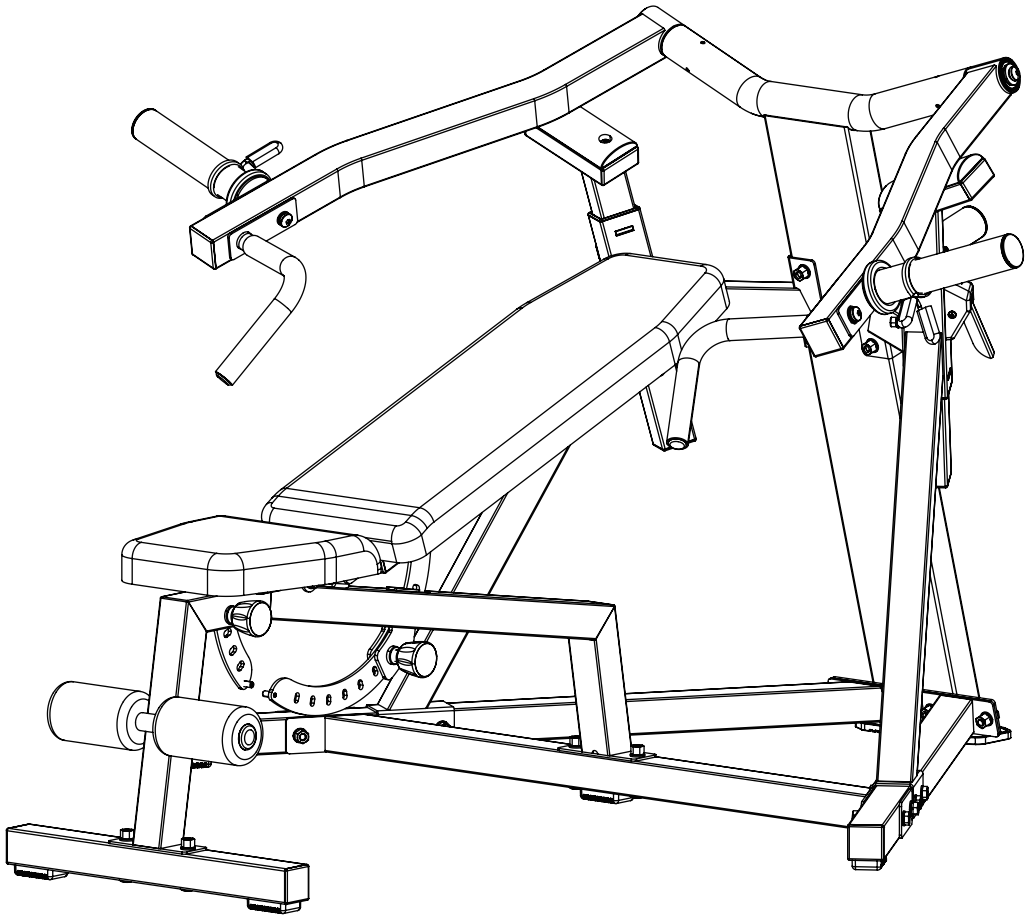
Assembly Instructions for Chest Press Machine SS15001BKRD



Attention

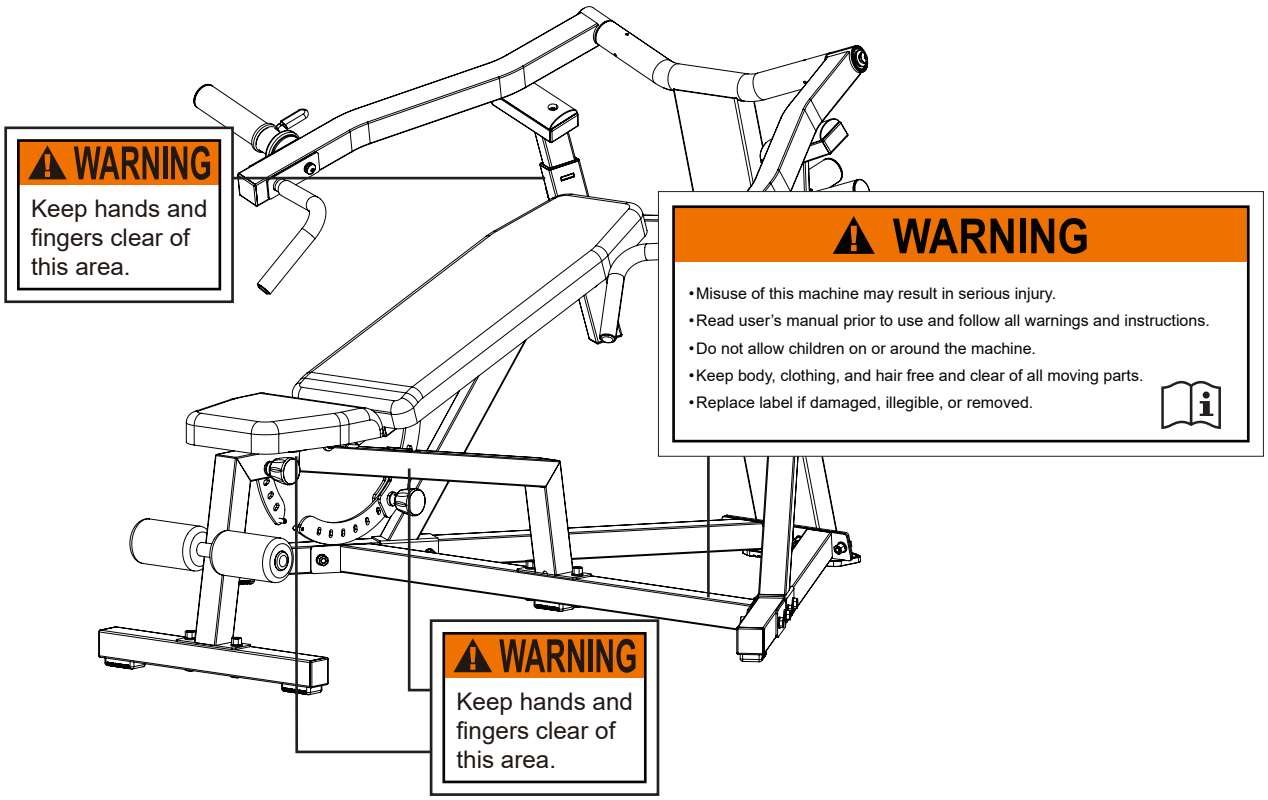
Thank you for choosing our Chest Press Machine.This product must be assembled manually by the user. If you encounter any issues during its use, please contact us. Here's how you can proceed with the instalation instructions.

CONTENTS

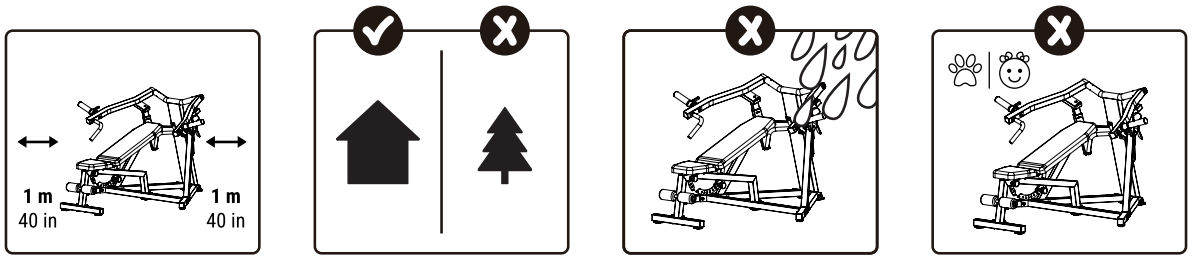
IMPORTANT PRECAUTIONS ····· 03
PART LIST ····· 05
HARDWARE LIST ····· 07
ASSEMBLY ····· 09
ADJUSTMENT ····· 23
EXERCISE GUIDELINES ····· 24
AFTER-SALES SERVICE ····· 26

IMPORTANT PRECAUTIONS

Warning decal placement



Warning information



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

⚠ WARNING

- *Any use of this product other than that intended may lead to serious injury.*
- *Prior to use, read the instructions carefully and comply with all warnings and instructions.*
- *Do not let children use this appliance, keep children and pets away from it. Teenagers must be supervised.*
- *You must replace the sticker if it is damaged, illegible or missing.*
- *Keep your body, clothing, and hair free and clear of all moving parts. Tie long hair back so*

IMPORTANT PRECAUTIONS

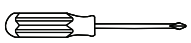
that it does not get in the way when exercising.
- *Not suitable for therapeutic purposes.*
- *Do not exceed weight capacity.*
- *Always use the security devices.*
- *It is the responsibility of the owner to ensure that all users of the weight training system are adequately informed of all precautions.*
- *Always consult a physician before beginning any exercise program. This is especially important if you are over 35 or have experienced health problems before.*
- *Always wear sports shoes for foot protection while using the weight training system.*
- *Before each use, make sure your product is locked (pins engaged). Inspect and properly tighten all parts and replace any worn parts immediately.*
- *Users are responsible for maintaining the product in good condition after setting it up and before each use.*
- *This product is intended for home use only. Do not use the product in a commercial, rental or institutional environment.*
- *The equipment must be placed on a flat, stable surface.*
- *Leave enough space around the apparatus in order to exercise in complete safety.*
- *For your own safety, regularly inspect your product.*
- *Remove any jewellery that you're wearing.*
- *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.*

SAFETY TIPS:
- *Static charge may cause dust on foam- clean with a dry or damp cloth. Small foam strands may be present- handle gently and dispose of properly. Do not burn or incinerate. Check local recycling guidelines.*

Adult assembly required

- *It is recommended to assemble the product by two adults.*
- *Due to its weight and size, the product should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the equipment as you assemble it.*
- *Use gloves to protect your hands from pinch points during assembly.*
- *We've provided tools to help with assembly, but you're more than welcome to use your own tools.*

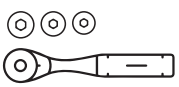
- *one Phillips screwdriver*



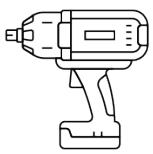
- *Adjustable wrenches*



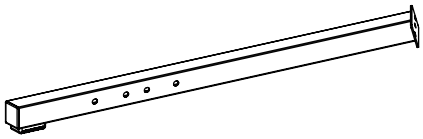
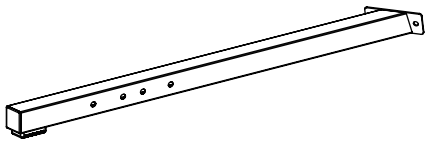
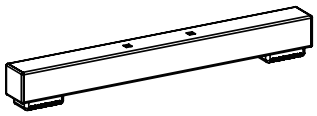
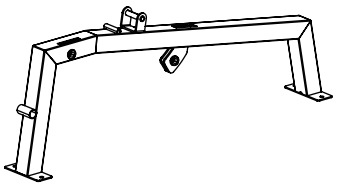
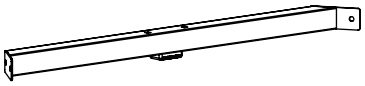
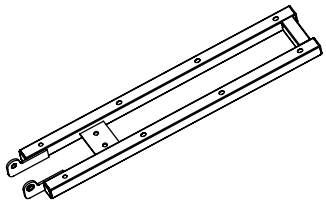
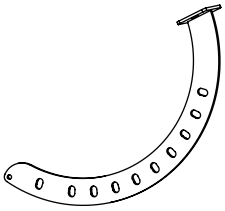
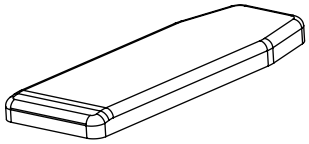
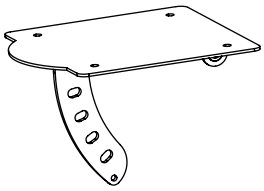
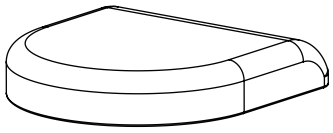
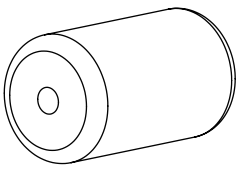
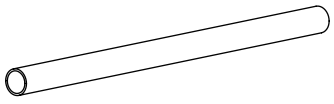
- *Socket set*



