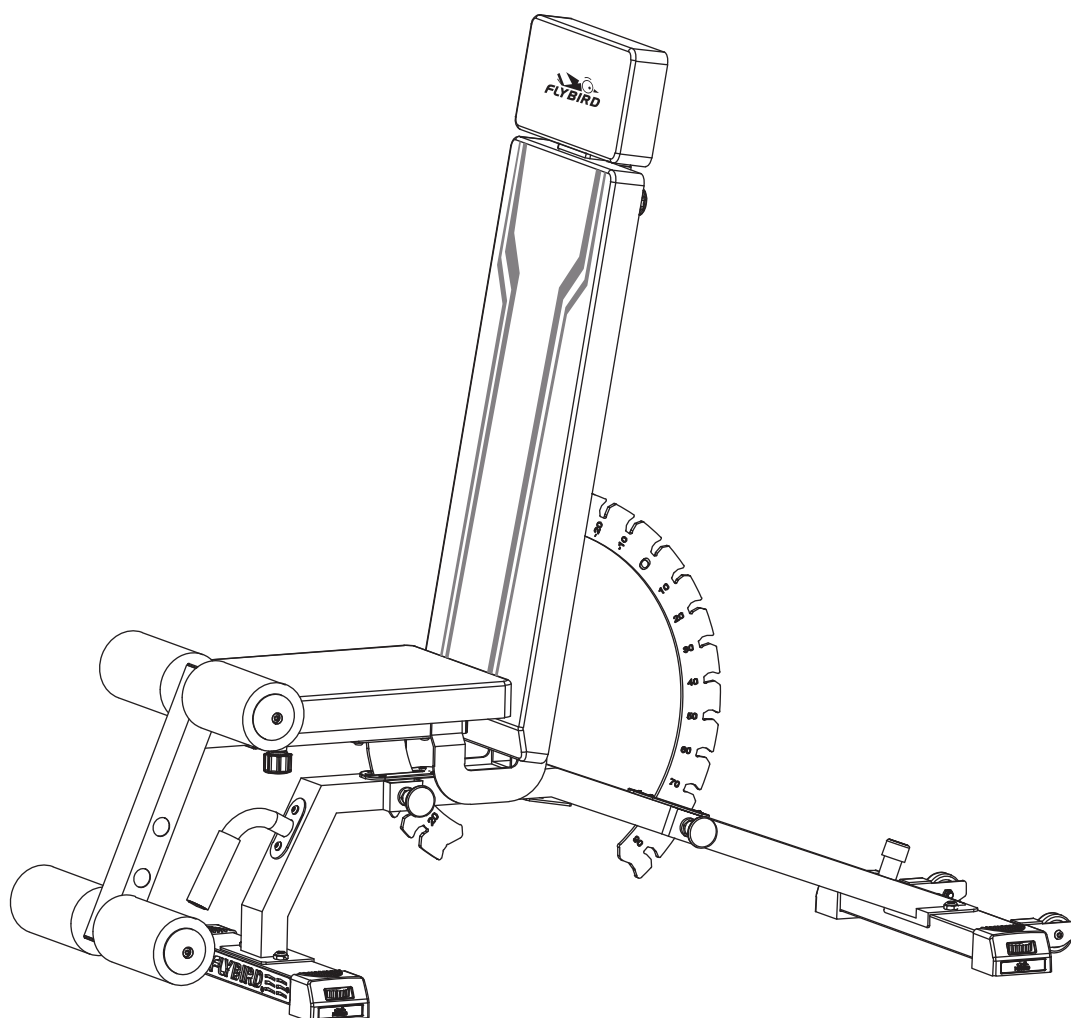


FB3000 WEIGHT BENCH

USER MANUAL



SAFETY PRECAUTION

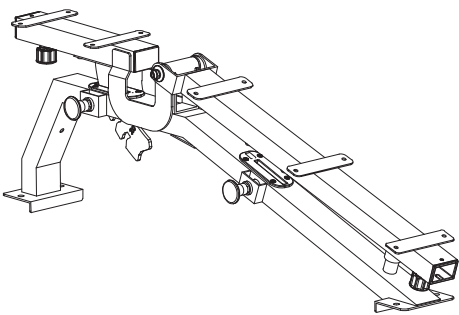
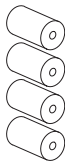
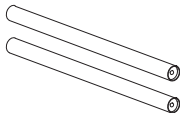
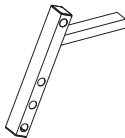
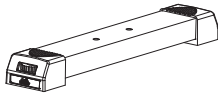
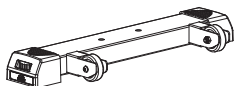
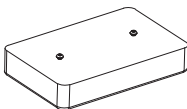
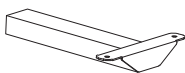
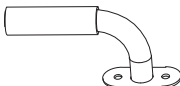
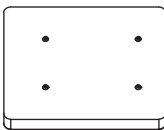
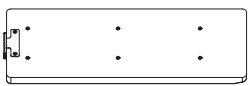
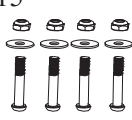
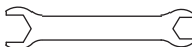
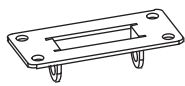
Thank you for purchasing FLYBIRD FB3000 weight Bench.
For your safety and benefit, read this manual carefully before using the bench.

We are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, please feel free to contact us via Amazon or email to us. our customer service Representatives will provide immediate assistance to you.

1. Consult your physician before starting any exercise program.
2. This product is not intended for children. Keep it away from children and pets.
3. Ensure that all users are adequately informed of all precautions.
4. Only one person at a time should use the bench.
5. Always wear athletic shoes and appropriate workout clothing while exercising.
6. If you feel dizzy, nausea or show other abnormal symptoms, Stop the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**

7. Avoid using the bench on uneven surfaces to prevent slipping or tipping.
8. Before each use, check that all parts of the bench are securely fastened. Regularly inspect and tighten all bolts and nuts. Replace any worn parts immediately.
9. The product can be cleaned by using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
10. Keep the product in doors, away from moisture and dust. Avoid direct sun exposure.

