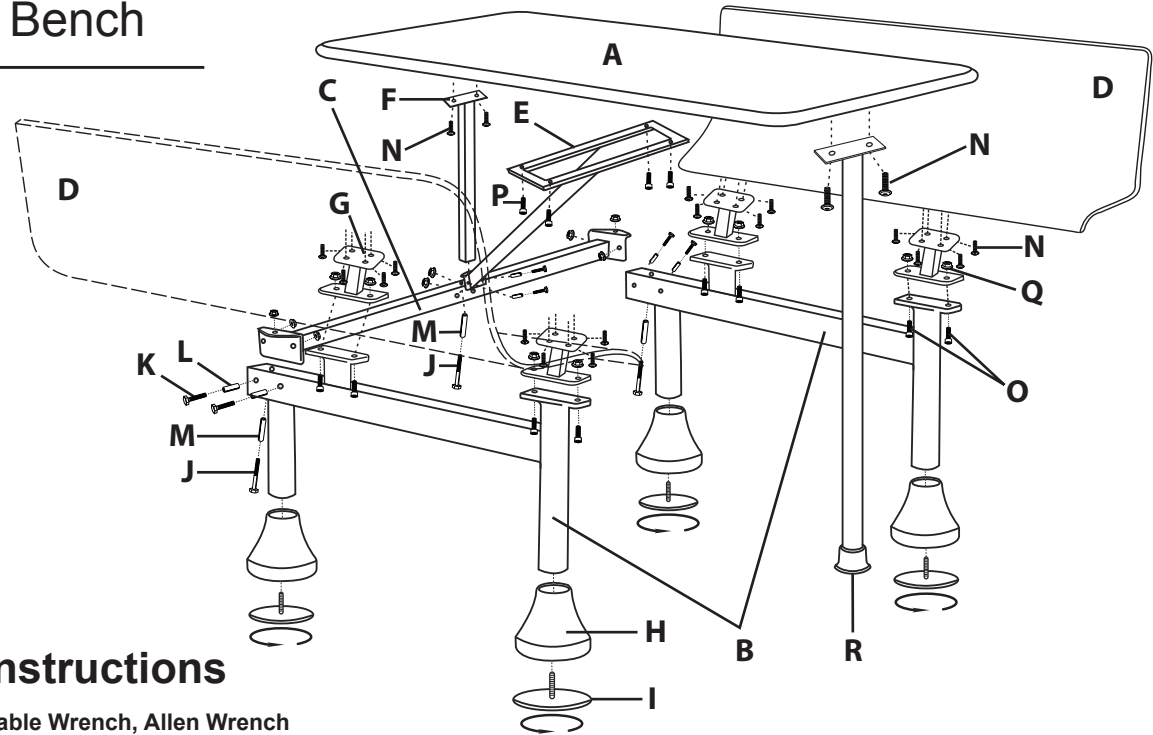
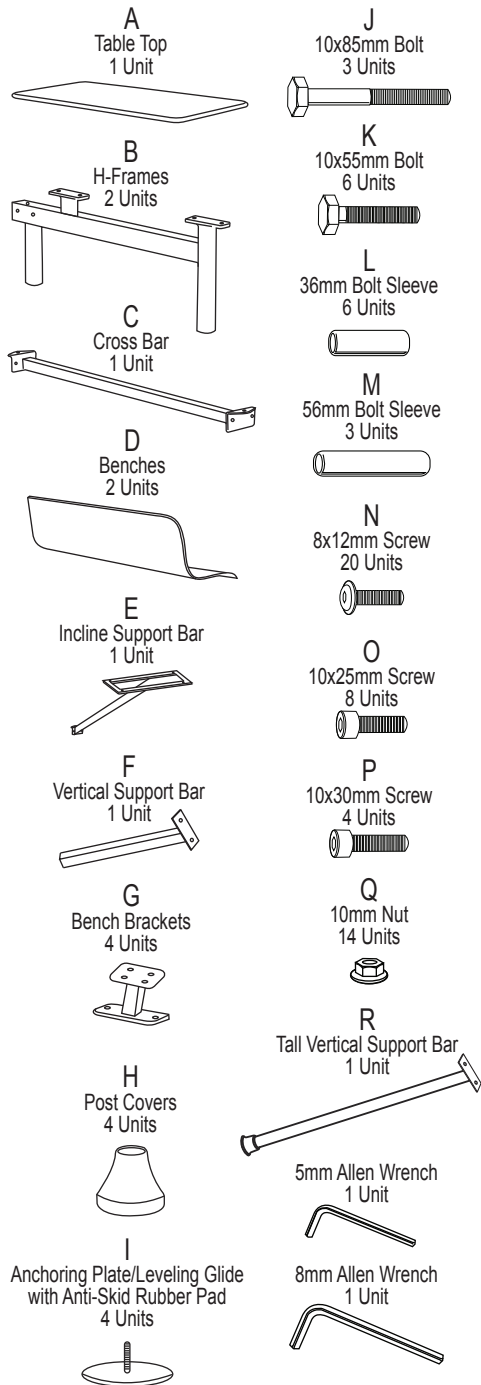


# Models 1006W / 1007W Retro Bench

## Parts Listing



## Assembly Instructions



**Tools Needed: Adjustable Wrench, Allen Wrench**  
*Please read all instructions before assembly.*

- Step 1:** Slide Post Covers (H) over legs of H-Frames (B) as shown.
- Step 2:** Screw in Anchoring Plates/Leveling Glides (I) to bottom of H-Frame legs (B).
- Step 3:** Align holes in H-Frames (B) with the corresponding holes in the Cross Bar (C). Insert 10x85mm Bolts (J) through the 56mm Bolt Sleeves (M) and into the 10mm Nuts (Q) for vertical connections. Insert 10x55mm Bolts (K) through 36mm Bolt Sleeves (L) into the 10mm Nuts (Q) for horizontal connections. Tighten with Allen Wrench and Adjustable Wrench.
- Step 4:** Align holes in Cross Bar (C) with the corresponding holes in the Inclined Support Bar (E) and Vertical Support Bar (F). Insert 10x85mm Bolts (J) through 56mm Bolt Sleeves (M) into inside of Vertical Support Bar (F) for vertical connections. Insert 10x55mm Bolts (K) through 36mm Bolt Sleeves (L) into 10mm Nuts (Q) for horizontal connections. Tighten with Allen Wrench and Pliers.
- Step 5:** Align Bench Brackets (G) with H-Frames (B) and attach using 10x25mm Screws (O) and 10mm Nuts (Q). Tighten with Allen Wrench and Adjustable Wrench.
- Step 6:** Align Benches (D) with Bench Brackets (G) and attach using 8x12mm Screws (N). Tighten with Allen Wrench.
- Step 7:** Align Table Top (A) with Vertical Support Bar (F) and attach using two 8x12mm Screws (N). Align Table Top (A) with Tall Vertical Support Bar (R) and attach using two 8x12mm Screws (N). Align Incline Support Bar (E) with Table Top (A) and attach using 10x30mm Screws (P). Tighten with Allen Wrench.

### WEIGHT CAPACITY: 500 lbs. Per Bench

#### Assembly Notes:

During assembly, hand tighten screws only. When all screws are in place, you may then tighten all screws completely.

#### CAUTION:

1. Check for loose screws and tighten them every 6 months.

161 Tradition Trail, Holly Springs, NC 27540  
800-520-7471 (voice) 919-362-4765 (fax)  
919-303-6389 (voice) www.ofminc.com  
support@ofminc.com