

GORILLA SPORTS

ADJUSTABLE ABDOMINAL BENCH (100896)

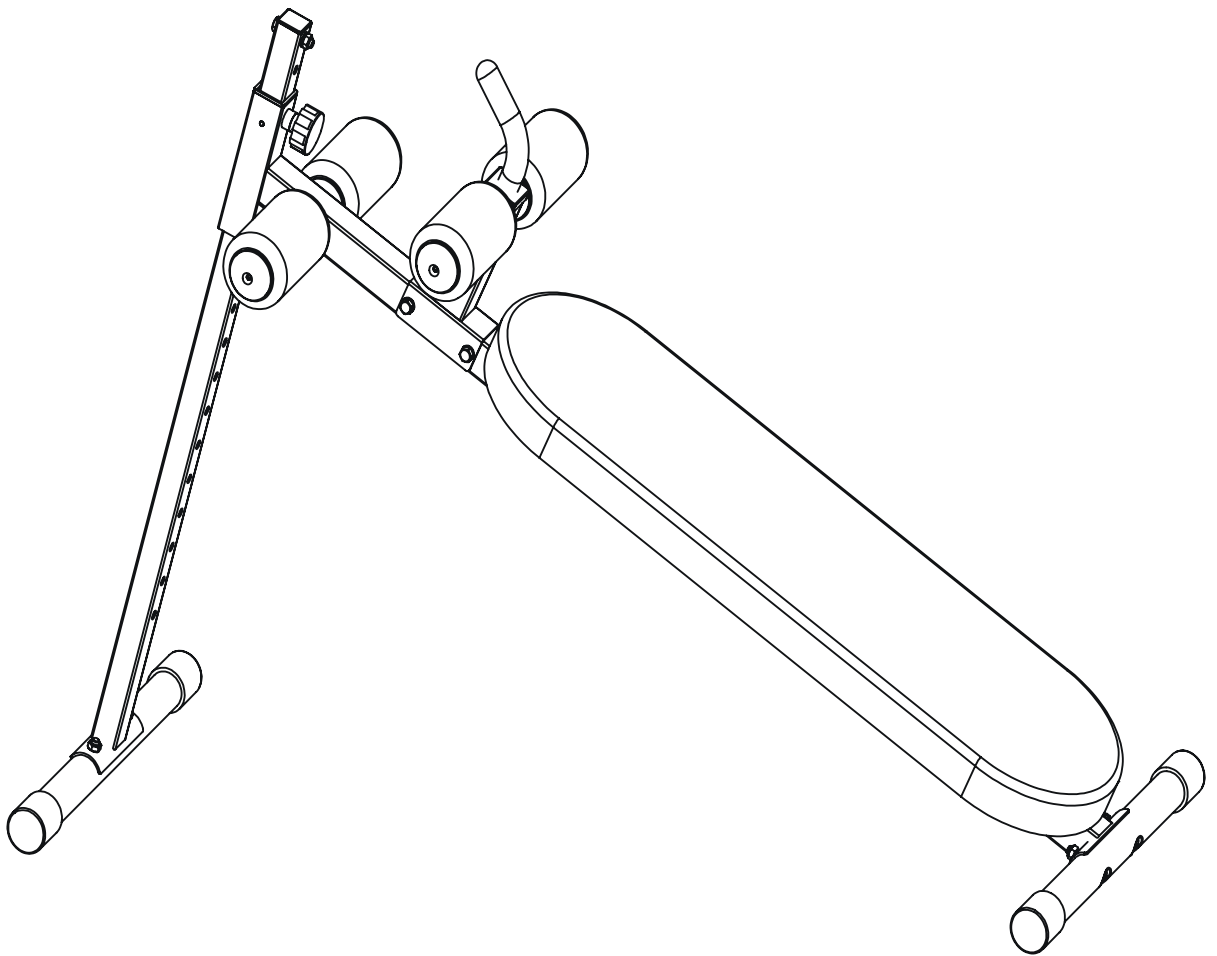


Table of Contents



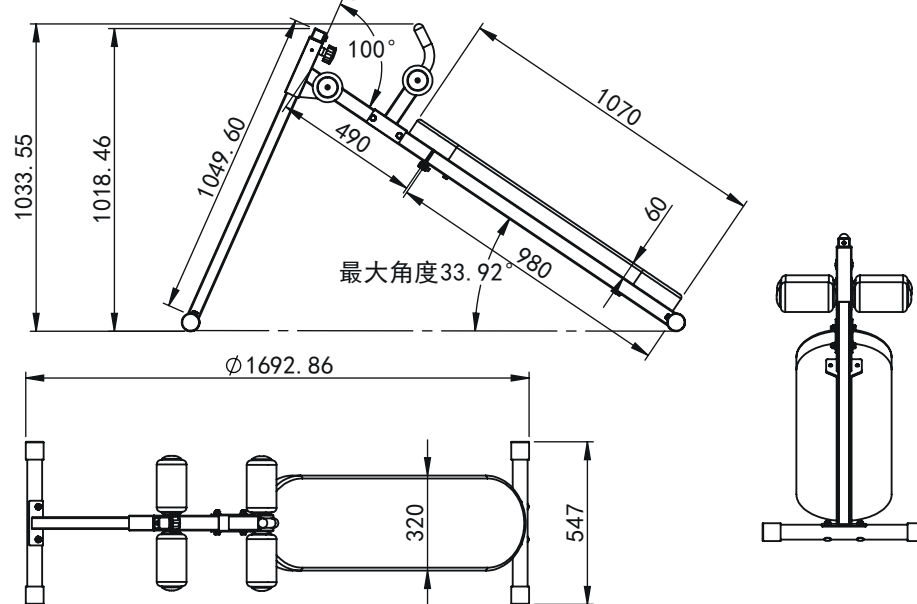
GORILLA SPORTS

PROFESSIONAL GYM EQUIPMENT FOR EVERYONE

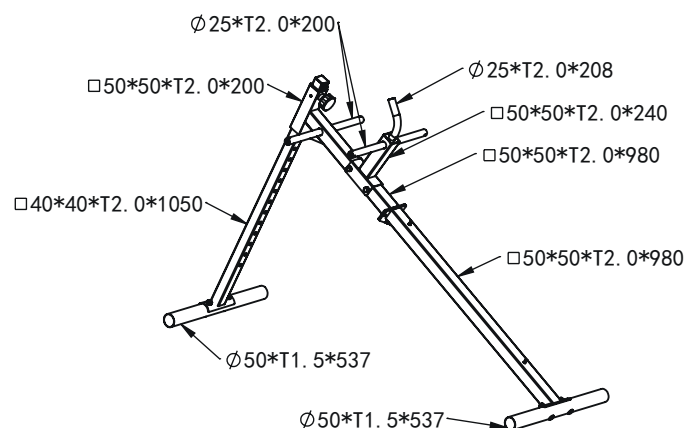
