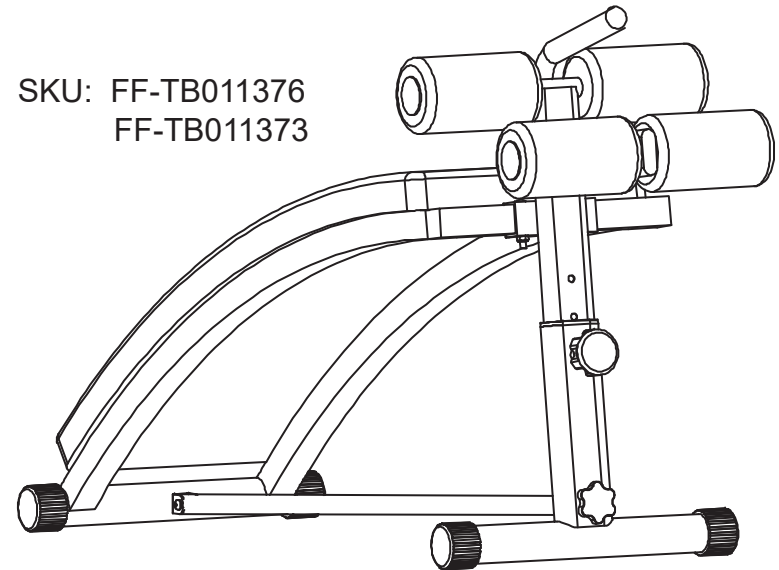




www.finerform.com

SKU: FF-TB011376
FF-TB011373



Sit Up Bench

User's Manual



Please read carefully before
assembling and using the bench

Thank you for your purchase.
Please contact us if you have difficulty with assembly or need replacement parts.
Finer Form Customer Care is here to assist you.

Email: info@finerform.com

Please attach your name and order number so that we can assist you better

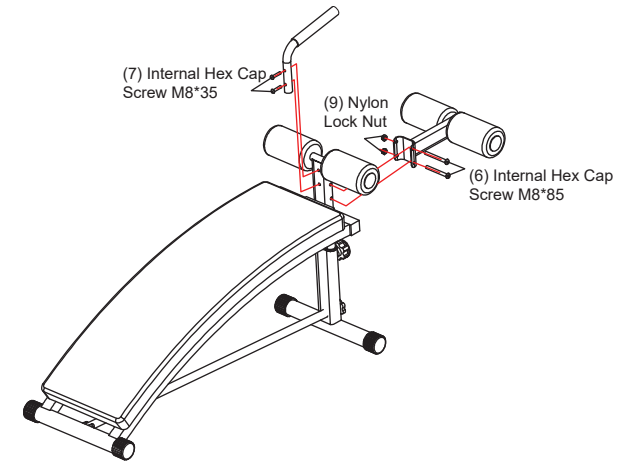
For exercise instruction videos, please check out our Youtube Channel: Finer Form.

Visit **finerform.com** for savings on more gym-quality fitness equipment
for your home or office.

Enjoy the convenience and simplicity of working out where, and when you need to.

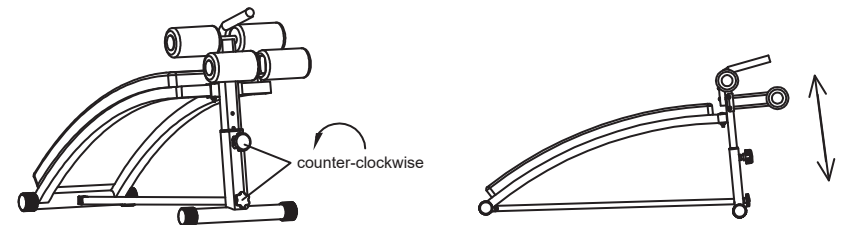
Assembly Instructions

Step 4



- 1) Attach the (2) Reverse Crunch Handle to the bench with (7) Internal Hex Cap Screw M8*35.
- 2) Attach (3) Feet Supporting Frame to the bench with (6) Internal Hex Cap Screw M8*85 and (9) Nylon Lock Nut.

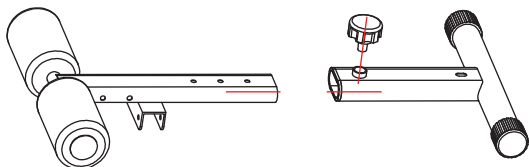
Adjustment Instructions



Loosen (11) Connecting Nut by turning counter-clockwise. Turn (10) Adjustment Knob counter-clockwise, then pull it out and adjust the bench to the desired height with matching holes. Tighten both nut and knob by turned clockwise.

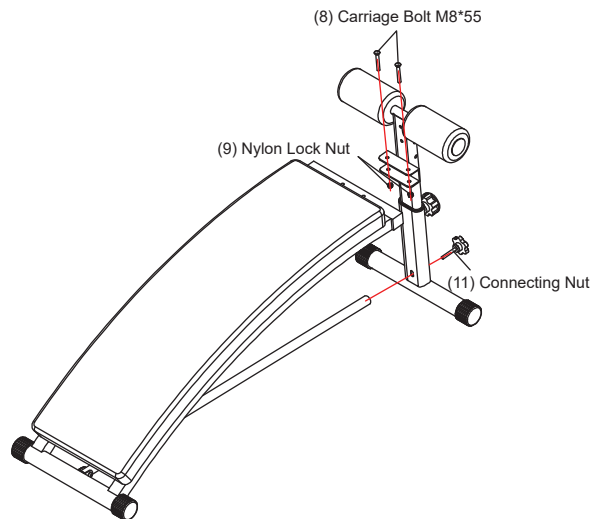
Assembly Instructions

Step 2



Connect the two pieces of (4) Supporting Tube with (10) Adjustment Knob

Step 3



1) Attach (4) Supporting Tube to (1) Main Frame with (8) Carriage Bolt M8*55 and (11) Nylon Lock Nut

2) Attach (5) Connecting Rod to (4) Supporting Tube with (11) Connecting Nut.

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 use this bench –

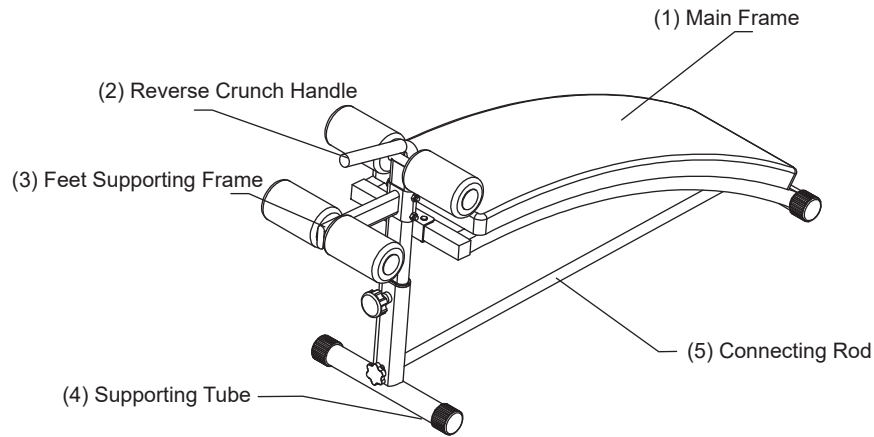
- High doses of aspirin or anti-coagulant medications
- Bone ailments that include fractures, unhealed fractures, Surgical pins, plates or supports, or Osteoporosis
- Hernias
- Heart conditions, heart weakness or circulatory issues that you are being treated for
- Ear infections or balance disorders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

The Maximum Weight Capacity for this product is 300 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:

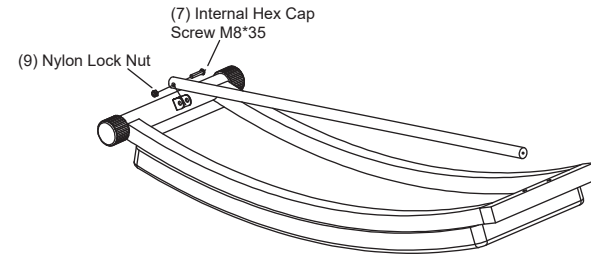
- 1) Consult your doctor or a physician before using this exercise equipment.
- 2) Use extreme care as you get on and off of the bench.
- 3) Stop use of equipment if you experience dizziness, light-headedness or you feel faint. Then contact your doctor or a physician.
- 4) Stop using this equipment if you feel and 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.
- 9) Do not operate equipment if it is malfunctioning or is damaged.
- 10) Place bench on a level surface. Do not place bench outside or near water.
- 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








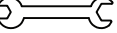


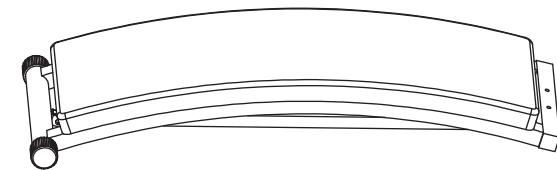
Assembly Instructions

Step 1



1). Place the bench on the ground as shown in the picture. Attach (5) Connecting Rod to (1) Main Frame with (7) Internal Hex Cap Screw M8*35 and (9) Nylon Lock Nut.

Part List			
Part 6  Internal Hex Cap Screw M8*85 x2	Part 7  Internal Hex Cap Screw M8*35 x3	Part 8  Carriage Bolt M8*55 x2	Part 9  Nylon Lock Nut X5
Part 10  Adjustment Knob	Part 11  Connecting Nut	Part 12  Hex Wrench	Part 13  Fork Wrench



2). Flip the bench and place it on the ground as shown in the picture