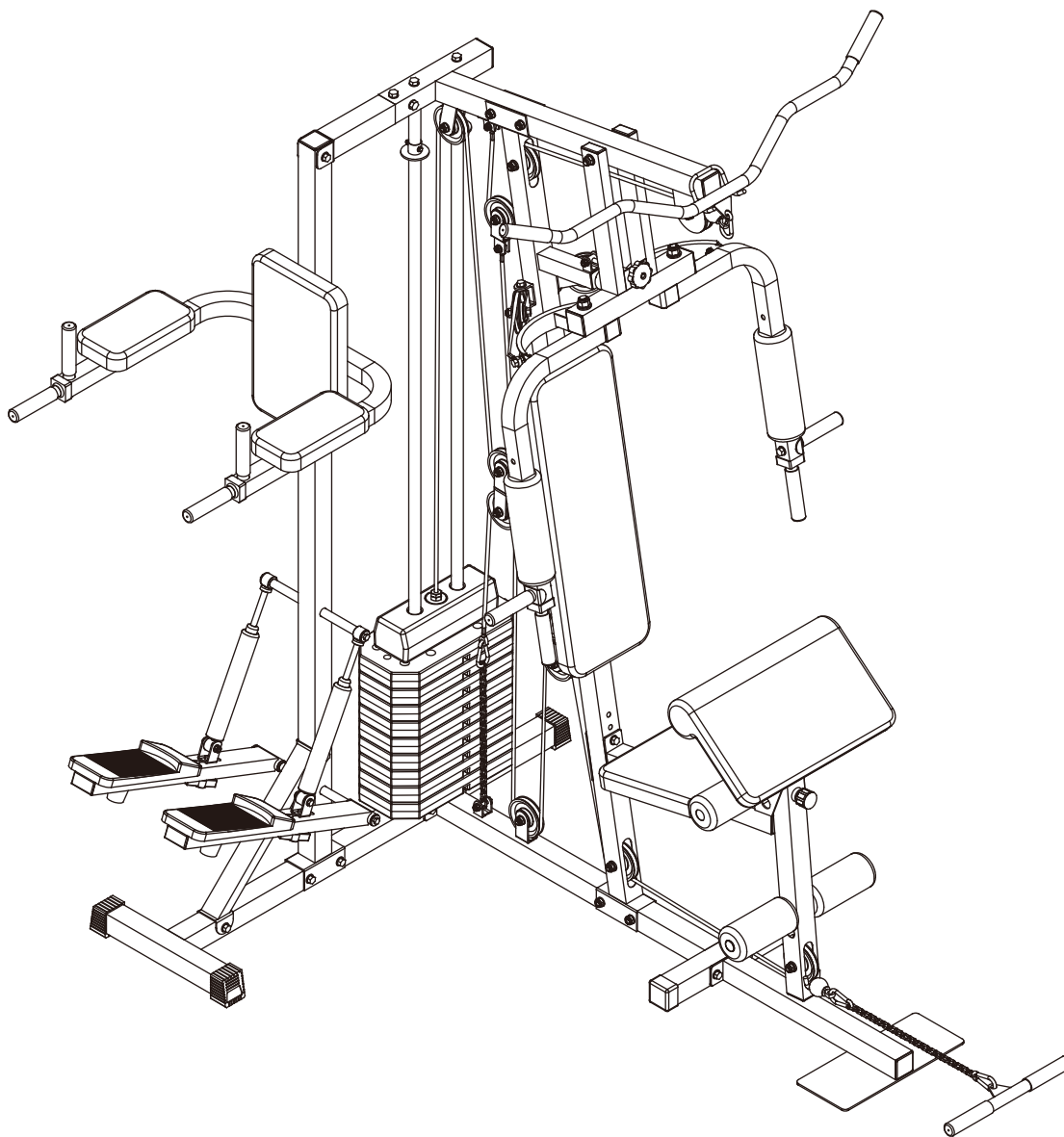


V-FIT-ST

SERIAL No. AB3114-UK



ADDER GYM TO PYTHON CROSS TRAINER CONVERSION KIT

☎ **Call FREEPHONE 0800-3-101-202 for
CUSTOMER SUPPORT (UK ONLY)**

If anything is wrong with your order, or if you have any questions or queries relating to the assembly or operation of this product, please get in touch by e-mail (support@benysports.co.uk) or, by calling our FREEPHONE Number 0800-3-101-202 (for the UK)

or
+44 (0) 1535-637711 (outside the UK),
so we have the opportunity to resolve any problems

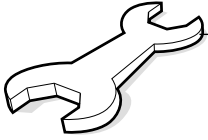
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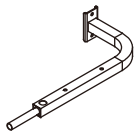
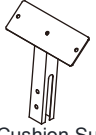
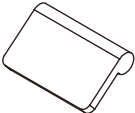

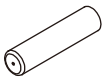


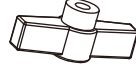








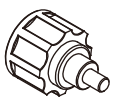
<i>Section</i>	<i>Page</i>
<i>Assembly</i>	<i>4</i>



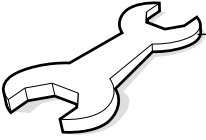
Protect the environment by not disposing of this product with household waste.

Assembly



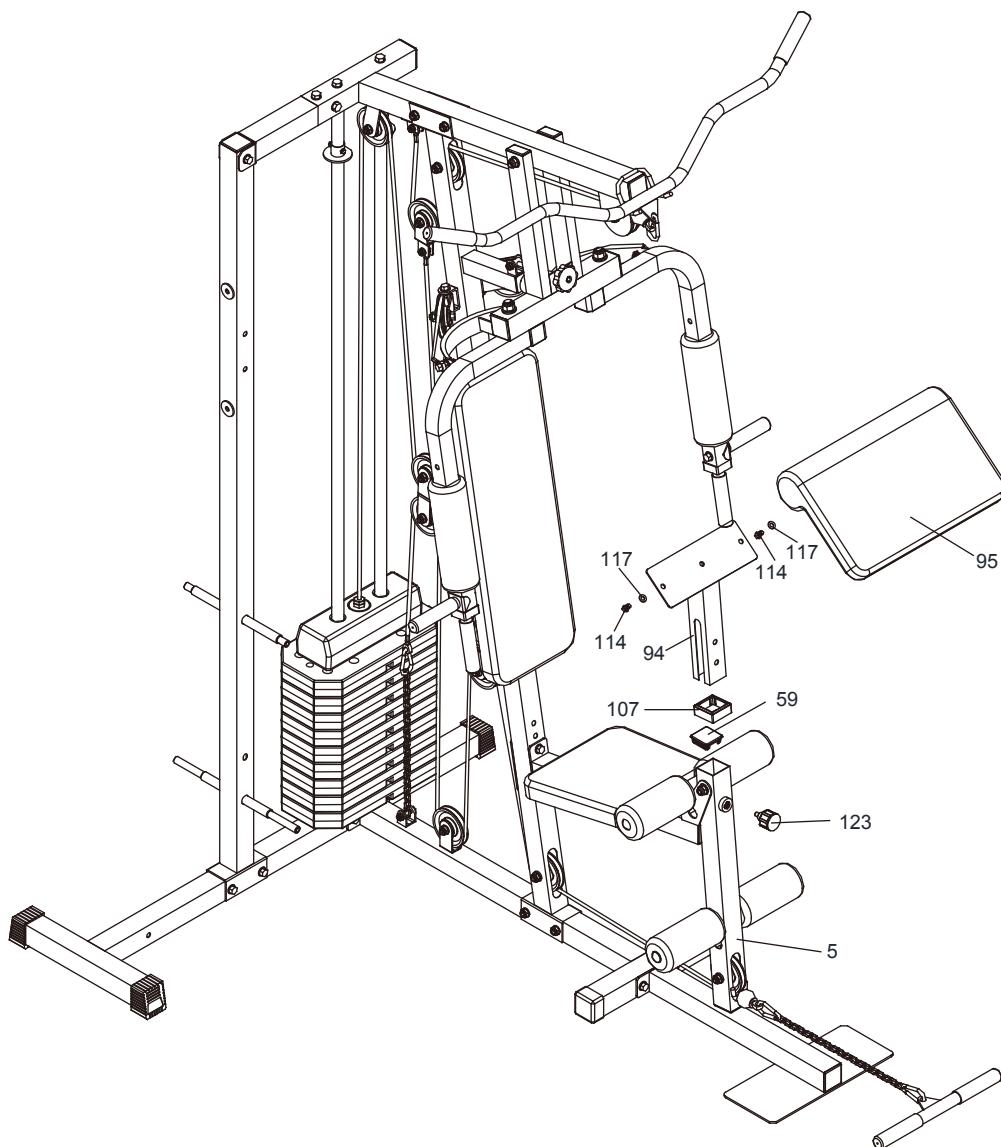
<p>88</p>  <p>Cylinder Bracket 2PCS</p>	<p>89</p>  <p>VKR Support Frame 1PC</p>	<p>90</p>  <p>Step Arm L & R 2PCS</p>	<p>91</p>  <p>Right VKR 1PC</p>	<p>92</p>  <p>Left VKR 1PC</p>
<p>93</p>  <p>VKR Handle Tube 2PCS</p>	<p>94</p>  <p>Arm Cushion Support 1PC</p>	<p>95</p>  <p>Arm Cushion 1PC</p>	<p>96</p>  <p>VKR Backrest Cushion 1PC</p>	<p>97</p>  <p>VKR Arm Cushion 2PCS</p>
<p>98</p>  <p>Handle Grip 4PCS</p>	<p>99</p> <p>Pre-installed</p>  <p>30X60mm Square End Plug 2PCS</p>	<p>100</p> <p>Pre-installed</p>  <p>VKR Arm Trim ($\varnothing 38 \times \varnothing 26$mm) 2PCS</p>	<p>101</p>  <p>Bumper 2PCS</p>	<p>102</p>  <p>Cylinder 2PCS</p>
<p>103</p> <p>Pre-installed</p>  <p>Step Arm Bushing 4PCS</p>	<p>104</p>  <p>Footplate 2PCS</p>	<p>105</p>  <p>Locking T Knob 2PCS</p>	<p>106</p>  <p>Bolt Cap 4PCS</p>	<p>107</p> <p>Pre-installed</p>  <p>Open Tube Trim ($\varnothing 50 \times 45$mm) 1PC</p>
<p>108</p>  <p>M10X75mm Hex Bolt 2PCS</p>	<p>109</p>  <p>M10X70mm Hex Bolt 2PCS</p>	<p>110</p> <p>Pre-installed</p>  <p>M10X20mm Hex Bolt 2PCS</p>	<p>111</p>  <p>M8X65mm Hex Bolt 2PCS</p>	<p>112</p>  <p>M8X55mm Hex Bolt 4PCS</p>
<p>113</p>  <p>M8X40mm Hex Bolt 2PCS</p>	<p>114</p>  <p>M8X16mm Hex Bolt 6PCS</p>	<p>115</p>  <p>M6X40mm Bolt 4PCS</p>	<p>116</p> <p>Pre-installed</p>  <p>M10 Washer 10PCS</p>	<p>117</p>  <p>M8 Washer 12PCS</p>
<p>118</p>  <p>Washer ($\varnothing 40 \times \varnothing 8$) 2PCS</p>	<p>119</p>  <p>Washer ($\varnothing 25 \times \varnothing 8$) 4PCS</p>	<p>120</p>  <p>M6 Washer 4PCS</p>	<p>121</p>  <p>M10 Nylon Nut 4PCS</p>	<p>122</p>  <p>M8 Nylon Nut 2PCS</p>
<p>123</p>  <p>Adjuster Knob 1PC</p>				

Assembly

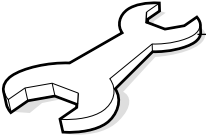


8.

1. Remove 50 Square End Plug, install Open Tube Trim (M50 x 45mm) (107).
2. Attach the Arm Cushion (95) to the Arm Cushion Support (94), using two M8 x 16mm Hex Bolts (114) and two M8 Washers (117).
3. Insert the Arm Cushion Support (94) and Adjust Knob (123) into Leg Extension Frame, using one one Adjuster Knob.

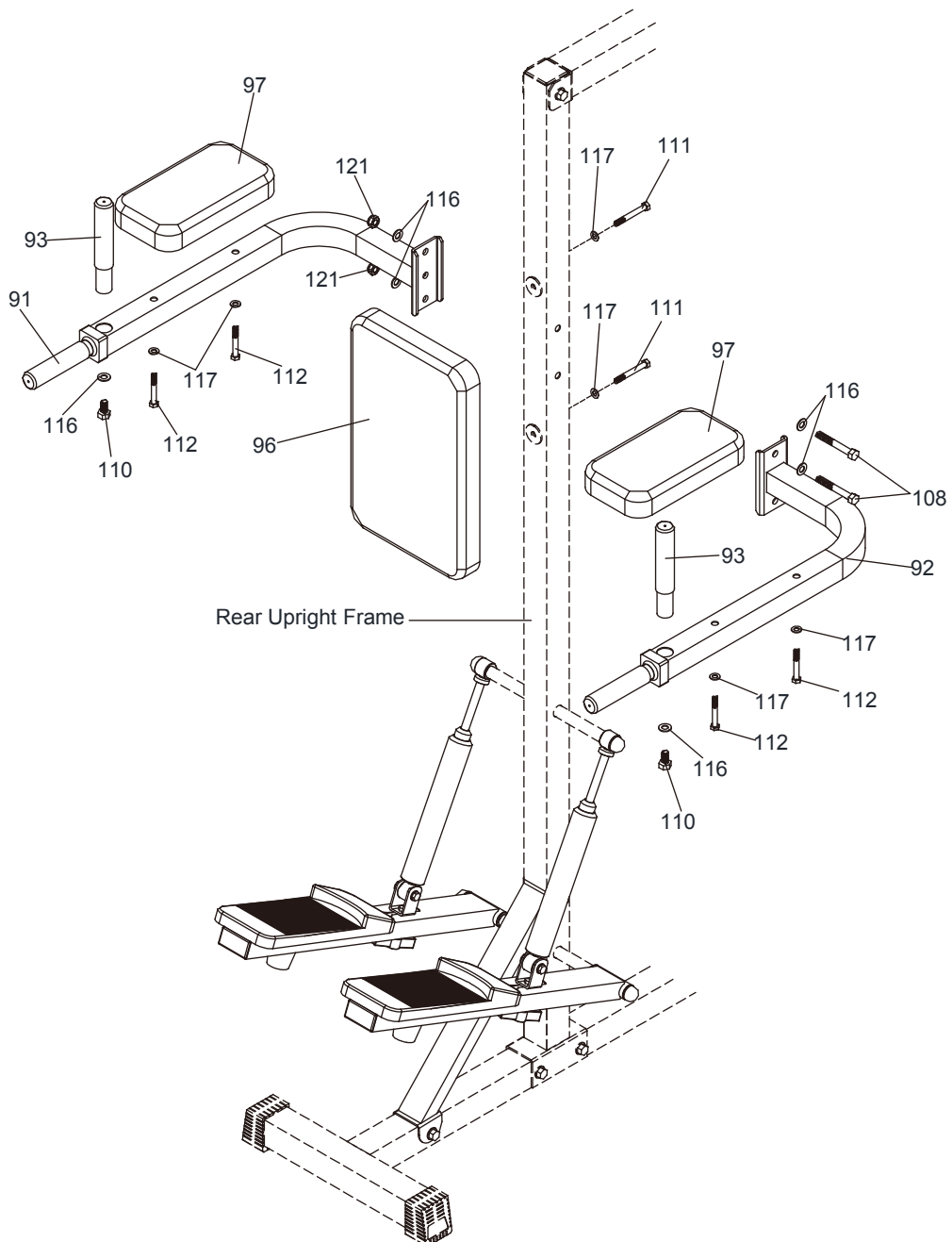


Assembly

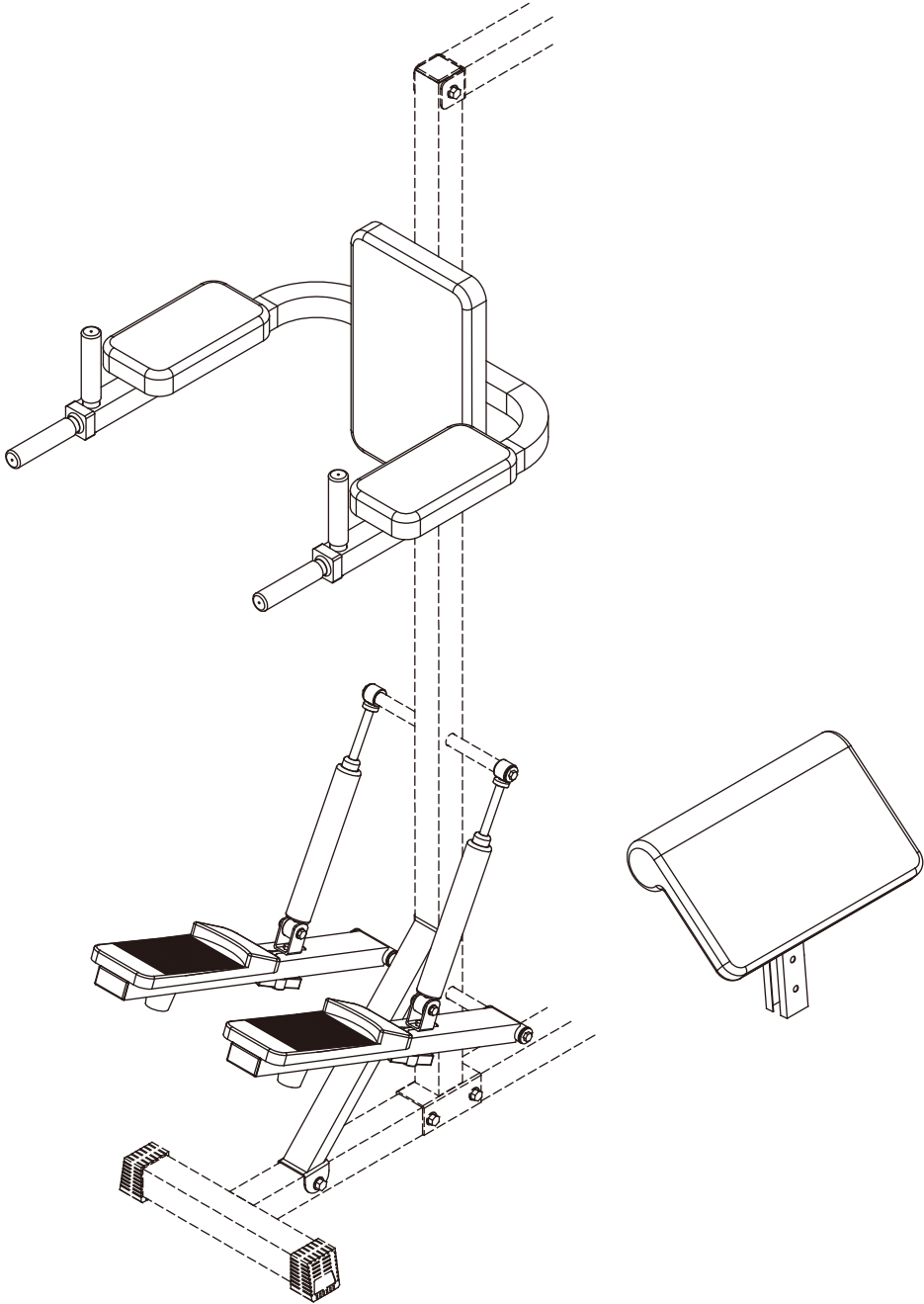
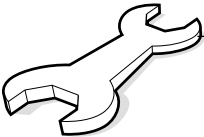


10.

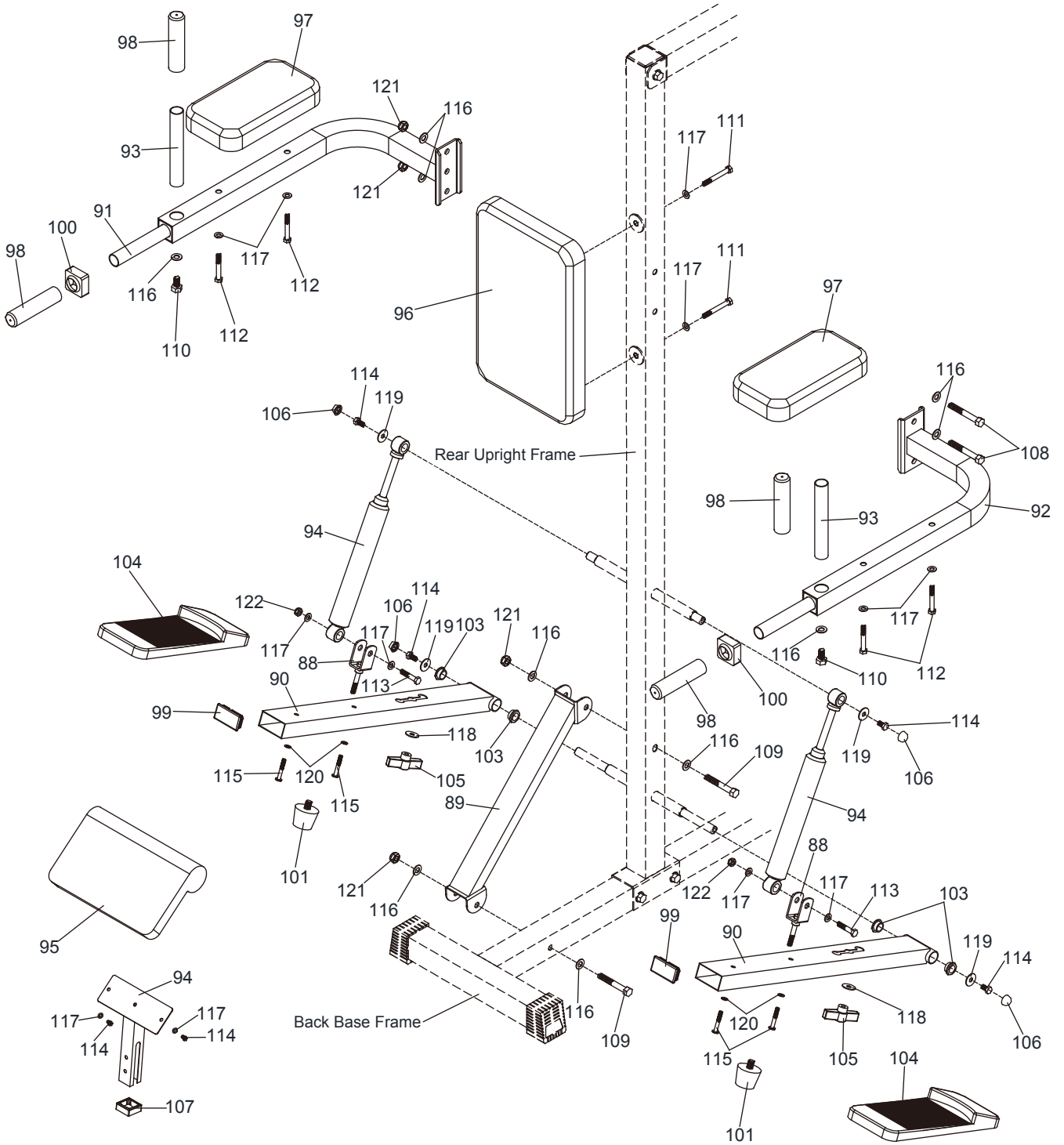
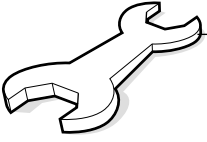
1. Attach the Right & Left VKR (91&92) to the Rear Upright Frame, using two M10 x 75mm Hex Bolts (108), four M10 Washers (116) and two M10 Nylon Nuts (121).
2. Remove two M10 x 20mm Hex Bolts (110) and two M10 Washers (116) from VKR Handle Tubes (93).
3. Attach the two VKR Handle Tubes (93) to the Right & Left VKR (91&92), using two M10 x 20mm Hex Bolts (110) and two M10 Washers (116).
4. Attach the VKR Backrest Cushion (96) to the Rear Upright Frame, using two M8 x 65mm Hex Bolts (111) and two M8 Washers (117).
5. Attach the VKR Arm Cushion (97) to the Right & Left VKR (91&92), using four M8 x 55mm Hex Bolts (112) and four M8 Washers (117).



