

Revision 0

September 2010

# Platinum<sup>®</sup>

by **TUNTURI**

## **FULLY ADJUSTABLE BENCH**

(Flat, Incline, Decline Bench)

# Owner's Manual



**Record Serial Number Here**

**Date of Purchase**

Platinum by Tunturi  
[www.tunturi.fi](http://www.tunturi.fi)

# Instructions

Congratulations on the purchase of your new Tunturi Fully adjustable bench . This bench will provide you with a lifetime of enjoyment to meet your strength training needs. Platinum by Tunturi strives to build the best quality benches and to package them in such a way to avoid any damage during shipping.

In order to get started with your assembly you should first familiarize yourself with this manual. It is recommended that you read through each step thoroughly before you begin. Begin by opening your box and separating all of your parts. Verify that all parts are accounted for and have no damage. When all parts are accounted for, you may begin your assembly. Some items may have been pre-assembled for your convenience. Please note that hardware quantities shown reflect total quantities for your gym and may not reflect actual quantities in each bag. Assemble your bench on a solid level surface. This will ensure the best possible performance, function, and safety for the bench and your workout.

Assemble your bench according to the step by step instructions found in this manual. Failure to do so will void your warranty and may result in personal injury. After assembly you should check your bench for correct operation. If a problem arises, recheck your assembly with these instructions to verify correct assembly. If you are unable to correct a problem or have questions with your assembly please contact your authorized Tunturi dealer.

## Table of contents

	<u>Page</u>
Instructions	2
Parts Listing	3
Hardware Comparison	4-6
Main Frame Assembly	7
Upholstery	8
Maintenance, Warnings	9
Floor Plan Layout	10
Contact	11

## **Frame Components**

ITEM #	DESCRIPTION	QTY.
1	Base Frame Assembly	1
2	Lower Seat Support	1
3	Upper Seat Support	1
4	Rear Base Frame	1
5	Large Cam	1
6	Small Cam	1
7	Anti-Deflection Plate	1

## **Hardware**

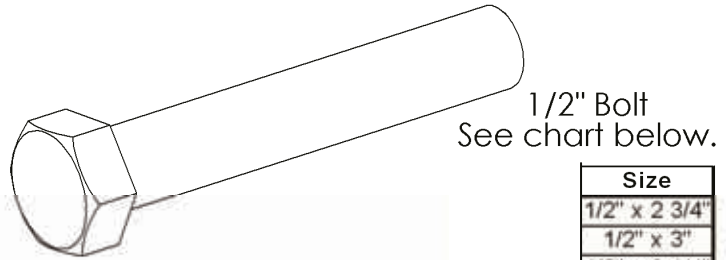
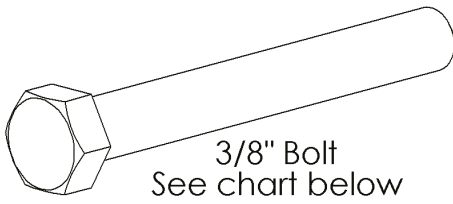
ITEM #	DESCRIPTION	QTY.
11	3/8"-16 x 1 1/4"	4
12	3/8"-16 x 3"	2
13	1/2"-13 x 5 1/4"	1
14	1/2" Flat Washer	2
15	1/2" Nylock	1
16	Wheel	2
17	5/16" x 1" Shoulder Bolt	2
18	3/8" Lock Washer	6
19	3/8" Nylock	6
20	3/8" Flat Washer	18
21	1/4" Nylock	2
22	5/16" Flat Washer	4
23	3/8"-16 x 2-1/2"	6

