

# ***FITNESS360***<sup>®</sup>

**FT9045**

**Olympisk Decline Bænk**



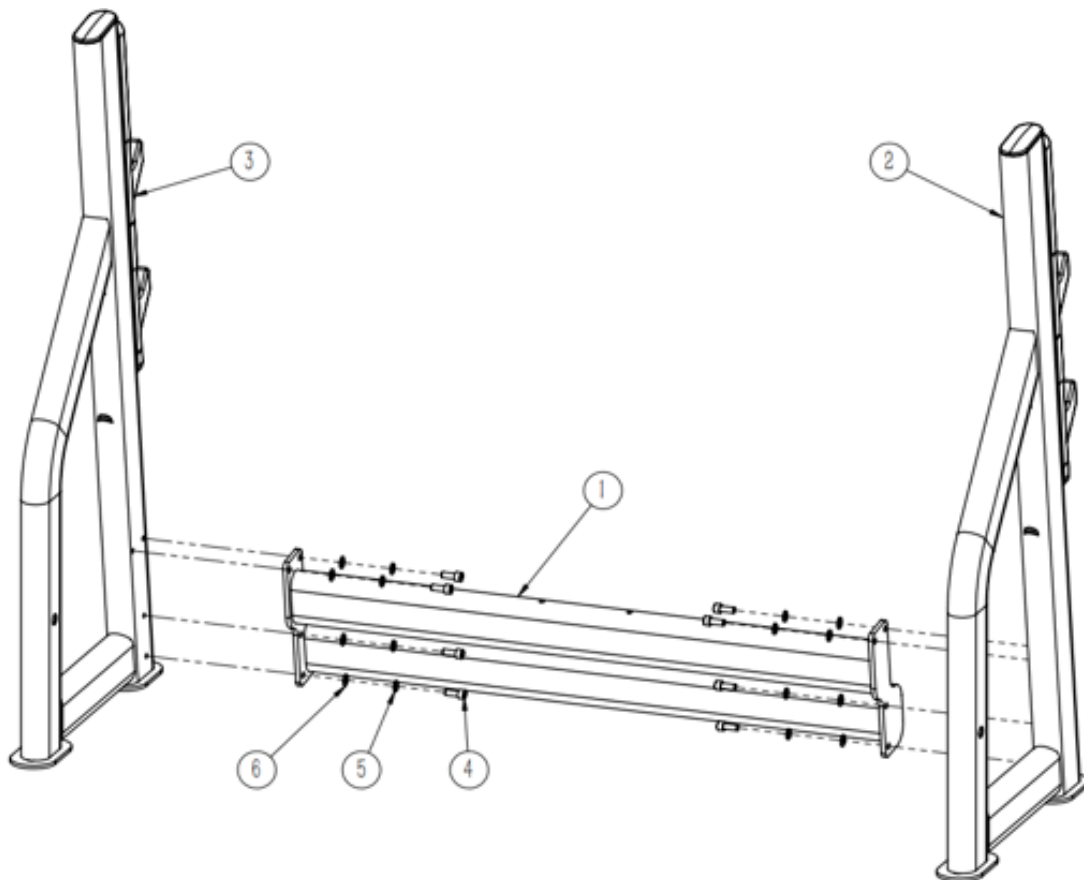
Rubble head Install Mallet Tool
Level Tool
Hexagon wrench
Two person
Circlip pliers
Adjustable wrench

Step 1:

Connect the decline bench press frame connection frame (1) to decline bench press left & right frames (2) and (3) using following method:

- 8×M10\*25 Hexagon socket head screws (4)
- 8×M10 Spring washers (5)
- 8×M10-D20 Flat Washers (6)

Tighten all bolts with a wrench before proceeding.

