

DUMBBELL BENCH

Product instructions



Please read all the instructions in the manual carefully before installing and using the product, and keep the instructions properly

PRECAUTIONS

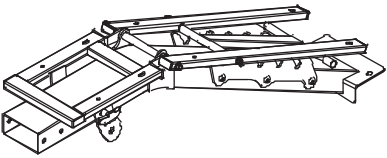
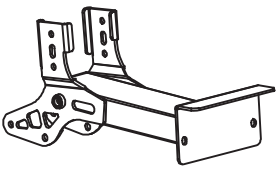
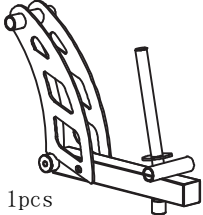
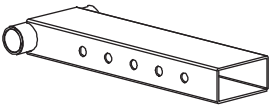
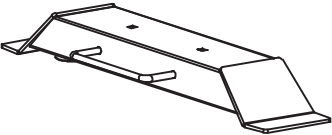
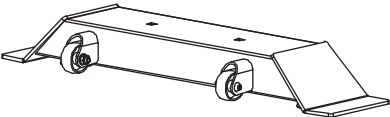

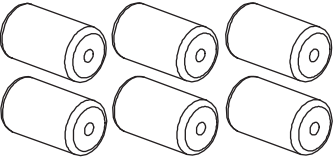
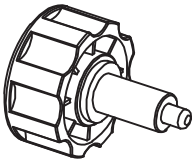
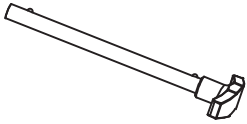

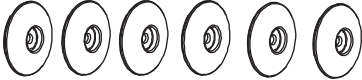
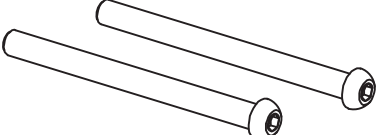
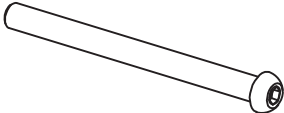
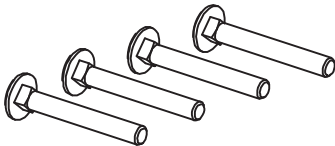
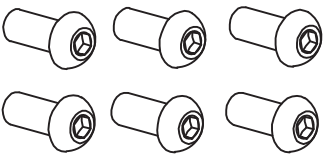


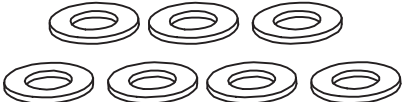
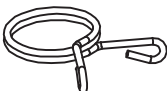
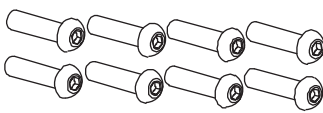
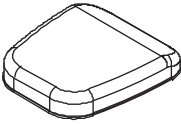
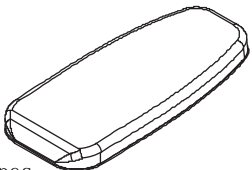

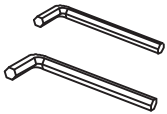
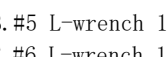
Although the training equipment has been considered as safely as possible in the design and manufacture process, there are still some safety precautions to be observed during the operation. Please read carefully before assembling and using the training equipment. Manual especially the following safety precautions:

1. Avoid getting children and pets close to the training equipment, and do not allow unattended children to stay alone in the room where the training equipment is placed.
2. The training equipment is only allowed to be used by one person at a time.
3. If the user has touched dizziness, nausea, chest tightness or other discomfort, stop using it immediately and see a doctor immediately.
4. The training equipment is placed on a clean, flat surface. The training equipment should not be used near the water source or outdoors.
5. The hand cannot be close to any transmission parts when in use.
6. When using the training equipment for training, the dress should be suitable for training, do not wear wide or other types of clothes that may get stuck during the training. It is also recommended to wear sneakers or health shoes during the training.
7. In the process of using the equipment, training can only be carried out in the manner described in the operating instructions, and training without the training methods not mentioned in the operating instructions is prohibited.
8. Avoid placing any sharp objects around the training equipment.
9. Any person with disabilities who is not under the supervision of a sparring or caregiver should not use the training equipment.
10. Before training, usually warm up by doing various stretching exercises.
11. If the training equipment is abnormal, it is forbidden to use.
12. In the process of training, you need to keep a training record at any time.
13. The training equipment is not suitable for cooperation in medical equipment.

