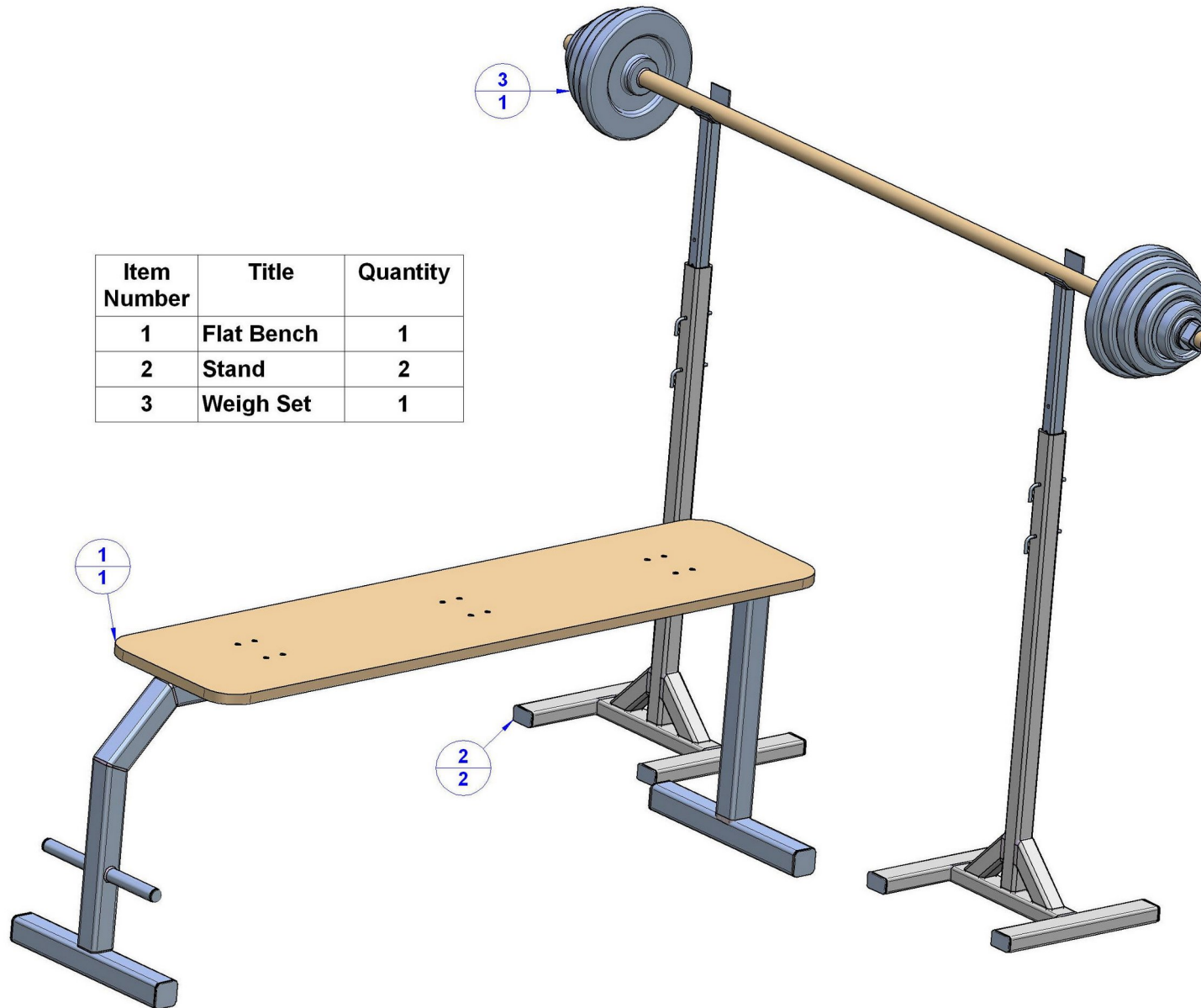


## Flat bench press plan

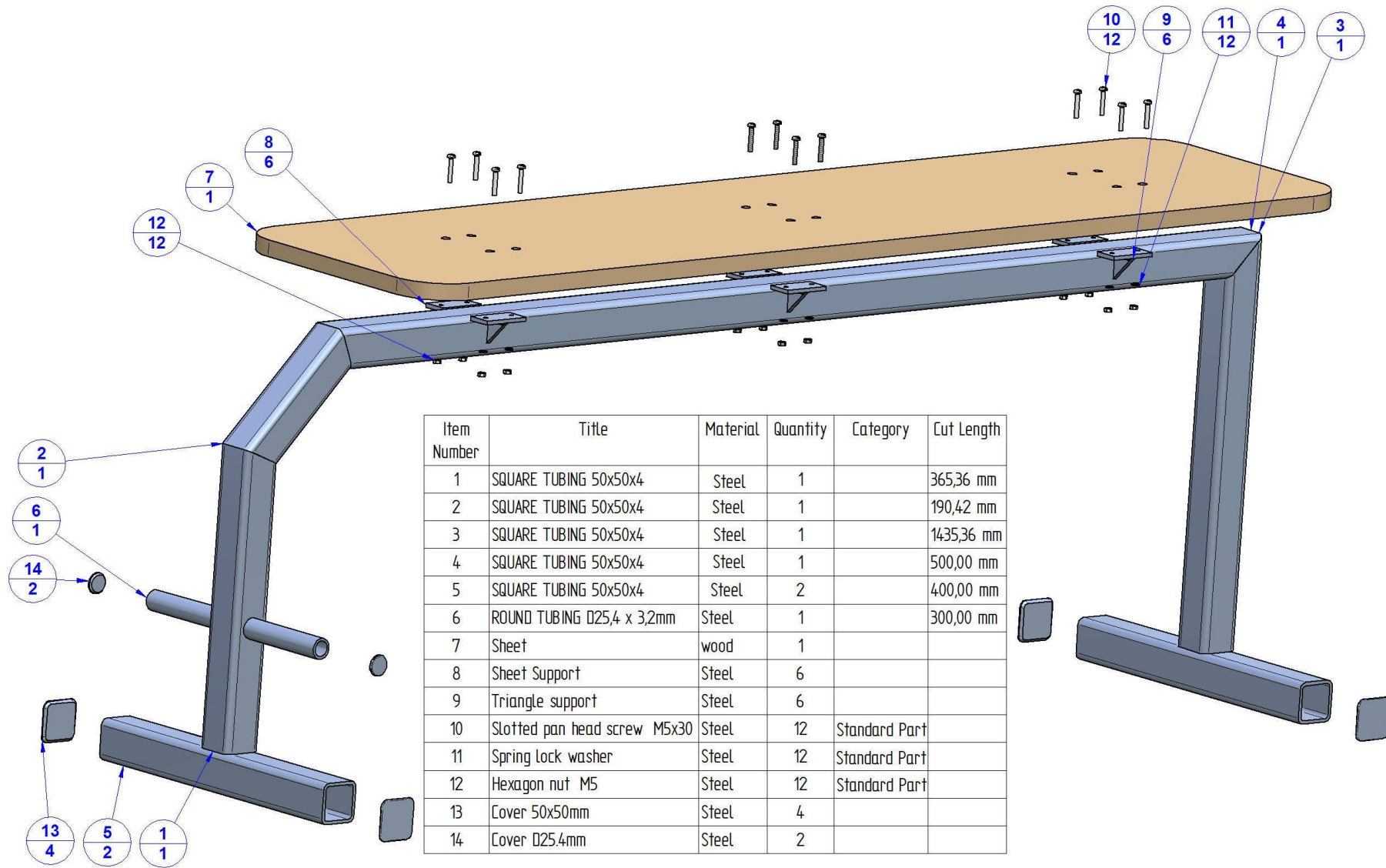


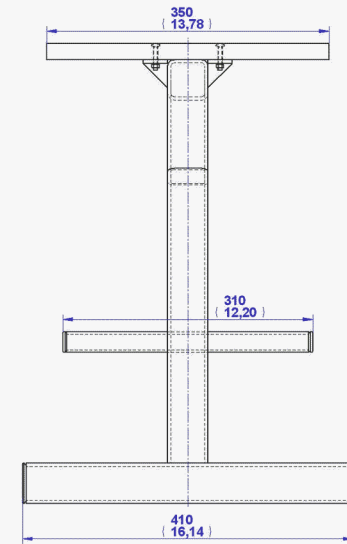
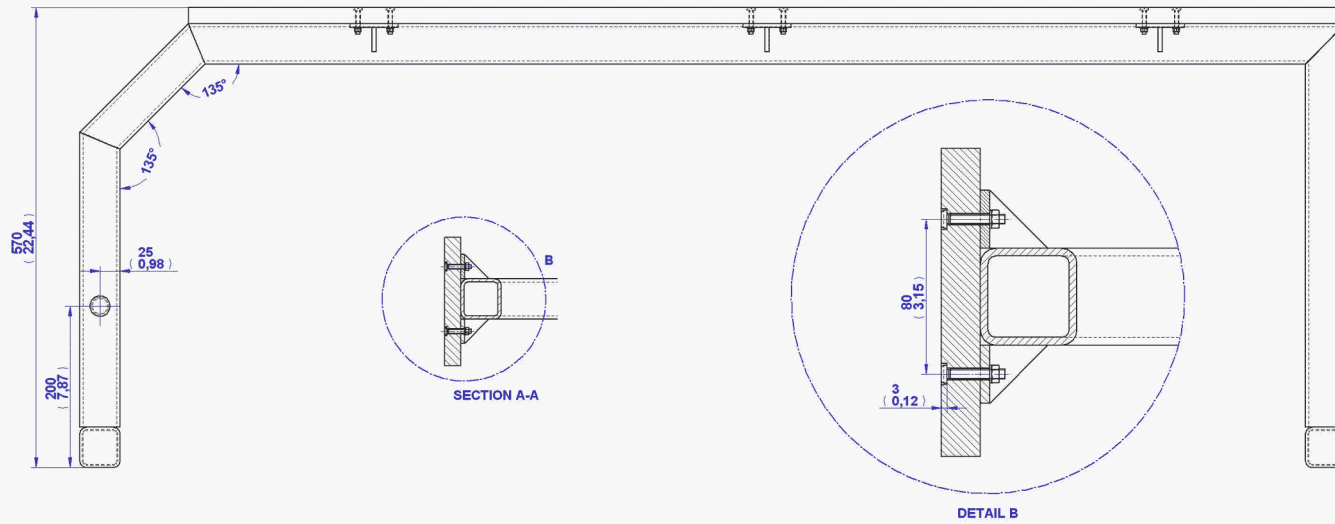
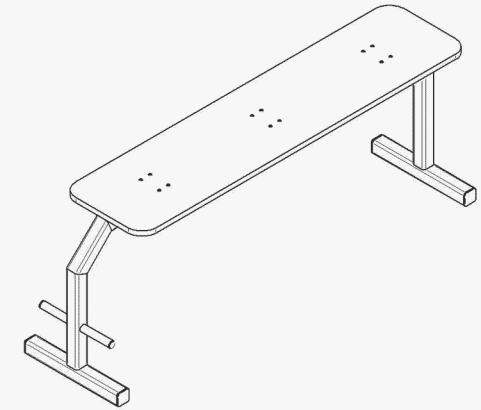
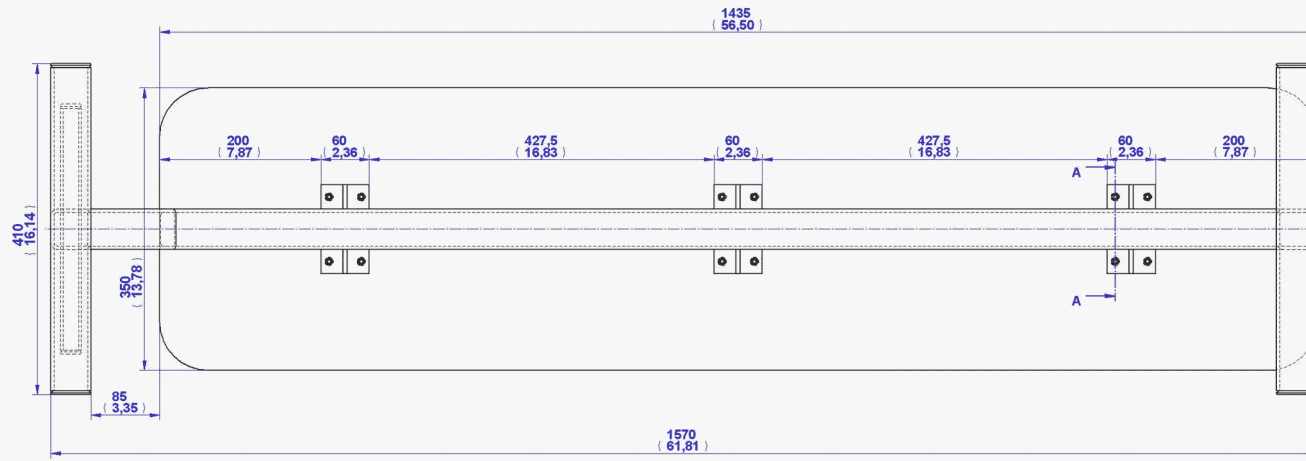
## Sub-assembly list

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

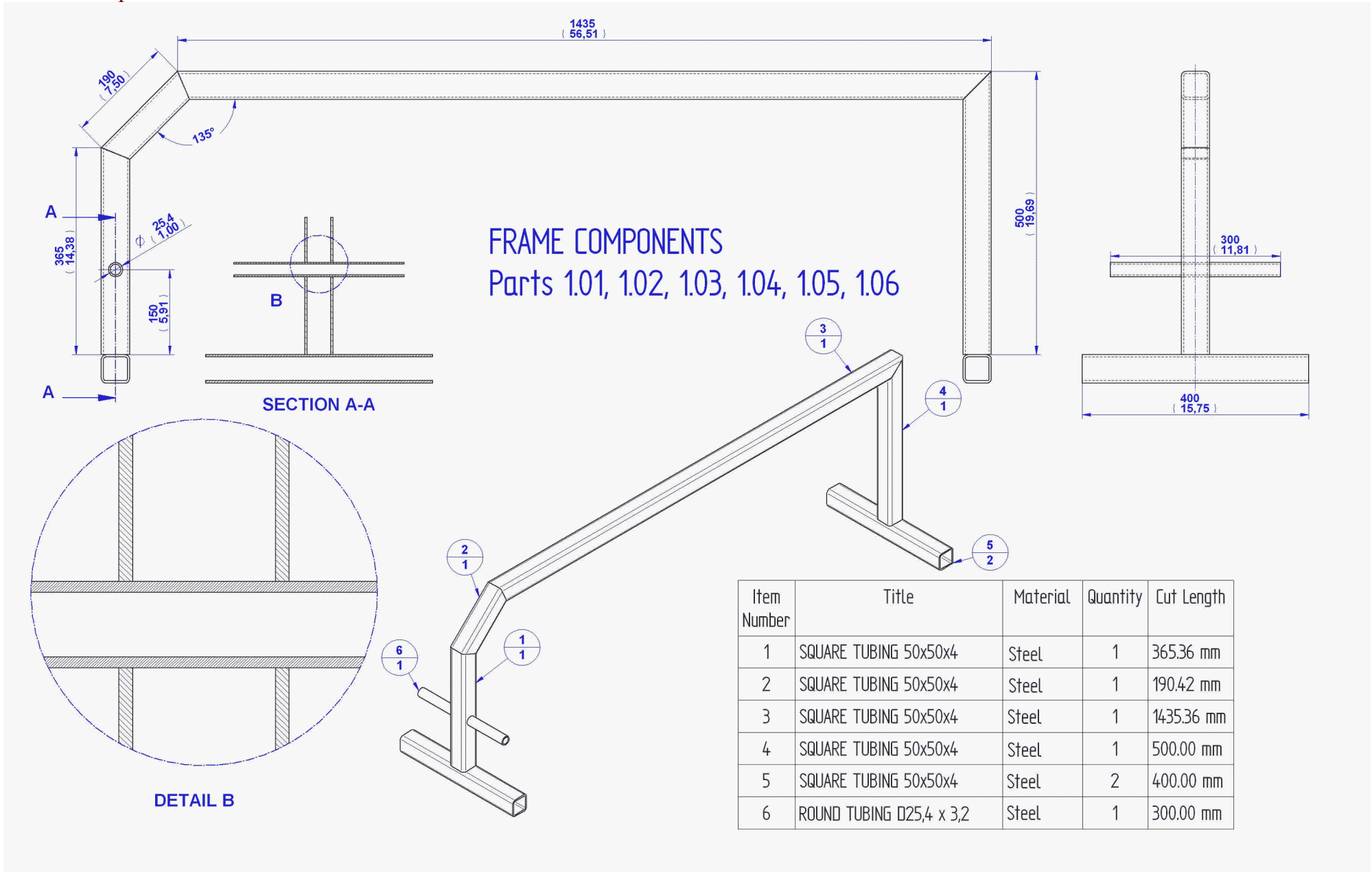


### 1. Flat bench sub-assembly – Parts list and 2D documentation

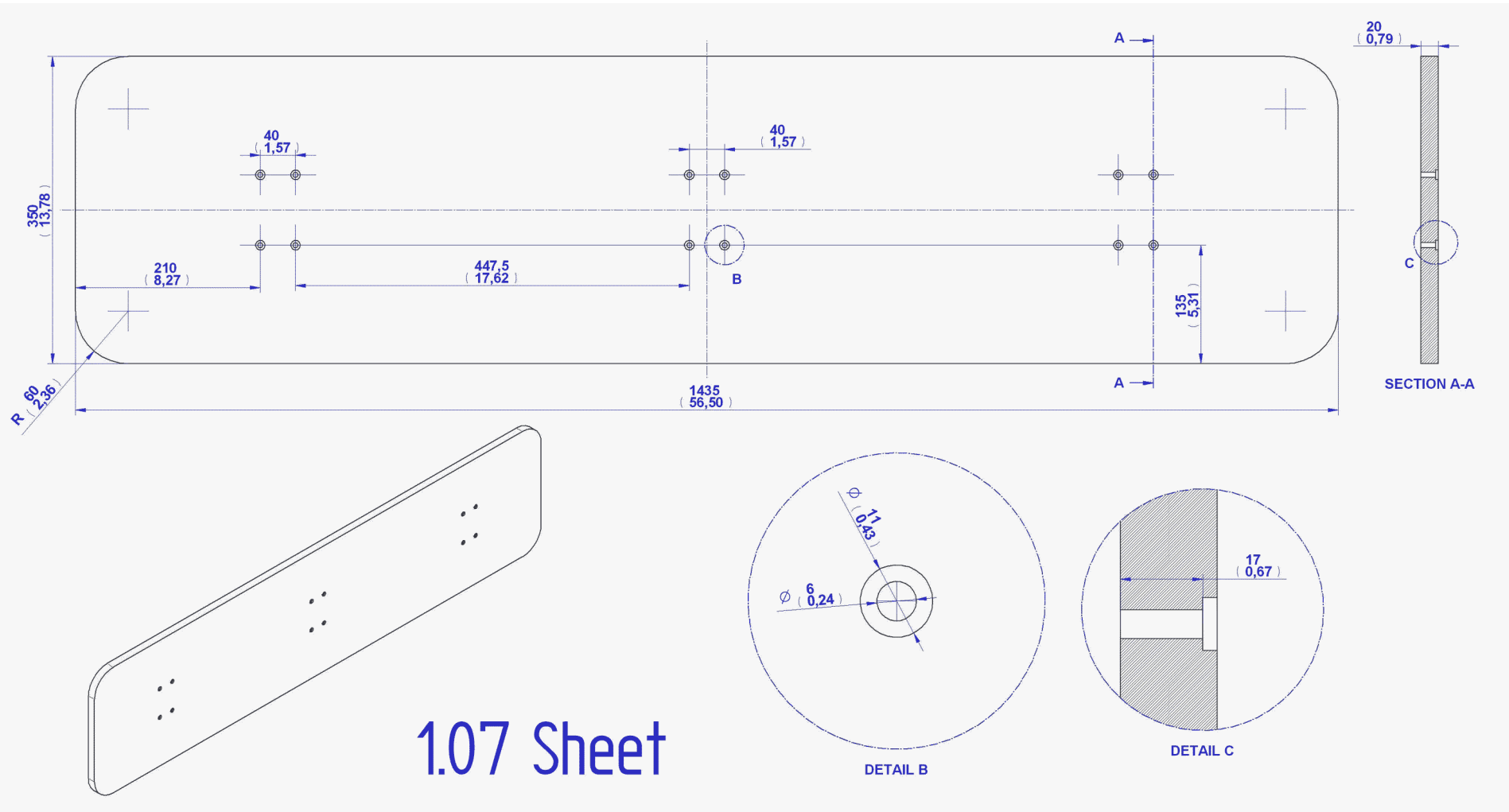


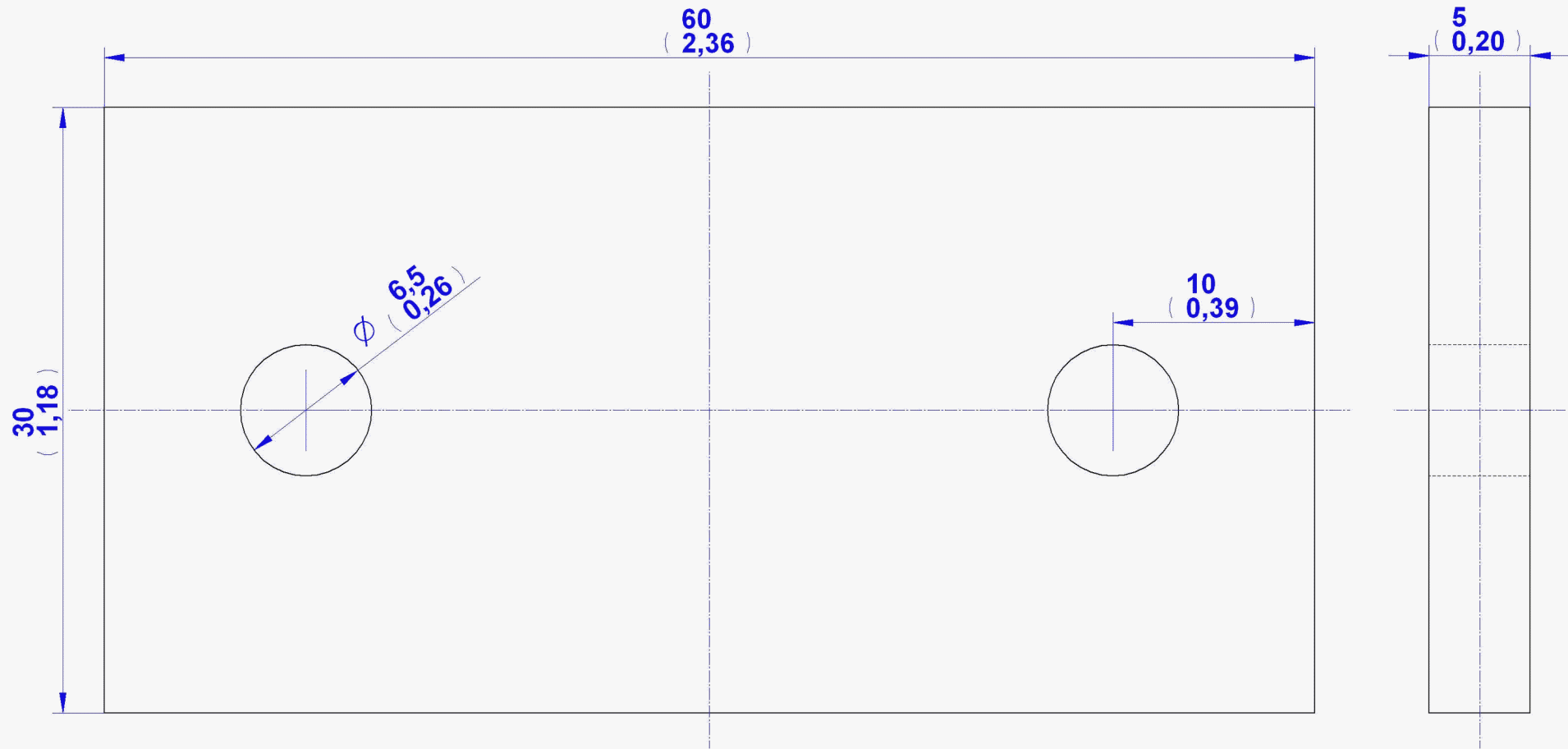


Frame components

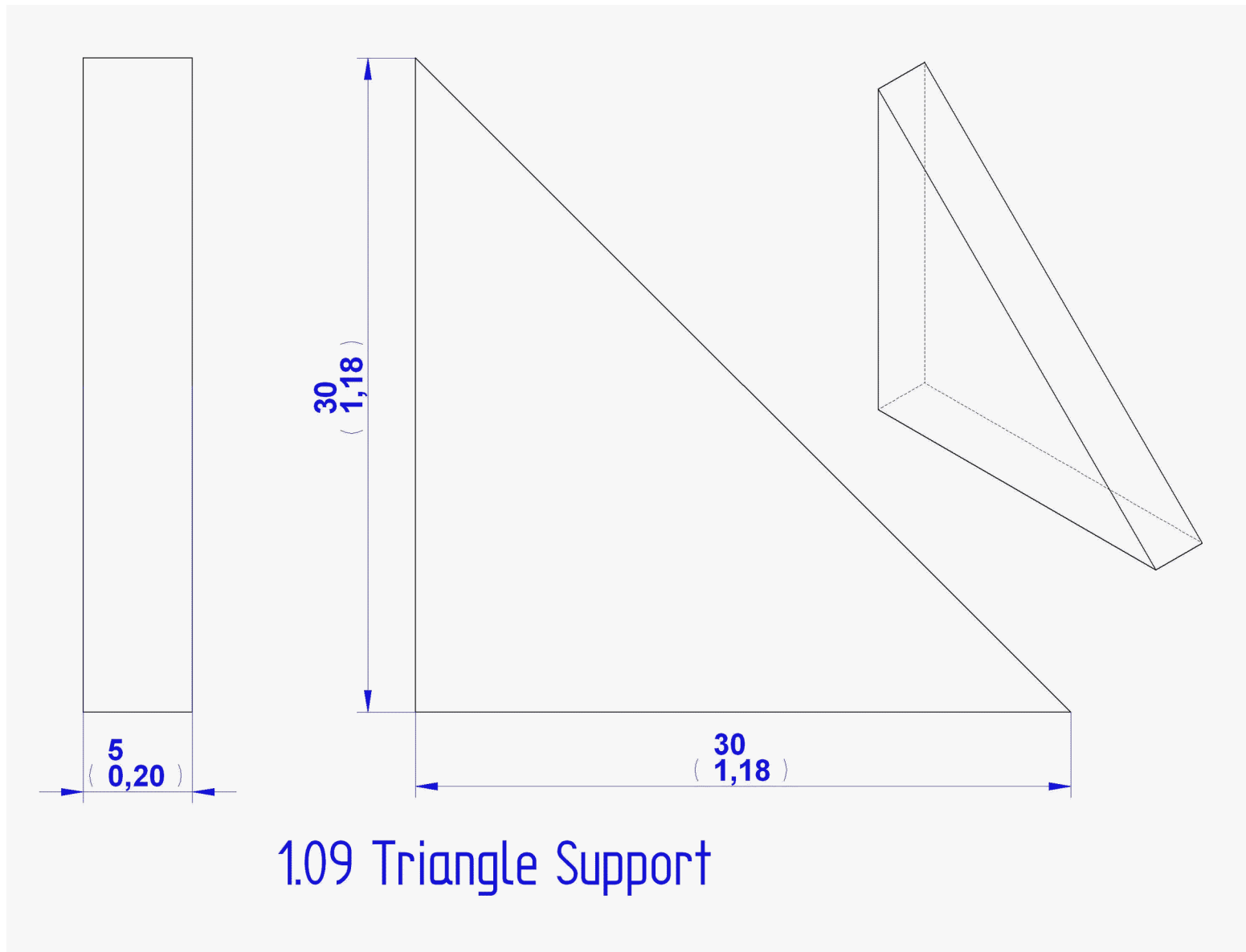


Item Number	Title	Material	Quantity	Cut Length
1	SQUARE TUBING 50x50x4	Steel	1	365.36 mm
2	SQUARE TUBING 50x50x4	Steel	1	190.42 mm
3	SQUARE TUBING 50x50x4	Steel	1	1435.36 mm
4	SQUARE TUBING 50x50x4	Steel	1	500.00 mm
5	SQUARE TUBING 50x50x4	Steel	2	400.00 mm
6	ROUND TUBING Ø25,4 x 3,2	Steel	1	300.00 mm

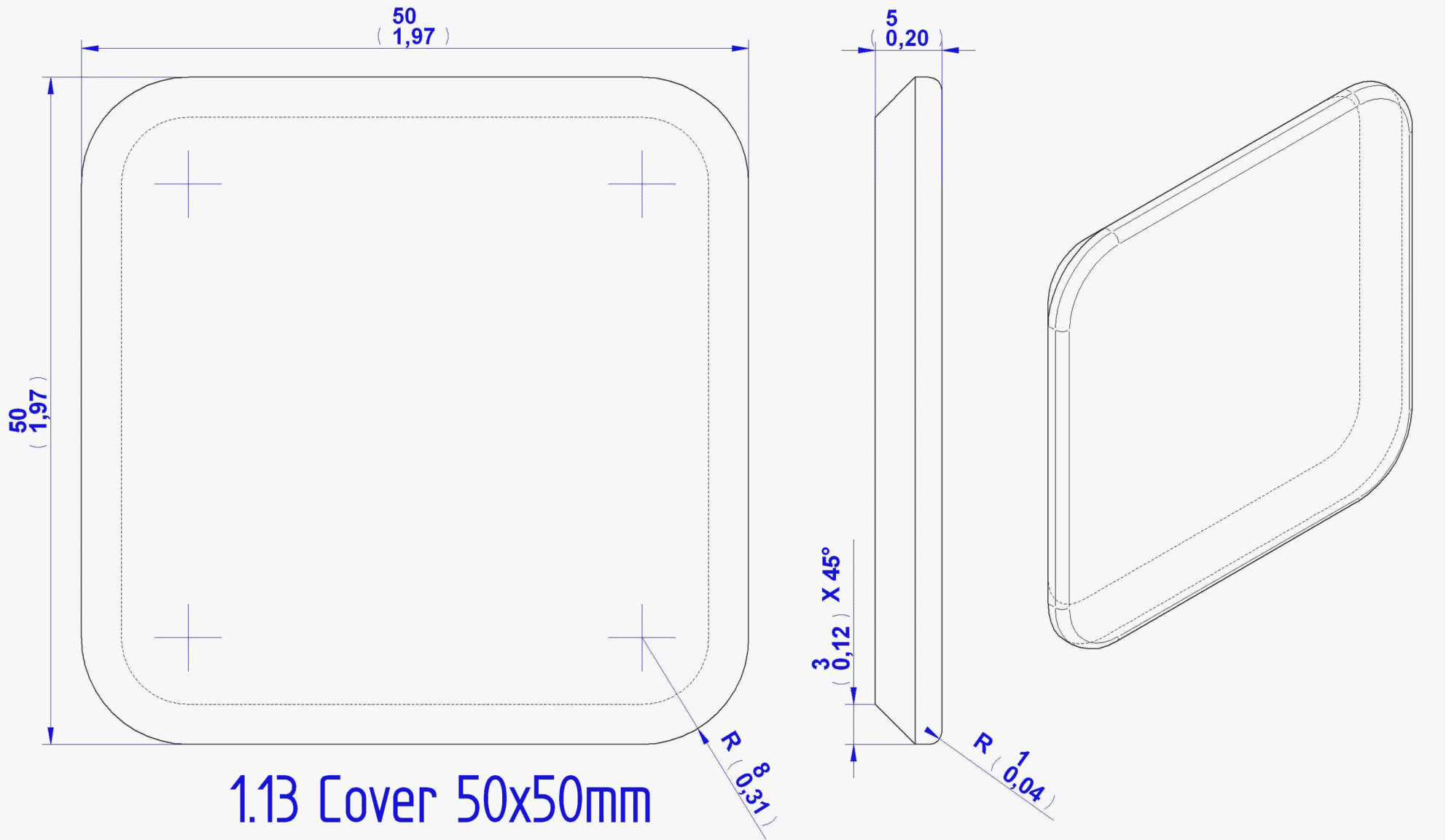


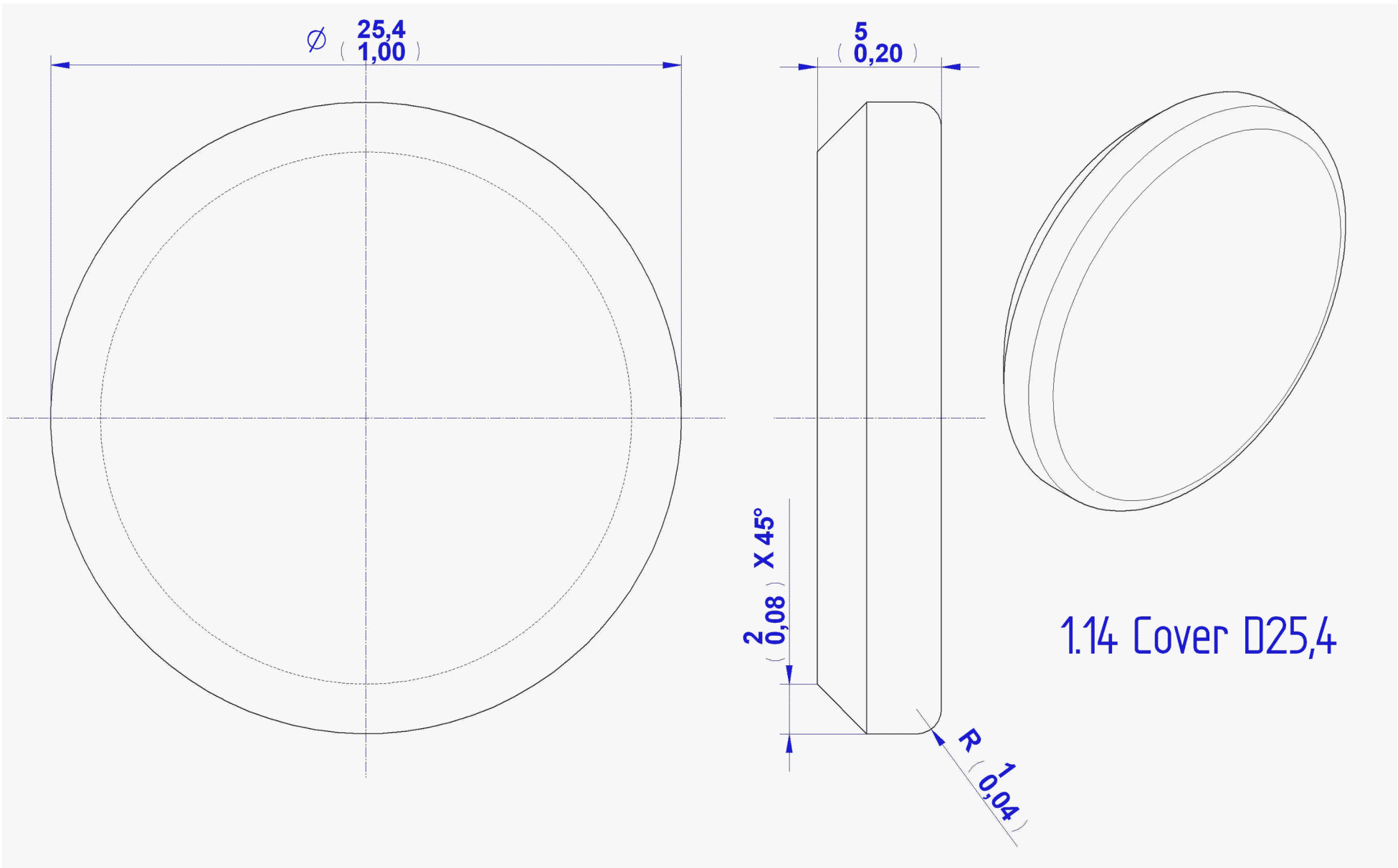


1.08 Sheet Support

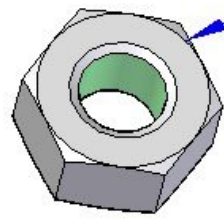




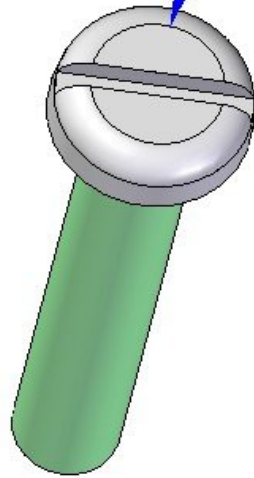




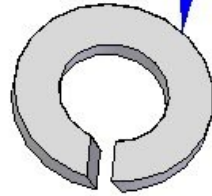
## Standard Parts



**1.12 Hexagon Nut M10**



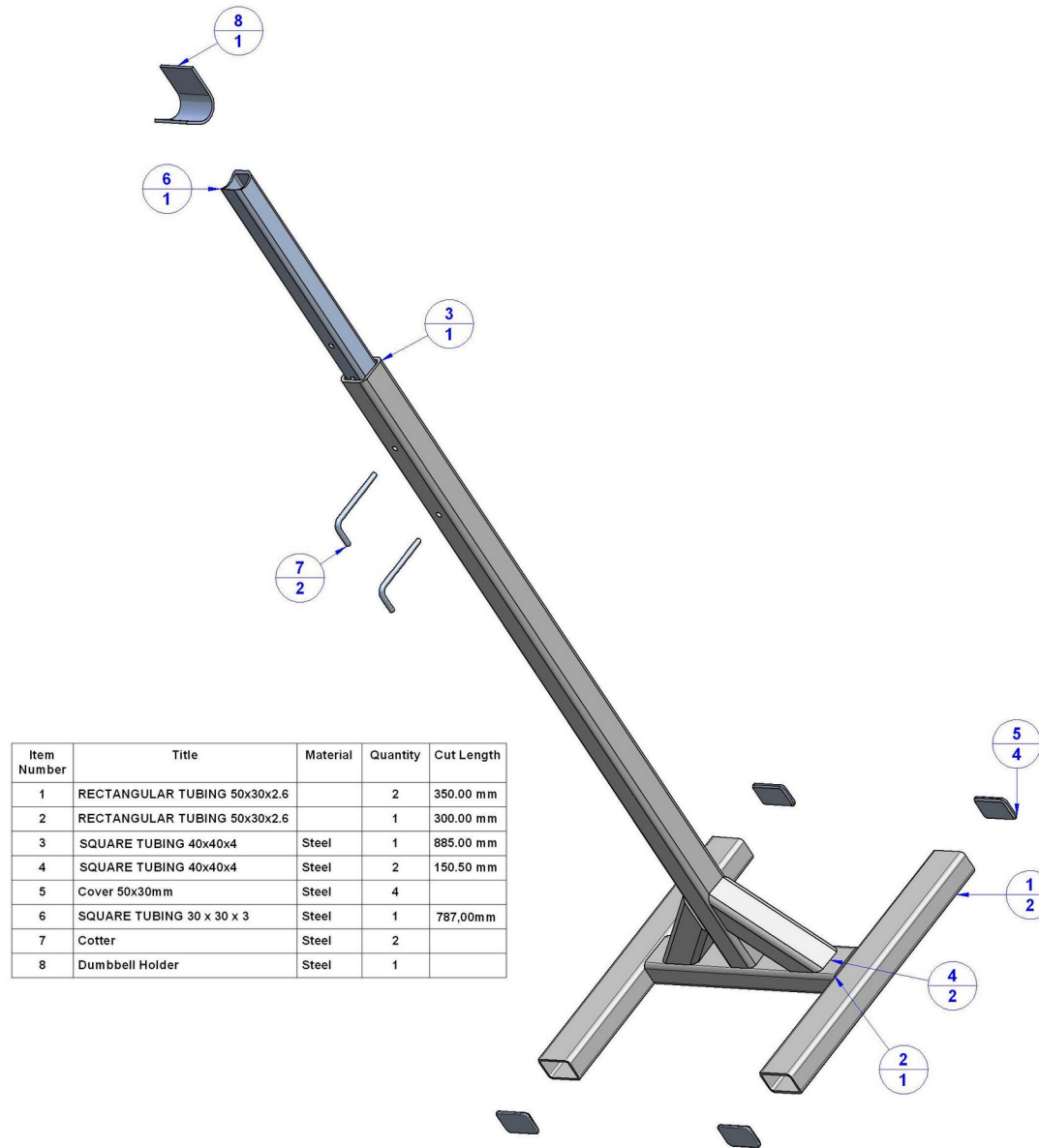
**1.10 Slotted Pan Head Screw M5 x 30mm**

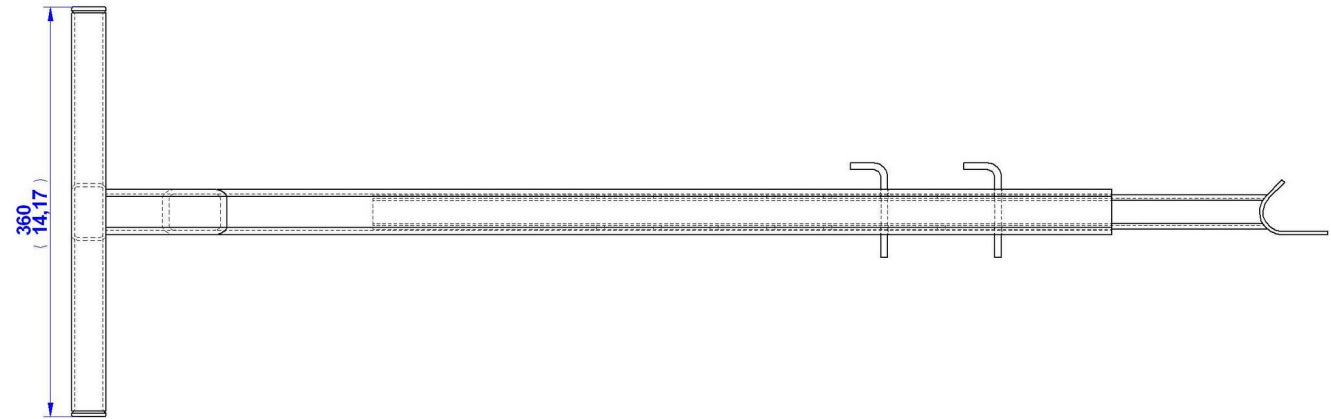
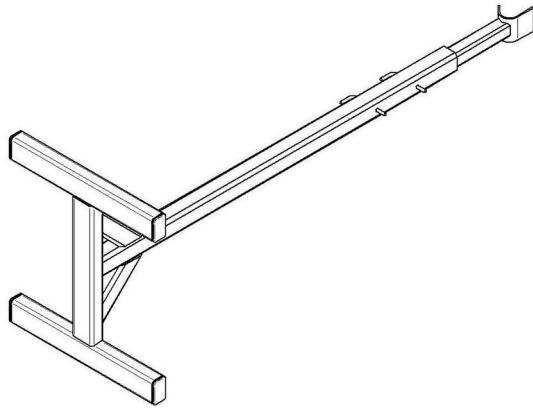
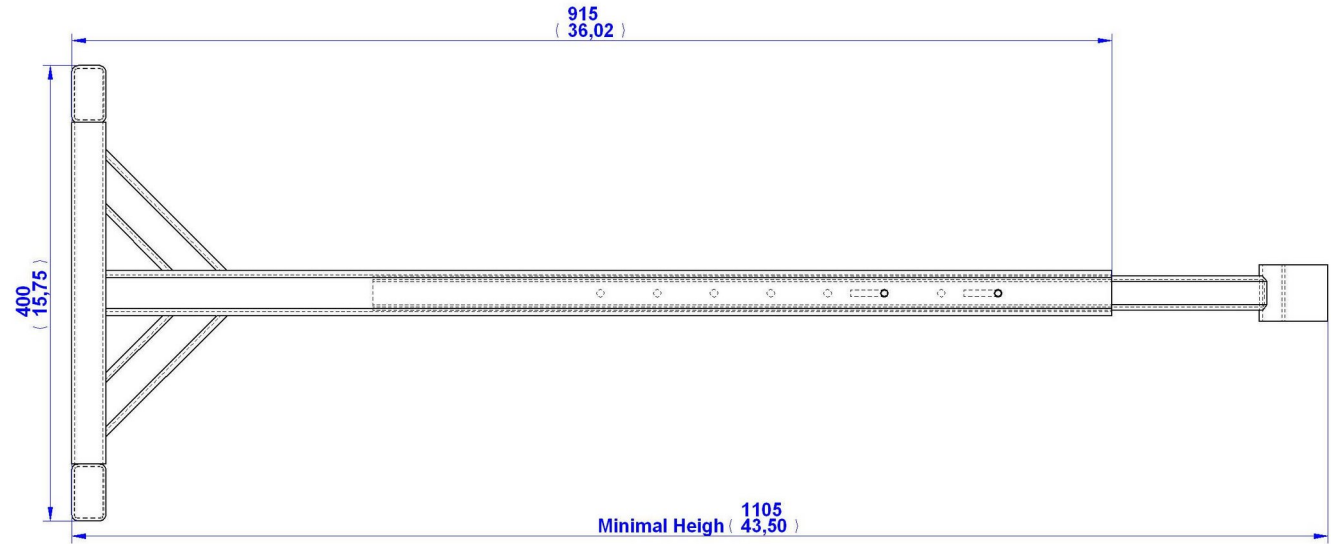
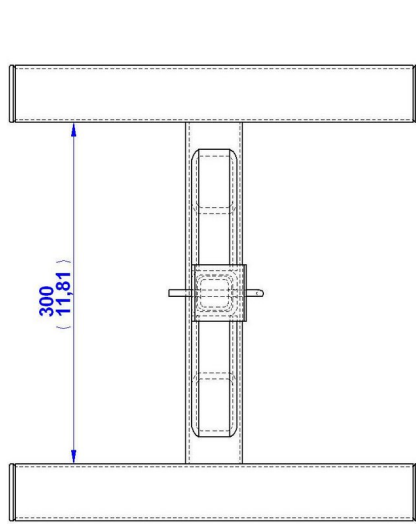


