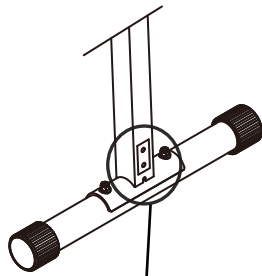


ATTAIN

H807 ADJUSTABLE AB BENCH OWNER'S MANUAL

Serial Number Location

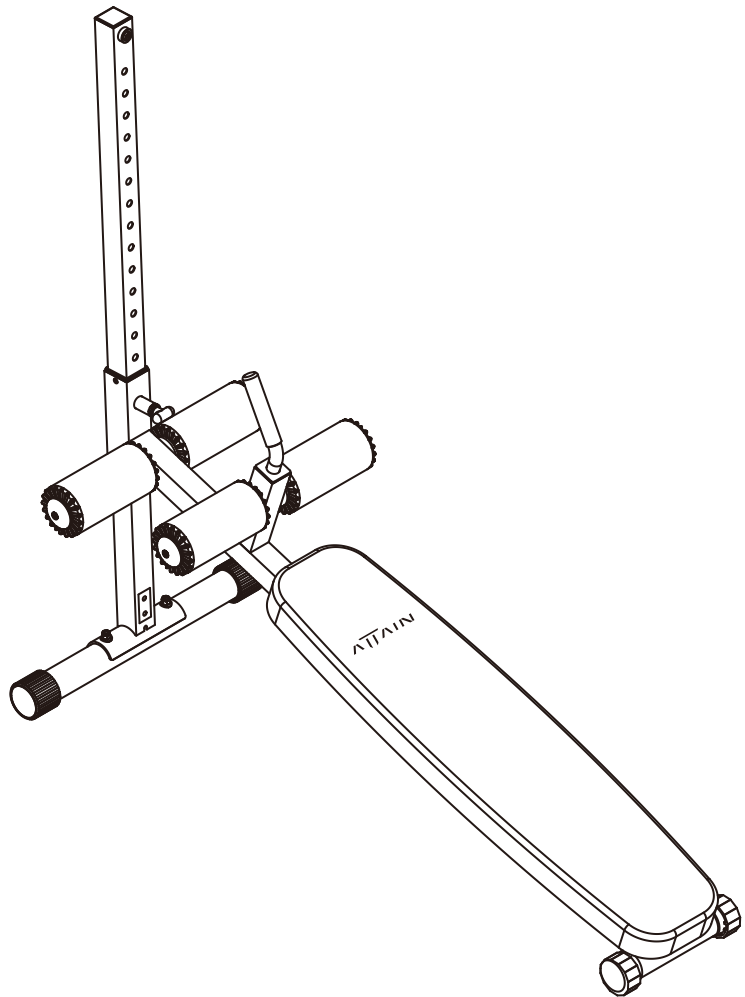


Record your Serial number
and purchase date here:

S/N _____

DATE: _____

DEALER: _____



Model No. H807
MB1321
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 H807 ADJUSTABLE AB BENCH**. The **ATTAIN FITNESS H807** 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 H807** 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 H807**. 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.

