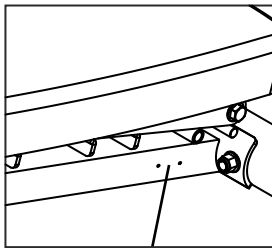




H805 FID BENCH OWNER'S MANUAL

Serial Number Location

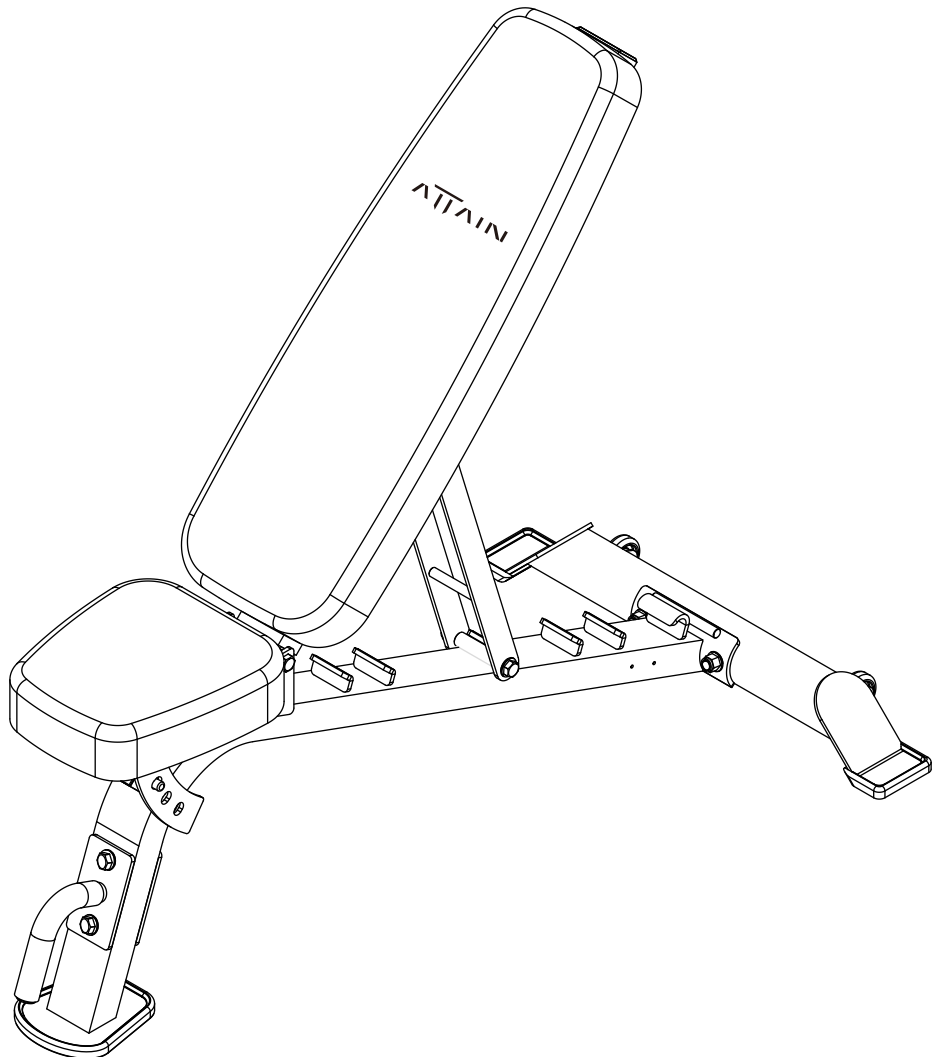


Record your Serial number
and purchase date here:

S/N _____

PURCH.DATE: _____

DEALER: _____



Model No. H805
MZ9971
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 H805 FID BENCH**. The ATTAIN FITNESS H805 offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is fitness, a shapely, toned body or dramatic muscle size and strength, the ATTAIN FITNESS H805 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 H805. 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 FITNRSS 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 H805 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 H805, call your local ATTAIN FITNESS dealer or our customer service department.**

QUESTIONS?

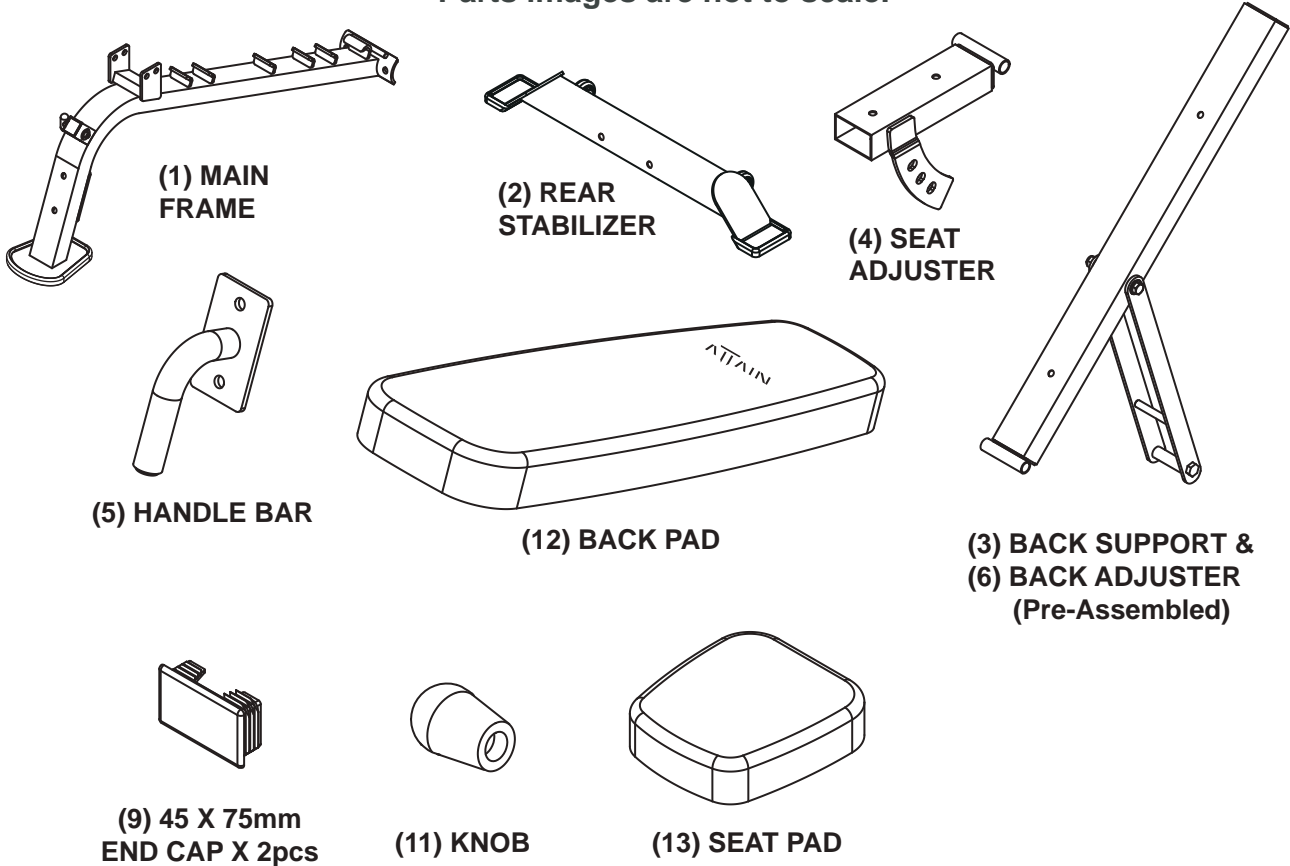
As a quality exercise equipment supplier, we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your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

www.atainfitnessusa.com

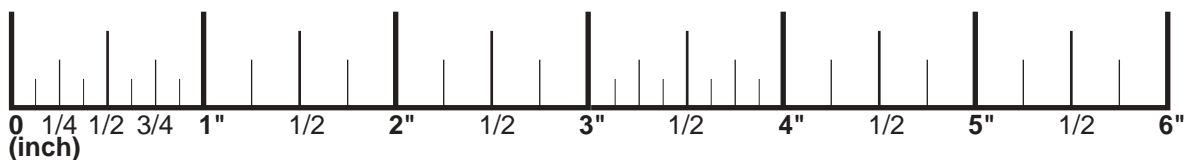
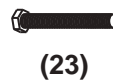
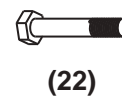
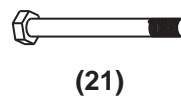
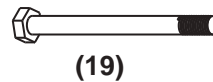
H805 Bench Assemble Parts List

 **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.



NO.	DESCRIPTION	QTY.
19	1/2" X 5" HEX BOLT	2
21	1/2" X 4" HEX BOLT	2
22	1/2" X 3" HEX BOLT	2
23	3/8" X 2-3/4" HEX THREADED BOLT	4
25	1/2" WASHER	8
26	3/8" WASHER	4
27	1/2" NYLON NUT	6



Recommended Tools

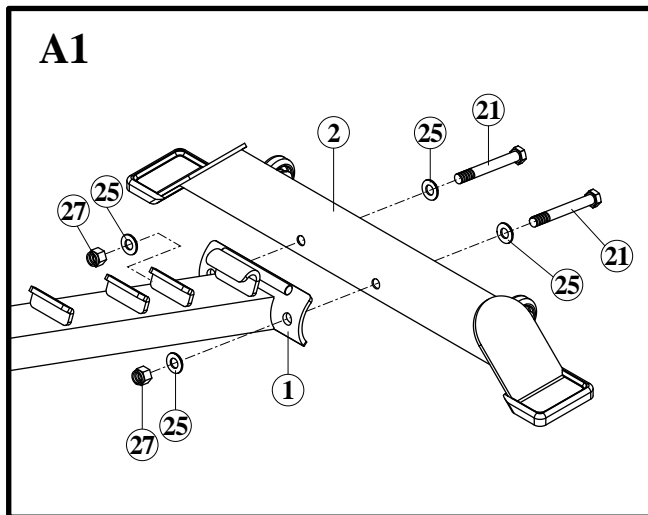
Utility Knife (To cut packaging and banding)
Ratchet with 9/16" and 3/4" Sockets
9/16" and 3/4" Combination Wrenches
Adjustable Wrench
Rubber Mallet

Assemble Instructions

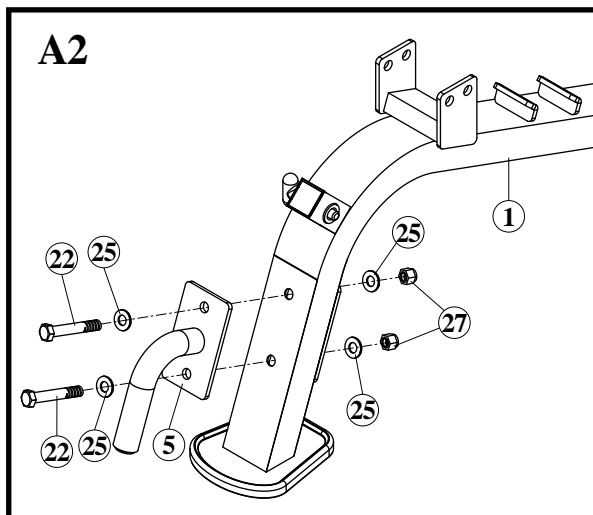


NOTE: Before installing the plastic parts, please allow them to acclimate to room temperature or they may be damaged. **CAREFULLY** install all plastic components with Rubber Mallet.

PLEASE REFER TO THE EXPLODED VIEW ON THE PAGE 6 FOR ASSEMBLY.



1. Attach Rear Stabilizer (2) to the Main Frame (1) using two 1/2" X 4" Hex Bolts (21), four 1/2" Washers (25), and two 1/2" Nylon Nuts (27). Tighten bolts.

