

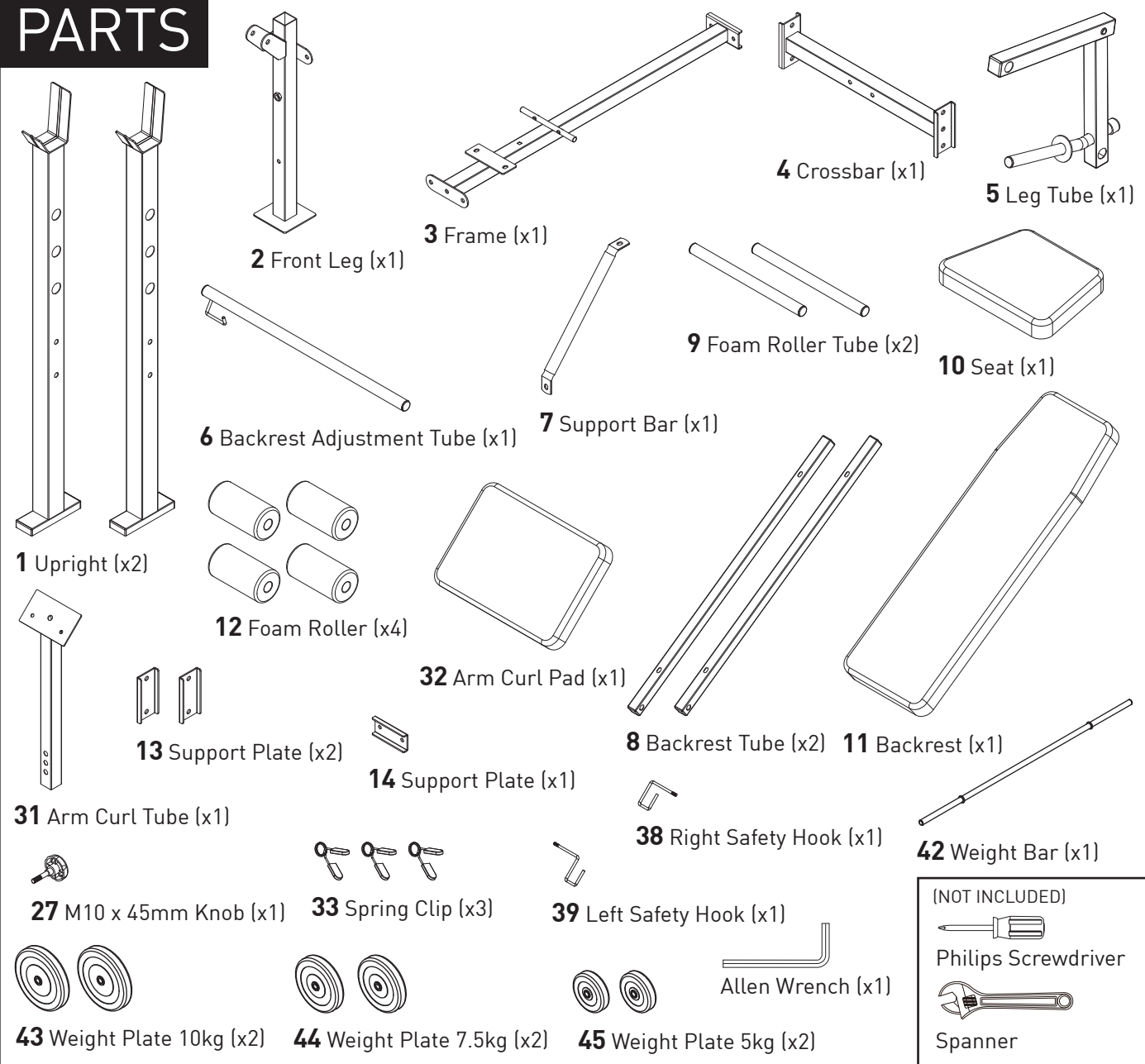


ESSENTIAL BENCH WITH 45KG WEIGHT SET

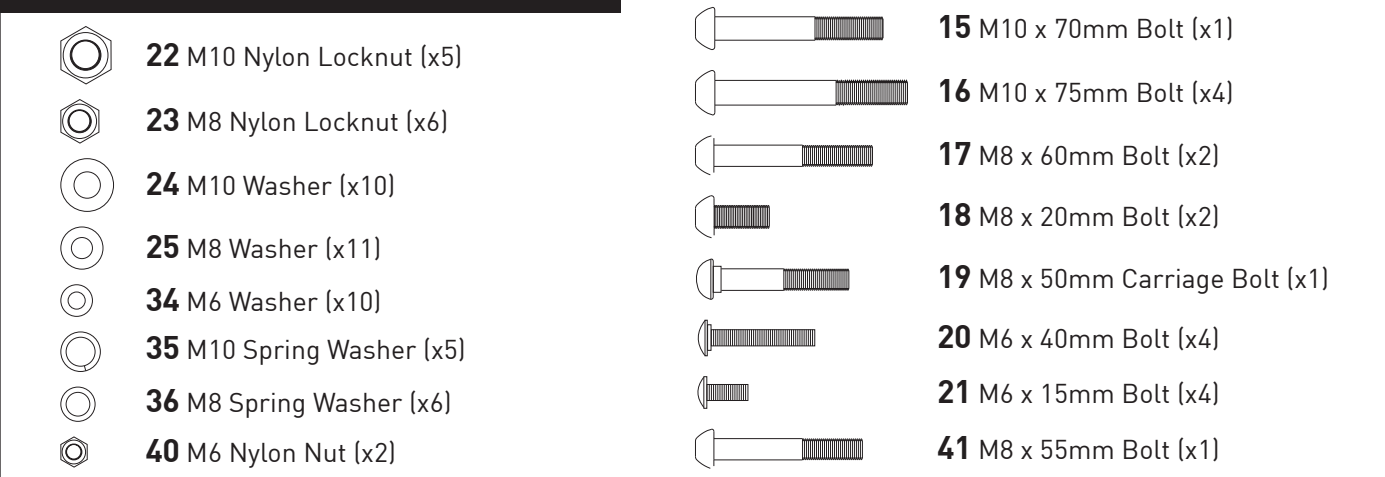
ASSEMBLY MANUAL



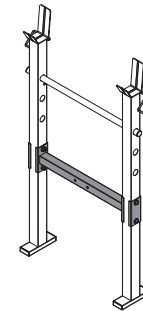
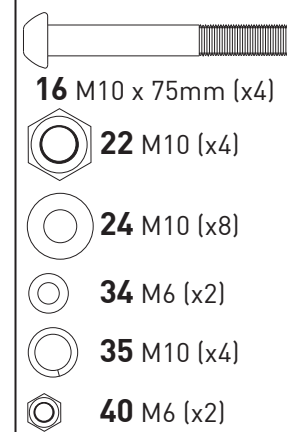
PARTS



