

# Olympic Flat Bench

## Assembly Notes:

Fasteners provided to assemble machine:

(4) 3/8"X3/4" Flange Bolts

(4) 3/8"X1/2" Bolts

(2) 1/2"X3-3/4" Bolts

(4) 3/8"X1" Flange Bolts

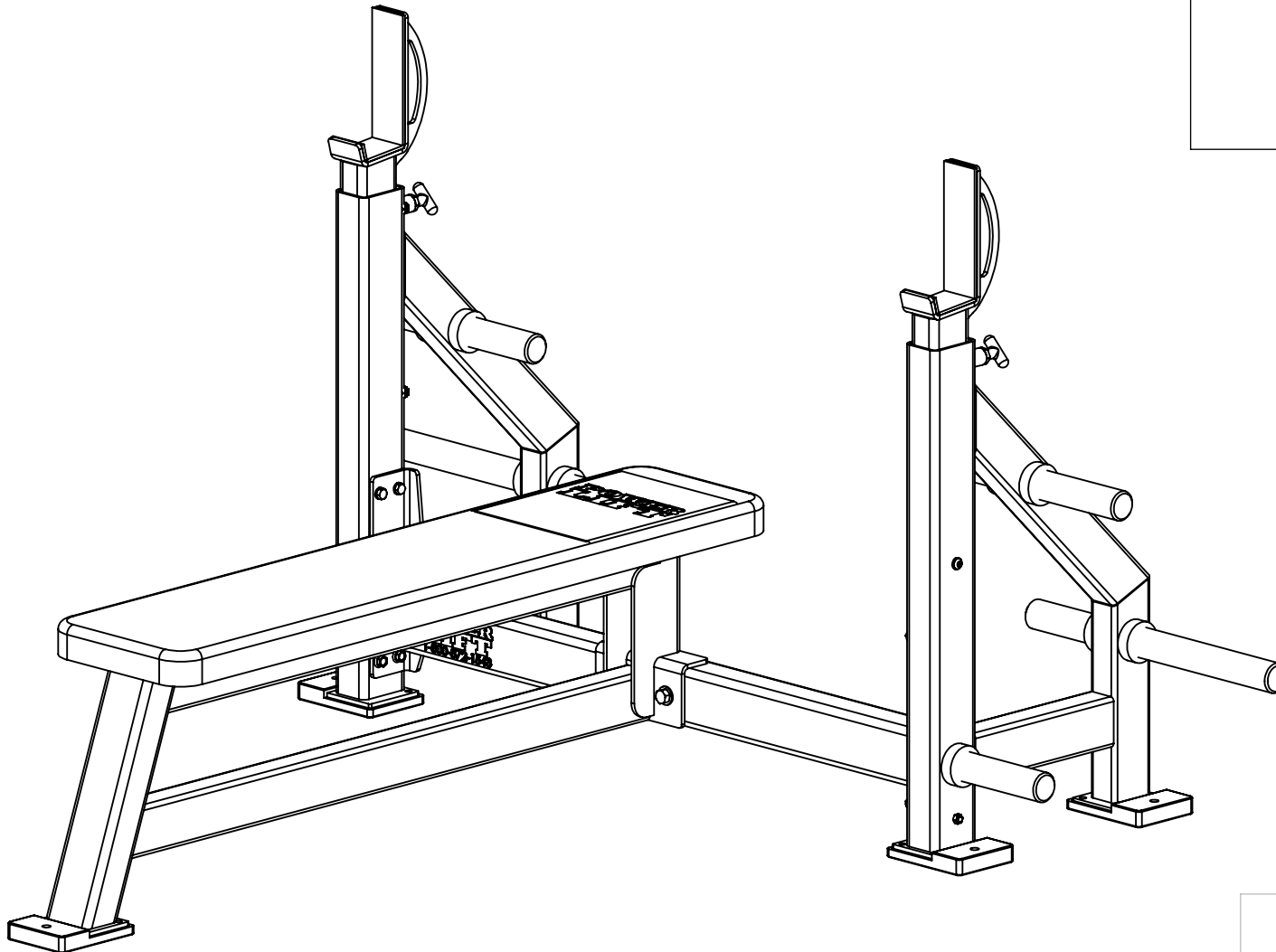
Tools required (Not Included):

