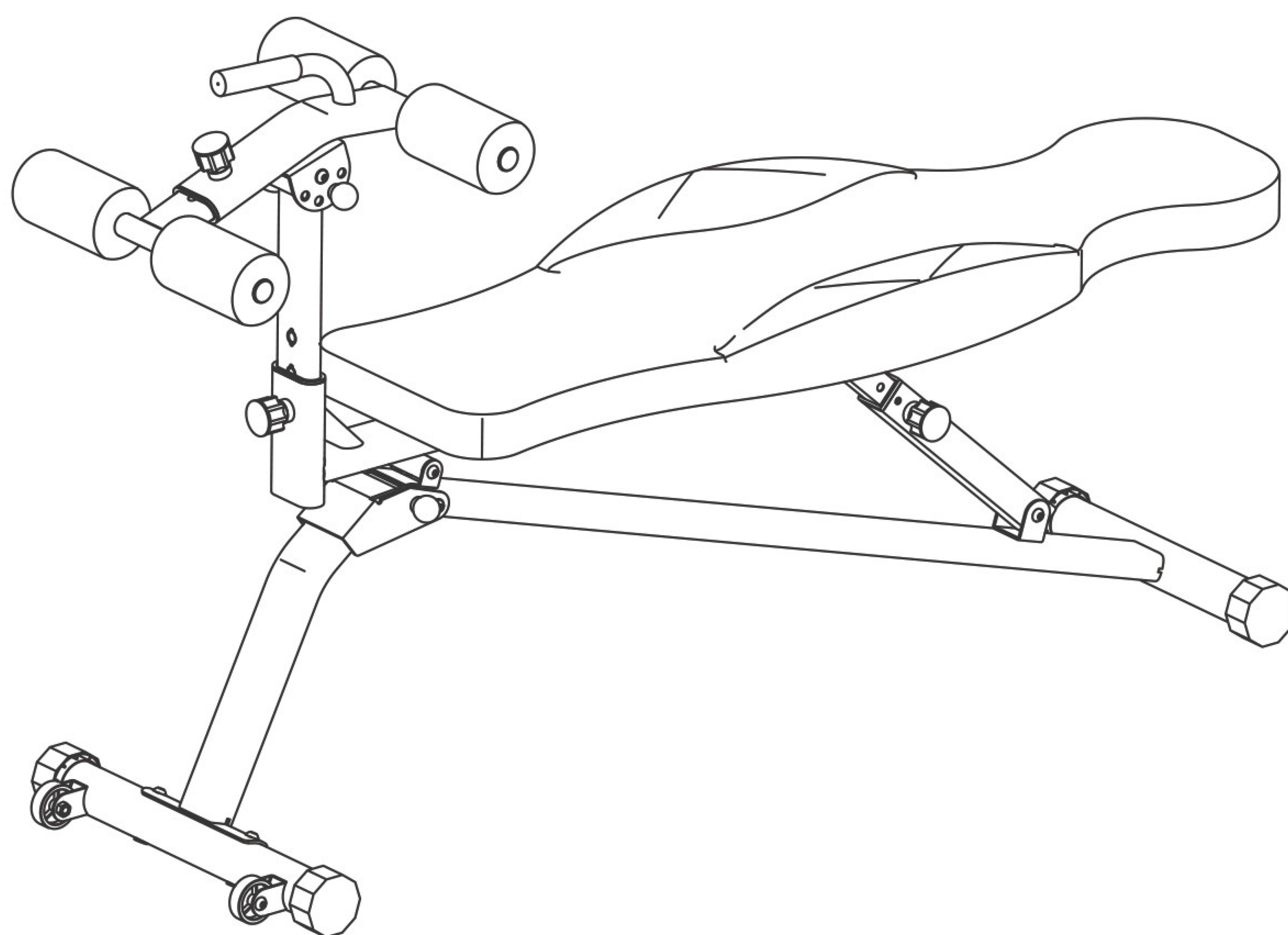


Soozier



WEIGHT BENCH

A91-087 EN C000000

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IMPORTANT PRECAUTIONS

⚠ WARNING: SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED

1. Obtain a medical exam before beginning any exercise program..
2. Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.
3. Obtain instructions before using the weight bench.
4. Read and understand the owner's manual and all warnings posted on the machine before using.
5. Keep all children (12 and under) away. Teenagers (13 and over) and disabled must be supervised.
6. Use a spotter.
7. Keep body and clothing free from and clear of all moving parts.
8. Use the machine only for the intended use. DO NOT modify the machine.
9. Inspect machine prior to use. DO NOT use if it appears damaged or inoperable.
10. DO NOT attempt to fix a broken or jammed machine.
11. Report any malfunctions, damage or repairs to the facility.
12. Replace any warning labels if damaged, worn or illegible.

Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in bodily injury and property damage. To reduce the risk of serious injury, read the following Safety Instructions before using the exercise rack

BEFORE YOU BEGIN

Package Dimensions:

54"(L) X 18.5" (W) X 32"(H) (138*47*81CM)

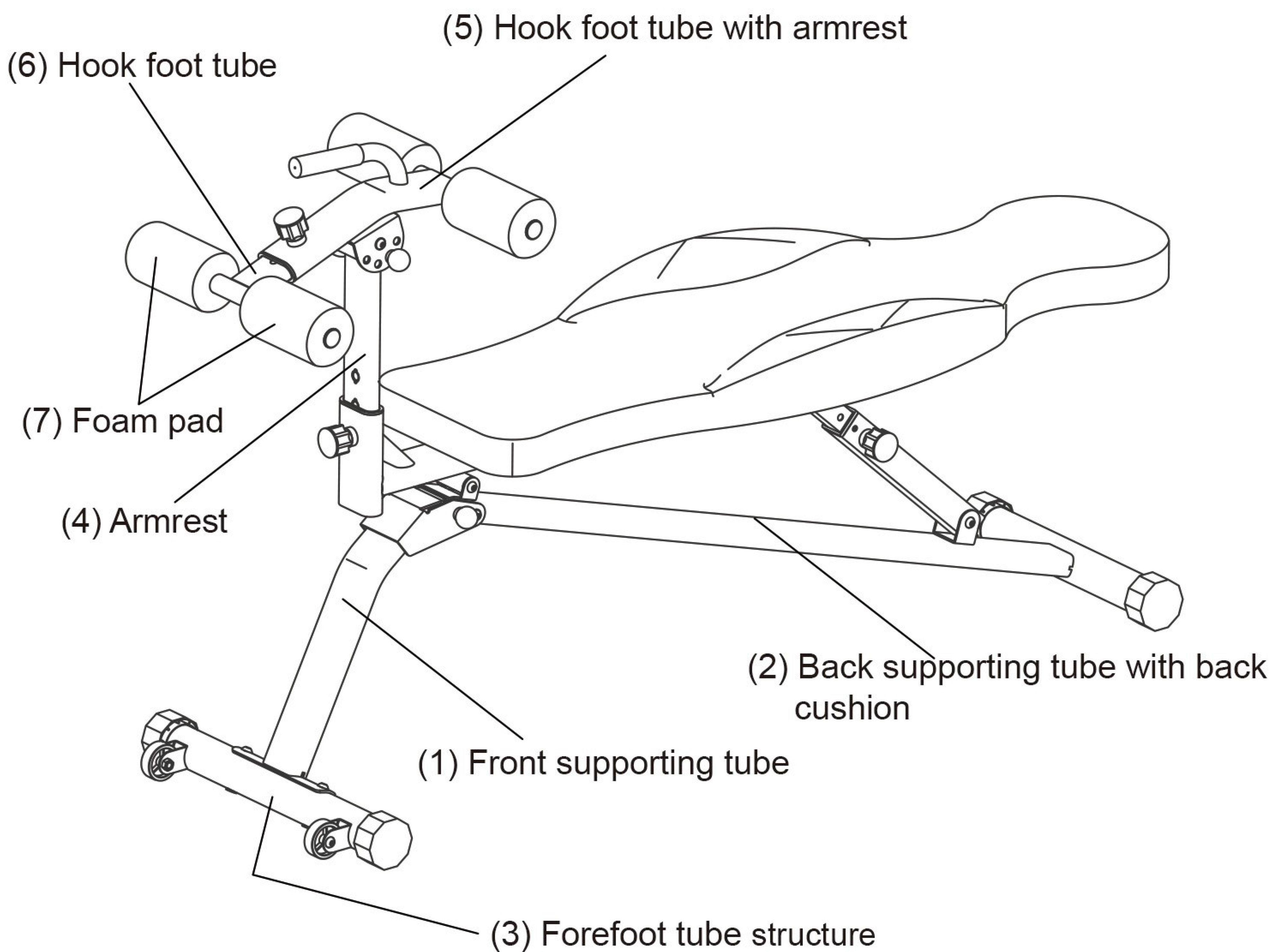
Item Display Dimensions:

53"(L) X 15.7" (W) X 8"(H) (135*40*20.5CM)

