

IRONEDGE.

Incline Bench Press

Setup Instructions

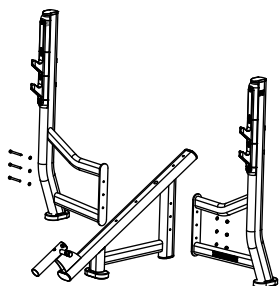
 **CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.



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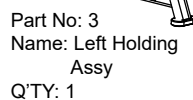
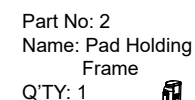
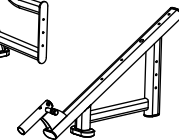
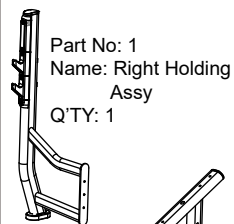
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STEP 1

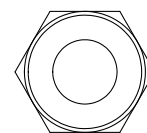
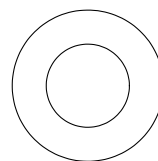


Assemble The Left Holding Assy(#3), Right Holding Assy (#1) And The Pad Holding Frame(#2).

Parts



Fixings

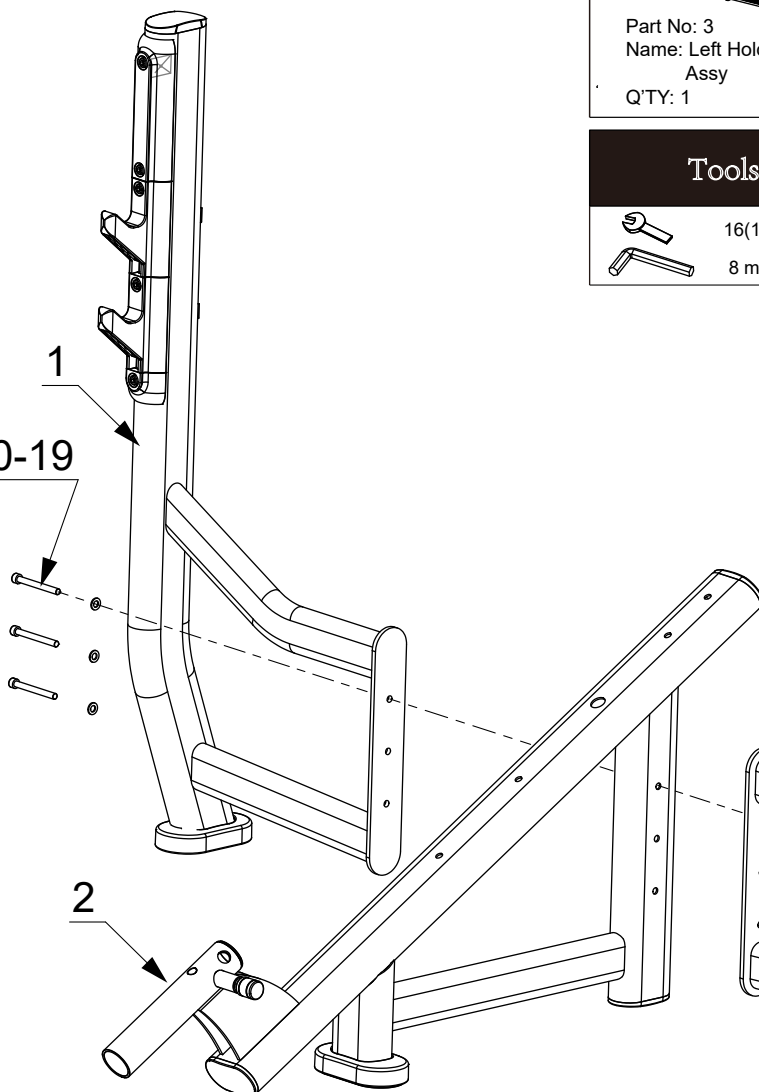


SC10-19 M10 L=95 3 PCS

Tools



SC10-19
W10

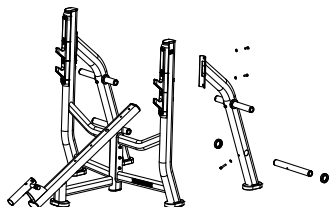


N10
W10

50%



STEP 2



Assemble The Barbell Holding
Frame On Both Sides

Tools

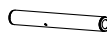


8 mm

Parts



Part No: 4
Name: Barbell Holding
Frame Assy
Q'TY: 2



Part No: 5
Name: Holding Rod
Q'TY: 4



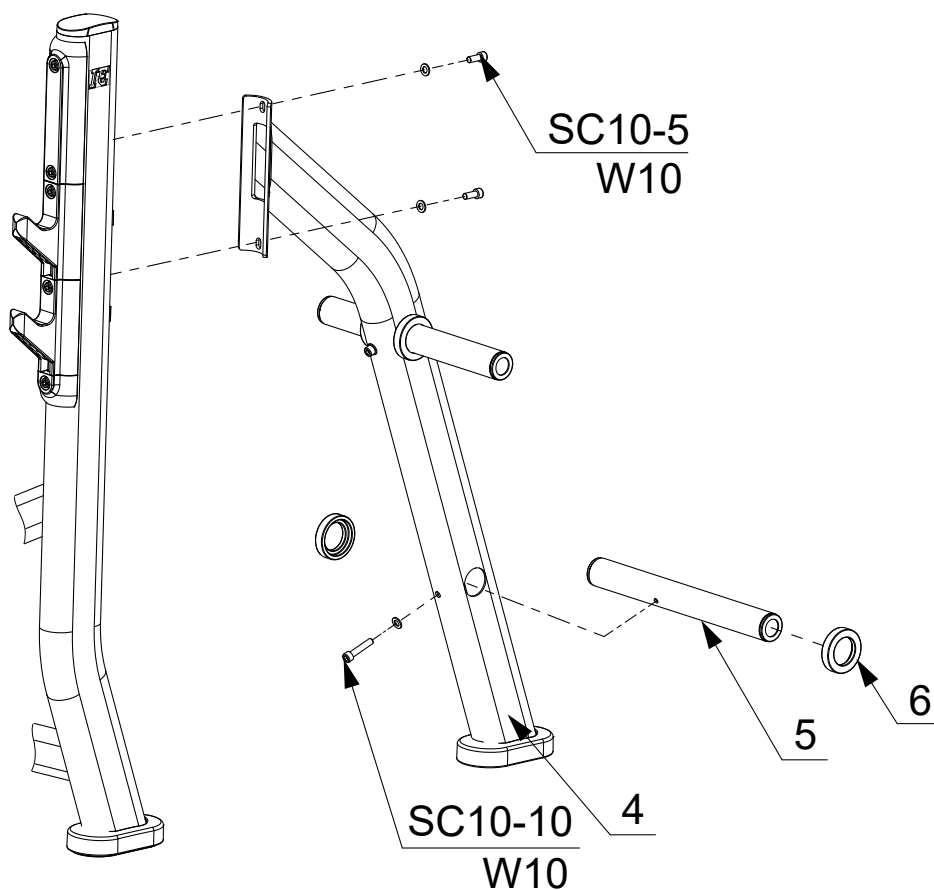
Part No: 6
Name: Rubber Spacer
Q'TY: 8

Fixings

SC10-5
4 PCS

SC10-10
4 PCS

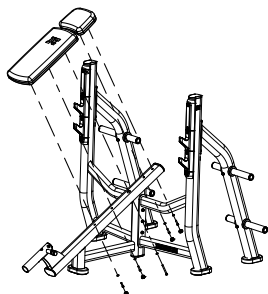
W10
4 PCS



50%



STEP 3



Assemble The Head Pad(#7)
And The Back Pad(#8).

