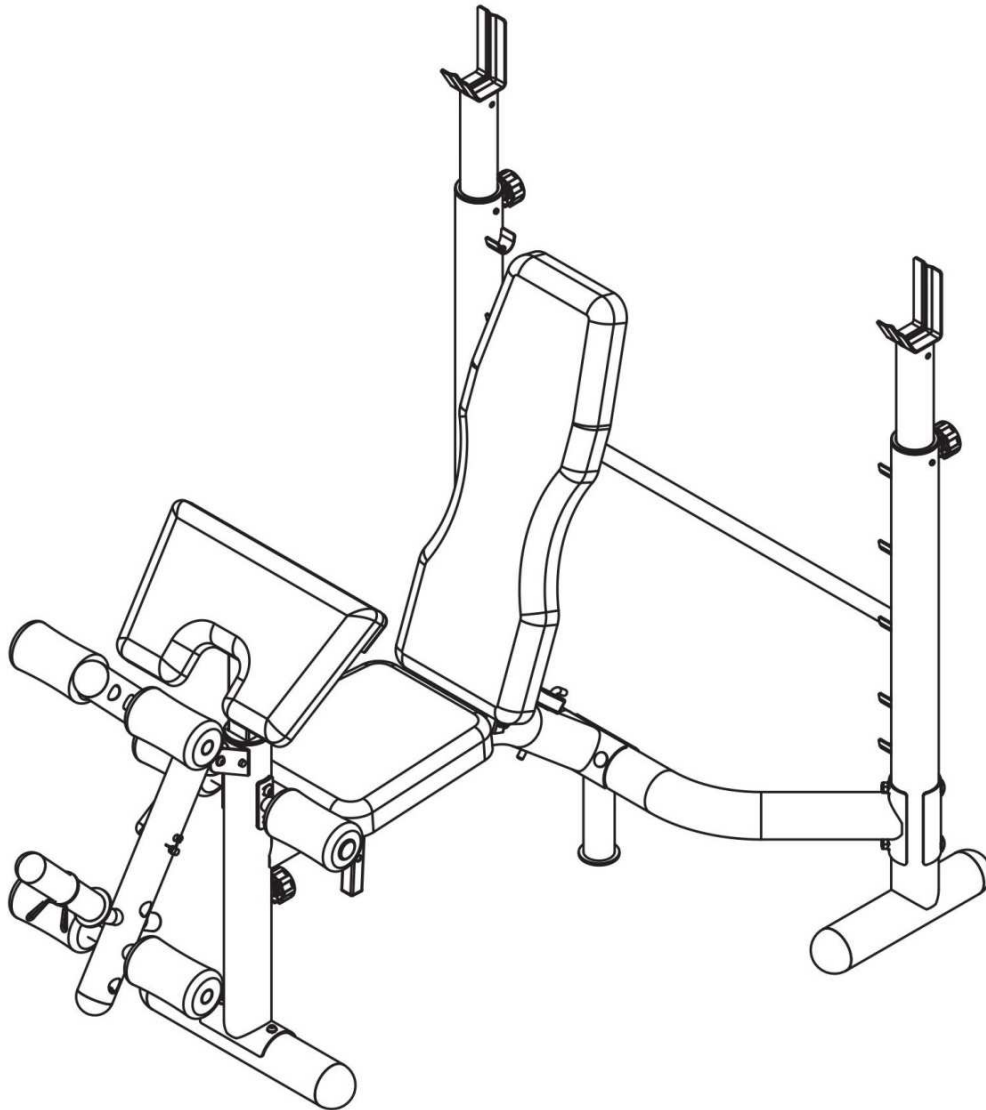


Scozier

WEIGHT BENCH

A91-086 EN C000000



WARNING

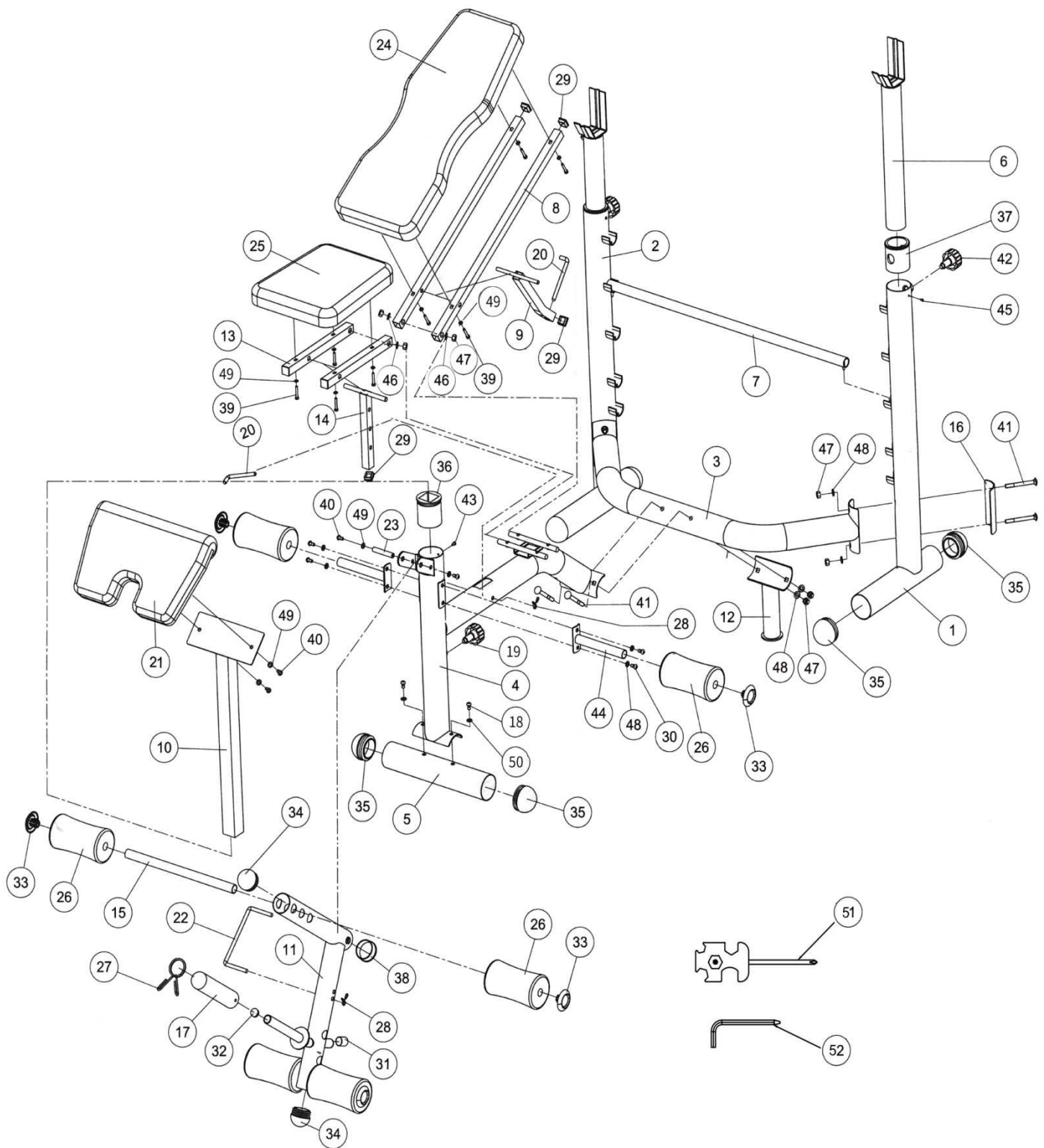
**YOU MUST THOROUGHLY READ AND UNDERSTAND
INSTRUCTION IN THIS MANUAL BEFORE ASSEMBLING
AND USING THIS WEIGHT BENCH.**

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. Suitable for domestic, home use only. Maximum weight of user: 100kg.
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.

