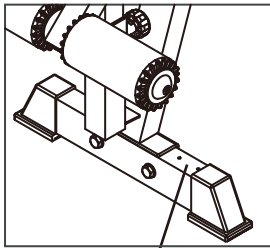


ATTAIN

H804 FID BENCH OWNER'S MANUAL

Serial Number Location

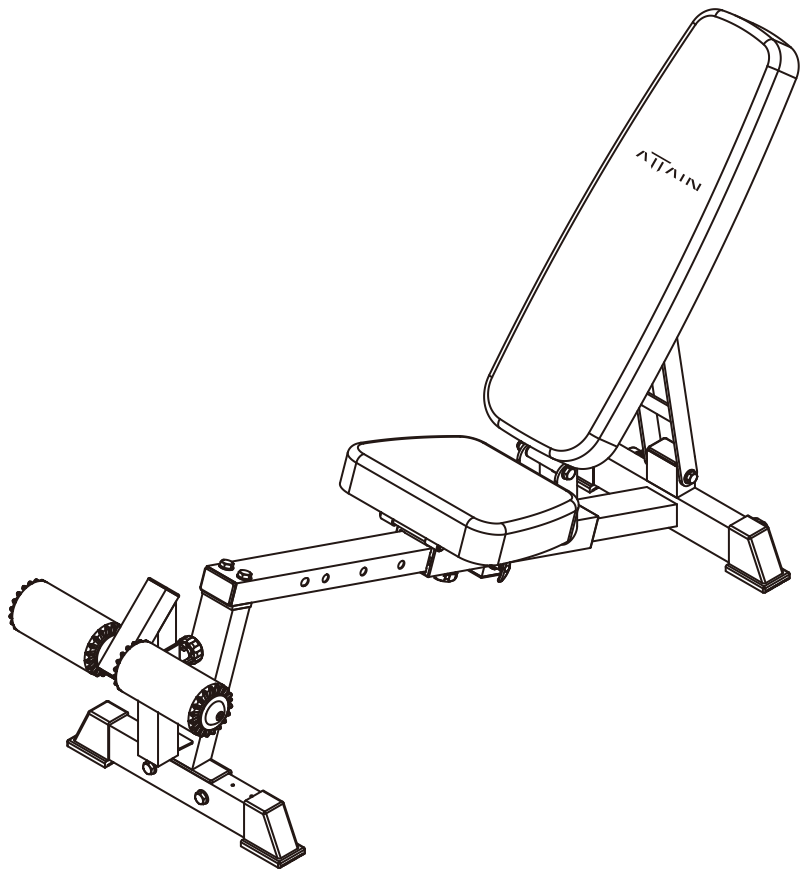


Record your Serial number
and purchase date here:

S/N _____

PURCH.DATE: _____

DEALER: _____



Model No. H804
F320V3
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 H804 FID BENCH**. The ATTAIN FITNESS H804 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 H804 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 H804. 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.

