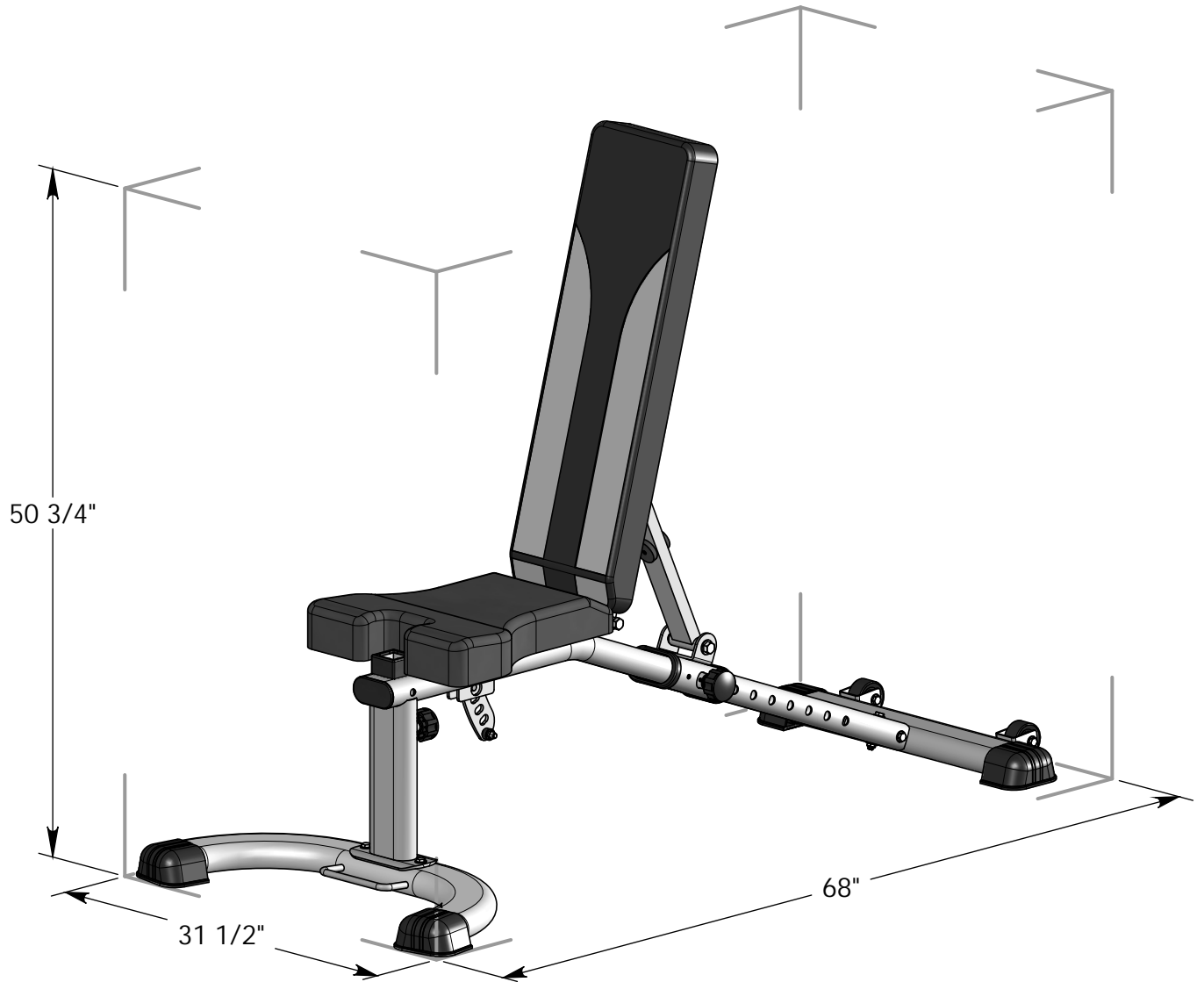


ASSEMBLY INSTRUCTIONS



RID-345

Flat / Incline Ladder Bench



TuffStuff Fitness Equipment, Inc.

1325 E. Franklin Avenue
Pomona, CA 91766, USA

Ph: 909-629-1600 Fax: 909-629-4967

E-mail: service@tuffstuff.net Net: www.tuffstuff.net

AMERICA'S PREMIER EXERCISE EQUIPMENT

Introduction

About the RID-345 Flat / Incline Ladder Bench

Congratulations on your new purchase of the **Flat / Incline Ladder Bench**. We hope you are completely satisfied with this product and wish you many years of enjoyment.

