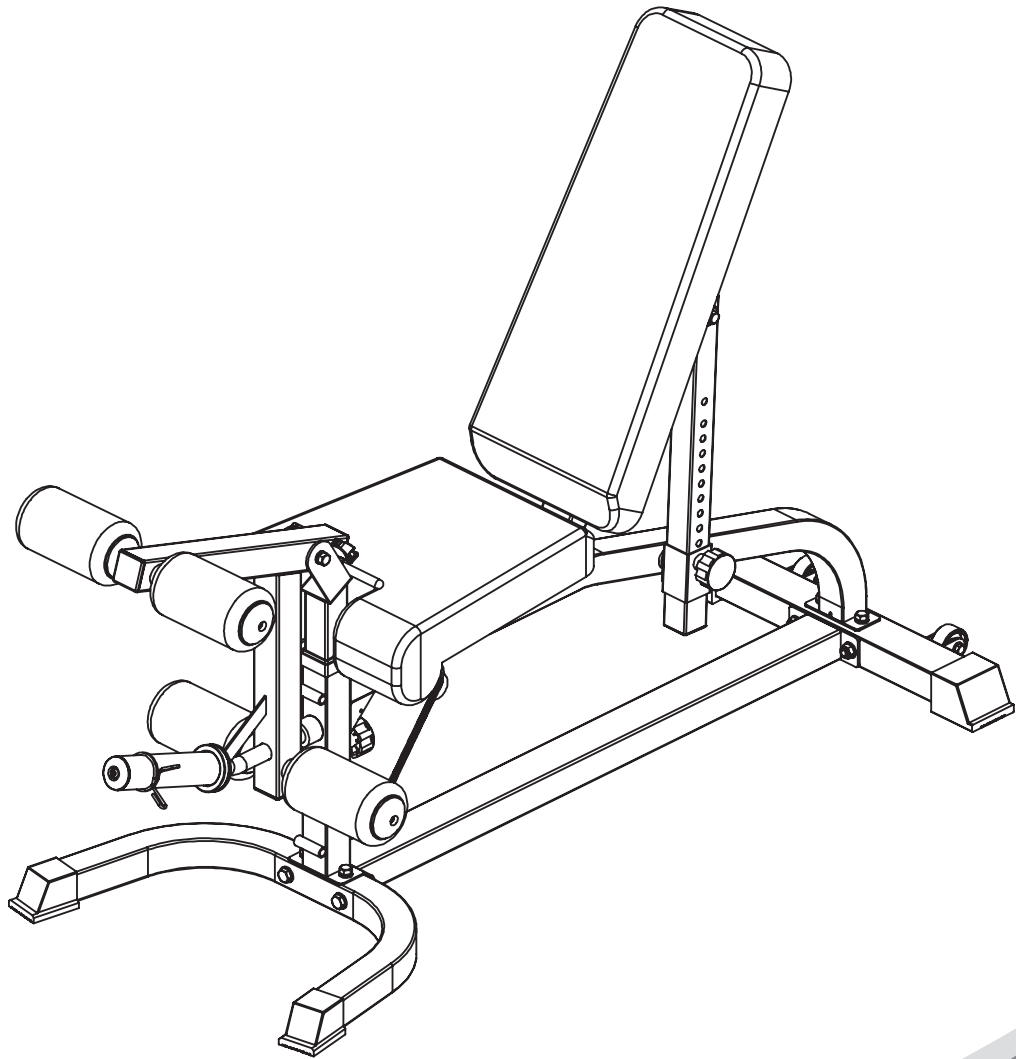




BK-3018(BPBEMFUB)

Multi-Function 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

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Assembly step 3	14-16
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Assembly step 5	20-22
Assembly step 6	23-25
Assembly step 7	26-27

Parts list

NO.	Serial NO.	Description	Note	Qty.
1	BK-3018-1	middle base frame		1
2	BK-3018-2	front bending base frame		1
3	BK-3018-3	back base frame		1
4	BK-3018-4	hexagon bolt	M12*70	2
5	BK-3018-5	gasket	Φ12	8
6	BK-3018-6	lock nut	M12	4
7	BK-3018-7	hexagon bolt	M12*90	2
8	BK-3018-8	bending tube		1
9	BK-3018-9	gasket	M10*20	4
10	BK-3018-10	gasket	Φ10	14
11	BK-3018-11	locking spring knob	M18*1.5-35	2
12	BK-3018-12	spring gasket	Φ10	8
13	BK-3018-13	back pad tube		1
14	BK-3018-14	shaft	Φ12*128-M10	2
15	BK-3018-15	lock nut	M10	6
16	BK-3018-16	selector tube		1
17	BK-3018-17	big gasket	Φ30*Φ10.5*3.0	2
18	BK-3018-18	back pad rotating sleeve		1
19	BK-3018-19	seat pad frame		1
20	BK-3018-20	seat pad		1
21	BK-3018-21	hexagon bolt	M8*55	2
22	BK-3018-22	gasket	Φ8	12
23	BK-3018-23	hexagon bolt	M8*25	6
24	BK-3018-24	back pad		1
25	BK-3018-25	leg curl tube		1
26	BK-3018-26	shaft	Φ20*57-M10	1
27	BK-3018-27	T shape pin-85	Φ10*85	1
28	BK-3018-28	foam rod-450		3
29	BK-3018-29	foam inner cover		6
30	BK-3018-30	foam outer cover		6
31	BK-3018-31	foam	Φ100*175	6
32	BK-3018-32	allen bolt	M8*25	6
33	BK-3018-33	upright tube		1
34	BK-3018-34	spring collar	Φ50	1
35	BK-3018-35	chest pad		1
36	BK-3018-36	barbell support tube		1
37	BK-3018-37	connection plate		1
38	BK-3018-38	hexagon bolt	M10*65	2
39	BK-3018-39	chest pad tube		1
40	BK-3018-40	leg curl tube		1
41	BK-3018-41	magnetic pin	Φ10*80	2

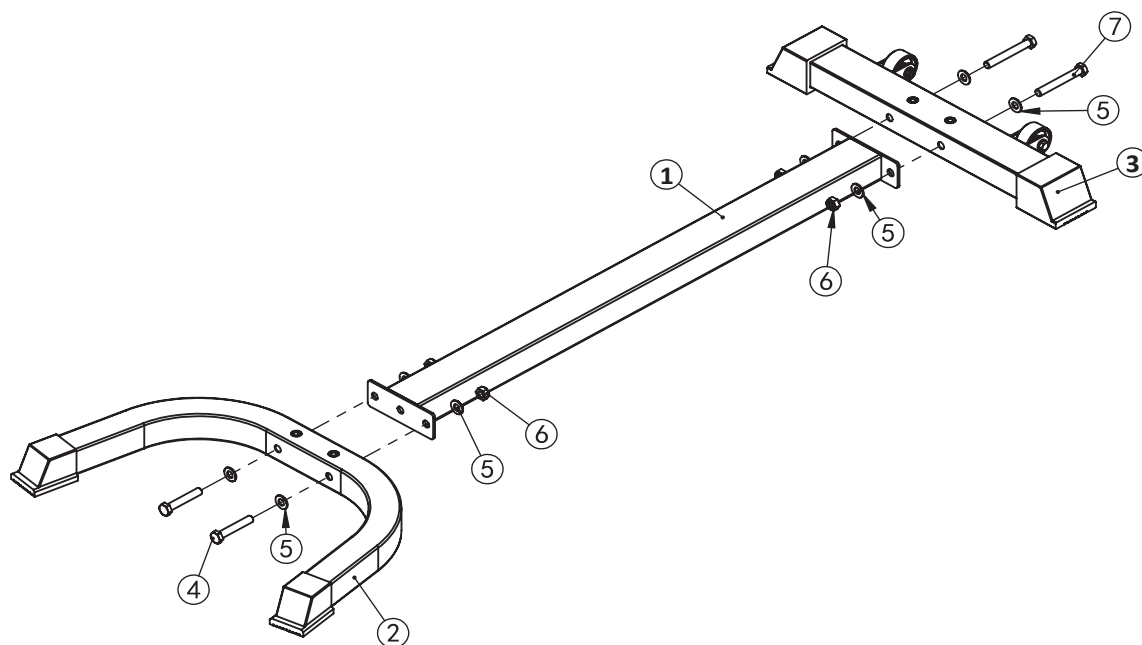
Parts list

42	BK-3018-42	hexagon bolt	M10*25	4
43	BK-3018-43	foot cover	□50*50	2
44	BK-3018-44	rivet nut	M10	2
45	BK-3018-45	foot cover	□50*70	2
46	BK-3018-46	roller	Φ54	2
47	BK-3018-47	hexagon bolt	M8*45	2
48	BK-3018-48	lock nut	M8	2
49	BK-3018-49	powder metallurgy sleeve	Φ32*Φ28*Φ20*18	6
50	BK-3018-50	tube plug	□50*50/□45*45	1
51	BK-3018-51	bearing	6001	4
52	BK-3018-52	tube plug	□40*60*2	2
53	BK-3018-53	tube	Φ50*0.8	1
54	BK-3018-54	tube plug	□45*45	2
55	BK-3018-55	handle cover	Φ32*Φ25*130	1
56	BK-3018-56	tube plug	Φ32*Φ29*Φ26*29	8
57	BK-3018-57	tube plug	□50*50/Φ32	1
58	BK-3018-58	tube plug	□50*50*2.0	3
59	BK-3018-59	tube	Φ48*1.5	1
60	BK-3018-60	tube plug	Φ50*Φ44.8*Φ25.5	1
61	BK-3018-61	tube plug	Φ70*Φ44.8*Φ	1
62	BK-3018-62	rubber cushion	Φ40*Φ25*29	1
63	BK-3018-63	allen bolt	M8*20	1

Bolt length meter

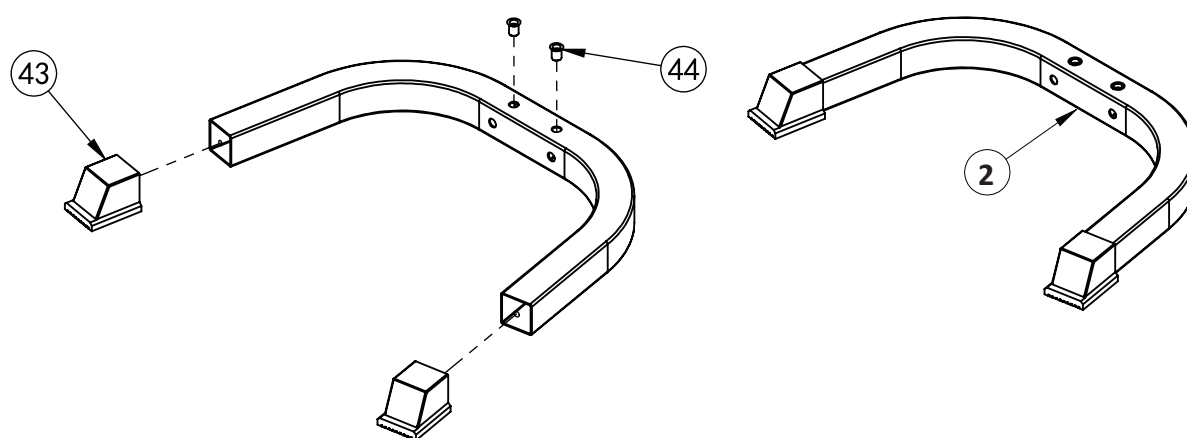


Assembly step-1 explosion drawing

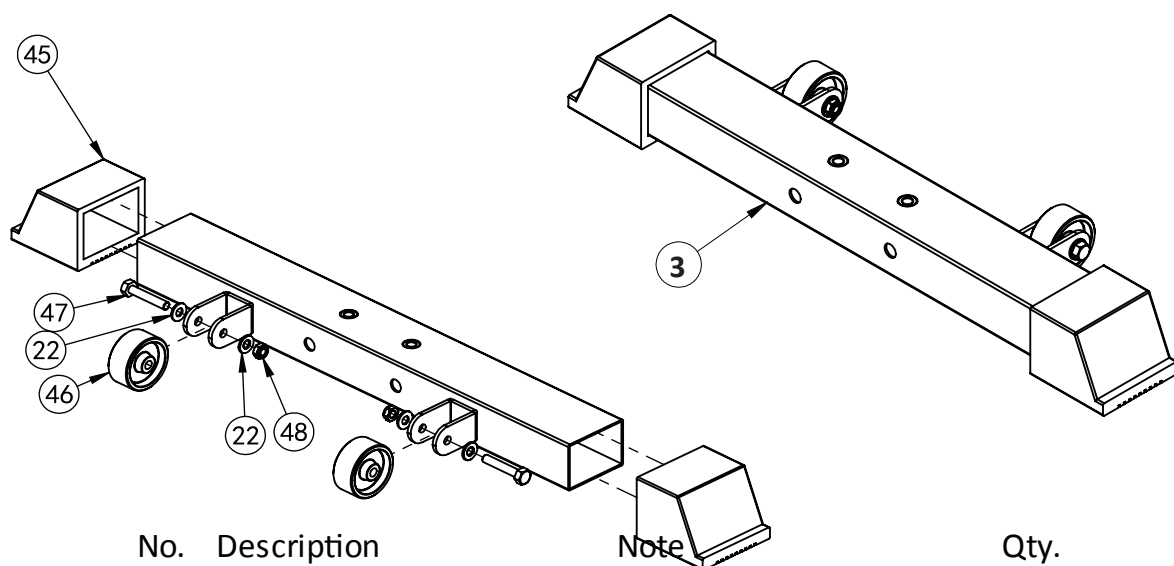


No.	Description	Note	Qty.
1	middle base frame		1
2	front bending base frame		1
3	back base frame		1
4	hexagon bolt	M12*70	2
5	gasket	Φ12	8
6	lock nut	M12	4
7	hexagon bolt	M12*90	2

Factory assembly explosion drawing

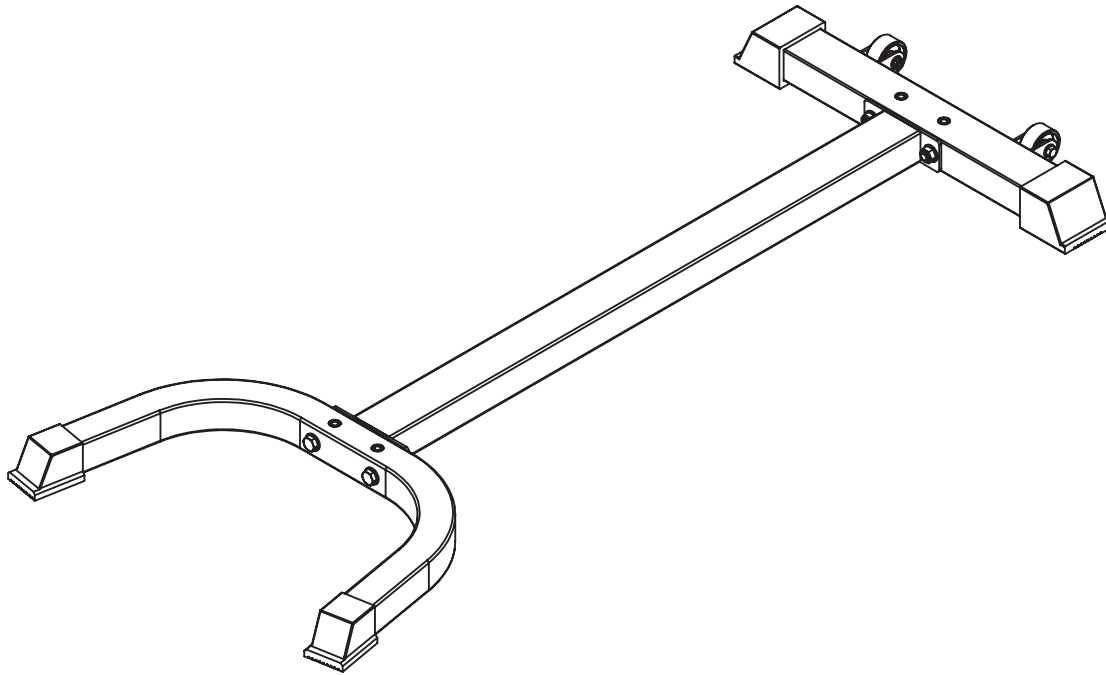


No.	Description	Note	Qty.
43	foot cover	□50*50	2
44	rivet nut	M10	2



No.	Description	Note	Qty.
22	gasket	Φ8	4
45	foot cover	□50*70	2
46	roller	Φ54	2
47	hexagon bolt	M8*45	2
48	lock nut	M8	2

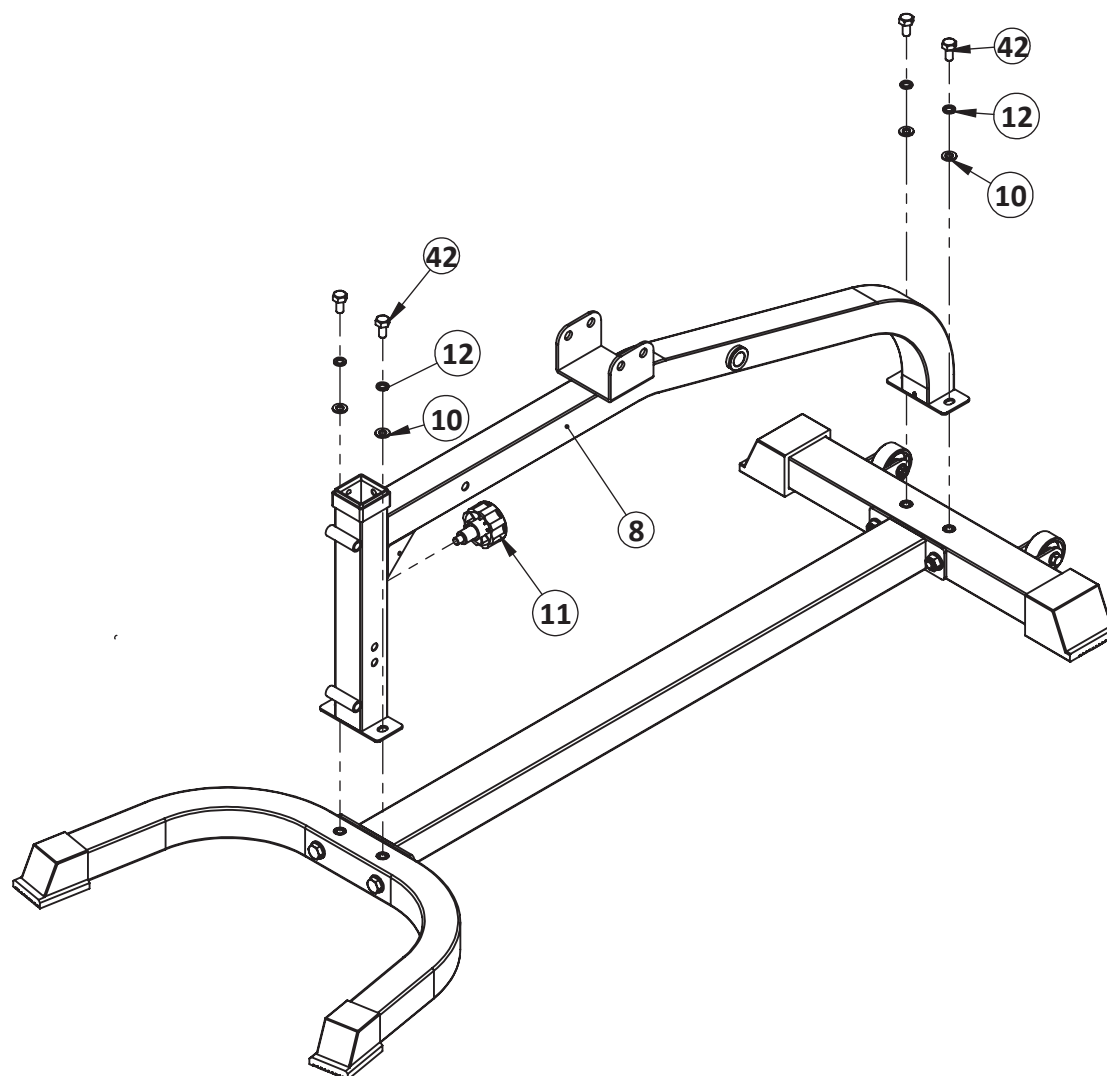
Assembly step-1 drawing



Assembly step-1 installation instruction

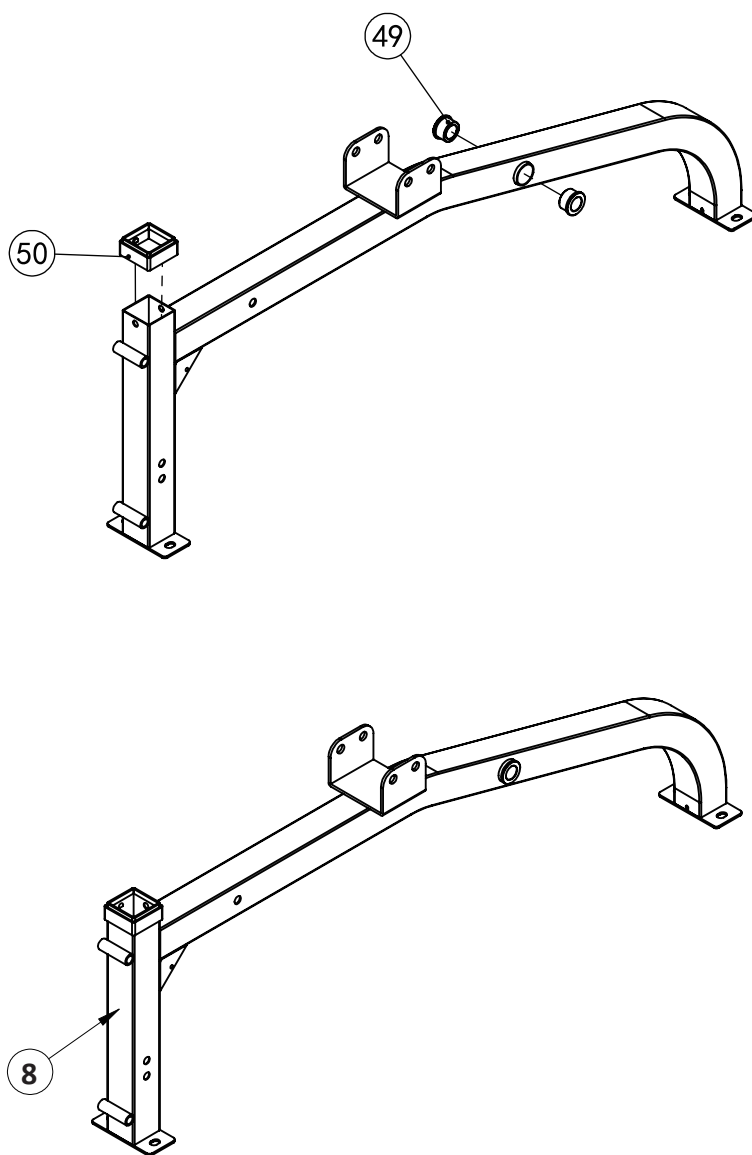
- 1 Fix middle base frame-1 and front bending base frame-2 using M12*70 hexagon bolt-4, $\Phi 12$ gasket-5, M12 lock nut-6.
- 2 Fix back base frame-3 fastening on middle base frame-1 using M12*90 hexagon bolt-7, $\Phi 12$ gasket-5, M12 lock nut-6.

Assembly step-2 explosion drawing



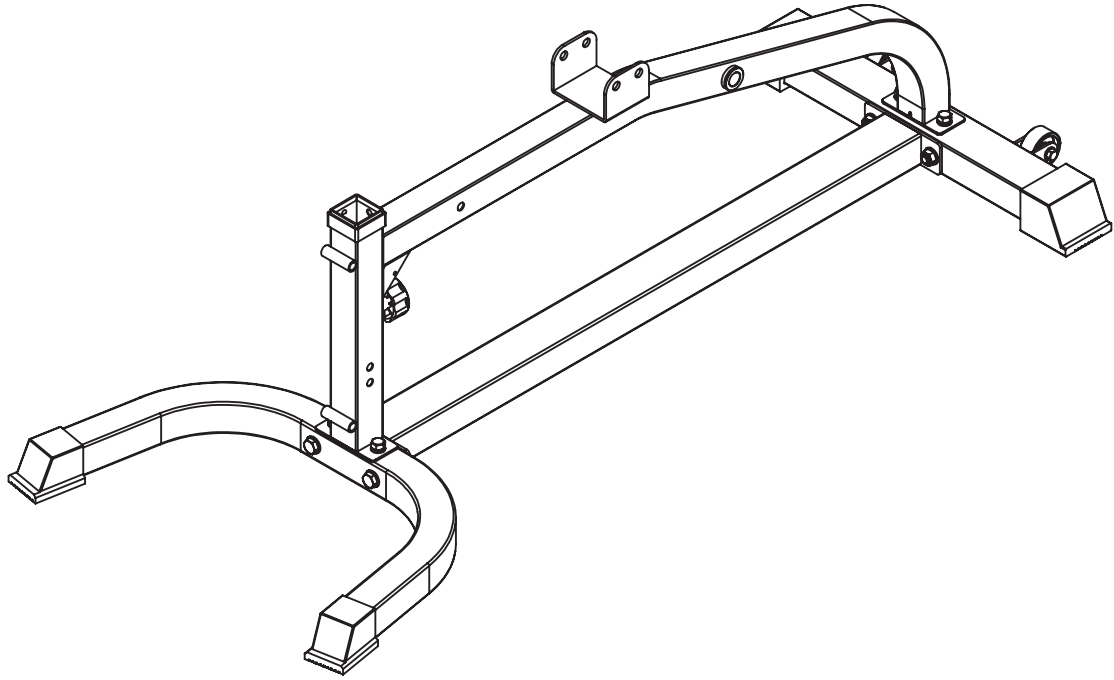
No.	Description	Note	Qty.
8	bending tube		1
42	hexagon bolt	M10*25	4
10	gasket	Φ10	4
11	locking spring knob	M18*1.5-35	1
12	spring gasket	Φ10	4

Factory assembly explosion drawing



No.	Description	Note	Qty.
49	powder metallurgy sleeve	$\Phi 32 * \Phi 28 * \Phi 20 * 18$	2
50	tube plug	$\square 50 * 50 / \square 45 * 45$	1

