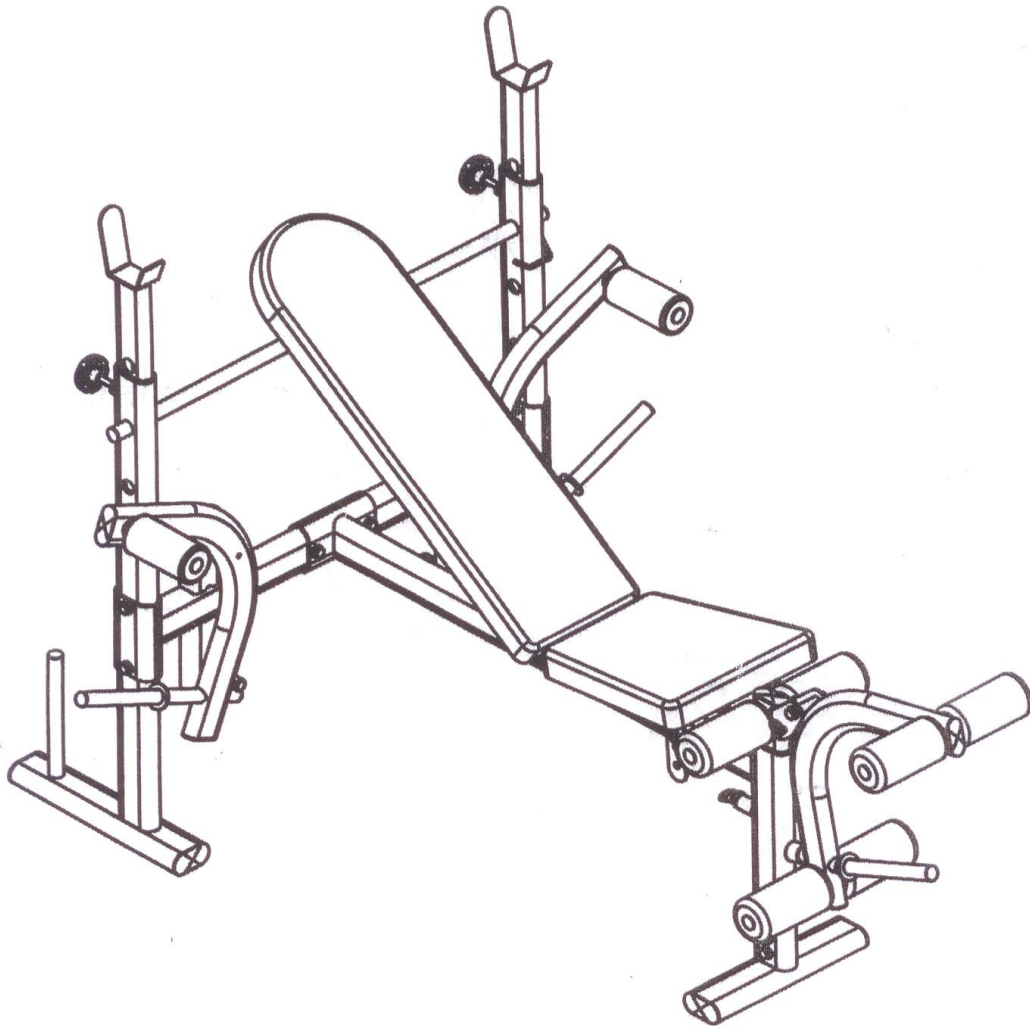


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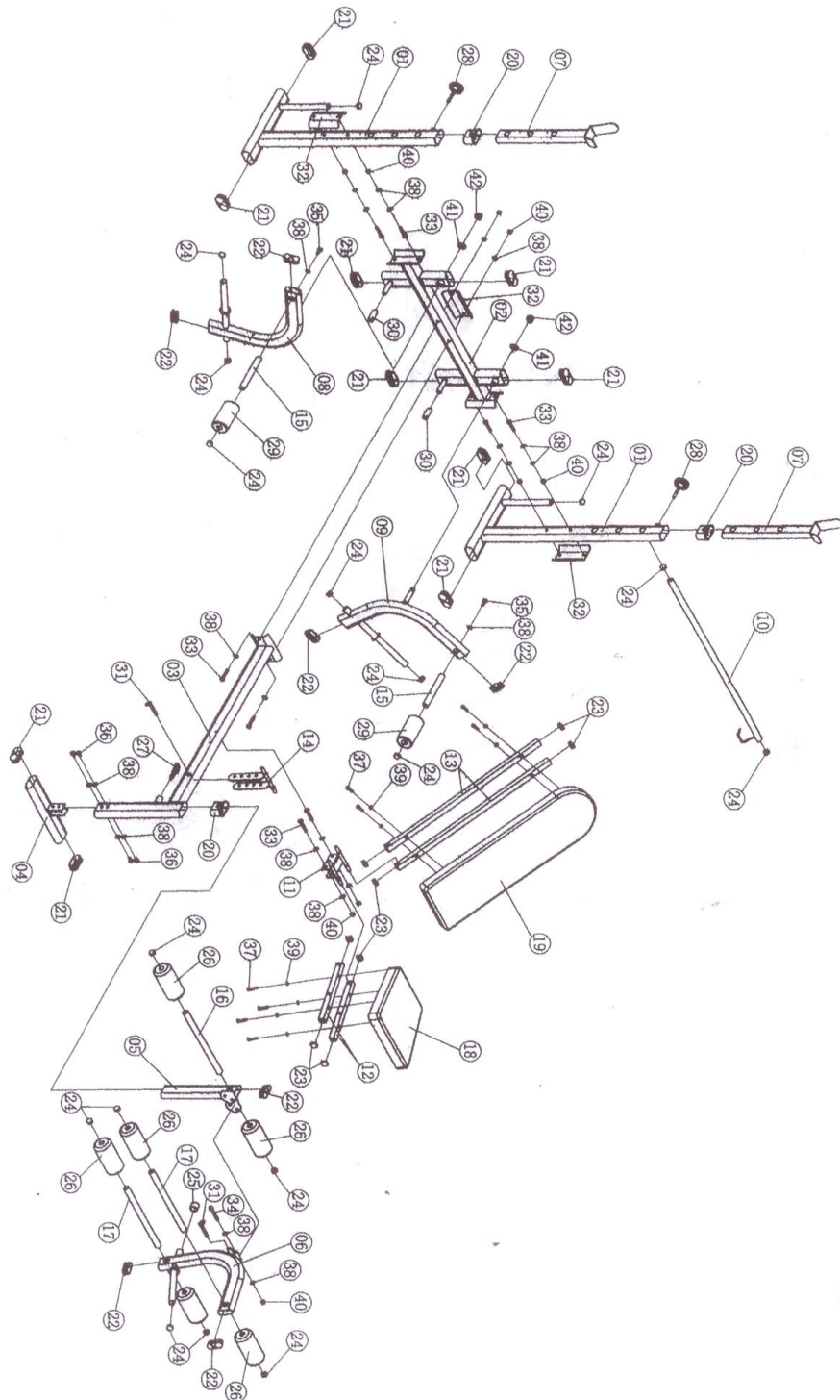
WEIGHT BENCH WITH ARM CURL

HL-WB812



OWNER' S MANUAL

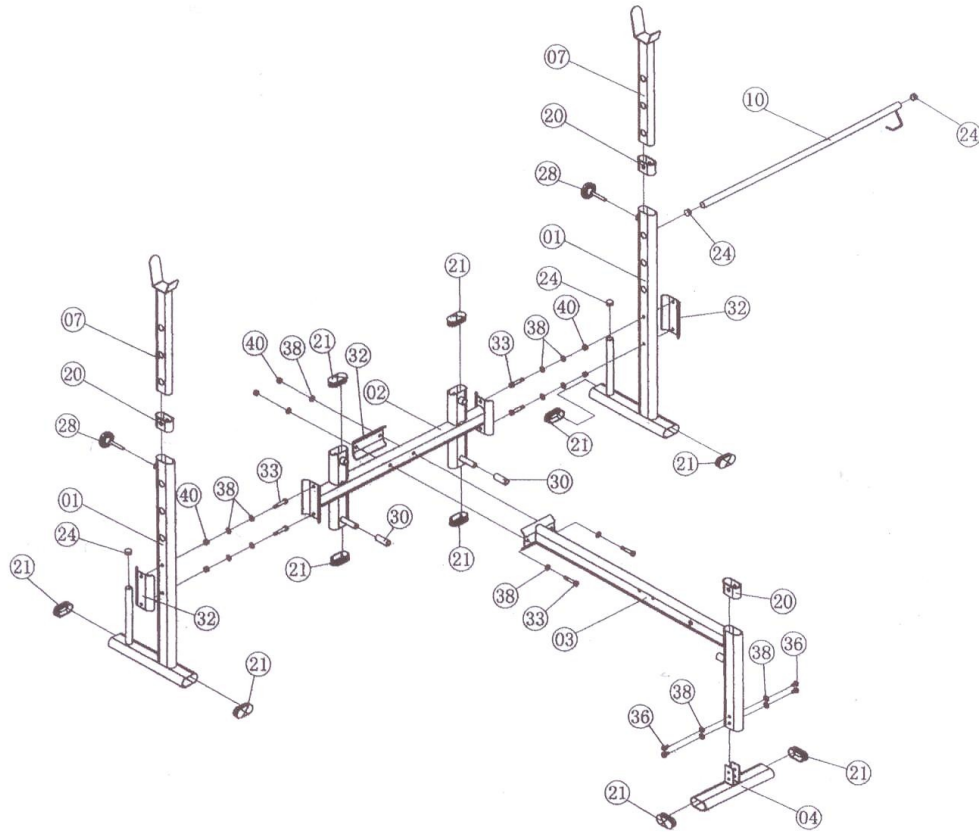
EXPLODED



PART LIST

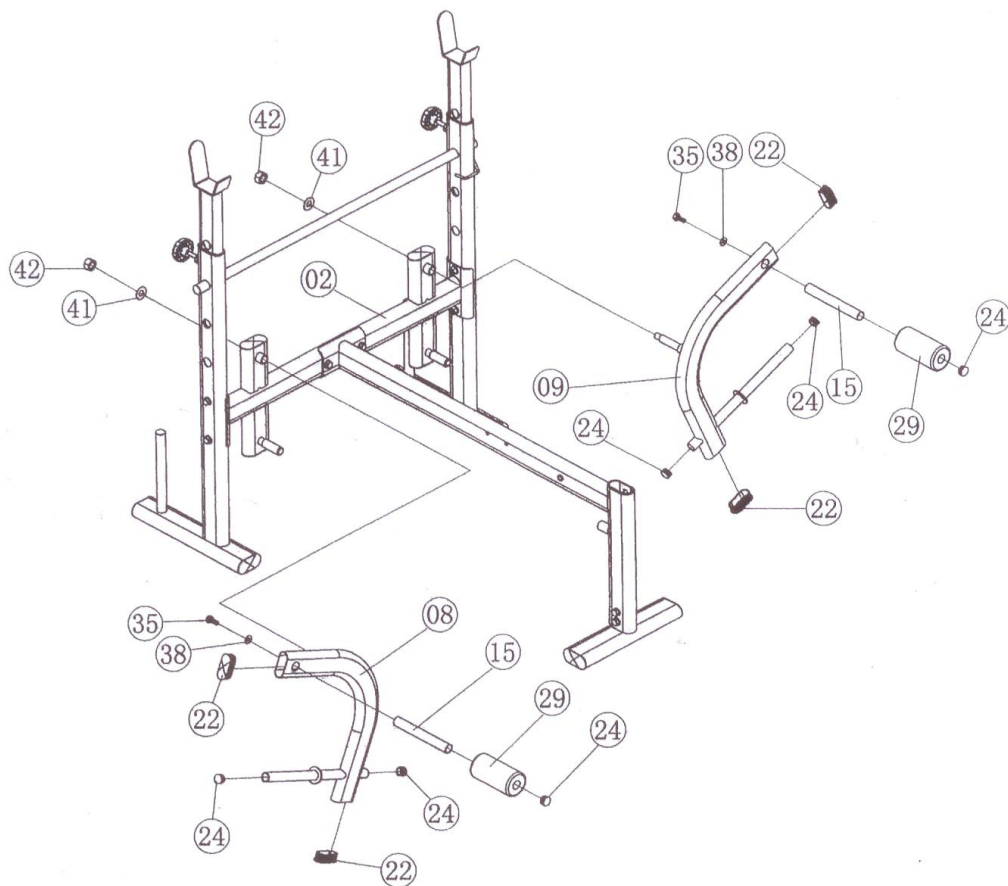
PART NO	DESCRIPTION	Q' TY	PART NO	DESCRIPTION	Q' TY
1	REAR SUPPORT FRAME	2	22	ELLIPSE PLUG 70*30	7
2	REAR CROSS FRAME	1	23	PLUG 25*25	8
3	MAIN FRAME	1	24	PLUG ϕ 25	17
4	FRONT FOOT TUBE	1	25	BUFFER CAP ϕ 25	1
5	LEG ADJUSTABLE TUBE	1	26	LONG FOAM	6
6	LEG CURL TUBE	1	27	LOCK PIN	1
7	WEIGHT ADJUSTABLE TUBE	2	28	PLASTIC STAR BOLT	2
8	RIGHT BUTTERFLY ARM	1	29	SHORT FOAM	2
9	LEFT BUTTERFLY ARM	1	30	BUFFER HANDLE	2
10	SAFE TUBE	1	31	PIN	2
11	CONNECT RACK	1	32	CONNECT PLATE	3
12	SEAT CUSHION TUBE	2	33	HEX BOLT M10*60	8
13	BACK CUSHION TUBE	2	34	HEX BOLT M10*70	1
14	SEAT ADJUSTABLE RACK	1	35	HEX BOLT M10*25	2
15	HAND TUBE	2	36	HEX BOLT M10*15	4
16	LONG FOAM TUBE	1	37	HEX BOLT M8*40	8
17	SHORT FOAM TUBE	2	38	WASHER ϕ 10	24
18	SEAT CUSHION	1	39	WASHER ϕ 8	8
19	BACK CUSHION	1	40	NYLON LOCK NUT M10	9
20	SLIDER	3	41	WASHER ϕ 16	2
21	ELLIPSE PLUG 80*40	10	42	NYLON LOCK NUT M16	2

FIG-1

**STEP1:**

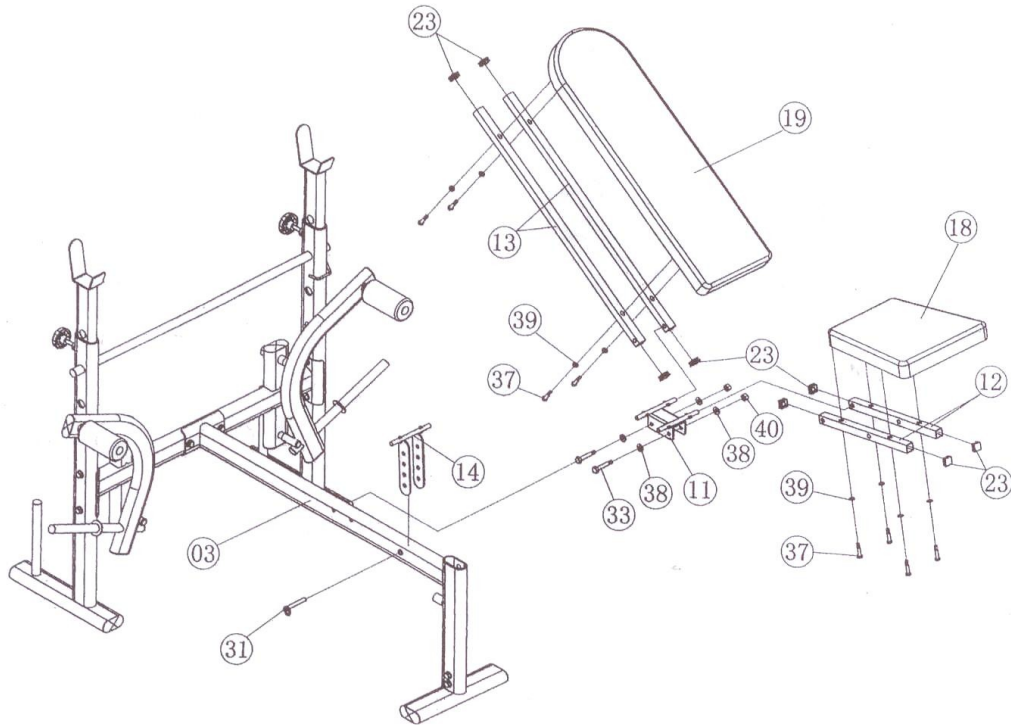
1. Attach ellipse plug 80*40 (21) to rear support frame (01), rear cross frame (02) and front foot tube (04).
2. Attach slider (20) to rear support frame (01) and main frame (03).
3. Attach plug $\phi 25$ (24) to rear support frame (01) and safe tube (10).
4. Attach buffer handle (30) to rear cross frame (02).
5. Attach rear cross frame (02) to rear support frame (01) using connect plate (32), hex bolt M10*60 (33), washer $\phi 10$ (38) and nylon lock nut M10 (40).
6. Attach main frame (03) to rear cross frame (02) using connect plate (32), hex bolt M10*60 (33), washer $\phi 10$ (38) and nylon lock nut M10 (40).
7. Attach front foot tube (04) to main frame (03) using hex bolt M10*15 (36) and washer $\phi 10$ (38).
8. Attach weight adjustable tube (07) to rear support frame (01) using safe tube (10) and plastic star bolt (28).

FIG-2

**STEP2:**

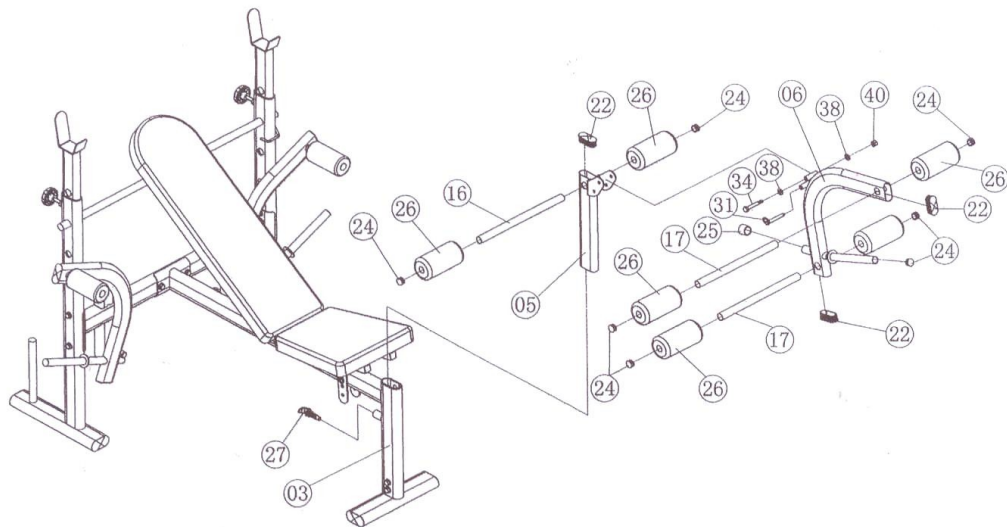
1. Attach ellipse plug 70*30 (22), plug $\phi 25$ (24) to right butterfly arm (08) and left butterfly arm (09).
2. Attach right butterfly arm (08) and left butterfly arm (09) to rear cross frame (02) using washer $\phi 16$ (41) and nylon lock nut M16 (42).
3. Attach hand tube (15) to right butterfly arm (08) and left butterfly arm (09) using hex bolt M10*25 (35) and washer $\phi 10$ (38).
4. Attach short foam (29) and plug $\phi 25$ (24) to hand tube (15).

FIG-3

**STEP3:**

1. Attach plug 25*25 (23) to seat cushion tube (12) and back cushion tube (13).
2. Attach connect rack (11) to main frame (03) using hex bolt M10*60 (33), washer $\phi 10$ (38) and nylon lock nut M10 (40).
3. Attach seat cushion tube (12) and back cushion tube (13) to connect rack (11) using seat adjustable rack (14) and pin (31).
4. Attach seat cushion (18) to seat cushion tube (12) using washer $\phi 8$ (39) and hex bolt M8*40 (37).
5. Attach back cushion (19) to back cushion tube (13) using washer $\phi 8$ (39) and hex bolt M8*40 (37).

FIG-4

**STEP4:**

1. Attach ellipse plug 70*30 (22) to leg adjustable tube (05) and leg curl tube (06).
2. Attach leg adjustable tube (05) to main frame (03) using lock pin (27).
3. Attach leg curl tube (06) to leg adjustable tube (05) using hex bolt M10*70 (34), washer $\phi 10$ (38), nylon lock nut M10 (40) and pin (31).
4. Attach plug $\phi 25$ (24) and buffer cap $\phi 25$ (25) to leg curl tube (06).
5. Attach long foam tube (16) to leg adjustable tube (05).
6. Attach short foam tube (17) to leg curl tube (06).
7. Attach plug $\phi 25$ (24) and long foam (26) to long foam tube (16) and short foam tube (17).

IMPORTANT SAFETY NOTICE

PRECAUTIONS

Note the following precautions before assembling or operation the WEIGHT BENCH.

1. Keep children and pets from the machine at all time. DO NOT leave unattended children in the same room with the machine.
2. Only one person at a time should be using 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 ,level surface. DO NOT use machine near water or outdoors.
5. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required when using the machine.
6. Use the machine only for its intended use as described in the manual. DO NOT use attachments not recommended by the manufacturer.
7. Do not place any sharp object around the machine.
8. Invalids or disabled persons should not use the machine without a qualified person or physician in attendance.
9. Before exercising ,always do the stretching exercises first.
10. Never operate the machine if the machine is not functioning properly.

WARNING:

BEFORE BEGINNING THIS OR 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.

FOREVER INTERNATIONAL LTD. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS