

SIT UP BENCH

*The maximum user weight is 110 Kg (242lbs).

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY & INSTRUCTION MANUAL

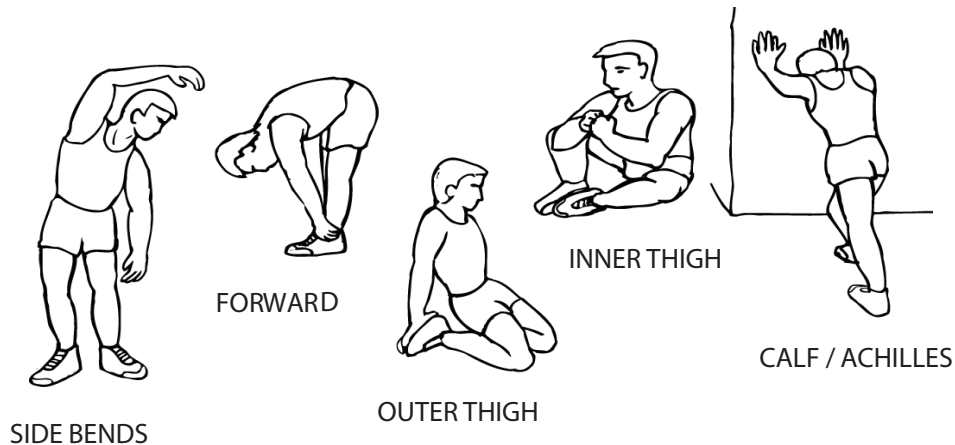
EXERCISE INSTRUCTIONS

Using your bike provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

1. The Warm Up Phase

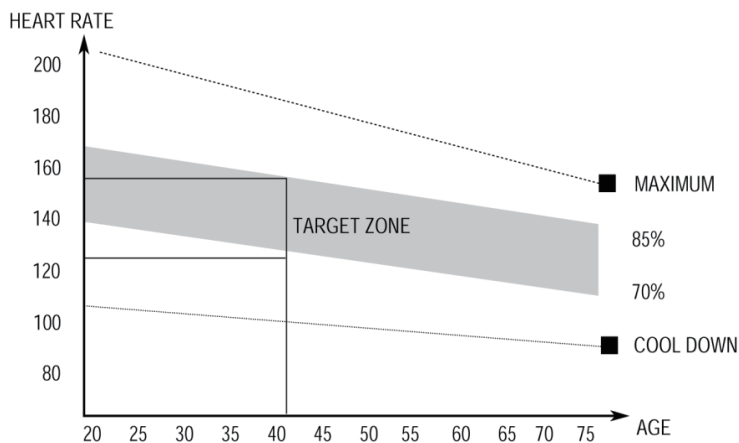
This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below.

Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch -if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work to your limit but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