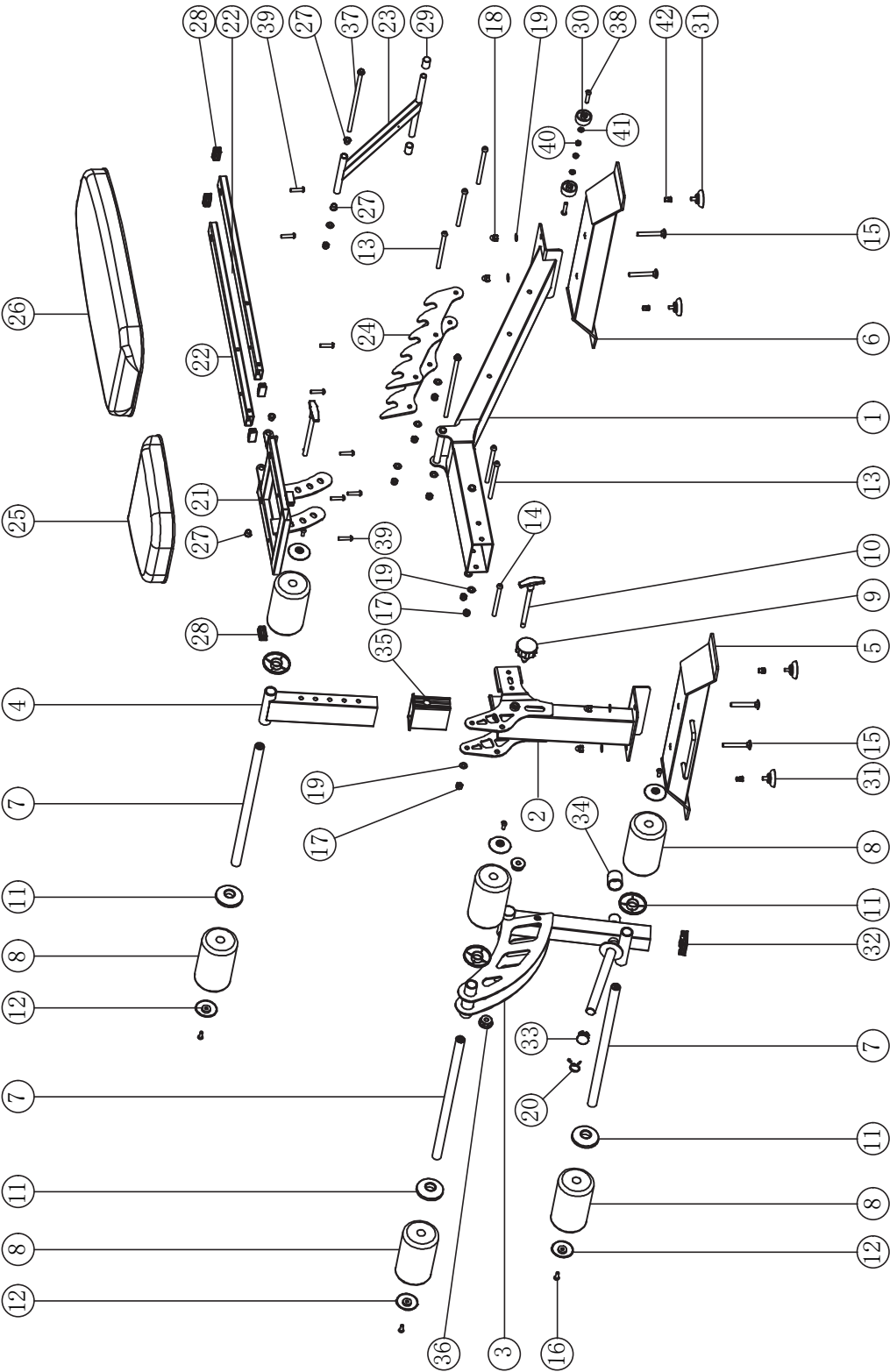
Caution:

Consult a doctor before training. This is especially important for users over the age of 35 or with medical records. Be sure to read all usage and operating instructions carefully before using any fitness equipment. The company will not be responsible for any damage caused by its own reasons.

spare parts list

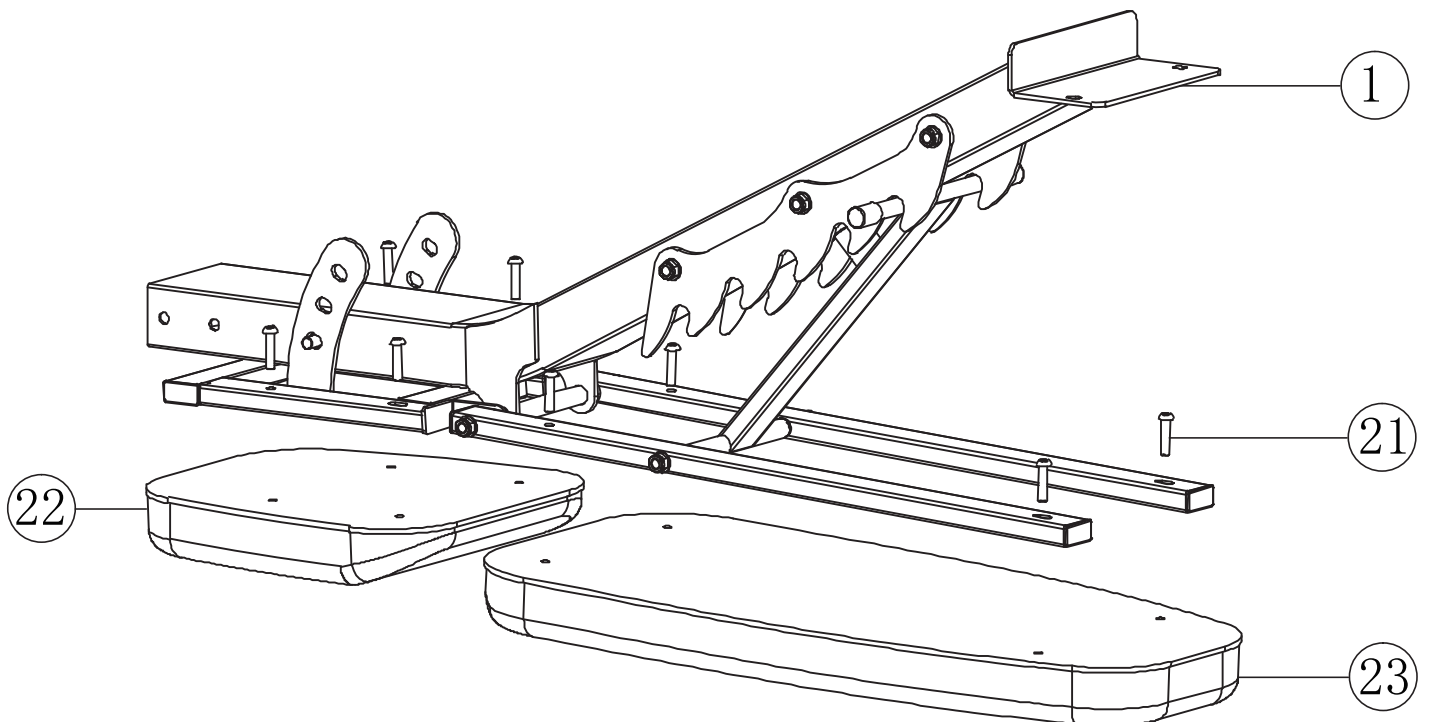
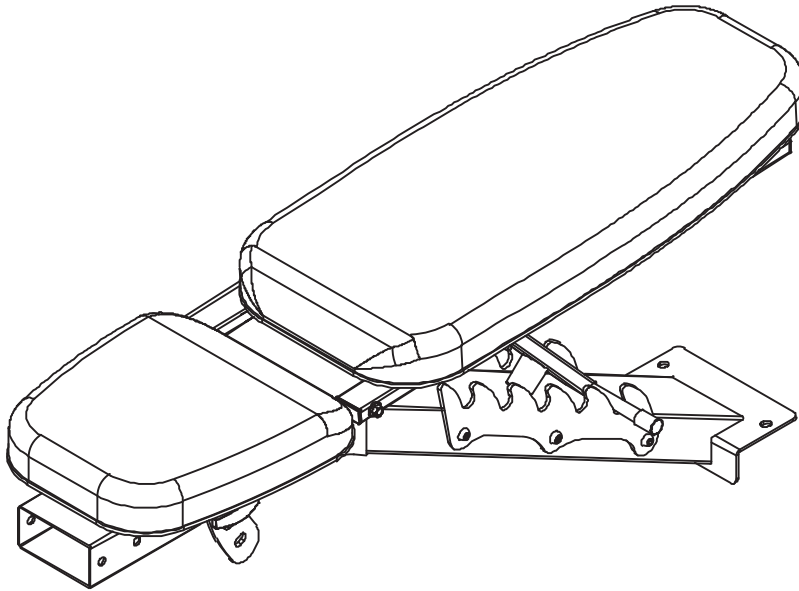
 <p>1. Main frame 1pcs</p>	 <p>2. Front support tube 1pcs</p>	 <p>3. Hook feet tube 1pcs</p>
 <p>4. Lifter pipe 1pcs</p>	 <p>5. Forefoot tube 1pcs</p>	 <p>6. Rearfoot tube 1pcs</p>
 <p>7. Foam tube 3pcs</p>	 <p>8. Foam with leather 6pcs</p>	 <p>9. Pull Pin 1pcs</p>
 <p>10. T-type pull pin 1pcs</p>	 <p>11. Foam tube plug inside 6pcs</p>	 <p>12. Foam tube plug outside 6pcs</p>
 <p>13. Bolt M10_140 2pcs</p>	 <p>14. Bolt M10_120 1pcs</p>	 <p>15. Bolt M10_75 4pcs</p>
 <p>16. Bolt M8-20 7pcs</p>	 <p>17. Lock nut M10 3pcs</p>	 <p>18. Hexagon nut M10 4pcs</p>
 <p>19. Flat washer d10D20 6pcs</p>	 <p>20. Clamping ring 1pcs</p>	 <p>21. Hexagonal screws M8-35 8pcs</p>
 <p>22. Seat 1pcs</p>	 <p>23. back 1pcs</p>	<div>  <p>A. 13/17 open-end wrench</p> </div> <div>  <p>B. #5 L-wrench 1pcs</p> </div> <div>  <p>C. #6 L-wrench 1pcs</p> </div>

Explosive view



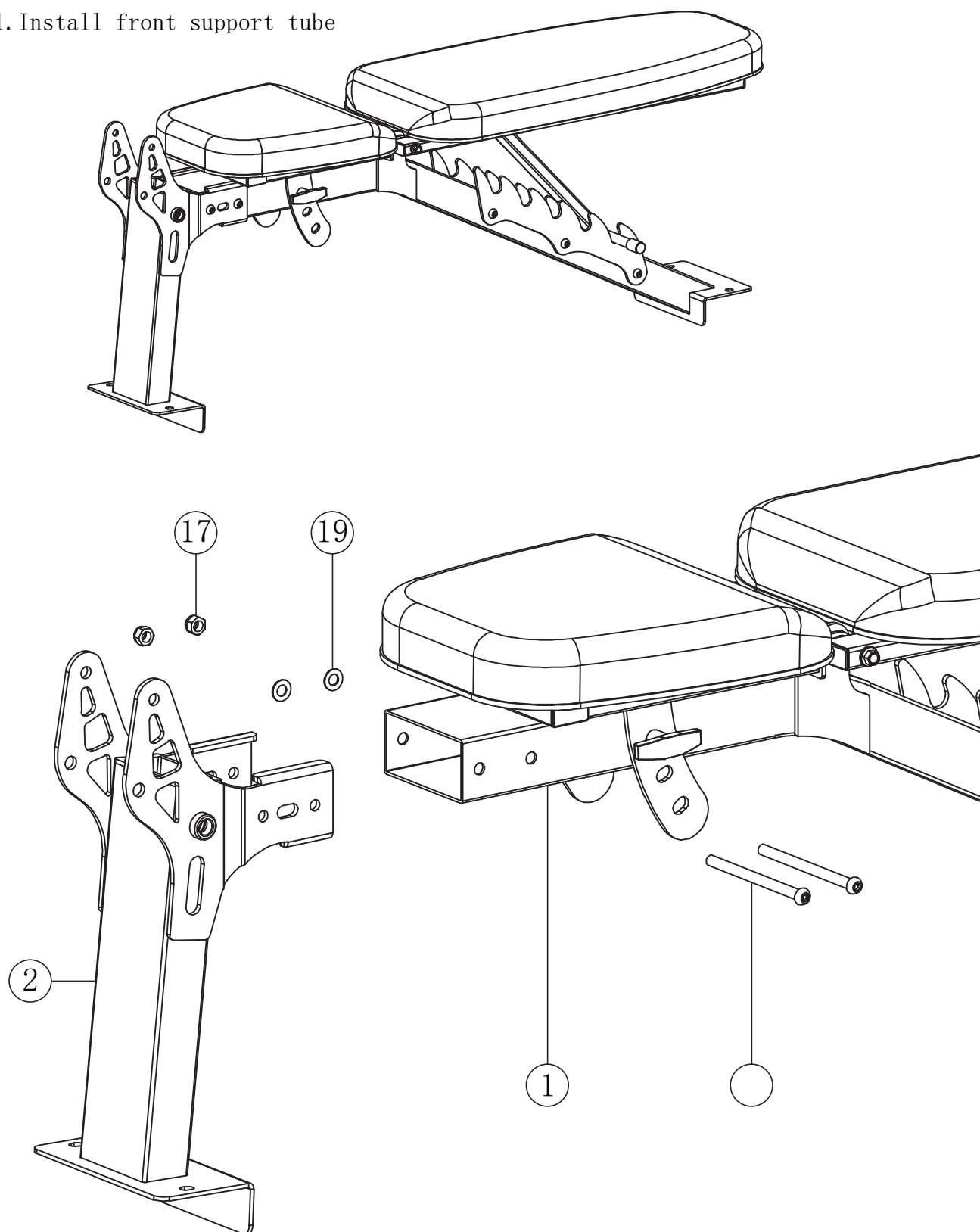
step1:

1. Install Seat and backrest



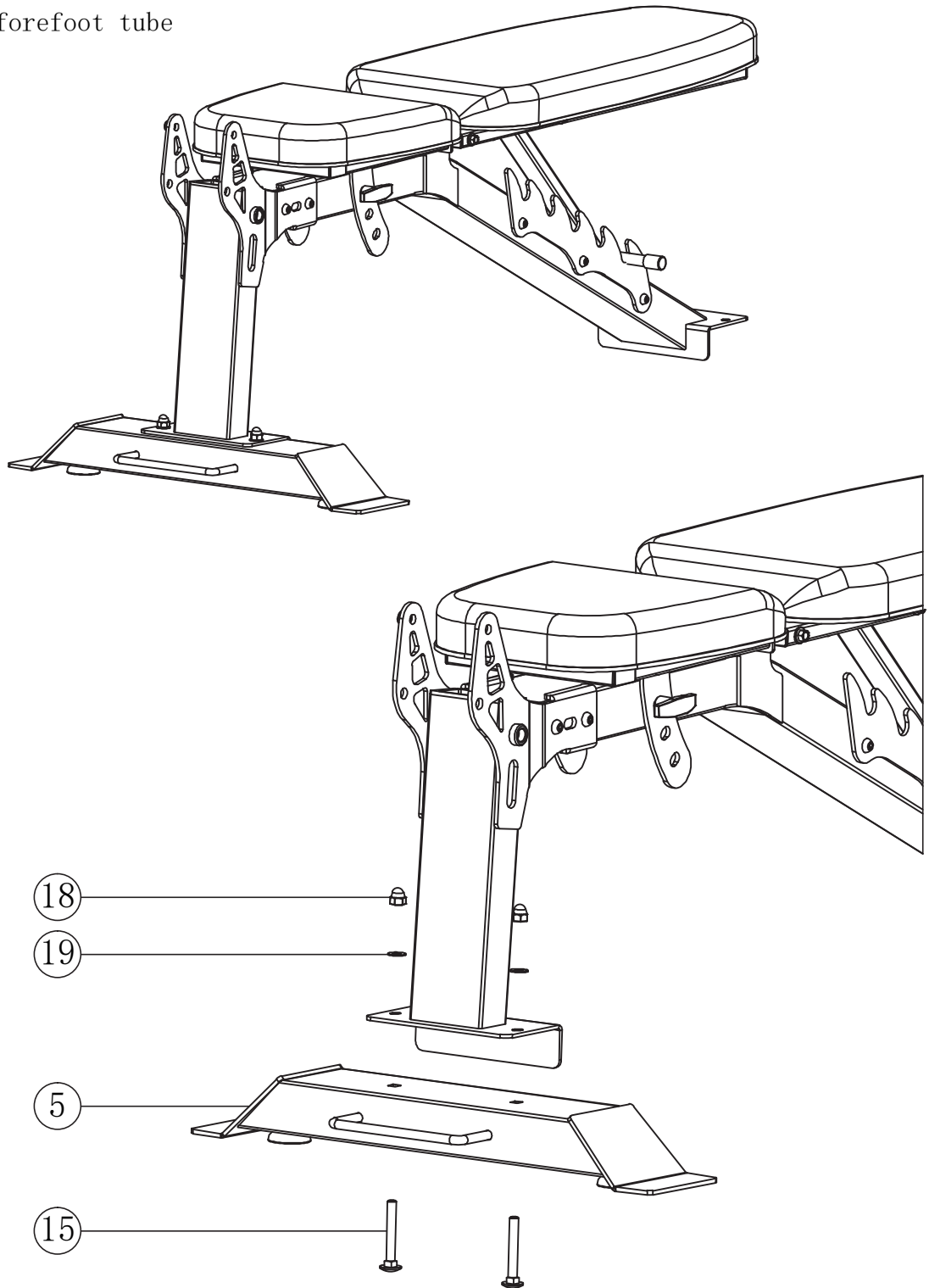
step2:

1. Install front support tube



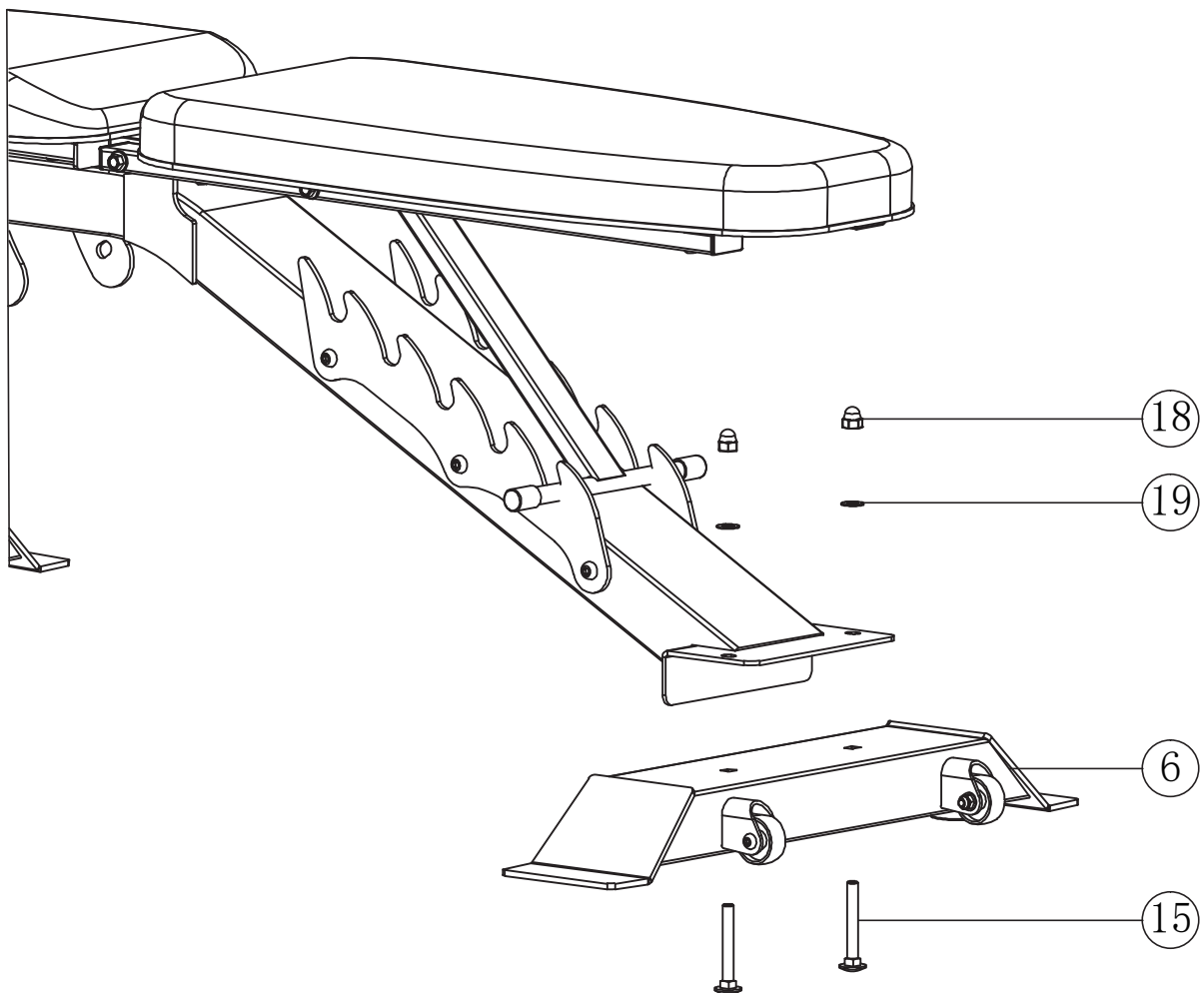
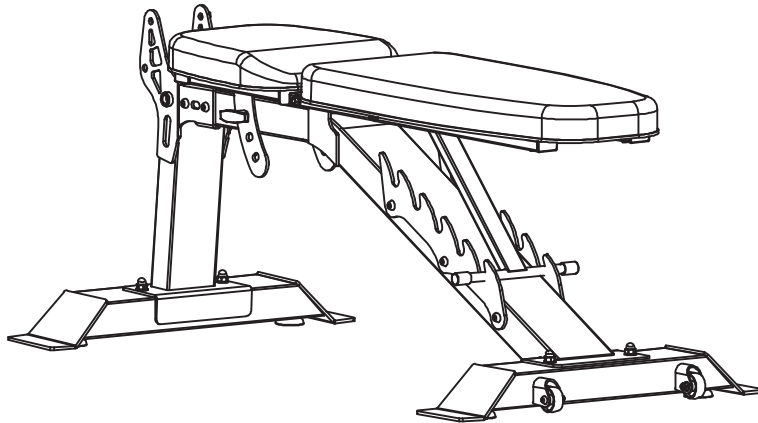
step2:

2. Install forefoot tube



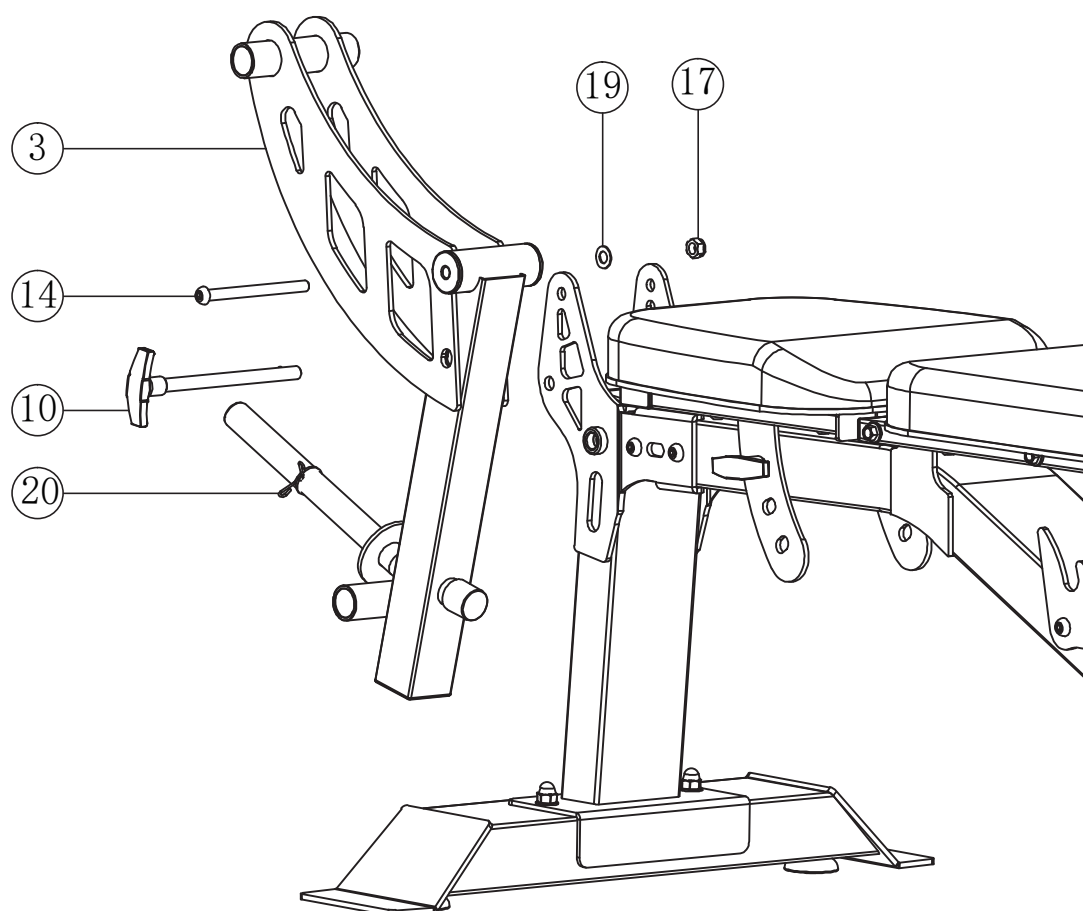
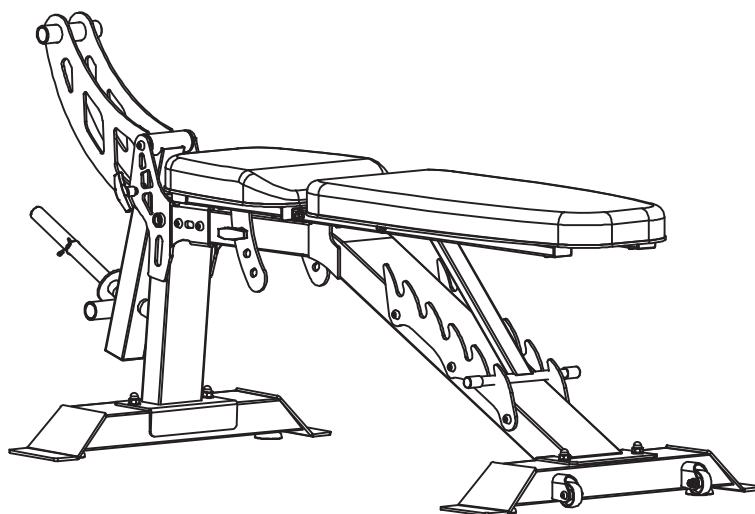
step3:

3. Install rearfoot tube



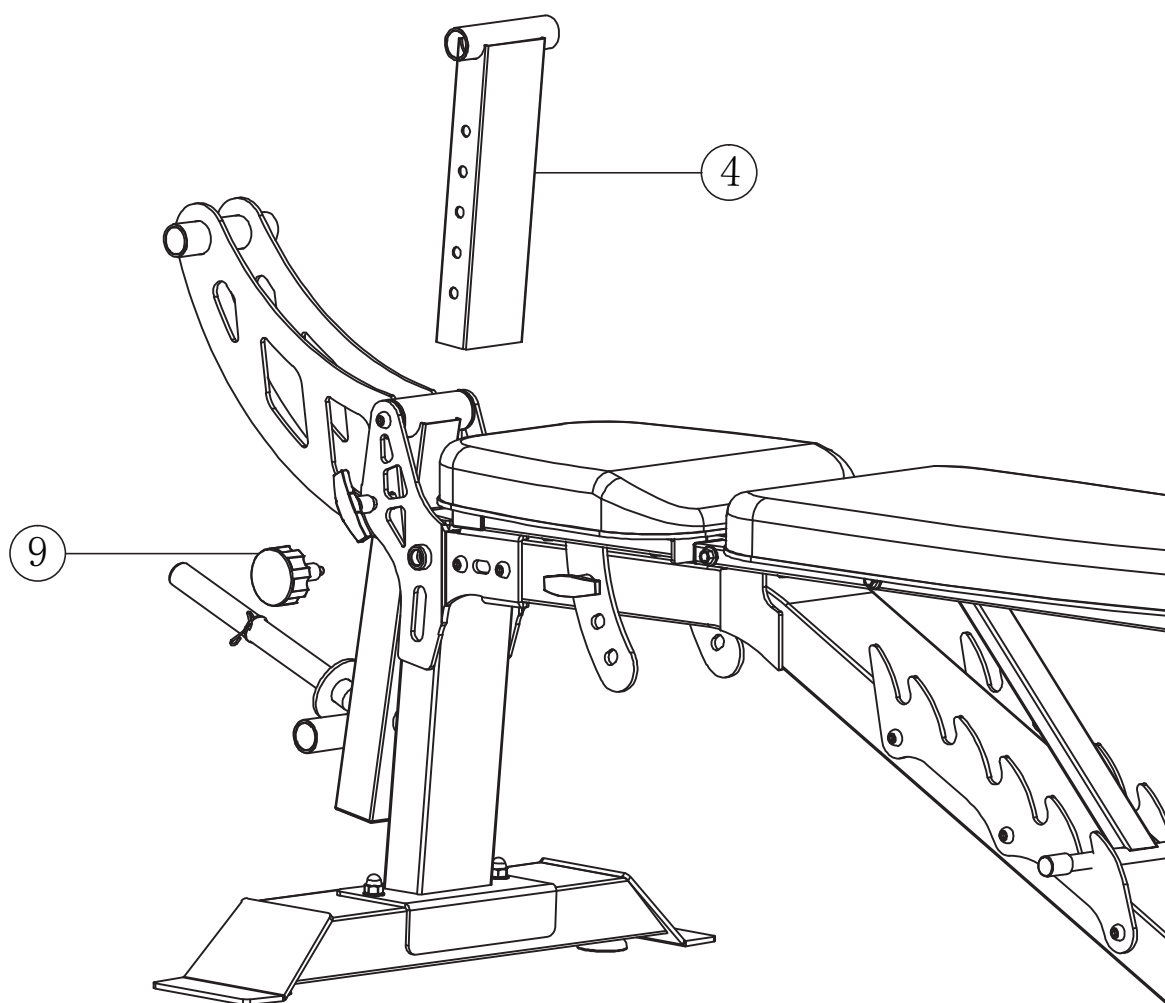
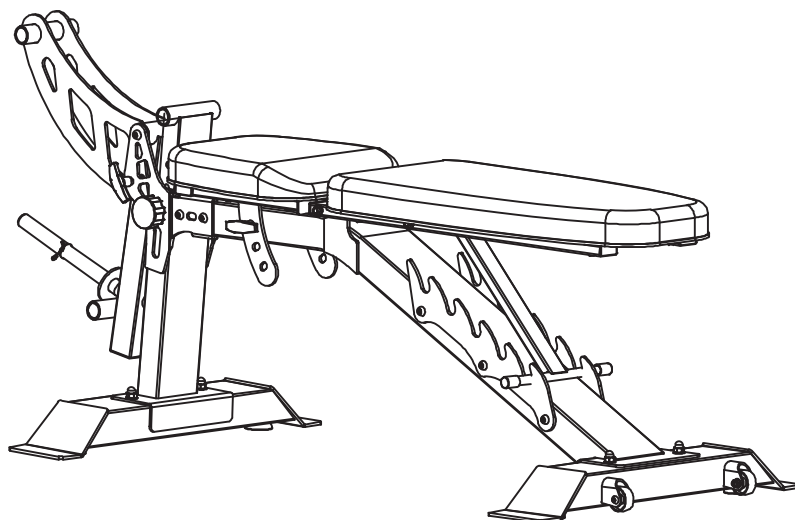
step4:

4. Install hook feet tube



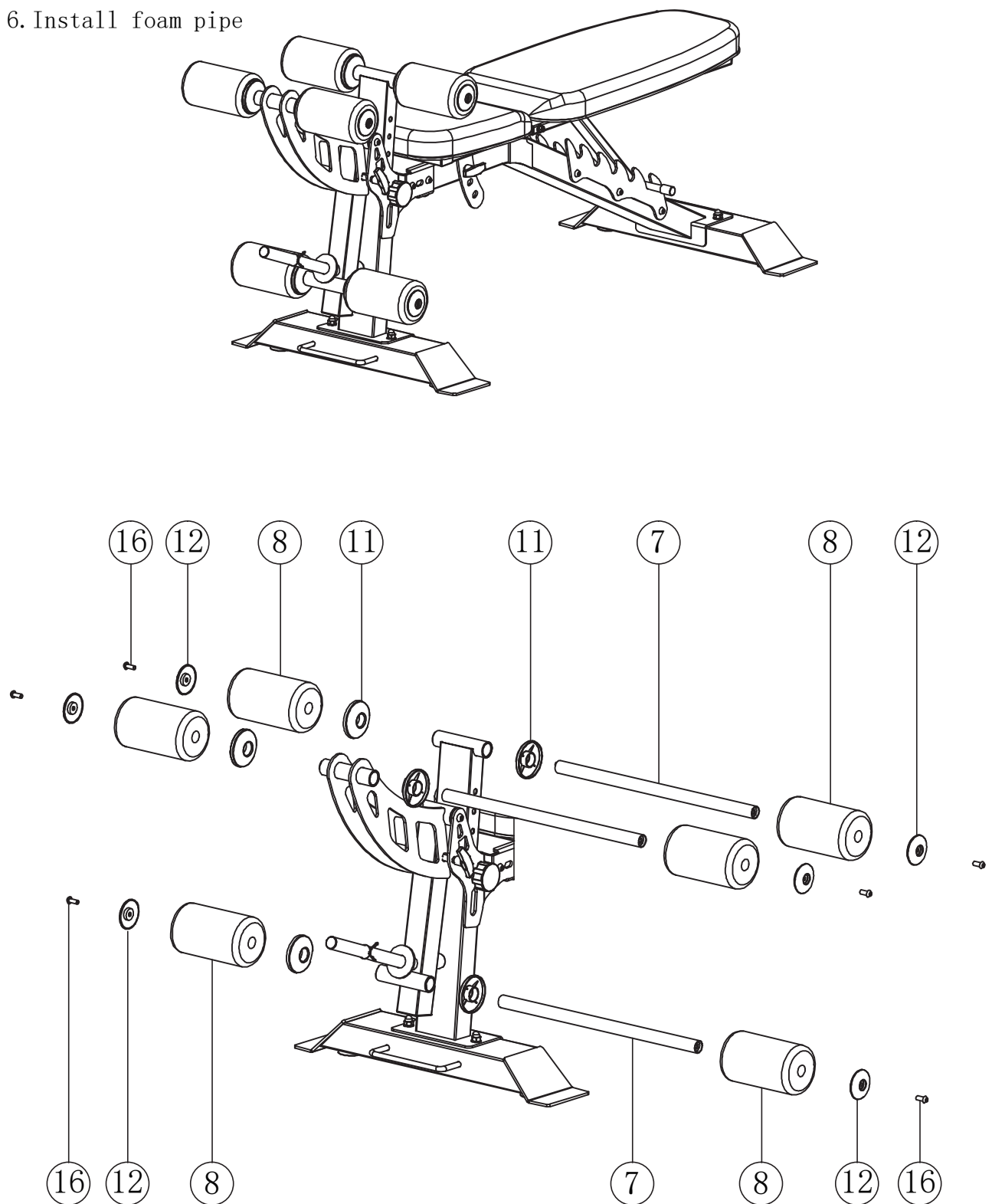
step5:

5. Install Lifter pipe



step6:

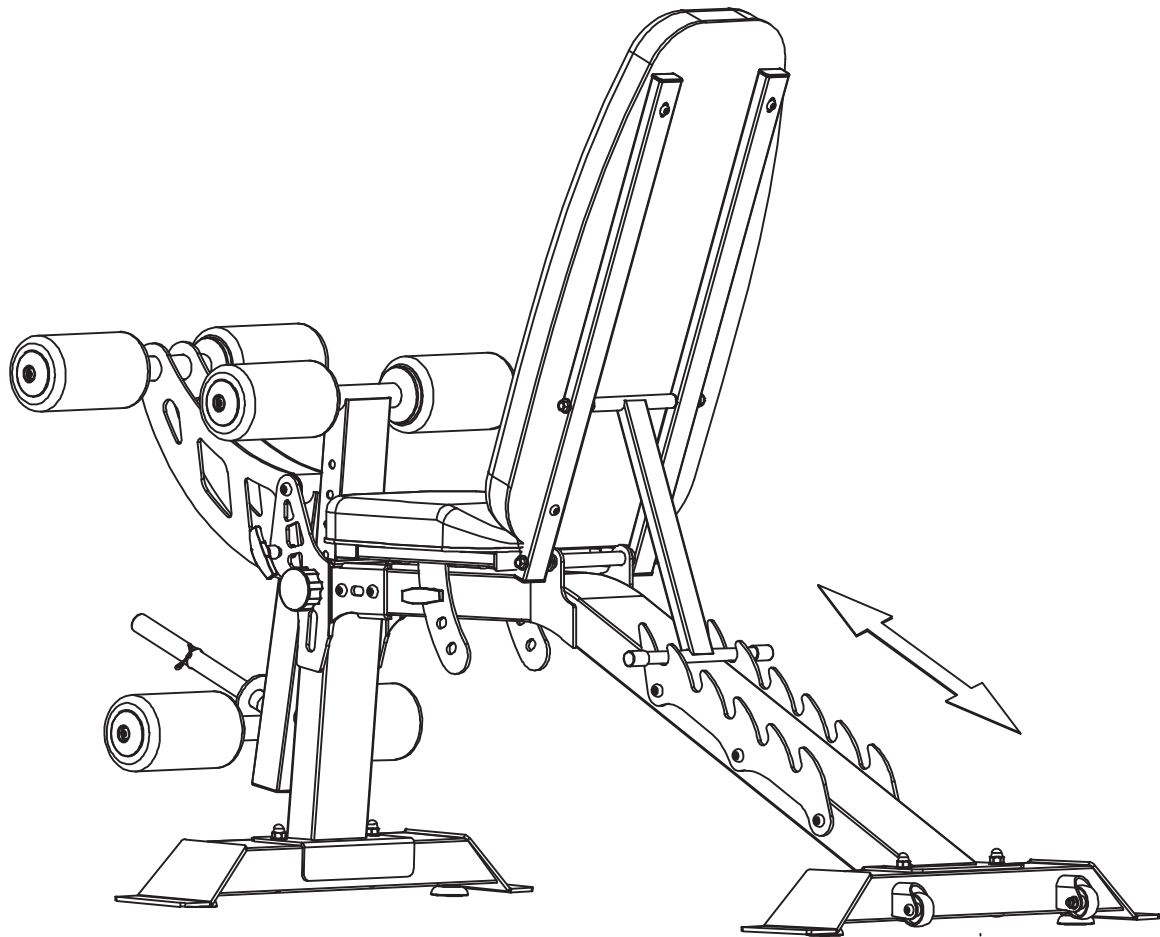
6. Install foam pipe



Adjustment and usage guidelines

Adjustable backrest

There are 8 gear slots on the rear main frame.
To adjust the Angle of the backrest,
please pull up the backrest cushion by hand and place the backrest
adjustment bracket safely in the gear slot on the rear main frame.



Adjustment and usage guidelines

Adjustable seat cushion

There are three gear holes on the fixing pipe of the seat cushion. To adjust the Angle of the seat cushion, pull up the T-shaped handle pull pin by hand and insert the T-shaped handle pull pin into the gear hole at the appropriate angle of the seat cushion.

