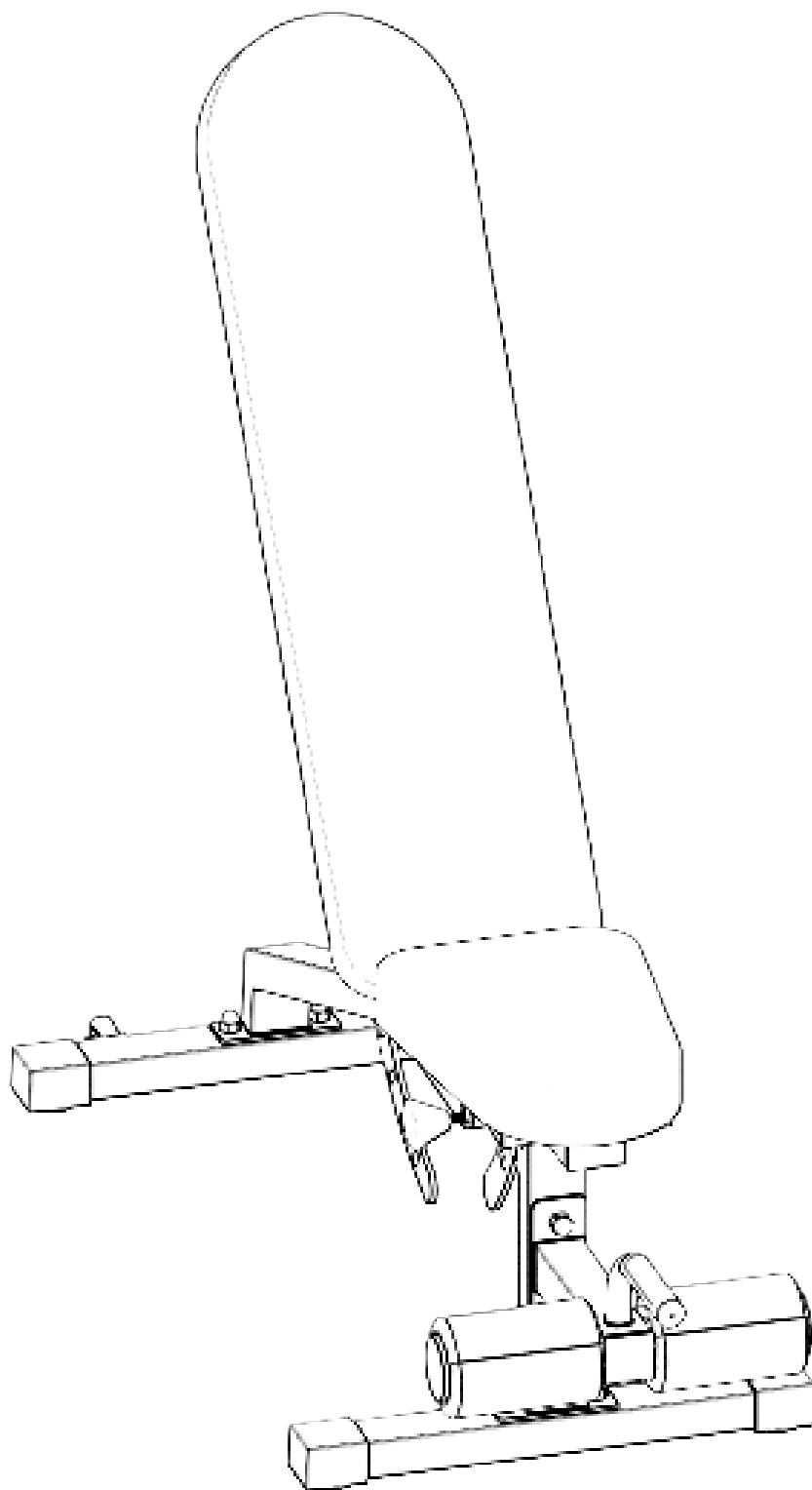


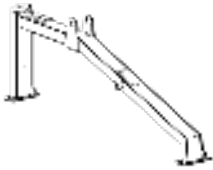
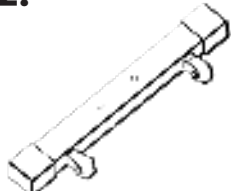
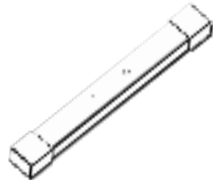
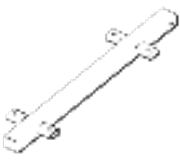
 **SYNERGEE<sup>®</sup>**

