



Seal Row 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.

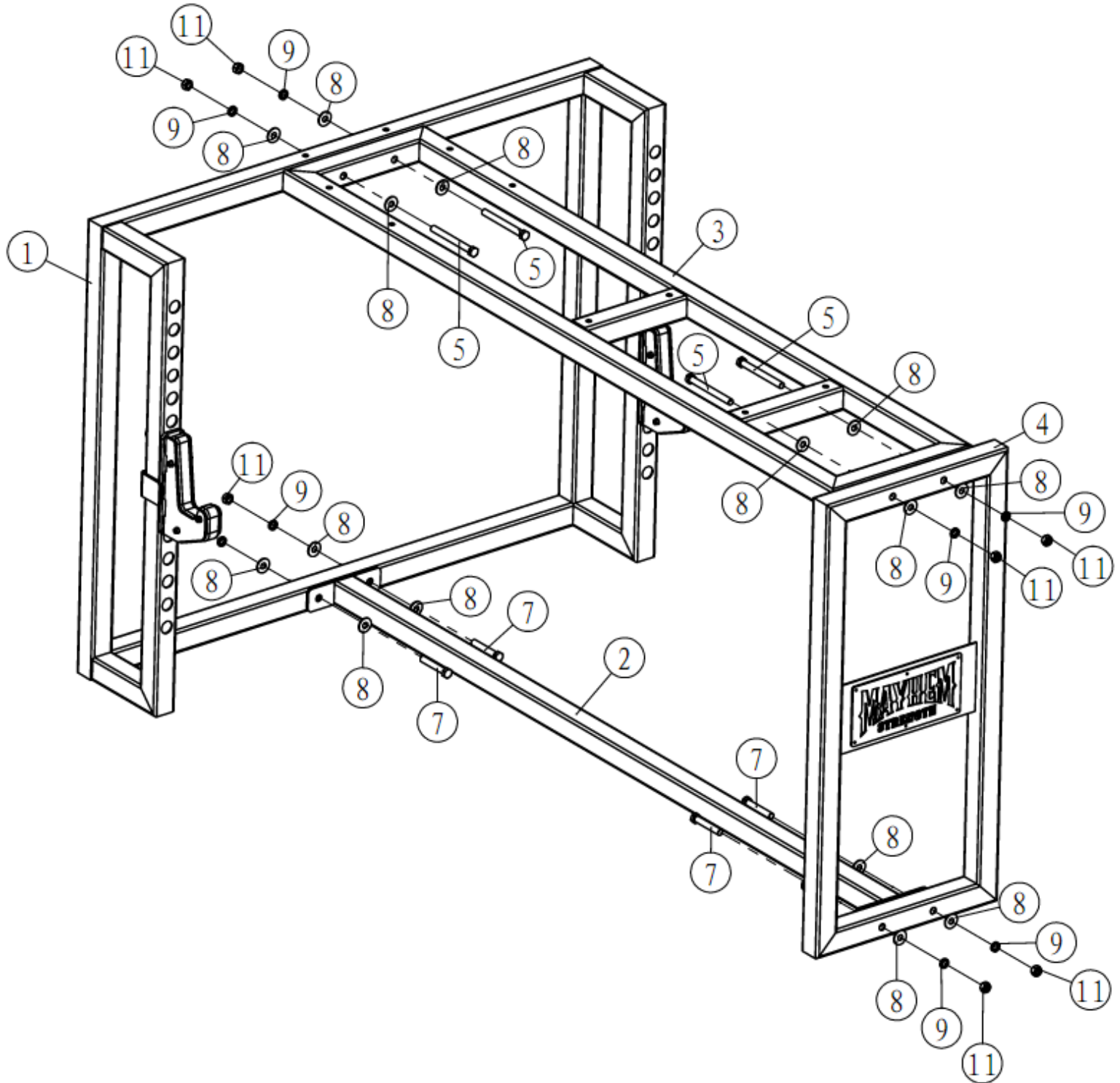
Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior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

