

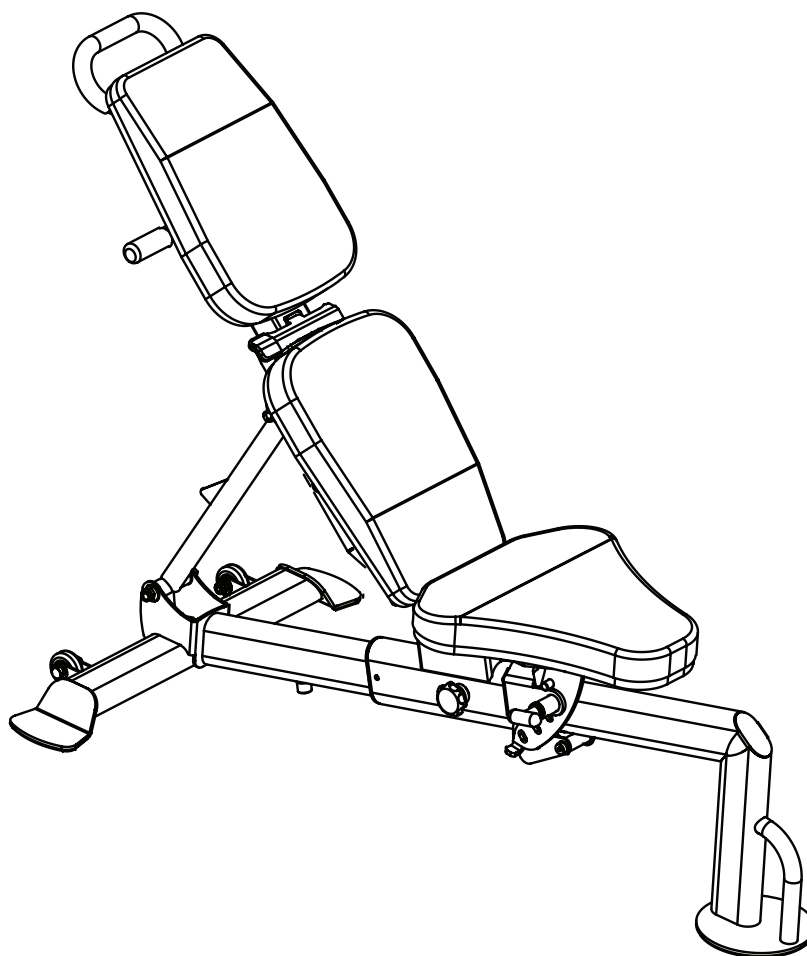


Model: FID5.2
ITM. / ART. 1654533

USER MANUAL

MULTI-ADJUSTABLE FLAT-INCLINE-DECLINE WORKOUT BENCH

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



SCAN FOR MANUALS,
VIDEOS, AND SUPPORT

Record Serial Number Here

MADE IN CHINA
80108-EN-V2025-05-05

WELCOME

Welcome to Centr and thanks for your purchase. We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

NEED HELP? WE'RE HERE FOR YOU.

US CUSTOMERS

If you have questions or issues with your equipment, please contact our US Customer Service team. Support is provided in English and Spanish.



EMAIL

hello@centr.com



PHONE

877-738-1729 (US Only)

+1 714-738-1729 (Global)

Mon-Fri 8am-5pm PT - UTC-7h/8

Support is provided in English and Spanish

GLOBAL CUSTOMERS (OUTSIDE OF US)

If you have any questions or issues with your equipment, please contact the store where your purchase was made.

PRODUCT WARRANTY

To view full warranty details, or to register your product for warranty, visit **centr.com/support**

AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us;
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

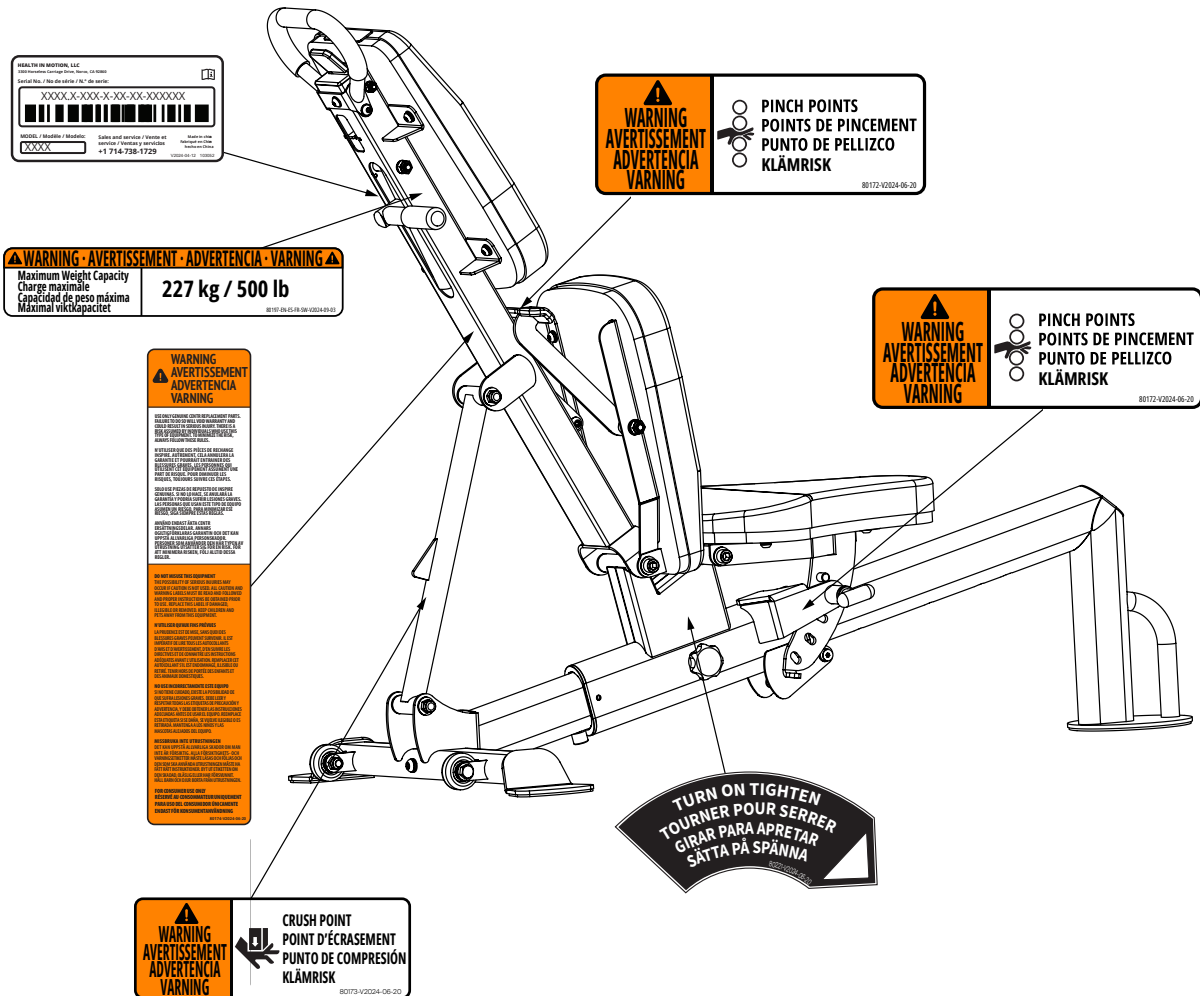
This exercise bench is built for optimum safety. However, certain precautions apply whenever you use a piece of exercise equipment. Be sure to read the entire manual before you assemble or use your bench. In particular, note the following safety precautions:

