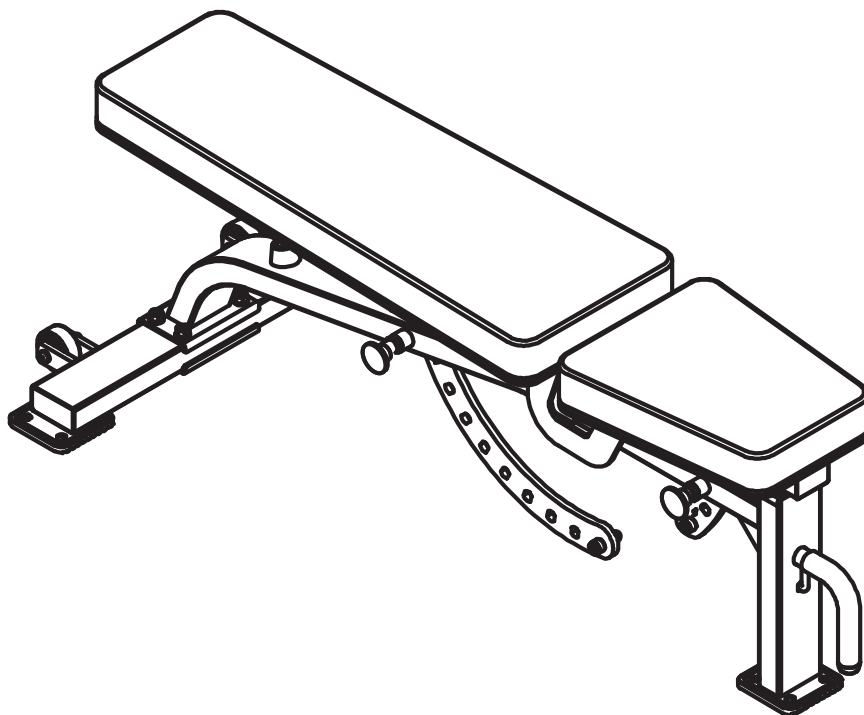




*BPBEDUB*

*Deluxe Utility Bench*

# *Installation Instructions*



**IMPORTANT:** Please read the Safety Guidelines and Installation Instructions in this manual before assembly of this product.

## Safety Guidelines When Using This Product

**Personal Safety during Assembly. *Assistance may be required during assembly of this product.***

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the product on a solid, level surface.
- Locate the unit a few feet from the walls or furniture to provide easy access.
- The product is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your new product.
- After assembly, you should check all functions to ensure correct operation.
- If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call our product service team who will be able to assist.

**Successful resistance training programmes have one prominent feature in common...safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, and maintaining equipment in good working condition, and by wearing the appropriate clothing.**

- It is highly recommended that you consult your physician before beginning any exercise programme. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.
- Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.
- Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through an entire range of motion.

- Breathe properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.
- Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.
- Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Pulleys and cables should be checked for wear frequently and replaced as needed. Equipment should be lubricated as indicated by the manufacturer.
- Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.
- Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.
- Do not attempt to lift more weight than you can control safely.
- Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.

## Product Maintenance

### **CABLES:**

When the machine is not in use carefully run your fingers along the cable to feel for thinning or bulging areas. Replace cables immediately at the first sign of damage or wear. Do not use equipment until damaged cable has been replaced.

Visually inspect the cables for fraying, cracking, peeling or discoloration.

Check slack in cables and re-adjust cable tension if needed.

Check that the jam nut on the selector rod top bolt is tight.

### **UPHOLSTERY:**

Wipe down after every workout.

Periodically take the time to use a mild soap or a mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl.

Keep sharp or pointed objects out of your pockets and clear of all upholstery.

### **NUTS/BOLTS/FASTENERS:**

Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure.

Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

**GUIDE RODS:**

Wipe clean with a dust free rag. Lubricate with a Silicon or Teflon based lubricant.

