

Assembly video please scan the QR code .  
The Specifications of this product may vary from this photo,  
subject to change with our notice

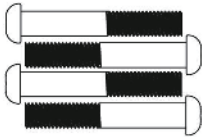
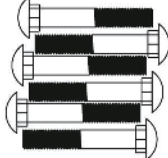
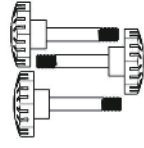

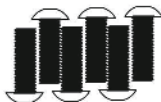
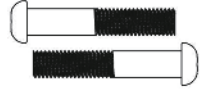


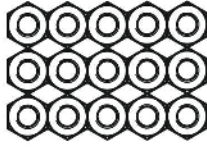
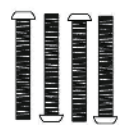




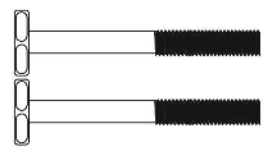

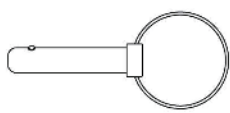
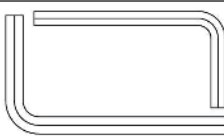
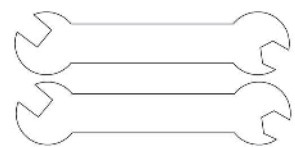
IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

**ASSEMBLY & INSTRUCTION MANUAL**


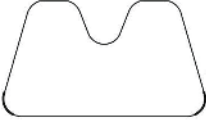

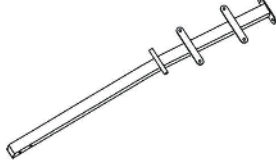
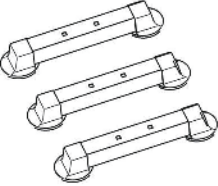
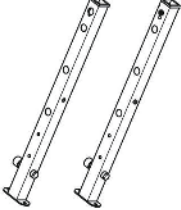
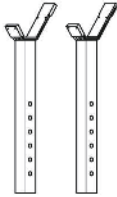

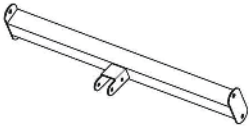


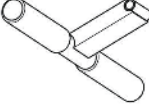

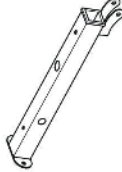
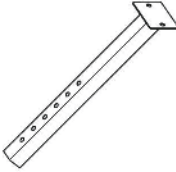
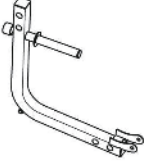

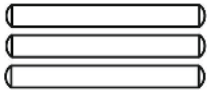

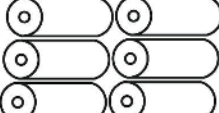

# **NOTICE !**

- Please retain these instructions for future reference.
- Please do not exceed the weight limitations of this item.
- Maximum Weight for users: 330lbs / 150kgs.
- Do not stand on or use any part of this item as a step ladder.
- Firmly secure all bolts, screws, and knobs before use.
- Fasten screws loosely during initial assembly. Do not firmly tighten the screws until the item is completely assembled.
- Be aware that some parts are heavy and have sharp edges.
- If any parts are missing, broken, damaged, or worn, stop using this product until repairs are made and/or factory replacement parts are installed.

# HARDWARE

 <p>1. M10x65mm BOLT 4PCS</p>	 <p>2. M10x65mm CARRIAGE BOLT 6PCS</p>	 <p>3. M10x55mm KNOB 3PCS</p>	 <p>4. M8x55mm BOLT 1PC</p>
 <p>5. M8x20mm SCREW 6PCS</p>	 <p>6. M10x55mm BOLT 2PCS</p>	 <p>7. M8x16mm SCREW 2PCS</p>	 <p>8. M6x16mm SCREW 4PCS</p>
 <p>9. M10 NUT 15PCS</p>	 <p>10. M6x40mm BOLT 4PCS</p>	 <p>11. M10 WASHER 10PCS</p>	 <p>12. M8 WASHER 3PCS</p>
 <p>13. M8 NUT 3PCS</p>	 <p>14. M10x160mm HEX BOLT 1PC</p>	 <p>15. M10x130mm HEX BOLT 2PCS</p>	 <p>16. Ø25 CLAMP 3PCS</p>
 <p>17. M8x50mm PIN 1PC</p>	 <p>18. #6 ALLEN WRENCH 1PC 19. #8 ALLEN WRENCH 1PC</p>	 <p>20. 13-17 OPEN WRENCH 2PCS</p>	

