

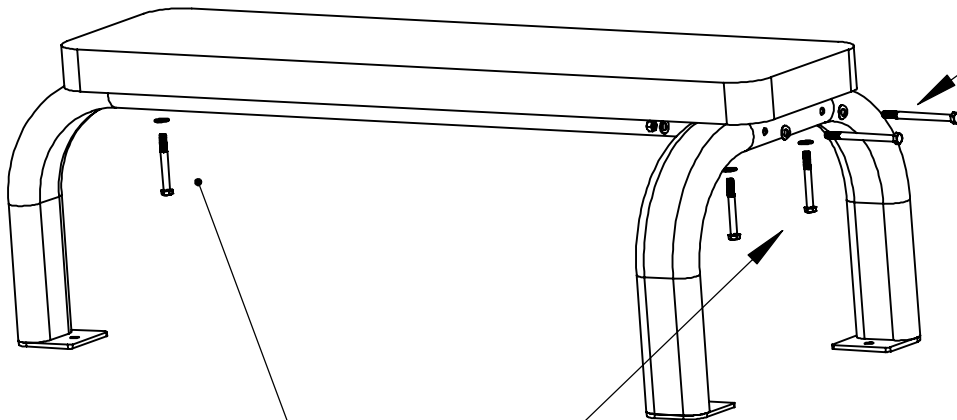


**INFLIGHT FITNESS**

## **FLAT BENCH**

**A**

ASSEMBLE FRAME USING:  
2 - 4 3/4" Bolts  
4 - Curved Washers  
2 - Nuts



**B**

ATTACH PAD USING:  
3 - 3" Bolts  
3 - Flat Washers

# **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