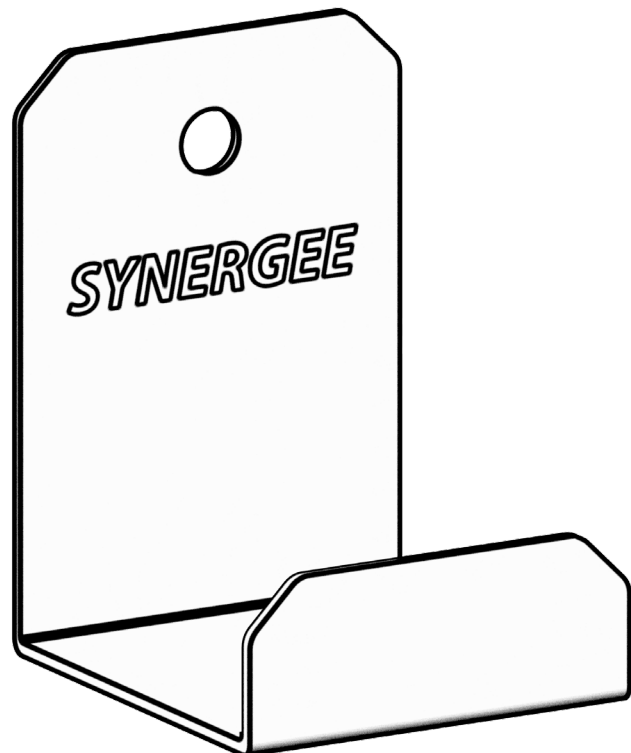
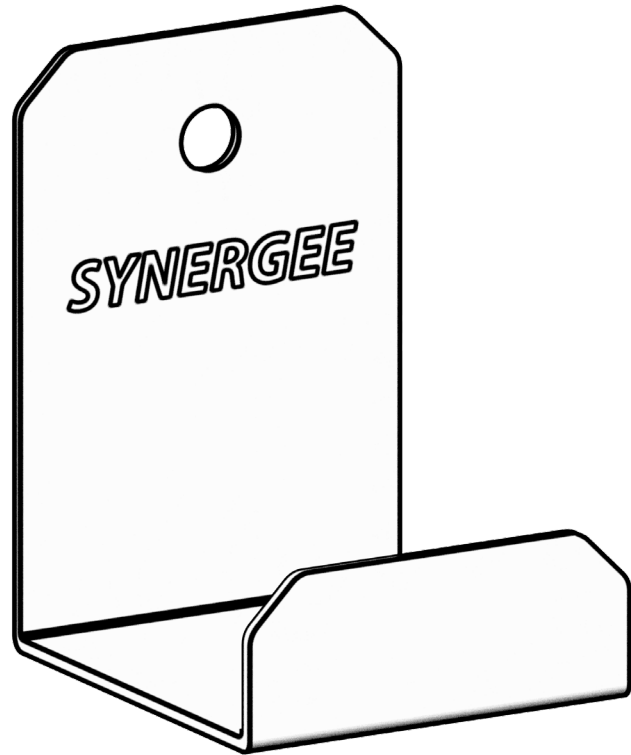




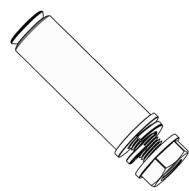
BENCH RACK

COMPACT



PARTS LIST

IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

1.		QTY x2	2.		QTY x2	3.		QTY x2	4.		QTY x2
BENCH WALL HOLDER			M10X80 HEX HEAD LAG BOLT			M10 EXPANSION BOLT (WASHER INCLUDED)			M10 WASHER		

