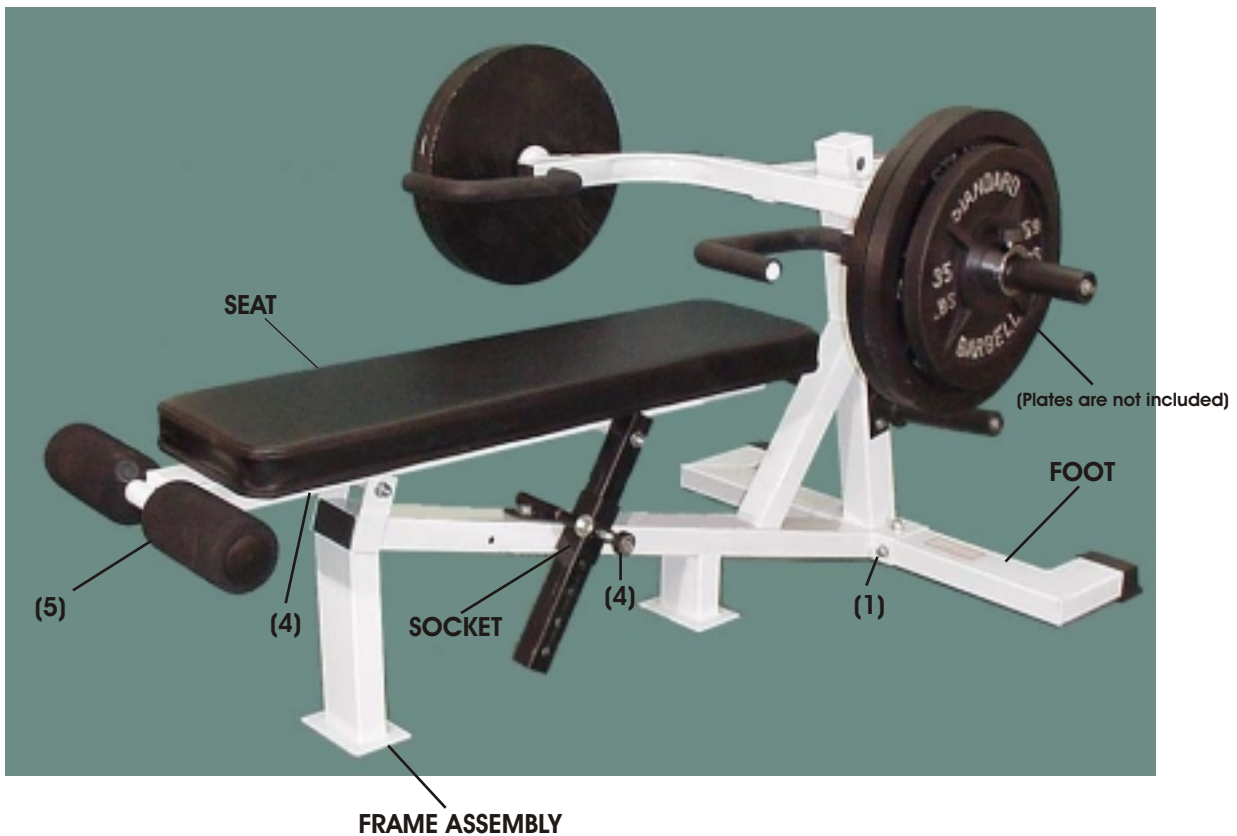


# C-PRO91205W POWER BENCH SYSTEM

## DRAWING # 1



**THIS EQUIPMENT  
DESIGNED BY TDS IN USA  
MANUFACTURED IN CHINA**

**T.D.S. FITNESS EQUIPMENT  
P.O. BOX 4189  
ELMIRA, NY 14904, USA  
607-733-6789**



## C-PRO91205W POWER BENCH SYSTEM - **ASSEMBLY INSTRUCTIONS**

THIS UNIT REQUIRES (1) 9/16 WRENCH, (1) 1 1/16 WRENCH, (2) 3/4 WRENCH, (1) ALLEN SCREW SET AND (1) SOFT HAMMER FOR ASSEMBLY. DO NOT TIGHTEN HARDWARE UNTIL INSTRUCTED TO.

