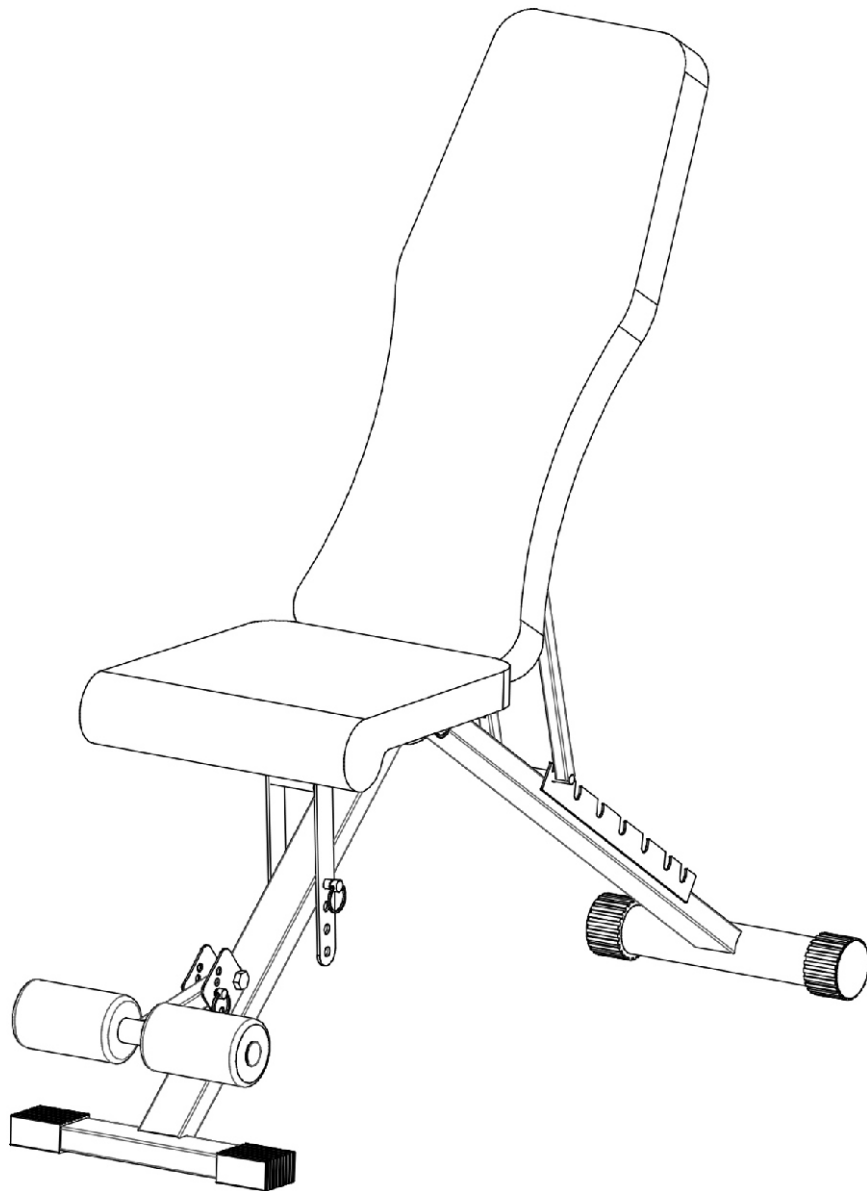


Training Bench

User Manual





IMPORTANT SAFETY INFORMATION:

WARNING: Serious injury could occur if these safety precautions are not observed:

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment.