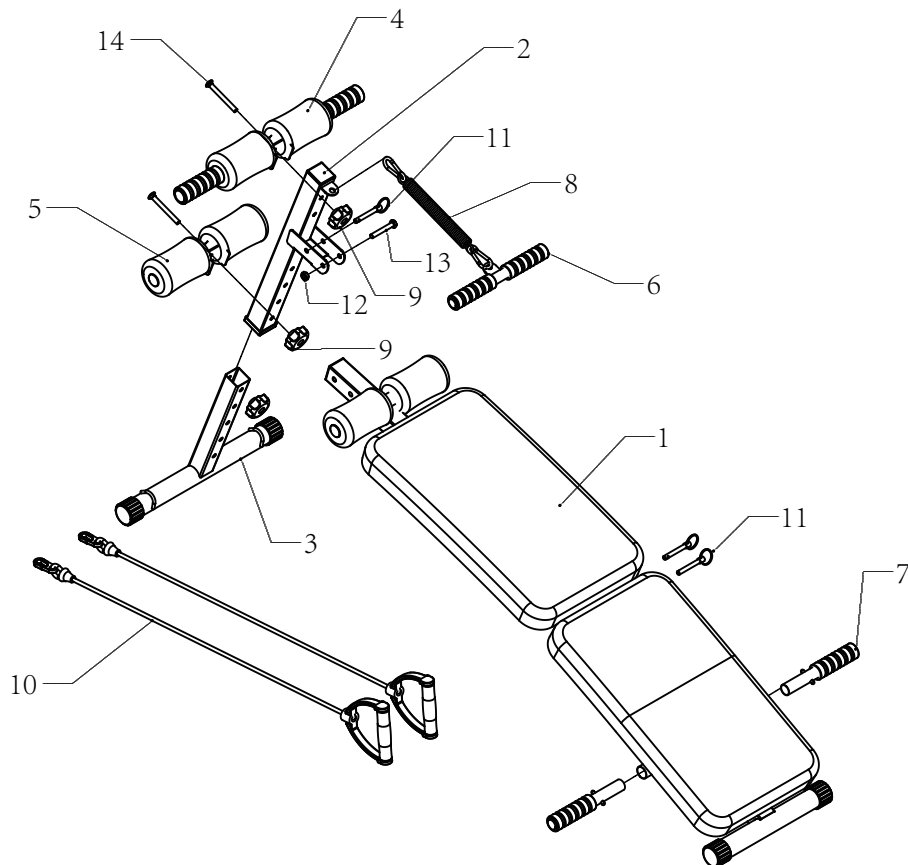
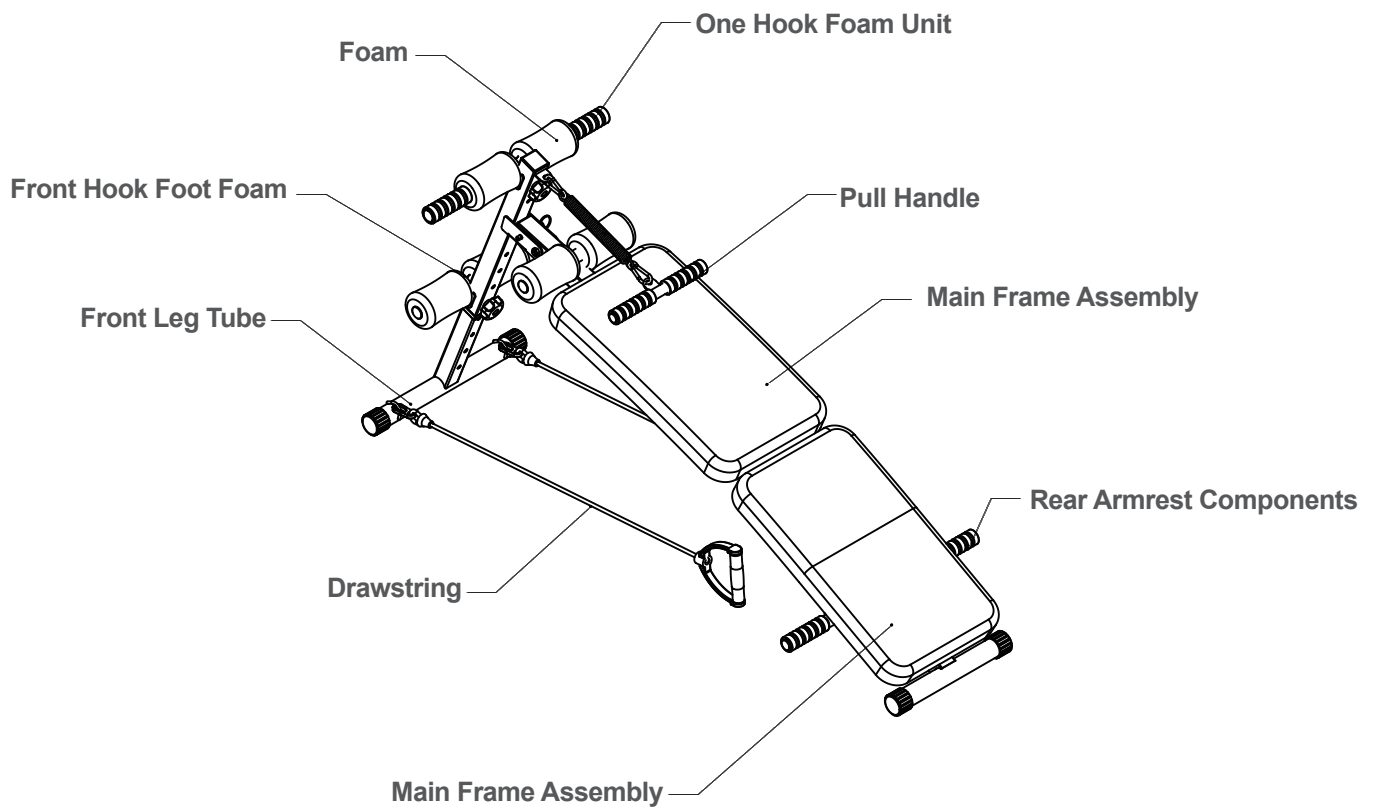
This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

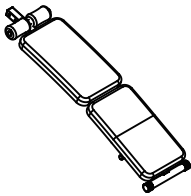
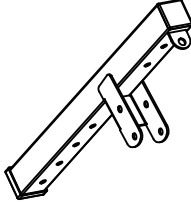
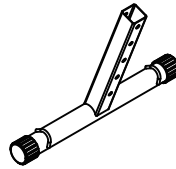
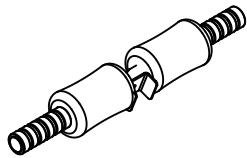
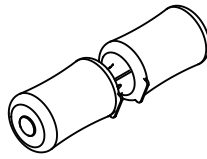
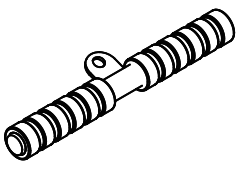
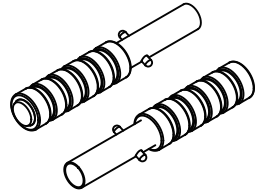
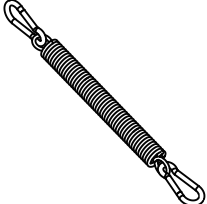




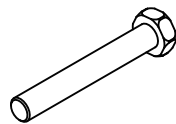

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

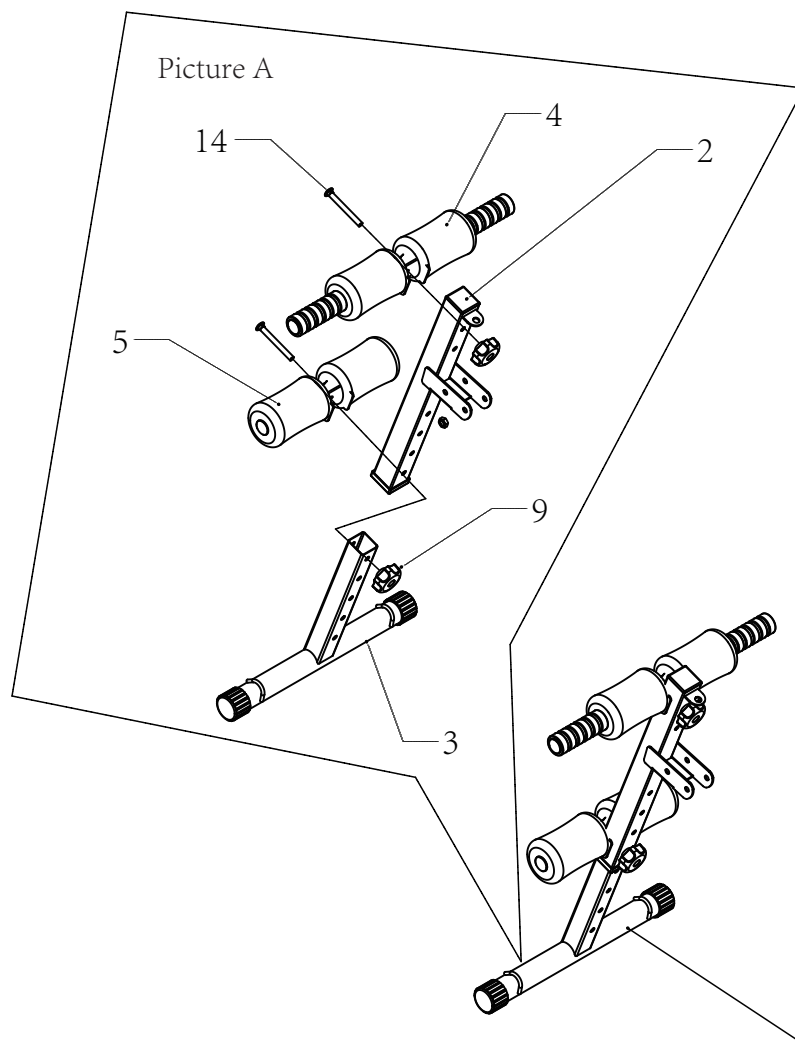
EXPLODED-VIEW ASSEMBLY DRAWING



PARTS

 <p>1. Main frame assembly 1PCS</p>	 <p>2. Front support tube 1PCS</p>	 <p>3. Front leg tube 1PCS</p>	 <p>4. One hook foam unit 1PCS</p>
 <p>5. Front hook foot foam 1PCS</p>	 <p>6. Pull handle 1PCS</p>	 <p>7. Rear armrest components 2PCS</p>	 <p>8. Extension spring 1PCS</p>
 <p>9. Plum blossom knob nut M10 2PCS</p>	 <p>10. Drawstring 2PCS</p>	 <p>11. With ring bolt d10 * 55 1PCS</p>	 <p>12. Hex bolt M10 3PCS</p>
 <p>13. Hex head bolt M10 * 55 2PCS</p>	 <p>14. Round head square diameter bolt M10 * 75 1PCS</p>		

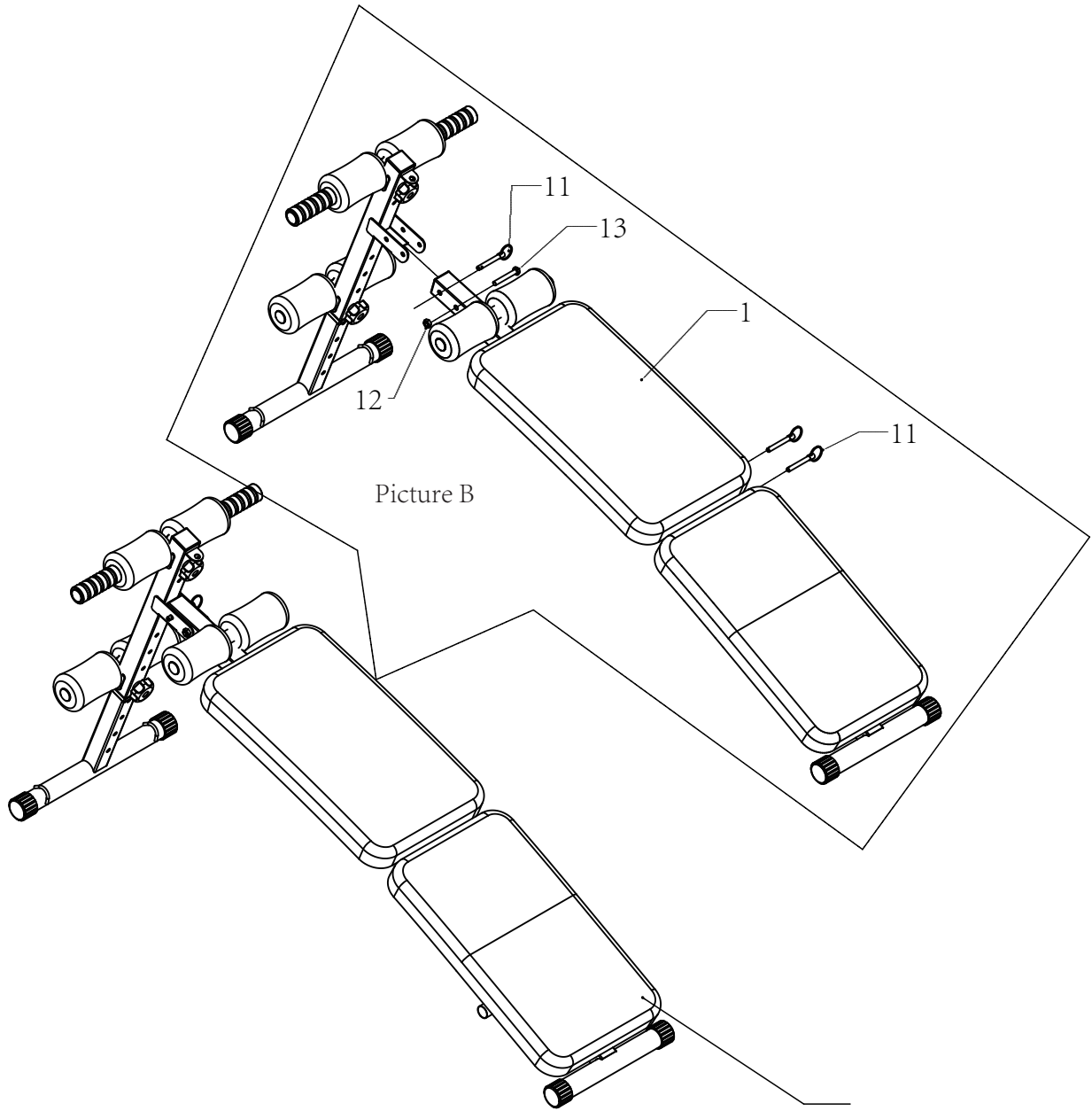
INSTALLATION STEPS



A PICTURE COMPONENTS

STEP 1

Take out the front support tube assembly (2), the front leg tube assembly (3), the outer hexagon bolt M10 * 55 (14) 1 piece, the Torx knob nut M10 (9) 1 piece, the hook foot foam component (4) 1 Pieces, front hook foot foam assembly (5) 1 piece. As shown in Figure A, align the corresponding holes to install and tighten the related screws. The completed result is the component in Figure A

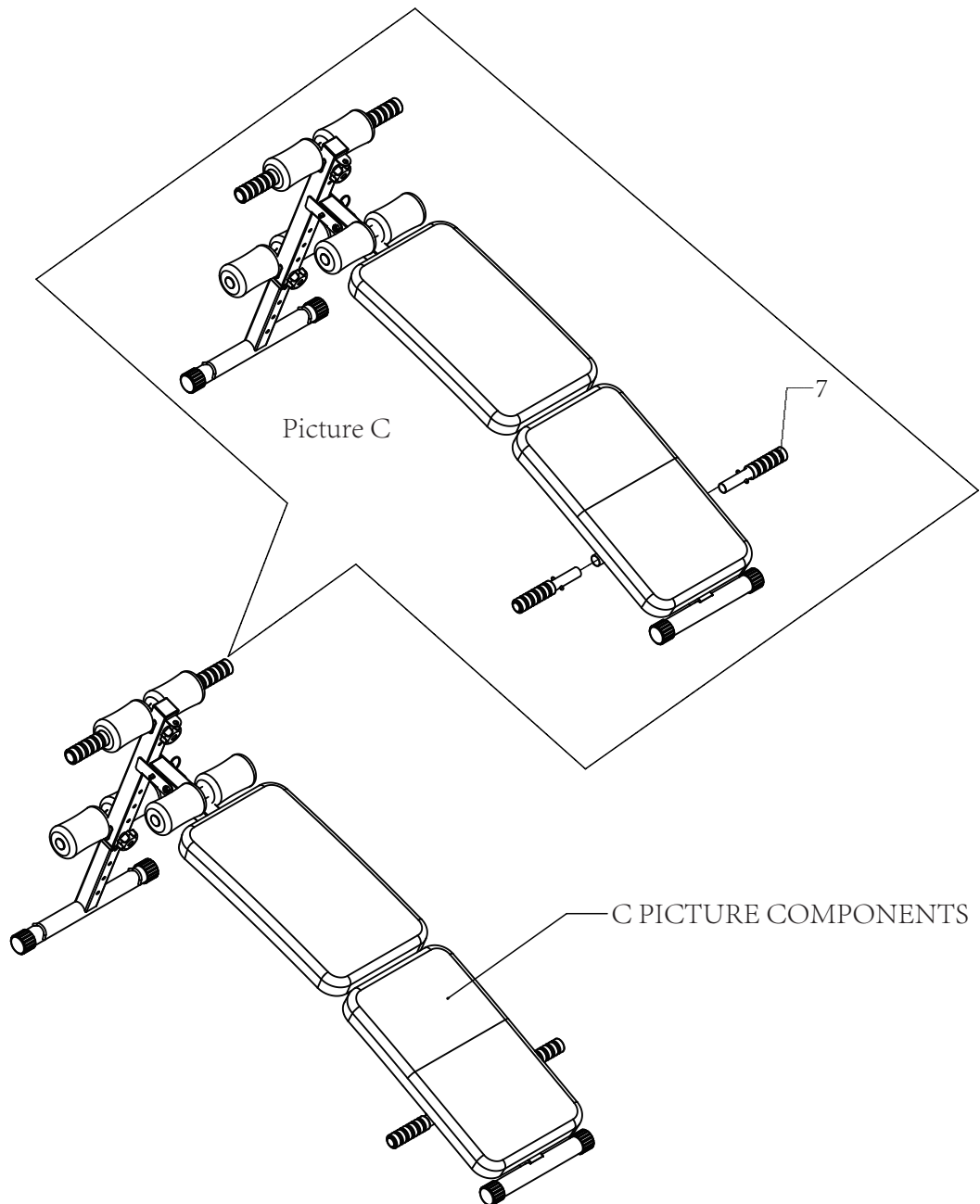


B PICTURE COMPONENTS

STEP 2

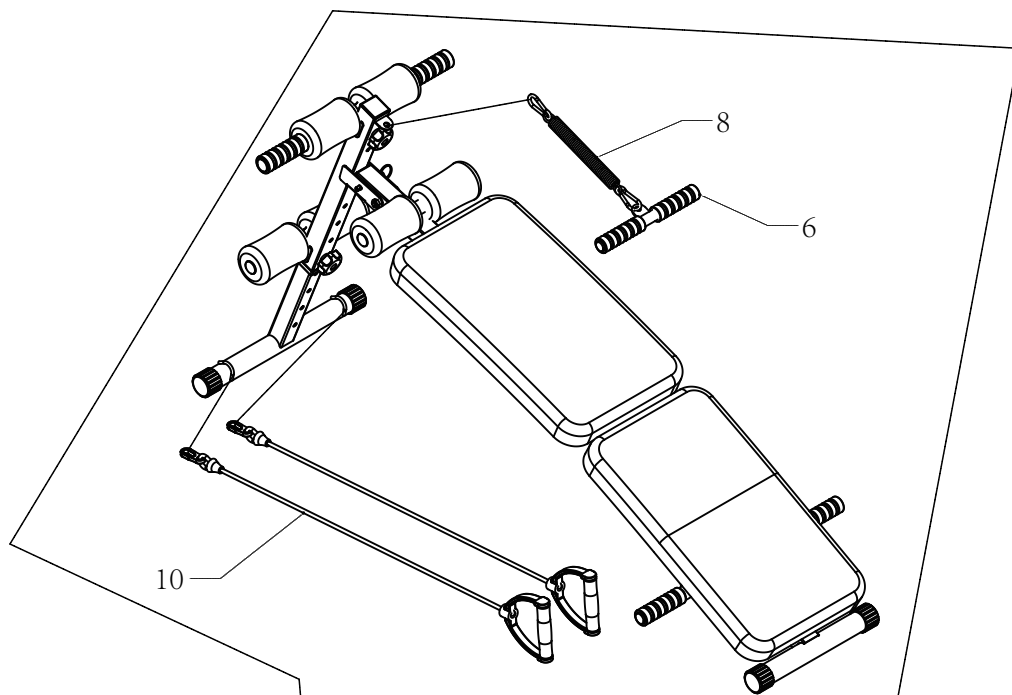
1a. Take out the main frame assembly (1), 3 pieces of ring bolt d10 * 55 (66) (11), 1 piece of hexagon head bolt M10 * 55 (13) and hexagon nut M10 (12). Align with the components in Figure A as shown in Figure B, align and install the corresponding holes, and tighten the related screws. The result is B components

INSTALLATION STEPS

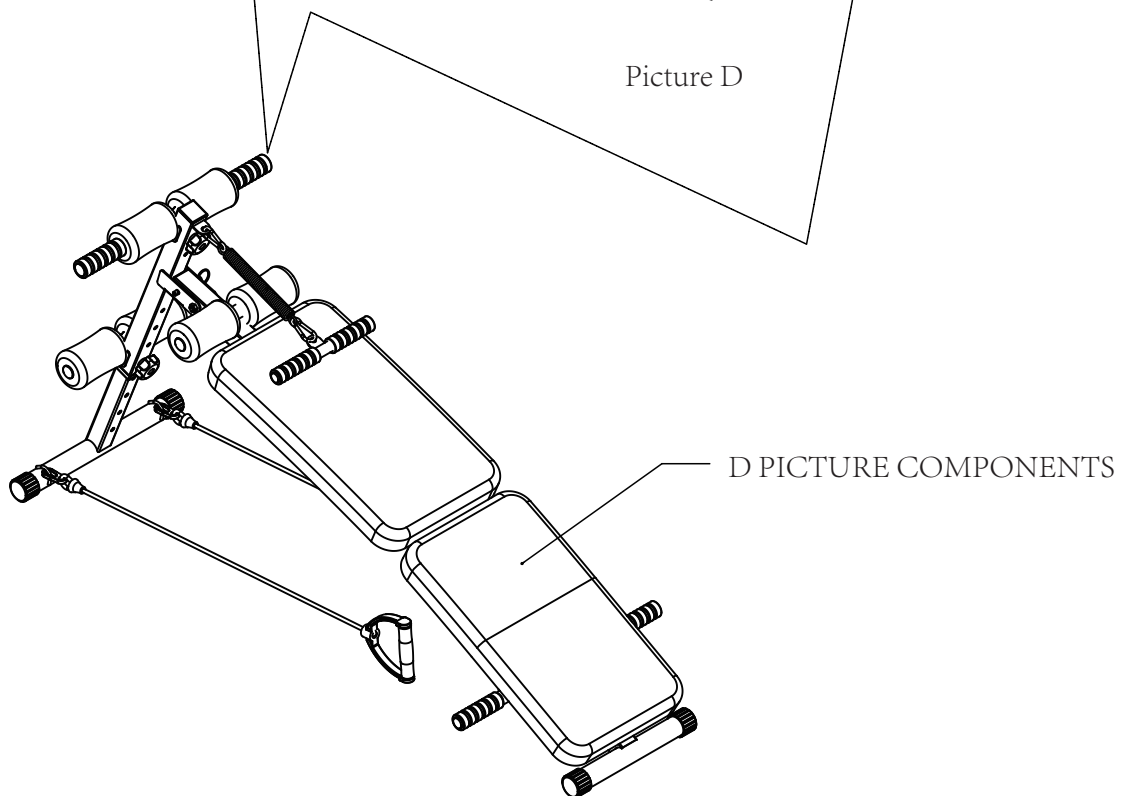


STEP 3

Take out the rear armrest assembly (7) 2 pieces and the assembly of B as shown in Fig. C, align and install the corresponding holes, the result is the assembly of C



Picture D



STEP 4

Take out the handle assembly (6), tension spring assembly (8), and pull rope assembly(10) Two pieces, as shown in Figure F align and install the corresponding holes, and the completed result is the component D. At this point, the entire product components are completed.

Using Environment

- 1.Children and pets should stay away from products at all time, and do not allow children to be unattended while being around the product.
- 2.Only one person should be on the bench at any point of time.
- 3.Stop training and consult your doctor immediately if you experience dizziness/chest pain/breathlessness or other discomfort.
- 4.please put the product on a clean surface, away from water sources.
- 5.When training, wear appropriate sportswear and footwear, Avoid wearing loose clothing that may get caught in the bench.
- 6.please use this product in accordance with the product description described in the manual.
- 7.Do not put any sharp or dangerous objects nearby this bench during workout.
8. Disabled users are not allowed to use this product without the supervision of professional personnel.
- 9.warm-up and stretching exercise should be done before workout to reduce the rates of injury.
- 10.Do not use this product if you suspect that it may be faulty.
- 11.we recommend users to workout with a friend/partner to lookout for each other.

Daily maintenance

1. Lubricate the parts regularly.
2. Check and tighten all parts of the product before using the device.
3. Use a damp towel to clean the bench after use, Avoid using a chemical solvent to clean the product.

Warning:

Before any training, please be sure to consult your health care providers, especially those with health problems, you acknowledge that you are utilizing our equipments voluntarily and are aware of risks involved in fitness and weight training in your own private compound, These include, but are not limited to, injuries sustained while utilizing our fitness equipment, any illness that could potentially be precipitated during workout(eg, heart attack, stroke ect) as well as sudden death. You also acknowledge that any damage to your property will be at your own risk.