## **Upholstery**

ITEM #	DESCRIPTION	QTY.
8	Large Bottom Pad	1
9	Bottom Pad	1
10	Head Pad	1

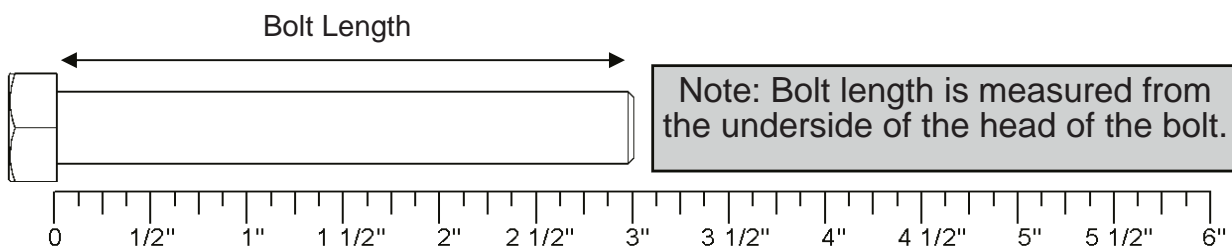
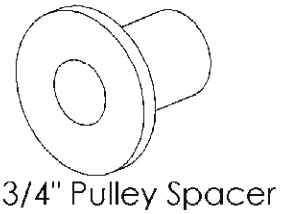
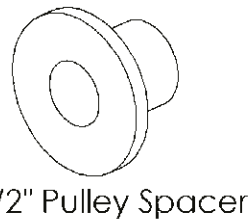
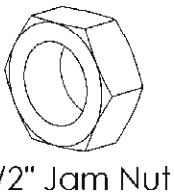
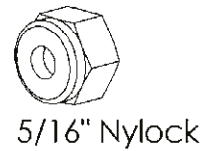
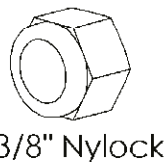
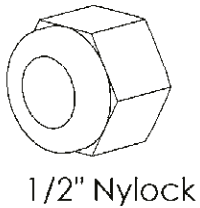
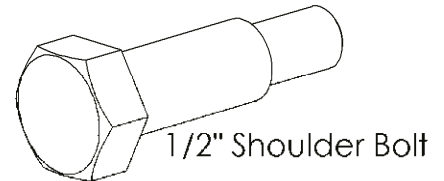
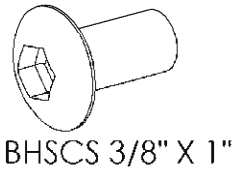
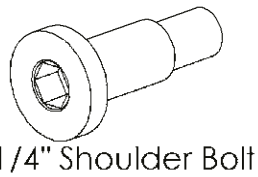
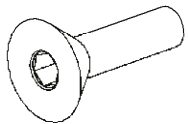
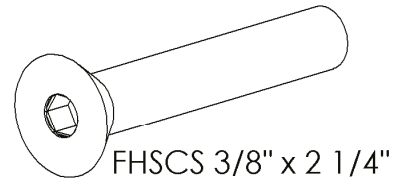
## **Tools Required**

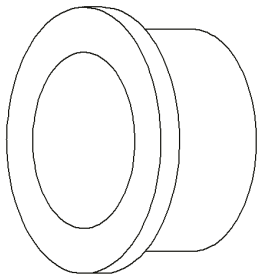
- 9/16" Wrench
- 3/4" Wrench
- 9/16" Ratchet
- 3/4" Ratchet



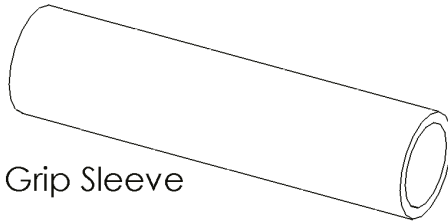
Size
3/8" x 3/4"
3/8" x 1"
3/8" x 1 1/4"
3/8" x 1 1/2"
3/8" x 1 3/4"
3/8" x 2"
3/8" x 2 1/4"
3/8" x 2 1/2"
3/8" x 2 3/4"
3/8" x 3"
3/8" x 3 1/4"
3/8" x 3 1/2"
3/8" x 3 3/4"
3/8" x 4"
3/8" x 4 1/4"
3/8" x 4 1/2"
3/8" x 4 3/4"
3/8" x 5"
3/8" x 5 1/4"
3/8" x 5 1/2"
3/8" x 6 1/2"
3/8" x 8 3/4"
3/8" x 9"