# PARTS

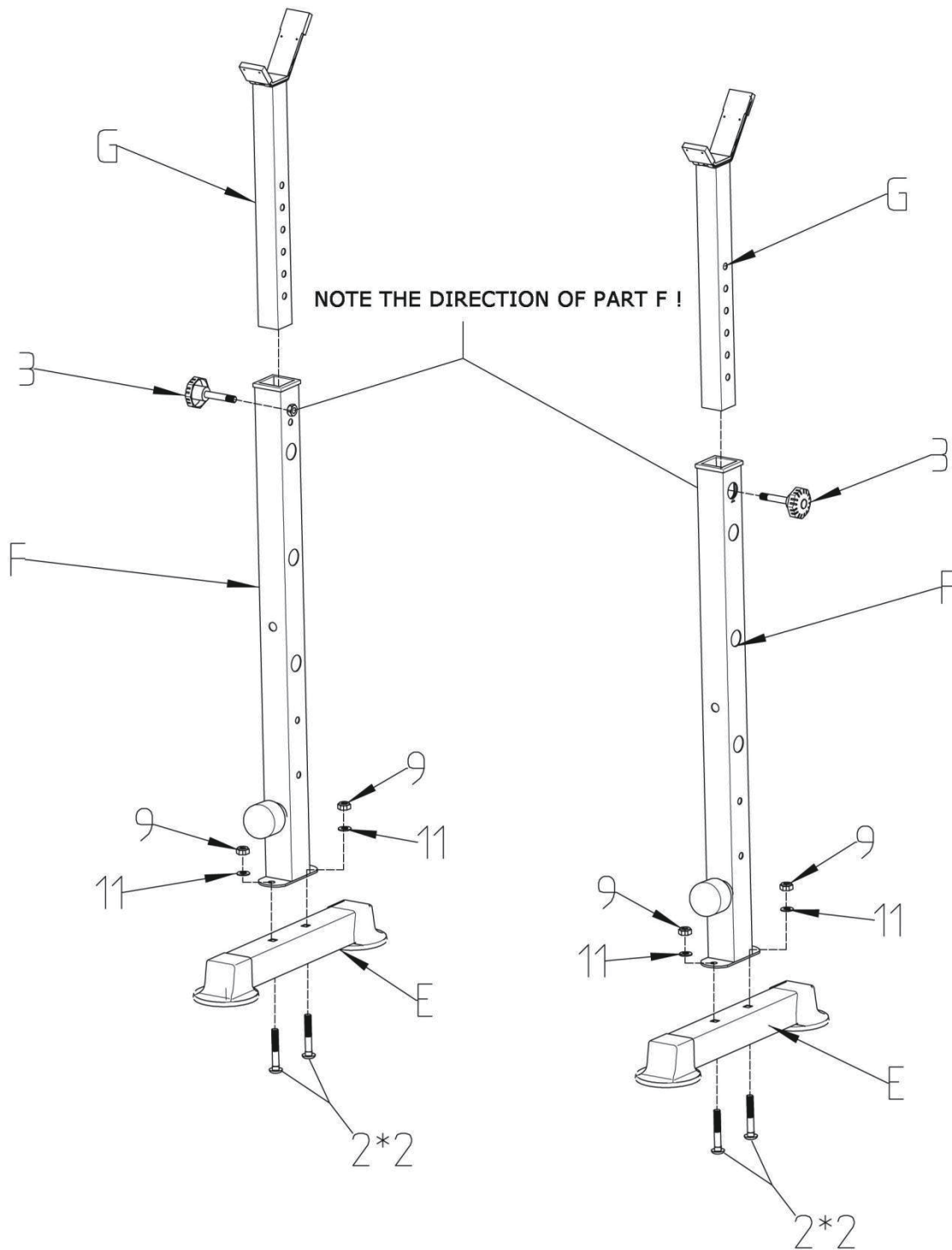
 <p>A. BACKREST PAD 1PC</p>	 <p>B. ELBOW PAD 1PC</p>	 <p>C. SEAT PAD 1PC</p>	 <p>D. MAIN FRAME 1PC</p>
 <p>E. SIDE LEG 3PCS</p>	 <p>F. SIDE FRAME 2PCS</p>	 <p>G. UPPER SIDE FRAME 2PCS</p>	 <p>H. ANGLE CONTROL ROD 1PC</p>
 <p>J. SQUARE SUPPORT 1PC</p>	 <p>K. ARM SUPPORT 2PCS</p>	 <p>L. ARM 2PCS</p>	 <p>M. HANDLE 1PC</p>
 <p>N. FIXED SUPPORT 1PC</p>	 <p>P. FRONT SUPPORT 1PC</p>	 <p>Q. ELBOW SUPPORT 1PC</p>	 <p>R. LEG FRAME 1PC</p>
 <p>S. Φ22 ROUND SUPPORT 1PC</p>	 <p>T. Φ19 ROUND SUPPORT 3PCS</p>	 <p>U. 17*73*130mm FOAM ROLLER 4PCS</p>	 <p>V. 13*70*125mm FOAM ROLLER 6PCS</p>
 <p>W. BACKREST FRAME 2PCS</p>			

**REMARK:** PLEASE NOTE THE LEFT AND RIGHT DIRECTION BETWEEN **PART F** (SIDE FRAME) AND **PART K** (ARM SUPPORT) DURING INSTALLATION!

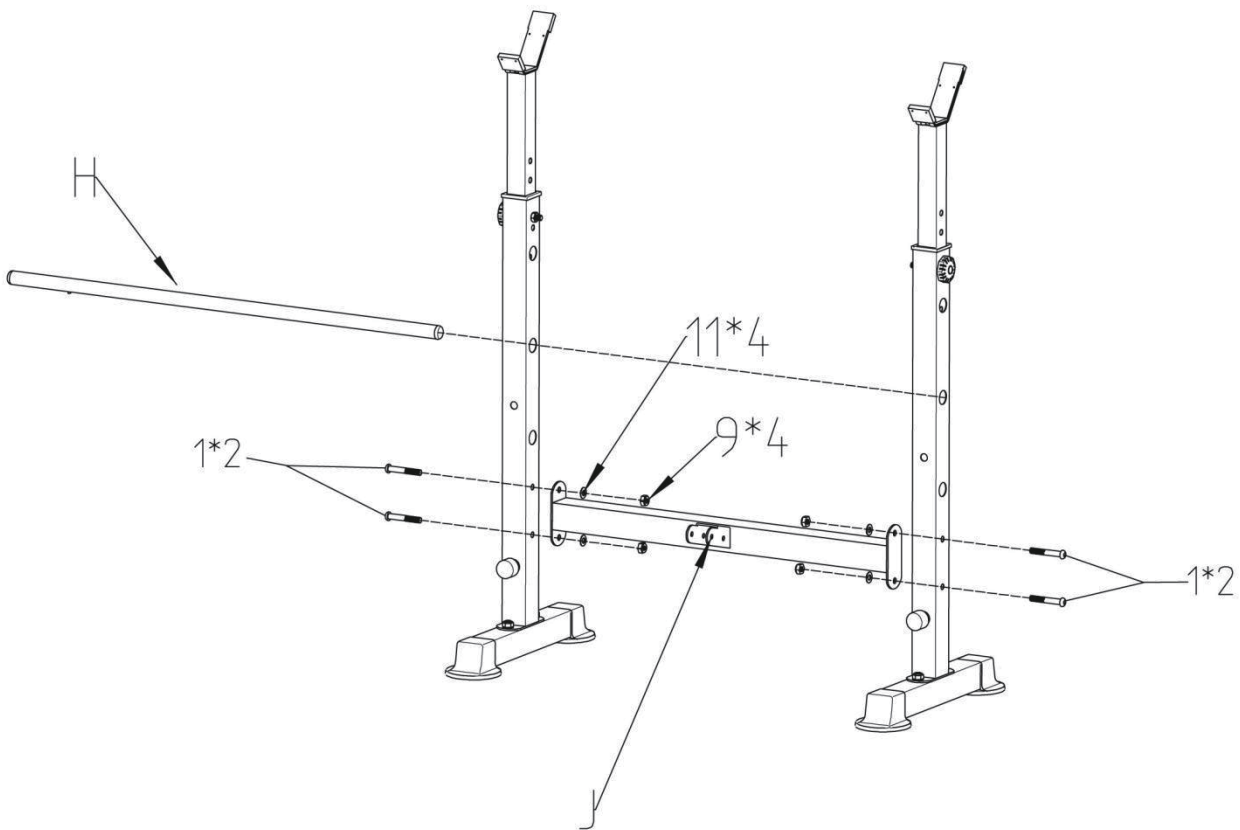
# PRODUCT ASSEMBLY

**Step1:** Attach two part E side legs to two part F side frames with four part 2 carriage bolts, four part 11 washers, and four part 9 nuts.

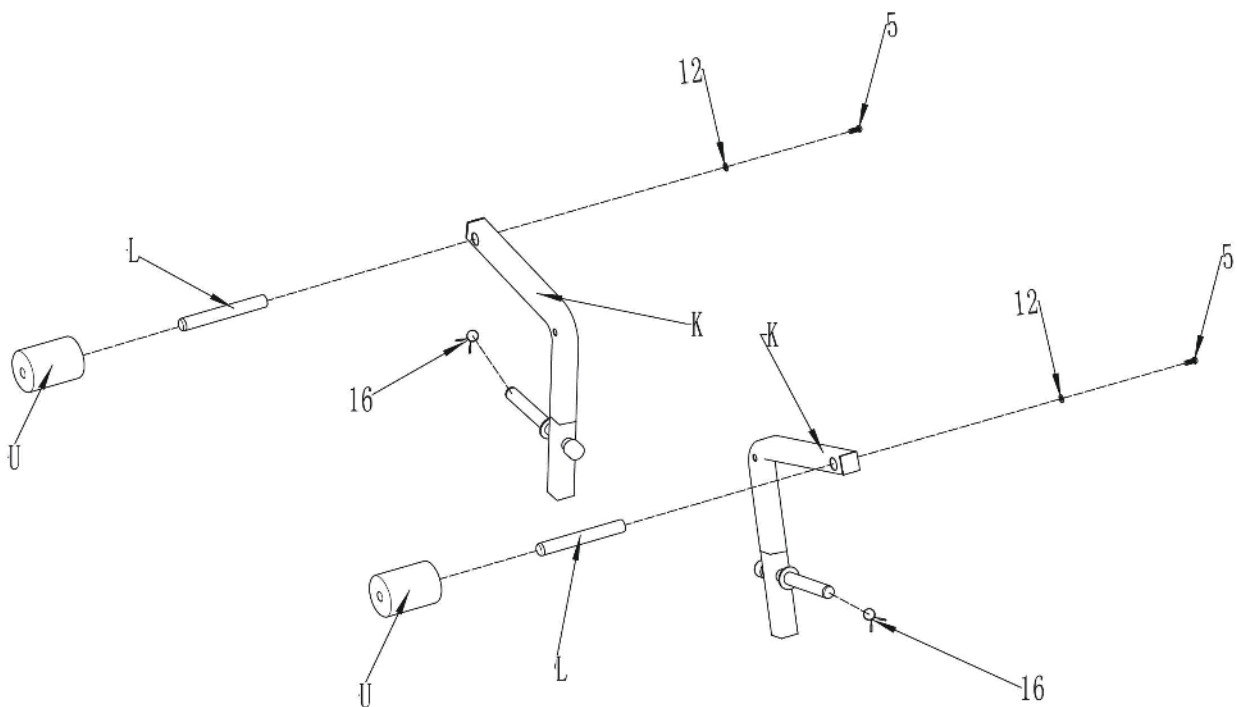
Insert two part G upper side frames and secure them with two part 3 knobs.



**Step2:** Attach part J square support to the side frames with four part 1 bolts, four part 11 washers, and four part 9 nuts. Insert part H angle control rod.

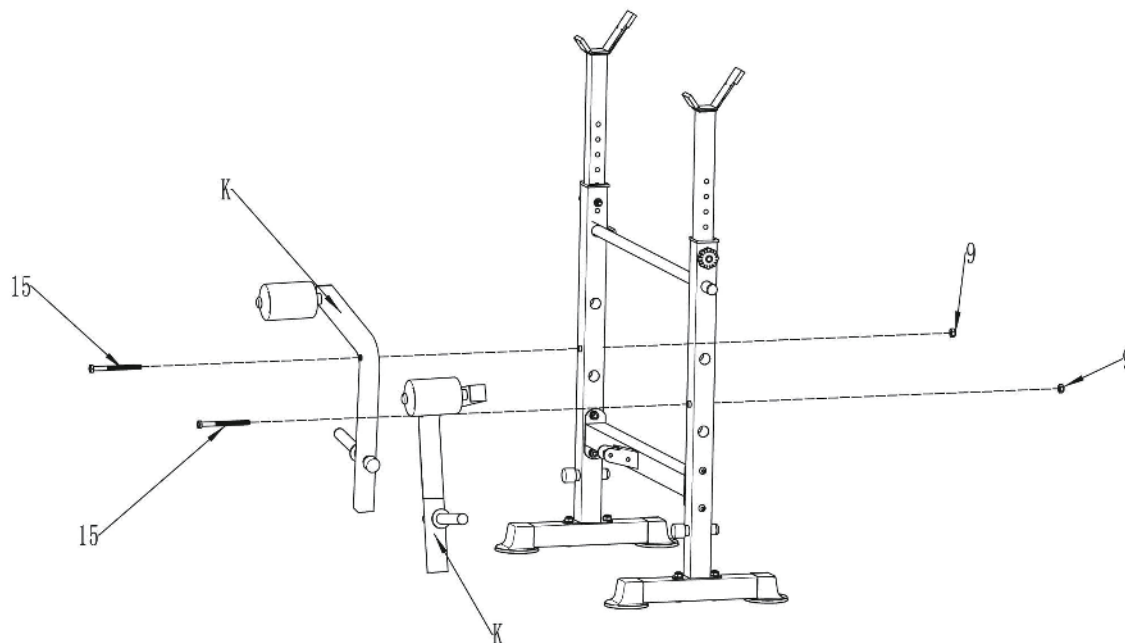


**Step3:** Attach two part L arms with two part U 17\*73\*130mm foam rollers, to two part K arm supports with two part 5 screws, two part 12 washers and two part 16 clamps.

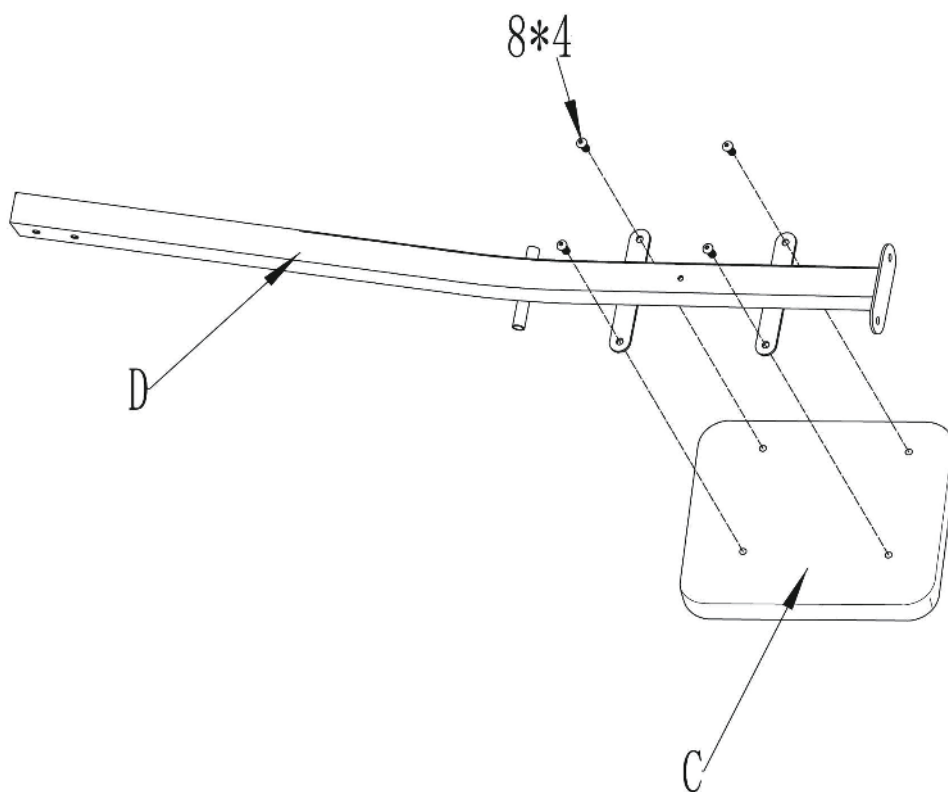


**NOTE THE DIRECTION OF PART K !**

**Step4:** Attach the arm supports to the side frames with two part 15 hex bolts and two part 9 nuts.



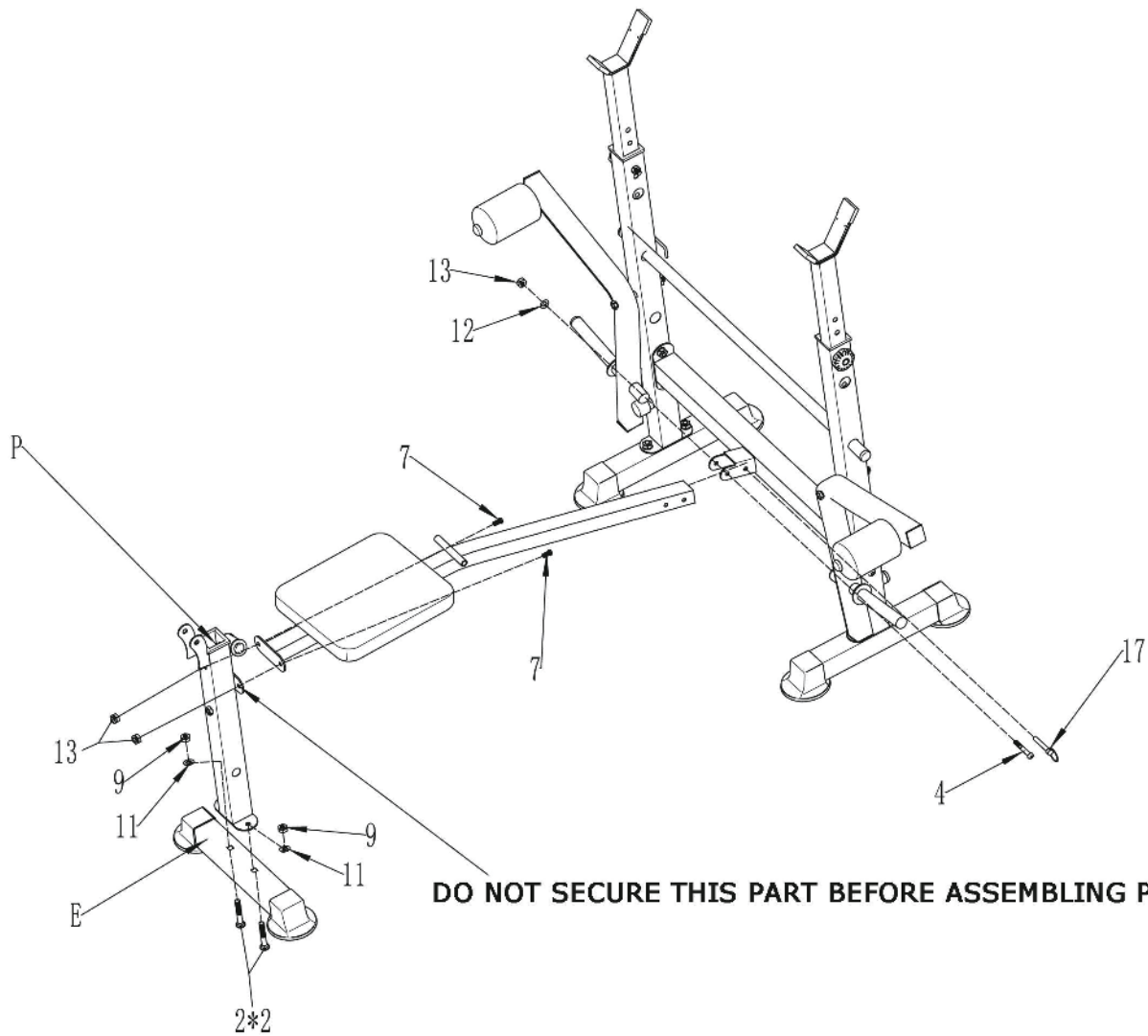
**Step5:** Attach part D main frame to part C seat pad with four part 8 screws.



**Step6:** Attach part P front support to a part E side leg with two part 2 carriage bolts, two part 11 washers and two part 9 nuts.

Attach the main frame to the side frames with a part 4 bolt, part 12 washer and part 13 nut. Insert part 17 pin.

Attach the front support to the main frame with two part 7 screws and two part 13 nuts.



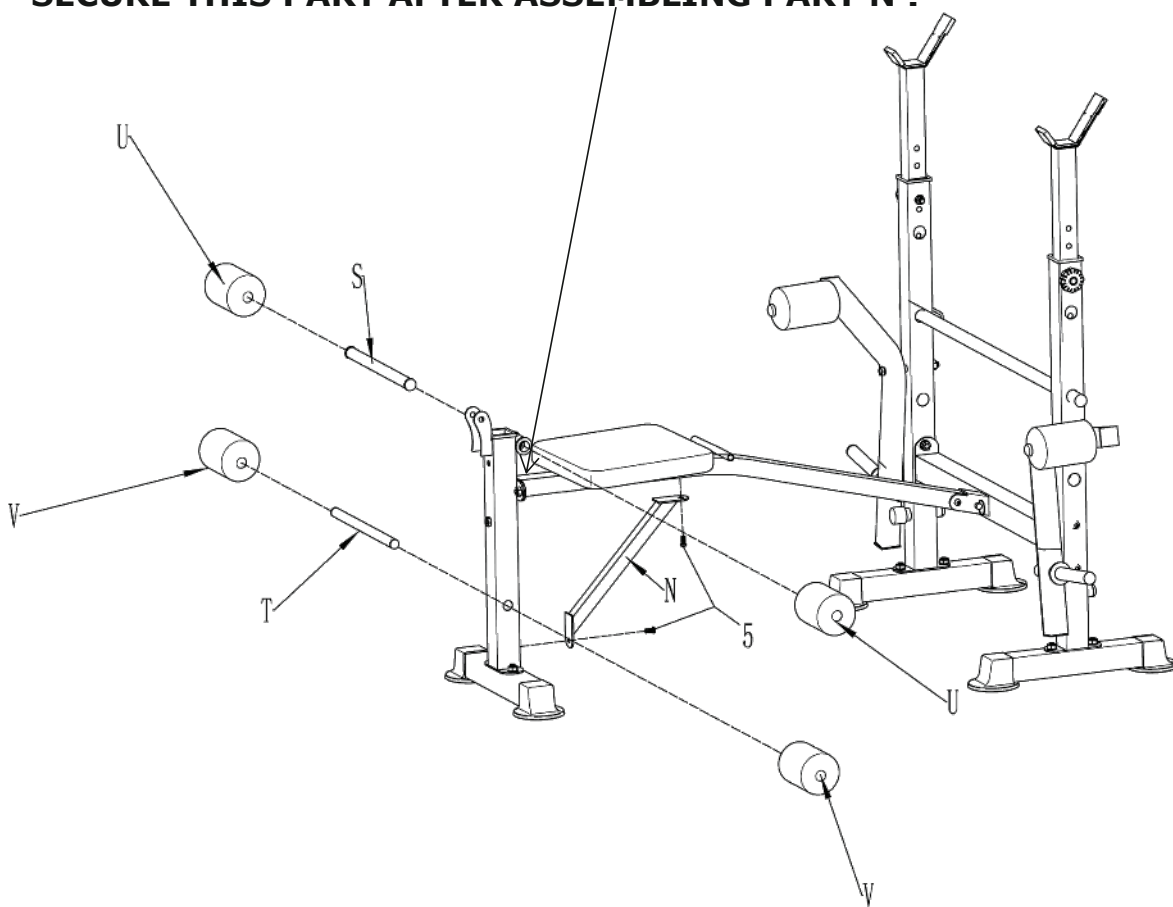


**Step7:** Attach part N fixed support to the main frame and front support with two part 5 screws.

Insert part S  $\Phi 22$  round support with two part U 17\*73\*130mm foam rollers.

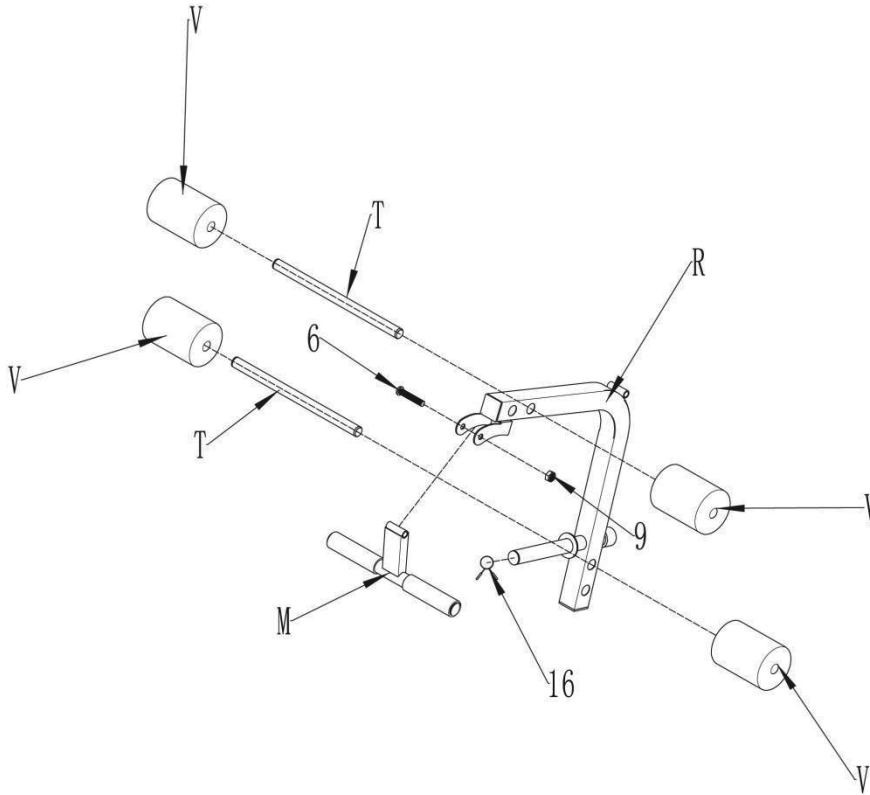
Insert a part T  $\Phi 19$  round support with two part V 13\*70\*125mm foam rollers.

**SECURE THIS PART AFTER ASSEMBLING PART N !**

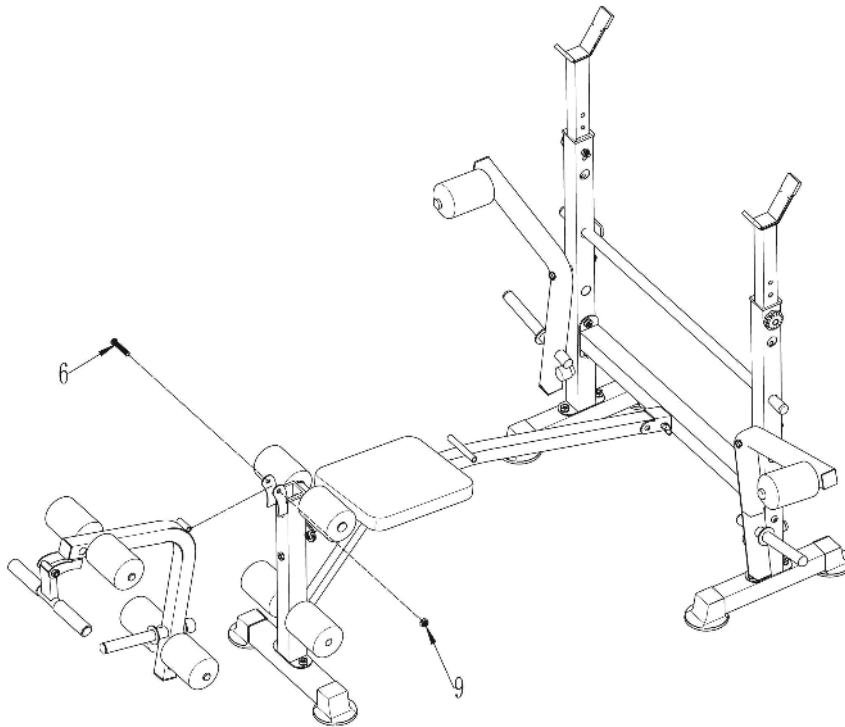


**Step8:** Attach part M handle to part R leg frame with a part 6 bolt, part 9 nut and part 16 clamp.

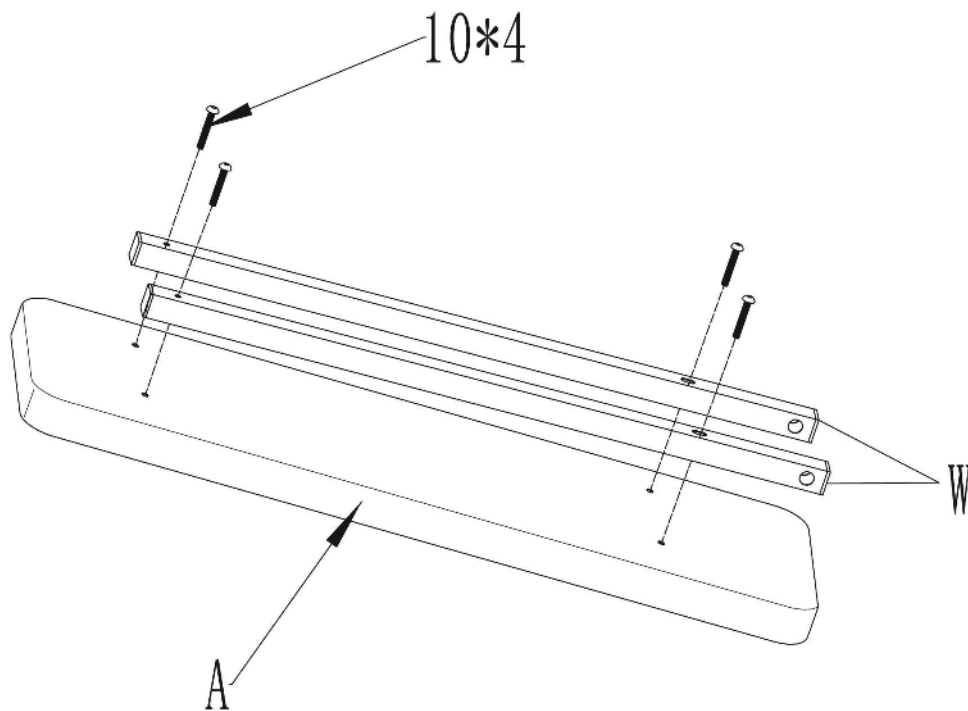
Insert two part T  $\Phi 19$  round supports with four part V 13\*70\*125mm foam rollers.



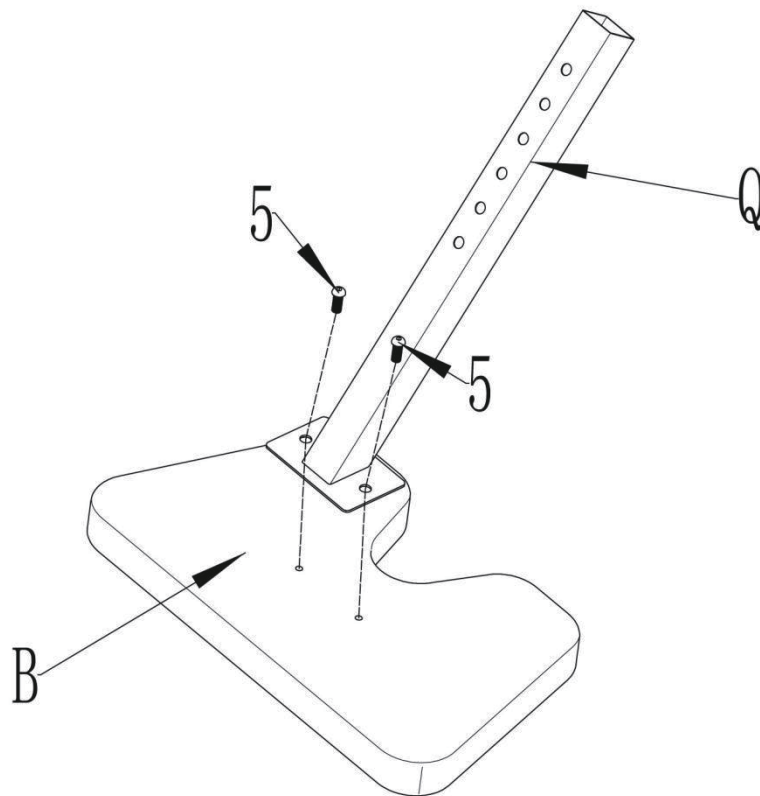
**Step9:** Attach the leg frame to the front support with a part 6 bolt and part 9 nut.



**Step10:** Attach two part W backrest frames to part A backrest pad with four part 10 bolts.

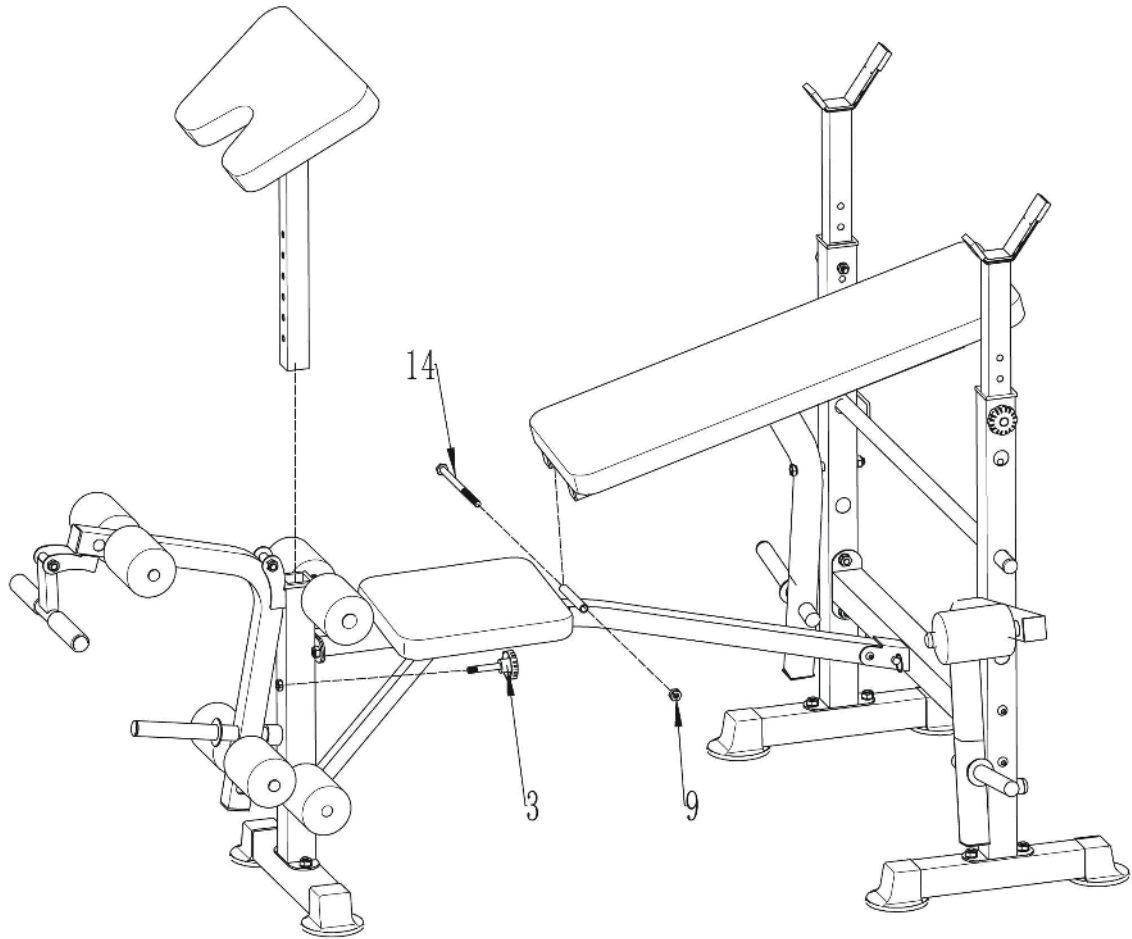


**Step11:** Attach part Q elbow support to part B elbow pad with two part 5 screws.



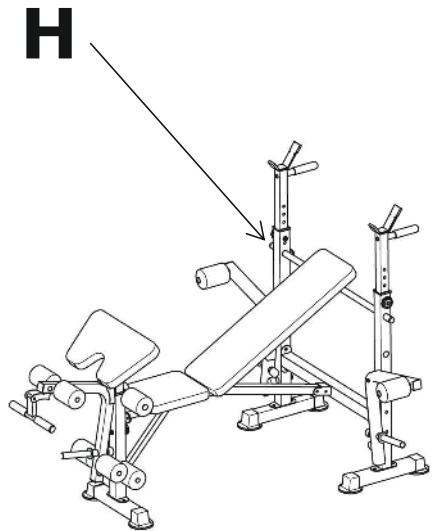
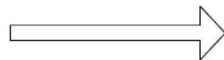
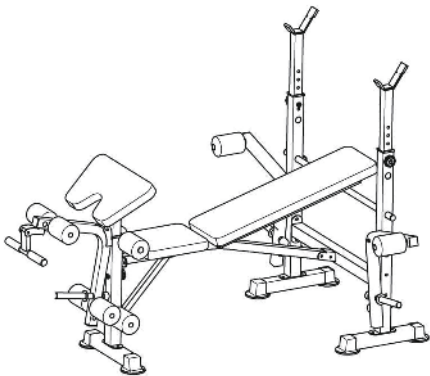
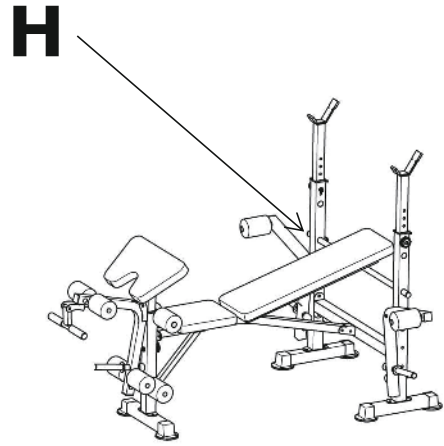
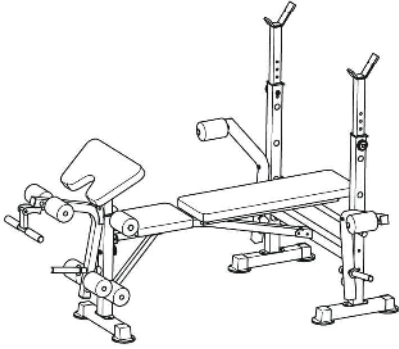
**Step12:** Attach the backrest to the main frame with a part 14 hex bolt and part 9 nut.

Insert the elbow pad and secure it with a part 3 knob.



# FEATURES

Flip up the long bench to transform into an incline bench and secure with part H angle control rod.



**UK**

If you have any questions, please contact our customer care center.

Our contact details are below:



0044-800-240-4004



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