**ADJUSTMENTS / LOCKING PINS / TIGHTENING KNOBS:**

Check all pieces for signs of visible wear or damage.

Check springs in Snap Links and Pop Pins for proper tension and alignment.

If the spring sticks or has lost its rigidity, replace it immediately.

**ANTI-SKID SURFACES:**

Replace if they appear worn or become slippery.

**WARNING INSTRUCTION LABELS:**

Inspect and familiarize yourself with all safety warnings and other user information on decals.

**Product Service Team;**

**Tel No.: 01604 673029**

**Email: [service@bodypower.co.uk](mailto:service@bodypower.co.uk)**



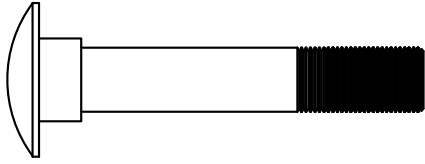
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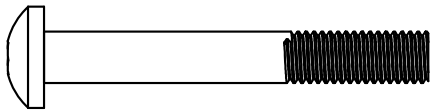
## Parts List

NO.	Serial NO.	Description	Note	Qty.
1	BPBEDUB-1	Base Frame		1
2	BPBEDUB-2	Rear Stabilizer		1
3	BPBEDUB-3	Seat Pad Frame		1
4	BPBEDUB-4	Backrest Board Frame		1
5	BPBEDUB-5	Seat Support		1
6	BPBEDUB-6	Backrest Adjustment Support		1
7	BPBEDUB-7	Handle frame		1
8	BPBEDUB-8	Seat Pad	360×300×220×70	1
9	BPBEDUB-9	Backrest Board	850×300×250×70	1
10	BPBEDUB-10	Handle Grip	φ23×180	1
11	BPBEDUB-11	Pumping pin kit		2
12	BPBEDUB-12	Cover Cap	φ30×φ26×12	1
13	BPBEDUB-13	End Cap	□40×60	3
14	BPBEDUB-14	End Cap	□80×40	2
15	BPBEDUB-15	Hexagon Cap Nut	M8	4
16	BPBEDUB-16	Floor End Cap	□105×105×10	3
17	BPBEDUB-17	Wheel	φ50×27	2
18	BPBEDUB-18	Bracket	140×81×13×4	1
19	BPBEDUB-19	Rubber Bumper	φ40×φ30×25	1
20	BPBEDUB-20	Bushing	φ25×φ18×φ12.2×13	2
21	BPBEDUB-21	Bushing	φ18×φ9×10	4
22	BPBEDUB-22	Rubber Bumper	38×78×5	1
23	BPBEDUB-23	Aircraft Nut	M10	4
24	BPBEDUB-24	manual		
25	BPBEDUB-25	box		
26	BPBEDUB-26	Step Bolt	M10×60 M12×130	4
27	BPBEDUB-27	Hex Bolt	M10×20	1
28	BPBEDUB-28	Allen Bolt	M8×60	1
29	BPBEDUB-29	Allen Bolt	M8×40	6
30	BPBEDUB-30	Allen Bolt	M8×16	2
31	BPBEDUB-31	Allen Bolt	M6×16	8
32	BPBEDUB-32	Cross Recess Head Screw	M6×20	1
33	BPBEDUB-33	Sunk Screw		1
34	BPBEDUB-34	Washer	12	2
35	BPBEDUB-35	Washer	10	5
36	BPBEDUB-36	Washer	8	20
37	BPBEDUB-37	Aircraft Nut	M12	1
		Allen Wrench(Tool)	6#	1
		Allen Wrench(Tool)	5#	1
		Allen Wrench(Tool)	4#	1

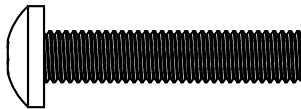
# Hardware



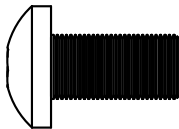
②⑥ M10×60 Step Bolt (Qty 4)



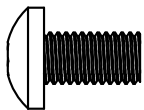
②⑨ M8×60 Allen Bolt (Qty 4)



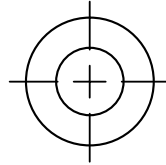
③⑩ M8×40 Allen Bolt (Qty 2)



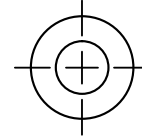
②⑧ M10×20 Allen Bolt (Qty 1)



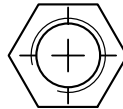
③① M8×16 Allen Bolt (Qty 8)



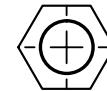
③⑤  $\phi 10$   
Washer (Qty 5)



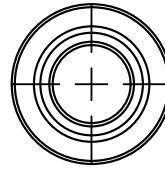
③⑥  $\phi 8$   
Washer (Qty 16)



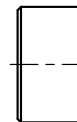
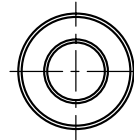
②③ M10  
Aircraft Nut (Qty 4)



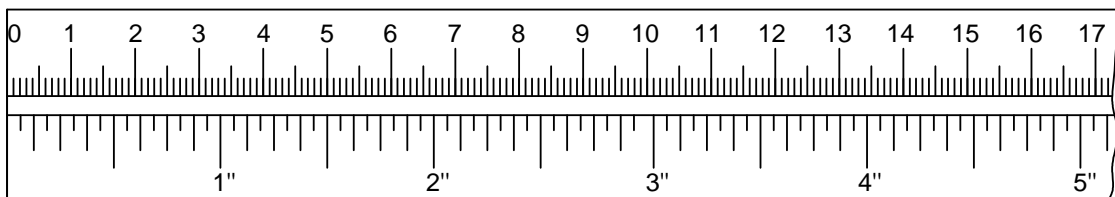
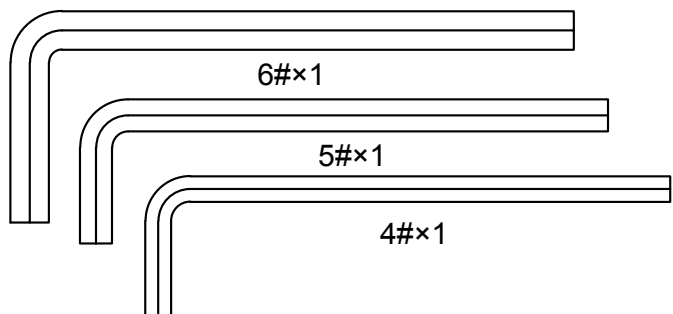
①⑤ M8  
Hexagon Cap Nut (Qty 2)



