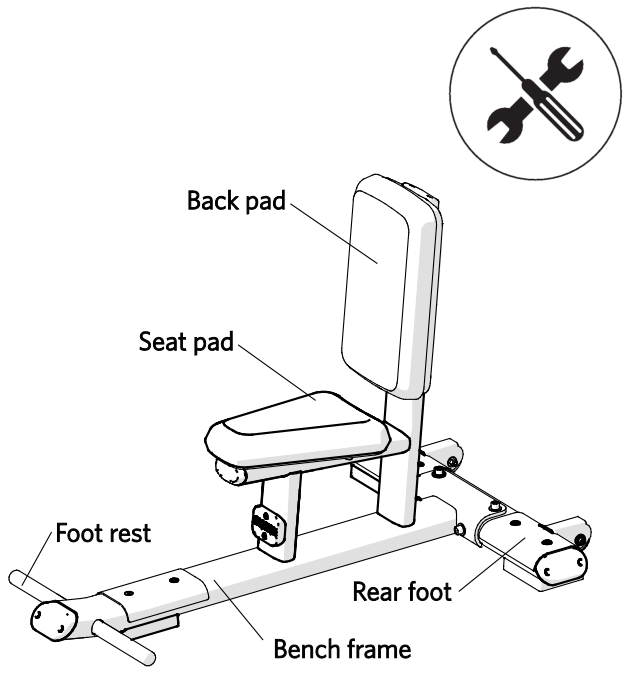
Discovery™ Series Multi-Purpose Bench (116) Assembly Guide

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.

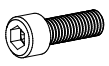
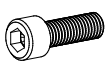
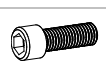
Required tools

- Hex key (8 mm)

Specifications

Equipment Dimensions:	49″ L x 30″ W x 33″ H (1250 mm L x 750 mm W x 845 mm H)
Equipment Weight:	82 lb (37.3 kg)

Hardware kit

		Component	Quantity
❶		Socket head cap bolt (M10 × 30 mm) silver	2
❷		Socket head cap bolt (M10 × 30 mm) black	3
❸		Hex key (10 mm)	1
❹		Socket head bolt (M12 x 35 mm)	5

		Component	Quantity
❺		Flat washer (11 x 23 mm)	5
❻		Flat washer (13 x 26 mm)	5
❼		End caps	3

Begin Assembly

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

To assemble the Multi-Purpose Bench:

1. Attach the bench frame to the rear foot (Figure 1) using four bolts ❹ and four washers ❻.
2. Slide the foot rest through the hole in the front of the bench frame and secure it from the bottom using one bolt ❹ and one washer ❻.
3. Fully tighten all bolts.
4. Position the back pad with the seam facing down against the bench frame (Figure 2) and secure it using two bolts ❶ and two washers ❺. Fully tighten the bolts.
5. Cover the bolts by pressing an end cap ❼ into each hole in the bench frame.
6. Secure the seat pad to the bench frame using three bolts ❷ and three washers ❺. Fully tighten the bolts.
7. Cover the front bolt (Figure 2) by pressing an end cap ❼ into the hole under the front of the bench frame.

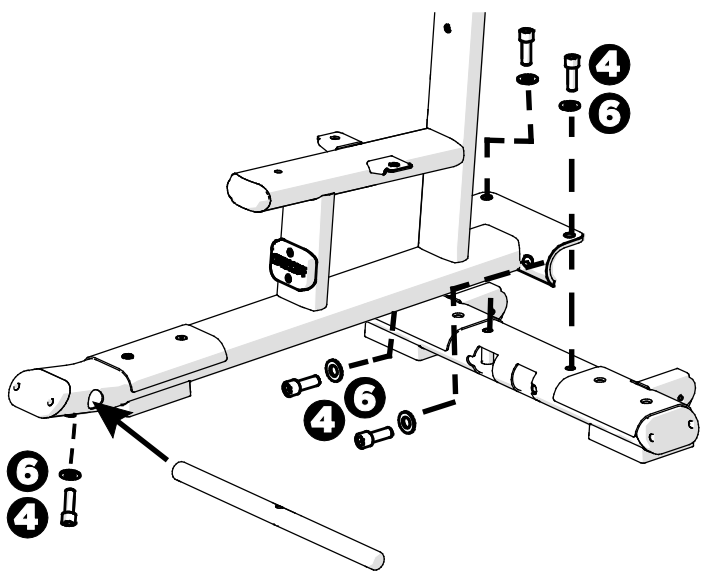


Figure 1

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.

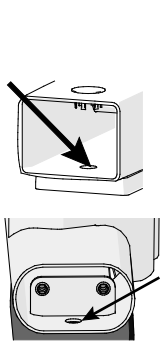


Figure 3

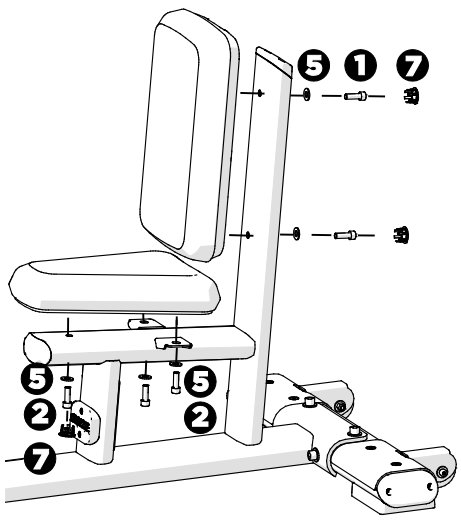


Figure 2

Multi-Purpose Bench (116) Assembly Guide | P/N CW39238-101 rev B, ENU
©2016 Precor Incorporated | May 2016