

FORCE USA™

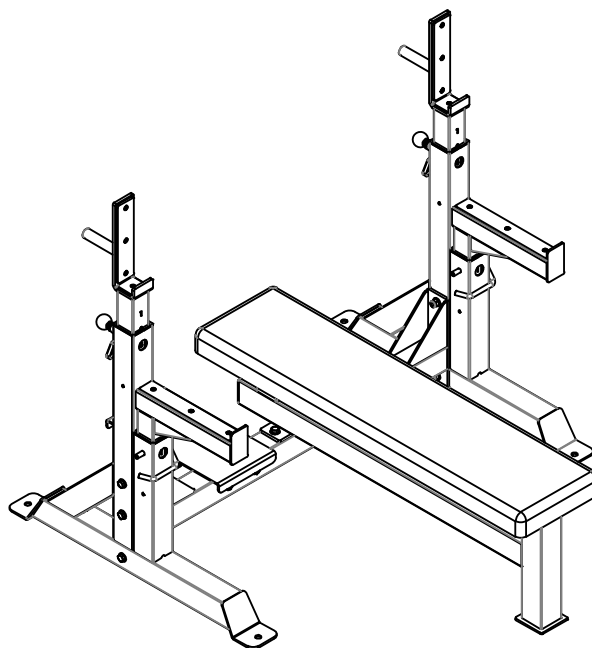
THE TRUSTED NAME IN STRENGTH EQUIPMENT

**Commercial Heavy
Duty IPF Spec Olympic
Bench Press**



OWNER'S MANUAL

- * Please view this installation manual carefully before setup and operation.**
- * Save this manual for future reference.**
- * Product may vary slightly from the pictured item due to model upgrades.**



F-HDOBCOMP

ASSEMBLY MANUAL

CAUTION!

Read all precautions and instructions in this manual before using this equipment.

BEFORE YOU START

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

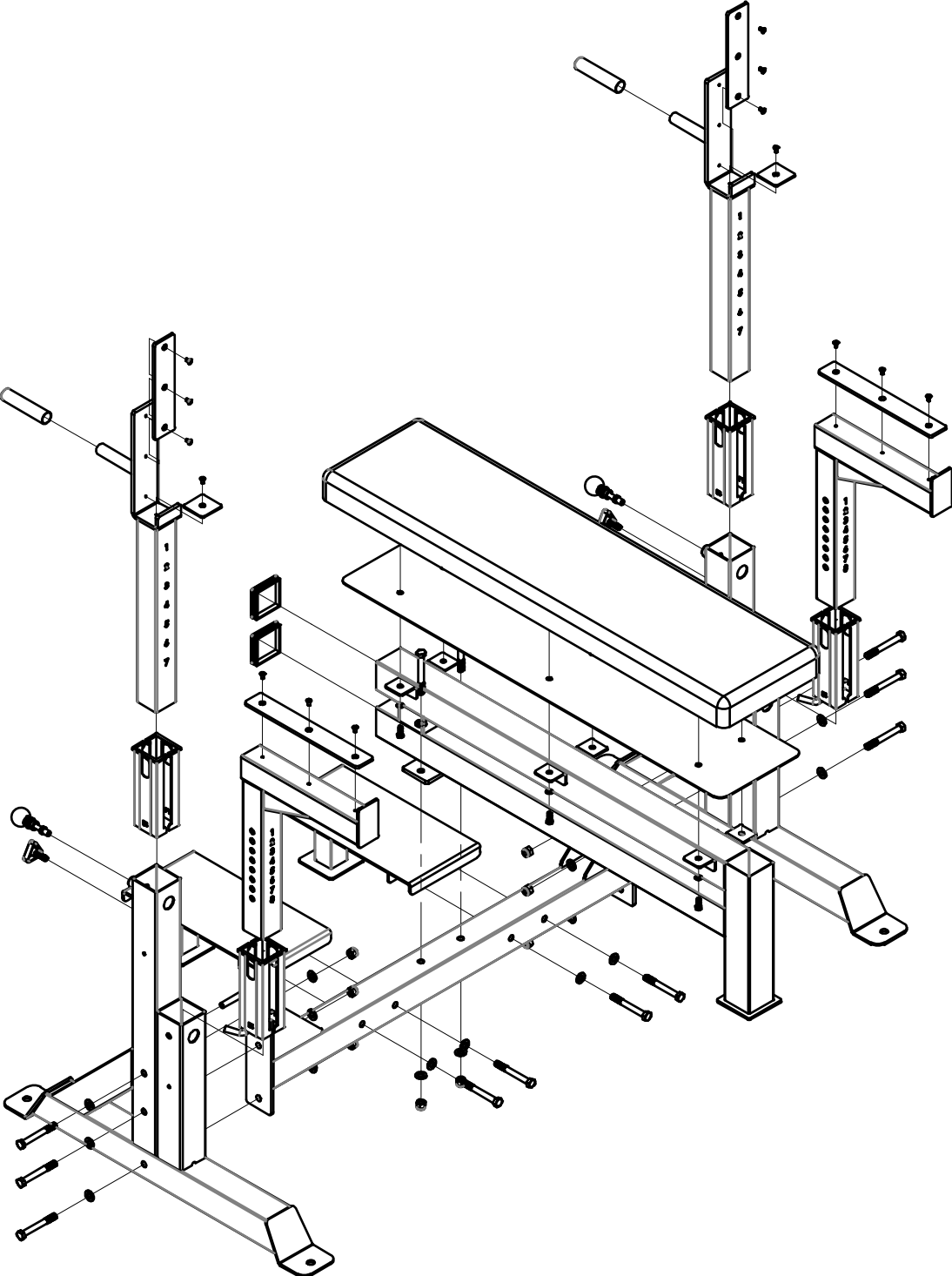
SAFETY PRECAUTIONS

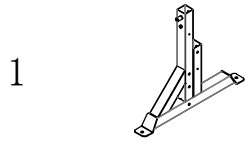
- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing VersaFit rubber flooring under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- **Only tighten nuts and bolts by hand until the whole equipment is assembled.**
- Ensure you correctly orientate each piece before attaching.
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers and clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

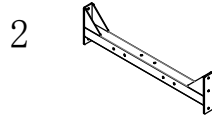
**BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.
READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.
FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT. SAVE THESE INSTRUCTIONS.**

EXPLODED DIAGRAM

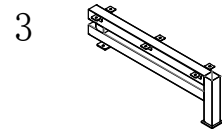




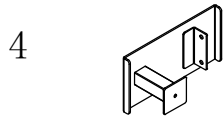
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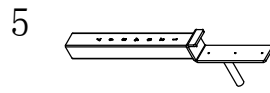
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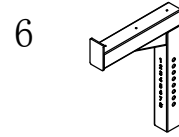
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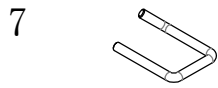
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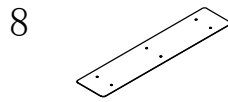
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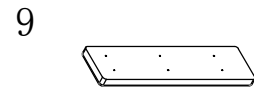
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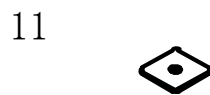
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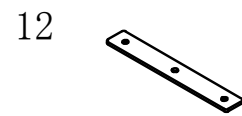
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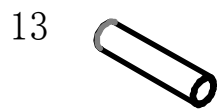
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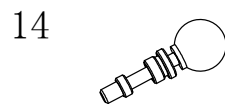
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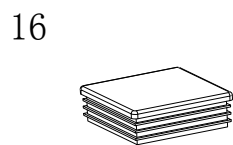
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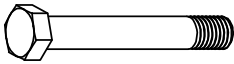