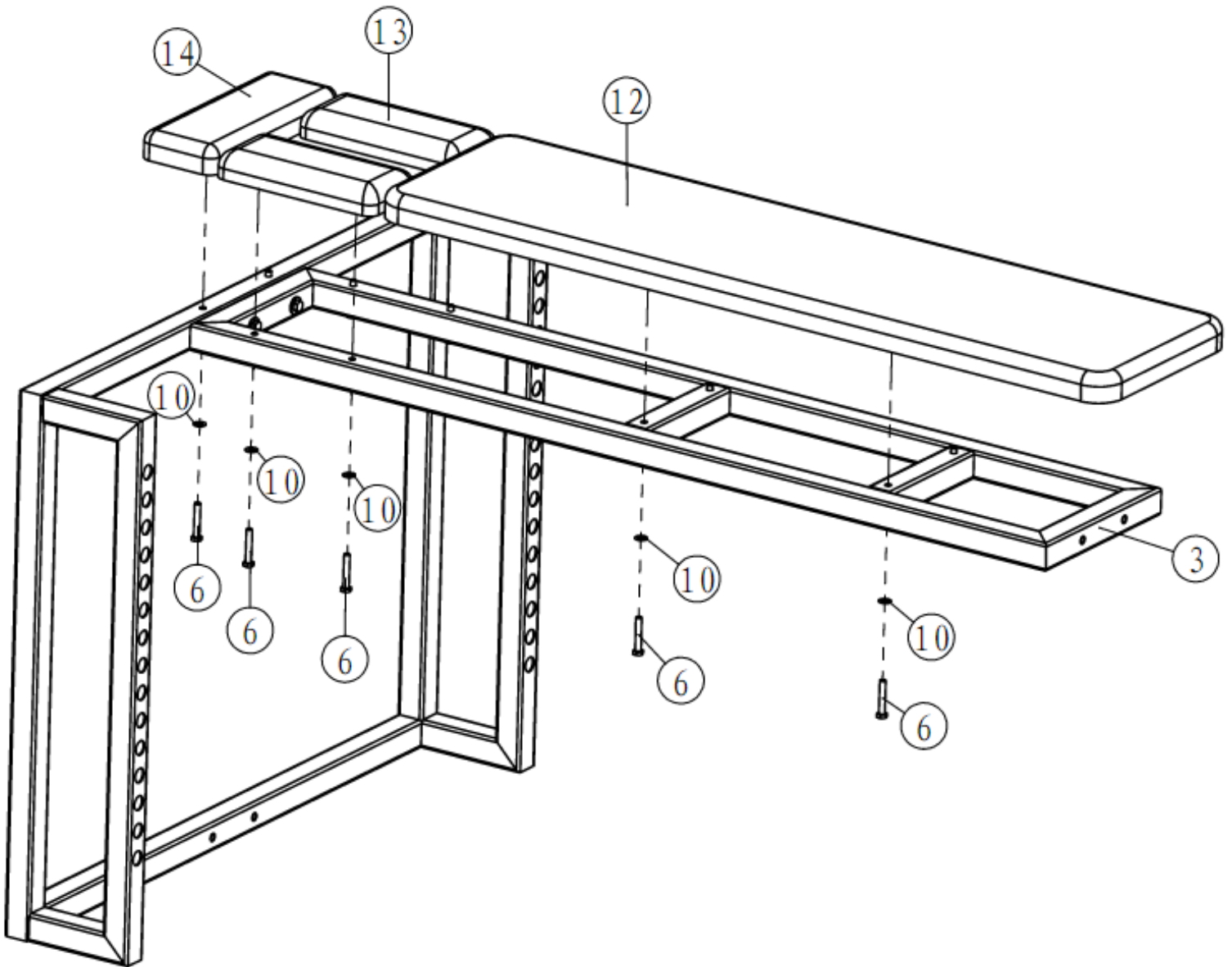
PARTS/HARDWARE LIST

Number of Parts	Part Description	Quantity
1	Cross Assembly	1
2	Cross Assembly	1
3	Cross Assembly	1
4	Cross Assembly	1
5	Hexagon Head Bolts M12x125	4
6	Hexagon Head Bolts M10x60	10
7	Hexagon Head Bolts M12x75	4
8	Plain Washers	16
9	Spring Lock Washers	18
10	Plain Washers	10
11	Hexagon Nuts M12	8
12	Head Pad Assembly	1
13	Arm Pad Assembly	2
14	Back 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