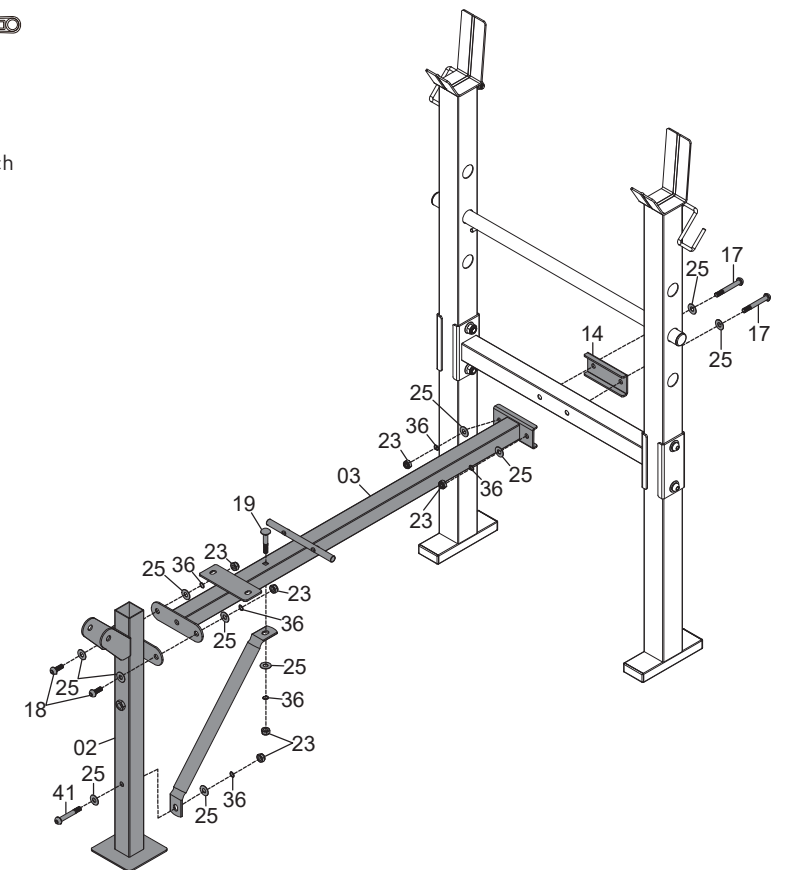
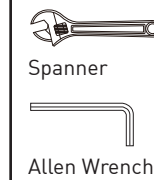
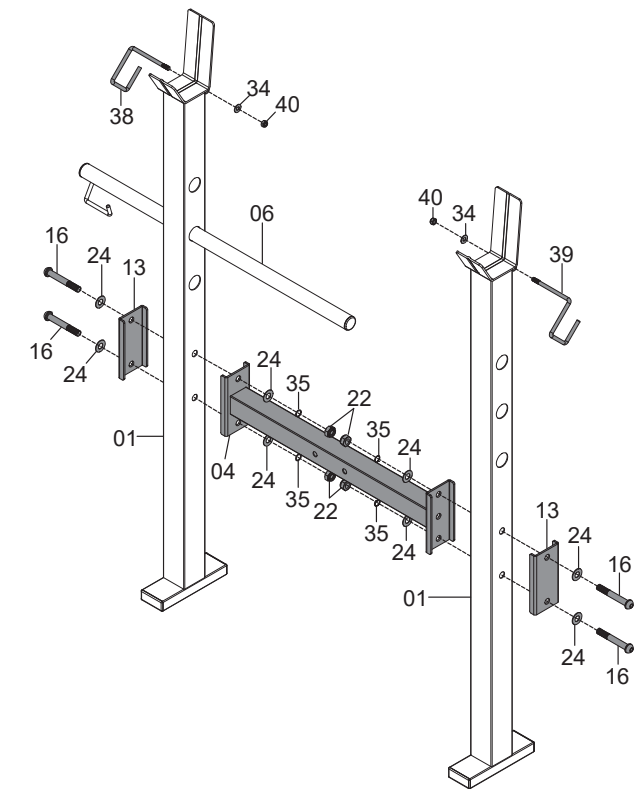
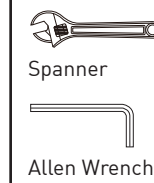
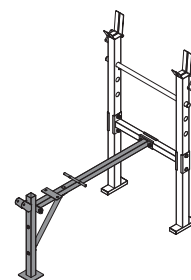
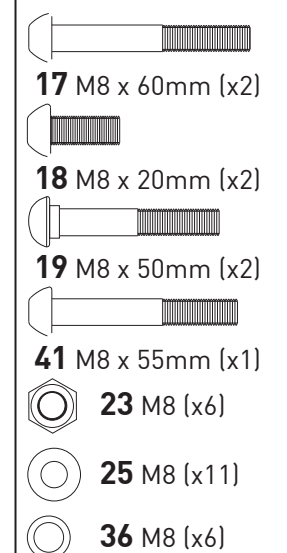
HARDWARE PACK



