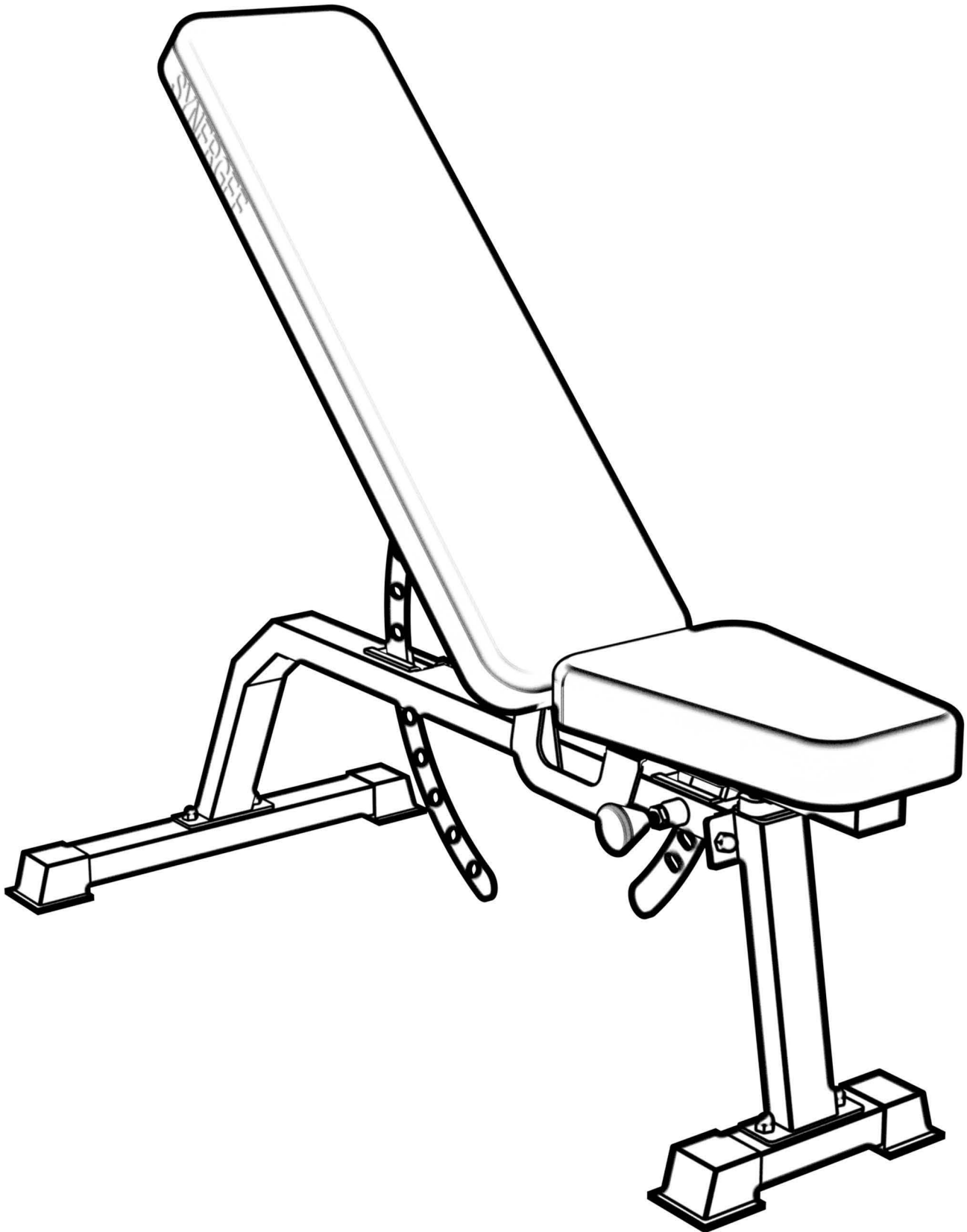


 **SYNERGEE[®]**

ADJUSTABLE BENCH



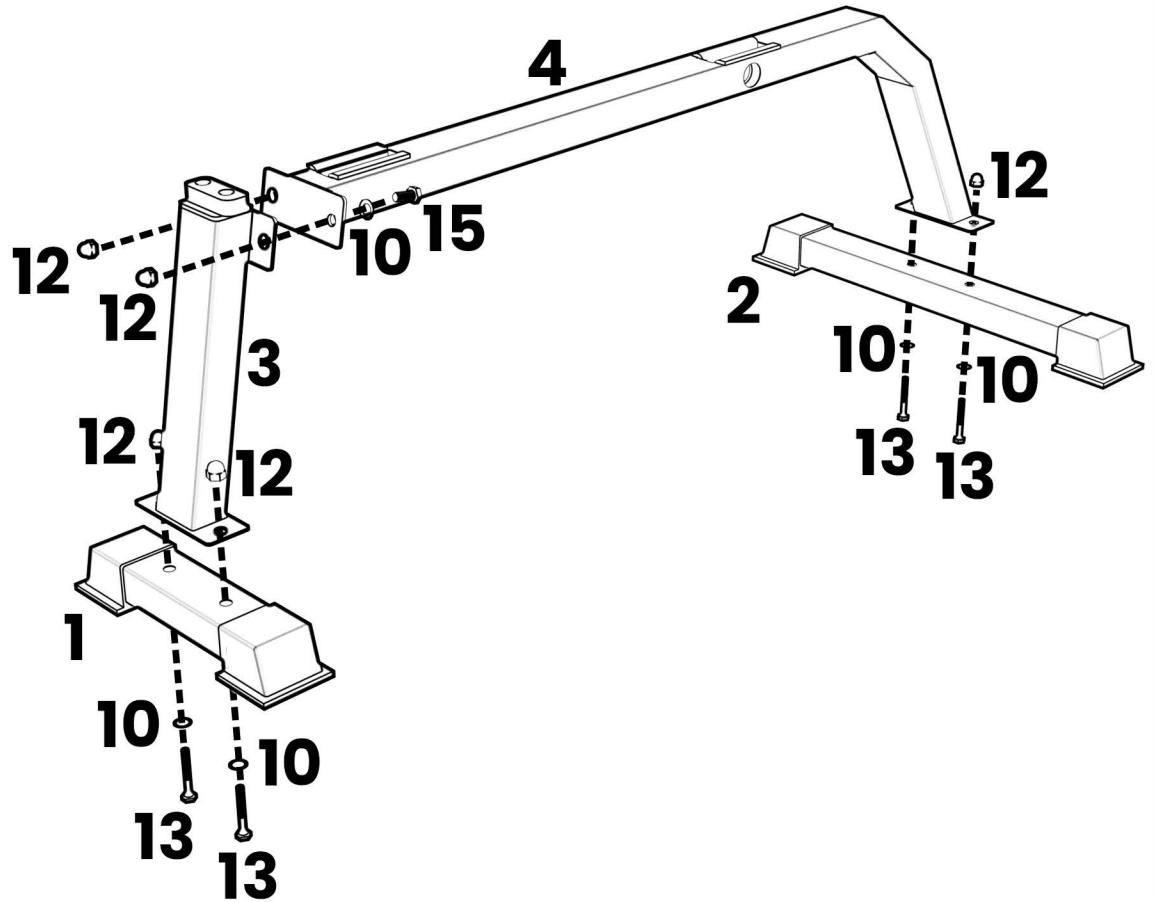
PARTS LIST

KEY	PART	QTY	BOX
1	SMALL BASE	1	1
2	LARGE BASE	1	1
3	STABALIZER	1	1
4	UPPER FRAME	1	1
5	SEAT CUSHION	1	1
6	ADJUSTABLE FRAME	1	1
7	BACK CUSHION	1	1
8	BACK FRAME	1	1
