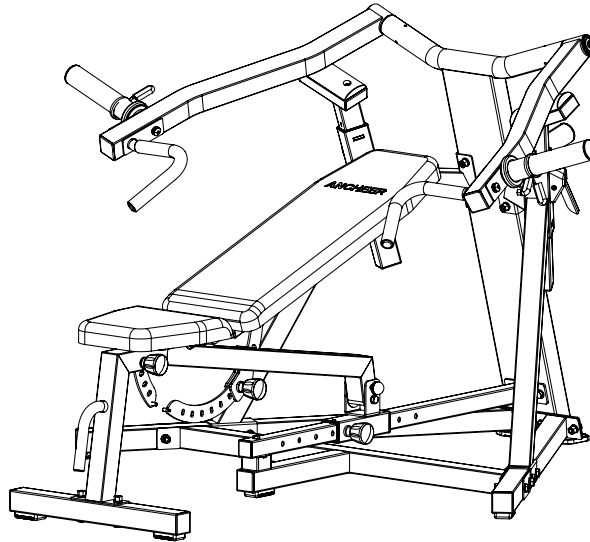


USER MANUAL

Chest Press Machine



SCAN QR FOR
ASSEMBLY VIDEO



Model No.: AMA006053

CONTENTS

IMPORTANT PRECAUTIONS	4
WARNING DECAL PLACEMENT	5
PART LIST	6
HARDWARE LIST	7
EXPLODED DRAWING	8
ASSEMBLY INSTRUCTIONS	9
ADJUSTMENT	27
EXERCISE GUIDELINES	28
MAINTENANCE	29
WARRANTY	30

IMPORTANT PRECAUTIONS

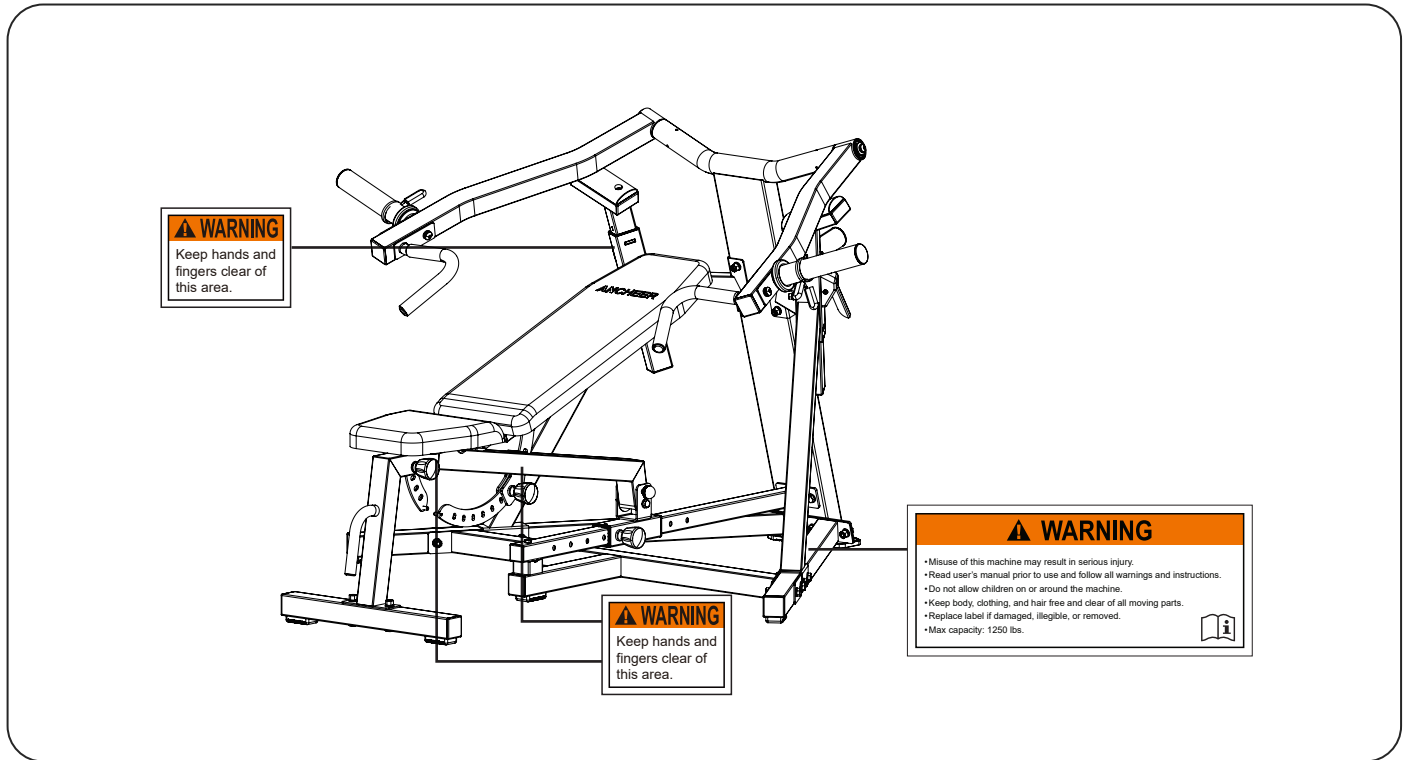
To reduce the risk of injury, read and follow all of the warnings, precautions, and instructions in this manual before you use this equipment. Warnings and instructions for care, maintenance, and use of this equipment are included to promote safe enjoyable use of this equipment.



WARNING

- It is the responsibility of the owner to ensure that all users of the weight training system are adequately informed of all precautions.
- Always consult a physician before beginning any exercise program. This is especially important if you are over 35 or have experienced health problems before.
- This product is intended for domestic use only. Do not use the product in a commercial, rental or institutional setting.
- Keep body and clothing free from and clear of all moving parts.
- Always wear sports shoes for foot protection while using the weight training system.
- The equipment must be placed on a flat, stable surface.
- Keep children and pets away from the weight training system at all times. Teenagers must be supervised.
- Inspect and properly tighten all parts each time the weight training system is used. Replace any worn parts immediately.
- Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain or any other abnormal symptoms, immediately stop your workout and see your doctor.
- Always use locking pins to secure parts in desired positions.

