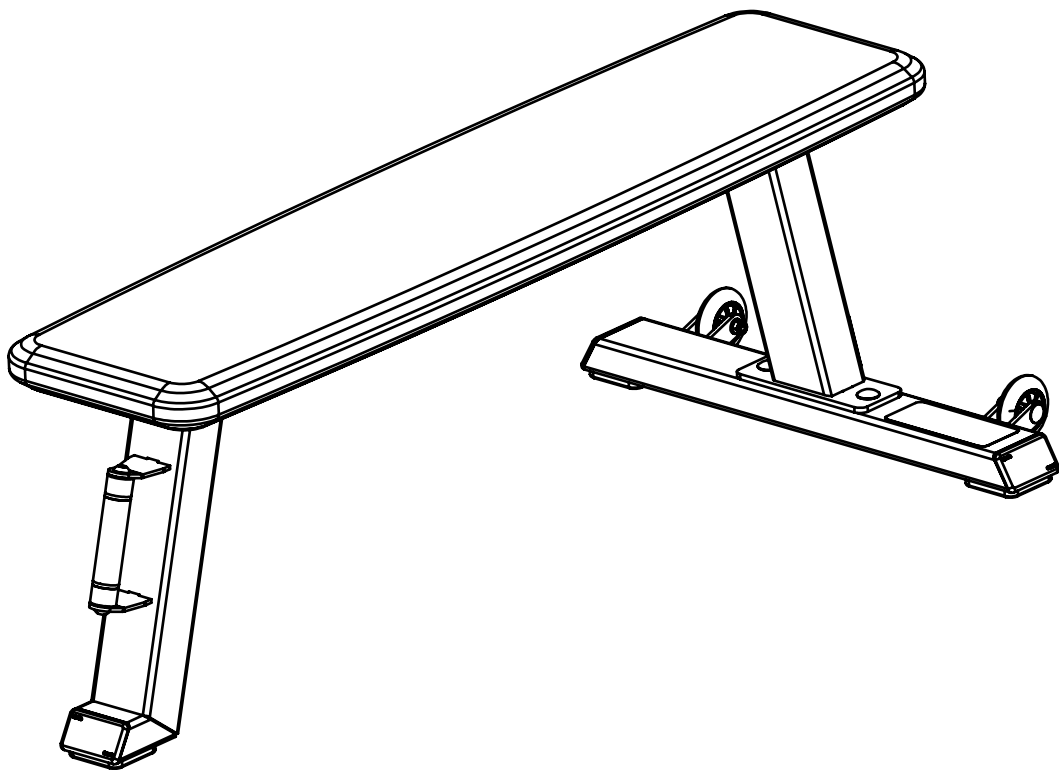


ELEIKO FLAT BENCH

Art.no. 3062970, 3062971



ELEIKO

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READ BEFORE INSTALLATION AND USE

Install and use this equipment in a place where access and supervision are specifically controlled by the owner.

Be sure to install the equipment on a stable base and level the equipment properly. Eleiko recommends that all equipment is secured to the floor and installed by a licensed contractor or an Eleiko installer.

