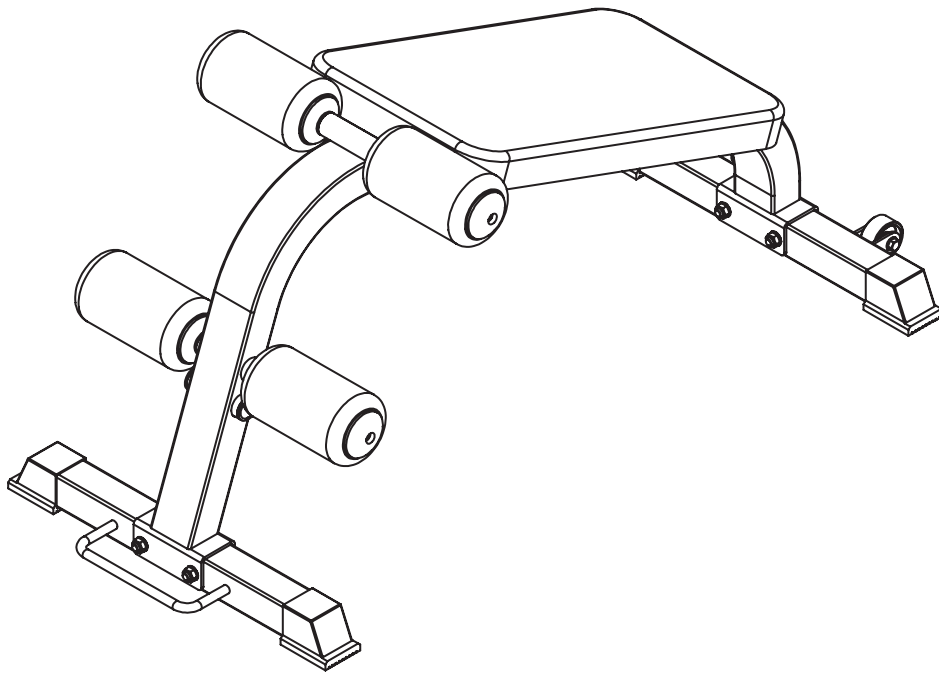




*BK-3026(BPBEMSUB)*

**Mini Sit Up 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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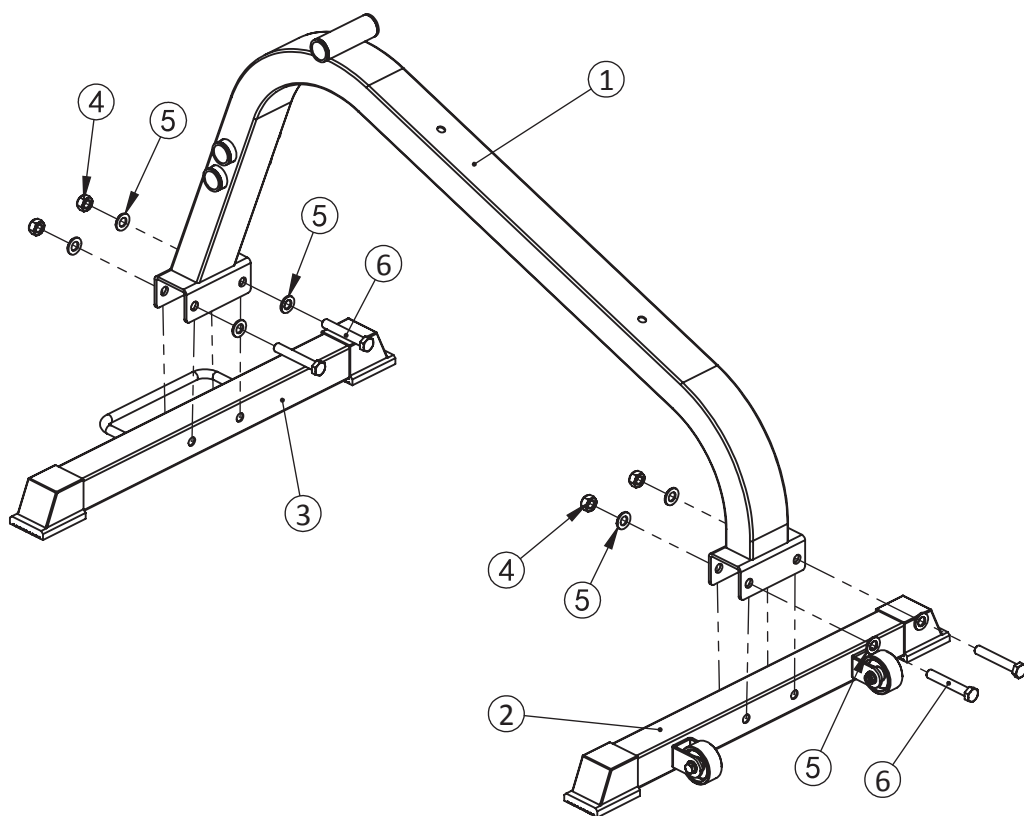
## Parts list

