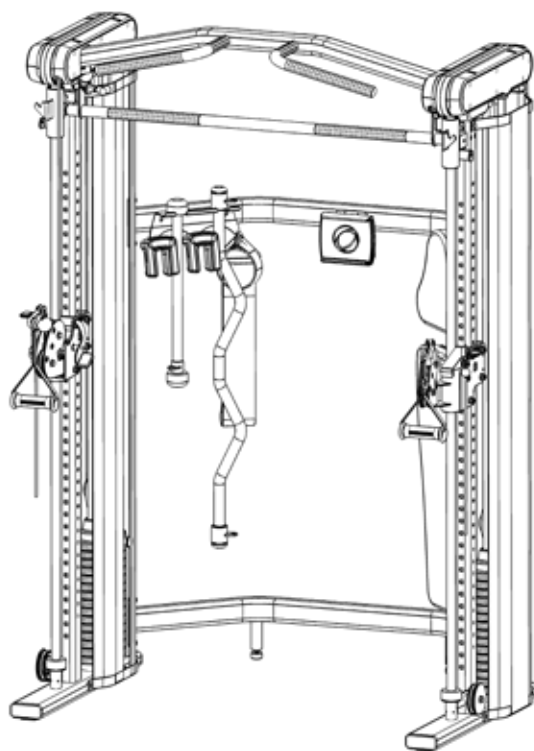


USER MANUAL

START HERE

SF3

**SMITH
MACHINE
FUNCTIONAL
TRAINER**



Record Serial Number Here

Health in Motion LLC
V05172022

CONGRATULATIONS

Welcome to the Inspire Fitness Family. You've just taken the first step to a healthier and stronger body. This SF3 Smith Machine Functional Trainer by Inspire Fitness offers the key to unlocking your body's potential. Regular training on a Smith Machine Functional Trainer has been shown to deliver a host of benefits including: increased muscle tone, decreased body fat, improved energy levels, and a reduction in stress. Congratulations, you are on your way to improving your self image, overall health, and quality of life.

BEFORE ASSEMBLING YOUR SF3

IMPORTANT: Read this entire manual before attempting to build or use this machine. This manual contains step by step instructions for proper assembly.

Use the parts list included in this manual to verify that all parts are accounted for before assembly. If any parts are missing, contact Inspire Fitness Support for replacement parts through email, by phone or through chat.

This Inspire Fitness SF3 Smith Machine Functional Trainer is intended for indoor use only. Rust can form on certain parts in a humid environment, resulting in impaired function.



Scan here to follow a step-by-step Assembly Video, or for more information about the SF3.

CONTACT US FOR HELP

Service of your SF3 Smith Machine Functional Trainer should only be performed by an authorized Inspire Fitness retailer. Service performed by anyone else can result in loss of warranty. If you need help finding an authorized retailer, please contact us directly:



Email

costcosupport@inspirefitness.com



Phone

877-738-1729 (US Only)
 +1 714-738-1729 (International)
 Mon-Fri 8am-5pm PT - UTC-7h/8h



Chat

www.inspirefitness.com

Support is provided in English and Spanish

PRODUCT WARRANTY

To view full warranty details, or to register your product for warranty, visit [inspirefitness.com/support](https://www.inspirefitness.com/support)

AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. Please note the following safety precautions:

1. Always keep children and pets away from the machine. DO NOT leave children unattended in the same room with the machine. The cabling and moving parts on this machine can cause serious injury or death if used improperly.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other loose clothing that could become caught in the machine. Running or training shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer. This machine is designed for in-home use only, not commercial facilities.
8. Do not place any sharp objects around the machine.
9. Disabled persons should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

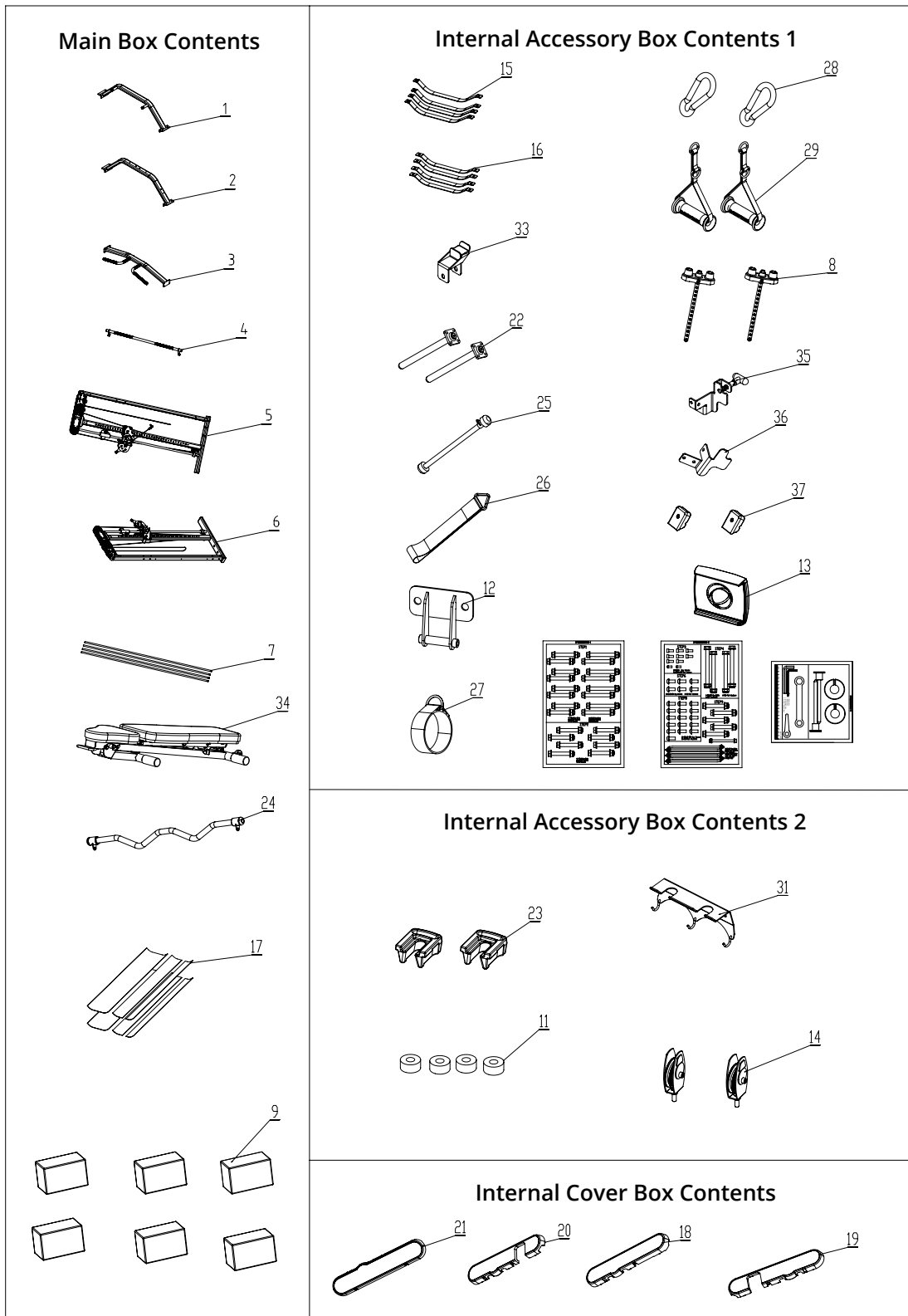
Care and Maintenance

- Inspect and tighten all parts before using the machine.
- The Frame and Seat Pad of the machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

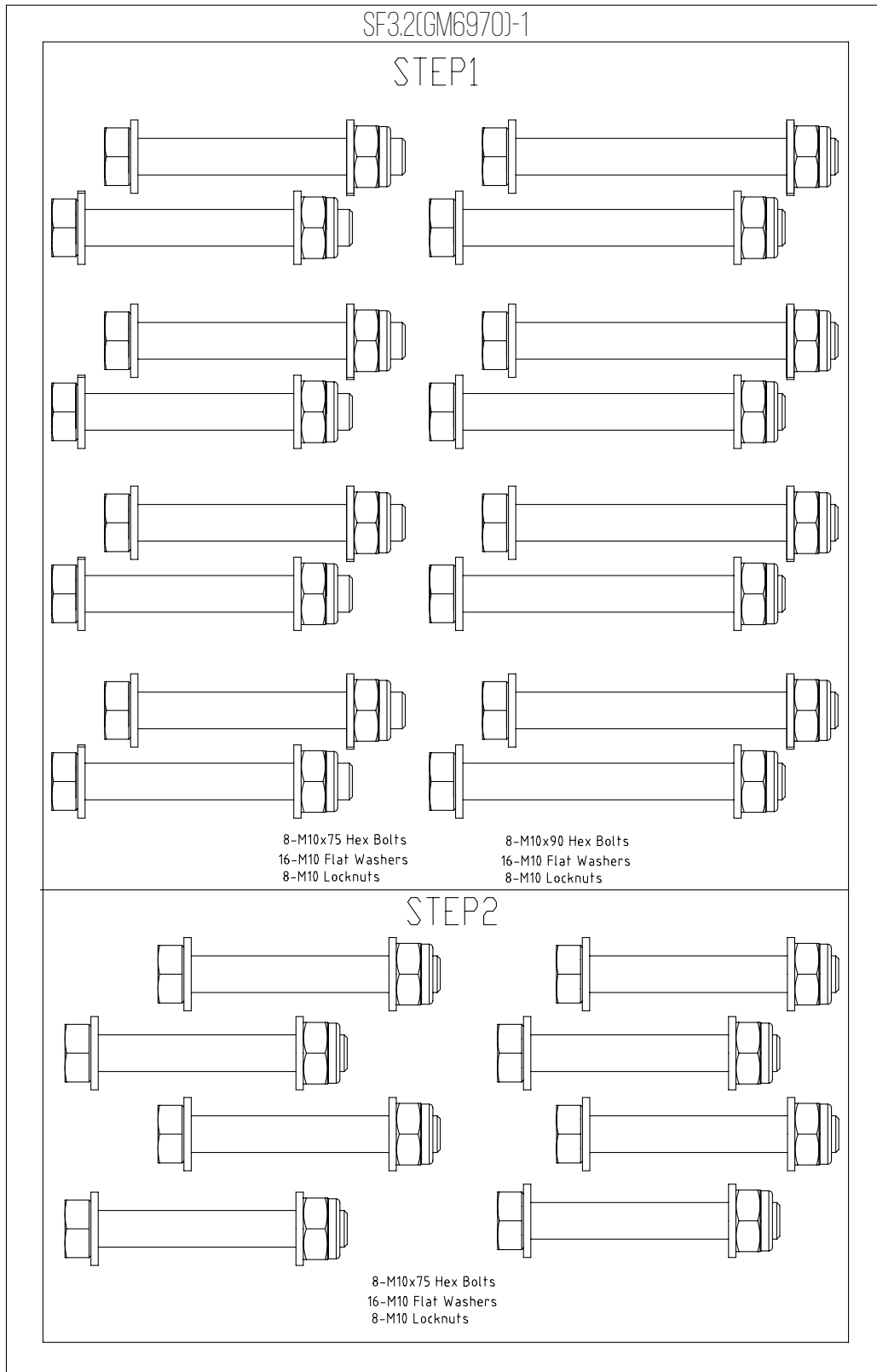
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Health In Motion, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

ASSEMBLY AND SETUP

Package Contents

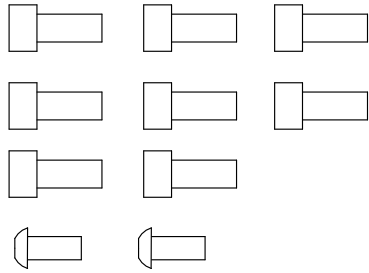


Assembly Hardware Kit



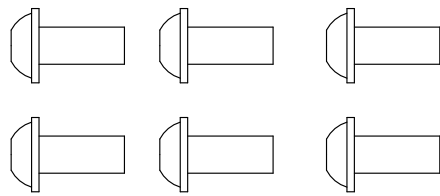
SF3.2(GM6970)-2

STEP 3



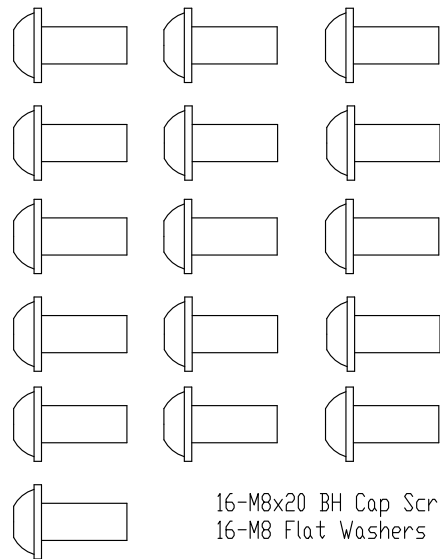
8-M6x14 Cap Screws
2-M5x14 BH Cap Screws

STEP 6



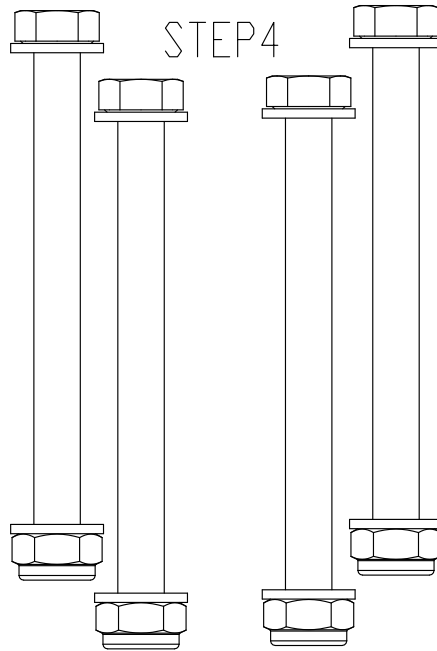
6-M8x20 BH Cap Screws 6-M8 Flat Washers

STEP 8



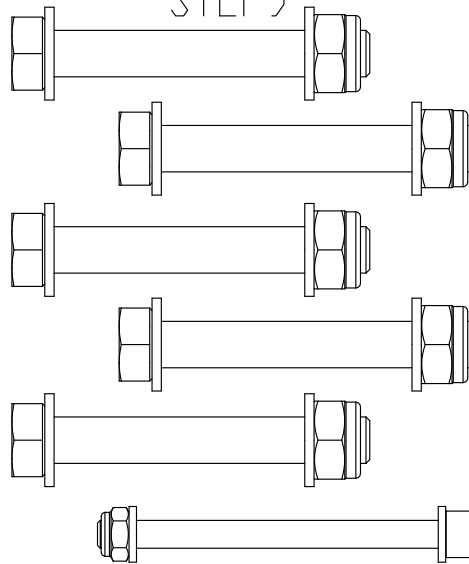
16-M8x20 BH Cap Screws
16-M8 Flat Washers

STEP 4



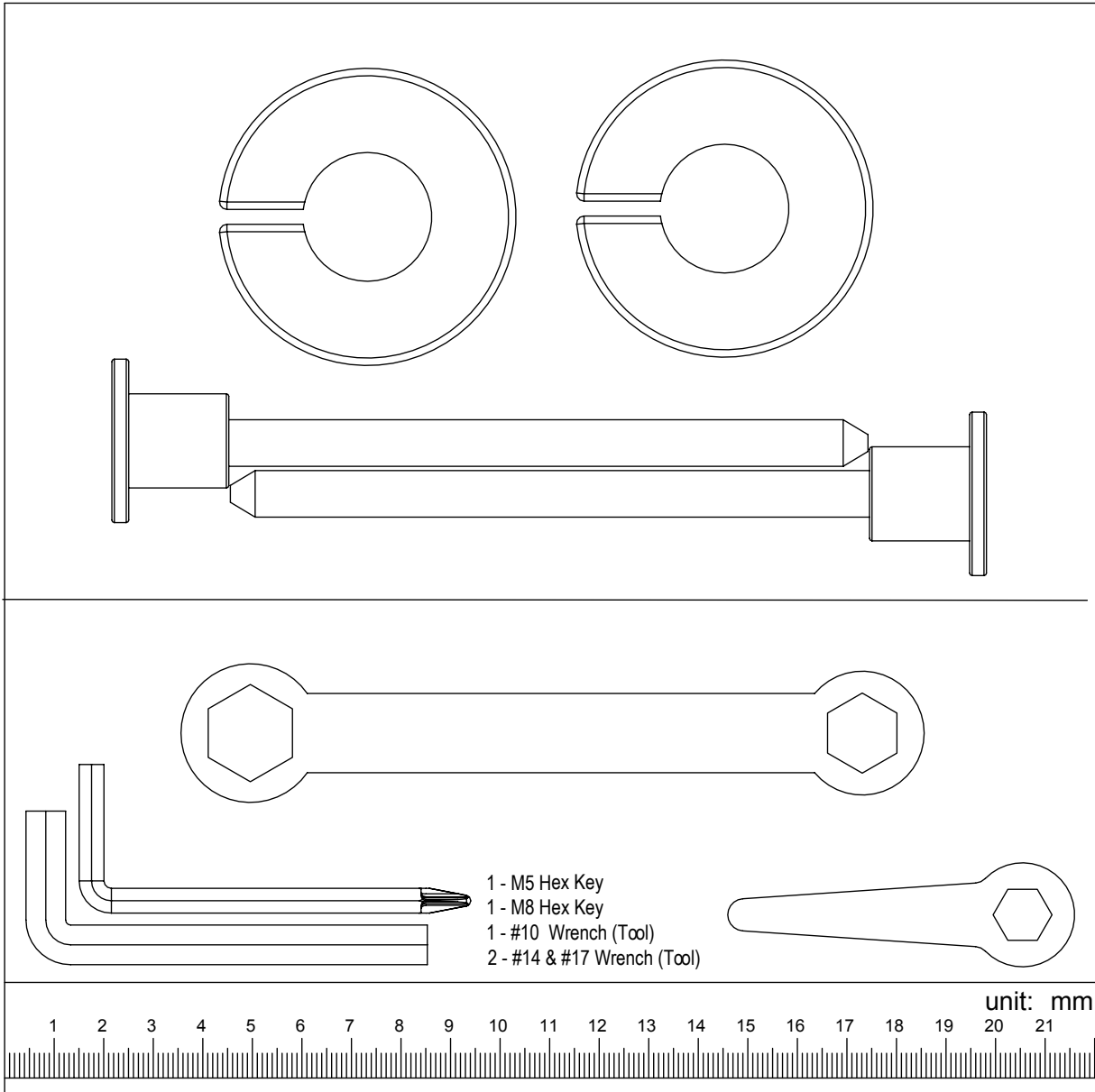
4-M10x115 Hex Bolts 8-M10 Flat Washers
4-M10 Locknuts

