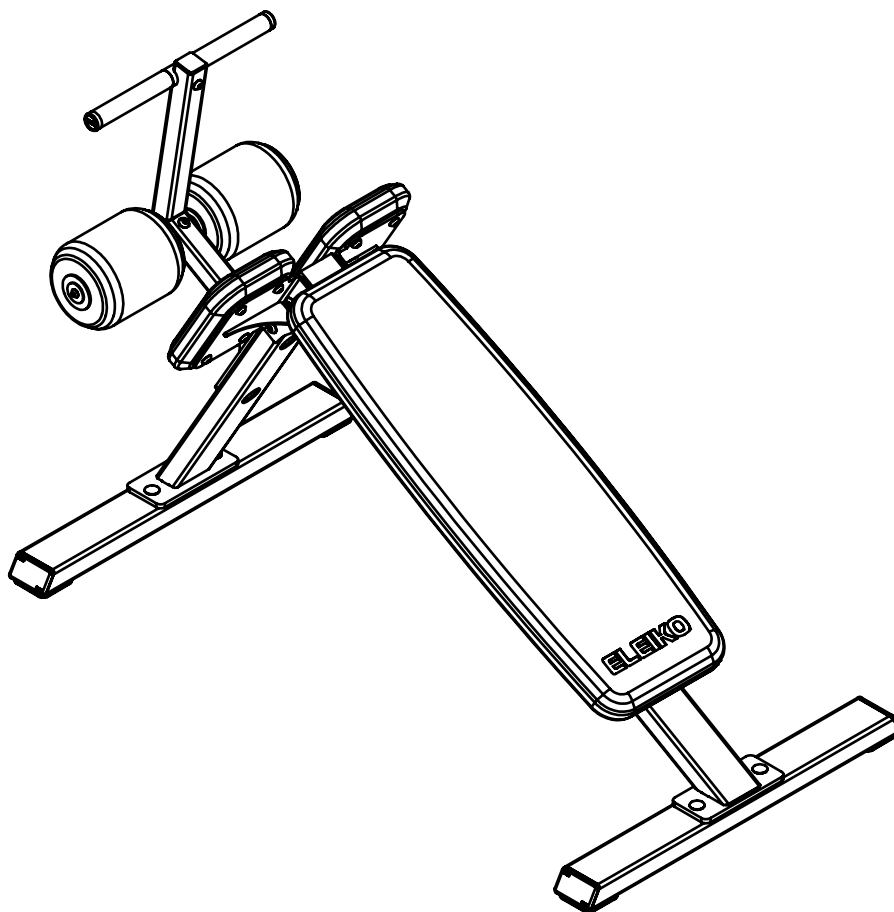


# ELEIKO SIT UP BENCH

Art.no. 3085632, 3085633



**ELEIKO**

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Read before installation and use	3
Safety instructions	3
Warning labels	4
List of components	5
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# READ BEFORE INSTALLATION AND USE

Install and use this equipment in a place where access and supervision are specifically controlled by the owner.

Be sure to install the equipment on a stable base and level the equipment properly. Eleiko recommends that all equipment is installed by a licensed contractor or an Eleiko installer.

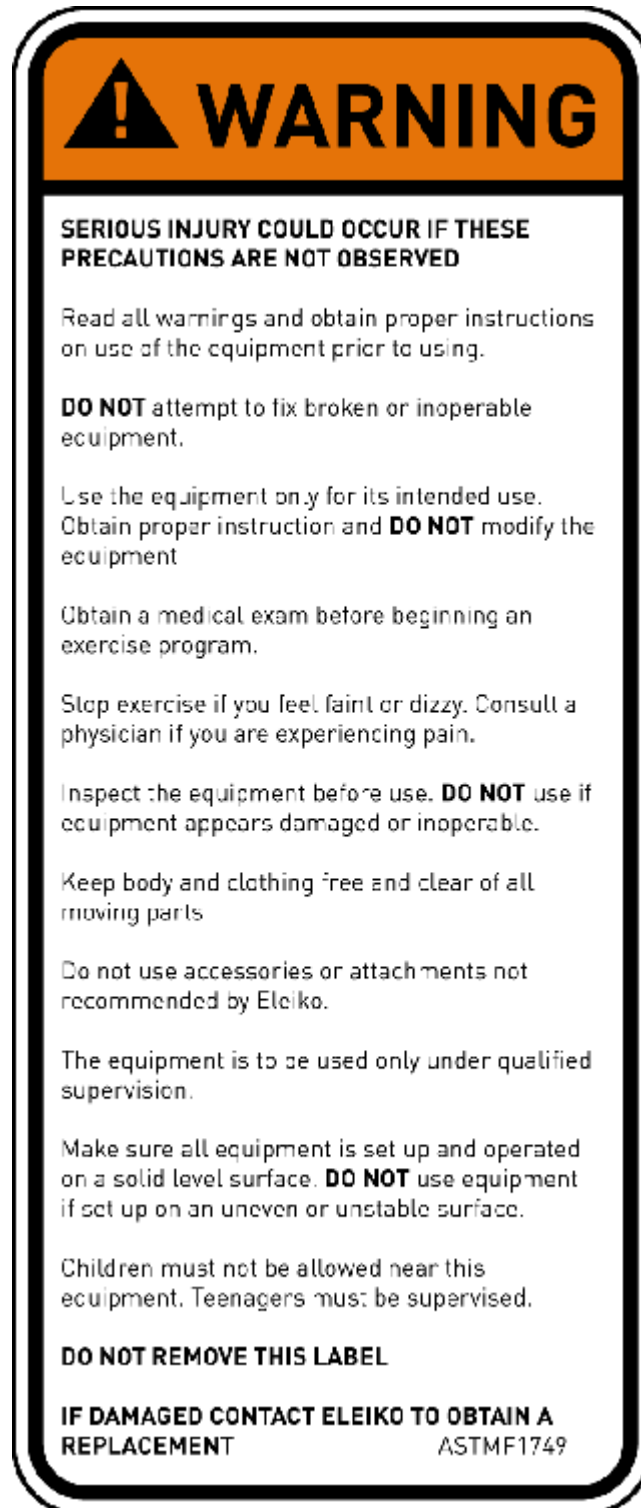
This equipment is intended for indoor use only.

## SAFETY INSTRUCTIONS

It is the responsibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment.

