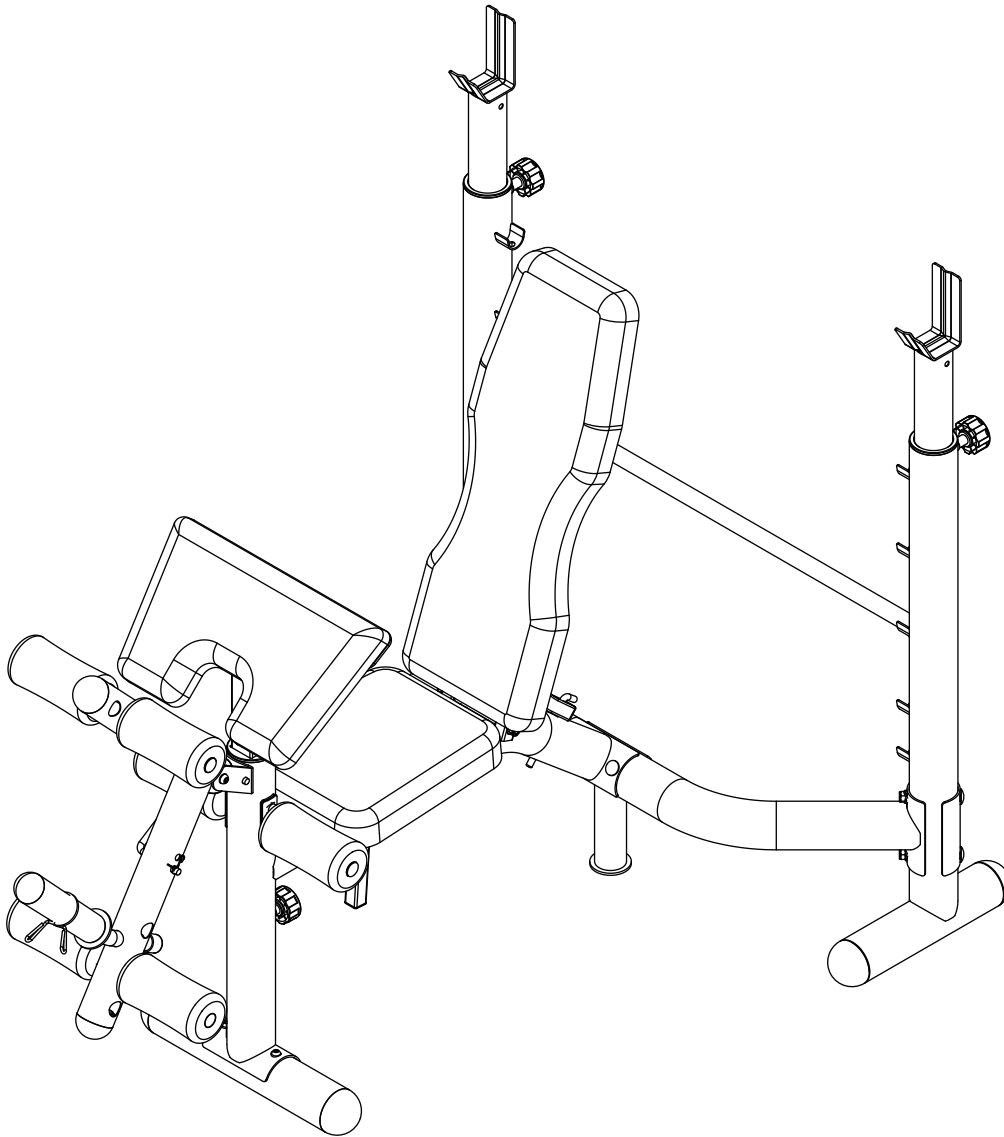




# Multifunctional Adjustable Folding Weight Lifting Workout Bench



## Installation Manual




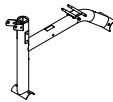
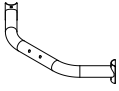

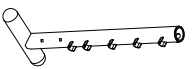





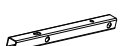

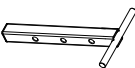
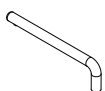

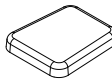
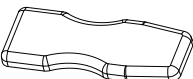
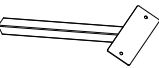