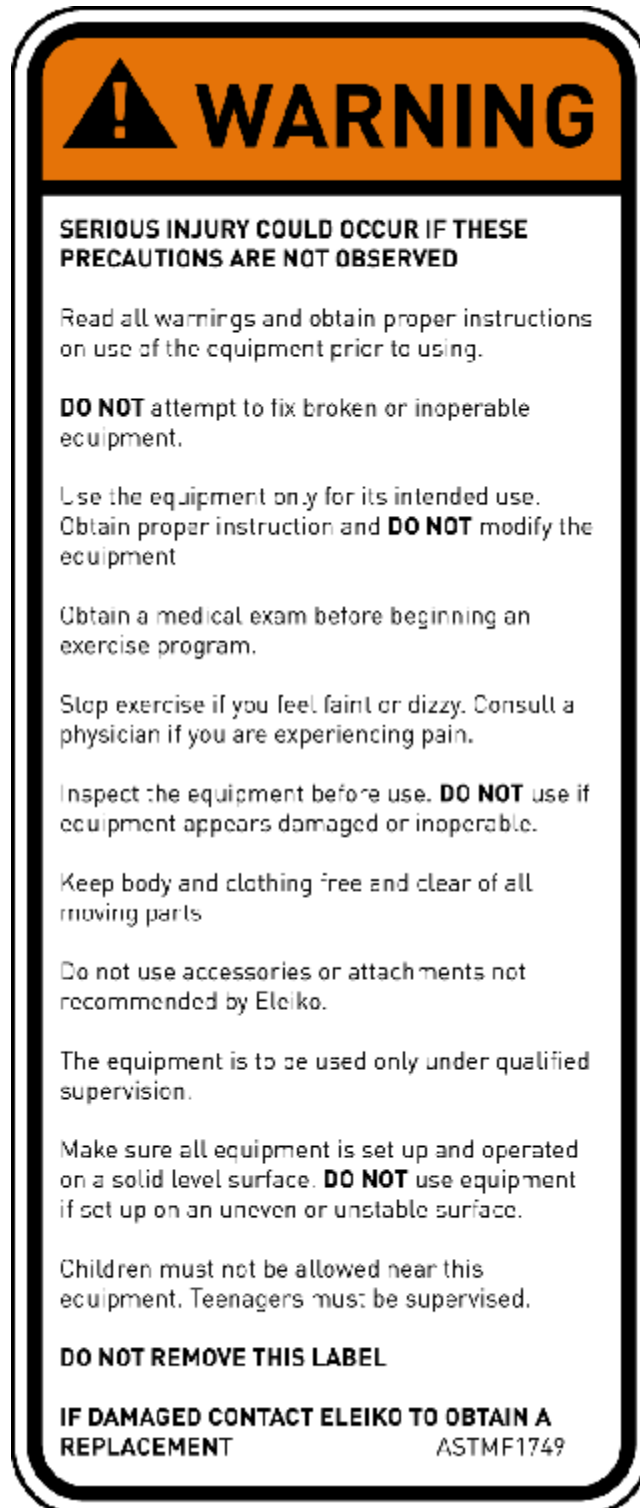
This equipment is intended for indoor use only.

SAFETY INSTRUCTIONS

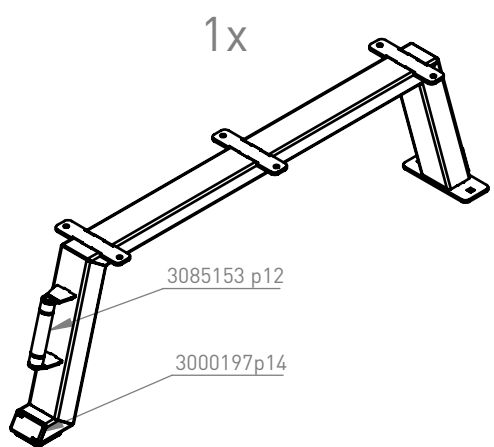
It is the responsibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment.

1. All included warnings (labels) and instructions MUST be read before the use of any Eleiko equipment. Only use the equipment as it is intended.
2. A user MUST get a medical examination and proper instructions before using any Eleiko equipment.
3. DO NOT let anyone, under any circumstances, use equipment that appears to be damaged. Do not try to repair any equipment before consulting an Eleiko technician.
4. DO NOT replace components of Eleiko equipment with other, none Eleiko, equipment (magnetic safety pin, frames, bars etc.). Do not improvise! If there are any doubts, consult an Eleiko representative prior to any intervention.
5. DO NOT overload the equipment and DO NOT try to exceed personal strength levels.
6. Children under the age of 14 must be supervised by an adult.
7. DO NOT remove any safety labels from the Eleiko equipment. Eleiko is not responsible if a label is removed. Replace damaged labels immediately.
8. Eleiko packaging for products can be made of wood. Be aware of splinters! You MUST use protective gloves and proper work wear.
9. Eleiko packaging material could be a risk when handling. Be aware of crushing! You MUST use work wear including protective gloves and hard shoes.
10. Eleiko products and packing material are heavy, You MUST use proper lifting techniques, work wear and hard shoes.

