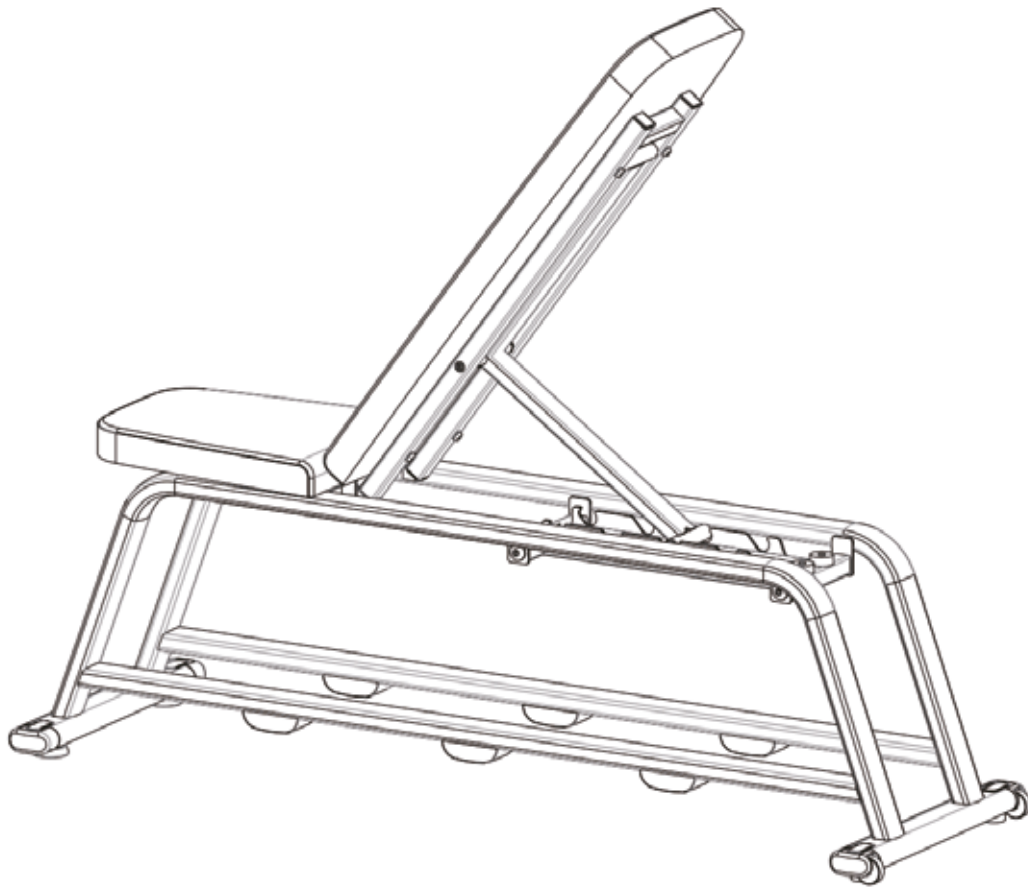
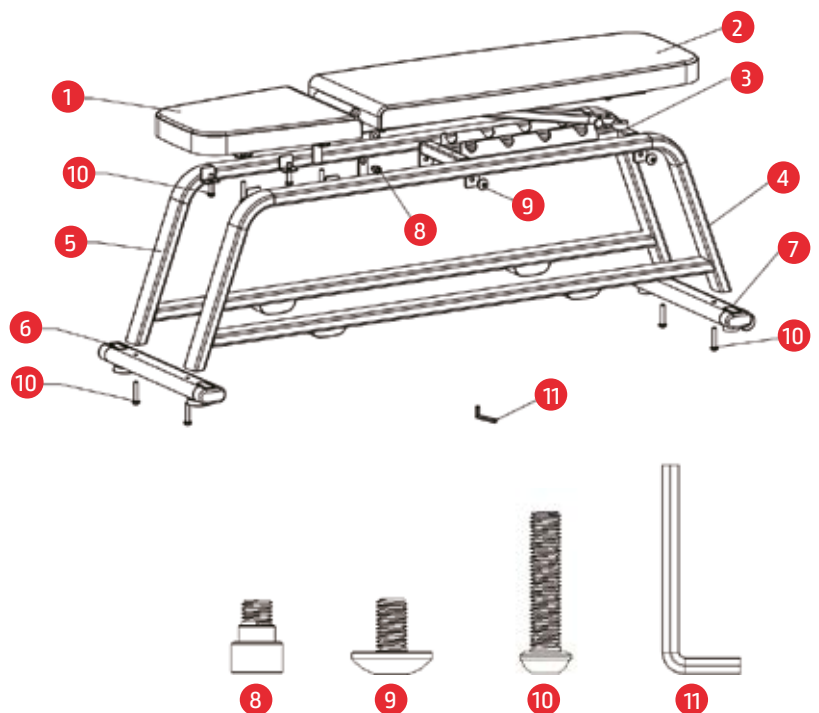