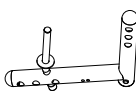





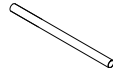



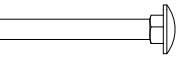

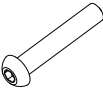







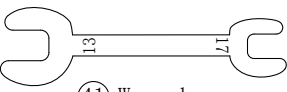



### **WARNING**

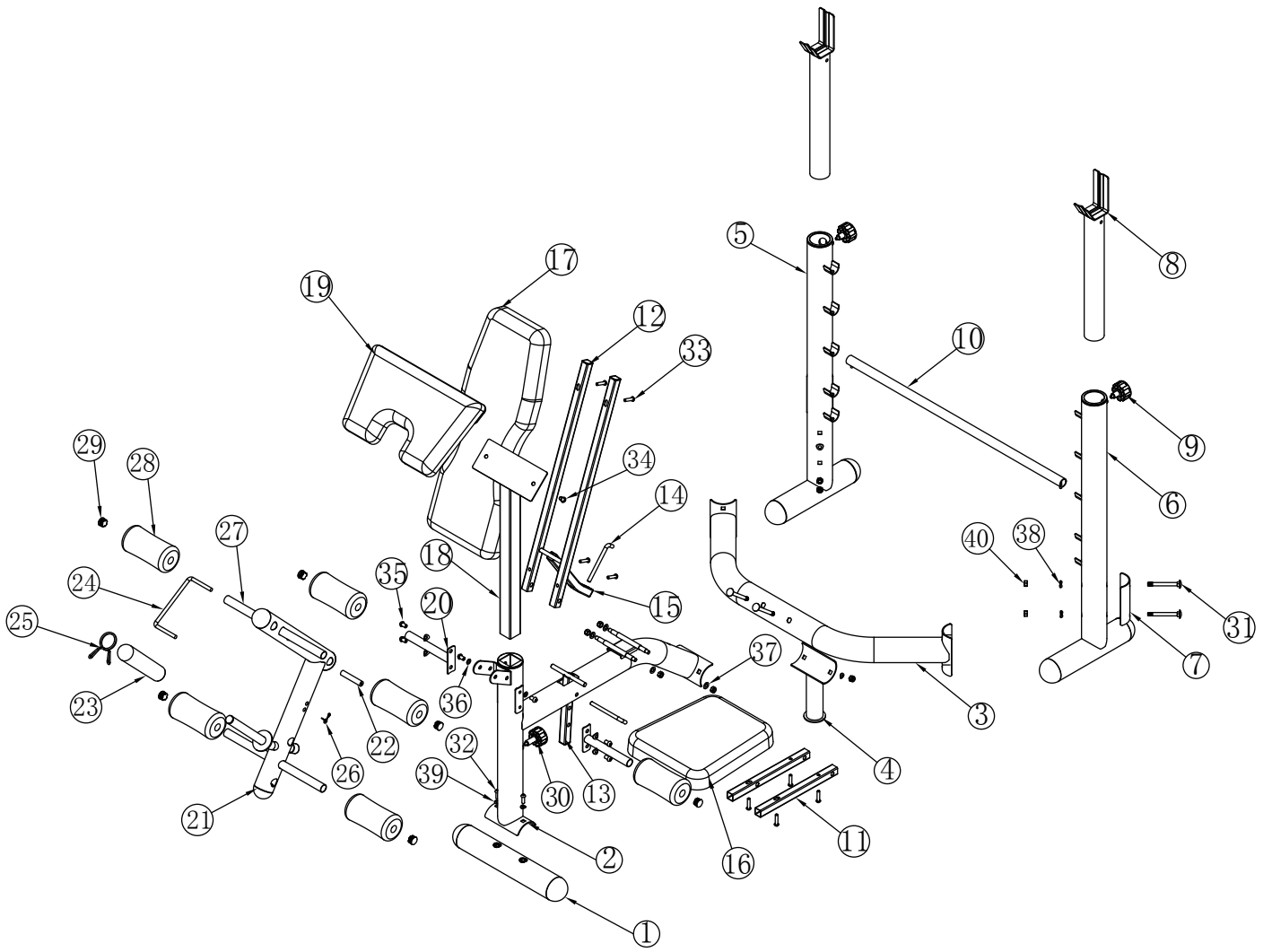
YOU MUST THOROUGHLY READ AND UNDERSTAND  
INSTRUCTION IN THIS MANUAL BEFORE ASSEMBLING  
AND USING THIS WEIGHT BENCH.

# **Important Safety Information**

**Please keep this manual in a safe place for reference.**

1. It is important to read this entire manual before assembling and using the equipment.  
Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. Suitable for domestic, home use only. Maximum weight of user: 100kg.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

