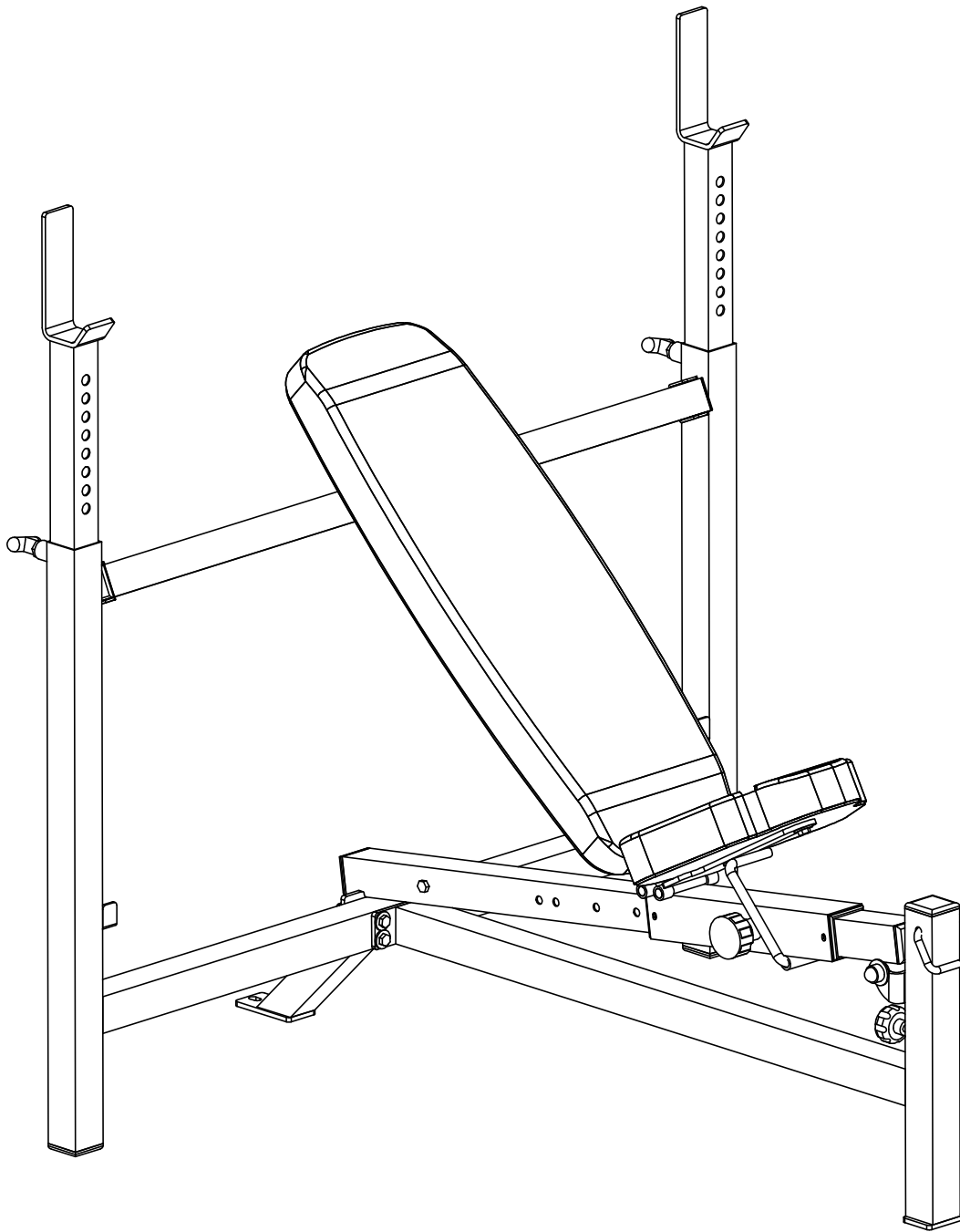


NORTHERN LIGHTS DECLINE OLYMPIC WORKOUT CENTER BENCH ASSEMBLY INSTRUCTIONS



NORTHERN LIGHTS DECLINE OLYMPIC WORKOUT CENTER BENCH NL-DOWB

OVERALL DIMENSIONS: 52"L X 48"W X 66"H
24 AUGUST 2012

<u>Keep This For Warranty</u>	
NL-DOWB	
LOT:	
1-866-420-4560 Northern Lights Fitness Products Inc.	
MADE IN CANADA	
<u>Specification</u>	
Weight=92.6 lbs Packed in 1 Box	
Box 1	:49"x34.5"x5.25" :5.14 ft ³

Parts List

Item No	Part	QTY.
1	Bar Holder	2
2	Incline Bar	1
3	Wolf Tube	1
4	Pivot Arm	1
5	"H" Frame	1
6	Rear Brace	1
7	Base	1
8	Seat	1
9	Back Rest	1

Item No	Part	QTY.
A	Bolt 3/8" x 1-1/2"	4
B	Bolt 3/8" x 3-1/4"	4
C	Locknut 3/8"	4
D	Washer 3/8"	12
E	Bolt 1/2" x 4"	1
F	Locknut, Thin 1/2"	1
G	Washer 1/2"	2
H	Acorn Cap 1/2"	2
I	Safety Clip	1

BOLT SIZE	
	1/4
	1/2
	3/4
	1
	1-1/4
	1-1/2
	1-3/4
	2
	2-1/4
	2-1/2
	2-3/4
	3
	3-1/4
	3-1/2
	3-3/4
	4
	4-1/4
	4-1/2
	4-3/4
	5
	5-1/4
	5-1/2
	5-3/4
	6
	6-1/4
	6-1/2
	6-3/4
	7

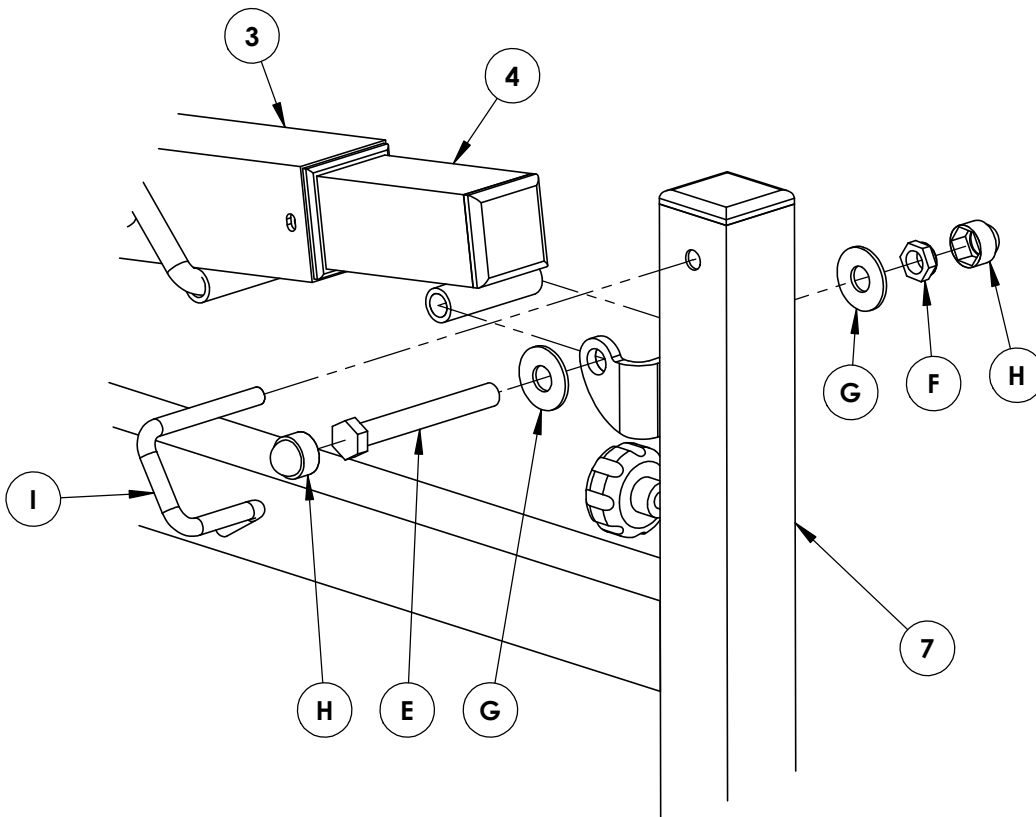
ATTENTION

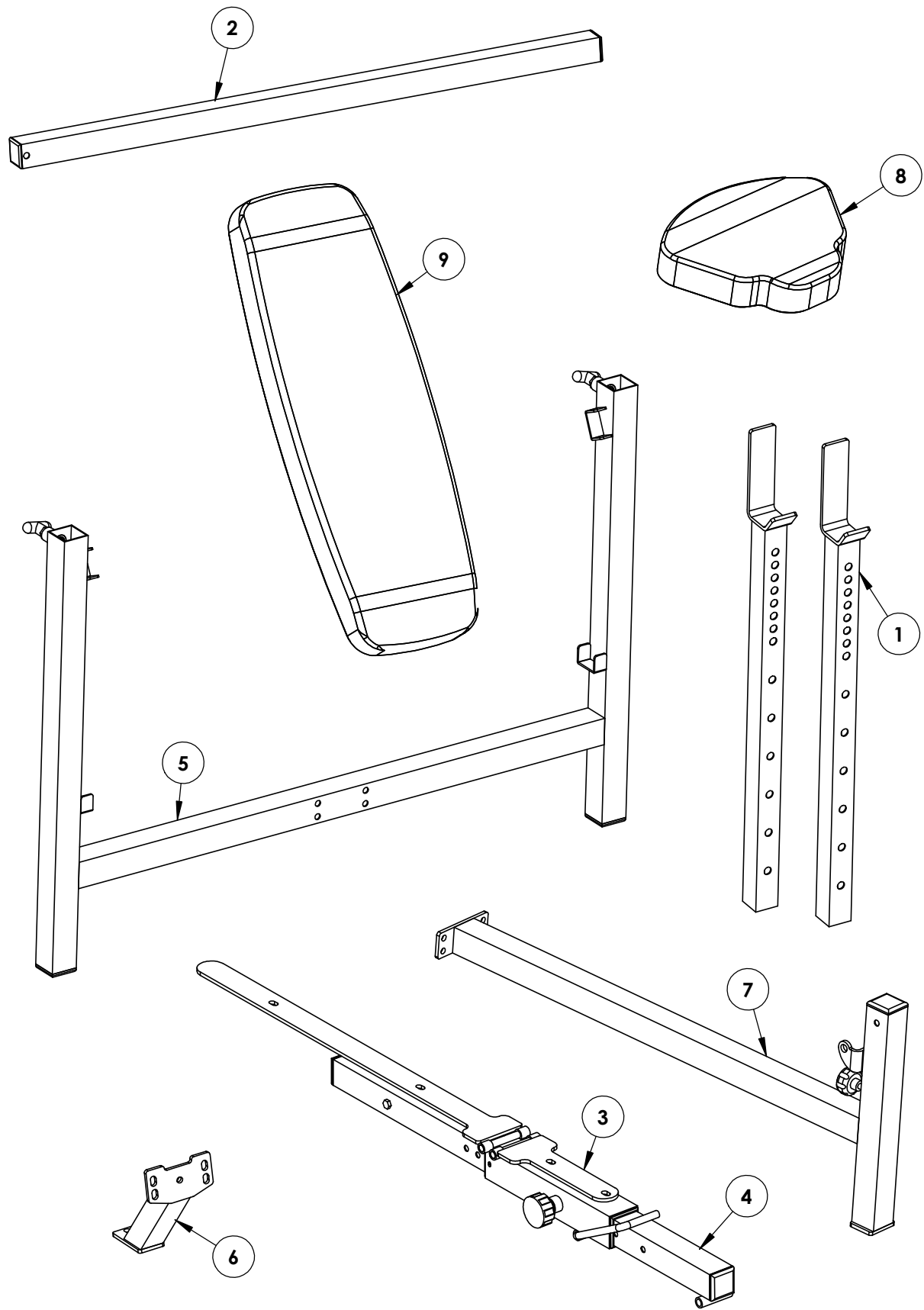
The suggested weight limit on the DOWB is 400lbs. Exceeding limit may result in bench instability.

ATTENTION

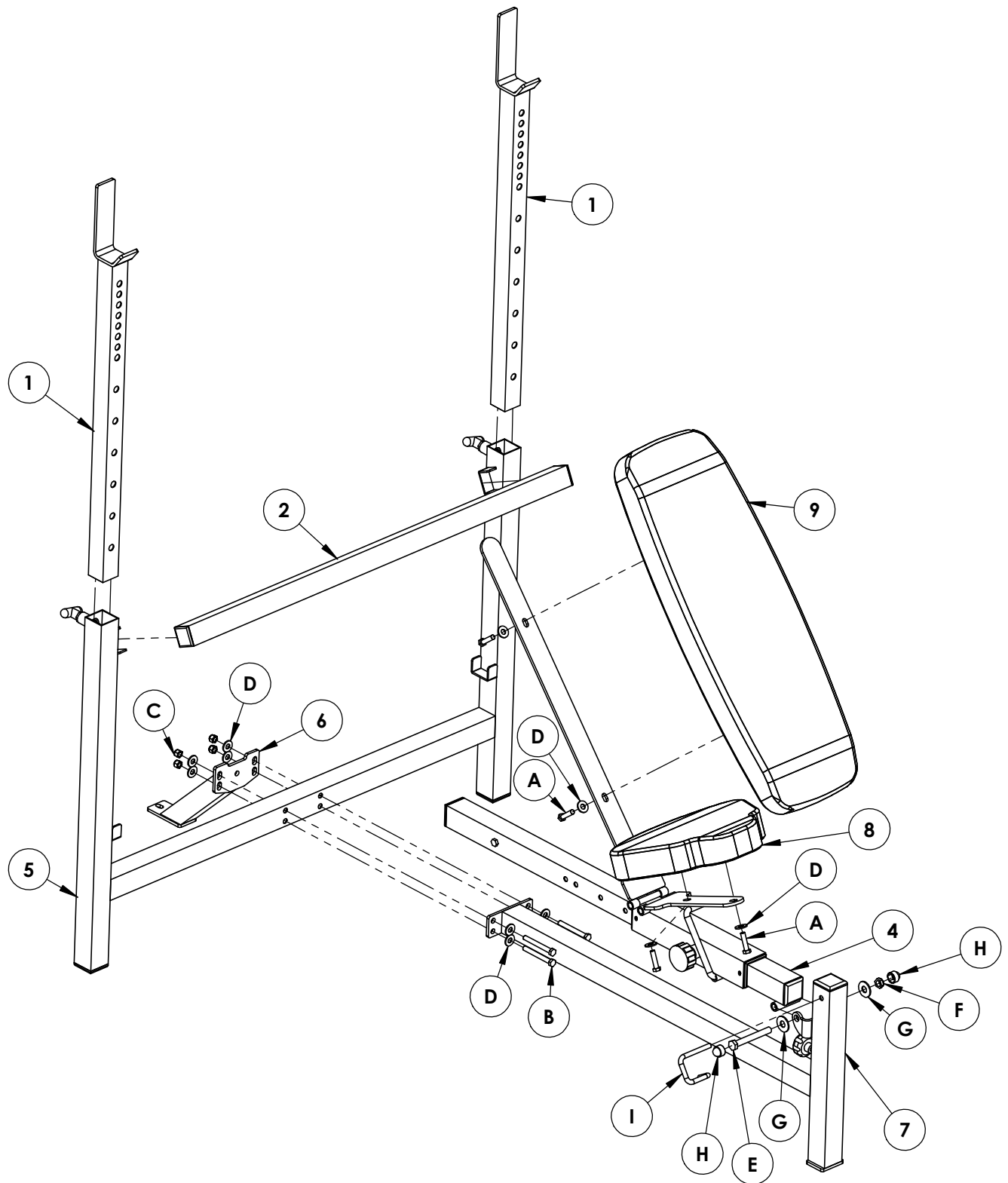
The suggested weight limit on the leg attachment is 100lbs. Exceeding limit may result in bench instability.

Assembly Detail for Pivot Arm (4) to Base (7)





Inspect all bolting before each use and tighten all loose bolts. It is recommended that the bench be bolted down; a slot in the Rear Brace has been provided for this purpose.



- Bolt the **Rear Brace** (6) and the **Base** (7) to the "**H**" **Frame** (5) using the bolting shown.
- Bolt the **Pivot Arm** (4) to the **Base** (7) using the bolting shown. See Detail on Page 2.
- Place the **Incline Bar** (2) into the upper support brackets on the "**H**" **Frame** (5).
The **Incline Bar** is placed in the lower support brackets to support the **Pivot Arm** (4) in the horizontal position.
- Bolt the **Seat** (8) and the **Back Rest** (9) to the **Wolf Tube** (3) using the bolting shown.
- Insert the **Bar Holders** (1) into the "**H**" **Frame** (5) and secure in position with the Pull Pins.

NORTHERN LIGHTS FITNESS PRODUCTS INC.

Dear Customer:

Thank you for selecting Northern Lights Exercise Equipment. We hope that you will enjoy and benefit from your new fitness product for years to come. If you have any questions regarding your new equipment or would like to find out what other products are available to add to your workout, feel free to contact the authorized Northern Lights showroom in your area.

WARRANTY

Manufacturer's Limited Lifetime Warranty

Northern Lights Fitness Products Inc. offers its customers a lifetime warranty against broken welds and manufacturer defects on all products. Simply return the defective part, insured and prepaid to Northern Lights and we will replace it at no charge. This warranty is for original product owners and does not cover damage resulting from product alterations, misuse, abuse, improper assembly, normal wear and tear or other conditions, which are beyond our control. No other express warranty has been made or will be made on behalf of Northern Lights with respect to any Northern Lights product or the operation, repair or replacement of any Northern Lights product. Northern Lights shall not be responsible for injury, loss of use of the product, inconvenience, loss or damage to personal property, whether direct or indirect. This warranty does not include any implied warranties or liability for incidental or consequential damages created by any provincial or state law. If you feel that a Northern Lights product is defective, please contact our parts department at (866) 420-4560.

IMPORTANT

Be sure to have all pull-pins locked and tightened in place, **BEFORE** using your equipment.

NORTHERN LIGHTS FITNESS PRODUCTS INC.

Cher Client:

Merci d'avoir sélectionné un produit Northern Lights. Nous espérons que vous aimerez et bénéficierez de votre nouveau produit pour des années à venir. Si vous avez des questions concernant votre nouveau produit ou si vous aimeriez trouver d'autres produits disponibles de Northern Lights, contactez un détaillant autorisé Northern Lights.

La GARANTIE

Garantie à Vie Limitée du Fabricant

Northern Lights Fitness Products Inc. offre à ses clients une garantie à vie contre toutes soudures cassées et contre tout défaut de matériau et de fabrication dans le cadre d'un entretien soigneux et d'une utilisation conforme à l'usage prévu réalisée dans des conditions normales. Simplement, retournez la pièce défectueuse à Northern Lights, payé et assuré, et nous la remplacerons sans frais. Cette garantie s'étend uniquement au propriétaire d'origine seulement et n'est pas transférable. Elle ne couvre pas les produits soumis à une mauvaise utilisation, à un manque de soins, à des accidents, à des réparations ou à des modifications non autorisées. Aucune autre garantie n'a été faite ou sera faite de la part de Northern Lights en ce qui concerne tout produit de Northern Lights ou son opération, réparation ou échange. Northern Lights ne sera pas responsable pour blessure, perte d'usage du produit, dérangement, perte ou dommage de propriété personnelle, direct ou indirect. Cette garantie n'inclut pas toutes autres garanties implicites pour incidents ou dommages conséquents créés par les lois provinciales ou les lois d'état. Si un produit de Northern Lights est défectueux, s'il vous plaît contactez notre département de Pièces et Service au (866) 420-4560

IMPORTANT

Etre sûr d'avoir toutes les forceépingles fermées à clef et resserrées à sa place, **avant** d'utiliser votre équipement.