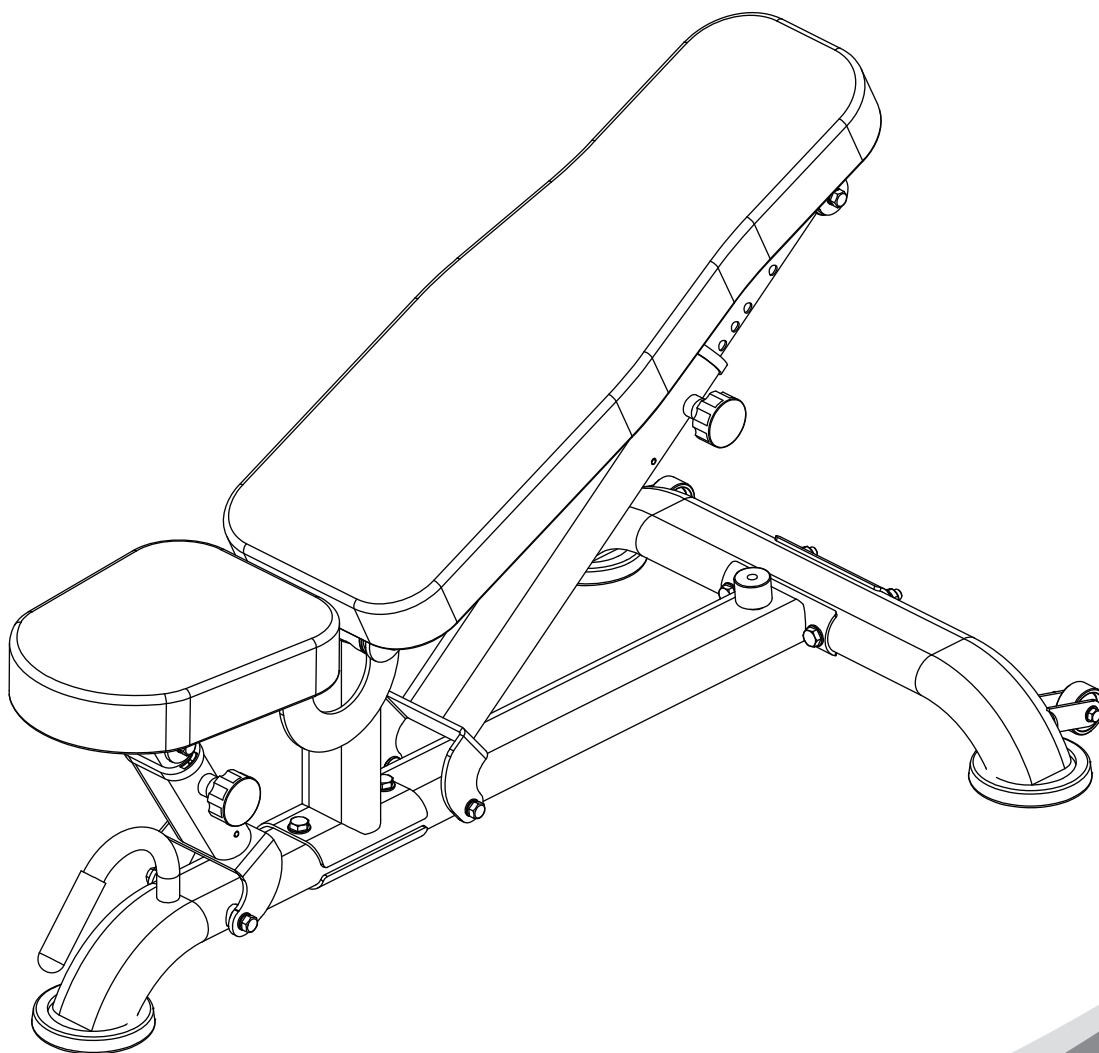




BK-3039(BPBEHDUB)

Heavy Duty 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

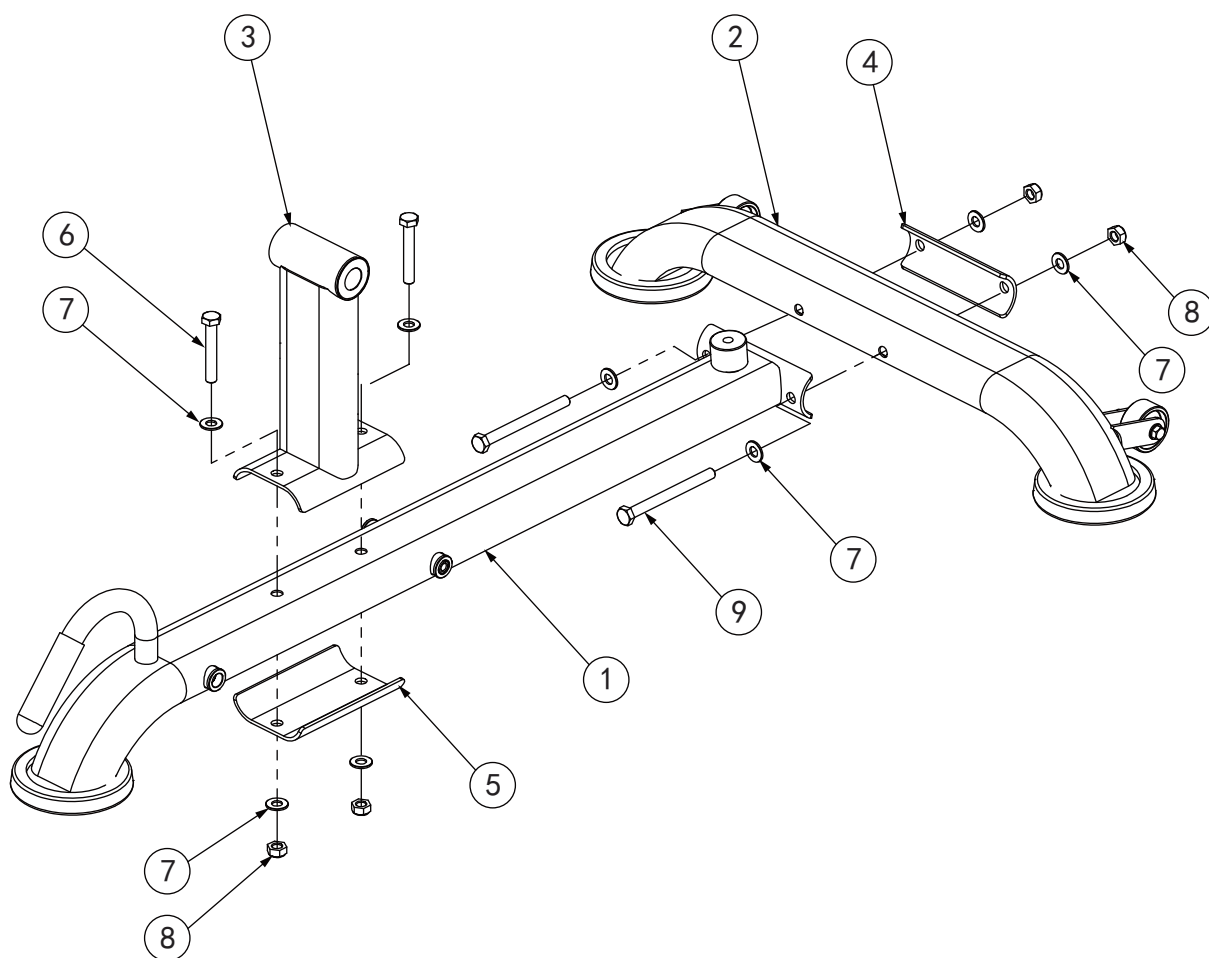
CONTENTS

Parts list	6
Assembly step 1	7-9
Assembly step 2	10-12
Assembly step 3	13-15
Assembly step 4	16-18
Assembly step 5	19-20

SPARE PART LIST

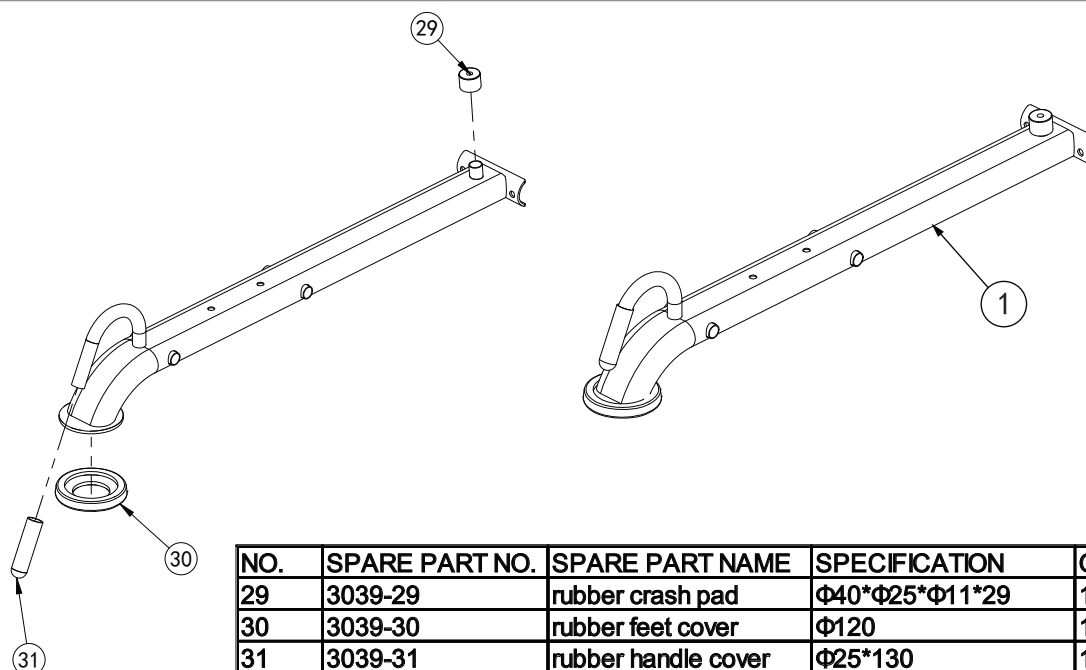
NO.	SPARE PART NO.	SPARE PART NAME	SPECIFICATION	QUANTITY
1	3039-1	front ground tube		1
2	3039-2	back ground tube		1
3	3039-3	middle stand tube		1
4	3039-4	fixing plate		1
5	3039-5	U shape fixing plate		1
6	3039-6	hexagon bolt	M12*75	2
7	3039-7	washer	Φ12	8
8	3039-8	lock nut	M12	4
9	3039-9	hexagon bolt	M12*125	2
10	3039-10	back cushion support tube		1
11	3039-11	seat cushion support tube		1
12	3039-12	hexagon bolt	M10*25	10
13	3039-13	spring washer	Φ10	10
14	3039-14	washer	Φ10	10
15	3039-15	inner screwshaft	Φ16*117	2
16	3039-16	chromed back cushion adjust tube		1
17	3039-17	chromed seat cushion adjust tube		1
18	3039-18	M18 plum blossom knob	φ10	2
19	3039-19	seat cushion frame		1
20	3039-20	back cushion frame		1
21	3039-21	inner screwshaft	Φ25*92	1
22	3039-22	inner screwshaft	Φ25*125	1
23	3039-23	inner screwshaft	Φ16*92	1
24	3039-24	washer	Φ8	11
25	3039-25	seat cushion		1
26	3039-26	back cushion		1
27	3039-27	hexagon bolt	M8*20	6
28	3039-28	hexagon bolt	M8*25	1
29	3039-29	rubber crash pad	Φ40*Φ25*Φ11*29	1
30	3039-30	rubber feet cover	Φ120	3
31	3039-31	rubber handle cover	Φ25*130	1
32	3039-32	wheel	Φ54*Φ8.5*26	2
33	3039-33	hexagon bolt	M8X50	2
34	3039-34	lock nut	M8	2
35	3039-35	powder metallurgical sleeve	Φ50*Φ25*15	4
36	3039-36	50-100 reduction sleeve	pt100*50*t2.0	2
37	3039-37	powder metallurgical sleeve	Φ26*Φ16*12	2
38	3039-38	oval end cap	PT40*80	1
39	3039-39	oval end cap	PT50*100*2.0	1

ASSEMBLE STEP 01 (explosive view)

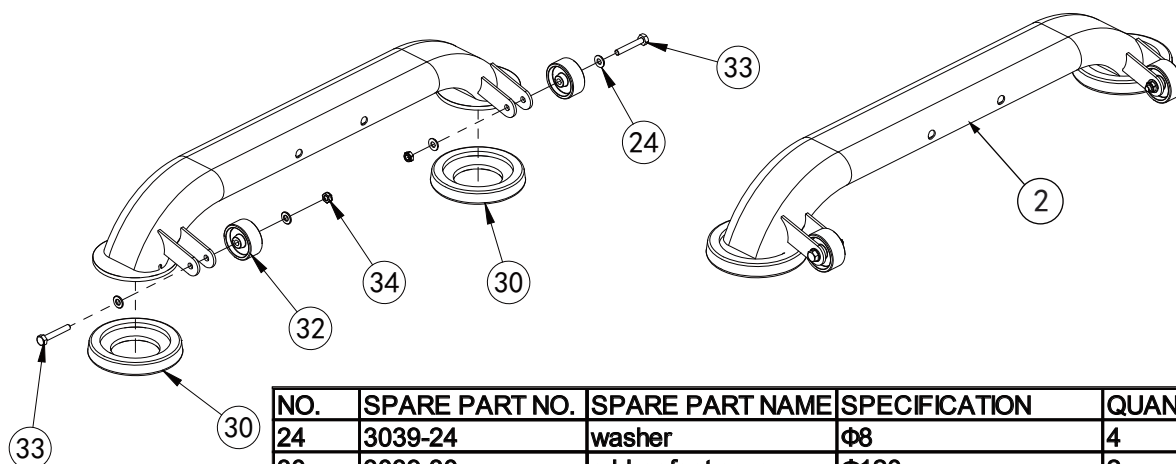


NO.	SPARE PART NO.	SPARE PART NAME	SPECIFICATION	QUANTITY
1	3039-1	front ground tube		1
2	3039-2	back ground tube		1
3	3039-3	middle stand tube		1
4	3039-4	fixing plate		1
5	3039-5	U shape fixing plate		1
6	3039-6	hexagon bolt	M12*75	2
7	3039-7	washer	Φ12	8
8	3039-8	lock nut	M12	4
9	3039-9	hexagon bolt	M12*125	2

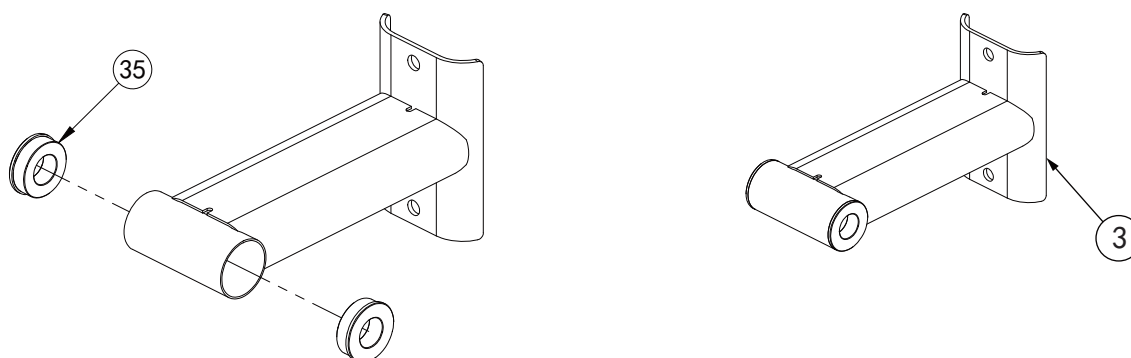
preassembly explosive view



NO.	SPARE PART NO.	SPARE PART NAME	SPECIFICATION	QUANTITY
29	3039-29	rubber crash pad	Φ40*Φ25*Φ11*29	1
30	3039-30	rubber feet cover	Φ120	1
31	3039-31	rubber handle cover	Φ25*130	1

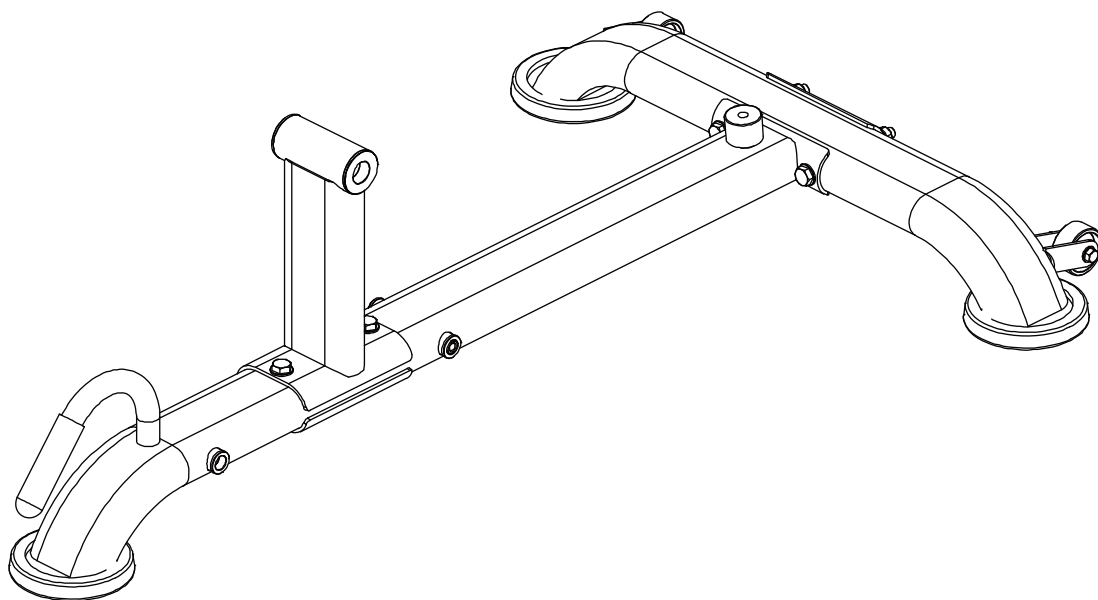


NO.	SPARE PART NO.	SPARE PART NAME	SPECIFICATION	QUANTITY
24	3039-24	washer	Φ8	4
30	3039-30	rubber feet cover	Φ120	2
32	3039-32	wheel	Φ54*Φ8.5*26	2
33	3039-33	hexagon bolt	M8X50	2
34	3039-34	lock nut	M8	2



NO.	SPARE PART NO.	SPARE PART NAME	SPECIFICATION	QUANTITY
35	3039-35	powder metallurgical sleeve	Φ50*Φ25*15	2

ASSEMBLE STEP 01 (ASSEMBLED VIEW)

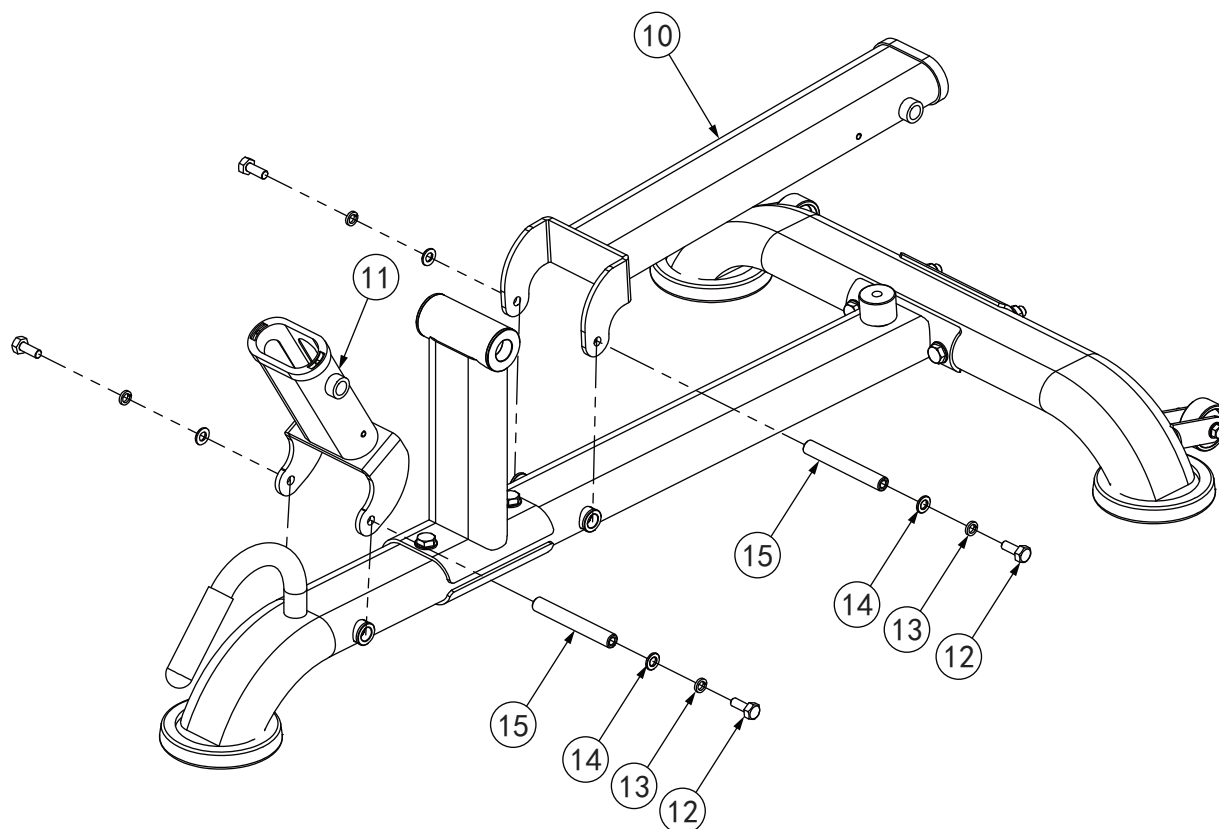


ASSEMBLE STEP 01 (ASSEMBLE INTRODUCTION)

1.link the front ground tube (1) and back ground tube (2) with M12*125 hexagon bolt (9) Φ 12 washer (7) M12 lock nut (8) and fixing plate (4).

