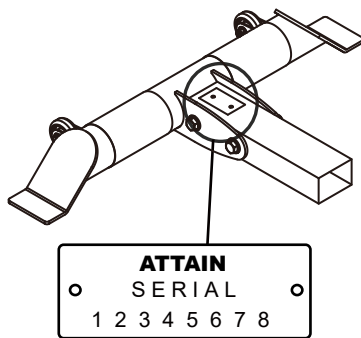




H803 FLAT/INCLINE BENCH OWNER'S MANUAL

Serial Number Location

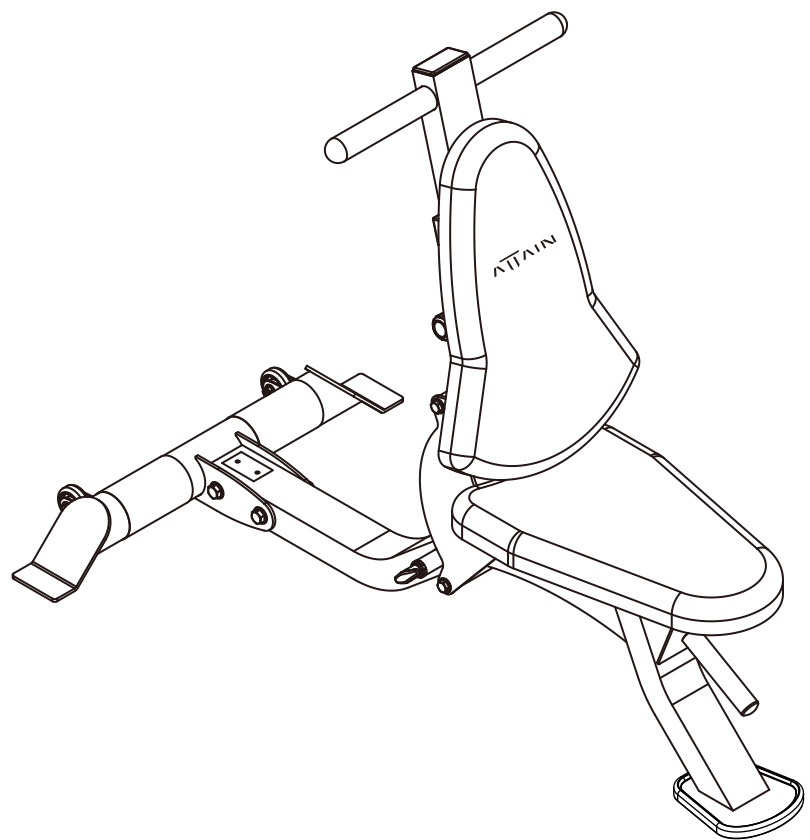


Record your Serial number
and purchase date here:

S/N _____

DATE: _____

DEALER: _____



Model No. H803
MA712
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 H803 FLAT/INCLINE BENCH**. The **ATTAIN FITNESS H803** 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 H803** 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 H803**. Keep this manual for future reference. If you have additional questions, please call your local **ATTAIN FITNESS** dealer.

www.attainfitnessusa.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.

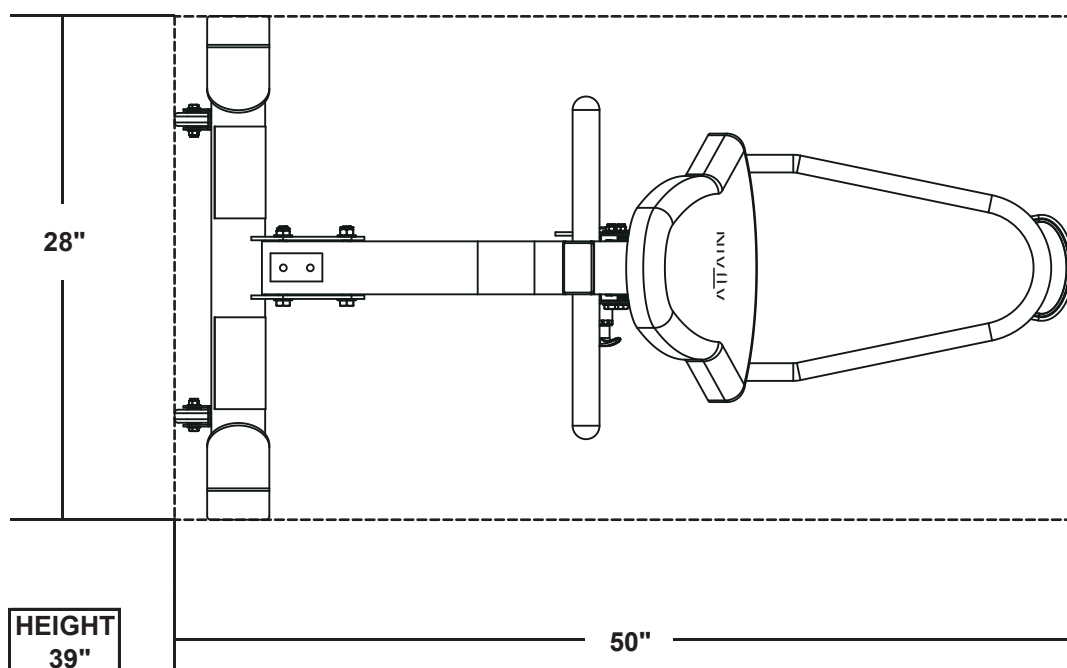
1. **This product must be assembled on a flat, level surface to assure its proper function.**
2. **Clean pads and frame on a regular basis. ATTAIN FITNESS recommends warm, soapy water. Do not use harsh or abrasive chemicals.**
3. **Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
4. **Keep children away from the ATTAIN FITNESS H803 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 H803, 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@attainfitnessusa.com.

www.attainfitnessusa.com

Gym Placement Planner

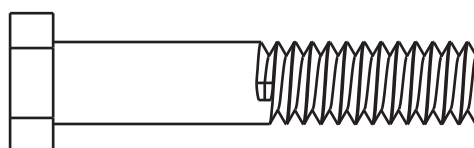


Recommended Tools for Assembly

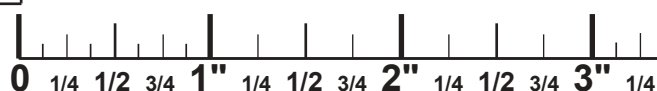
Ratchet
9/16" Socket
3/4" Socket
9/16" Combination Wrench
3/4" Combination Wrench
Adjustable Wrench
Rubber Mallet
Metric Allen Key Set

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

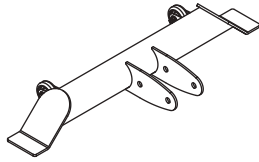


H803 PARTS LIST 1

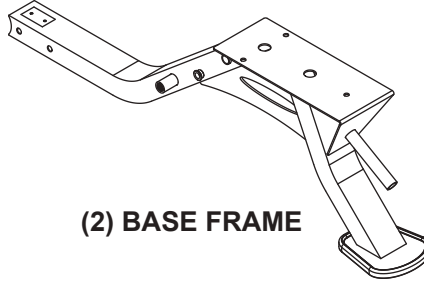


NOTE: If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

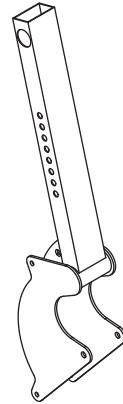
***Parts images are not to scale.**



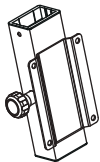
(1) REAR FRAME



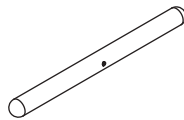
(2) BASE FRAME



(3) BACK SUPPORT FRAME



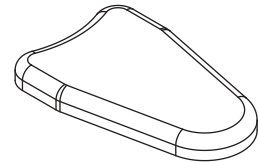
(4) BACK ADJ. SLIDER



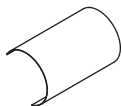
(5) HANDLE BAR



(6) BACK PAD



(7) SEAT PAD



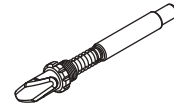
(8) SHEET NONSLIP X 2pcs



(10) SLEEVE X 2pcs

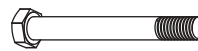


(13) 45 X 75mm END RECT. PLUG



(16) LONGER POP PIN

NO.	DESCRIPTION	QTY.
17	1/2" X 4-1/2" HEX BOLT	1
18	1/2" X 4" HEX BOLT	2
19	3/8" X 4-1/2" HEX BOLT	2
20	3/8" X 1" INNER HEX SCREW	7
22	1/2" WASHER	6
23	3/8" WASHER	11
24	1/2" NYLON NUT	3
25	3/8" NYLON NUT	2



