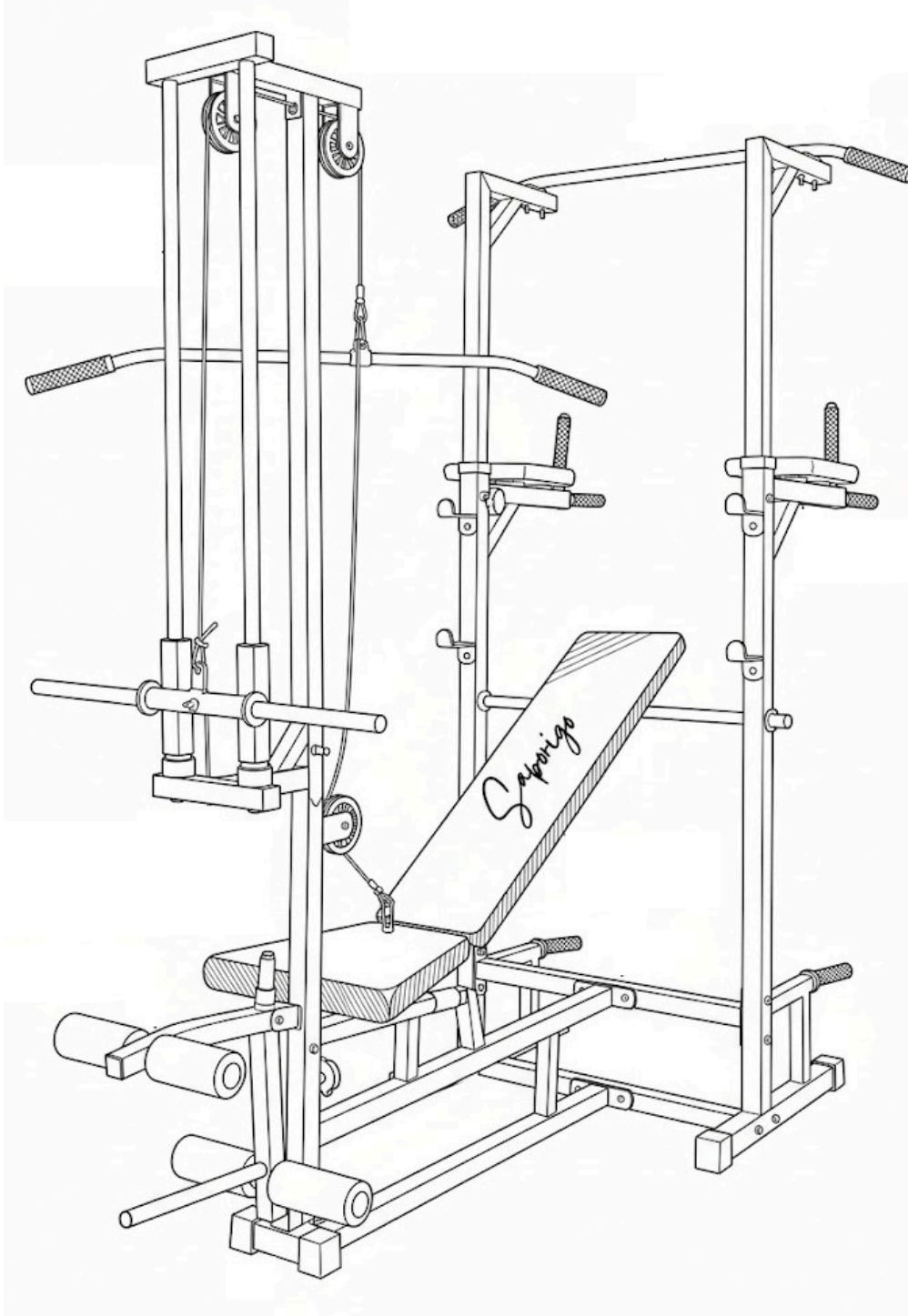


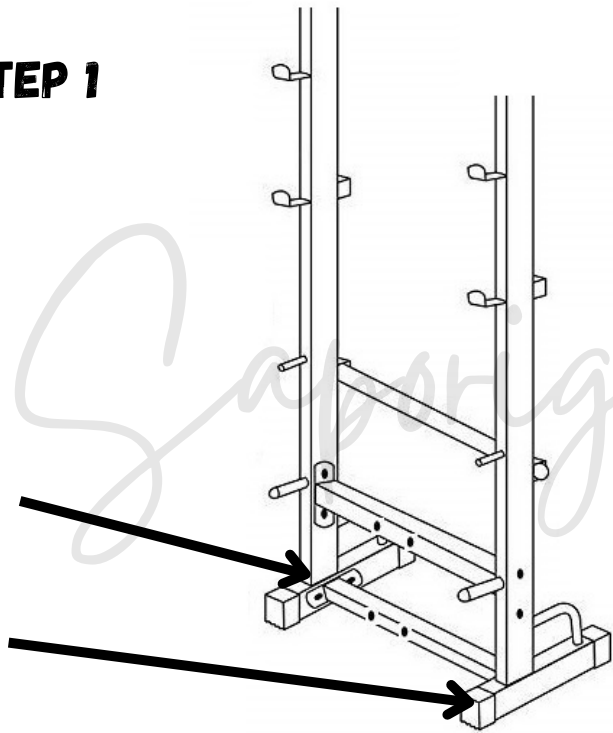
SAPORIGO BENCH ASSEMBLY GUIDE

ABS TOWER WITH 20 IN 1 BENCH



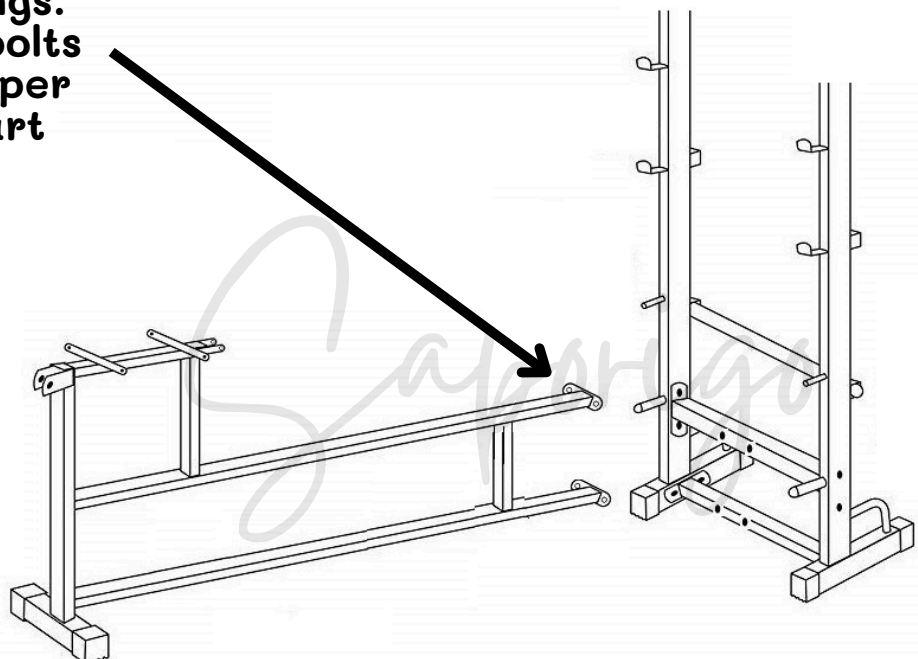
STEP 1

Take the two main upright pillars and connect them to the horizontal base using the corresponding joints. Match the part numbers and fix them using the bolts and nuts provided.



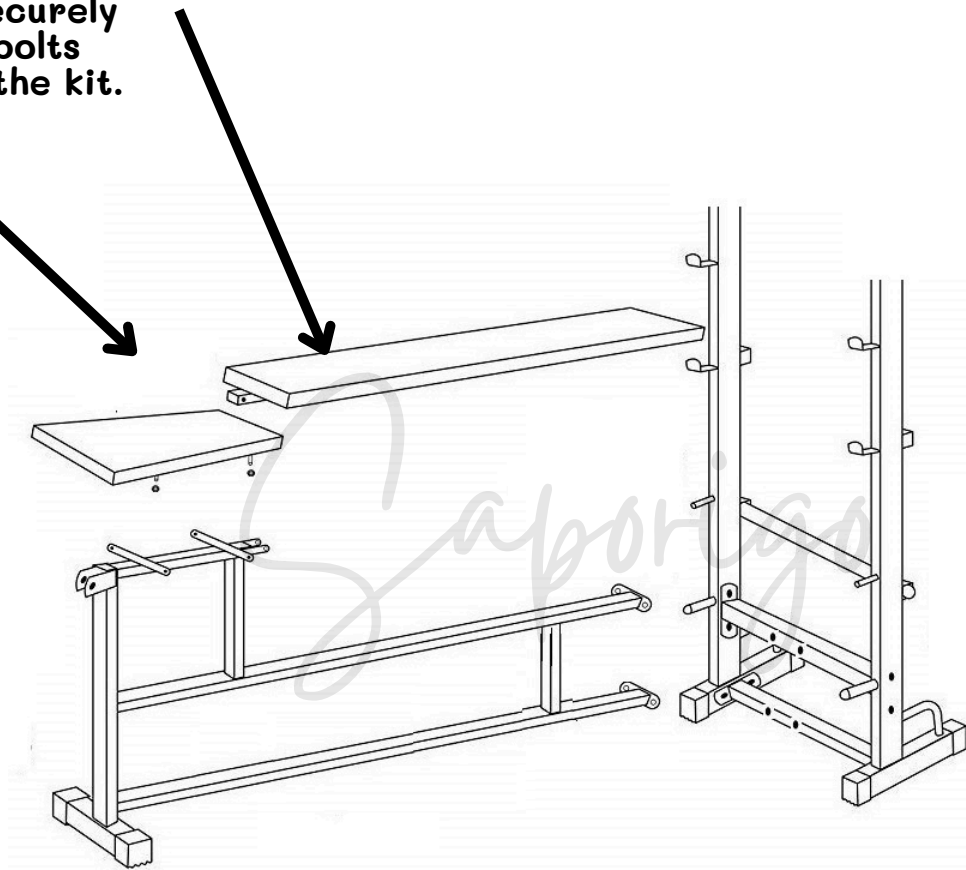
STEP 2

Now connect the support rods into the joint slots as per the numbered markings. Use the correct bolts at each point as per the matching part number.



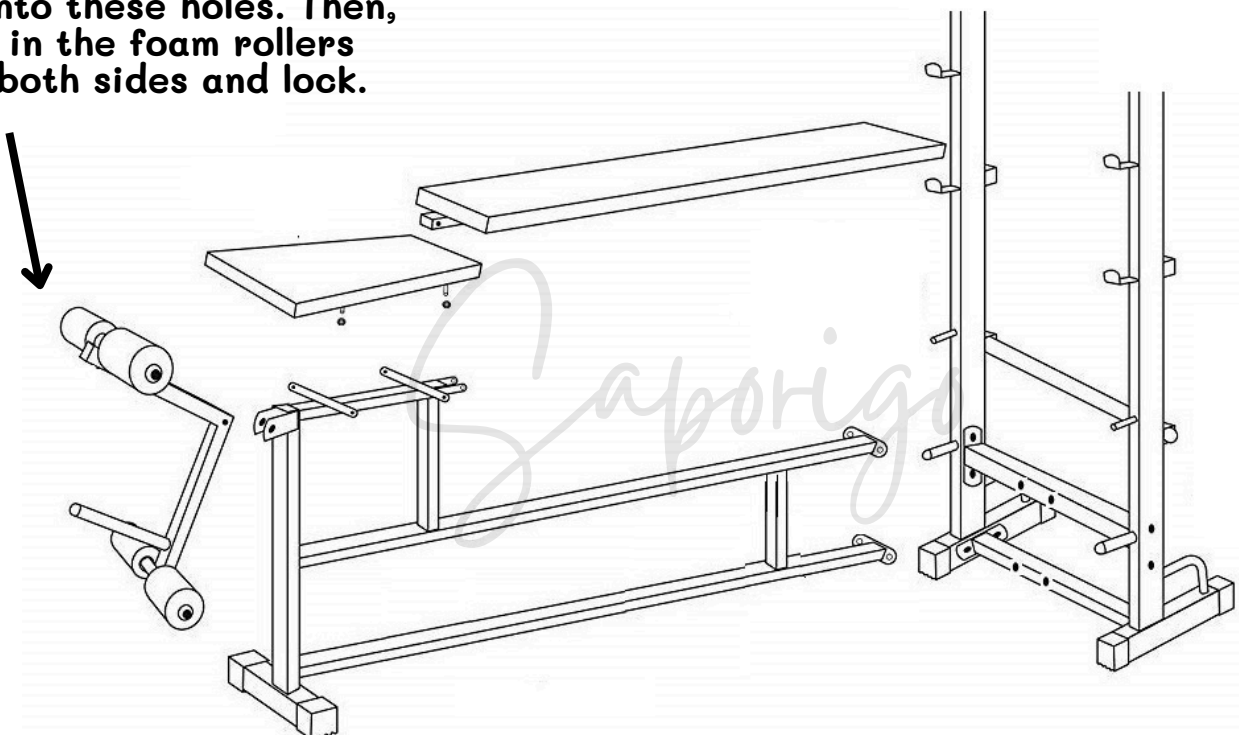
STEP 3

Place the seat board and align it on the bench structure. Tighten it securely using the bolts provided in the kit.

