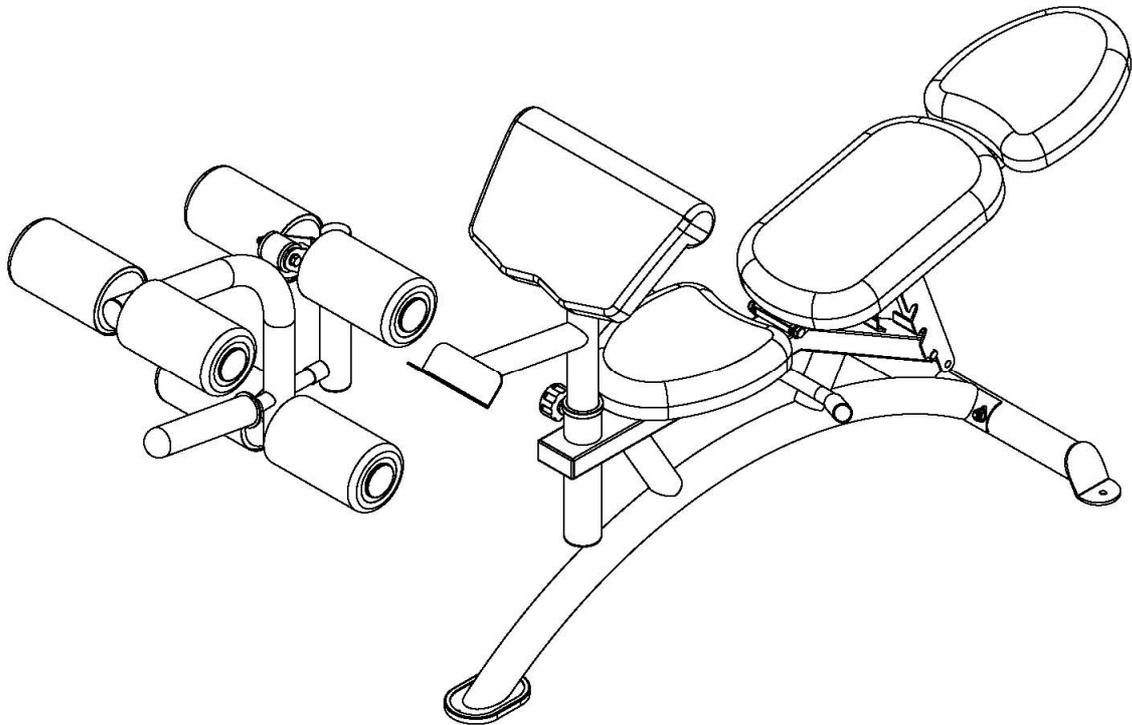
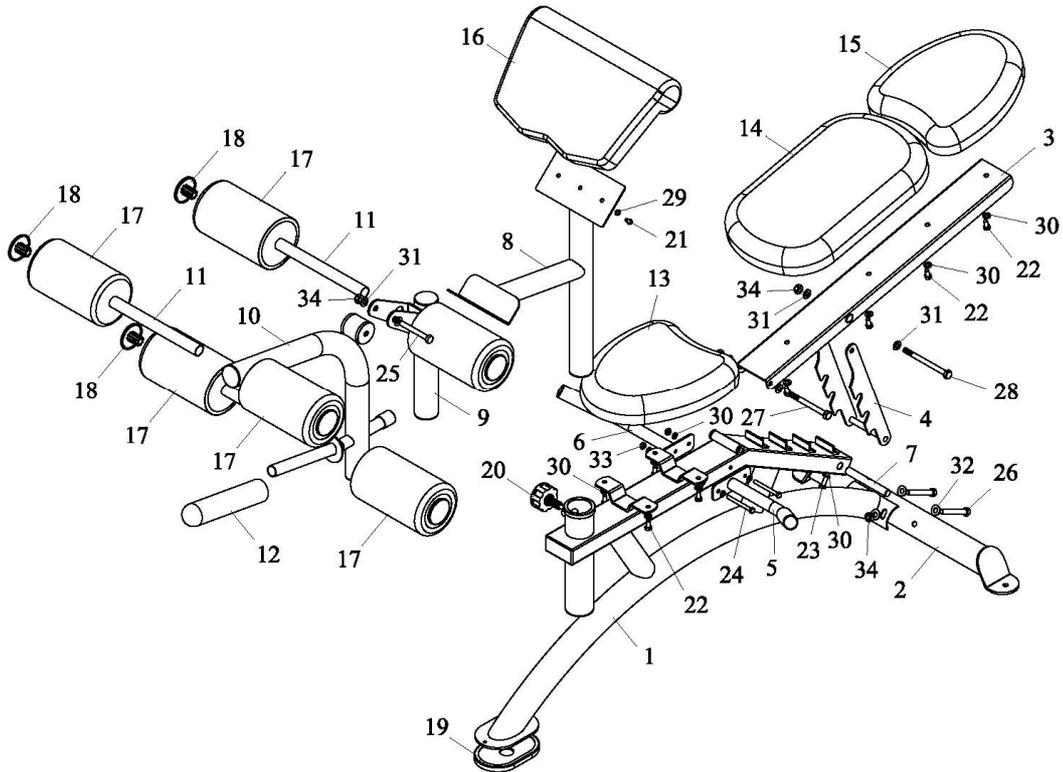


