

FITNESS360[®]

FT8043

Bench Press – Bænkpres

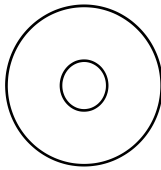


Fastener Overview

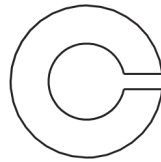
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



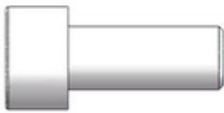
[51] (M10*60)



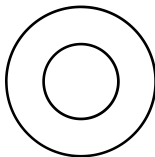
[55] flat washer M10-D50



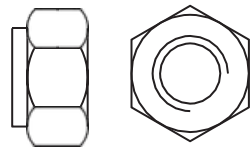
[59]] spring washer M10



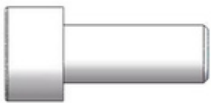
[52] (M10*25)



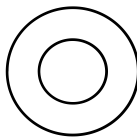
[56] flat washer M10-D30



[60] Hexagonal self-locking nuts M10



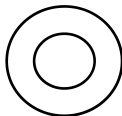
[53] (M10*20)



[57] flat washer M10-D20



[54] (M8*25)



[58] flat washer M8-D16

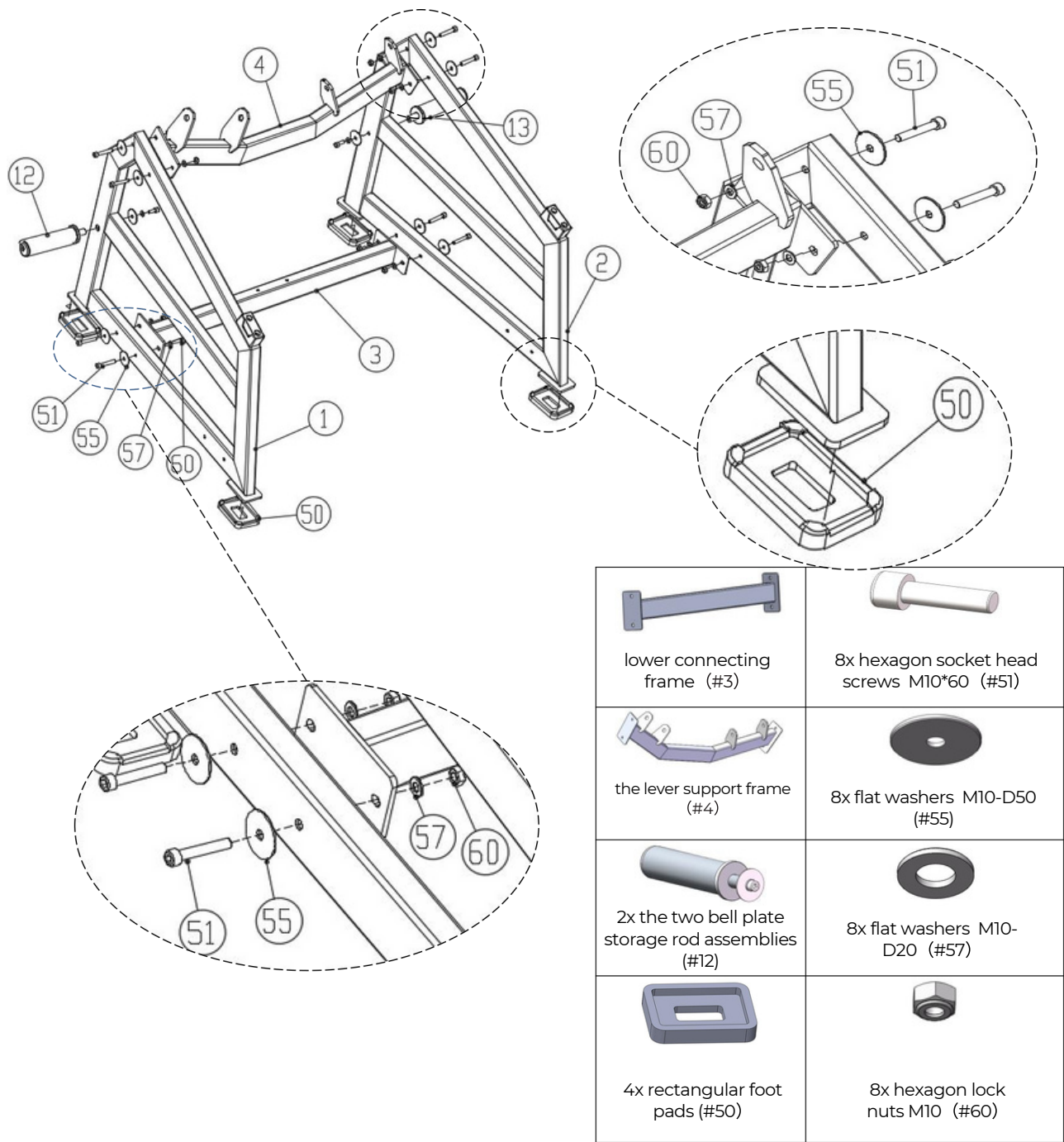
Step 1:

