

Assembly & Operating Instructions

Ironmaster Leg Attachment for 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:

Part #	Part Name	Description	Qty
1	Leg Stub	Square tube with brackets and stub that plugs into the bench	1
2	End Cap	Rubber foot cap	1
3	Leg Frame	Square tube bent with plate holder	1
4	Plug	Square 45 x 45 mm	2
5	Plug	Diameter 1"	1
6	Adaptor	Olympic Plate Adapter Sleeve	1
7	Plug	Black plastic cap for Olympic Adapter	1
8	Screw	M6 x 8 mm (Allen Head)	1
9	Bushing	Preinstalled bronze bushing	2
10	Axle	Diameter 20mm x 49.5 mm	1
11	Washer	O.D. 20 mm x I.D. 10 mm	3
12	Bolt	M10 x 20 mm *with thread sealant*	5
13	Roll Pad Tube	Diameter 1.0" x 400 mm	3
14	Roller Pad	Diameter 4" x 7" (L)	6
15	Washer	O.D. 30 mm x I.D. 8 mm	6
16	Cap	Black plastic dome cap	6
17	Bolt	M8 x 25 mm (Allen Head)	6
18	Plug	Square 50 x 50 mm	1
19	Allen Wrench	M6	1
20	Allen Wrench	M8	1
21	Spring Washer	O.D. 20 mm x I.D. 10 mm	2

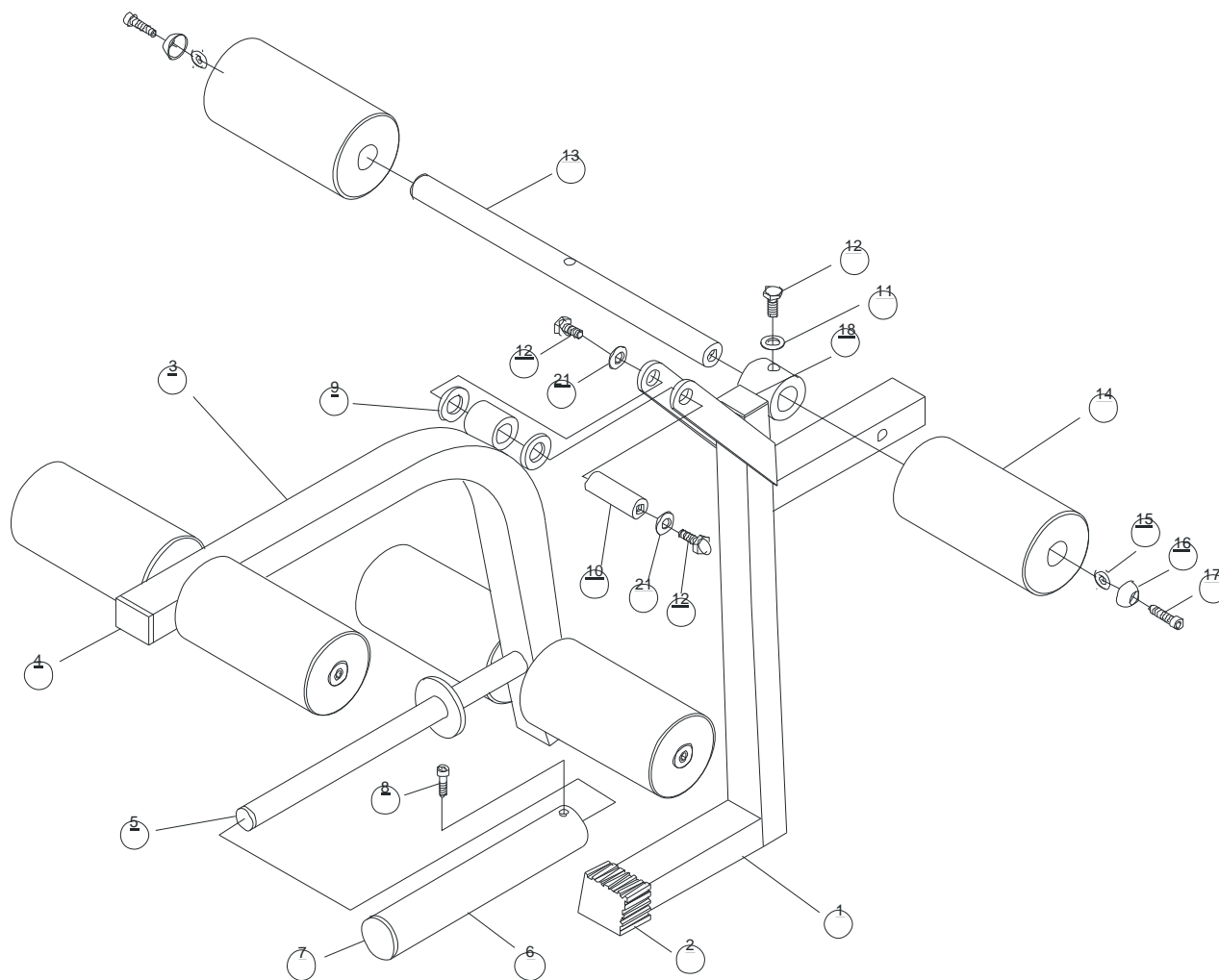
Steps:

1. To assemble the bench, first unpack all components and locate the hardware kit.
2. Assemble the frame to the stub with the axle and bushings as shown in the drawing.
3. Insert the 3 roll pad tubes in the frame and stub locations and bolt them in place with bolt #12.
Note: these bolts have blue thread sealant on the threads to prevent loosening over time. It will be necessary to turn them in using a wrench.
4. Push on the 6 roller pads and bolt in the roller tube dome caps as shown in the drawing.

Operation:

This is a simple plate loaded exercise device. You can use either standard 1" hole diameter weight plates or 2" diameter hole Olympic style weights with the Olympic Adapter installed. The Quick-Lock Dumbbell weight plates usually fit on the 1" plate holder, however it is space limited to 105 lbs.

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Warranty Information:

Your Ironmaster Super Bench attachment 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 maximum weight plate capacity is rated at 200 lbs.