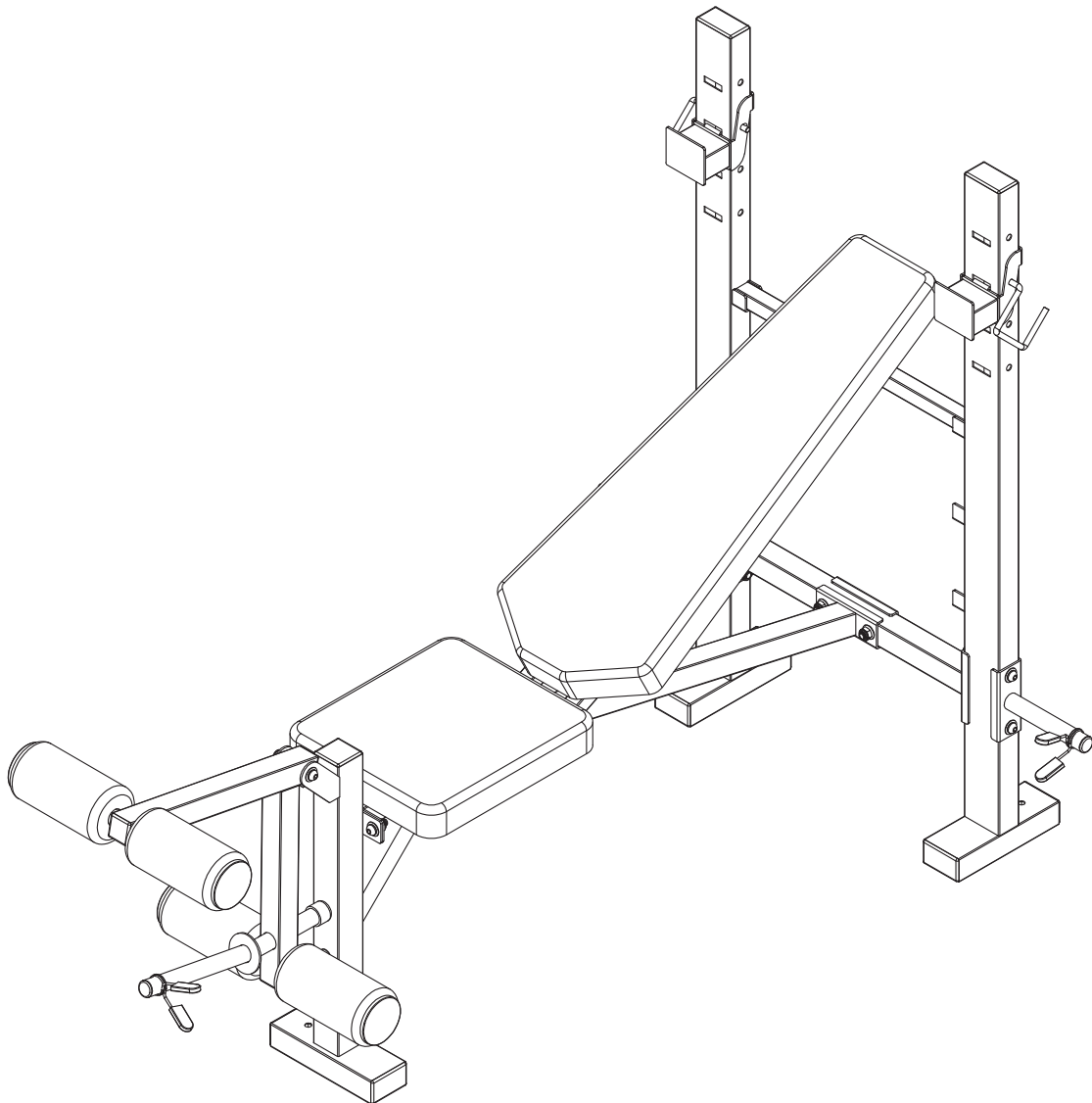
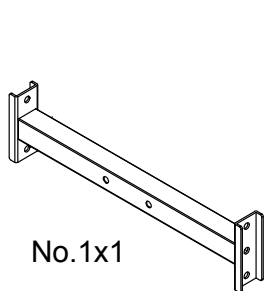




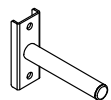
# **SPORTS TRAINING BENCH**

**ADBE - 10354**

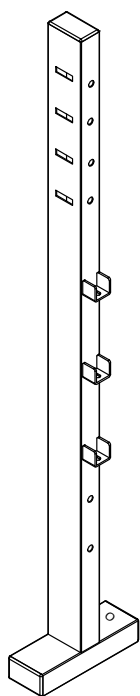




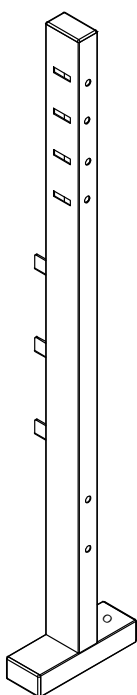
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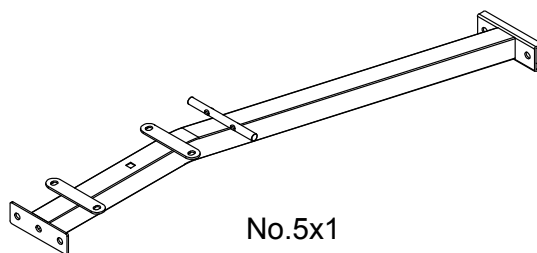
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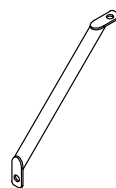
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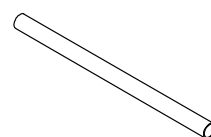
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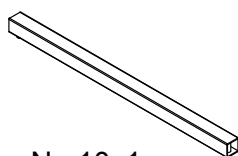
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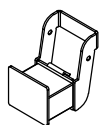
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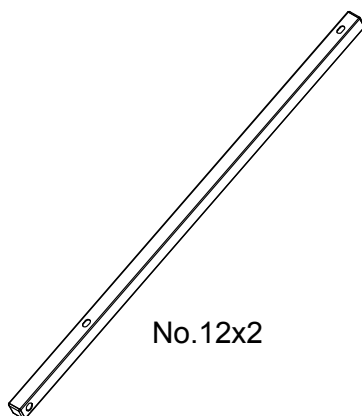
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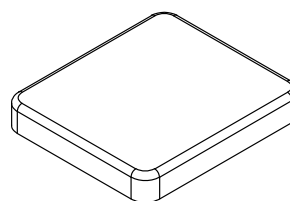
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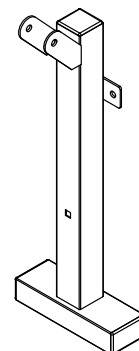
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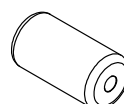
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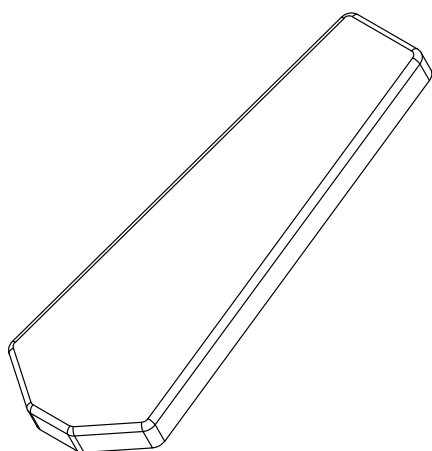
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No.6x1



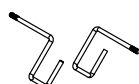
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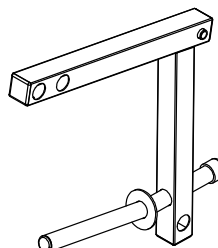
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No.16x2



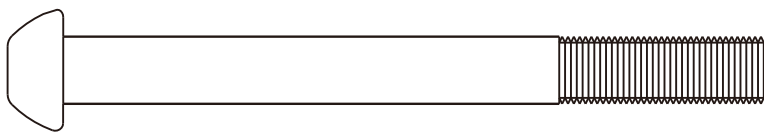
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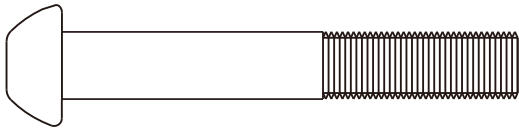
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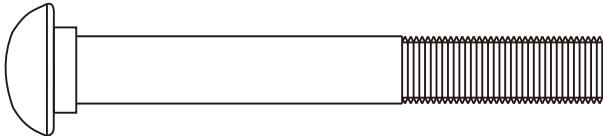
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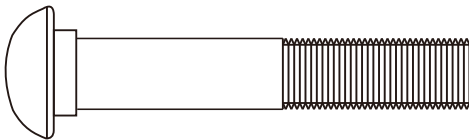
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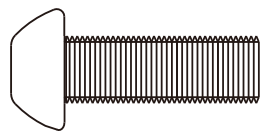
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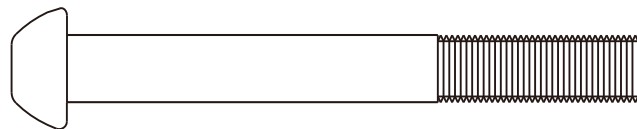
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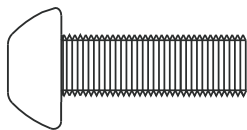
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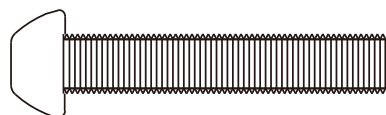
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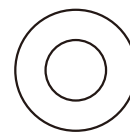
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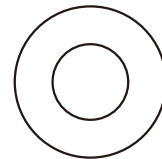
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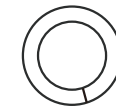
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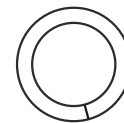
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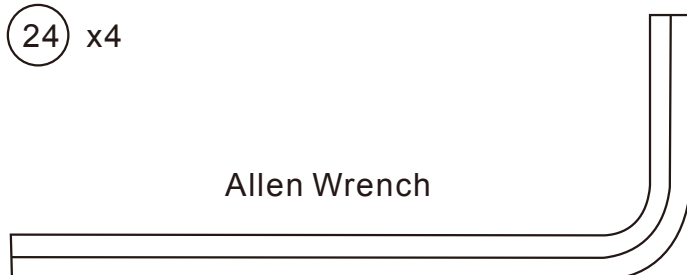
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27 x11

