

# REP FITNESS



**1. YOUR NEW F.I.D. ADJUSTABLE BENCH IS MOSTLY ASSEMBLED ALREADY**

**2. ADD THE SEAT: M8X20 BOLT, WASHER - [USE 4]**

**3. ADD FOOT ATTACHMENT: M12X150-BOLT, NUT, WASHER  
[USE 2 - COMES PRE-INSTALLED]**

**4. ADD ROLLERS TO FOOT ATTACHMENT: M8X20 BOLT, LARGE WASHER -  
[USE 2 OF EACH WITH PROVIDED ALLEN KEY]**

**5. ADD BACK PAD: M8X65 BOLT, WASHER - [USE 4]**

**6. ADD WHEEL ATTACHMENT: M10X90 BOLT, NUT, WASHER - [USE 2]**