1. Keep children and pets away from the bench at all times.
2. Only one person at a time should use the bench.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. Consult a physician.
4. Position the bench on a clear, level surface. Indoor use only. For in-home use only.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. Running or training shoes are also required when using the bench.
7. Use the bench only for its intended use as described in this manual.
8. Disabled persons should not use this bench without a qualified person or physician in attendance.
9. Always do stretching exercises to properly warm up before using this bench.
10. Never use this bench if it is not functioning properly.
11. A spotter is recommended during exercise.
12. Maximum **USER** weight on bench is 136 kg (300 lb). This means that a **PERSON'S** maximum weight can be up to 136 kg (300 lb). **The total weight capacity the bench can hold is 227 kg (500 lb).**
13. Consult a physician prior to commencing an exercise program.

CARE AND MAINTENANCE

1. Regularly inspect product for loose hardware.
2. **Do not use or store equipment outdoors.**
3. Locate and familiarize yourself with all warning decals, replace if damaged.
4. Replace damaged or worn upholstery immediately.

LABEL PLACEMENT

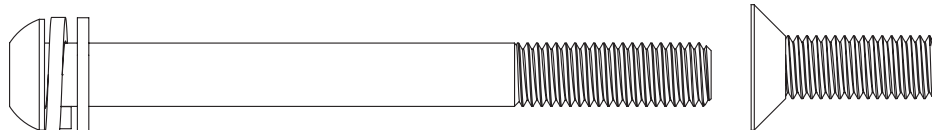


HARDWARE PACK

ITM. / ART. 1654533

HARDWARE

STEP 1



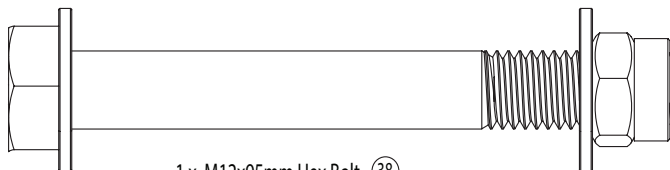
1 x M10x105mm Buttonhead Screw (46)

1 x M10x30mm Flat head Screw (47)

1 x M10 Flat Washer (55)

1 x M10 Spring Washer (60)

STEP 2

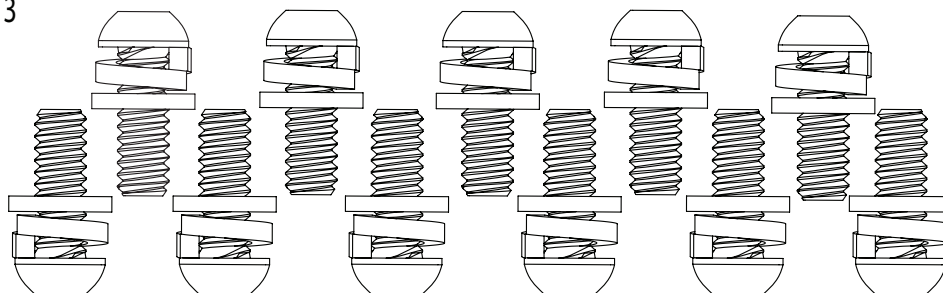


1 x M12x95mm Hex Bolt (38)

1 x M12 Locknut (50)

2 x M12 Flat Washer (57)

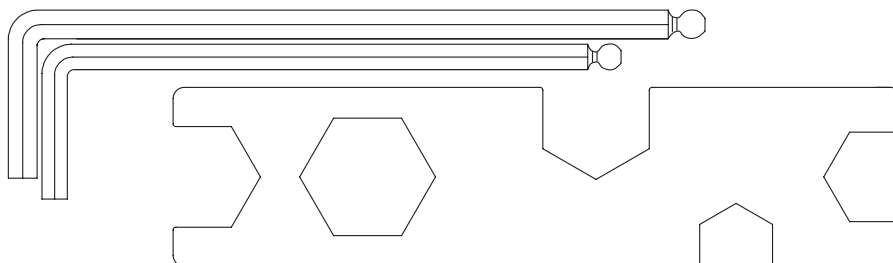
STEP 3



11 x M8x25 Buttonhead Screw (43)

11 x M8 Flat Washer (56)

11 x M8 Spring Washer (59)

