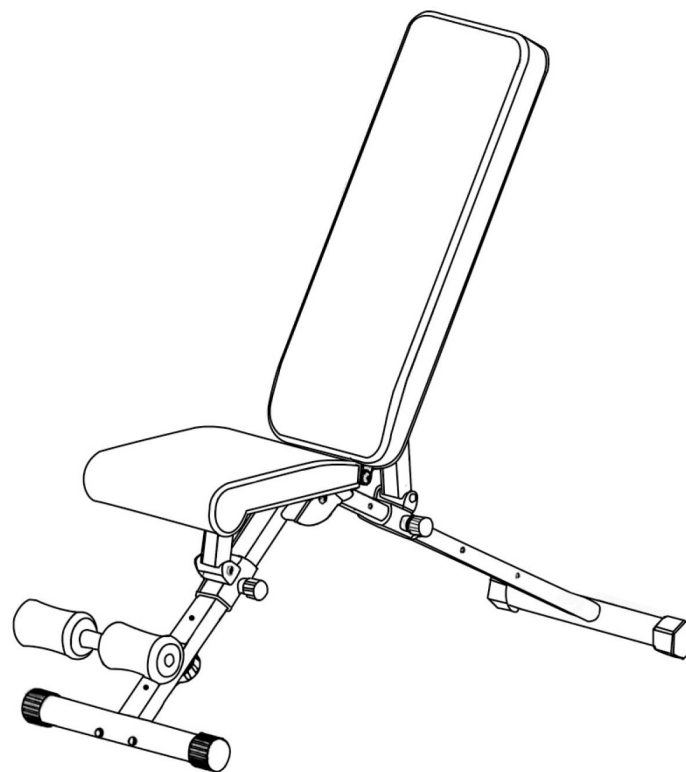
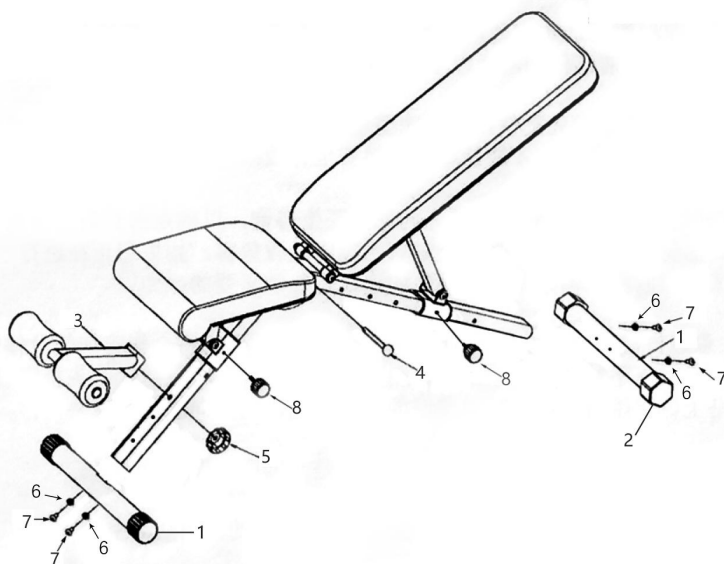


User Manual





Part List

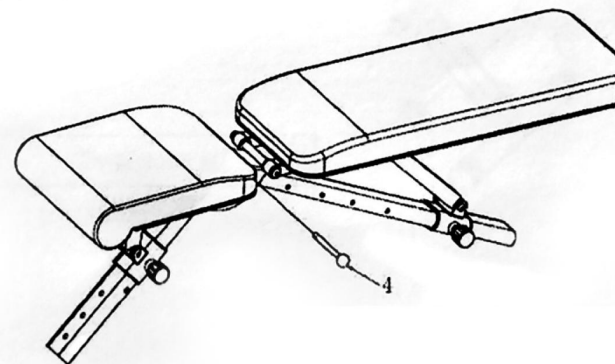
Part Number	Part Name	Quantity(pcs)
1	Head-bar base	1
2	End-bar base	1
3	Leg hold-down bar	1
4	Safety pin	1
5	M10 Screw Knob	1
6	Washer $\Phi 8$	4
7	Screw M8*15	4
8	Adjust screw knob	2
9	"L " hexagon wrench	1


Installation Instructions

1. Please install the dumbbell bench with the assistance of others, and please wear gloves during installation to avoid any injuries.
2. Please refer to this user manual before using and installing the product. During the first installation, please do not screw to the tightest, just tighten 1/2. After all installation, make sure that the installation is correct, then tighten all the screws.
3. Please adjust the rubber feet on the head-bar base and end-bar base (Part 1 and Part2) to ensure the dumbbell bench is placed Horizontally and safely.

Installation Step 1

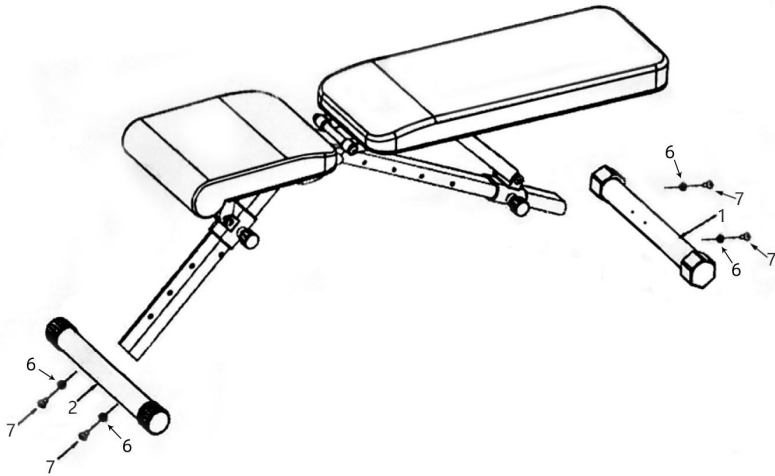
Insert Safety pin(4) into the main frame.





