

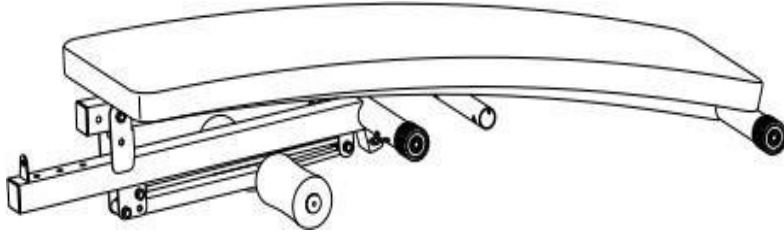
## Sit-up Bench Installation Instruction

READ AND SAVE THIS INSTRUCTION FOR FUTURE USE

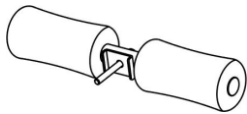
**ASSEMBLY INSTRUCTION**

## Accessory List:

(1) Main body support (1pcs include back cushion)



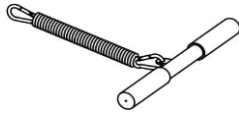
(2) Handrail (1pcs)



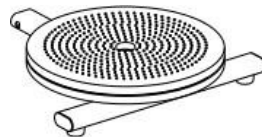
(3) Push-ups (one left and right) (2pcs)



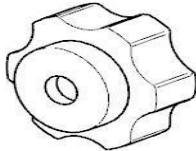
(4) Spring booster (1pcs)



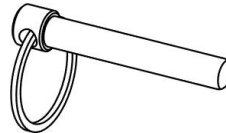
(5) Twisted disk (1pcs)



(A) Plastic handle nut M8 (1pcs)



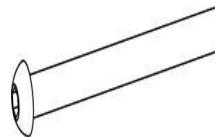
(B) Blot (2pcs)



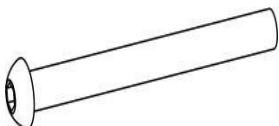
(C) Anti-loose nut M8 (3pcs)



(D) Semicircular head socket cap screws M8\*35 (2pcs)

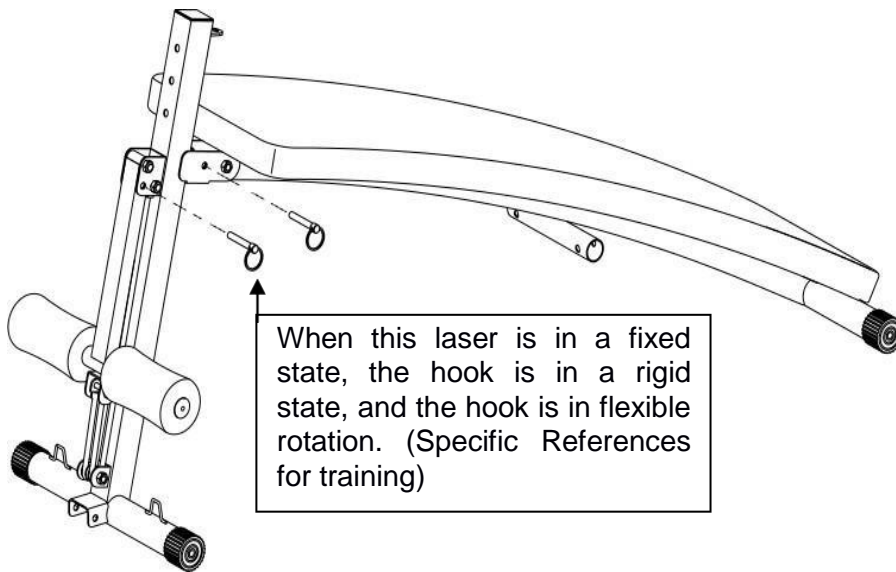


(E) Semicircular head socket cap screws M8\*55 (1pcs)



