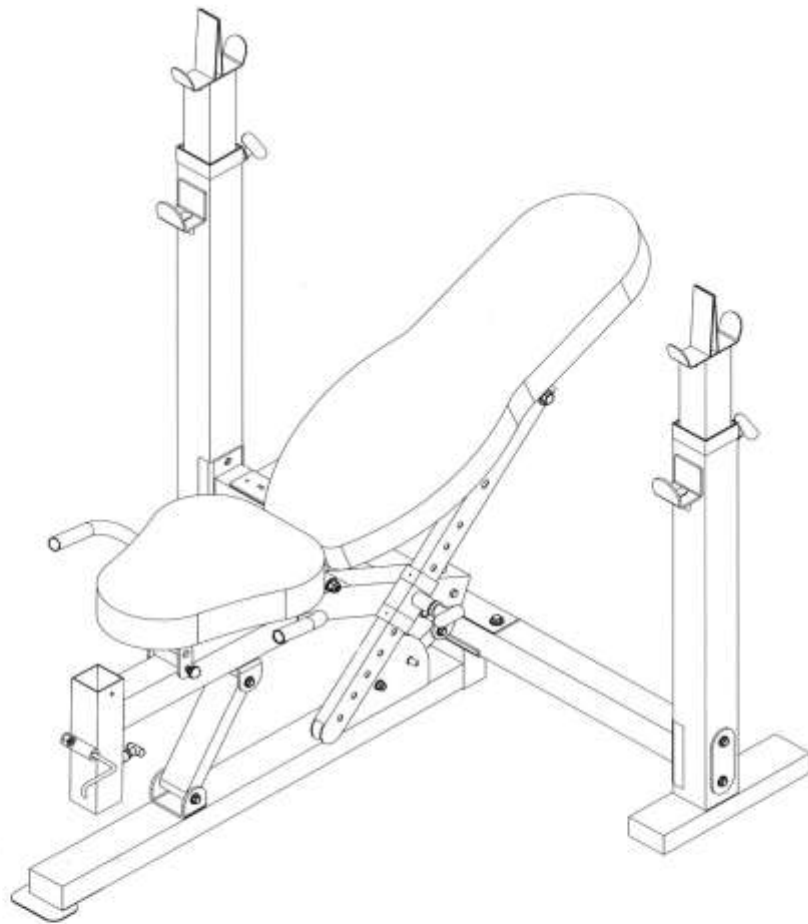


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## WORKBENCH

### WB-OB10

Manual



WORKBENCH OLYMPIC BENCH

\* Please note: The numbers you may find on parts may not correlate to the assembly manual, these numbers are only to help ensure accurate packing. Warranty parts may differ slightly in appearance from originals, but the function will remain the same. "

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# HARDWARE LIST



17  $\emptyset 12.7 \times 80$  (qty:1)



34  $\emptyset 14 \times \emptyset 28 \times 2t$  (qty:20)



36  $1/2" \times 16t$  (qty:11)



56  $3/8" \times 2-5/8"$  (qty:2)



39  $3/8" \times 1-5/8"$  (qty:2)



40  $3/8" \times 3/4"$  (qty:5)



42  $1/2" \times 6-1/4"$  (qty:1)



44  $1/2" \times 7-1/8"$  (qty:1)



45  $1/2" \times 4-1/8"$  (qty:4)



46  $1/2" \times 3-5/8"$  (qty:2)



54  $1/2" \times 6"$  (qty:1)



50  $\emptyset 10 \times \emptyset 25 \times 2t$  (qty:1)