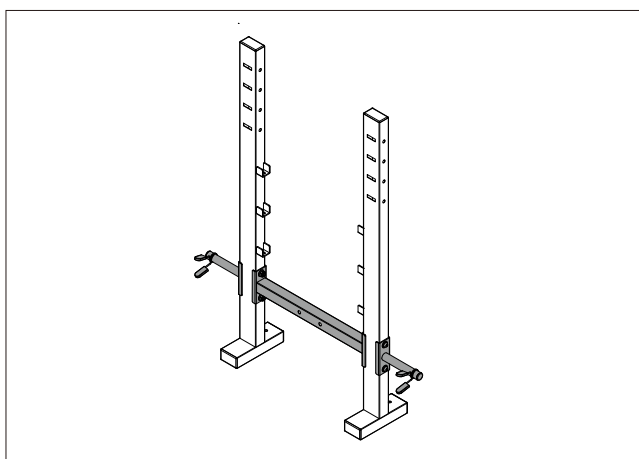
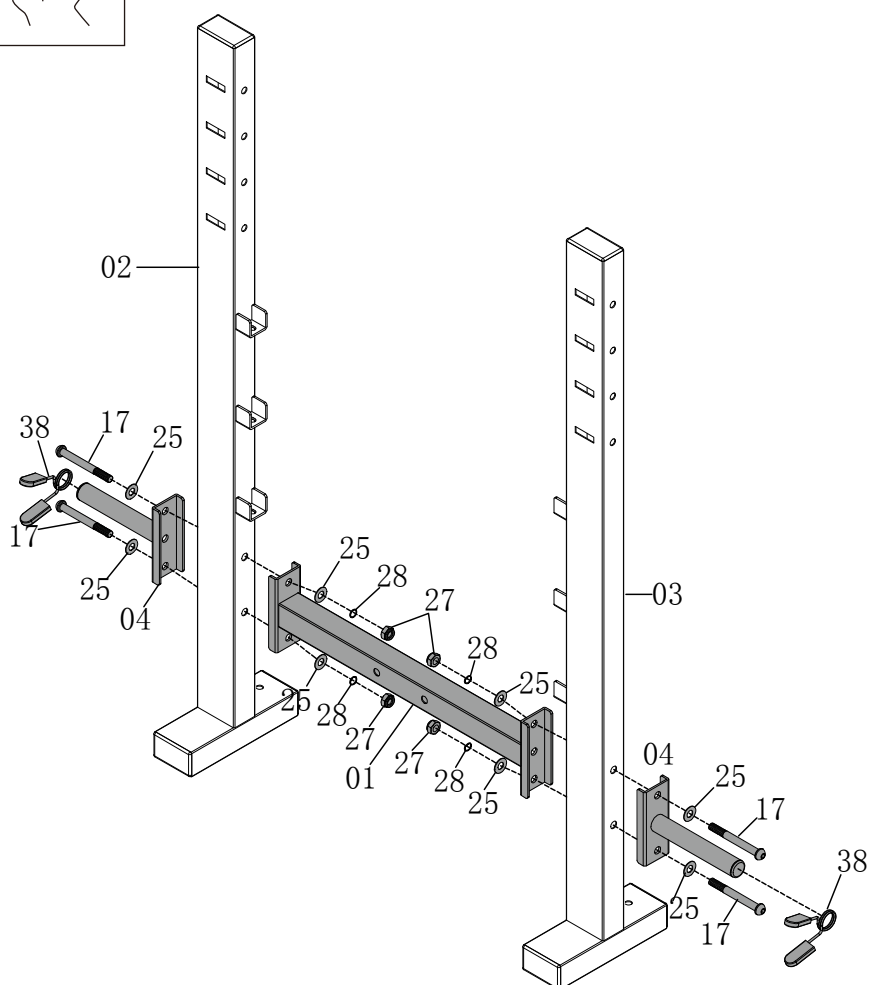
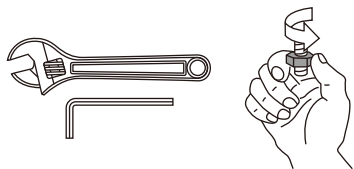