**1.11 Spring Lock Washer 5**

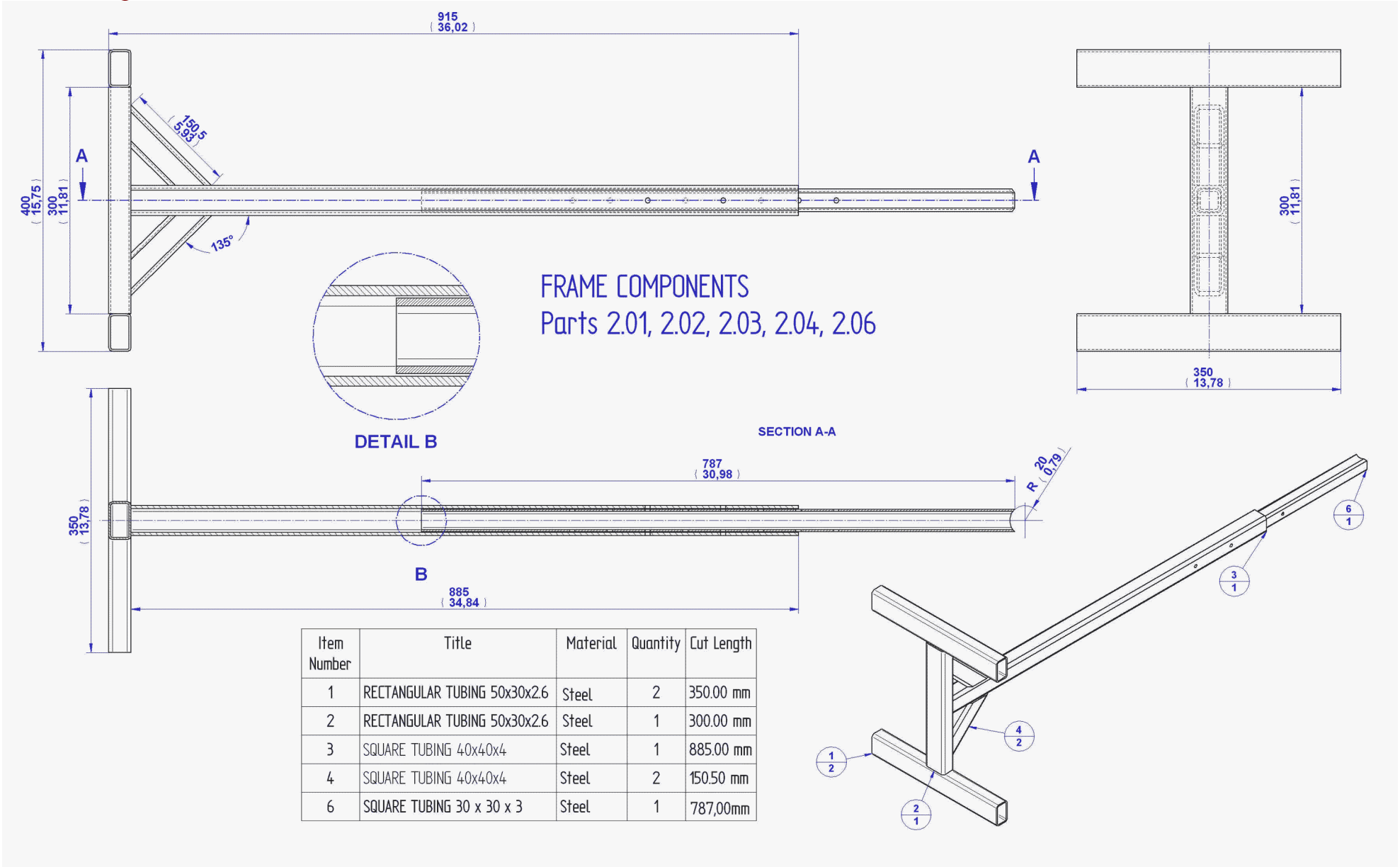
**Standard Parts**

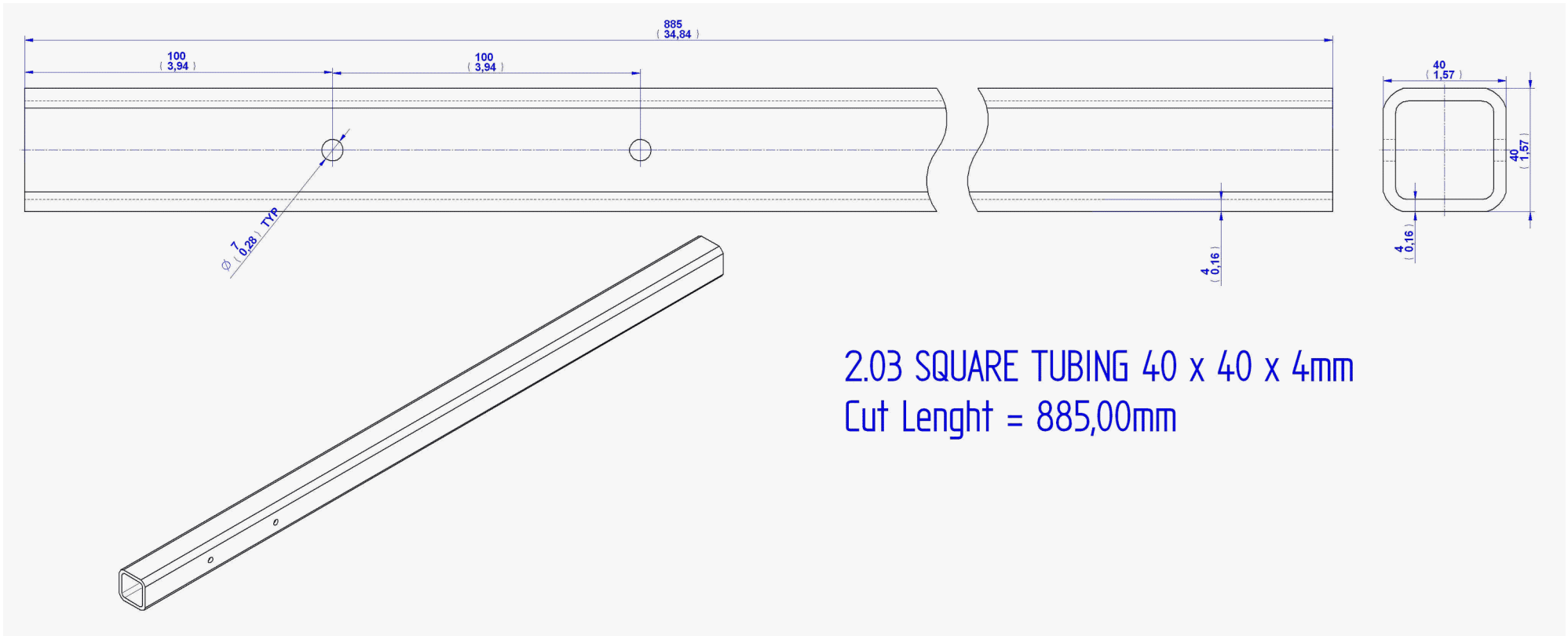
## 2. Stand sub-assembly – Parts list and 2D documentation