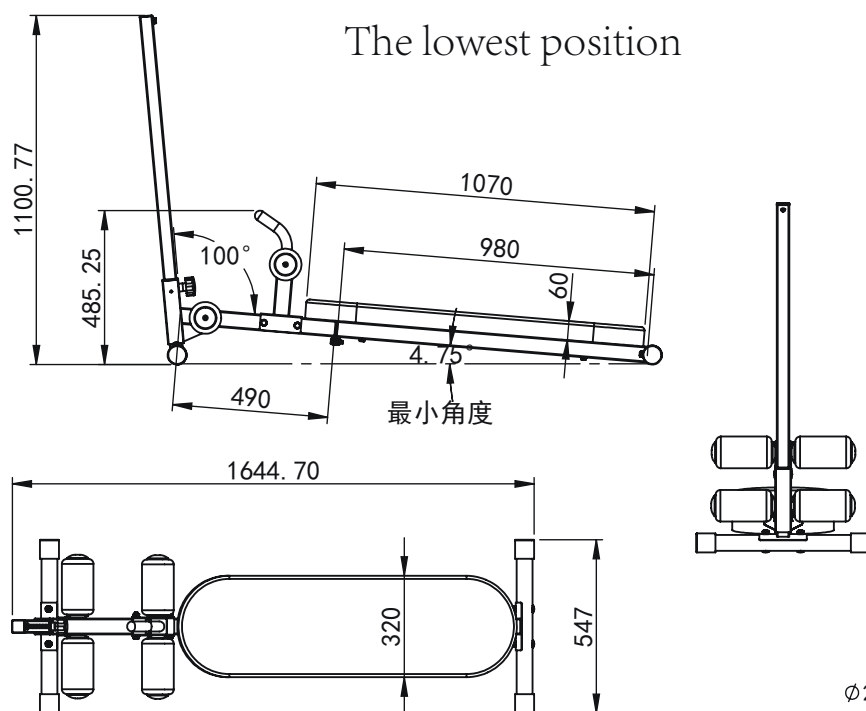
Parametric Diagram.....	3
Product load-bearing instructions.....	4
Spare parts list	5
Fasteners drawing	6
Assembly step(1).....	7-8
Assembly step(2).....	9-10
Assembly step(3).....	11-12
Assembly step(4).....	13-14

