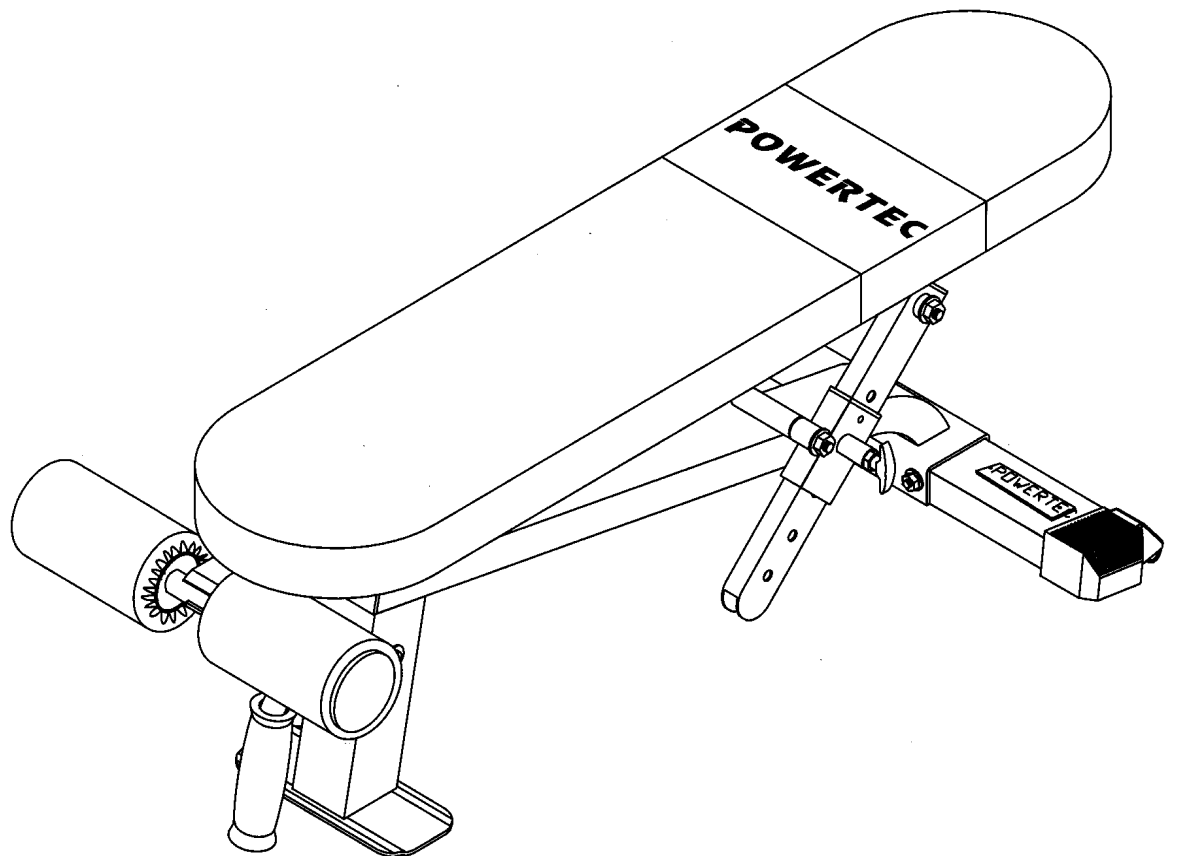


# POWERTEC

STRENGTH

## P-FB-N

MONITOR

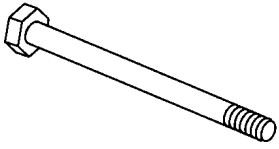


## Flat Bench

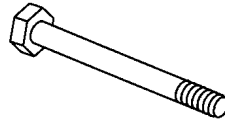


# HARDWARE LIST

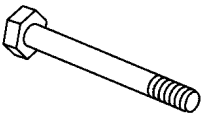
POWERTRAC



19 1/2"x5-1/2" QTY 2



20 1/2"x4-3/8" QTY 2



21 1/2"x 3-3/4" QTY 1



22 3/8"x3/4" QTY 7



23  $\phi 14 \times \phi 28 \times 2.0t$  QTY 10



24  $\phi 10 \times \phi 25 \times 2.0t$  QTY 7



25 1/2"x16t QTY 5



28  $\phi 12.7 \times \phi 19.1 \times 12.7$  QTY 10

FLAT BENCH

# PART LIST

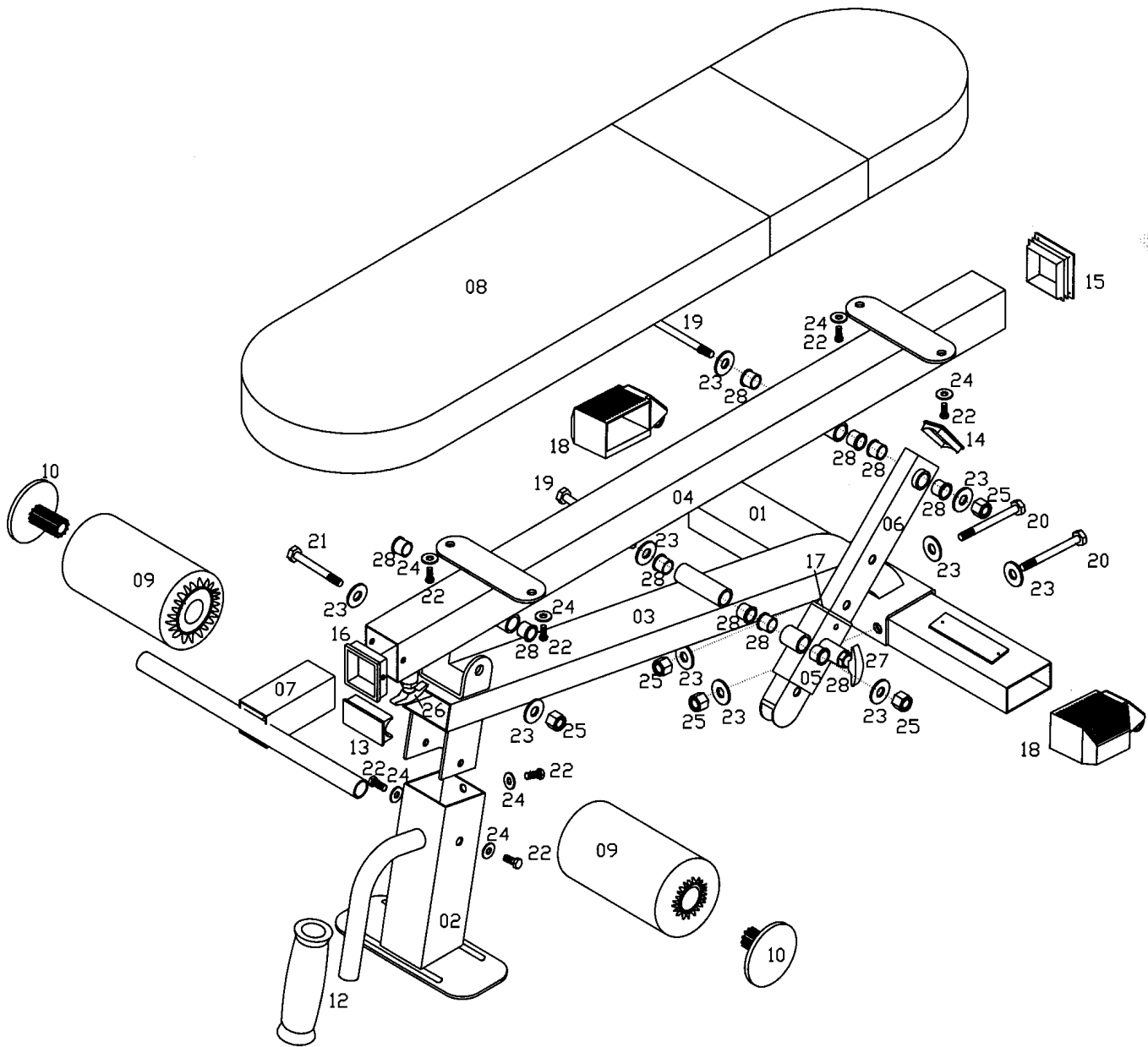
PART	DESCRIPTION	Qty
1	Rear Base	1
2	Front Base Tube	1
3	Main Frame	1
4	Backrest Pad Support Tube	1
5	Backrest Adjustment Slide Bracket	1
6	Backrest Adjustment Tube	1
7	Roller Tube	1
8	Backrest Pad	1
9	Roller Foam	2
10	Big End Cap	2
12	Hand Grip	1
13	Rect. Inner Plug	1
14	Rect. Inner Plug	1
15	Square Inner Plug	1
16	Square Open End Cap	1
17	Rect. Open End Cap	1
18	Transport Foot Cap	2
19	1/2" x 5-1/2" Half Thread Hex Bolt	2
20	1/2" x 4-3/8" Half Thread Hex Bolt	2
21	1/2" x 3-3/4" Half Thread Hex Bolt	1
22	3/8" x 3/4" Hex Bolt	7
23	1/2" Washer	10
24	3/8" Washer	7
25	1/2" Nylon Nut	5
26	Spring Lock Pin	1
27	Spring Lock Pin	1
28	Metal Bushing	10