### **SEE DRAWING #1**

(1) PUSH (2) 2 X 4 FEET ONTO FOOT. ATTACH (1) FOOT TO FRAME ASSEMBLY WITH (2) 1/2 X 5 BOLTS, (2) 1/2 X 3 BOLTS, (8) FLAT WASHERS AND (4) 1/2 LOCK NUTS.

(2) ATTACH (2) PILLOW BLOCK TO ARM WITH (4) 3/8 X 3 1/4 BOLTS, (8) FLAT WASHERS AND (4) 3/8 LOCK NUTS. ALLEN SCREWS ON PILLOW BLOCKS MUST BE TO THE OUTSIDE. INSERT STOP INTO FRAME TO HOLD ARM UP. ATTACH ARM TO FRAME WITH (1) AXLE AND (2) SPACERS. USE SOFT HAMMER TO DRIVE AXLE INTO POSITION. CENTER AXLE ON FRAME, TIGHTEN SCREW ON FRAME TO HOLD AXLE CENTER ARM ON FRAME, AND TIGHTEN PILLOW BLOCKS. TIGHTEN ALLEN SCREW ON HUB OF PILLOW BLOCK.

(3) ATTACH (2) WEIGHT PEG TO FRAME WITH (2) 3/8 X 3 1/2 BOLT, (4) 3/8 FLAT WASHER AND (1) 3/8 LOCK NUT. TIGHTEN HARDWARE.

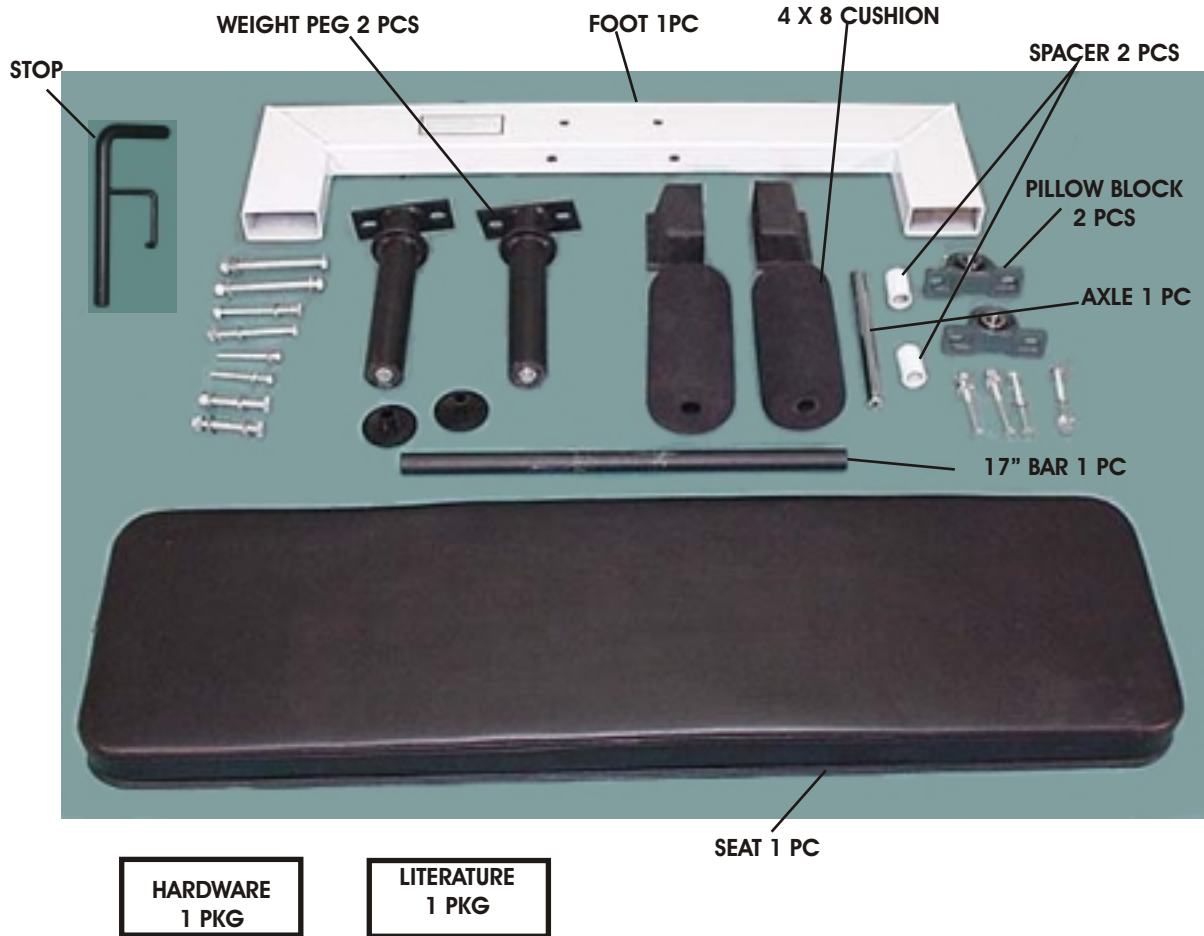
(4) INSTALL TURN POP PIN INTO SOCKET. TIGHTEN TURN POP PIN. ATTACH SEAT TO FRAME WITH (2) 3/8 X 2 1/2 BOLTS AND (2) 3/8 FLAT WASHERS FINGER TIGHT. CENTER SEAT ON FRAME AND TIGHTEN BOLTS. DO NOT OVER TIGHTEN.

