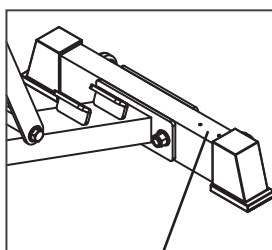




## H802 FLAT / INCLINE / DECLINE UTILITY BENCH OWNER'S MANUAL

### Serial Number Location



Record your Serial number  
and purchase date here:

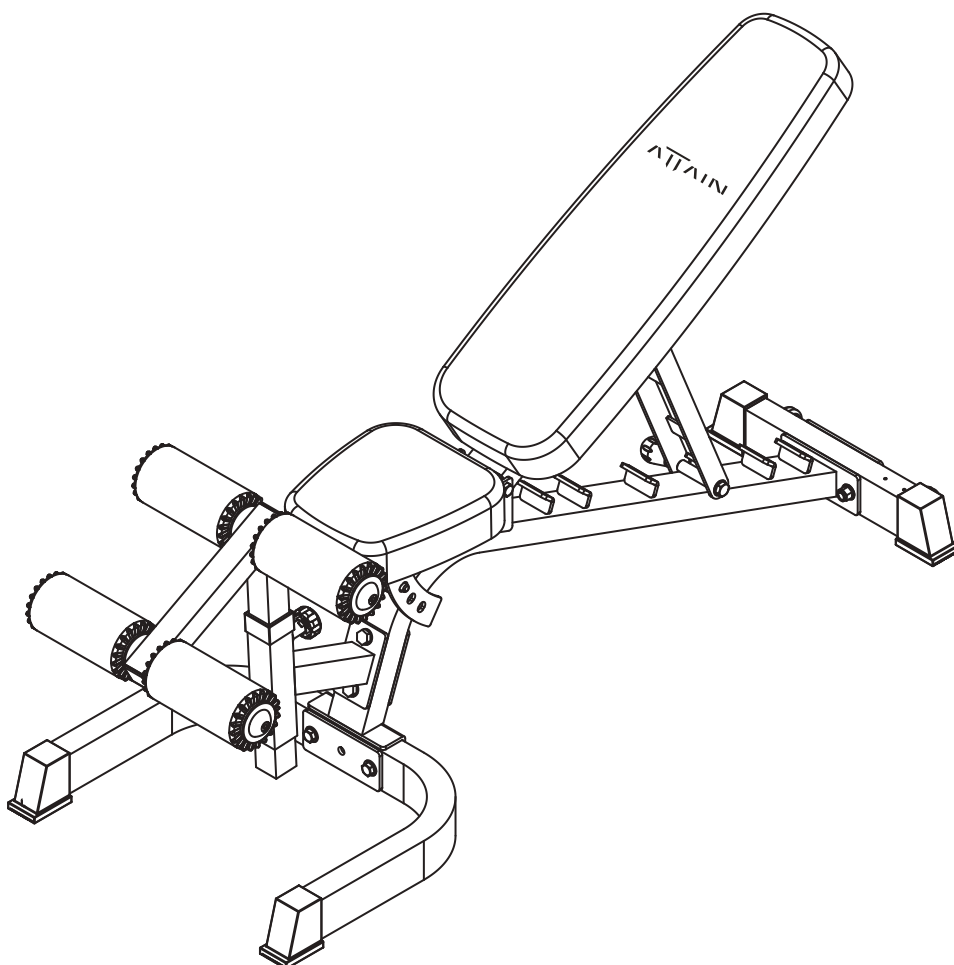
S/N \_\_\_\_\_

PURCH.DATE: \_\_\_\_\_

DEALER: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Model No. H802  
999V3  
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 H802 FLAT INCLINE DECLINE BENCH (FID)**. The **ATTAIN FITNESS H802** 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 H802** 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 H802**. Keep this manual for future reference. If you have additional questions, please call your local **ATTAIN FITNESS** dealer.

[www.atainfitnessusa.com](http://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 H802** 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 H802**, 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](mailto:info@atainfitnessusa.com).