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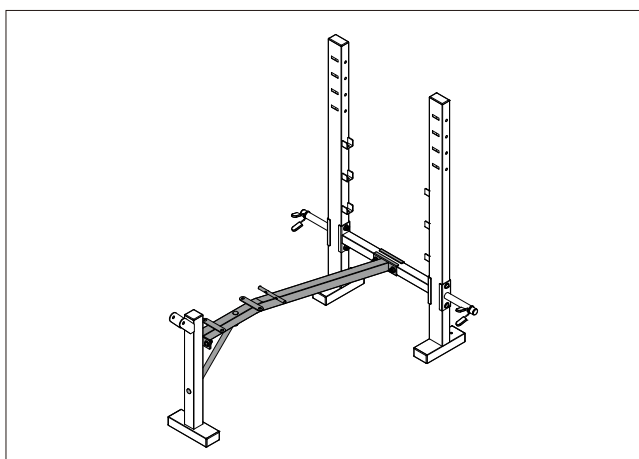
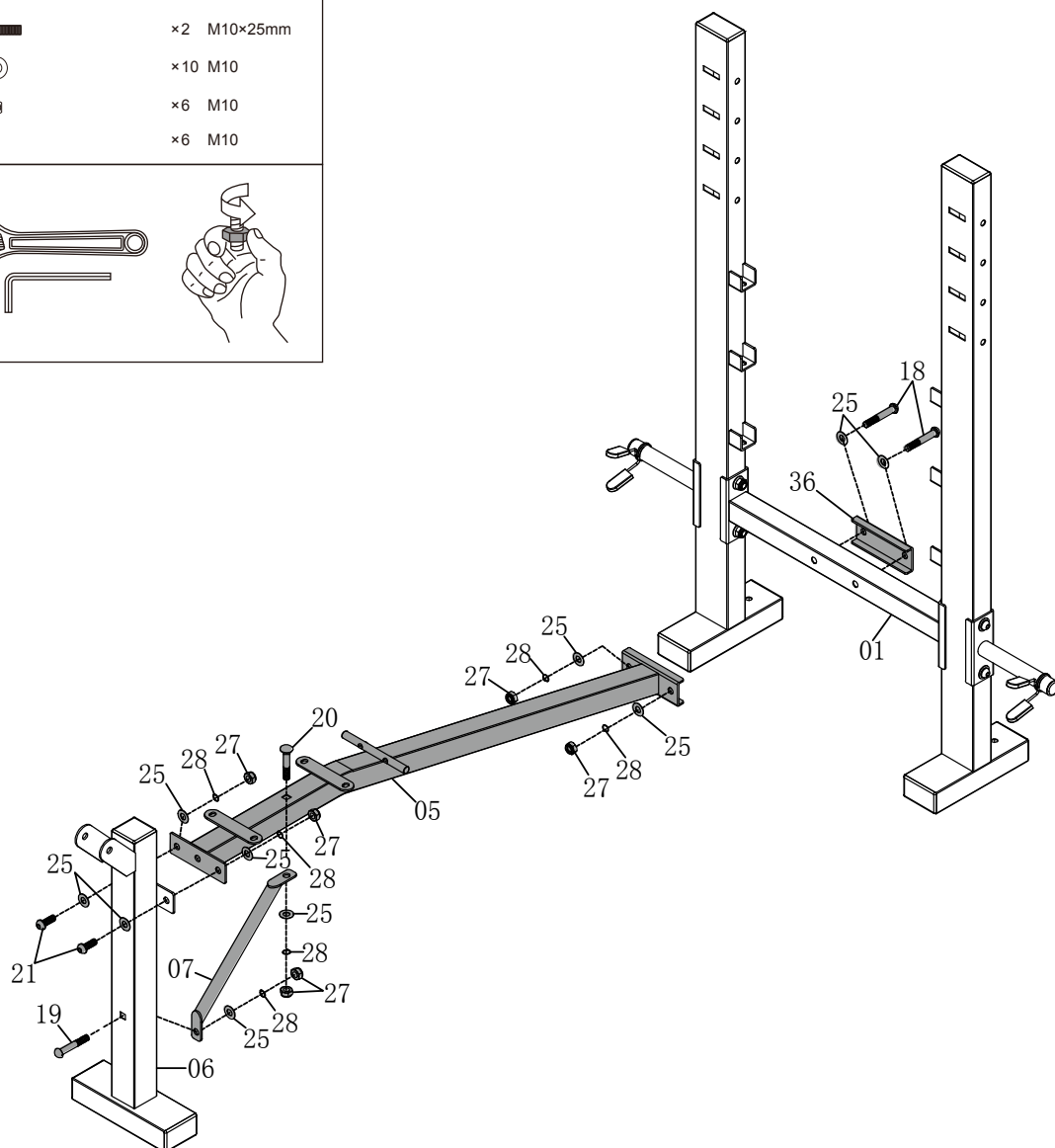
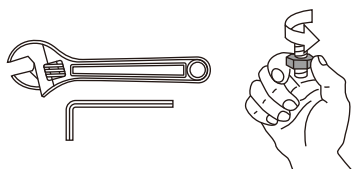


Allen Wrench

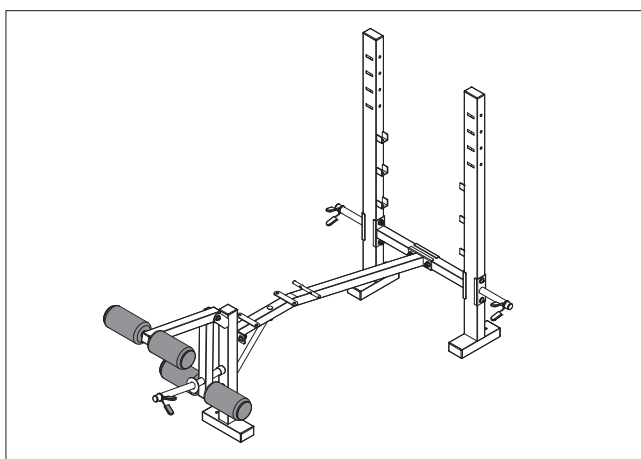
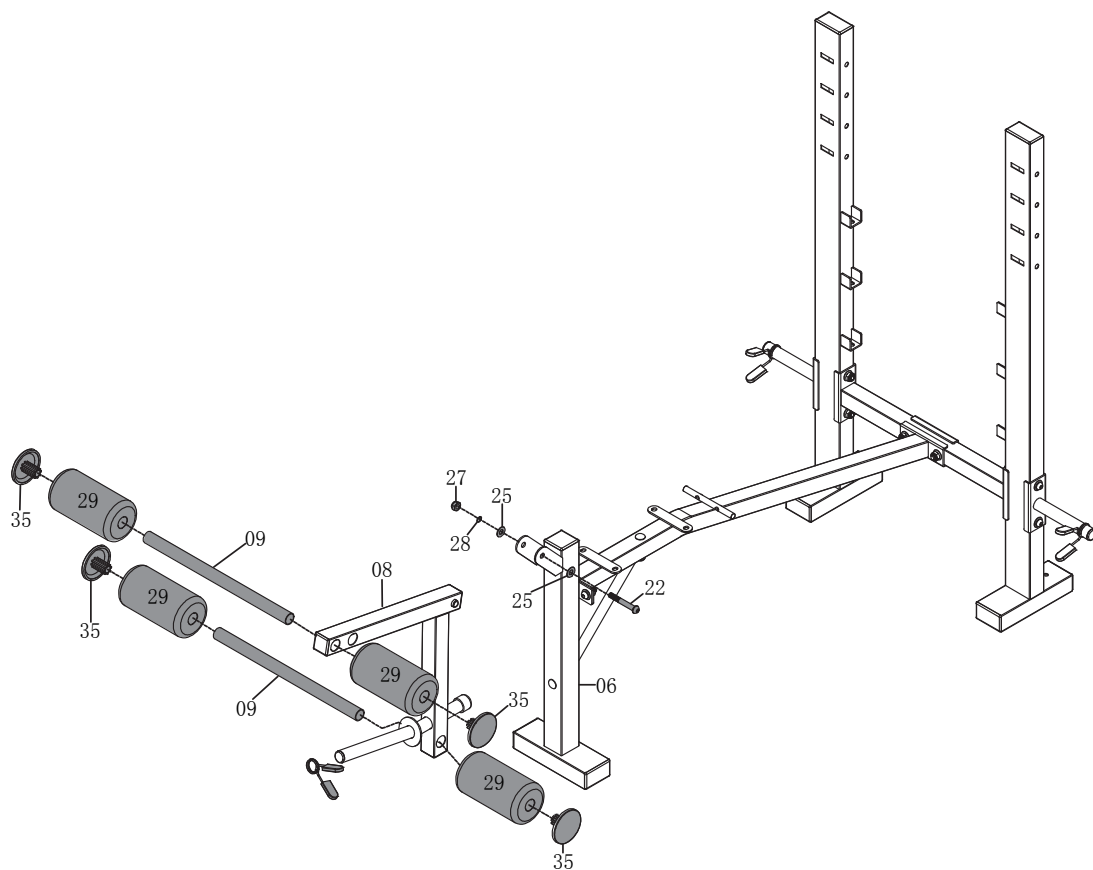
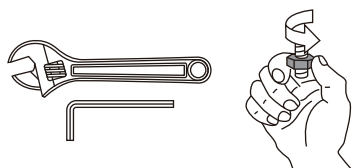
- |    |                                                                                   |             |
|----|-----------------------------------------------------------------------------------|-------------|
| ①7 |  | ×4 M10×95mm |
| ②5 |  | ×8 M10      |
| ②7 |  | ×4 M10      |
| ②8 |  | ×4 M10      |



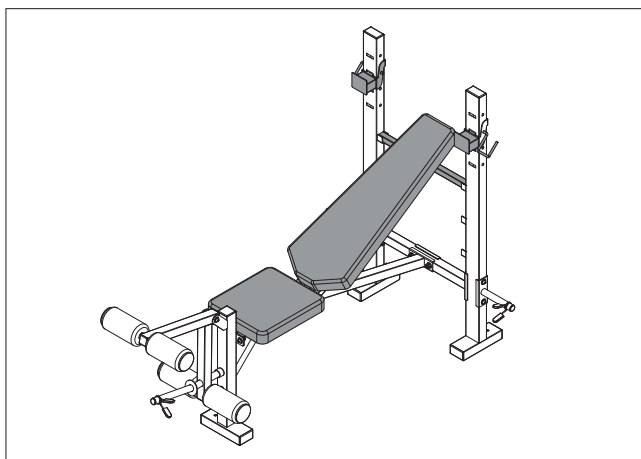
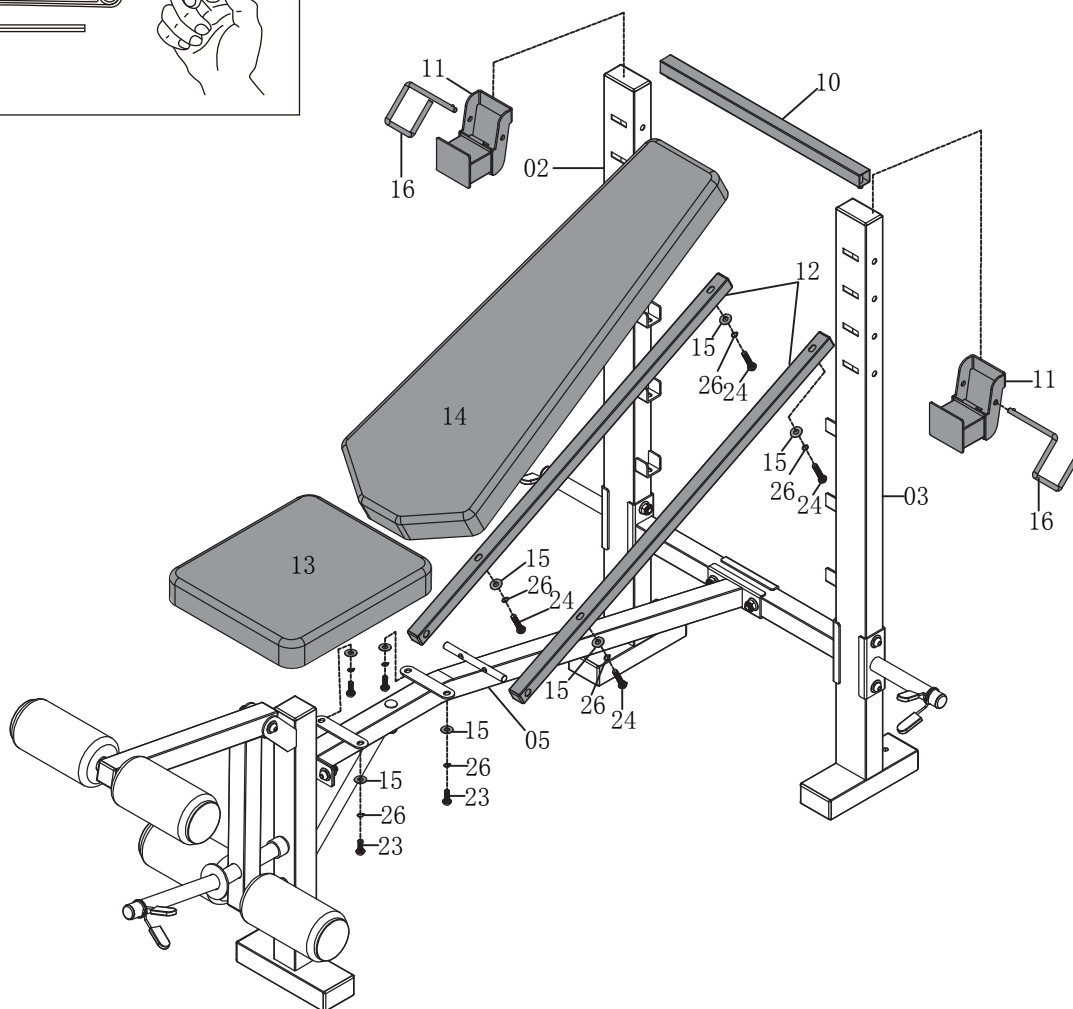
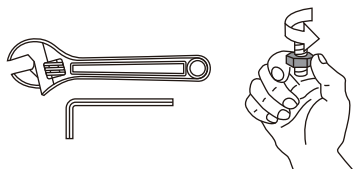
|   |                                                                                   |             |
|---|-----------------------------------------------------------------------------------|-------------|
| ⑱ |  | ×2 M10×60mm |
| ⑲ |  | ×1 M10×70mm |
| ⑳ |  | ×1 M10×55mm |
| ㉑ |  | ×2 M10×25mm |
| ㉒ |  | ×10 M10     |
| ㉓ |  | ×6 M10      |
| ㉔ |  | ×6 M10      |

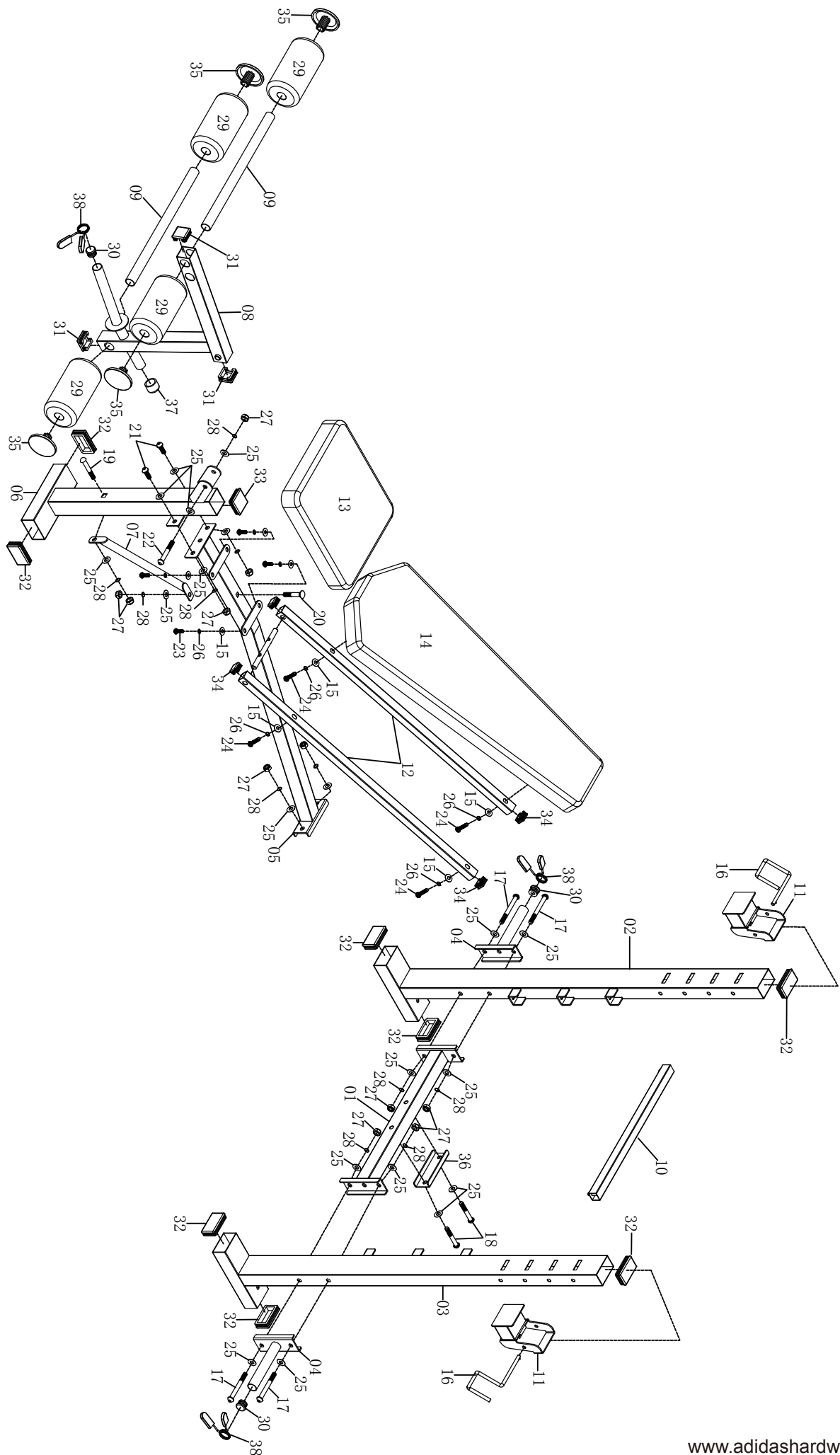


|    |                                                                                   |             |
|----|-----------------------------------------------------------------------------------|-------------|
| 22 |  | ×1 M10×75mm |
| 25 |  | ×2 M10      |
| 27 |  | ×1 M10      |
| 28 |  | ×1 M10      |



- |    |                                                                                   |            |
|----|-----------------------------------------------------------------------------------|------------|
| 15 |  | ×8 M8      |
| 23 |  | ×4 M8x25mm |
| 24 |  | ×4 M8x45mm |
| 26 |  | ×8 M8      |







| No. | Parts No       | Description              | Qty. | Pre-assembly |
|-----|----------------|--------------------------|------|--------------|
| 1   | FM-AD7240RD-01 | Connect Tube Tube        | 1    | No           |
| 2   | FM-AD7240RD-02 | Right Upright            | 1    | No           |
| 3   | FM-AD7240RD-03 | Left Upright             | 1    | No           |
| 4   | FM-AD7240RD-04 | Weight Plate Tube        | 2    | No           |
| 5   | FM-AD7240RD-05 | Main Frame               | 1    | No           |
| 6   | FM-AD7240RD-06 | Front Stabilizer         | 1    | No           |
| 7   | FM-AD7240RD-07 | Support Tube             | 1    | No           |
| 8   | FM-AD7240RD-08 | Leg Tube                 | 1    | No           |
| 9   | FM-AD7240RD-09 | Foam Tube                | 2    | No           |
| 10  | FM-AD7240RD-10 | Backrest Adjustment Tube | 1    | No           |
| 11  | FM-AD7240RD-11 | Barbell Holder           | 2    | No           |
| 12  | FM-AD7240RD-12 | Backrest Tube            | 2    | No           |
| 13  | FM-AD7240RD-13 | Seat                     | 1    | No           |
| 14  | FM-AD7240RD-14 | Backrest                 | 1    | No           |
| 15  | FM-AD7240RD-15 | M8 Washer                | 8    | No           |
| 16  | FM-AD7240RD-16 | Safety Hook L & R        | 2    | No           |
| 17  | FM-AD7240RD-17 | M10x95mm Allen Bolt      | 4    | No           |
| 18  | FM-AD7240RD-18 | M10x60mm Allen Bolt      | 2    | No           |
| 19  | FM-AD7240RD-19 | M10x70mm Carriage Bolt   | 1    | No           |
| 20  | FM-AD7240RD-20 | M10x55mm Carriage Bolt   | 1    | No           |
| 21  | FM-AD7240RD-21 | M10x25mm Allen Bolt      | 2    | No           |
| 22  | FM-AD7240RD-22 | M10x75mm Allen Bolt      | 1    | No           |
| 23  | FM-AD7240RD-23 | M8x25mm Allen Bolt       | 4    | No           |
| 24  | FM-AD7240RD-24 | M8x45mm Allen Bolt       | 4    | No           |
| 25  | FM-AD7240RD-25 | M10 Washer               | 20   | No           |
| 26  | FM-AD7240RD-26 | M8 Spring washer         | 8    | No           |
| 27  | FM-AD7240RD-27 | M10 Nylon Nut            | 11   | No           |
| 28  | FM-AD7240RD-28 | M10 Spring washer        | 11   | No           |
| 29  | FM-AD7240RD-29 | Foam Rollers             | 4    | No           |
| 30  | FM-AD7240RD-30 | 25mm Round End Plug      | 3    | Yes          |
| 31  | FM-AD7240RD-31 | 38x38mm Square End Plug  | 3    | Yes          |

| No. | Parts No       | Description             | Qty. | Pre-assembly |
|-----|----------------|-------------------------|------|--------------|
| 32  | FM-AD7240RD-32 | 70x40 mm End Plug       | 8    | Yes          |
| 33  | FM-AD7240RD-33 | 50x50mm Square End Plug | 1    | Yes          |
| 34  | FM-AD7240RD-34 | 25x25mm Square End Plug | 4    | Yes          |
| 35  | FM-AD7240RD-35 | 25mm Foam Plug          | 4    | No           |
| 36  | FM-AD7240RD-36 | Support Plate           | 1    | No           |
| 37  | FM-AD7240RD-37 | 25mm Round End Cap      | 1    | Yes          |
| 38  | FM-AD7240RD-38 | Quick Clip $\Phi$ 25mm  | 3    | No           |
|     |                | Allen Wrench            | 1    | No           |

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