STEP 9



5-M10x75 Hex Bolts
10-M10 Flat Washers
5-M10 Locknuts
1-M6x75 Allen Bolts
2-M6 Flat Washers
1-M6 Locknuts
6-Cable Ties

SF3.2(GM6970)-3



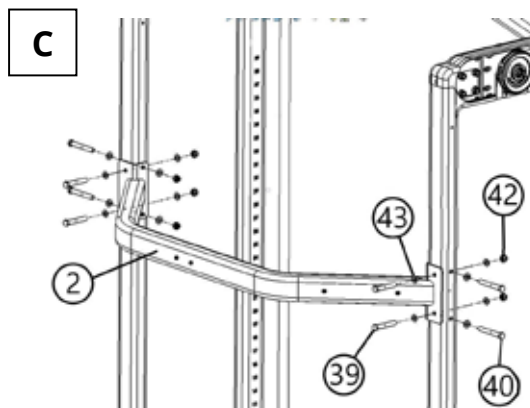
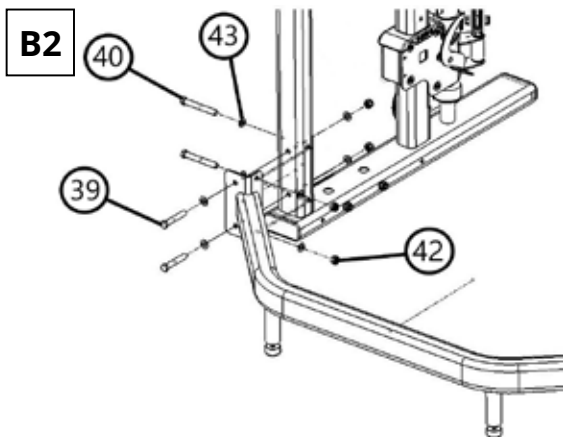
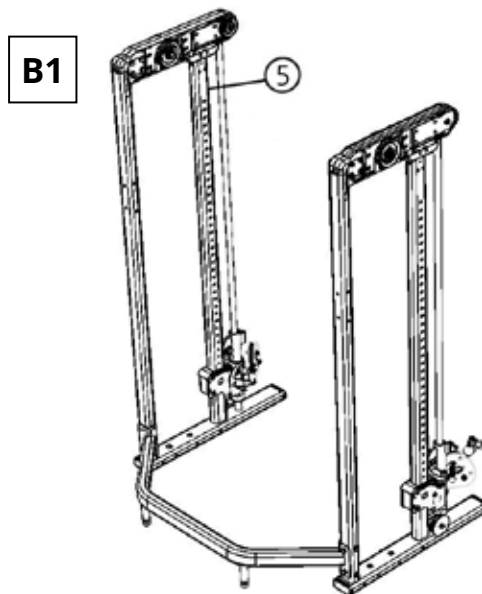
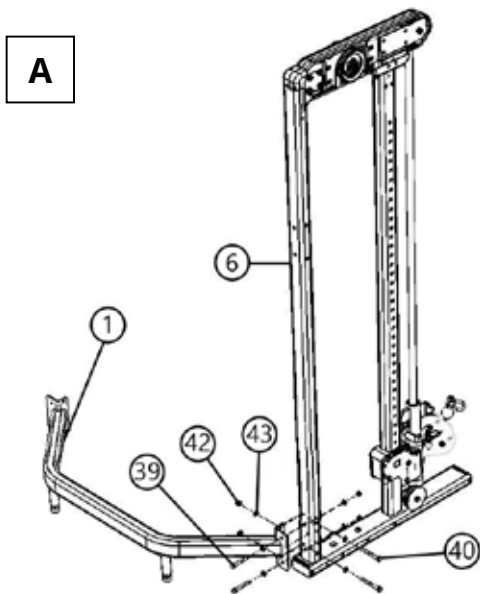
ASSEMBLY INSTRUCTIONS

STEP 1

A. Make sure any packing material or supports are removed from the frames prior to assembly. Start by placing the **Right main frame (6)** in the vertical position. Having a second person to hold the frame is helpful or you can possibly lean the frame against a wall. Insert two **M10x75mm hex bolts (39)** through the bottom **Crossbar (1)** into the back of the **Right main frame (6)**, using **M10 spacers (43)** on both sides and secure with **M10 locknuts (42)**. Next insert two **M10x90mm hex bolts (40)** into the side of the bottom **Crossbar (1)** and **Right main frame (6)**, using **M10 spacers (43)** on both sides and secure with **M10 locknuts (42)**.

B. Place the **Left main frame (5)** in the vertical position and align it with the lower rear **Crossbar (1)**. Insert the hardware as described in the step above.

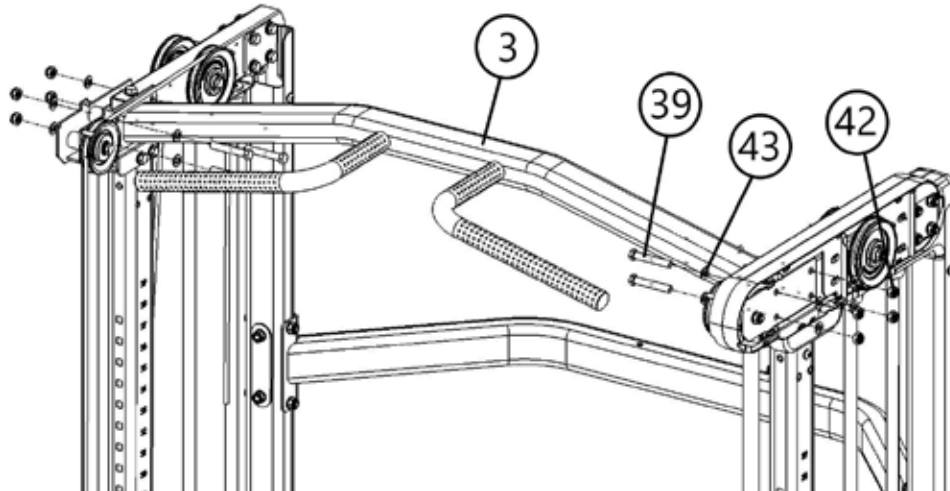
C. Repeat the steps above to attach the **Upper crossbar (2)** to the **Right and Left main frames (6) (5)** similar to the lower **Crossbar (1)** steps. Do not tighten the hardware at this time.



STEP 2

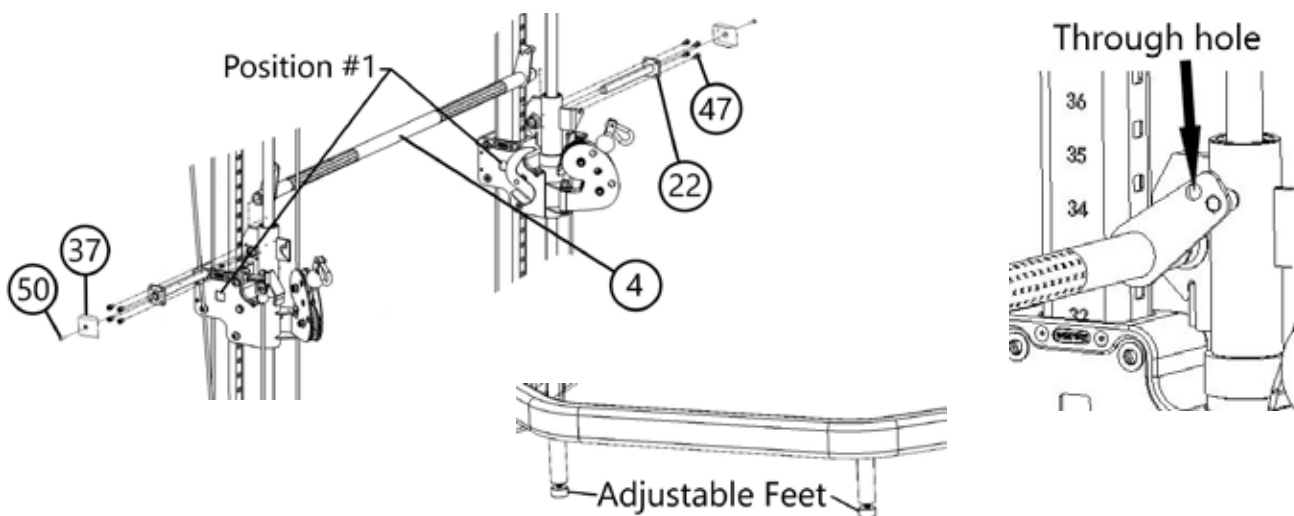
Place the **Top frame support (3)** in position between the two main frames and insert four **M10x75mm hex bolts (39)** with **M10 spacers (43)** through each main frame. Place **M10 spacers (43)** and **M10 locknuts (42)** onto the bolts.

Do not tighten the hardware at this time.