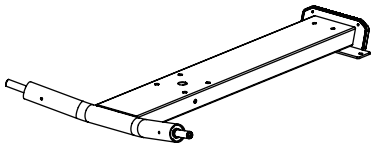
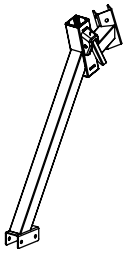
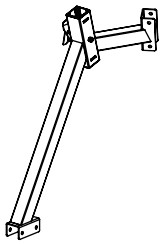
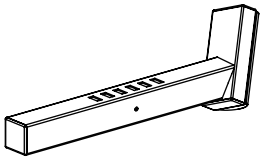
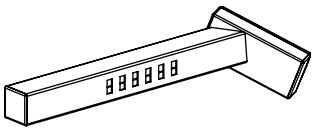
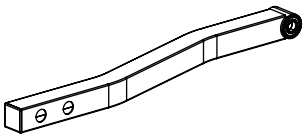
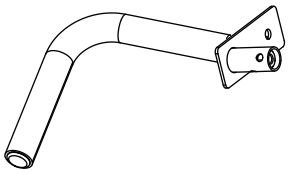
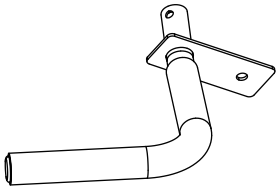
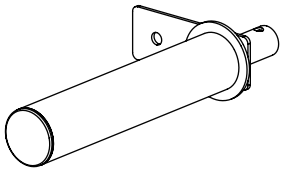
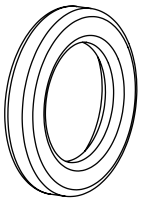
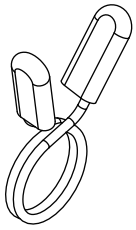
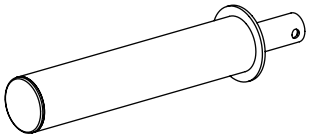
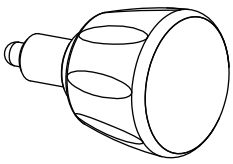
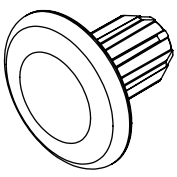
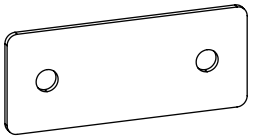
- *Electric Wrench*



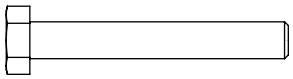
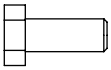
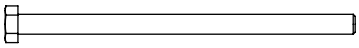
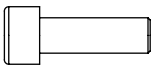
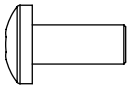
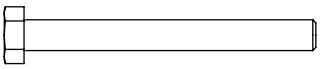
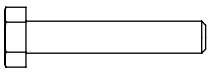
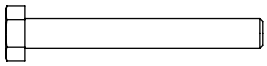
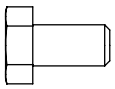
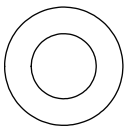
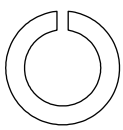
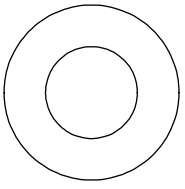
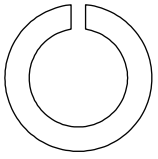
CARTON A

1  Left Bottom Tube - 1 pc	2  Right Bottom Tube - 1 pc	15  Front Tube - 1 pc
16  Main Frame - 1 pc	17  Connecting Tube - 1 pc	18  Backrest Frame - 1 pc
19  Adjustable Frame - 1 pc	21  Back Cushion - 1 pc	22  Seat Frame - 1 pc
23  Seat Cushion - 1 pc	25  Foam - 2 pcs	26  Foam Stick - 1 pc

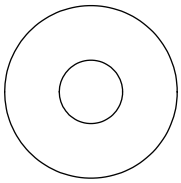
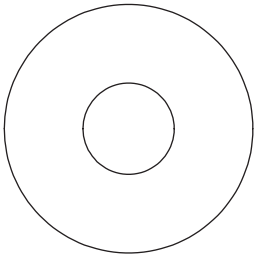
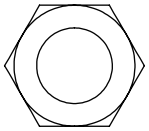
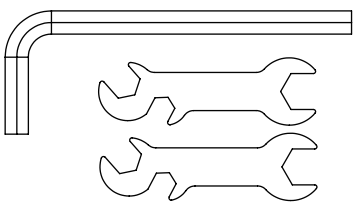
CARTON B

3  Rear Beam - 1 pc	4  Left Frame - 1 pc	5  Right Frame - 1 pc
6  Left Adjustment Tube - 1 pc	7  Right Adjustment Tube - 1 pc	8  Arm Frame - 2 pcs
9  Left Handlebar -1 pc	10  Right Handlebar -1 pc	11  Weight Holder -2 pcs
12  Buffer Ring - 3 pcs	13  Spring Clip - 3 pcs	14  Weight Storage Holder -1 pc
20  Spring Pin - 2 pcs	24  Foam Cap - 2 pcs	27  Reinforcement Plate - 2 pcs

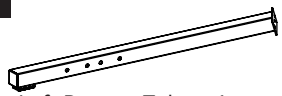
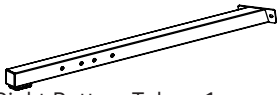
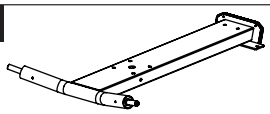
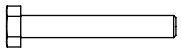
HARDWARE LIST

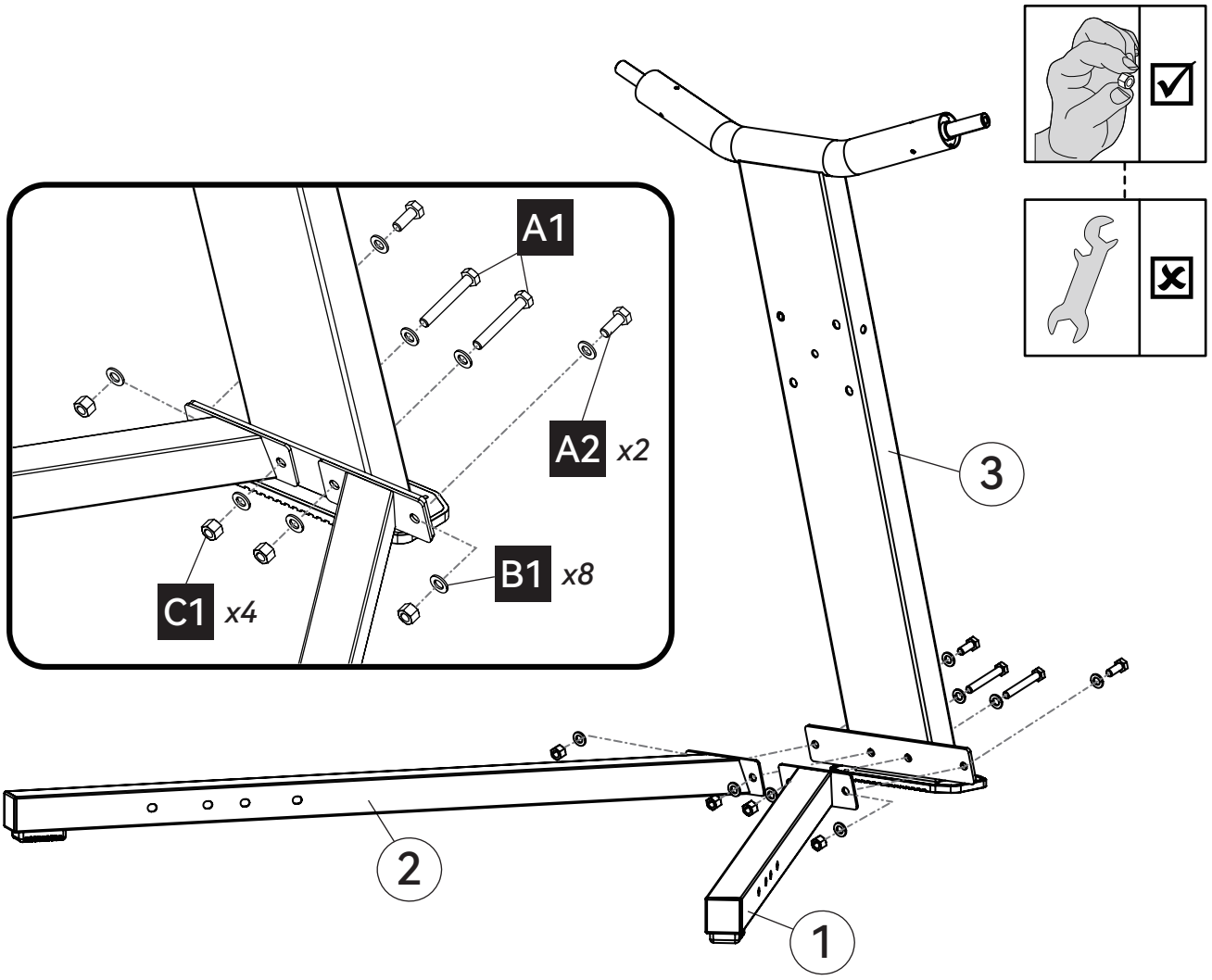
A1  Bolt M10*70 - 14 pcs	A2  Bolt M10*25 - 4 pcs	A3  Bolt M10*170 - 1 pc
A4  Bolt M8*25 - 2 pcs	A5  Round Head Bolt M10*25 - 7 pcs	A6  Round Head Bolt M10*65 - 4 pcs
A7  Bolt M8*20 - 2 pcs	A8  Bolt M10*95 - 1 pc	A9  Bolt M8*45 - 8 pcs
A10  Bolt M10*80 - 2 pcs	A11  Bolt M8*15 - 4 pcs	B1  M10 Washer - 48 pcs
B2  M8 Spring Washer - 2 pcs	B3  M8 Washer - 14 pcs	B4  M10 Washer - 9 pcs

HARDWARE LIST

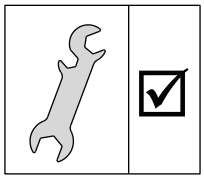
B5  M10 Big Washer (small) - 2 pcs	**B6**  M10 Big Washer (big) - 1 pc	**C1**  M10 Nut - 23 pcs
*****  Tools - 1 set		

STEP 1

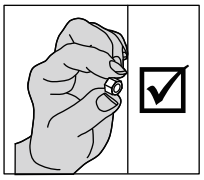
1  Left Bottom Tube - 1 pc	2  Right Bottom Tube - 1 pc	3  Rear Beam - 1 pc	A1  Bolt M10*70 - 2 pcs
A2  Bolt M10*25 - 2 pcs	B1  M10 Washer - 8 pcs	C1  M10 Nut - 4 pcs	



Note:

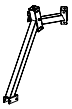
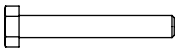
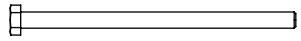


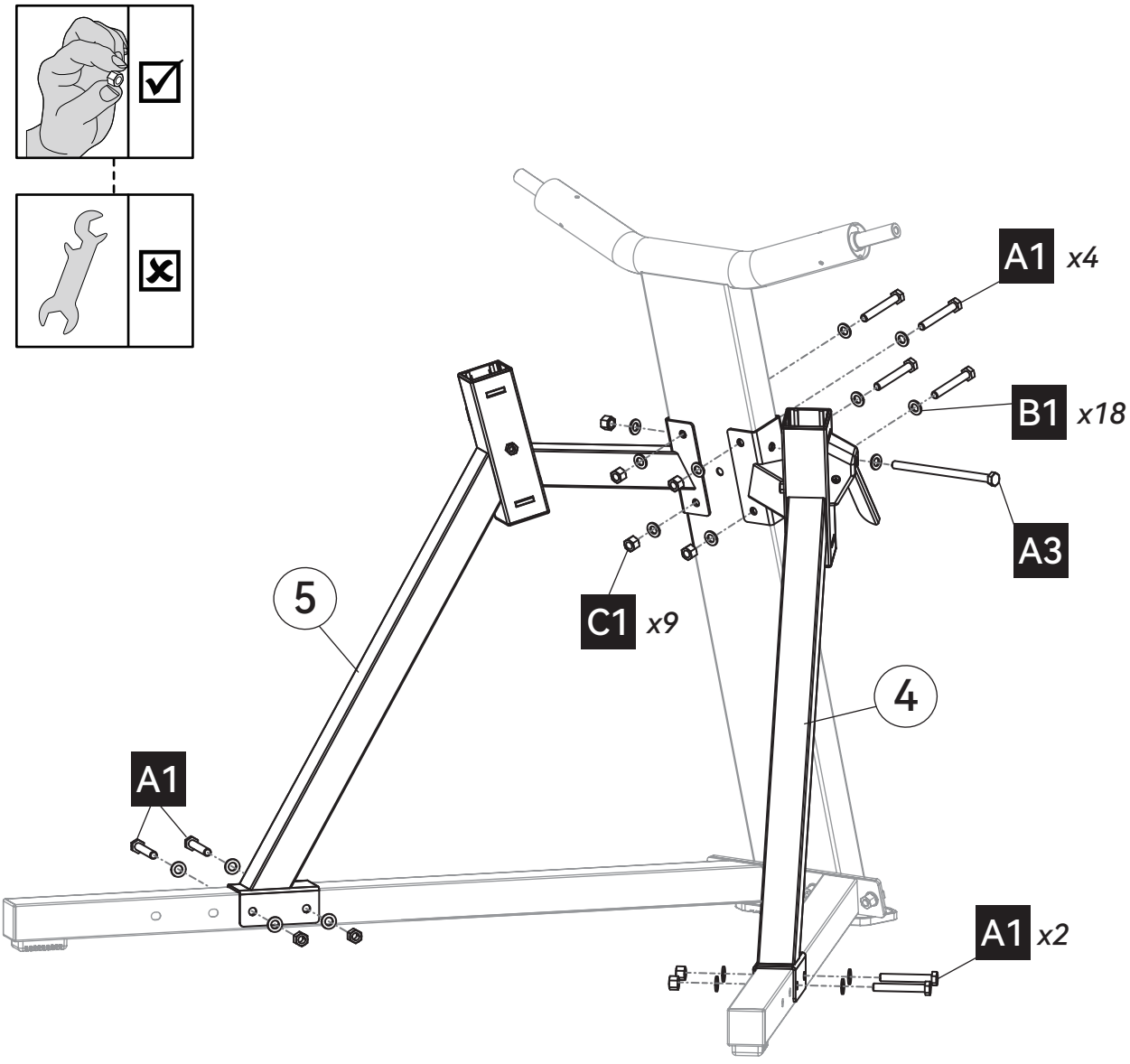
Use wrench to tighten the bolts or nuts.



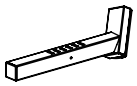
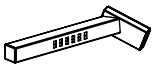
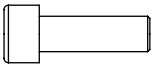
Tighten the bolts or nuts with fingers only.

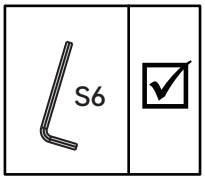
STEP 2

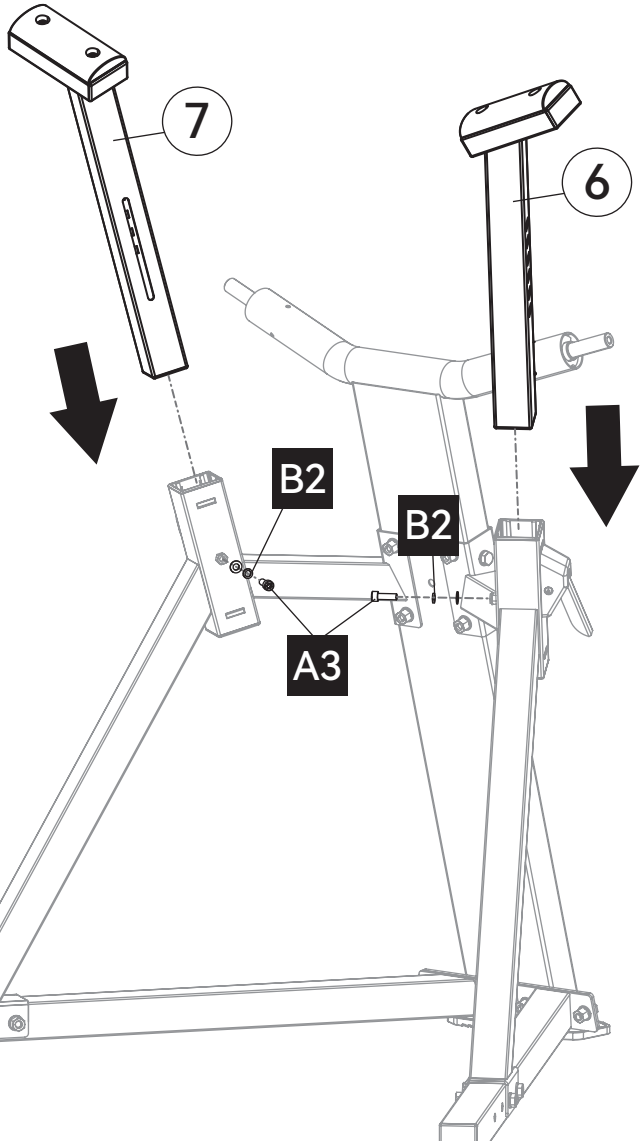
4  Left Frame - 1 pc	5  Right Frame - 1 pc	A1  Bolt M10*70 - 8 pcs	A3  Bolt M10*170 - 1 pc
B1  M10 Washer - 18 pcs	C1  M10 Nut - 9 pcs		

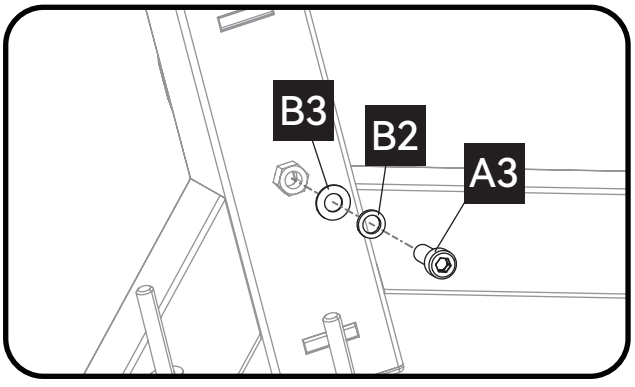


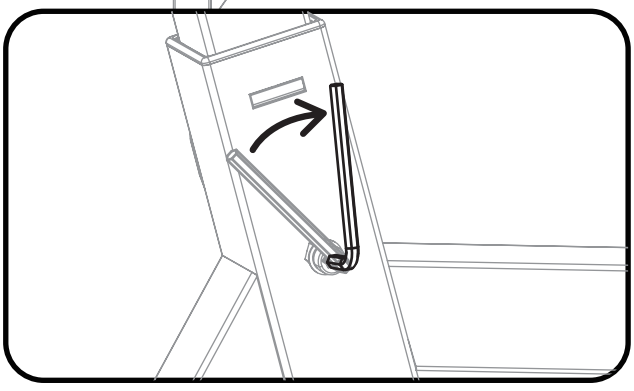
STEP 3

6  Left Adjustment Tube - 1 pc	7  Right Adjustment Tube - 1 pc	A4  Bolt M8*25 - 2 pcs	B2  M8 Spring Washer - 2 pcs
B3  M8 Washer - 2 pcs			

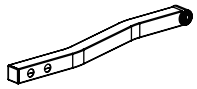
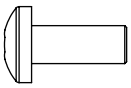