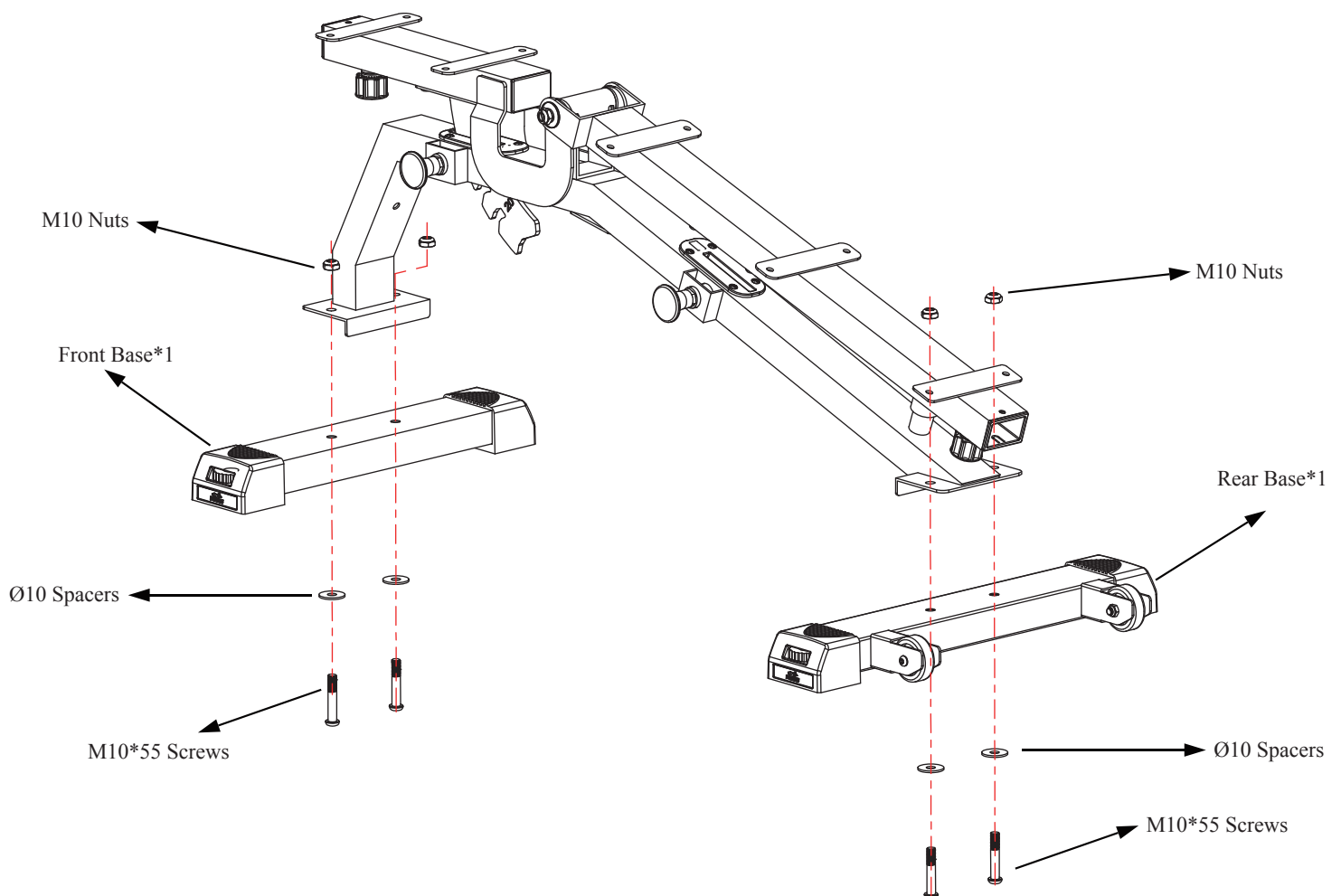
PARTS LIST

Part1  Main Frame*1	Part2  Foam Roller*4	Part3  Foam Tube*2
	Part4  Foot Support*1	Part5  Front Base*1
Part6  Rear Base*1	Part7  Headrest Cushion*1	Part8  Headrest Support*1
		Part9  Handle*1
Part10  Seat Cushion*1	Part11  Back Cushion*1	Part12  Adjustment Lever*1
		Part13  M10*80 Screws+ Ø10 Spring Spacers+ M10 Nuts*1
Part14  M8*50 Screws+ M8 Nuts*2	Part15  M10*55 Screws+ Ø10 Spacers+ M10 Nuts*4	Part16  13/17 Open-ended Wrench*1
		Part17  6mm Hexagonal Wrench*1
Part18  5mm Hexagonal Wrench*1	Part19  Metal Covers*4	Part20  Adjustment Lever Holder*1
		Part21  M8*25 Screws*4

ASSEMBLY INSTRUCTION

STEP 1

Use **M10*55 Screws+Ø10 Spacers+M10 Nuts*4** to attach the **Front Base** and **Rear Base** to the main frame as shown in the diagram, and tighten the screws.