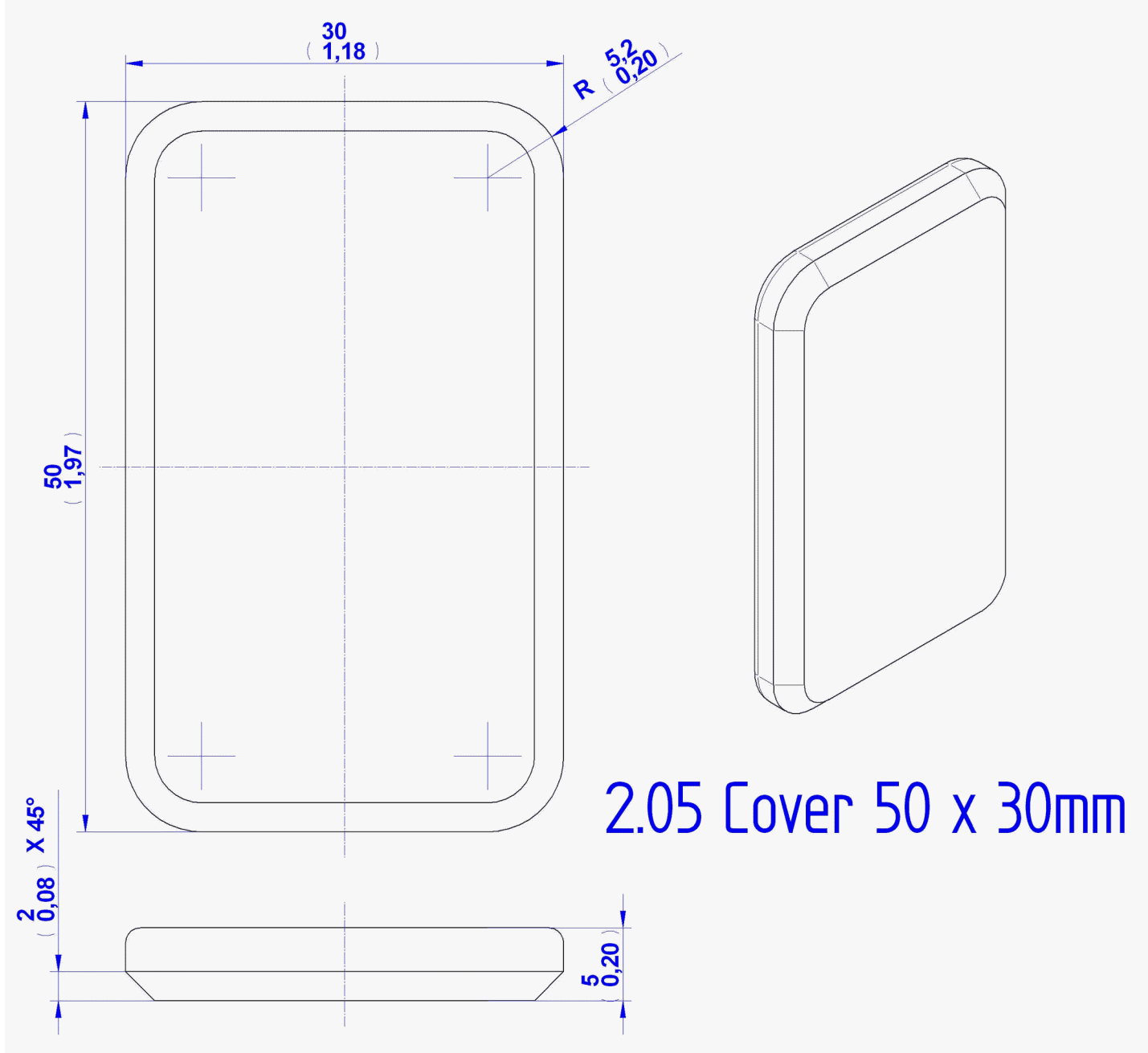




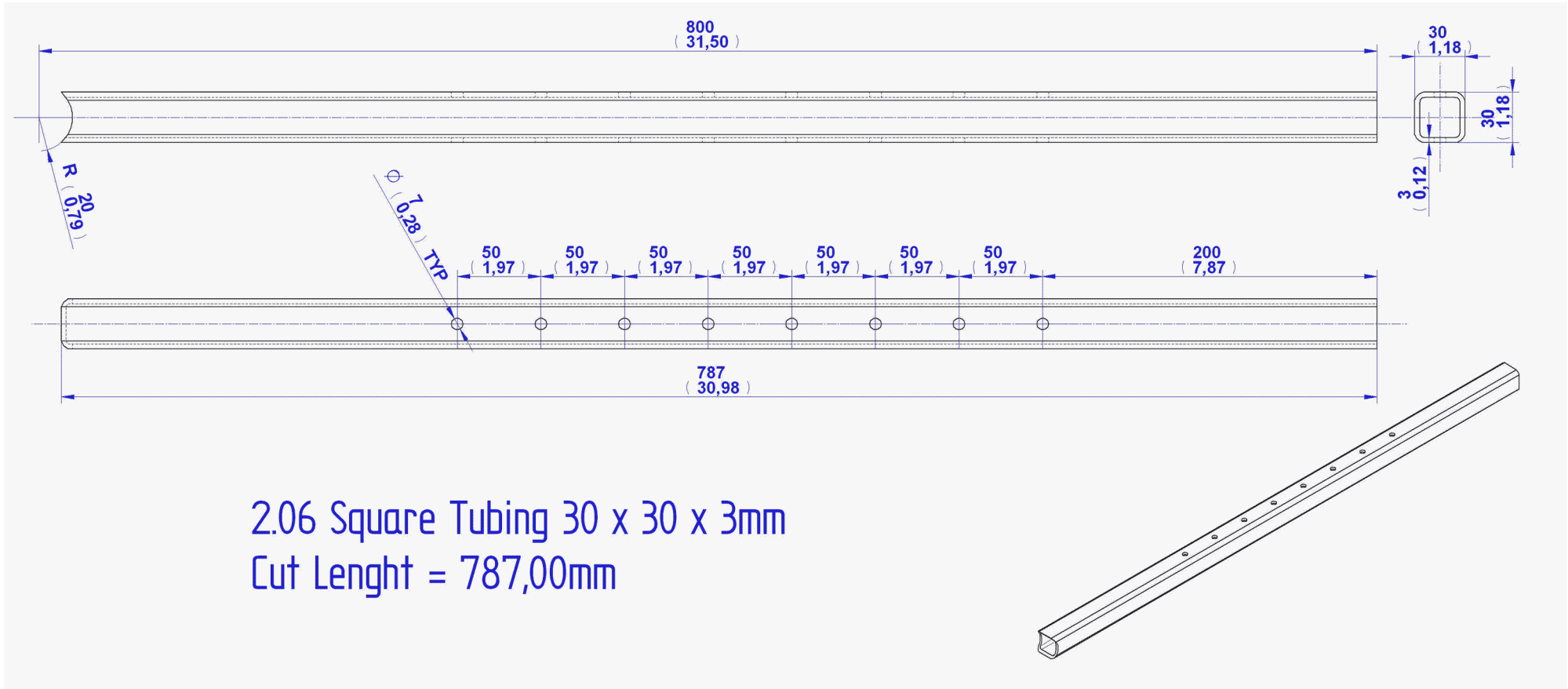
### Frame components

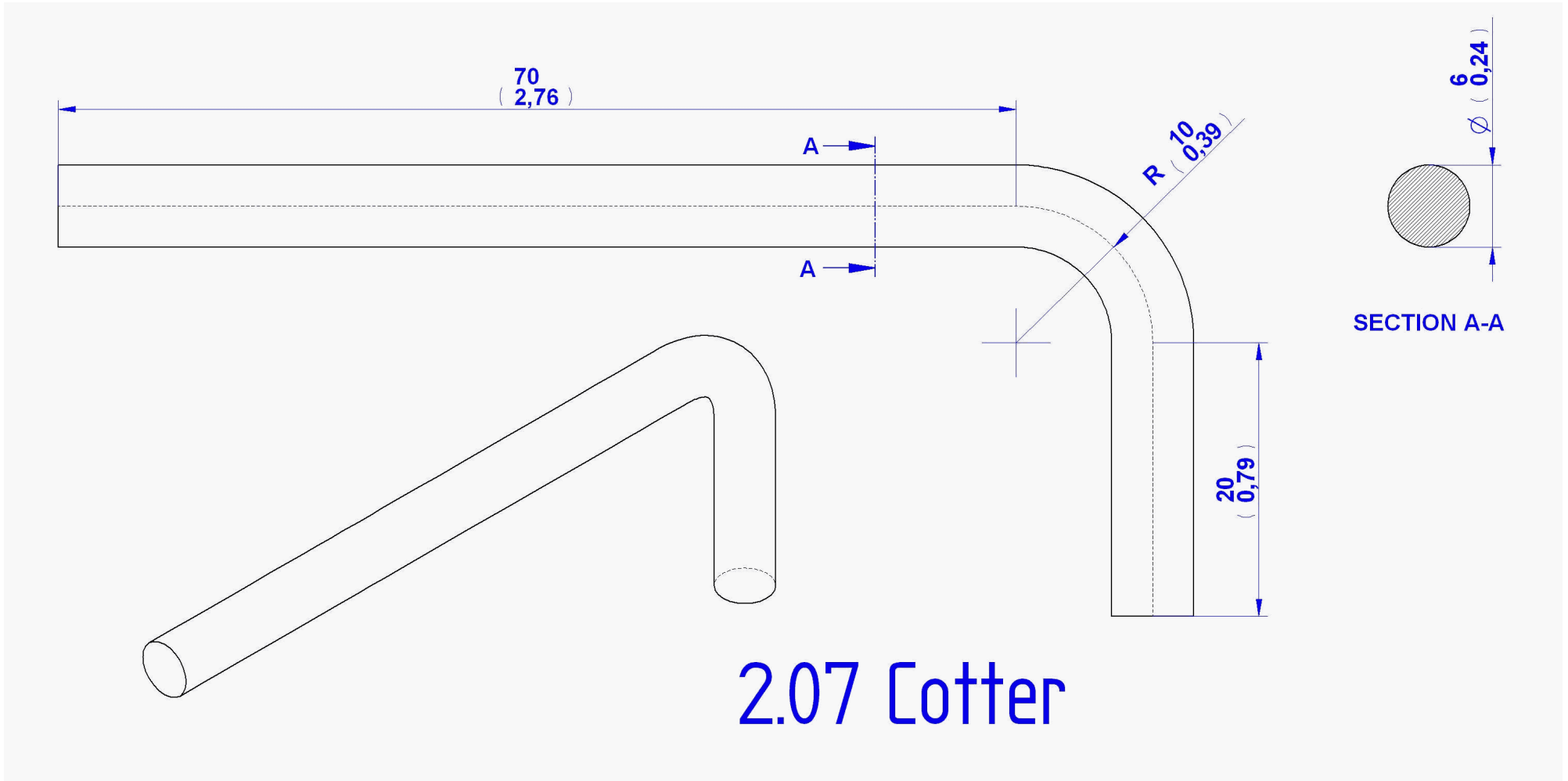


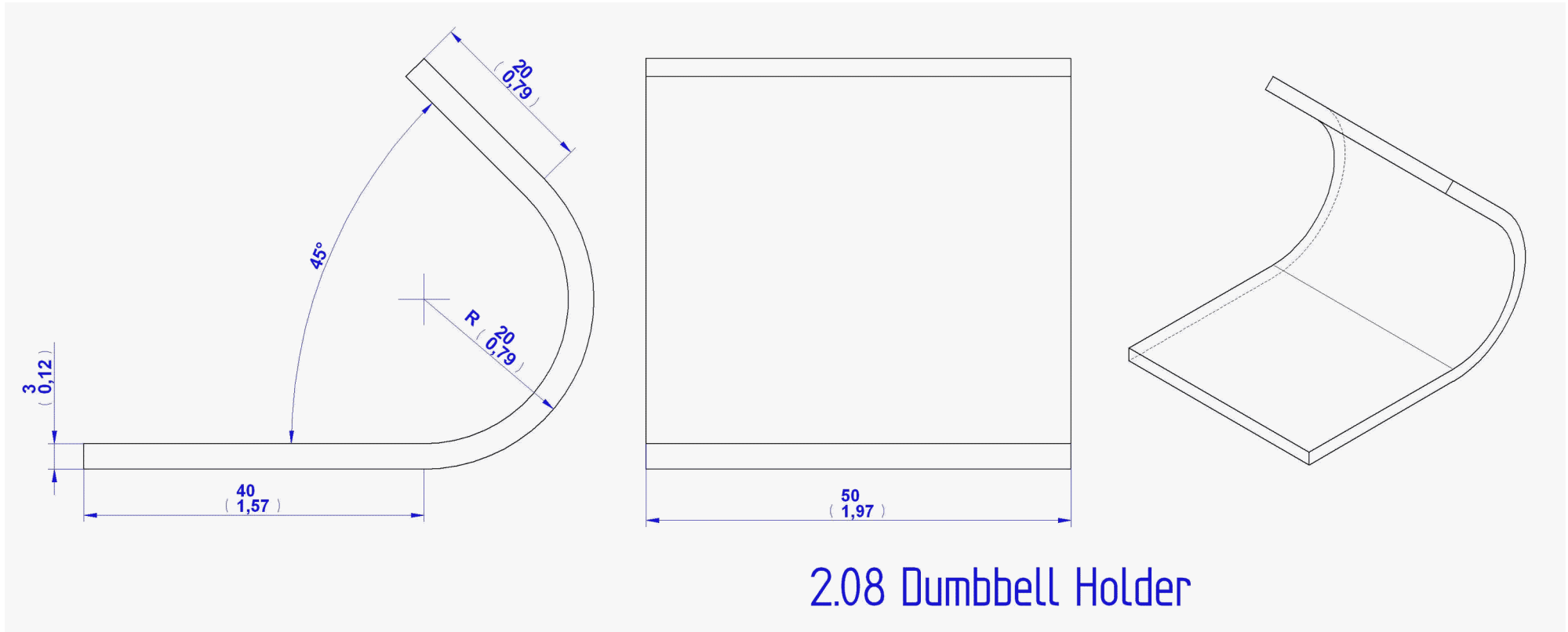




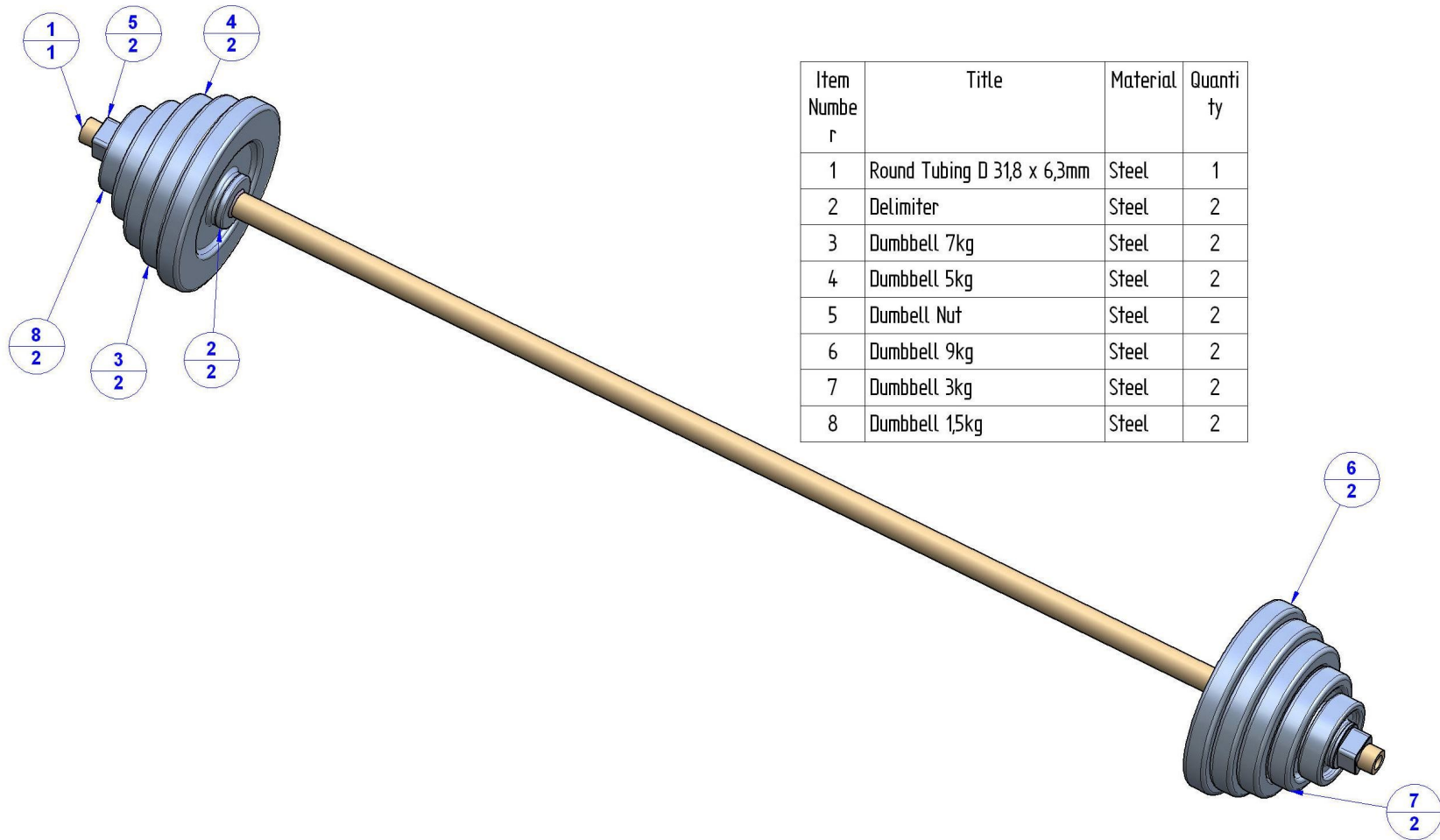


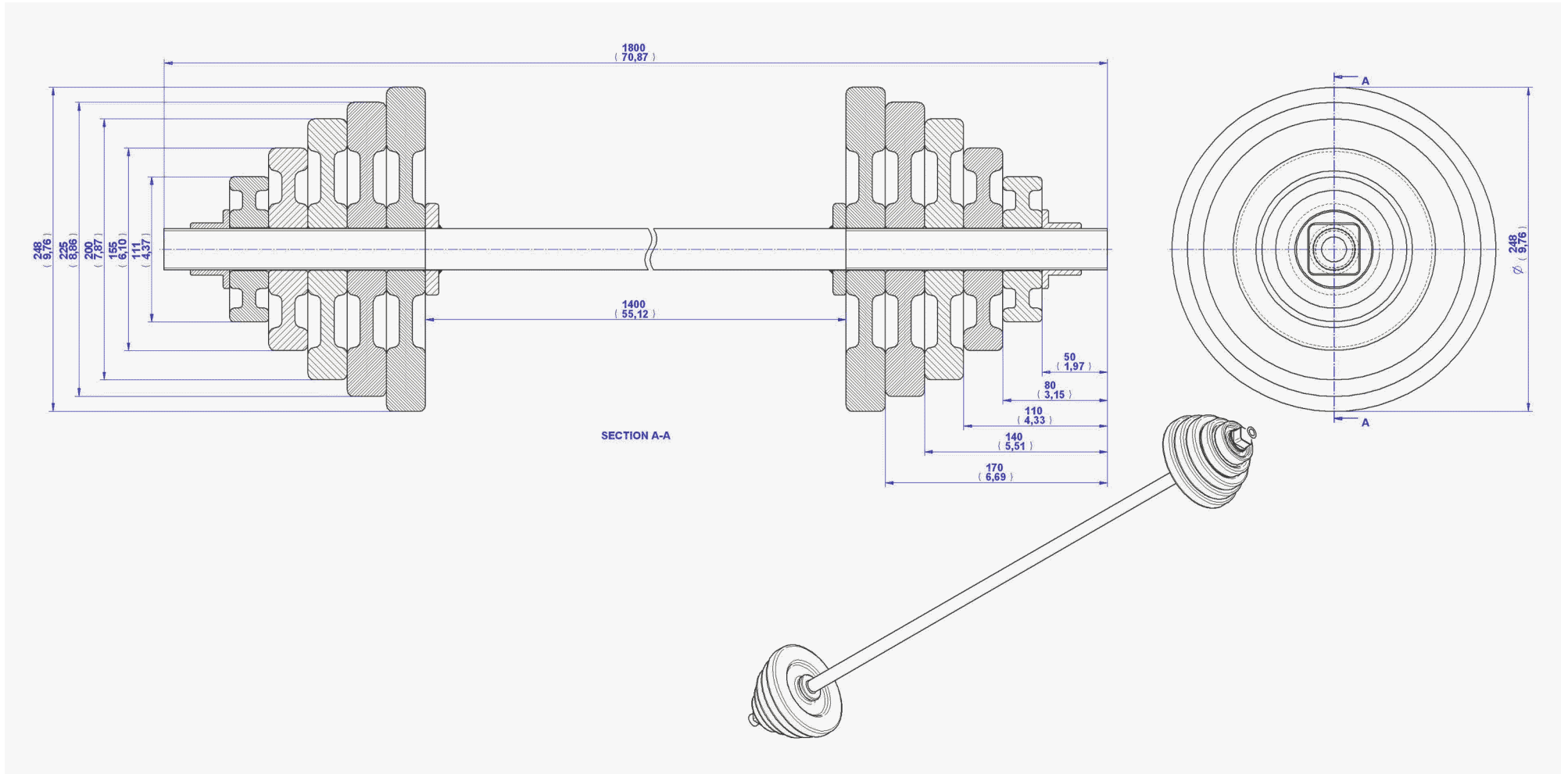


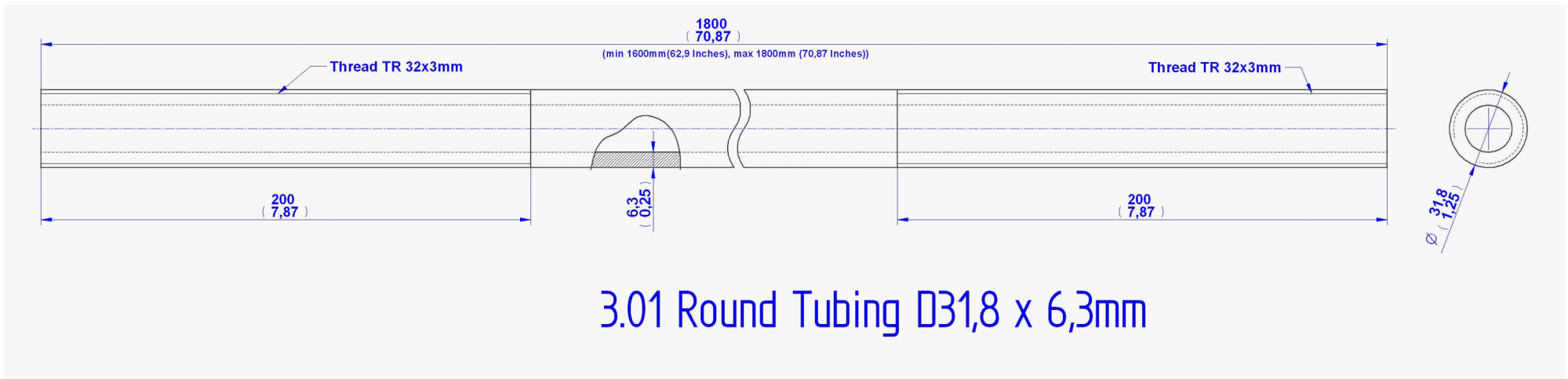


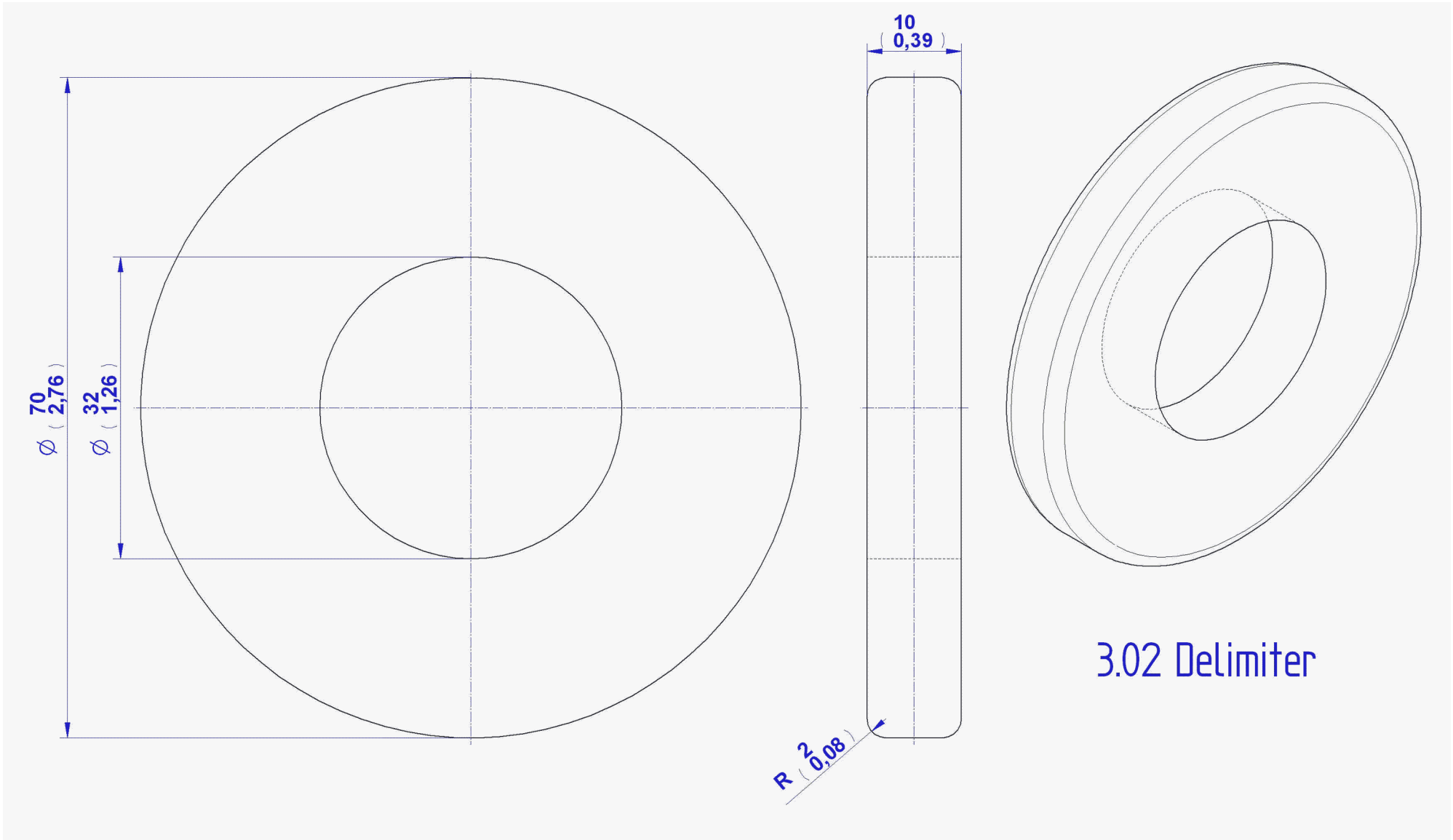


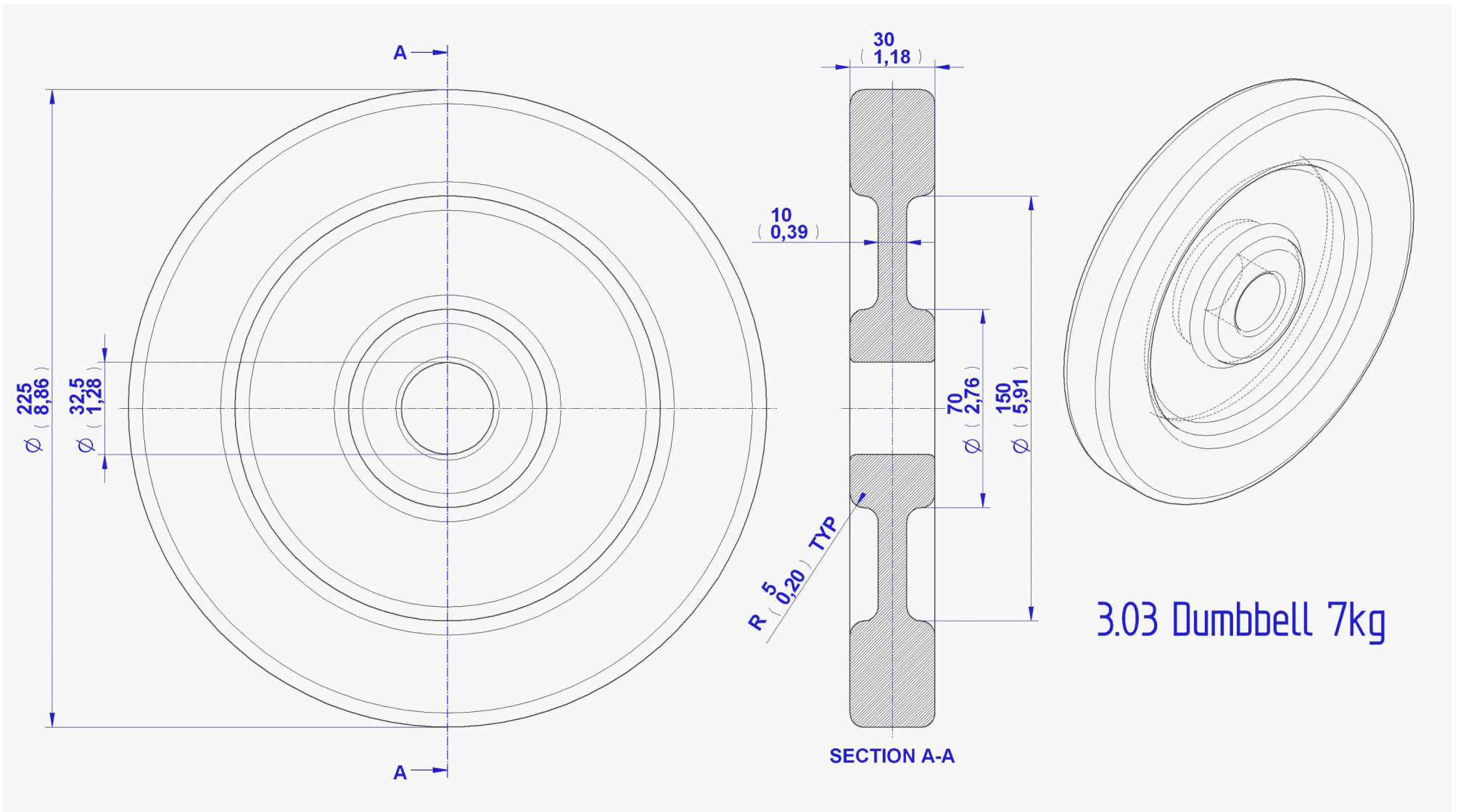
### 3. Weight set sub-assembly – Parts list and 2D documentation