SmartGym Pro Bench



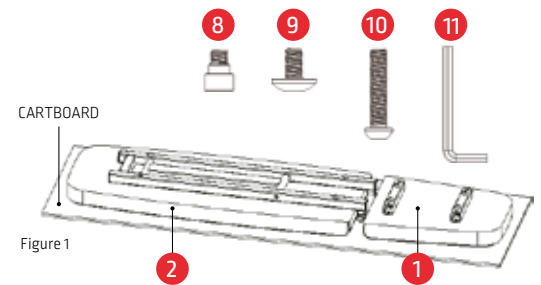
Package content specification

N.o.	Name	Quantity
1	Seat	1
2	Support	1
3	backrest support	1
4	left frame	1
5	right frame	1
6	front support	1
7	rear support (with wheels)	1
8	Screw M8 * 4.8	2
9	Screw M8 * 15	4
10	Screw M8 * 45	8
11	L6 Allen key	1

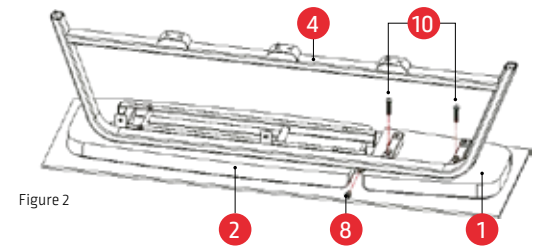


Assembly

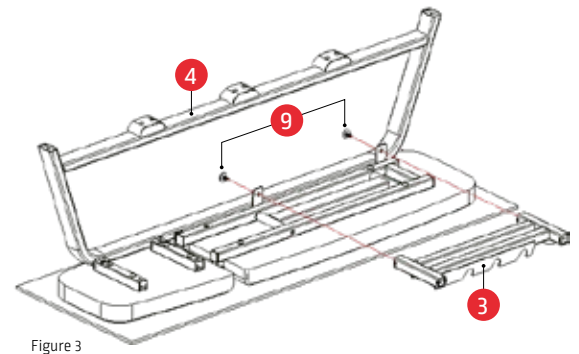
1. Open the cardboard box and pull out the seat **1** and backrest **2**, put them on a flat surface. Prepare a set of screws **8**, **9**, **10** and an Allen key **11**.



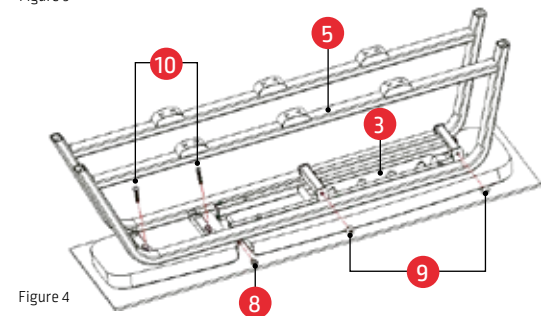
2. Put two screws **10** and one screw **8** through the holes in the frame (see Figure 2). Then connect the seat - screws **10** - and the backrest - screw **8** - to the frame **4**. Take care not to tighten the screws all the way at this stage.



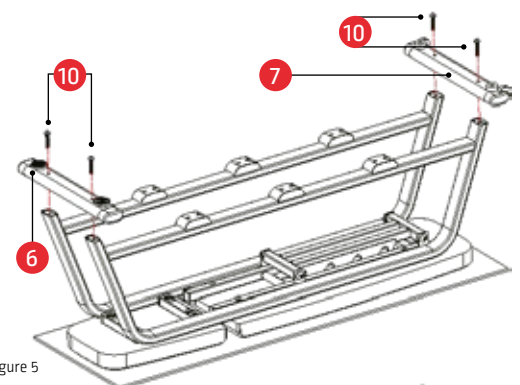
3. Use two screws **9** to connect the backrest support **3** to the frame. The backrest support should be positioned with a piece with rubber protections in the direction of the backrest (see Figure 3). Take care not to tighten the screws all the way at this stage.



4. Use two screws **9**, two screws **10** and one screw **8** to connect the second frame **5** to the backrest support **3**, seat **1** and backrest **8** respectively (see Figure 4). Take care not to tighten the screws all the way at this stage.



5. Use four screws **10**, to screw the rear **7** and front **6** supports to the frames **4** **5** (see Figure 5).



6. Solidly tighten the screws with an Allen key. The feet of the front support **6** can be adjusted (see Figure 6).