X2

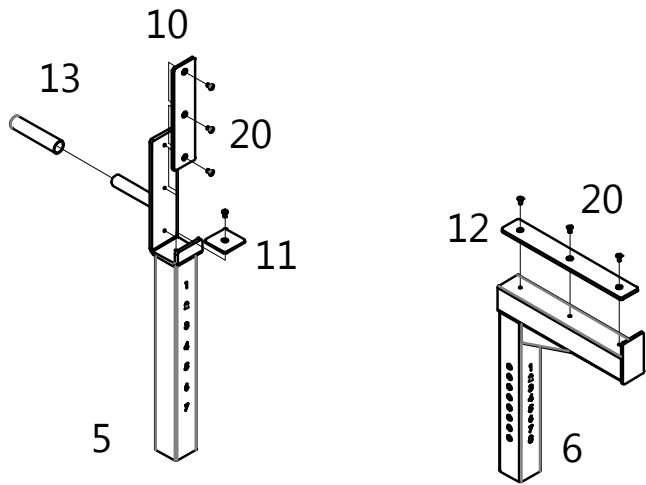
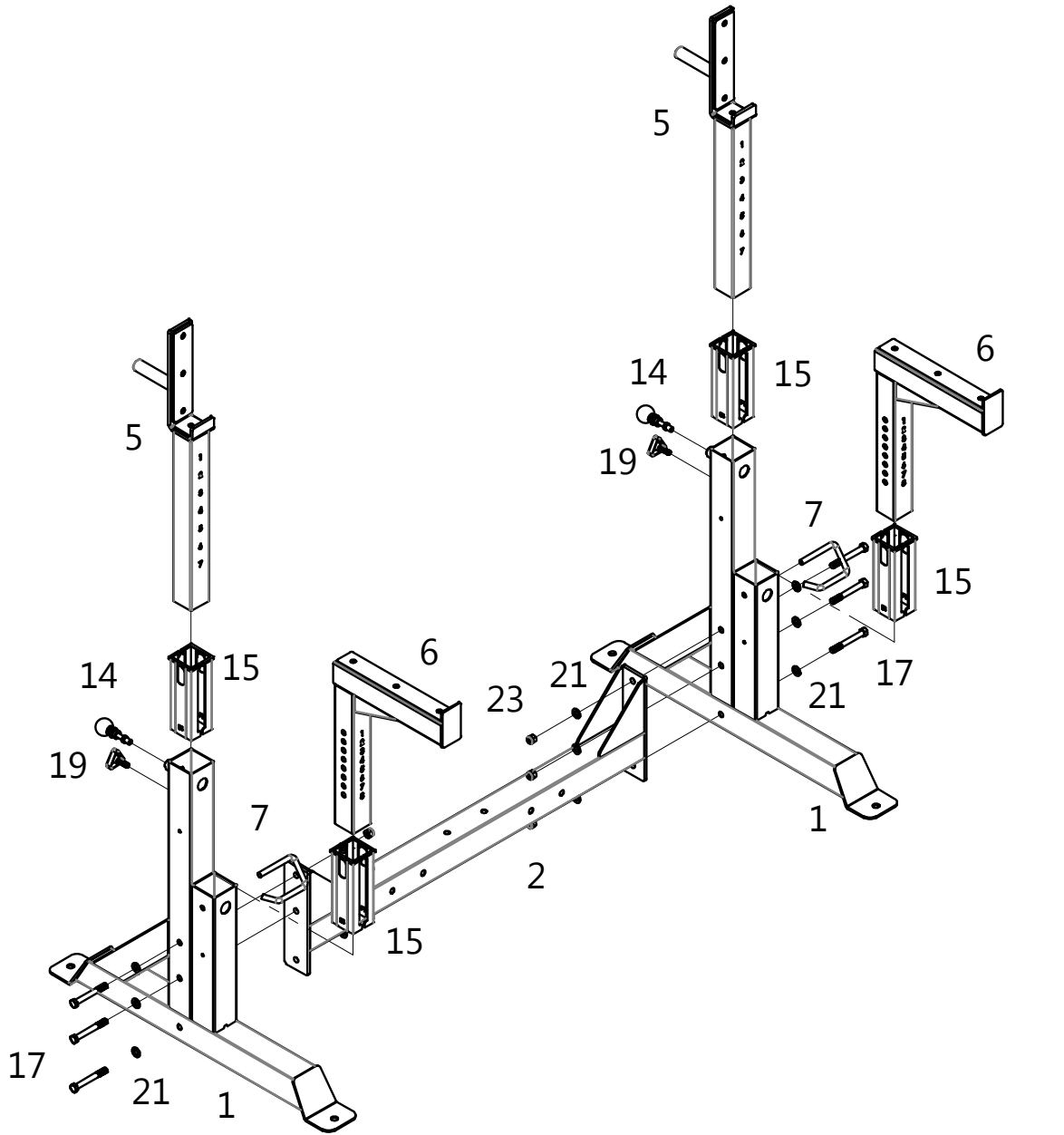