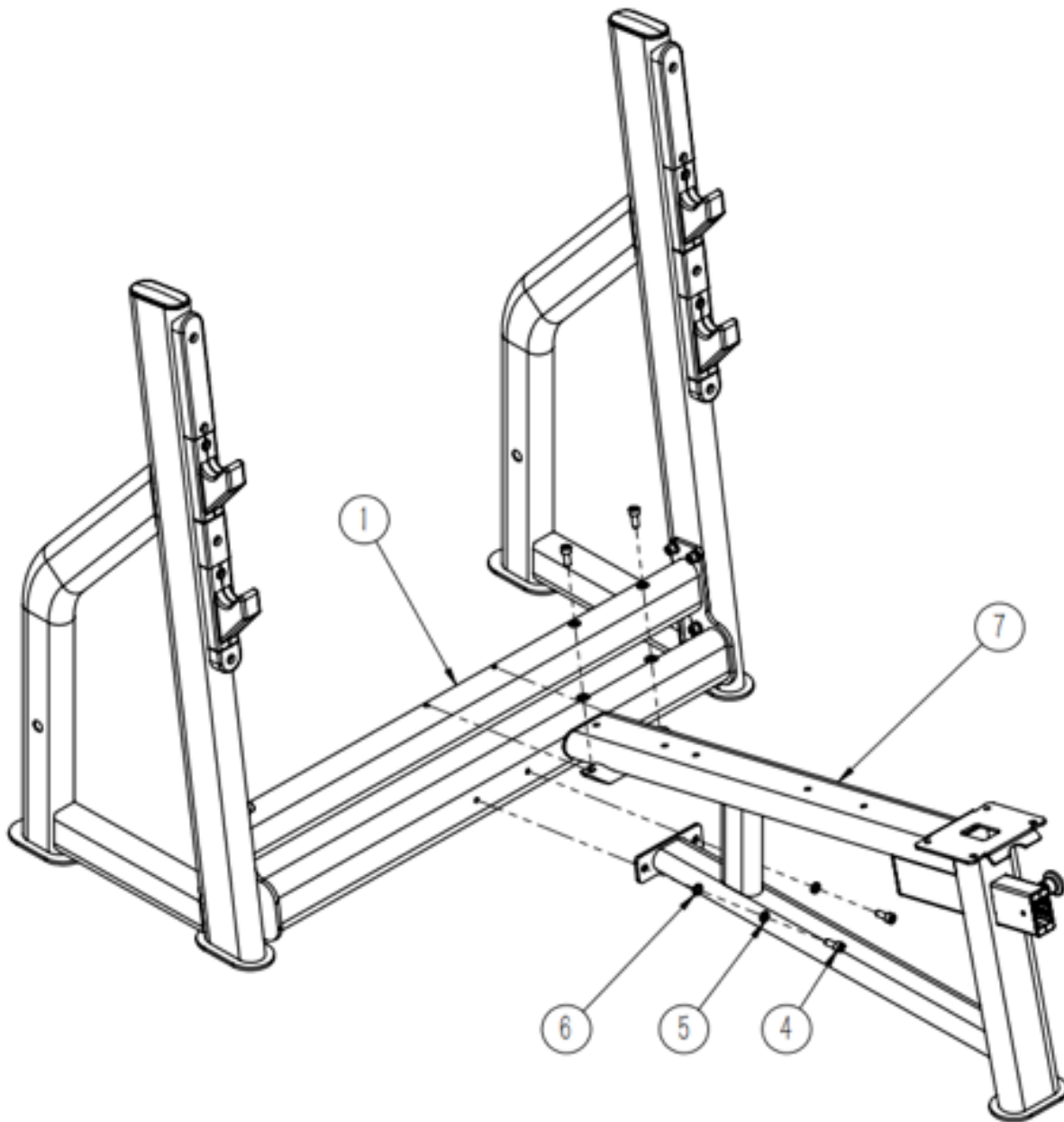


Step 2:

Open pre-installed barbell plate storage weight horn sleeve assembly (20) and install it on the left and right side frames (2) and (3):

