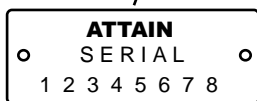
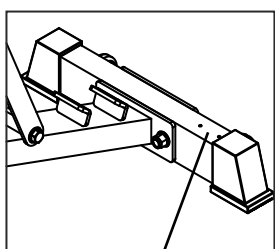


ATTAIN

H801 FID BENCH OWNER'S MANUAL

Serial Number Location

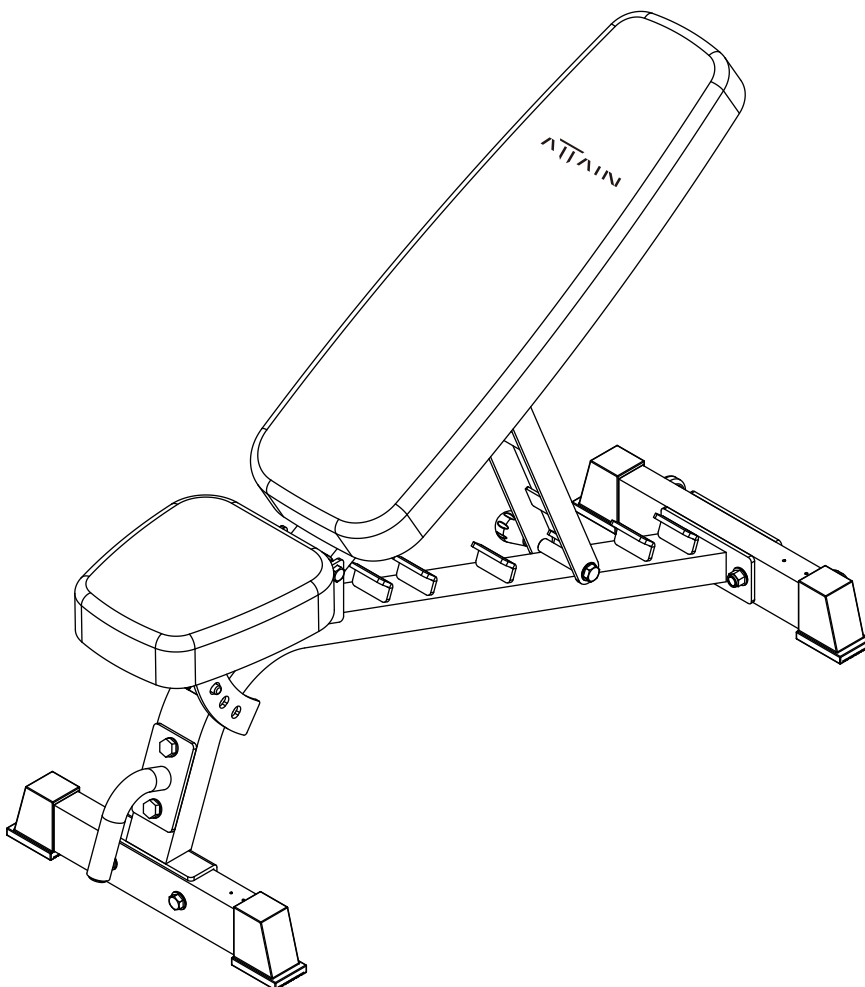


Record your Serial number
and purchase date here:

S/N _____

PURCH.DATE: _____

DEALER: _____



Model No. H801
998
ATTAIN FITNESS

Fitness Authority Industrial Co., LTD.
No. 15, Xiangxue Rd., Dali Dist.,
Taichung City 41275, Taiwan.

Congratulations and Thank You!

Thank you for selecting the **ATTAIN FITNESS H801 FID BENCH**. The ATTAIN FITNESS H801 offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the ATTAIN FITNESS H801 will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the ATTAIN FITNESS H801. Keep this manual for future reference. If you have additional questions, please call your local ATTAIN FITNESS dealer.

www.atainfitnessusa.com

Important Safety Notes

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. ATTAIN FITNESS assumes no responsibility for personal injury or property damage sustained by or through use of this product.

