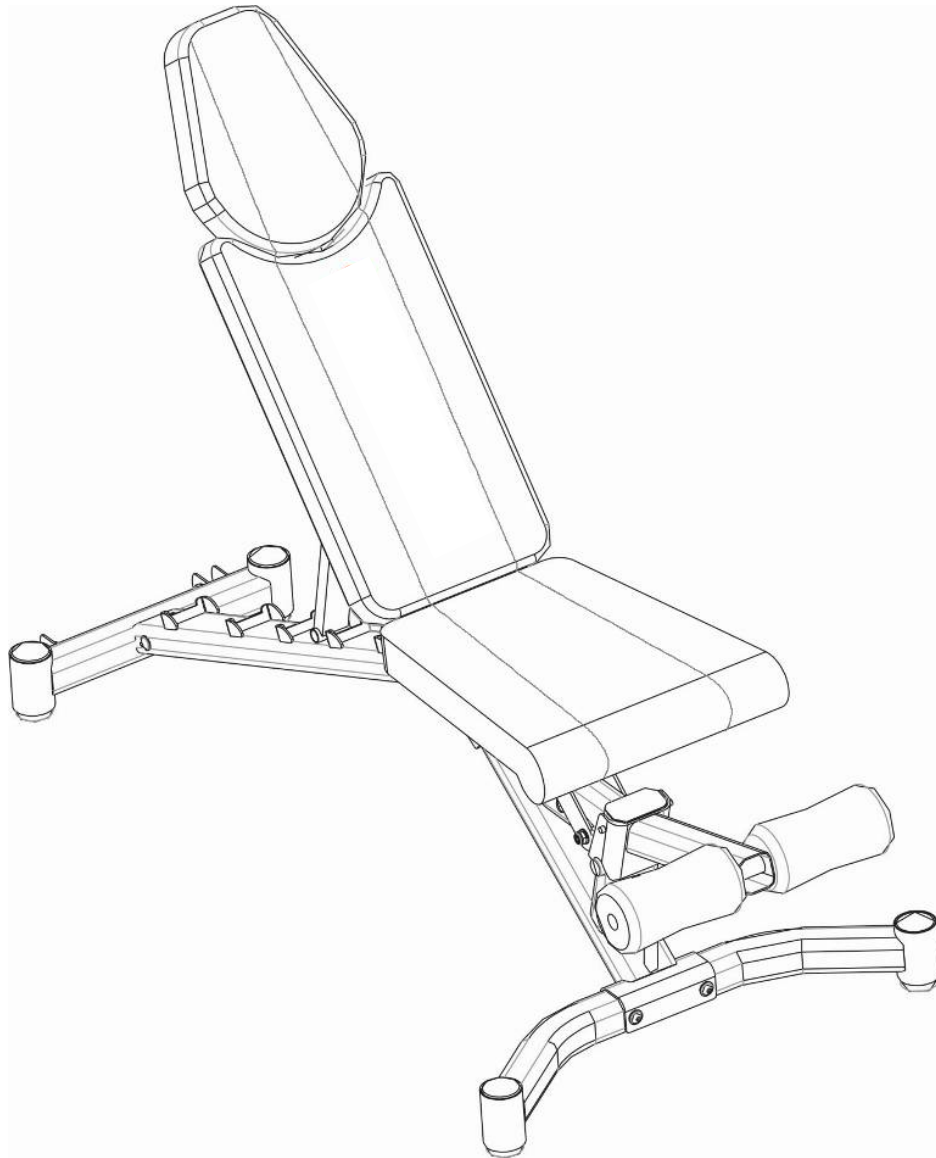


Multi Purpose bench



Owner's Manual

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Safety Instructions:

This exerciser has been designed for home use only. Professional use, commercial or use in gym centers, will automatically cancel the manufacturers' and/or importers' product liability.

Before you start training on your exerciser, please read the instructions carefully. Be sure to keep the instructions for information, in case of repair and for spare part delivery.

- This exerciser is made for home use only.
- Follow the steps of the assembly instructions carefully.
- Use only original parts as delivered.
- Before the assembly, be sure to check if delivery is complete by using the included parts-list.
- For assembly use only suitable tools and ask for assistance with assembly if necessary.
- Place the exerciser on an even, non-slippery surface. Because of possible corrosion, the usage of any exerciser in moist areas is not recommended.
- Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition.

Replace defective components immediately and/or keep the equipment out of use until repair. For repairs, use only original spare parts.

- In case of repair please ask your dealer for advice
- Avoid the use of aggressive detergents when cleaning.
- Ensure that training starts only after correct assembly and inspection.
- For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
- This exerciser is designed for adults. Please ensure that children use the exerciser only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e. g. movable parts during training.

Warning: incorrect/excessive training can cause health injuries.

- Please follow the advice for correct training as detailed in training instructions.

Consult your physician before starting with any exercise program. He can advise on the kind of training and which impact is suitable.

- The owner's manual is only for customers' reference.
- The supplier can not guarantee for mistakes occurring due to translation or change in technical specification of the product.