1

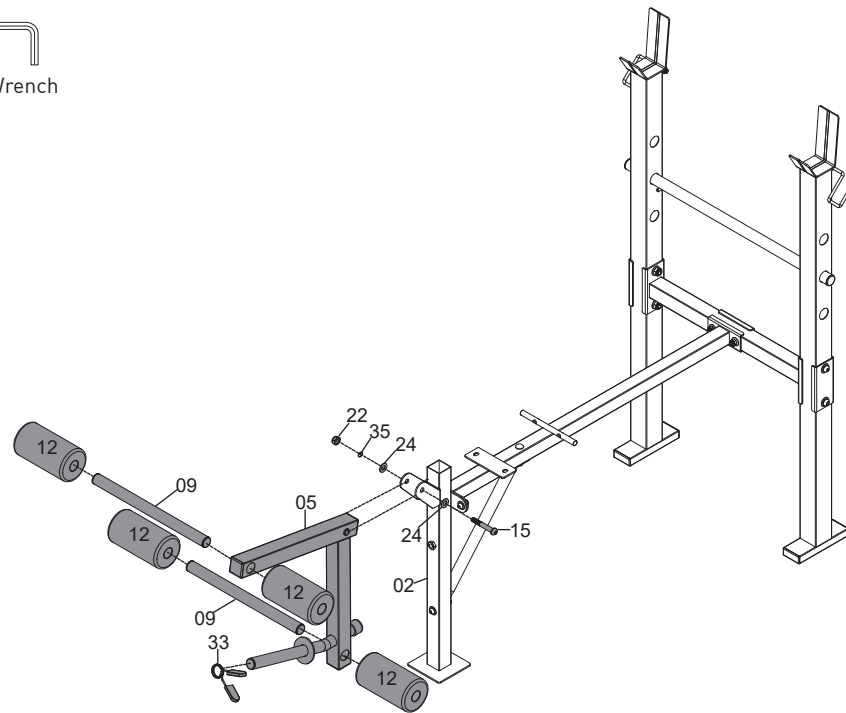
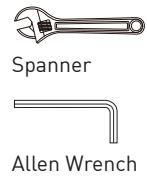
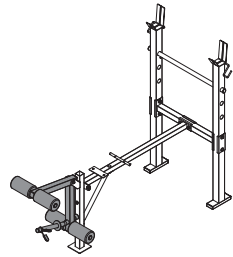


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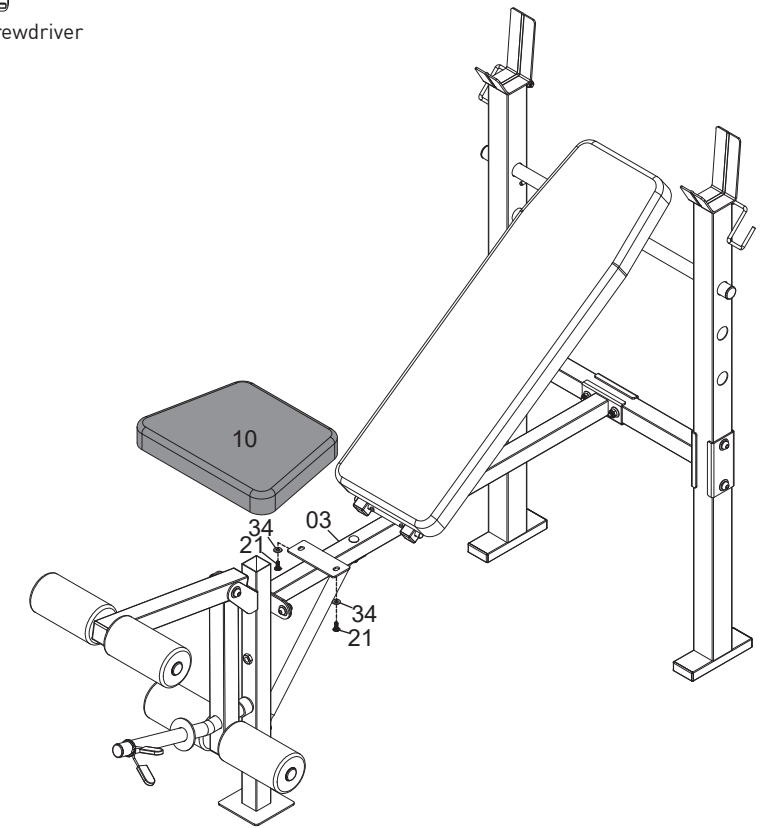
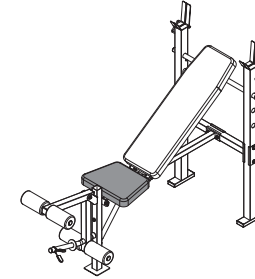
3

-  **15** M10 x 70mm (x1)
-  **22** M10 (x1)
-  **24** M10 (x2)
-  **35** M10 (x1)



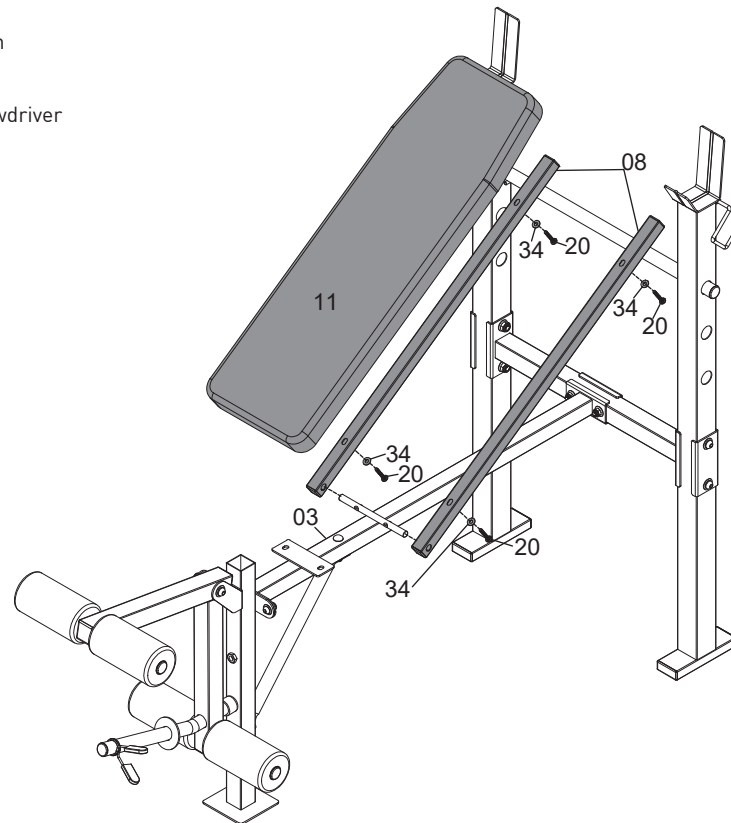
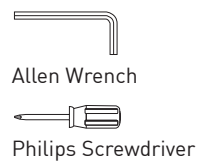
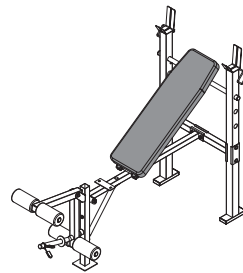
5

-  **21** M6 x 15mm (x2)
-  **34** M6 (x2)



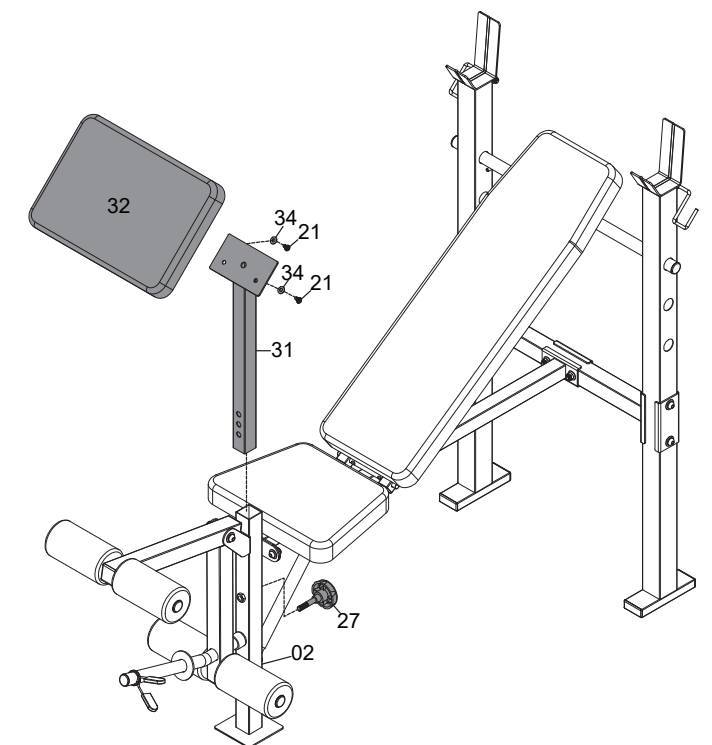
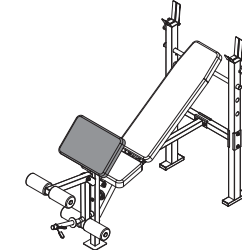
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-  **20** M6 x 40mm (x4)
-  **34** M6 (x4)