(5) ATTACH (1) BAR (2) 4 X 8 CUSHIONS AND (2) CUSHION CAPS TO FRONT OF FRAME. INSTALL (4) 2 PLUGS, (1) 1 3/4 PLUG AND (2) 2 X 4 PLUG.

### **HARDWARE LIST:**

(2) 3/8 X 2 1/2 BOLTS  
(4) 3/8 X 3 1/4 BOLTS  
(2) 3/8 X 3 1/2 BOLTS  
(14) 3/8 FLAT WASHERS  
(6) 3/8 LOCK NUTS  
(2) 1/2 X 3 BOLTS  
(2) 1/2 X 5 BOLTS  
(8) 1/2 FLAT WASHERS  
(4) 1/2 LOCK NUTS  
(1) TURN POP PIN  
(2) CUSHION CAP  
(2) 2 X 4 FEET  
(4) 2 PLUG  
(1) 1 3/4 PLUG  
(2) 2 X 4 PLUG

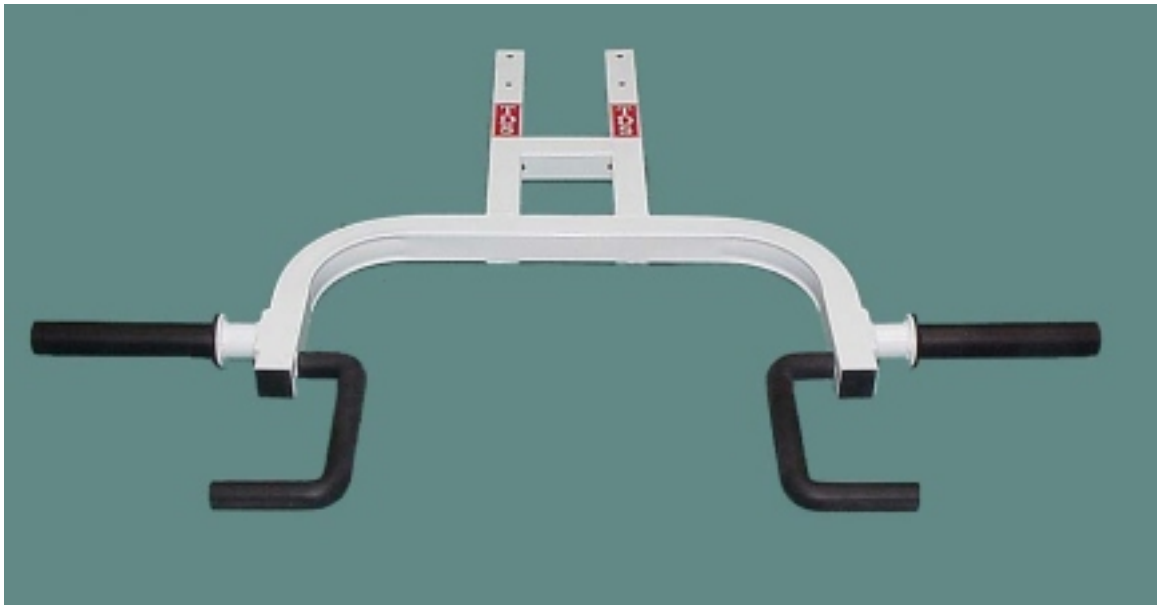
**C-PRO91205W**  
**POWER BENCH SYSTEM**  
**PACKING LIST - BOX 1 OF 3**



**THIS EQUIPMENT  
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MANUFACTURED IN CHINA**

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607-733-6789**

**C-PRO91205W**  
**POWER BENCH SYSTEM**  
**PACKING LIST - BOX 2 OF 3**



**ARM 1PC**

C-PRO91205W  
POWER BENCH SYSTEM  
PACKING LIST - BOX 3 OF 3



## C-PRO91205W POWER BENCH SYSTEM

### ASSEMBLY INSTRUCTIONS

THIS UNIT REQUIRES (1) 9/16 WRENCH, (1) 1 1/16 WRENCH, (2) 3/4 WRENCH, (1) ALLEN SCREW SET AND (1) SOFT HAMMER FOR ASSEMBLY. DO NOT TIGHTEN HARDWARE UNTIL INSTRUCTED TO.