NO.	Serial NO.	Description	Note	Qty.
1	BK-3026-1	bending frame		1
2	BK-3026-2	base frame back		1
3	BK-3026-3	base frame front		1
4	BK-3026-4	lock nut	M12	4
5	BK-3026-5	washer	Φ12	8
6	BK-3026-6	hexagon bolt	M12*75	4
7	BK-3026-7	back pad		1
8	BK-3026-8	foam inner cover	Φ70*Φ27*12	4
9	BK-3026-9	foam	Φ100*175	4
10	BK-3026-10	foam outer cover	Φ70*Φ9*14	4
11	BK-3026-11	allen bolt	M8*25	4
12	BK-3026-12	washer	Φ8	6
13	BK-3026-13	foam rod		2
14	BK-3026-14	hexagon bolt	M8*70	2
15	BK-3026-15	foot cover	□50*50	4
16	BK-3026-16	roller	54-10.5-26	2
17	BK-3026-17	hexagon bolt	M8*45	2
18	BK-3026-18	lock nut	M8	2
19	BK-3026-19	rubber cover	Φ32*Φ26*25	6
20	BK-3026-20	tube plug	M8	2

## Bolt length meter

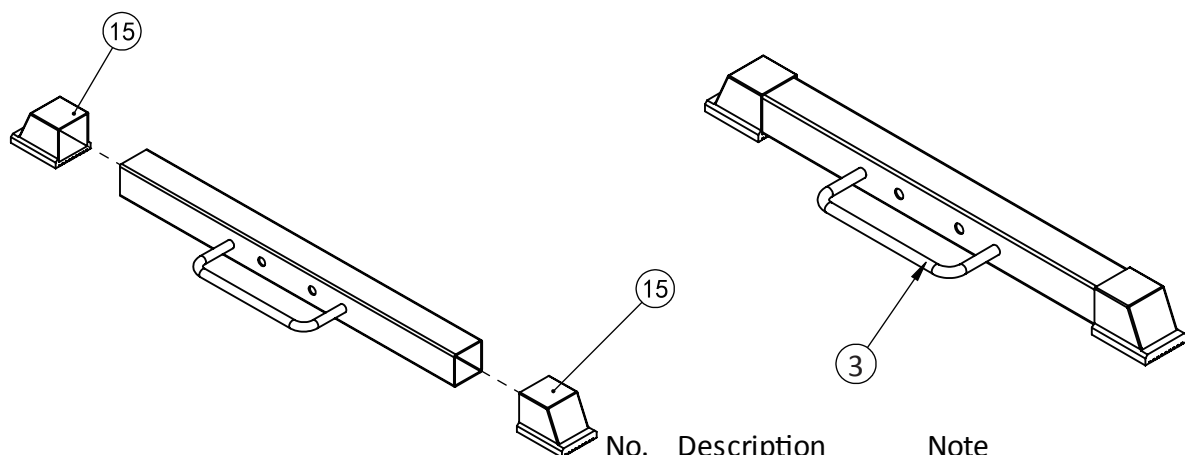


## Assembly step-1 explosion drawing

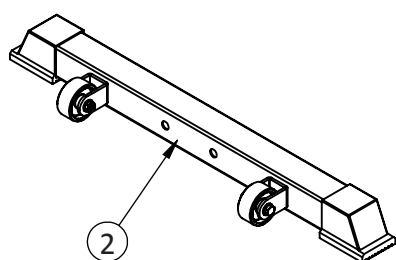


No.	Description	Note	Qty.
1	bending frame		1
2	base frame back		1
3	base frame front		1
4	lock nut	M12	4
5	gasket	Φ12	8
6	hexagon bolt	M12*75	4

