

FB-23YLD-TZ

FLYBIRD WEIGHT BENCH

USER MANUAL

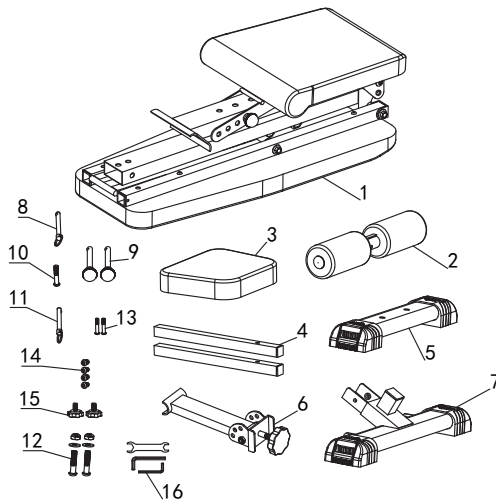
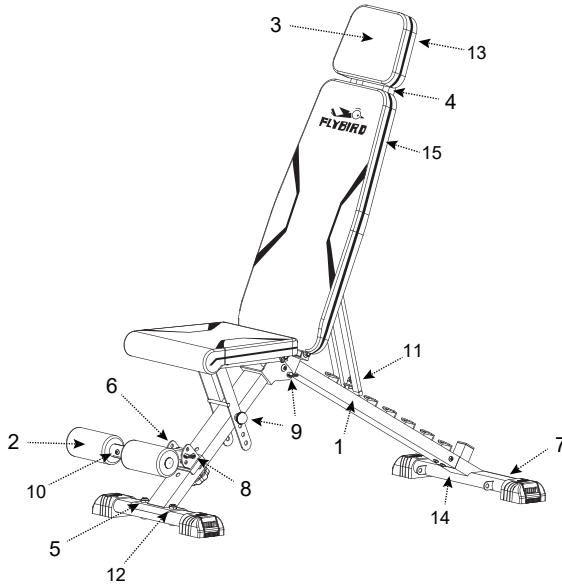
Precautions

To ensure user safety, please pay attention to the following points before using the product.

1. Teenagers and the elderly should use this product under supervision.
2. Before using this product, please confirm with your doctor whether you can use it. If you feel uncomfortable during use, please stop using it immediately and consult your doctor.
3. Please install this product correctly before use and make sure that all parts are properly connected.
4. Please wear well-fitting clothes for exercise. Remove all jewelry from your body before exercising. People with long hair should tie the hair up.

Parts list

1.Main Frame	2.Foam Bar	3.Headrest	4.Headrest Bar
5.Front Foot Tube	6.Foot Support Bar	7.Rear Foot Tube	8.M8*80 Bolt
9.M10*95 Bolt	10.M8*40 Screw	11.M8*59 Bolt	12.M10*45 Screw
13.M6*30 Screw	14.M8*12 Screw	15.M8 Knob	16.Tool



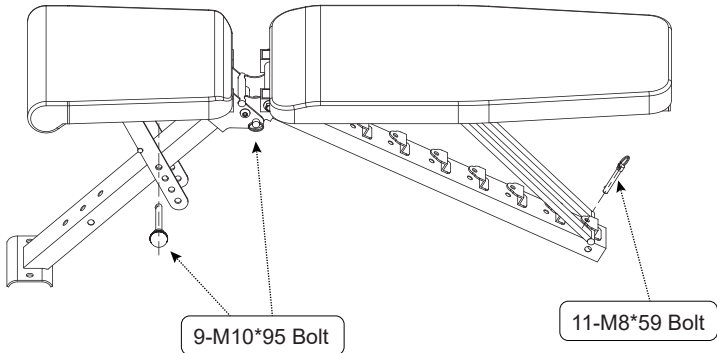
Installation Instructions

ATTENTION!

Please follow the installation instructions and make sure the bench is fully installed before you start using it.

