

Manual | Producthandleiding | Gebrauchsanweisung | Manuel du produit

Distribution by:

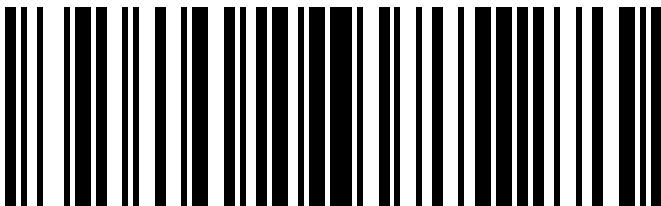
- Viking Choice; AP Onderdelen B.V., Nijverheidstraat 8, 6914AD, Herwen, Netherlands
- contact: sales@vikingchoice.nl

Offer EAN: 8720249122661

Related EAN: 5902854513420

Attached manuals:

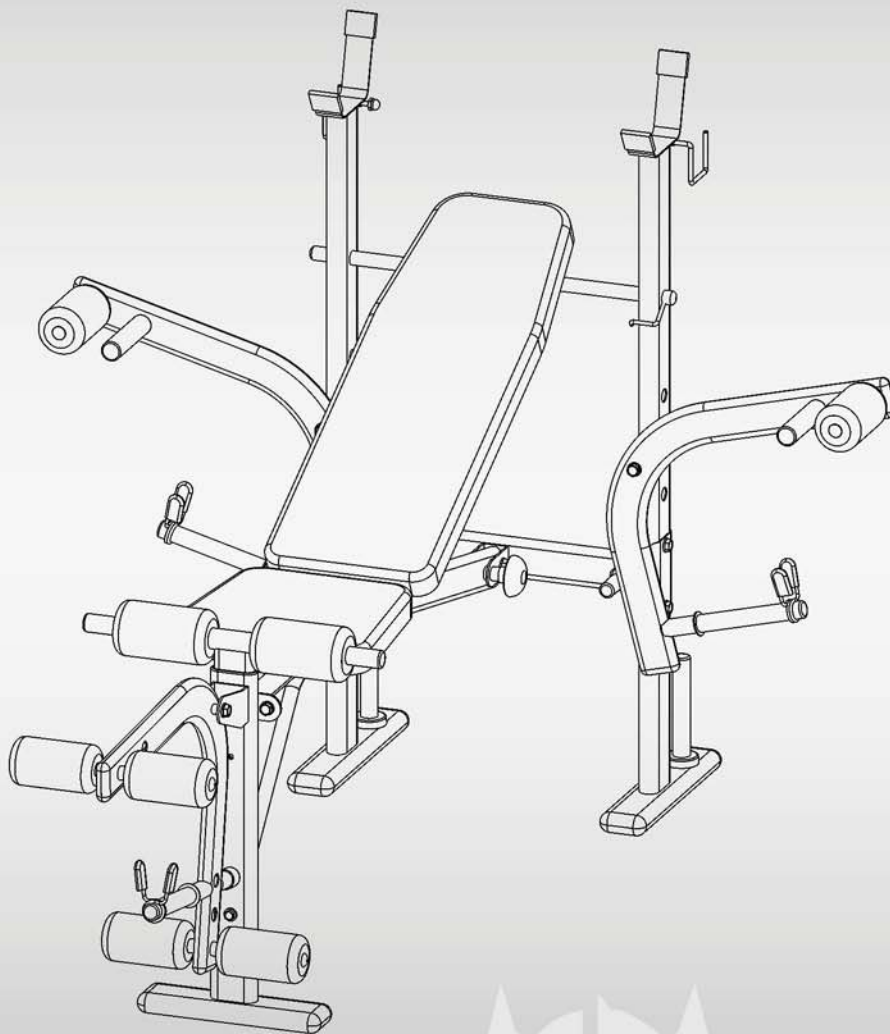
- 370748_new%20manual%20002.pdf



SPECIFICATION

Bench Press

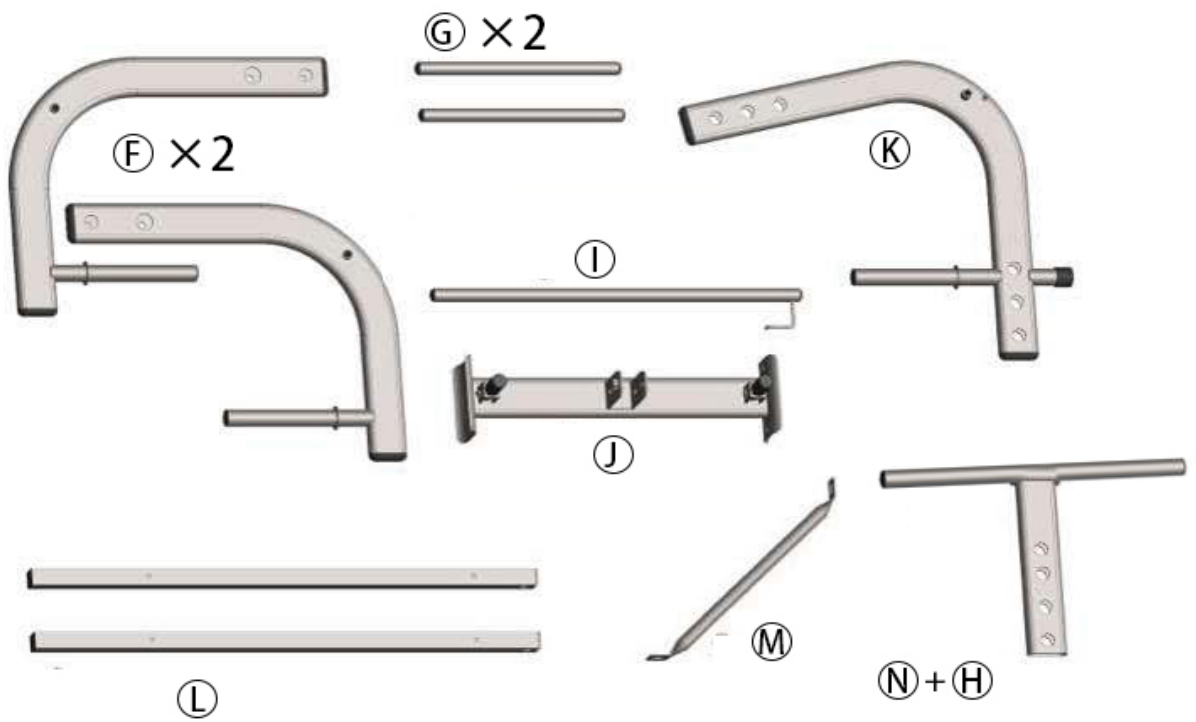
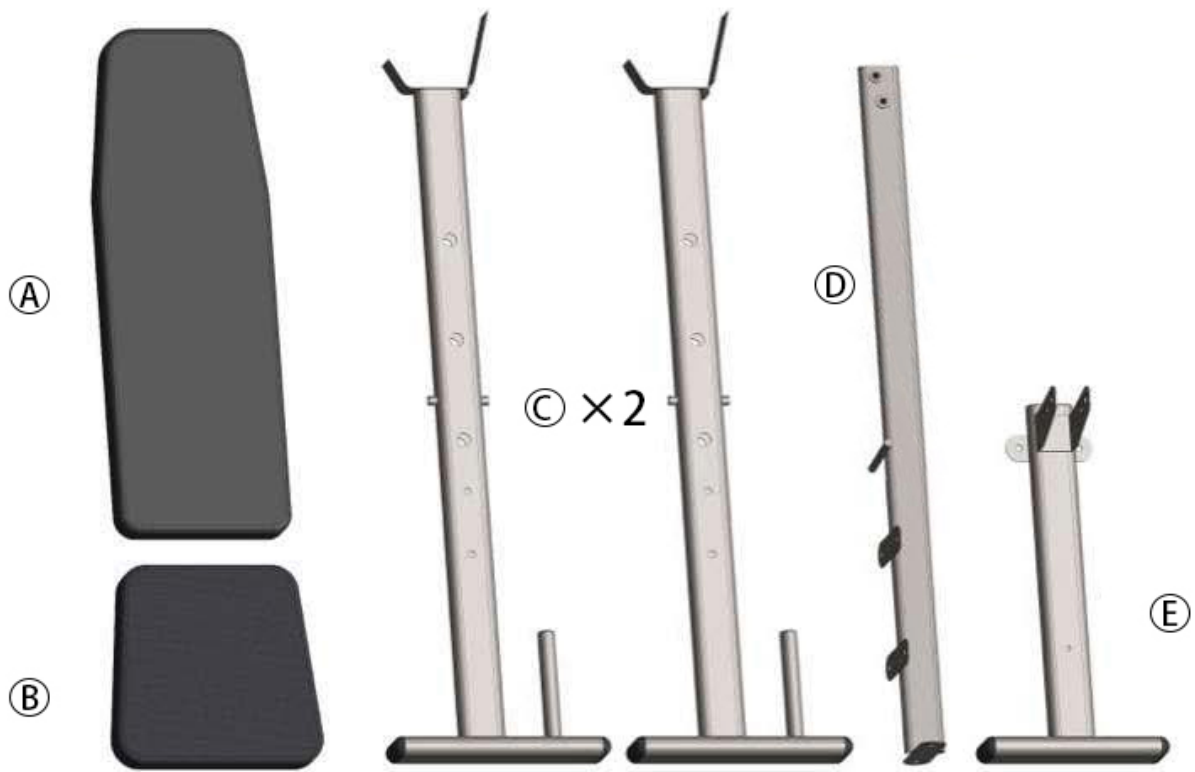
WEIGHT LIFTING BED



User Manual



VIKING SPORTS
AP ONDERDELEN B.V.



ⓐ × 6



ⓑ × 2



ⓒ × 8



ⓓ × 2



ⓔ × 2



ⓕ × 1



ⓖ × 2



ⓗ × 1



⑩ M10×130 1PCS



⑪ M10×120 2PCS



⑫ M8×65 1PCS



⑬ M10×55 1PCS



⑭ M10×65 4PCS



⑮ M8×16 2PCS



⑯ M10×55 1PCS



⑰ M8×16 1PCS



⑱ M6×50 4PCS

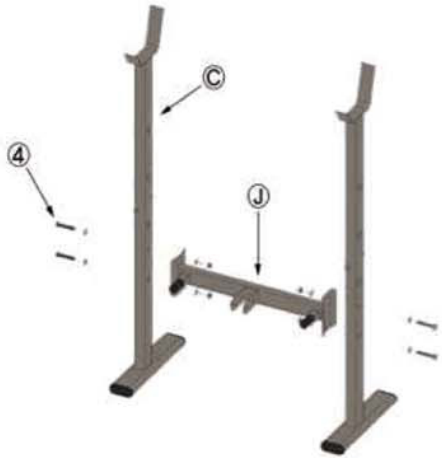


⑲ M6×16 4PCS

INSTALLATION

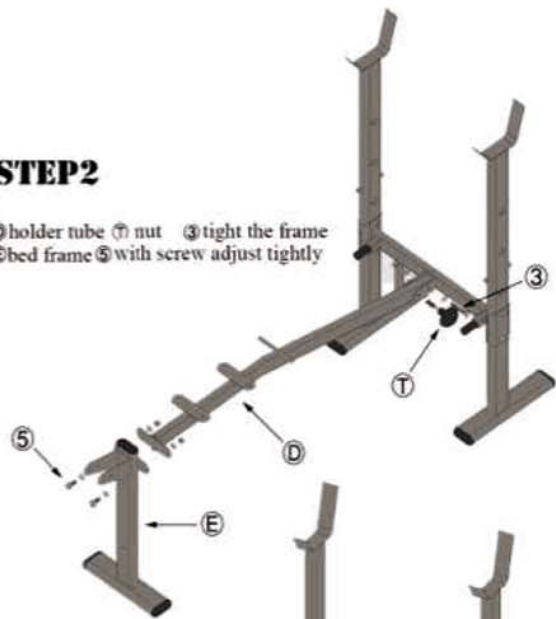
STEP 1

Ⓒ barbell stand Ⓓ safety holder Ⓔ with tight nut adjust tube for fixing rack



STEP 2

Ⓔ holder tube Ⓒ nut Ⓓ tight the frame
Ⓔ bed frame Ⓔ with screw adjust tightly



STEP 3

Ⓔ rack Ⓔ, Ⓔ with tighten nut to fix



STEP 4

Ⓔ leg extension Ⓔ with the screw to tighten
Ⓔ insert the bar with the foam
Ⓔ foam



STEP 5

INSTALLATION

STEP 6

- ① insert the safety pin
entight here all the screws



STEP 7

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



STEP 8

- ① insert the safety bar through the holes



STEP 9

- Ⓐ to fix cushion for leaning on with screws
Ⓑ tighten the screws
Ⓛ safety stand holder



INSTALLATION

STEP 10

Ⓤ insert the safety pin to fox barbell holder



STEP 11

Ⓟ foam Ⓝ insert the tube into bracket

Ⓜ insert the bar through the hole with foams

Ⓦ entight the screw to fix the rack

Ⓞ **AT LAST INSTALL THE JUMP RING**