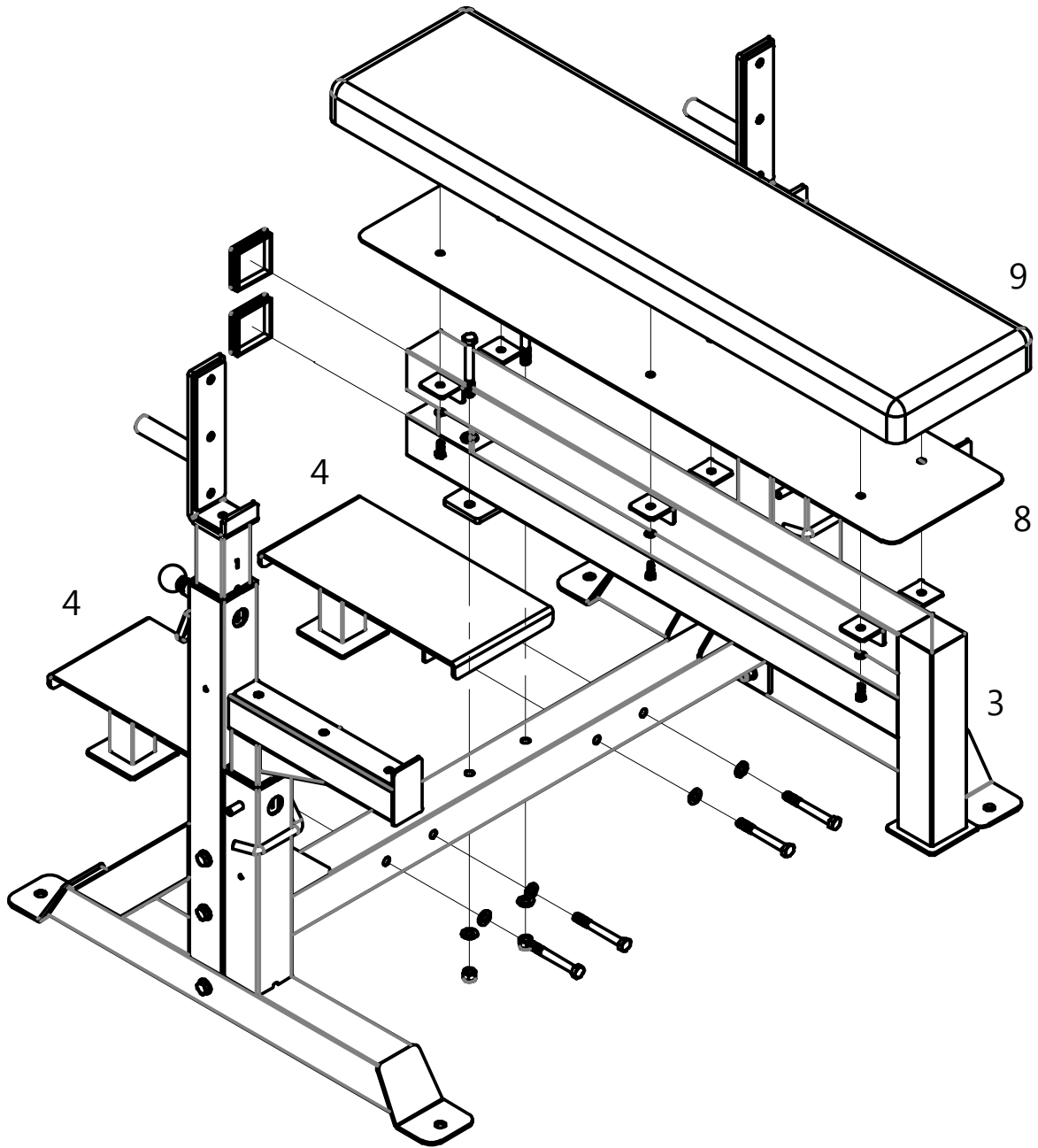
X4



x2

<p>17</p>  <p>M12 × 100 bolt x 12</p>	<p>18</p>  <p>M8 × 20 bolt x 6</p>	<p>19</p>  <p>M10 × 25 bolt x 2</p>
<p>20</p>  <p>M6 × 12 bolt x 14</p>	<p>21</p>  <p>ø12 Washer x 24</p>	<p>22</p>  <p>ø8 Washer x 8</p>
<p>23</p>  <p>M12 NUT x 12</p>		





ASSEMBLY COMPLETED

Now that the hand tightened assembly is complete and everything seems to be in order, you may tighten everything with the correct tools ensuring you do not damage any of the threading.

Maintenance is important for any gym equipment to prolong lifetime and efficiency. After every use, wipe down any components which have had direct contact with the user to ensure the equipment is dry and free of any sweat or environmental moisture as this may cause rust in the long term. Moving parts should be lubricated weekly or monthly depending on the frequency of use.

For more details regarding how to maintain your equipment and the full warranty coverage for this item, please refer to our website or contact the place of purchase from which you acquired this item.



Congratulations and thank you for your purchase. We wish you success in all of your training goals.