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# PART LIST

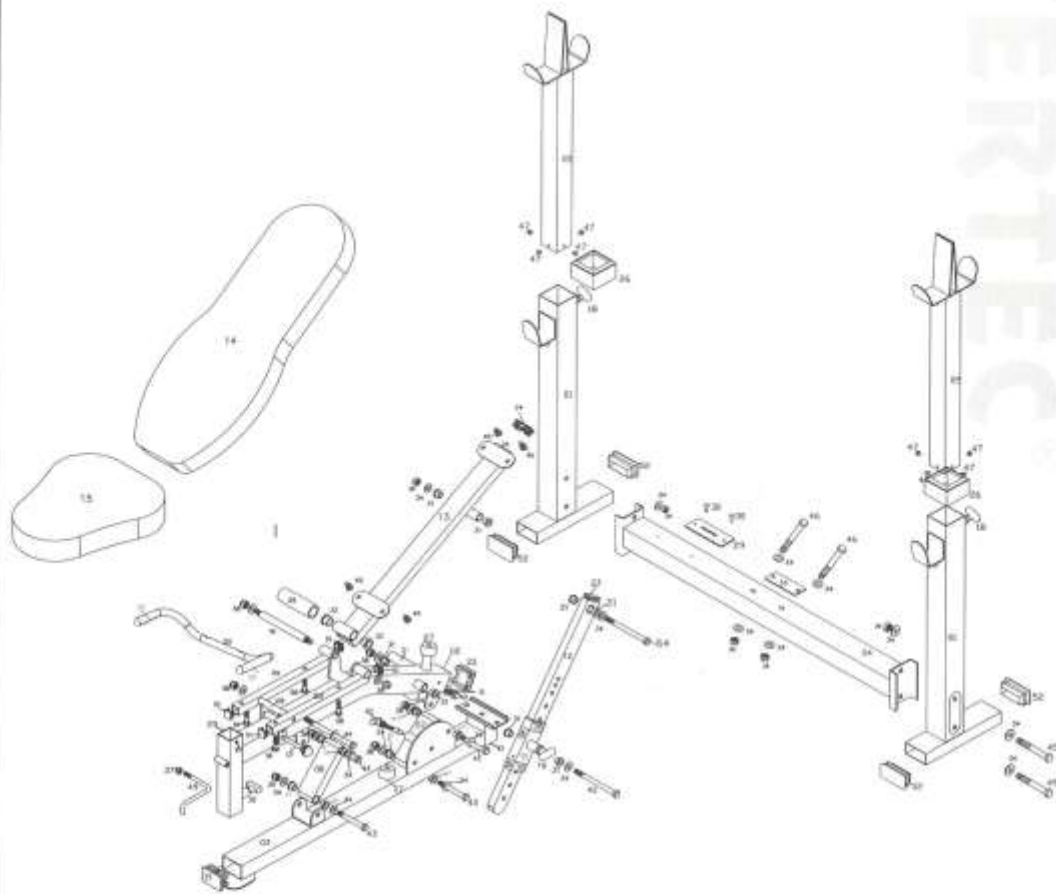
| Part | Description             | QTY | Part | Description                      | QTY |
|------|-------------------------|-----|------|----------------------------------|-----|
| 1    | Rear upright            | 2   | 29   | Name plate                       | 1   |
| 2    | Mainframe tube          | 1   | 30   | Rivet                            | 2   |
| 3    | Front baseframe         | 1   | 31   | Bushing                          | 8   |
| 4    | Olympic width cross bar | 1   | 32   | Bushing                          | 2   |
| 5    | Weight support tube     | 2   | 33   | Bracket                          | 1   |
| 6    | Linkage tube            | 1   | 34   | Washer                           | 28  |
| 7    | Linkage tube 1          | 1   | 35   | Bench lift up bar                | 1   |
| 8    | Adjust tube             | 1   | 36   | Nylon nut                        | 15  |
| 9    | Seat tube               | 2   | 37   | Nylon nut                        | 1   |
| 10   | T spring bolts          | 1   | 38   | Rect. open end cap               | 2   |
| 11   | Backrest adj. tube      | 1   | 39   | 3/8"×1-5/8" Hex bolt             | 4   |
| 12   | Adjust tube             | 1   | 40   | 3/8"×3/4" Hex bolt               | 5   |
| 13   | Backrest tube           | 1   | 41   | Spring pin                       | 1   |
| 14   | Backrest pad            | 1   | 42   | 1/2"×6-1/4" Half thread hex bolt | 1   |
| 15   | Seat pad                | 1   | 43   | 1/2"×4" Half thread hex bolt     | 4   |
| 16   | Axis                    | 1   | 44   | 1/2"×7-1/8" Half thread hex bolt | 1   |
| 17   | Ball head lock pin      | 1   | 45   | 1/2"×4-1/8" Half thread hex bolt | 4   |
| 18   | Spring pin              | 2   | 46   | 1/2"×3-5/8" Half thread hex bolt | 2   |
| 19   | Spring pin              | 1   | 47   | Rivet                            | 8   |
| 20   | M4×6 Hex bolt           | 6   | 48   | Bearing                          | 8   |
| 21   | Square inner plug       | 2   | 49   | Lock hook                        | 1   |
| 22   | Square inner plug       | 1   | 50   | Washer                           | 1   |
| 23   | Square inner plug       | 1   | 51   | Square inner plug                | 4   |
| 24   | Square inner plug       | 1   | 52   | Square inner plug                | 4   |
| 25   | Rect. open end cap      | 1   | 54   | 1/2"×6" Half thread hex bolt     | 1   |
| 26   | Bushing                 | 2   | 55   | Handle bar                       | 1   |
| 27   | Bumper                  | 2   | 56   | 3/8"×2-5/8" Hex bolt             | 2   |
| 28   | PVC foam                | 3   |      |                                  |     |

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# EXPLODED DIAGRAM



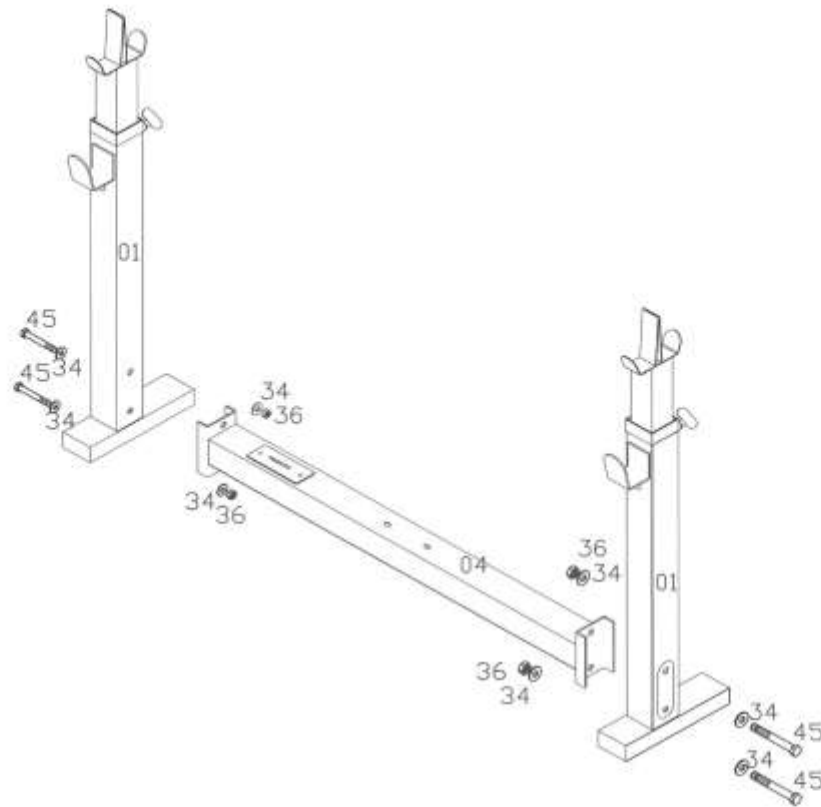
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# ASSEMBLY ONE

Note before beginning assembly:  
*Always insert all bolts through holes prior to tightening  
due to precision fit*

