



Olympic Flat 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

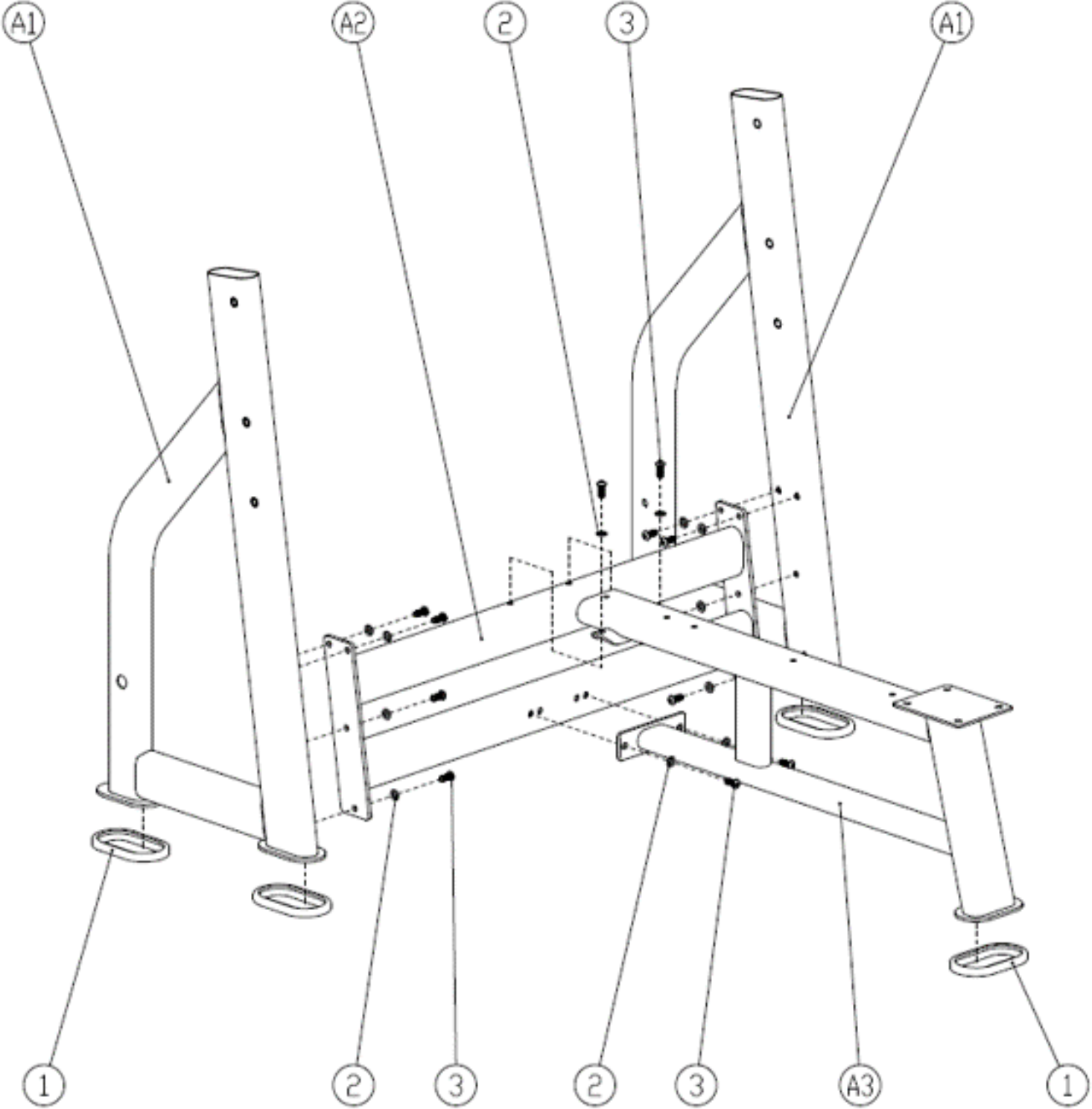
PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
A1	Side Rack	2
A2	Joints	1
A3	Back Chair Rack	1
1	Foot Pad	5
