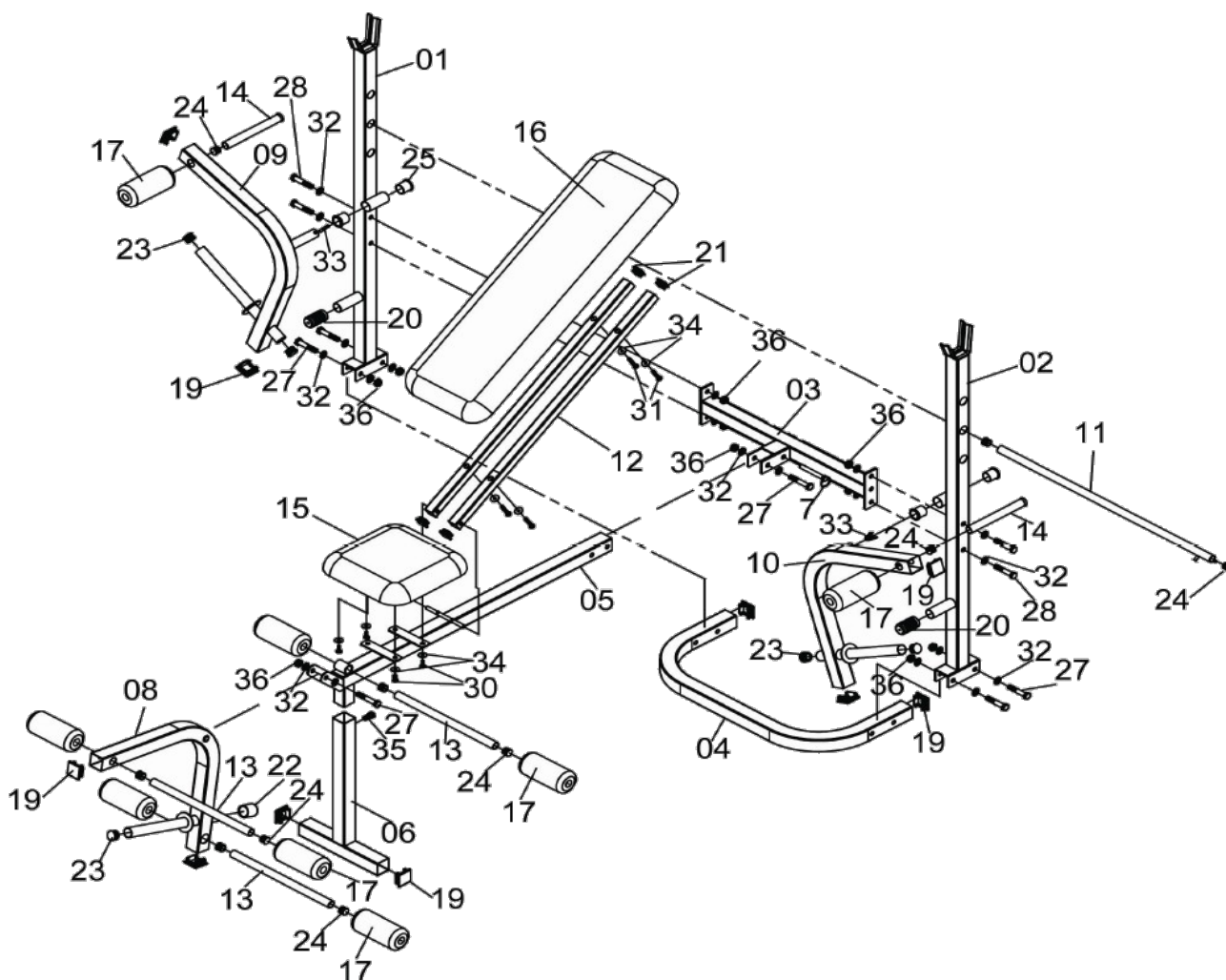


FORTIS

HOME GYM FITNESS WEIGHT BENCH FSFITNSBNHA

ASSEMBLY INSTRUCTIONS

EXPLODED DIAGRAM

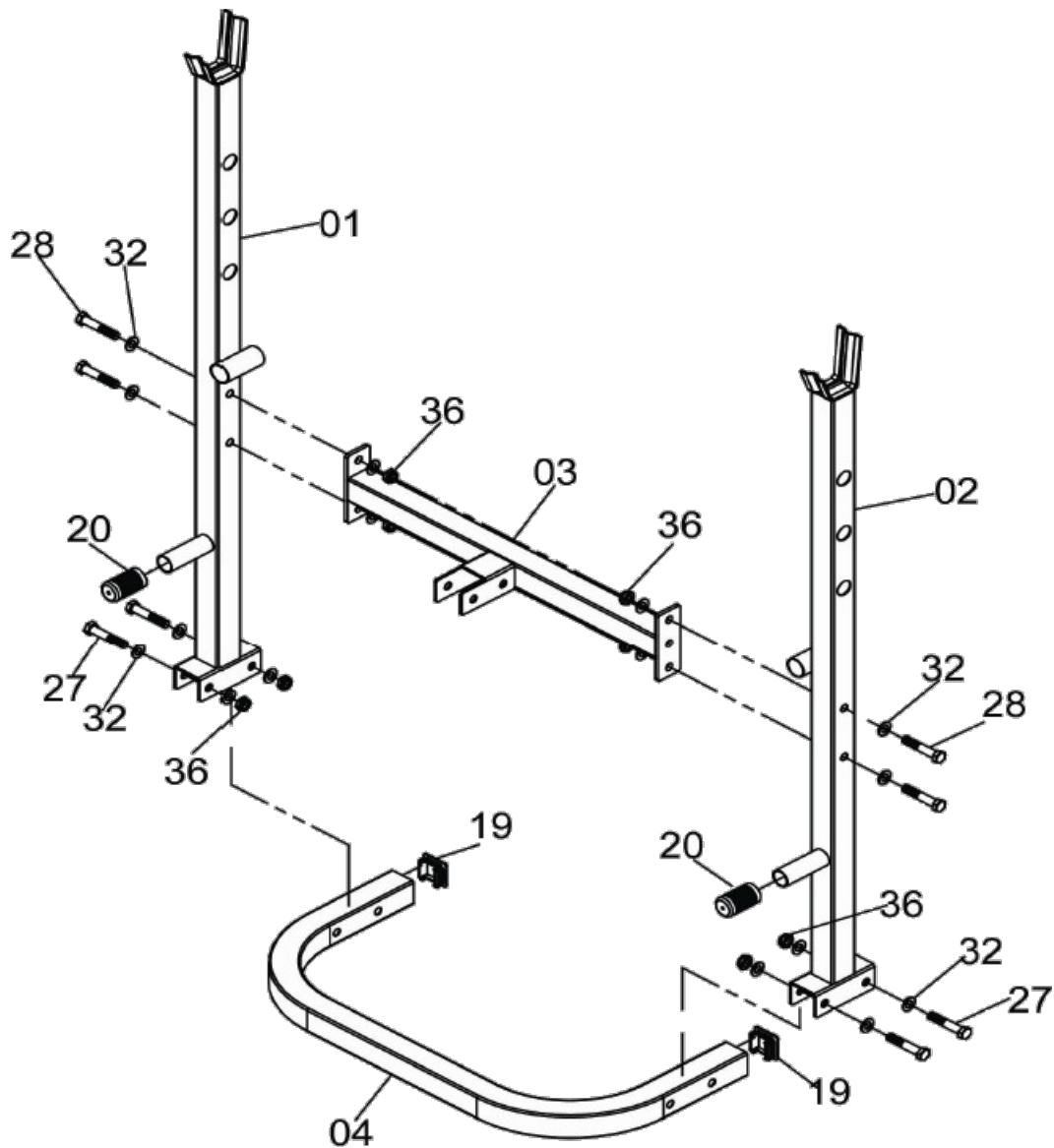


PARTS LIST

Part No	Description	QTY
01	RT. Barbell Crutch	1
02	LT. Barbell Crutch	1
03	Support Bar	1
04	Main Base	1
05	Central Brace	1
06	Front Leg	1
07	Quick Pin	1
08	Leg Lift	1
09	RT. Butterfly Arm	1
10	LT. Butterfly Arm	1
11	Backrest HT. Bar	1
12	Backrest Support	2
13	Leg Lift Pad Bar	3
14	Butterfly Pad Tube	2
15	Seat	1
16	Backrest	1
17	Pad	8
19	38mm Square Cap	10
20	Buffer Bushing	2
21	25mm Square Cap	4
22	Φ25 Round Bumper	1
23	Φ25 Round Cap	5
24	Φ19 Round Cap	10
25	Round Bushing	4
27	M10*60 Bolt	6
28	M10*55 Bolt	4
30	M6*15 Bolt	4
31	M6*40 Bolt	4
32	M10 Washer	20
33	Secure Ball	2
34	M6 Washer	8
35	M10*20 Bolt	1
36	M10 Nylon Nut	10

