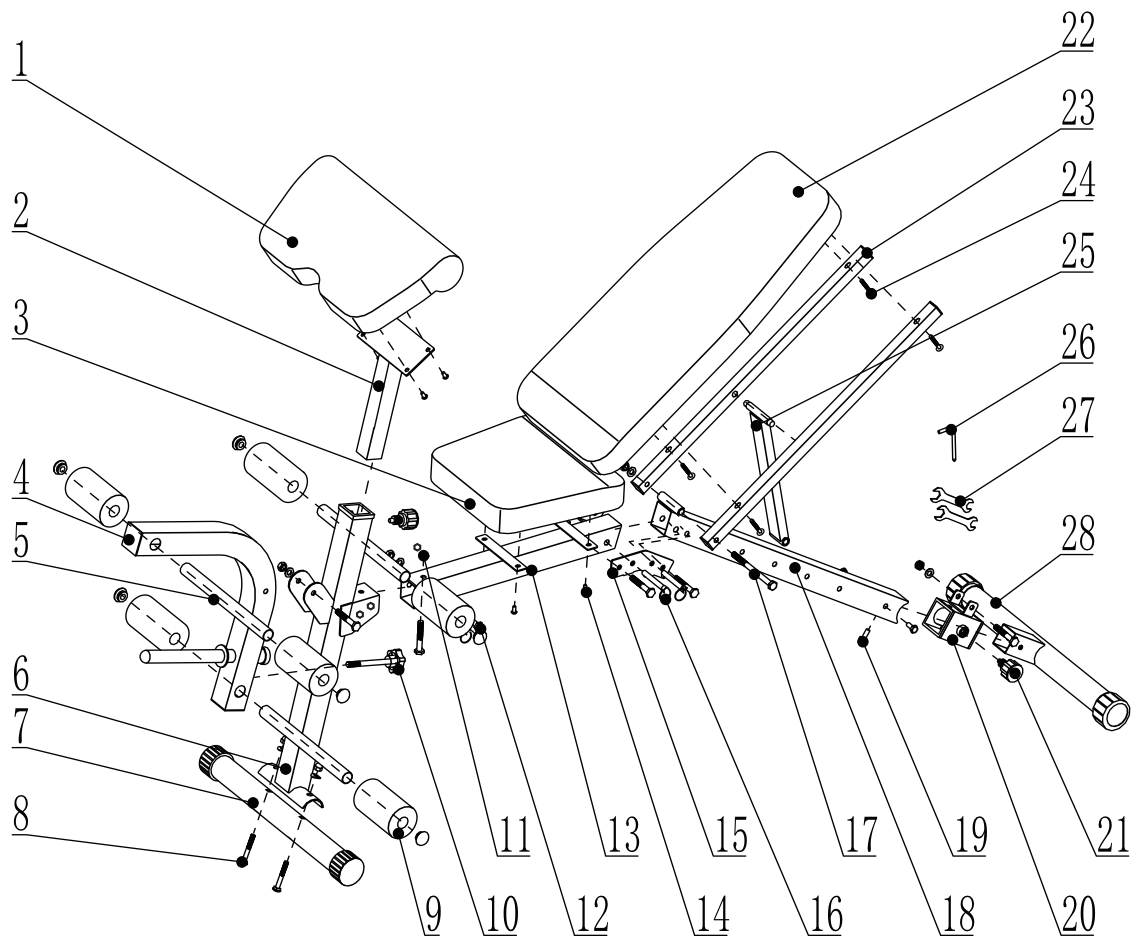


# Specifications

Product Name	YESOUL Weight Bench WB1
Product Model	YS-WB1
Item No.	WB1
Net Weight	15.2kg
Gross Weight	17.2kg
Maximum Weight Capacity	200kg
Carton size	855mmx370mmx345mm
Product Size	1650mmx500mmx900mm

# Installation diagram



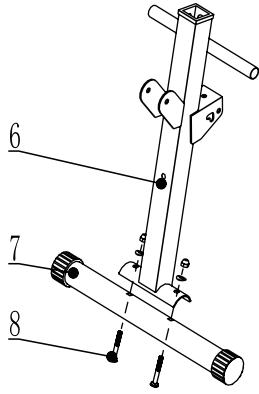
- 1, pallet pad(1)
- 2, pallet support (1)
- 3, cushion (1)
- 4, dumbbell rack (1)
- 5, foam tube (2)
- 6, front bracket (1)
- 7, the front bottom tube (1)
- 8, carriage bolt M8\*60, flat washer with cover nut (2)
- 9, cotton, pipe plugs (6)
- 10, Mei twist M10\*100 (1)
- 11, hexagonal bolt M10\*70 flat washer, nut (1)
- 12, hexagonal bolt M10\*70 flat washer, nut (5)
- 13, seat cushion (1)
- 14, crosshead bolt M6\*14 (8)

- 15, connecting pieces (2)
- 16, bolt  $\varnothing 10*70$ (3)
- 17, hexagonal bolt M10\*140 , flat washer, locknut (1)
- 18, the lower main frame (1)
- 19, hexagonal bolt M8\*16 (3)
- 20, sliding seat (1)
- 21, pull the M16 (2)
- 22, backrest (1)
- 23, backrest fixed tube (2)
- 24, phillips head bolt M6\*40 (4)
- 25, support frame (1)
- 26, inner hexagon cross wrench 5# (1)
- 27, wrench 14- 17mm (2)
- 28, the bottom tube (1)

# Installation steps

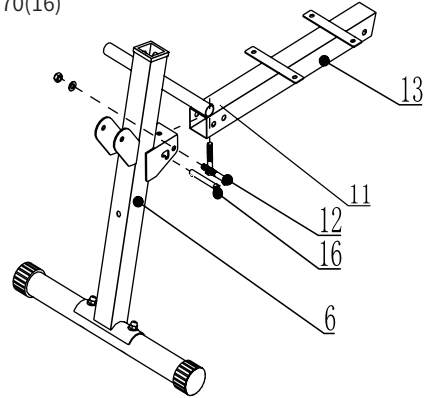
## Step 1

Front bracket (6) and front bottom tube (7)  
Use carriage bolt M8\*60, flat washer, with cover nut (8)  
Connection fixed



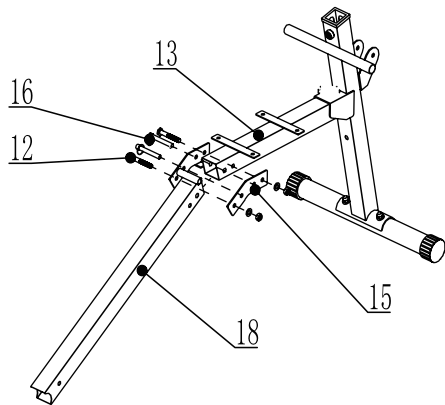
## Step 2

Place the seat cushion (13) and the front bracket (6),  
Bolt M10\*70, flat washer, nut (12), and the front bracket (1),  
Bolt M10\*70, flat washer, nut (11)  
Connection fixed  
Insert pin Ø10\*70(16)



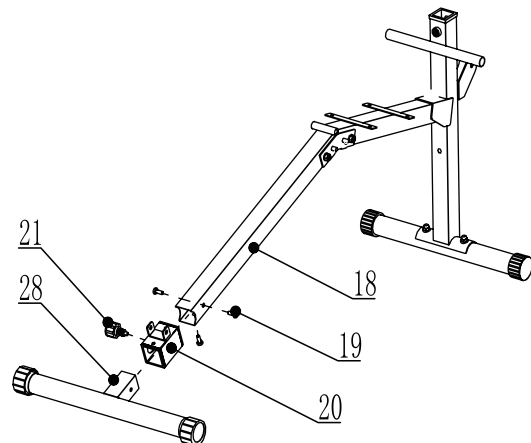
## Step 3

Seat frame (13) and lower main frame (18),  
connecting piece (15)  
Use hexagon bolts M10\*70, flat washers, nuts (12)  
Connection fixed  
Insert pin Ø10\*70(16)



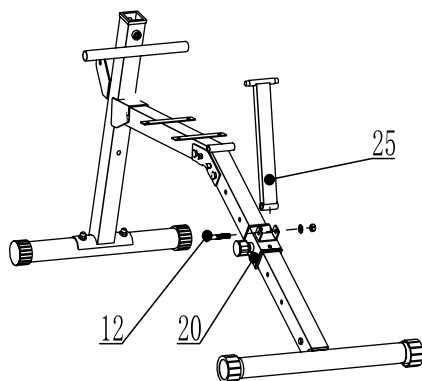
## Step 4

1, First put the sliding seat (20) into the lower main frame (18)  
Twist the pin M16 (21) hole position is good  
2. Use the bolt M8\*16 (19) for the rear bottom tube (28) and the  
lower main frame (18)  
Connection fixed



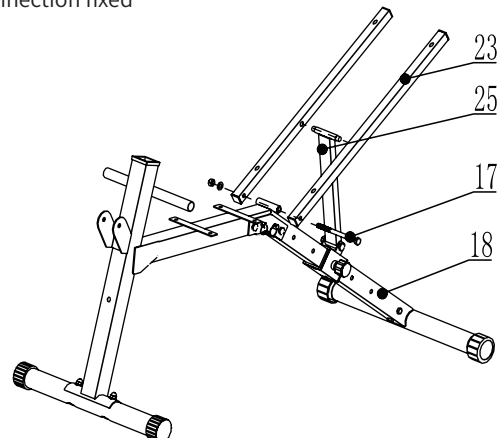
## Step 5

Support frame (25) and sliding seat (20)  
Bolt M10\*70, flat washer, nut (12)  
Connection fixed



## Step 6

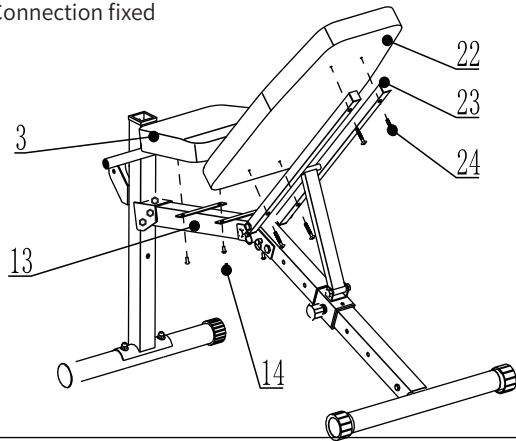
The backrest fixed tube (23) and the lower  
main frame (18), the support frame (25)  
Bolt M10\*140, flat washer, locknut(17)  
Connection fixed



# Installation steps

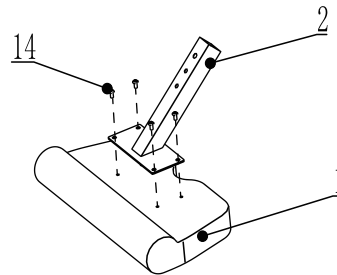
## Step 7

- 1, The seat cushion (3) and the cushion frame (13) with bolts M6\*14 (14)
- 2, The backrest (22) and the backrest fixed pipe (23) With bolts M6\*40 (24)  
Connection fixed



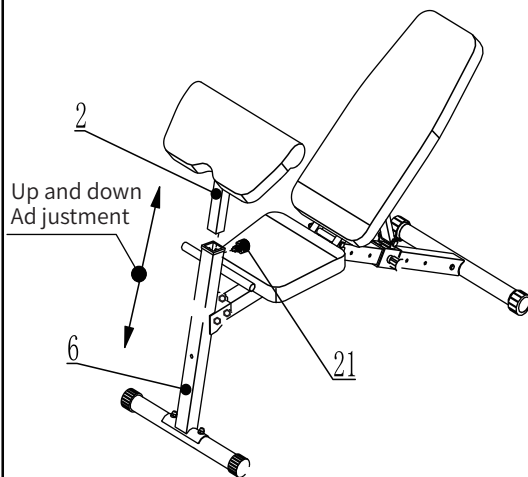
## Step 8

- 1, Pallet pad (1) and pallet (2) With bolt M6\*14(14)  
Connection fixed



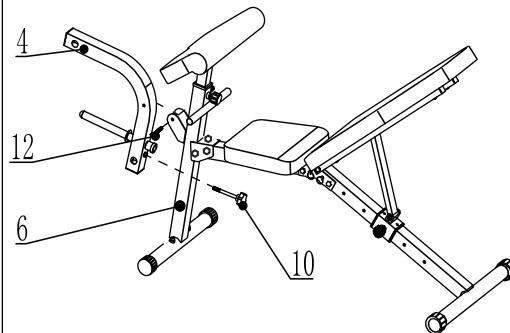
## Step 9

- 1, Insert the pallet (2) into the front bracket (6)  
Let pull pin M16 (21) to the hole



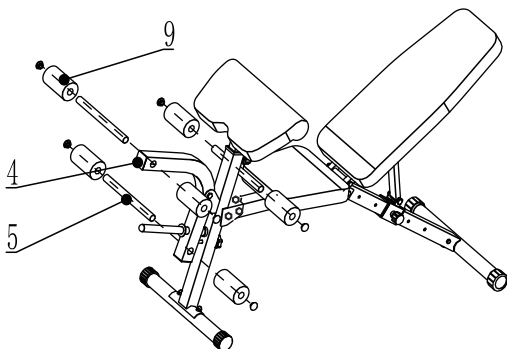
## Step 10

- 1, The dumbbell frame (4) and the front bracket (6) Bolt M10\*65, flat washer, nut (12)  
Connection fixed
- 2, Use the twisted M10\*100 (10) through the front bracket (6) Fixed dumbbell rack (4)

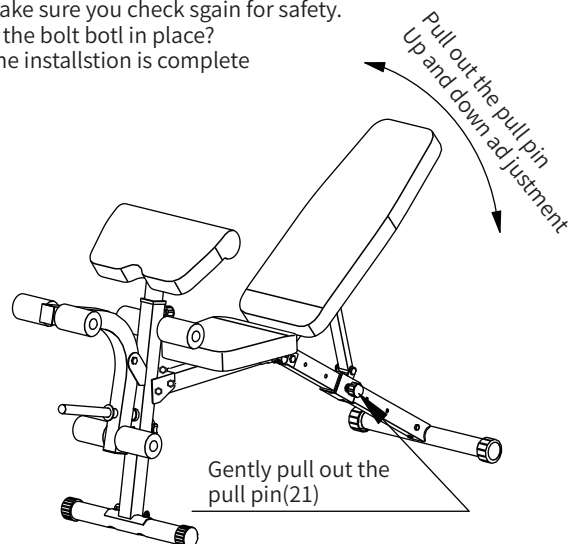


## Step 11

- 1, Insert the foam tube (5) into the dumbbell rack (4)
- 2, insert foam, pipe plug (9) into the foam frame (5)



- Make sure you check again for safety.  
Is the bolt both in place?  
The installation is complete



# Safety knowledge

1. Before assembling and using the training equipment, it is very important to read carefully all the contents of the instruction manual. Only the correct installation, maintenance and use of the training equipment can achieve a safe and effective training effect. It is important to ensure that all users are familiar with all the warnings and precautions of the training equipment.
2. Before using the training equipment, the user should consult a doctor according to his own physical condition to prevent health or safety accidents during the training process so that normal training can not be carried out. If the user is undergoing medication and the treatment affects heart rate, blood pressure, and cholesterol indicators, be sure to follow the doctor's advice before training.
3. Be aware of your physical condition at all times. Incorrect or excessive training can be detrimental to your health. If you have the following symptoms (including headache, chest, irregular heartbeat, shortness of breath, dizziness, nausea etc.), please stop training immediately and continue training only after the doctor has checked and confirmed that there is no problem.
4. Keep your children and pets away from this training equipment which is available for adults only.
5. Please place the training equipment in a solid, flat place, and place a protective layer on the floor and carpet surface to prevent ground damage. For your safety please ensure that the distance between the perimeter of the training equipment and each obstacle is not less than 0.5M.
6. Before using the training equipment, please check that all screws and nuts that need to be locked are locked to ensure that they can be used later.
7. The safe use of the training equipment can only be ensured by frequent repair and maintenance of areas that are prone to damage, wear and breakage.
8. Please ensure that the equipment is used in the manner specified in the manual. When defective parts are found during assembly and repair, or noise is emitted during use, please stop operation and use immediately. Ensure that all directions are resolved before proceeding.
9. When using the training equipment, wear suitable training clothes and avoid wearing large clothes. Large clothes may be stuck by the machine, hinder operation and may be trapped on the equipment and can not be moved.
10. The training equipment is not suitable for medical equipment.
11. Be careful not to hurt your back while lifting or moving the training equipment. Use the correct method of movement, or with the assistance of others.

