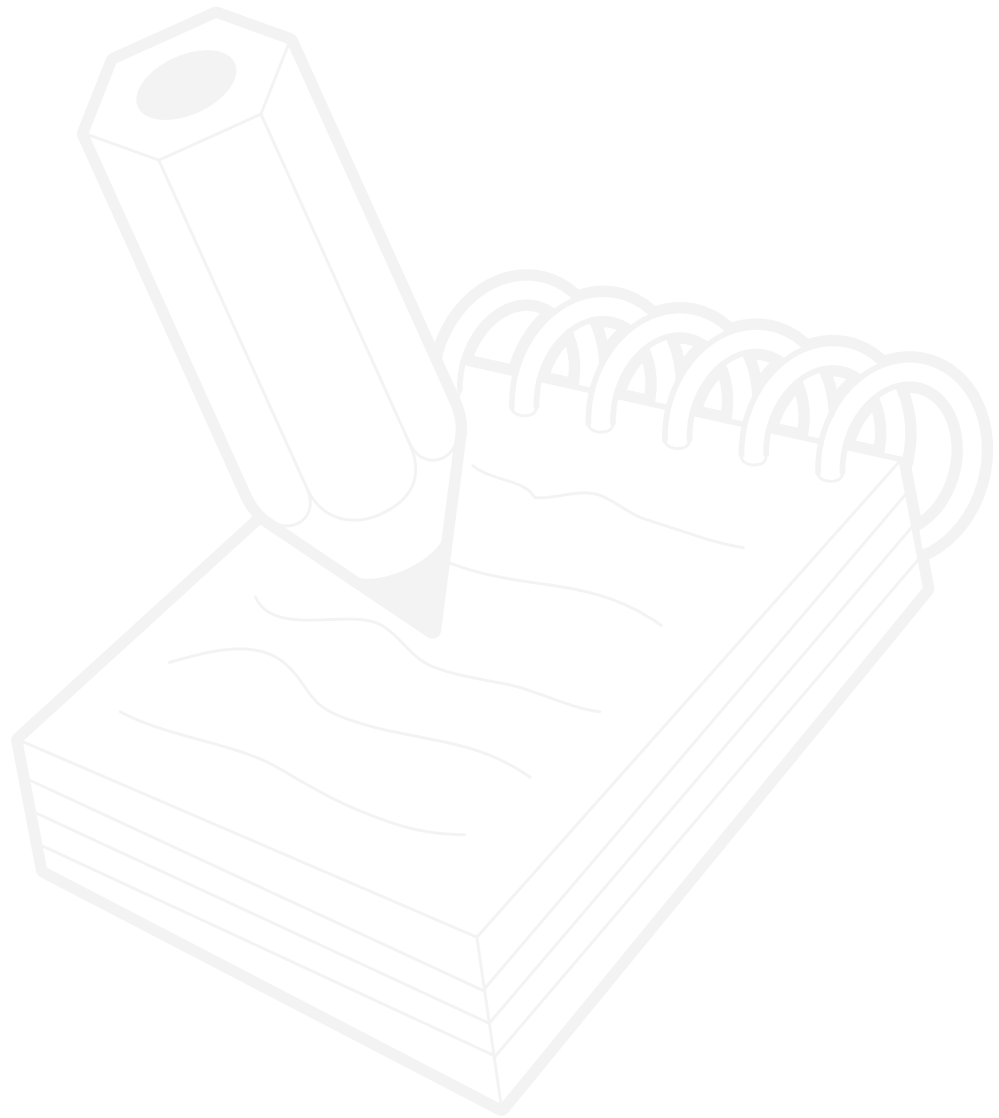
FULLY TIGHTEN all Bolts, Nuts and Fittings now, ensuring that your product is located on a clear flat surface before doing so. Your product will now be ready to use.



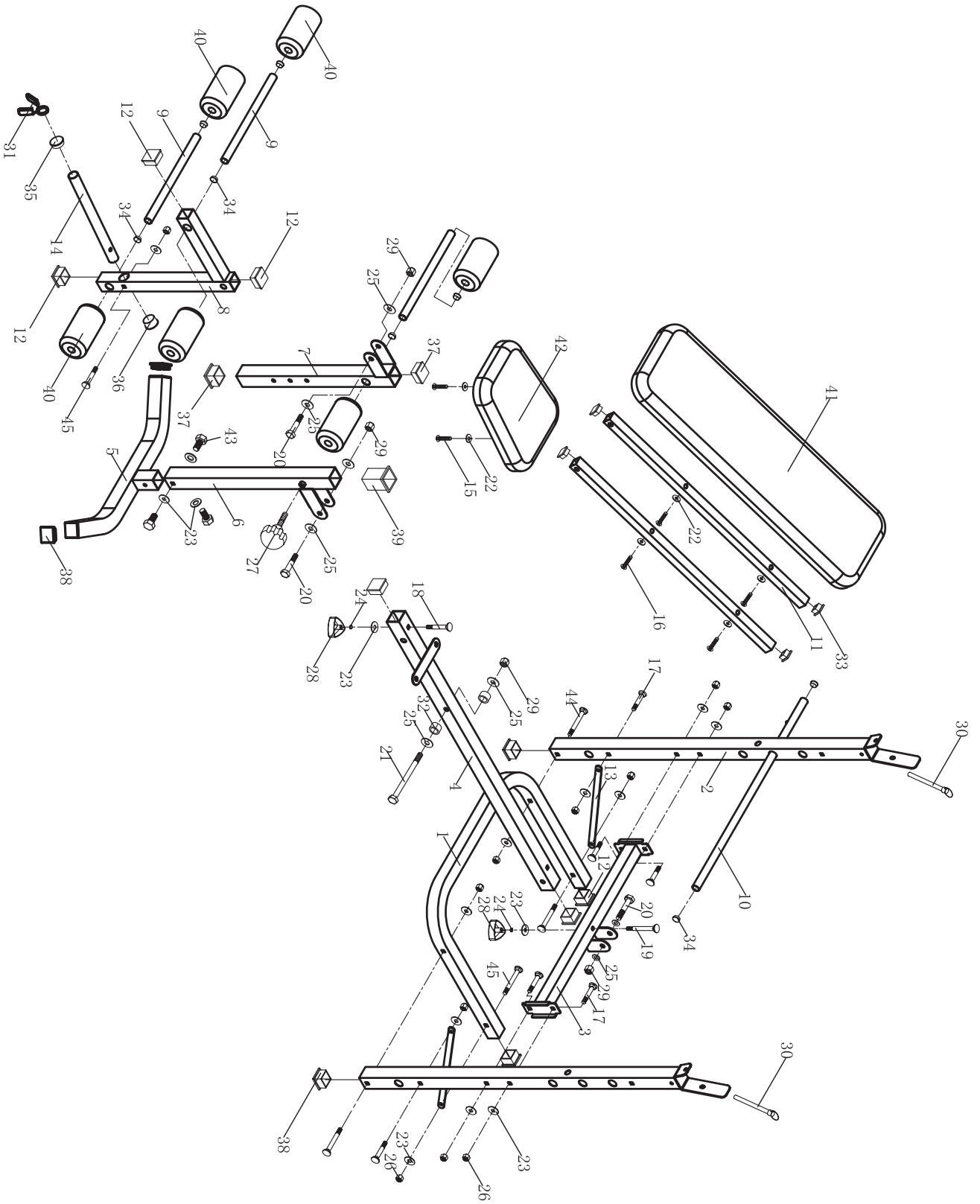
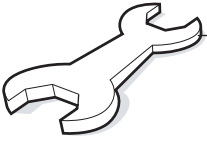


Exercise Notes

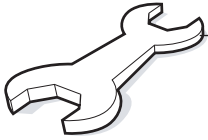
Use this space to record your own exercise routine results.



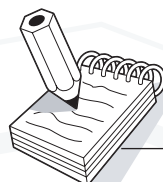
Assembly



Assembly



PART No.	DESCRIPTION	QTY			
1	REAR STABILISER	1	26	M8 NYLON LOCKNUTS	11
2	UPRIGHTS	2	27	M8 LOCKING KNOB (MALE)	1
3	UPRIGHT SUPPORT BAR	1	28	M8 LOCKING KNOBS (FEMALE)	2
4	MAIN FRAME	1	29	M10 NYLON LOCKNUTS	4
5	FRONT STABILISER	1	30	BARBELL LOCKING PINS	2
6	LEG EXTENSION UPRIGHT	1	31	WEIGHT PLATE RETAINER CLIP	1
7	LEG EXTENSION SUPPORT	1	32	BACKREST SUPPORT BUSHINGS	2
8	LEG EXTENSION	1	33	RECTANGULAR END CAPS	
9	LEG EXTENSION PAD BARS	3		25mm x 25mm	4
10	BACKREST ADJUSTMENT ROD	1	34	ROUND END CAPS 19mm	8
11	BACKREST SUPPORT S	2	35	ROUND END CAP 25mm	1
12	SQUARE END CAPS 33.4mm	5	36	ROUND END OVER-CAP 25mm	1
13	STABILISER BRACKETS	2	37	SQUARE END CAPS 32mm	2
14	WEIGHT SUPPORT BAR	1	38	SQUARE END CAPS 38mm	6
15	M6 x 16mm HEX BOLTS	2	39	SQUARE INTERNAL BUSHING 38mm	1
16	M6 x 40mm HEX BOLTS	4	40	FOAM ROLLERS	6
17	M8 x 50mm CARRIAGE BOLTS	6	41	BACKREST	1
18	M8 x 55mm CARRIAGE BOLT	1	42	SEAT	1
19	M8 x 90mm CARRIAGE BOLT	1	43	M8 x 15mm HEX BOLTS	3
20	M10 x 60mm HEX BOLTS	3	44	M8 x 85mm CARRIAGE BOLTS	2
21	M10 x 130mm HEX BOLT	1	45	M8 x 45mm CARRIAGE BOLTS	3
22	M6 FLAT WASHERS	6	46	SPANNER + SCREW DRIVER	2
23	M8 FLAT WASHERS	16			
24	M8 SPRING WASHERS	2			
25	M10 FLAT WASHERS	8			



Note

Some of the above accessories are pre-fitted to the master component. They may not be supplied separately

V-FIT-ST



Beny Sports Co. UK Ltd.

*Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire
BD20 7BW*

CUSTOMER SUPPORT

is open from 9.00am to 5.00pm from Monday to Friday



Tel: 01535 637711



Fax: 01535 637722



E-mail: support@benysports.co.uk



Website: www.benysports.co.uk