

BEFORE YOU BEGIN

- A flat area of 80"x42" will be required to assemble and properly use the *Mid-width Bench with Lat Tower*.
- For your benefit, read this manual carefully before using the Weight Bench. Before reading further, please review the exploded diagram to familiarize yourself with the parts that are labeled.
- Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.
- **Assembly Requires Two Persons**
For your convenience and safety, assemble the Weight Bench with the help of another person.
- **Set Aside Enough Time**
Due to the many features of the Weight Bench, the assembly process will take time. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. It should take approx. 2 –3 hours to assemble.
- **Select a Location for the Weight Bench**
Because of its weight and size, the Weight Bench should be assembled in the location where it will be used. Make sure that there is enough room to walk around the Weight bench as you assemble it.
- **How to Unpack the Box**
Place all parts of the Weight Bench in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- **Make sure you have the following tools:**
 - Two adjustable wrenches and allen wrenches
 - One rubber mallet
 - You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.
- **How to Identify Parts**
To help you identify the small parts used in assembly, we have included a PARTS LIST at the end of this manual. Place the list on the floor and use it to easily identify parts during each assembly step.
Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.
- **Tightening Parts**
Tighten all parts as you assemble them, unless instructed to do otherwise.