

# ***FITNESS360***<sup>®</sup>

**FT9044**

**Olympisk Incline Bænk**



Rubble head Install Mallet Tool
Level Tool
Hexagon wrench
Two person
Circlip pliers
Adjustable wrench

Step 1:

Connect the Incline Bench Press Base Frame (1) to the Incline Bench Press Foot Plate (2) using the following hardware:

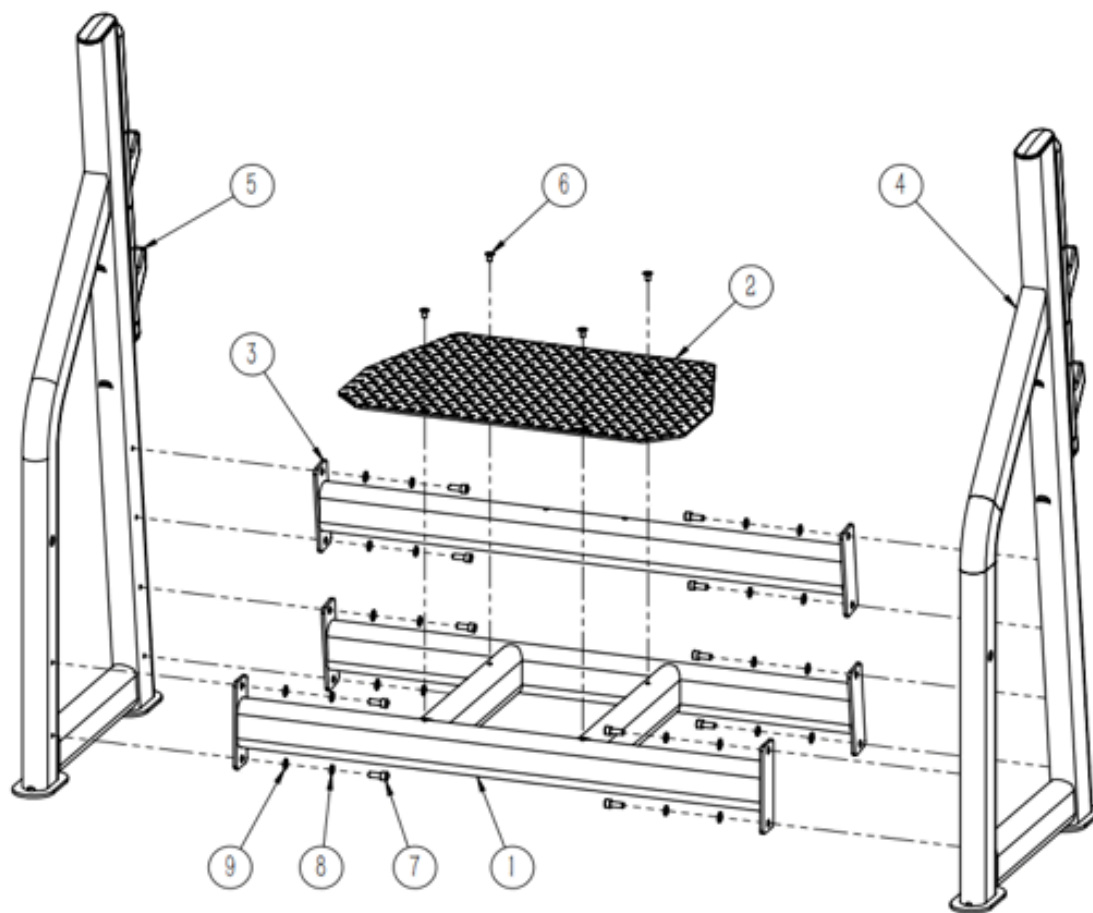
- 4 × M8\*15 Hexagon Countersunk Head Screws (6)

Tighten all bolts with a wrench before proceeding.