Size
1/2" x 2 3/4"
1/2" x 3"
1/2" x 3 1/4"
1/2" x 3 1/2"
1/2" x 4 1/4"
1/2" x 4 1/2"
1/2" x 5 1/2"

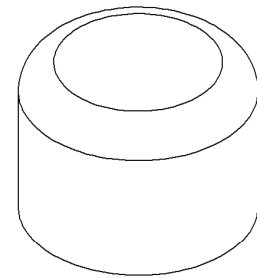




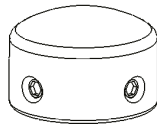
1" Bronze Bushing



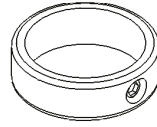
Grip Sleeve



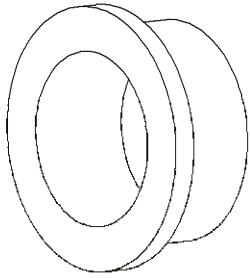
1" Outer Plastic Cap



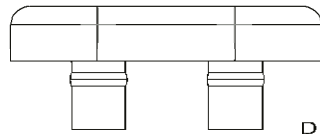
Grip Cap



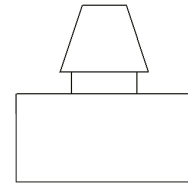
Grip Collar



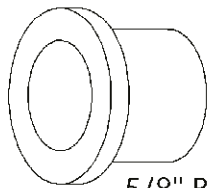
1" Bronze Bushing x 1/2 L



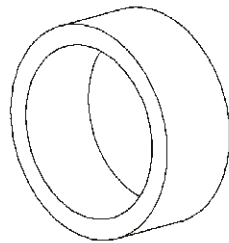
Rubber Bumpers



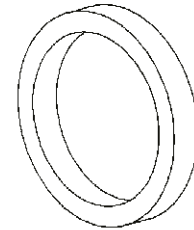
1" Inner Plastic Cap



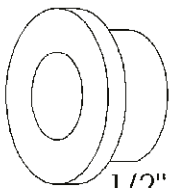
5/8" Bronze Bushing



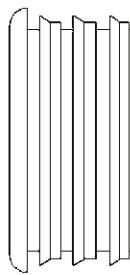
5/8" Spacer



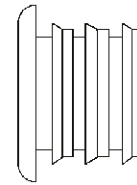
3/16" Spacer



1/2" Bronze Bushing



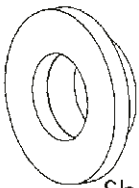
1 1/2" Inner Plastic Cap



1" Inner Plastic Cap



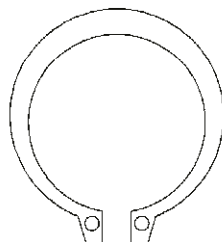
Cable Pivot Bushing



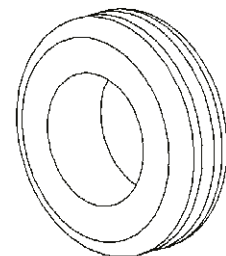
Short 1/2" Bushing



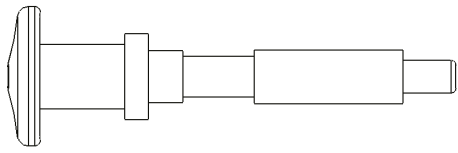
1/2" Snap Ring



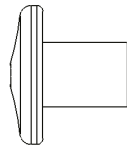
1" Snap Ring



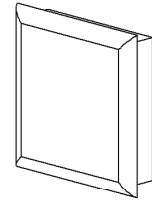
Rubber Grommet



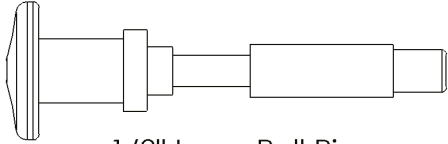
3/8" Long Pull Pin



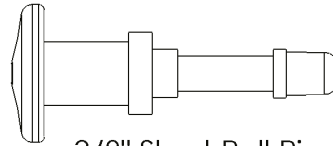
Pull Pin Handle



Plastic Cap

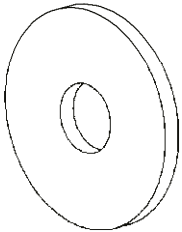


1/2" Long Pull Pin

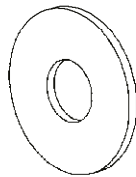


3/8" Short Pull Pin

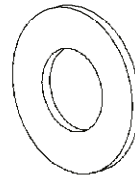
Size
2" x 2"
2" x 3"
1 1/2" x 2"
1 3/4" x 1 3/4"
1 1/2" x 1 1/2"



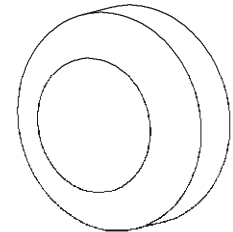
3/8" Fender Washer



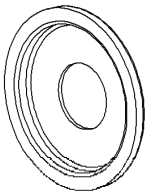
3/8" Flat Washer



1/2" Flat Washer



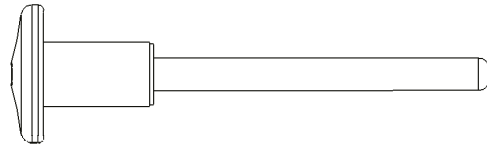
Screw Cap Cover



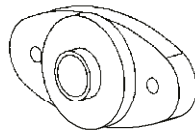
Screw Cap Washer



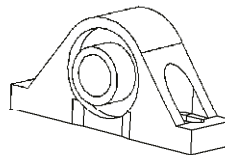
3/8" Lock Washer



Magnetic Weight Stack Pin



Side Mounted Flange Bearing



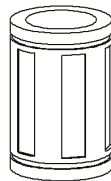
Pillow Block Bearing



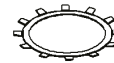
Bar Catch Rubber Sleeve

Items not shown.

Description
Midnight Black Paint
Silver Metallic Paint
Large Logo
Small Logo
Foam Grip
Anti Skid Material
Silicon Gel Pack
1 inch chain
12 inch chain



Linear Bearing



Bearing Retaining Clip

**PLEASE FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.**



**Step 1:**

**Note:** It is very important that the HCS 1/2"-13 x 5 1/2" bolt is not over tightened. This may affect the operation of the bench seat's hinge and could cause the movement to bind.

*Note:* For a more consistent appearance, position all bolts in the direction shown in each figure.

- **Record** your serial number on the front of this assembly instructions and keep for your records. The serial number can be found on the inside face of the back left leg of the bench Frame (1) as seen in Figure 1A.