Use the lower connecting frame (#3) and the lever support frame (#4) to connect the left frame (#1) and the right frame (#2).
Install the two bell plate storage rod assemblies (#12) on the left frame (#1) and the right frame (#2).

Install the four rectangular foot pads (#50) to the left and right frames.

Use the following components:

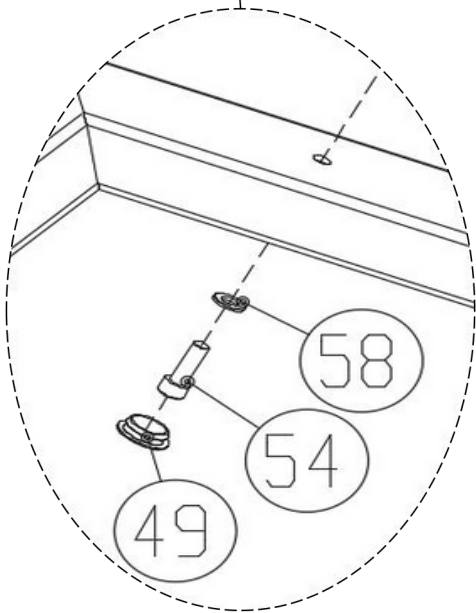
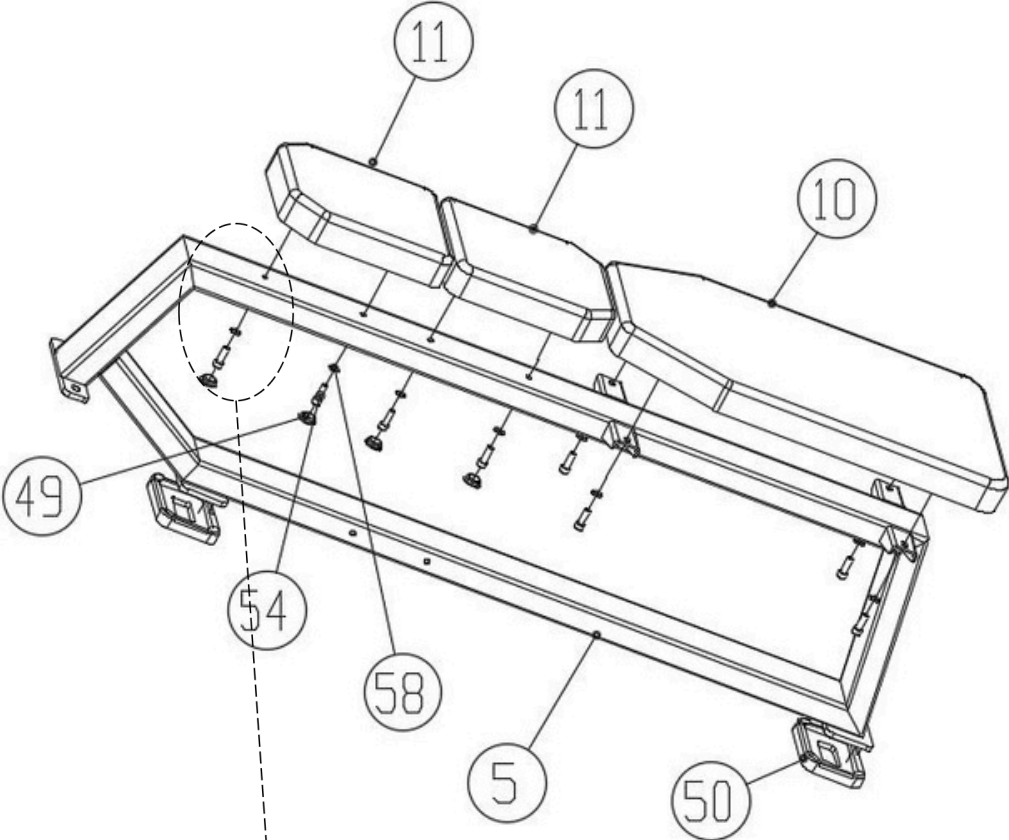
- 8 × Hexagon socket head screws M10×60 (#51)
- 8 × Flat washers M10-D50 (#55)
- 8 × Flat washers M10-D20 (#57)
- 8 × Hexagon lock nuts M10 (#60)









