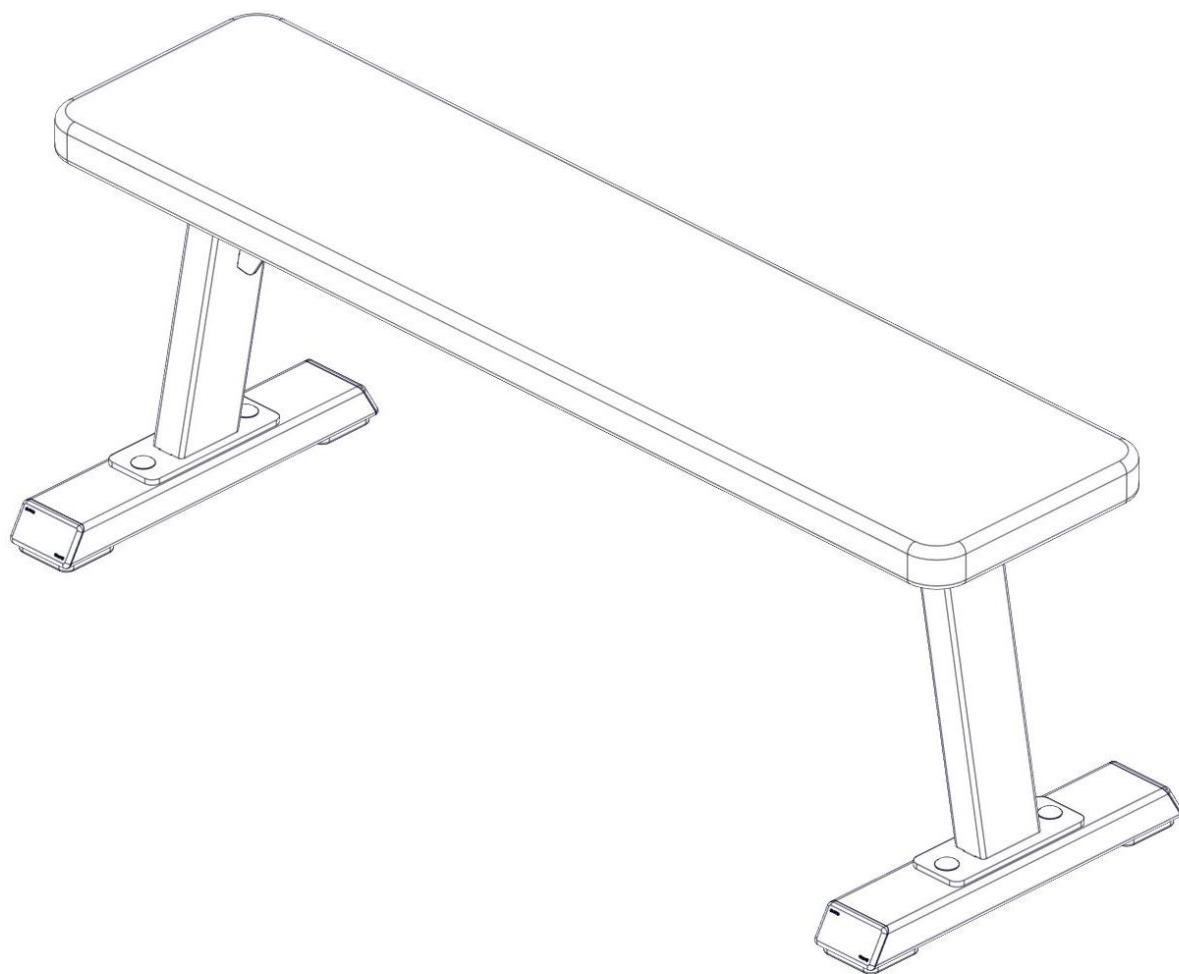


Art.no. 3002511

Eleiko XF80 Flat Bench

RAISE THE BAR



ELEIKO

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Read Before Installation and Use

Caution

The equipment is intended for indoor use only.

Safety Instructions

It is the responsibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment. It is also the responsibility of the purchaser of ELEIKO products to assess the suitability of the floor, and to choose appropriate fasteners depending on floor type when using ELEIKO products that needs to be bolted to the ground.

