



AB BENCH

ATTACH THE UPPER FRAME TO THE
SLIDER TUBE AND PIVOT USING:

- 2 - 1/2" X 5-1/4" Bolts
- 4 - 1/2" Washers
- 2 - 1/2" Nuts

ATTACH PADS TO THE
UPPER FRAME USING:

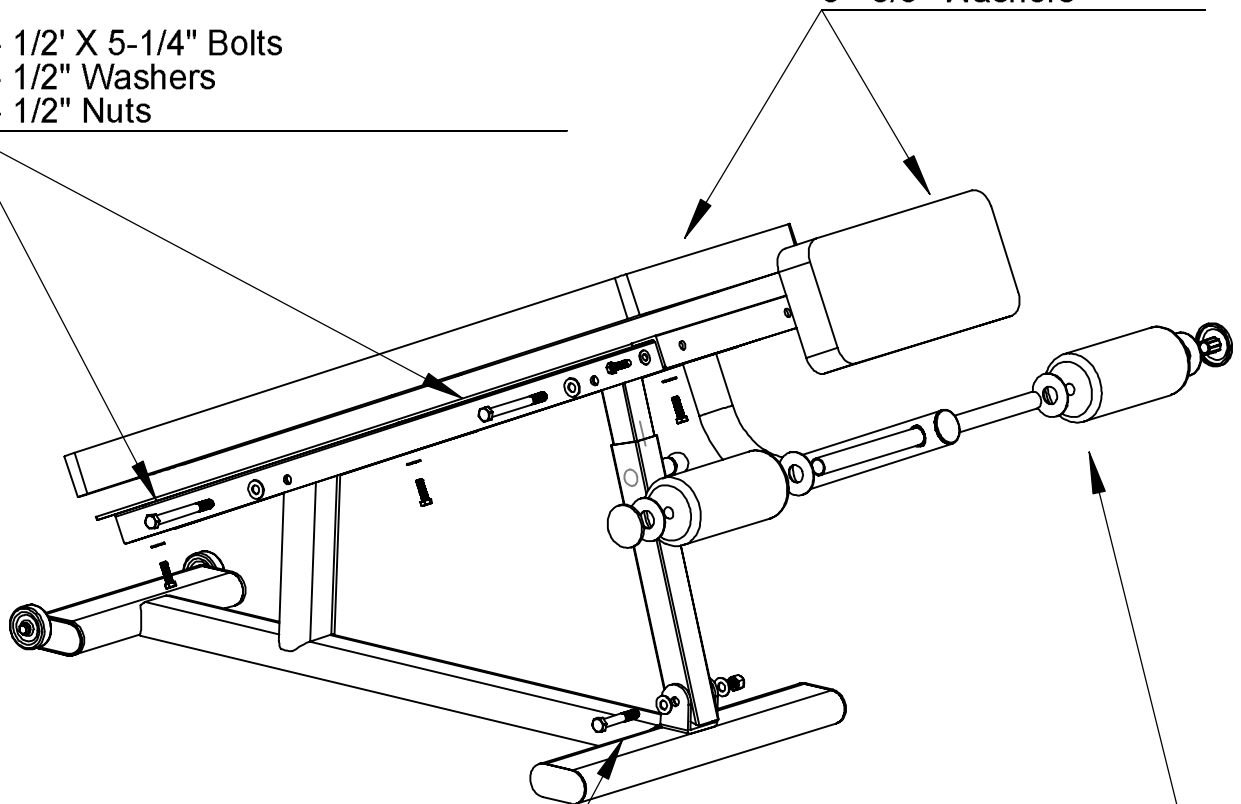
- 8 - 3/8" X 1 1/4" Bolts
- 8 - 3/8" Washers

ATTACH SLIDER TUBE TO
BASE FRAME USING:

- 1 - 1/2" x 3-1/2" Bolt
- 2 - 1/2" Washers
- 1 - 1/2" Nut

ATTACH ROLLERS TO
UPPER FRAME USING:

- 4 - Plastic Washers
- 2 - Plastic Plugs
- 1 - Tube



IMPORTANT NOTICES

READ CAREFULLY PRIOR TO USING THIS EQUIPMENT

CHECK WITH YOUR PHYSICIAN PRIOR TO BEGINNING ANY
EXERCISE OR FITNESS PROGRAM

SEEK THE INSTRUCTION AND ADVICE OF A FITNESS
PROFESSIONAL PRIOR TO USING THIS EQUIPMENT

ALWAYS CHECK THAT THIS EQUIPMENT IS IN GOOD REPAIR
PRIOR TO EACH USE

ALWAYS CHECK THAT ALL BOLTS AND FASTENERS ARE TIGHT
PRIOR TO USING THIS PIECE OF EXERCISE EQUIPMENT

MAKE SURE ALL PADS AND SURFACES ARE CLEAN AND DRY