STEP 3

Lock the sliding carriages on the lowest (number 1) position. Place the **Smith bar (4)** in between the rail slide mounts of the frame. Make sure the through hole on the tabs of the bar is positioned as shown. Insert the **Smith bar pins (53)** into each side, then insert and tighten four **M6 Allen head screws (39)** per side. Next place the plastic **Smith bar end caps (37)** over the **Pins (53)** and secure with one **M5x14mm button head cap screw (50)** per side. Make sure the machine is on level ground and proceed to tighten all hardware installed in steps 1-3. Adjust the two rear feet if needed to level the machine after tightening the hardware.

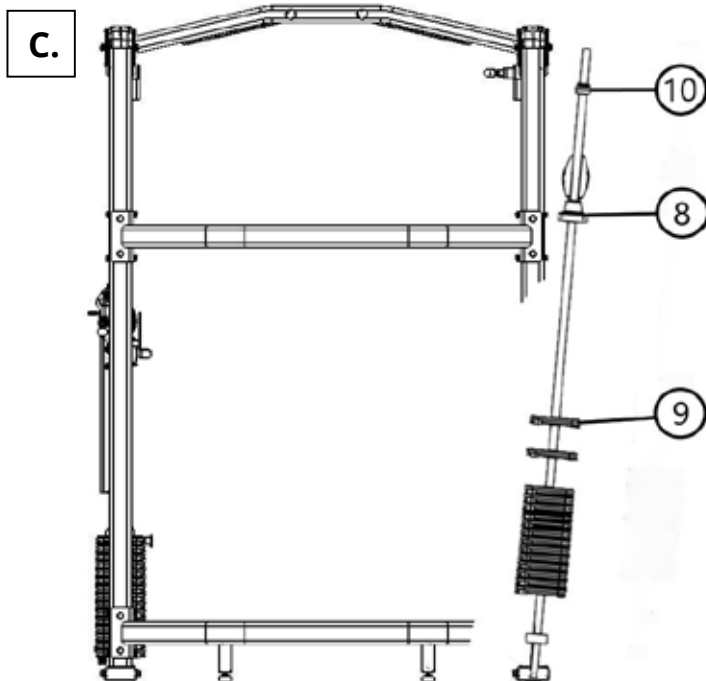
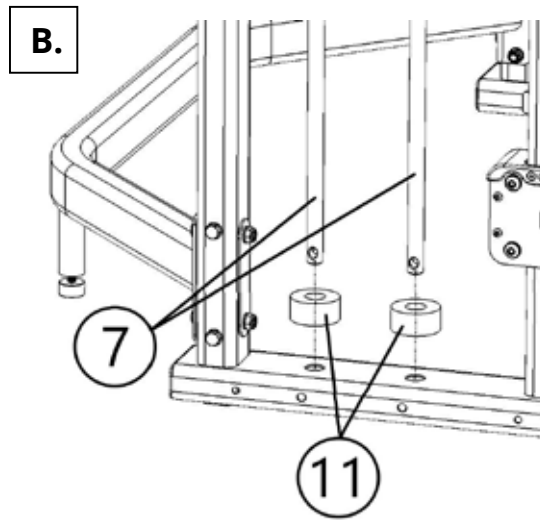
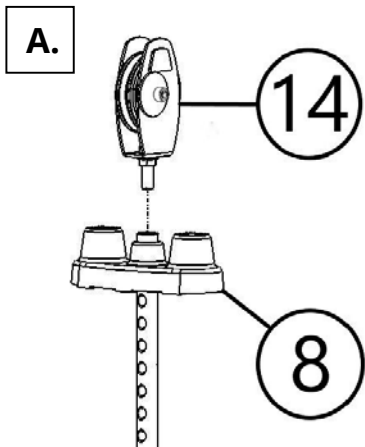


STEP 4

A. Screw the **Weight stack pulley (14)** into the top of both the **Weight selector stems (8)**, leave about a ¼ inch of thread.

B. Place two **Rubber bumpers (11)** over the weight stack frame holes and insert the weight stack guide rods (7) through them into the holes in the frame. Make sure the through holes in the **Weight guide rods (7)** are positioned as shown.

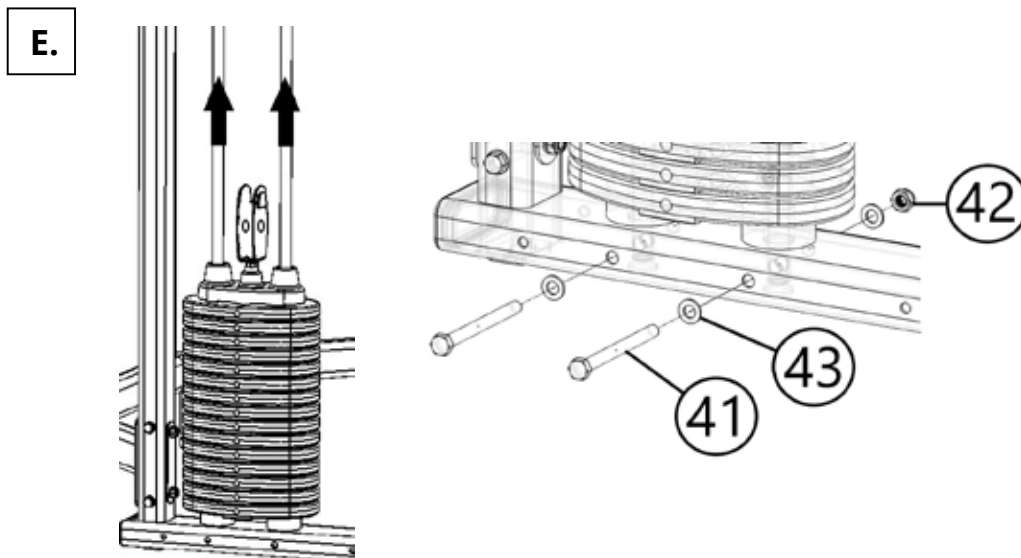
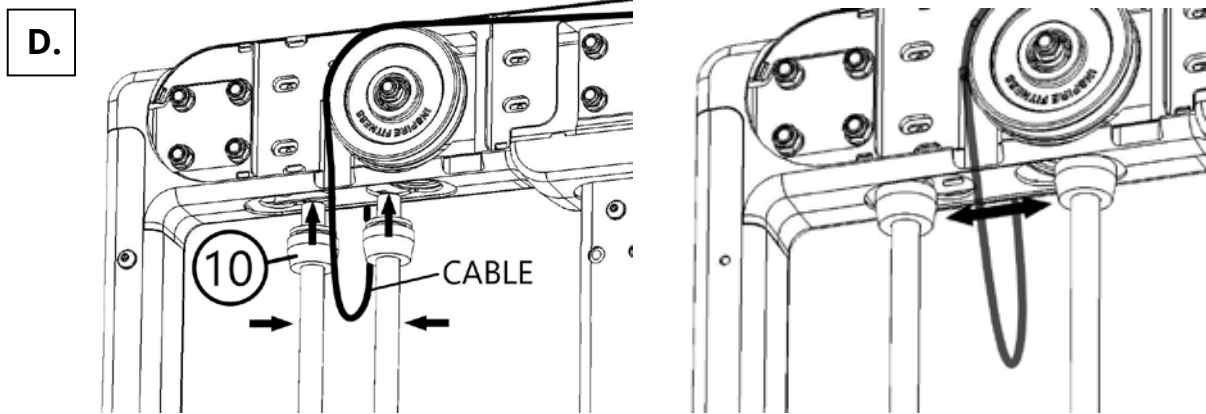
C. Let the **Weight stack guide rods (7)** rest at an angle in the frame. Then slide on 15 **Weight plates (9)** with the sticker cut out facing towards the inside of the machine and the protruding pads on the weights facing downward. Next slide on the **Weight selector stem (8)** assembly. Slide on the **Upper guide rod bushings (10)**, one on each rod, the tapered end of the bushing points downward. Repeat this step for the opposite side. Finally place the provided weight plate stickers in the cut out of each plate in ascending order down from the top.



STEP 4 (Continued)

D. Make sure the cable that runs from either side of the frame is positioned between the two guide rods. Carefully pull the guide rods toward each other, then slide the **Guide rod bushings (10)** up into the larger hole of the frame until the slot of the bushing is resting in the frame. Next pull the bushings along with the rods away from each other so that the bushings slide into the smaller hole of the frame, thus locking them in place.

E. Slide the **Weight stack guide rods (7)** up so that the holes in the rods align with the holes in the frame. Insert two **M10x115mm (41)** hex bolts with **M10 spacers (43)** through the frame and holes in the rods. Place **M10 spacers (43)** and **M10 locknuts (42)** onto the bolts and tighten them. Repeat this step for the opposite side. Apply some of the provided oil (white bottle) to all of the **Weight stack guide rods (7)**.

