

# 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	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)	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	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
19	Allen Wrench	M6	1
20	Allen Wrench	M8	1
22	Bolt	M10 x 70mm bolt	1
23	Cap Nut	M10 cap nut	

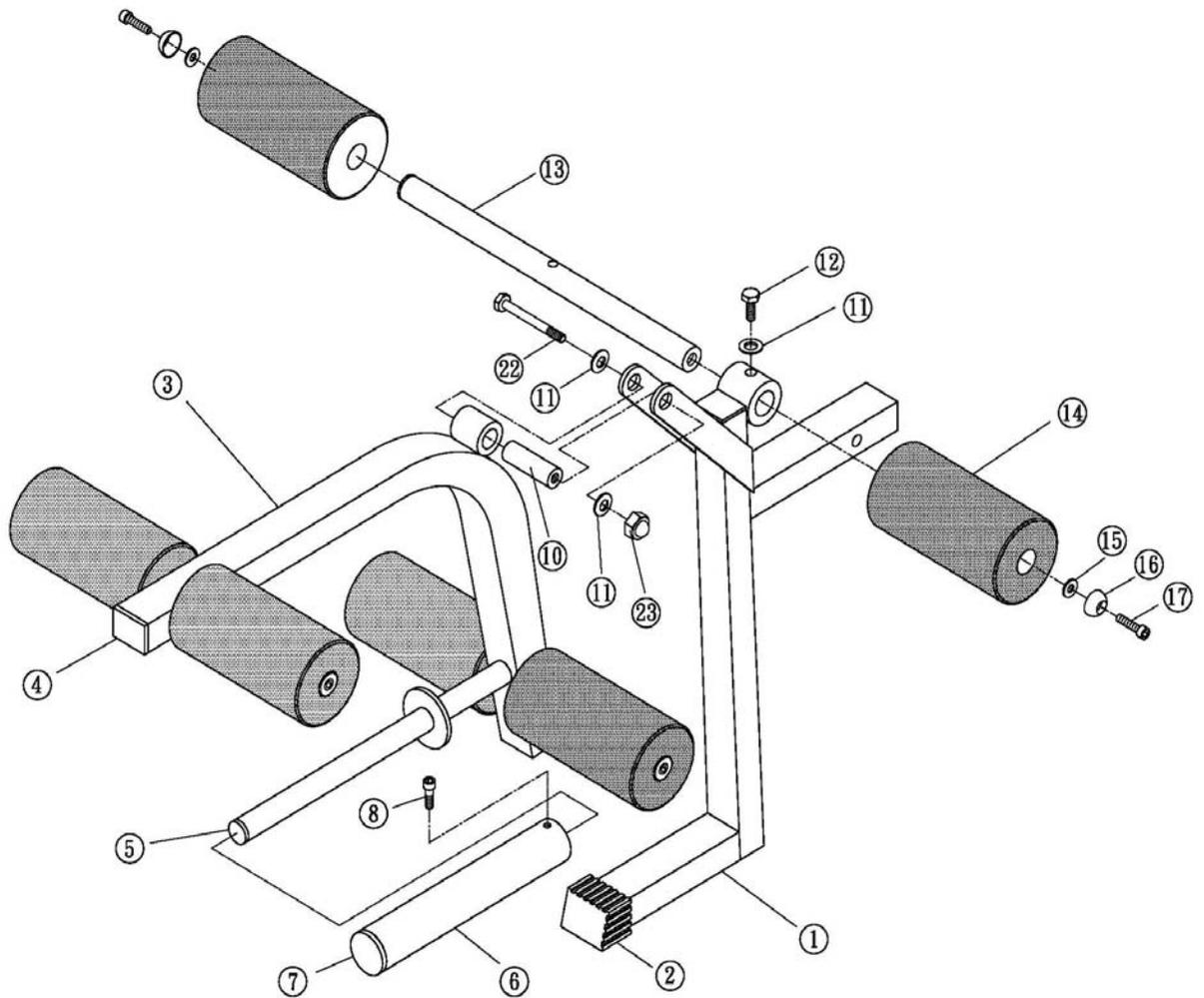
### Steps:

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.
4. Push on the 6 roller pads #14 and secure each with the dome cap assembly (items #15, 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.

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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.