- 4×M10\*25 Hexagon socket head screws (4)
- 4×M10 Spring Washer (5)
- 4×M10-D20 Flat washer (6)
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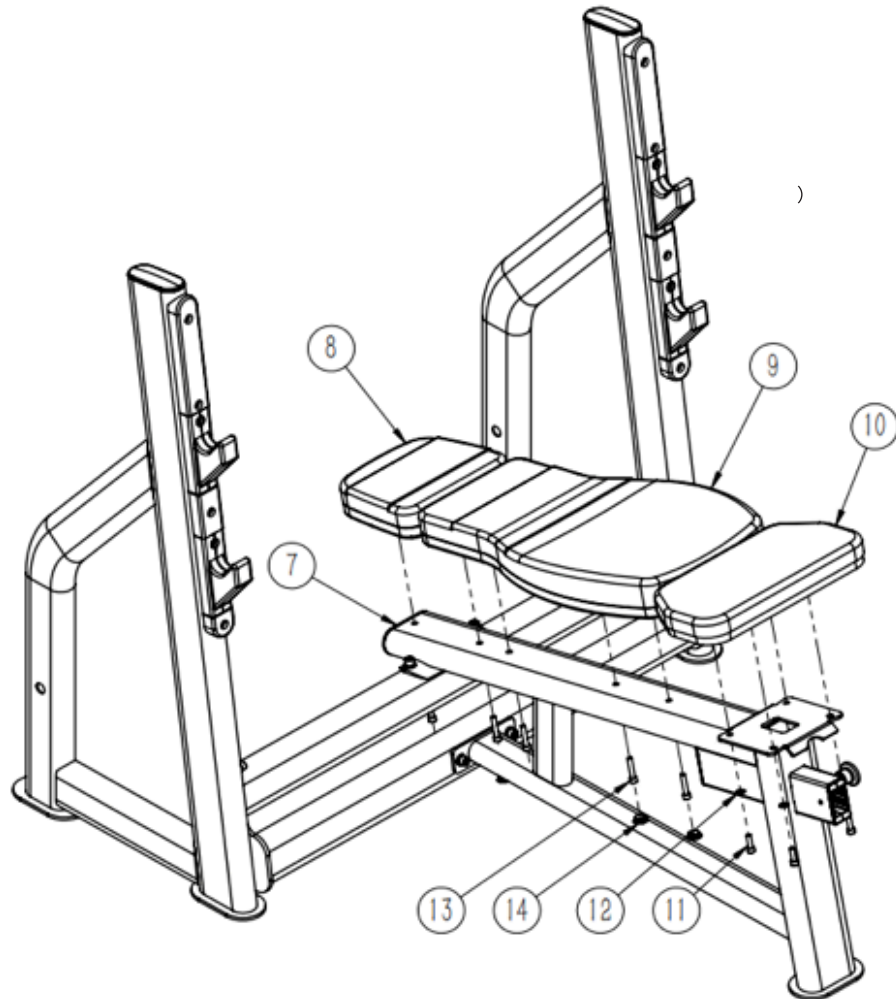
Tighten all bolts securely with a wrench before proceeding to the next step.



### Step 3:

Connect head pad (8), back pad (9), seat pad (10), backsupport frame (7) using the following method:

- 4×M8\*25 Hexagon socket head screws (11)
- 4×M8 Flat Washers (12)
- 5×M8\*40 Hexagon socket head screws (13)
- 5×20 Hole plug (14)