Parametric Diagram

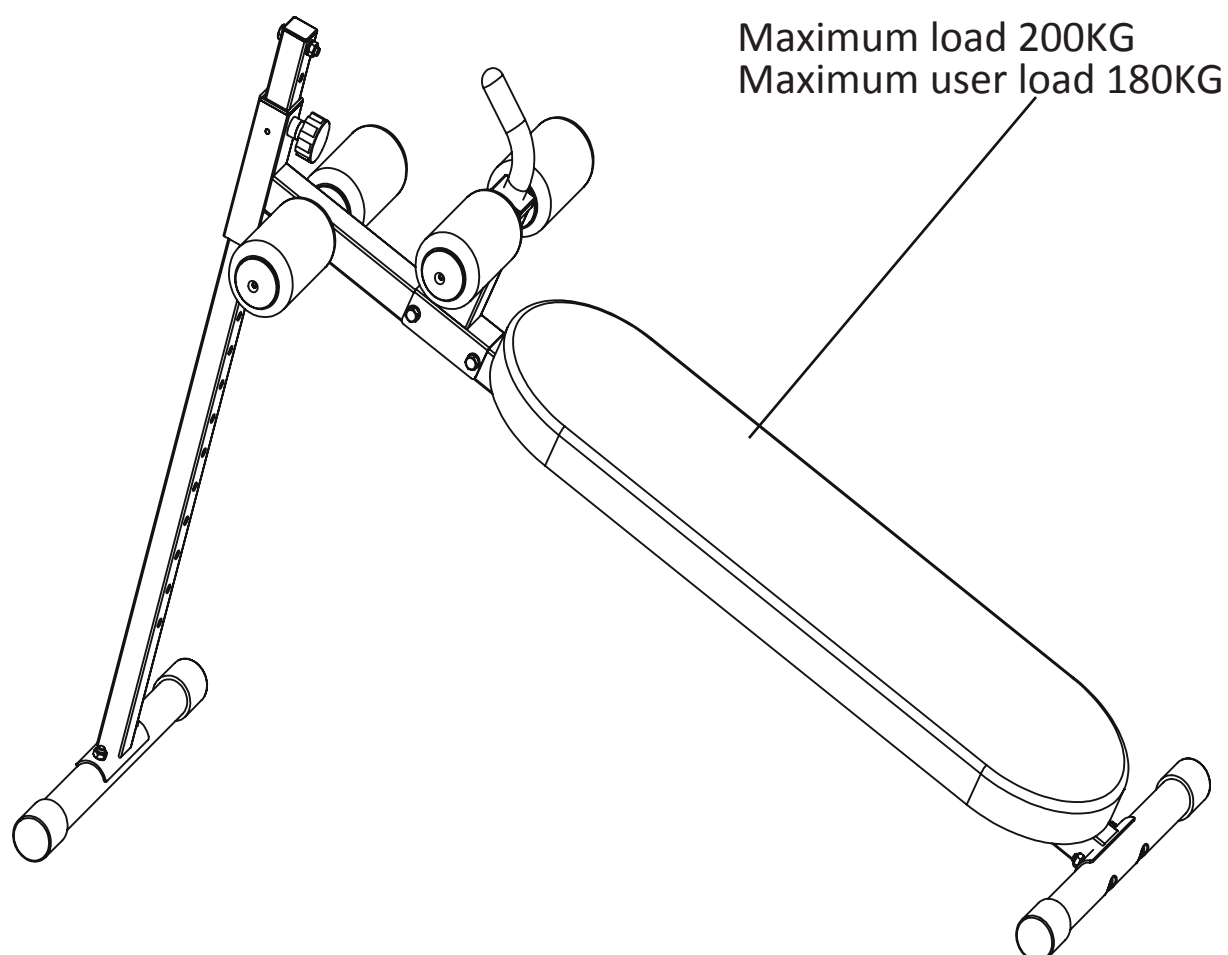
The highest position



The lowest position



Product load-bearing instructions



Spare parts list



GORILLA SPORTS

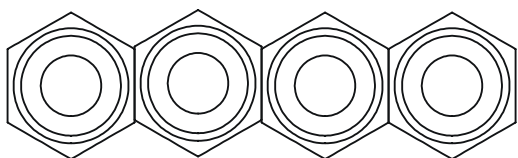
PROFESSIONAL GYM EQUIPMENT FOR EVERYONE

No.	Description	Note	Qty.
1	ground frame		2
2	main frame long		1
3	handle grip		1
4	sponge rod		2
5	main frame short		1
6	adjustable tube		1
7	hexagon socket button head bolt	M10x60	4
8	hexagon bolt	M10x70	2
9	hexagon bolt	M8x65	2
10	hexagon bolt	M10x55	1
11	hexagon bolt	M10x30	3
12	back cushion	1070x320x60	1
13	lock nut	M10	10
14	curved washer	Φ10	4
15	washer	Φ8	2
16	washer	Φ10	11
17	locking spring knob	M18x1.5	1
18	sponge		4
19	sponge inner cap		4
20	sponge outer cap		4