WARNING LABELS



LIST OF COMPONENTS

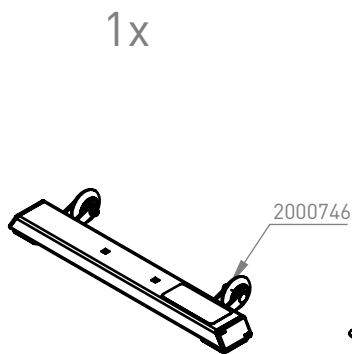


1x

3085153 p12

3000197 p14

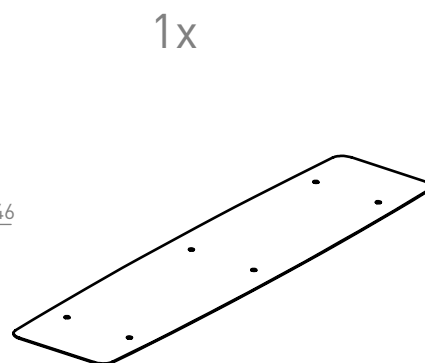
FRAME



1x

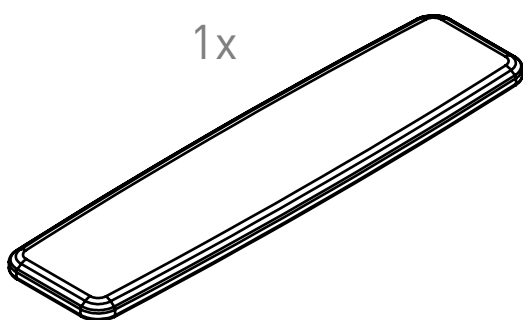
2000746

LEG WITH WHEELS



1x

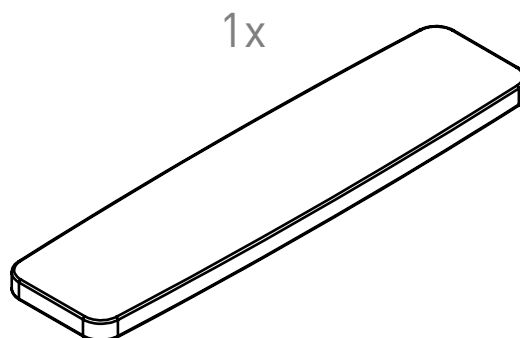
PLATE FOR UPHOLSTERY
3085374 p32



1x

UPHOLSTERY POLYURETHANE
2001277

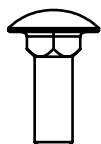
OR



1x

UPHOLSTERY SKAI LEATHER
2001394

2x



M10 x 30
2001436-L30

6x



K6S M10 x20
2000675-L20

2x



LOCKING NUT M10
2000718

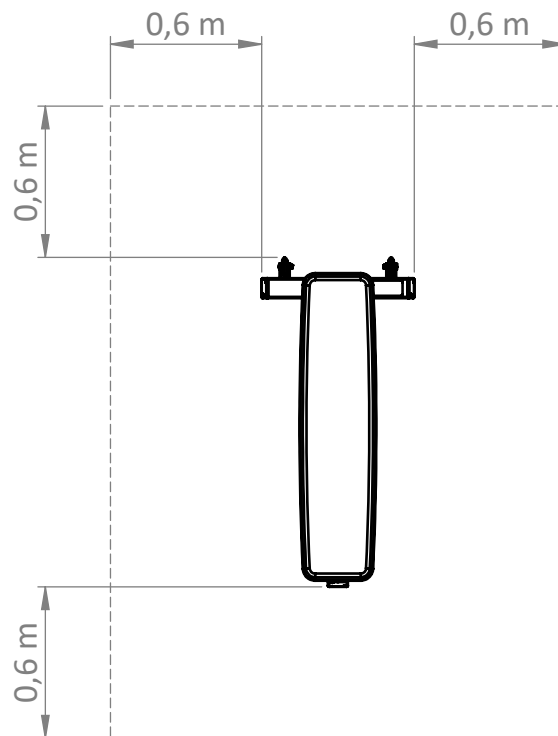
2x



WASHER M8 BRB
2000719

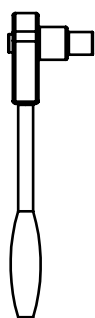
ASSEMBLY INSTRUCTIONS

Before assembly, make sure you have enough clearance on all sides of the equipment, not less than 0,6 meters. Take in account the accessibility to remove and replace bar and weights.

