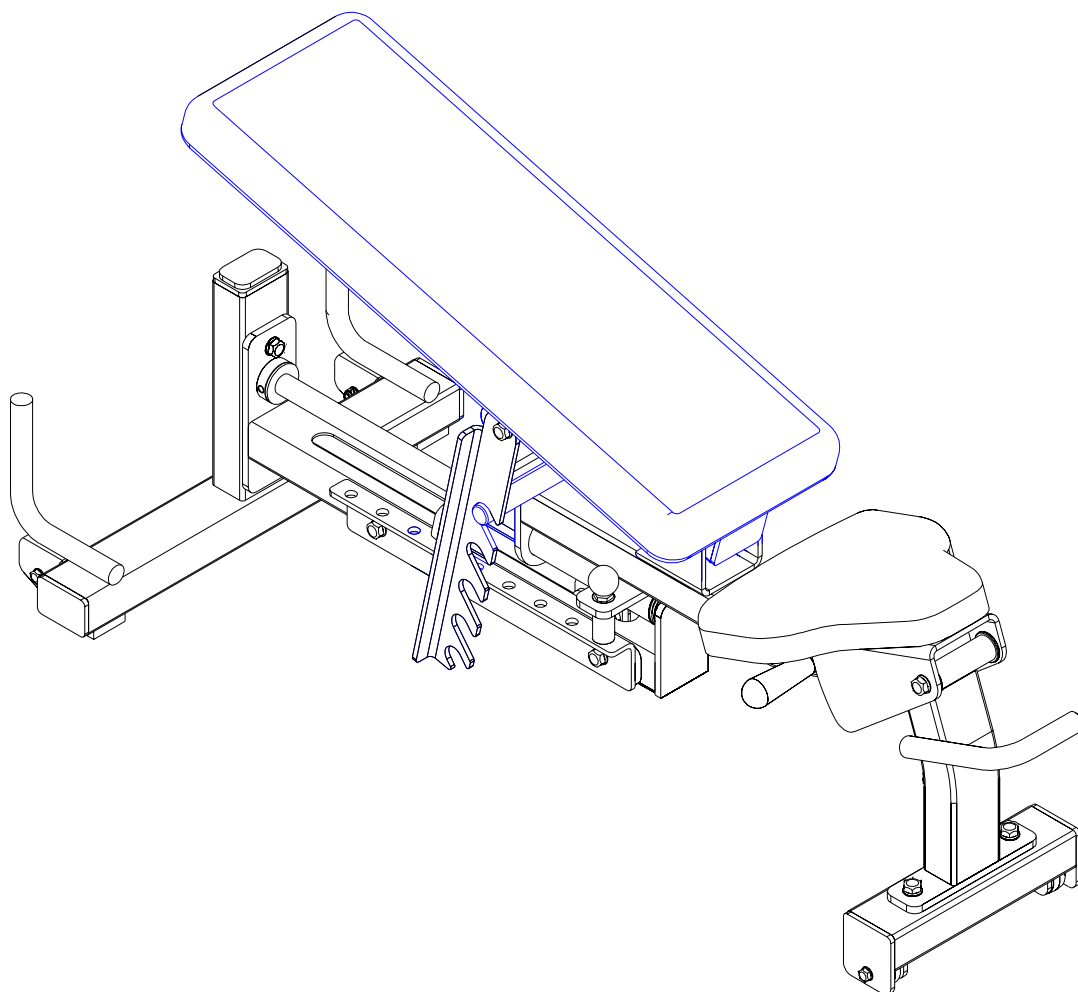


HAMMER STRENGTH®

OLYMPIC HEAVY DUTY ADJUSTABLE BENCH (OHDADJ)



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	LEA75952xx	UPPER BENCH FRAME	1	16	LEA3223305	3/8 X 2" BOLT	2
2	LEA76031xx	BACK PAD SUPPORT	1	17	LEA3233306	3/8 X 2-1/4" BOLT	2
3	LEA76053xx	ADJUSTABLE SEAT SUPPORT	1	18	LEA3239304	1/2 X 1" BOLT	2
4	LEA7605401	GUIDEROD	1	19	LEA3239313	1/2 X 3-1/4" BOLT	4
5	LEA76034xx	LOWER BENCH FRAME	1	20	LEA3239318	1/2 X 4-1/2" BOLT	1
6	LEA7605501	BENCH ADJUST ANGLE	1	21	LEA3239320	1/2 X 5" BOLT	1
7	LEA76039xx	REAR BENCH SUPPORT	1	22	LEA3239340	1/2 X 10" BOLT	1
8	LEA76044xx	FRONT BENCH SUPPORT	1	23	LEA3239505	1/2" INT TOOTH LOCK WASHER	12
9	LEA7604801	BACK PAD ADJUST	1	24	LEA3239503	3/8" INT TOOTH LOCK WASHER	12
10	73519xx	SEAT PAD	1	25	LEA7617301	1/2" PLASTIC DOME WASHER	4
11	73540xx	BACK PAD	1	26	LEA3102801	1/2" LOCK NUT	7
12	LEA7605701	SPRING PIN ASSEMBLY	1	27	LEA3102802	3/8" LOCK NUT	4
13	LEA7656301	2" OD WHEEL	4	28	LEA7656201	2" OD RUBBER WASHER	2
14	LEA3238304	M10 X 35mm FLAT HEAD BOLT	2	29	LEA3242902	5/16 X 3/8" SET SCREW	2
15	LEA3247904	M10 X 35mm BOLT	4				

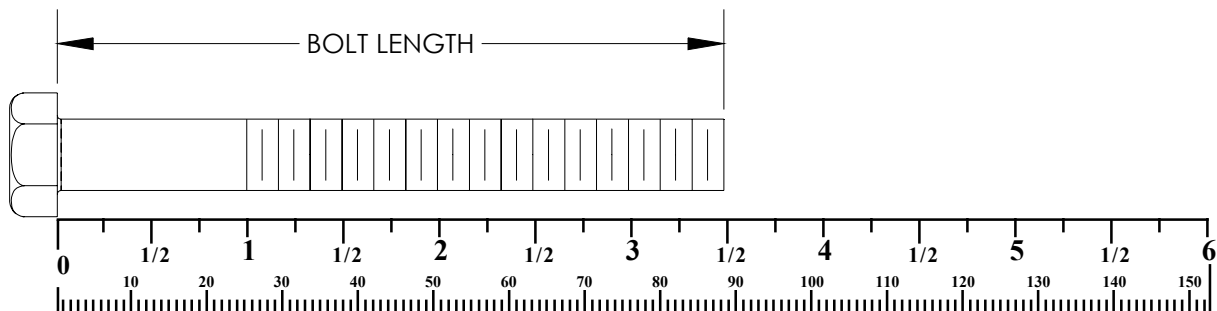
Items ending in xx are color specific.
Leave off xx and press enter to see all
options when ordering.

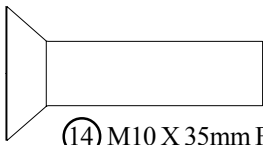
Tools Required for Assembly

- * 3/4", 9/16, 17mm wrench
- * Ratchet with 3/4", 9/16" socket
- * Metric Allen Wrench Set

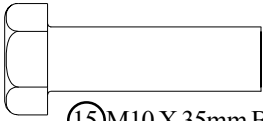
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

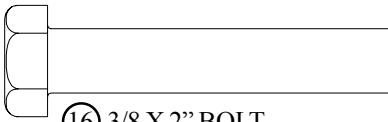




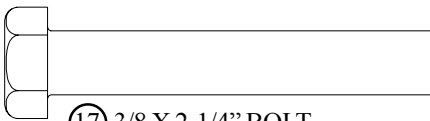
⑭ M10 X 35mm FLAT HEAD BOLT



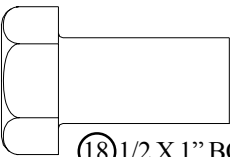
⑮ M10 X 35mm BOLT



⑯ 3/8 X 2" BOLT



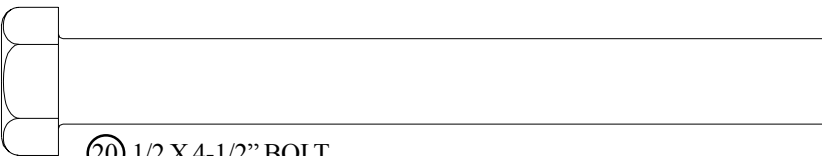
⑰ 3/8 X 2-1/4" BOLT



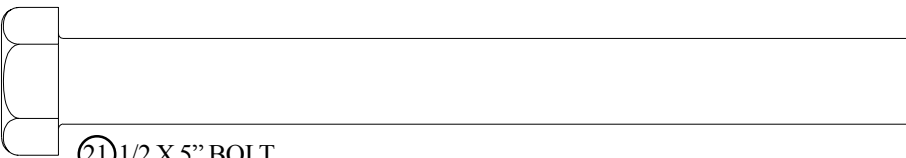
⑱ 1/2 X 1" BOLT



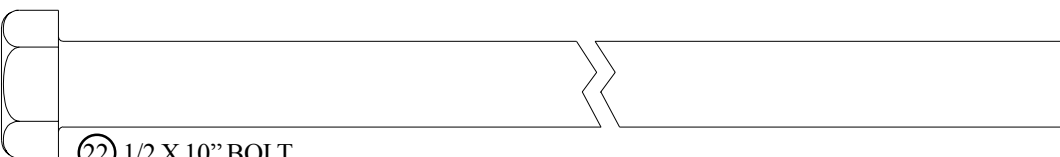
⑲ 1/2 X 3-1/4" BOLT



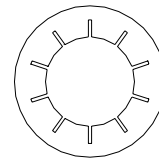
⑳ 1/2 X 4-1/2" BOLT



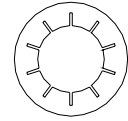
㉑ 1/2 X 5" BOLT



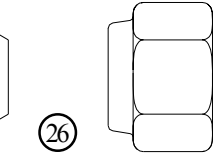
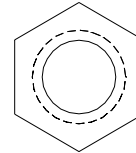
㉒ 1/2 X 10" BOLT



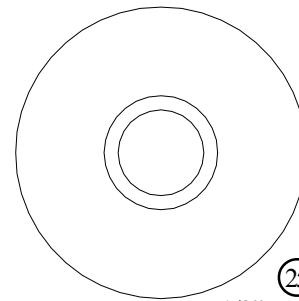
②③ 1/2" INT TOOTH
LOCK WASHER



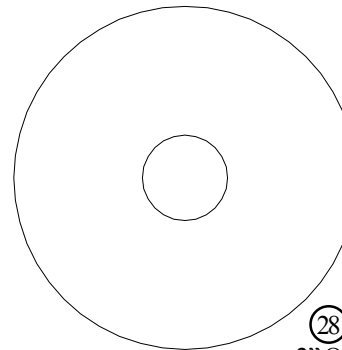
②④ 3/8" INT TOOTH
LOCK WASHER



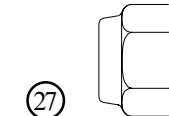
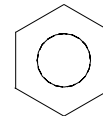
②⑥ 1/2"
LOCK NUT



②⑤ 1/2" PLASTIC
DOME WASHER

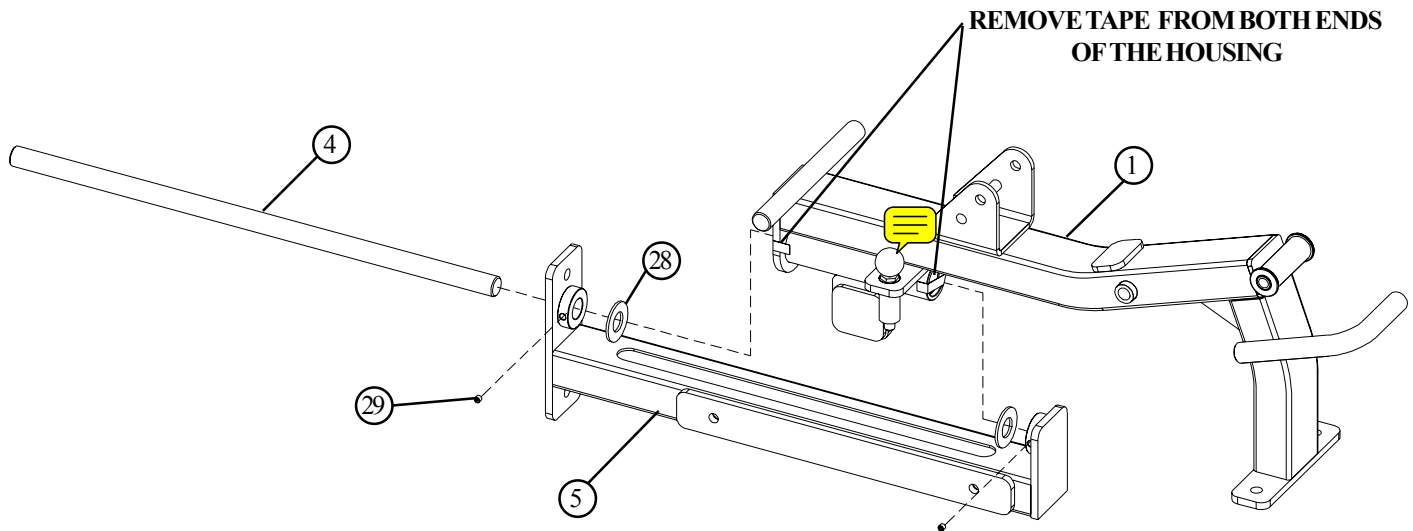


②⑧ 2" OD
RUBBER WASHER



②⑦ 3/8"
LOCK NUT

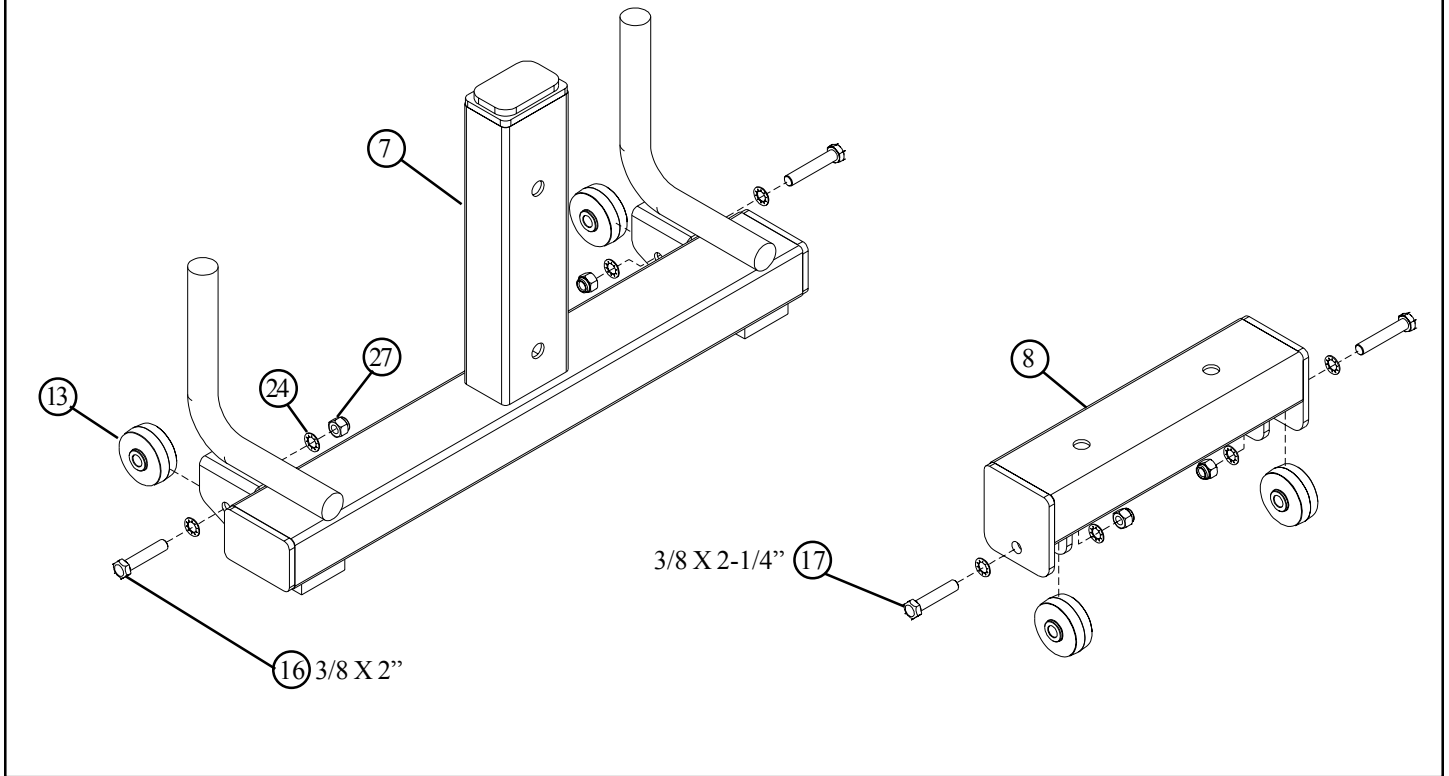
FIGURE 1



STEP 1:

- Insert the GUIDE ROD (4) thru the SHAFT COLLAR and one 2" OD RUBBER WASHER (28) on the LOWER BENCH FRAME (5) as shown in FIGURE 1.
- **CAREFULLY** slide the GUIDE ROD (4) through the HOUSING on the UPPER BENCH FRAME (1). (**NOTE: Allow the GUIDE ROD (4) to push the plastic tube out of the end of the HOUSING.**) See FIGURE 1.
- Insert the GUIDE ROD (4) through one 2" OD RUBBER WASHER (28) and into the second SHAFT COLLAR on the LOWER BENCH FRAME (5) as shown in FIGURE 1.
- **SECURE** the GUIDE ROD (4) to the SHAFT COLLARS on the LOWER BENCH FRAME (5) using two 5/16 X 3/8" SET SCREWS (29) as shown in FIGURE 1.
- Push the 2" OD RUBBER WASHERS (28) up against both the SHAFT COLLARS on the LOWER BENCH FRAME (5) as shown in FIGURE 1.

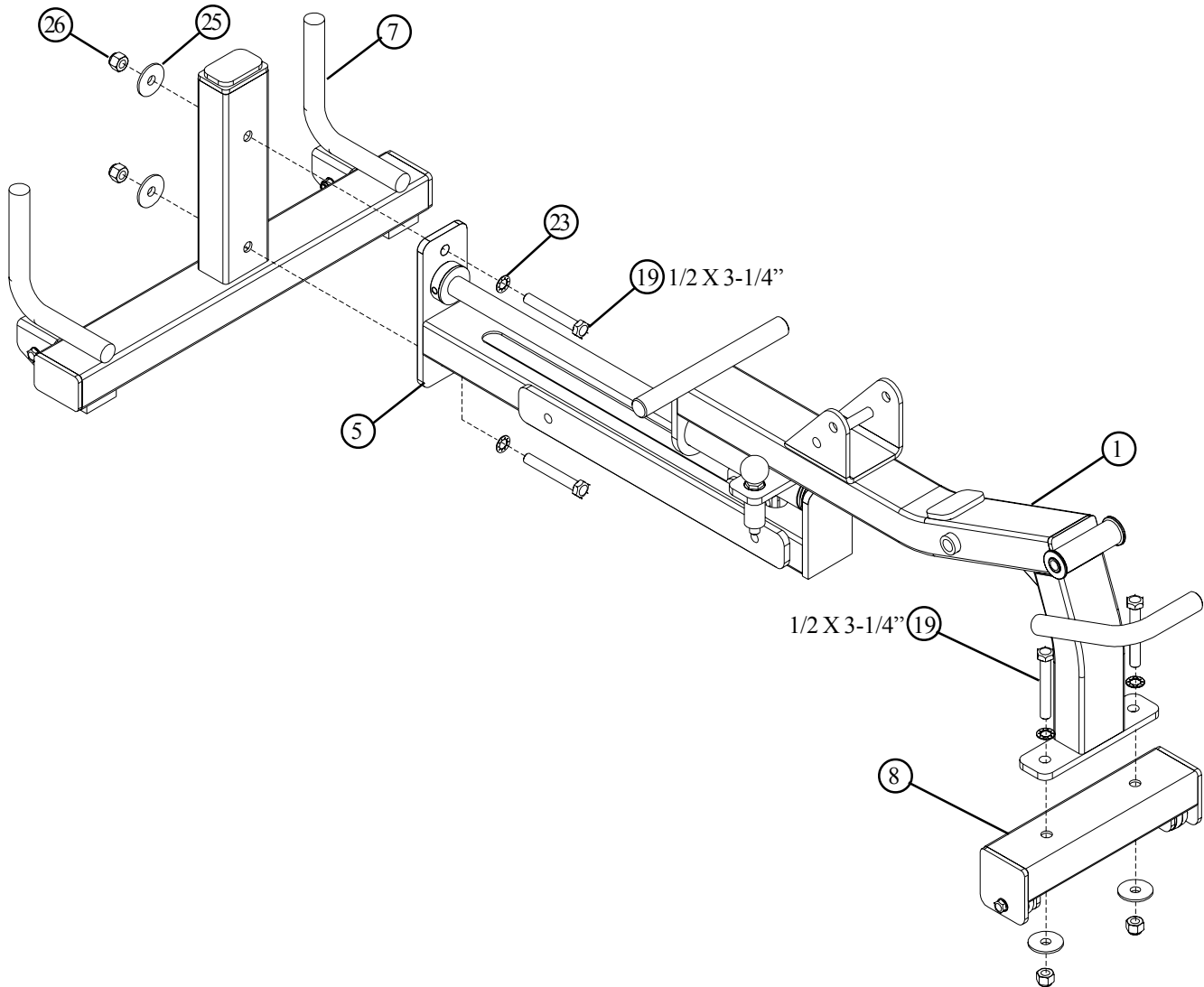
FIGURE 2



STEP 2:

- **SECURELY** assemble two 2" OD WHEELS (13) to the REAR BENCH SUPPORT (7) using two 3/8 X 2" BOLTS (16), four 3/8" INT TOOTH LOCK WASHERS (24) and two 3/8" LOCK NUTS (27) as shown in FIGURE 2. **(NOTE: Do not over tighten this connection, wheels should rotate smoothly.)**
- **SECURELY** assemble two 2" OD WHEELS (13) to the FRONT BENCH SUPPORT (8) using two 3/8 X 2-1/4" BOLTS (17), four 3/8" INT TOOTH LOCK (24) and two 3/8" LOCK NUTS (27) as shown in FIGURE 2. **(NOTE: Do not over tighten this connection, wheels should rotate smoothly.)**

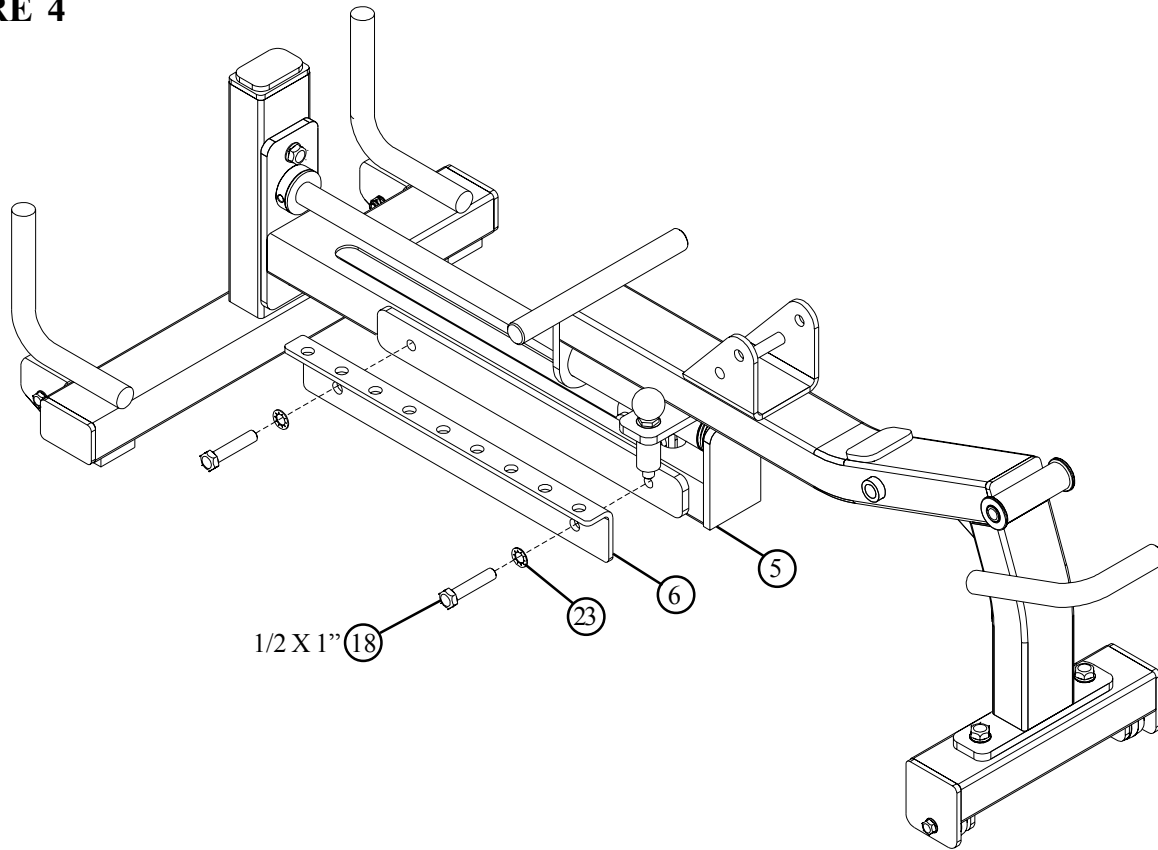
FIGURE 3



STEP 3:

- **SECURELY** assemble the REAR BENCH SUPPORT (7) to the LOWER BENCH FRAME (5) using two 1/2 X 3-1/4" BOLTS (19), two 1/2" INT TOOTH LOCK WASHERS (23), two 1/2" PLASTIC DOME WASHERS (25) and two 1/2" LOCK NUTS (26) as shown in FIGURE 3.
- **SECURELY** assemble the FRONT BENCH SUPPORT (8) to the UPPER BENCH FRAME (1) using two 1/2 X 3-1/4" BOLTS (19), two 1/2" INT TOOTH LOCK WASHERS (23), two 1/2" PLASTIC DOME WASHERS (25) and two 1/2" LOCK NUTS (26) as shown in FIGURE 3.

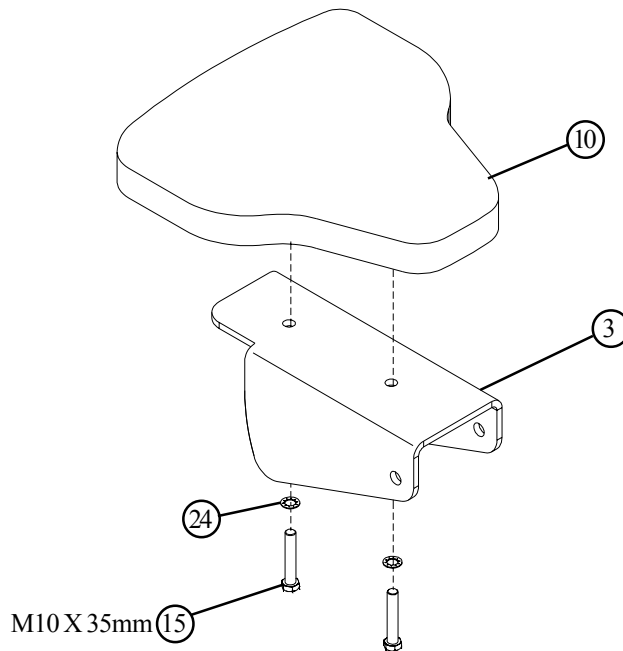
FIGURE 4



STEP 4:

- **SECURELY** assemble the BENCHADJUST ANGLE (6) to the LOWER BENCH FRAME (5) using two 1/2 X 1" BOLTS (18) and two 1/2" INT TOOTH LOCK WASHERS (23) as shown in FIGURE 4

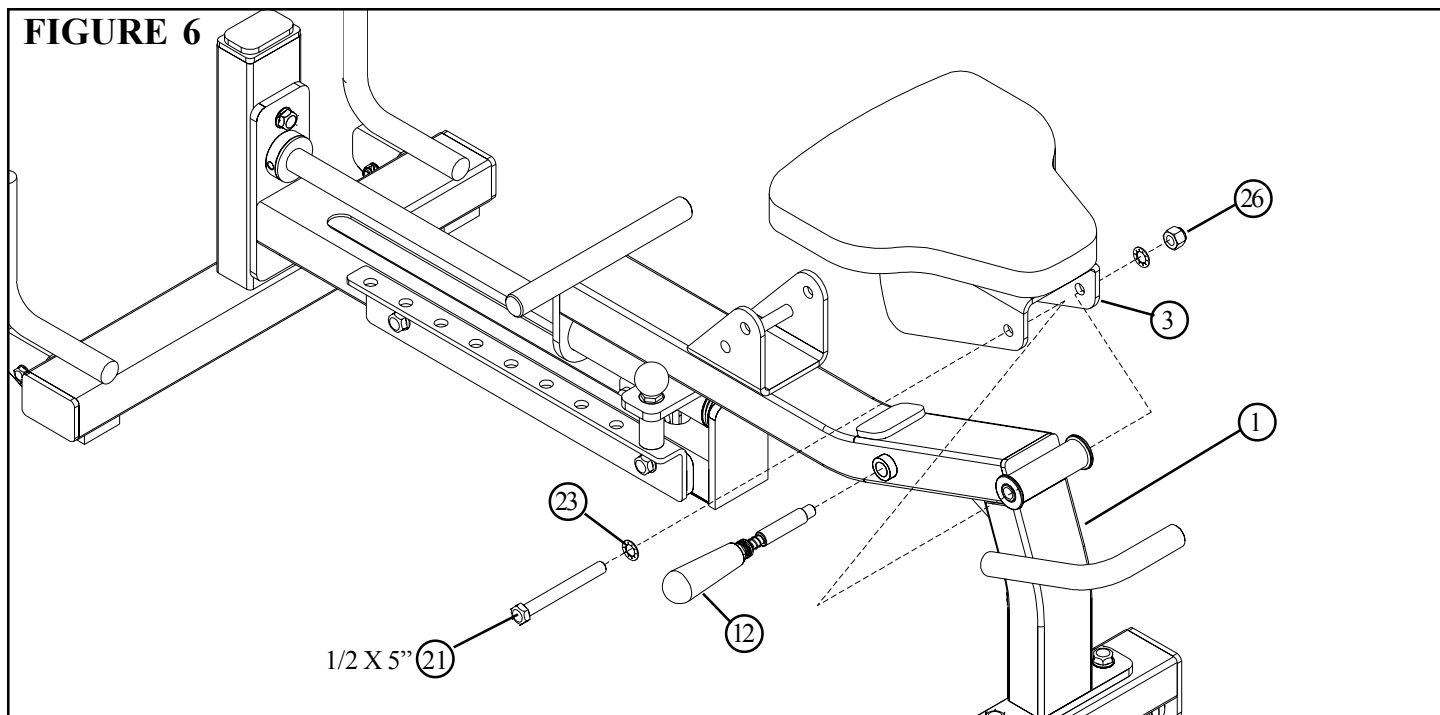
FIGURE 5



STEP 5:

- **SECURELY** assemble the SEAT PAD (10) to the ADJUSTABLE SEAT SUPORT (3) using two M10 X 35mm BOLTS (15) and two 3/8" INT TOOTH LOCK WASHERS (24) as shown in FIGURE 5