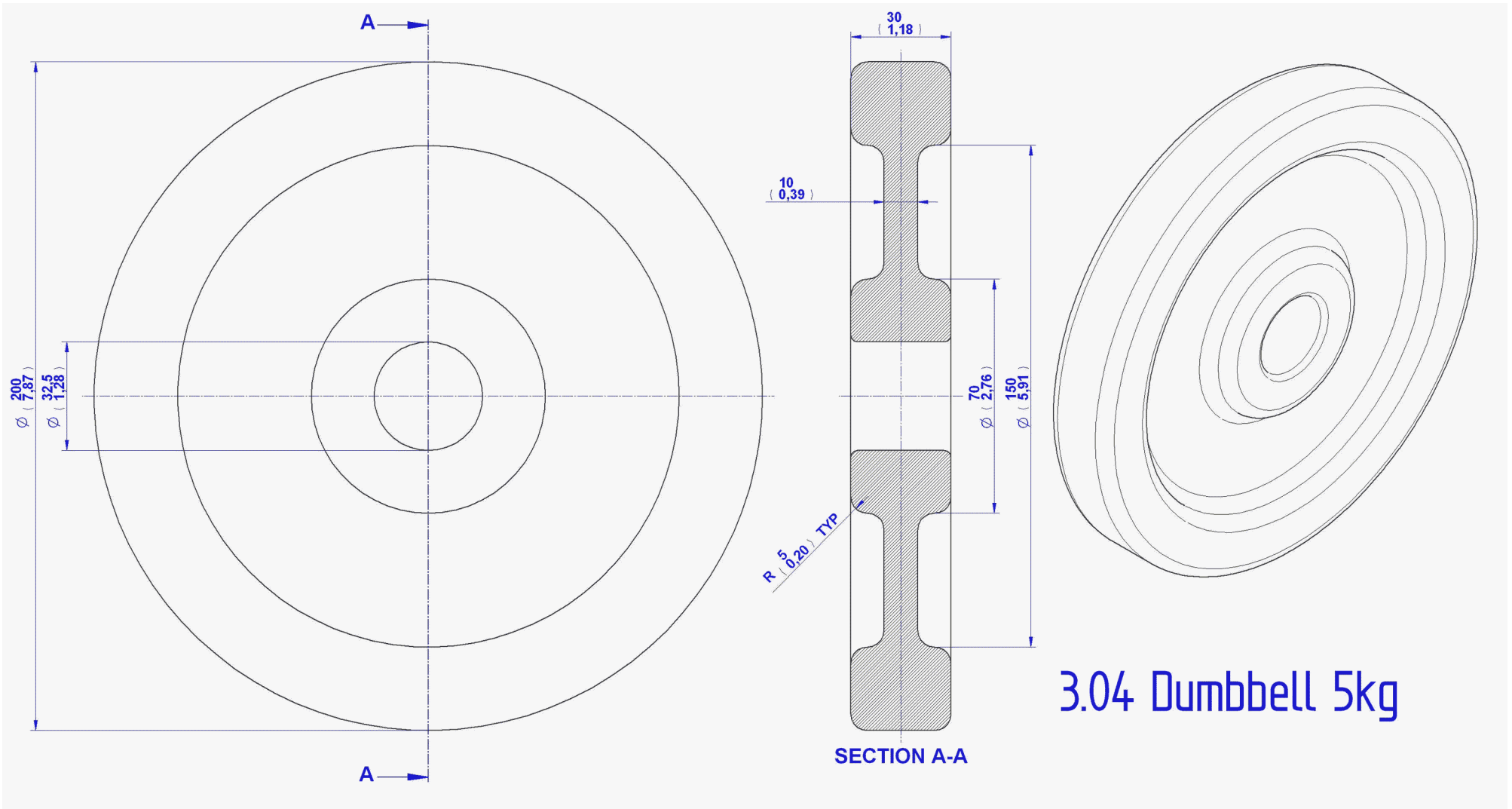


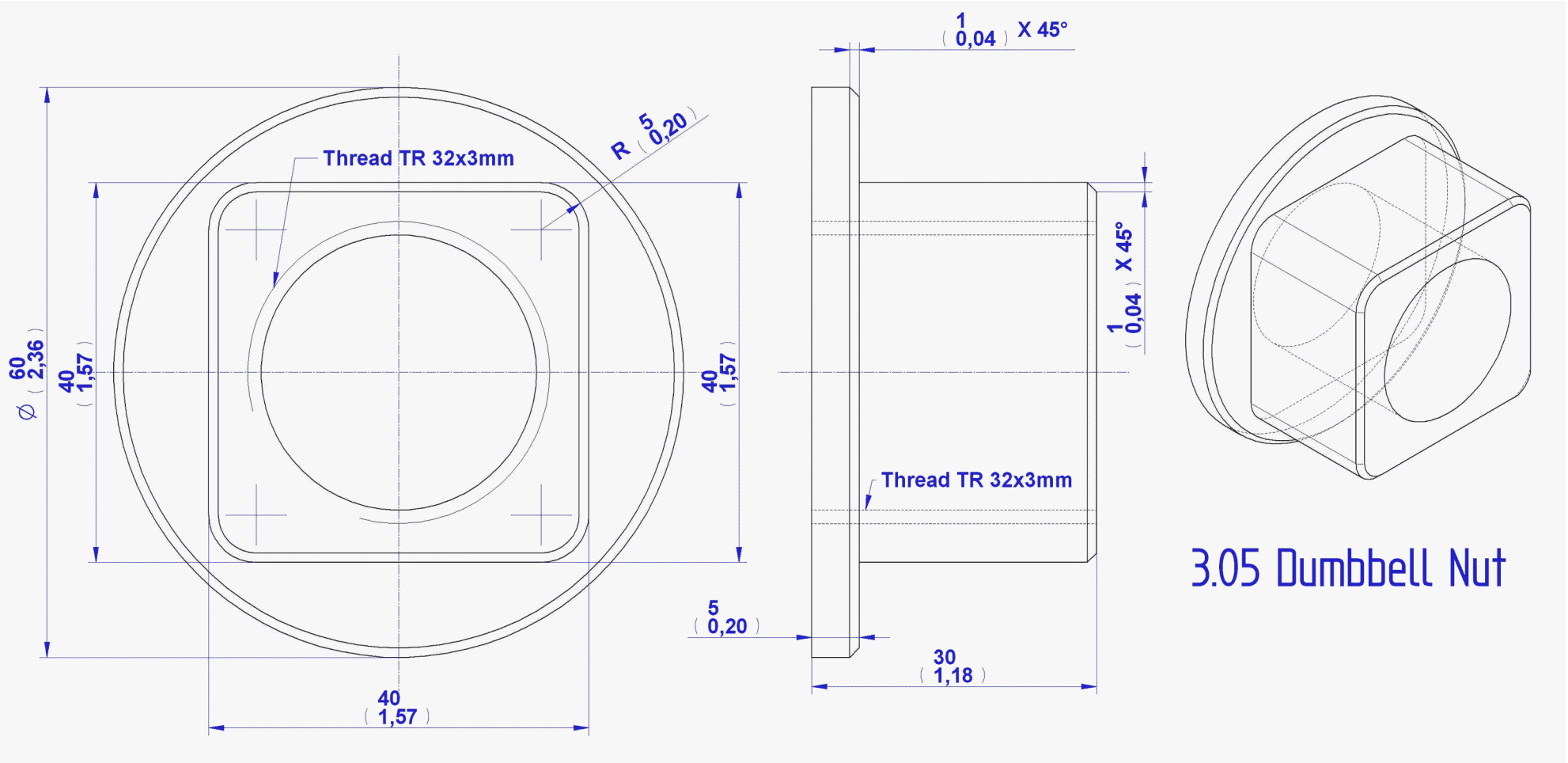


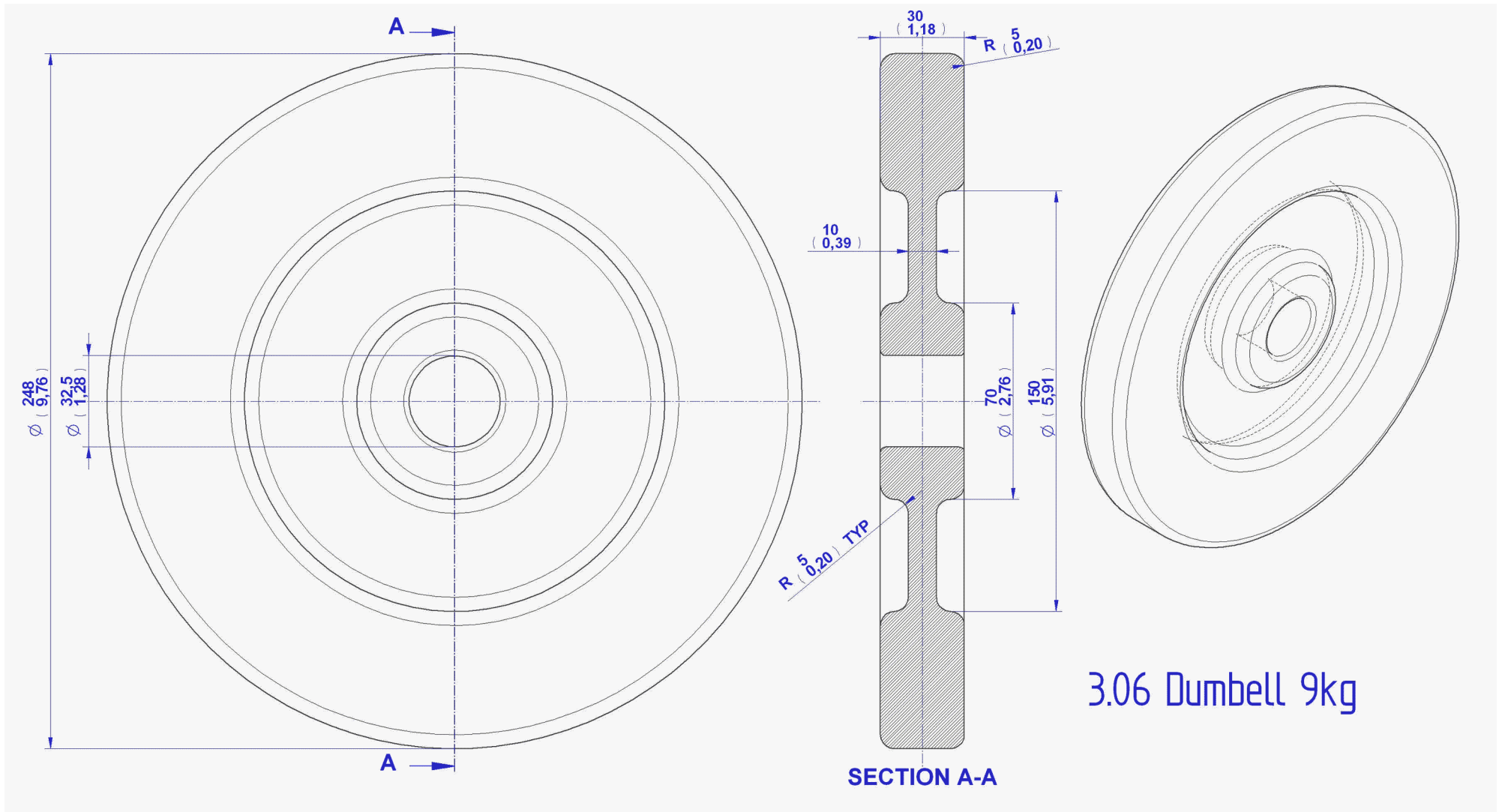


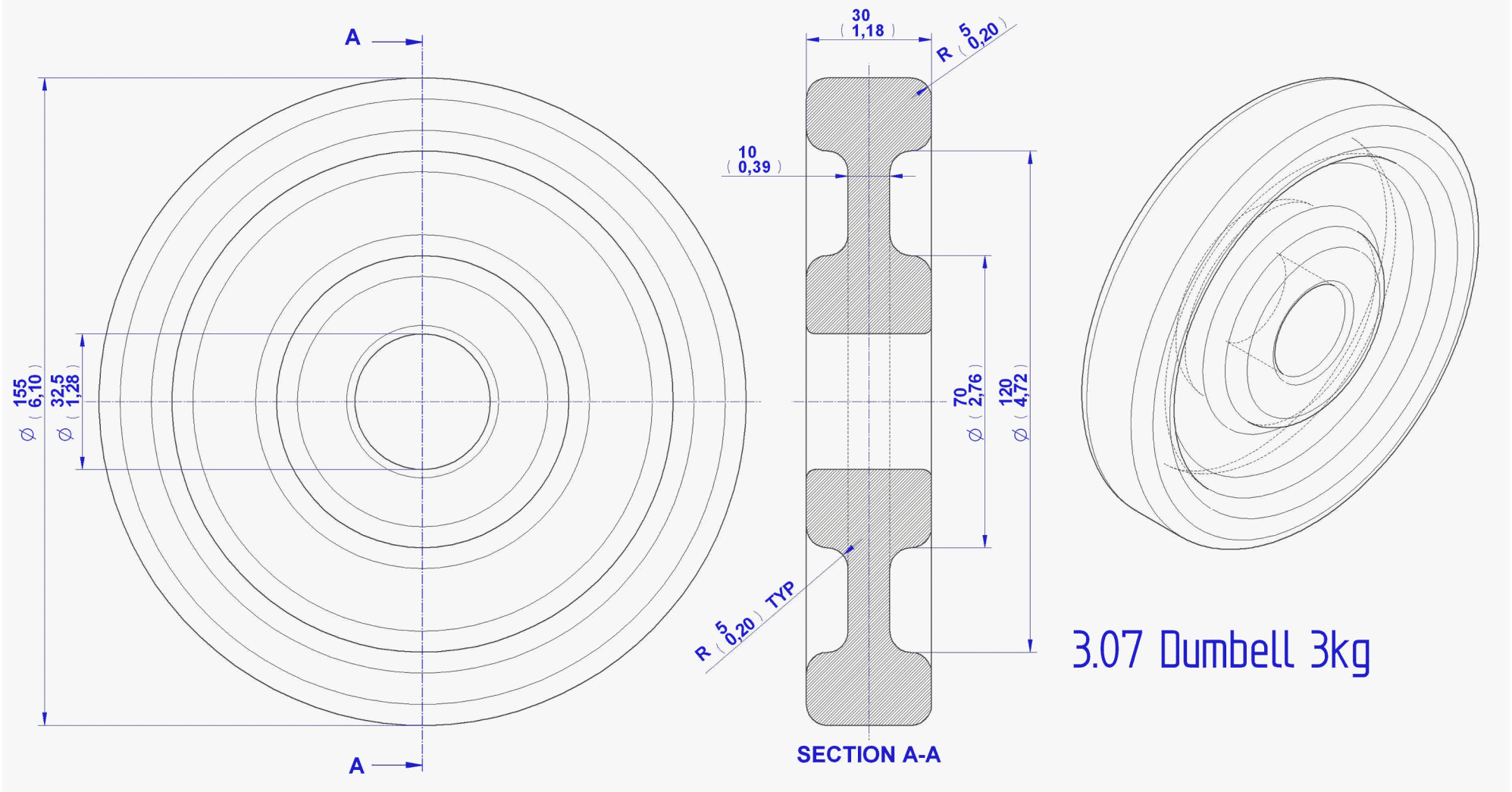


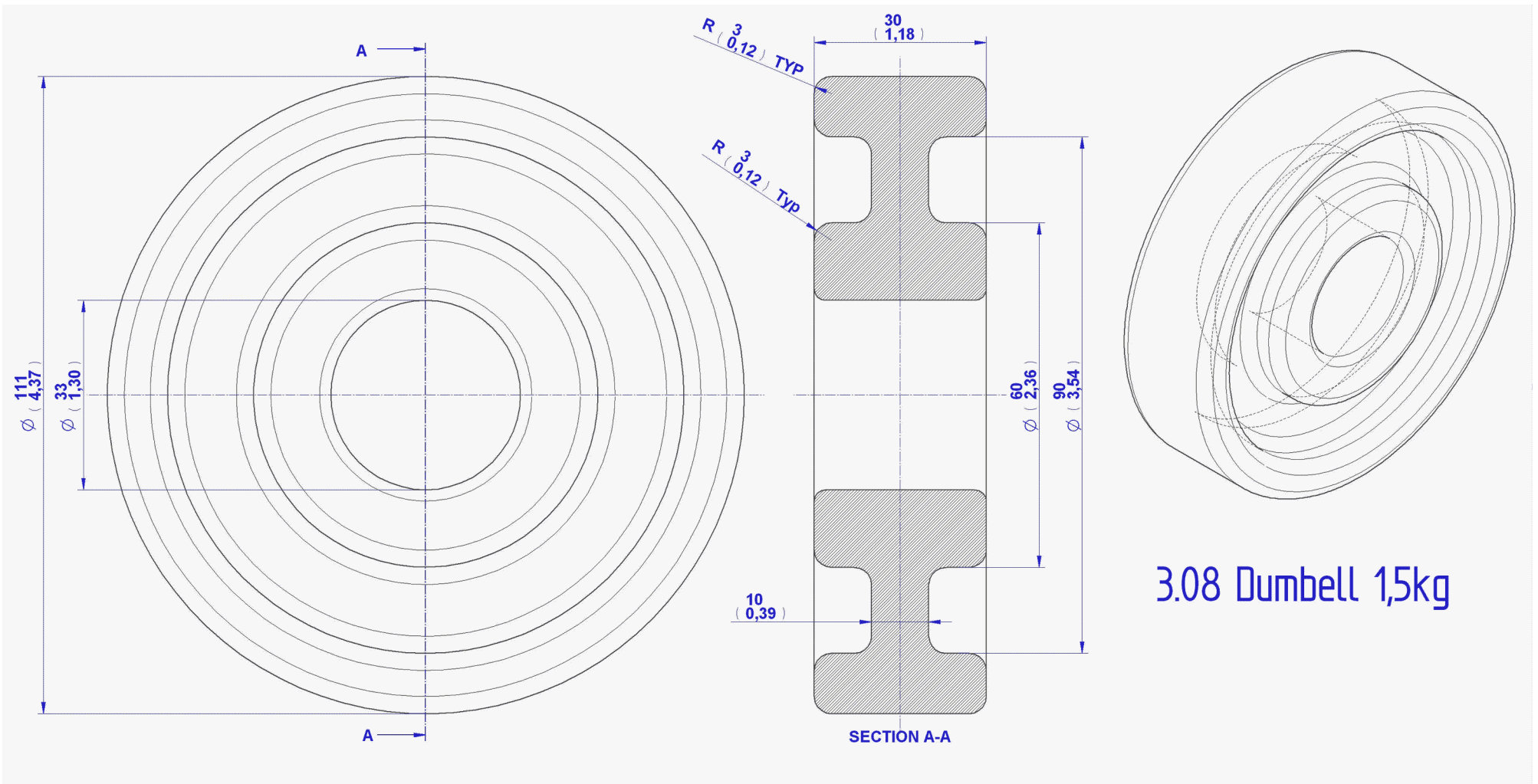










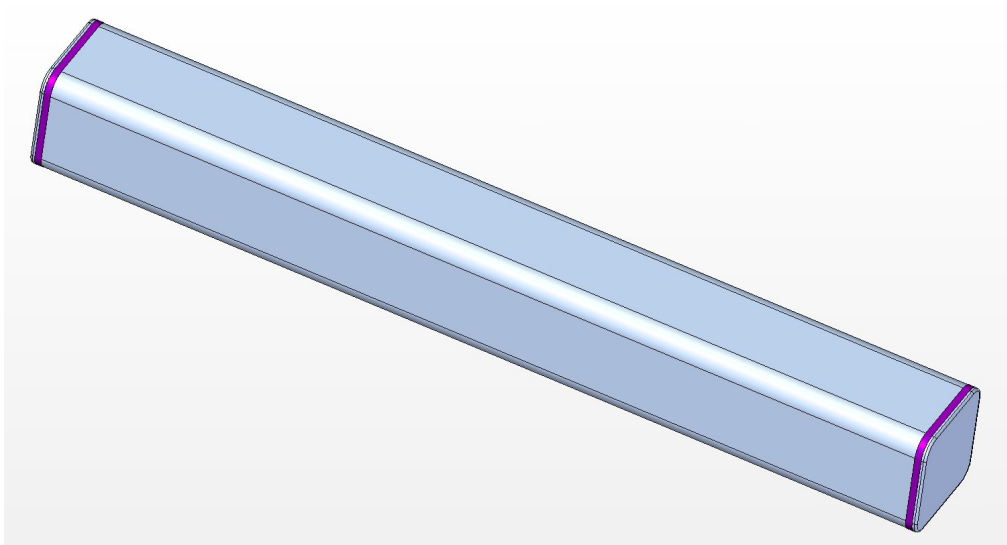
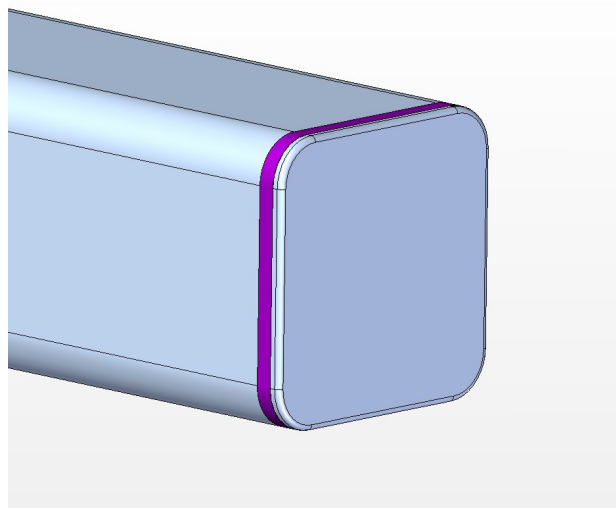
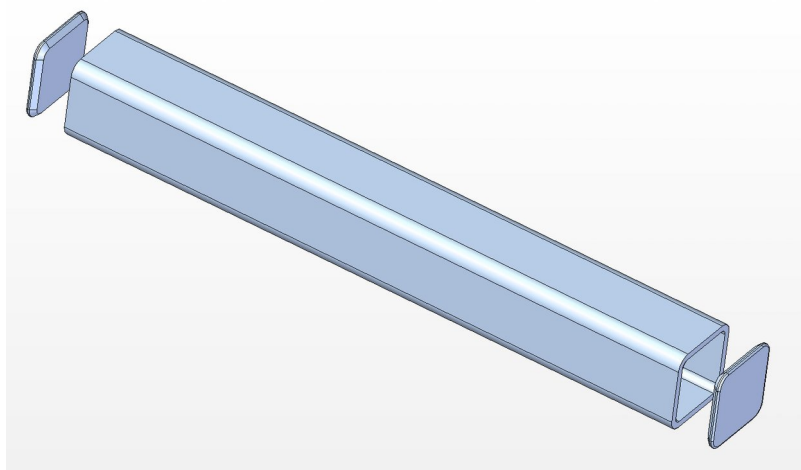


3.08 Dumbell 1,5kg

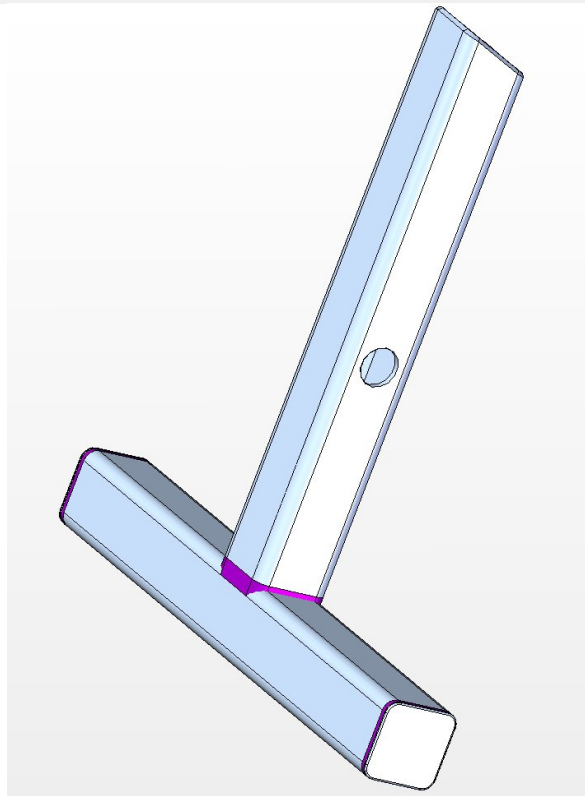
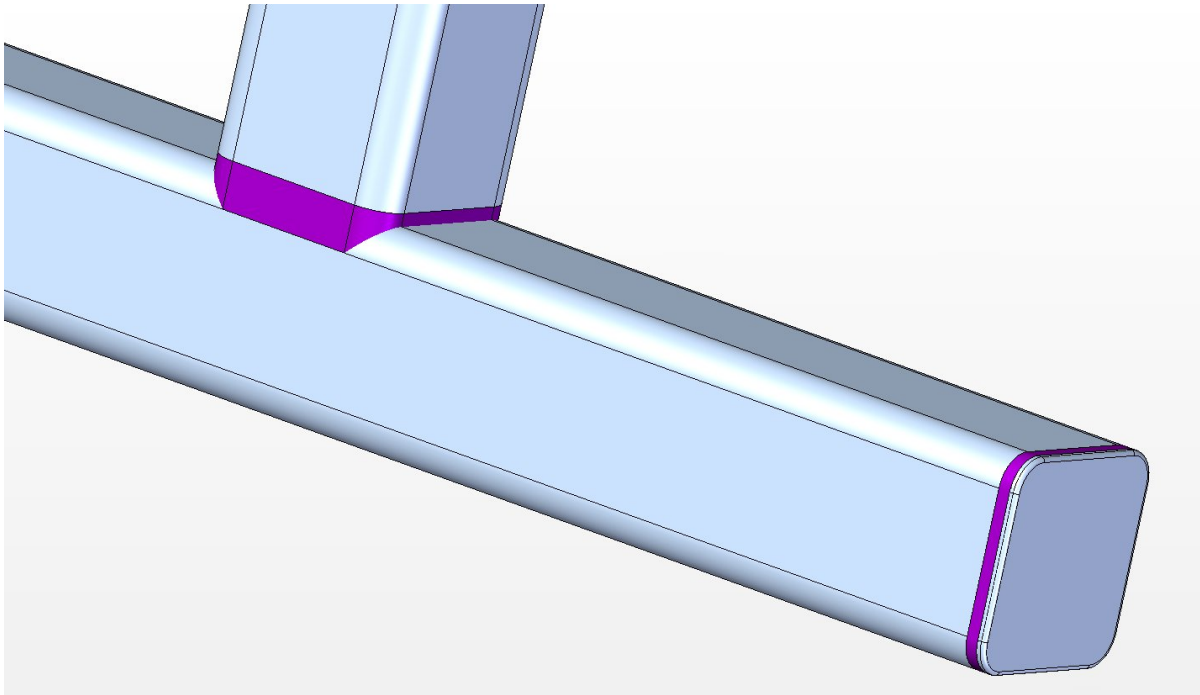
## Assemblage images