9	BACK FRAME ADJUSTMENT PART	1	1
10	M10 WASHER	8	1
11	M8 WASHER	12	1
12	M10 ROUNDED NUT	6	1
13	M10 x 55 BOLT	4	1
14	M10 x 100 BOLT	1	1
15	M10 x 20 BOLT	2	1
16	M8 x 20 BOLT	12	1
17	SPRING PINS	2	1
18	M10 LOCK NUT	1	1

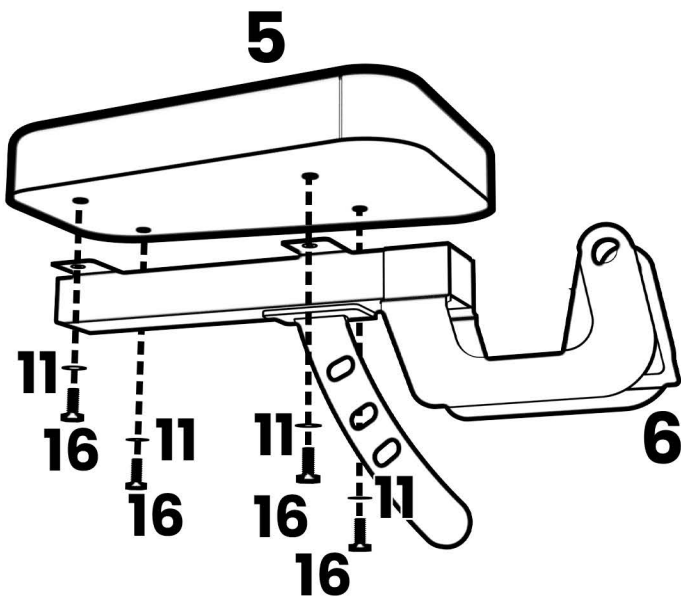
**IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136**

1.

Align the small base, large base, upper frame and stabilizer as pictured above. Once aligned, loosely secure with provided bolts, nuts, and washers. (Fully tighten upon assembly completion)

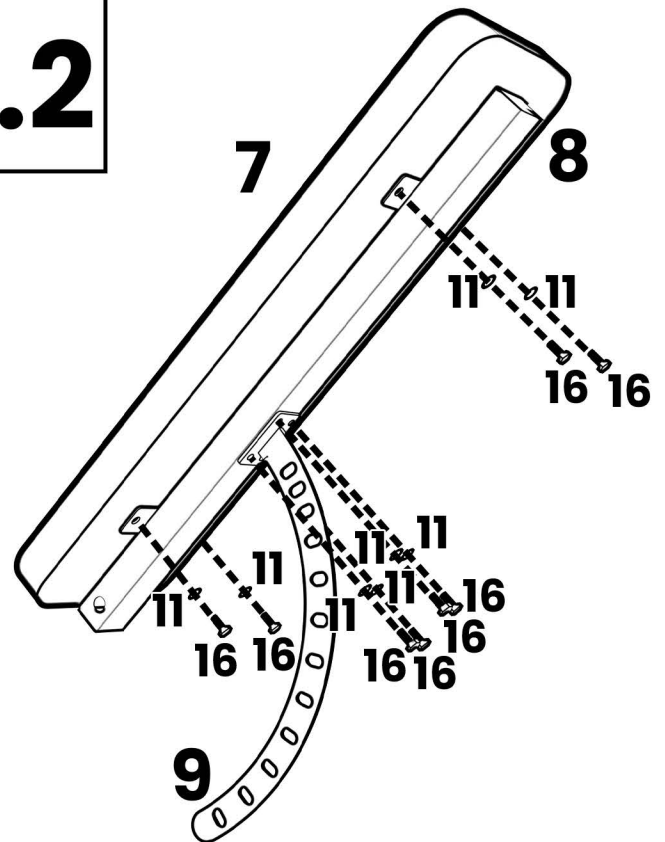


2.1



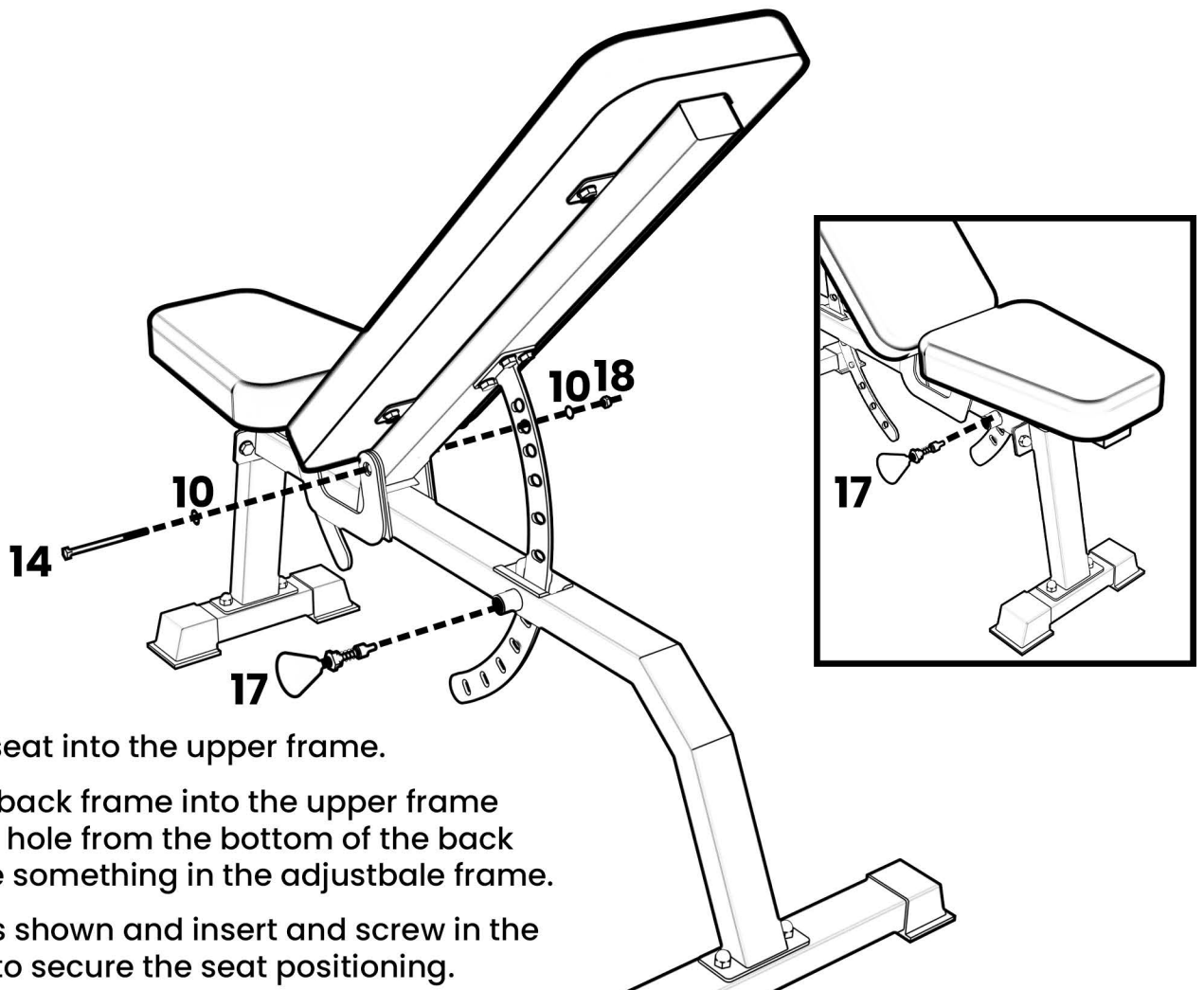
Assemble and secure the seat cushion to the adjustable frame.

2.2

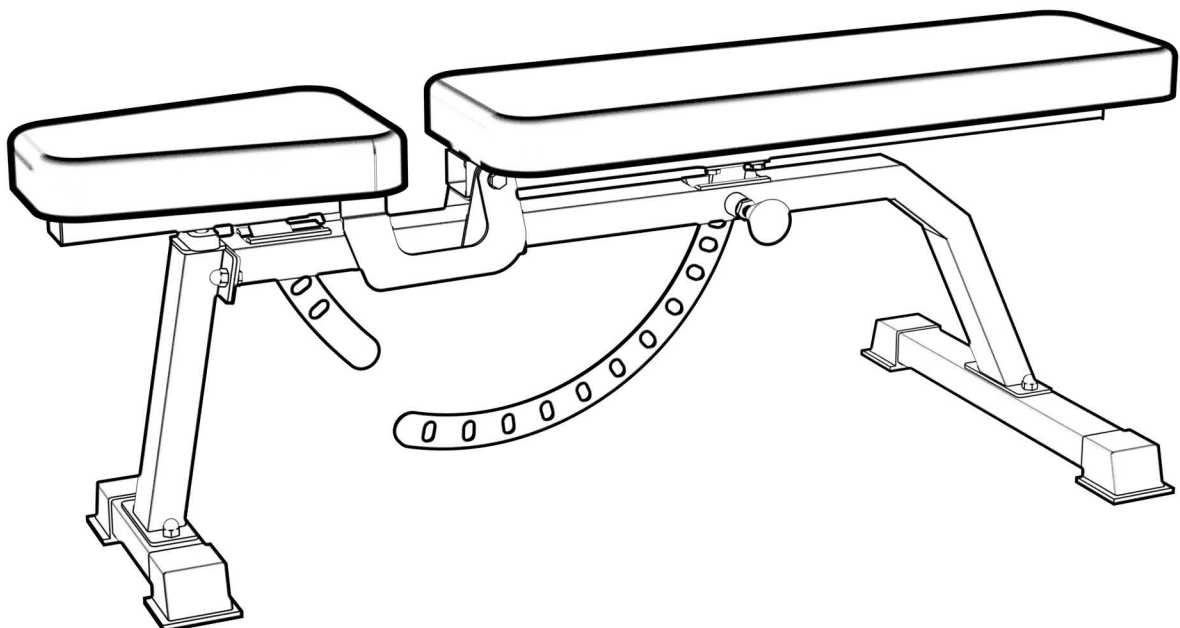


Assemble and secure the back cushion to the back cushion frame.

2.3



3.



Please tighten and fully secure the bolts that were used in step one. Once finished the assembly is complete.

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