WARNING DECAL PLACEMENT



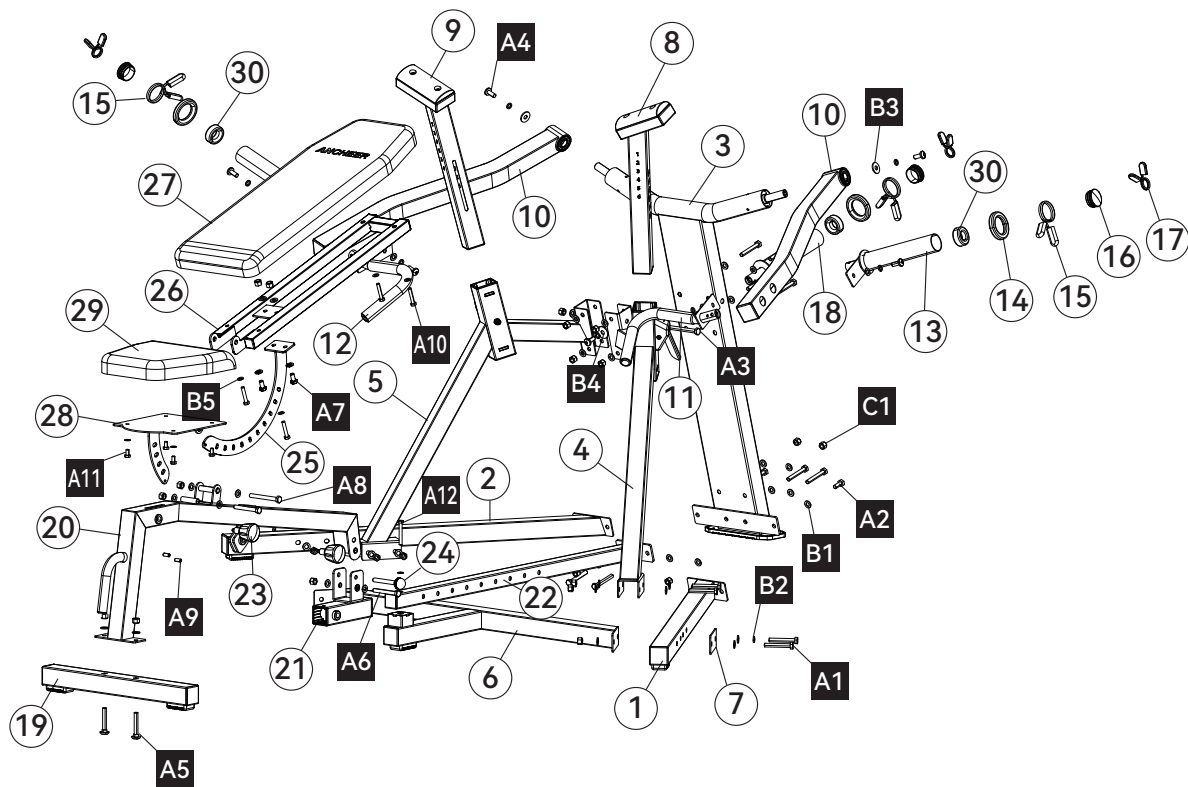
PART LIST

Key No.	Qty	Description	Key No.	Qty	Description	Key No.	Qty	Description
1	1	Left Bottom Tube	12	1	Right Handlebar	23	3	Spring Pin
2	1	Right Bottom Tube	13	2	Weight Holder	24	1	Plug
3	1	Rear Beam	14	3	Buffer Ring	25	1	Adjustable Frame
4	1	Left Frame	15	3	Clip	26	1	Backrest Frame
5	1	Right Frame	16	3	End Cap	27	1	Back Cushion
6	1	Connect Frame	17	3	Small Clip	28	1	Seat Frame
7	2	Reinforcement Plate	18	1	Weight Storage Holder	29	1	Seat Cushion
8	1	Left Adjustment Tube	19	1	Front Tube	30	3	D25 Buffer Ring
9	1	Right Adjustment Tube	20	1	Main Frame			
10	2	Arm Frame	21	1	Sliding Sleeve			
11	1	Left Handlebar	22	1	Side Frame			

HARDWARE LIST

Key No.	Qty	Description	Key No.	Qty	Description
A1	16	M10×70mm Bolt	A12	1	M8×60mm Bolt
A2	2	M10×25mm Bolt	B1	52	M10 Washer
A3	1	M10×170mm Bolt	B2	9	M10 Spring Washer
A4	7	M10×25mm Round Head Bolt	B3	2	M10 big Washer (small)
A5	2	M10×65mm Round Head Bolt	B4	1	M10 big Washer (big)
A6	2	M10×80mm Bolt	B5	9	M8 Washer
A7	2	M10×20mm Bolt	C1	24	M10 Nut
A8	1	M10×95mm Bolt	*	3	Tools
A9	2	M8×20mm Bolt			
A10	4	M8×45mm Bolt			
A11	4	M8×15mm Bolt			


EXPLODED DRAWING



ASSEMBLY INSTRUCTIONS

ADULT ASSEMBLY REQUIRED

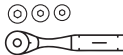
READ THIS BEFORE YOU BEGIN

- It is recommended to assemble the product by two adults.
- Because of its weight and size, this equipment should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around this equipment as you assemble it.
- Use gloves to protect your hands from pinch points during assembly.
- When you see this icon  , it is a reminder to tighten the nuts with your fingers only. You will tighten all bolts with tools at the end of the assembly.
- We've provided two wrench to help with assembly, but you're more than welcome to use your own tools. Assembly may be easier if you have the following tools:

- Adjustable wrenches



- Socket set

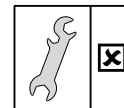
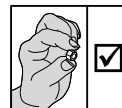
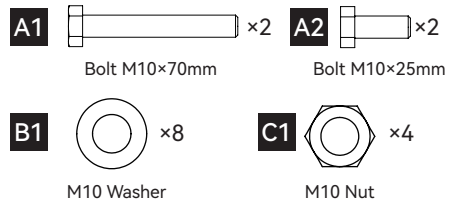


- Electric Wrench



ASSEMBLY INSTRUCTIONS

1



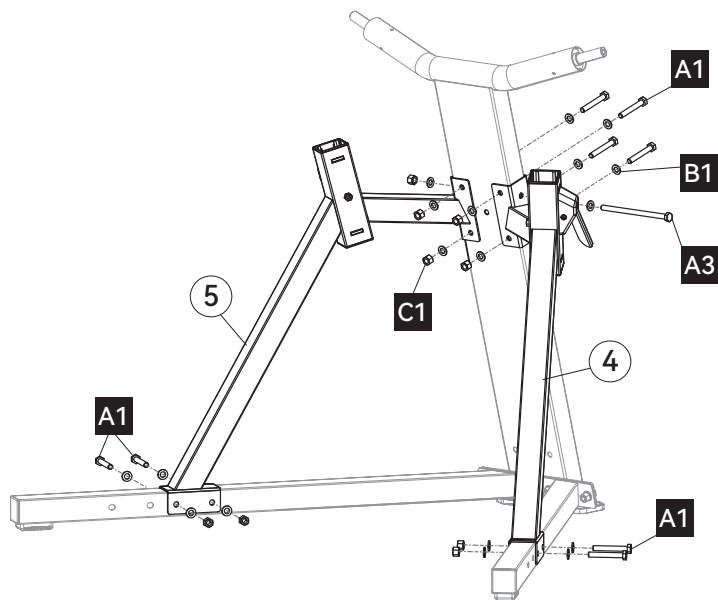
Tighten the bolts or nuts with fingers only.

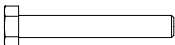


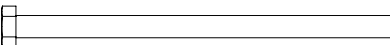
Use wrench to tighten the bolts or nuts.

ASSEMBLY INSTRUCTIONS

2

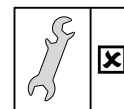
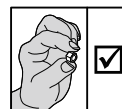


A1  ×8
Bolt M10×70mm

A3 
Bolt M10×170mm

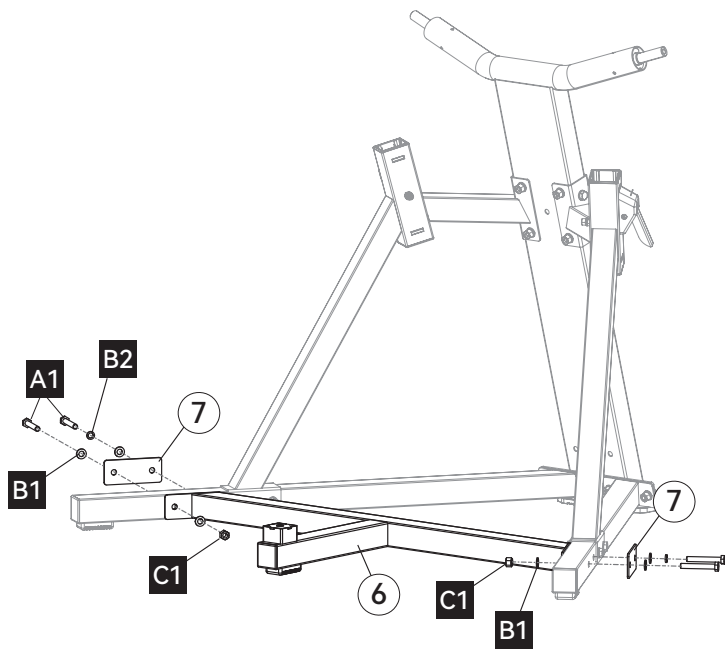
B1  ×18
M10 Washer

C1  ×9
M10 Nut

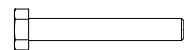


ASSEMBLY INSTRUCTIONS

3



A1



×4

B1



×6

Bolt M10×70mm

M10 Washer

B2



×2

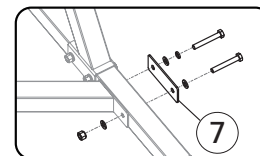
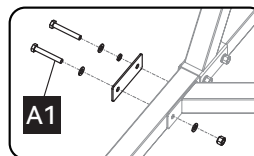
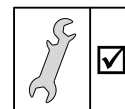
C1



