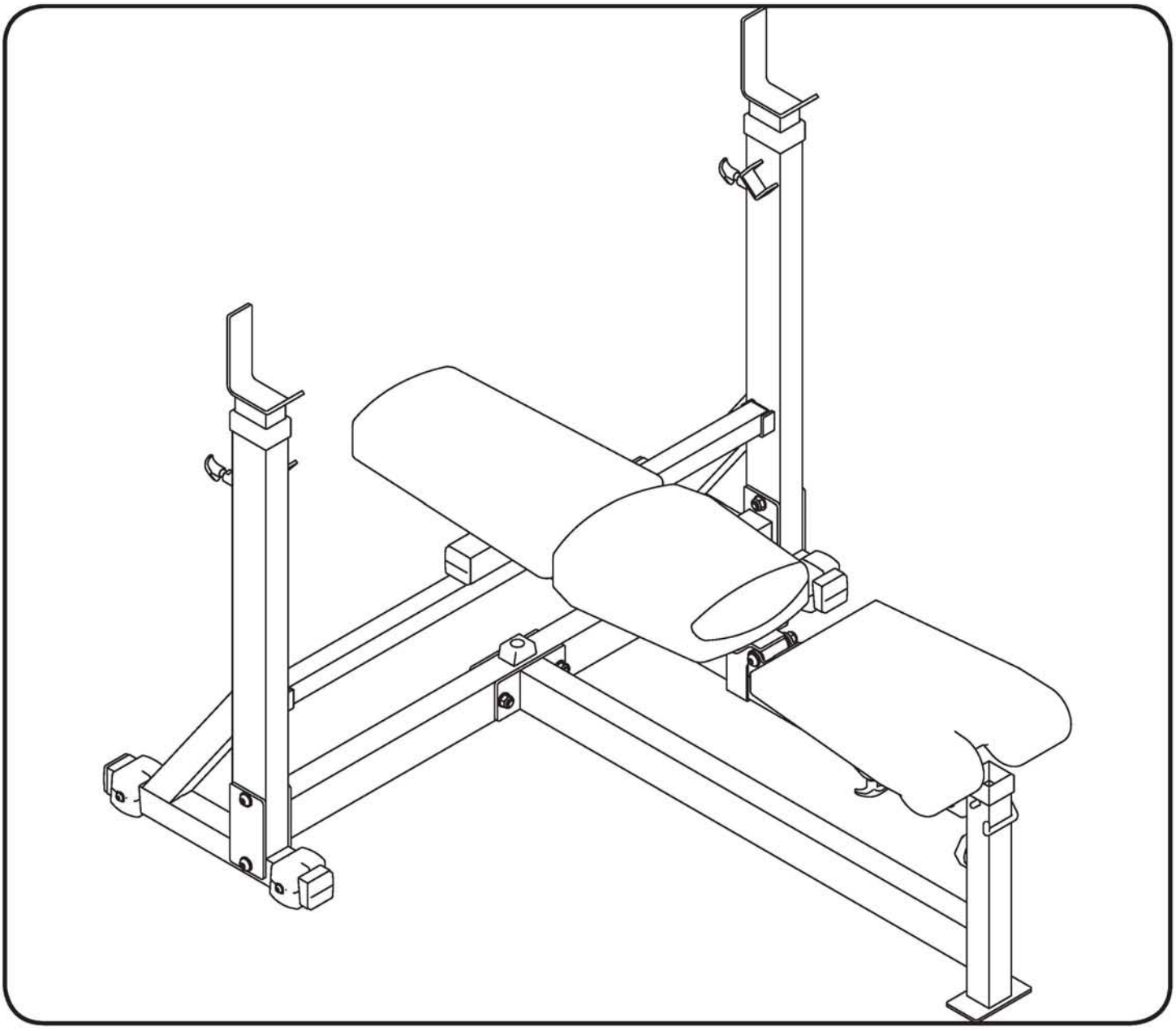
HUDSON STEEL

Owner's Manual

Olympic Bench



215-00121
10/06 Rev A

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Important Safety Information

This manual will guide you through the assembly process.