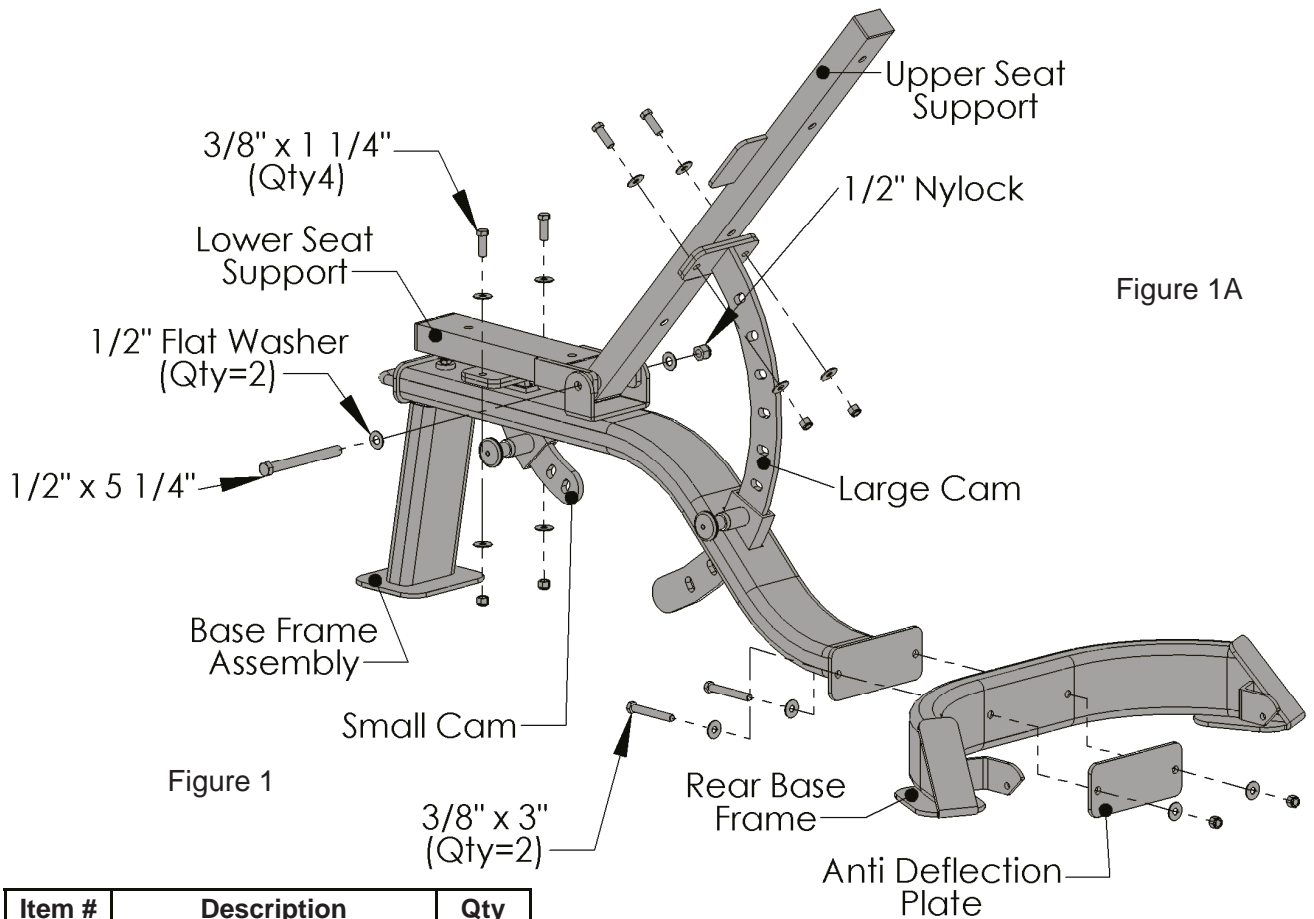