All data displayed are approximate guidance and cannot be used in any medical application

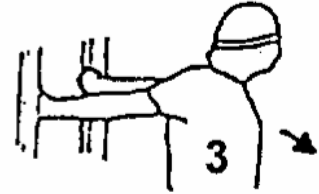
Warming up



15 seconds for each



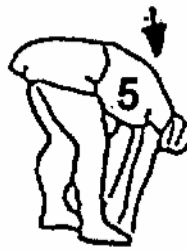
20 seconds



20 seconds



25 seconds



20 seconds



20 seconds



30 seconds



25 seconds for each lag



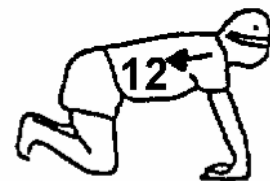
30 seconds



20 seconds



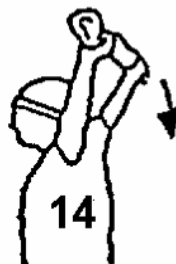
5 seconds x 3 times



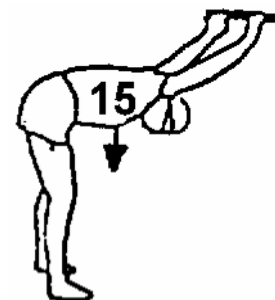
20 seconds



20 seconds for each leg



5 times



15 seconds

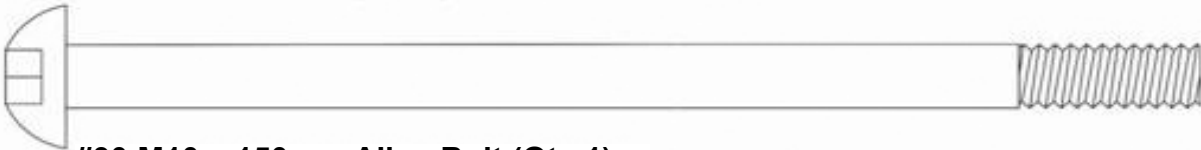
Hardware pack



#8 63mm sleeve (Qty 1)



#11 141mm Axle (Qty 1)



#30 M10 x 150mm Allen Bolt (Qty 1)



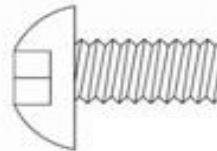
#28 M10 x 72mm Allen Bolt (Qty 2)



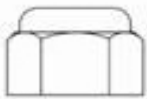
#31 M8 x 52mm Allen Bolt (Qty 10)



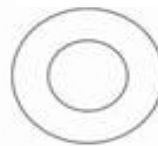
#29 M10 x 85mm Allen Bolt (Qty 2)



#27 M10 x 20mm Allen Bolt (Qty 5)



#35 M10 Aircraft Nut (Qty 5)



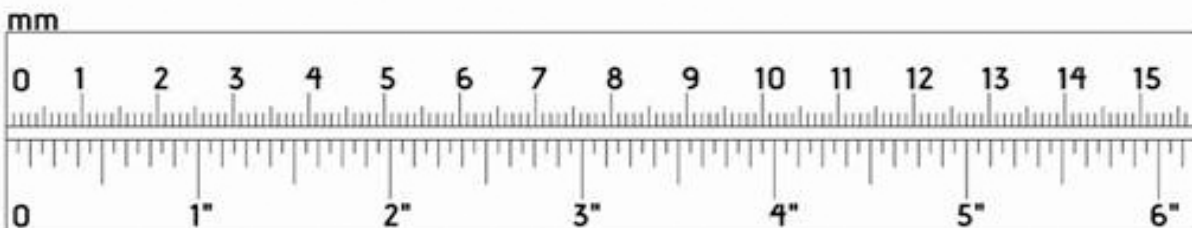
#38 Φ 25 Big Washer (Qty 2)



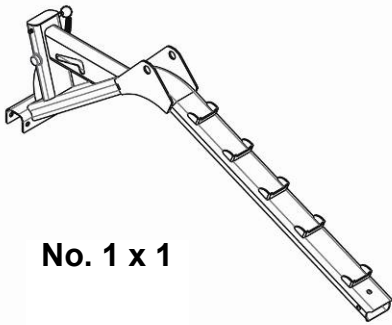
#33 Φ 10 Washer (Qty 15)



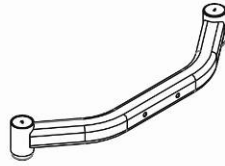
#34 Φ 8 Washer (Qty 14)



