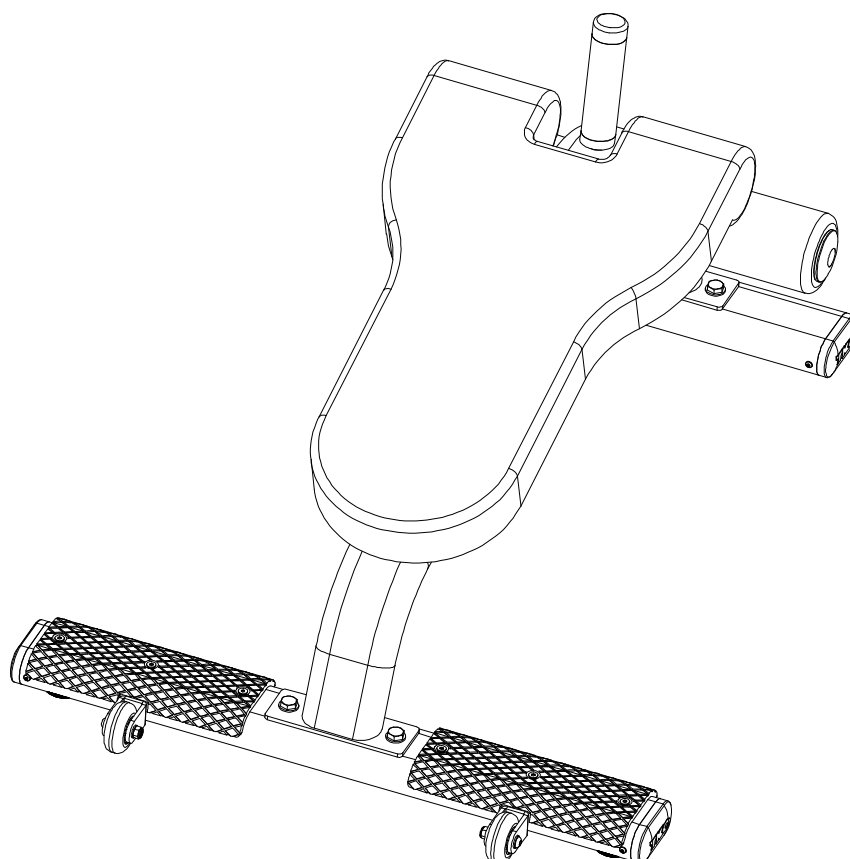


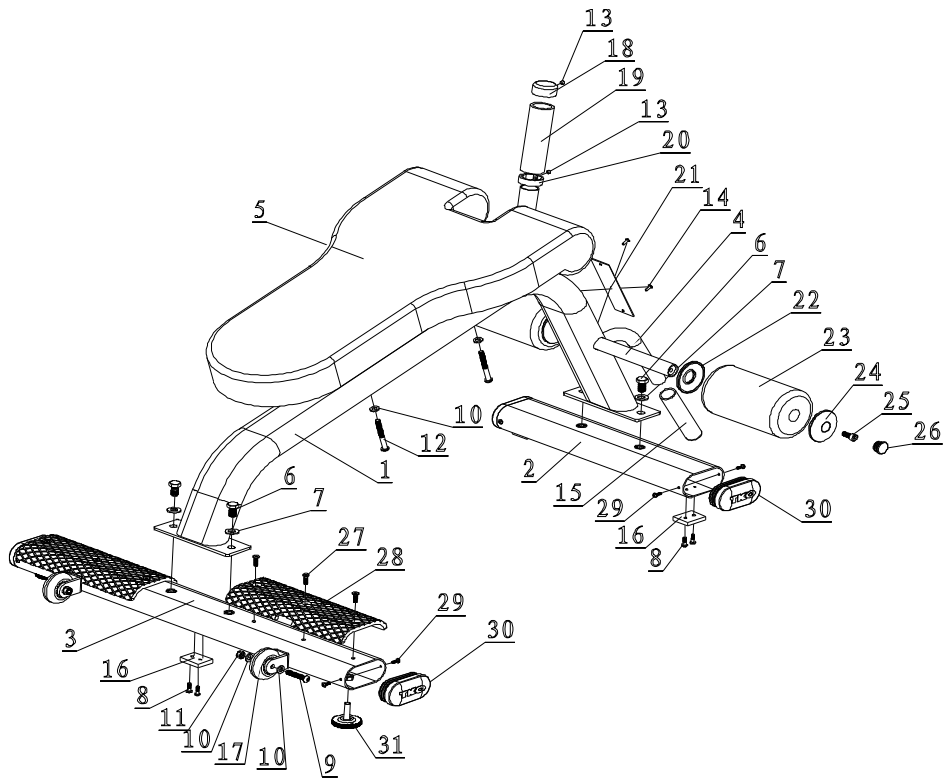


# TAG SIT UP BENCH

Model BNCH-SUB



# EXPLODED DRAWING & PARTS LIST



| No. | Description                            | Q'ty | No. | Description           | Q'ty |
|-----|----------------------------------------|------|-----|-----------------------|------|
| 1   | Main Frame                             | 1    | 17  | Transport Wheel       | 2    |
| 2   | Base Frame                             | 1    | 18  | Metal Cap             | 1    |
| 3   | Base Stabilizer                        | 1    | 19  | Foam grip             | 1    |
| 4   | Foam Roller Tube                       | 1    | 20  | Hand Grip Metal Ring  | 1    |
| 5   | Back Pad                               | 1    | 21  | Name Plate            | 1    |
| 6   | Hex Bolt M12x20mm                      | 4    | 22  | Foam Roller Inner Cap | 2    |
| 7   | Washer for M12 Bolt                    | 4    | 23  | Foam Roller           | 2    |
| 8   | Phillips Head Bolt M5x15mm             | 8    | 24  | Foam Roller Outer Cap | 2    |
| 9   | Allen Bolt M8X45mm                     | 2    | 25  | Allen Bolt M8x20mm    | 2    |
| 10  | Washer for M8 Bolt                     | 6    | 26  | End Plug              | 2    |
| 11  | Lock Nut for M8 Bolt                   | 2    | 27  | Allen Bolt M8X20mm    | 6    |
| 12  | Allen Bolt M8x70mm                     | 2    | 28  | Rubber Shoe           | 2    |
| 13  | Screw M6x4mm                           | 2    | 29  | Screw ST4.2*16mm      | 8    |
| 14  | Rivet $\sqrt{3.2 \times 10 \text{mm}}$ | 2    | 30  | End Cap PT50*100*3    | 4    |
| 15  | Hand Grip                              | 1    | 31  | Leveler               | 2    |
| 16  | Rubber Floor Pad                       | 3    |     |                       |      |

# ASSEMBLY INSTRUCTIONS

**Note: Before starting assembly remove all parts and hardware from the carton, ensure you have everything according to the list.**

## Step 1

Attach the Front Frame (2) and the Rear Frame (3) to the Main Frame (1), using 4 Washers (7) and 4 Hex Bolts (6).

## Step2

Insert the Foam Tube (4) into the hole of the Main Frame (1), insert the Inner Foam Cap (22) and the Foam (23) to the Foam Tube (4), attach the outer Foam Cap to the Foam Tube (4), using the Allen Bolt (25) to tighten it, put the End Plug (26) into the Outer Foam Cap (24).

## Step 3

Attach the Seat Pad (5) to the Main Frame (1), using 2 Washers (10) and 2 Allen Bolts (12).

**Tighten all the bolts with wrenches.**

