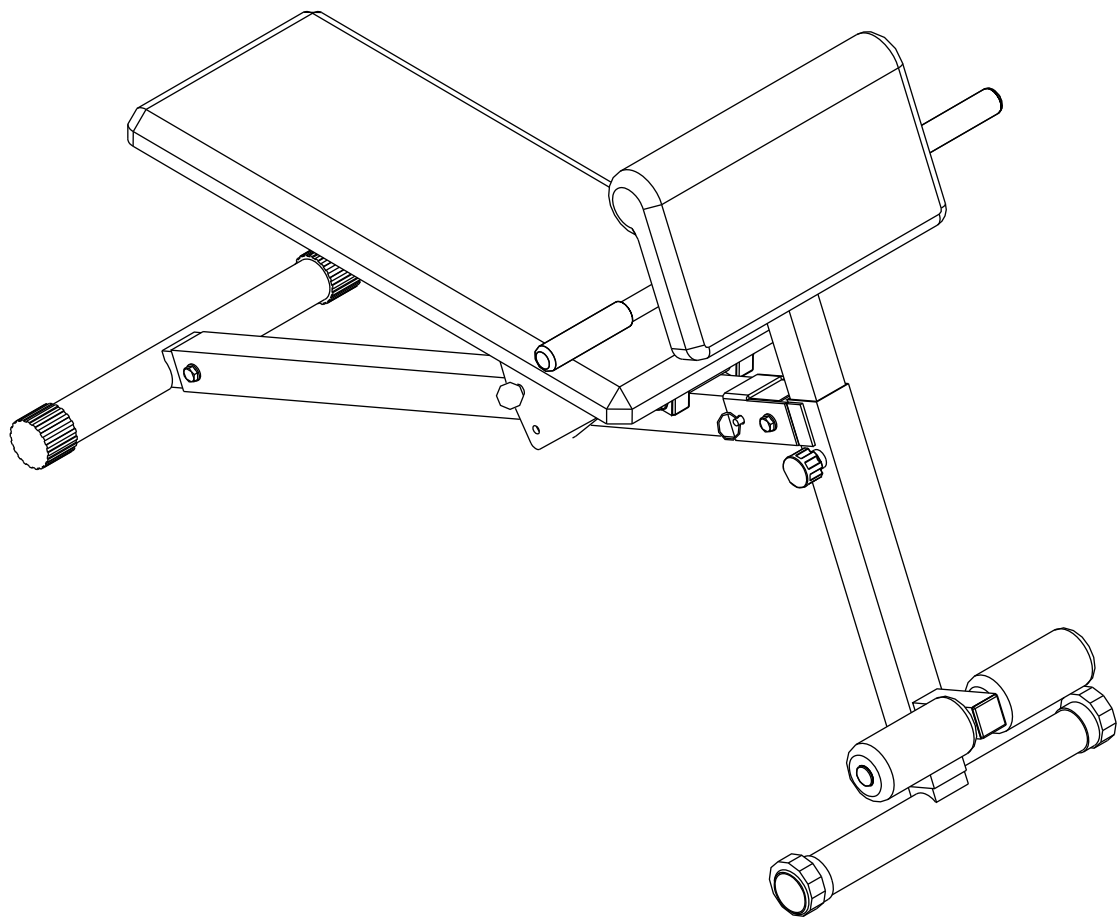


# GORILLA SPORTS

SIT UP BENCH

100907



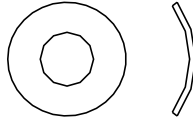


# GORILLA SPORTS

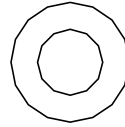
## HARDWARE PACK



Washer 6 - 8PCS



Arc Washer 8 - 1PC



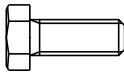
Washer 10 - 10PCS



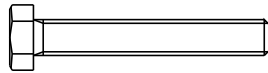
Lock Nut M10 - 2PCS



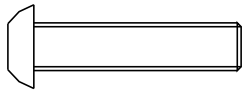
Nut M10 - 2PCS



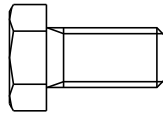