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

SAFETY INFORMATION WARNING!

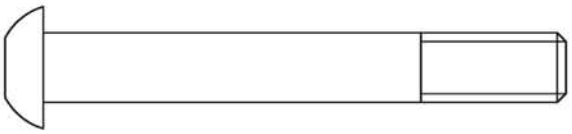
Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems.

It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

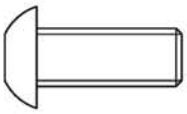
SAFETY PRECAUTIONS

- This unit should only be used on a level surface and is intended for indoor use only.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.
- Service to your unit should only be performed by an authorized service representative.

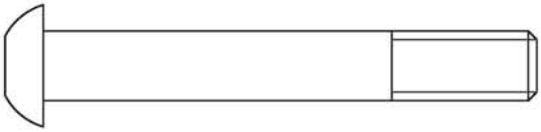
Assembly



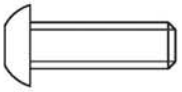
[29#] M12*90 2pcs



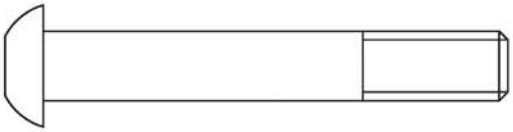
[33#] M10*25 4pcs



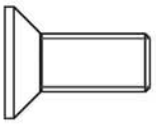
[30#] M12*85 1pc



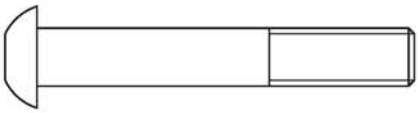