Exploded-View

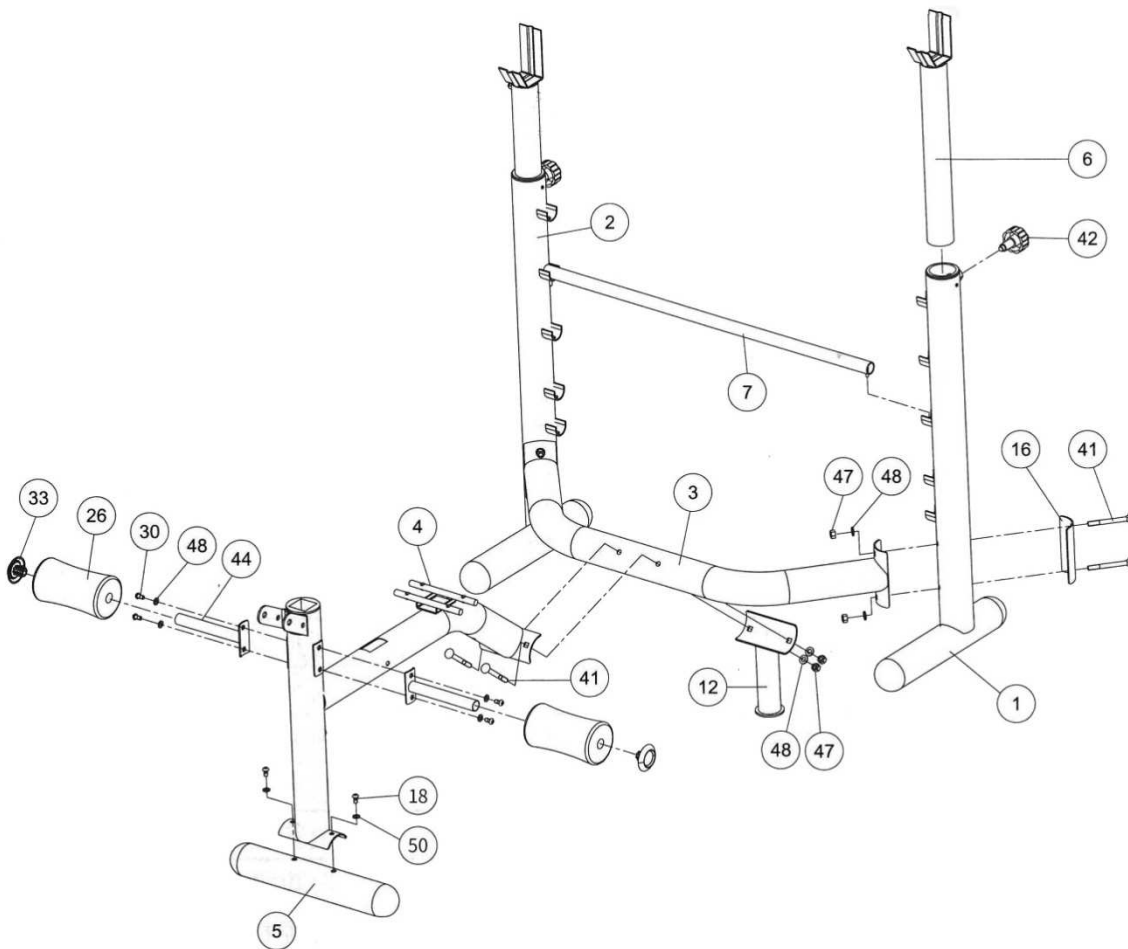


Part List

| NO | DESCRIPTION | QTY |
|----|--------------------------------|-----|
| 1 | Right upright pole | 1 |
| 2 | Left upright pole | 1 |
| 3 | Connection beam | 1 |
| 4 | Main support frame | 1 |
| 5 | Front stabilizer | 1 |
| 6 | Bracket for barbell | 2 |
| 7 | Adjusting lever | 1 |
| 8 | Back rest post | 1 |
| 9 | Adjusting bracket for backrest | 1 |
| 10 | Elbow pad post | 1 |
| 11 | Leg extension tube | 1 |
| 12 | Stand for connection beam | 1 |
| 13 | Seat post | 1 |
| 14 | Adjusting bracket | 1 |
| 15 | Foam post | 2 |
| 16 | Connecting piece | 2 |
| 17 | Disc post housing | 1 |
| 18 | Allen head screw M8*25 | 2 |
| 19 | Fixing knob | 1 |
| 20 | Locking pin | 2 |
| 21 | Elbow pad | 1 |
| 22 | U shape latch | 1 |
| 23 | Metal bushing | 1 |
| 24 | Back rest | 1 |
| 25 | Seat | 1 |
| 26 | Foam | 6 |

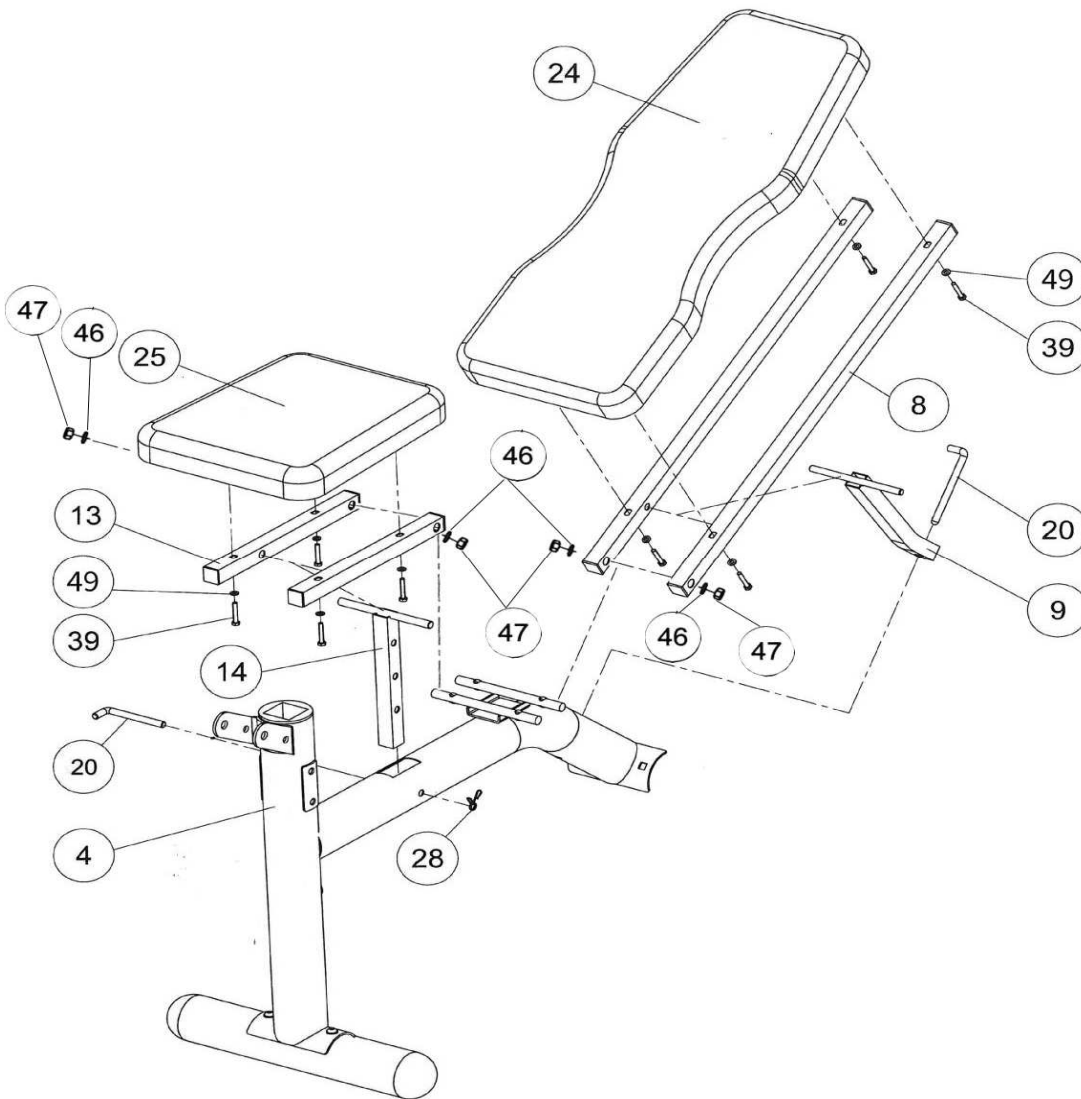
| NO | DESCRIPTION | QTY |
|----|-------------------------------------|-----|
| 27 | Spring clamp | 1 |
| 28 | Small spring clamp | 1 |
| 29 | Square end plug | 4 |
| 30 | Allen head screw M10*15 | 4 |
| 31 | Plastic stopper $\phi 25$ | 1 |
| 32 | End cap $\phi 25$ | 1 |
| 33 | End plug | 6 |
| 34 | End plug $\phi 60$ | 2 |
| 35 | End plug $\phi 76$ | 6 |
| 36 | Plastic housing $\phi 76 \times 45$ | 1 |
| 37 | Plastic housing $\phi 76 \times 60$ | 2 |
| 38 | Round cap | 1 |
| 39 | Allen head screw M8*35 | 8 |
| 40 | Allen head screw M8*15 | 4 |
| 41 | Carriage bolt M10*95 | 6 |
| 42 | Adjustment knob M10 | 2 |
| 43 | Taping screw ST4.2*12 | 1 |
| 44 | Leg rest post | 2 |
| 45 | Taping screw ST4.2*8 | 4 |
| 46 | Washer $\phi 10$ | 4 |
| 47 | Nylon nut M10 | 10 |
| 48 | Curved washer $\phi 10$ | 10 |
| 49 | Washer $\phi 8$ | 14 |
| 50 | Curved washer $\phi 8$ | 2 |
| 51 | Open wrench | 1 |
| 52 | #5 hex wrench | 1 |

Assembly Step 1



- A) Connecting the connection beam (3) to the right upright pole (1). Align their holes and make them joined with carriage bolt (41) connecting piece (16) curve washer (48) and nylon nut (47). Don't fasten the nut immediately. Repeat the same procedure to connect the connection beam (3) with left upright pole (2). Now fasten the four nylon nuts (47).
 - B) Place adjusting lever (7) in the middle of the left and right upright pole (1&2). **CAUTION : two sides must be same height.**
 - C) Insert the bracket for barbell (6) into the left and right upright pole (1&2). After align their holes fasten them with adjustment knob (42). While do exercise the left and right brackets for barbell must be same height.
 - D) Fasten the front stabilizer (5) to the main support frame (4) with allen head screw (18) and curved washer (50) securely.
 - E) Put the main support frame (4) & stand (12) onto the connection beam (3). Make their holes in line then insert the carriage bolt (41). Finally fasten the carriage bolt (41) with curved washer (48) and nylon nut (47).
 - F) Fasten the left and right leg rest post (44) onto the main support frame (4) using 4pcs allen head screws (30) and 4pcs curved washers (48).
 - G) Moisten the inner side of the hole of foam (26) then push it onto the leg post (44). Tape plug end (33) into the end of leg post (44). While do this you can tap it by soft hammer.
- While fasten the nuts or screws , you should screw them several circles by hand first .Then using tools provided by this product fastened securely.**

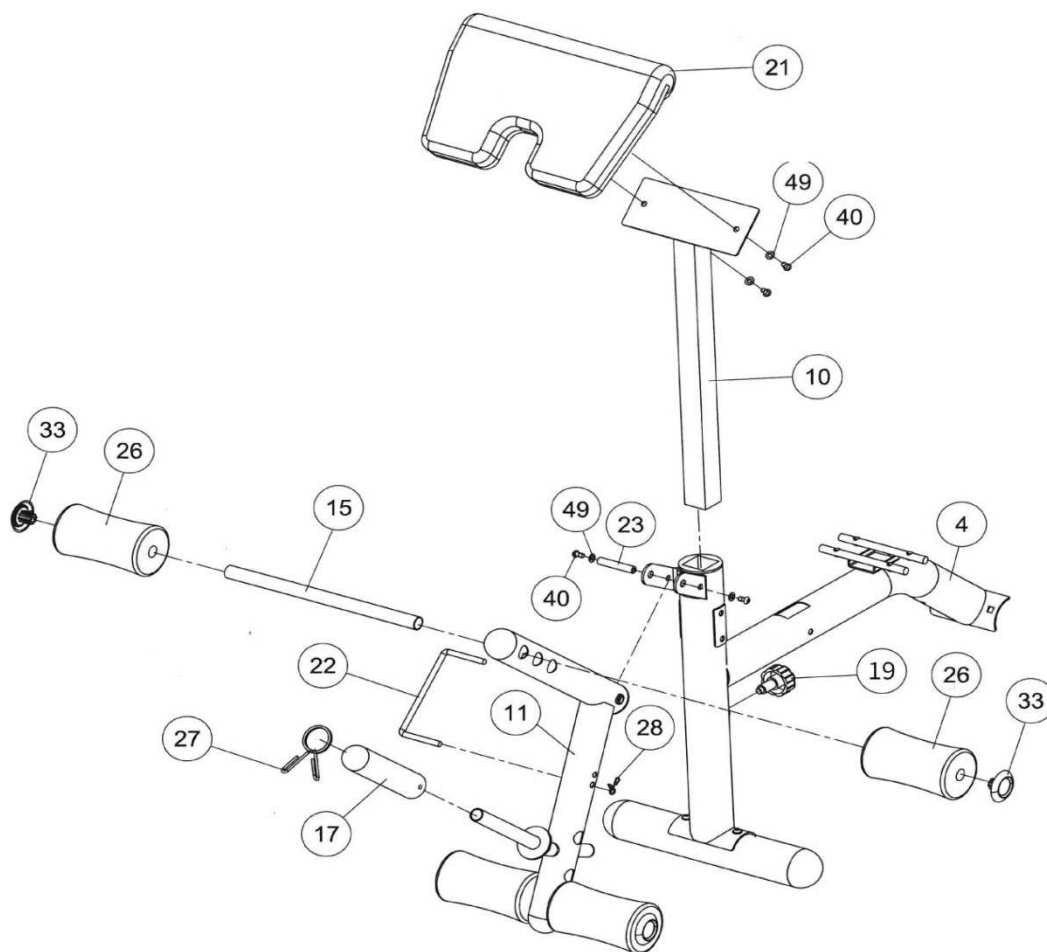
Assembly Step 2



- A) Insert the rod of adjusting bracket (14) into the two seat post's (13) bottom holes which is lower but horizontal. Holding the three parts, make the upper holes of the seat posts (13) into the front rod welded on the main support frame (4), then fasten them with two washers (46) and nylon nut (47).
- B) Align the holes both of seat (25) and seat post (13), tighten them with 4pcs allen head screws (39) and washers (49). After finished, put the adjusting bracket (14) into the big vertical hole of the main support frame (4). Align the holes both of them and insert the locking pin (20) from one side. Now clip the spring clamp (28) onto the other side of the locking pin (20).
- C) Insert the rod of adjusting bracket for backrest (9) into the two backrest posts' (8) upper holes which is higher but horizontal. Holding the three parts, make the bottom holes of the backrest posts (8) into the rear rod welded on the main support frame (4), then fasten them with two washers (46) and nylon nut (47).
- D) Align the holes both of backrest (24) and backrest post (8), tighten them with 4pcs allen head screws (39) and washers (49). After finished, put the adjusting bracket for backrest (9) onto the base tube of the main support frame (4). Align the vertical holes both of them and insert the locking pin (20) from top.

Note: The design of the adjusting bracket for backrest (9) is not used for carrying the weight. The only purpose of the design is to do squatting exercise to adjust the back pad in the vertical position. While you do weight lifting exercise, please remove the locking pin (20) and make the backrest rest on the adjusting lever (7). The backrest incline can be achieved by setting lever (7).

Assembly Step 3



- A) Align the holes both of elbow pad (21) and elbow pad post (10), tighten them with 2pcs allen head screws (40) and washers(49).
- B) Insert the elbow post (10) into the main support frame (4) . After align their holes on the back, fix them together with fixing knob (19) .
- C) Fasten the leg extension tube (11) onto the main support frame (4) using 1pcs metal bushing (23) 2pcs washers (49) 2pcs allen head screws (40).
- D) Insert 2pcs foam post (15) into the round holes of the leg extension tube (11) .Refer to the above illustration, make the foam post the same long both on the left and right .Then push the foams (26) onto the foam post (15) and the end plug (33) into it . While push the end plug, you can tap it by soft hammer.
- E) Slide the disc bar housing (17) into the bar of leg extension tube (11) then clip them with a spring clamp (27). Plug the U shape latch (22) into the leg extension tube (11) and main support frame(4).

Note: U-shape latch is only used for abdominal exercise. when make the leg extension exercise please remove the U-shape latch.

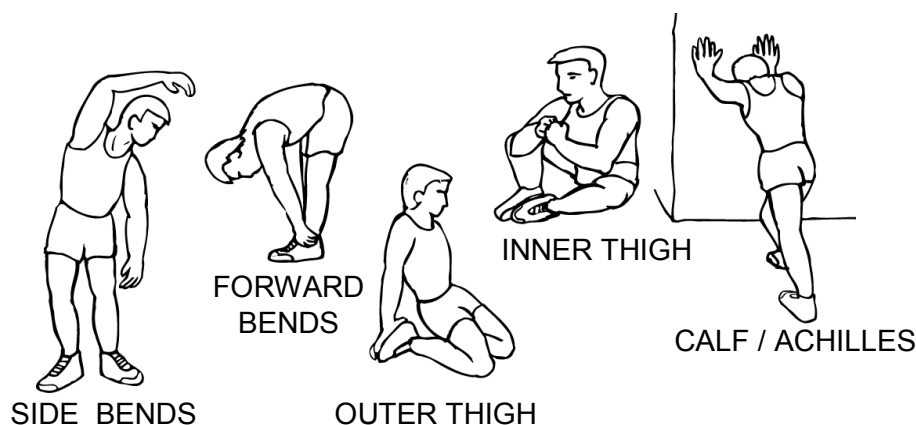
EXERCISE INSTRUCTIONS

Your weight bench is a low impact exercise, which will provide you with several benefits, it will improve your physical fitness. Tone muscle and in conjunction with a calorie controlled diet help you lose weight.

1.The Warm Up Phase

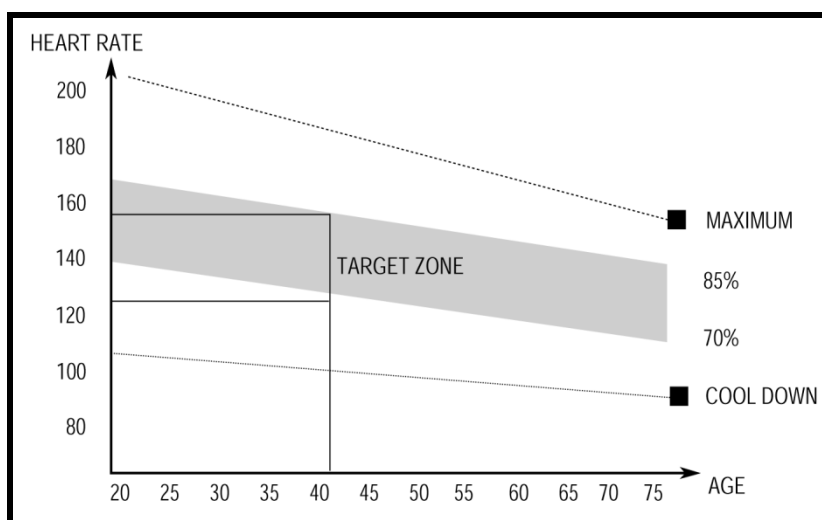
This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. Gently jog on your bouncer for approximately 5

minutes, then 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. Work to your own pace but it is very important 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. Cooling 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.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn.