Discovery™ Series Adjustable Decline Bench (113) Assembly Guide

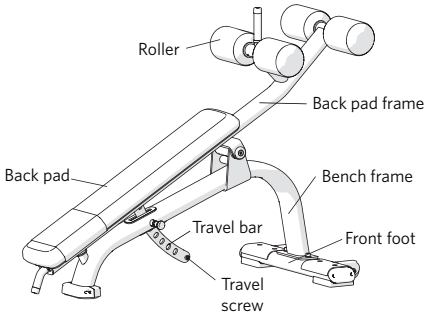
CAUTION

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*. At least two people are required to assemble the equipment. DO NOT attempt assembly by yourself.

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

- Rubber mallet
- Flat head screwdriver
- Circlip pliers
- Torque wrench

Specifications

Equipment Dimensions: 58" L x 30" W x 44" H (1480 mm L x 750 mm W x 1120 mm H)

Equipment Weight: 125.7 lb (57 kg)

Hardware kit

		Component	Quantity
❶		Hex head cap bolt (M10 × 30 mm)	6
❷		Flat washer (11 x 23 mm)	6
❸		Hex key (10 mm)	1
❹		Socket head cap bolt (M12 × 35 mm)	2
❺		Flat washer (13 x 26 mm)	2
❻		Hex key (6 mm)	2

		Component	Quantity
❼		Flat head bolt (M10 x 30 mm)	2
❽		Circlip	4
❾		Wave spring washer	8
❿		Set screw (M8 x 6 mm)	4
⓫		Axle cover	2
⓬		Axle shaft	1

Begin assembly

IMPORTANT

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

To assemble the bench frame:

1. Attach the bench frame to the front foot using two bolts ❹ and two washers ❺ (Figure 1). Fully tighten the bolts.
2. Remove travel screw from the travel bar (Figure 2).
3. Position the back pad frame bracket over the bench frame shaft housing and slide the travel bar through the slot in the bench frame.
4. Press the axle shaft ⓬ through the opening in the back pad frame bracket and shaft housing.

   NOTE

   The axle shaft should slide easily through the openings. If required, lightly tap it with a rubber mallet to position it.
5. Place an axle cover ⓫ on each end of the axle shaft and attach it using two bolts ❼ .
6. Using two hex keys ❻ , fully tighten the bolts to 37 ft-lb (50 N-m).
7. Check that the axle shaft is properly positioned and centered by moving the back pad frame up and down.
8. Reattach the travel screw to the travel bar (Figure 2).

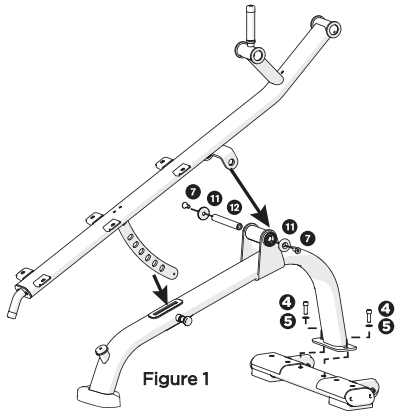


Figure 1

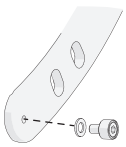


Figure 2

Attach seat pad

To attach the seat pad to the back pad frame:

1. Position the seat pad against the back pad frame and attach it using six bolts ❶ and six washers ❷ (Figure 3).
2. Fully tighten the bolts.

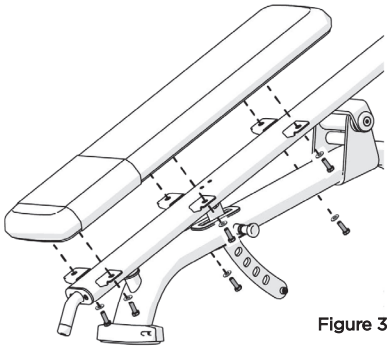


Figure 3

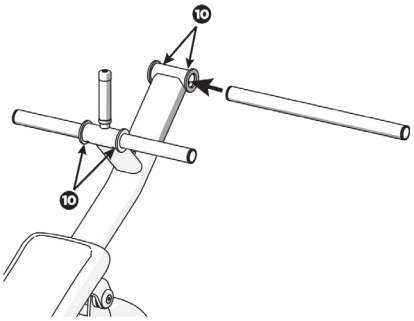


Figure 4

To attach the rollers:

1. Slide each roller tube through the roller bracket (Figure 4).
2. For each roller, slide the plastic end cover onto the roller tube, followed by the roller pad (Figure 5).

   NOTE
   Remove the tag or tuck it inside the roller.
3. Slide a plastic ring onto the roller tube followed by two wave spring washers ❾ and a circlip ❽ onto the roller tube (Figure 5).
4. Slide on a plastic end cap (Figure 5).
5. Pull the end cap away from the pad and use a flat head screwdriver to depress the plastic ring into each of the end cap latches (Figure 6).
6. When the roller is attached, center it and then install and tighten the set screws ❿ .
7. Repeat this procedure to attach the other rollers.

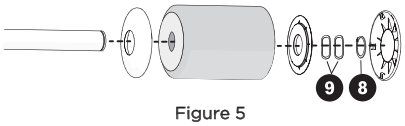


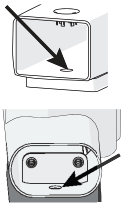
Figure 5



Figure 6

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.

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