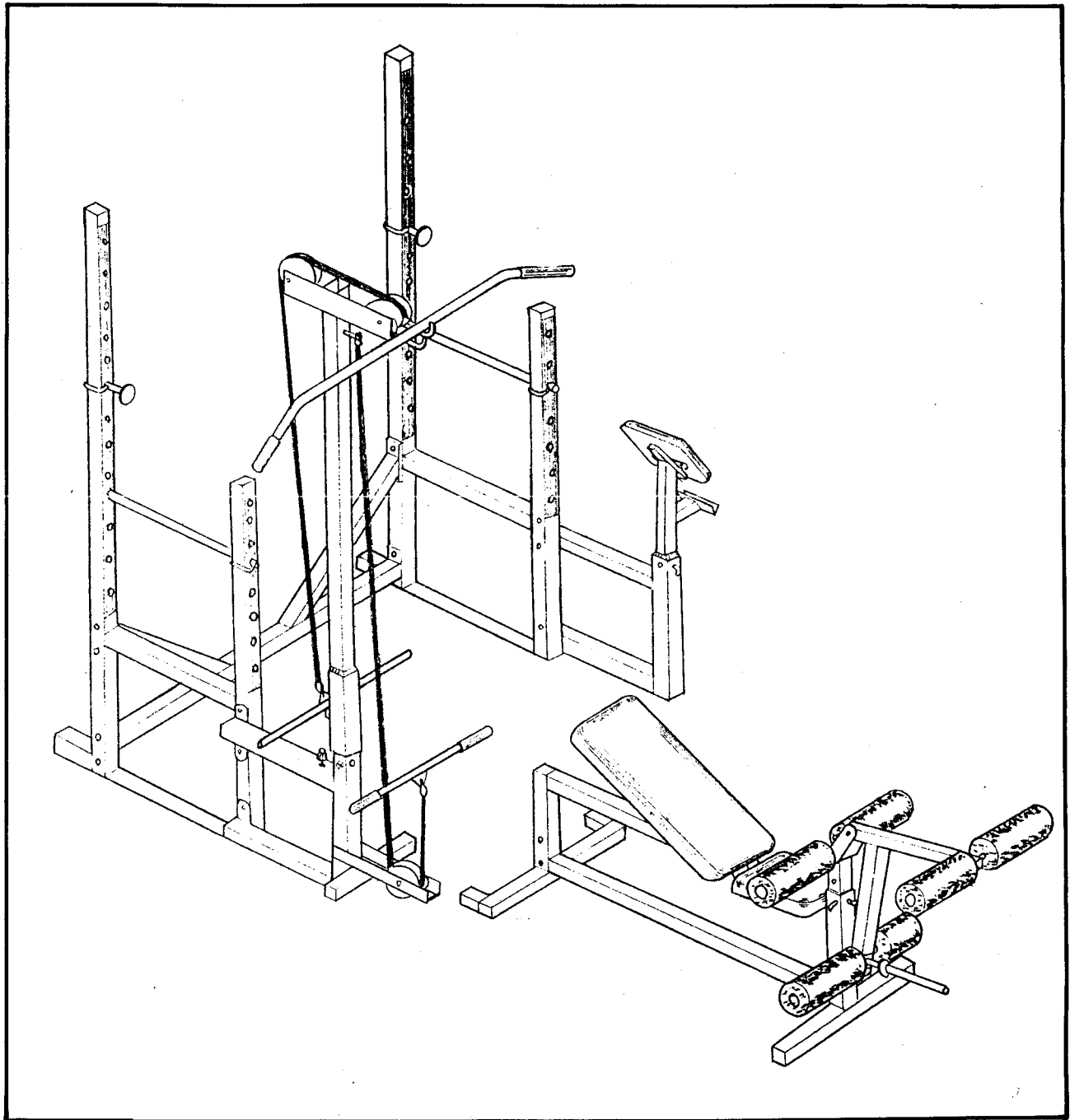


IMAGE

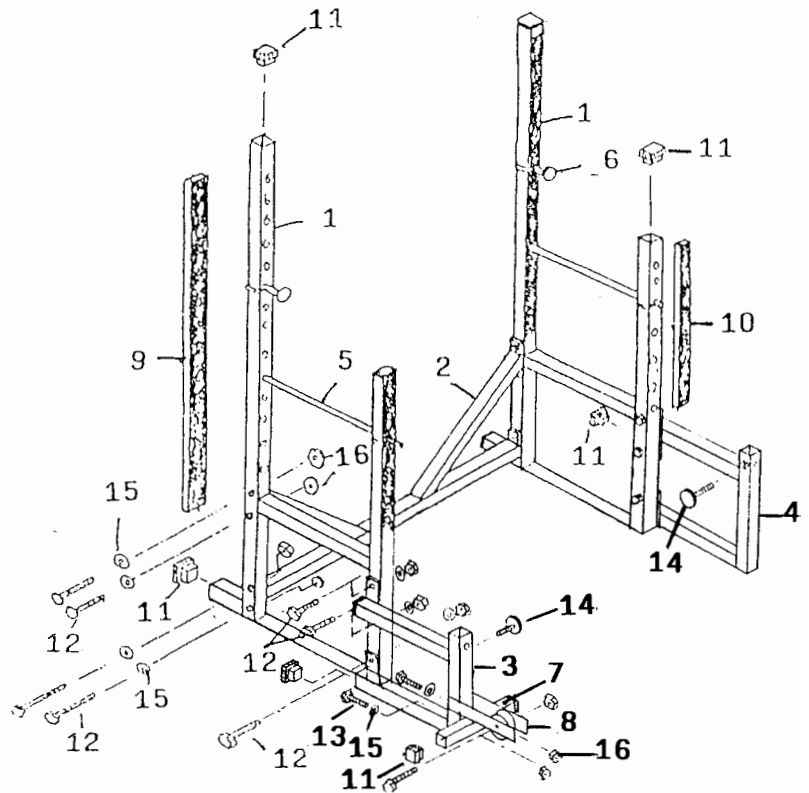
FREE WEIGHT STATION WHHY 3311



Assembly Instructions

ASSEMBLY OF POWER LIFT W/EXTENSION

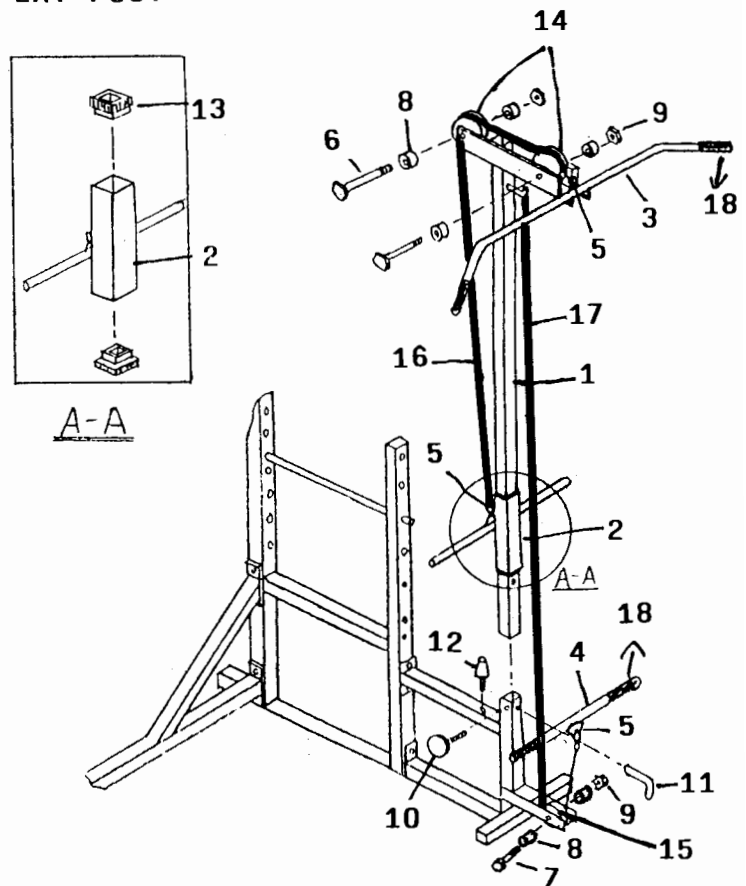
REF NO.	Q'TY	DESCRIPTION
1	2	SIDE
2	1	"K" FRAME
3	1	LEFT EXTENSION
4	1	RIGHT EXTENSION
5	2	SAFETY BAR
6	2	BAR HOLDER
7	1	FOOT PRESS
8	1	PULLEY BRACKET
9	2	RIBBED PAD (LONG)
10	2	RIBBED PAD (SHORT)
11	12	2" PVC PLUG
12	14	3/8" X 2 3/4" BOLT
13	2	3/8" X 3" BOLT
14	1	KNOB BOLT (FOR ARM CURL)
15	16	3/8" WASHER
16	17	3/8" NUT