Step 2:

Attach the Incline Bench Press Base Frame (1) to the Incline Bench Press Connection Frame (3), and then connect both to the Left and Right Incline Bench Press Frames (4) and (5) using:

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- 12 × M10\*25 Hexagon Countersunk Head Screws (7)
- 12 × M10 Spring Washers (8)
- 12 × M10-D20 Flat Washers (9)



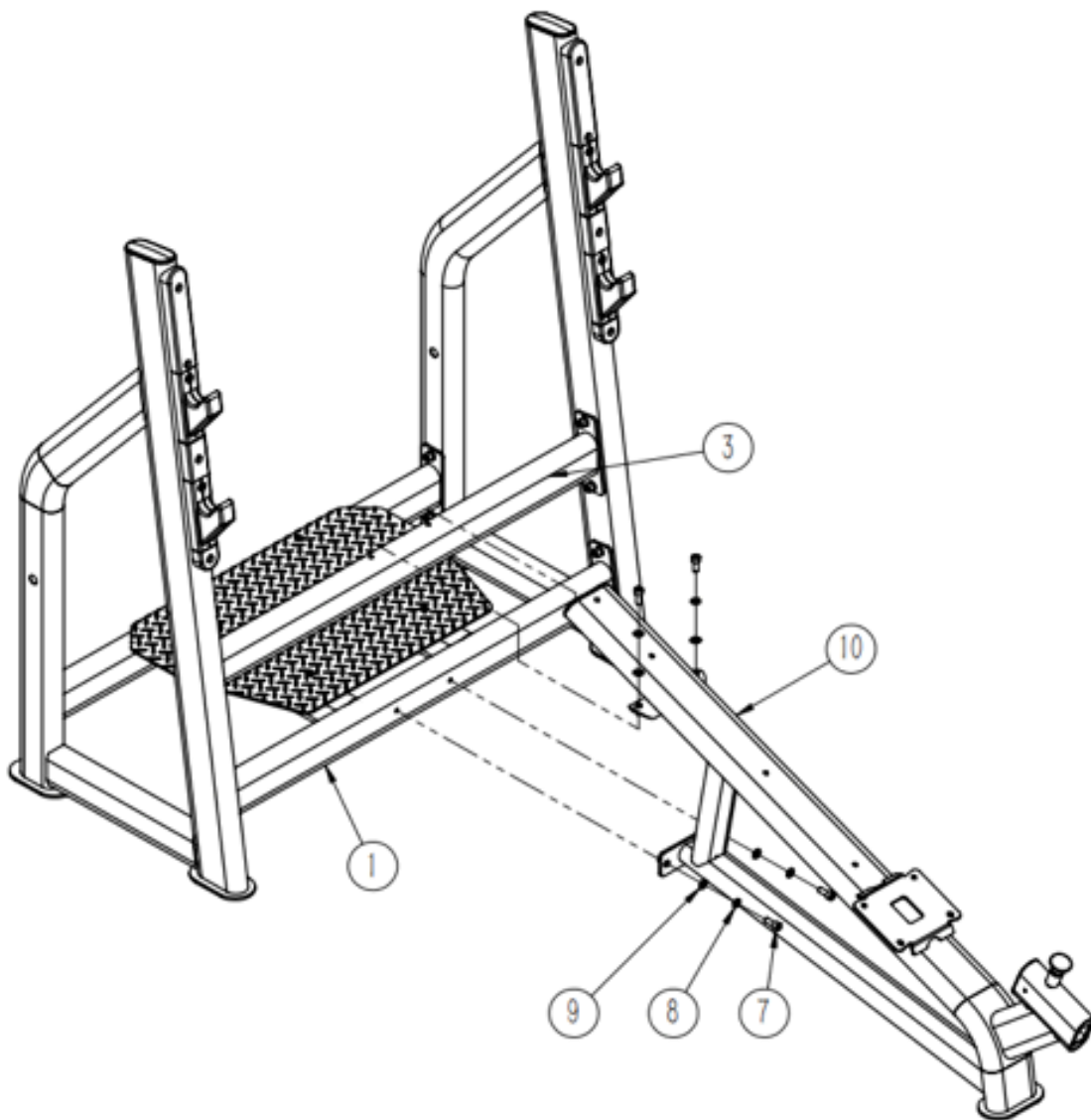
Step 3:

Attach the incline back support frame (10) to the base frame (1) and the connecting frame (3).