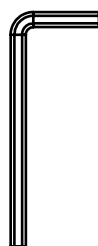


TOOLS NEEDED

You need the following tools to assemble the equipment.



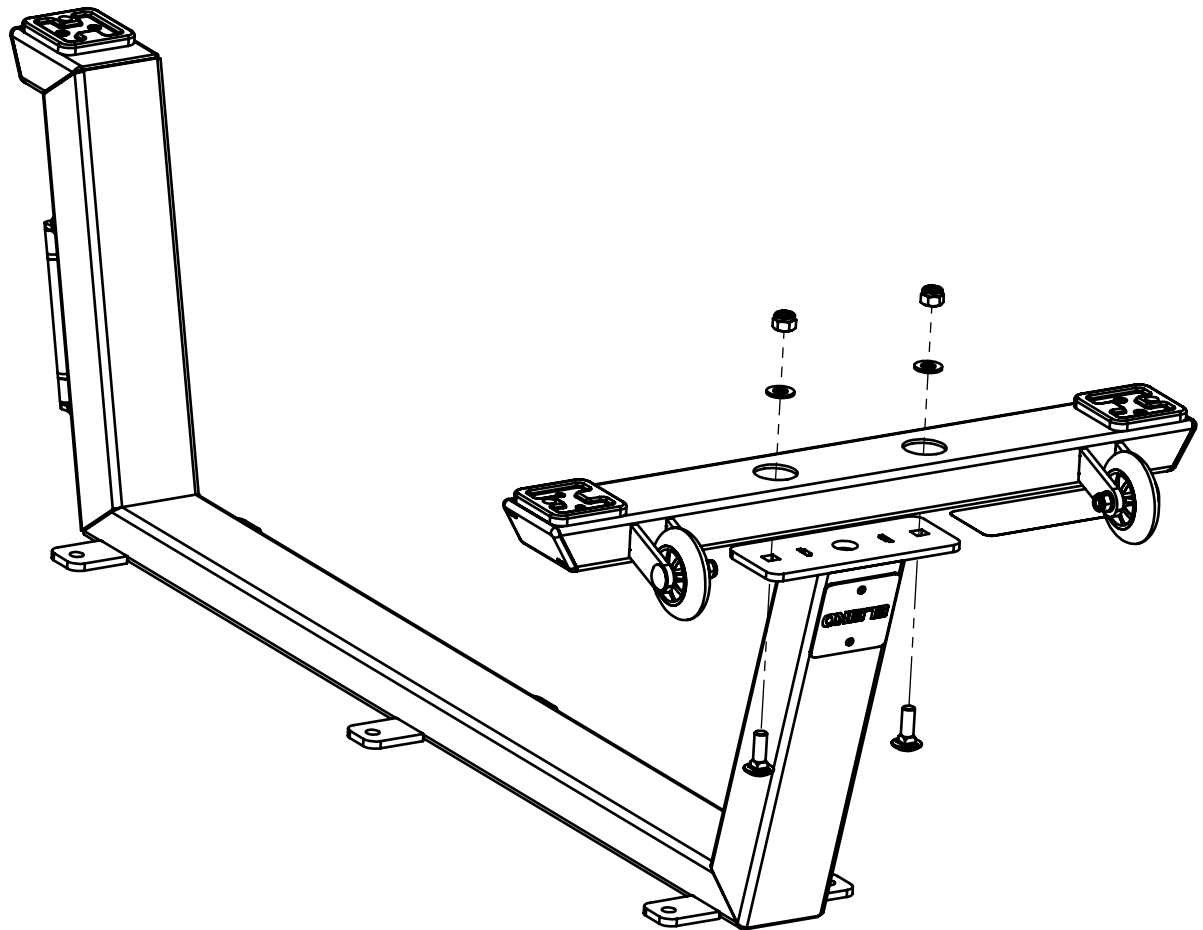
Socket Wrench Size 17mm



Allen Key Size 6

NOTE: Do not use electric power tools for assembly.

