

- A. Assemble Side Frames with Cross Tube and Upper Frame Support.
- Do not tighten bolts fully until after Step B.
 B. Attach the Seat Frame to the Cross Tube and Upper Frame Support. Make sure Bench is stable before tightening all the bolts. Insert the Seat Stem and secure with the 3/4" long bolt.
- C. Attach Pads
- D. Attach weight horn option if purchased.

Preacher Curl Bench