

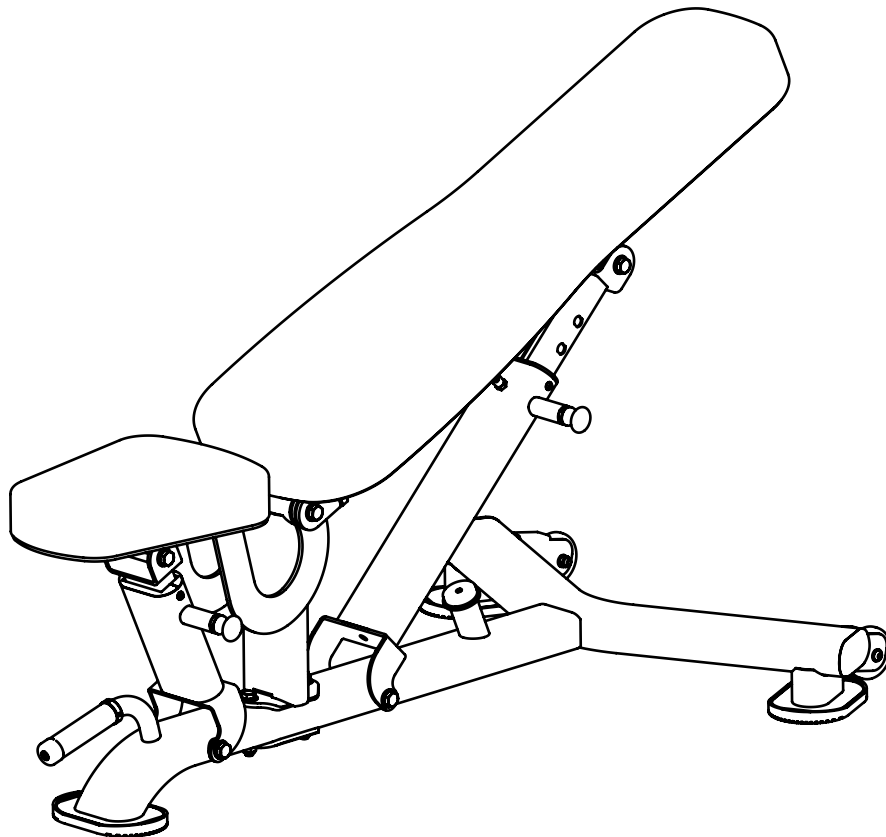


HUDSON STEEL

DR016B-USFS

MULTI-ANGLE FID BENCH

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

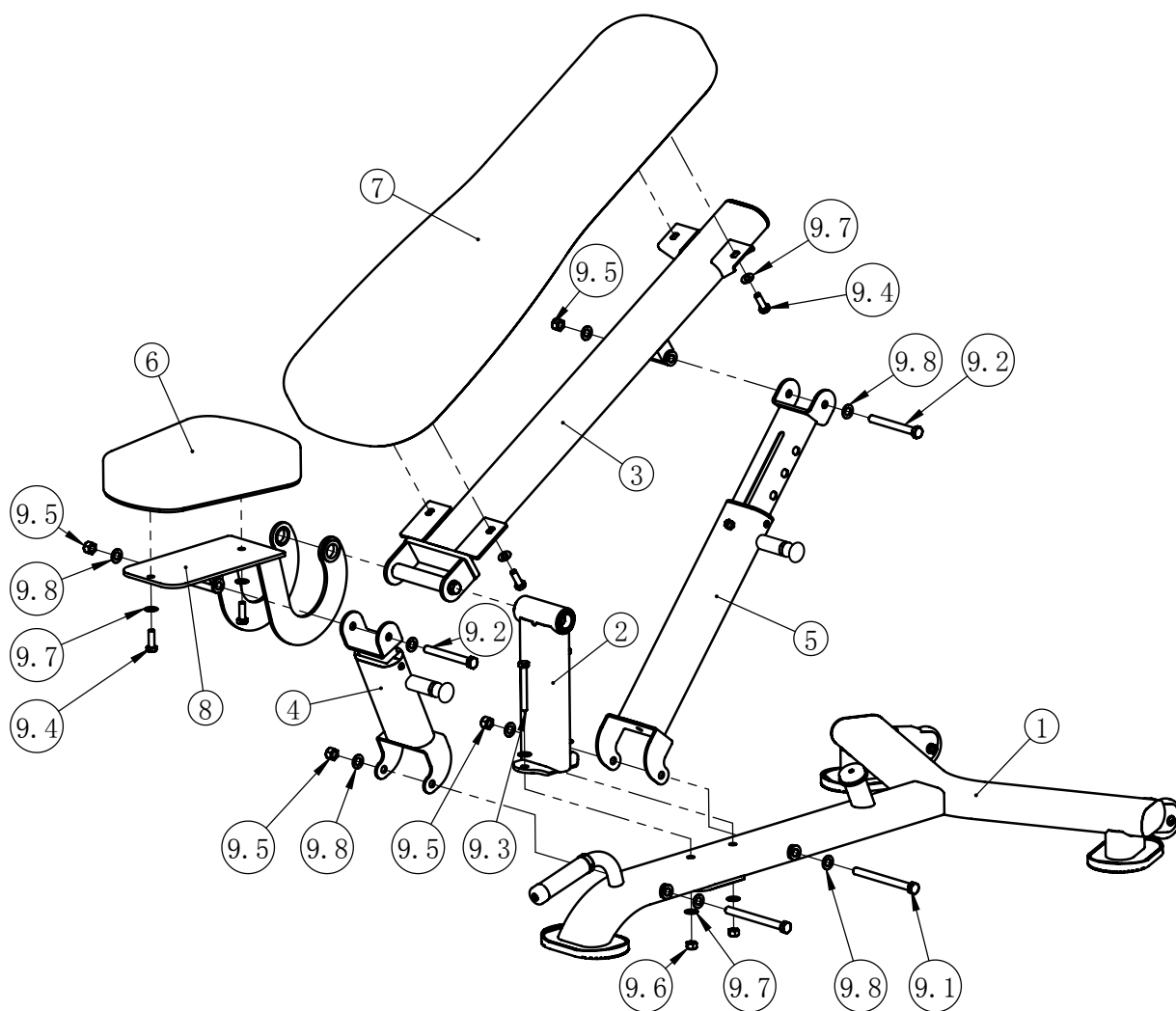
Personal Safety During Assembly

- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Exploded View and Parts List

Overall

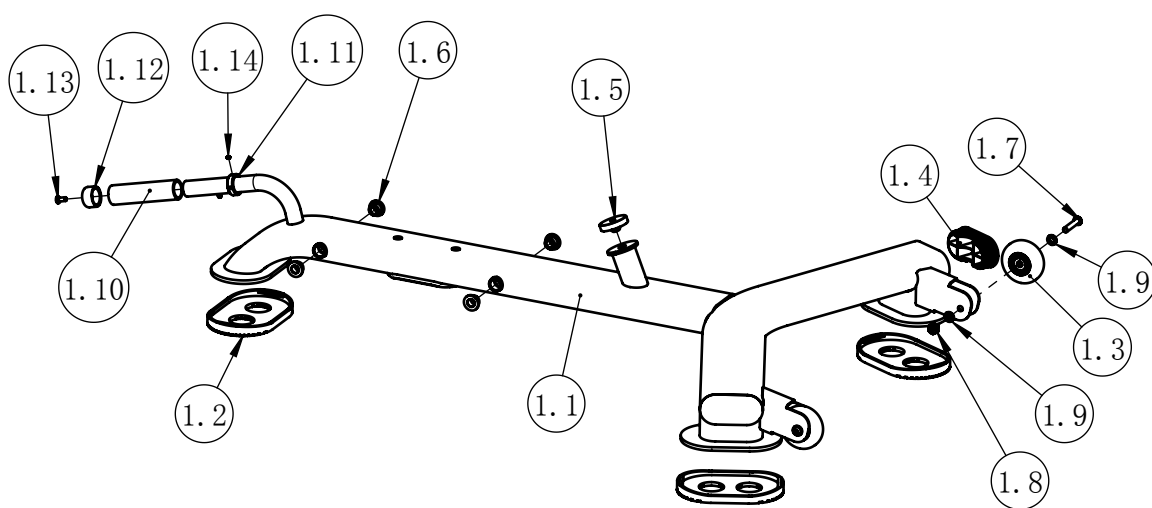
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Base Bracket ASSY	1	9.1	Hex Head Bolt M12×140	2
2	Support Bracket ASSY	1	9.2	Hex Head Bolt M12×110	2
3	Back Pad Bracket ASSY	1	9.3	Hex Head Bolt M10×80	2
4	Front Adjustable Bracket ASSY	1	9.4	Hex Head Bolt M10×30	6
5	Rear Adjustable Bracket ASSY	1	9.5	Nylon Nut M12	4
6	Seat Pad	1	9.6	Nylon Nut M10	2
7	Back Pad	1	9.7	Flat Washer $\phi 23 \times \phi 11 \times 2.0$	10
8	Seat Pad Bracket ASSY	1	9.8	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	8