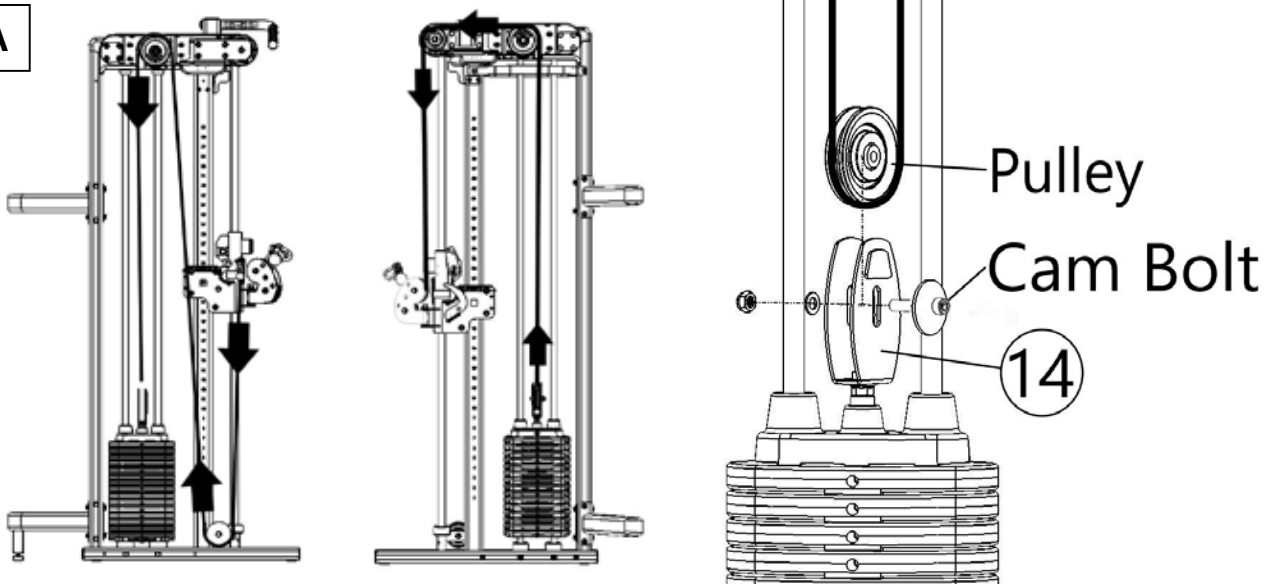


STEP 5

A. Route the cable as shown. Remove the pulley from the **Weight stack pulley assembly (14)** in order to route the cable into it, leave the hardware loose.

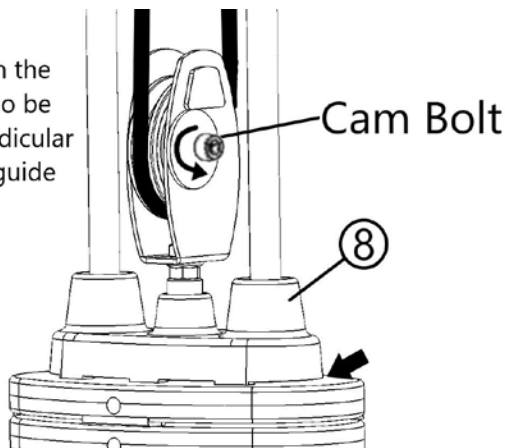
B. Adjust the cable tension by rotating the cam bolt until the **Weight selector stem (8)** starts lifting slightly from the weight stack. Tighten the nut of the cam bolt to lock it's position. Then tighten the jam nut at the base of the pulley.

A



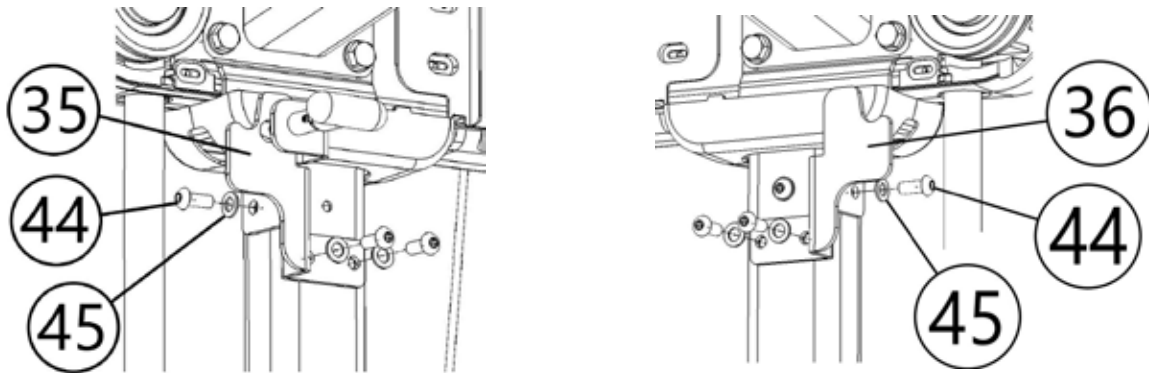
B

Position the pulley to be perpendicular to the guide rods.

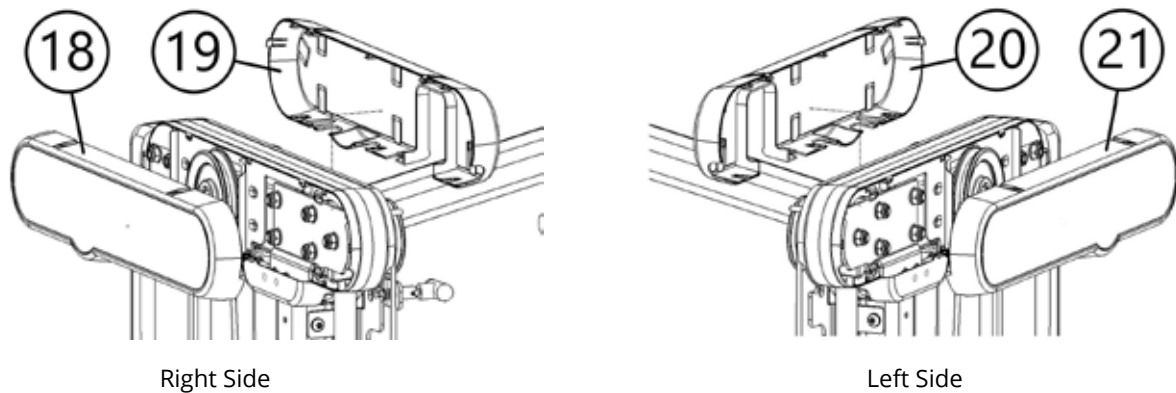


STEP 6

Bolt the smith bar top hook mount plates to each side of the main frames. The **Right side hook (35)** is the mount with the locking pin, the **Left side hook (36)** is the mount without the pin. Use three **M8 x 20mm buttonhead screws (44)** with **M8 washers (45)** per hook to attach to them to the frame as shown.

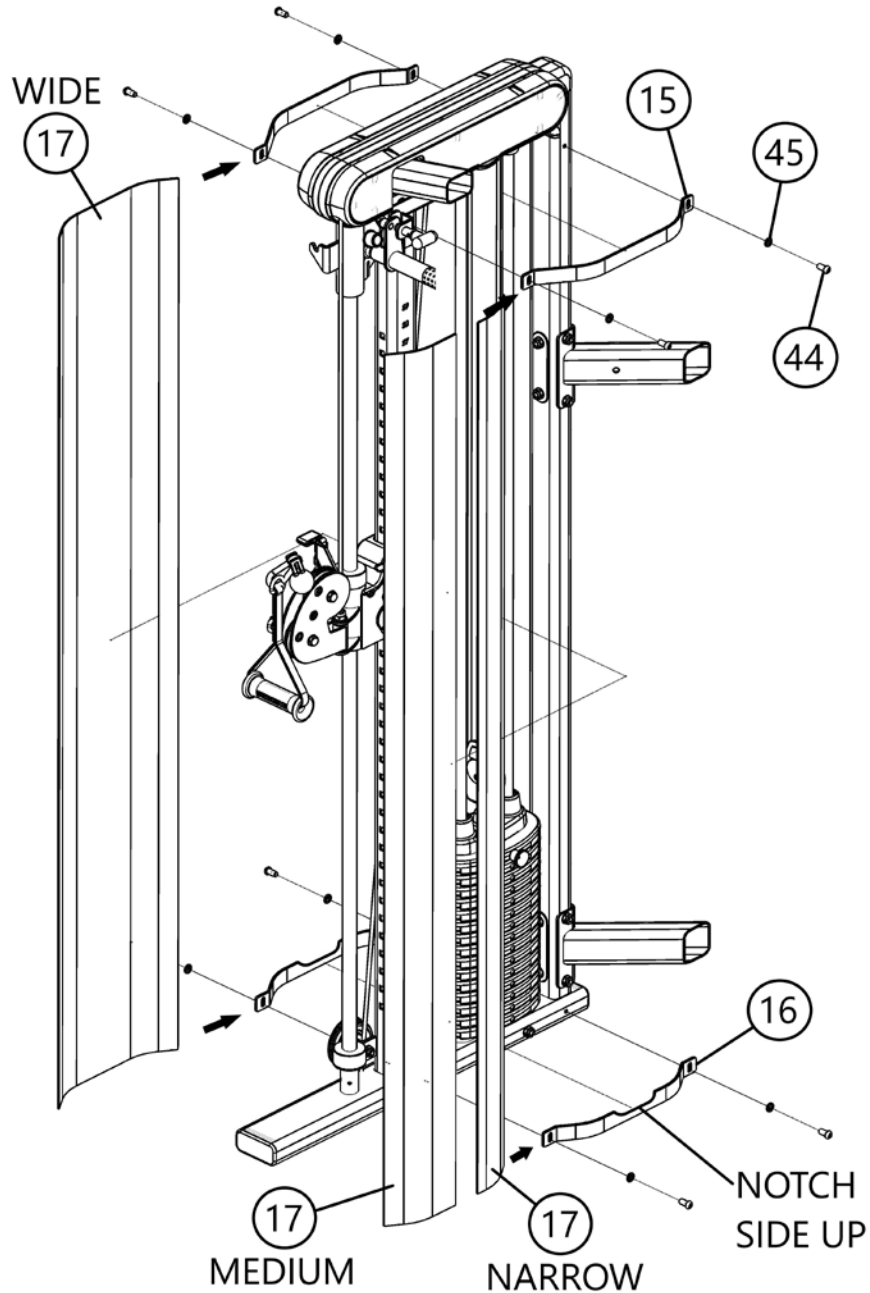
**STEP 7**

Install the **Outer right plastic cover (18)**, and **Inner right plastic cover (19)** as shown. Carefully align and press on the covers until they clip into place. Repeat this step with the **Outer left plastic cover (20)** and **Inner left plastic cover (21)**.



