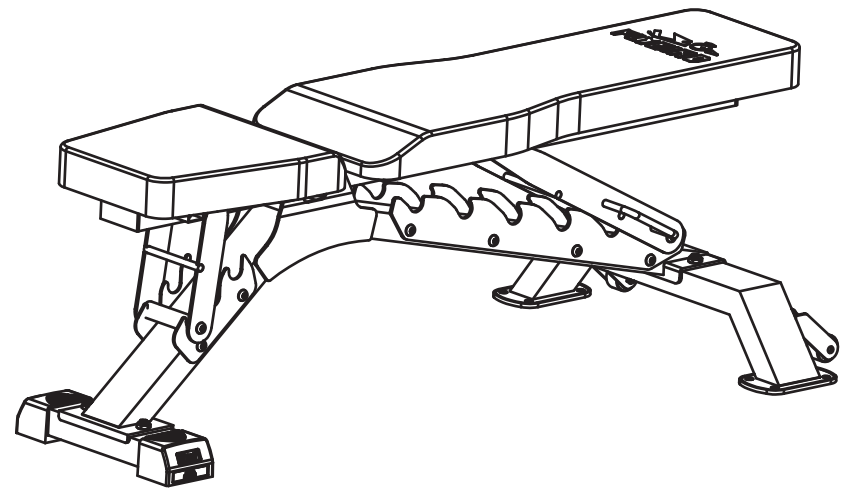


FLYBIRD WEIGHT BENCH USER MANUAL

FB-21YLD01



Safety Precaution

Thanks for purchasing FLYBIRD Weight Bench! For your safety and health, please read the manual carefully before using. It is the responsibility of the owner to ensure that all users of this bench are fully informed of all warnings and precautions.

Warning: Children and the old are not permitted to use this product!

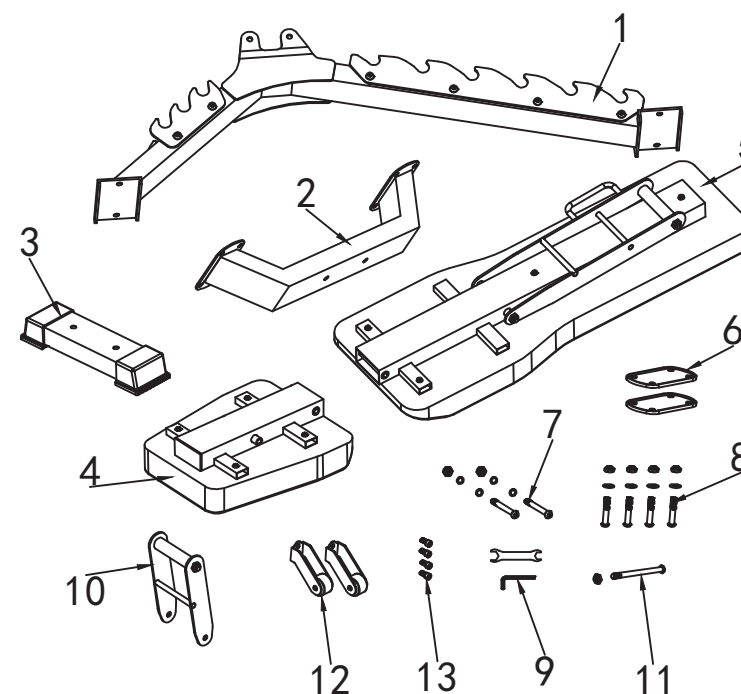
1. Before starting any new exercise program, consult with doctors. If you feel faint, pain or any discomfort during use, please stop immediately and consult doctors.
2. This bench is not a toy. Please keep the bench and all accessories where children cannot reach.
3. Always tie the long hair up and remove jewelry before exercise. Keep fingers, clothes and hair away from moving parts.
4. Only one person is allowed to use this equipment at a time.
5. Do remember to check and tighten all the screws before use.

Cleaning & Storage

For daily cleaning, a clean soft cloth is recommended. To avoid any damage or dissolution, industrial detergents are forbidden.

Keep it indoors, away from moisture. Avoid direct sun exposure.