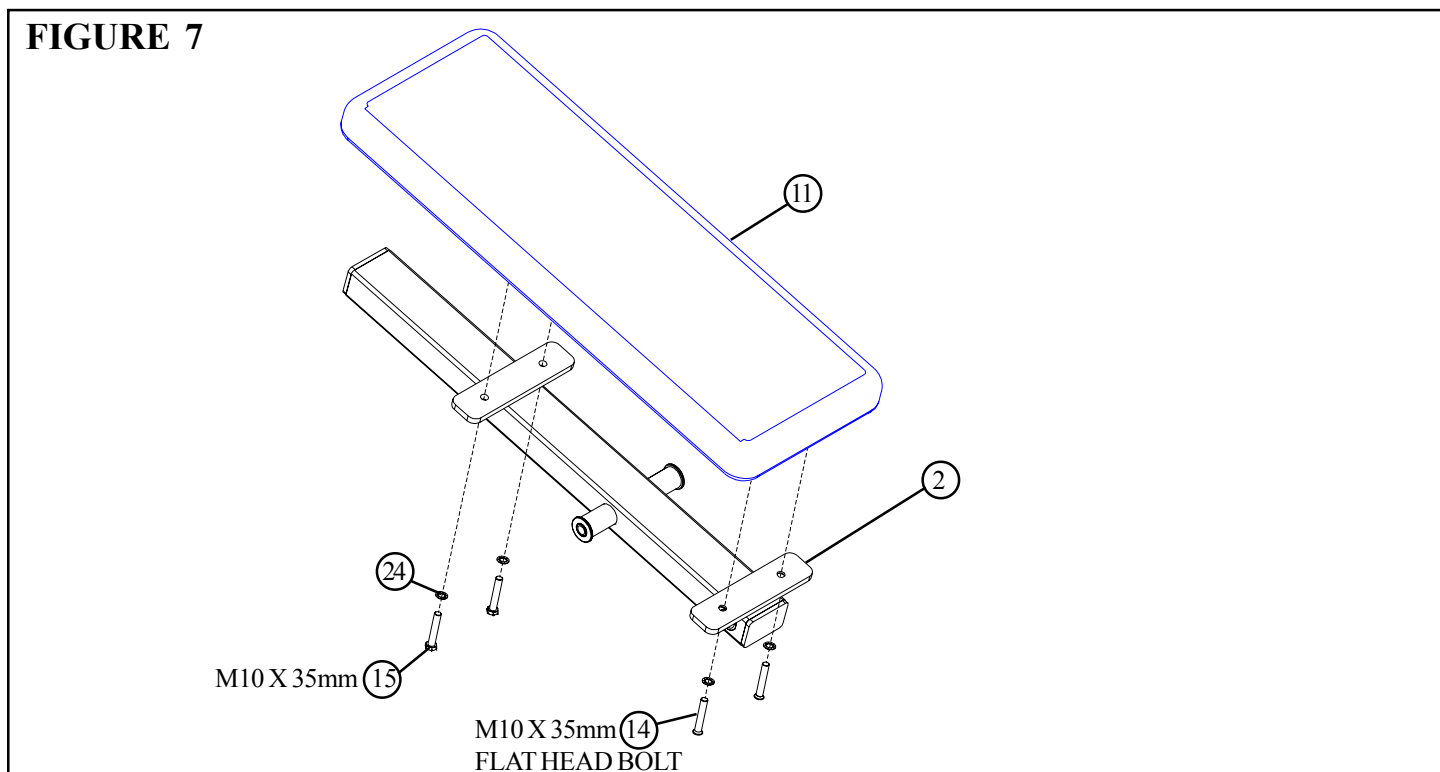
FIGURE 6



STEP 6:

- **SECURELY** assemble the ADJUSTABLE SEAT SUPPORT (3) to the UPPER BENCH FRAME (1) using one 1/2 X 5" BOLT (21), two 1/2 INT TOOTH LOCK WASHERS (23), and one 1/2" LOCK NUT (26) as shown in FIGURE 6.
- Assemble one SPRING PIN ASSEMBLY (12) to the UPPER BENCH FRAME (1) as shown in FIGURE 6. (**NOTE: Tighten jam nut SECURELY.**)