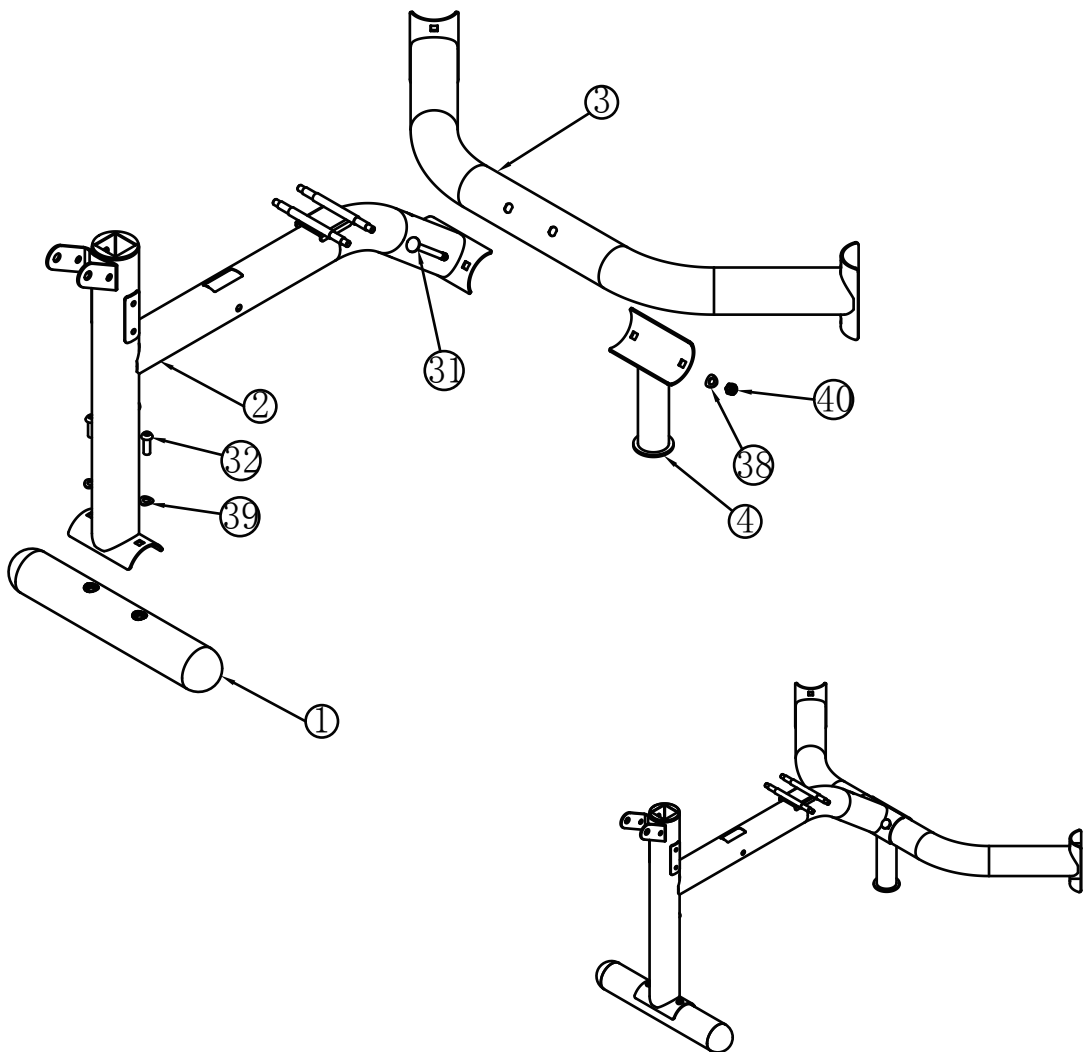
 ① Front bottom tube 1PCS	 ② Front pillar 1PCS	 ③ Connect pipe 1PCS	 ④ Support pillar 1PCS	 ⑤ Right stand pillar 1PCS
 ⑥ left stand pilla 1PCS	 ⑦ Square hole connect part 2PCS	 ⑧ Barbell support tube 2PCS	 ⑨ M10 pull pin 2PCS	 ⑩ Back adjusting tube 1PCS
 ⑪ Seat cushion tube 2PCS	 ⑫ Backrest tube 2PCS	 ⑬ Seat adjusting 1PCS	 ⑭ Locate pin 2PCS	 ⑮ Back pad fixing part 1PCS
 ⑯ Seat cushion 1PCS	 ⑰ Back cushion 1PCS	 ⑱ Bracket 1PCS	 ⑲ Hand cushion 1PCS	 ⑳ Foam tube 2PCS
 ㉑ Hook foot tube 1PCS	 ㉒ Shaft sleeve 1PCS	 ㉓ Barbell fixed part 1PCS	 ㉔ Hook foot positioning 1PCS	 ㉕ Ø47.5 clamp ring 1PCS
 ㉖ Ø8 clamping ring 1PCS	 ㉗ Front foam tube 2PCS	 ㉘ Foam 6PCS	 ㉙ Ø25 tube plug 6PCS	 ㉚ M10 pull pin 1PCS
 ③① M10X95 screws 6PCS	 ③② M8X25 screws 2PCS	 ③③ M8X35 screws 8PCS		
 ③④ M8X15 screw 4PCS	 ③⑤ M10X15 screw 4PCS	 ③⑥ Ø8 flat washer 2PCS		
 ③⑦ Ø10 flat washer 4PCS	 ③⑧ Ø10 curved washer 10PCS	 ③⑨ Ø8 curved washer 2PCS		
 ④⑩ M10 lock nut 10PCS	 ④① Wrench		 ④② #5 L-shaped wrench	
 ④③ #6 L-shaped wrench	 ④④ #4 L-shaped wrench			



# INSTALLATION STEPS

## Step 1:

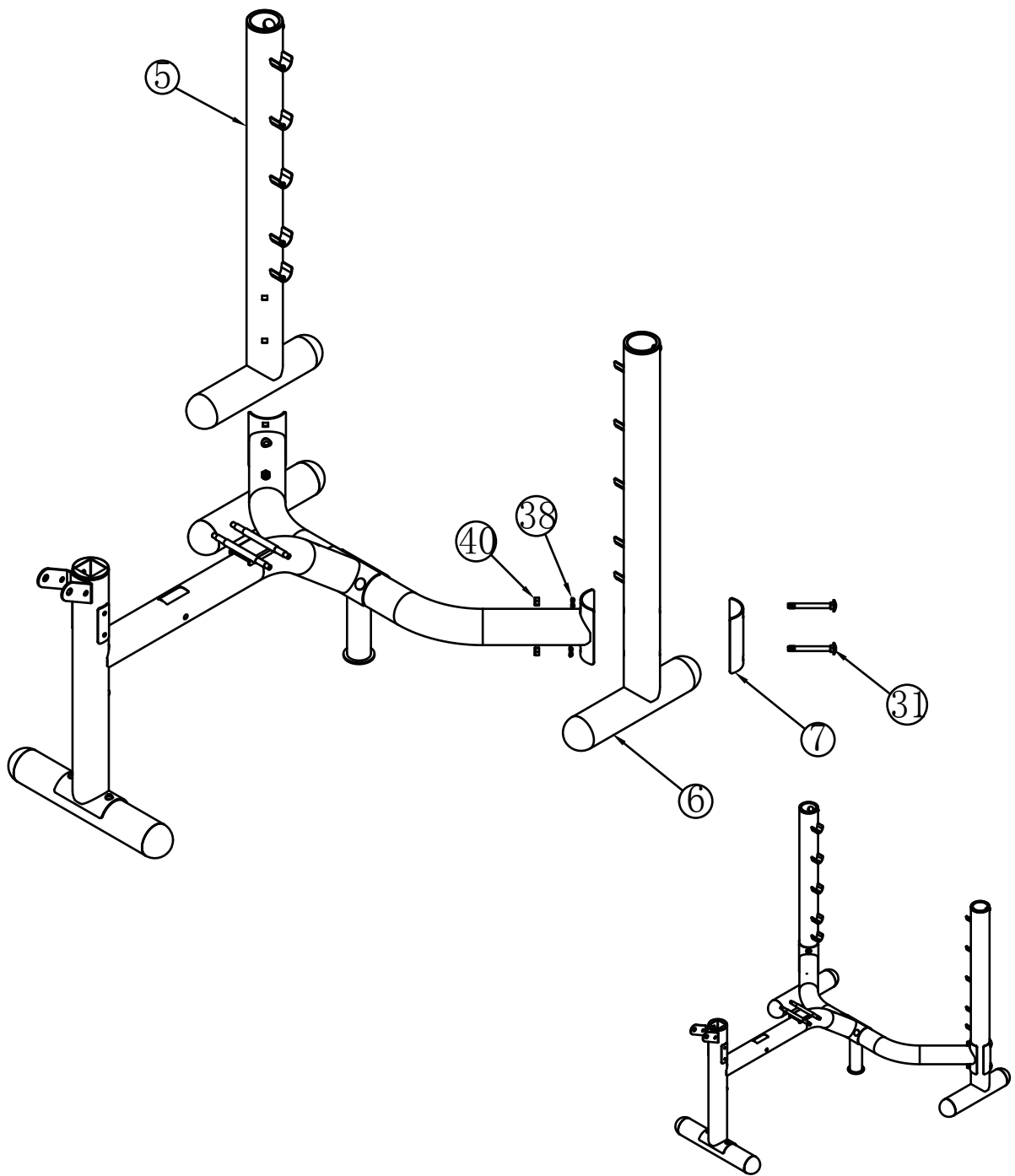
1. Combine (1-Front bottom tube), (2-Front pillar), (3-Connect pipe), (4-Support pillar), (31-M10X95 screws), (32-M8X25 screws), (39-Ø 8 curved washer), (40-M10 lock nut), (38-Ø 10 curved washer). Assemble corresponding to the hole position, Also use (41- wrench) and (42-#5 L-shaped wrench) to fix and lock, and the completed assembly the component of picture A.



Picture A

Step 2:

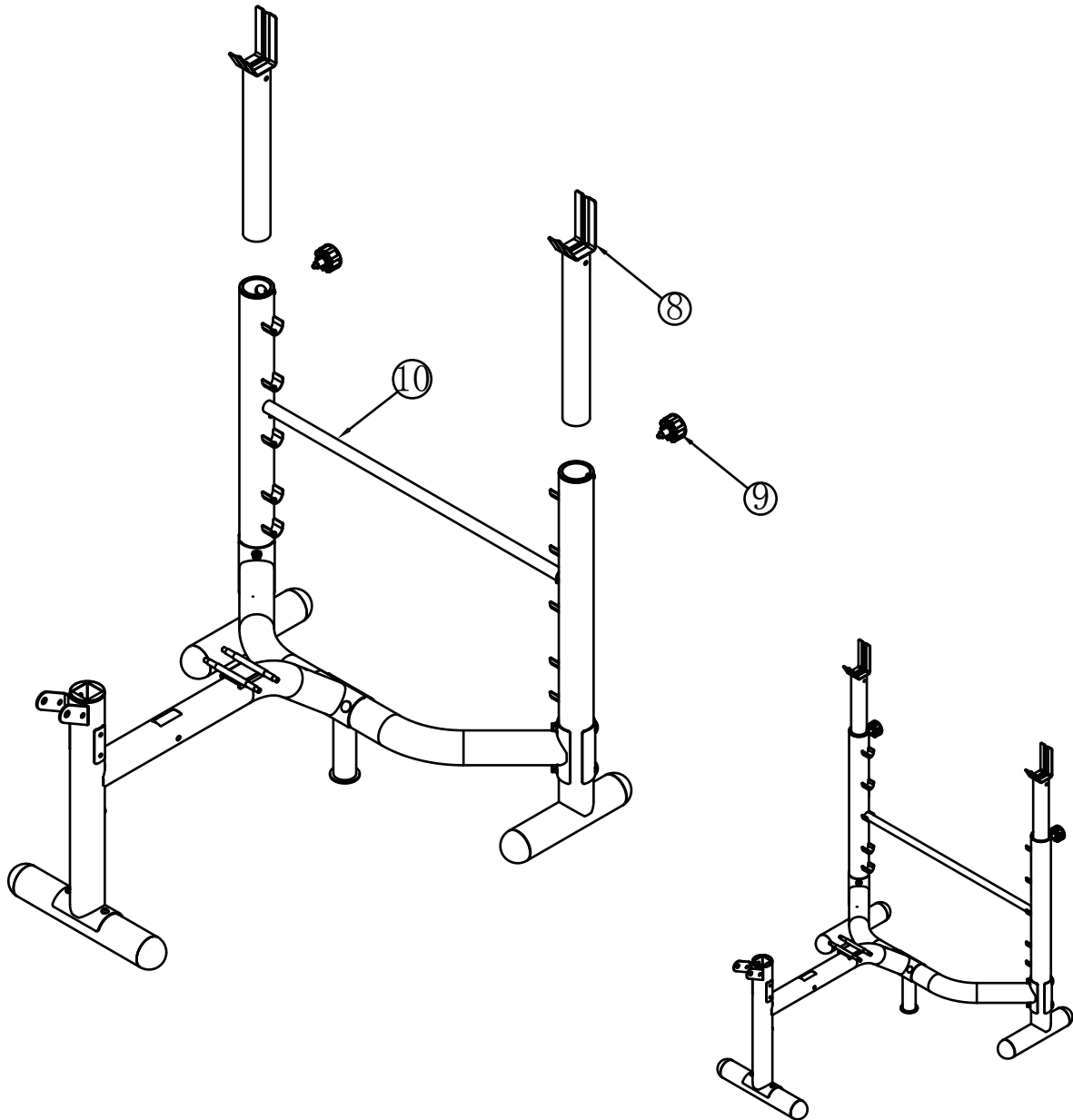
2. Combine (5-right stand pillar), (6-left stand pillar), (7-square hole connect part), (31-M10X95 screws), (38-Ø 10 curved washer), (40-M10 lock nut), assemble corresponding to the hole position, and fix and lock with (41-wrench), the completed assembly the component of picture B.



Picture B

### Step 3:

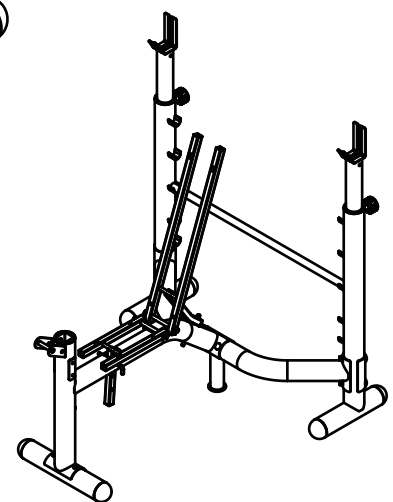
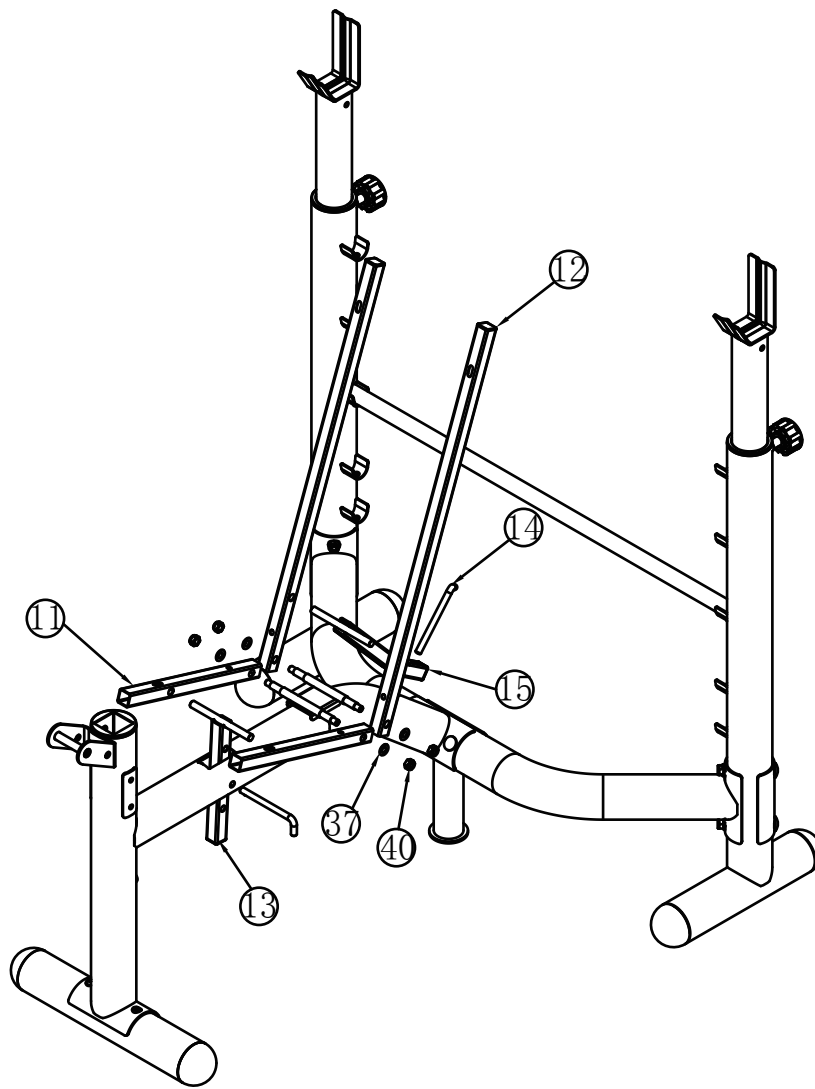
3. Combine (8-Barbell support tube) and (10-Back adjusting tube). Assemble corresponding to the hole position, and fix the lock with (9-M10 pull pin) tight. the completed assembly the component of picture C.



Picture C

### Step 4:

4. combine(11-seat cushion tube), (12-backrest tube), (13-seat adjusting), (14-locate pin), (15-back pad fixing part), (37-Ø 10 flat washer), (40-M10 lock nut). assemble corresponding to the hole position, and fix and lock with (41-wrench). the completed assembly the component of picture D.

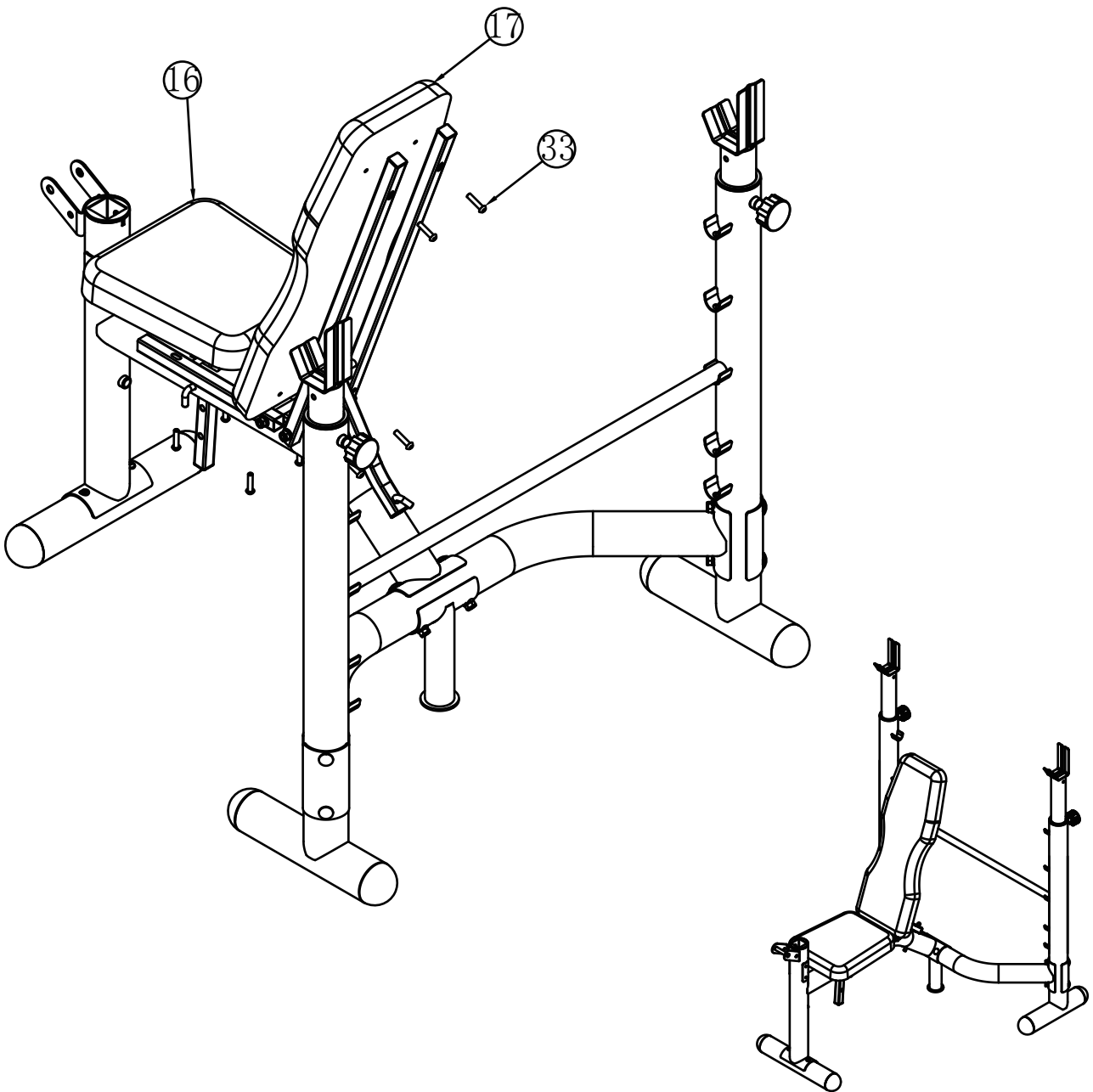


Picture D



Step 5:

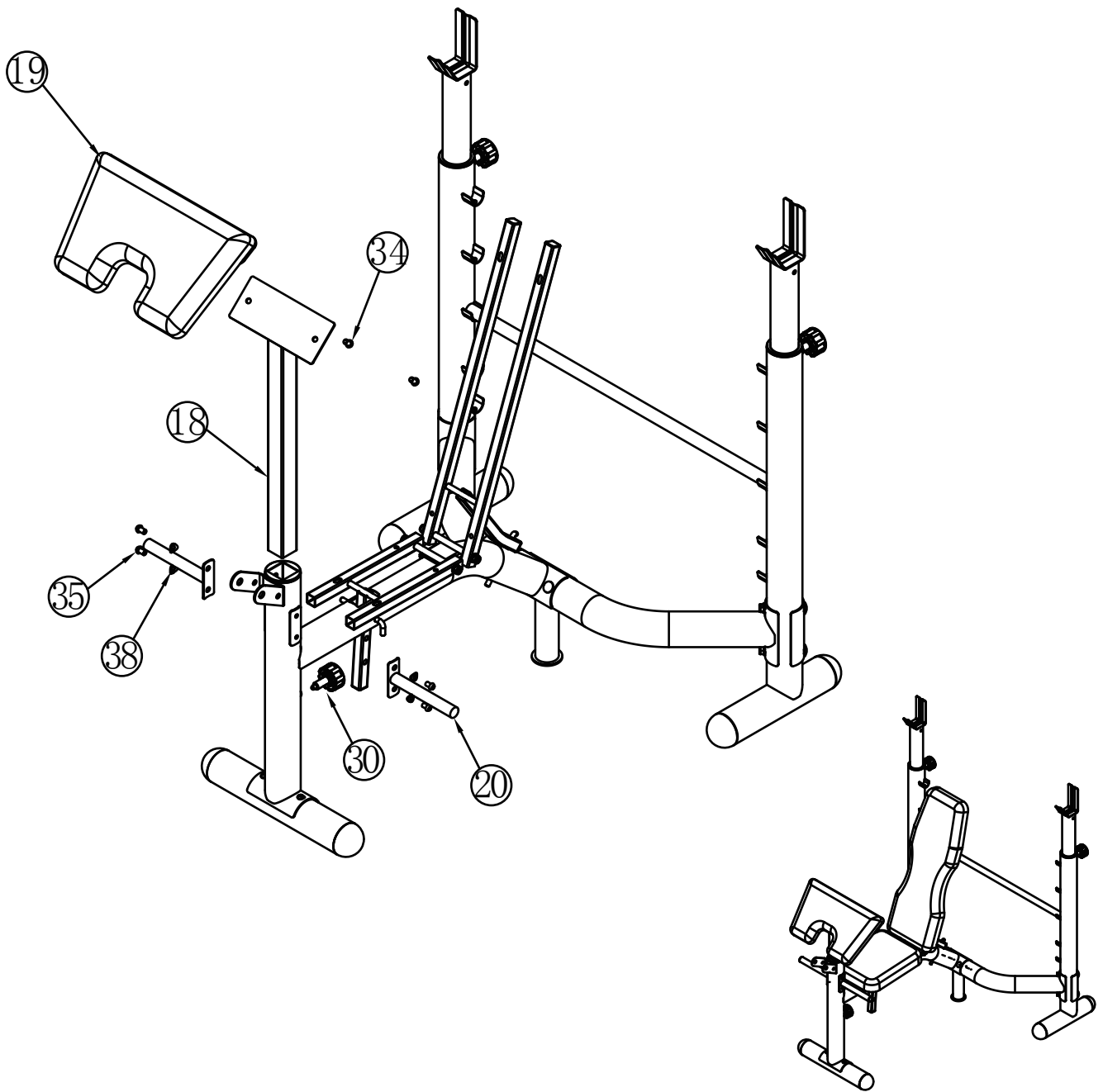
5. Combine (16-seat cushion), (17-back cushion), (33-M8X35 screws). assemble corresponding to the hole position, and use (42- #5 L-shaped wrench) fixed and locked. the completed assembly the component of picture E.



Picture E

### Step 6:

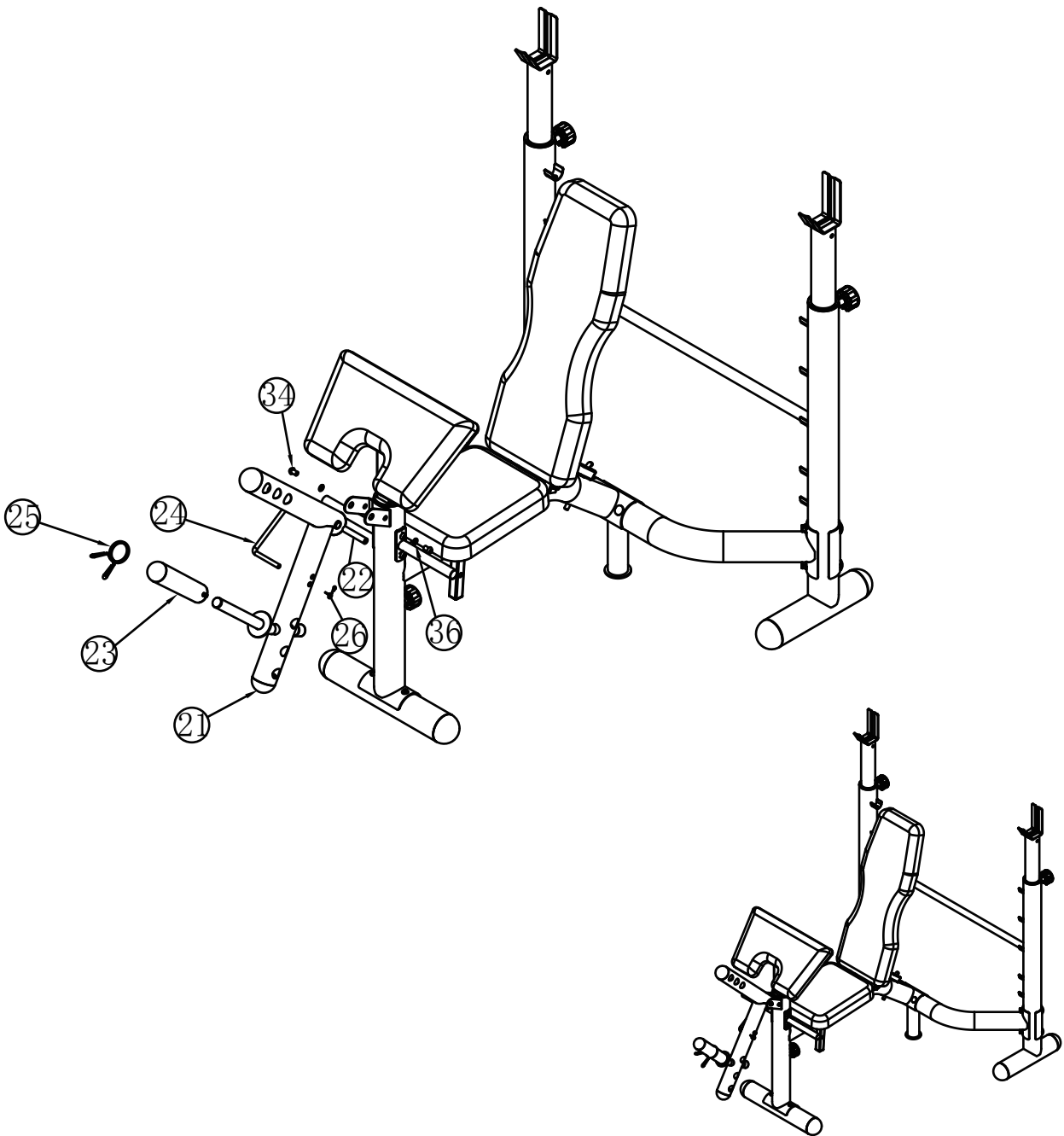
6. Combine (18-bracket), (19- hand cushion), (20-foam tube), (34-M8\*15 screw), (35-M10\*15 screws), (38-Ø 10 curved washer). assemble corresponding to the hole position, and use (43-#6 L-shaped wrench) and (30-M10 Pull pin) fixed and locked. the completed assembly the component of picture F.



Picture F

### Step 7:

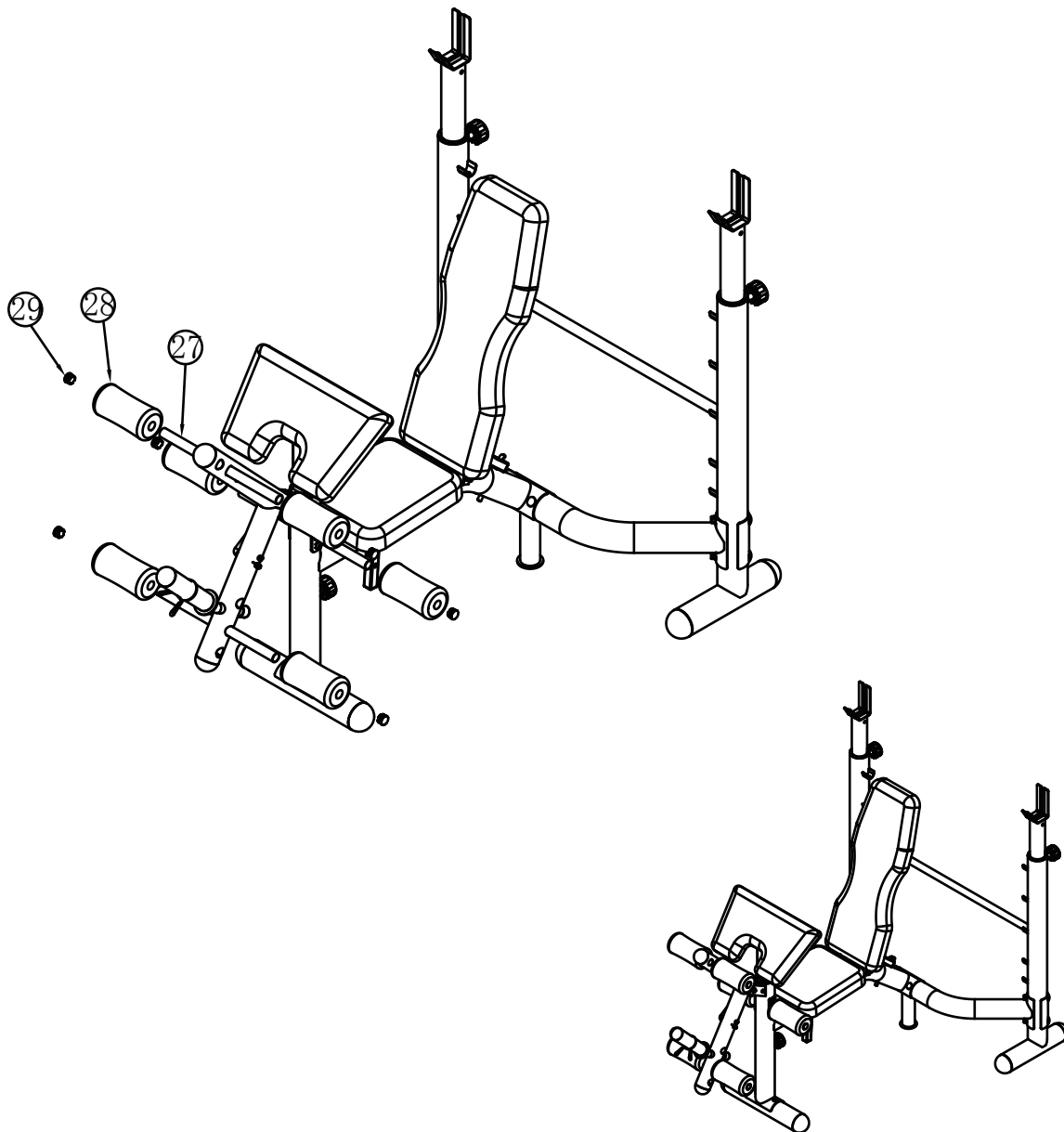
7. Combine (21-hook foot tube), (22-shaft sleeve), (23-barbell fixing part), (24-hook foot positioning ), (25-Ø47.5 clamping ring), (26-Ø8 clamping ring), (34--M8\*15 screw), (36-Ø 8 flat washer). assemble corresponding to the hole position, and use (42--#5 L-shaped wrench) and (44--#4 L-shaped wrench) fixed and locked. the completed assembly the component of picture G.



Picture G

### Step 8:

8. Combine (27-front foam tube), (28-foam), (29-Ø 25 tube plug). assemble corresponding to the hole position, and fix and lock. the completed assembly the component of picture H.



Picture H

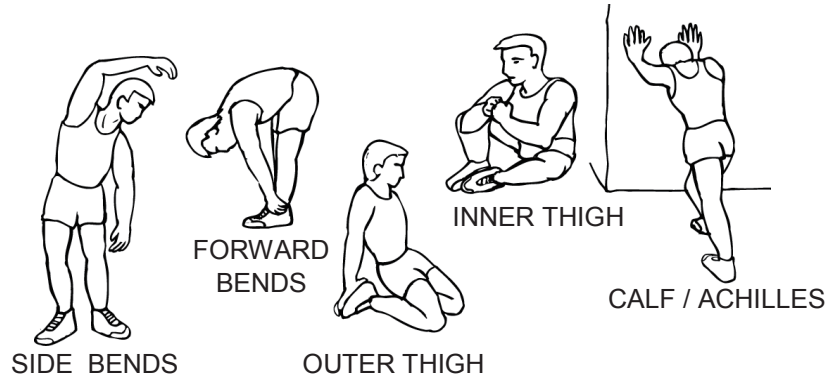
**Note: U-shape latch is only used for abdominal exercise. when make the leg extension exercise please remove the U-shape latch.**

## EXERCISE INSTRUCTIONS

Your weight bench is a low impact exercise, which will provide you with several benefits, it will improve your physical fitness. Tone muscle and in conjunction with a calorie controlled diet help you lose weight.

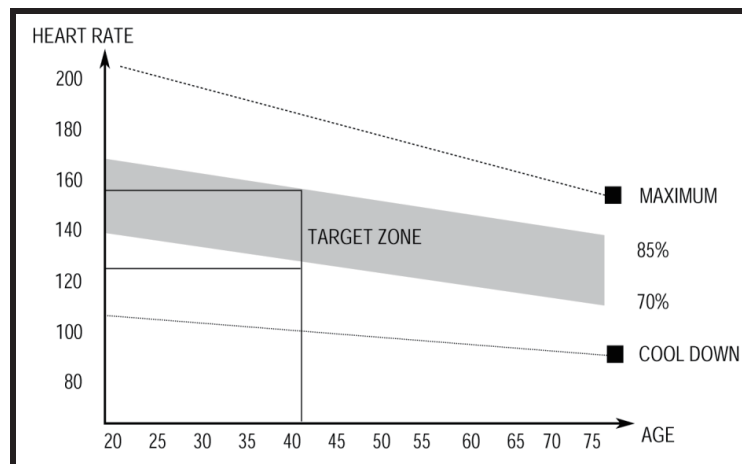
### 1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. Gently jog on your bouncer for approximately 5 minutes, then do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



### 2.The Exercise Phase

This is the stage where you put the effort in. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

### 3. Cooling Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

s

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

## **WEIGHT LOSS**

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn.





