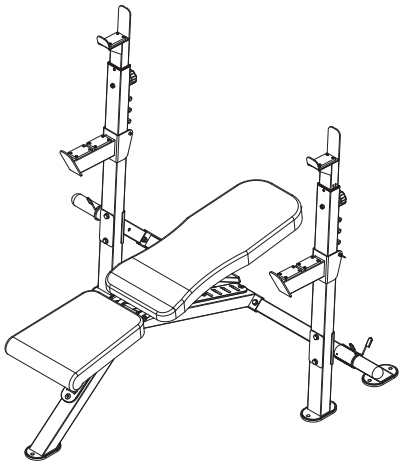


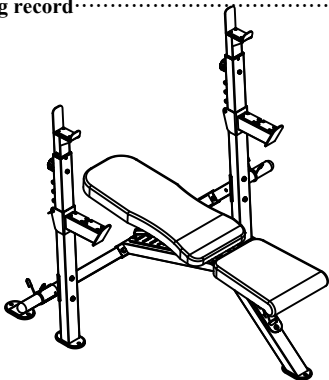
*Installation and operation instruction*

*weight bench*



# Contents

<b>Important safety knowledge</b> .....	1
<b>Exploded views</b> .....	2
<b>Parts list</b> .....	3
<b>Assembly instructions</b> .....	4-13
<b>Training instructions</b> .....	14-15
<b>Training record</b> .....	16



## Important Safety Knowledge

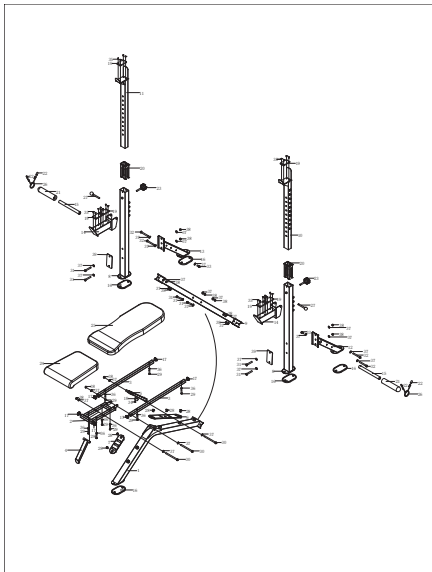
**Please keep the operation instructions properly for future reference.**

### **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

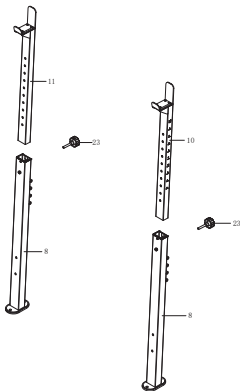


## Parts List

<b>Parts List</b>					
No.	Name and specification	Quantity	No.	Name and specification	Quantity
1	Bottom pipe weldment assembly	1	20	Tube-to-tube bushing	2
2	Seat cushion pipe weldment assembly	1	21	Barbell sleeve (φ 48 * 200)	2
3	Back tube assembly	2	22	Clamp spring sleeve	4
4	Seat cushion adjusting frame	1	23	Torx knob (M10*55)	2
5	Backrest adjusting frame	2	24	Seat cushion	1
6	Rear adjusting plate	2	25	Back cushion	1
7	Front adjusting plate	1	26	Large clamp spring (with φ 48)	2
8	Riser assembly	1	27	Ball pin (φ 10 * 88 is valid)	2
9	Connecting frame assembly	1	28	Countersunk hexagon socket (M10*15,#5)	12
10	Left adjusting telescopic frame assembly	1	29	Hexagon bolt (M8*40)	8
11	Right adjusting telescopic frame assembly	1	30	Hexagon bolt (M10*150)	3
12	Left rear support frame assembly	1	31	Hexagon bolt (M10*70)	6
13	Right rear support frame assembly	1	32	Hexagon bolt (M10*90)	4
14	Safety limiting frame	2	33	Hexagon bolt (M10*20)	2
15	Barbell hanging tube	2	34	Pan head cross screw (N6*15)	1
16	Floor mats (150*90)	5	35	Countersunk cross tapping screw (ST4.2*12)	24
17	Square inner pipe plug (with 25*25*1.5)	6	36	Flat gasket (φ 8)	8
18	Cushion (φ 38 * φ 32 * 15)	1	37	Flat gasket (φ 10)	20
19	Rubber pad (90*47*8)	6	38	Locknut (M10)	10
			39	<b>Strengthen the iron</b>	2
Tool					
	Wrenches 14#, 17#	2		Allen wrench #4	1
	Allen wrench, #5	1			

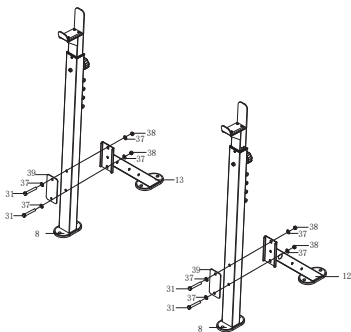
# Assembly Instructions

## STEP 1



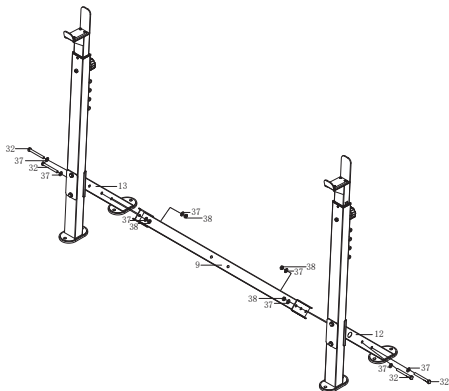
1. as shown in the figure, insert the left adjustable telescopic frame (10) and the right adjustable telescopic frame (11) into the pipe stand (8), and then lock them with M10\*55DE plum knob (23).

## STEP2



1. As shown in the figure, place the left rear support frame (12), the right rear support frame (13) and the reinforcing iron sheet (39) with 4PCS M10\*70 hex bolts (31).8PCS  $\Phi$  10 flat gaskets (37) and 4PCS M10 locknut (38) are locked to the riser (8) stand respectively.

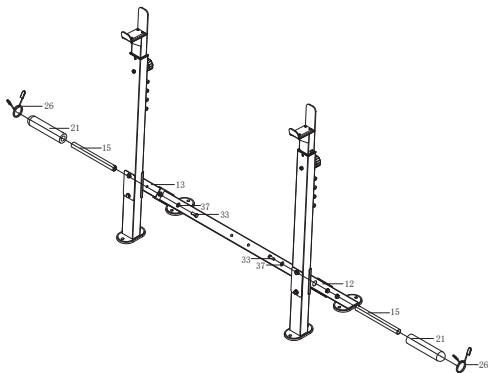
## STEP3



1. as shown in the figure, lock the connecting frame (9) with the M10\*90 hexagon bolt (32) of 4PCS, the  $\phi$  10 flat washer (37) of 8pcs and the M10 locknut (38) of 4PCS with the left and right rear support frames locked before.

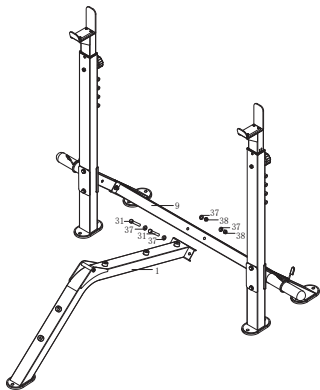


## STEP4



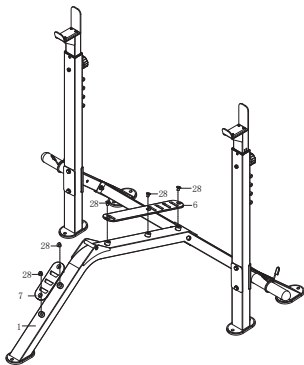
1. as shown in the figure, take out two barbell hanging tubes (15), and lock them on the left rear support frame (12) and the right rear support frame (13) with 2PCS M10\*20 hexagon bolts (33) and 2PCS  $\phi$  10 flat washers (37). Take out the barbell sleeve, lock the barbell sleeve (21) on the barbell hanging tube (15) with an Allen key #4, and then install two large clamp springs (26) on the barbell sleeve.

## STEP5



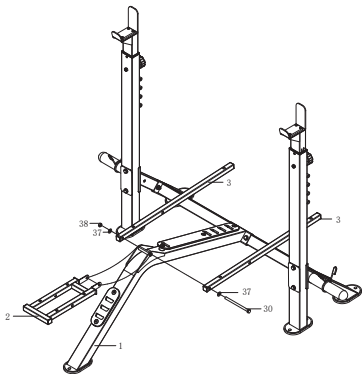
1. as shown in the figure, lock the bottom pipe rack (1) on the connecting frame (9) with 2PCS M10\*70 hexagon bolt (31),4PCS  $\phi$  10 gasket (37) and 2PCS locknut (38).

## STEP6



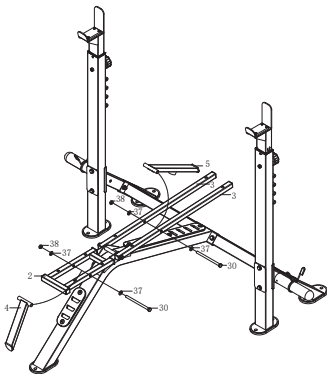
1. as shown in the figure, lock the front adjusting plate (7) and the rear adjusting plate (6) on the bottom pipe rack (1) with 5PCS M10\*15 countersunk hexagon screws (28).

## STEP7



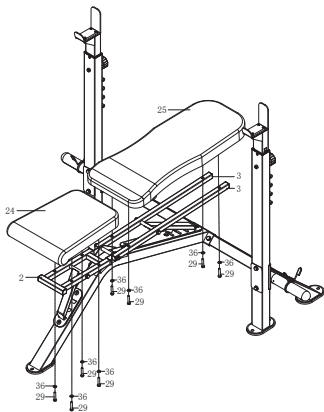
1. as shown in the figure, use 1PCS M10\*150 hexagon screw (30), 2PCS  $\phi$  10 flat washer (37) and 1PCS locknut (38) to lock the seat cushion frame (2) and backrest tube (3) on the bottom pipe frame (1).

## STEP8



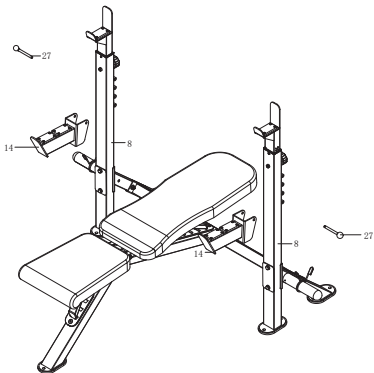
1. as shown in the figure, use 2PCS M10\*150 hexagon bolt (30), 4PCS  $\phi$  10 flat washer (37) and 2PCS locknut (38) to lock the seat cushion adjusting frame (4) and backrest adjusting frame (5) on the seat cushion frame (2) and backrest tube (3) respectively.

## STEP9



1. as shown in the figure, use 8PCS M8\*40 hexagon bolt (29) and 8PCS  $\phi$  8 flat gasket (36) to lock the seat cushion (24) and back cushion (25) on the seat cushion frame (2) and backrest tube (3) respectively.

# STEP10



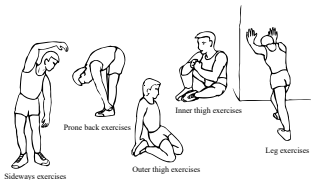
1. as shown in the figure, fix 2PCS safety limit pipe (14) on riser (8) with 2PCS  $\phi 10 * 88$  ball bolt (27).

## Training instructions

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

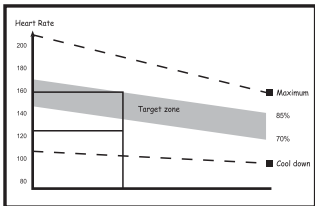
### Warm-up exercise before training

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

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Use the blank page to record the results of your training