- 9/16" Open-End Wrench

- 9/16" Socket

- 3/4" Open-End Wrench

- 3/4" Socket



**POWER LIFT<sup>®</sup>**

PART NUMBER

**67000A\_assembly cover**

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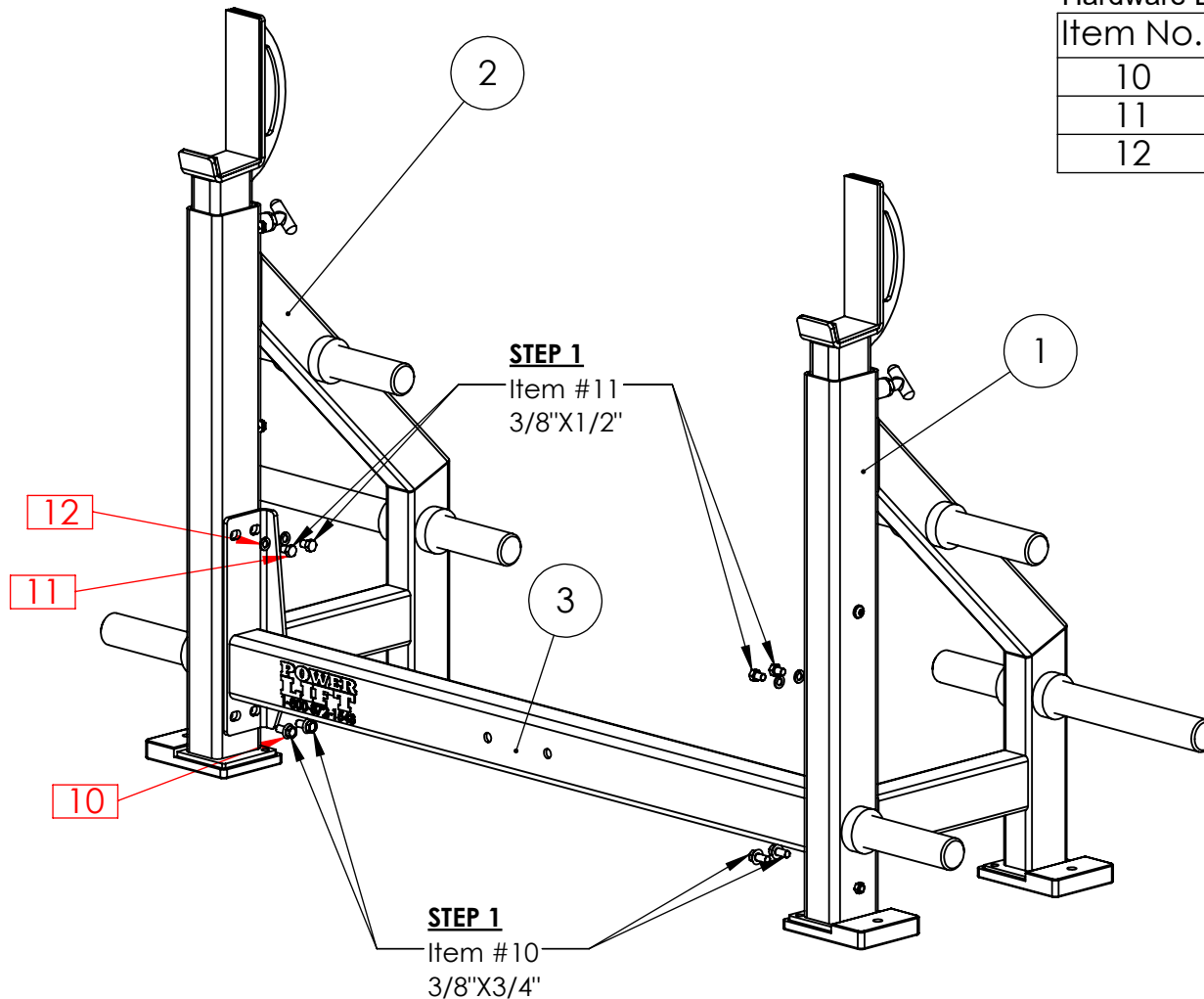
### Instructions

1.) Assemble item 3 to both items 1 and 2 using (4) 3/8"X3/4" flange bolts, and (4) 3/8"X1/2" bolts provided.

