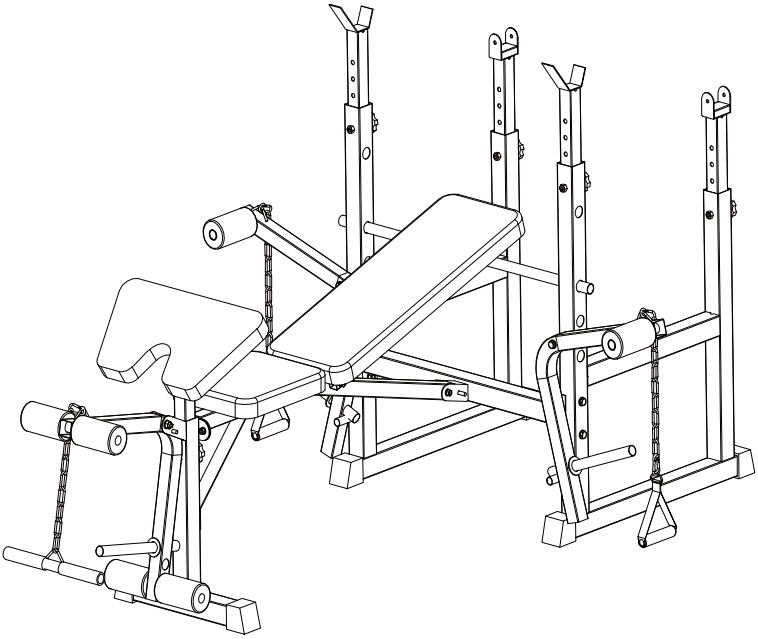
Multi-Function Weight Bench

User Manual



Model: WB-KLB002

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INSTRUCTIONS FOR SAFE USE

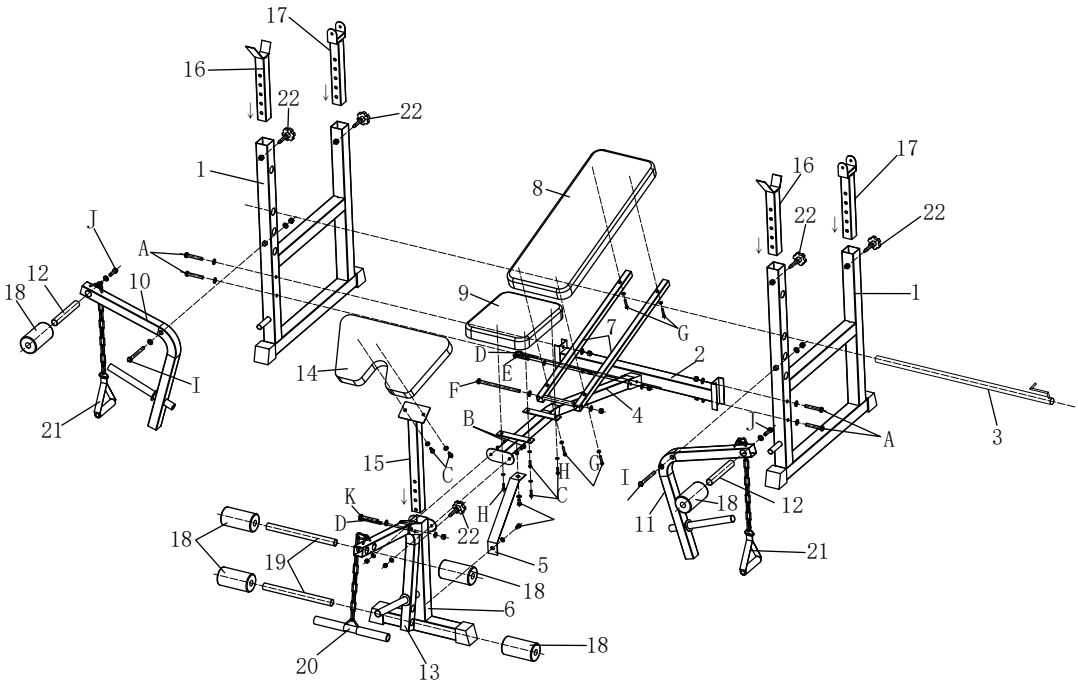
Thank you for purchasing our products, the correct use of this machine is your safety and health guarantee, please read the following carefully before using the weight bench:

1. It is very important to read the manual completely before installation and use. Only when properly installed, maintained and used this equipment can the practice be safe and effective.
2. Before starting an exercise program, consult your doctor to determine your current physical condition and see if it will pose a risk to your health when you exercise with this equipment. If you are under going some treatments regarding heart rate, blood pressure, and cholesterol, then doctor's advice is very necessary.
3. Pay attention to some signals from your own body. Incorrect and excessive exercise will harm your health. If you experience any of the following discomforts: pain, chest tightness, rapid heartbeat,shortness of breath, lightheadedness, dizziness and nausea, stop practicing immediately. If you want to continue your exercise program, consult your doctor first.
4. Keep children and pets away from this equipment, which is specially designed for adults.
5. Use a strong, flat material on the bottom of the equipment to protect your floor and carpet. For safety, please ensure that there is at least 0.5m of free space around the equipment.
6. Please make sure that each screw and nut are locked tightly before use.
7. Please use this equipment with caution. If you notice any defects while installing or using the equipment, or hear any unusual sounds, stop practicing immediately. Do not continue to use until the problem is resolved.
8. Wear well-fitting clothing during exercise to prevent loose clothes from tripping on equipment or restricting exercise. Please be aware that incorrect and excessive practice may cause harm to the body.
9. This equipment is only suitable for indoor and household use.
10. Be as careful as possible when handling this equipment to avoid unnecessary injury.
11. This product cannot be used as a medical device.
12. The maximum weight is 600lbs.

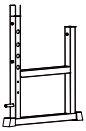
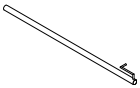
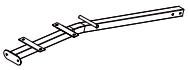
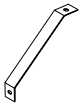
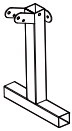
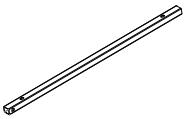
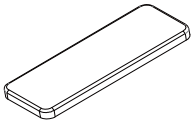
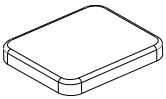
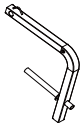
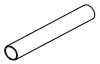
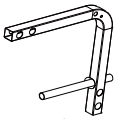
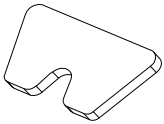
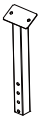
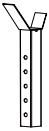
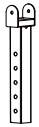
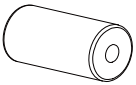
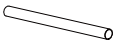
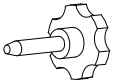
DETAILS

Product Name	Multi-Function Weight Bench
Product Dimensions	85.04*55.1*47.2inch
Product Weight	62.6lbs
Item Package Dimensions L x W x H	44.88*30.5*6.7inch
Maximum Weight Recommendation	600lbs
Frame Material	Iron
Height adjustment	5 level resistance adjustable
Backrest adjustment	4 level resistance adjustable

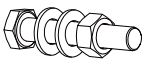
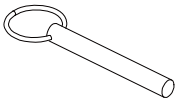
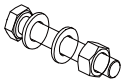
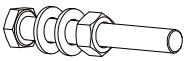
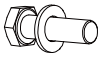
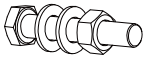
EXPLODING DRAWING



PART LIST

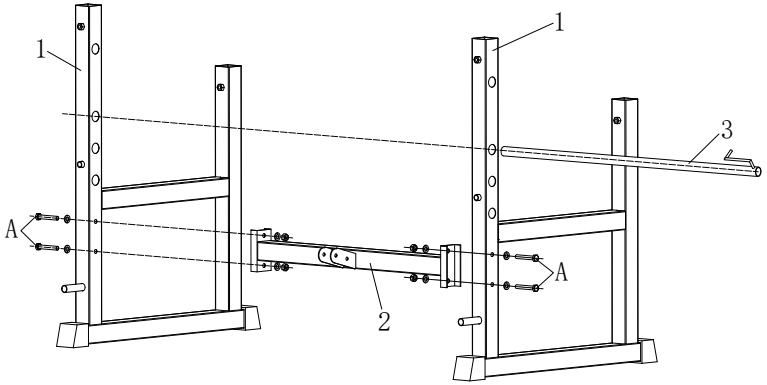
1. Standing Tube  2 PCS	2. Standing Connecting Tube  1 PC	3. Barbell latch  1 PC	4. Main frame  1 PC
5. Supporting Iron  1 PC	6. Front Stable Tube  1 PC	7. Fixed Tube  2 PCS	8. Sponge Board  1 PC
9. Sponge Board  1 PC	10. Left Rocker Arm  1 PC	11. Right Rocker Arm  1 PC	12. Rocker Connecting Arm  2 PCS
13. Front Rocker Arm  1 PC	14. Sponge Board  1 PC	15. Lifter Tube  1 PC	16. Supporting Tube  2 PCS
17. Supporting Tube  2 PCS	18. Foam  6 PCS	19. Round Tube  2 PCS	20. Round Tube  1 PC
21. Hand Bar  2 PCS	22. Adjusting Screw  5 PCS		

PART LIST

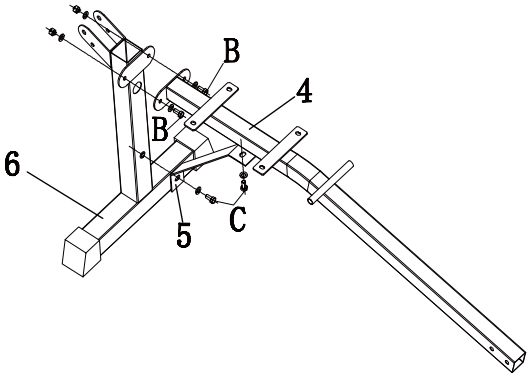
A  M10*65 4 PCS	B  M8*15 2 PCS	C  M8*15 4 PCS	D  ϕ8*70 2 PCS
E  M8*55 1 PC	F  M10*200 1 PC	G  M6*40 4 PCS	H  M6*20 4 PCS
I  M10*130 2 PCS	J  M10*35 2 PCS	K  M10*70 1 PC	Tools  4 PCS

ASSEMBLY STEPS

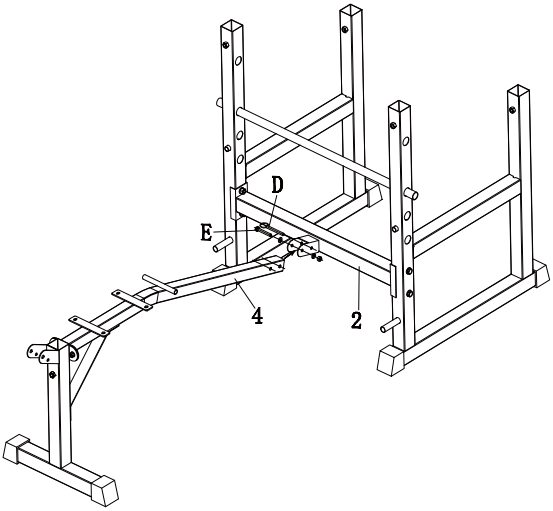
STEP 1: Install weight bench base
Used the screw A to connect the part 1 and part 2. Inset the part 3 through the part 1.



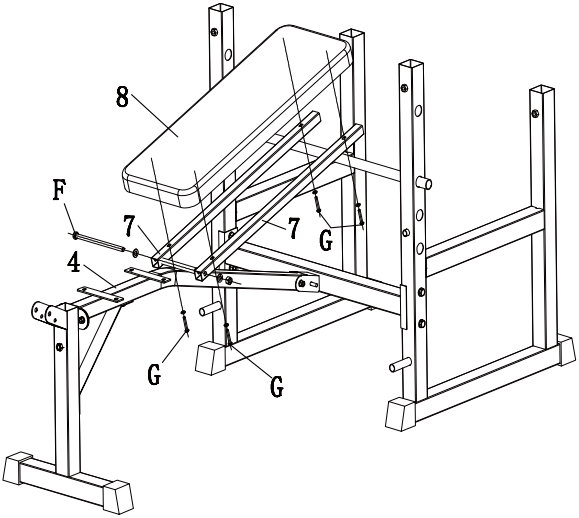
STEP 2 : Install main frame
Used the screw B to connect the part 4 and part 6. Attach part 5 to Sections part 4 and part 6 with screw C.



STEP 3: Linking main frame and base
Attach part 4 to Sections part 2 with screw D and E .

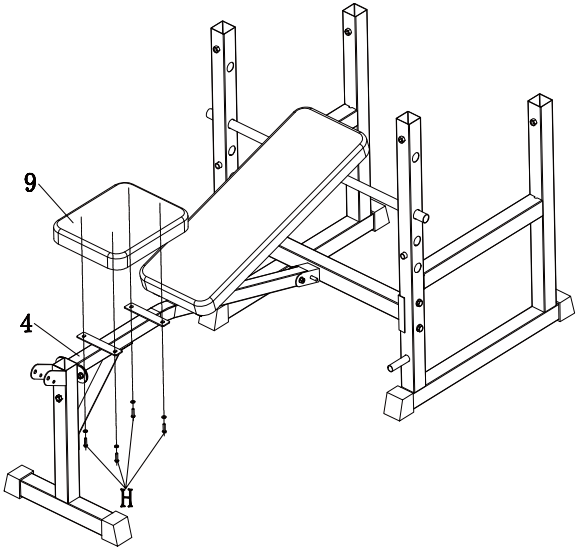


STEP 4: Install part 8 sponge board
Attach the two parts 7 to the parts 4 with screw F.
Attach the parts 8 to the parts 7 with screw G.



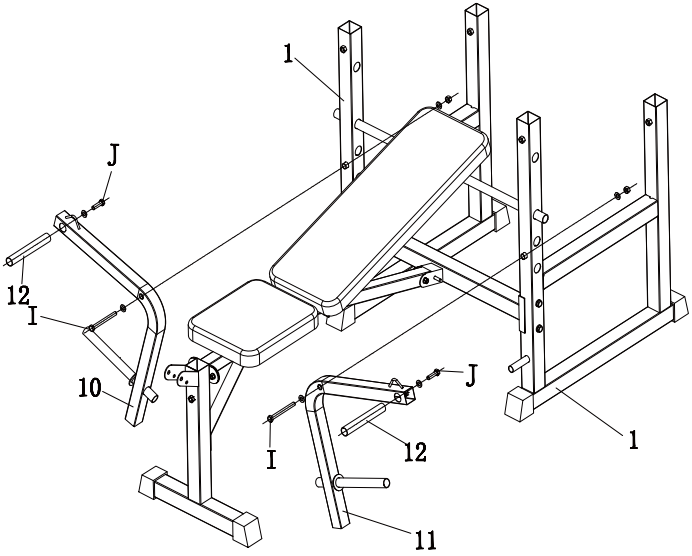
STEP 5: Install part 9 sponge board

Attach the parts 9 to the parts 4 with screw H.

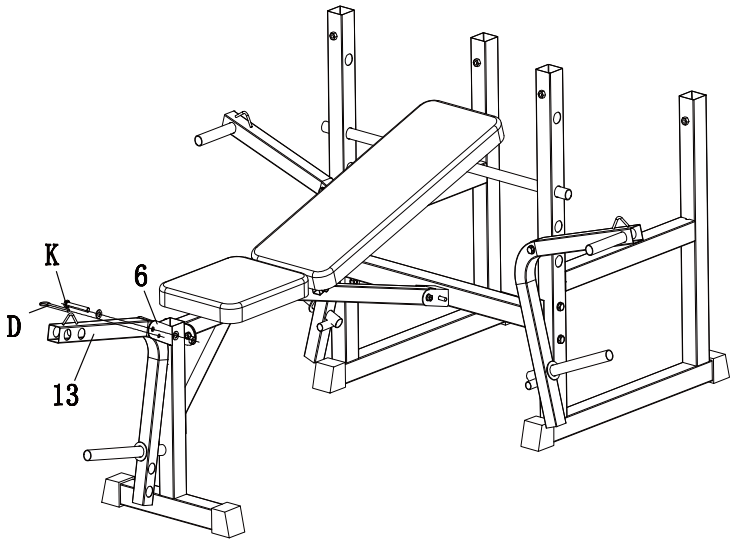


STEP 6: Install Rocker Arm

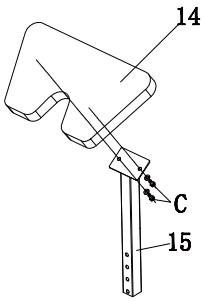
Attach the parts 12 to the parts 10 with screw J.
Attach the parts 10 to the parts 1 with screw I.
Attach the parts 12 to the parts 11 with screw J.
Attach the parts 11 to the parts 1 with screw I.



STEP 7: Install fornt rocker arm
Attach the parts 13 to the parts 6 with screw K & D.

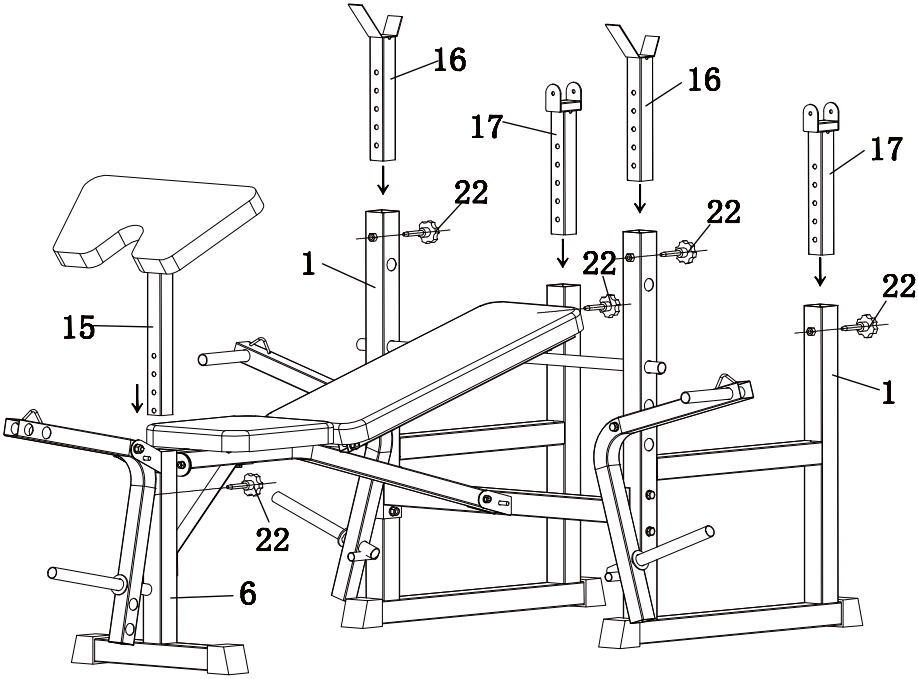


STEP 8: Install part 14 Sponge Board
Attach the parts 14 to the parts 15 with screw C.



STEP 9: Install lifter tube & supporting tube

Insert the part 15 into the part 6, and used the component 22 to adjustable height.
Insert the part 16 into the part 1 (the higher pipe), and used the component 22 to adjustable height.
Insert the part 17 into the part 1 (the shorter pipe), and used the component 22 to adjustable height.



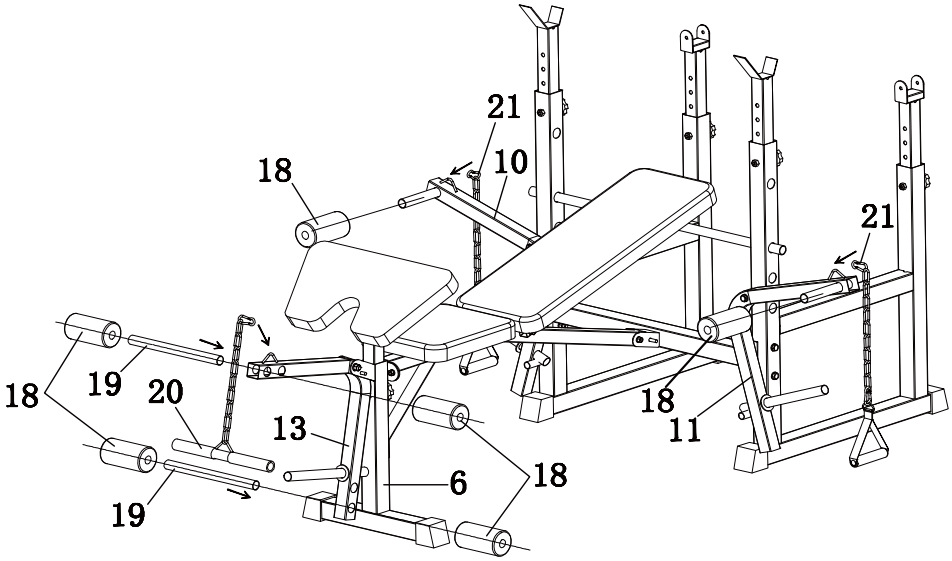
STEP 10: Part 18-22 Installation

Insert the part 19 into the hole (under) of part 13, then insert the 2pcs part 18 into the part 19.

Insert the part 19 into the hole (top) of part 13, then insert the 2pcs part 18 into the part 19.

Fasten the safety buckle of part 20 to part 13.

Insert the part 18 into the hole (under) of part 11, Fasten the safety buckle of part 21 to part 11, same on the other side.



EXERCISE INSTRUCTIONS

Using your Magnetic Rowing Machine will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie controlled diet, help you lose weight.

WARM-UP PHASE

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for Iwo to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.

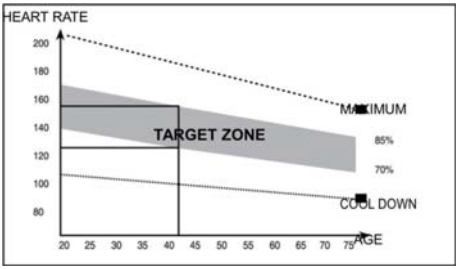
DO NOT BOUNCE.

Remember always to check with your physician before starting any exercise program.



EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



COOL-DOWN PHASE

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool- down slowly lowers your heart rate and allows blood to return to the heart.

WARRANTY & CUSTOMER SUPPORT

If you need help regarding product issues, after-sales service, or other relevant problems, please contact us via ordernumber.

*Note: Products purchased directly from us will enjoy our after-sales service. If the purchases are made from other selling teams, we recommend you contact them for warranty issues.

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Gaoxinnanqidao07hao Guoxintouzidasha1337
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