Exploded View and Parts List

Base Bracket ASSY

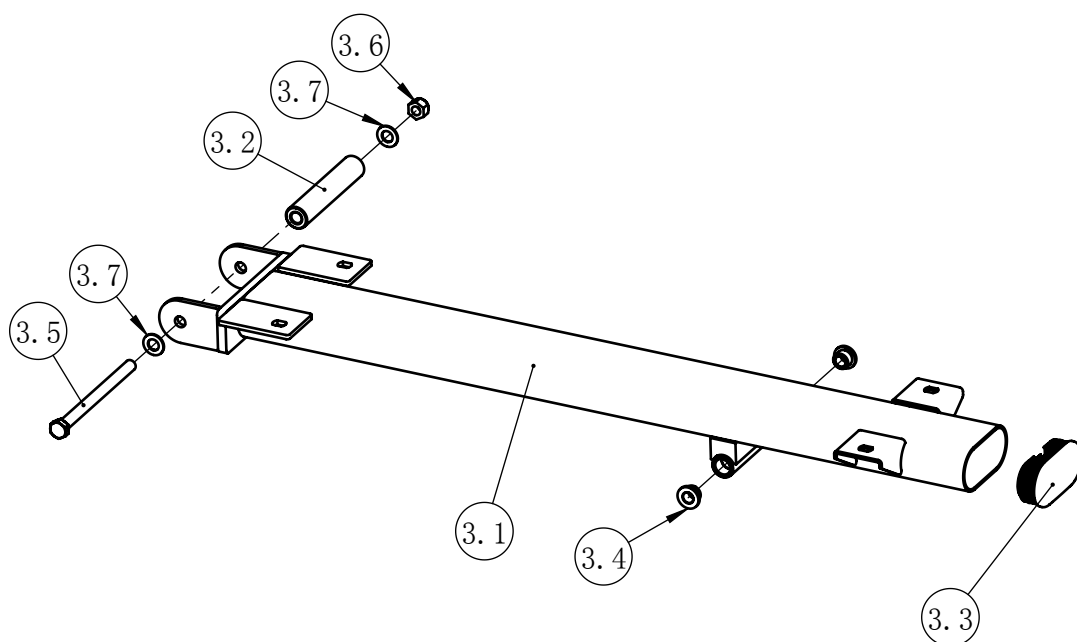
Item NO.	Description	Qty	Item NO.	Description	Qty
1.1	Base Bracket	1	1.8	Nylon Nut M8	2
1.2	Rubber Foot	3	1.9	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	4
1.3	Wheel	2	1.10	Aluminum Cap $\phi 25$	1
1.4	Plug PT50 $\times$ 100	2	1.11	Aluminium Ring $\phi 25$	1
1.5	Rubber Bumper	1	1.12	Grip	1
1.6	Bushing $\phi 25 \times \phi 12.2 \times 13$	4	1.13	Flat Head Cap Screw M6 $\times$ 16	1
1.7	Button Head Cap Screw M8 $\times$ 45	2	1.14	Socket Set Screw M5 $\times$ 3	2