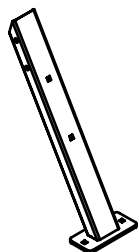
1. All included warnings (labels) and instructions **MUST** be read before the use of any Eleiko equipment. Only use the equipment as it is intended.
2. A user **MUST** get a medical examination and proper instructions before using any Eleiko equipment.
3. **DO NOT** let anyone, under any circumstances, use equipment that appears to be damaged. Do not try to repair any equipment before consulting an Eleiko technician.
4. **DO NOT** replace components of Eleiko equipment with other, none Eleiko, equipment (magnetic safety pin, frames, bars etc.). Do not improvise! If there are any doubts, consult an Eleiko representative prior to any intervention.
5. **DO NOT** overload the equipment and **DO NOT** try to exceed personal strength levels.
6. Children under the age of 14 must be supervised by an adult.
7. **DO NOT** remove any safety labels from the Eleiko equipment. Eleiko is not responsible if a label is removed. Replace damaged labels immediately.
8. Eleiko packaging for products can be made of wood. Be aware of splinters! You **MUST** use protective gloves and proper work wear.
9. Eleiko packaging material could be a risk when handling. Be aware of crushing! You **MUST** use work wear including protective gloves and hard shoes.
10. Eleiko products and packing material are heavy, You **MUST** use proper lifting techniques, work wear and hard shoes.

# WARNING LABELS



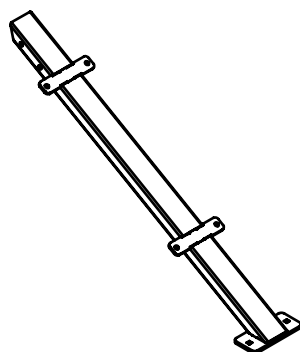
# LIST OF COMPONENTS

1x



3085581a6

1x



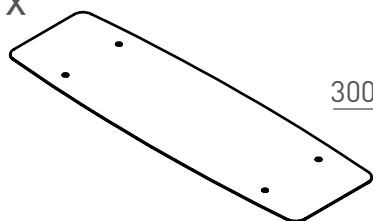
3085581a1

1x



3085581a2

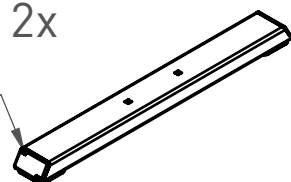
1x



3085437 p25

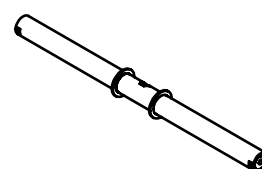
2x

3000197p14



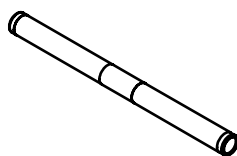
3002274 a1

1x



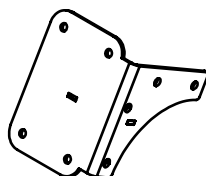
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1x



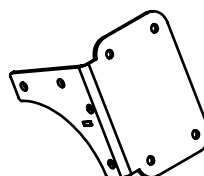
3085581p7

1x



3085581a5

1x



3085581a4

2x



3085581p16

4x



3002274 p30

2x



3002274 p14

6x



2000718

6x



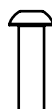
2000719

6x



CARRIAGE BOLT M10 x 30  
2001436-L30

2x



K6S M10 x 35  
2000675-L35

20x



K6S M10 x 20  
2000675-L20

2x

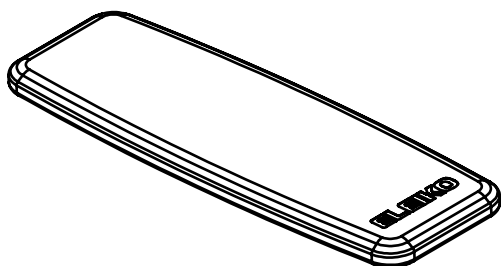


K6S M8 x 12  
2000747-L12

# LIST OF COMPONENTS

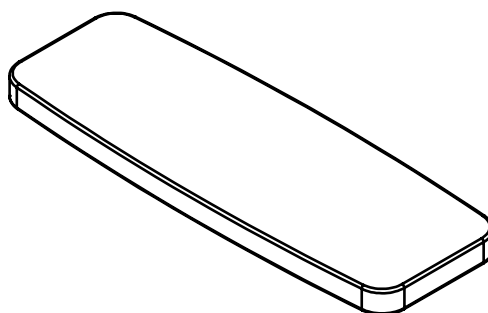
## UPHOLSTERY

1x



POLYURETHANE  
2001273

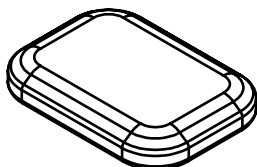
1x



SKAI LEATHER  
2001391

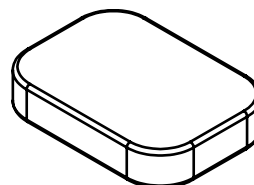
OR

2x



POLYURETHANE  
2001413

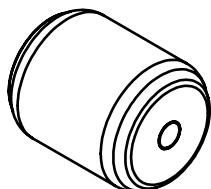
2x



SKAI LEATHER  
2001442

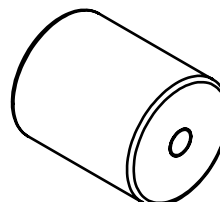
OR

2x



POLYURETHANE  
2001274

2x

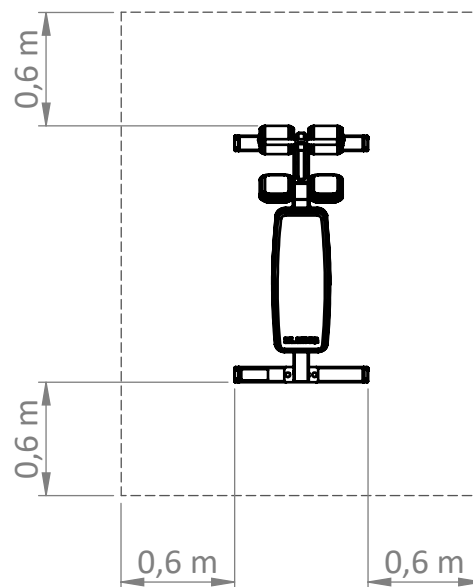


SKAI LEATHER  
2001392

OR

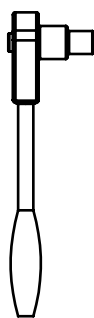
# ASSEMBLY INSTRUCTIONS

Before assembly, make sure you have enough clearance on all sides of the equipment, not less than 0,6 meters. Take in account the accessibility to remove and replace bar and weights.

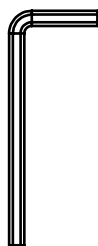


## TOOLS NEEDED

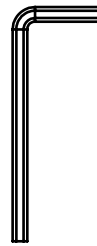
You need the following tools to assemble the equipment.



