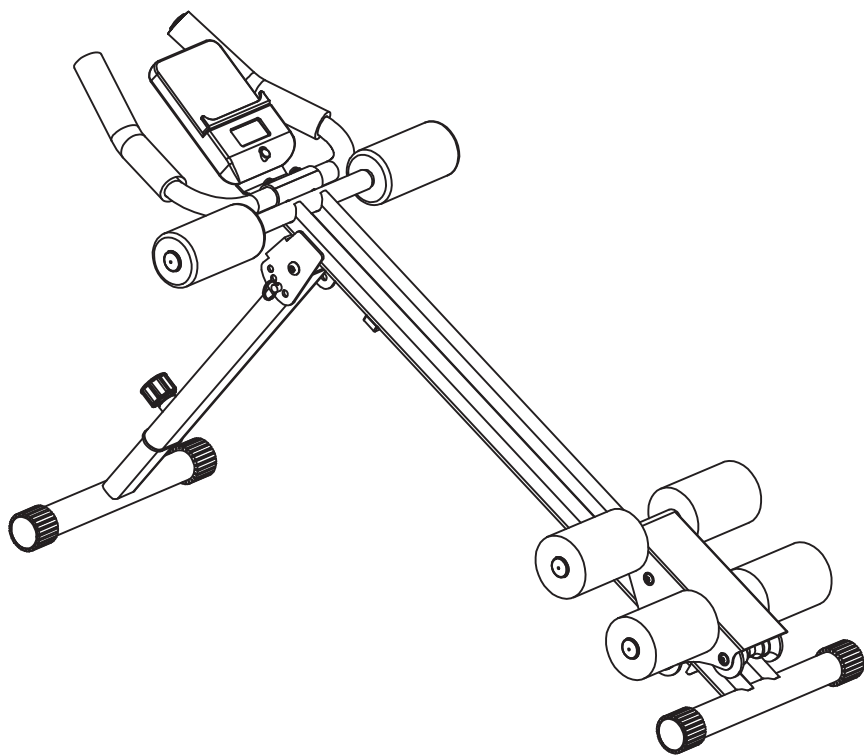




FLYBIRD

Abdominal Workout Equipment MYJ-01



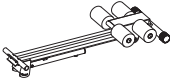
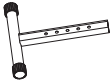
English User Manual

Precautions

To ensure user safety, please pay attention to the following points before using the product.

1. Teenagers and the elderly should use this product under supervision.
2. Before using this product, please confirm with your doctor whether you can use it. If you feel dis-comfortable during use, please stop using it immediately and consult your doctor.
3. Please install this product correctly before use and make sure that all parts are properly connected.
4. Please wear well-fitting clothes for exercise. Remove all jewelry from your body before exercising. People with long hair should tie the hair up.

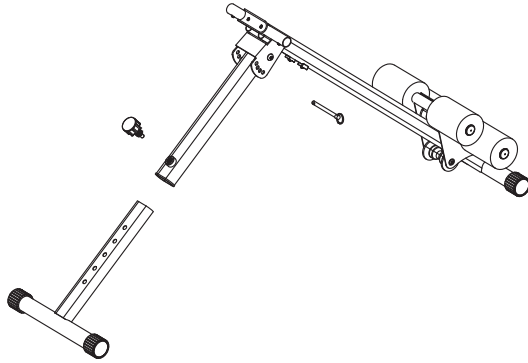
PARTS LIST

No.	Name	Parts	QTY
①	Main Frame		1
②	Front Support Tube		1
③	Digital Monitor		1
④	Handlebar		1
⑤	Armrest(Left & Right)		2
⑥	Tool		1
⑦	Adjustable Pin		1
⑧	M16 Screw		1
⑨	M8*40 Screw+Washer		4
⑩	M5*12 Screw		2

ASSEMBLY INSTRUCTIONS

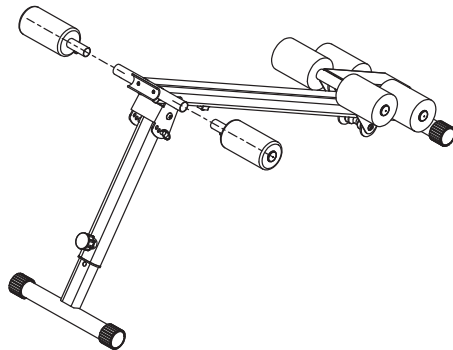
STEP 1

1. Connect Front Support Tube to Main Frame with M16 Screw
2. Insert The Pin into the adjustment hole



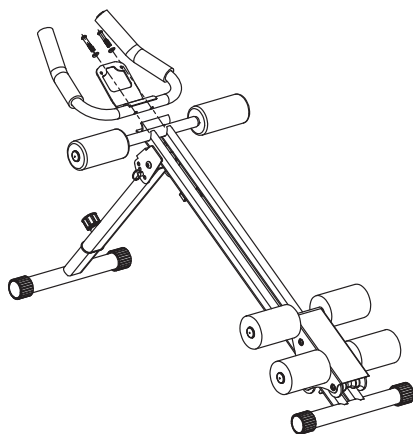
STEP 2: Assemble the Armrest(Left & Right)

1. Remove the protective cover from the armrest ends
2. Connect the Left & Right Armrest to Main Frame



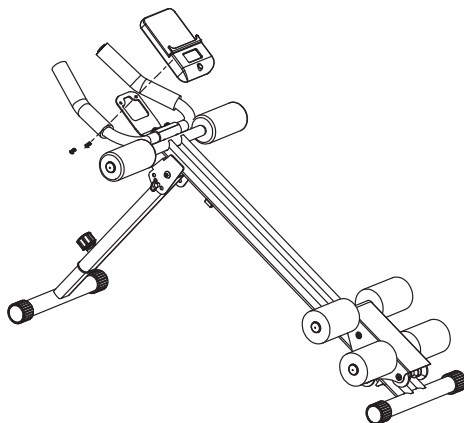
STEP 3: Assemble the Handlebar

Connect Handlebar to Main Frame with M8*40 Screw+Washer



STEP 4: Assemble the Digital Monitor

1. Connect Digital Monitor to Handlebar with M5*12 Screw
2. Connect the induction wire to the Digital Monitor



Warranty

We provide a **1-year warranty** for this product. 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")

Our customer service will get back to you within 24 hours.