SIT UP BENCH SUB1082C



ASSEMBLY INSTRUCTIONS

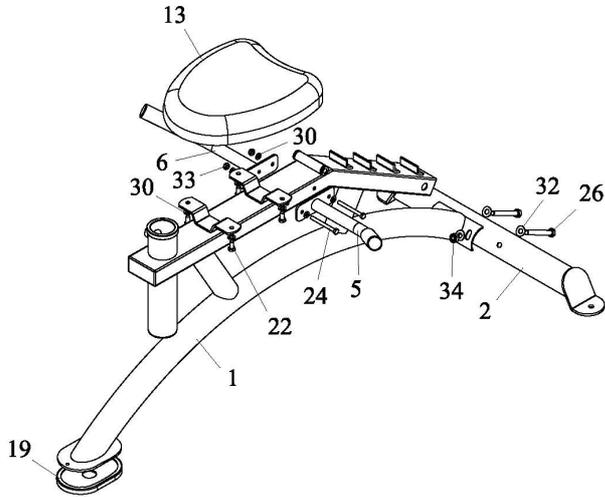
EXPLODED VIEW



NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	MAIN FRAME	1	18	FOAM CAP	6
2	REAR BASE	1	19	RUBBER SHOE	1
3	BACKREST SUPPORT	1	20	FAST PIN	1
4	BACK ADJUSTMENT	1	21	BOLT M6*16	2
5	LEFT HANDLE BAR	1	22	BOLT M8*20	8
6	RIGHT HANDLE BAR	1	23	BOLT M8*30	1
7	AXIS	1	24	BOLT M8*100	2
8	ARMREST SUPPORT	1	25	BOLT M10*75	1
9	ADJUSTABLE SUPPORT	1	26	BOLT M10*80	2
10	LEG EXTENSION	1	27	BOLT M10*105	1
11	FOAM TUBE	3	28	BOLT M10*120	1
12	PLATE ADAPTER WITH SCREW	1	29	WASHER 6	2
13	SEAT CUSHION	1	30	WASHER 8	13
14	BACKREST CUSHION	1	31	WASHER 10	6
15	HEADREST CUSHION	1	32	ARC WASHER 10	4
16	ARMREST CUSHION	1	33	LOCK NUT M8	2
17	FOAM ROLLER WITH COVER	6	34	LOCK NUT M10	5

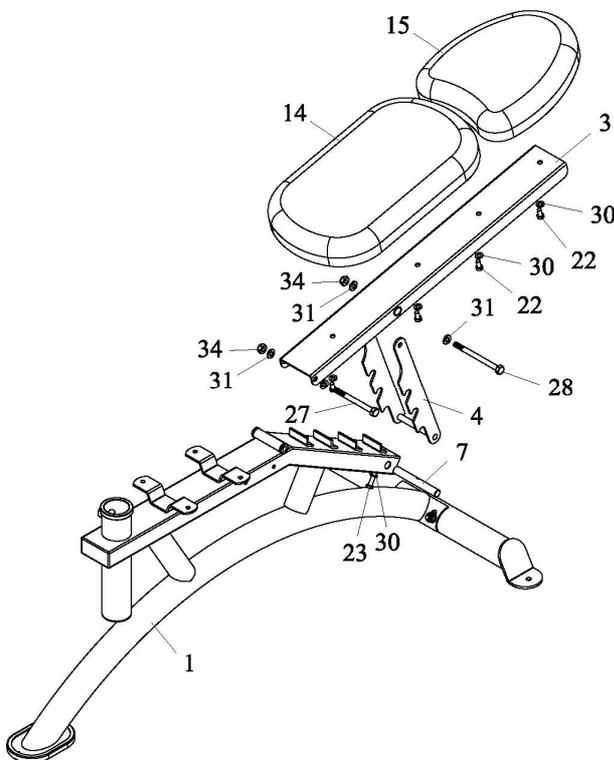
ASSEMBLY INSTRUCTIONS

STEP 01



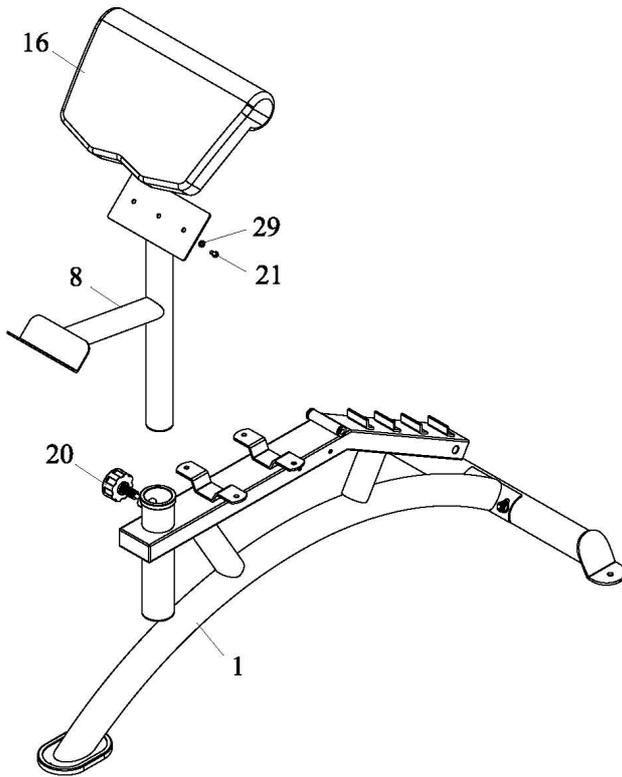
1. Attach the rubber shoe (19) to main frame (1).
2. Attach rear base (2) to main frame (1) with 2 bolts M10*80 (26), 4 arc washers 10 (32) and 2 lock nuts M10 (34).
3. Attach left and right handle bar (5, 6) to main frame (1) with 2 bolts M8*100 (24), 4 washers 8 (30) and 2 lock nuts M8 (33).
4. Attach the seat cushion (13) to main frame (1) with 4 bolts M8*20 (22) and 4 washers 8 (30).

STEP 02



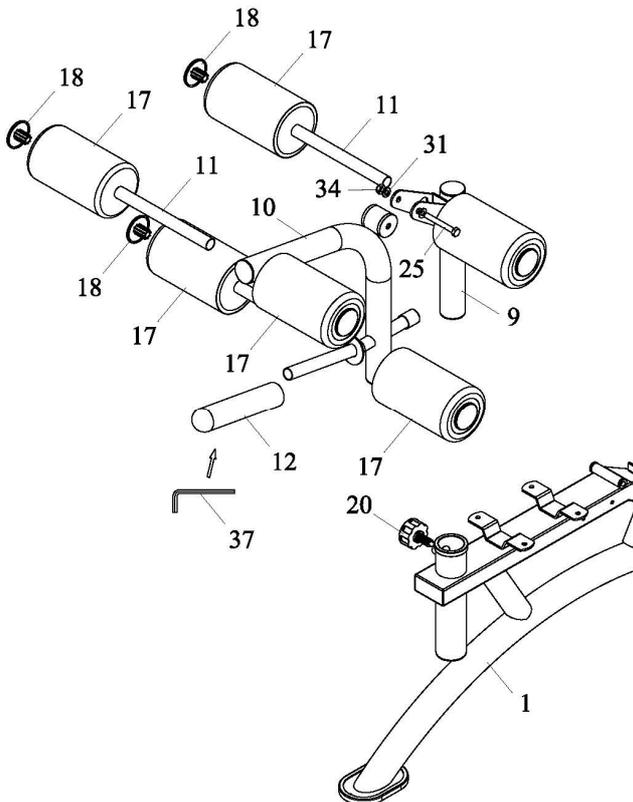
1. Insert the axis (7) into rear hole on main frame (1), secure with bolt M8*30 (23) and washer 8 (30).
2. Attach backrest support (3) to bushing on main frame (1) with bolt M10*105 (27), 2 washers 10 (31) and lock nut M10 (34).
3. Attach the back adjustment (4) to backrest support (3) with bolt M10*120 (28), 2 washers 10 (31) and lock nut M10 (34). Hook back adjustment (4) to axis (7).
4. Attach backrest cushion (14) and headrest cushion (15) to backrest support (3) with 4 bolts M8*20 (22) and 4 washers 8 (30).

STEP 03



1. Attach armrest cushion (16) to armrest support (8) with 2 bolts M6*16 (21) and 2 washers 6 (29).
2. Insert armrest support (8) into front port of main frame (1), secure with fast pin (20).

STEP 04



When you want to use the leg extension, remove the armrest support (8).

1. Insert the adjustable support (9) into front port of main frame (1), secure with fast pin (20).
2. Attach the leg extension (10) to adjustable support (9) with bolt M10*75 (25), 2 washers 10 (31) and lock nut M10 (34).
3. Insert foam tube (11) into holes on leg extension (10) and adjustable support (9).
4. Push a foam roller with cover (17) onto each side of foam tube (11).
5. Insert foam cap (18) into port of foam tube (11).
6. Attach plate adapter (12) to leg extension (10), secure with screw on plate adapter.