Assembly

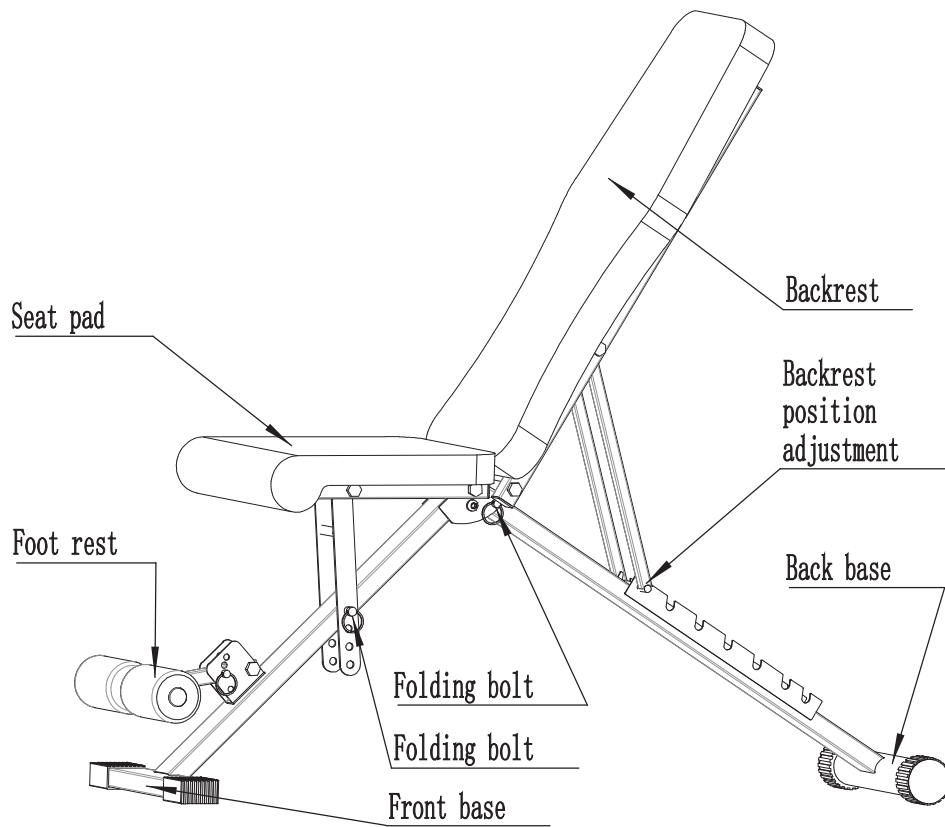
- ⌘ Make sure that the machine is set up and operated on a solid level surface. Do not install equipment on an uneven surface.
- ⌘ Make sure you have enough space to place the parts before starting.
- ⌘ Keep children and animals away from the exercise area, small parts could pose a choking hazard if swallowed.
- ⌘ Dispose of all packaging carefully and responsibly.
- ⌘ Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.

Using

- ⌘ It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- ⌘ Before using the device, make sure that the device has been assembled correctly.
- ⌘ Make sure to tighten all screws, nuts and bolts before use.
- ⌘ This product is intended for domestic use only. **DO NOT** use in any commercial, rental, or institutional setting.
- ⌘ Use the equipment only for intended use, as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- ⌘ Keep this equipment indoors, away from moisture and dust. **DO NOT** put the equipment in a garage, outbuilding, covered patio, or near water.
- ⌘ Keep unsupervised children away from the equipment.
- ⌘ Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- ⌘ **DO NOT** jump up or down or stand on the bench which may cause injury.
- ⌘ **DO NOT** modify or disassemble this product at will. This will directly affect the safety of the product and may also cause product failure.
- ⌘ Always wear appropriate workout clothing when exercising. **DO NOT** wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- ⌘ **DO NOT** place any sharp objects around the equipment.
- ⌘ Keep hands away from all moving parts.

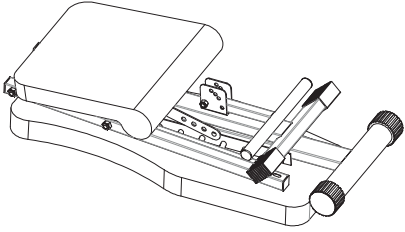
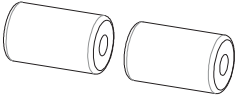


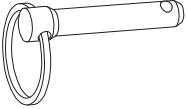
- ⌘ If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- ⌘ Before using the equipment to exercise, always perform stretching exercises to properly warm up. If the machine cannot work normally, **DO NOT** operate the machine.
- ⌘ Only one person at a time should use the equipment.
- ⌘ A spotter is recommended during exercise.
- ⌘ Perform regular maintenance checks on this equipment. Also pay close attention to all areas most susceptible to wear.
- ⌘ If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- ⌘ Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove from service until the repair is made.
- ⌘ Injuries to health may result from incorrect or excessive training.
- ⌘ Max. TOTAL weight(user+weights)=200KG

Introducing of the bench :

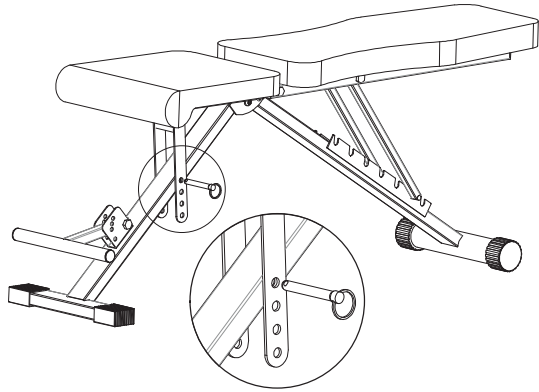


Components Parts :

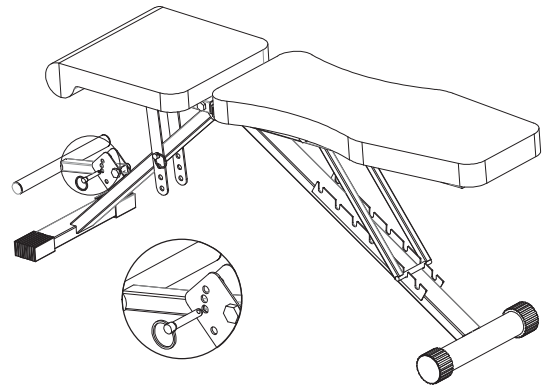
Please check you have all parts list below

No.	Description	Quantity
	Main Frame	1
	Foot rest	2
	Folding bolt \varnothing8X80	1
	Folding bolt \varnothing10X80	1
	Folding bolt \varnothing8X50	1

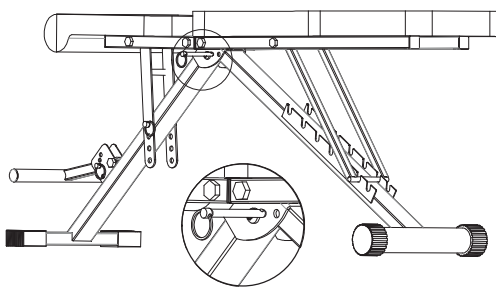
Assembly Instruction :



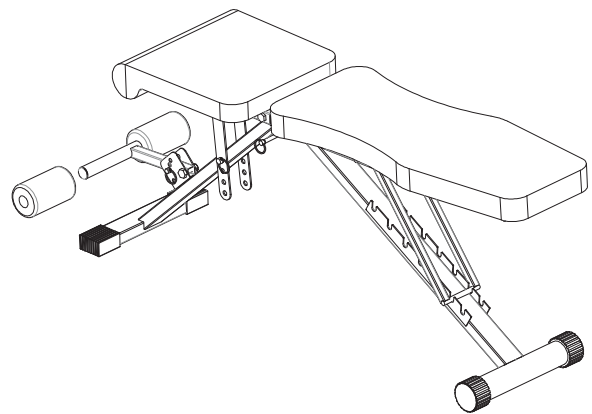
**Step1: Insert the folding bolt
Ø 10X80**



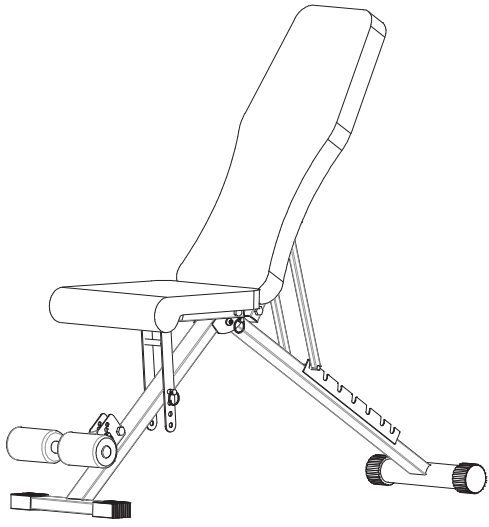
**Step2: Insert the folding bolt
Ø 8X50**



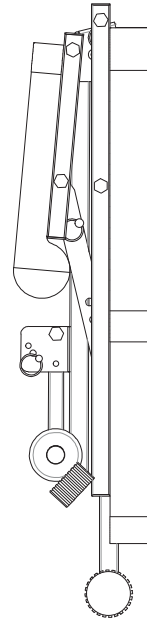
**Step3: Insert the folding bolt
Ø 8X80**



Step4: Insert the foot rest



Unfolding



Folding

Care and Maintenance:

1. Please look into the equipment periodically in order to detect any damage or wear which may have been produced.
2. Lubricate moving parts with light oil periodically to prevent premature wear.
3. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and **DO NOT** use the equipment again until it is in perfect working order.
4. Wipe the surface with a soft cloth for daily cleaning. **DO NOT** use industrial cleaners or solvents as these may damage the surface of the equipment or dissolve plastic components.
5. **DO NOT** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer.