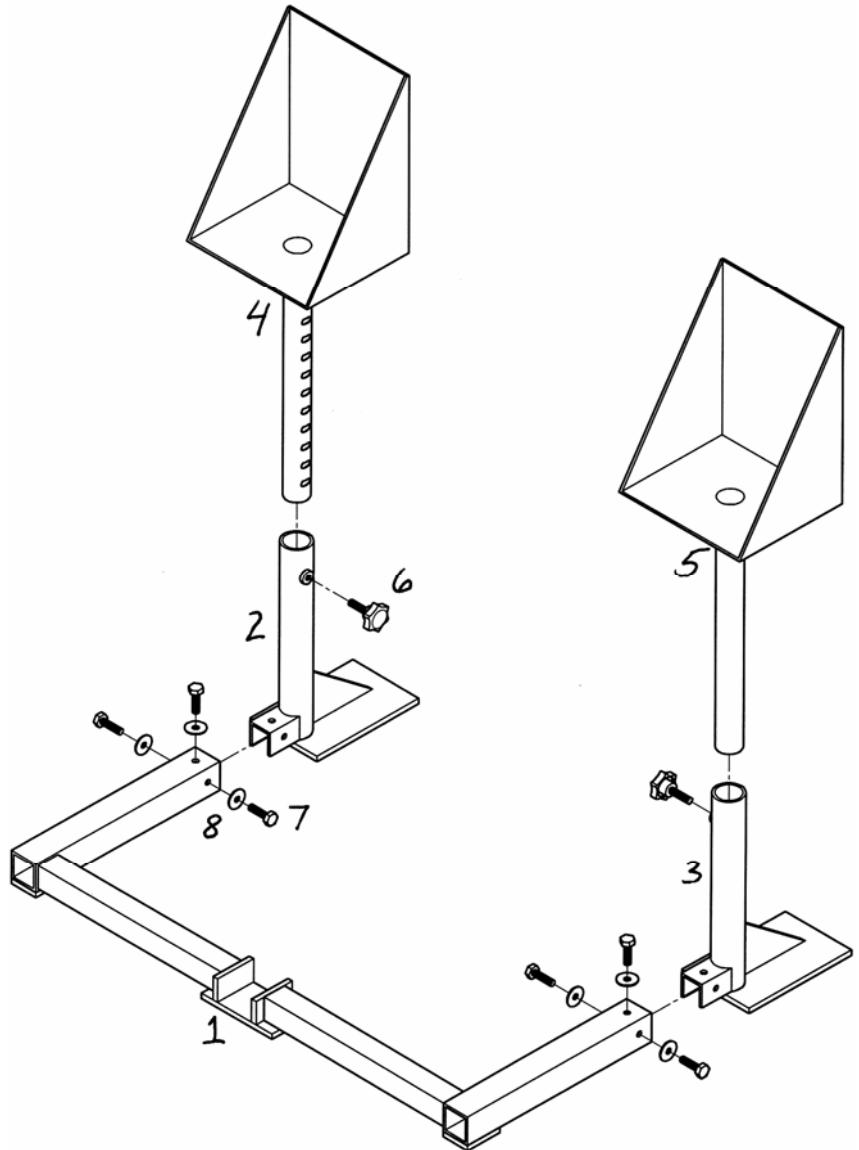


Assembly & Operating Instructions

Ironmaster Spotting Stand for Super Bench

Congratulations on your purchase of this fine Ironmaster product. For any technical questions or support please contact us at 1-800-533-3339. Be sure to read and understand the operating instructions.

Part #	Part Name	Description	Qty
1	Base	U shaped frame with bench saddle	1
2	Left Upright	Round tube with angle base support	1
3	Right Upright	Round tube with angle base support	1
4	Left Dumbbell Saddle	Dumbbell saddle with round tube welded below	1
5	Right Dumbbell Saddle	Dumbbell saddle with round tube welded below	1
6	Pull Knob	Pull and screw lock knob	2
7	Bolts	M10 x 20 mm bolts	6
8	Washers	M10 flat washers	6



Steps:

1. To assemble the stand, first unpack all components and locate the hardware kit.
2. Assemble the BASE to the LEFT UPRIGHT and RIGHT UPRIGHT frame components using the M10 bolts and washers. Be sure to position the location of the pull pin toward the inside as shown in the exploded view drawing.
3. Insert the LEFT and RIGHT DUMBBELL SADDLES into the round tubes of the UPRIGHTS so the slotted holes align with the pull pins as shown in the exploded view drawing.

Operation:

The spotting stand is designed to position dumbbells for the user to easily reach at the beginning and finishing of dumbbell pressing moves. The primary exercises it is made to help with are: Flat dumbbell press, decline dumbbell press, incline dumbbell press and upright dumbbell press. The Super Bench simply is placed with its frame inside the base so that the user can reach the dumbbell saddles easily. The dumbbell saddles may be raised or lowered depending on the exercise being performed. The Super Bench can be placed in the frame in either direction. Be sure to sit on the bench and check the position of everything before setting dumbbells in the saddles. The saddles are angle adjustable and may be pivoted inwards toward the user if desired. The pull pins have a locking feature to help strengthen and secure the dumbbell saddles in the desired height and angle.

IMPORTANT NOTES: This device should only be used with the Ironmaster Super Bench. The bench is needed to help stabilize the stand and it may not be used standalone. The maximum dumbbell weight for each side is 130lbs. The Stand is designed for the Ironmaster Quick-Lock Dumbbells, but other dumbbells may be used if they can safely stand up on end. Do not leave dumbbells unattended. Ironmaster is not responsible for injuries that may occur – use safely and at your own risk.

**Warranty Information:**

Your Ironmaster Super Bench attachment has a limited 10 year warranty to the original purchaser. Warranty covers repair or replacement for mechanical integrity when used according to the instructions for normal exercise use. Warranty covers in home use only. Finish and wear items such as rubber and painted surfaces are not covered. If you need warranty service, contact Ironmaster for return instructions and additional terms and conditions.