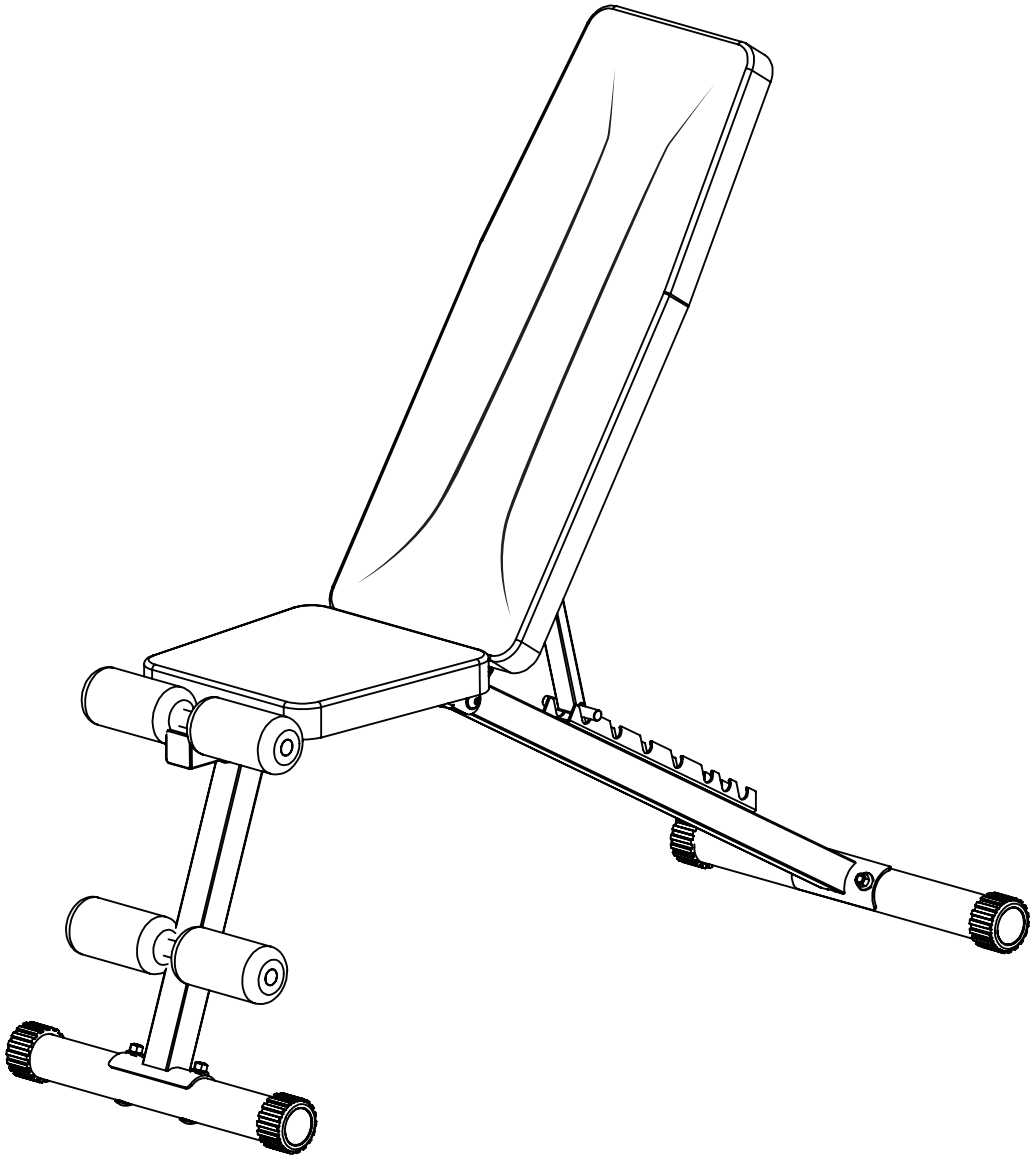
USER MANUAL

Adjustable Weight Bench



OPERATOR'S MANUAL

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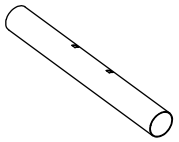
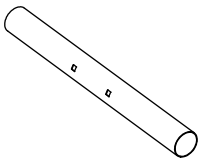
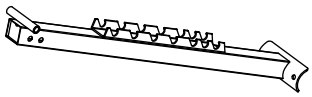
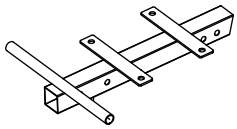
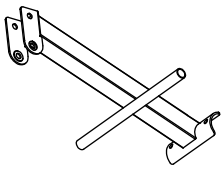
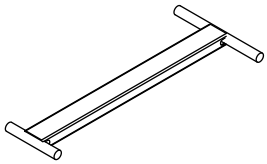
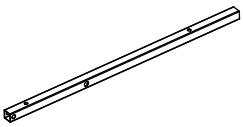
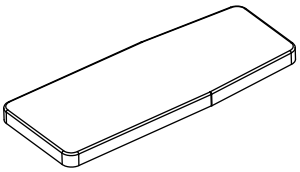
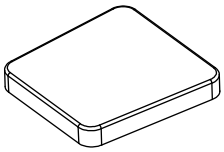
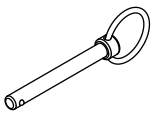
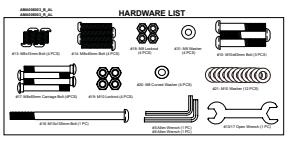
01. BEFORE ASSEMBLING USING

1. Very important to read the entire manual before assembling and using the product.
2. N.W/G.W: 9.5KG/11.5KG
3. Product size when use, 121x50x110cm at the longest and the highest set level.
4. Max weight capacity is 300KG/661LB. Max body mass 120KG/265LB
5. Before using the product, check the nuts, bolts and safety pins are securely tightened.
6. Keep fingers clear of moving parts at all times
7. The products shall be placed and used on level and stable surface
8. Reserve a safe space of 0.6 meters on both sides of the weight bench and reserve a safe space of 1 meters (length)*1 meter (width) behind the weight bench.
9. Adult use only and keep unsuper vised children away from the product.
10. Check regularly for damage and wear, e.g.support frames, connection joints and safety pins. DO NOT use the product when these parts are misplaced or missing.
11. Special attention to components most susceptible to wear.
12. Contact manufacturer to replace defective components immediately and keep the product out of use unti repair.
13. Application Field: Indoor and outdoor use.

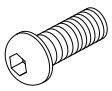
Please read all the instructions in the manual carefully before installing and using the product, and keep the instructions properly.

02. PART LIST

1  Front Base **X1**	2  Back Base **X1**	3  Back Leg **X1**
4  Seat Frame **X1**	5 V Connecting Plate **X2**	6  Front Leg **X1**
7  Backrest Support **X1**	8  Backrest Tube **X2**	9  Backrest **X1**
10  Seat **X1**	11 Foam **X4**	12 Handle **X1**
22  ϕ10 Pin **X3**	26 19mm Round Inner Cap **X4**	27 Stabilizer Cap **X4**
28 Backrest Frame Cap **X4**	29 38mm Square Inner Cap **X1**	30  **Hardware List** **X1**

