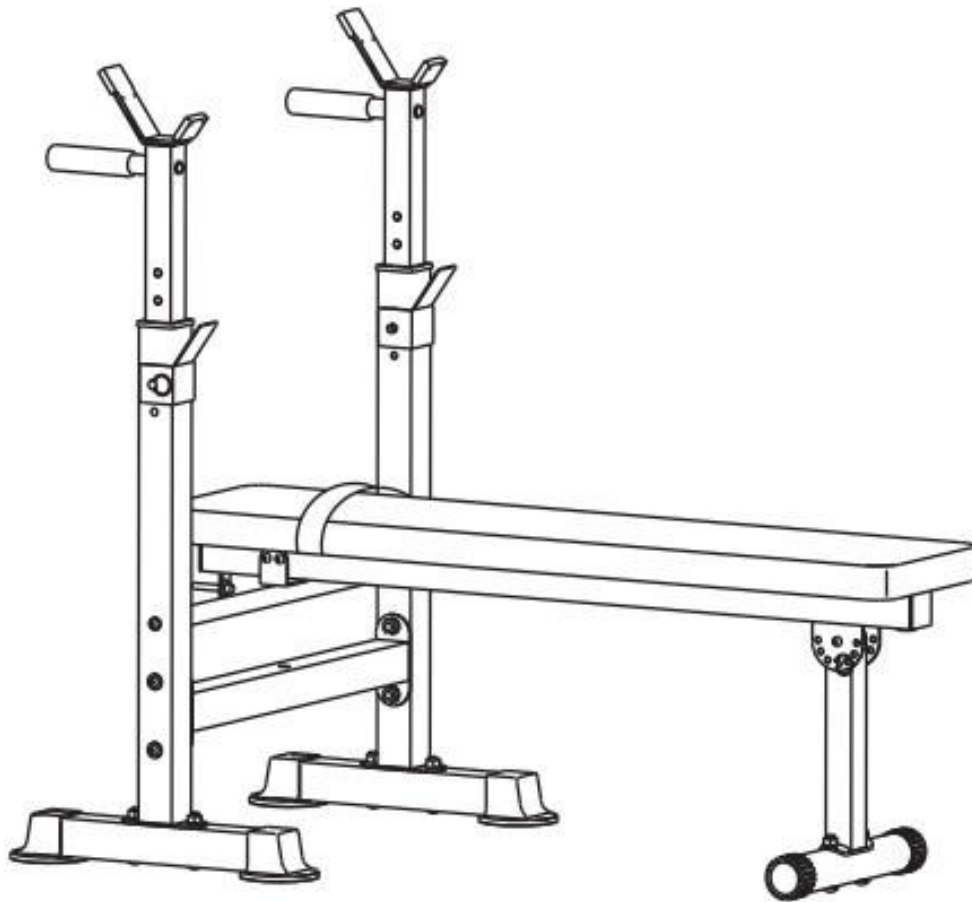




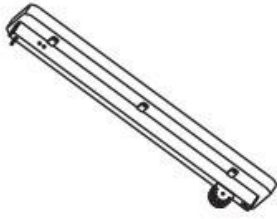
bestchoiceproducts

Assembly Instructions

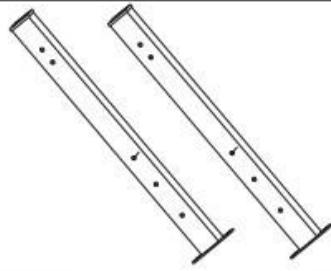
ITEM#:SKY4898



Parts List



Ⓐ Back Bed 1 pc



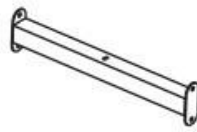
Ⓑ Lower square tube
2 pcs



Ⓒ Stabilizer
2 pcs



Ⓓ Round Stabilizer
- 1 pc



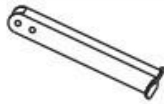
Ⓔ Square Rod 1 pc



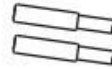
Ⓕ Round Rod 1pc



Ⓖ Bracket 2 pcs



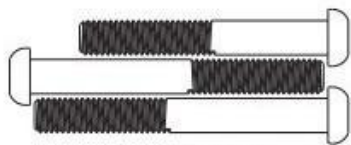
Ⓖ Bench Support tube
1 pc



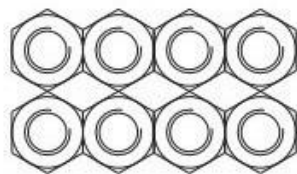
Ⓖ Arm 2 pcs



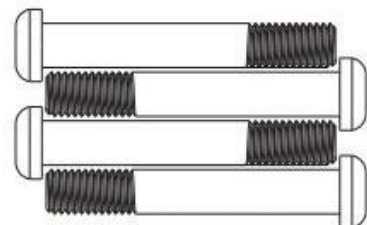
Ⓖ Upper Square tube
2 pcs



