



# SL7035 FLAT BENCH

OWNER'S MANUAL

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## Important safety instructions

Before starting any fitness program, you should undergo a complete medical examination. Basic safety precautions should always be followed when using exercise equipment, including the following:

1. Read all instructions before using the device.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the device only for its intended purpose as described in this manual.  
Do not use accessories that are not recommended by the manufacturer: such accessories could cause injury.
3. The product should only be used on a flat surface and in a space of 0.5 metres around the product.  
Do not use the device outdoors.
4. Do not allow children on or near the equipment. And children must not use the device.  
Teens should use this device with adult supervision.
5. Don't overwork and work yourself to exhaustion.  
Do not attempt to lift more weight than you can safely handle.  
If you experience any pain or unusual symptoms, stop training immediately and consult your doctor.
6. This equipment is not used as medical devices and instruments.
7. Never use the device if it has been dropped or damaged. Never  
Do not drop or insert anything into any hole in the device.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working order. Torn or worn cables can be dangerous and can cause injury. Check these cables regularly for signs of wear.  
Keep hands, limbs, loose clothing and long hair out of reach of moving parts.
8. Be careful when getting on and off the equipment.
9. Wear appropriate exercise clothing and shoes for exercise, no loose clothing.

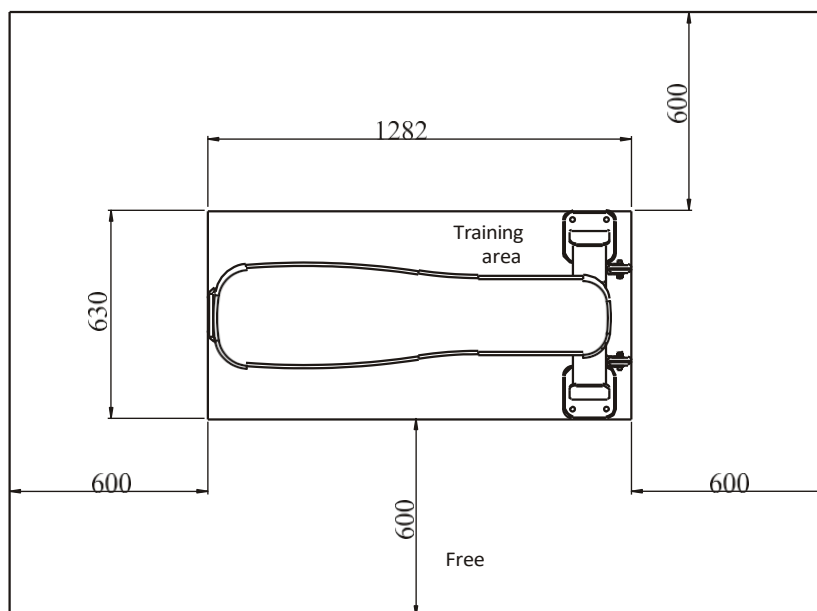
## Important safety instructions

### Personal safety during installation

Read and follow the steps in the assembly instructions. Do not skip ahead. If you skip ahead, you may find later that you have to disassemble components and that you may have damaged the equipment.

Assemble and use the equipment on a firm, level surface. Place the equipment several metres away from walls or furniture for easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will enjoy many safe and enjoyable hours of healthy exercise with the equipment.

### Training area and free space



### Specifications

Class: S

Maximum weight Maximum user weight:

150kg/ 330lbs Total product area:

1282\*630mm Total product weight:

25.3kg/ 55.8lbs **Exercise Instructions**

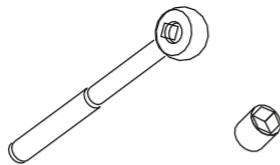
1. Abdominal crisis.
2. Strength exercises with a barbell or dumbbell.

## Instructions

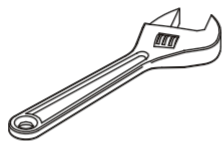
Read the instructions carefully before starting the installation. Use the various checklists in this manual to make sure all parts were included in your shipment. When ordering, use the part number and description from the lists. When servicing, use only our replacement part. Failure to do so will void your warranty and may result in personal injury.

