

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

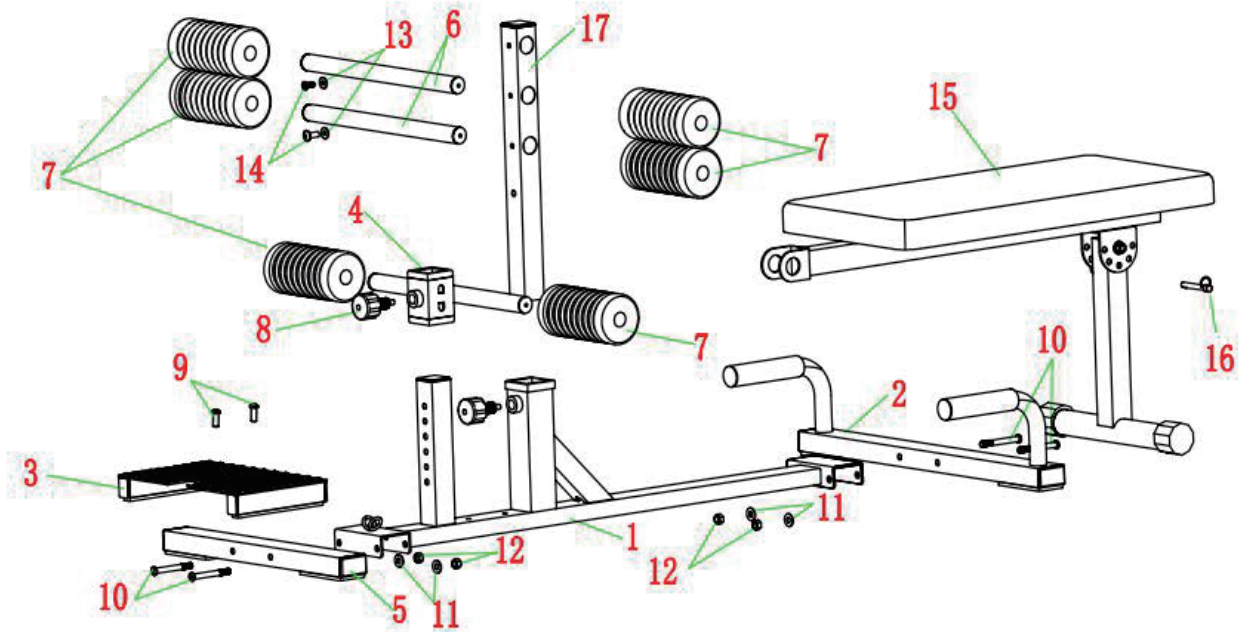
USING INSTRUCTION

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 is suitable for domestic, home use only. Maximum weight of user: 120kg.
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.