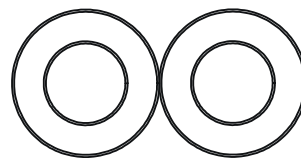


GORILLA SPORTS

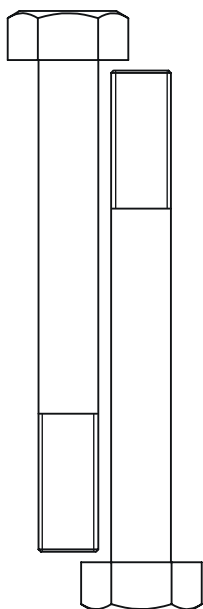
PROFESSIONAL GYM EQUIPMENT FOR EVERYONE



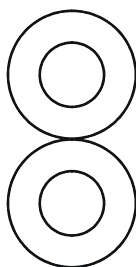
M10 4 PCS



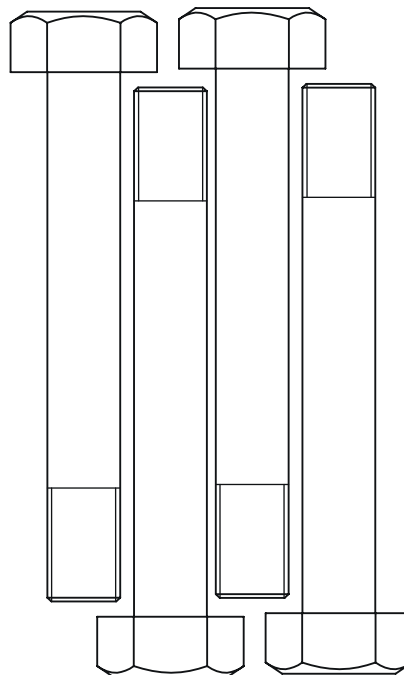
Φ 10 8 PCS



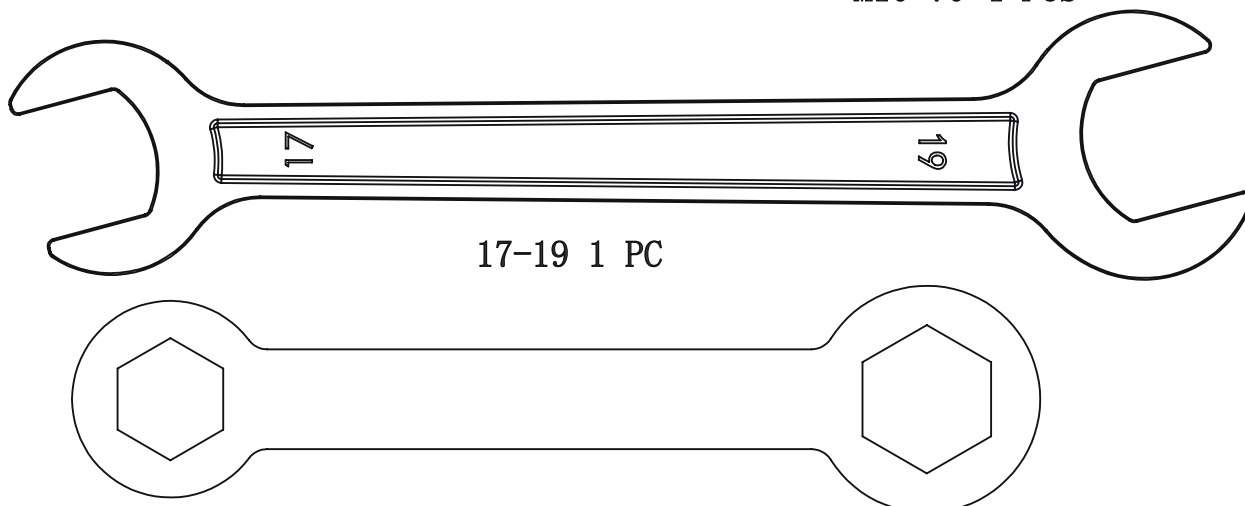
M8*65 2 PCS



Φ 8 2 PCS

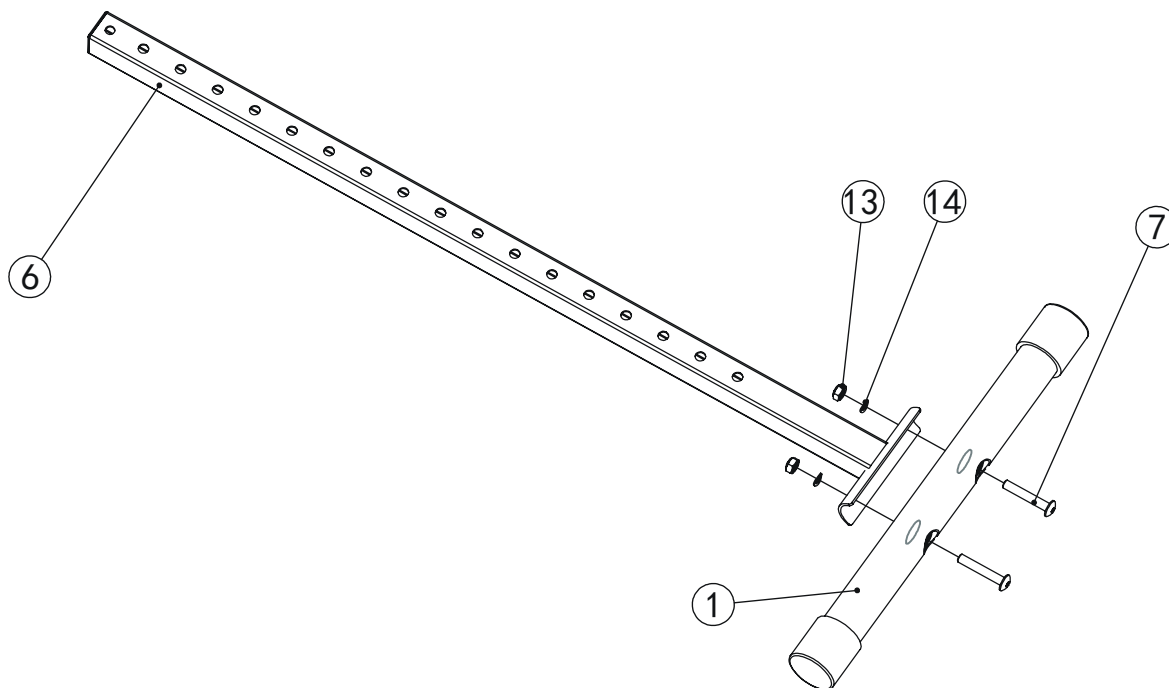


M10*70 4 PCS



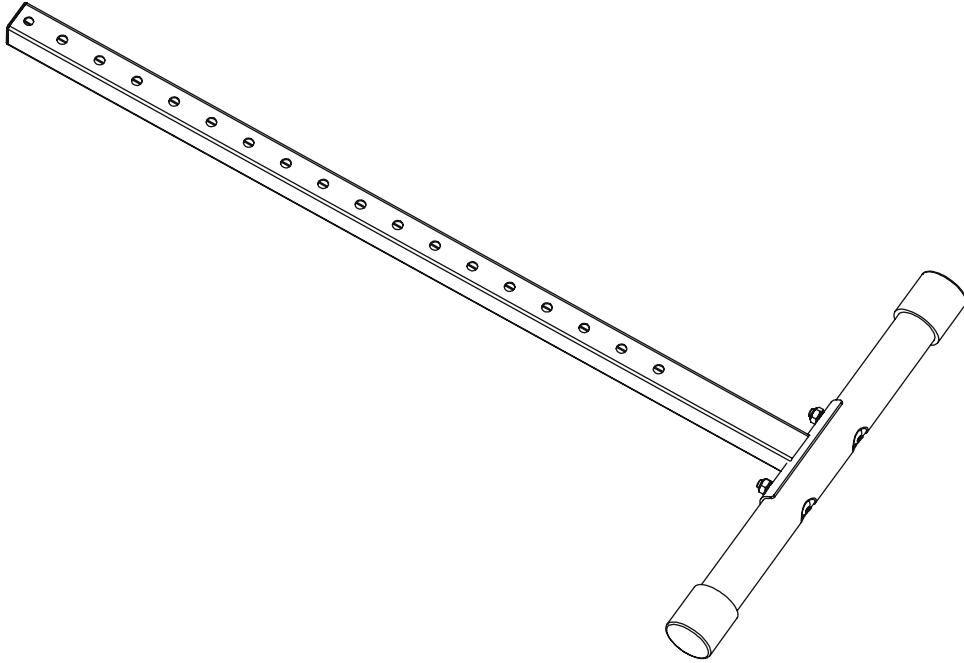
17-19 1 PC

Assembly step (1) explosion drawing



No.	Description	Note	Qty.
1	ground frame		1
6	adjustable tube		1
7	hexagon socket button head bolt	M10x60	2
13	lock nut	M10	2
14	curved washer	Φ10	2

