

# SL7041

## SUPER OLYMPIC BENCH OWNER'S MANUAL

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**CAUTION!** Read all precautions and instructions in this manual before using this equipment.

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## CAUTION!

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# Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

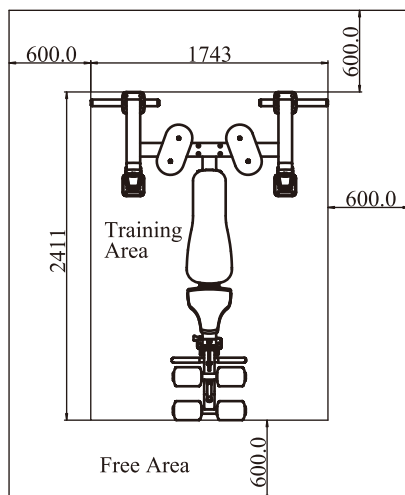
# Important Safety Instructions

## Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Training Area and Free Area



## Specifications

Class: S

Maximum Wt. Capacity: 300kg/ 660lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1743\*2411\*1621mm

Product Total Surface: 1743\*2411mm

Product Total Mass:

# Instructions

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

## Tools Required



Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



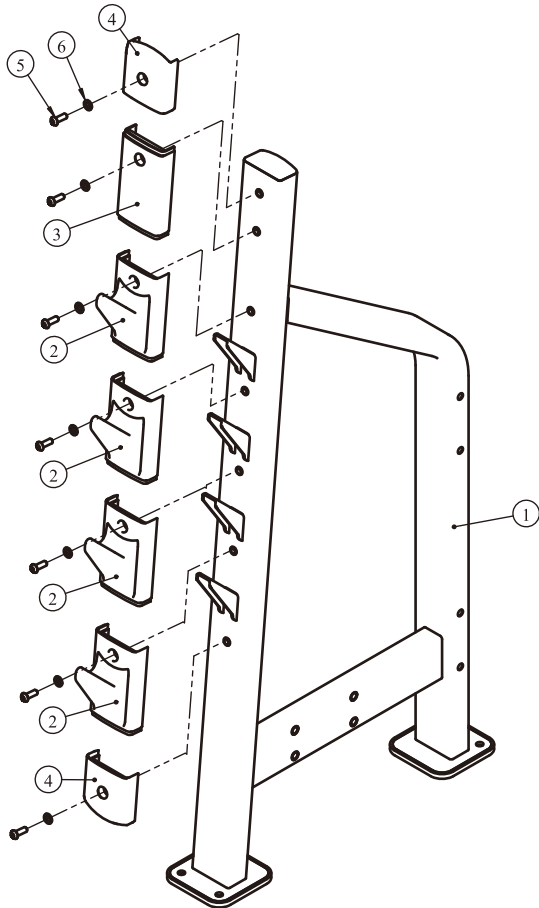
Hex Key Wrench Set



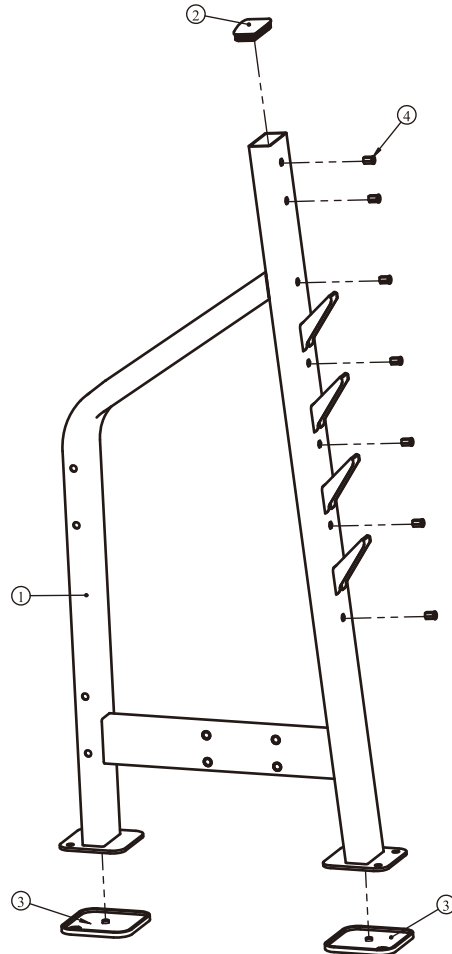
Phillips Screwdriver

# Exploded View and Parts List

## Back Frame ASSY



## Back Frame SUB ASSY

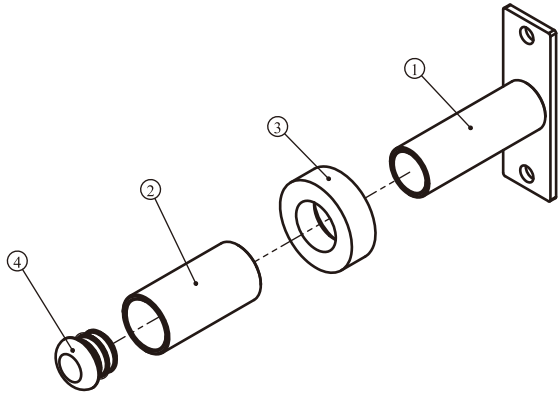


ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	SL70410100ASSY	Back Frame SUB ASSY	1
2	1.2	SL70280700	Hook Protecting Cover	4
3	1.3	SL70280800	Long Protecting Cover	1
4	1.4	SL70280900	Protecting Cover End	2
5	1.5	PNLM10*30DHS20	Button Head Cap Screw M10*30	7
6	1.6	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	7