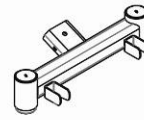
Parts in box



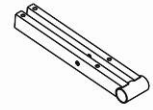
No. 1 x 1



No. 2 x 1



No. 3 x 1



No. 4 x 1



No. 5 x 2



No. 6 x 1



No. 7 x 1



No. 8 x 1



No. 9 x 2



No. 10 x 1



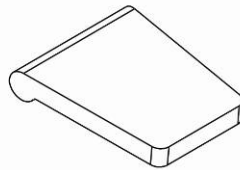
No. 11 x 1



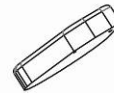
No. 13 x 2



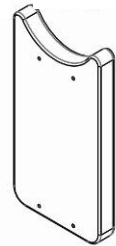
No. 22 x 2



No. 23 x 1



No. 24 x 1

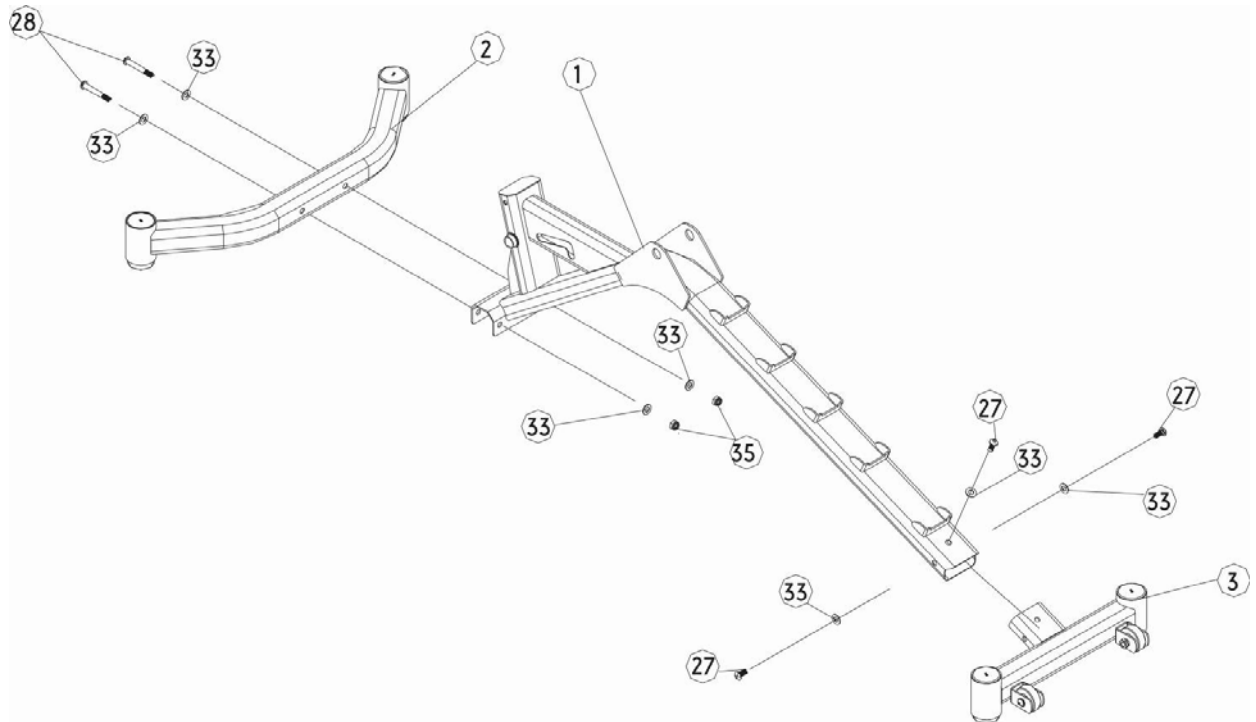


No. 25 x 1

Assembly instruction

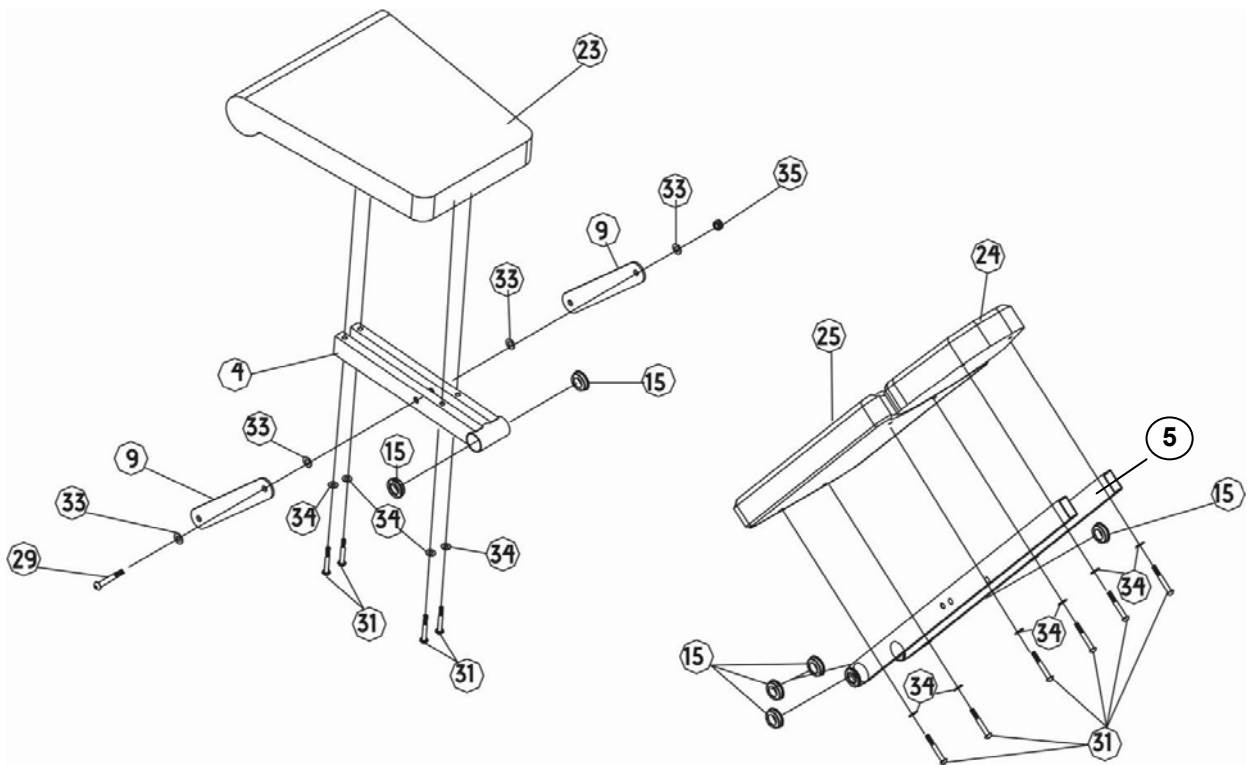
STEP 1

- A. Attach the Front Stabilizer (#2) to the Main Frame (#1), Align the hole and secure with two M10*72MM Allen Bolt (#28), four Φ 10MM Washer (#33) and two M10 Aircraft Nut (#35).
- B. Attach Rear Stabilizer (#3) to the Main Frame (#1), Align the hole and secure with three M10*20MM Allen Bolt (#27) and three Φ 10MM Washer (#33).



