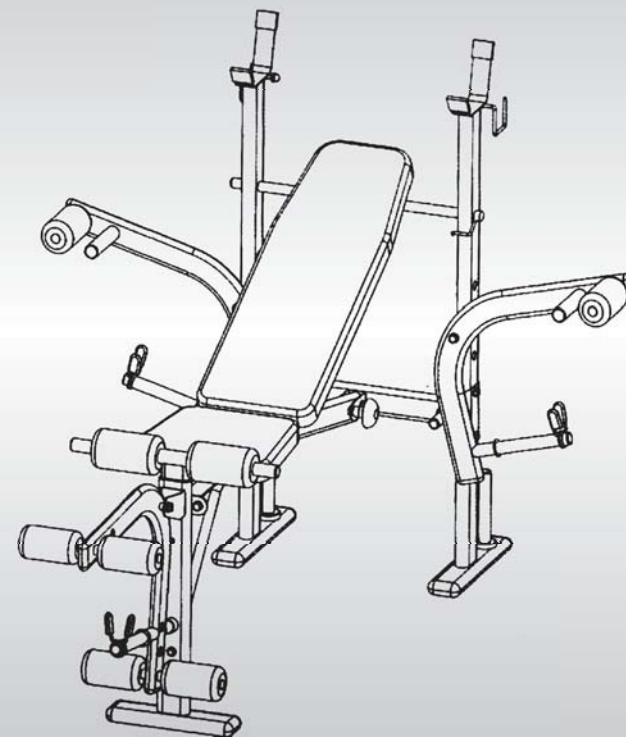
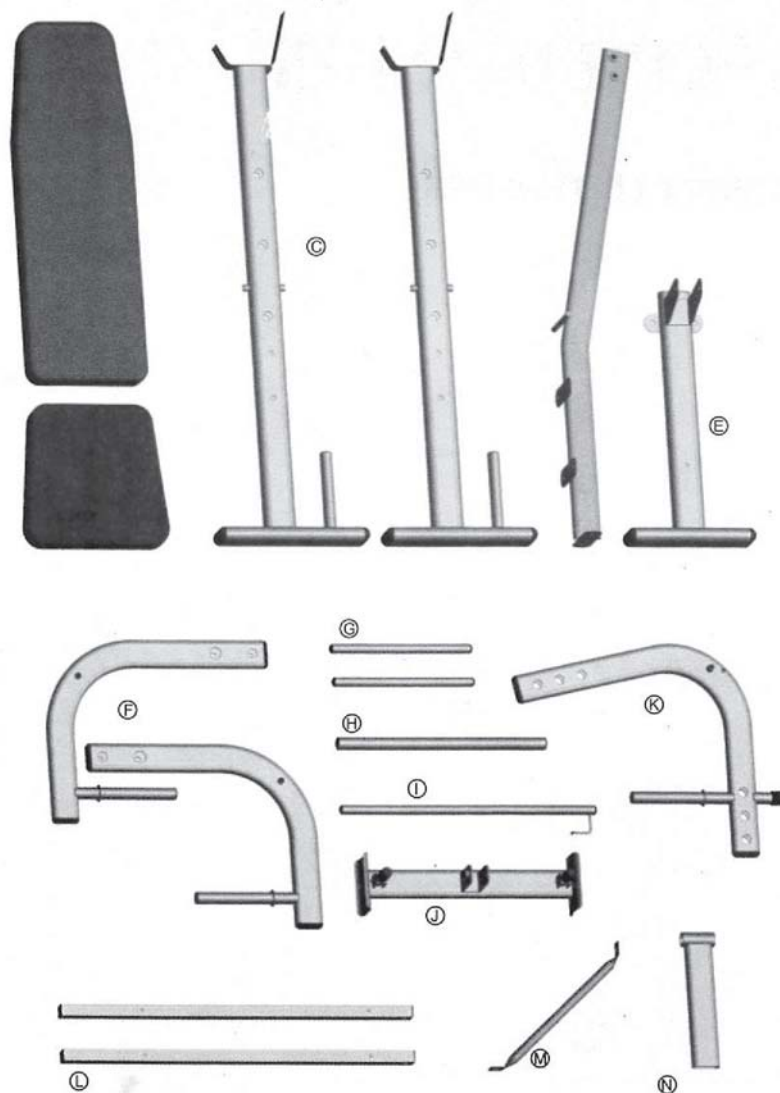


SPECIFICATION

Bench press

WEIGHT LIFTING BED





INSTALLATION

STEP 10

① insert the safety pin to fox barbell holder



STEP 11

(P) foam
 (H) insert the bar through the hole with foams
 (W) entight the screw to fix the rack
 © **AT LAST INSTALL THE JUMP RING**