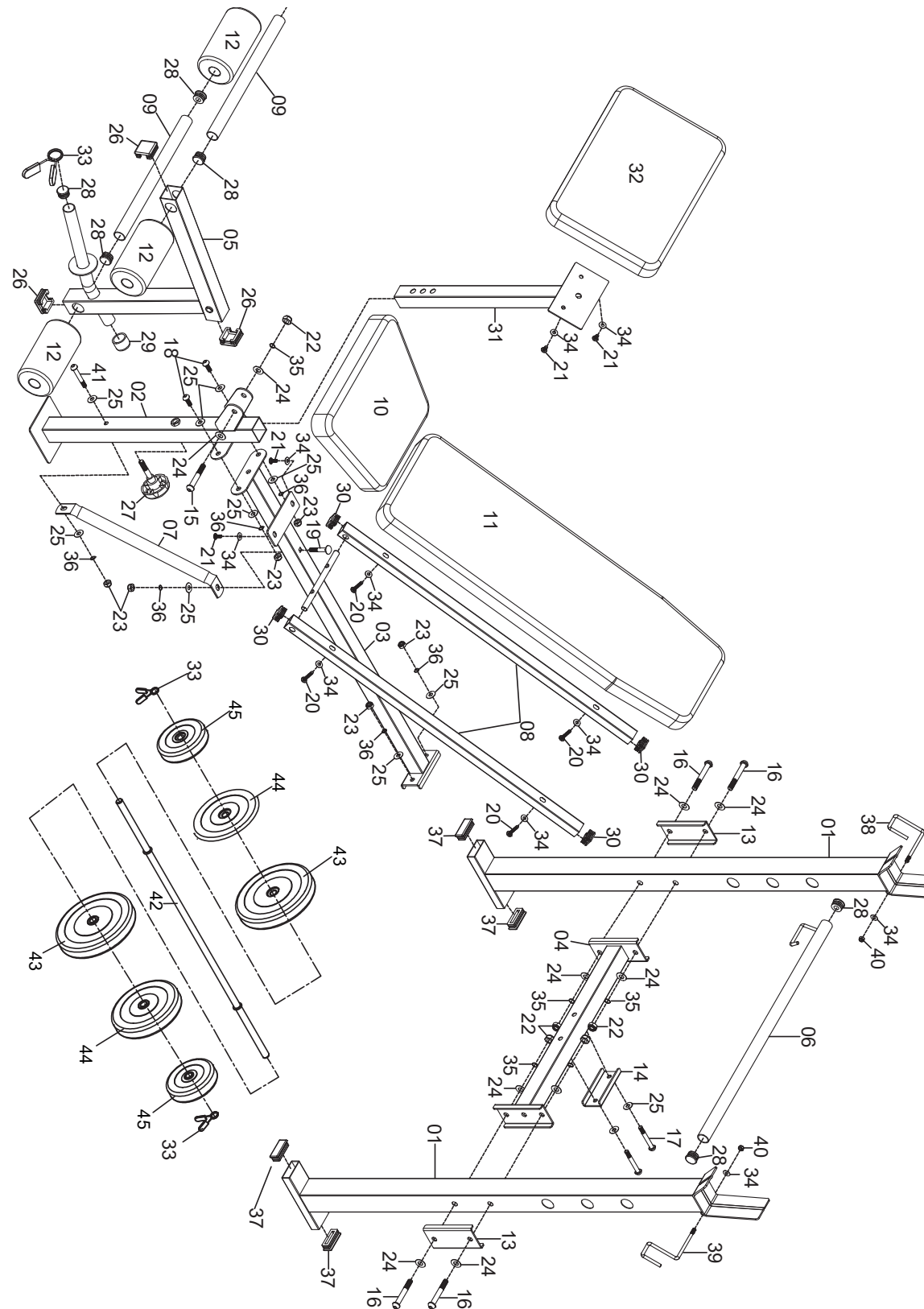


6

-  **21** M6 x 15mm (x2)
-  **34** M6 (x2)



EXPLODED DIAGRAM



PARTS LIST

PART NO	CODE	DESCRIPTION	QTY
1	PFMCS7230-01	Upright	2
2	PFMAD7230AN-01	Front Leg	1
3	PFMCS7230-03	Frame	1
4	PFMCS7230-04	Cross bar	1
5	PFMAD7230AN-02	Leg Tube	1
6	PFMCS7230-06	Backrest Adjustment Tube	1
7	PFM7230-08	Support Bar	1
8	PFMCS7230-07	Backrest Tube	2
9	PFMCS7101-11	Foam Roller Tube	2
10	PFMCS7230-08	Seat	1
11	PFMCS7230-09	Backrest	1
12	PFMCS701-05	Foam Roller	4
13	PFMH1007A-23	Support Plate for Upright	2
14	PFMCS7230-10	Support Plate for Cross Bar	1
15	PFM2240-22	M10 x 70mm Bolt	1
16	PFM2240-21	M10 x 75mm Bolt	4
17	PFMS80-17	M8 x 60mm Bolt	2
18	PFM504-22	M8 x 20mm Bolt	2
19	PFMCS80B-17	M8 x 50mm Carriage Bolt	1
20	PFM2240-24	M6 x 40mm Bolt	4
21	PFM2240-23	M6 x 15mm Bolt	4
22	PRK1-05	M10 Nylon Locknut	5
23	PHHKRK6-10	M8 Nylon Locknut	6
24	PRK1-06	M10 Washer	10
25	PFM2006-27	M8 Washer	11
26	PRK3B-05	38mm Square Inner Cap	3
27	PFM6240E-20	M10x45mm Knob	1
28	PRK1-03	25mm Round Inner Cap	7
29	PFM2240-19	25mm Round Angled Cap	1
30	PFM2240-32	25mm Square Inner Cap	4
31	PFMAD7230AN-03	Arm Curl Tube	1