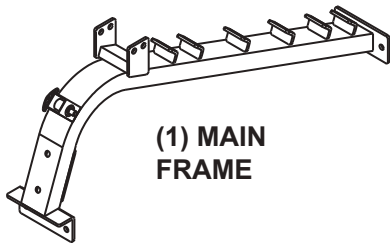
[www.atainfitnessusa.com](http://www.atainfitnessusa.com)

# H802 Bench Assembly Parts List

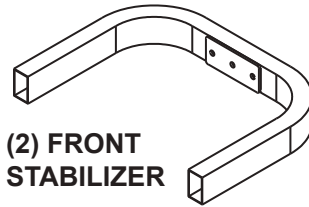


**NOTE: IF A PART IS MISSING, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES. PLEASE PROCEED WITH ASSEMBLY.**

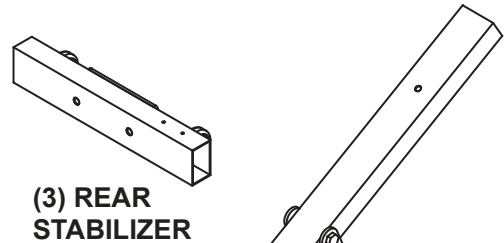
\*Parts images are not to scale.



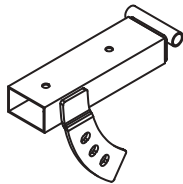
(1) MAIN  
FRAME



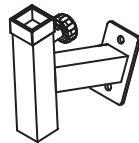
(2) FRONT  
STABILIZER



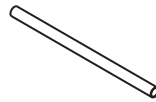
(3) REAR  
STABILIZER



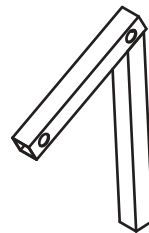
(5) SEAT  
ADJUSTER



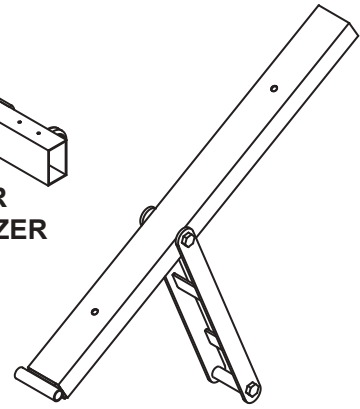
(6) ATTACHMENT  
HOLDER



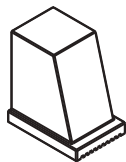
(8) FOAM PAD  
HOLDER (2pcs)



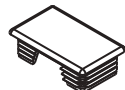
(10) LEG/KNEE  
HOLD DOWN



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



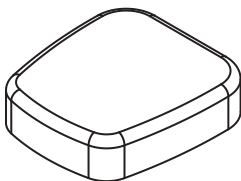
(21) 45 X 75mm  
RECT. END  
CAP (4pcs)



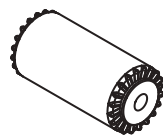
(23) 45 X 75mm  
RECT. END  
PLUG (2pcs)



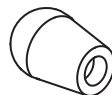
(65) PLASTIC  
WASHER  
(4pcs)



(32) SEAT PAD



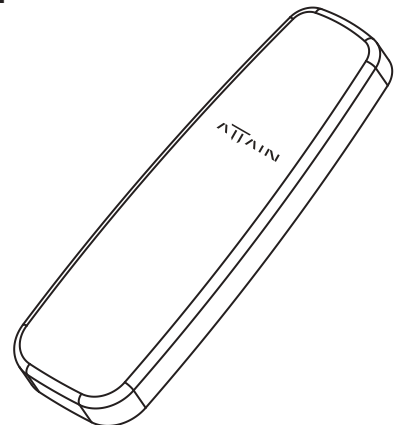
(33) FOAM PAD &  
(63) COVER OF  
FOAM PAD



(43) KNOB



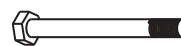
(67) PLASTIC  
COVER  
(4pcs)



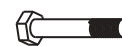
(31) BACK PAD

## NO. DESCRIPTION QTY.

51	1/2" X 5" HEX HEAD BOLT	2
53	1/2" X 3" HEX HEAD BOLT	6
54	3/8" X 2-3/4" HEX THREADED BOLT	4
55	1/2" FLAT WASHER	12
56	3/8" FLAT WASHER	4
57	1/2" NYLON NUT	8
66	5/16" WASHER	4
68	5/16" X 1-1/4" SUNKEN HEAD SCREW	4



(51)



(53)



(54)



(55)



(56)



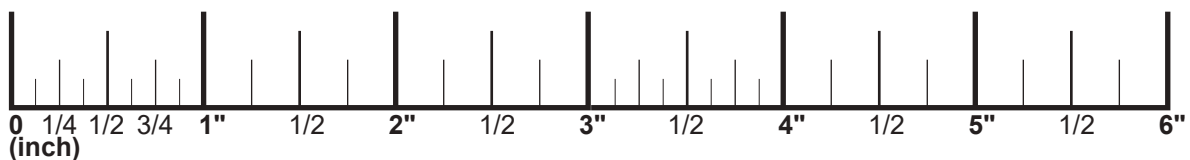
(57)



(66)



(68)



## **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**

## **Assembly 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.

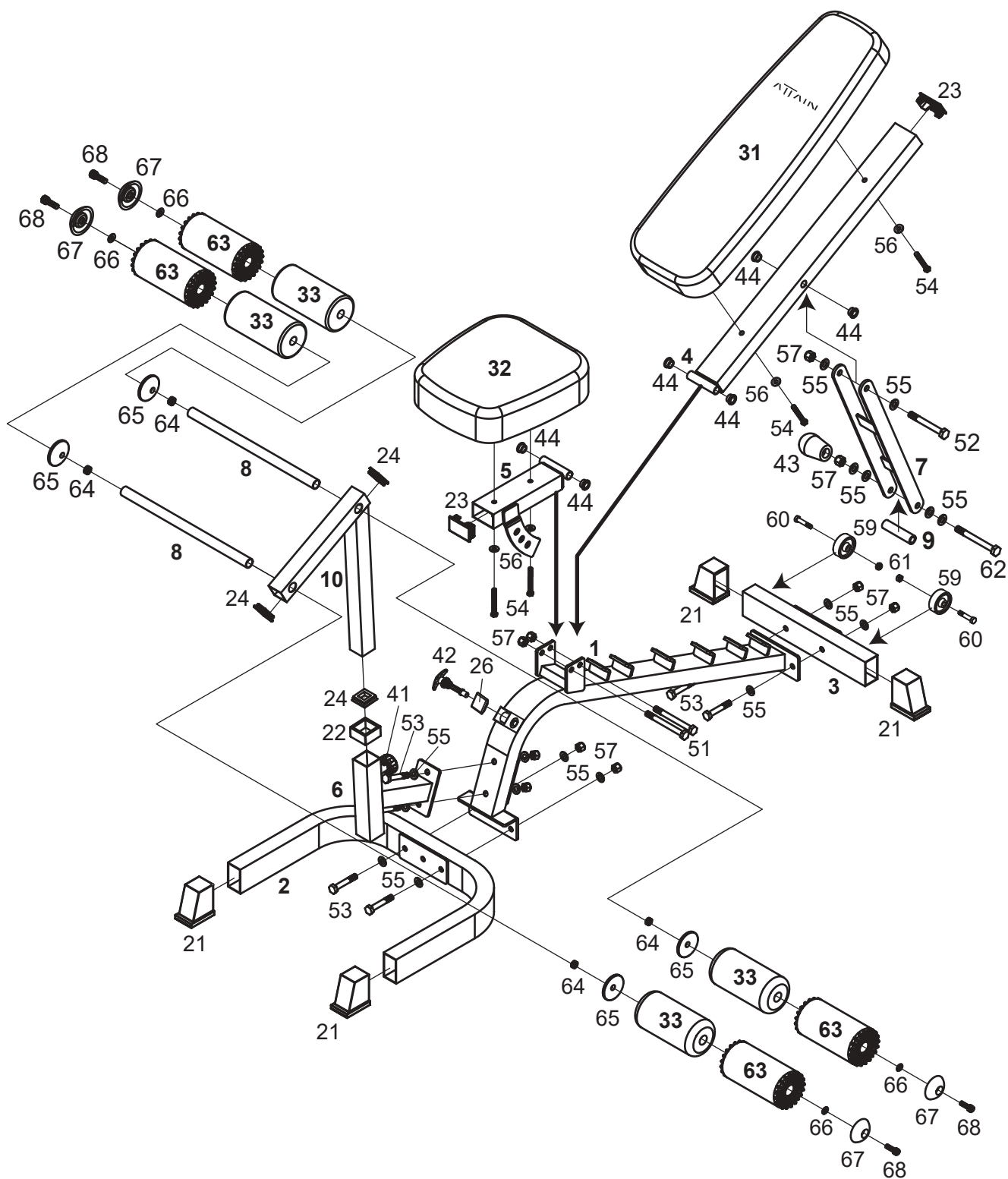
**PLEASE REFER TO THE EXPLODED VIEW ON THE NEXT PAGE FOR ASSEMBLY.**

1. Carefully install RECT. END CAPS(21) onto FRONT STABILIZER(2) and REAR STABILIZER(3) using a rubber mallet.
2. Bolt the FRONT STABILIZER(2) and REAR STABILIZER(3) to the MAIN FRAME(1), using four BOLTS(53), eight WASHERS(55) and four NUTS(57). Tighten.
3. Bolt ATTACHMENT HOLDER(6) to MAIN FRAME(1), using two BOLTS(53), four WASHERS(55) and two NUTS(57). Tighten.
4. Install RECT. END PLUGS(23) into SEAT ADJUSTER(5) and BACK SUPPORT(4) using a rubber mallet.
5. Attach SEAT ADJUSTER(5) and BACK SUPPORT(4) to MAIN FRAME(1), using two BOLTS(51) and two NUTS(57). (NO WASHERS) (Any moving parts that do not pivot freely, slightly loosen the nuts counterclockwise at the pivot points to allow movement, but not too much to allow play or wobble.)
6. Attach SEAT PAD(32) to SEAT ADJUSTER(5) using two BOLTS(54) and two WASHERS(56), and BACK PAD(31) to BACK SUPPORT(4) using two BOLTS(54) and two WASHERS(56). Tighten.
7. Install 50mm SPACER CAP(22) onto ATTACHMENT HOLDER(6).
8. Insert LEG/KNEE HOLD DOWN(10) into ATTACHMENT HOLDER(6). Using Pop-Pin.
9. Install SQ. END PLUGS(24) into LEG/KNEE HOLD DOWN(10) with Rubber Mallet.
10. Insert FOAM PAD HOLDERS(8) into the LEG/KNEE HOLD DOWN(10) and slide four PLASTIC WASHERS (65) and FOAM PADS(33) onto each end of the FOAM PAD HOLDERS(8), and using four 5/16" X 1-1/4" SUNKEN HEAD SCREWS(68), four PLASTIC COVERS(67) and four 5/16" WASHERS(66). Tighten.
11. Install KNOB(43) onto the threaded end of the pre-installed BOLT(62) located at the lower part of the BACK ADJUSTER(7). Tighten.

**ASSEMBLY IS COMPLETE!**

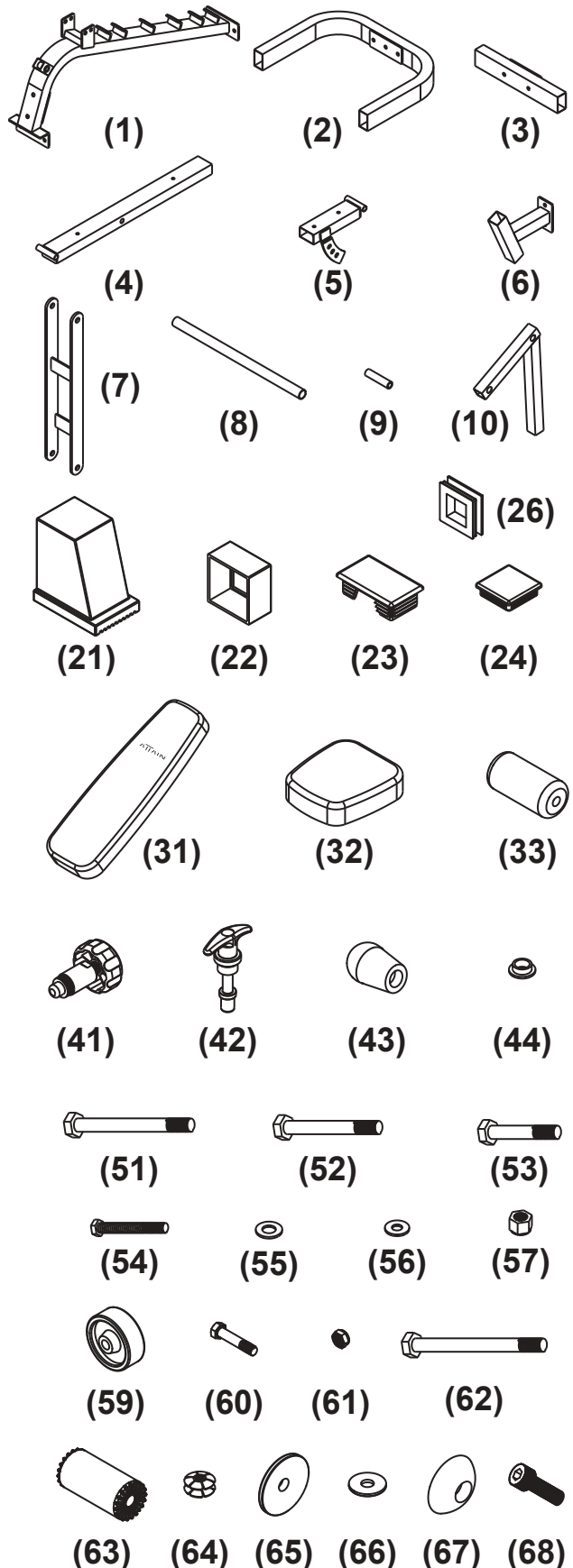
**PLEASE RECHECK THAT ALL COMPONENTS ARE TIGHT AND SECURE.**

# EXPLODED VIEW



# COMPLETE PARTS CHART

NO.	DESCRIPTION	QTY.
1	MAIN FRAME	1
2	FRONT STABILIZER	1
3	REAR STABILIZER	1
4	BACK SUPPORT	1
5	SEAT ADJUSTER	1
6	ATTACHMENT HOLDER	1
7	BACK ADJUSTER	1
8	FOAM PAD HOLDER	2
9	BRACE	1
10	LEG/KNEE HOLD DOWN	1
21	45 X 75mm RECT. END CAP	4
22	50mm SPACER CAP	1
23	45 X 75mm RECT. END PLUG	2
24	45mm SQ. END PLUG	3
26	38mm SQ. PLUG	1
31	BACK PAD	1
32	SEAT PAD	1
33	FOAM PAD	4
41	QUICK RELEASE	1
42	POP PIN	1
43	KNOB	1
44	BUSHING	6
51	1/2" X 5" HEX HEAD BOLT	2
52	1/2" X 4-1/4" HEX HEAD BOLT	1
53	1/2" X 3" HEX HEAD BOLT	6
54	3/8" X 2-3/4" HEX THREADED BOLT	4
55	1/2" FLAT WASHER	18
56	3/8" FLAT WASHER	4
57	1/2" NYLON NUT	10
59	WHEEL	2
60	5/16" X 1-1/2" HEX HEAD BOLT	2
61	5/16" NYLON NUT	2
62	1/2" X 6" HEX HEAD BOLT	1
63	COVER OF FOAM PAD	4
64	5/16" NUT	4
65	PLASTIC WASHER	4
66	5/16" WASHER	4
67	PLASTIC COVER	4
68	5/16" X 1-1/4" SUNKEN HEAD SCREW	4



\*Parts images are not to scale.

**Assembly is complete! Please take the following steps before using the ATTAIN FITNESS H802:**

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

**Thank you for purchasing the ATTAIN FITNESS H802 FLAT INCLINE DECLINE BENCH (FID)! If you have any questions or comments, please contact our customer service department at +1 877-551-7484 and [info@attainfitnessusa.com](mailto:info@attainfitnessusa.com). [www.attainfitnessusa.com](http://www.attainfitnessusa.com)**