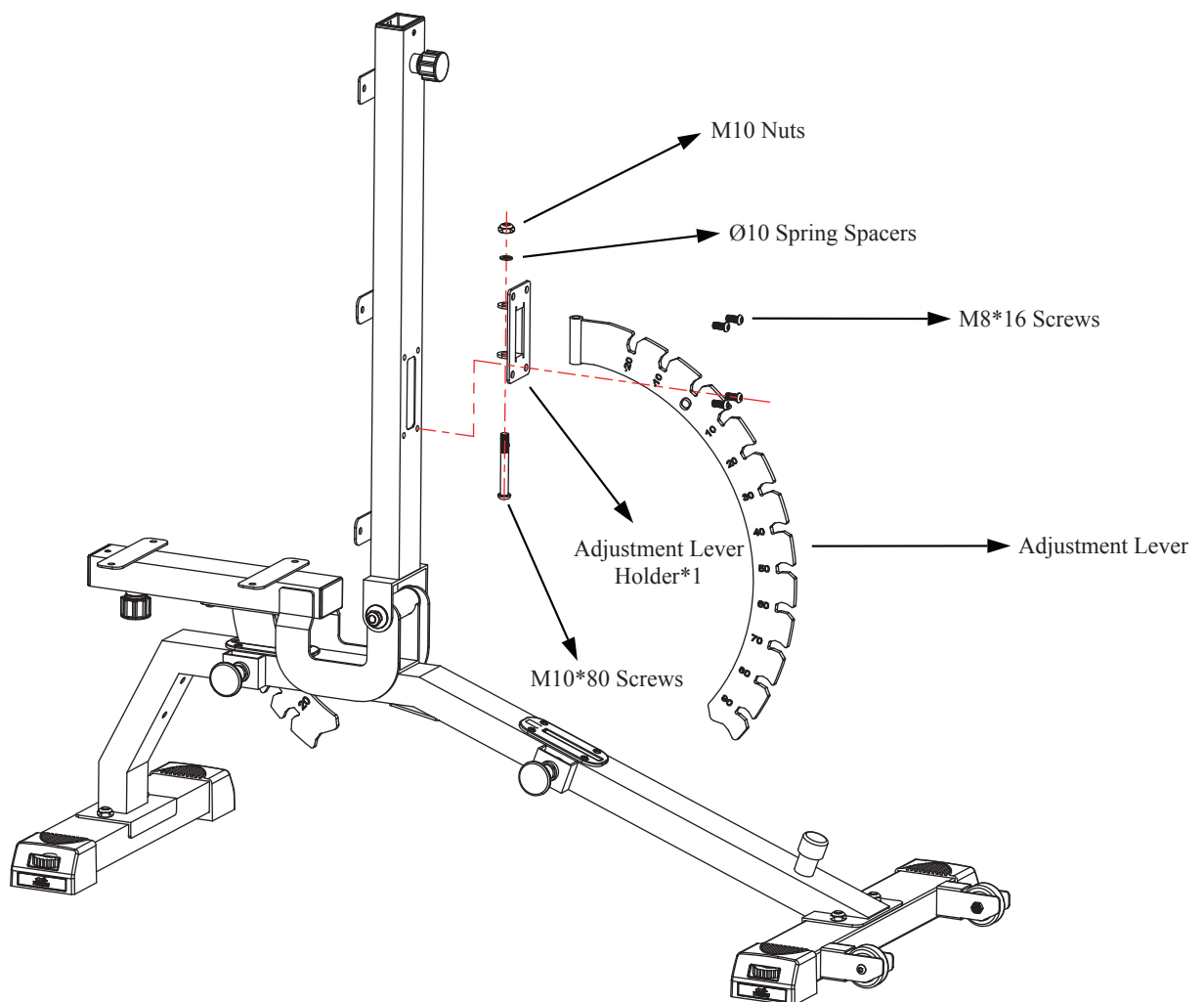


STEP 2

First, attach the Adjustment Lever to the Adjustment Lever Holder in the direction shown with **M10*80 Screws+Ø10 Spring Spacers+M10 Nuts*1.**