Parts



Part No: 7
Name:Head Pad
Q'TY:1



Part No: 8
Name:Back Pad
Q'TY:1



Part No: 9
Name:Hole Cap
Q'TY:4

Tools



14 mm



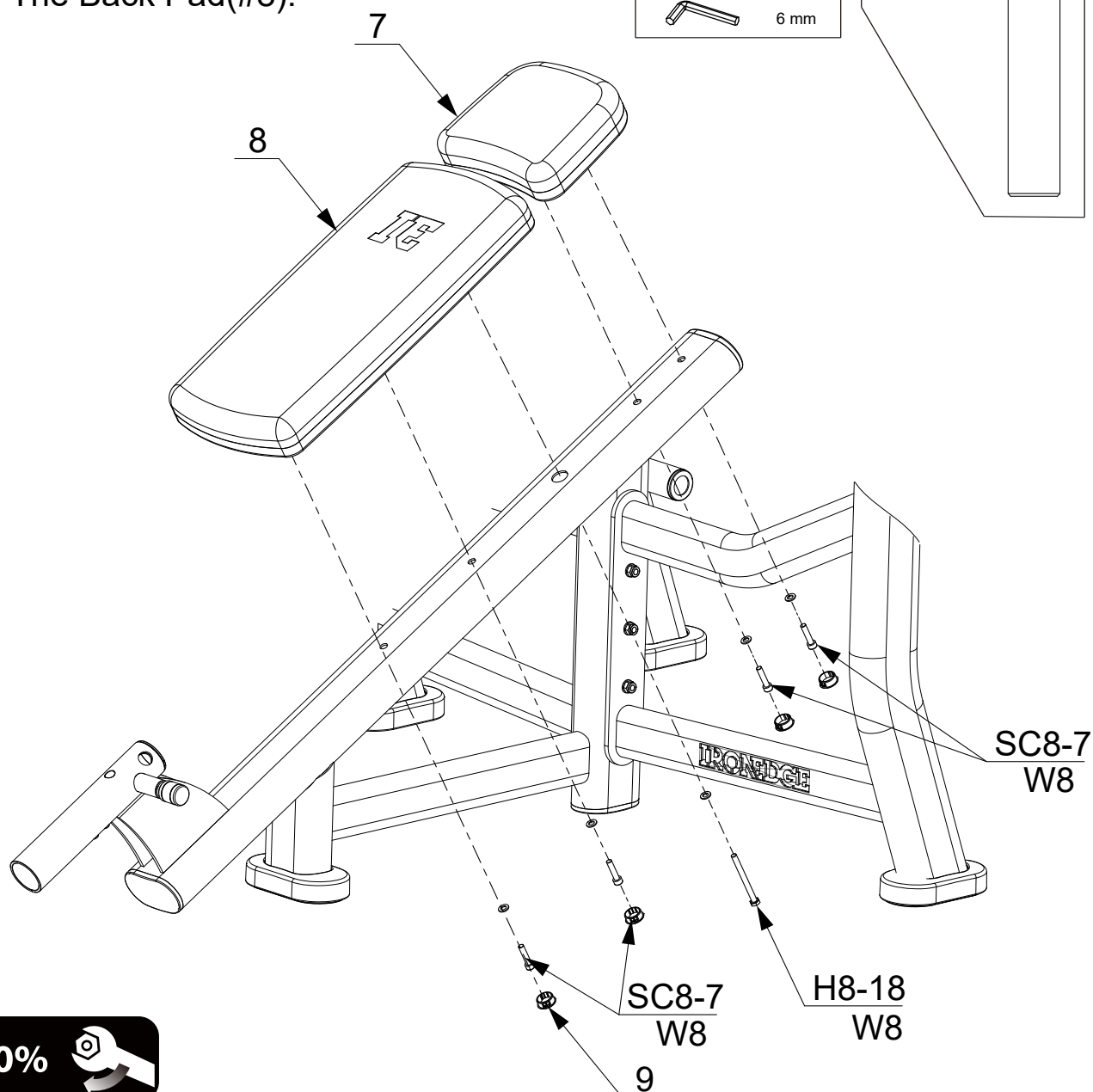
6 mm

Fixings

SC8-7 4PCS

H8-18 1PCS

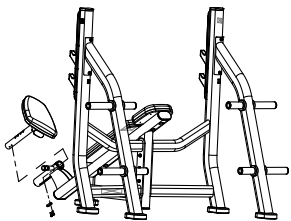
W8
5PCS



50%



STEP 4



Assemble The Seat Pad(#10).

Tools



6 mm

Fixings

SC8-4
2PCS

SC8-7
2PCS

W8
4PCS

Parts



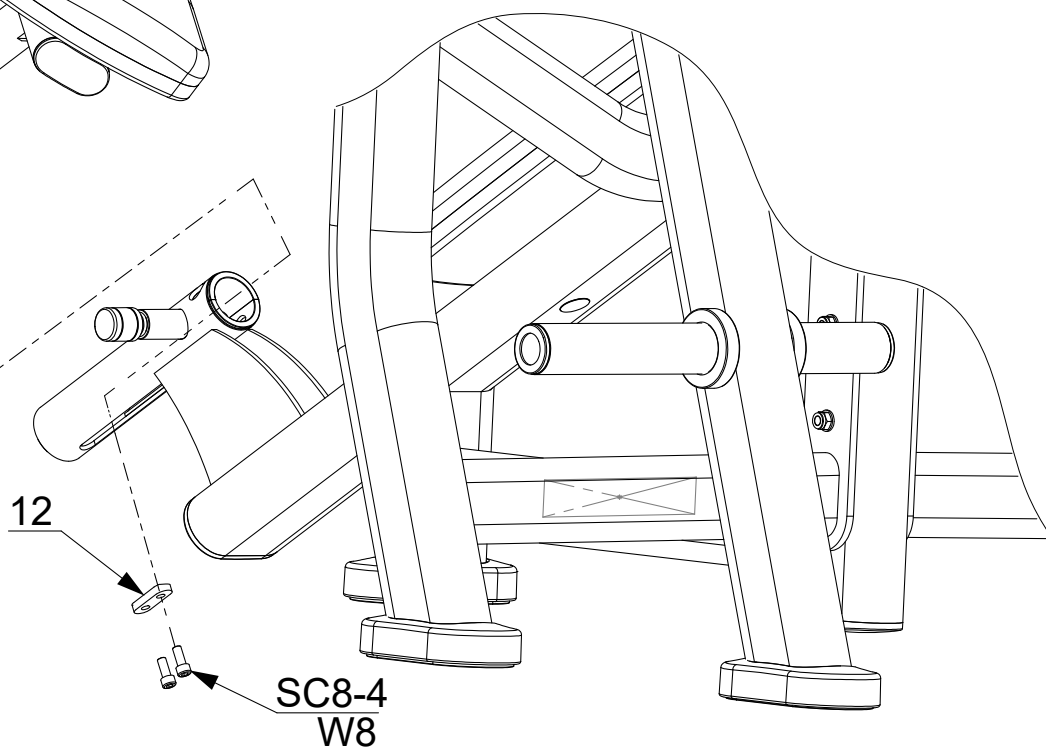
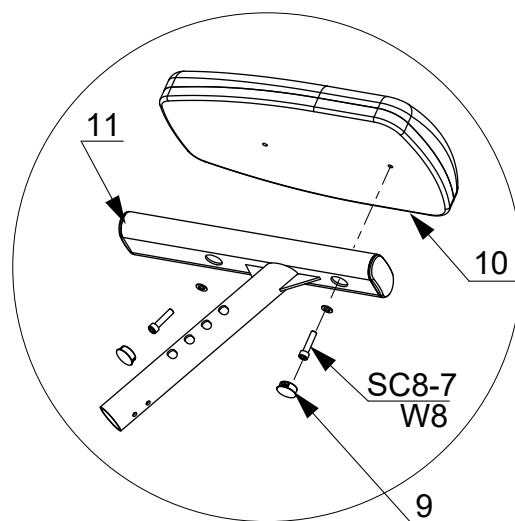
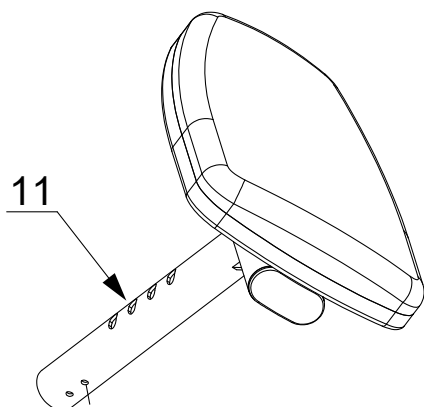
Part No: 10
Name: Seat Pad
Q'TY: 1



Part No: 11
Name: Seat Holding
Frame
Q'TY: 1



Part No: 12
Name: Slider
Q'TY: 1



100%



PARTS LIST

PART #	DESCRIPTION	QTY
1	Right Holding Assy	1
2	Pad Holding Frame	1
3	Left Holding Assy	1
4	Barbell Holding Frame Assy	2
5	Holding Rod	4
6	Rubber Spacer	8
7	Head Pad	1
8	Back Pad	1
9	Hole Cap	6
10	Seat Pad	1
11	Seat Holding Frame	1
12	Slider	1
W8	Washer 8	9
W10	Washer 10	10
N10	Nut M10	3
H8-18	Hex Head Bolt M8x90	1
SC8-4	Socket Cap ScrewM8x20	2
SC8-7	Socket Cap ScrewM8x35	6
SC10-5	Socket Cap ScrewM10x25	4
SC10-10	Socket Cap ScrewM10x50	4
SC10-19	Socket Cap ScrewM10x95	3