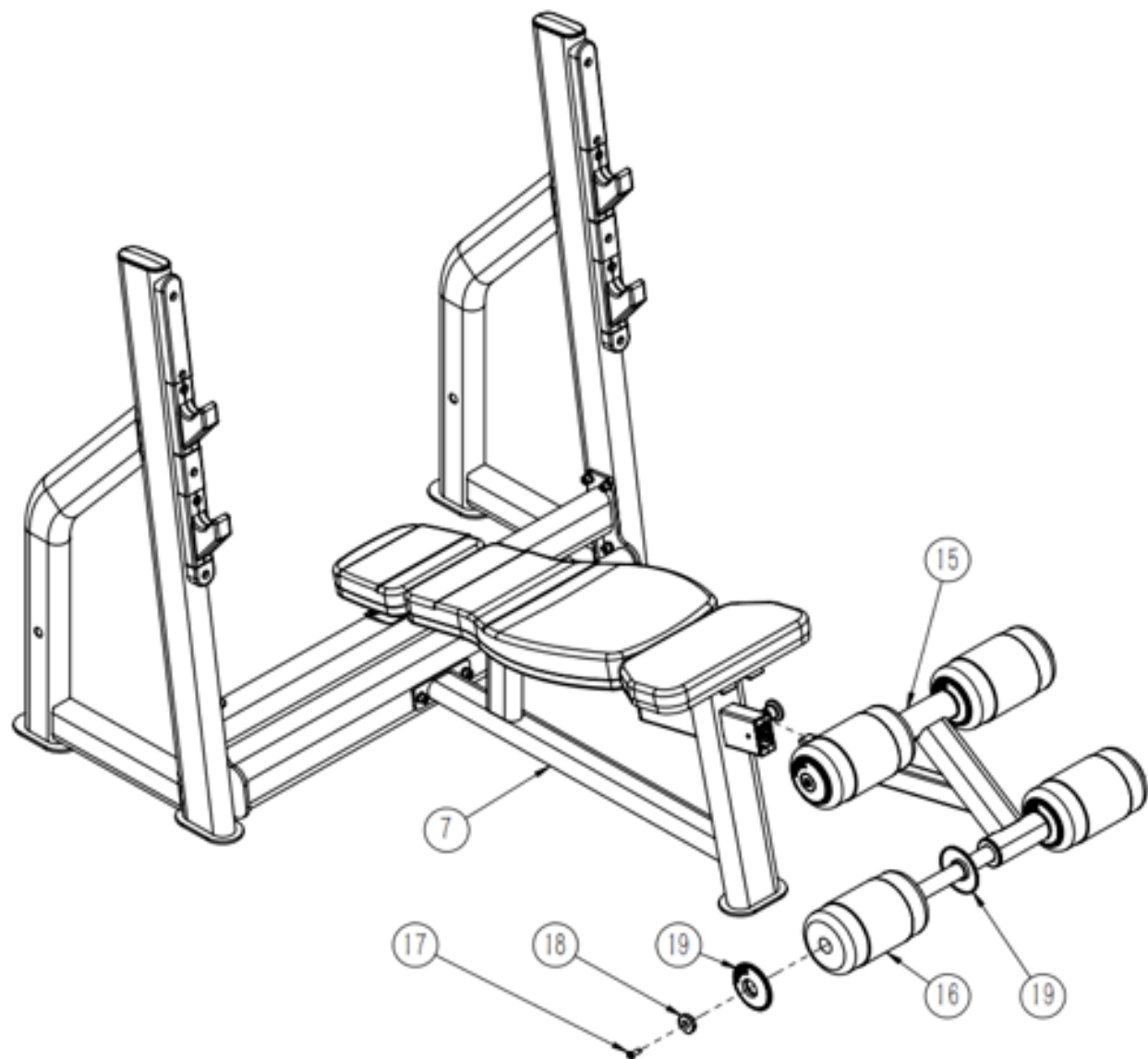
### Step 4:

Install the four leather pads (16) to the leg press adjustment frame (15) and connect them together using the following method:

- 4×M8\*25 Hexagon socket countersunk head screw (17)
- 4× Leather tube limit pad (18)
- 8× Plastic end cap for leather tube (19)

