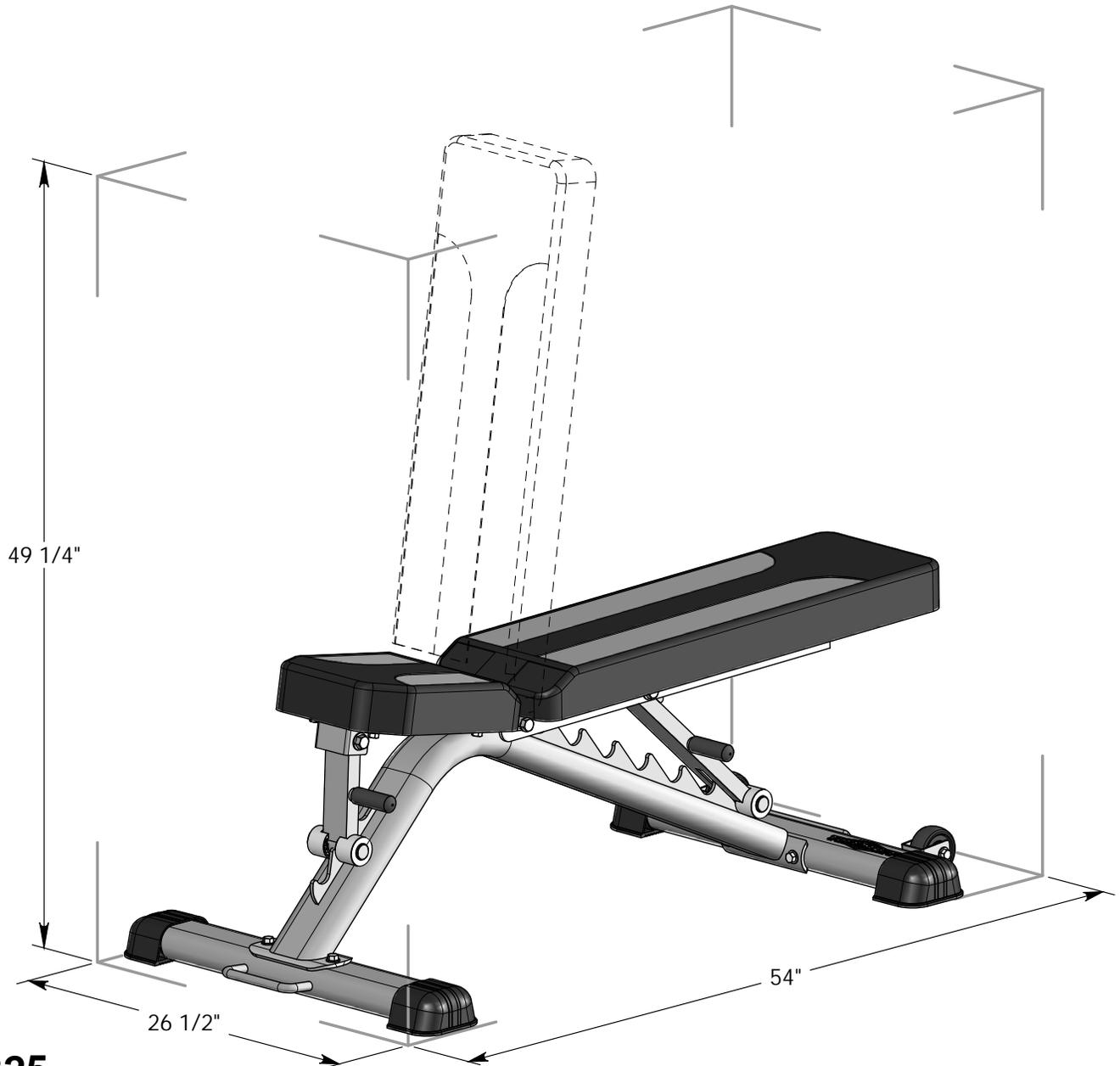


ASSEMBLY INSTRUCTIONS



RLB-325

Flat / Incline Ladder Bench



TuffStuff Fitness Equipment, Inc.