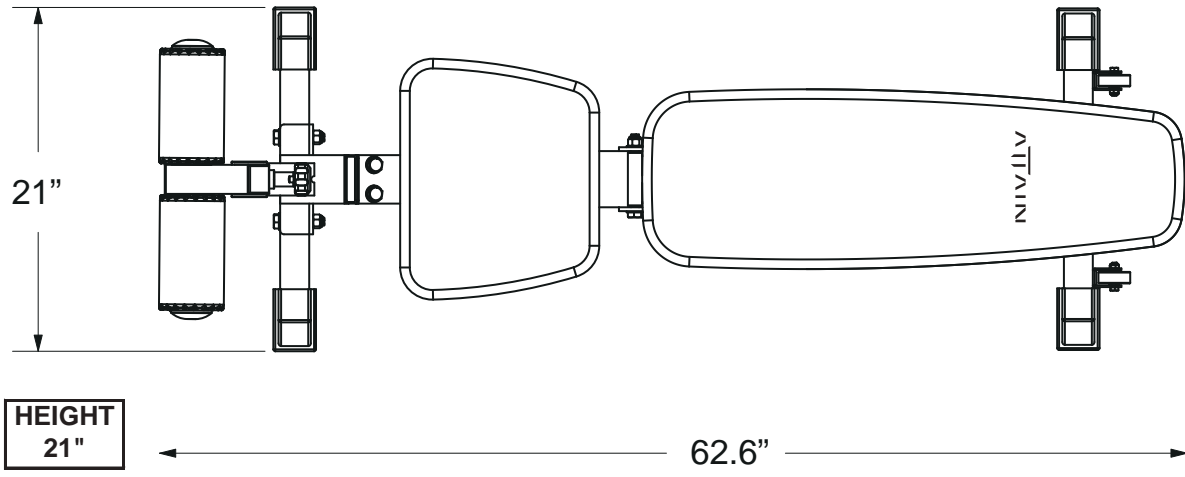
- 1. This product must be assembled on a flat, level surface to assure its proper function.**
- 2. Clean pads and frame on a regular basis. ATTIN FITNESS recommends warm, soapy water. Do not use harsh or abrasive chemicals.**
- 3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
- 4. Keep children away from the ATTAIN FITNESS H804 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 H840, 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

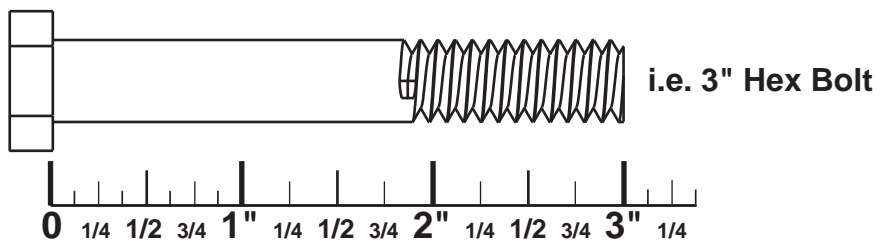


Recommended Tools for Assembly

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.

