

IRONEDGE.

Flat Bench Press

Setup Instructions

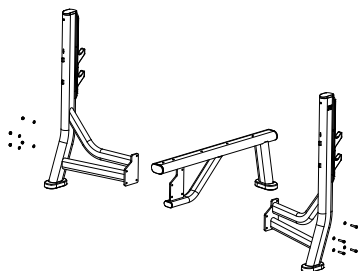
⚠ CAUTION: Read all precautions and instructions before using this equipment. Save this manual for future reference.



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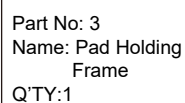
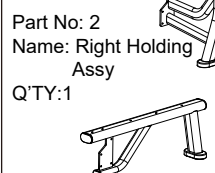
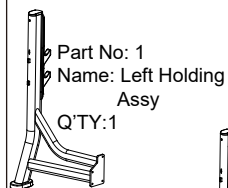
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STEP 1

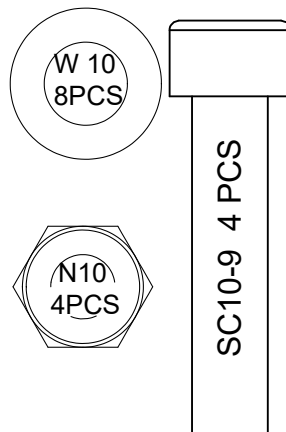


Assemble The Left Holding Assy(#1), Right Holding Assy (#2) And The Pad Holding Frame(#3).

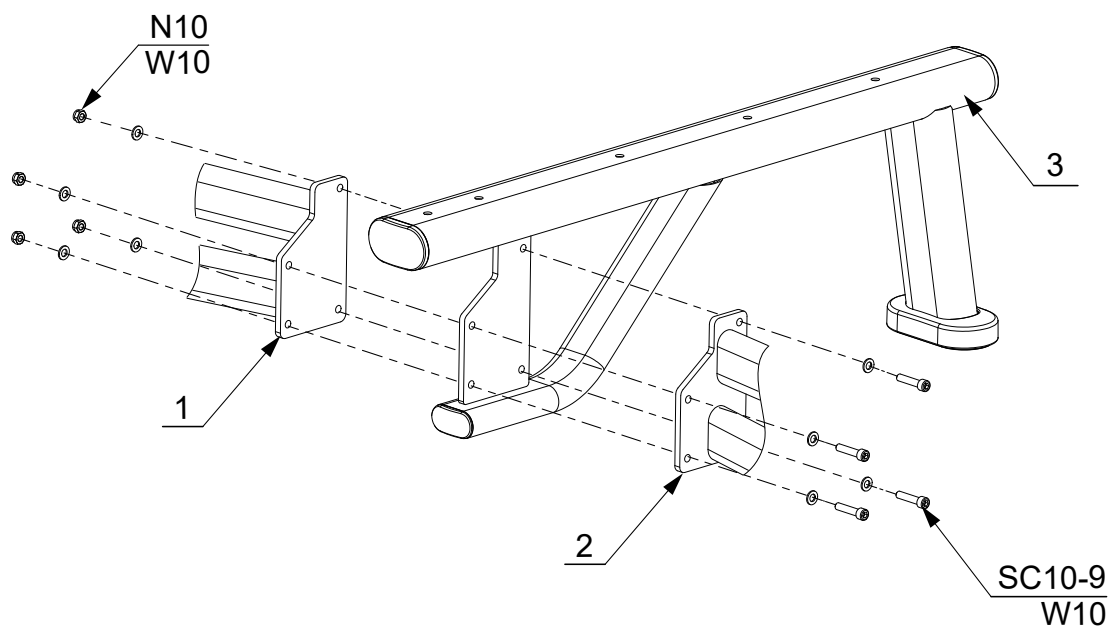
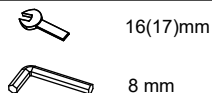
Parts