1325 E. Franklin Avenue
Pomona, CA 91766, USA

Ph: 909-629-1600 Fax: 909-629-4967

E-mail: service@tuffstuff.net Net: www.tuffstuff.net

AMERICA'S PREMIER EXERCISE EQUIPMENT

Introduction

About the RLB-325 Flat / Incline Ladder Bench

Congratulations on your new purchase of the **Flat / Incline Ladder 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 - 250 lbs.
2. Total Machine Weight - 82 lbs.
3. Footprint (LWH) - See Front Cover.

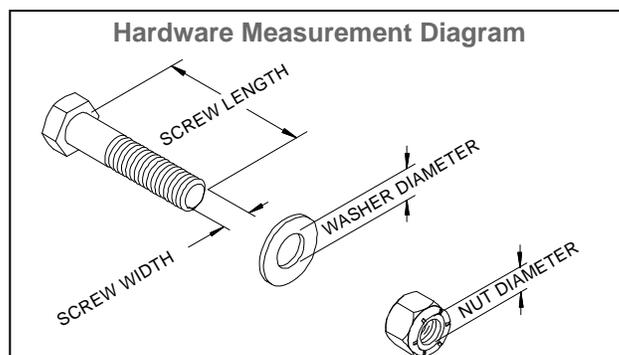
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Prior to the Assembly of the Flat / Incline Ladder Bench

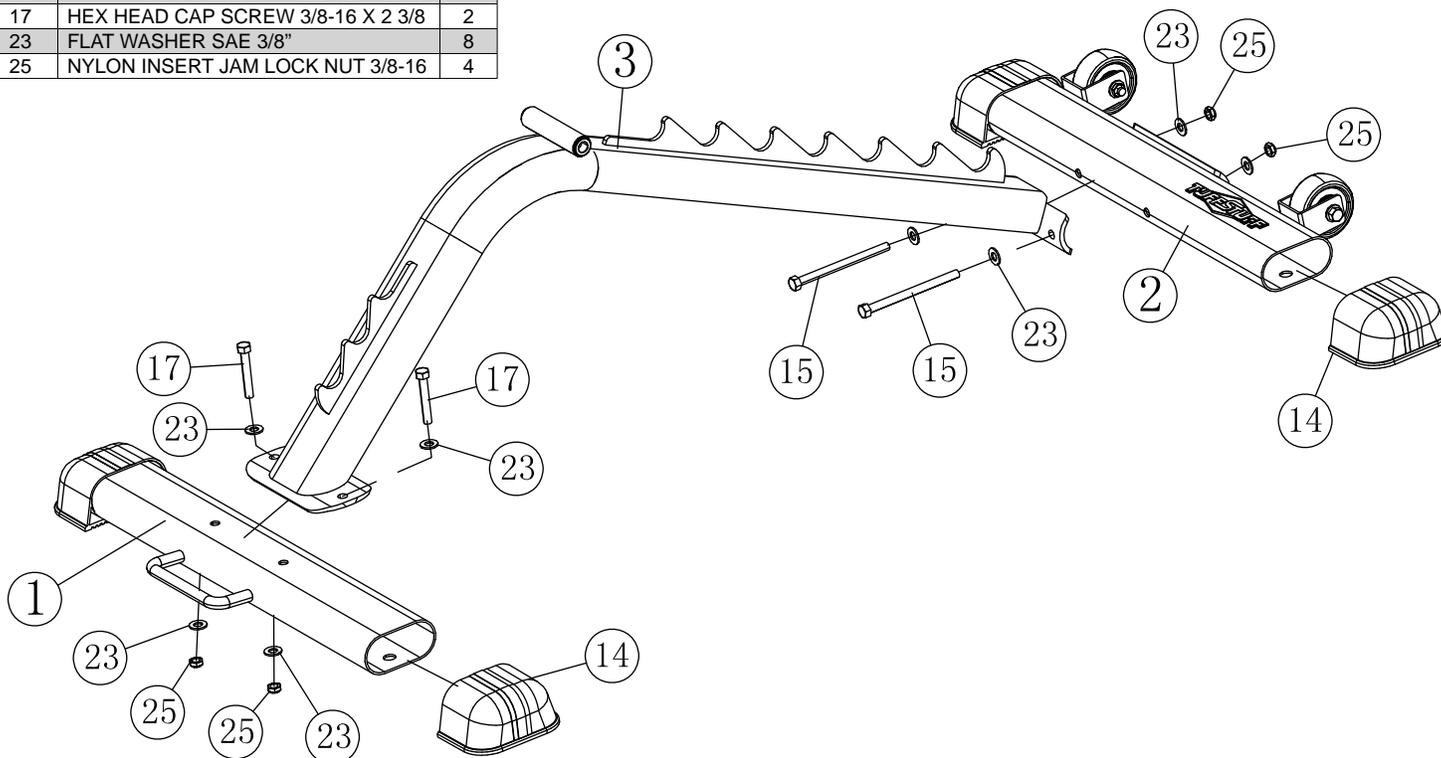
We advise you to consult your local TuffStuff retailer if you should have a question or problem regarding the proper assembly of this unit.

