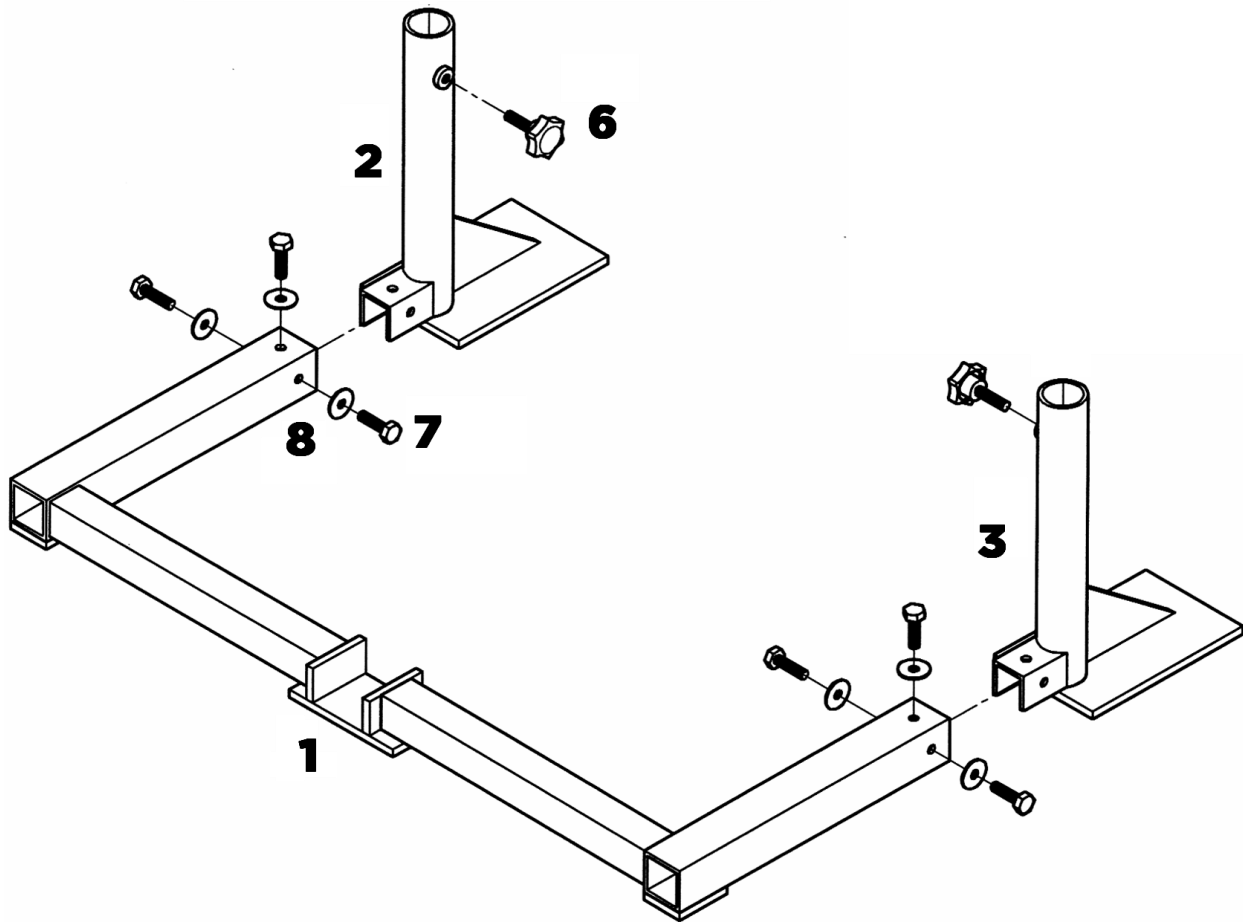


Assembly & Operating Instructions

Ironmaster Spotting Stand Base

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.

| Part # | Name | Description | Qty |
|--------|-------------------|------------------------------------|-----|
| 1 | Base Center Frame | U shaped frame with bench saddle | 1 |
| 2 | Left upright | Round tube with angle base support | 1 |
| 3 | Right upright | Round tube with angle base support | 1 |
| 6 | Pull pin knob | Pull pin with locking knob | 2 |
| 7 | Bolts | M10 x 20 hex bolts | 6 |
| 8 | Washers | M10 flat washers | 6 |



Steps:

1. To assemble the stand, first unpack all components and locate the hardware kit.
2. Assemble the BASE to the LEFT UPRIGHT and RIGHT UPRIGHT frame components using the M10 bolts and washers. Be sure to position the location of the pull pin toward the inside as shown in the exploded view drawing.
3. Screw in the pull pin knobs carefully. They must be unscrewed far enough to insert the adapter or dumbbell saddle tube inside the base. Tighten the knobs after insertion before use.

Operation:

The spotting stand base is designed to be used with the Ironmaster Super Benches only. Barbell adapters can be used in the uprights for barbell racking and spotting. Not intended for Squats or other stand alone exercises.

IMPORTANT NOTES: This device should only be used with the Ironmaster Super Bench. The bench is needed to help stabilize the stand and it may not be used standalone. You must be sitting on the bench during use.

Load rating is 350 lbs with the barbell adapters. See pics below for typical setups and uses.



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. 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.