Fixings



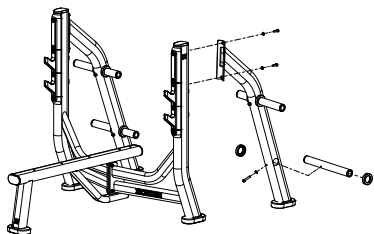
Tools



50%



STEP 2



Assemble The Barbell Holding Frame On Both Sides

Tools

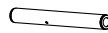


8 mm

Parts



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



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



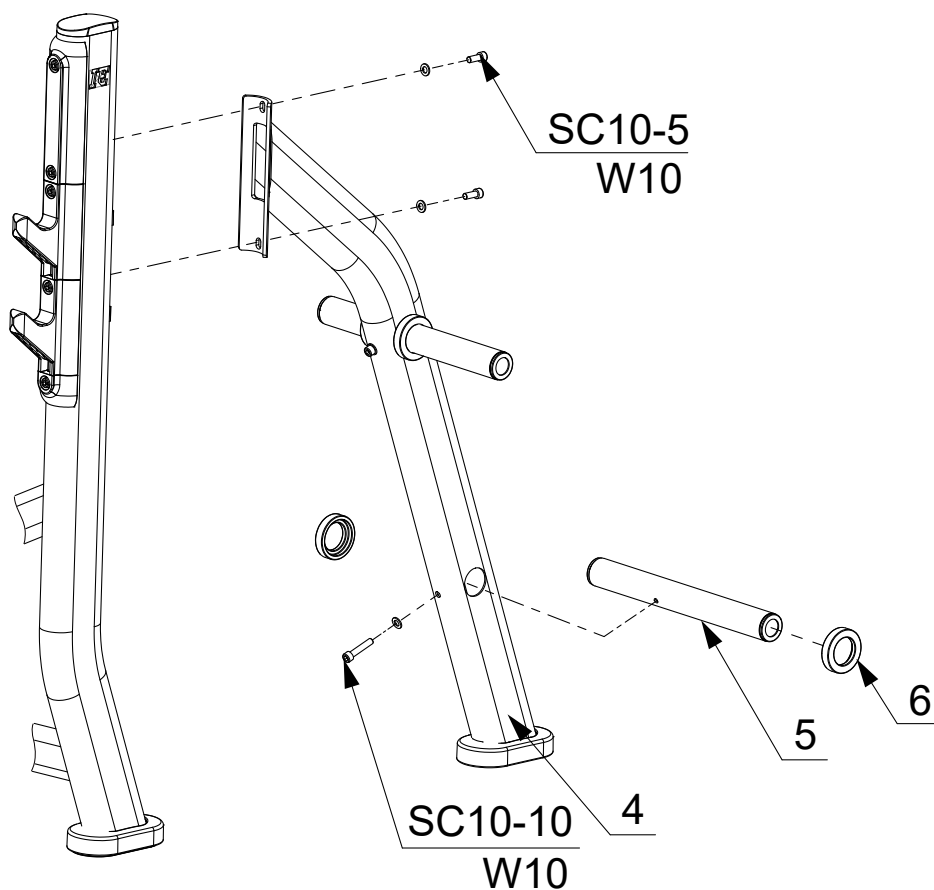
Part No: 6
Name: Rubber Spacer
Q'TY: 8

Fixings

SC10-5
4 PCS

SC10-10 4 PCS

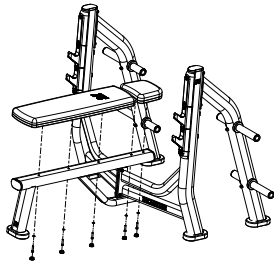
W10
4 PCS



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



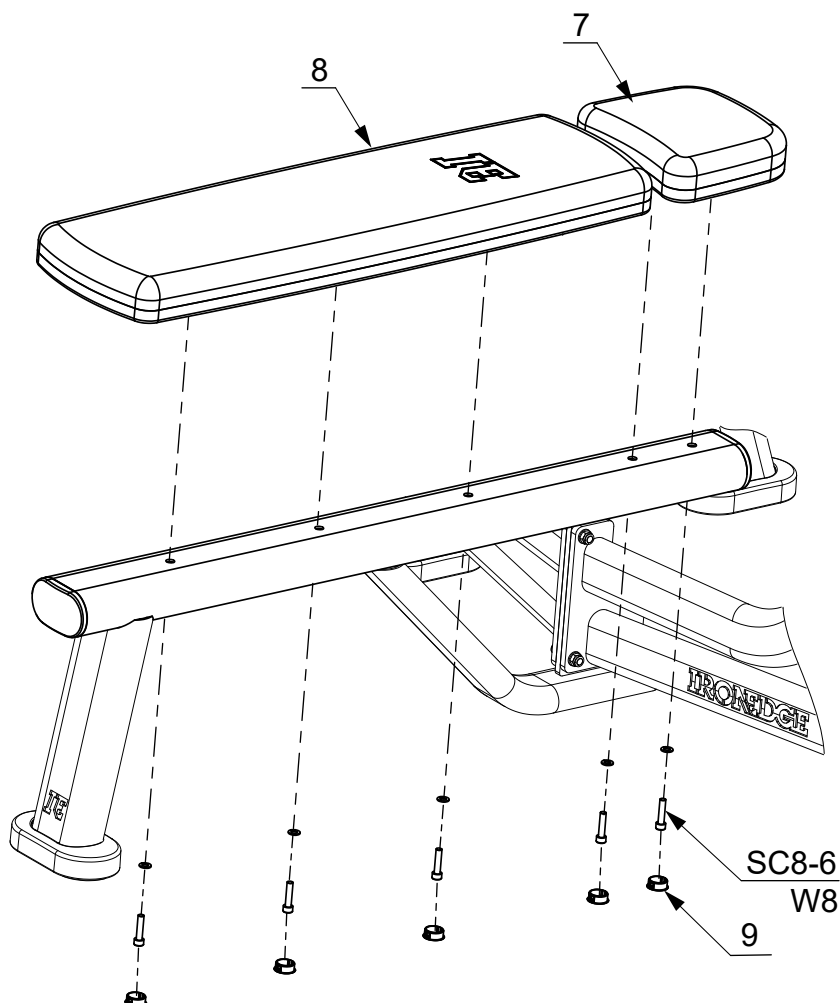
Part No: 9
Name:Hole Cap
Q'TY:5

Tools



6 mm

Fixings



100 %



PARTS LIST

PART #	DESCRIPTION	QTY
1	Left Holding Assy	1
2	Right Holding Assy	1
3	Pad Holding Frame	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	5
W8	Washer 8	5
W10	Washer 10	12
N10	Nut M10	4
SC8-6	Socket Cap ScrewM8x30	5
SC10-5	Socket Cap ScrewM10x25	4
SC10-9	Socket Cap ScrewM10x45	4
SC10-10	Socket Cap ScrewM10x50	4