Exploded View and Parts List

Back Pad Bracket ASSY

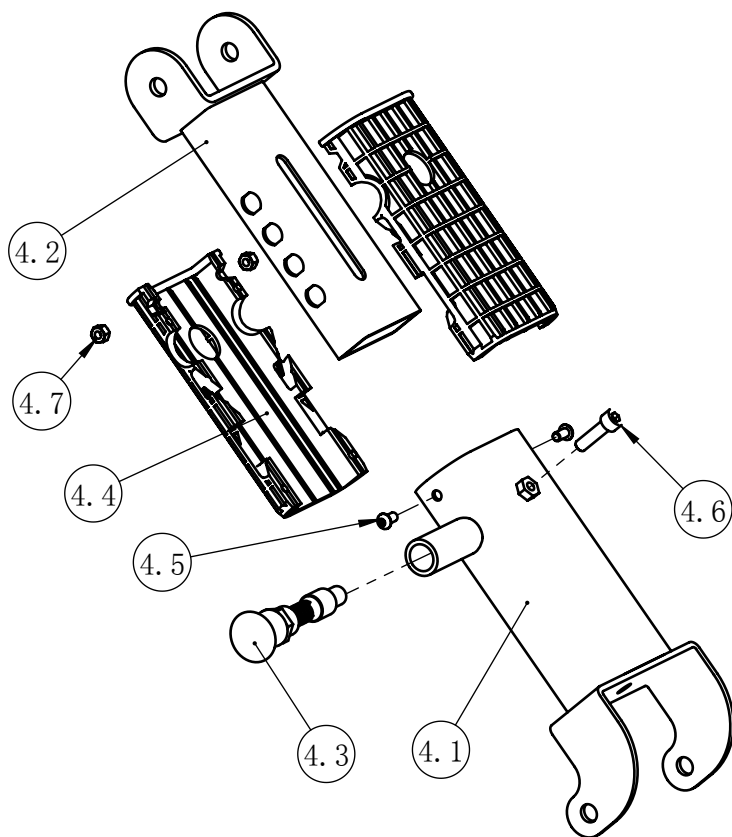
Item NO.	Description	Qty
3.1	Back Pad Bracket	1
3.2	Shaft $\phi 25.4 \times \phi 12.5 \times 132.5$	1
3.3	Plug PT50 $\times$ 100	1
3.4	Bushing $\phi 25 \times \phi 12.2 \times 13$	2
3.5	Hex Head Bolt M12 $\times$ 160	1
3.6	Nylon Nut M12	1
3.7	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	2



Exploded View and Parts List

Front Adjustable Bracket ASSY

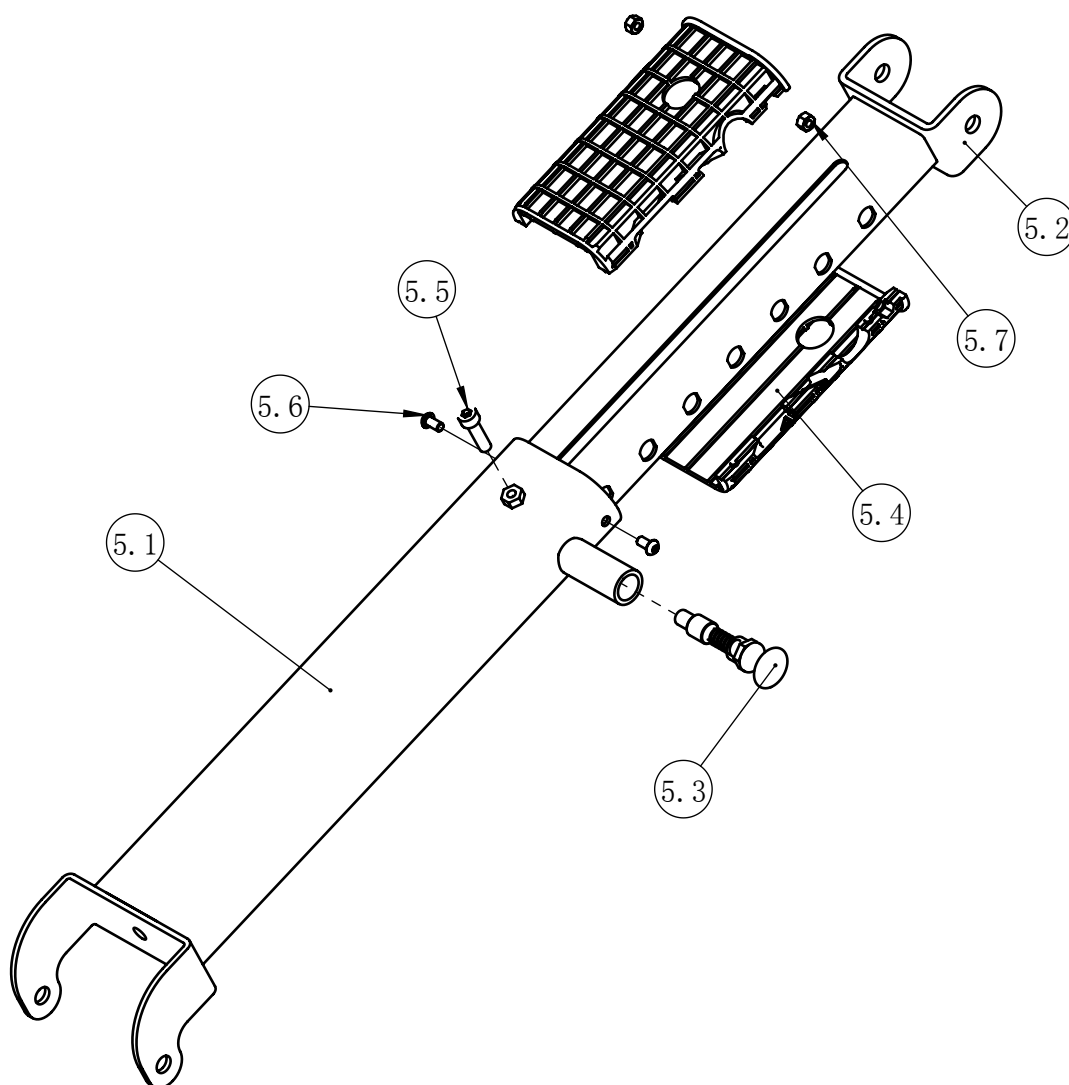
Item NO.	Description	Qty
4.1	Front Adjustable Bracket(Outer)	1
4.2	Front Adjustable Bracket(Inner)	1
4.3	Pin	1
4.4	Plastic Tube Guide	2
4.5	Socket Head Cap Screw M8×30	1
4.6	Button Head Cap Screw M6×12	2
4.7	Hex Nut M6	2



Exploded View and Parts List

Rear Adjustable Bracket ASSY

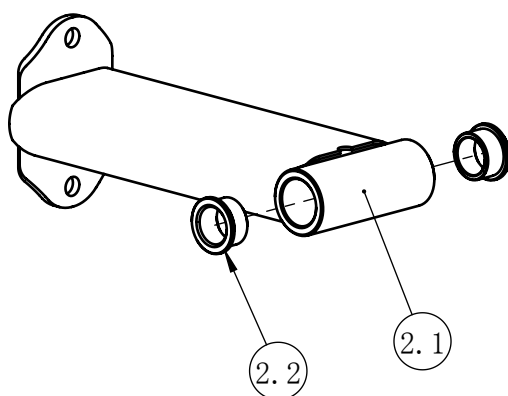
Item NO.	Description	Qty
5.1	Rear Adjustable Bracket(Outer)	1
5.2	Rear Adjustable Bracket(Inner)	1
5.3	Pin	1
5.4	Plastic Tube Guide	2
5.5	Socket Head Cap Screw M8×30	1
5.6	Button Head Cap Screw M6×12	2
5.7	Hex Nut M6	2