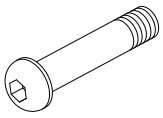
03. HARDWARE LIST

13



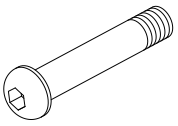
M8x15mm Bolt
X4

14



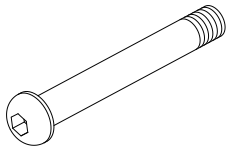
M8x40mm Bolt
X4

15



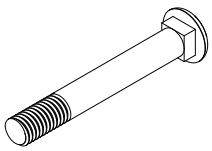
M10x60mm Bolt
X3

16



M10x155mm Bolt
X1

17



M8x65mm Carriage Bolt
X4

18

M8 Locknut
X4

19

M10 Locknut
X4

20

M8 Curved Washer
X4

21

M10 Washer
X12

31

M8 Washer
X4

23

#5 Allen Wrench
X1

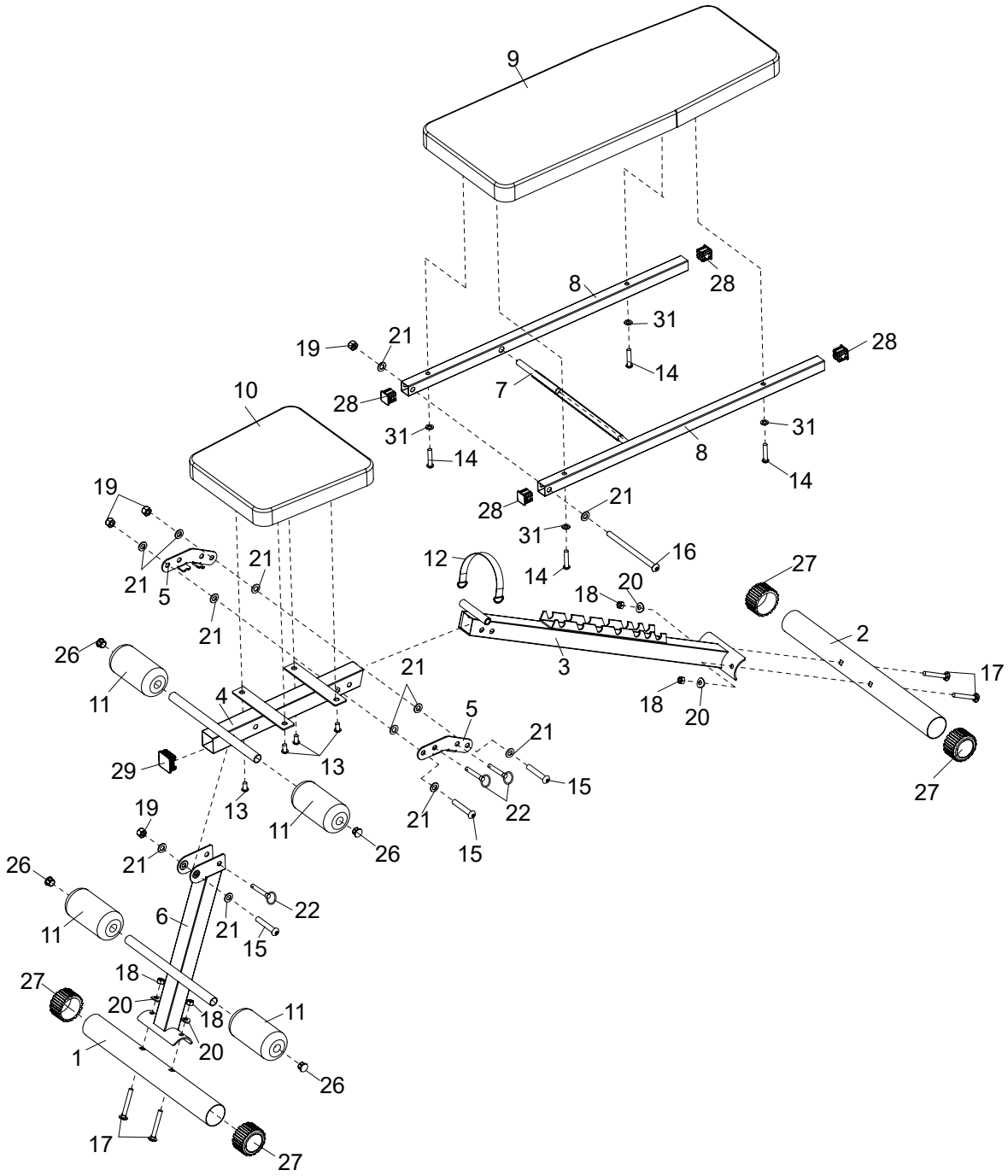
24

#6 Allen Wrench
X1

25

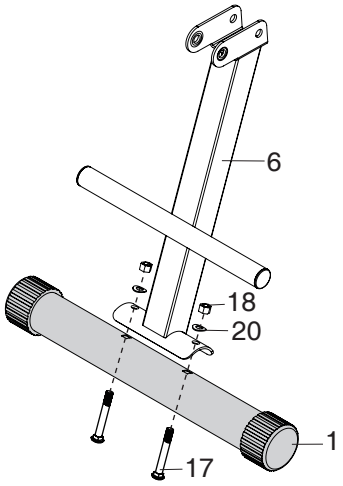
#13/17 Open Wrench
X1

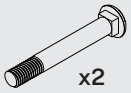
04. EXPLODED DRAWING



05. ASSEMBLY INSTRUCTIONS

STEP 1:

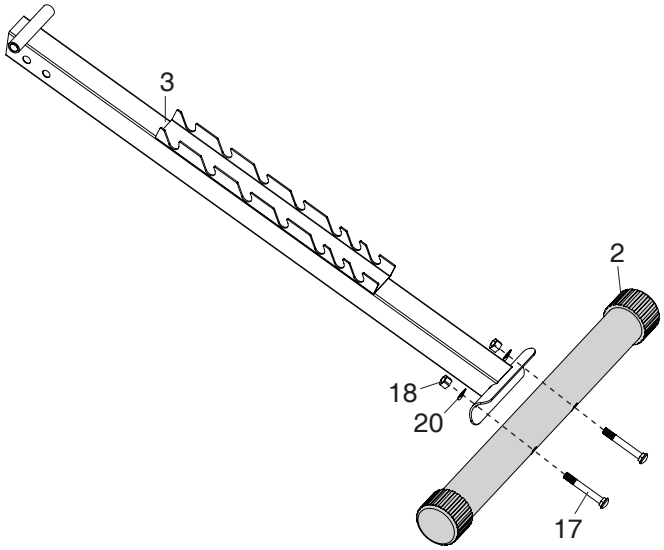


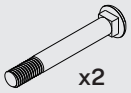
17 M8x65mm Carriage Bolt  x2

18 M8 Locknut x2

20 M8 Curved Washer x2

STEP 2:



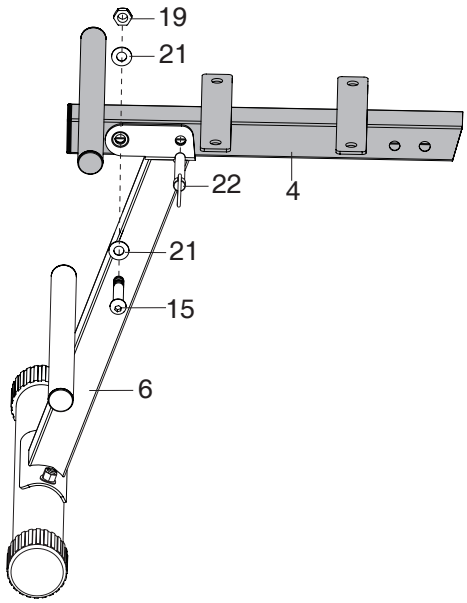
17 M8x65mm Carriage Bolt  x2

18 M8 Locknut x2

20 M8 Curved Washer x2

05. ASSEMBLY INSTRUCTIONS

STEP 3:



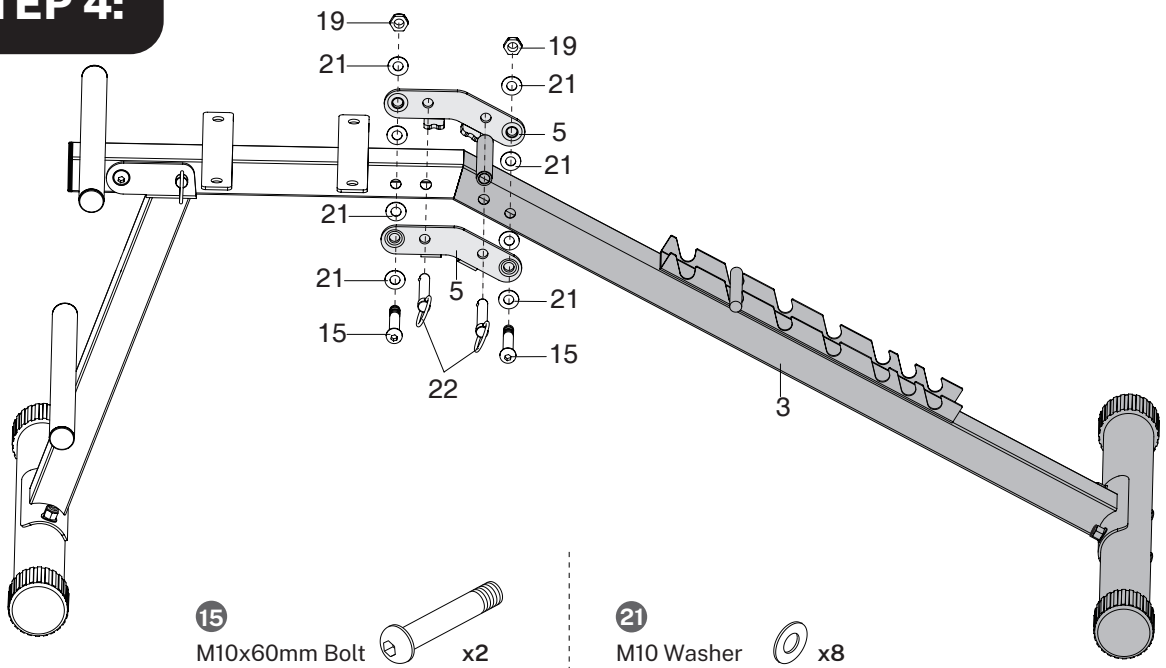
15 M10x60mm Bolt x1

19 M10 Locknut x1

21 M10 Washer x2

22 ϕ10 Pin x1

STEP 4:



15 M10x60mm Bolt x2

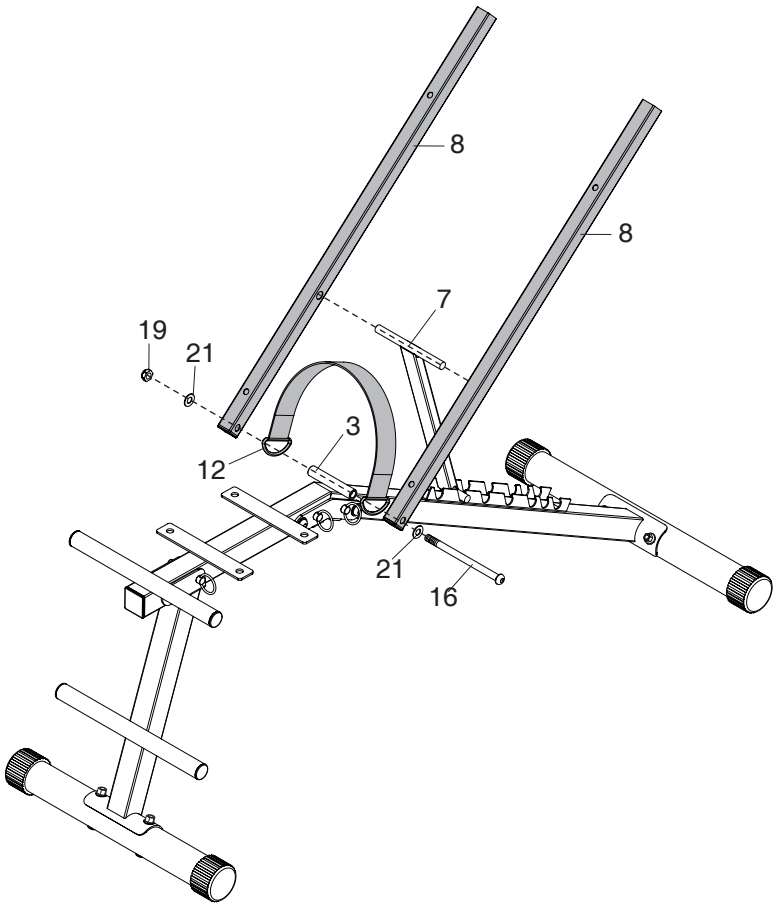
21 M10 Washer x8

19 M10 Locknut x2

22 ϕ10 Pin x2

05. ASSEMBLY INSTRUCTIONS

STEP 5:



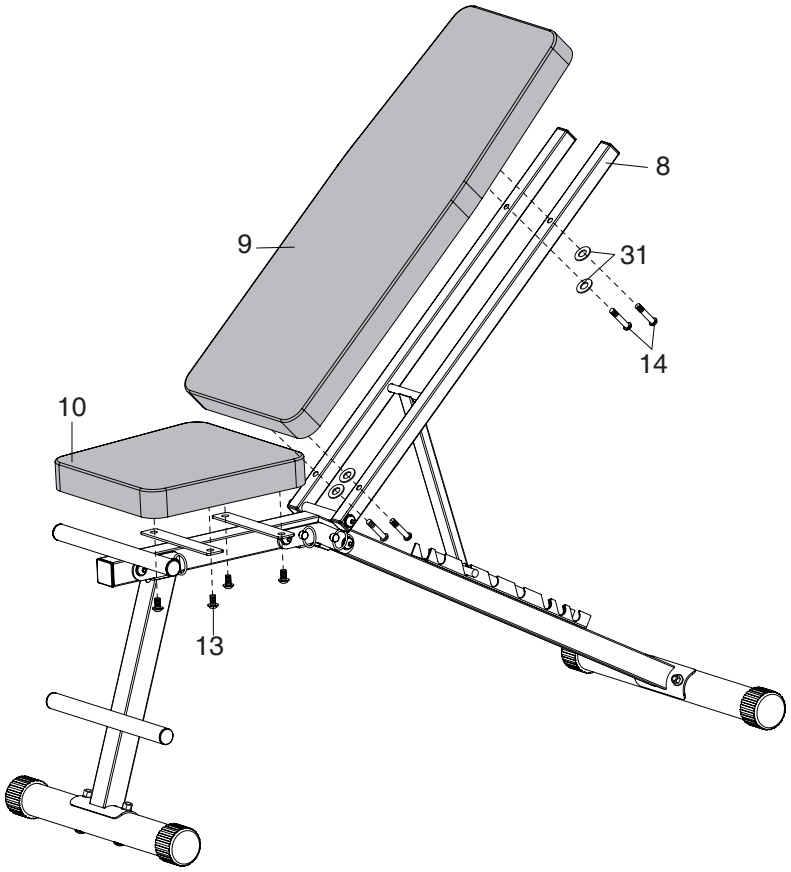
16 M10x155mm Bolt x1

19 M10 Locknut x1

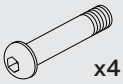
21 M10 Washer x2

05. ASSEMBLY INSTRUCTIONS

STEP 6:



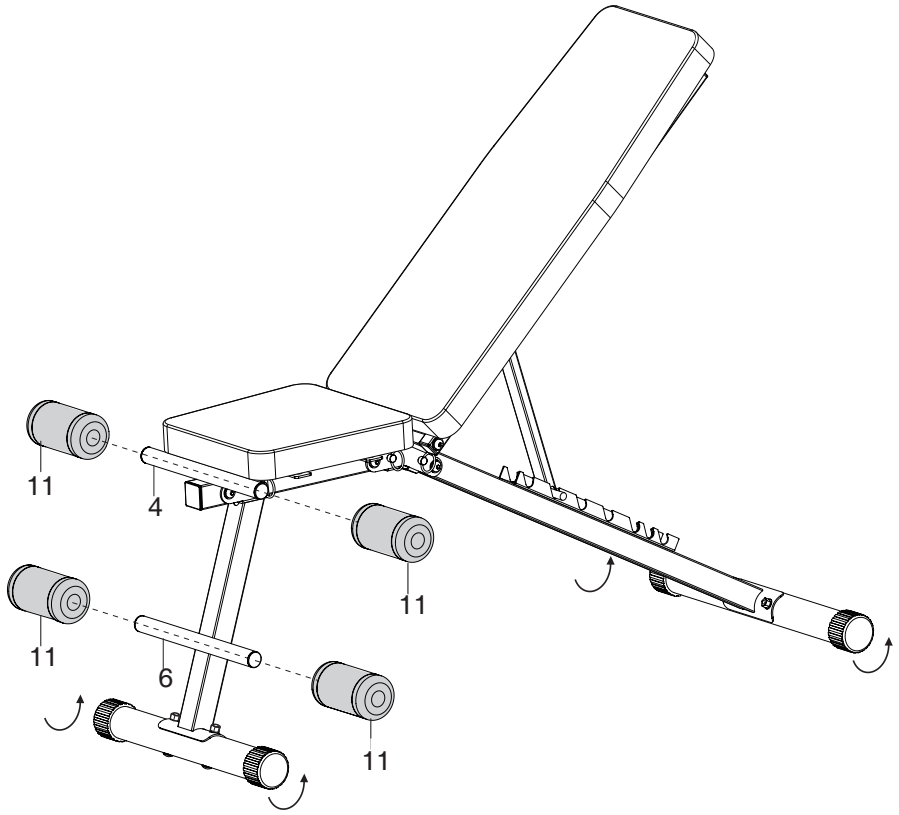
13 M8x15mm Bolt x4

14 M8x40mm Bolt  x4

31 M8 Washer x4

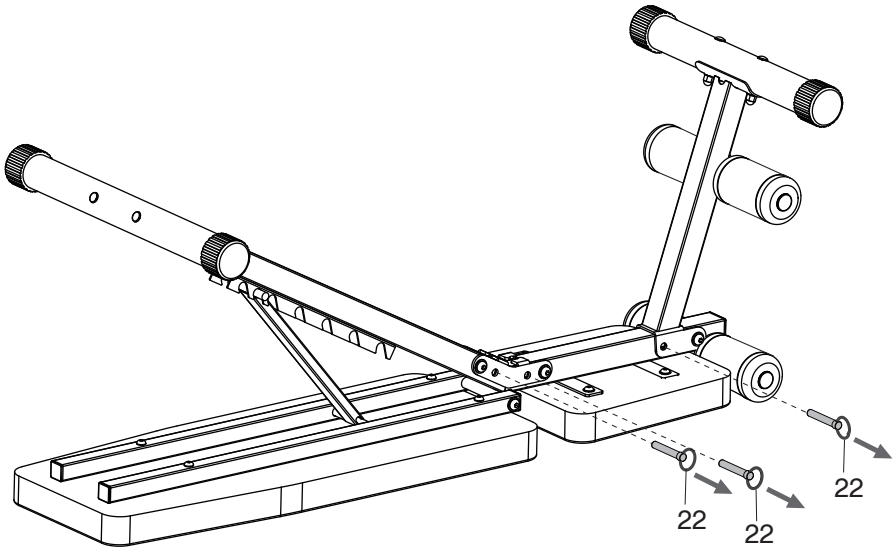
05. ASSEMBLY INSTRUCTIONS

STEP 7: Adjust the Four Legs Base for Stability.

