

**Olympic Decline Bench
Plate Loaded
ASSEMBLY INSTRUCTIONS**



Please take the time to carefully read the instruction manual before starting the process of assembling your machine. If you have any inquiries or complications, please call us at 662-GYM-BROS, or email us at info@gymbrofitness.com.

Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior to frequent use, and that the machine that you are assembling is fully functional.

Tools Required for Installation:
Rubber Mallet
Level
Ratchet and Socket Set
Snap Ring Pliers
Adjustable Wrench
2 People Required

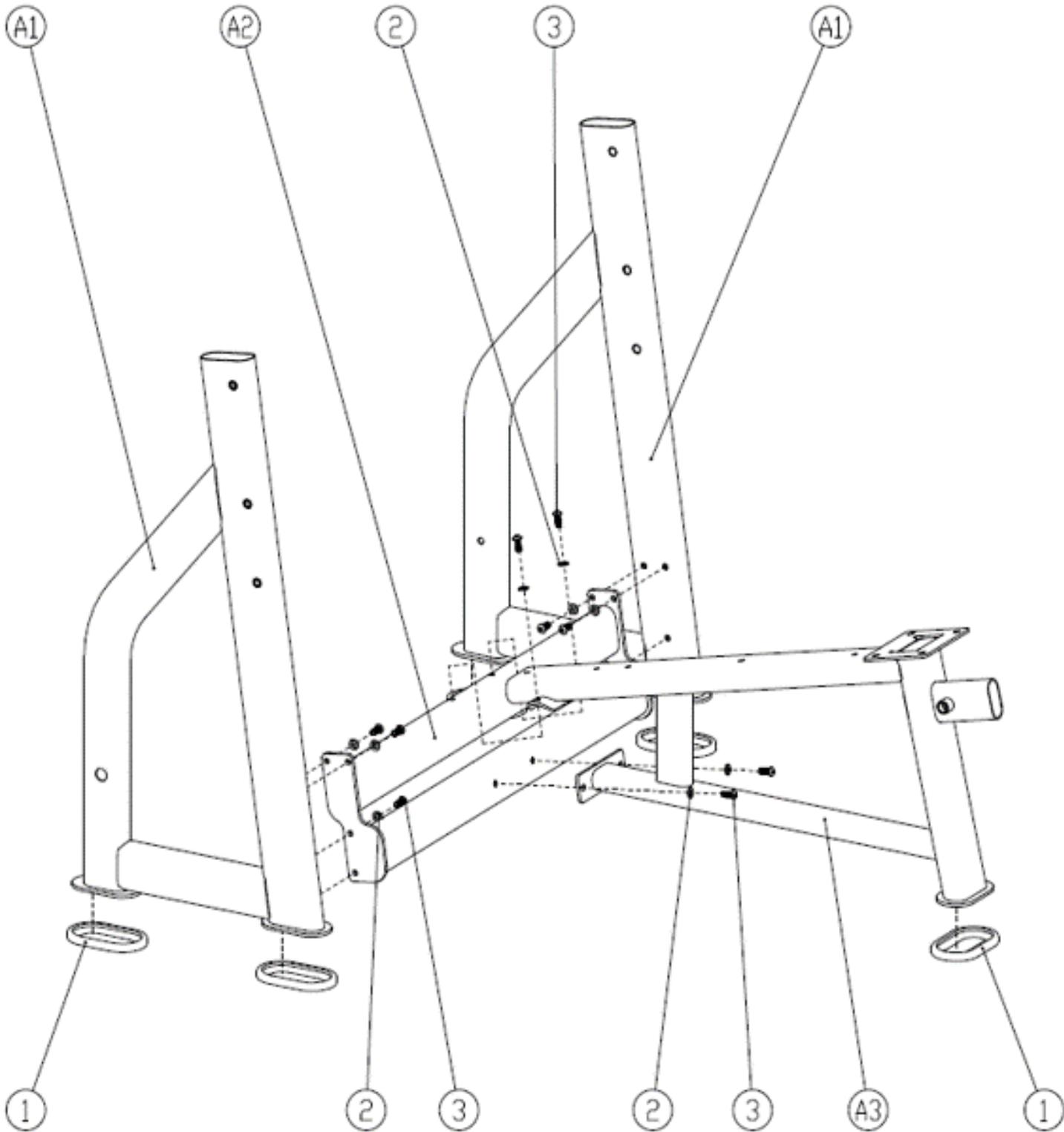
PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
A1	Side Rack	2
A2	Joints	1
A3	Back Chair Rack	1
A4	Leg-Curled Rack	1
A5	Leather Canister Branch Pipe	2
1	Foot Pad	5
2	Flat Pad	12
3	Hexagon Socket Head Cap Screws M10x25	12
4	End Cap	3
5	Inner Hexagon Countersunk Head Screws M12x20	6
6	Pothook Plate	2
7	Hexagon Socket Head Cap Screws M10x15	6
8	Sleeve End Cap	6
9	Sleeve Pipe	6
10	Sleeve Pole	2
11	Sleeve End Cap	6
12	Flat Pad	2
13	Hexagon Socket Head Cap Screws M12x20	2
14	Sleeve Pole	2
15	Inner Hexagon Countersunk Head Screws M8x25	4