Use the following components:

- 4 × M10\*25 hexagon socket countersunk head screws (7)
- 4 × M10 spring washers (8)
- 4 × M10-D20 flat washers (9)

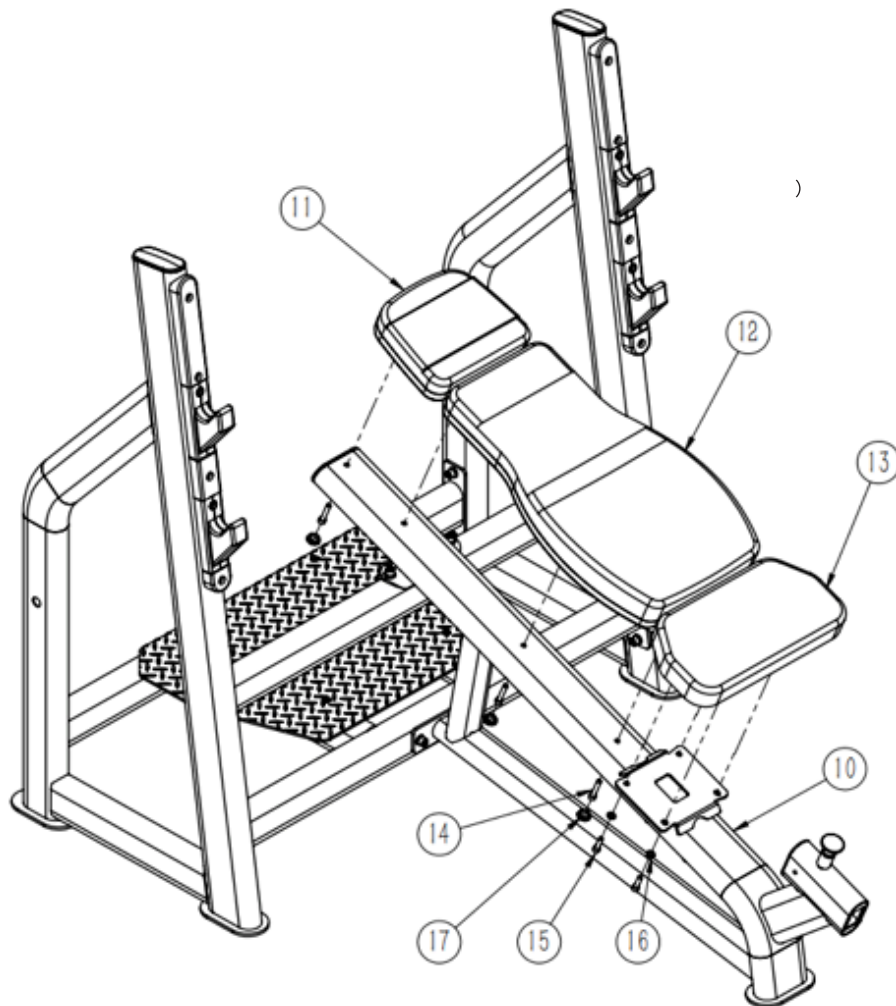
Tighten all bolts securely with a wrench before proceeding to the next step.



Step 4:

Attach the head pad (11), back pad (12), and upper reclining seat pad (13) to the back support frame (10) using the following components:

- 4 × M8\*25 hexagon socket head screws (15)
- 4 × M8 spring washers (16)
- 4 × M8\*40 hexagon socket head screws (14)
- 4 × Ø20 hole plugs (17)



