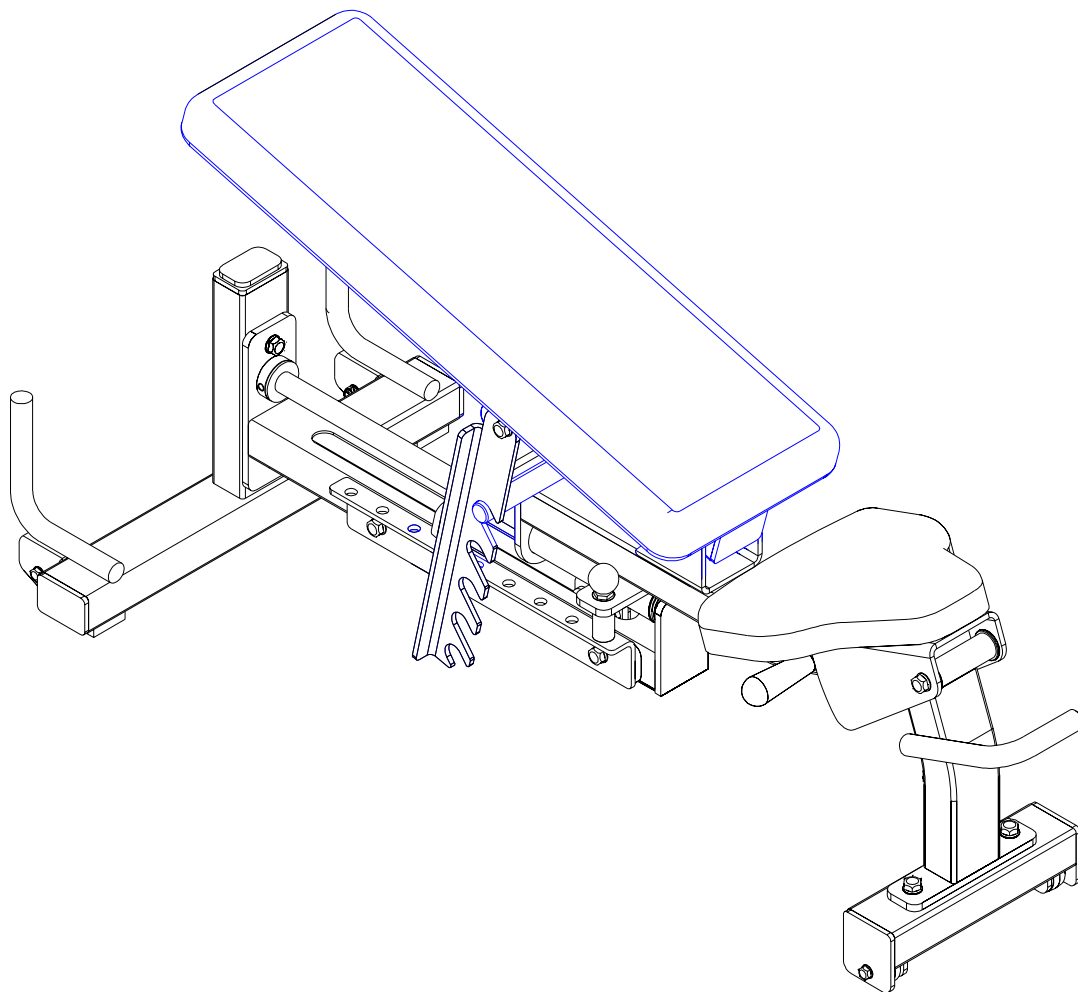


# HAMMER STRENGTH®

## OLYMPIC HEAVY DUTY ADJUSTABLE BENCH (OHDADJ)

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## ASSEMBLY INSTRUCTIONS

## PARTS LIST

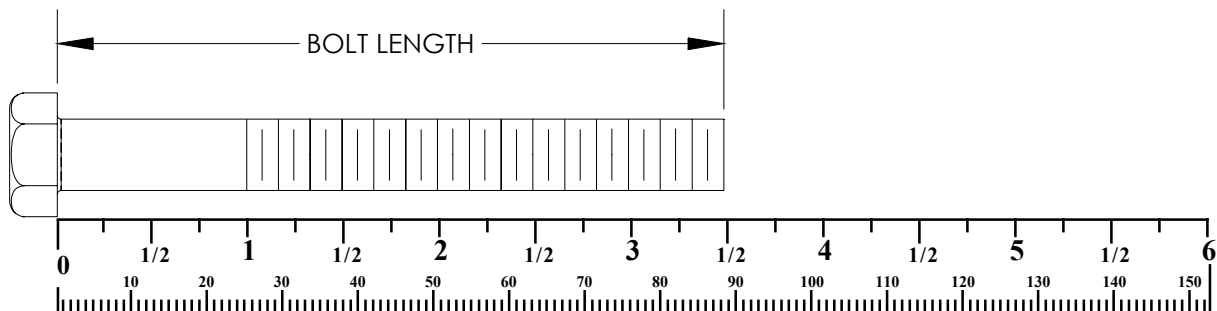
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	LEA7595201	UPPER BENCH FRAME	1	16	LEA3223305	3/8 X 2" BOLT	2
2	LEA7603101	BACK PAD SUPPORT	1	17	LEA3233306	3/8 X 2-1/4" BOLT	2
3	LEA7605301	ADJUSTABLE SEAT SUPPORT	1	18	LEA3239304	1/2 X 1" BOLT	2
4	LEA7605401	GUIDE ROD	1	19	LEA3239313	1/2 X 3-1/4" BOLT	4
5	LEA7603401	LOWER BENCH FRAME	1	20	LEA3239318	1/2 X 4-1/2" BOLT	1
6	LEA7605501	BENCH ADJUST ANGLE	1	21	LEA3239320	1/2 X 5" BOLT	1
7	LEA7603901	REAR BENCH SUPPORT	1	22	LEA3239340	1/2 X 10" BOLT	1
8	LEA7604401	FRONT BENCH SUPPORT	1	23	LEA3239505	1/2" INT TOOTH LOCK WASHER	12
9	LEA7604801	BACK PAD ADJUST	1	24	LEA3239503	3/8" INT TOOTH LOCK WASHER	12
10	<del>LEA735193</del>	SEAT PAD	1	25	LEA7617301	1/2" PLASTIC DOME WASHER	4
11	<del>LEA735403</del>	BACK PAD	1	26	LEA3102801	1/2" LOCK NUT	7
12	LEA7605701	SPRING PIN ASSEMBLY	1	27	LEA3102802	3/8" LOCK NUT	4
13	LEA7656301	2" OD WHEEL	4	28	LEA7656201	2" OD RUBBER WASHER	2
14	LEA3238304	M10 X 35mm FLAT HEAD BOLT	2	29	LEA3242902	5/16 X 3/8" SET SCREW	2
15	LEA3247904	M10 X 35mm BOLT	4				

