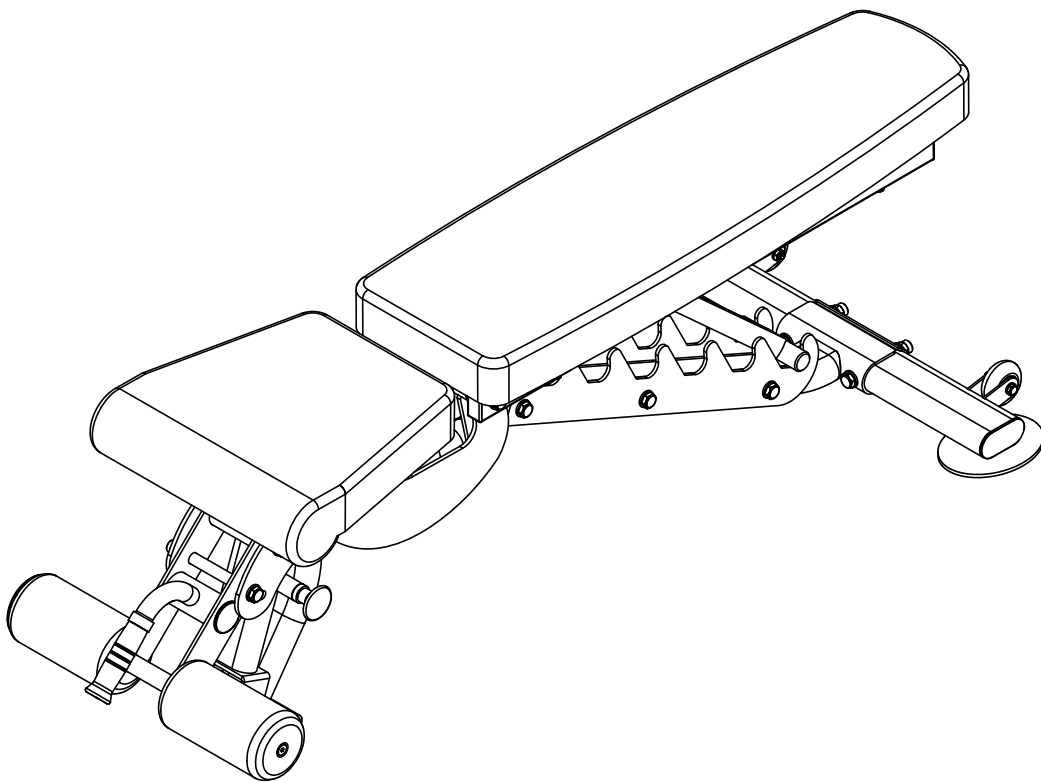


PRIMAL

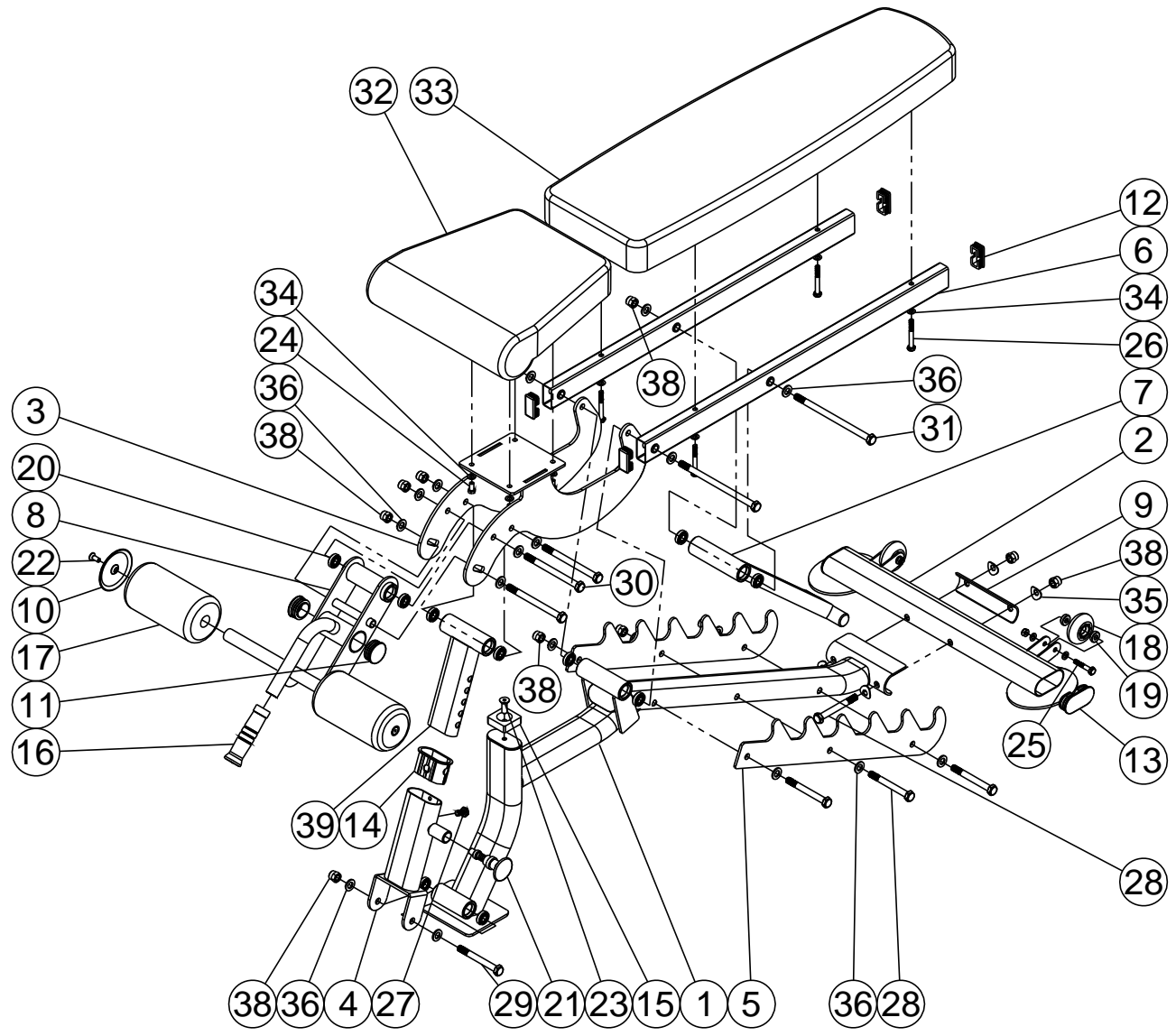
STRENGTH

PRIMAL STRENGTH MULTI ADJUSTABLE BENCH WITH FOOT SUPPORT PSWB0023



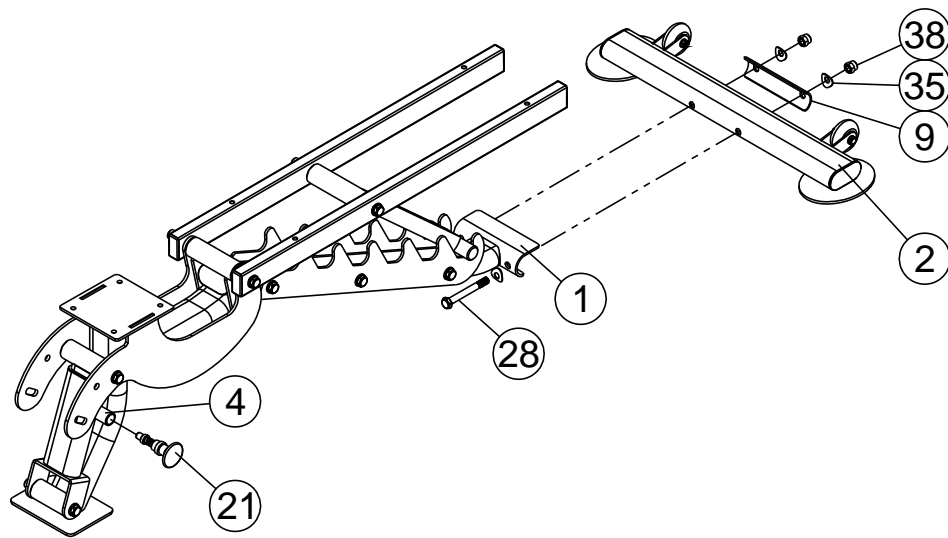
ASSEMBLY INSTRUCTIONS

EXPLODED VIEW



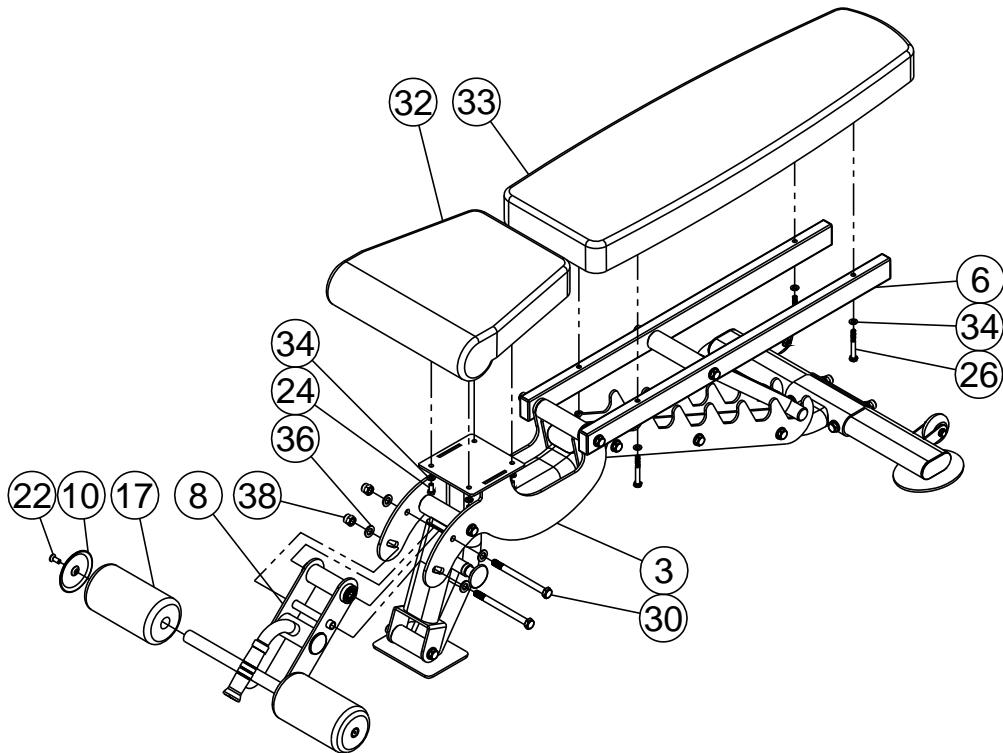
NUMBER	DESCRIPTION	QUANTITY
1	MAIN FRAME	1
2	REAR BASE	1
3	SEAT SUPPORT	1
4	JOINT TUBE	1
5	ADJUSTABLE PLATE	2
6	BACKREST SUPPORT	2
7	BACKREST ADJUSTMENT	1
8	LEG EXTENSION	1
9	ARC SPLINT	1
10	FOAM CAP	2
11	Ø45 ROUND PLUG	2
12	50*25 RECTANGLE PLUG	4
13	80*40 OVAL PLUG	2
14	OVAL BUSHING	1