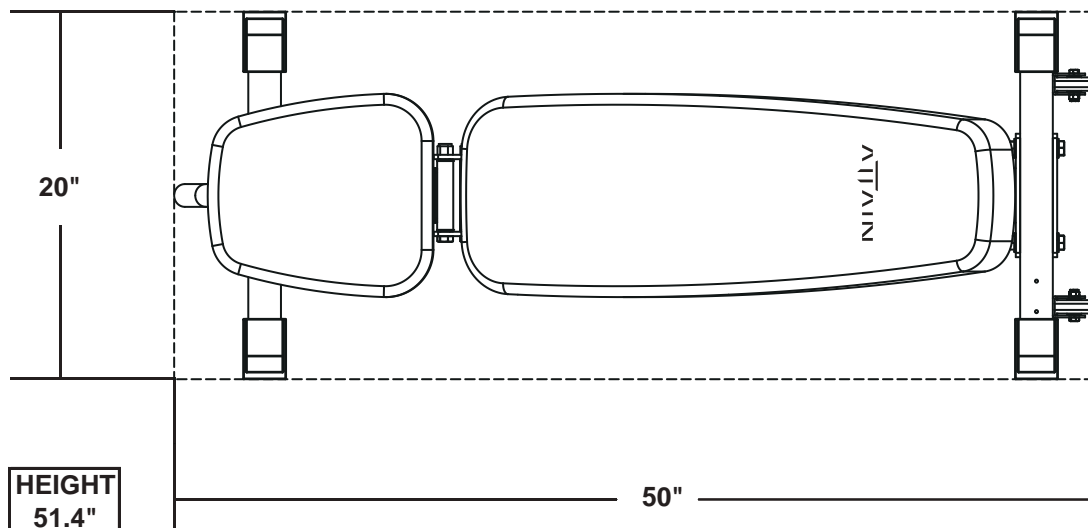
- 1. This product must be assembled on a flat, level surface to assure its proper function.**
- 2. Clean pads and frame on a regular basis. ATTAIN FITNESS recommends warm, soapy water. Do not use harsh or abrasive chemicals.**
- 3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
- 4. Keep children away from the ATTAIN FITNESS H801 at all times.**
- 5. Keep your hands away from cables and pulleys during operation.**
- 6. Keep your hands away from moving parts other than the designated handles.**
- 7. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.**
- 8. Make certain all cables are seated within the pulleys before every use.**
- 9. Exercise with care to avoid injury.**
- 10. If you are unsure about the proper use of the ATTAIN FITNESS H801, call your local ATTAIN FITNESS dealer or our customer service department.**

QUESTIONS?

As a quality exercise equipment supplier, we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or ATTAIN FITNESS at +1 877-551-7484 and info@atainfitnessusa.com.

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Gym Placement Planner

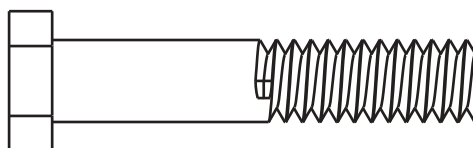


Recommended Tools for Assembly

Ratchet
 9/16" Socket
 3/4" Socket
 9/16" Combination Wrench
 3/4" Combination Wrench
 Adjustable Wrench
 Rubber Mallet
 Metric Allen Key Set

Important Notes and Tips:

1. Do not tighten bolts until instructed.
2. Two people are required for the safe assembly of this product.
3. Use window cleaner or water to assist with sliding roller pads on to tubes.
4. Apply silicone lubricant onto guide rods prior to weight plate installation.
5. Please allow plastic parts to acclimate to room temperature before installation or they may be damaged.
6. Carefully install plastic caps using a rubber mallet.
7. When measuring bolt lengths, only measure the shank, as shown below.



i.e. 2-1/4" Hex Bolt

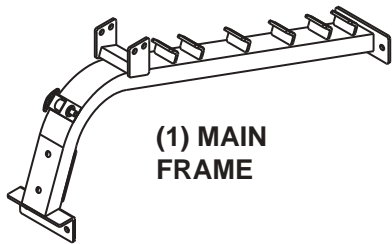


H801 Bench Assembly Parts List

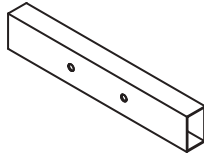


NOTE: IF A PART IS MISSING, IT LIKELY HAS BEEN PRE*INSTALLED FOR QUALITY CONTROL PURPOSES. PLEASE PROCEED WITH ASSEMBLY.

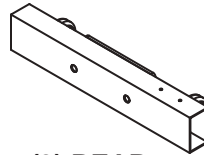
*Parts images are not to scale.