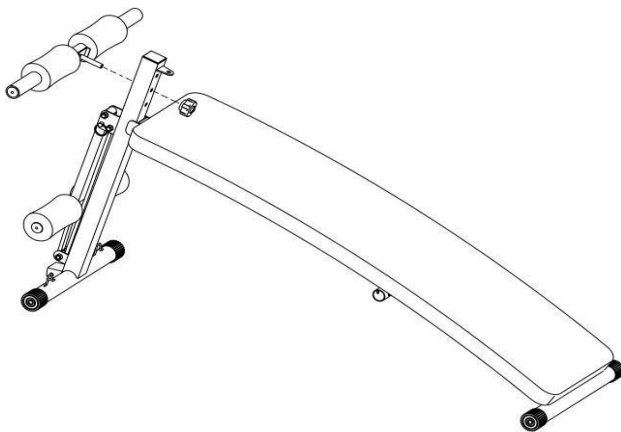
### Step 1. Install Handrail and hook rail

First expand (1) the main body support, then the holes correspond, and finally fix the holes through the (B) bolt.



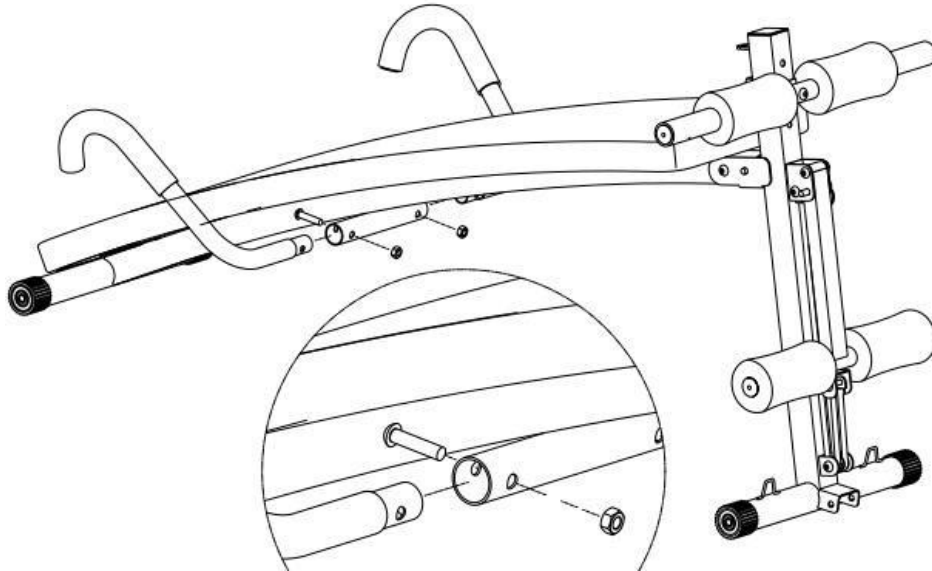
### Step 2. Install Handrail

According to the preferences to choose a hole, the (2) the handrails of the rods into the corresponding hole and fastened (A) M8 plastic handle nuts.



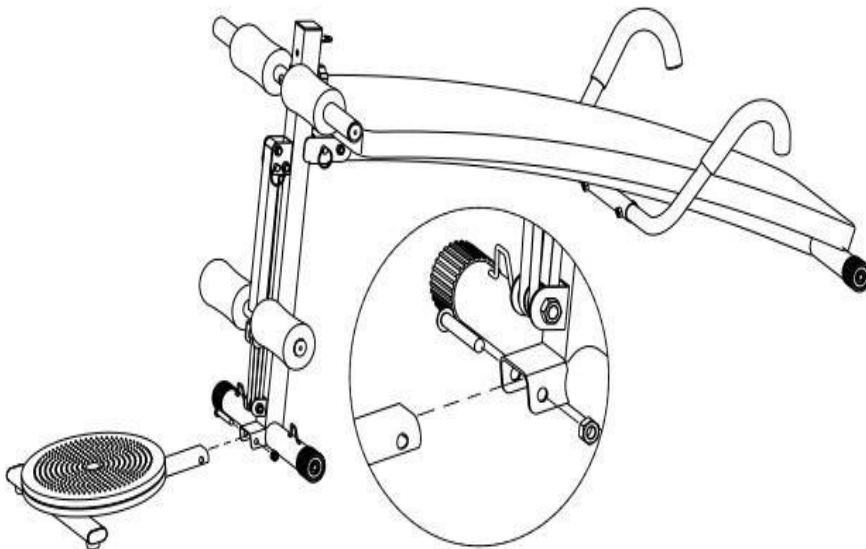
### Step 3. Install Push-ups

The first (3) is pinched into the fixed tube (note that the hole and the hole), and then passed through the (D) M8 \* 35 in Semicircular head socket cap screws, and finally (C) M8 Anti-loose nut fastened.



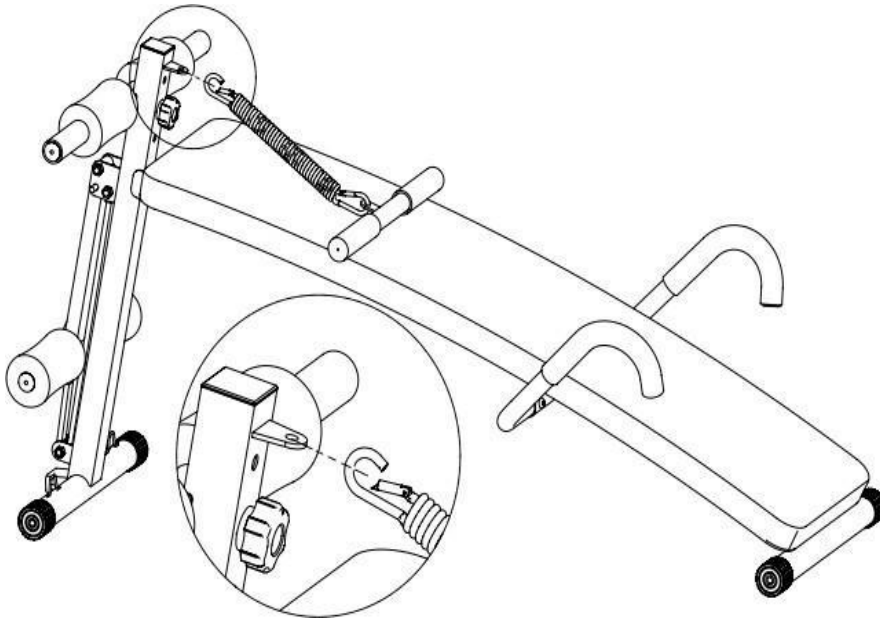
### Step 4. Install Twisted disk

First put the (5) twisted disk into the card slot (note that the hole and the hole alignment), and then with (E) M8 \* 50 of the semicircular head socket cap screws, and finally with the (C) anti-loose nut fastening