1. All included warnings (labels) and instructions **MUST** be read before the use of any ELEIKO-equipment. Use each equipment as it is intended for.
2. A user **MUST** get a medical examination and proper instructions before the use of any ELEIKO-equipment.
3. **DO NOT** let anyone, under any circumstances, use equipment that appears to be damaged. Do not try to repair any equipment before consulting an ELEIKO technician.
4. **DO NOT** replace the components of ELEIKO-equipment with other none ELEIKO equipment (magnetic safety pin, frames, bars), do not improvise. If there are any doubts consult an ELEIKO representative prior to any intervention.
5. **DO NOT** overload the equipment and **DO NOT** try to exceed personal strength Levels.
6. Children under the age of 14 must be supervised by an adult.
7. **DO NOT** remove any safety labels from the ELEIKO-equipment. ELEIKO is not responsible if a label is removed. Replace damaged labels immediately.
8. Eleiko package for products can be made of wood, be aware of splinters, **MUST** use gloves and proper work wear.
9. Eleiko package material could be a risk when handling, be aware of crushing, **MUST** use work wear including gloves and hard shoes.
10. Eleiko products and packing material is heavy, **MUST** use proper lifting technique, work wear and hard shoes.

Preventive Maintenance & Inspections

NOTE: The safety level of the equipment can only be maintained if it is examined regularly for damage and wear.

Maintenance

Daily

- Cleaning of upholstery.

Regularly

- Clean the surfaces on frames and tubes from dust and dirt.
- Check that all bolts between parts, walls, floors are properly tightened, according to recommendations.
- Check equipment for sharp edges and replace if necessary.
- Check tubes and welds for cracks or other defects, replace if necessary.

Cleaning and Care

- Apply a mild soap detergent to a lint free cloth, then wipe down product surface.
- While it is safe to use an alcohol-based neutral pH7 solution on surface-treated steel elements of the benches and racks, take care to avoid pads and cushions.
- We recommend alcohol-free, bleach-free, and o-phenylphenol (OPP) ammonia-free wipes.

Spare Parts and Service

Contact Eleiko for spare parts and service:

Eleiko Group AB | Klastorpsvägen 18 | SE-302 62 HALMSTAD | Sweden

E-mail: info@eleiko.com | Phone: +46 35 17 70 70 | www.eleiko.com

Warranty

All products manufactured by ELEIKO are warranted to the original purchaser to be free from defects in workmanship and / or materials under normal use or service as follows:

- 10 years on structural frame welds (NOT on moving parts).
- 1 year on wear and tear parts.
- 6 months on skai-leather upholstery

Normal wear and tear do not fall under the warranty.

Warning Labels

Precautions



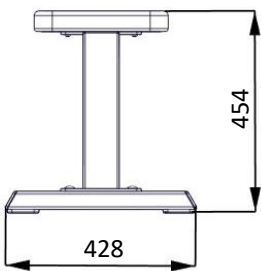
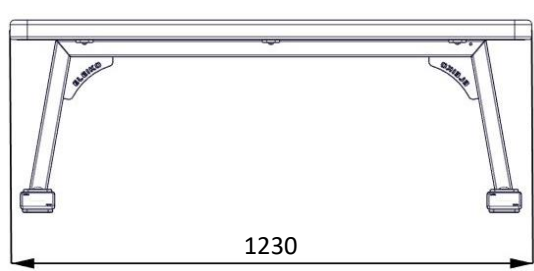
Product Info

Purpose

Flat bench with a small footprint that can be used for a variety of free weight training exercises.

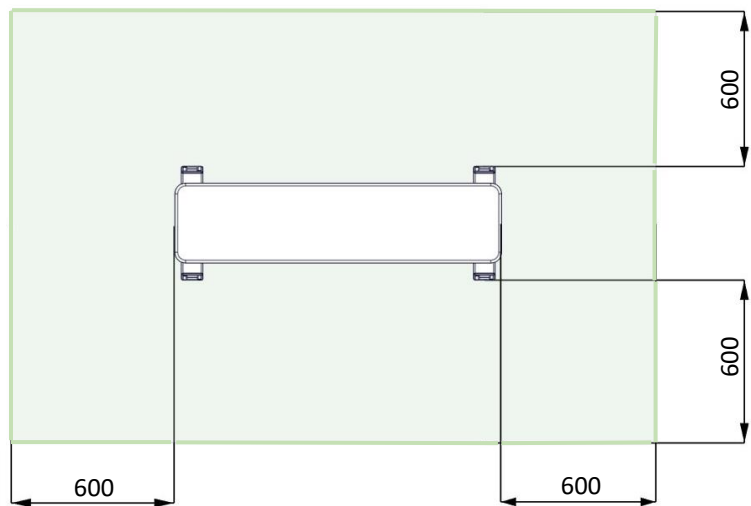
Description

	3002511	
Max user weight	kg	150
	lbs	330
Max training weight	kg	350
	lbs	771
Product weight	kg	19,5
	lbs	43
Dimensions (L x W x H)	mm	1230x428x454
	inch	48,4x16,8x17,8



Safety Area

This safety area exists to avoid personal injury when using the equipment and need to follow the measurements set below.



