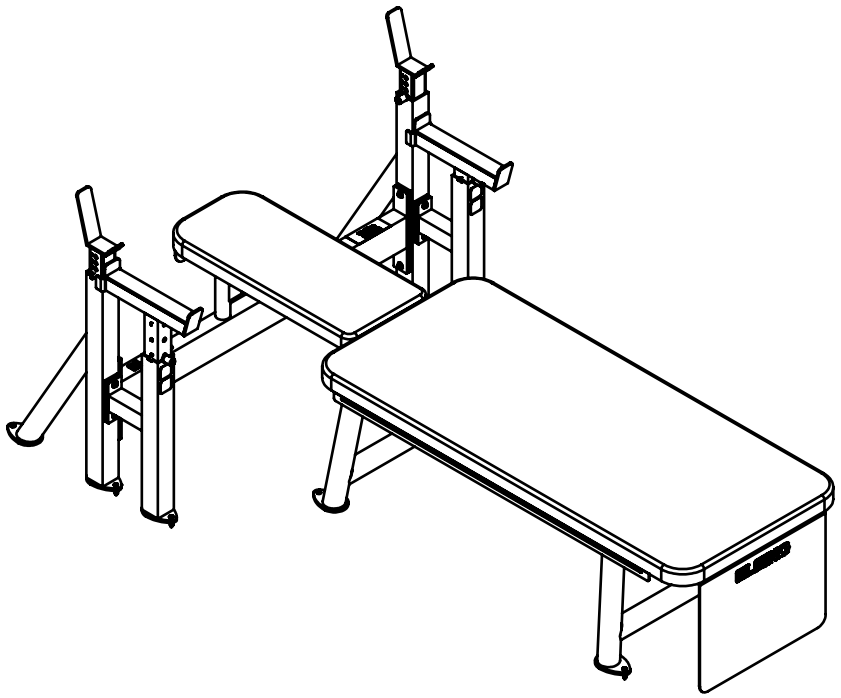
Eleiko WPPO Powerlifting Bench

Art.nr 3085532



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READ BEFORE INSTALLATION AND USE

CAUTION

The equipment must be installed and used in a place whose access and supervision are specifically controlled by the owner.

Be sure to install the equipment on a stable base and properly level the equipment. ELEIKO recommends that all equipment is secured to floor and installed by a licensed contractor or an ELEIKO-installer.

SAFETY INSTRUCTIONS

It is the responibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment.

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 cuircumstances, 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.

PREVENTITIVE MAINTENANCE & INSPECTIONS

DAILY:
Cleaning of upholstery. The user of the product should not use silicone or any aggressive chemical to clean the bench, just water and some mild detergent.
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, replace parts with sharp edges.

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:
2 years
90 days on upholstery
Normal wear and tear does not fall under the warranty of two years.

ADDITIONAL INFORMATION

This equipment is for indoor use only.

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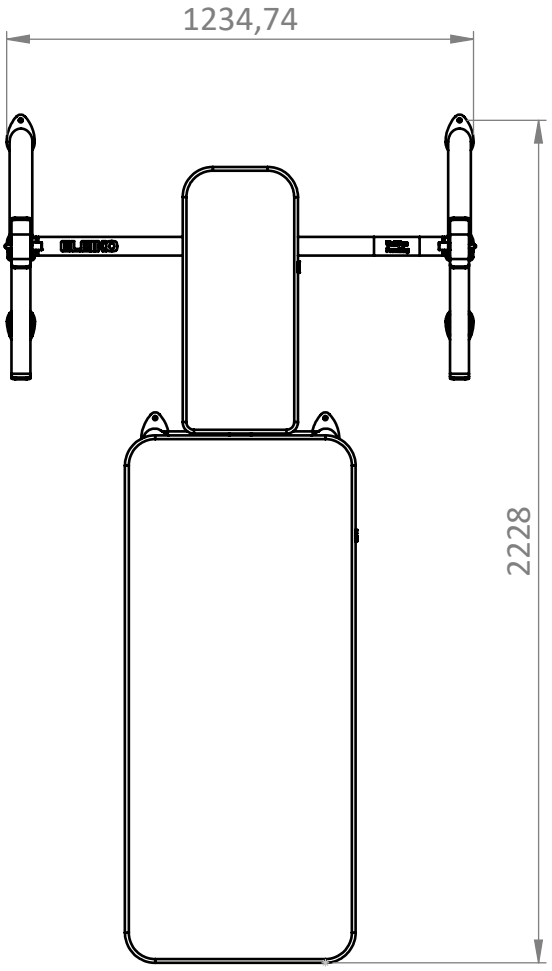
PRODUCT SPECIFICATIONS