Hex Bolt M6\*16 - 4PCS



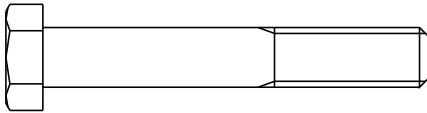
Hex Bolt M6\*40 - 4PCS



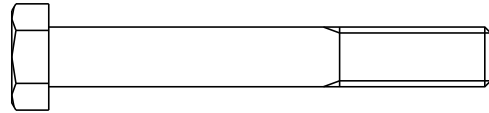
Allen Bolt M8\*35 - 1PC



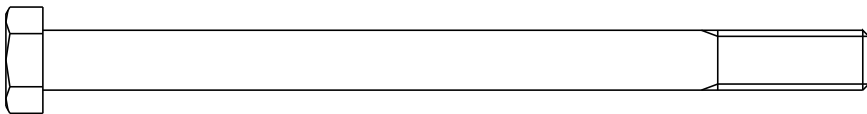
Hex Bolt M10\*20 - 2PCS



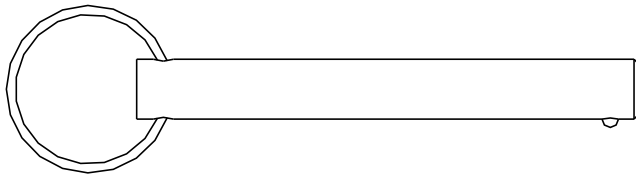
Hex Bolt M10\*65 - 2PCS



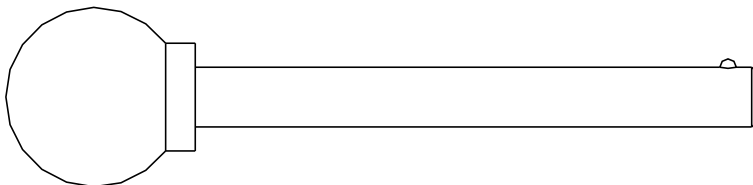
Hex Bolt M10\*75 - 1PC



Hex Bolt M10\*140 - 1PC



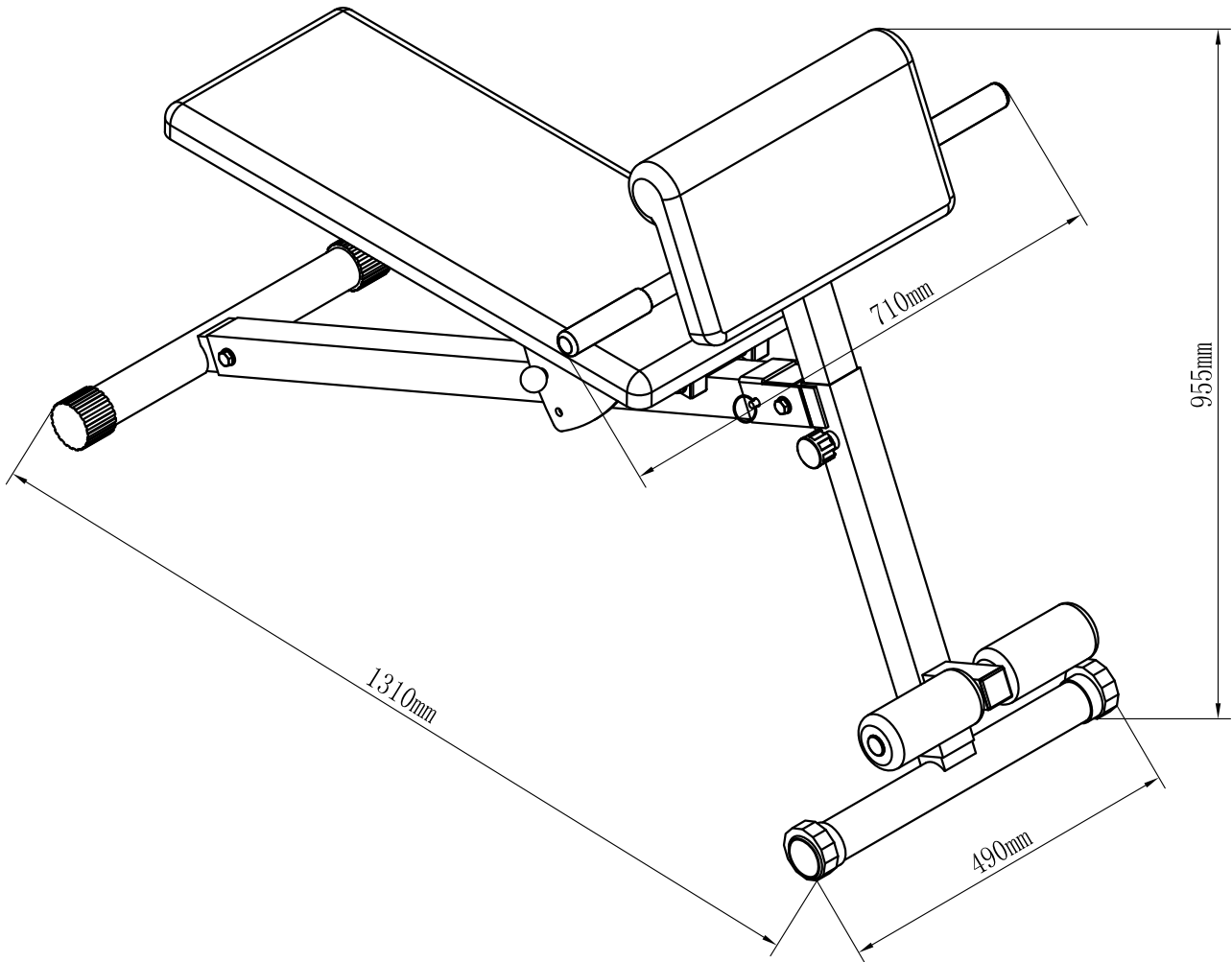
