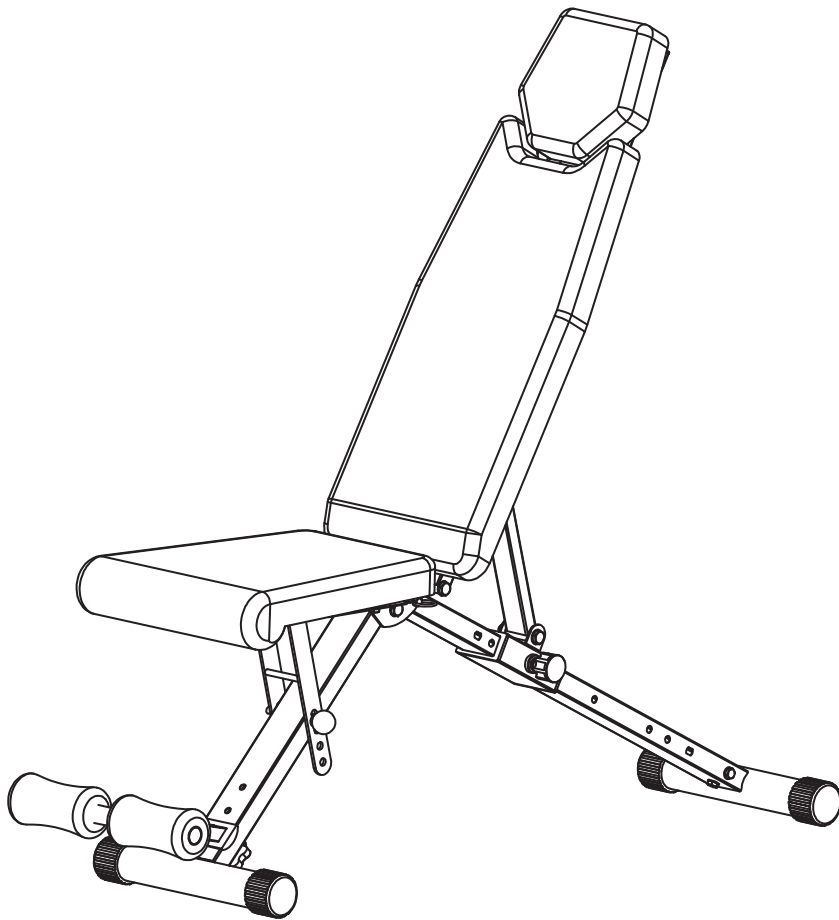




[www.finerform.com](http://www.finerform.com)

SKU: FF-TB011388



Finer Form Adjustable Excel

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User's Manual

# Thank You!

Before we get started, we want to thank you for choosing Finer Form for your new exercise bench. We know you have many choices for at-home exercise equipment, so thank you for joining so many others and choosing us!

## **Customer Service: Contact Us First!**

- If you have any questions about assembling the bench, missing parts or pieces, or you need replacement parts, we want to help you!
- Email: [info@finerform.com](mailto:info@finerform.com)
- It helps if you can include a picture or video of any issues you may be having
- Please include your order ID so that we can help you even more quickly

For exercise instruction videos, please check out our Youtube Channel: **Finer Form**

Visit [finerform.com](https://www.finerform.com) for savings on more gym-quality fitness equipment

## Product Safety

**WARNING:** Please consult a physician before exercising or using this equipment. This equipment should not be used without your physician's review and approval. If you have any of the following conditions or use any of the following medications, please do not use this bench –

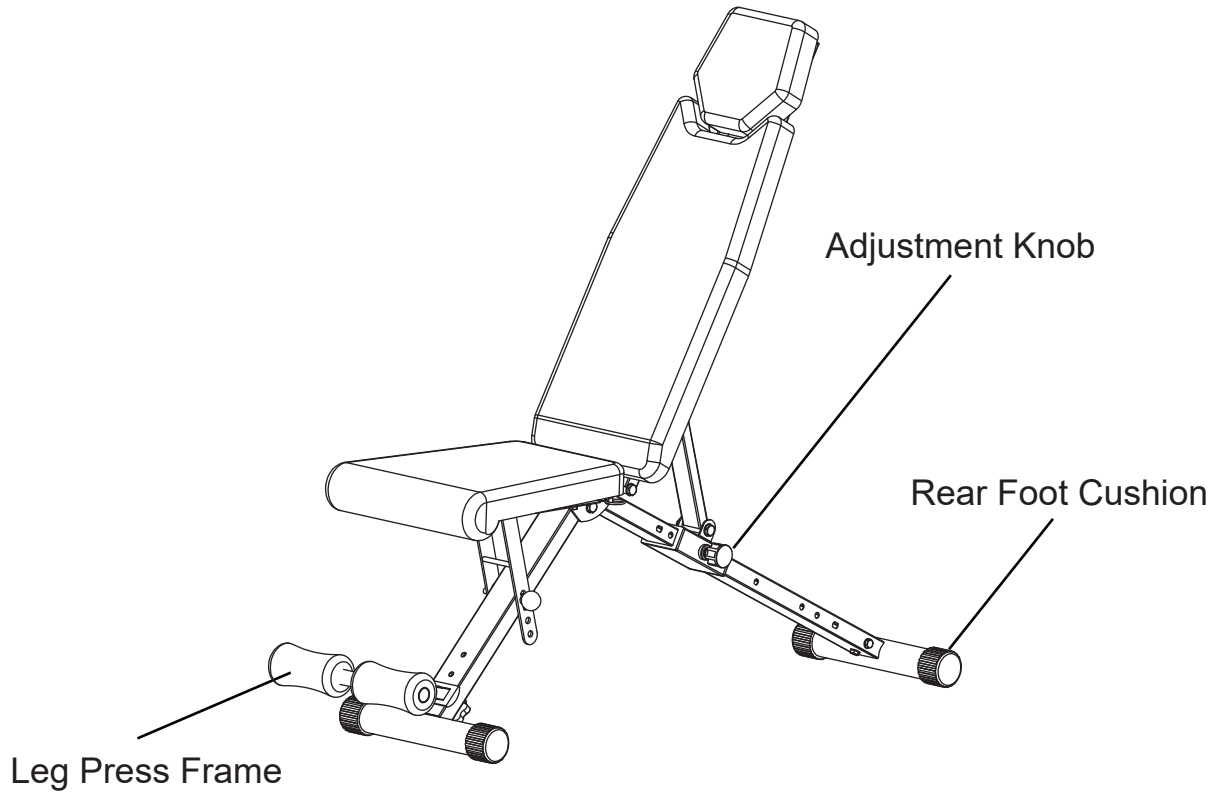
- High doses of aspirin or anti-coagulant medications
- Bone ailments that include fractures, unhealed fractures, Surgical pins, plates or supports, or Osteoporosis
- Hernias
- Heart conditions, heart weakness or circulatory issues that you are being treated for
- Ear infections or balance disorders
- Injuries to the back, spinal injuries, extremely swollen joints or cerebral sclerosis
- Pregnancy
- Obesity

The Maximum Weight Capacity for this product is 400 lbs. Only one person should use this piece of equipment at one time.





This equipment was designed to be used safely and responsibly. Please read all instructions and use caution before using this equipment. All nuts, bolts and screws included in the package should be used during assembly. Please consult the assembly instructions as you assemble the equipment, and then follow these safety instructions:

- 1) Consult your doctor or a physician before using this exercise equipment.
- 2) Use extreme care as you get on and off of the bench.
- 3) Stop use of equipment if you experience dizziness, light-headedness or you feel faint. Then contact your doctor or a physician.
- 4) Stop using this equipment if you feel any type of pain or discomfort.
- 5) Wear clothing appropriate to exercise and fitness when using this piece of equipment.
- 6) Do not allow children to operate this equipment.
- 7) Keep pets away from equipment while exercising.
- 8) Cease using this equipment if you feel nauseous or dizzy during a workout.
- 9) Do not operate equipment if it is malfunctioning or is damaged.
- 10) Place bench on a level surface. Do not place bench outside.
- 11) Do not place hands, feet, fingers or toes near any moving parts.
- 12) Do not insert any item into open parts of the bench.
- 13) Do not wear long jewelry, baggy or loose clothing, or long hair while exercising on the bench.
- 14) No individual under the age of 12 should attempt to operate this bench

## Product Diagram



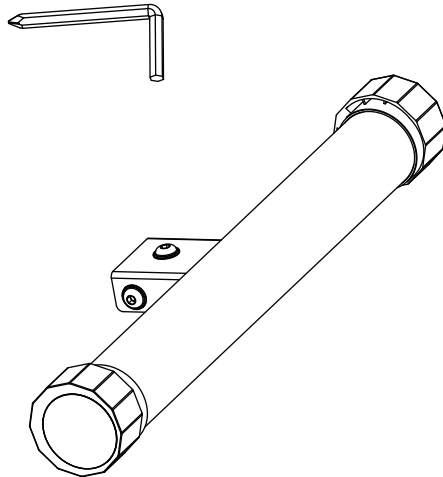
### Part List

Part 1	Part 2	Part 3	Part 4
			
Ball Head Pin	Long Ring Pin	Short Ring Pin	Pin Storage Bag

## Assembly Instructions

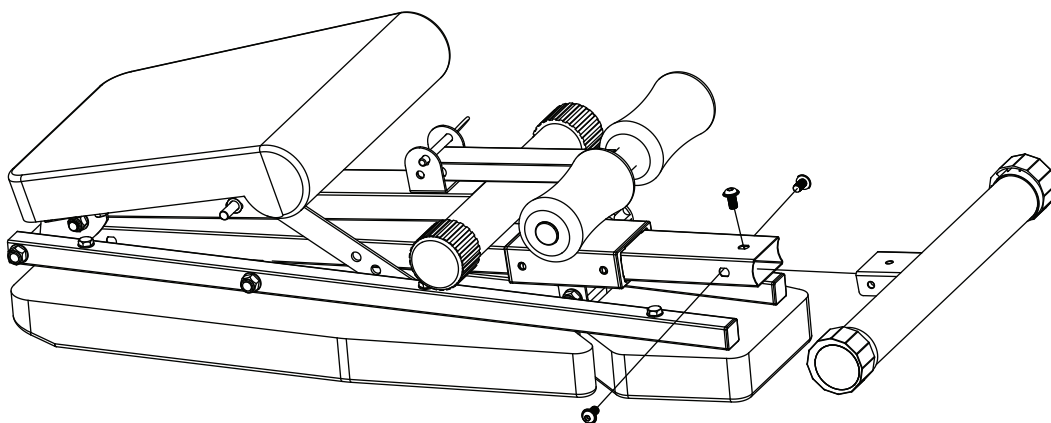
### Step 1

Loosen the pre-installed screws on the Rear Foot with wrench.



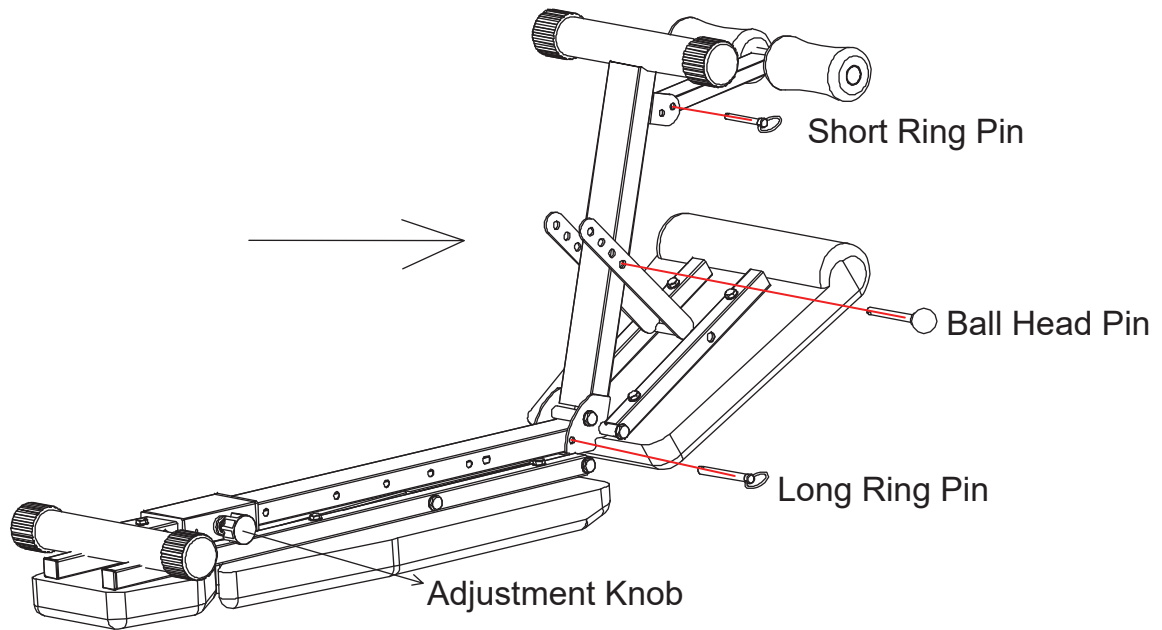
### Step 2

Insert the Rear Foot into the tube that is under the cushion. Next, insert the screws and use the wrench to lock it in tightly.



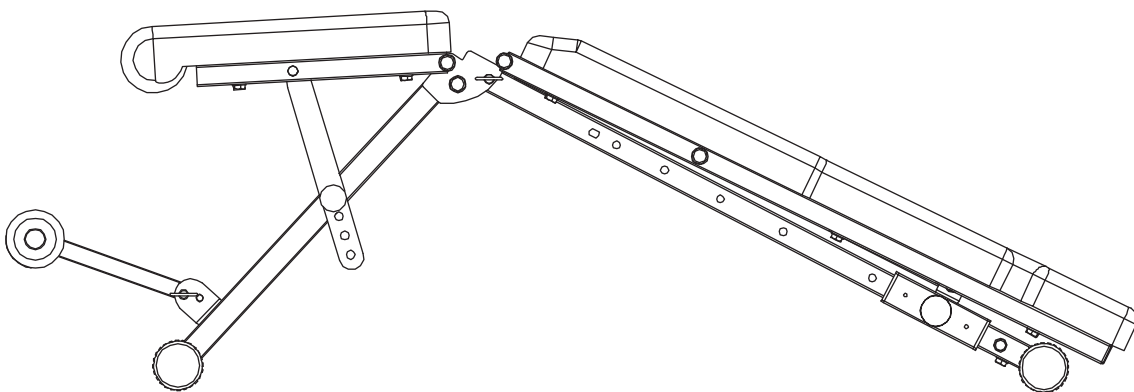
### Step 3

Pull out the Adjustment Knob with your left hand, open up the bench, then release the Adjustment Knob to the furthest position. Insert Short Ring Pin (3), Ball Head Pin (1) and Long Ring Pin (2).



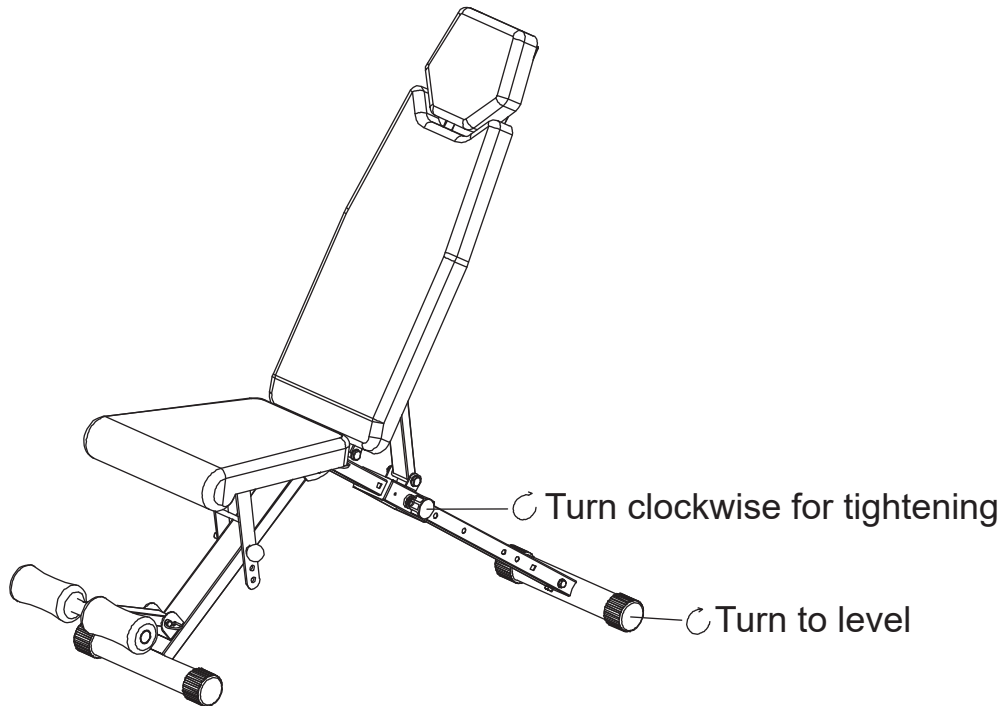
### Step 4

Flip the bench



## Step 5

Pull out the Adjustment Knob to desired position. Release the Adjustment Knob and tighten it by turning clockwise. For uneven floor or unstable placement, turn the rear foot cover to find a better fit.



## FOLDING INSTRUCTIONS

- Step 1: Position the backpad to decline position
- Step 2: Flip the bench onto its pad
- Step 3: Take out Short Ring Pin (3), Ball Head Pin (1) and Long Ring Pin (2), and put them away in the Pin Storage Bag (4).
- Step 4: Pull out the Adjustment Knob with left hand, while folding the bench in with right hand.
- Step 5: Put bench away.

## LIMITED WARRANTY

Finer Form warrants that this product will be free from defects in materials and workmanship for One Year. This warranty is not transferable.

All Finer Form products are manufactured and tested with the highest quality standards and quality control processes. This warranty is limited to the non-commercial use of Finer Form products purchased in the United States.

Finer Form will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence, and arising in connection with the sale, use or repair of the product.

This warranty does not cover damage caused by accident (including in transit), repairs or attempted repairs by any person not authorized by Finer Form, or by vandalism, misuse, abuse, or alteration.

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