

IGNITE

BY SPRI

FITNESS BENCH INSTRUCTION MANUAL

WARNING: Please read the entire manual before assembling and using the equipment.



1. The maximum weight of the user is 220 lbs.
2. Before using this equipment to exercise, always do stretching exercises to properly warm-up.
3. Read all instructions in this manual and warnings on the weight bench before use. Use the weight bench only as described in this manual.
4. Always wear appropriate workout clothing and shoes when exercising. Do not wear clothing that could become caught in the equipment.
5. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
6. Please check the equipment before using it to make sure that the parts are not loose or damaged. If so you should not use the equipment or replace them immediately.
7. Be careful when you get up or get down from the bench.
8. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
9. Keep children and pets away from the bench at all times. Keep the weight bench inside, away from moisture. Place the bench on a level surface. Make sure there is enough clearance around the bench to use the bench.

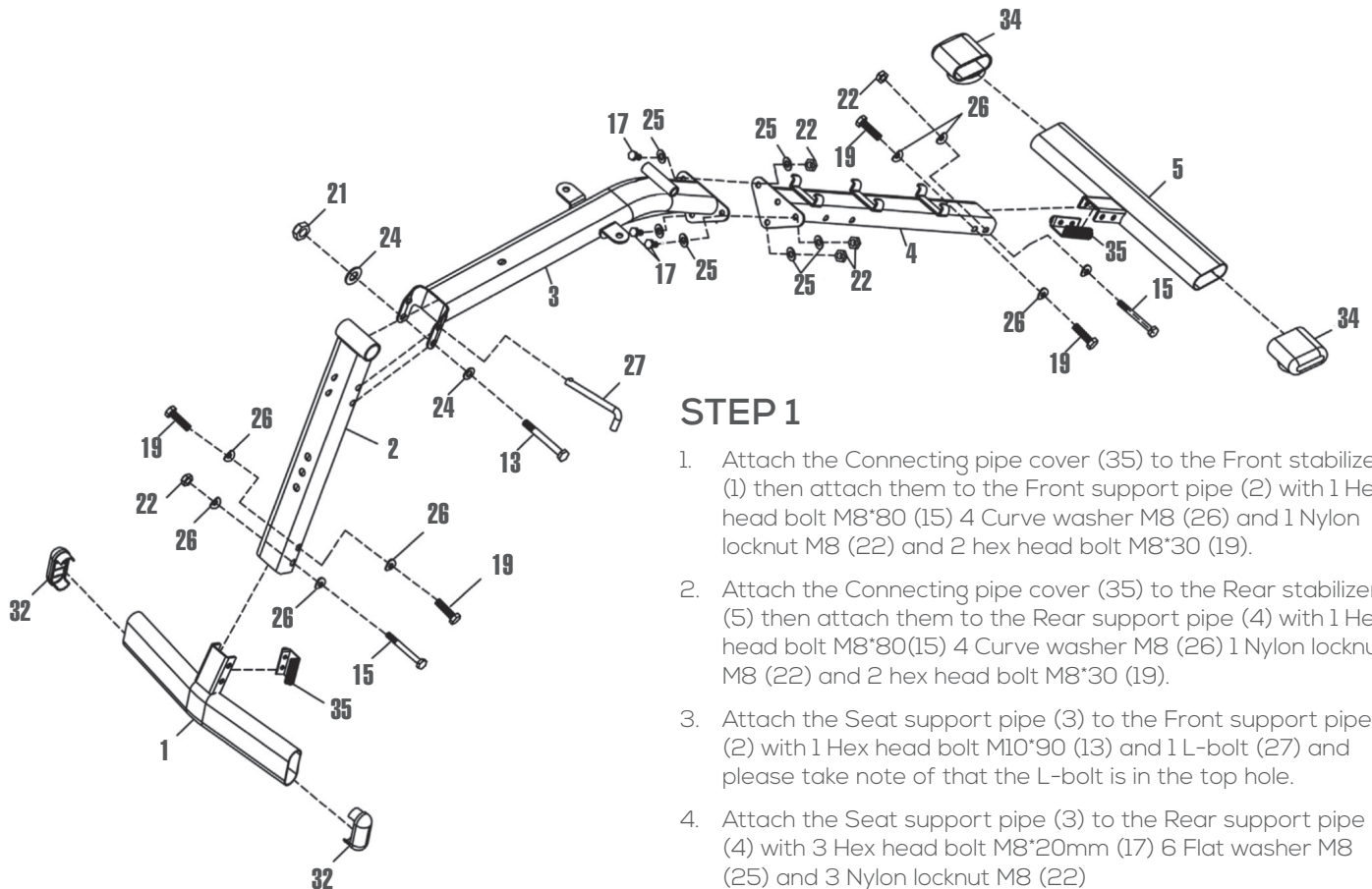
Please read before setting up or using your Fitness Bench.

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning this or any workout.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as intended.
6. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

PARTS LIST continued

PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	QTY
1	Front stabilizer	1	9	Short pad tube	1	33	Cushion pad	1
2	Front support pipe	1	10	Long dumbbell hook	2	34	Cap	2
3	Seat support pipe	1	11	Short dumbbell hook	2	35	Connecting pipe over	2
4	Rear support pipe	1	28	Wrench	2	36	Cover	2
5	Rear stabilizer	1	29	Knob	1	37	Foam Pads	4
6	Backrest adjust pipe	1	30	Square plug	2	39	Backrest	1
7	Backrest Frames	2	31	Globose plug	4	40	Seat	1
8	Long pad tube	1	32	Oval plug	2	41	∅10 Nylon bearing	2

ADJUSTMENTS



STEP 1

1. Attach the Connecting pipe cover (35) to the Front stabilizer (1) then attach them to the Front support pipe (2) with 1 Hex head bolt M8*80 (15) 4 Curve washer M8 (26) and 1 Nylon locknut M8 (22) and 2 hex head bolt M8*30 (19).
2. Attach the Connecting pipe cover (35) to the Rear stabilizer (5) then attach them to the Rear support pipe (4) with 1 Hex head bolt M8*80(15) 4 Curve washer M8 (26) 1 Nylon locknut M8 (22) and 2 hex head bolt M8*30 (19).
3. Attach the Seat support pipe (3) to the Front support pipe (2) with 1 Hex head bolt M10*90 (13) and 1 L-bolt (27) and please take note of that the L-bolt is in the top hole.
4. Attach the Seat support pipe (3) to the Rear support pipe (4) with 3 Hex head bolt M8*20mm (17) 6 Flat washer M8 (25) and 3 Nylon locknut M8 (22)

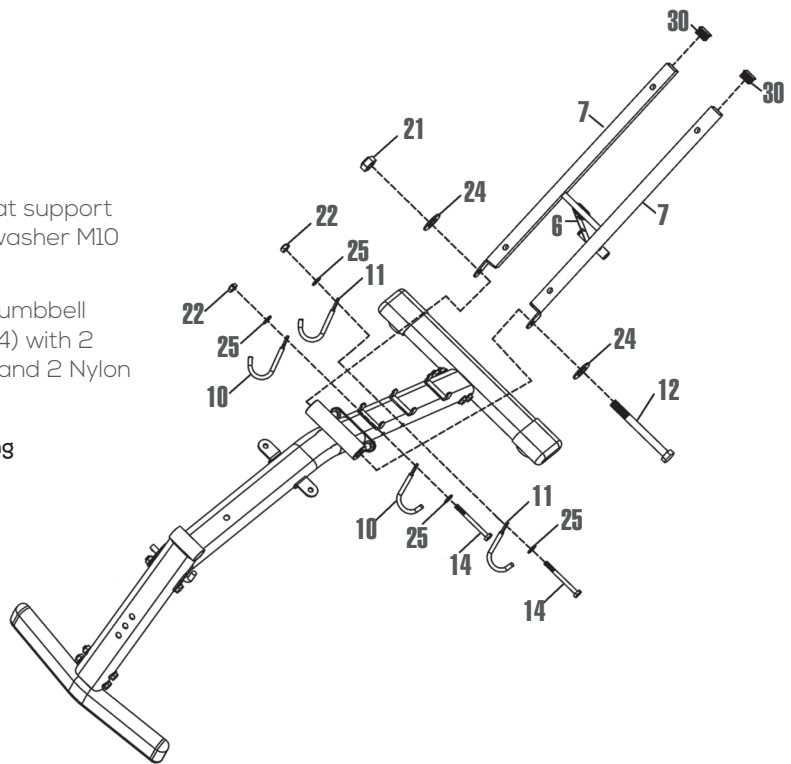
NOTE: Make sure you fasten the bolts securely to avoid shaking and discomfort when using the equipment.

ADJUSTMENTS continued

STEP 2

1. Insert the Backrest adjust pipe (6) into the both Backrest Frames (7).
2. Connect the both Backrest Frames (7) to the Seat support pipe (3) with 1 Hex head bolt M10*155 (12) 2 Flat washer M10 (24) and 1 Nylon locknut M10 (21).
3. Attach the Long dumbbell hooks (10) and Short dumbbell hooks (11) to the both side of Rear support pipe (4) with 2 Hex head bolt M8*90 (14) 4 Flat washer M8 (25) and 2 Nylon locknut M8 (22).

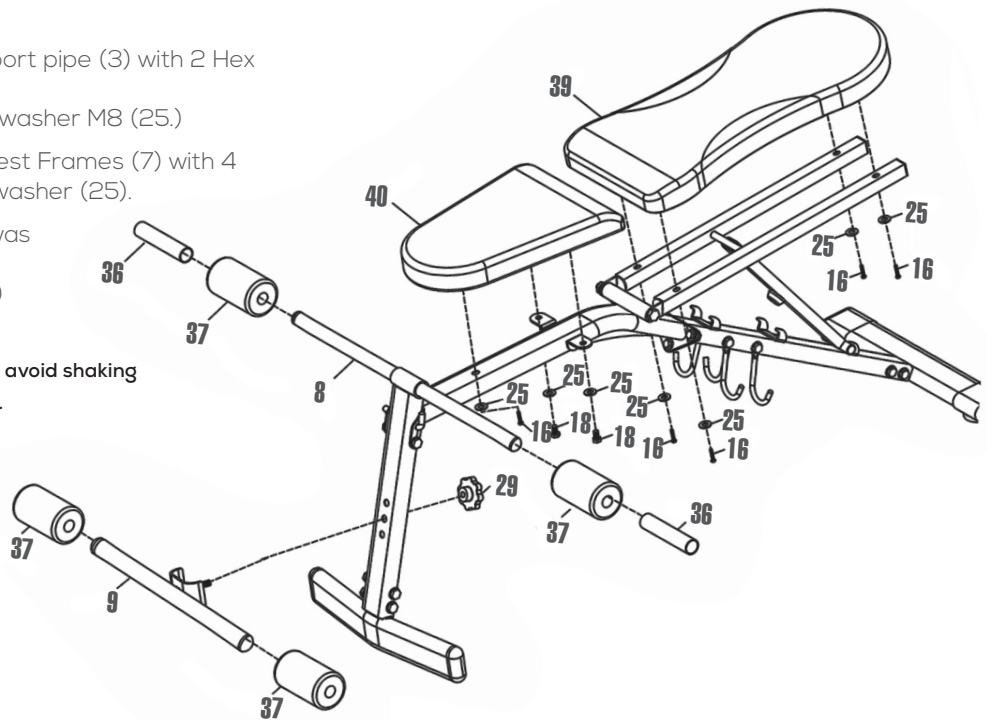
NOTE: Make sure you fasten the bolts securely to avoid shaking and discomfort when using the equipment.



STEP 3

1. Attach the Seat (40) to the Seat support pipe (3) with 2 Hex head bolt M8*15 (18) 1 Hex head bolt M8*45 (16) and 3 Flat washer M8 (25).
2. Attach the Backrest (39) to the Backrest Frames (7) with 4 Hex head bolt M8 *45 (16) and 4 Flat washer (25).
3. Attach the Short pad tube (9) which was covered by 2 Globose plug (31) to the Front support pipe(2) with 1 Knob (29) and 2 Foam Pads (37).

NOTE: Make sure you fasten the bolts securely to avoid shaking and discomfort when using the equipment.



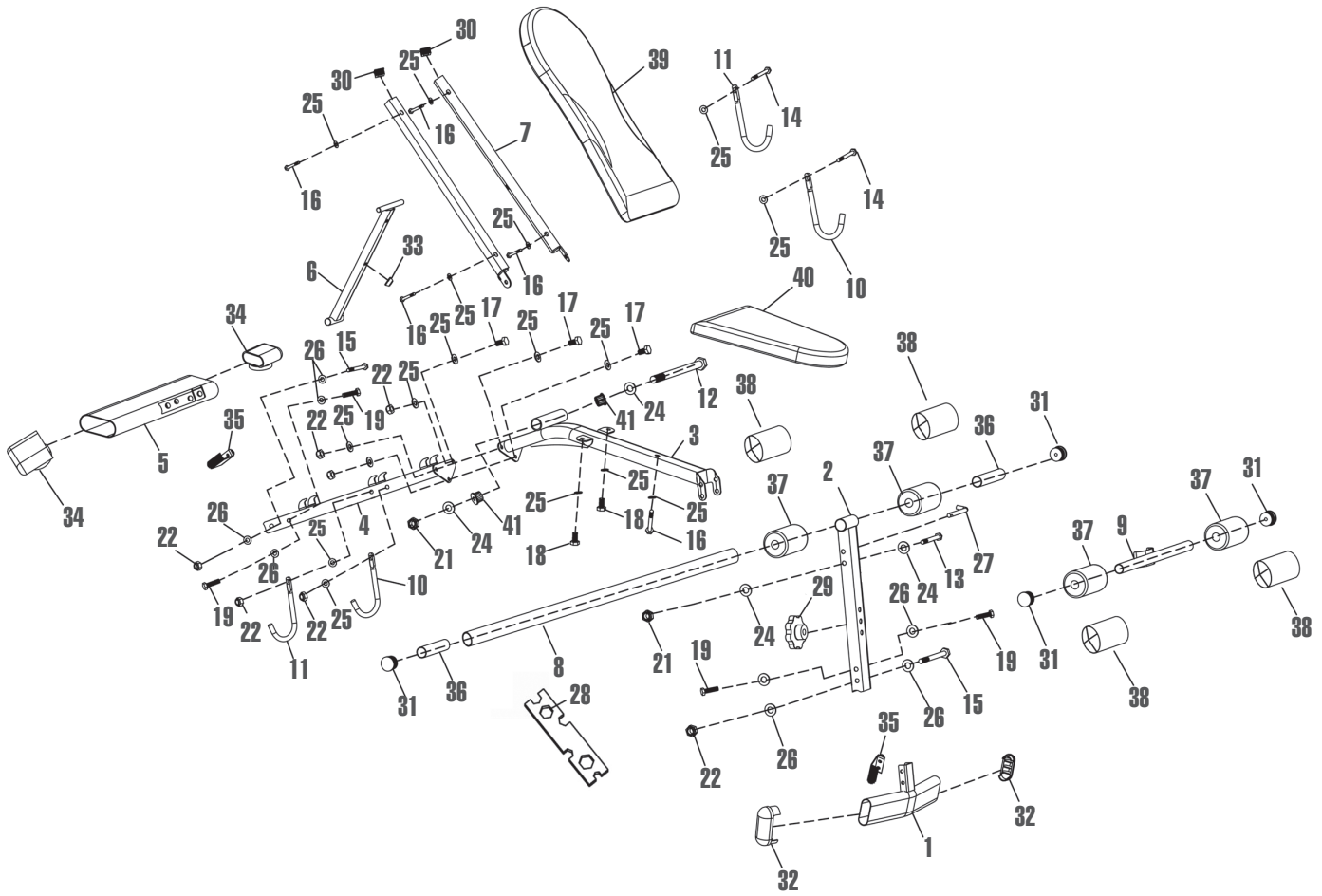
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PARTS LIST



PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	PART NAME	QTY
1	Front stabilizer	1	15	M8*82 Hex head bolt	2	29	M10	Knob	1
2	Front support pipe	1	16	M8*45 Hex head bolt	5	30	25*25*T1.5	Square plug	2
3	Seat support pipe	1	17	M8*20 Hex head bolt	3	31	φ25	Globose plug	4
4	Rear support pipe	1	18	M8*15 Hex head bolt	2	32	30*70	Oval plug	2
5	Rear stabilizer	1	19	M8*30 Hex head bolt	4	33	25*18	Cushion pad	1
6	Backrest adjust pipe	1	21	M10 Nylon locknut	2	34	30*70	Cap	2
7	Backrest Frames	2	22	M8 Nylon locknut	7	35	70*65*25	Connecting pipe over	2
8	Long pad tube	1	24	M10 Flat washer	4	36	125L*T3.0	Cover	2
9	Short pad tube	1	25	M8 Flat washer	17	37	φ75*φ23*155L	Foam Pads	4
10	Long dumbbell hook	2	26	M8 Curve washer	8	38	φ75*155L	Cover	4
11	Short dumbbell hook	2	27	M10 L-bolt	1	39	600*290*T45	Backrest	1
12	M10*155 Hex head bolt	1	28	Wrench	2	40	370*270*T45	Seat	1
13	M10*90 Hex head bolt	1				41	φ10 Nylon bearing		2
14	M8*90 Hex head bolt	2							

Attention: The mechanical symbol for diameter is φ.