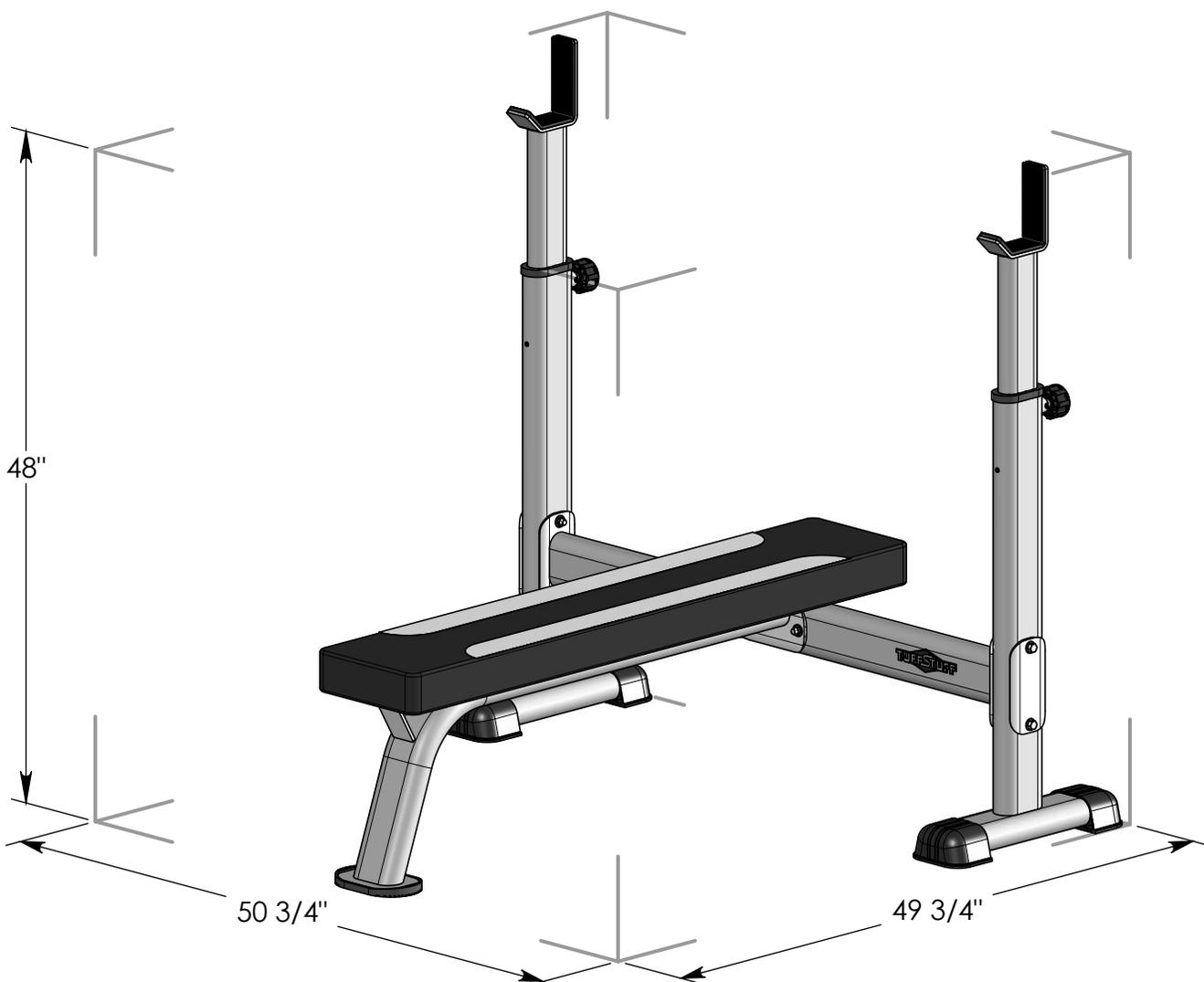


ASSEMBLY INSTRUCTIONS



ROB-311

Olympic Bench



TuffStuff Fitness Equipment, Inc.

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AMERICA'S PREMIER EXERCISE EQUIPMENT

Introduction

About the ROB-311 Olympic Bench

Congratulations on your new purchase of the **Olympic Bench**. We hope you are completely satisfied with this product and wish you many years of enjoyment.

TuffStuff Equipment

This Tuffstuff product has been built to precise quality standards and has been carefully packaged to ensure that damage will not occur during shipment. The Home Lifetime Warranty and signature indicating final inspection has been conducted by our line foreman, is an expression of our confidence in the completeness, the materials, and workmanship of this product.

Registration Card

To avoid unnecessary delays in warranty service and to insure that a permanent record of your purchase is on file with our factory, be sure to complete the warranty registration card and send it to TuffStuff Fitness Equipment today.

Specifications

1. Maximum Wt. Capacity - 600 lbs.
2. Total Machine Weight - 100 lbs.
3. Footprint (LWH) - See Front Cover.

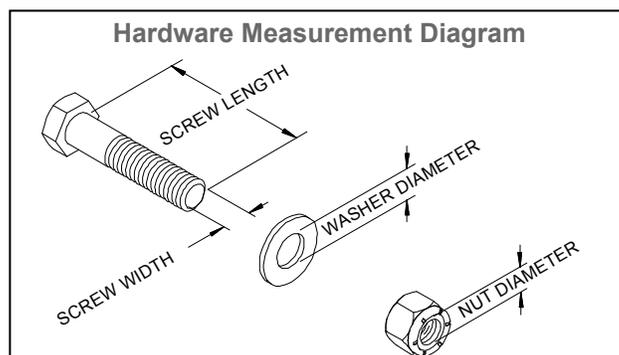
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Prior to the Assembly of the Olympic Bench

We advise you to consult your local TuffStuff retailer if you should have a question or problem regarding the proper assembly of this unit.

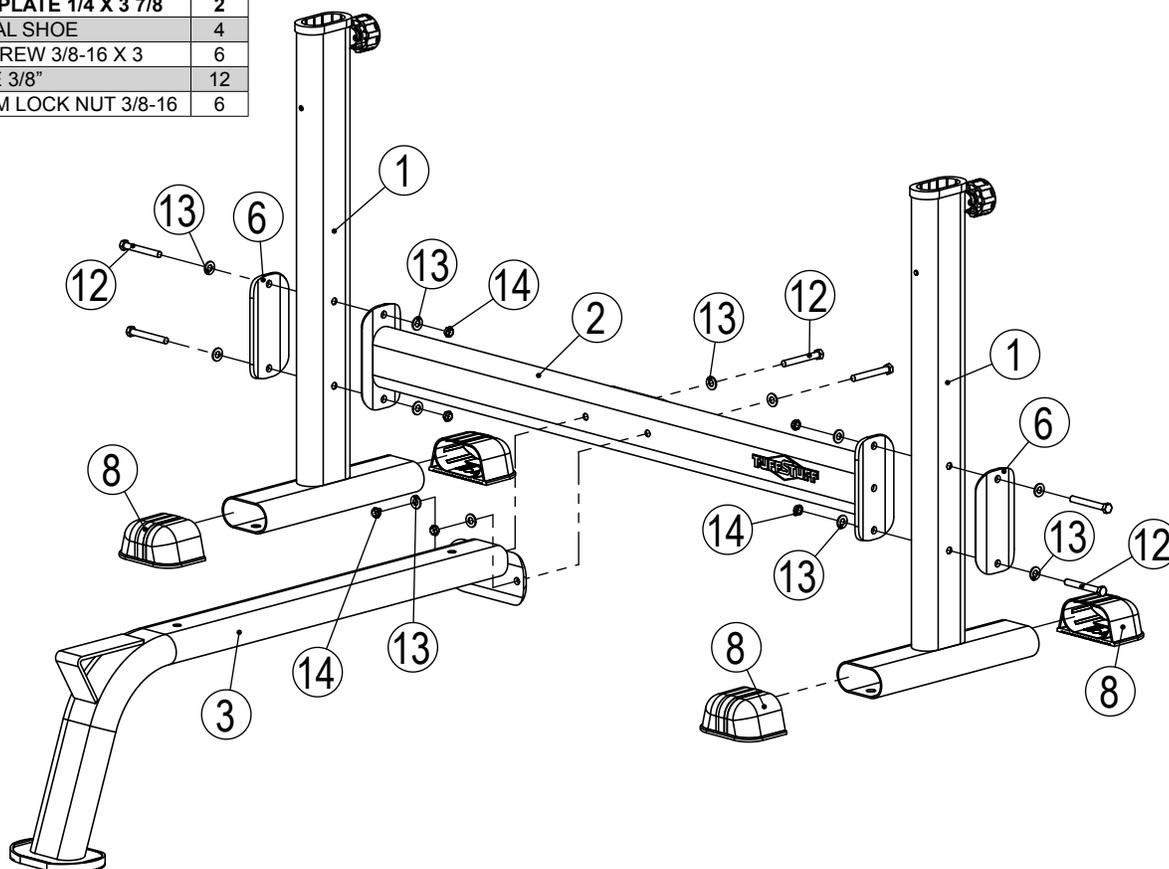
Tool Requirements

1. One 9/16" combination wrench
2. One ratchet
3. One 9/16" socket
4. Rubber Mallet
5. Windex or household glass cleaner
6. Utility knife