STEP 8

There are three different widths of weight stack shields. The widest **Shield (17)** is placed on the outside facing part of the weight stack, the **Medium (17)** and **Smaller (17)** width shields are placed together on the inside, with the smaller placed toward the back of the machine. The mounting plates for them will be marked identifying the **Top plate (15)**, **Bottom plate (16)** and the forward direction of them, slide the plates through the pockets of the shields. Secure the weight shields with **M8 x 20mm button head screws (44)** with **M8 washes (45)** through the mount plates to the frame.



STEP 9

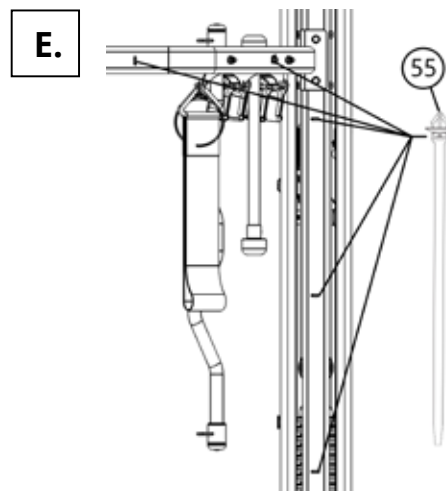
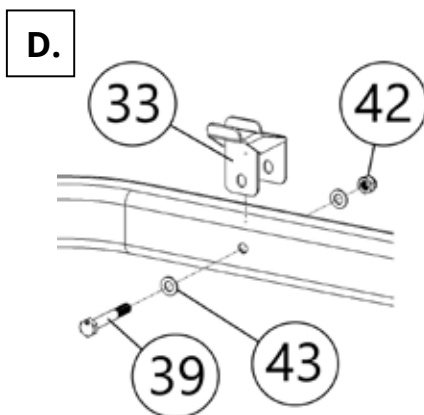
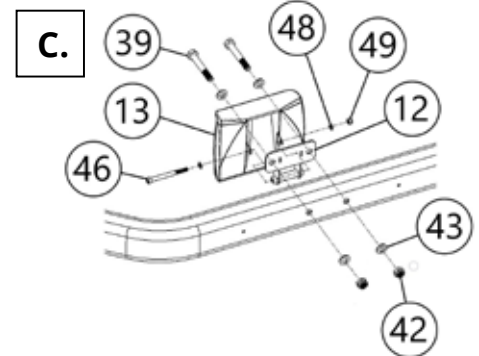
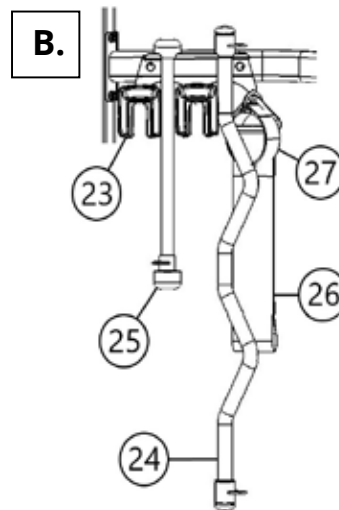
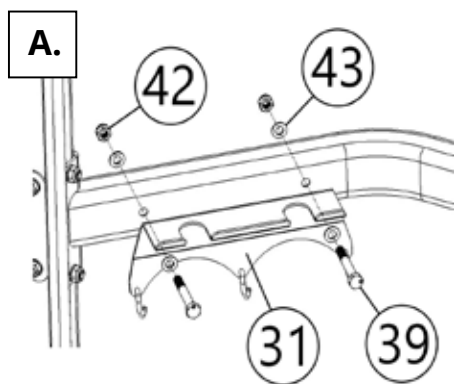
A. Place the **Accessory rack (31)** on right side of the upper crossbar. Insert two **M10 x 75mm hex bolts (39)** with **M10 spacers (43)** through the rack and crossbar. Place **M10 spacers (43)** and **M10 locknuts (42)** onto the bolts. Tighten the hardware.

B. Place the **5lb Weight blocks (23)**, **Curl bar (24)**, **Rope (25)**, **Dip belt (26)**, and **Ankle strap (27)** on the accessory rack as shown. *Note: to use the 5lb weight blocks place them on top of the weight stacks in between the pullies.*

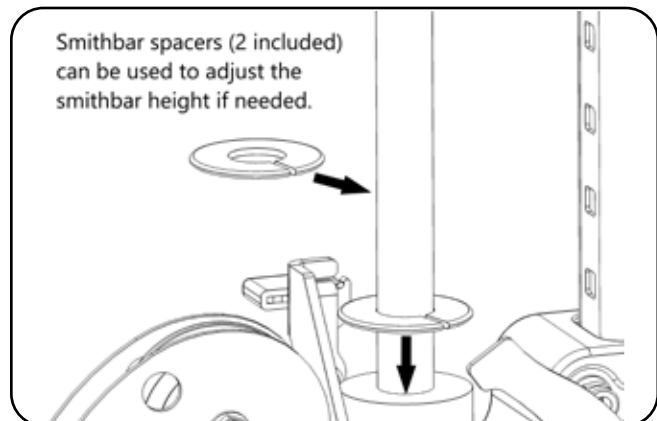
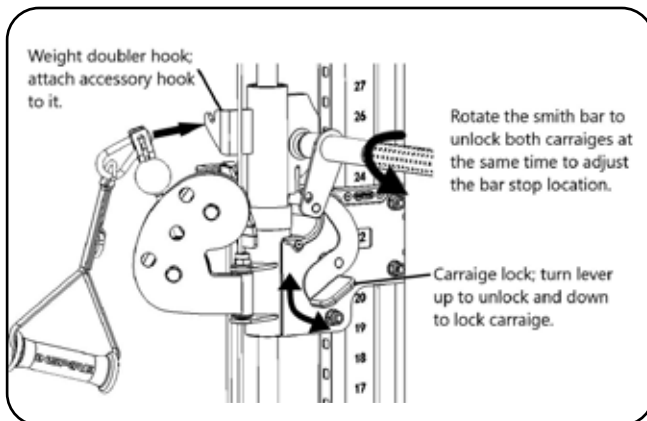
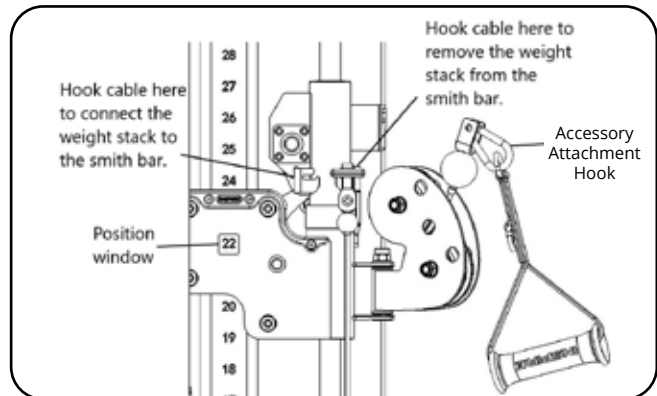
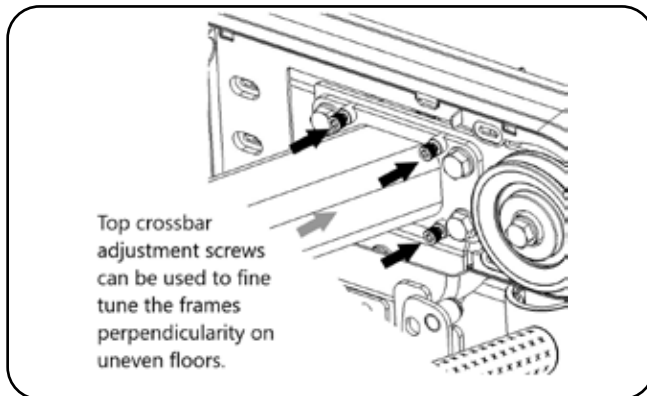
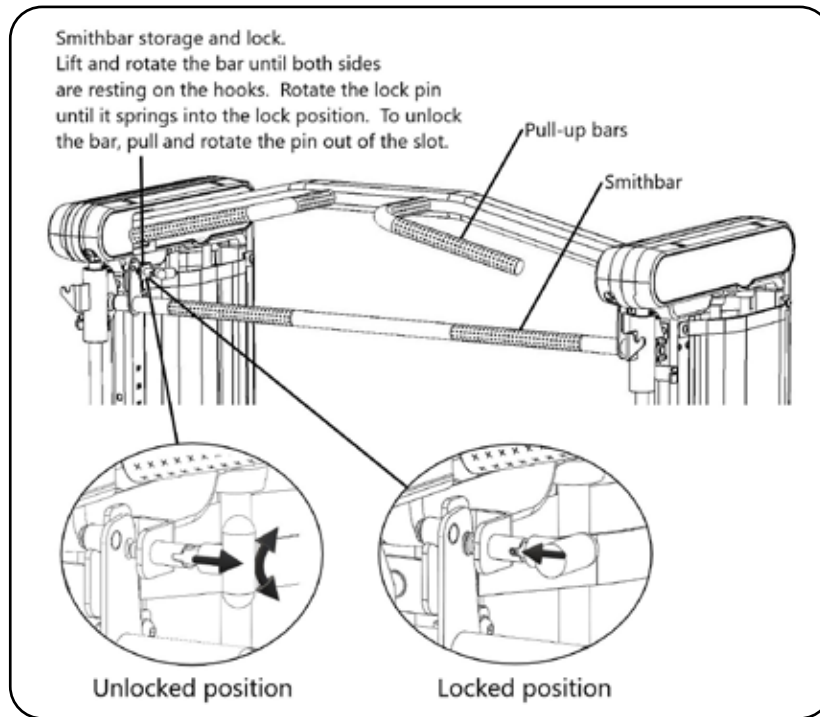
C. Mount the **Tablet holder mount (12)** in the middle of the upper crossbar. Insert two **M10 x 75mm hex bolts (39)** with **M10 spacers (43)** through the mount and crossbar. Place **M10 spacers (43)** and **M10 locknuts (42)** onto the bolts, tighten the hardware. Place the Tablet Holder on to its mount and secure with a **M6 x 75mm Allen bolt (46)** and **M6 locknut (49)**, using **M6 spacers (48)** on both sides. Tighten hardware until tablet holder holds its position but can still be tilted up and down by hand. Note: The Tablet holder mount can be bolted up or down depending on if you want the tablet holder higher or lower.

