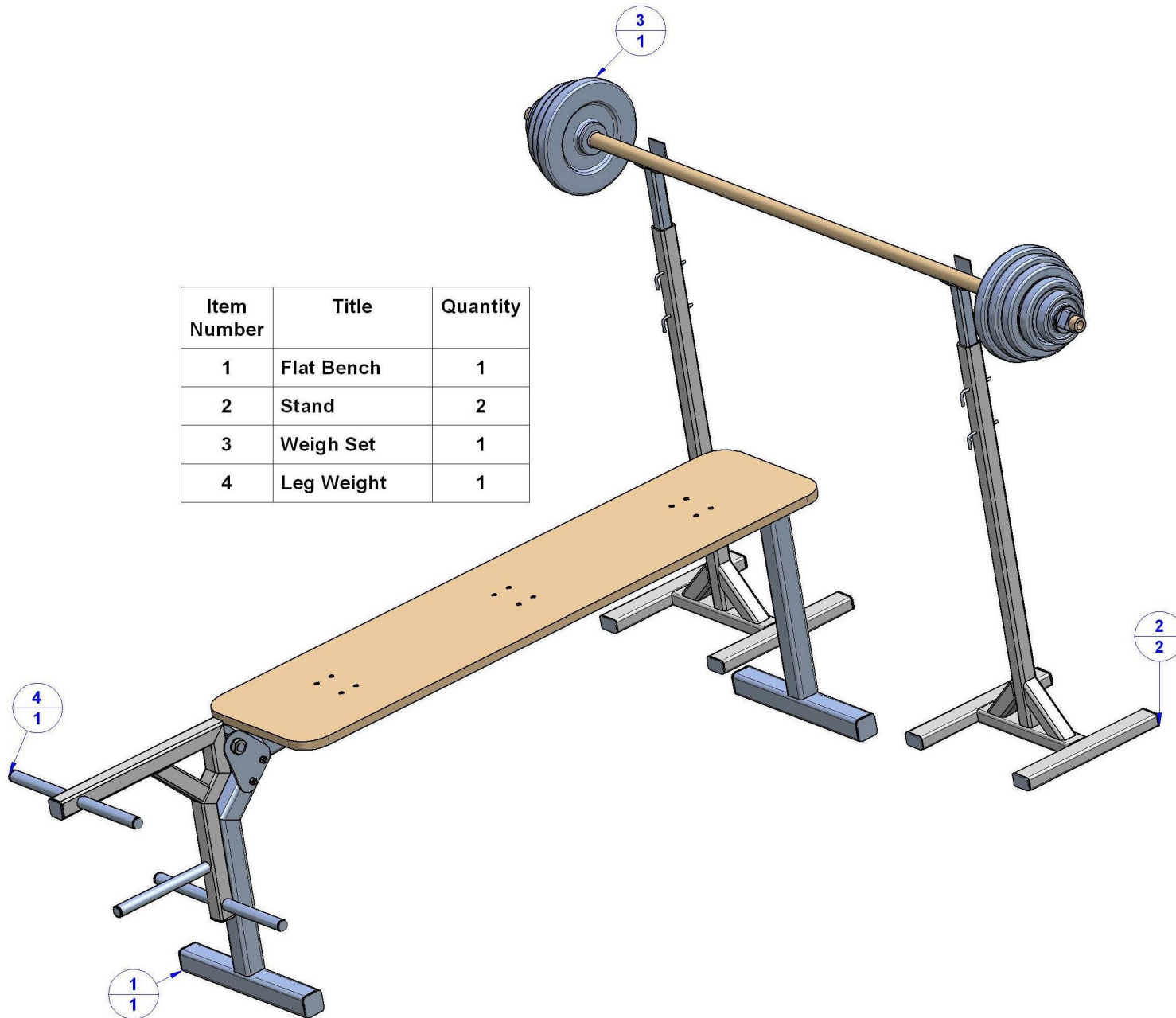


Flat bench press with leg developer plan



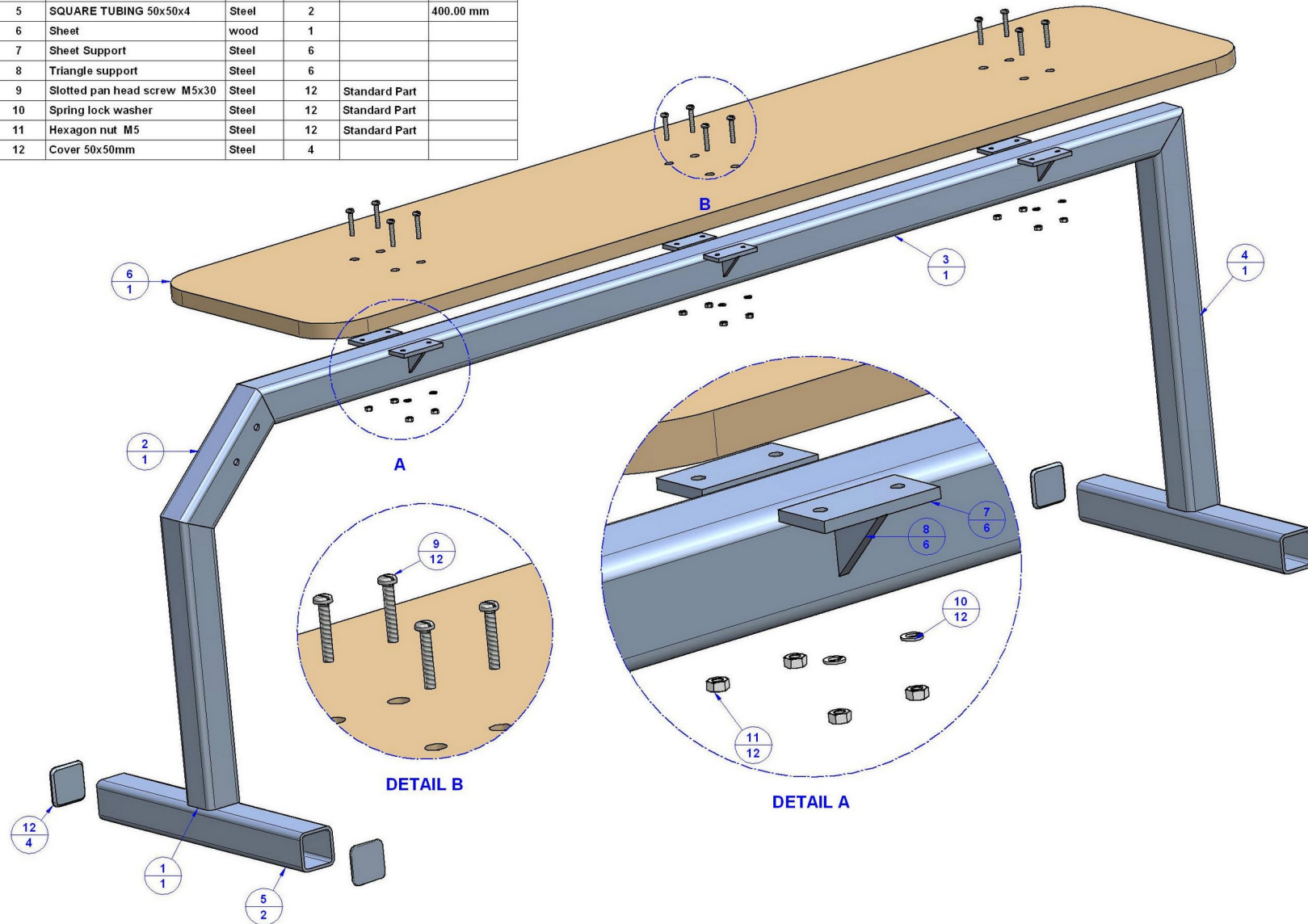
Sub-assembly list

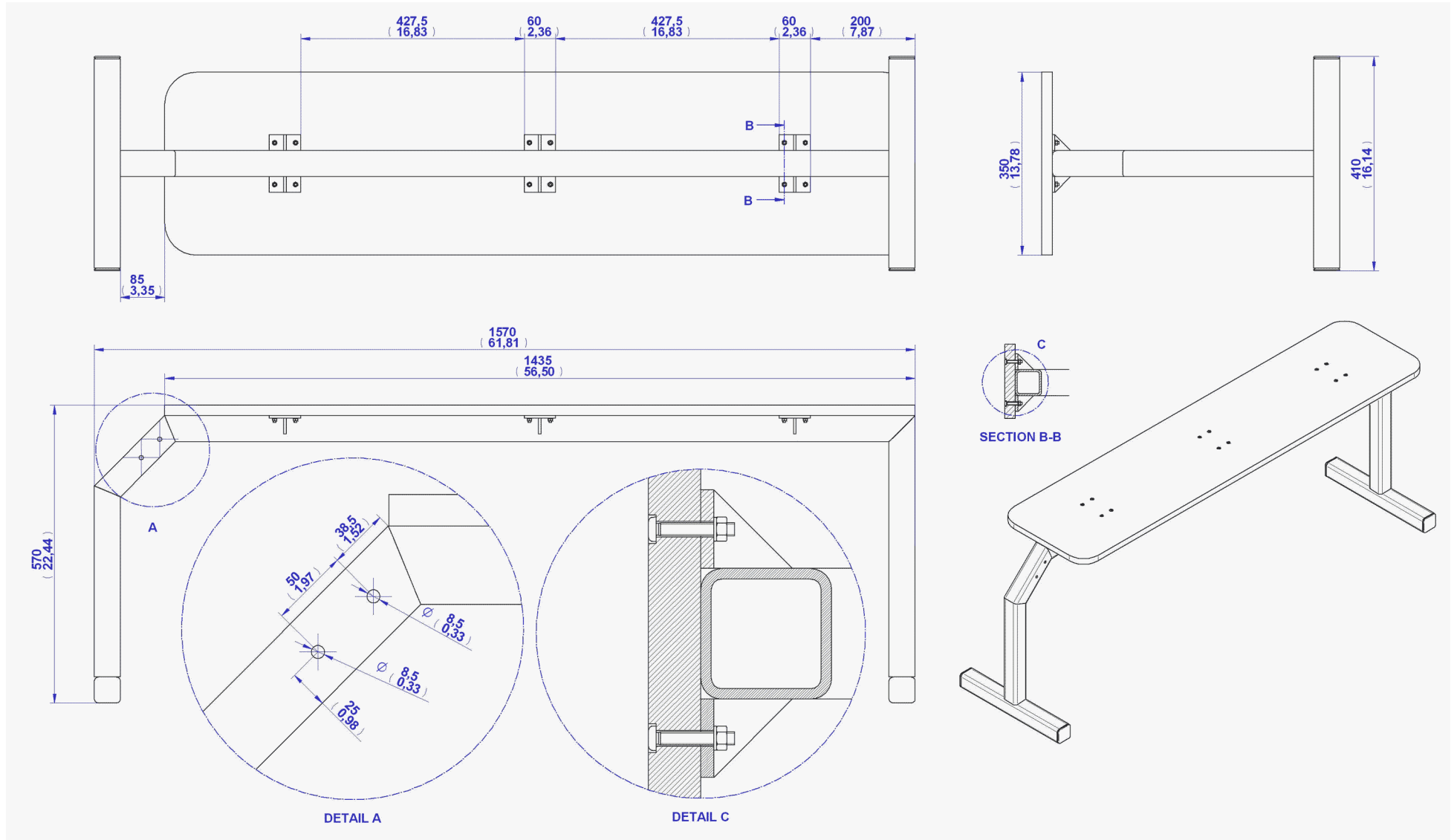
Item Number	Title	Quantity
1	Flat Bench	1
2	Stand	2
3	Weigh Set	1
4	Leg Weight	1



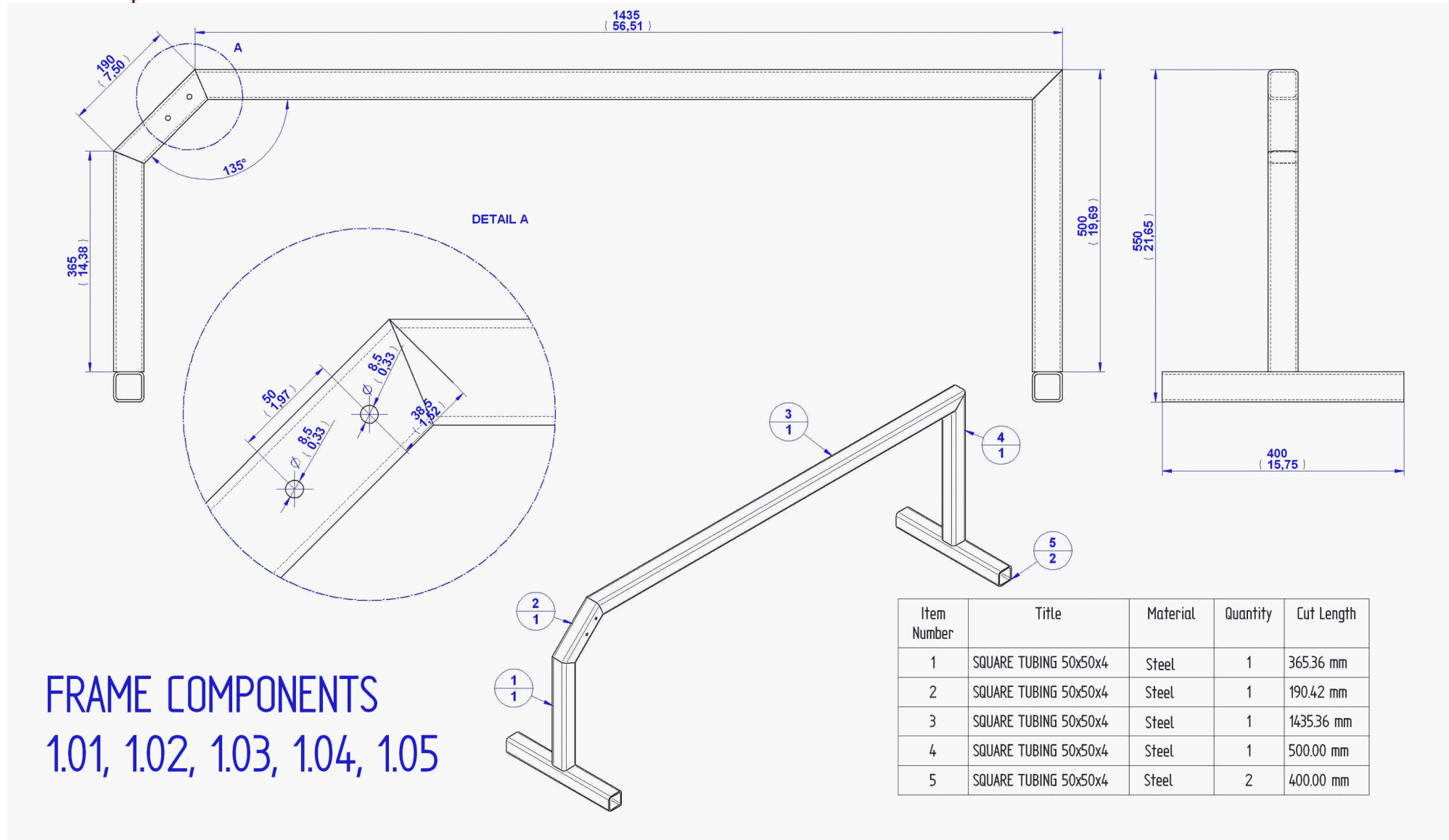
1. Flat bench sub-assembly – Parts list and 2D documentation

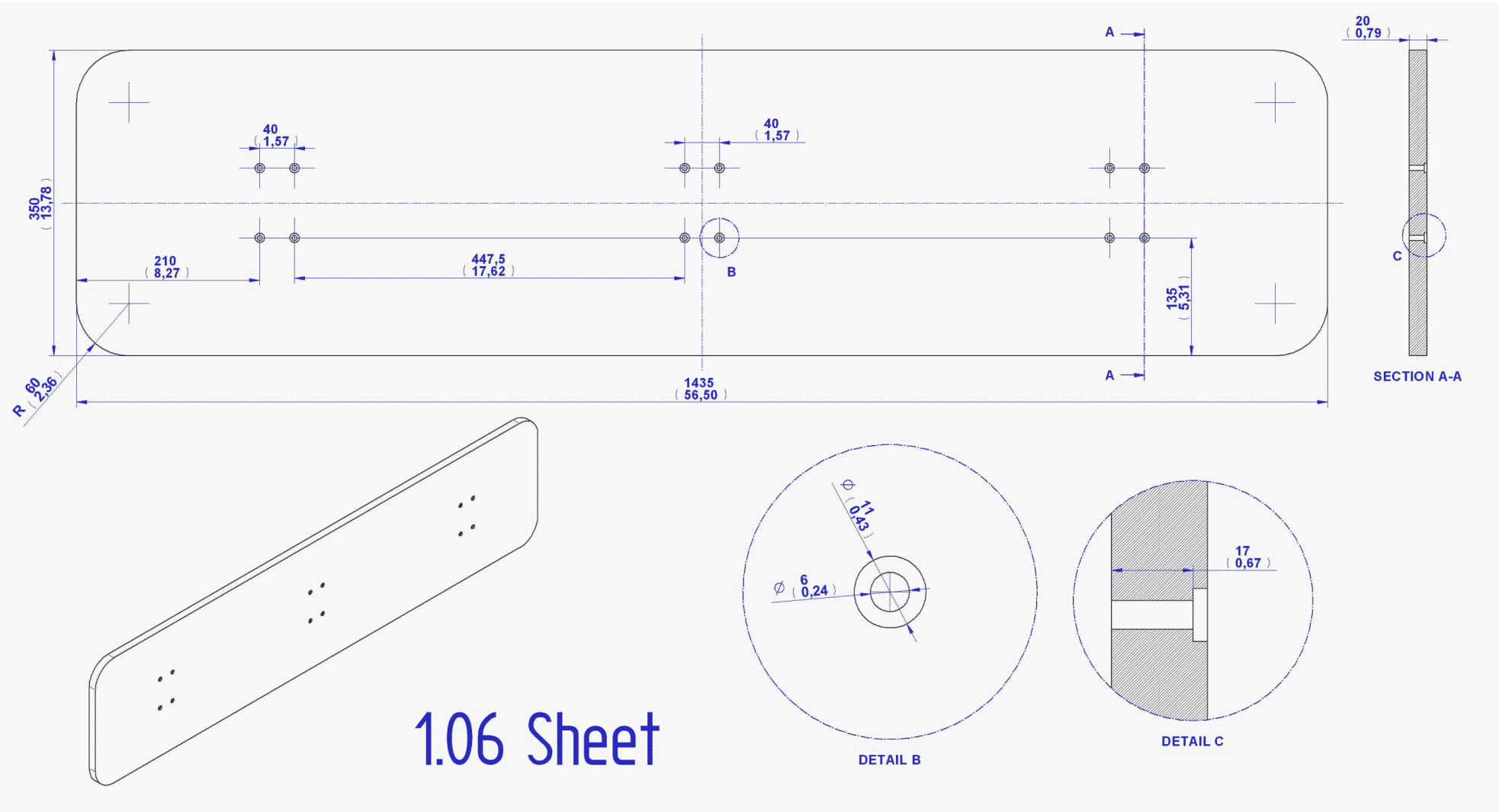
Item Number	Title	Material	Quantity	Category	Cut Length
1	SQUARE TUBING 50x50x4	Steel	1		365.36 mm
2	SQUARE TUBING 50x50x4	Steel	1		190.42 mm
3	SQUARE TUBING 50x50x4	Steel	1		1435.36 mm
4	SQUARE TUBING 50x50x4	Steel	1		500.00 mm
5	SQUARE TUBING 50x50x4	Steel	2		400.00 mm
6	Sheet	wood	1		
7	Sheet Support	Steel	6		
8	Triangle support	Steel	6		
9	Slotted pan head screw M5x30	Steel	12	Standard Part	
10	Spring lock washer	Steel	12	Standard Part	
11	Hexagon nut M5	Steel	12	Standard Part	
12	Cover 50x50mm	Steel	4		