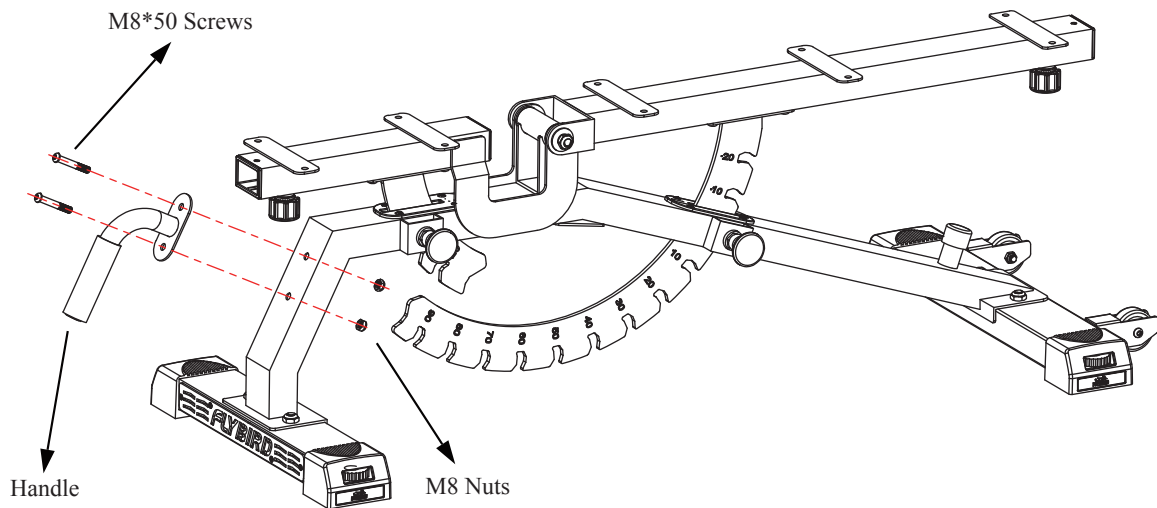
Next, remove the **4 pre-installed M8*16 Screws** from the backrest frame. Attach the assembled Adjustment Lever to the backrest frame using the **M8*16 Screws**.