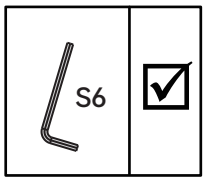


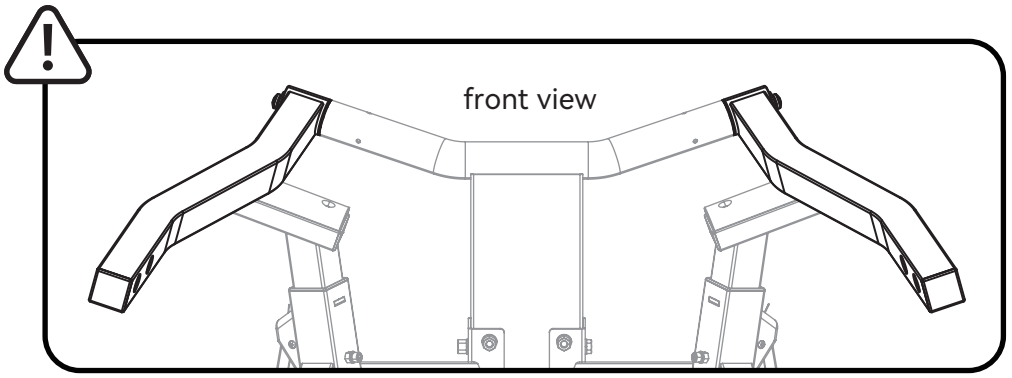


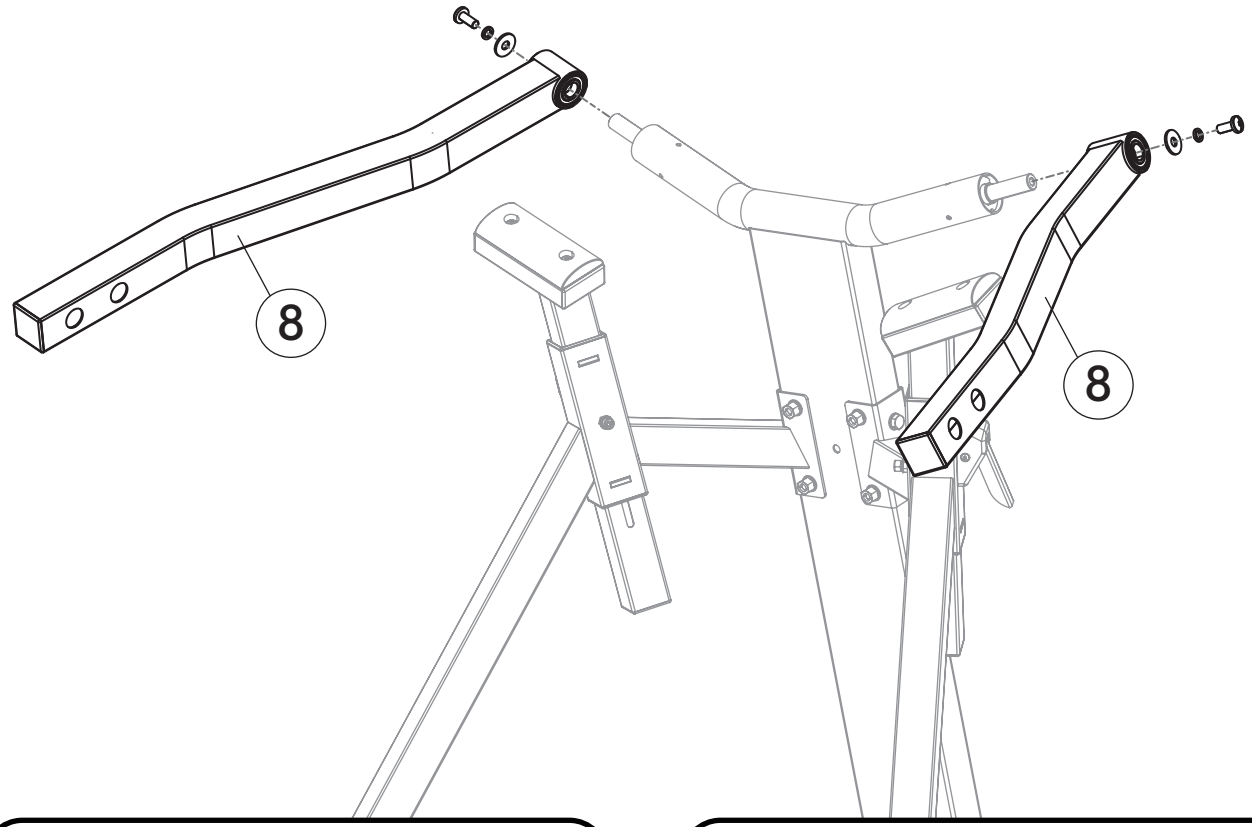


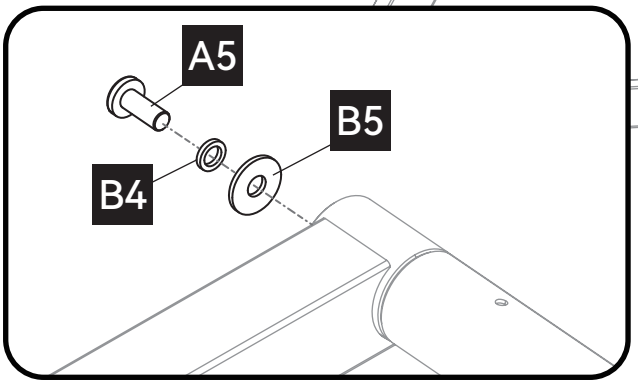
STEP 4

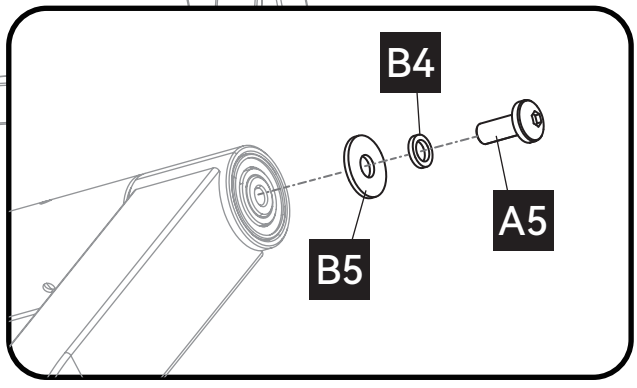
8	A5	B4	B5
 Arm Frame - 2 pcs	 Round Head Bolt M10*25 - 2 pcs	 M10 Spring Washer - 2 pcs	 M10 Big Washer (small) - 2 pcs



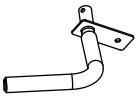
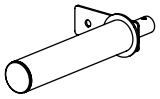
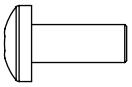


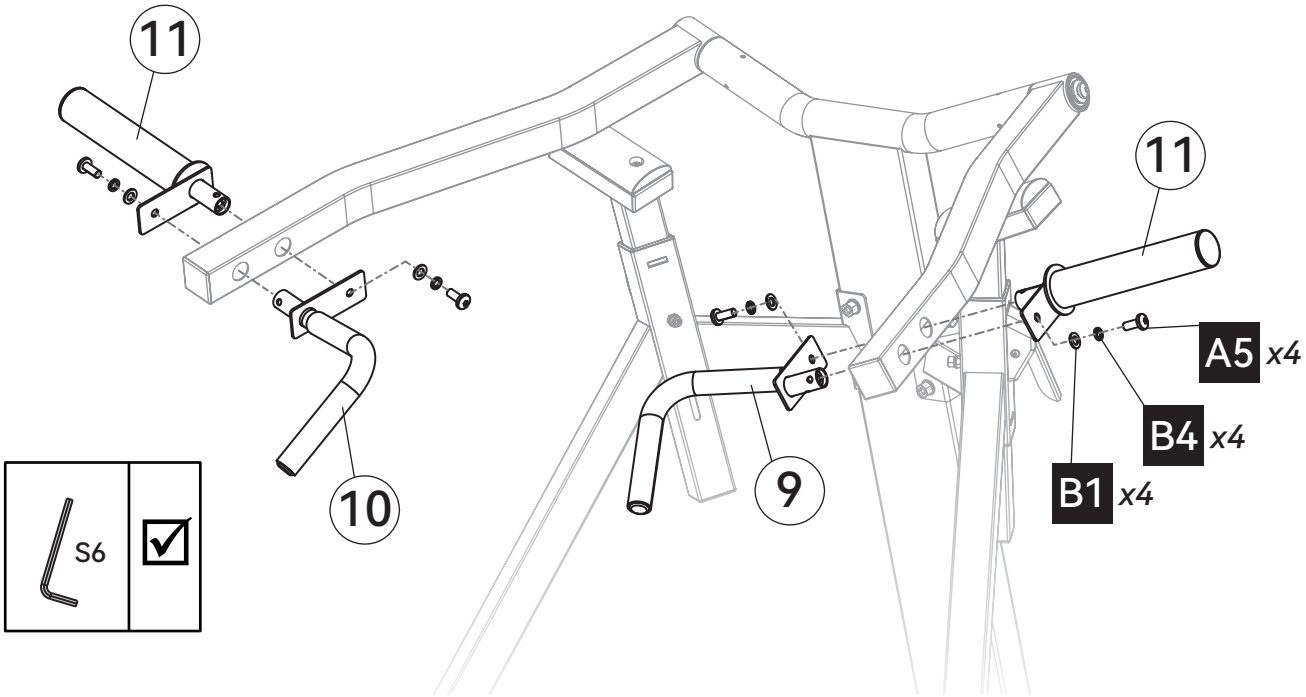


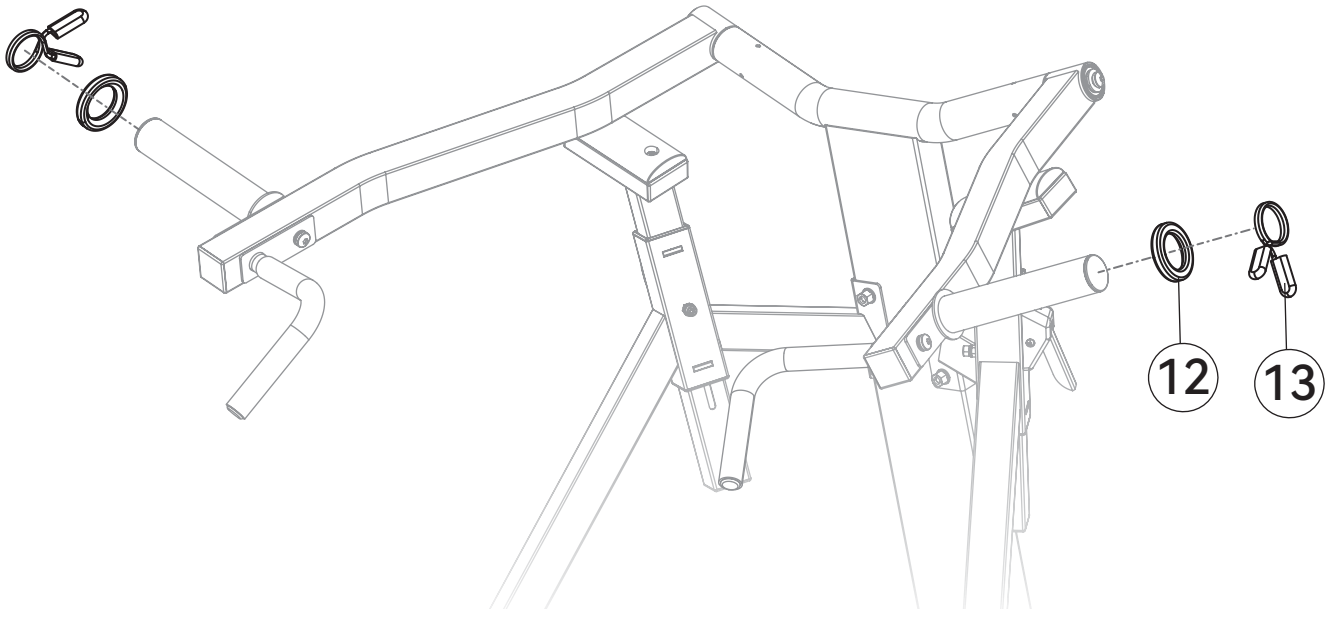




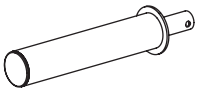
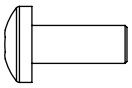
STEP 5

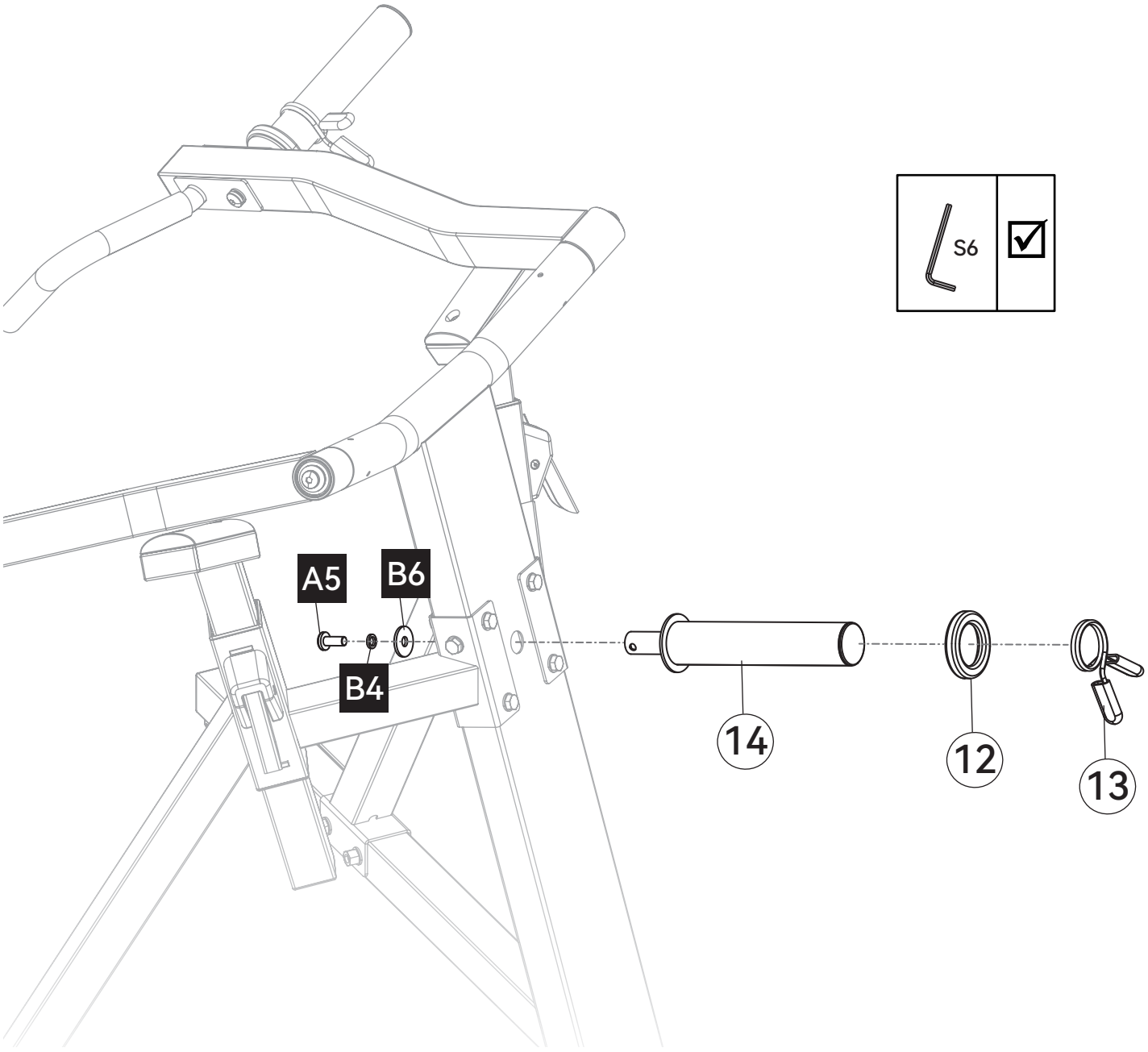
9  Left Handlebar -1 pc	10  Right Handlebar -1 pc	11  Weight Holder -2 pcs	12  Buffer Ring - 2 pcs
13  Spring Clip - 2 pcs	A5  Bolt M10*25 - 4 pcs	B1  M10 Washer - 4 pcs	B4  M10 Spring Washer - 4 pcs



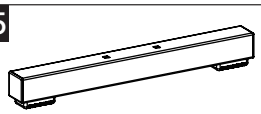
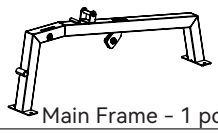


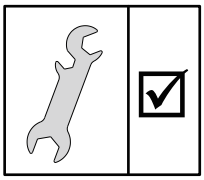
STEP 6

12  Buffer Ring - 1 pc	13  Spring Clip - 1 pc	14  Weight Storage Holder -1 pc	A5  Round Head Bolt M10*25 - 1 pc
B4  M10 Spring Washer - 1 pc	B6  M10 Big Washer (big) - 1 pc		

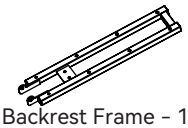
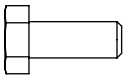


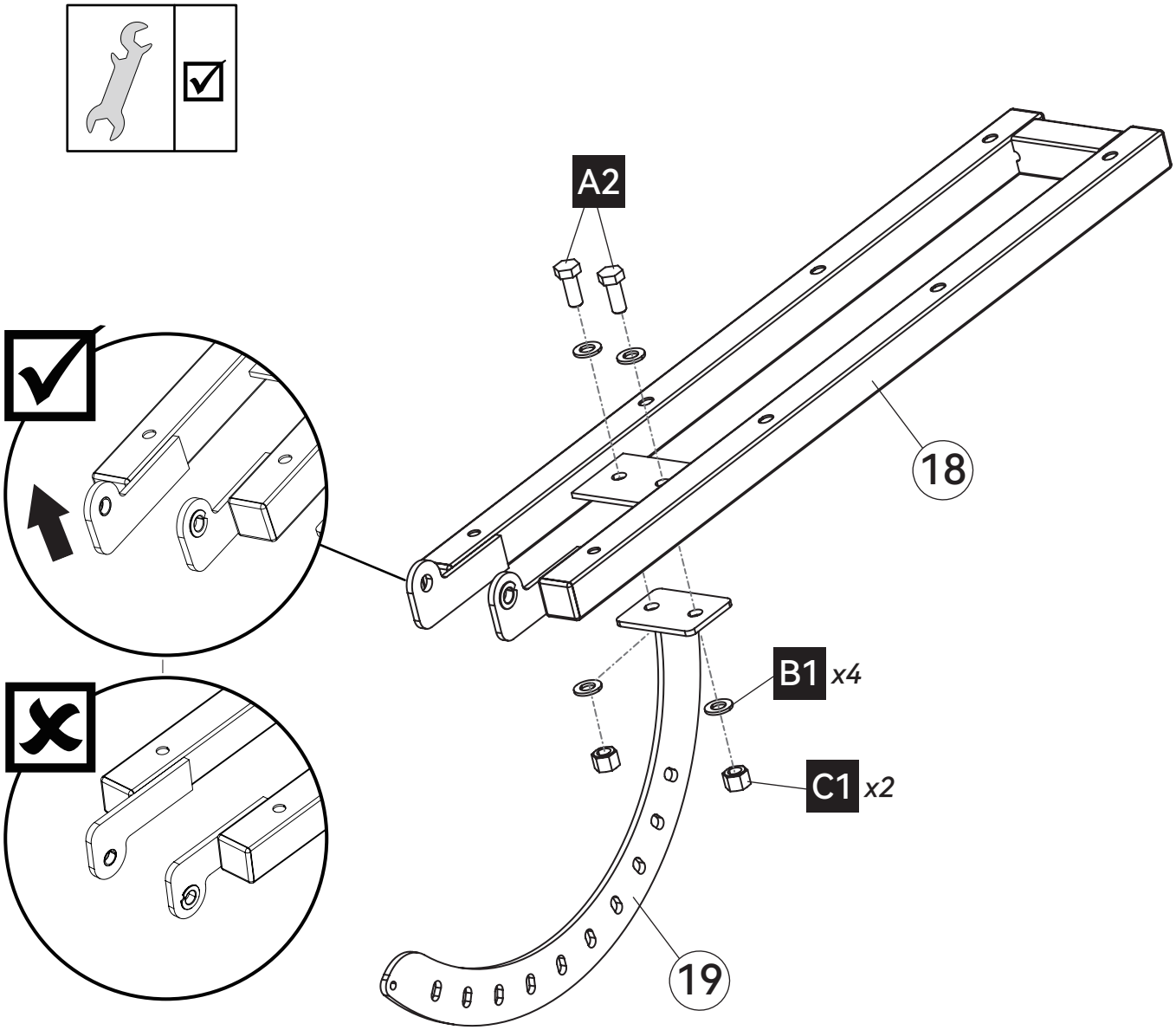
STEP 7

15  Front Tube - 1 pc	16  Main Frame - 1 pc	17  Connecting Tube - 1 pc	A6  Round Head Bolt M10*65 - 4 pcs
B1  M10 Washer - 4 pcs	C1  M10 Nut - 4 pcs		

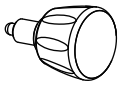
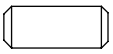
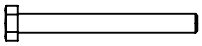


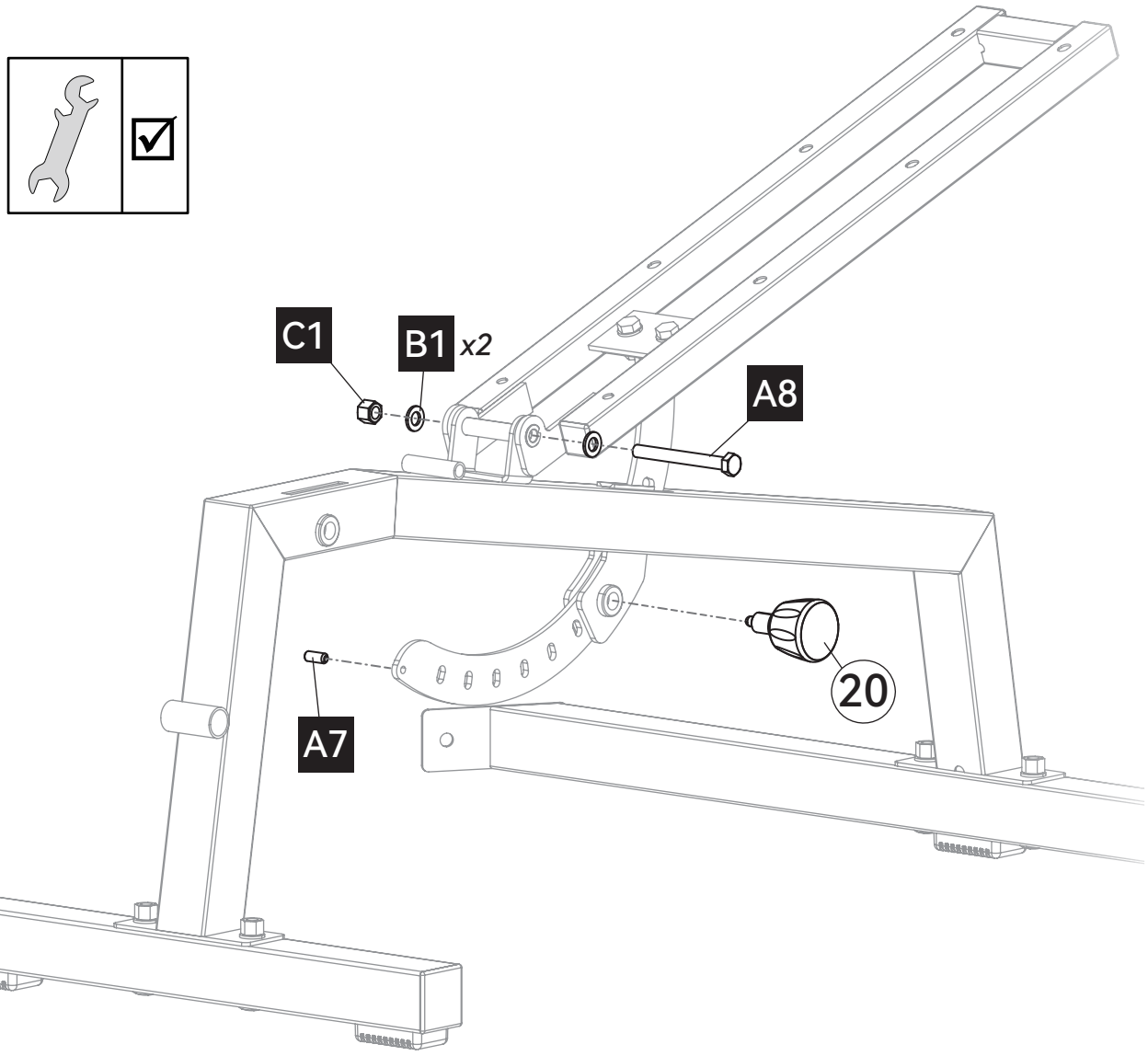
STEP 8

18  Backrest Frame - 1 pc	19  Adjustable Frame - 1 pc	A2  Bolt M10*25 - 2 pcs	B1  M10 Washer - 4 pcs
C1  M10 Nut - 2 pcs			

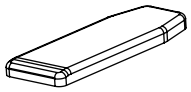
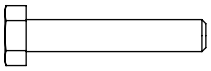


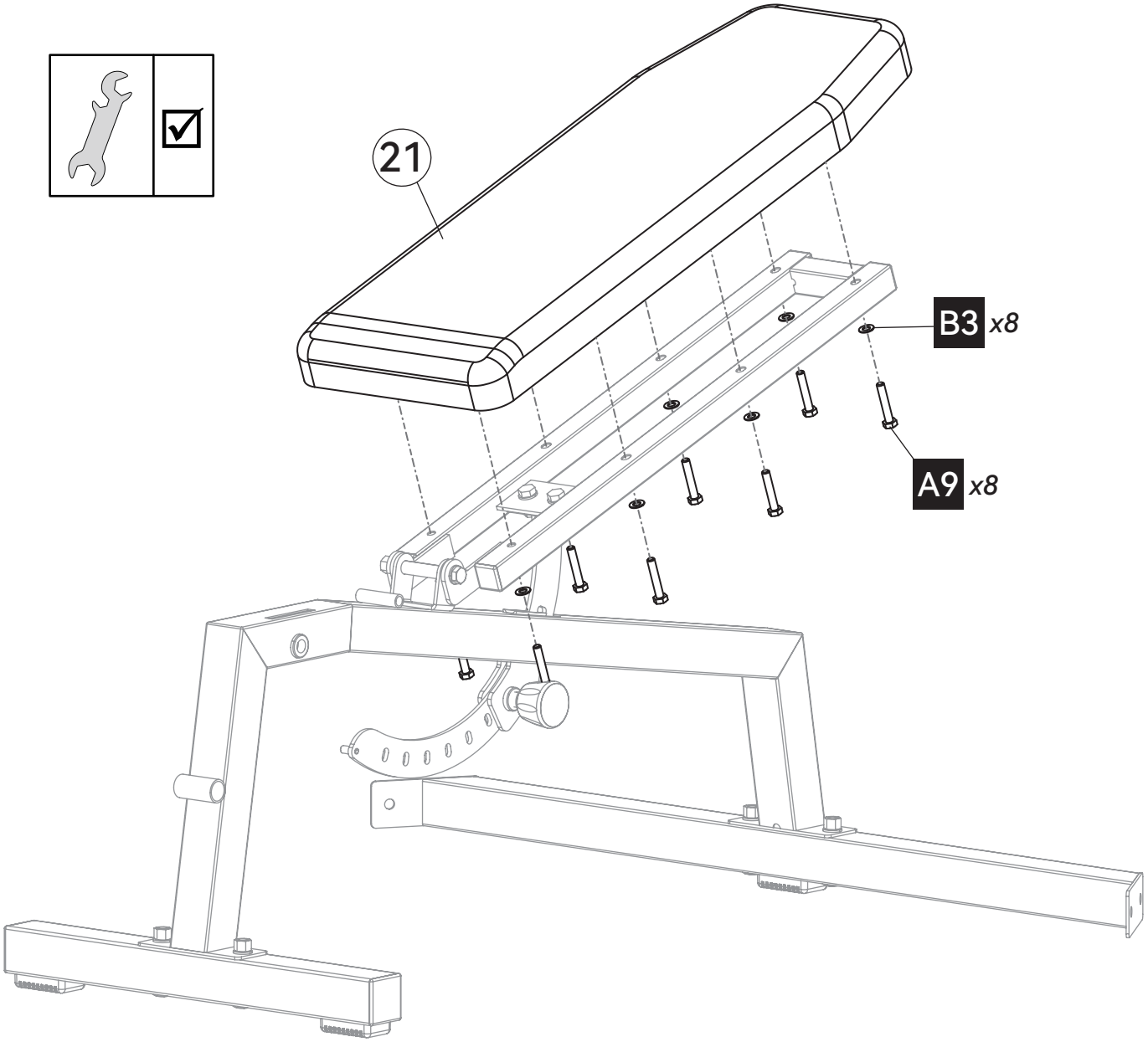
STEP 9

20  Spring Pin - 1 pc	A7  Bolt M8*20 - 1 pc	A8  Bolt M10*95 - 1 pc	B1  M10 Washer - 2 pcs
C1  M10 Nut - 1 pc			

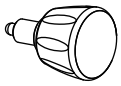
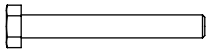
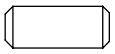


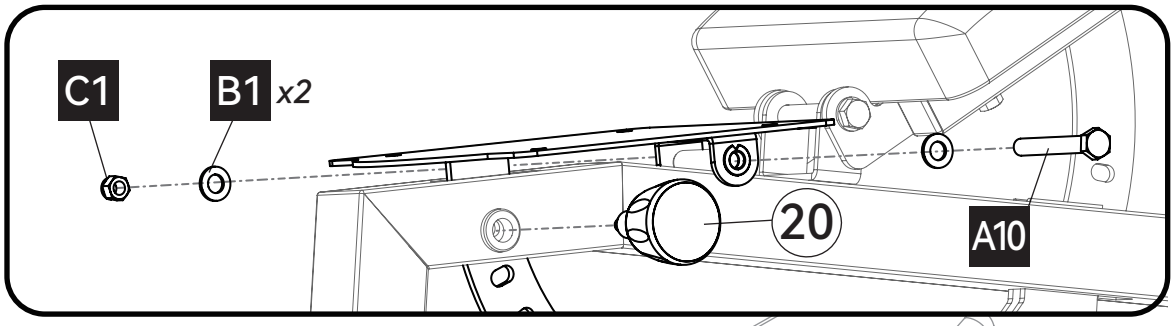
STEP 10

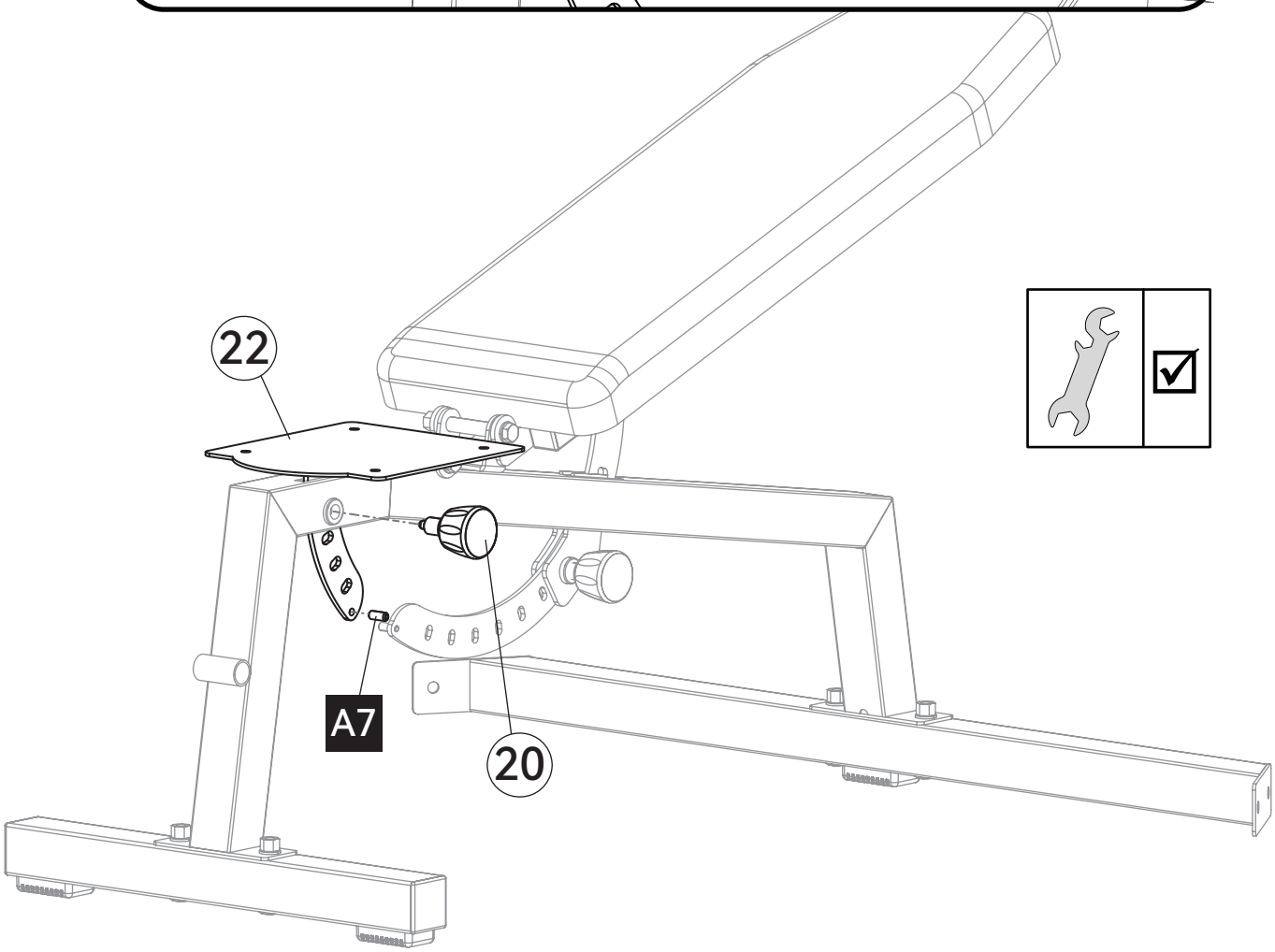
21  Back Cushion - 1 pc	A9  Bolt M8*45 - 8 pcs	B3  M8 Washer - 8 pcs	



STEP 11

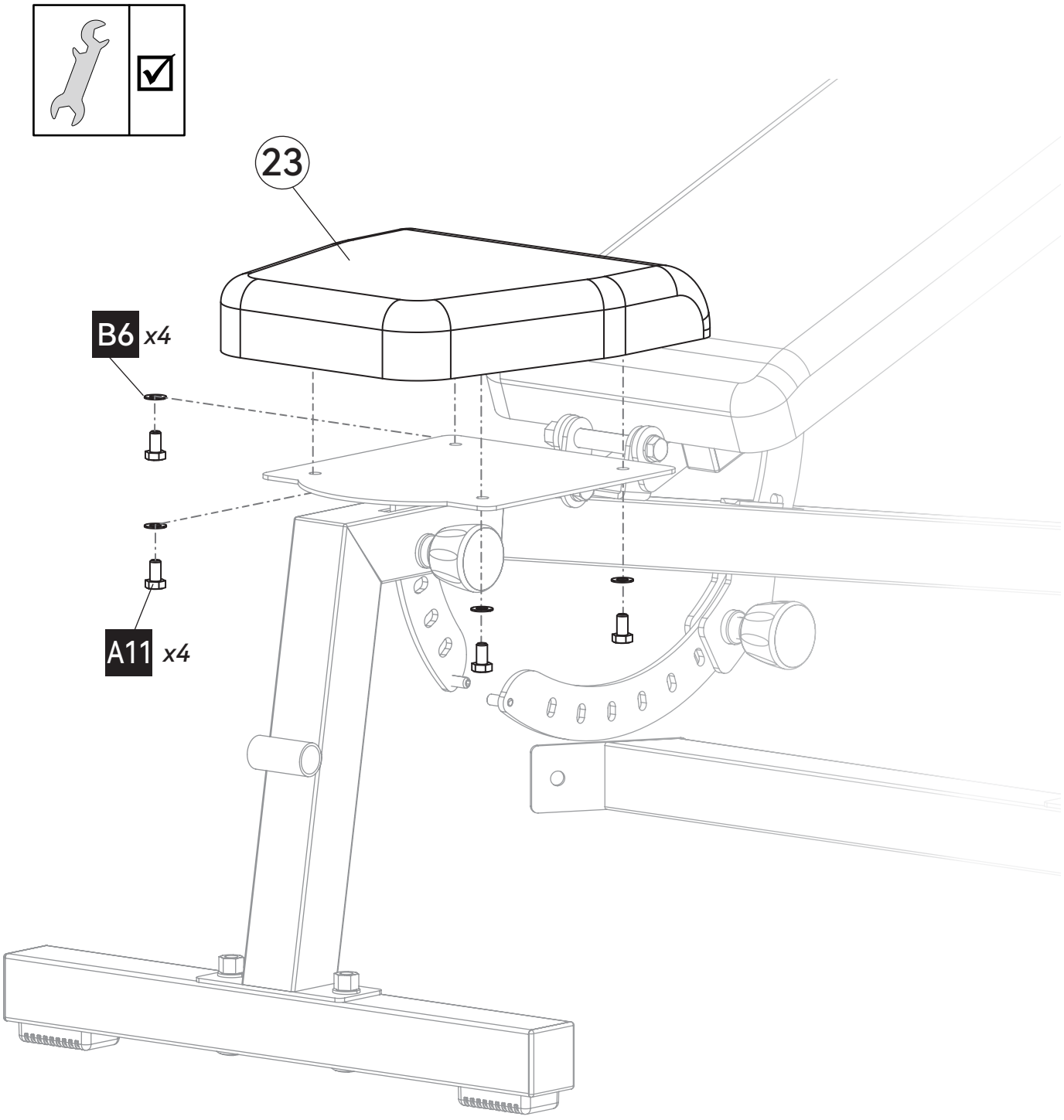
20  Spring Pin - 1 pc	22  Seat Frame - 1 pc	A10  Bolt M10*80 - 1 pc	A7  Bolt M8*20 - 1 pc
B1  M10 Washer - 2 pcs	C1  M10 Nut - 1 pc		



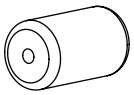
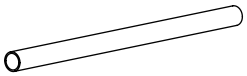


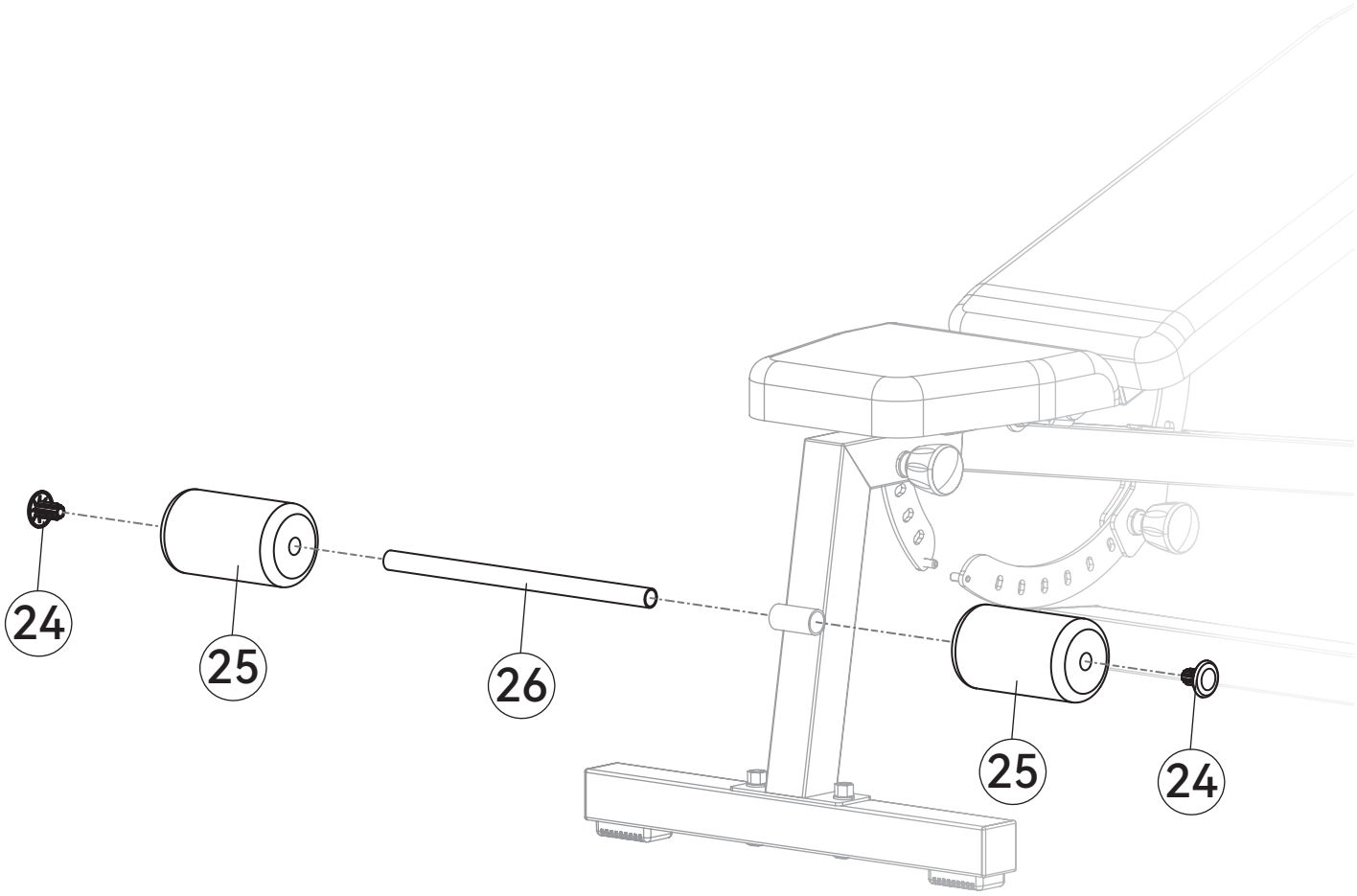
STEP 12

23	A11	B6	
Seat Cushion - 1 pc	Bolt M8*15 - 4 pcs	M8 Washer - 4 pcs	

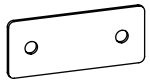
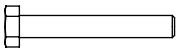


STEP 13

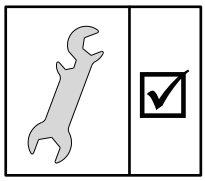
24	25	26	
			
Foam Cap - 2 pcs	Foam - 2 pcs	Foam Stick - 1 pc	

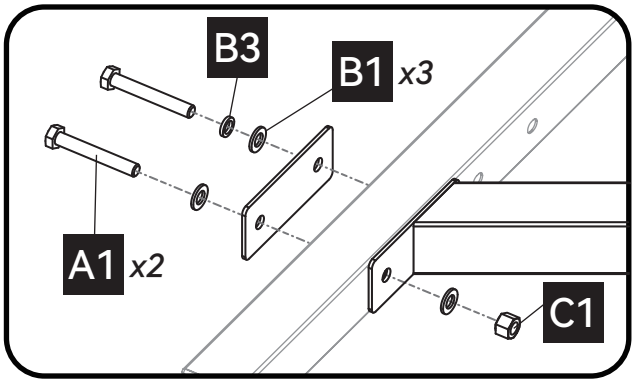


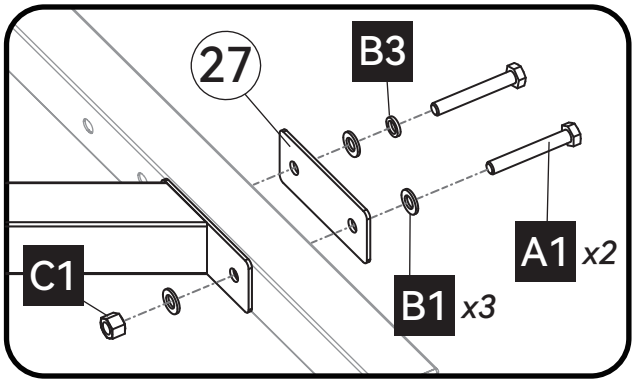
STEP 14

27  Reinforcement Plate - 2 pcs	A1  Bolt M10*70 - 4 pcs	B1  M10 Washer - 6 pcs	B3  M10 Spring Washer - 2 pcs
C1  M10 Nut - 2 pcs			

After this step, use wrenches to tighten all nuts and bolts from Step 1, Step 2.



