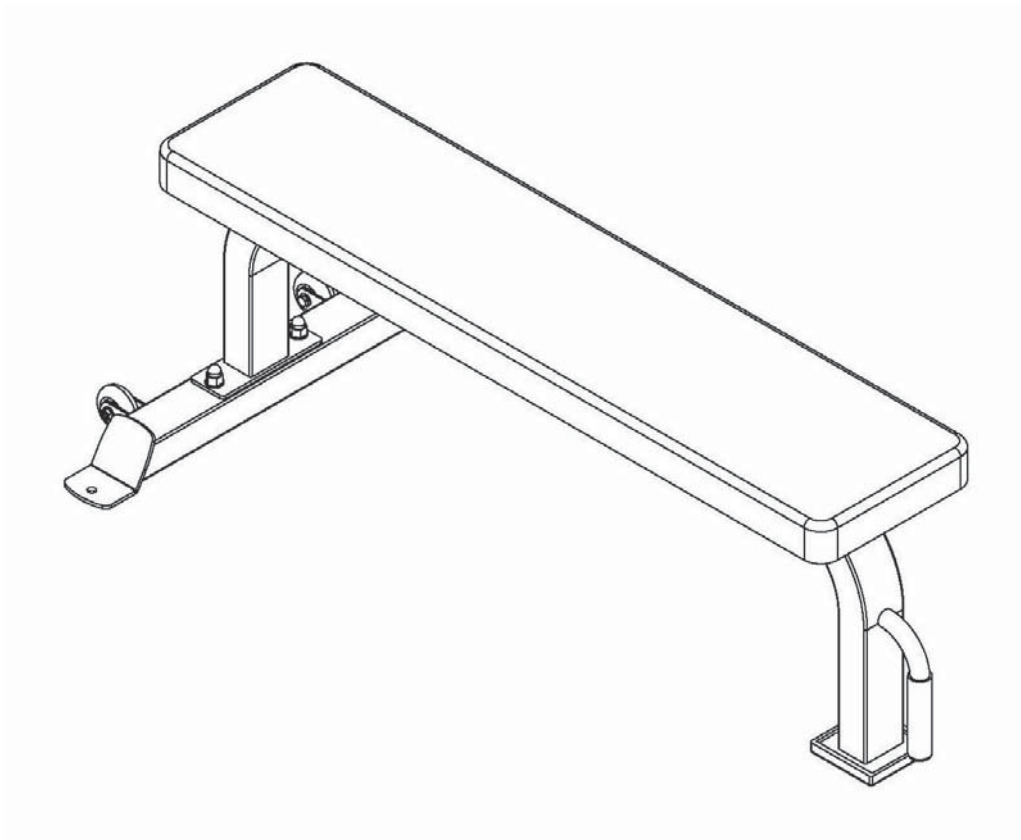




NO  
DOUBTS

SPART



**FLAT BENCH**

ST1005



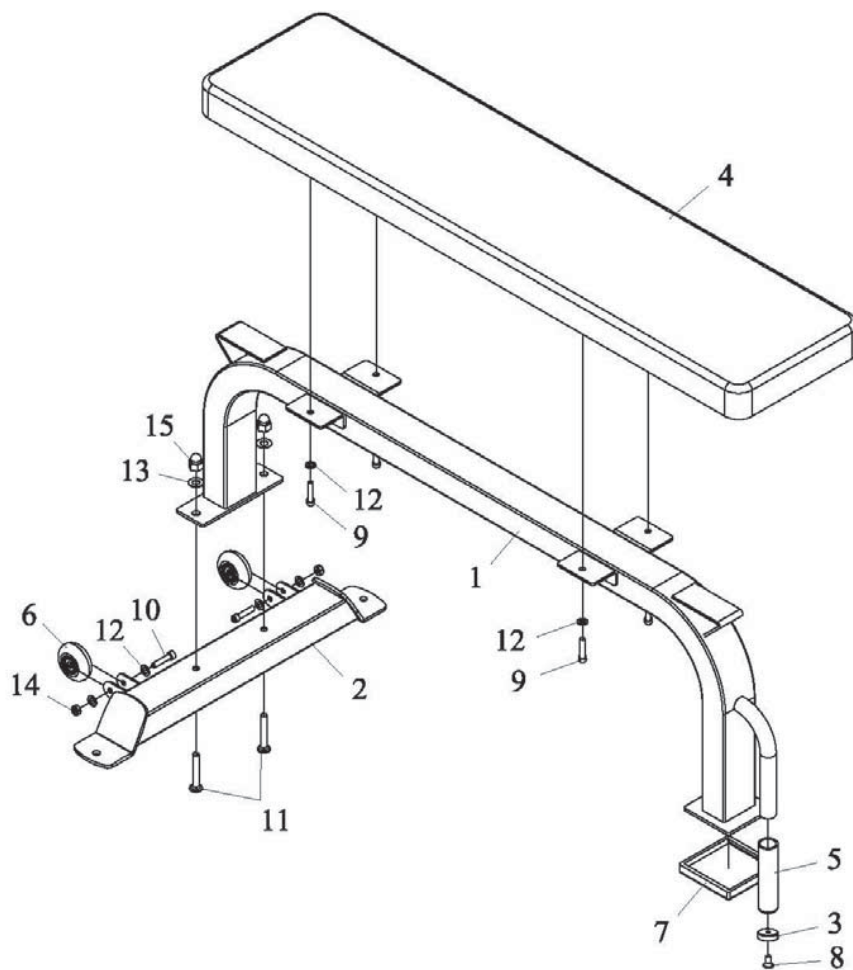
# SAFETY PRECAUTION

## Safety First

Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

1. Assemble the equipment according to the assembly instructions and only use the individual parts enclosed for assembly of the equipment and which are listed in the parts list as being specifically for this equipment. Before you start assembly, check against the delivery to make sure that everything has been delivered and check against the packing list to make sure all parts have been enclosed.
2. Read, study and understand the Owner's Manual and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this product prior to use. Some of this information can be obtained in this owner's Manual, as well as from your local retailer.
3. It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacements Owner's Manual and labels are available from your local retailer.
4. It is recommended that another person assist you with the assembly of this unit.
5. Consult with your physician before beginning any exercise program. It is recommended that you undergo a complete physical examination.
6. Use proper discretion when children are present.
7. Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
8. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
9. Do not attempt to lift more weight than you can control safely.
10. Work within your recommended exercise level. DO NOT work to exhaustion. If you feel any pain or discomfort, stop your workout immediately.
11. Inspect the machine for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found do not use or allow the machine to be used until the defective part is repaired or replaced.
12. DO NOT place any sharp objects around the machine.

## EXPLODED DIAGRAM



NUMBER	DESCRIPTION	QUANTITY
1	MAIN FRAME	1
2	BASE	1
3	SHEATHING	1
4	CUSHION	1
5	HANDLE FOAM	1
6	WHEEL	2
7	RUBBER MAT	1
8	M8*25 SOCKET SCREW	1

NUMBER	DESCRIPTION	QUANTITY
9	M8*25 SOCKET CAP SCREW	4
10	M8*45 SOCKET CAP SCREW	2
11	SQUARE NECK BOLT M10*65	2
12	WASHER 8	8
13	WASHER 10	2
14	LOCK NUT M8	2
15	CAP NUT M10	2

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