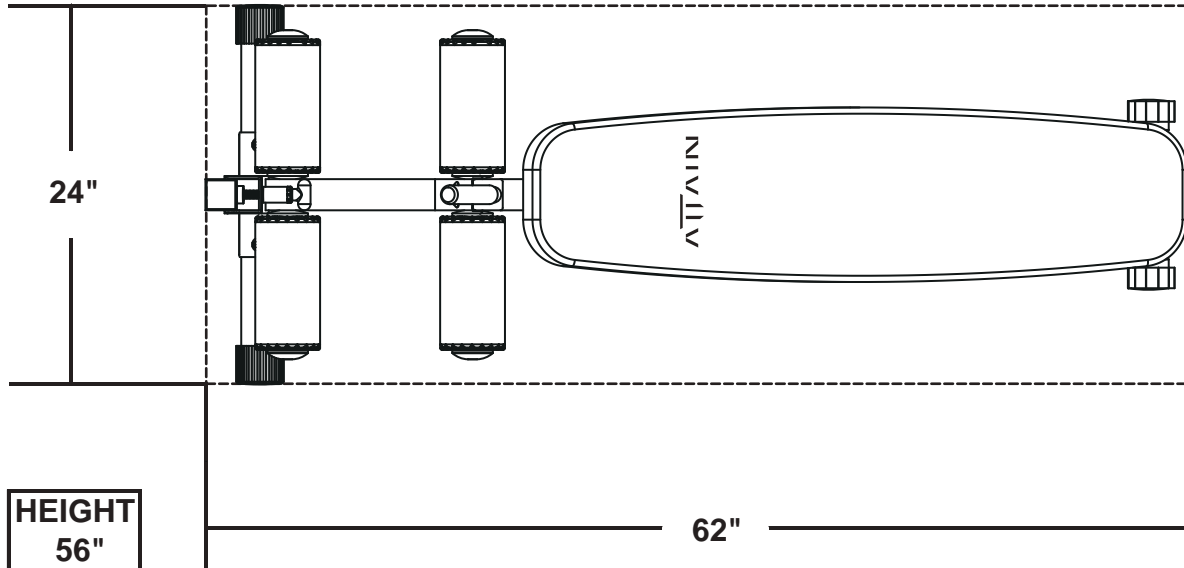
- 1. This product must be assembled on a flat, level surface to assure its proper function.**
- 2. Clean pads and frame on a regular basis. ATTAIN FITNESS recommends warm, soapy water. Do not use harsh or abrasive chemicals.**
- 3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
- 4. Keep children away from the ATTAIN FITNESS H807 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. Make certain all cables are seated within the pulleys before every use.**
- 8. Exercise with care to avoid injury.**
- 9. If you are unsure about the proper use of the ATTAIN FITNESS H807, 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

Gym Placement Planner

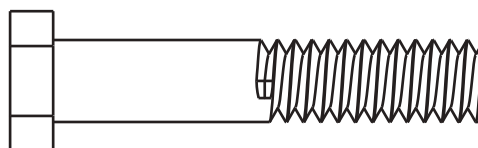


Recommended Tools for Assembly

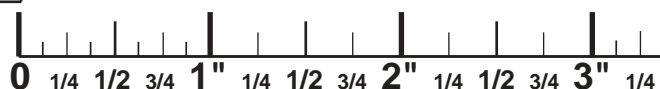
Ratchet
 9/16" Socket
 3/4" Socket
 9/16" Combination Wrench
 3/4" Combination Wrench
 Adjustable Wrench
 Rubber Mallet
 Metric Allen Key Set

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

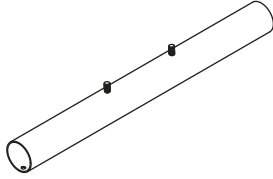


H807 PARTS LIST 1

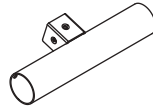


NOTE: If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

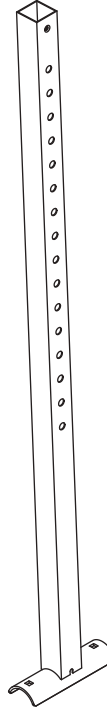
*Parts images are not to scale.