# **ADJUSTABLE INCLINE DECLINE BENCH**



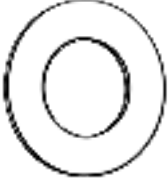
# PARTS LIST

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

|                                                                                                                                        |                                                                                                                                        |                                                                                                                                        |                                                                                                                                         |                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1.</b><br><br><b>94-02-01</b><br><b>QTY</b><br>x1  | <b>2.</b><br><br><b>94-02-02</b><br><b>QTY</b><br>x1  | <b>3.</b><br><br><b>94-02-03</b><br><b>QTY</b><br>x1  | <b>4.</b><br><br><b>94-02-04</b><br><b>QTY</b><br>x1 | <b>5.</b><br><br><b>94-02-05</b><br><b>QTY</b><br>x1  |
| <b>6.</b><br><br><b>94-02-06</b><br><b>QTY</b><br>x1  | <b>7.</b><br><br><b>94-02-07</b><br><b>QTY</b><br>x1  | <b>8.</b><br><br><b>94-02-08</b><br><b>QTY</b><br>x1  | <b>9.</b><br><br><b>94-02-09</b><br><b>QTY</b><br>x2 | <b>10.</b><br><br><b>94-02-10</b><br><b>QTY</b><br>x1 |
| <b>11.</b><br><br><b>94-02-11</b><br><b>QTY</b><br>x2 | <b>12.</b><br><br><b>94-02-12</b><br><b>QTY</b><br>x1 | <b>13.</b><br><br><b>94-02-13</b><br><b>QTY</b><br>x2 |                                                                                                                                         |                                                                                                                                          |

# PARTS LIST

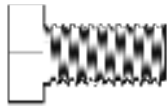
IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:  
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

|                                                                                                                                                           |                                                                                                                                                           |                                                                                                                                                                |                                                                                                                                                                   |                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>A.</b>  <b>QTY<br/>x4</b><br><br><b>M8x16 FULLY<br/>THREADED BOLT</b> | <b>B.</b>  <b>QTY<br/>x8</b><br><br><b>M8x35 FULLY<br/>THREADED BOLT</b> | <b>C.</b>  <b>QTY<br/>x6</b><br><br><b>M10x55 PARTIALLY<br/>THREADED BOLT</b> | <b>D.</b>  <b>QTY<br/>x1</b><br><br><b>M12x110 PARTIALLY<br/>THREADED BOLT</b> | <b>E.</b>  <b>QTY<br/>x12</b><br><br><b>M8 WASHER</b> |
| <b>F.</b>  <b>QTY<br/>x12</b><br><br><b>M10 WASHER</b>                   | <b>G.</b>  <b>QTY<br/>x2</b><br><br><b>M12 WASHER</b>                    | <b>H.</b>  <b>QTY<br/>x6</b><br><br><b>M10 CAP NUT</b>                        | <b>I.</b>  <b>QTY<br/>x1</b><br><br><b>M12 NUT</b>                             |                                                                                                                                          |