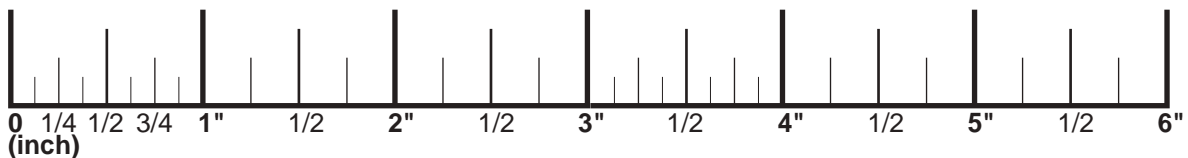
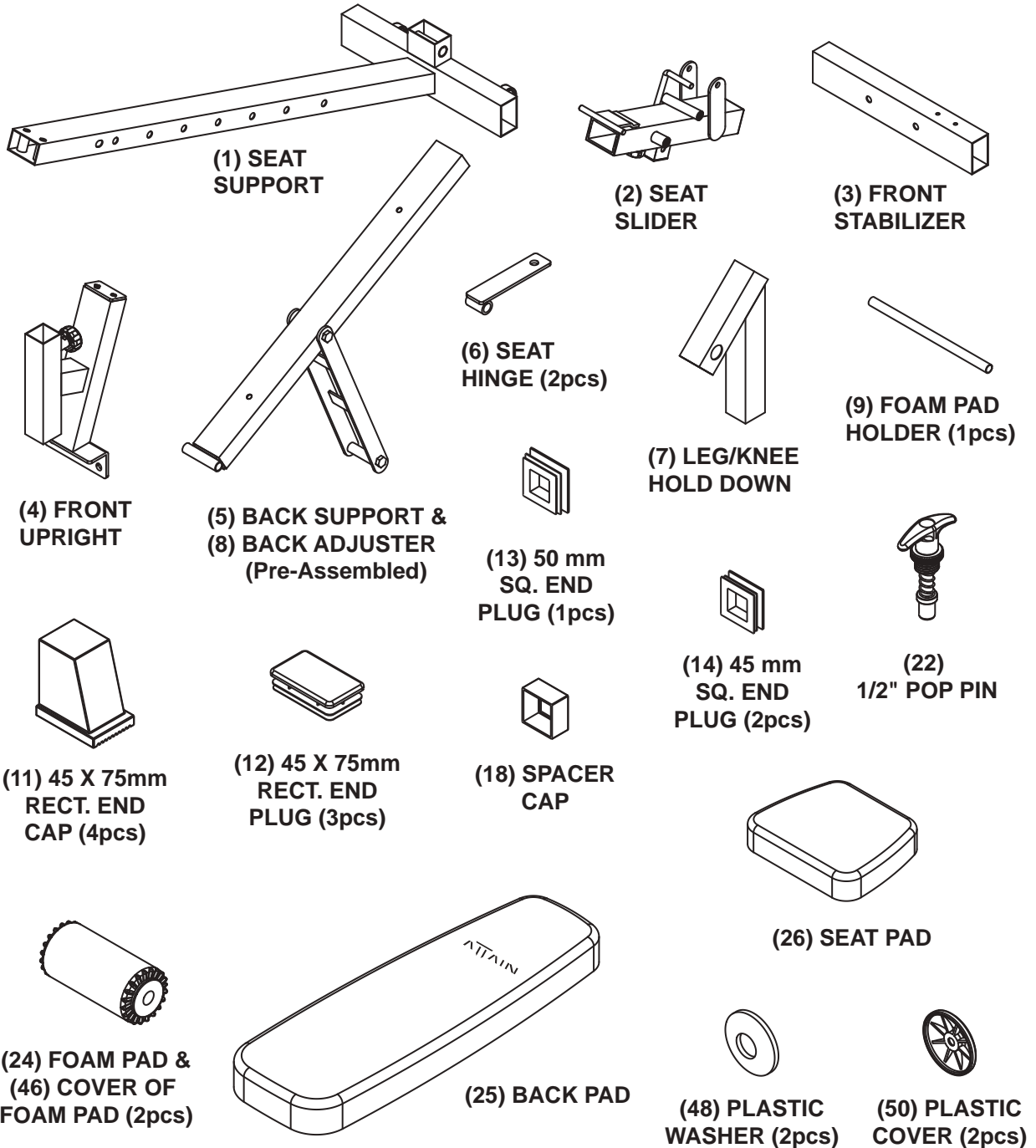


H804 Bench Assembly Parts List 1



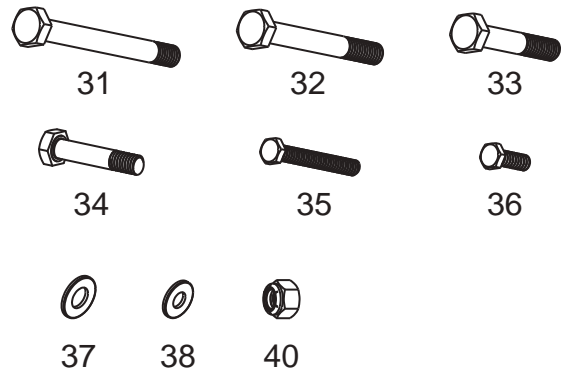
NOTE: IF A PART IS MISSING, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES. PLEASE PROCEED WITH ASSEMBLY.

*Parts images are not to scale.