P-FB

FLAT BENCH

# EXPLODED DIAGRAM

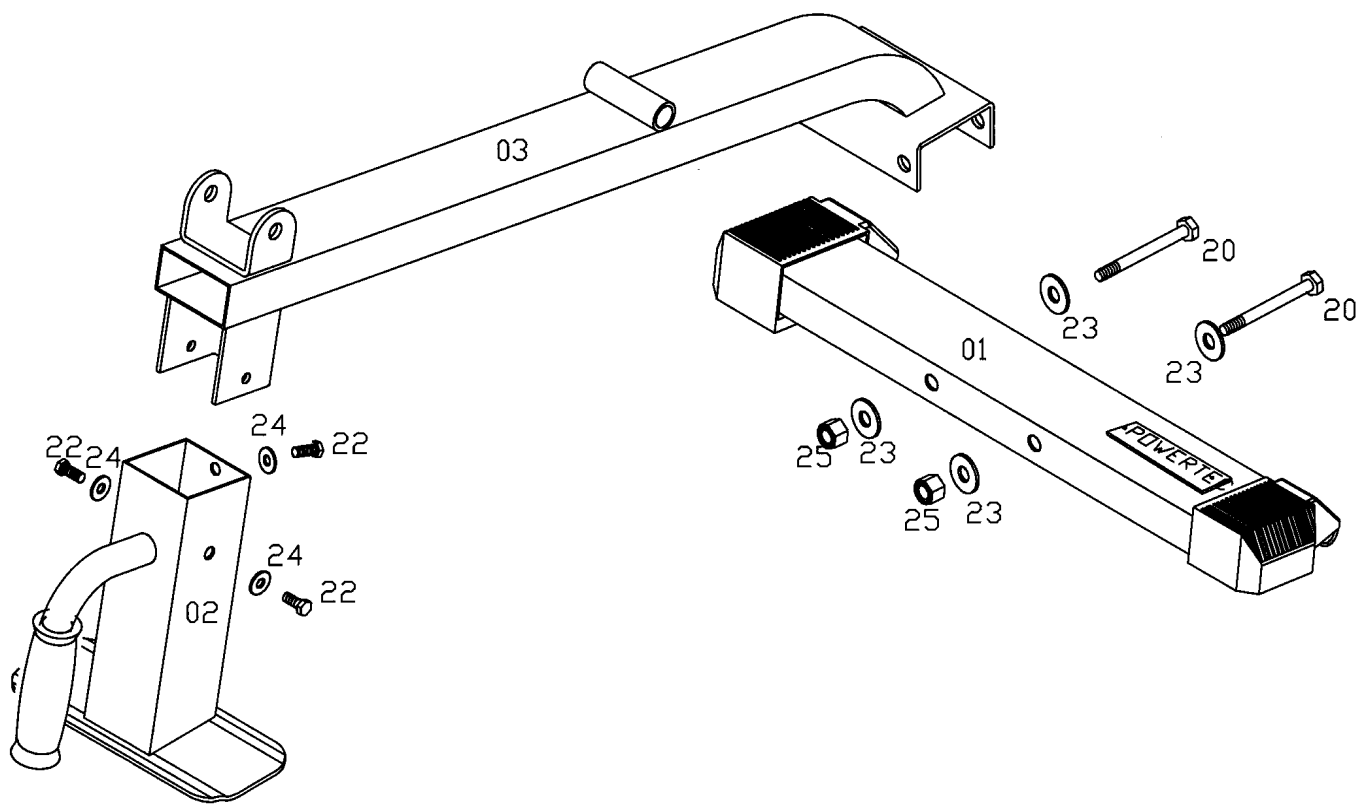
POWERTEC



FLAT BENCH

# ASSEMBLY ONE