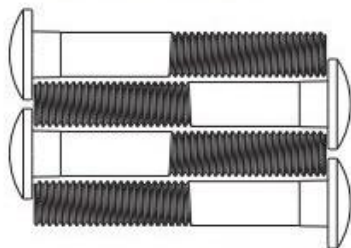
1. M8*65 Screw 2 pcs
2. M8*55 Screw 1 pc



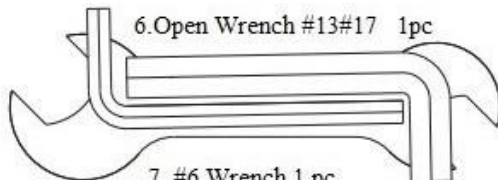
3. M10 Nut 8 pcs



4. M10*65 Screw 4 pcs



5. Carriage Bolt M10*65 4 pcs



6. Open Wrench #13#17 1pc

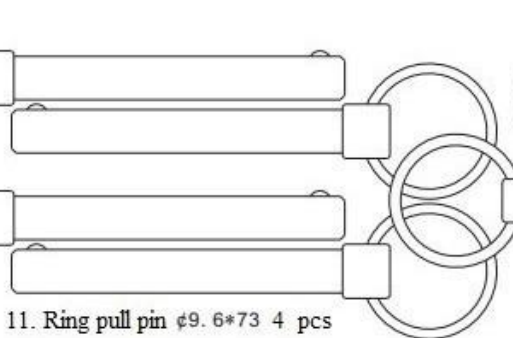
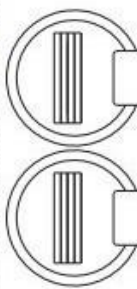
7. #6 Wrench 1 pc

8. #8 Wrench 1 pc

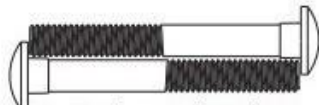


9. M8*20 Screw 2 pcs

10. Washer $\phi 20 \times \phi 10 \times 1.5$ 8 pcs



11. Ring pull pin $\phi 9.6 \times 73$ 4 pcs



12. Carriage Bolt M8*602 pcs

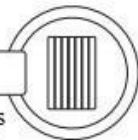


13. M8 Nut 5 pcs

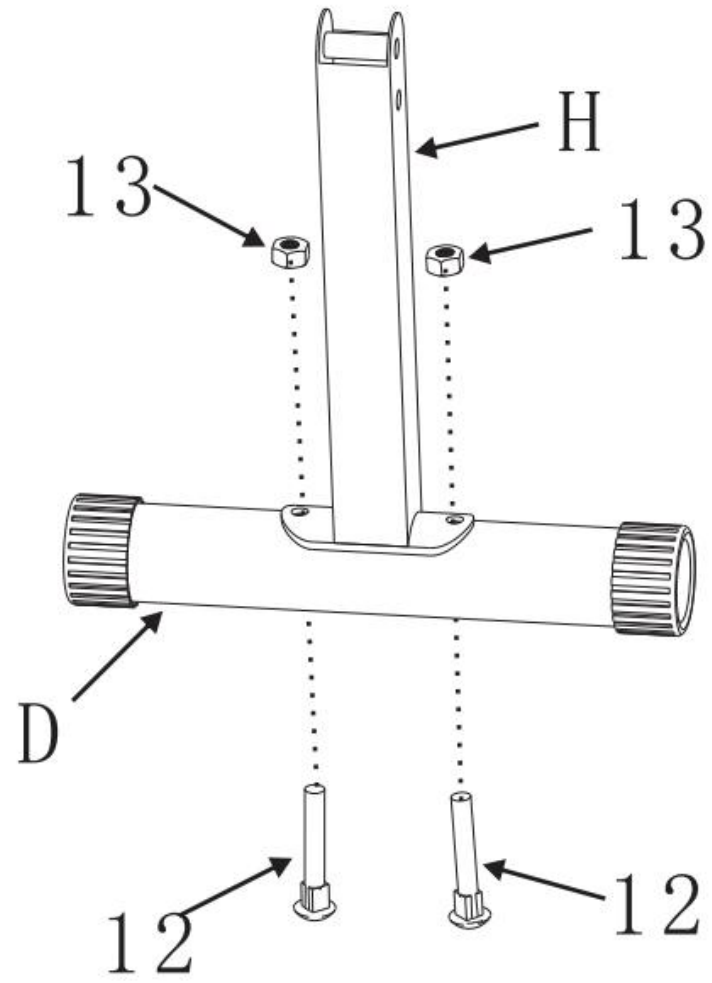
14. Washer $\phi 16 \times \phi 8 \times 1.5$ 7 pcs