(1) REAR BASE FRAME



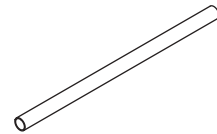
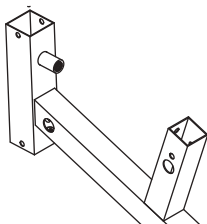
(2) FRONT BASE FRAME



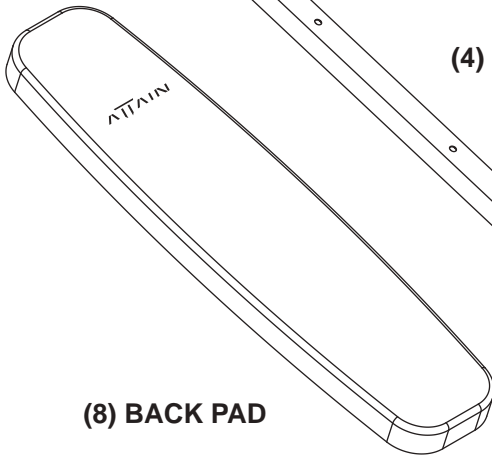
(3) UPRIGHT FRAME



(5) ADJUSTABLE FRAME

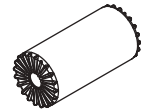


(7) MAIN FRAME
X 2pcs



(8) BACK PAD

(4) MAIN FRAME



(9) FOAM PAD
& (10) FOAM PAD COVER X 4pcs



(17) PLASTIC WASHER
X 4pcs



(18) ALUMINUM CAP
X 4pcs

NO.	DESCRIPTION	QTY.
21	3/8" X 3" HEX THREADED BOLT	3
23	3/8" X 1" INNER HEX SCREW	6
26	M5 HEX WRENCH	1
28	3/8" WASHER	3



21



23



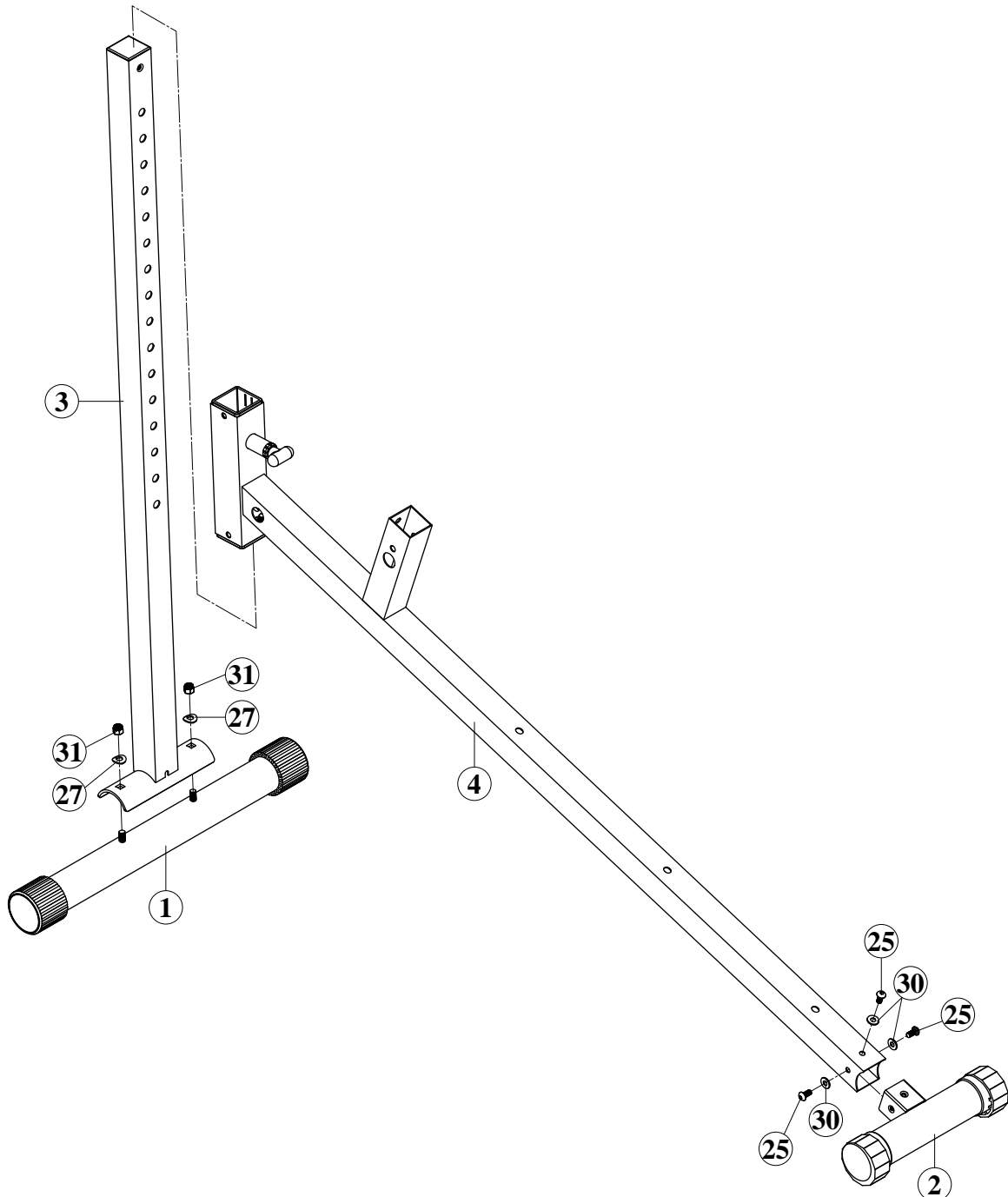
26



28

STEP 1

1. Attach Upright Frame (3) to the Rear Base Frame (1) using two 3/8" Dome Washers (27) and two 3/8" Nylon Nuts (31).
2. Attach Front Frame (2) to the Main Frame (4) using three 5/16" X 5/8" Inner Hex Screws (25) and three 5/16" Nylon Nuts (30).
3. And Insect Main Frame (4) to the Upright Frame (3).

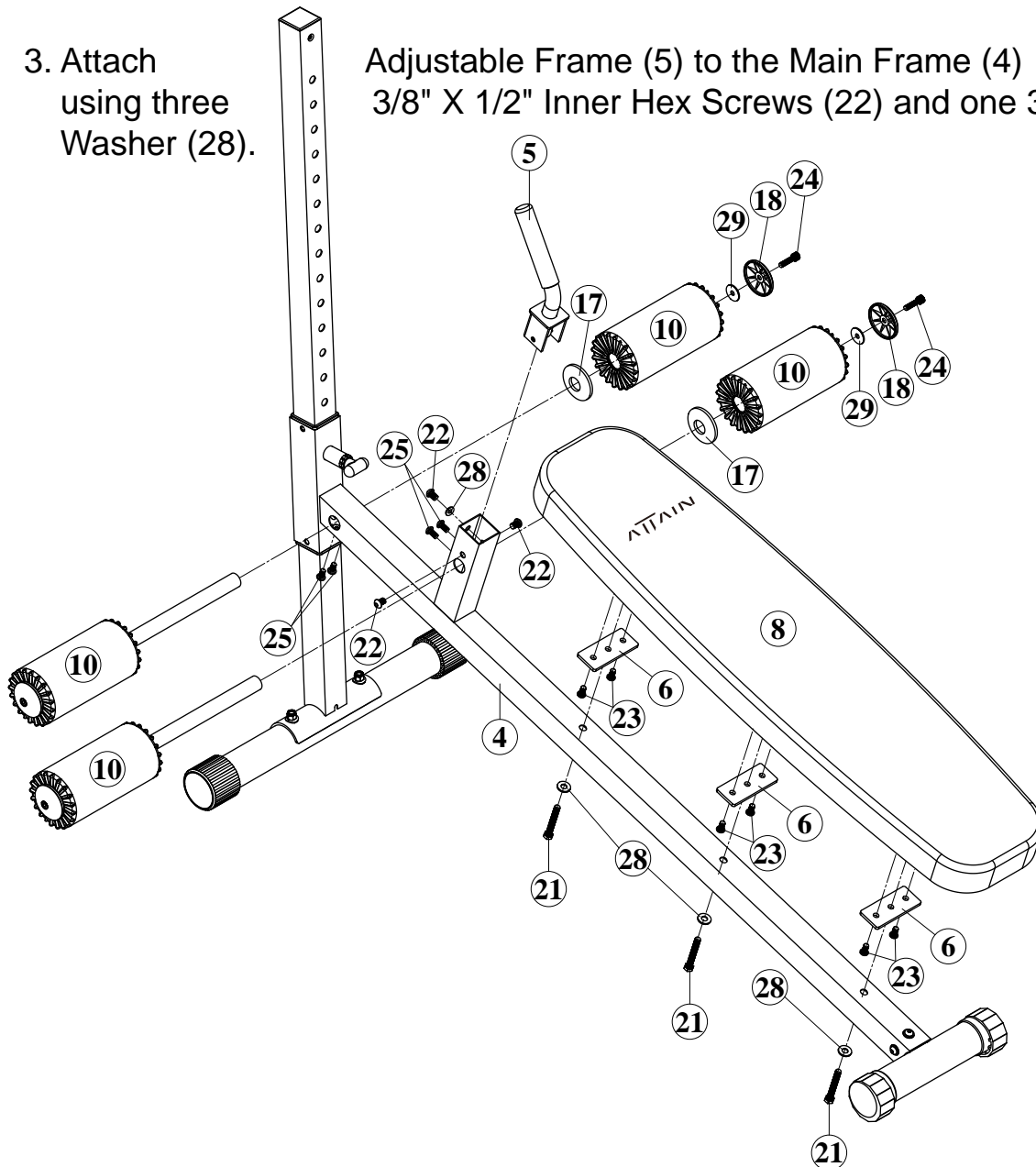


STEP 2

1. Attach Seat Pad (8) to the Main Frame (4) using three Steel Plates (6), six 3/8" X 1" Inner Hex Screws (23), three 3/8" X 3" Hex Threaded Bolts (21) and three 3/8" Washers (28).
2. Attach four Foam Pads Cover (10) to the Main Frame (4) using four 5/16" X 1-1/4" Inner Hex Tapping Screws (24), four Aluminum Caps (18) four 5/16" Larger Washers (29) four 5/16" Nuts (32), four Plastic Washers (17), and four 5/16" X 5/8" Inner Hex Screws (25).

