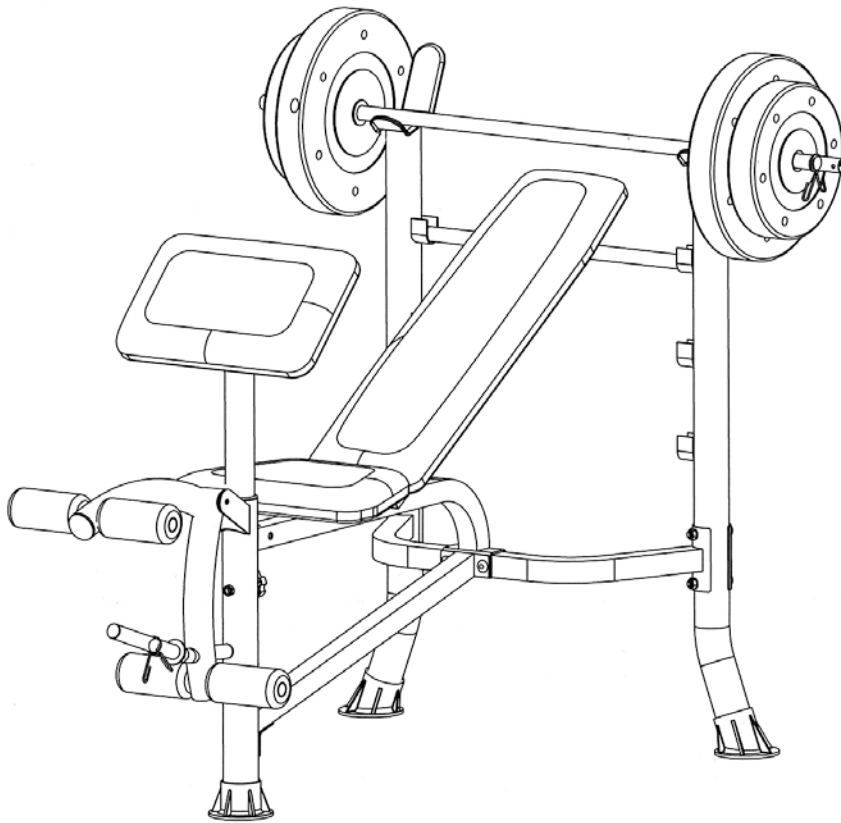




WEIGHT BENCH ADI-3110I

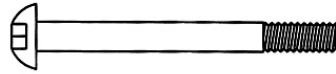


IMPORTANT: Please read the Important Safety Notice and Assembly Information in the Owner's manual before assembling this product.

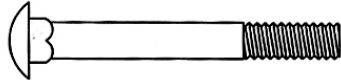
Assembly Manual

140520

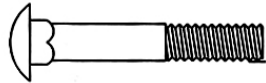




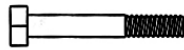
32×1



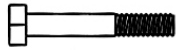
29×4



30×2



41×4



34×4



31×6



38×2



39×6



40×1



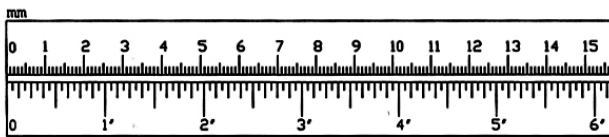
35×6

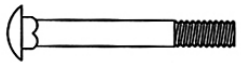


36×8



37×8

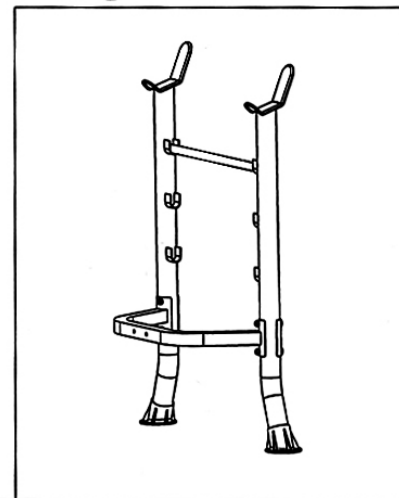
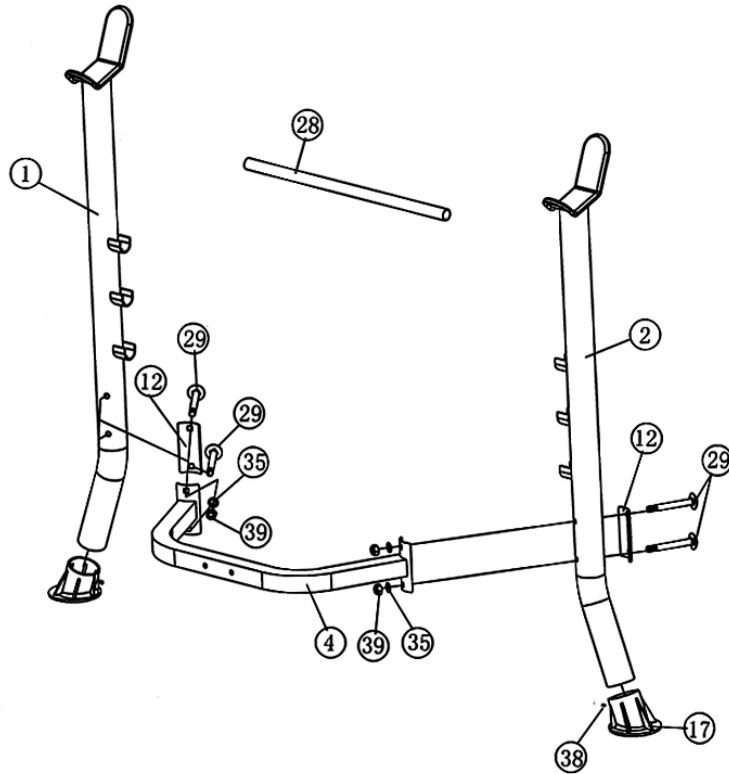
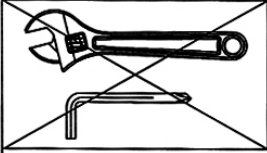


②⑨ × 4  M10 × 3 1/8"

③⑤ × 4  $\Phi \frac{3}{4}$ "

③⑧ × 2  ST5 × 3/8"

