

# PART LIST—Model No. 831.150312

R1204A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	32	3	48mm Round Inner Cap
2	1	Front Leg	33	3	25mm Round Inner Cap
3	1	Leg Lever	34	1	25mm Round Angled Cap
4	1	Crossbar	35	2	M10 x 65mm Bolt
5	2	Crossbar Extension	36	1	Curl Bar
6	2	Crossbar Cap	37	6	M6 x 16mm Screw
7	1	Right Upright	38	8	M10 x 91mm Bolt
8	1	Left Upright	39	4	M10 x 86mm Bolt
9	2	Weight Rest	40	8	M6 x 40mm Screw
10	1	Backrest Bracket	41	1	M10 x 168mm Bolt
11	1	Curl Post	42	1	M8 x 58mm Bolt
12	2	Backrest Tube	43	2	M10 x 82mm Bolt
13	1	Backrest	44	3	1/4"x 9mm Set Screw
14	1	Seat	45	9	M4 x 16mm Screw
15	1	Curl Pad	46	4	M10 Washer
16	1	Weight Tube	47	2	M8 Washer
17	1	Olympic Adapter	48	18	M10 Nylon Locknut
18	4	Joint Plate	49	2	Curl Bar Olympic Adapter
19	3	Pad Tube	50	8	M6 Washer
20	6	Foam Pad	51	1	M8 Nylon Locknut
21	2	Weight Rest Cap	52	4	M6 Nylon Locknut
22	2	Square Bushing	53	4	5mm Spacer
23	2	Weight Rest Knob	54	2	1" Weight Clip
24	1	Curl Post Knob	55	2	48mm Weight Clip
25	1	Adjustment Pin	56	1	M10 x 68mm Bolt
26	4	45mm Square Inner Cap	57	6	19mm Square Inner Cap
27	2	Crossbar Bushing	58	2	45mm Thin Square Inner Cap
28	4	25mm Square Inner Cap	#	1	User's Manual
29	2	Foot	#	1	Exercise Guide
30	1	10mm Spacer	#	1	Allen Wrench
31	1	Plate	#	1	Grease Pack

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. If a part is missing, call toll-free 1-877-992-5999.

# EXPLODED DRAWING—Model No. 831.150312

R1204A