15. Ring pull pin $\phi 7.8 \times 72$ 1 pc

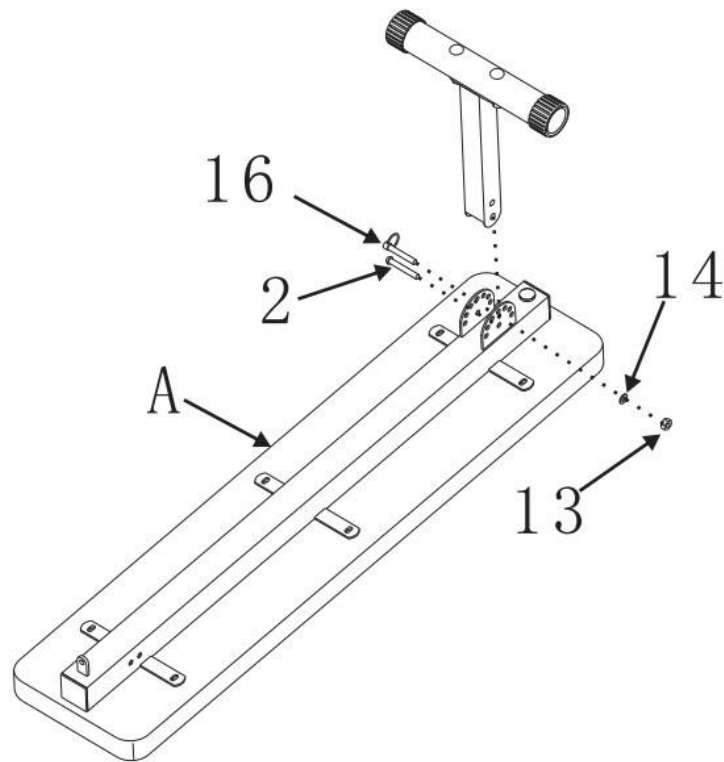
16. Ring pull pin $\phi 7.8 \times 55$ 1 pc