Tool Requirements

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

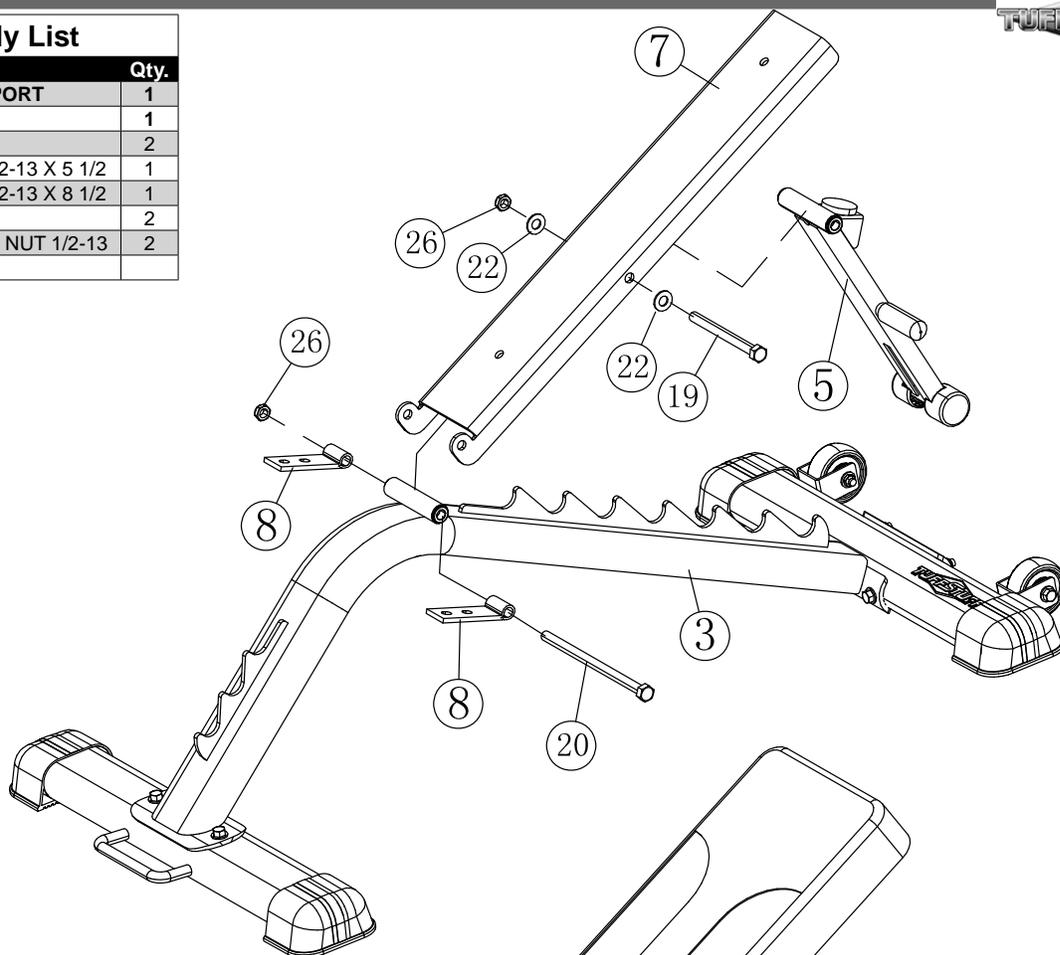


Step 1 Assembly List		
Item #	Description	Qty.
1	FRONT BASE FRAME	1
2	REAR BASE FRAME	1
3	MAIN FRAME	1
14	PLASTIC ELLIPTICAL SHOE	4
15	HEX HEAD CAP SCREW 3/8-16 X 5	2
17	HEX HEAD CAP SCREW 3/8-16 X 2 3/8	2
23	FLAT WASHER SAE 3/8"	8
25	NYLON INSERT JAM LOCK NUT 3/8-16	4