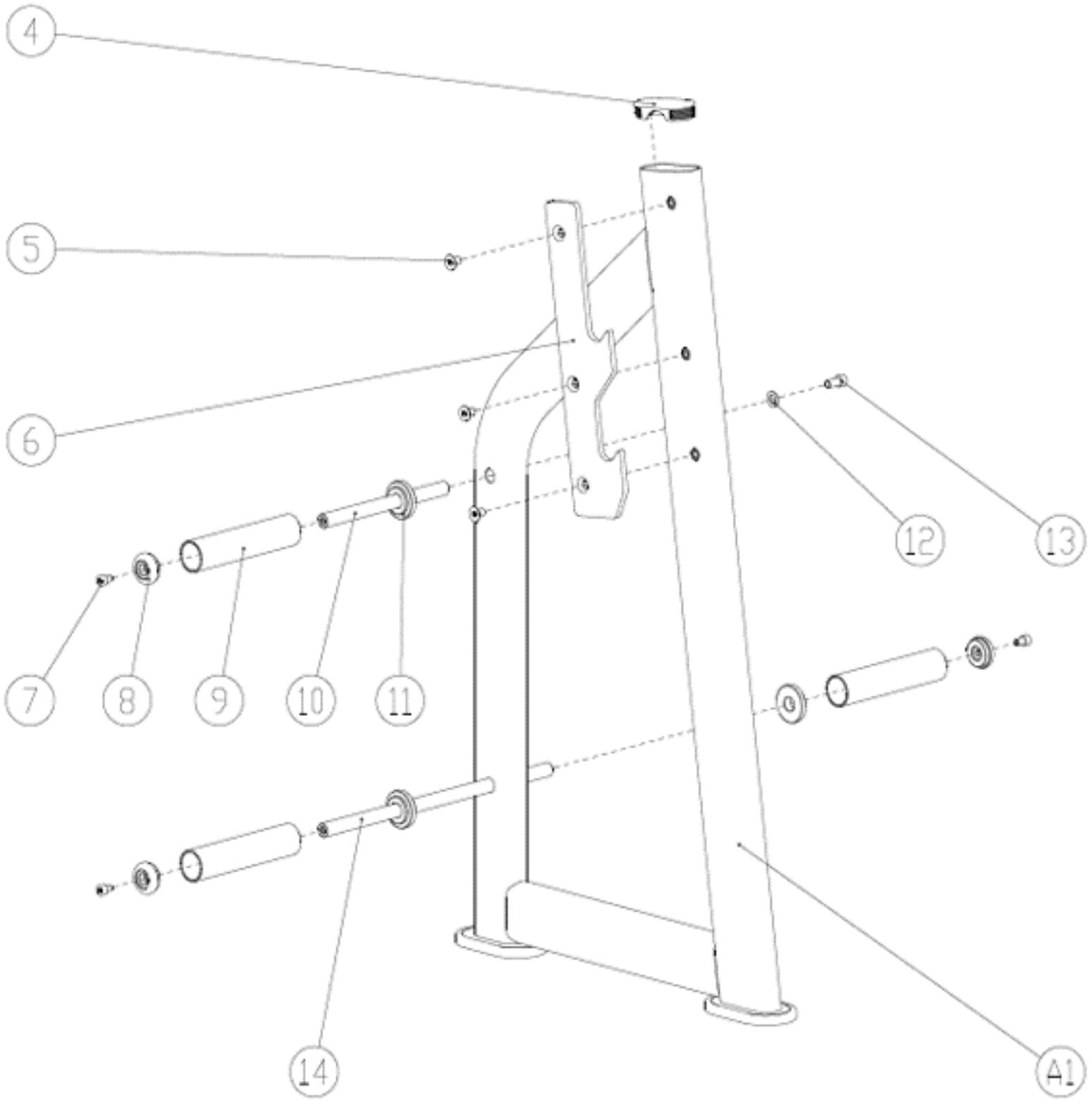
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
16	Leather Canister Spacing Pad	4
17	Leather Canister End Cap	8
18	Leather Canister Inner Pad	4
19	Leather Canister Axle Chock Plug	4
20	Seat Pad	1
21	Back Pad	1
22	Head Pad	1
23	Hexagon Socket Head Cap Screws M8x45	5
24	Chock Plug	5
25	Seat Spacing Pin	1
26	Seat Spacing Sleeve	1
27	Flat Pad	4
28	Hexagon Socket Head Cap Screws M8x30	4
29	Sleeve	4
30	Seat Pull Pin	1