PIN 10\*70×2PCS



PIN 10\*85×1PC



# GORILLA SPORTS

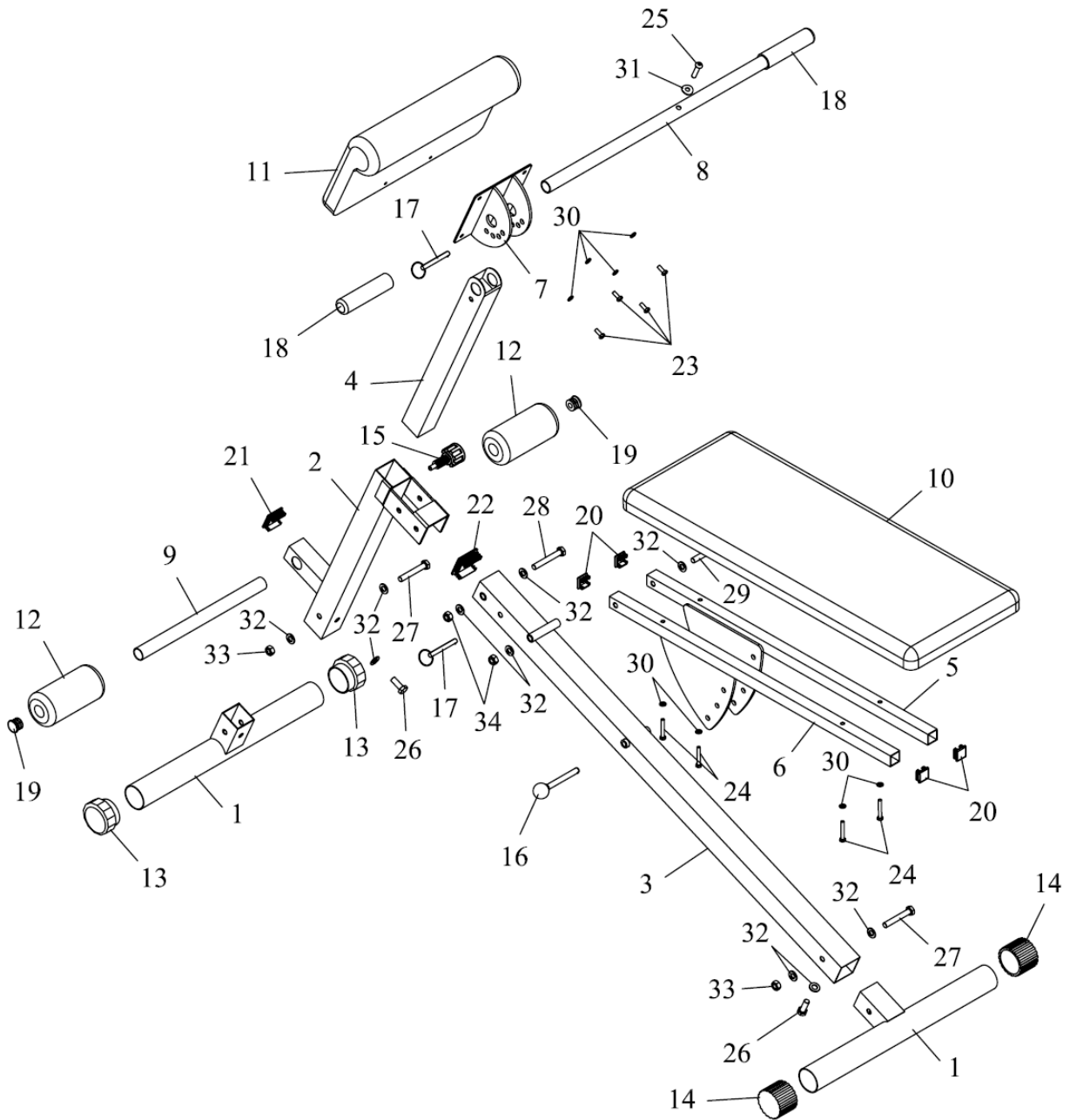


Maximum load 100KG



# GORILLA SPORTS

## EXPLODED DRAWING





# GORILLA SPORTS

## PART LIST

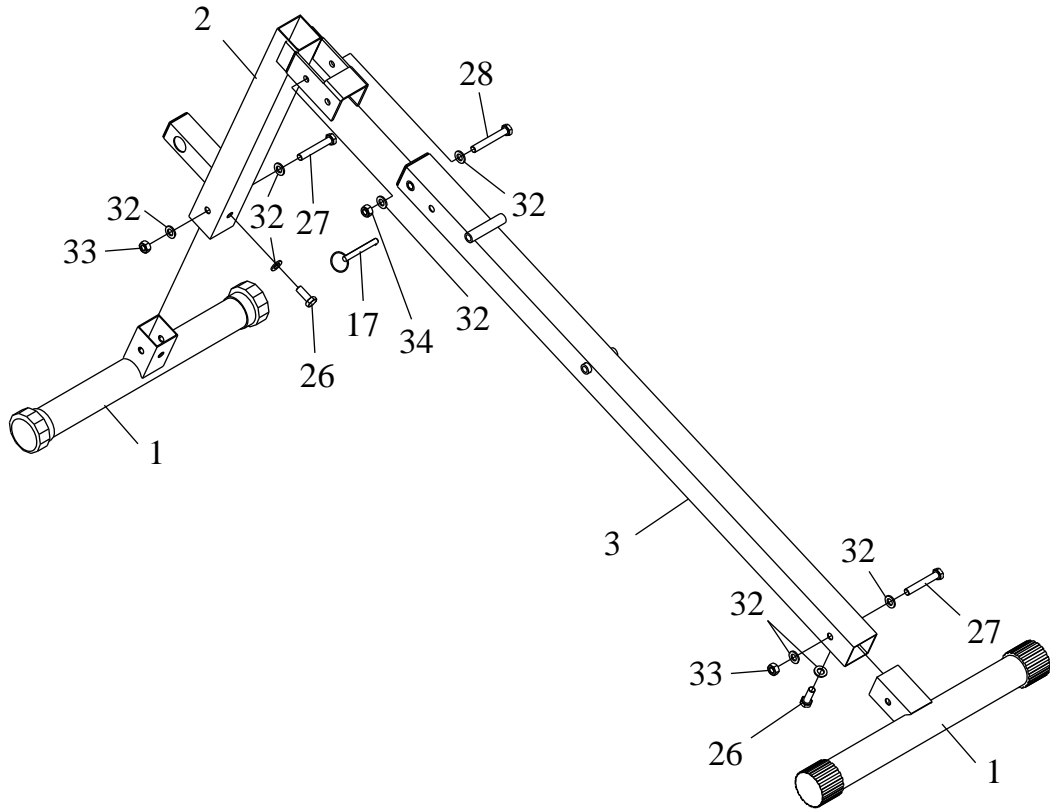
NUMBER	DESCRIPTION	QUANTITY
1	BASE	2
2	FRONT SUPPORT	1
3	REAR SUPPORT	1
4	ARMREST CUSHION SUPPORT TUBE	1
5	RIGHT BACKREST SUPPORT	1
6	LEFT BACKREST SUPPORT	1
7	ARMREST CUSHION PLATE	1
8	HANDLE BAR	1
9	FOAM TUBE	1
10	BACKREST CUSHION	1
11	ARMREST CUSHION	1
12	FOAM ROLLER	2
13	ADJUSTABLE END CAP	2
14	ROUND END CAP	2
15	FAST PIN	1
16	BALL HEAD PIN $\phi$ 10*85	1
17	PIN $\phi$ 10*70	2
18	HAND GRIP	2
19	ROUND PLUG	2
20	SQUARE PLUG-25	4
21	SQUARE PLUG-38	1
22	SQUARE PLUG-50	1
23	BOLT M6*16	4
24	BOLT M6*40	4
25	ALLEN BOLT M8*35	1
26	BOLT M10*20	2
27	BOLT M10*65	2
28	BOLT M10*75	1
29	BOLT M10*140	1
30	WASHER 6	8
31	ARC WASHER 8	1
32	WASHER 10	10
33	NUT M10	2
34	LOCK NUT M10	2