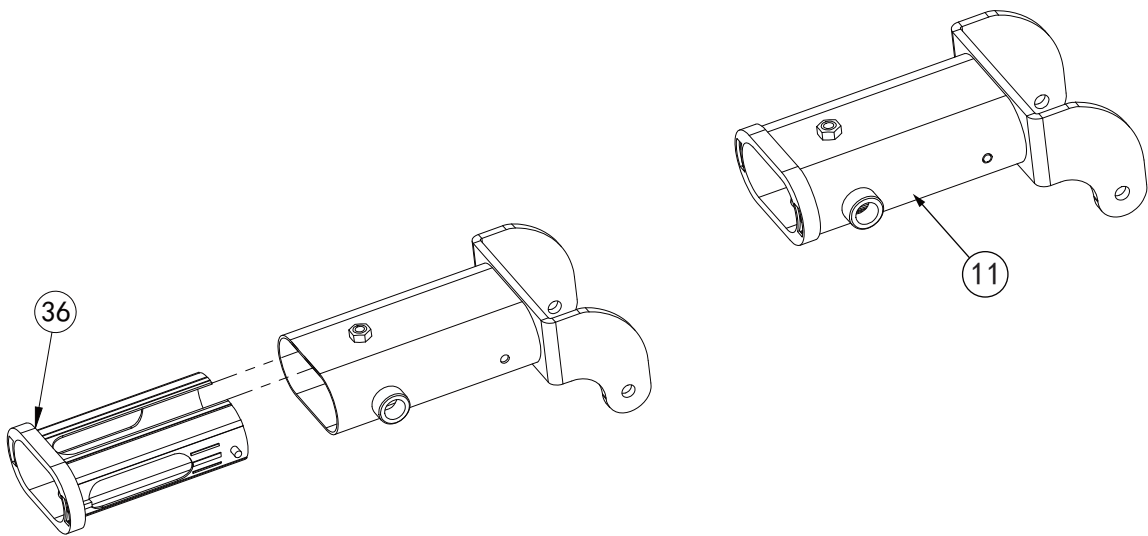
2.link middle stand tube (3) and front ground tube (1) with M12*75 hexagon bolt(6) Φ 12 washer (7) M12 lock nut (8) and U shape fixing plate(5).

ASSEMBLE STEP 02 (explosive view)

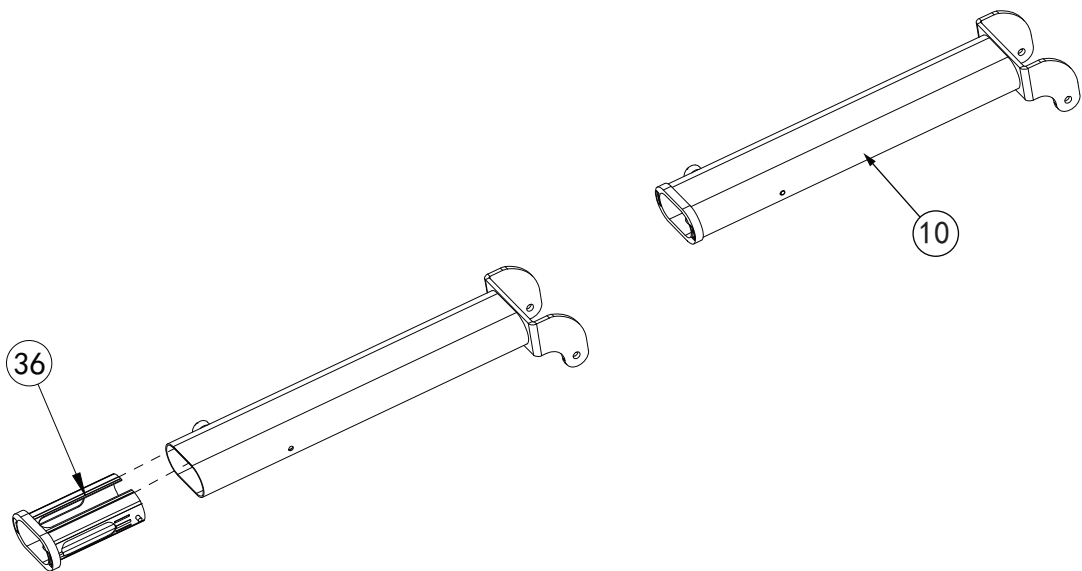


NO.	SPARE PART NO.	SPARE PART NAME	SPECIFICATION	QUANTITY
10	3039-10	back cushion support tube		1
11	3039-11	seat cushion support tube		1
12	3039-12	hexagon bolt	M10*25	4
13	3039-13	spring washer	Φ10	4
14	3039-14	washer	Φ10	4
15	3039-15	inner screwshaft	Φ16*117	2

preassembly explosive view

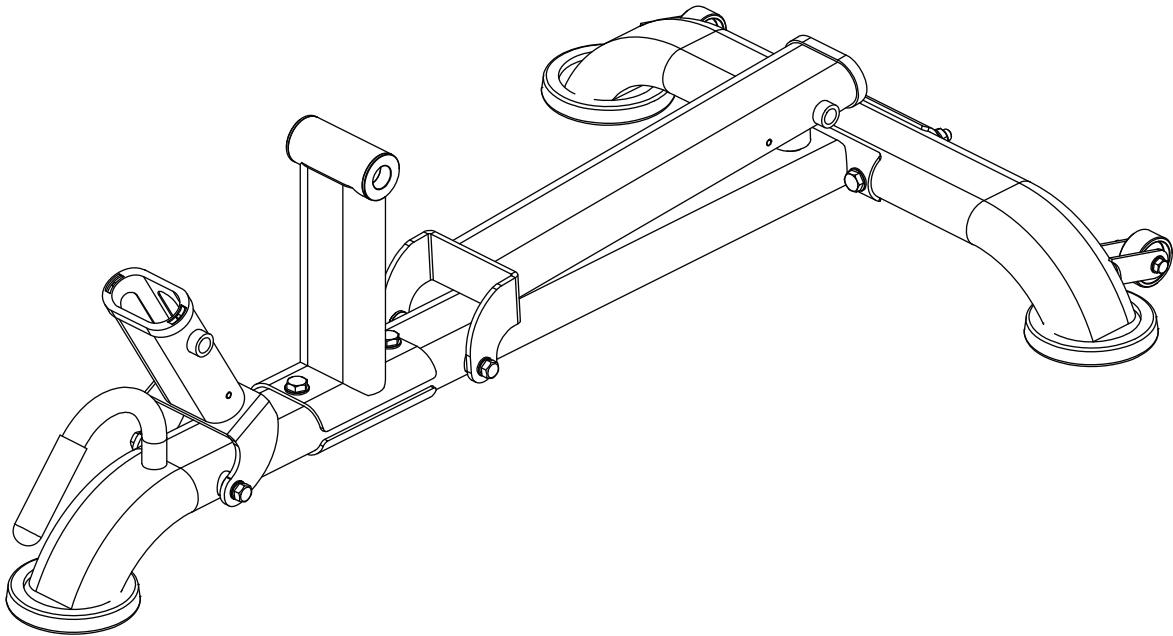


NO.	SPARE PART NO.	SPARE PART NAME	SPECIFICATION	QUANTITY
36	3039-36	50-100 reduction sleeve	pt100*50*t2.0	1



NO.	SPARE PART NO.	SPARE PART NAME	SPECIFICATION	QUANTITY
36	3039-36	50-100 reduction sleeve	pt100*50*t2.0	1

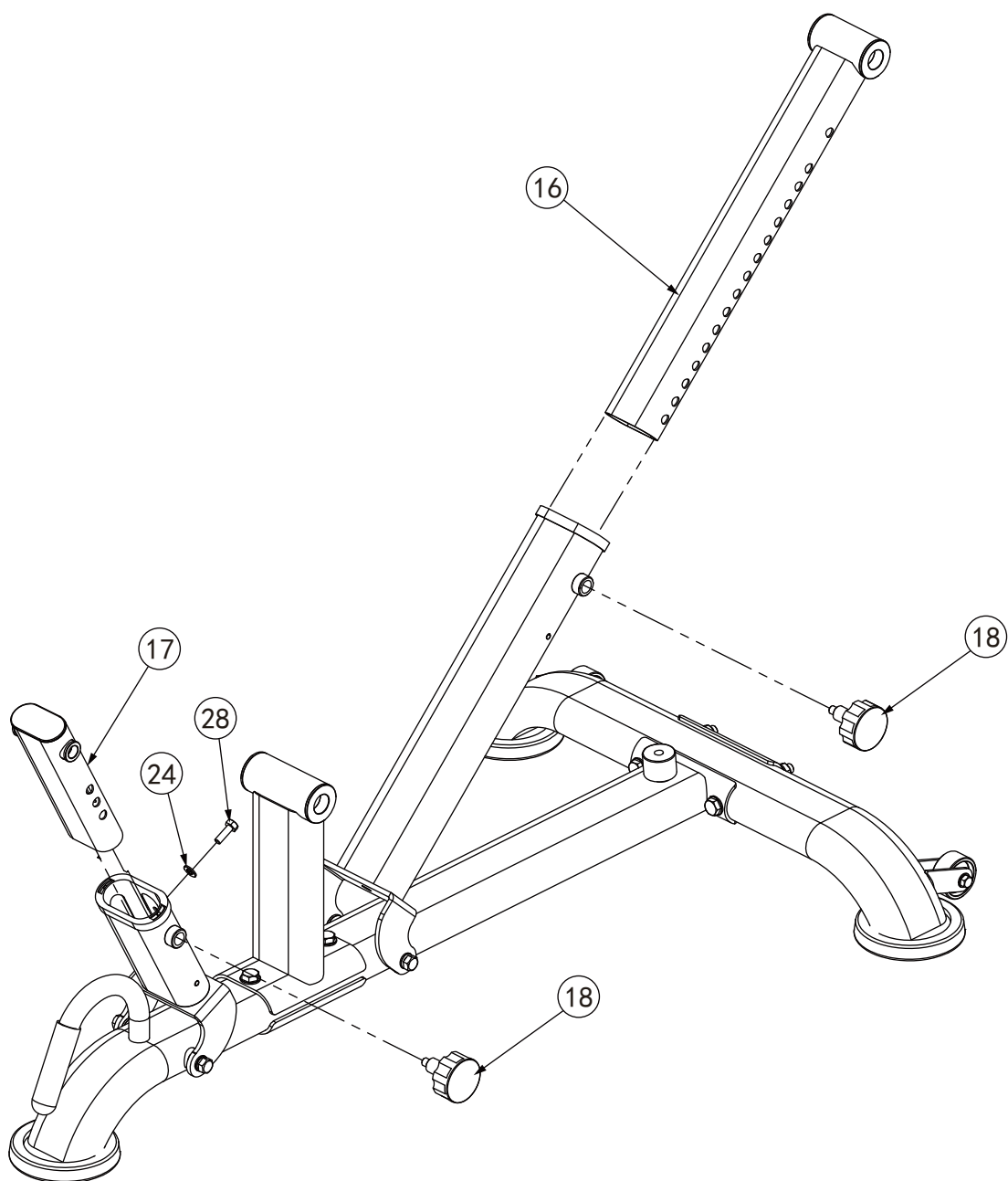
ASSEMBLE STEP 02 (ASSEMBLED VIEW)



ASSEMBLE STEP 02 (ASSEMBLE INTRODUCTION)

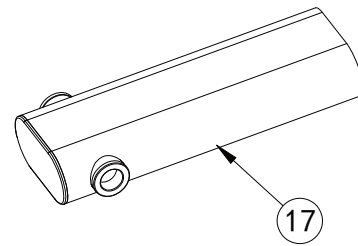
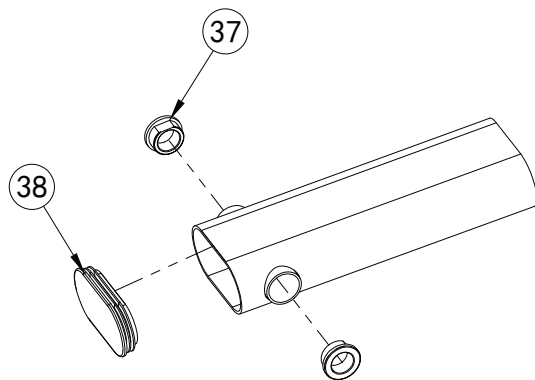
- 1.link the back cushion support tube (10) and front ground tube (1) with $\Phi 16*117$ inner screw shaft(15). lock them with M10*25 hexagon bolt (12) $\Phi 10$ spring washer(13) $\Phi 10$ washer (14) from the both side.
- 2.link the seat cushion support tube (11) and front ground tube (1) with $\Phi 16*117$ inner screw shaft (15). lock them with M10*25 hexagon bolt (12) $\Phi 10$ spring washer(13) $\Phi 10$ washer (14) from the both side.

ASSEMBLE STEP 03 (explosive view)

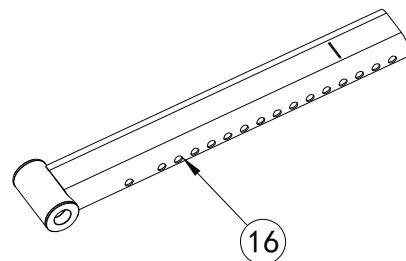
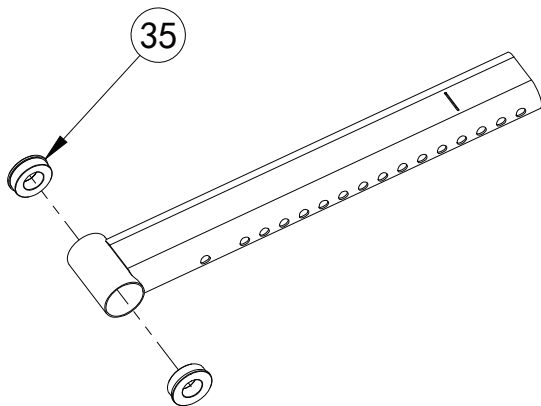


NO.	SPARE PART NO.	SPARE PART NAME	SPECIFICATION	QUANTITY
16	3039-16	chromed back cushion adjust tube		1
17	3039-17	chromed seat cushion adjust tube		1
18	3039-18	M18 plum blossom knob	φ10	2
24	3039-24	washer	Φ8	1
28	3039-28	hexagon bolt	M8*25	1

preassemble explosive view

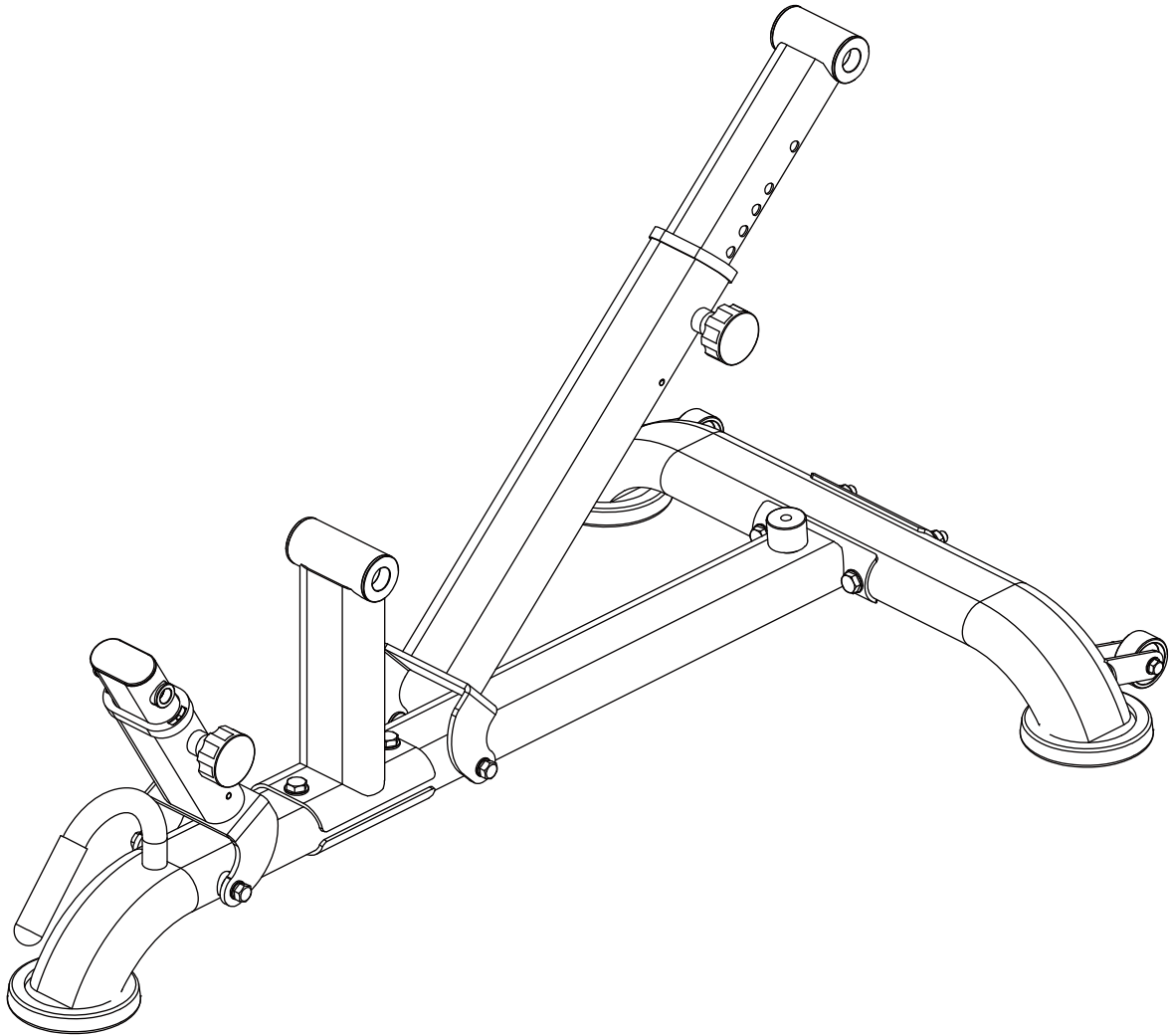


NO.	SPARE PART NO.	SPARE PART NAME	SPECIFICATION	QUANTITY
37	3039-37	powder metallurgical sleeve	$\Phi 26 * \Phi 16 * 12$	2
38	3039-38	oval end cap	PT40*80	1



NO.	SPARE PART NO.	SPARE PART NAME	SPECIFICATION	QUANTITY
35	3039-35	powder metallurgical sleeve	$\Phi 50 * \Phi 25 * 15$	2

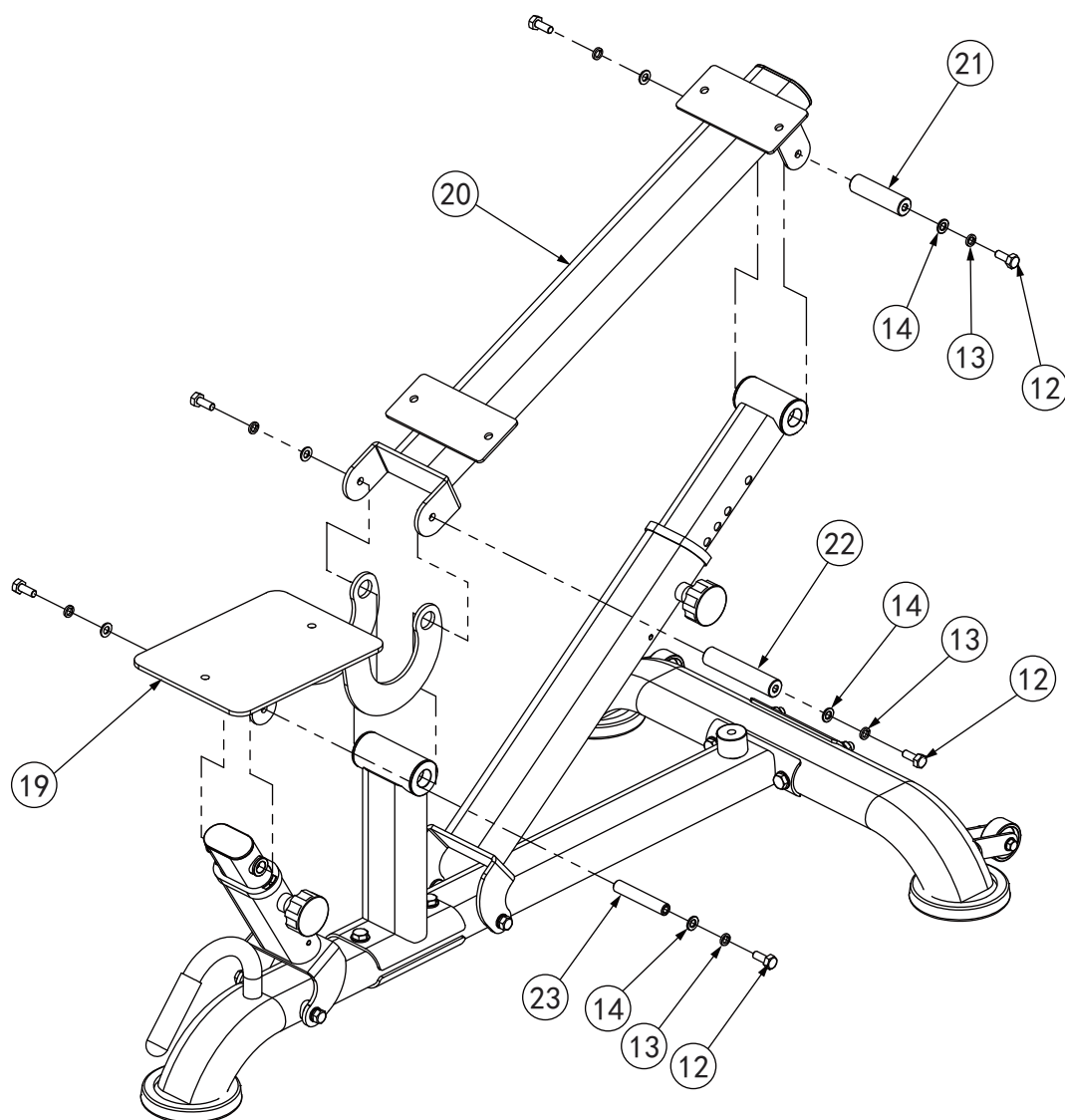
ASSEMBLE STEP 03(ASSEMBLED VIEW)



ASSEMBLE STEP 03 (ASSEMBLE INTRODUCTION)

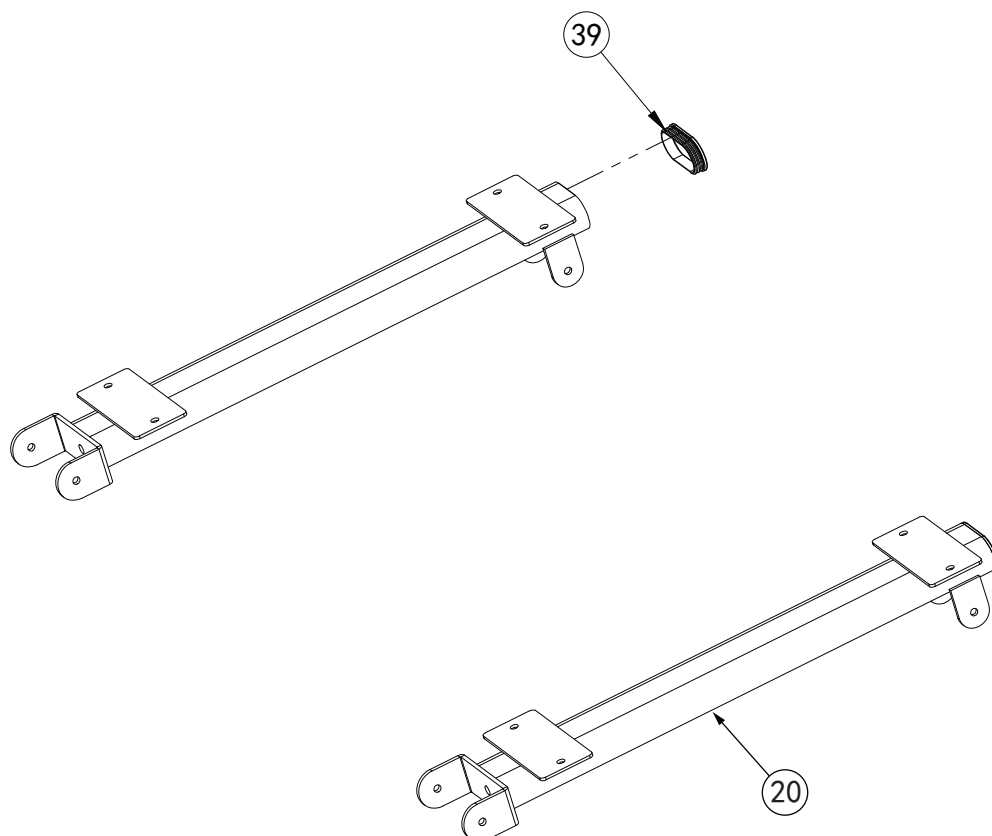
- 1.put the chromed back cushion adjust tube (16) into the back cushion support tube (10),fix them with M18 plum blossom knob(18).
- 2.put the chromed seat cushion adjust tube (17) into the seat cushion support tube (11),fix them with M18 plum blossom knob(18). then lock the limited hexagon bolt M8*25 hexagon bolt (28) and $\Phi 8$ washer(24) in the seat cushion adjust tube.

ASSEMBLE STEP 04 (explosive view)



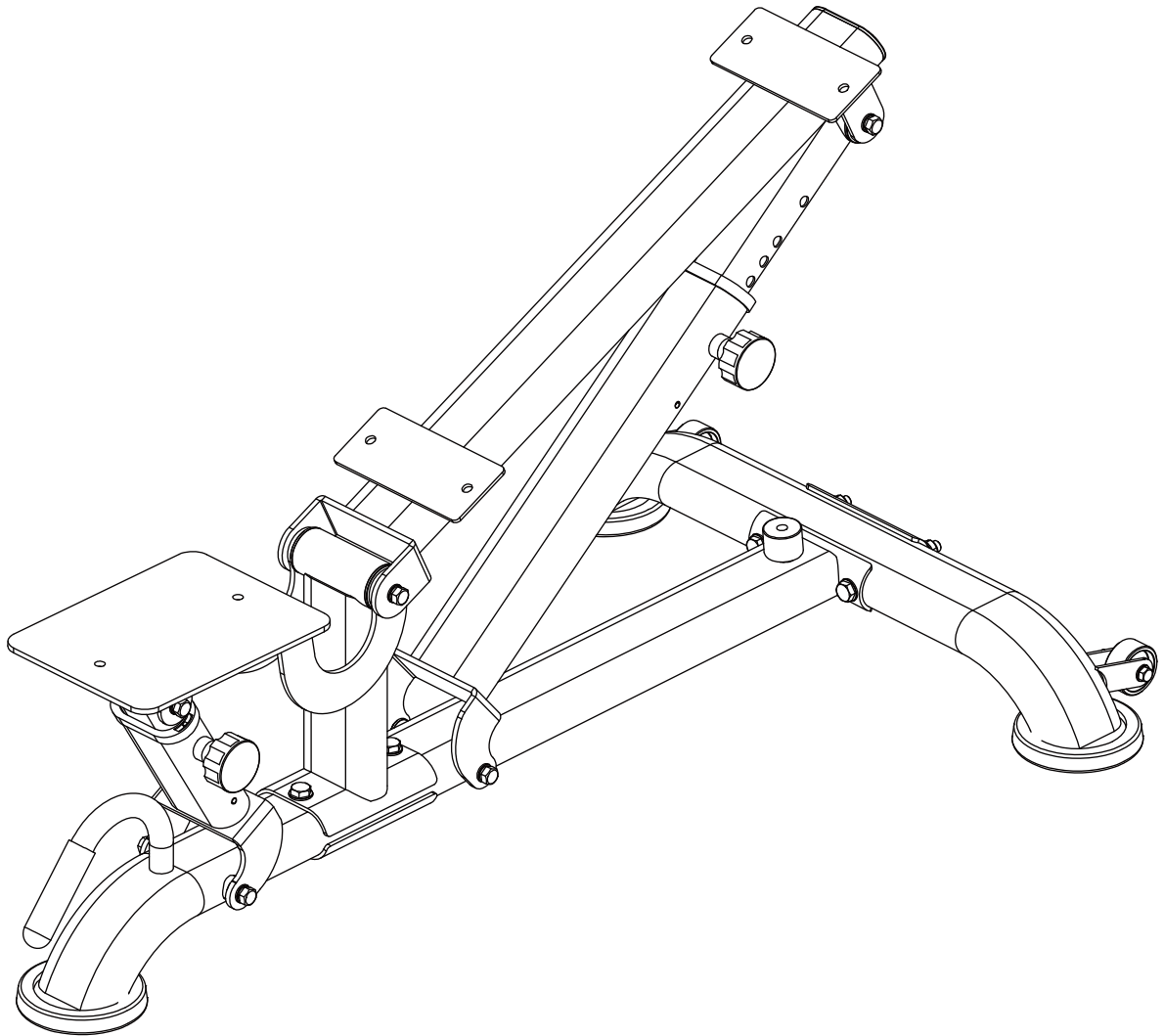
NO.	SPARE PART NO.	SPARE PART NAME	SPECIFICATION	QUANTITY
12	3039-12	hexagon bolt	M10*25	6
13	3039-13	spring washer	Φ10	6
14	3039-14	washer	Φ10	6
19	3039-19	seat cushion frame		1
20	3039-20	back cushion frame		1
21	3039-21	inner screwshaft	Φ25*92	1
22	3039-22	inner screwshaft	Φ25*125	1
23	3039-23	inner screwshaft	Φ16*92	1

preassemble explosive view



NO.	SPARE PART NO.	SPARE PART NAME	SPECIFICATION	QUANTITY
39	3039-39	oval end cap	PT50*100*2.0	1

ASSEMBLE STEP 04(ASSEMBLED VIEW)



