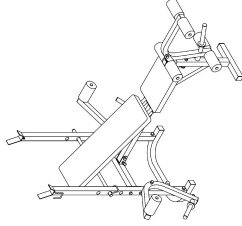


FOLDING WEIGHTLIFTING BED



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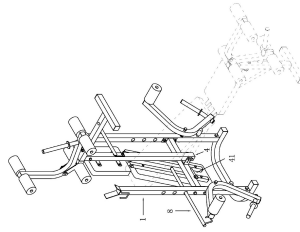
SECURITY AND MAINTENANCE MANUAL

- After the complete assembly, check that all the retainers, screws, nuts and washers are in place, or be secured tightly.
- Do not use this product without a physician's approval. We recommend that you read the safety and use instructions carefully before using. Tighten all bolts before using equipment. Leave adequate space to exercise.
- Immediately stop the practice, if sick, that headache or nausea, chest pain or pressure, or feel any discomfort.
- This machine is in use process, hear or detected some problems or unusual sound, should stop using.
- When you sit on the seat cushion, to conduct safety inspections of the fastenings.
- Do not wear loose clothes, avoid mechanical parts hook.
- The maximum weight capacity: 120 kg.
- Be particularly careful to avoid the unnecessary pain while moving the equipment.
- To maintain the level of security regularly inspect the equipment for damage or pressure in places like the ropes, pulleys, connecting places.
- The tool and its components make sure when you use the safety. The safe use and free area on the unattended children concerning the importance of the equipment as needed.
- The equipment must be stable base should be placed in accordance with and shall be level.

PRECAUTIONS

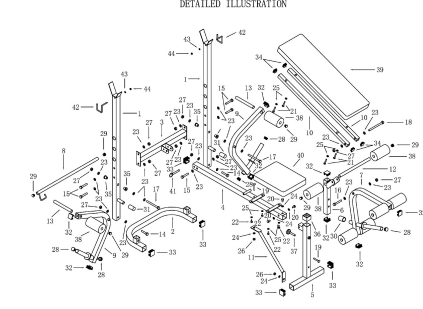
- Do not use exercise machinery without the consent of your doctor.
- There is no supervision do not allow children to use this product
- Keep your fingers, body parts, children and pets away from moving parts
- Warm up before each workout and cool down after each workout
- Insure that all nuts, bolts, and screws are completely tightened before using this product.
- If any parts appear worn, or broken, or if this product is not working properly, do not use.
- This product is for consumer use only and is not meant for commercial use
- Keep product indoors away from moisture and dust.
- Place the weight bench on level surface with mat beneath it to protect the floor or carpet.
- Always place and equal amount of weight on each side of the barbell.
- Always secure themselves with the lock collars when they are mounted on the barbell.
- Always exercise with a partner.

11



STEP:
 1. Insert the Leg Support (6) into the Bench Leg (5), with the Block (G7), do not over-tighten the Locknut; the Leg Lever must be able to pivot easily.
 2. Insert the Leg Lever (7) to the Leg Support (6), with the Ratchet Bolt (H6). Tighten the Leg Lever with the Ratchet Bolt (H6) until it over-tighten the Locknut; the Leg Lever must be able to pivot easily.
 3. Insert a Pad Tube (I2) into the two Foam Pads (B) into the Pad Tube Bracket. This step with the other Pad Tubes on the Leg Lever (7). Do not over-tighten the Locknut; the Leg Lever must be able to pivot easily.

10



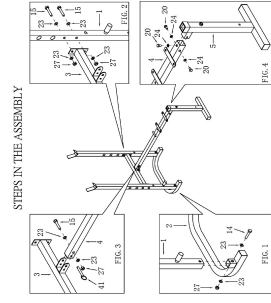
DETAILED ILLUSTRATION

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Number	PARTS LIST	Quantity
1	BASE FRAME	2
2	WEIGHT SUPPORT TUBE	2
3	CONNECTING PIPE	1
4	THE FOOT SUPPORT TUBE	1
5	THE FRONT LEG TUBE	2
6	LEG SUPPORT	2
7	LEG LEVER	2
8	RATCHET BOLT	2
9	THE LOCKNUT OF THE WEIGHT TUBE	2
10	THE RATCHET BOLT OF THE TUBE	2
11	THE RATCHET BOLT OF THE TUBE	2
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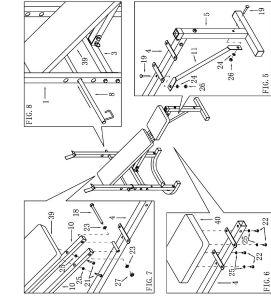
4

STEPS IN THE ASSEMBLY



STEP:
 1. Attach an Upright (1) to the Bench Frame (1) with the Ratchet Bolt (H6), two MP Washers (2) and MP Nylon Locknuts (27). Do not tighten the Locknuts; insert this step with the other Upright (1).
 2. Attach the connecting pipe (3) to the weight pipe (1) with two MP Washers (4) and MP Nylon Locknuts (27). Tighten the Locknuts in the same direction of the connecting pipe (3).
 3. Attach the Bench Frame (1) to the connection pipe (3) with pipe (4), two MP Washers (5) and MP Nylon Locknuts (27). Do not tighten the Locknuts.
 4. Attach the foot support (6) into the Bench Frame (1) and tighten them with three MP Washers (6) and three MP Nylon Locknuts (27). Make sure that the bolt heads fit inside the hexagonal holes in the Bench Frame. Do not tighten the Locknuts.

6



STEP:
 1. Attach the Bench Support (11) and the Bench Frame (1) to the Bench Leg Locknut (28). Do not tighten the Locknut; insert this step with the other Bench Support (11).
 2. Attach the Bench Support (11) to the Bench Frame (1) and screw them with four MP Washers (12) and MP Nylon Locknuts (27).
 3. Attach the Bench Support (11) to the Bench Frame (1) and screw them with four MP Washers (13) and MP Nylon Locknuts (27).
 4. Slide the Adjustment Bar (8) into the Upright (1), from the side above. Turn the Adjustment Bar so that the locking pin wraps around the Upright.

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