Socket Wrench Size 17mm



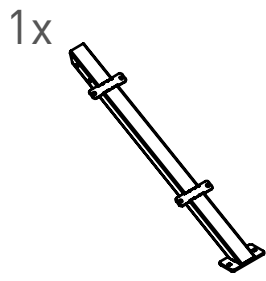
Allen Key Size 6



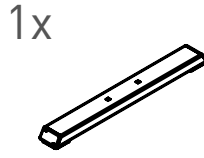
Allen Key Size 5

NOTE: Do not use electric power tools for assembly.

1.



3085581a1



3002274 a1



CARRIAGE BOLT  
M10 x 30

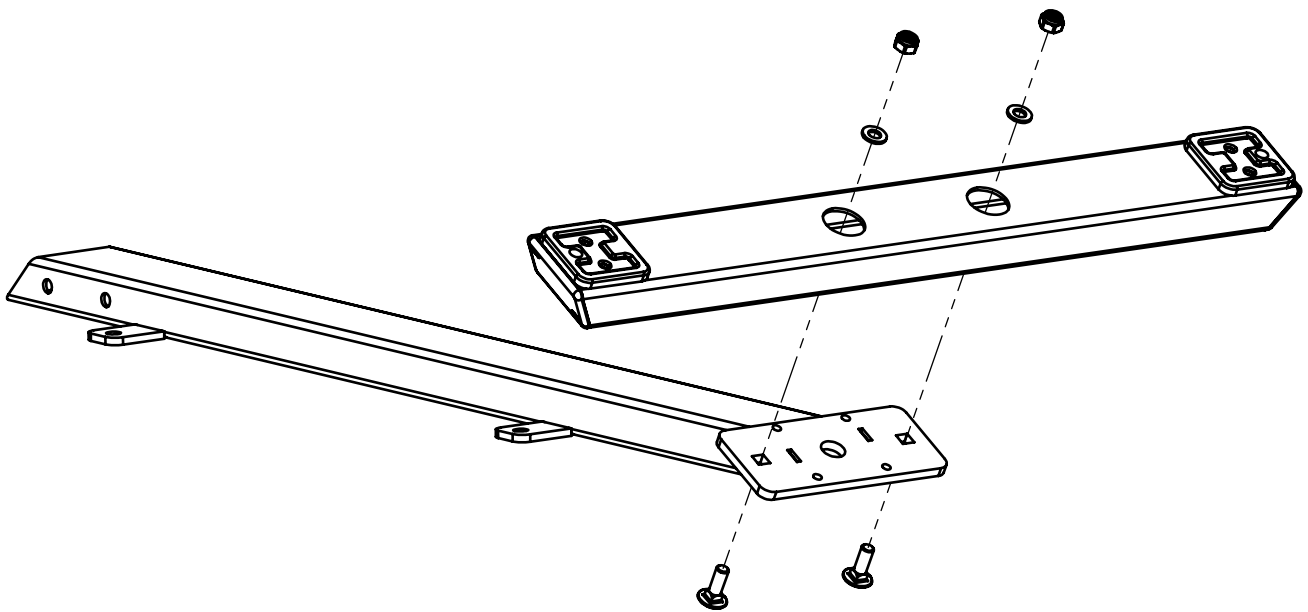


2000719



2000718

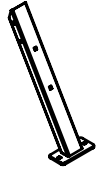
USE THE FLOOR BEAM WHICH HAS A WARNING DECAL IN THIS STEP!





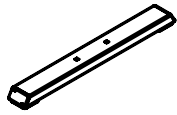
2.

1x



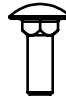
3085581a6

1x



3002274 a1

2x



CARRIAGE BOLT  
M10 x 30

2x

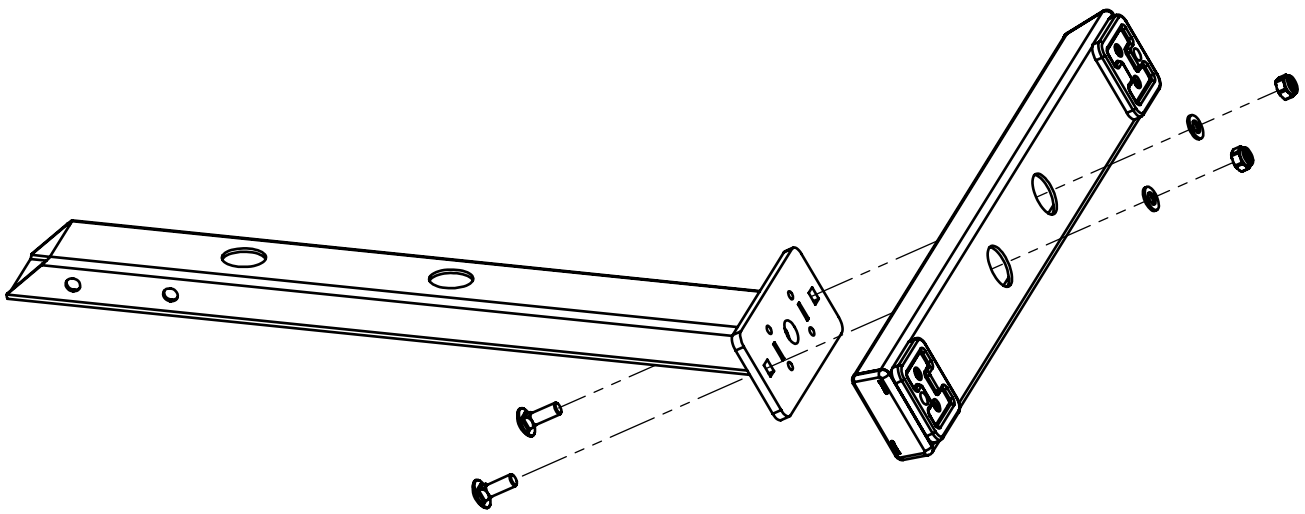


2000719

2x



2000718



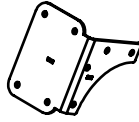
3.