This product is used for WPPO powerlifting Bench press, competition and training.

Product weight	74 kg / 163 lbs
Max user weight	180 kg / 397 lbs
Max training weight	350 kg / 772 lbs
Dimensions (L x W x H)	2228x1246x1095 mm 98"x49"x43"

FOOTPRINT AREA



Add sufficient clearance, not less than 0,6 m, on all sides. Taking into account the accessibility to remove and replace bar and weights.

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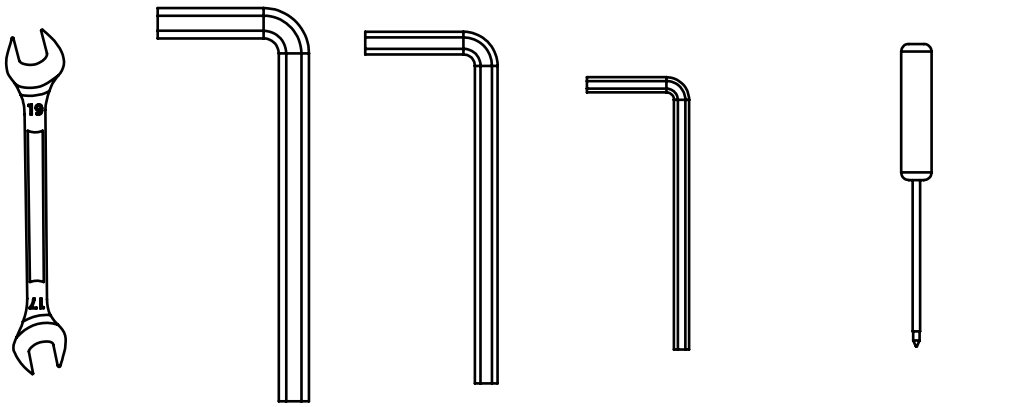
REQUIRED TOOLS



Wrench 17 mm | Hex key 8 mm | Hex key 6 mm | Hex key 4 mm | Screw driver Philips

Avoid electric screw drivers, most of the time they destroy more then they help.

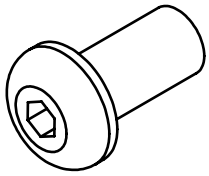
GENERAL

The table below is general torque to use for different threads. Use these torques, if nothing else is set. Below numbers are for screw/nut of quality 8.8, 10,9 and 12.9.

THREAD	TORQUE (Nm / ftlb) Quality 8.8	TORQUE (Nm / ftlb) Quality 10.9	TORQUE (Nm / ftlb) Quality 12.9
M6	9,8 / 7,2	14 / 10,3	17 / 12,5
M10	47 / 34,7	65 / 48	79 / 58

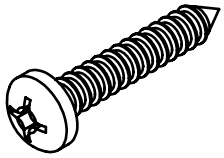
CONTENTS

x16



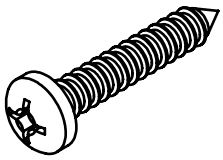
MK6S M10x16
Art no. 2000765-L16

x18



RXS 5,5x19
Art no. 2000855-L19

x10



RXS 5,5x32
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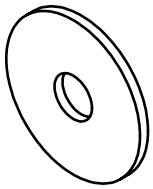
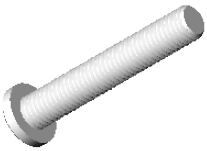