32	PFMAD7230AN-04	Arm Curl Pad	1
33	FM-AD7240RD-38	Spring Clip	3
34	PFMS80-22	M6 Washer	10
35	FMAD613-06	M10 Spring washer	5
36	FMAD613-07	M8 spring washer	6
37	PFMAD7230AN-05	20x50mm Square Inner Cap	4
38	PFMAD7230AN-06	Right Safety Hook	1
39	PFMAD7230AN-07	Left Safety Hook	1
40	FM-AD7240RD-28	M6 Nylon Nut	2
41	PFMAD7230AN-08	M8 x 55mm Bolt	1
42	PFMAD10452W-01	Weight bar	1
43	PFMAD10452W-02	Weight plate 10kgs	2
44	PFMAD10452W-03	Weight plate 7.5kgs	2
45	PFMAD10452W-04	Weight plate 5kgs	2
46	PFMALLN10	Allen Wrench	1

This product is suitable for user's weight of **100kg.**



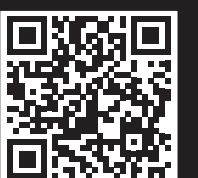
This product is suitable for a max load of **150kg.**



Product Registration and Support
Enregistrement et support du produit
Productregistratie en ondersteuning
Registro de productos y soporte
Registro de produto e suporte
Регистрация и поддержка продукта
製品の登録とサポート

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产品注册和技术支持
제품 등록 및 지원



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ESSENTIAL BENCH WITH 45KG WEIGHT SET

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