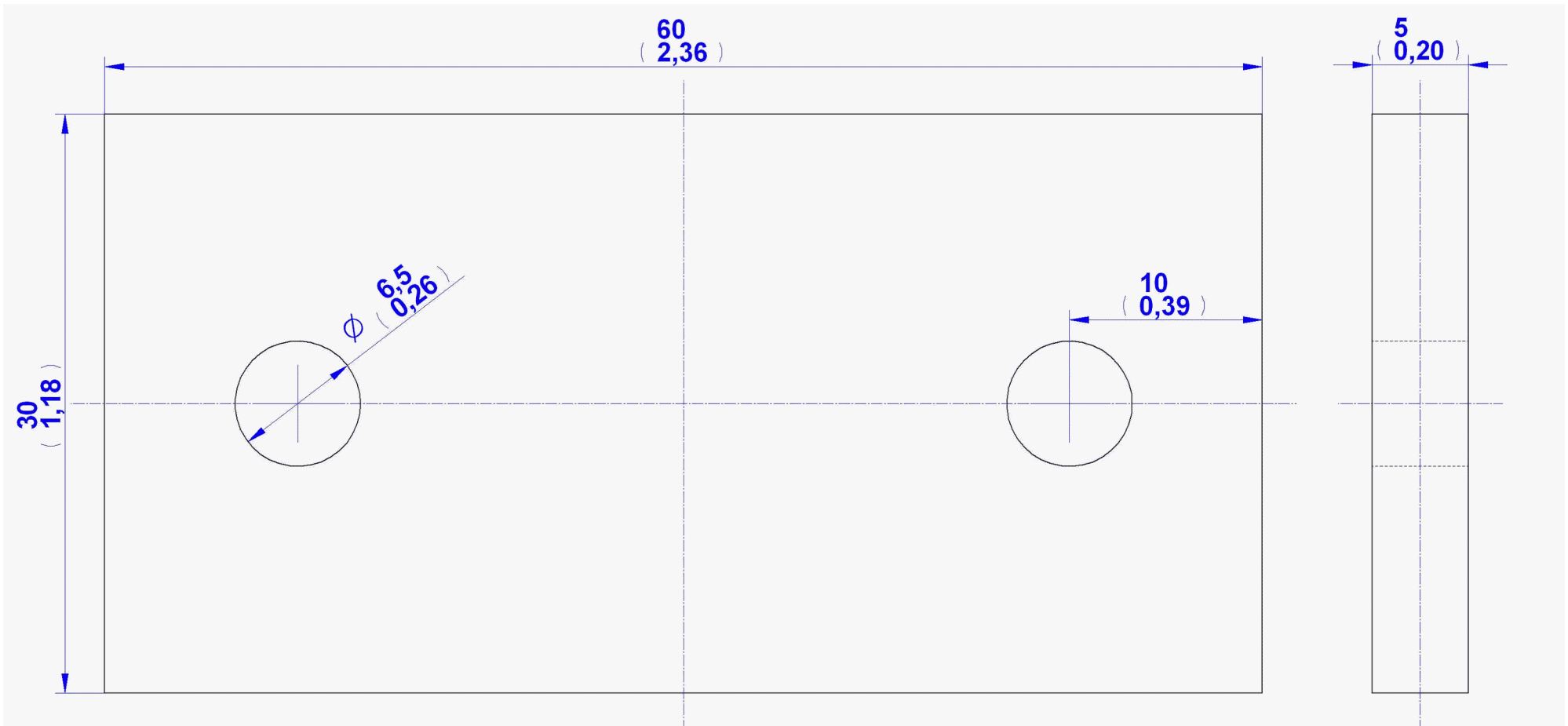




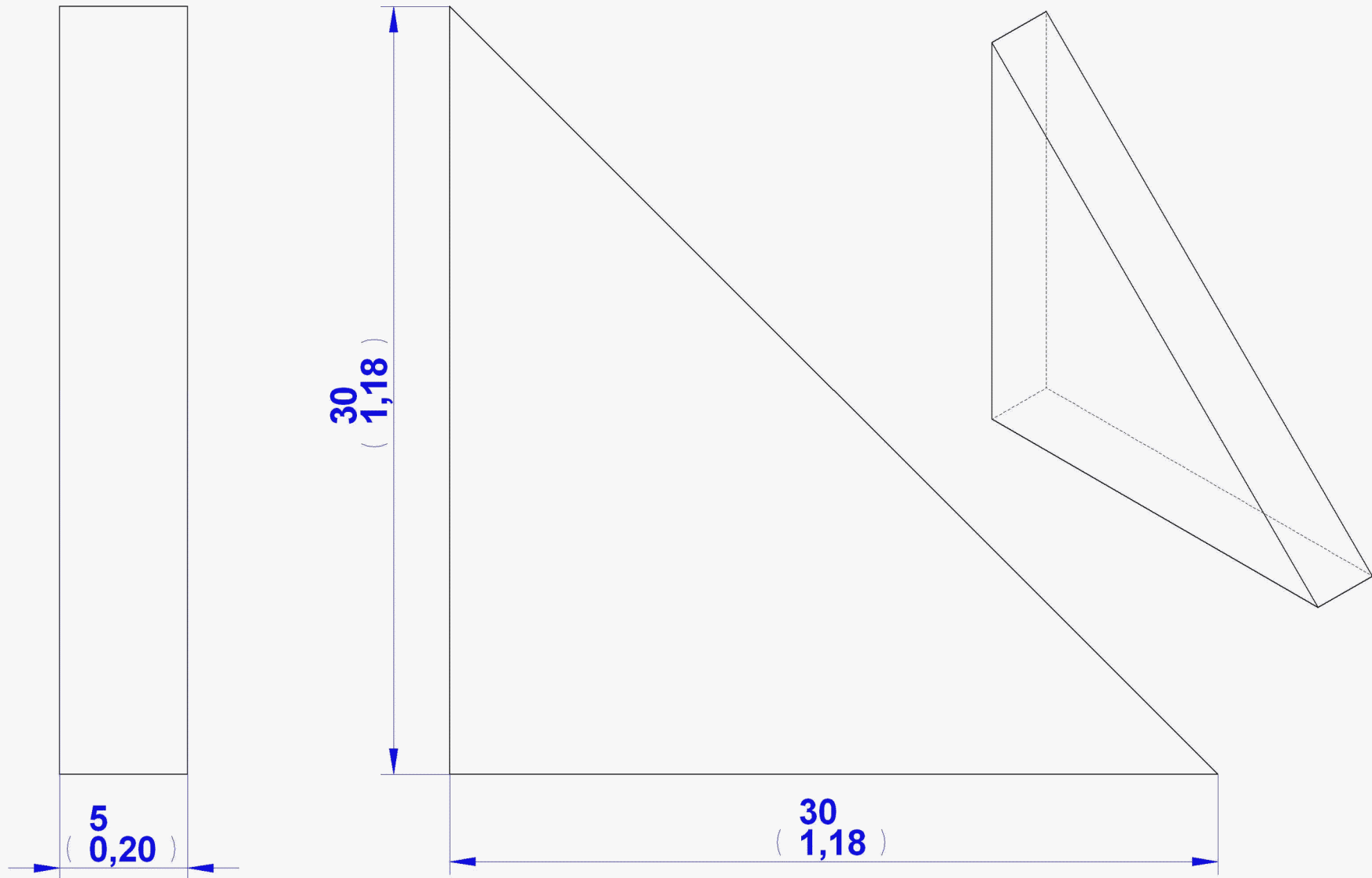
Frame components



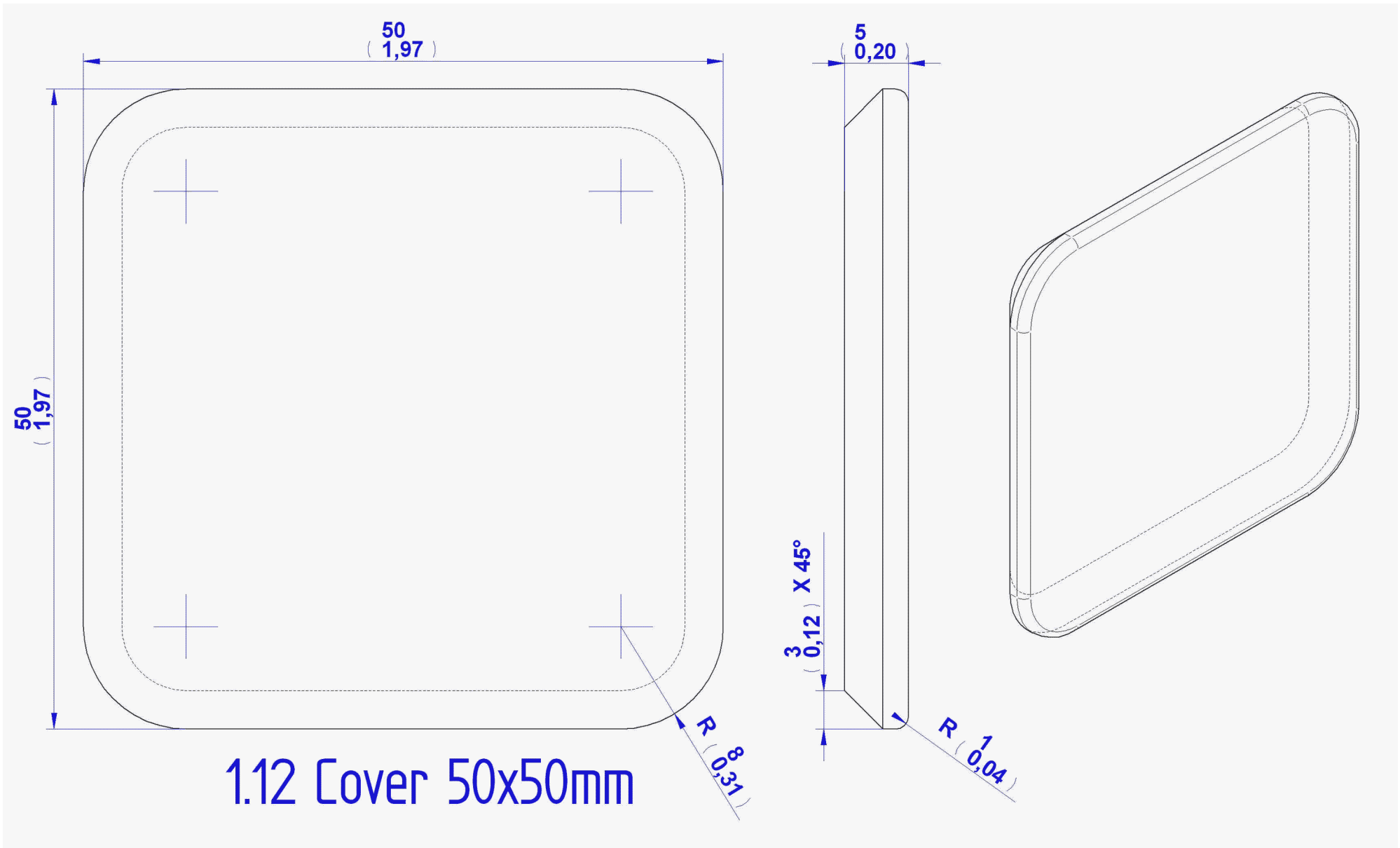




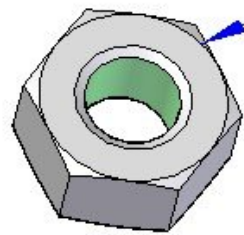
1.07 Sheet Support



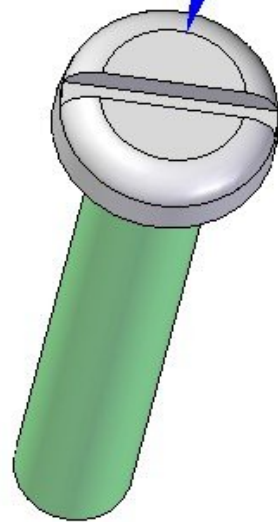
1.08 Triangle Support



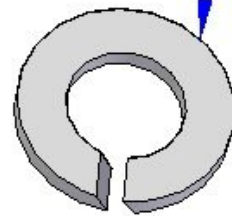
Standard Parts



1.11 Hexagon Nut M10



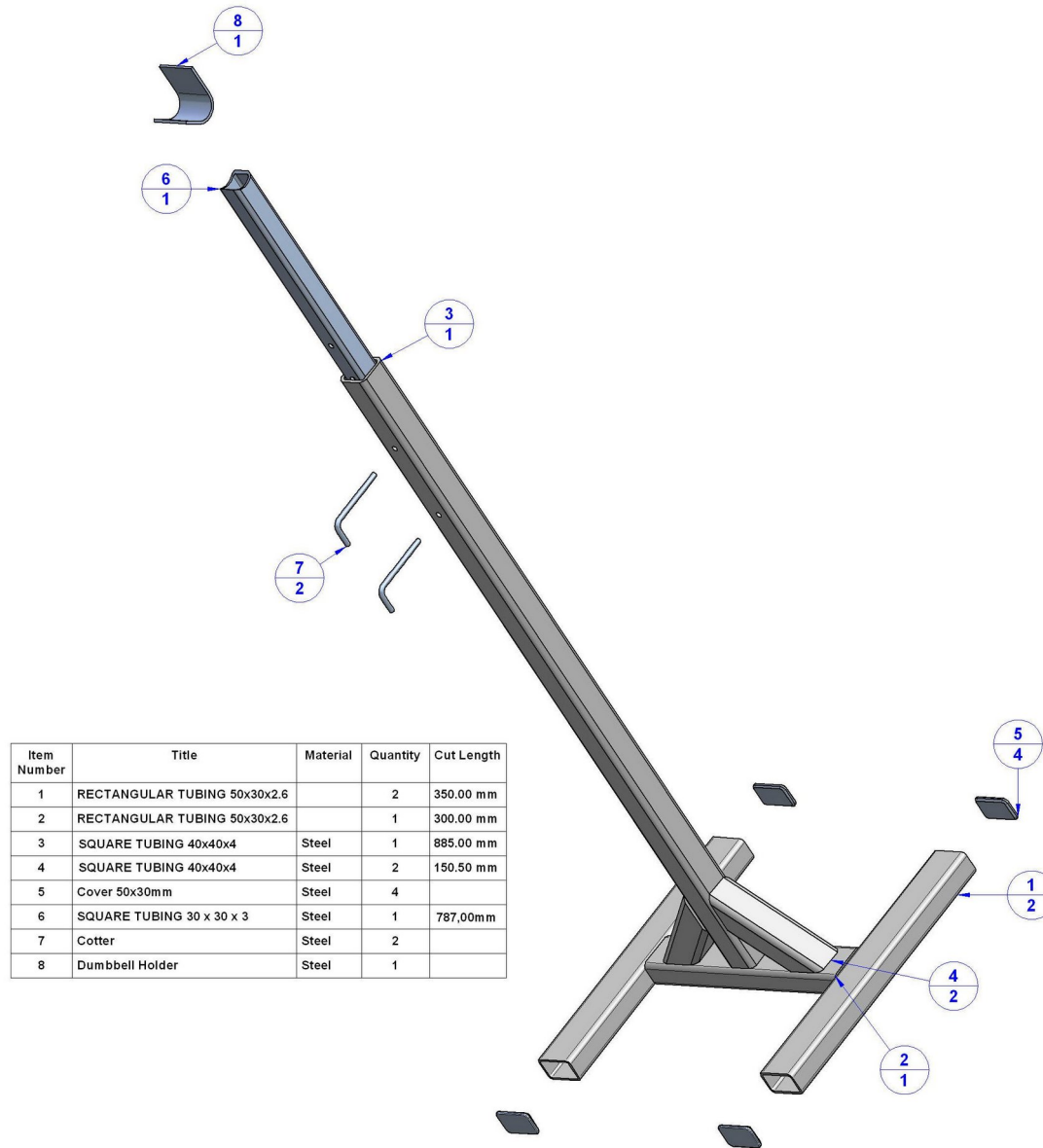
1.09 Slotted Pan Head Screw M5 x 30mm

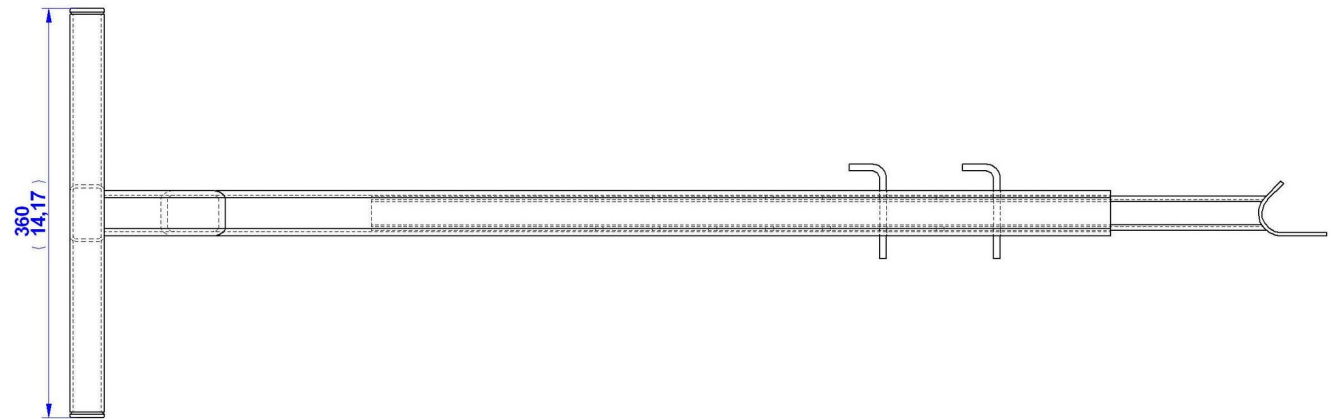
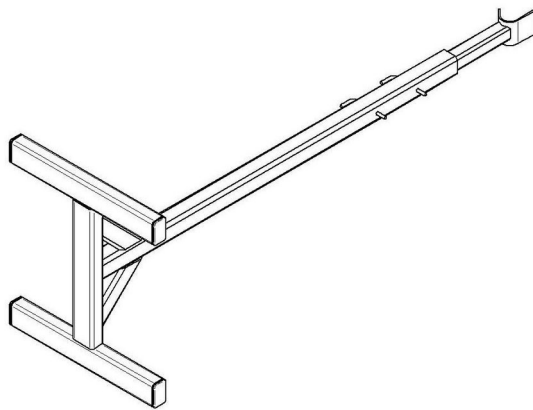
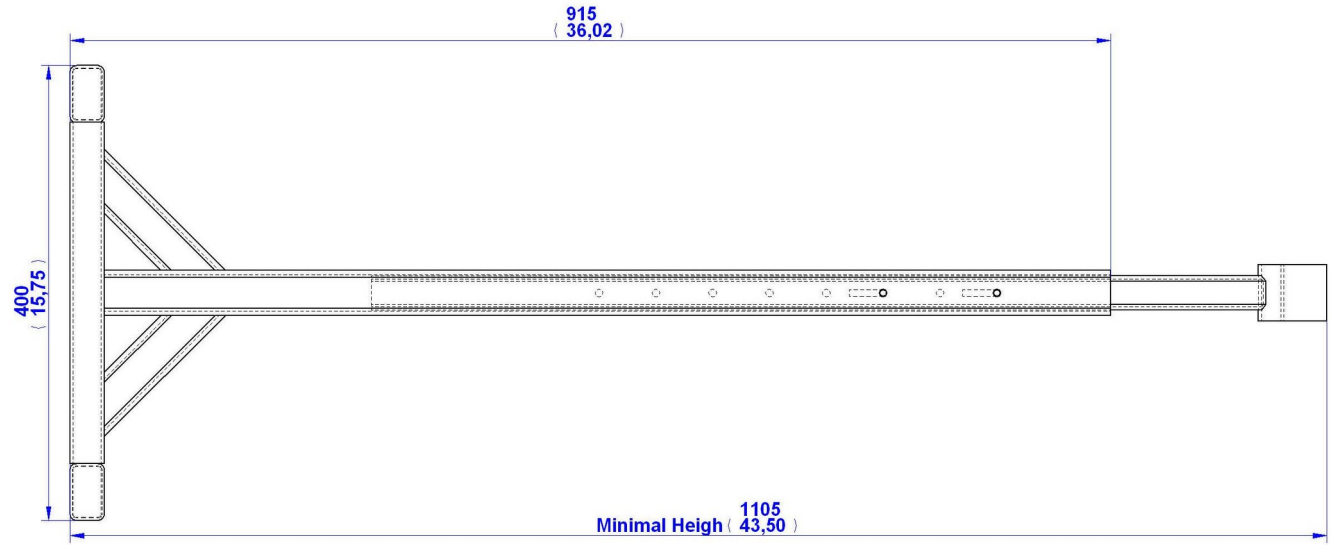
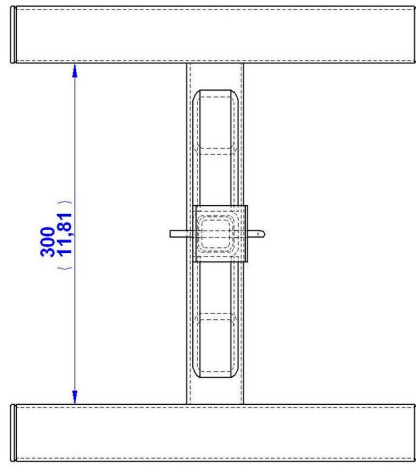


1.10 Spring Lock Washer 5

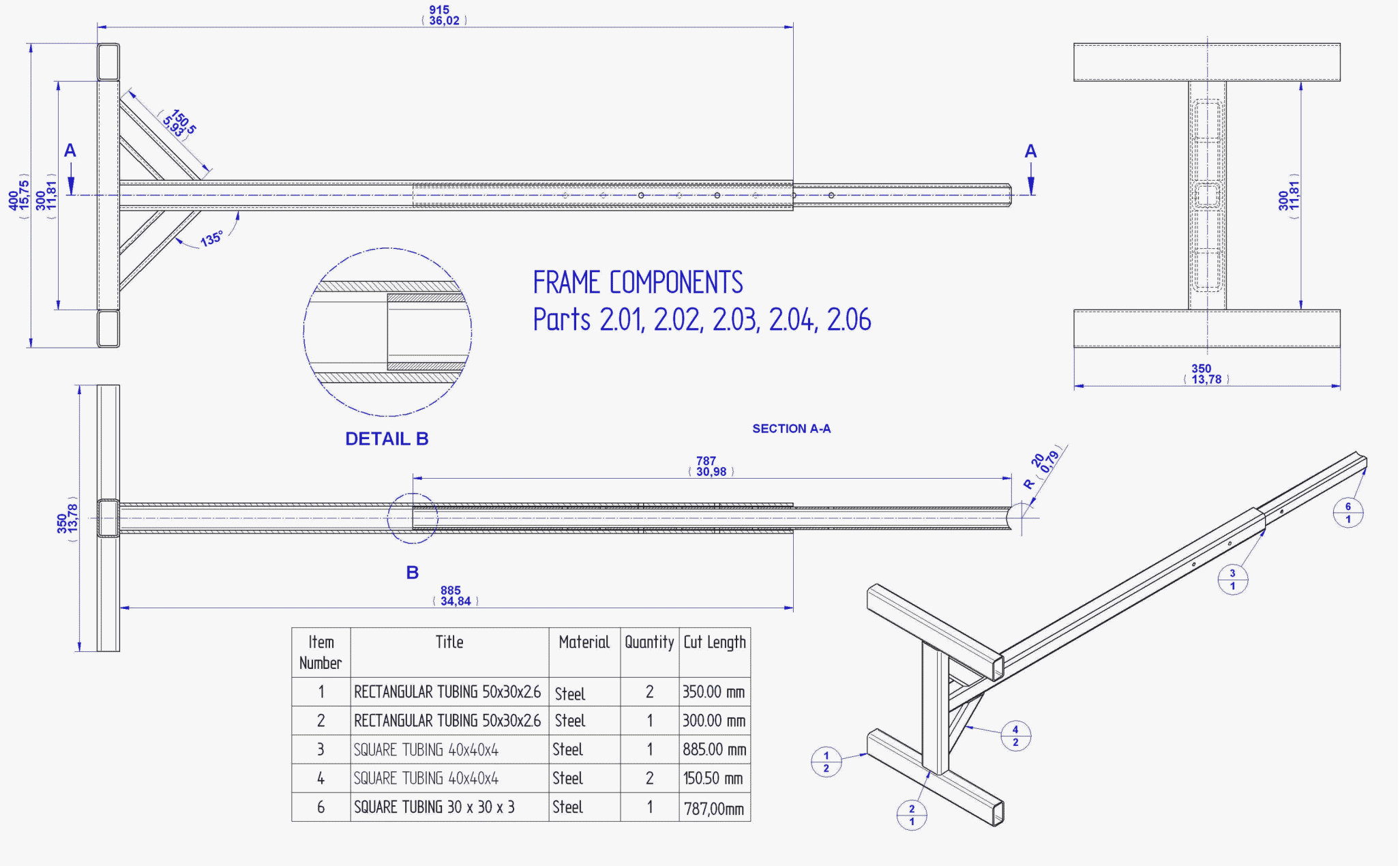
Standard Parts

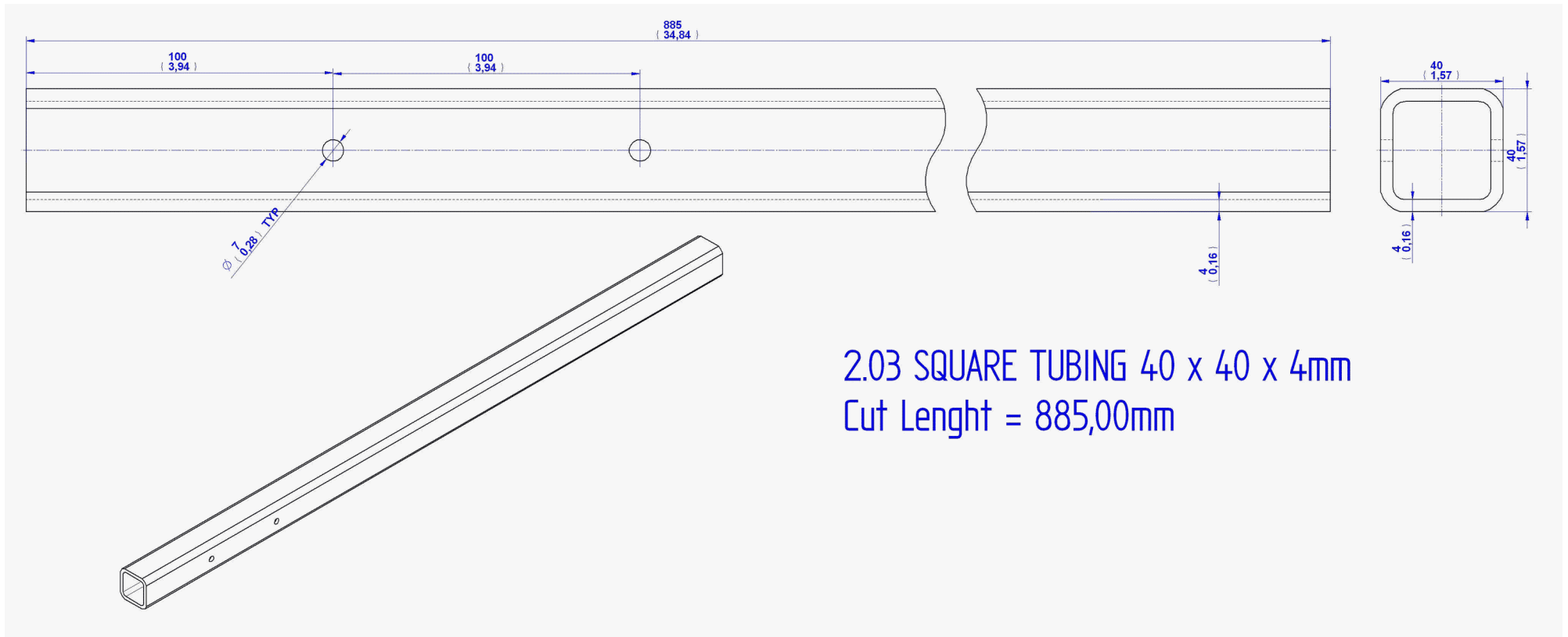
2. Stand sub-assembly – Parts list and 2D documentation