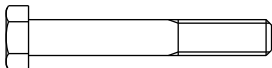
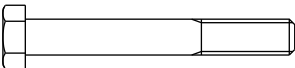
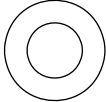


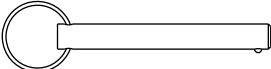
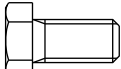


# GORILLA SPORTS

## ASSEMBLY INSTRUCTION

1

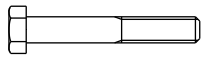
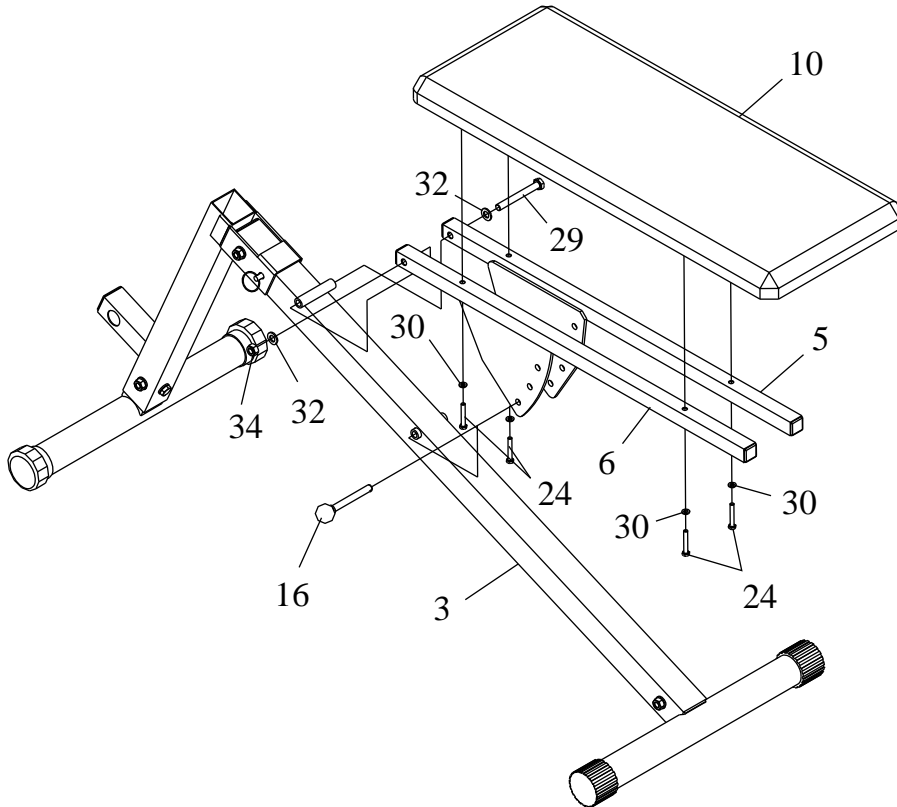


