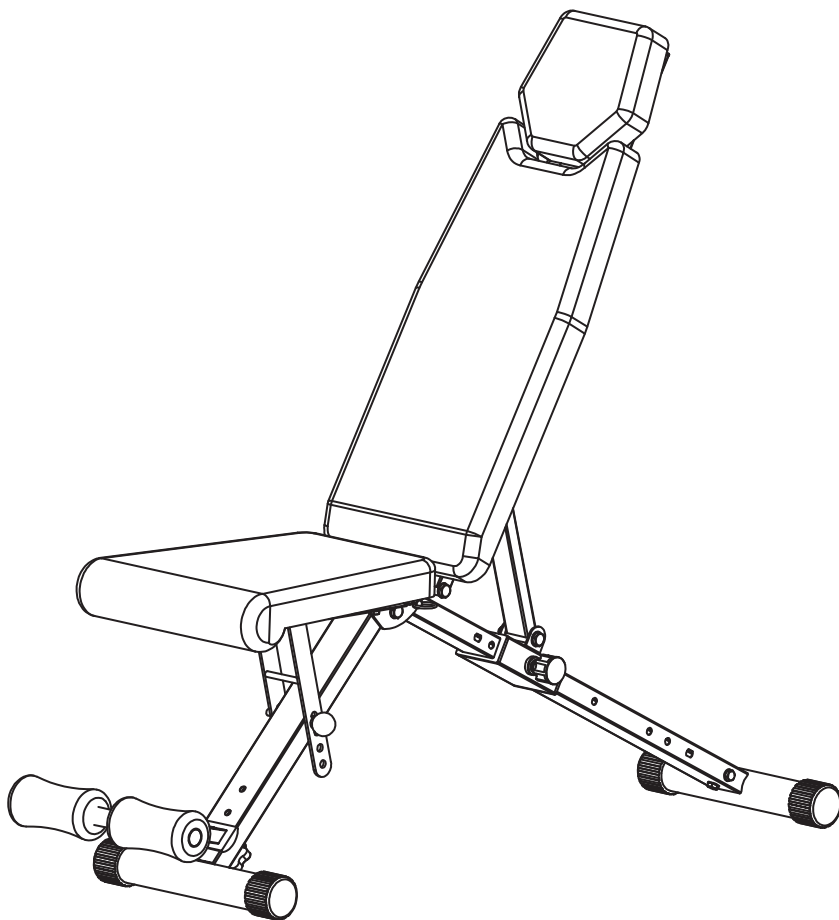




Foldable Bench schwarz



User's Manual

101177

Product Safety

WARNING: Please consult a physician before exercising or using this equipment. This equipment should not be used without your physician's review and approval. If you have any of the following conditions or use any of the following medications, please do not use this bench –

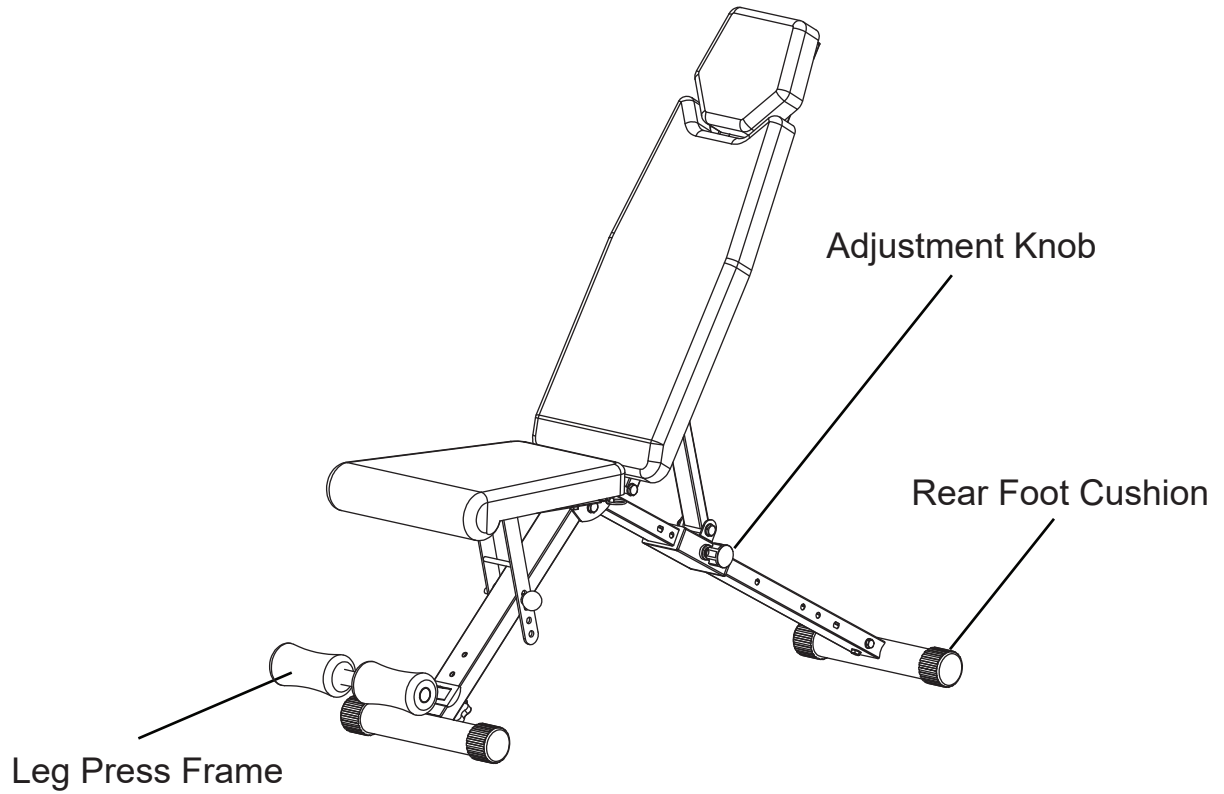
- High doses of aspirin or anti-coagulant medications
- Bone ailments that include fractures, unhealed fractures, Surgical pins, plates or supports, or Osteoporosis
- Hernias
- Heart conditions, heart weakness or circulatory issues that you are being treated for
- Ear infections or balance disorders
- Injuries to the back, spinal injuries, extremely swollen joints or cerebral sclerosis
- Pregnancy
- Obesity

The Maximum Weight Capacity for this product is 200kg. Only one person should use this piece of equipment at one time.





This equipment was designed to be used safely and responsibly. Please read all instructions and use caution before using this equipment. All nuts, bolts and screws included in the package should be used during assembly. Please consult the assembly instructions as you assemble the equipment, and then follow these safety instructions:

- 1) Consult your doctor or a physician before using this exercise equipment.
- 2) Use extreme care as you get on and off of the bench.
- 3) Stop use of equipment if you experience dizziness, light-headedness or you feel faint. Then contact your doctor or a physician.
- 4) Stop using this equipment if you feel any type of pain or discomfort.
- 5) Wear clothing appropriate to exercise and fitness when using this piece of equipment.
- 6) Do not allow children to operate this equipment.
- 7) Keep pets away from equipment while exercising.
- 8) Cease using this equipment if you feel nauseous or dizzy during a workout.
- 9) Do not operate equipment if it is malfunctioning or is damaged.
- 10) Place bench on a level surface. Do not place bench outside.
- 11) Do not place hands, feet, fingers or toes near any moving parts.
- 12) Do not insert any item into open parts of the bench.
- 13) Do not wear long jewelry, baggy or loose clothing, or long hair while exercising on the bench.
- 14) No individual under the age of 12 should attempt to operate this bench

Product Diagram

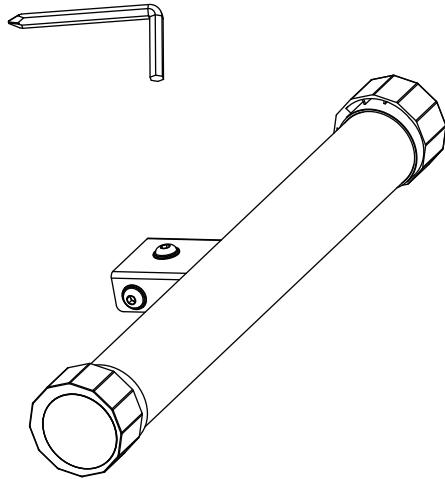


Part List

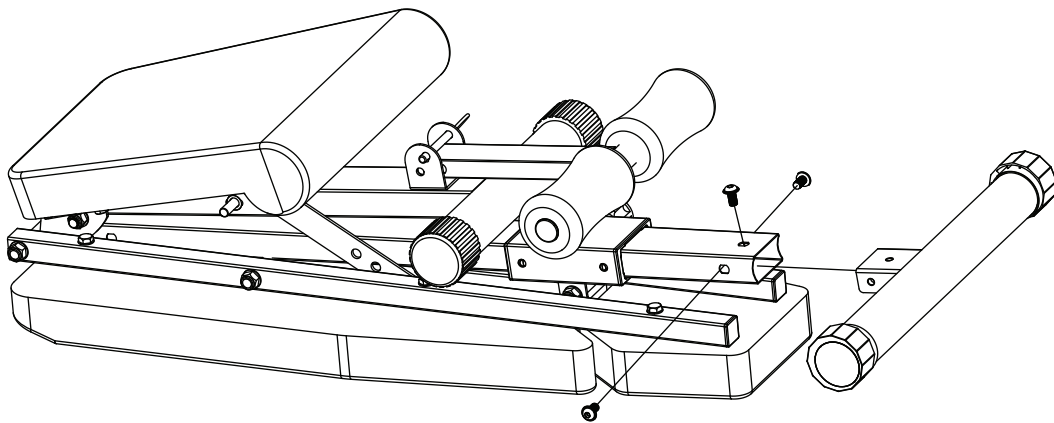
Part 1	Part 2	Part 3	Part 4
			
Ball Head Pin	Long Ring Pin	Short Ring Pin	Pin Storage Bag

Assembly Instructions

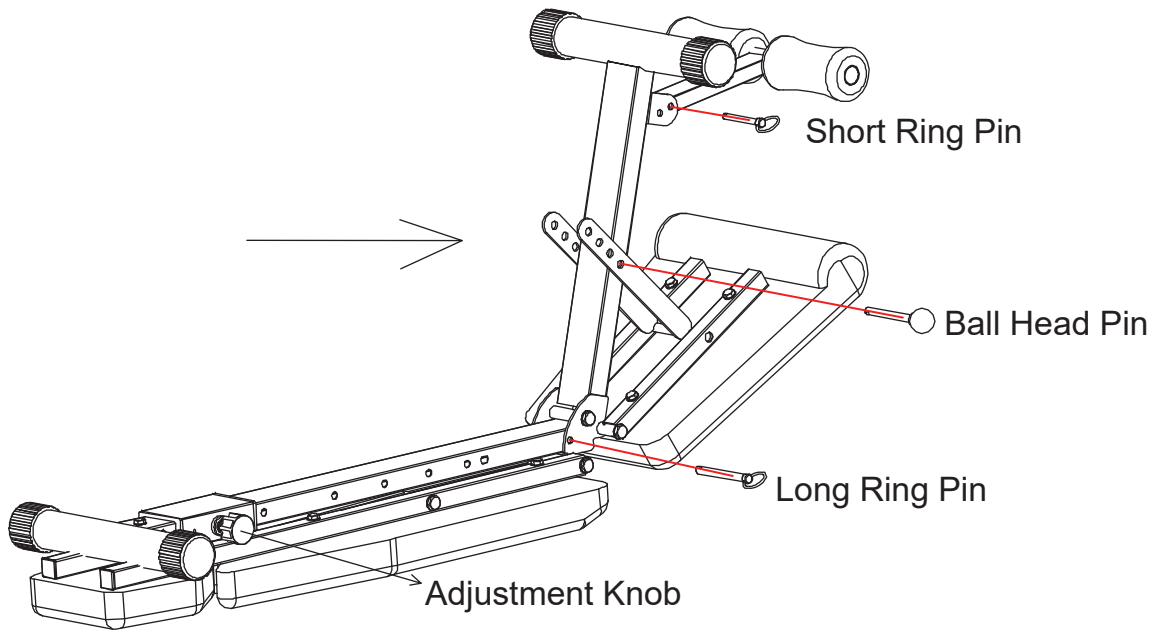
Step 1



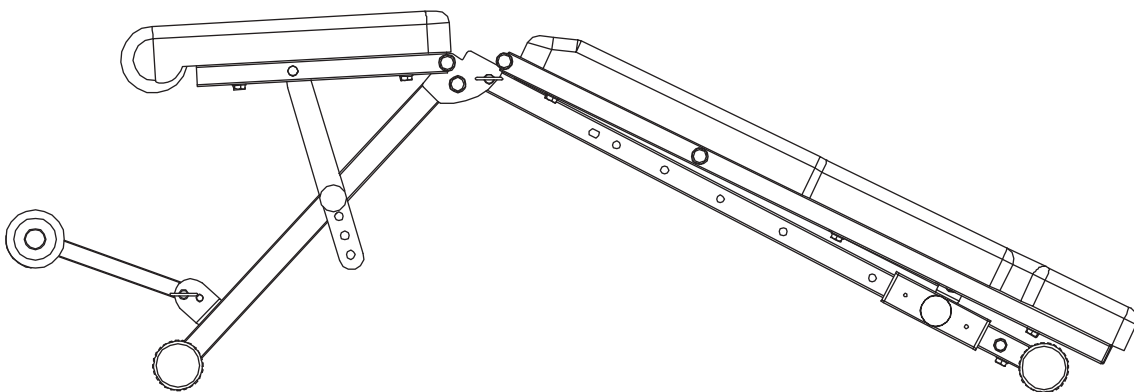
Step 2



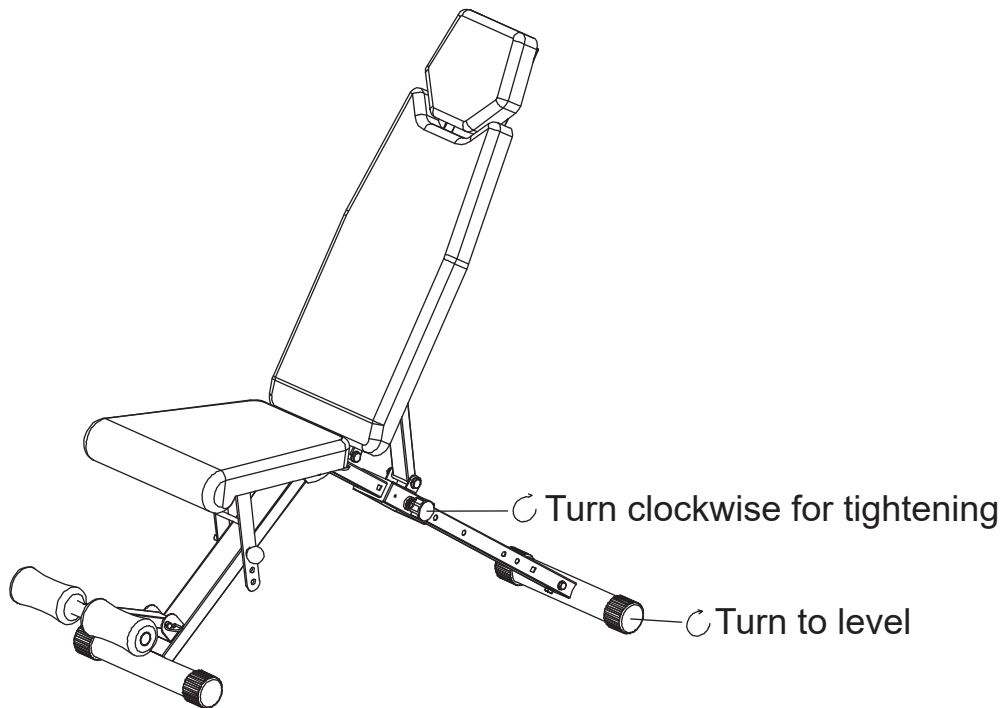
Step 3



Step 4



Step 5



FOLDING INSTRUCTIONS

Step 1: Position the backpad to decline position

Step 2: Flip the bench onto its pad

Step 3: Take out Short Ring Pin (3), Ball Head Pin (1) and Long Ring Pin (2), and put them away in the Pin Storage Bag (4).

Step 4: Pull out the Adjustment Knob with left hand, while folding the bench in with right hand.

Step 5: Put bench away.