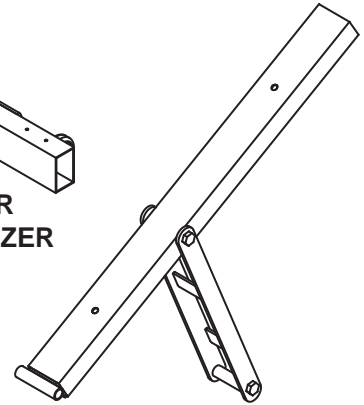
(1) MAIN FRAME



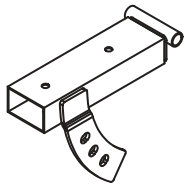
(2) FRONT STABILIZER



(3) REAR STABILIZER



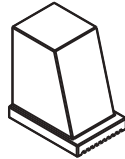
(4) BACK SUPPORT & (6) BACK ADJUSTER (Pre-Assembled)



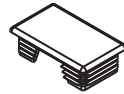
(5) SEAT ADJUSTER



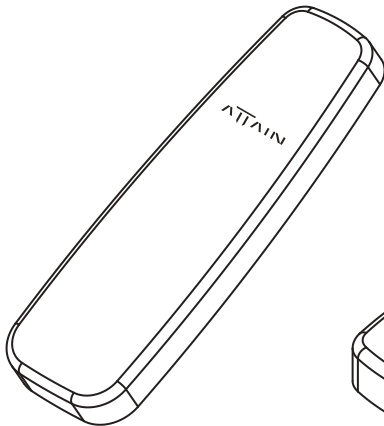
(7) HANDLE



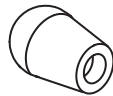
(10) 45 X 75mm RECT. END CAP (4pcs)



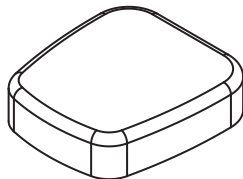
(11) 45 X 75mm RECT. END PLUG (2pcs)



(12) BACK PAD

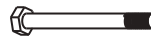


(15) KNOB



(13) SEAT PAD

NO.	DESCRIPTION	QTY.
18	1/2" X 5" HEX BOLT	2
21	1/2" X 2-3/4" HEX BOLT	6
22	3/8" X 2-3/4" HEX THREADED BOLT	4
24	1/2" WASHER	8
25	3/8" WASHER	4
26	1/2" NYLON NUT	8



(18)



(21)



(22)



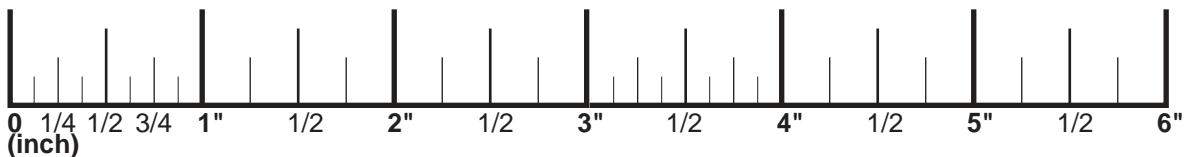
(24)



(25)



(26)