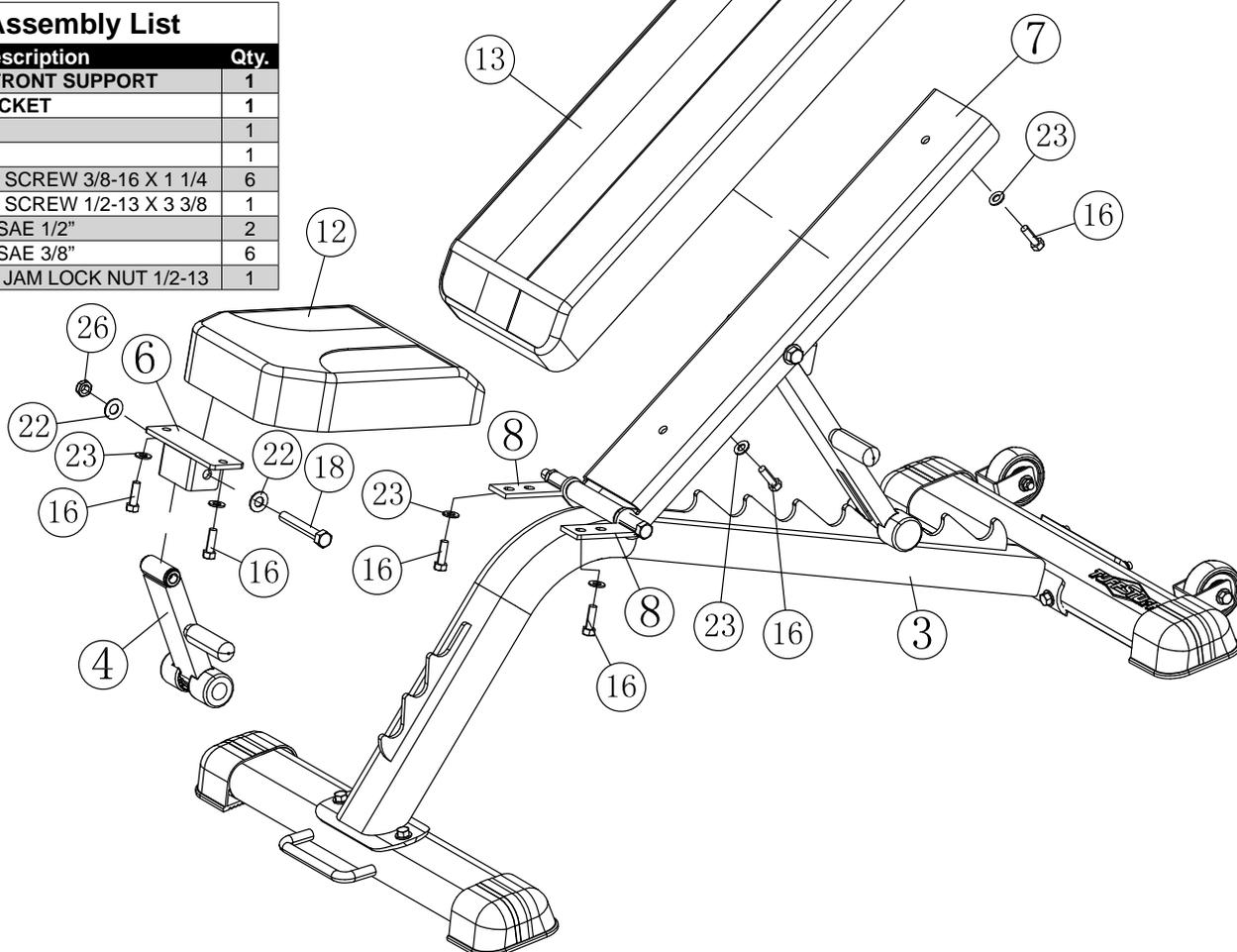
Step 2 Assembly List

Item #	Description	Qty.
5	ADJUSTABLE REAR SUPPORT	1
7	BACK PAD FRAME	1
8	METAL HINGE	2
19	HEX HEAD CAP SCREW 1/2-13 X 5 1/2	1
20	HEX HEAD CAP SCREW 1/2-13 X 8 1/2	1
22	FLAT WASHER SAE 1/2"	2
26	NYLON INSERT JAM LOCK NUT 1/2-13	2



Step 3 Assembly List

Item #	Description	Qty.
4	ADJUSTABLE FRONT SUPPORT	1
6	SEAT PAD BRACKET	1
12	SEAT PAD	1
13	BACK PAD	1
16	HEX HEAD CAP SCREW 3/8-16 X 1 1/4	6
18	HEX HEAD CAP SCREW 1/2-13 X 3 3/8	1
22	FLAT WASHER SAE 1/2"	2
23	FLAT WASHER SAE 3/8"	6
26	NYLON INSERT JAM LOCK NUT 1/2-13	1



COLOR CHART

BOLD FONT = SUB-ASSEMBLY PARTS

BLACK= HARDWARE

**RLB-325
Parts List**

REVO

ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
1	FRONT BASE FRAME	0	UP5362	1	16	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 1/4	BNH2038	6
2	REAR BASE FRAME	0	UP5363	1	17	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/8	BNH2043	4
3	MAIN FRAME	0	UP5364	1	18	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 3 3/8	BNH2047	1
