



Preacher Curl Bench 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.

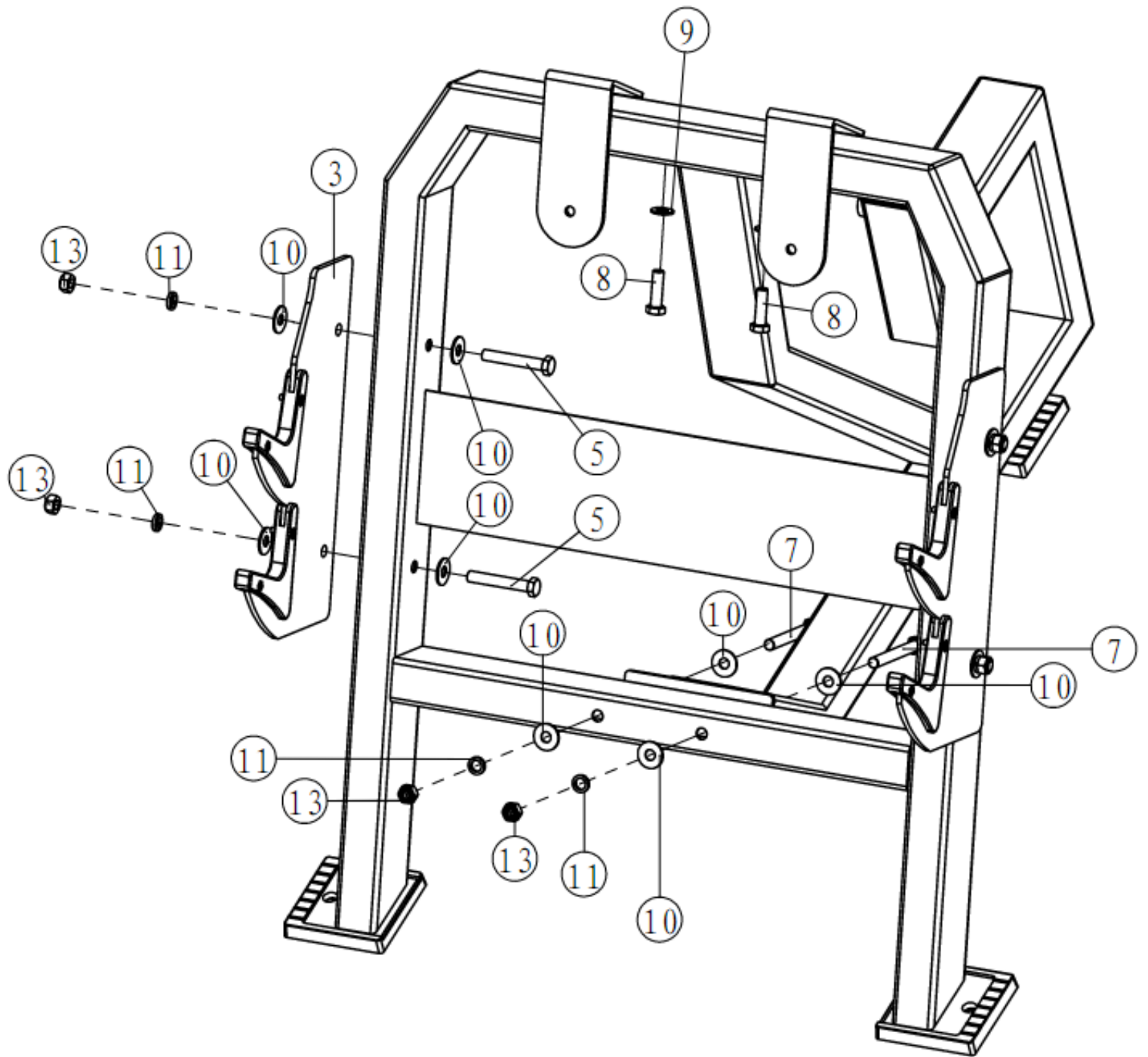
Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior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