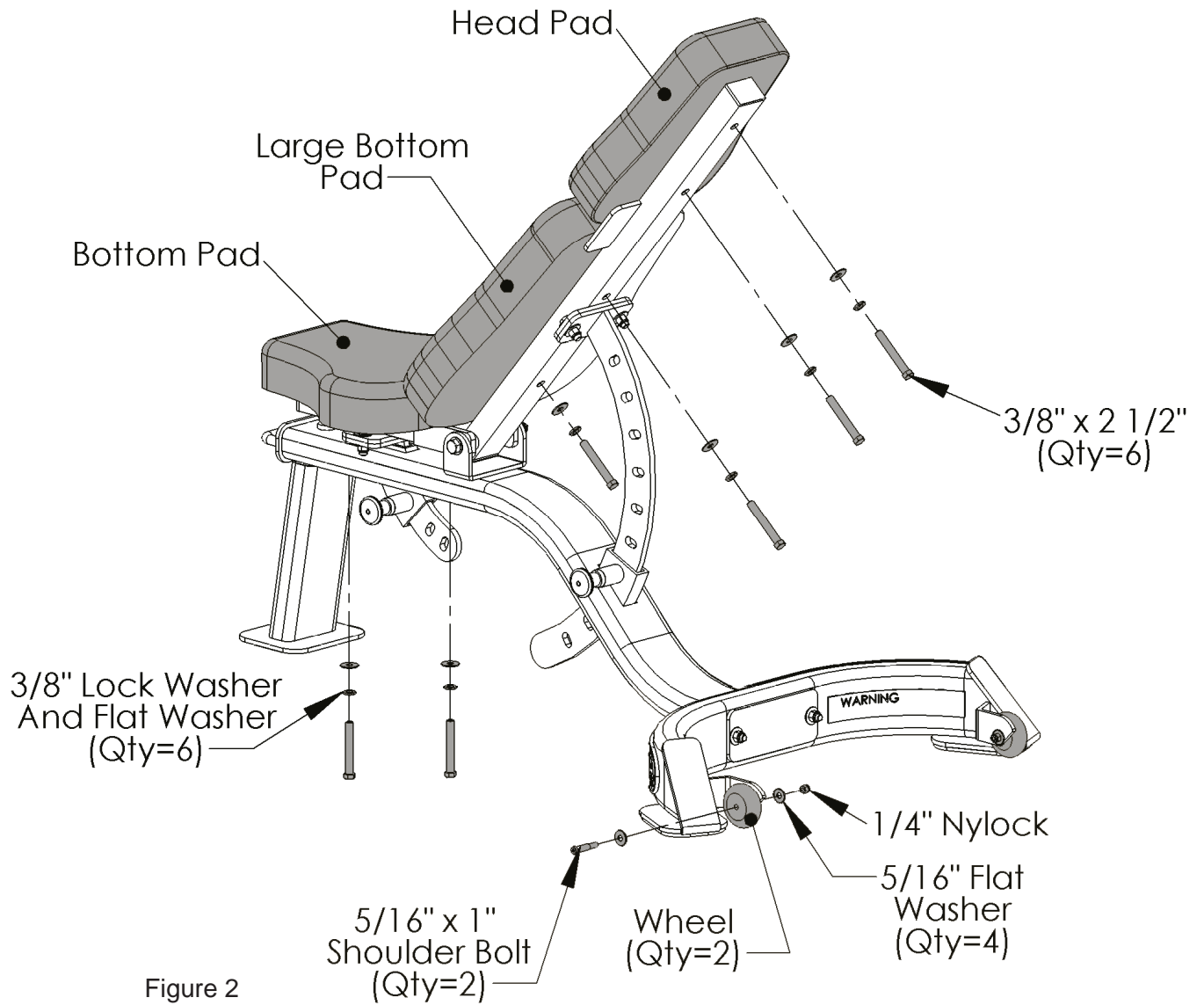


