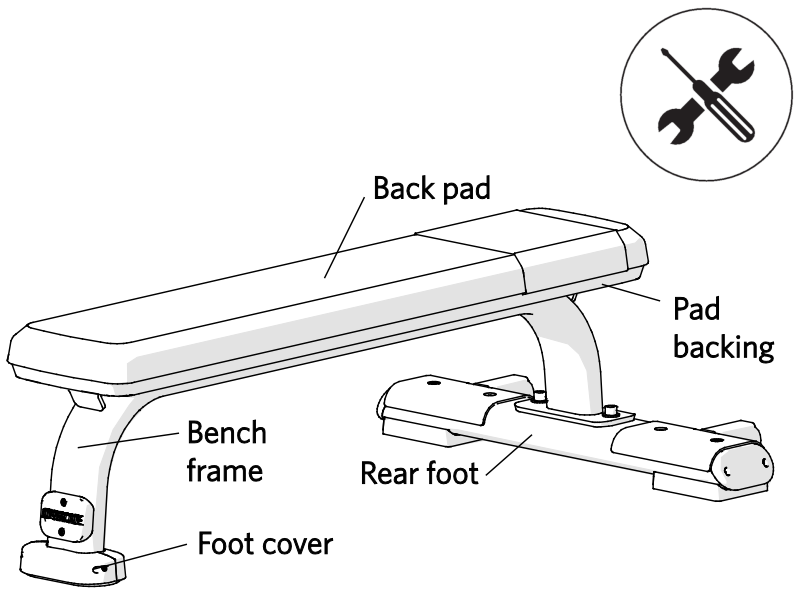
Discovery™ Series Flat Bench (101) Assembly Guide

To assemble your equipment, follow the steps in the order listed in this assembly guide.
For more product information, visit us at *www.precor.com*.



Assembly requirements

When assembling the equipment, we recommend you:

- Unpack the box and assemble the equipment close to where you plan to use it.
- Locate the equipment at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind or in front of the equipment.
- Assemble the equipment on a solid, flat surface, so that it remains level and stable.
- DO NOT move the equipment without assistance.

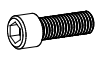
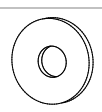
Required tools

- Phillips head screwdriver

Specifications

Equipment Dimensions:	52″ L x 30″ W x 15″ H (1330 mm L x 750 mm W x 380 mm H)
Equipment Weight:	64 lb (29 kg)

Hardware kit

	Component		Quantity
❶		Hex head cap bolt (M10 × 30 mm)	6
❷		Flat washer (11 x 23 mm)	6
❸		Socket head cap bolt (M12 × 35 mm)	2
❹		Flat washer (13 x 26 mm)	2

	Component		Quantity
❺		Hex key (10 mm)	1
❻		Self tapping screws	2
		Foot cover set	1

Begin assembly

Important *DO NOT fully tighten the fasteners until instructed to do so.*

To assemble the bench:

1. Attach the bench frame to the rear foot using two bolts ❸ and two washers ❹ (Figure 1).
2. Fully tighten these fasteners.
3. Position the pad backing against the back of the back pad.
4. Position the back pad with its head sleeve toward the rear foot and attach it using six bolts ❻ and six washers ❷.
5. Attach the foot cover using two screws ❻.
6. Fully tighten all of the bolts.

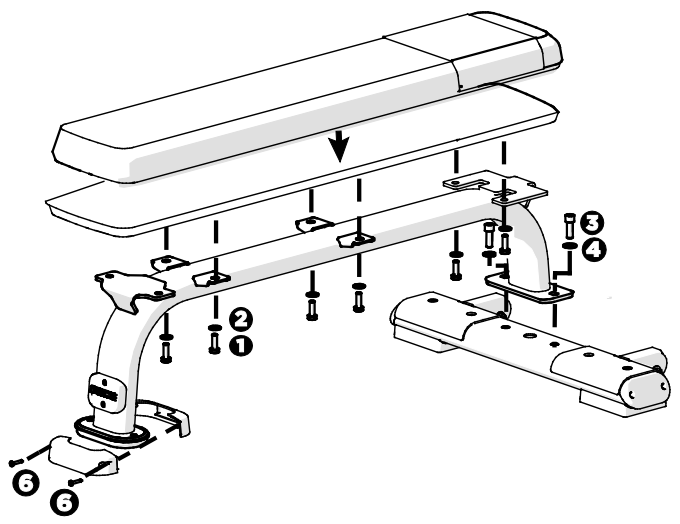


Figure 1

Bolt the equipment to the floor

Precor recommends that the strength equipment be bolted down at all anchoring points. Bolting is made possible by removing the end caps at the frame base and exposing the mounting holes that accommodate the bolts (see the accompanying figure). Replace end caps when bolting is complete.

Important *As floor materials vary, it is important that you consult a licensed contractor to advise you on proper bolting techniques and appropriate fastener types.*

Standards occasionally change or are updated. Precor recommends that you keep apprised of your local industry standards. Precor shall not be held liable for failure to properly bolt the strength equipment to the floor.

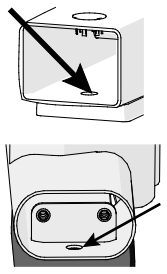


Figure 2

Flat Bench (101) Assembly Guide | P/N CW39237-101 rev B, ENU
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