17



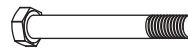
20



22



24



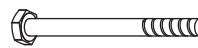
18



23



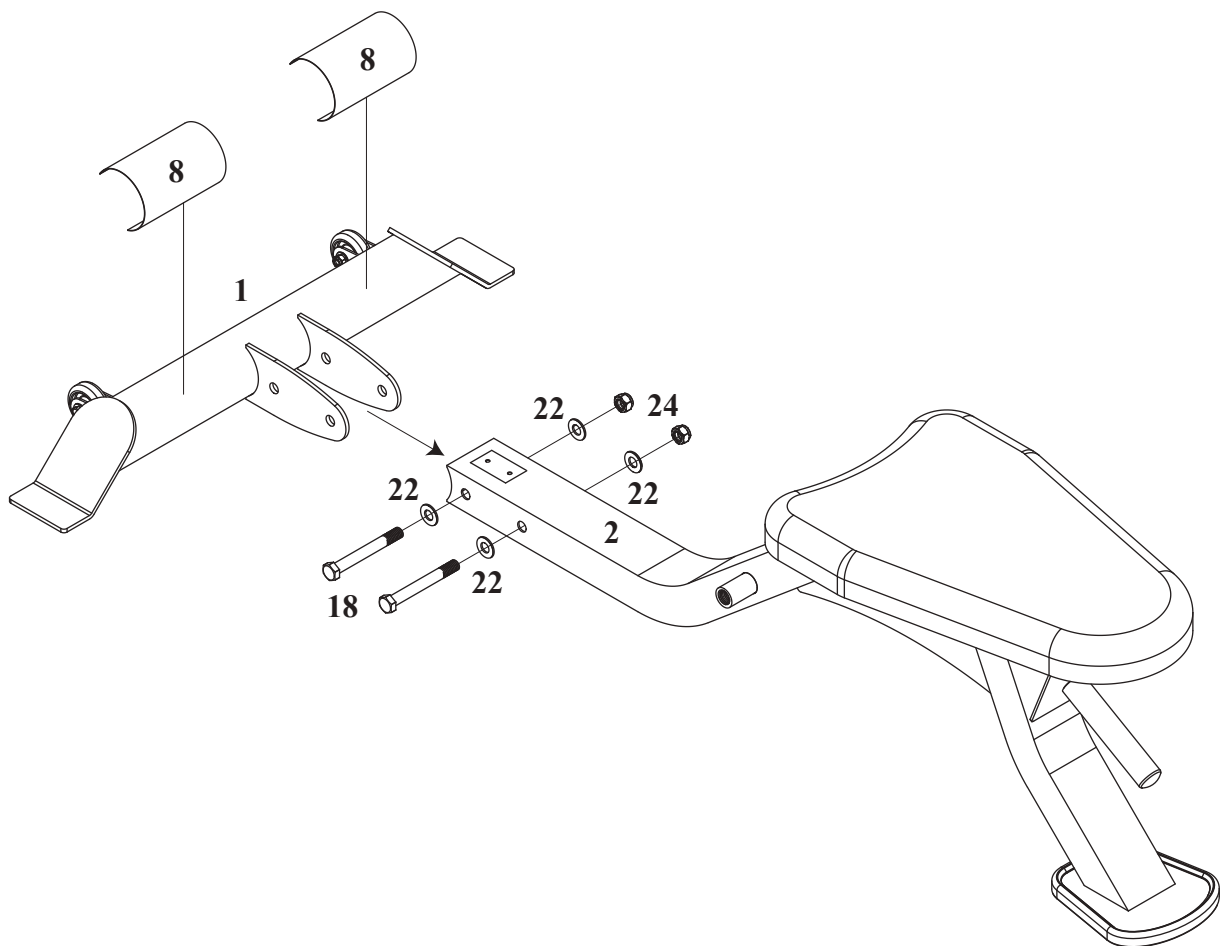
25



19

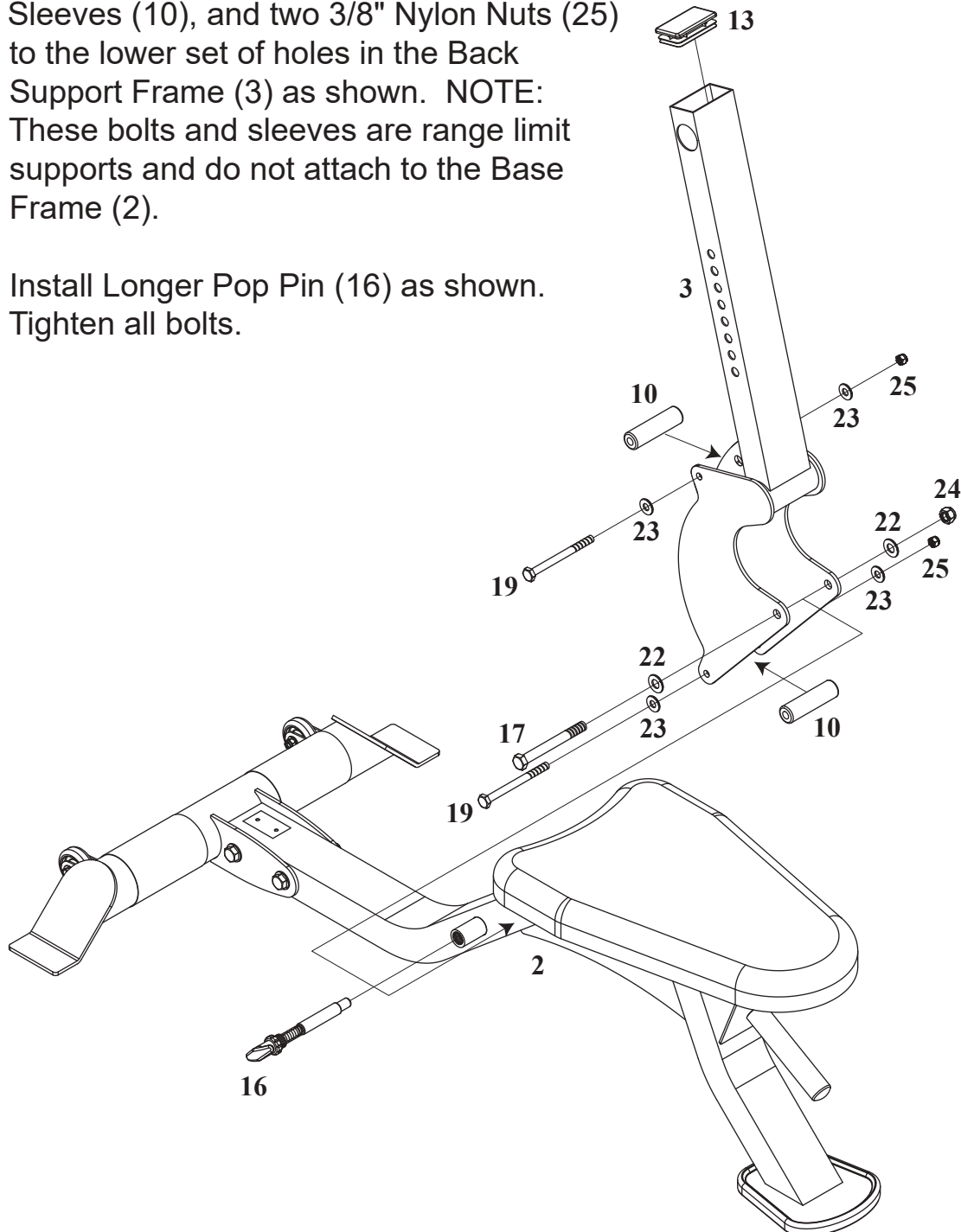
STEP 1

1. Attach the Rear Frame (1) to Base Frame (2) using two 1/2" X 4" Hex Bolts (18), four 1/2" Washers (22) and two 1/2" Nylon Nuts (24).
2. Stick two Sheet Nonslips (8) on Rear Frame (1).



