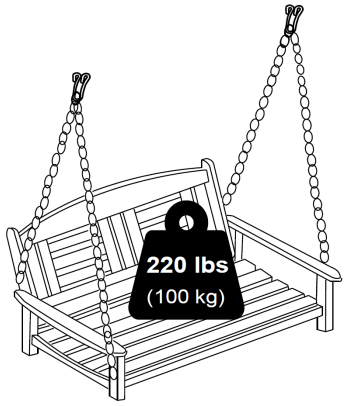
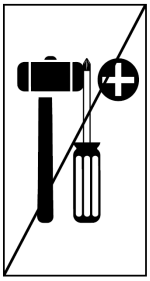
MODEL: FG16409SC




00:30


x 1

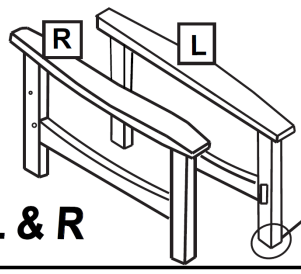


⚠ Do not fully tighten screws until completely assembled.

ES: No apriete completamente los tornillos hasta que esté completamente ensamblado.
DE: Ziehen Sie die Schrauben nicht vollständig fest, bis alles komplett montiert ist.
FR: Ne serrez pas complètement les vis avant d'avoir terminé l'assemblage complet.
IT: Non serrare completamente le viti fino a quando non è completamente assemblato.
JP: 完全に組み立てるまでネジを完全に締め付けないでください。

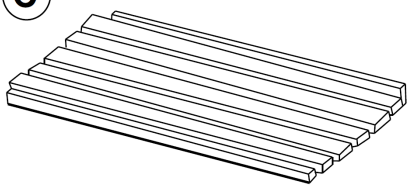
PART 1 : Swing Bench Assembly

A



x 2

C



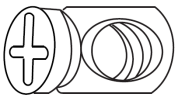
x 1

2 M6 X 40MM



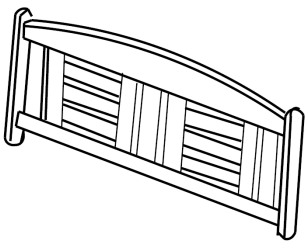
x 4

3



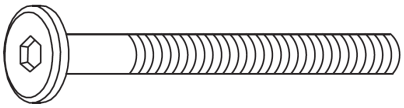
x 4

B



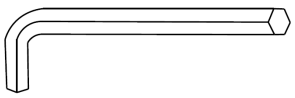
x 1

1 M6 X 60MM



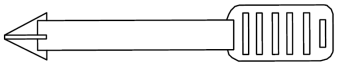
x 4

4



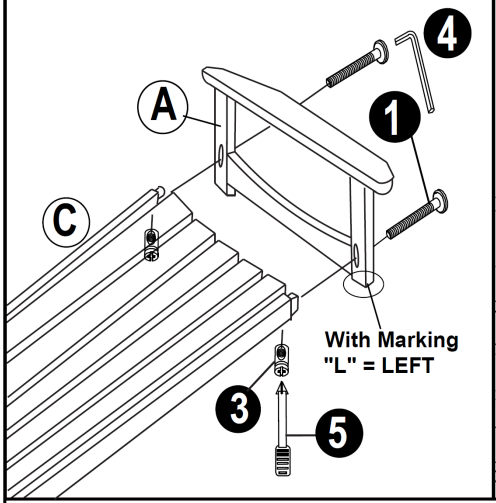
x 1

5

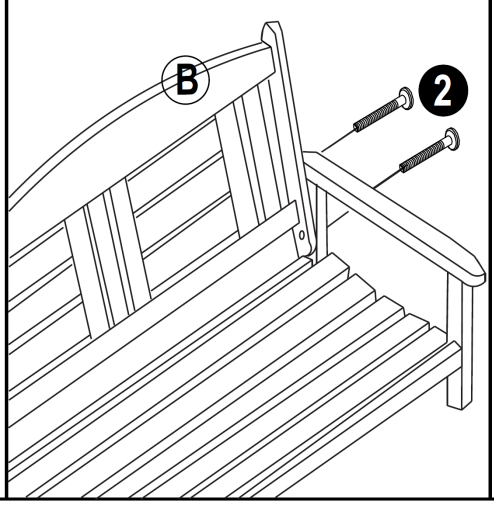


x 1

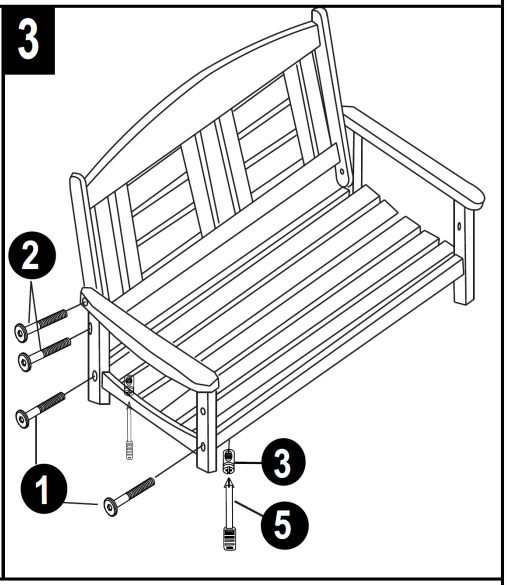
1



2



3



PART 2 : Swing Chain Assembly

HARDWARE		
6	Hex Head M12 x 60	- 2 pcs
7	Hex Nut M12	- 2 pcs
8	U Hook	- 2 pcs
9a	Short Chain	- 2 pcs
9b	Long Chain	- 2 pcs
10	Hex Nut M8	- 4 pcs

HARDWARE		
11	Allen Key M5	- 1 pc
12	M19 Spanner	- 1 pc
13	M13 Spanner	- 1 pc
14	Nylon Washer	- 4 pcs
15	JCBB M8x50mm	- 4 pcs
16	Flat Washer (M8x22x12)	- 8 pcs

4