TuffStuff Equipment

This Tuffstuff product has been built to precise quality standards and has been carefully packaged to ensure that damage will not occur during shipment. The Home Lifetime Warranty and signature indicating final inspection has been conducted by our line foreman, is an expression of our confidence in the completeness, the materials, and workmanship of this product.

Registration Card

To avoid unnecessary delays in warranty service and to insure that a permanent record of your purchase is on file with our factory, be sure to complete the warranty registration card and send it to TuffStuff Fitness Equipment today.

Specifications

1. Maximum Wt. Capacity - 250 lbs.
2. Total Machine Weight - 95 lbs.
3. Footprint (LWH) - See Front Cover.

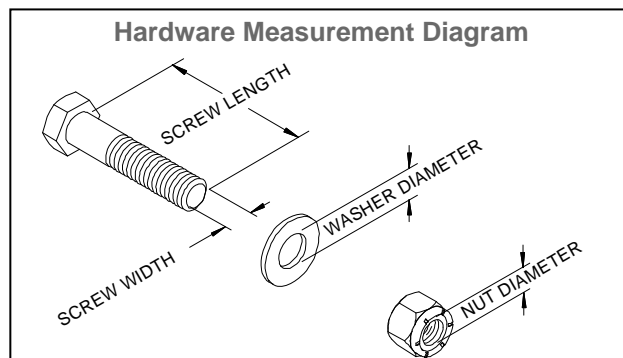
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Prior to the Assembly of the Flat / Incline Ladder Bench

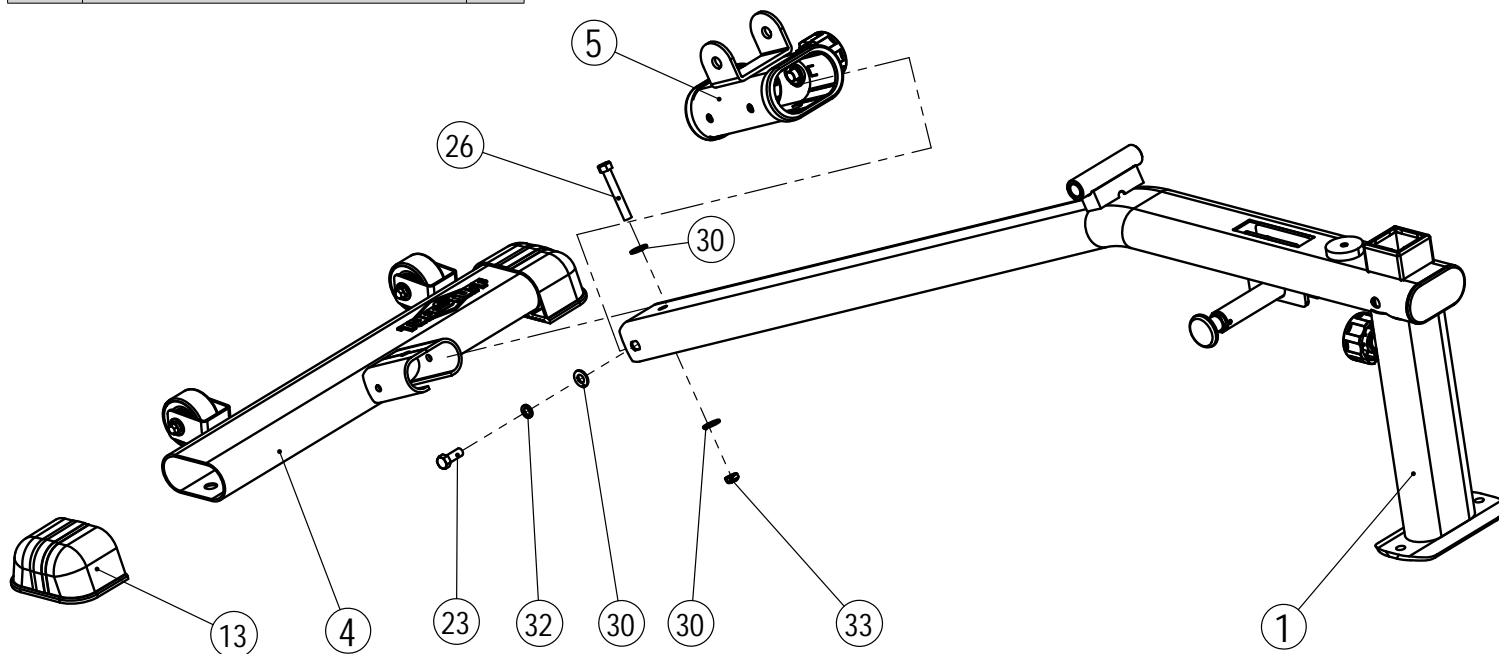
We advise you to consult your local TuffStuff retailer if you should have a question or problem regarding the proper assembly of this unit.

Tool Requirements

1. One 7/8" combination wrench
2. One 3/4" combination wrench
3. One 9/16" combination wrench
4. One ratchet
5. One 3/4" socket
6. One 9/16" socket
7. Rubber Mallet
8. Windex or household glass cleaner
9. Utility knife

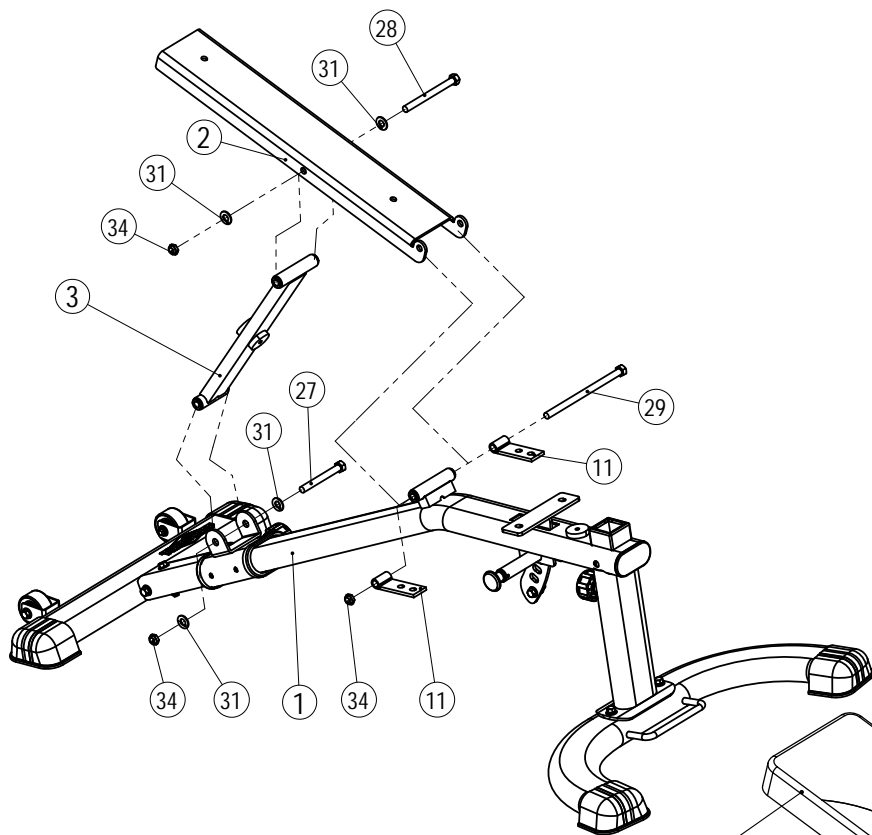
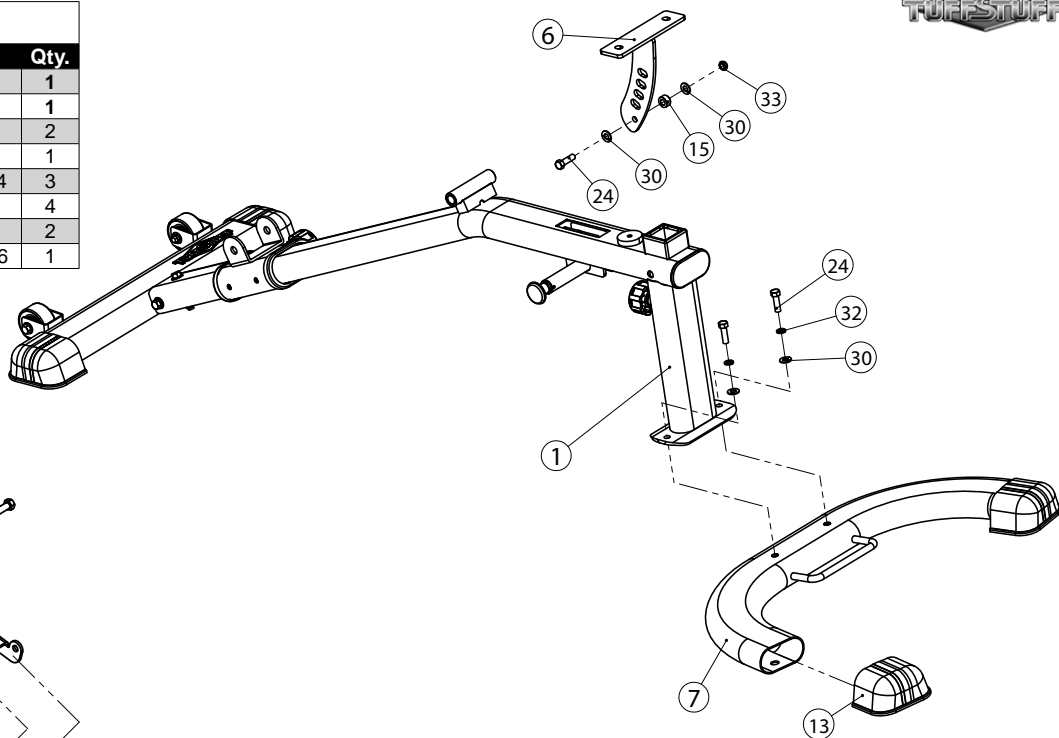