2x



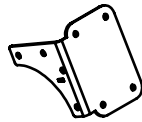
3085581p16

1x



3085581a5

1x

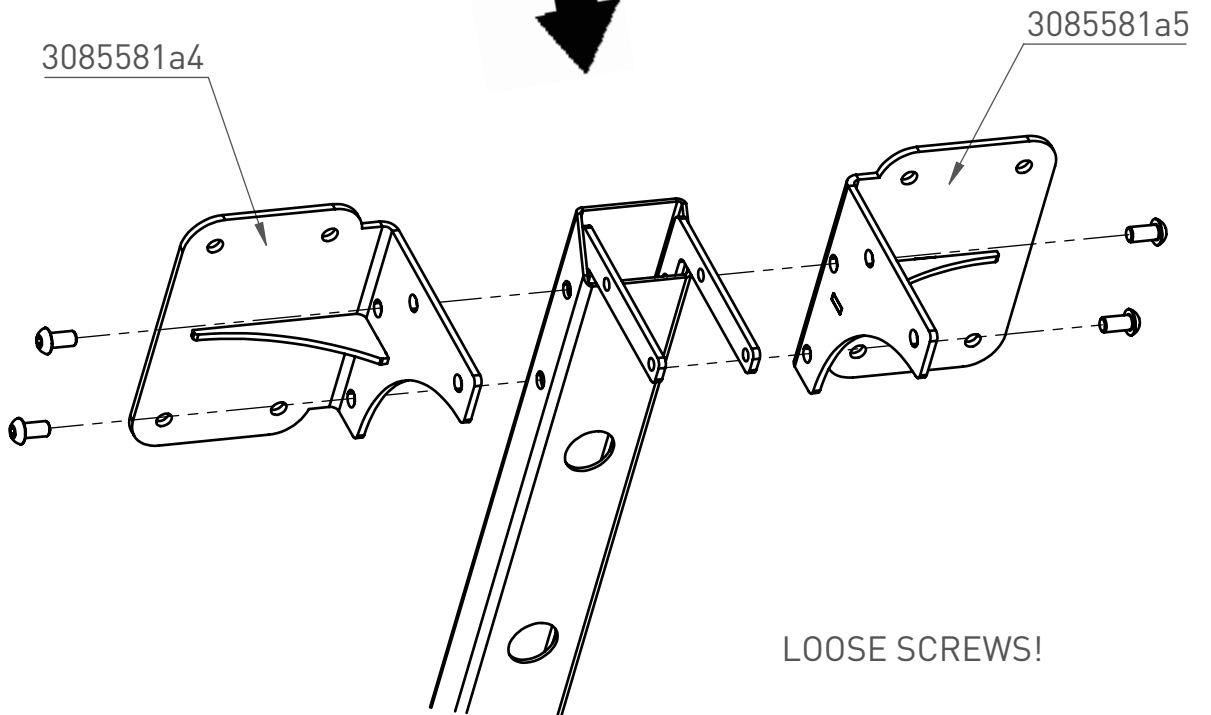
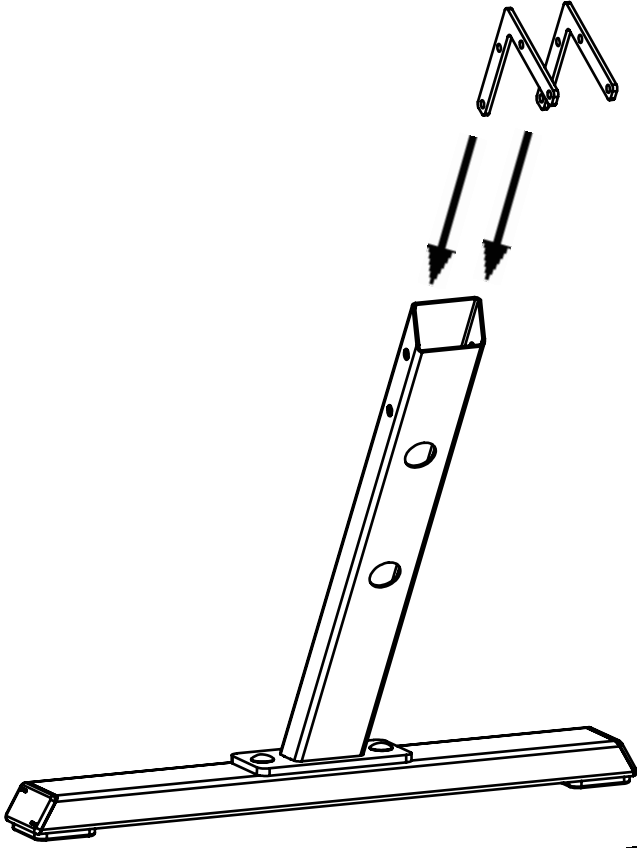


3085581a4

4x



K6S M10 x 20

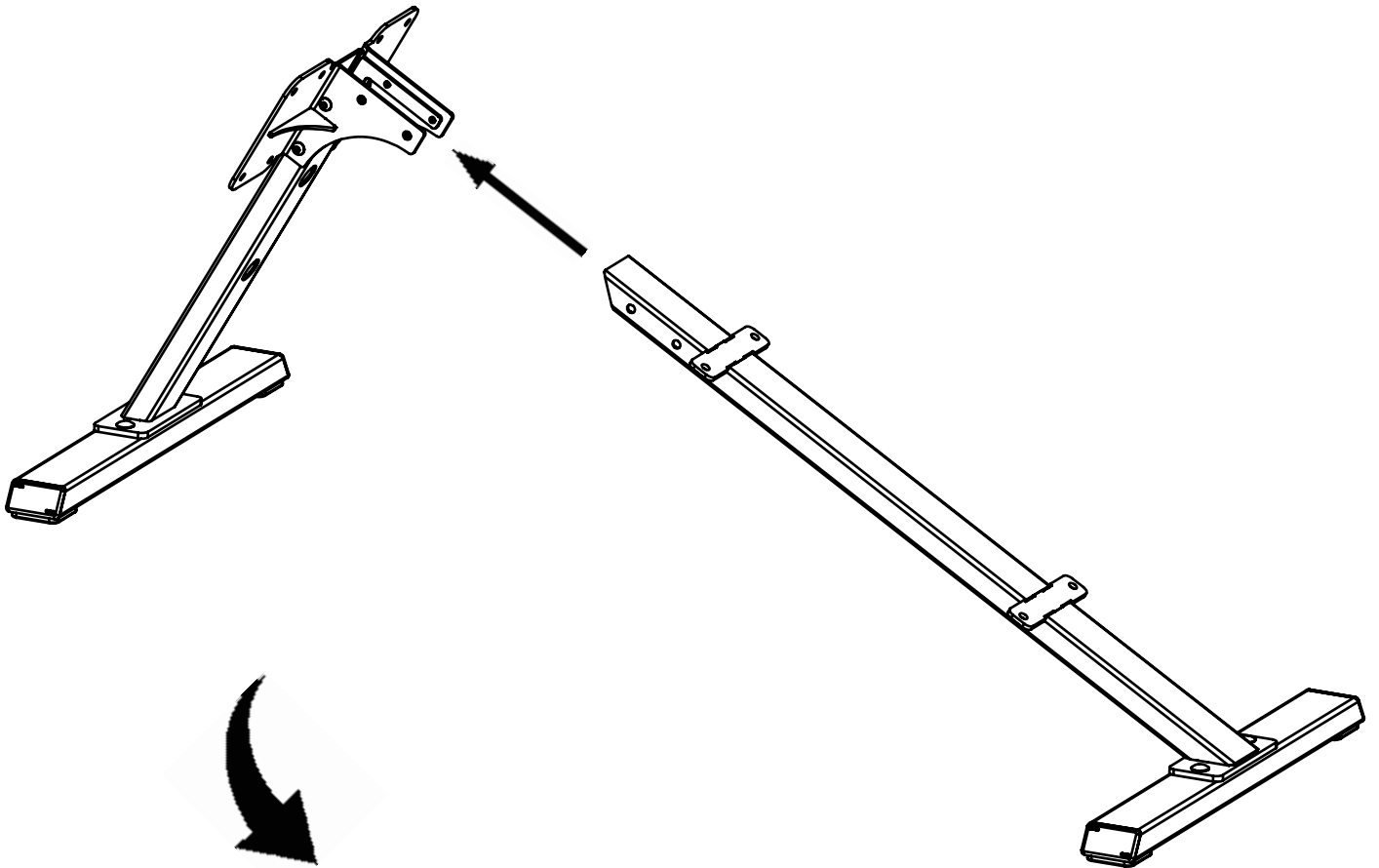


4.

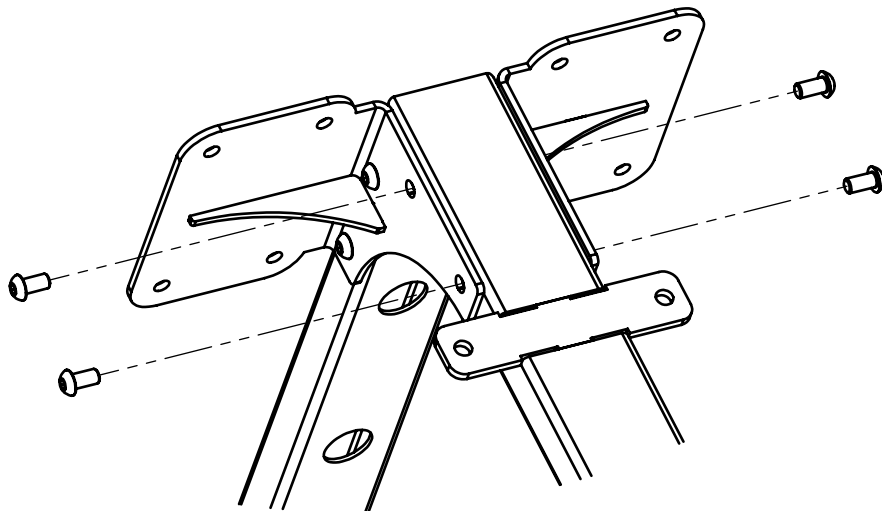
4x



K6S M10 x 20



LOOSE SCREWS!



5.

1x



3085581a2

2x



CARRIAGE BOLT  
M10 x 30

2x

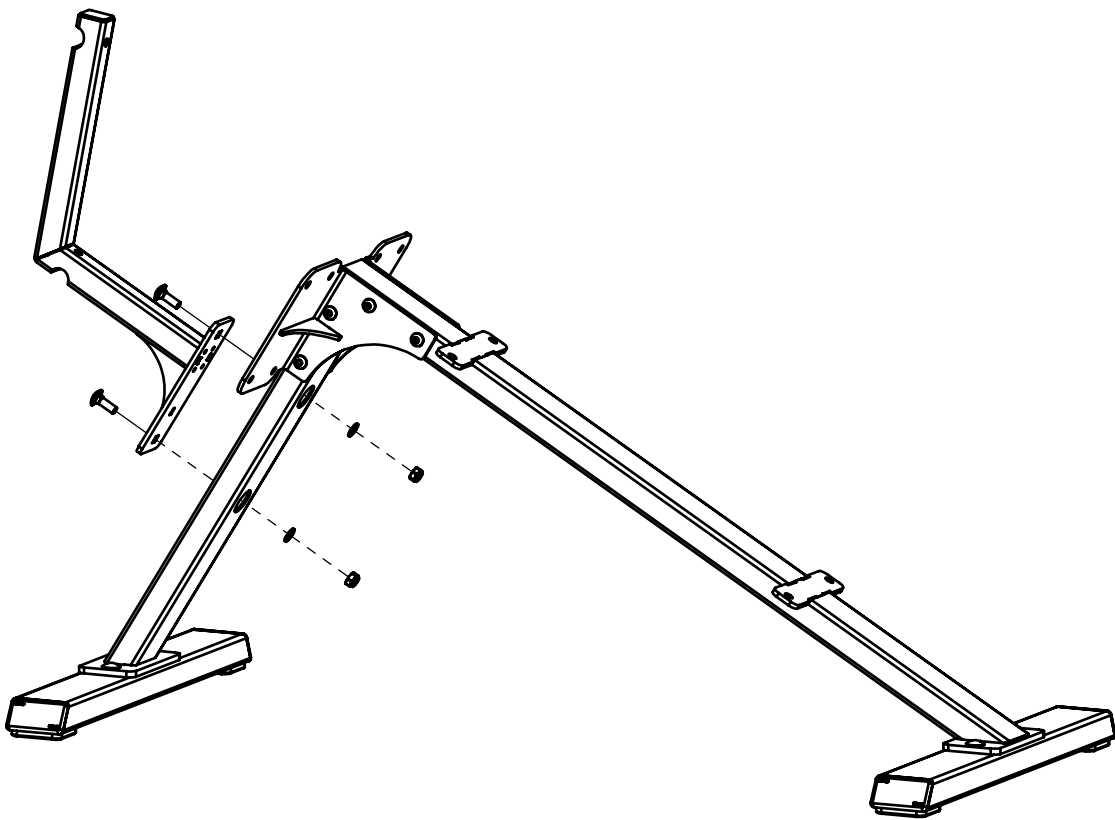


2000719

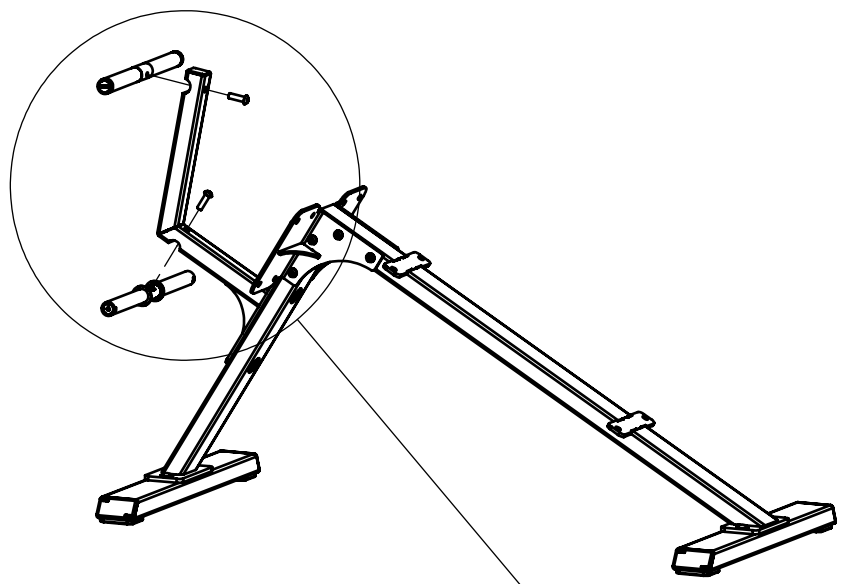
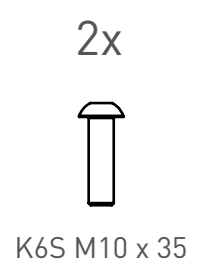
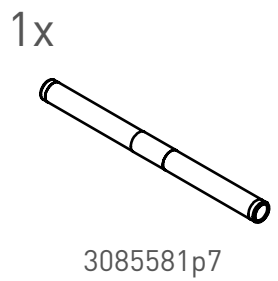
2x



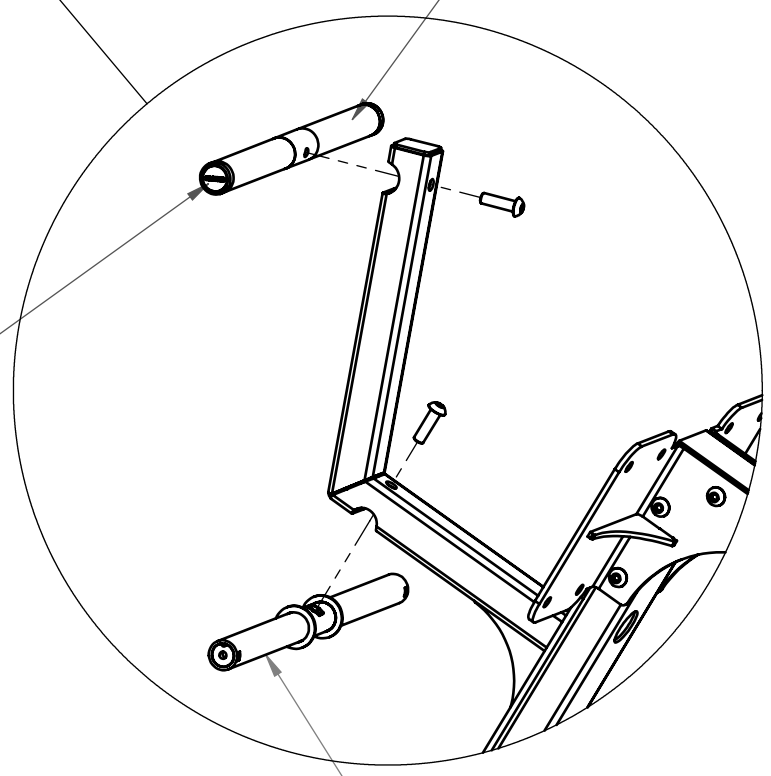
2000718



6.



3085581p7



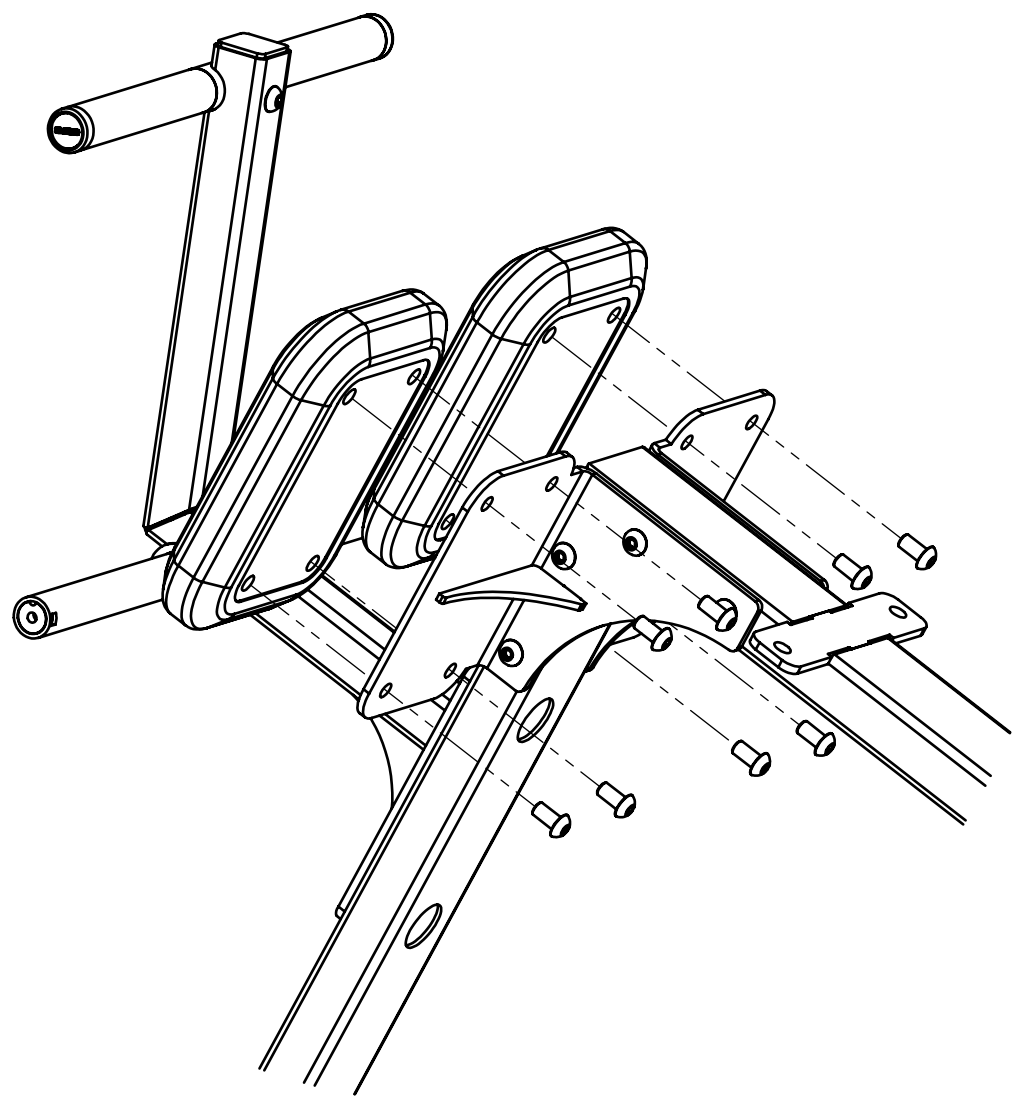
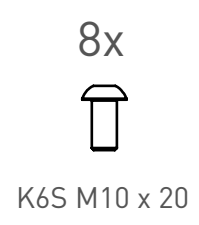
TURN HANDLE SO THAT ELEIKO STICKERS ARE NOT UPSIDE DOWN!

3085581a3

7.



OR

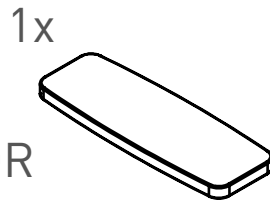


8.

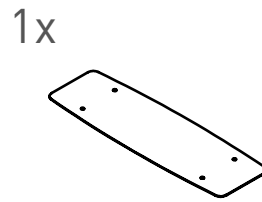


2001273

OR



2001391

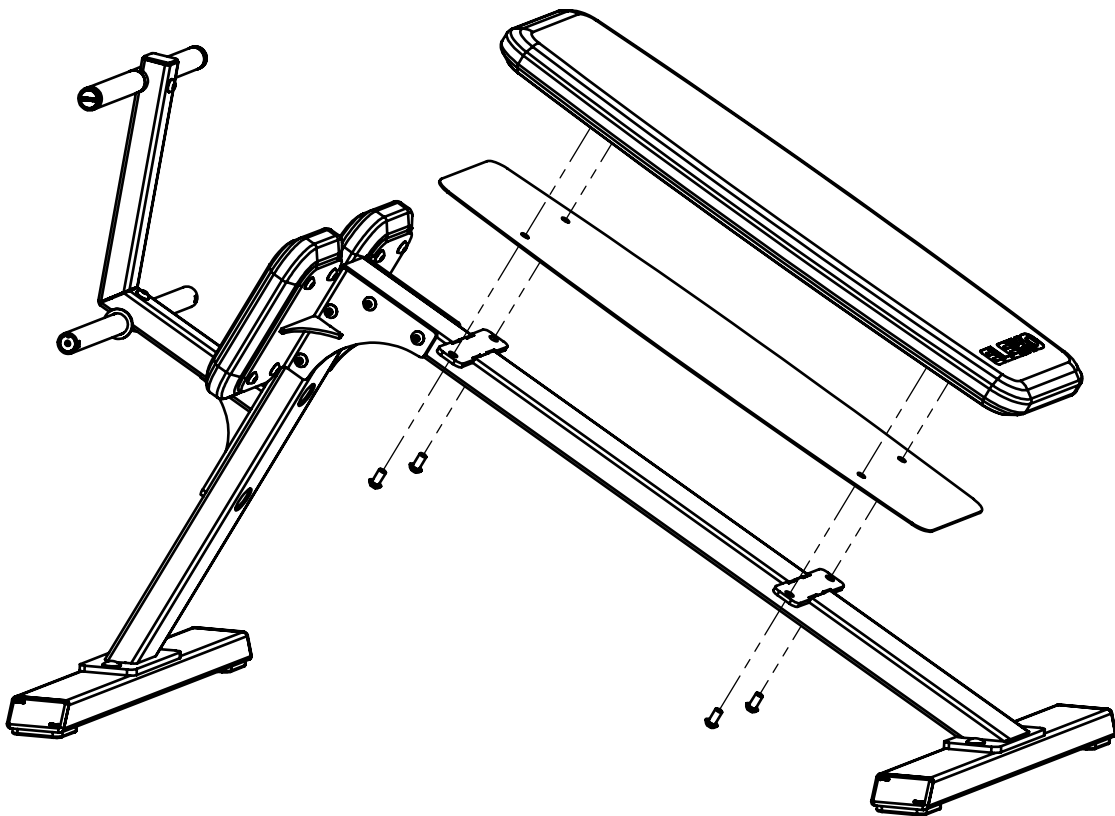
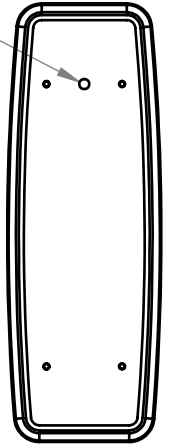


3085437 p25


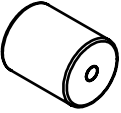





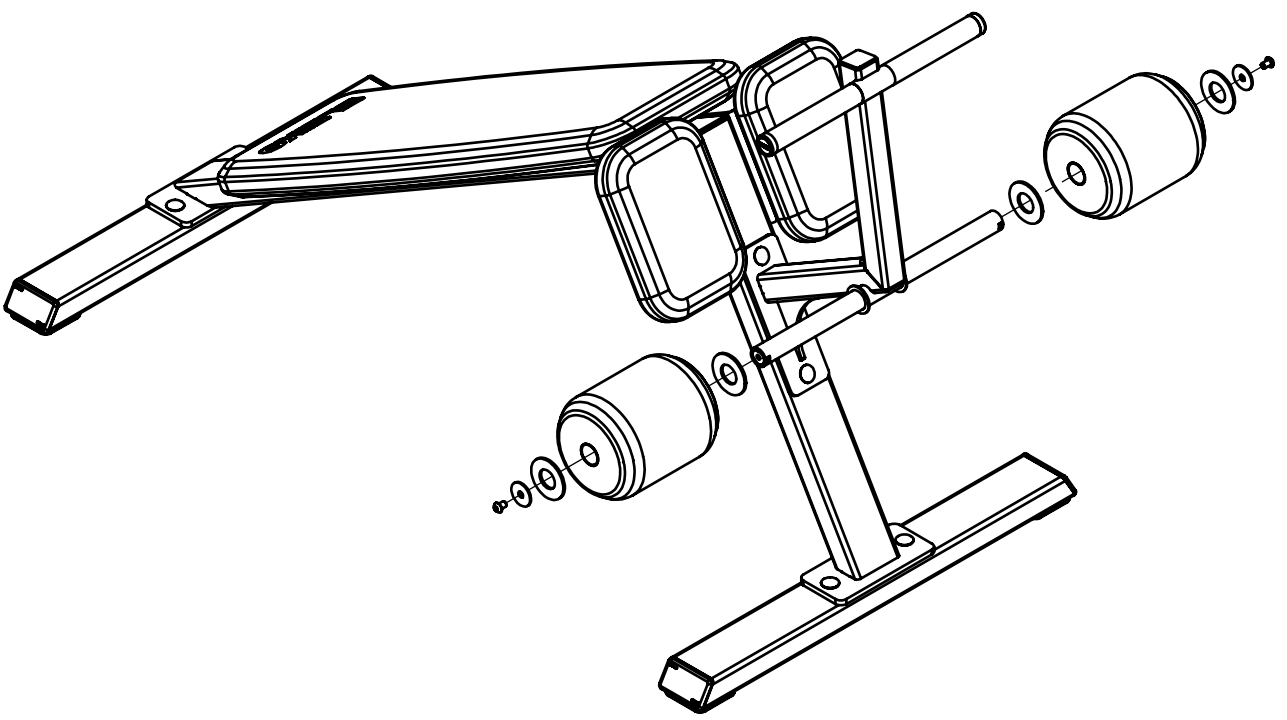
K6S M10 x 20

THIS SIDE OF BACK REST TOWARDS KNEE PADS!



TURN BACK REST PLATE SO THAT HOLES MATCHES PERFECTLY!  
BLACK SIDE TOWARDS THE GROUND!

- 9.
- |   |    |   |  |   |  |   |  |   |
|---|----|---|--|---|--|---|--|---|
| 2x  |    | 2x  |  | 4x  |  | 2x  |  | 2x  |
|  | OR |  |  |  |  |  |  |  |
| 2001274   |    | 2001392   |  | 3002274 p30   |  | 3002274 p14   |  | K6S M8 x 12   |
- 



TIGHTEN ALL SCREWS!



# USER GUIDE

## PURPOSE

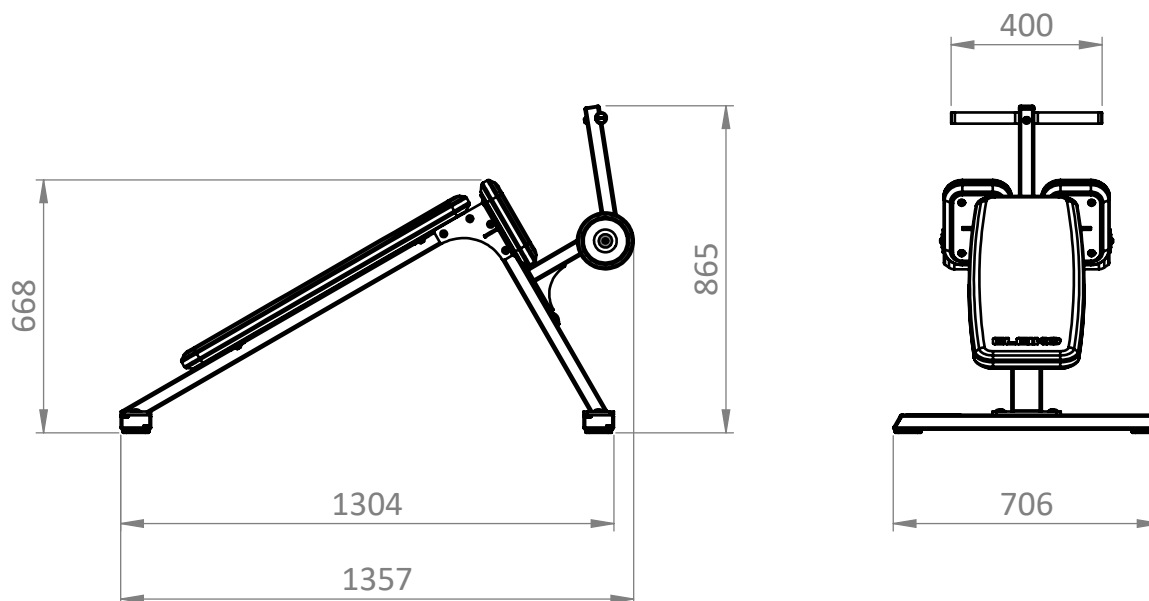
Designed for training the abdominal muscles and building core strenght.

## GENERAL INSTRUCTIONS FOR USE

1. Only for indoor use.
2. Use the knurled handle to easy get in and out of position.
3. Position yourself with your back against the back rest and lock your feet with help of the rollers.

## PRODUCT SPECIFICATION

Max user weight	150 kg / 330 lbs
Max training weight	350 kg / 770 lbs
Product weight	35 kg / 77 lbs
Dimensions (L x W x H)	1357 x 706 x 865 mm 53,4 x 27,8 x 34,1"



# CARE AND MAINTENANCE

## PREVENTIVE MAINTENANCE AND INSPECTIONS

NOTE: The safety level of the equipment can only be maintained if it is examined regularly for damage and wear.

### Daily:

- Cleaning of upholstery.

### Regularly:

- Clean surfaces on the frames and tubes from dust and dirt.
- Check that all bolts between parts, walls and floors are properly tightened, according to recommendations.
- Check equipment for sharp edges. Replace parts with sharp edges.
- Check equipment structural frames and welds to ensure they are free from cracks, irregularities or any other abnormalities. If in doubt, consult an Eleiko representative before product use.

### Cleaning and Care:

- Apply a mild soap detergent to a lint free cloth, then wipe down product surface.
- While it is safe to use an alcohol-based neutral pH7 solution on surface-treated steel elements of the benches and racks, take care to avoid pads and cushions.
- We recommend alcohol-free, bleach-free, and o-phenylphenol (OPP) ammonia-free wipes.

See also [www.eleiko.com](http://www.eleiko.com).

## SPARE PARTS AND SERVICE

Contact Eleiko for spare parts and service:

Eleiko Group AB | Klastorpsvägen 18 | SE-302 62 HALMSTAD | Sweden

E-mail: [info@eleiko.com](mailto:info@eleiko.com) | Phone: +46 35 17 70 70

[www.eleiko.com](http://www.eleiko.com)

## WARRANTY

All products manufactured by ELEIKO are warranted to the original purchaser to be free from defects in workmanship and / or materials under normal use or service as follows:

- 10 years on structural frame welds (NOT on moving parts).
- 1 year on wear and tear parts.
- 1 year on polyurethane upholstery.
- 6 months on skai-leather upholstery.

Normal wear and tear do not fall under the 10-year warranty.



# ELEIKO

Eleiko Group AB | Klastorpsvägen 18 | SE-302 62 HALMSTAD | Sweden  
E-mail: [info@eleiko.com](mailto:info@eleiko.com) | Phone: +46 35 17 70 70

[www.eleiko.com](http://www.eleiko.com)