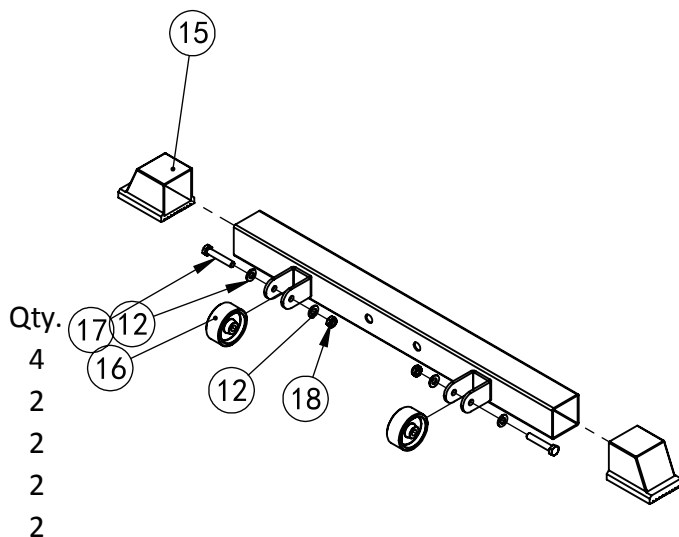
## Factory assembly explosion drawing



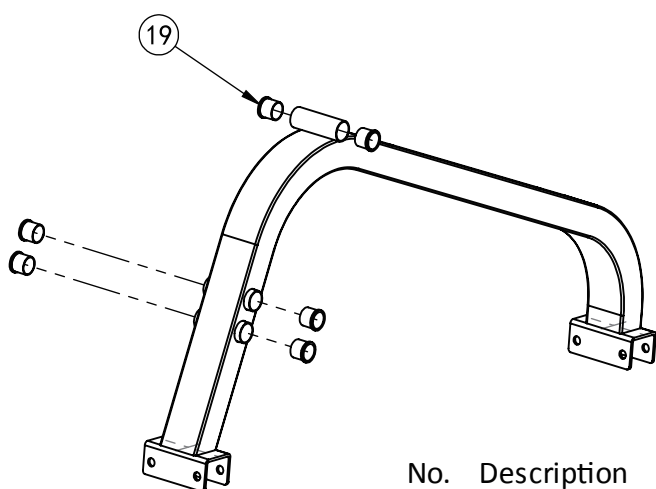
No.	Description	Note	Qty.
15	foot cover	□50*50	2



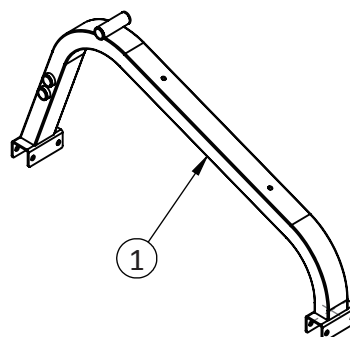
No.	Description	Note
12	gasket	Φ8
15	foot cover	□50*50
16	roller	
17	hexagon bolt	
18	lock nut	M8