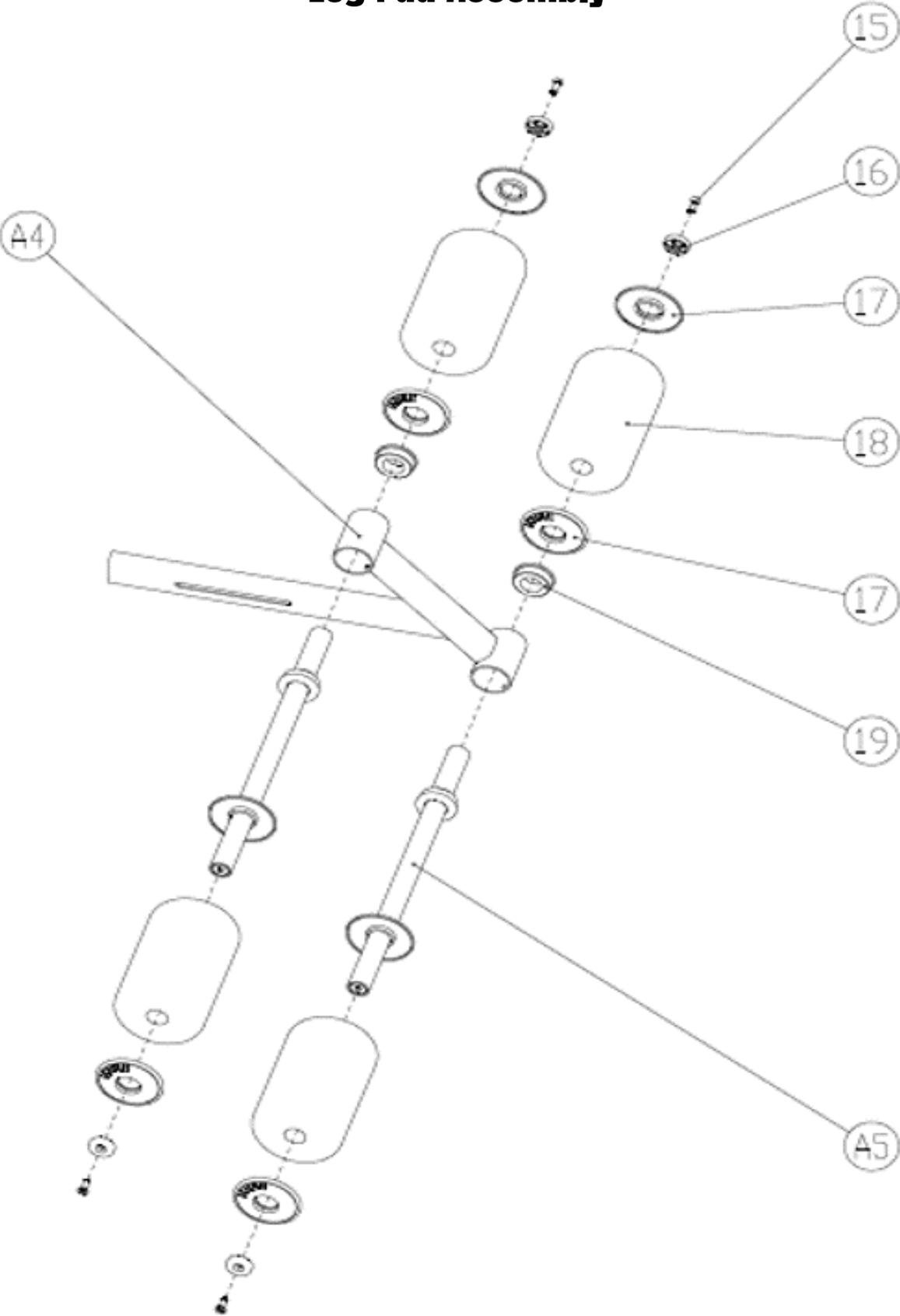
Frame Assembly



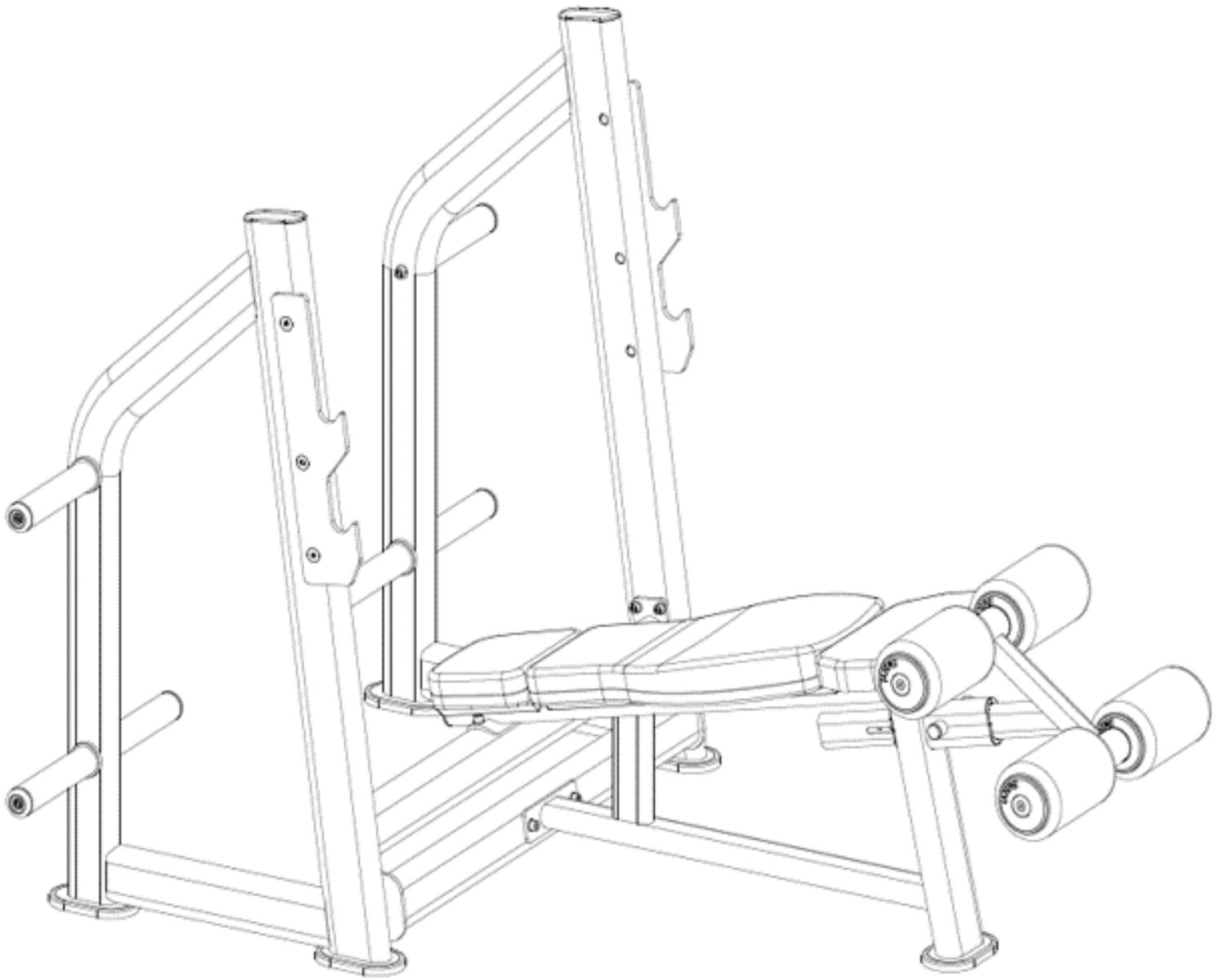
Right Side Rack Assembly



Leg Pad Assembly



Final Product



Have a question about assembly?



Please contact a Gym Bro Fitness Team Member!

Hours of Operation:

Monday-Friday 9:00am - 5:00pm (PST)

Saturday 9:00am - 3:00pm (PST)

Sunday CLOSED

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Visit Our Website: www.gymbrofitness.com