**Note:** When assembling unit DO NOT tighten any fasteners until specified.

### Hardware Detail

Item No.	Part Number	Part Name	Qty
10	99004	3/8"X3/4" FLANGE BOLT	4
11	99895	3/8"X1/2" BOLT	4
12	99531	3/8" FLATWASHER	4



### Frame Detail

Item No.	Part Number	Part Name	Qty
1	67006	RIGHT SIDE FRAME	1
2	67007	LEFT SIDE FRAME	1
3	67010B	BOTTOM BRACE	1

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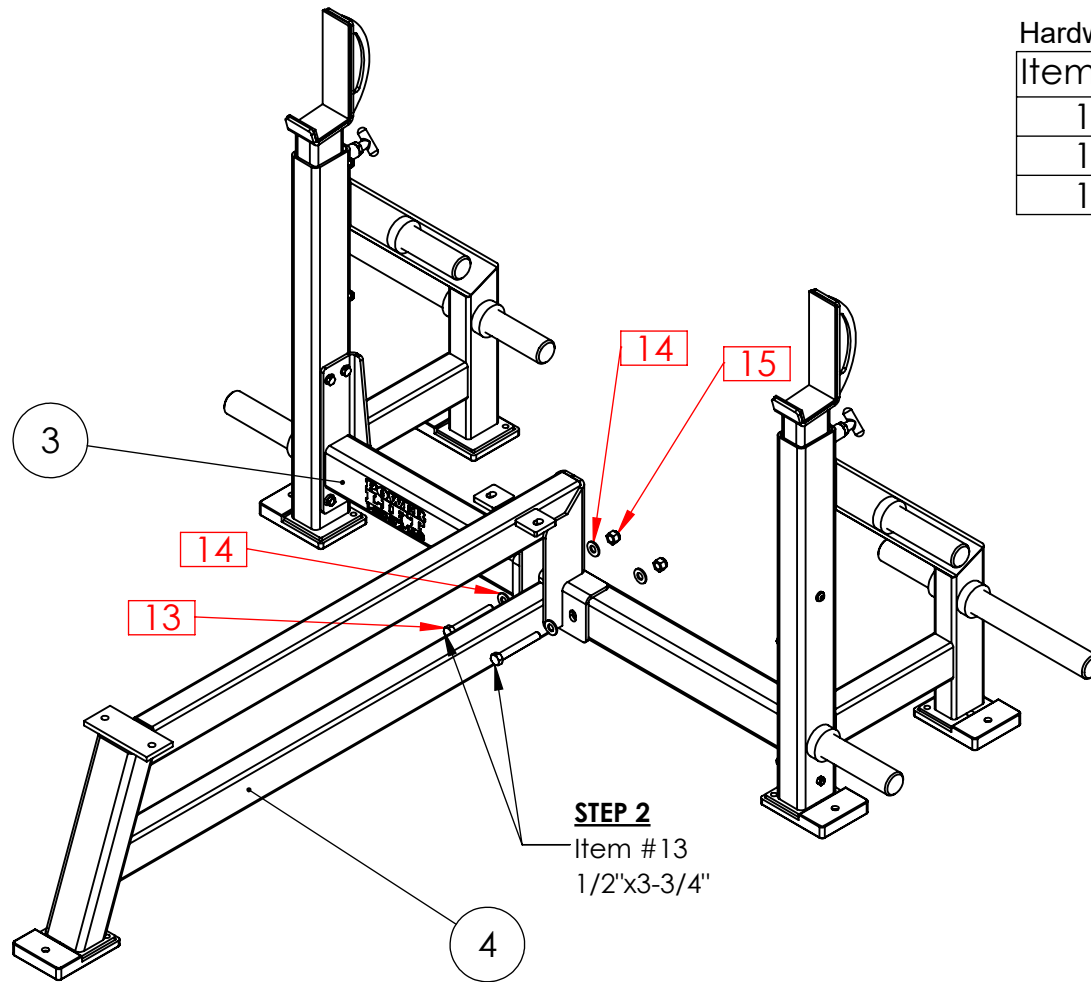
Instructions

2.) Assemble item 4 to item 3 using (2) 1/2"X3-3/4" bolts provided.

3.) Tighten all bolts starting from the bottom.