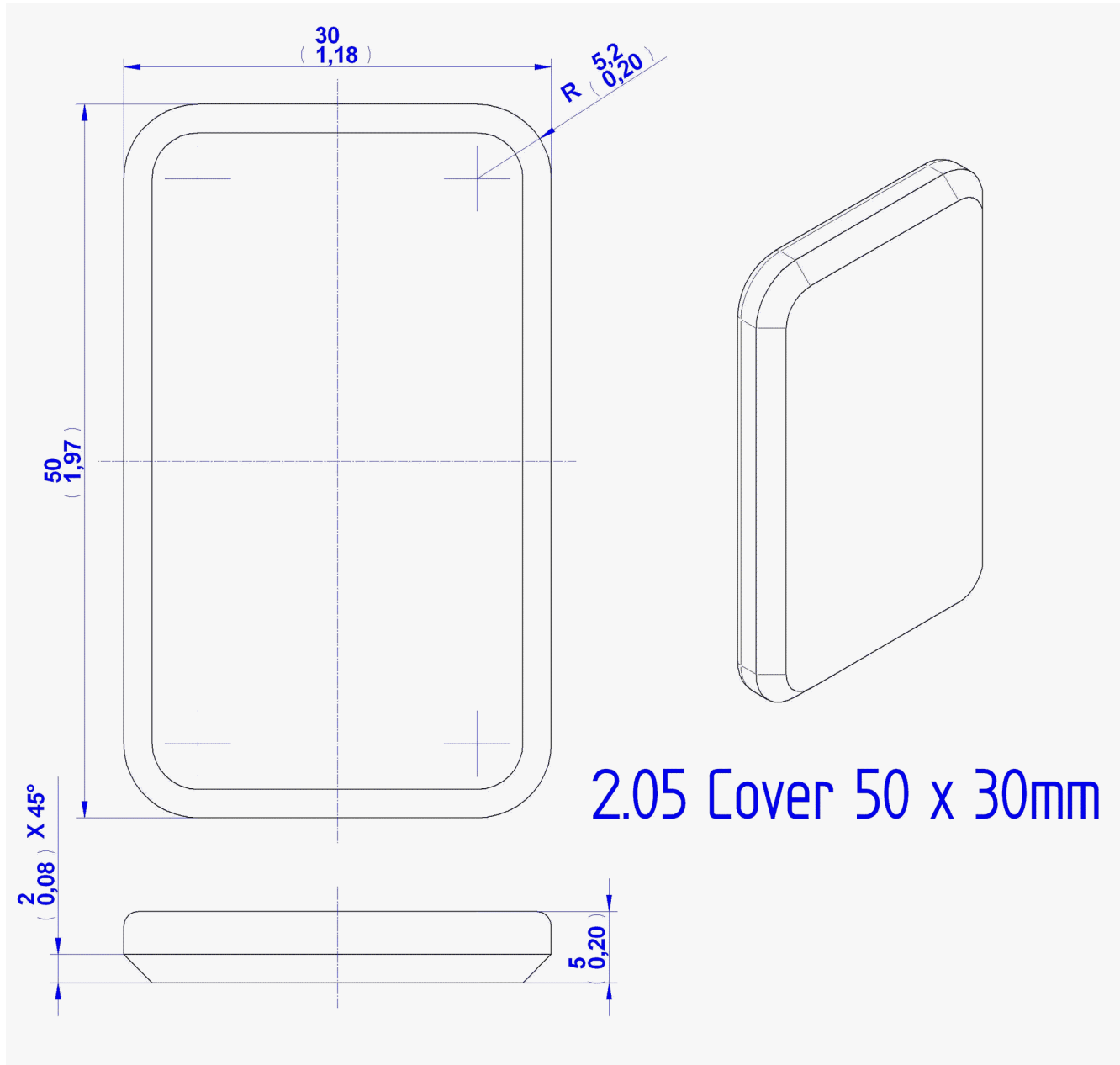


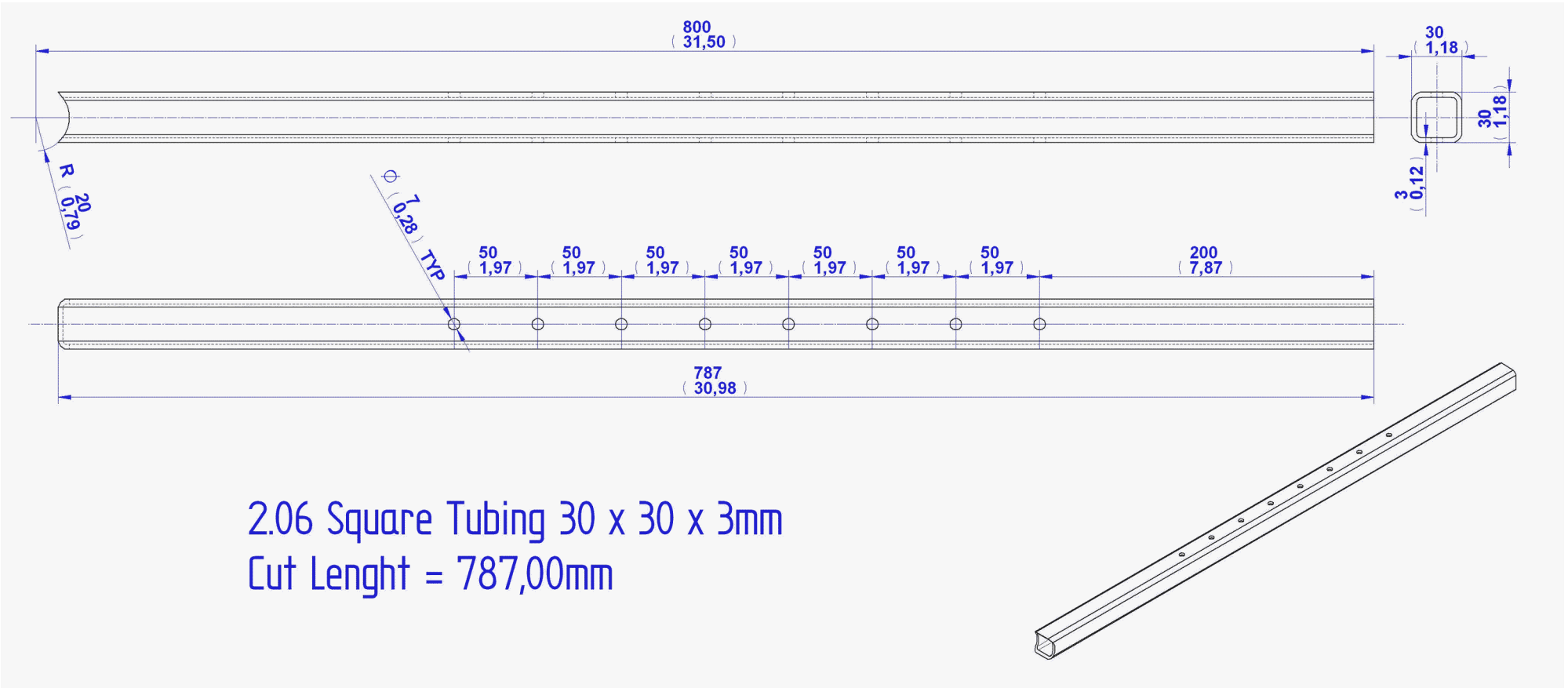
Frame components

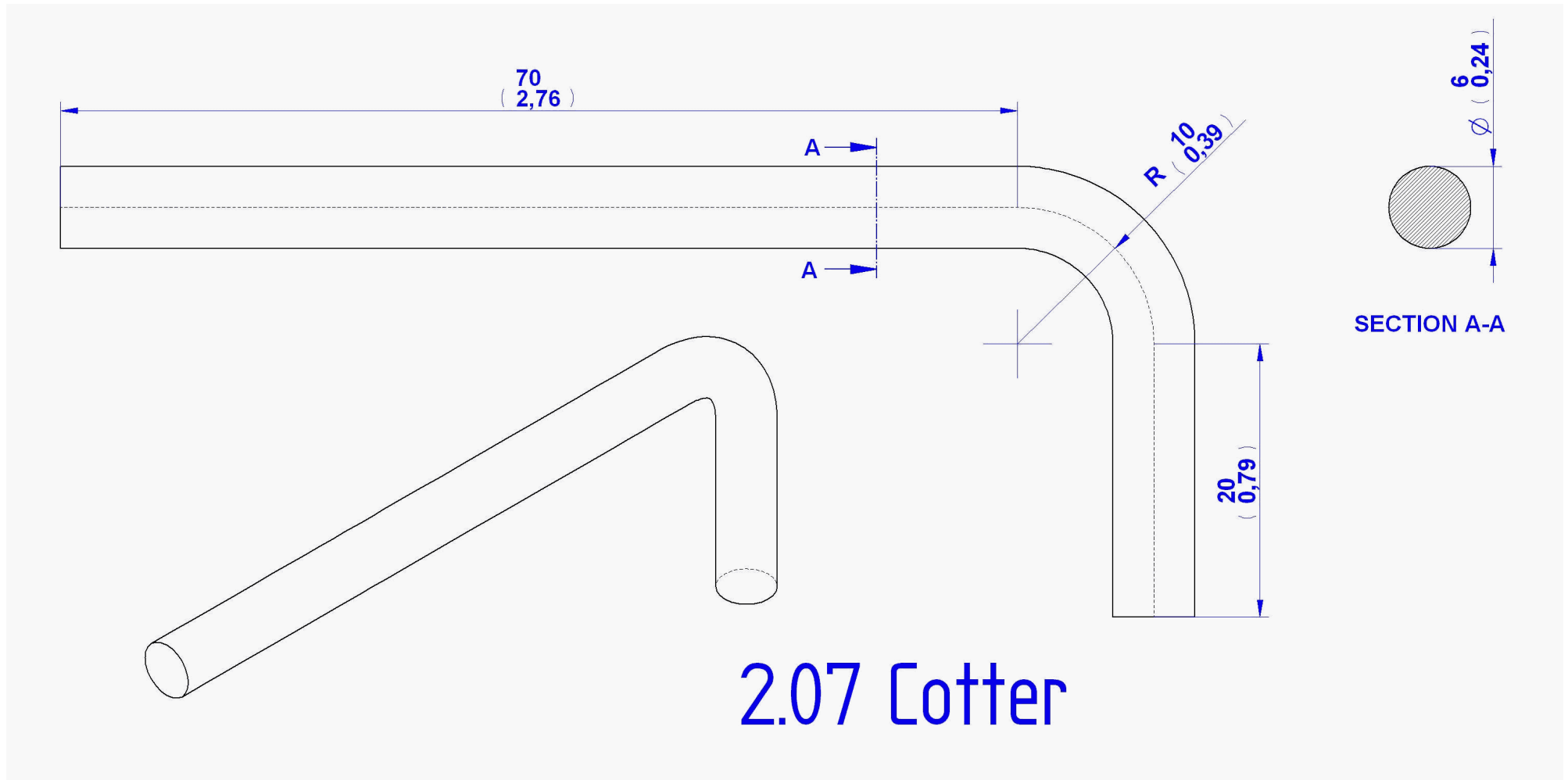


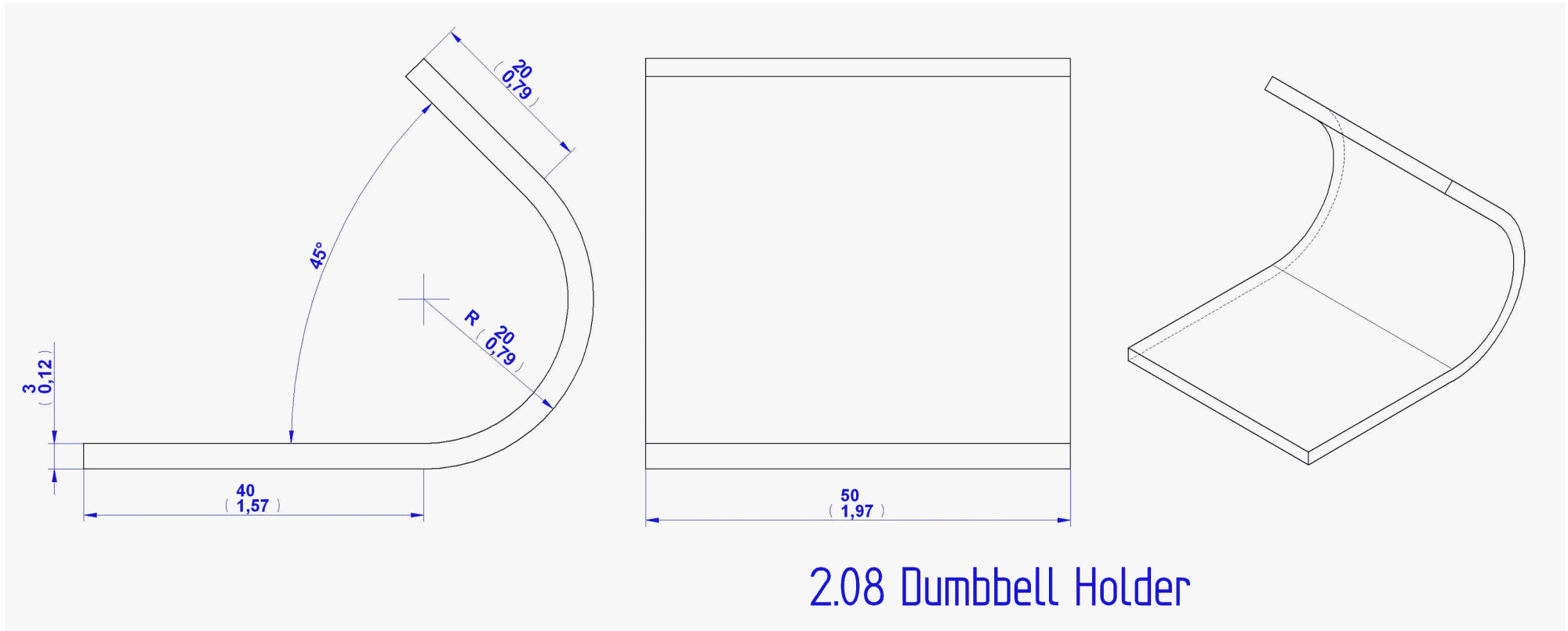


2.03 SQUARE TUBING 40 x 40 x 4mm
Cut Length = 885,00mm

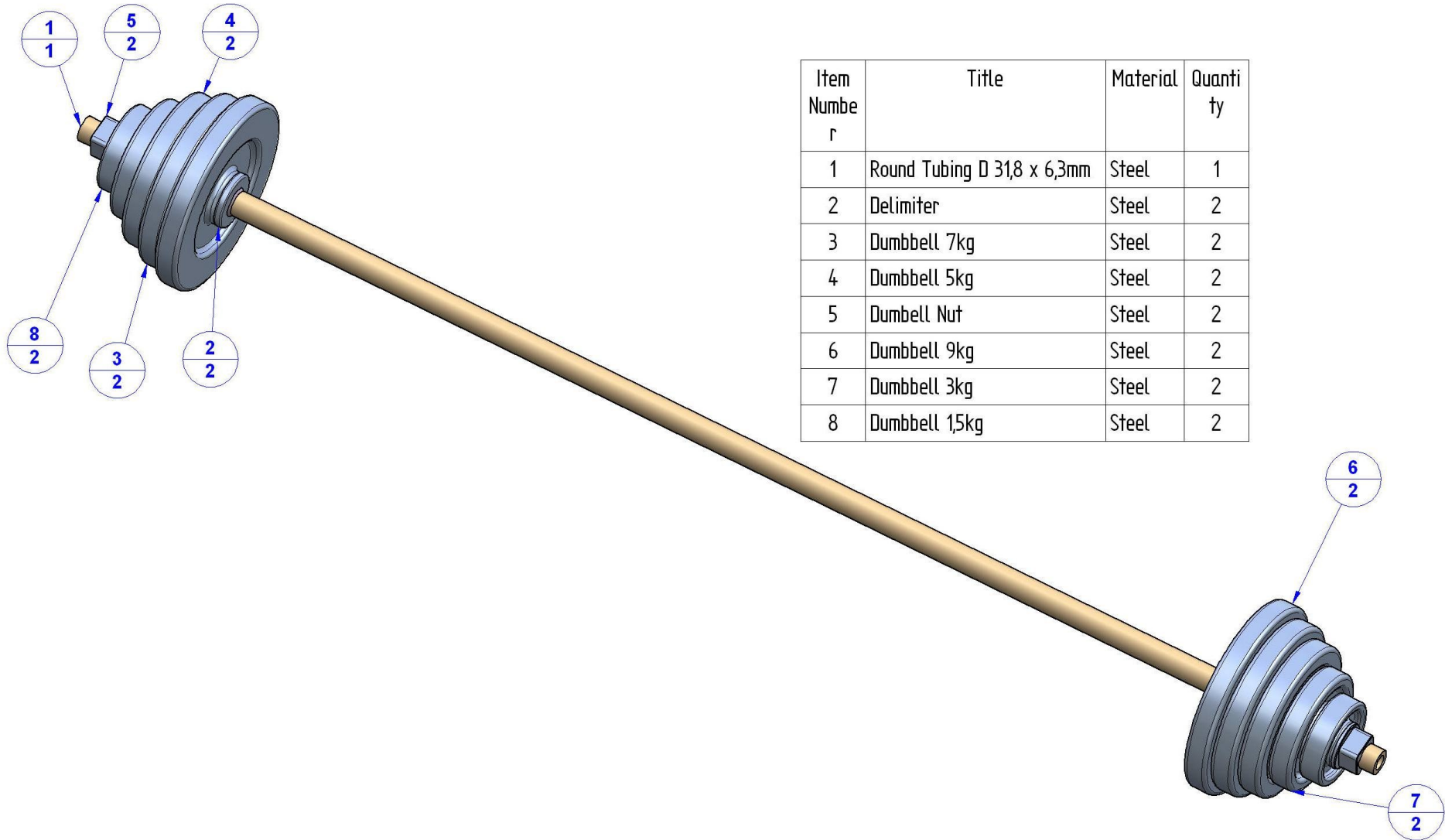


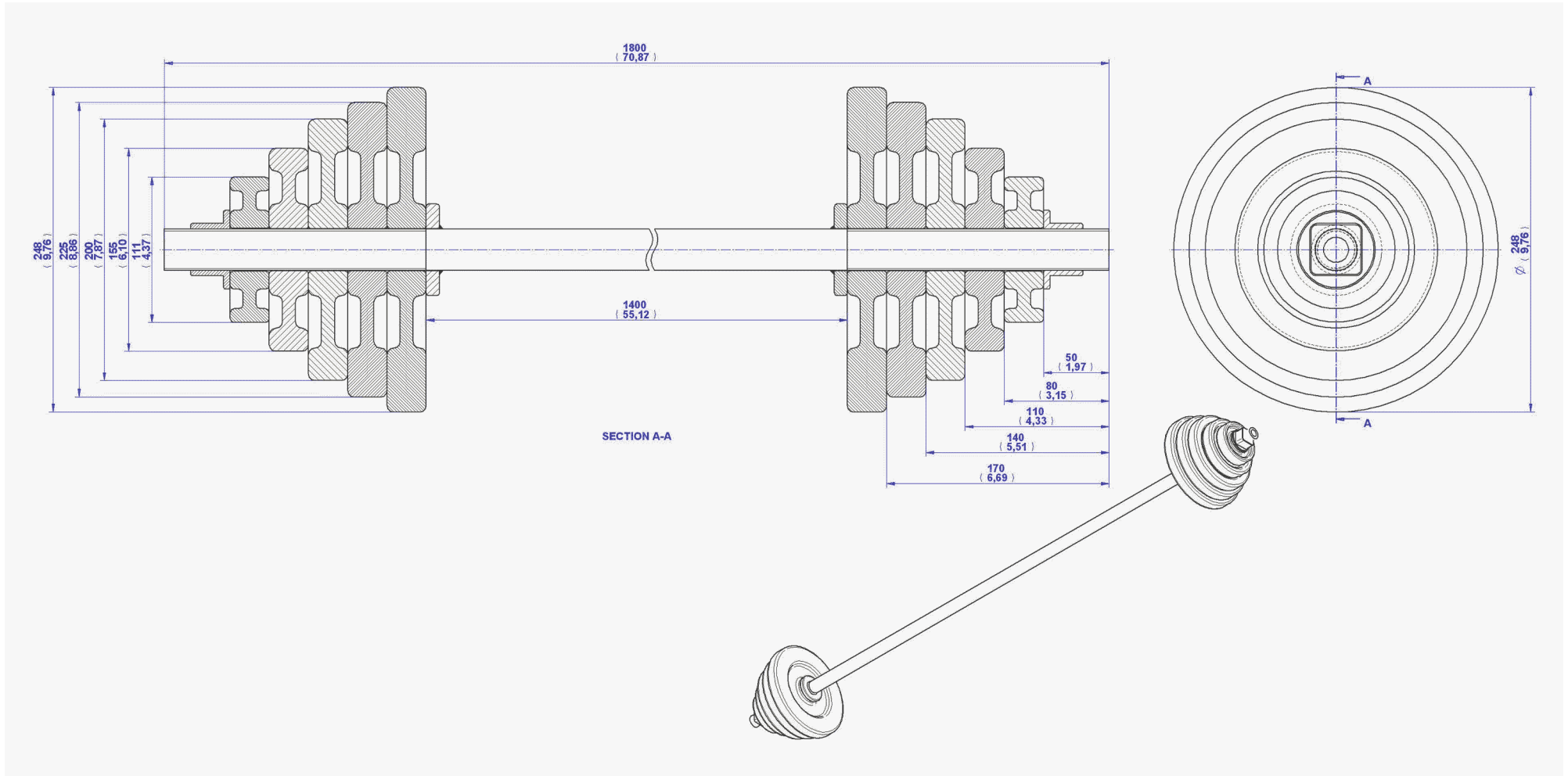


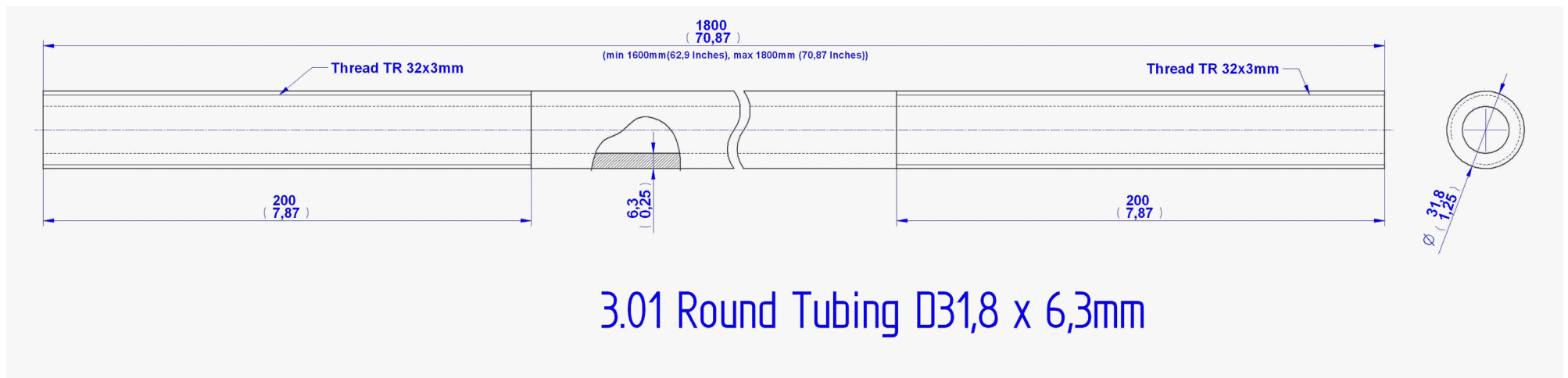


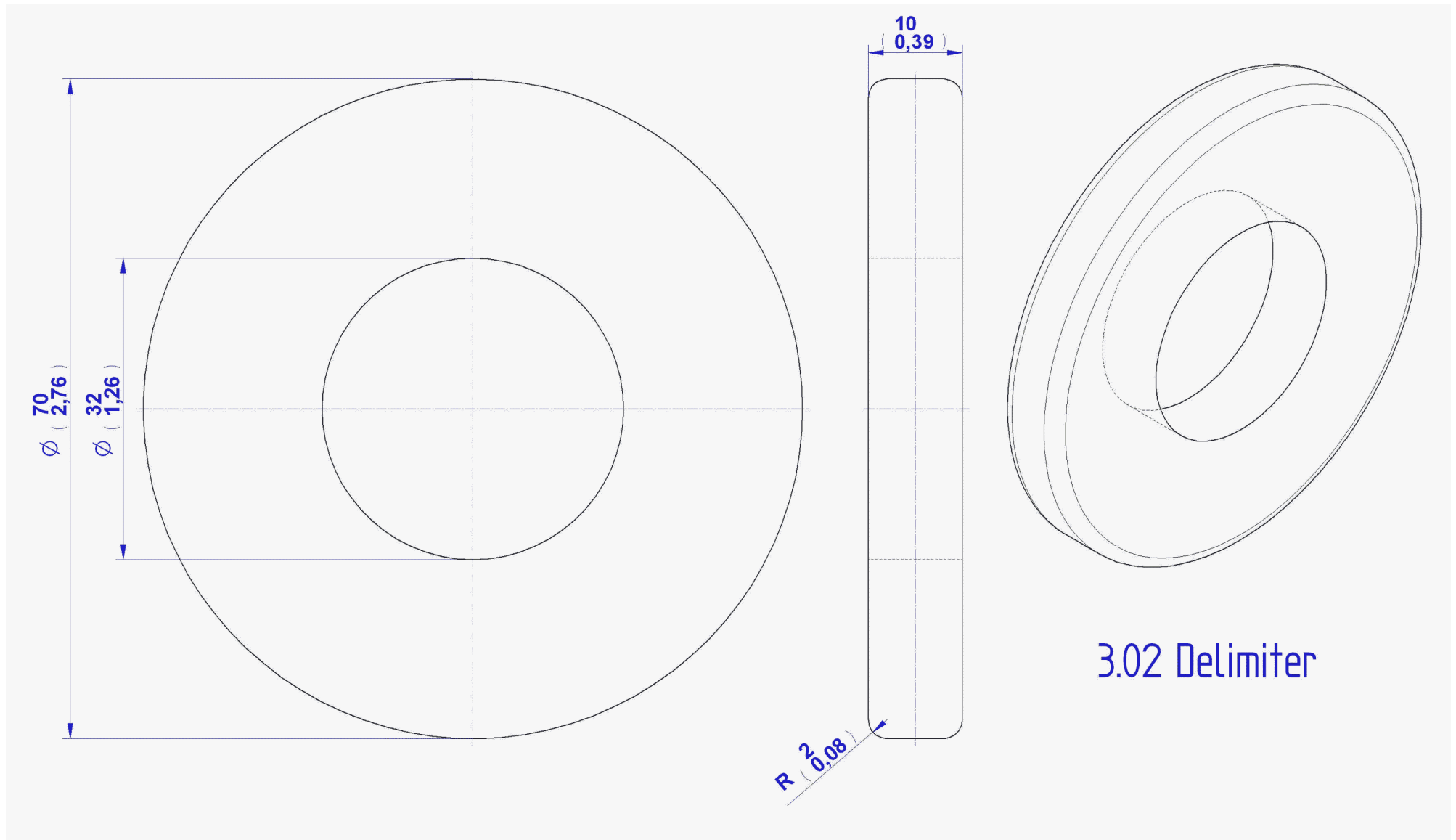


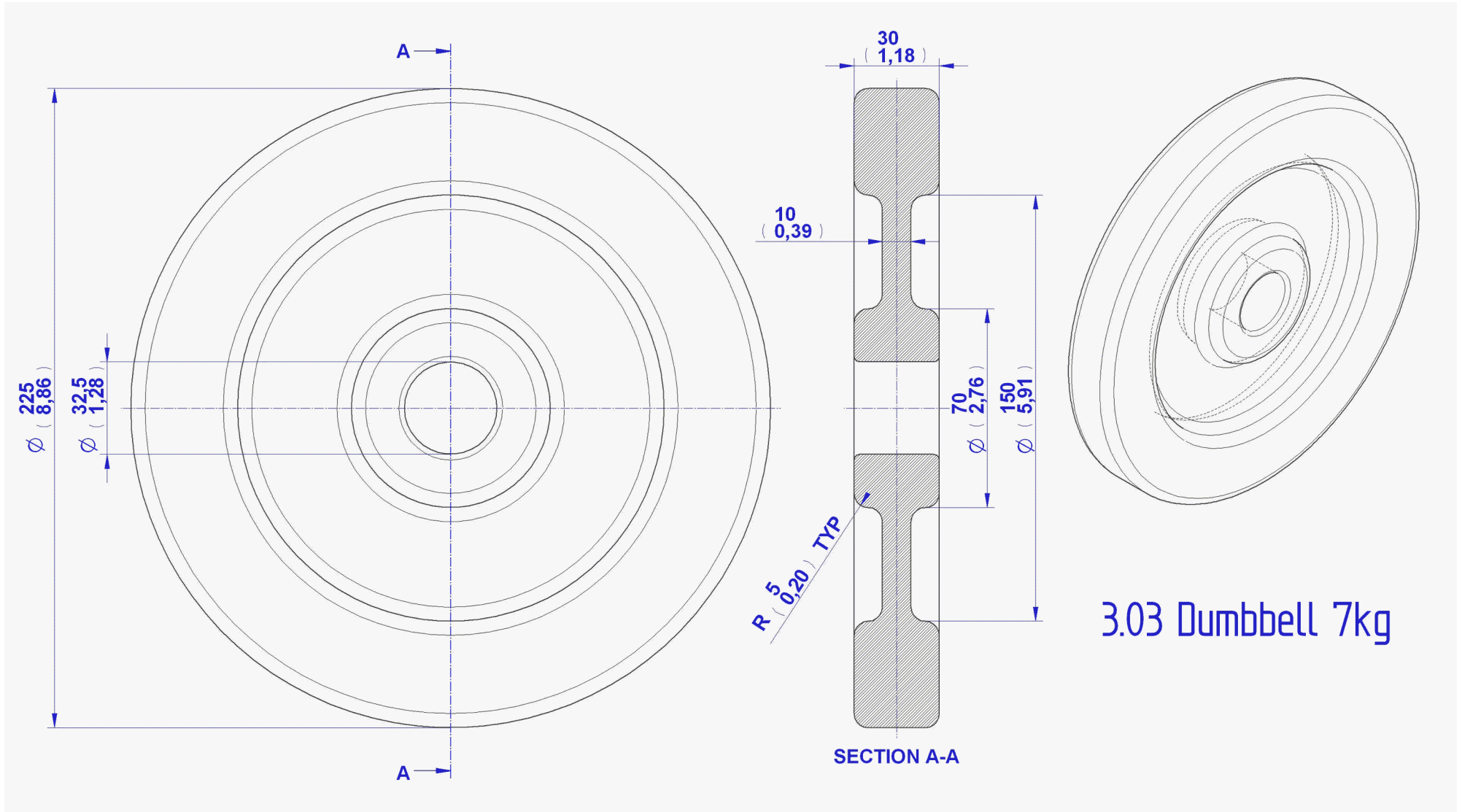
3. Weight set sub-assembly – Parts list and 2D documentation

