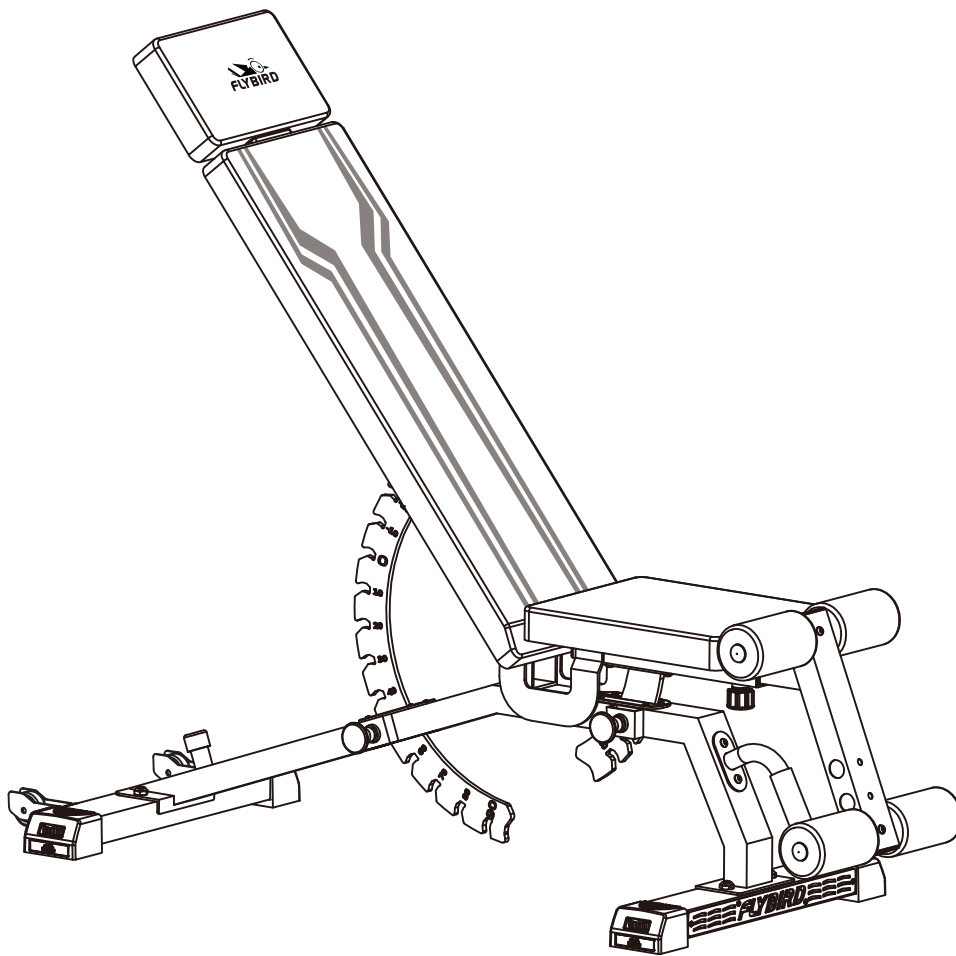


# FB3000 WEIGHT BENCH

## USER MANUAL



# **SAFETY PRECAUTION**

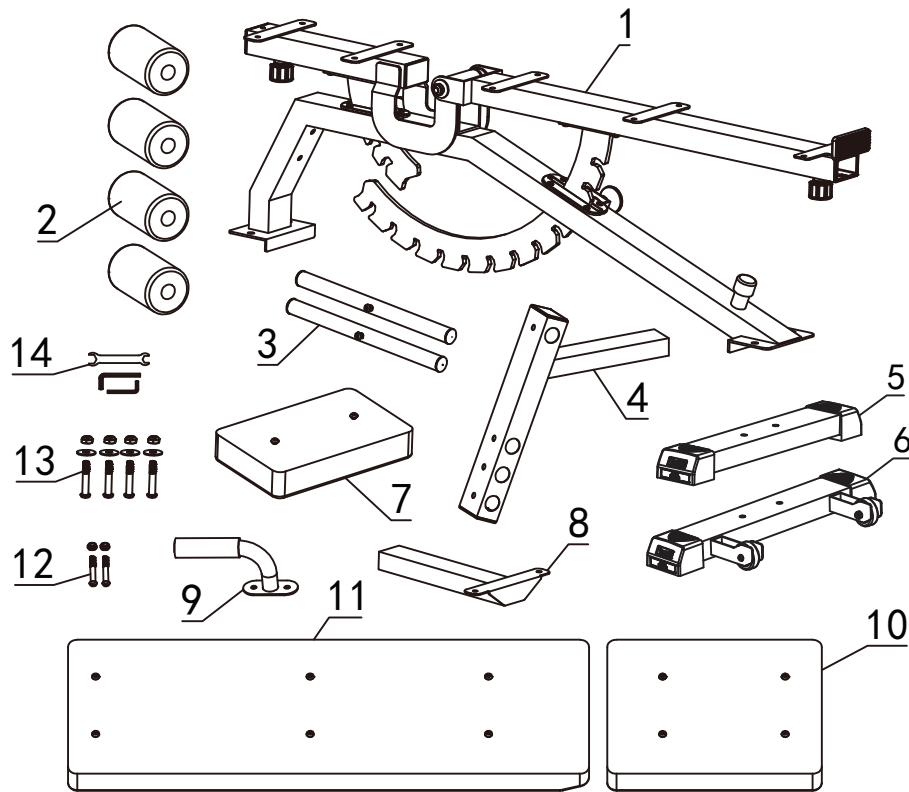
Thank you for purchasing FLYBIRD FB3000 Weight Bench. For your safety and benefit, read this manual carefully before using the bench.

We are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, please feel free to contact us via Amazon or email to us. Our Customer Service Representatives will provide immediate assistance to you.

1. Consult your physician before starting any exercise program.
2. This product is not intended for children. Keep it away from children and pets.
3. Ensure that all users are adequately informed of all precautions.
4. Only one person at a time should use the bench.
5. Always wear athletic shoes and appropriate workout clothing while exercising.
6. If you feel dizzy, nausea or show other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**

7. Place it on a level surface. If possible, place a mat beneath it to protect the floor.
8. Inspect and properly tighten all parts before use. Replace any worn parts immediately.
9. The product can be cleaned by using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
10. Keep the product indoors, away from moisture and dust. Avoid direct sun exposure.

# PARTS LIST

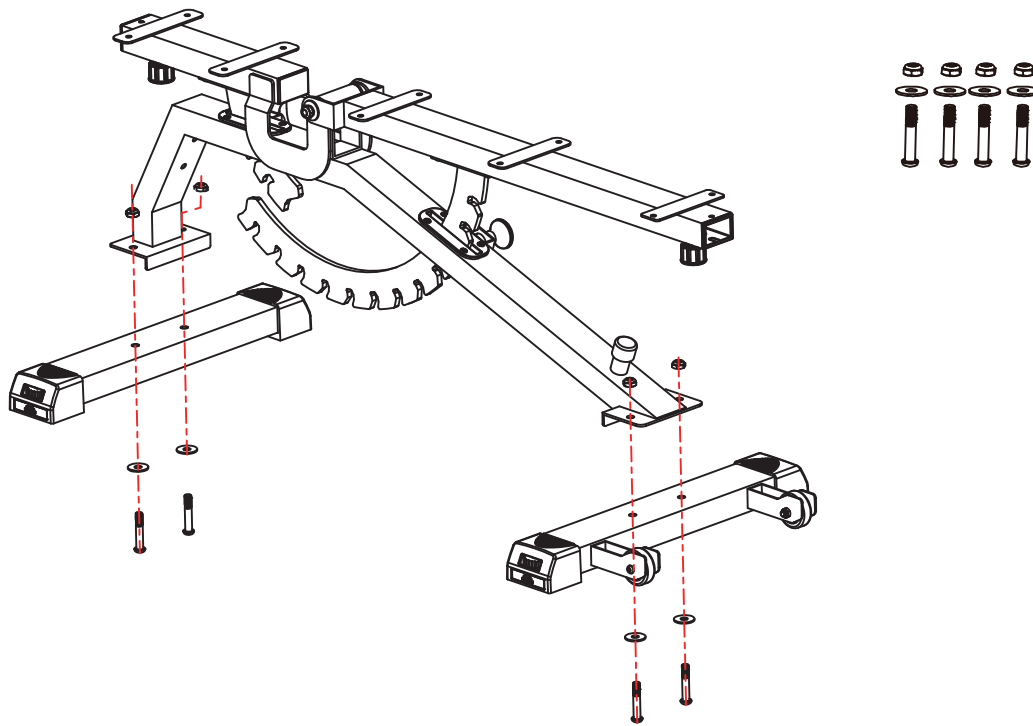


PART NO.	DESCRIPTION	QUANTITY
1	Main Frame	1
2	Foam Roll	4
3	Foam Tube	2
4	Foot Support	1
5	Front Base	1
6	Rear Base	1
7	Headrest Cushion	1
8	Headrest Support	1
9	Handle	1
10	Seat Cushion	1
11	Back Cushion	1
12	M8*50 Screws+M8 Nuts	2
13	M10*55 Screws+Spacers+M10 Nuts	4
14	Tools	3

# ASSEMBLY INSTRUCTION

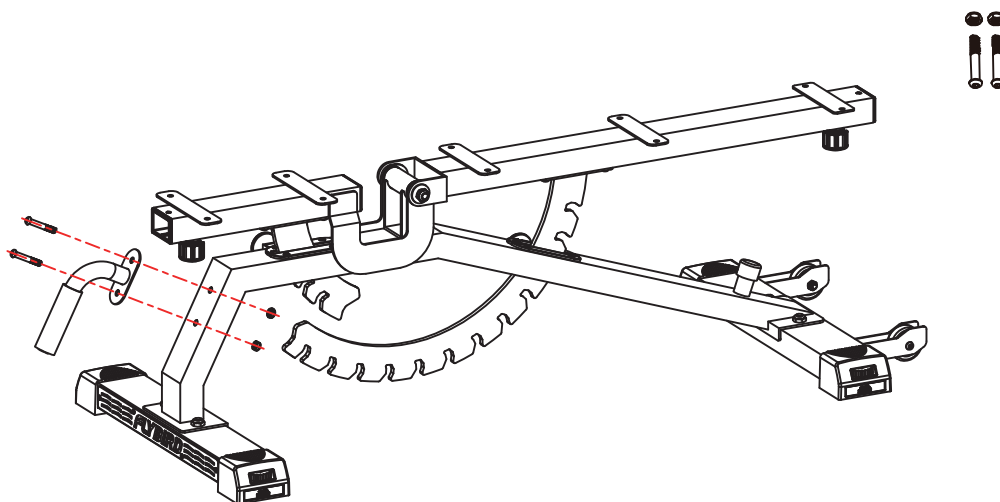
## STEP 1

PARTS #13: M10\*55 Screws+Spacers+M10 Nuts × 4



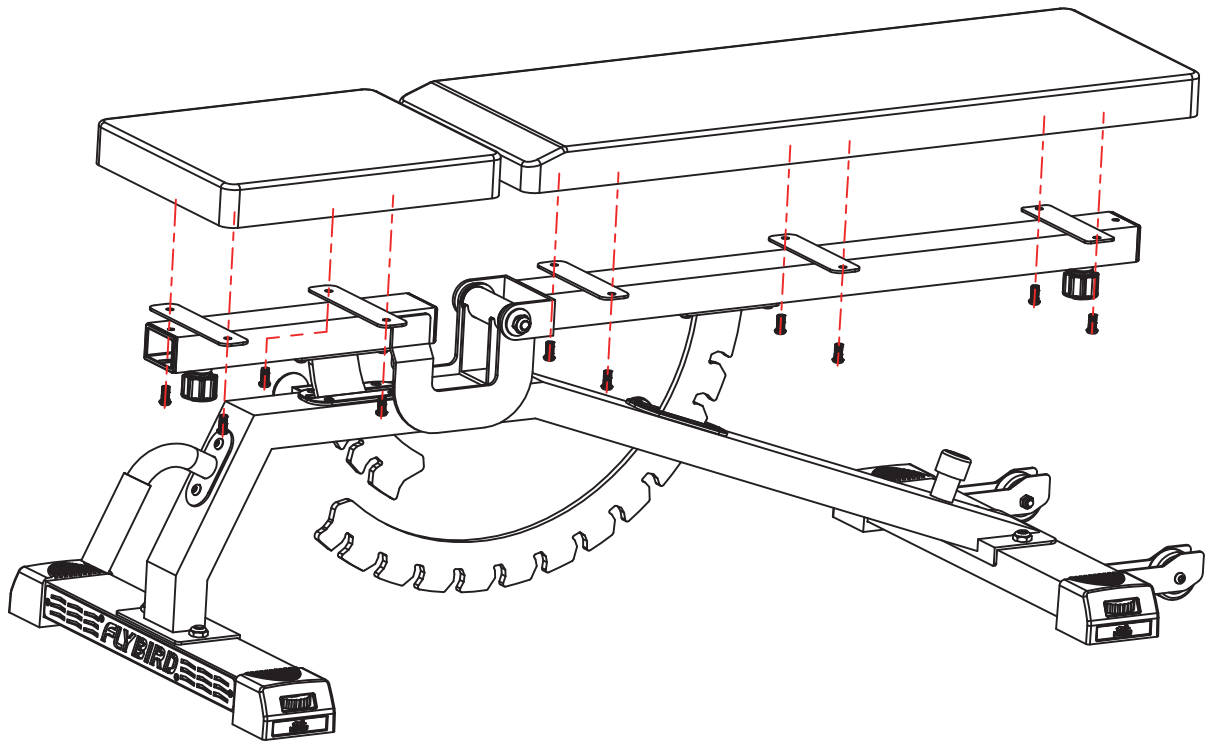
## STEP 2

PARTS #12: M8\*50 Screws+M8 Nuts × 2



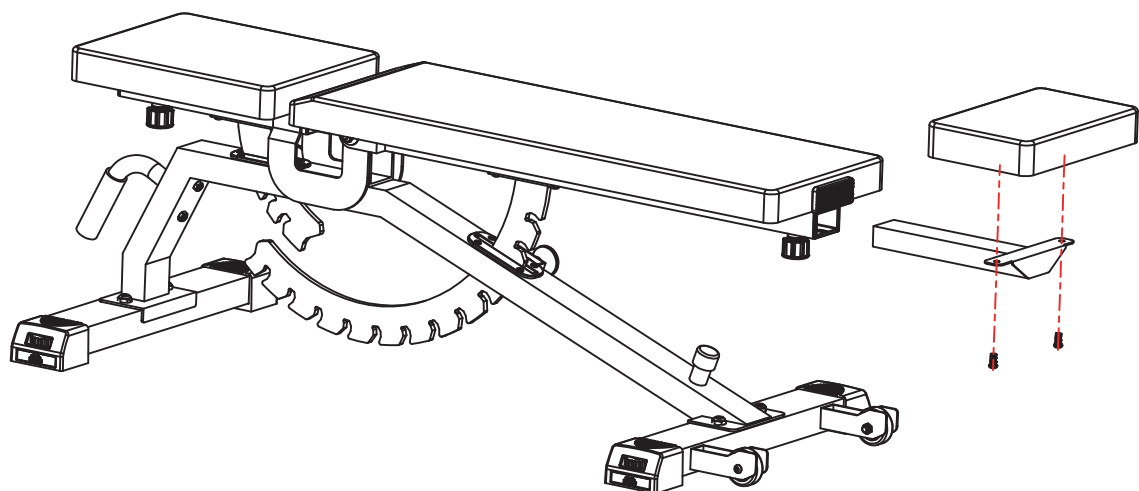
### STEP 3

M6\*16 Screws (Preinstalled on the back and seat cushions) × 10



### STEP 4

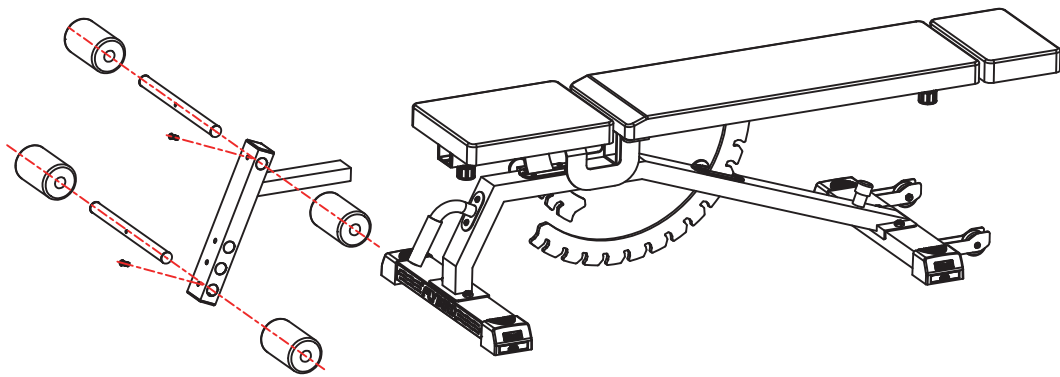
M6\*16 Screws (Preinstalled on the headrest cushion) × 2



## STEP 5

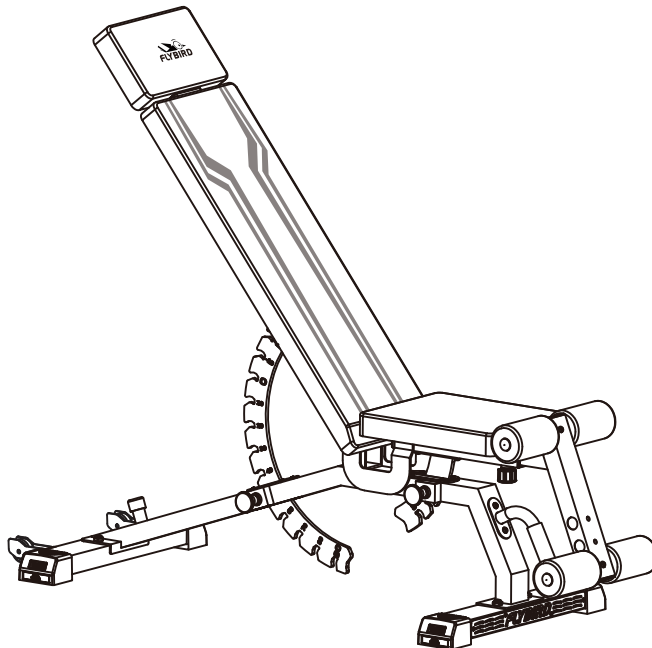
Remove the preinstalled M8\*20 Screws on the foam tubes.

Insert the foam tubes into the corresponding holes on foot support and fixed them with M8\*20 Screws. Put the foam roll into both ends of the foam tube. Then insert the foot support into the main frame.



## STEP 6

Rotate the knobs on the adjustable foot caps until the whole bench is stable on the ground. Then the assembly is complete!



## WARRANTY INFORMATION

This product is covered by a 2-year warranty against defects in materials or workmanship. Please note that the warranty does not cover damage resulting from accidents or misuse of the product.

If you need replacement parts or support, please contact us via Amazon. (Login your Amazon account > choose "Your orders"> find the order ID>click "Contact seller")

Or email to [flybirdfitness@gmail.com](mailto:flybirdfitness@gmail.com)

Our customer service will get back to you within 24 hours. In order to resolve your issue better, please include the following information in your email to us.

Order number \_\_\_\_\_

Product \_\_\_\_\_

Issue \_\_\_\_\_

Request \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_

If you have any questions, please feel free to contact us.