[41#] M8*25 9pcs



[31#] M12*80 6pcs

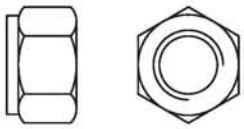


[34#] M10*25 4pcs

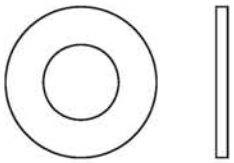


[32#] M10*65 1pc

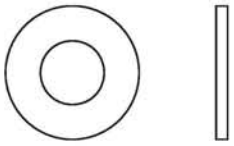
[36#] M10 1pc



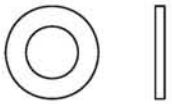
[35#] M12 10pcs



[37#] Ø26* Ø13*2 19pcs



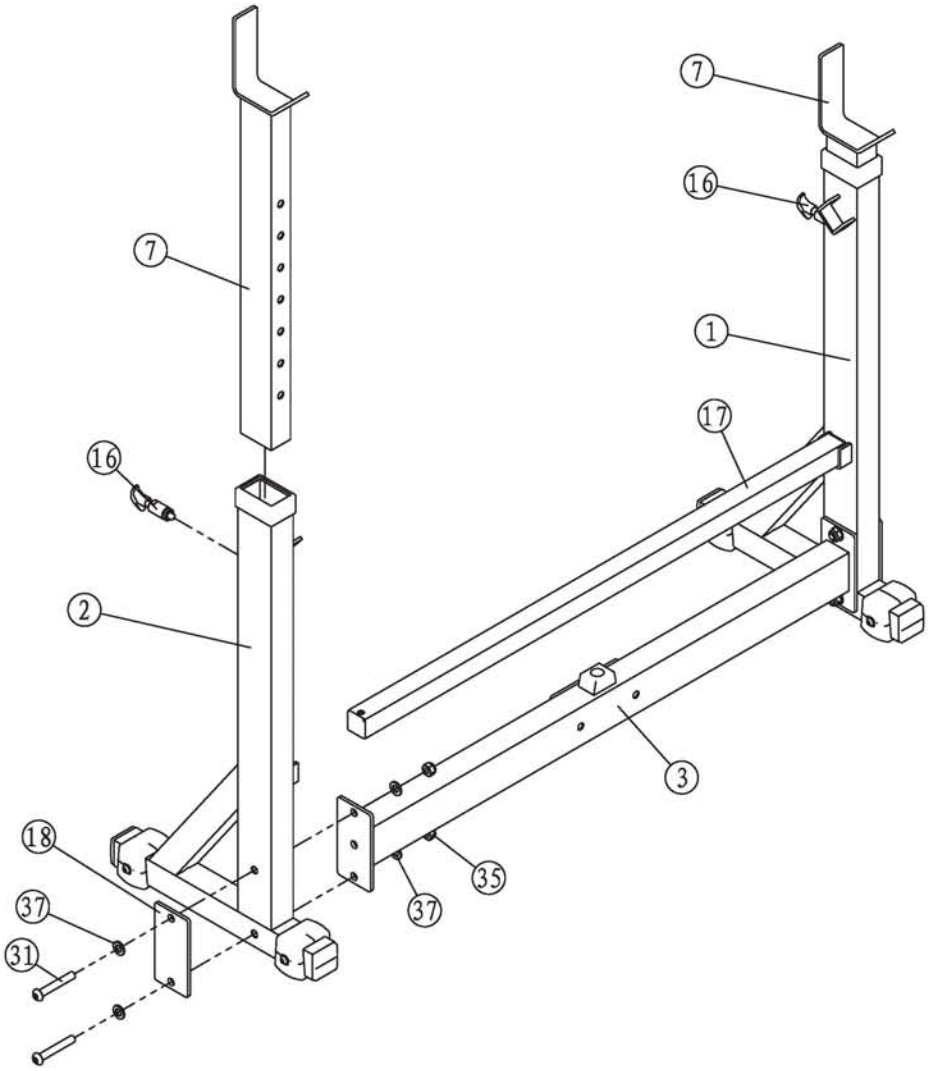
[38#] Ø23* Ø11*2 4pcs



[42#] Ø9* Ø16*1.6 9pcs

Assembly

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



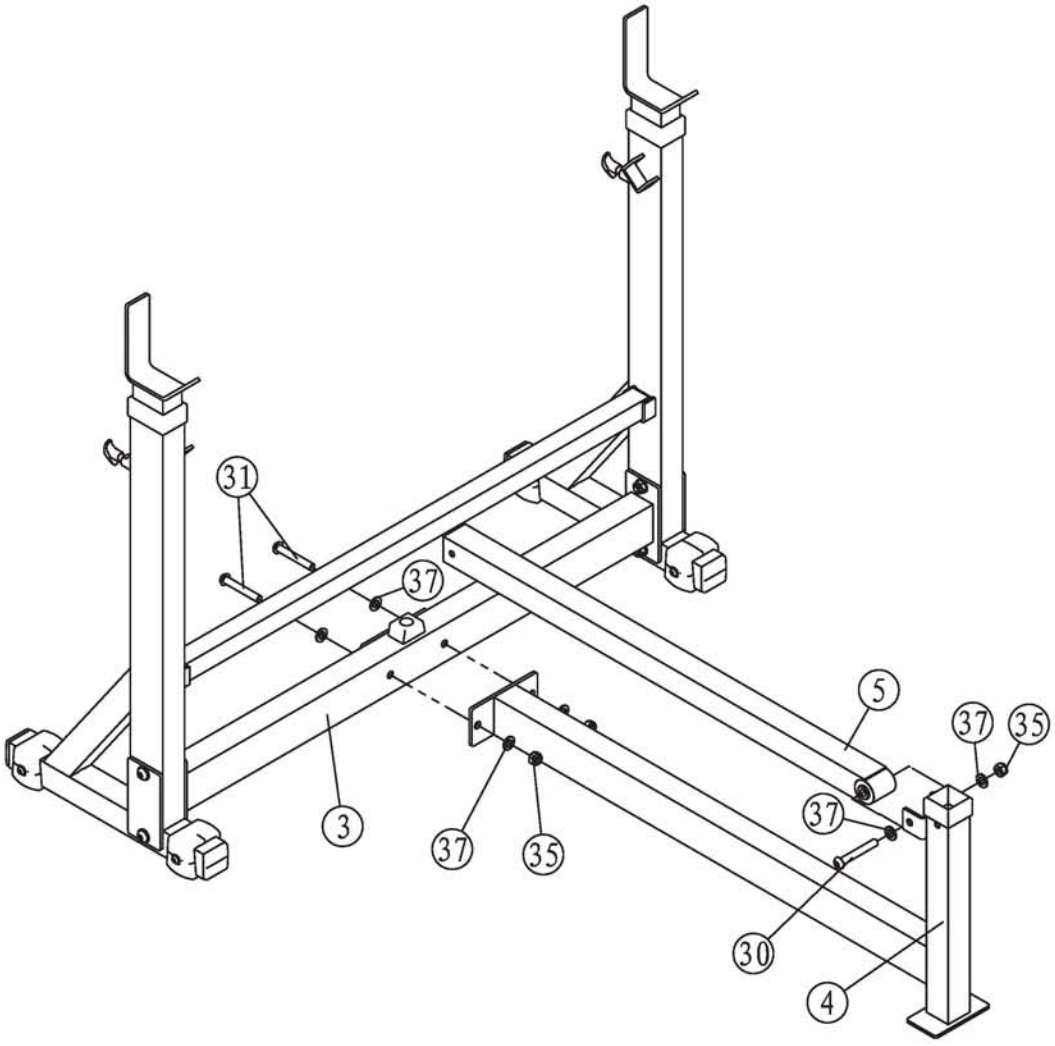
STEP 1

Connect Cross Frame (3) to Left and Right Uprights (1 and 2) using Bolts (31), Washers (37), Square Plate (18) and Nylon Nuts (35).

Slide Support Bar (17) into holders in Left and Right Uprights.

Insert Adjustable Weight Supports (7) into Left and Right Uprights. Secure with Short Pop Pins (16).

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

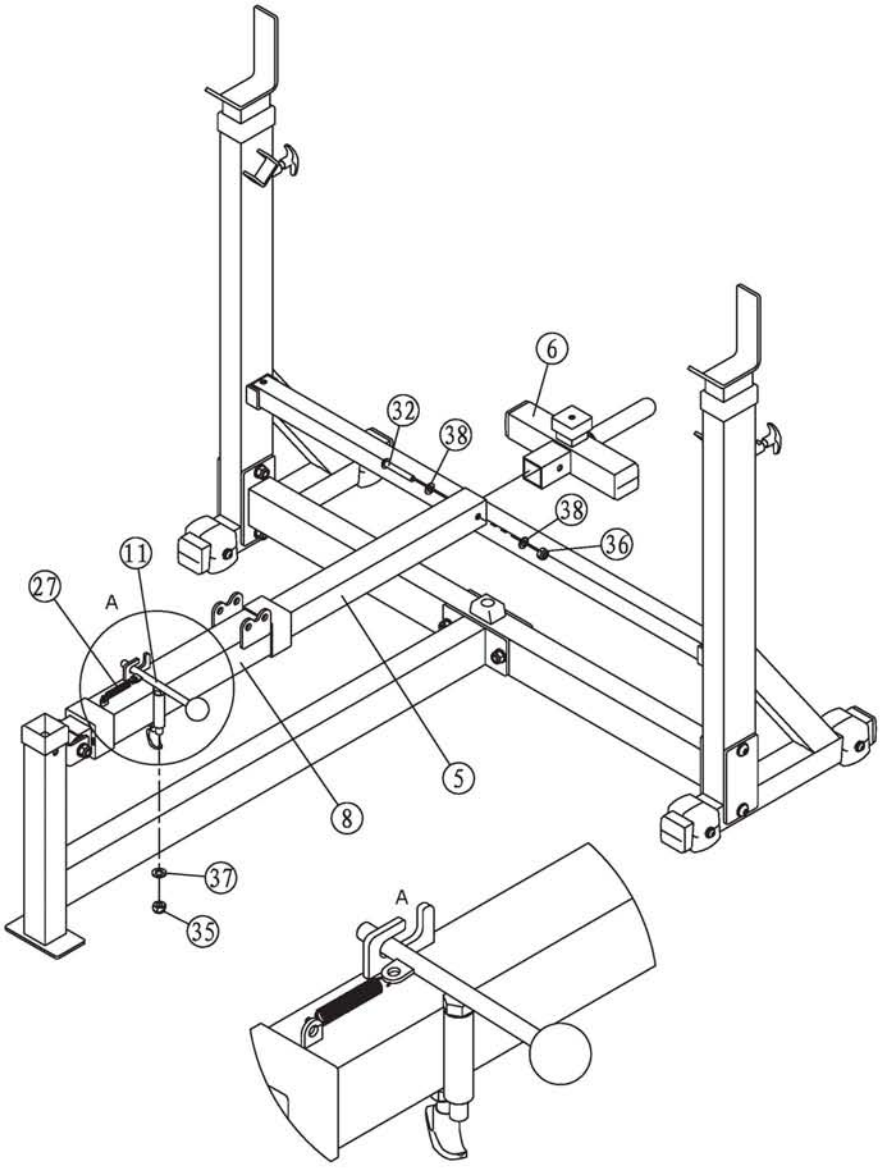


STEP 2

Connect Main Frame (4) to Cross Frame (3) using Bolts (31), Washers (37) and Nylon Nuts (35).

Connect Guide Frame (5) to top of Main Frame (4) using Bolt (30), Washers (37) and Nylon Nut (35).

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

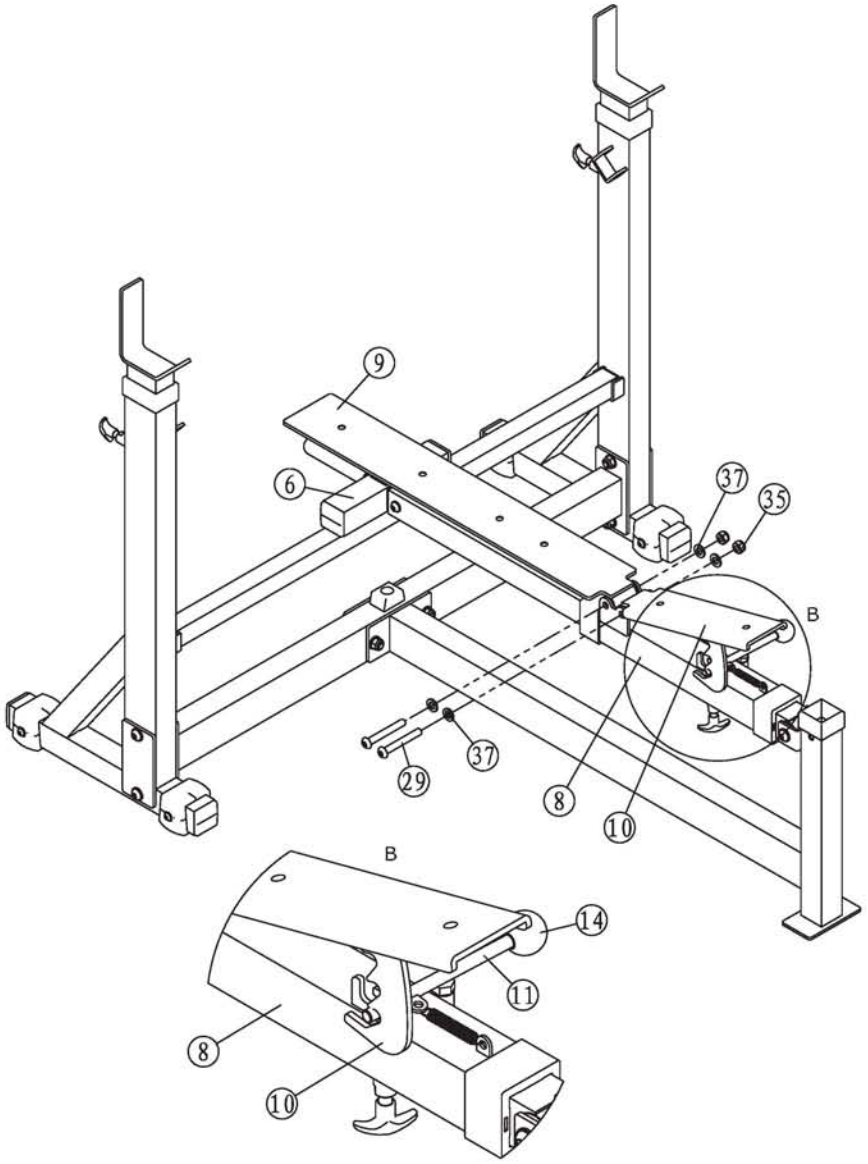


STEP 3

CARRIAGE ASSEMBLY (A): Slide Adjustable Pin (11) down into Carriage (8) and secure with Washer (37) and Nylon Nut (35). Connect Spring (27) to Adjustable Pin (11) and Carriage (8).