×2

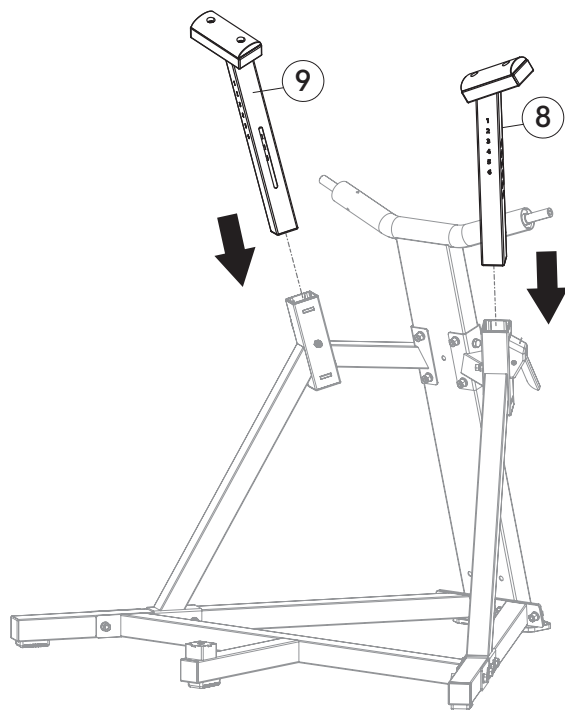
M10 Spring Washer

M10 Nut



ASSEMBLY INSTRUCTIONS

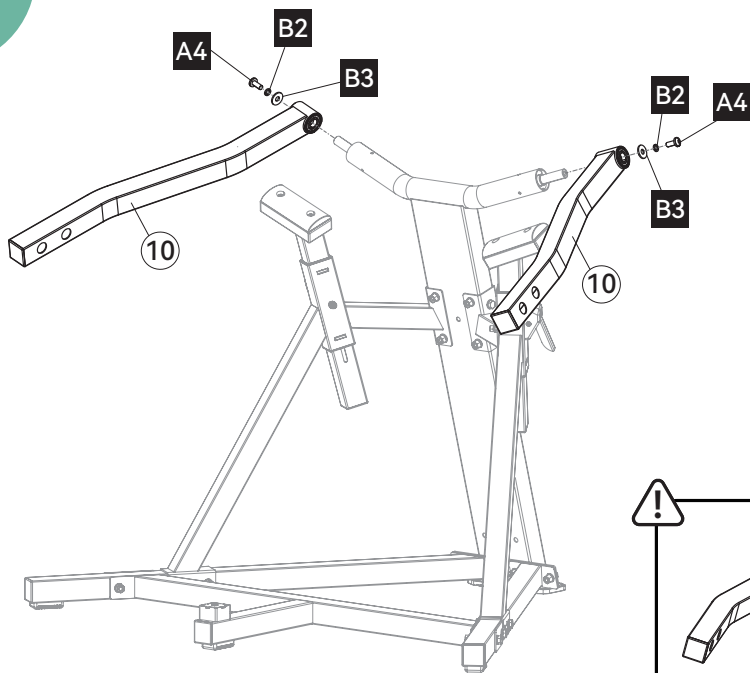
4

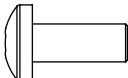




ⓘ Before installation,
loosen the bolt to make it
easier to install.

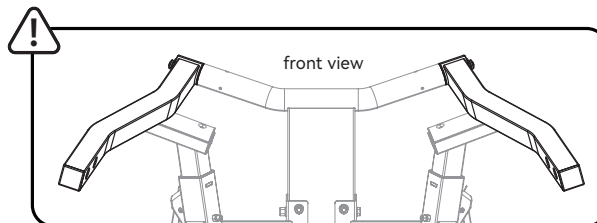
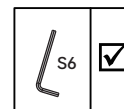
ASSEMBLY INSTRUCTIONS

5



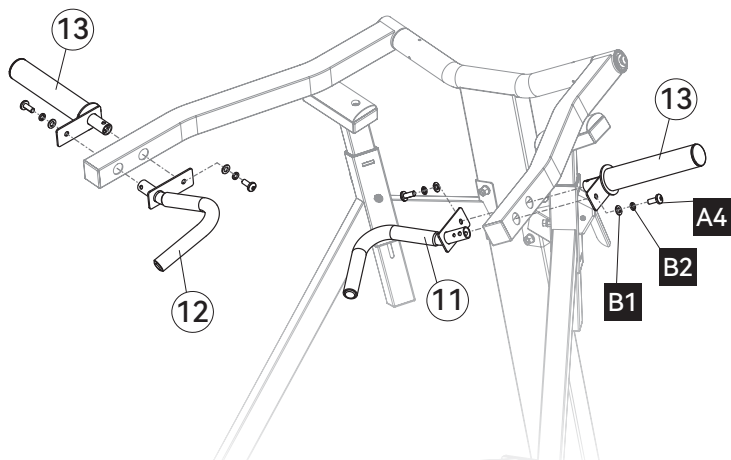
A4  ×2
Round Head Bolt M10×25mm

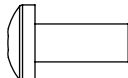
B2  ×2 **B3**  ×2
M10 Spring Washer M10 Big Washer (small)