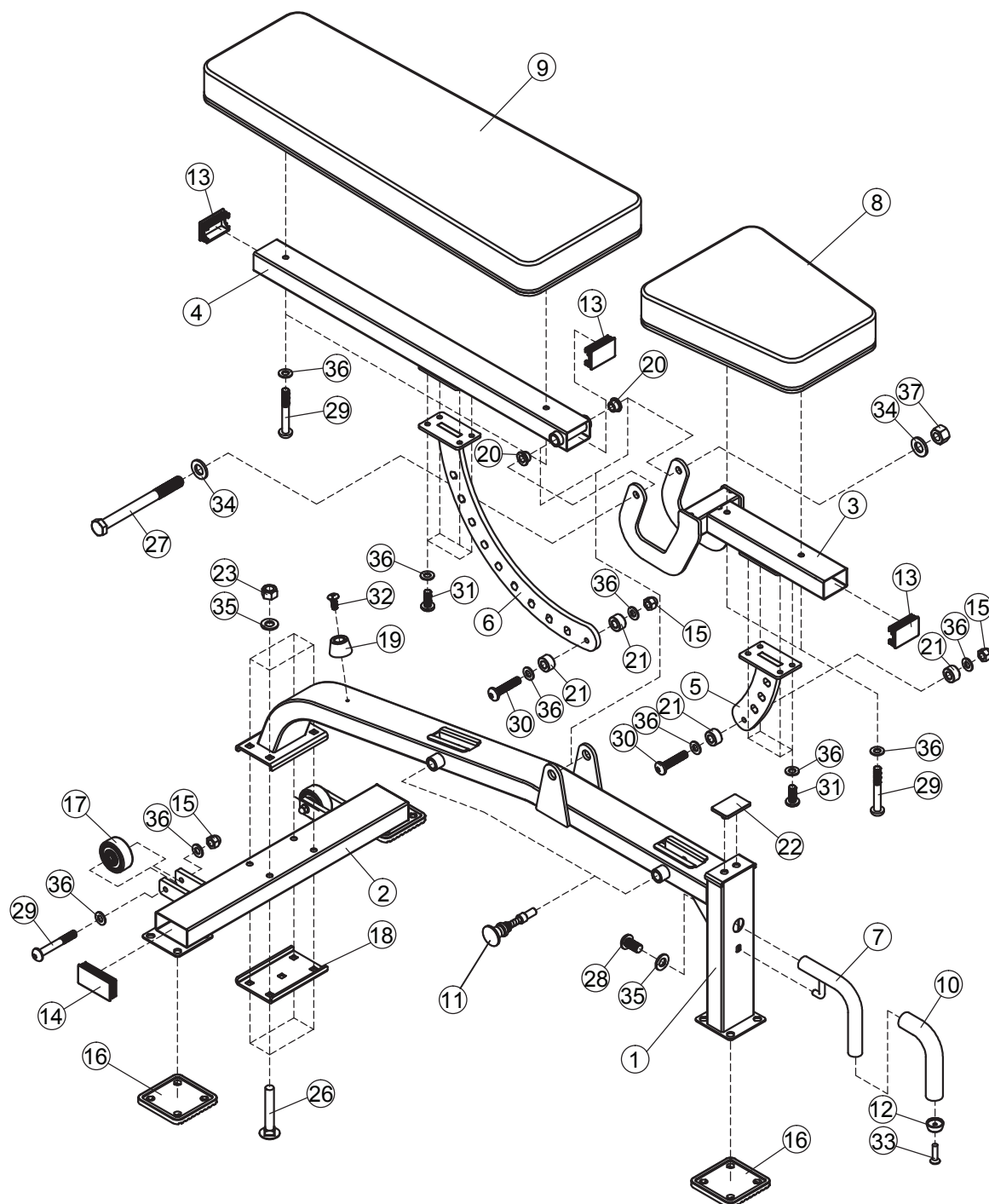
②⑩  $\phi 25 \times \phi 18$  Bushing (Qty 2)



②①  $\phi 18 \times \phi 9 \times 10$  Bushing (Qty 4)



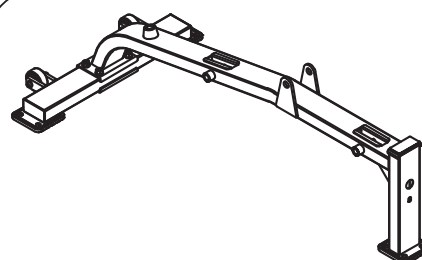
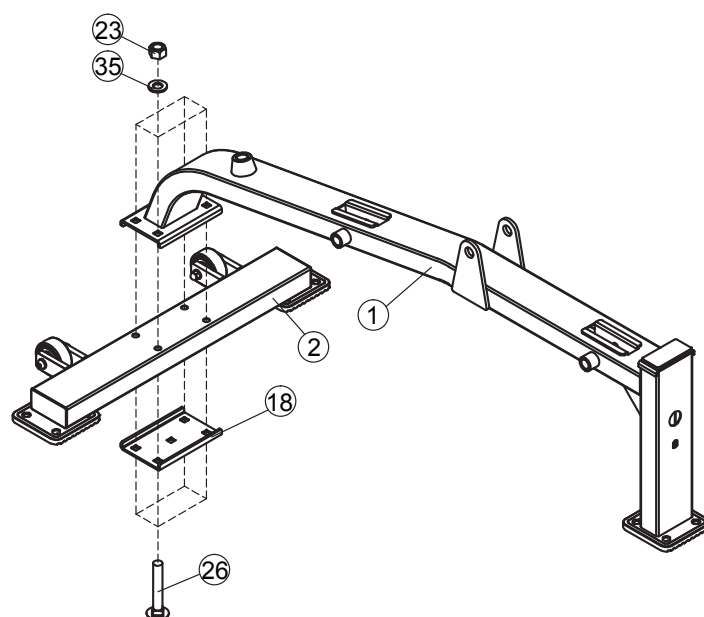
# Exploded Drawing