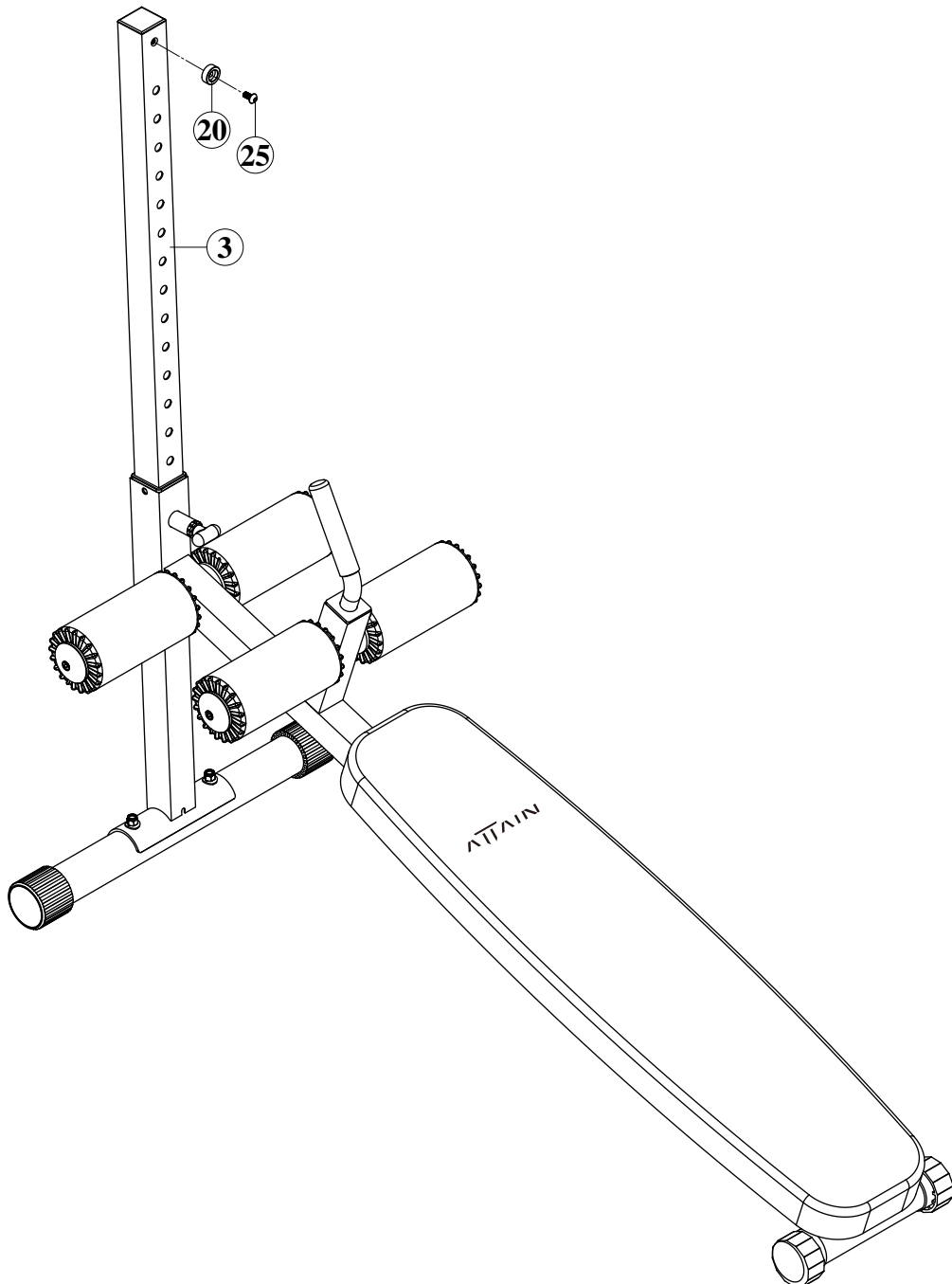
3. Attach using three Washer (28).

Adjustable Frame (5) to the Main Frame (4) 3/8" X 1/2" Inner Hex Screws (22) and one 3/8"



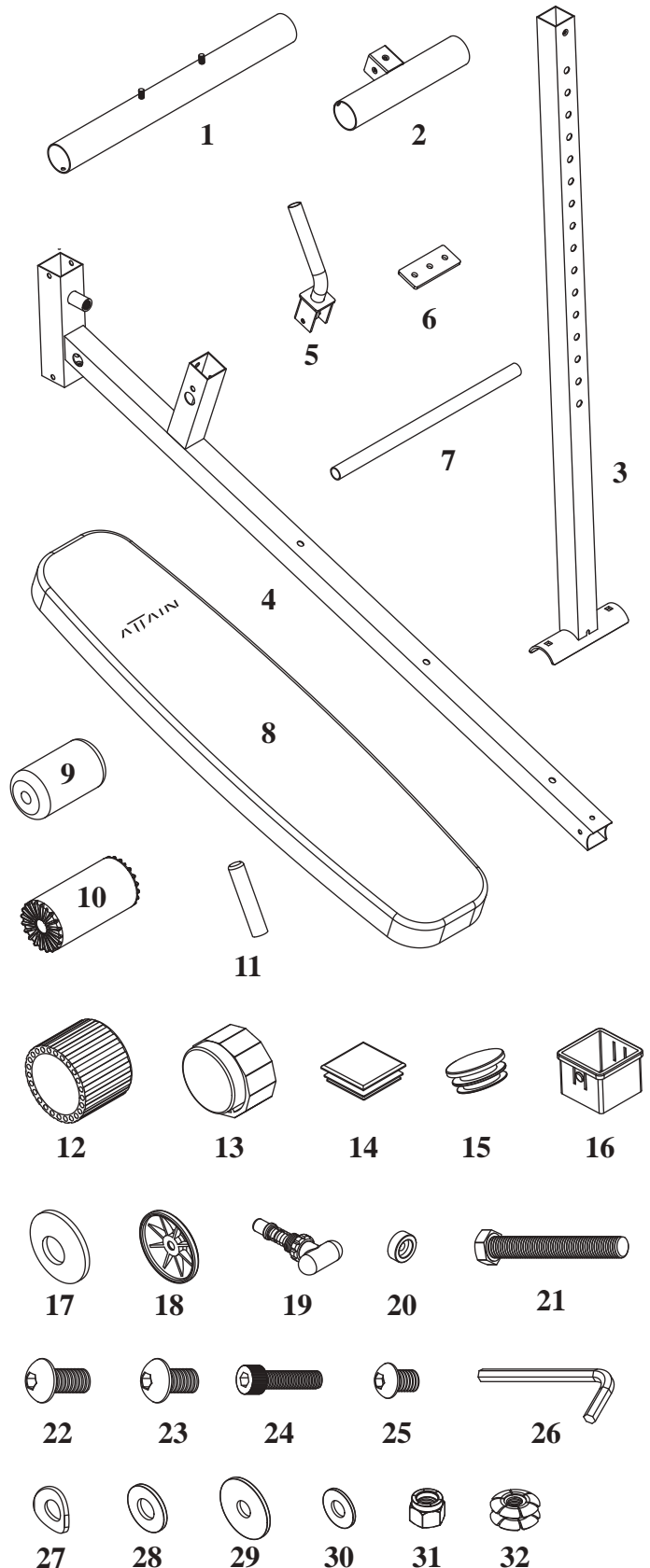
STEP 3

1. Attach one 5/16" X 5/8" Inner Hex Screw (25), and one Stopper (20) to the Upright Frame (3).

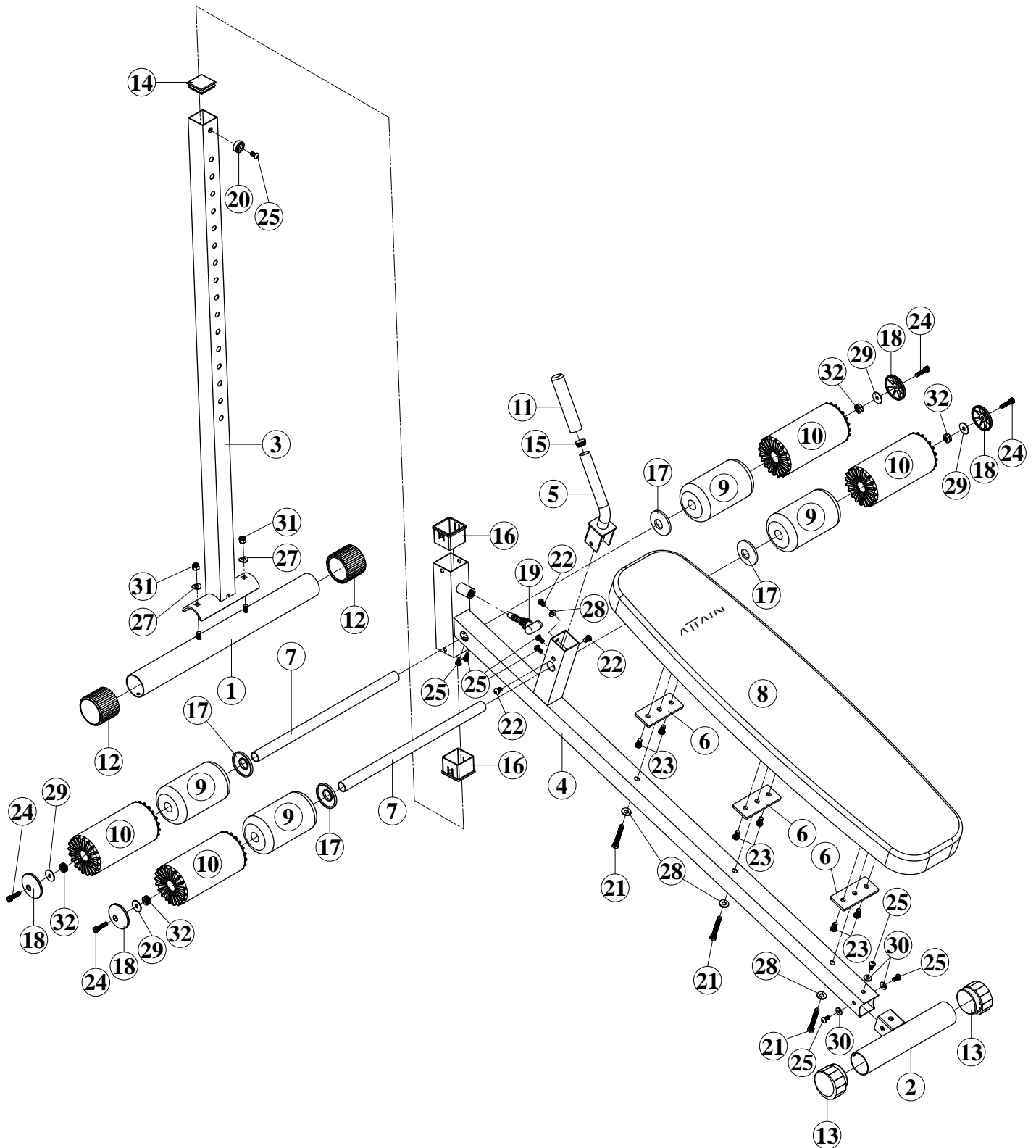


PARTS LIST

NO.	DESCRIPTION	QTY.
1	REAR BASE FRAME	1
2	FRONT BASE FRAME	1
3	UPRIGHT FRAME	1
4	MAIN FRAME	1
5	ADJUSTABLE FRAME	1
6	STEEL PLATE (pre-assembled)	3
7	FOAM ROLLER BAR	2
8	SEAT PAD	1
9	FOAM PAD	4
10	FOAM PAD COVER	4
11	24mm X 140L HANDLE BAR	1
12	φ 60mm CAP (pre-assembled)	2
13	ADJUSTABLE FLOOR END CAP (pre-assembled)	2
14	50 X 50mm END PLUG (pre-assembled)	1
15	1" ROUND PLUG (pre-assembled)	1
16	PLASTIC BUSHING (pre-assembled)	2
17	PLASTIC WASHER	4
18	ALUMINUM CAP	4
19	POP PIN (pre-assembled)	1
20	STOPPER (pre-assembled)	1
21	3/8" X 3" HEX THREADED BOLT	3
22	3/8" X 1/2" INNER HEX SCREW (pre-assembled)	3
23	3/8" X 1" INNER HEX SCREW (pre-assembled)	6
24	5/16" X 1-1/4" INNER HEX TAPPING SCREW (pre-assembled)	4
25	5/16" X 5/8" INNER HEX SCREW (pre-assembled)	8
26	M5 HEX WRENCH	1
27	3/8" DOME WASHER (pre-assembled)	2
28	3/8" WASHER	4
29	5/16" LARGER WASHER (pre-assembled)	4
30	5/16" SMALLER WASHER (pre-assembled)	3
31	3/8" NYLON NUT (pre-assembled)	2
32	5/16" NUT (pre-assembled)	4



OVERVIEW



Assembly is complete! Please take the following steps before using the ATTAIN FITNESS H807 :

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

Thank you for purchasing the ATTAIN FITNESS H807 ADJUSTABLE AB 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