

**A997**  
**OWNER'S MANUAL**  
ASSEMBLY INSTRUCTIONS

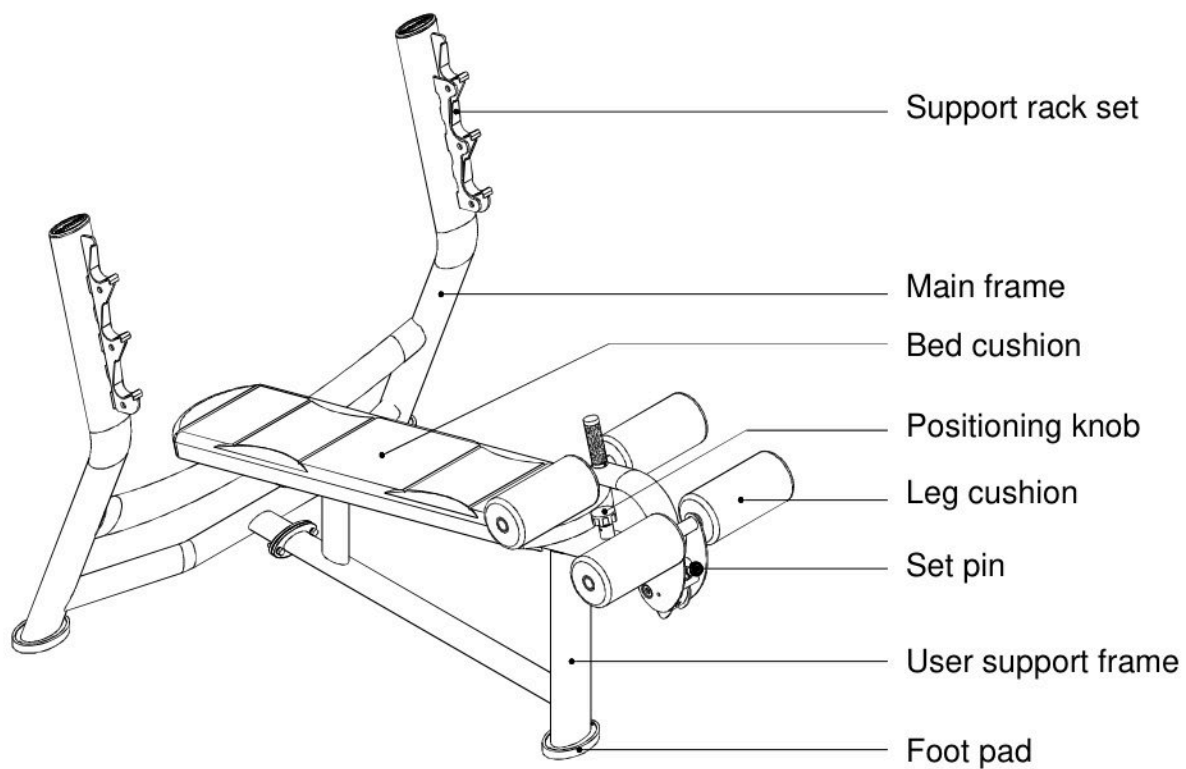


# *OLYMPIC DECLINE PRESS*

## **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 machine on a solid, level surface. DO NOT use outdoors or near water.
- Never allow children on or near the machine.
- Make sure all fasteners are properly tightened for safety. DO NOT use the machine 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 machine is used by, on, or near adolescent, invalids, and disabled persons.
- Use this machine only for its intended use as described in this manual.
- Never operate this machine 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.