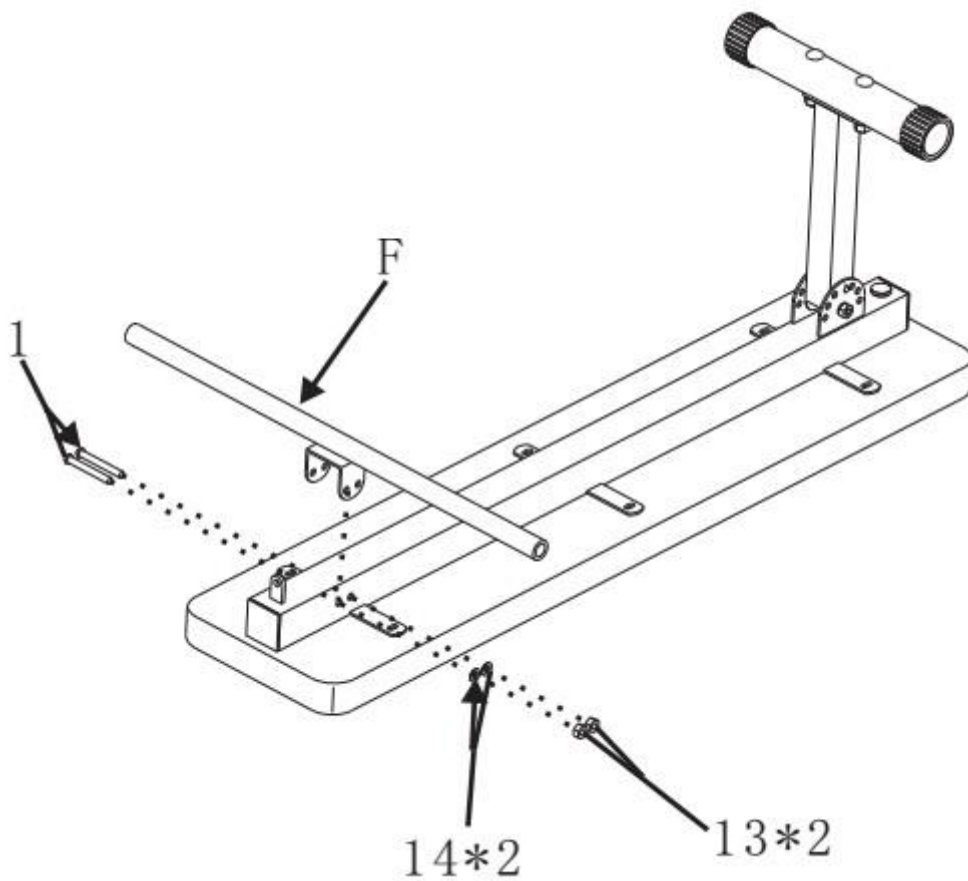
STEP 1 Attach the Round Stabilizer to the bench support tube.



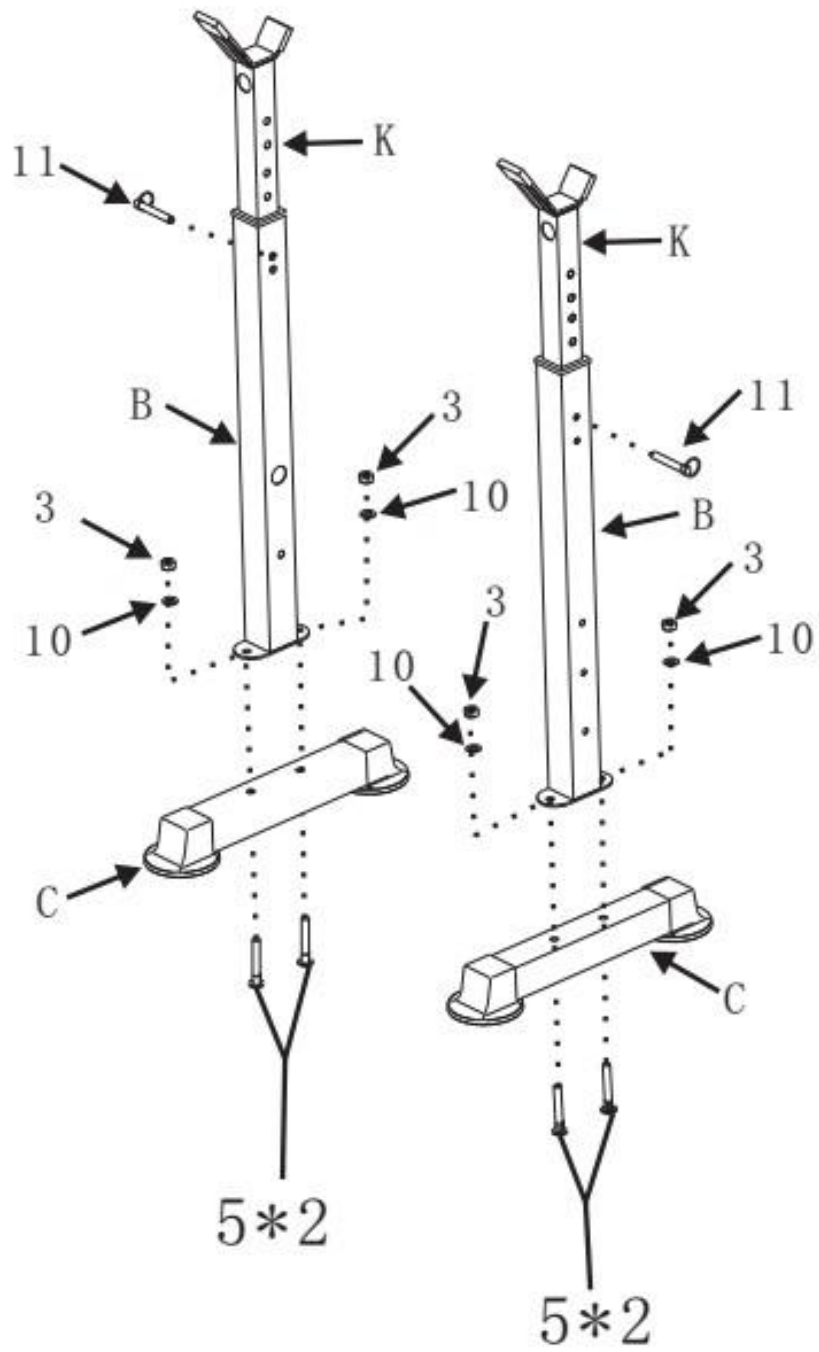
STEP 2 Attach assembled bench support to the bed.