15	SQUARE CUSHION	1
16	HANDLE CAP	1
17	FOAM ROLLER WITH COVER	2
18	WHEEL	2
19	BEARING 608	4
20	BEARING 6001	10
21	PULL PIN	1
22	SOCKET HEAD SCREW M8*25	2
23	SOCKET HEAD SCREW M10*25	1
24	BOLT M8*25	4
25	BOLT M8*45	2
26	BOLT M8*70	4
27	BOLT M10*20	1
28	BOLT M12*105	5
29	BOLT M12*115	1
30	BOLT M12*150	3
31	BOLT M12*210	2
32	SEAT CUSHION	1
33	BACK CUSHION	1
34	WASHER ϕ 8	12
35	ARC WASHER ϕ 12	4
36	WASHER ϕ 12	18
37	LOCK NUT M8	2
38	LOCK NUT M12	11
39	SEAT ADJUSTMENT	1

STEP 01



1. Attach Rear Base (2), Arc Splint (9) to Main Frame (1) with two M12*105 Bolts (28), four $\Phi 12$ Arc Washers (35) and two M12 Lock Nuts (38).
2. Attach Pull Pin (21) to Joint Tube (4).

STEP 02



1. Attach Leg Extension (8) to Seat Support (3) with two M12*150 Bolts (30), four Φ 12 Washers (36) and two M12 Lock Nuts (38).
2. Attach Foam Roller with Cover (17) and Foam Cap (10) to Leg Extension (8) with two M8*25 Socket Head Screws (22).
3. Attach Seat Cushion (32) to Seat Support (3) with four M8*25 Bolts (24) and four Φ 8 Washers (34).
4. Attach Back Cushion (33) to Backrest Supports (6) with four M8*70 Bolts (26) and four Φ 8 Washers (34).