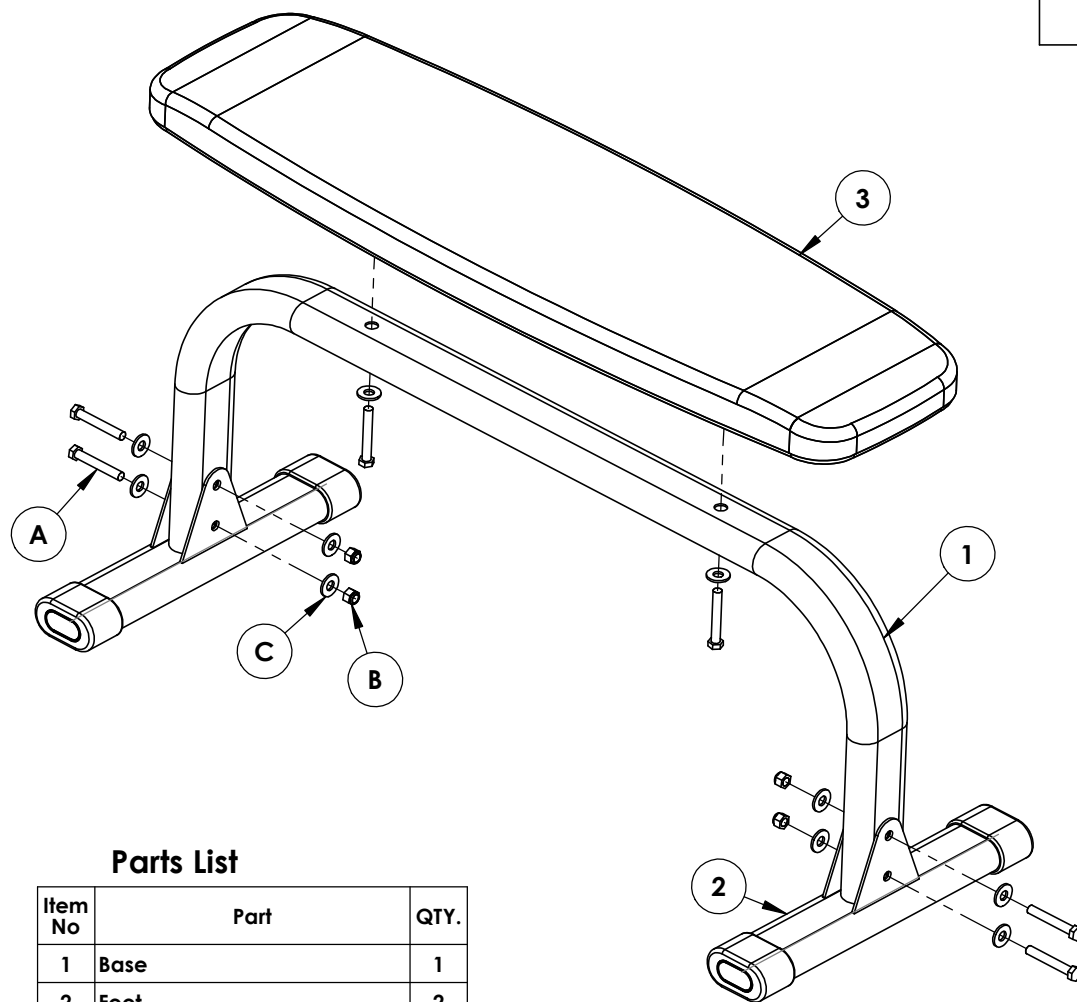
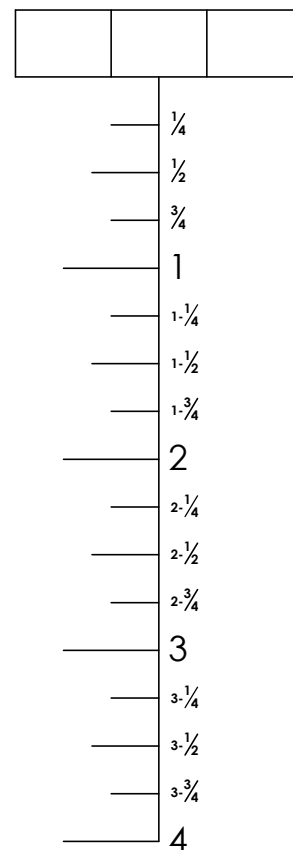


# NORTHERN LIGHTS FLAT BENCH ASSEMBLY INSTRUCTIONS



## BOLT SIZE



## Parts List

Item No	Part	QTY.
1	Base	1
2	Foot	2
3	Seat	1
A	3/8" x 2-1/2" Bolt	6
B	3/8" Locknut	4
C	3/8" Washer	10

<b>Keep This For Warranty</b>	
<b>IRFLATL</b>	
<b>LOT:</b>	
1-866-420-4560 Northern Lights Fitness Products Inc.	
<b>MADE IN CANADA</b>	
<u>Specification</u>	
Weight=32 lbs Packed in 1 Box	
Box 1	:41" x 15.5" x 7" :2.57 ft <sup>3</sup>

## NORTHERN LIGHTS FLAT BENCH IRFLATL

OVERALL DIMENSIONS: 41.75"L X 16.5"W X 19"H  
14 APRIL 2015