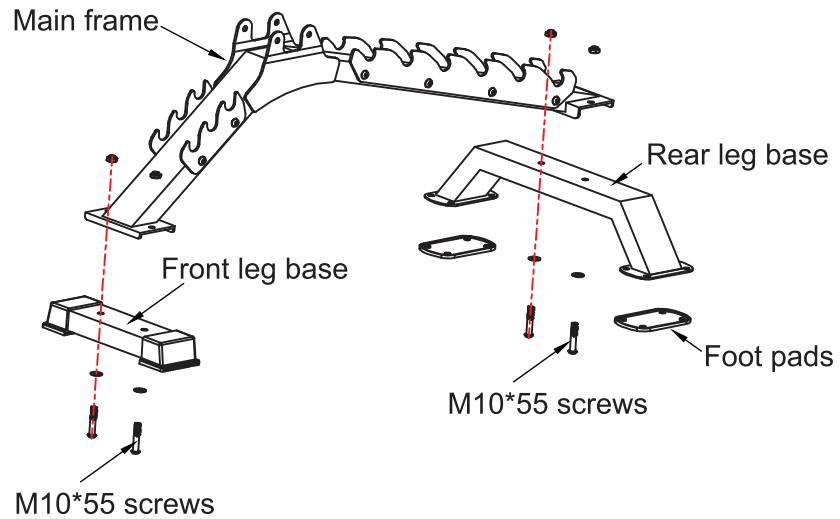
Parts List



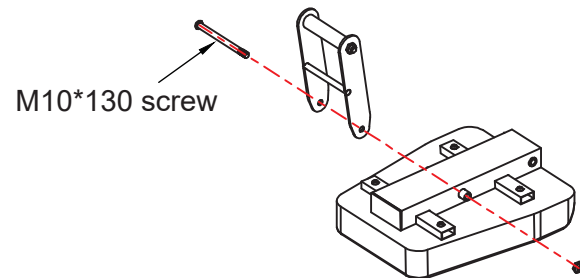
NO.	DESCRIPTION	QUANTITY
1	Main Frame	1
2	Rear Leg Base	1
3	Front Leg Base	1
4	Seat Cushion	1
5	Backrest Cushion	1
6	Foot Pads	2
7	M10*105 Screws	2
8	M10*55 Screws	4
9	Tools	2
10	Seat Cushion Support	1
11	M10*130 Screw	1
12	Wheels	2
13	M8*16 screws	4

Assembly Instruction

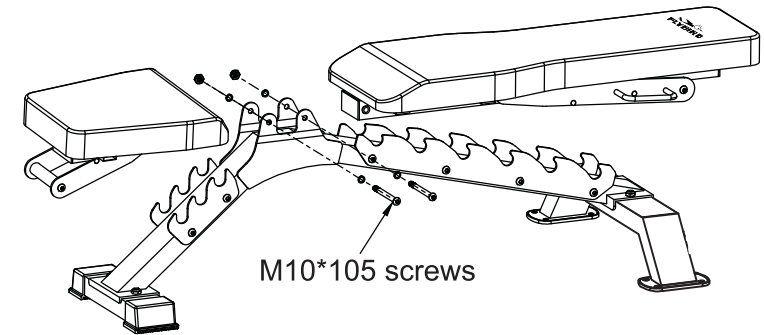
Step1: Attach the foot pads to the rear leg base, then install the front and rear leg base to the main frame with M10*55 screws.



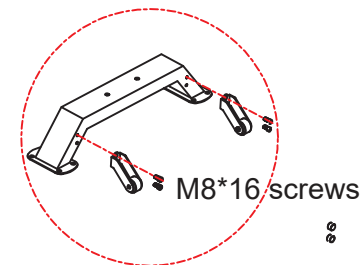
Step2: Attach the seat cushion support onto the seat cushion with M10*130 screw.



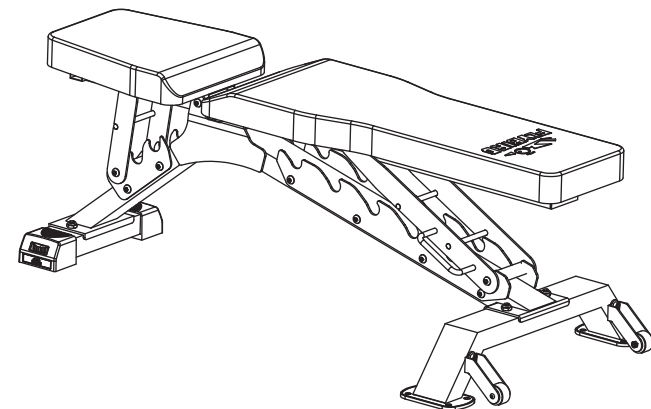
Step3: Install the seat and backrest to the main frame with M10*105 screws.



Step4: Attach the two wheels onto the rear leg base with M8*16 screws.



Step5: Check and tighten all the screws with supplied tools.



WARRANTY

We provide a 1-year warranty. 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 better, please include the following information in your email to us.

Order number_____

Product _____

Issue _____

Request _____

Address _____

Phone number_____

If you have any questions,
please feel free to contact us.

