

Assembly & Operating Instructions

Ironmaster Super Bench

Congratulations on your purchase of this fine Ironmaster product. For any technical questions or support please contact us at 1-800-533-3339. Be sure to read and understand the operating instructions.

Item List:

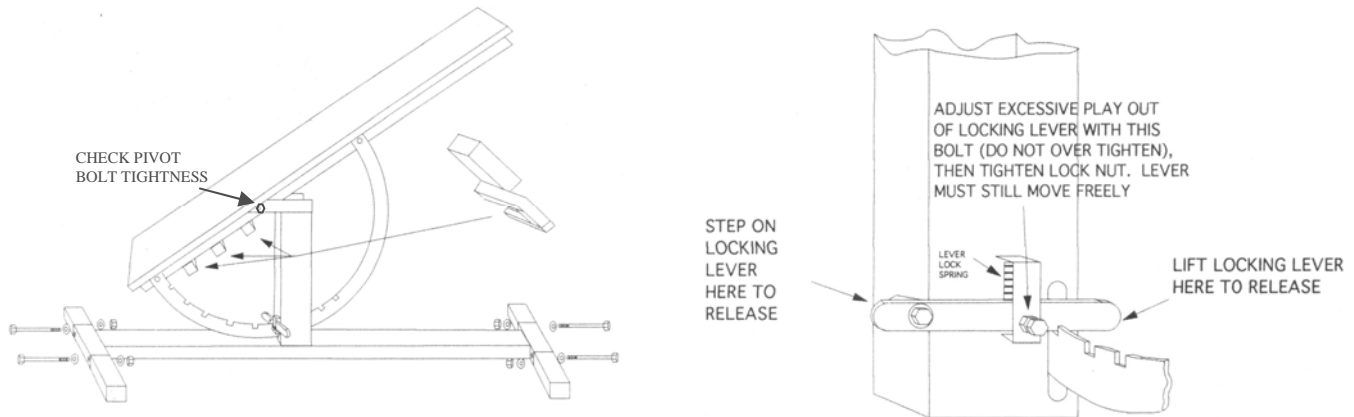
1 ea. Bench Frame	<u>1 ea. Hardware Kit:</u>
2 ea. Bench Feet Tubes	4 ea. M10 x 3" hex bolts
1 ea. Incline seat assembly	4 ea. M10 lock nuts
	8 ea. M10 Flat Washers

Steps:

1. To assemble the bench, first unpack all components and locate the hardware kit.
2. Assemble the two bench foot tubes using the 3" long hex bolts with washers and lock nuts. The nuts have nylon inserts to help prevent loosening over time and need to be turned on with a wrench since they are a very tight fit. Rubber end caps should have the wide part at the bottom.
3. The bench pads can be unbolted to help remove the protective plastic if desired.

Operation:

This bench can be set to 11 angles: 0, 5, 10, 20, 30, 40, 50, 60, 70, 80, 85. Refer to the Ironmaster brochure or web site for exercise position example pictures. Be sure the locking lever enters the locking ring notches completely before using the bench. The incline seat simply plugs in from the side into one of three positions. Use whatever position is most comfortable. Check the large center pivot bolt tightness for excessive play periodically. You may lubricate the pivot area with a light grease or oil as needed. The locking lever is adjusted at the factory. You can adjust for excessive play with the lever adjustment bolt. See drawings below.



Warranty Information:

Your Ironmaster Super Bench has a limited 10 year warranty to the original purchaser. Warranty covers repair or replacement for mechanical integrity when used according to the instructions for normal exercise use. Warranty covers in home use only. Upholstery is warranted for one year. Finish and wear items such as rubber and painted surfaces are not covered. If you need warranty service, contact Ironmaster for return instructions and additional terms and conditions. The Super Bench is tested and rated at 1000 lbs capacity in the flat position and 600 lbs in the incline positions.

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