Finally, lift the adjustment knob on the main frame and slot the Adjustment Lever into the groove on the main frame.



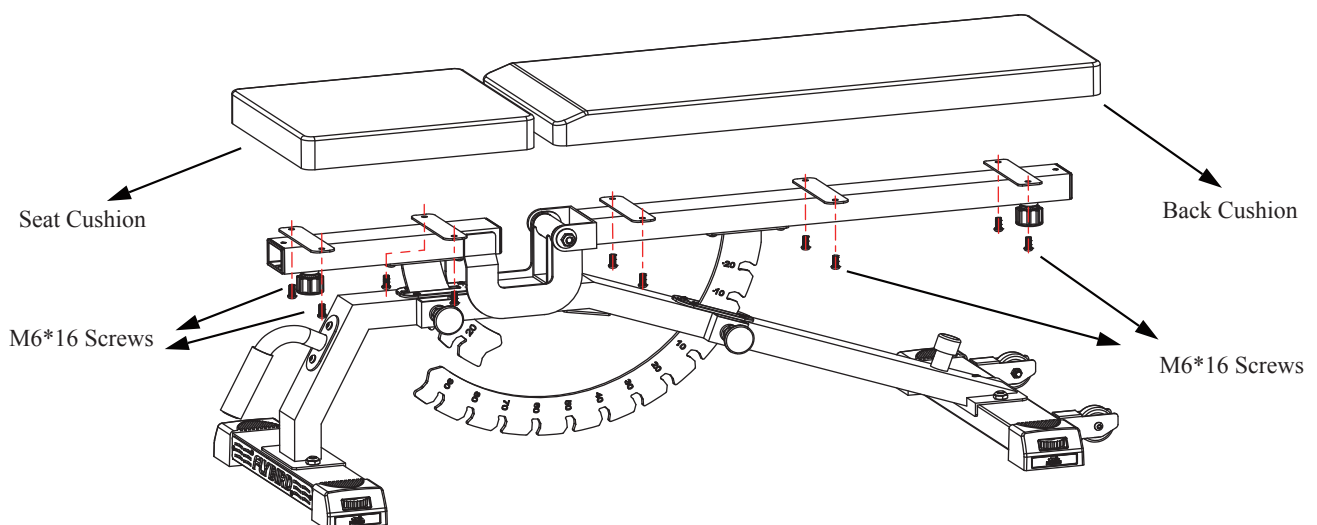
STEP 3

Attach the Handle to the main frame with **M8*50 Screws+M8 Nuts*2** in the direction shown, and tighten the bolt.