### 1. Flat bench sub-assembly

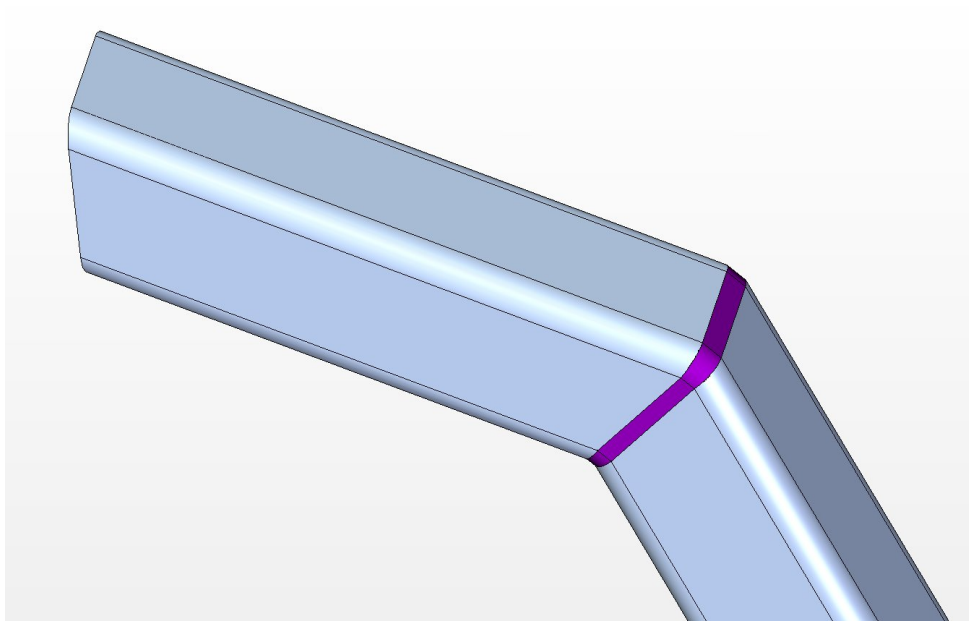
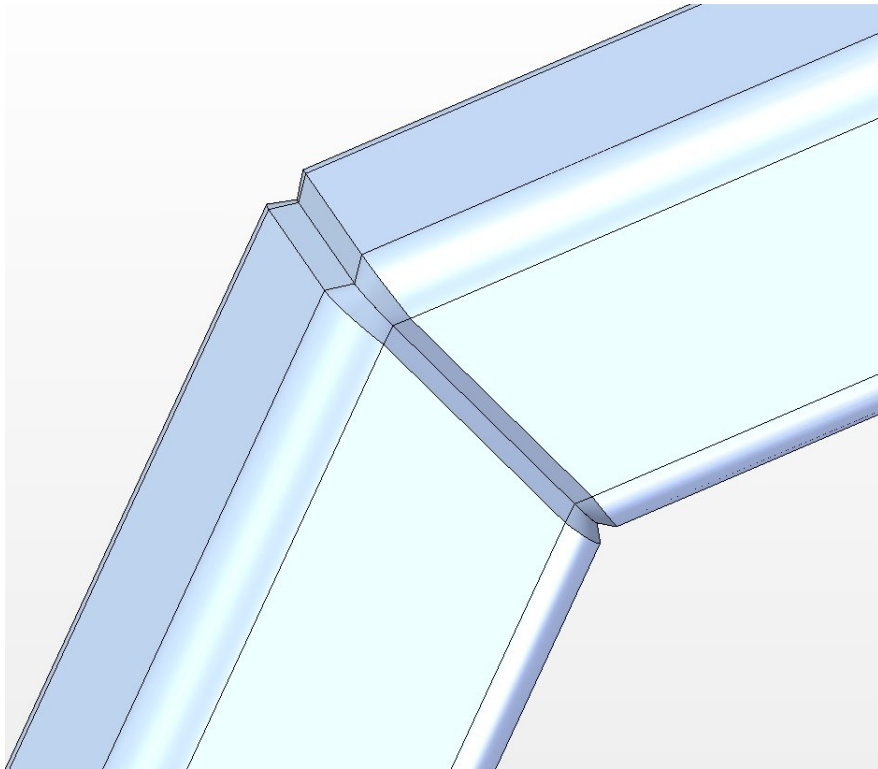
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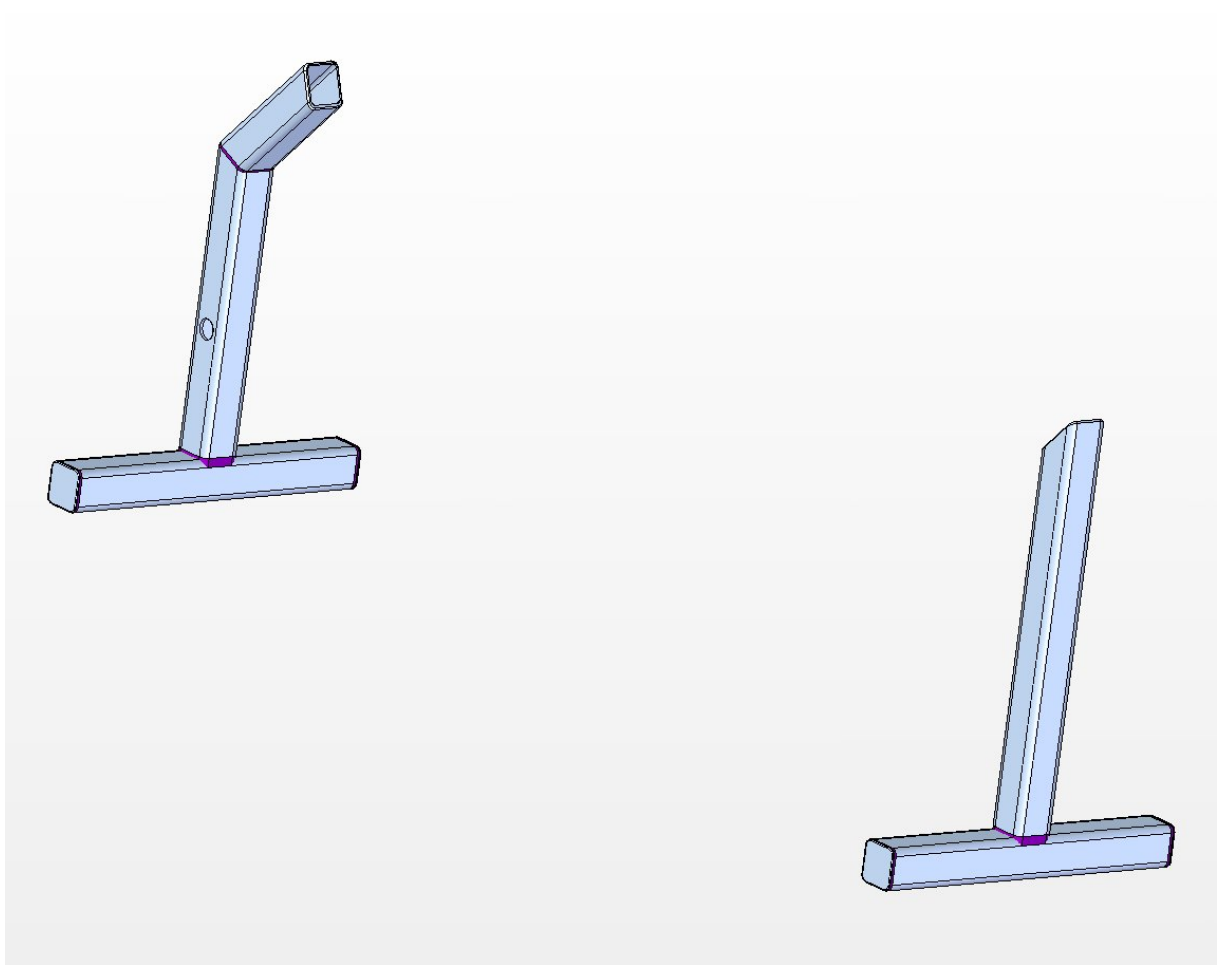
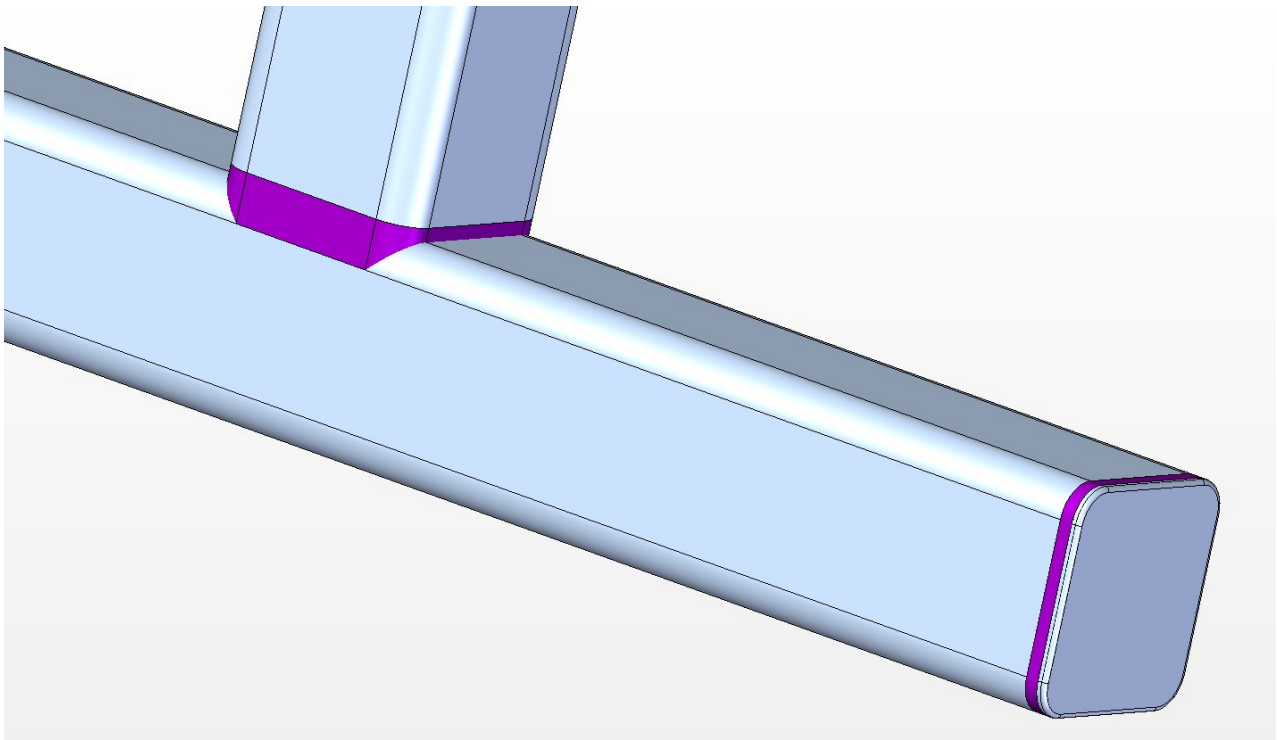


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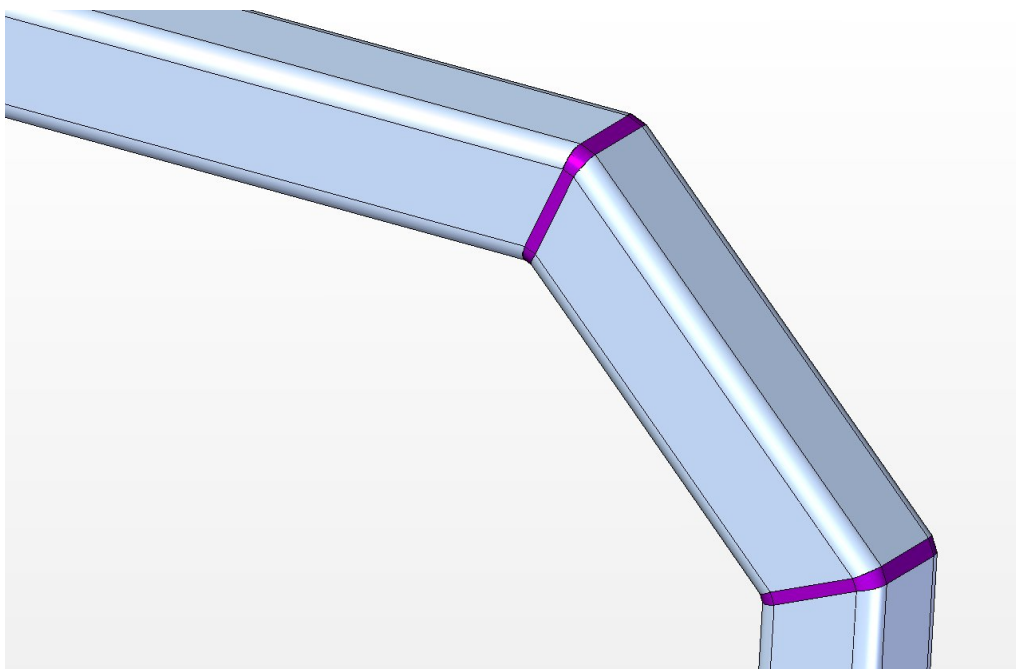
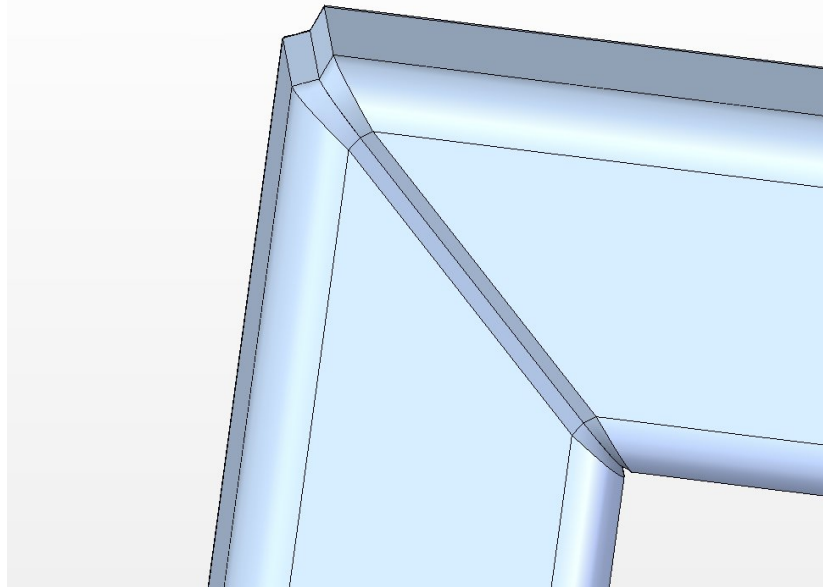


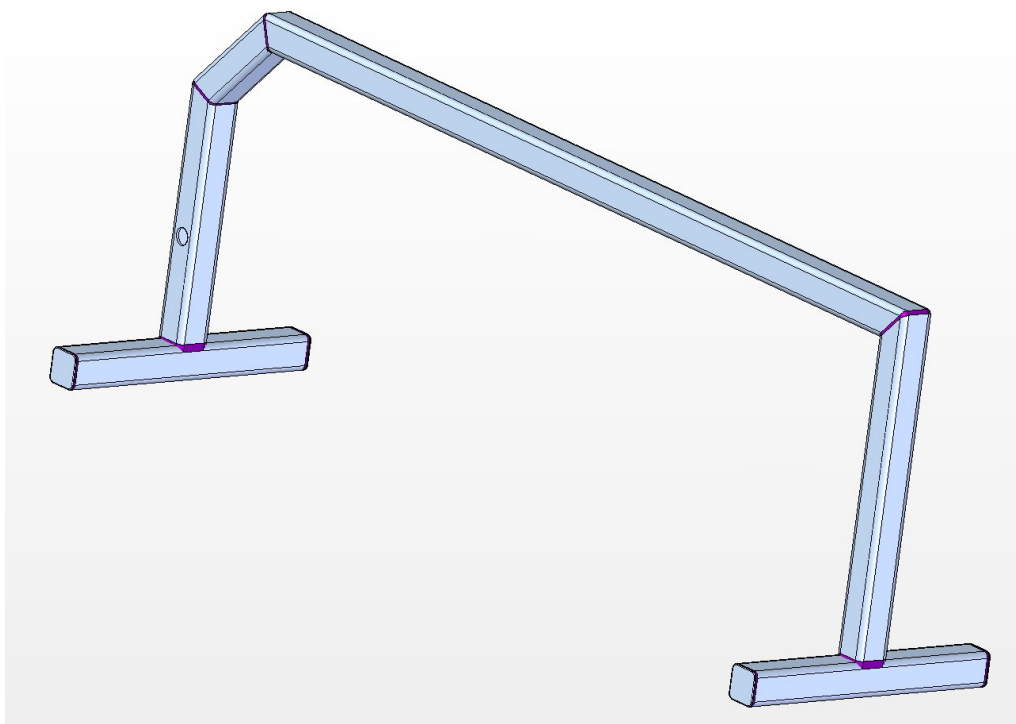
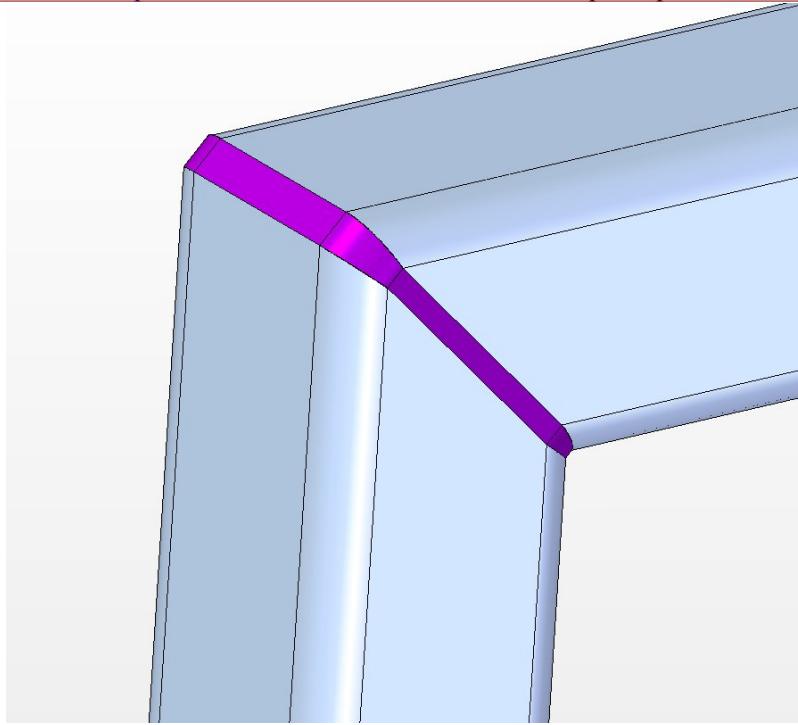


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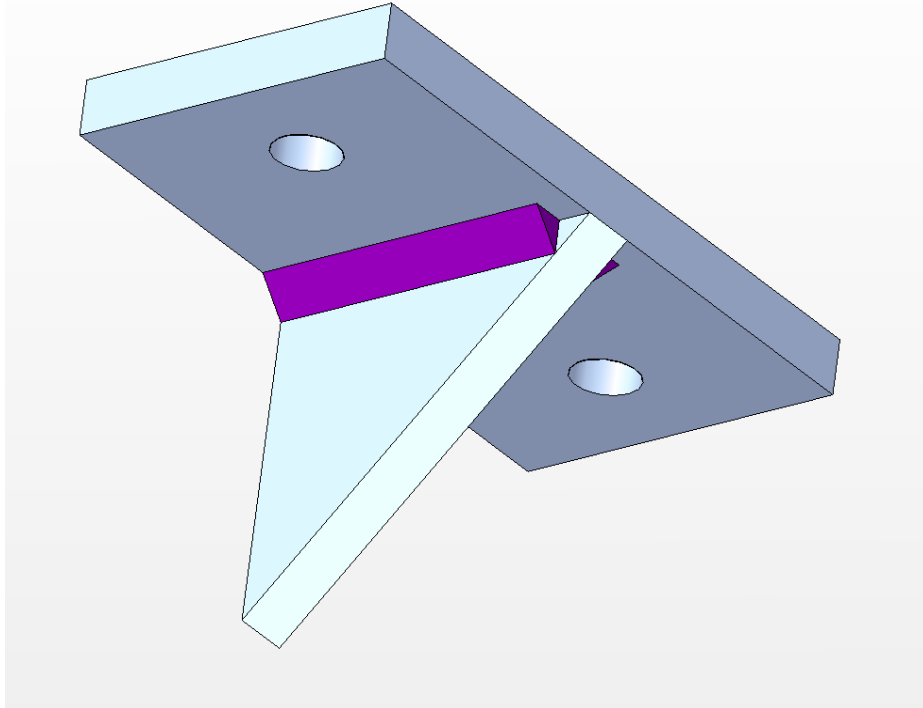


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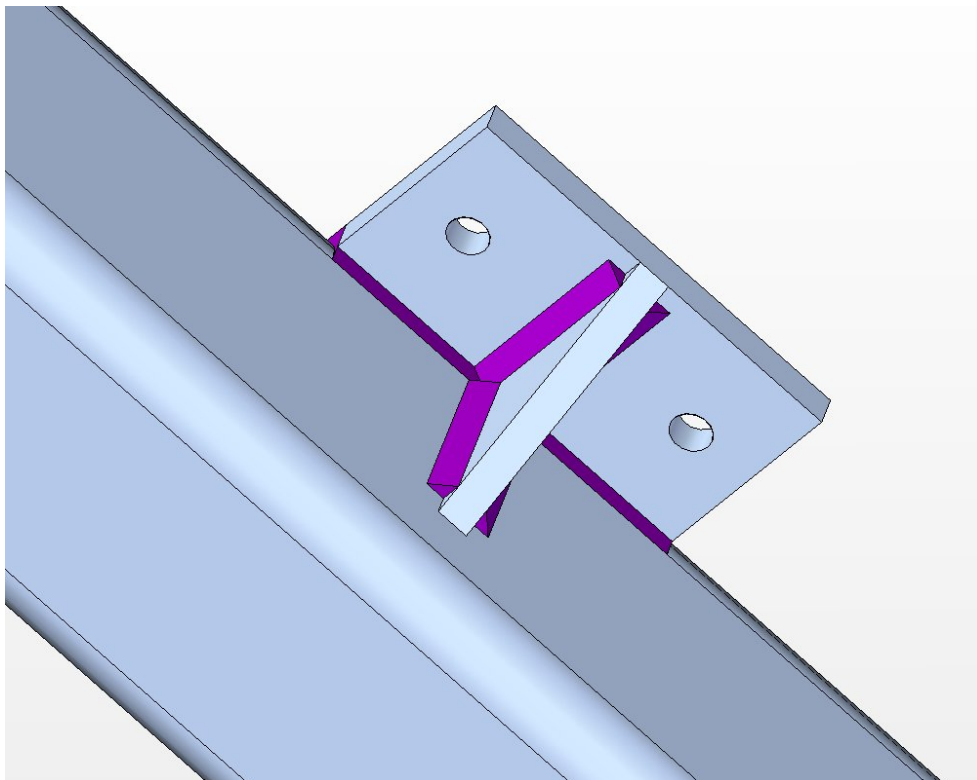


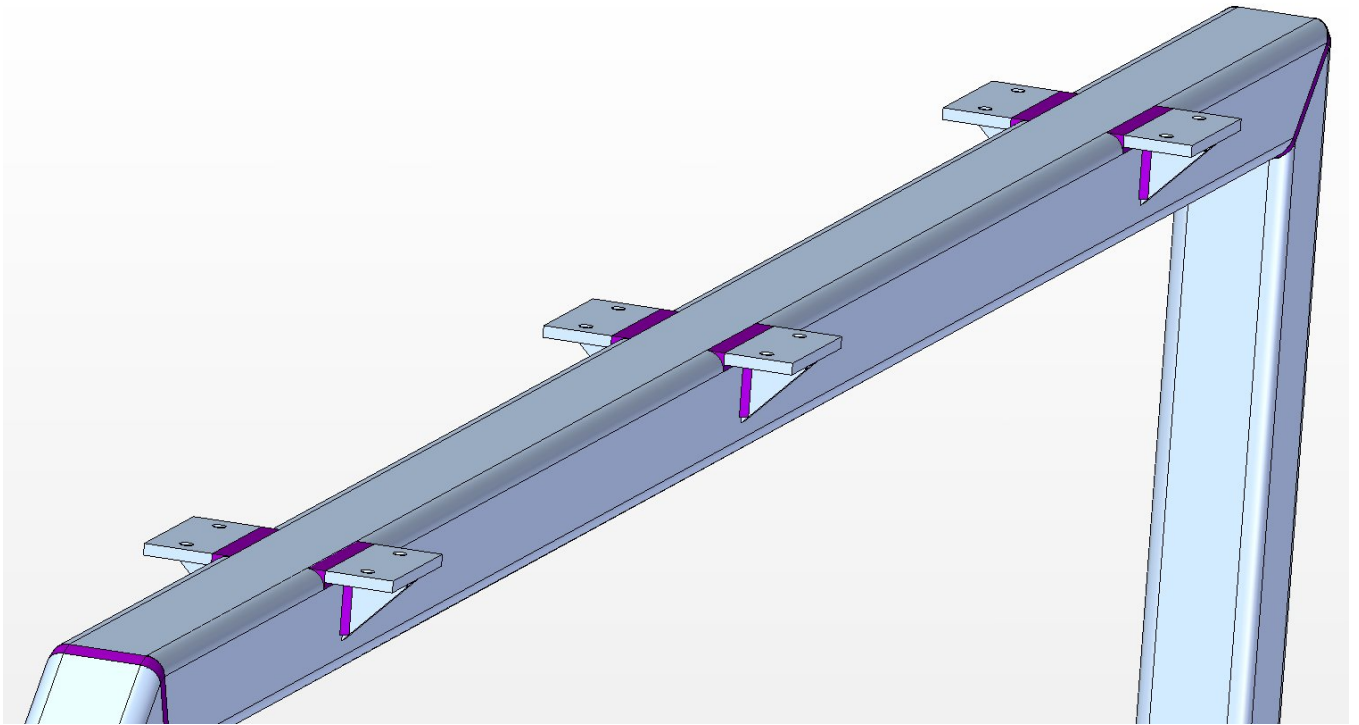
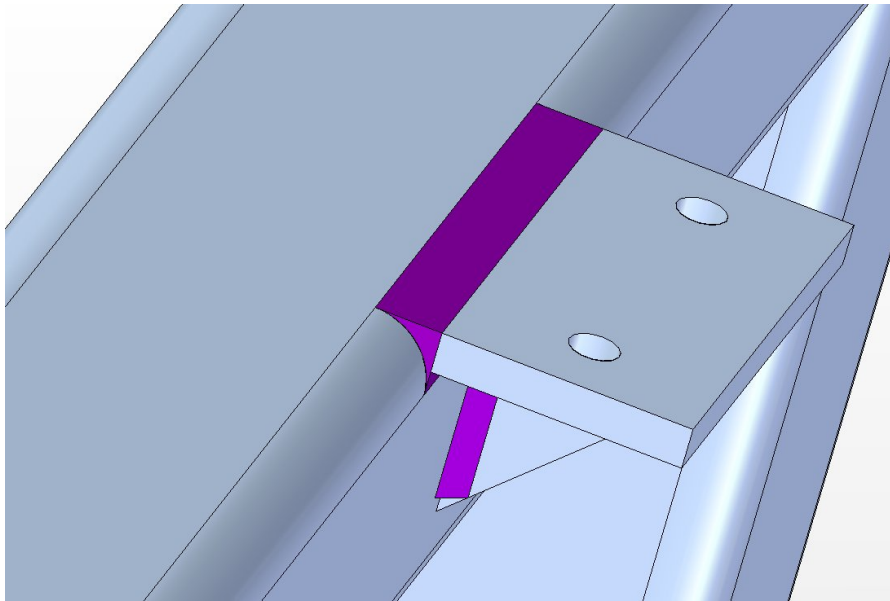


