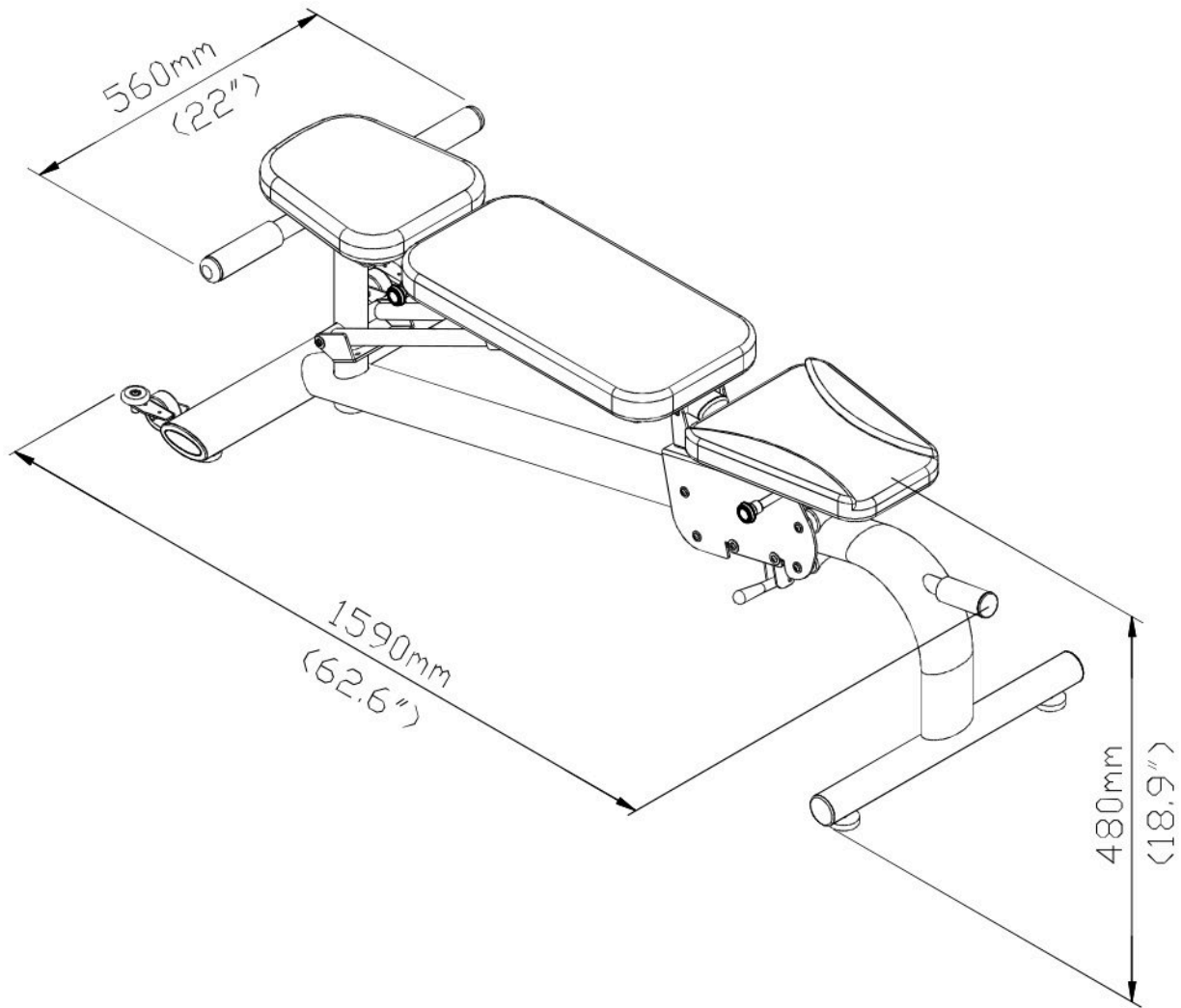


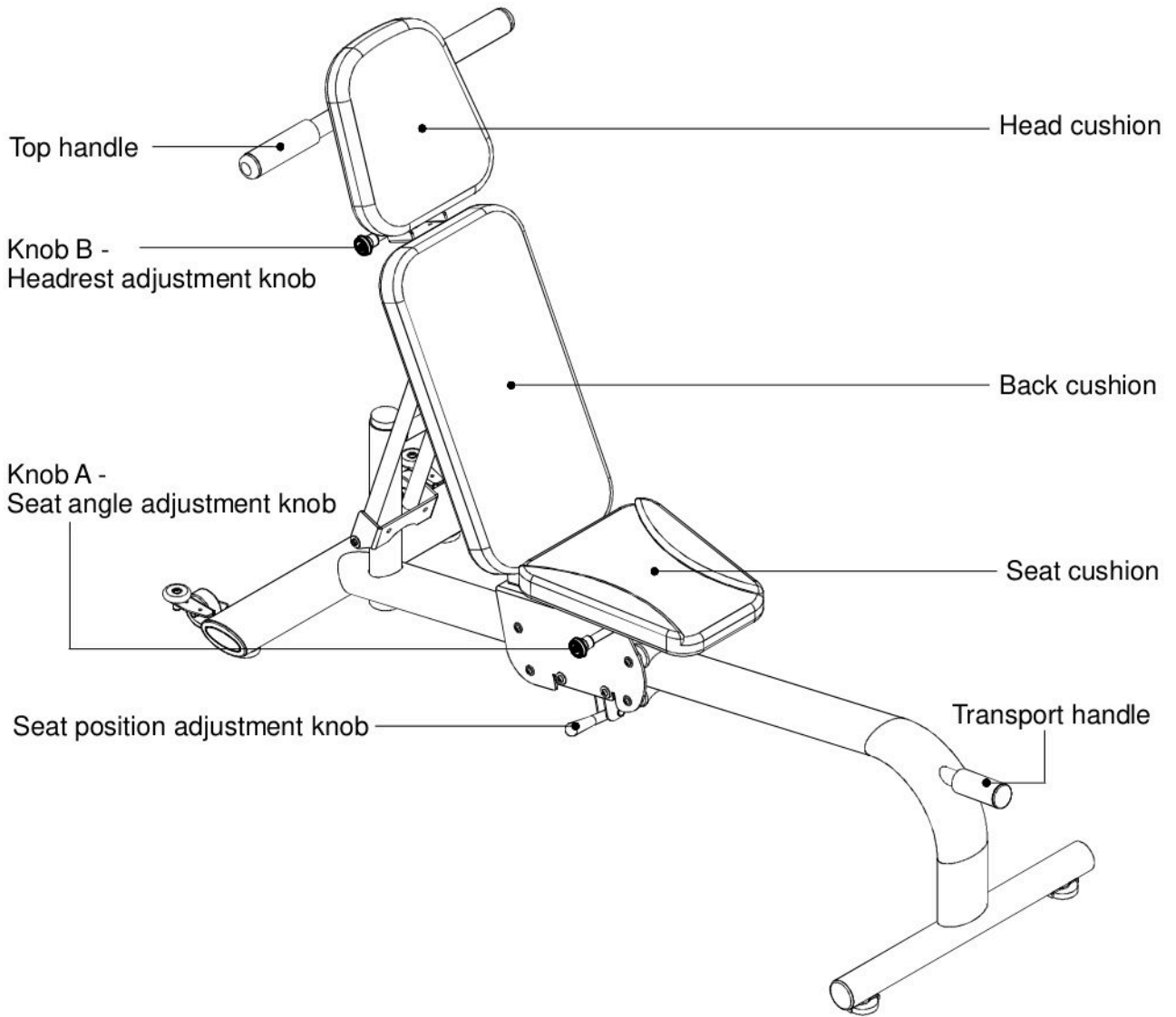
A. SAFETY INSTRUCTIONS

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the strength on a solid, level surface. Do not use outdoors or near water.
- Never allow children on or near the strength.
- Make sure all fasteners are properly tightened for safety. DO NOT use the strength if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this strength is used by, on, or near adolescent, invalids, and disabled persons.
- Use this strength only for its intended use as described in this manual.
- Never operate this strength if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

DIMENSIONS:



B. INTRODUCTION



C. OPERATION INSTRUCTION

1. To adjust the seat position, with one hand, pull up the seat position adjustment rod. With your other hand, push or pull the top handle.
2. The seat slides forward or backward. See Fig. 2. Note: the user cannot be seated while adjustments are made to the seat position.

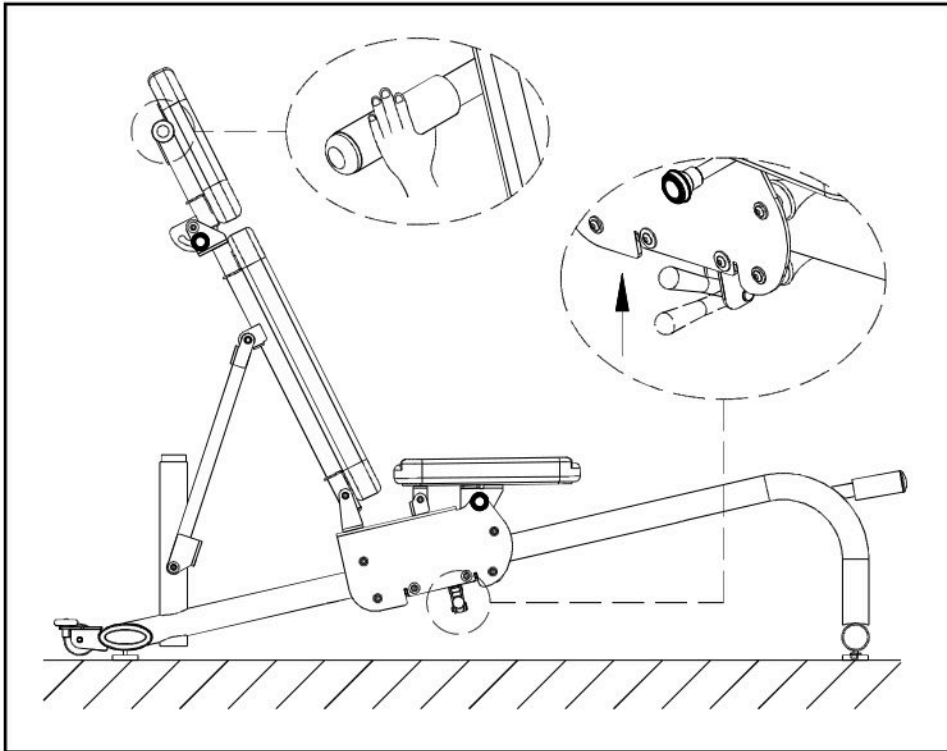


Fig.1

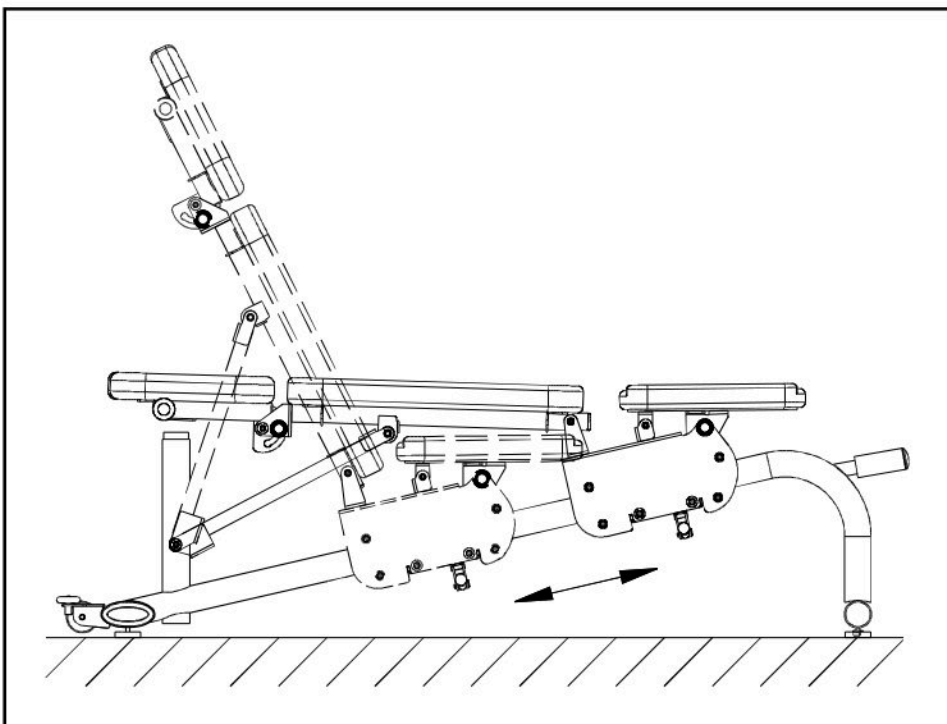


Fig.2

3. Pull the seat bottom angle adjustment knob A. See Fig.3.

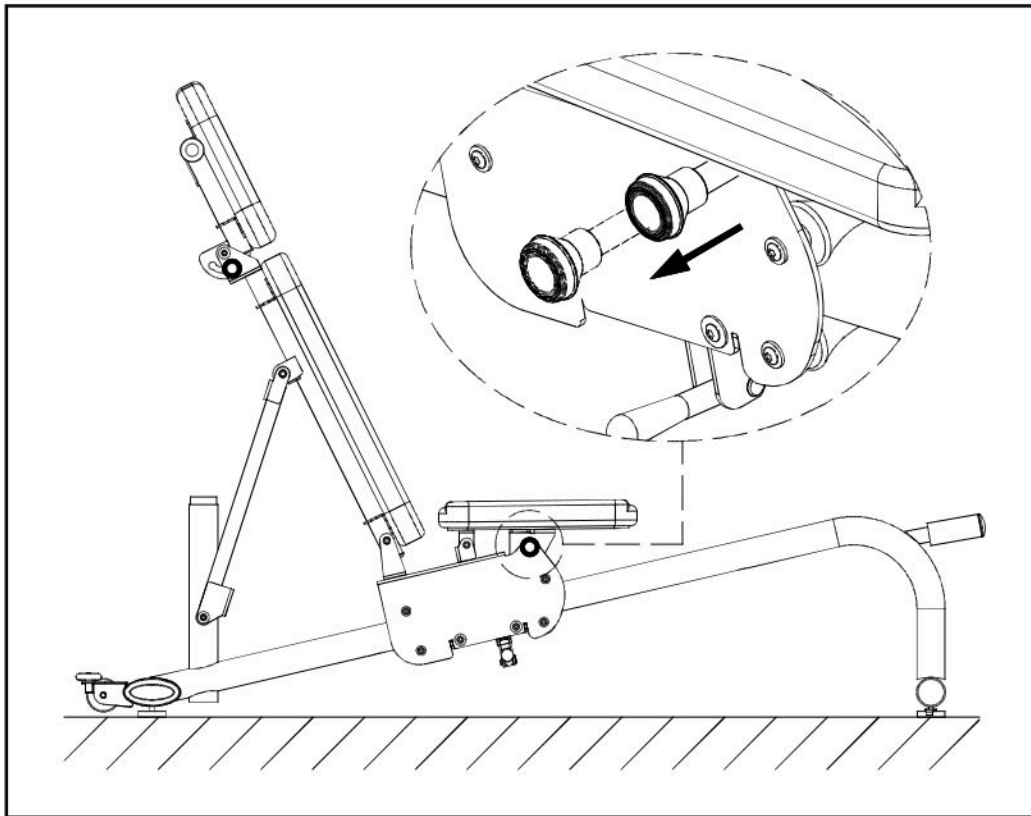


Fig.3

4. Adjust the seat bottom angle. See Fig.4.

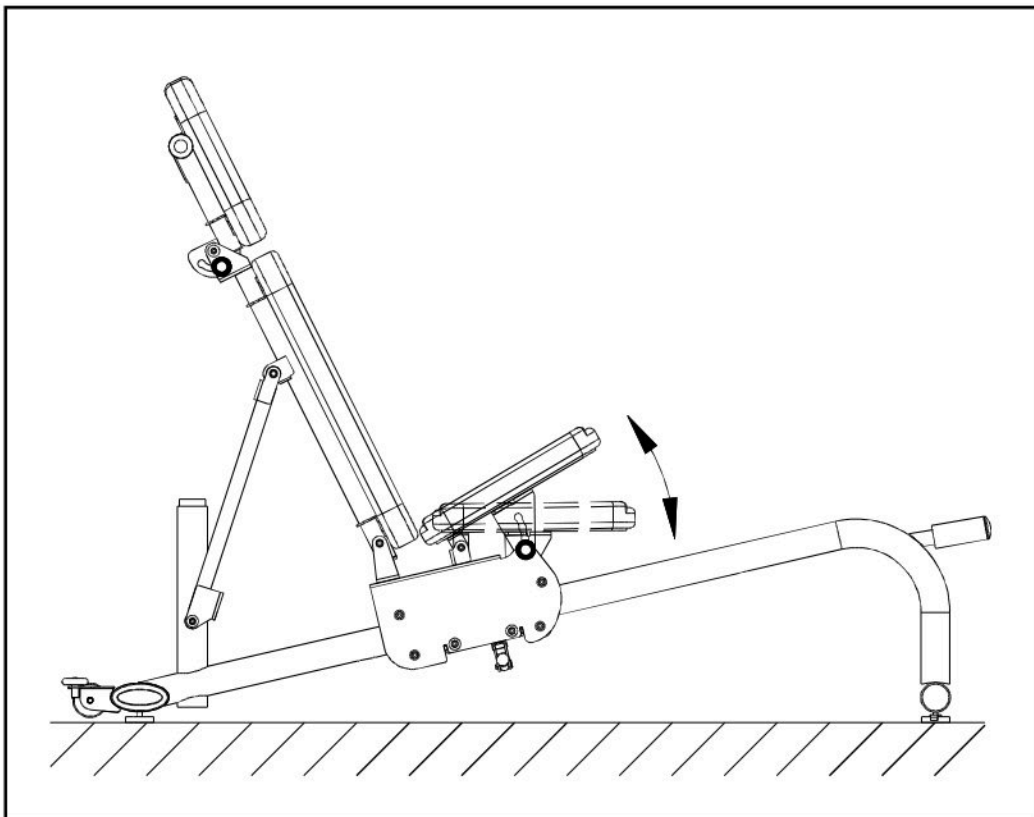


Fig.4

5. Pull the headrest adjustment knob B. See Fig.5.

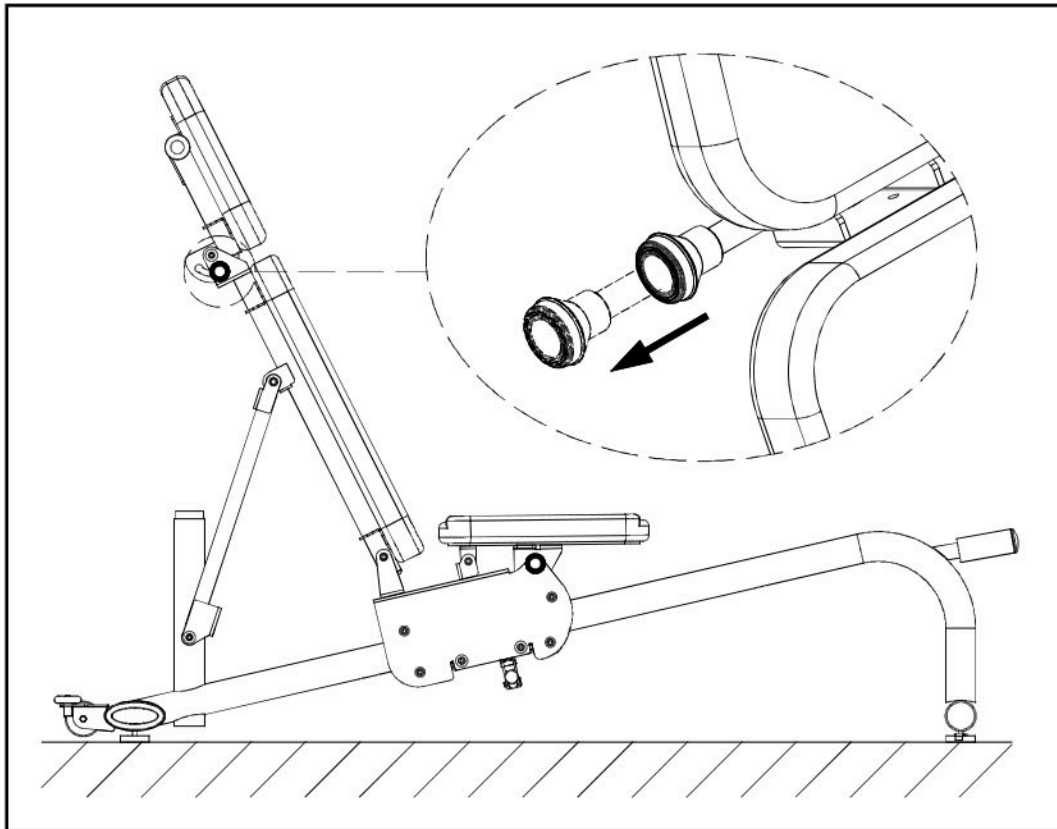


Fig.5

6. Adjust the angle of the headrest. See Fig.6.

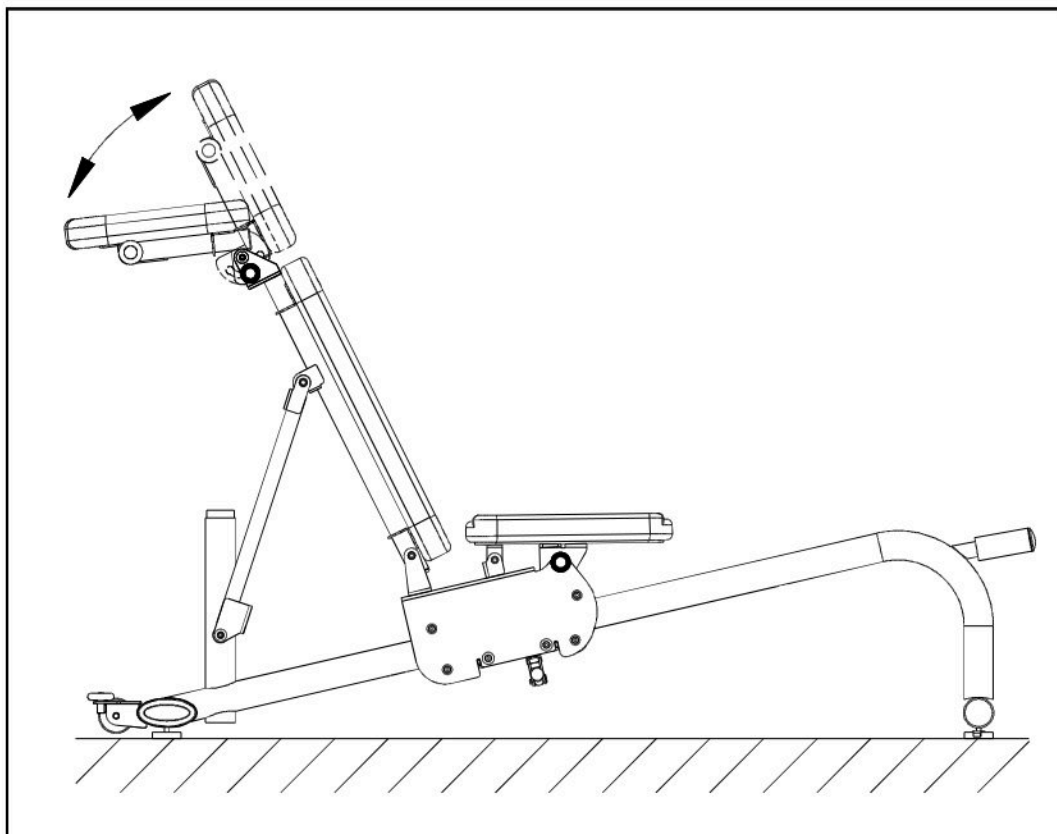


Fig.6

7. To move the bench to another location, let the seat back down. Then lift the transport handle (8) and push the unit.

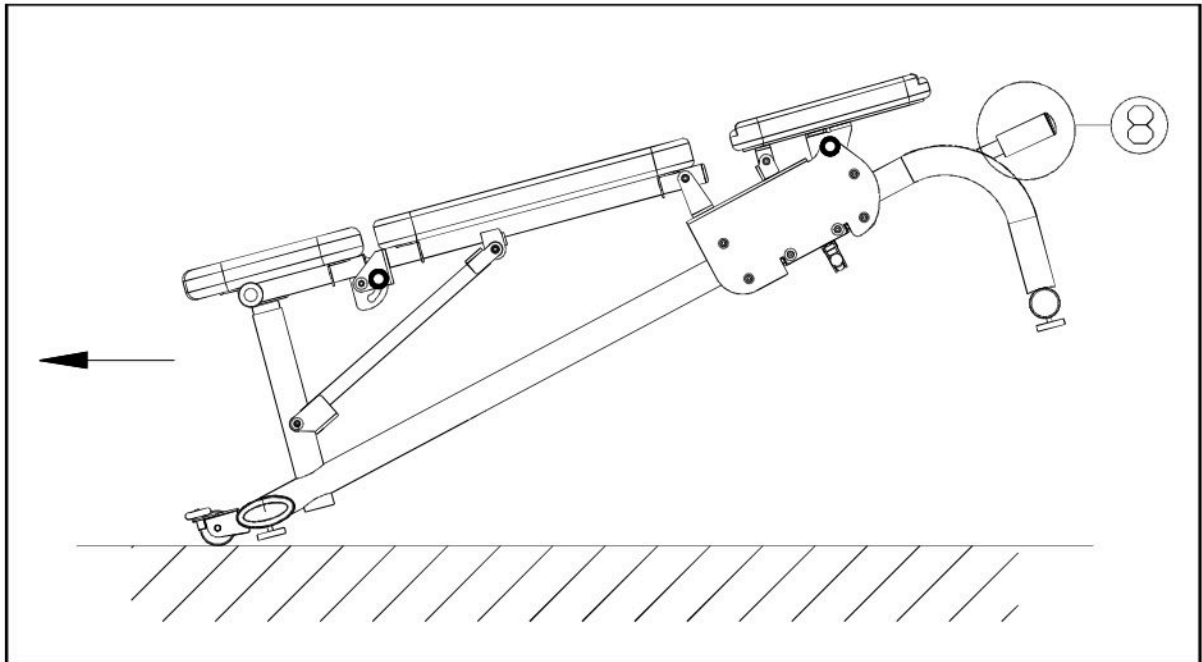