Figure 1A

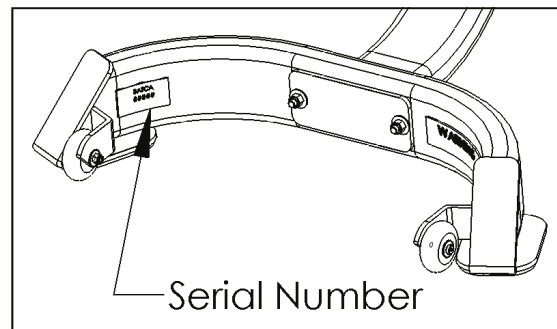
Item #	Description	Qty
1	Base Frame Assembly	1
2	Lower Seat Support	1
3	Upper Seat Support	1
4	Rear Base Frame	1
5	Large Cam	1
6	Small Cam	1
7	Anti-Deflection Plate	1
11	3/8"-16 x 1 1/4"	4
12	3/8"-16 x 3"	2
13	1/2"-13 x 5 1/4"	1
14	1/2" Flat Washer	2
15	1/2" Nylock	1
19	3/8" Nylock	6
20	3/8" Flat Washer	12

- All Flat Washers and Nylocks are 3/8" unless otherwise noted.

## Step 2:



Item #	Description	Qty
8	Head Pad	1
9	Large Bottom Pad	1
10	Bottom Pad	1
16	Wheel	2
17	5/16" x 1" Shoulder Bolt	2
12	3/8" Lock Washer	6
20	3/8" Flat Washer	6
21	1/4" Nylock	2
22	5/16" Flat Washer	4
23	3/8"-16 x 2-1/2"	6



All Flat Washers and Nylocks are 3/8" unless otherwise noted.