		
#27-M10*65 - 2PCS	#28-M10*75 - 1PC	
		
#32-Washer 10 - 8PCS	#33-Nut M10 - 2PCS	#34-Lock Nut M10 - 1PC
		
#17-Pin 10*70 - 1PC	#26-M10*20 - 2PCS	



# GORILLA SPORTS

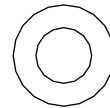
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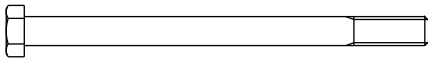
#24-M6\*40 - 4PCS



#30-Washer 6 - 4PCS



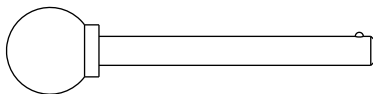
#32-Washer 10 - 2PCS



#29-M10\*140 - 1PC



#34-Lock Nut M10 - 1PC

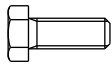
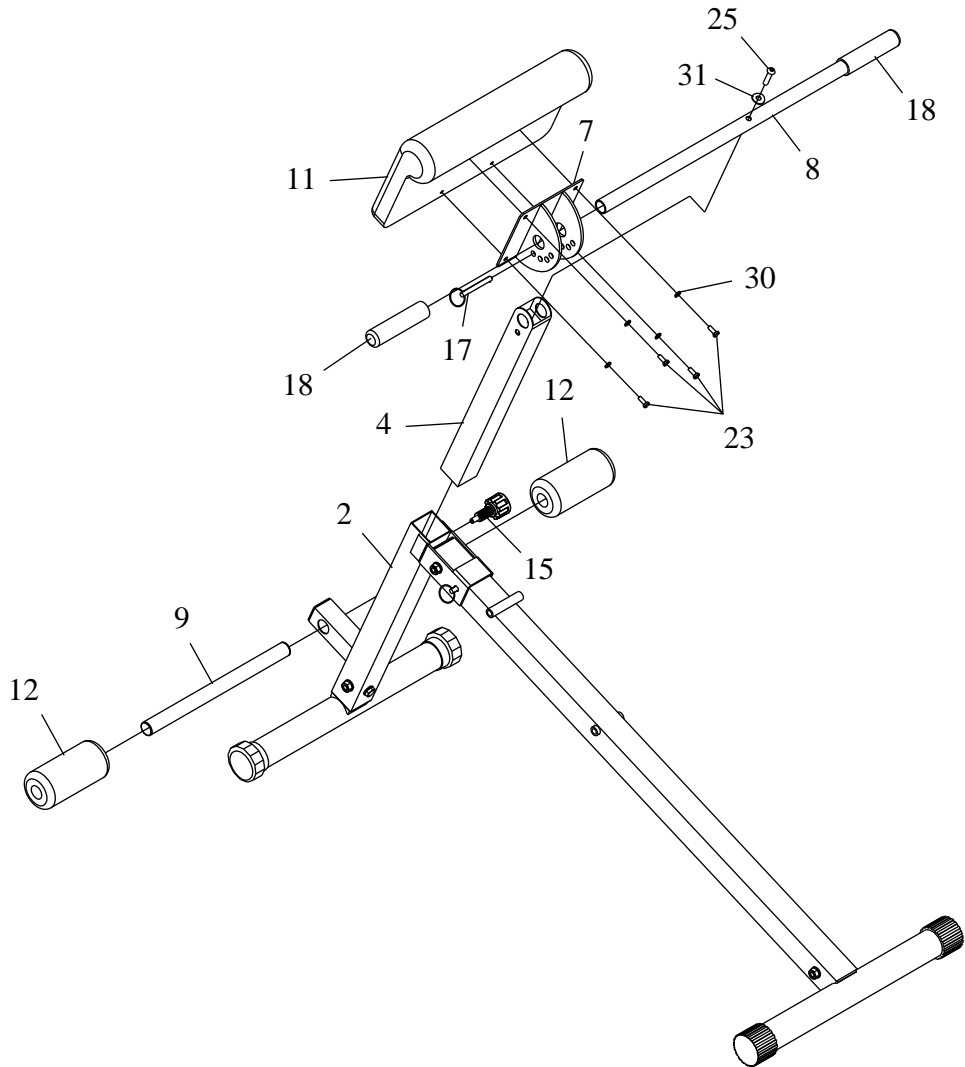