1. 2x M10 x 30 2x LOCKING NUT M10 2x WASHER M8 BRB 1x FRAME 1x LEG WITH WHEELS



2.

6x



K65 M10 x20

1x

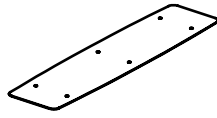
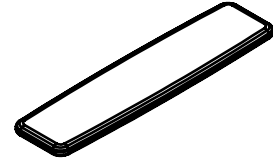
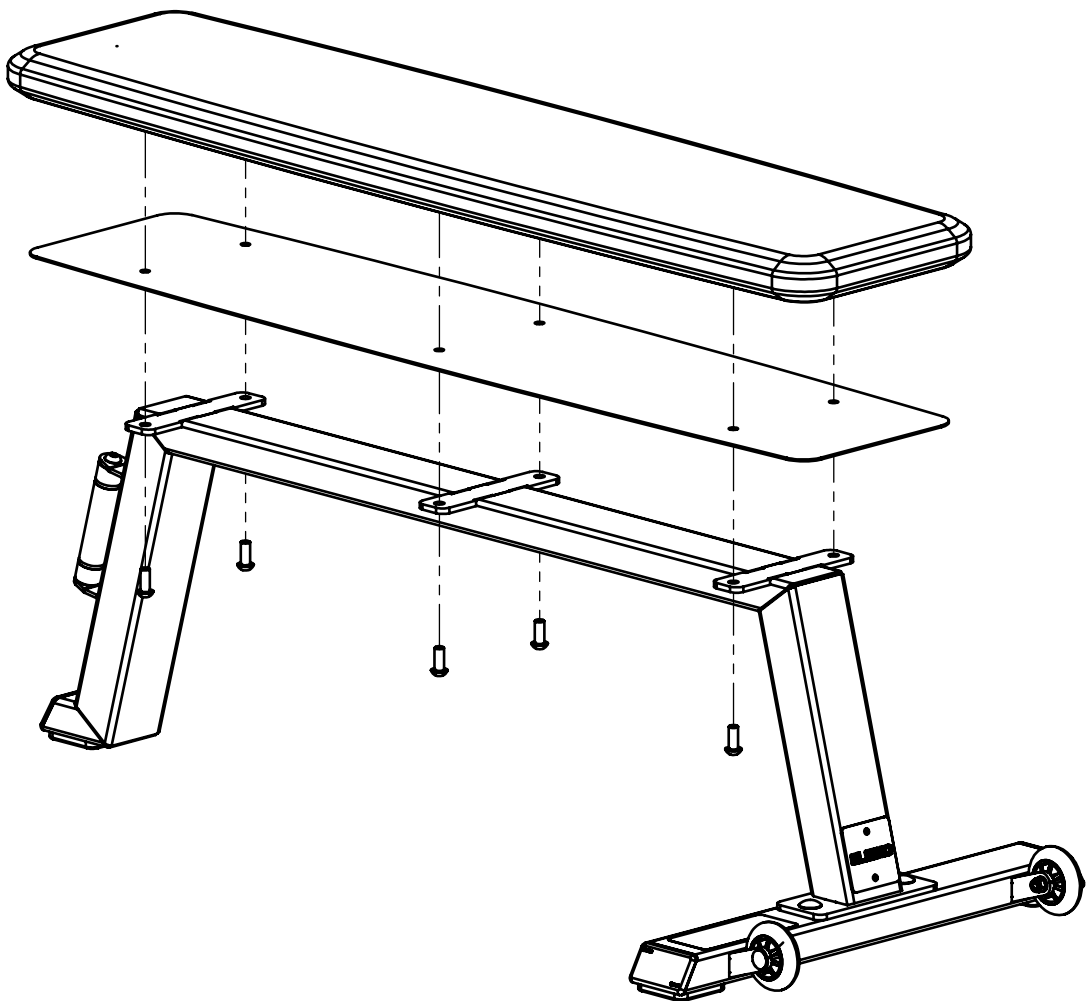


PLATE FOR UPHOLSTERY

1x



UPHOLSTERY



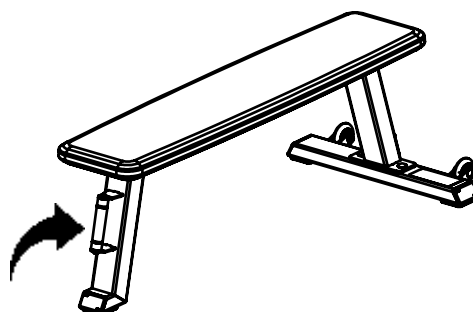
USER GUIDE

PURPOSE

Flat bench with a small footprint that can be used for a variety of free weight training exercises.

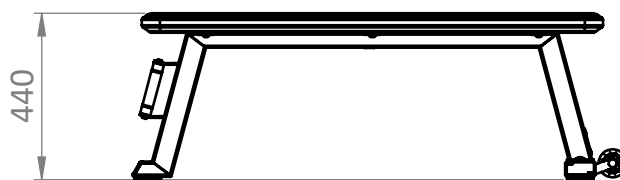
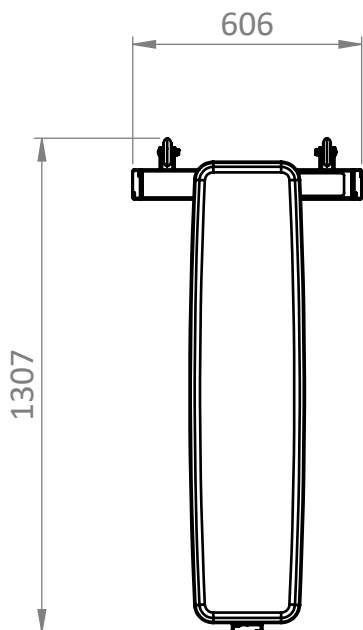
GENERAL INSTRUCTIONS FOR USE

1. Use the handle to easily lift and move the bench.



PRODUCT SPECIFICATION

Max user weight	150 kg / 330 lbs
Max training weight	350 kg / 770 lbs
Product weight	19 kg / 41,9 lbs
Dimensions (L x W x H)	1307 x 606 x 440 mm 51,46 x 23,86 x 17,32"



CARE AND MAINTENANCE

PREVENTIVE MAINTENANCE AND INSPECTIONS

NOTE: The safety level of the equipment can only be maintained if it is examined regularly for damage and wear.

Daily:

- Cleaning of upholstery.

Regularly:

- Clean surfaces on the frames and tubes from dust and dirt.
- Check that all bolts between parts, walls and floors are properly tightened, according to recommendations.
- Check equipment for sharp edges. Replace parts with sharp edges.
- Check equipment structural frames and welds to ensure they are free from cracks, irregularities or any other abnormalities. If in doubt, consult an Eleiko representative before product use.

Cleaning and Care:

- Apply a mild soap detergent to a lint free cloth, then wipe down product surface.
- While it is safe to use an alcohol-based neutral pH7 solution on surface-treated steel elements of the benches and racks, take care to avoid pads and cushions.
- We recommend alcohol-free, bleach-free, and o-phenylphenol (OPP) ammonia-free wipes.

See also www.eleiko.com.

SPARE PARTS AND SERVICE

Contact Eleiko for spare parts and service:

Eleiko Group AB | Klastorpsvägen 18 | SE-302 62 HALMSTAD | Sweden

E-mail: info@eleiko.com | Phone: +46 35 17 70 70

www.eleiko.com

WARRANTY

All products manufactured by ELEIKO are warranted to the original purchaser to be free from defects in workmanship and / or materials under normal use or service as follows:

- 10 years on structural frame welds (NOT on moving parts).
- 1 year on wear and tear parts.
- 1 year on polyurethane upholstery.
- 6 months on skai-leather upholstery.

Normal wear and tear do not fall under the 10-year warranty.

ELEIKO

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www.eleiko.com