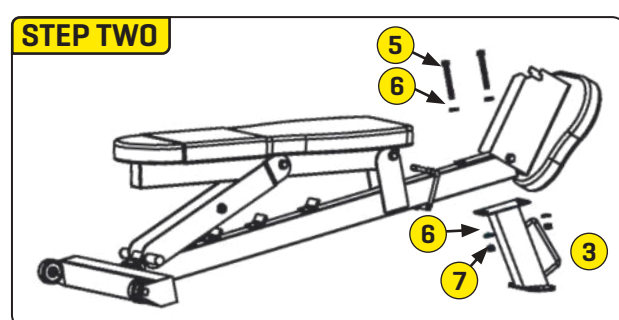
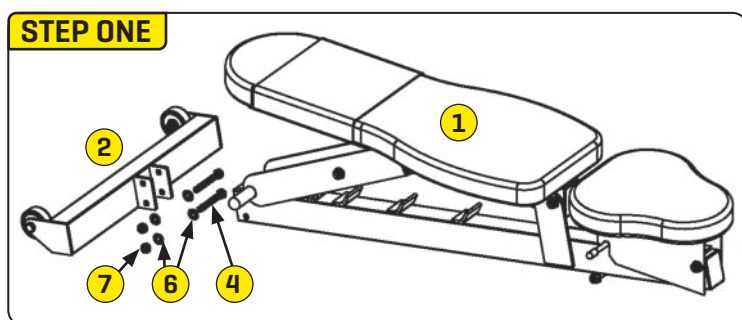


MX BENCH - ASSEMBLY

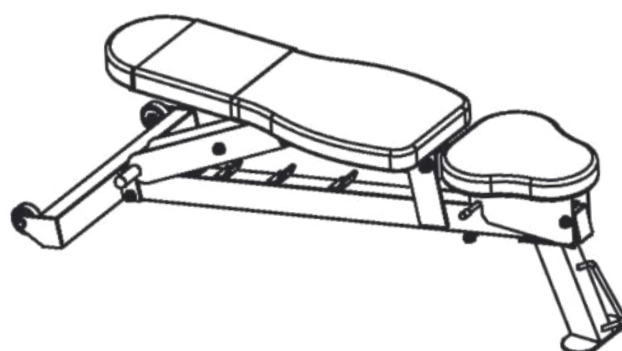
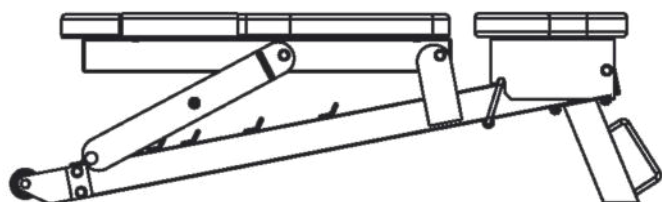
UPDATED - 080725

NO.	QTY	PART DESCRIPTION	NO.	QTY	PART DESCRIPTION
1	1	MAIN BENCH FRAME WITH UPHOLSTERY PADS ATTACHED	4	2	BOLT M10 x 75mm [Rear Frame]
2	1	WHEEL BASE	5	2	BOLT M10 x 95 mm [Front Foot]
3	1	FRONT FOOT	6	8	FLAT WASHER M14
			7	4	LOCKNUT M10

STEP ONE: The image below shows the Wheel Base in position to fasten to the Bench Frame. Place the Wheel Base with the wheels towards the top of the base. Insert the Bench Frame, with the Upholstery facing up, into the brackets on the Wheel Base. Place one flat washer onto each of the two M10 x75 mm bolts. Align holes of Wheel Base and Bench Frame, insert each bolt adding a flat washer and locknut. Very firmly tighten bolts/nuts with 17mm or 11/16in wrench.



STEP TWO: Place the Front Foot tight against Bench Frame. Place one flat washer on to the each of the two M10 x 95 mm bolts. Align holes of the Front Foot and Bench Frame, insert each bolt adding a flat washer and locknut. Very firmly tighten bolts/nuts with 17mm or 11/16in wrench. Check and tighten all the bench back pad and seat pad bolts before use. IF BACK PAD MOVES OR FEELS LOOSE, TIGHTEN BACK PAD BOLTS. NOTE: Wheels should be just above floor when the MX Bench assembly is finished. If wheels are touching the floor, remove the Wheel Base, flip over and reassemble.



WARNING

SERIOUS INJURY CAN OCCUR ON THE EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO MINIMIZE INJURY.

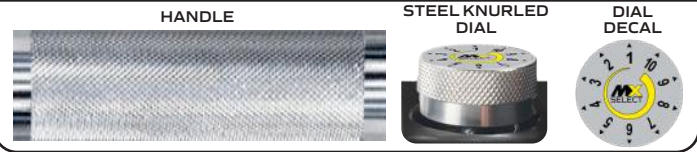
- + Inspect equipment before each use for loose or worn parts (including frame, nuts, bolts and adjustment points).
- + DO NOT use if it appears worn or damaged and rectify any loose component before use.
- + Be mindful about the possibility of injury to yourself and others. Do not be careless.
- + Children should not be allowed near this equipment. Supervise teenagers.
- + If you have any questions on proper use of the equipment, do not use until you have had professional advice.



Contoured Rubber Handle Features



Traditional Knurled Steel Handle Features



PRODUCT DESCRIPTION	IMAGES	PRODUCT DESCRIPTION	IMAGES
MX55 EVO DUMBBELLS Contoured Rubber Handle HANDSETS ON CRADLES 10 - 55 LB 4.5 - 24.9 KG		MX55 EVO DUMBBELLS Knurled Steel Handle HANDSETS ON CRADLES 10 - 55 LB 4.5 - 24.9 KG	
MX70-100 EVO DUMBBELLS Contoured Rubber Handle HANDSETS ON CRADLE 10 - 70 LB 5.9 - 32.2 KG		MX70-100 EVO DUMBBELLS Knurled Steel Handle HANDSETS ON CRADLE 10 - 70 LB 5.9 - 32.2 KG	
MX100 EVO DUMBBELLS Contoured Rubber Handle HANDSETS ON CRADLE 10 - 100 LB 5.9 - 45.4 KG		MX100 EVO DUMBBELLS Knurled Steel Handle HANDSETS ON CRADLE 10 - 100 LB 5.9 - 45.4 KG	
MX125 EVO TWO BARS 2 x Knurled Steel Bars SYSTEM & RACK 30 - 120 LB 13.6 - 54.4 KG Includes 2 x 2.5lb Magnetic Increment Plates		ADD-ON MX125 EVO DUMBBELL STAND Bolts to the MX125 EVO RACK	
MX BENCH ADJUSTABLE TRAINING BENCH		MX EVO STAND Dumbbell Stand only fits EVO MX55 MX70-100 & MX100 Dumbbells	
1.25LB / 0.57KG 4 x Magnetic Increment Plates and 2 x Holders fits EVO MX55 MX70-100 & MX100 Dumbbells		2.5LB / 1.13KG 4 x Magnetic Increment Plates and 2 x Holders is only for EVO MX70-100 & MX100 Dumbbells	
ADD ON KIT FOR MX70-100 EVO UPGRADE FROM 70 lb to 100 lb 12 x PLATES 60 LB / 27.8 KG		MX IMPACT MATS MX EVO DUMBBELL PADS	