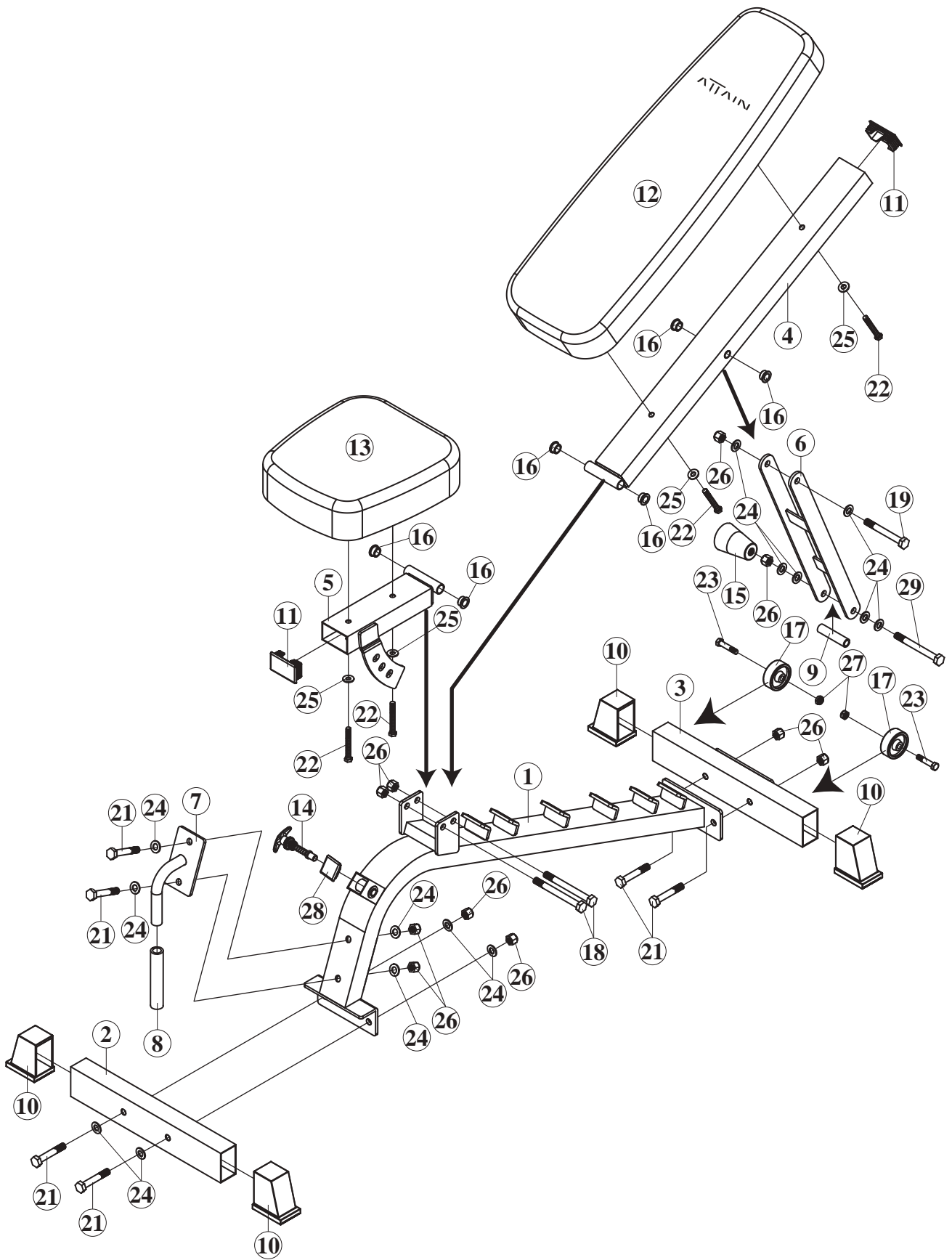
ASSEMBLY INSTRUCTION

Do not tighten bolts until instructed.

1. Attach END CAP (10) to the FRONT STABILIZER (2) and REAR STABILIZER (3).
Attach FRONT STABILIZER (2) and REAR STABILIZER (3) to the MAIN FRAME (1) using four 1/2" X 2-3/4" HEX BOLTS (21), and two 1/2" NYLON NUTS (26).
2. Attach HANDLE (7) to MAIN FRAME (1), using two 1/2" X 2-3/4" HEX BOLTS (21), four 1/2" WASHERS (24) and two 1/2" NYLON NUTS (26).
3. Attach SEAT ADJUSTER (5) and BACK SUPPORT (4) to the MAIN FRAME (1), using two 1/2" X 5" HEX BOLTS (18) and two 1/2" NYLON NUTS (26).
4. Attach pre-assembled BACK ADJUSTER (6) to BACK SUPPORT (4), using two BUSHINGS (16), one 1/2" X 4-1/4" HEX BOLT (19), two 1/2" WASHERS (24), and one 1/2" NYLON NUTS (26). Tighten 1/2" X 6" HEX BOLT (29) and loosen approximately 1/2 turn to allow the BACK ADJUSTER (6) to swing freely.
5. Attach SEAT PAD (13) to SEAT ADJUSTER (5) and BACK PAD (12) to BACK SUPPORT (4), using four 3/8" X 2-3/4" HEX BOLTS (22), four 3/8" WASHERS (25). Attach END PLUG (11) to the SEAT ADJUSTER (5) and BACK SUPPORT (4).

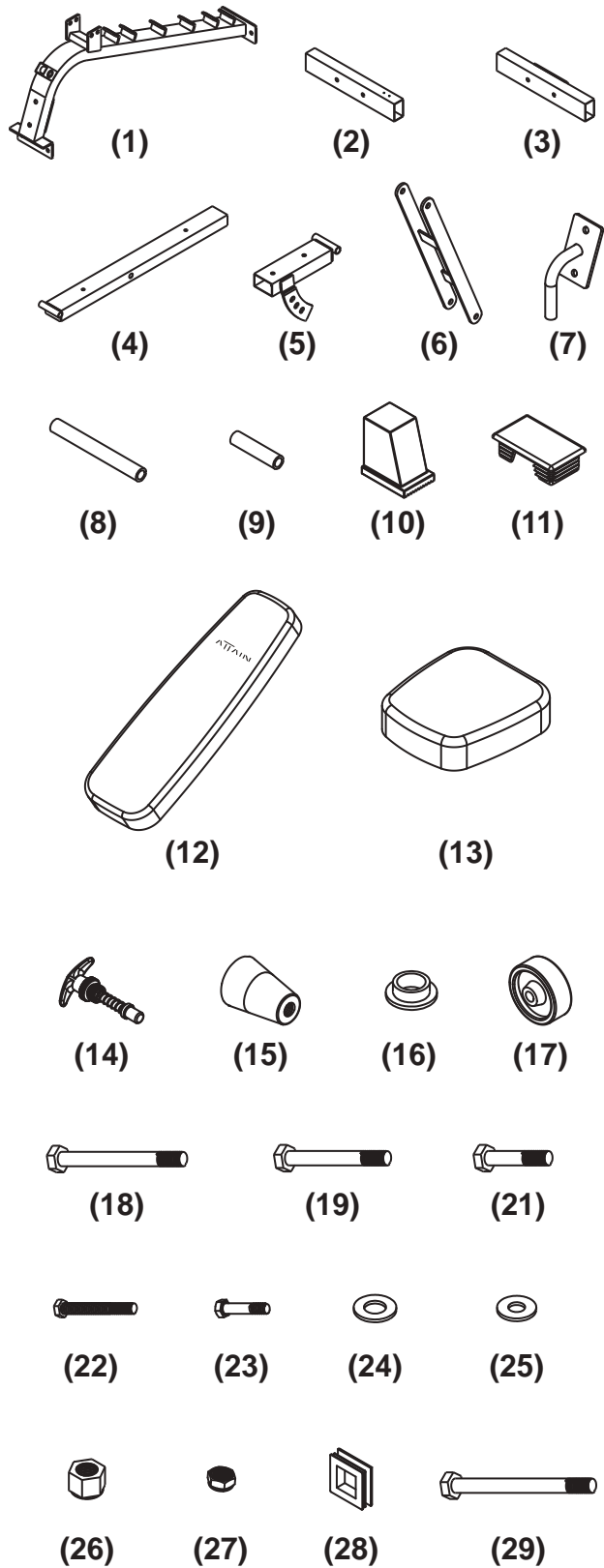
Please ensure all parts attached and tighten bolts.

EXPLODED VIEW



COMPLETE PARTS CHART

NO.	DESCRIPTION	QTY.
1	MAIN FRAME	1
2	FRONT STABILIZER	1
3	REAR STABILIZER	1
4	BACK SUPPORT	1
5	SEAT ADJUSTER	1
6	BACK ADJUSTER	1
7	HANDLE BAR FRAME	1
8	FOAM PAD HOLDER	1
9	BRACE	1
10	45 X 75mm RECT. END CAP	4
11	45 X 75mm RECT. END PLUG	2
12	BACK PAD	1
13	SEAT PAD	1
14	POP PIN	1
15	KNOB	1
16	BUSHING	6
17	WHEEL	2
18	1/2" X 5" HEX BOLT	2
19	1/2" X 4-1/4" HEX BOLT	1
21	1/2" X 2-3/4" HEX BOLT	6
22	3/8" X 2-3/4" HEX THREADED BOLT	4
23	5/16" X 1-1/2" HEX BOLT	2
24	1/2" WASHER	14
25	3/8" WASHER	4
26	1/2" NYLON NUT	10
27	5/16" NYLON NUT	2
28	38 X 38mm SQ. PLUG	1
29	1/2" X 6" HEX BOLT	1



*Parts images are not to scale.

Assembly is complete! Please take the following steps before using the ATTAIN FITNESS H801:

1. Make certain all bolts are tightened securely.
2. Enjoy many years of a Fit Lifestyle.

**Thank you for purchasing the ATTAIN FITNESS H801 FID BENCH!
If you have any questions or comments, please contact our customer
service department at +1 877-551-7484 and info@attainfitnessusa.com.
www.attainfitnessusa.com**