Step 2:

Attach the universal large back pad (#10), 2 universal head pads (#11), 4 × 20 plugs (#49), and 2 rectangular foot pads (#50) to the main frame assembly (#5).
Use the following components:

- 8 × Hexagon socket head screws M8×25 (#54)
- 8 × Flat washers M8-D16 (#58)



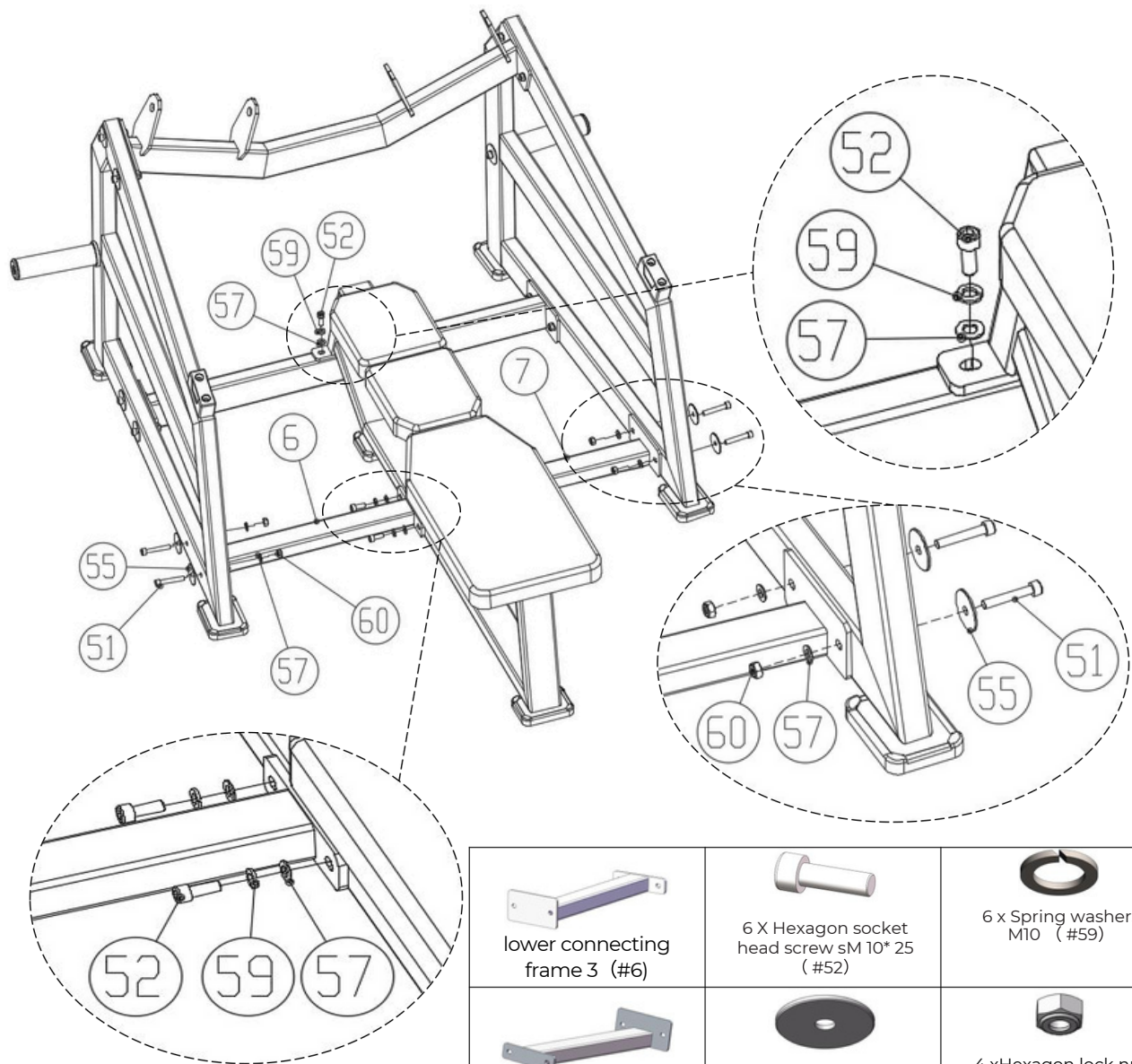
 the universal large back pad (#10)	 2 X rectangular foot pads (#50)
 2X universal head pads(#11)	 8x Hexagon socket head screwsM8*25 (#54)
 4 X 20plugs (#49)	 8 x flat washers M8- D16 (#58)