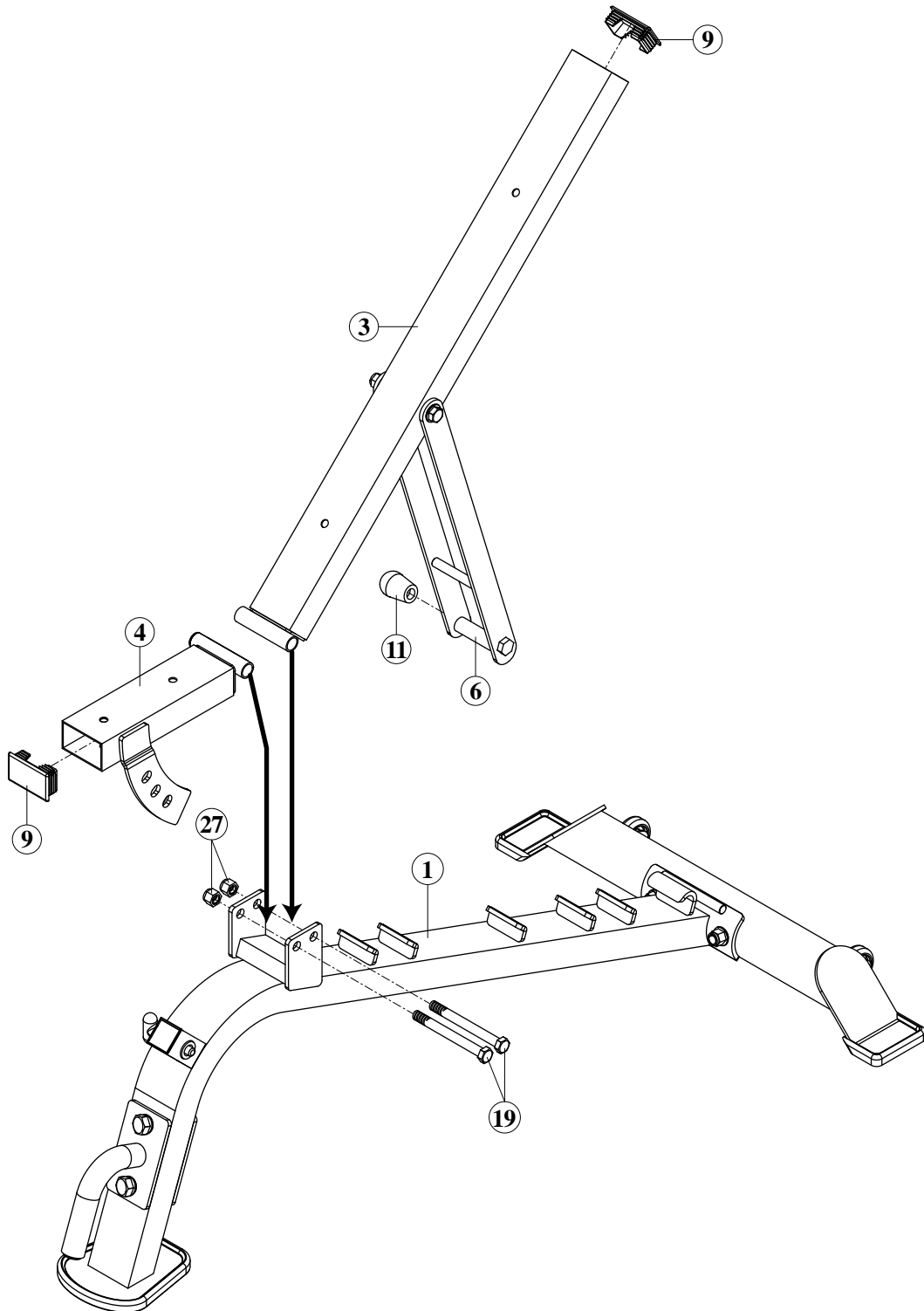


NOTE: If you purchase F615 Hold Down Kit, please skip this step and refer to the F615 manual.

2. Bolt Handle Bar (5) to the Main Frame (1) using two 1/2" X 3" Hex Bolts (22), four 1/2" Washers (25), and two 1/2" Nylon Nuts (27). Tighten bolts.

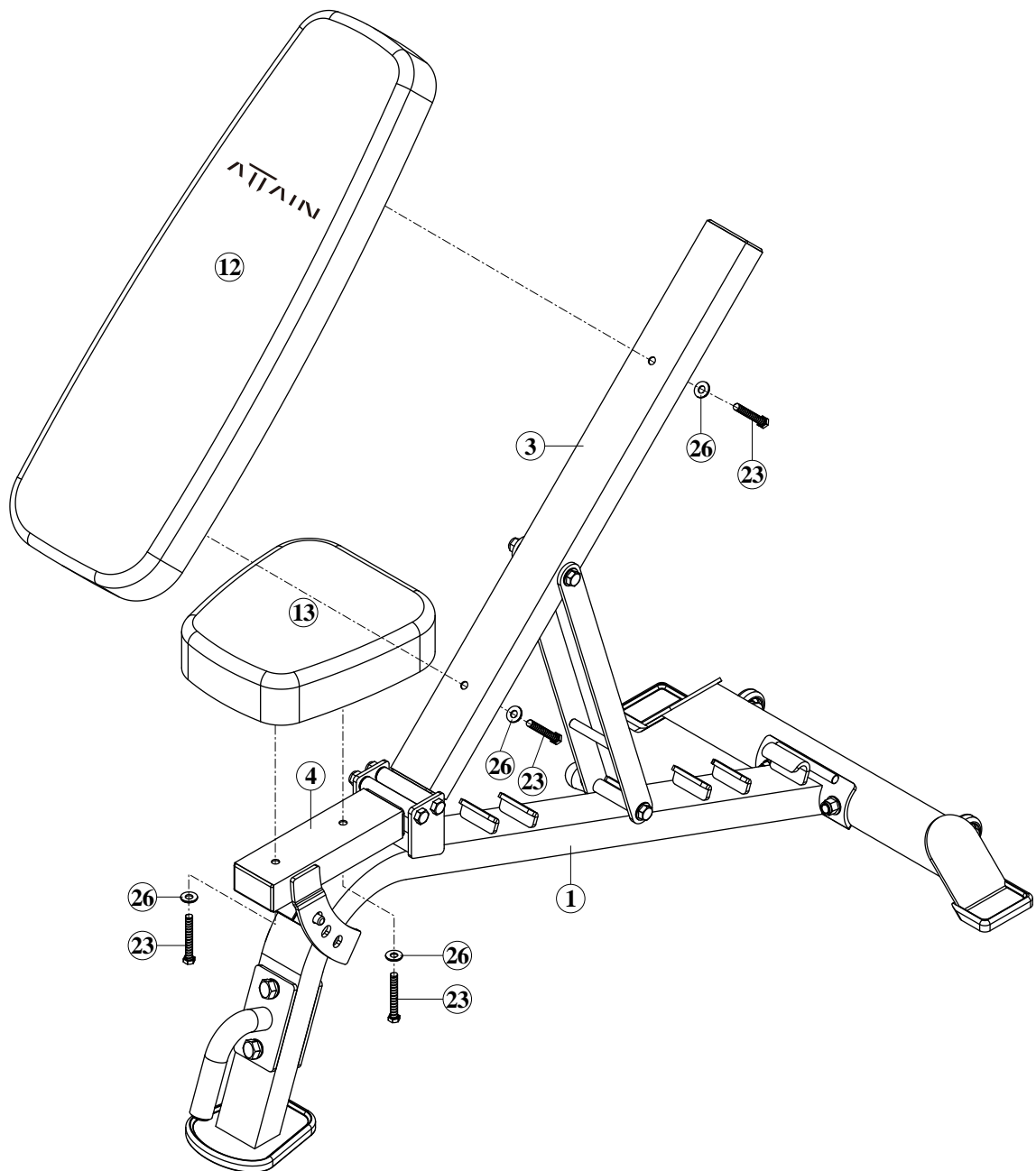
A3 Assemble Instructions

3. Attach Back Support (3) and Seat Adjuster (4) to the Main Frame (1) using two 1/2" X 5" Hex Bolts (19) and two 1/2" Nylon Nuts (27). Install two 45 X 75mm End Caps (9) to the Back Support (3) and Seat Adjuster (4). Install the Knob (11) on to Back Adjuster (6). Tighten two 1/2" X 5" Hex Bolts (19) completely, then loosen enough to still allow the pivot to move freely for adjustment to the end of Back Support (3).



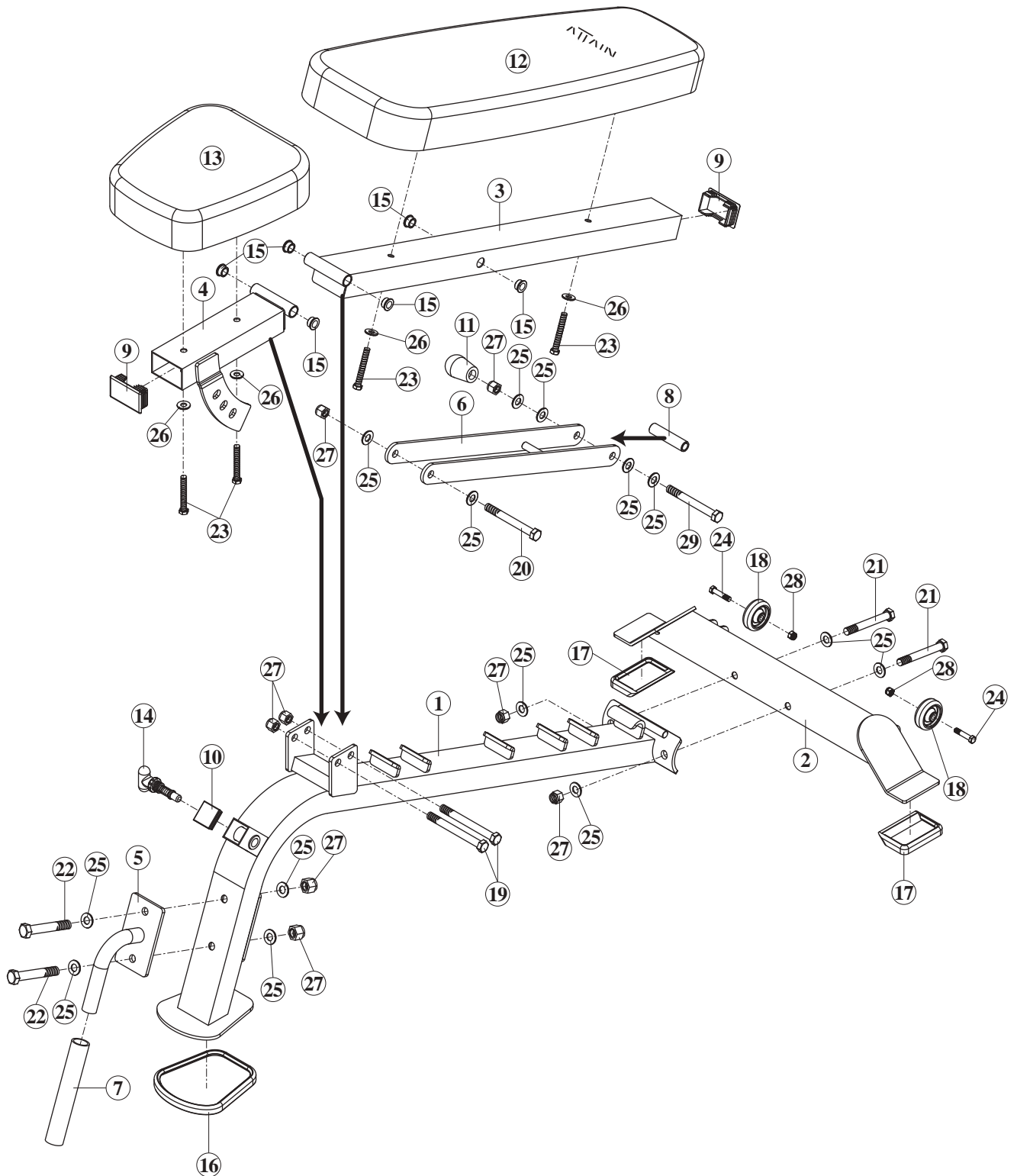
A4 Assemble Instructions

4. Attach Back Pad (12) to the Back Support (3) using two 3/8" X 2-3/4" Hex Threaded Bolts (23) and two 3/8" Washers (26). Attach Seat Pad (13) to the Seat Adjuster (4) using two 3/8" X 2-3/4" Hex Threaded Bolts (23) and two 3/8" Washers (26). Tighten all the bolts.



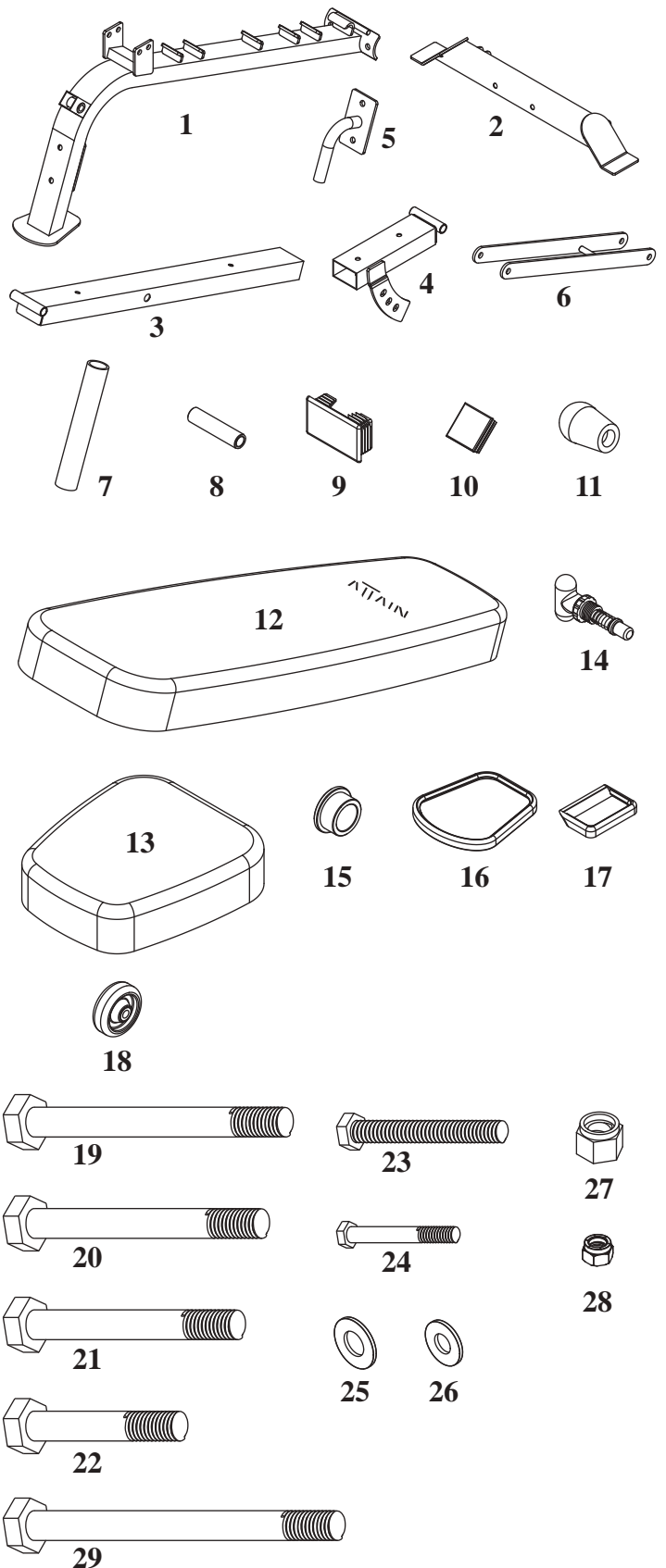
ASSEMBLY IS COMPLETE!
PLEASE RECHECK THAT ALL COMPONENTS ARE TIGHT AND SECURE.

EXPLODED VIEW



COMPLETE PARTS CHART

NO.	DESCRIPTION	QTY.
1	MAIN FRAME	1
2	REAR STABILIZER	1
3	BACK SUPPORT	1
4	SEAT ADJUSTER	1
5	HANDLE BAR	1
6	BACK ADJUSTER	1
7	FOAM GRIP	1
8	BRACE	1
9	45 X 75mm END CAP	2
10	1-1/2" SQ. END PLUG	1
11	KNOB	1
12	BACK PAD	1
13	SEAT PAD	1
14	POP PIN	1
15	BUSHING	6
16	LARGER RUBBER BRACKET	1
17	SMALLER RUBBER BRACKET	2
18	WHEEL	2
19	1/2" X 5" HEX BOLT	2
20	1/2" X 4-1/4" HEX BOLT	1
21	1/2" X 4" HEX BOLT	2
22	1/2" X 3" HEX BOLT	2
23	3/8" X 2-3/4" HEX THREADED BOLT	4
24	5/16" X 1-1/2" HEX BOLT	2
25	1/2" WASHER	14
26	3/8" WASHER	4
27	1/2" NYLON NUT	8
28	5/16" NYLON NUT	2
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 H805 :

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

Thank you for purchasing the ATTAIN FITNESS H805 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