

Assembly & Operating Instructions

Ironmaster Preacher Curl Pad 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.

Item List:

1 ea. Pad (12" x 24" with vinyl covering)	1 ea. M10 hex bolt
1 ea. Stub Frame (with curl bar holder pegs)	1 ea. M10 washer
1 ea. Pad Frame (with flat plate to mount on pad)	1 ea. M10 lock nut
1 ea. Selector Pin with plastic knob	4 ea. M8 hex bolt

Steps:

1. To assemble the attachment, first unpack all components and locate the hardware kit.
2. Assemble the **Pad Frame** to the Pad with the 4 small **M8 hex bolts**.
3. Assemble the **Stub Frame** to the **Pad Frame** with the large **M10 hex bolt, washer and nut**. The washer goes under the nut. Do not over-tighten or it will be difficult to rotate.
4. Insert the **Selector Pin** through one of the three holes.

Operation:

This attachment plugs into the Super Bench on the top end and is held in place with the spring loaded pull pin. You can change the pad angle by inserting the selector pin in one of the three positions. You can also change the angle by rotating the Super Bench to different angles.

Note: If you put a high amount of weight on the curl bar holder pegs, the bench may tip forward when not sitting on it. In this extreme case, you can put a large weight plate or dumbbell on the back end of the Super Bench pad to hold it down.

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. Normal warranty covers in home use only. Upholstery is warranted for one year. 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.