D. Place the **Bench mount (33)** on the left side crossbar, insert one **M10 x 75mm hex bolt (39)** with a **M10 spacer (43)** through the mount and crossbar. Place one **M10 spacer (43)** and a **M10 locknut (42)** onto the bolt and tighten the hardware.

E. Optional: If you have purchased the TouchScreen or other electronic add-ons, you can use the included cable clips to route the cables along the frame of the machine.



FEATURES AND FUNCTIONS



LABEL PLACEMENT

⚠ DANGER
PINCH POINT
KEEP HANDS CLEAR

ENGAGE LOCK PIN WHEN THE BAR IS IN THE UP STOWED POSITION

⚠ WARNING

- SERIOUS INJURY CAN OCCUR ON THIS MACHINE IF THE LIFTING BAR IS NOT SECURED PROPERLY AND FALLS.
- USER MUST BE TRAINED ON USE OF, AND SECURING THE LIFTING BAR OVERHEAD.
- VISUALLY AND PHYSICALLY INSPECT BOTH RED HOOKS TO ENSURE THEY ARE COMPLETELY ENGAGED ON THE FRAME AND THAT THE LOCKING PIN IS IN THE LOCKED POSITION BEFORE LEAVING THE MACHINE.

⚠ DANGER
PINCH POINT
KEEP HANDS CLEAR

⚠ WARNING

USE ONLY GENUINE INSPIRE REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN SERIOUS INJURY. THERE IS A RISK ASSURED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS BEFORE USING THIS EQUIPMENT.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace parts that show any wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW MAINTENANCE SCHEDULE on the "NOTICE" sticker.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before exercising. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. DO NOT ATTEMPT TO FREE ANY JAMMED PART BY YOURSELF. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush exercise. Practice proper breathing. NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.
8. CALL YOUR AUTHORIZED INSPIRE DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.
9. Make sure all Pull Pins, Locks, and Safety Latches are in place and fully engaged before each use.

NOTICE

This INSPIRE product is not intended for commercial use.

IN HOME MAINTENANCE	Weekly	Monthly	Quarterly	Yearly
Inspect: Lines, Pull Pins, Snap Locks, Seiwiek, Weight Stack Pins	X			
Clear Upholtery	X			
Inspect: Cables and their fittings	X			
Inspect: Tightness of all shrouds	X			
Inspect: Accessory Bars and Handles		X		
Inspect: All Decals		X		
Inspect: All nuts and Bolts Tighten if Needed.		X		
Inspect: Anti-Skid Surfaces		X		
Clean & Lubricate: Guide Rods with a Teflon(PTFE) based Lubricant (SuperLube)		X		
Lubricate: Seat Slides and all plastic slides		X		
Clean & Wipe: All Glay Finishes			X	
Replace: Cables, Belts and Connect Part.				X

HEALTH IN MOTION, LLC

SALES AND SERVICE / VENTE ET SERVICE / VENTAS Y SERVICIOS: (877) 736-1729

MODEL / MODÈLE / MODELO: SF3.2PK

SERIAL NO. / NO DE SÉRIE / N.º DE SÉRIE: SF32-4-21-06-123456

MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA

10202022

MAINTENANCE

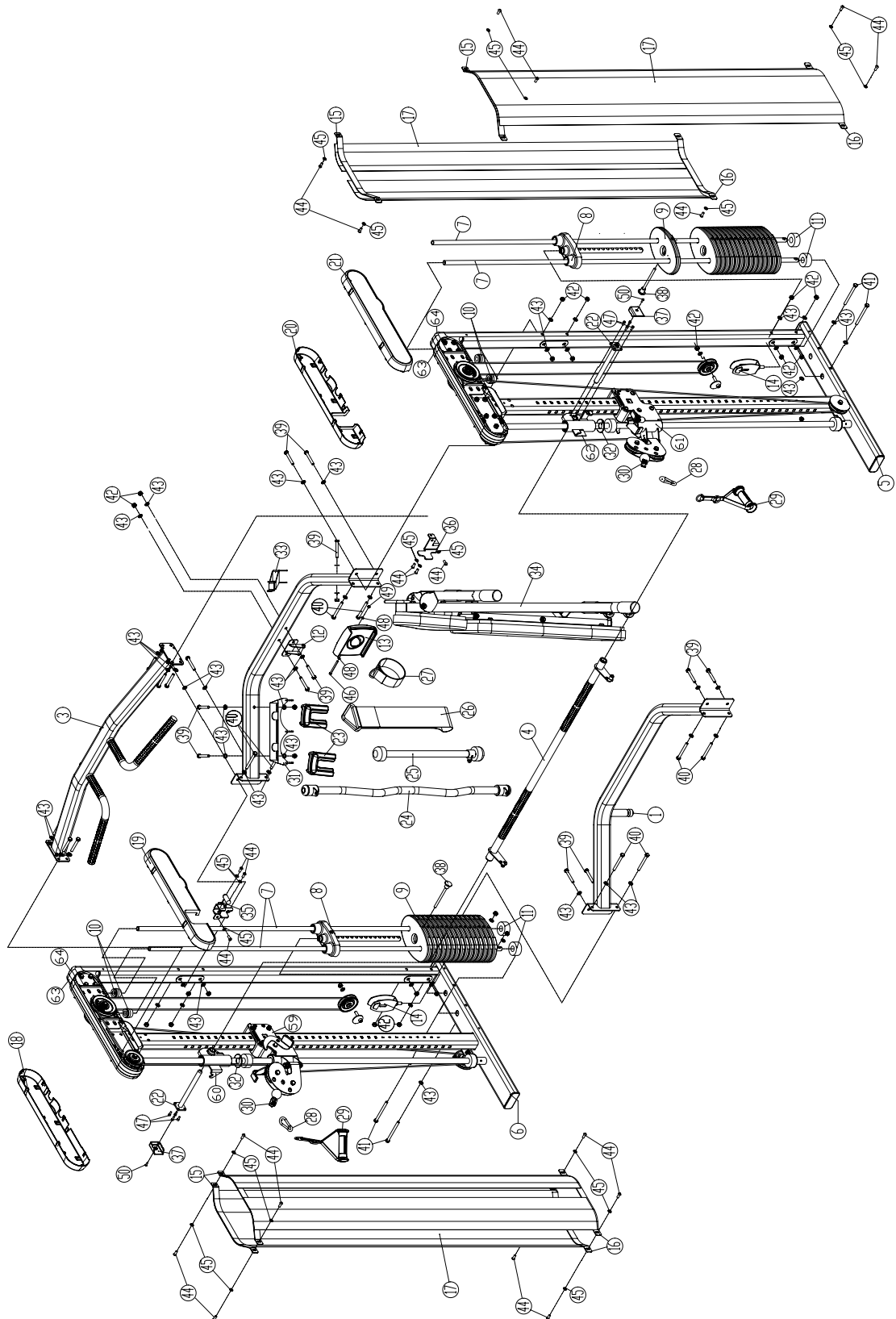
Warning

DO NOT place styrofoam or printed materials on the orthopedic seat pads. Over time, these may stick to the pads and mar the surface.

DO NOT leave items sitting on the orthopedic seat pads, these pads have a special density that takes shape to objects and small objects will leave imprints in the surface that may take time to come out.