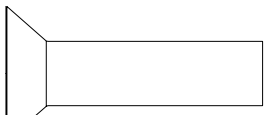
## Tools Required for Assembly

- \* 3/4", 9/16, 17mm wrench
- \* Ratchet with 3/4", 9/16" socket
- \* Metric Allen Wrench Set

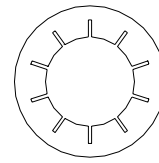
## Bolt Length Ruler

**NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.**



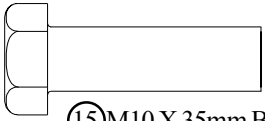


⑭ M10 X 35mm FLAT HEAD BOLT

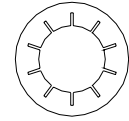


⑳

1/2" INT TOOTH  
LOCK WASHER

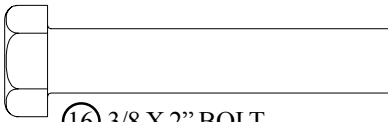


⑮ M10 X 35mm BOLT

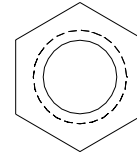


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3/8" INT TOOTH  
LOCK WASHER

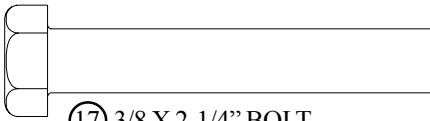
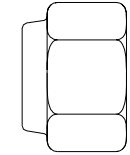


⑯ 3/8 X 2" BOLT

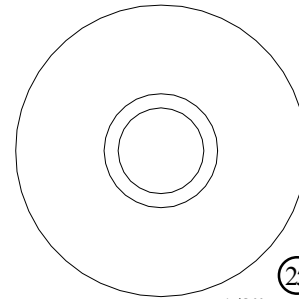


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1/2"  
LOCK NUT

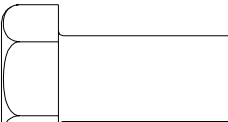


⑰ 3/8 X 2-1/4" BOLT



㉓

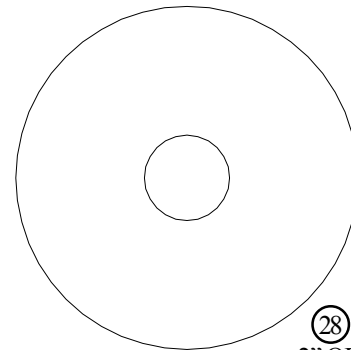
1/2" PLASTIC  
DOME WASHER



⑱ 1/2 X 1" BOLT



⑲ 1/2 X 3-1/4" BOLT

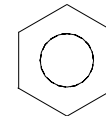


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2" OD  
RUBBER WASHER

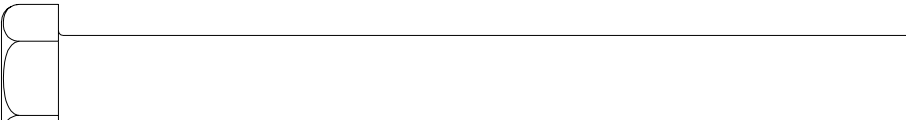
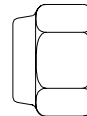


⑳ 1/2 X 4-1/2" BOLT

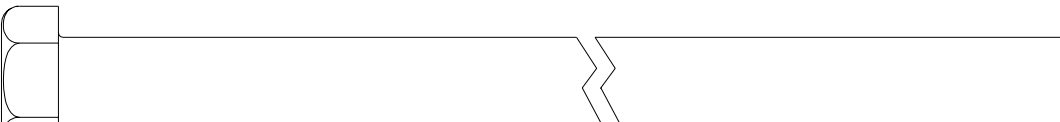


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3/8"  
LOCK NUT

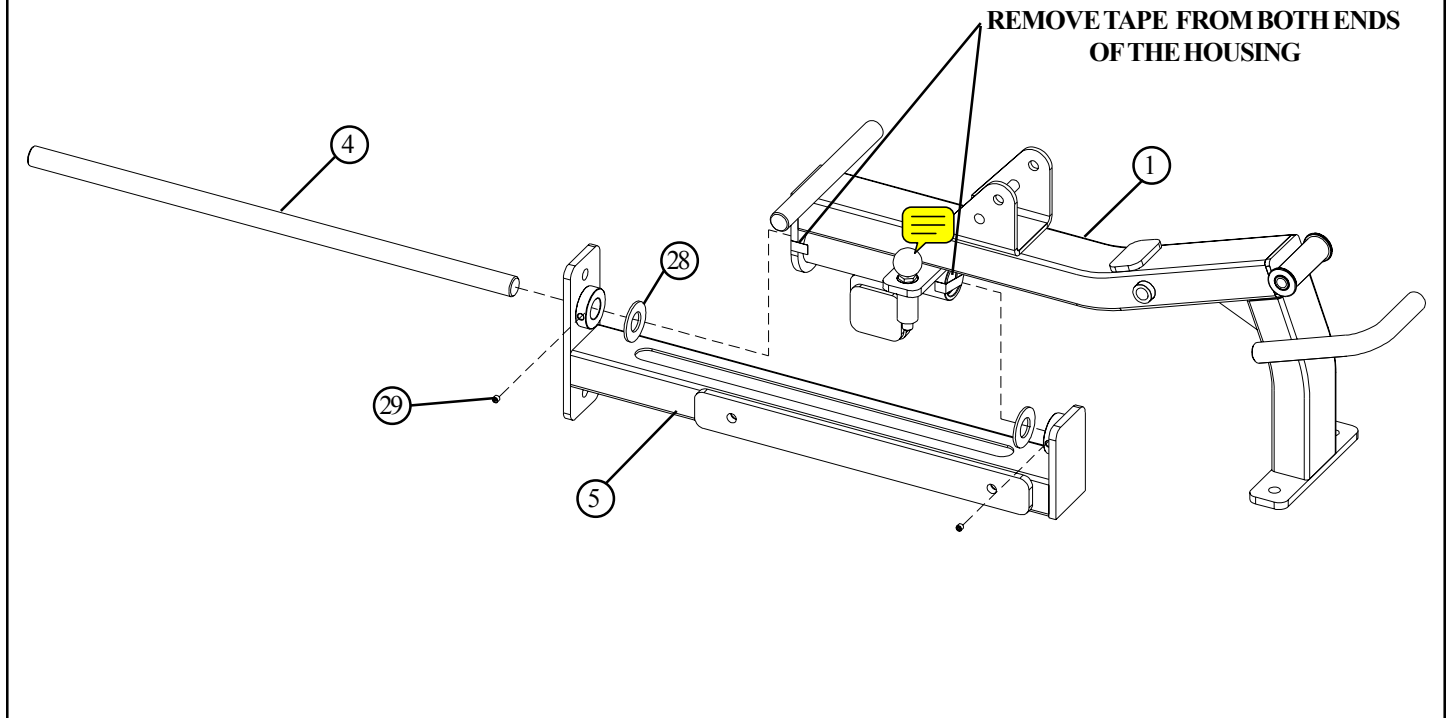


㉑ 1/2 X 5" BOLT



㉒ 1/2 X 10" BOLT

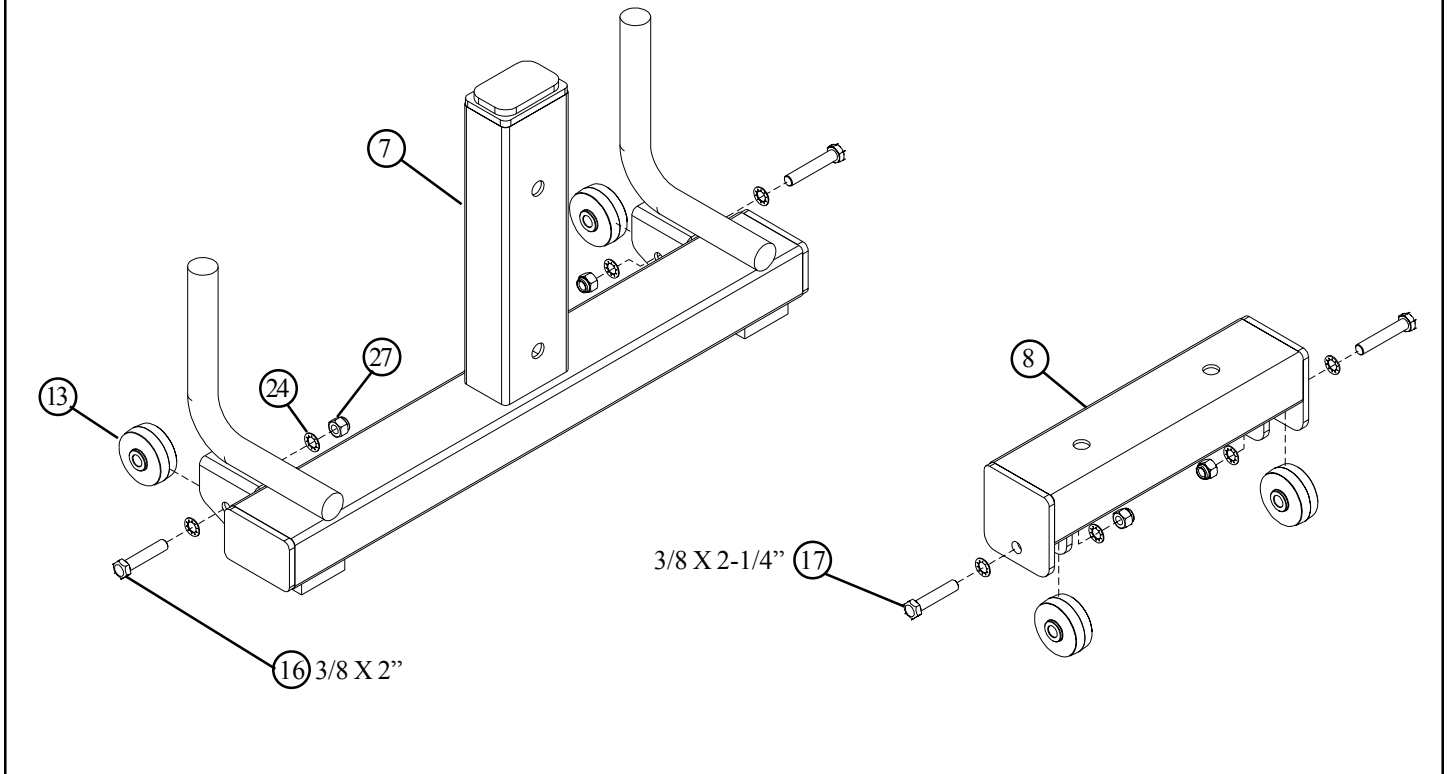
**FIGURE 1**



**STEP 1:**

- Insert the GUIDE ROD (4) thru the SHAFT COLLAR and one 2" OD RUBBER WASHER (28) on the LOWER BENCH FRAME (5) as shown in FIGURE 1.
- **CAREFULLY** slide the GUIDE ROD (4) through the HOUSING on the UPPER BENCH FRAME (1). (**NOTE: Allow the GUIDE ROD (4) to push the plastic tube out of the end of the HOUSING.**) See FIGURE 1.
- Insert the GUIDE ROD (4) through one 2" OD RUBBER WASHER (28) and into the second SHAFT COLLAR on the LOWER BENCH FRAME (5) as shown in FIGURE 1.
- **SECURE** the GUIDE ROD (4) to the SHAFT COLLARS on the LOWER BENCH FRAME (5) using two 5/16 X 3/8" SET SCREWS (29) as shown in FIGURE 1.
- Push the 2" OD RUBBER WASHERS (28) up against both the SHAFT COLLARS on the LOWER BENCH FRAME (5) as shown in FIGURE 1.

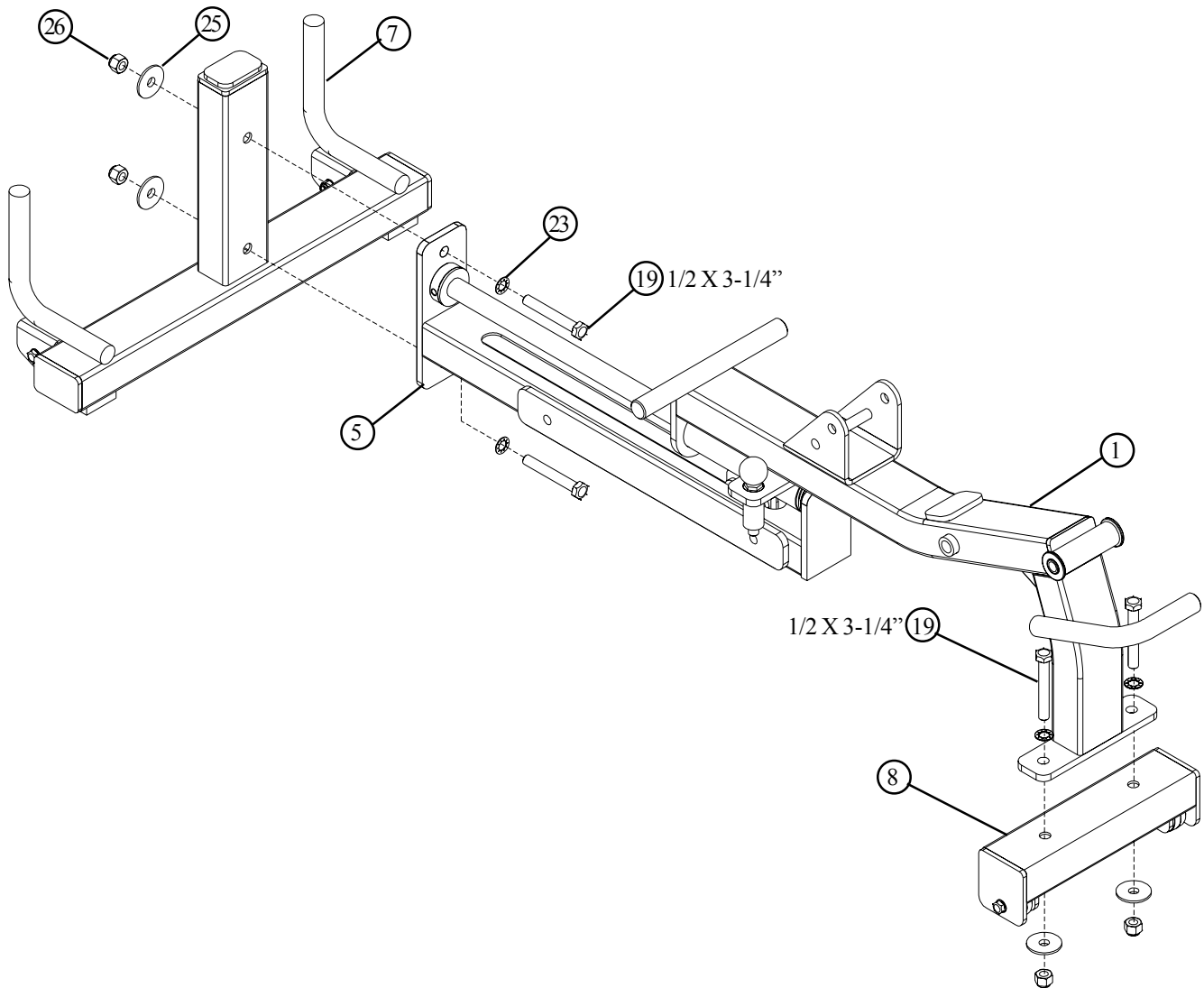
**FIGURE 2**



**STEP 2:**

- **SECURELY** assemble two 2" OD WHEELS (13) to the REAR BENCH SUPPORT (7) using two 3/8 X 2" BOLTS (16), four 3/8" INT TOOTH LOCK WASHERS (24) and two 3/8" LOCK NUTS (27) as shown in FIGURE 2. **(NOTE: Do not over tighten this connection, wheels should rotate smoothly.)**
- **SECURELY** assemble two 2" OD WHEELS (13) to the FRONT BENCH SUPPORT (8) using two 3/8 X 2-1/4" BOLTS (17), four 3/8" INT TOOTH LOCK (24) and two 3/8" LOCK NUTS (27) as shown in FIGURE 2. **(NOTE: Do not over tighten this connection, wheels should rotate smoothly.)**

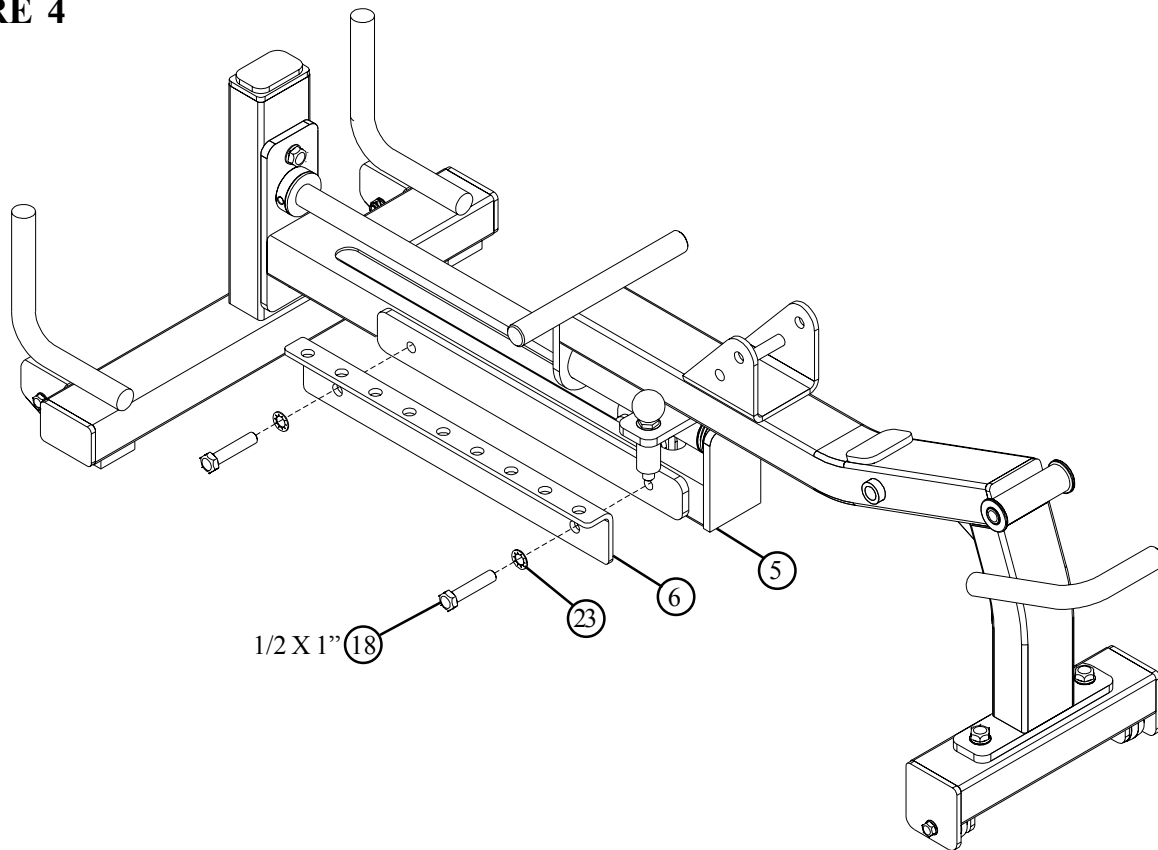
**FIGURE 3**



**STEP 3:**

- **SECURELY** assemble the REAR BENCH SUPPORT (7) to the LOWER BENCH FRAME (5) using two 1/2 X 3-1/4" BOLTS (19), two 1/2" INT TOOTH LOCK WASHERS (23), two 1/2" PLASTIC DOME WASHERS (25) and two 1/2" LOCK NUTS (26) as shown in FIGURE 3.
- **SECURELY** assemble the FRONT BENCH SUPPORT (8) to the UPPER BENCH FRAME (1) using two 1/2 X 3-1/4" BOLTS (19), two 1/2" INT TOOTH LOCK WASHERS (23), two 1/2" PLASTIC DOME WASHERS (25) and two 1/2" LOCK NUTS (26) as shown in FIGURE 3.

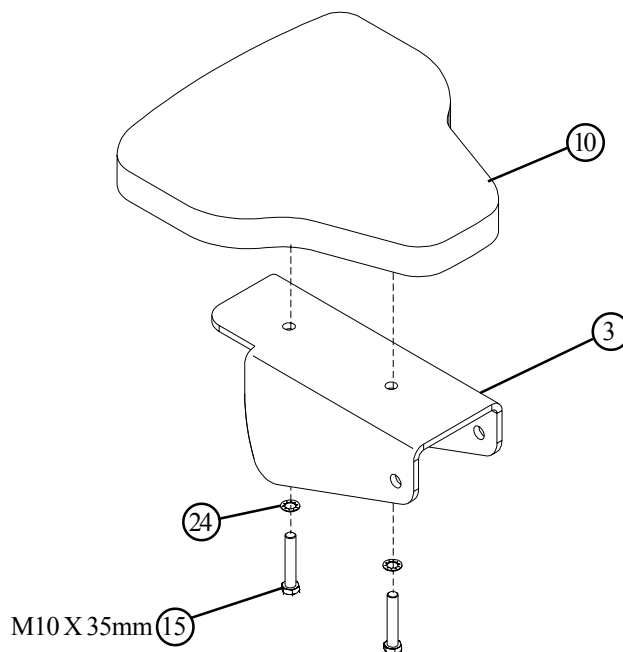
**FIGURE 4**



**STEP 4:**

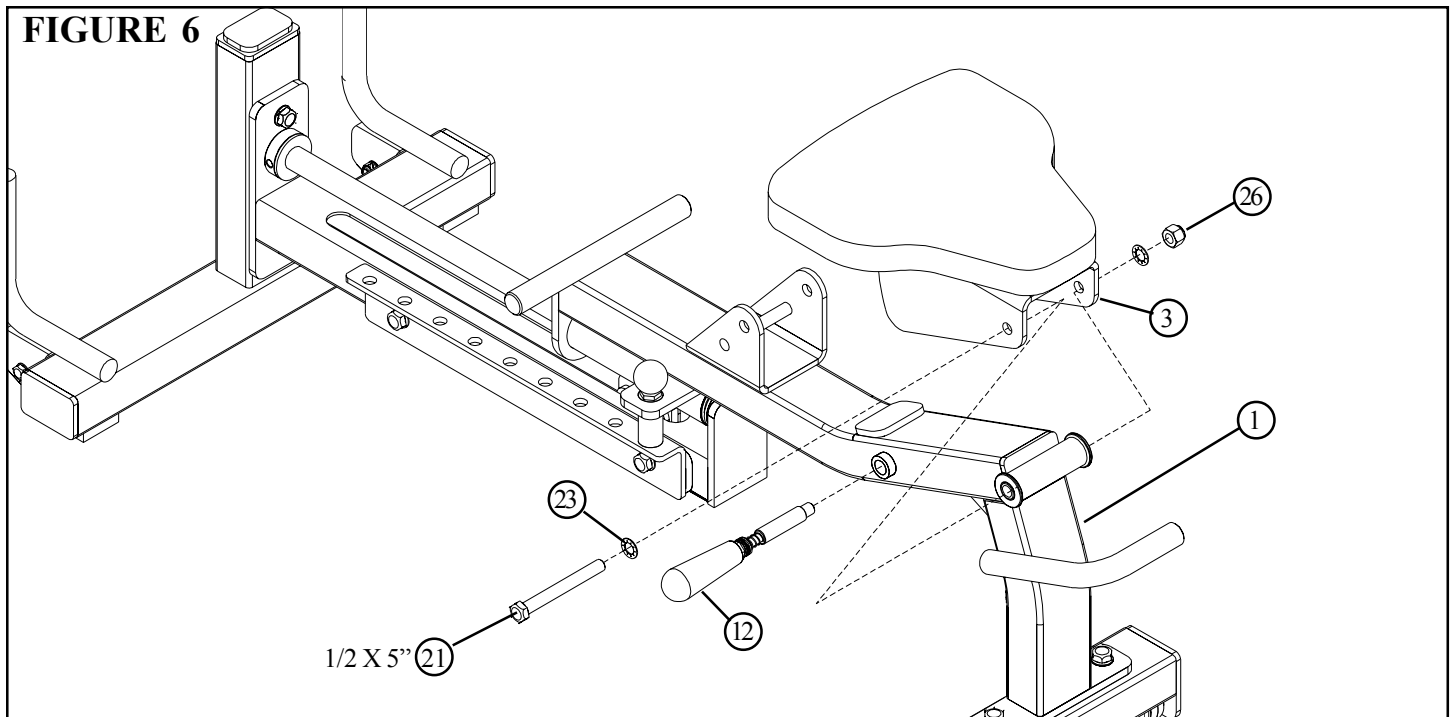
- **SECURELY** assemble the BENCHADJUST ANGLE (6) to the LOWER BENCH FRAME (5) using two 1/2 X 1" BOLTS (18) and two 1/2" INT TOOTH LOCK WASHERS (23) as shown in FIGURE 4

**FIGURE 5**



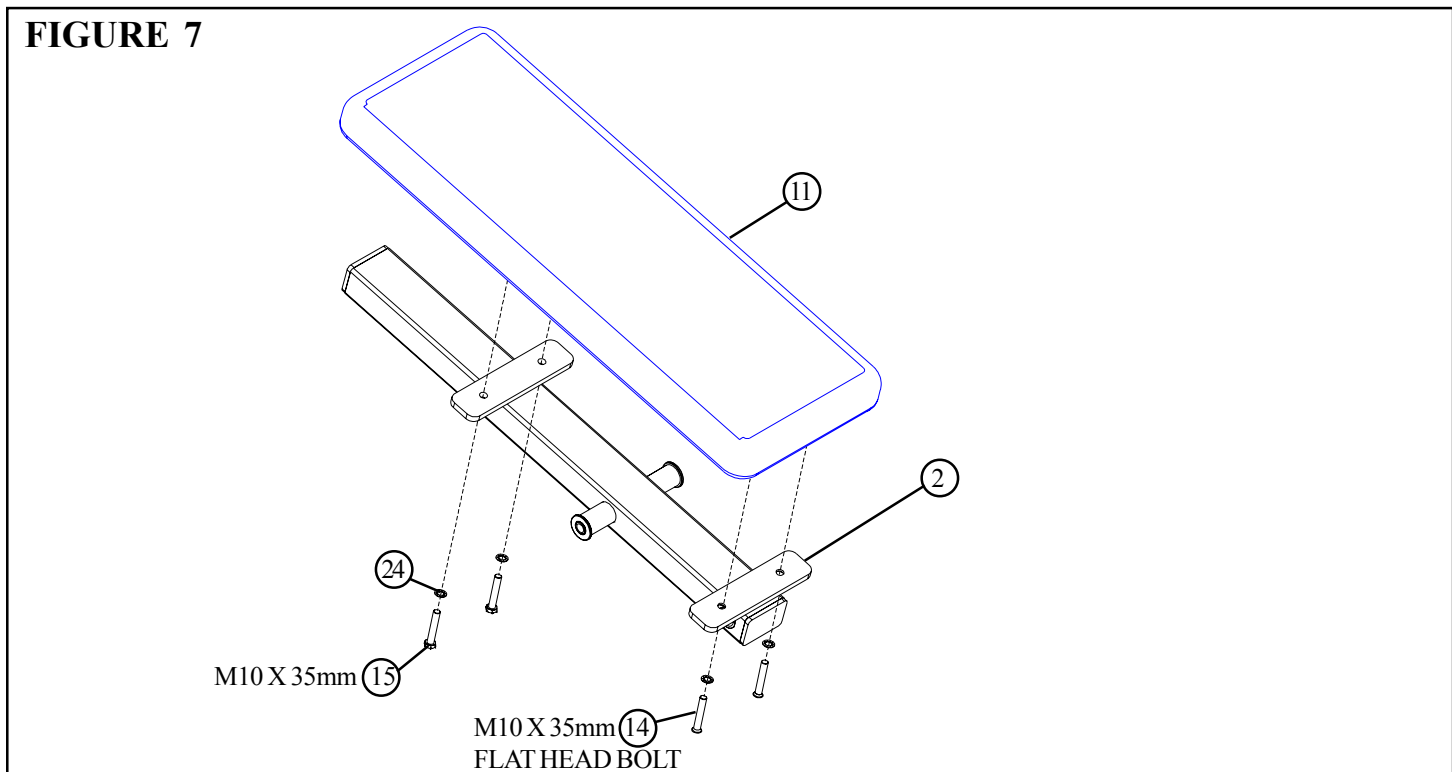
**STEP 5:**

- **SECURELY** assemble the SEAT PAD (10) to the ADJUSTABLE SEAT SUPORT (3) using two M10 X 35mm BOLTS (15) and two 3/8" INT TOOTH LOCK WASHERS (24) as shown in FIGURE 5



**STEP 6:**

- **SECURELY** assemble the ADJUSTABLE SEAT SUPPORT (3) to the UPPER BENCH FRAME (1) using one 1/2 X 5" BOLT (21), two 1/2 INT TOOTH LOCK WASHERS (23), and one 1/2" LOCK NUT (26) as shown in FIGURE 6.
- Assemble one SPRING PIN ASSEMBLY (12) to the UPPER BENCH FRAME (1) as shown in FIGURE 6. (**NOTE: Tighten jam nut SECURELY.**)

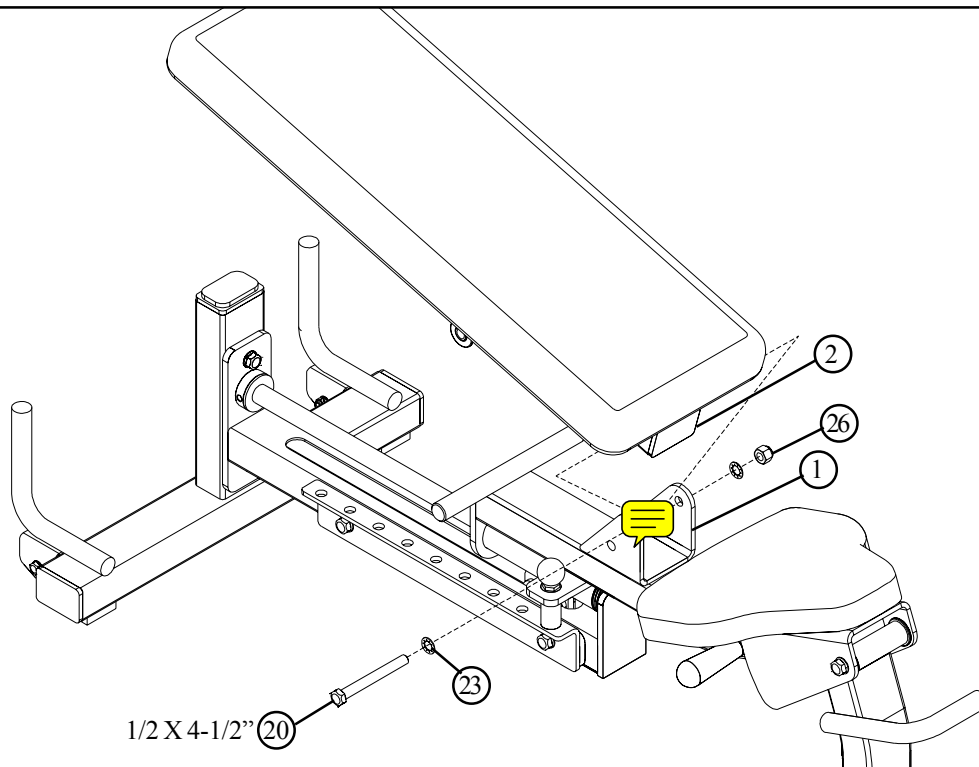


**STEP 7:**

- **SECURELY** assemble the BACK PAD (11) to the BACK PAD SUPPORT (2) using two M10 X 35mm BOLTS (15), two M10 X 35mm FLAT HEAD BOLTS (14) and two 3/8" INT TOOTH LOCK WASHERS (24) as shown in FIGURE 7



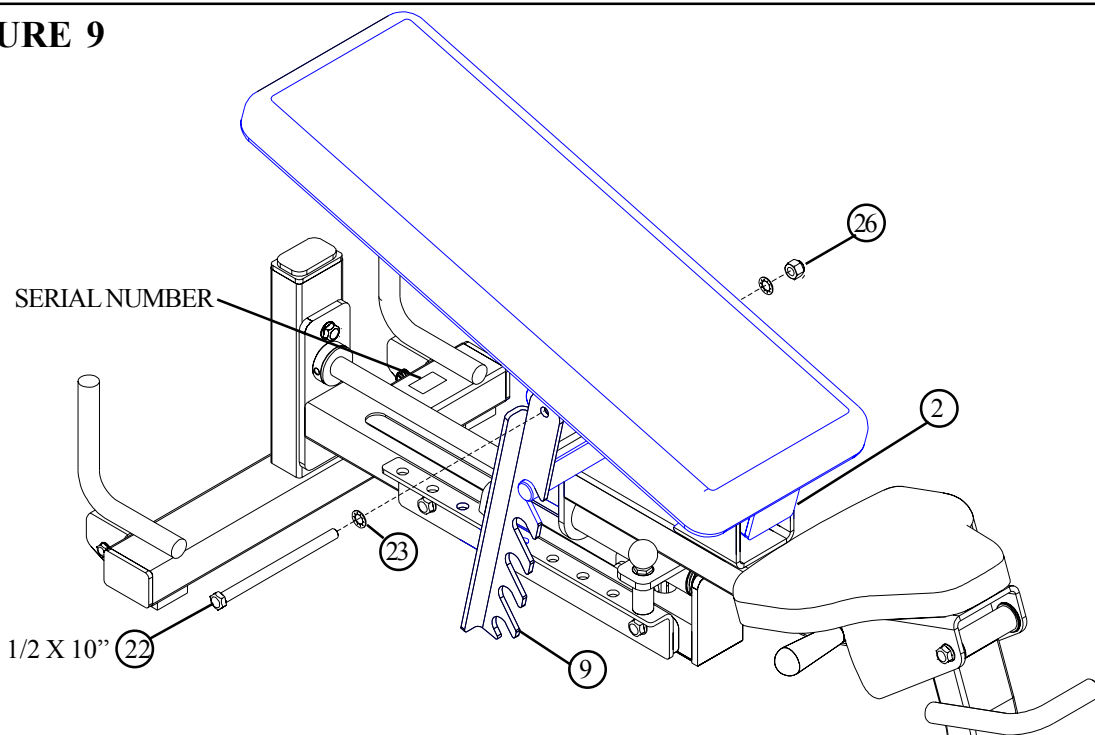
**FIGURE 8**



**STEP 8:**

- **SECURELY** assemble the BACK PAD SUPPORT (2) to the UPPER BENCH FRAME (1) using one 1/2 X 4-1/2" BOLT (20), two 1/2 INT TOOTH LOCK WASHERS (23) and one 1/2" LOCK NUT (26) as shown in FIGURE 8.

**FIGURE 9**



**STEP 9:**

- Assemble the BACK PAD ADJUST (9) to the BACK PAD SUPPORT (2) using one 1/2 X 10" BOLT (22), two 1/2 INT TOOTH LOCK WASHERS (23) and one 1/2" LOCK NUT (26) as shown in FIGURE 9.

**Thank you for purchasing the OLYMPIC HEAVY DUTY ADJUSTABLE BENCH. If unsure of proper use of equipment, call your local Hammer Strength distributor .**

## CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

### WARRANTY INFORMATION

10 YEARS Structural Frame (Not Coatings)	5 YEARS Pillow Blocks, Pulleys, Weight Plates, and Guide Rods	1 YEAR Belts and Grips	90 DAYS Upholstery and Any Items Not Specified
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### CONTACT INFORMATION

United States, Canada, Latin America 800.634.8637 847.288.3399	Europe, Africa, Middle East (+31) 180.646666	Asia Pacific (+852) 2891.6677	United Kingdom +44(0)1353.666017
<b>VISIT US AT: <i>HAMMERSTRENGTH.COM</i></b>			

## PREVENTATIVE MAINTENANCE TIPS

<i>Action</i>	<i>DAILY</i>	<i>WEEKLY</i>	<i>QUARTERLY</i>	<i>BI-ANNUALLY</i>	<i>AS NEEDED</i>
<b>CLEAN</b>					
Upholstery	<b>X</b>				
Guide Rods					<b>X</b>
Hand Grips					<b>X</b>
<b>INSPECT</b>					
Visual Overall	<b>X</b>				
Cables		<b>X</b>			
Hardware			<b>X</b>		
Frame				<b>X</b>	
Hand Grips					<b>X</b>
<b>LUBRICATE</b>					
Guide Rods					<b>X</b>

#### Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your Hammer Strength customer service representative.

#### Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

#### Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

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