

TABLE OF CONTENTS

DIAGRAM	1
PARTS LIST	2
ASSEMBLY INSTRUCTIONS	3
STEP 1 FRAME ASSEMBLY	3
STEP 2 BACKREST PREPARATION	3
STEP 3 ATTACHING SEAT & BACKREST	4
STEP 4 ATTACHING LEG CURL	4
STEP 5 ATTACHING BUTTERFLIES	5
REPAIR PARTS & SERVICE	5

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

