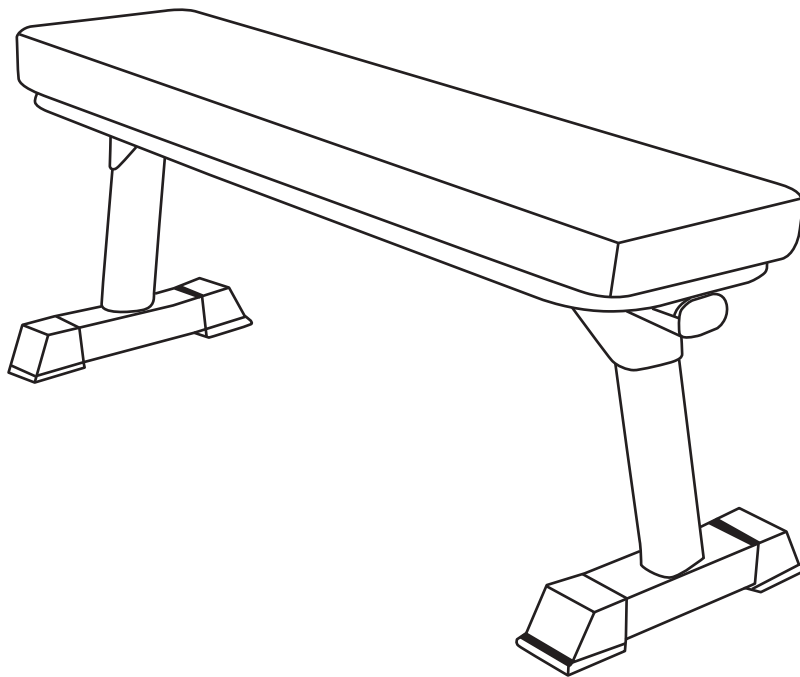




www.finerform.com

SKU: FF-TB011380



FOLDING FLAT BENCH

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!

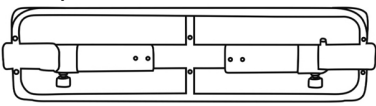


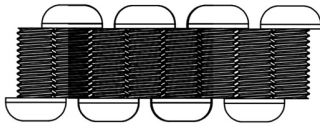

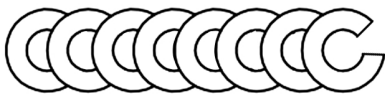
Customer Service: Contact Us First!

- 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
- 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

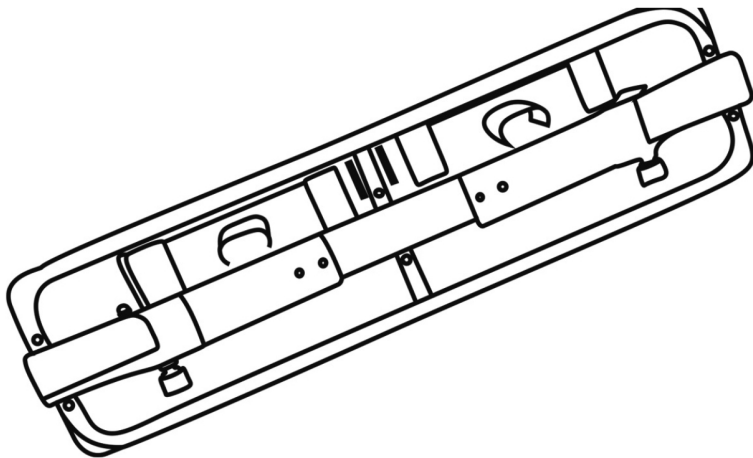
For exercise instruction videos, please check out our Youtube Channel: **Finer Form**

Visit finerform.com for savings on more gym-quality fitness equipment

Part List

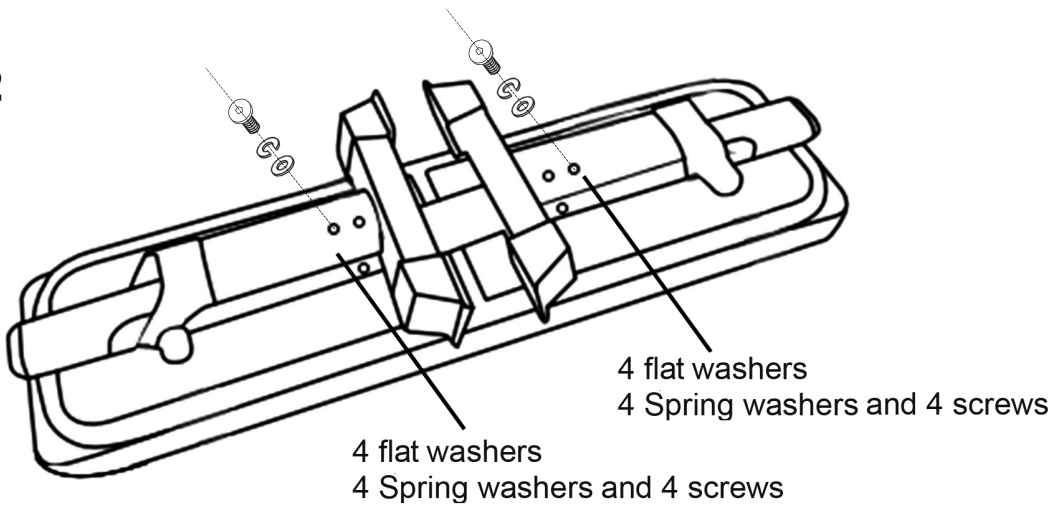
<p>Main body</p>  <p>1 PCS</p>	<p>Stands</p>  <p>2 PCS</p>	<p>Flat washers</p>  <p>8 PCS</p>
<p>M8*15 Screws</p>  <p>8 PCS</p>	<p>Wrench</p>  <p>1 PCS</p>	<p>Spring washer</p>  <p>8 PCS</p>

Step 1



Place the Main body on level surface, as shown in the picture.

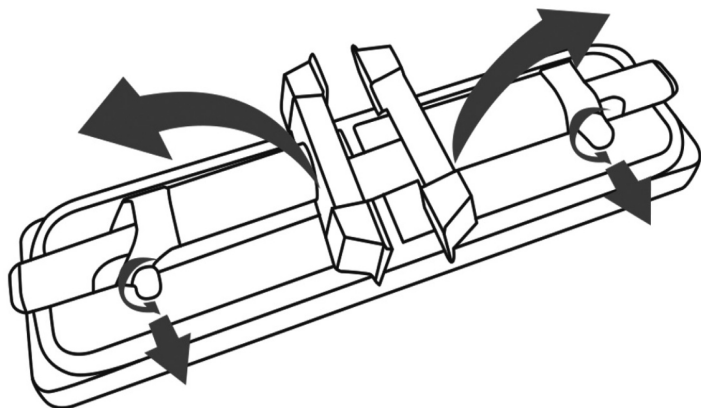
Step 2



Insert the stands to the supporting tubes on the main body. Secure them with M8 Flat Washers, M8 Spring Washers and M8 Screws. Do not tighten them until Step 5.

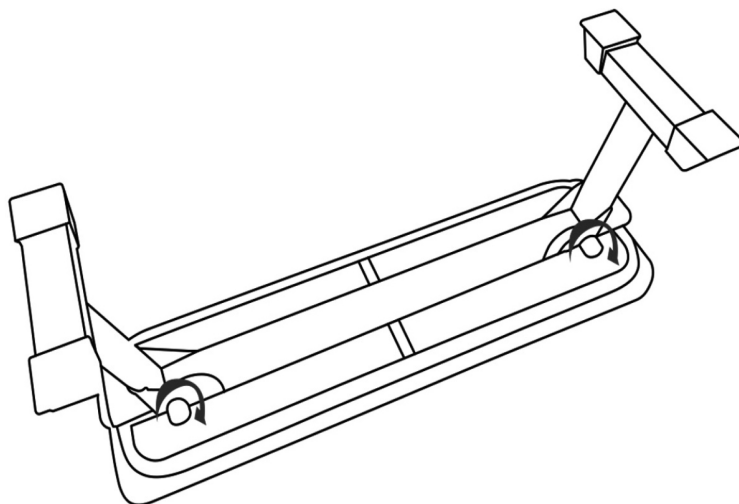
Product diagram

Step 3



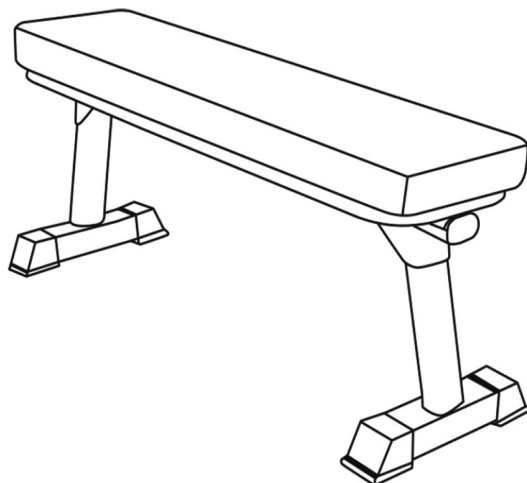
Placing the underside of the bench facing upwards. Loosen and pull the knobs out as shown in the picture. Then pull the standing legs up toward the two ends of the bench.

Step 4



Lock the knob and tighten. Make sure the legs are secure and not swinging.

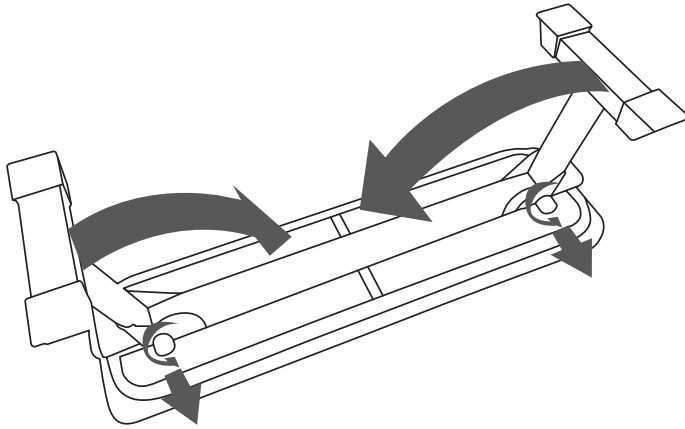
Step 5



Turn the bench over and put the legs on a level surface. Tighten all screws with the wrench

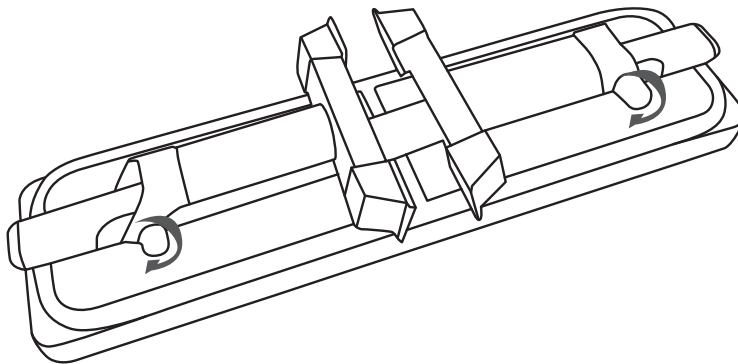
Folding the Bench

Step 1



Turn the bench so that the underside of the bench faces upwards. Loosen and pull the knobs out, and fold the standing legs as shown in the picture.

Step 2



Tighten the knobs and make sure the legs are locked in place.

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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