The equipment is designed to provide the smoothest and most efficient movement when exercising. After installation, you should check all features to ensure proper function. If there are any problems, first re-read the assembly instructions to find any errors that occurred during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have the serial number and these instructions with you when you call. When all parts are accounted for, proceed further.

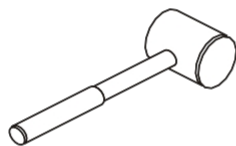
## The necessary tools



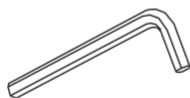
Ratchet wrench and socket wrench



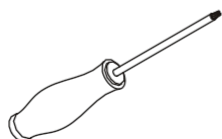
Adjustable key



Rubber mallet



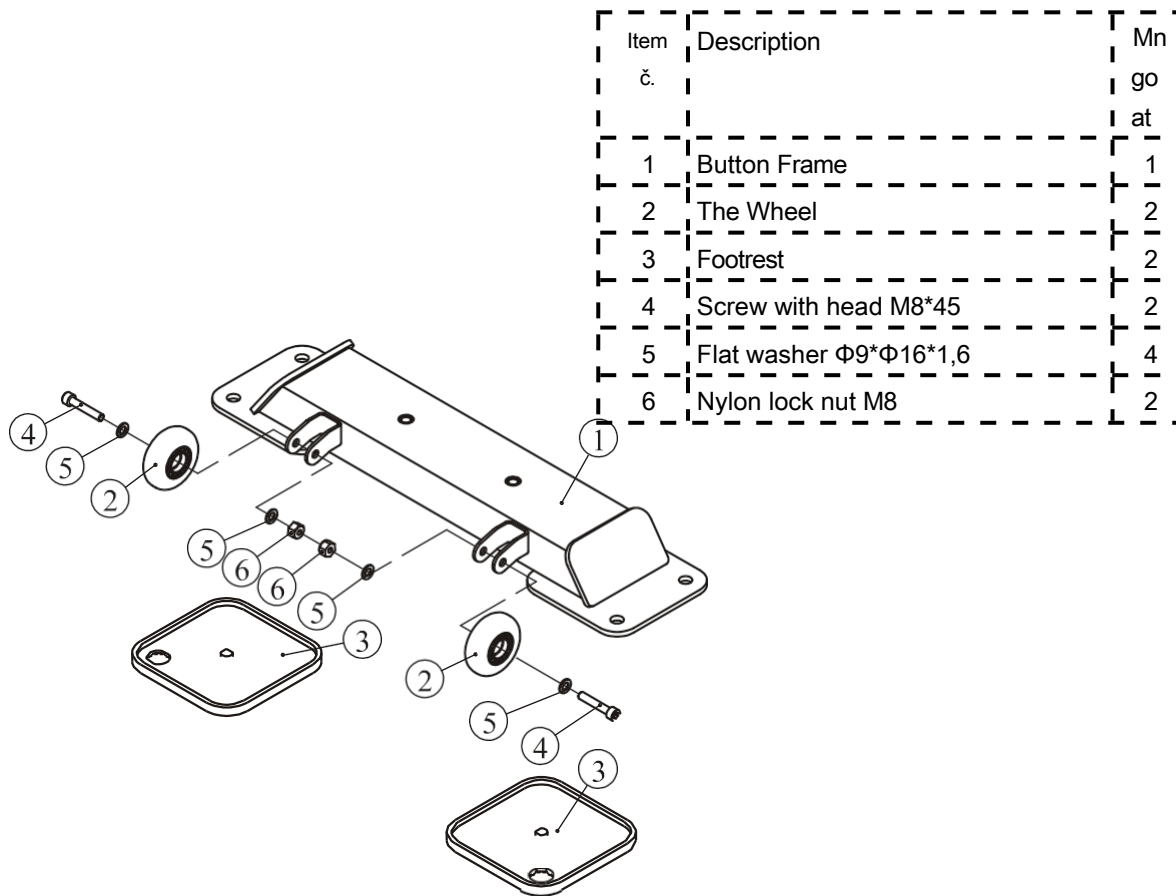
Set of hexagon wrenches



Phillips screwdriver

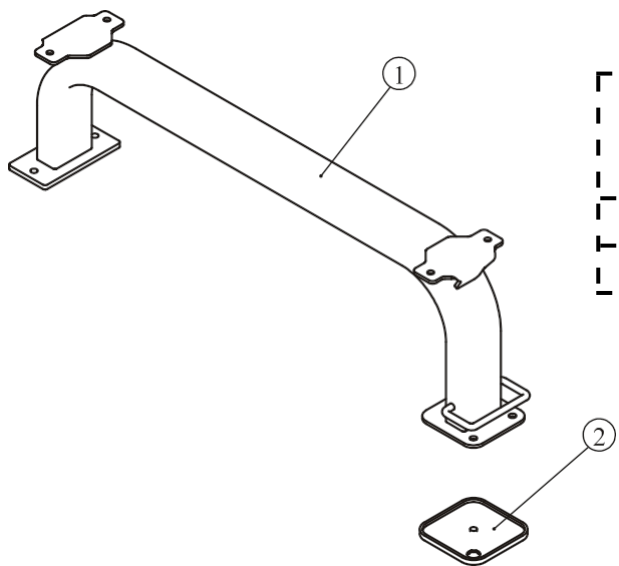
## Parts list and exploded view of

### Assy button frame



Item č.	Description	Mn go at
1	Button Frame	1
2	The Wheel	2
3	Footrest	2
4	Screw with head M8*45	2
5	Flat washer $\Phi 9 \times \Phi 16 \times 1,6$	4
6	Nylon lock nut M8	2