## **B. INTRODUCTION**

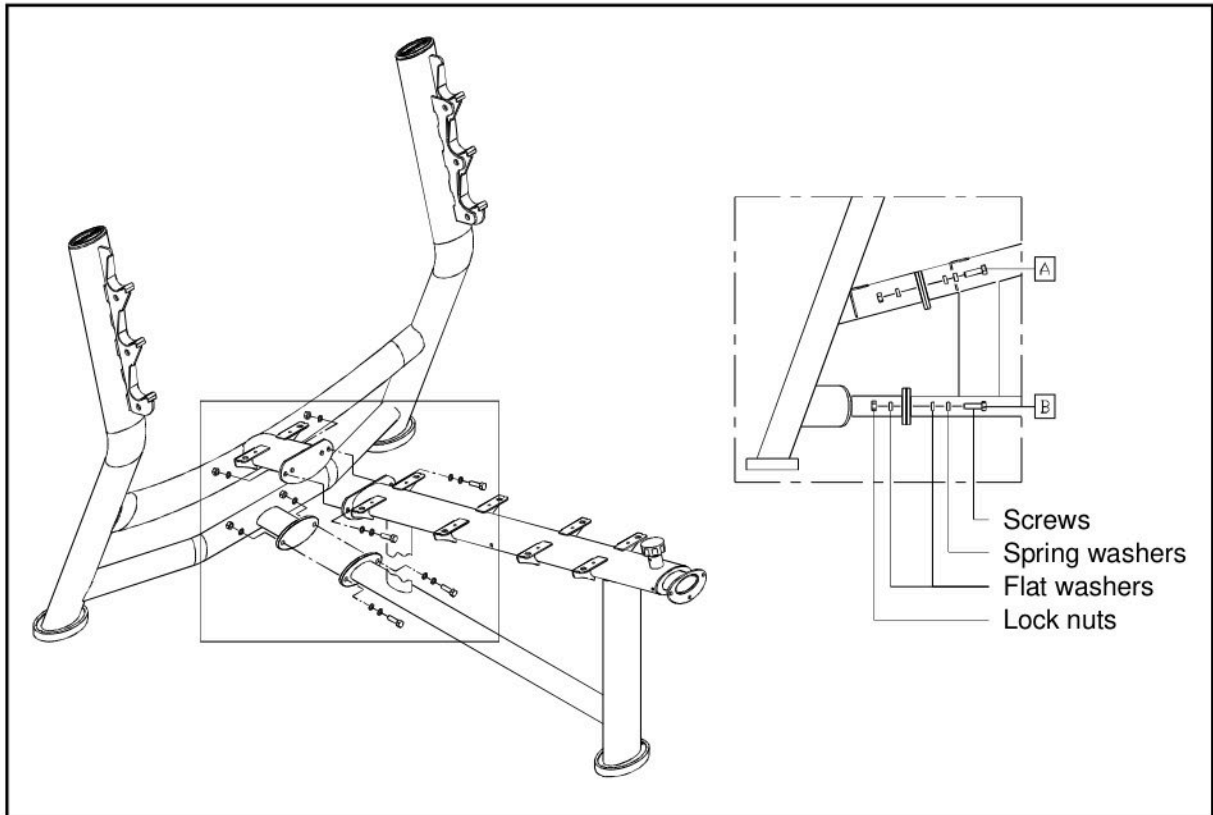


## **C. LIST OF PARTS**

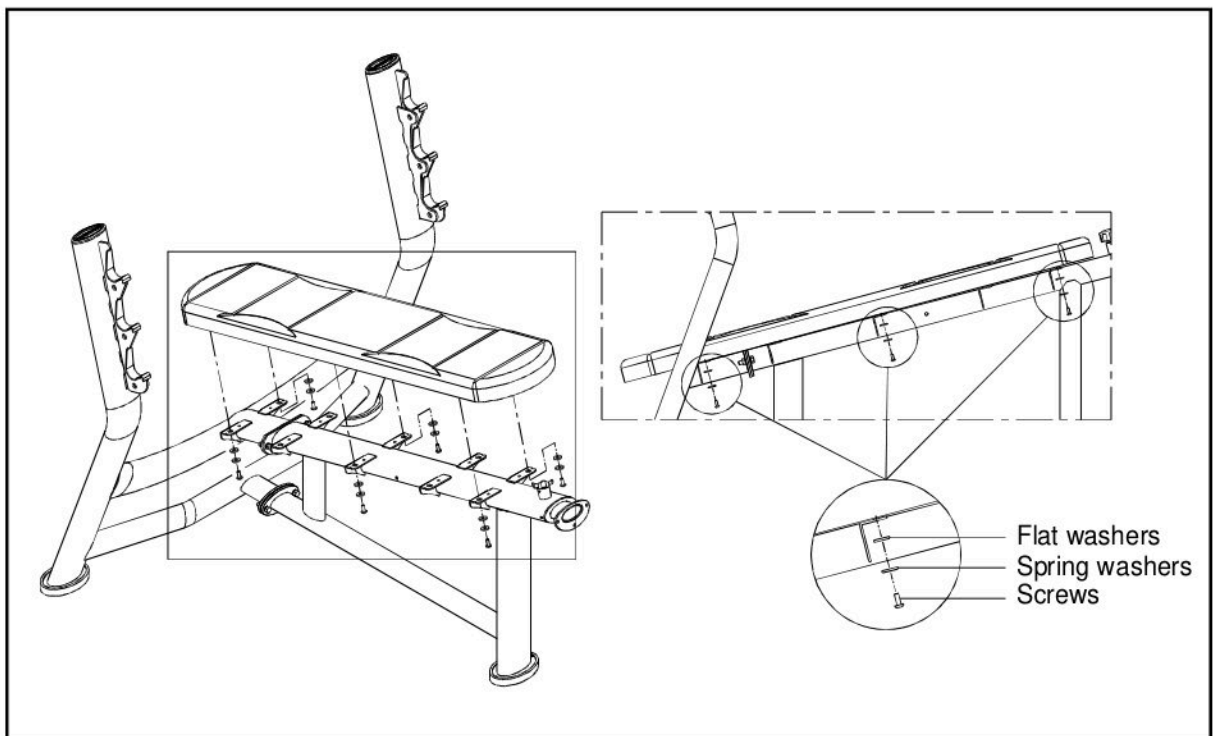
1. One L Shaped hex key wrench M5
2. One L Shaped hex key wrench M6
3. Two double-end open wrenches 8mm\*17mm
4. One double-end open wrench 13mm\*15mm
5. One main frame
6. One user support frame
7. One leg cushion set

