Models 1006M / 1007M Retro 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.

**Parts Listing**
- A Table Top 1 Unit
- B H-Frames 2 Units
- C Cross Bar 1 Unit
- D Benches 2 Units
- E Bench Brackets 4 Units
- F Post Covers 4 Units
- G Anchoring Plate/Leveling Glide with Anti-Skid Rubber Pad 4 Units
- H 10x75mm Bolt 2 Units
- I 10x55mm Bolt 4 Units
- J 36mm Bolt Sleeve 4 Units
- K 56mm Bolt Sleeve 2 Units
- L 8x12mm Screw 16 Units
- M 10x25mm Screw 8 Units
- N 10x12mm Screw 4 Units
- O 10mm Nut 14 Units
- 5mm Allen Wrench 1 Unit
- 8mm Allen Wrench 1 Unit

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

**Step 1:** Slide Post Covers (F) over legs of H-Frames (B) as shown.

**Step 2:** Screw in Anchoring Plates/Leveling Glides (G) 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 10x75mm Bolts (H) through the 56mm Bolt Sleeves (K) and into the 10mm Nuts (O) for vertical connections. Insert 10x55mm Bolts (I) through 36mm Bolt Sleeves (J) into the Nuts (O) for horizontal connections. Tighten with Allen Wrench and Pliers.

**Step 4:** Align Bench Brackets (E) with H-Frames (B) and attach using 10x25mm Screws (M) and 10mm Nuts (O). Tighten with Allen Wrench.

**Step 5:** Align Benches (D) with Bench Brackets (E) and attach using 8x12mm Screws (L). Tighten with Allen Wrench.

**Step 6:** Align Table Top (A) with Cross Bar (C) and attach using 10x12mm Screws (N). Tighten with Allen Wrench.

WEIGHT CAPACITY: 500 lbs. Per Bench