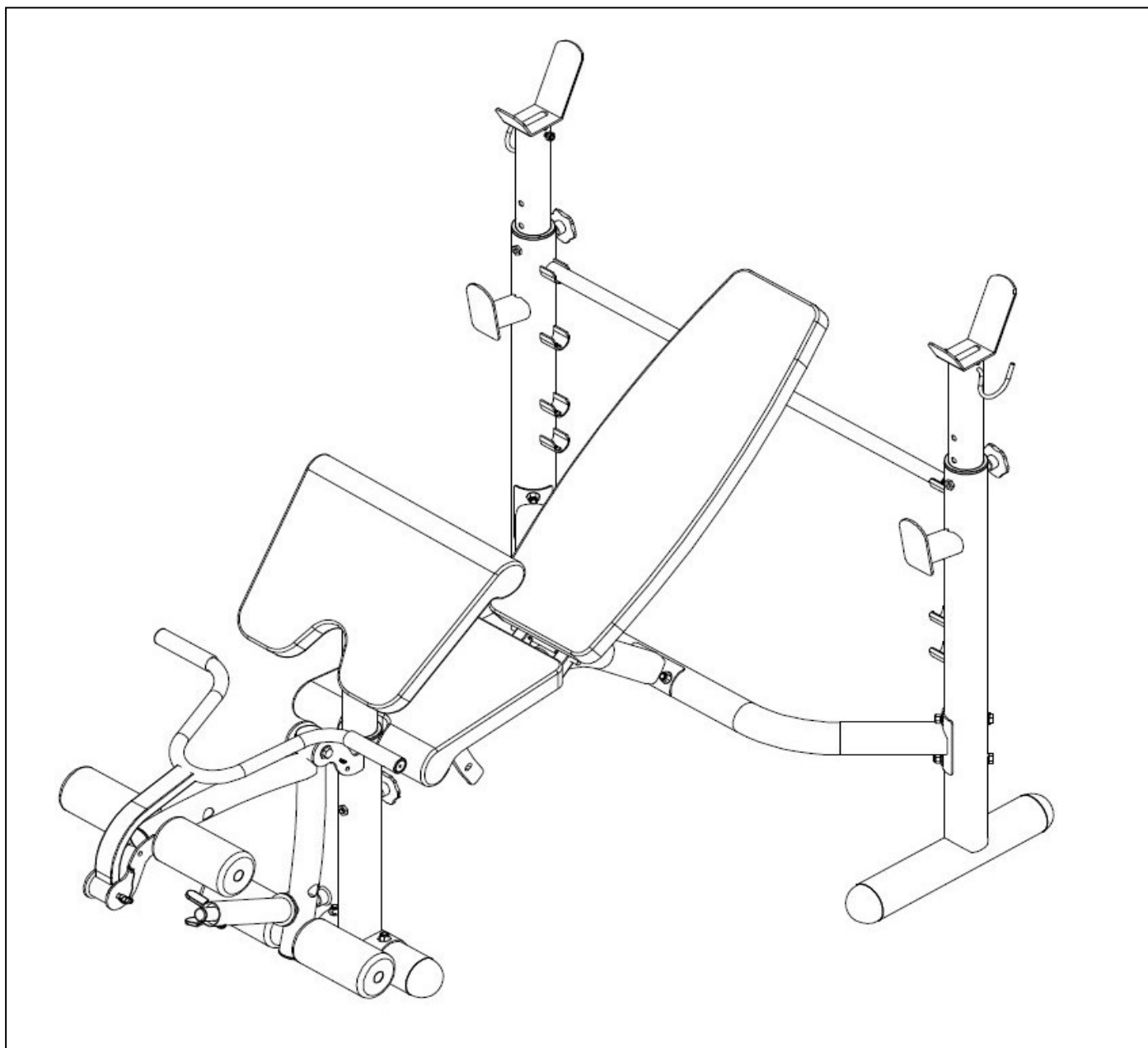


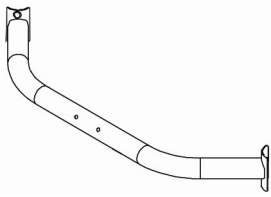
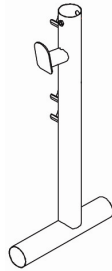
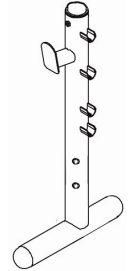
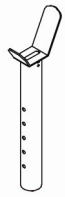

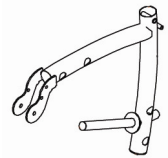
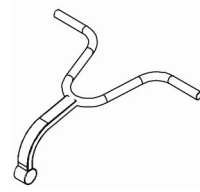
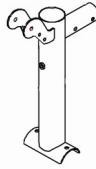
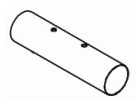
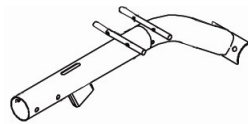


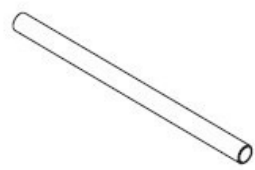

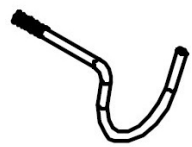

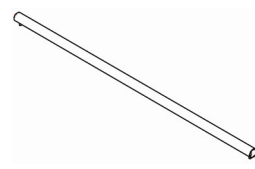


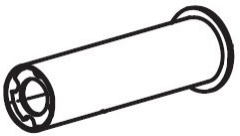


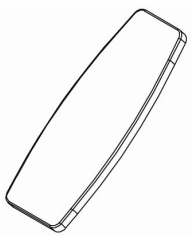





GYMSTICK™






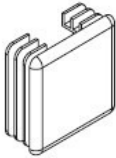


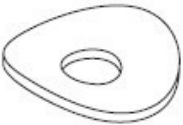


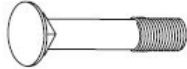
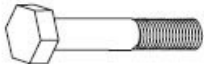
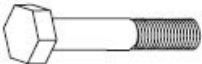

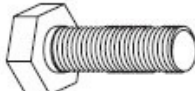
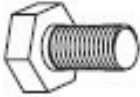

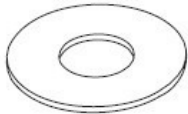
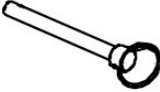

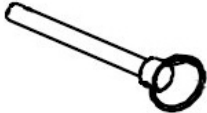
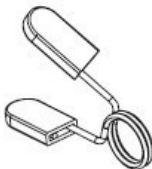

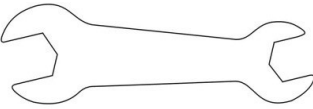
WEIGHT BENCH STR-400

MANUAL



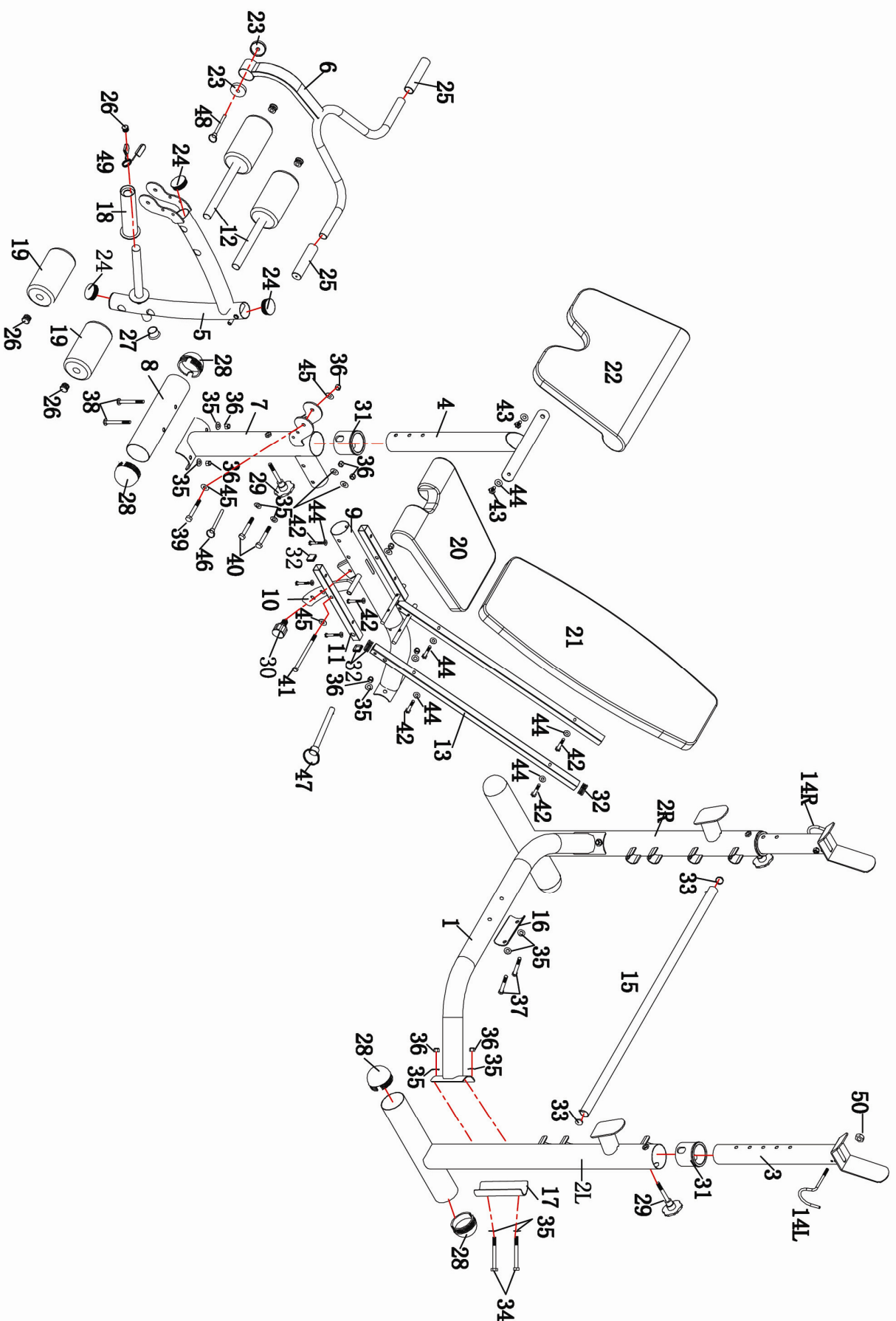
ENG 09/2010

 <p>(1) Cross bar 1pc</p>	 <p>(2L) Left upright 1pcs</p>	 <p>(2R) Right upright 1pcs</p>	 <p>(3) Adjustable upright tube 2pcs</p>
 <p>(4) Arm curl frame 1pc</p>	 <p>(5) Leg extension 1pc</p>	 <p>(6) Extension handlebar</p>	 <p>(7) Front upright tube 1pc</p>
 <p>(8) Front stabilizer 1pc</p>	 <p>(9) Main frame 1pc</p>	 <p>(10) Seat adjustable plate 1pc</p>	 <p>(11) Seat frame 2pcs</p>
 <p>(12) Foam roller tube 2pcs</p>	 <p>(13) Backrest frame 2pcs</p>	 <p>(14L) Left safety hook 1pc</p>	 <p>(14R) Right safety hook 1pc</p>
 <p>(15) Adjustable backrest tube 1pc</p>	 <p>(16) Main Frame Connect plate 1pcs</p>	 <p>(17) Upright connect plate 2pcs</p>	 <p>(18) Sleeve 1pc</p>
 <p>(19) Foam roller 4pcs</p>	 <p>(20) Seat 1pc</p>	 <p>(21) Backrest 1pc</p>	 <p>(22) Arm curl pad 1pc</p>
 <p>(23) Plastic sleeve 2pcs</p>	 <p>(24) Round end cap (Φ50mm) 3pcs</p>	 <p>(25) Handle grip 2pcs</p>	 <p>(26) Round end cap (Φ25mm) 5pcs</p>

 <p>(27) Round end over cap (Φ25mm) 1pcs</p>	 <p>(28) Round end cap (Φ76mm) 6pcs</p>	 <p>(29) Knob bolt 3pcx</p>	 <p>(30) Adjustable knob 1pc</p>
 <p>(31) Round open plug 3pcs</p>	 <p>(32) Square End Cap (□25mm) 8pcs</p>	 <p>(33) Round end cap (Φ28mm) 2pcs</p>	 <p>(34) Hex Bolt (M10 x 95mm) 4pcs</p>
 <p>(35) Curved washer (M10) 18pcs</p>	 <p>(36) Nylon locknut (M10) 12 pcs</p>	 <p>(37) Hex bolt (M10 x 80mm) 2pcs</p>	 <p>(38) Carriage bolt (M10 x 90mm) 2pcs</p>
 <p>(39) Hex bolt (M10*75mm) 1pcs</p>	 <p>(40) Hex bolt (M10*70mm) 2pcs</p>	 <p>(41) Hex bolt (M10 x 155mm) 1pc</p>	 <p>(42) Bolt (M8*40mm) 8pcs</p>
 <p>(43) Bolt (M8*15mm) 2pcs</p>	 <p>(44) Flat Washer (M8) 10pcs</p>	 <p>(45) Flat Washer (M10) 4pcs</p>	 <p>(46) Lock pin(Φ8*65mm) 1pc</p>
 <p>(47) Lock pin(Φ8*110mm) 1pc</p>	 <p>(48) Lock pin(Φ10*60mm) 1pc</p>	 <p>(49) Spring collar 1pc</p>	 <p>(50) Nylon locknut (M8) 2pcs</p>
 <p>TOOL 2PCS</p>			

PART LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	CROSS BAR	1	25	HANDLE GRIP	2
2L	LEFT UPRIGHT	1	26	ROUND END CAP(Φ25mm)	5
2R	RIGHT UPRIGHT	1	27	ROUND END OVER CAP (Φ25mm)	1
3	ADJUSTABLE UPRIGHT TUBE	2	28	ROUND END CAPS(Φ76mm)	6
4	ARM CURL FRAME	1	29	KNOB BOLT	3
5	LEG EXTENSION	1	30	ADJUSTABLE KNOB	1
6	EXTENSION HANDLEBAR	1	31	ROUND OPEN PLUG	3
7	FRONT UPRIGHT TUBE	1	32	SQUARE END CAP(□25MM)	8
8	FRONT STABILIZER	1	33	ROUND END CAP(Φ28mm)	2
9	MAIN FRAME	1	34	HEX BOLT(M10*95mm)	4
10	SEAT ADJUSTABLE PLATE	1	35	CURVED WASHER (M10)	18
11	SEAT FRAME	2	36	NYLON LOCKNUT(M10)	12
12	FOAM ROLLER TUBE	2	37	HEX BOLT(M10*80mm)	2
13	BACKREST FRAME	2	38	CARRIAGE BOLT(M10*90mm)	2
14L	LEFT SAFETY HOOK	1	39	HEX BOLT(M10*75mm)	1
14R	RIGHT SAFETY HOOK	1	40	HEX BOLT(M10*70mm)	2
15	ADJUSTABLE BACKREST TUBE	1	41	HEX BOLT(M10*155mm)	1
16	MAIN FRAME CONNECT PLATE	1	42	BOLT(M8*40mm)	8
17	UPRIGHT CONNECT PLATE	2	43	BOLT(M8*15mm)	2
18	SLEEVE	1	44	FLAT WASHER (M8)	10
19	FOAM ROLLER	4	45	FLAT WASHER (M10)	4
20	SEAT	1	46	LOCK PIN (Φ8*65mm)	1
21	BACKREST	1	47	LOCK PIN (Φ8*110mm)	1
22	ARM CURL PAD	1	48	LOCK PIN (Φ10*60mm)	1
23	PLASTIC SLEEVE	2	49	SPRING COLLAR	1
24	ROUND END CAP(Φ50mm)	3	50	NYLON LOCKNUT(M8)	2

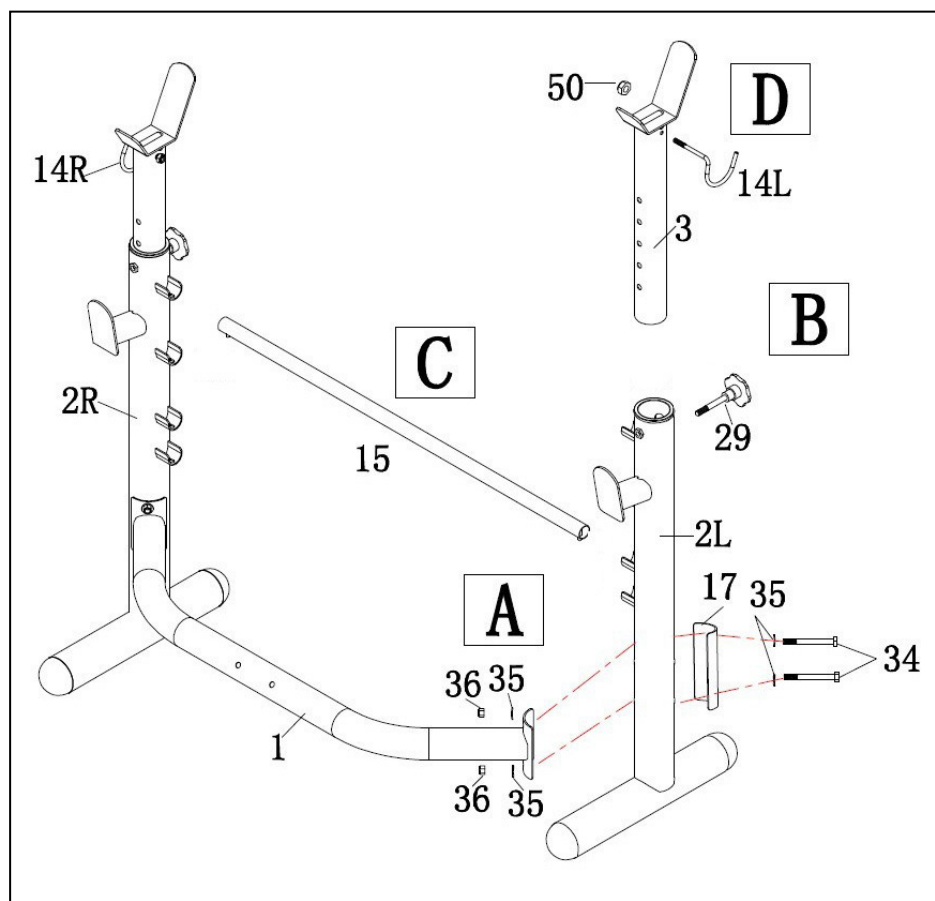


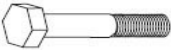



STEP 1

Unpack the carton and remove the packing materials

Place all parts on the floor carefully

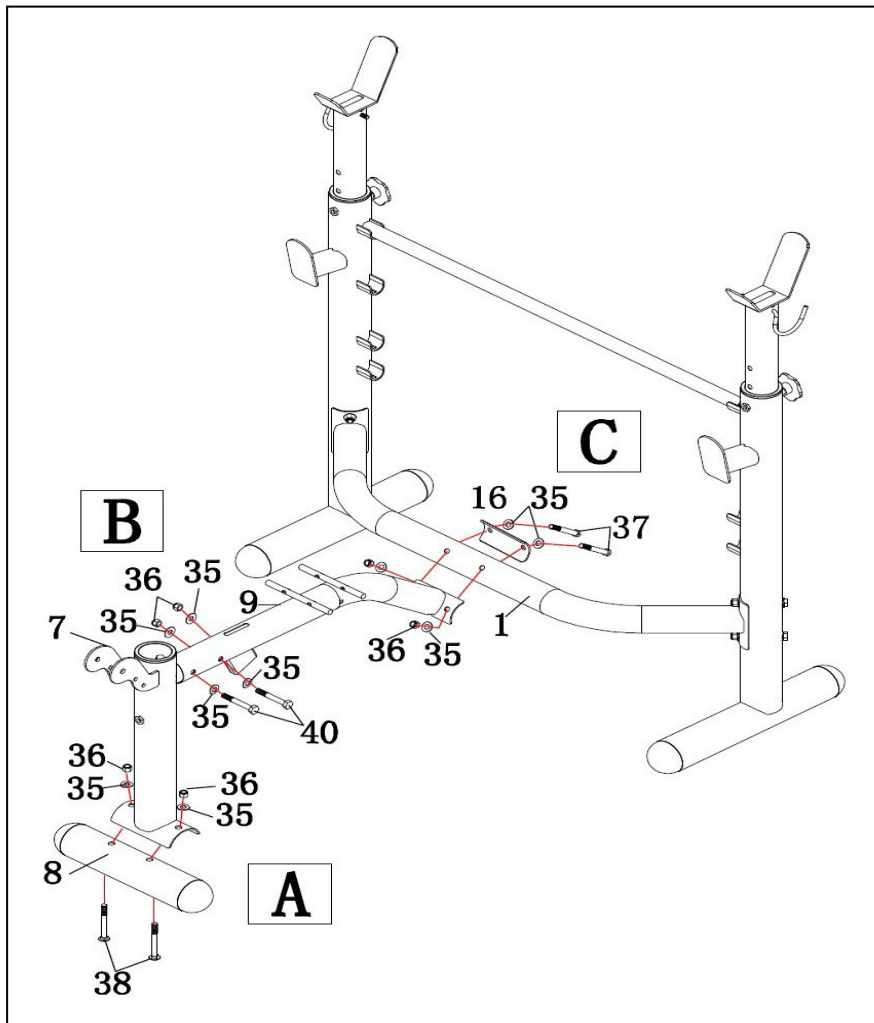
- A.** Attach the two **Upright (2L&2R)** to the **Cross Bar (1)** with **Upright connect Plate (17)** using four **Hex Bolts M10*95mm (34)**, eight **M10 Curved Washers (35)** and four **M10 Lock Nuts (36)** on each side.
- B.** Slide the **Adjustable Upright Tubes (3)** to left & right **Upright (2L&2R)** using **Knob Bolt (29)**.
- C.** Slide the **Adjustment Backrest Tube (15)** into the highest pair of U-shaped brackets.
- D.** Insert the **Left and Right Safety Hooks (14L & 14R)** into the holes on top of both **Adjustable Upright Tubes (3)**. Secure them with two **M8 Lock Nuts (50)**.





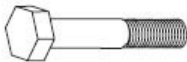


NO	DESCRIPTION.	QTY
34	 HEX BOLTS (M10*95mm)	4
35	 CURVED WASHER (M10)	8
36	 NYLON LOCKNUT (M10)	4
50	 NYLON LOCKNUT (M8)	2

STEP 2

- A. Attach the **Front Upright Tube (7)** to the **Front Stabilizer (8)** using two **M10 x 90mm Carriage Bolts (38)**, two **M10 Curved Washers (35)** and two **M10 Lock Nuts (36)**.
- B. Attach the **Main Frame (9)** to **Front Upright Tube (7)** using two **M10x70mm Hex Bolts (40)**, four **M10 Curved Washers (35)** and two **M10 Nylon Locknuts (36)**.
- C. Attach the **Main Frame (9)** to the **Cross Bar (1)** with a **Main Frame Connect Plate (16)** using two **M10*80mm Hex Bolts (37)**, four **M10 Curved Washers (36)** and two **M10 Nylon Locknuts (36)**.



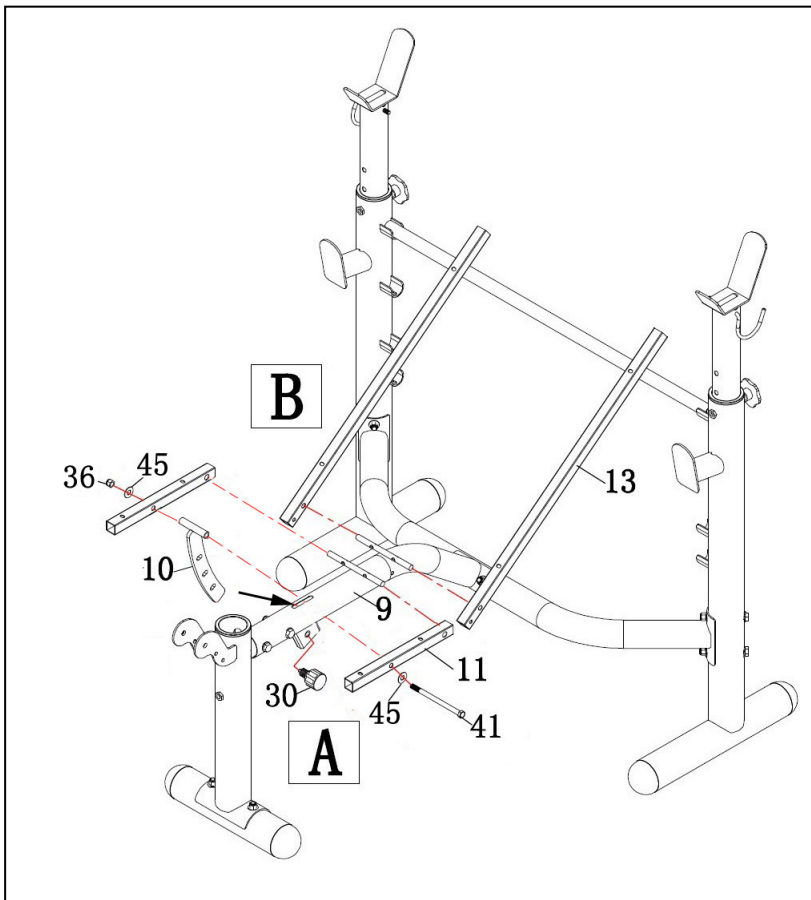
NO	DESCRIPTION.	QTY
35	 CURVED WASHER (M10)	10
36	 NYLON LOCKNUT (M10)	6
37	 HEX BOLTS (M10*80mm)	2
38	 CARRIAGE BOLT (M10 x 90mm)	2
40	 HEX BOLTS (M10*70mm)	2





STEP 3

- A.** Insert the **Seat Adjustable Plate (10)** into the **Main Frame (9)** using the **Adjustable Knob (30)**.

Attcah both **Seat Frames (11)** to **Main Frame (9)** and **Seat Adjustable Plate (10)** using one **M10 x 155mm Hex Bolt (41)**, two **M10 Flat Washers (45)** and one **M10 Nylon Locknut (35)** as shown.

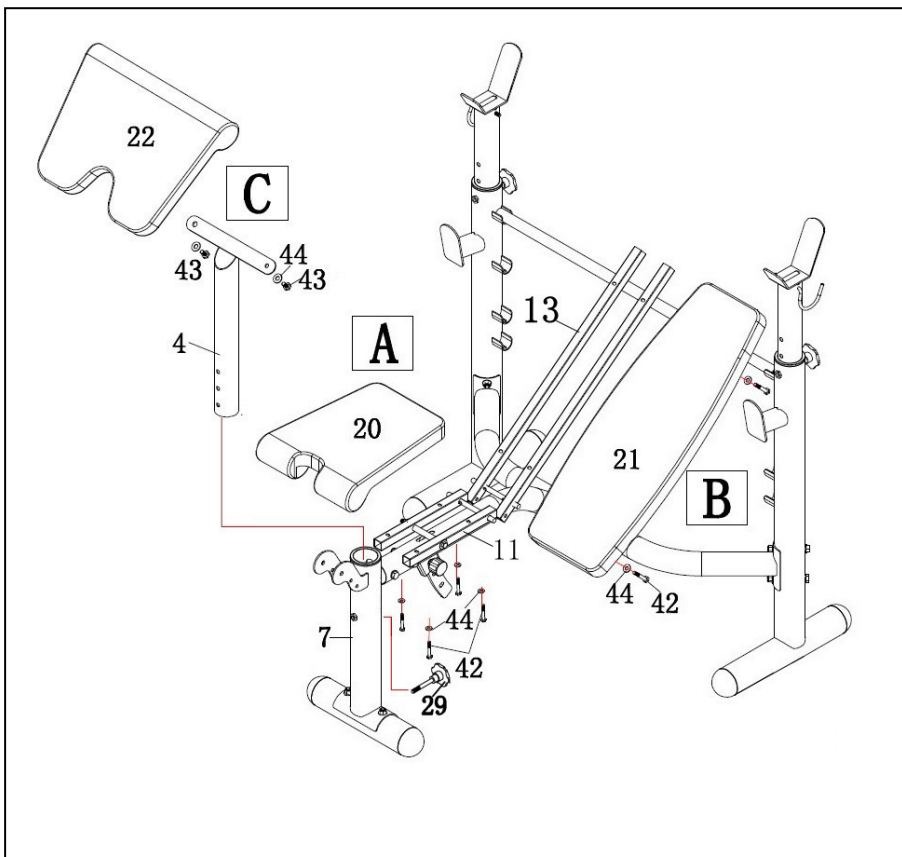
- B.** Take holes of each **Backrest Frames (13)** to the bracket on the **Main Frame (9)**.


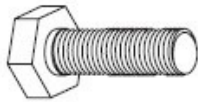
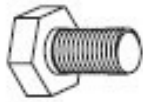



NO	DESCRIPTION.	QTY
30	 ADJUSTABLE KNOB	1
36	 NYLON LOCKNUT (M10)	1
41	 HEX BOLT (M10 x 155mm)	1
45	 FLAT WASHER (M10)	2

STEP 4

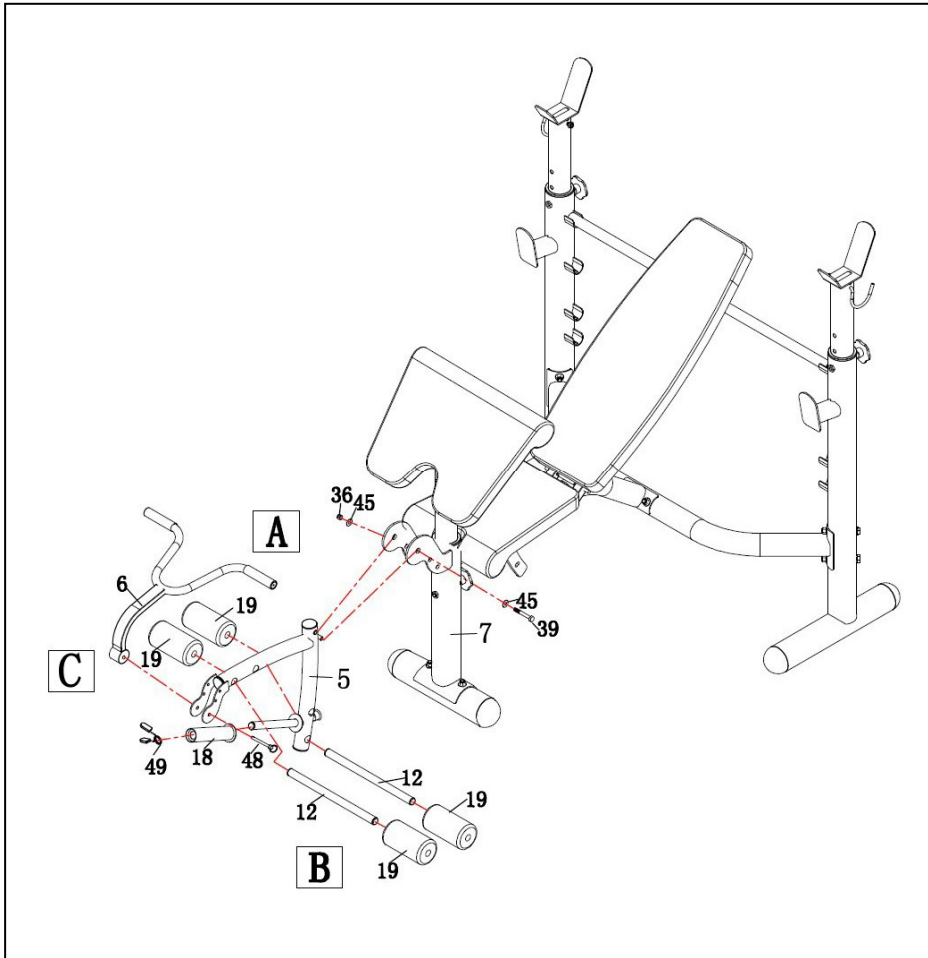
- A.** Attach the **Seat (20)** to the **Seat Frame (11)** using four **M8 Flat Washers(44)** and **four M8x40mm Bolts(42)**
 - B.** Attach the **Backrest (21)** to the **Backrest Frame (13)**. Secure them with four **M8 Flat Washers(44)** and **four M8x40mm Bolts(42)**
 - C.** Attach **Arm Curl Pad (22)** to the **Arm Curl Frame (4)** using two **M8 Flat Washers (44)** and **two M8x15mm Bolts(43)**
- Insert the **Arm Curl Frame (4)** to the **Front Upright Tube (7)** using the **Knob Bolt (29)**.


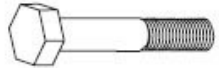
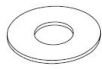
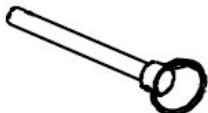



NO	DESCRIPTION.	QTY
29	 KNOB BOLT	1
42	 BOLT (M8 x 40mm)	8
43	 BOLT (M8 x 15mm)	2
44	 FLAT WASHER (M8)	10

STEP 5

- A. Attach the **Leg Extension (5)** into **Front Upright Tube (7)** using **M10 x 75mm Hex Bolt (39)**, two **M10 Flat Washers (45)**, and one **M10 Nylon Locknut (36)**.
- B. Insert two **Foam Roller Tubes (12)** into the **Leg Extension (5)**. Slide four **Foam Rollers (19)** onto both sides of each **Foam Roller Tube (12)**.
- C. Attach **Extension Handlebar (6)** to **Leg Extension (5)** using a **Φ10x60mm Lock Pin (48)**. Slide the **Sleeve (18)** onto the **Leg Extension (5)** and secure it with **Spring Collar (49)**.

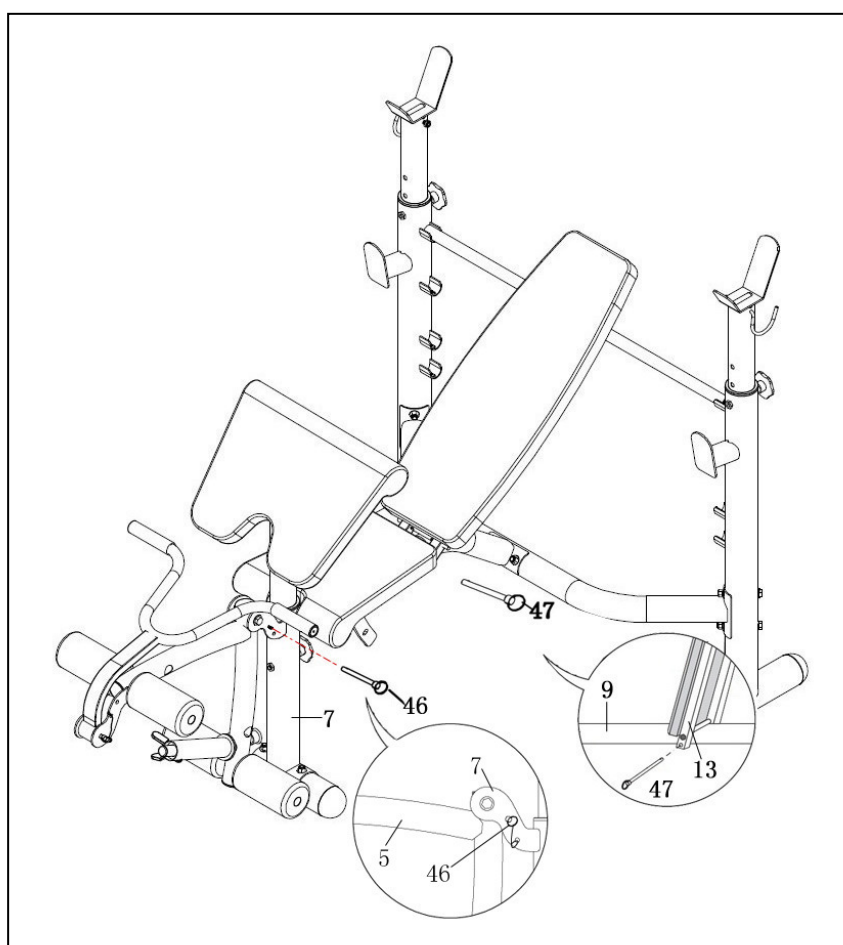


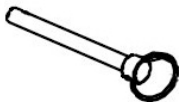
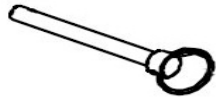
NO	DESCRIPTION.	QTY
36	 NYLON LOCKNUT (M10)	1
39	 HEX BOLT (M10 x 75mm)	1
45	 FLAT WASHER (M10)	2
48	 LOCK PIN (Φ10*60mm)	1
49	 SPRING COLLAR	1

Insert the **Φ8*110mm Lock Pin (47)** to **Main Frame (9)** and please lock **Backrest Frame (13)** with **Main Frame (9)** for upright position.

For safety please lock **Leg Extension (7)** by placing the **Φ8*65mm Lock Pin (46)** in middle hole at Front Upright Post bracket when device not in use. Then placing the **Lock Pin (46)** in the bottom hole for when device in use.

Now go back and re-check all nuts and bolts are tightened



NO	DESCRIPTION.	QTY
46	 LOCK PIN (Φ8*65mm)	1
47	 LOCK PIN(Φ8*110mm)	1

Implied warranty

The importer of this machine assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty is valid for 1 year, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period . The warranty applies to the following parts (as far as included in the scope of delivery): Frame, cable, electronic devices, wheels, pedals.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Wear parts and expendable parts are also not covered.

The device is only intended for home use. The warranty does not apply to commercial use of any kind.

Manufactured by:

Gymstick International Oy

Ratavartijankatu 11

15170 Lahti, FINLAND