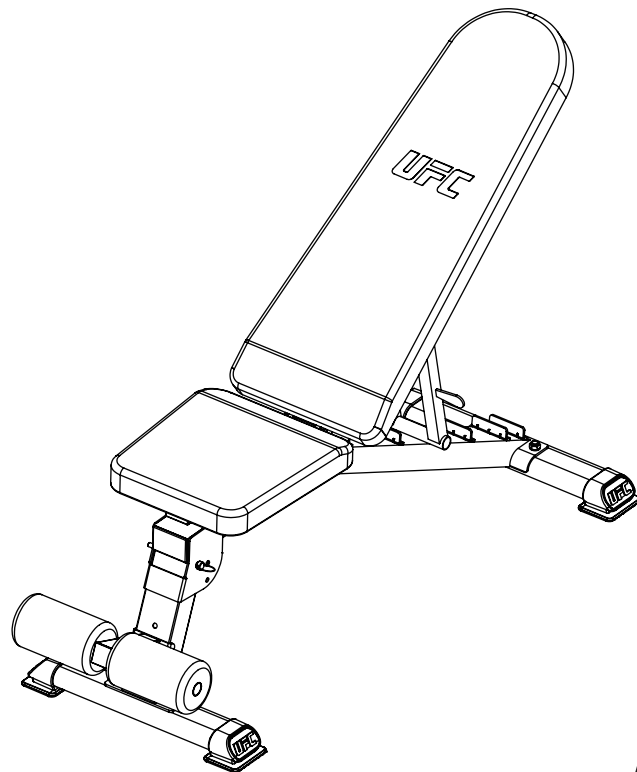


# ***UFC***

## ***ULTIMATE TRAINING***

### ***FOLDING FID BENCH***

USER'S MANUAL



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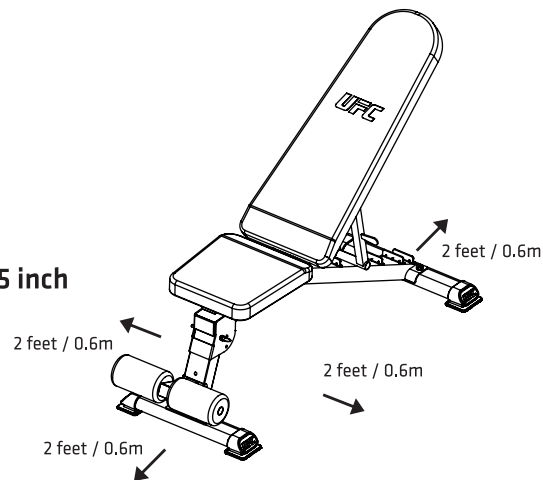
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## CARE AND MAINTENANCE

1. Moving parts will need to be lubricated periodically
2. Inspect and tighten all parts before using the equipment.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. Solvents may damage the material.
4. Examine the equipment regularly for signs of damage or wear.
5. Replace any defective components immediately and/or keep the equipment out of use until repair.
6. Failure to examine regularly may affect the safety of the equipment.
7. Keep the bench on a solid surface, and keep a minimum of two feet (0.6m) from any walls or furniture. Make sure that the area behind the bench remains completely clear during use.

## PRODUCT SPECIFICATION

- Product Name : FOLDING FID BENCH
- Model Number : UFC - FFID
- Assembled Dimension (LWH): 139cm x 47 cm x 44.5 cm / 54.7 x 18.5 x 17.5 inch
- G.W /N.W.(KG) : 18.7/ 16.8 KGS ; 41/ 37 LBS
- Maximum weight capacity: 136kg / 300lbs



*This product conforms to EN ISO 20957-1. (Class H)*

## ***SAFETY PRECAUTIONS***

1. Ensure that your working area is free of possible sources of danger, for example packaging material in such a way that it may not cause any danger. There is always a risk of suffocation if children play with plastic bags!
2. The unit is designed for use by adults and children should not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.
3. This product is not a toy and should not be used by children or animals as a toy or without supervision.
4. This product is designed for one user at a time.
5. If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms, STOP the workout at once. Consult a physician immediately. Injuries may occur due to incorrect or excessive exercise.
6. Position the bench on a leveled surface which is clear of all obstacles as not to restrict movement whilst exercising.
7. DO NOT use the bench near water or outdoors.
8. Keep hands away from all moving parts.
9. Always wear appropriate clothing when exercising. Loose clothing may get caught in moving parts or torn. Properly fitted running or aerobic shoes are advised when using this product.
10. Use the bench only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
11. Do not place any sharp objects around the bench.
12. Disabled persons should not use the machine without a qualified person or physician in attendance.
13. Before using the bench to exercise make sure to properly warm up to prevent injury.
14. Never use the bench if it is not functioning properly or if a piece is broken.
15. This product is intended for home use only.

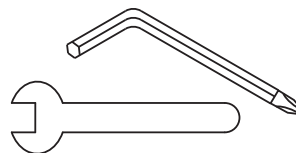
### **WARNING:**

**BEFORE BEGINNING ANY EXERCISE, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH CONDITIONS.  
READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.**

## ASSEMBLY PRECAUTIONS

1. Moving parts will need to be lubricated periodically
2. Inspect and tighten all parts before using the equipment.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. Solvents may damage the material.
4. Examine the equipment regularly for signs of damage or wear.
5. Replace any defective components immediately and/or keep the equipment out of use until repair.
6. Failure to examine regularly may affect the safety of the equipment.

Wait until all bolts are assembled  
onto the bench before tightening the bolts.



## WARRANTY

UFC Ultimate Training warrants the original purchaser against any product defect. For more information, terms and condition in country of purchase go to [ufctrain.com](http://ufctrain.com)

The various components of this equipment are warranted against defects and workmanship for the following time period(s):

- Steel Frame 1 Year
- All other parts 90 days

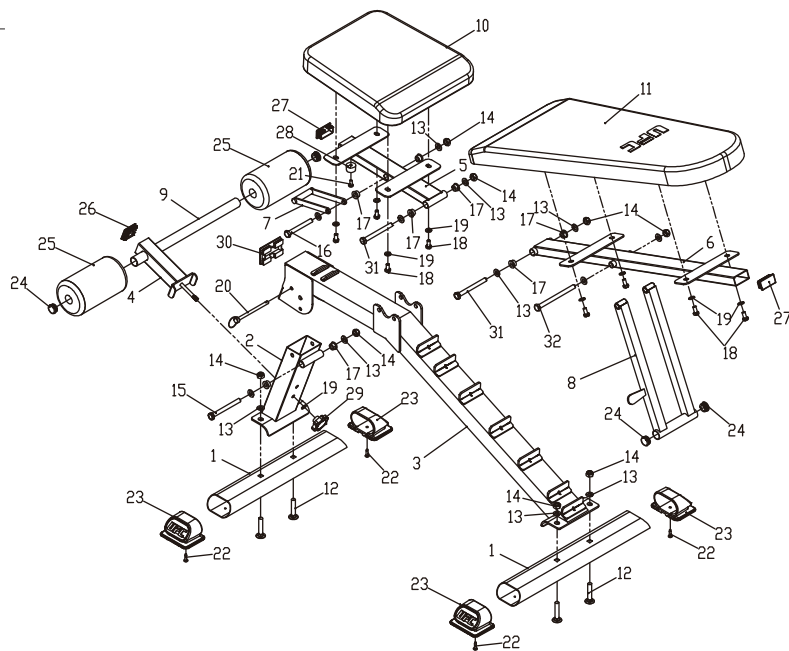


Missing a part or need assembly assistance? DO NOT RETURN the product to the store.  
Email: [ufctrain@dyaco.com](mailto:ufctrain@dyaco.com), call your local agent or scan QR code to find more information.  
Check your local agent on [ufctrain.com](http://ufctrain.com)

# FOLDING FID BENCH

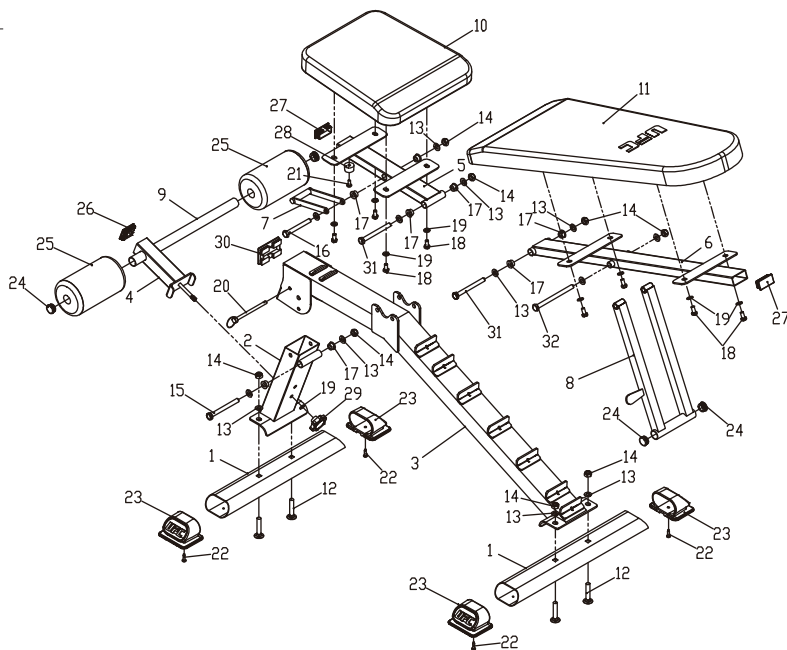
## PARTS LIST AND EXPLODED VIEW

Key No.	Descriptions	Qty/
1	Front/Rear Leg	2
2	Base Frame	1
3	Main Frame	1
4	Hook tube	1
5	Seat tube	1
6	Backrest tube	1
7	Seat Adjustment	1
8	Backrest Adjustment	1
9	Foam Rollar bar	1
10	Seat	1
11	Backrest Cushion	1
12	Bolt	M10x554
13	Washer	Φ1014
14	Nylon Nut	M109
15	Bolt	M10 x 951
16	Bolt	M10 x 751



## PARTS LIST AND EXPLODED VIEW

Key No.	Descriptions		Qty/
17	Bushing	Φ20xΦ16xΦ10	8
18	Bolt	M8x16	8
19	Washer	Φ8	9
20	Locker Pin	Φ8x90	1
21	Bolt	M8x16	1
22	Bolt	ST4.2x20	4
23	Plastic End Cap	40 x 80mm(Oval)	4
24	Plastic End Cap	Φ25	4
25	Foam Roller	Φ23xΦ100xΦ170	2
26	Plastic End Cap	38	1
27	Plastic End Cap	25 x 50mm(Oval)	2
28	Cushion		1
29	Knob	M8	1
30	Plastic End Cap	50 x 75mm(Oval)	1
31	Bolt	M10x98	2
32	Bolt	M10x145	1



# ASSEMBLY PROCESS

## 1

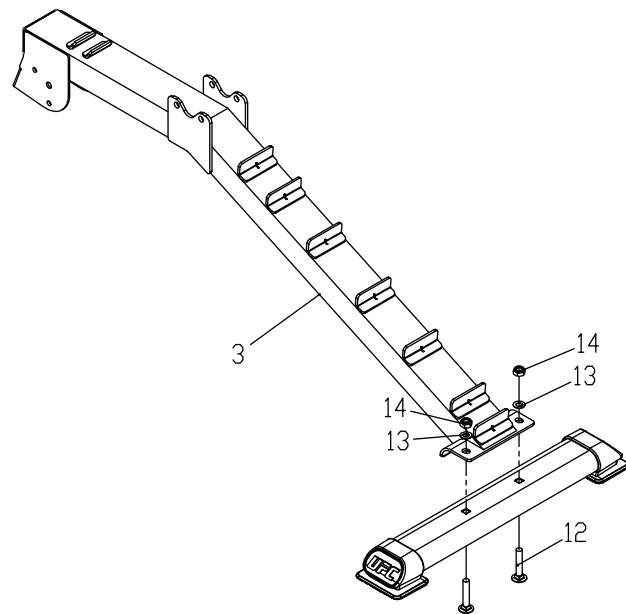
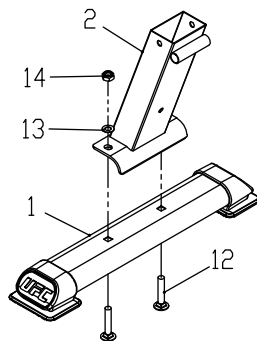
### Assembling the Frame

The following parts are needed in this step

NO.12  X4 M10X55mm

NO.13  X4  $\phi 10$ mm

NO.14  X4 M10mm





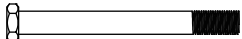

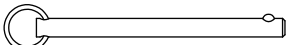
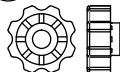


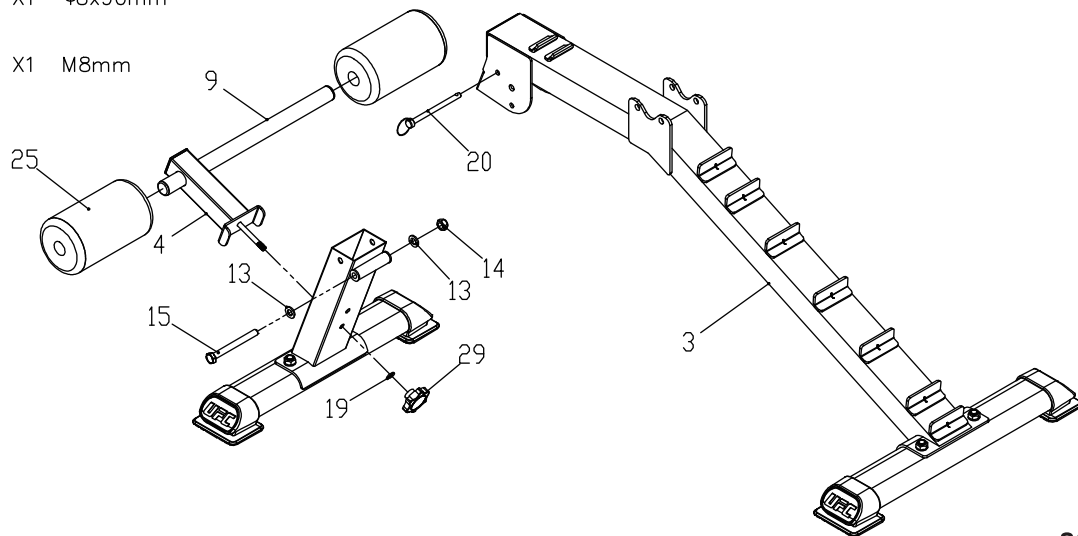
## ASSEMBLY PROCESS

# 2

### Assembling the Frame

The following parts are needed in this step

NO.13		X2	Φ10mm
NO.14		X1	M10mm
NO.15		X1	M10X95mm
NO.19		X1	Φ8mm
NO.20		X1	Φ8x90mm
NO.29		X1	M8mm



## ASSEMBLY PROCESS

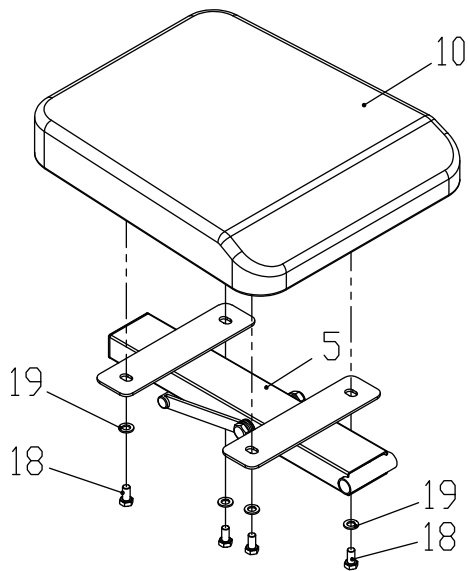
### 3

#### Assembling the Frame

The following parts are needed in this step

NO.18  X4 M8X16mm

NO.19  X4  $\phi 8$ mm



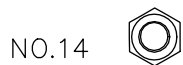
## ASSEMBLY PROCESS

### 4 Assembling the Frame

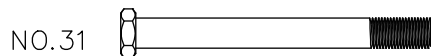
The following parts are needed in this step



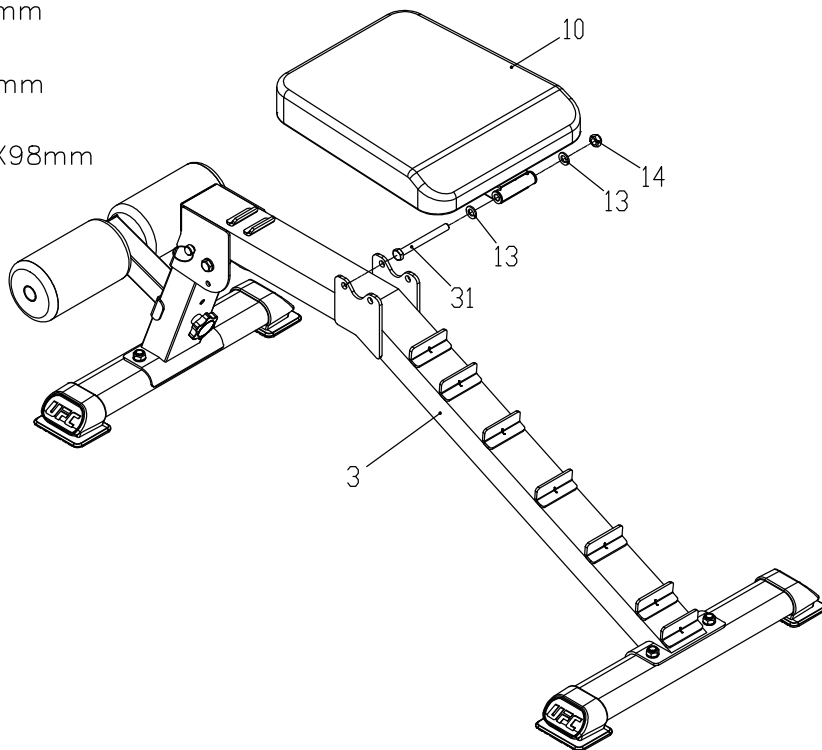
X2  $\phi 10\text{mm}$



X1 M10mm



X1 M10X98mm



## ASSEMBLY PROCESS

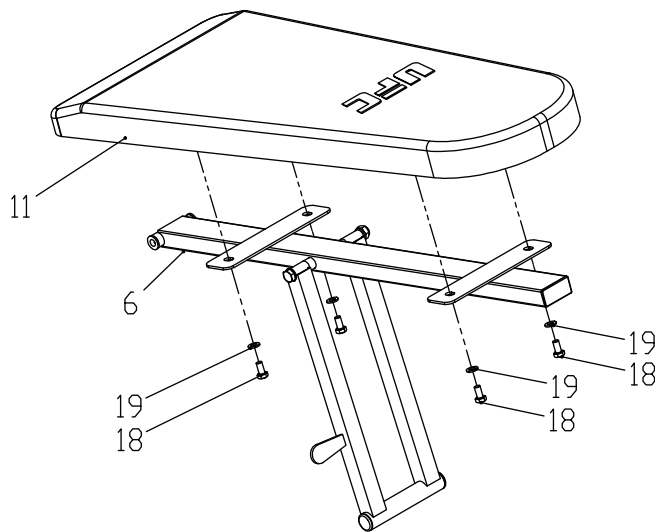
# 5

### Assembling the Frame

The following parts are needed in this step

NO.18  X4 M8X16mm

NO.19  X4  $\phi 8$ mm



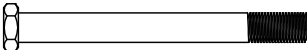


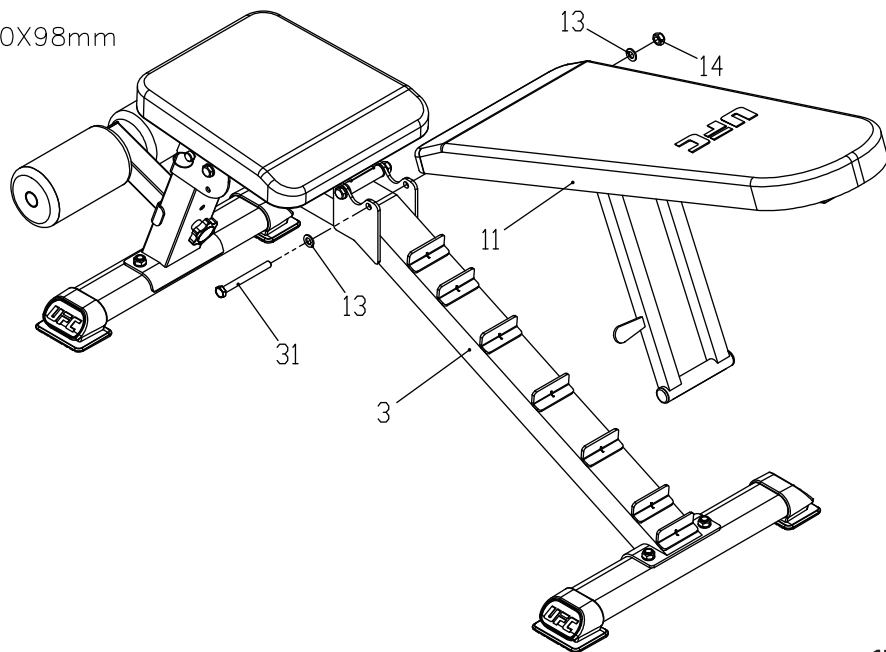
## ASSEMBLY PROCESS

**6**

### Assembling the Frame

The following parts are needed in this step

NO.13		X2	Φ10mm
NO.14		X1	M10mm
NO.31		X1	M10X98mm



## **NOTES**

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**NOTES**

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