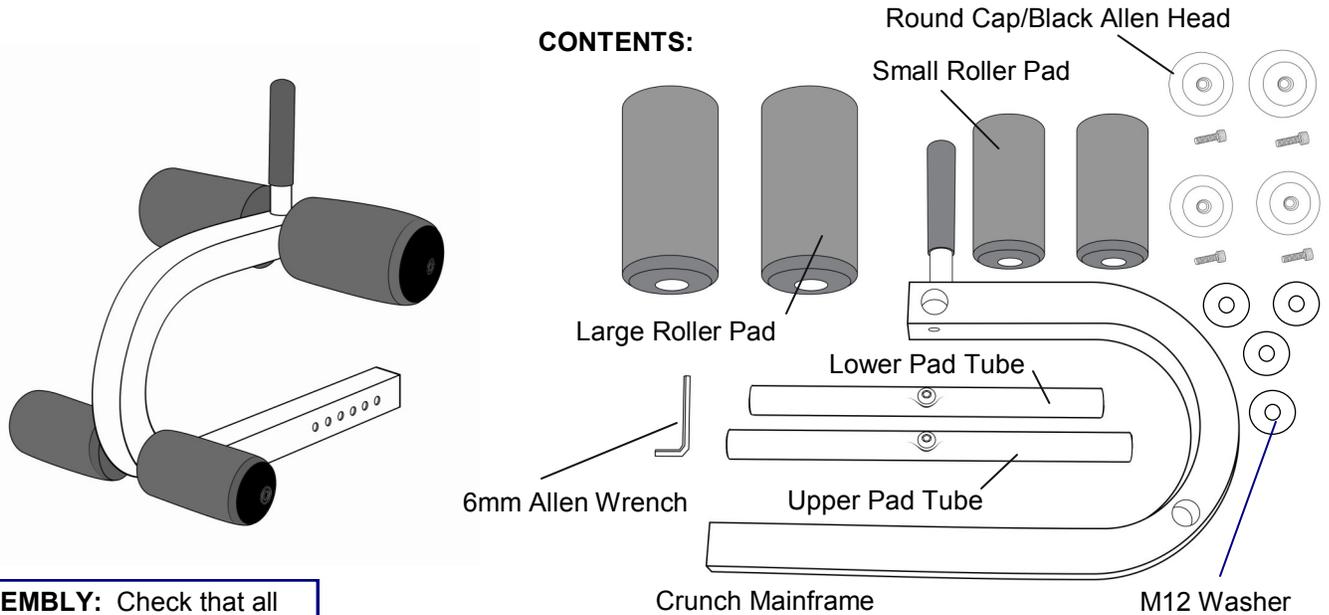


Assembly & Operating Instructions

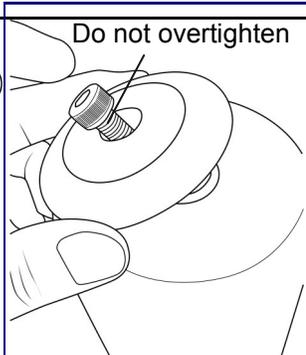
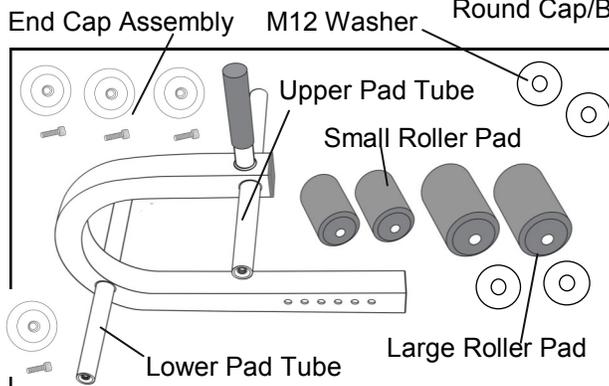
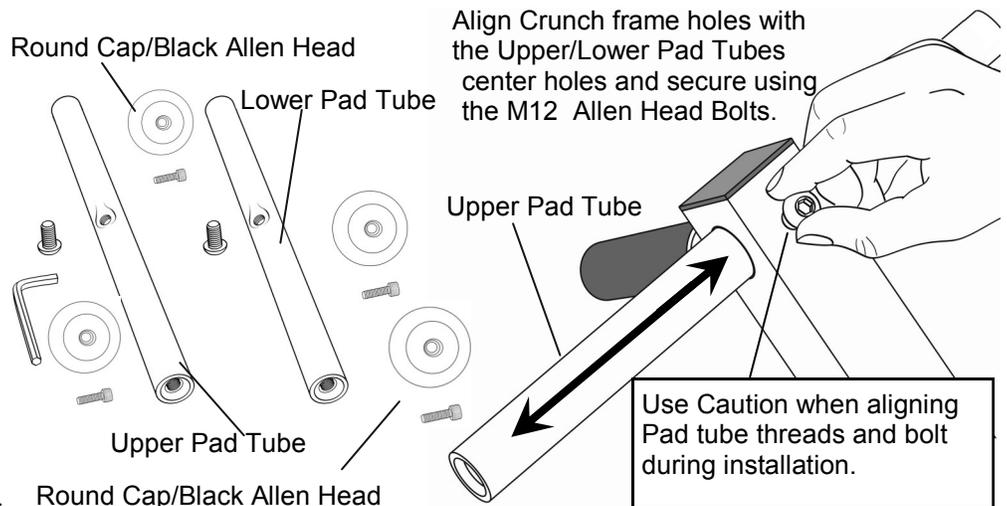
Ironmaster Crunch Situp for Super Bench

Congratulations on your purchase of this fine Ironmaster product. Be sure to read and understand the operating instructions to achieve the best performance and avoid injury.

This item is an attachment for the Ironmaster Super Bench for performing abdominal exercises like situps and crunches. It is also used for holding you on the bench at decline angles.



ASSEMBLY: Check that all parts are present. With the supplied 6mm Allen Wrench, remove the M12 Allen Head bolts from the middle of the Upper/Lower Pad tubes. Slide Upper/Lower Pad Tubes into their prospective positions on the Crunch Main frame as shown below and tighten bolts. **CAUTION:** Use care when aligning ROLLER PAD TUBE bolt holes on CRUNCH MAIN FRAME. Damage to threads in ROLLER PAD TUBE/Bolt threads can result from misalignment.



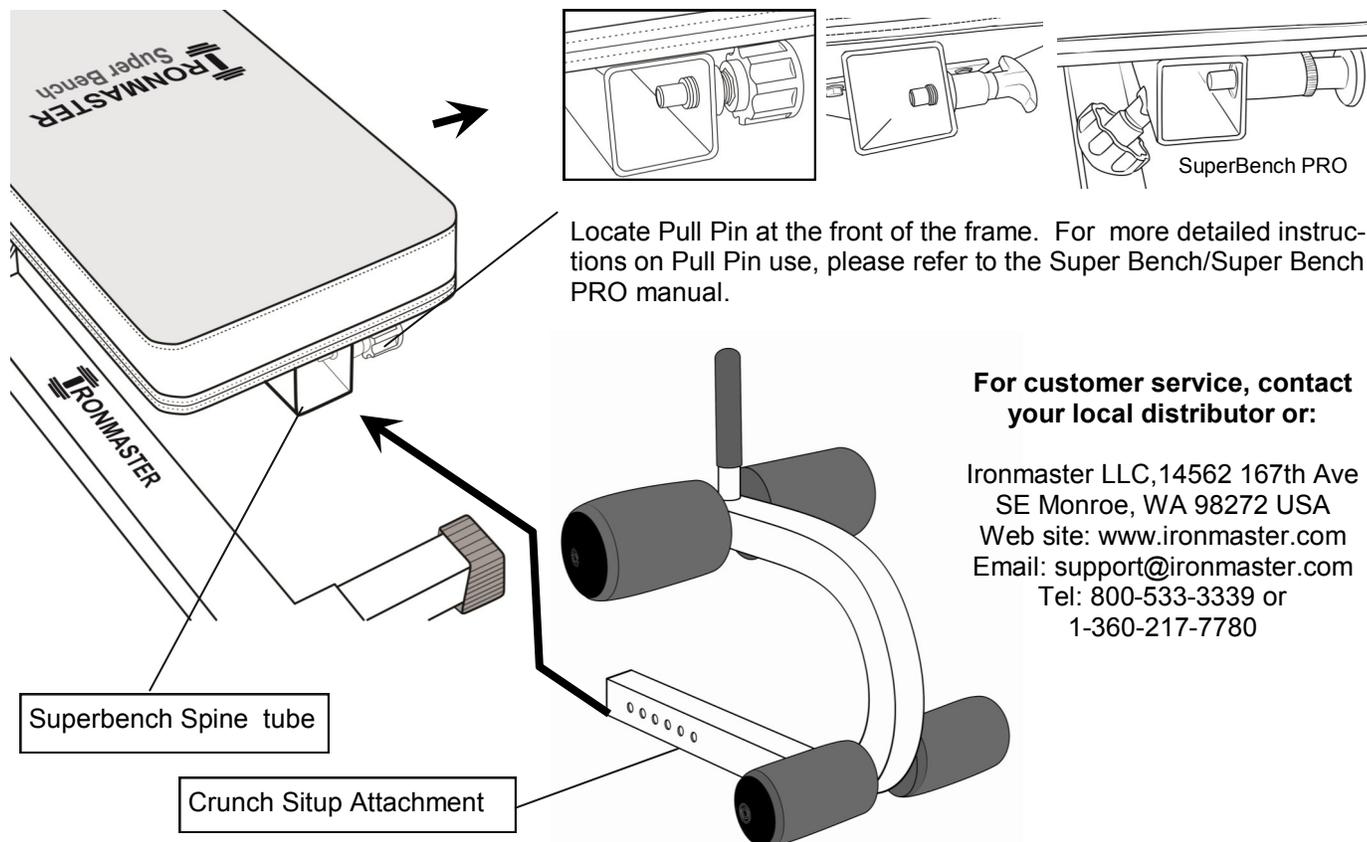
Slide Small Roller Pads onto the LOWER PAD TUBE.

Slide Large Roller Pads onto UPPER PAD TUBE.

Install the four End caps with the Allen wrench (Round Cap/Black Allen Head) and Washers to complete your Crunch Situp assembly. Do not Over tighten.

Using the Crunch Situp Attachment with the Super Bench

The Ironmaster Superbench is designed to accommodate an array of accessories (Note only Ironmaster accessories are to be used with the Super Bench). Located at the front of the Super Bench is a pull pin (Note Super Bench PRO uses a combination Pull Pin/Knob), which is both spring loaded and threaded for additional safety/positive locking. Loosen then pull head of Pull pin to allow the Crunch Situp Attachment to be installed as shown. Install the Crunch Situp Attachment into the main tube until you hear an audible 'click' as the Pull pin barrel locks the accessory into position. Note there are 6 locator holes on the Crunch Situp Attachment frame for a wide range of adjustment for users of different heights. Once the accessory is located, retighten the Pull pin by turning clockwise until snug as shown left



For customer service, contact your local distributor or:

Ironmaster LLC, 14562 167th Ave
SE Monroe, WA 98272 USA
Web site: www.ironmaster.com
Email: support@ironmaster.com
Tel: 800-533-3339 or
1-360-217-7780

WARNING: Never under any circumstances use any of the Super Bench accessories with either a faulty or missing pull pin in conjunction with the Super Bench. Serious injury could occur. If the Pull pin fails to operate correctly or for any reason, fails to locate properly with the Ironmaster Crunch Situp accessory, discontinue use and contact your nearest dealer. This attachment is only for situp/crunch exercises or decline bench presses. Do not use for other purposes.

Note: If the attachment gets stuck in the bench, completely unscrew and remove the pull pin and use a block of wood or rubber weight plate to hit the inside of the curved frame to tap it out. WD-40 spray can also help loosen the connection.

For further details regarding the Crunch Situp Attachment, operation, tutorials and video links, please visit our website at www.ironmaster.com

Warranty Information:

Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective part(s) at no charge. Warranty covers in home use only.

1 year for normal wear items such as rubber, upholstered parts and surface finishes.
10 years for frame and structural components.

Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Ironmaster to the purchaser with respect to the product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Ironmaster be liable or in any other way responsible for damages or defects in the product which were caused by repairs or attempted repairs performed by anyone other than Ironmaster or Authorized service Contractor. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear of the product purchased. Nor shall Ironmaster be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damage, so the above exclusion may not apply to you.