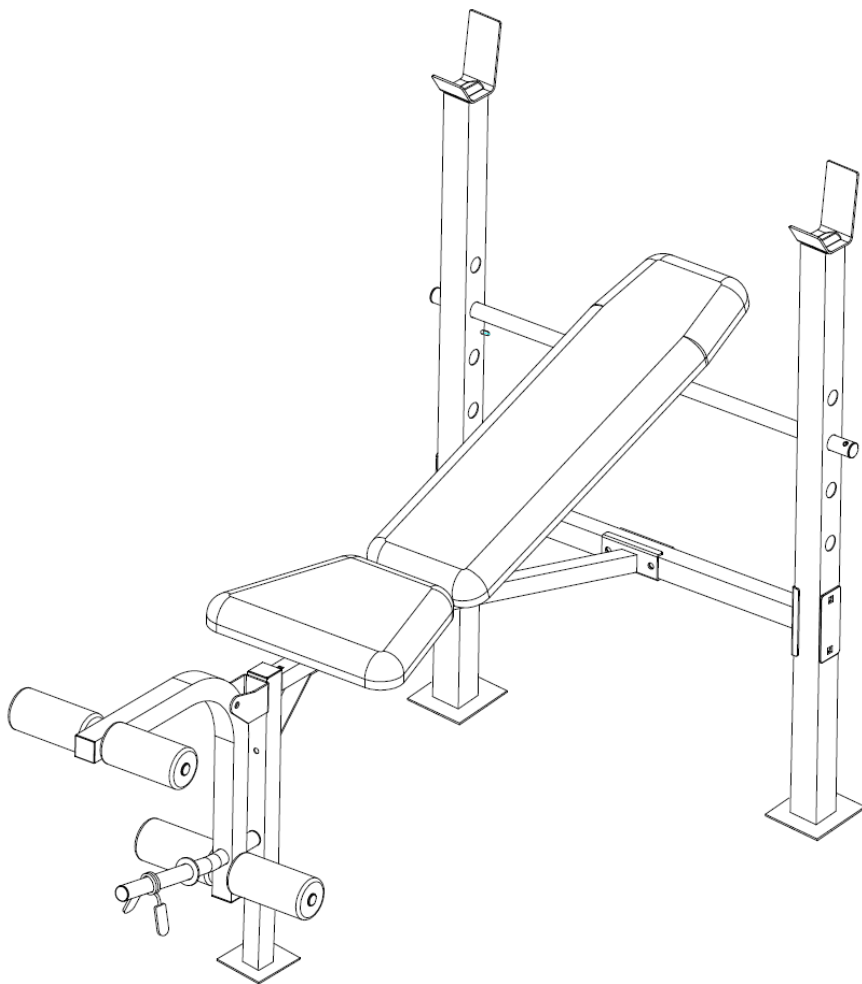




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A91-032



WEIGHT BENCH

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY & INSTRUCTION MANUAL

Important Safety Information

Please keep this manual in a safe place for reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

CAUTION

Read all warning affixed to the product.

Read precautions and instructions in this manual before using this equipment.

Keep this manual for future reference.

