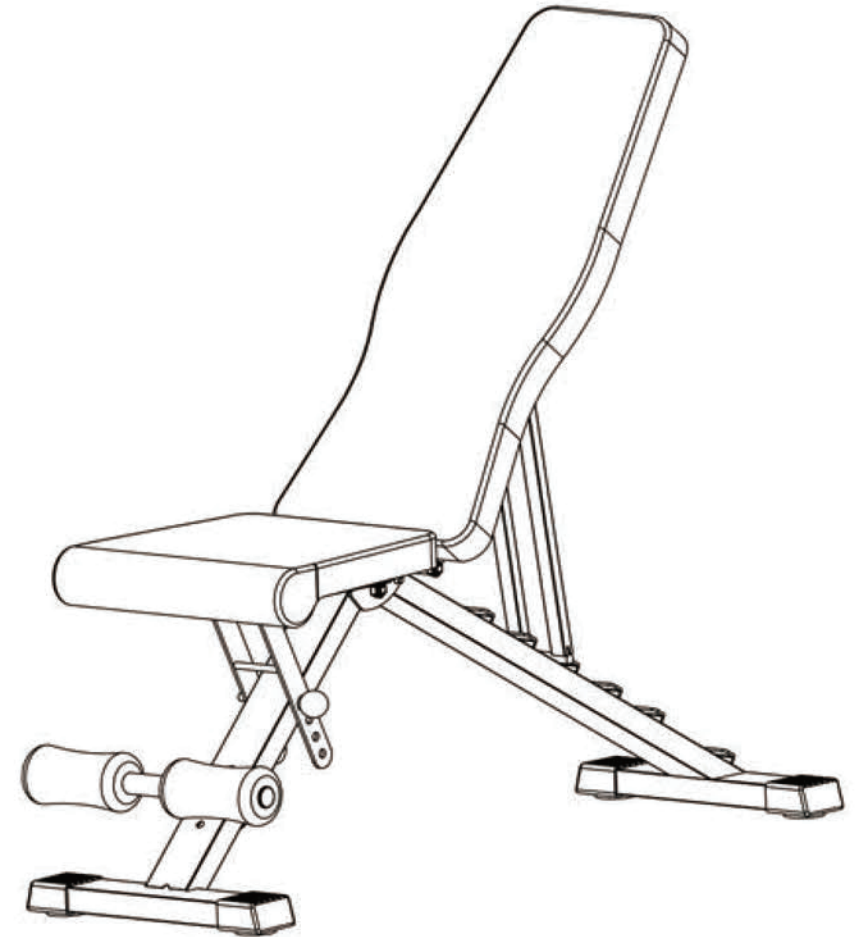

Adjust the Back Cushion and the Seat Cushion Position as illustrations to your favorite, so as to reach your workout aims.



DAILY MAINTENANCE

1. Lubricate the parts periodically.
2. Check and tighten all the parts of the product before using it.
3. Use a damp towel to clean the bench after using it and avoid chemical solvents for cleaning.



Please read all the instructions in this manual carefully before assembling and using the product.

WEIGHT BENCH

Product instructions



CAUTION

1. Read the entire manual before assembling and using the equipment.
2. Before using the product, make sure the nuts and bolts are properly tightened.
3. The maximum weight bearing is 330 lbs.
4. Be careful when moving the adjustable joints. Children should use this product under supervision.
5. The product shall be placed on horizontal and smooth surface. Please read all the instructions in this manual carefully before assembling and using the product.



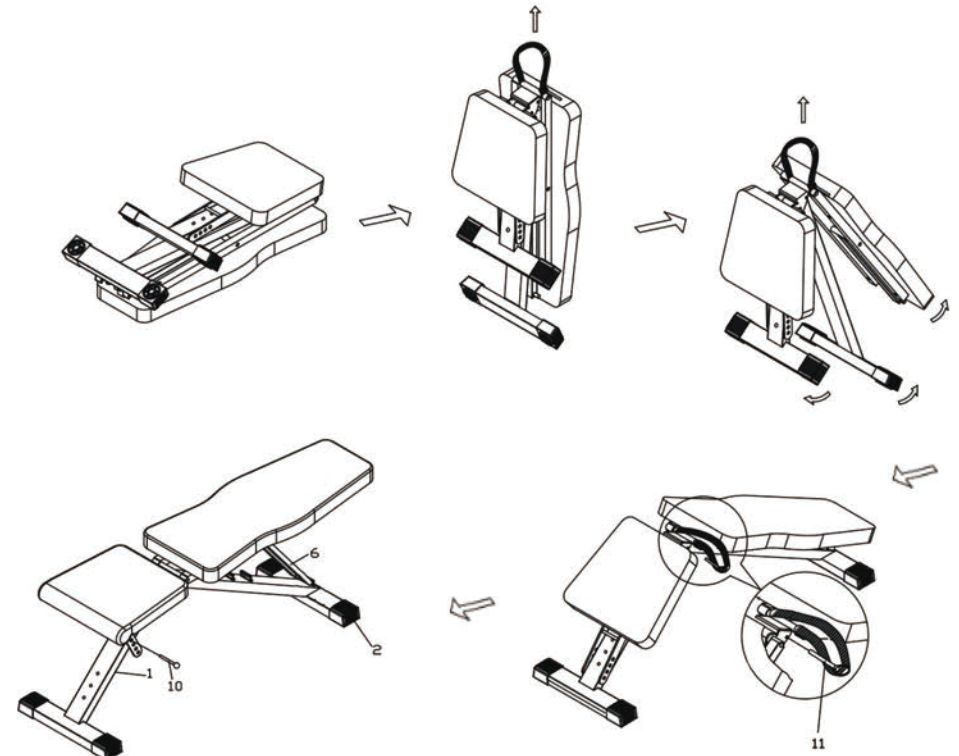
Please read all the instructions in the manual carefully before installing and using the product, and keep the instructions properly.

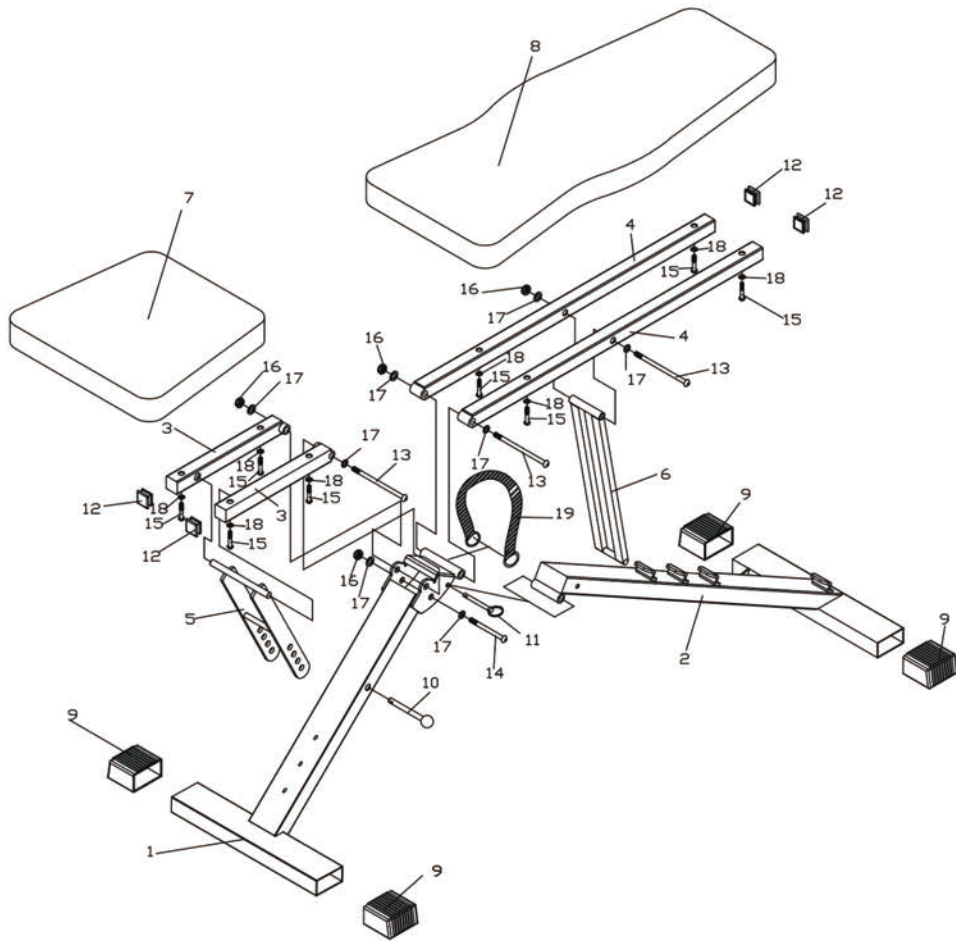
ASSEMBLY INSTRUCTIONS

Step1: Lift the equipment with back support frame (2) on the ground and insert the ring bolt (11) in the joint hole.

Step2: Put the front support frame (1) on the ground to make it stand still and insert the ball pin (10) into the hole of seat adjustment frame (5) and the front support frame (1).

Step3: The seat adjustment frame (5) has four holes to change the angle. Put the backrest adjustment frame (6) in the fixed six slots of the back support frame (2) so as to adjust the angle of the backrest cushion (8) as you like.





Thank you for your purchase of workout bench.
For your safety, please ensure appropriate use of this product.
If you have any question, contact us:

Warning:

(1) Before doing this or any other workout, consult your doctor first, which is especially important for those over 35 or with health problems.

(2) Read all the instructions before using the workout bench.

The assumes no responsibility for injury or property damage caused by personal reasons during the use of the product. You acknowledge that you are using our equipment voluntarily and are aware of potential risks in fitness and weight training in your private compound training. These include but are not limited to injuries sustained while utilizing our fitness equipment, any illness that could be precipitated during workout(eg. heart attack, stroke and etc.) as well as sudden death. You also acknowledge that any damage to your property will be at your own risk.

COMPONENT DIAGRAM

DIAGRAM No.	PART NAME	QTY
1	Front Support Frame	1
2	Back Support Frame	1
3	Seat Support Frame	1
4	Backrest Support Frame	1
5	Seat Adjustment Frame	1
6	Backrest Adjustment Frame	1
7	Seat Cushion	1
8	Backrest Cushion	1
9	Foot Cap 30*60	4
10	Ball Pin	1
11	Bolt Ring	1
12	Plug	4
13	Bolt, Round head M10*150	3
14	Bolt, Round head M10*86	1
15	Bolt, Round head M8*35	8
16	Nylock Nut M10	4
17	Washer M10	8
18	Washer M8	8
19	Handle Band	1