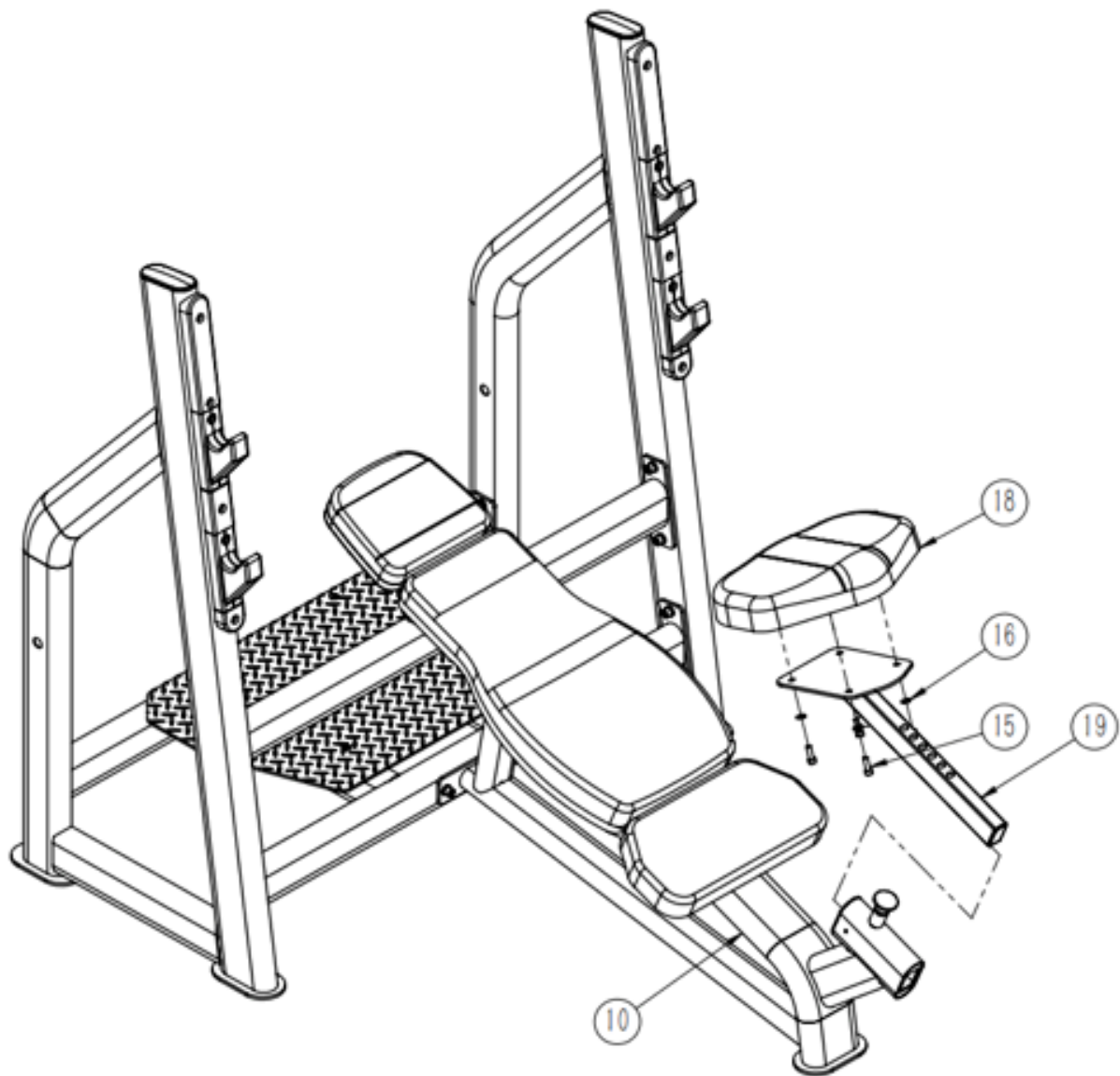
Step 5:

Attach the seat cushion (18) to the seat frame (19) using the following components:

- 4 × M8\*25 hexagon socket head screws (15)
- 4 × M8 flat washers (16)