4	ADJUSTABLE FRONT SUPPORT	0	UP5365	1	19	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 5 1/2	BNH2066	1
5	ADJUSTABLE REAR SUPPORT	0	UP5366	1	20	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 8 1/2	BNH2087	1
6	SEAT PAD BRACKET	0	UP5367	1	21	NYLON GUIDE Ø1 X 1 13/16 X 1 3/8	BNH2118	4
7	BACK PAD FRAME	0	UP5313	1	22	FLAT WASHER SAE Z/P 1/2"	BNH2031	4
8	METAL HINGE		BNH0046	2	23	FLAT WASHER SAE Z/P 3/8"	BNH2030	18
9	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8		BNH0528	6	24	URETHANE BUMPER 1 3/4	BNH0229	1
10	RUBBER GRIP 3/4 ID X .125 X 3 1/8		BNH2117	2	25	NYLON INSERT JAM LOCK NUT Z/P 3/8-16	BNH2026	6
11	BLACK WHEEL 3/8 X 3 X 1 1/4 W/BEARING		BNH0300	2	26	NYLON INSERT JAM LOCK NUT Z/P 1/2-13	BNH2027	3
12	SEAT PAD		UP5368	1	27	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	2
13	BACK PAD		UP4978	1	28	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
14	PLASTIC HORIZONTAL ELLIPTICAL SHOE		BNH1847	4	29	DECAL-CAUTION WEIGHT TRAINING SAFETY...	BNH0126	1
15	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 5		BNH2051	2	30	DECAL-WARNING ATTENTION USERS! MOVING...	BNH1895	1

