

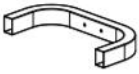
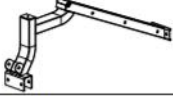








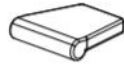































OWNER'S MANUAL

MPN(s): FIDBENCH

SKU(s): 400636

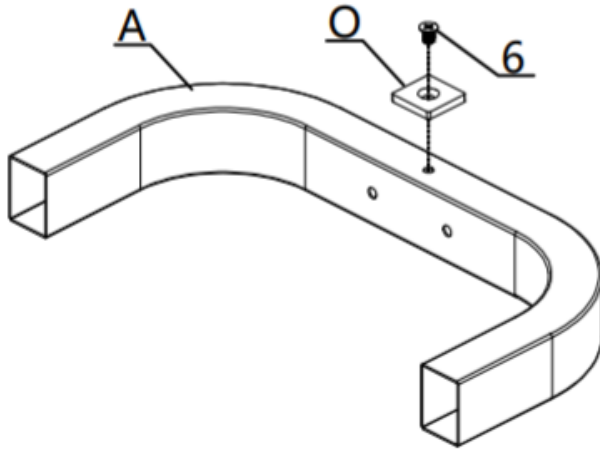
PARTS & HARDWARE

PARTS LIST				
A U FRAME 1PC 	B MAIN FRAME 1PC 	C REAR BASE 1PC 	D BACKREST SUPPORT 2PCS 	
E SEAT SUPPORT 1PC 	F ADJUSTABLE RACK 2PCS 	G ADJUSTER(OUTER) 1PC 	H ADJUSTER(INNER) 1PC 	
I ADJUSTABLE FOAM FRAME 1PC 	J ANGLE SUPPORT 1PC 	K SEAT PAD 1PC 	L BACKREST 1PC 	
M FOAM 2PCS 	N FOAM PLUG 2PCS 	O RUBBER MAT 1PC 	P ENDCOVER (50-70) 2PCS 	
Q BUMPER 1PC 	R WHEEL 2PCS 	S KNOB (16) 1PC 	T BUSH 4PCS 	
U BUSH (25) 6PCS 	V HANDLE 1PC 	W ENDCAP (25-50) 4PCS 	X ENDCAP (50-70) 2PCS 	
Y PLASTIC SLEEVE 1PC 				

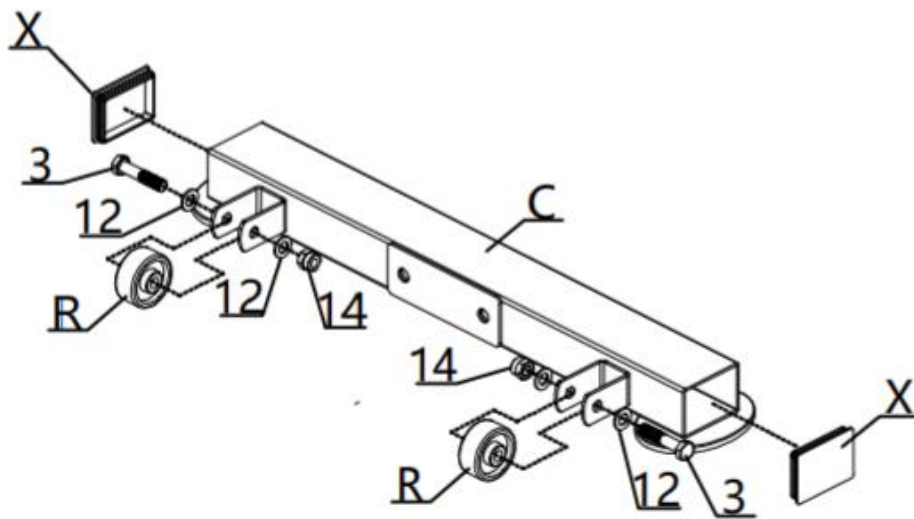
HARDWARE LIST				
1 BOLT(M10*20)  5PCS	2 BOLT(M10*25)  2PCS	3 BOLT(M10*50)  2PCS	4 BOLT(M10*65)  4PCS	5 BOLT(M10*105)  1PC
6 BOLT(M10*16)  1PC	7 BOLT(M12*75)  2PCS	8 BOLT(M12*95)  3PCS	9 BOLT(M12*100)  3PCS	10 BOLT(M12*110)  2PCS
11 BOLT(M12*160)  2PCS	12 WASHER(M10)  17PCS	13 WASHER(M12)  24PCS	14 NYLON NUT(M10)  3PCS	15 NYLON NUT(M12)  12PCS



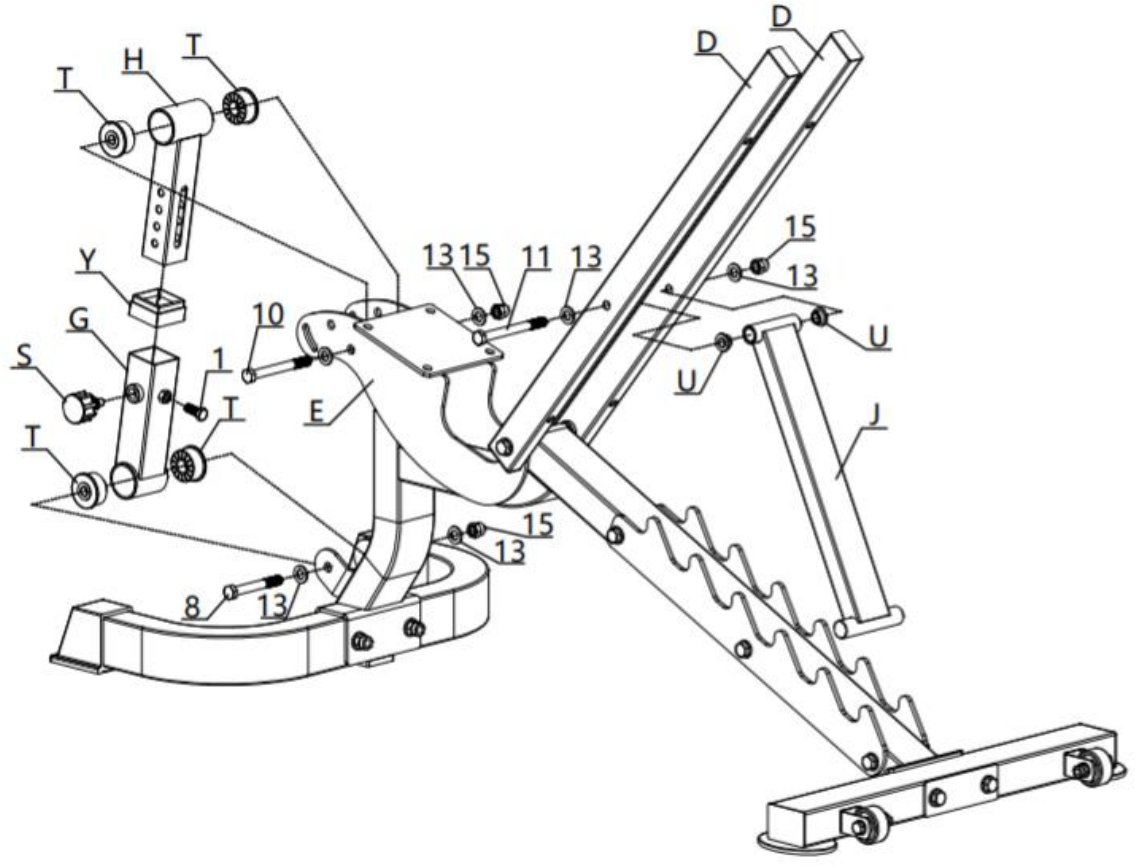
STEP 1.



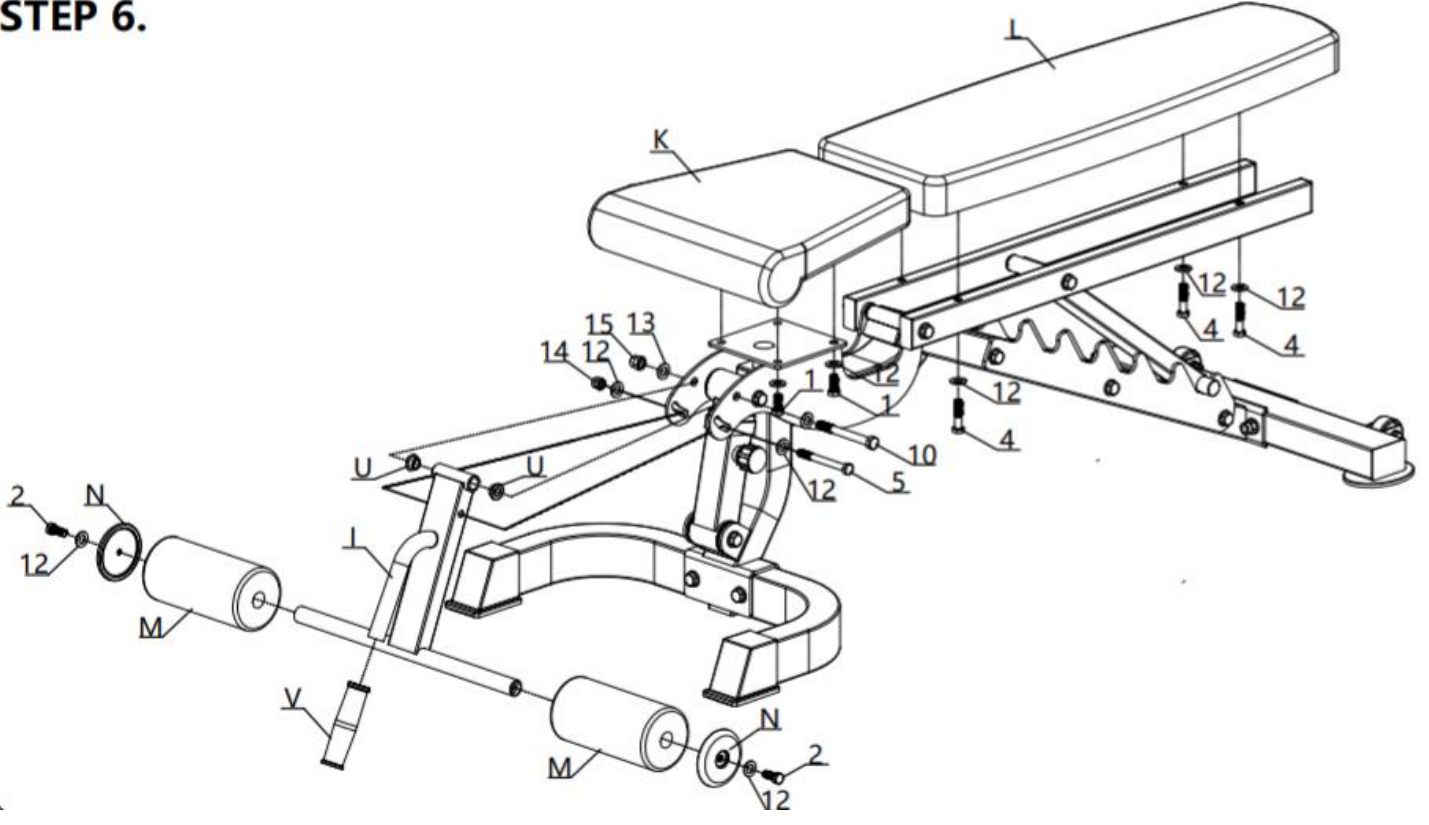
STEP 2.



STEP 5.



STEP 6.





This concludes the FIDBENCH Owner's Manual.

Make sure to tighten all nut-and-bolt combinations before use.

Enjoy!

DISCLAIMER

This equipment must be used with care by capable and competent individuals under supervision, if necessary.

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