ASSEMBLY

OPTION 1 – STEP: 1

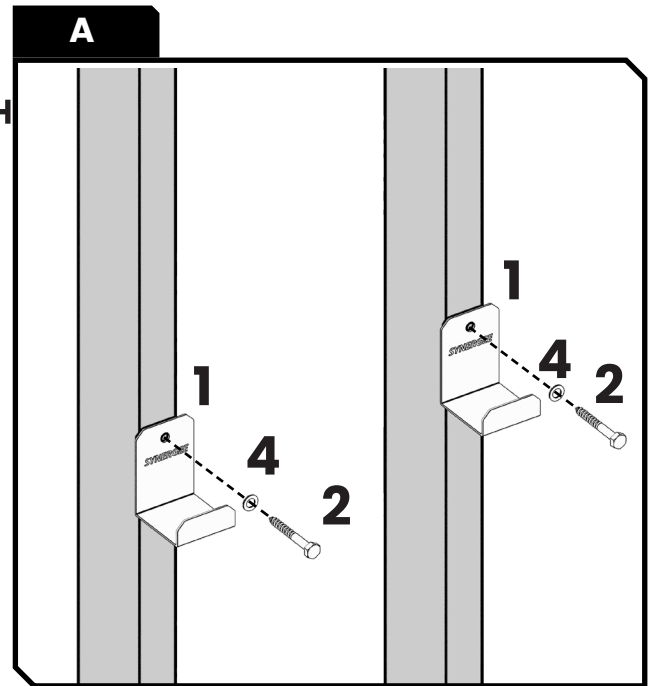
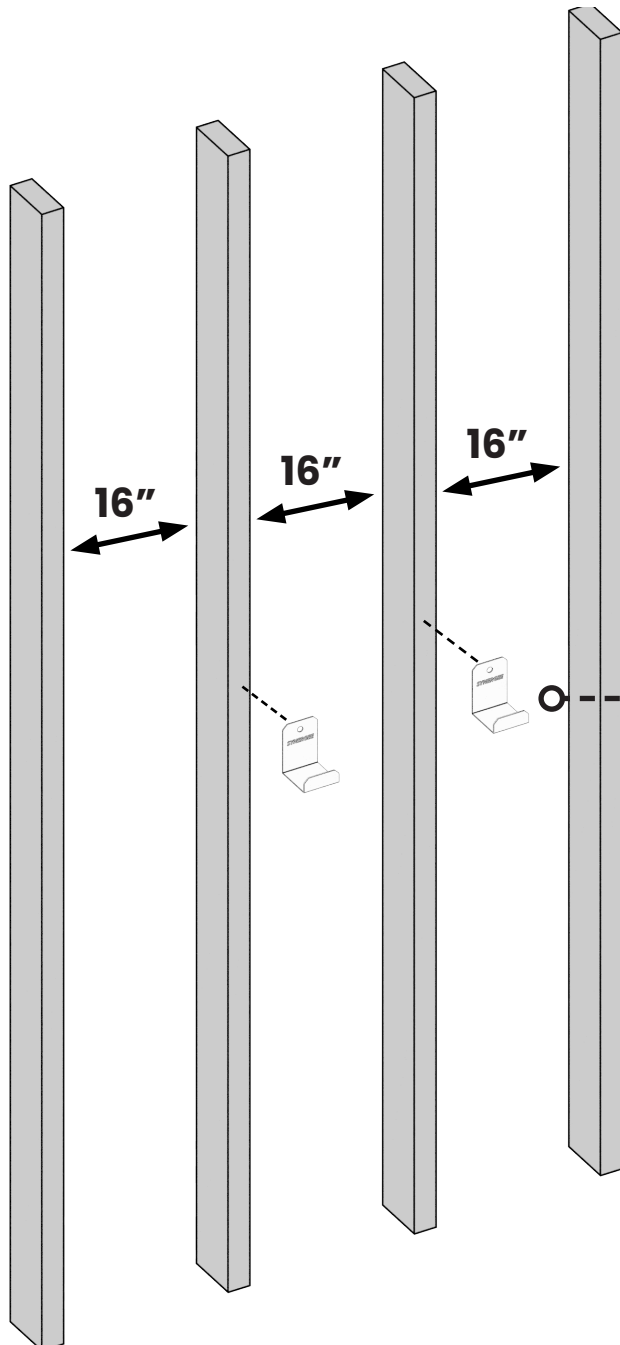


ATTENTION

For BENCH with a width
of 16" or GREATER

STEP PART GUIDE

#	PART NAME	QTY
1.	Bench Wall Holder	2
2.	M10x80 Hex Head Lag Bolt	2
4.	M10 Washer	2



Find the studs in your walls
and install each bench
holder on it's own individual
stud. If your **studs do not**
have the standard **16"**
spacing please use **OPTION**
2 illustrated in this manual.

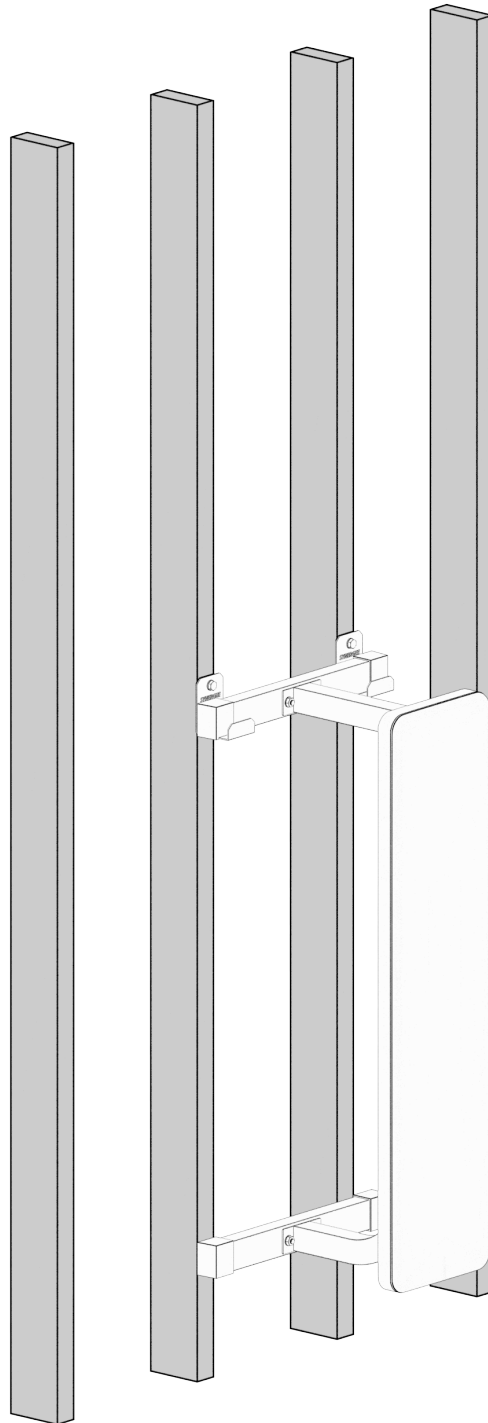


ASSEMBLY

OPTION 1 – STEP: 2

STEP PART GUIDE

#	PART NAME	QTY
-	-	-



Mount bench into the newly installed bench wall rack

ASSEMBLY

OPTION 2 – STEP: 1

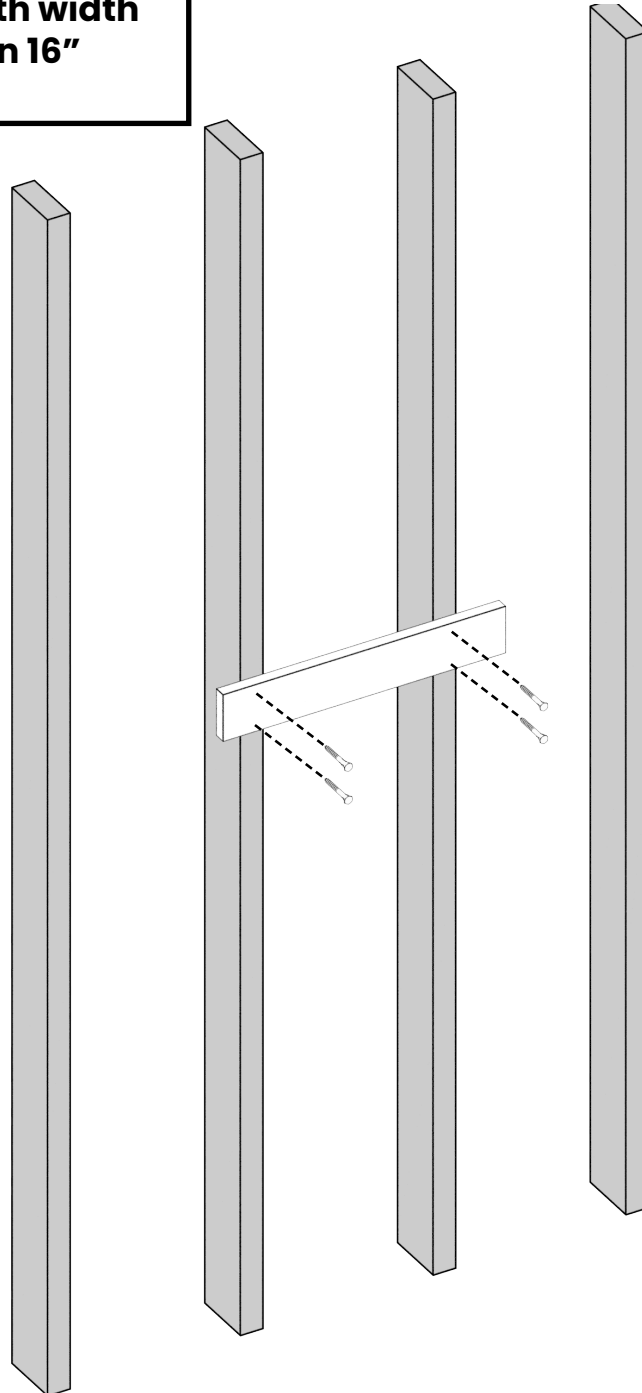


ATTENTION

For BENCH with width
SHORTER Than 16"

STEP PART GUIDE

#	PART NAME	QTY
-	Hardware for this step not provided	-



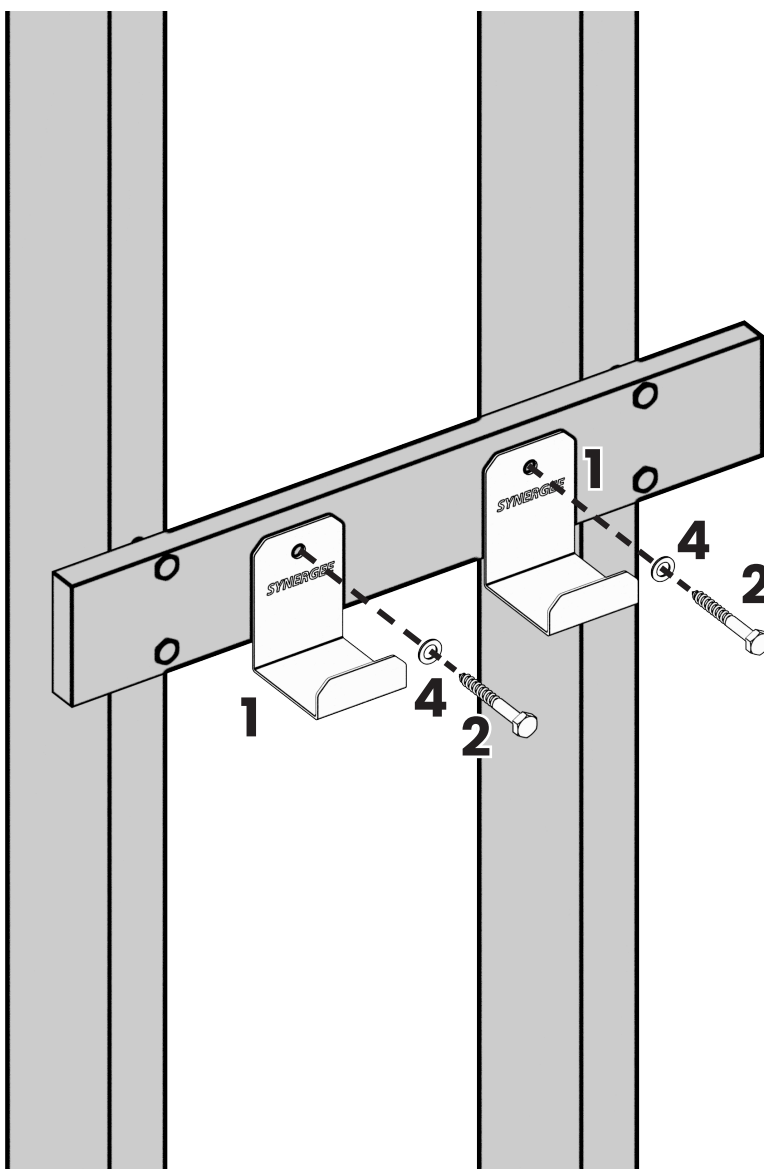
Please acquire a wood board from a hardware store, and mount to the studs on your wall. Hardware is not provided for this step.

ASSEMBLY

OPTION 2 - STEP: 2

STEP PART GUIDE

#	PART NAME	QTY
1.	Bench Wall Holder	2
2.	M10x80 Hex Head Lag Bolt	2
4.	M10 Washer	2



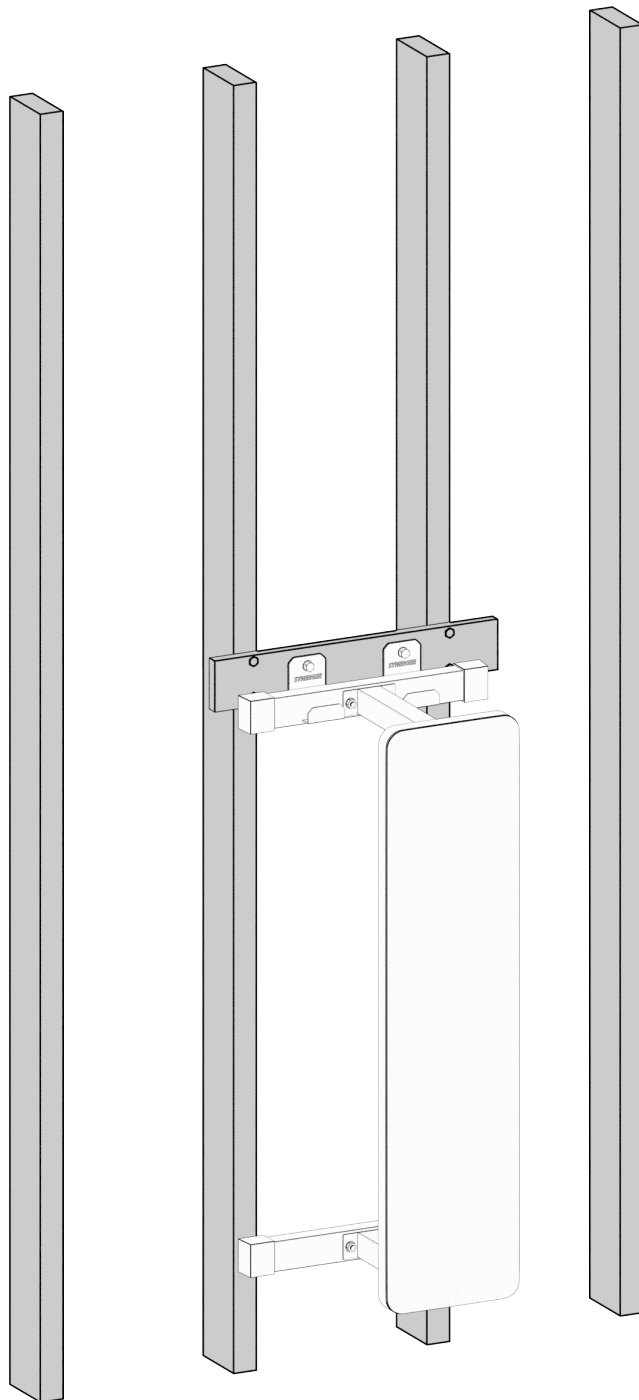
Measure the space you want between your bench holders, and install as required

ASSEMBLY

OPTION 2 – STEP: 3

STEP PART GUIDE

#	PART NAME	QTY
-	-	-



Mount bench into the newly installed bench wall rack

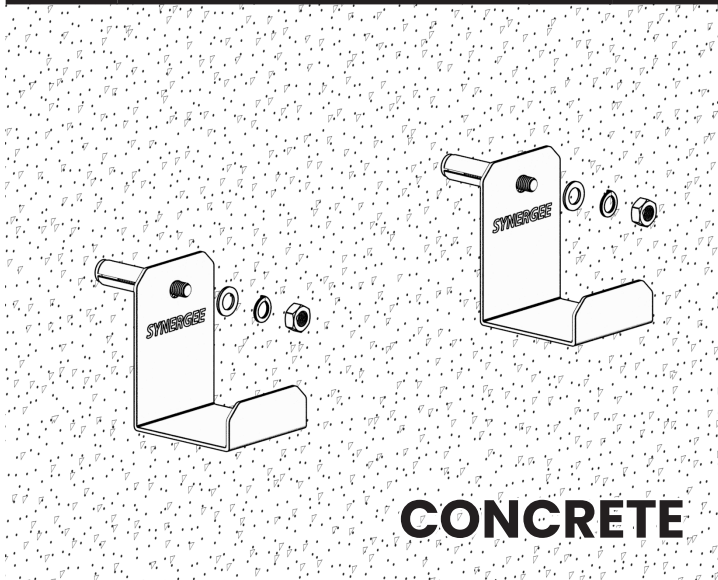
ASSEMBLY

OPTION 3 – STEP: 1

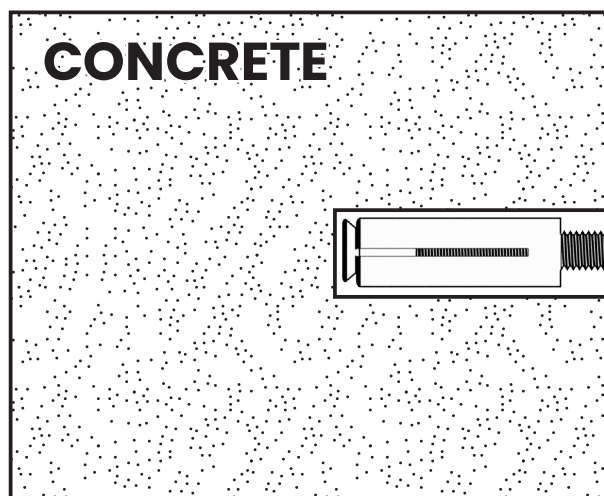
- A.** Measure Bench and mark on wall where you want to install wall holders
- B.** Drill Preliminary hole in concrete wall with a 1/2" Drill Bit
- C.** Remove the nut, washer, and lock washer, and insert concrete bolt into wall
- D.** Place bench holder onto the bolt. Put the washers and nut on and tighten with a drill until stable
- E.** If required cut excess from bolt sticking out of wall with the appropriate tools

STEP PART GUIDE

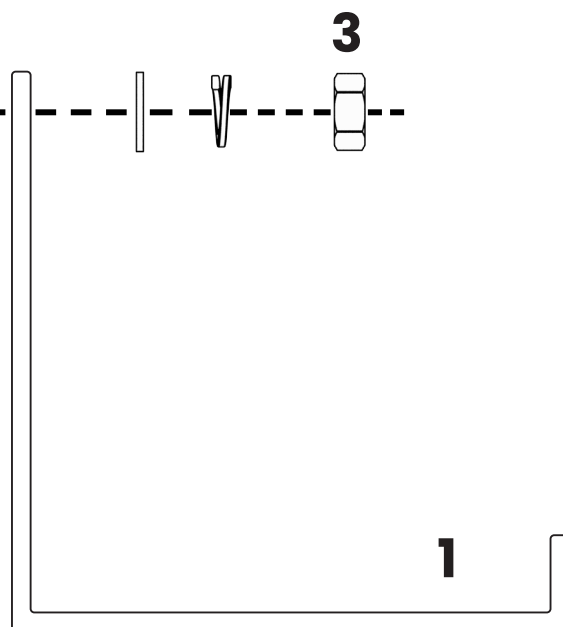
#	PART NAME	QTY
1.	Bench Wall Holder	2
3.	M10 Expansion Bolt	2



VIEW A



VIEW B



ATTENTION
1/2" Drill Bit Required
for concrete wall
mounting

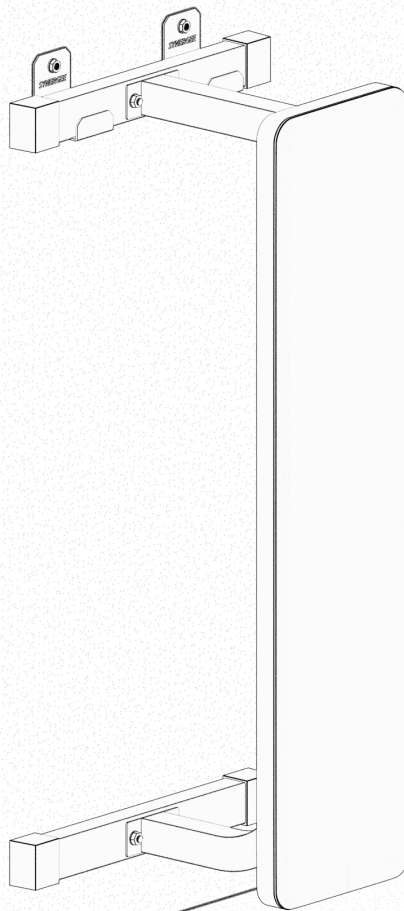


ASSEMBLY

OPTION 3 – STEP: 2

STEP PART GUIDE

#	PART NAME	QTY
-	-	-



Mount bench into the newly installed bench wall rack