## D. ASSEMBLY INSTRUCTION

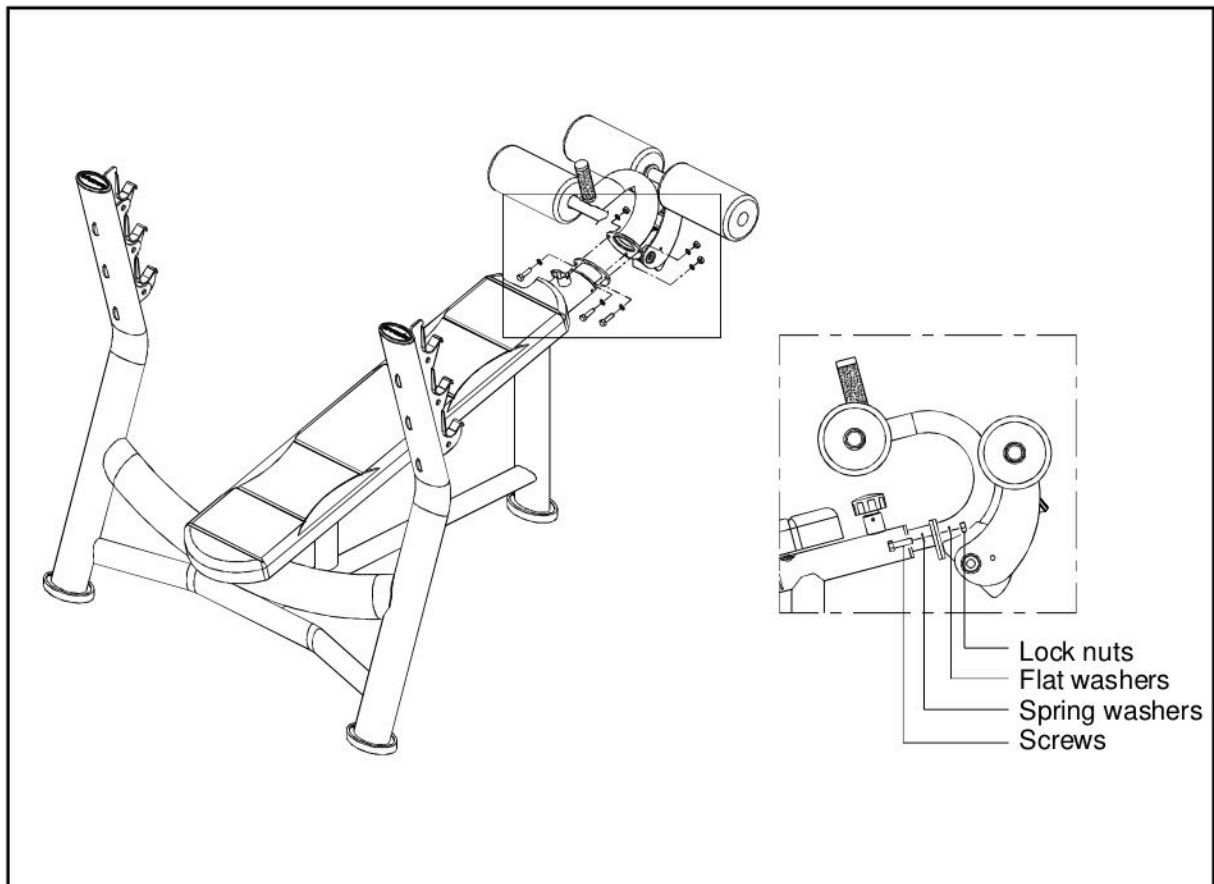
Step 1: Hold the frames during assembly, then secure the frames with the hardware provided as shown.



Step 2: Secure the bed cushion onto the frames with the hardware provided as shown.



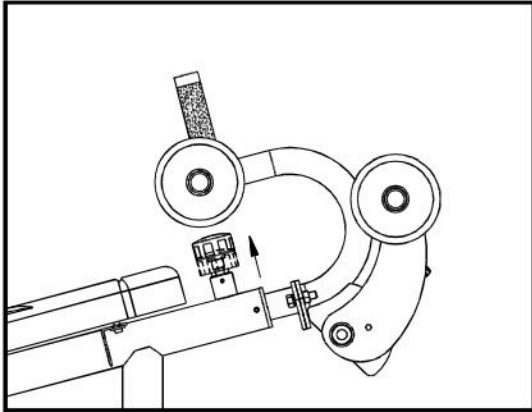
Step 3: Secure the hardware provided as shown.



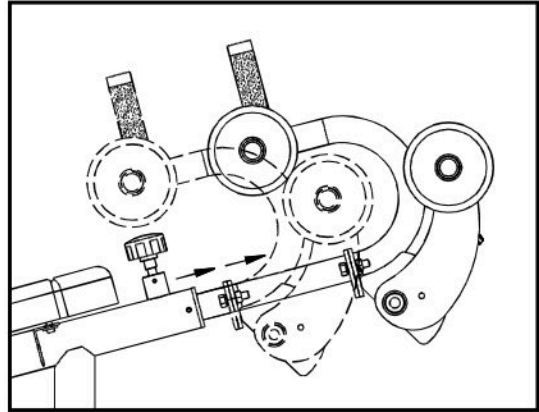
## **E. CUSHION ADJUSTMENT**

### **Cushion Fore-and-Aft Adjustment:**

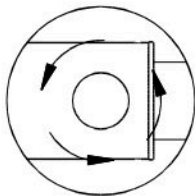
1. Pull out positioning knob after loosening and then hold it
2. Pull out the cushion to a comfortable starting position
3. Release positioning knob then secure it to make the cushion steady