2	Flat Pad	12
3	Hexagon Socket Head Screws M10x25	12
4	End Cap	3
5	Inner Hexagon Countersunk Head Screws M12x20	6
6	Pothook Plate	2
7	Hexagon Socket Head 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 Screws M12x20	2
14	Sleeve Pole	2
15	Seat Pad	1
16	Back Pad	1
17	Head Pad	1

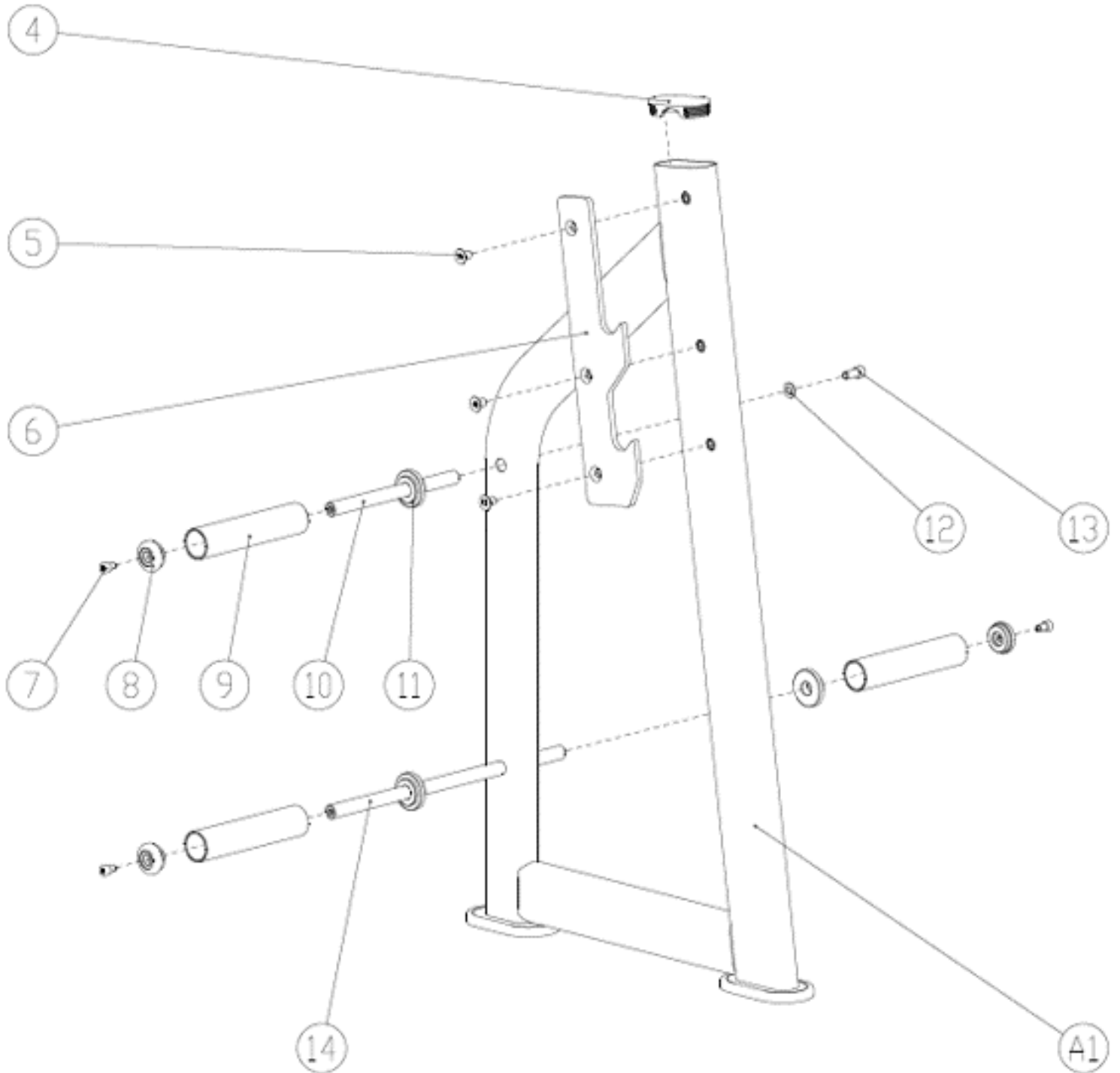
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
18	Hexagon Socket Head Screws M8x45	5
19	Chock Plug	5
20	Flat Pad	4