## Preventive Maintenance and Warnings

Platinum by Tunturi strives to give you the very best in quality, performance and safety through carefully engineered designs and excellent workmanship. In order to maintain this high level of quality the preventative maintenance schedule below should be followed.

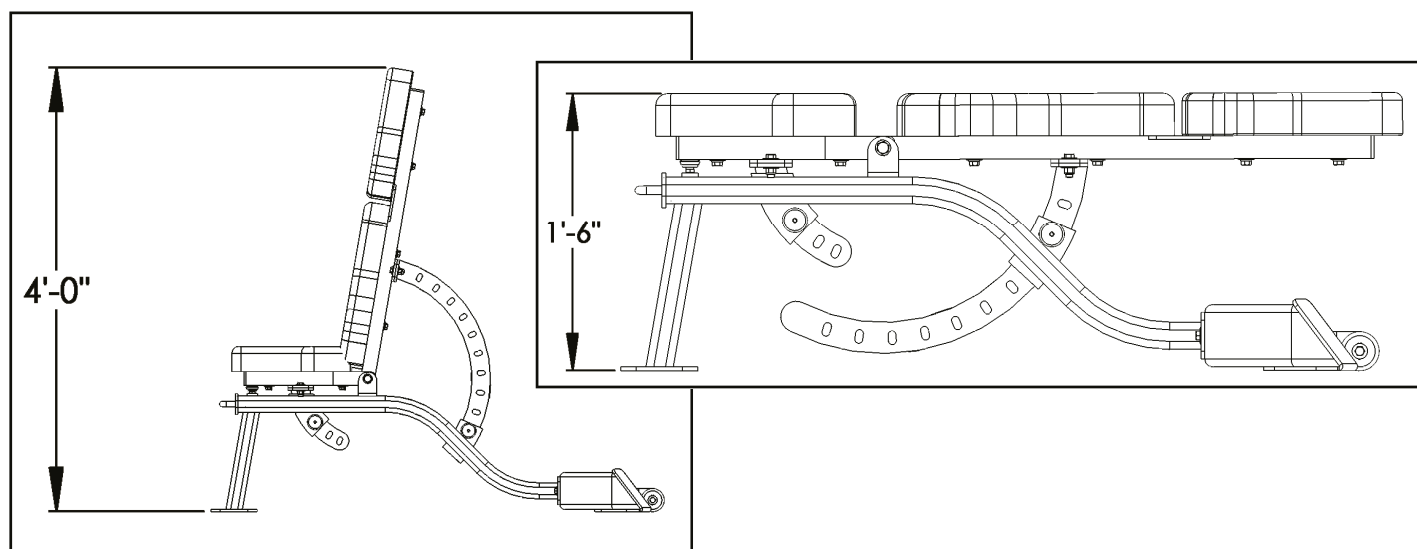
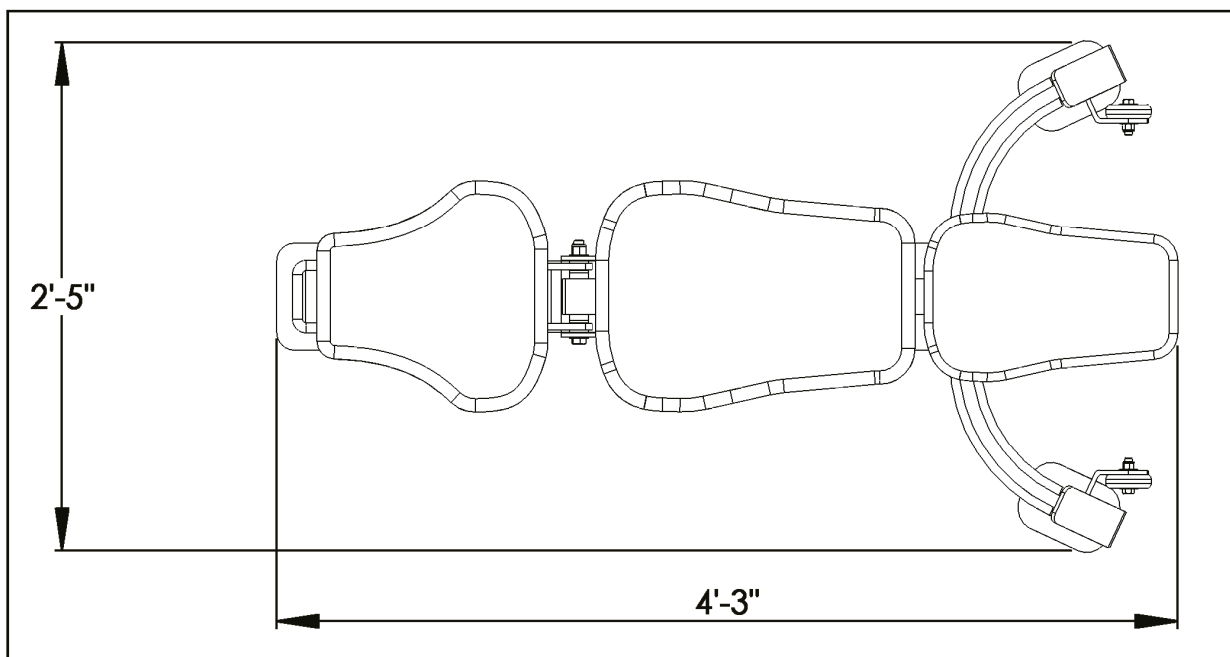
Clean upholstery and grips with mild soap and water generally after every use. The chrome slides and frame should be cleaned with a cotton cloth.