	4# $\Phi 10*100$ Safety pin	1pc
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Installation Step 2

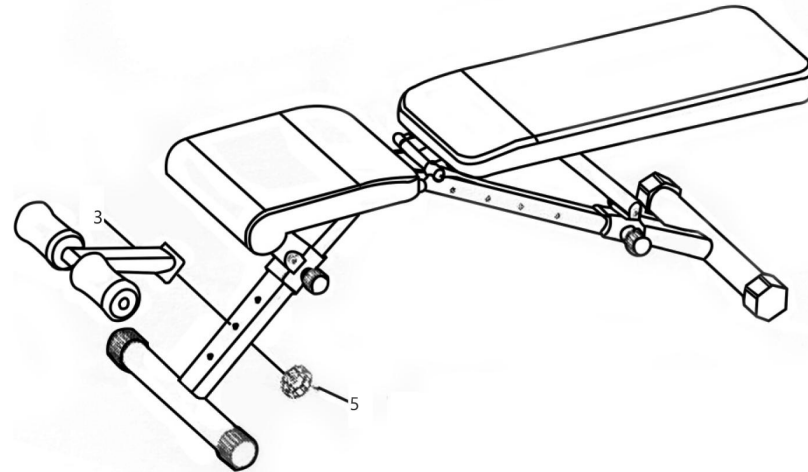
Connect End-bar base(2) and Head-bar base(1) to the main frame with Screw M8*15(7) and Washer Φ 8(6).




	6# M8 Washer	4pcs
	7# M8*15 Screw	
	9# "L" hexagon wrench	1pc

Installation Step 3

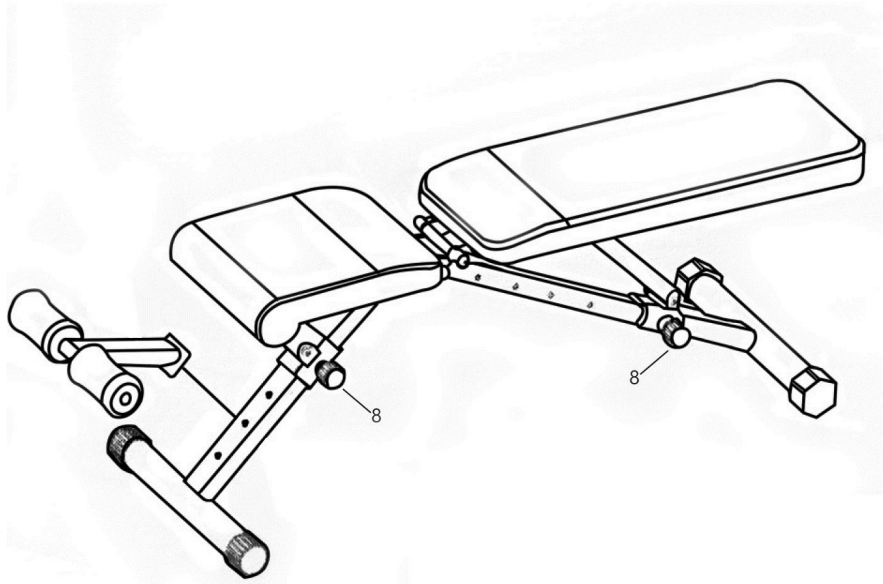
Attach Leg hold-down bar(3) to the main frame with M10 screw knob(5).



	5# M10 screw knob	1pc
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Installation Step 4

Attach Adjust screw knob(8) to the main frame.



	8# Adjust screw knob	2pcs
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Note: The photos on the user manual are only for reference. The appearance and design may be changed without prior notice, please allow 0.3"-0.5" in size error due to manual measurement.

○ Safety Precautions

1. Please keep this user manual properly, so that you can read it any time.
2. Please refer to this manual before using and installing the product.
3. This device is designed for home use. The maximum load capacity of the device is 200KG.
4. To prevent injury please always ensure you warm up properly before exercising.
5. This product can only be used by adults. Children should use it under adults' supervision.
6. Always wear suitable clothing and footwear when exercising.
7. Always pay attention to your physical condition during training. Incorrect or over-training may cause harm to your health. If it occurs (headache, difficulty breathing, irregular hear rate, unable to breathe, vomiting, etc.), please stop the training immediately, and do not begin to exercise until the doctor judges that there is no problem.
8. This equipment must be used on a flat level surface. Please keep the machine at least 0.5m away from objects with hard and sharp corners like bed or cabinet. Before using this instrument, please make sure that all the screws and nuts are locked firmly.
9. When moving or lifting this instrument, please pay attention to avoid injuries, use the correct handling method or ask for help from others.

○ Daily Maintenance

1. Do not use acidic detergent to clean the instrument. Wipe it with a wet towel and soft detergent.
2. For your long-term use, please keep the bench away from areas of potential wear, tear and damage.