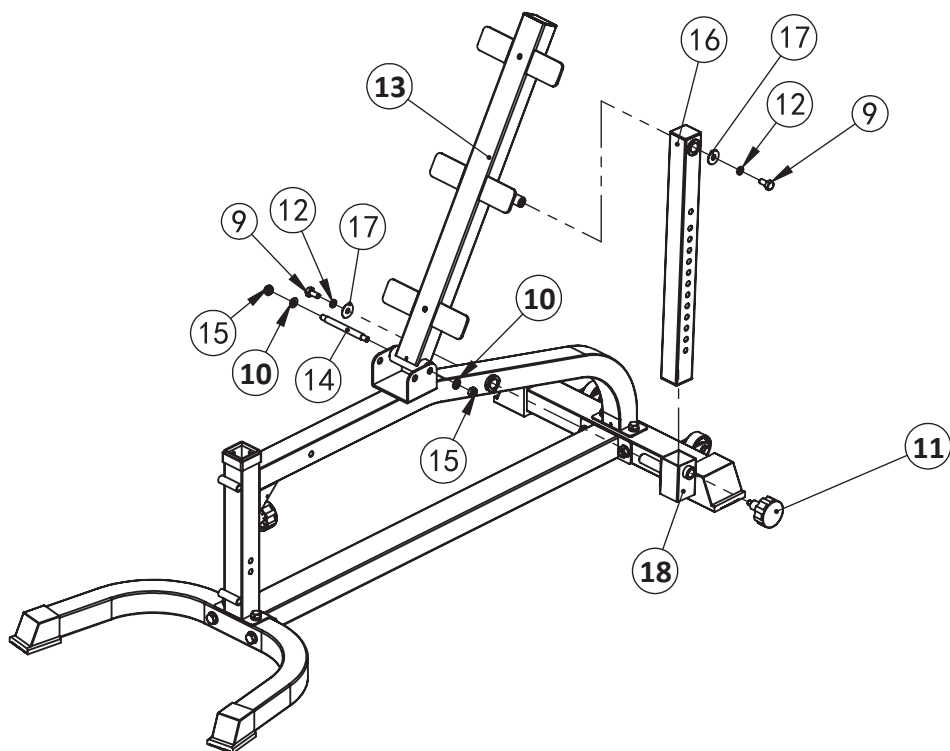
Assembly step-2 drawing



Assembly step-2 installation instruction

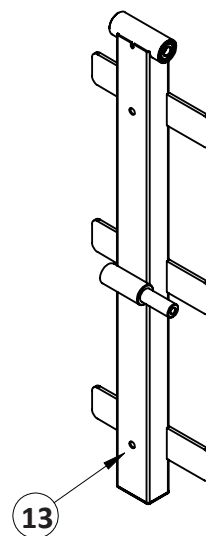
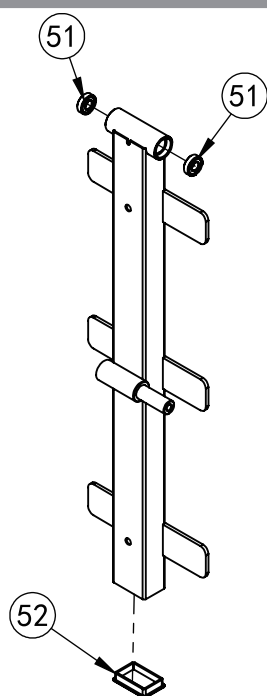
- 1 Fix bending tube-8 fastening on main frame using M10*25 hexagon bolt-42, Φ 10 gasket-10, Φ 10 spring gasket-12.
- 2 Put locking spring knob-11 on the bending tube-8.

Assembly step-3 explosion drawing

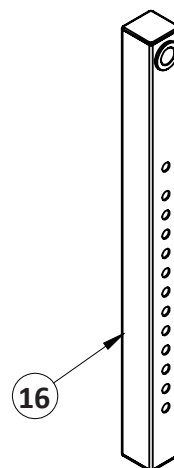
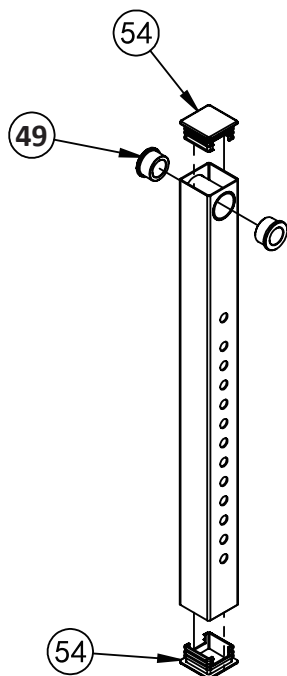


No.	Description	Note	Qty.
13	back pad tube		1
14	shaft	$\Phi 12 \times 128\text{-M10}$	1
10	gasket	$\Phi 10$	2
15	lock nut	M10	2
16	selector tube		1
17	big gasket	$\Phi 30 \times \Phi 10.5 \times 3.0$	2
9	hexagon bolt	M10*20	2
18	back pad rotating sleeve		1
11	locking spring knob	M18*1.5-35	1
12	spring gasket	$\Phi 10$	2

Factory assembly explosion drawing

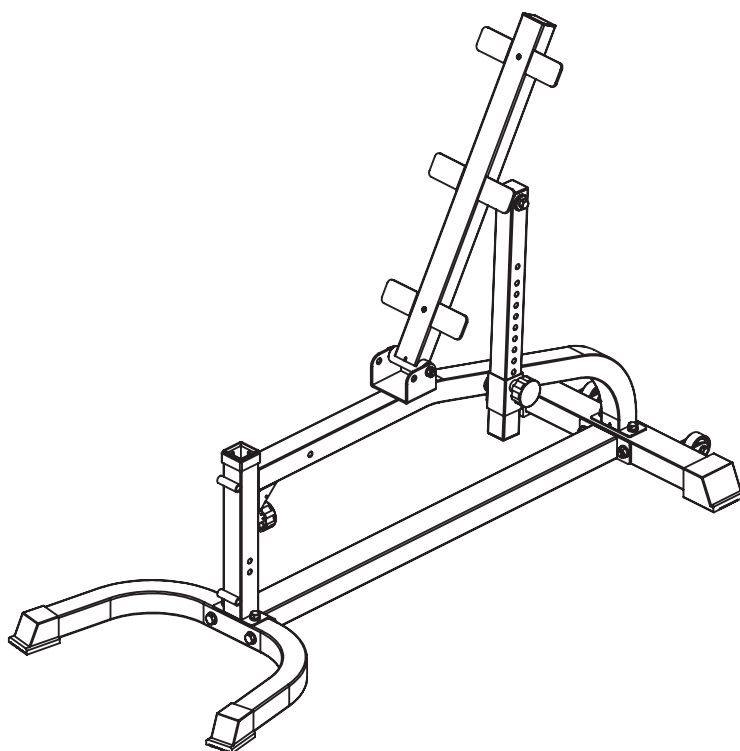


No.	Description	Note	Qty.
51	bearing	6001	2
52	tube plug	□40*60*2	1



No.	Description	Note	Qty.
49	powder metallurgy sleeve	Φ32*Φ28*Φ20*18	2
54	tube plug	□45*45	2

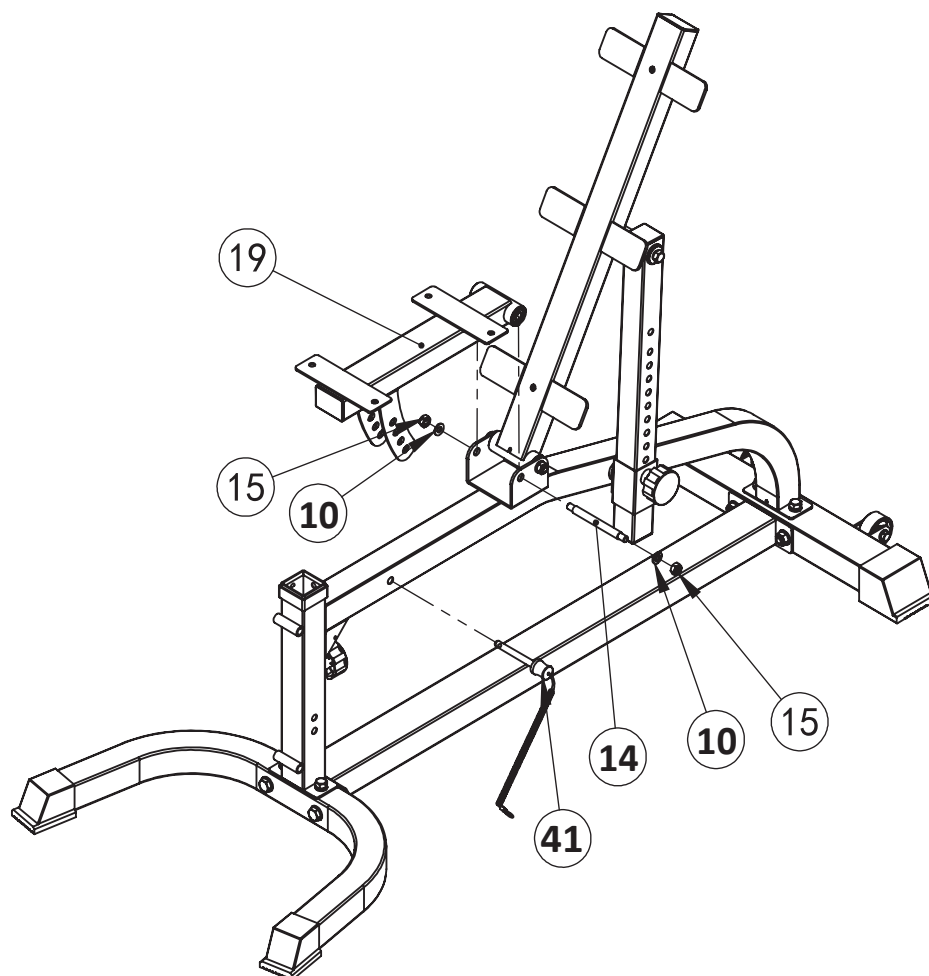
Assembly step-3 drawing



Assembly step-3 installation instruction

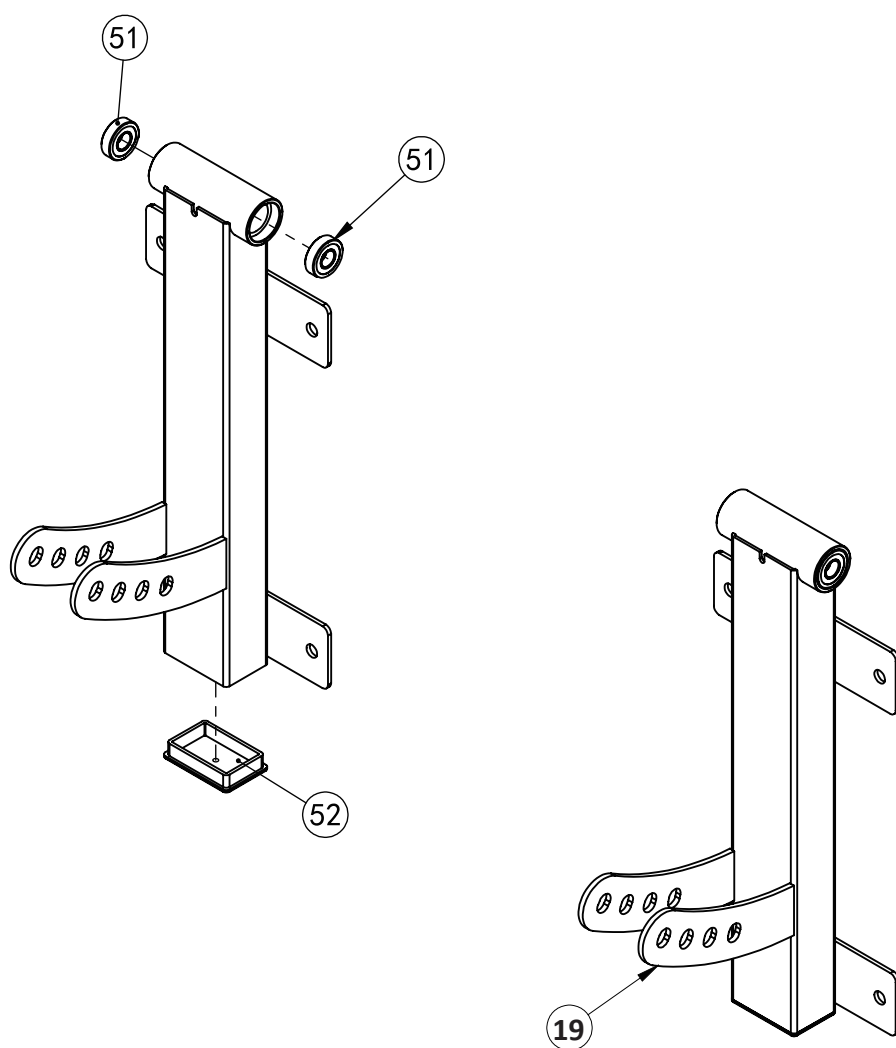
- 1 Fix selector tube-16, back pad rotating sleeve-18 and locking spring knob-11 on the main frame.
- 2 Connect back pad tube-13, selector tube-16 and main frame using shaft-14, $\Phi 10$ gasket -10 and M10 lock nut-15.
- 3 Fix selector tube-16 and back pad rotating sleeve-18 using M10*20 hexagon bolt-9, $\Phi 10$ big gasket-17 and $\Phi 10$ spring gasket-12.

Assembly step-4 explosion drawing



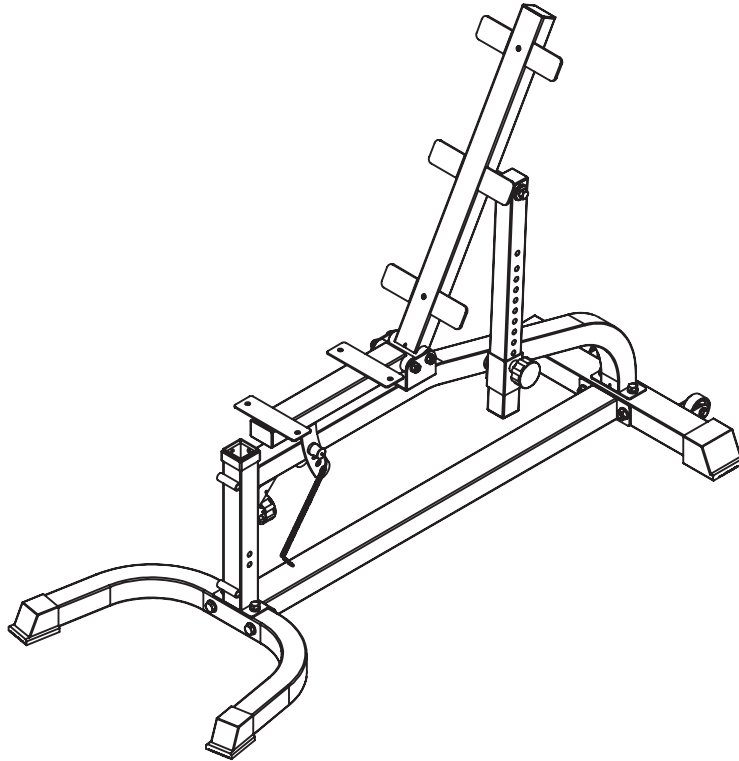
No.	Description	Note	Qty.
14	shaft	Φ12*128-M10	1
19	seat pad frame		1
10	gasket	Φ10	2
15	lock nut	M10	2
41	magnetic pin	Φ10*80	1