Step 3:

Connect the assembly from Step 1 with the assembly from Step 2 using lower connecting frame 3 (#6) and lower connecting frame 2 (#7).

Use the following components:

- 4 × Hexagon socket head screws M10×60 (#51)
- 4 × Flat washers M10-D50 (#55)
- 10 × Flat washers M10-D20 (#57)
- 6 × Hexagon socket head screws M10×25 (#52)
- 6 × Spring washers M10 (#59)
- 4 × Hexagon lock nuts M10 (#60)

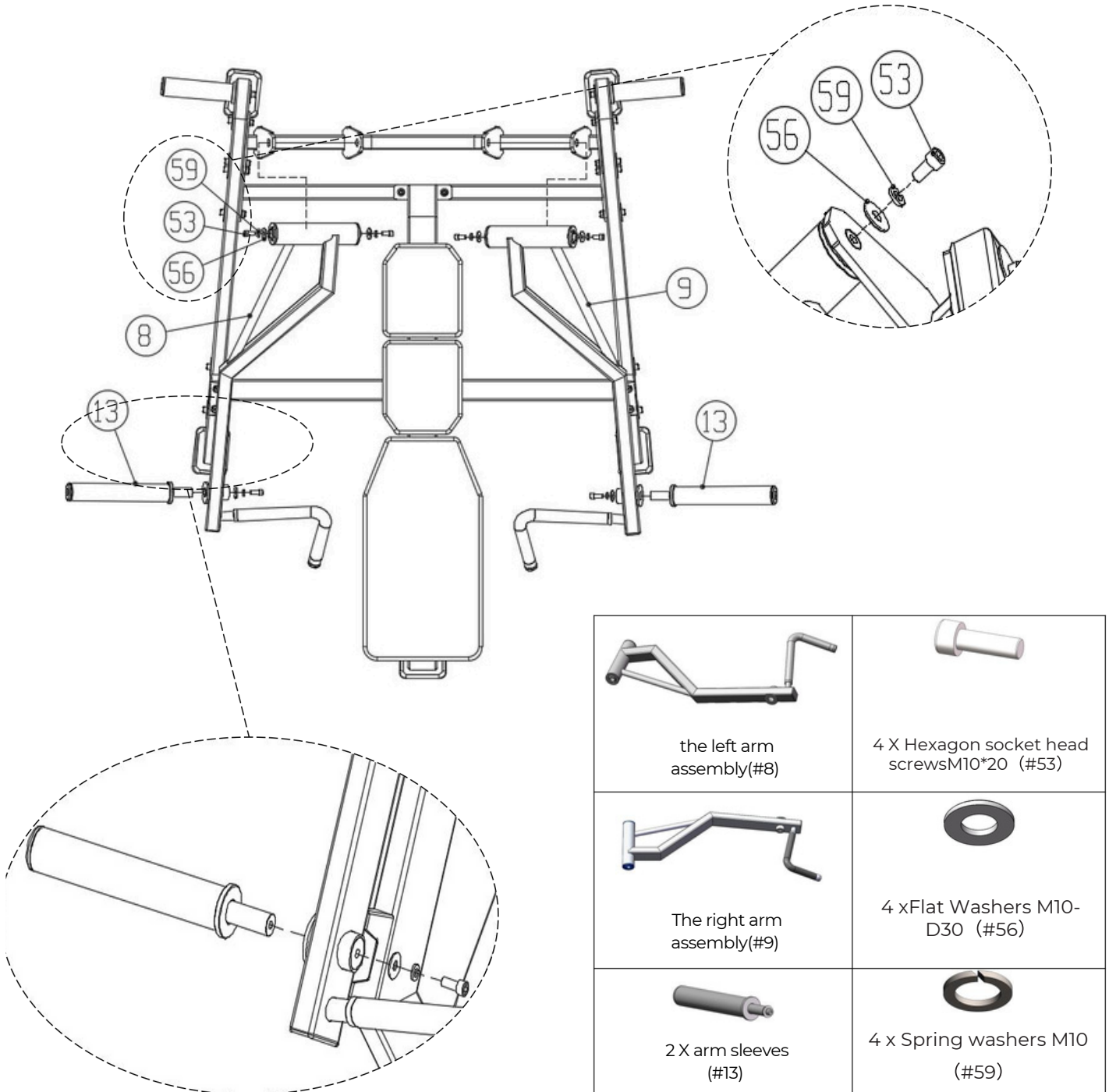


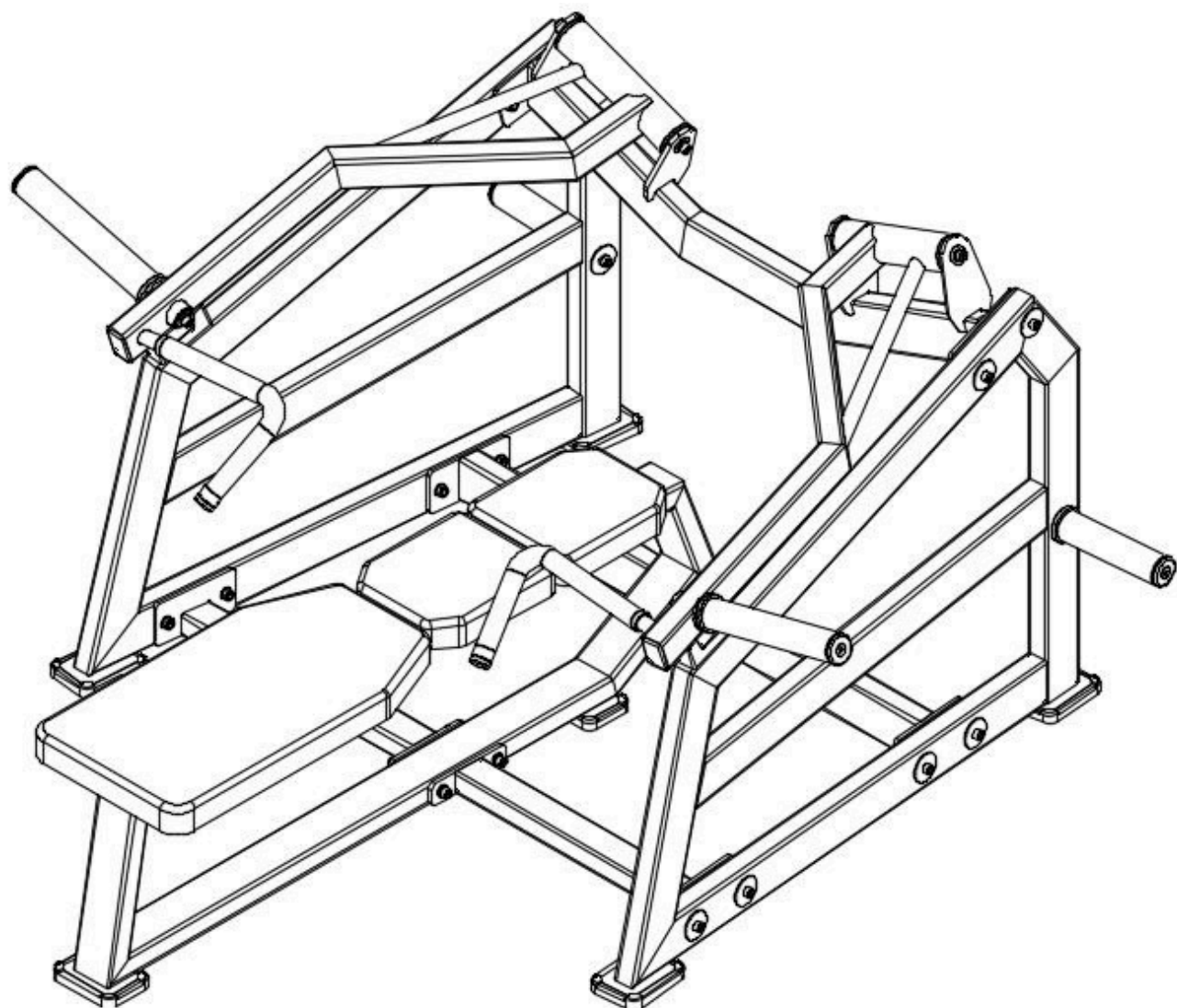
 lower connecting frame 3 (#6)	 6 X Hexagon socket head screw sM 10* 25 (#52)	 6 x Spring washers M10 (#59)
 Lower connecting frame 2 (#7)	 4 x Flat Washers M10-D50 (#55)	 4 xHexagon lock nut M10 (#60)
