

CFF FLAT/INCLINE/DECLINE (FID) BENCH

Assembly & Care Instructions



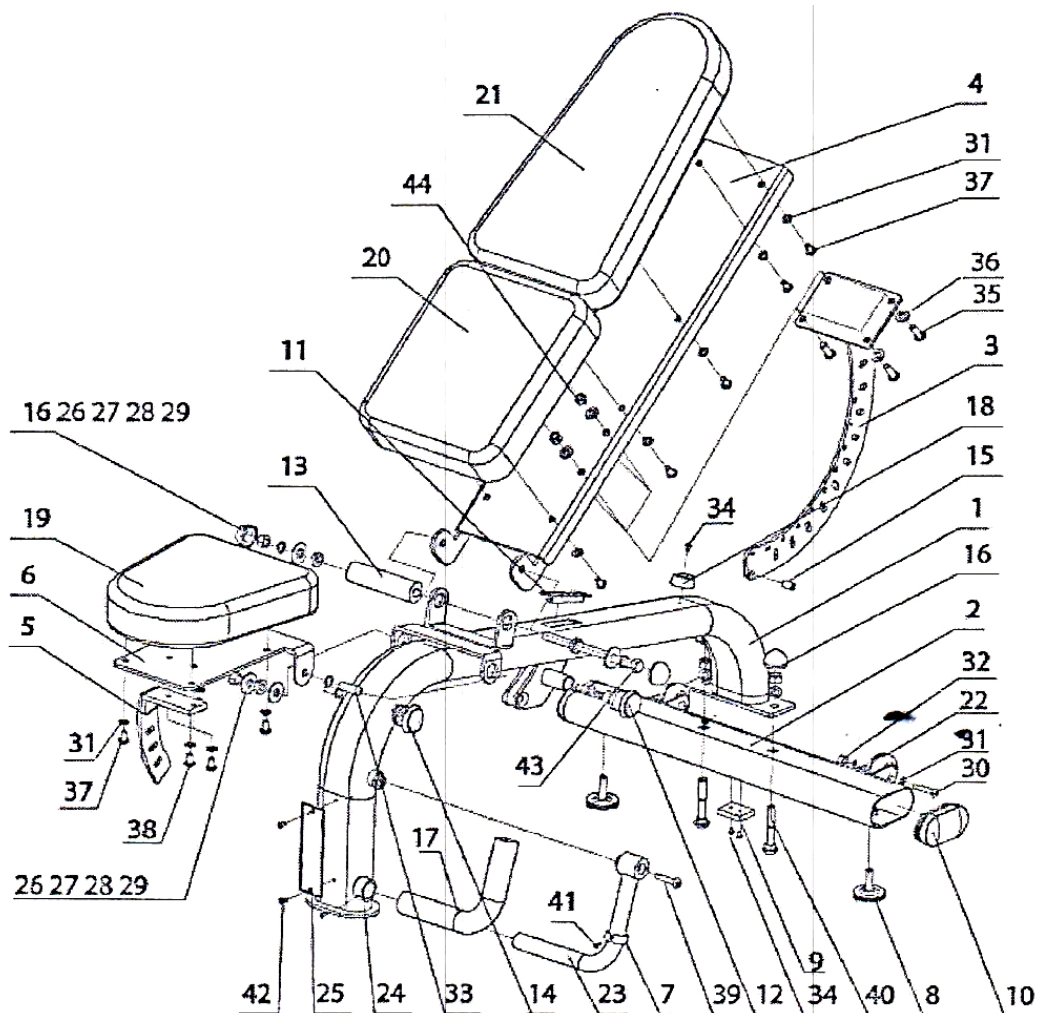
THANK YOU!

First of all, thank you for purchasing the CFF Flat/Incline/Decline (FID) Bench. We think you're really going to enjoy it. 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



No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	23	Handle	1
2	Base Frame	1	24	Metal End Cap	1
3	Back Pad Angle Adjust Plate	1	25	Name Plate	1
4	Back Pad Support Frame	1	26	Lock Nut, M12	2
5	Seat Pad Angle Adjust Plate	1	27	Flat Washer, M12	8
6	Seat Pad Support Frame	1	28	Flat Washer, M12 34x13x3mm	6
7	Ring	1	29	Bearing (#61901) 24x12x6mm	4
8	Leveler	2	30	Allen Bolt, M8x45mm	2
9	EVA cushion	1	31	Flat Washer, M8	18
10	End Cap, 50x100mm	2	32	Lock Nut, M8	2
11	Plastic Bush	1	33	Allen Bolt, M10x25mm	2
12	Lock Pin for Back Pad	1	34	Screw, M5x20mm	3
13	Shaft for Back Pad	1	35	Allen Bolt, M10x25mm	4
14	Lock Pin for Seat Pad	1	36	Flat Washer, M10	8
15	Pin	1	37	Allen Bolt, M8x30mm	12
16	Plastic Cap	4	38	Allen Bolt, M8x15mm	2
17	Grip	1	39	Carriage Bolt, M12x50mm	1
18	Rubber Bumper	1	40	Carriage Bolt, M12x70mm	2
19	Seat Pad	1	41	Screw, M6x4mm	2
20	Back Pad	1	42	Rivet, 4x12mm	2
21	Pillow	1	43	Hex Bolt, M12x180mm	1
22	Transport Wheel	2	44	Lock Nut, M10	4

ASSEMBLY STEPS

STEP 1

Attach Base Frame [2] to Main Frame [1], using Carriage Bolts , Flat Washers, and Lock Nuts [40, 27, 26]. Tighten securely, then install Plastic Caps [16] over them.

STEP 2

There is no STEP 2. You're ready to start using your FID bench!

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!

phone: (717) 207-7171
email: sales@cffit.com

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

WARNINGS & WAIVERS

YOU KNOW WE KINDA HAVE TO

Be smart. Be safe.

Before beginning any new exercise/conditioning program you should consult your physician, physical therapist, athletic trainer or strength and conditioning coach. If you have musculoskeletal problems it is extremely important to check with an orthopedist to make sure the program will not aggravate those problems. All products sold and/or promoted by Christian's Fitness Factory, Inc. should only be used with instruction from a physician, physical therapist, athletic trainer or coach. Minors should only use products sold and/or promoted by Christian's Fitness Factory, Inc. under the direct supervision of a qualified adult.

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