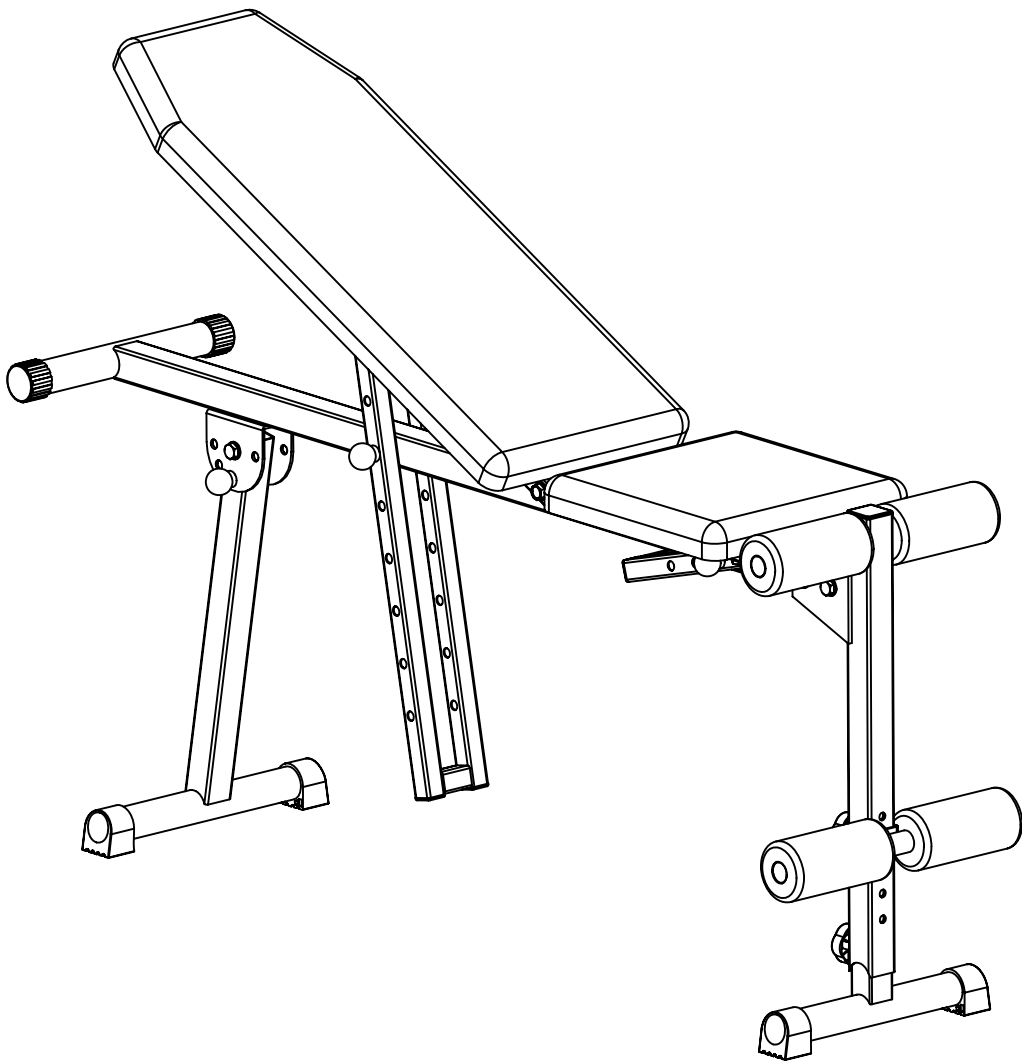
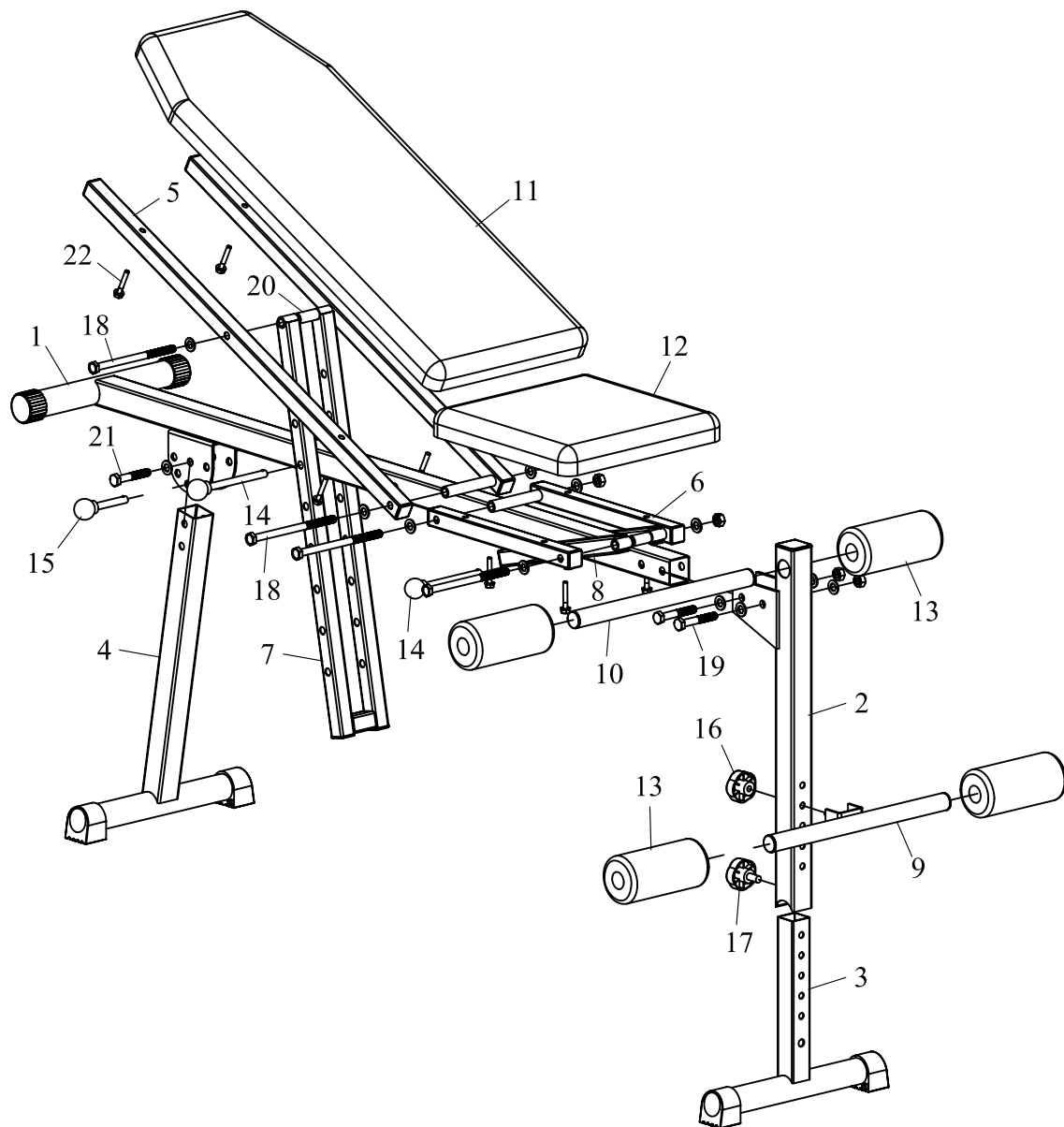


SIT UP BENCH SUB1155



ASSEMBLY INSTRUCTIONS



1. Insert front base (3) into front support (2), secure with plastic head bolt (17).
2. Attach front support (2) to main frame (1) with bolt M10*65 + washers + nut (19).
3. Attach adjustable foam tube (9) to front support (2) with plastic nut (16).
4. Insert foam tube (10) into hole on front support (2).
5. Push a foam roller (13) onto each side of foam tube (10) and adjustable foam tube (9).
6. Attach adjustable base (4) to main base (1) with bolt M10*60 + washers + lock nut (21) and pin $\pm 10*70$ (15).
7. Attach back cushion supports (5) and seat cushion supports (6) to main frame (1) with bolt M10*140 + washers + lock nut (18).
8. Make the hatch of back cushion adjustable support (7) through main frame (1) from underside. Then attach back cushion adjustable support (7) to back cushion supports (5) with bolt M10*140 + washers + lock nut (18) and joint tube (20). Screw back cushion adjustable support (7) to main frame (1) in place with pin $\text{\O}10*110$ (14).
9. Make the hatch of seat cushion adjustable support (8) through main frame (1) from underside. Then attach seat cushion adjustable support (8) to seat cushion supports (6) with bolt M10*140 + washers + lock nut (18) and joint tube (20). Screw seat cushion adjustable support (8) to main frame (1) in place with pin $\text{\O}10*110$ (14).
10. Attach back cushion (11) to back cushion supports (5) with bolt M6*40 + washer (22).
11. Attach seat cushion (12) to seat cushion supports (6) with bolt M6*40 + washer (22).