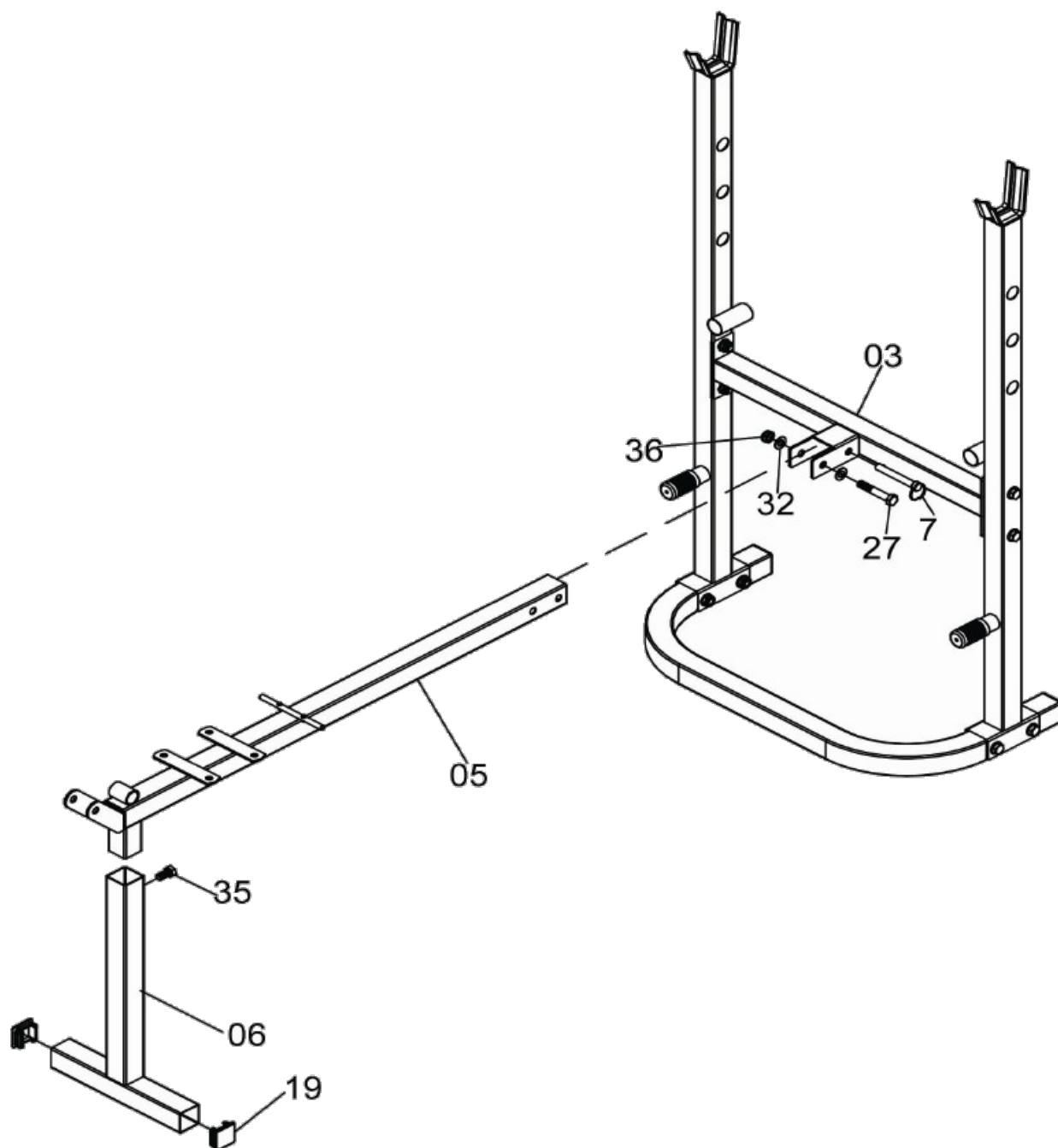
ASSEMBLY

Step One



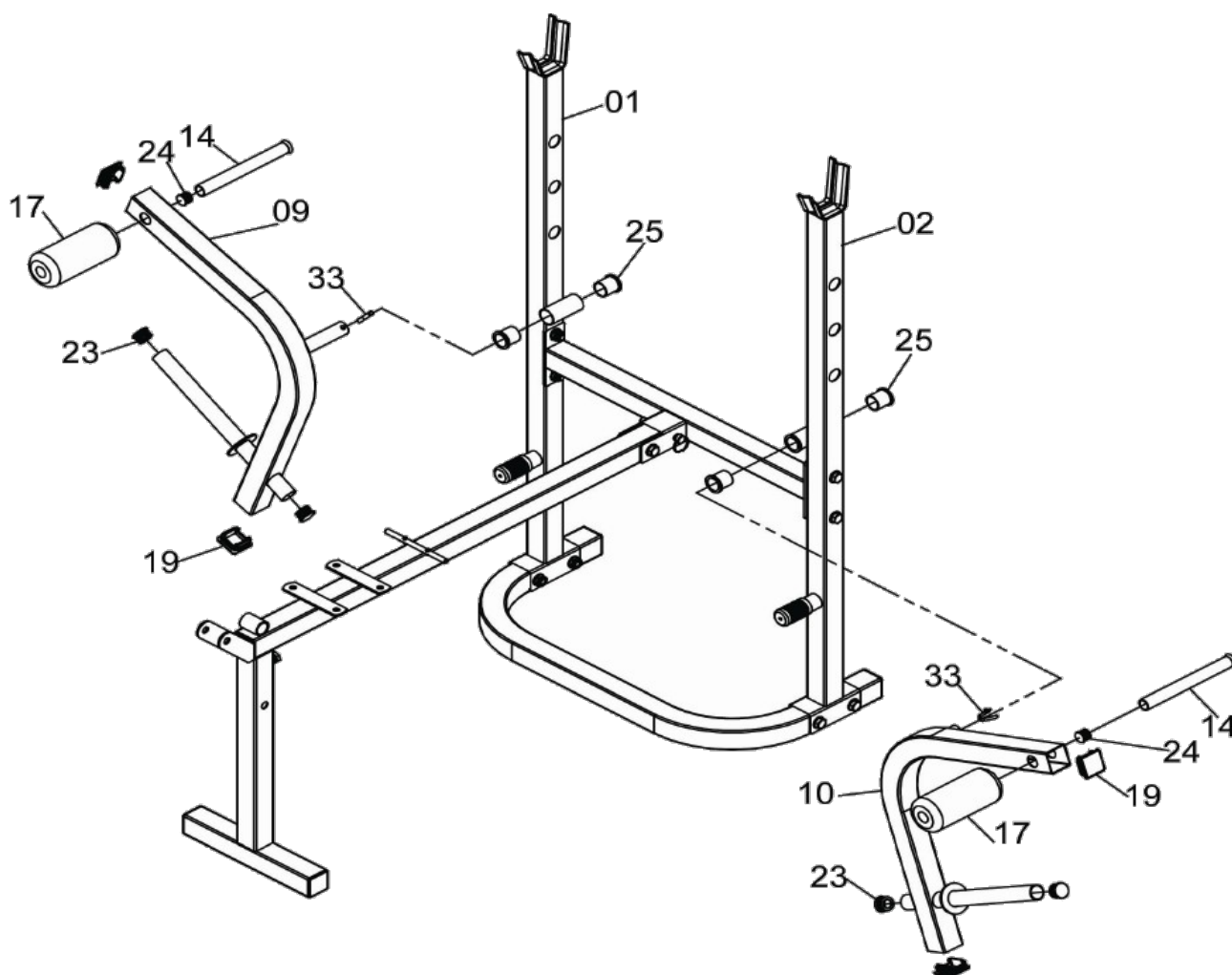
1. Place 38mm Square Cap (19) onto both ends of Main Base (04)
2. Attach RT. & LT. Barbell Crutch (01, 02) to Main Base (04). Secure with Bolts (27), Washers (32) and Nuts (36) as shown.
3. Attach Support Bar (03) to RT. & LT. Barbell Crutch (01, 02). Secure with Bolts (28), Washers (32) and Nuts (36) as shown.
4. Place Buffer Bushing (20) onto RT. & LT. Barbell Crutch (01, 02)

Step Two



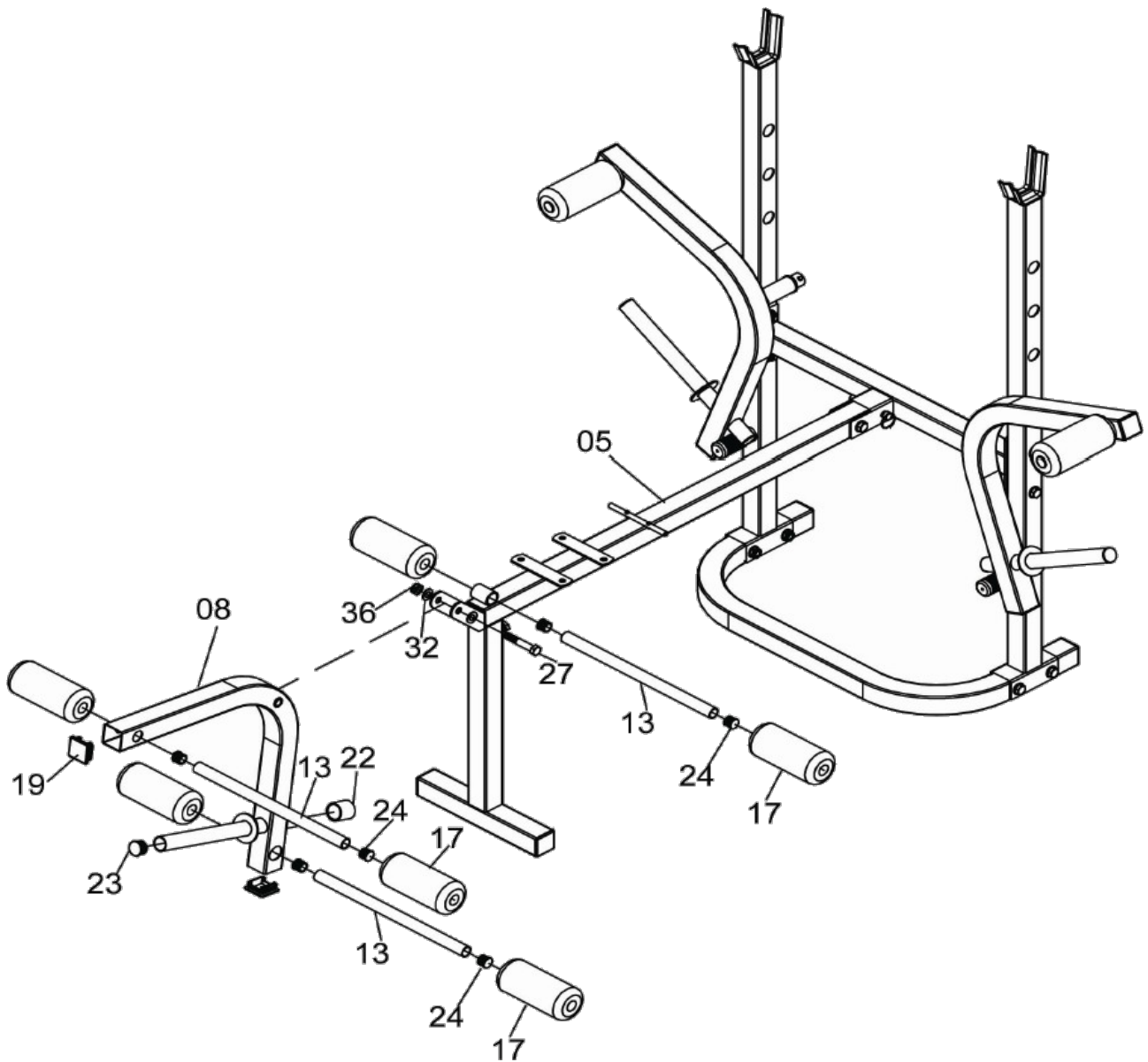
1. Place 38mm Square Cap (19) onto both ends of front leg (06).
2. Attach the Central Brace (05) to Front Leg (06), then attach the other end of the Central Brace (05) to the Support Bar (03). Secure with Quick Pin (7), Bolts (27), Washers (32) and Nuts (36), as shown.