# HARDWARE SIZING CHART

**M8x16  
BOLT**



**M8x35  
BOLT**



**M10x55  
BOLT**



**M12x110  
BOLT**

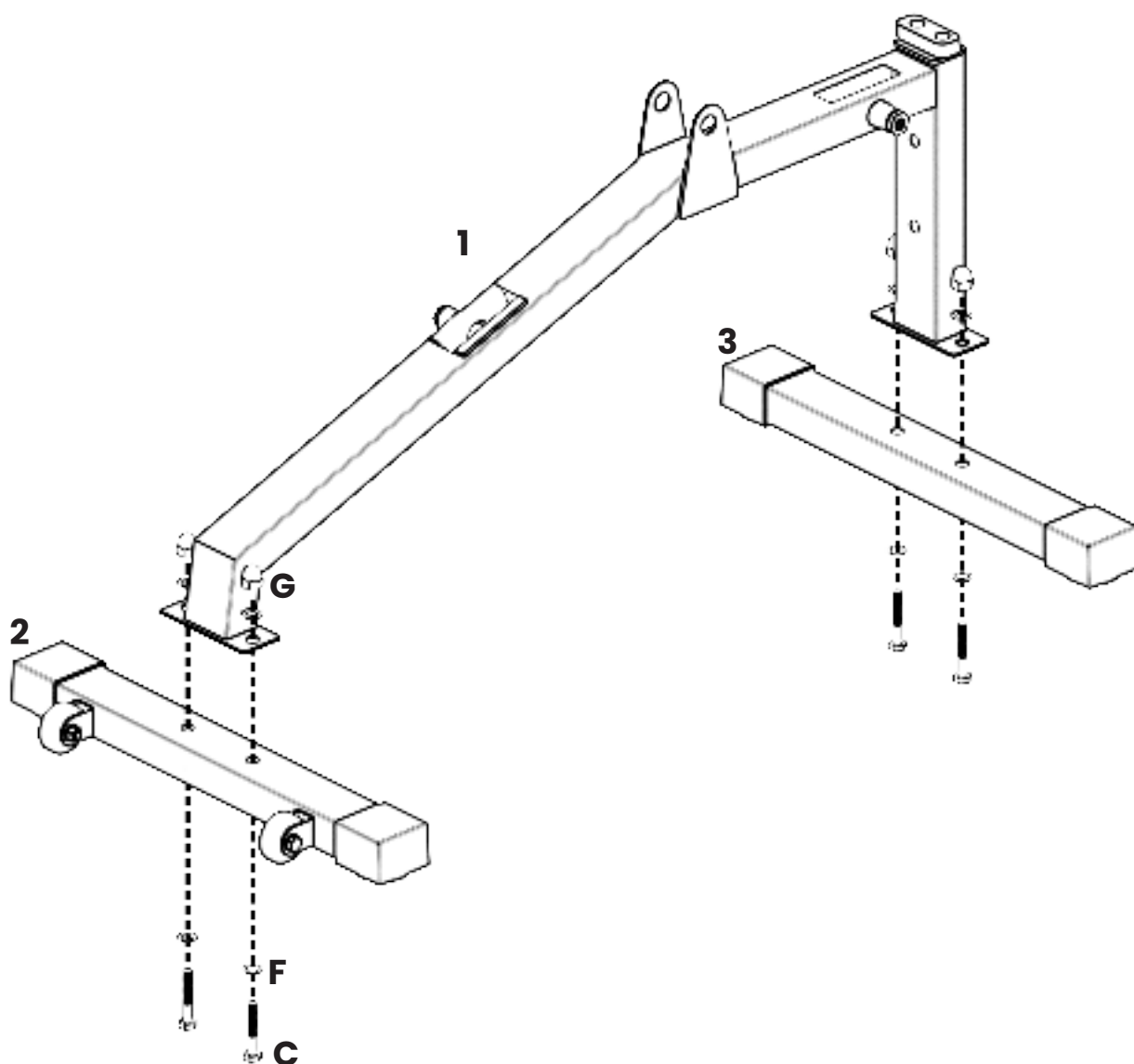


# ASSEMBLY

## STEP: 1

### STEP PART GUIDE

| #  | PART NAME                               | QTY |
|----|-----------------------------------------|-----|
| 1. | 94-02-01                                | 1   |
| 2. | 94-02-02                                | 1   |
| 3. | 94-02-03                                | 1   |
| C. | M10X55 STEEL SQUARE-NECK CARRIAGE BOLTS | 4   |
| F. | M10 WASHER                              | 8   |
| G. | M10 CAP NUT                             | 4   |

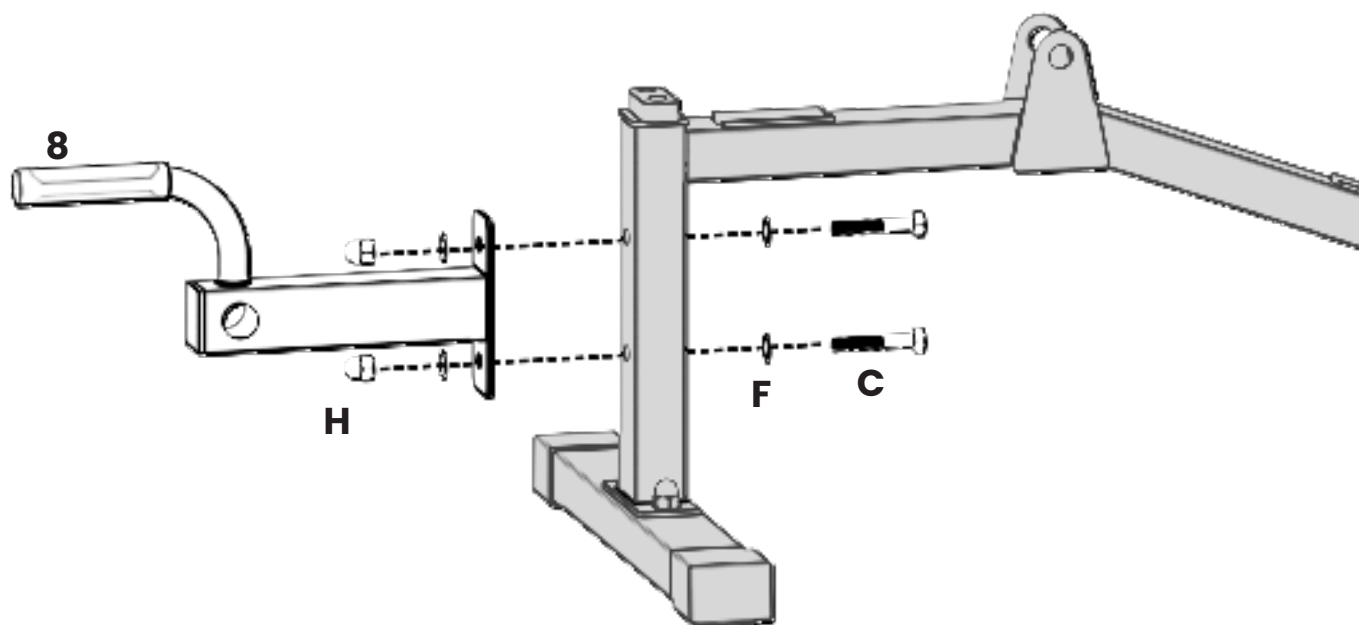


## ASSEMBLY

### STEP: 2

## STEP PART GUIDE

| #  | PART NAME                      | QTY |
|----|--------------------------------|-----|
| 8. | 94-02-08                       | 1   |
| C. | M10X55 PARTIALLY THREADED BOLT | 2   |
| F. | M10 WASHER                     | 4   |
| H. | M10 CAP NUT                    | 2   |