ASSEMBLY INSTRUCTIONS

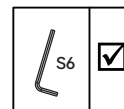
6



A4  ×4
Round Head Bolt M10×25mm

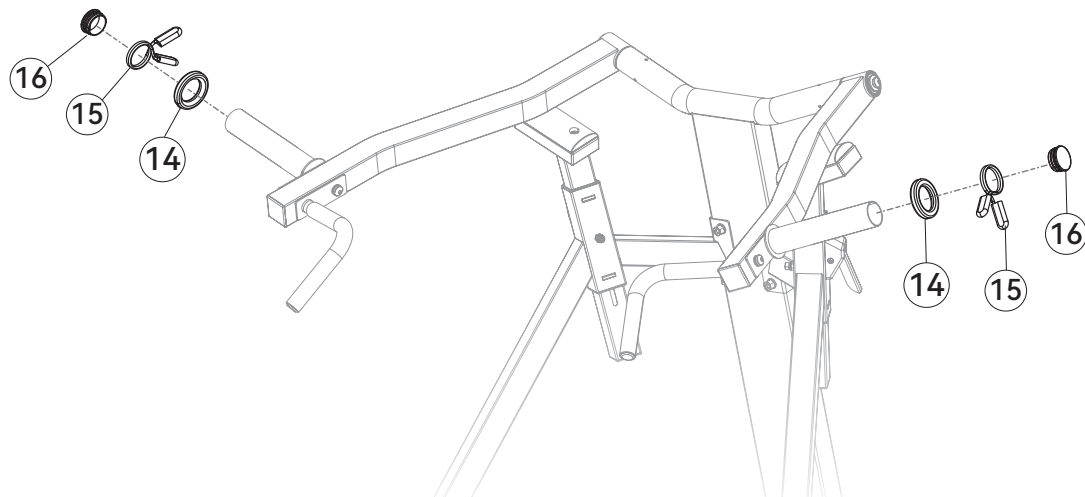
B2  ×4
M10 Spring Washer

B1  ×4
M10 Washer



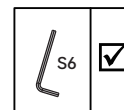
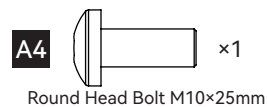
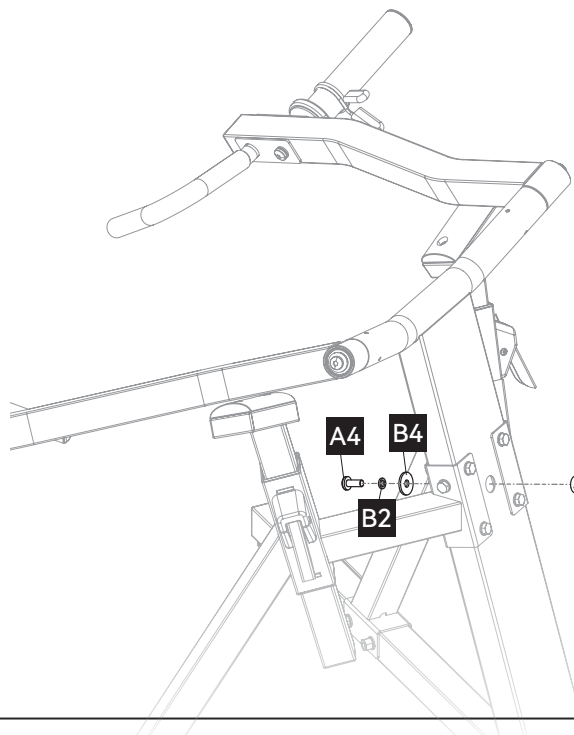
ASSEMBLY INSTRUCTIONS

7



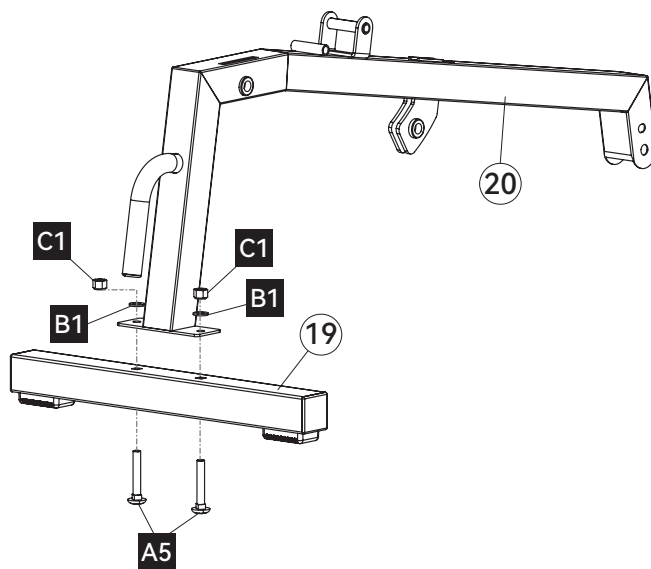
ASSEMBLY INSTRUCTIONS

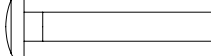
8





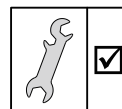
ASSEMBLY INSTRUCTIONS

9



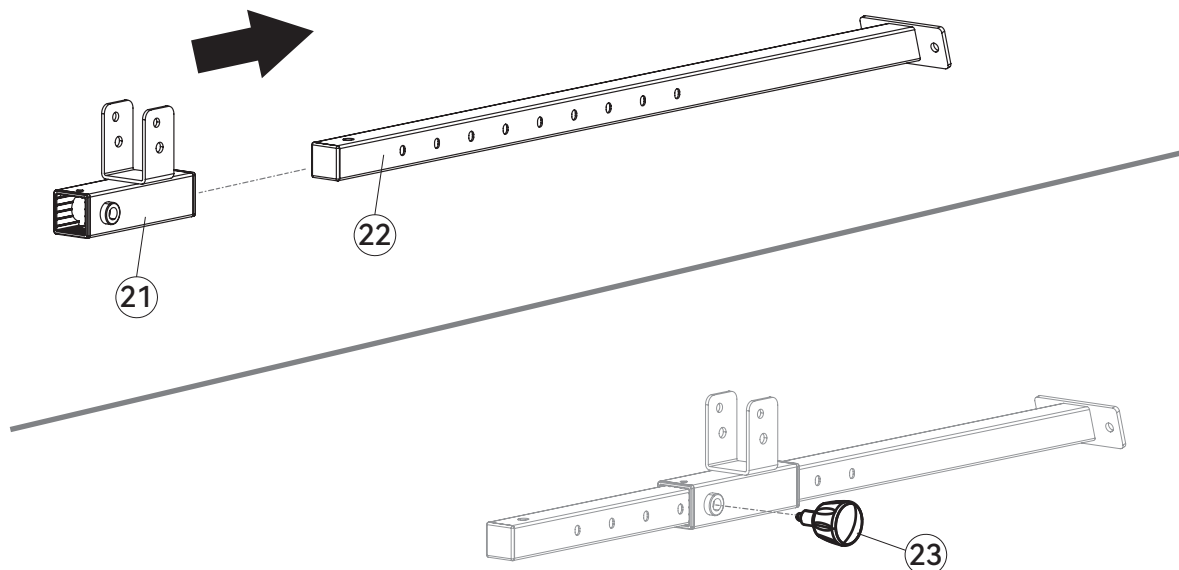
A5  ×2
Round Head Bolt M10×65mm

B1  ×2 **C1**  ×2
M10 Washer M10 Nut



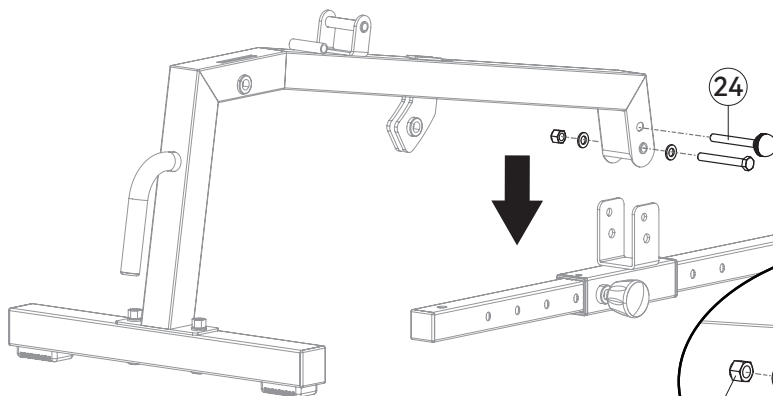
ASSEMBLY INSTRUCTIONS


10





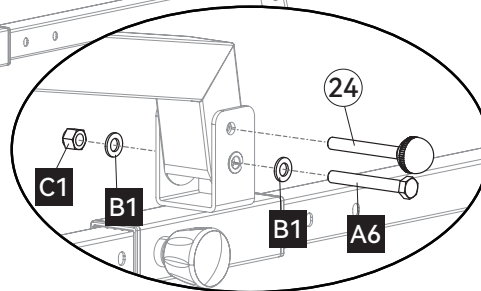
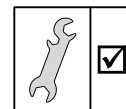
ASSEMBLY INSTRUCTIONS

11



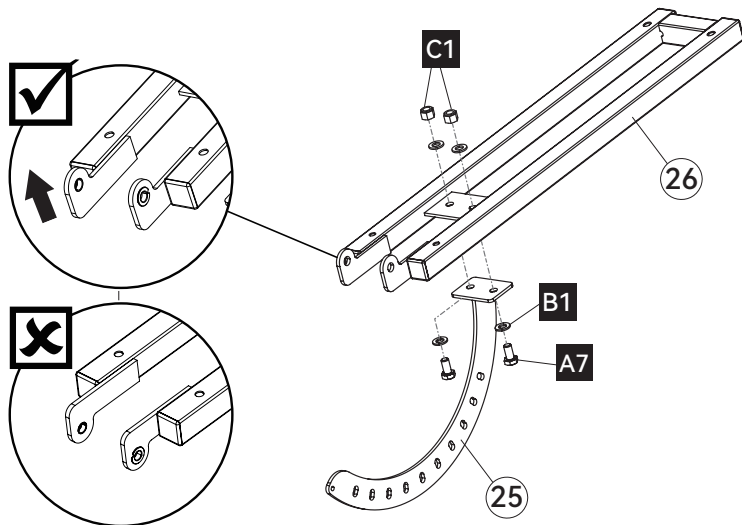
A6  ×1
Bolt M10×80mm


B1  ×2 **C1**  ×1
M10 Washer M10 Nut





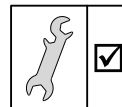
ASSEMBLY INSTRUCTIONS

12



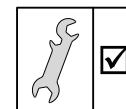
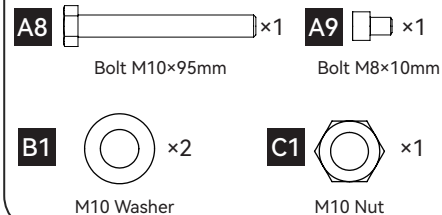
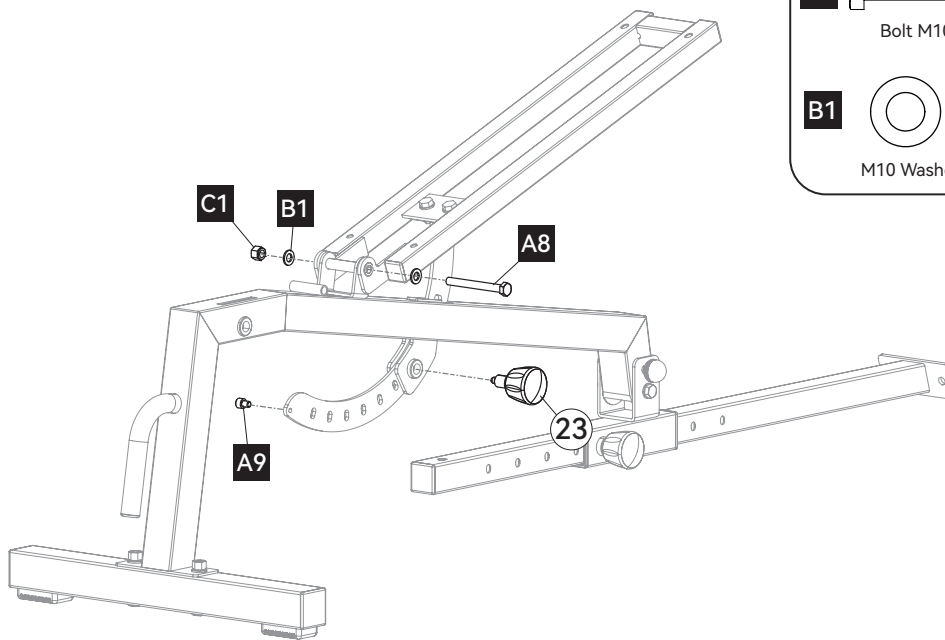
A7  ×2
Bolt M10×20mm