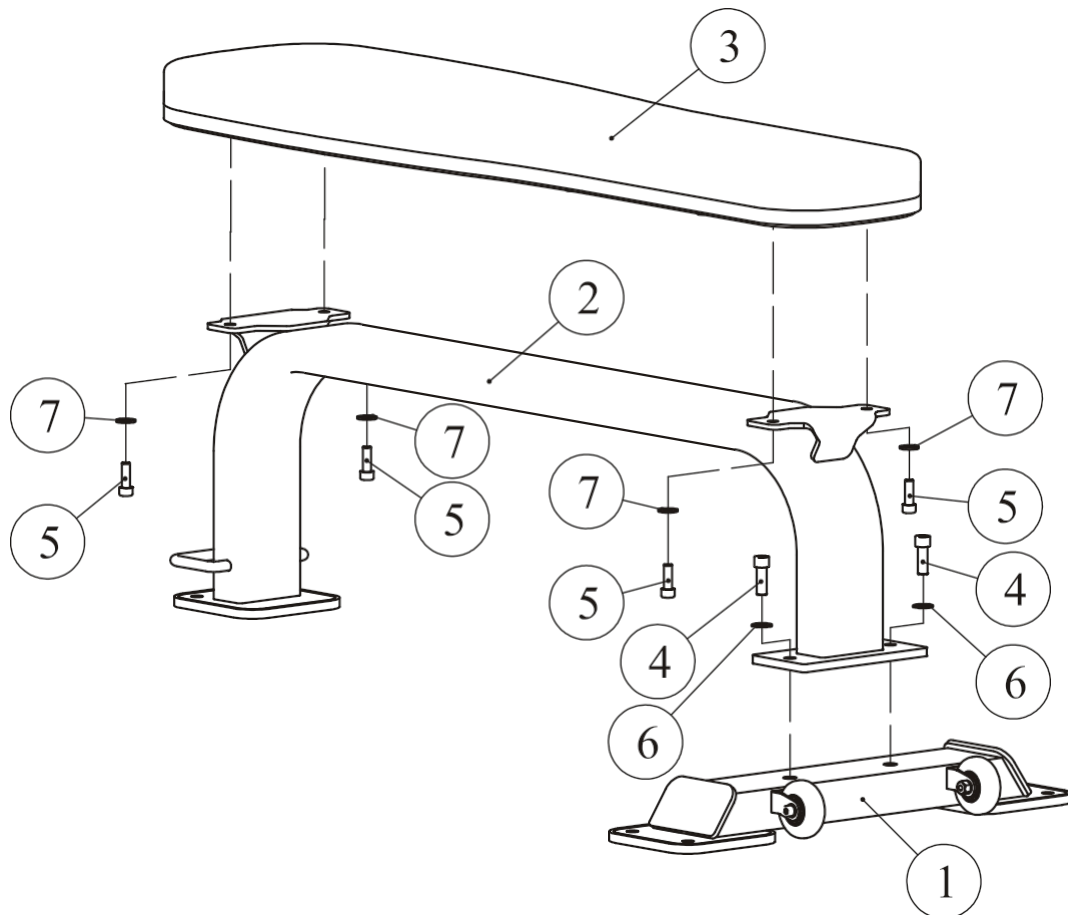
### ASSY seat frame



Item č.	Description	Mn go at
1	Seat frame	1
2	Footrest	1

## Parts list and exploded view

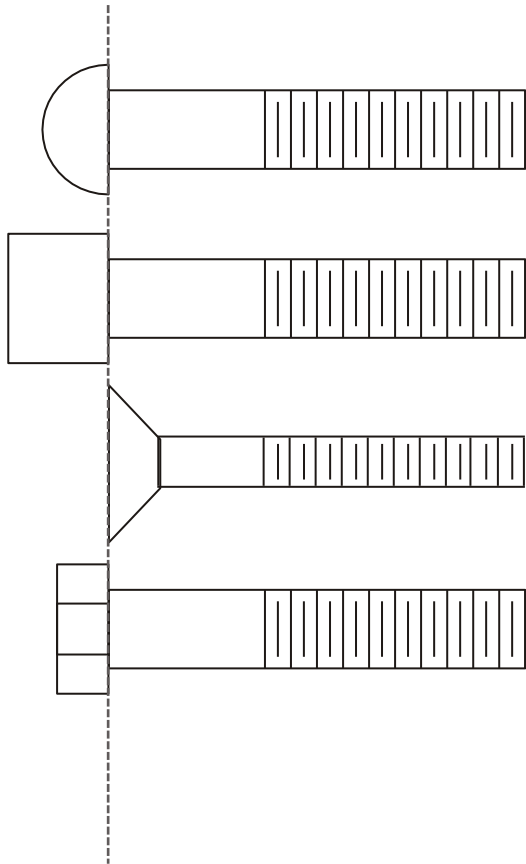
Total



Item č.	Description	Mn go at
1	ASSY button frame	1
2	ASSY seat frame	1
3	Seat pad	1
4	Screw with head M12*35	2
5	Screw with head M10*30	4
6	Flat washer $\Phi 13 \times \Phi 24 \times 1,5$	2
7	Flat washer $\Phi 11 \times \Phi 23 \times 2$	4



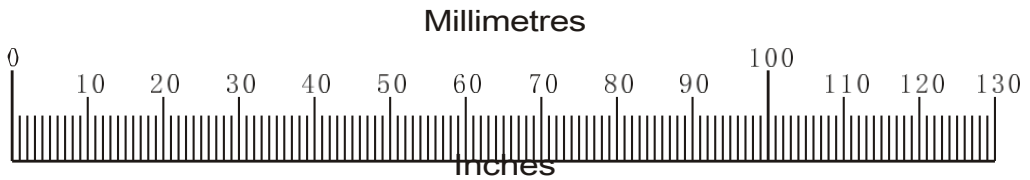
# Measurement Guide



BHCS = Hex head bolt SHCS =

Hex head bolt FHCS = Flat head

bolt HHB = Hex head bolt



Screw diameter (mm/inch)	0 - 10 mm (1/4")	10 - 20 mm (3/8")	20 - 30 mm (1/2")	30 - 40 mm (3/4")	40 - 50 mm (1 1/4")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Surgical methods for adult men	Wrist strength	Wrist and forearm strength	Strength of the whole arm	Arm and upper body strength	with all my strength

## Installation Instructions

Installation of the device takes professional installers approximately 2 hours. If you are installing this type of equipment for the first time, please plan for more time. It is strongly recommended that the device be installed by professional installers. You may find it quicker, safer and easier to assemble this equipment with the help of a friend as some components may be large, heavy or inconvenient to handle yourself. It is important that you assemble the product in a clean, uncluttered area. This will allow you to move around the product while assembling the components and reduce the possibility of injury during assembly.

### NOTE



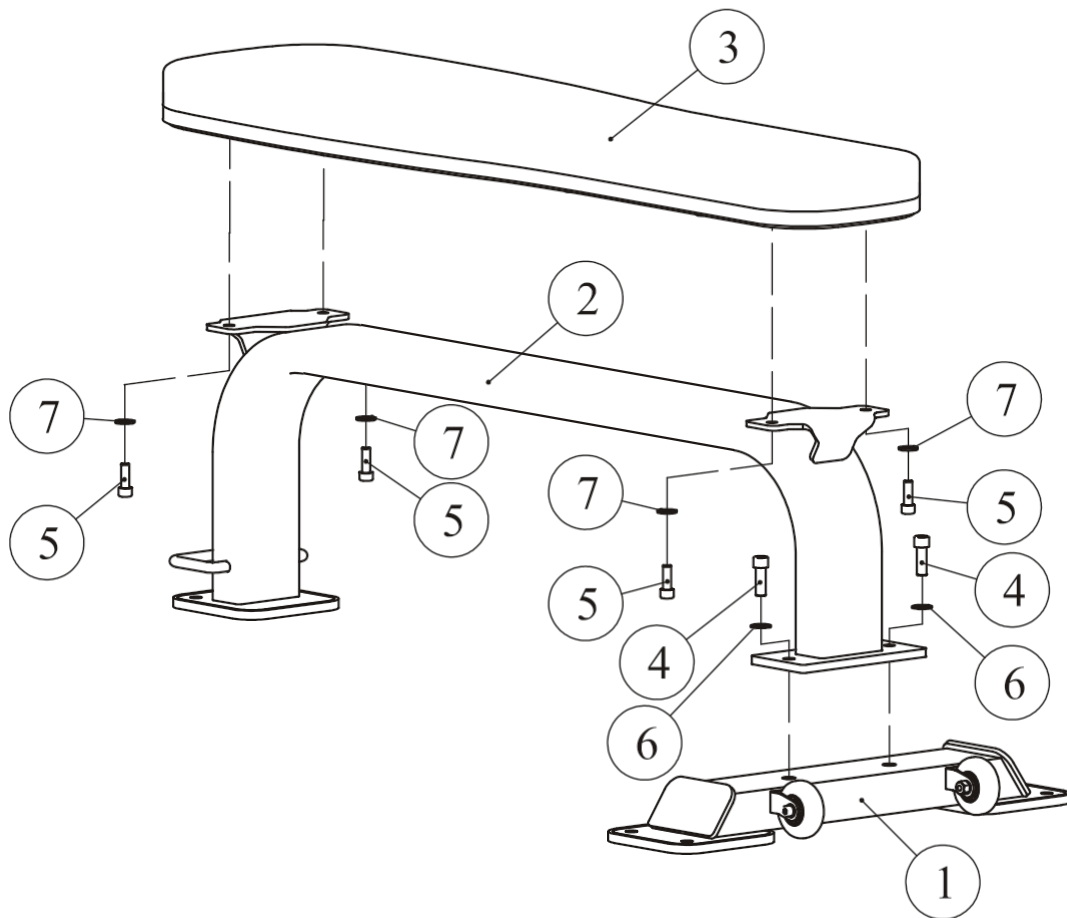
As with any prefabricated component, proper alignment and adjustment is critical. Be sure to leave room for adjustment when tightening fasteners. Do not fully tighten fasteners until instructed to do so. Be sure to assemble the components in the order shown in this manual.

# Installation

## Step

1. Attach the ASSY seat frame (#2) to the ASSY button frame (#1) using:  
two screws with head M12\*35 (#4) two flat  
washers  $\Phi 13 \times \Phi 24 \times 1,5$  (#6)
2. Attach the seat pad (#3) to the ASSY seat frame (#2) using:  
four M10\*30 head screws (#5) four flat  
washers  $\Phi 11 \times \Phi 23 \times 2$  (#7)