1. ASSEMBLE THE "K" FRAM (2) TO THE TWO SIDES (1). USE EIGHT 3/8" X 2 3/4" BOLTS (12) WITH 3/8" EIGHT WASHERS (15) AND HELD NUTS (16).
2. ADD BLACK RIBBED PADS (9, 10) PEEL OFF THE PAPER, LINE UP THE HOLE IN THE APPROPRIATE PIECE. AND PRESS FIRMLY IN PLACE.
3. SLIDE IN THE SAFETY BARS (5) AND LOCK IN PLACE. MAKE SURE THEY ARE OPPOSITE EACH OTHER AND PARALLEL.
4. ADD THE BAR HOLDERS (6) AND LOCK IN. MAKE SURE THEY ARE OPPOSITE AND PARALLEL ALSO.
5. ASSEMBLE THE RIGHT (3) AND LEFT EXTENTION (4) TO THE SIDE (1), AS SHOWN. USE SIX 3/8" X 2 3/4" BOLTS (12) WITH SIX 3/8" WASHERS (15) AND 3/8" NUTS (16) FOR BOTH SIDES.
6. NEXT, ADD THE FOOT PRESS (7) AND PULLEY BRACKET (8) AS SHOWN. LINE UP THE HOLE IN THE PULLEY BRACKET WITH THE HOLE IN THE FOOT PRESS BAR AND SECURE TO THE EXTENSION WITH TWO 3/8' X 3" (13) WITH WASHERS AND NUTS.

ASSEMBLY OF LAT POST

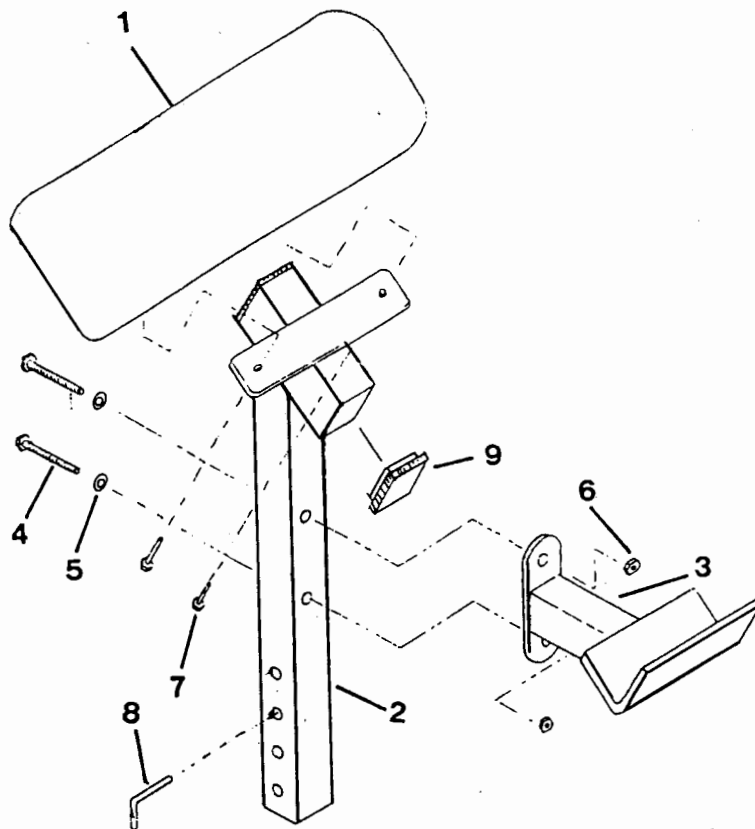
REF NO.	QTY	DESCRIPTION
1	1	LAT POST
2	1	WEIGHT SLIDE
3	1	LAT BAR
4	1	LOW BAR
5	3	HOOK
6	2	3/8" X 2 3/4" SHANK BOLT
7	1	3/8" X 3" SHANK BOLT
8	6	PVC SLEEVE
9	3	3/8" NUT
10	1	KNOB BOLT
11	1	"L" PIN
12	1	WEIGHT BOLT BUMPER
13	2	2 3/8" X 1 3/4" PVC PLUG
14	2	4 1/2" PULLEY
15	1	3 1/2" PULLEY
16	1	SHORT CABLE
17	1	LONG CABLE
18	4	HANDLE GRIP