21	Hexagon Socket Head Screws M8x30	4

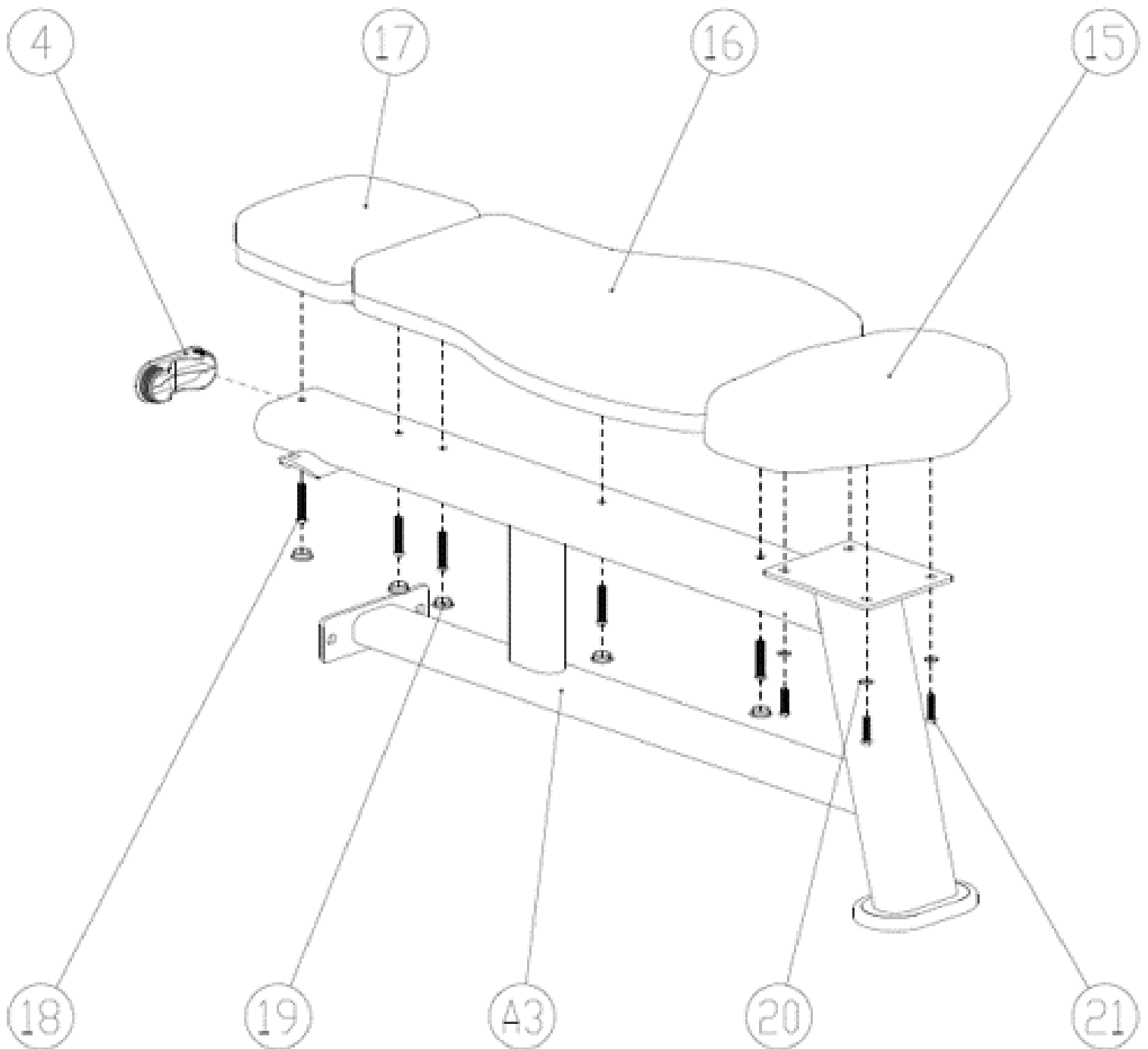
Frame Assembly



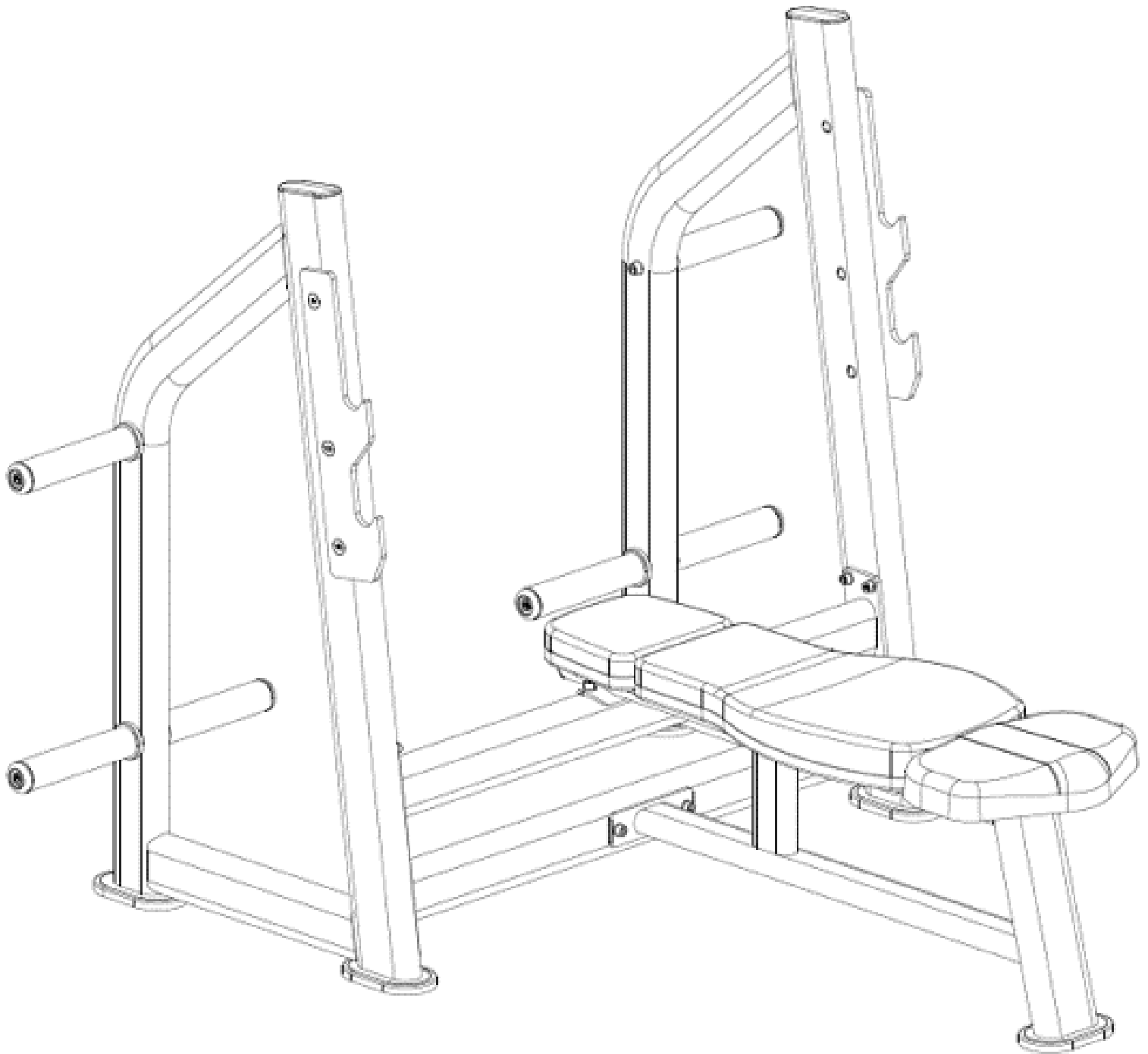
Right Side Rack Assembly



Back Cushion 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