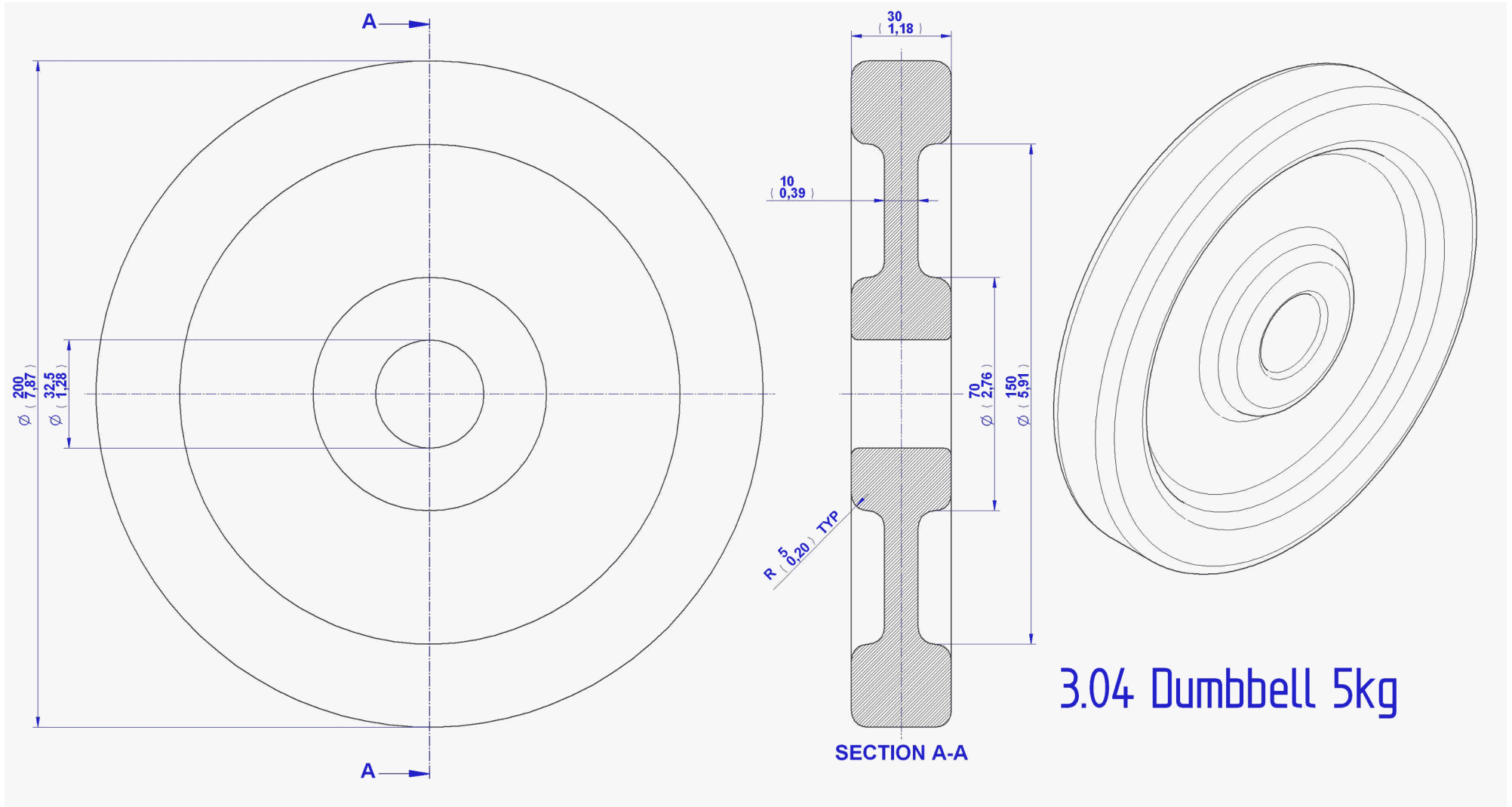


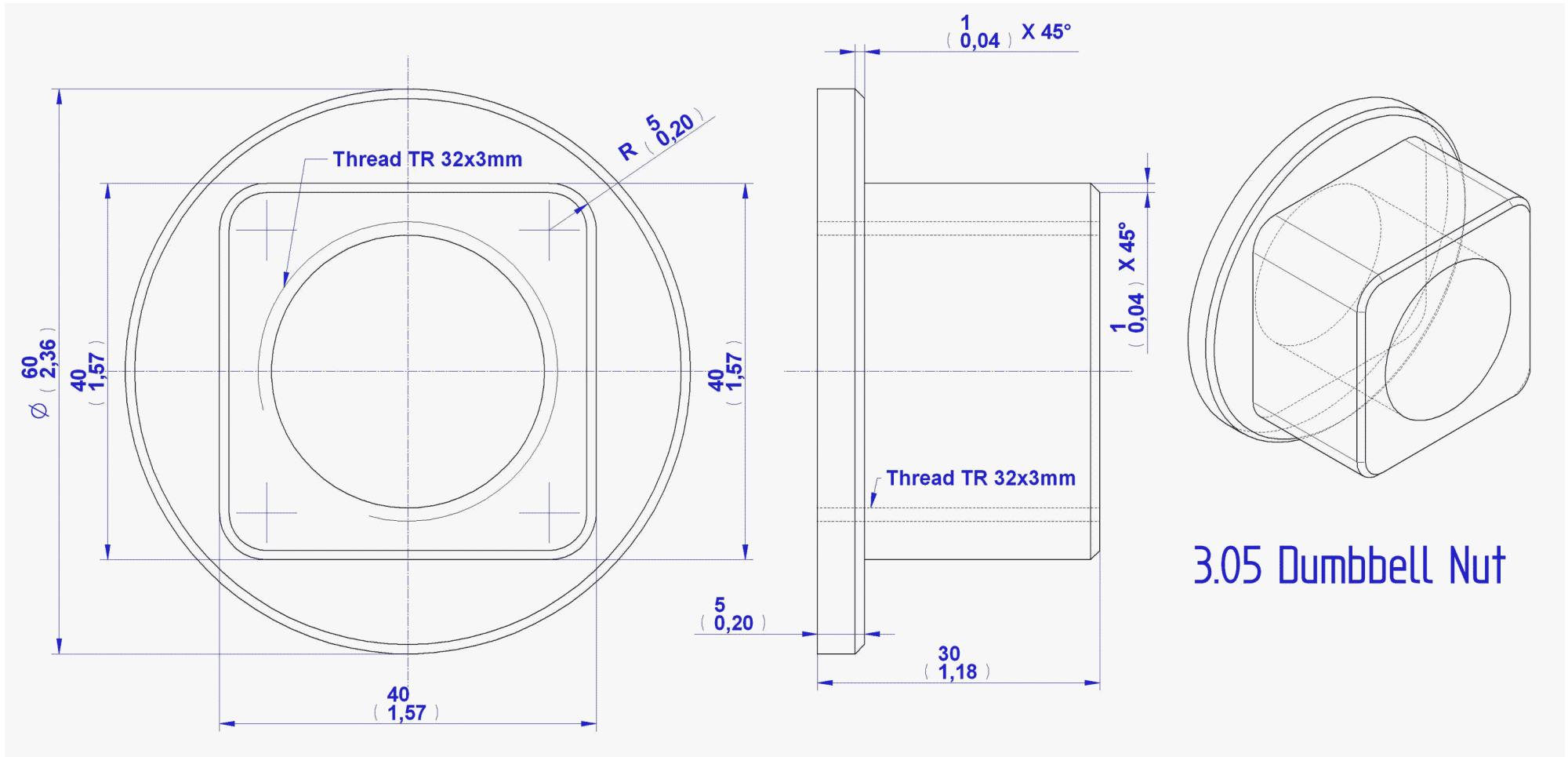


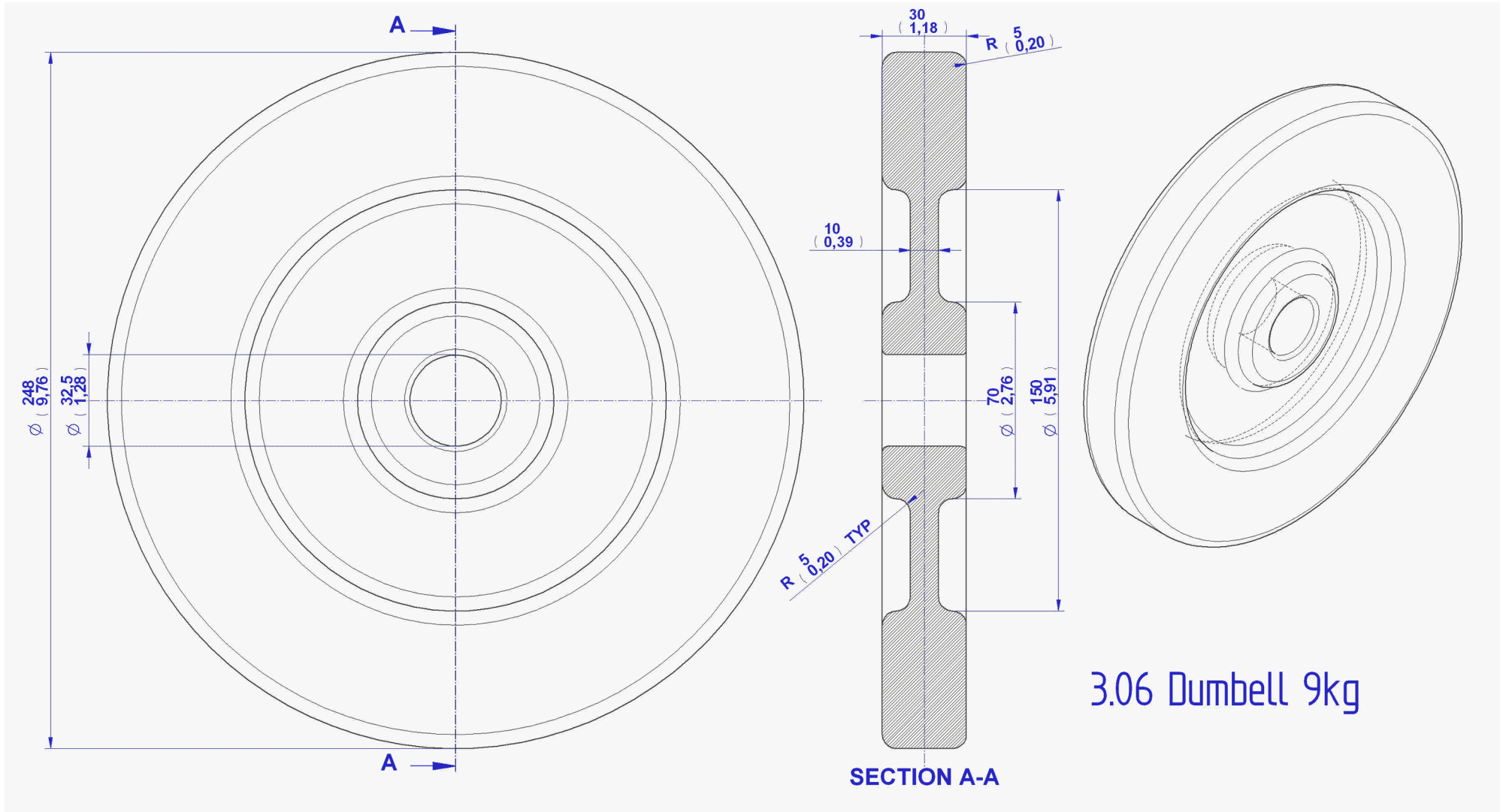


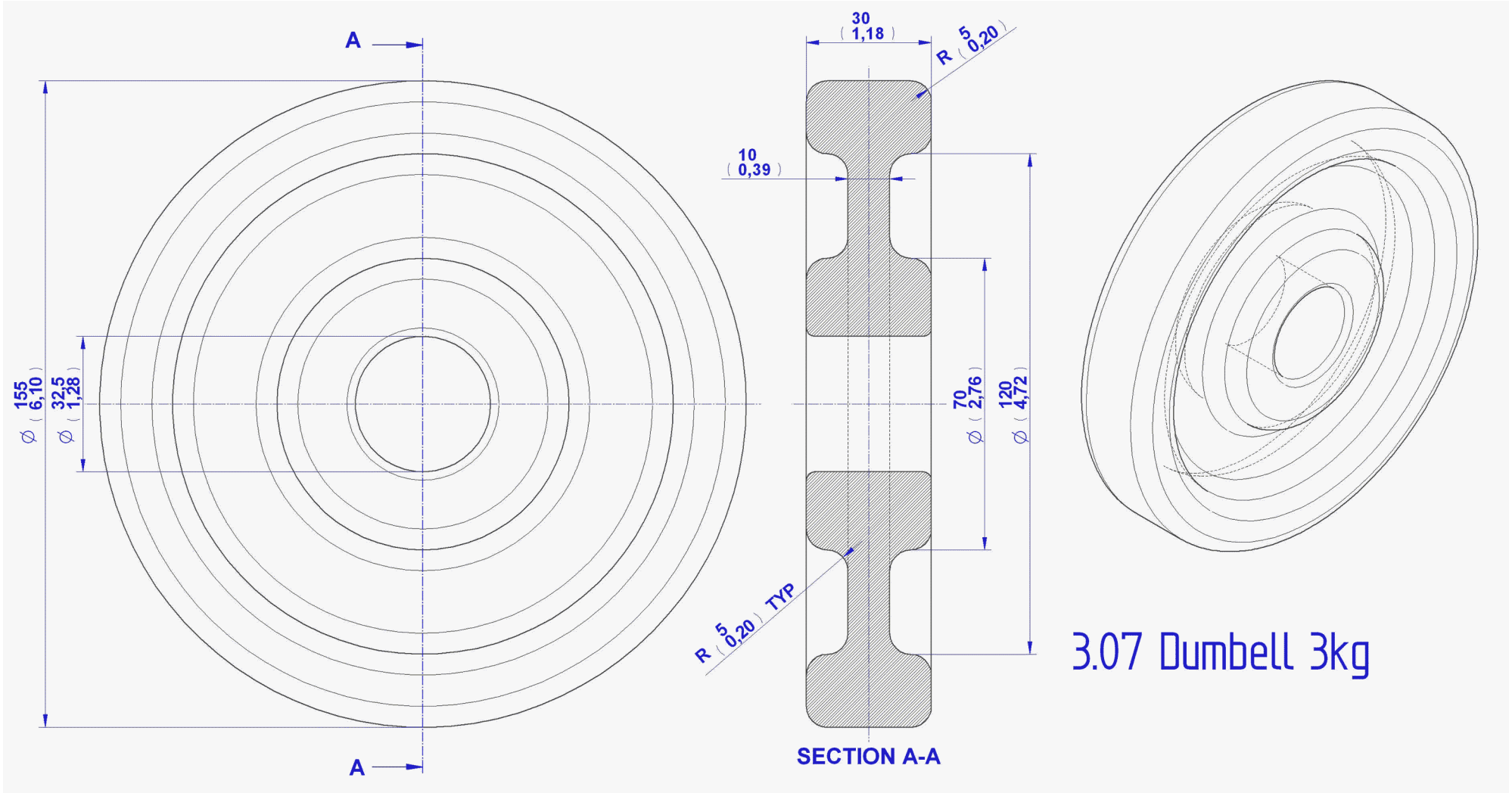


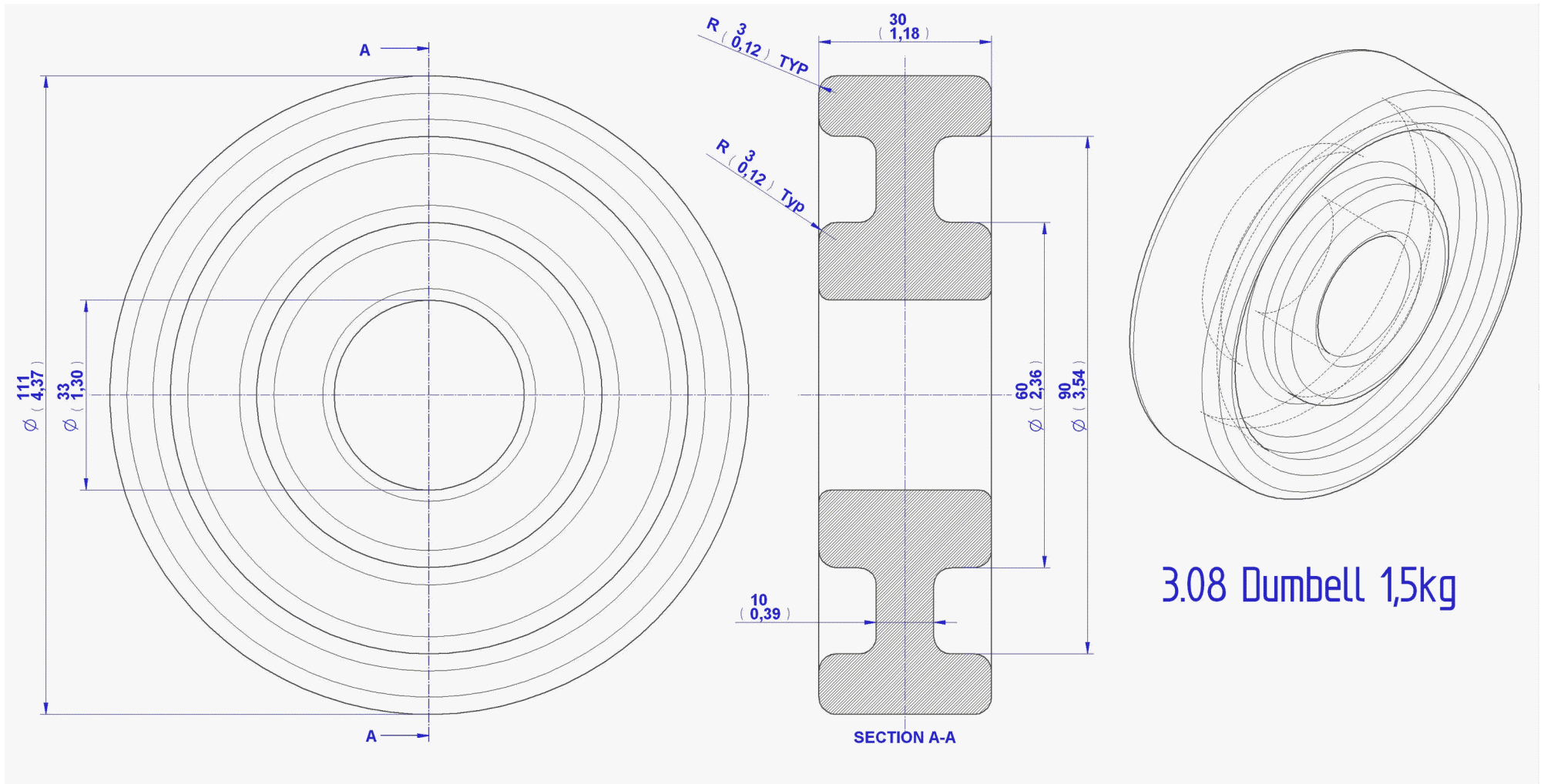






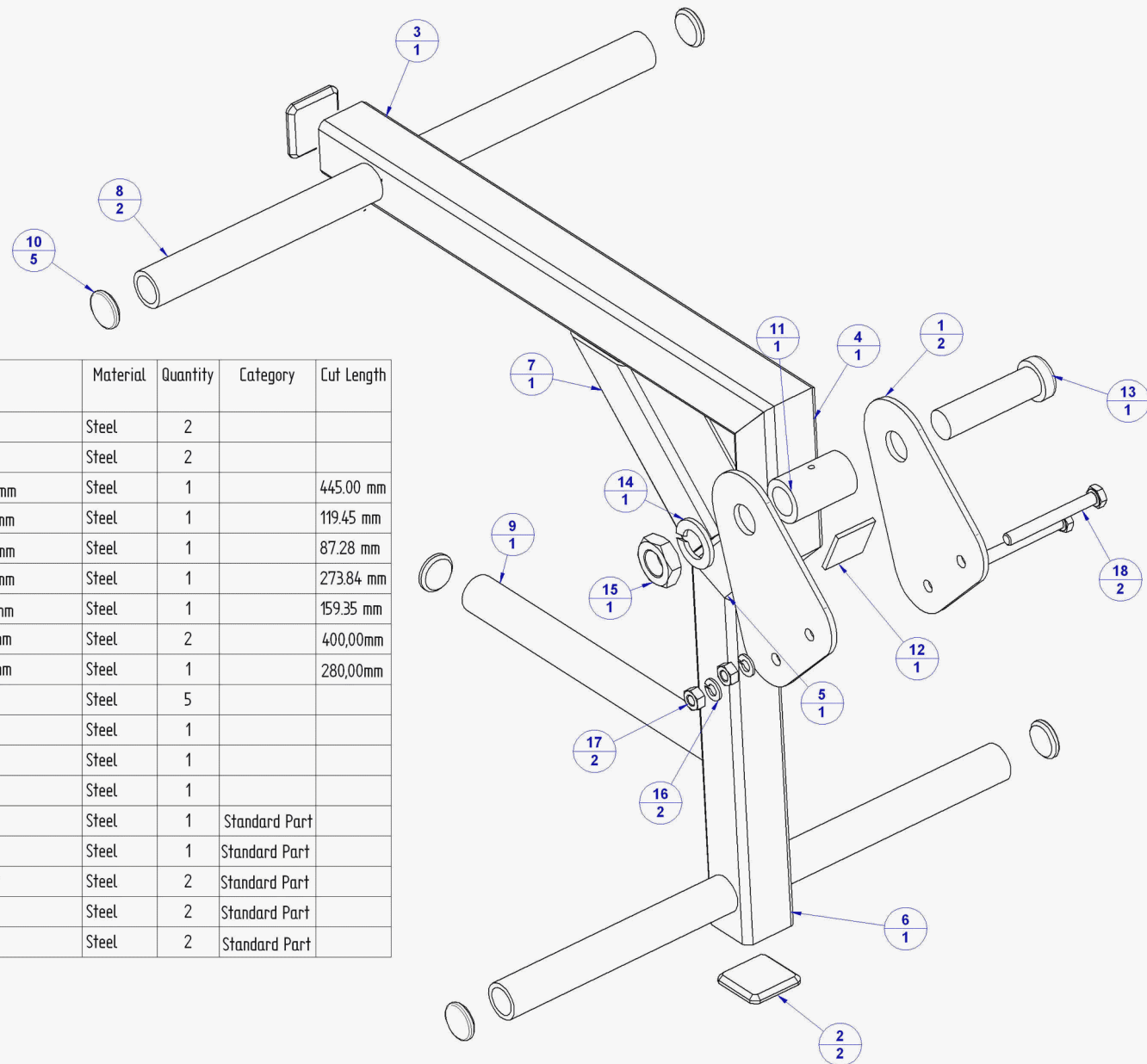


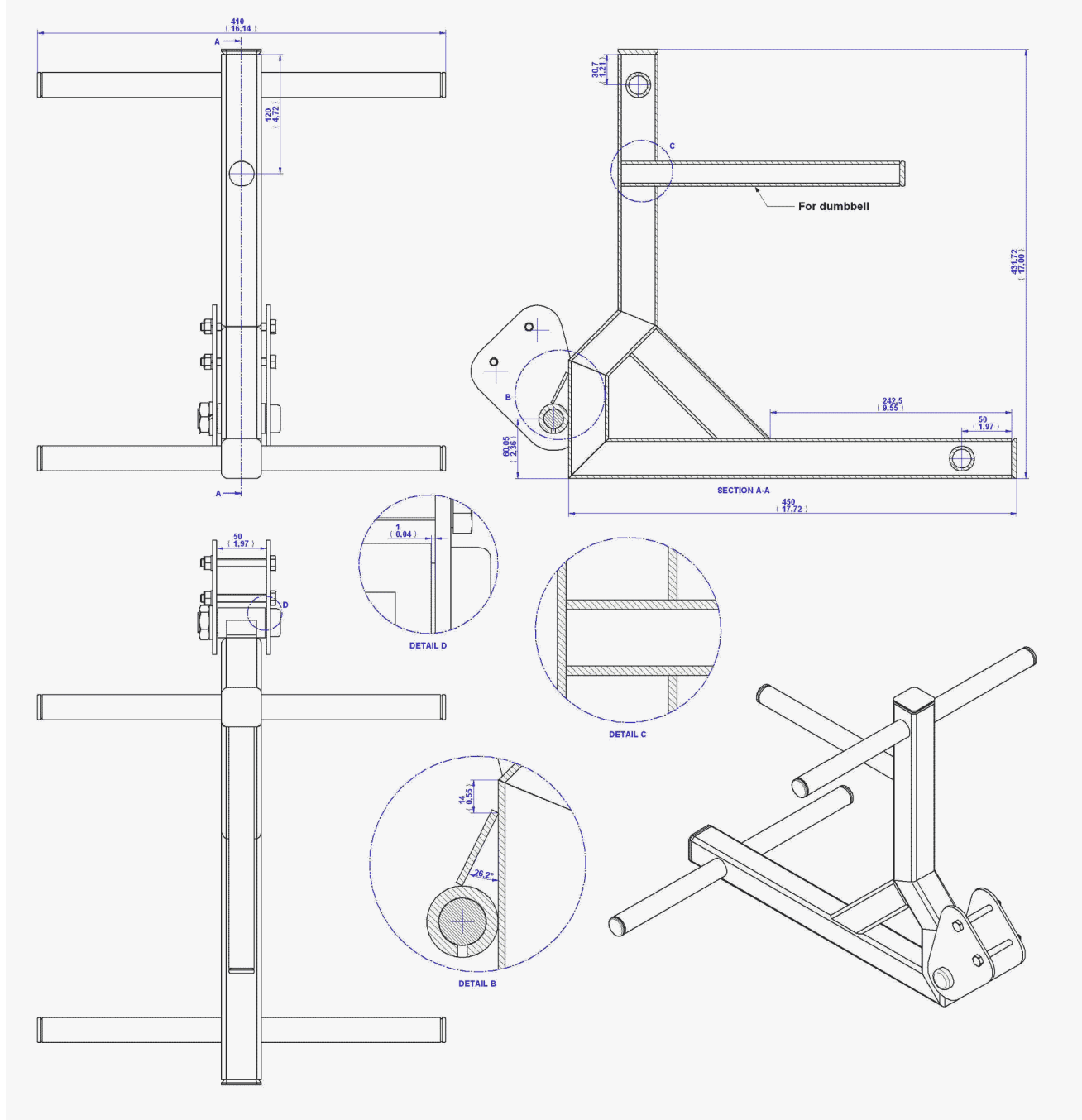


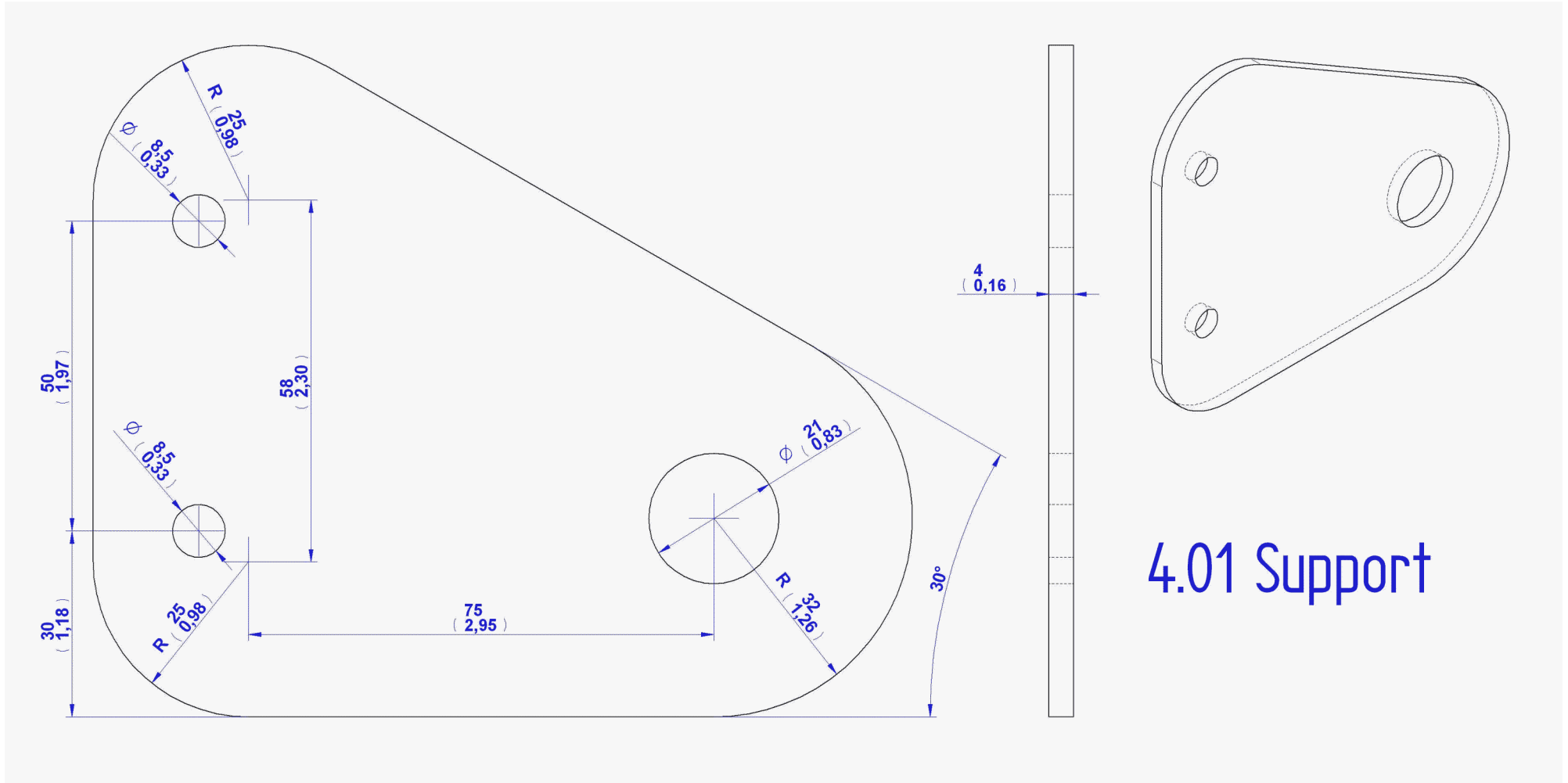


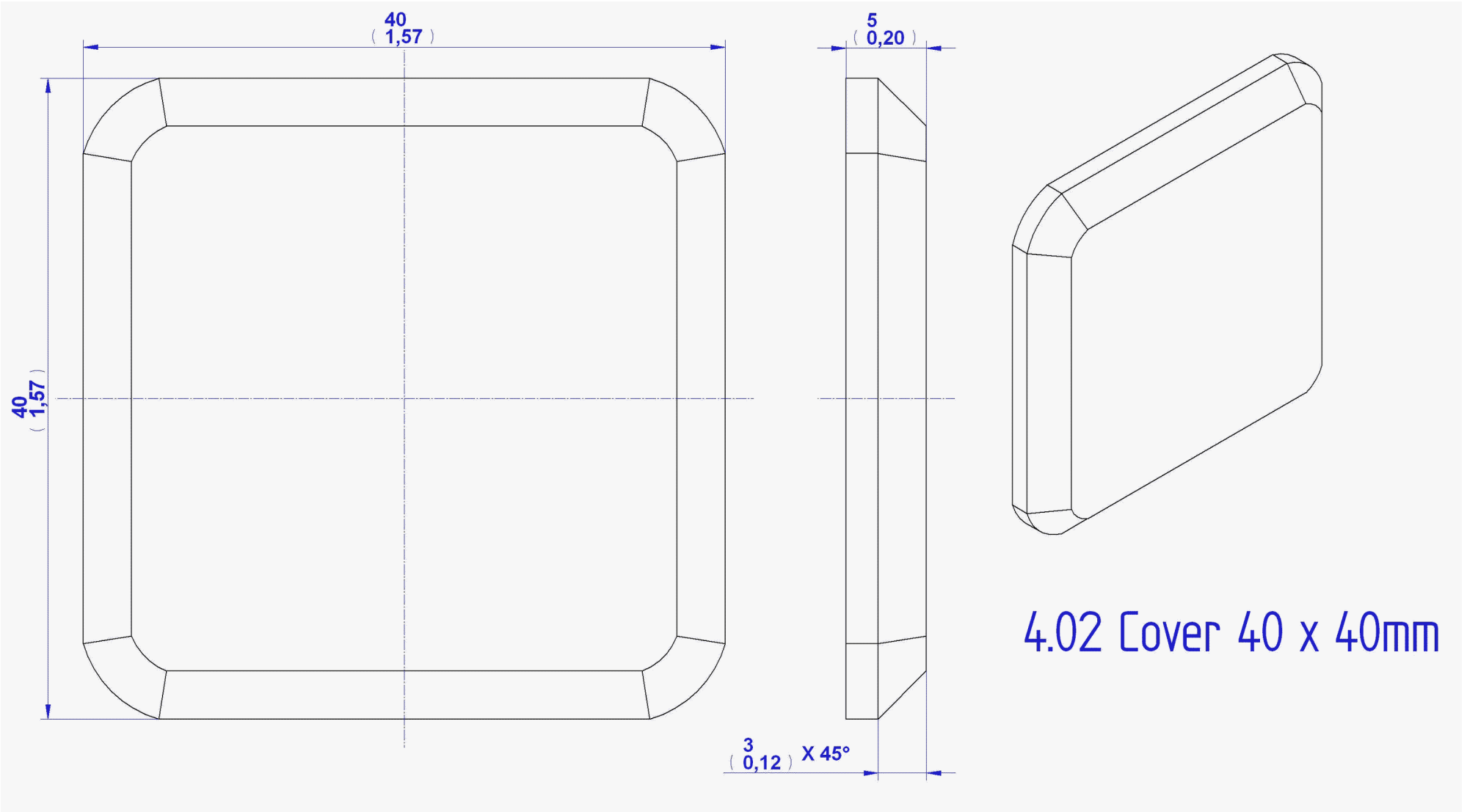
4. Leg developer sub-assembly – Parts list and 2D documentation

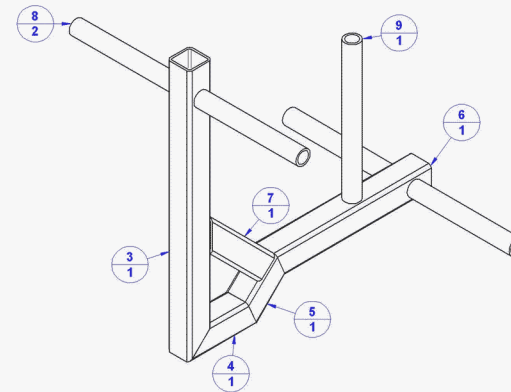
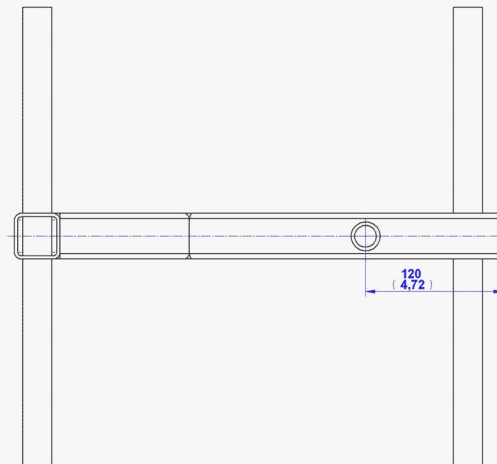
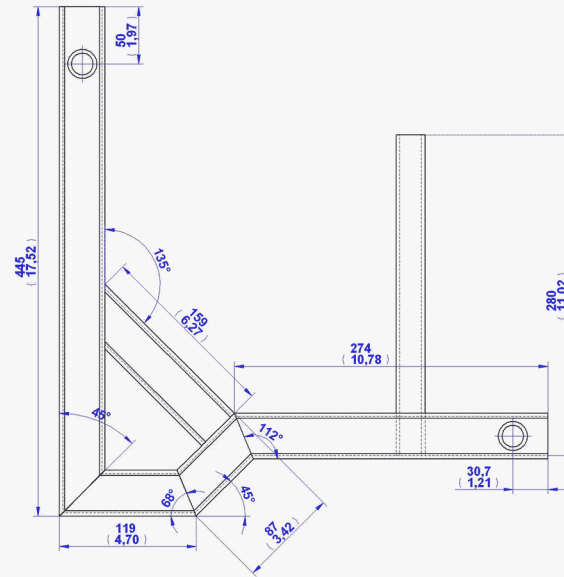
Item Number	Title	Material	Quantity	Category	Cut Length
1	Support	Steel	2		
2	Cover 40x40	Steel	2		
3	Square Tubing 40x40x2,9mm	Steel	1		445.00 mm
4	Square Tubing 40x40x2,9mm	Steel	1		119.45 mm
5	Square Tubing 40x40x2,9mm	Steel	1		87.28 mm
6	Square Tubing 40x40x2,9mm	Steel	1		273.84 mm
7	Square Tubing 40x40x2,9mm	Steel	1		159.35 mm
8	Round Tubing D25,4 x 3,2mm	Steel	2		400,00mm
9	Round Tubing D25,4 x 3,2mm	Steel	1		280,00mm
10	Cover D25.4mm	Steel	5		
11	Cilinder	Steel	1		
12*	Sheet Support	Steel	1		
13	Axle	Steel	1		
14	Spring Lock Washer A-20	Steel	1	Standard Part	
15	Hexagon Nut M20	Steel	1	Standard Part	
16	Spring lock washer A - 8	Steel	2	Standard Part	
17	Hexagon Nut M8	Steel	2	Standard Part	
18	Hexagon bolt M8x70	Steel	2	Standard Part	





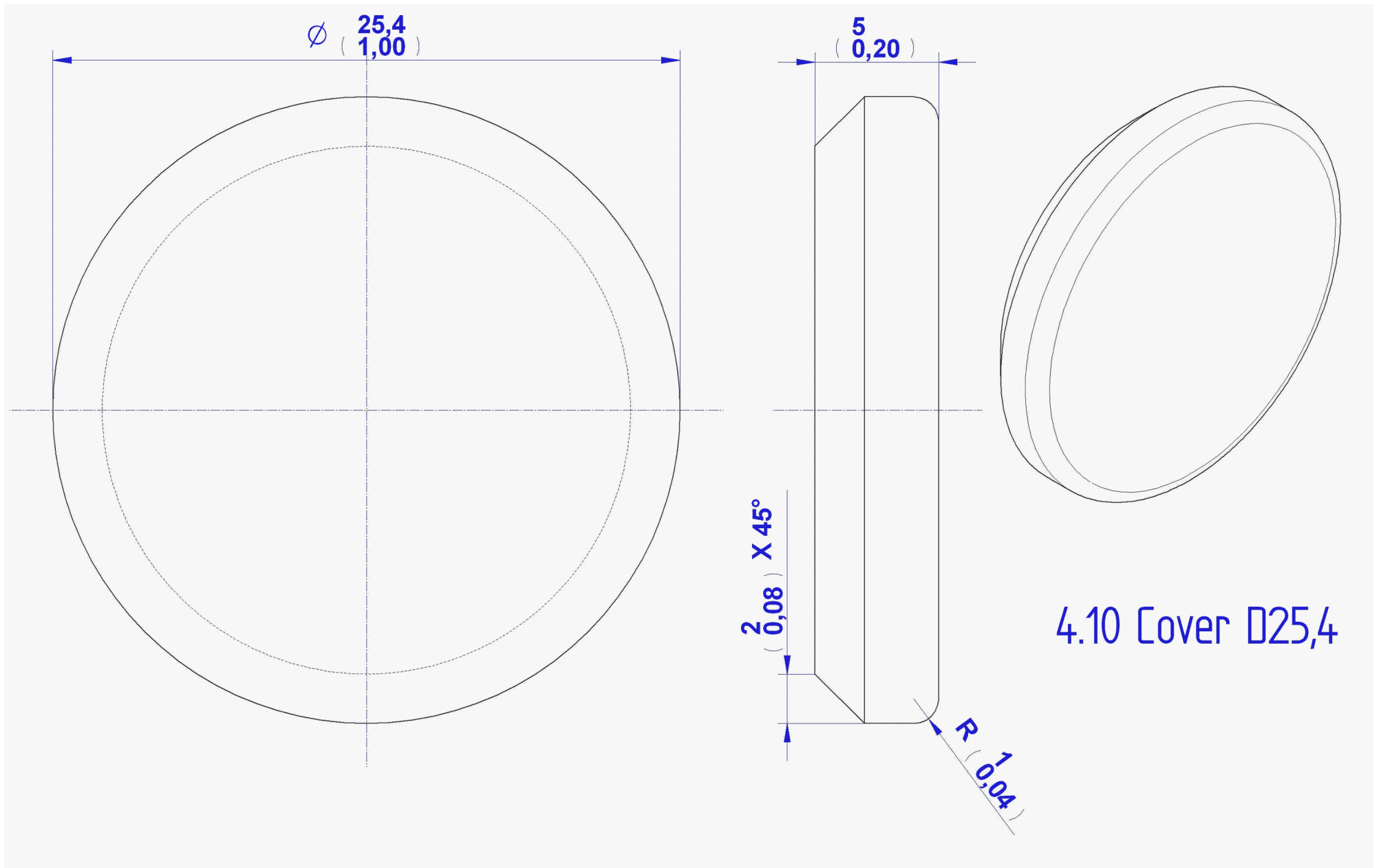


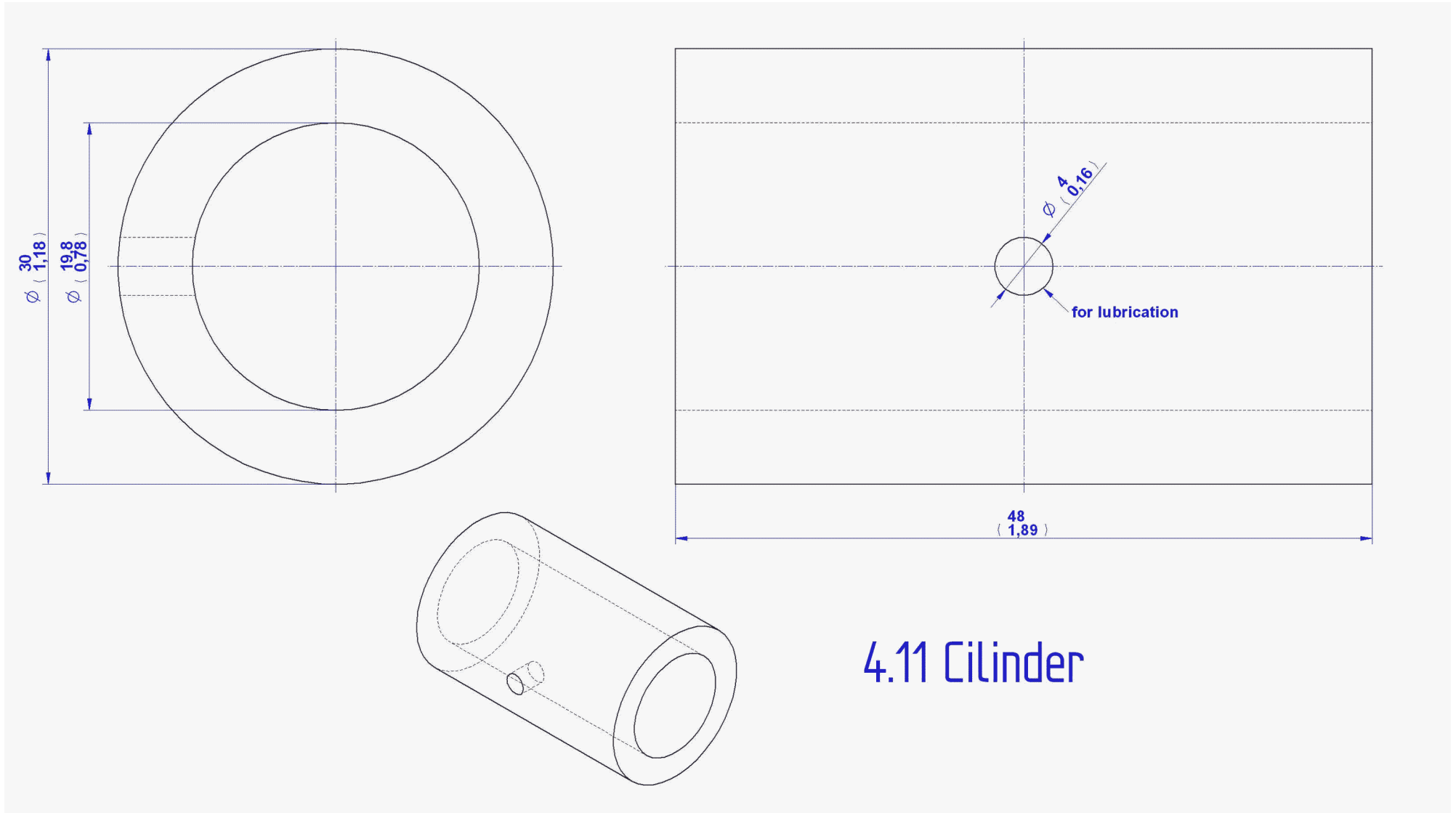




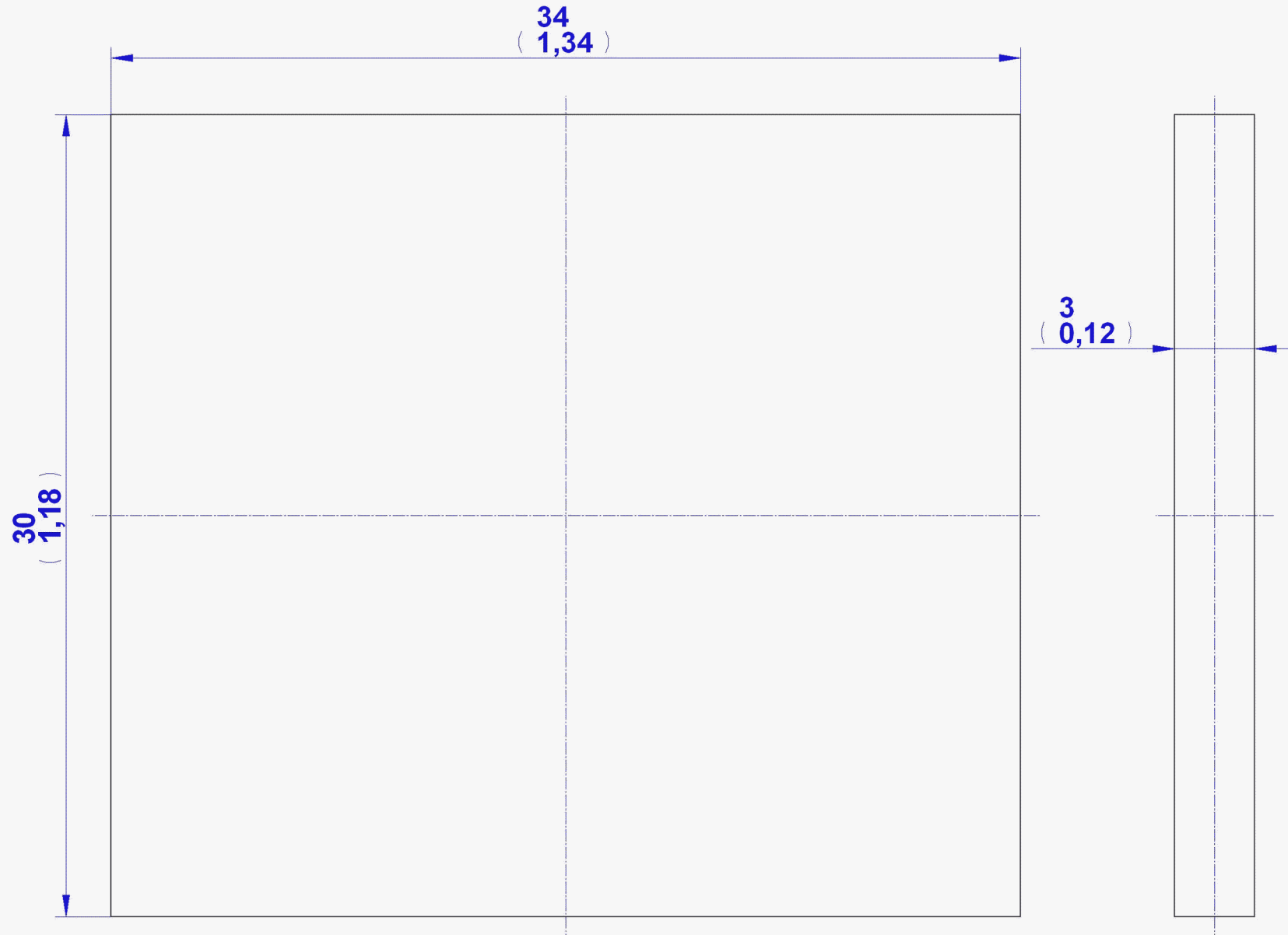
FRAME COMPONENTS
4.03, 4.04, 4.05, 4.06, 4.07, 4.08, 4.09

