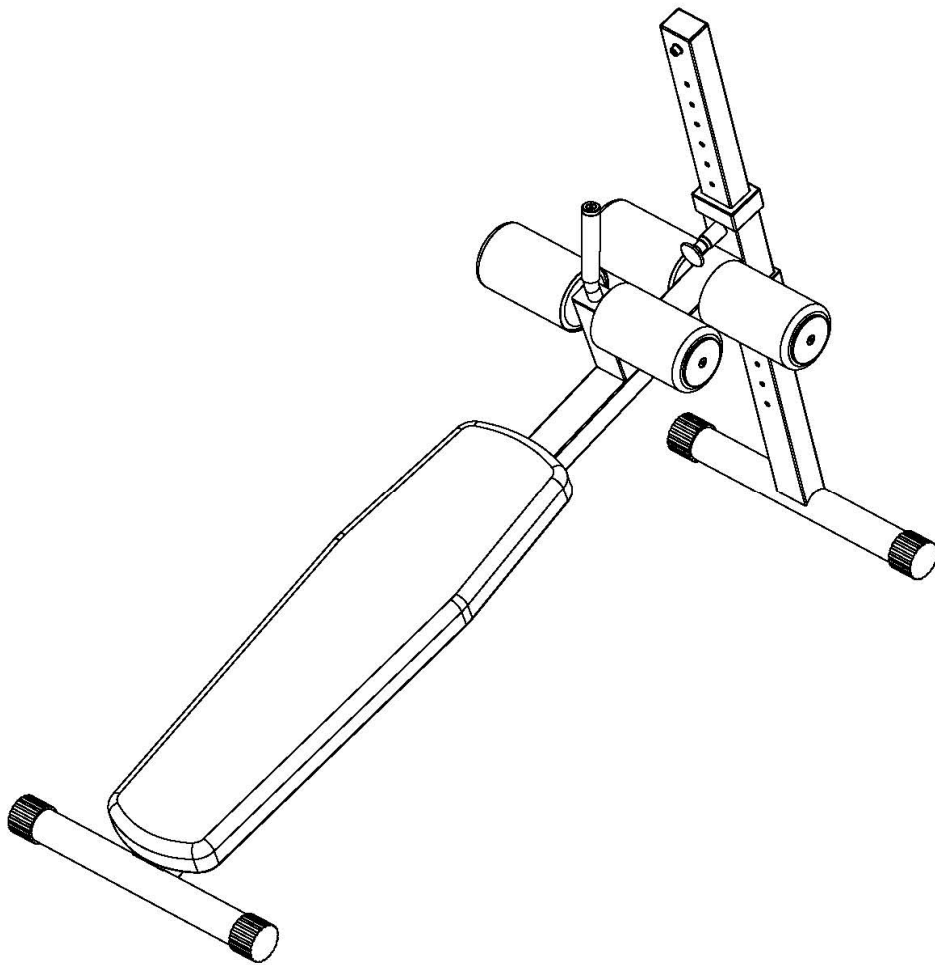


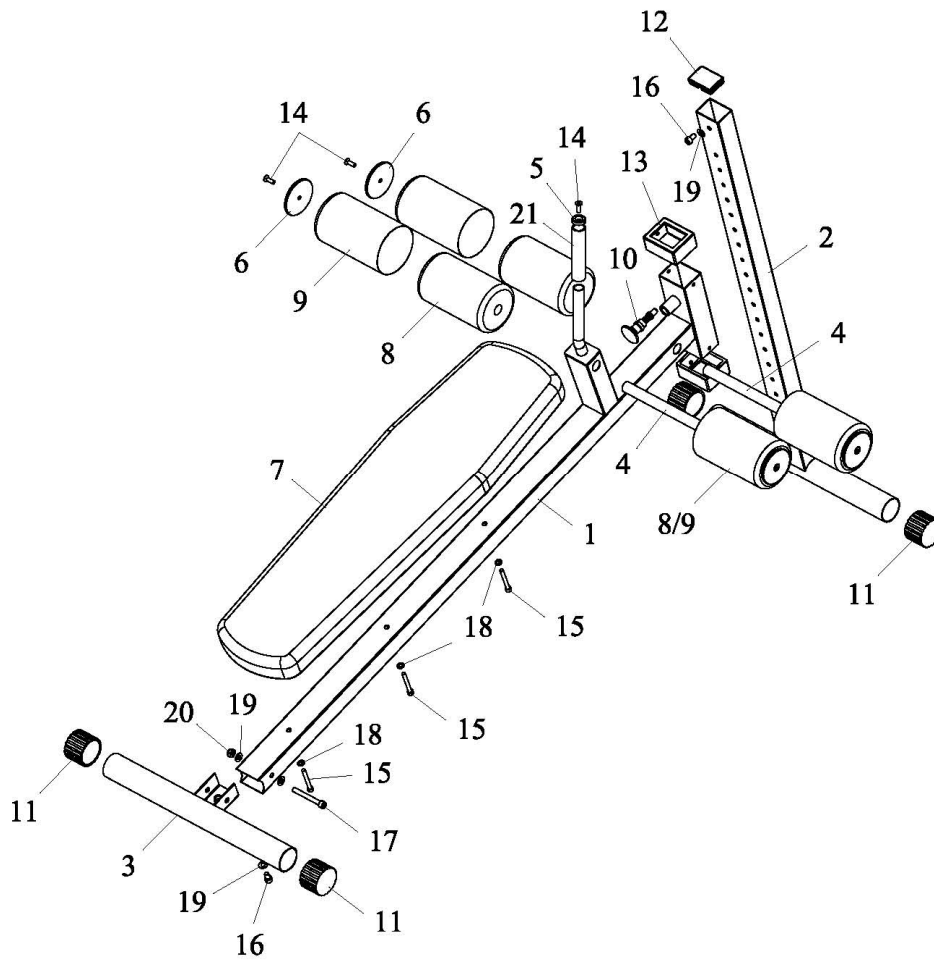
SIT UP AB BENCH

AX1009



ASSEMBLY INSTRUCTIONS

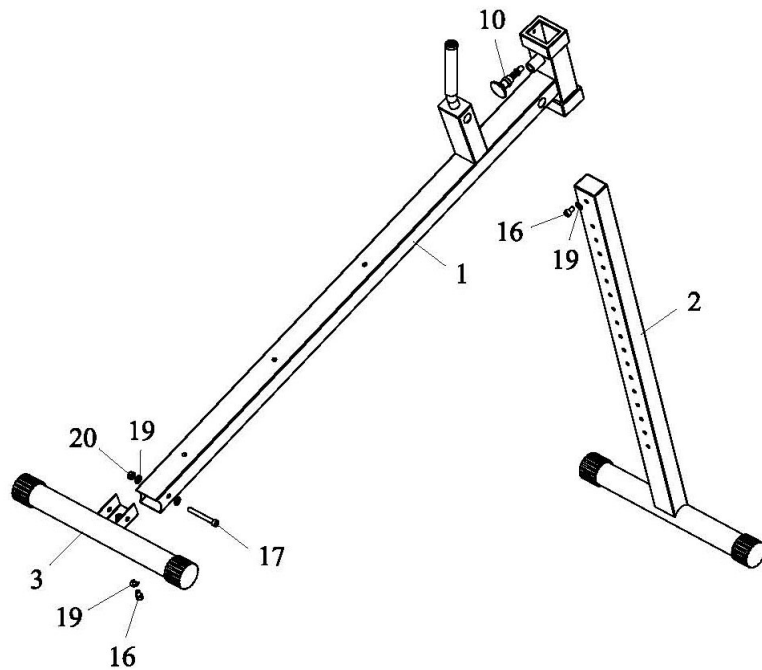
EXPLODED DIAGRAM



NUMBER	DESCRIPTION	Q'TY
1	MAIN FRAME	1
2	FRONT SUPPORT	1
3	REAR BASE	1
4	FOAM TUBE	2
5	SHEATHING	1
6	BIG SHEATHING	4
7	CUSHION	1
8	FOAM ROLLER	4
9	FOAM COVER	4
10	FAST PIN	1
11	ROUND CAP	4

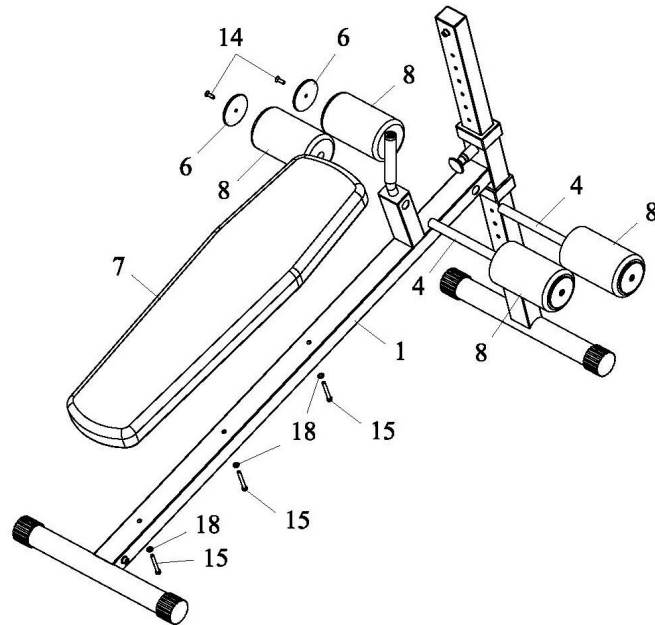
NUMBER	DESCRIPTION	Q'TY
12	RECTANGULAR PLUG	1
13	RECTANGULAR BUSHING	2
14	M8*25 SOCKET SCREW	5
15	M8*70 SOCKET CAP SCREW	3
16	M10*16 SOCKET CAP SCREW	2
17	M10*85 SOCKET CAP SCREW	1
18	8MM WASHER	3
19	10MM WASHER	4
20	M10 LOCK NUT	1
21	HANDLE FOAM	1

STEP 01



1. Insert REAR BASE (3) into rear port of MAIN FRAME (1), secure with SCREW M10*16 (16), SCREW M10*85 (17), three WASHERS 10MM (19) and LOCK NUT M10 (20).
2. Insert FRONT SUPPORT (2) into front port of MAIN FRAME (1), choose proper height and secure with FAST PIN (10).
3. Attach SCREW M10*16 (16) and WASHER 10MM (19) to top hole on the FRONT SUPPORT (2).

STEP 02



1. Attach CUSHION (7) to MAIN FRAME (1) using three SCREWS M8*70 (15) and three WASHERS 8MM (18).
2. Insert FOAM TUBE (4) into holes on MAIN FRAME (1).
3. Push FOAM ROLLERS with covers (8) onto each side of FOAM TUBES (4).
4. Attach BIG SHEATHINGS (6) to FOAM TUBES (4) using four SCREWS M8*25 (14).