Factory assembly explosion drawing



No.	Description	Note	Qty.
51	bearing	6001	2
52	tube plug	□40*60*2	1

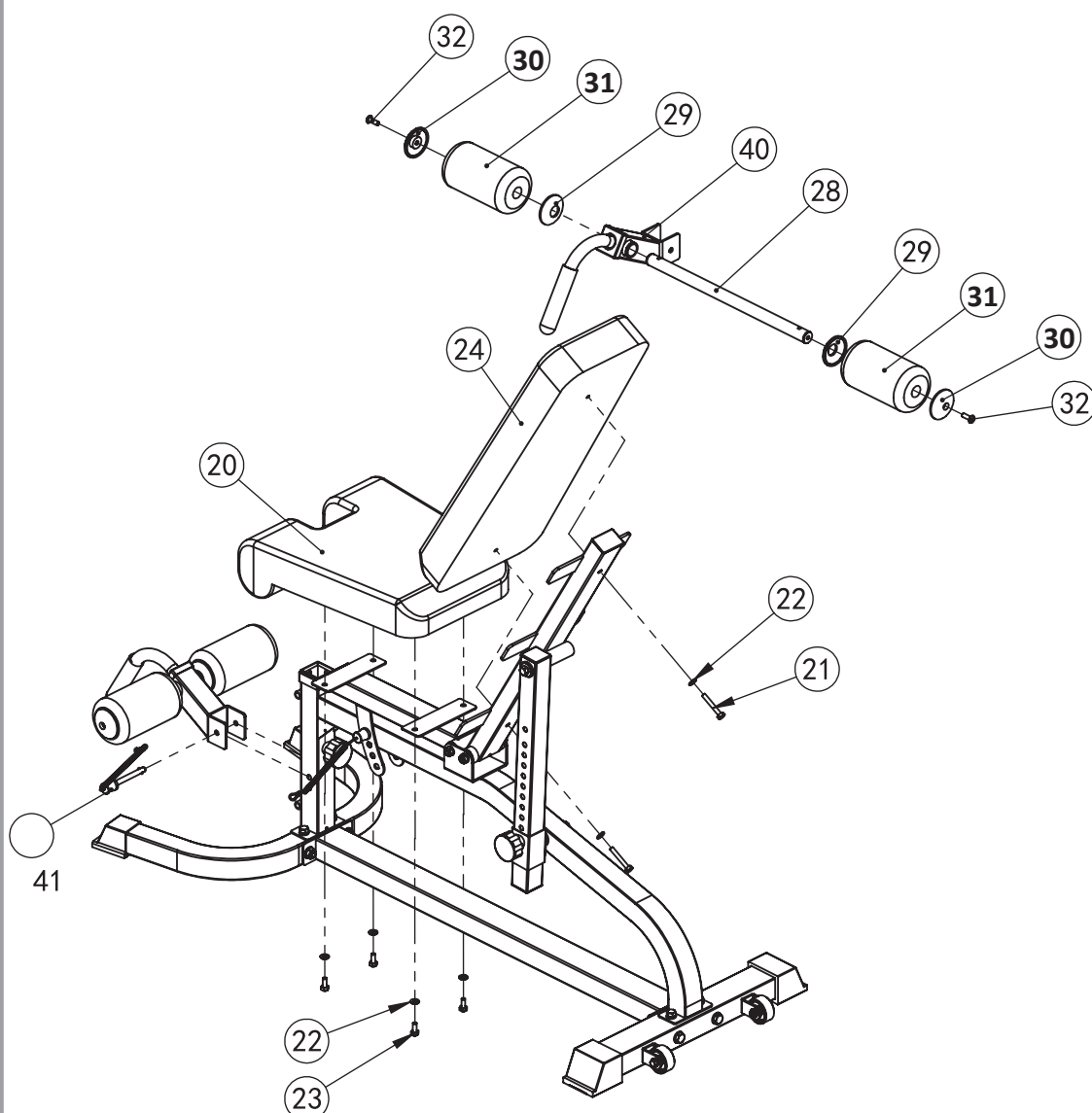
Assembly step-4 drawing



Assembly step-4 installation instruction

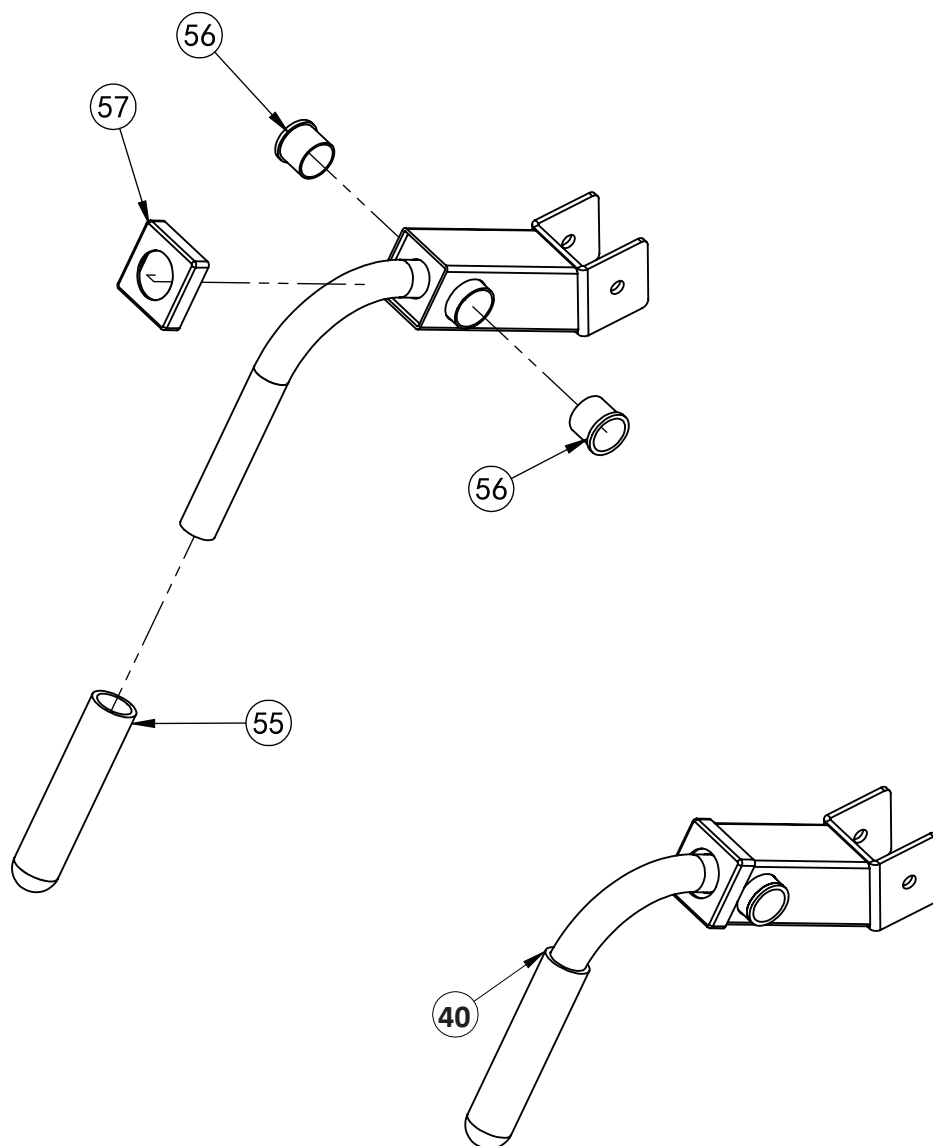
- 1 Fix seat pad frame-19 on the main frame using shaft-14, $\Phi 10$ gasket-10, M10 lock
- 2 Put magnetic pin-41 on the main frame.

Assembly step-5 explosion drawing



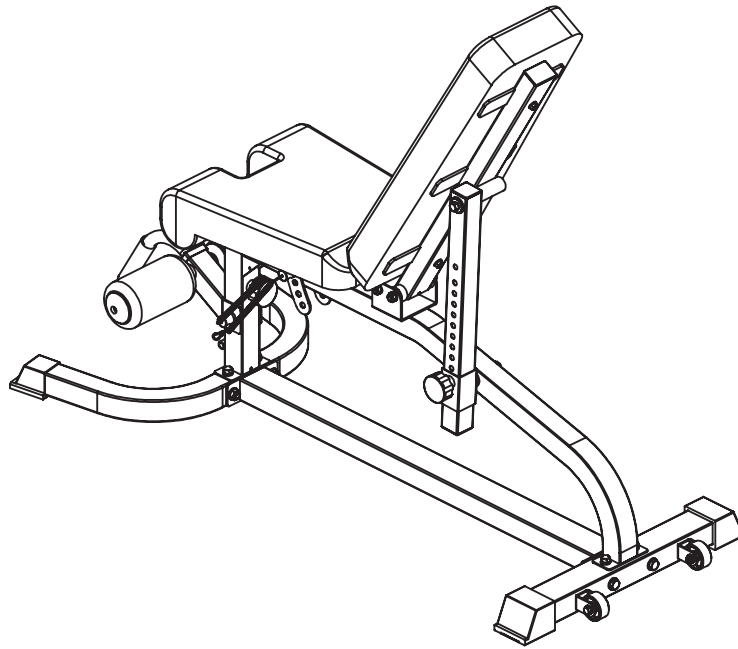
No.	Description	Note	Qty.
20	seat pad		1
21	hexagon bolt	M8*55	2
22	gasket	Φ8	6
23	hexagon bolt	M8*25	4
24	back pad		1
28	foam rod-450		1
29	foam inner cover		2
30	foam outer cover		2
31	foam	Φ100*175	2
32	allen bolt	M8*25	2
40	leg curl tube		1
41	magnetic pin	Φ10*80	1

Factory assembly explosion drawing



No.	Description	Note	Qty.
55	handle cover	$\Phi 32 * \Phi 25 * 130$	1
56	tube plug	$\Phi 32 * \Phi 29 * \Phi 26 * 29$	2
57	tube plug	$\square 50 * 50 / \Phi 32$	1