Fig.7

8. If the bench rocks from side to side or does not sit flat on the floor, adjust the levelers. Screw leveler foot B up or down. When the bench no longer rocks back and forth, secure the leveler in this position by rotating nut B until it presses tightly against the frame. Please notice that there is no need to adjust the rear foot plate. It is preset when manufactured.

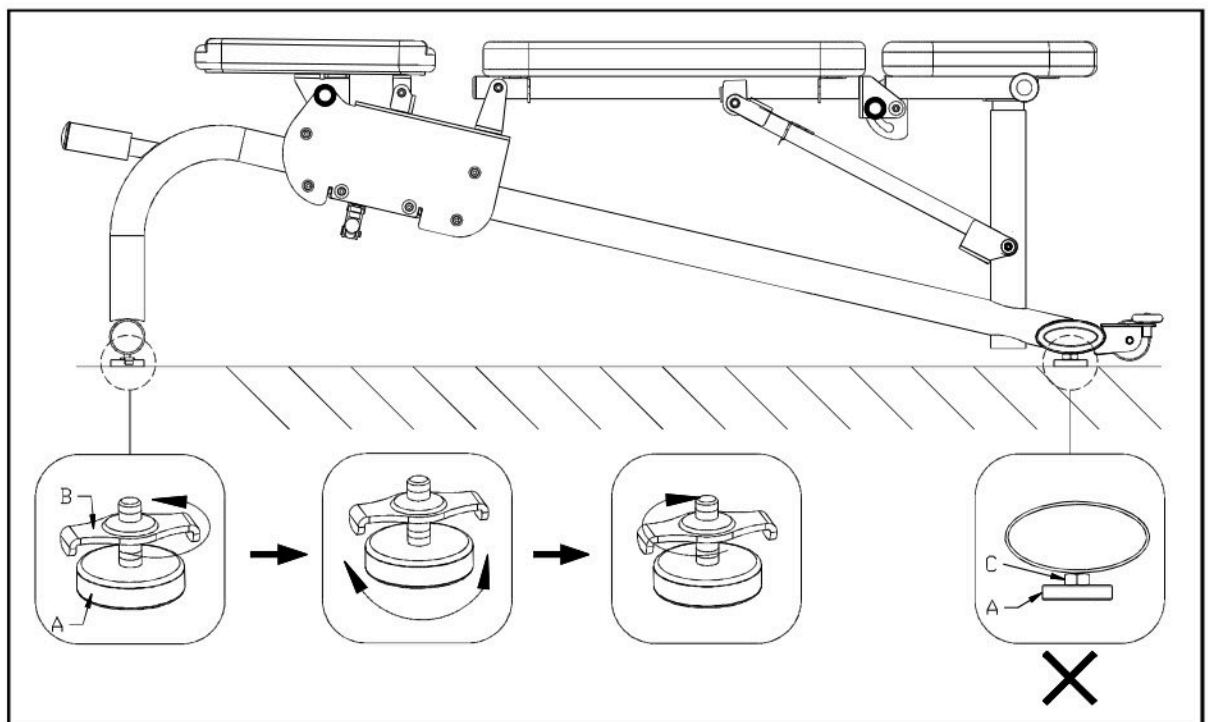


Fig.8