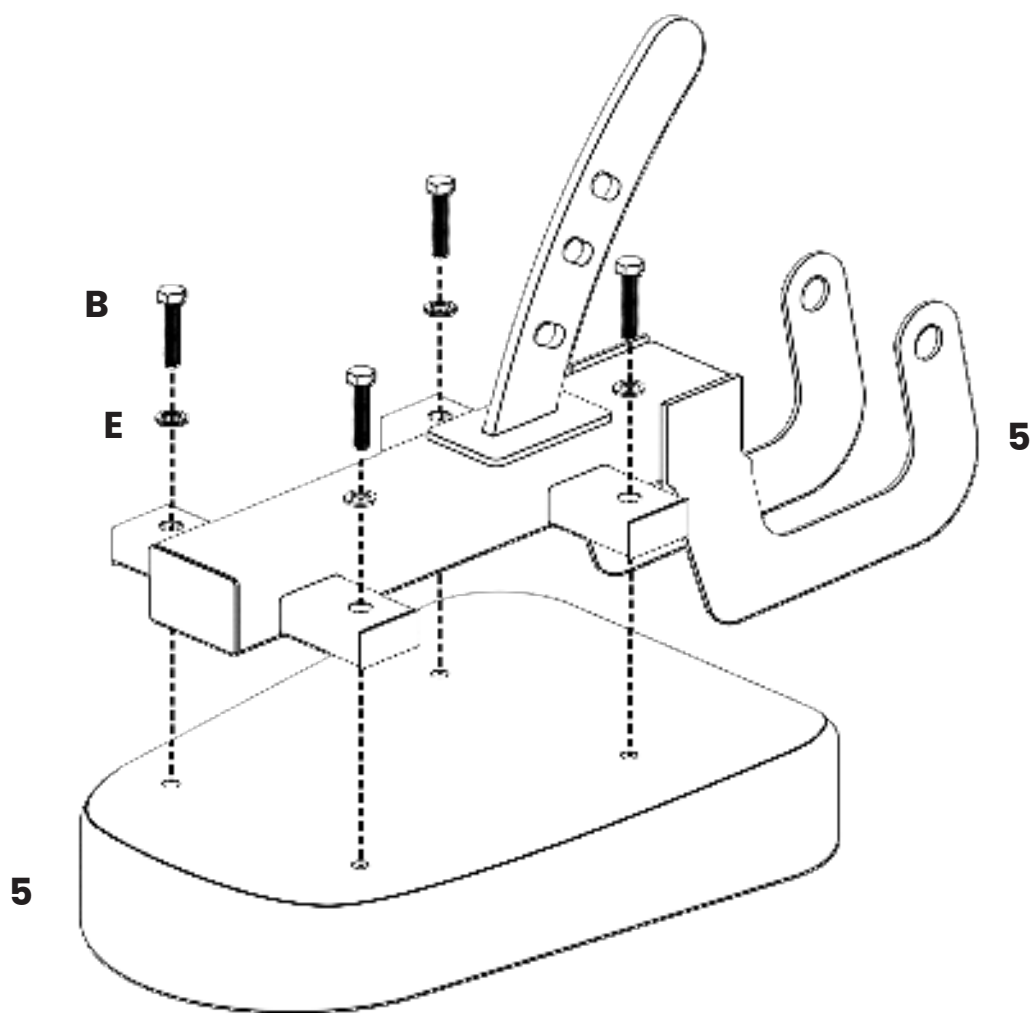


## ASSEMBLY

### STEP: 3

## STEP PART GUIDE

| #   | PART NAME                 | QTY |
|-----|---------------------------|-----|
| 7.  | 94-02-07                  | 1   |
| 10. | 94-02-10                  | 1   |
| B.  | M8x35 FULLY THREADED BOLT | 4   |
| E.  | M8 WASHER                 | 4   |

