Discovery™ Series Olympic Benches (Incline 410, Flat 408, and Decline 411)

CAUTION

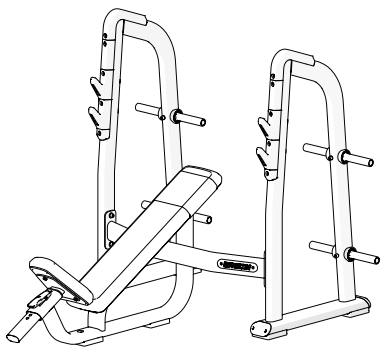
To assemble your equipment, follow the steps in the order listed in this assembly guide. For more product information, visit us at *www.precor.com*. At least two people are required to assemble the equipment. DO NOT attempt assembly by yourself.

Assembly requirements

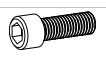
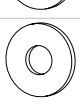
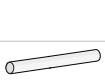
When assembling the equipment, we recommend you:

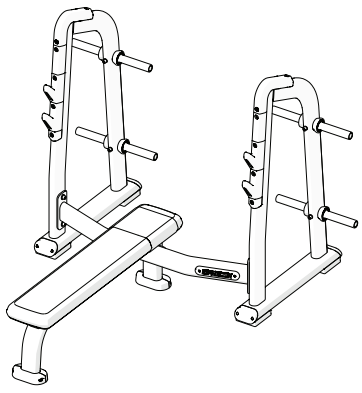
- Unpack the box and assemble the equipment close to where you plan to use it.
- Locate the equipment at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind or in front of the equipment.
- Assemble the equipment on a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

Hardware kits

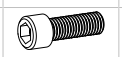
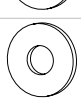


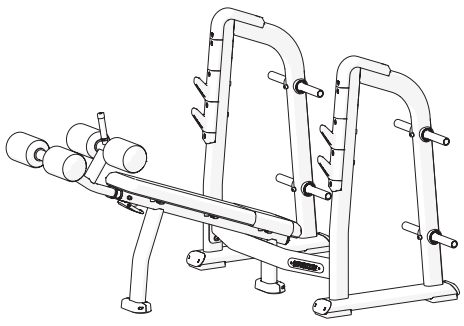
Olympic Incline Bench (410)

		Component	Qty.
1		Hex head bolt (M10 × 35 mm)	9
2		Flat washer (11 x 23 mm)	9
3		Socket head bolt (M12 × 50 mm)	4
4		Socket head bolt (M12 × 35 mm)	6
5		Flat washer (13 x 20 mm)	4
6		Flat washer (13 x 26 mm)	6
		Hex key (10 mm)	1
		Storage horn bumper	8
		Weight storage horn	4

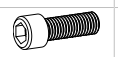
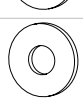
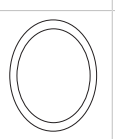
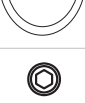


Olympic Flat Bench (408)

		Component	Qty.
1		Hex head bolt (M10 × 35 mm)	6
2		Flat washer (11 x 23 mm)	6
3		Socket head bolt (M12 × 50 mm)	4
4		Socket head bolt (M12 × 35 mm)	6
5		Flat washer (13 x 20 mm)	4
6		Flat washer (13 x 26 mm)	6
		Hex key (10 mm)	1
		Storage horn bumper	8
		Weight storage horn	4



Olympic Decline Bench (411)

		Component	Qty.
1		Hex head bolt (M10 × 35 mm)	6
2		Flat washer (11 x 23 mm)	6
3		Socket head bolt (M12 × 50 mm)	4
4		Socket head bolt (M12 × 35 mm)	6
5		Flat washer (13 x 20 mm)	4
6		Flat washer (13 x 26 mm)	6
7		Circlip	4
8		Wave spring washers	8
9		Set screw (M8 x 6 mm)	4
		Hex key (10 mm)	1
		Hex key (8 mm)	1
		Roller tube	2
		Storage horn bumper	8
		Weight storage horn	4

Required Tools

- Rubber mallet
- 10 mm hex bit
- Flat head bolt driver
- Circlip pliers

Specifications

Equipment Dimension: 79” L x 65” W x 55” H (2000 mm L x 1650 mm W x 1500 mm H)

Equipment Weight: 220 lb (100 kg)

Specifications

Equipment Dimension: 73” L x 65” W x 51” H (1850 mm L x 1650 mm W x 1300 mm H)

Equipment Weight: 188 lb (85.4 kg)

Specifications

Equipment Dimension: 83” L x 65” W x 51” H (2100 mm L x 1650 mm W x 1300 mm H)

Equipment Weight: 217 lb (98.4 kg)

Begin Assembly

Important *DO NOT fully tighten the fasteners until instructed to do so.*
To begin assembly of the Olympic Flat and Decline benches:

1. Position the two uprights side by side.
2. Position the cross support between the upright supports with the Precor badge facing forward and attach it to the upright supports using four bolts ❹ and four washers ❻ (see Figure 1).
3. Position the bench frame against the back of the cross support and attach it using two bolts ❹ and two washers ❻ (see Figure 2).
4. Fully tighten all bolts.

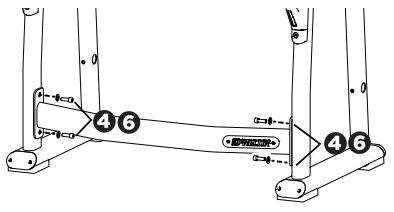


Figure 1

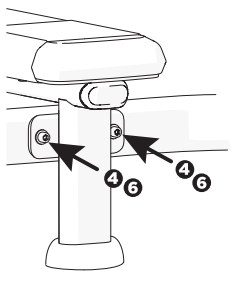


Figure 2

To begin assembly of the Olympic Incline bench:

1. Position the two uprights side by side.
2. Slide the cross support through the middle of the bench frame (Figure 3) and attach it to the bench frame using two bolts ❹ and two washers ❻ (see Figure 2).
3. Attach the cross support to the upright supports using four bolts ❹ and four washers ❻ (see Figure 1).
4. Fully tighten all bolts.

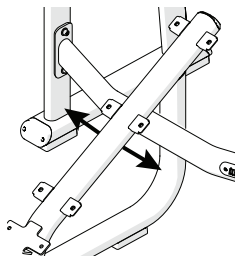


Figure 3

To attach a long weight storage horn:

1. Insert the long weight storage horn through hole in the equipment frame (see Figure 4).
2. Secure the weight storage horn using a bolt ❸ and washer ❺.
3. Push the storage horn bumpers onto the horn with their wide side facing outward. If needed, use a weight plate to push the bumper against the equipment frame.
4. Repeat this procedure to attach the other long weight horns.

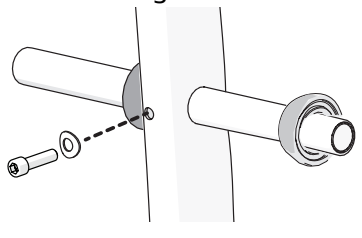


Figure 4

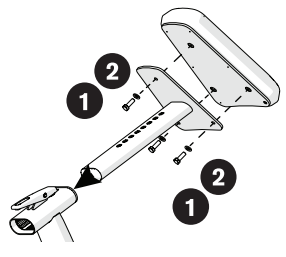


Figure 5

Attach the pads

For all benches: Position the back pad against the bench frame and attach it using six bolts ❶ and six washers ❷ (see Figure 5).

For the Olympic Incline bench:

1. Attach the seat pad to seat post using three bolts ❶ and washers ❷ (see Figure 5).
2. Slide the seat post into the bench frame and tighten the stop screw on the bottom of the seat assembly.

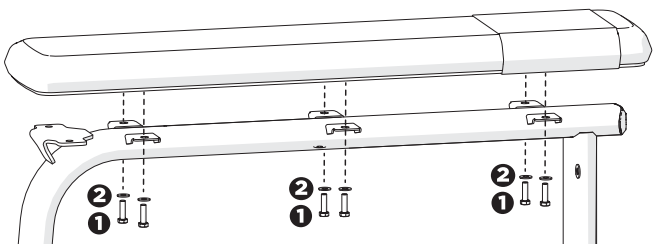


Figure 6

Attach the Rollers (Decline Bench only)

To attach the rollers:

1. Loosen the bolt on the bench frame (Figure 7).
2. Slide the roller bracket into the bench frame (Figure 8) and re-tighten the bolt (Figure 8).
3. Slide each roller tube through the roller bracket (Figure 9).
4. For each roller, slide the plastic end cover onto the roller tube, followed by the roller pad (Figure 10).

NOTE
Remove the tag or tuck it inside the roller.

5. Slide a plastic ring onto the roller tube followed by two wave spring washers ❾ and a circlip ❽ onto the roller tube (Figure 11).
6. Slide on a plastic end cap (Figure 11).
7. 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.
8. When the roller is attached, center it and then install and tighten the set screws ❿ .
9. Repeat this procedure to attach the other rollers.

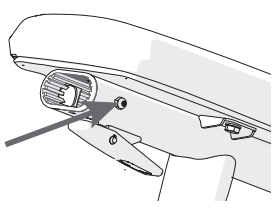


Figure 7

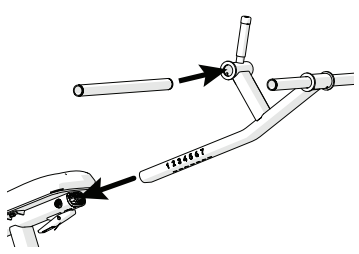


Figure 8

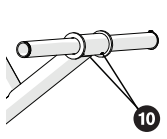


Figure 9

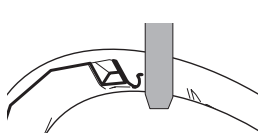


Figure 10

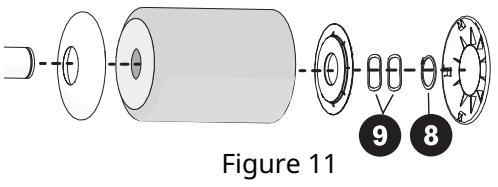
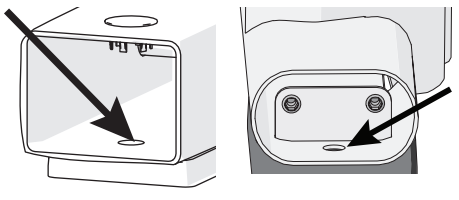


Figure 11

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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