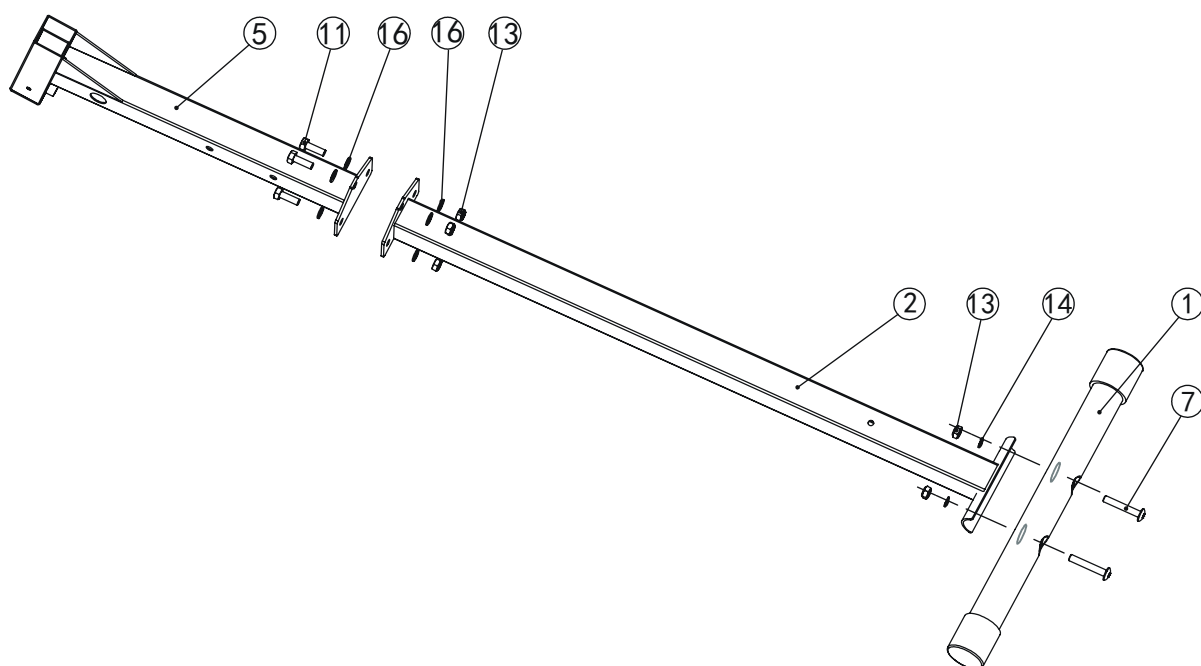
Assembly step (1) drawing



Assembly step (1) assembly instruction

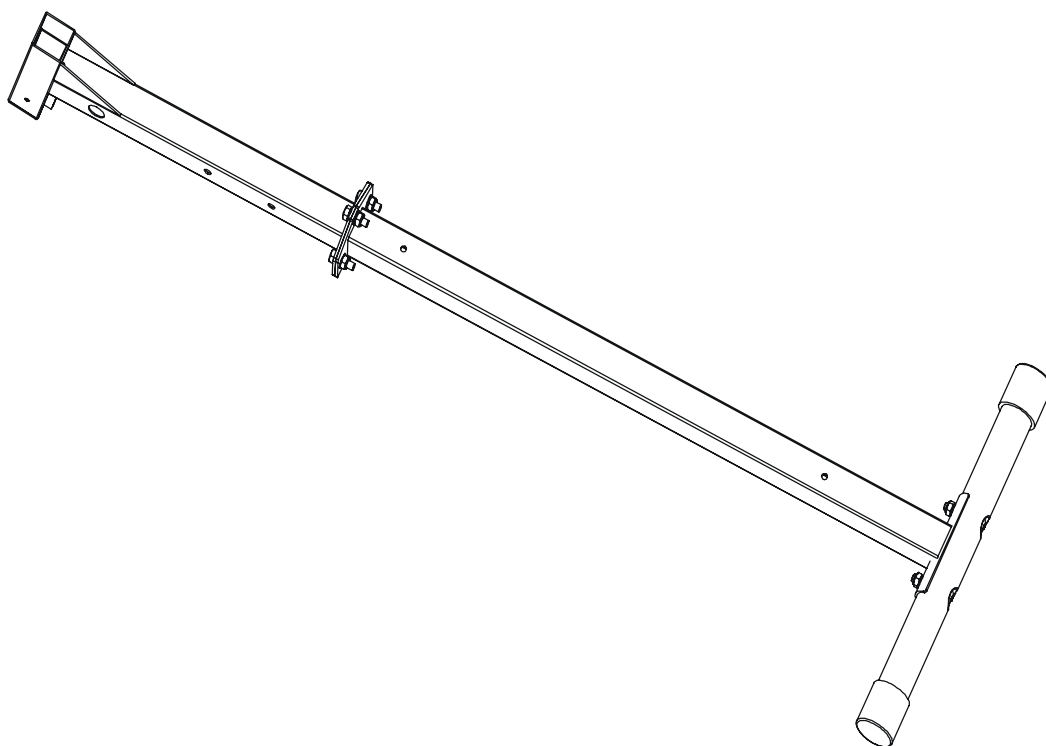
Fix adjustable tube-6 fastening on ground frame-1 using M10x60 hexagon socket button head bolt-7, $\Phi 10$ curved washer-14, M10 lock nut-13

Assembly step (2) explosion drawing



No.	Description	Note	Qty.
1	ground frame		1
2	main frame long		1