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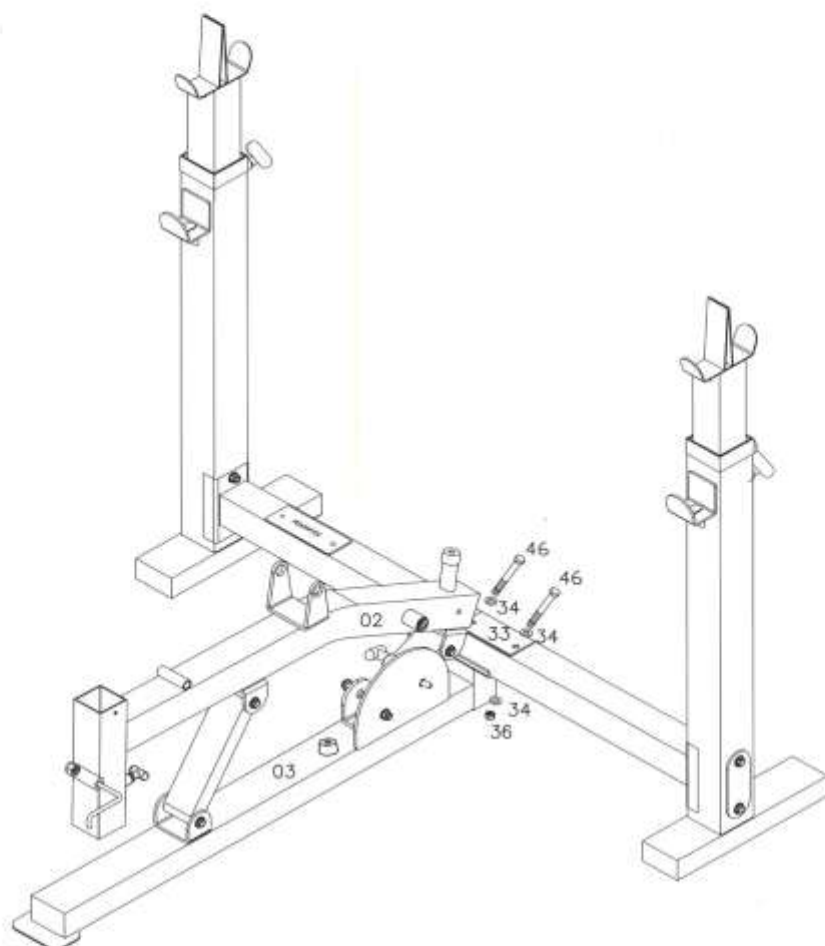


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# ASSEMBLY TWO

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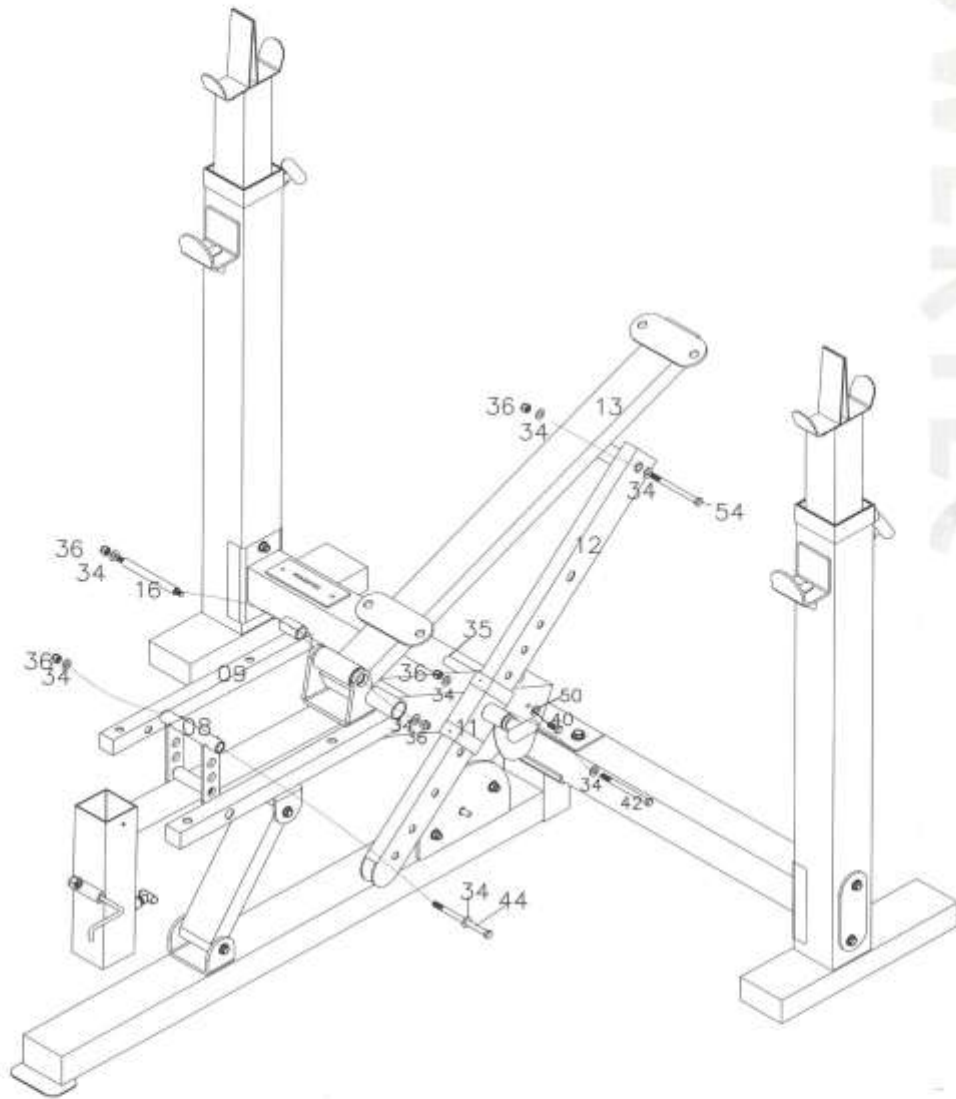


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# ASSEMBLY THREE

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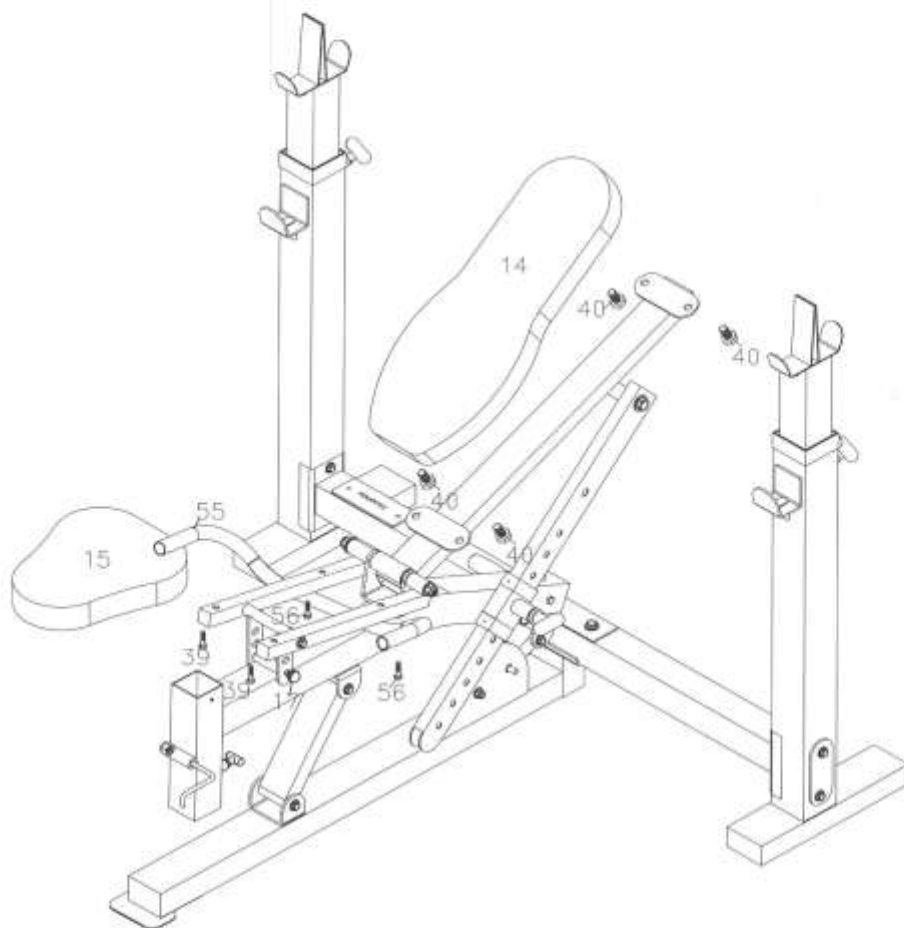


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# ASSEMBLY FOUR

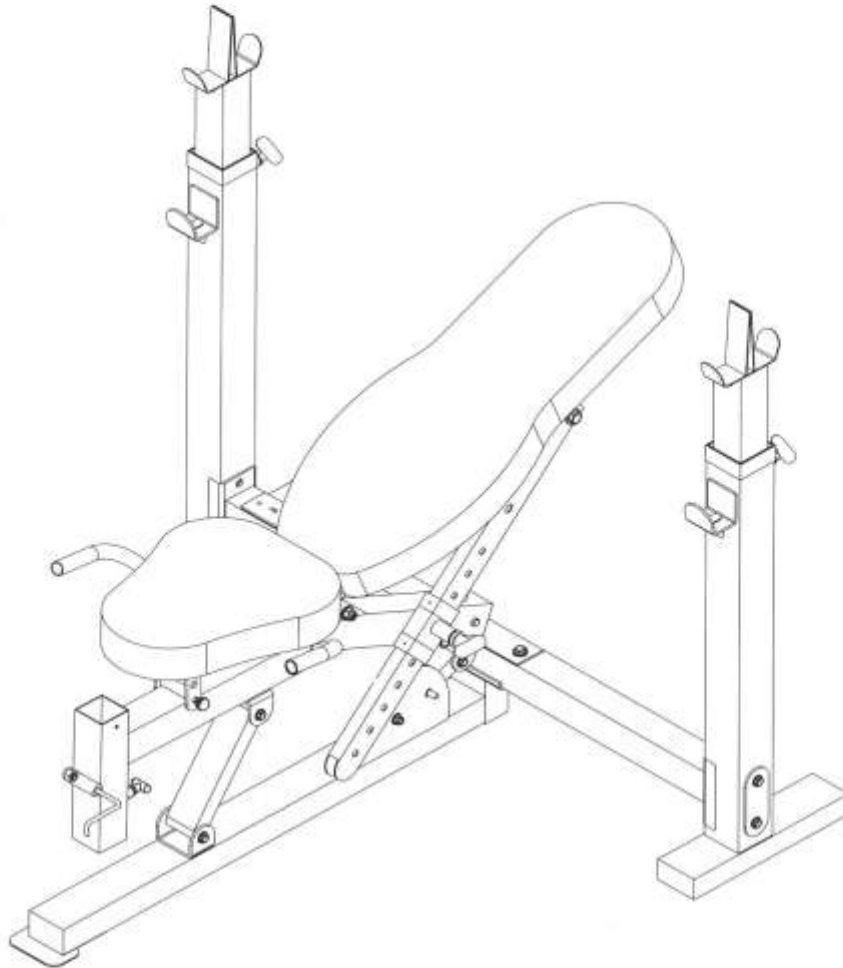


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# ASSEMBLY FIVE



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# **POWERTEC®**

## **WORKBENCH**

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WARRANTY**

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