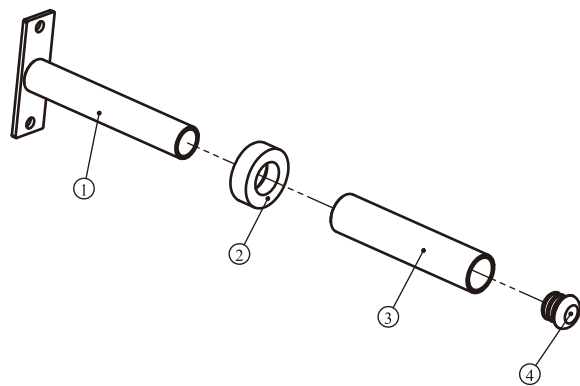
ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1.1	SL70410100	Back Frame	1
2	1.1.2	VLP8000	Pipe Plug $\square 50 \times 100$	1
3	1.1.3	CWRVL0051200	Rubber Foot	2
4	1.1.4	GB17880.5M10*19.5DS17	Rivet Nut M10*19.5	7

# Exploded View and Parts List

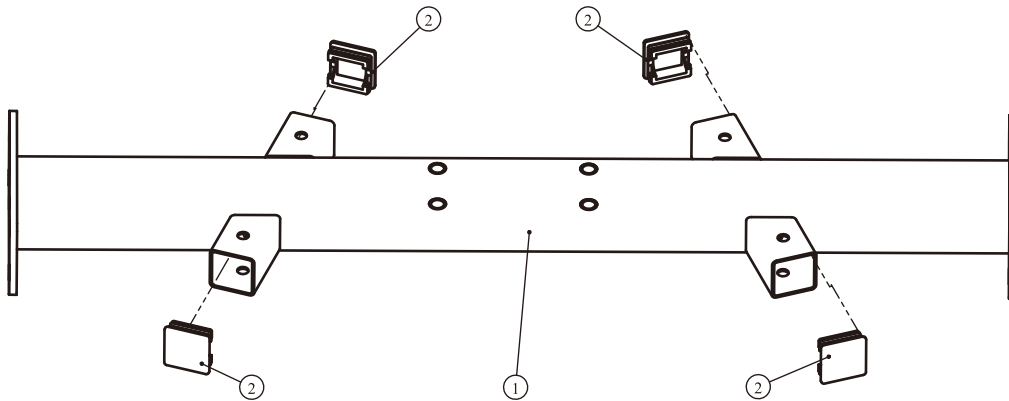
## Short Weight Storage ASSY



## Weight Storage ASSY



## Cross Connection Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	SL70411000	Short Weight Storage	1
2	2.2	SL70411800	Plastic Pipe $\Phi 49 \times \Phi 41.4 \times 99$	1
3	2.3	HF985A1500	Weight Horn Rubber Donut $\Phi 76 \times \Phi 42 \times 25$	1
4	2.4	RF-6012500	Round End Plug $\Phi 41.3 \times \Phi 34$	1

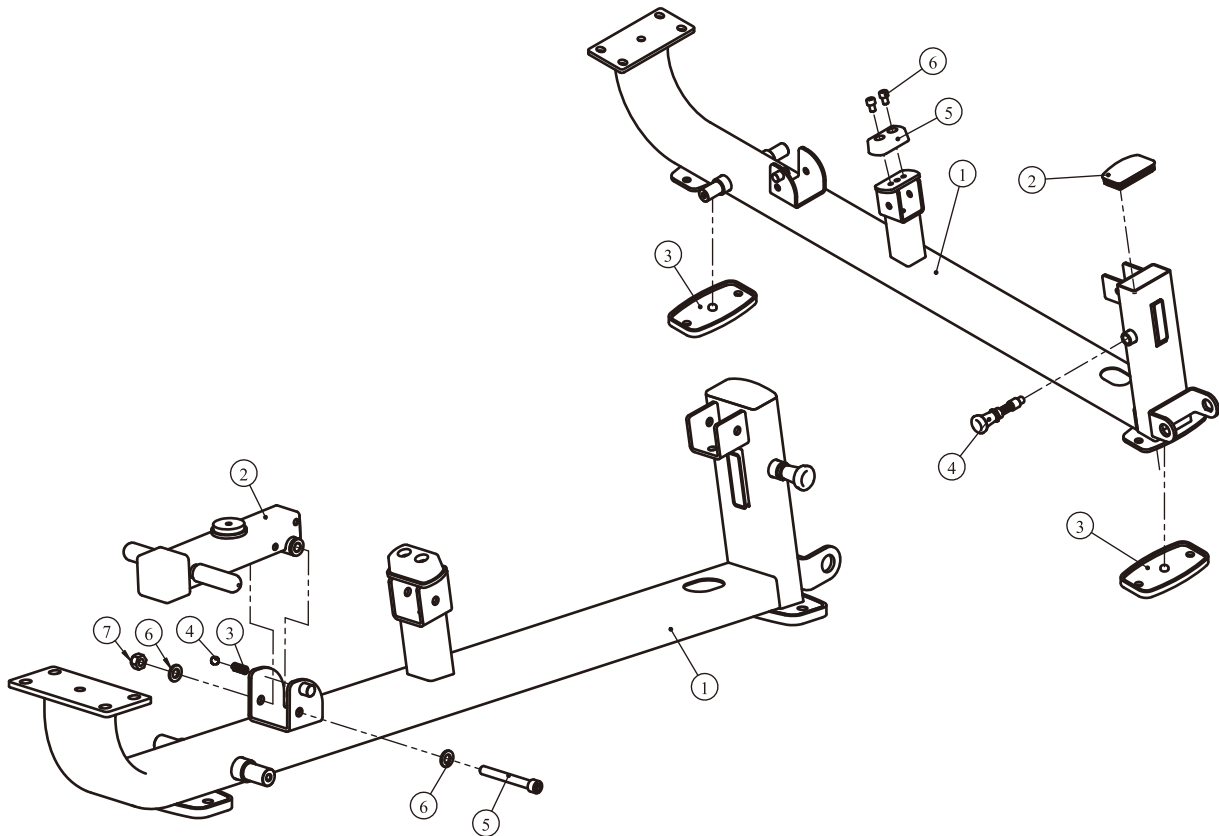
ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	SL70100300	Weight Storage	1
2	3.2	HF985A1500	Weight Horn Rubber Donut $\Phi 76 \times \Phi 42 \times 25$	1
3	3.3	SL70100400	Plastic Pipe $\Phi 49 \times \Phi 41.4 \times 223$	1
4	3.4	RF-6012500	Round End Plug $\Phi 41.3 \times \Phi 34$	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	4.1	SL70410300	Cross Connection Frame	1
2	4.2	M02701000	End Plug $\square 50$	4

# Exploded View and Parts List

## Main Frame ASSY

## Main Frame SUB ASSY



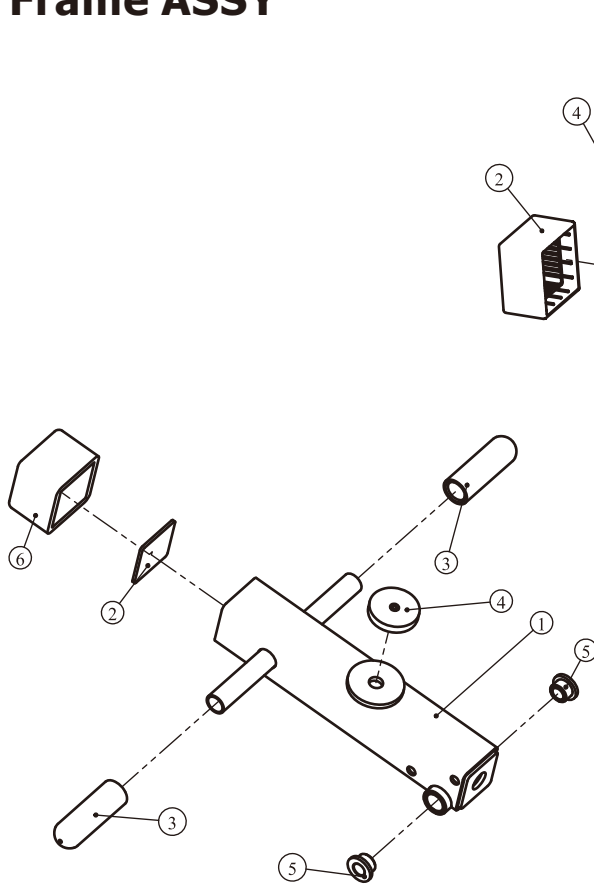
ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	SL70410400ASSY	Main Frame SUB ASSY	1
2	5.2	SL70410800ASSY	Swinging Support Frame ASSY	1
3	5.3	SL70412500	Spring	1
4	5.4	PBF9001803	Ball	1
5	5.5	GB70M12*100DHS20	Socket Head Cap ScrewM12*100	1
6	5.6	GB9512DHS2	Flat Washer $\Phi 13*\Phi 24*2.5$	2
7	5.7	NM12DHS2	Nylon Lock Nut M12	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1.1	SL70410400	Main Frame	1
2	5.1.2	VLP8000	Pipe Plug $\square 50*100$	1
3	5.1.3	BS81223100	Rubber Foot	2
4	5.1.4	IT95021600	Pin ASSY	1
5	5.1.5	RS17000400	Bumper	1
6	5.1.6	GB70M10*15DS2	Socket Head Cap Screw M10*15	2

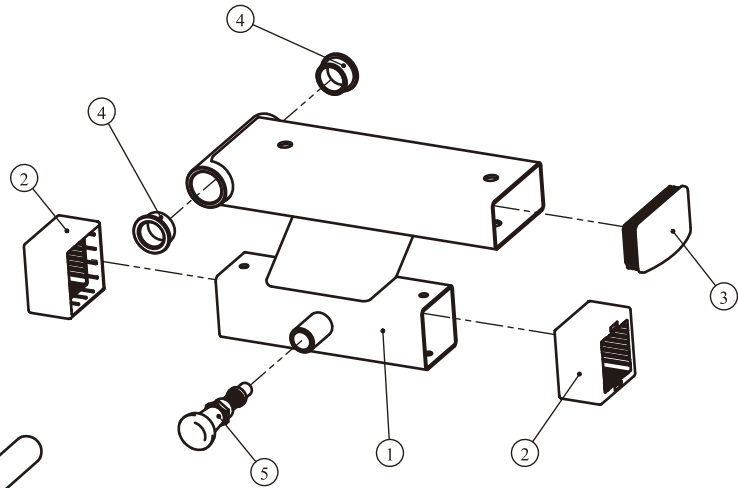


# Exploded View and Parts List

## Swinging Support Frame ASSY



## Sliding Rack ASSY

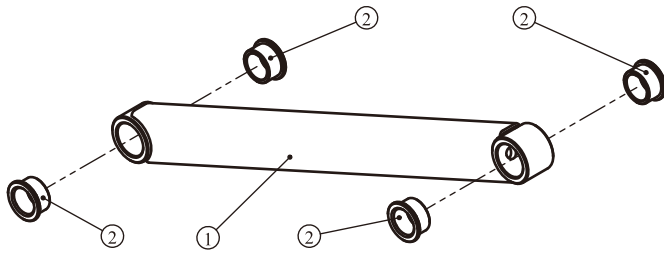


ItemNo.	Grade No.	Part No.	Description	QTY
1	5.2.1	SL70410800	Swinging Support Frame	1
2	5.2.2	CHBRUTEX0703	The Seal Plate	1
3	5.2.3	PBF70001Y	Grip $\Phi 26 * \Phi 19 * 80$	2
4	5.2.4	TPF-533000	Bumper $\Phi 45 * 8$	1
5	5.2.5	M01402000	Bushing $\Phi 25 * \Phi 18 * \Phi 12.2 * 13$	2
6	5.2.6	PBF60101	Square Rubber Sleeve $\square 50 * 46$	1

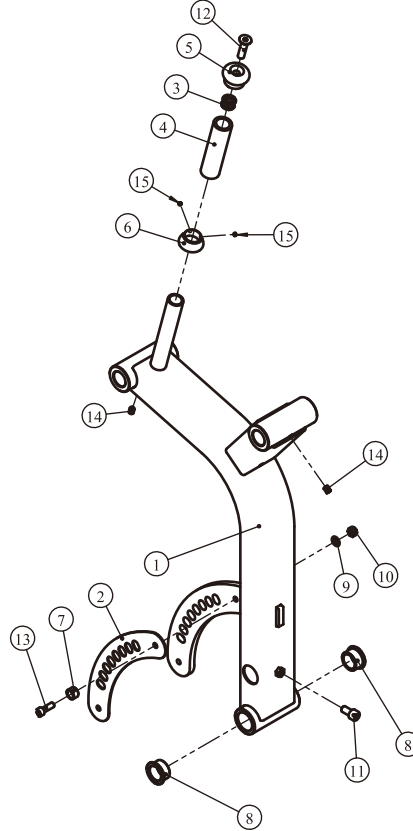
ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	SL70410500	Sliding Rack	1
2	6.2	KPSOB2100V1	Tube Guide $\square 63.5 * \square 50.8$	2
3	6.3	VLP8000	Pipe Plug $\square 50 * 100$	1
4	6.4	M02502000	Bushing $\Phi 38 * \Phi 32 * \Phi 25.4 * 18$	2
5	6.5	IT95251600	Pin ASSY	1

# Exploded View and Parts List

## Support Frame ASSY



## Swing Frame ASSY

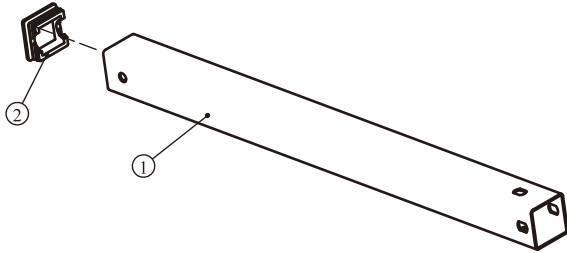


ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	SL70410700	Support Frame	1
2	8.2	M02502000	Bushing $\Phi 38 * \Phi 32 * \Phi 25.4 * 18$	4

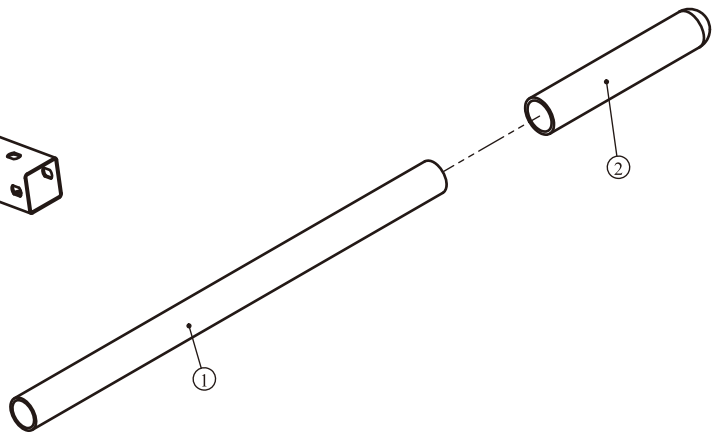
ItemNo.	Grade No.	Part No.	Description	QTY
1	9.1	SL70410900	Swing Frame	1
2	9.2	SL70411700	Lining Board	1
3	9.3	IF81165000	Sun Nut	1
4	9.4	CWRVL0151800	$\Phi 25$ Grip	1
5	9.5	IT90102100	Aluminium Grip Cap	1
6	9.6	IT90102200	Aluminium Grip Ring	1
7	9.7	IN-S10111200	Rubber Sleeve $\Phi 17 * 10.5$	1
8	9.8	M02502000	Bushing $\Phi 38 * \Phi 32 * \Phi 25.4 * 18$	2
9	9.9	GB958DHS2	Flat Washer $\Phi 9 * \Phi 16 * 1.6$	1
10	9.10	NM8DHS2	Nylon Lock Nut M8	1
11	9.11	GB70M10*20DHS20NL	Socket Head Cap Screw M10*20	1
12	9.12	CNLM10*40*40DS20NL	Flat Head Cap Screw M10*40	1
13	9.13	GB70M8*25DHS20	Socket Head Cap Screw M8*25	1
14	9.14	GB77M8*10DS18	Screw M8*10	2
15	9.15	YZGB7710-32*3.2N19	Screw 10-32*3.2	2

# Exploded View and Parts List

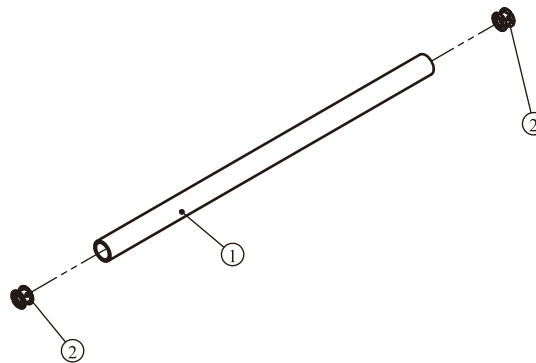
## Adjustable Tube ASSY



## Foot Tube ASSY



## Foam Tube ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	11.1	SL70411500	Adjustable Tube	1
2	11.2	M02701000	Pipe Plug □50	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	12.1	SL70411600	Foot Tube	1
2	12.2	HF6031500	Grip DTΦ36*Φ30*205	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	13.1	ABS70130700	Foam Tube	1
2	13.2	IF81165000	Sun Nut	2

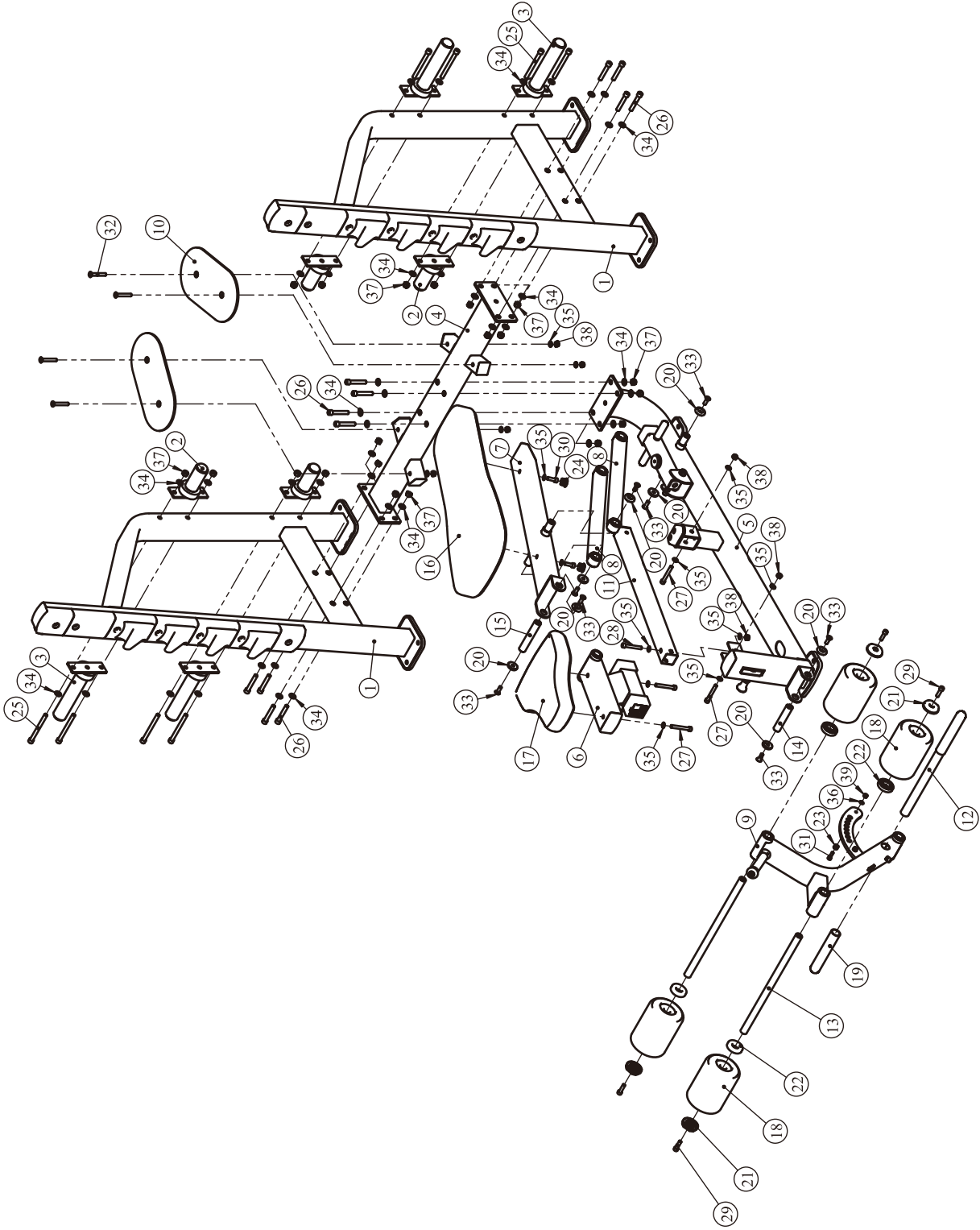
# Exploded View and Parts List

## Overall

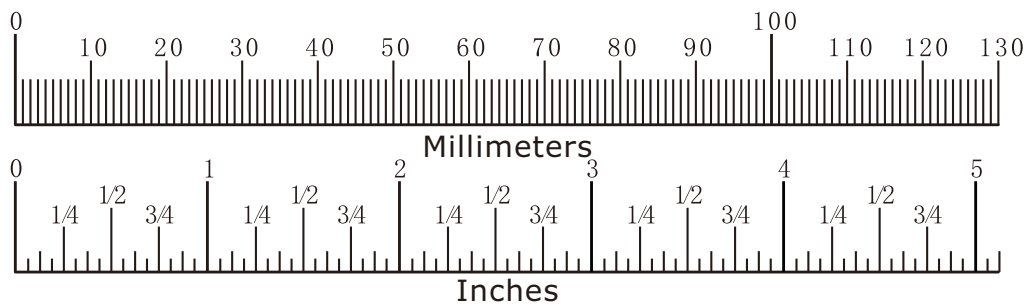
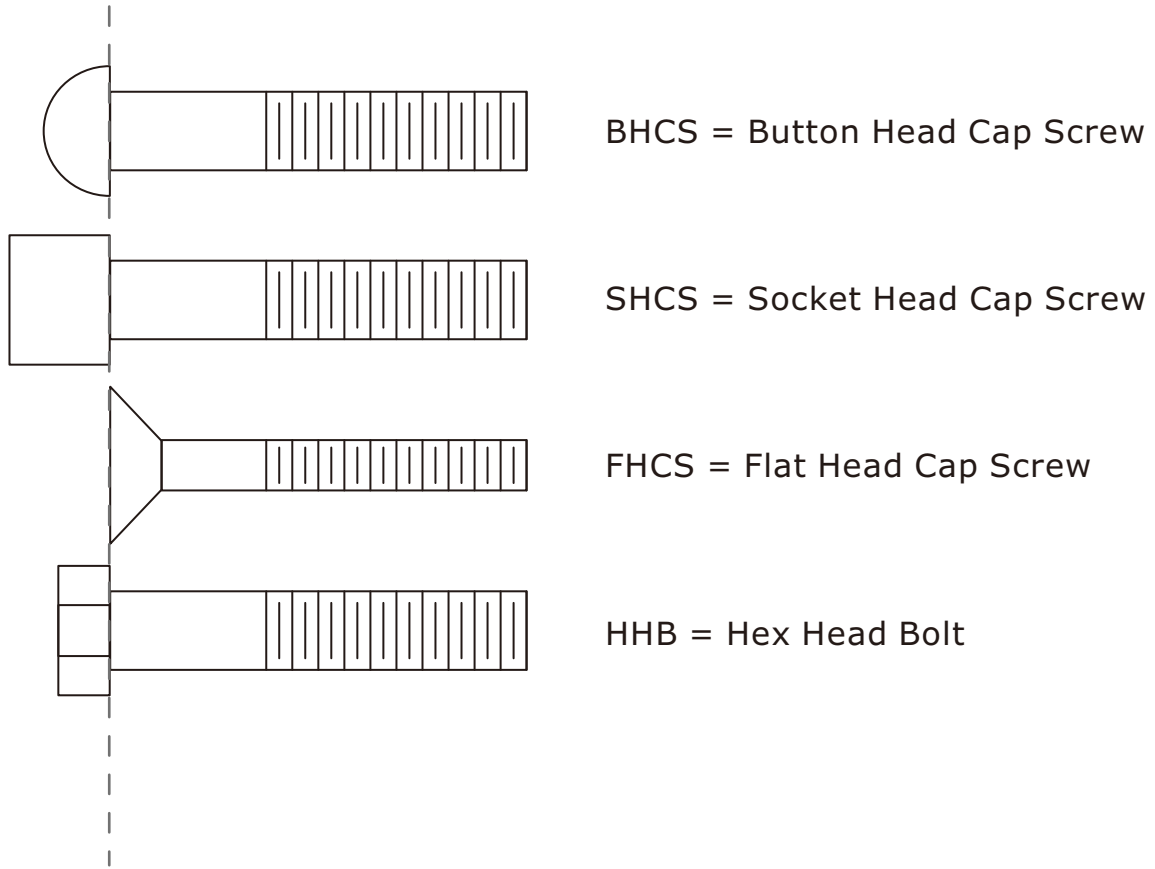
Item No.	Grade No.	Part No.	Description	QTY
1	1	SL704101ASSY	Back Frame ASSY	2
2	2	SL704110ASSY	Short Weight Storage ASSY	4
3	3	SL701003ASSY	Weight Storage ASSY	4
4	4	SL704103ASSY	Cross Connection Frame ASSY	1
5	5	SL704104ASSY	Main Frame ASSY	1
6	6	SL704105ASSY	Sliding Rack ASSY	1
7	7	SL70410600	Back Pad Frame	1
8	8	SL704107ASSY	Support Frame ASSY	2
9	9	SL704109ASSY	Swing Frame ASSY	1
10	10	SL70411400	Foot Panel	2
11	11	SL704115ASSY	Adjustable Tube ASSY	1
12	12	SL704116ASSY	Foot Tube ASSY	1
13	13	ABS701307ASSY	Foam Tube ASSY	2
14	14	IF81211700	shaft $\Phi 25.4 \times 120$	1
15	15	IT95202000V1	shaft $\Phi 25.4 \times 146$	1
16	16	SL70012900V1	Back Pad	1
17	17	SL70417600	Seat Pad	1
18	18	SL950221ASSY	Short Foam	4
19	19	HF6031500	Grip DT $\Phi 36 \times \Phi 30 \times 205$	1
20	20	IN-D21202000	Cap $\Phi 38 \times \Phi 10.5 \times 8$	8
21	21	IT95062000	Cap ASSY	4
22	22	IE95029100	Ring $\Phi 60 \times \Phi 26 \times 12$	4
23	23	IN-S10111200	Rubber Sleeve $\Phi 17 \times 10.5$	1
24	24	E7DZB1000	Plug $\Phi 31.5 \times 18$	2
25	25	GB70M12*130DHS20	Socket Head Cap ScrewM12*130	8
26	26	GB70M12*75DHS20	Socket Head Cap ScrewM12*75	12
27	27	GB70M10*75DHS20	Socket Head Cap ScrewM10*75	4
28	28	GB70M10*70DHS20	Socket Head Cap ScrewM10*70	1
29	29	GB70M10*35DS20	Socket Head Cap ScrewM10*35	4
30	30	GB70M10*30DHS20	Socket Head Cap ScrewM10*30	2
31	31	GB70M8*25DHS20	Socket Head Cap ScrewM8*25	1
32	32	CNLM10*70DHS20	Flat Head Cap ScrewM10*70	4
33	33	CNLM10*30*30DS20	Flat Head Cap ScrewM10*30	8
34	34	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	40
35	35	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	14
36	36	GB958DHS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	1
37	37	NM12DHS2	Nylon Lock Nut M12	20
38	38	NM10DHS2	Nylon Lock Nut M10	7
39	39	NM8DHS2	Nylon Lock Nut M8	1
40	40	NBS6DHS	Hex Key S=6	1
41	41	NBS8DHS	Hex Key S=8	2
42	42	NBS10DHS	Hex Key S=10	1

# Exploded View and Parts List

## Overall



# Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

# Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

## **NOTE**

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.





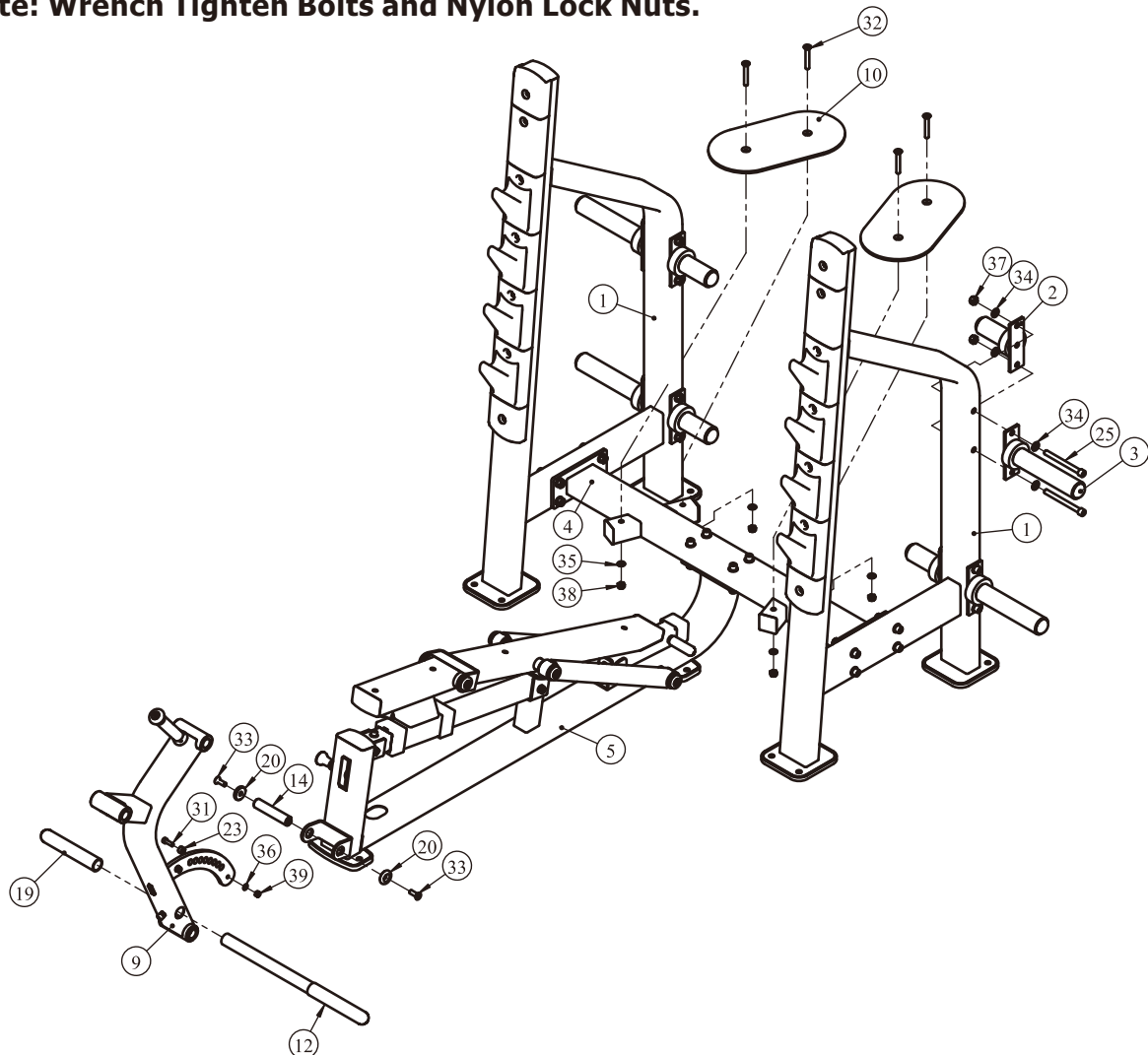


# Assembly

## STEP 3

1. Attach the Swing Frame ASSY (#9) to the Main Frame ASSY (#5) using:
  - two M10\*30 FHCS (#33)
  - one shaft  $\Phi 25.4*120$  (#14)
  - one Rubber Sleeve  $\Phi 17*10.5$  (#23)
  - one M8 Nylon Lock Nut (#39)
  - two Cap  $\Phi 38*\Phi 10.5*8$  (#20)
  - one M8\*25 SHCS (#31)
  - one  $\Phi 9*\Phi 16*1.6$  Flat Washer (#36)
2. Attach two Foot Panels (#10) to the Cross Connection Frame ASSY (#4) using:
  - four M10\*70 FHCS (#32)
  - four  $\Phi 11*\Phi 20*2$  Flat Washer (#35)
  - four M10 Nylon Lock Nut (#38)
3. Attach four Short Weight Storage ASSYS (#2) and four Weight Storage ASSYS (#3) to two Back Frame ASSYS (#1) using:
  - eight M12\*130 SHCS (#25)
  - sixteen  $\Phi 13*\Phi 24*2.5$  Flat Washer (#34)
  - eight M12 Nylon Lock Nut (#37)