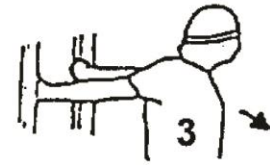
Safety Instruction



15 seconds for each



20 seconds



20 seconds



25 seconds



20 seconds



20 seconds



30 seconds



25 seconds for each leg



30 seconds



20 seconds



5 seconds x 3 times



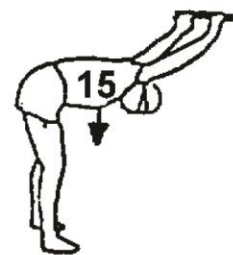
20 seconds



20 seconds for each leg

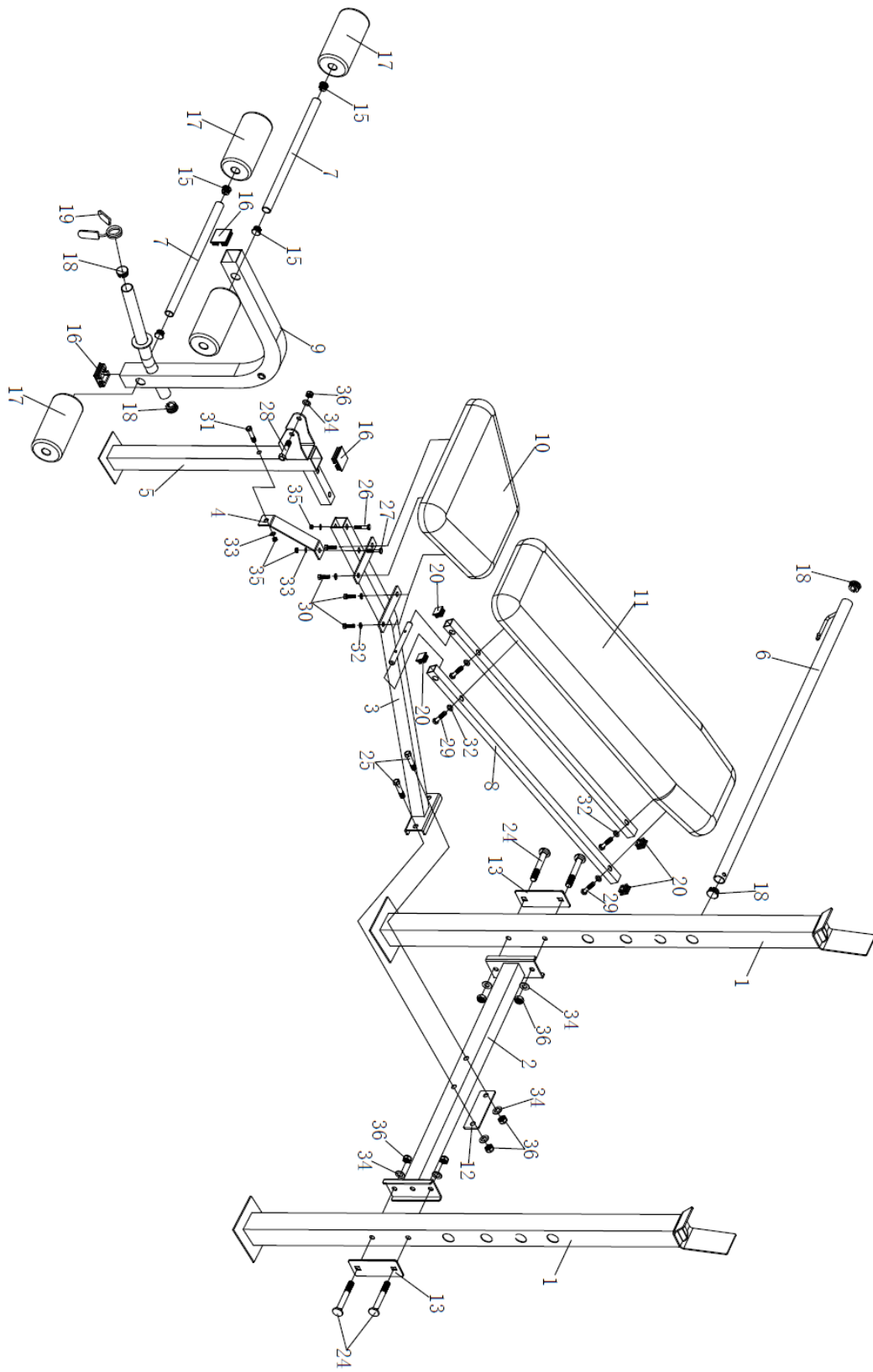


5 times



15 seconds

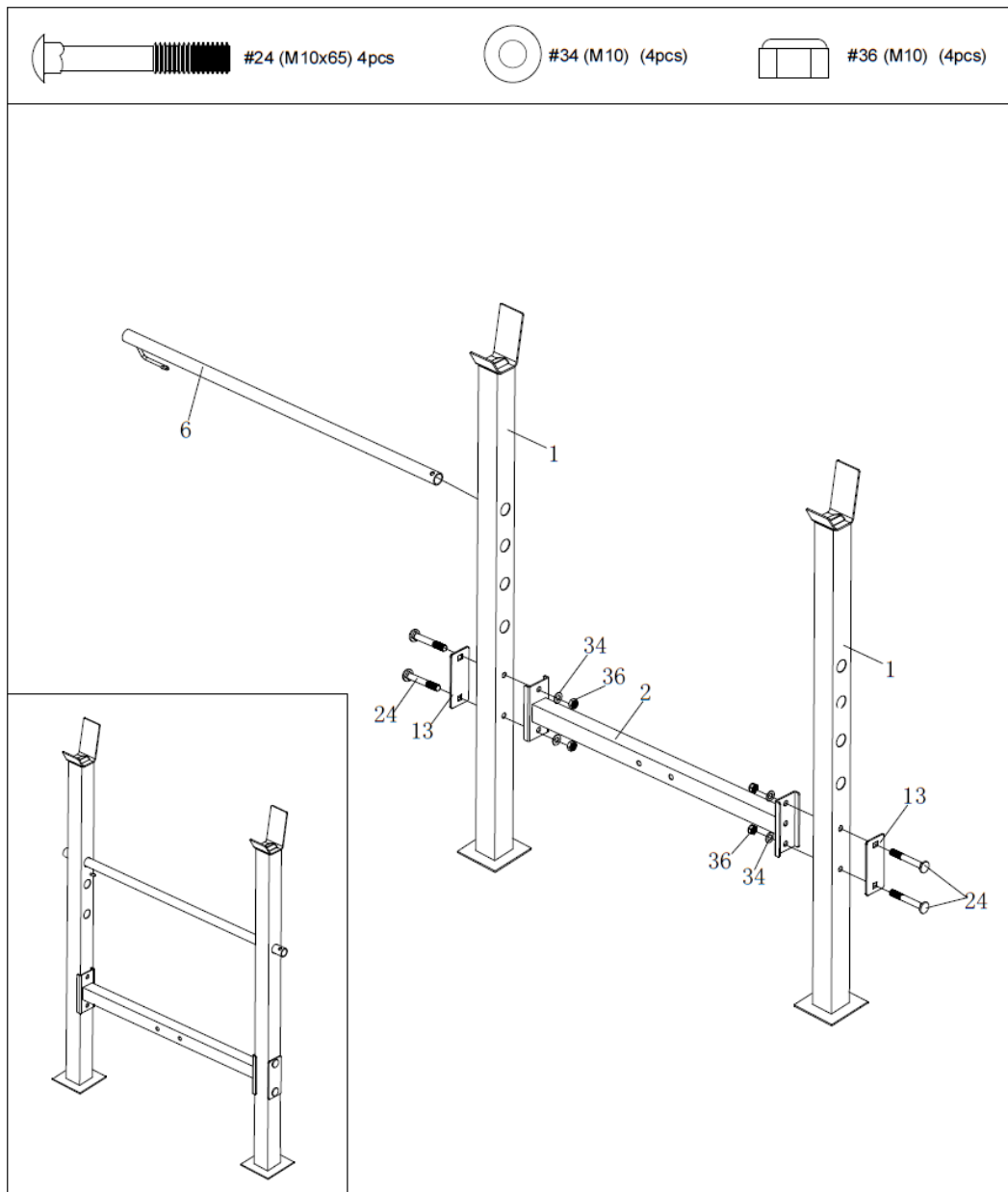
Exploded Drawing



PARTS LIST

No.	Description	Qty
1	Upright Beam	2
2	Cross Brace	1
3	Main Seat Support	1
4	Diagonal Support	1
5	Front Post	1
6	Backrest Adjustment Bar	1
7	Foam Roller Bar	2
8	Backrest Support	2
9	Leg Developer	1
10	Seat Pad	1
11	Backrest Board	1
12	Bracket	1
13	Bracket	2
15	End Cap ϕ 19	4
16	End Cap 38 x 38	3
17	Foam Roll	4
18	End Cap ϕ 25	3
19	Spring Clip ϕ 25	1
20	End Cap 20 x 20	4
24	Carriage Bolt M10x65	4
25	Hex Bolt M10x55	2
26	Carriage Bolt M8x40	1
27	Carriage Bolt M8x45	1
28	Hex Bolt M10x60	1
29	Hex Bolt M6x40	4
30	Hex Bolt M6x16	4
31	Hex Bolt M8x55	1
32	Washer M6	8
33	Washer M8	3
34	Washer M10	7
35	Nut M8	3
36	Nut M10	7