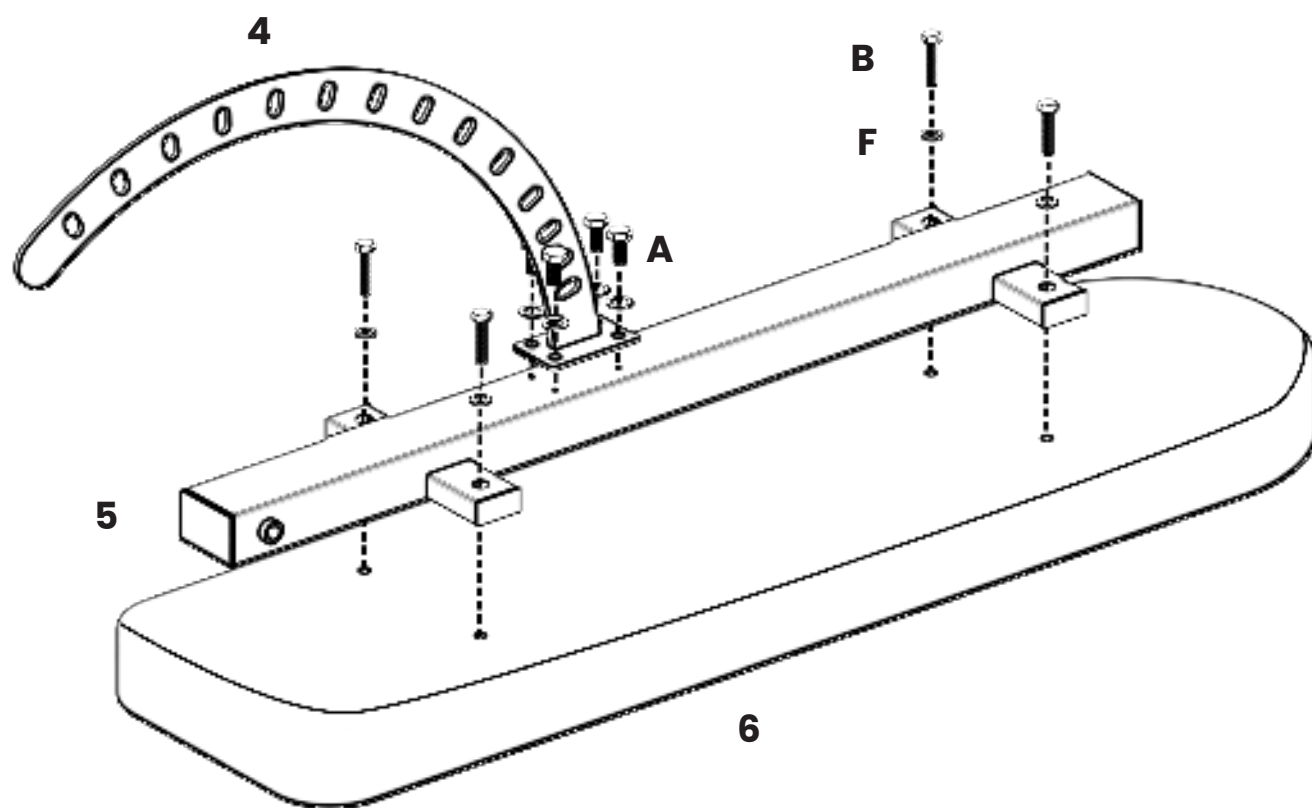


## ASSEMBLY

### STEP: 4

## STEP PART GUIDE

| #  | PART NAME                 | QTY |
|----|---------------------------|-----|
| 4. | 94-02-04                  | 1   |
| 5. | 94-02-05                  | 1   |
| 6. | 94-02-06                  | 1   |
| A. | M8x16 FULLY THREADED BOLT | 4   |
| B. | M8x35 FULLY THREADED BOLT | 4   |
| F. | M10 WASHER                | 8   |

