

CFF PRO SERIES SUPER DECLINE BENCH

Assembly & Care Instructions



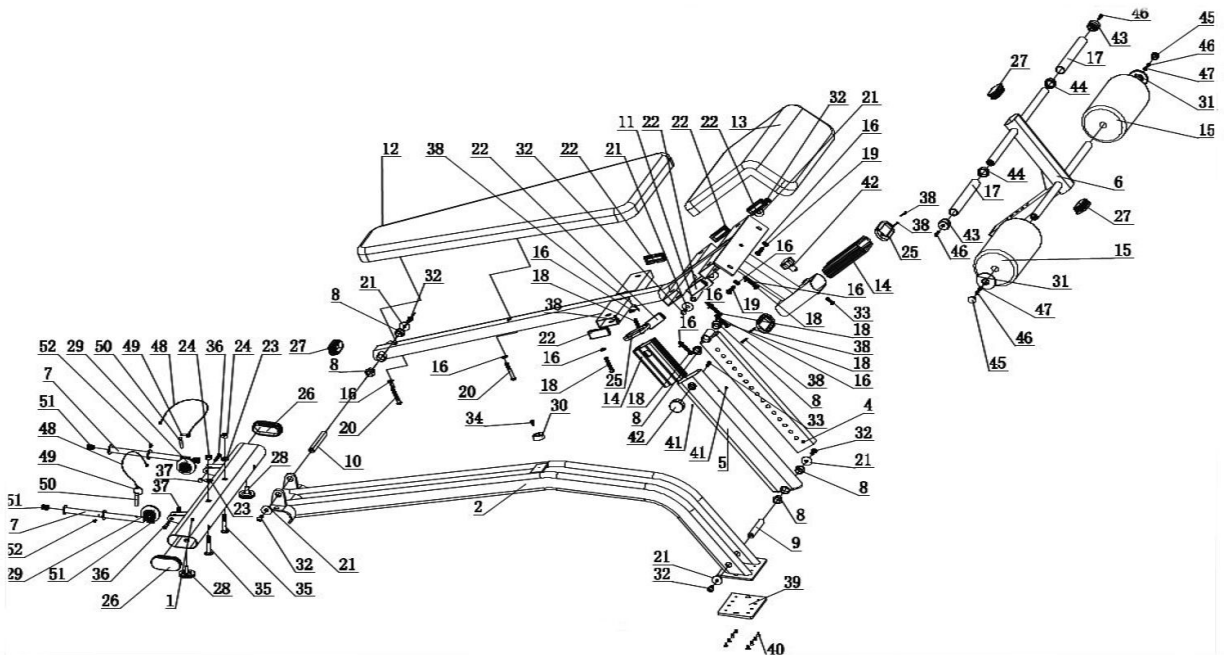
THANK YOU!

We think you're gonna dig this decline bench (CFF-ADB). Super adjustable and warranted for life, please review these instructions to ensure your bench is correctly assembled and lasts.

INCLUDED IN THIS DOCUMENT

- exploded drawing & parts list
- assembly steps
- caring for your bench

EXPLODED DRAWING & PARTS LIST



Whoa! (Take a deep breath. We'll get through this together.)