Item Number	Title	Quantity	Cut Length
3	Square Tubing 40 x 40 x 2.9mm	1	445.00 mm
4	Square Tubing 40 x 40 x 2.9mm	1	119.45 mm
5	Square Tubing 40 x 40 x 2.9mm	1	87.28 mm
6	Square Tubing 40 x 40 x 2.9mm	1	273.84 mm
7	Square Tubing 40 x 40 x 2.9mm	1	159.35 mm
8	Round Tubing D25.4 x 3.2mm	2	400.00mm
9	Round Tubing D25.4 x 3.2mm	1	280.00mm

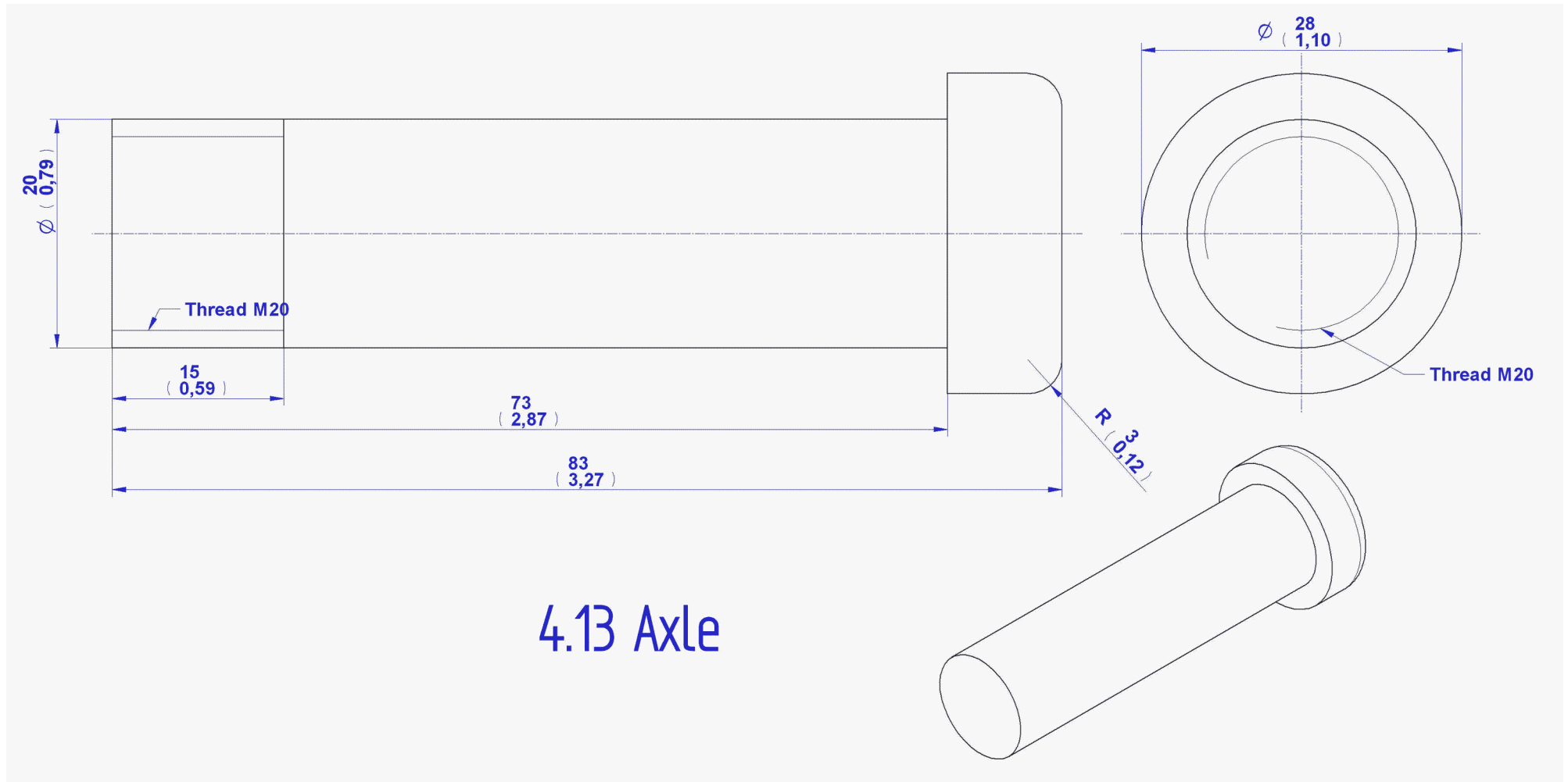




4.11 Cilinder

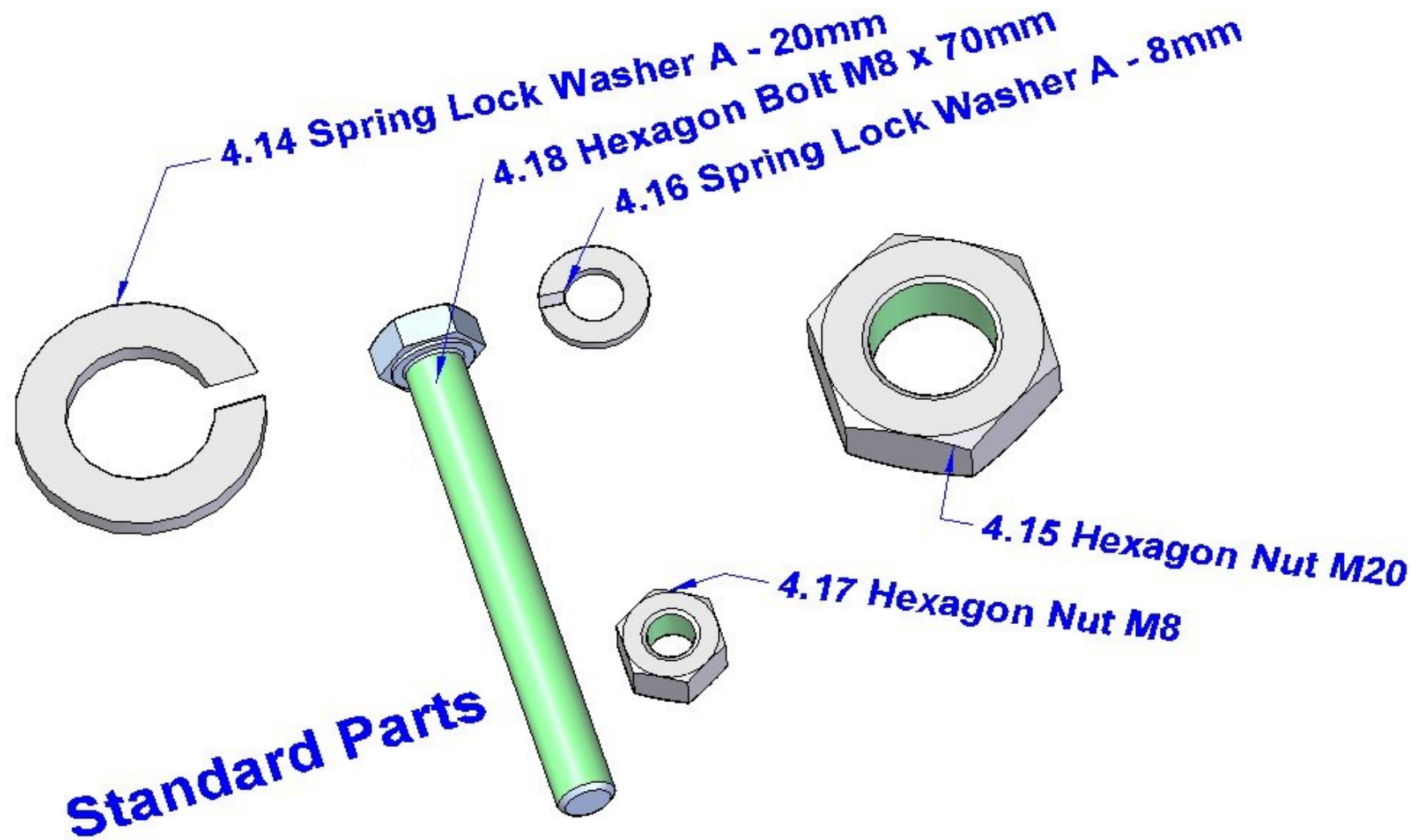


4.12 Sheet Support



4.13 Axle

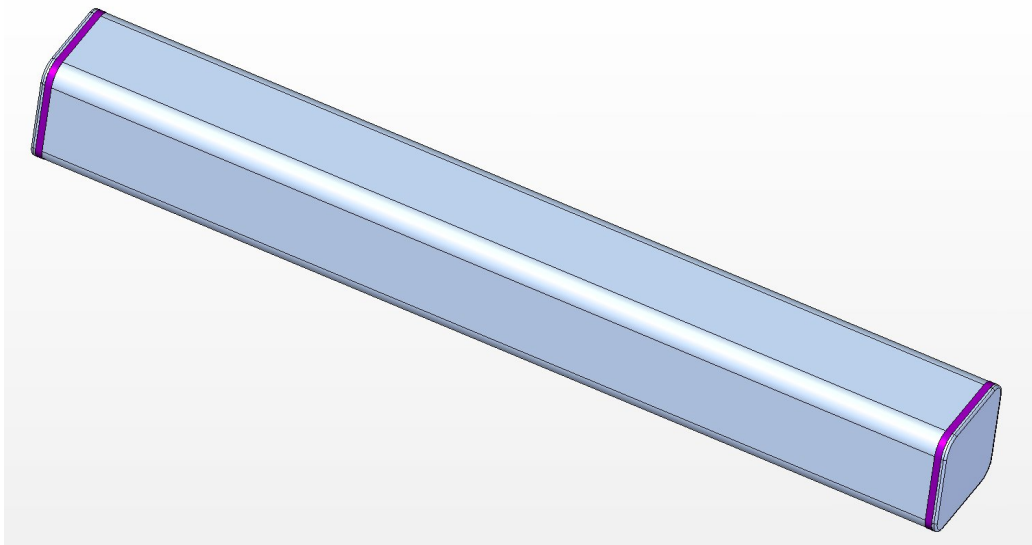
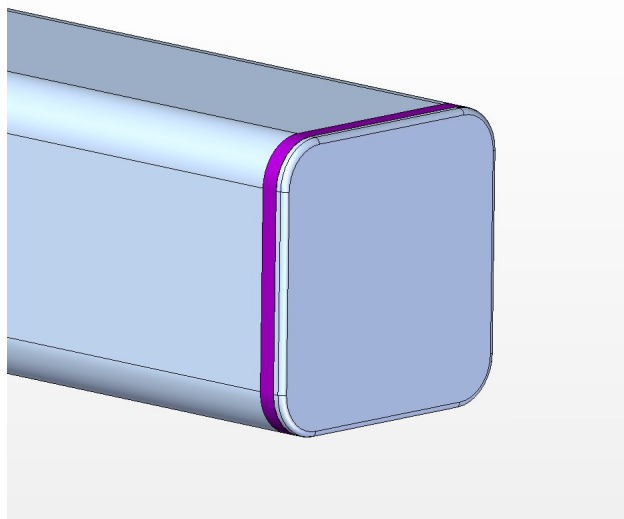
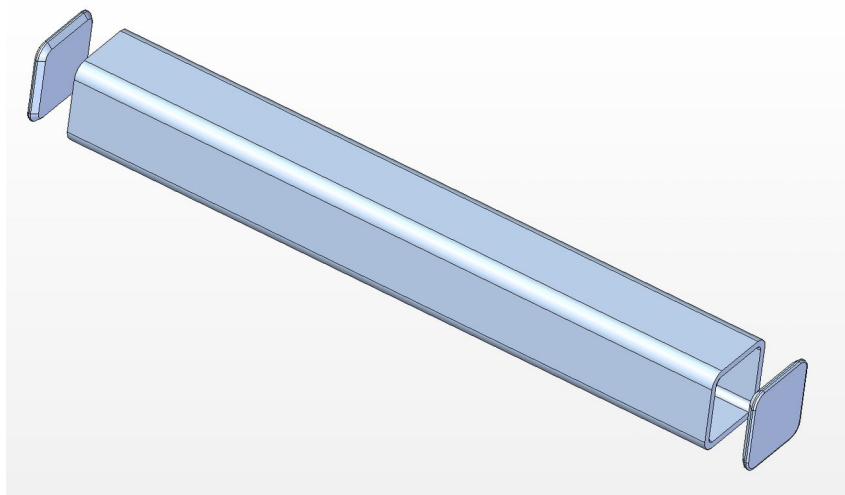
Standard Parts



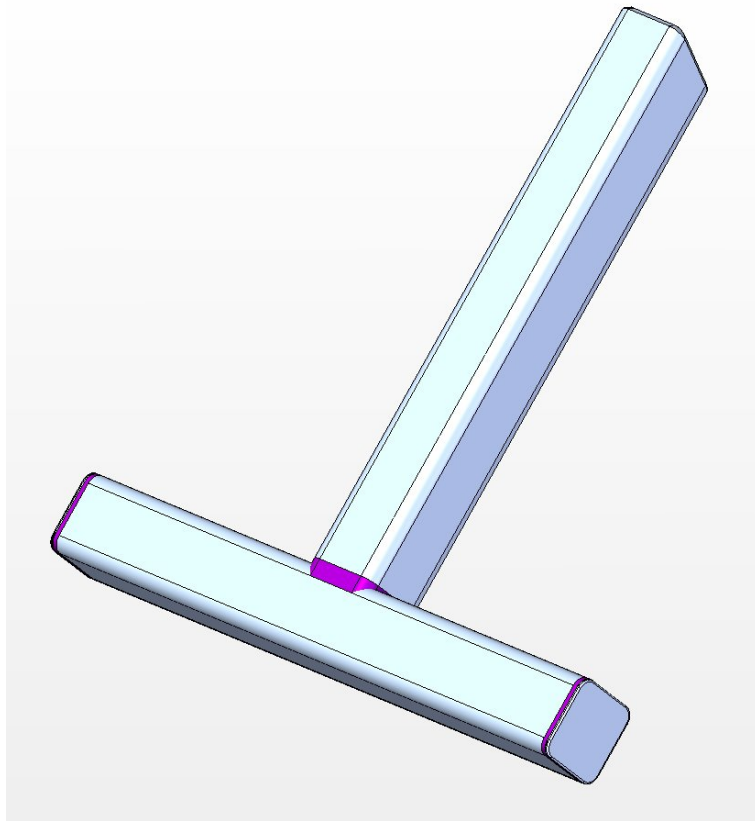
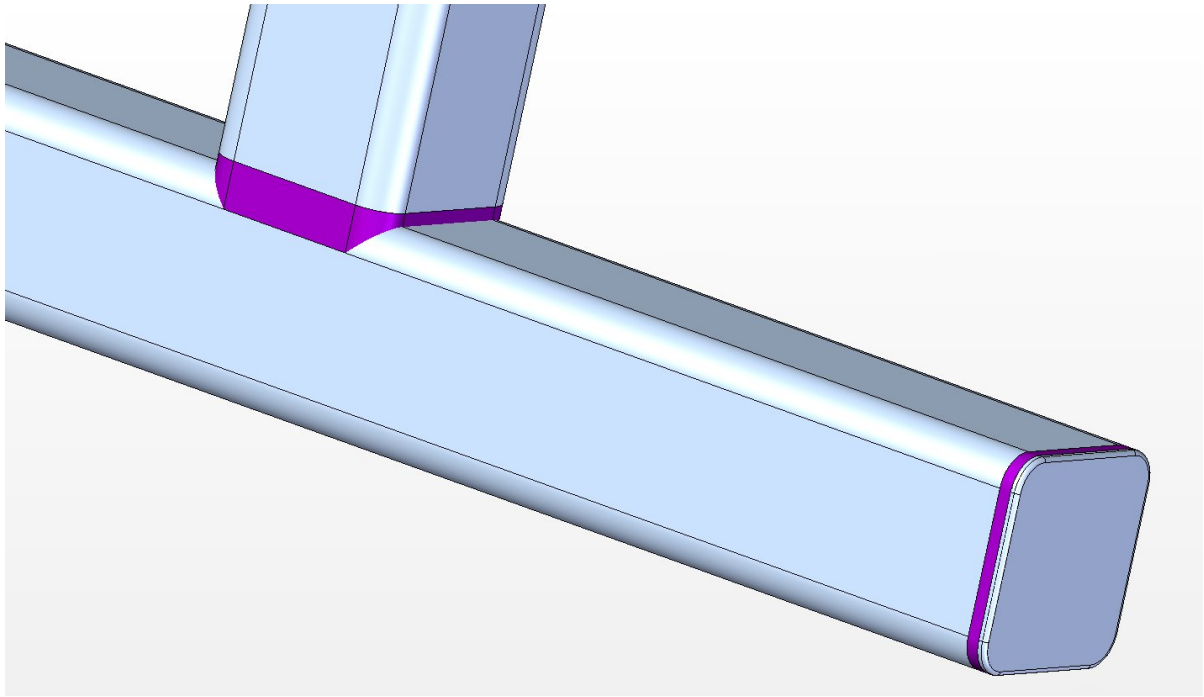
Assemblage images