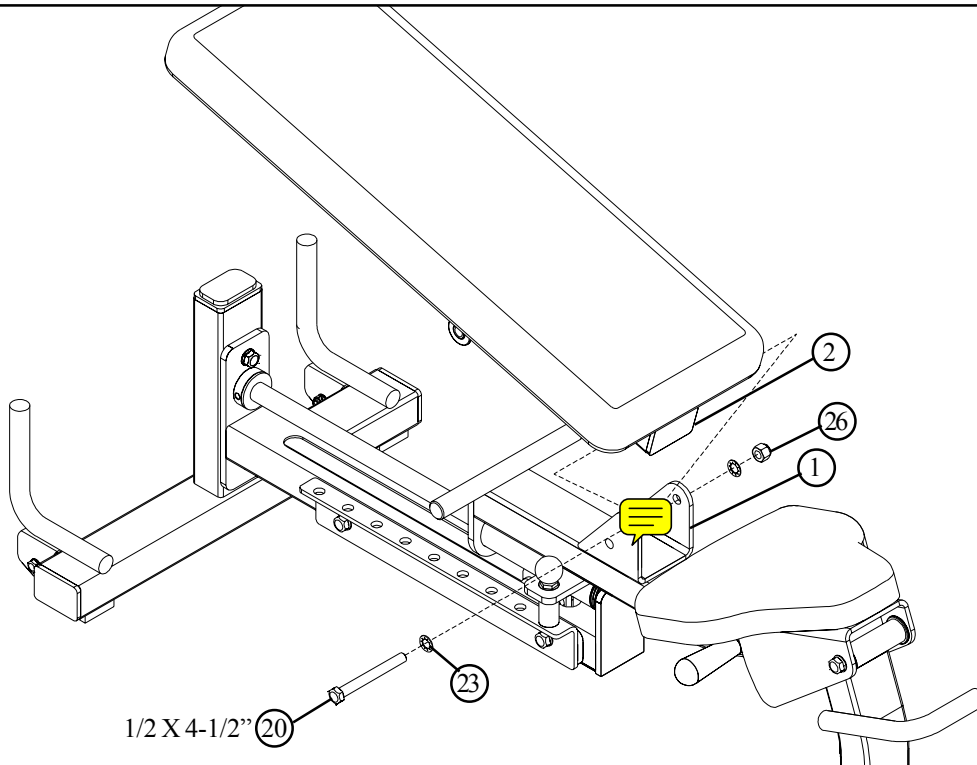
FIGURE 7



STEP 7:

- **SECURELY** assemble the BACK PAD (11) to the BACK PAD SUPPORT (2) using two M10 X 35mm BOLTS (15), two M10 X 35mm FLAT HEAD BOLTS (14) and two 3/8" INT TOOTH LOCK WASHERS (24) as shown in FIGURE 7

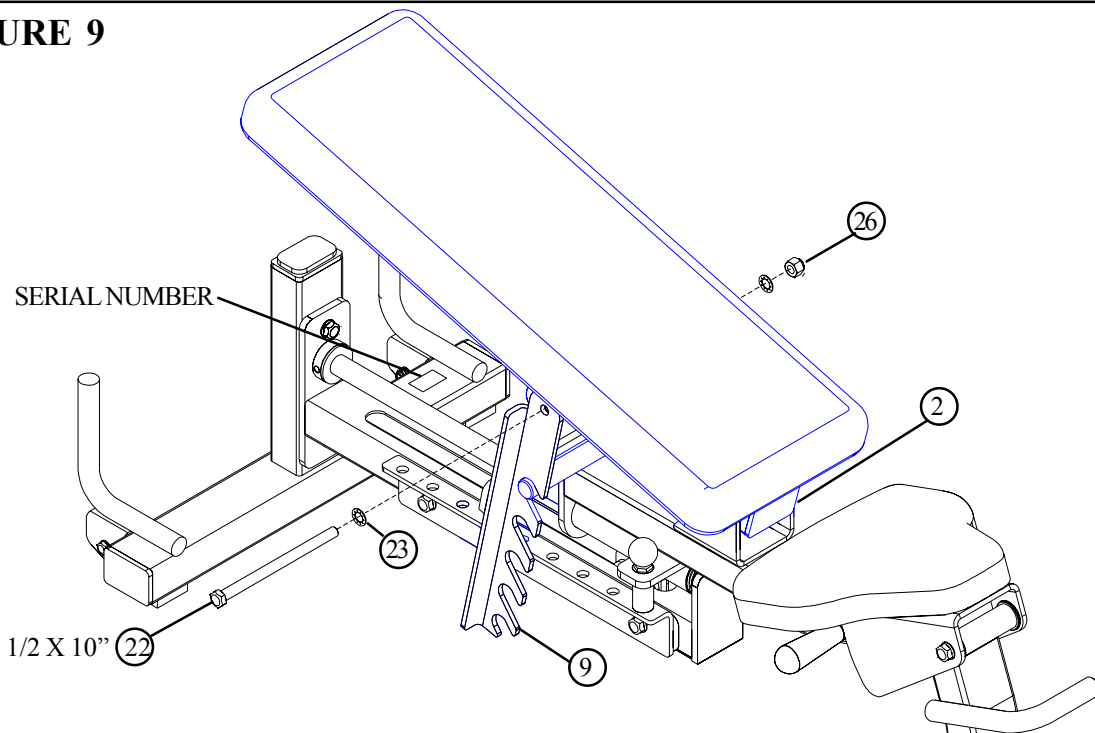
FIGURE 8



STEP 8:

- **SECURELY** assemble the BACK PAD SUPPORT (2) to the UPPER BENCH FRAME (1) using one 1/2 X 4-1/2" BOLT (20), two 1/2 INT TOOTH LOCK WASHERS (23) and one 1/2" LOCK NUT (26) as shown in FIGURE 8.

FIGURE 9



STEP 9:

- Assemble the BACK PAD ADJUST (9) to the BACK PAD SUPPORT (2) using one 1/2 X 10" BOLT (22), two 1/2 INT TOOTH LOCK WASHERS (23) and one 1/2" LOCK NUT (26) as shown in FIGURE 9.

Thank you for purchasing the OLYMPIC HEAVY DUTY ADJUSTABLE BENCH. If unsure of proper use of equipment, call your local Hammer Strength distributor .

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately.
Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	5 YEARS	1 YEAR	90 DAYS
Structural Frame (Not Coatings)	Pillow Blocks, Pulleys, Weight Plates, and Guide Rods	Belts and Grips	Upholstery and Any Items Not Specified

CONTACT INFORMATION

United States, Canada, Latin America 800.634.8637 847.288.3399	Europe, Africa, Middle East (+31) 180.646666	Asia Pacific (+852) 2891.6677	United Kingdom +44(0)1353.666017
VISIT US AT: <i>HAMMERSTRENGTH.COM</i>			

PREVENTATIVE MAINTENANCE TIPS

<i>Action</i>	<i>DAILY</i>	<i>WEEKLY</i>	<i>QUARTERLY</i>	<i>BI-ANNUALLY</i>	<i>AS NEEDED</i>
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your Hammer Strength customer service representative.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.