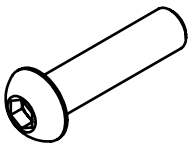
Washer
Art no. 2000889

x3



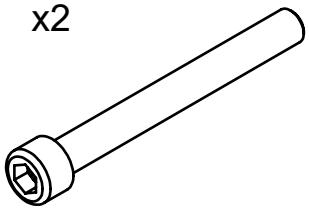
MK6S M10x60
Art no. 2000675-L60

x18



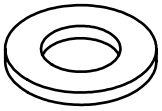
M6x25
Art no. 2000682-L25

x2



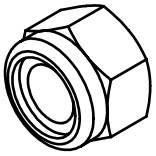
MC6S M10x90
Art no 2000863-L90

x4



Washer
Art no. 2000719

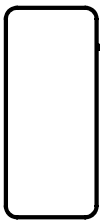
x5



Nut M10
Art no. 2000718

CONTENTS

x1

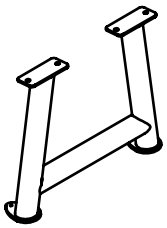


Padding large
Art no. 3085175A07

x1

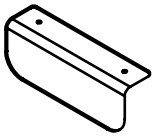
Padding small
Art no. 3061190A02

x2



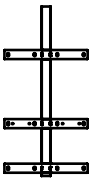
Leg
Art no. 3061190A65

x1



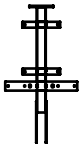
Sign small
Art no. 3061190p70

x1



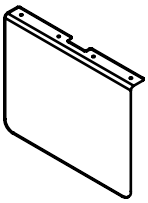
Pad support rear
Art no. 3061190A59

x1



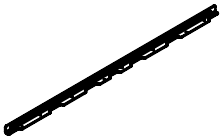
Pad support front
Art no 3085175A51

x1



Sign large

x2

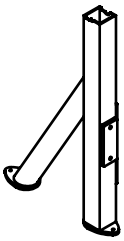


Strap holder
3085667p1

x1

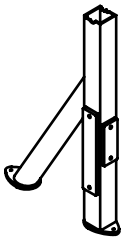
Beam
Art no. 3085175A03

x1



Side right
Art no. 3085175A54

x1



Side left
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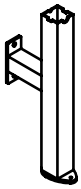
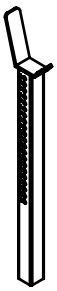
x2