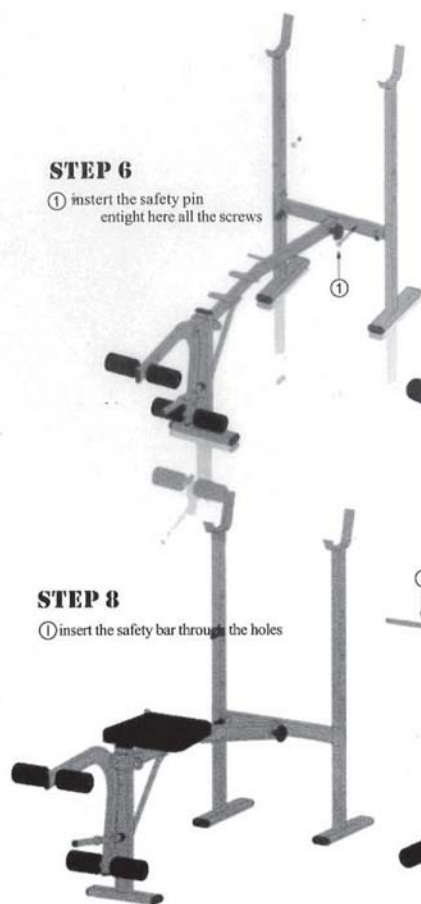


FINISH

INSTALLATION

STEP 6

- ① insert the safety pin
entight here all the screws



STEP 7

- ⑧ high quality sit cushion
⑨ entight all the screws to fix cushion



STEP 8

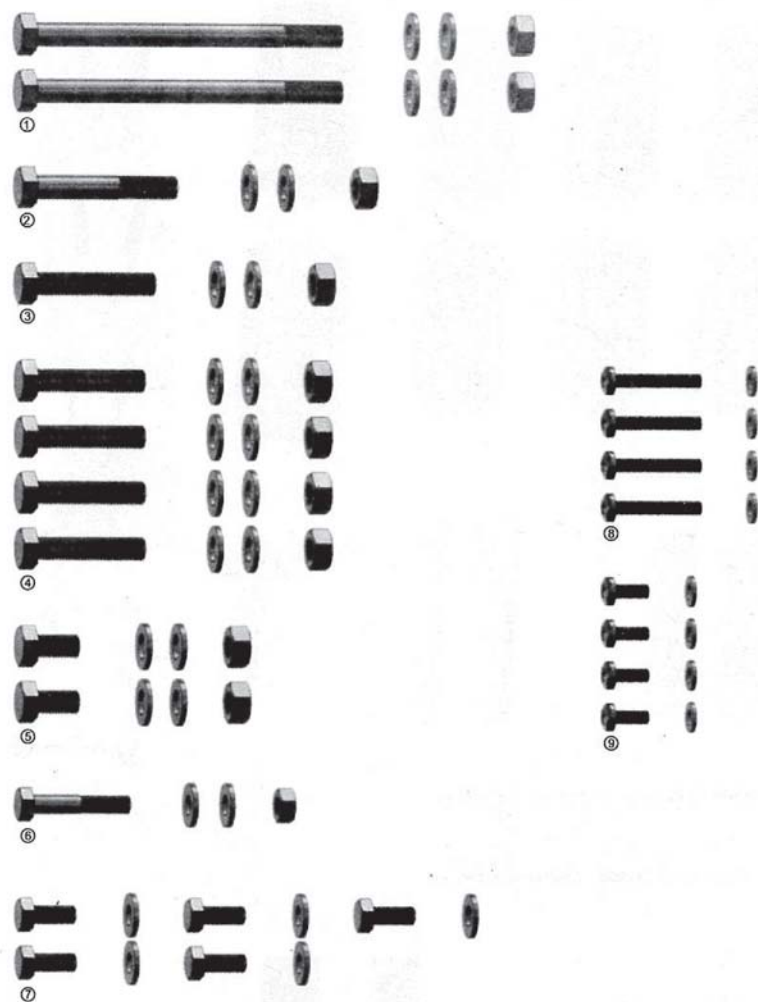
- ① insert the safety bar through the holes



STEP 9

- ① to fix cushion for leaning on with screws
⑧ tighten the screws
① safety stand holder





INSTALLATION

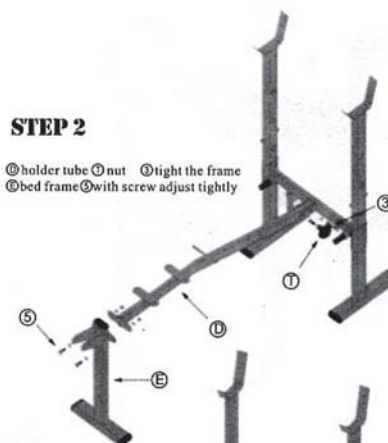
STEP 1

② barbell stand ① safety holder ③ with tight nut adjust tube for fixing rack



STEP 2

⑩ holder tube ⑪ nut ⑫ tight the frame
⑬ bed frame ⑭ with screw adjust tightly



STEP 3

⑮ rack ⑯, ⑰ with tighten nut to fix



STEP 4

① leg extension ② with the screw to tighten
③ insert the bar with the foam
④ foam



STEP 5