- **Periodically inspect the cables for splitting, cracking or fraying. Also watch for bulging or flat areas in the cable. Pay particular attention to the cable ends.**
- **Immediately replace cables at the first signs of damage or wear. Never use equipment with damaged or worn cables.**
- **Cables naturally stretch over time, so check cable slack periodically and adjust cable tension as needed.**
- **Regularly inspect product for loose hardware.**
- **Do not use or store equipment outdoors.**
- **Inspect accessory attachment hooks, swivels, handles and weight stack pin for wear or damage. If wear or damage exists, replace with Inspire Fitness parts only.**
- **Locate and familiarize yourself with all warning decals on the home gym.**
- **Replace damaged or worn upholstery immediately.**
- **Periodically wipe down guide rods with a dry cloth and re-apply a thin coat of a Teflon-based lubricant.**

EXPLODED VIEW



PARTS LISTS

No.	Description	Part Number	Qty.
1	GM697260001PZ01	Lower Cross Brace	1
2	GM697260002PZ01	Upper Cross Brace	1
3	GM697220001PZ01	Upper Frame Assembly	1
4	GM697320004PZ01	Smithbar	1
5	GM697200001PZ01	Left Main Frame	1
6	GM697200002PZ01	Right Main Frame	1
7	GM697501001WX	Guide Rods	4
8	GM692500003PZ	Top weight / Selector Stem Assembly	2
9	GM692-500-009	Weight Stack Plate	30
10	GM692-881-002RC	Guide Rod Bushings	4
11	GM692-881-003RC	Rubber Bumper	4
12	GM697260007PZ	Tablet Holder / TFT Mount	1
13	BC423880109PZ03	Tablet Holder	1
14	GM697500004PZ04	Adjustable Pulley Assembly	2
15	GM697321037PT0105	Shroud Top Plate	4
16	GM697321036PT0105	Shroud Bottom Plate	4
17	GM697-800-001RC	Wide, Medium and Narrow Screen Shrouds	2
18	GM697-881-003RC	Right Molded Top Cap-R	1
19	GM697-881-004RC	Right Molded Top Cap-L	1
20	GM697-881-005RC	Left Molded Top Cap-R	1
21	GM697-881-006RC	Left Molded Top Cap-L	1
22	GM697320007PZ	Smithbar Pin Mount	2
23	GM692-500-001	5lbs. Weight Block	2
24	GM691320003PZ03	Curl Bar	1
25	GM692-881-011RC	Rope	1
26	GM692-400-005RC	Chin Up Belt	1
27	GM690-880-002RC	Ankle Strap	1
28	GM691-560-009	Accessory Hook	2
29	GM870-880-007RCPZ	Single Handle	2
30	GM697500004PZ	Wire Rope Assembly	2
31	GM697260004PZ01	Accessory Rack	1
33	GM697260008PZ01	Seat Mount	1
34	GM692200507PZ01	FLB-2 Bench	1
35	GM697320008PZ01	Right Smithbar Hook	1
36	GM697321018PZ	Left Smithbar Hook	1
37	GM697881007RCPZ	End Caps Smithbar	1
38	GM692500004PZ	Weight Pin	2
39	0111-010-758	M10*75 Hex Bolt	21
40	0111-010-908	M10*90 Hex Bolt	8
41	0111-010-058	M10*115 Hex Bolt	4
42	0110-710-008	M10 Lock Nut	33
43	0116-010-008	φ10 Washer	66
44	0113-208-198	M8*20 Buttonhead Cap Screw	22
45	0116-008-028	φ8 Washer	22
46	0113-206-751	M6*75 Cap Screw	1
47	0113-706-142	M6*14 Cap Screw	8
48	0116-006-019	φ6 Washer	2
49	0110-706-019	M6 Lock Nut	1
50	0113-105-148	M5*14 Screw	2
51	0511-608-002	8# Allen Tool	1
52	AB290-561-002	5#80*30, Multi Tool	1
53	M330-561-002	14# & 17# Hex Wrench	2
54	AB160561002XWX	10# Allen Tool	1
55	GM697-881-009	Cable Tie	6
56	GM697580000PZ	Hardware Pack 1	1
57	GM697580001PZ	Hardware Pack 2	1
58	GM697580002PZ	Hardware Pack 3	1
59	GM697320003PZ01	Right sliding adjusting frame assembly	1
60	GM697320006PZ	Right bearing sliding frame assembly	1
61	GM697320002PZ01	Left sliding adjusting frame assembly	1
62	GM697320005PZ	Left bearing sliding frame assembly	1
63	GM697-881-001RC	Inner trim cover R	2
64	GM697-881-002RC	Inner trim cover L	2



Model # FLB2C

USER MANUAL

FLB2C

**FOLDING
ADJUSTABLE
BENCH**



Record Serial Number Here

Health in Motion LLC
V05172022

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise bench is built for optimum safety. However, certain precautions apply whenever you use a piece of exercise equipment. Be sure to read the entire manual before you assemble or use your bench. In particular, note the following safety precautions:

1. Keep children and pets away from the bench at all times.
2. Only one person at a time should use the bench.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. Consult a physician.
4. Position the bench on a clear, leveled surface. Do not use outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required when using the bench.
7. Use the bench only for its intended use as described in this manual.
8. Disabled persons should not use this bench without a qualified person or physician in attendance.
9. Always do stretching exercises to properly warm up before using this bench.
10. Never use this bench if it is not functioning properly.
11. A spotter is recommended during exercise.
12. Maximum **USER** weight on bench is 136 kg / 300 lb. This means that a **PERSONS** maximum weight can be up to 136 kg / 300 lb.
The total weight capacity that the bench can hold is 226.8 kg / 500 lb.

CARE AND MAINTENANCE

1. Regularly inspect product for loose hardware.
2. Do not use or store equipment outdoors.
3. Locate and familiarize yourself with all warning decals on the home gym.
4. Replace damaged or worn upholstery immediately.

BEFORE YOU BEGIN

Thank you for selecting the Inspire Fitness FLB2C. Service of your bench should only be performed by an authorized Inspire retailer. Service performed by anyone else can result in loss of warranty. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, please call our TOLL-FREE customer service number. Our Customer Service agents will provide immediate assistance to you.



Email

costcosupport@inspirefitness.com



Phone

877-738-1729 (US Only)
+1 714-738-1729 (International)
Mon-Fri 8am-5pm PT - UTC-7h/8h



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www.inspirefitness.com

Support is provided in English and Spanish

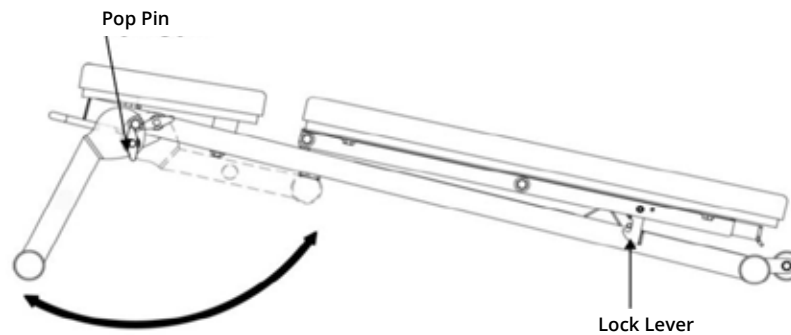
PRODUCT WARRANTY

To view full warranty details, or to register your product for warranty, visit [inspirefitness.com/support](https://www.inspirefitness.com/support)

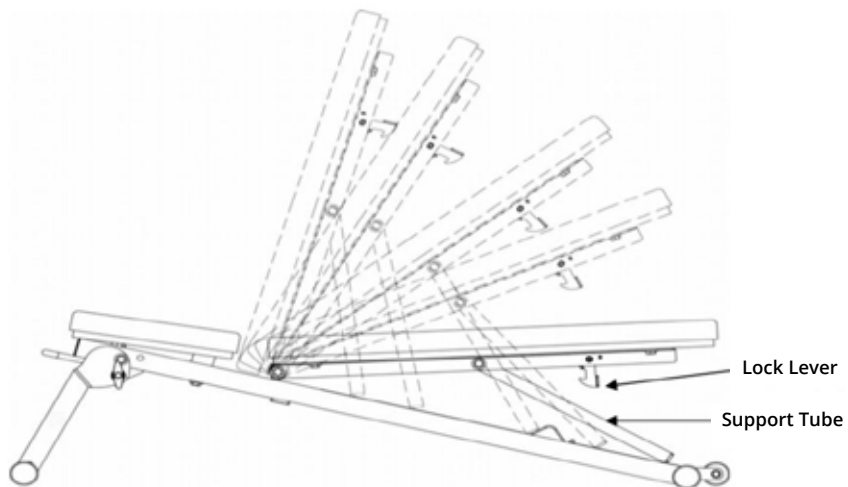
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This bench is for adult use only. Do not let children play with the bench. Use caution while adjusting or working out on the bench.



Pull pop pin to unfold or fold leg. Make sure hands are clear of pivot area. Make sure pop pin is fully engaged in locking holes after each adjustment.



Swivel lock lever under pad to release back pad. Raise the head end of the pad so the free end of the support tube slips into a slot for a desired position. Before use, make sure the support tube is secure in a slot.

When folding the bench flat, keep hands clear of any pivot areas or closing areas. make sure the lock lever is locked over catch pin before moving.

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Costco (China) Investment Co., Ltd.
Room 1003, Block 2, 2388 Xiupu Road,
Pudong New Area, Shanghai
China 201315
+86-21-6257-7065



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