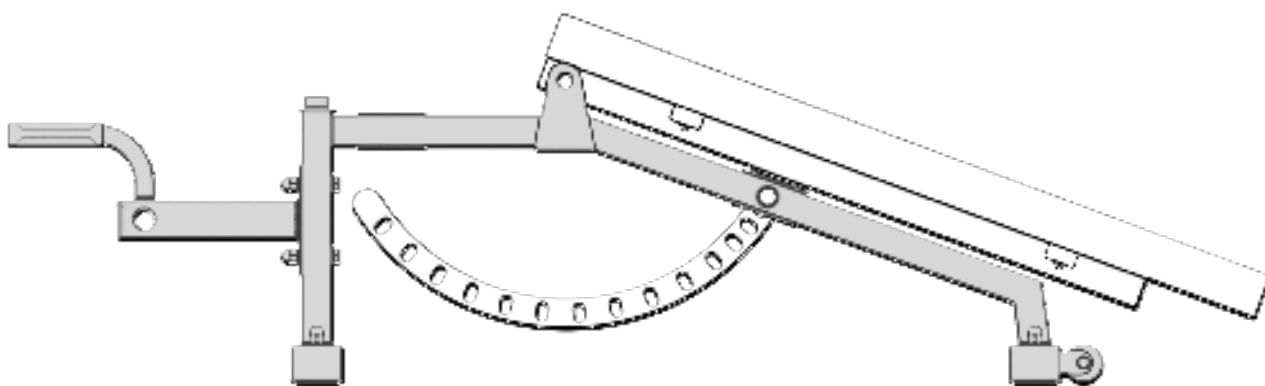
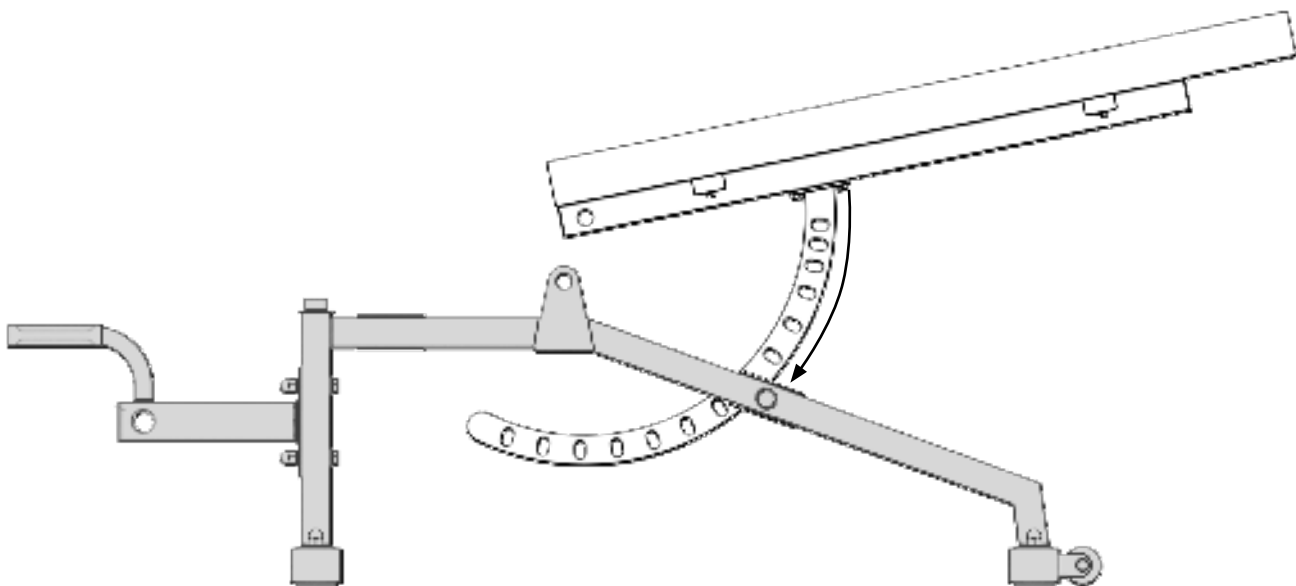


## ASSEMBLY

### STEP: 5-A

## STEP PART GUIDE

| # | PART NAME            | QTY |
|---|----------------------|-----|
| - | ASSEMBLY FROM STEP 4 | -   |

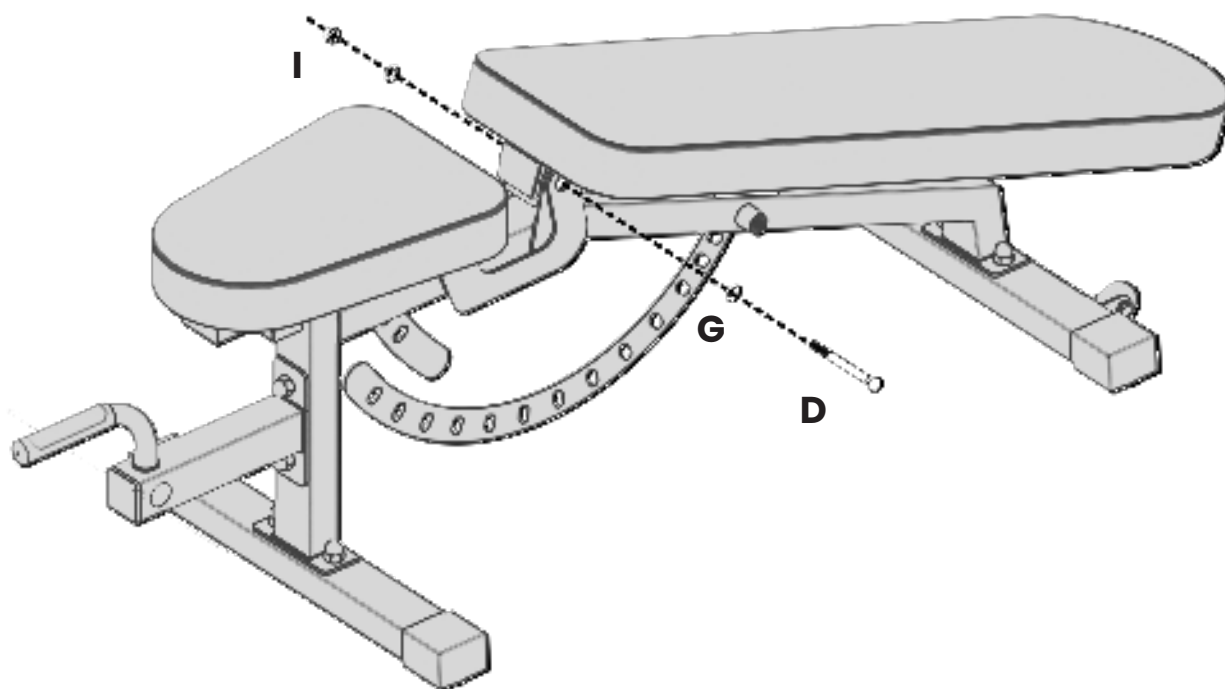
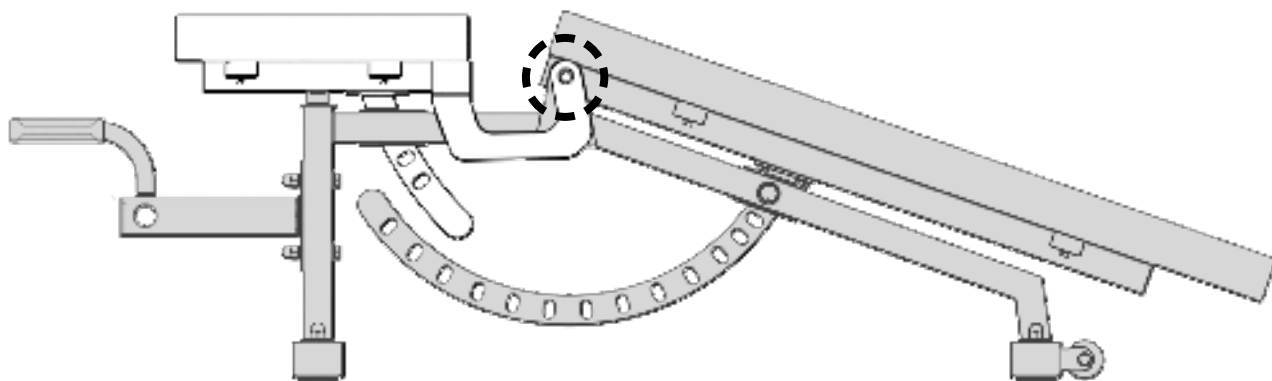


## ASSEMBLY

### STEP: 5-B

## STEP PART GUIDE

| #  | PART NAME                       | QTY |
|----|---------------------------------|-----|
| -  | ASSEMBLY FROM STEP 3            | -   |
| D. | M12x110 PARTIALLY THREADED BOLT | 1   |
| G. | M12 WASHER                      | 2   |
| I. | M12 NUT                         | 1   |

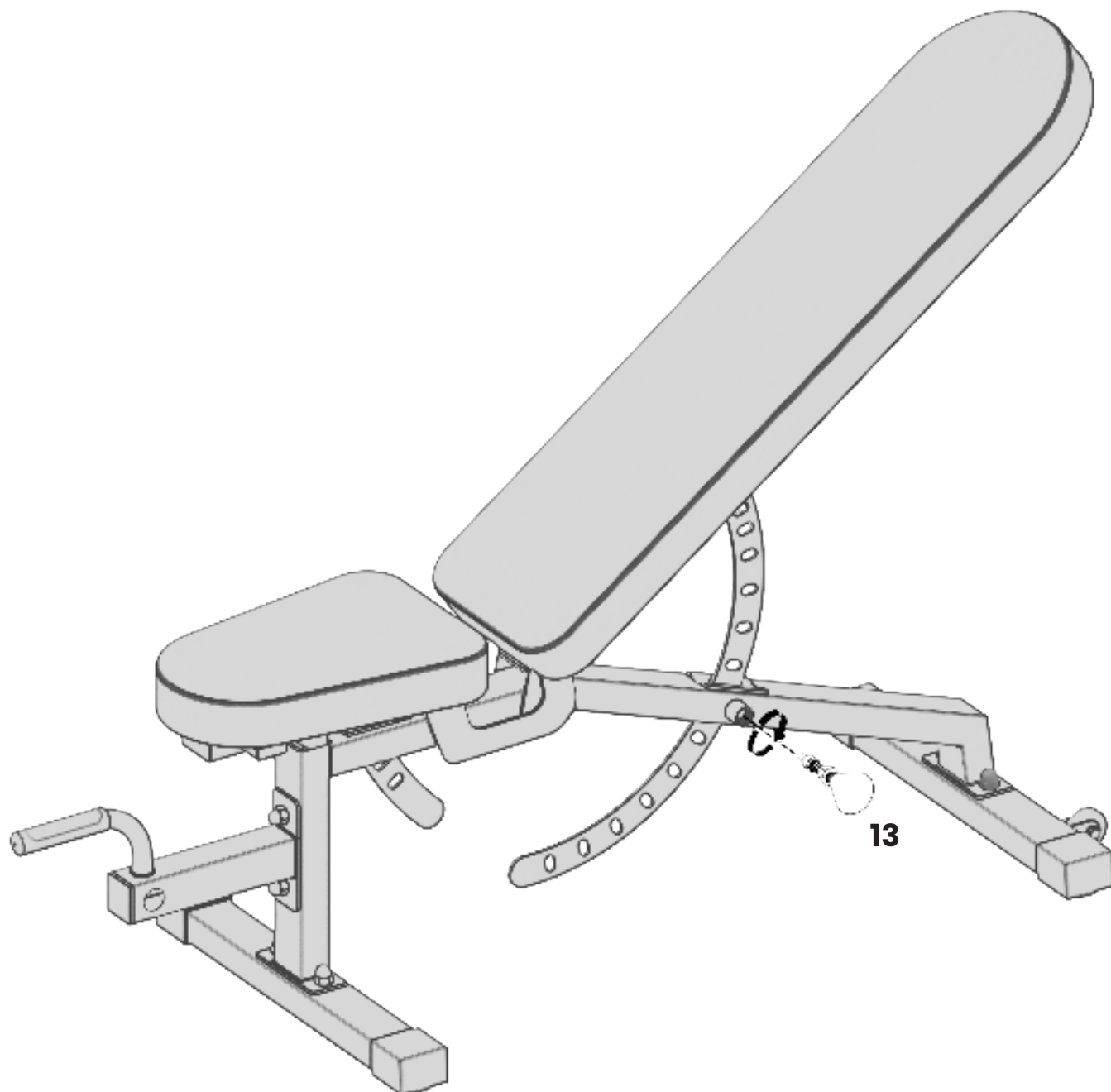


## ASSEMBLY

### STEP: 6-A

## STEP PART GUIDE

| #   | PART NAME | QTY |
|-----|-----------|-----|
| 13. | 94-02-13  | 1   |

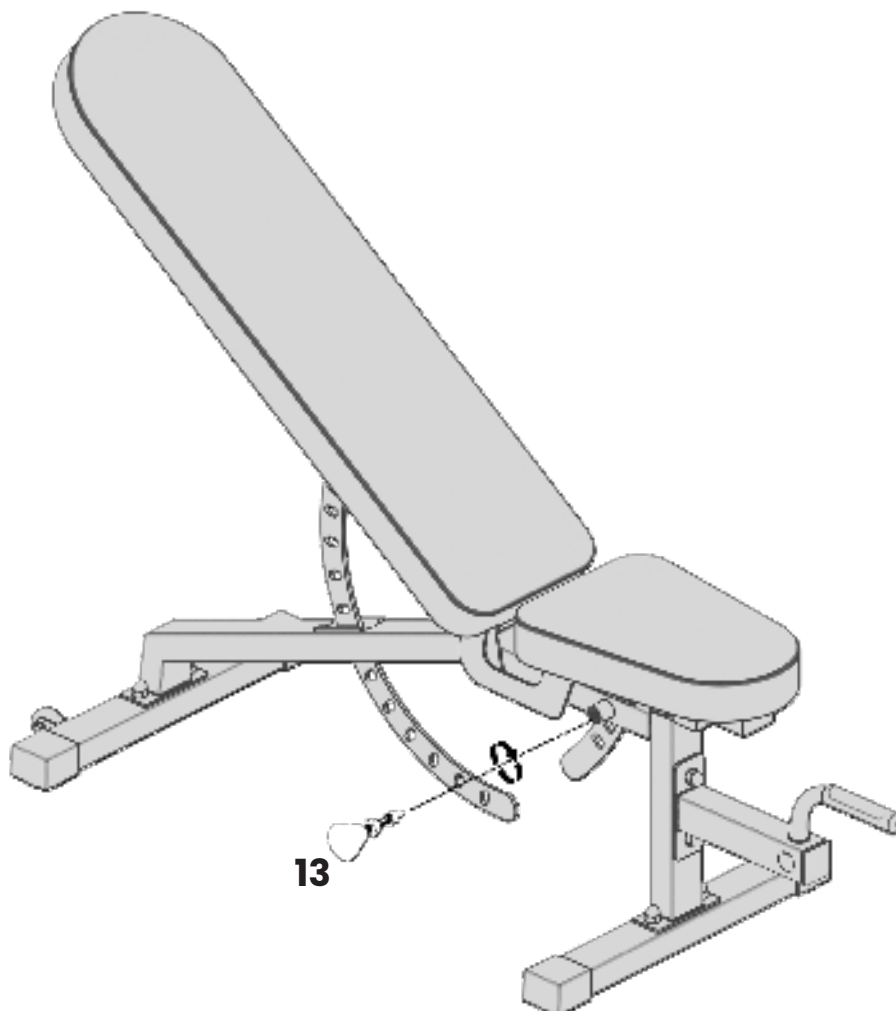


## ASSEMBLY

### STEP: 6-B

## STEP PART GUIDE

| #   | PART NAME | QTY |
|-----|-----------|-----|
| 13. | 94-02-13  | 1   |



# ASSEMBLY

## STEP: 7

### STEP PART GUIDE

| #   | PART NAME | QTY |
|-----|-----------|-----|
| 9.  | 94-02-09  | 2   |
| 11. | 94-02-11  | 2   |
| 12. | 94-02-12  | 1   |

