

NEXO FITNESS



Commercial Flat Bench

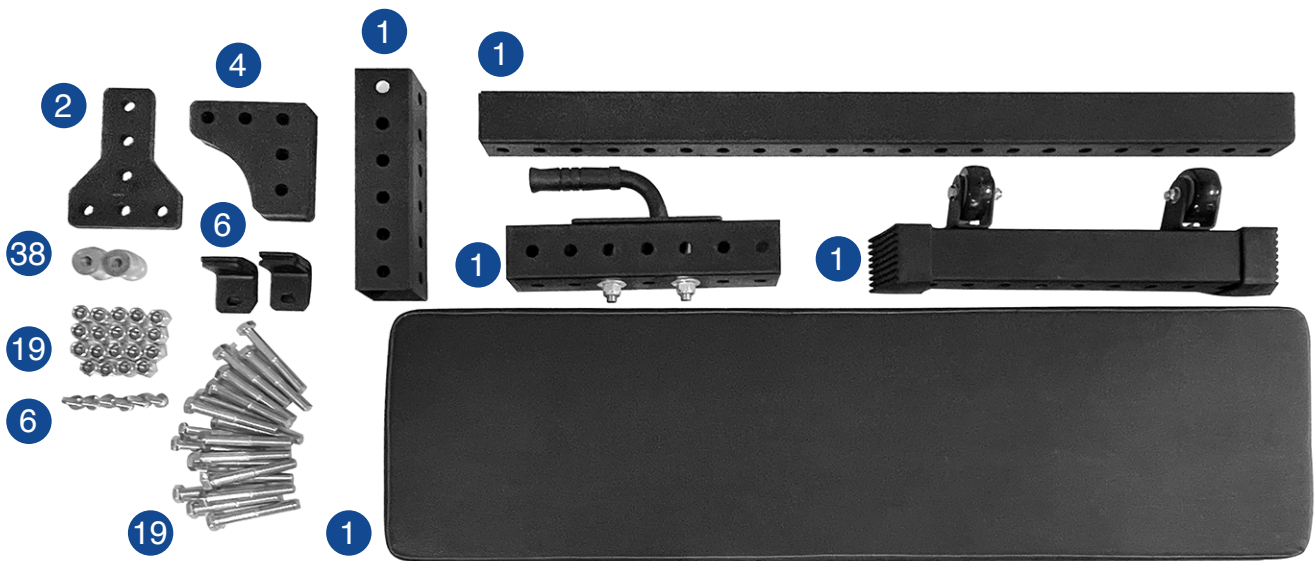
(904) 747-0789 • help@strengthdepot.com

PARTS CHECK

This bench uses two bolt sizes:

11/6in / 17mm

15/16in / 24mm



Contact us at (904) 747-0789 or help@strengthdepot.com if anything is missing.

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STEP 1

Assemble the L brackets to the crossbeam as pictured below in holes 1, 11, and 21.
Be sure they are level on a flat surface, then securely tighten bolts.



STEP 2

Assemble the back pad to the crossbeam.
You can go ahead and tighten these bolts.



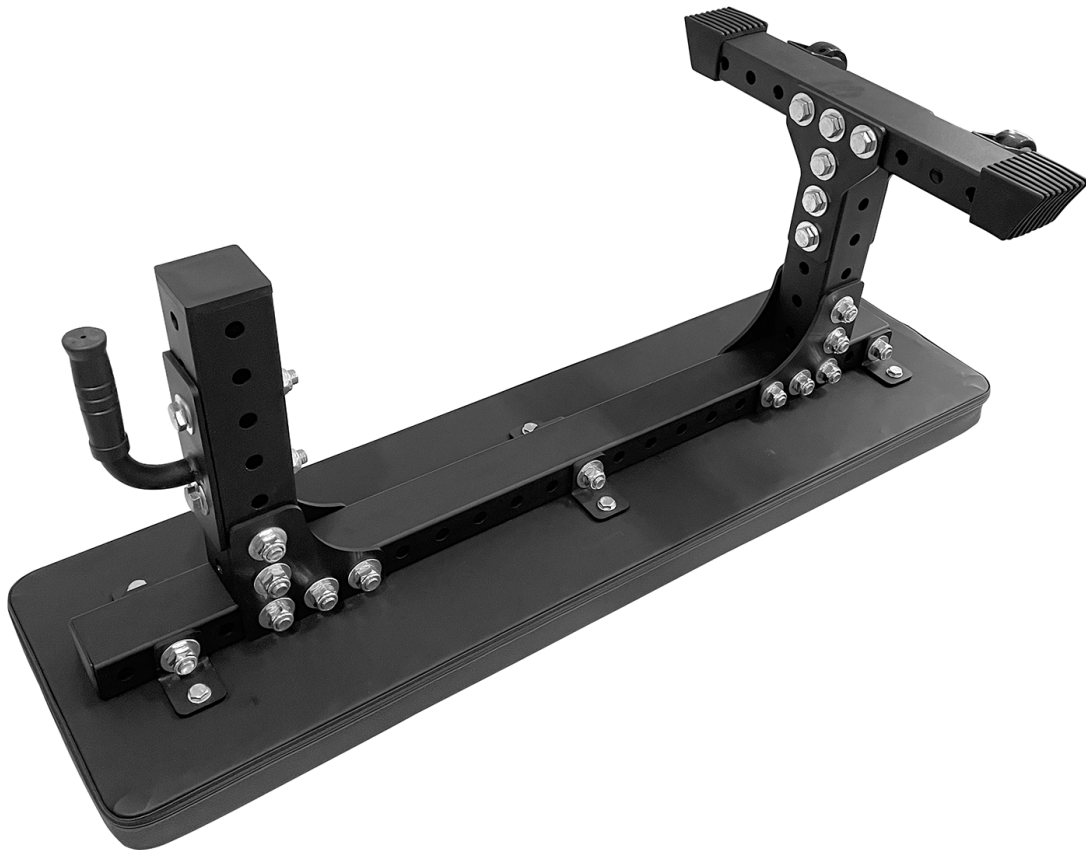
STEP 3

Assemble each leg to the crossbeam.
You can go ahead and tighten these bolts.



STEP 4

Assemble the foot to the rear leg with wheels facing outward.
You can go ahead and tighten these bolts



COMPLETE

Your commercial flat bench is complete!
Be sure to double check your bolts before using.



If you have any questions at all please don't hesitate to
call us at (904) 747-0789 or email help@strengthdepot.com

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