



FLAT WEIGHT BENCH

Assembly Instruction Manual



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Flat Weight Bench. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProsourceFit Flat Weight Bench discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using our Flat Weight Bench. Always modify exercises as needed for your fitness level.

Use & Safety Instructions

- 1. DO** inspect every package purchased for missing, factory defective or damaged parts. In the case of missing, damaged or defective parts; do not use the product and contact ProsourceFit customer service for replacement parts free of charge.
- 2. DO** test thoroughly to make sure your Flat Weight Bench is completely and securely assembled properly and positioned on a flat surface.
- 3. DO NOT** use this product if the floor is unstable or on an incline.
- 4. DO NOT** allow children under the age of 18 to use this product without adult or professional supervision.
- 5. DO NOT** use the Flat Weight Bench if you weigh 500 pounds or more.
- 6.** Keep hands and feet away from moving parts of the bench.
- 7.** Make sure to wear proper sportswear attire and avoid any loose clothing that might get caught on the Flat Weight Bench to prevent any injury.
- 8.** Warm-ups before any exercise should be performed first before actual training.
- 9.** Only one person should operate this Flat Weight Bench at a time.
- 10.** Regularly check and tighten all parts of the Flat Weight Bench before each use. Make sure to lubricate moving parts as time goes by to extend products durability.

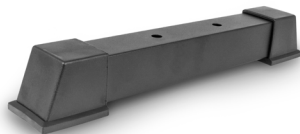
Care & Storage Instructions

- 1.** Wipe clean with warm water & a very mild household detergent.
- 2.** Never expose the Flat Weight Bench to chemicals.
- 3.** Store in dry and secure place.

ASSEMBLY INVENTORY



Bench
x 1 piece



Bench Foot
x 2 pieces



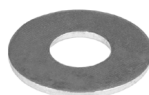
Bench Foot Screw
x 4 pieces



Metal Plate
x 2 pieces



Bolt
x 4 pieces



Washer
x 8 pieces

TOOL INCLUDED:



Double Open-End Wrench x 2 piece

ASSEMBLY INSTRUCTIONS

STEP 1

Unfold the bench and lay it upside down.

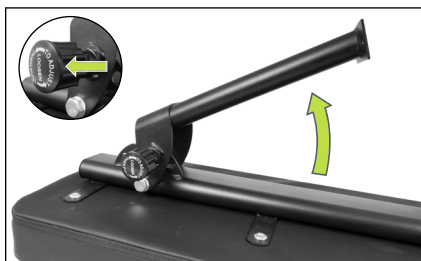


STEP 2

Unfold each leg from the bench by loosening each knob then pulling the knob to release the leg. Legs should be unfolded at a 90 degree angle and securely lock in place. Once the legs are fully extended, tighten each knob to secure in place.

STEP 3

Place bench foot on the end of a leg and align the holes. The bottom of the foot should be facing up. Place one metal plate on top of the bench foot and align the holes. Insert a bench foot screw in each hole. Repeat this on the other bench leg.



STEP 4

At the opposite end of each screw, tightly screw on a bolt using both wrenches. Repeat this on the other bench leg.

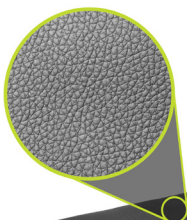
STEP 5

Place the bench right side up.

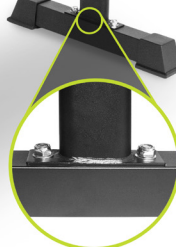


FLAT WEIGHT BENCH DIAGRAM

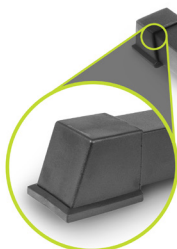
SOFT PU LEATHER COVERS HIGH-DENSITY
FOAM FOR COMFORT & SUPPORT



ADJUSTABLE KNOB TO
SECURE BENCH LEGS



CONSTRUCTED OUT OF
HEAVY-DUTY STEEL



NON-SLIP RUBBER
GRIP FOOT BASE



WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

Contact Customer Support by email: **support@prosourcefit.com** or by phone at **1 (855) 552-2637** and we will be happy to help you.



www.prosourcefit.com

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