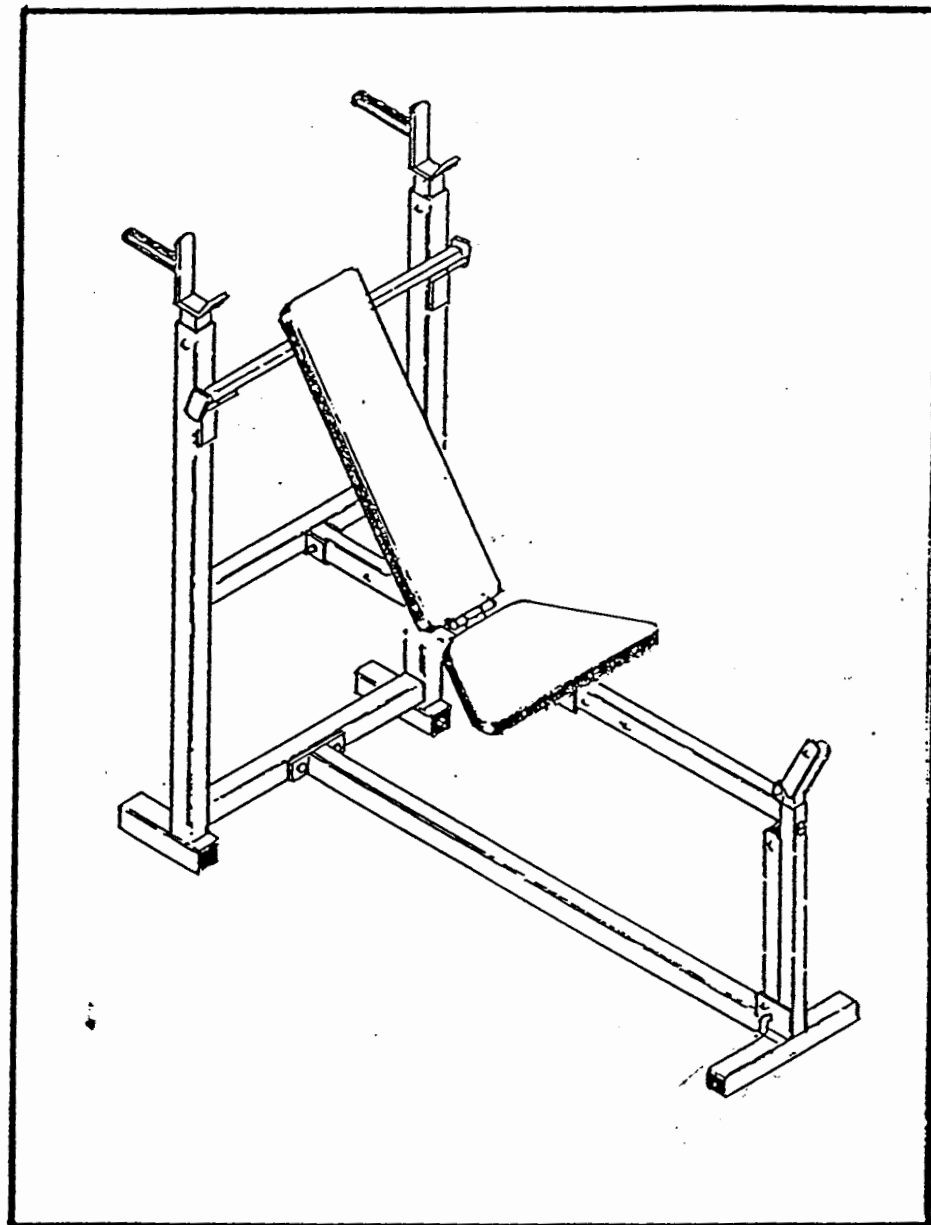


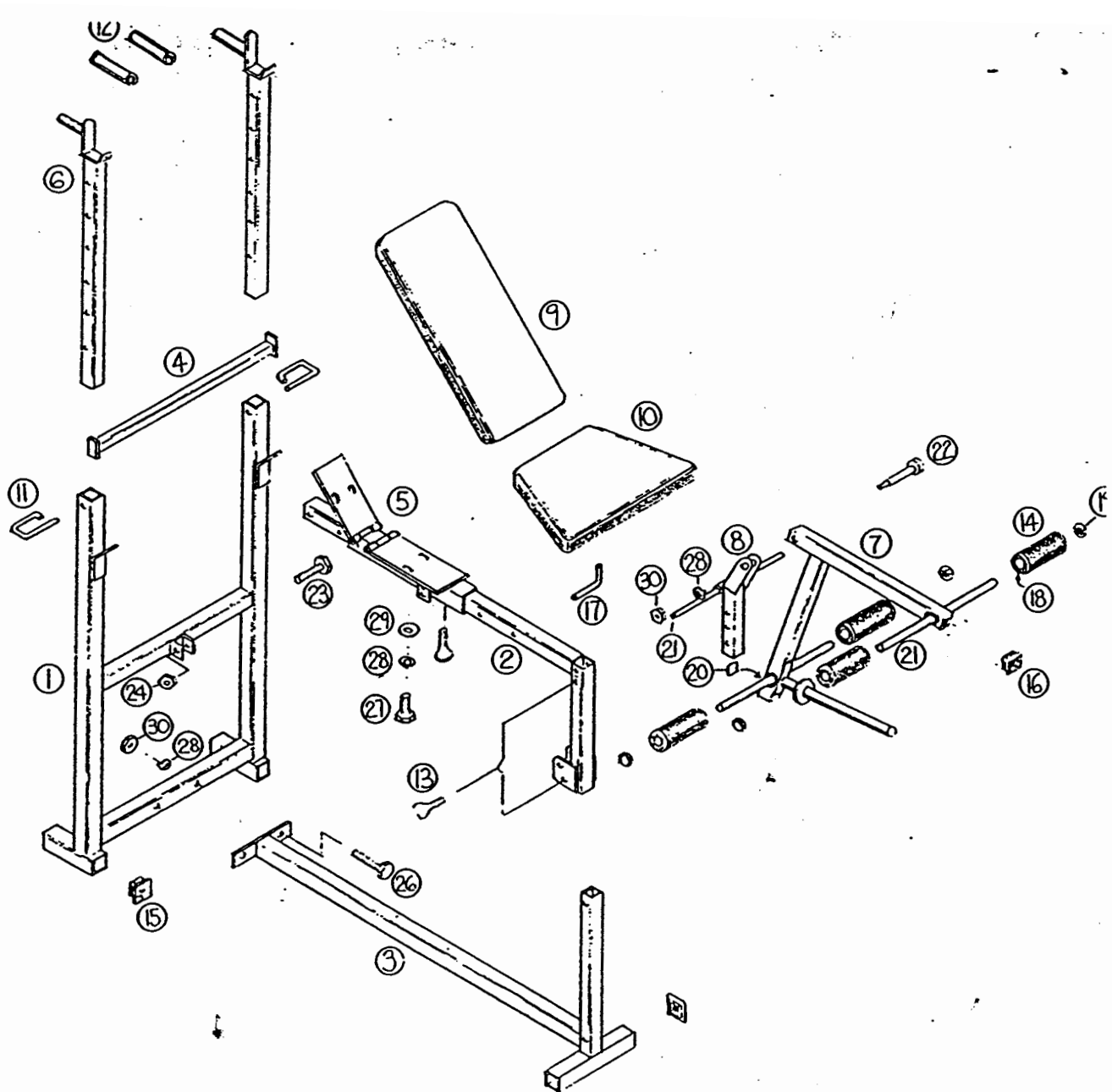
msb1

NARROW BENCH and LEG CURL



Assembly Instructions

381-05T



TOOLS REQUIRED FOR ASSEMBLY

1 - 9/16 Wrench

1 - 3/4 Wrench

1 - Pliers

Assembly Instructions

- 1) Stand the Upright (1) on it's two feet as shown. Attach the Base Support Frame (3) to the lower two holes on the Upright . Use the $\frac{3}{8}$ x 3 bolts (26), lockwashers (28), and the hex nuts (30).
- 2) Slide the Bench Sleeve (5), as shown, over the Bench Support Frame (2). Bolt this frame to the upright using the $\frac{1}{2}$ x $2\frac{3}{4}$ bolt (23), and $\frac{1}{2}$ lock nut (24). Let the other end of the Bench Support Frame (2) slip down over the top of the Base Support Frame (3).
- 3) Insert the L.C. Neck (8) into the front top of the Bench Support Frame (2). Slip the L.C. Supp. (7) between the bars of the neck. Attach this with the $2\frac{1}{4}$ shoulder screw (22), $\frac{3}{8}$ lockwasher (28), and a $\frac{3}{8}$ hex nut (30). Next slide the three tubes (21), through the holes of the L.C. Neck (8) and the L.C. Support (7). Slip a washer (18), foam roller pad (14), another washer (18), and a Push Nut (19) onto each side of the three tubes (21). Attach the bumper (20) to the back side of the L.C. Support (7) where it makes contact with the Bench Support Frame (2).
- 4) Attach the Back Pad (9) and the Seat Pad (10) to the Bench Sleeve (5). Use the $\frac{3}{8}$ x $1\frac{1}{4}$ bolts (27), with the $\frac{3}{8}$ lockwashers (28), and the flatwashers (29). NOTE: Place the flatwashers against the plate.
- 5) Insert the Saddle Posts (6) into the vertical tubes of the Upright (1). NOTE: The handles are to be toward the back. Add the Sponge Grips (12) to the handles. Some soapy water helps inside each Sponge Grip. in sliding them on.
- 6) Drop the Height Bar (4) into the brackets on the vertical tubes on the Upright (1).
- 7) Snap the six 2" End Plugs (15), into the openings of the bottom feet. The $1\frac{3}{4}$ " End Plugs (16) snap into the openings on the Leg Curl unit. Thread the Adjustment Screw (13) into the correct holes as shown.

REPAIR PARTS LIST

REF. NO.	PART NO.	QTY.	PART DESCRIPTION
1	381-01	1	Narrow Upright
2	381-02	1	Bench Support Frame
3	381-03	1	Base Support Frame
4	381-04	1	Height Bar
5	381-05	1	Bench Sleeve
6	381-06	2	Saddle Post
7	381-07	1	Leg Curl Support
8	381-08	1	Leg Curl Neck
9	381-09	1	Back Pad
10	381-10	1	Seat Pad
11	381-11	2	Locking Pin
12	381-12	2	Sponge Grip
13	381-13	3	Adjustment Screw
14	381-14	6	Foam Roller Pad
15	381-15	6	2" End Plug
16	381-16	4	1 3/4" End Plug
17	381-17	4	L - Pin
18	381-18	12	3/4" washer
19	381-19	6	Push Nut
20	381-20	1	Rubber Bumper
21	381-21	3	Roller Pad Tube
22	381-22	1	Shoulder Screw
23	381-23	1	H. Bolt 1/2 x 2 3/4
24	381-24	1	Lock Nut 1/2
26	381-26	2	H. Bolt 3/8 x 3
27	381-27	4	H. Bolt 3/8 x 1 1/4
28	381-28	7	Lockwasher 3/8
29	381-29	4	Flatwasher 3/8
30	381-30	3	Hex Nut 3/8

When ordering repair parts, always give the following information:

PRODUCT ----- DELUXE NARROW BENCH WITH LEG CURL
 MODEL NUMBER --- 381-OSI
 PART NUMBER
 PART DESCRIPTION

CONTACT: **IMAGE**

6063 Frantz Road Suite 103 Dublin, OH 43017