③⑨ × 4  M10



1

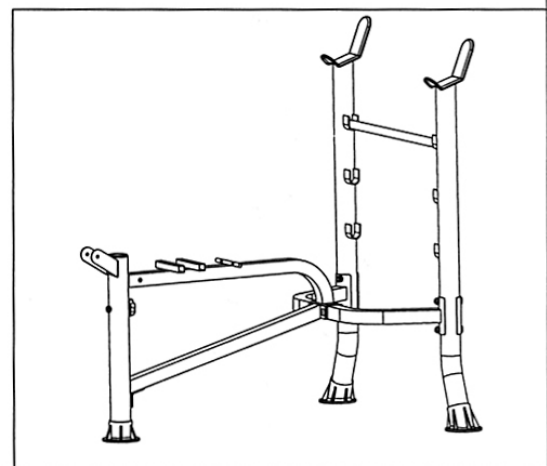
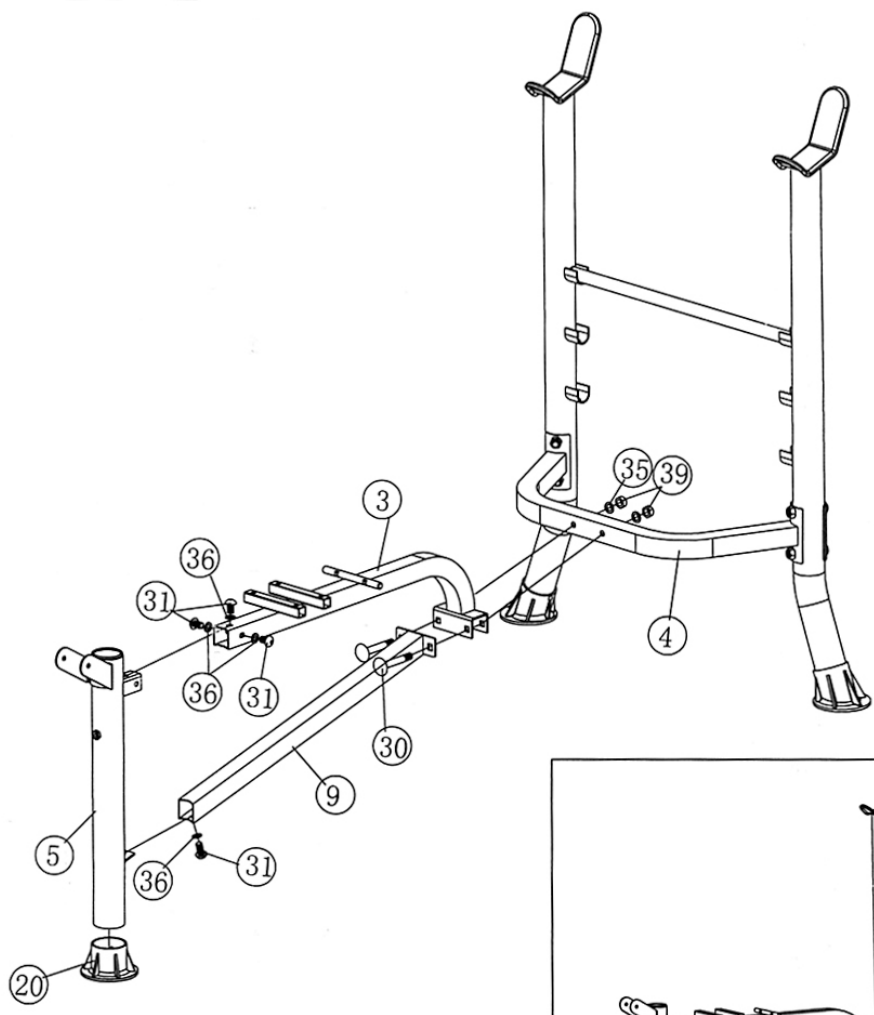
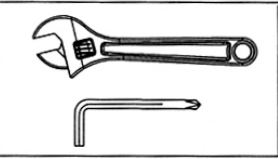
③① × 2  M10 × 2 $\frac{3}{8}$ "

③⑤ × 2  $\phi \frac{3}{4}$ "

③① × 4  M8 × $\frac{3}{4}$ "

③⑨ × 2  M10

③⑥ × 4  $\phi \frac{5}{8}$ "

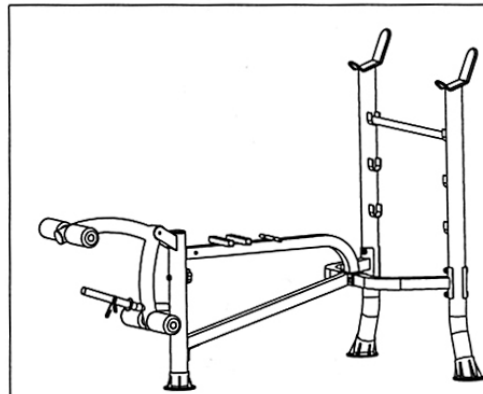
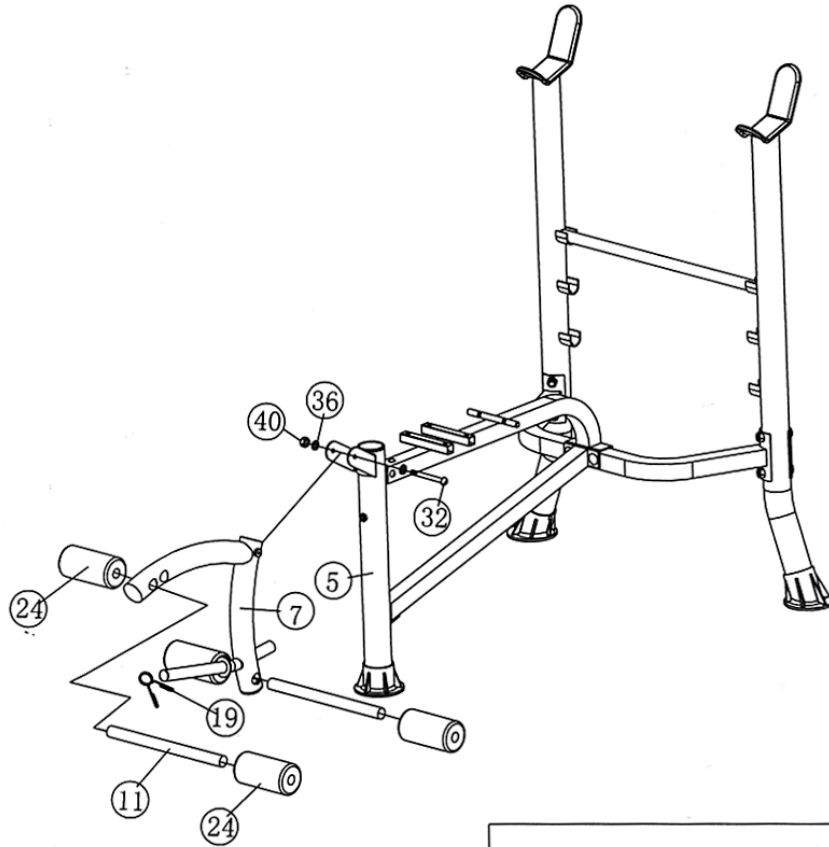


2

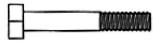
③②× 1  M8 × 3"

③⑥× 2  $\Phi \frac{5}{8}$ "


④①× 1  M8



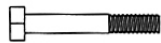
3

③④ × 4 

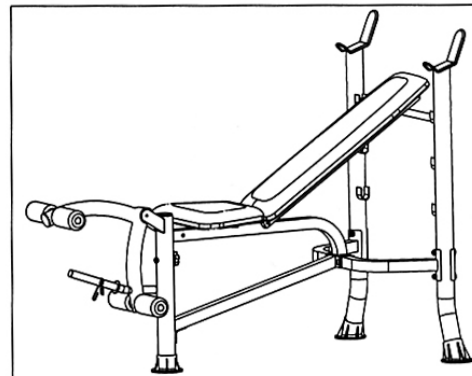
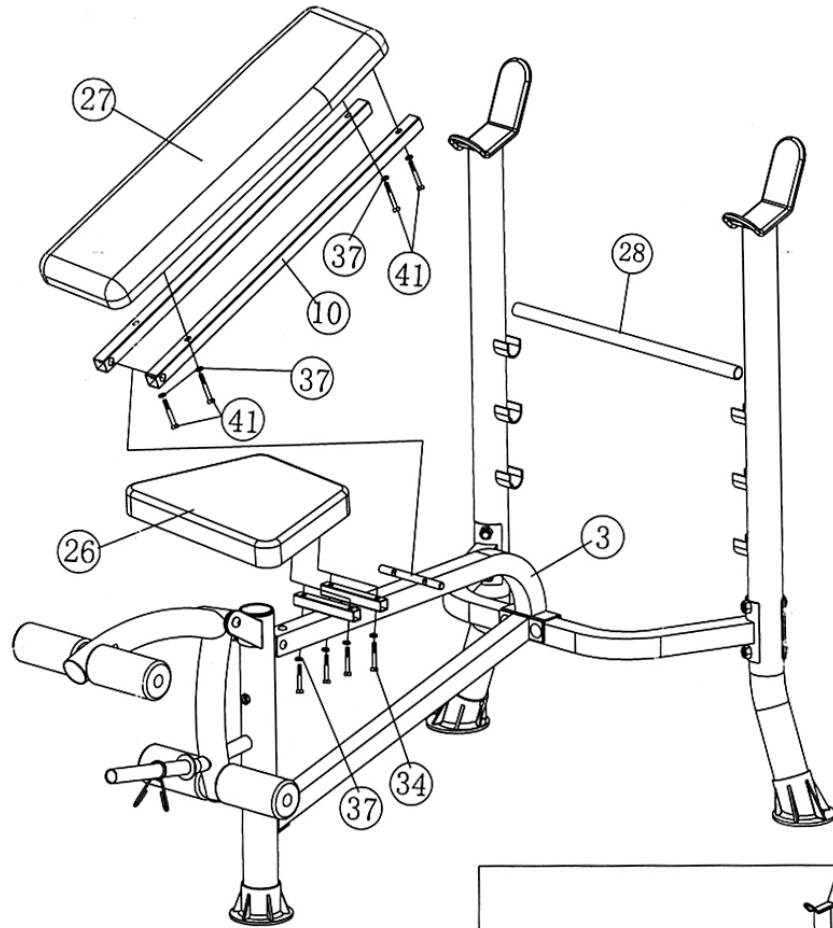
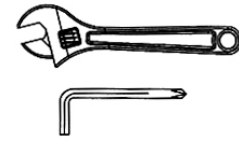
M6 × 1 $\frac{3}{8}$ "

③⑦ × 8 

$\Phi \frac{1}{2}$ "

④① × 4 

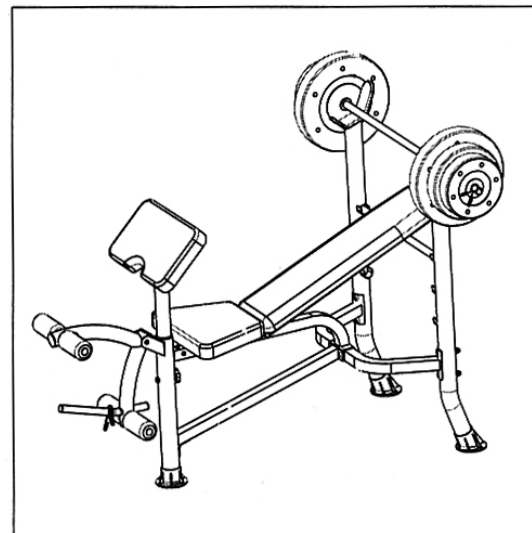
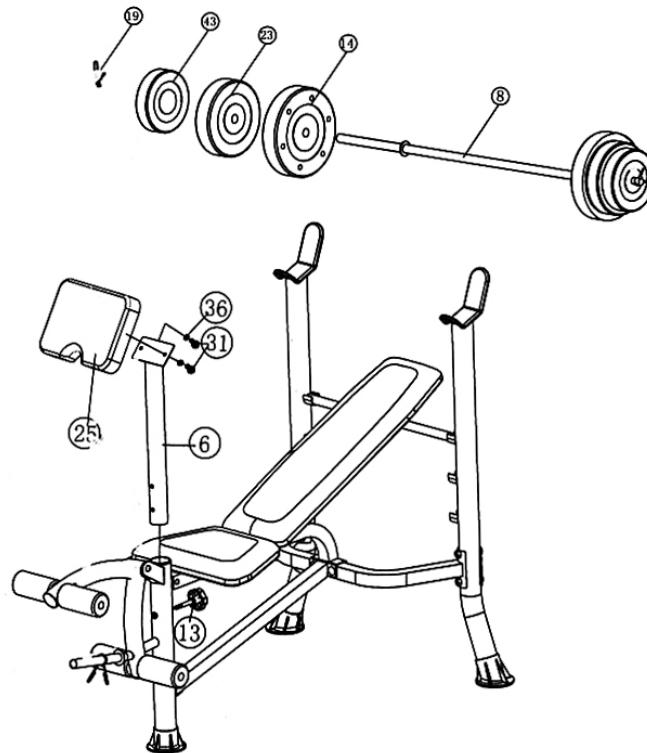
M6 × 1 $\frac{1}{2}$ "



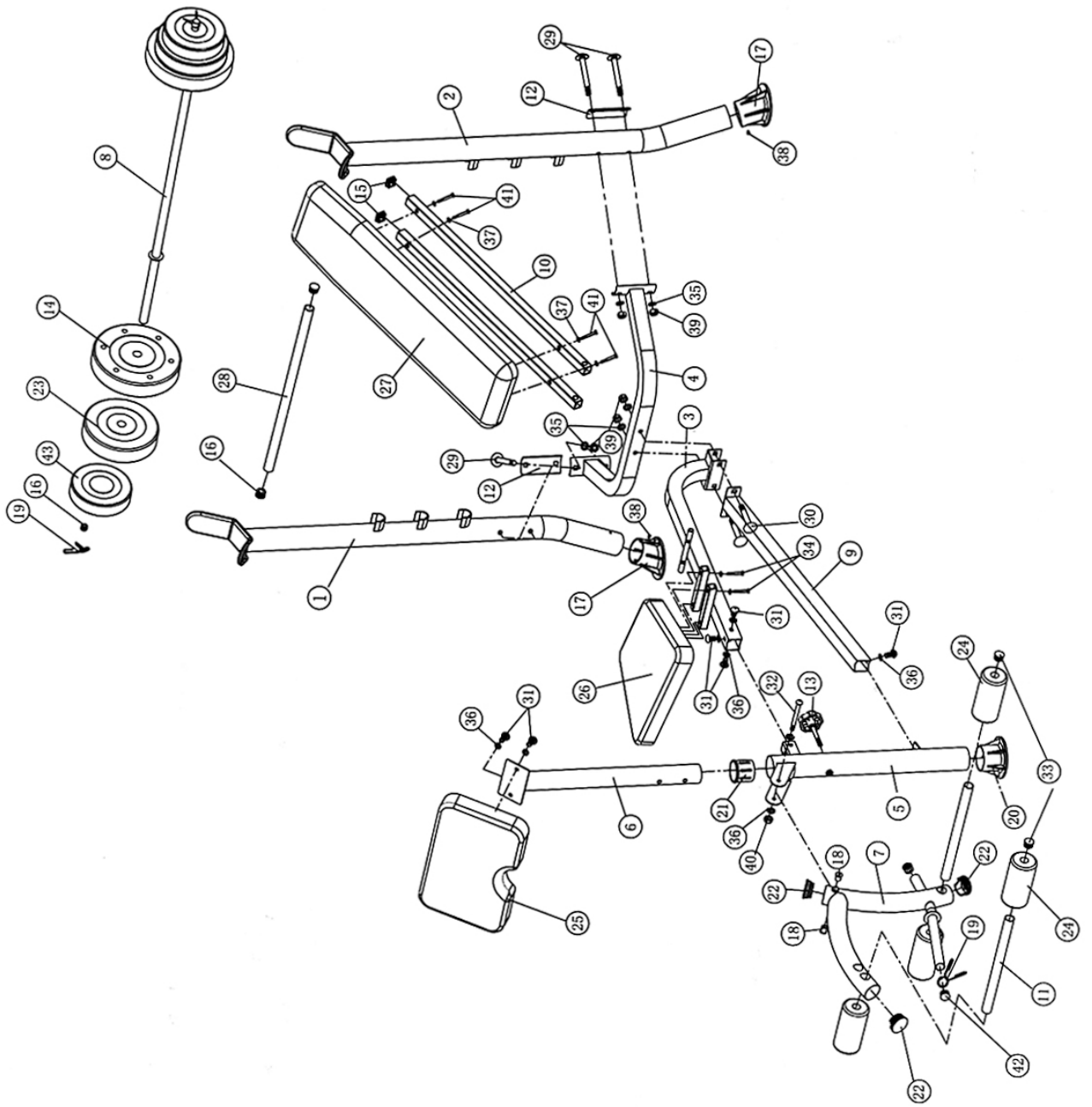
4

③① × 2  M8 × 3/4"

③⑥ × 2  $\Phi 5/8$ "



5



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