Exploded View and Parts List

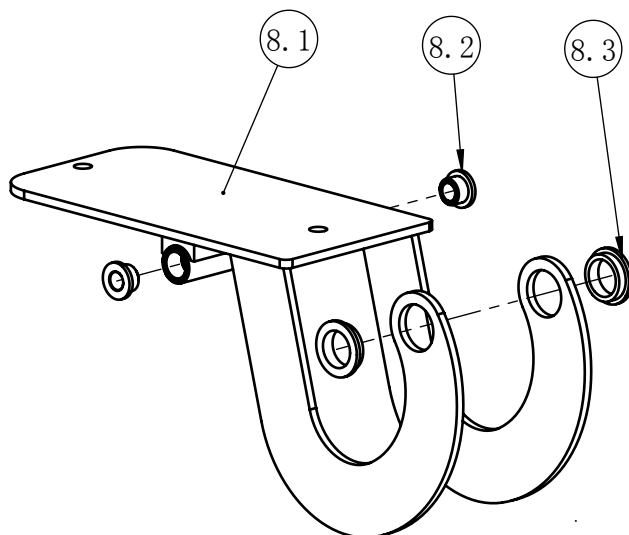
Support Bracket ASSY

Item NO.	Description	Qty
2.1	Support Bracket	1
2.2	Bushing $\phi 38 \times \phi 25.4 \times 18$	2



Seat Pad Bracket ASSY

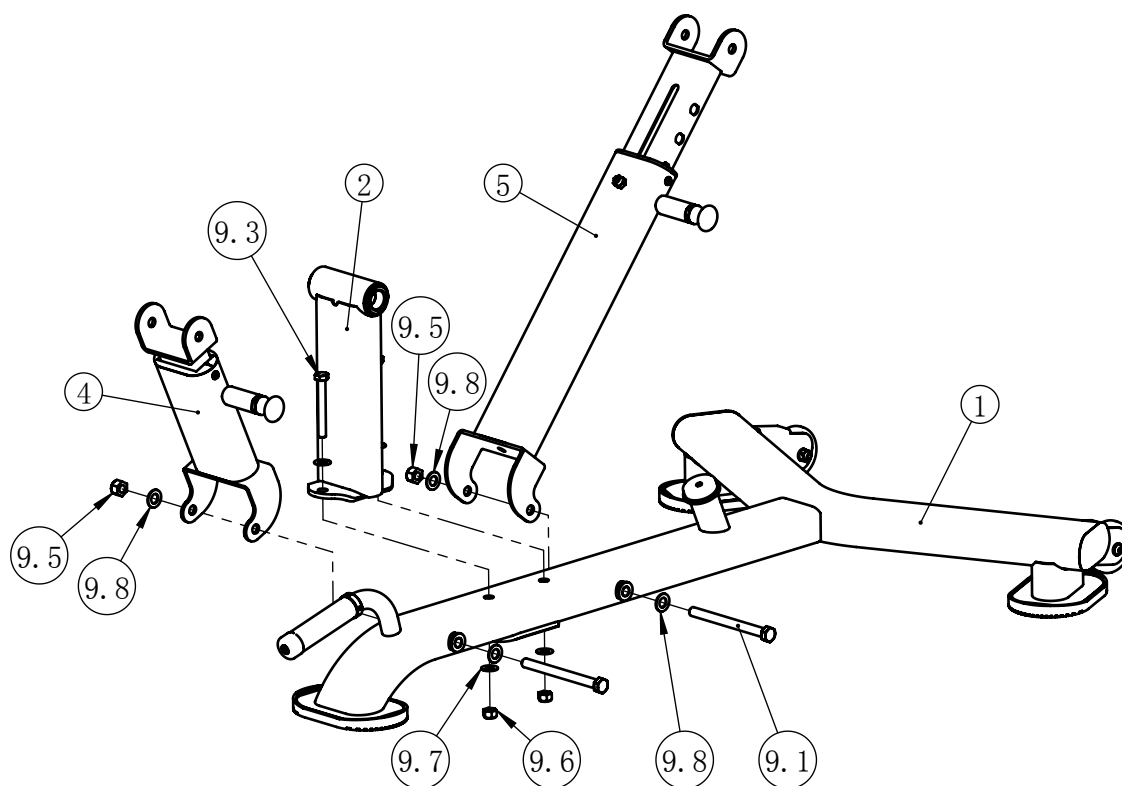
Item NO.	Description	Qty
8.1	Seat Pad Bracket	1
8.2	Bushing $\phi 25 \times \phi 12.2 \times 13$	2
8.3	Bushing $\phi 38 \times \phi 25.4 \times 18$	2