1. Flat bench sub-assembly

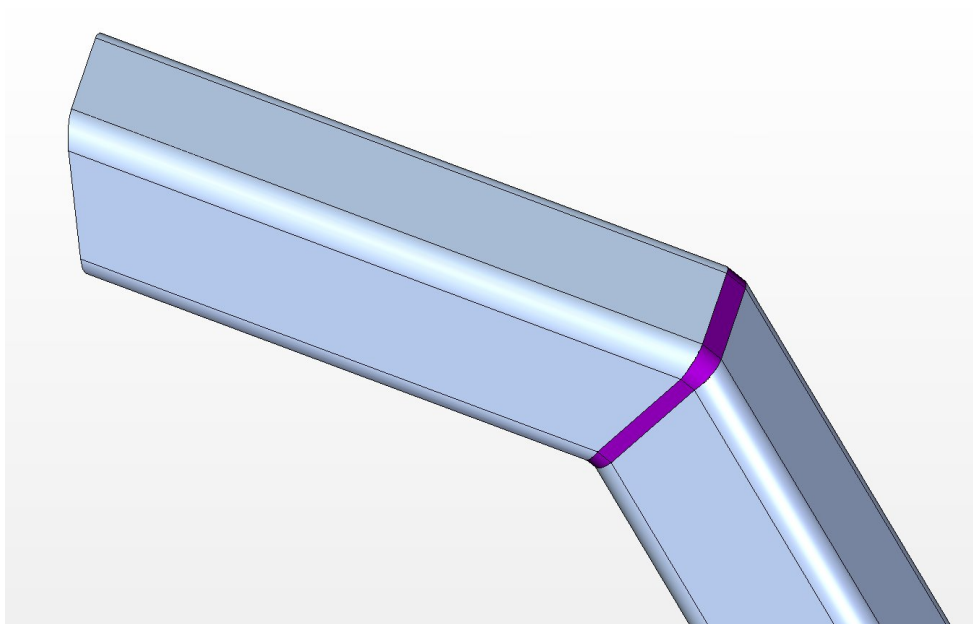
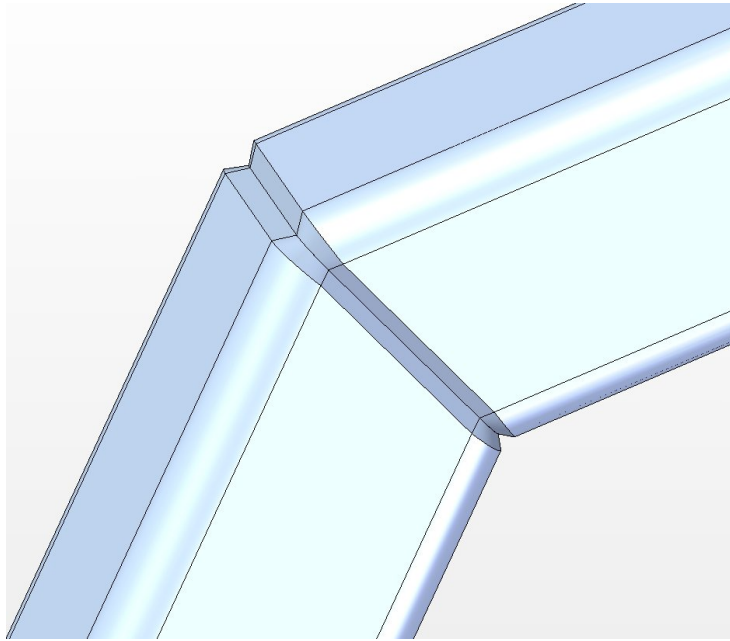
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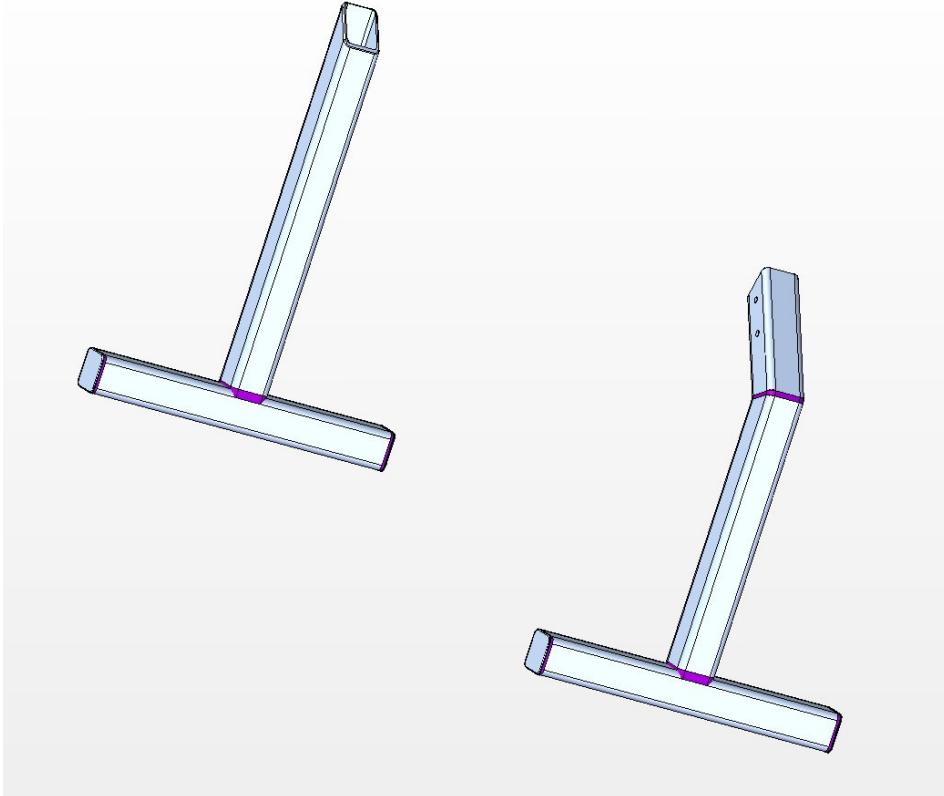
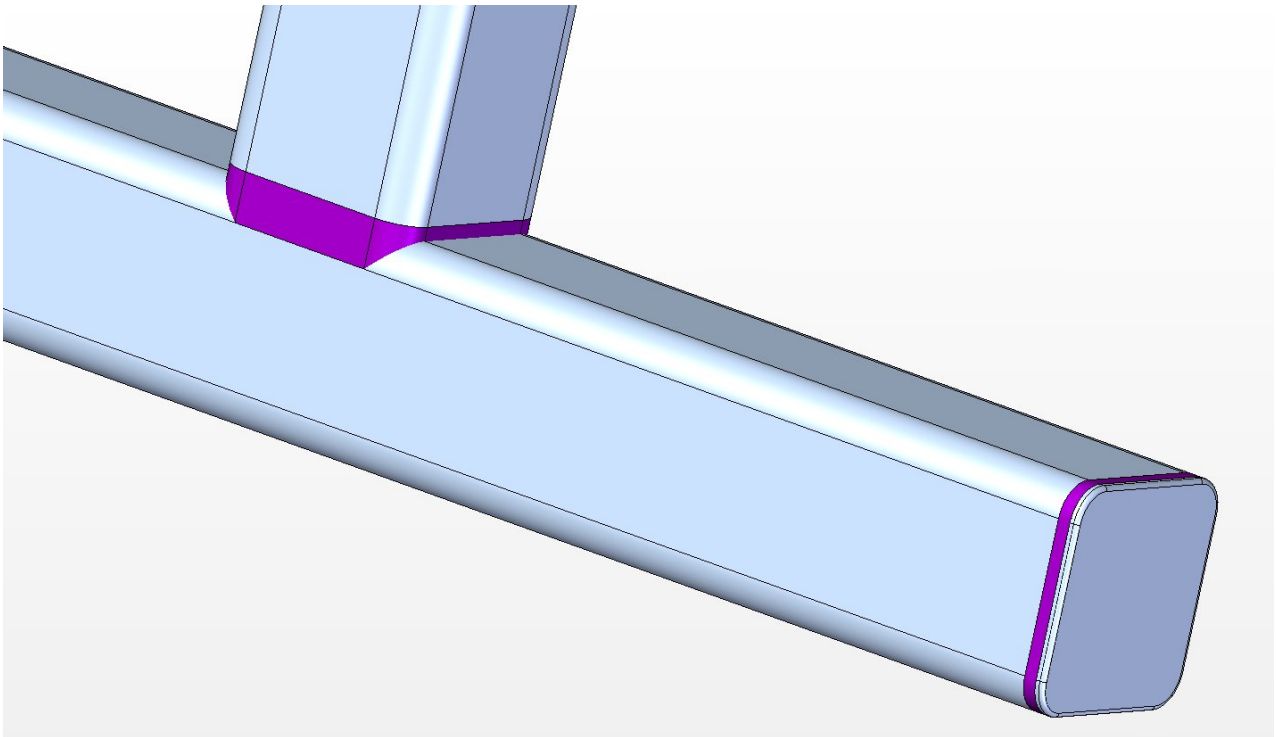
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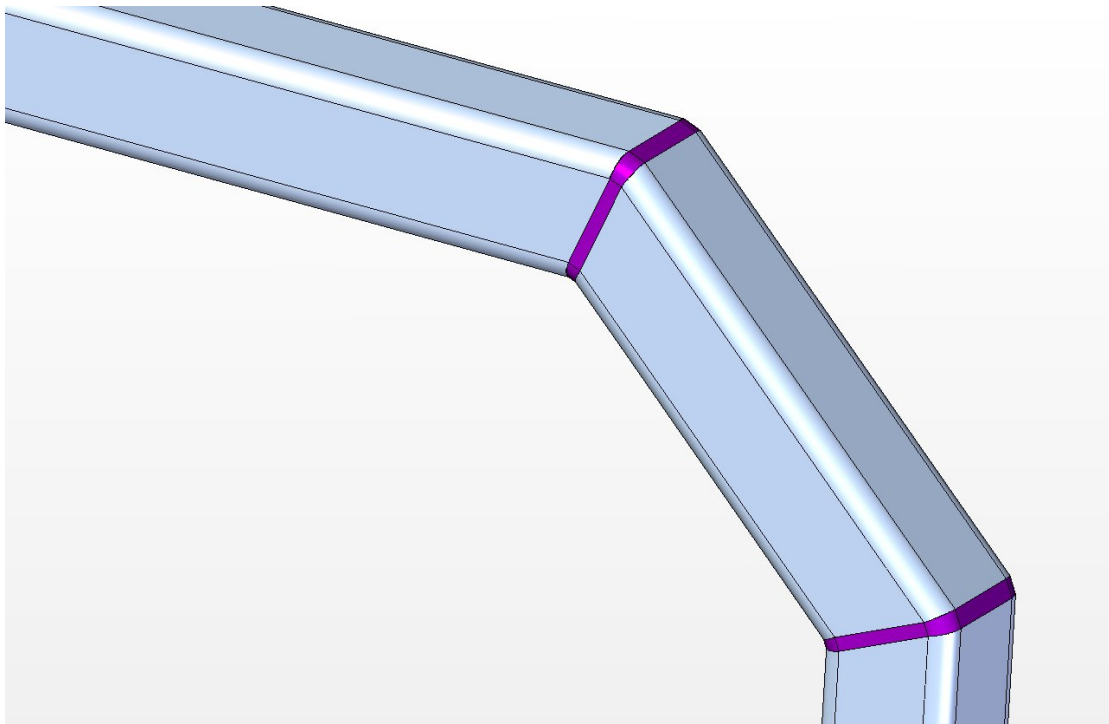
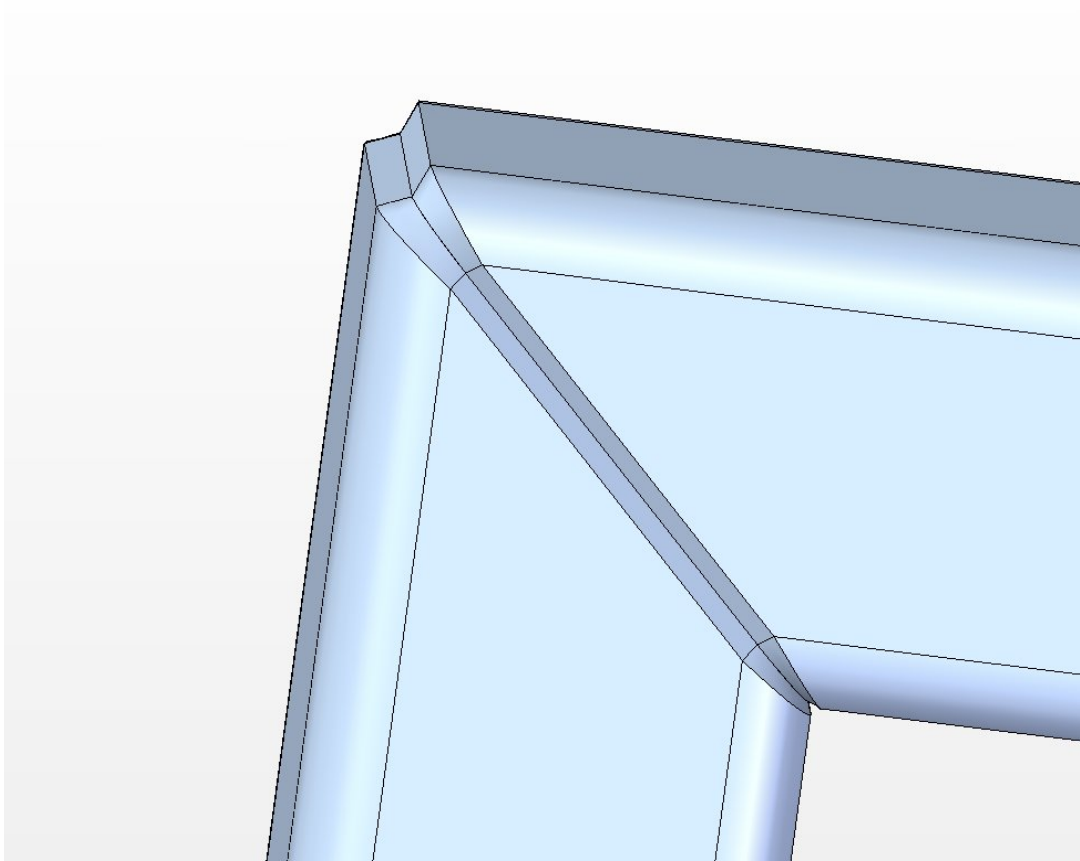
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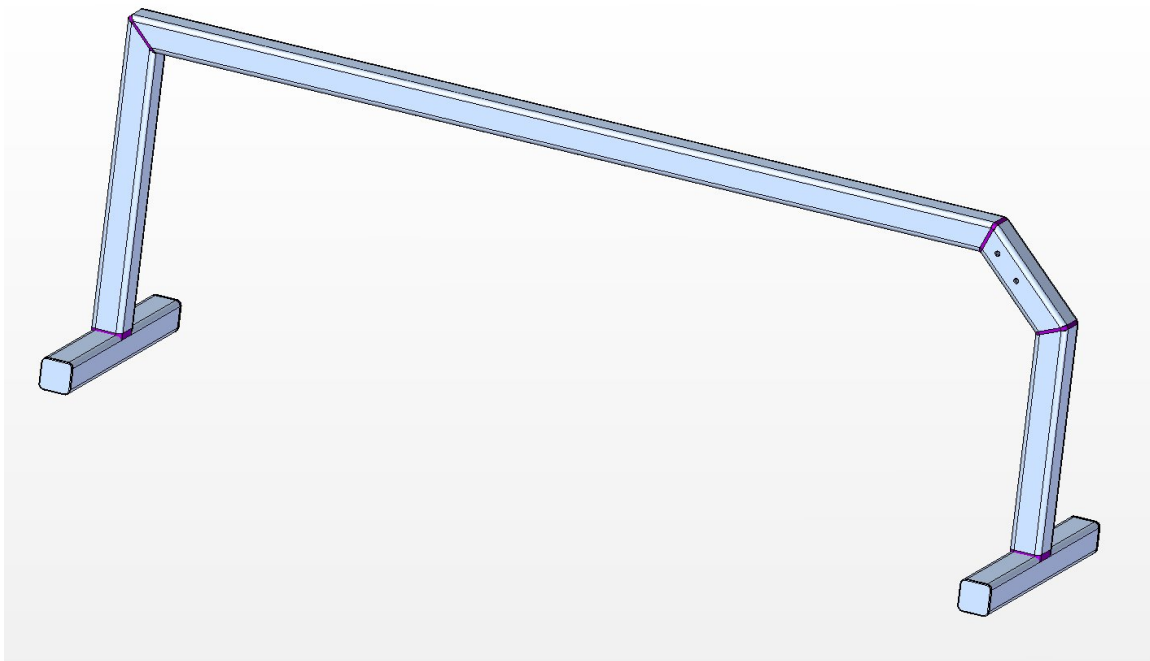
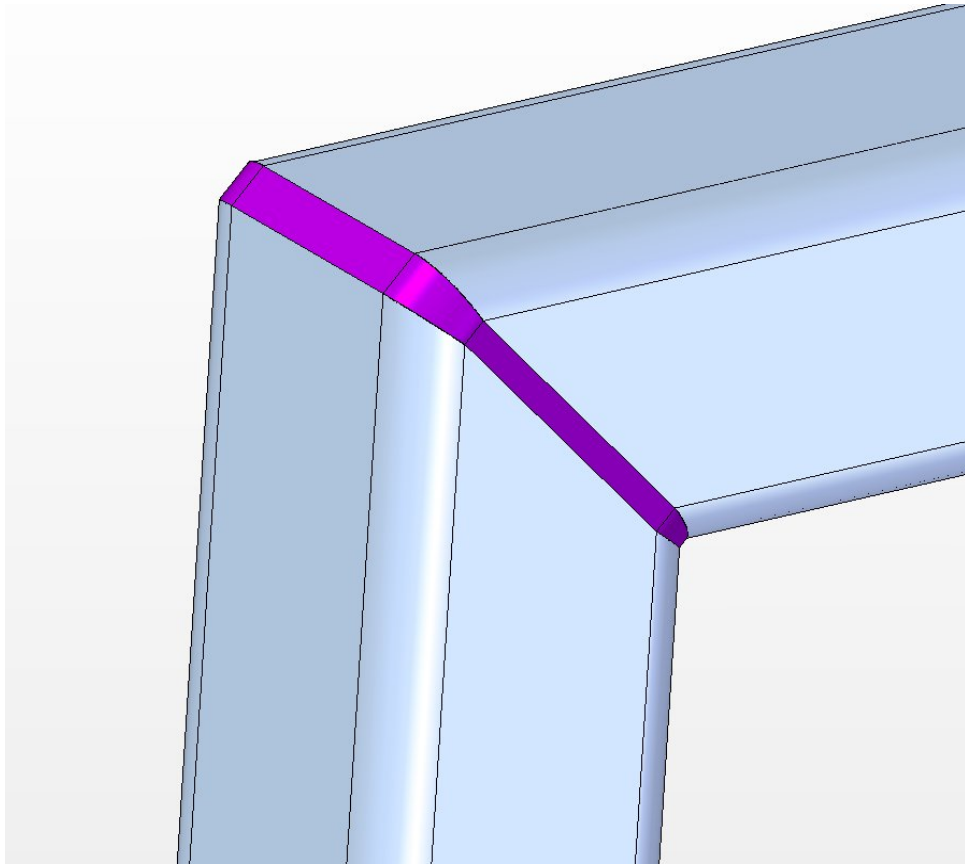


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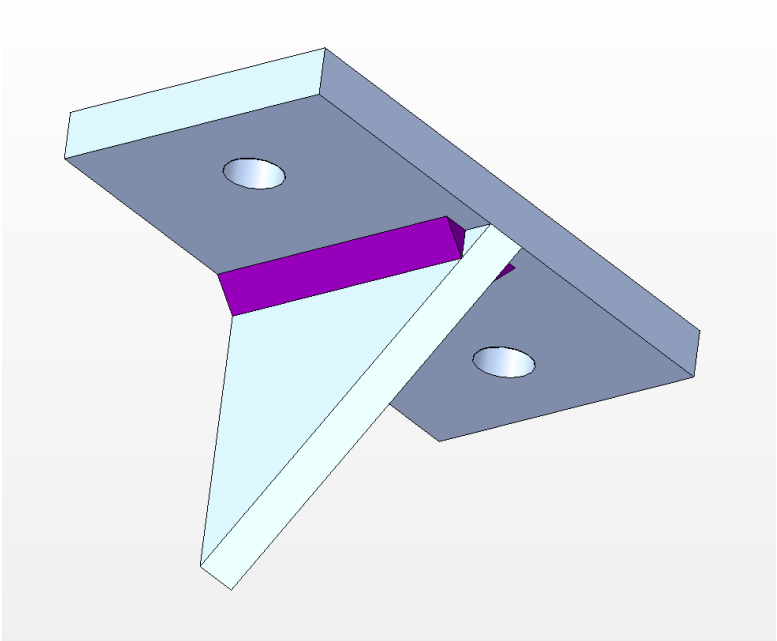


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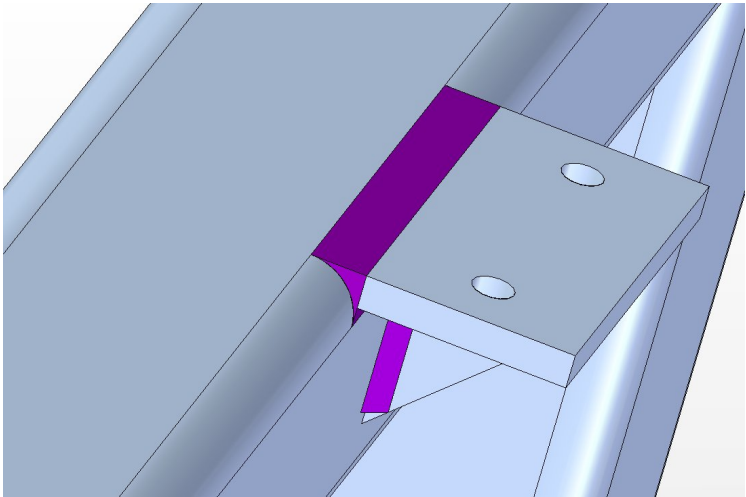
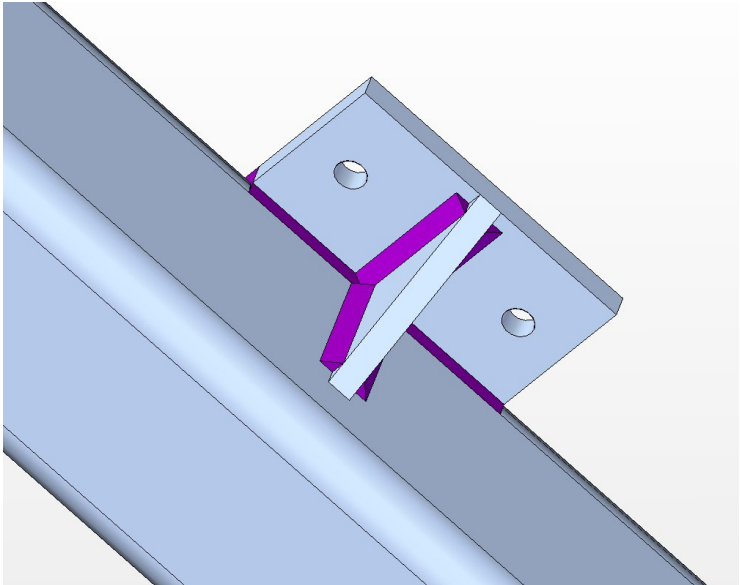


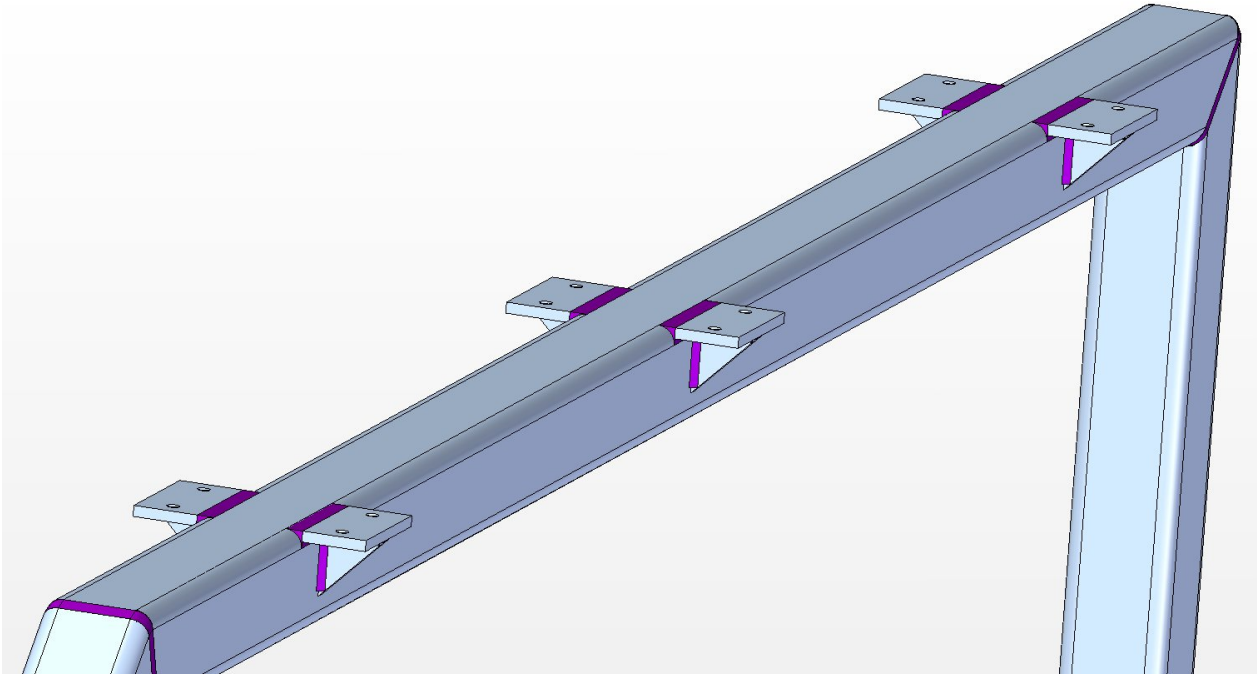


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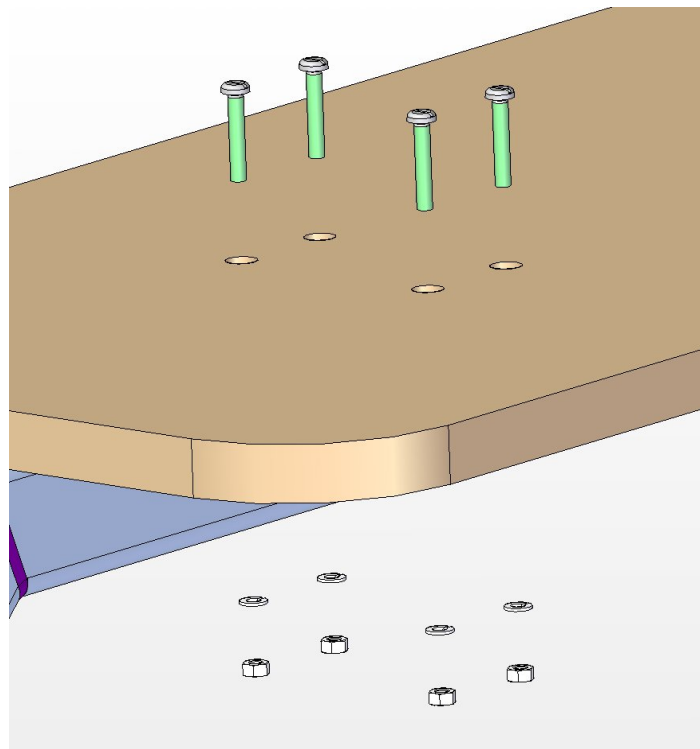


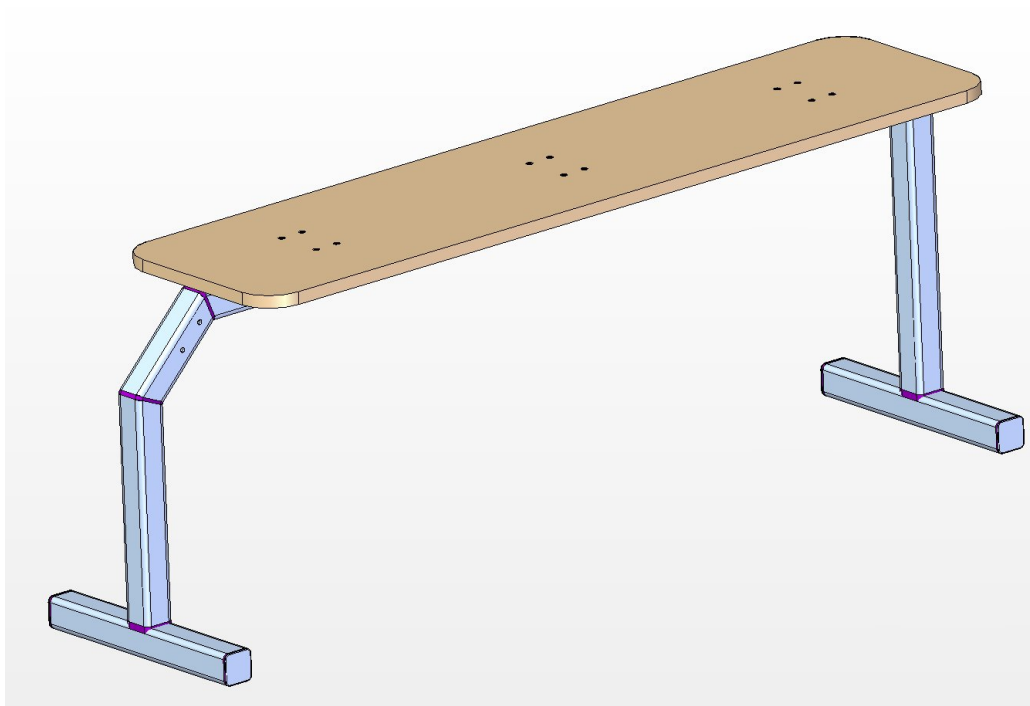
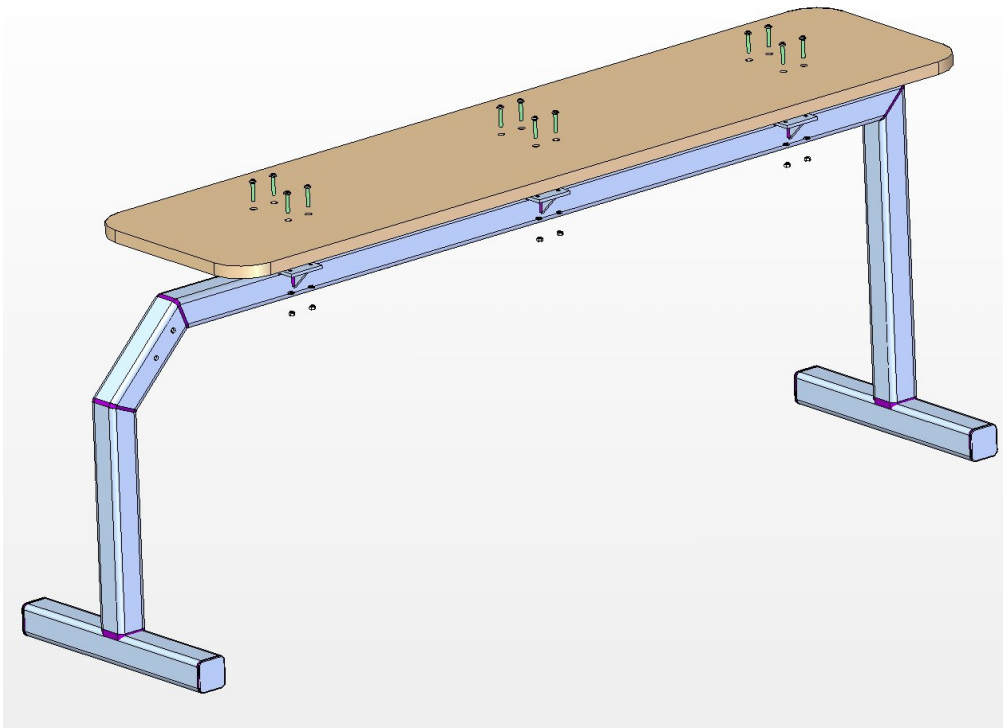
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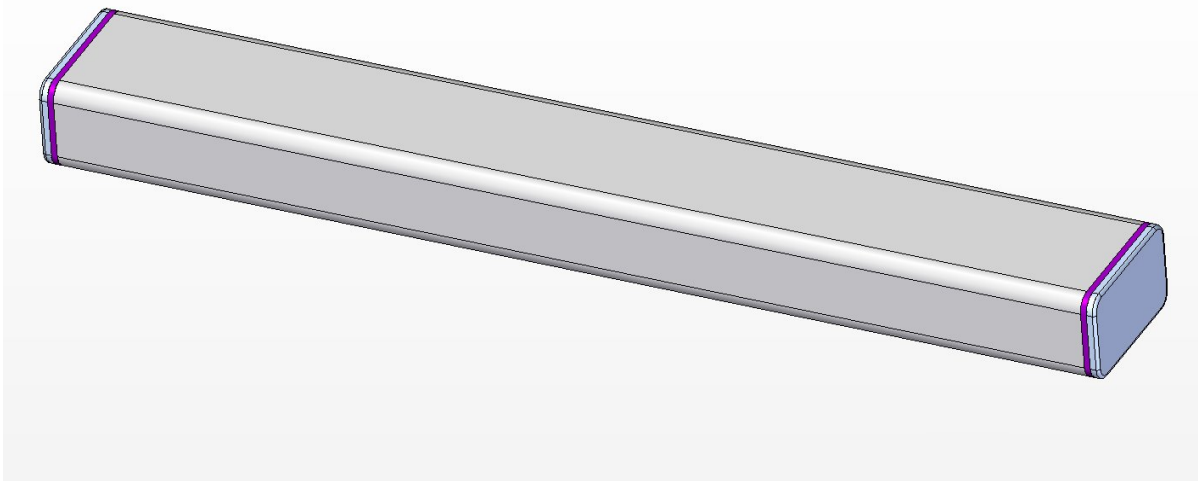
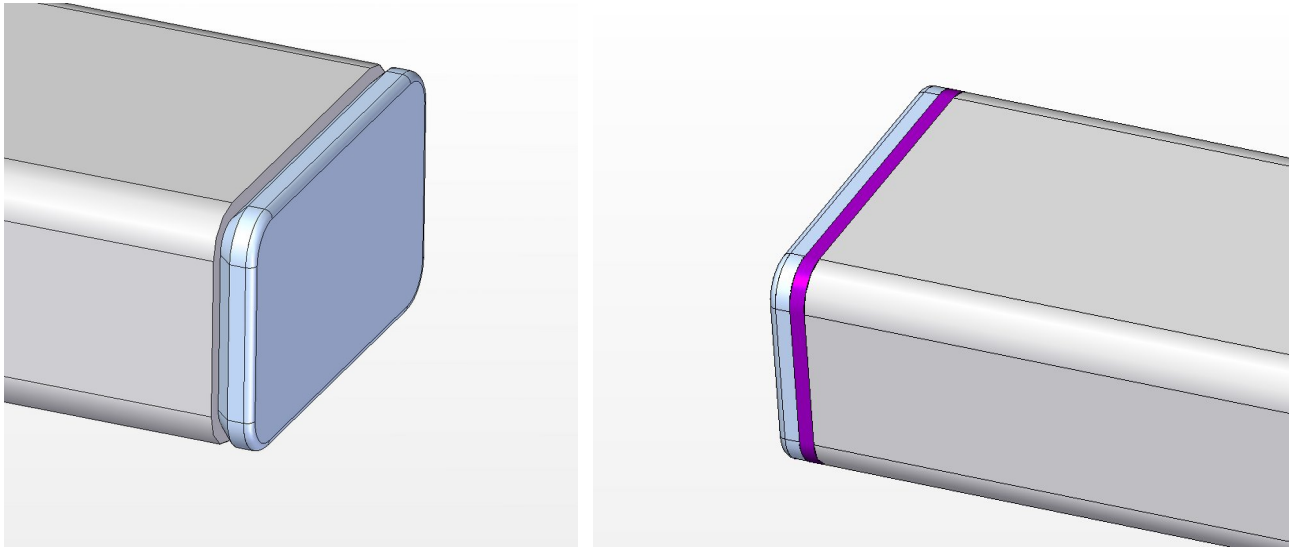
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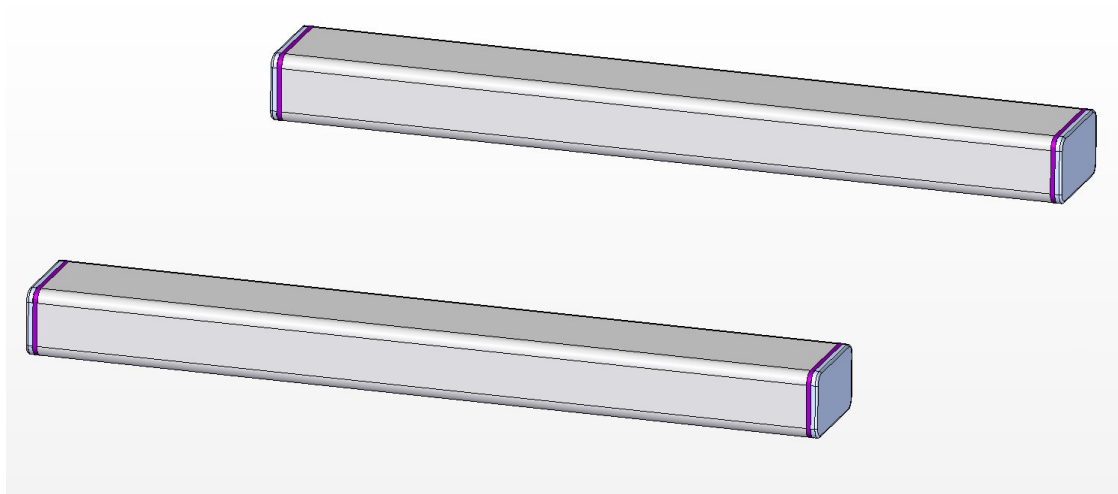


