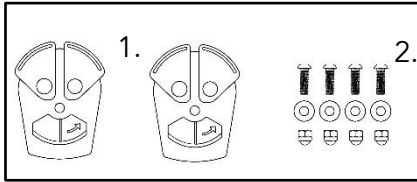


# 1 Manual trike bench (longitudinal)



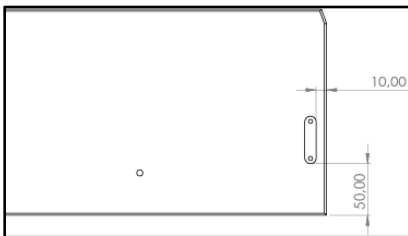
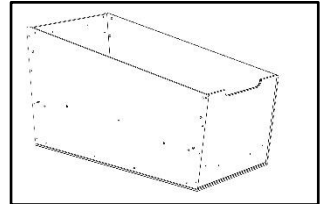
## Overview of parts

1. Seatbelt (2x), 2. Bolt M6x20 (4x) + Washer M6 (4x) + Nut M6 (4x).

**Note:** The other parts needed have to be reused from the existing benches.

## Step 1: Remove the existing benches

Remove the two existing benches and their supports. All the parts except the bench will be reused

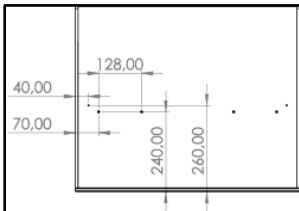
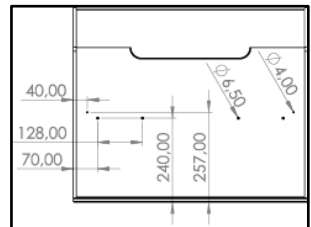


## Step 2: Replace the magnet strip

The magnet strips (+ screws) from the existing benches will be reused on the new benches. Make sure they are placed on the correct side of the bench, see the illustration above.

## Step 3. Drill holes (frontside)

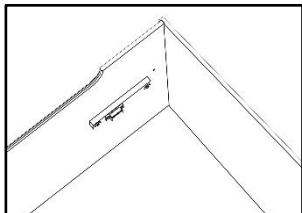
Drill 4 hole with a diameter of 6,5 mm and 2 holes with a diameter of 4 mm in the front of the box



## Step 4. Drill holes (backside)

Drill 4 holes with a diameter of 6,5 mm and 2 holes with a diameter of 4 mm in the backside of the box

## 2 Manual trike bench (longitudinal)

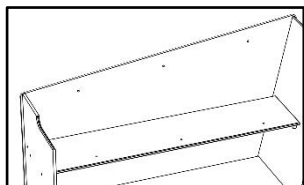
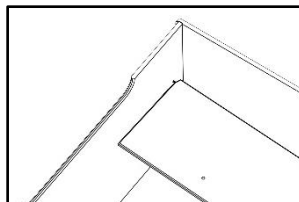


### Step 5: Mount the bench supports

Mount the 4 bench supports in the box with the existing bolts and nuts. The support with the magnet needs to be mounted in the front.

### Step 6: Mount the benches

Mount the two new benches with the existing screws.



### Step 7: Drill holes and mount the seatbelts

Drill 3 holes aligned with the holes in the bench approximately 50 mm from the top with a diameter of 6 mm