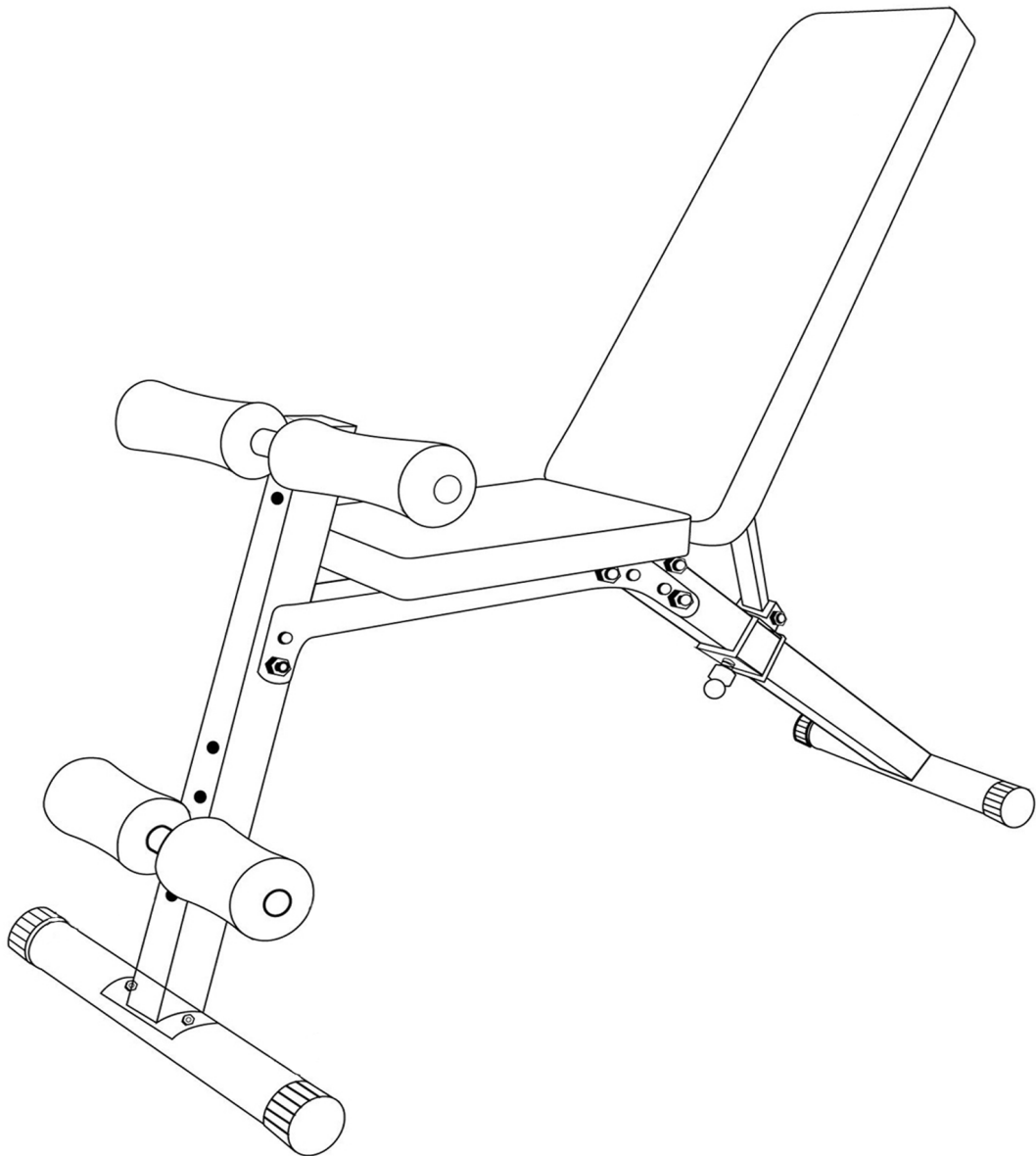




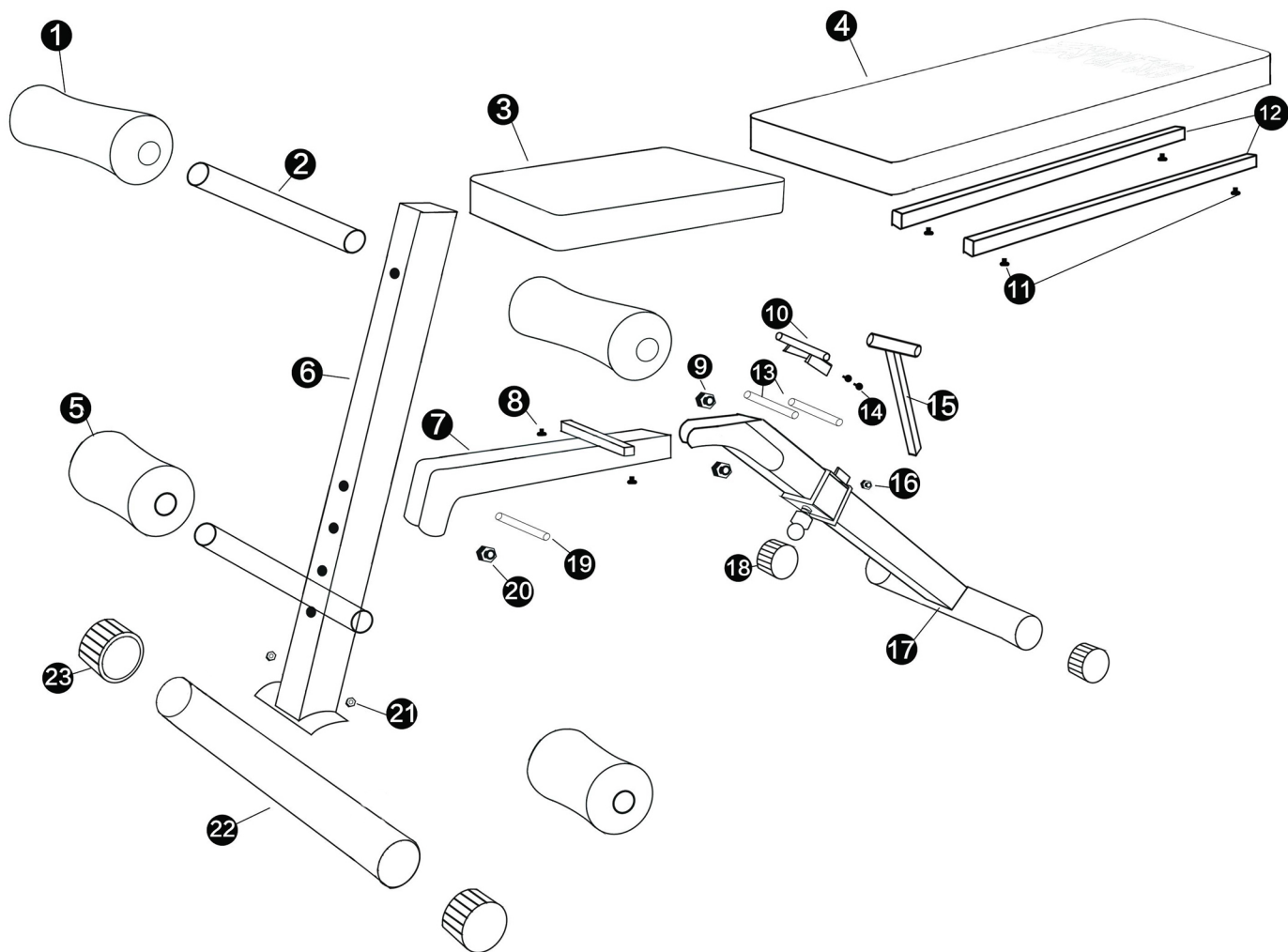
A2Z-1207

Installation Manual



WARNING

**YOU MUST THOROUGHLY READ AND UNDERSTAND
INSTRUCTION IN THIS MANUAL BEFORE ASSEMBLING
AND USING THIS WEIGHT BENCH.**



Part List:

Key No.	Description	QTY	Key No.	Description	QTY
1	Handle Foam	2	13	M10MM Lock Knob	2
2	Long Foam Roll Tube	2	14	M8*20mm Screw	2
3	Short Back Cusion	1	15	25mm End Cap	1
4	Long Back Cusion	1	16	8*40MM Screw	1
5	Hooked Leg Foam	2	17	Φ50mm Foot	1
6	Main Frame	1	18	Φ50mm End Cap	2
7	Back Cusion Support Frame	1	19	10*15MM Bolt	1
8	8*20mm Screw	2	20	6*20MM Screw	1
9	8*55mm Screw	2	21	M10*65mm Bolt	2
10	M6*40mm Bolt	1	22	Front Leg	1
11	M6*20mm Scew	4	23	Φ50mm Round End Cap	2
12	Back Cusion Support Frame	2			

IMPORTANT SAFETY NOTICE

PRECAUTIONS

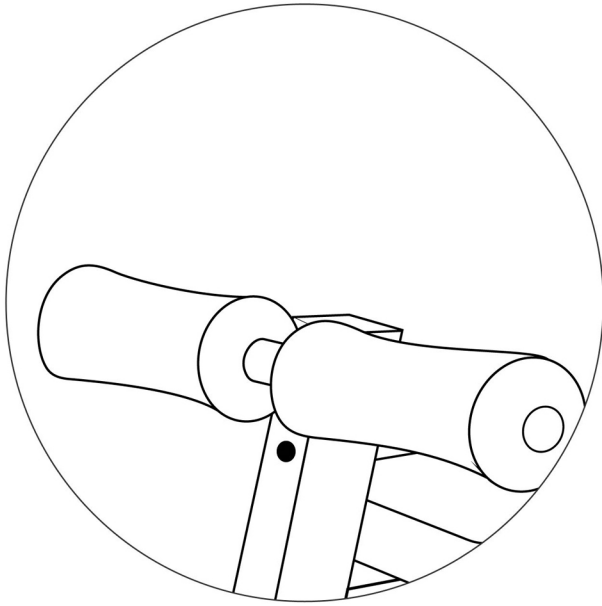
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

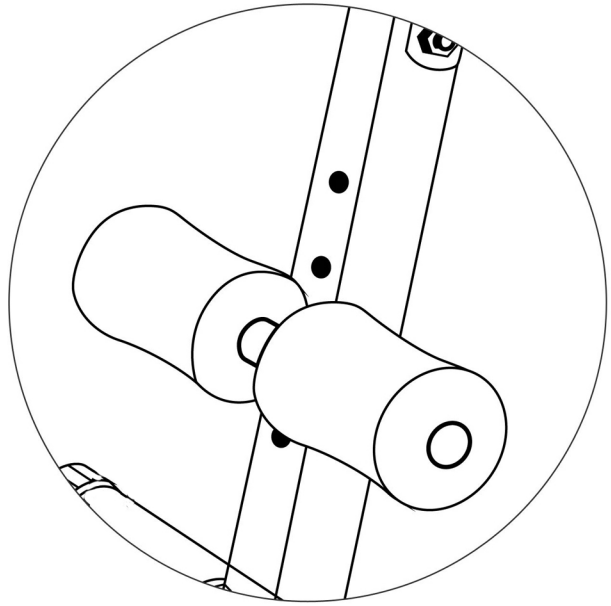
SAVE THESE INSTRUCTIONS.

ASSEMBLY INSTRUCTION



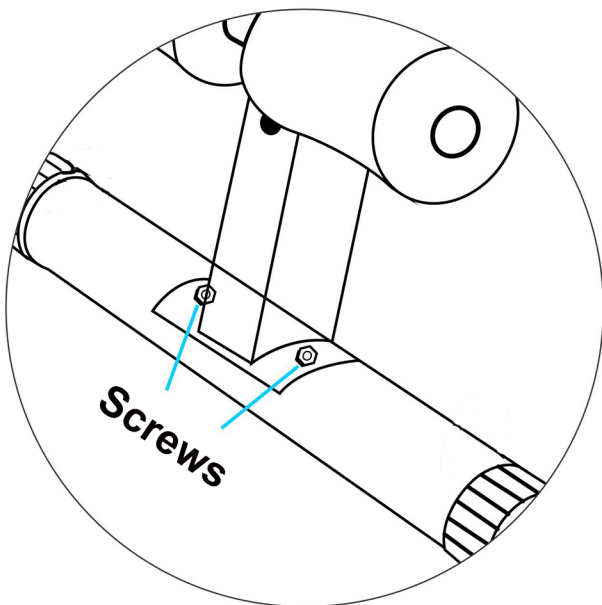
A

INSERT THE FOAM INTO THE STEEL TUBE, THEN INSERT THE STEEL TUBE INTO THE UP BRACKET AND FASTEN WITH THE FLOWER NUT.



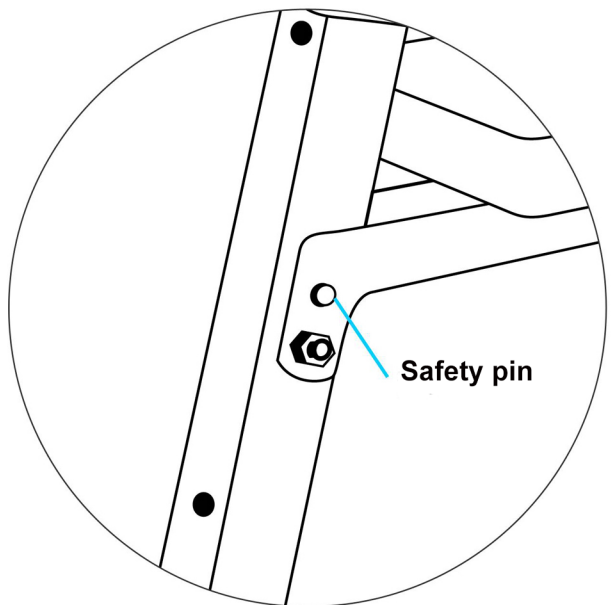
B

INSERT THE FOAMS (HOOKED LEGS) INTO THE APPROPRIATE POSITION, THEN FASTEN WITH THE NUT



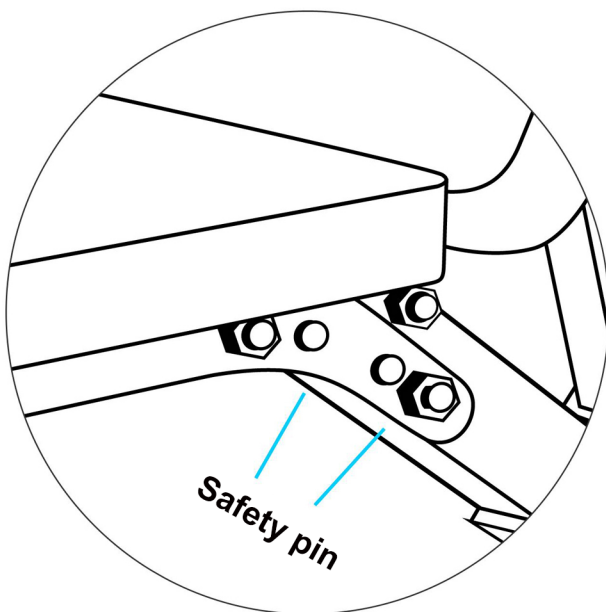
C

INSERT THE MAIN BRACKET INTO THE BOTTOM BRACKET, THEN FASTEN THEM WITH SCREW BY THE TOOL.

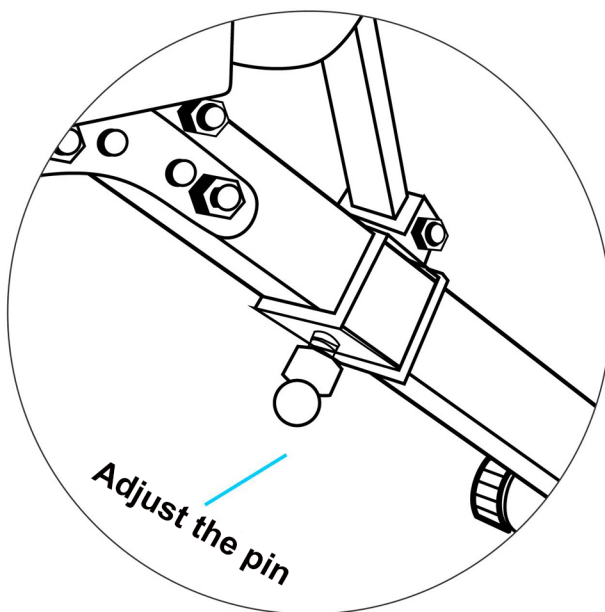


D

INSERT THE SAFE BOLT



E INSERT THE SAFE BOLT



F SCREWING THE GEAR ADJUSTER