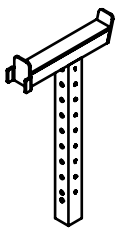
Safety support
Art no. 3085175A05

x2



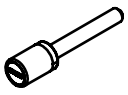
Upright
Art no. 3085175A09

x2



Safety arm
Art no. 3085175A08

x4



Insert pin Magnetic
2001152

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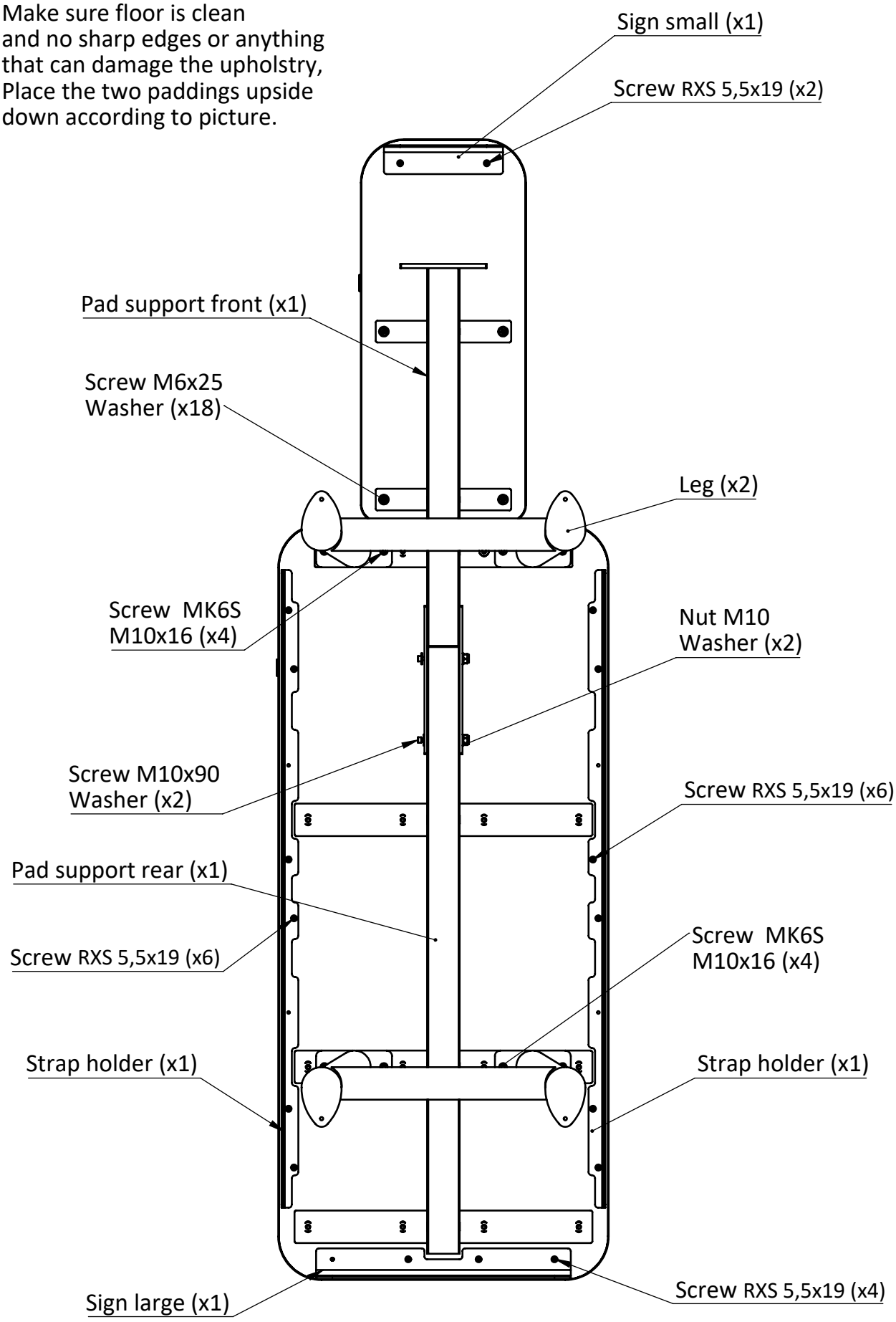
ASSEMBLY INSTRUCTIONS

1.

Make sure floor is clean
and no sharp edges or anything
that can damage the upholstry,
Place the two paddings upside
down according to picture.