Step 1 Assembly List		
Item #	Description	Qty.
1	MAIN FRAME	1
4	REAR FRAME	1
5	CARRIAGE	1
13	PLASTIC ELLIPTICAL SHOE	2
23	HEX HEAD CAP SCREW 3/8-16 X 1	2
26	HEX HEAD CAP SCREW 3/8-16 X 2 1/2	1
30	FLAT WASHER SAE 3/8"	4
32	SPLIT LOCK WASHER 3/8"	2
33	NYLON INSERT JAM LOCK NUT 3/8-16	1



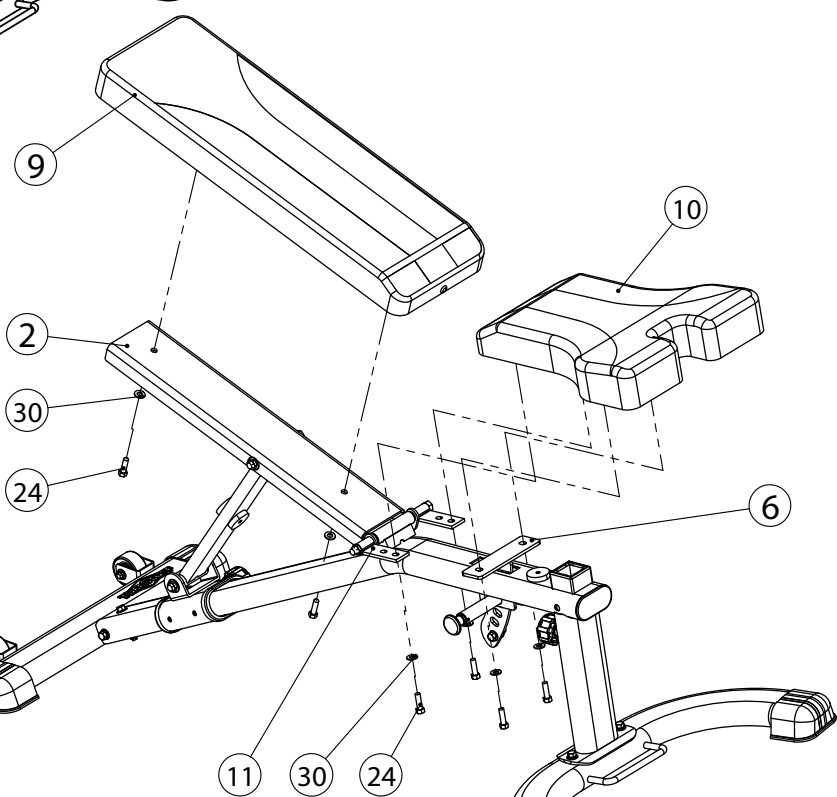
Step 2 Assembly List

Item #	Description	Qty.
6	SEAT PAD BRACKET	1
7	FRONT BASE FRAME	1
13	PLASTIC ELLIPTICAL SHOE	2
15	NYLON SPACER 3/8 X 3/4 X 3/8	1
24	HEX HEAD CAP SCREW 3/8-16 X 1 1/4	3
30	FLAT WASHER SAE 3/8"	4
32	SPLIT LOCK WASHER 3/8"	2
33	NYLON INSERT JAM LOCK NUT 3/8-16	1



