



REP F.I.D. ADJUSTABLE BENCH *QUICK ASSEMBLY TIPS*

REMOVE PREINSTALLED
HARDWARE TO MAKE
ROOM FOR BIGGER HANDS
WHEN INSTALLING THE SEAT



**(2) M12x150
BOLT, NUT, WASHER**



**BE CAREFUL NOT TO
OVERTIGHTEN BOLTS
AS STEEL CAN BE SCRATCHED
AND/OR DAMAGED IN THE PROCESS**

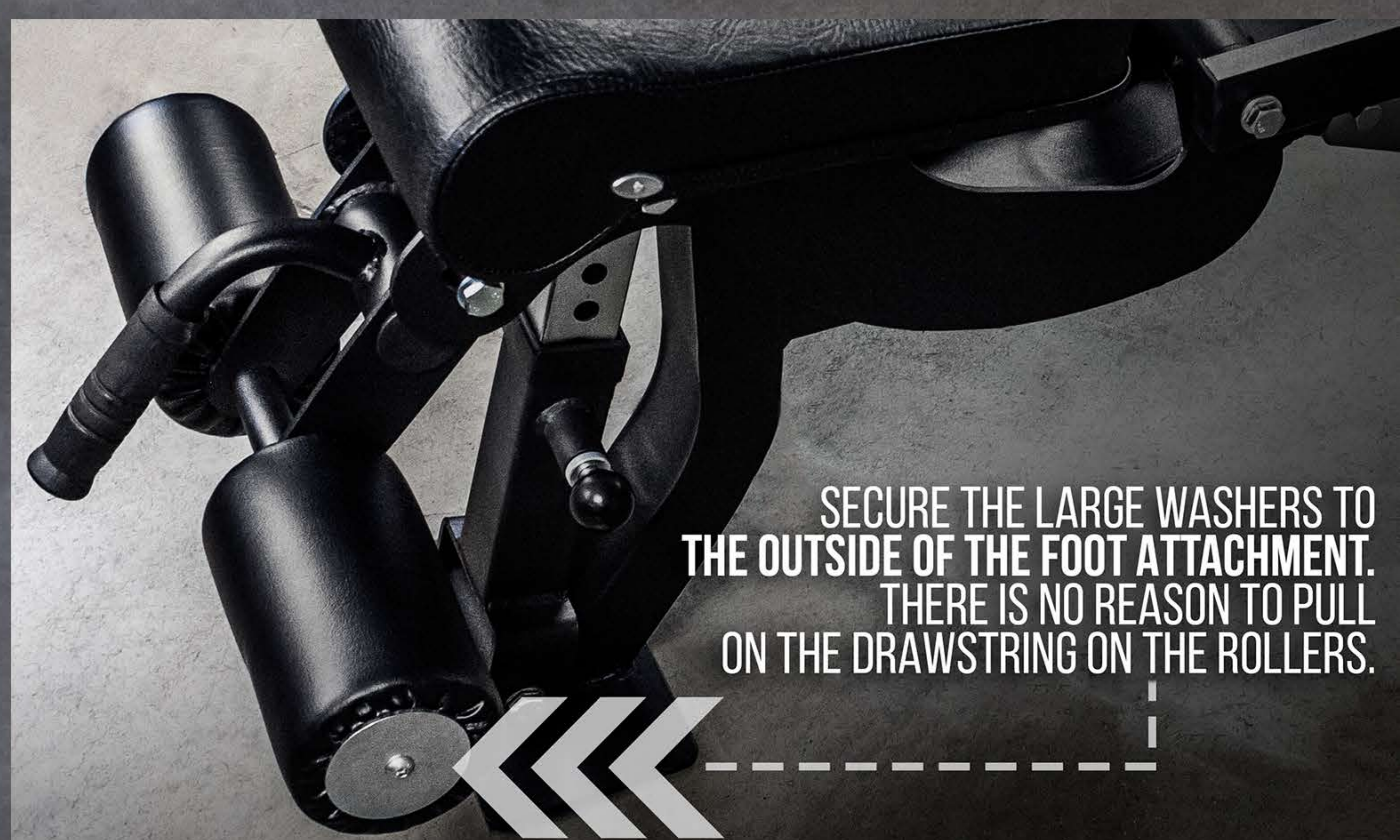


**ADDING WEIGHT OR PRESSURE
TO THE TOP OF THE SEAT ALLOWS
FOR THE MINIMIZING
OF ANY "WIGGLE ROOM"
BETWEEN THE BOLT AND SEAT**



**FINISH TIGHTENING
WHERE YOU WILL BE LIFTING,
ENSURING WHEEL ATTACHMENT
HAS MINIMAL "WIGGLE ROOM"**

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**SECURE THE LARGE WASHERS TO
THE OUTSIDE OF THE FOOT ATTACHMENT.
THERE IS NO REASON TO PULL
ON THE DRAWSTRING ON THE ROLLERS.**