5	main frame short		1
7	hexagon socket button head bolt	M10x60	2
11	hexagon bolt	M10x30	3
13	lock nut	M10	5
14	curved washer	Φ10	2
16	washer	Φ10	6

Assembly step (2) drawing

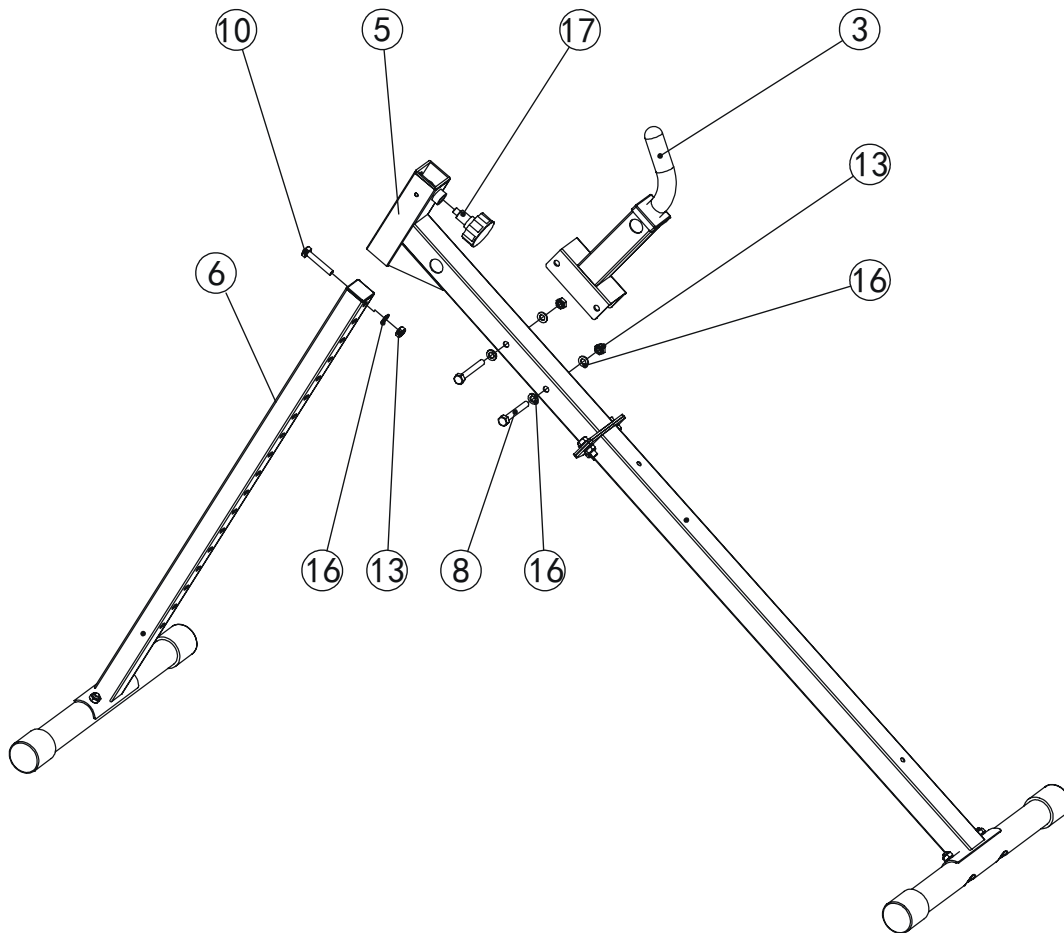


Assembly step (2) assembly instruction

Fix main frame long-2 fastening on ground frame-1 using M10x60 hexagon socket button head bolt-7, $\Phi 10$ curved washer-14, M10 lock nut-13

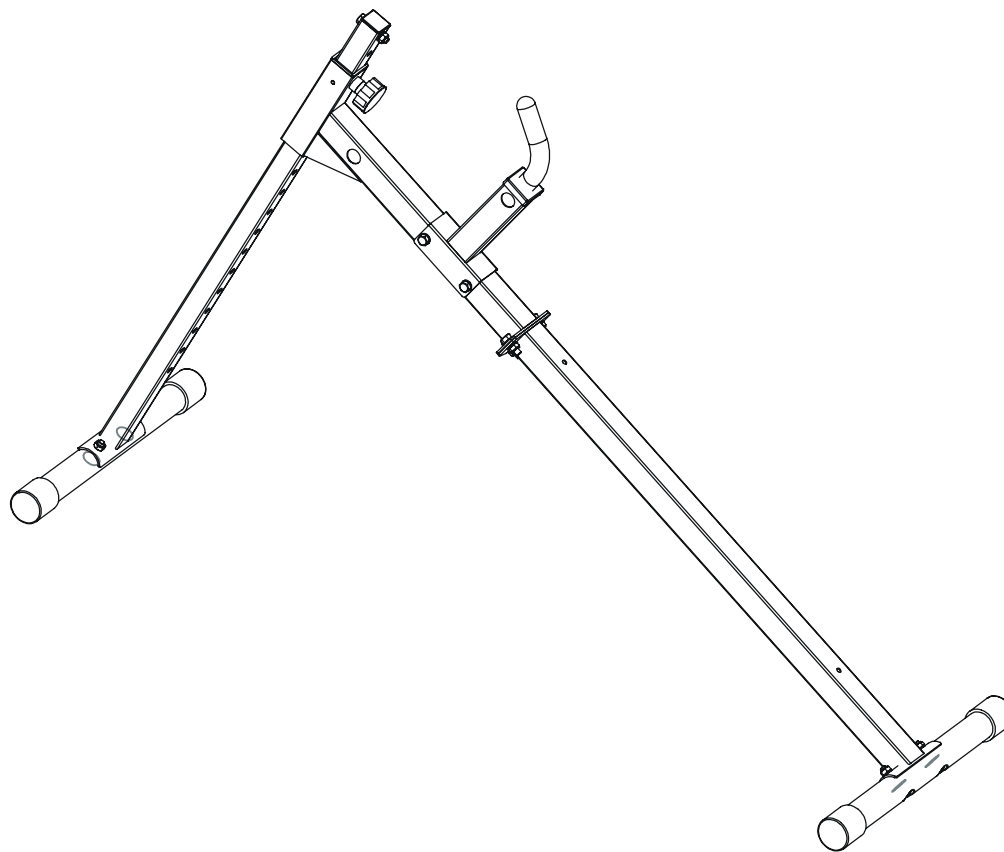
Fix main frame short-5 fastening on main frame long-2 using M10x30 hexagon bolt-11, $\Phi 10$ washer-16, M10 lock nut-13

Assembly step (3) explosion drawing



No.	Description	Note	Qty.
3	handle grip		1
8	hexagon bolt	M10x70	2
10	hexagon bolt	M10x55	1
13	lock nut	M10	3
16	washer	Φ10	5
17	locking spring knob	M18x1.5	1