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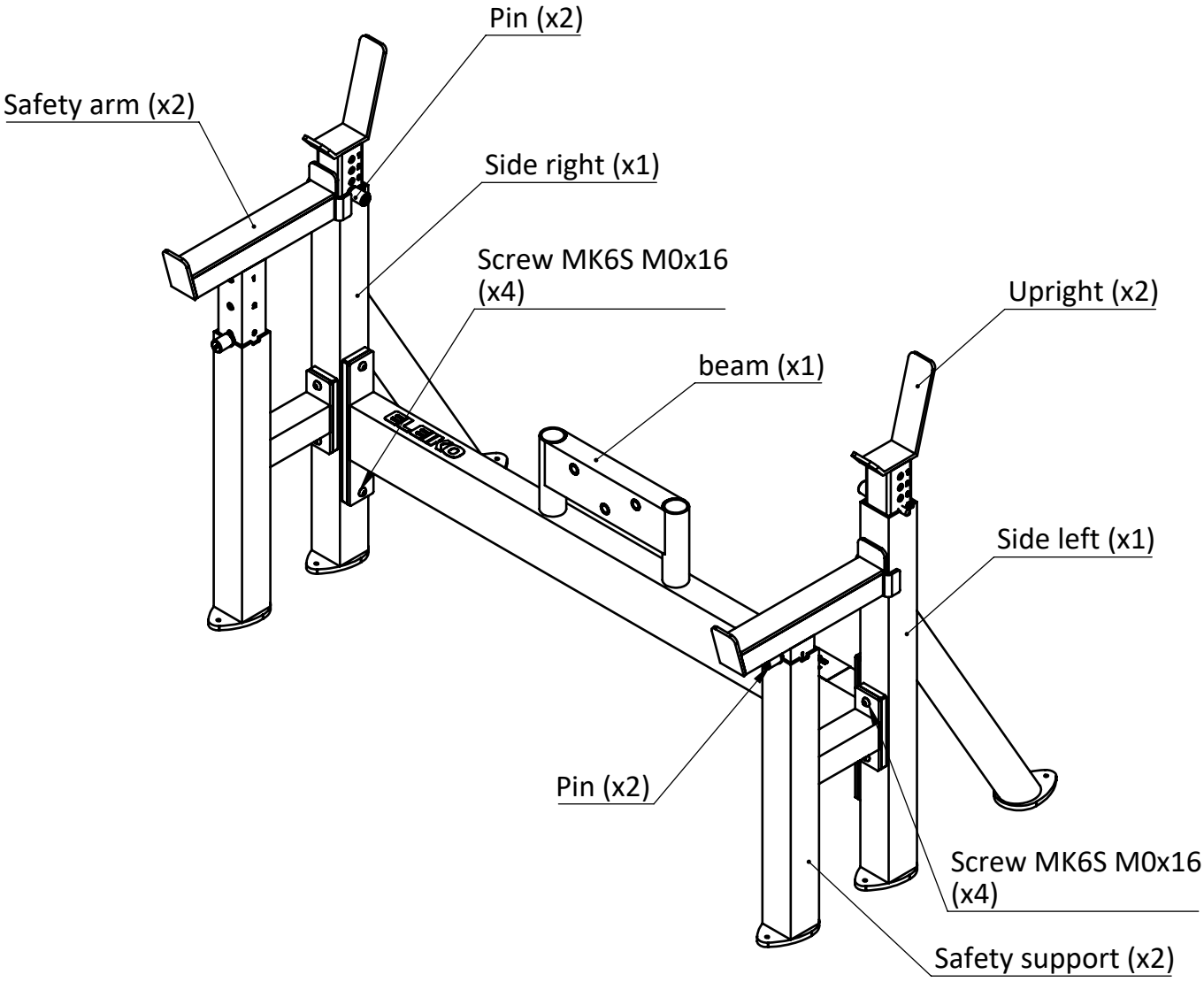