- (1) USING THE TWO 2 3/8" X 1 3/4" PVC PLUG INTO THE WEIGHT SLIDE (2) AND SLIP TO THE LAT POST (1), AS SHOWN. AND SLIDE THIS ASSEMBLY INTO THE OPEN END OF THE RIGHT EXTENSION, LINE UP THE HOLE IN THE LAT POST WITH THE TOP HOLE IN THE EXTENSION. SCREW WITH THE KNOB BOLT (10) AND "L" PIN (11).
- (2) BOLT THE TWO 4 1/2" PULLEYS (14) INTO THE PULLEY BRACKET WITH TWO 3/8" X 2 3/4" SHANK BOLT AND FOUR PVC SLEEVES (8) AND 3/8" NUTS (9).
- (3) ADD THE THREE HOOK (5) TO EACH END OF THE TWO CABLES (16, 17).
- (4) ADD THE FOUR GRIPS (18) TO EACH END OF THE LAT AND LOW BAR.
- (5) BOLT THE ONE 3 1/2" PULLEY (15) IN PLACE, USING ONE 3/8" X 3" SHANK BOLT WITH TWO PVC SLEEVES (8) AND 3/8" NUT (9)
- (6) SCREW THE TIGHTENING W/WEIGHT BOLT BUMPER (12) ON THE RIGHT EXTENSION.

ASSEMBLY OF ARM (CURL)

REF NO.	QTY.	PART DESCRIPTION
1	1	PAD
2	1	PEDESTAL
3	1	HOLDER
4	2	BOLT 3/8" - 16 X 2 1/2"
5	2	WASHER 3/8"
6	2	NUT 3/8"
7	2	BOLT 3/8" - 16 X 3/4"
8	1	"L" PIN
9	2	1 3/4" PVC END PLUG



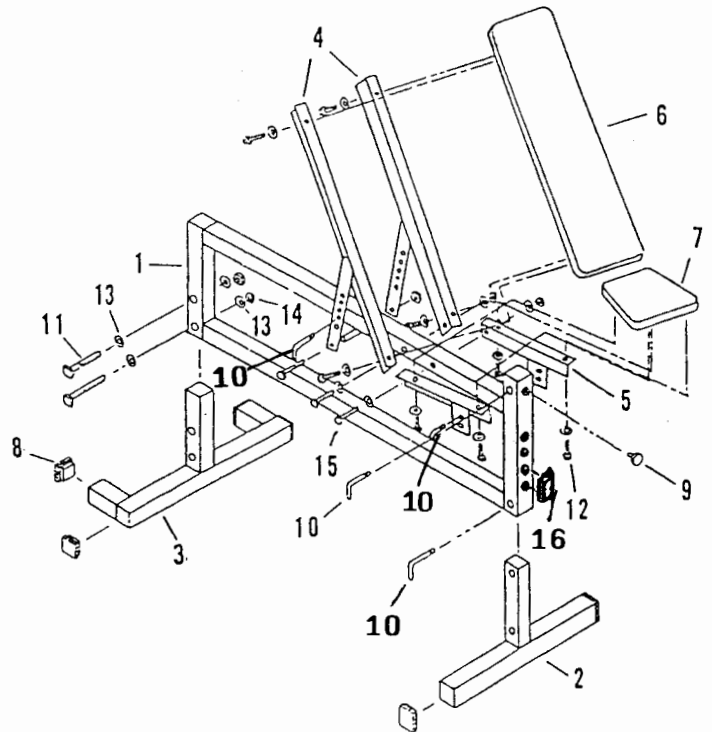
ASSEMBLY

- (1) MOUNT WEIGHT HOLDER (3) TO THE PEDESTAL (2), USING TWO 3/8" X 2 1/2" BOLTS (4) WITH TWO 3/8" WASHERS AND 3/8" NUT (6).
- (2) SLIGHT THIS ASSEMBLY IN THE OPEN TUBE OF THE LEFT EXTENSION, LINE UP THE ADJUSTING HOLES AND SLIDE IN THE "L" PIN (8), SCREW THE TIGHTING W/KNOB BOLT.
- (3) BOLT ON THE PAD (1) WITH 3/8" X 3/4" BOLT (7).
- (4) TWO 1 3/4" PVC PLUG (9) INTO THE OPEN END OF THE SHORT TUBE.

ASSEMBLY OF FLAT TO INCLINE BENCH

PARTS LIST

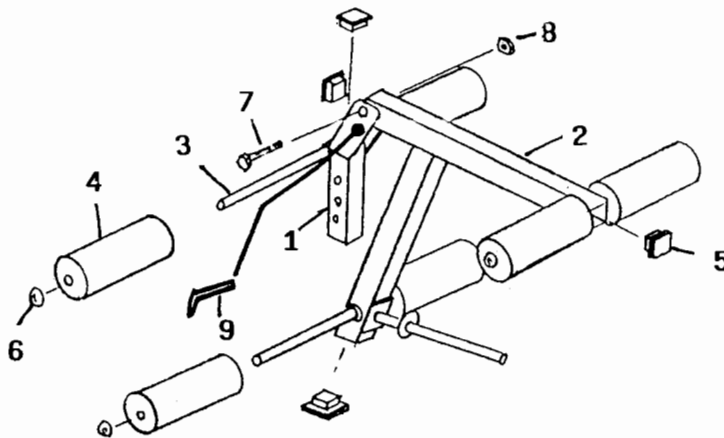
REF NO.	QTY	DESCRIPTION
1	1	BASE
2	1	FRONT LEG
3	1	REAR LEG
4	2	BACK SUPPORT
5	2	SEAT SUPPORT
6	1	BACK PAD
7	1	SEAT PAD
8	7	2" END PLUG
9	1	SHORT KNOB BOLT
10	4	L - PINS
11	2	3/8" - 16 X 2 1/2" BOLTS
12	8	3/8" - 16 X 3/4" BOLTS
13	16	3/8" WASHER
14	5	3/8" HEX NUT
15	3	3/8" - 16 X 3" BOLTS
16	1	RUBBER BUMPER



- 1) Insert the Front Leg (2) and the Rear Leg(3) into the Base (1). Secure it with the L-Pin (10) in the front and the Bolts (11) in the rear. Thread the Thumbscrew (9) into the weld nut on the front of the Base (1).
- 2) Slip the Back Support (4) into position by placing it below the top horizontal tube of the Base (1). Pull it up until the holes in the angle line up with the 2nd set of holes in the tube as shown. Secure this with the Bolt (15) and fasteners pictured.
- 3) Fasten the Seat Supports (5) to the Base (1) as shown. Make sure the adjustment bars point towards the front. Center the two pads onto both supports and allow for pivotal movement. Secure with the Lag Screws (12) and washers (13).
- 4) Insert the L-Pins (10) where shown. Push the End Plugs (8) into the tube openings on the legs and back of the Base (1). Tighten all bolts securely before using.
- 5) To attach the incline feature of the Front Leg (2), you must do the following. Unbolt the Rear Leg (3) and swing it around so that the feet extenders point to the front. Fasten the Base (1) with the turned around Rear Leg (3), and tighten before use.

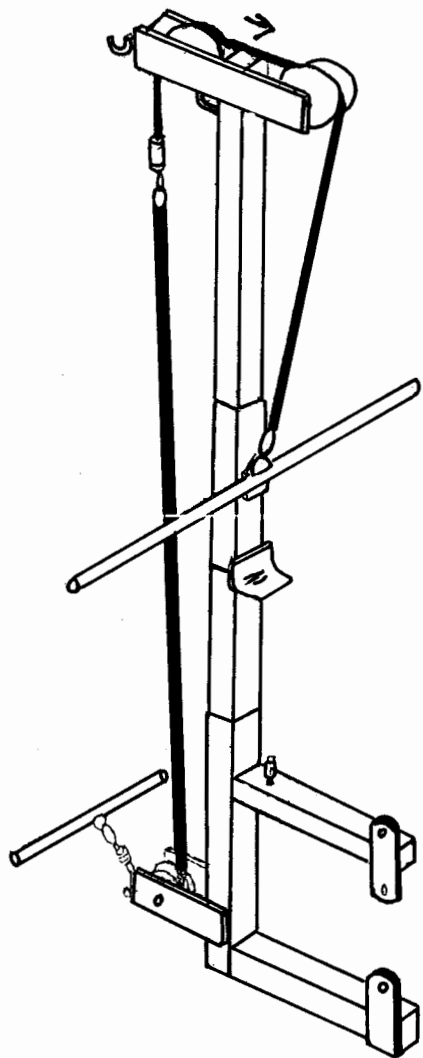
ASSEMBLY OF LEG CURL

PART NO.	QTY	DESCRIPTION
1	1	LEG CURL - NECK
2	1	LEG CURL - FRAME
3	3	ROLLER TUBE
4	6	FOAM ROLLER
5	4	1 3/4" PVC PLUG
6	6	PUSH NUT
7	1	3/8" X 2 3/4" SHANK BOLT
8	1	3/8" NUT
9	1	"L" PIN

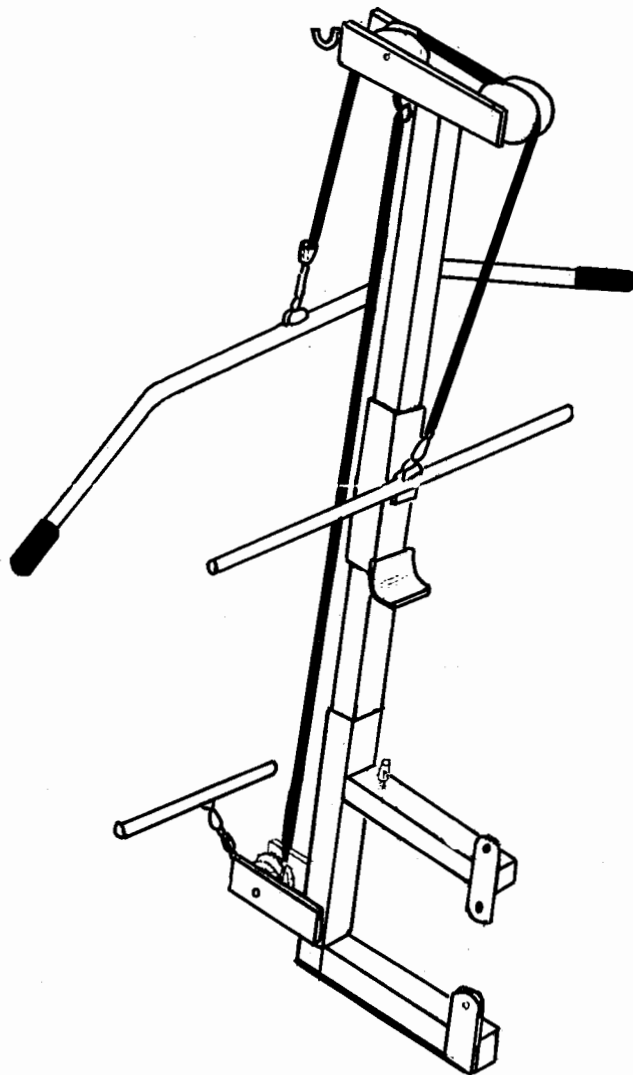


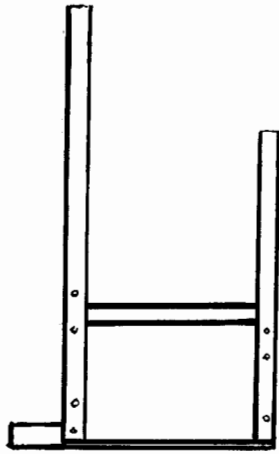
- 1) THE LEG CURL NECK (1) AND THE LEG CURL FRAME (2) ARE TIED TOGETHER WITH THE 3/8" X 2 3/4" SHANK BOLT (7) AND NUT (8).
- 2) THE NECK CAN BE INSERTED IN THE FRONT TUBE OF THE BENCH AND CAN BE ADJUSTED BY THE "L" PIN AND SCREW TIGHTING WITH KNOB BOLT. AND USED THE "L" PIN (9) IN THE NICK PLATE AS A STOP FOR THE LEG CURL FRAME.

CABLE RIGGING SYSTEM
FOR LOW BAR

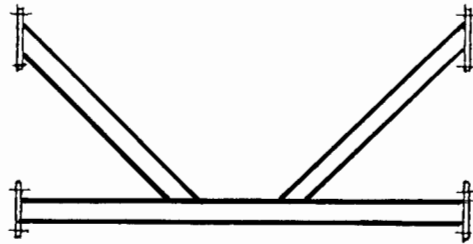


CABLE RIGGING SYSTEM
FOR LAT BAR

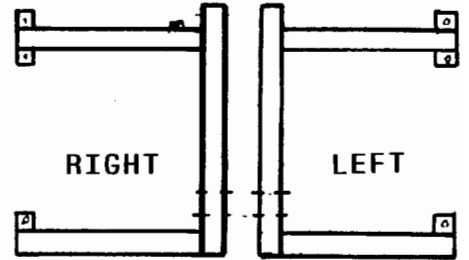




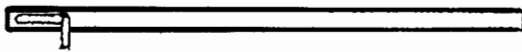
SIDE
2 REQ'D



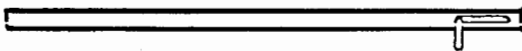
BACK BRACE ASS'Y.



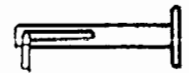
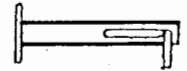
EXTENSION ASS'Y.



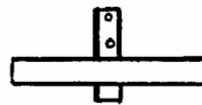
RIGHT SAFETY BAR



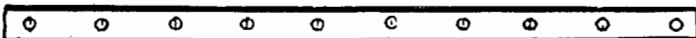
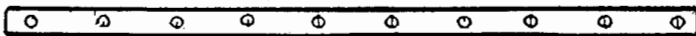
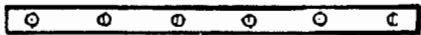
LEFT SAFETY BAR



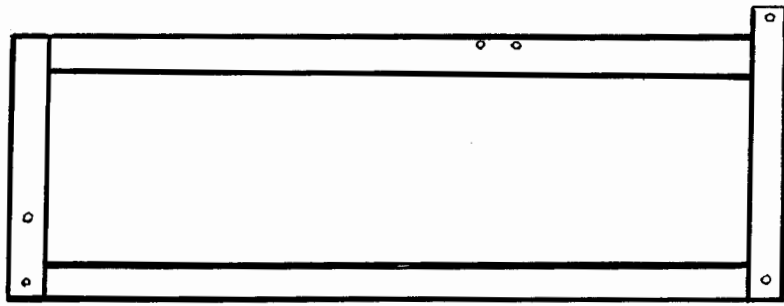
2 BAR HOLDERS



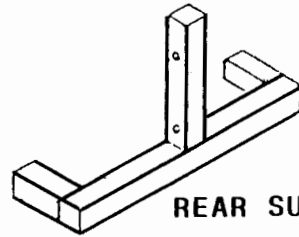
FOOT REST



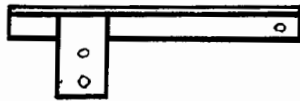
COVER STRIP SET



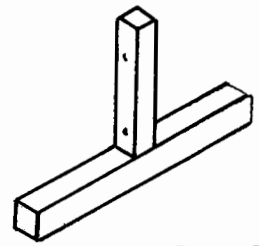
BENCH FRAME



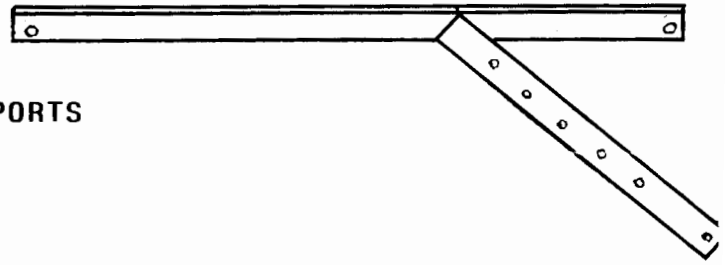
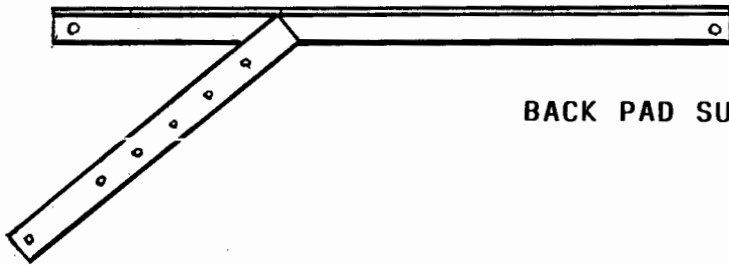
REAR SUPPORT



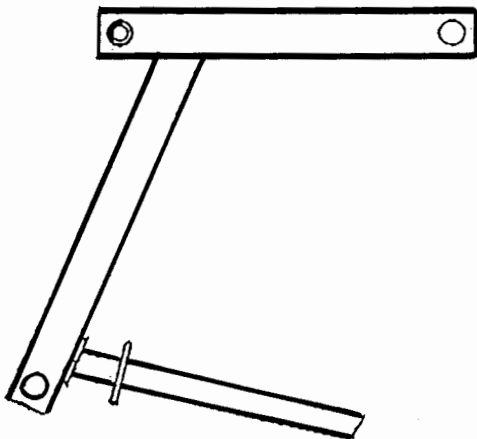
SEAT PAD SUPPORTS



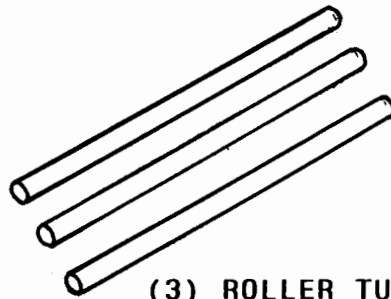
FRONT SUPPORT



BACK PAD SUPPORTS



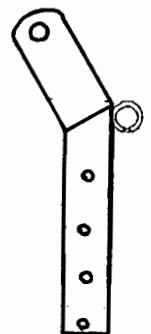
LEG CURL



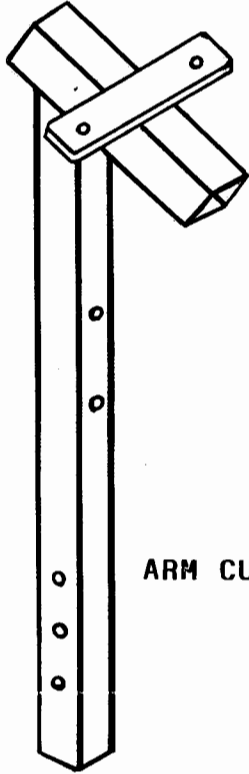
(3) ROLLER TUBES

OTHER CONTENTS

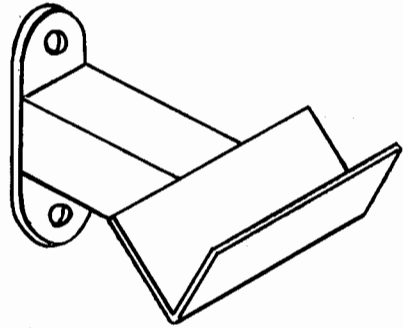
- 1 SEAT PAD
- 2 BACK PAD
- 6 ROLLER PADS



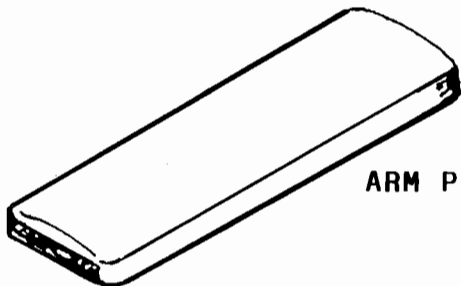
LEG CURL NECK



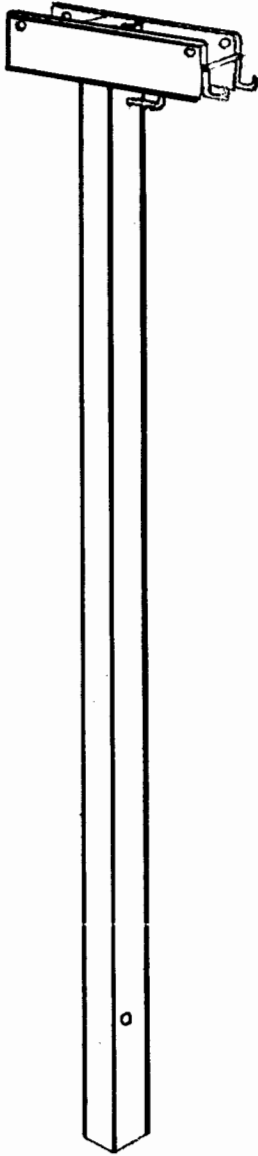
ARM CURL PEDESTAL



BAR HOLDER



ARM PAD



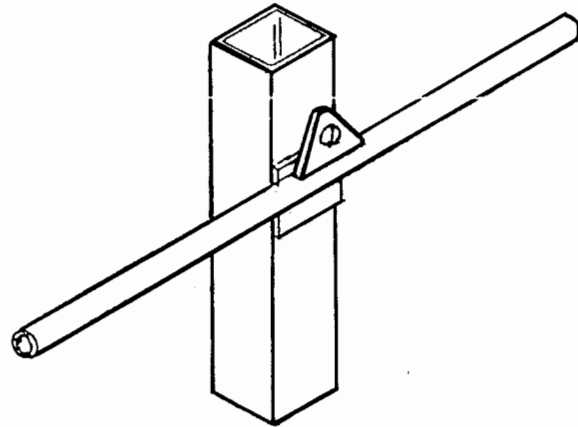
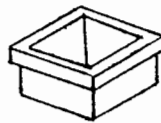
LAT POST



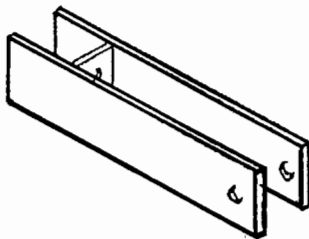
HI LAT BAR



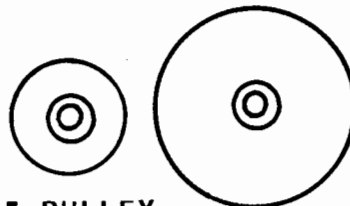
LO LAT BAR



WEIGHT SLIDE ASSEMBLY



PULLEY BRACKET



3 1/2" PULLEY
1 PC

4 1/2" PULLEY
2 PCS

TO ORDER REPLACEMENT PARTS CONTACT:

IMAGE INC.
3670 PARKWAY LANE SUITE J
HILL IARD, OH 43026