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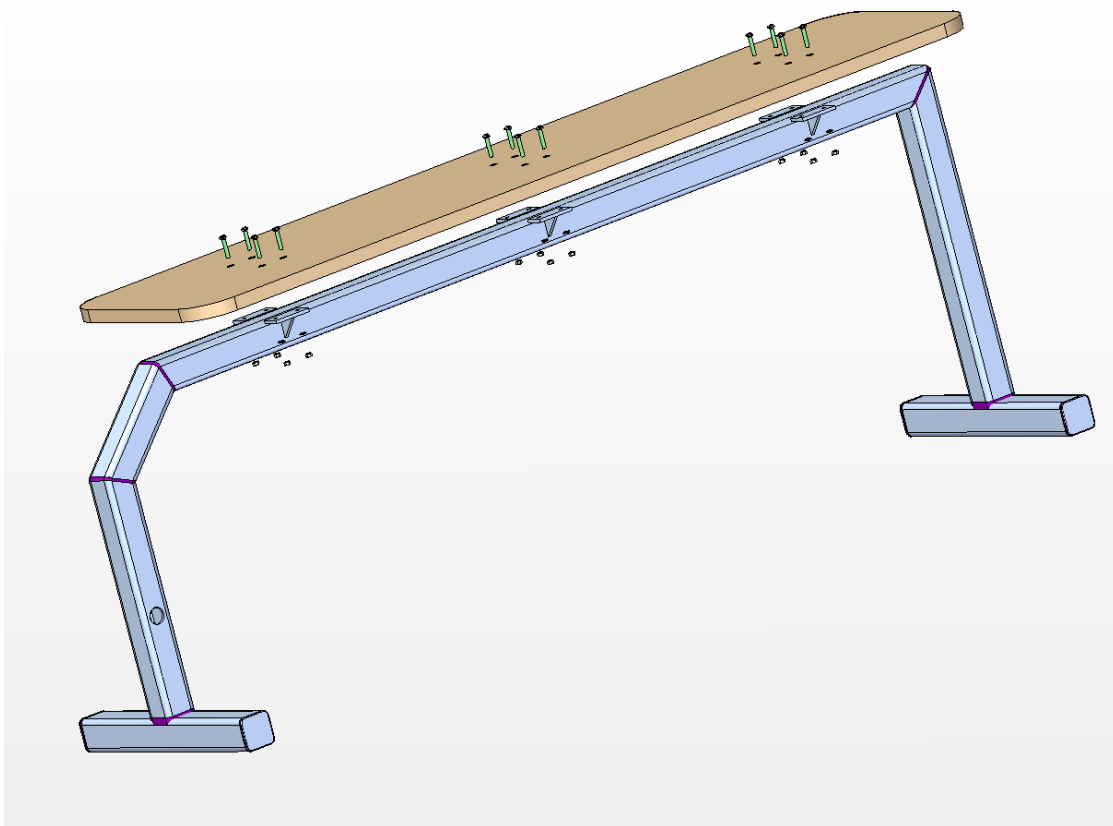
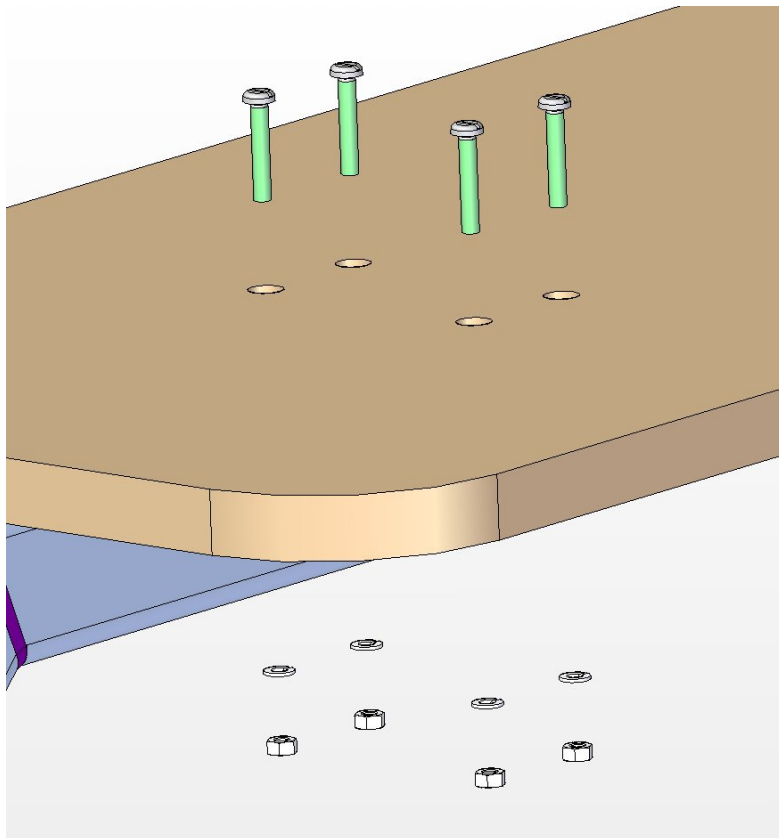


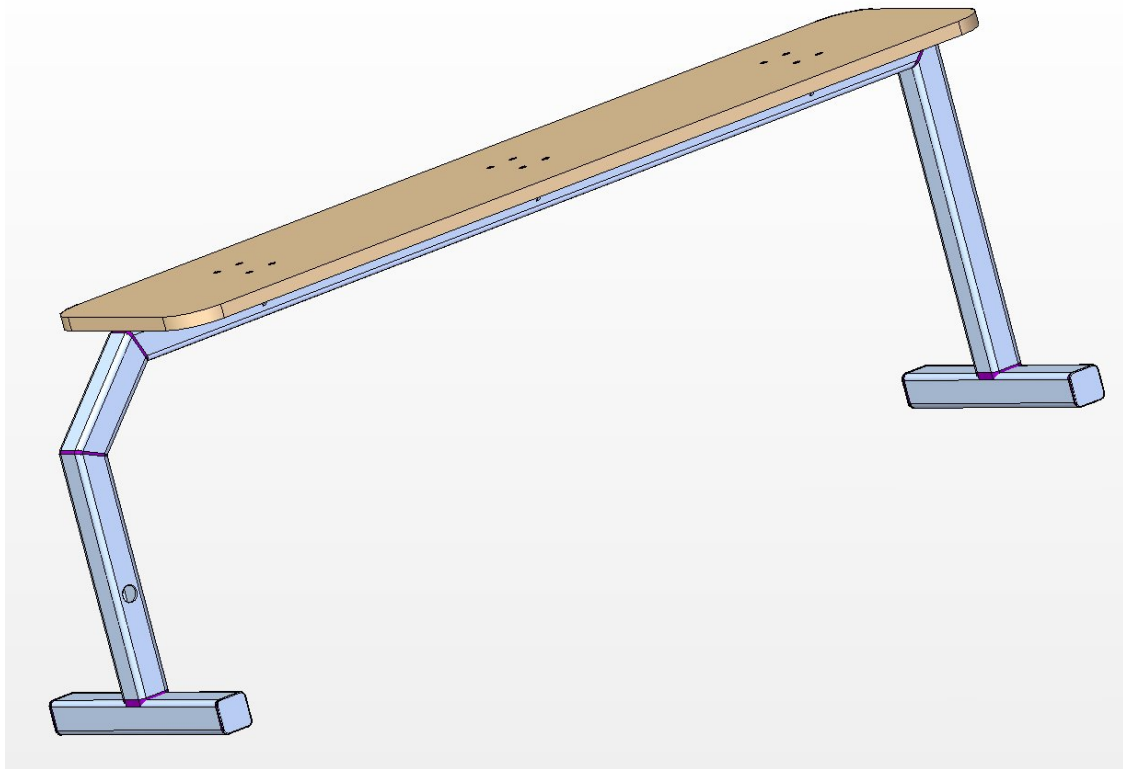
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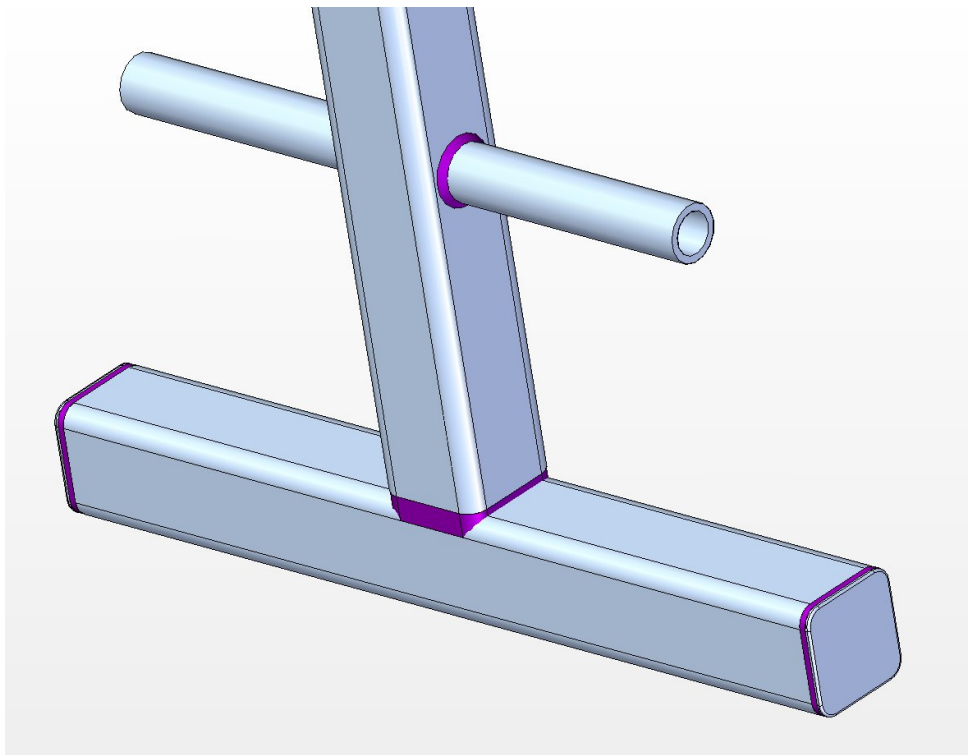


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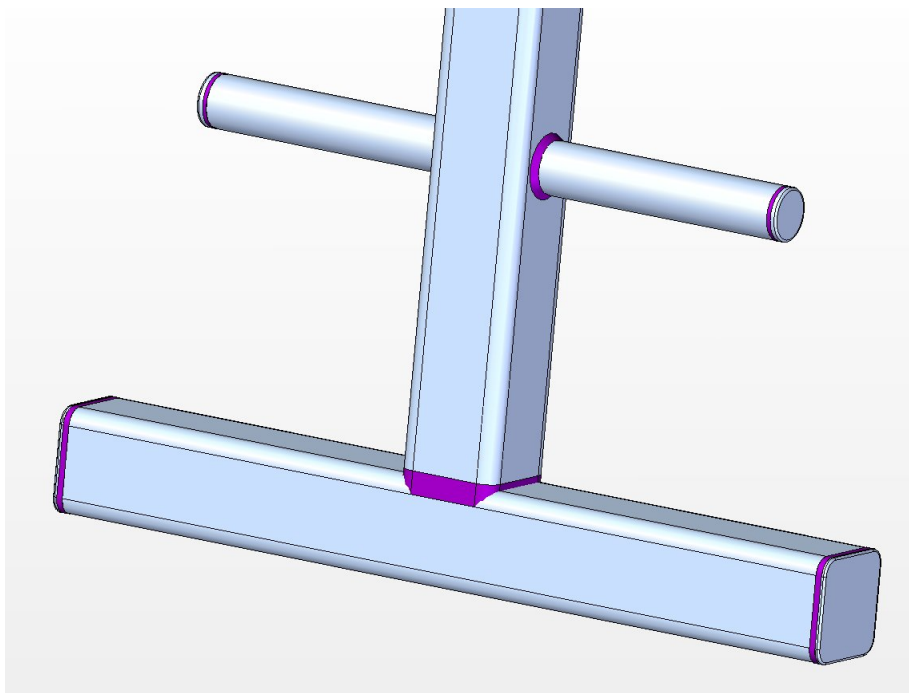
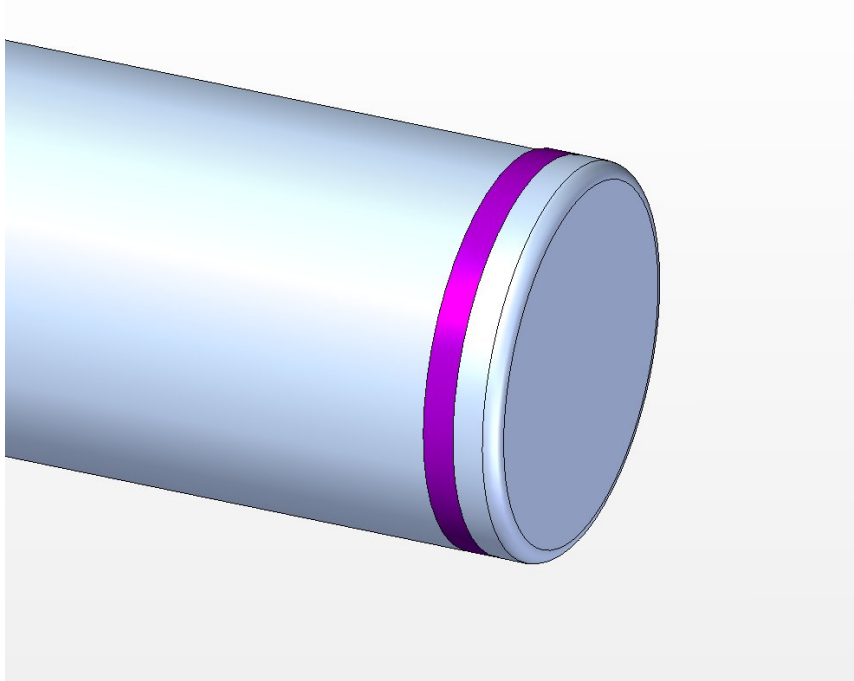




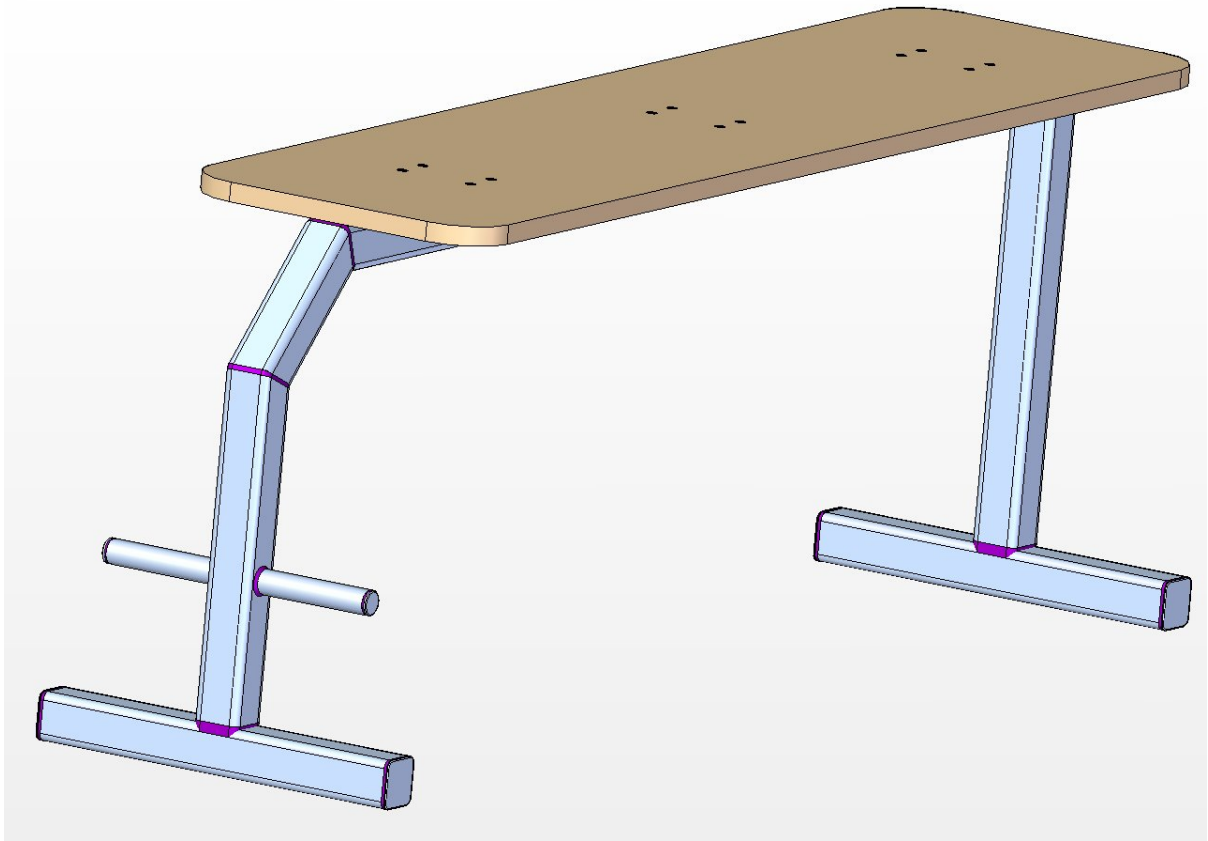
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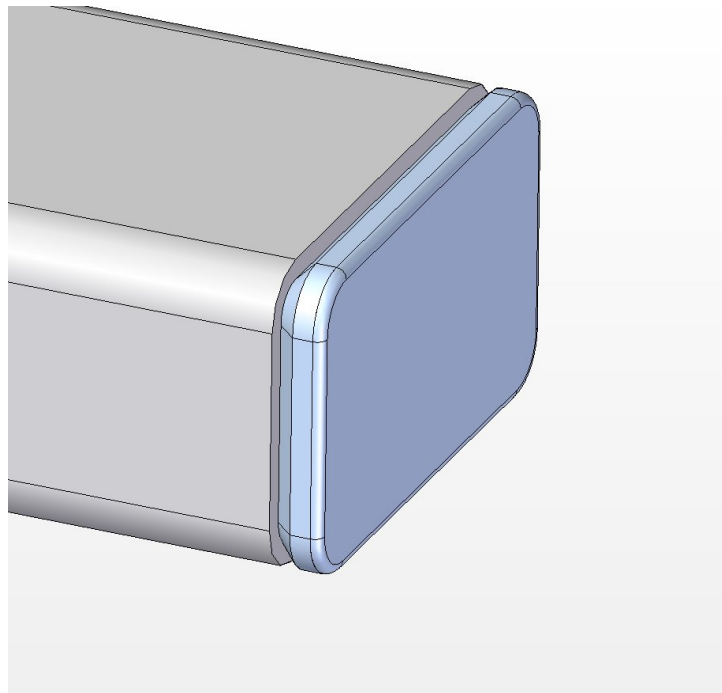