2. Stand sub-assembly

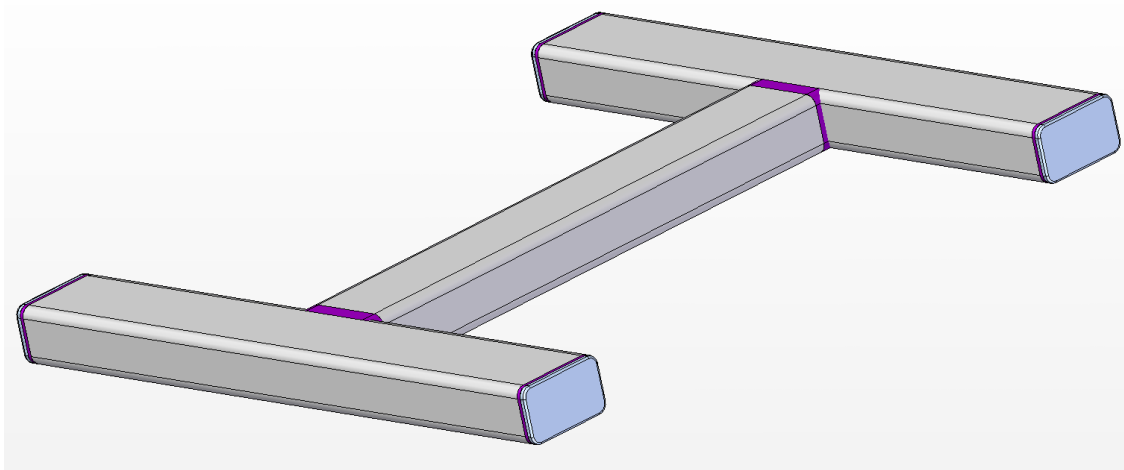
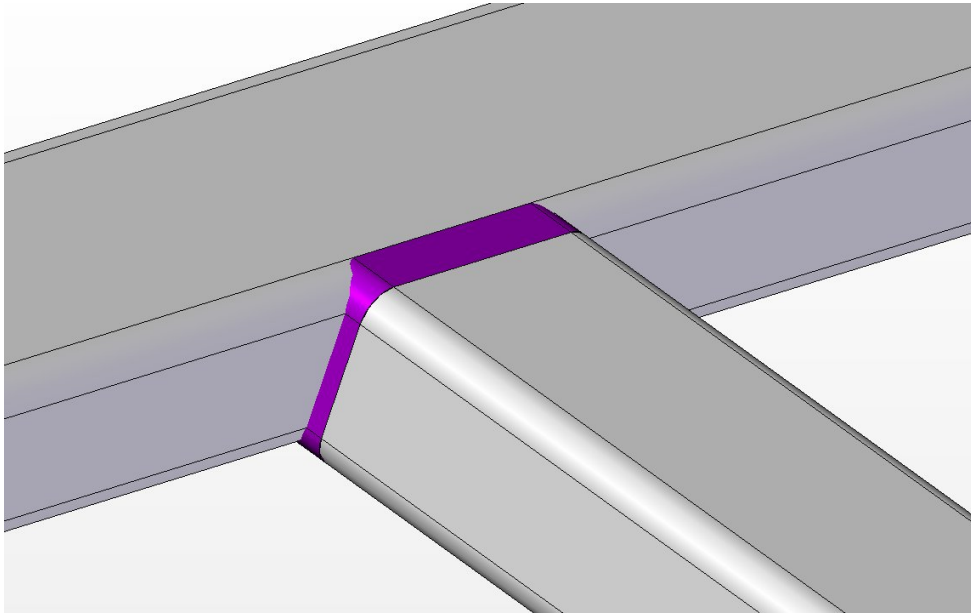
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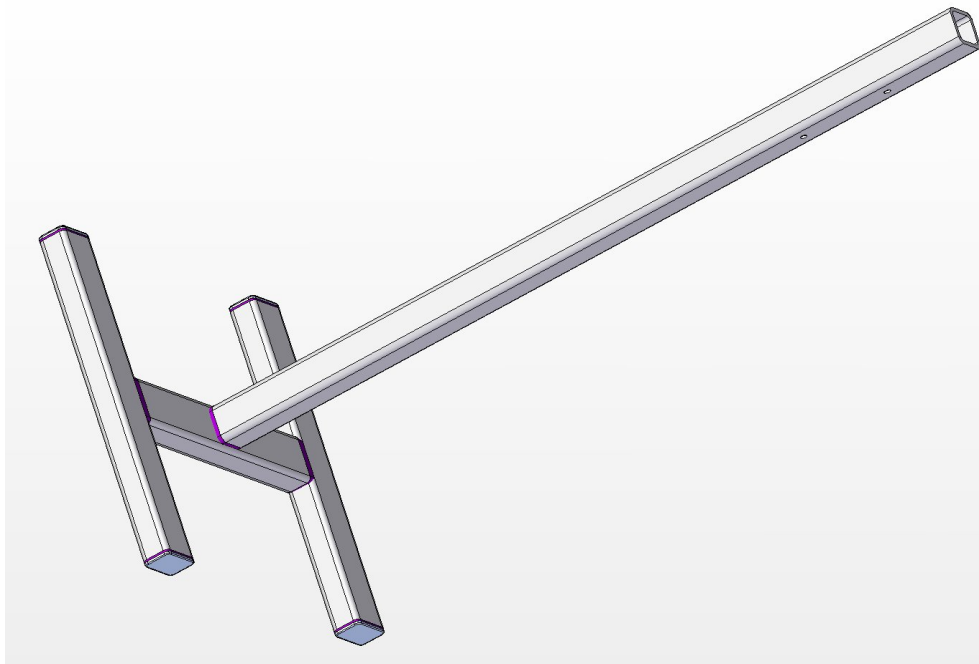
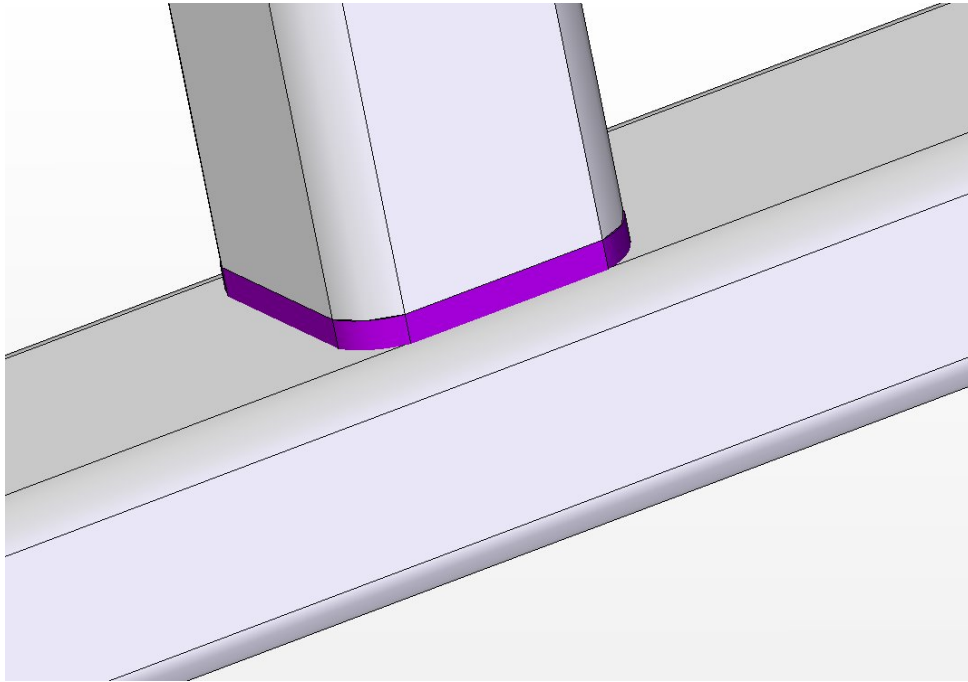
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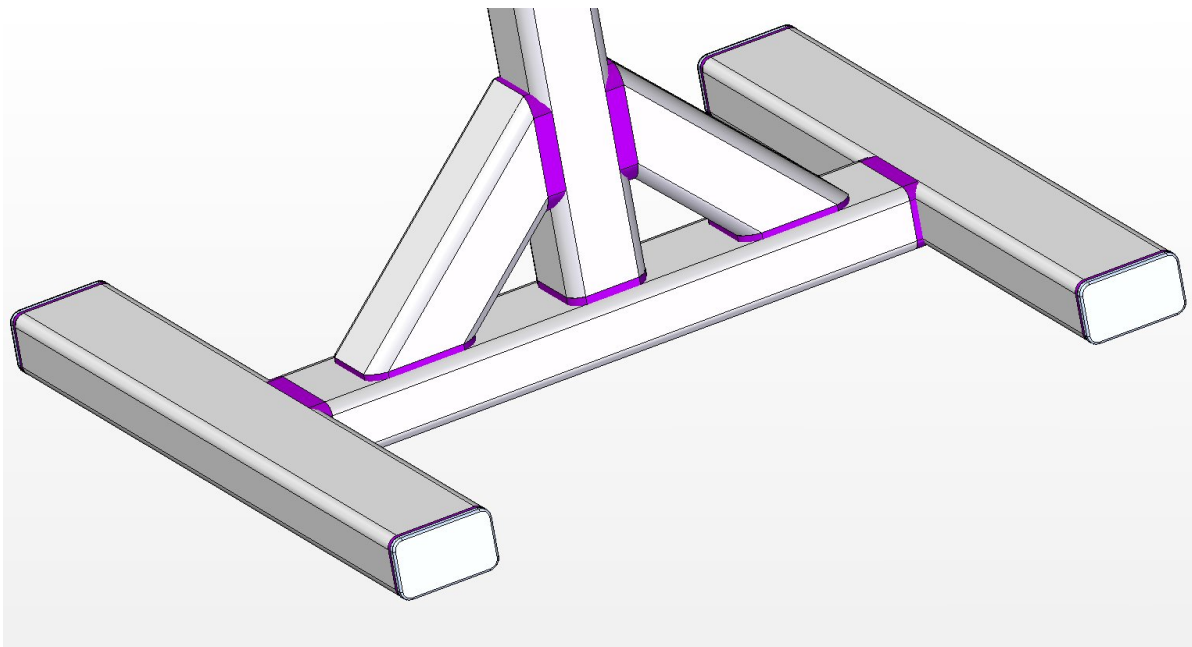
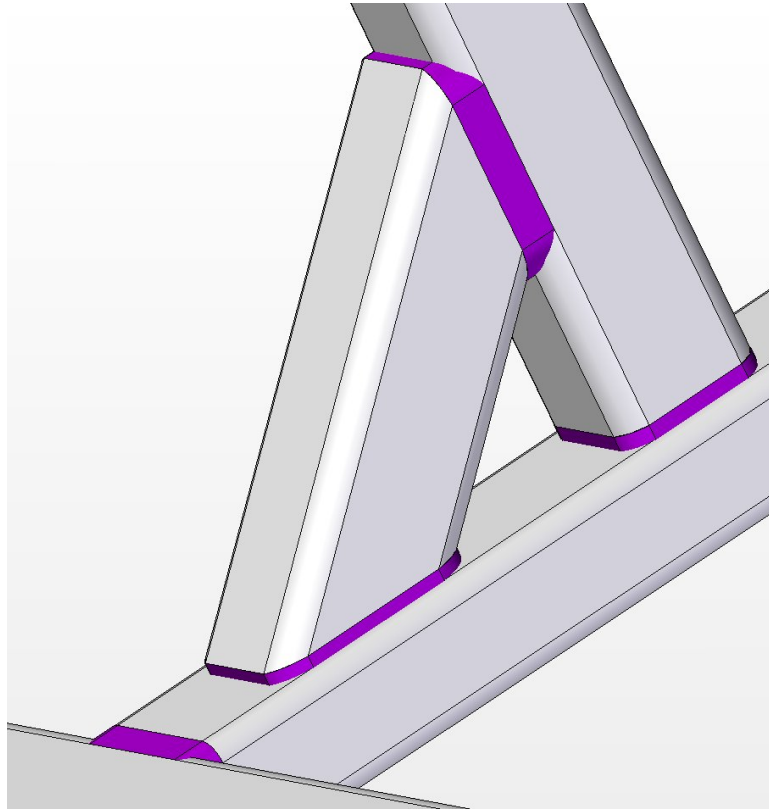
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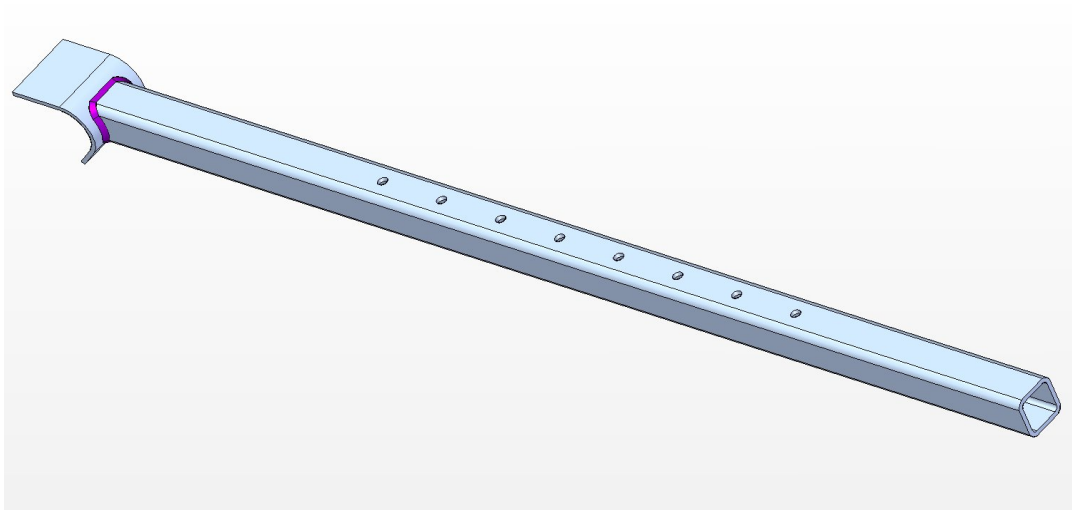
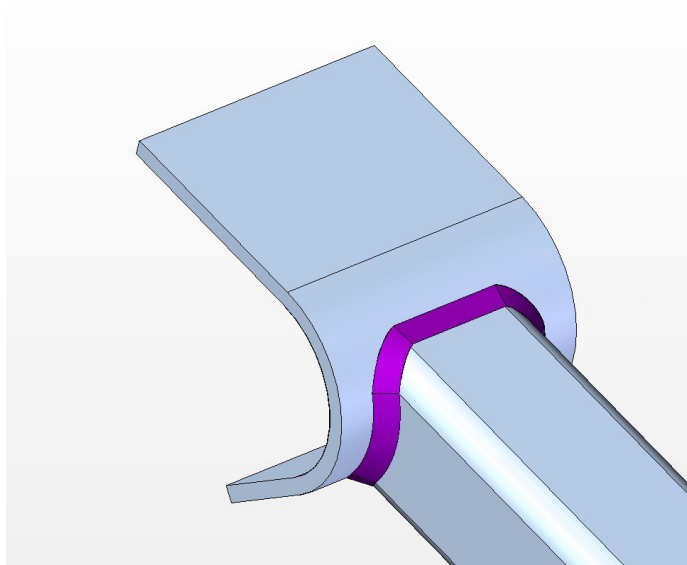
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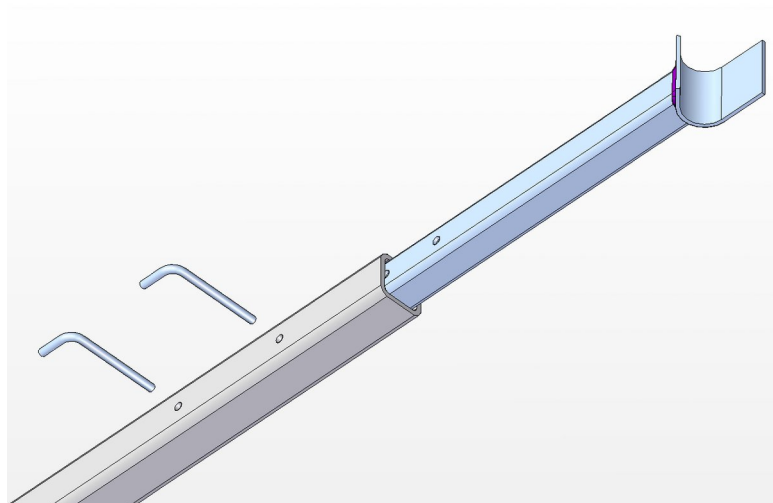
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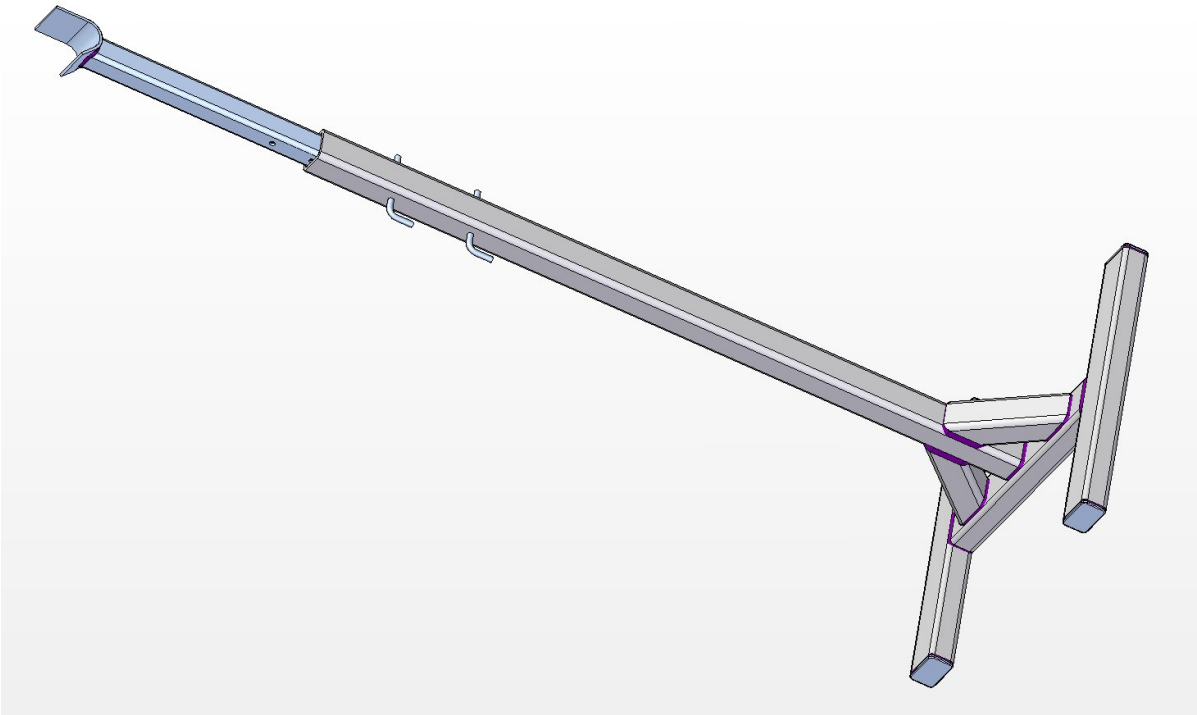
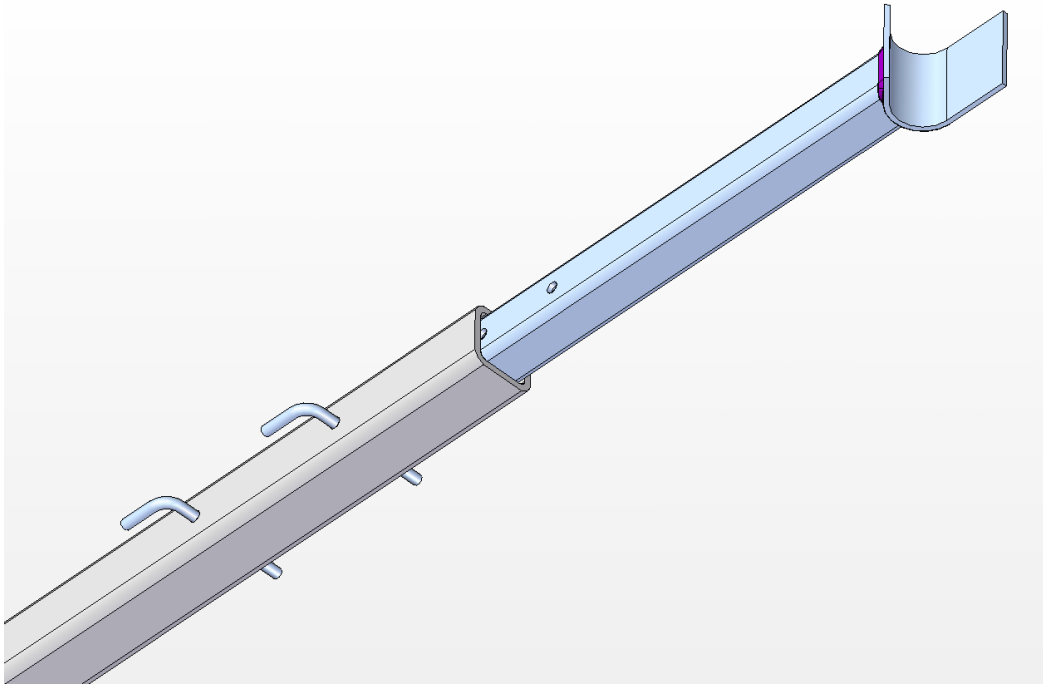


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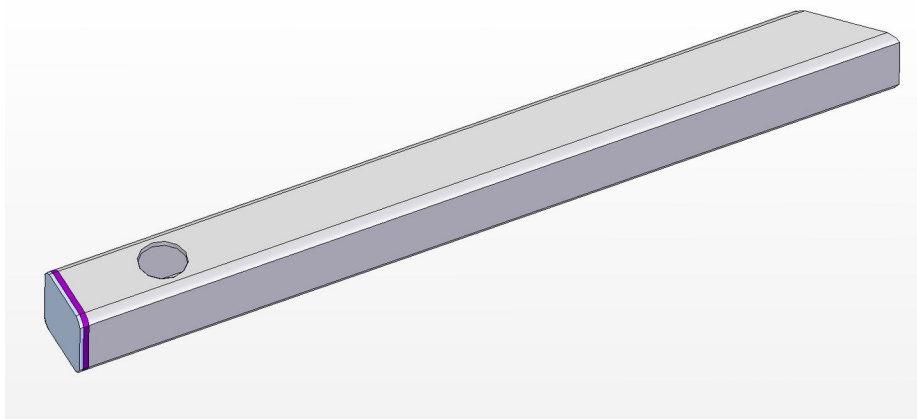
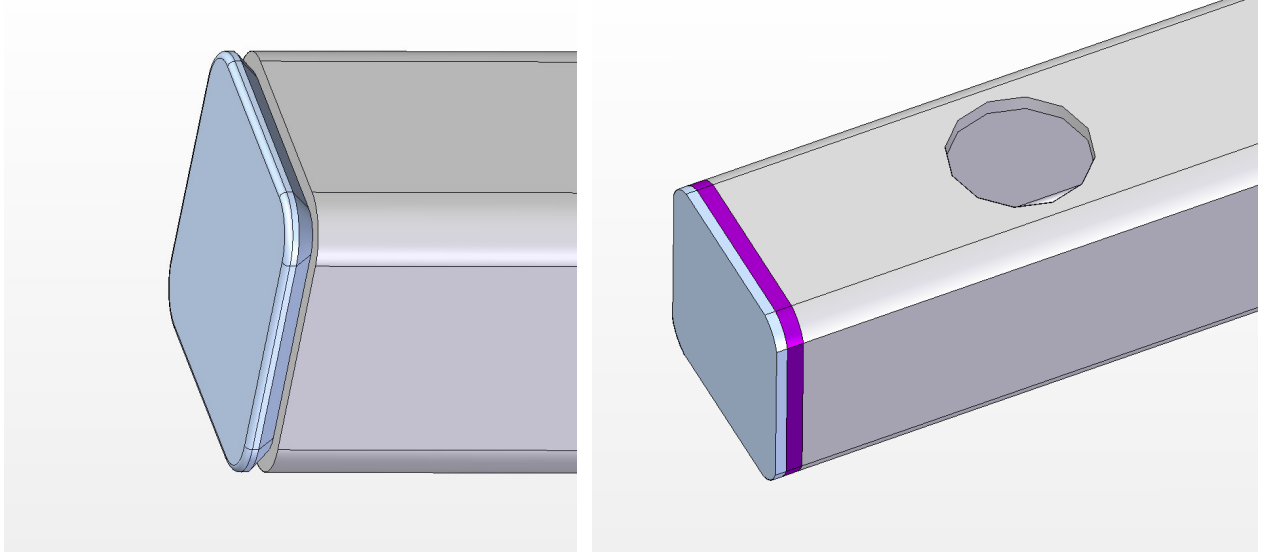
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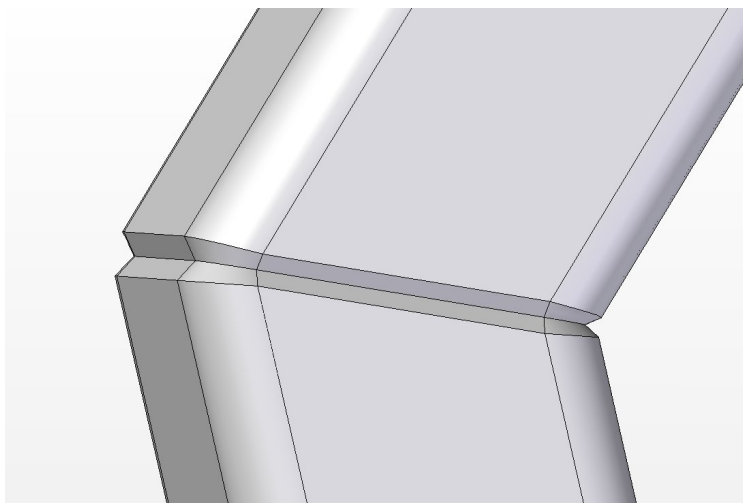


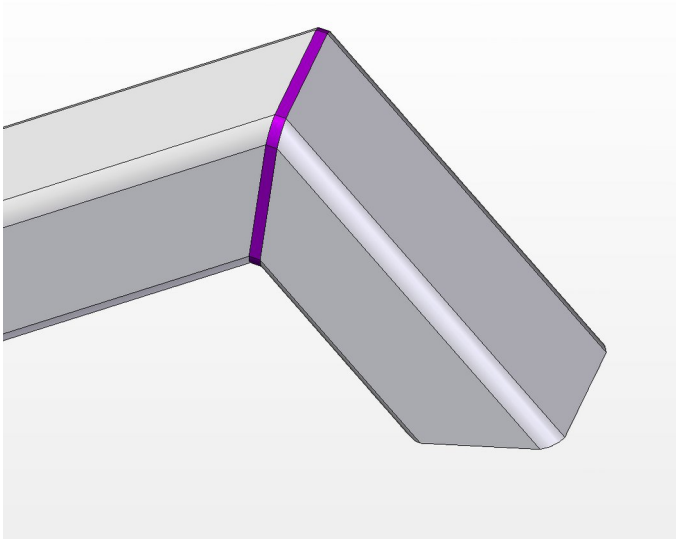
4. Leg developer sub-assembly

1.

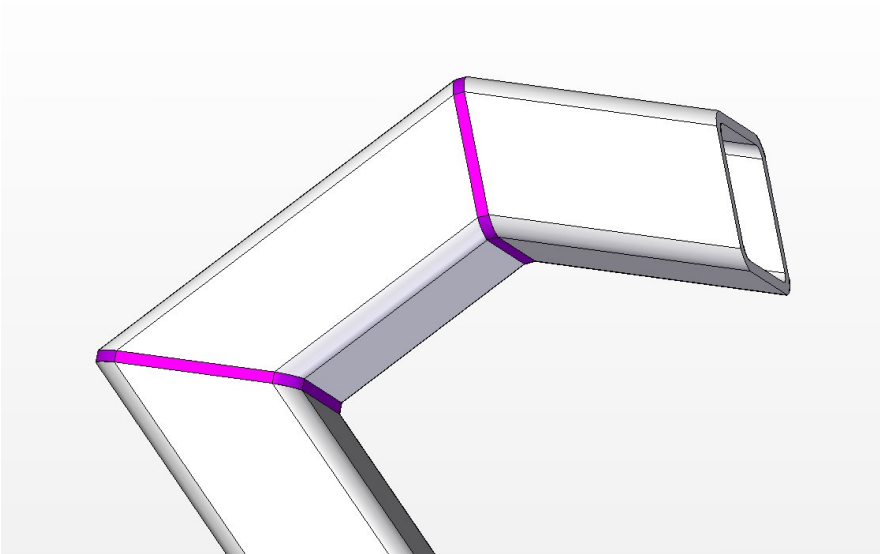
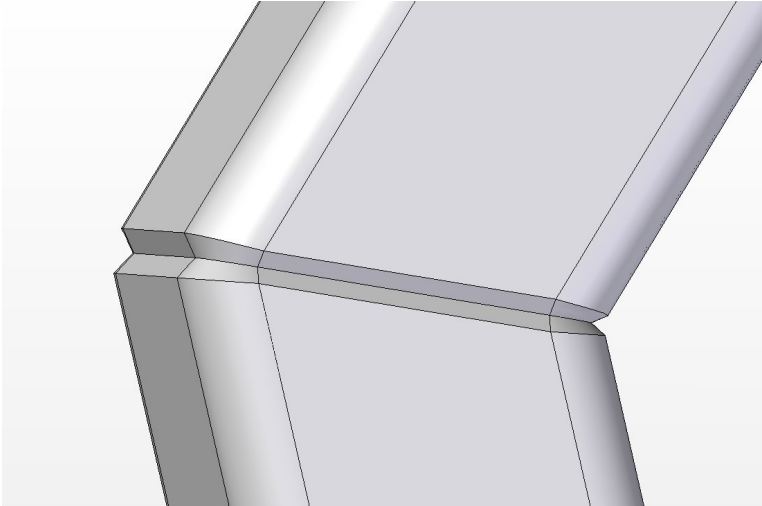


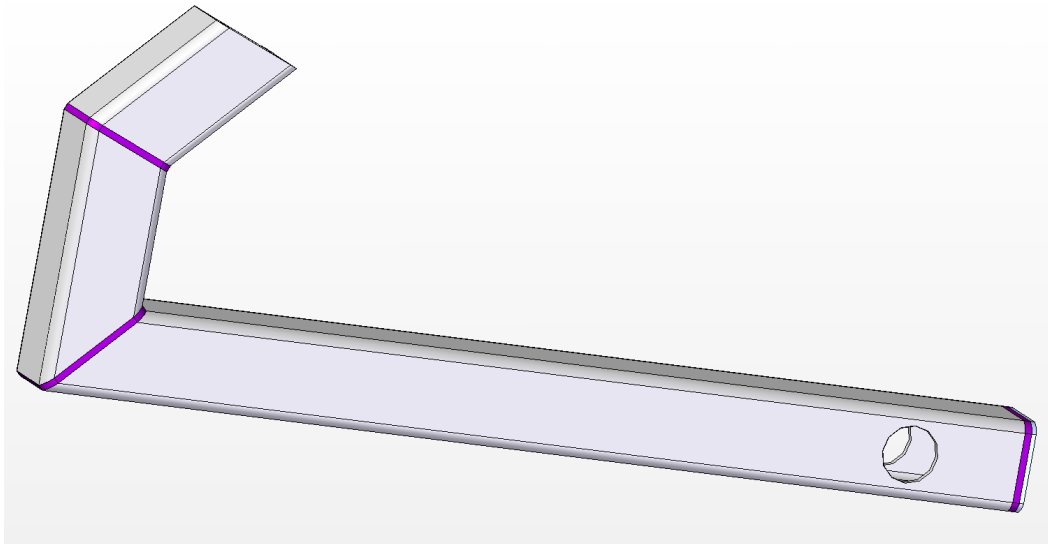
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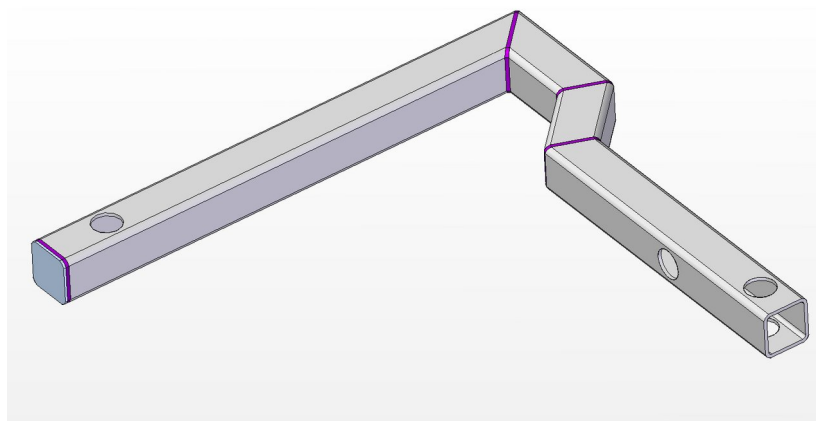
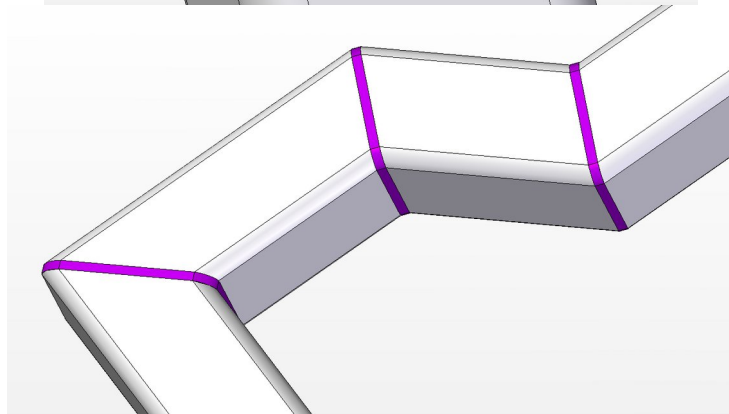
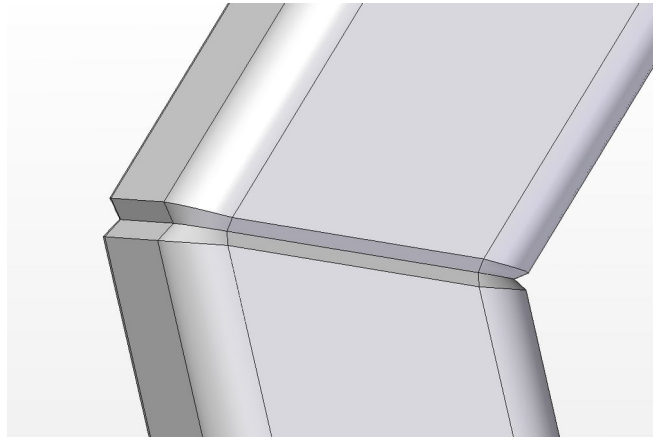


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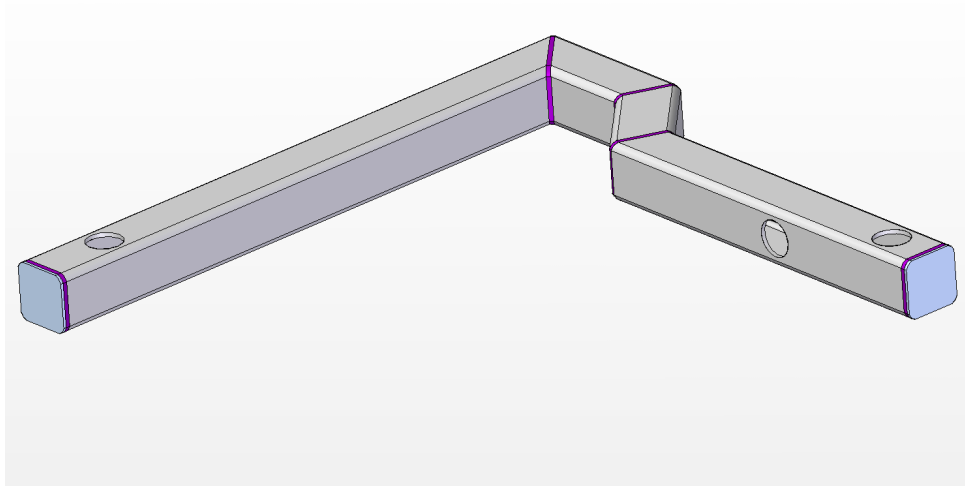
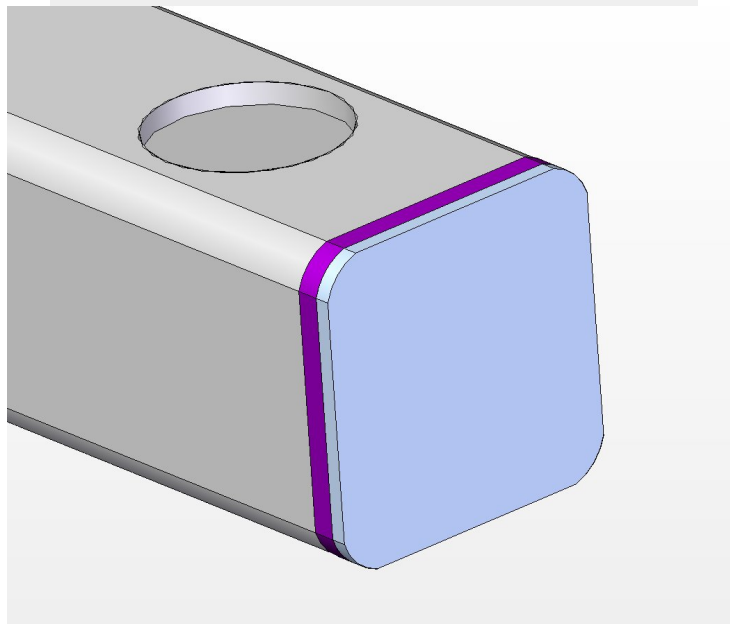
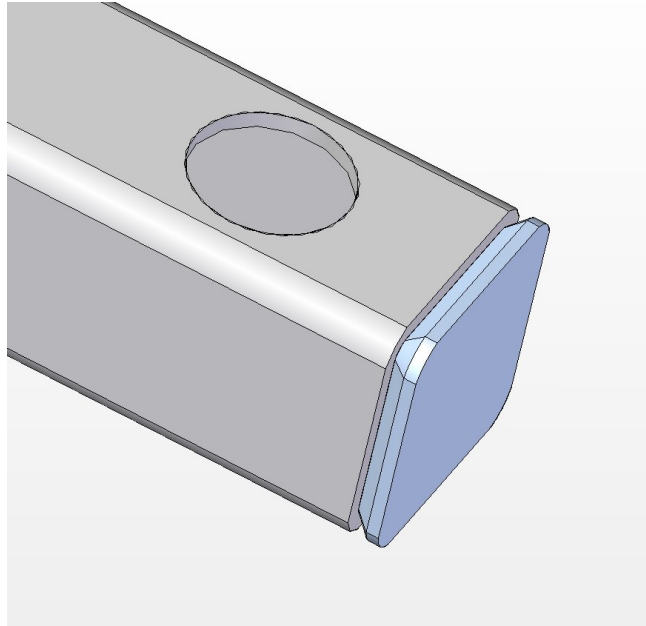




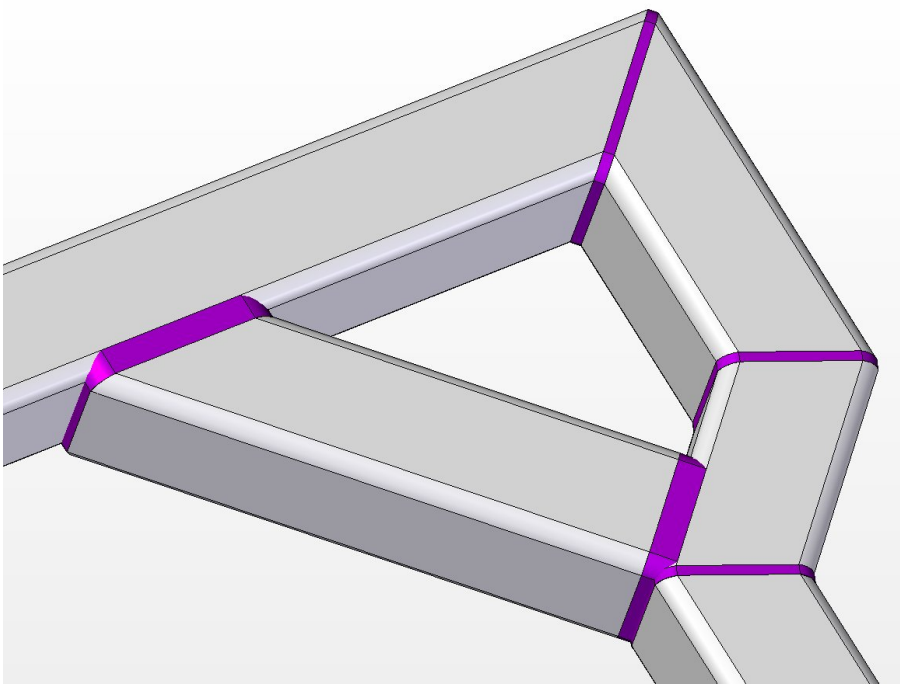
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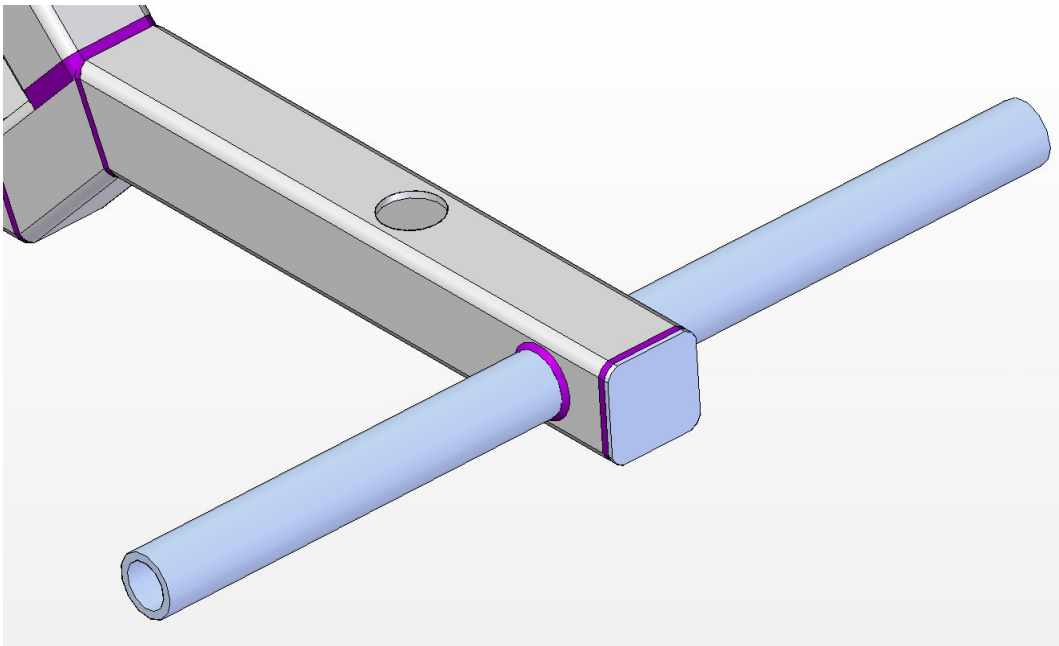
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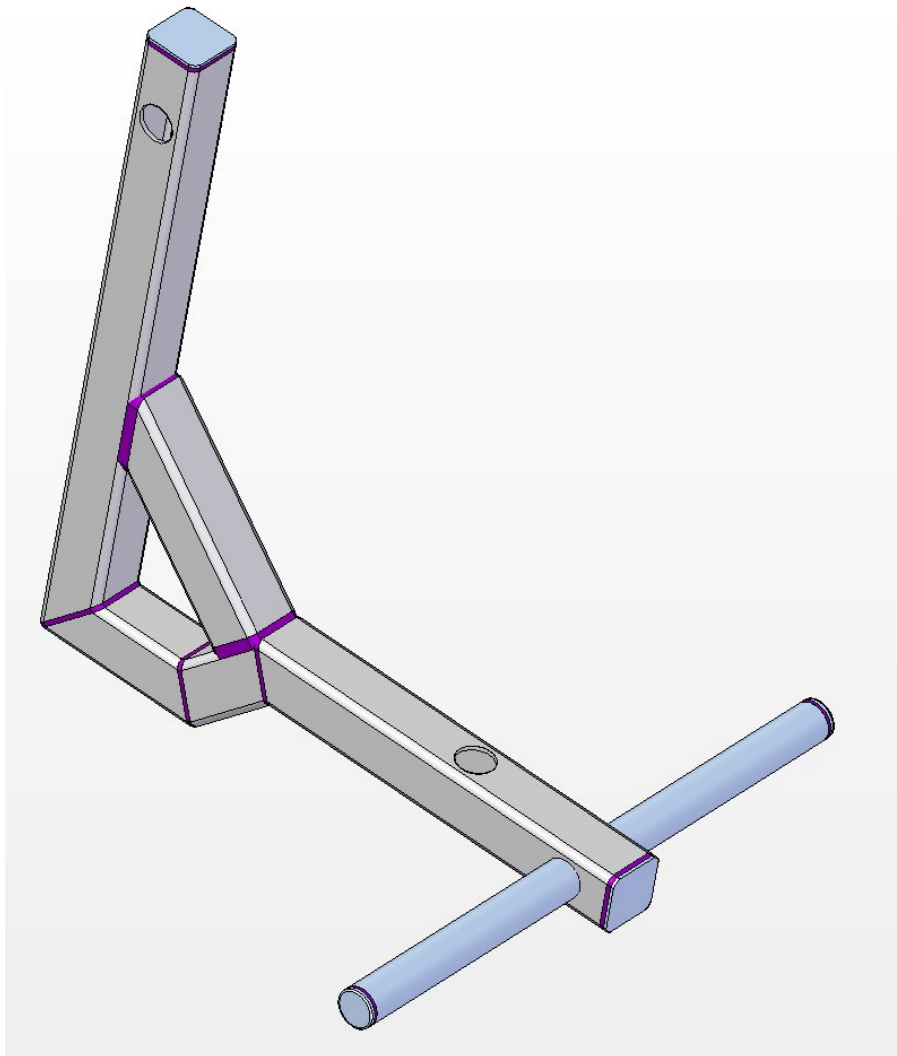
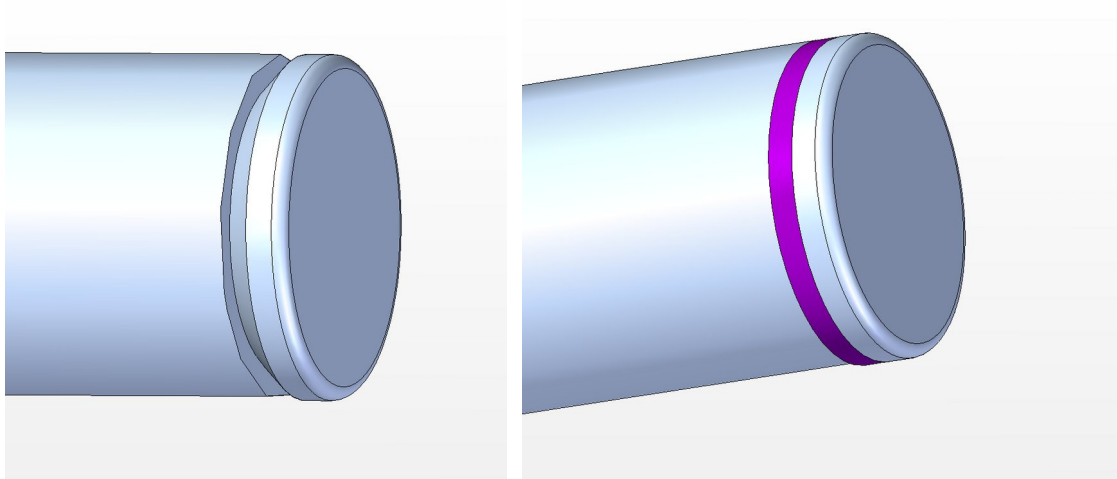
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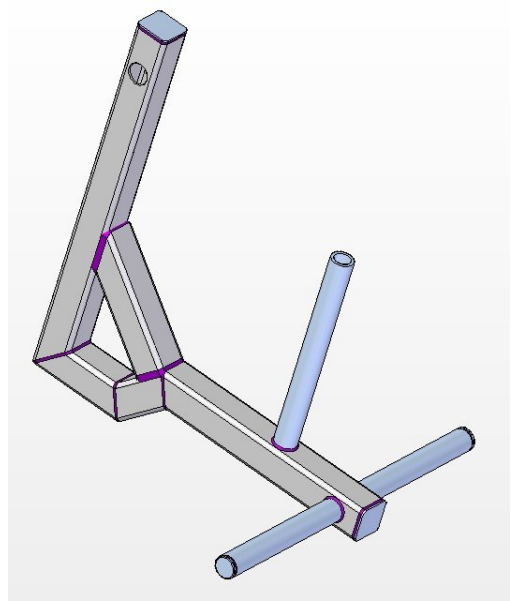
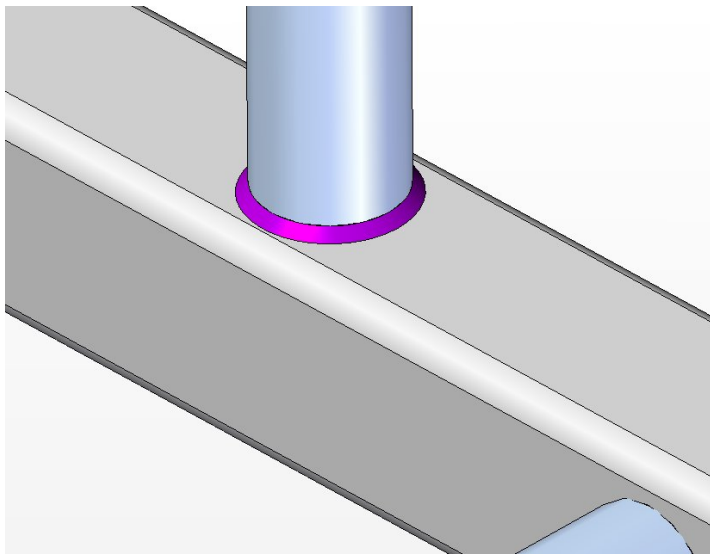
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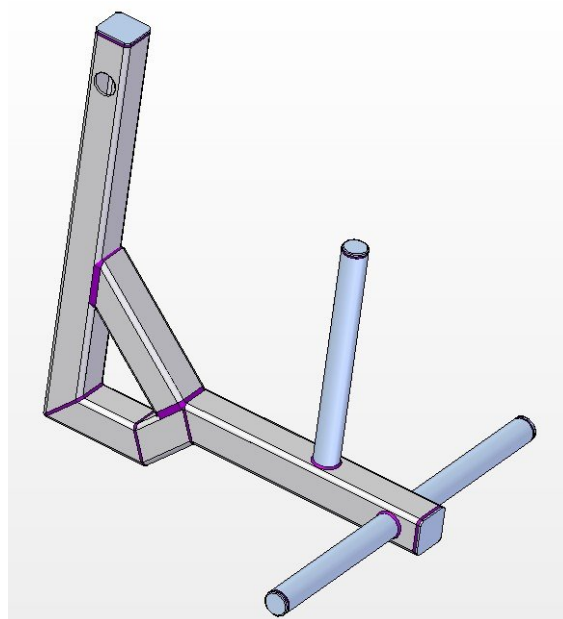
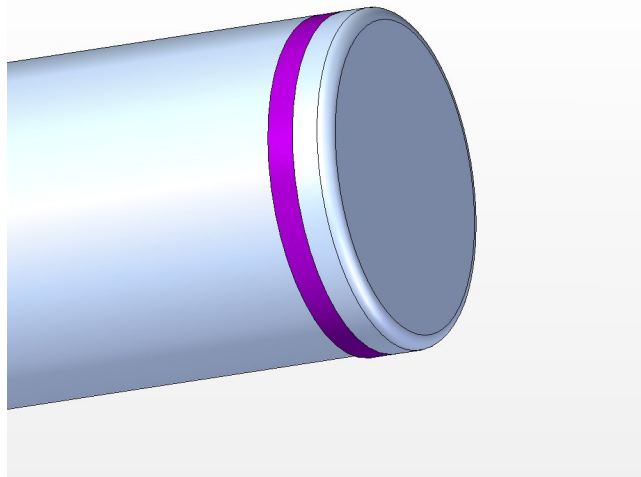
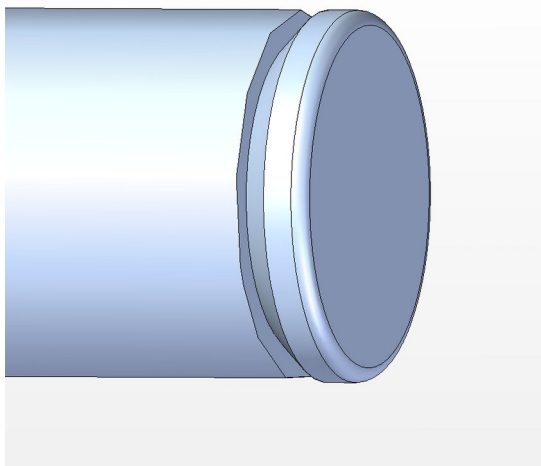
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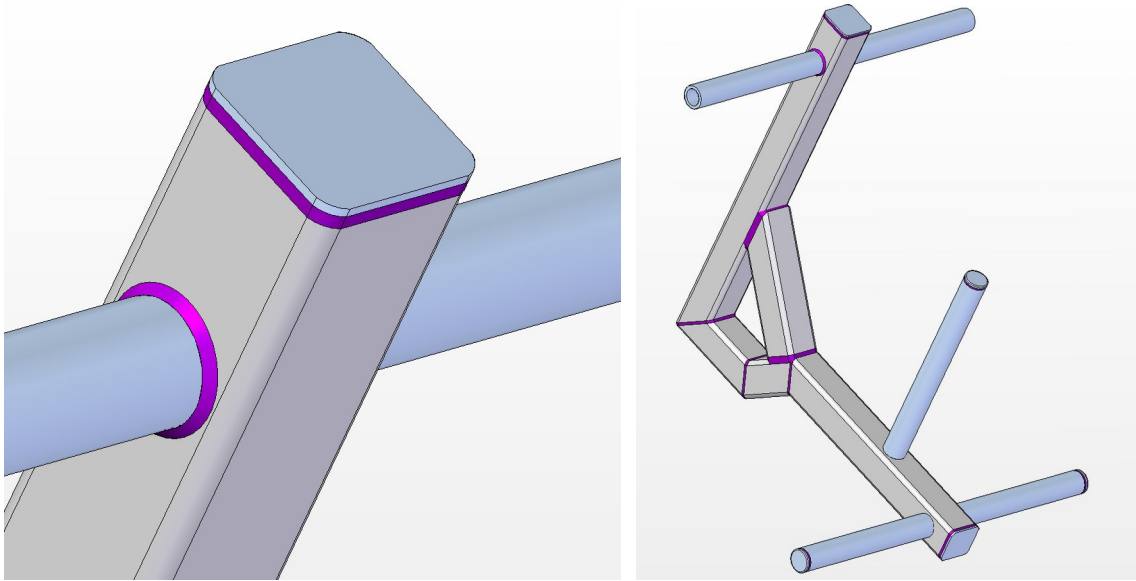
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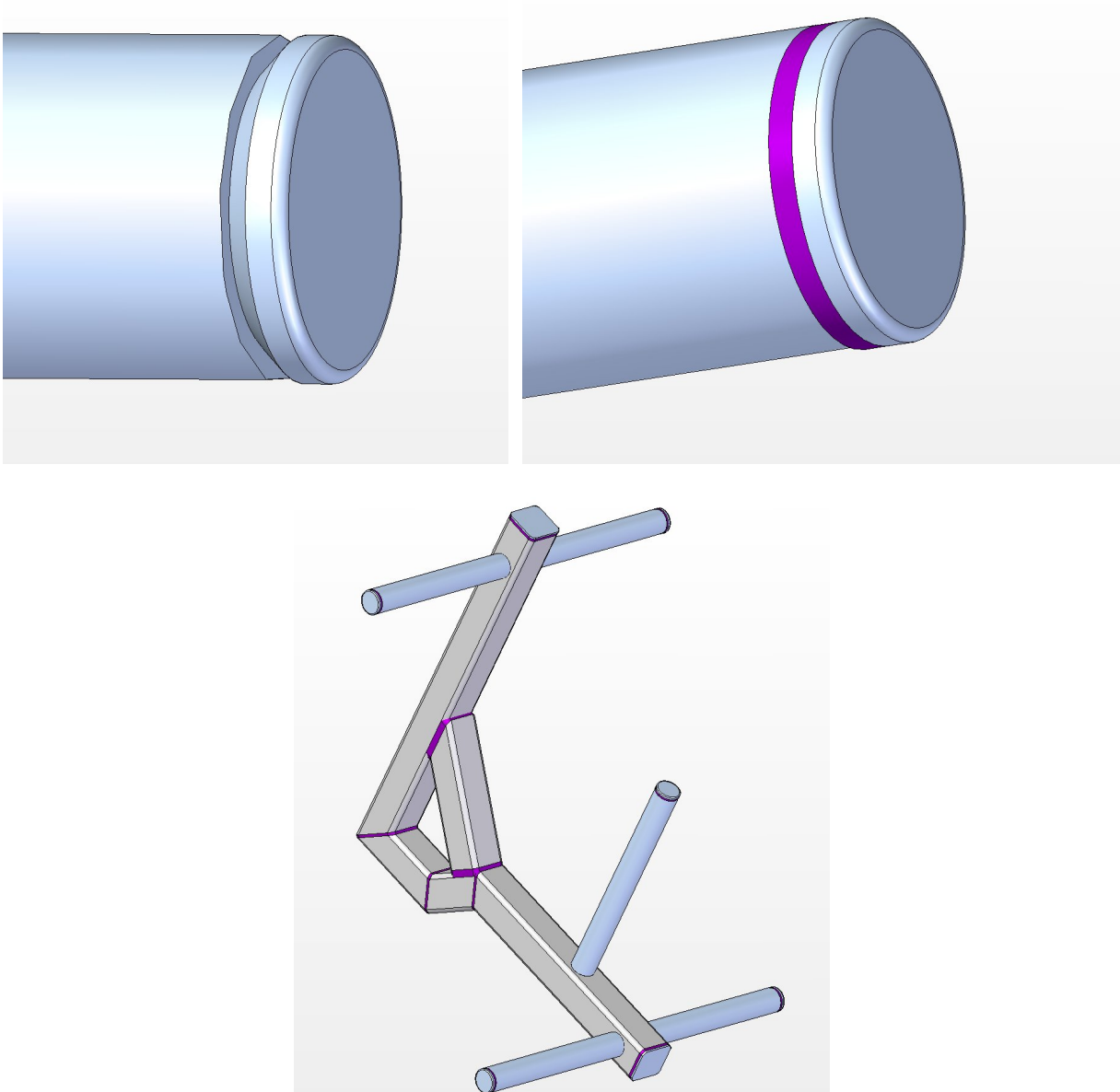
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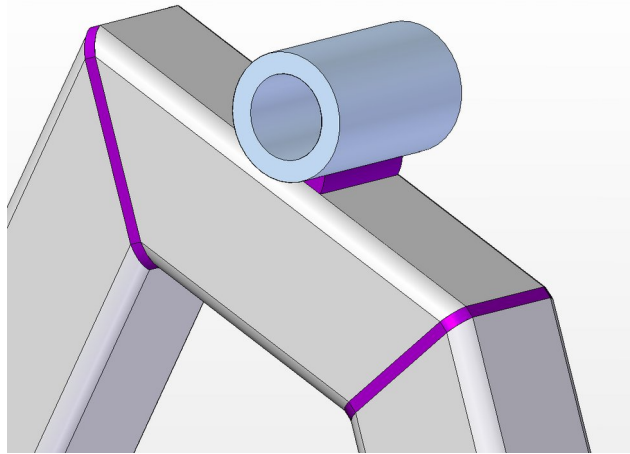
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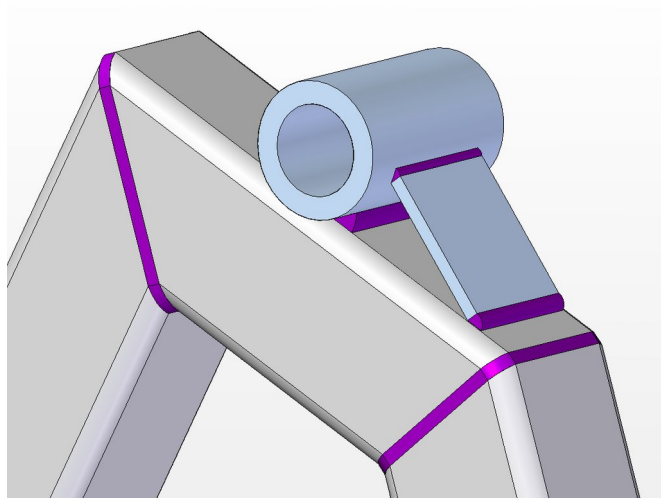
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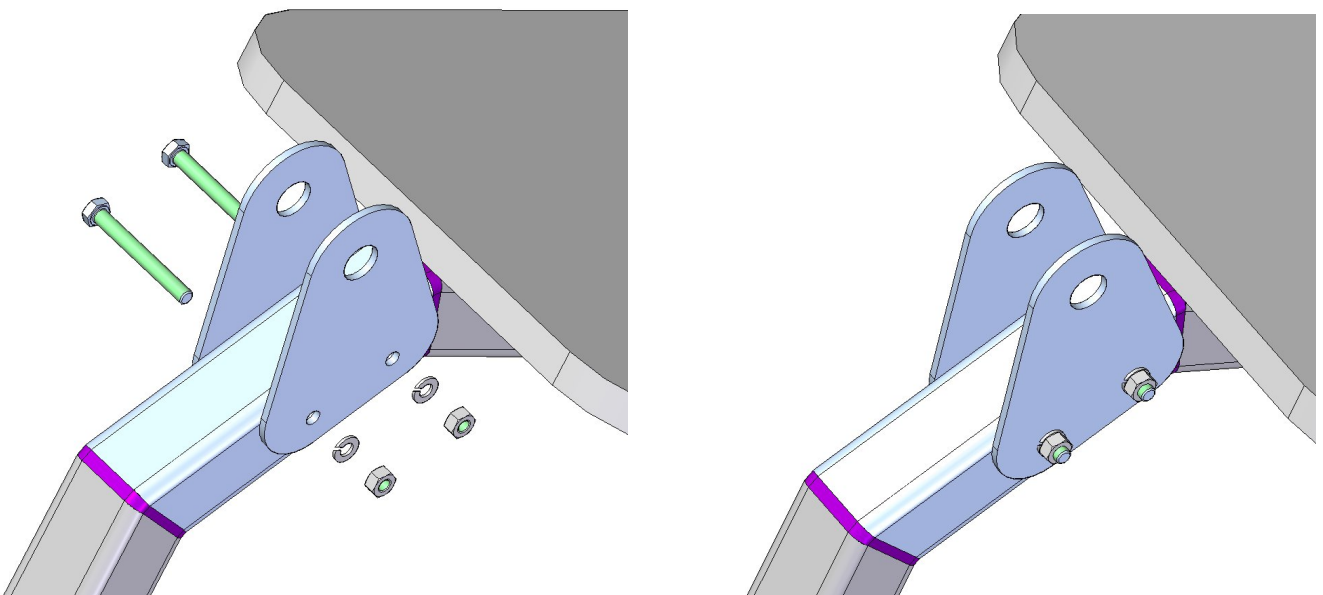
13.



14.



15.



16.