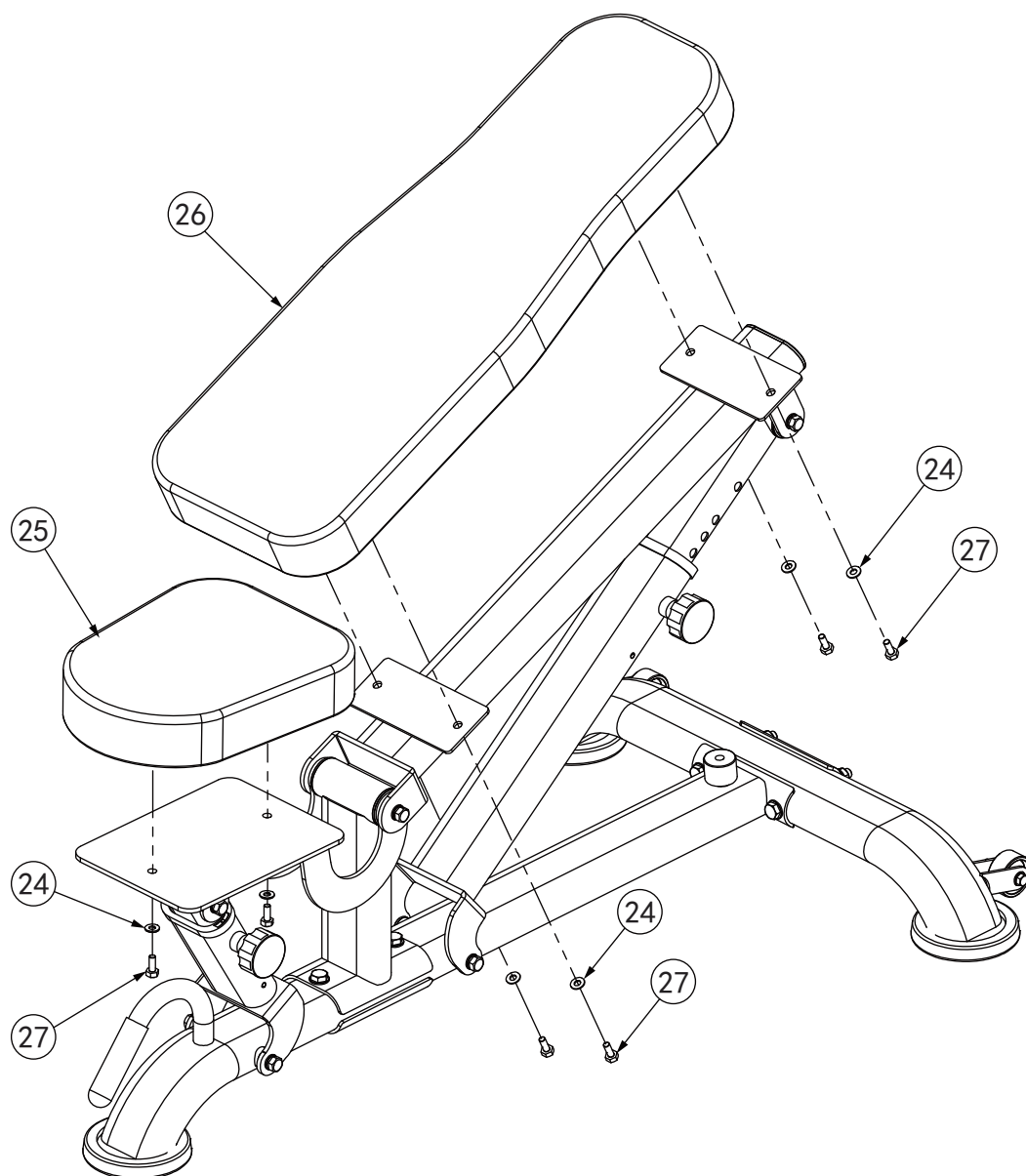
ASSEMBLE STEP 04 (ASSEMBLE INTRODUCTION)

1.link the seat cushion frame(19) and the back cushion frame(20) into the middle stand tube (3) with $\Phi 25 \times 125$ inner screw shaft(22).lock them with M10*25 hexagon bolt (12) $\Phi 10$ spring washer(13) $\Phi 10$ washer (14) from the both side of $\Phi 25 \times 125$ inner screw shaft(22).

2.link the seat cushion frame(19) and chromed seat cushion adjust tube (17) with $\Phi 16 \times 92$ inner screw shaft (23).lock them with M10*25 hexagon bolt (12) $\Phi 10$ spring washer(13) $\Phi 10$ washer (14) from the both side of $\Phi 16 \times 92$ inner screw shaft(23).

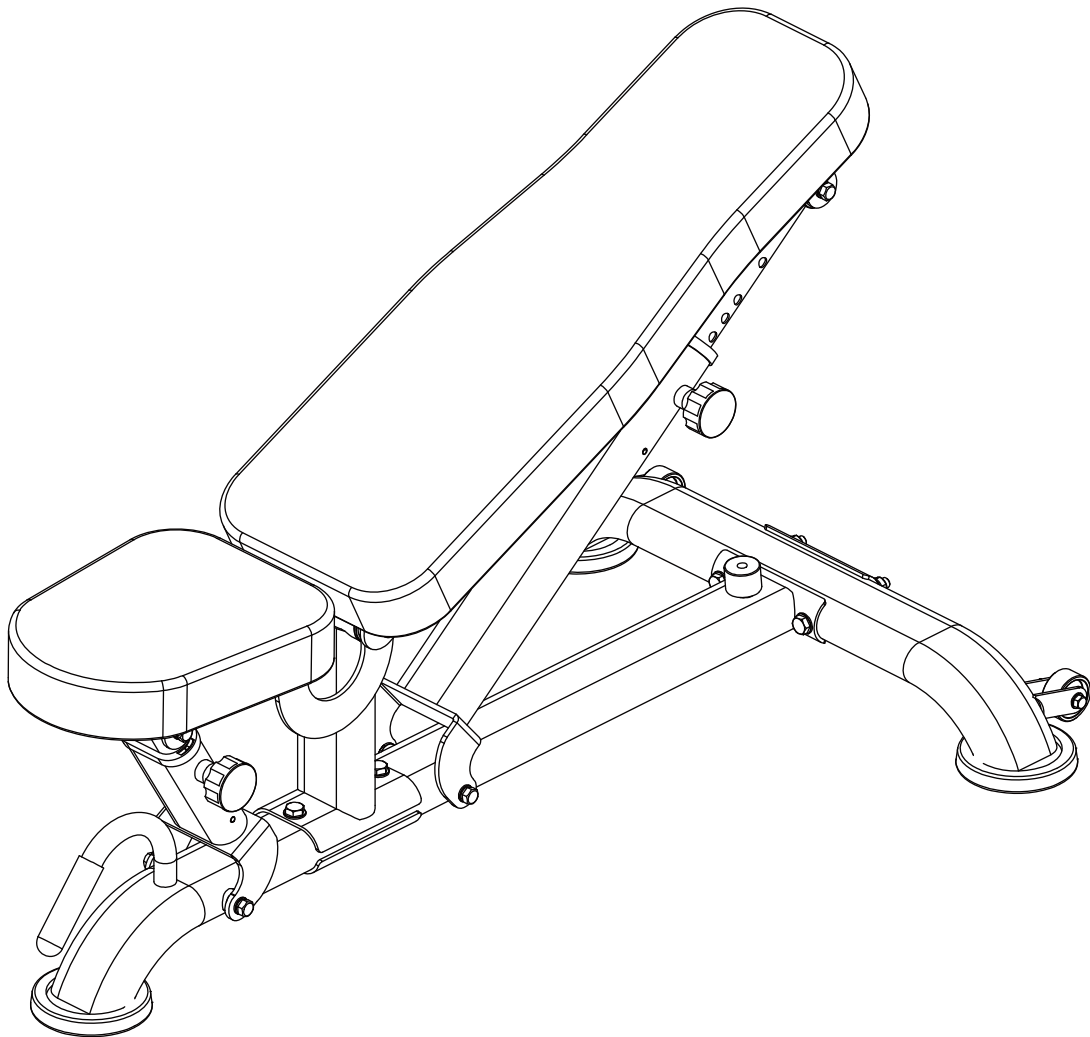
3.link the back cushion frame (20) and chromed back cushion adjust tube(16) with $\Phi 25 \times 92$ inner screw shaft (21).lock them with M10*25 hexagon bolt (12) $\Phi 10$ spring washer(13) $\Phi 10$ washer (14) from the both side of $\Phi 25 \times 92$ inner screw shaft(21).

ASSEMBLE STEP 05 (explosive view)



NO.	SPARE PART NO.	SPARE PART NAME	SPECIFICATION	QUANTITY
24	3039-24	washer	Φ8	6
25	3039-25	seat cushion		1
26	3039-26	back cushion		1
27	3039-27	hexagon bolt	M8*20	6

ASSEMBLE STEP 05(ASSEMBLED VIEW)



ASSEMBLE STEP 05 (ASSEMBLE INTRODUCTION)

- 1.fix the seat cushion (25) and the seat cushion frame (19)with M8*20 hexagon bolt (27) and $\Phi 8$ washer(24).
- 2.fix the back cushion (26) and the back cushion frame (20)with M8*20 hexagon bolt (27) and $\Phi 8$ washer(24).
- 3.fix all the bolts , screws,knobs,pins tightly to finish the assemble step.