Connect Decline Handle (6) to Guide Frame (5) using Bolt (32), Washers (38) and Nylon Nut (36).

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



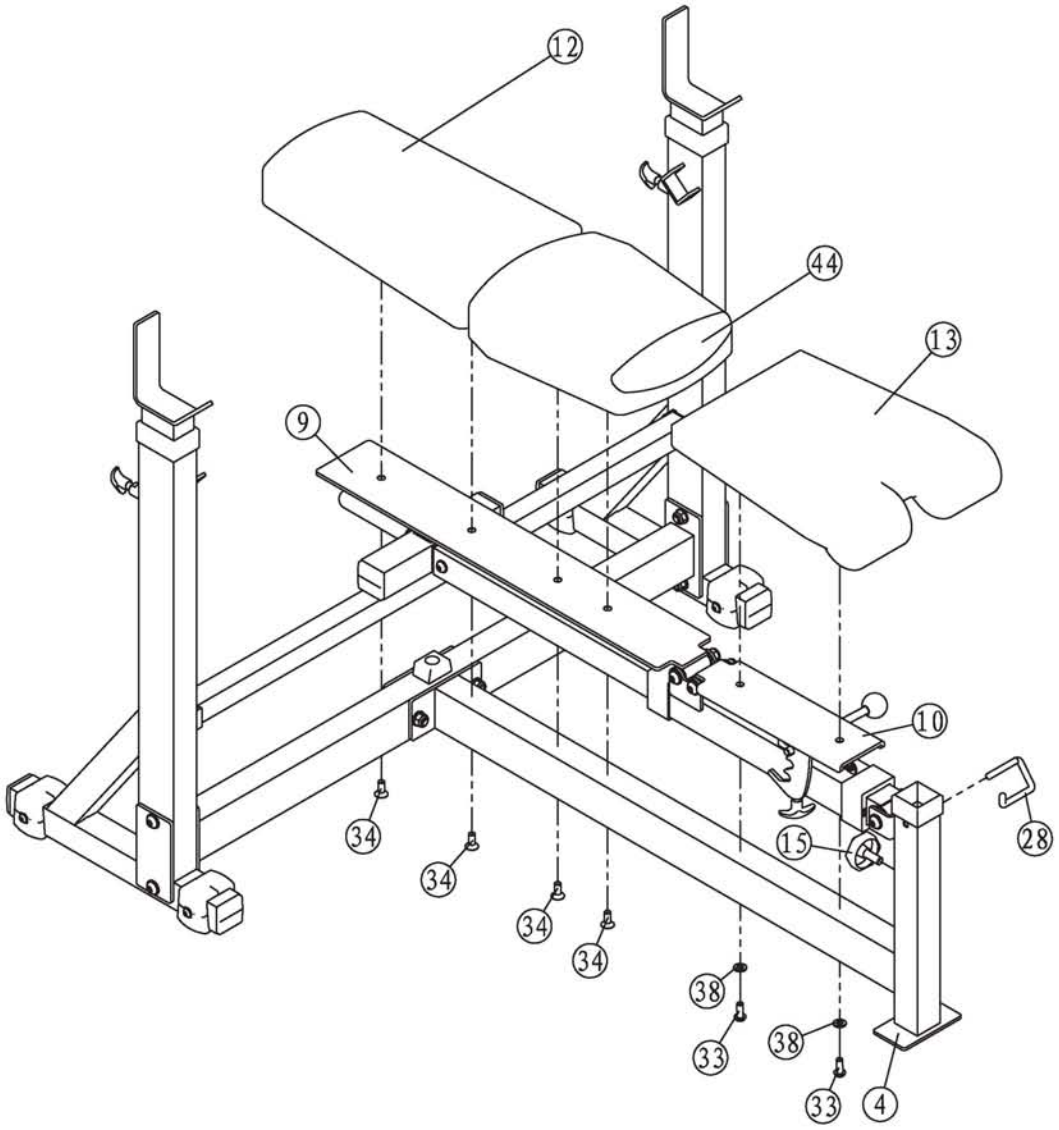
STEP 4

CARRIAGE ASSEMBLY (B): Connect Seat Support (10) to Carriage (8) with Bolt (29), Washers (37) and Nylon Nut (35).

Connect Back Pad Support (9) to Carriage (8) with Bolt (29), Washers (37) and Nylon Nut (35).

Assembly

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 5

Connect Back Pad (12) to Back Pad Support (9) using Screws (34).

Connect Lower Back Pad (44) to Back Pad Support (9) using Screws (34).

Connect Seat Pad (13) to Seat Support (10) using Bolts (33) and Washers (38).

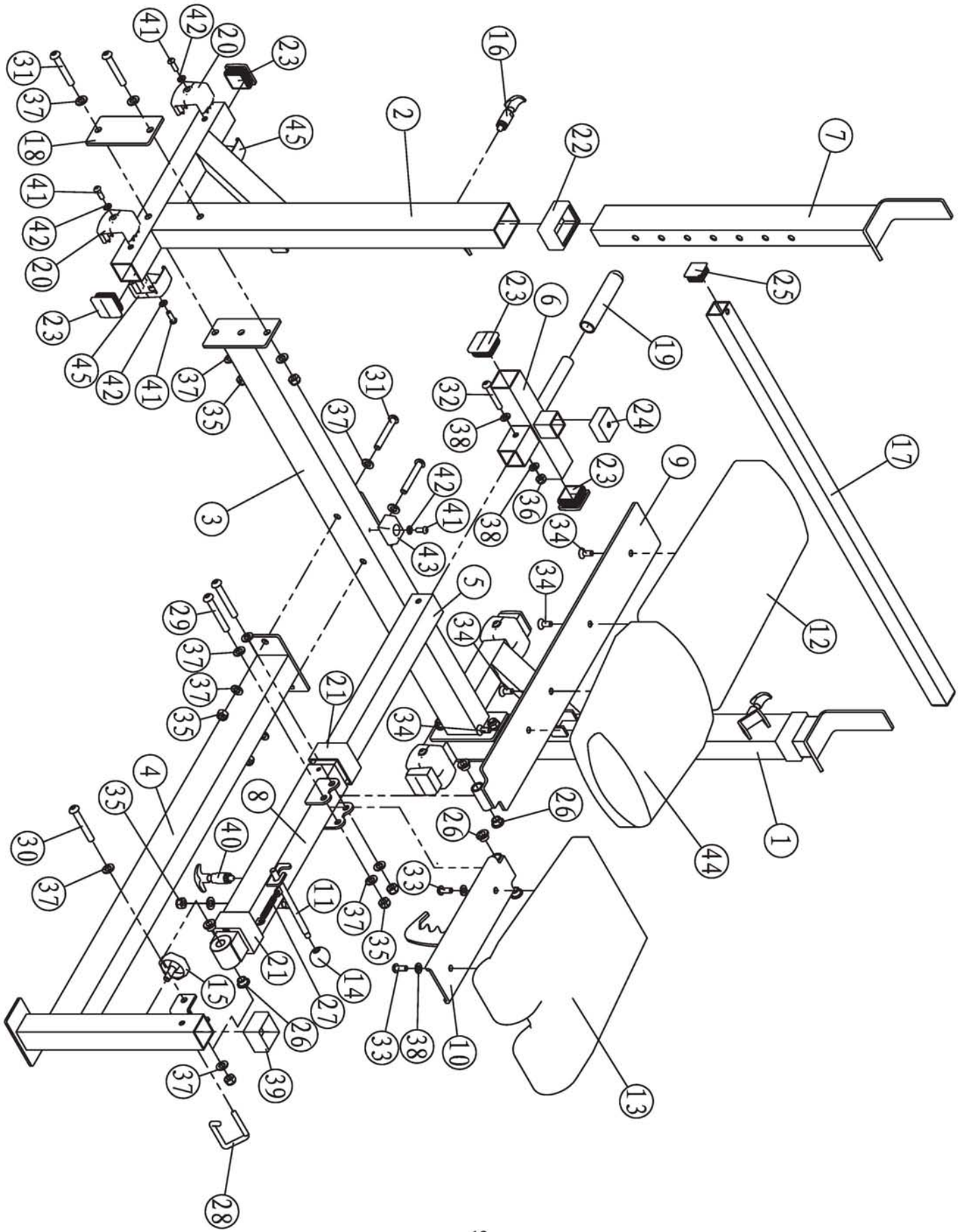
Insert L Pin (28) and screw in Knob (15) into front of unit - both (28) and (15) are used to secure attachments.

Parts List

KF-OB Parts List Rev A

Ref #	Part #	Description	Qty
1	223-00967	UPRIGHT, RIGHT H-OB	1
2	223-00968	UPRIGHT, LEFT H-OB	1
3	223-00970	CROSS FRAME, H-OB	1
4	223-00969	MAIN FRAME, H-OB	1
5	223-00971	GUIDE FRAME, H-OB	1
6	219-00492	DECLINE HANDLE, H-OB	1
7	223-00972	ADJUSTABLE WEIGHT SUPPORT, H-OB	2
8	223-00973	CARRIAGE, H-OB	1
9	223-00974	SUPPORT, BACK PAD H-OB	1
10	223-00974	SUPPORT, BACK PAD H-OB	1
11	210-00015	ADJ PIN FOR SEAT	1
12	228-00221	BACK PAD, UPPER H-OB	1
13	228-00222	SEAT PAD, H-OB	1
14	206-00467	BALL HEAD, H-OB	1
15	210-00022	KNOB BOLT M12*25	1
16	210-00021	POP PIN	2
17	223-00975	SUPPORT BAR, H-OB	1
18	219-00493	SQUARE PLATE, H-OB	2
19	206-00103	LAT BAR GRIP - H	1
20	206-00392	FOOT CAP, RIGHT 50.8 H SERIES	4
21	206-00035	PLASTIC SLEEVE, 63.5X50.8	2
22	206-00029	PLASTIC SLEEVE 50.8*76.2	2
23	206-00391	SQUARE PLUG, 50.8 H SERIES	6
24	206-00023	END CAP H-OB	1
25	206-00182	PLUG 38	2
26	202-00023	BRONZE BUSHING, ID 12.2	6
27	202-00118	SPRING	1
28	210-00146	U PIN, KPS-HCL, H-LEGA, H-OB	1
29	202-00685	SCREW, BUTTON HD SOCKET CAP M12X90	2
30	202-00686	SCREW, BUTTON HD SOCKET CAP M12X85	1
31	202-00687	SCREW, BUTTON HD SOCKET CAP M12X80	6
32	202-00640	SCREW, M12X80 BUTTON HEAD SOCKET CAP	1
33	202-00665	SCREW, BUTTON HEAD SOCKET CAP M10X65	2
34	202-00688	SCREW, FLAT SOCKET HD M10X25	4
35	202-00092	NYLON NUT, M12	10
36	202-00091	NYLON NUT, M10	1
37	202-00222	WASHER, 13X26X2 H FI #32	19
38	202-00223	WASHER, 11X23X2	4
39	206-00114	PLASTIC SLEEVE, 50.8x44.5	1
40	210-00034	LONG POP PIN, H-OB/ H-1800	1
41	202-00636	SCREW, M8X25 BUTTON HEAD SOCKET CAP	9
42	202-00224	WASHER, 9X16X1.6	9
43	206-00022	RUBBER BUMPER H-OB #43	1
44	228-00223	BACK PAD, LOWER H-OB	1
45	206-00393	FOOT CAP, LEFT 50.8 H SERIES	4
#	202-00689	BOLT PACK, H-OB	1

Exploded View



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