B1  ×4 **C1**  ×2
M10 Washer M10 Nut



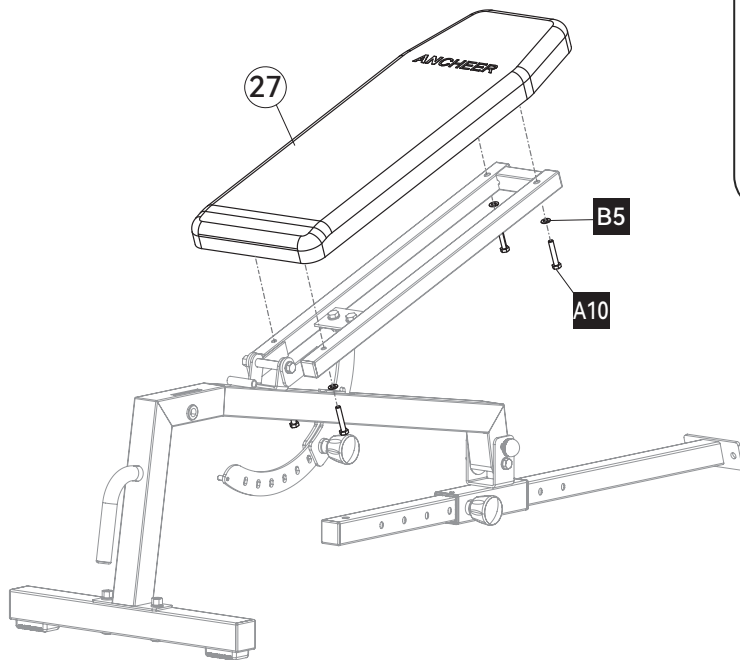
ASSEMBLY INSTRUCTIONS

13



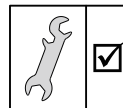
ASSEMBLY INSTRUCTIONS

14



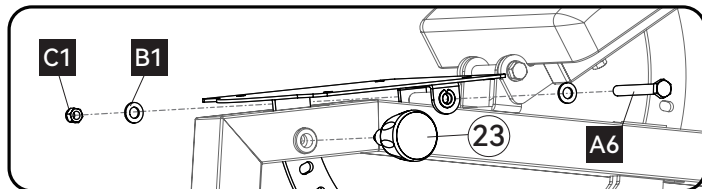
A10  ×4
Bolt M8×45mm

B5  ×4
M8 Washer



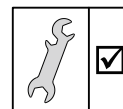
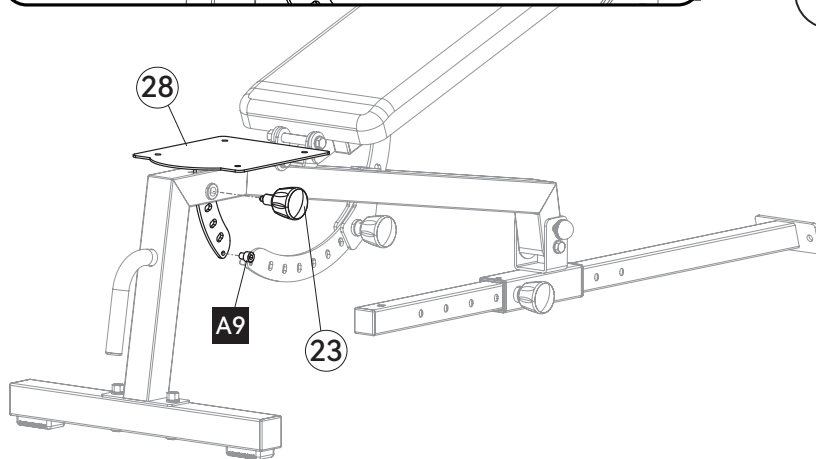
ASSEMBLY INSTRUCTIONS

15



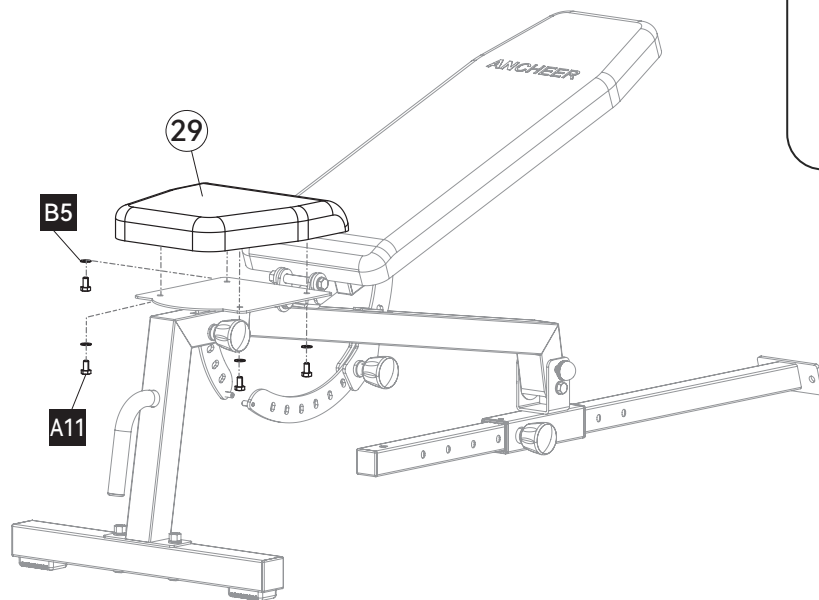
A6 Bolt M10×80mm ×1 **A9** Bolt M8×10mm ×1


B1 M10 Washer ×2 **C1** M10 Nut ×1



ASSEMBLY INSTRUCTIONS

16

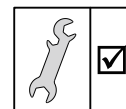


A11  ×4

Bolt M8×15mm

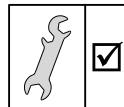
B5  ×4

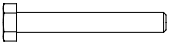




M8 Washer

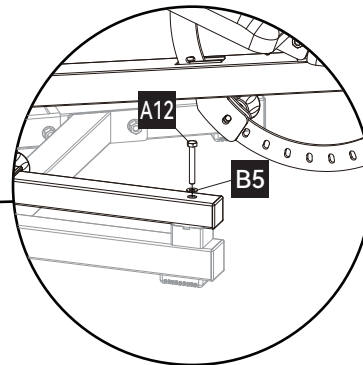
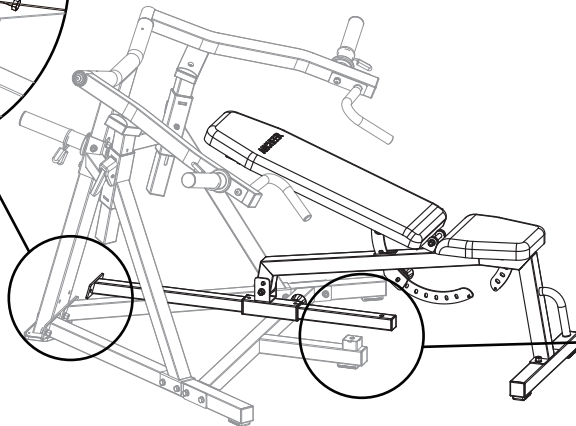
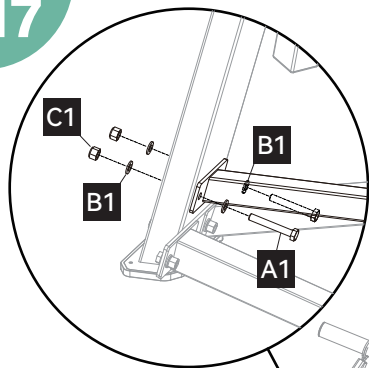


ASSEMBLY INSTRUCTIONS

17



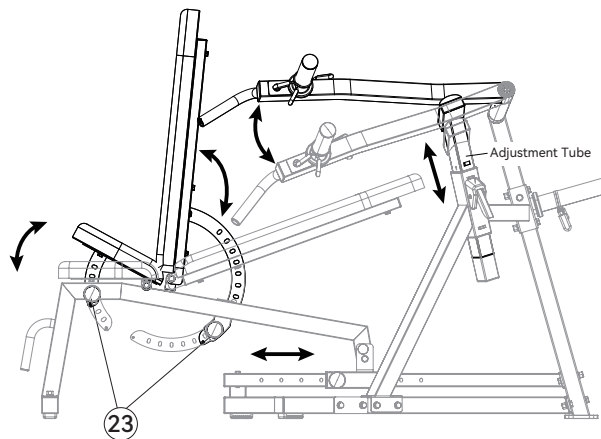
- A12**  ×1 **B5**  ×1
Bolt M8×60mm M8 Washer
- A1**  ×2
Bolt M10×70mm
- B1**  ×4 **C1**  ×2
M10 Washer M10 Nut



ADJUSTMENT

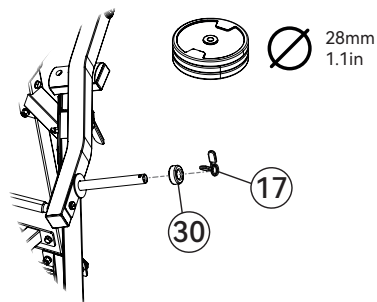
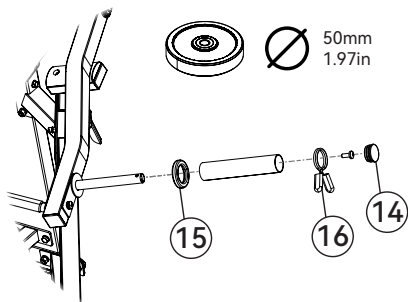
Pull out Spring Pin (23), you can adjust the Angle of the backrest, seat.

By sliding the left or right adjustment tube, you can adjust the height of the handle-bars.



Weight holder & Weight Storage Holder

Attach or remove the sleeves to fit your weight plates.



EXERCISE GUIDELINES

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise.

Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

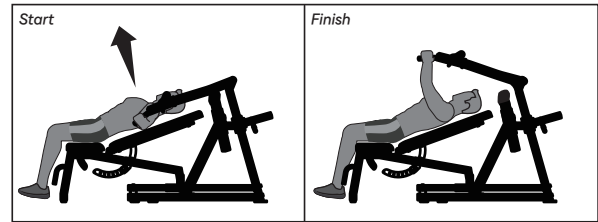
Begin with 3 sets of 8 repetitions for each exercise you perform.

Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

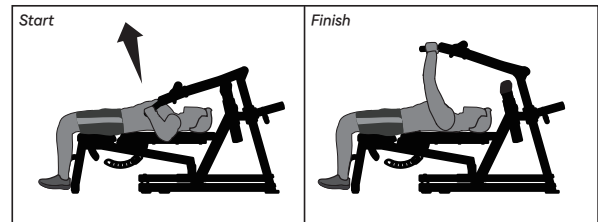
Toning—Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Incline Bench Press



Flat Bench Press



MAINTENANCE

- Be careful not to hurt yourself at the edges when moving the product.
- Read the **ASSEMBLY INSTRUCTIONS** to assemble your equipment.
- Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
- Keep the product indoors, away from moisture and dust. Do not put the product on a covered patio, or near water.
- Components supplied by the manufacturer only should be used to maintain or repair the product.

WARRANTY

After the date of the purchase invoice, the owner of the equipment has a:

- The product is warranted for two (2) years after the date of purchase. Non-human damage can always contact the after-sales service to replace the replacement parts.

The warranty becomes defunct if:

- This product is used incorrectly and/or carelessly and is used in such a way that it does not comply with its purpose.
- This product is not assembled and maintained according to the instruction booklet.
- Technical repairs to this product are not carried out professionally.
- Parts, which are mounted afterwards, do not comply with the technical specifications of the product concerned or are mounted incorrectly.
- Defects are a result of climatic influences such as corrosion, UV rays or normal disintegration.
- The product is rented out or was made available to various unspecified persons in any other manner.

MADE IN CHINA