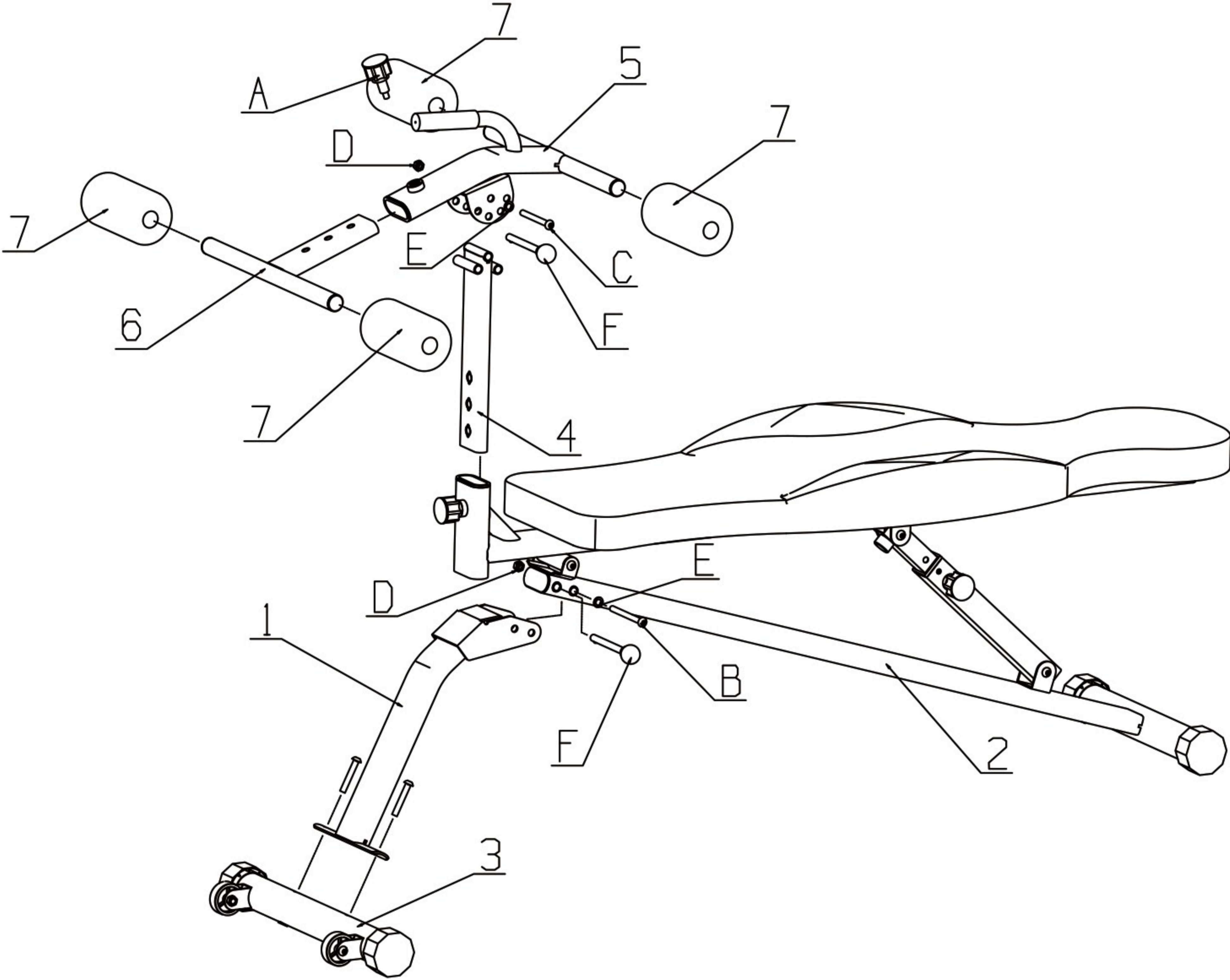
Load capacity:265LBS (120KGS)

Gross Weight: 36LBS (16.5KGS)

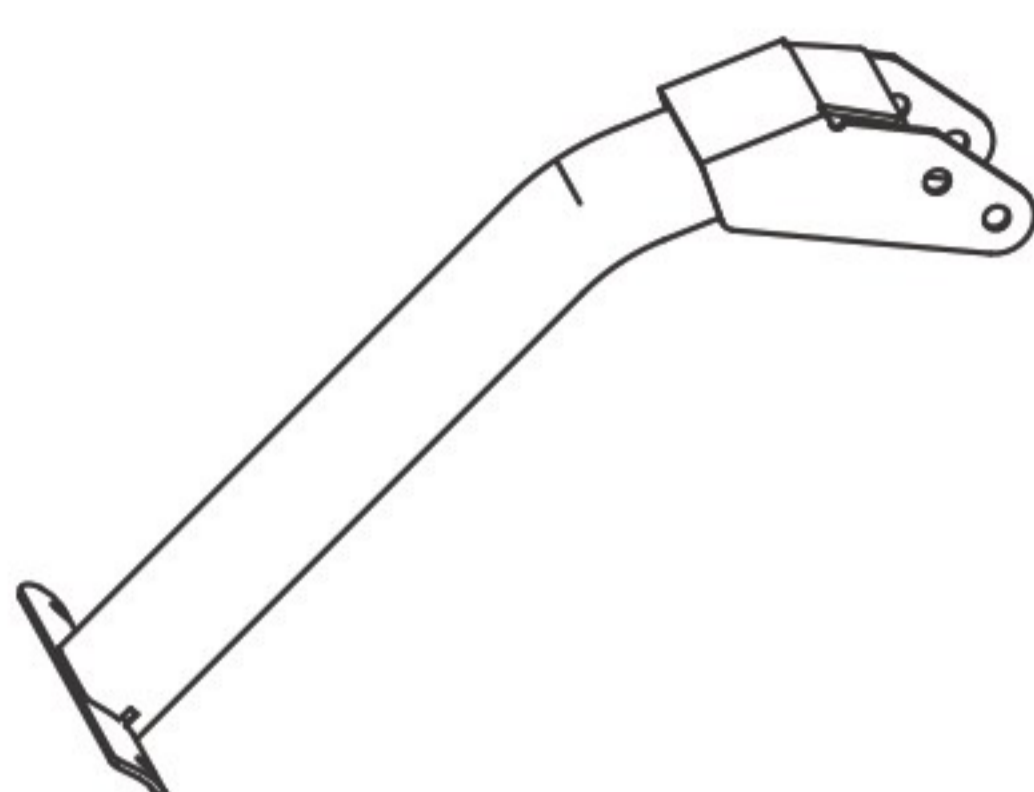
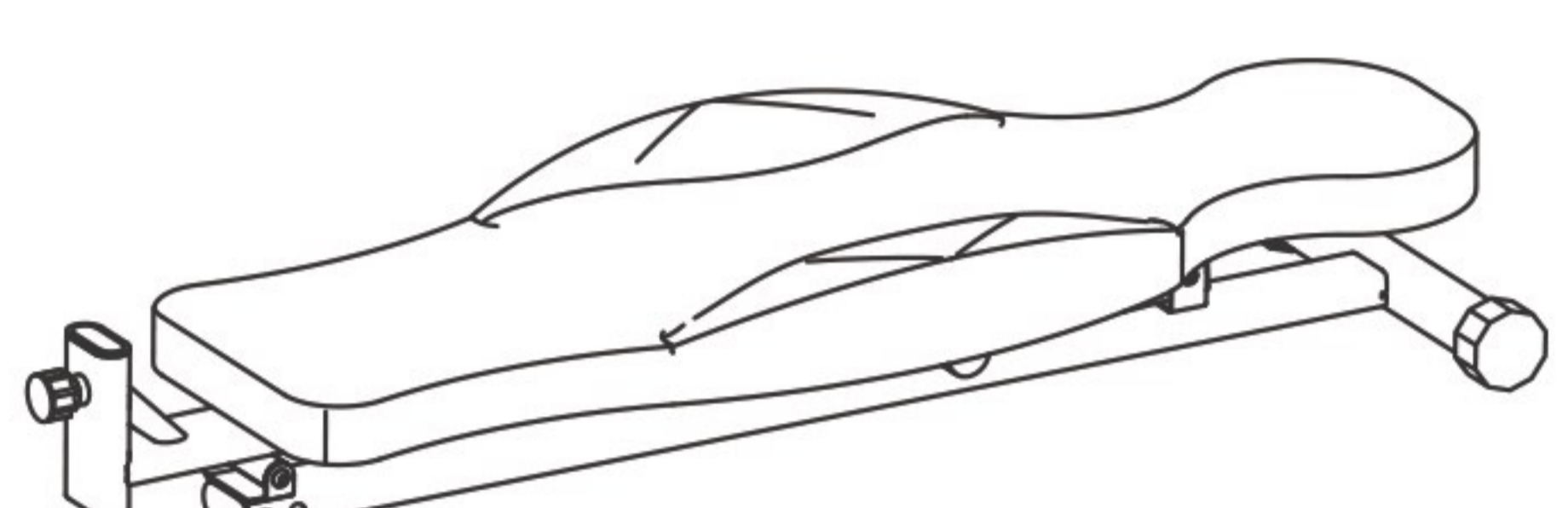
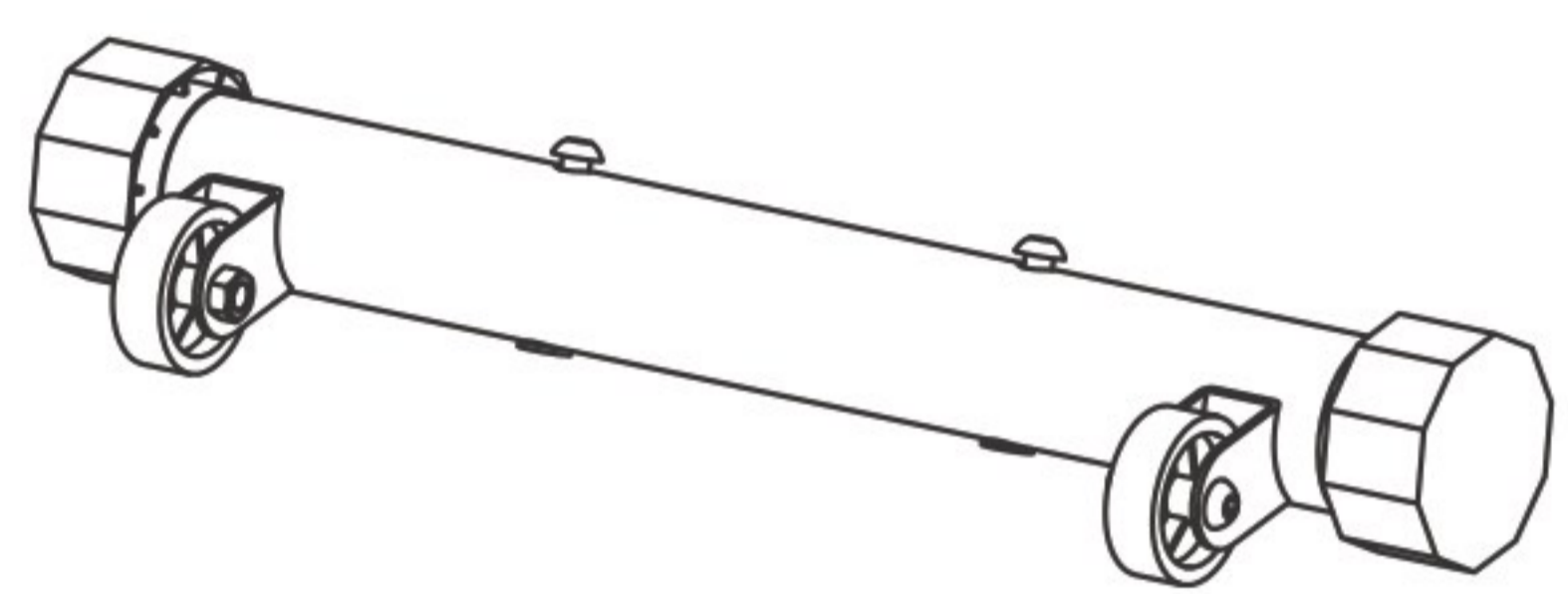
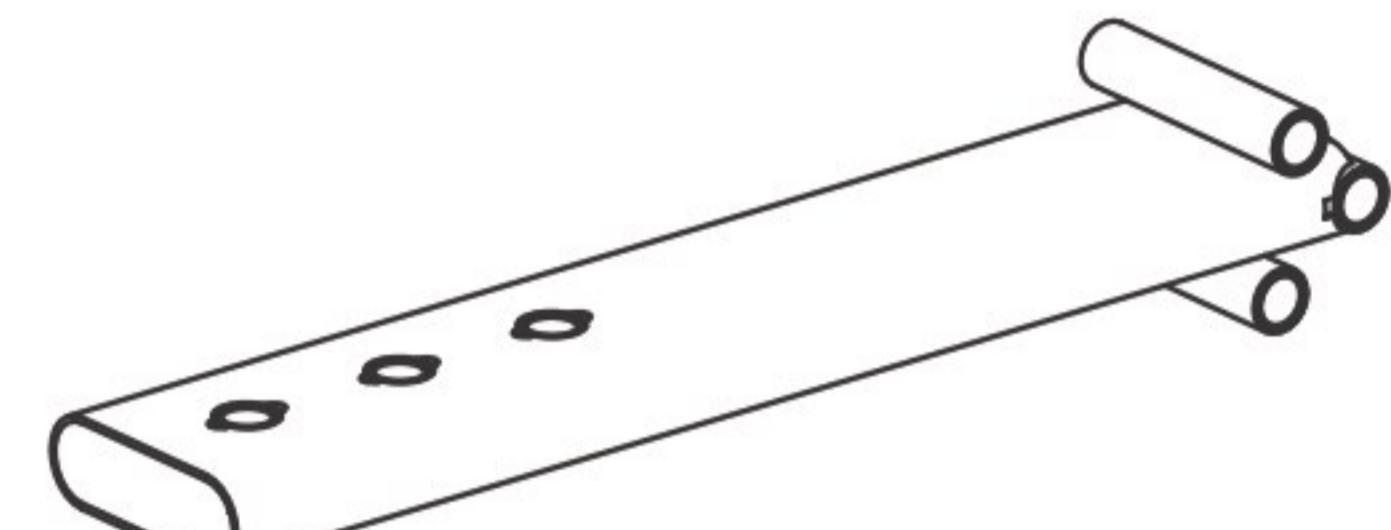
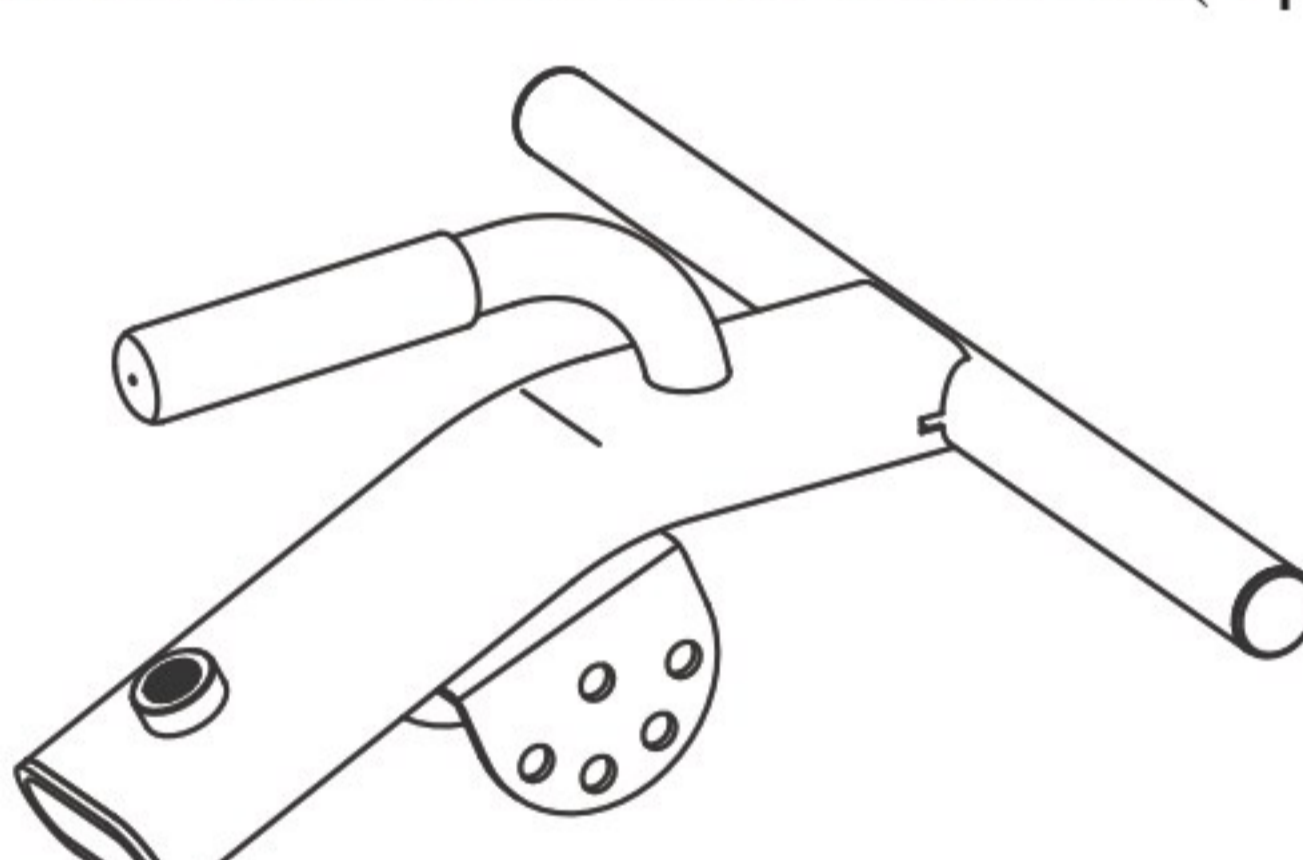
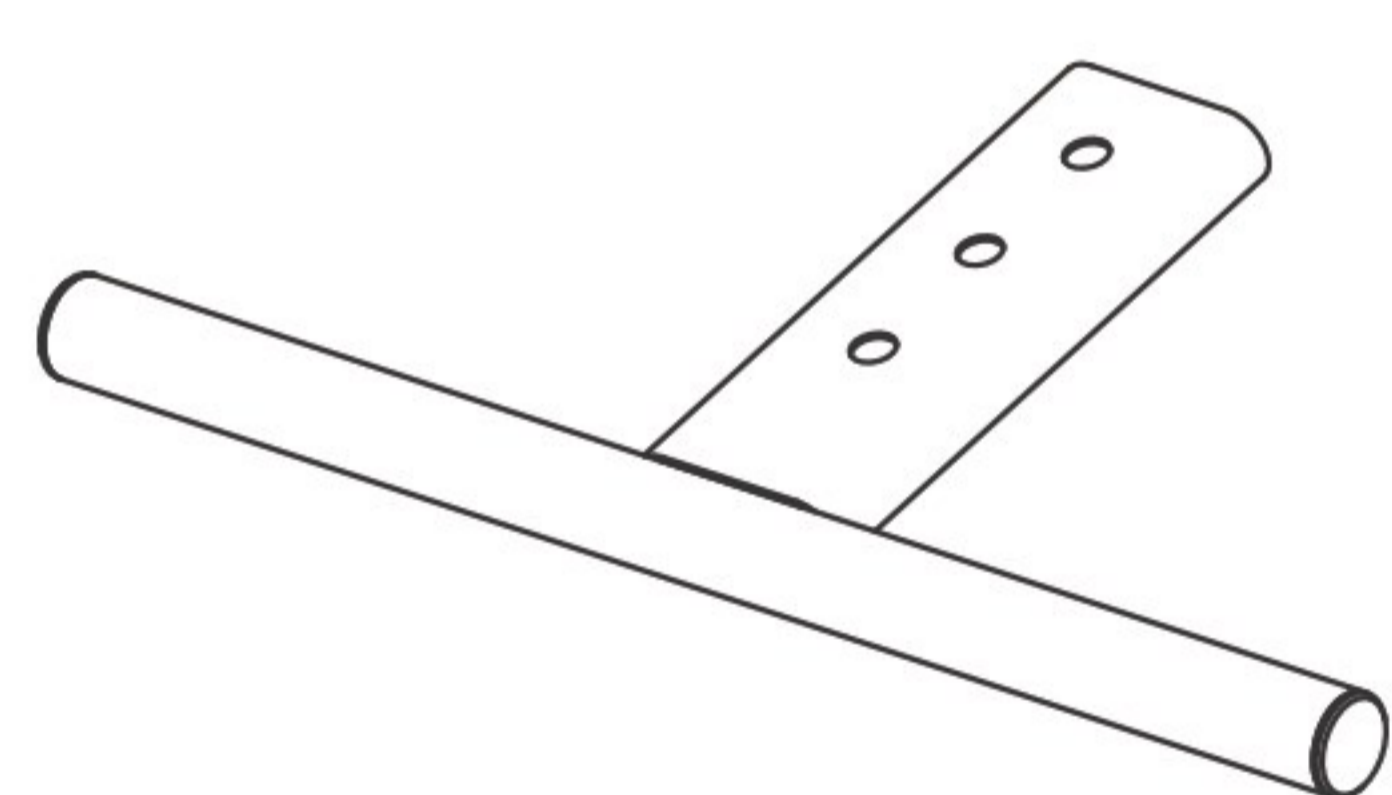
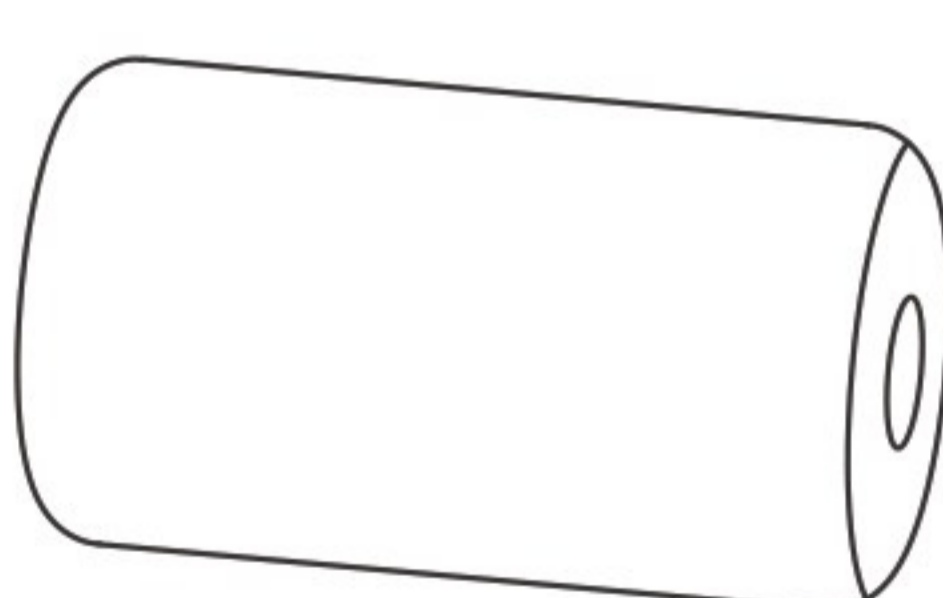
Net Weight: 35LBS (16KGS)



EXPLODED DRAWING

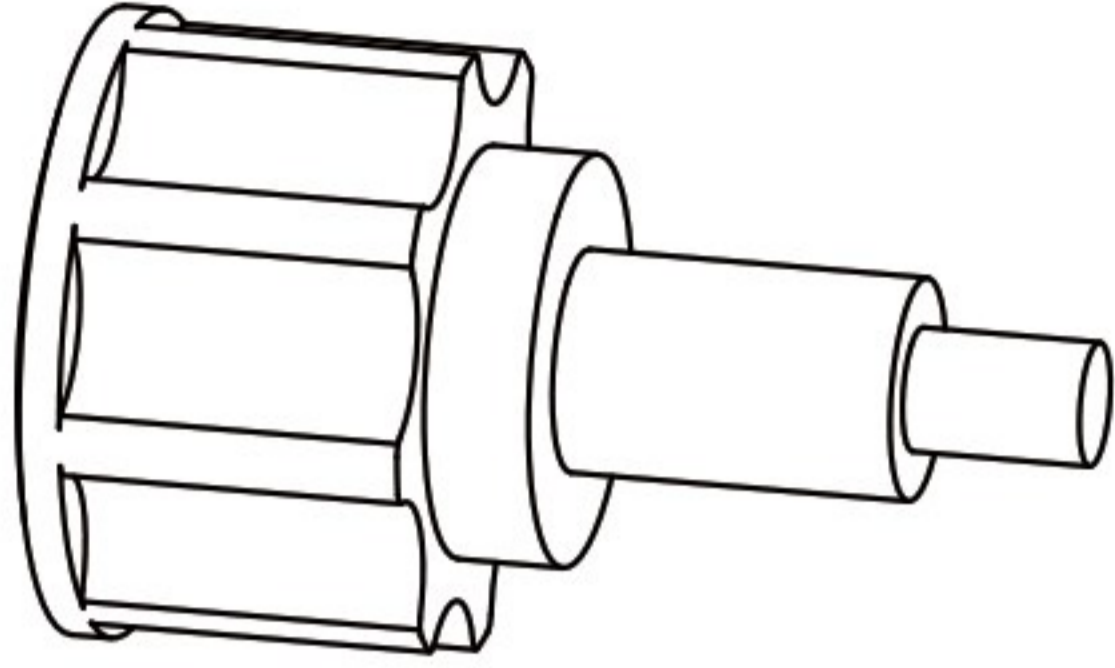


DETAIL LIST OF ACCESSORIES

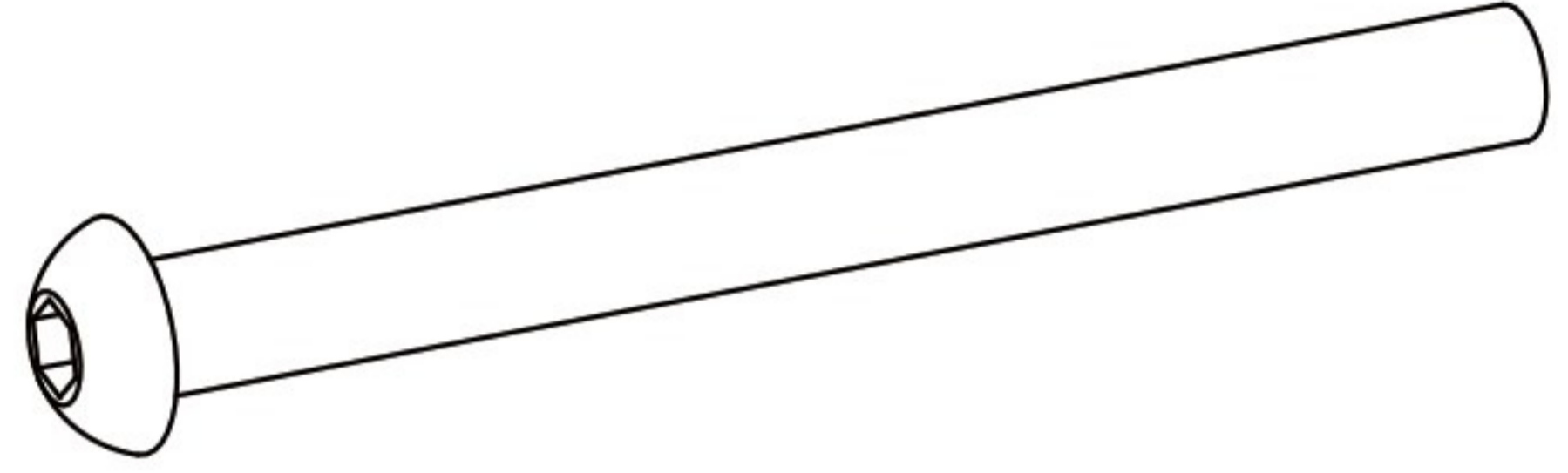
<p>(1) Front supporting tube (1pc)</p> 	<p>(2) Back supporting tube with back cushion (1pc)</p> 
<p>(3) Forefoot tube structure (1pc)</p> 	<p>(4) Armrest (1pc)</p> 
<p>(5) Hook foot tube with armrest (1pc)</p> 	<p>(6) Hook foot tube (1pc)</p> 
<p>(7) Foam pad (4pcs)</p>	

TOOL PACK LIST

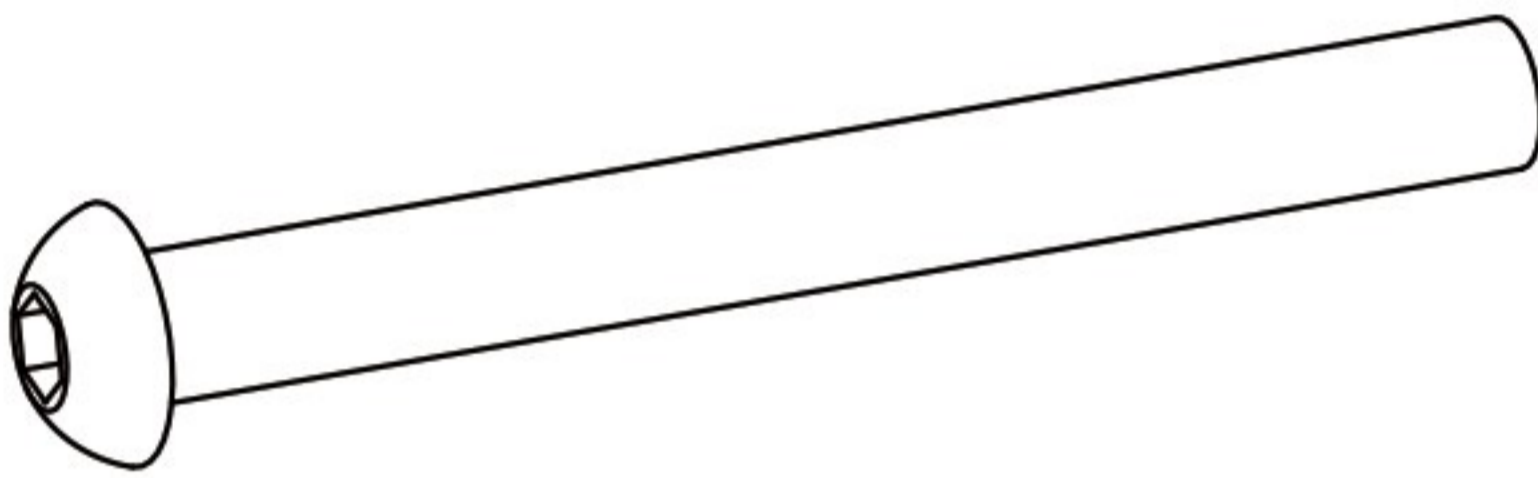
(A) Circular spring pull pin (1pc)



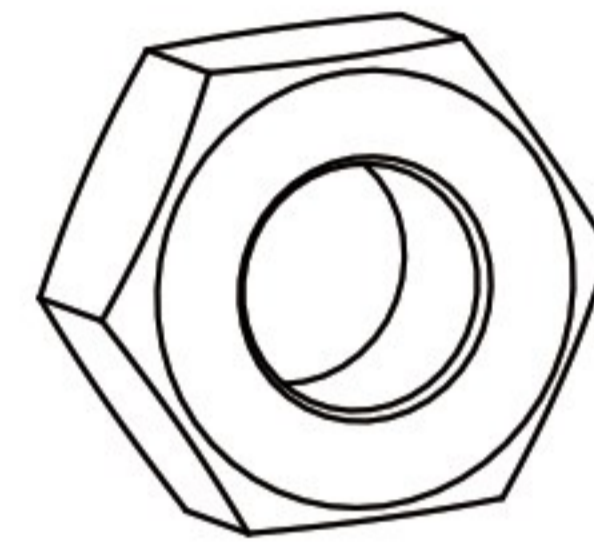
(B) Socket Cap Screws M10*90 (1pc)



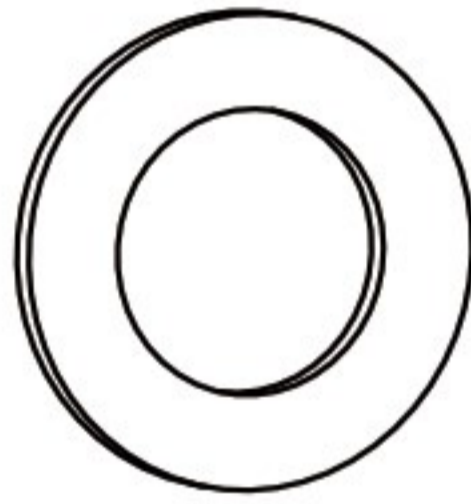
(C) Socket Cap Screws M10*80 (1pc)



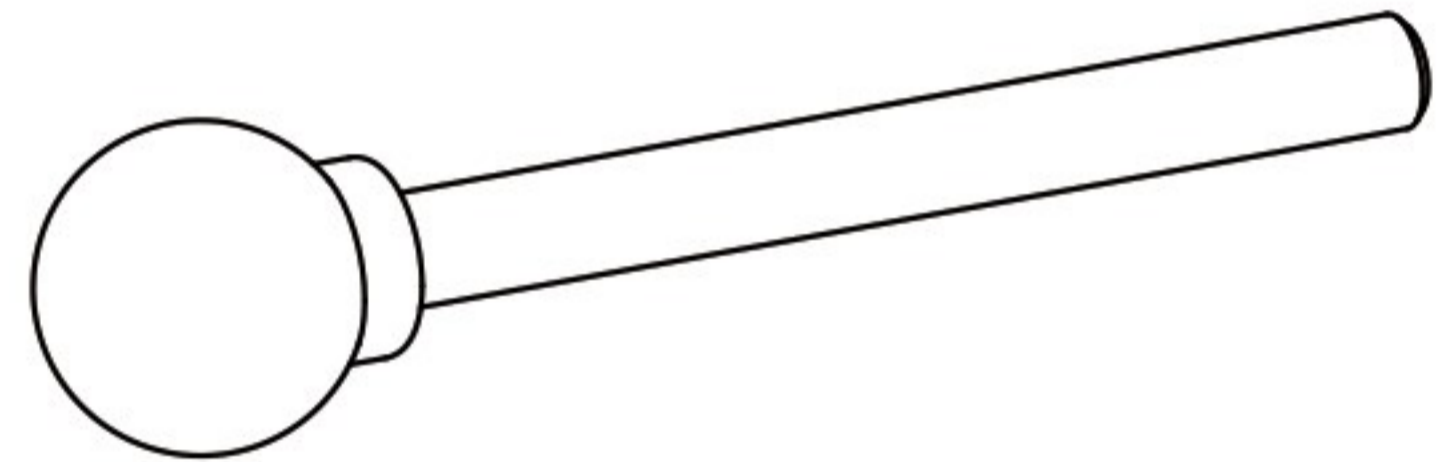
(D) locknut M10 (2pcs)



(E) Washer M10(2pcs)



(F) Steel ball bolts (2pcs)



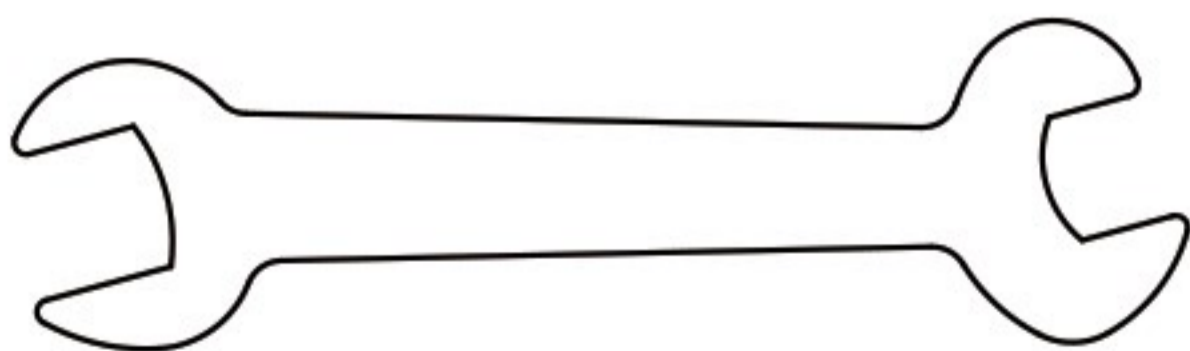
(J) Allen wrench M5(1pc)



(H) Allen wrench M6(1pc)



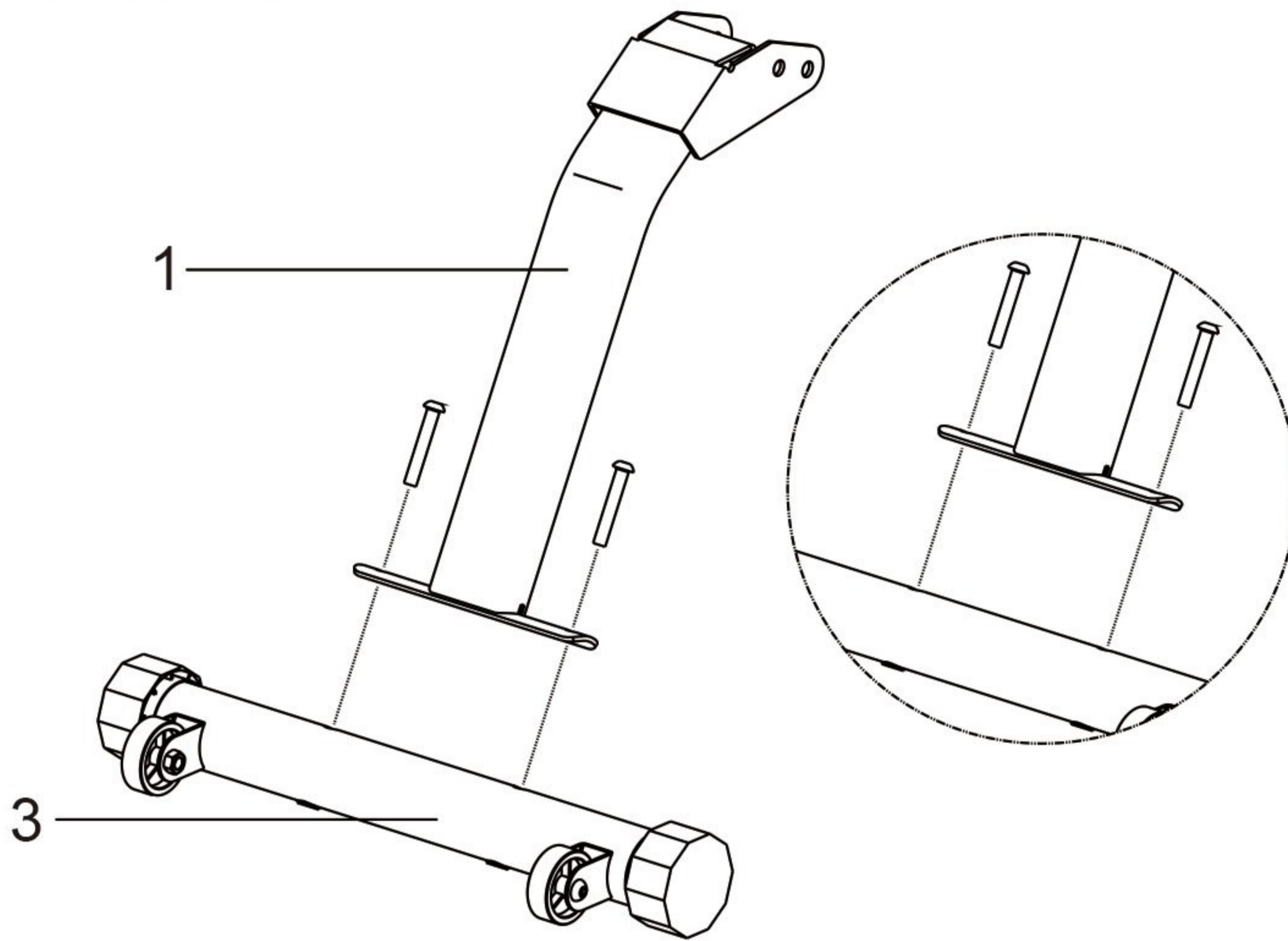
(L) Open-end wrench (1pc)



ASSEMBLY

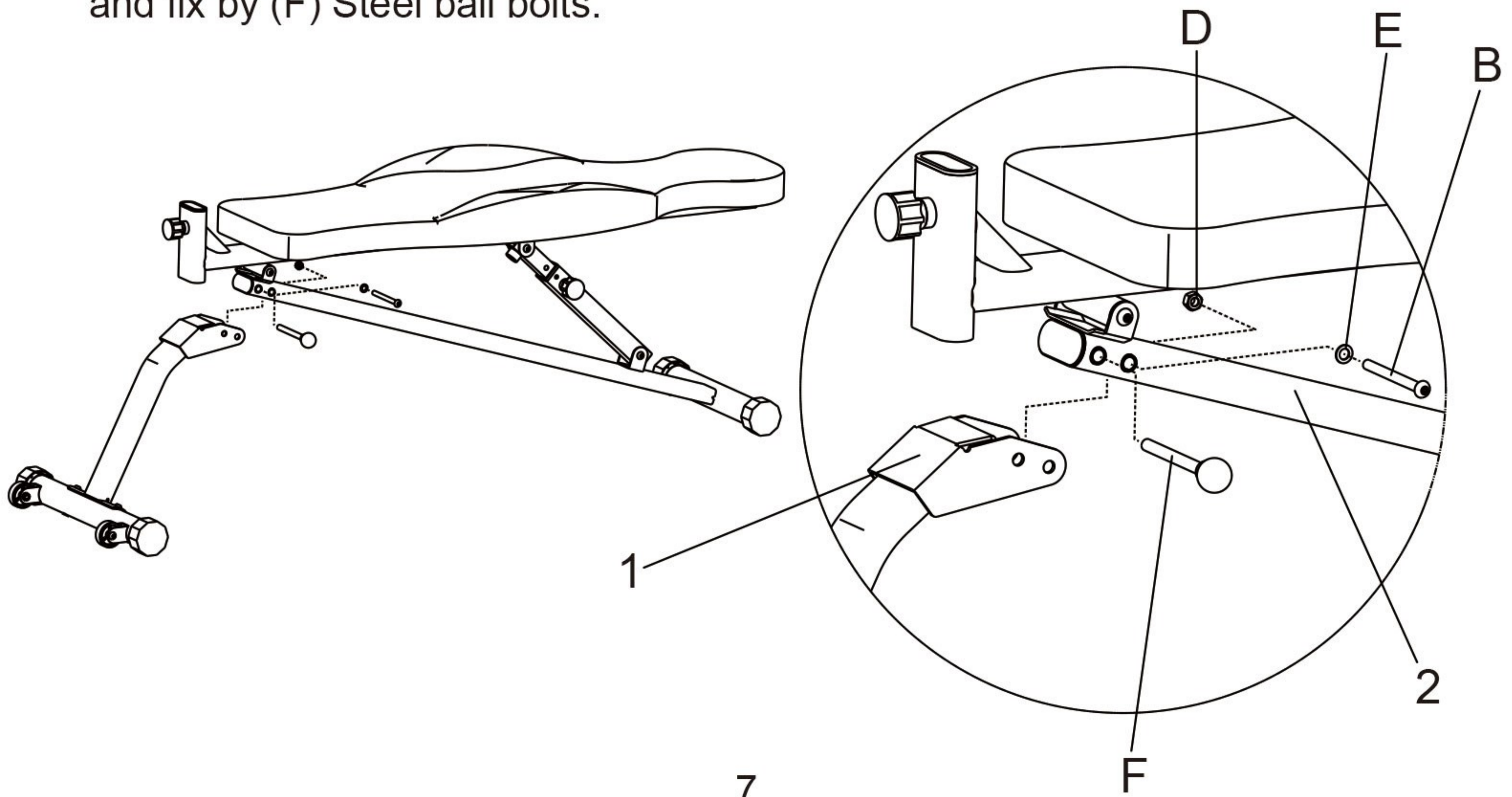
Step 1: Assemble the front supporting tube of the Weight Bench

- ① Attach the front supporting tube (1) to the forefoot tube (3) with the Forefoot tube' screws M8*50. Note: The weld nuts are under the pipe, and transportable wheel is forward.



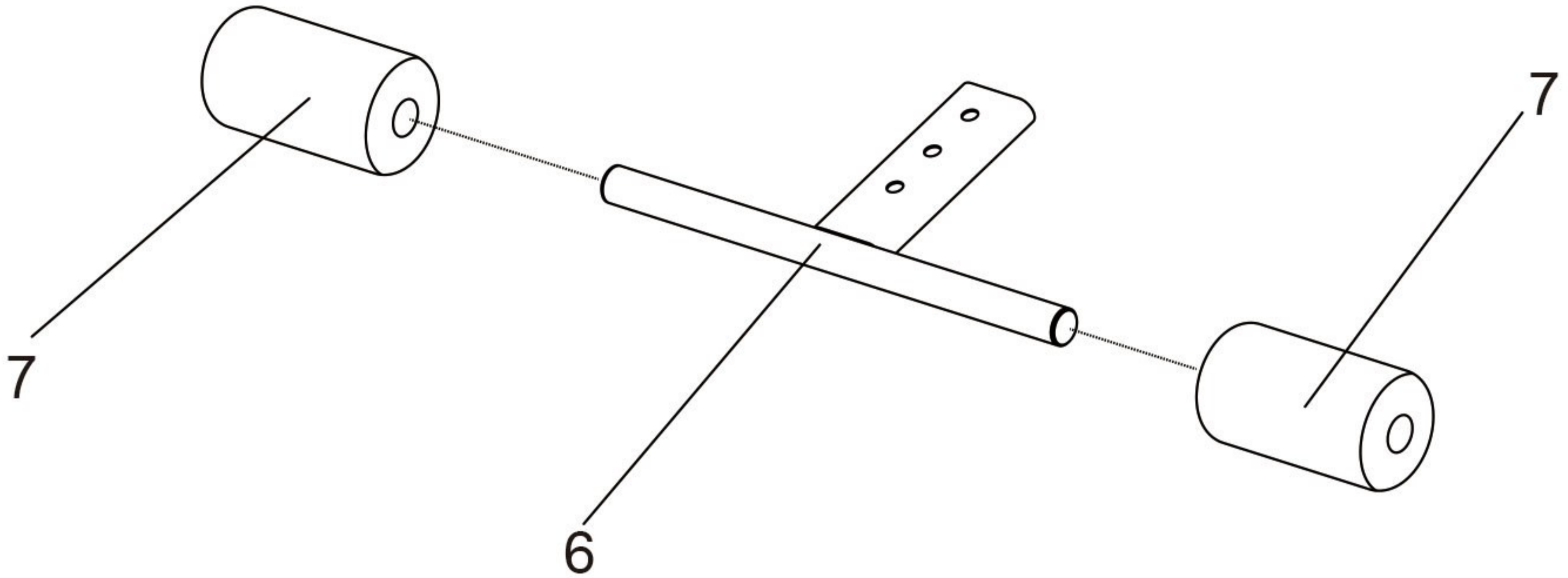
Step 2: Assemble the main body of the Weight Bench

- ① Attach the assembled front bracket (1) to rear bracket (2) with (B) M10*90 Socket Cap Screws , put (E) 10 Washer then, tighten it with (D) M10 locknut and fix by (F) Steel ball bolts.



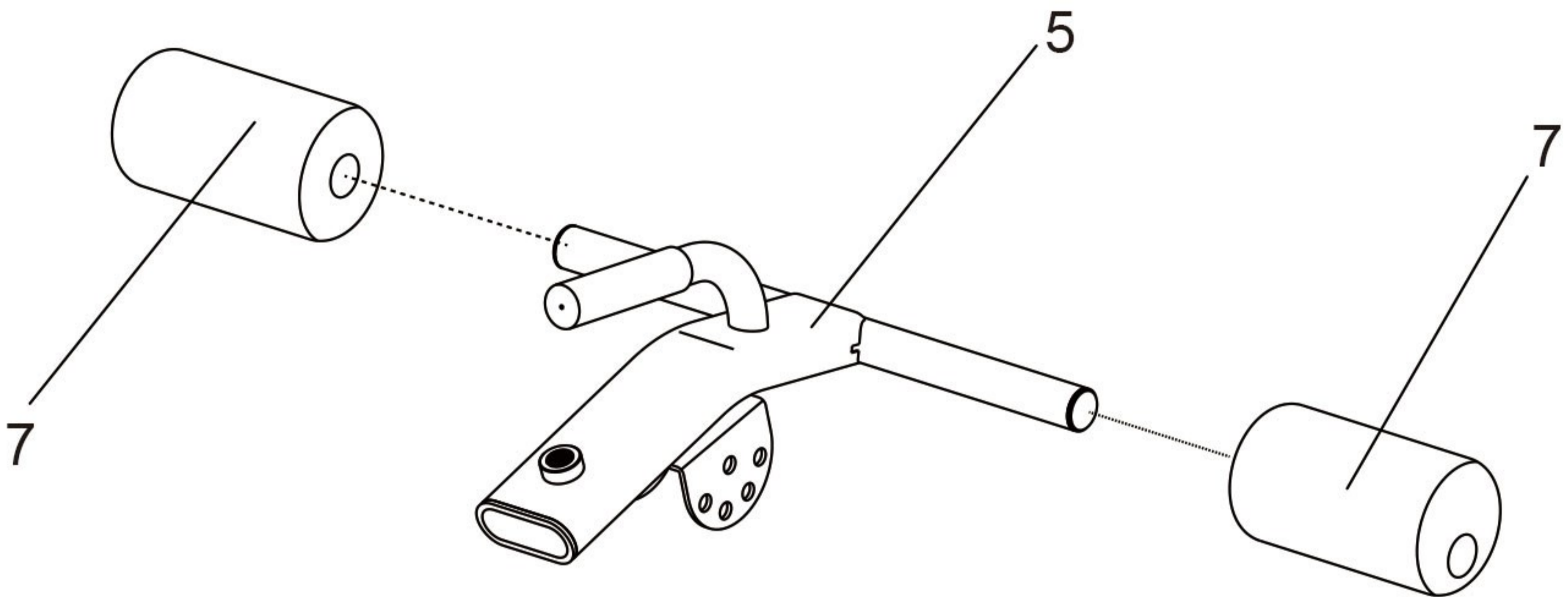
Step 3: Add foam pad to hook foot tube

- ① Insert the protective foam pads (7) from the ends of hook-foot tube (6).



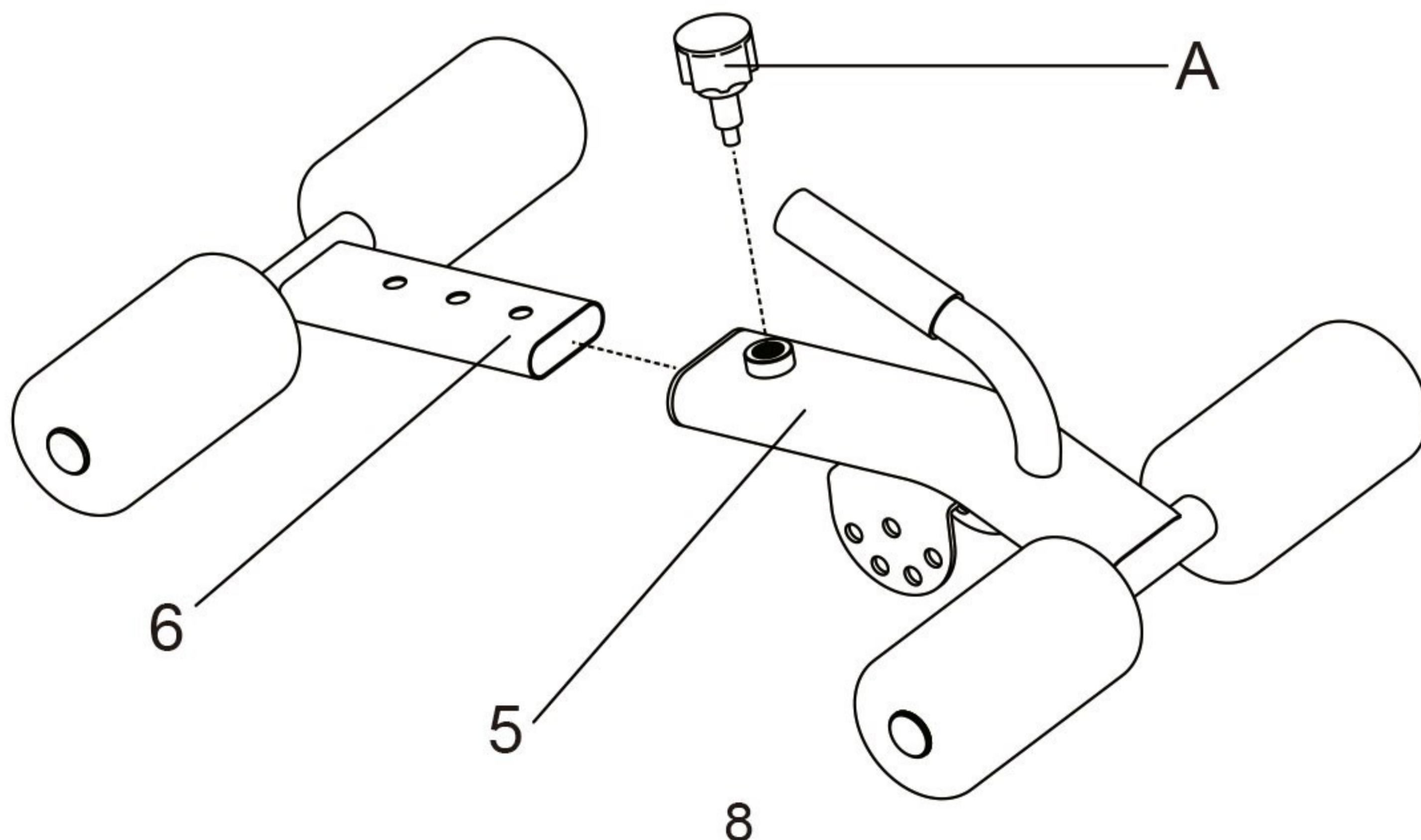
Step 4: Add foam pad to the hook foot tube with armrest. (Similar as Step 3)

- ① Insert the protective foam pads (7) from the ends of hook-foot tube (5).



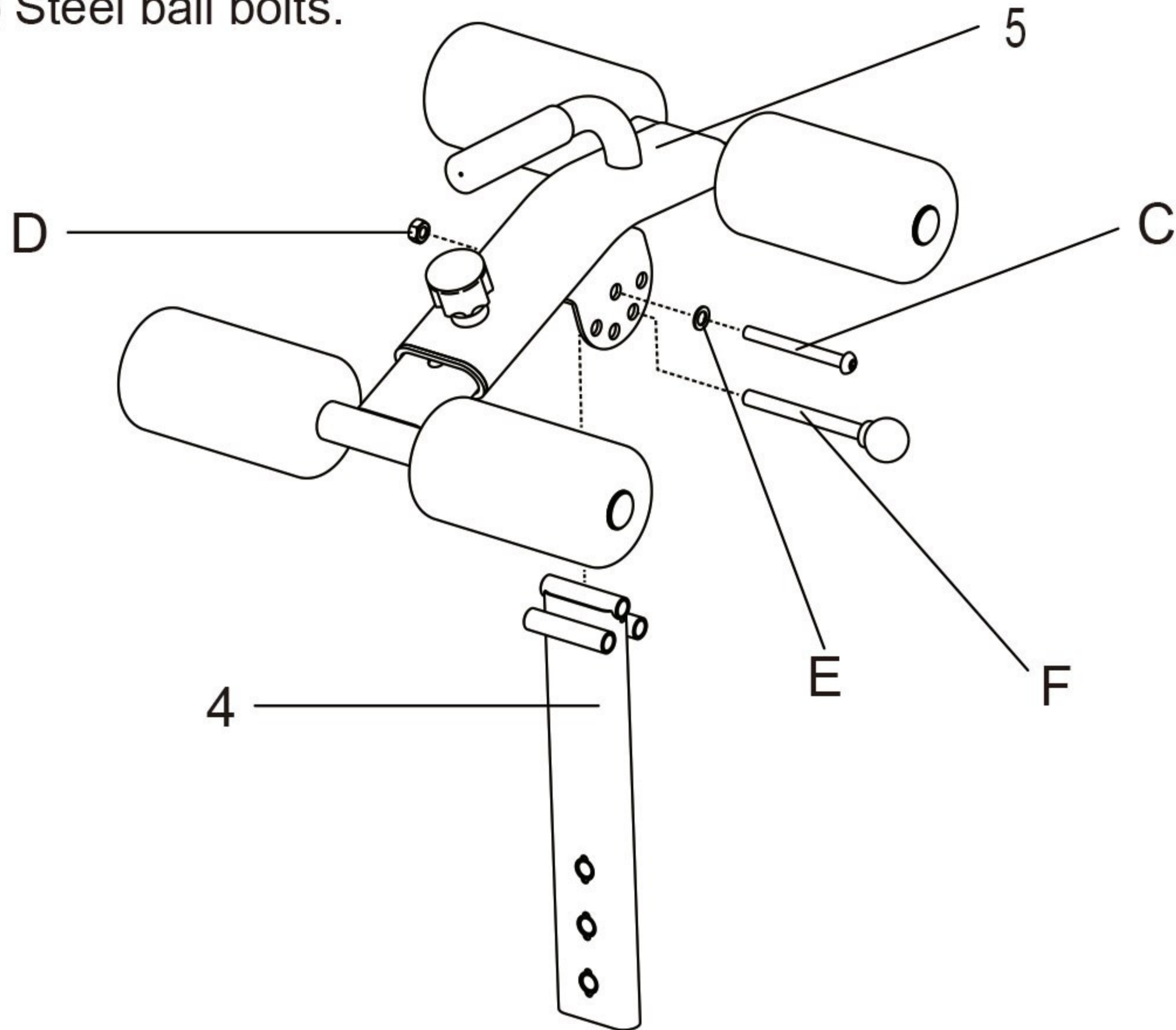
Step 5: Assemble hook-foot tube and hook-foot frame

- ① Attach the assembled (6) hook foot tube to (5) hook foot frame, and tighten with (A) circular spring pull pin.



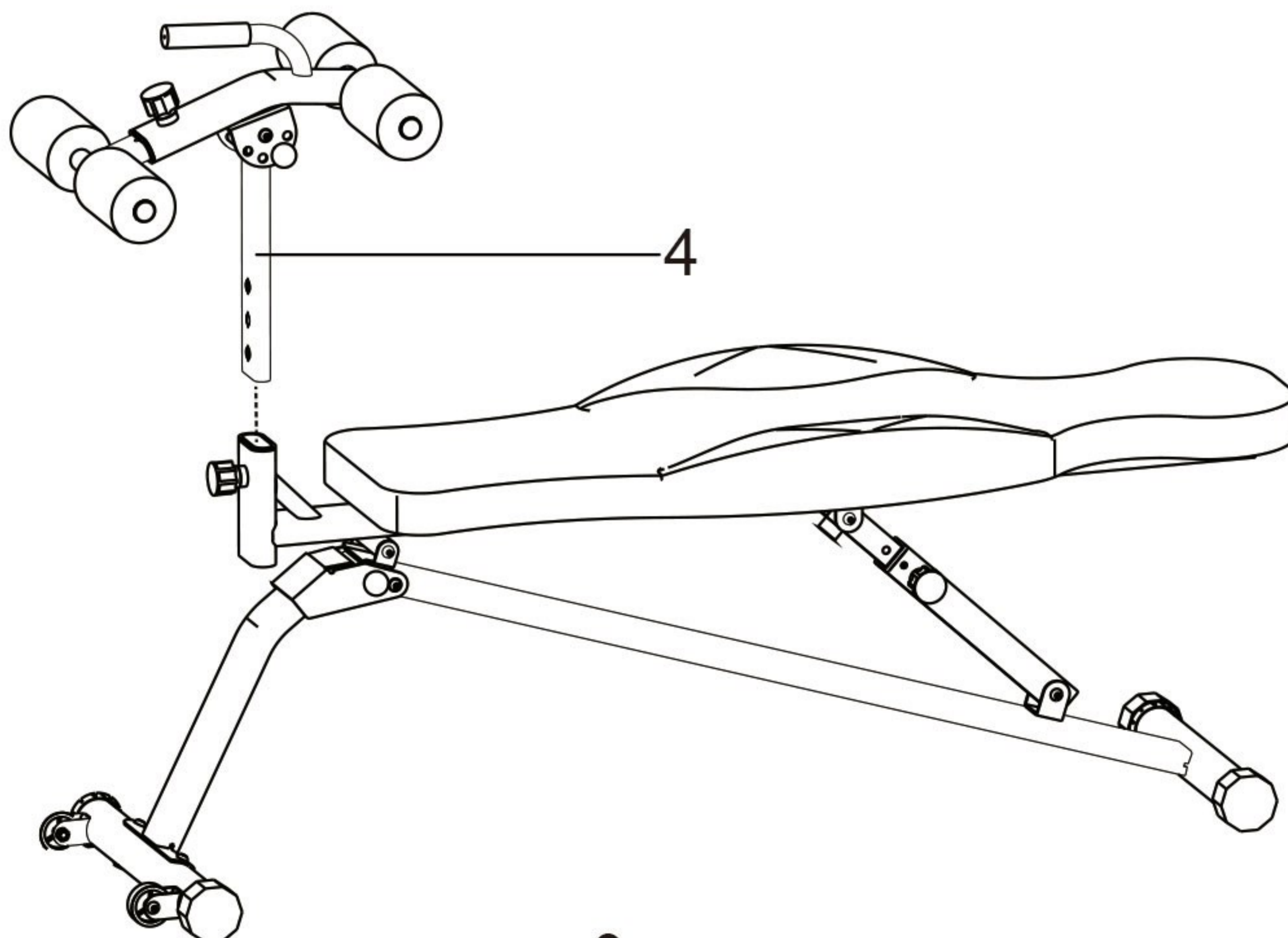
Step 6: Install hook-foot tube and armrest

- ① Align the assembled (5) hook foot tube with the holes of the assembled (4) armrest, attach them with (C) Socket Cap Screws M10*80, and put (E) Washer M10, then tighten with (F) Steel ball bolts. Lastly adjust the angles of the (5) hook foot tube according to personal preference, and fix it with (F) Steel ball bolts.

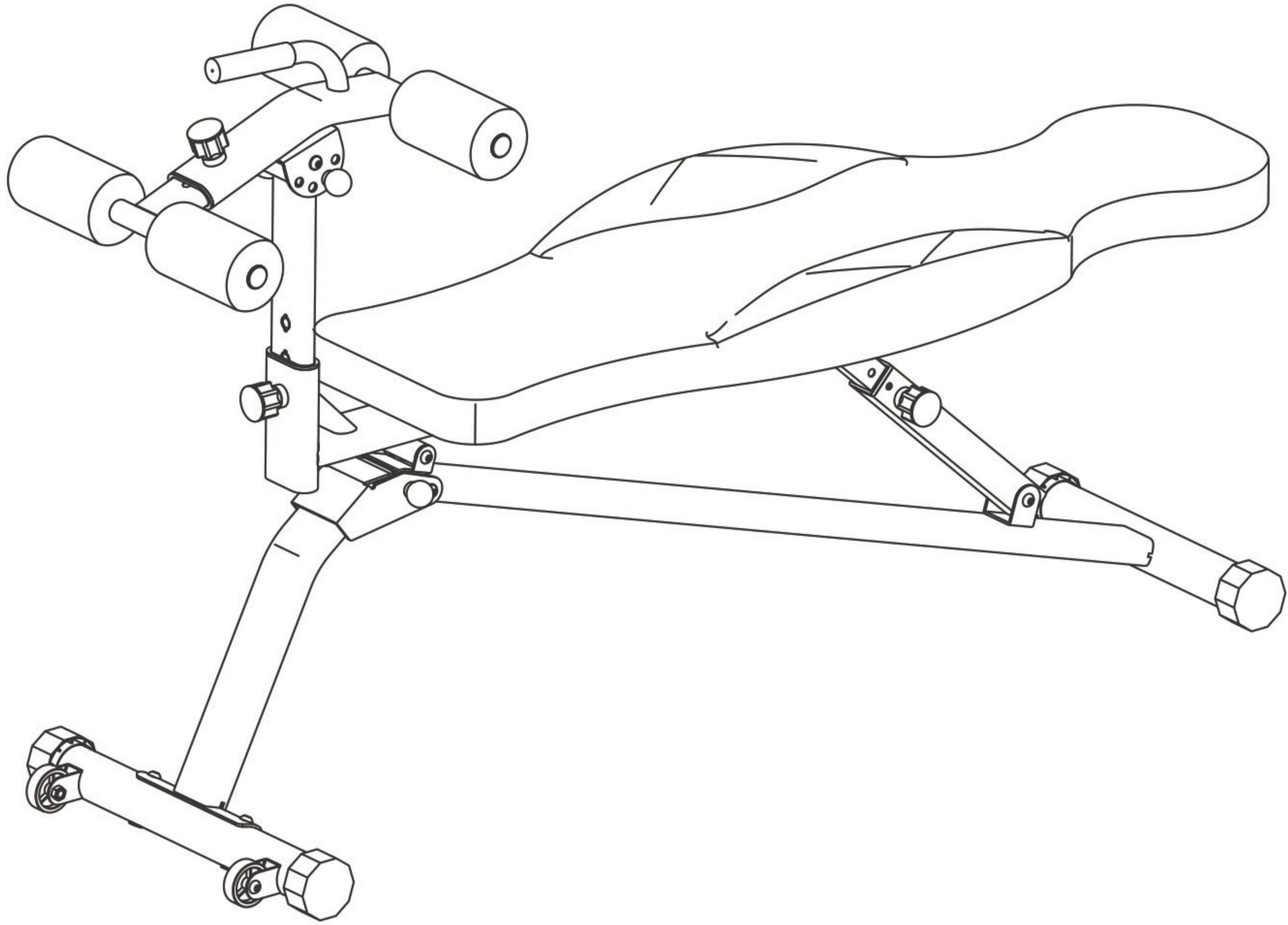


Step 7: Assemble the main frame

- ① Attach the assembled (4) armrest to the main frame as shown firstly, then you could adjust the height according to personal preference, and fix it with a plug.



INSTALLATION COMPLETE



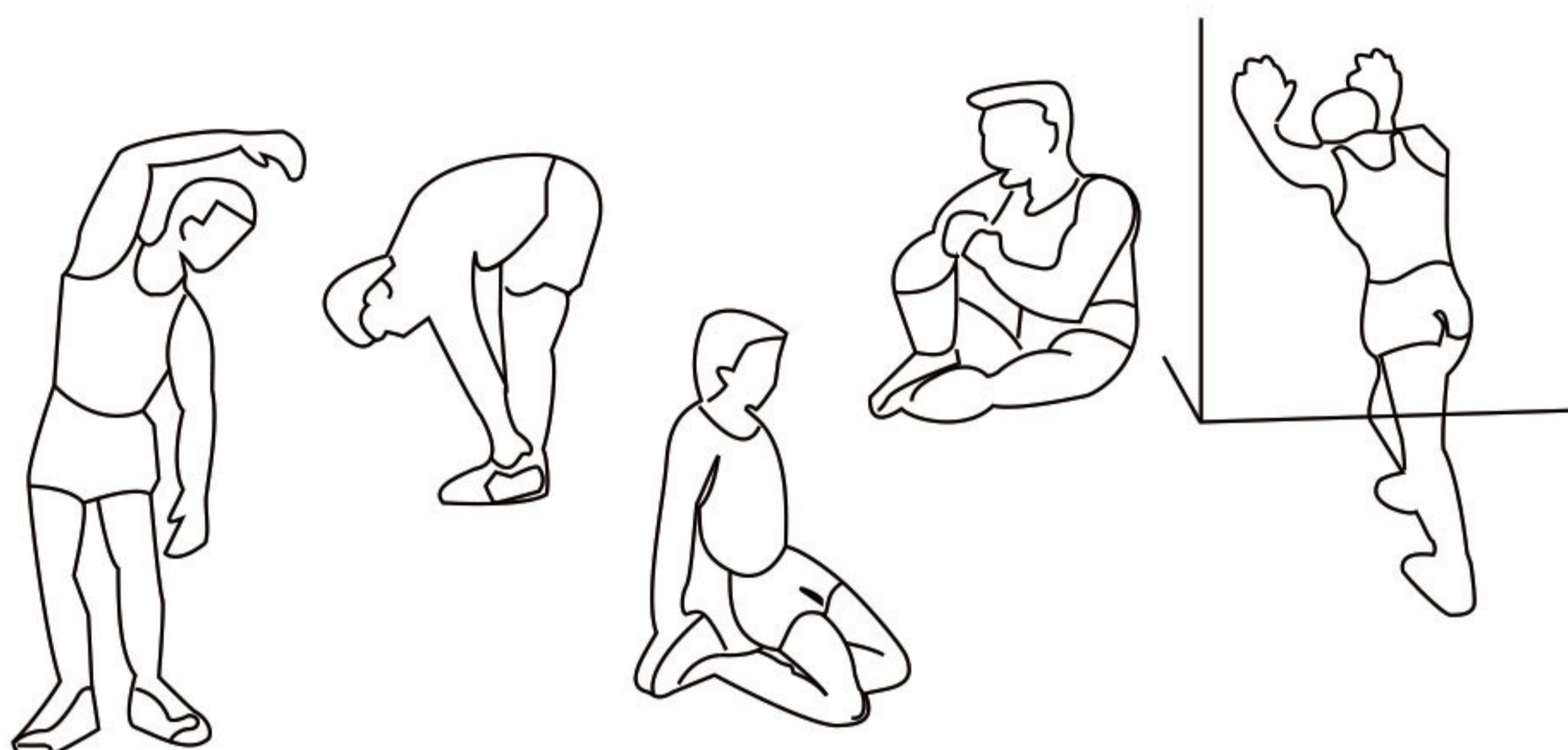
After the above steps are completed, please follow your own circumstances and the way you want to exercise to adjust the upper, lower, front, and rear position of the hookfoot tube, and the angle of the back cushion, finally please repeatedly check that the screws used are tight, the ball pins are in place and the spring pins are not locked, And check whether the plastic parts of the front and rear tubes of the product are all on the ground, such as uneven, please rotate the plastic parts (with adjustment function) on the bottom tube before and after self adjusting!

Training manual

In addition to physical fitness and muscle strengthening exercise, a healthy and balanced diet is very important in achieving your fitness goals.

Warm-up exercises before training

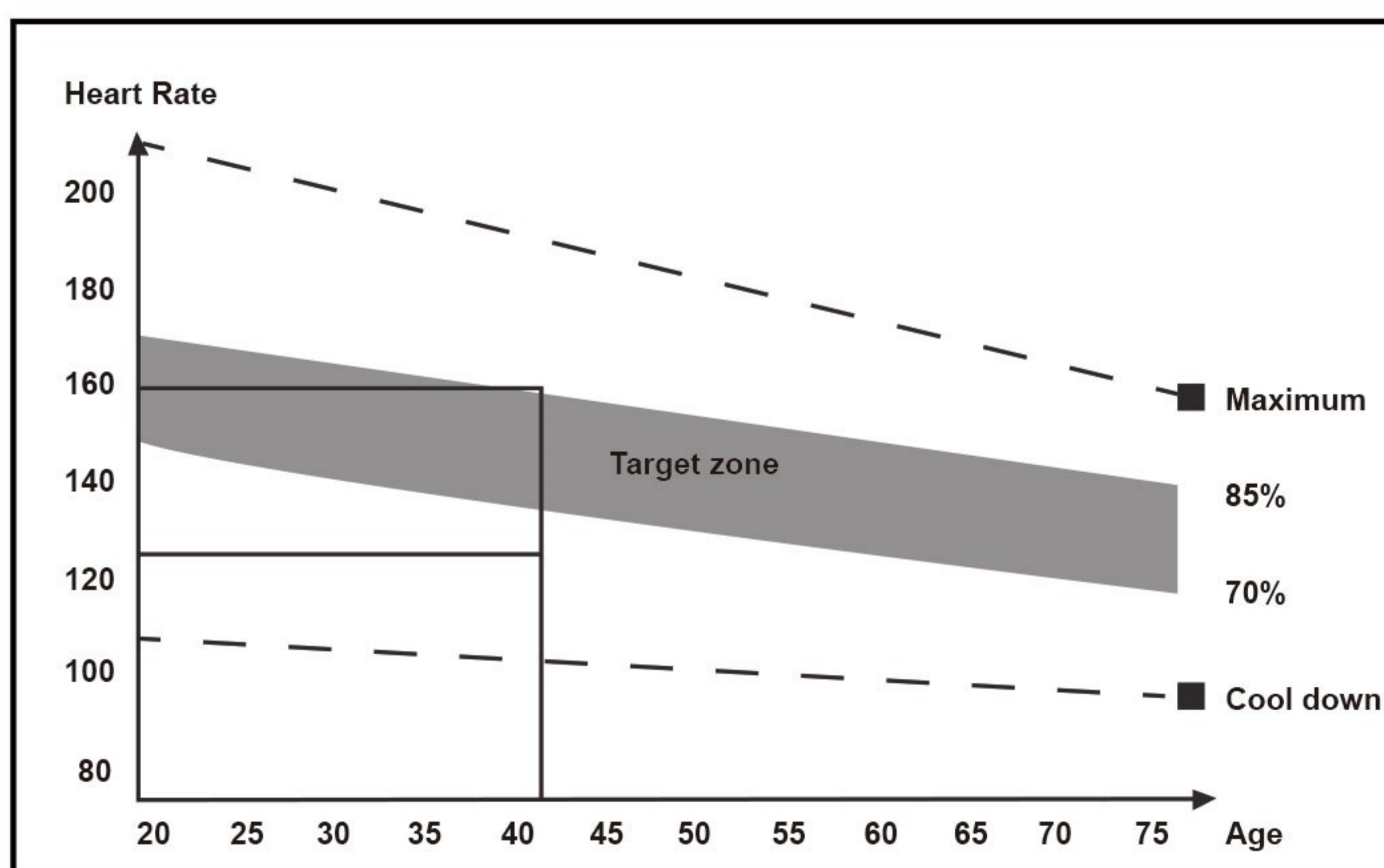
This phase of warm-up exercises can enhance the blood circulation of the user and hence prevent injury during workout. Please follow 5 simple stretching exercise as illustrated below for proper warm-up



The stage of training

This stage is the formal training stage. Through regular practice, you can improve the strength and flexibility of your muscles.

The key is to have a consistent and healthy intensity of training. You should consider the target heart rate to ensure that you are exercising in the optimal intensity. Please refer to the graph below.



Aim to keep your heart rate within the target range for 12 to 20 minutes.

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 including, 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.