Assembly

Step1

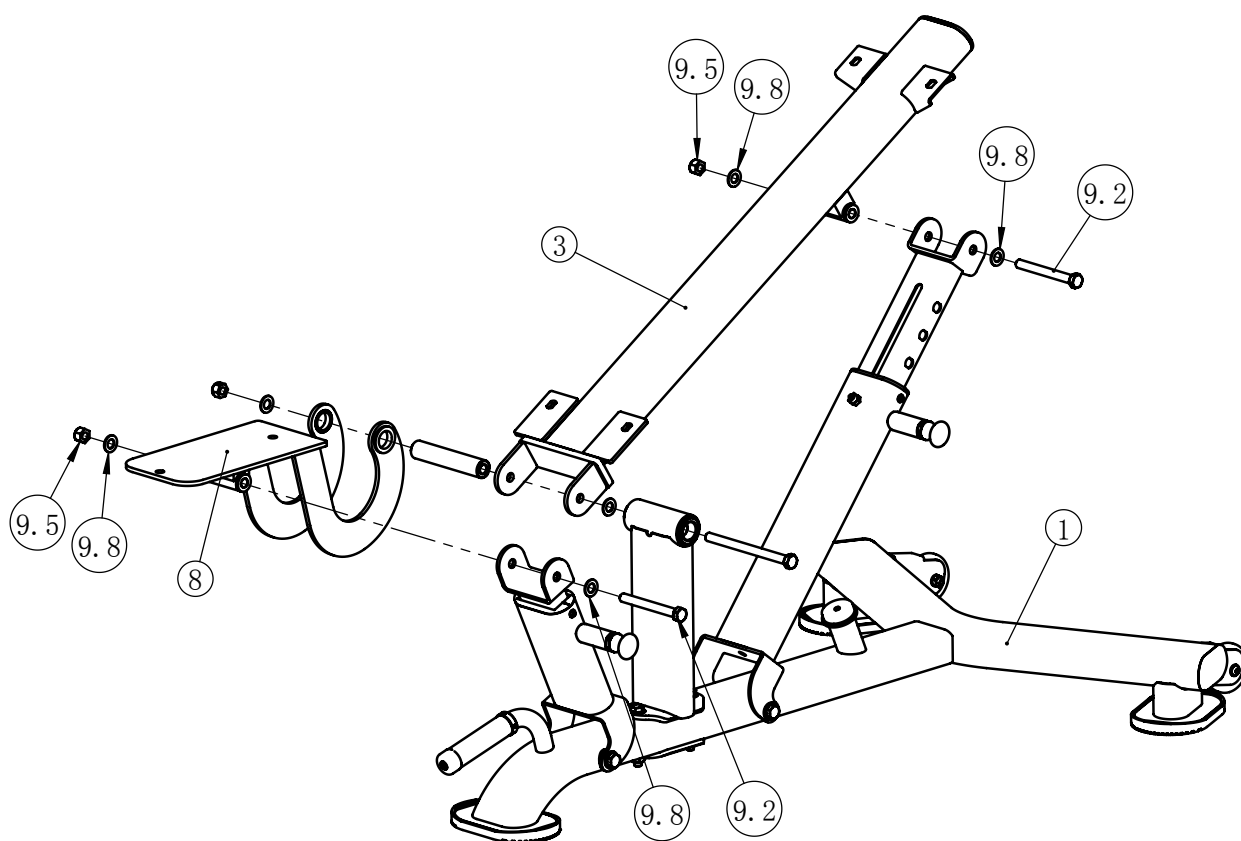
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Base Bracket	1	9.3	Hex Head Bolt M10×80	2
2	Rubber Foot	3	9.5	Nylon Nut M12	2
4	Wheel	2	9.6	Nylon Nut M10	2
5	Plug PT50×100	2	9.7	Flat Washer $\phi 23 \times \phi 11 \times 2.0$	4
9.1	Hex Head Bolt M12×140	2	9.8	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	4