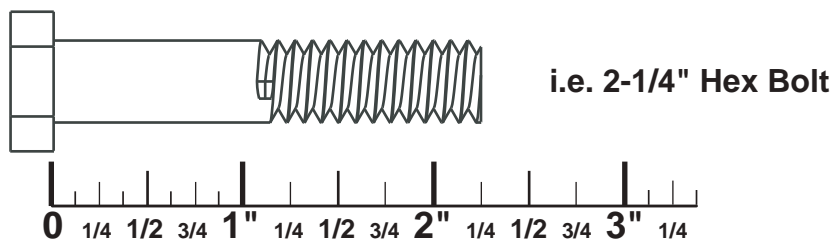


H804 Bench Assembly Parts List 2

NO.	DESCRIPTION	QTY.
31	1/2" X 4-1/2" HEX HEAD BOLT	1
32	1/2" X 4-1/4" HEX HEAD BOLT	1
33	1/2" X 2-3/4" HEX HEAD BOLT	2
34	1/2" X 2-1/2" HEX HEAD BOLT	2
35	3/8" X 2-3/4" HEX THREADED BOLT	2
36	3/8" X 1" HEX THREADED BOLT	2
37	1/2" WASHER	10
38	3/8" WASHER	4
40	1/2" NYLON NUT	4



When measuring bolt lengths, only measure the shank.



ASSEMBLY INSTRUCTION

Do not tighten bolts until instructed.

1. Attach two RECT. End Caps (11) and two RECT. End Plugs (12) onto Seat Support (1), then slide Seat Slider (2) into Seat Support (1). Attach 50mm SQ. End Plug (13) onto Seat Slider (2).

2. Attach two RECT. End Caps (11) on Front Stabilizer (3). Attach Front Upright (4) to Front Stabilizer (3), using two Bolts (33), two Washers (37) and two Nuts (40).

3. Attach Front Upright (4) to Seat Support (1) using two Bolts (34), two Washers (37). Screw Lock Knob (23) onto Seat Slider (2).

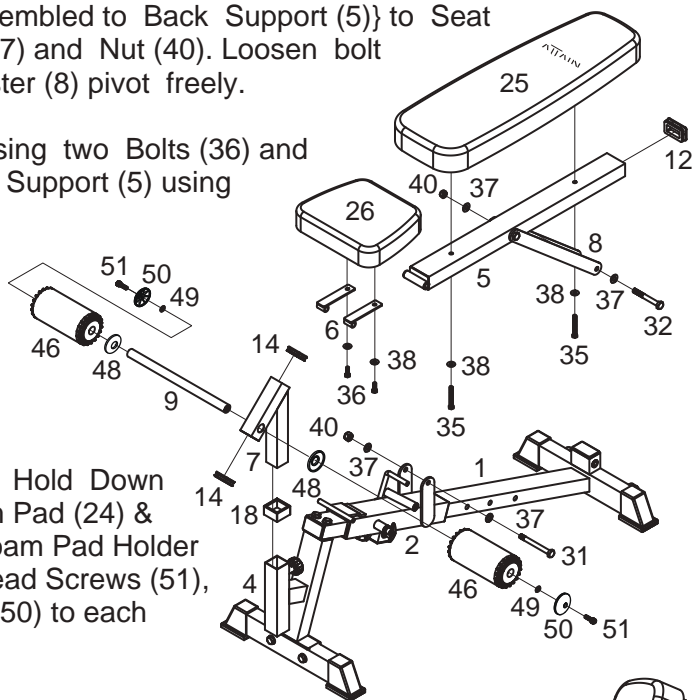
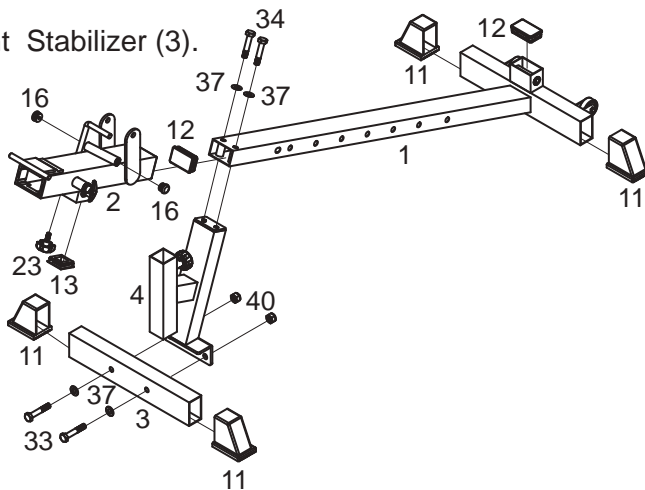
4. Attach two Seat Hinges (6) and Back Support (5) onto Seat Slider (2) using 1/2" X 4-1/2" Hex Bolt (31), two Washers (37) and Nut (40) for Back Support (5).