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**

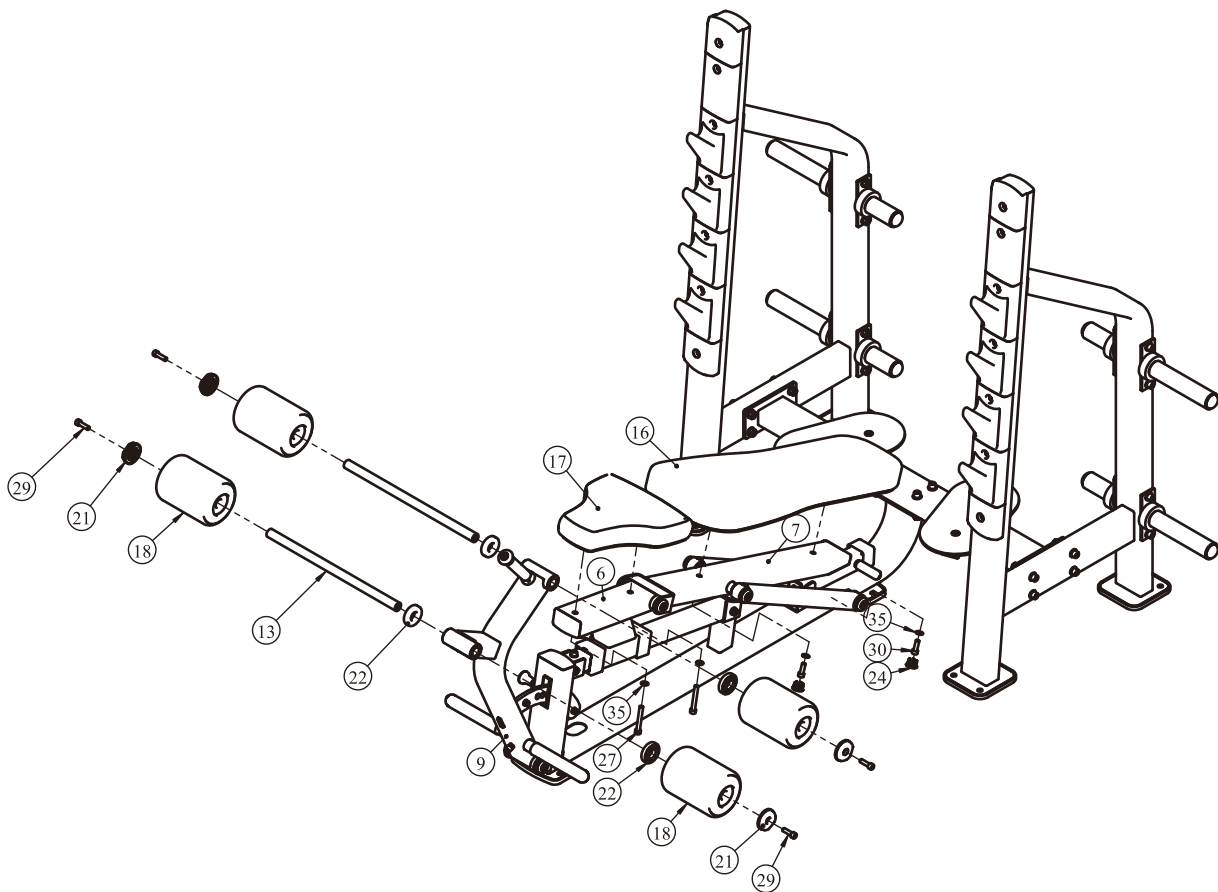


# Assembly

## STEP 4

1. Attach two Foam Tube ASSYS (#13) to the Swing Frame ASSY (#9).
2. Attach four Short Foams (#18) to two Foam Tube ASSYS (#13) using:  
four Ring  $\Phi 60 \times \Phi 26 \times 12$  (#22)                      four Cap ASSYS (#21)  
four M10\*35 SHCS (#29)
3. Attach the Seat Pad (#17) to the Sliding Rack ASSY (#6) using:  
two M10\*75 SHCS (#27)                      two  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#35)
4. Attach the Back Pad (#16) to the Back Pad Frame (#7) using:  
two M10\*30 SHCS (#30)                      two  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#35)  
two Plug  $\Phi 31.5 \times 18$  (#24)

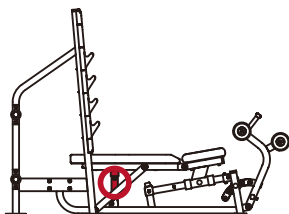
**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**



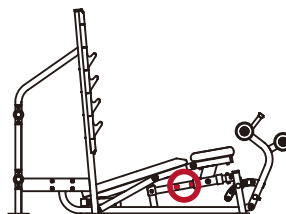
# Adjust Instructions and Exercise Instructions

## Adjust Instructions

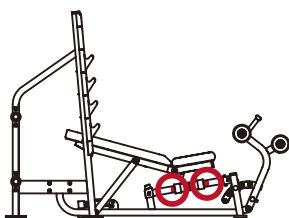
### **0° Flat Bench**



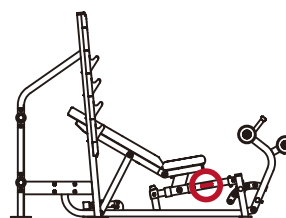
### **-18° Decline Bench**



### **15° Incline Bench**



### **30° Incline Bench**



## Exercise Instructions

1. Lie on pad and do chest press with barbell.
2. The total weight can not be greater than 300kg, Same weight from left to right.
3. This equipment does not contains Barbell and Weight Plate.

# Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*

# General Maintenance Information

## **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \* Check all pieces for signs of visible wear or damage.
- \* Check springs in snap hooks and pull-pins for proper tension and alignment.
- \* If the spring sticks or has lost its rigidity, replace it immediately.

## **Upholstery:**

- \* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \* Replace ripped or worn upholstery immediately.
- \* Keep sharp or pointed objects clear of all upholstery.

## **Decals:**

- \* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

## **Nuts and Bolts:**

- \* Inspect all nuts and bolts for any loosening and tighten if needed.
- \* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

## **Anti-Skid Surfaces:**

- \* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

## **Belts and Cables:**

- \* We use only high quality belt, and mil-spec cables.
- \* Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \* While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \* Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

## **Belt and Cable Tension:**

- \* Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- \* Check slack in cables and re-adjust cable tension if needed.

## **Seat Sleeves, Guide Rods:**

- \* Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \* Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

## **Linear Bearings:**

- \* Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

## Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

