

Per vedere il video di assemblaggio, scansionare il codice QR.
Le specifiche di questo prodotto possono variare rispetto alla figura,
e sono soggette a modifiche senza preavviso.

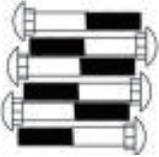
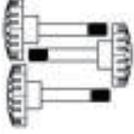
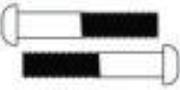
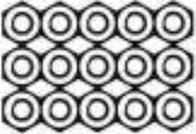
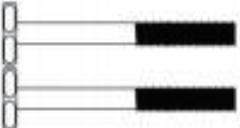
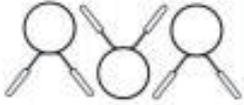
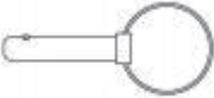
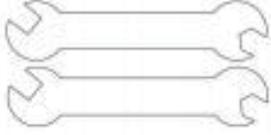
**IMPORTANTE - CONSERVARE QUESTE INFORMAZIONI
PER CONSULTARLE IN SEGUITO: LEGGERE ATTENTAMENTE**

ISTRUZIONI DI ASSEMBLAGGIO

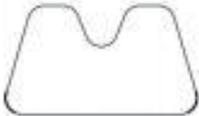
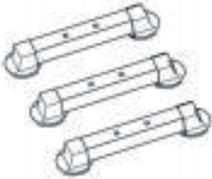
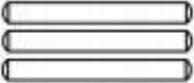
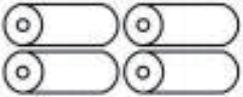
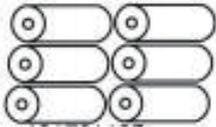
AVVISO !

- Leggere e conservare questo manuale d'istruzione per un uso futuro.
- Si prega di non superare i limiti di peso consentiti da questo articolo.
- Peso massimo per gli utenti: 330 libbre/150 kg.
- Non salire né utilizzare alcuna parte di questo prodotto come scala a pioli.
- Fissare saldamente tutti i bulloni, le viti e le manopole prima dell'uso.
- Durante il primo montaggio, stringere le viti senza stringerle completamente. Non stringere completamente le viti finché il prodotto non è completamente assemblato.
- Prestare attenzione poiché' alcune parti sono pesanti e presentano spigoli vivi.
- Se qualche parte risulta mancante, rotta, danneggiata o usurata, interrompere l'utilizzo del prodotto finché non vengono effettuate le riparazioni necessarie e/o non vengono installate le parti di ricambio fornite dal produttore.

VITERIA

 <p>1. BULLONE M10 × 65mm 4 PZ</p>	 <p>2. BULLONE A TESTA TONDA M10 × 65mm 6 PZ</p>	 <p>3. MANOPOLA M10 × 55mm 3PZ</p>	 <p>4. BULLONE M8 × 55mm 1PZ</p>
 <p>5. VITE M8 × 20mm 6PZ</p>	 <p>6. VITE M10 × 55mm 2PZ</p>	 <p>7. VITE M8 × 16mm 2PZ</p>	 <p>8. VITE M6 × 16mm 4PZ</p>
 <p>9. DADO M10 15PZ</p>	 <p>10. BULLONE M6 × 40mm 4PZ</p>	 <p>11. RONDELLA M10 10PZ</p>	 <p>12. RONDELLA M8 3PZ</p>
 <p>13. DADO M8 3PZ</p>	 <p>14. BULLONE ESAGONALE M10 × 160mm 1PZ</p>	 <p>15. BULLONE ESAGONALE M10 × 130mm 2PZ</p>	 <p>16. MORSETTO Φ 25 3PZ</p>
 <p>17. Perno con coppiglia M8 × 50mm 1PZ</p>	 <p>18. # 6 CHIAVE A BRUGOLA 1PZ 19.</p>	 <p>20. 13-17 CHIAVE INGLESE 2PZ</p>	

PARTI

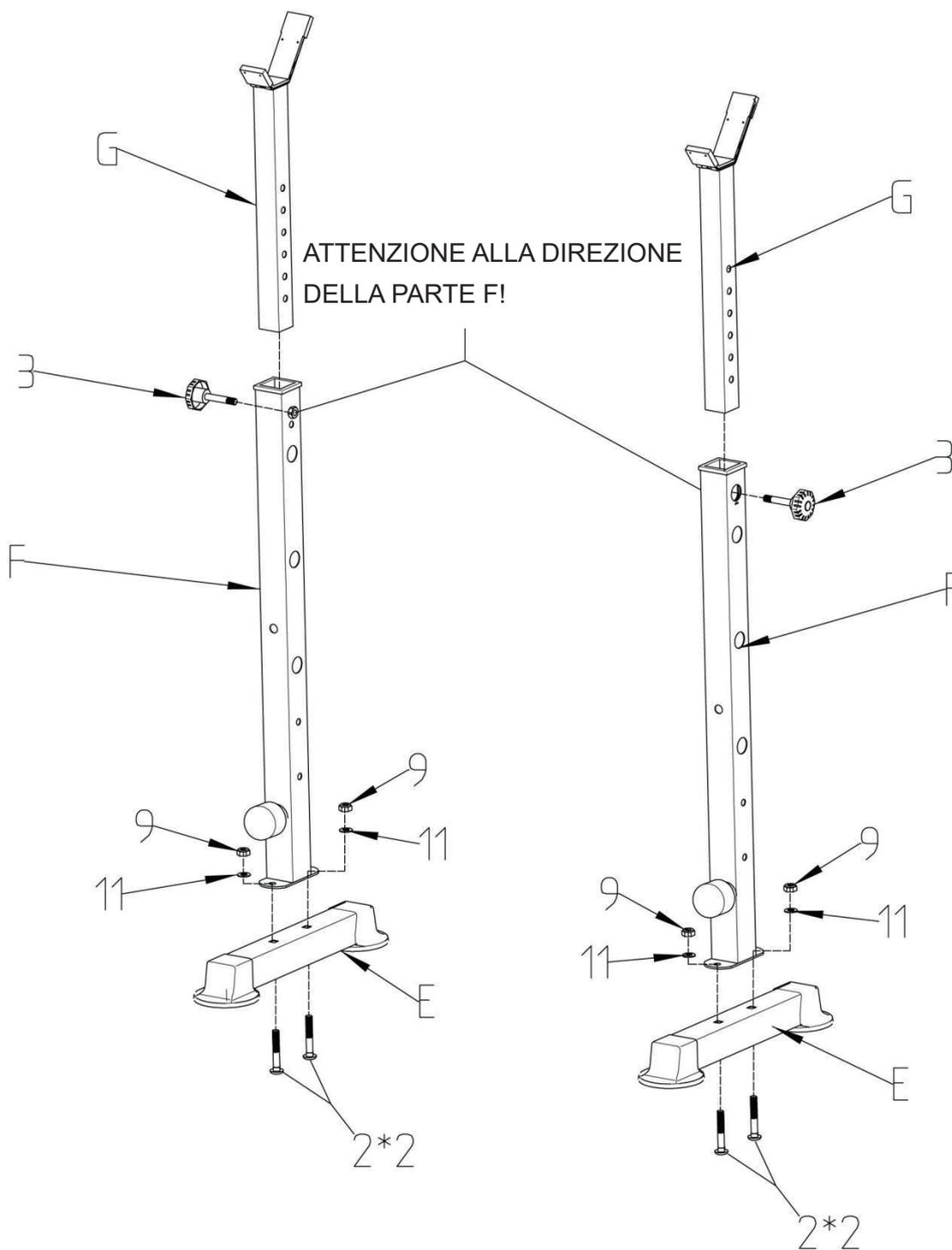
 <p>A. CUSCINETTO SCHIENALE 1PZ</p>	 <p>B. CUSCINETTO GOMITI 1PZ</p>	 <p>C. CUSCINETTO SEDILE 1PZ</p>	 <p>D. TELAIO PRINCIPALE 1PZ</p>
 <p>E. GAMBE LATERALI 3PZ</p>	 <p>F. TELAIO LATERALE 2PZ</p>	 <p>G. TELAIO LATERALE SUPERIORE 2PZ</p>	 <p>H. BARRA DI CONTROLLO ANGOLAZIONE 1PZ</p>
 <p>J. SUPPORTO QUADRATO 1PZ</p>	 <p>K. SUPPORTO BRACCIA 2PZ</p>	 <p>L. BRACCIOLO 2PZ</p>	 <p>M. MANIGLIA 1PZ</p>
 <p>N. SUPPORTO FISSO 1PZ</p>	 <p>P. SUPPORTO ANTERIORE 1PZ</p>	 <p>Q. SUPPORTO GOMITI 1PZ</p>	 <p>R. TELAIO GAMBE 1PZ</p>
 <p>S. Ø22 SUPPORTO CIRCOLARE 1PZ</p>	 <p>T. Ø19 SUPPORTO CIRCOLARE 3PZ</p>	 <p>U. 17*73*130mm RULLO IN SPUGNA 4PZ</p>	 <p>V. 13*70*125mm RULLO IN SPUGNA 6PZ</p>
 <p>W. TELAIO SCHIENALE 2PZ</p>			

NOTE: SI PREGA DI PRESTARE ATTENZIONE ALLA DIREZIONE SINISTRA E DESTRA TRA LA PARTE F (TELAIO LATERALE) E LA PARTE K (SUPPORTO BRACCIA) DURANTE L'INSTALLAZIONE

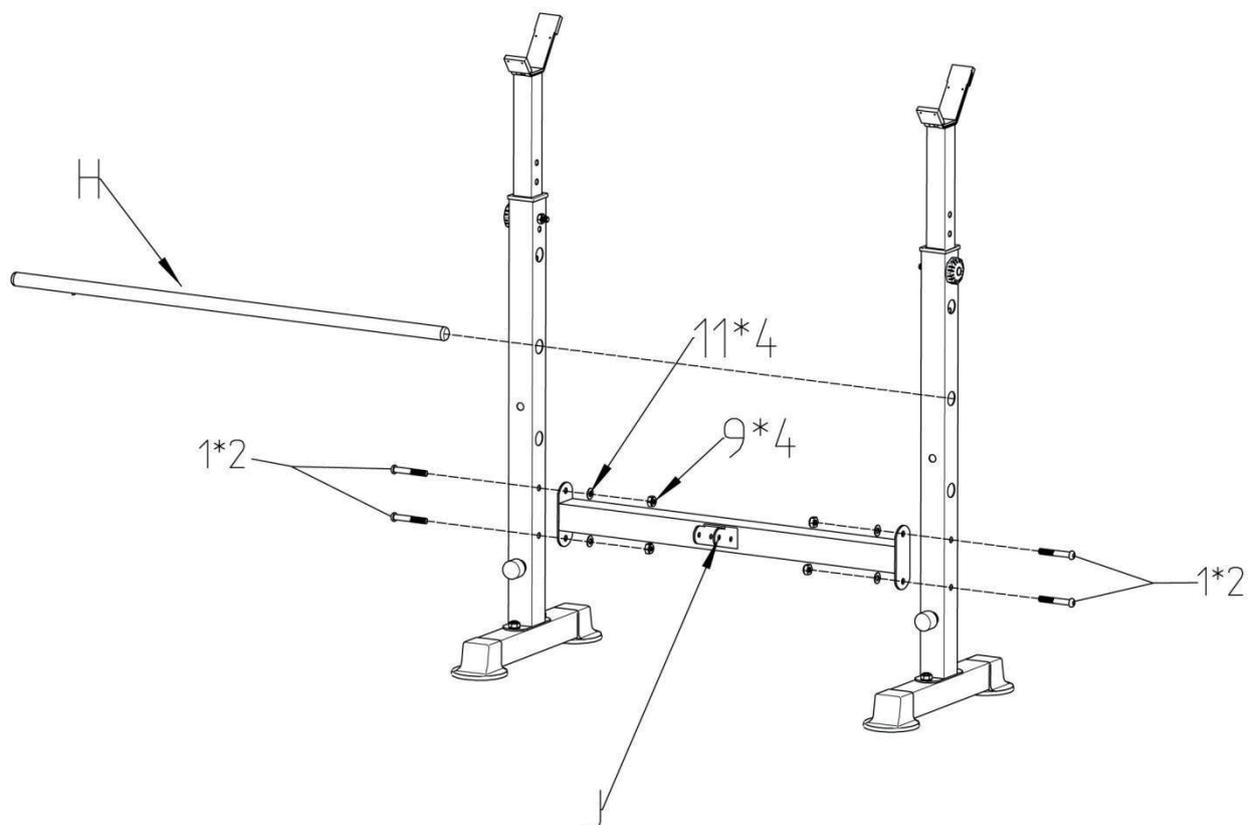
ASSEMBLAGGIO DEL PRODOTTO

Step1: Fissare le gambe laterali E separatamente nei telai laterali F con quattro Bulloni a testa tonda parte 2, quattro Rondelle parte 11 e quattro Dadi parte 9.

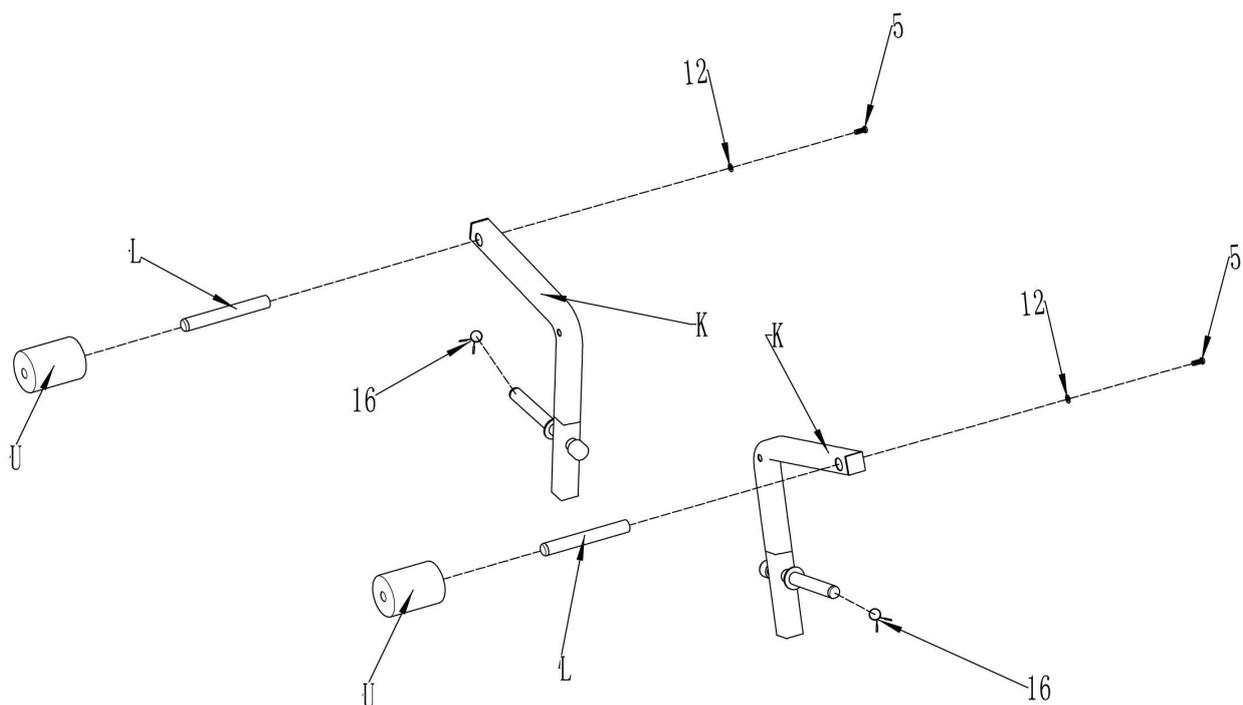
Inserire i due telai laterali superiori G e fissarli con due Manopole parte 3.



Step2: Fissare la parte J supporto quadrato in quattro Bullone parte 1, quattro Rondelle parte 11 e quattro Dadi parte 9. Inserire la Barra di controllo dell'angolazione parte H.

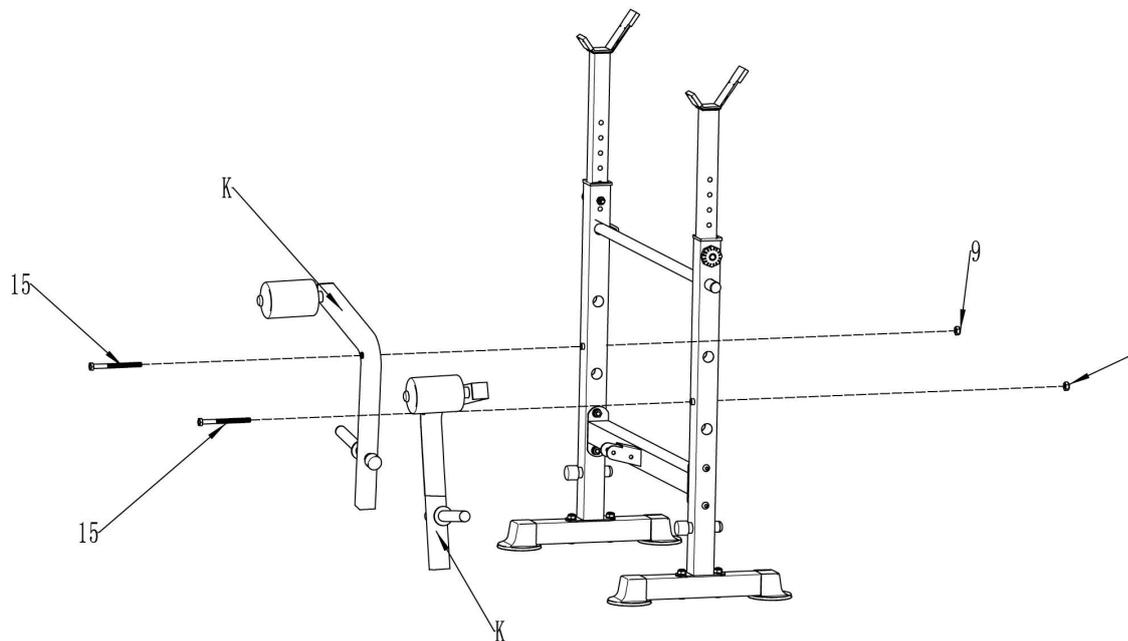


Step3: Fissare i due bracci a L con due rulli in spugna U 17*73*130 mm, ai supporti del braccio K con due Viti parte 5, due Rondelle parte 12 e due Morsetti parte 16.

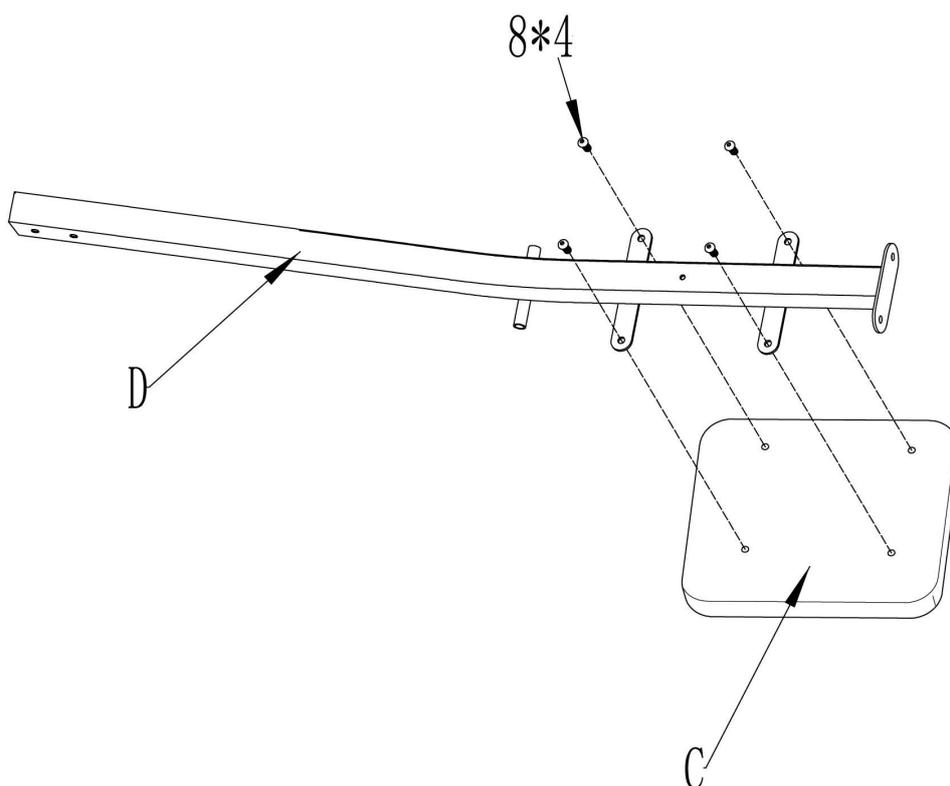


ATTENZIONE ALLA DIREZIONE DELLA PARTE K!

Step4: Fissare i supporti dei braccioli ai telai laterali con due Bulloni esagonali parte 15 e due Dadi parte 9.



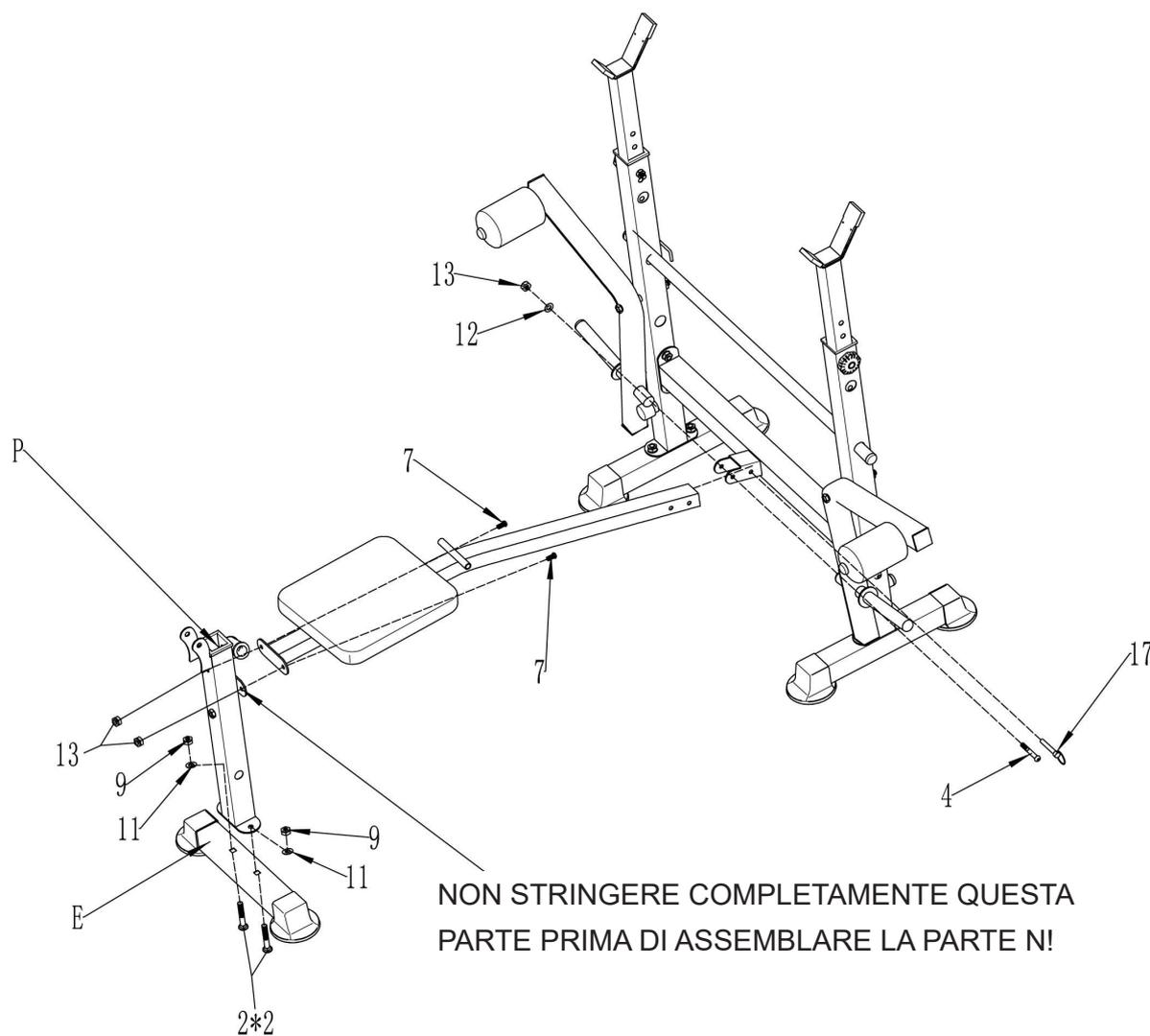
Step5: Fissare il telaio principale della parte D al cuscino del sedile della parte C con quattro viti parte 8.



Step6: Fissare il Supporto anteriore parte P alla Gamba laterale parte E con due Bulloni a testa tonda parte 2, due Rondelle parte 11 e due Dadi parte 9.

Fissare il telaio principale ai telai laterali con un Bullone parte 4, una Rondella parte 12 e un Dado parte 13. Inserire il Perno con coppiglia parte 17.

Fissare il supporto anteriore al telaio principale con due Viti parte 7 e due Dadi parte 13.

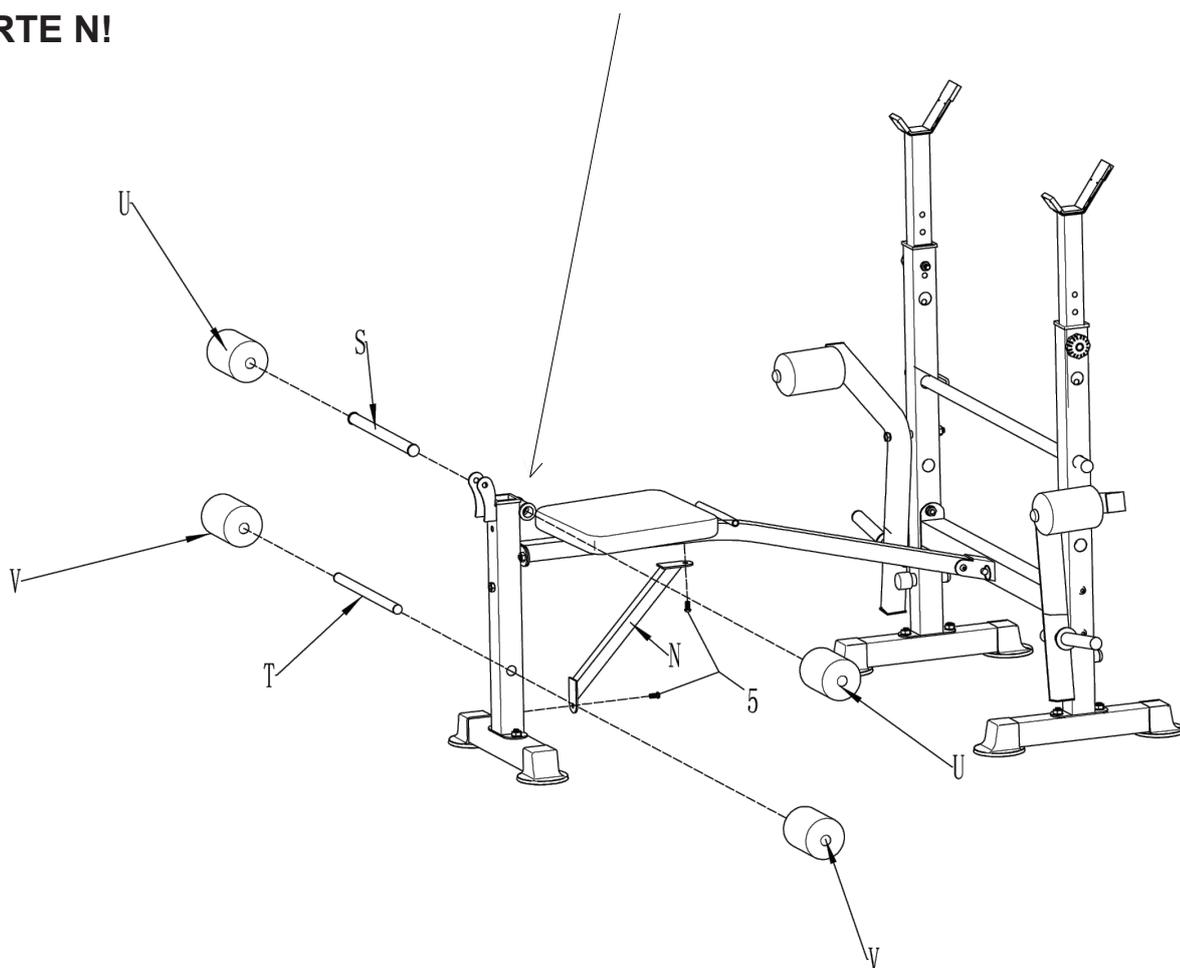


Step7: Fissare il Supporto fisso parte N al Telaio principale e al Supporto anteriore con due Viti parte 5.

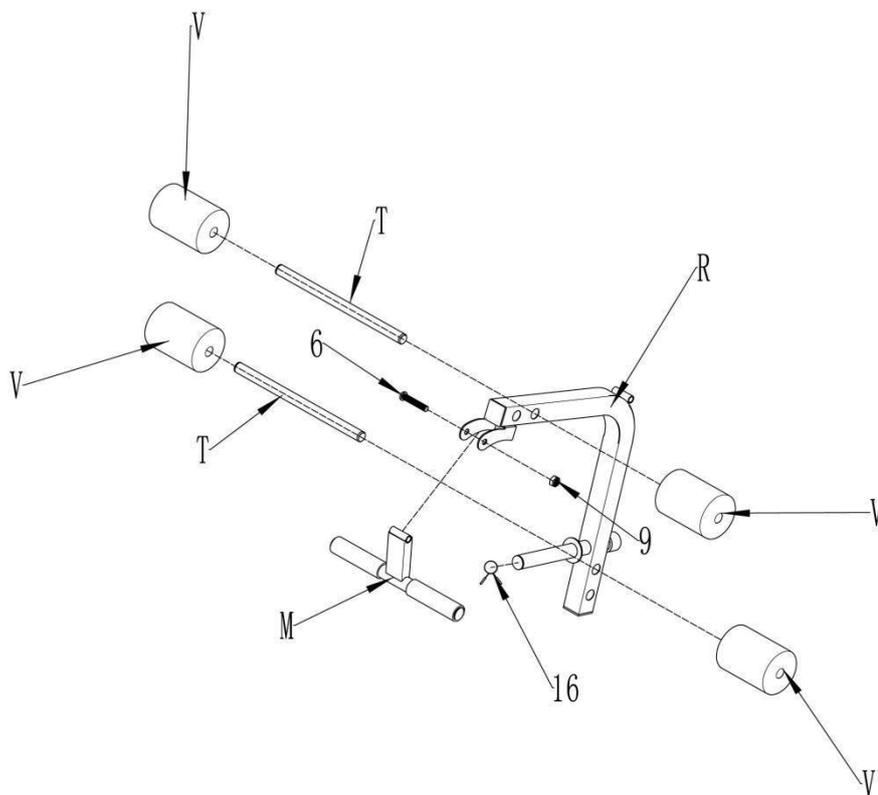
Inserire il Supporto rotondo $\Phi 22$ parte S con due Rulli in spugna 17*73*130 mm parti U.

Inserire un Supporto circolare parte T $\Phi 19$ con due Rulli in spugna 13*70*125 mm parti V.

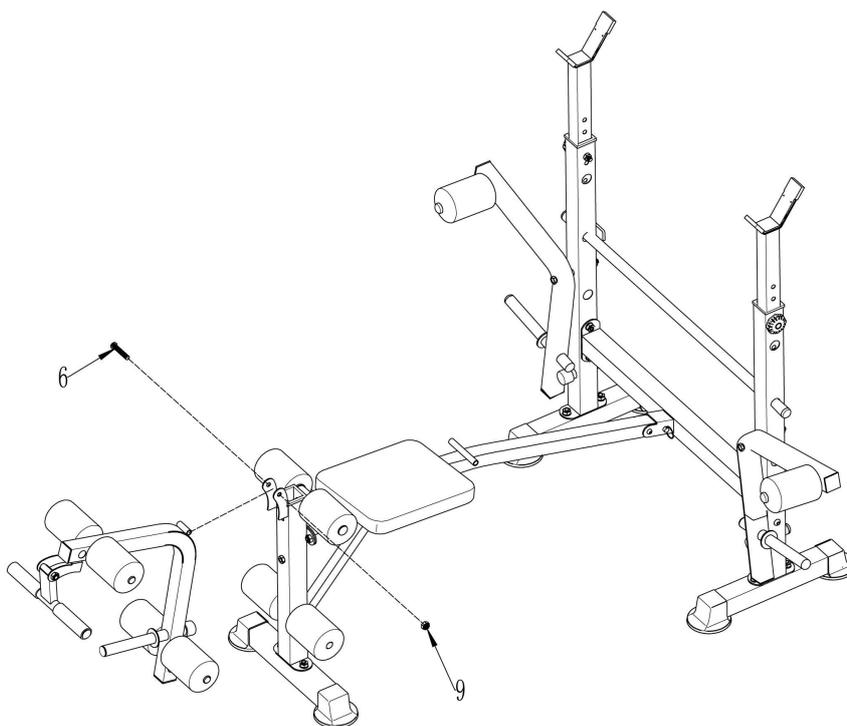
STRINGERE COMPLETAMENTE QUESTA PARTE DOPO AVER ASSEMBLATO LA PARTE N!



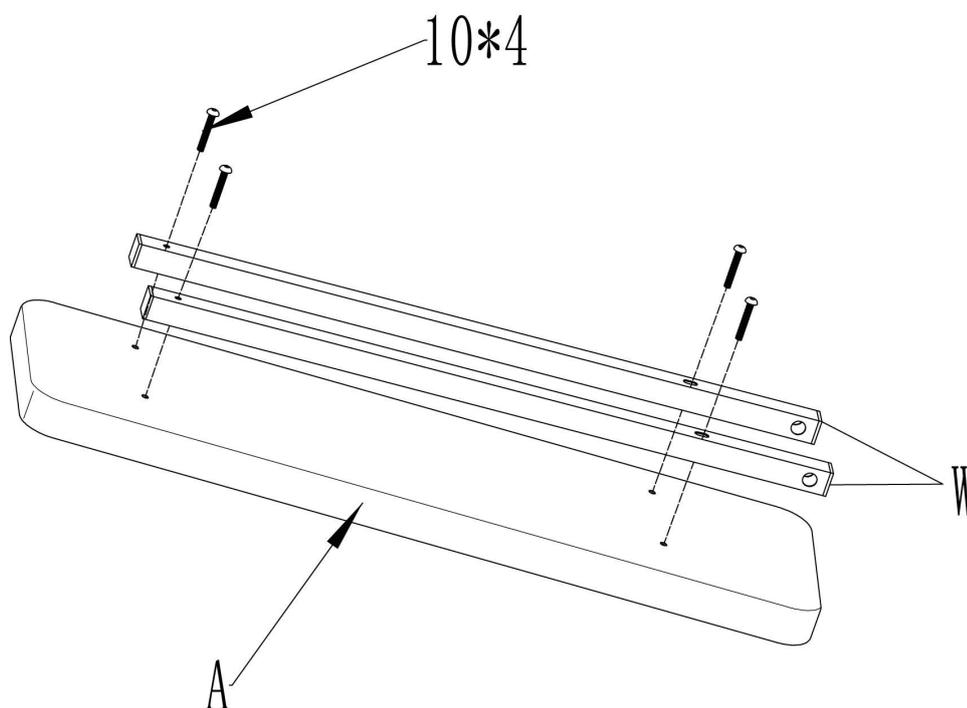
Step8: Fissare la Maniglia parte M al Telaio della gamba parte R con un Bullone parte 6, un Dado parte 9 e un Morsetto parte 16.
Inserire due Supporti circolari $\Phi 19$ parte V con quattro Rulli in spugna 13*70*125 mm parte V.



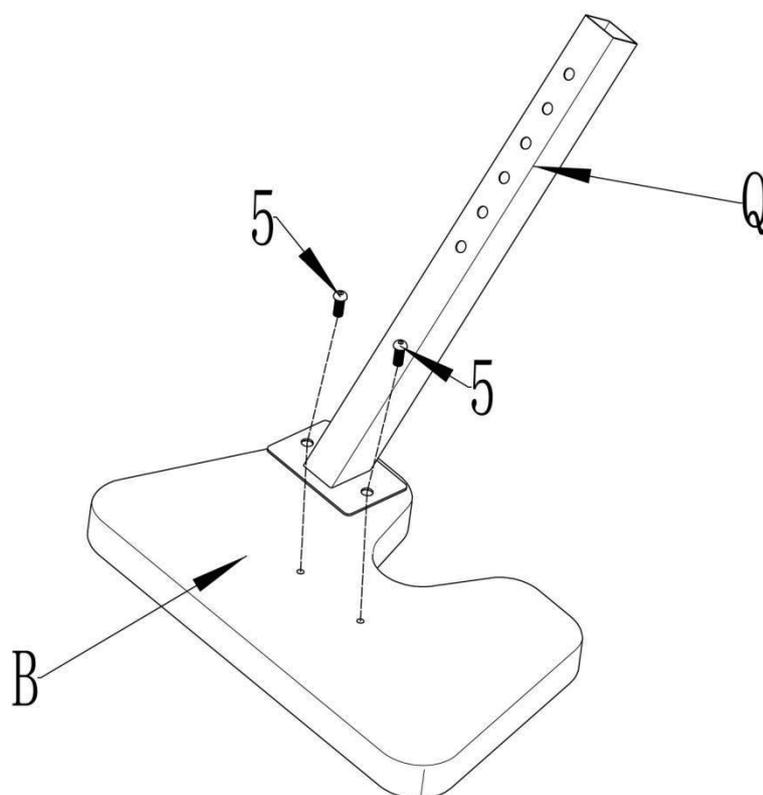
Step9: Fissare il Telaio delle gambe al Supporto anteriore con un Bullone parte 6 e un Dado parte 9.



Step10: Fissare i due Telai dello schienale parti W al Cuscinetto dello schienale parte A con quattro Bulloni parte 10.

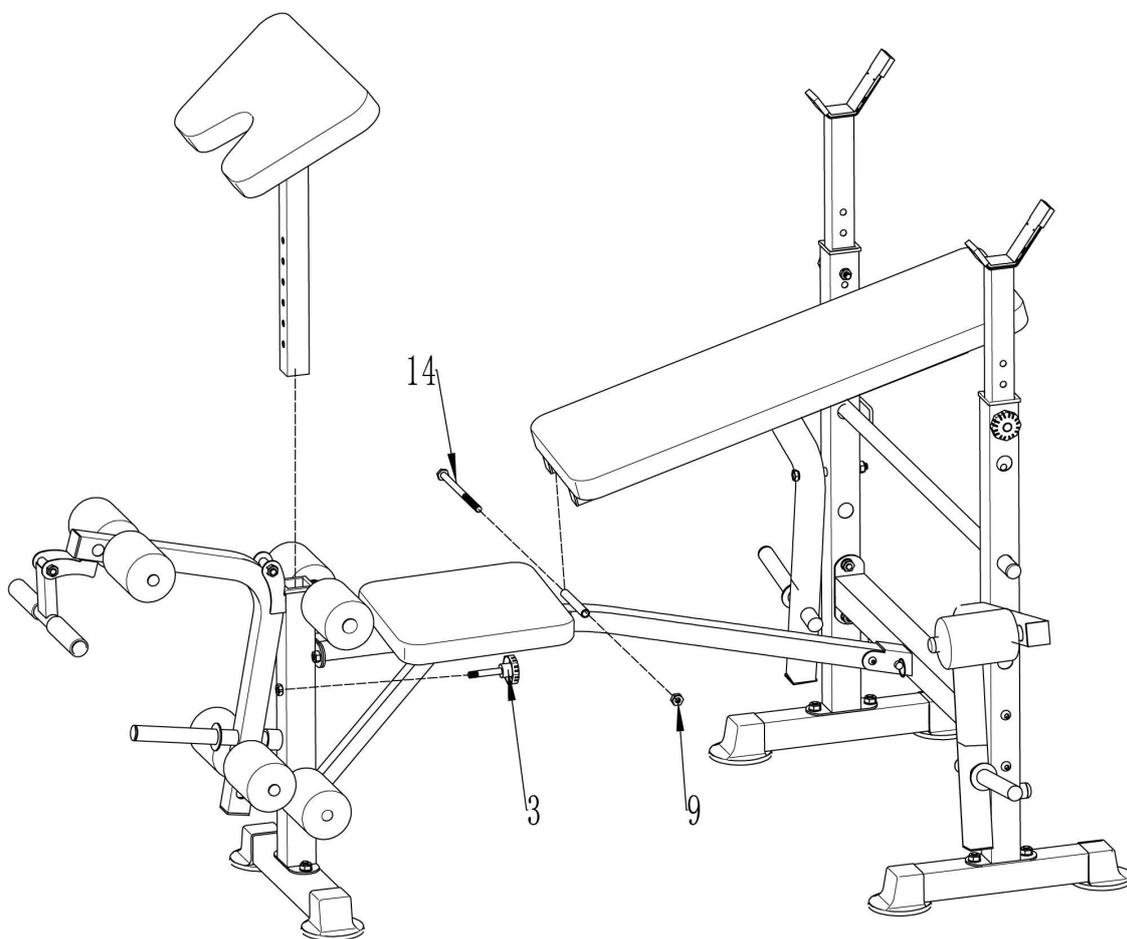


Step11: Fissare il Supporto del gomito parte Q al Cuscinetto del gomito parte B con due Viti parte 5.



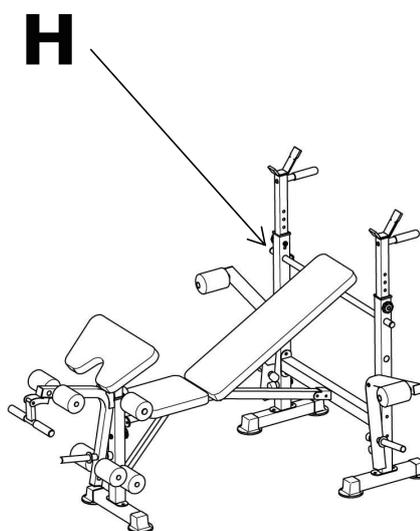
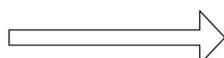
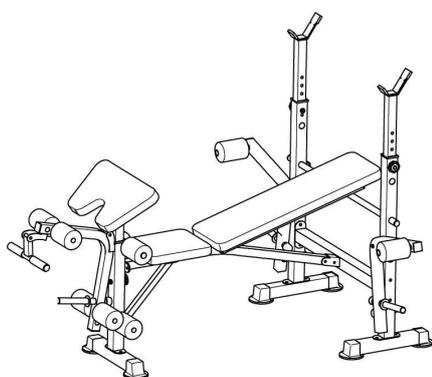
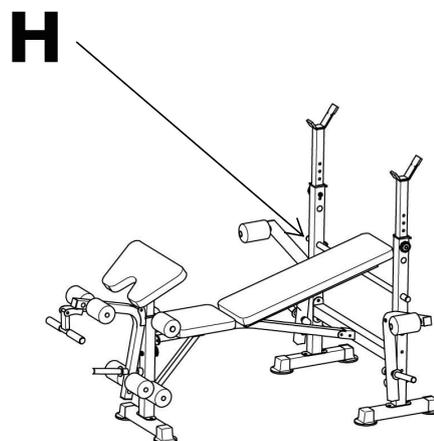
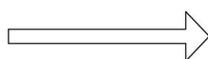
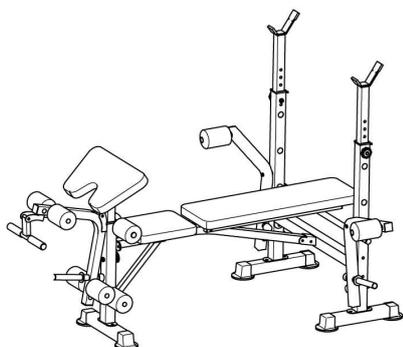
Step12: Fissare lo Schienale al Telaio principale con un Bullone esagonale parte 14 e un Dado parte 9.

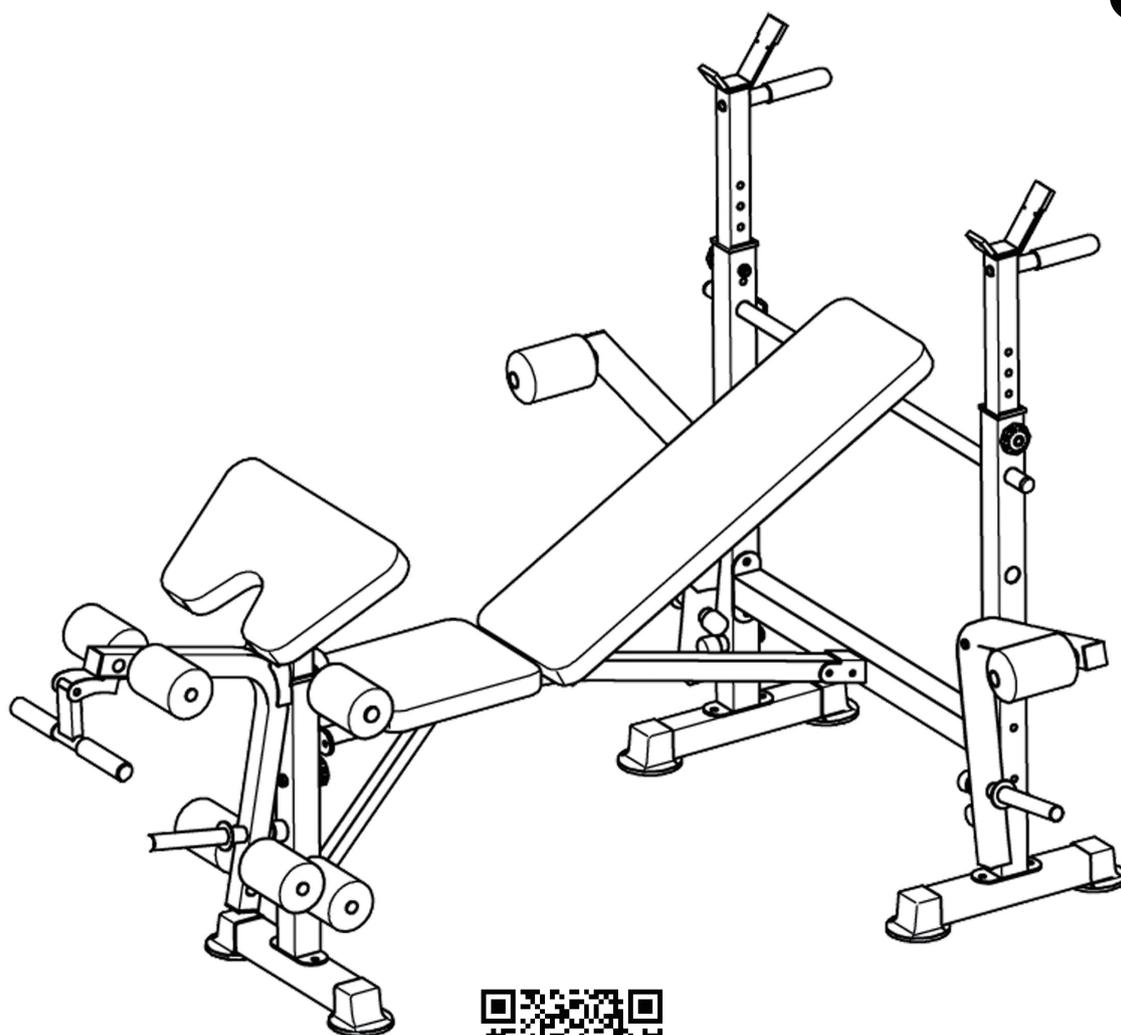
Inserire il Supporto gomito e fissarlo con una Manopola parte 3.



CARATTERISTICHE

Sollevare la panca lunga per trasformare il prodotto in una panca inclinata e fissarla con la Barra di regolazione dell'angolazione parte H.





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

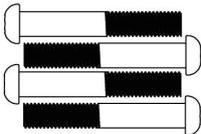
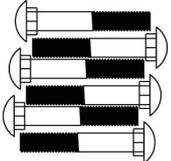
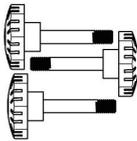
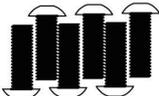
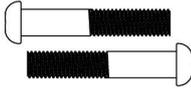
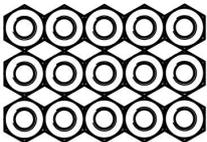
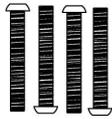
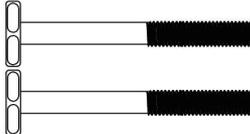
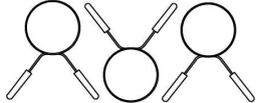
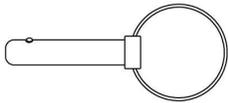
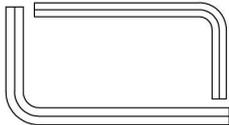
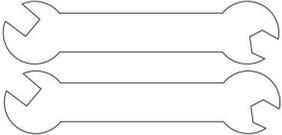
IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY & INSTRUCTION MANUAL

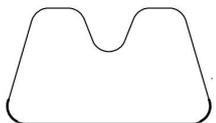
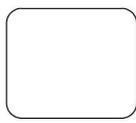
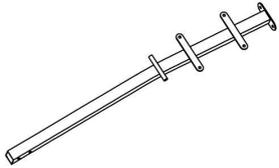
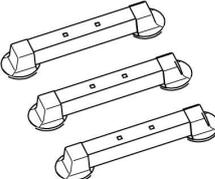
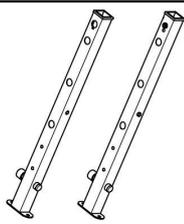
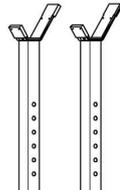
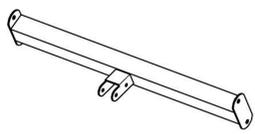
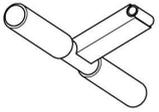
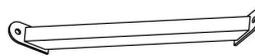
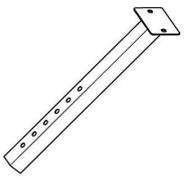
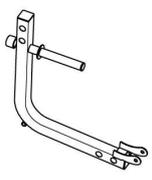
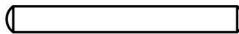
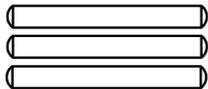
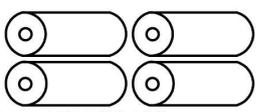
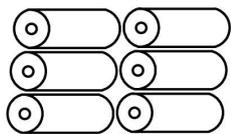
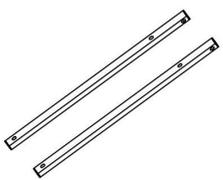
NOTICE !

- 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

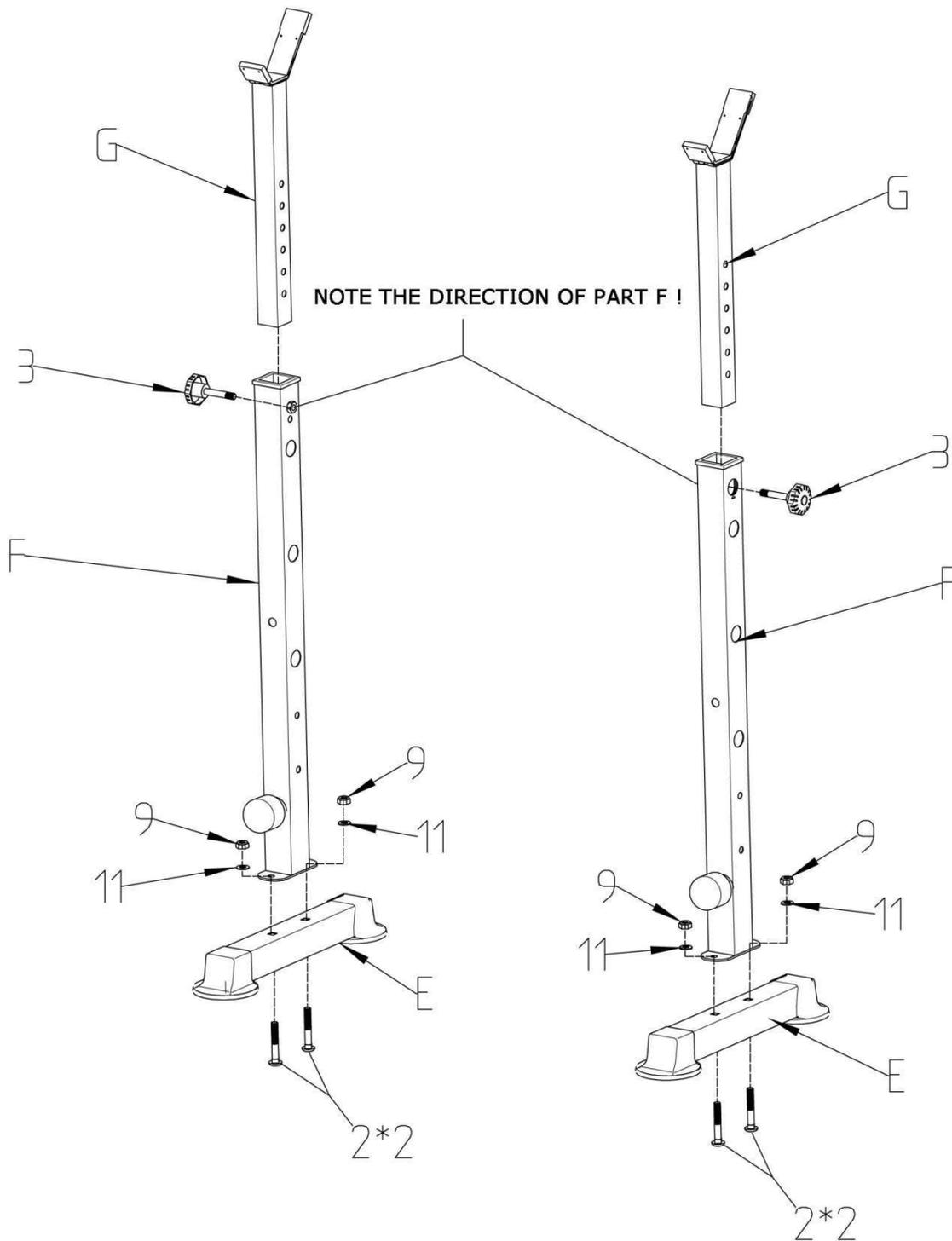
 <p>A. BACKREST PAD 1PC</p>	 <p>B. ELBOW PAD 1PC</p>	 <p>C. SEAT PAD 1PC</p>	 <p>D. MAIN FRAME 1PC</p>
 <p>E. SIDE LEG 3PCS</p>	 <p>F. SIDE FRAME 2PCS</p>	 <p>G. UPPER SIDE FRAME 2PCS</p>	 <p>H. ANGLE CONTROL ROD 1PC</p>
 <p>J. SQUARE SUPPORT 1PC</p>	 <p>K. ARM SUPPORT 2PCS</p>	 <p>L. ARM 2PCS</p>	 <p>M. 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!

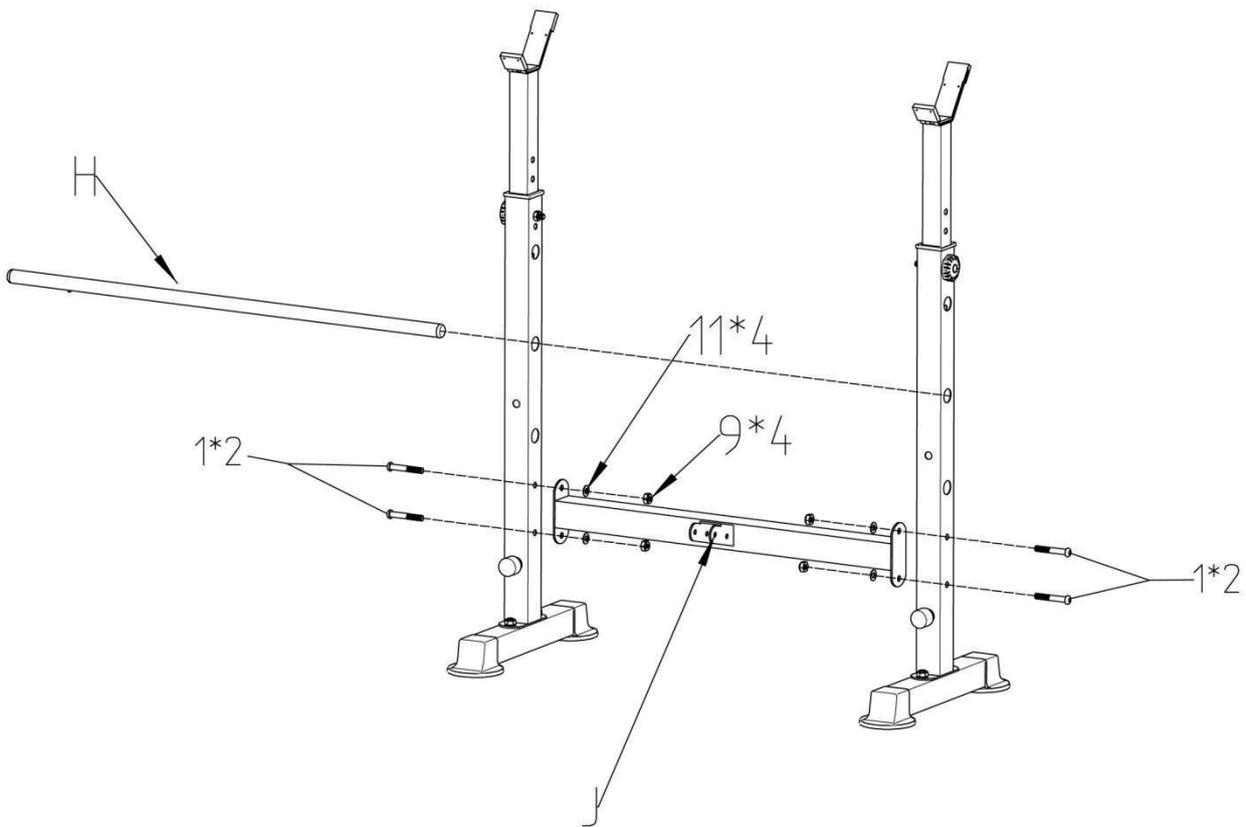
PRODUCT ASSEMBLY

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.

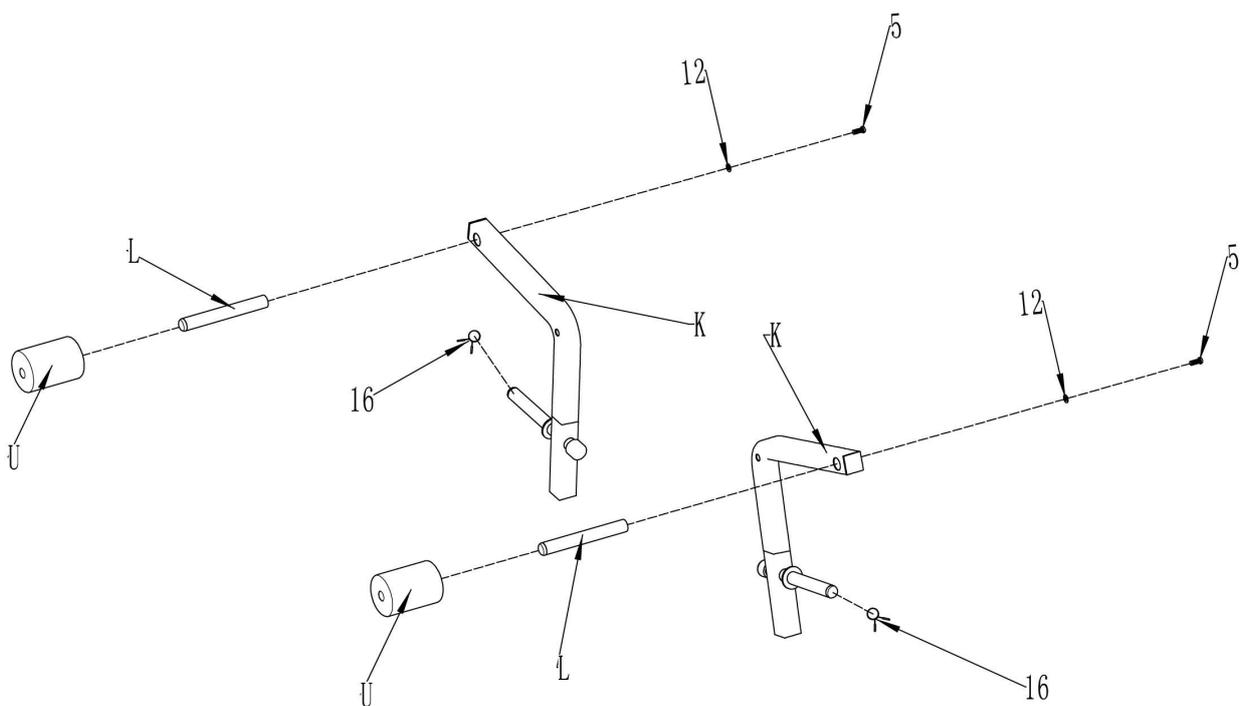
Insert two part G upper side frames and secure them with two part 3 knobs.



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.

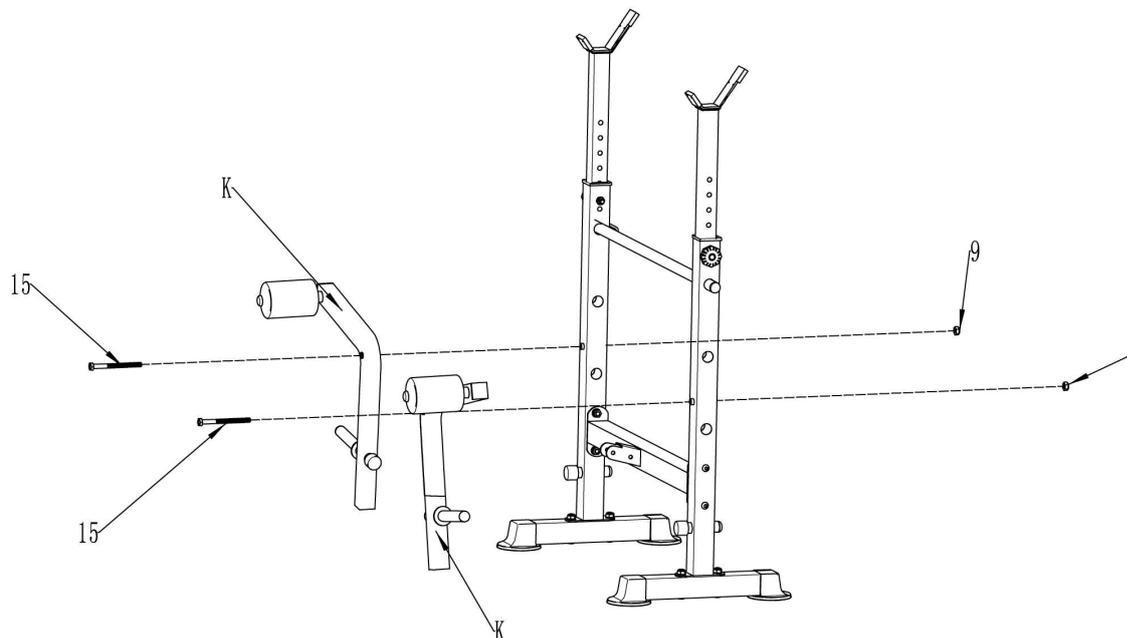


Step3: Attach two part L arms with two part U 17*73*130mm foam rollers, to two part K arm supports with two part 5 screws, two part 12 washers and two part 16 clamps.

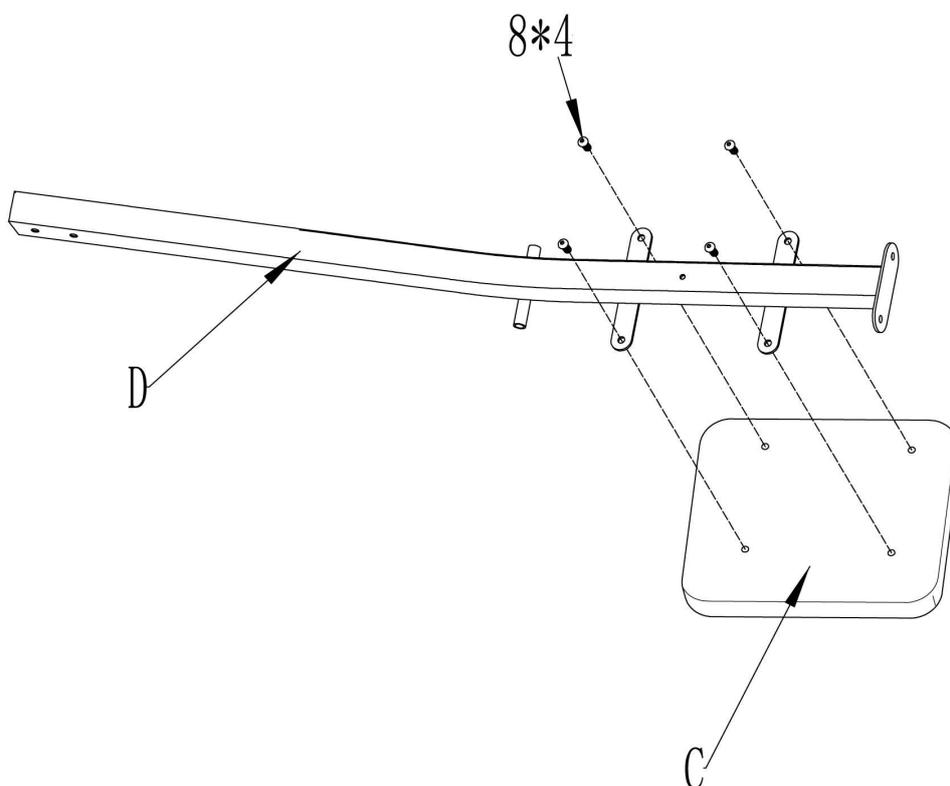


NOTE THE DIRECTION OF PART K !

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



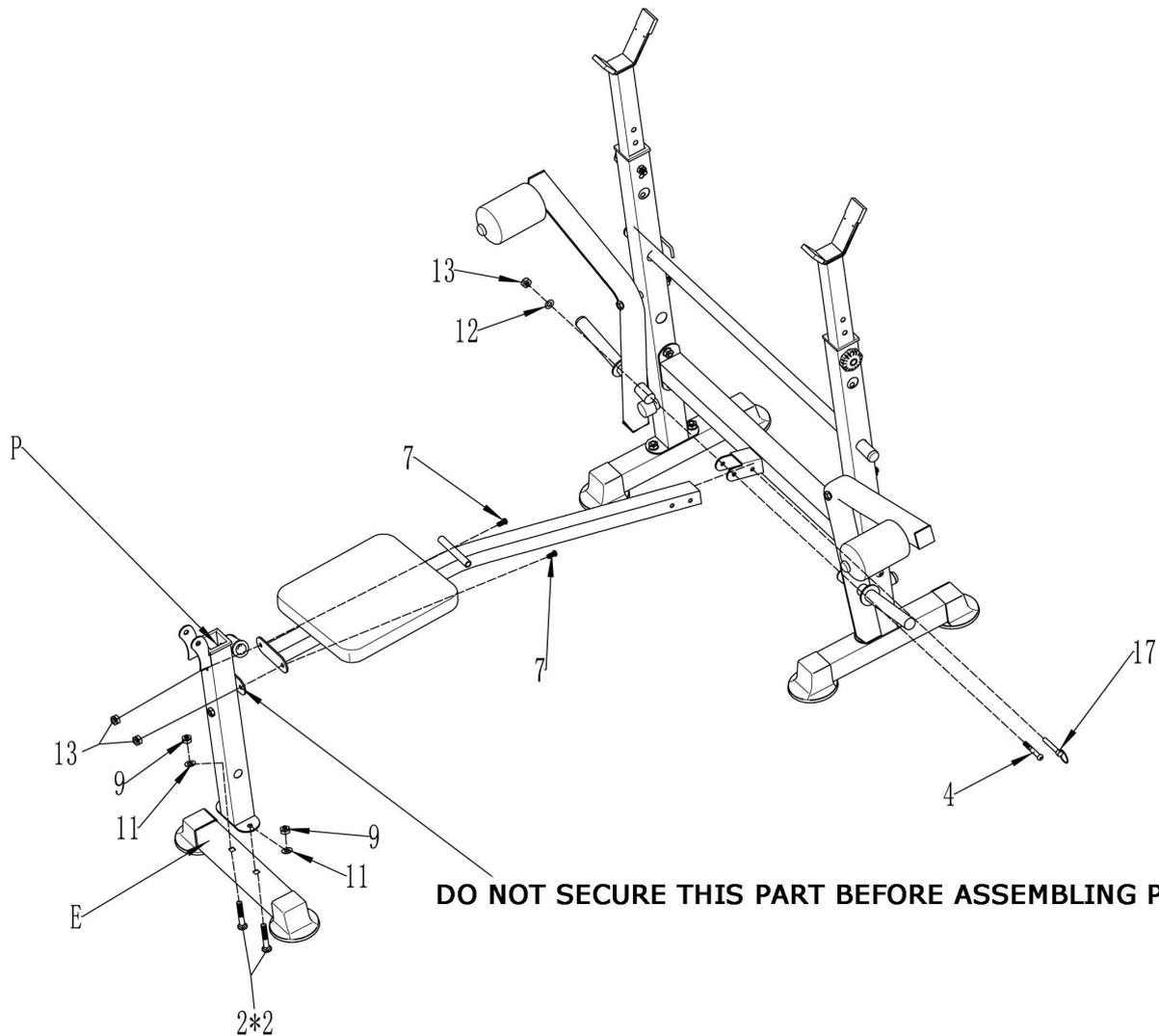
Step5: Attach part D main frame to part C seat pad with four part 8 screws.



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.

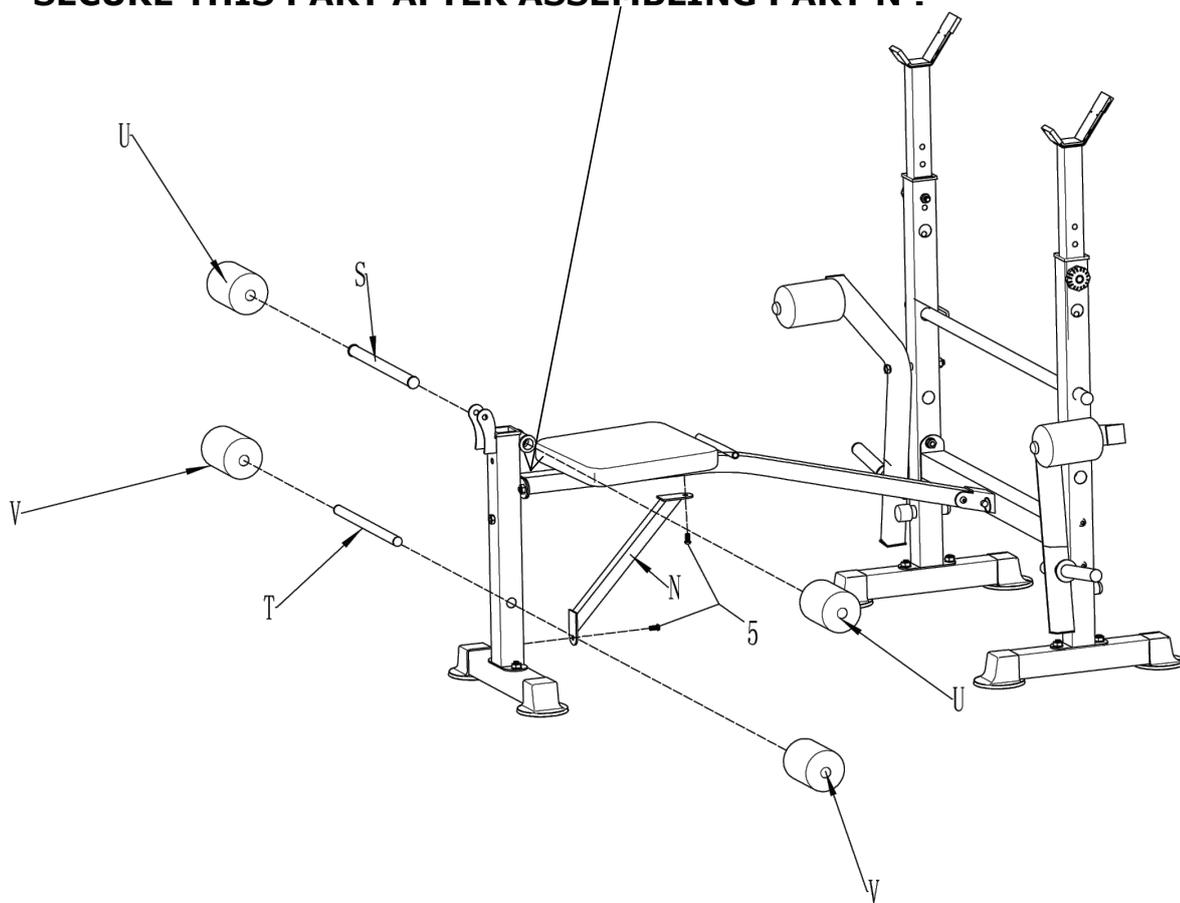


Step7: Attach part N fixed support to the main frame and front support with two part 5 screws.

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

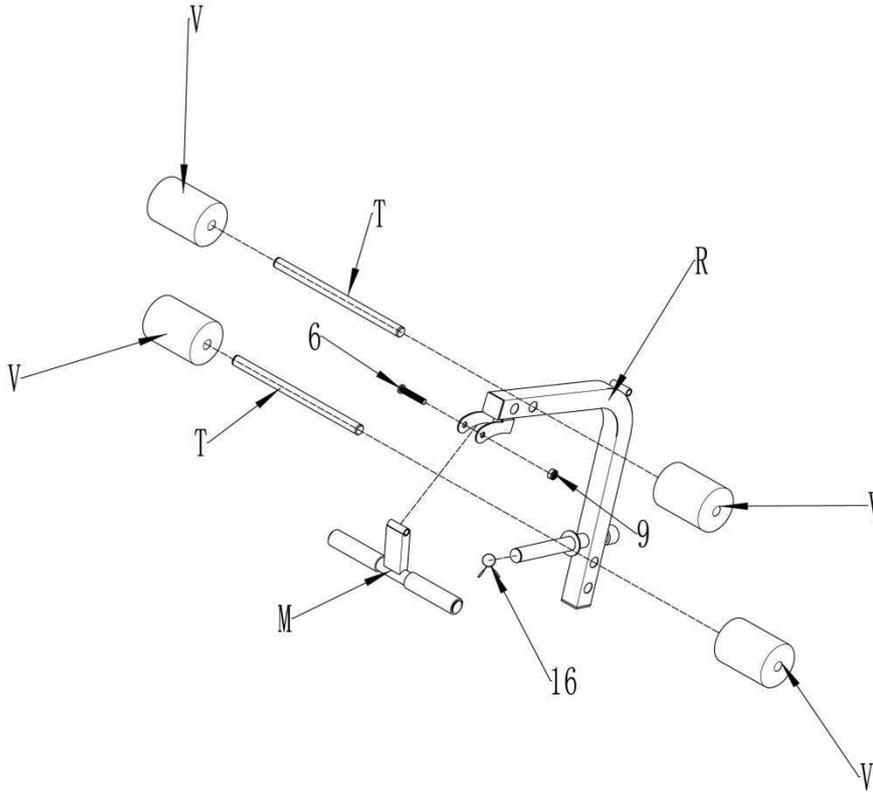
Insert a part T $\Phi 19$ round support with two part V 13*70*125mm foam rollers.

SECURE THIS PART AFTER ASSEMBLING PART N !

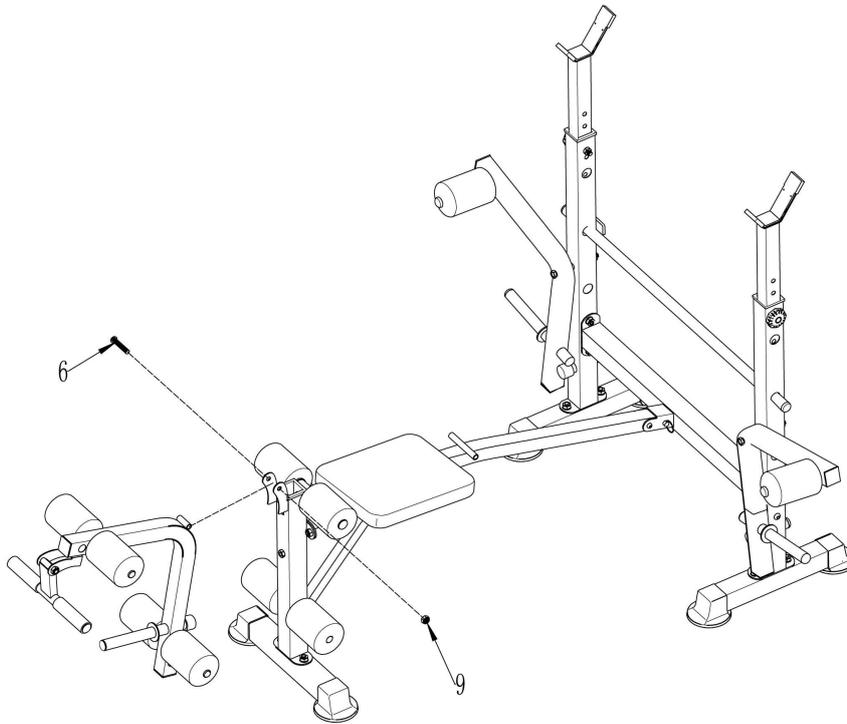


Step8: Attach part M handle to part R leg frame with a part 6 bolt, part 9 nut and part 16 clamp.

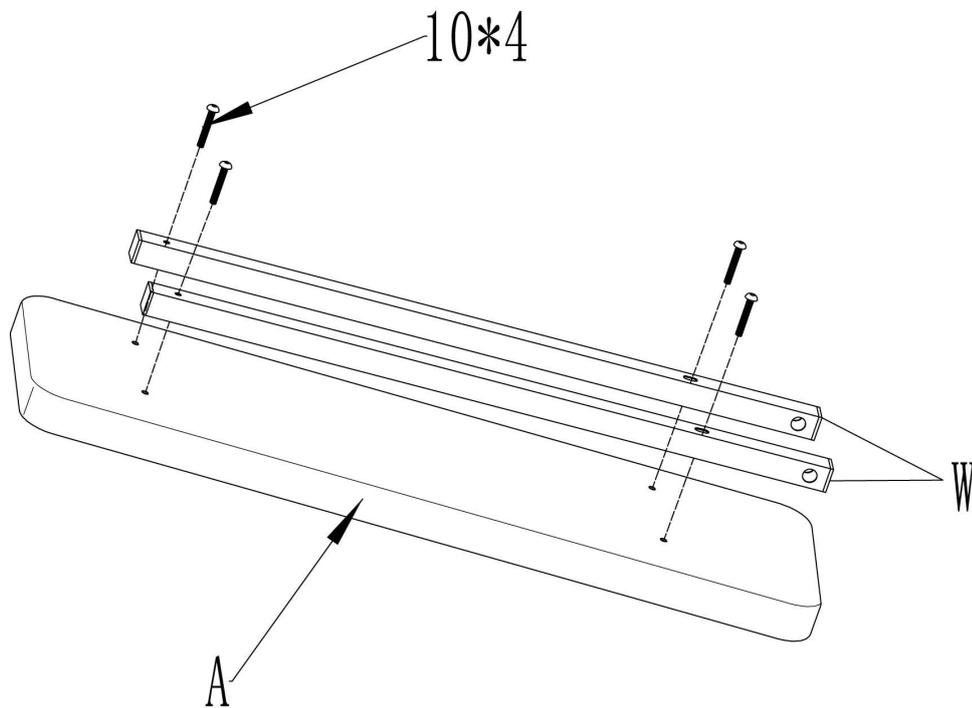
Insert two part T $\Phi 19$ round supports with four part V 13*70*125mm foam rollers.



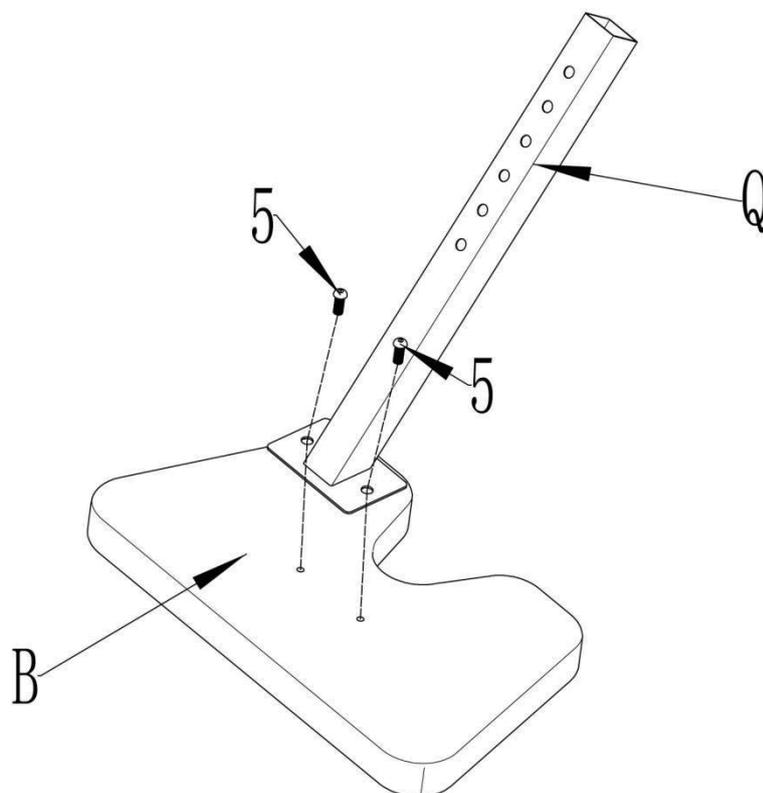
Step9: Attach the leg frame to the front support with a part 6 bolt and part 9 nut.



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

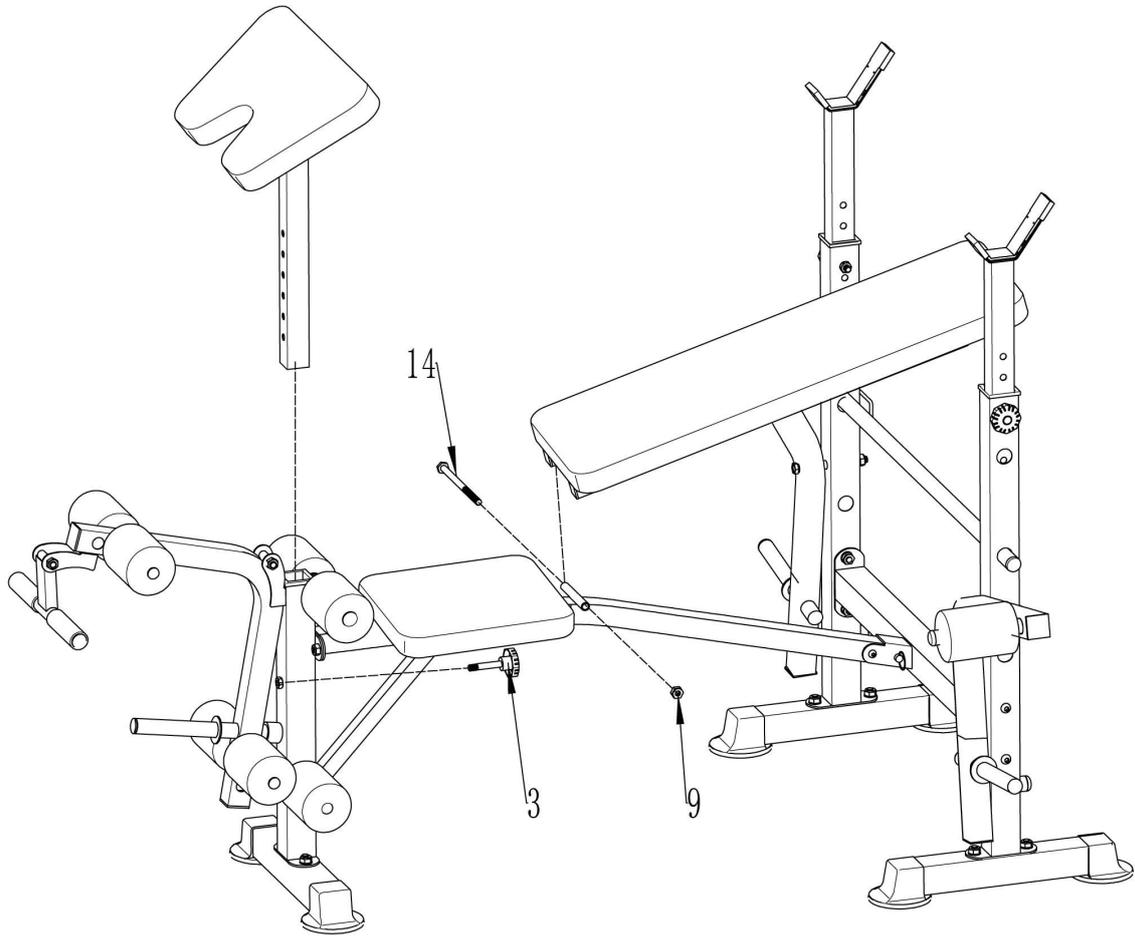


Step11: Attach part Q elbow support to part B elbow pad with two part 5 screws.



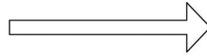
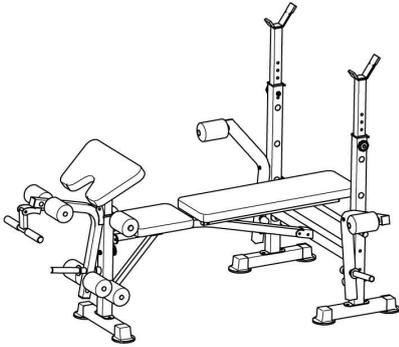
Step12: Attach the backrest to the main frame with a part 14 hex bolt and part 9 nut.

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

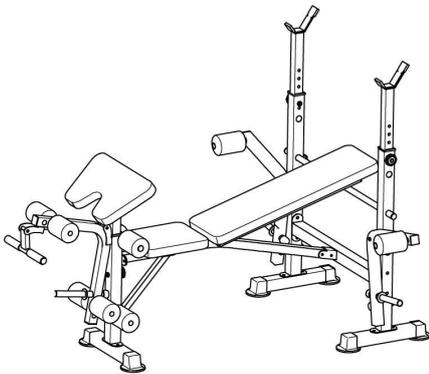
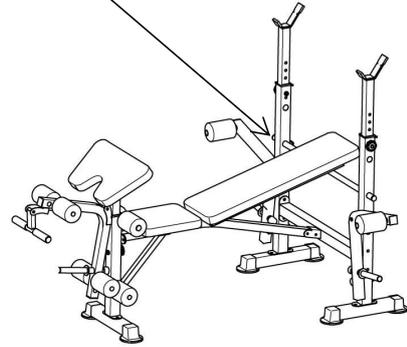


FEATURES

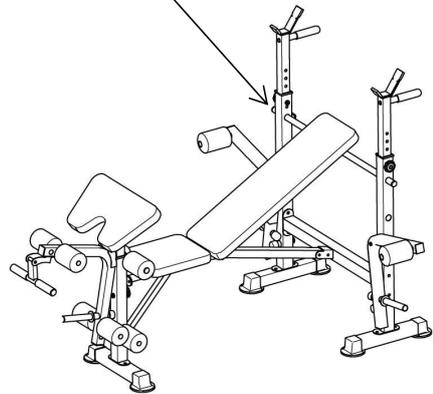
Flip up the long bench to transform into an incline bench and secure with part H angle control rod.



H



H



UK

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

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