Assembly

Step2

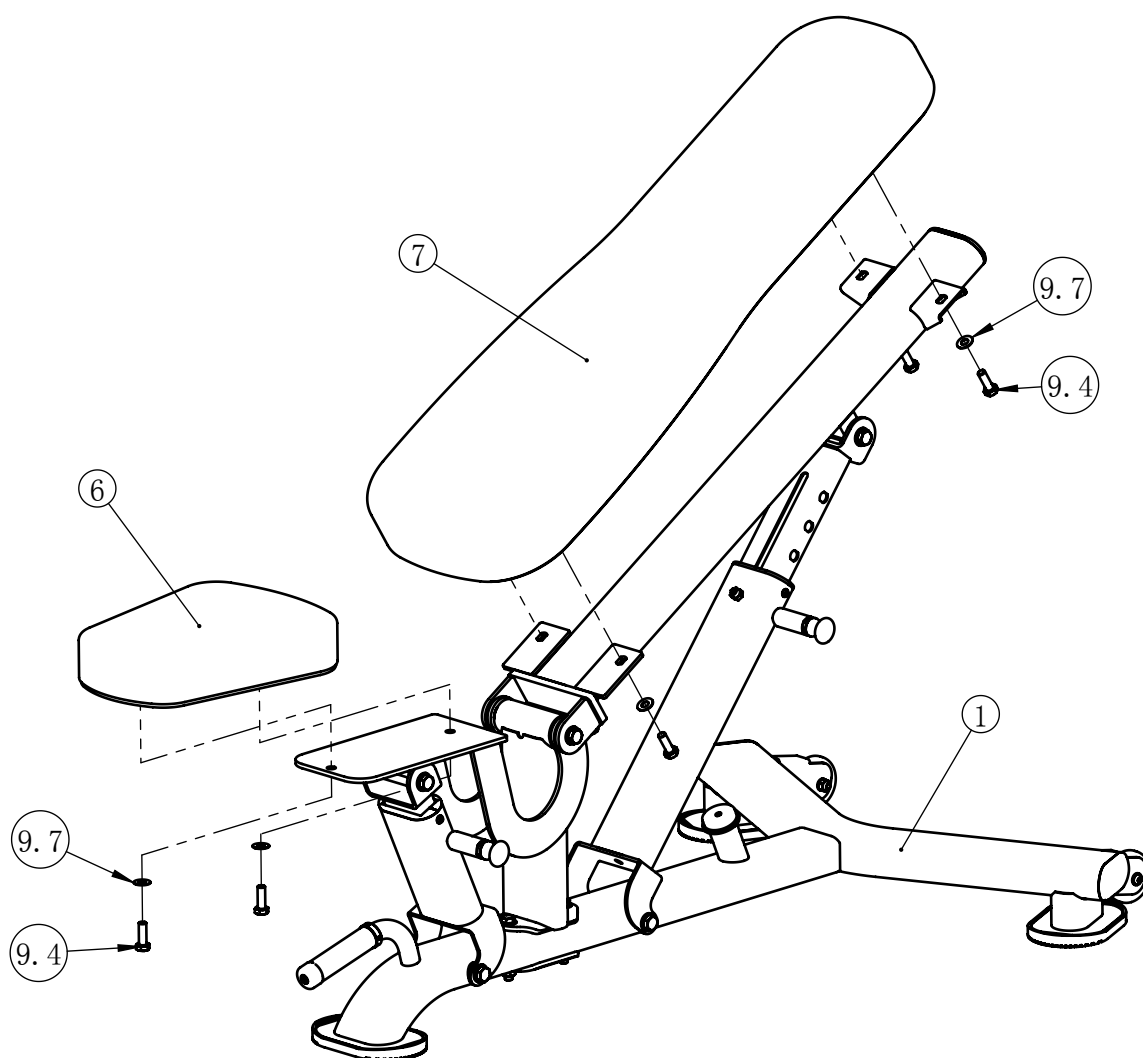
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Base Bracket	1	9.2	Hex Head Bolt M12×110	2
3	Back Pad Bracket ASSY	1	9.5	Nylon Nut M12	2
8	Seat Pad Bracket ASSY	1	9.8	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	4



Assembly

Step3

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Base Bracket	1	9.4	Hex Head Bolt M10×30	6
6	Seat Pad	1	9.7	Flat Washer $\varphi 23 \times \varphi 11 \times 2.0$	6
7	Back Pad	1			



General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.