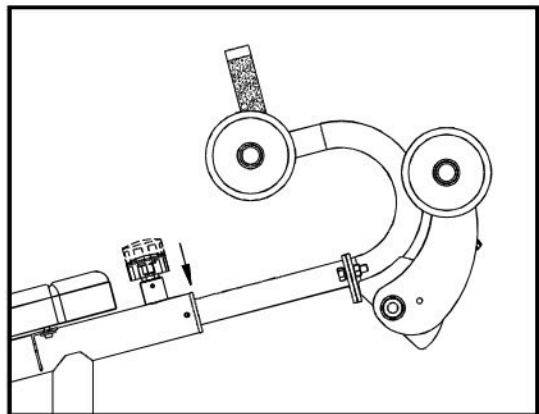
1.



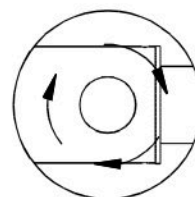
2.



Loose



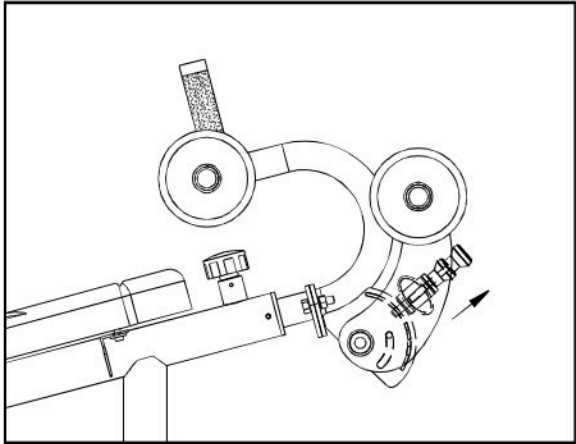
3.



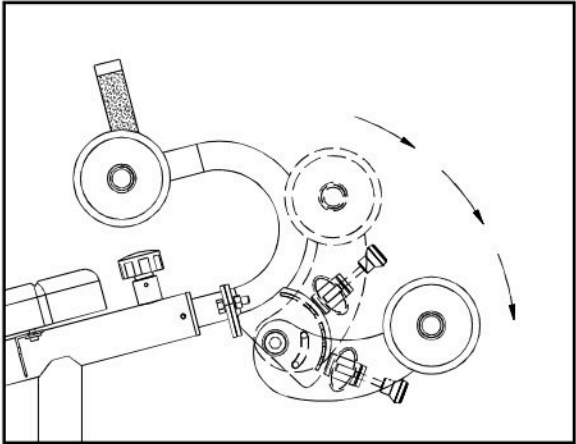
Tight

**Cushion Up-and-Down Adjustment:**

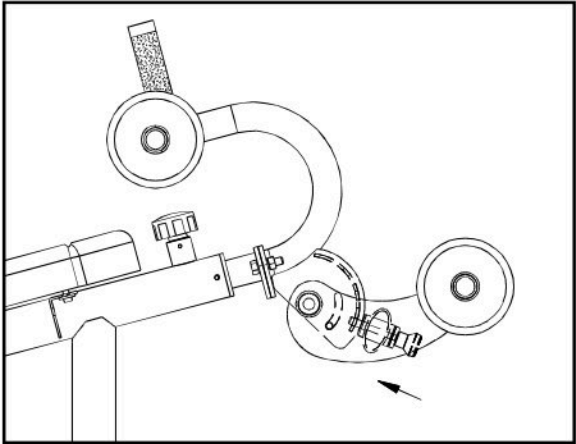
- 1. Pull out the positioning knob and hold it
- 2. Rotate the cushion downwards to a comfortable starting position
- 3. Release the positioning knob



1.



2.



3.