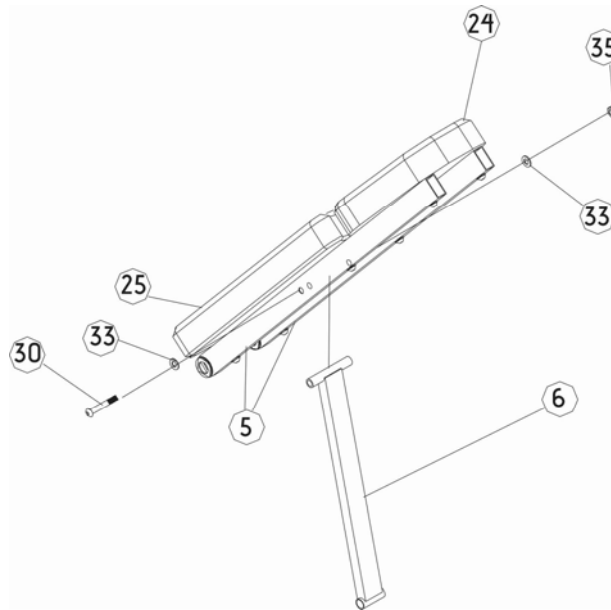
STEP 2

- A. Attach the Seat Pad (#23) to the Seat Support Frame (#4). Align the hole and secure with four M8*52MM Allen Bolt (#31) and four Φ 8 Washer (#34).
- B. Attach the two Seat Adjustment Bracket (#9) to each side of the Seat Support Frame (#4). Align the hole and secure with one M10*85MM Allen Bolt (#29), four Φ 10MM Washer (#33) and one M10 Aircraft Nut (#35).
- C. Attach the Backrest Pad (#25) to the two Backrest Support Frame (#5). Align the hole and secure with four M8*52MM Allen Bolt (31) and four Φ 8MM Washer (#34).
- D. Attach the Head Pad (#24) to the top of the Backrest Support Frame (#5). Align the hole and secure with two M8*52MM Allen Bolt (31) and two Φ 8MM Washer (#34).



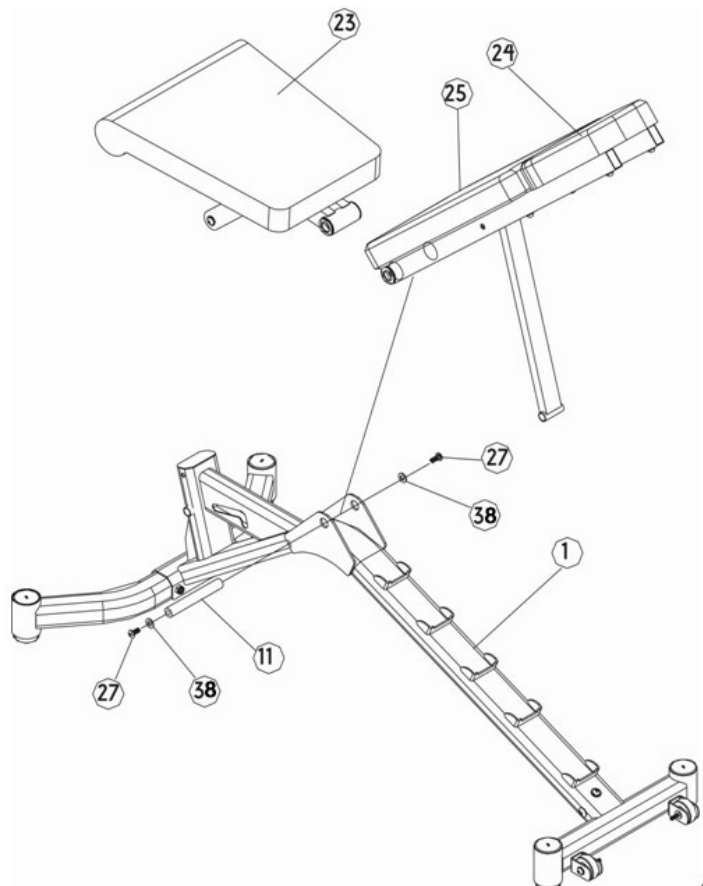
STEP 3

Attach the Backrest Incline Support (#6) to the center of the two Backrest Support Frame(#5), Align the hole and secure one M10*150MM Allen Bolt(#30), two Φ 10MM Washer(#33) and one M10 Aircraft Nut(#35).



