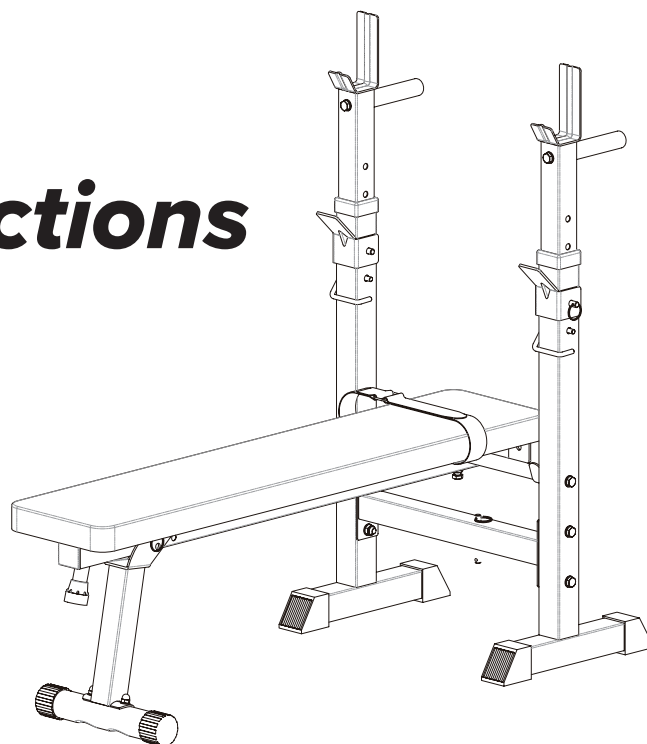


# Assembly instructions

## Weight Bench



### Package content:

No.	Description	Quantity	No.	Description	Quantity
1	Main frame	1	16	Hexagon head screw M10*20mm	2
2	Cross tube	1	17	Hexagon head screw M8*20mm	6
3	Front tube of the Front support frame	1	18	Quick release fastener bolt	4
4	Security bar	2	19	Lock screw M10*60mm	2
5	Rear support frame (left)	1	20	Washer M10	16
6	Rear support frame (right)	1	21	Washer M8	6
7	Connecting tube (square tube)	1	22	Nylon nut M10	5
8	Adjustable tube	2	23	Nut M10	2
9	Handlebar	2	24	□ Cover 50mm	1
10	Adjustable plate	2	25	□ Plinth cover 50mm	4
11	Bench	1	26	Connector	2
12	Hexagon head screw M10*75mm	1	27	Handle	2
13	Hexagon head screw M10*70mm	4	28	○ Cover 25mm	1
14	Hexagon head screw M10*65mm	2	29	○ Plinth cover 50mm	2
15	Hexagon head screw M10*45mm	1	30	Front support frame	1

# Assembly instructions

## Weight Bench