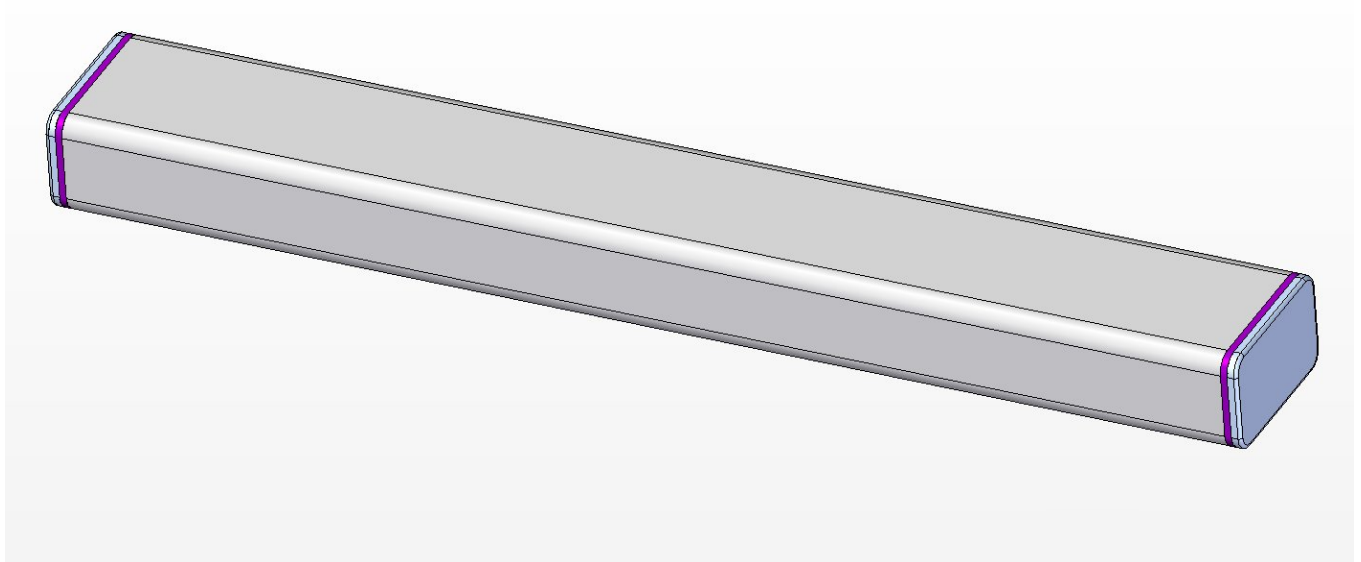
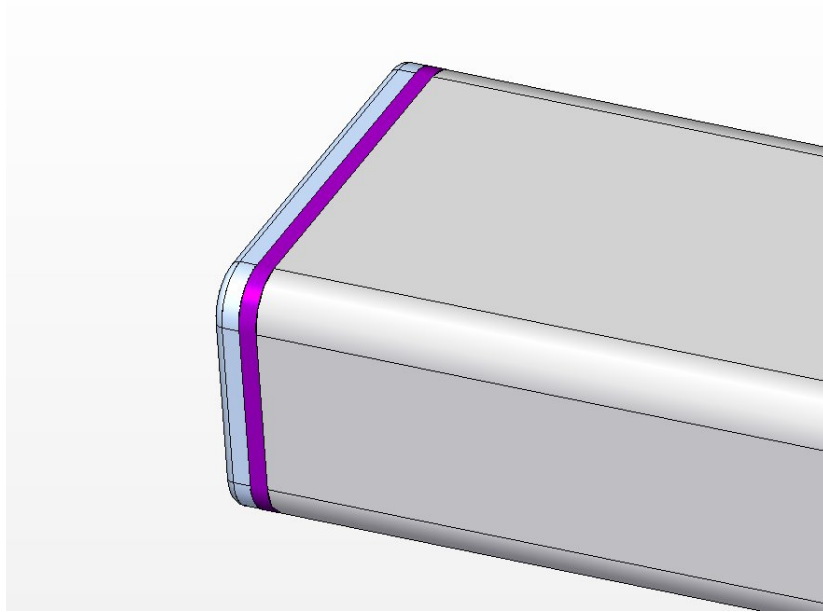




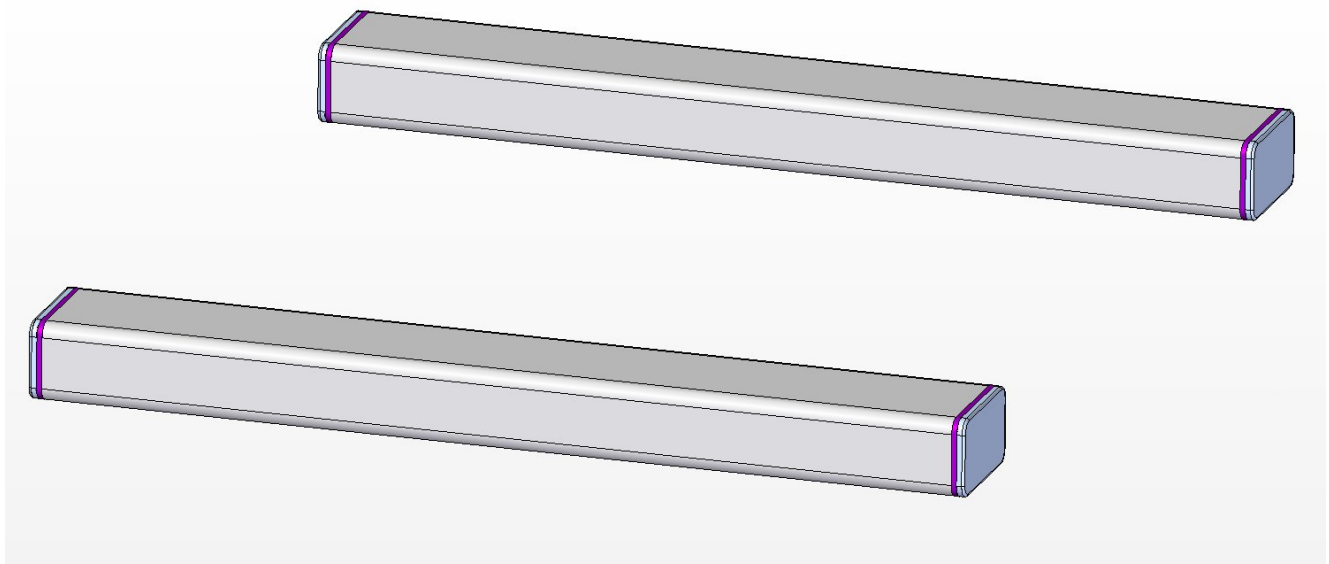
## 2. Stand sub-assembly

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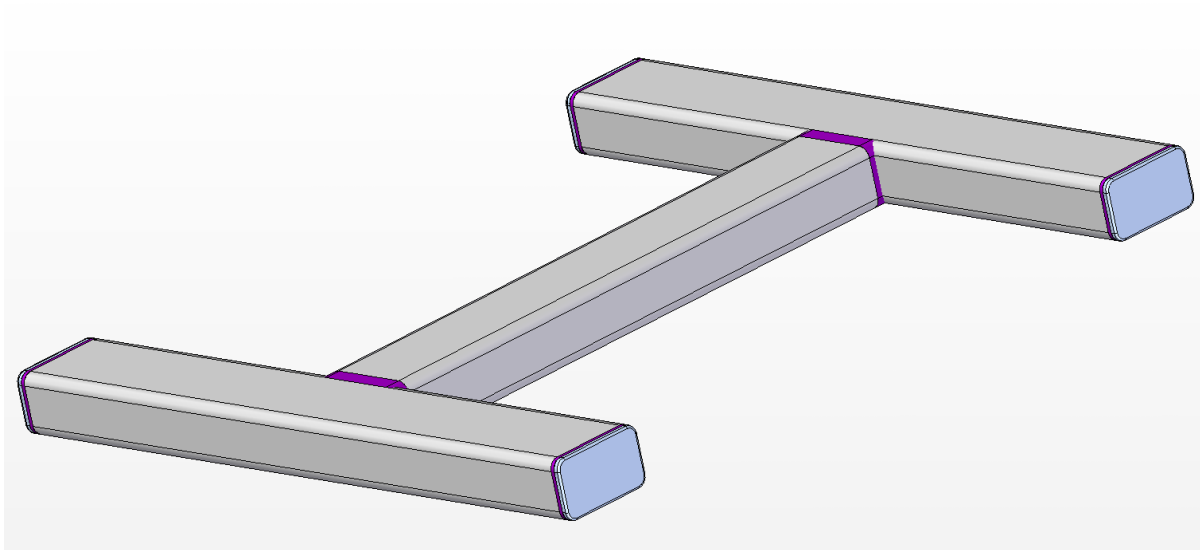
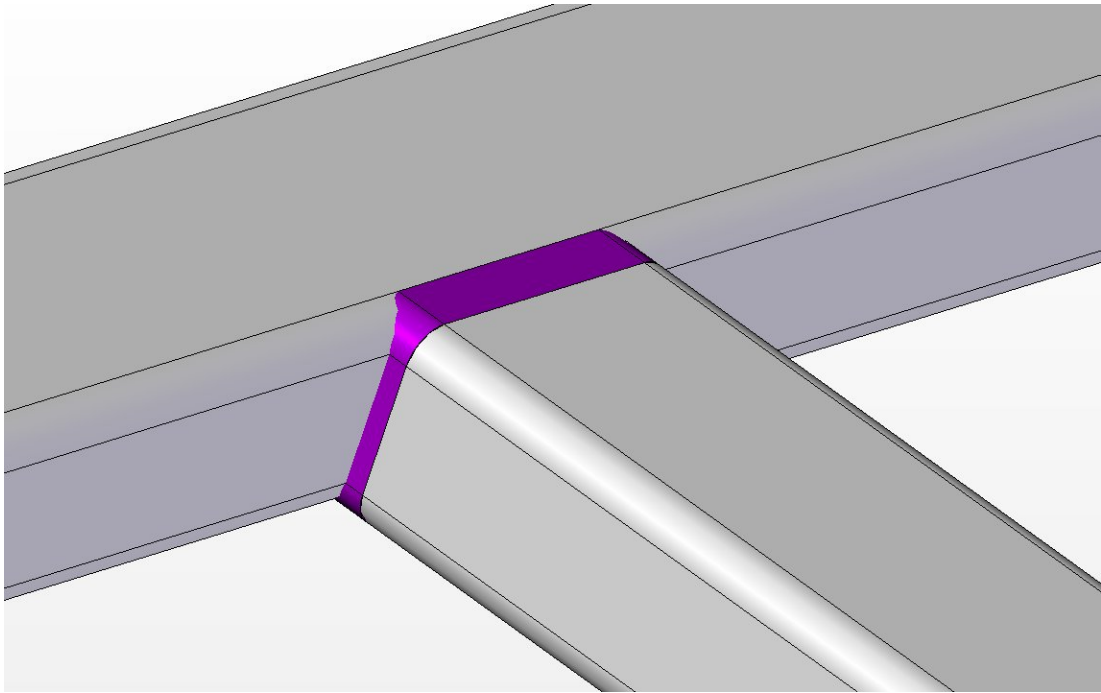




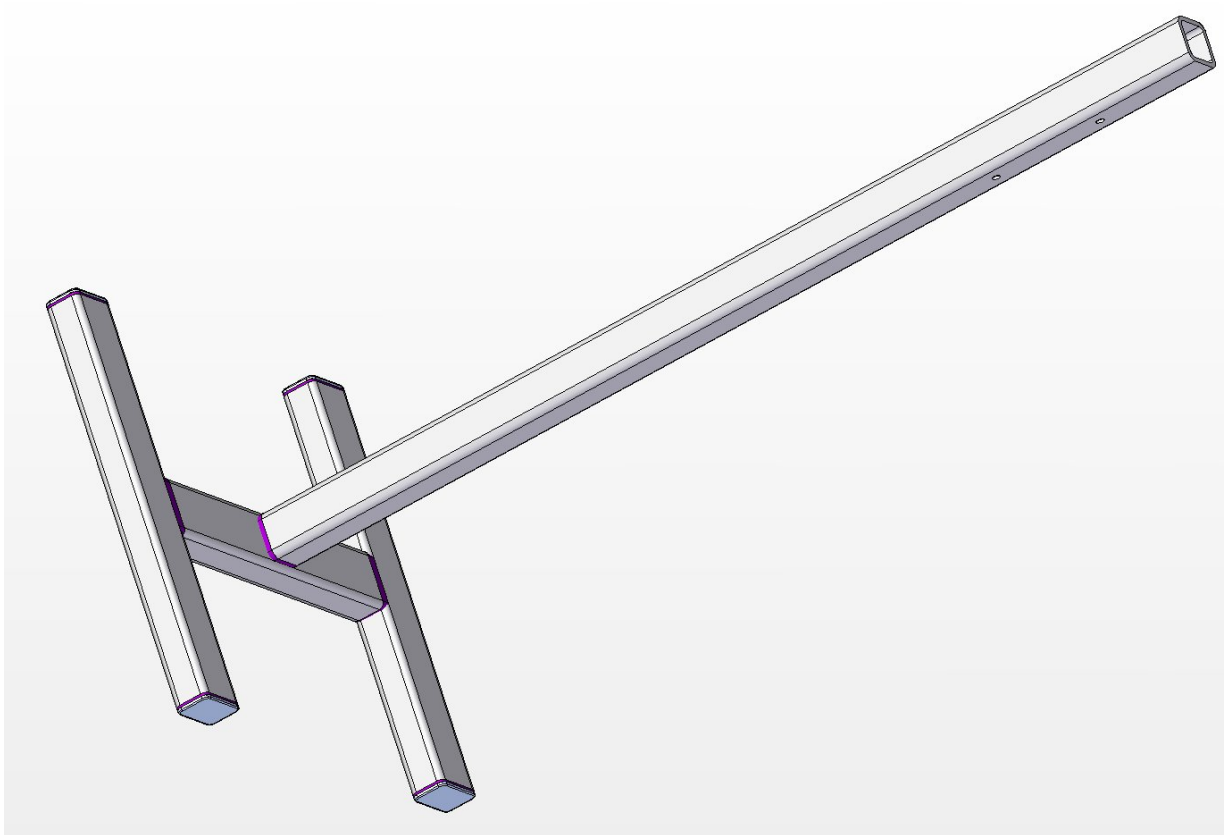
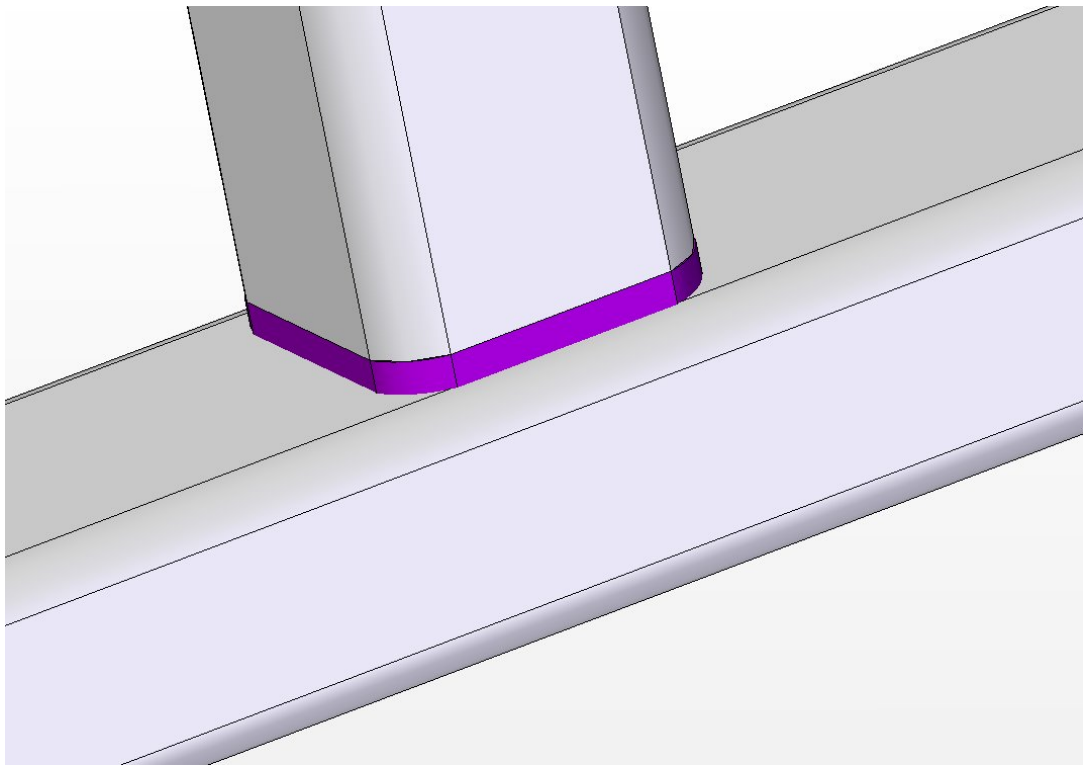
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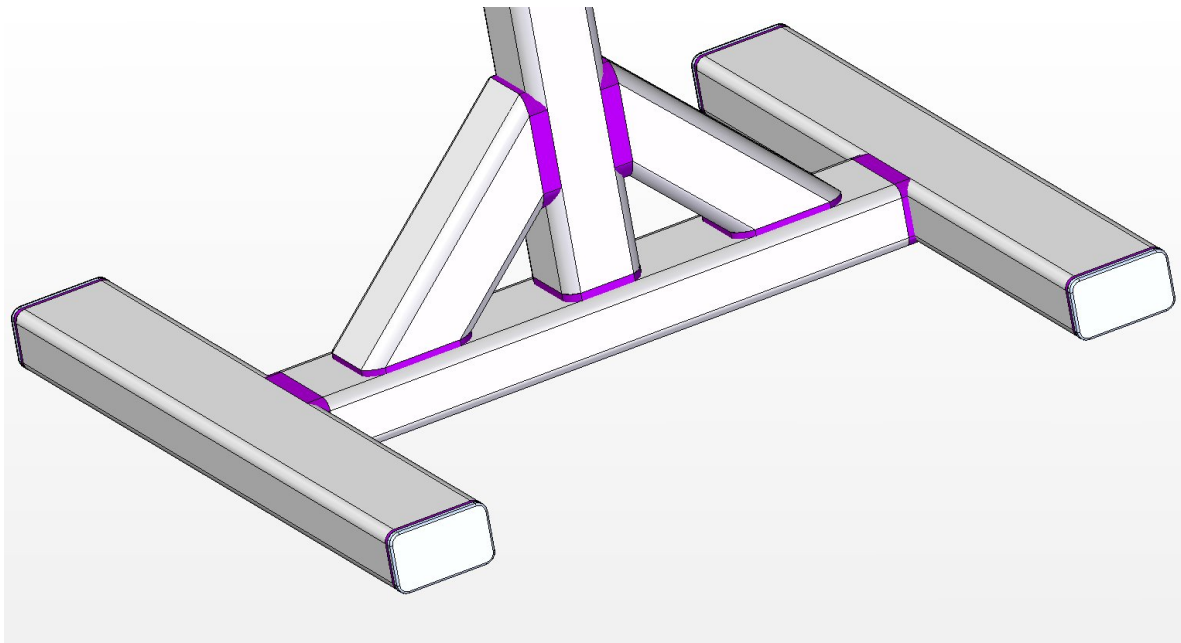
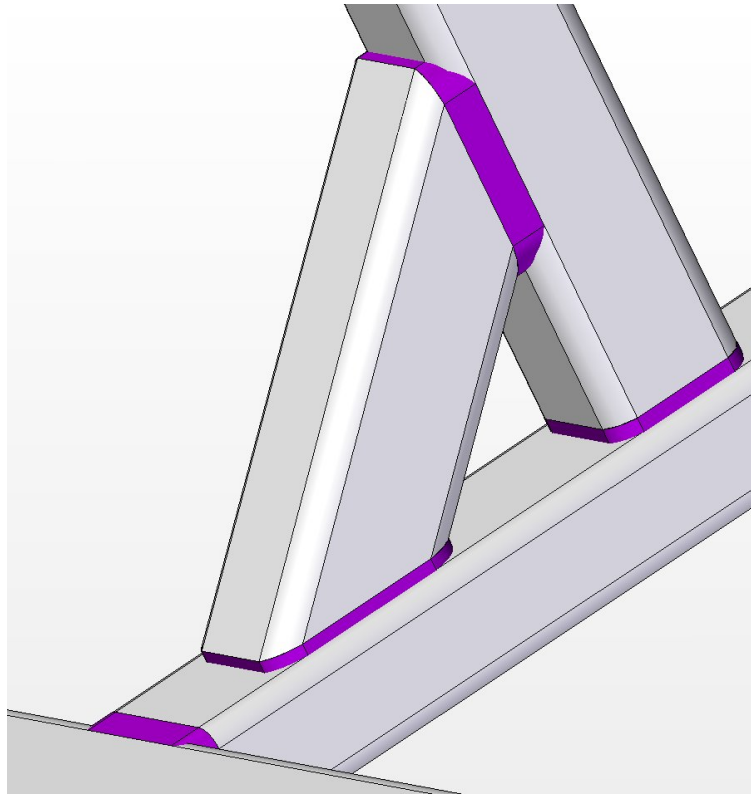
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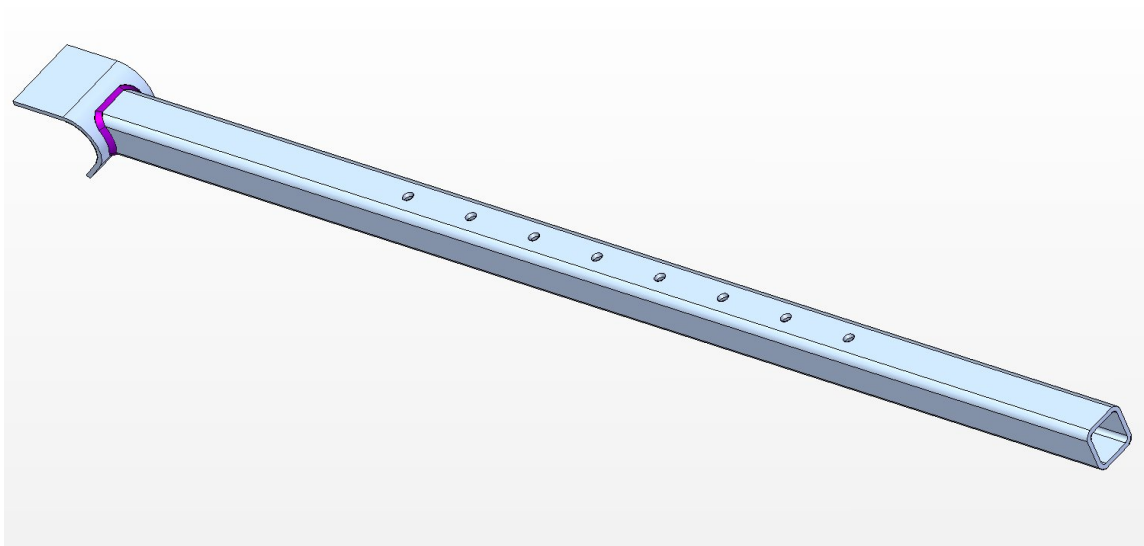
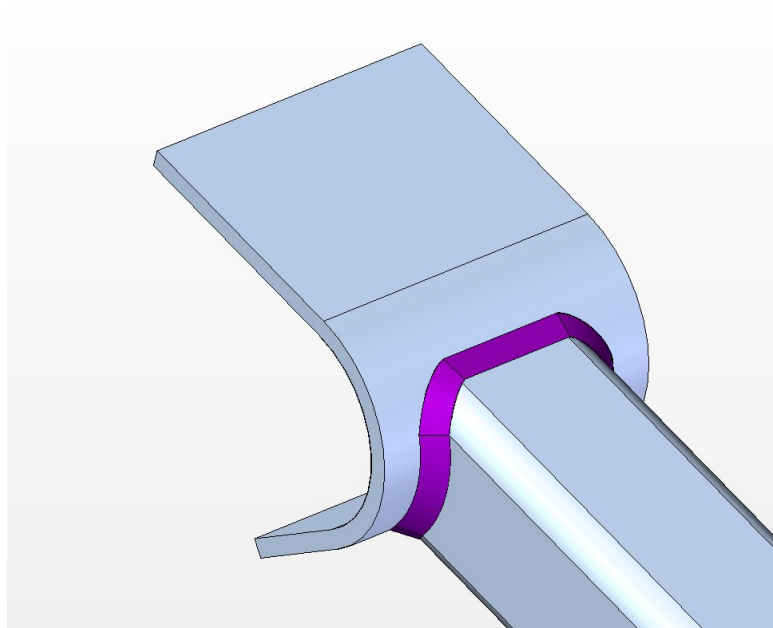
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5.



6.



7.

