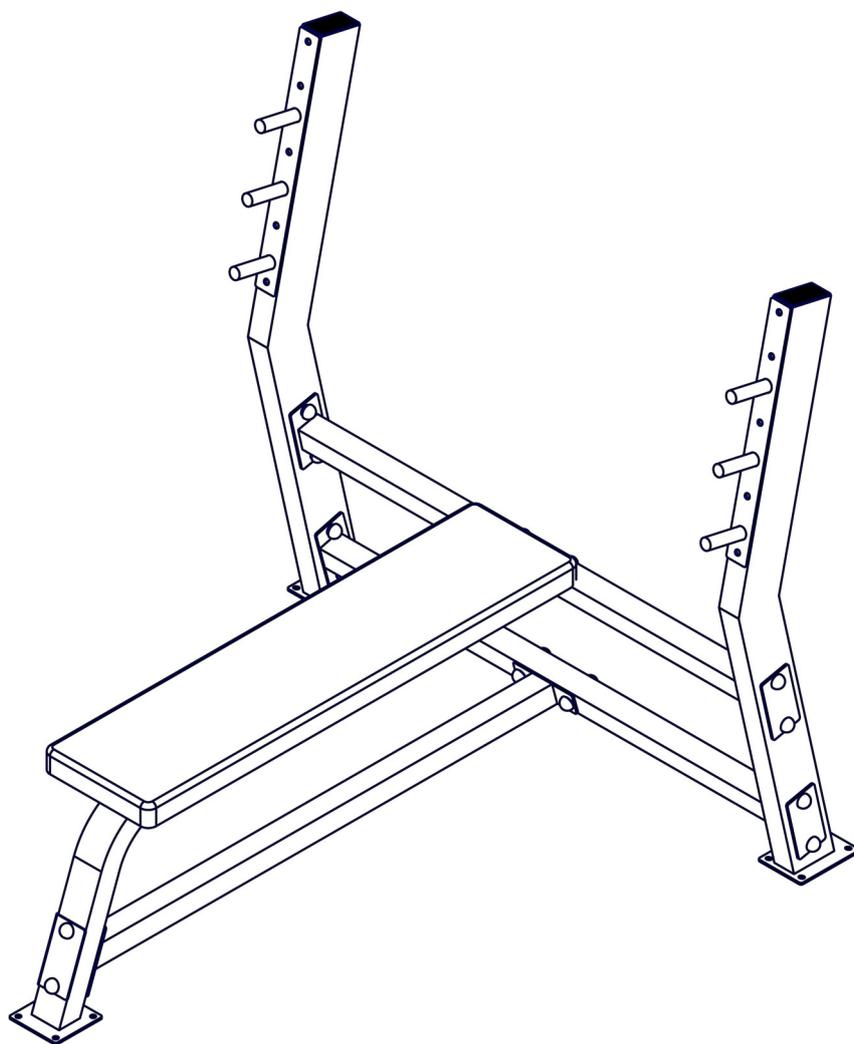


WEIGHT BENCH 200 OWNER'S MANUAL



IMPORTANT SAFETY INSTRUCTIONS

The product is intended for non-commercial/household use only.

- Failure to follow any of these safety instructions may result in serious injury.
- This product should be placed on a level surface at all times.
- Keep children and pets away from this product at all times. This product is designed and intended for adult use only.
- Warn bystanders to keep a safe distance. Do not allow anyone to touch or come near the equipment whilst it is in use. Supervise all users.
- Wear proper shoes such as those with rubber or high traction soles. Do not use with bare feet or shoes with leather soles.

WARNING!!!

Carefully remove all parts from the carton and remove all packaging.

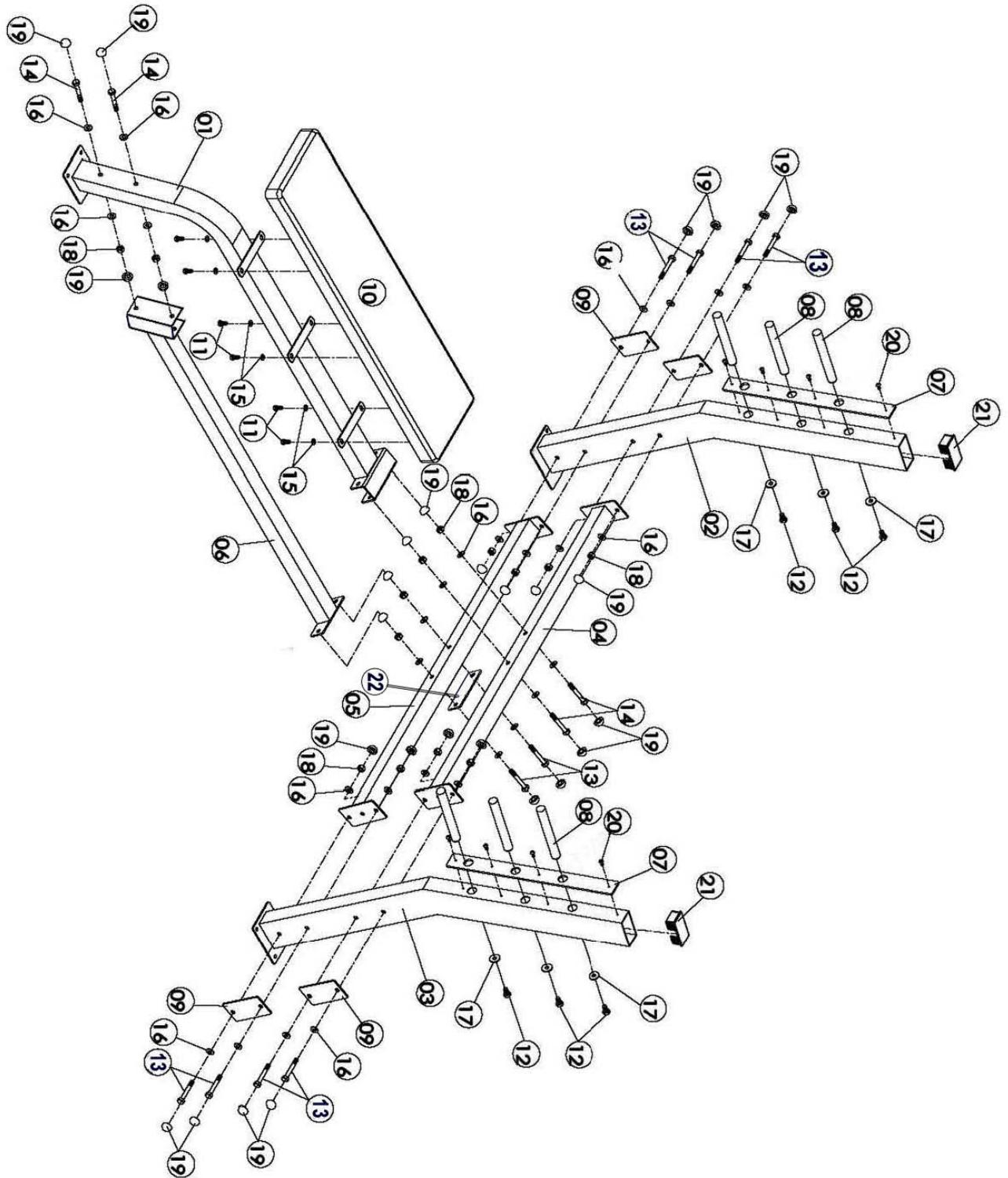
Do not dispose of packaging until completing assembly process.

Lay out all parts and check off Pre-Assembly Checklist.

IT IS RECOMMENDED THAT 2 PEOPLE COMPLETE THE ASSEMBLY PROCESS.

DO NOT OVERTIGHTEN BOLTS AND NUTS UNTIL MAIN FRAME HAS BEEN COMPLETELY ASSEMBLED.

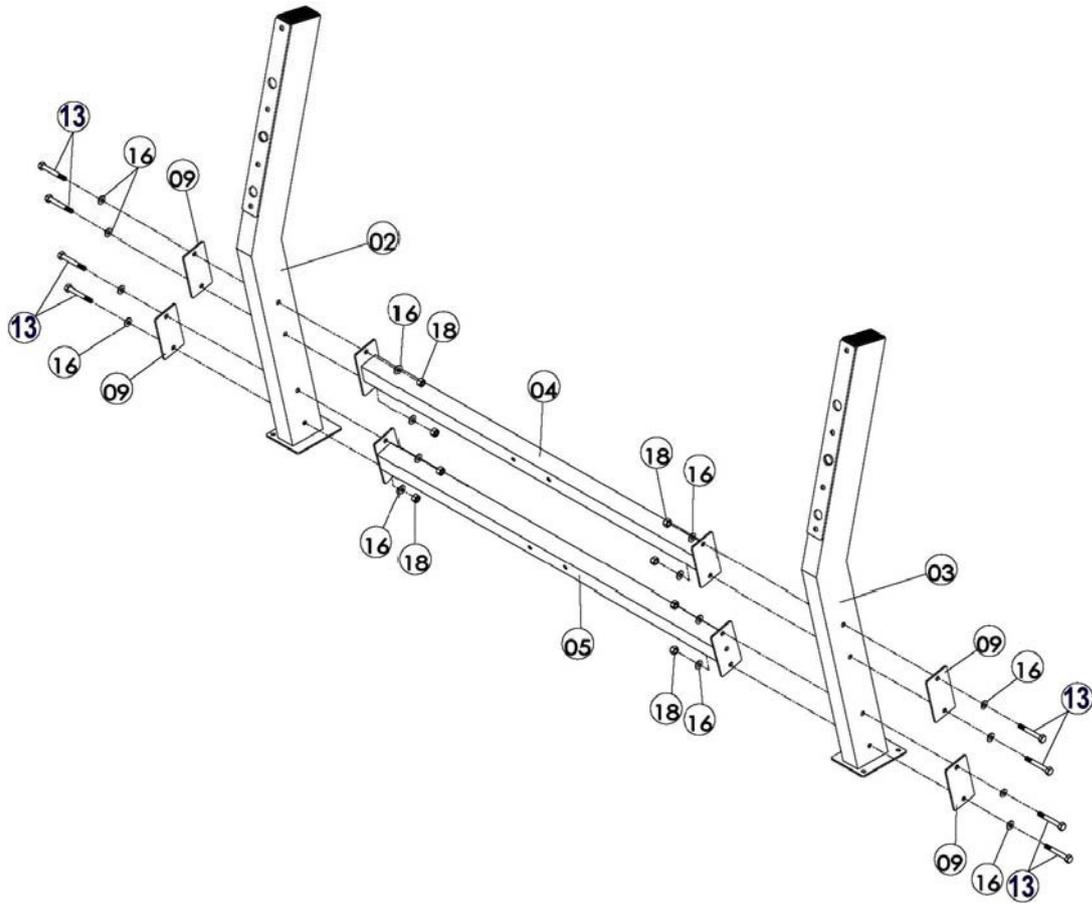
EXPLODED DRAWING



PART LIST

PART NO	DESCRIPTION	Q'TY
1	MAIN FRAME	1
2	RIGHT SUPPORT FRAME	1
3	LEFT SUPPORT FRAME	1
4	UP CONNECT FRAME	1
5	LOW CONNECT FRAME	1
6	CONNECT FRAME	1
7	STOP PLATE	2
8	SQUAT RACK SUPPORT	6
9	BIG CONNECT PLATE	4
10	BACK CUSHION	1
11	HEX BOLT M8*16	6
12	HEX BOLT M10*16	6
13	HEX BOLT M10*70	10
14	HEX BOLT M10*75	4
15	WASHER ϕ 8	6
16	WASHER ϕ 10	28
17	BIG WASHER ϕ 10	6
18	NYLON LOCK NUT M10	14
19	PLASTIC COVER	28
20	SCREW M6	8
21	END CAP 50*100	2
22	SMALL CONNECT PLATE	1

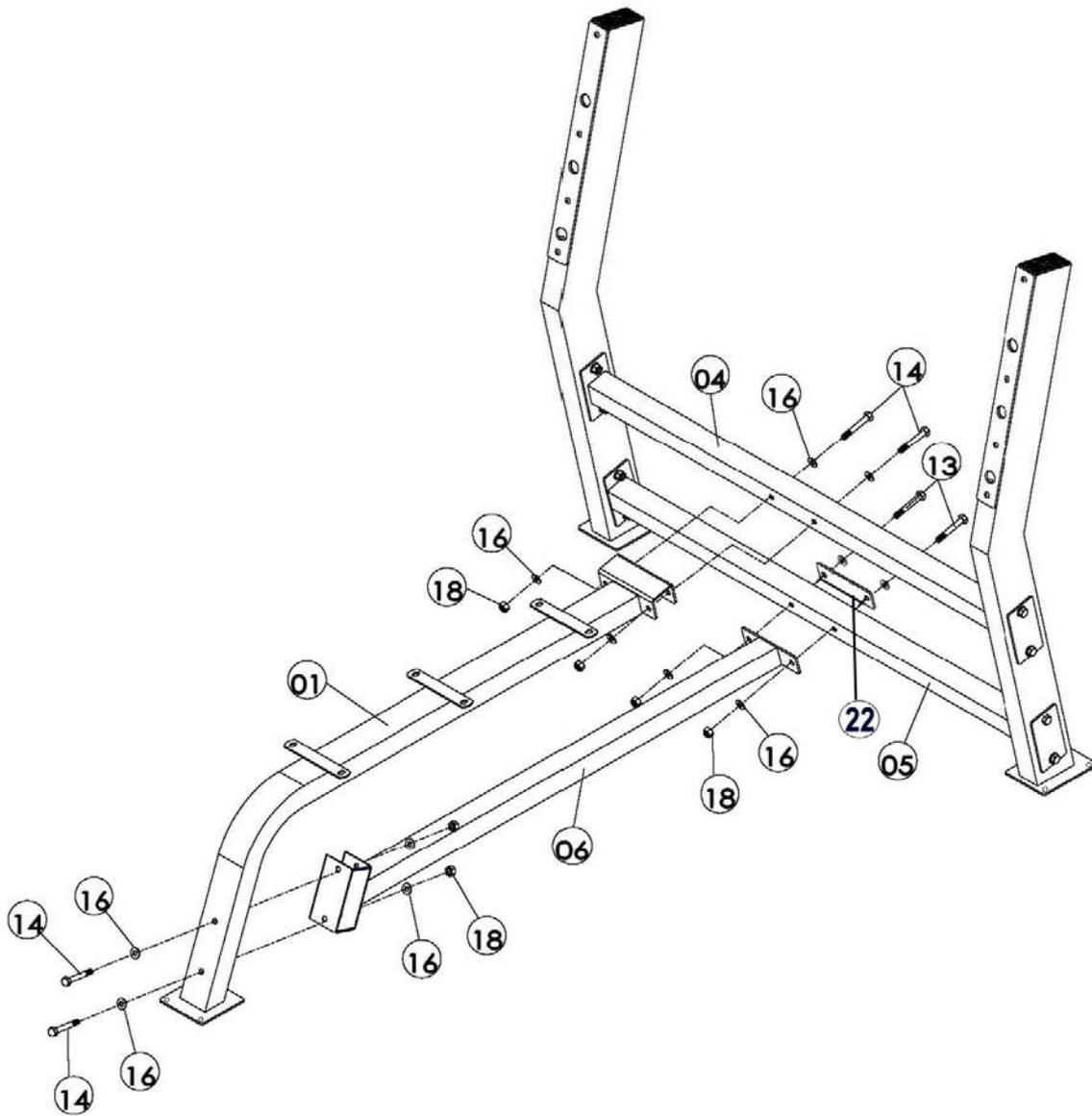
FIG-1



Step1(FIG-1):

1. Attach the low connect frame (05) to the right support frame (02) and left support frame (03), with hex bolt M10*70 (13), washer ϕ 10 (16), nylon lock nut M10 (18) and big connect plate (09).
2. Attach the top connect frame (04) to the right support frame (02) and left support frame (03), with hex bolt M10*70 (13), washer ϕ 10 (16), nylon lock nut M10 (18) and big connect plate (09).

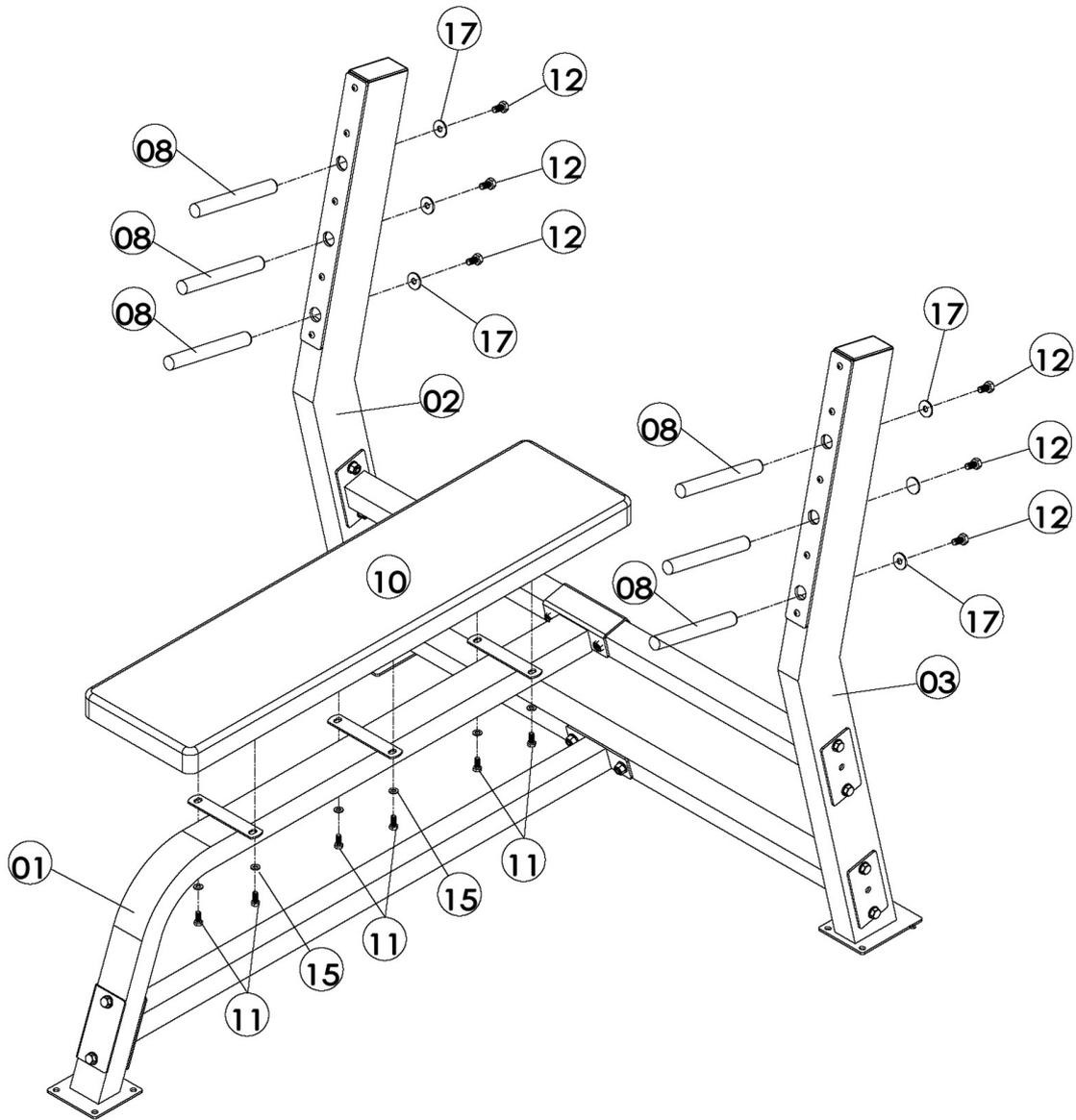
FIG-2



STEP2(FIG-2):

1. Attach main frame (01) to top connect frame (04) using hex bolt M10*75 (14), washer ϕ 10 (16) and nylon lock nut M10 (18).
2. Attach the connect frame (06) to main frame (01) and low connect frame (05), with small connect plate (22), hex bolt M10*75 (14), hex bolt M10*70 (13), washer ϕ 10 (16) and nylon lock nut M10 (18).

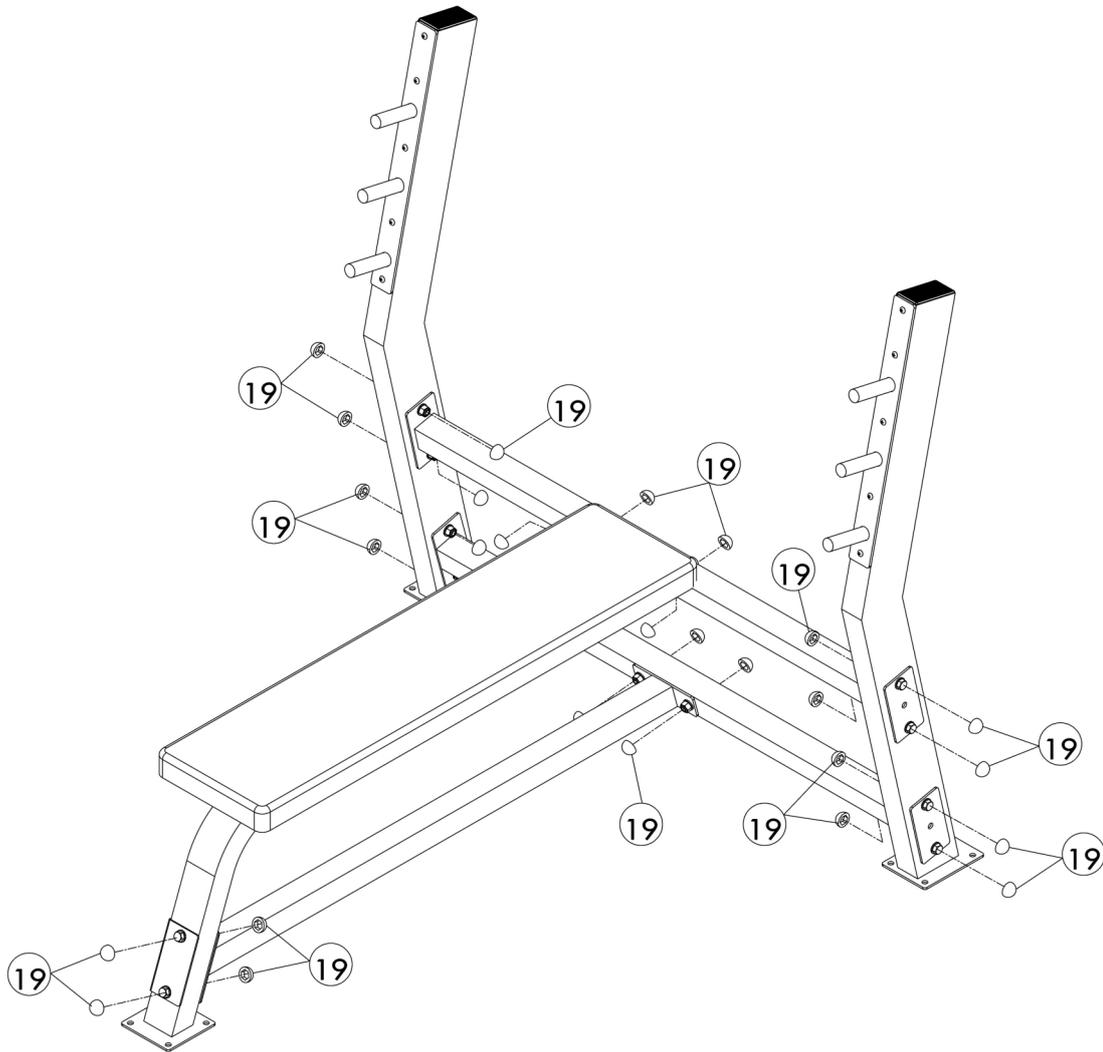
FIG-3



STEP3(FIG-3):

1. Attach back cushion (10) to the main frame (01), with hex bolt M8*16 (11) and washer $\phi 8$ (15).
2. Insert the squat rack support (08) into the right support frame (02) and left support frame (03), with hex M10*16 (12) and big washer $\phi 10$ (17).

FIG-4



STEP4(FIG-4):

1. Now, tighten all bolts and nuts. Then attach plastic cover (19) to bolts and nuts.

IMPLIED WARRANTY

The importer of this machine assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty is valid for 6 months, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period. The warranty applies to the following parts (as far as included in the scope of delivery): Frame, cable, electronic devices, wheels, pedals.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Wear parts and expendable parts are also not covered.

The device is only intended for home use. The warranty does not apply to commercial use of any kind. Keep this manual and the receipt for eventual future need.

Manufactured by:
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