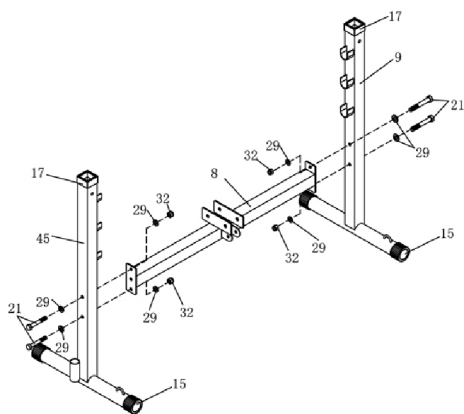


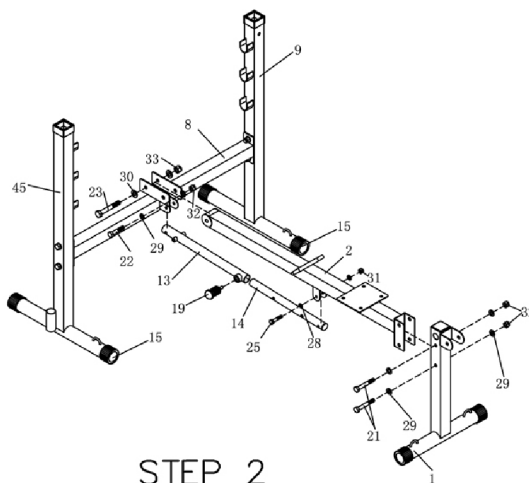


BFOB10 Folding Olympic Bench with Leg Developer Assembly Steps: Part 1

1. Position left and right Weight Support Frame (9), (45) to install Weight Frame Crossbar (8). Install Crossbar into Weight Support Frames with bolts (21) washers (29) and nylon nuts (32) on both sides. If not pre-installed, install the Footcaps (39) onto each open end of the lower section of the frames.
2. Install the Leg Developer Frame (1) onto the Seat and Back Rest Frame (2) with bolts (21), washers (29) and nylon nuts (32). Attach the assembled Seat and Back Rest Frame (2) to the pivot on assembled Weight Support Frame with bolt (23), washers (30) and nylon nut (33). Install the Telescoping Upper Section (14) into the Telescoping Lower Section (13) and install Pop Pin (19). Attach the Telescoping Assembly lower end to the lower pivot on the Weight Support Frame with bolt (22), washers (29) and nylon nut (32). Install the Telescoping Assembly upper end to the bracket on the underside of the Seat and Back Rest Frame with bolt (25), washer (28) and nylon nut (31).



STEP 1

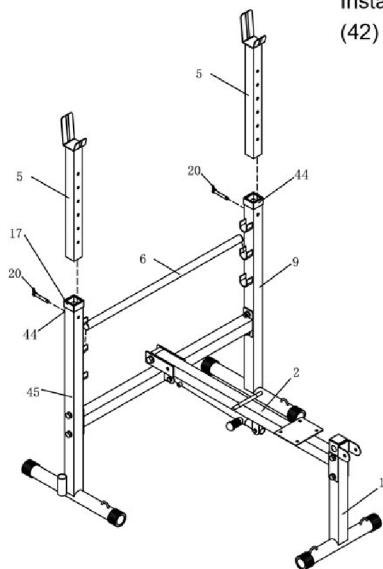


STEP 2

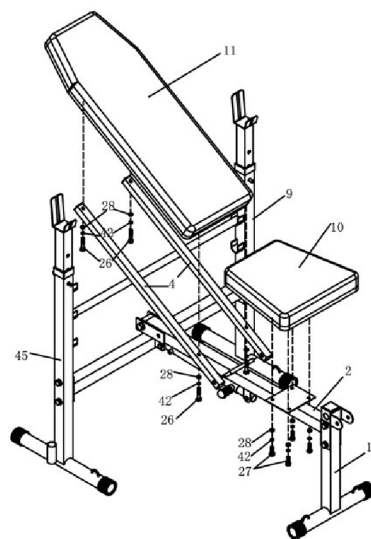


BFOB10 Olympic Bench with Leg Developer Assembly Steps - Part 2

3. Make sure Plastic Bushings (44) are seated in the ends of the tubes and install Adjustable Weight Supports (5) into assembled Weight Support Frames (9), (45). Use Removable Pins (20) to set height of Adjustable Weight Supports. Install Back Rest Support (6) into assembled Weight Support Frames.
4. Install Back Rest (11) onto assembled seat frame using bolts (27) lock washers (42) and washers (28). Install Pivoting Back Rest Supports (4) onto assembled seat frame pivot and fasten Back Rest (11) to Back Rest Supports with bolts (26), lock washers (42) and washers (28). Adjust angle of Back Rest by moving the Back Rest Support into different positions, using the sets of Back Rest Support Holders. Install seat pad (10) onto seat and Backrest Frame (2) with bolts (27), Lock washers (42) and washers (28).