Step 3 Assembly List

Item #	Description	Qty.
2	BACK PAD FRAME	1
3	SUPPORT BAR	1
11	METAL HINGE	2
27	HEX HEAD CAP SCREW 1/2-13 X 4 1/4	1
28	HEX HEAD CAP SCREW 1/2-13 X 5 1/2	1
29	HEX HEAD CAP SCREW 1/2-13 X 8 1/2	1
31	FLAT WASHER SAE 1/2"	4
34	NYLON INSERT JAM LOCK NUT 1/2-13	3



Step 4 Assembly List

Item #	Description	Qty.
9	BACK PAD	1
10	SEAT PAD	1
24	HEX HEAD CAP SCREW 3/8-16 X 1 1/4	6
30	FLAT WASHER SAE 3/8"	6

COLOR CHART
BOLD FONT = SUB-ASSEMBLY PARTS
 BLACK= HARDWARE

RID-345 Parts List

REVO

ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
1	MAIN FRAME	0	UP5312	1	22	FLAT PHILLIPS MACHINE SCREW 8-32 X 1/4	BNH0408	2
2	BACK PAD FRAME	0	UP5313	1	23	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1	BNH2037	2
3	SUPPORT BAR	0	UP5314	1	24	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 1/4	BNH2038	9
4	REAR FRAME	0	UP5315	1	25	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/8	BNH2043	2
5	CARRIAGE	0	UP5316	1	26	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 1/2	BNH2044	1
6	SEAT PAD BRACKET	0	UP5317	1	27	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 4 1/4	BNH2101	1
7	FRONT BASE FRAME	0	UP4976	1	28	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 5 1/2	BNH2066	1
8	PULL PIN 1/2 X 5 5/8 (YELLOW)		BNH0701	1	29	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 8 1/2	BNH2087	1
9	BACK PAD	0	UP4978	1	30	FLAT WASHER SAE Z/P 3/8"	BNH2030	18
10	SEAT PAD	0	UP4979	1	31	FLAT WASHER SAE Z/P 1/2"	BNH2031	4
11	METAL HINGE		BNH0046	2	32	SPLIT LOCK WASHER Z/P 3/8"	BNH2032	4
12	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8		BNH0528	6	33	NYLON INSERT JAM LOCK NUT Z/P 3/8-16	BNH2026	4
13	PLASTIC HORIZONTAL ELLIPTICAL SHOE		BNH1847	4	34	NYLON INSERT JAM LOCK NUT Z/P 1/2-13	BNH2027	3
14	URETHANE BUMPER 1 3/4		BNH0229	3	35	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	2
15	NYLON SPACER 3/8 X 3/4 X 3/8		BNH0392	1	36	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	1
16	NYLON STEM BUTTON (26 X 9.5 X 2.67 X 12.6)		BNH0569	2	37	HEX KEY ALLOY 3/32"	BNH0372	1
17	PLASTIC INSERT ELLIPTICAL GUIDE (2 3/8 X 4 3/4)		BNH2062	2	38	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
18	PLASTIC TUBE GUIDE W/LIP 2" SQ		BNH0058	1	39	DECAL-CAUTION WEIGHT TRAINING SAFETY...	BNH0126	1
19	PLASTIC INSERT CAP ELLIPTICAL 2 X 4		BNH1794	1	40	DECAL-DANGER TIGHTEN THIS RETAINING...	BNH0142	1
20	BLACK WHEEL 3/8 X 3 X 1 1/4 W/BEARING		BNH0300	2	41	DECAL-WARNING ATTENTION USERS! MOVING...	BNH1895	1
21	TURN/PULL PIN W/KNOB AND LOCK		BNH0989	2	42	DECAL-IMPORTANT FOR BEST PERFORMANCE...	BNH1894	1