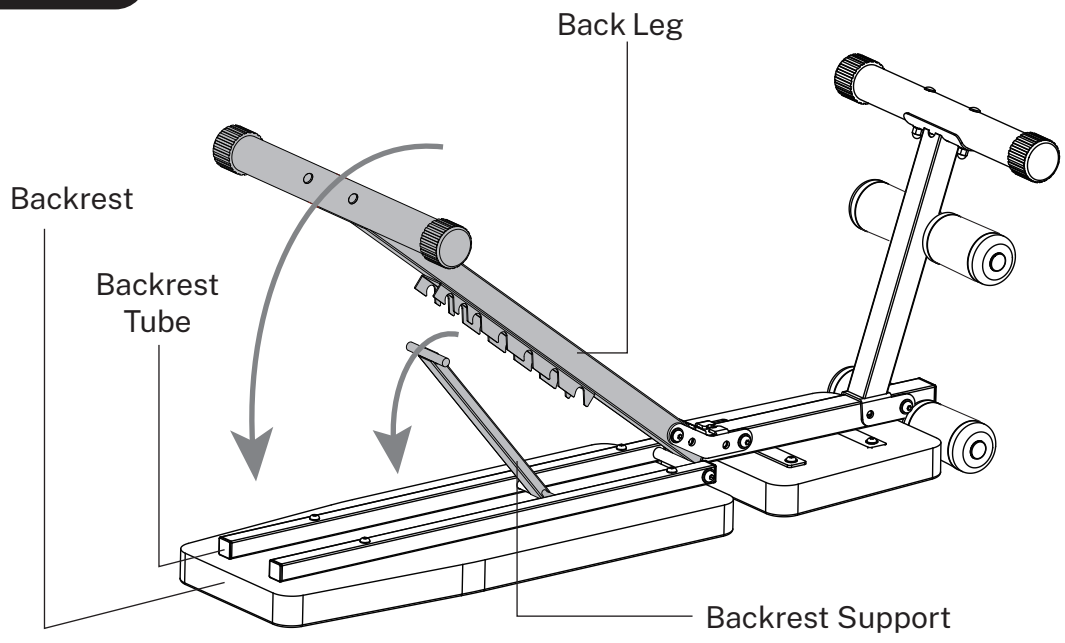


06. FOLDING INSTRUCTIONS

STEP 1:

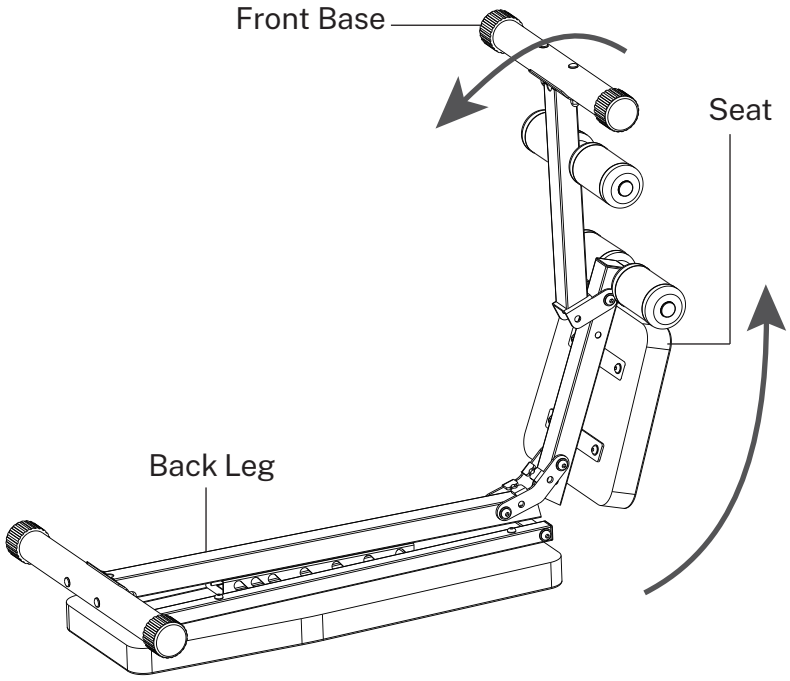


STEP 2:

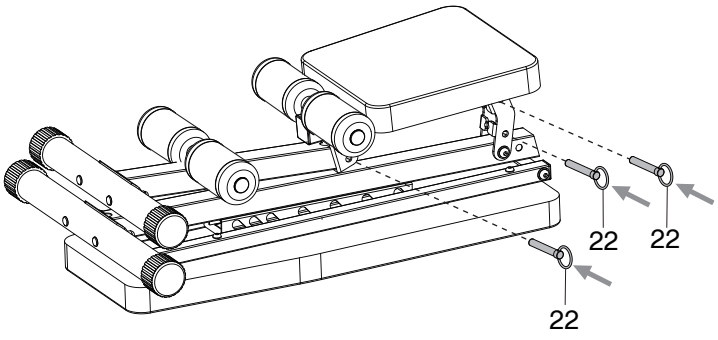


06. FOLDING INSTRUCTIONS

STEP 3:



STEP 4:



07. WARNING ⚠

SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED

1. Obtain a medical exam before beginning any exercise programm.
2. Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.
3. Obtain instructions before using.
4. Read and understand the owner's manual and all warnings posted on the machine before using.
5. Keep all children(12 and under) away. Teenagers(13 and over) and disabled must be supervised.
6. Use a spotter.
7. Keep body and clothing free from and clear of all moving parts.
8. Use the machine only for the intended use. DO NOT modify the machine.
9. Inspect machine prior to use. DO NOT use if it appears damaged or inoperable.
10. DO NOT attempt to fix a broken or jammed machine.
11. Report any malfunctions, damage or repairs to the facility.
12.Replace any warning labels if damaged, worn or illegible.

Training manual

In addition to physical fitness and muscle strengthening exercise, ahealthy and balanced diet is very important in achieving your fitness goals.

Warm-up exercises before training

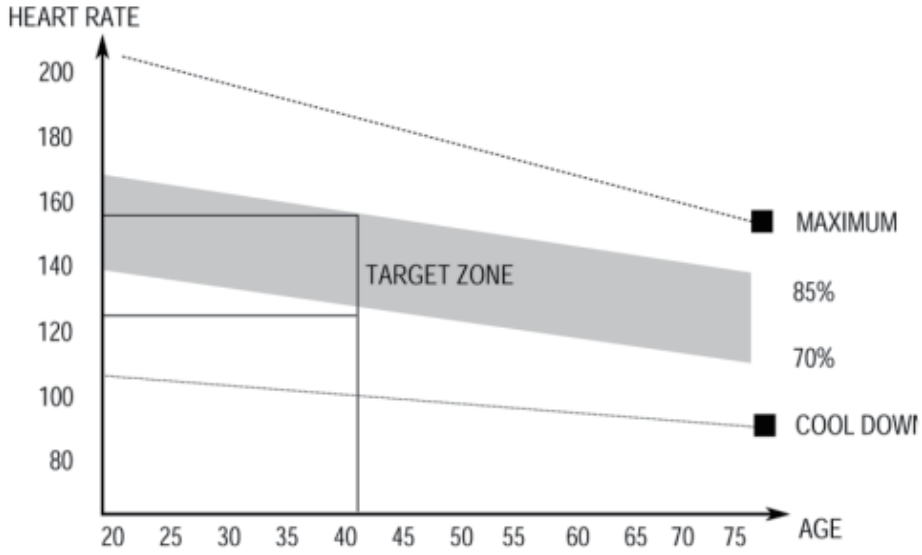
This phase of warm-up exercises can enhance the blood circulation ofthe user and hence prevent injury during workout, please follow 5simple stretching exercise as illustrated below for proper warm-up.

07. WARNING ⚠

The stage of training

This stage is the formal training stage, Through regular practice, youcan improve the strength and flexibility of your muscles.

The key is to ave a consistent and healthy intensity of training, you should consider the target heart rate to ensure that you are exercisingin the optimal intensity. Please refer to the graph below.



Aim to keep your heart rate within the target ranger for 12 to 20 minutes.

Using Environment

1. Children and pets should stay away from products at all time, and donot allow children to be unattended while being around the product.
2. Only one person should be on the bench at any point of time.
3. Stop training and consult your doctor immediately if you experience dizziness/chest pain/ breathlessness or other discomfort.
4. Please put the product on a clean surface, away from water sources.
5. When training, wear appropriate sportswear and footwear, Avoid wearing loose clothing that may get caught in the bench.
6. Please use this product in accordance with the product description described in the manual.
7. Do not put any sharp or dangerous objects nearby this bench during workout.
8. Disabled users are not allowed to use this product without the supervision of professional personnel.

07. WARNING ⚠

9. Warm-up and stretching exercise should be done before workout toreduce the rates of injury.
10. Do not use this product if you suspect that it may be faulty.
11. We recommend users to workout with a friend/partner to lookout for each other.

Daily maintenance

1. Lubricate the parts regularly.
2. Check and tighten all parts of the product before using the device.
3. Use a damp tower to clean the bench after use, Avoid using a chemical solvent to clean the product.

Warning:

Before any training, please be sure to consult your health care providers, especially those with health problems, you acknowledge that you areutilizing our equipments voluntarily and are aware of risks involved in fitness and weight training in your own private compound, These include, but are not limited to, injuries sustained while utilizing our fitnessequipment, any iliness that could potentially be precipitated during workout(eg, heart attack, stroke ect) as well as sudden death. You also acknowledge that any damage to your property will be at your own risk.

MADE IN CHINA