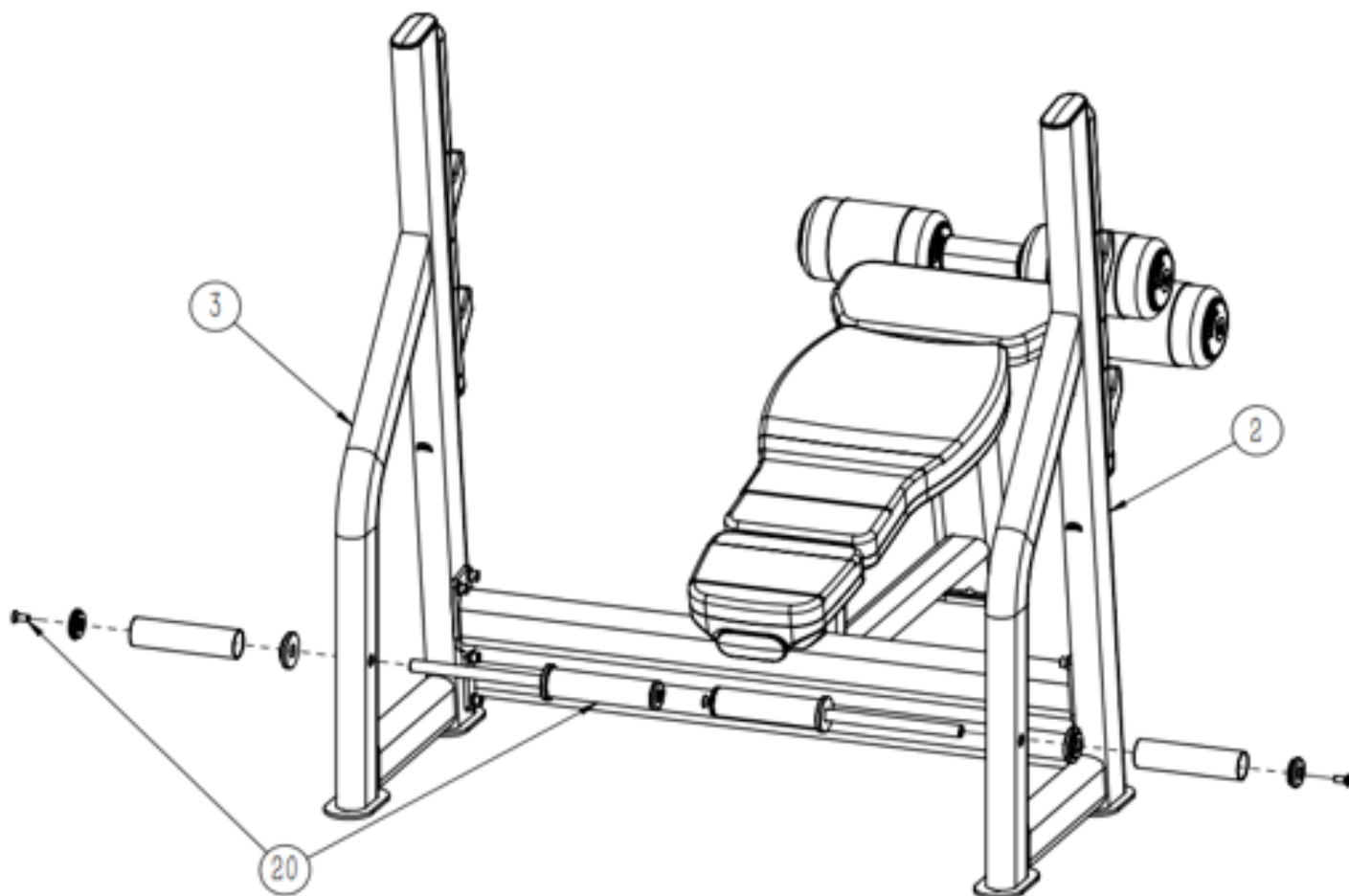
Step 5:

Connect Decline Bench Press Leg Press Adjustment Frame (15) and Back Frame (7).



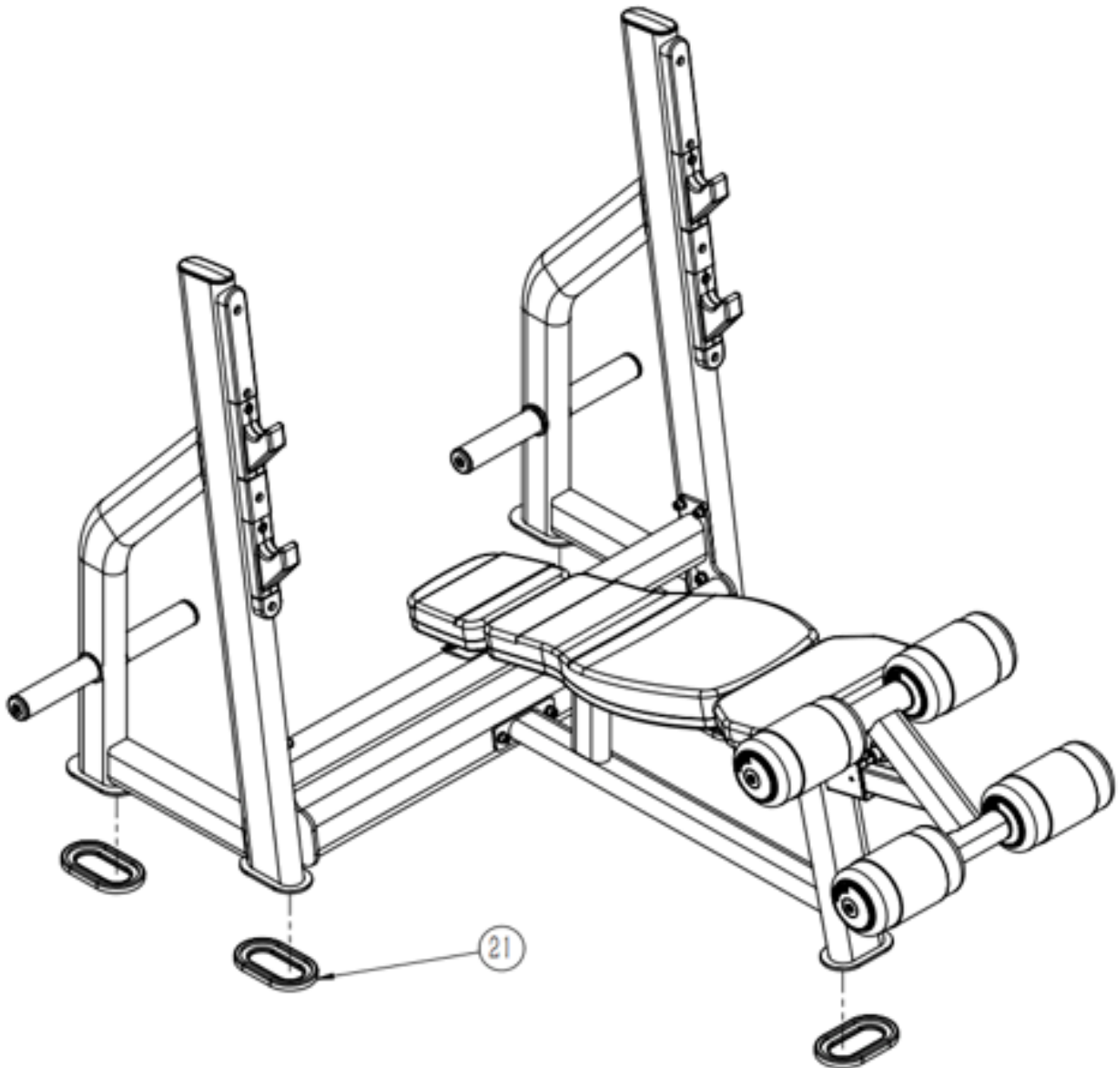
Step 6:

Open pre-installed barbell plate storage wight horn sleeve assembly (20) and install it on the left and right side frames (2) and (3):



Step 7:

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

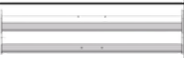
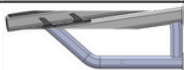
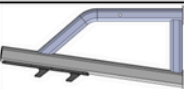
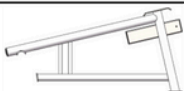


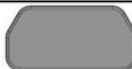
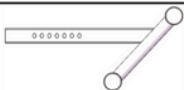

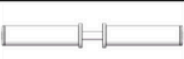



## Important Tips

Now that your Olympisk Decline 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