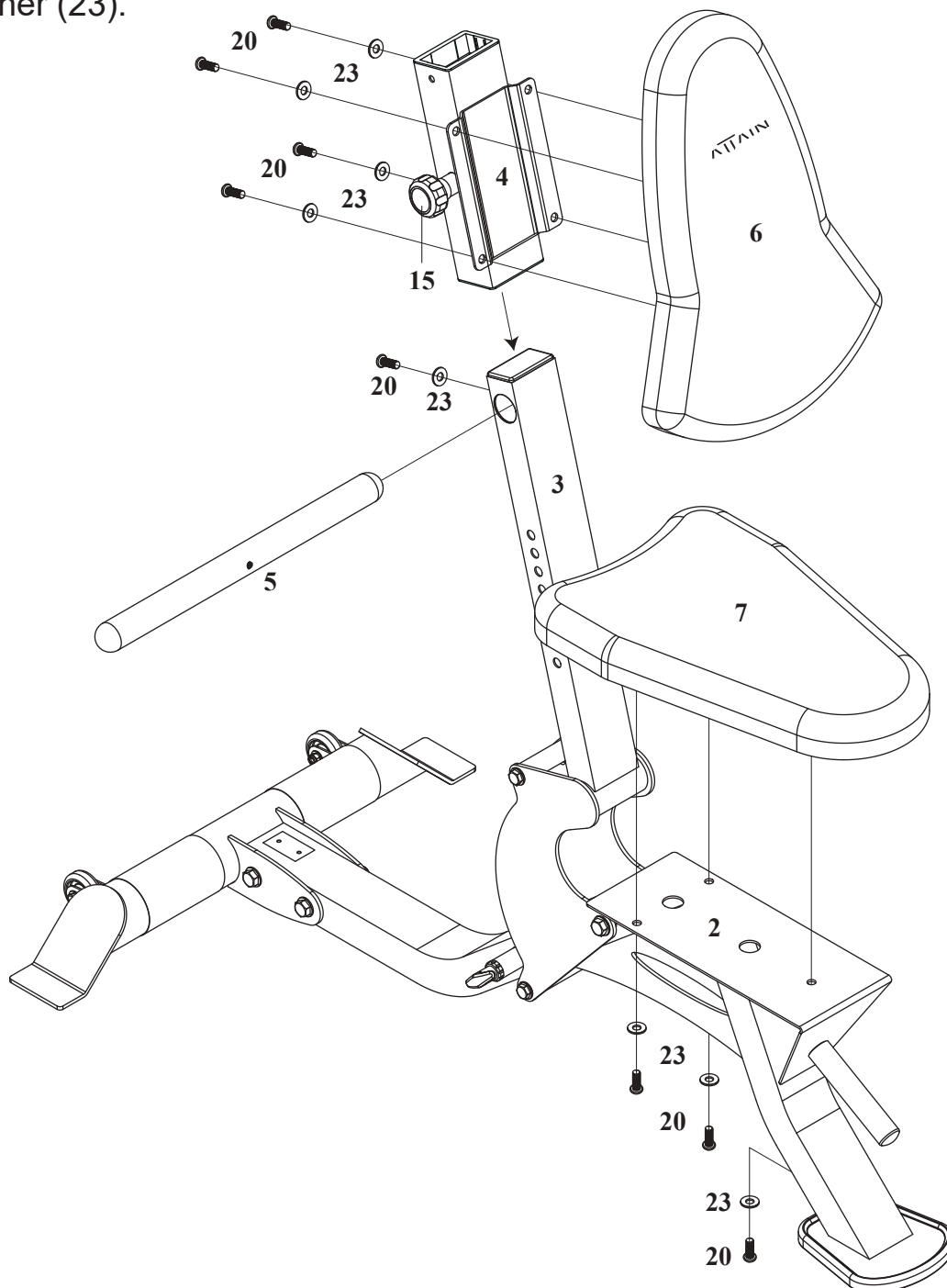
STEP 2

1. Cap one 45 X 75mm End Rect. Plug (13) to Back Support Frame (3). Attach the Back Support Frame (3) to the Base Frame (2) using one 1/2" X 4-1/2" Hex Bolt (17), two 1/2" Washers (22), and one 1/2" Nylon Nut (24). Tighten this bolt and loosen just enough for the Back Support Frame (3) to rotate freely.
2. Attach two 3/8" X 4-1/2" Hex Bolts (19), four 3/8" Washers (23), two Sleeves (10), and two 3/8" Nylon Nuts (25) to the lower set of holes in the Back Support Frame (3) as shown. NOTE: These bolts and sleeves are range limit supports and do not attach to the Base Frame (2).
3. Install Longer Pop Pin (16) as shown. Tighten all bolts.



STEP 3

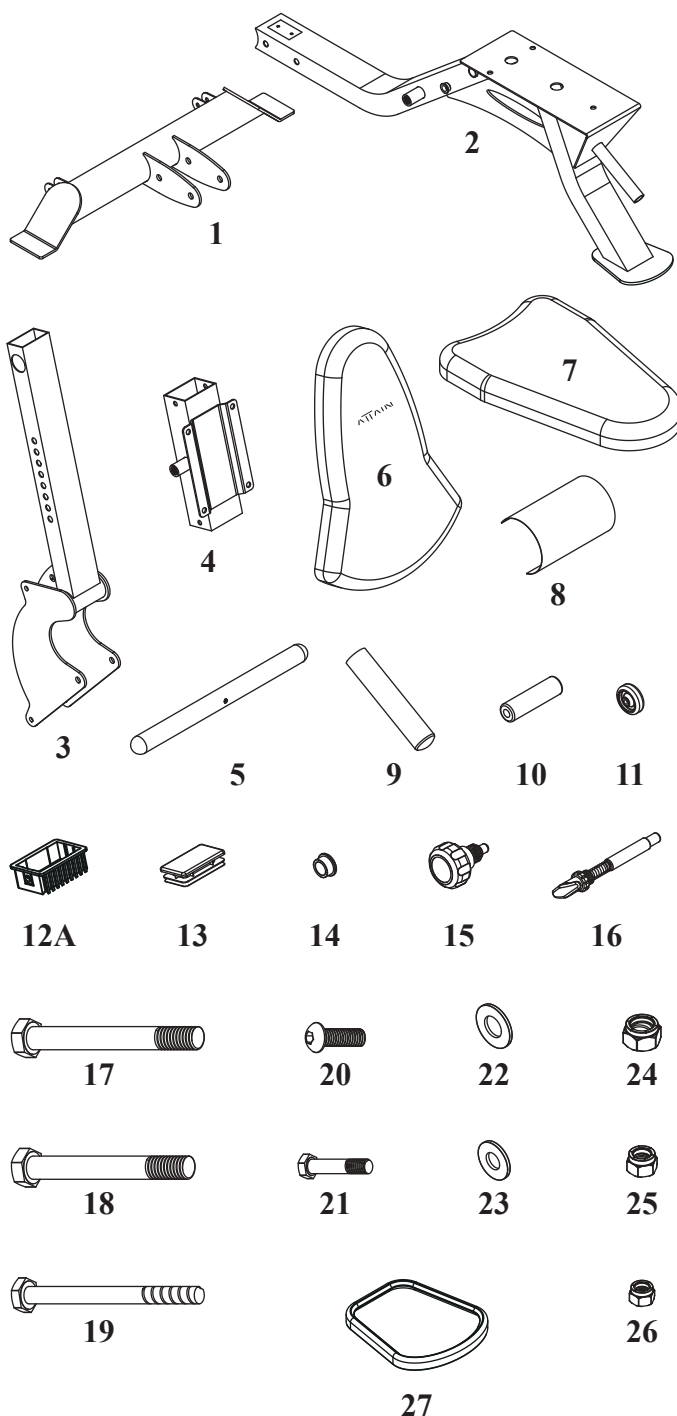
1. Attach the Back Pad (6) to the Back Adj. Slider (4) using four 3/8" X 1" Inner Hex Screws (20), and four 3/8" Washers (23).
2. Slide the Back Adj. Slider (4) onto the Back Support Frame (3) and lock it into place at your desired height using the Spring Knob (15).
3. Attach the Seat Pad (7) to Base Frame (2) using three 3/8" X 1" Inner Hex Screws (20), and three 3/8" Washers (23).
4. Slide the Handle Bar (5) into the hole in the top of the Back Support Frame (3) and secure using one 3/8" X 1" Inner Hex Screw (20) and one 3/8" Washer (23).



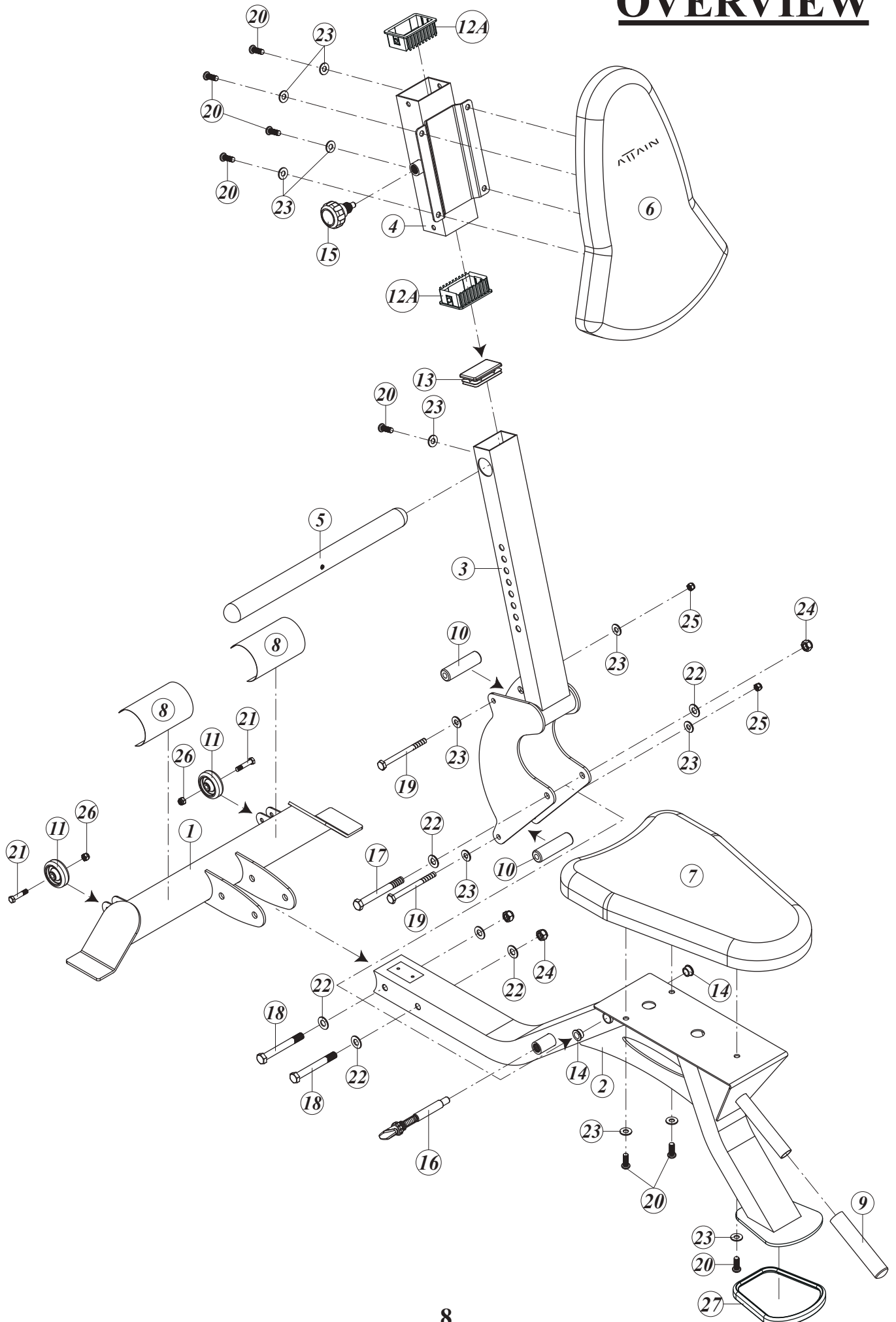
PARTS LIST

NO.	DESCRIPTION	QTY.
-----	-------------	------

1	REAR FRAME	1
2	BASE FRAME	1
3	BACK SUPPORT FRAME	1
4	BACK ADJ. SLIDER	1
5	HANDLE BAR	1
6	BACK PAD	1
7	SEAT PAD	1
8	SHEET NONSLIP	2
9	HAND GRIP	1
10	SLEEVE	2
11	WHEEL	2
12A	RECT. PLASTIC BUSHING	2
13	45 X 75mm END RECT. PLUG	1
14	STEEL BUSHING	2
15	SPRING KNOB	1
16	LONGER POP PIN	1
17	1/2" X 4-1/2" HEX BOLT	1
18	1/2" X 4" HEX BOLT	2
19	3/8" X 4-1/2" HEX BOLT	2
20	3/8" X 1" INNER HEX SCREW	8
21	5/16" X 1-1/2" HEX BOLT	2
22	1/2" WASHER	6
23	3/8" WASHER	12
24	1/2" NYLON NUT	3
25	3/8" NYLON NUT	2
26	5/16" NYLON NUT	2
27	RUBBER BRACKET	1



OVERVIEW



Assembly is complete! Please take the following steps before using the ATTAIN FITNESS H803 :

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

Thank you for purchasing the ATTAIN FITNESS H803 FLAT/INCLINE 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