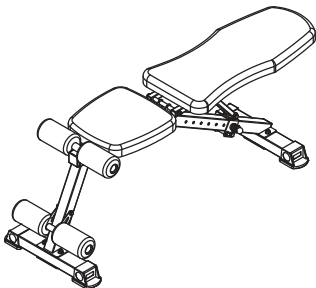


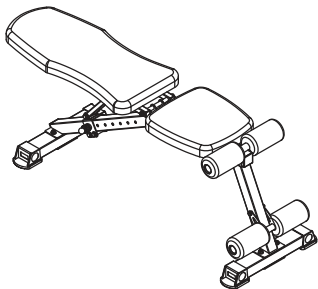
Operation Instructions

Deluxe Dumbbell Stool



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Important Safety Knowledge

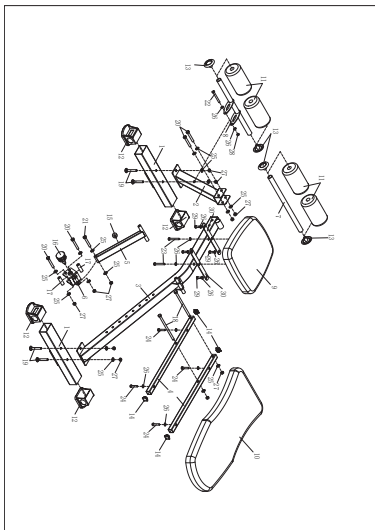
Please keep the operation instructions properly for future reference.

Precautions

Although the safety precautions have been taken into account as much as possible during the design and manufacture of the training equipment, there are still some safety precautions that should be paid attention to during the operation. Please read the operation instructions carefully before assembling and using the training equipment, especially the following safety precautions:

1. Avoid children, pets, etc. from approaching the training equipment, and do not let unattended children stay alone in the room where the training equipment is placed.
2. Only one person is allowed to use the training equipment during the same time period.
3. If you feel dizziness, nausea, chest tightness or other discomfort, stop using it immediately and seek medical advice immediately.
4. The training equipment should be placed on a clean and flat plane, and it should not be used near water sources or outdoors.
5. When using the training equipment, hands cannot approach any transmission parts of the trainer.
6. When using the training equipment, dress should be suitable for training, and do not wear loose or other clothes that may get stuck during training. It is suggested to wear sports shoes or health shoes as much as possible during training.
7. In using the training equipment, the training can only be carried out according to the operation instructions. It is forbidden to train by training methods not mentioned in the instructions.
8. It is forbidden to put any sharp objects around the training equipment.
9. Any unattended disabled person shall not use the training equipment.
10. Before training, warm up by doing various stretching exercises.
11. If the training equipment is abnormal, please stop using it.
12. In the process of training, training records should be kept at any time.
13. The training equipment is not suitable for use as medical equipment.
14. The maximum bearing capacity of this product is 120 kg.

Exploded Views

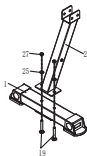


Parts List

| No. | Name and specification | QTY | No. | Name and specification | QTY |
|------|--|-----|-----|--------------------------------------|-----|
| 1 | Foot pipe weldment | 2 | 16 | Adjusting knob | 1 |
| 2 | Front support weldment | 1 | 17 | Spacer sleeve | 2 |
| 3 | Rear support frame | 1 | 18 | Hexagon screw (M10 * 175) | 2 |
| 4 | Cushion pipe | 2 | 19 | Fan head square neck bolt (M10 * 70) | 2 |
| 5 | Adjusting pipe weldment | 1 | 20 | Hexagon bolt (M10 * 70) | 4 |
| 6 | Adjusting frame | 1 | 21 | Hexagon bolt (M10 * 65) | 1 |
| 7 | Sponge bar pipe | 1 | 22 | Hexagon bolt (M8 * 80) | 1 |
| 8 | Leg hook | 1 | 23 | Hexagon bolt (M8 * 65) | 2 |
| 9 | Cushion assembly | 1 | 24 | Hexagon bolt (M8 * 40) | 4 |
| 10 | Back cushion assembly | 1 | 25 | Flat pad Φ 10 | 16 |
| 11 | Sponge stick (including simulated leather cover) | 4 | 26 | Flat pad Φ 8 | 12 |
| 12 | Rectangular foot sleeve | 4 | 27 | Nylon nut M10 | 11 |
| 13 | Foam end cover | 4 | 28 | Nylon nut M8 | 1 |
| 14 | 25 * 25 square pipe inner plug | 4 | 29 | Hexagon bolt (M8 * 20) | 4 |
| 15 | Cushion | 1 | 30 | Strengthen the coin | 2 |
| TOOL | | | | | |
| | Wrench 13# - 17# | 2 | | | |

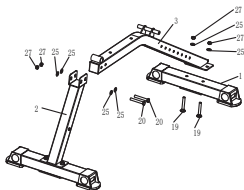
Assembly Instructions

STEP1



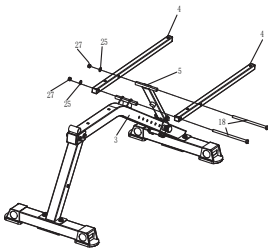
1. Place the front support weldment (2) and foot pipe weldment (1) according to the drawing, and lock them temporarily with M10*70 pan head square neck bolt (19), ϕ 10 flat pad (25) and M10 locknut (27).

STEP2



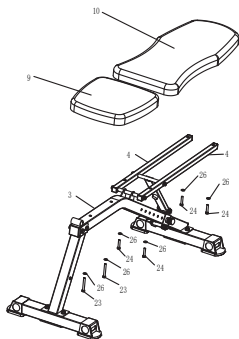
1. Place the assembled front support weldment (2), foot pipe (1) and seat cushion frame (3) according to the drawing, and use M10*70 pan head square neck bolt (19), ϕ 10 flat pad (25) and M10 locknut (27) to temporarily lock the foot pipe (1) and seat cushion frame (3) without locking; Then lock it with M10*70 hexagon bolt (20), ϕ 10 gasket (25) and M10 locknut, but do not lock it temporarily; Put the whole machine flat and then lock all the bolts

STEP4



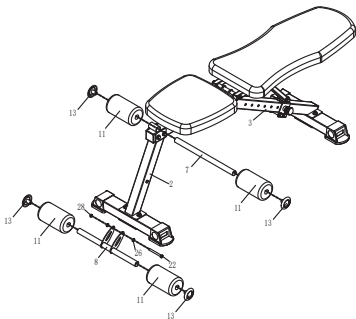
1. Place the assembled seat cushion frame (3) and cushion pipe (4) according to the drawing, and lock the cushion pipe (4) with M10*175 hexagon bolt (18), ϕ 10 flat pad (25) and M10 locknut (27).

STEP5



1. Lock the seat cushion (9) on the back cushion rack (3) with M8*65 hexagonal head bolt (23) and $\Phi 8$ flat gasket (26) as the figure above; lock the back cushion (10) on the back cushion pipe (4) with M8*40 hexagonal head bolts (24) and $\Phi 8$ flat gasket (26).

STEP6



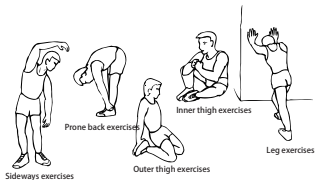
1. Place the hook bracket (8) in the assembled front support weldment (2) according to the drawing, and lock and fix it with M8*80 hexagon socket head bolt (22), ϕ 8 flat pad (26) and M8 locknut (28); Install the 2PCS sponge bar (11) at the position shown in the figure, and finally install the foam end cover (13) in the leg hook frame (8).
2. Assemble the sponge bar pipe (7) in the assembled rear support frame (3) according to the drawing, then install the 2PCS sponge bar (11) at the position shown in the drawing, and finally install the foam end cover (13) in the sponge bar pipe (7).
3. After the assembly is completed, check whether the screws are locked and fixed.

Training instructions

The product can not only strengthen physique and exercise muscles, but also play a role in losing weight through reasonable diet.

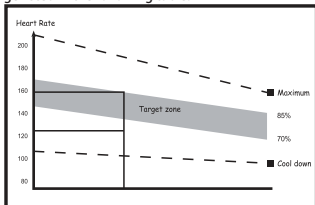
Warm-up exercise before training

The warm-up exercise before training can enhance the blood circulation of the trainer, make the muscles reach a good training state, and reduce the risk of cramping or muscle injury during training. Before each training, please do warm-up exercises according to the following recommended training methods. Each stretching exercise must last for about 30 seconds. When doing exercises, pay attention not to do strenuous stretching exercises to prevent muscle injury. Once the muscle is injured, please stop training.



Training stage

This stage is a formal training stage. Long-term regular exercises can improve the flexibility of leg muscles. The key in the training process is to practice with stable training intensity according to one's own training situation. When training, you should choose reasonable training intensity, and your heart rate should be controlled within the target value range listed in the following table.



Keep training for at least 12 minutes when the heart rate is within the corresponding target range. Most people continue to train for 15-20 minutes at the beginning of training.

Recovery stage after training

In the recovery stage, repeat the activities done in the preparation stage, and reduce the intensity and speed of exercise appropriately, which lasts about 5 minutes. Exercise can adjust the body heat and relax the muscles. It should be noted that you can't do strenuous stretching during exercise, so as not to injure muscles. After getting used to training, the training time and intensity can be gradually increased. It is recommended to train at least 3 times a week, and record the average level of weekly training if possible.



Training record

Use the blank page to record the results of your training

