

Assembly & Operating Instructions

Ironmaster Leg Attachment for SuperBench

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.

CAUTION: The IRONMASTER LEG ATTACHMENT CAN ONLY BE SAFELY USED WITH THE IRONMASTER SUPER BENCH: Ironmaster assumes no liability if used with any other product other than the IRONMASTER SUPER-BENCH. Follow all assembly instructions and refer to the exploded diagram on the back side of this page.

CONTENTS:

Part #	Part Name	Description	Qty
1	Stub Frame	Square tube with brackets and stub that plugs into the bench	1
2	End Cap	Rubber foot cap *already installed*	1
3	Leg Frame	Square tube bent with plate holder	1
4	Plug	Square 45 x 45 mm *already installed*	2
5	Plug	Diameter 1" *already installed*	1
6	Adaptor	Olympic Plate Adapter Sleeve	1
7	Plug	Black plastic cap for Olympic Adapter *already installed*	1
8	Screw	M6 x 8 mm (Allen Head) *Already installed in adapter*	1
10	Axle	Diameter 20mm x 49.5 mm	1
11	Washer	O.D. 20 mm x I.D. 10 mm	5
12	Bolt	M10 x 20 mm	3
13	Roll Pad Tube	Diameter 1.0" x 400 mm	3
14	Roller Pad	Diameter 4" x 7" (L)	6
15	M8 Washer	Chrome	6
16	Cap	Black plastic dome cap	6
17	Bolt	M8 x 25 mm (Allen Head)	6
19	Allen Wrench	M6	1
20	Allen Wrench	M8	1
22	Bolt	M10 x 70mm bolt	1
23	Cap Nut	M10 cap nut	1

Congratulations on your purchase of this fine Ironmaster product. The following instructions will help you assemble the unit and provide some details on use as well. The only tools required are two adjustable wrenches and a 6mm Allen Wrench (Included with Hardware kit). Check prior to Assembly that parts from both the main box and hardware kit are all present.

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.

ASSEMBLY

Steps:

1. To assemble the attachment, first unpack all components and locate the hardware kit.
 2. Assemble the Leg Frame (#3) to the Stub Frame (#1). Insert the Axle #10 into the bushing housing and bolt together using bolt #22, washers #11 and cap nut #23.
 3. Insert the 3 roll pad tubes #13 in the frame and stub locations and bolt them in place with bolt #12 and washers #11.
- Push on the 6 roller pads #14 and secure each with the dome cap assembly (items #16 and 17) 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 included Olympic Adapter (#6) in place. The Quick-Lock Dumbbell weight plates usually fit on the 1" plate holder; however it is space limited to 105 lbs. Maximum weight capacity is 200 lbs of plates.