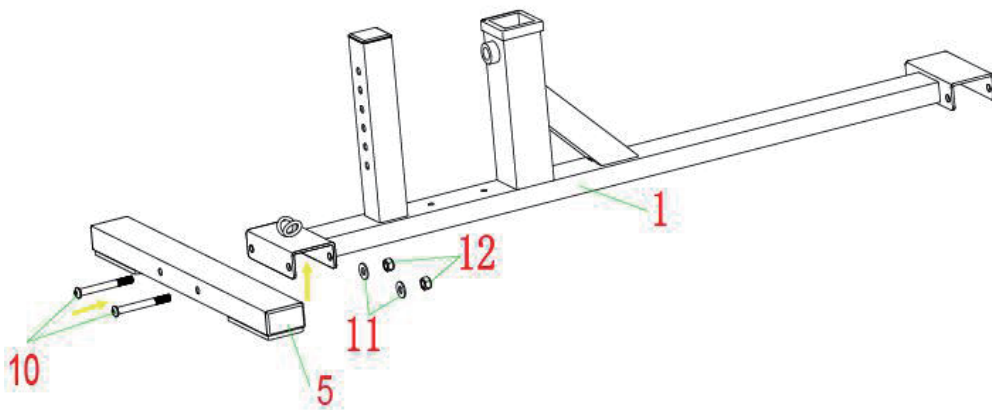
EXPLODED DRAWING



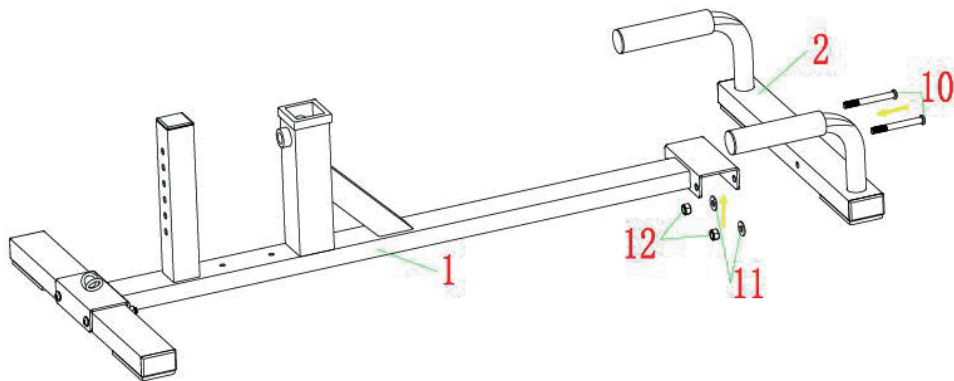
PARTS LIST

NO	NAME	QTY	NO	NAME	QTY
1	Main Frame	1	10	Screw M8X70	4
2	Rear stabilizer	1	11	Washer M8	4
3	Anti-slip plate	1	12	Nut M8	4
4	Adjustable subassembly	1	13	Washer M6	4
5	Front stabilizer	1	14	Screw M6*20	2
6	Poam subassembly	2	15	Bench Subassembly	1
7	Poam	6	16	Pin	1
8	Knob(M16)	1	17	Standing	1
9	Screw M8*16	2			

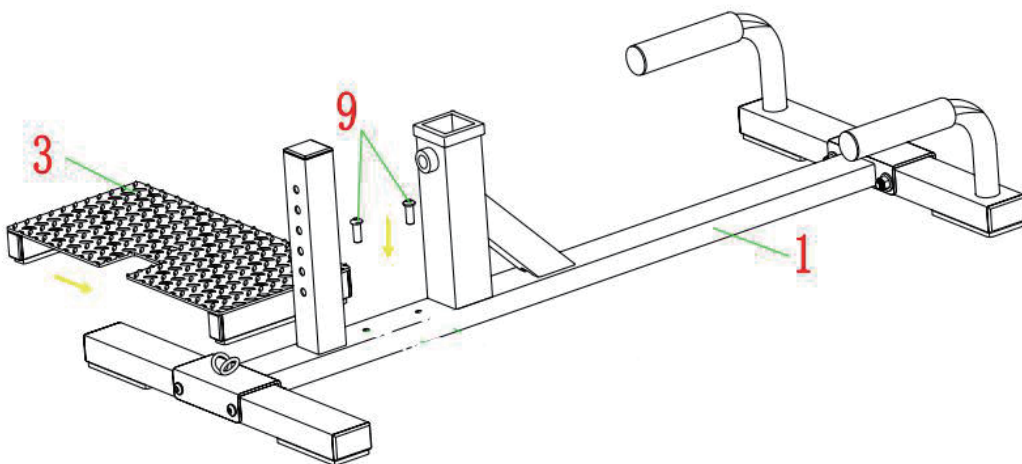
ASSEMBLE INSTRUCTION



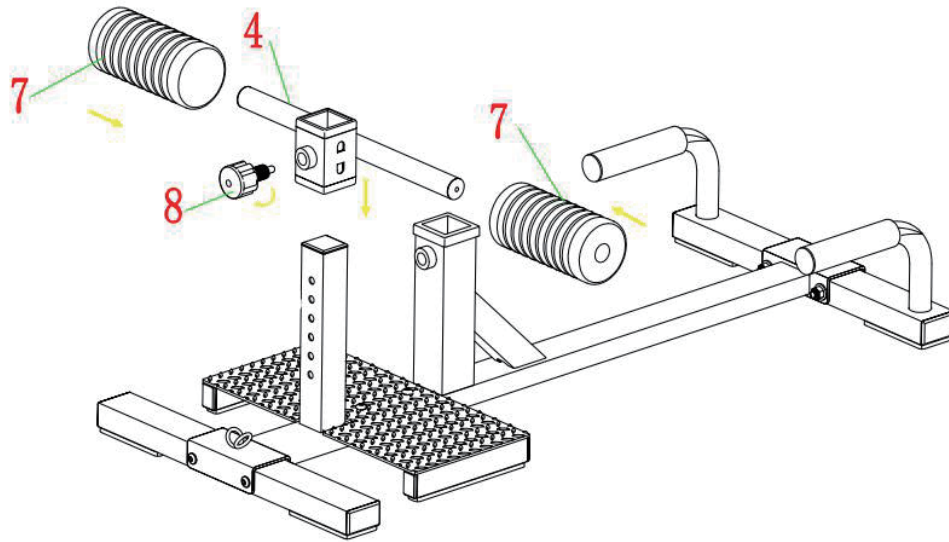
STEP 1: put the part 1 and part 5 out of carton and lay them on ground. Put the part 1 and part 5 assemble together by Part 10, 11, 12