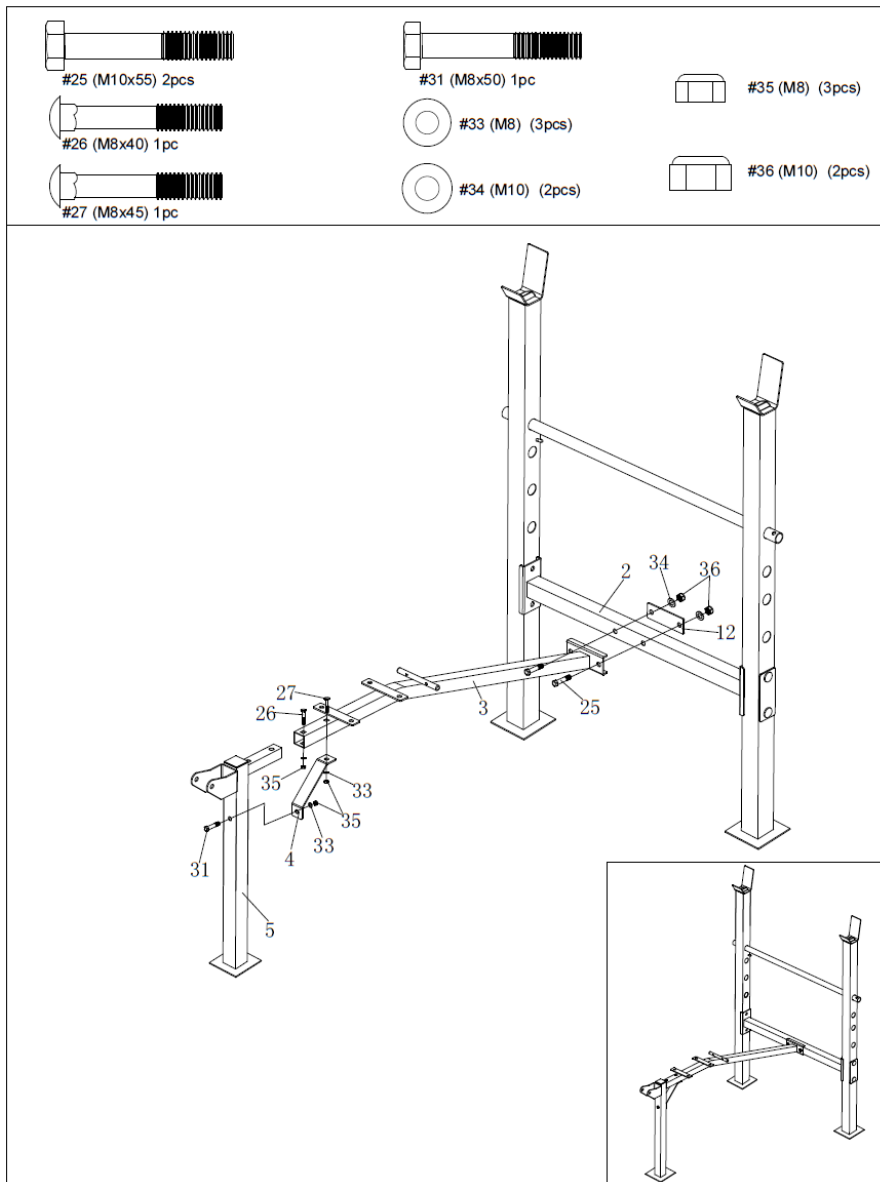
ASSEMBLY INSTRUCTIONS



STEP: 1

Attach the **Cross Brace (No. 2)** to the **Upright Beams (No. 1)** using 2 **Brackets (No. 13)**, 4 **Carriage Bolts (No. 24)**, 4 **Washers (No. 34)** and 4 **Aircraft Nuts (No. 36)**.

Insert the **Adjustable Backrest Bar (No. 6)** through the holes located along the sides of **Upright Beams (No. 1)**. The position of the **Adjustable Backrest Bar (No. 6)** can be adjusted depending on the preference of the user.



STEP: 2

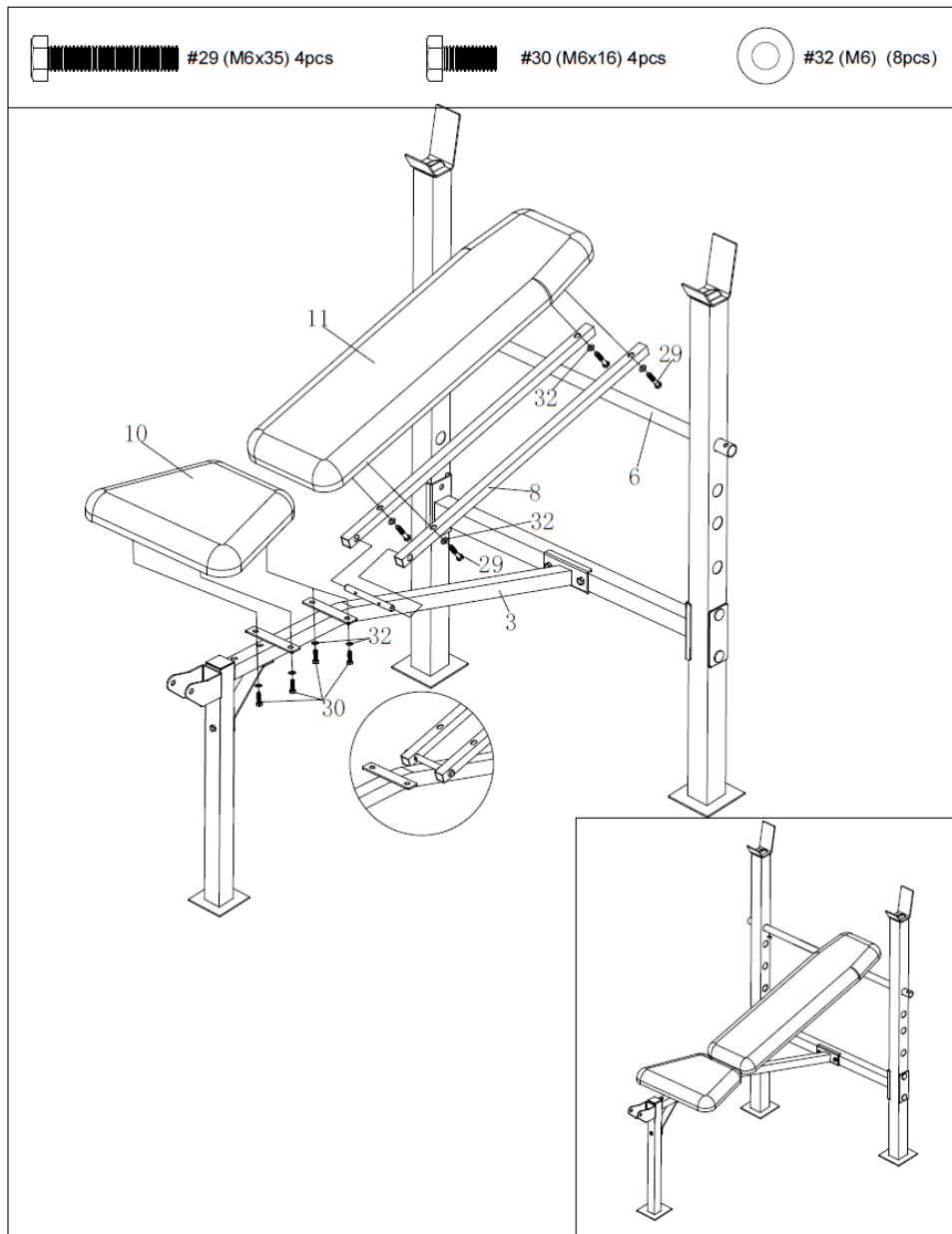
NOTE: All nuts for this step should only be hand tightened until assembly is completed.

Attach the **Main Seat Support (No. 3)** to the **Cross Brace (No. 2)** using 2 **Hex Bolts (No. 25)**, 1 **Bracket (No. 12)**, 2 **Washers (No. 34)** and 2 **Aircraft Nuts (No. 36)**.