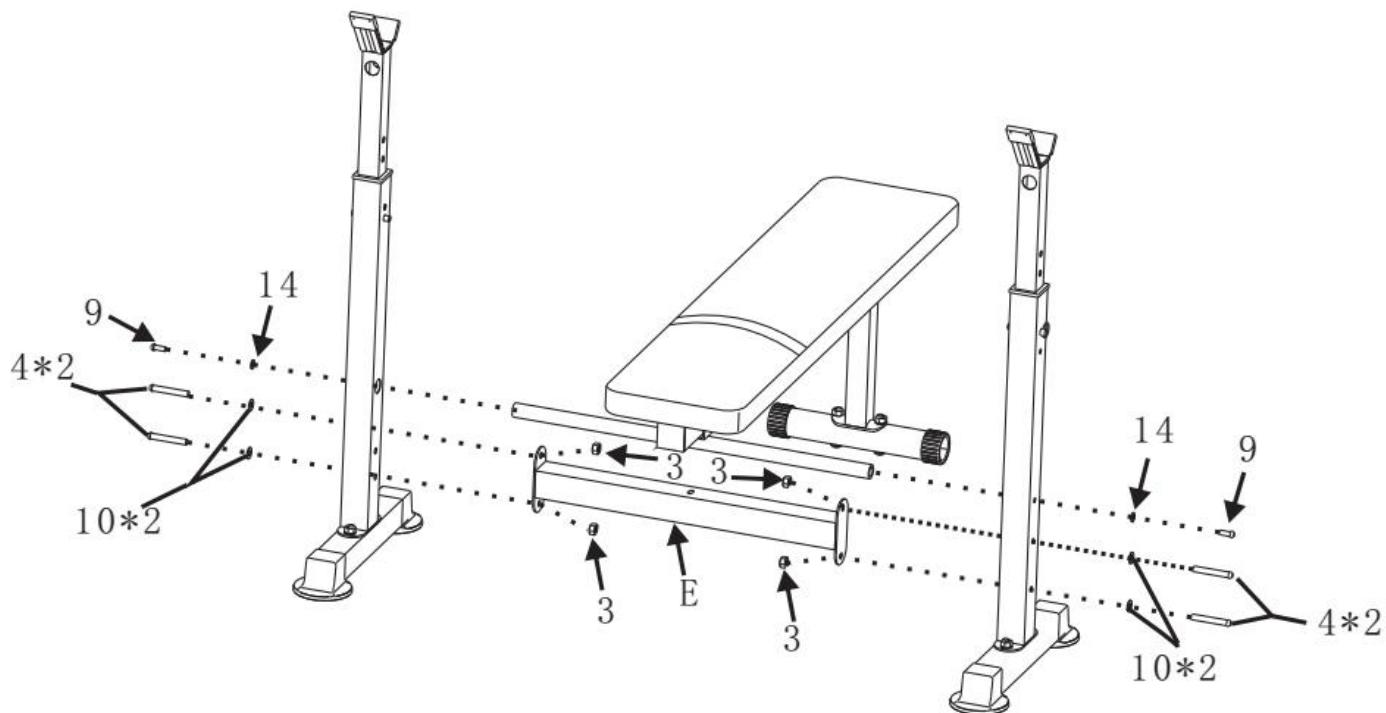
STEP 3 Attach round rod to the front of the bed



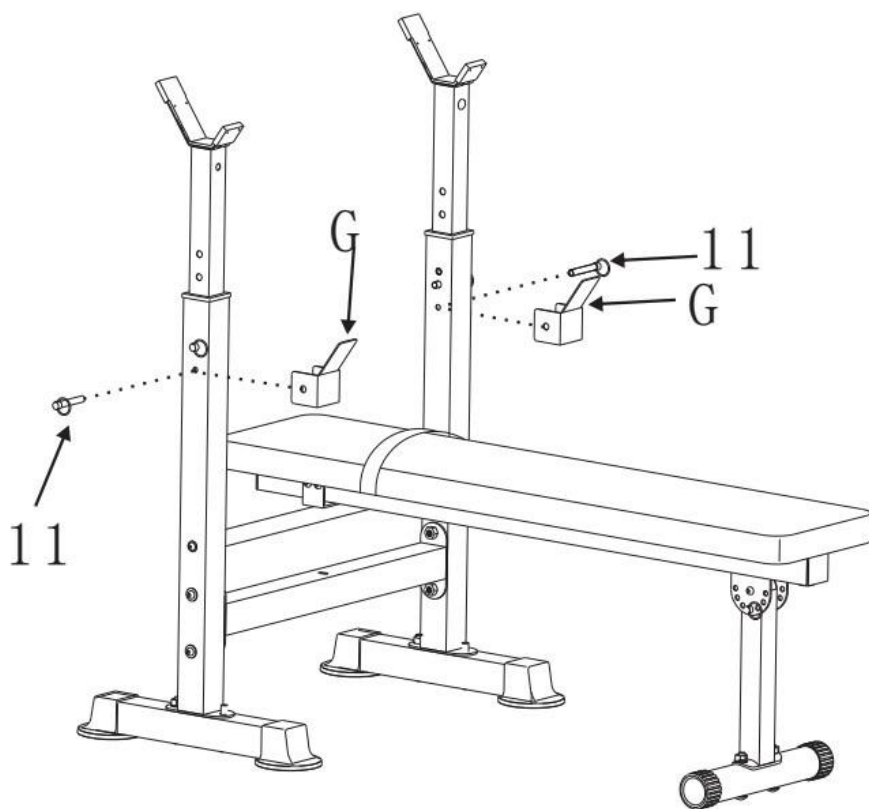
STEP 4 Assemble the bench legs



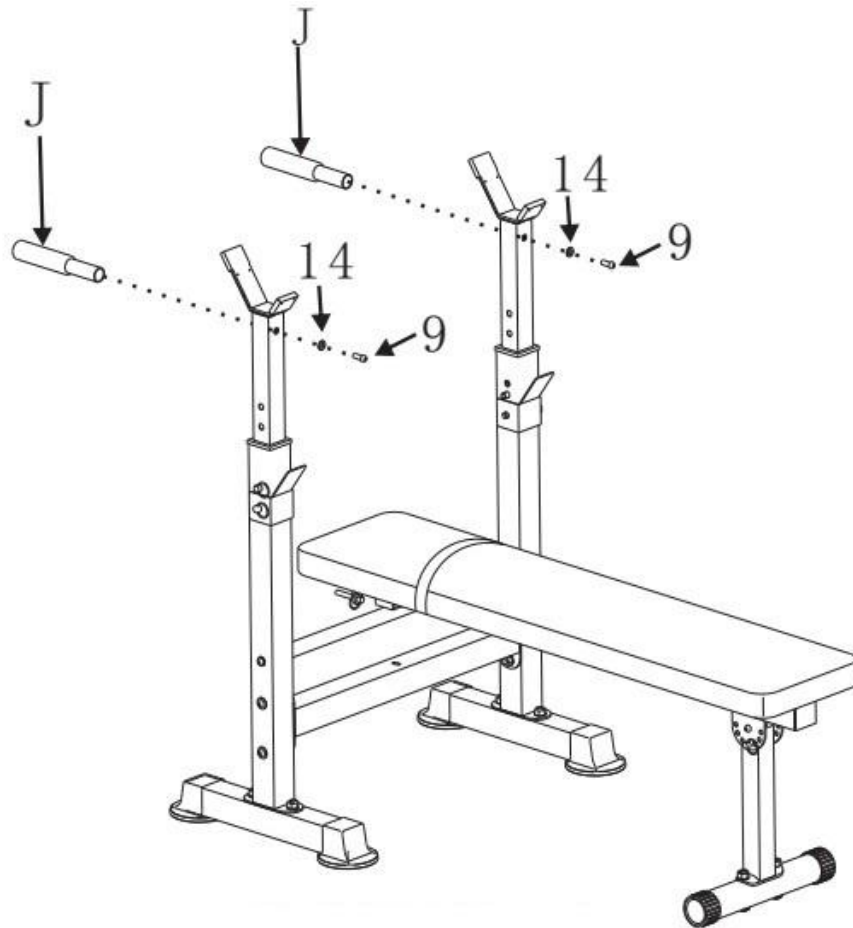
STEP 5 Attach the bench legs to the bed. Attach the square rod between the two legs



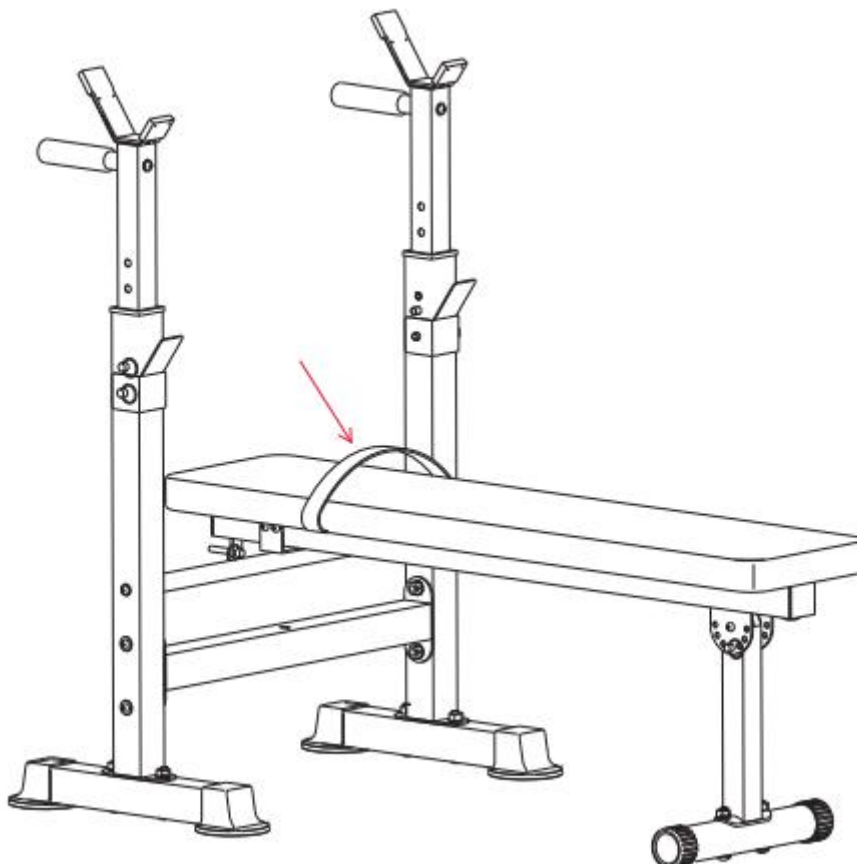
STEP 6 Attach two brackets.



