Discovery™ Series Multi-Adjustable Bench (119) Assembly Guide

CAUTION

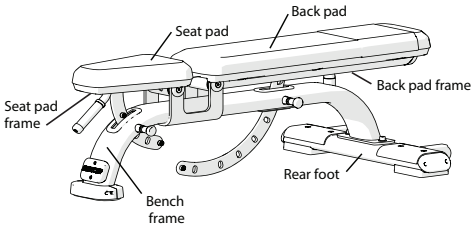
To assemble your equipment, follow the steps in the order listed in this assembly guide. For more product information, visit us at *www.precor.com*. At least two people are required to assemble the equipment.

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.



Hardware kit

		Component	Quantity
1		Socket head cap bolt (M10 × 30 mm) Silver	3
2		Socket head cap bolt (M12 × 35 mm)	2
3		Socket head bolt (M10 x 30 mm) Black	3
4		Flat washer (11 x 23 mm)	6
5		Flat washer (13 x 26 mm)	2
6		End cap for back pad	3

	Component	Quantity
	Hex key (10 mm)	1
	Hex key (8 mm)	1
	Hex key (6 mm)	2

Specifications

Equipment Dimensions:	55” L x 30” W x 18” H (1400 mm L x 750 mm W x 460 mm H)
Equipment Weight:	106 lb (48 kg)

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 (Figure 1) using two bolts ❷ and two washers ❺ .
2. Fully tighten these bolts.
3. To make assembly easier, raise the back pad frame (Figure 2) and attach the back pad to the frame using three bolts ❶ and three washers ❹ .
4. Attach the seat pad to the seat pad frame (Figure 2) using three bolts ❸ and three washers ❹ .
5. Fully tighten the seat pad bolts.
6. Cover each back pad bolt with an end cap ❻ (Figure 2).

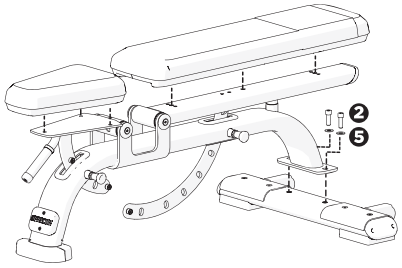


Figure 1

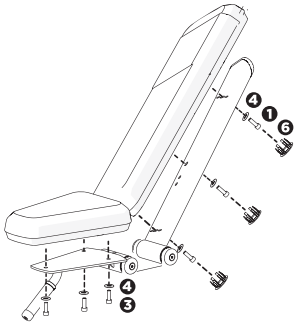
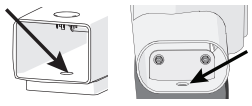


Figure 2

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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