 4 x Hexagon socket head screwsM10*60 (#51)	 10xFlat Washers M10-D20 (#57)	

Step 4:

Connect the left arm assembly (#8) to the left frame (#1) and the right arm assembly (#9) to the right frame (#2) using the following method; Connect the two arm sleeves (#13) to the left arm assembly (#8) and the right arm assembly (#9).

- 4 x hexagon socket head screws M10*20 (#53)
- 4 x spring washers (#59)
- 4 x flat washers M10-D30 (#56)





Important Tips

Now that the Bench Press has been fully assembled, take a moment to ensure the unit is both level and vertically aligned before use.

Accessories list

NO	Name and specification	QTY
1	Left frame	1
2	Right frame	1
3	Lower connecting frame 1	1
4	Arm support frame	1
5	Main frame assembly	1
6	Lower connecting frame 3	1
7	Lower connecting frame 2	1
8	Left arm assembly	1
9	Right arm assembly	1
10	Universal large back pad	1
11	Universal head pad	2
12	Bell storage sleeve set	2
13	Arm sleeve set	2
49	20 plugs	4
50	Rectangular foot pad	6
51	Hexagon socket head screw M10*60	12
52	Hexagon socket head screw M10*25	6
53	Hexagon socket head screw M10*20	4
54	Hexagon socket head screw M8*25	8
55	Flat washer M10-D50	12
56	Flat washer M10-D30	4
57	Flat washer M10-D20	18
58	Flat washer M8-D16	8
59	Spring washer M10	10
60	Hexagon lock nut M10	12

Exploded view