STEP 4

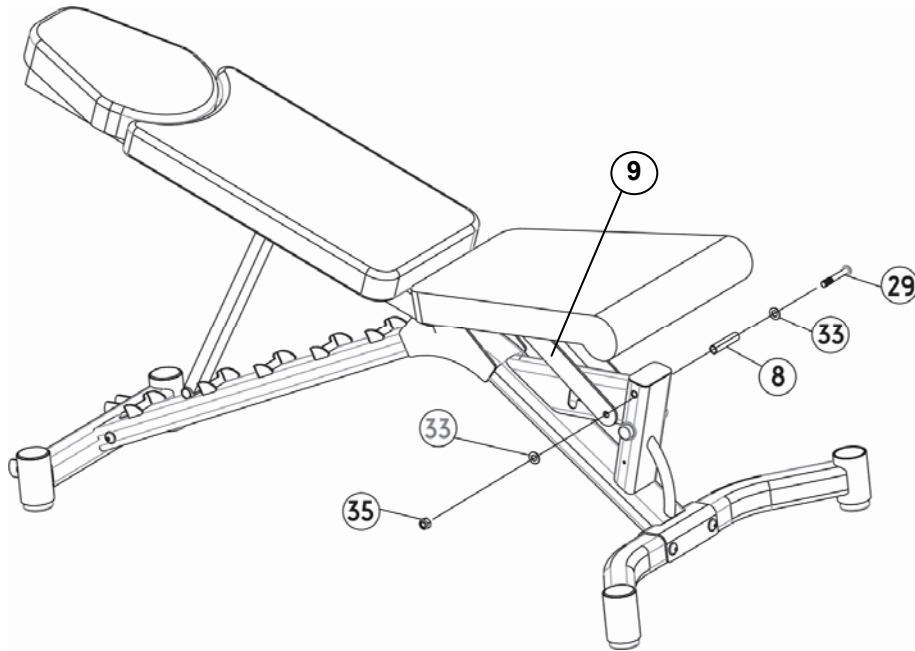
Attach the Seat Pad Assembly and Backrest Pad Assembly to the Pivot on the Main Frame (#1), Align the hole and Secure with one 141MM Axle (#11), two M10*20MM Allen Bolt (#27) and two Φ 10MM big Washer (#38).



STEP 5

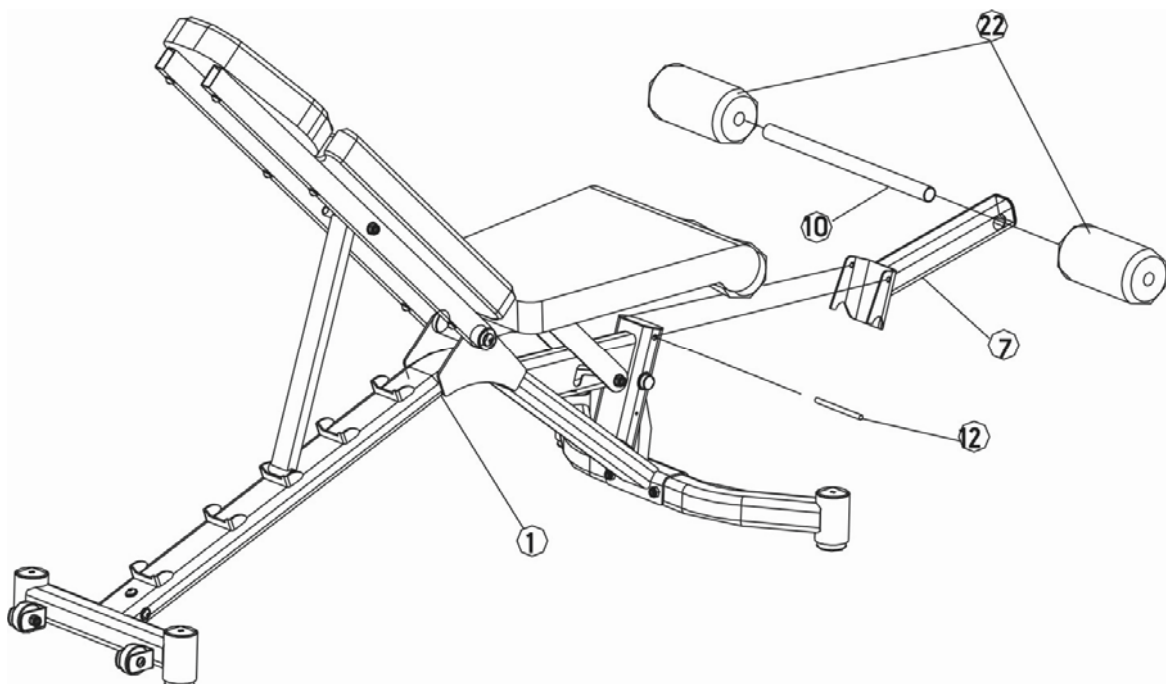
Secure the other side of the two Seat Adjustment Bracket (#9) with one Sleeve (#8), one M10*85MM Allen Bolt (#29), two Φ 10MM Washer (#33) and one M10 Aircraft Nut (#35).

The Seat Pad has two position incline adjustment, place the Seat Adjustment Assembly to desired position before your workout.



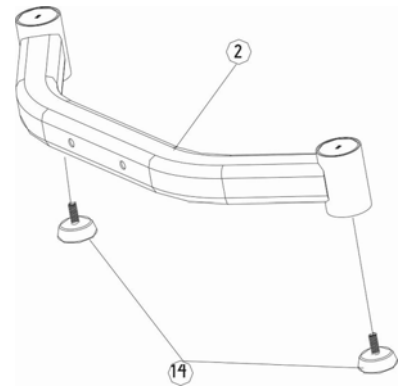
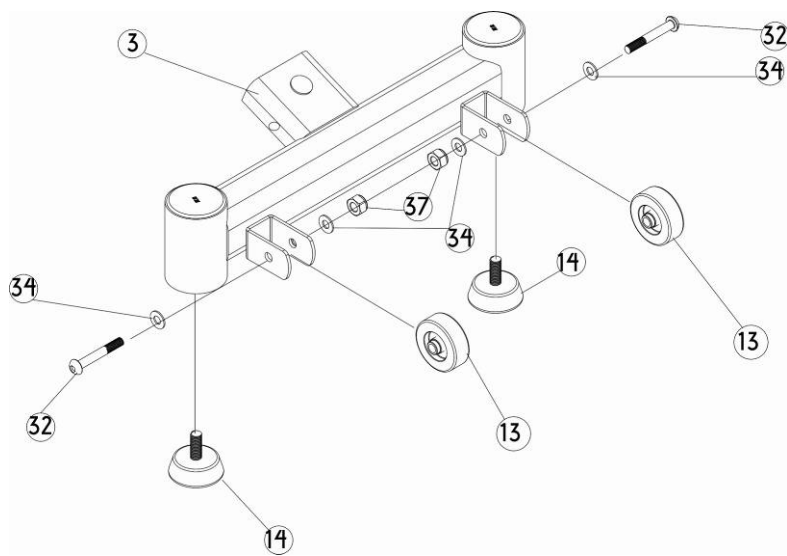
STEP 6

- A. Slide the Foam Roll Tube (#10) into the hole on the top of the Leg Holder Support (#7) with half way, attach two Foam Roll (#22) from each side of the Foam Roll Tube (#10).
- B. Attach the Leg Holder Frame (#7) to the front of the Main Frame (#1) as shown in the figure. With the hook portion of the Leg Holder Frame (#7) resting on the rubber stop of the Main Frame (#1) and the top portion of the Leg Holder Frame (#7) aligning with the Pull Pin Hole. Secure the Leg Holder Frame (#7) by insert the Pull Pin (#12) through the Leg Holder Frame (#7) and the Main Frame (#1).

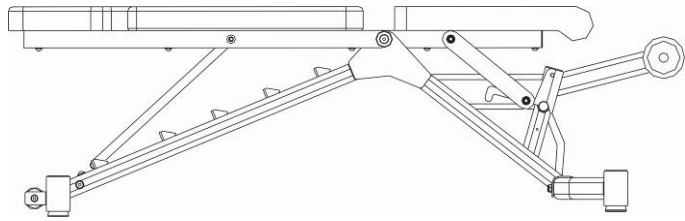


SUB—ASSEMBLY & LEVEL ADJUSTMENT

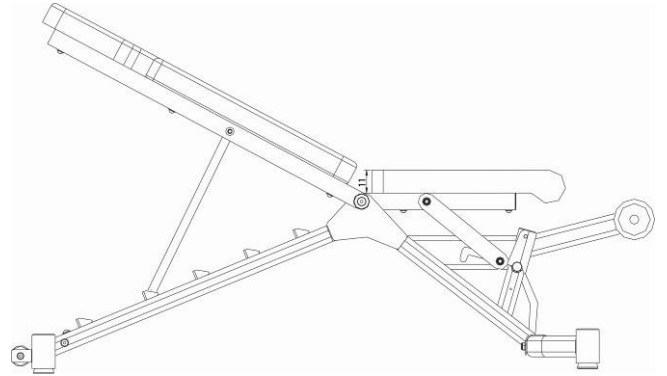
- A. Attach the Transport Wheels (#13) to the U shaped bracket on the Rear Stabilizer(#3), Secure each of them with one M8*43MM Allen Bolt(#32), two Φ 8MM Washer(#34) and M8 Aircraft Nut(#37).
- B. Screw four Level Feet (#14) from the bottom of the Front & Rear Stabilizer (#2), Tighten or loose the four level feet to adjust the level of the bench.



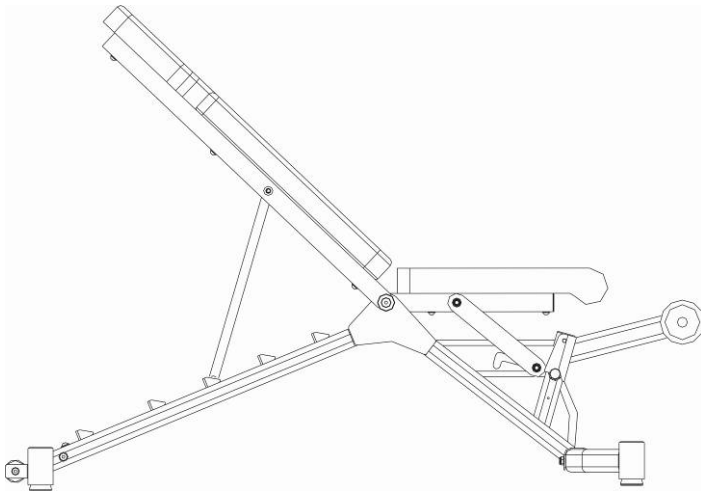
Bench position



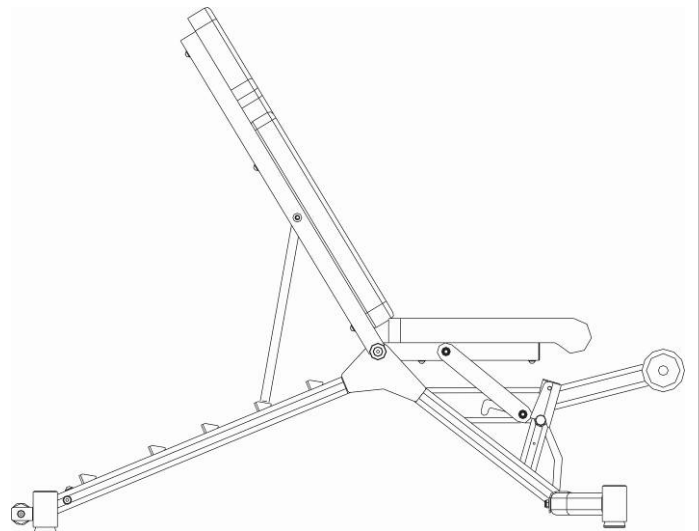
FLAT



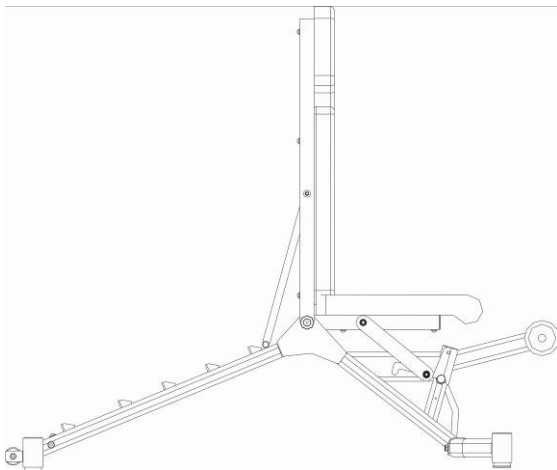
30 DEGREES



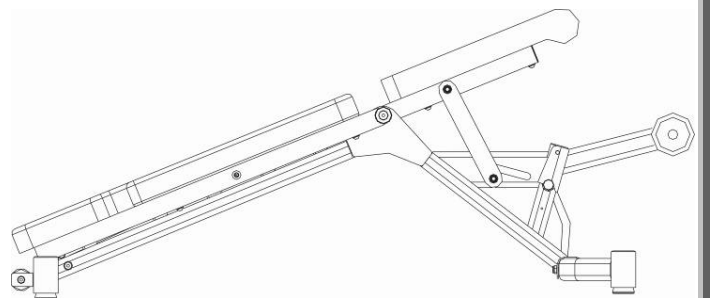
45 DEGREES



60 DEGREES



UPRIGHT




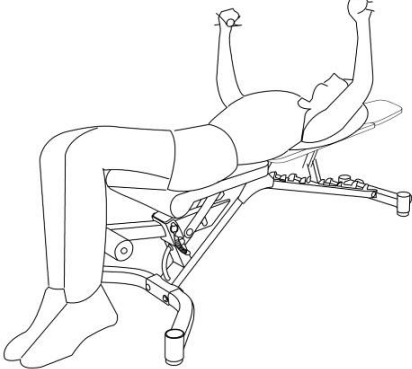
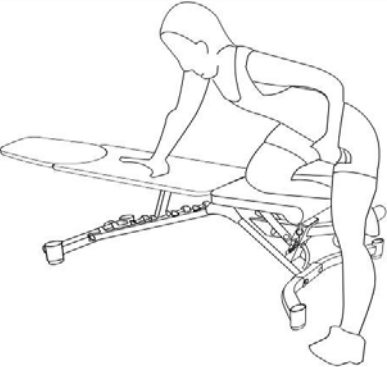
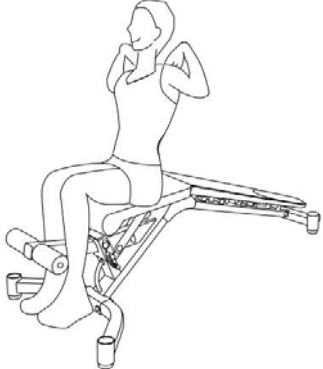
Decline

Workout chart

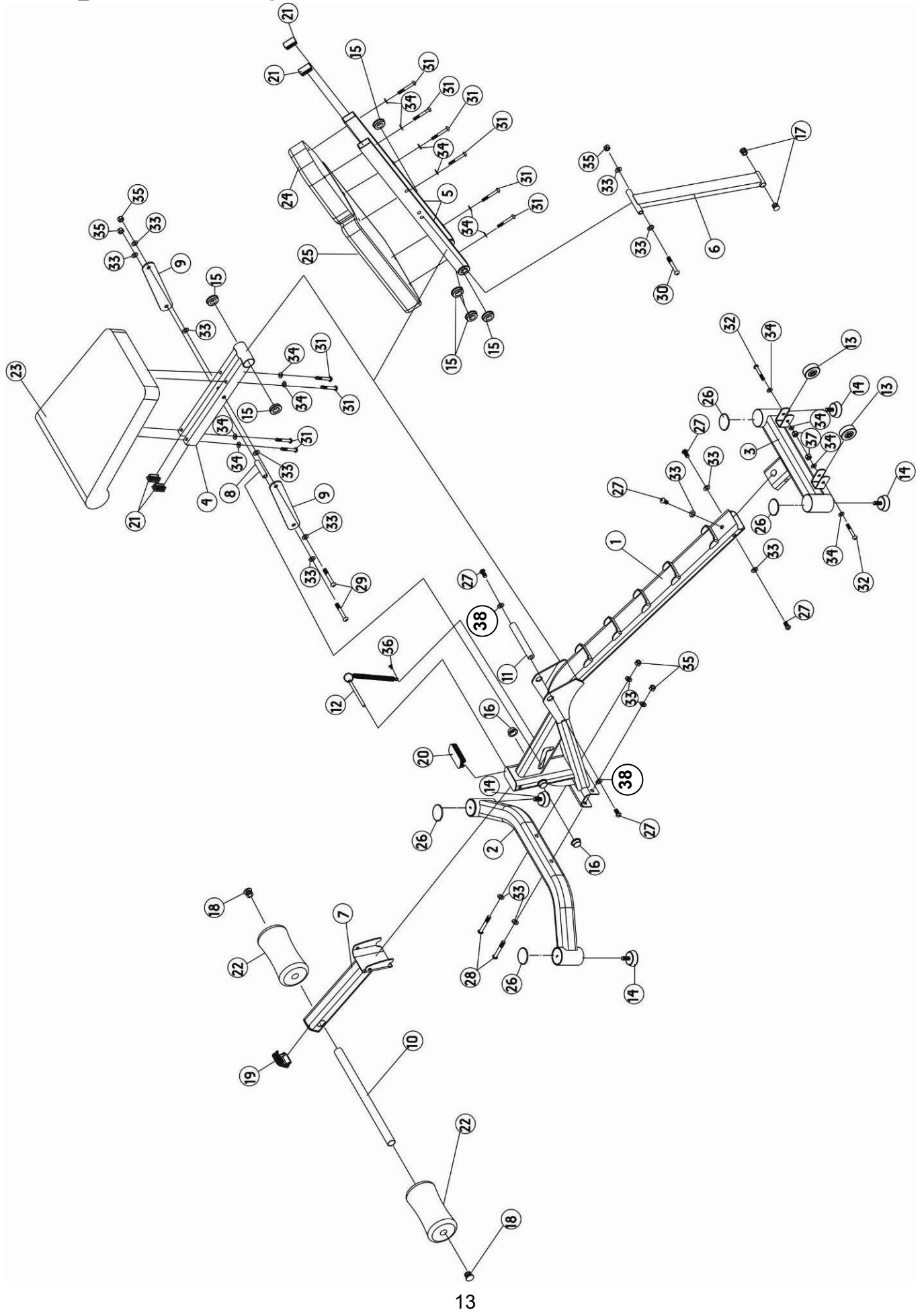
WARNING! PLEASE READ BEFORE EXERCISE

Always warm-up your body muscle before exercising, easy stretching (without bouncing) and light calisthenics, for several minutes, are recommended to prepare your body. Exercise the complete body every other day, up to three times a week. The one day rest enables the body recover from the previous workout.

WORKOUT CHART

	<p><u>Biceps Curl</u></p> <p>Develop the biceps muscles Sit on the bench with you back supported on the bench Grasp a dumbbell in each hand with the palms facing forwards. Raise the dumbbells until the biceps are fully contracted. Return slowly to the start position and repeat,</p> <p>Beginners: 10 Reps with light weights Intermediate: 10 reps/3 sets Advance: 10Reps/ 4 sets with gradually increasing weights</p>
	<p><u>Chest Press</u></p> <p>Develop the upper pectoral muscles of the chest. With the elbows slightly bent. Hold two dumbbells at arms length overhead, Lower the dumbbells slowly out to the sides of the chest to a point where you can feel the stretch of the pectoral muscles, Bring the dumbbells back to the start position again in the same arc and repeat</p> <p>Beginners: 10 Reps with light weights Intermediate: 10 reps/3 sets Advance: 10Reps/ 4 sets with gradually increasing weights</p>
	<p><u>Rows</u></p> <p>Develop the Triceps muscles Stand alongside the bench with your right knee bent in front of your left leg, and the dumbbell in your left hand, hold the bench side with your right hand for support. Bend over and drop your left hand towards the floor Now, Pull the dumbbell up until it is tucked into your side. Return to starting position and repeat with your opposite side.</p> <p>Beginners: 10 Reps with light weights Intermediate: 10 reps/3 sets Advance: 10Reps/ 4 sets with gradually increasing weights</p>
	<p><u>Sit-Up</u></p> <p>Develop the Abdominal muscles. Sit on the bench with your knees bent to about 45 degrees and your feet hooked under the Leg Bar Foam Rollers, Put your hand on your shoulders and your chin on your chest (This will put a slight bow in your back) For this position, Inhale and lie back until your lower back touches the Backrest Board, Exhale as you raise back up to the starting position</p> <p>Beginners: 10 Reps with light weights Intermediate: 10 reps/3 sets Advance: 10Reps/ 4 sets with gradually increasing weights</p>

Exploded diagram



Parts list

Parts No.	Description	Q'ty	Parts No.	Description	Q'ty
1	Main Frame	1	20	40*80MM Big R End Cap	1
2	Front Stabilizer	1	21	20*40*1.5MM End Cap	4
3	Rear Stabilizer	1	22	Foam Roll	2
4	Seat Support Frame	1	23	Seat Pad	1
5	Backrest Support Frame	2	24	Head Pad	1
6	Backrest Incline Support	1	25	Backrest Pad	1
7	Leg Holder Frame	1	26	Rubber Coating Sticker	4
8	Sleeve	1	27	M10*20MM Allen Bolt	5
9	Seat Adjustment Bracket	2	28	M10*72MM Allen Bolt	2
10	Foam Roll Tube	1	29	M10*85MM Allen Bolt	2
11	141MM Axle	1	30	M10*150MM Allen Bolt	1
12	Pull Pin	1	31	M8*52MM Allen Bolt	10
13	Transport Wheel	2	32	M8*43MM Allen Bolt	2
14	Level Foot	4	33	Φ10 Washer	15
15	Bushing	6	34	Φ8 Washer	14
16	Rubber Cap	2	35	M10 Aircraft Nut	5
17	Φ19MM End Cap	2	36	ST4.8 MM Philip Screw	1
18	Φ25MM End Cap	2	37	M8 Aircraft Nut	2
19	□50MM Big R End Cap	1	38	M25*10 Big Washer	2