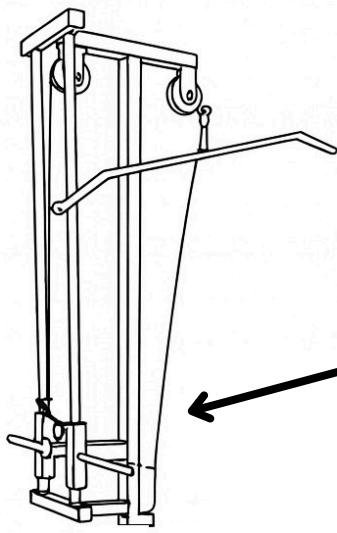


STEP 4

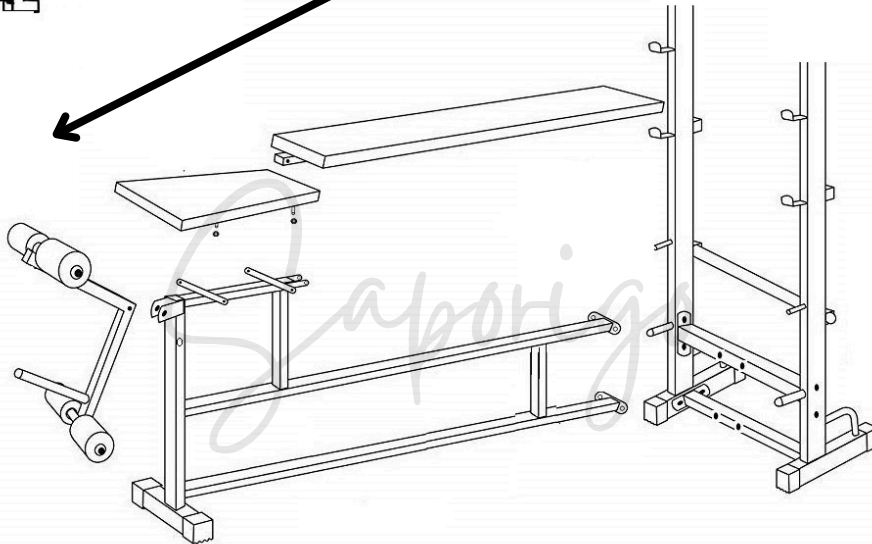
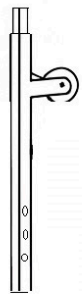
Take the L-shaped leg curl rod. Each side has a 1-inch hole. Insert the two small pipes into these holes. Then, slide in the foam rollers from both sides and lock.



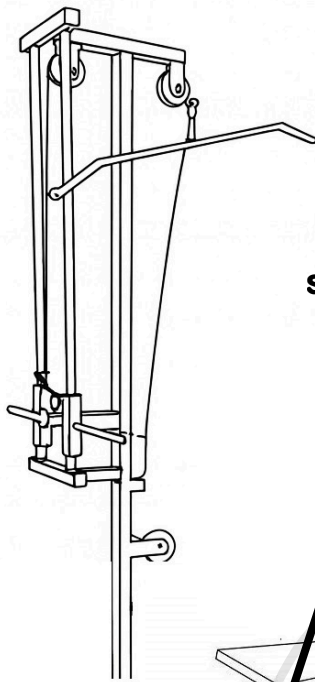
STEP 5



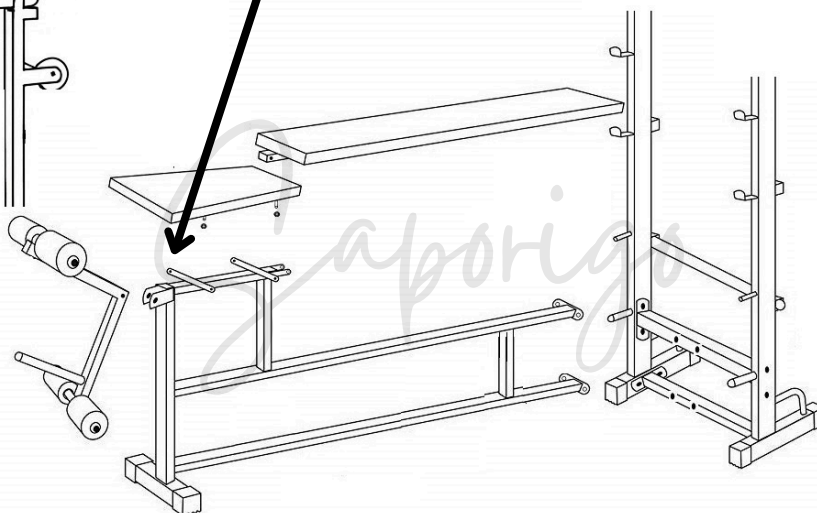
You will find two parts: the latpull rod and its tail extension. Insert the tail into the latpull frame and fix them together.



STEP 6

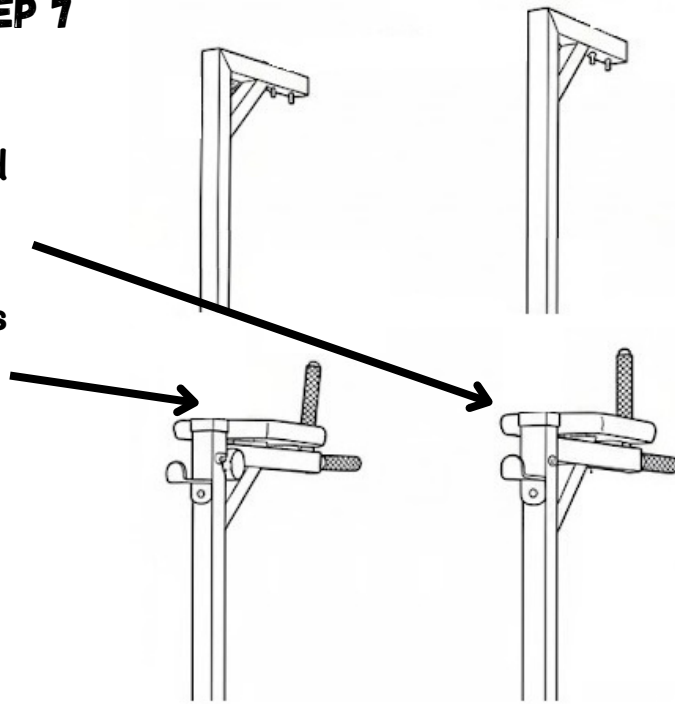


Finally, attach the assembled latpull system to the rear of the bench using the bolts provided.