Qty.
4
2
2
2
2



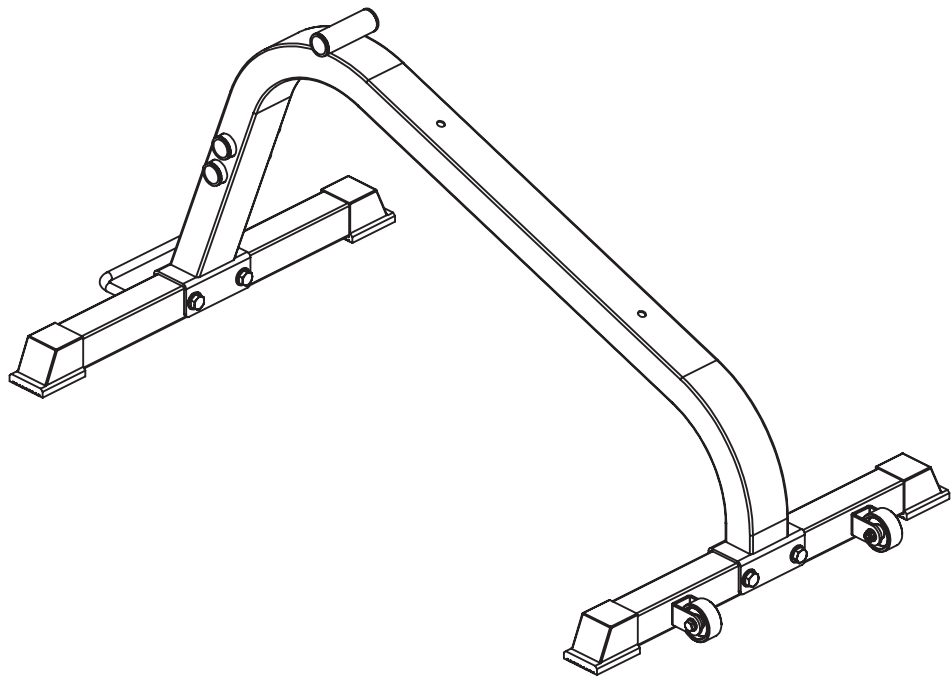
No.	Description
19	rubber cover



Note	Qty.
Φ32*Φ	6



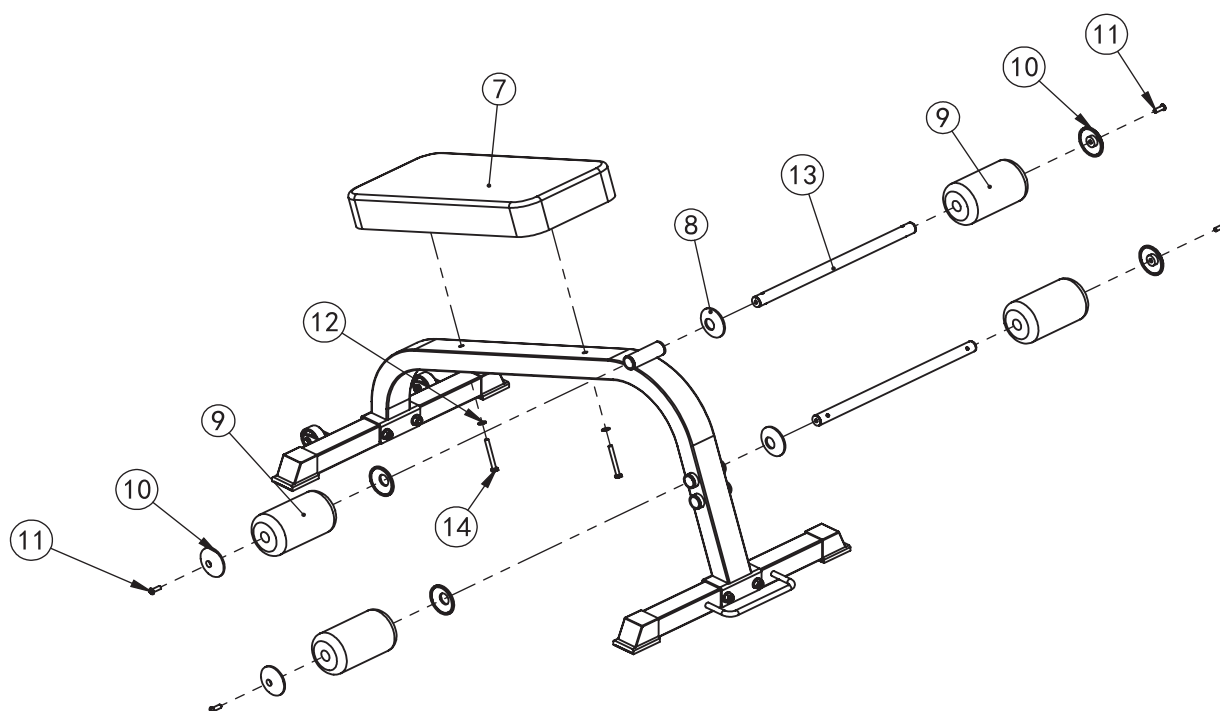
## Assembly step-1 drawing



### Assembly step-1 installation instruction

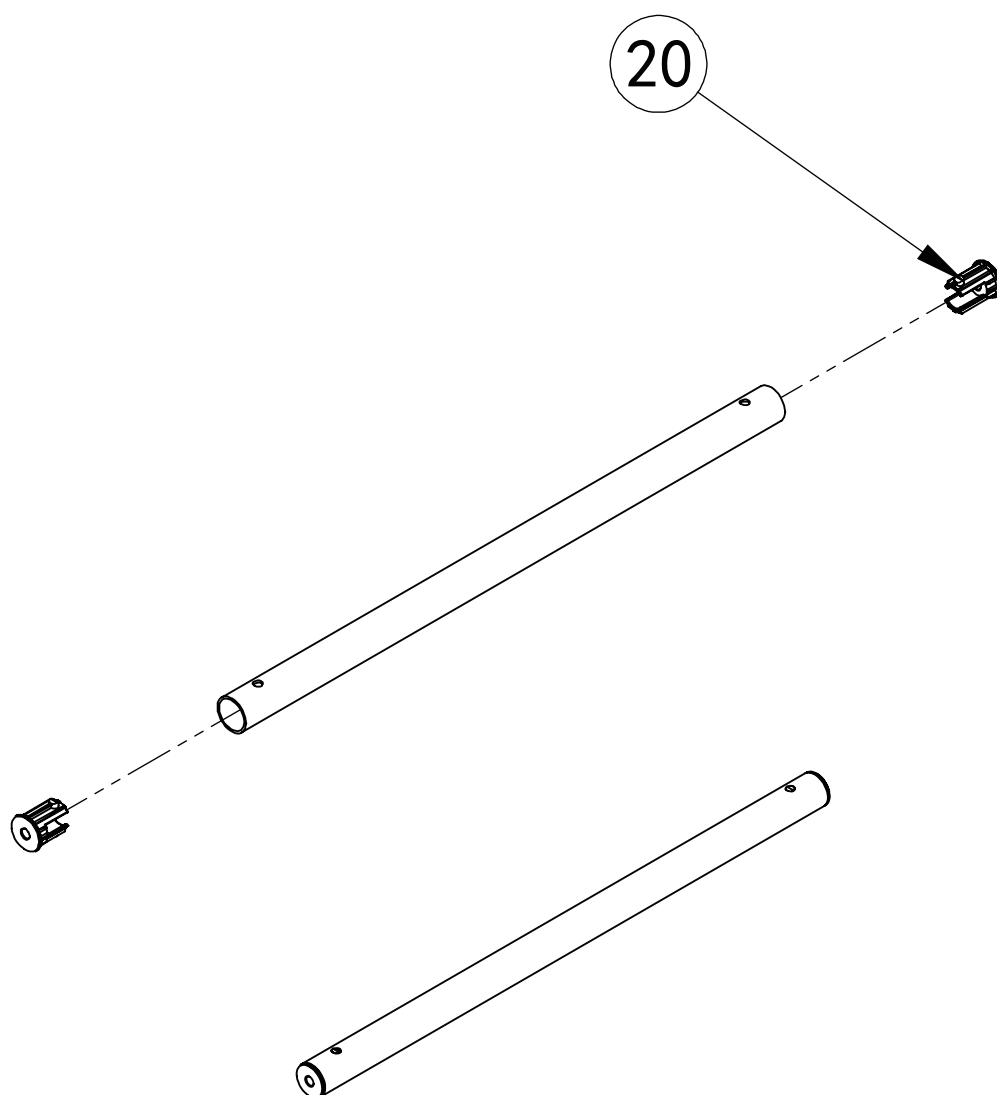
- 1 Fix base frame back-2 and base frame front-3 fastening on bending frame-1 using M12x75 hexagon bolt-6,  $\Phi 12$  gasket-5 and M10 lock nut-4.

## Assembly step-2 explosion drawing



No.	Description	Note	Qty.
7	back pad		1
8	foam inner cover		4
9	foam		4
10	foam outer cover		4
11	allen bolt	M8*25	4
12	gasket	Φ8	2
13	foam rod		2
14	hexagon bolt	M8*70	2

## Factory assembly explosion drawing

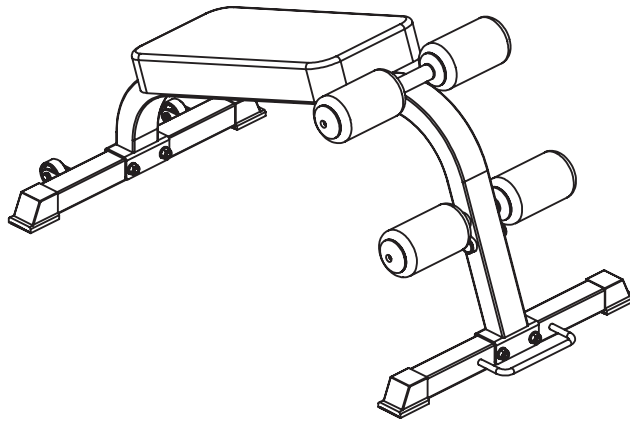


No.	Description
20	tube plug

Note

Qty.
2

## Assembly step-2 drawing



## Assembly step-2 installation instruction

- 1 Fix back pad-7 fastening on the main frame using M8x70 hexagon bolt-12 and  $\Phi 8$  gasket-12.
- 2 Fix foam rod-13, foam inner cover-8, foam-9 and foam outer cover-10 fastening on the main frame using M8x25 allen bolt-11.