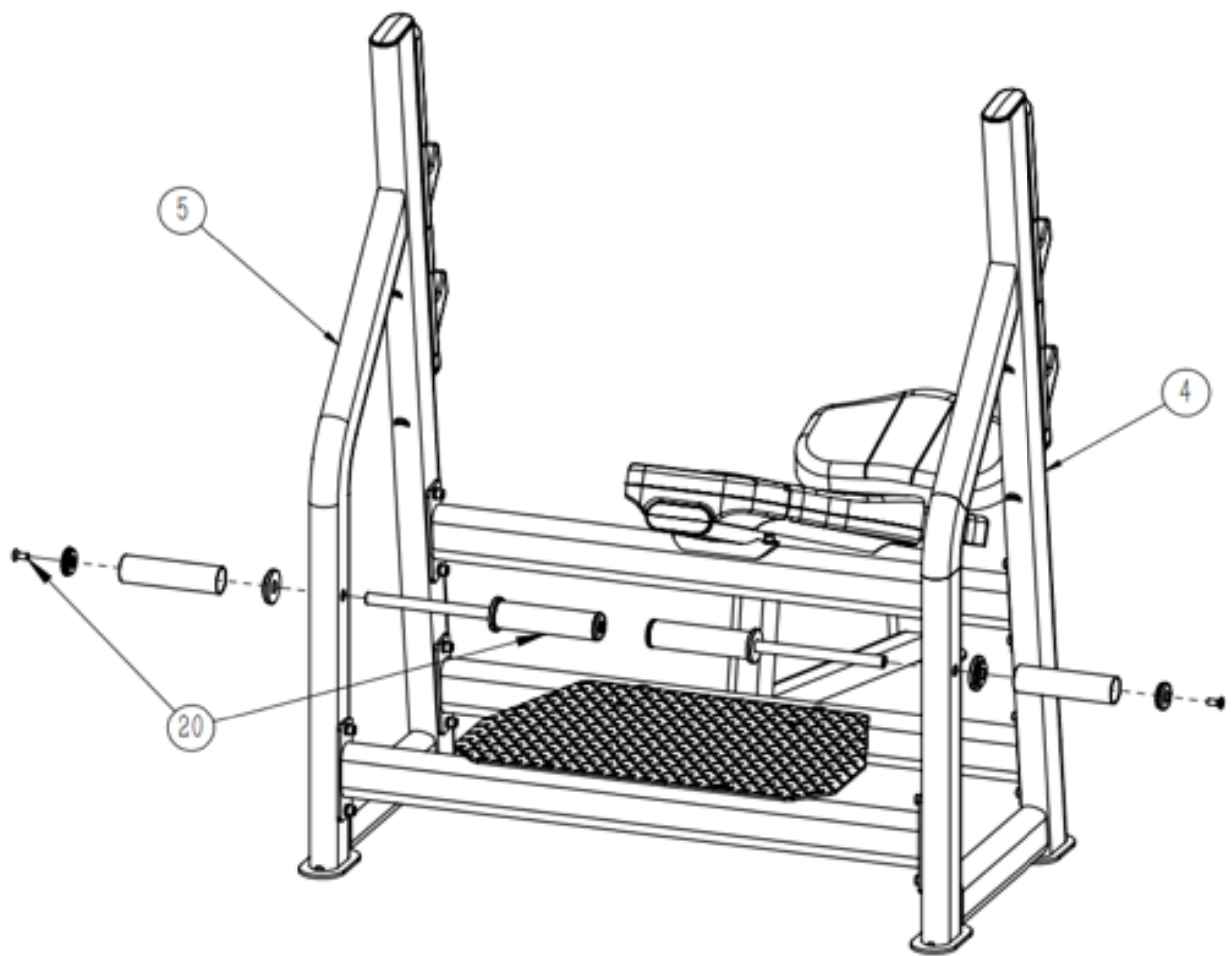
Step 6:

Connect the seat frame (19) to the back support frame (10).