## Assembly Step-1 Exploded

②⑥		×4	M10×60
②③		×4	M10
③⑤		×4	φ10

Fasten Finger Tight At This Stage.



## Assembly Step-2 Exploded Drawing

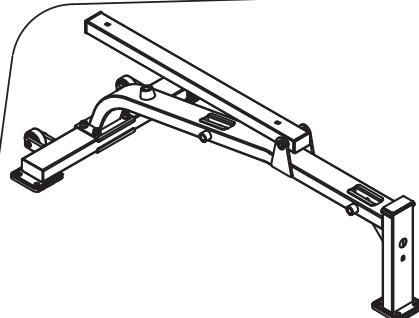
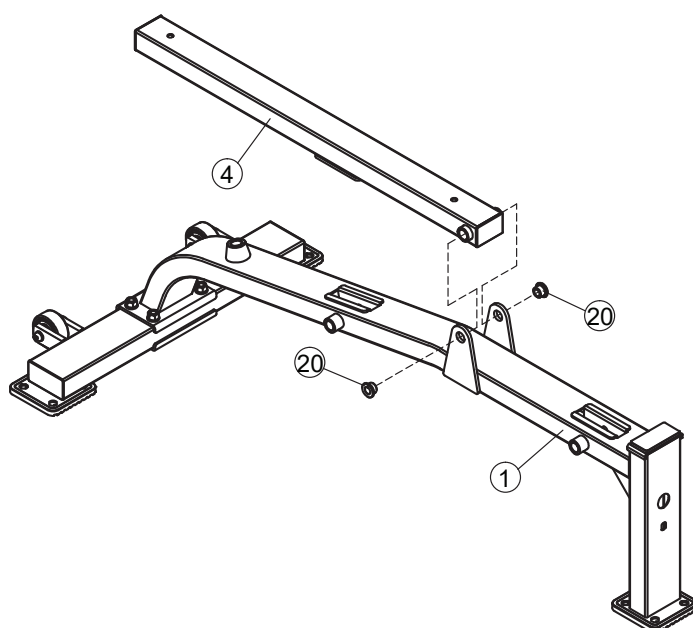
20



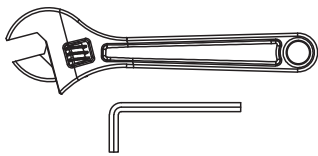
×2

φ25×φ18

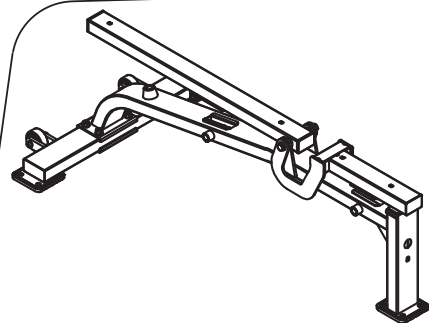
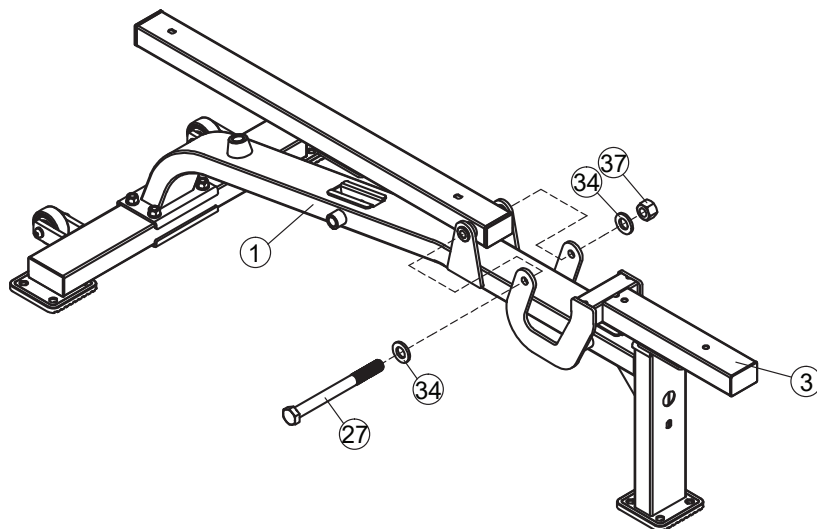
**Fasten Finger Tight At This Stage.**



## Assembly Step-3 Exploded



**Fasten This And Previous  
Assembly Stages Now.**



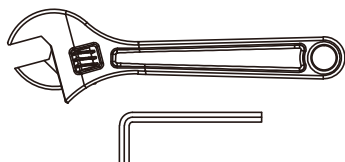
## AssemblyStep4 Exploded Drawing

③①  ×2 M8×40

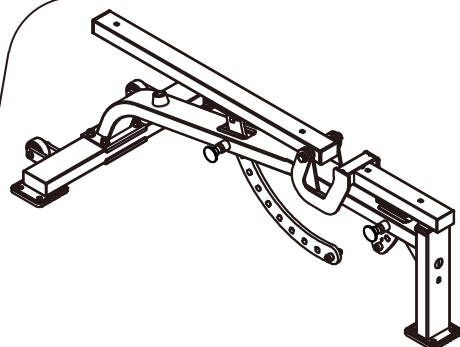
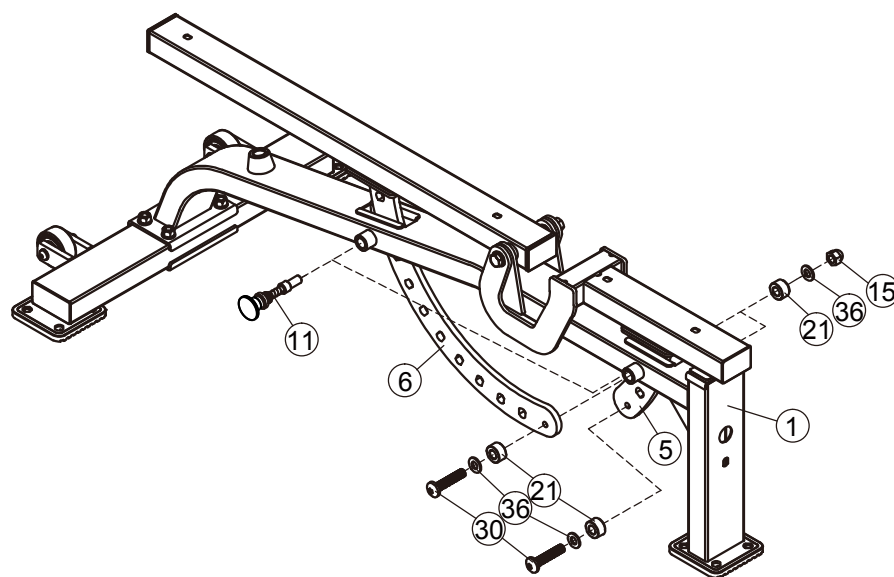
②①   ×4  $\phi 18 \times \phi 9 \times 10$

①⑤   ×2 M8

③⑥   ×4  $\phi 8$




Fasten This Stage Now.





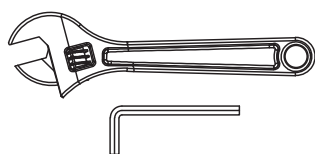
## Assembly Step 5 Exploded Drawing

②⑨  ×4 M8×60

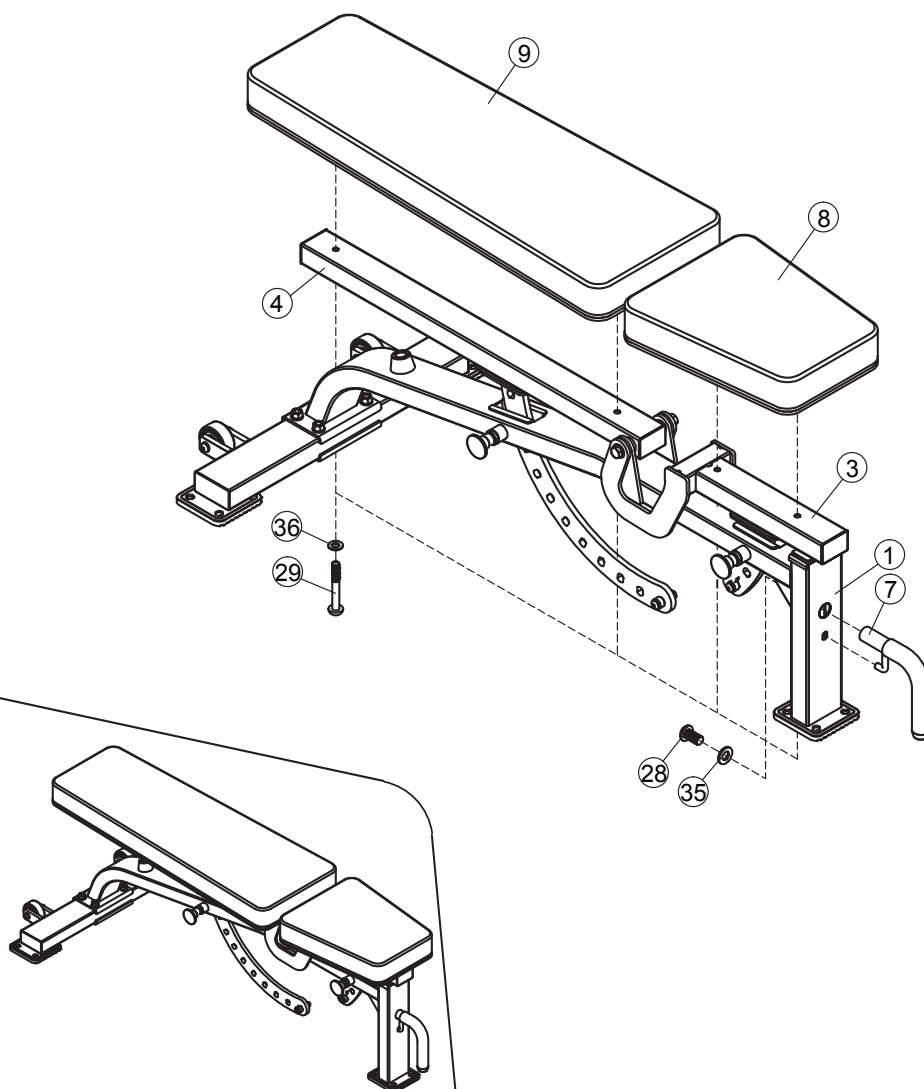
②⑧  ×1 M10×20

③⑥  | ×4 φ8

③⑤  | ×1 φ10



**Fasten This Stage Now.**



## Exercise Log

[illegible]

## Exercise Log

[illegible]

**B BODY POWER**