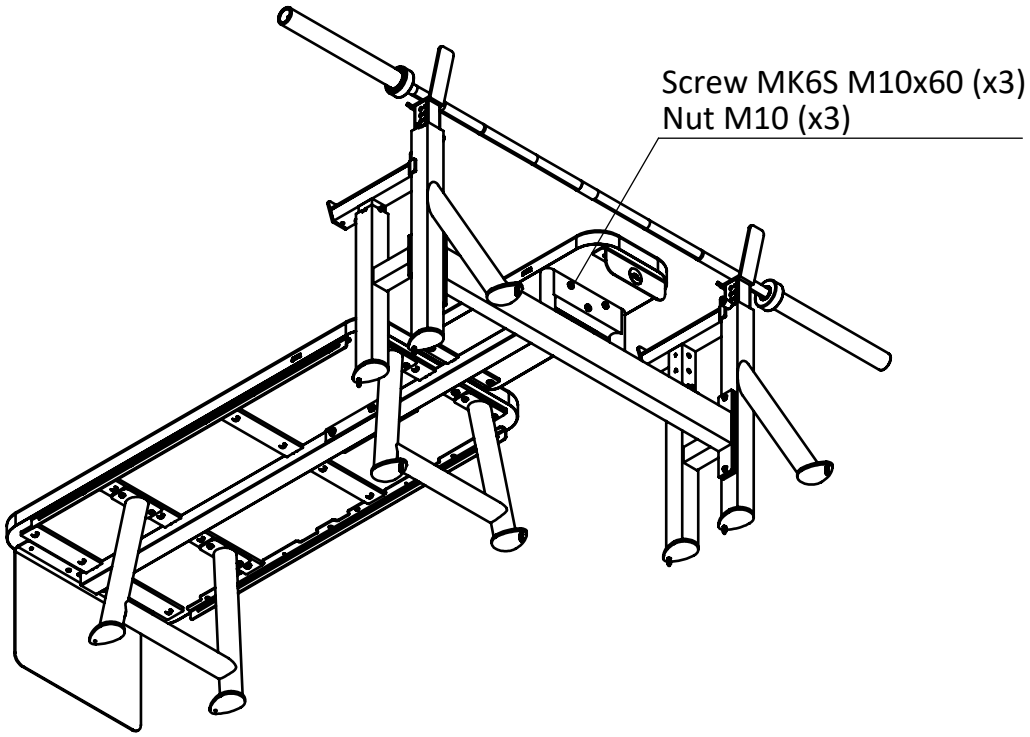
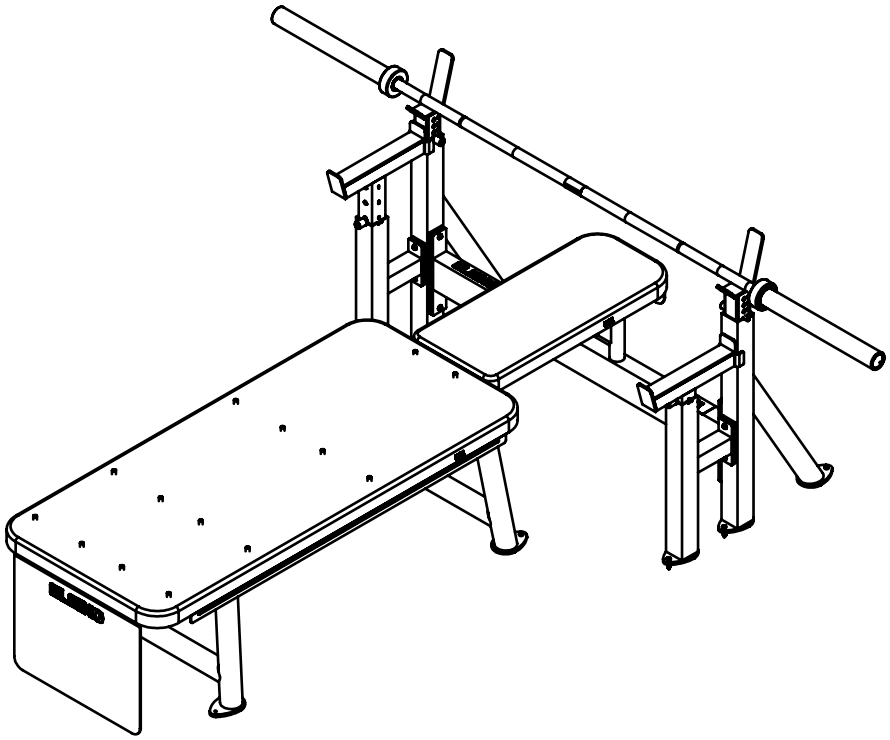
2.

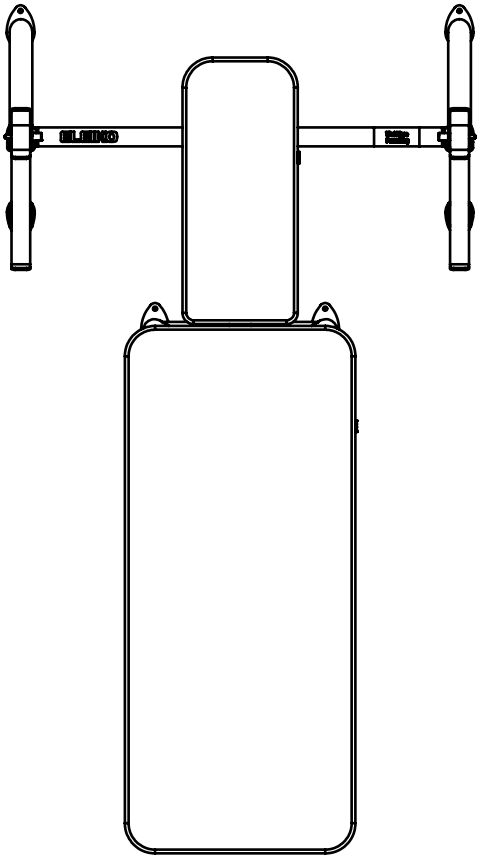

Pin (x2)
Safety arm (x2)
Side right (x1)
Screw MK6S M0x16
(x4)
Upright (x2)
beam (x1)
Side left (x1)
Pin (x2)
Screw MK6S M0x16
(x4)
Safety support (x2)

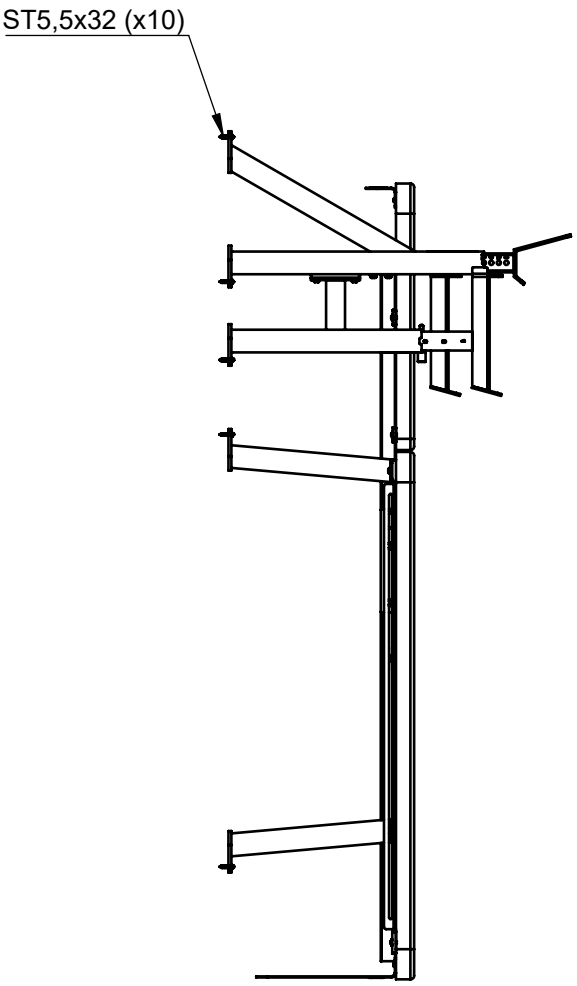
3.



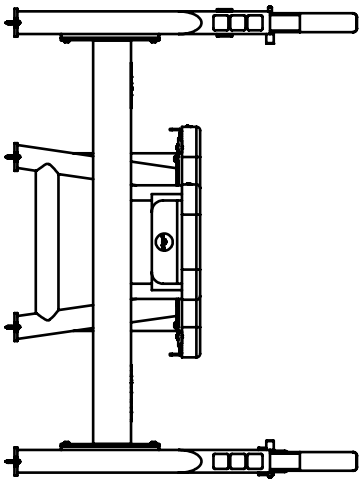


5.





For safe lifting.
Attach Bench to floor,
if wooden floor, use the
screws ST 5,5x32 if other
flooring use appropriate
screw.



At least, tighten all screws properly
For safe use, be certain pin is properly inserted before load bar on bench.

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