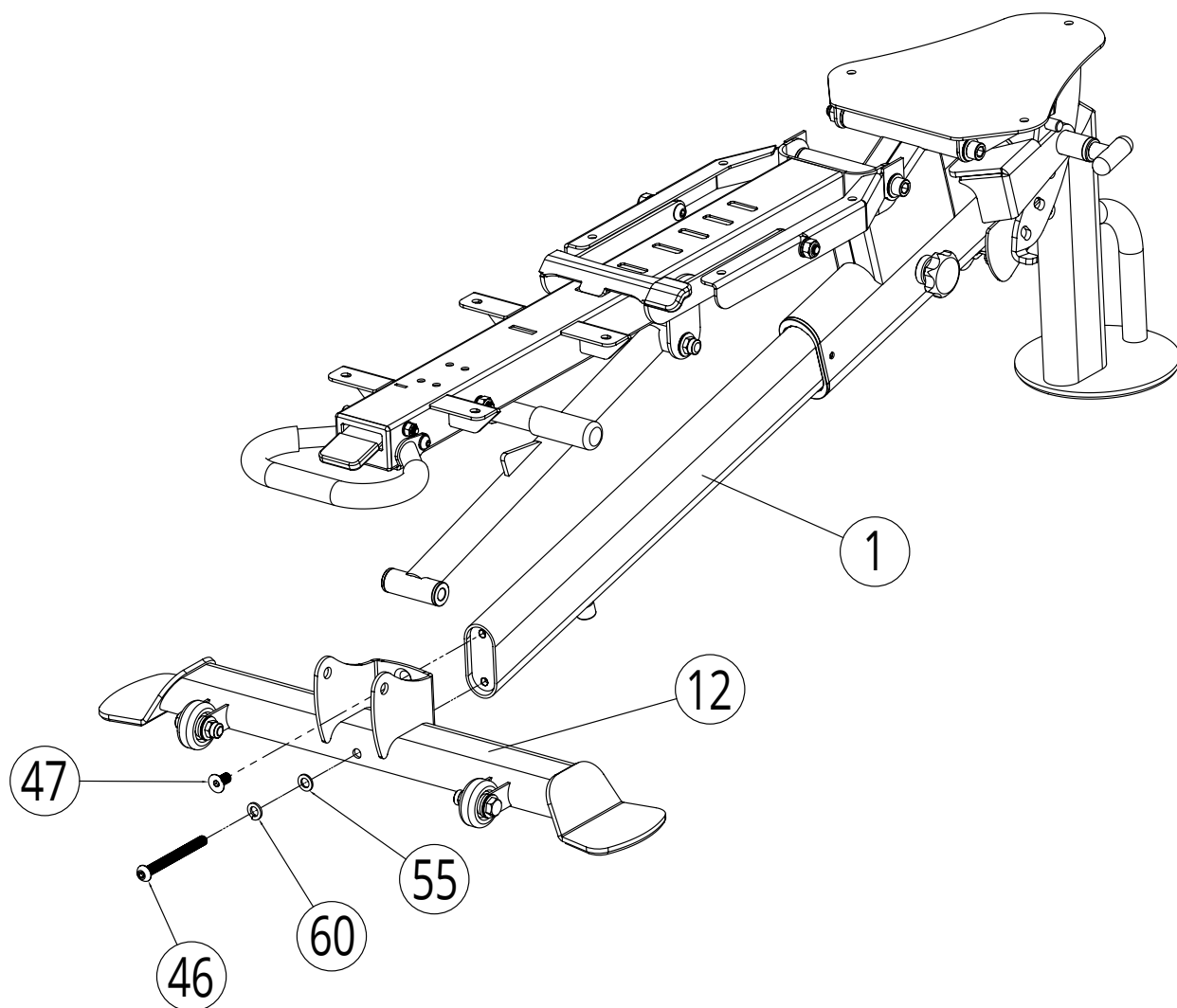
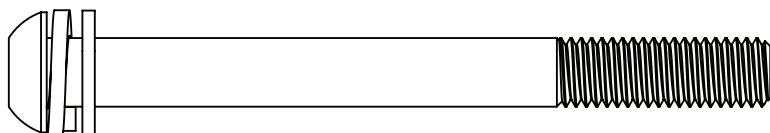


1 x #5 Allen Wrench (65)

1 x #6 Allen Wrench (66)

2 x Open Wrench (67)

