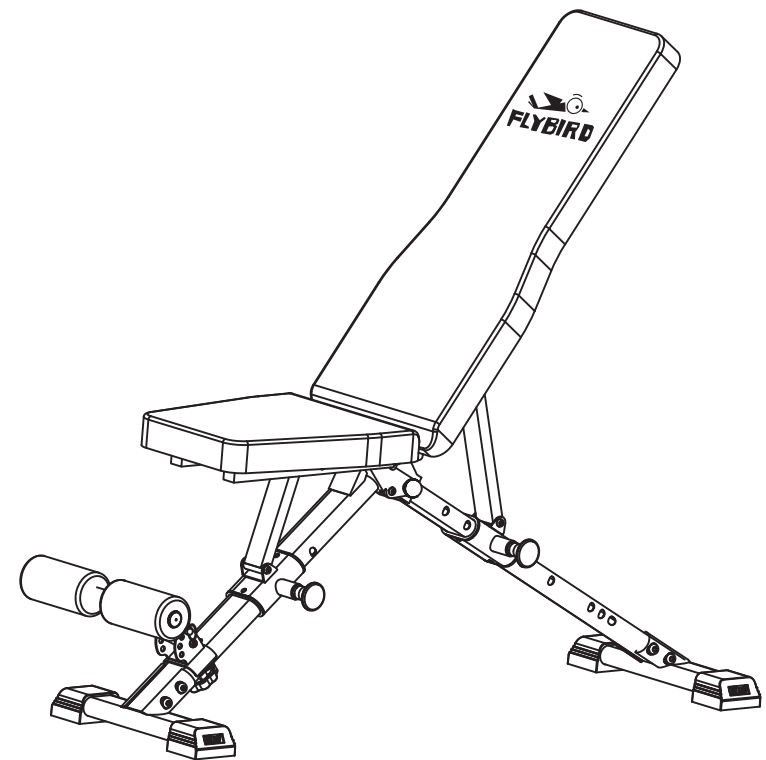


FLYBIRD WEIGHT BENCH USER MANUAL



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!

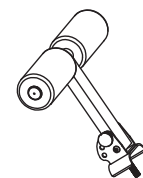
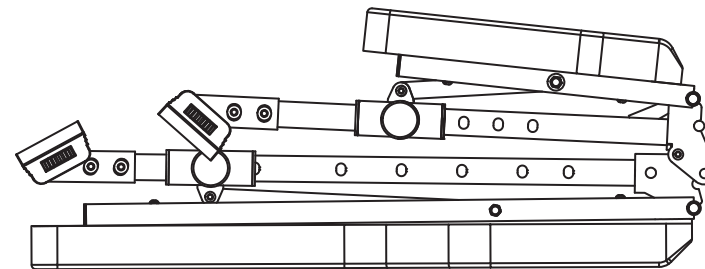
1. Before starting any new exercise program, consult with doctors. If you feel faint, pain or any discomfort during use, please stop immediately and consult doctors.
2. This bench is not a toy. Please keep the bench and all accessories where children cannot reach.
3. Always tie the long hair up and remove 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.

Parts List



FOOT SUPPORT



FOOT
SUPPORT BOLT



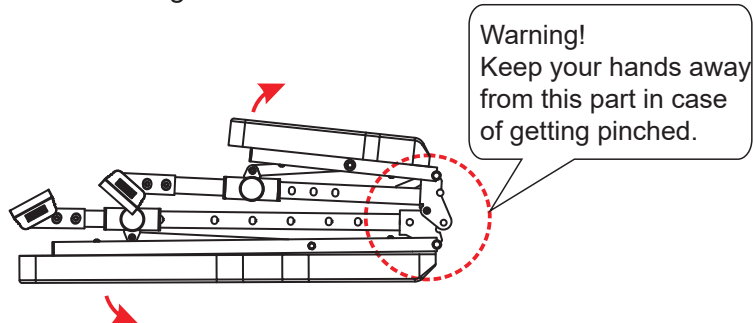
M10 KNOB



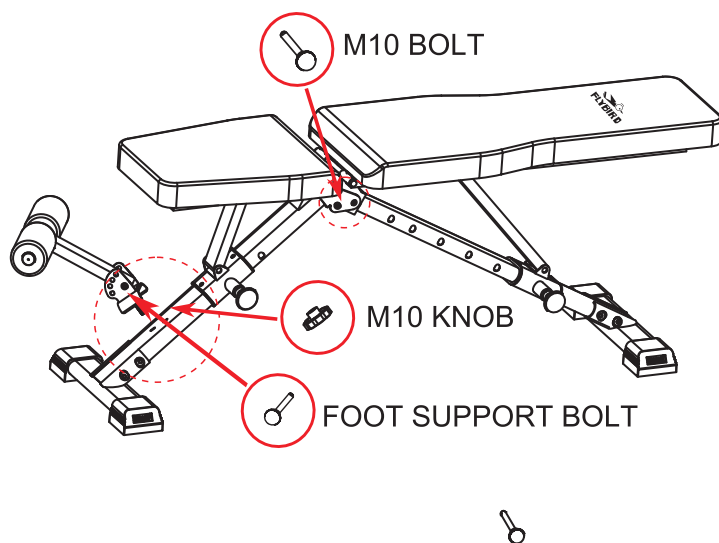
M10 BOLT

Assembly Instruction

1. Unfold the Weight Bench.



2. Insert the **M10 Bolt**. Attach the **Foot Support** to the bench with **M10 Knob**, Then insert the **Foot Support Bolt**.



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.