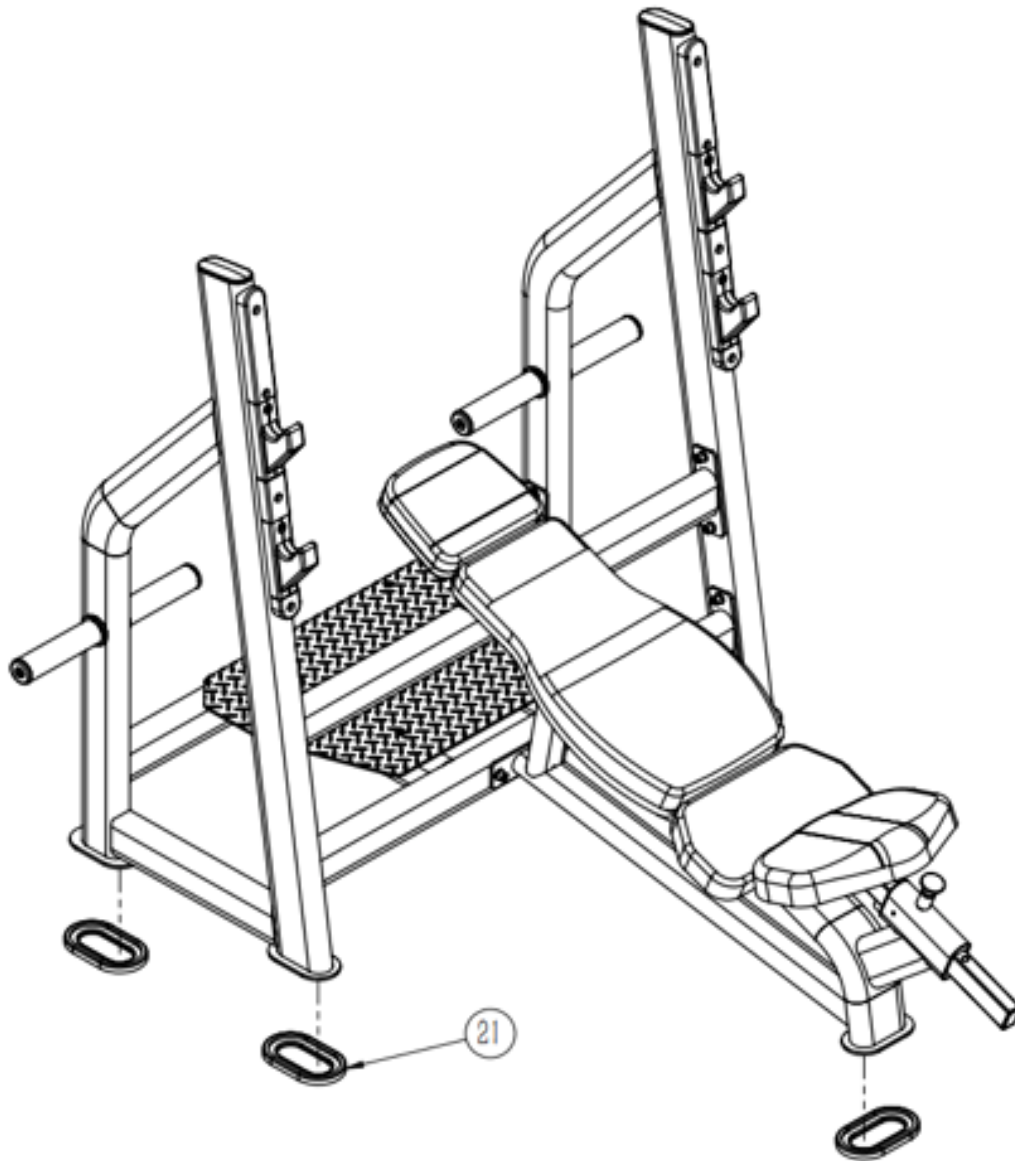
Step 7:

Remove the pre-installed barbell plate storage sleeves (20) and attach them to the left and right side frames (4) and (5).



Step 8:

Place the incline bench press rack in the appropriate location and install the corresponding five oval foot pads (21):



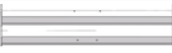






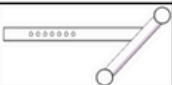

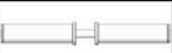



## Important Tips

Now that your Olympisk Incline Bænk unit is fully assembled, take a moment to ensure that it is both level and plumb. Use a spirit level to check the vertical alignment of the guide rods in all directions.

If they are not perfectly vertical, loosen the frame bolts slightly, adjust the alignment, and re-tighten all bolts securely.

## Accessory List

No.	Description	Picture	Amount
1	Connection Frame		1
2	Left Side Frame		1
3	Right Side Frame		1
7	Back Frame		1
8	Head Pad		1
9	Back Pad		1
10	Seat Pad		1
15	Leg press adjustment frame		1
16	Leather pad		4
20	plate storage weight horn sleeve		2
21	Oval Foot Pad		5
4	Hexagon socket countersunk head screw M10*25		12
5	Spring washers M10		12
6	Flat washers M10-D20		12
11	Hexagon socket head screws M8*25		4
12	Flat washer M8		4
13	Hexagon socket head screws M8*40		5
14	Hole Plug		5
17	Hexagon socket countersunk head screw M8*25		4
18	Leather tube limit pad		4
19	Plastic end cap for leather tube		8

"Note: Pre-Assembly parts are not listed in this table."