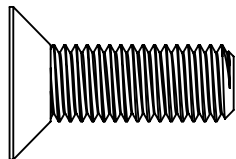
80127-EN-V2024-06-20

STEP 1**HARDWARE REQUIRED:**

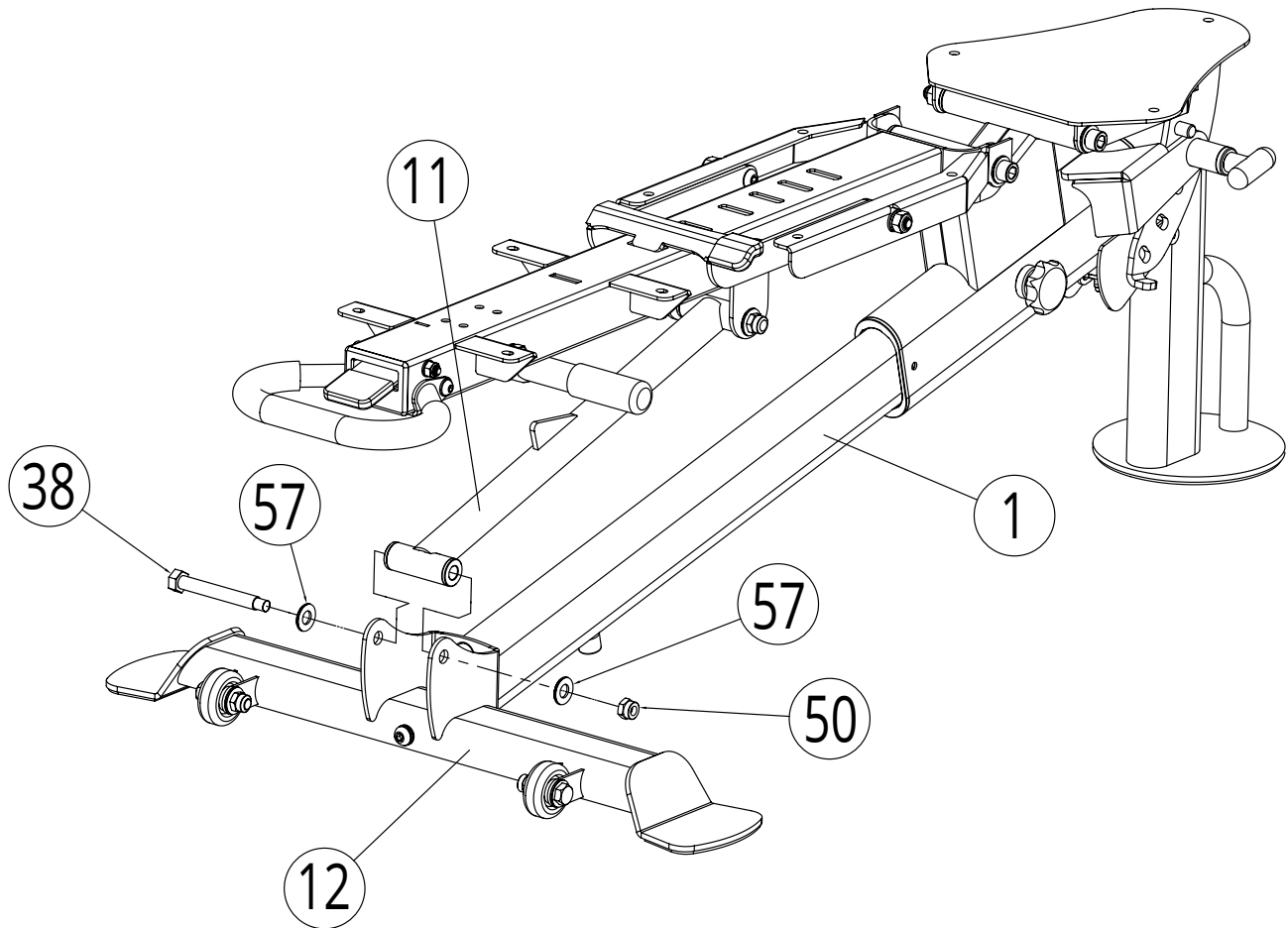
1 X Buttonhead Screw , M10x105 #46

1 X M10 Flat Washer #55

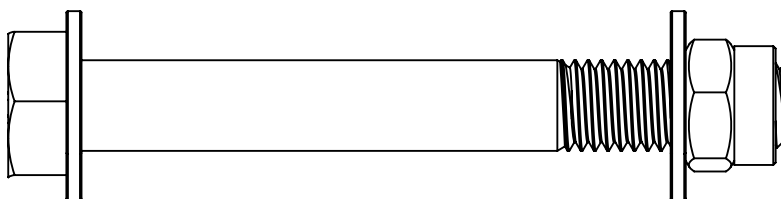
1 X M10 Spring Washer #60



1 X M10x30 Flathead Screw #47

STEP 2

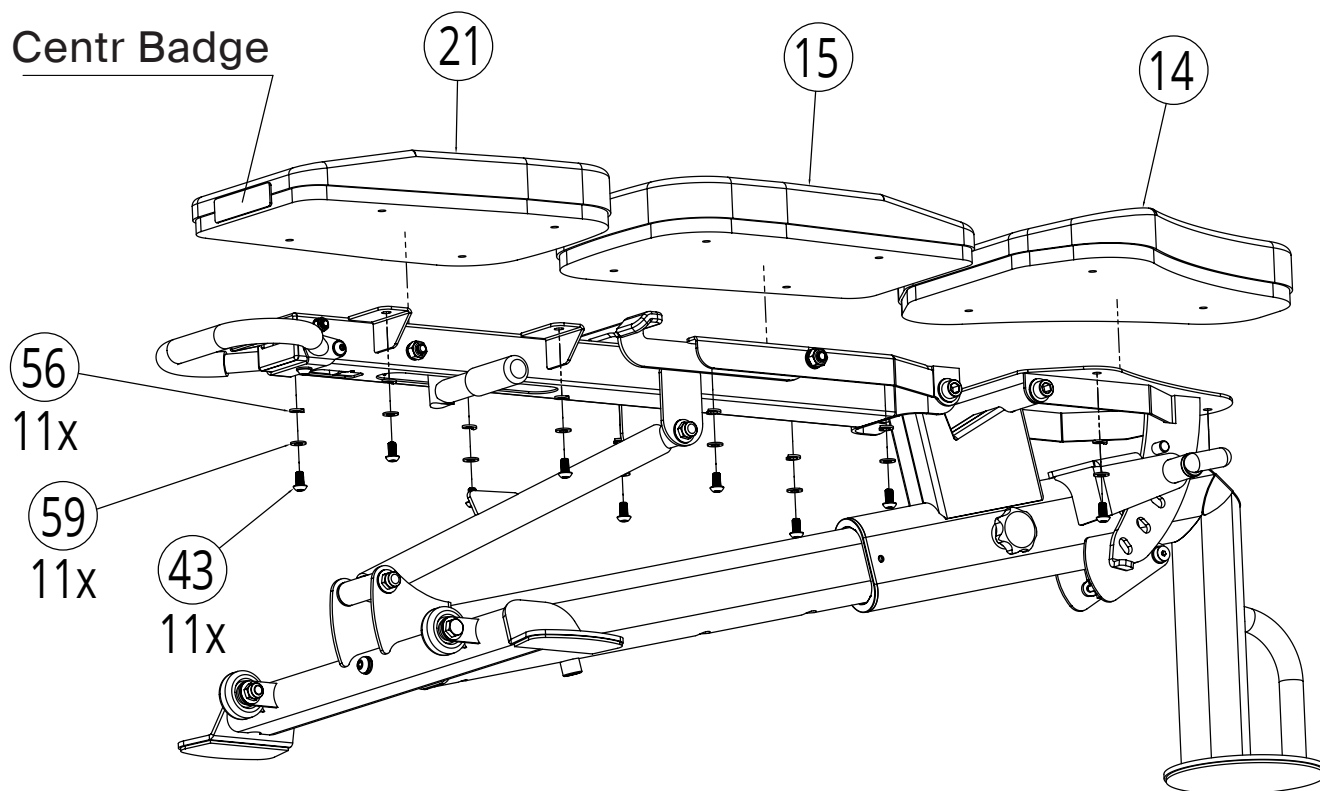
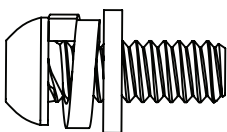
NOTE: PLEASE REMOVE NUT AND WASHER FROM BOLT, PRIOR TO ASSEMBLING.

HARDWARE REQUIRED:

- 1 X M12x95 Hex Bolt #38
- 1 X M12 Flat Washer #57
- 1 X M12 Locknut #50

STEP 3

Centr Badge

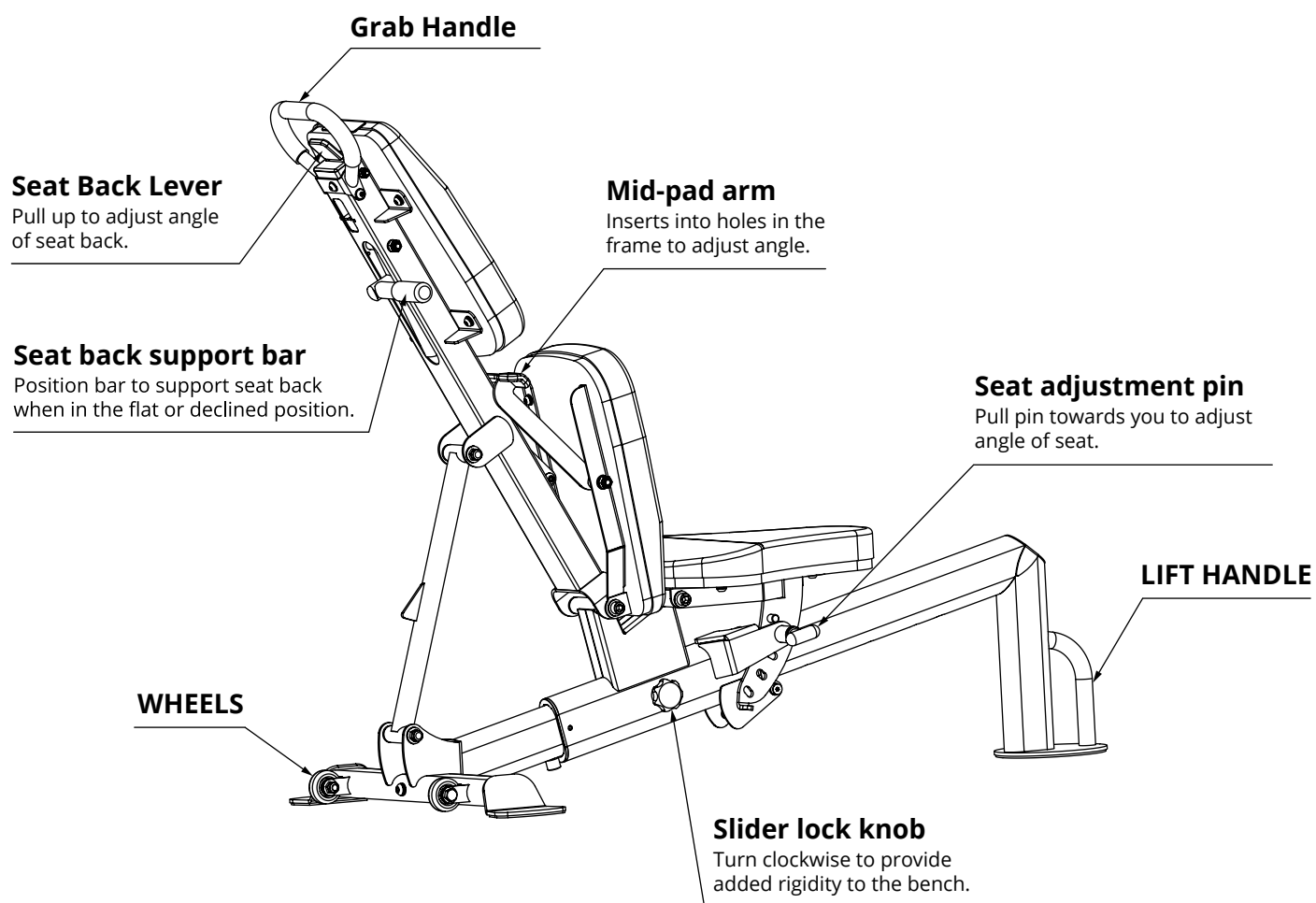
**HARDWARE REQUIRED:**

11 X M8x25 Buttonhead Screw #43

11 X M8 Flat Washer #56

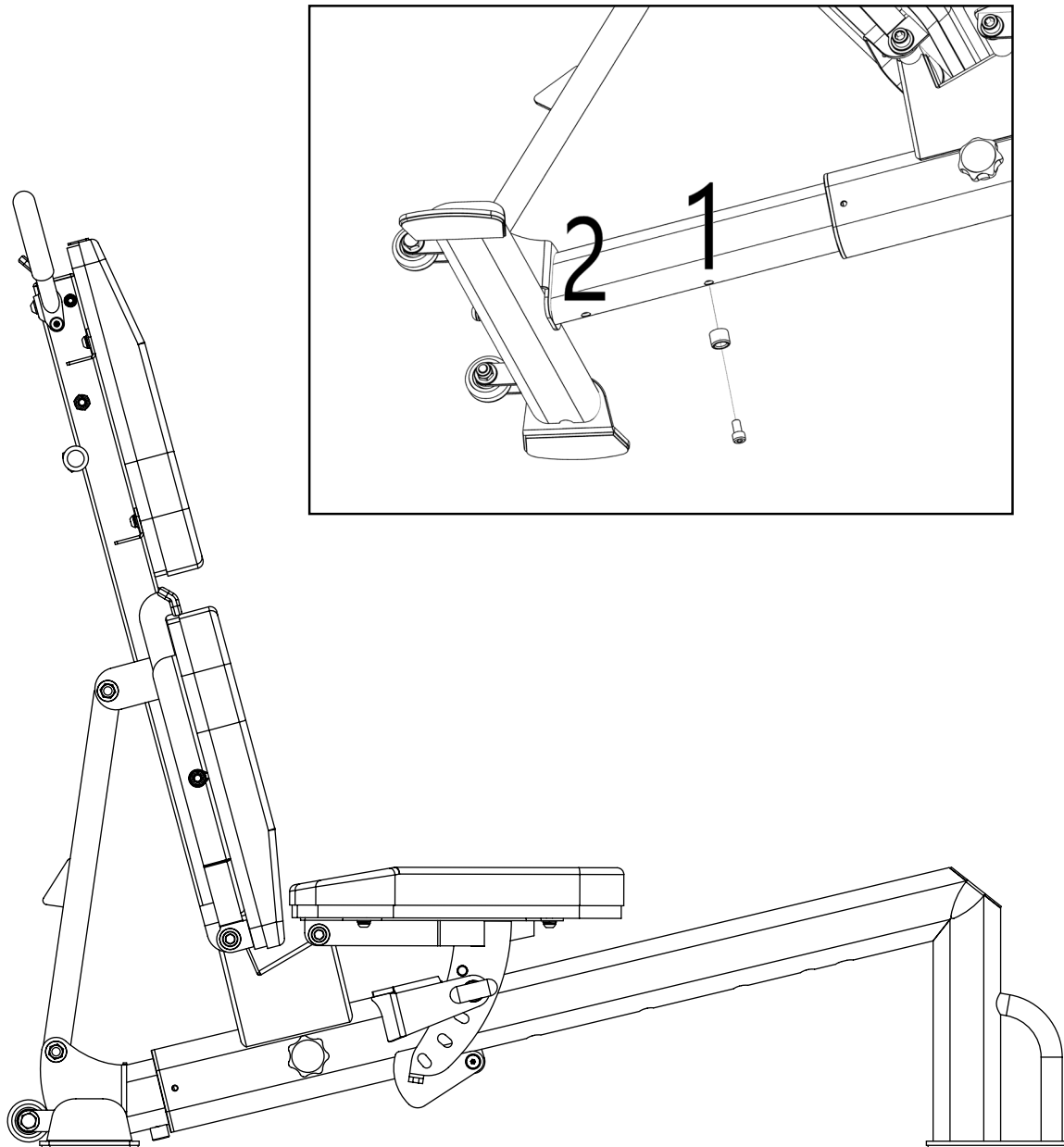
11 X M8 Spring Washer #59

FEATURES

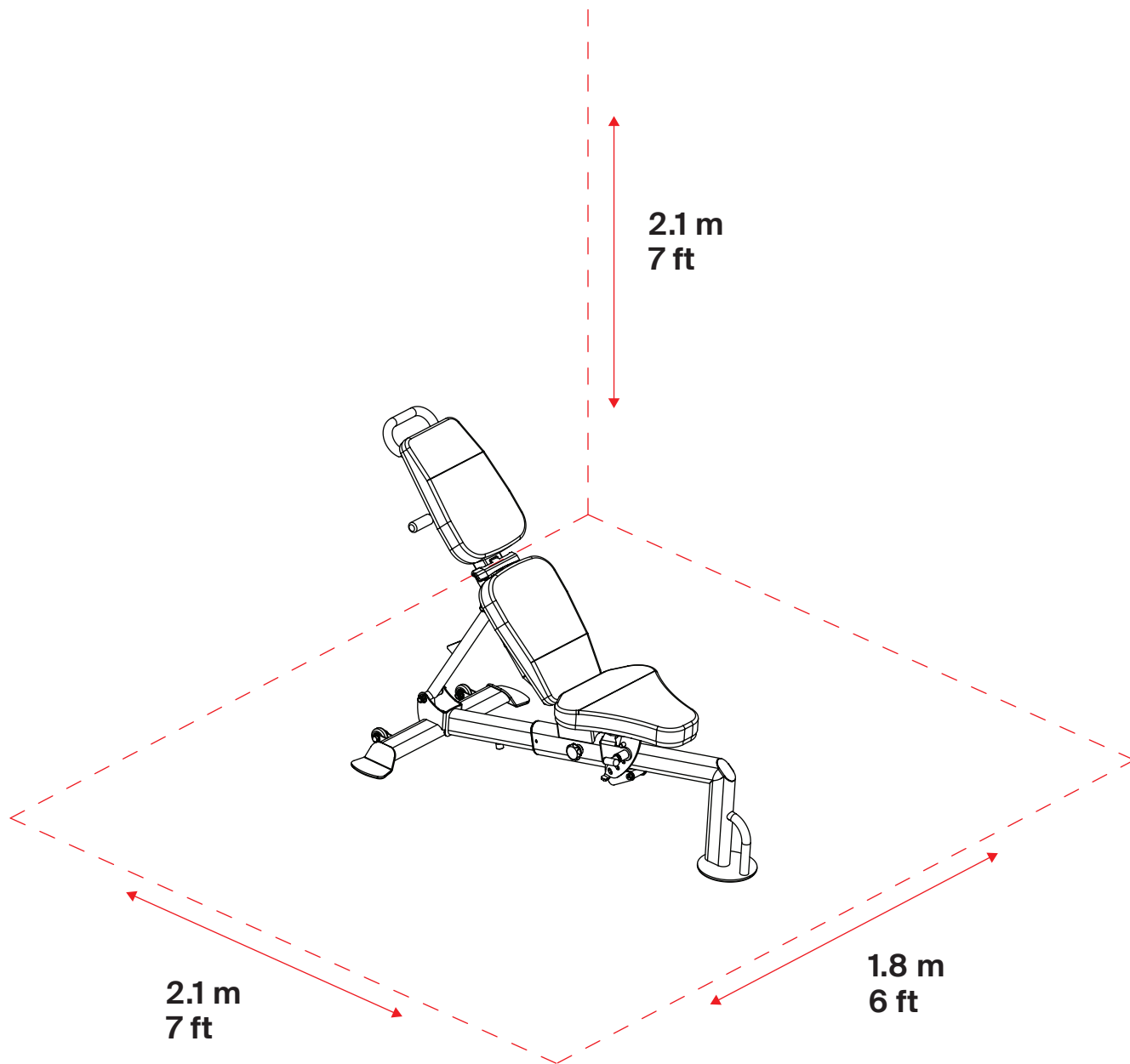


ADDITIONAL SEAT BACK ADJUSTMENT

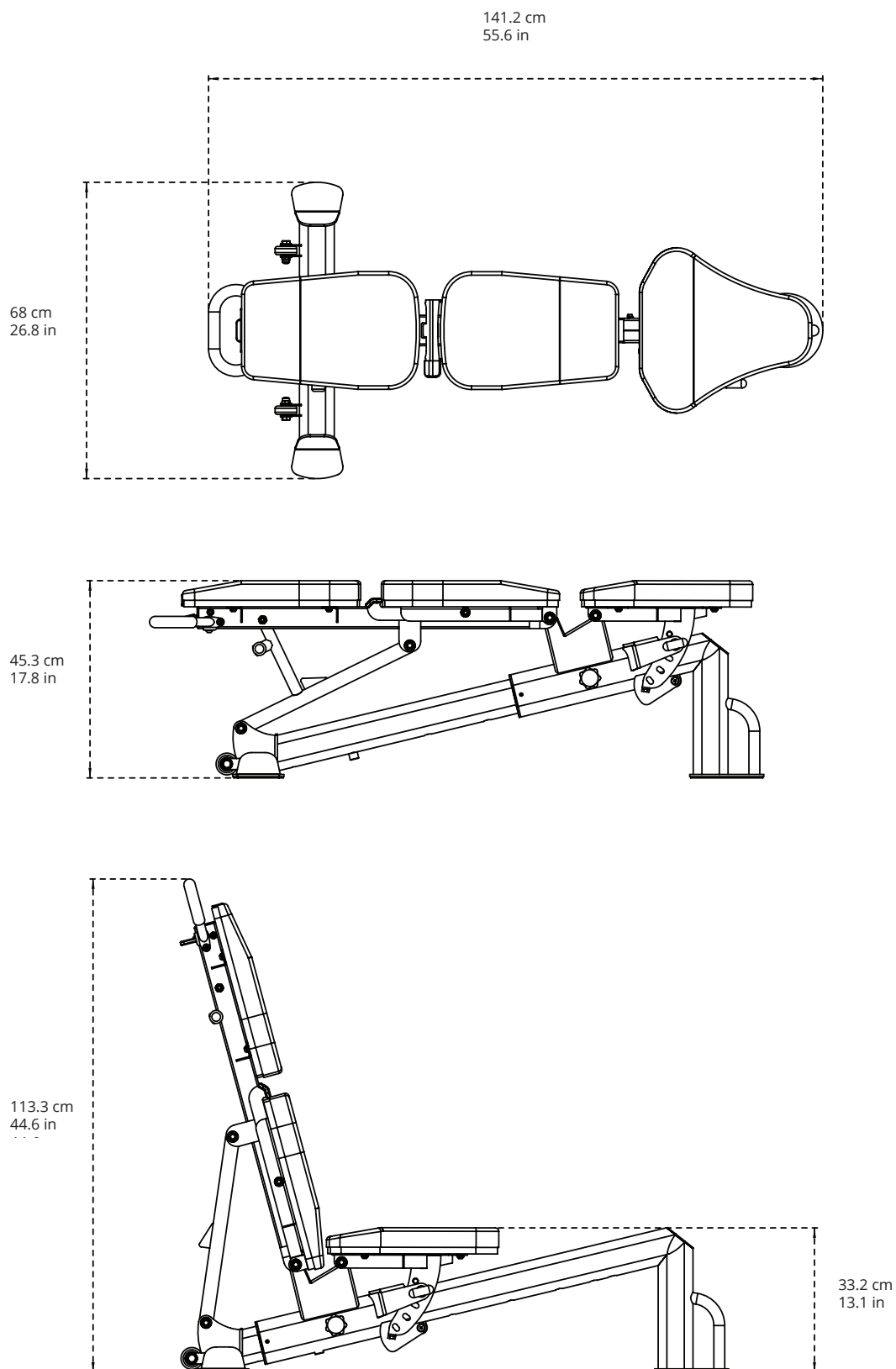
If you desire to adjust the seat back to the full 75 degree position, **unscrew the stopper using the #6 Allen Wrench from position 1 and place it in position 2.** Although it may become harder for the bench to slide when it is all the way in this position.