**Note: Tighten the screws with a wrench.**



## Maintenance plan

ROUTINE	COMMERCIAL MAINTENANCE	HOUSE MAINTENANCE	THE LAST DATE						
Check; Joints, pull pins, latches, swivel pins, storage pins loads	JOURNAL	WEEK							
Cleaning; upholstery	JOURNAL	WEEK							
Check; Cables or belts and their tension	JOURNAL	WEEK							
Check; Additional rails and handles	WEEK	3 MONTHS							
Control; all stickers	WEEK	3 MONTHS							
Check; Tighten all nuts and bolts, if necessary	WEEK	3 MONTHS							
Check; Non-slip surface	WEEK	3 MONTHS							
Cleaning and lubrication; Guide rods with Teflon-based lubricant (Superlube)	MESSAGE	3 MONTHS							
Lubricate; Saddle bushings, Turcite bushings, linear bearing	MESSAGE	3 MONTHS							
Cleaning and waxing; All glossy finishes	6 MONTHS	ANNUAL							
Repacking with lubricant; Linear bearings	6 MONTHS	ANNUAL							
Replace; Cables, belts and connecting parts	ANNUAL	3 YEARS							

*Your equipment comes with a commercial maintenance sticker. For personal, home use, follow the maintenance schedule above.*

## General maintenance information

### **Couplings, pull pins, carabiners, swivels, load storage pins:**

- \* Check all parts for visible wear or damage.
- \* Check the correct tension and alignment of the springs in the carabiners and pullers.
- \* If the spring gets stuck or loses its stiffness, replace it immediately.

### **Upholstery:**

- \* To ensure extended padding life and proper hygiene, all padded cushions should be wiped down with a damp cloth after each workout.
- \* Regularly use a mild soap or approved vinyl upholstery cleaner to prevent cracking or drying out. Avoid using any abrasive cleaners or cleaners not designed for use on vinyl.
- \* Replace torn or damaged upholstery immediately.
- \* Keep sharp or pointed objects away from all upholstery.

### **Decals:**

- \* Check and become familiar with any safety warnings or other user information on each label.

### **Nuts and bolts:**

- \* Check all nuts and bolts for looseness and tighten them if necessary.
- \* Periodically go through the re-tightening sequence to make sure all hardware is properly tensioned.

### **Non-slip surfaces:**

- \* These surfaces are designed to provide secure support and should be replaced if they appear worn or become slippery.

### **Belts and cables:**

- \* We use only high quality mil-spec belts and cables.
- \* Visually inspect the belts and cables for tears, cracks, peeling or discoloration.
- \* While the machine is not in use, carefully run your fingers over the belt or cable to see if they are thin or bulging.
- \* At the first sign of damage or wear, replace the belts and cables immediately. Do not use the machine until the belts or cables have been replaced.

### **Belt and cable tension:**

- \* If belts or cables are used, check all fixings according to the operating instructions the screws to check that they are properly secured.
- \* Check cable clearance and adjust cable tension if necessary.

### **Seat clamps, guide rods:**

- \* Wipe the adjustment tubes with a dust-free cloth before applying the lubricant.
- \* Lubricate the saddle sleeves and guide rods with a silicon or Teflon based spray lubricant.

### **Linear bearings:**

- \* Following the operating instructions, carefully remove the bearing from its housing and apply a finger full of light lubricant (lithium, supergrease, etc.) to the inside of the bearing. Use your finger to push the lubricant into the ball bearings and their raceways. Repeat this until the raceways of the ball bearings are full of lubricant. Insert the shaft back into the bearing and wipe off the excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

## Tips for strength training

This guide will help you with the basic exercises you can perform on your equipment. To achieve maximum results and avoid possible injury, consult a fitness expert to develop a complete exercise program.

Always check with your doctor before starting any exercise program.

To be successful in your exercise program, it is important to understand the basic principles of strength training. Now that you have your equipment, it's natural to want to get started immediately. First, set a set of realistic goals and objectives. By deciding on an exercise plan that is right for you before you begin, you will contribute significantly to your success.

Warm up properly before training with your own weight. Stretching, yoga, jogging, calisthenics, or other cardiovascular exercises can help prepare your body for the added stress of lifting weights.

Before using heavy weights, learn how to properly perform the exercise. Proper form is important to avoid injury and ensure that you are exercising the correct muscle groups.

Know your limitations. If you are new to strength training or just starting out practice after a long break, start slowly and build up your core strength over a longer period of time.

Pay attention to your breathing. The general rule is to exhale when you inhale. Never hold your breath.