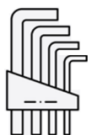
User Guide

Required Tools

You need the following tools to assemble the equipment.



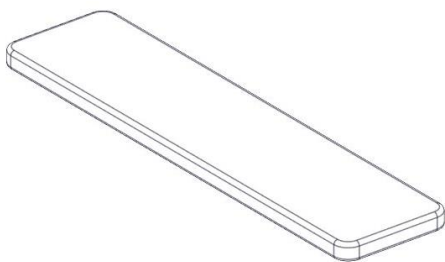
Socket Wrench
Size: 17



Hex Key-kit
Size: 6

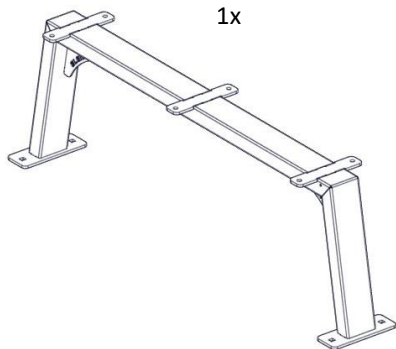
List of Components

1x



3002511 p9

1x



3002511 a1

2x



3002511 a2

6x



K5S M8 x 25

4x



Carriage Bolt M10x30
2001436-L30

4x

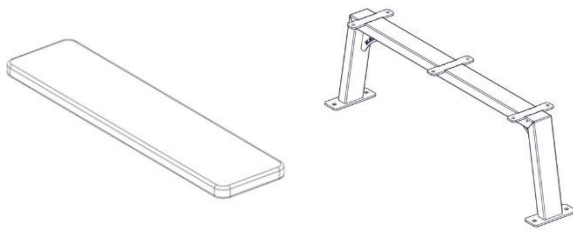


Washer M10
2000719

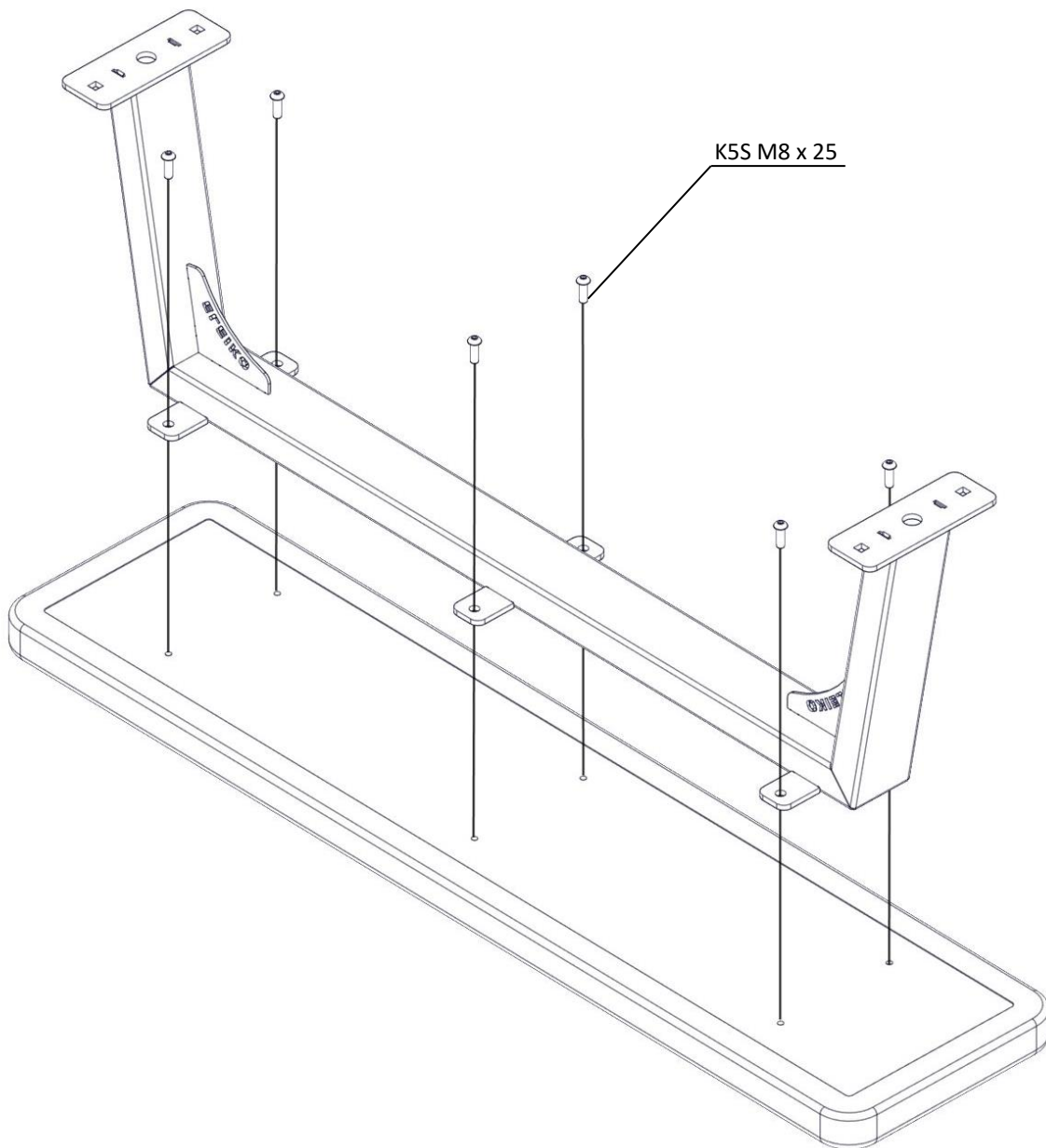
4x



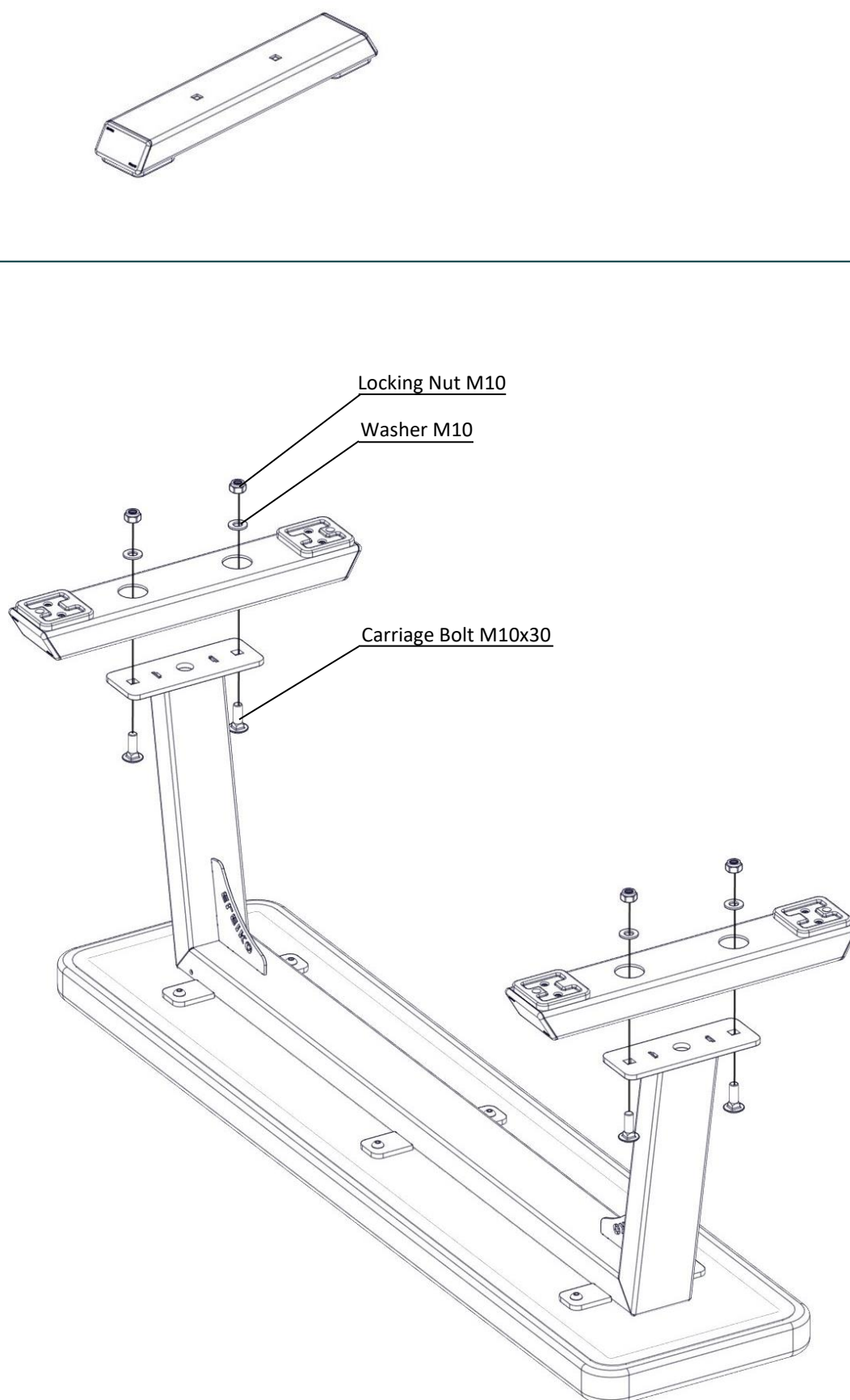
Locking Nut M10
2000718

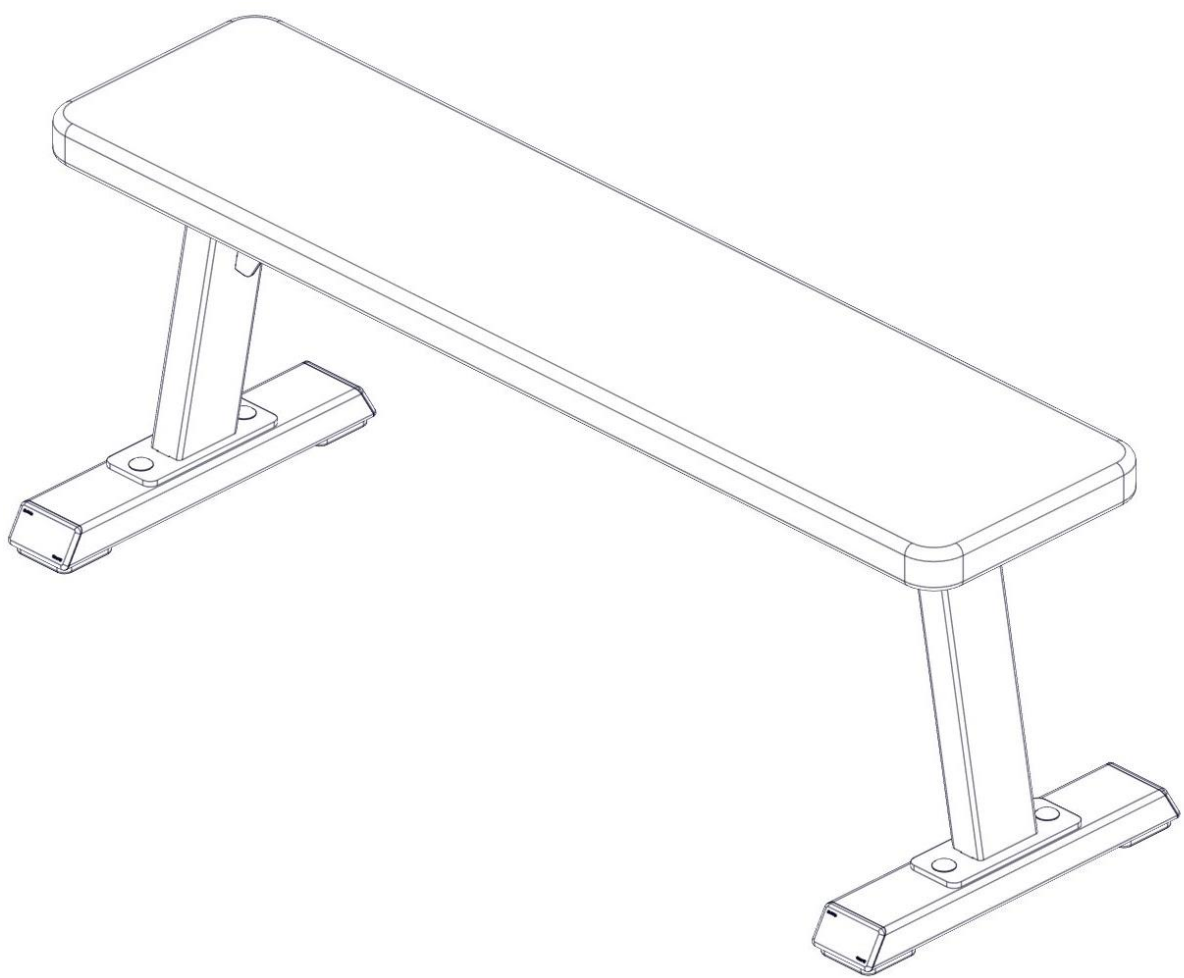


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