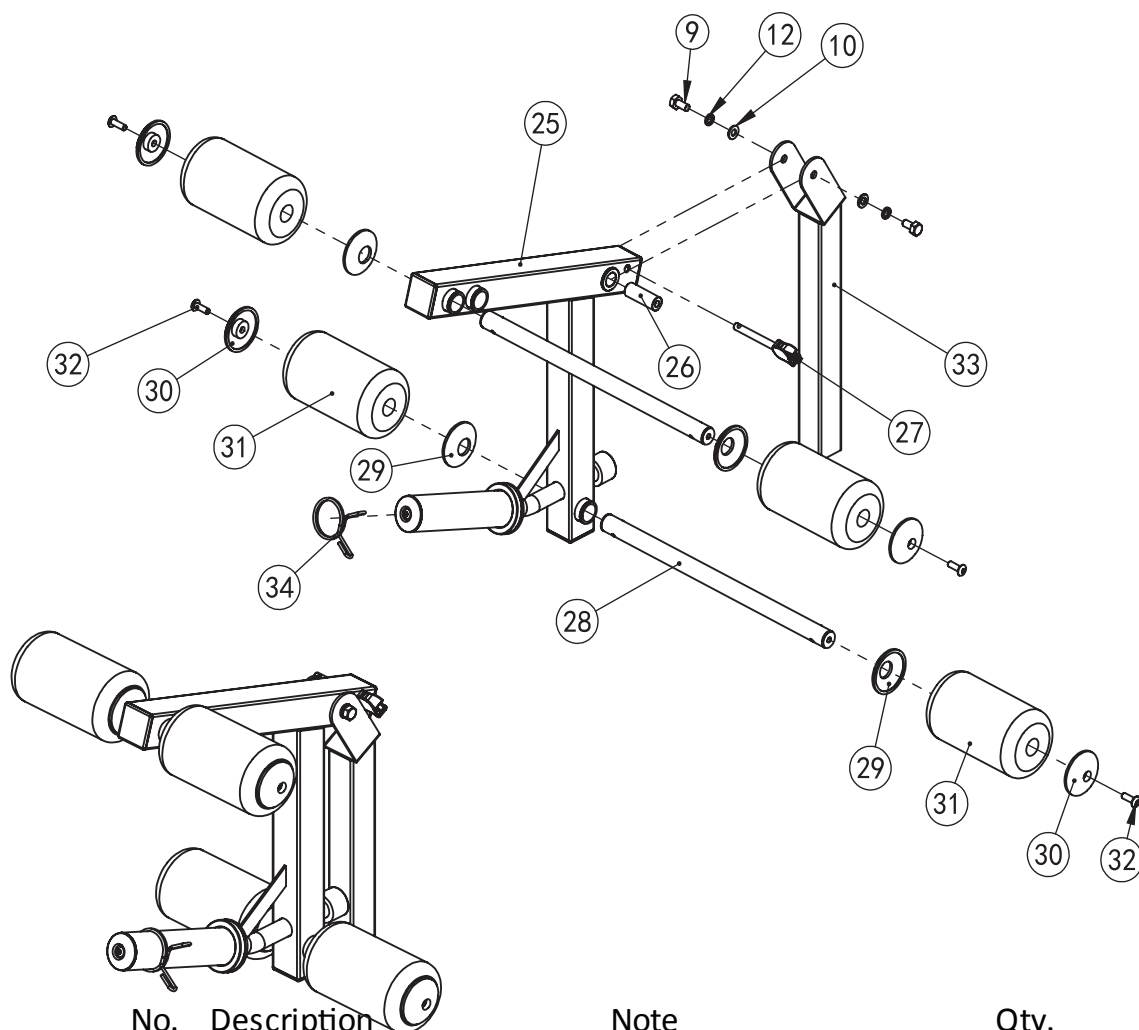
Assembly step-5 drawing



Assembly step-5 installation instruction

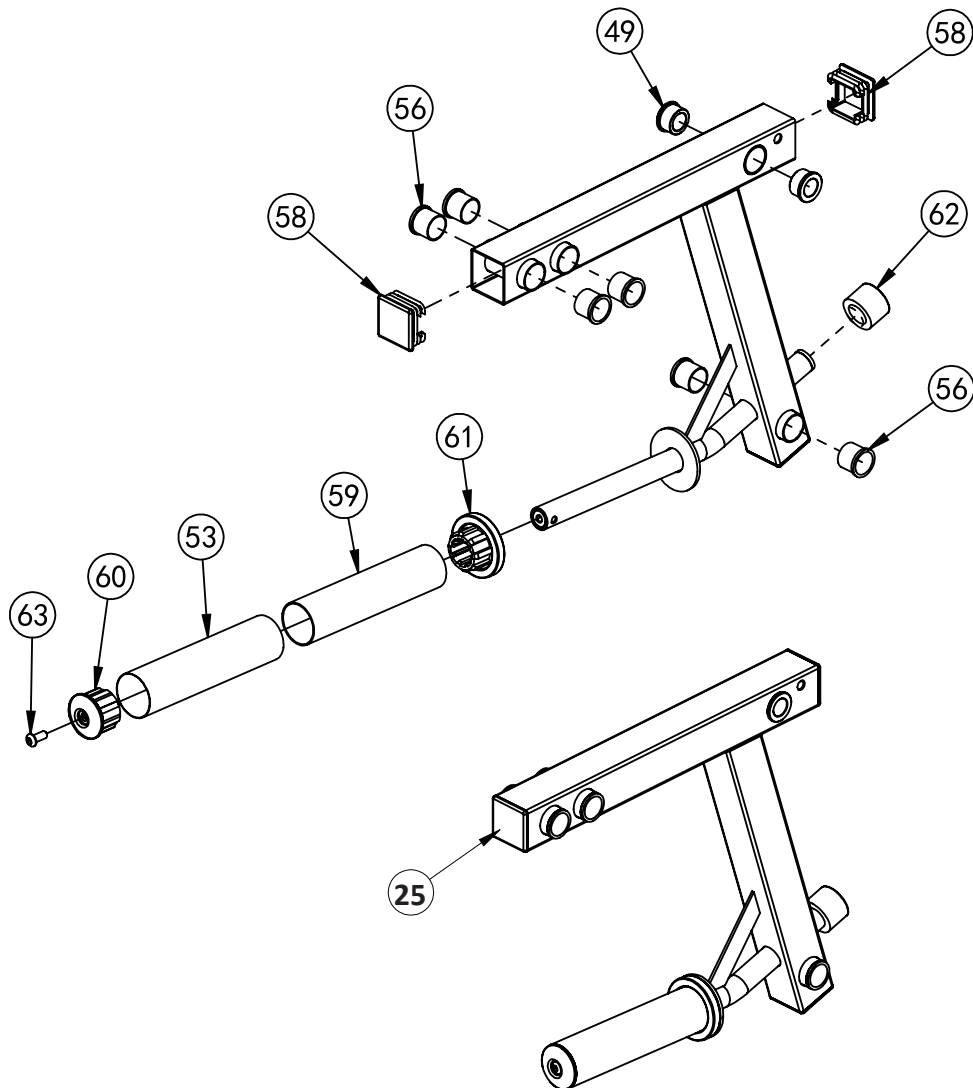
- 1 Fix the seat pad-20 and back pad-24 onto the main frame using $\Phi 8$ gasket-22, M8*25 hexagon bolt-23.
- 2 Fix foam tube-28, foam inner cover-29, foam-31 and foam outer cover-30 into the leg curl tube as shown in the figure using M8*25 allen bolt.
- 3 Put the leg curl tube-40 to the main body and fix them with magnetic pin-41. Supine hook foot can be achieved.
It can be disassembled at any time when the training action does not need this attachment.

Assembly step-6 explosion drawing



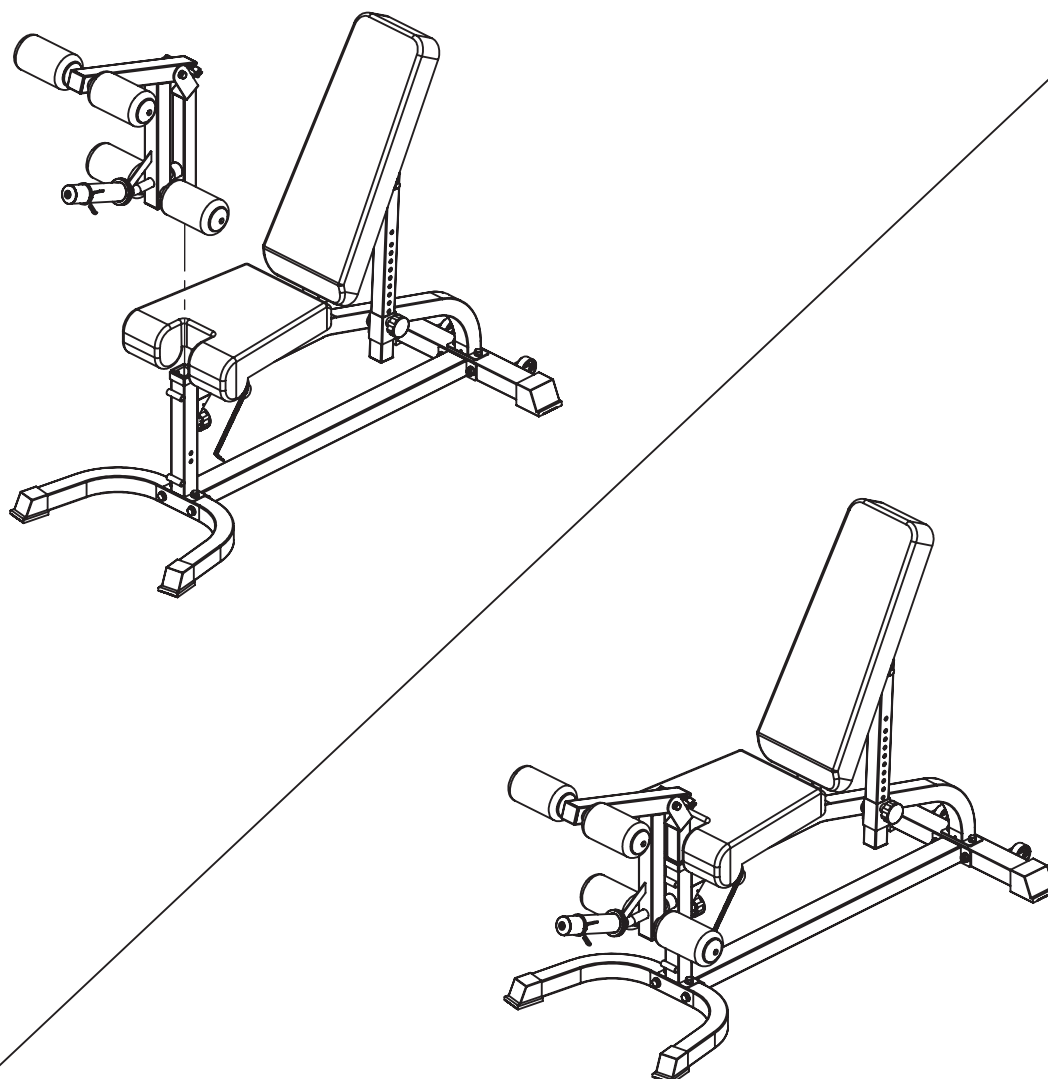
No.	Description	Note	Qty.
25	leg curl tube		1
26	shaft	$\Phi 20 \times 57$ -M10	1
9	hexagon bolt	M10*20	2
10	gasket	$\Phi 10$	2
27	T shape pin-85	$\Phi 10 \times 85$	1
28	foam rod-450		2
29	foam inner cover		4
30	foam outer cover		4
31	foam	$\Phi 100 \times 175$	4
32	allen bolt	M8*25	4
33	upright tube		1
12	spring gasket	$\Phi 10$	2
34	spring collar	$\Phi 50$	1

Factory assembly explosion drawing



No.	Description	Note	Qty.
56	tube plug	$\Phi 32 * \Phi 29 * \Phi 26 * 29$	6
58	tube plug	$\square 50 * 50 * 2.0$	3
49	powder metallurgy sleeve	$\Phi 32 * \Phi 28 * \Phi 20 * 18$	2
53	tube	$\Phi 50 * 0.8$	1
59	tube	$\Phi 48 * 1.5$	1
60	tube plug	$\Phi 50 * \Phi 44.8 * \Phi 25.5$	1
61	tube plug	$\Phi 70 * \Phi 44.8 * \Phi 25.5 * 30$	1
62	rubber cushion	$\Phi 40 * \Phi 25 * 29$	1
63	allen bolt	M8*20	1

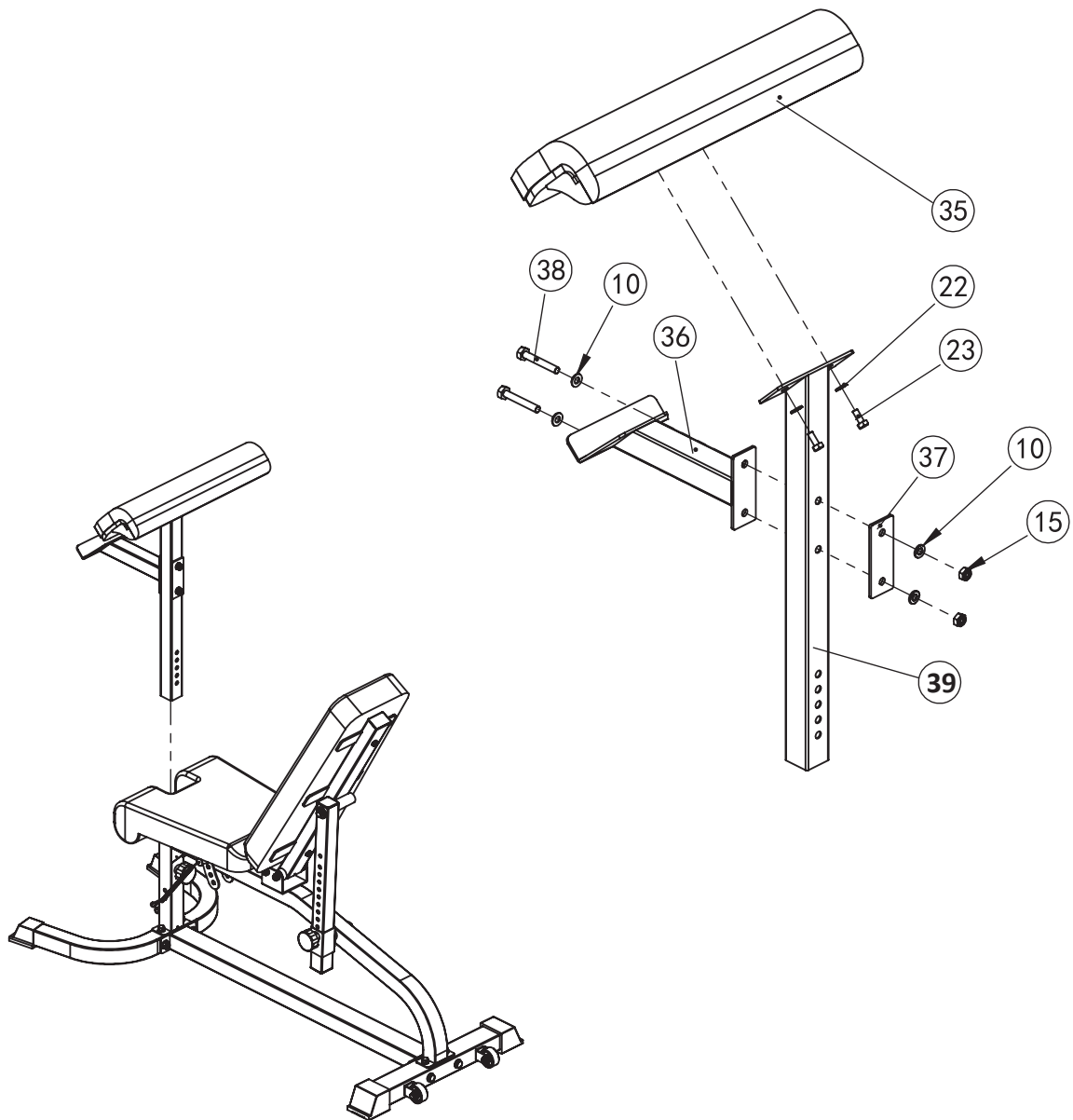
Assembly step-6 drawing



Assembly step-6 installation instruction

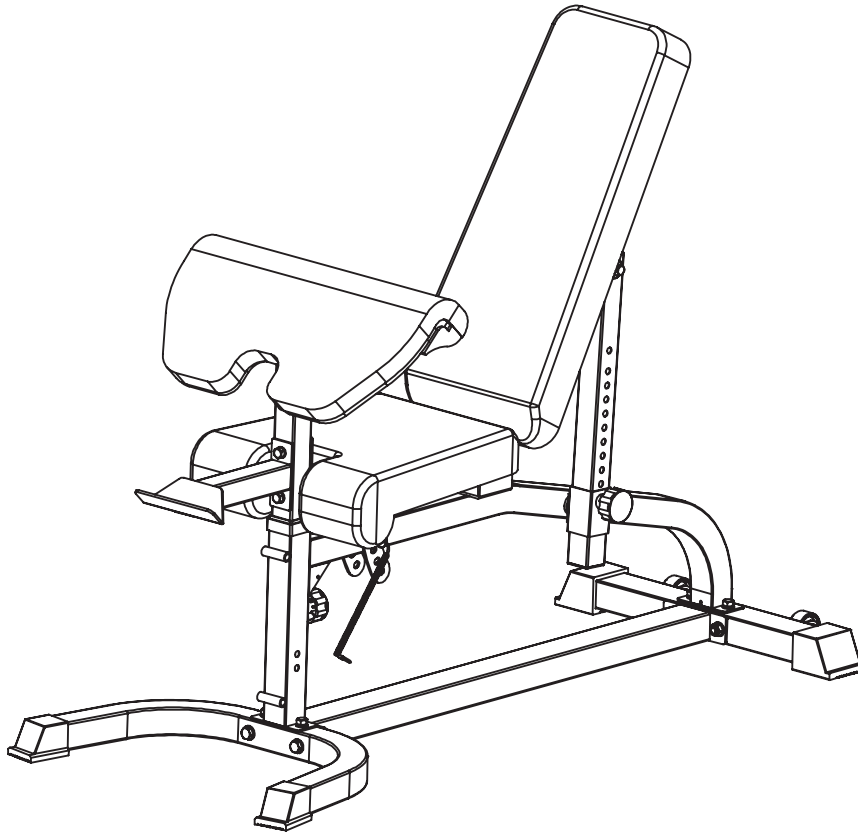
- 1 Fix shaft-26 and upright tube-33 fastening on leg curl tube-25 using $\Phi 10$ washer-10, $\Phi 10$ spring washer-12 and M10*20 hexagon bolt-9.
- 2 Assemble the foam rod-28, foam inner cover-29, foam-31 and foam outer cover-30 to leg curl tube-25 as shown in the figure, and fix it with M8*25 allen bolt-32 at both ends.
The two sets are assembled in the same way.
- 3 Put butterfly clip-34 onto leg curl tube-25.
- 4 As shown in the figure leg curl tube parts can be assembled and assembled onto the main frame to achieve kicking action with adjustable height. When not in use T shape pin-27 can be inserted into leg curl tube-25 and fixed.

Assembly step-7 explosion drawing



No.	Description	Note	Qty.
35	chest pad		1
23	hexagon bolt	M8*25	2
22	gasket	Φ8	2
36	barbell support tube		1
37	connection plate		1
38	hexagon bolt	M10*65	2
10	gasket	Φ10	4
15	lock nut	M10	2
39	chest pad tube		1

Assembly step-7 drawing



Assembly step-7 installation instruction

- 1 As shown in the figure fix barbell support tube-36, connection plate-37 fastening on the chest pad tube-39 using M10*65 hexagon head bolt-38, $\Phi 10$ gasket-10 and
- 2 Fix chest pad-35 onto the chest pad tube-39 and fix it with M8*25 hexagon bolt-23.
- 3 Assemble the whole set of barbell supporting trusteeship accessories onto the main body with adjustable height. When not needed, the attachment can be removed at any time, and the attachment can be replaced to achieve other training