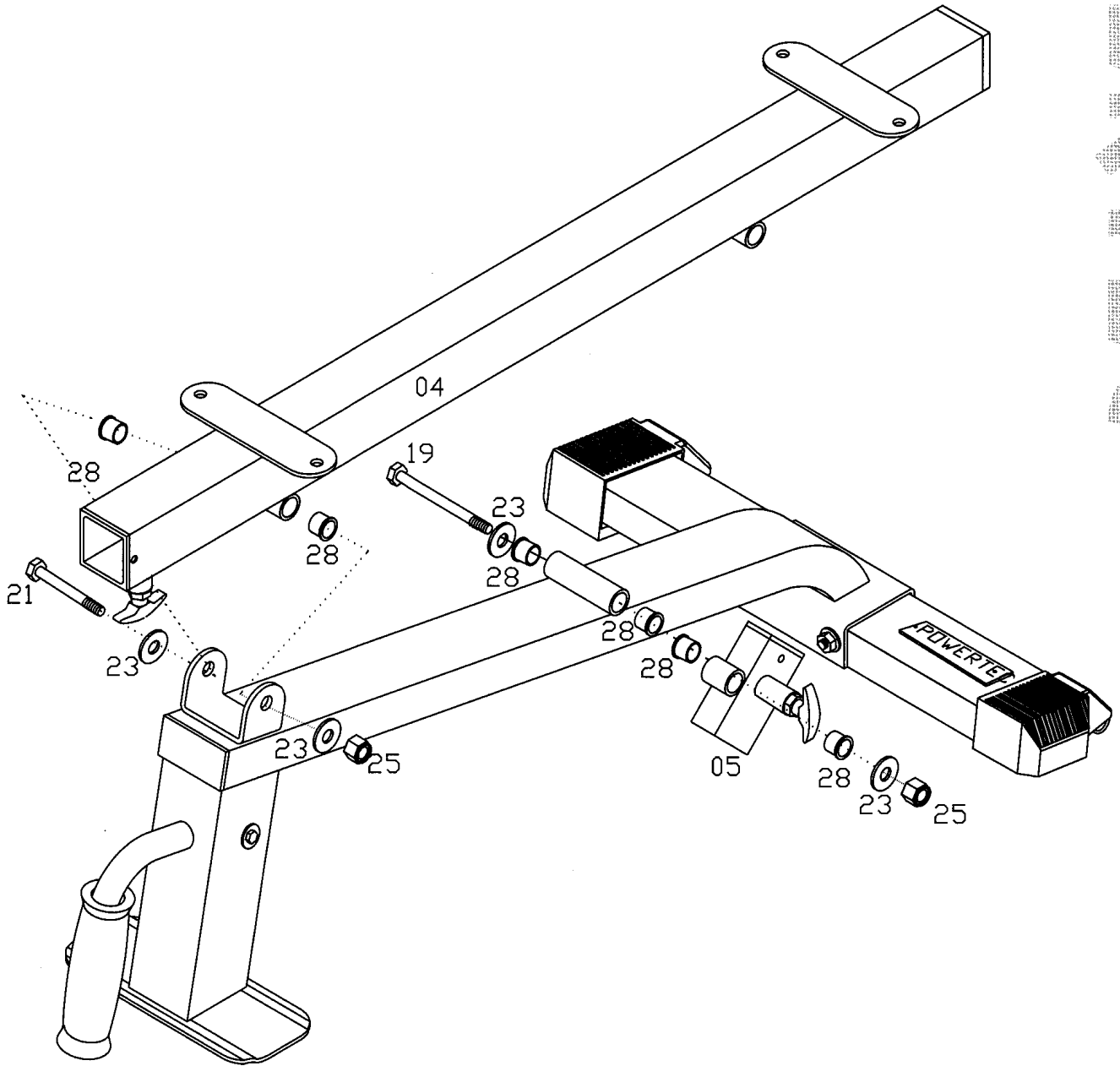
**NOTE: Always insert all bolts through holes prior to tightening due to precision fit**



FLAT BENCH

# ASSEMBLY TWO

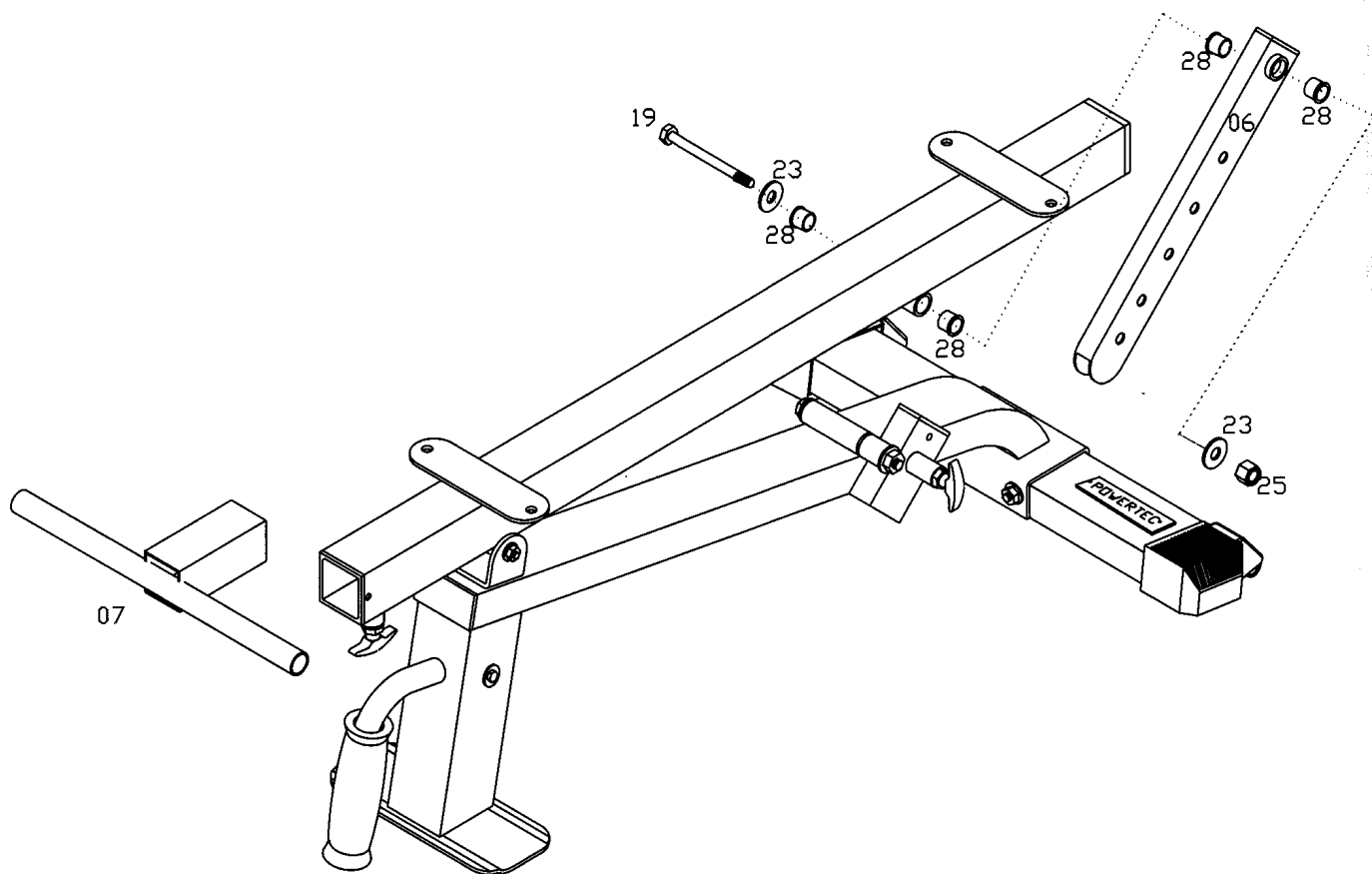
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P-FB

FLAT BENCH

# ASSEMBLY THREE

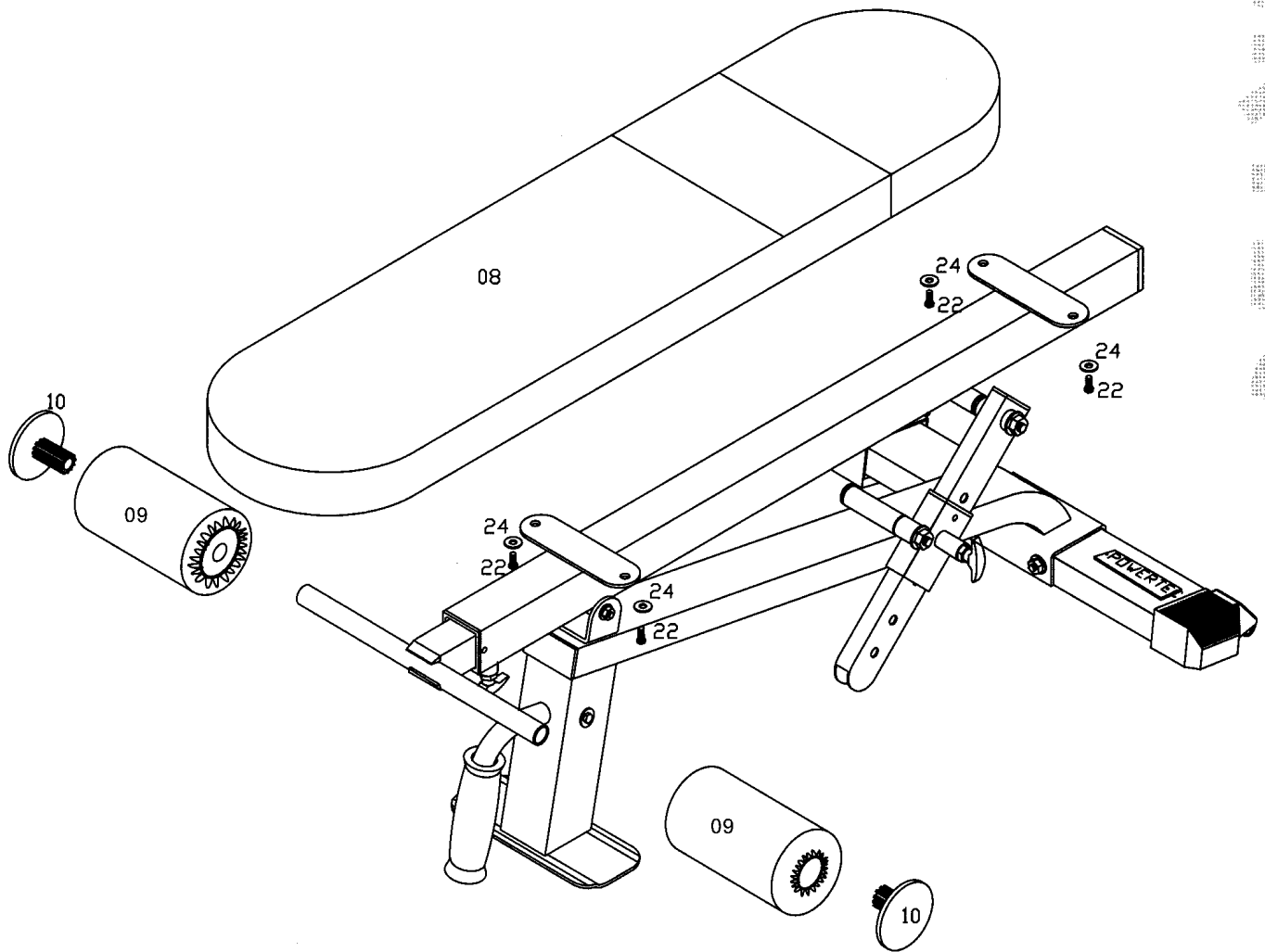


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# ASSEMBLY FOUR

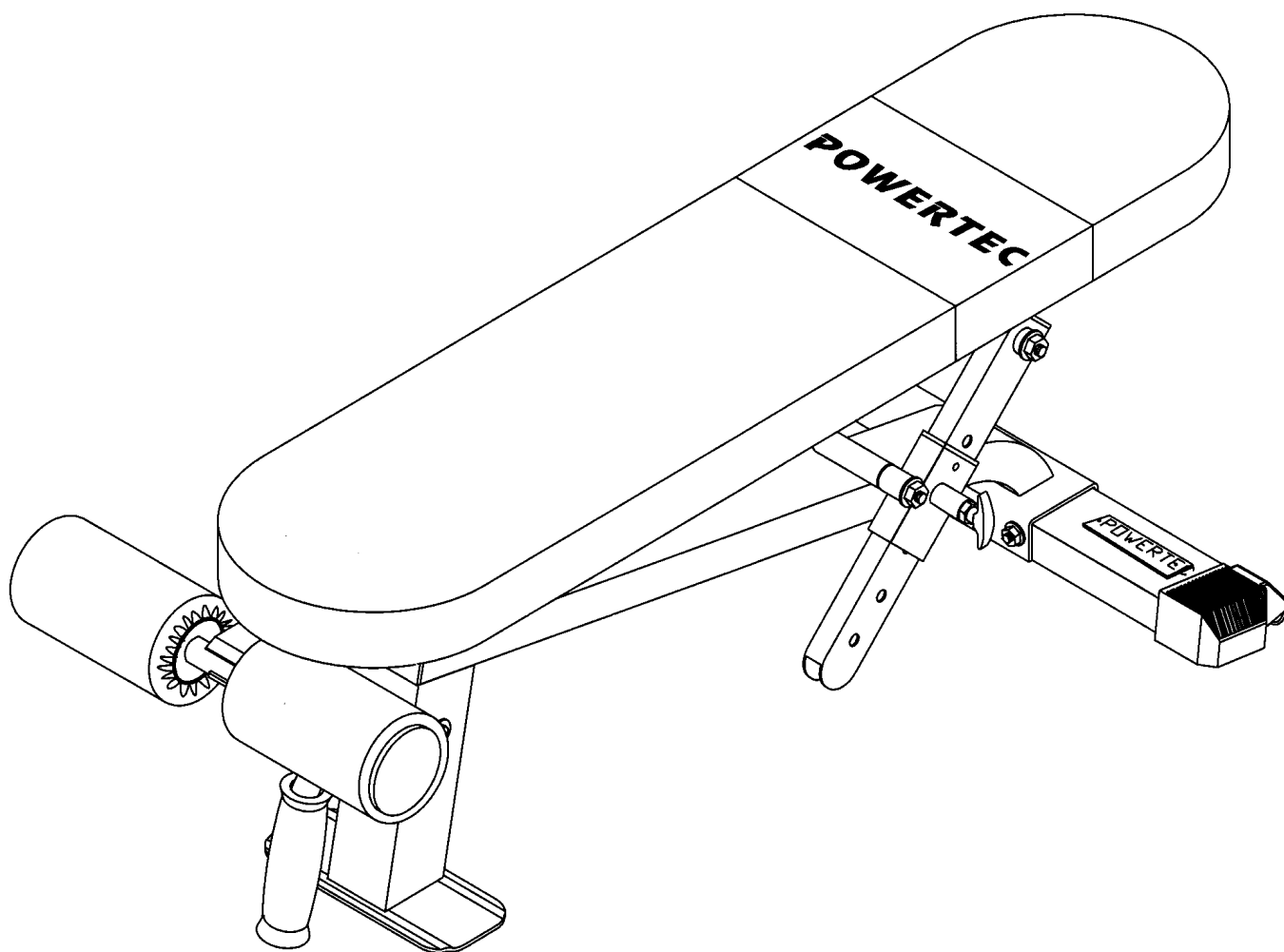
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PFE

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# ASSEMBLY FIVE



Tighten All Bolts Before Using This Equipment !

P-FB

FLAT BENCH



**POWERTEC** IS NOT LIABLE IF THE TRAINER SHOULD INJURE THEMSELVES WHILE USING **POWERTEC** EQUIPMENT OR WHILE PERFORMING THE TRAINING ROUTINE

# **POWERTEC**

## **STRENGTH**

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## **LIFETIME WARRANTY**