#16-PIN 10\*85 - 1PC



# GORILLA SPORTS

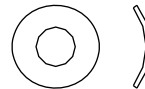
3



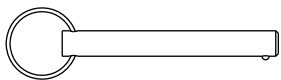
#23-M6\*16 - 4PCS



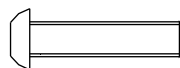
#30-Washer 6 - 4PCS



#31-Arc Washer 8 - 1PC



#17-Pin 10\*70 - 1PC



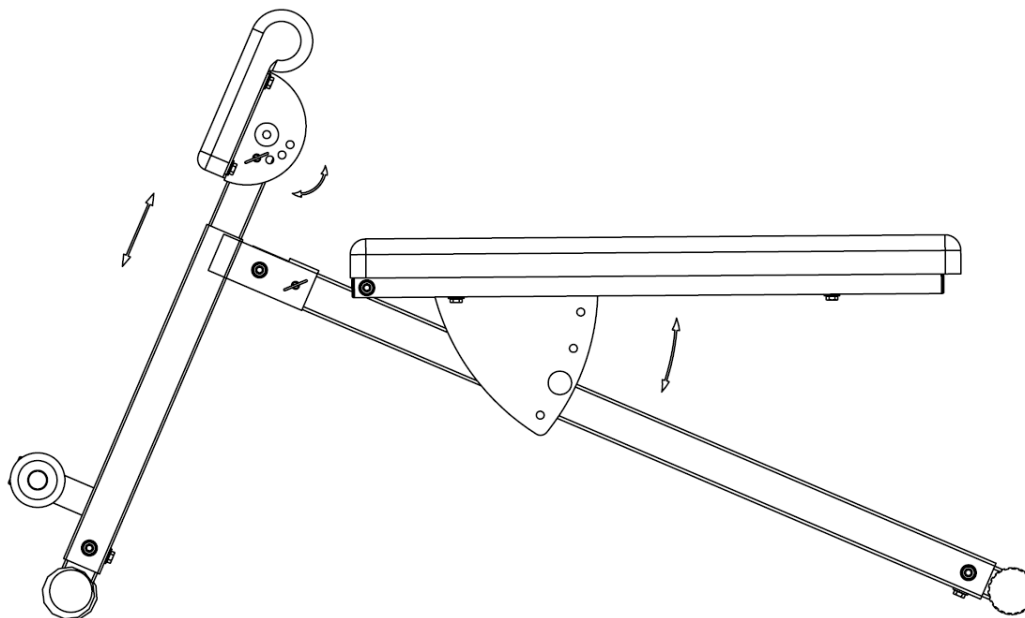
#25-Allen Bolt M8\*35 - 1PC





# GORILLA SPORTS

## ADJUSTMENTS



### **Adjust the armrest cushion**

There are 4 settings for the armrest cushion.

1. Pull out the pin (17) on the armrest cushion plate.
2. Rotating the armrest cushion plate.
3. Choose proper position and insert pin into hole.

### **Adjust the height of the armrest cushion**

There are 4 settings for the height.

1. Loosen and pull the fast pin (15) on the front support.
2. Pull the cushion support tube.
3. An audible click will confirm the tube is locked into place.

### **Adjust the backrest cushion**

There are 4 settings for the armrest cushion.

4. Pull out the ball head pin (16) on the backrest support.
5. Lift the backrest cushion.
6. Choose proper position and insert pin into hole.