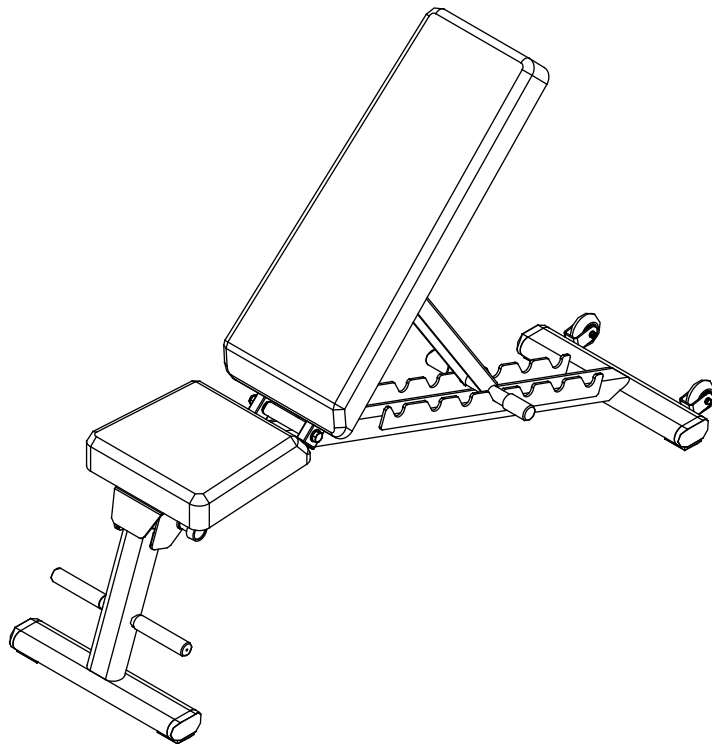




OBB 1104-Bench

OBB 1104 Adjustable Bench



- Warranty
- Assembly
- Parts

TOOLS REQUIRED
FOR ASSEMBLY
Adjustable Wrench
Pliers
Hammer

OWNER'S MANUAL OBB 1104 Bench

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment. Measurements made by the equipment are believed to be accurate, but only the measurements of your physician should be relied upon.

IMPORTANT: Read all instructions carefully before using this product. Retain this product. Owner's manual for future reference.



WEIGHT BENCH

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WEIGHT BENCH

INTRODUCTION

Thank you for selecting this Fitness product.

Orbit Fitness is proud of its tradition of providing fitness equipment that meets the highest standards of quality. We hope you will enjoy many years of health and fitness from this product.

If you are not satisfied with your Orbit Fitness product for any reason, Do Not Go Back To The store From Which It Was Purchased. Instead, please allow our Customer Service Department to help you. Contact the Orbit Fitness Customer Service Department at:

E-mail address: service@orbitfitness.com.au

Orbit Fitness will gladly answer your questions, guide you through the assembly steps, and quickly dispatch any replacement parts directly to your home! We are ready to make your new Orbit Fitness product the most used piece of fitness equipment you own.

For information about other Orbit Fitness products,
contact us at:

Orbit Health & Fitness Solutions
Unit 3, 470 Scarborough Beach Road
Osborne Park, Western Australia 6017



WEIGHT BENCH

INTRODUCTION

Safety Instructions:

Failure to follow the instructions and warnings below could result in serious injury or death:

Before beginning any exercise program, consult with your doctor or health physician.

This machine is for home use only. The warranty does not cover this machine if it is used commercially

Refer to the manual whenever you have a question.

Inspect the machine before each use.

Keep your fingers, body parts, children and pets away from moving parts.

Warm up before each workout and cool down after each workout.

Rest adequately between repetitions.

Always wear comfortable, loose-fitting clothing.

Use a companion as a safety spotter.

**IMPORTANT: THE MAXIMUM RECOMMENDED WEIGHT CAPACITY
FOR YOUR WEIGHT BENCH IS 115KG.**



WEIGHT BENCH

HARDWARE

Before Assembly:

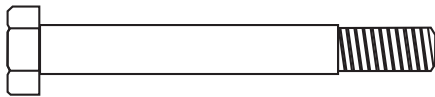
Before assembling your Rock Weight Bench, please take the time to make sure your assembly kit has All of the parts listed on the Machine Parts List. Each part has been illustrated for proper location and numbered for east identification

Compare your contents against the parts list. If any parts are missing or unusable, please **Do Not**

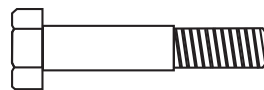
Return The product To The Store From Which It Was Purchased. Our Dedicated Customer Service Staff is standing by to help you at: 8:00 a.m. Through 5:00 p.m. Any parts you need Will be happily mailed to you at your home.

Tools Required:

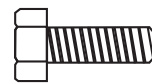
For assembly, your rock Weight Bench will require two adjustable wrenches.



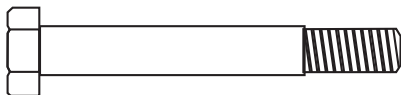
(8) M12 X 180 HEX BOLT 1PC



(11) M8 X 55 HEX BOLT 4PCS



(12) M8 X 20 HEX BOLT 2PCS



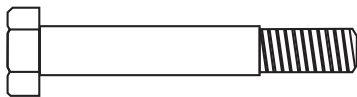
(9) M12 X 170 HEX BOLT 1PC



(13) M12 WASHER 6PCS



(14) M12 LOCKNUT 3PCS



(10) M12 X 120 HEX BOLT 1PC

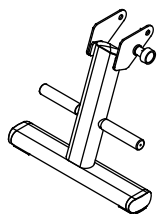


(15) M8 WASHER 6PCS

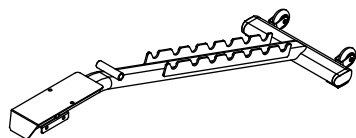


WEIGHT BENCH

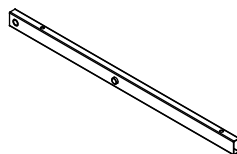
PARTS LIST



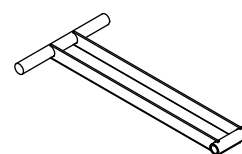
(1) FOLDING LEG



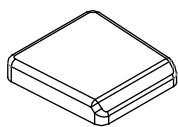
(2) MAIN FRAME



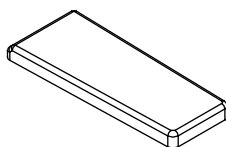
(3) BACKREST FRAME



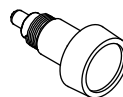
(4) BACKREST ADJUSTER



(5) SEAT CUSHION FRAME



(6) BACKREST CUSHION

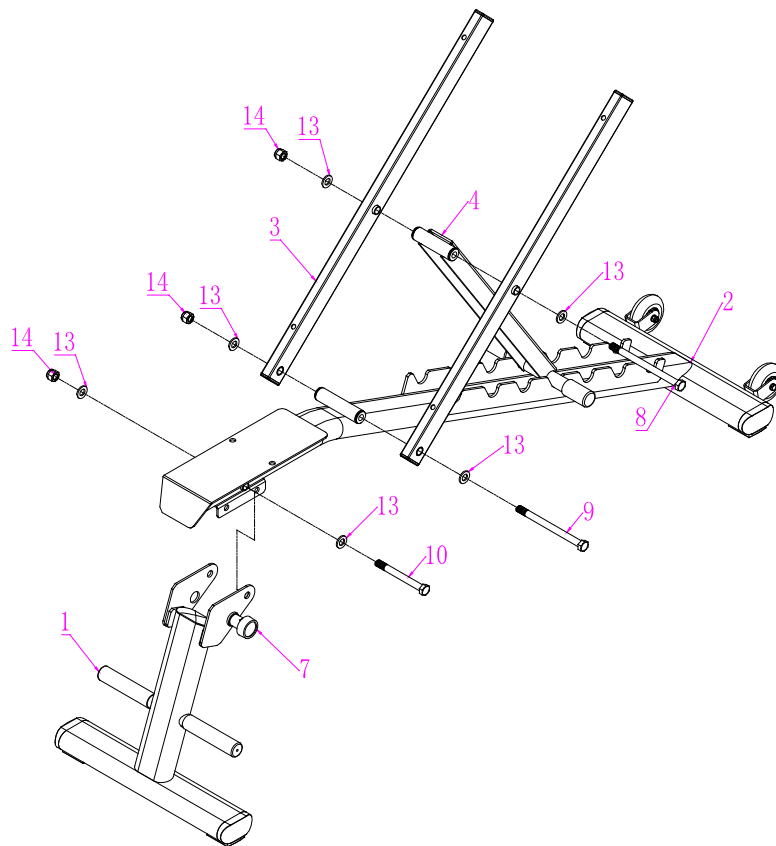


(7) LOCK KNOB



WEIGHT BENCH

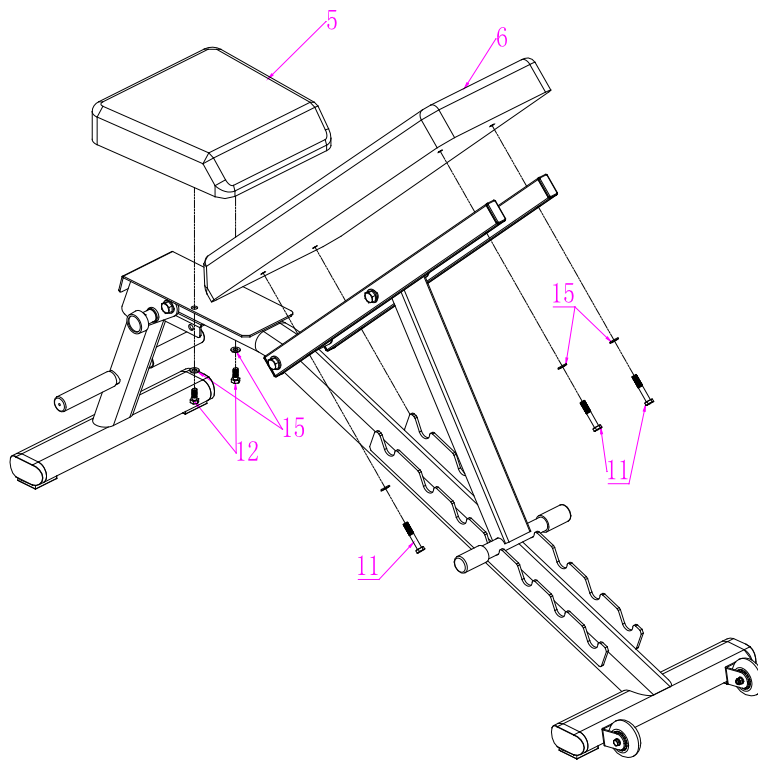
ASSEMBLY INSTRUCTIONS STEP 1





WEIGHT BENCH

ASSEMBLY INSTRUCTIONS STEP 2





WEIGHT BENCH

STRETCHING EXERCISES

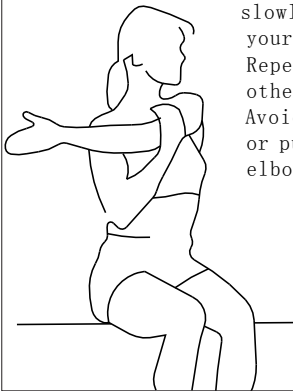
Essential Stretches

The warm-up is an important part of any workout. Should begin every session to prepare your body for more strenuous exercise by heating up and stretching to your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these stretches to reduce sore muscle problems. Perform each of the following stretches before and after your workout.

Lateral Pull

Deltoids:

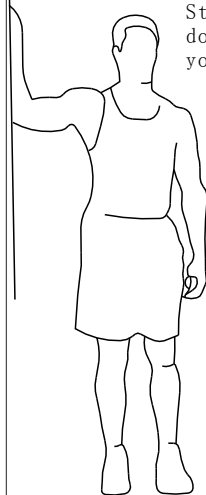
Cross one arm in front of your body at shoulder level and place your opposite hand behind and just above the elbow. Exhale, and slowly across your body. Repeat with other side. Avoid jerking or pulling your elbow too hard.



Doorway Stretch

Internal rotators:

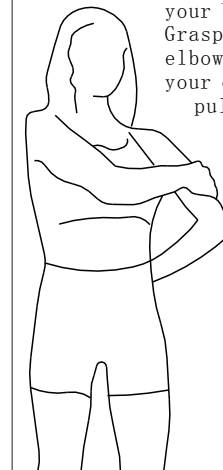
Stand in an open doorway and raise your arm so that your elbow is flexed at a 90 degree angle. Place that arm against the door frame, exhale and turn your trunk in the opposite direction. Repeat with opposite side.



Behind the Back

External rotators:

Place one hand behind your back, waist level. Grasp just above the elbow of that arm with your opposite hand and pull gently toward your midline. Exhale and relax into the stretch. Do both sides. Avoid pulling too hard or hunching the shoulders.



Upper Back Pull

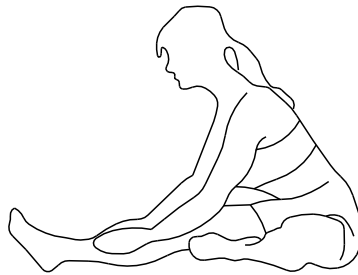
Rhomboids, trapezius and latissimus dorsi:
Stand with your feet together, about three feet away from a bar or railing that is positioned just above your waist. Grab the bar with an overhand grip, fully extend your arms, exhale and slowly bend from the waist, keeping your back arched, until



you feel a good stretch. Avoid allowing your back to round upward and hyper extending the knees.

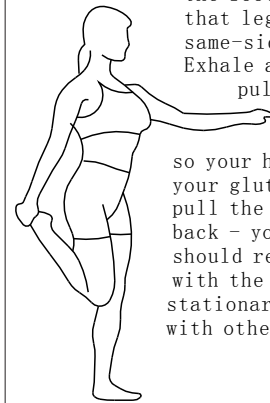
Seated Hamstring

Hamstrings:
Sit upright on the floor with both legs extended in front of you. Bend one leg and slide the heel of that leg toward the thigh of your straight leg. Allow a slight bend in your "straight" leg and, keeping your back straight and head in neutral alignment, exhale and bend at the hips. Repeat with other side.



Standing Quadriceps

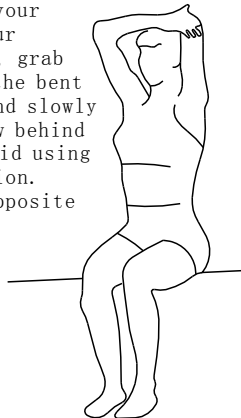
Quadriceps:
Stand upright with one hand placed against a wall for balance. Bend one leg backward and grab the foot or ankle of that leg with your same-side hand. Exhale and try to pull your foot backward



so your heel touches your glutes, but don't pull the quadriceps back - your thigh should remain even with the tight of your stationary leg. Repeat with other side.

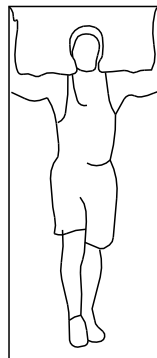
Overhead Triceps

Triceps brachii:
Raise one arm overhead and rest it against your car. Bend your elbow so that your hand drops behind your head. With your opposite hand, grab the elbow of the bent arm, exhale and slowly pull the elbow behind your head. Avoid using a jerking motion. Repeat with opposite side.



Doorway Pec Stretch

Pectorals:
Stand in an open doorway (or in an open corner of a room) and raise your arms to shoulder height, bending your elbows to form a 90 degree angle. Place your arms against a solid surface, exhale and lean forward. Repeat with opposite leg. Avoid holding your arms too high, leaning too quickly or too far forward or turning away.





WEIGHT BENCH

PARTS LIST

#ITEM	DESCRIPTION	Q'TY
1	FOLDING LEG	1
2	MAIN FRAME	1
3	BACKREST FRAME	2
4	BACKREST ADJUSTER	1
5	SEAT CUSHION	1
6	BACKREST CUSHION	1
7	LOCK KNOB	1
8	M12 X 180 HEX BOLT	1
9	M12 X 170 HEX BOLT	1
10	M12 X 120 HEX BOLT	1
11	M8 X 55 HEX BOLT	4
12	M8 X 20 HEX BOLT	2
13	M12 WASHER	6
14	M12 LOCK NUT	3
15	M8 WASHER	6