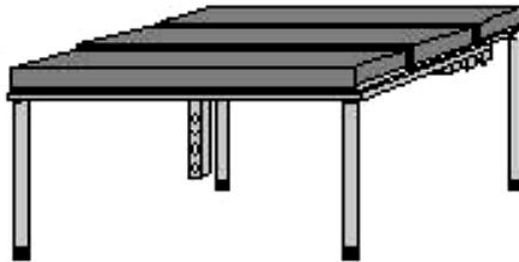




Adjustable Benches

We have two models: the **Regular Bench** and the **Hanging Bench**.



Regular Bench Part List:

Main Frame
Center Pad
Center Post
4 Legs
2 Handles

Hanging Bench Part List:

Main Frame
Center Pad
Center Post
Head Rest
4 Corner Suspension Rings

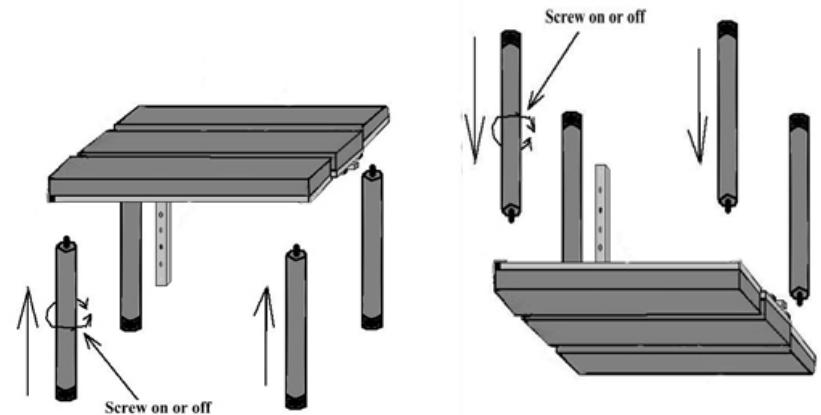
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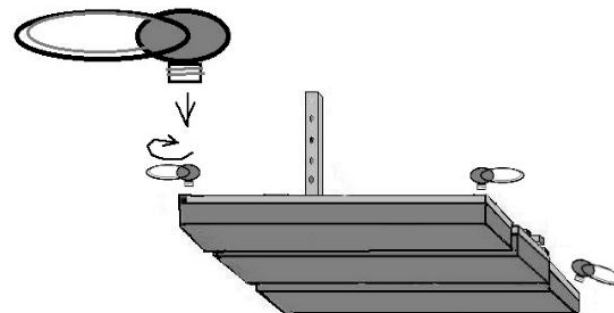
Installing the Legs

- Set the bench on its back on the floor or a table.
- Remove the protective red caps from the threads on the legs. Keep them handy for future use.
- Screw each leg into the square nuts on the bottom of the main frame. Hand tighten the legs.
- Set the bench on the floor on its legs.
- If the floor is uneven or the bench wobbles, unscrew one leg a few turns until stability is achieved.



Installing the Suspension Rings

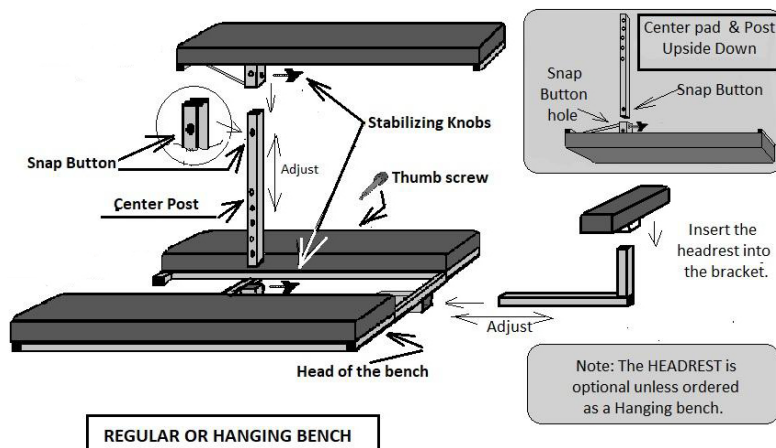
- Screw the rings into the same nuts as the legs. The rings should stick out evenly on each corner. If they don't, loosen one or more of them until they do. This will not affect safety or stability when you hang your bench.



Center Pad Assembly

- Depending on the model, either set the bench on its legs or hang the main frame. *If hanging, check that all four corners' hooks and chains are securely attached to the suspension rings.*
- Flip the center pad upside down on a table or floor.
- Insert the center post so that the snap button aligns with the hole in the center pad's bracket. See diagram below.
- Secure the snap button.
- Flip the center pad so that the post is hanging below.
- To use in the flat position, remove the center post then place the center pad flat in the frame and aligned with the two other pads.
- If you have a hanging bench, install the head rest as indicated in the diagram.
- If you prefer to play on your knees, follow the instructions on the next page to install the center pad in the kneeling position.
- Caution:** There are weight and torque limits to the center pad when

raised. It is designed to support a resting upper body only. For safety reasons, use common sense and be mindful of the stresses you are placing on your gear. Evidence of extreme weights or twisting will not be covered under the warranty.



Flat and Kneeling Position Settings

- Place the center pad flat with the center post towards the foot of the bench so that the center pad lines up with the outer pads. In this position, the center post will be hanging off & below the bench's frame. The center post may be removed if you wish.

KNEELING POSITION:

- Lift & remove the center pad assembly, set it to the side.
- Remove the Thumb Screw from the large square bracket located in the center of the main frame of the bench.
- Insert the center post/pad assembly into the large square bracket with the long part of the pad towards the head of the bench (see diagram below).
NOTE: This is the only way to properly install the center pad. If you install it backwards, the Thumb Screw will not fit.
- Adjust to your desired height. It may take a few tries to get it just right!
- Re-install and secure the Thumb Screw. Tighten the Stabilizing Knobs.
- Caution:** There are weight and torque limits to the center pad when raised. It is designed to support a resting upper body only. For safety reasons, use common sense and be mindful of the stresses you are placing on your gear. Evidence of extreme weights or twisting will not be covered under the warranty.