Slide the **Front Post (No. 5)** into the bottom end of the **Main Seat Support (No. 3)** and align the holes. Insert **Carriage Bolt (No. 26)** through the lower hole on the **Main Seat Support (No. 3)** and secure using 1 **Washer (No. 33)** and 1 **Aircraft Nut (No. 35)**.

Insert **Carriage Bolt (No. 27)** through the upper hole on the **Main Seat Support (No. 3)**. Fix one end of the **Diagonal Support (No. 4)** to the **Carriage Bolt (No. 27)** using 1 **Washer (No. 33)** and 1 **Aircraft Nut (No. 35)**.

Fix the other end of the **Diagonal Support (No. 4)** to the **Front Post (No. 5)** using 1 **Hex Bolt (No. 31)**, 1 **Washer (No. 33)** and 1 **Aircraft Nut (No. 35)**.



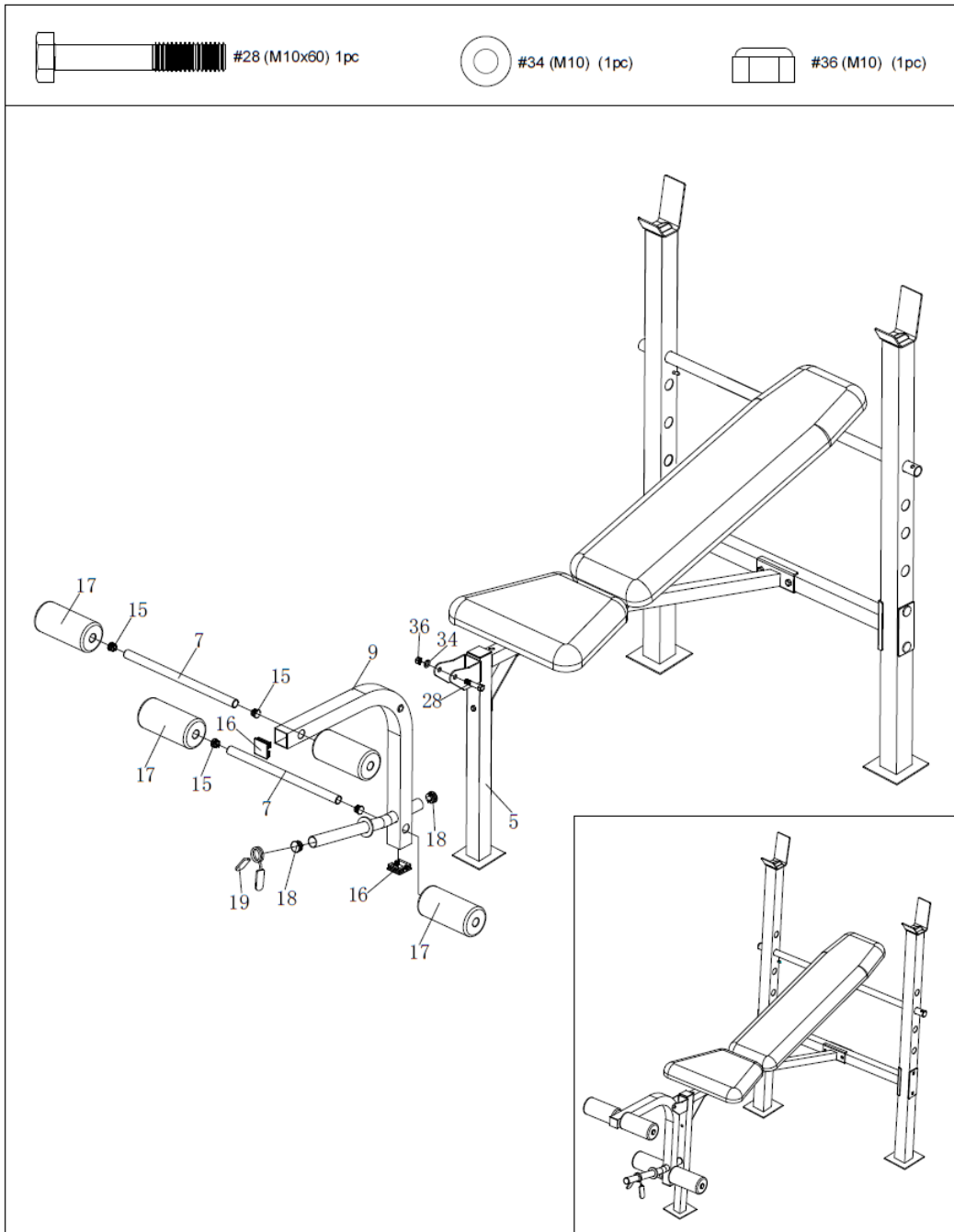
STEP: 3

IMPORTANT: The **Backrest Supports (No. 8)** must first be attached to the bar located on the **Main Seat Support (No. 3)** before continuing forward on this step.

Slide the bottom ends (with holes), of the **Backrest Supports (No. 8)** onto each side of the bar located on the **Main Seat Support (No. 3)** (see Fig. 1 above). Next, lean the top ends of the **Backrest Supports (No. 8)** against the **Backrest Adjustment Bar (No. 6)**.

Place the **Backrest Board (No. 11)** onto the **Backrest Supports (No. 8)**, align the holes and secure the **Backrest Board (No. 11)** using 4 **Washers (No. 32)** and 4 **Hex Bolts (No. 29)**.

Attach the **Seat Pad (No. 10)** to the **Main Seat Support (No. 3)** using 4 **Washers (No. 32)** and 4 **Hex Bolts (No. 30)**.



STEP: 4

Attach the **Leg Developer (No. 9)** to the **Front Post (No. 5)** using 1 **Hex Bolt (No. 28)**, 1 **Washer (No. 34)** and 1 **Aircraft Nut (No. 36)**.

Insert the **Foam Roller Bars (No. 7)** through the holes located on the **Leg Developer (No. 9)**. Next, attach the **Foam Rollers (No. 17)** onto each end of the **Foam Roller Bars (No. 7)**.

Lastly, slide the **Spring Clip (No. 19)** onto the bar located on the bottom of the **Leg Developer (No. 9)**.

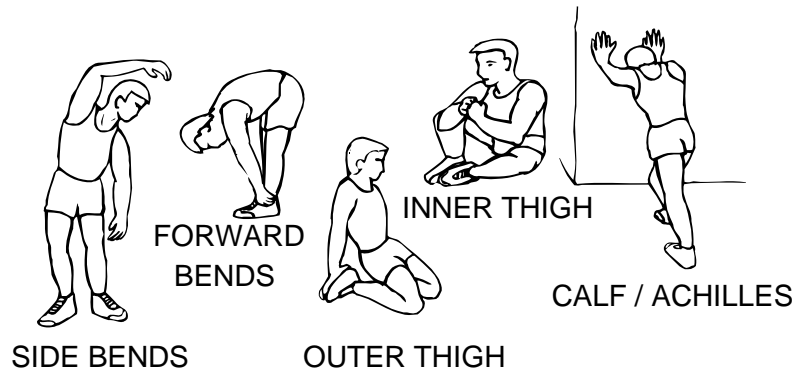
The assembly is complete!

EXERCISE INSTRUCTIONS

Using your **MULTI GYM** will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

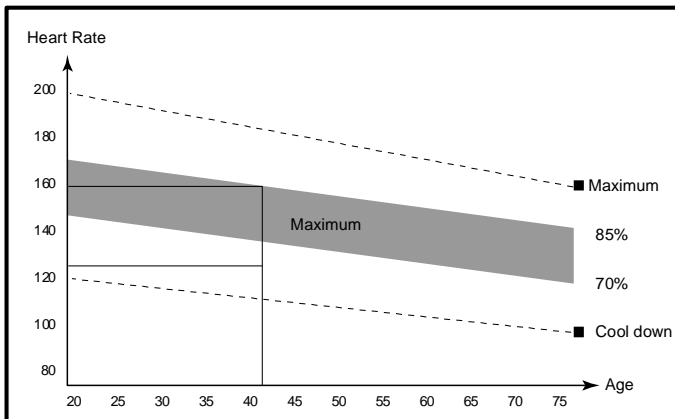
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible, space your workouts evenly throughout the week.

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