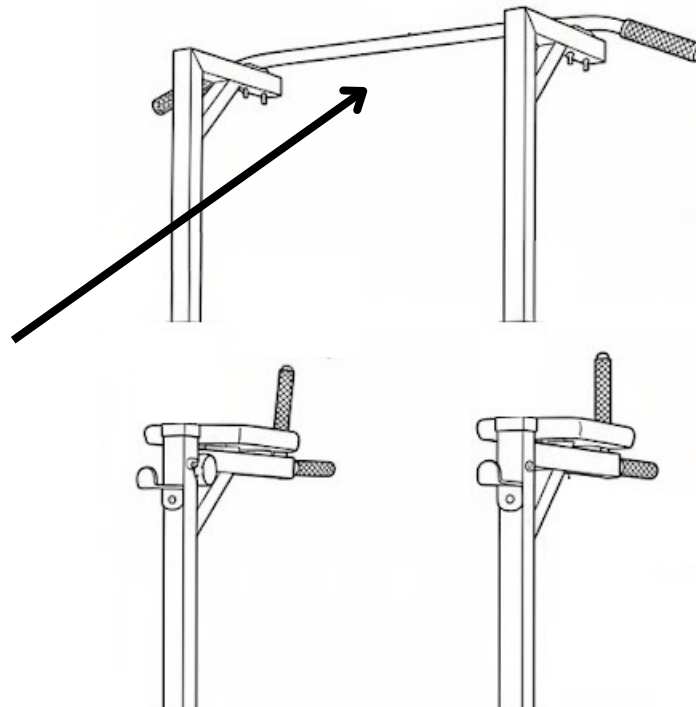
STEP 7

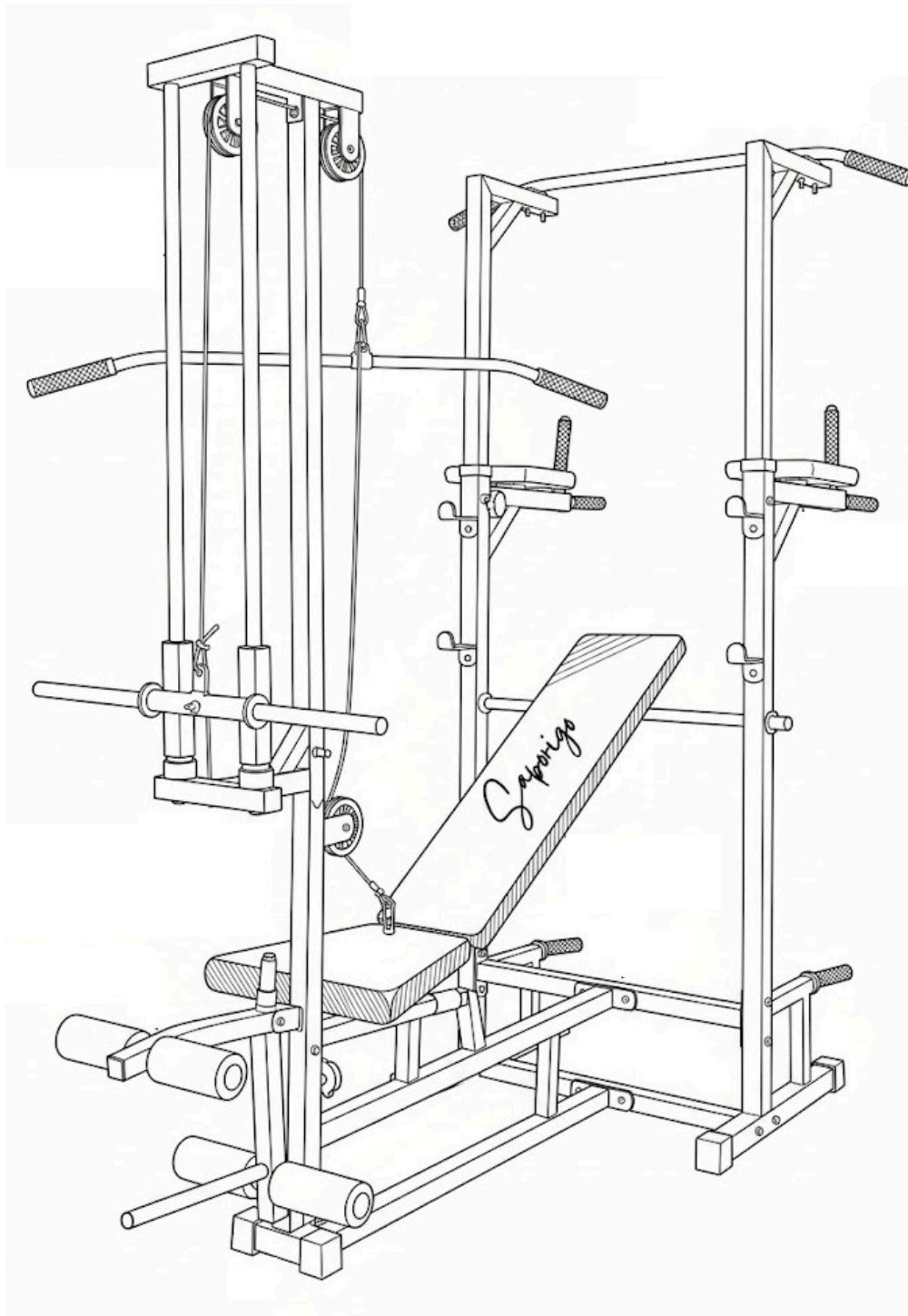
Insert the Big L-shaped supports into the vertical pillars respectively and securely attach the Abs Tower seats.



STEP 8

Place the Pull-up Bar over the L-shaped pillars that were fixed in Step 7 and bolt them firmly into place.





Congratulations! Your your ABS tower with 20 in 1 Gym Bench is now ready to use. Tighten all nuts and bolts fully and test stability before use.

CAUTION:

Please attach weights to the Leg Curl section or Lat Pull-down stack before performing pull-ups. This ensures maximum stability and prevents the bench from tipping over if the user's weight is high.