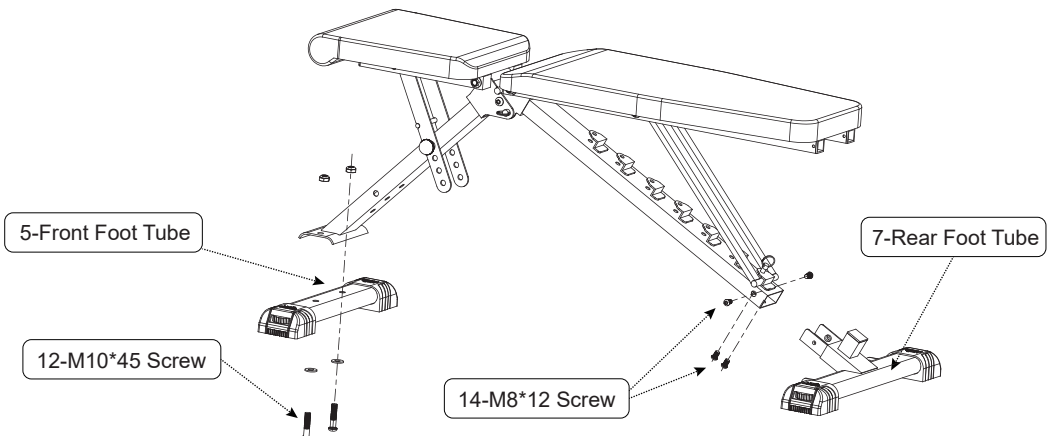
Step one

Unfold the main frame, insert two [M10*95 Bolts] and one [M8*59 Bolt] separately.



Step two

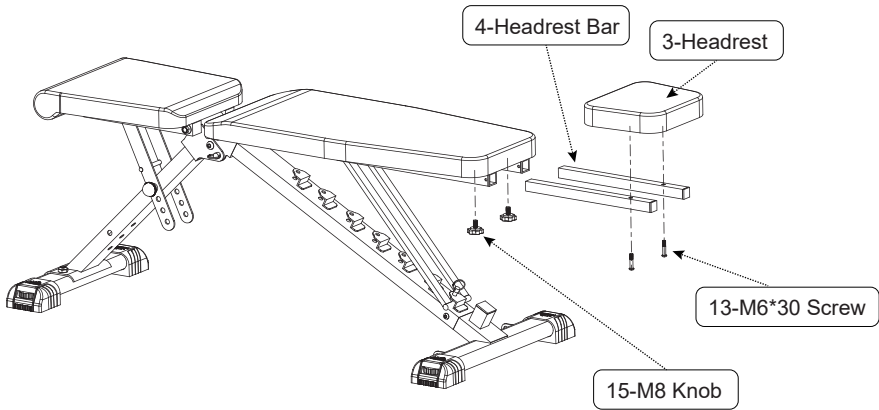
Install [Front Foot Tube] with two [M10*45 Screws]. Install [Rear Foot Tube] with four [M8*12 Screws].



Installation Instructions

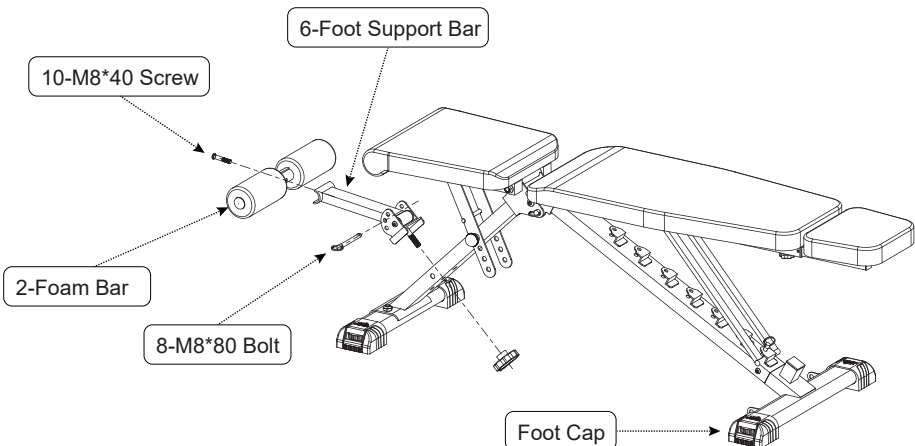
Step three

Install [Headrest Bar] with two [M8 Knobs]. Install [Headrest] with two [M6*30 Screws]. Headrest has two adjustment levels.



Step four

Install the [Foot Support Bar] as follows, then use the [M8*40 screws] to fix the [Foam Bar] and insert the [M8*80 Bolt]. Finally, you can adjust the four [Foot Caps] before you start using it if you feel the bench is unbalanced.



Warranty

We provide a 1-year warranty for this product. In this period, replacements for all accessories are freely provided.

If you need replacement parts or support from the seller, please contact us via Amazon.

(Login your amazon account > choose "Your orders" > find the order ID > click "Contact seller") .

or Email to flybirdfitness@gmail.com.

Our customer service will get back to you within 24 hours.

In order to resolve your issue faster, please include the following information in your email when contacting us.

Order number _____

Product _____

Issue _____

Request _____

Address _____

Phone number _____