A visual overall inspection should be done before each workout. If the warning and safety decals are worn or have been removed they should be replaced immediately. Replace any part at first signs of wear. All hardware, stops, and adjustments should be checked and tightened as required.

	Daily		Weekly		Monthly		Quarterly	
	Commercial	Home	Commercial	Home	Commercial	Home	Commercial	Home
<b>Clean</b>								
Upholstery	X			X				
Hand Grip	X			X				
Frame			X			X		
<b>Inspect</b>								
Overall	X	X						
Safety Decals	X	X						
Hardware	X	X						
Upholstery	X	X						
Hand Grip			X			X		
Frame			X			X		
Bushings	X			X				

**WARNING: There is a risk assumed by individuals who use this type of equipment. To minimize risk always follow these rules.**

- 1) It is essential that you consult with your physician before beginning any exercise program.
- 2) Inspect equipment before each use for loose, worn, or frayed parts (including cables, nuts and bolts). Replace parts at first signs of wear (use only genuine TUNTURI replacement parts). Use of equipment that is damaged, worn, frayed or not completely assembled on a solid, level surface may result in injury.
- 3) Make sure all adjustment pins are fully engaged before using equipment.
- 4) Keep all parts of the body and clothing outside the path of any moving parts of the machine. Be alert to the possibility of injury. Do not be careless.
- 5) Minors and children should not be allowed to play on or around this machine.
- 6) If you have any questions on proper use or maintenance of this machine, do not hesitate to call your local PLATINUM BY TUNTURI distributor or PLATINUM BY TUNTURI at [www.tunturi.com](http://www.tunturi.com)



## ***Layout Diagram***

The FULLY ADJUSTABLE BENCH has a layout dimension of 4'-3" (length) x 2'-5" (width) x 1'-6" (height) laying flat and 4'-0" (height) sitting up straight. There should be a minimum of 18", preferably 24", of working space around the entire unit.

# Contact

## Valmistaja:

Tunturi Fitness BV  
PO Box 60001  
1320AA Almere  
The Netherlands  
E-mail: [info@tunturi-fitness.com](mailto:info@tunturi-fitness.com)

## Maahantuojaja:

Tunturi-Hellberg Oy Ltd  
Varusmestarintie 26  
20360 Turku  
Puh: 010 2733 210  
E-mail: [feedback@tunturi.com](mailto:feedback@tunturi.com)  
[www.tunturi.fi](http://www.tunturi.fi)