5. Attach Back Adjuster (8) {one end pre-assembled to Back Support (5)} to Seat Support (1), using Bolt (32), two Washers (37) and Nut (40). Loosen bolt approximately 1/2 turn so that Back Adjuster (8) pivot freely.

6. Attach Seat Pad (26) to Seat Hinges (6) using two Bolts (36) and two Washers (38), Back Pad (25) to Back Support (5) using two Bolts (35) and two Washers (38).

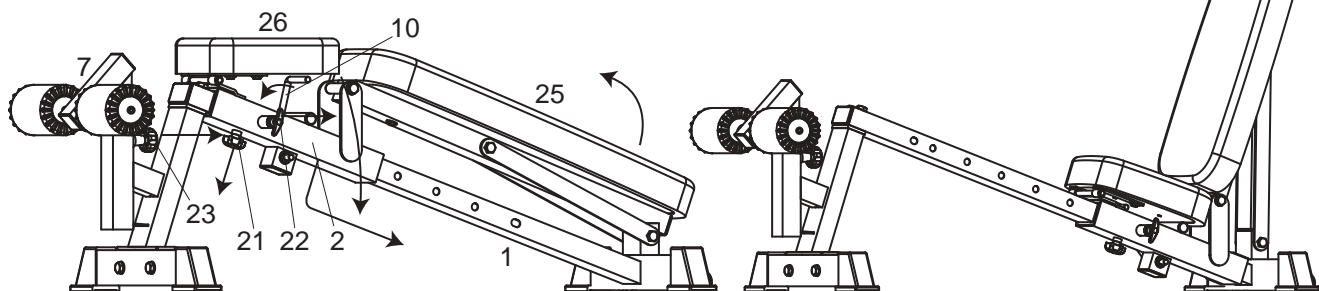
7. Slide Spacer Cap (18) onto Front Upright (4), then insert Leg/Knee Hold Down (7) into Front Upright (4). Attach two 45mm SQ. End Plug (14) onto Leg/Knee Hold Down (7).

8. Insert Foam Pad Holder (9) into Leg/Knee Hold Down (7), slide two Plastic Washers (48) and Foam Pad (24) & Cover of Foam Pad (46) onto each end of Foam Pad Holder (9), and attach two 5/16" X 1-1/4" Sunken Head Screws (51), two 5/16" Washers (49), two Plastic Covers (50) to each end of Foam Pad Holder (9).

