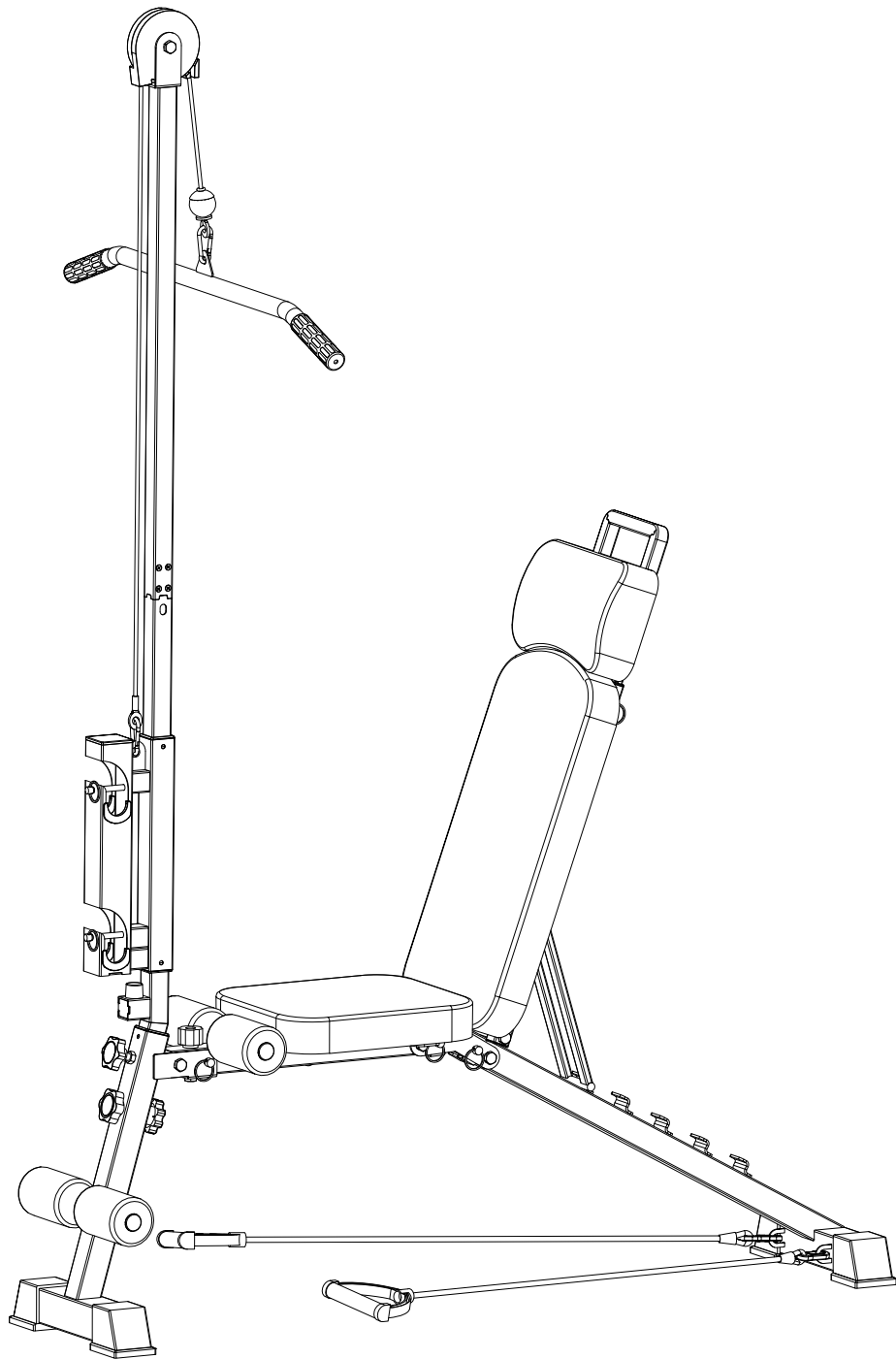


ADJUSTABLE WEIGHT BENCH

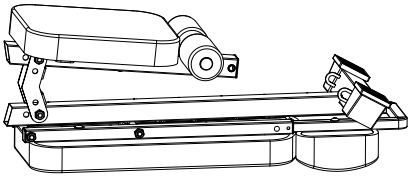
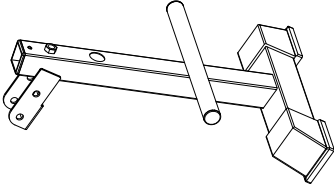
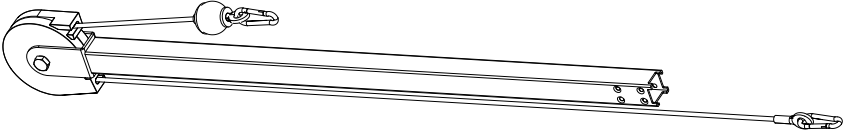
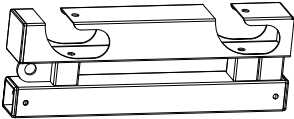
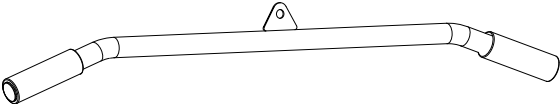
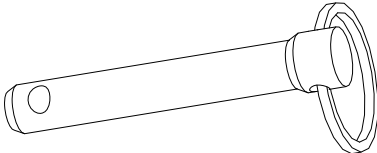
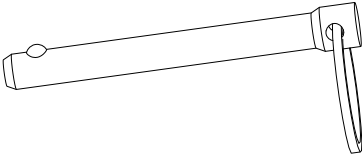
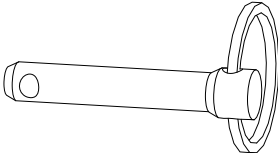
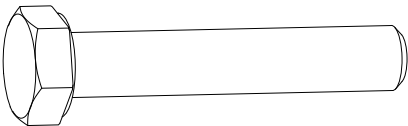
USER'S MANUAL

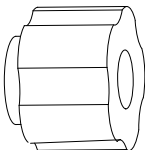
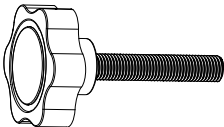
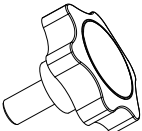
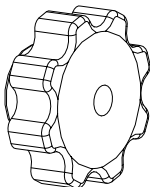
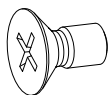
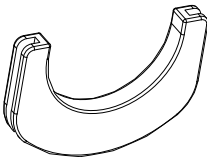
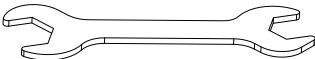


Safety and Warnings

- 1, before assembling and using the training equipment, carefully read all the contents of the manual is very important, only the correct installation, maintenance and use of the training equipment can achieve a safe and effective training effect; It must be ensured that all users are familiar with all warnings and precautions of the training equipment.
- 2, before assembling and using the training equipment, the user should consult a doctor according to their physical condition. To prevent health or safety incidents during the training process that would make normal training impossible. If the user is taking medication that affects heart rate, blood pressure, and cholesterol levels, it is important to follow the doctor's advice before training.
- 3, training should always pay attention to the condition of the body, incorrect or excessive training will be harmful to your health, if you have the following discomfort symptoms (including: headache, chest tightness, irregular heartbeat, shortness of breath, dizzy, dizziness, nausea, etc.), please stop training immediately, only after the doctor checks and confirms that it is OK to continue training.
- 4, Please keep your children and pets away from the training equipment, the training equipment is only for adults.
- 5, please place the training equipment in a solid, flat place to use, and to place a protective layer on the floor and carpet surface to prevent ground damage, for your safety, please ensure that the perimeter of the training equipment and the distance between the obstacles shall not be less than 0.5m.
6. Before using the training equipment, please check whether all screws and nuts that need to be locked are locked. Make sure you can use it.
7. Only regular maintenance and maintenance of damaged, easily worn and easily broken parts can ensure the safe use of the training equipment.
8. Please ensure that the equipment is used in accordance with the instructions. When defective parts are found in the process of assembly and maintenance or when noise is emitted during use, please stop operation and use immediately to ensure that all problems are solved before proceeding
9. When using the training equipment, please wear suitable training clothes and avoid wearing wide clothes. Large clothing may be caught in the equipment, impeding operation and may therefore be trapped on the equipment.
- 10, the training equipment is only suitable for family use, suitable for the weight of less than 250kg trainers.
11. The training equipment is not suitable for use with medical equipment.
- 12, in the process of lifting or moving the training equipment, pay attention to safety, so as not to hurt your back. Use the correct method of movement, or with the assistance of others.

Package Contents

No	ITEM	IMAGE	QTY
①	Main Frame		1
②	front prop		1
③	Upper sliding rod		1
④	Lower sliding rod		1
⑤	Sliding frame		1
⑥	Pull handle		1
⑦	Ring pin Φ10x70		3
⑧	Ring pin Φ8x70		2
⑨	Ring pin Φ8x50		2
⑩	Hex bolt M10		2
⑪	Hex nut		1

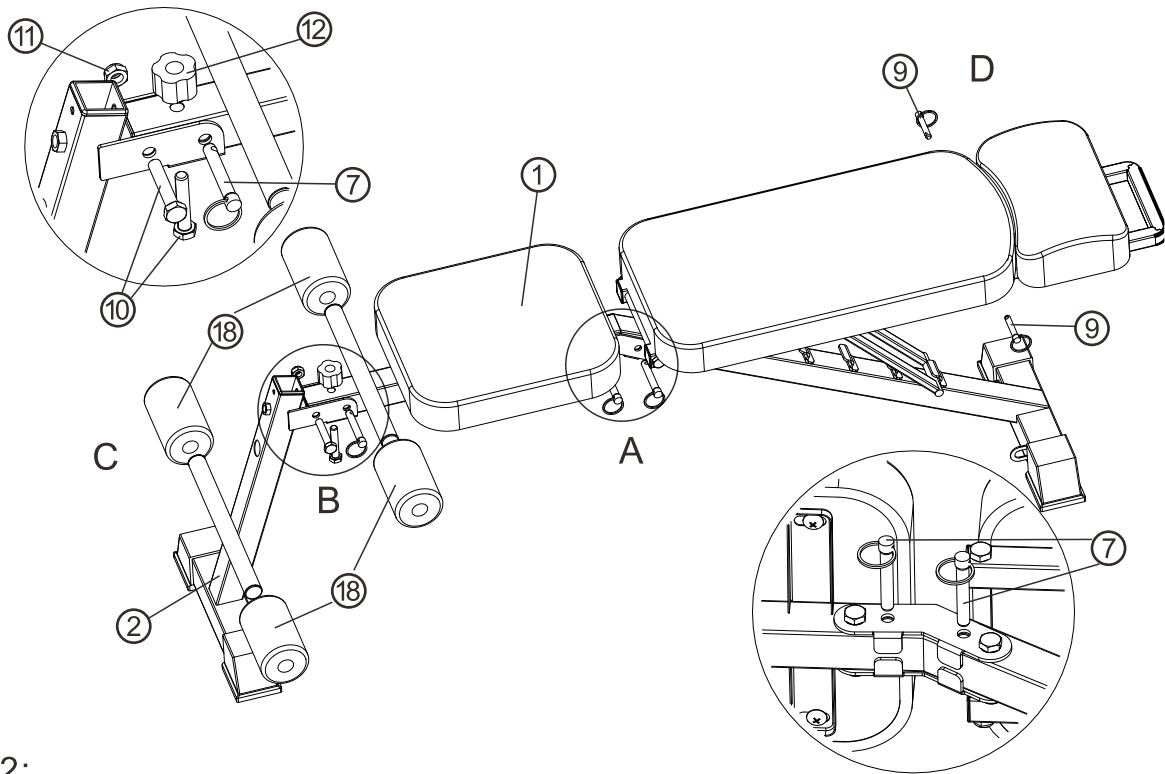
No	ITEM	IMAGE	QTY
⑫	Knob		1
⑬	Plum knob M10x50		1
⑭	Plum knob M10x20		1
⑮	Knob M10		1
⑯	Screw		8
⑰	Pull rope		2
⑱	Foam		4
⑲	Rubber pad		4
⑳	Spanner		2
㉑	Spanner		1

Install components

Follow the installation instructions below:

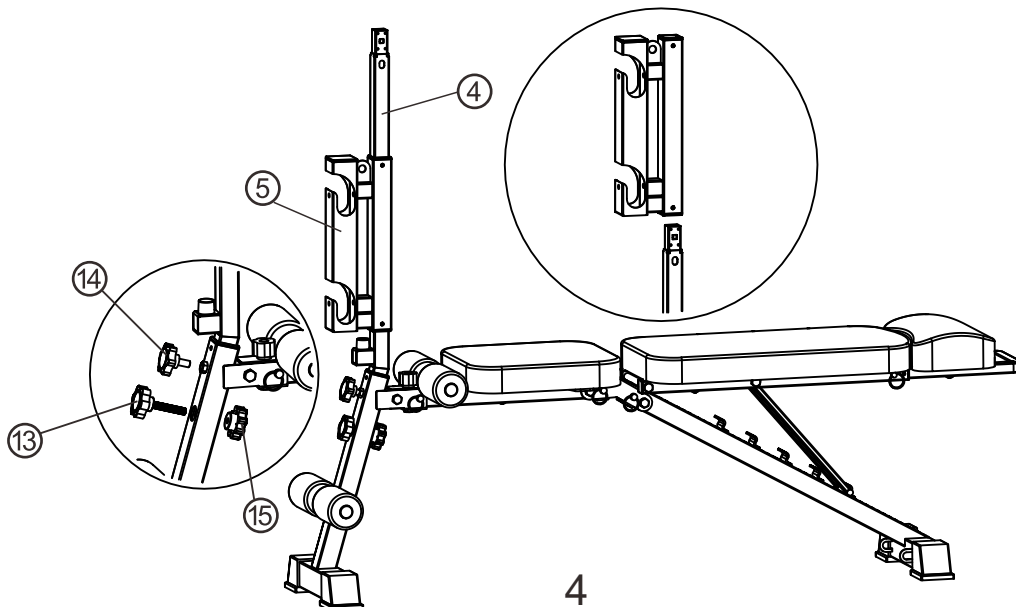
Step 1:

1. Remove the product from the packaging box, remove the plastic bag and put it on a clean and smooth ground;
2. Unfold the main frame .see section A, insert two $\Phi 10 \times 70$ ring pins(7).
3. Refer to section B, Insert two M10X55 bolts (10) and tighten them with knob(12) and hex nut(11) respectively, then insert the $\Phi 10 \times 70$ ring pin(7).
4. Refer to section C, insert four foams (18).
5. Refer to section D, insert two $\Phi 8 \times 50$ ring pins(9).



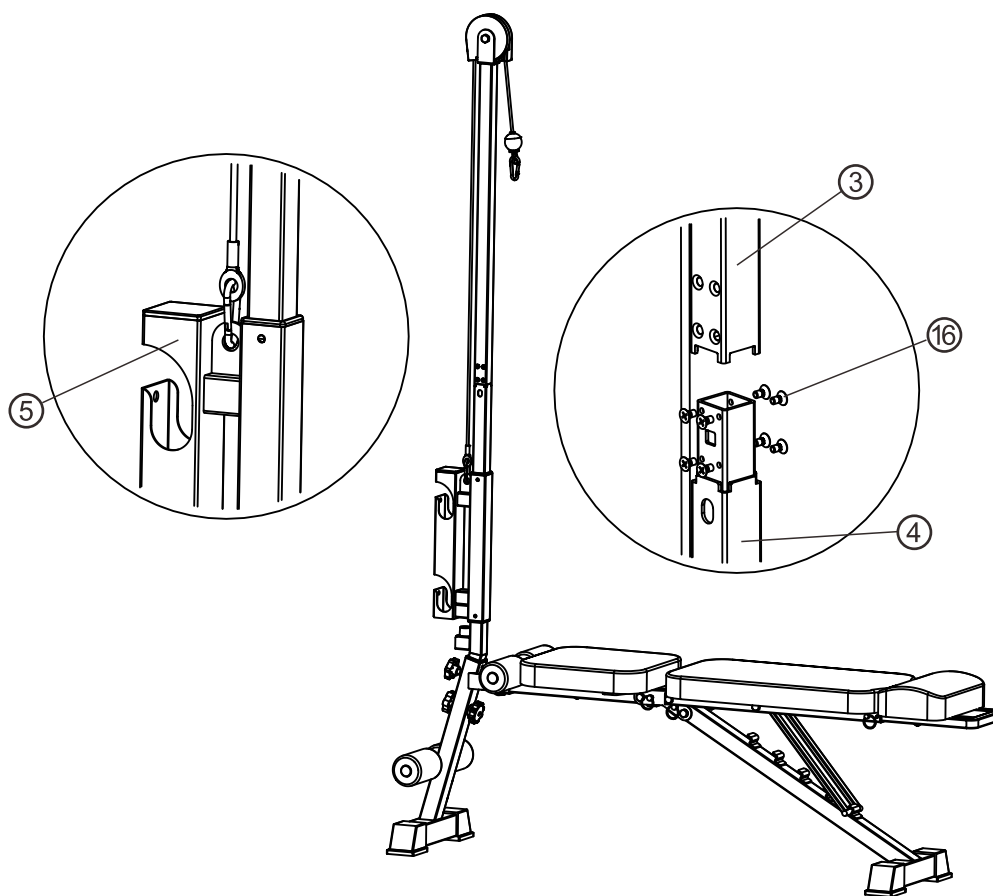
Step 2:

As shown in the figure below, connect the main frame and upper sliding rod with M10x50 Plum knob(13) and M10 knob(15), and then lock and fix them with M10x20 Plum knob(14). Insert the sliding frame onto the sliding rod.



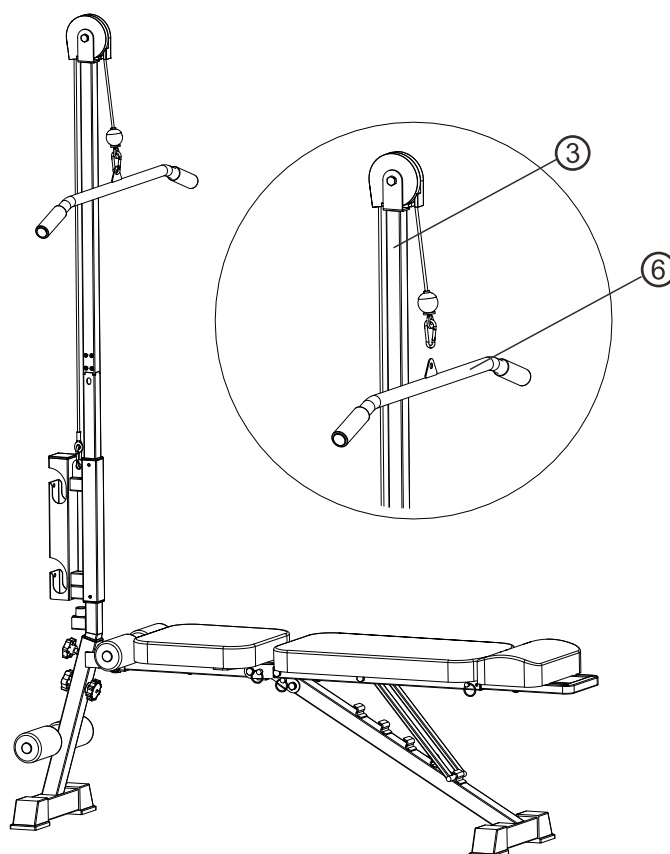
Step 3:

As shown in the figure, insert the upper sliding rod(3) into the lower sliding rod(4), and then fix it with 8 screws(16). Buckle the climbing buckle onto the sliding frame(5).



Step 4:

As shown in the figure below, fasten the climbing buckle onto the pull handle(6).



Step 5:

1. As shown in the figure below, Install 4 rubber pads (19) first.
2. Put on the dumbbell (self-provide), insert the $\Phi 8 \times 70$ ring pins (8).
3. Fasten the pull rope (17).