No.	Description	Qty	No.	Description	Qty
1	Rear Stabilizer	1	27	Plug, Oval 40x80x2.5mm	3
2	Base Frame	1	28	Leveling Foot, $\Phi 50 \times 36 \times M10$	2
3	Seat Pad Frame	1	29	Wheels, $\Phi 63 \times 24 \text{mm}$	2
4	Adjustable Inner Post	1	30	Washer, $\Phi 38, \Phi 7 \times 15 \text{mm}$	1
5	Adjustable Outer Tube	1	31	End Cap, $\Phi 65, \Phi 26 \times 18 \text{mm}$	2
6	Adjustable Leg Frame	1	32	Allen Bolt, M10x25mm	6
7	Band Pegs	2	33	Allen Bolt, M8x25mm	2
8	Bushing, $\Phi 31, \Phi 25, \Phi 19 \times 16 \text{mm}$	6	34	Hex Bolt, Mx15mm	1
9	Shaft, $\Phi 19 \times 121 \text{mm}$	1	35	Carriage Bolt,	2
10	Shaft, $\Phi 19 \times 139 \text{mm}$	1	36	Allen Bolt, M8x45mm	2
11	Shaft, $\Phi 19 \times 71 \text{mm}$	1	37	Plug, M8	2
12	Back Pad	1	38	Screw, Self-Tapping, 4x25mm	6
13	Seat Pad	1	39	Rubber Foot	1
14	Sleeve, 94x45x170mm	2	40	Allen Bolt, M6x12mm	8
15	Leg Foam, $\Phi 150, \Phi 23 \times 175 \text{mm}$	2	41	Screw, M6x6mm	2
16	Flat Washer, $\Phi 11, \Phi 20 \times 2 \text{mm}$	10	42	Knob, $\Phi 45, \Phi 30, \Phi 7 \times 25 \text{mm}$	2
17	Handle Foam, $\Phi 24 \times 3 \times 245 \text{mm}$	2	43	End Cap, $\Phi 36 \times \Phi 30 \times \Phi 7 \times 25 \text{mm}$	2
18	Allen Bolt, M10x55mm	6	44	Ring, $\Phi 36 \text{mm}$	2
19	Allen Bolt, M10x30mm	2	45	End Cap, $\Phi 25 \times 2 \text{mm}$	2
20	Allen Bolt, M10x65mm	2	46	Allen Bolt, M6x25mm	4
21	Flat Washer, $\Phi 11 \times \Phi 34 \times 3 \text{mm}$	6	47	Flat Washer, $\Phi 7 \times \Phi 12 \times 2 \text{mm}$	2
22	End Cap, Square, 30x70x2mm	7	48	Cable, $\Phi 5.5 \times \Phi 2 \times 200 \text{mm}$	2
23	Flat Washer, $\Phi 14 \times \Phi 25 \times 3 \text{mm}$	2	49	Ring, $\Phi 1.5 \times 31 \text{mm}$	2
24	Nut, M12	2	50	Pin, $\Phi 11 \times \Phi 8 \times 50 \text{mm}$	2
25	End Cap, 50x100mm	3	51	End Cap, $\Phi 19 \times 2 \text{mm}$	4
26	Plug, Oval, 50x100x3mm	2	52	Hex Bolt, M5x10mm	2

ASSEMBLY STEPS

STEP 0

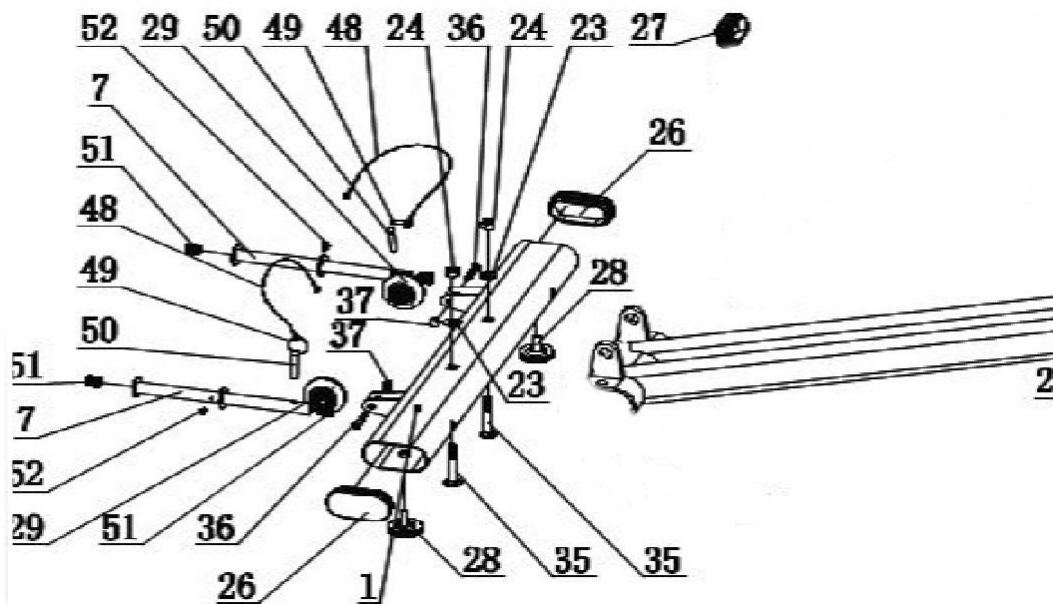
Sort all the assembly hardware.

Seriously. Many of the pieces in this kit have similar names and similar sizes. If you sort them out into piles - bolts, screws, nuts, washers, shafts, etc. - then match them up by similar sizes, you should be able to identify the ones you need at any given moment.

STEP 1

Assemble & attach the rear stabilizer.

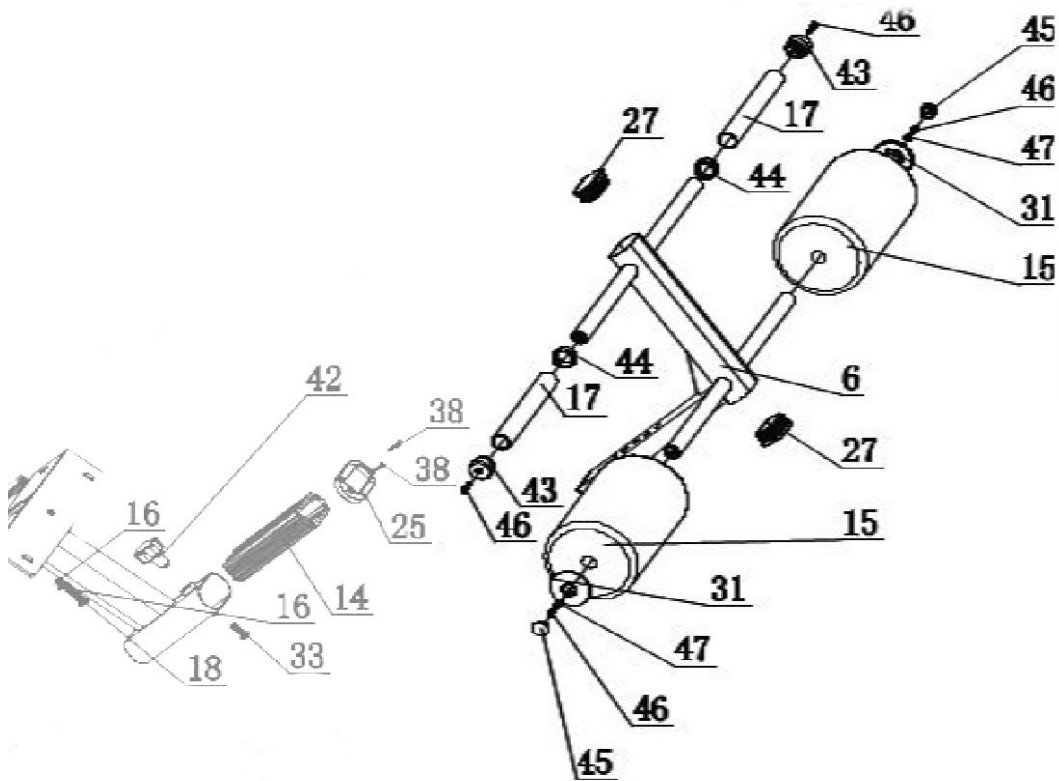
- It's the first part on the list [1], and the long-ish, oval tube in the image below. What's the next easiest thing to identify? How about the wheels? Attach the wheels [29] to the stabilizer using (1) M8x45mm allen bolt [36] and (1) M8 plug [37] each.
- Next, let's get those band peg [7] cables [48], rings [49] & pins [50] out of the way.
- While we're thinking band pegs [7], insert the end caps [51] and M5 hex bolts [52] into them.
- Now let's attach the leveling feet [28]. Just spin them in most - not all - the way.
- Snap in the end caps [26].
- Can you believe we're ready to connect this to the base frame [2]? Grab the (2) carriage bolts [35] and run them through the stabilizer and base frame from the bottom. Slip washers [23] over them, then spin the nuts [24] down finger tight.
- Finally, find the square, rubber foot [39] and all (8) M6 allen bolts. Attach the foot to the bottom of the far end of the base frame [2]. This should reduce the risk of you scratching your floor or anything up while you're moving things around during assembly. (Pictured in Step 3, below.)



STEP 2

Assemble the adjustable leg frame.

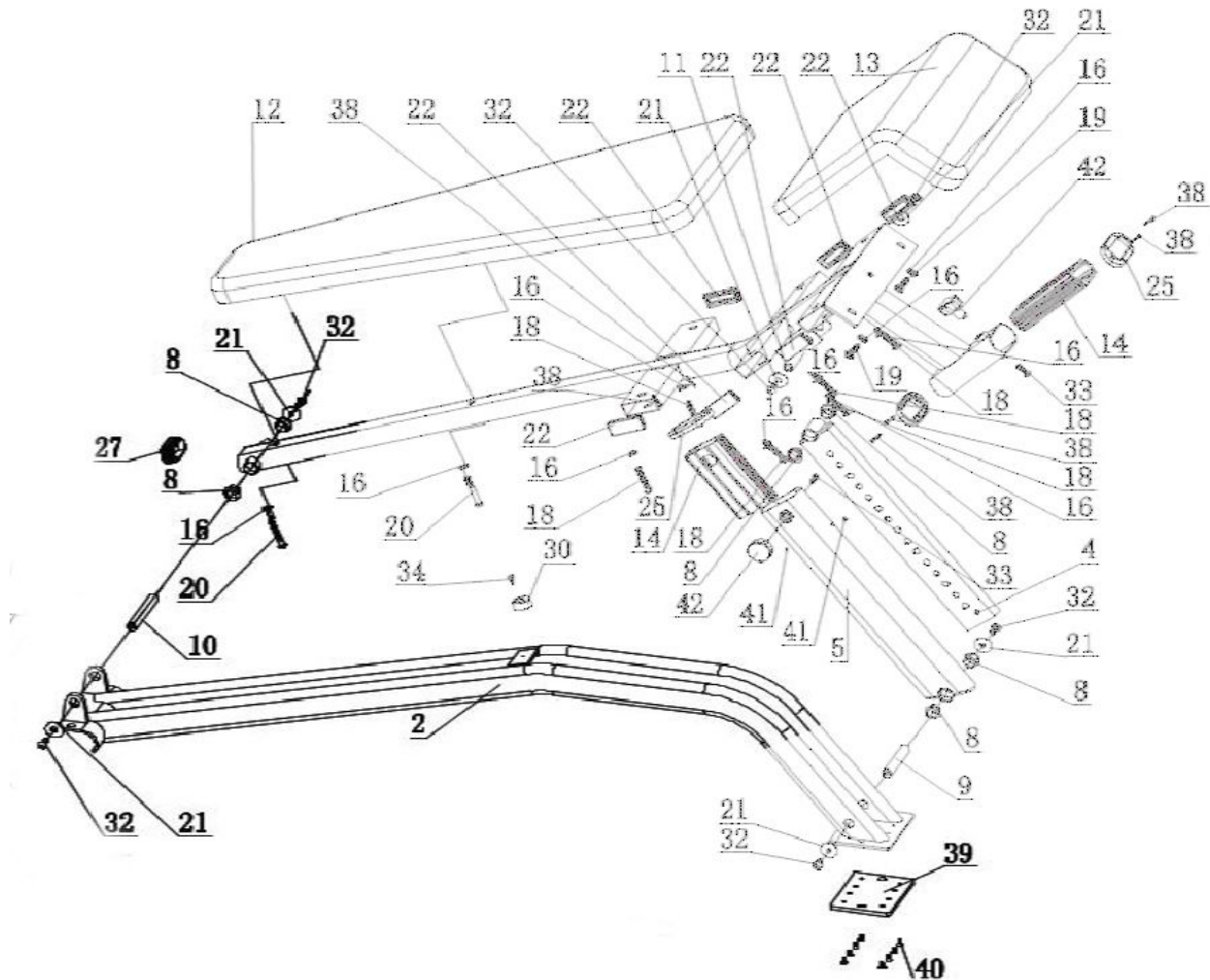
- You can't miss those fat, leg foam rollers [15]. Slip them onto their pegs, then slip larger end caps [31], and M6 washers [47] over the pegs and secure with M6 allen bolts [46]. Don't forget the end caps [45] to prevent nasty scrapes. (Notice these foam rollers are on the end with the leg on it which inserts into the rest of the bench.)
- Next, we'll slip the 36mm ring [44] & handle foam [17] onto the other pegs. Secure with M6 allen bolts [46] through the end caps [43].
- Pop in those end caps [27] and get ready to move on to something tricky - the seat/back frame.



STEP 3

Assemble & attach the seat/back frame.

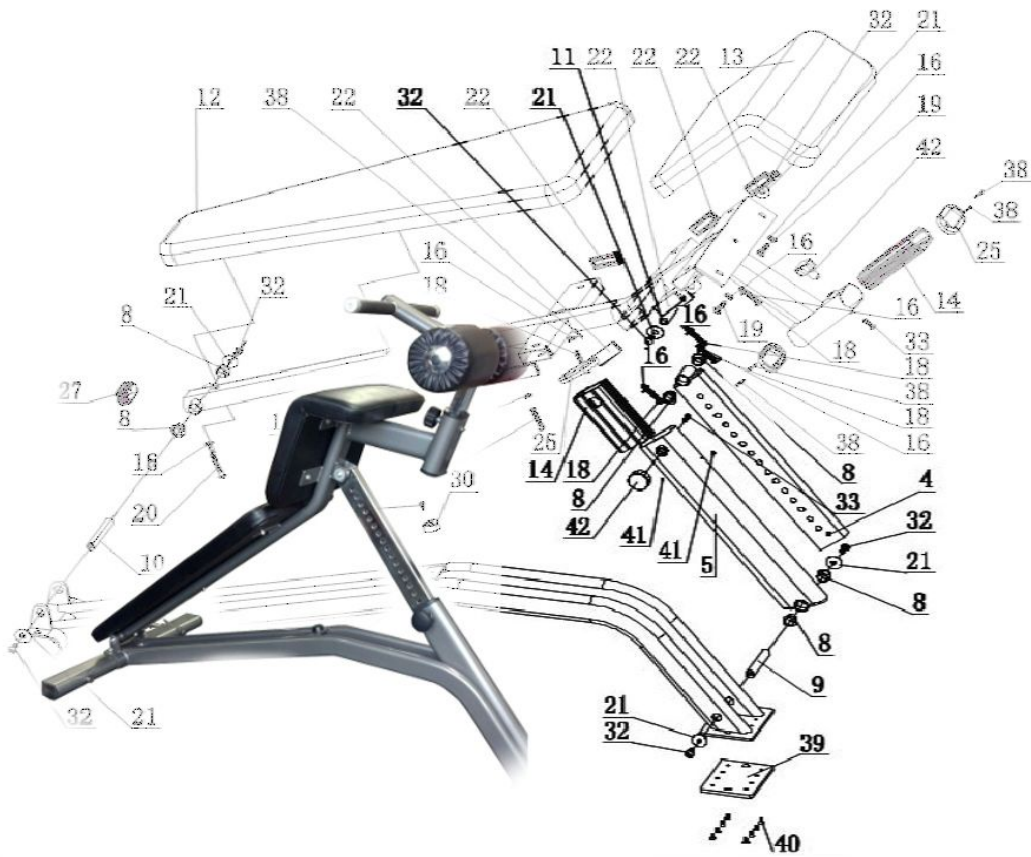
- The image below might look like a numbers explosion, but it's actually quite intuitive. Basically, we're going to connect the hinge at the base (by the stabilizer from Step 1), slip the adjustable inner post into the sleeve, and button it up. You'll see.
- This all revolves around the seat pad frame [3]. It's the other big, metal piece in the kit and should be pretty easy to find. Let's start with the pivot end.
- Slip the 139mm shaft [10] through the end of the seat frame. Put a bushing [8] on either side, then lower into the hinge point over the stabilizer. (1) M10x25mm bolt [32] & (1) M10 flat washer [21] screws in from each side to secure. Tighten these and check for smooth pivot action.



STEP 3a

Assemble & attach the adjustable post.

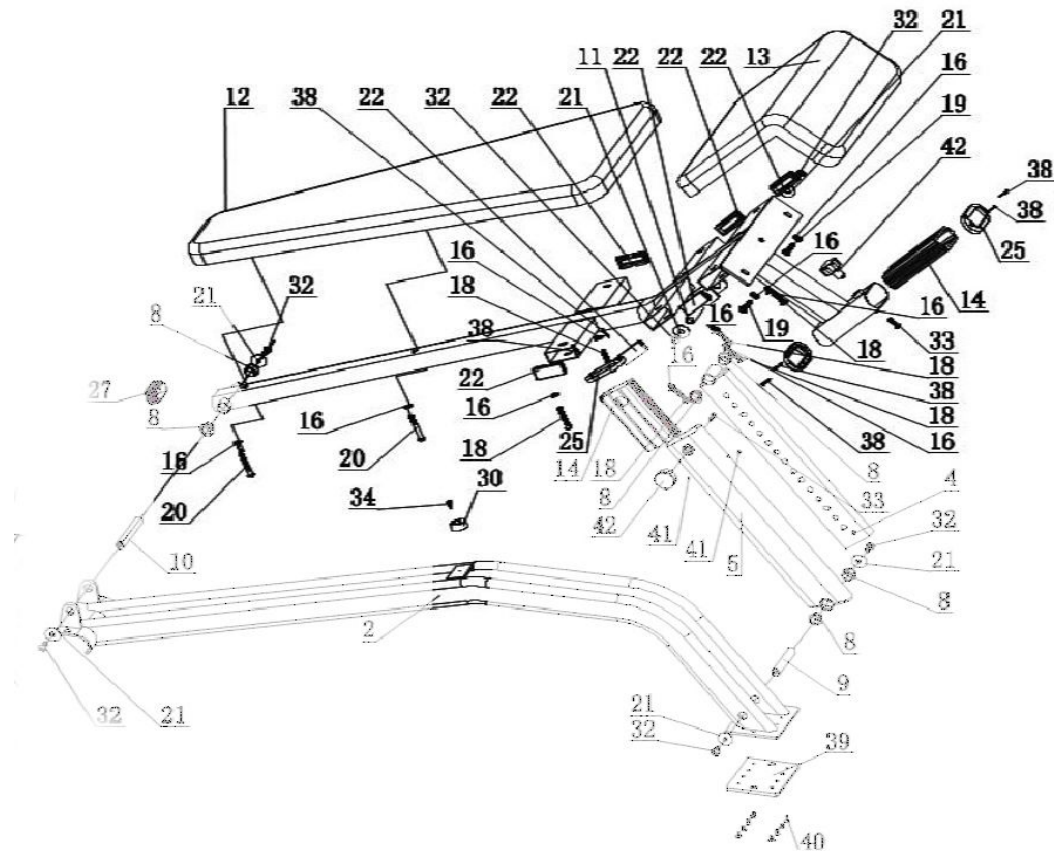
- Most of this should have been completed by the factory, meaning it should be a simple matter of sliding the inner post [4] into the adjustment tube [5].
- Just like we did with the pivot hinge on the other end, we'll slip a metal shaft [9] through the tube with a bushing [8] on either side, lower between the hinge points on the base frame, then tighten M10x25mm allen bolts with M10 flat washers [21] from the outsides.
- Connect the adjustment post to the seat/back frame in similar fashion. Slip the third shaft [11] through the post with a bushing [8] on either side. Secure with an M10x55mm bolt [18] and M10 washer [16] on each side.
- Adjustments are locked in using knob [42].



STEP 3b

Attach seat/back pads, leg frame.

- The main pad attaches where you expect it to using M10x65mm bolts [20] & washers [16].
- The back/leg pad attaches with M10x30mm bolts [19] and washers [16] upper, M10x55mm bolts [18] & washers [16] lower.
- Slide the leg frame into the obvious position at end cap [25]. Use knob [42] to lock it in place.
- Don't forget the little spacer washer [30] on the base, secured with the M6x15mm [34].



STEP 4

Go back through and tighten all nuts and bolts.

See? Told you we'd get through this together.

CARING FOR YOUR BENCH

MAKE YOUR INVESTMENT LAST

Cleaning

After each use, wipe your bench down with a clean, dry towel. If deeper cleaning is required, a damp towel and mild detergent should suffice. Avoid harsh chemical cleaning products, as they may damage the finish.

Re-tightening hardware

Periodically inspect the bench for signs of wear or loosening hardware. Make sure all nuts & bolts are tight. This bench is designed to support a good amount of weight and deliver reliable service over many years, but it will only do so when properly assembled and maintained.

CONTACT CFF WITH ANY QUESTIONS

WE WANT YOU HAPPY!

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We're here if you need us. (And we appreciate your feedback!)

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