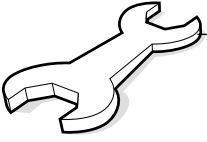
Assembly



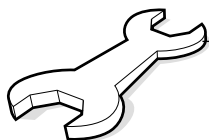
Assembly



Note



Assembly



MASTER PARTS & ACCESSORY LIST

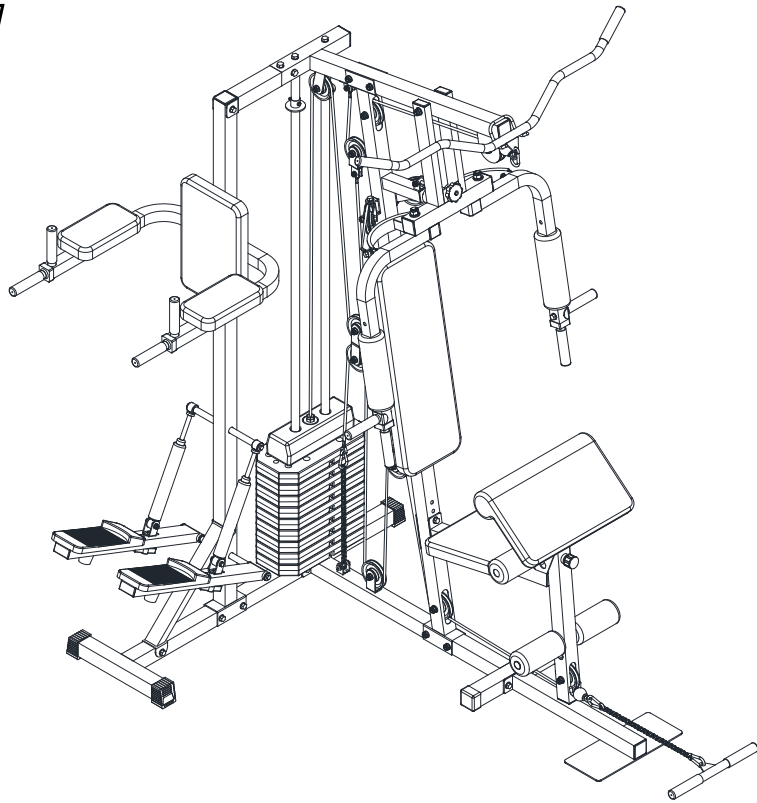
PART No.	DESCRIPTION	QTY
88	Cylinder Bracket	2
89	VKR Support Frame	1
90	Step Arm (L & R)	2
91	Right VKR	1
92	Left VKR	1
93	VKR Handle Tube	2
94	Arm Cushion Support	1
95	Arm Cushion	1
96	VKR Backrest Cushion	1
97	VKR Arm Cushion	2
98	Handle Grip	4
99	30 x 60mm Square End Plug	2
100	VKR Arm Trim	2
101	Bumper	2
102	Cylinder	2
103	Step Arm Bushing	4
104	Footplate	2
105	Locking T Knob	2
106	Bolt Cap	4
107	Open Tube Trim	1
108	M10 x 75mm Hex Bolt	2
109	M10 x 70mm Hex Bolt	2
110	M10 x 20mm Hex Bolt	2
111	M8 x 65mm Hex Bolt	2
112	M8 x 55mm Hex Bolt	4
113	M8 x 40mm Hex Bolt	2
114	M8 x 16mm Hex Bolt	6
115	M6 x 40mm Bolt	4
116	M10 Washer	10
117	M8 Washer	12
118	Washer (ϕ 40 x ϕ 8)	2
119	Washer (ϕ 25 x ϕ 8)	4
120	M6 Washer	4
121	M10 Nylon Nut	4
122	M8 Nylon Nut	2
123	Adjust Knob	1



Note

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

V-FIT-ST



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CUSTOMER SUPPORT

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