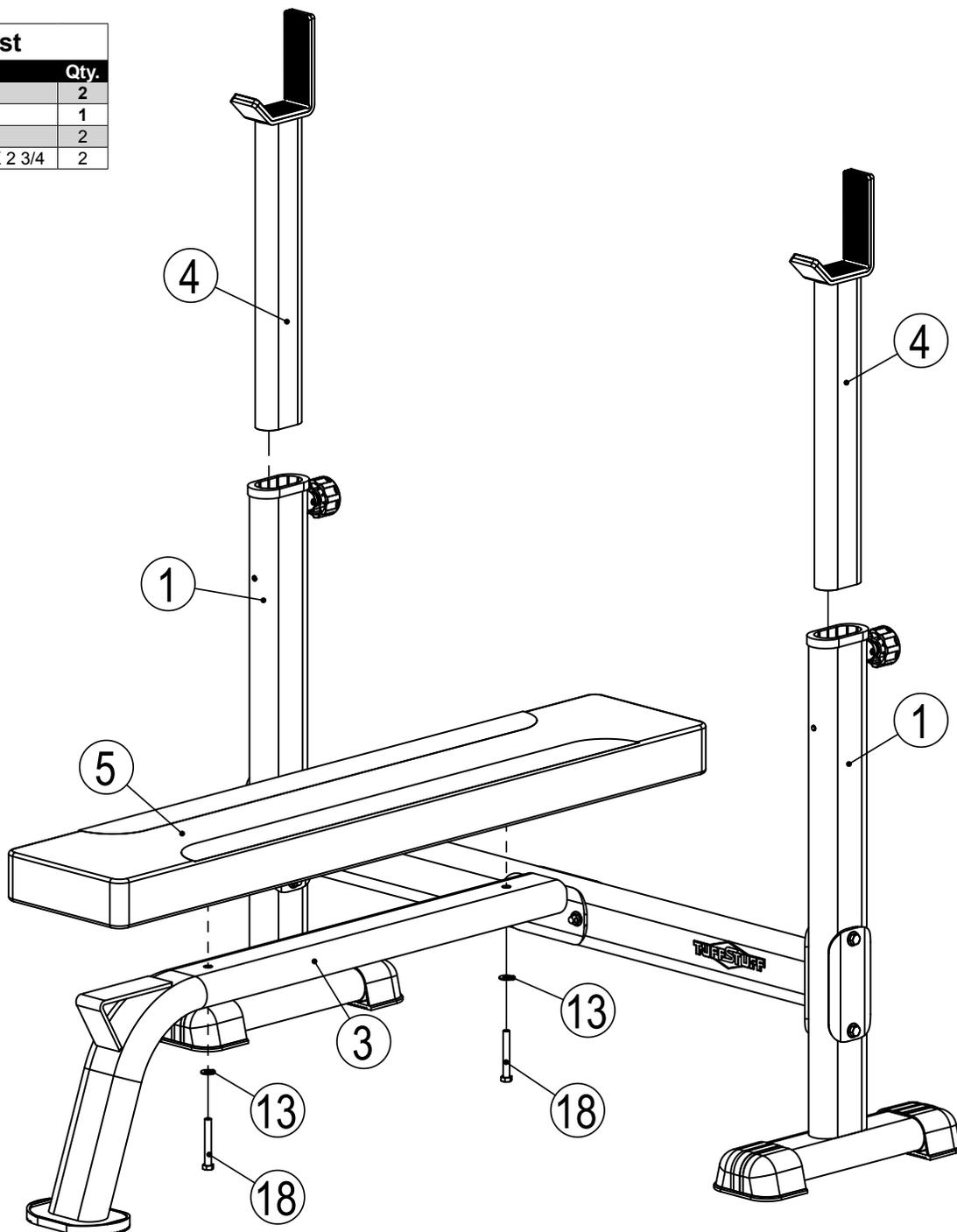
Step 1 Assembly List

Item #	Description	Qty.
1	SIDE FRAME	2
2	HORIZONTAL FRAME	1
3	BENCH FRAME	1
6	REINFORCEMENT PLATE 1/4 X 3 7/8	2
8	PLASTIC ELLIPTICAL SHOE	4
12	HEX HEAD CAP SCREW 3/8-16 X 3	6
13	FLAT WASHER SAE 3/8"	12
14	NYLON INSERT JAM LOCK NUT 3/8-16	6



Step 2 Assembly List

Item #	Description	Qty.
4	ADJUSTABLE SADDLE	2
5	UPH PAD	1
13	FLAT WASHER SAE 3/8"	2
18	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	2



COLOR CHART

BOLD FONT = SUB-ASSEMBLY PARTS

BLACK= HARDWARE

**ROB-311
Parts List**



					REVO			
ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
1	SIDE FRAME	0	UP4980	2	12	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	BNH2046	6
2	HORIZONTAL FRAME	0	UP4981	1	13	FLAT WASHER SAE Z/P 3/8"	BNH2030	14
3	BENCH FRAME	0	UP4982	1	14	NYLON INSERT JAM LOCK NUT Z/P 3/8-16	BNH2026	6
4	ADJUSTABLE SADDLE	0	UP4983	2	15	FLAT PHILLIPS MACHINE SCREW 8-32 X 1/4	BNH0408	2
5	UPH PAD	0	UP3839	1	16	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	2
6	REINFORCEMENT PLATE 1/4 X 3 7/8 X 6 3/4	0	UP3722	2	17	LITHIUM GREASE SMALL CONTAINER	BNH0705	1
7	PLASTIC INSERT ELLIPTICAL GUIDE (2X4)		BNH1760	2	18	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/4	BNH2045	2
8	PLASTIC HORIZONTAL ELLIPTICAL SHOE		BNH1847	4	19	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
9	RUBBER FOOT FOR 6 X 4 1/4 PLATE		BNH1647	1	20	DECAL-CAUTION WEIGHT TRAINING SAFETY...	BNH0126	1
10	PREVENT SLIDE BUMPER		BNH02092	2	21	DECAL-IMPORTANT FOR BEST PERFORMANCE...	BNH1894	2
11	TURN/PULL PIN W/KNOB AND LOCK		BNH0989	2				