STEP 4

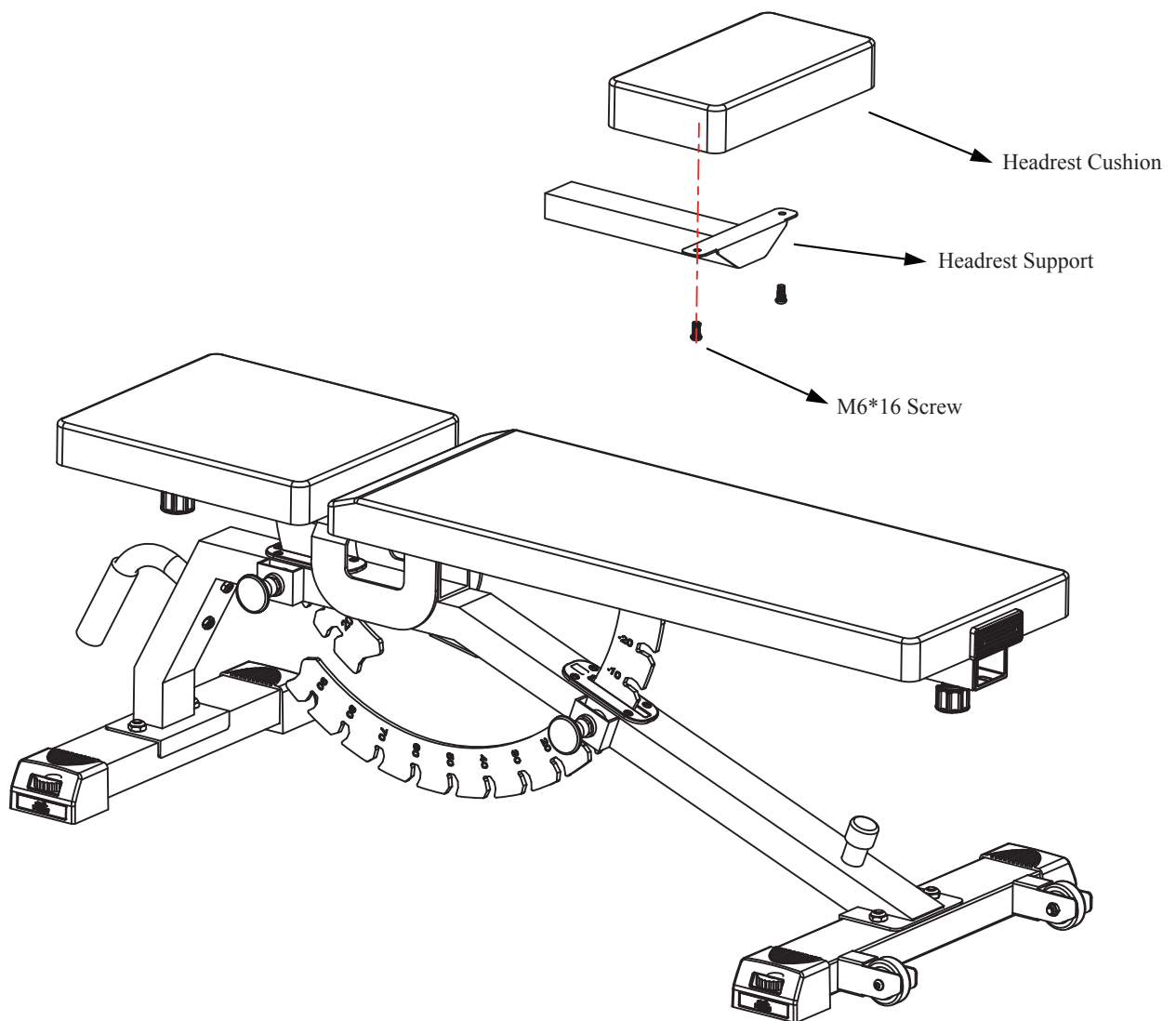
First, remove the **M6*16 screws** pre-installed on the seat cushion and backrest cushion, then install the seat cushion and backrest cushion to the main frame as shown in the directions, and tighten the screws.



STEP 5

First, remove the pre-installed **M6*16 screws** from the headrest. Then, in the direction shown, attach the headrest cushion to the headrest support and secure it with the **M6*16 screws**.