Step Three



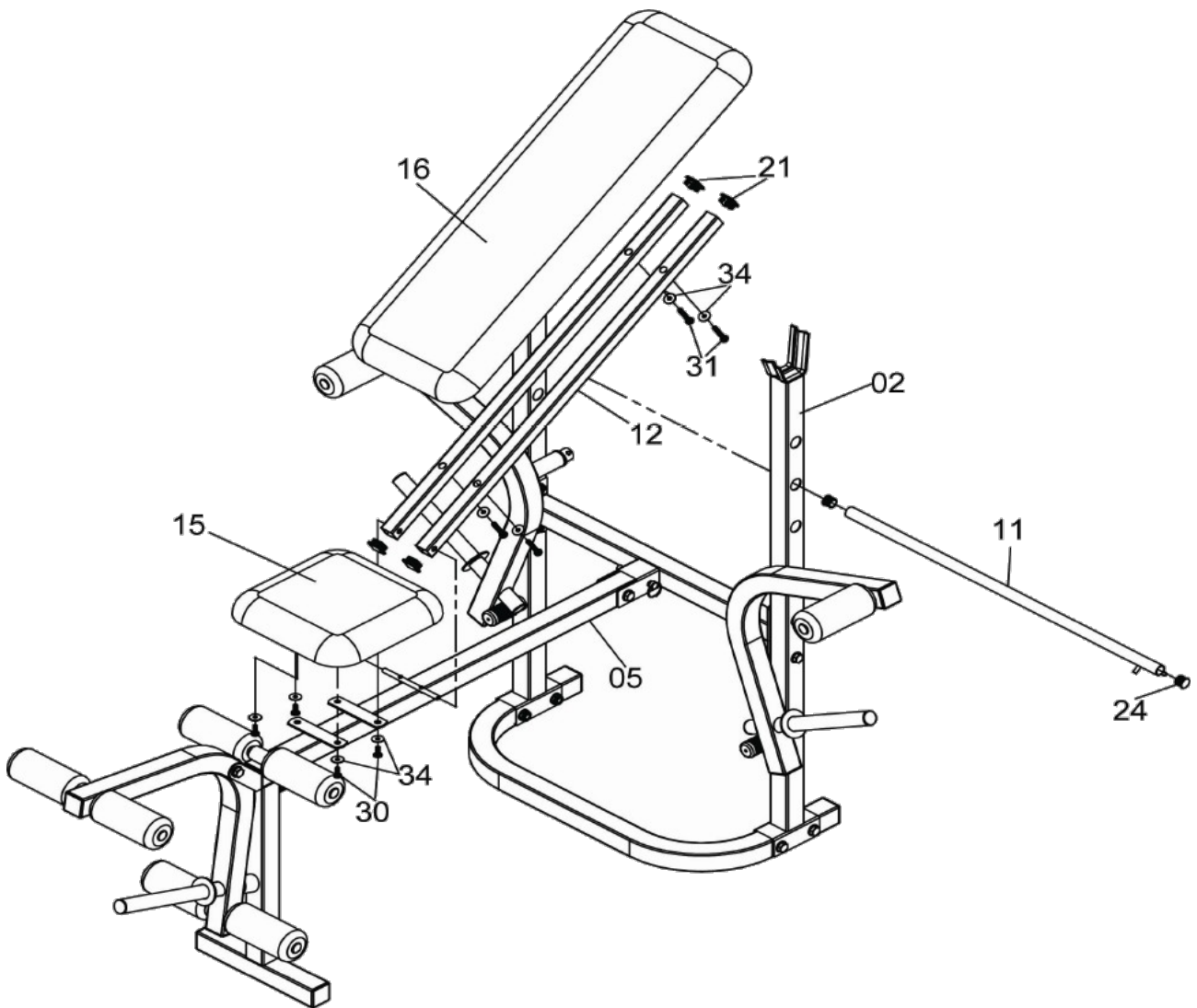
1. Place 38mm Square Cap (19) and Φ 25 Round Cap (23) onto both ends of the Butterfly Arm (09, 10).
2. Insert Round Bushing (25) into the welded tubes on the RT. & LT. Barbell Crutches (01, 02).
3. Insert Butterfly Pad Tube (14) into the Butterfly Arms (09, 10)
4. Slide on Butterfly Pad (17) and Φ 19 Round Cap (24) into the Butterfly Pad Tube (14).

Step Four



1. Place 38mm Square Cap (19) onto Leg Lift (08).
2. Place $\Phi 25$ Round Bumper (22) and $\Phi 25$ Round Cap (24) onto Leg Lift (08).
3. Attach Leg Lift (08) to Central Brace (05). Secure with Bolts (27), Washers (32) and Nuts (36), as shown.
4. Slide Leg Lift Pad Bar (13) through the Leg Lift (08) and Central Brace (05), as shown.
5. Slide the Leg Lift Pad (17) and $\Phi 19$ Round Cap (24) onto Leg Lift Pad Bar (13), as shown.

Step Five



1. Place 25mm Square Cap (21) onto Backrest Support (12).
2. Attach Backrest Support (12) over the welded rod of the Central Brace (05). Attach the Backrest (16) and Backrest Support (12) to the Central Brace (05). Secure with Bolts (31) and Washers (34) as shown.
3. Attach the Seat (15) to the Central Brace (05). Secure with Bolts (30) and Washers (34), as shown.
4. Place $\Phi 19$ Round Cap (24) onto the Backrest HT. Bar (11).
5. Lift the Backrest (16) onto the Backrest HT Bar (11) through the RT. & LT. Barbell Crutch (01, 02) to your desired height.