#### SEE DRAWING #1

(1) PUSH (2) 2 X 4 FEET ONTO FOOT. ATTACH (1) FOOT TO FRAME ASSEMBLY WITH (2) 1/2 X 5 BOLTS, (2) 1/2 X 3 BOLTS, (8) FLAT WASHERS AND (4) 1/2 LOCK NUTS.

(2) ATTACH (2) PILLOW BLOCK TO ARM WITH (4) 3/8 X 3 1/4 BOLTS, (8) FLAT WASHERS AND (4) 3/8 LOCK NUTS. ALLEN SCREWS ON PILLOW BLOCKS MUST BE TO THE OUTSIDE. INSERT STOP INTO FRAME TO HOLD ARM UP. ATTACH ARM TO FRAME WITH (1) AXLE AND (2) SPACERS. USE SOFT HAMMER TO DRIVE AXLE INTO POSITION. CENTER AXLE ON FRAME, TIGHTEN SCREW ON FRAME TO HOLD AXLE CENTER ARM ON FRAME, AND TIGHTEN PILLOW BLOCKS. TIGHTEN ALLEN SCREW ON HUB OF PILLOW BLOCK.

(3) ATTACH (2) WEIGHT PEG TO FRAME WITH (2) 3/8 X 3 1/2 BOLT, (4) 3/8 FLAT WASHER AND (1) 3/8 LOCK NUT. TIGHTEN HARDWARE.

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(5) ATTACH (1) BAR (2) 4 X 8 CUSHIONS AND (2) CUSHION CAPS TO FRONT OF FRAME. INSTALL (4) 2 PLUGS, (1) 1 3/4 PLUG AND (2) 2 X 4 PLUG.

#### HARDWARE LIST:

(2) 3/8 X 2 1/2 BOLTS	(4) 2 PLUG
(4) 3/8 X 3 1/4 BOLTS	(1) 1 3/4 PLUG
(2) 3/8 X 3 1/2 BOLTS	(2) 2 X 4 PLUG
(14) 3/8 FLAT WASHERS	
(6) 3/8 LOCK NUTS	
(2) 1/2 X 3 BOLTS	
(2) 1/2 X 5 BOLTS	
(8) 1/2 FLAT WASHERS	
(4) 1/2 LOCK NUTS	
(1) TURN POP PIN	
(2) CUSHION CAP	
(2) 2 X 4 FEET	