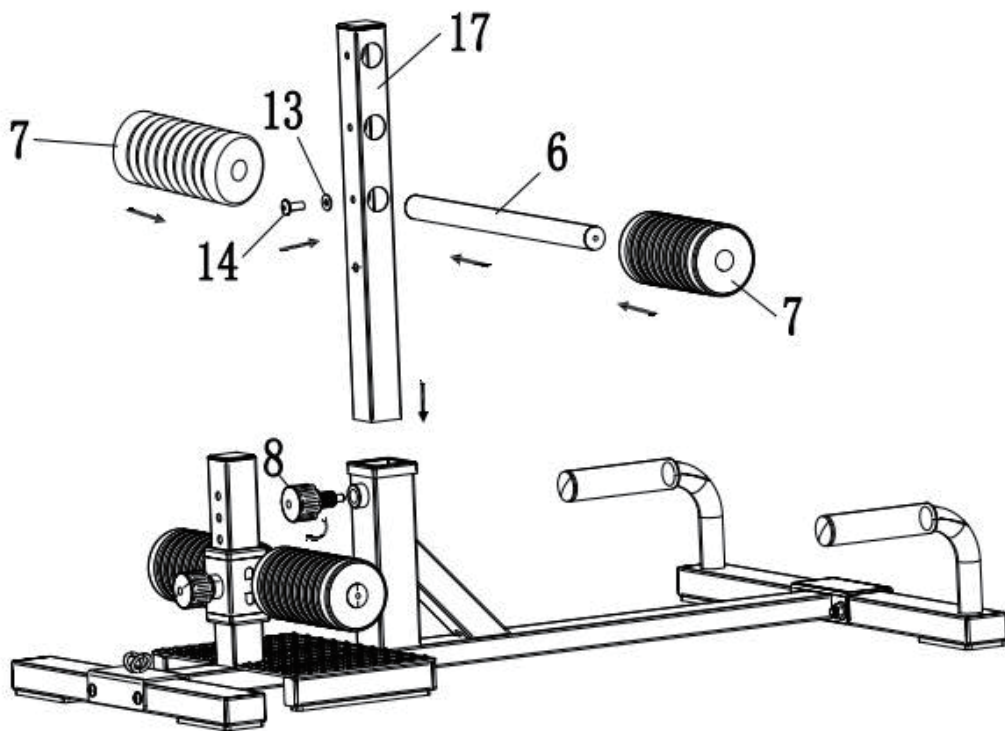
STEP 2: put the part 1 and part 2 out of carton and lay them on ground. Put the part 1 and part 2 assemble together by Part 10, 11, 12



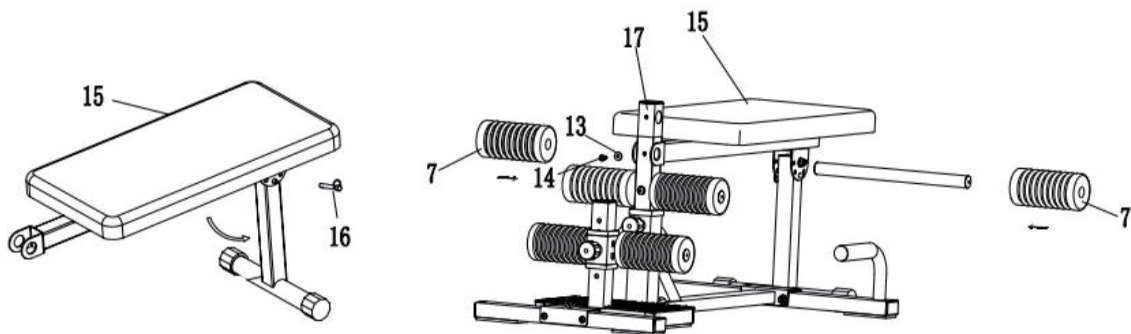
STEP 3: Put the part 3 and part 1 assemble together by Part 9



STEP 4:Install Poam 7 into Part 4,Then install Knob 8 into standing,You can adjust the height accoring to Knob 8.



STEP 5:Install Poam 7 into Part 6 and Part 17,And fixed part 6 by screw(part 14)



STEP 5:Part 15 out of box,Rotate to 90° (as photo show) .Then fix by Pin(part 16)
Put Part 15 and standing (part 17) together according Part 6.There are 3 holes can be choosed.