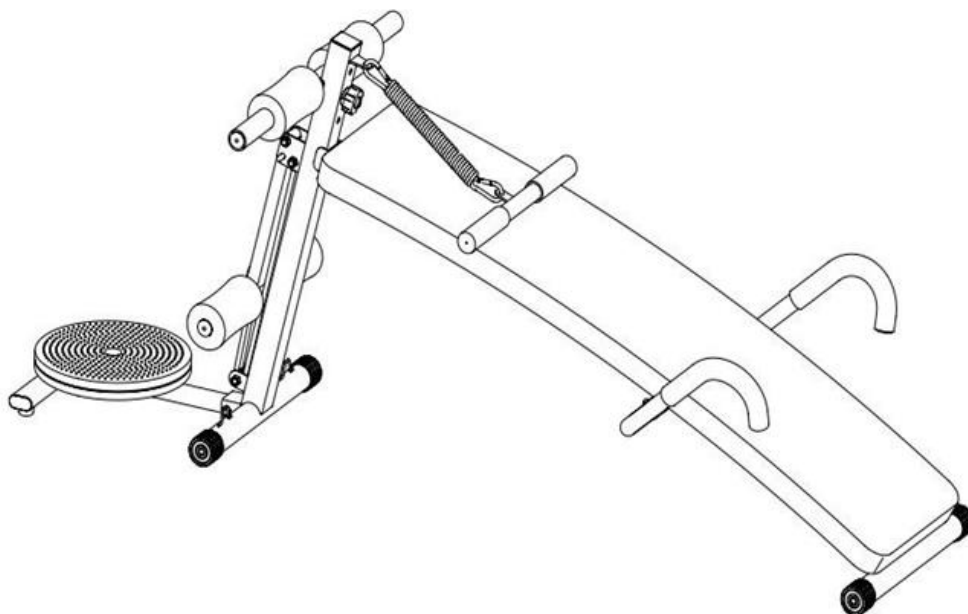


**Step 5. Install Spring booster**

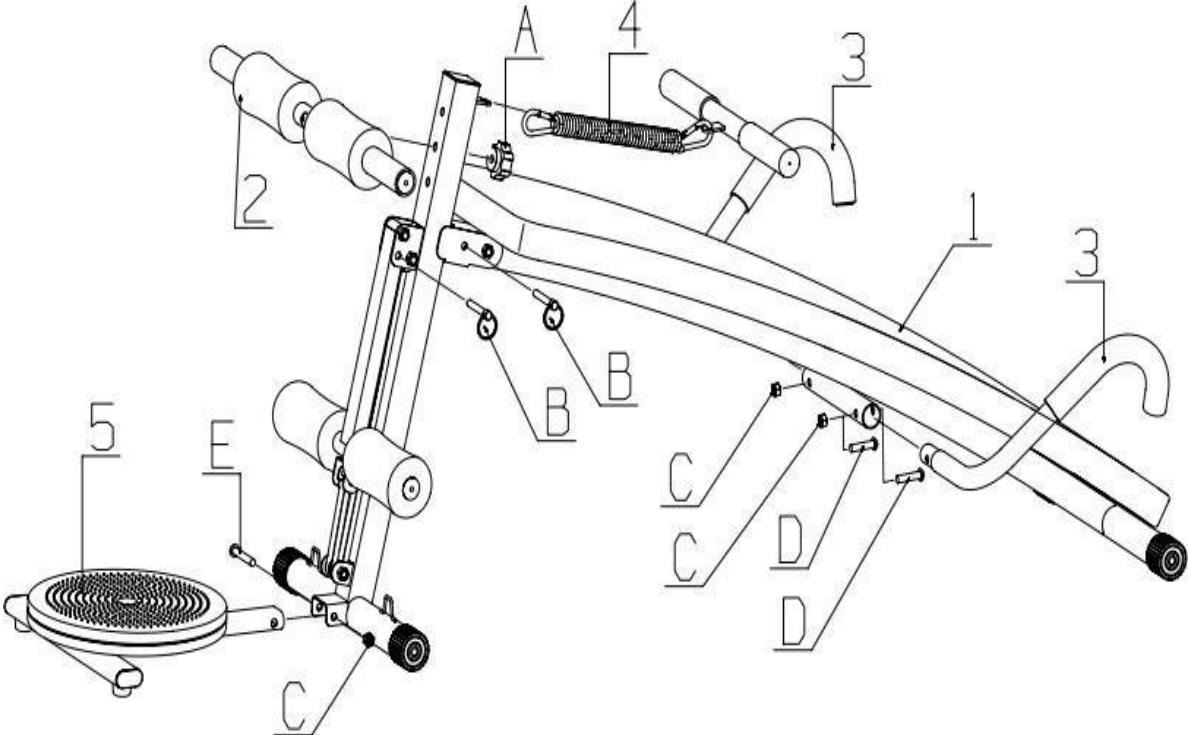
Press the (4) spring booster snap to place the snap opening (1) body support tab  
(Note: the snap opening must be closed after insertion).



Step installation is complete: as shown



Disassembly diagram :



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