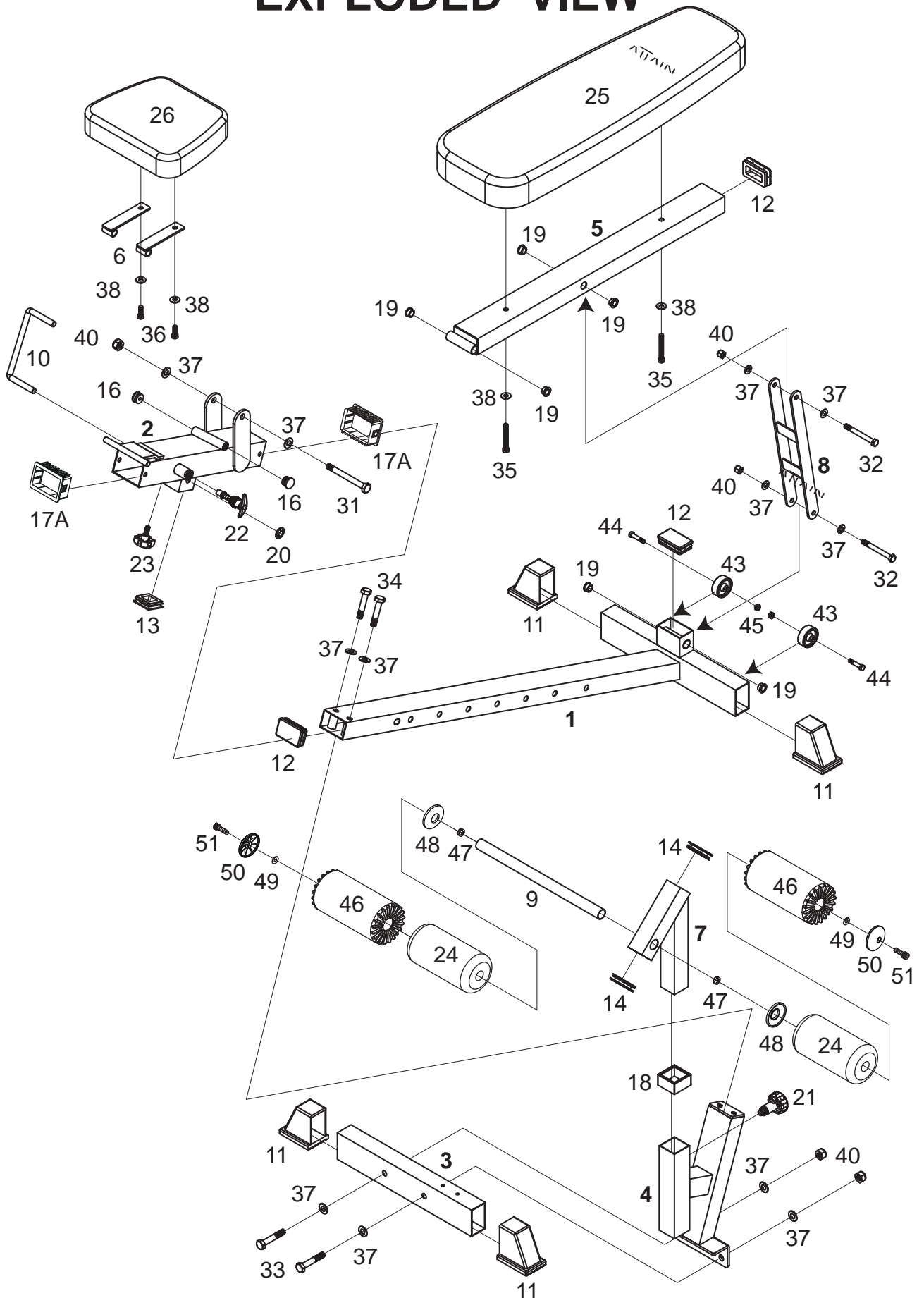


Slide seat to front to get decline position.

Please ensure all parts attached and tighten bolts.

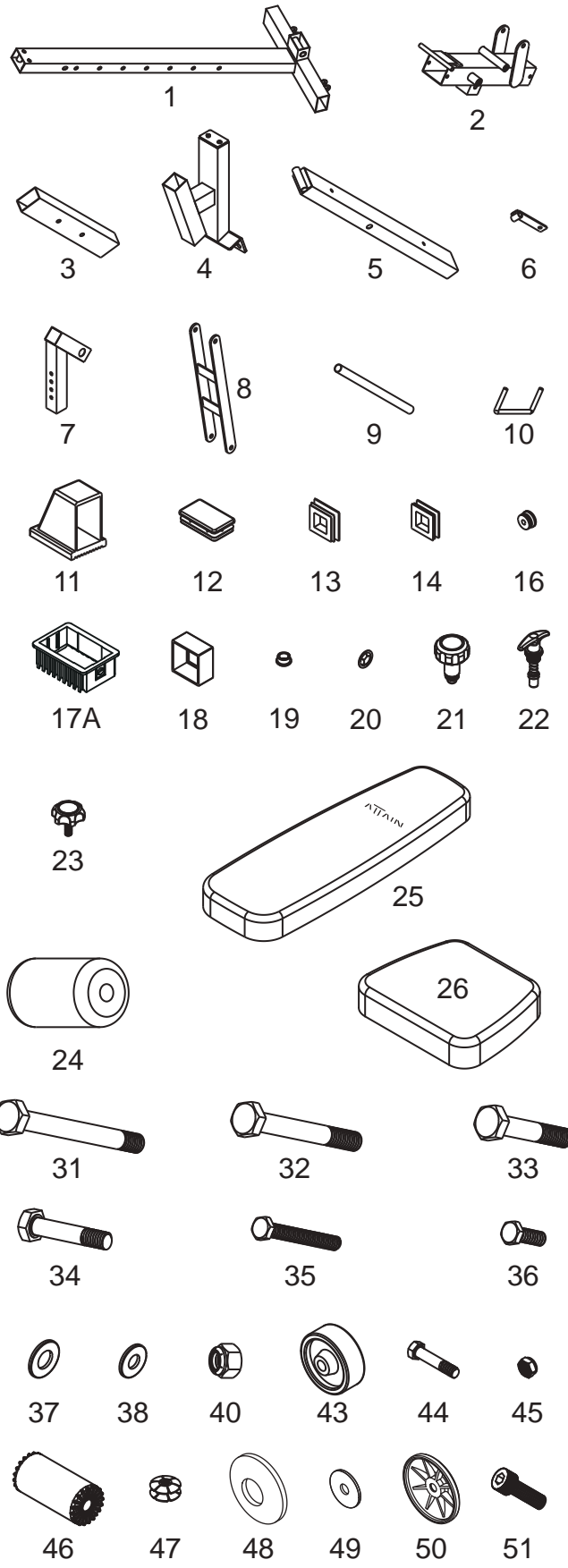


EXPLODED VIEW



COMPLETE PARTS CHART

NO.	DESCRIPTION	QTY.
1	SEAT SUPPORT	1
2	SEAT SLIDER	1
3	FRONT STABILIZER	1
4	FRONT UPRIGHT	1
5	BACK SUPPORT	1
6	SEAT HINGE	2
7	LEG/KNEE HOLD DOWN	1
8	BACK ADJUSTER	1
9	FOAM PAD HOLDER	1
10	U PIN	1
11	45 X 75mm RECT. END CAP	4
12	45 X 75mm RECT. END PLUG	3
13	50mm SQ. END PLUG	1
14	45mm SQ. END PLUG	2
16	1" ROUND PLUG (SMALL)	2
17A	45mm X 75mm SLIDER	2
18	SPACER CAP	1
19	STEEL BUSHING	6
20	METAL CAP	1
21	QUICK RELEASE	1
22	1/2" POP PIN	1
23	LOCK KNOB	1
24	FOAM PAD	2
25	BACK PAD	1
26	SEAT PAD	1
31	1/2" X 4-1/2" HEX HEAD BOLT	1
32	1/2" X 4-1/4" HEX HEAD BOLT	2
33	1/2" X 2-3/4" HEX HEAD BOLT	2
34	1/2" X 2-1/2" HEX HEAD BOLT	2
35	3/8" X 2-3/4" HEX THREADED BOLT	2
36	3/8" X 1" HEX THREADED BOLT	2
37	1/2" WASHER	12
38	3/8" WASHER	4
40	1/2" NYLON NUT	5
43	WHEEL	2
44	5/16" X 1-1/2" HEX HEAD BOLT	2
45	5/16" X 8.5mm NYLON NUT	2
46	COVER OF FOAM PAD	2
47	5/16" NUT	2
48	PLASTIC WASHER	2
49	5/16" WASHER	2
50	PLASTIC COVER	2
51	5/16" X 1-1/4" SUNKEN HEAD SCREW	2



*Parts images are not to scale.

Assembly is complete! Please take the following steps before using the ATTAIN FITNESS H804:

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

**Thank you for purchasing the ATTAIN FITNESS H804 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**