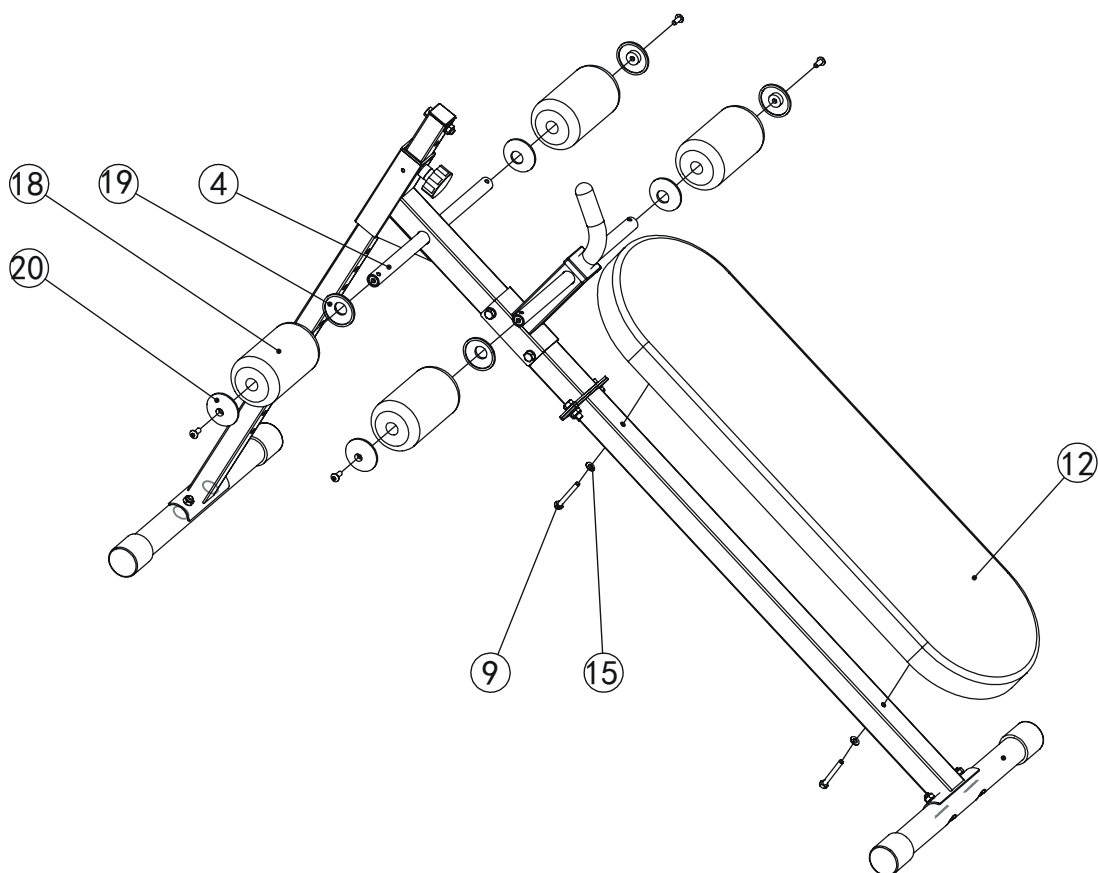
Assembly step (3) drawing



Assembly step (3) assembly instruction

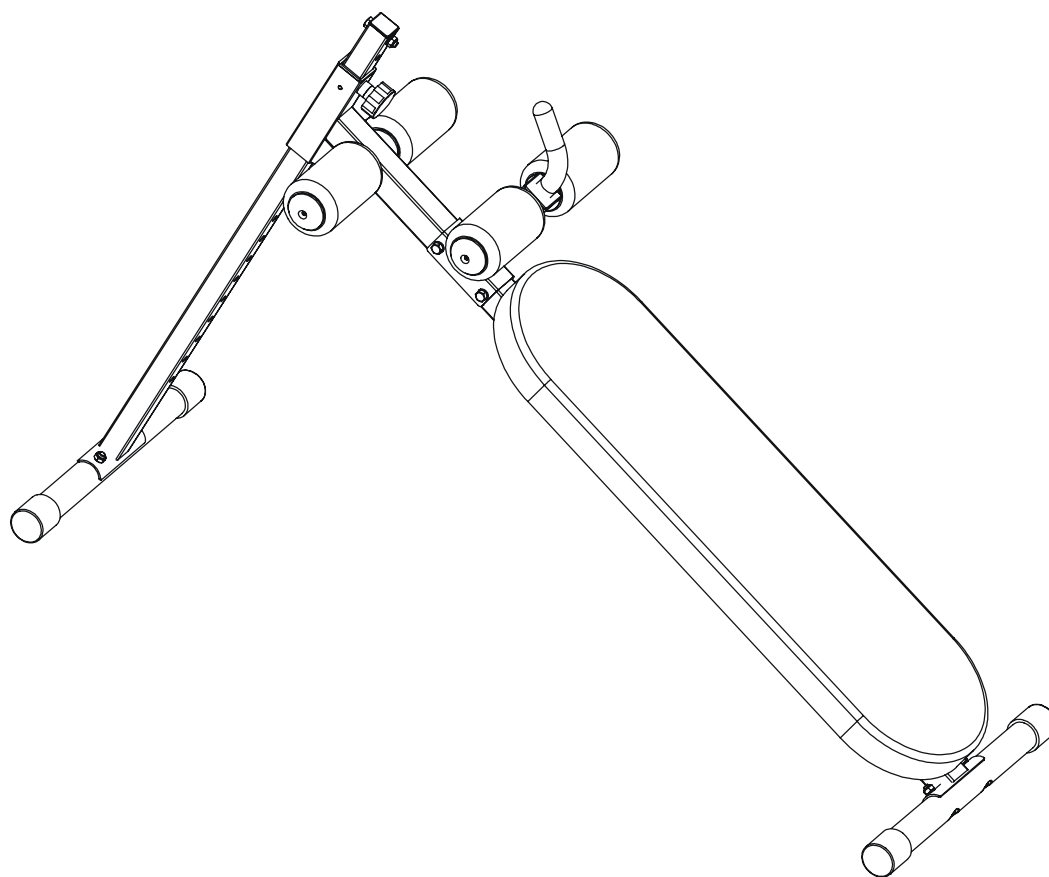
- 1.Put main frame short-5 into adjustable tube-6 using locking spring knob-17 lock
- 2.Put M10x55 hexagon bolt-10, $\Phi 10$ washer-16, M10 lock nut-13 into the topmost hole of main frame long-6
- 3.Fix handle grip-3 fastening on main frame using M10x75 hexagon bolt-8, $\Phi 10$ washer-16, M10 lock nut-13

Assembly step (4) explosion drawing



No.	Description	Note	Qty.
4	sponge rod		2
9	hexagon bolt	M8x65	2
12	back cushion	1070x320x60	1
15	washer	Φ8	2
18	sponge		4
19	sponge inner cap		4
20	sponge outer cap		4

Assembly step (4) drawing



Assembly step (3) assembly instruction

1. Fix back cushion-12 fastening on main frame using M10x65 hexagon bolt-9, $\Phi 8$ washer-15
2. Remove the bolt on sponge rod, sponge rod through handle grip-3 and main frame-5, in turn put sponge inner cap-19, sponge-18, sponge outer cap-20
3. Locking the sponge outer cap-20 using the remove bolt