STEP 3

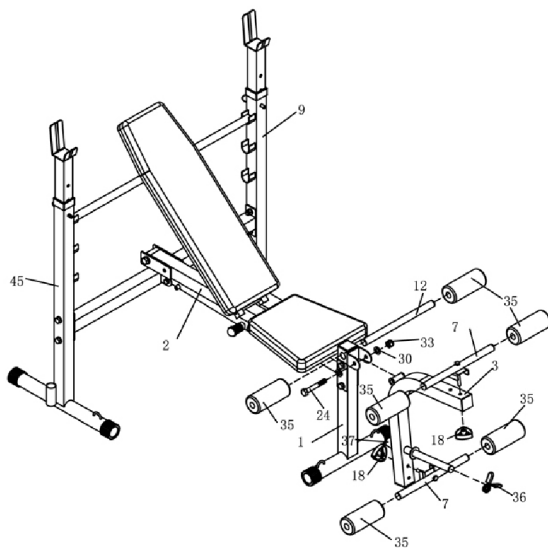


STEP 4

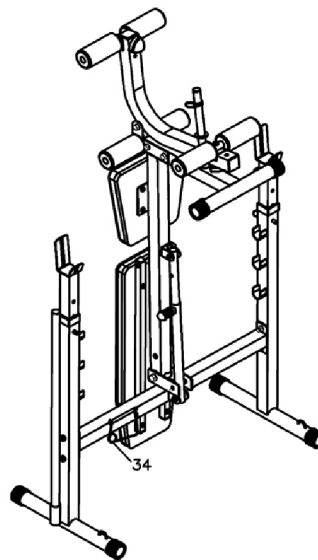


BFOB10 Folding Olympic Bench with Leg Developer Assembly Steps - Part 3:

5. Install Leg Developer Frame (3) into the front pivot with bolt (24), washers (30) and nylon nut (33). Install Foam Roller Bar (12) into assembled seat frame and install Foam Rollers (35) onto the bar. Install Upper Foam Roller Bar Assembly (7) onto Leg Developer Frame and secure with Screw Cap (18). Install Foam Rollers (35) onto bar. Repeat lower installation for Foam Roller Bar Assembly (7) and Foam Rollers.
6. To fold bench, remove Back Rest Bar and install into Bar Rest Bar Holder on the side of the Upright Frame. Release the Pop Pin on the Telescoping Assembly and lift Leg Developer end of the bench. When upright, install Safety Pin (34) into the set of pivot bracket holes that are aligned with holes in the Telescoping Assembly. Secure the Safety Pin wire loop.



STEP 5



STEP 6

BFOB10 Parts List

No.	Description	Qty	No.	Description	Qty
1	Leg Developer Frame	1	24	M12*80 Hex Head Bolt	1
2	Seat and Backrest Frame	1	25	M8*50 Hex Head Bolt	1
3	Leg Developer Frame	1	26	M8*45 Hex Head Bolt	4
4	Back Pad Frame	2	27	M8*20 Hex Head Bolt	4
5	Adjustable Boom	2	28	φ 8 Washer	10
6	Back Rest Support	1	29	φ 10 Washer	14
7	Foam Roller Bar Assembly	2	30	φ 12 Washer	4
8	Weight Frame Crossbar	1	31	M8 Nylon Nut	1
9	Weight Support Frame - right	1	32	M10 Nylon Nut	7
10	Seat Pad	1	33	M12 Nylon Nut	2
11	Back Rest	1	34	φ 10 Pin	1
12	Foam Roller Bar	1	35	φ 70* φ 23*160 Foam Roller	6
13	Telescoping Lower Section	1	36	φ 25 Spring Collar	1
14	Telescoping Upper Section	1	37	Rubber Stopper	1
15	φ 50 Round End Cap	6	38	M8*30 Hex Head Bolt	1
16	φ 50* φ 12.5*20 Rotating Axis	2	39	φ 25 Round End Cap	7
17	End Cap	2	40	50*50 Square End Cap	3
18	M10 Knob Screw Cap	2	41	25*25 Square End Cap	4
19	Ball Pop Pin	1	42	φ 8 Lock Washer	8
20	Pin	2	43	φ 28 Round End Cap	3
21	M10*70 Hex Head Bolt	6	44	φ 12 Bushing	2
22	M10*55 Hex Head Bolt	1	45	Weight Support Frame - left	1
23	M12*85 Hex Head Bolt	1			

FOR PARTS OR SERVICE INQUIRIES CALL TEL 800-556-3113 FAX 708-427-3556

8/21/2007
BFOB10-BOM.jpg

BFOB10 Exploded View