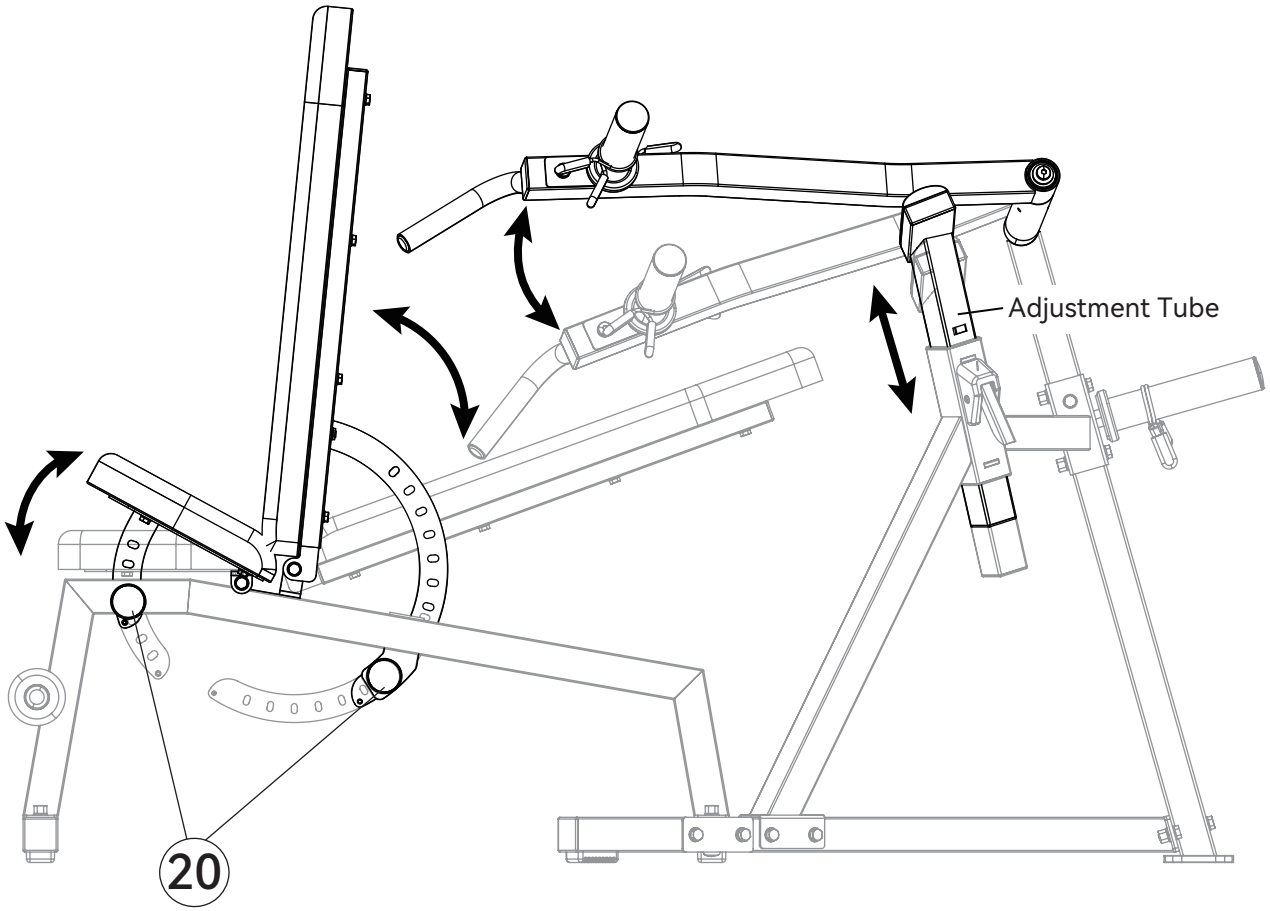




ADJUSTMENT INSTRUCTIONS

Pull out Spring Pin (20), you can adjust the Angle of the backrest, seat.

By sliding the left or right adjustment tube, you can adjust the height of the handlebars.



EXERCISE GUIDELINES

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.

Workout guidelines

Beginners should do series of 10 to 15 repetitions, usually in 4 series per exercise, with a minimum breather between each series. Do not exercise all your muscles every day but spread your various exercises over several days.

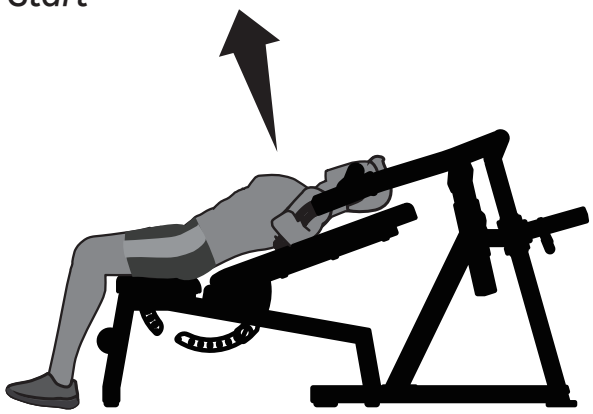
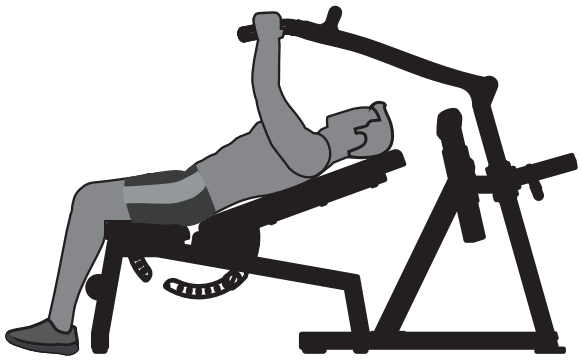
Warming Up
Start with 5 to 10 minutes of stretching and light exercise. Warm up before each session with a cardiovascular workout, sets without weights or warm-up and stretching ground exercises. Increase repetitions and sets gradually.

Working Out
Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop.

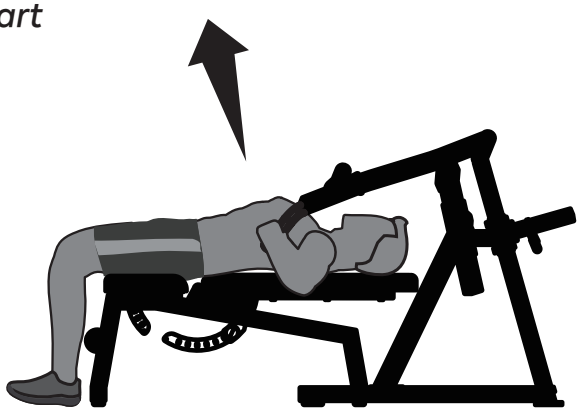
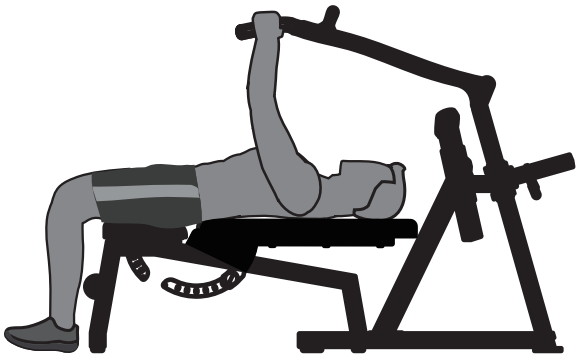
Cooling Down
Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE GUIDELINES

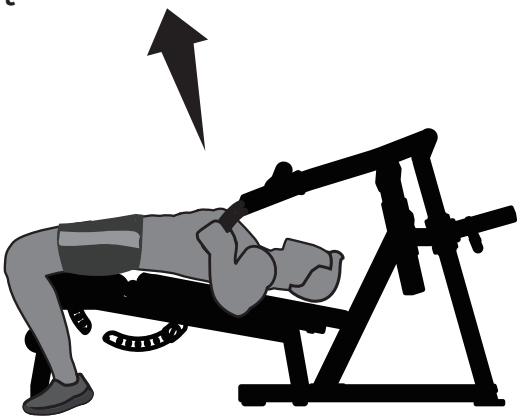
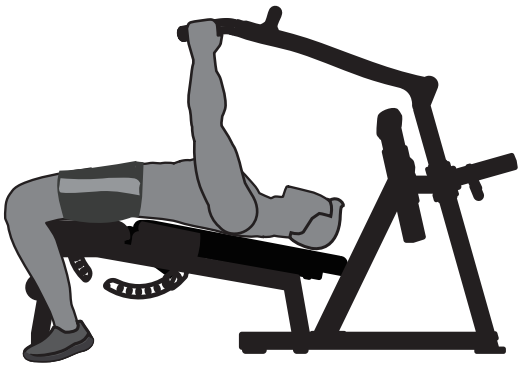
Incline Bench Press

Start	*Finish*
	

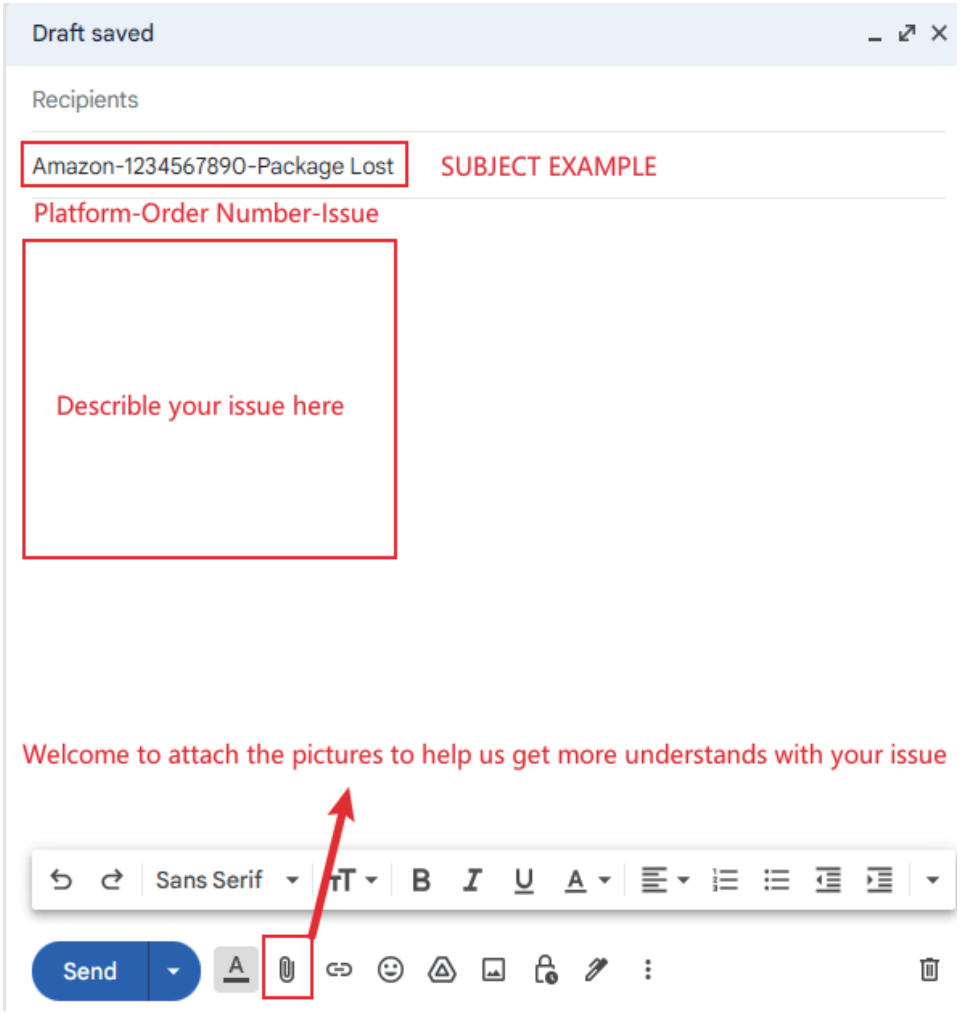
Flat Bench Press

Start	*Finish*
	

Decline Bench Press

Start	*Finish*
	

FORMAT OF AFTER-SALE EMAIL



Welcome to send us some pictures to describe your problem, which will help us better and faster understand your current situation, and thus provide you with the best solution.

KEEP THIS INSTRUCTIONS

CHEST PRESS MACHINE

MODEL# SS15001BKRD