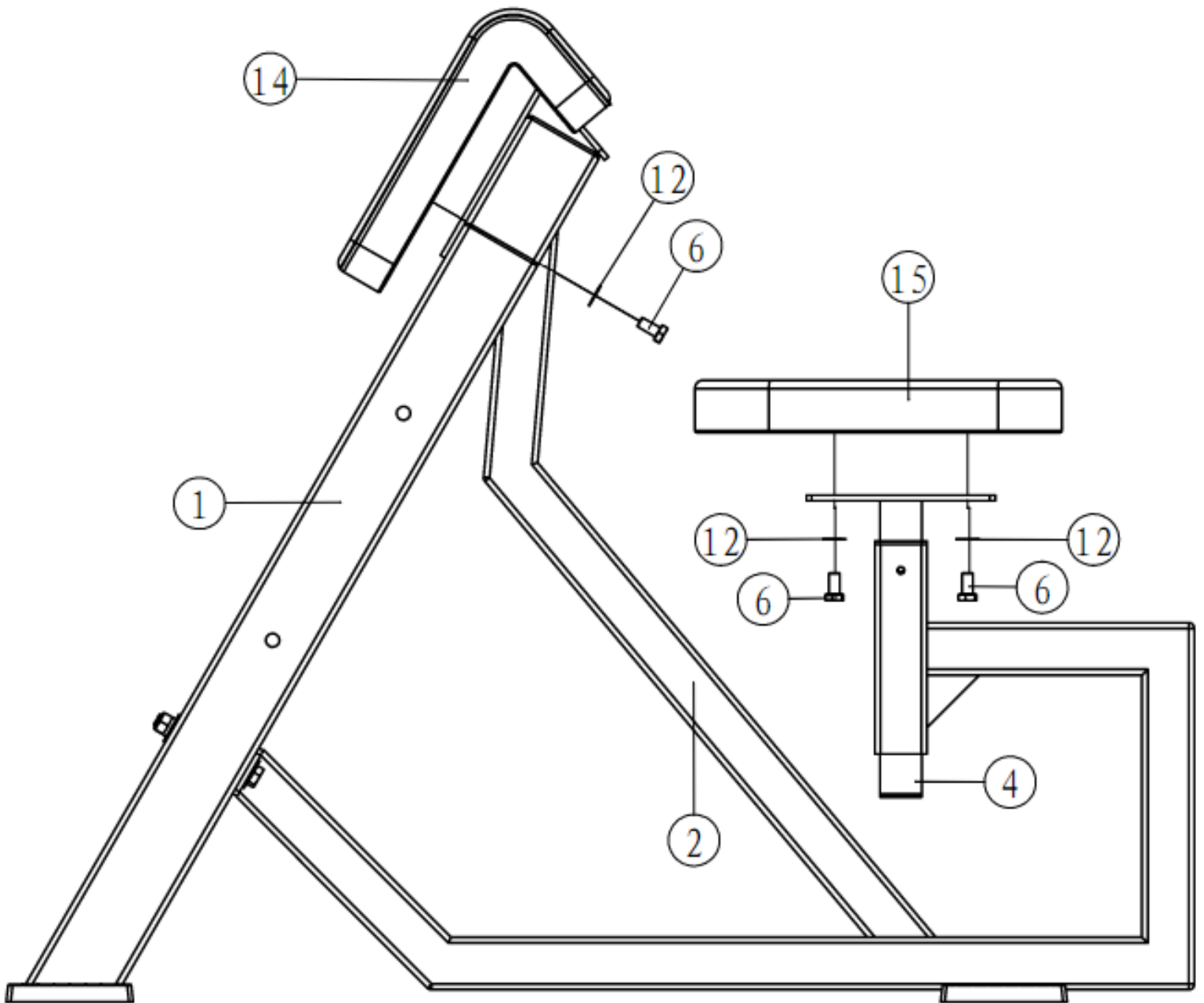
PARTS/HARDWARE LIST

Number of Parts	Part Description	Quantity
1	Pivotal Pad Mount	1
2	Seat Support	1
3	Bar Holder	2
4	Seat Adjuster Assembly	1
5	Hexagon Head Bolts M12x75	4
6	Hexagon Head Bolts M10x20	4
7	Hexagon Head Bolts M12x105	2
8	Hexagon Head Bolts M12x40	2
9	Plain Washers	2
10	Plain Washers	12
11	Spring Lock Washers	6
12	Plain Washers	4
13	Hexagon Nuts M12	6
14	Arm Pad Assembly	1
15	Seat Pad Assembly	1

Frame Assembly



Cushion Installation



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

Phone: (662)GYM-BROS

Email: info@gymbrofitness.com

Visit Our Website: www.gymbrofitness.com