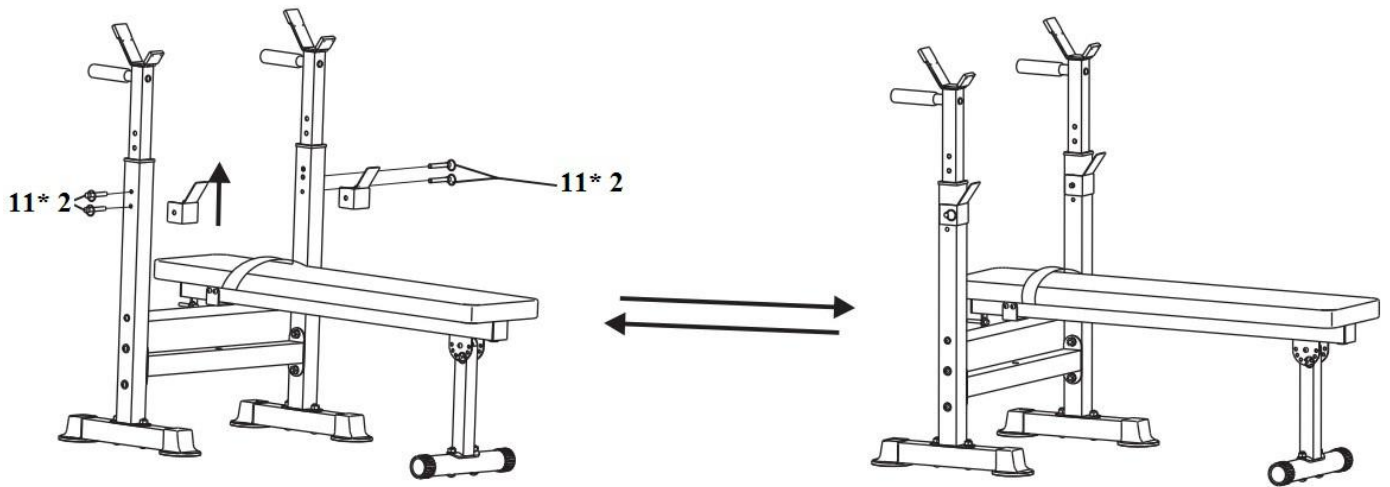
STEP 7 Attach two arms



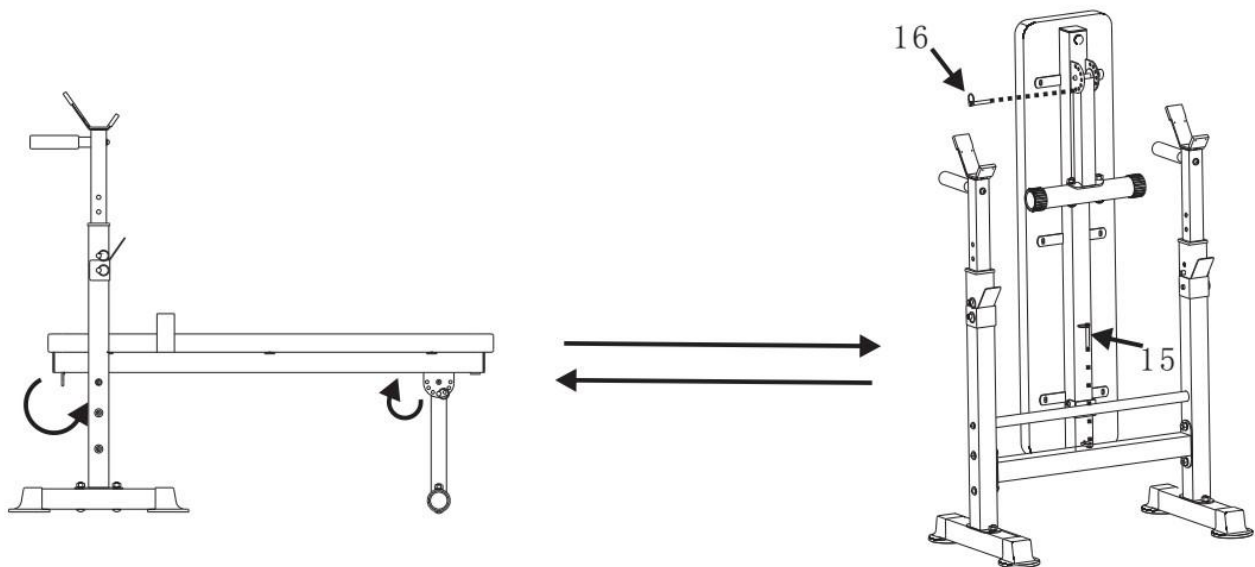
ATTENTION 1: The bed has an adjustable strap.



ATTENTION 2: The brackets can be adjusted according to your preference.



ATTENTION 3: The bench press folds for storage.



ATTENTION 4: Lower the bed to transform the bench press into an incline bench.

