



## Smart Multifunctional Sit Up Bench

# User's Manual



# Exercise Plans

Beginners are recommended to start with less reps, 5 reps as 1 set for example and add reps as goes.

Please do not exercise half an hour before / after meals or 1 hour before sleep.

Please make exercise plans.

## IMPORTANT SAFETY INSTRUCTIONS

- Do not use it if you are pregnant
- Before beginning any exercise program consult your physician.
- Read all instruction before using this sit-up bench.
- Keep children and pets away from sit-up bench while in use. Children should not use. The sit-up bench without adult supervision.
- Inspect and tighten all parts each time before using this sit-up bench.
- Please clean this machine using dampened wipes only. Do not use any cleansers. Please Consult with customer service if you have any questions.
- This sit-up bench should be placed on a flat surface when using. Place an anti-slippery mat under the machine if needed.
- Please wear proper clothes when using this sit-up bench.
- Do not use it if it is not functional or parts are not well-assembled.
- If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.

# Accessories list



① Main Frame



② Front Frame



③ Front Stand



④ Lower Roller Pad



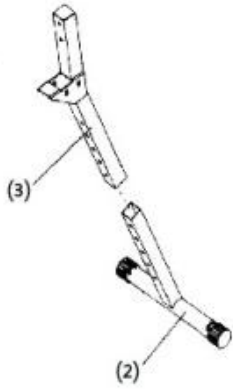
⑤ Upper Roller Pad



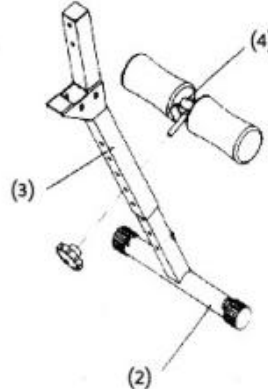
⑥ Toolkit

| Name              | Quantity |
|-------------------|----------|
| 10*55MM Screw     | 2        |
| 8*16MM Screw      | 2        |
| Plastic Screw Nut | 1        |
| M10 Screw Nut     | 1        |
| Tool              | 2        |

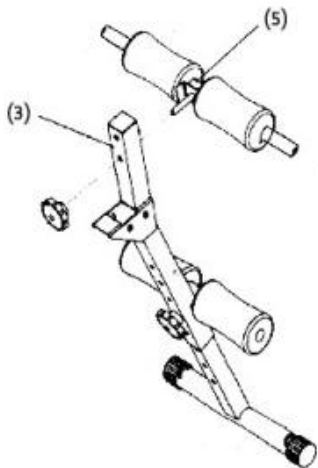
# Assembly



Step 1 : Insert (2) Front Frame to (3) Front Stand

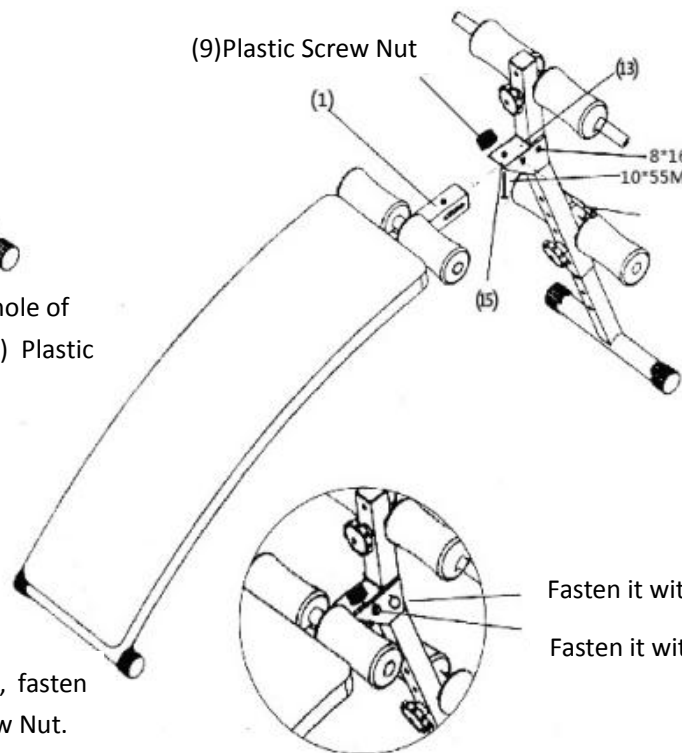


Step 2 : Insert (4) Lower Roller Pad to the hole of (2) & (3), Fasten it with (9) Plastic Screws Nut. The height can be adjusted.



Step 3: Insert (5) Upper Roller Pad the hole of (3) Front Stand and fasten it with (9) Plastic Screws

(9)Plastic Screw Nut



Fasten it with 8\*16mm Screw.

Fasten it with 10\*55mm Screw.

Step 4: Insert (1) Main Frame to (13), fasten with 10\*55mm screws and Plastic Screw Nut.

## Exercise Modes



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