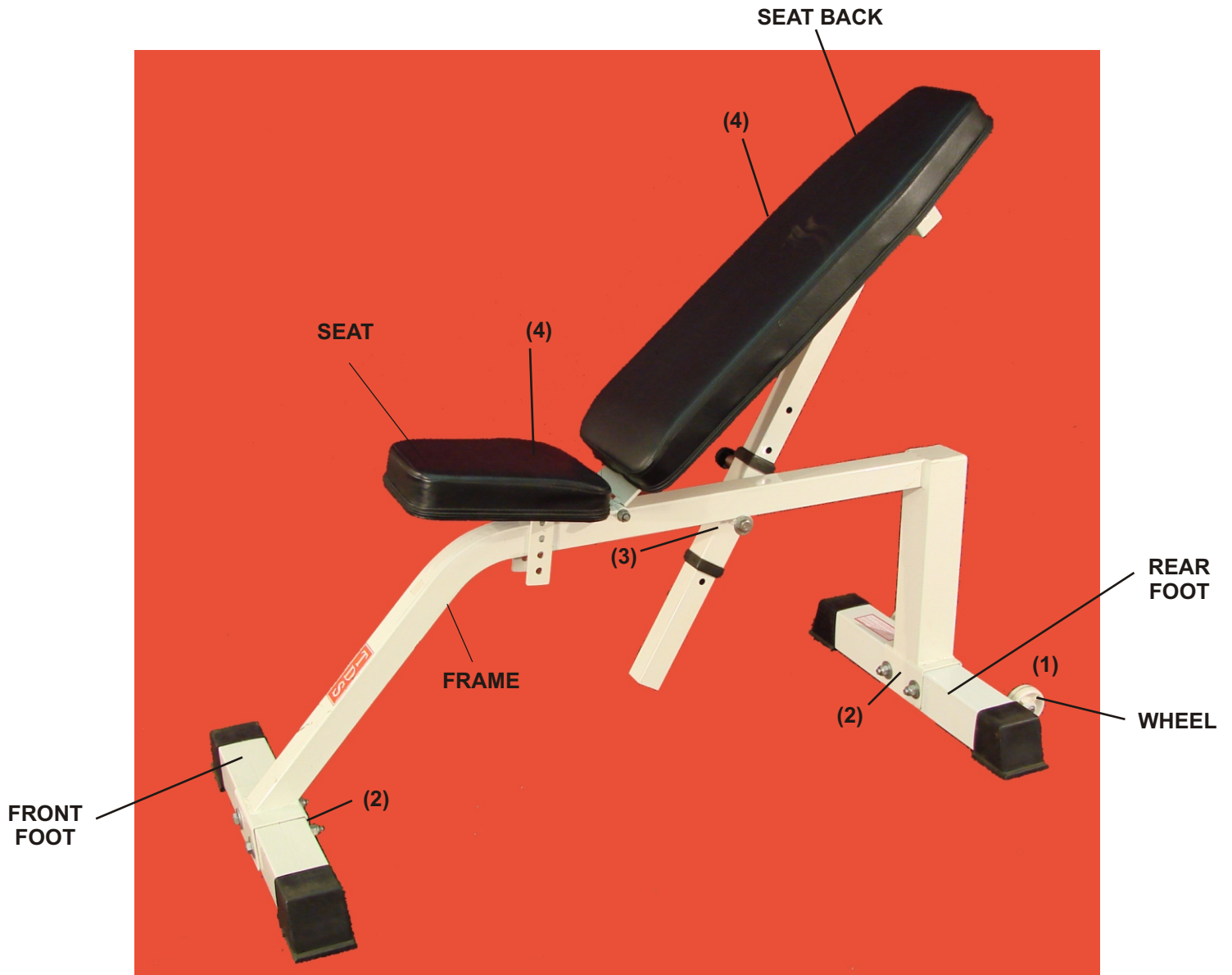


# C-90656 SUPER FLAT/INCLINE BENCH WITH WHEELS



**TDS FITNESS EQUIPMENT**  
**PO BOX 4189**  
**ELMIRA, NY 14905**

## C-90655A

### SUPER FLAT/INCLINE BENCH WITH WHEELS

#### ASSEMBLY INSTRUCTIONS

THIS UNIT REQUIRES (2) 3/4 WRENCHES, (1) 9/16 WRENCH, AND (2) 1/2 WRENCHES FOR ASSEMBLY. **DO NOT TIGHTEN HARDWARE BEFORE INSTRUCTED TO.**

1) ATTACH (2) WHEELS TO REAR FOOT WITH (2) 5/16 X 2 1/4 BOLTS, (4) 5/16 FLAT WASHERS, AND (2) 5/16 LOCK NUTS. TIGHTEN HARDWARE. **DO NOT OVERTIGHTEN. WHEELS MUST SPIN FREELY.**

2) PUSH (4) FOOT COVERS ONTO FRONT AND REAR FOOT. INSTALL REAR FOOT ON FRAME WITH (2) 1/2 X 4 1/2 BOLTS, (4) 1/2 FLAT WASHERS, AND (2) 1/2 LOCK NUTS. NOTE: WHEELS MUST BE ON HIGH SIDE OF REAR FOOT. INSTALL FRONT FOOT ONTO FRAME WITH (2) 1/2 X 4 1/2 BOLTS, (4) 1/2 FLAT WASHERS, AND (2) 1/2 LOCK NUTS. SET UNIT ON LEVEL SURFACE AND TIGHTEN HARDWARE.

3) INSTALL TURN POP PIN INTO SOCKET ON FRAME.

4) INSTALL SEAT AND SEAT BACK ONTO FRAME HINGE WITH (6) 3/8 X 1 BOLTS AND (6) 3/8 FLAT WASHERS FINGER TIGHT. CENTER SEATS ON FRAME AND TIGHTEN HARDWARE. **DO NOT OVERTIGHTEN.** USE "L" PIN TO SET SEAT HEIGHT.

**NOTE: TO MOVE BENCH, LIFT FRONT FOOT UNTIL THE WHEELS IN THE BACK TOUCH THE FLOOR, THEN ROLL.**

#### HARDWARE LIST

(2) 5/16 X 2 1/4 BOLT  
(4) 5/16 FLAT WASHER  
(2) 5/16 LOCK NUT  
(6) 3/8 X 1 BOLT  
(6) 3/8 FLAT WASHER  
(4) 1/2 X 4 1/2 BOLT  
(8) 1/2 FLAT WASHER  
(4) 1/2 LOCK NUT  
(1) "L" PIN  
(1) TURN POP PIN  
(4) FOOT COVER