Hardware Detail

Item No.	Part Number	Part Name	Qty
13	99434	1/2"X3-3/4" BOLT	2
14	99585	1/2" FLATWASHER	4
15	99620	1/2"-13 NUT	2



Frame Detail

Item No.	Part Number	Part Name	Qty
3	67010B	BOTTOM BRACE	1
4	67012	BENCH FRAME	1

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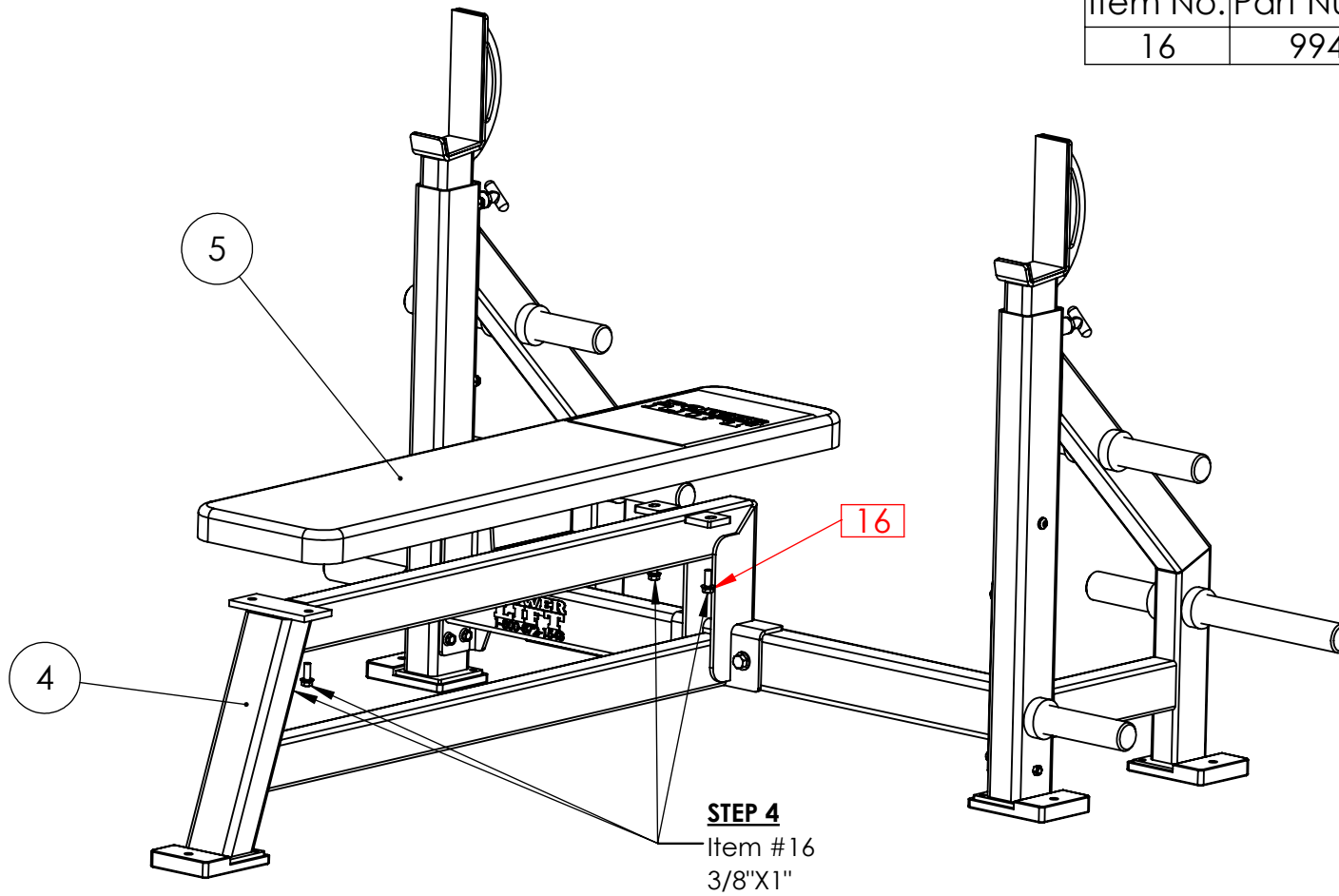
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Instructions

4.) Assemble item 5 to item 4 using (4) 3/8"X1" flange bolts provided. (Tighten bolts, but DO NOT over tighten bolts into pad.)

Hardware Detail

Item No.	Part Number	Part Name	Qty
16	99485	3/8"X1" FLANGE BOLT	4



**STEP 4**  
Item #16  
3/8"X1"

Frame Detail

Item No.	Part Number	Part Name	Qty
4	67012	BENCH FRAME	1
5	99750	BENCH PAD	1

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