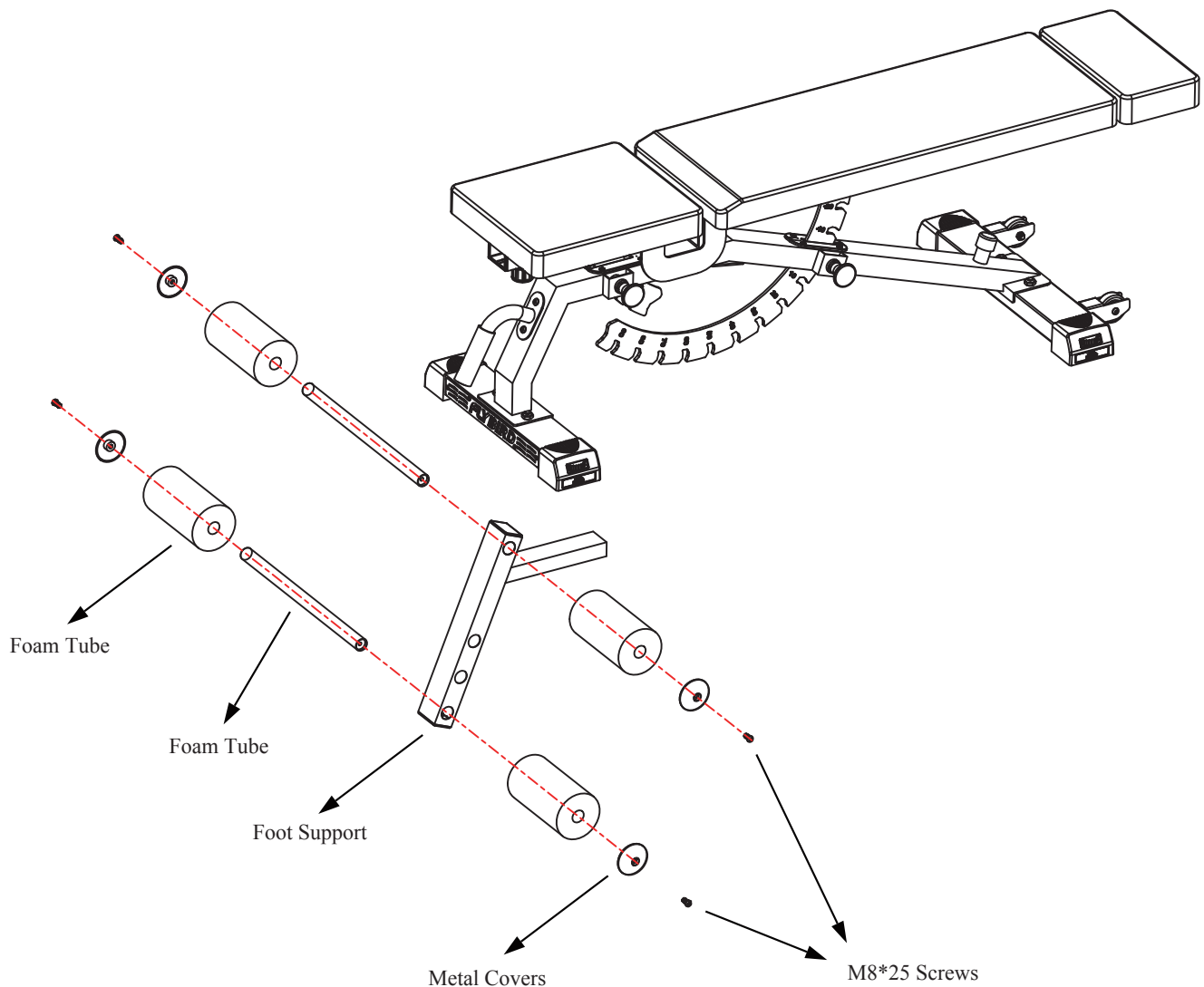
Next, lift the adjustment knob on the main frame and insert the assembled headrest support into the main frame. Align the holes and release the adjustment knob.



STEP 6

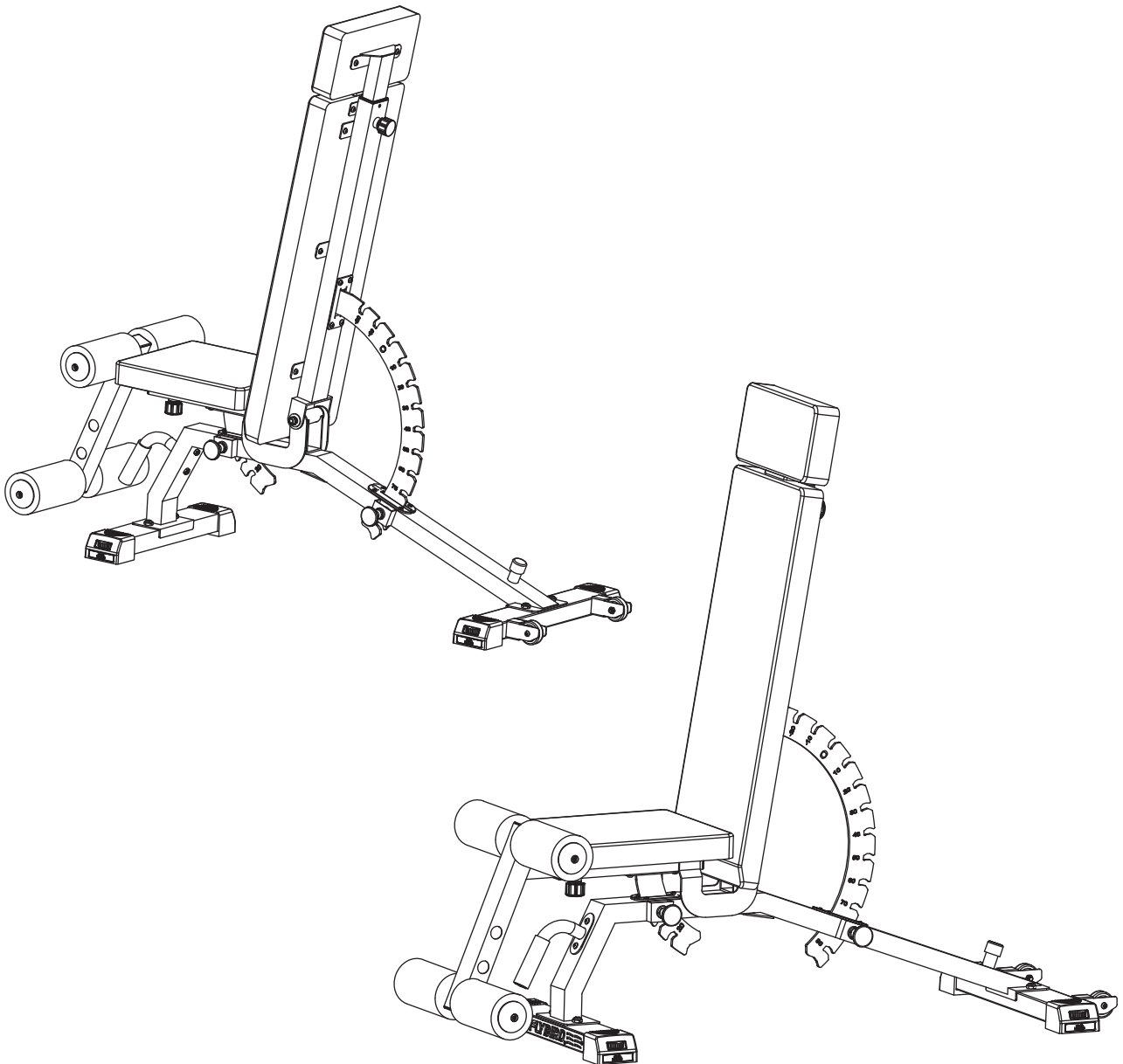
First, insert the Foam Tube into the holes of the Foot Support in the direction shown. Slide foam rollers onto both sides of the Foam Tube, then cover with the Foam Roller Metal Covers and secure with **M8*25 screws**.

Finally, pull the adjustment knob under the seat cushion and insert the assembled foot support into the hole under the seat. Align the holes and release the adjustment knob.



STEP 7

Ensure that the entire bench is stable on the ground. If it is not stable, rotate the knobs on the foot caps to adjust the height, making the bench stable. Once it is stable, the installation of the entire product is complete.



WAEANTY INFORMATION

This product is covered by a 2-year warranty against defects in materials or workmanship. Please note that the warranty does not cover damage resulting from accidents or misuse of the product.

If you need replacement parts or support, 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.