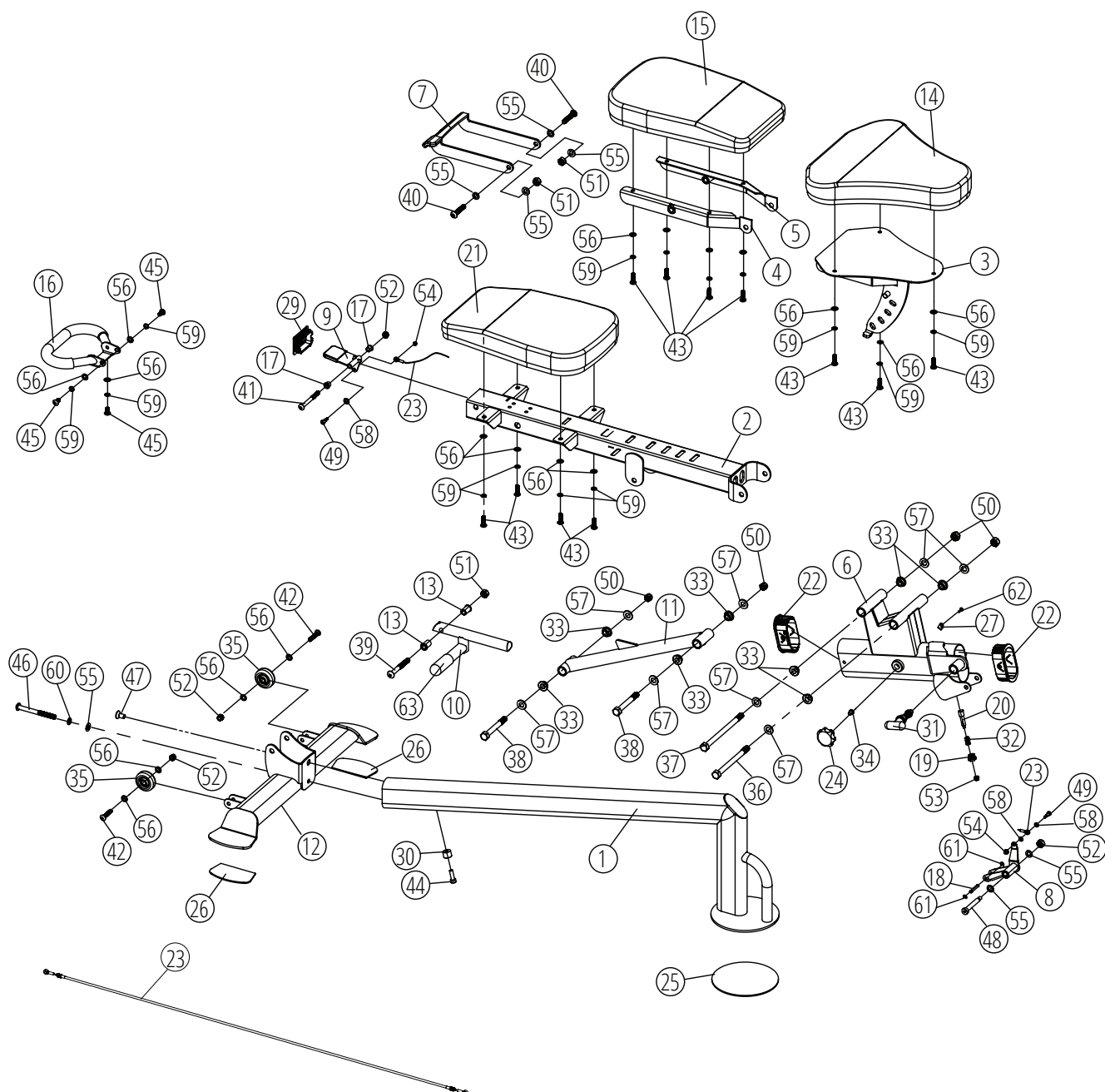
LIVE AREA



BENCH DIMENSIONS



EXPLODED VIEW



PARTS LIST

No.	Part Number	Description	Qty.
1	2010010307073001	Main Frame	1
2	2010010307073002	Back Frame	1
3	2010010307073003	Seat Frame	1
4	2010010307073004	Back Pad Frame Left	1
5	2010010307073005	Back Pad Frame Right	1
6	2010010307073030	Sliding Frame Assembly	1
7	2010010307073024	Back Pad Support	1
8	2010010307073008	Pin Pivot Assembly	1
9	2010010307073009	Lock Lever	1
10	2010010307073011	Support Frame	1
11	2010010307073012	Rear Link Tube	1
12	2010010307073013	Rear Frame Tube	1
13	2010010307073014	Long Bushing	2
14	2010010307073015	Seat Pad	1
15	2010010307073025	Back Pad	1
16	2010010307073016	Grab Handle	1
17	2010010307073018	Short Bushing	2
18	2010010307073019	Set Pin	1
19	4060029900210	Nut Cover	1
20	4060069900115	Pop Pin	1
21	2010010307073021	Head Pad	1
22	4040060100046	Hollow Casing	2
23	4060310000150	Cable	1
24	4060060600055	Knob	1
25	4040049902906252	Front Rubber Pad	1
26	4040049902906253	Rear Rubber Pad	2
27	4070040001154	Cable Clip	1
28	4040140110685	Cable Tie	1
29	4040059900062	End Cap	1
30	4069990702066069	Sleeve	1
31	4060060200018	T-shape Pin	1
32	4060050400055	Spring	1
33	4060169900032	Metallurgy Sleeve	8
34	4040049902906254	Cushion	1
35	4040070000100	Wheel	2
36	4060030300592	M12*180 Hex Bolt	1
37	4060030300593	M12*150 Hex Bolt	1
38	4060030300537	M12*95 Hex Bolt	2
39	4060030100345	M10*85 Buttonhead Screw	1
40	4060030100340	M10*50 Buttonhead Screw	2
41	4060030100346	M8*85 Buttonhead Screw	1
42	4060030100078	M8*40 Buttonhead Screw	2
43	4060030100067	M8*25 Buttonhead Screw	11
44	4060030400054	M8*20 Buttonhead Screw	1
45	4060030100059	M8*15 Buttonhead Screw	3
46	4060030100347	M10*105 Buttonhead Screw	1
47	4060030600010	M10*30 Flathead Screw	1
48	4060019900264	M8 Shoulder Bolt	1
49	4060019900265	M5 Shoulder Bolt	2
50	4060020100126	M12 Locknut	4
51	4060020100058	M10 Locknut	3
52	4060020100121	M8 Locknut	4
53	4060020100013	M6 Locknut	1

No.	Part Number	Description	Qty.
54	4060020100040	M5 Locknut	2
55	4060040100001	M10 Flat Washer	7
56	4060040100003	M8 Flat Washer	18
57	4060040100126	M12 Flat Washer	8
58	4060040100058	M6 Flat Washer	3
59	4060040300015	M8 Spring Washer	14
60	4060040300014	M10 Spring Washer	1
61	4060040400059	E-Clip	2
62	4060010500143	Tapping Screw	1
63	4080070000209	Grip Cover	1
64	4040050200051	Round End Cap	1
Tool List			
65	4060180200004	#5 Allen Wrench	1
66	4060180200006	#6 Allen Wrench	1
67	2010010307877022	Open Wrench	2

