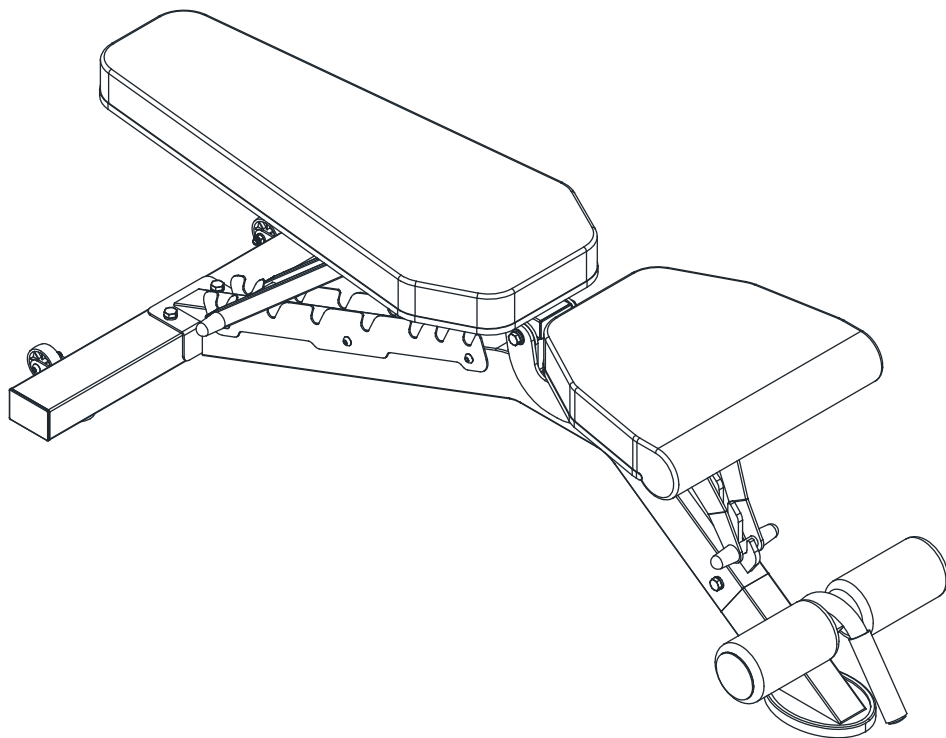




Adjustable Incline Bench schwarz



User's Manual

101178



## Product Safety

**WARNING:** Please consult a physician before exercising or using this equipment. If you have any of the following conditions or use any of the following medications, please do not use this equipment -

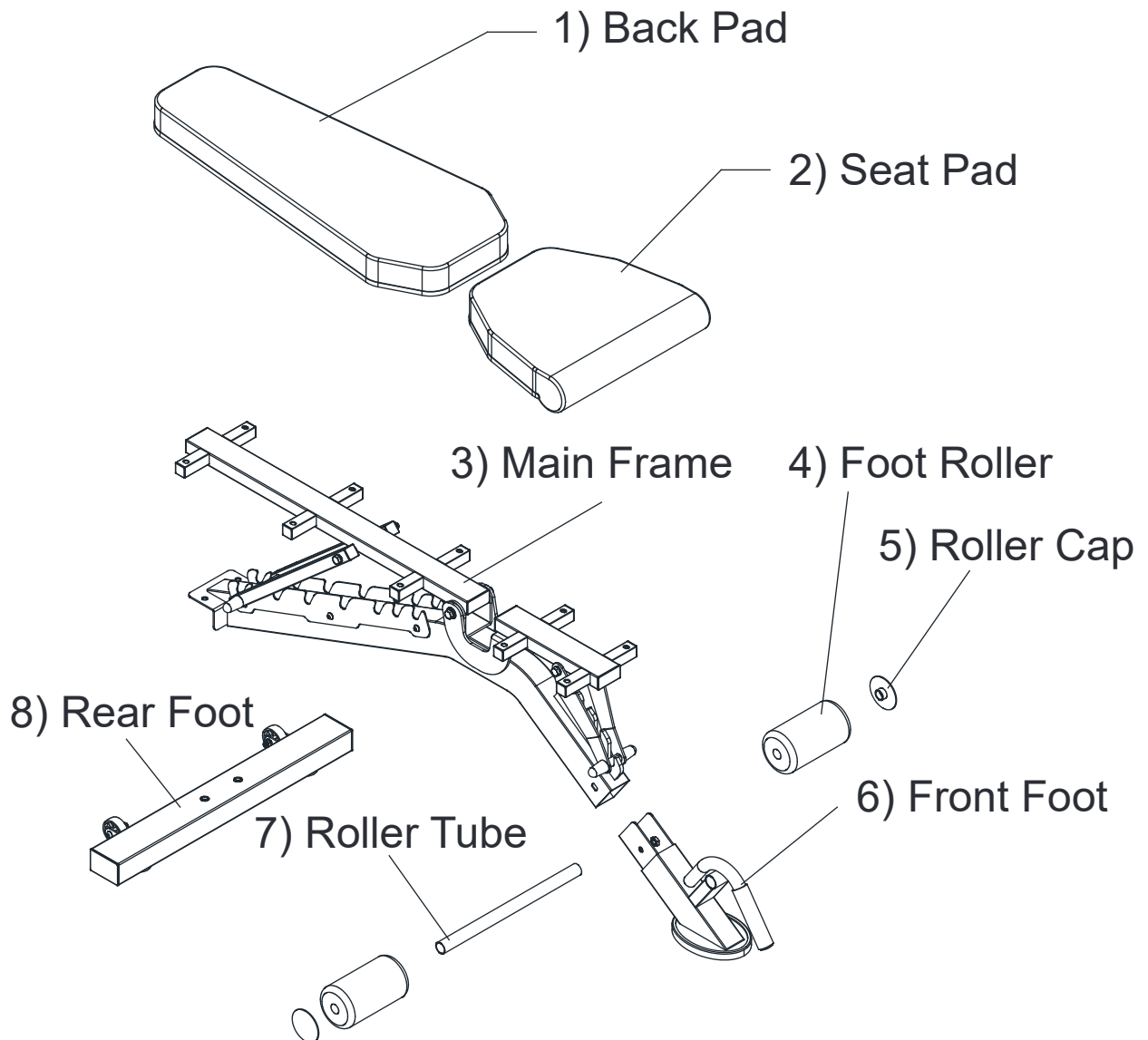
- High doses of aspirin or anti-coagulant medications
- Bone ailments that include fractures, unhealed fractures, Surgical pins, plates or supports, or Osteoporosis
- Hernias
- Heart conditions, heart weakness or circulatory issues that you are being treated for
- Ear infections or balance disorders
- Injuries to the back, spinal injuries, extremely swollen joints or cerebral sclerosis
- Pregnancy
- Obesity

The Maximum Weight Capacity for this product is 400kg. Only one person should use this piece of equipment at one time.


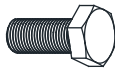



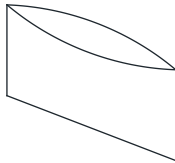
This equipment was designed to be used safely and responsibly. Please read all instructions and use caution before using this equipment. All nuts, bolts and screws included in the package should be used during assembly. Please consult the assembly instructions as you assemble the equipment, and then follow these safety instructions

- 1) Consult your doctor or a physician before using this exercise equipment
- 2) Use extreme care as you get on and off of the bench.
- 3) Stop use of equipment if you experience dizziness, light-headedness or you feel faint. Then contact your doctor or a physician.
- 4) Stop using this equipment if you feel any type of pain or discomfort
- 5) Wear appropriate clothing to exercise.
- 6) Do not allow children to operate this equipment.
- 7) Keep pets away from equipment while exercising
- 8) Do not operate equipment if it is malfunctioning or is damaged.
- 9) Place bench on a level surface. Do not place bench outside.
- 10) Do not place hands, feet, fingers or toes near any moving parts.
- 11) Do not insert any item into open parts of the bench.
- 12) Do not wear long jewelry, baggy or loose clothing while exercising on the bench
- 13) No individual under the age of 12 should attempt to operate this bench

## Product Diagram



NO.	Part Name	QTY
1	Back Pad	1pc
2	Seat Pad	1pc
3	Main Frame	1pc
4	Foot Roller	2pcs
5	Roller Cap	2pcs
6	Front Foot	1pc
7	Roller Tube	1pc
8	Rear Foot	1pc

HARDWARE LIST	
<p>Part A</p>  <p>Bolt M8*45 x10</p>	<p>Part B</p>  <p>Bolt M10*20 x5</p>
<p>Part C</p>  <p>Flat Washer M8 x10</p>	<p>Part D</p>  <p>Flat Washer M10 x5</p>
<p>Part E</p>  <p>Wrench</p>	<p>Part F</p>  <p>Tool Bag</p>

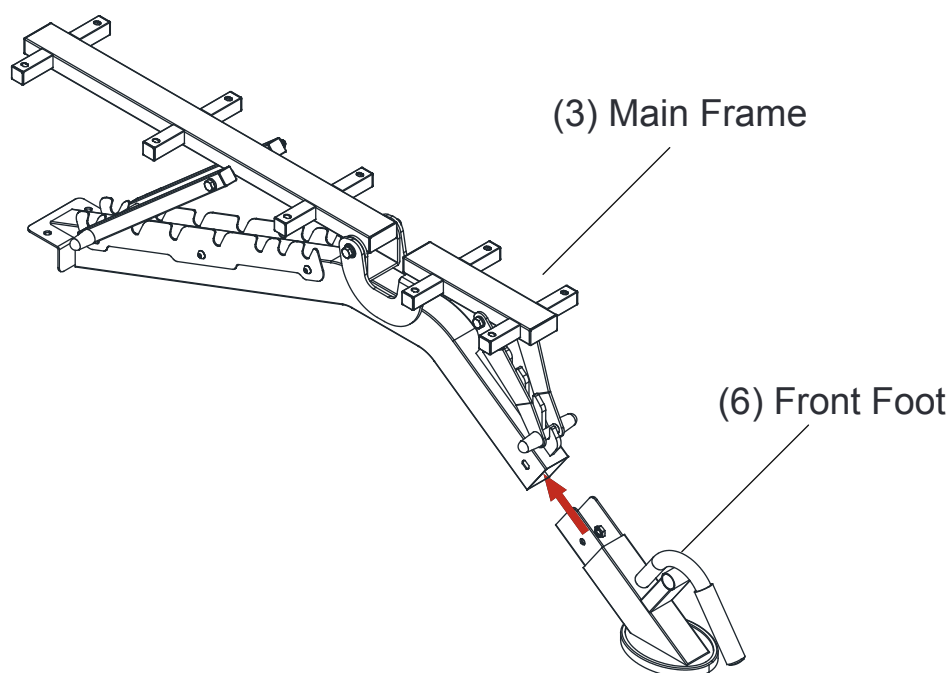


## BEFORE ASSEMBLY

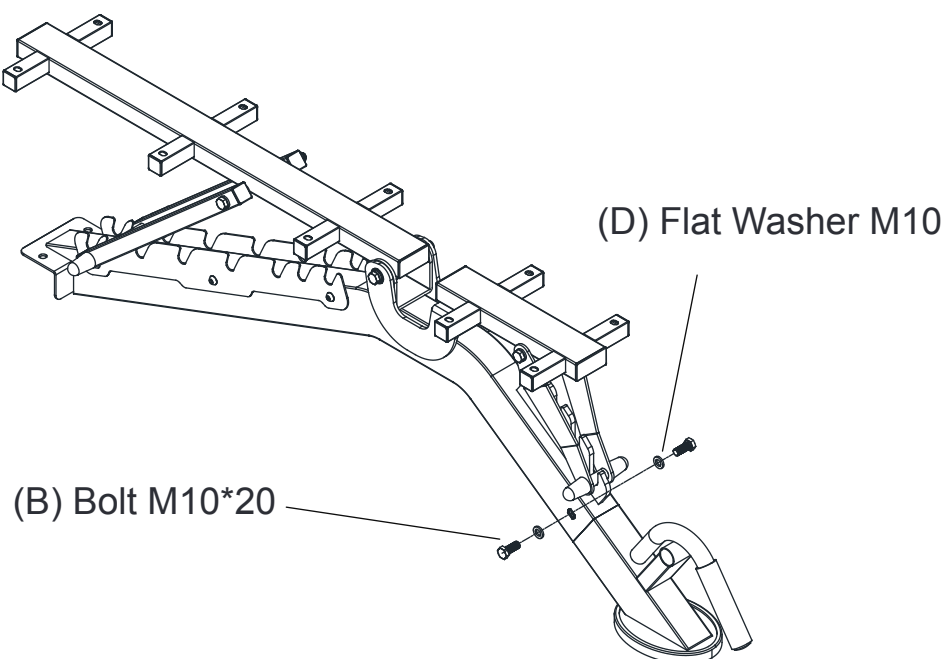
We recommend that you tighten all screws after all steps are done, instead of tightening each screw at every step.

## ASSEMBLY INSTRUCTIONS

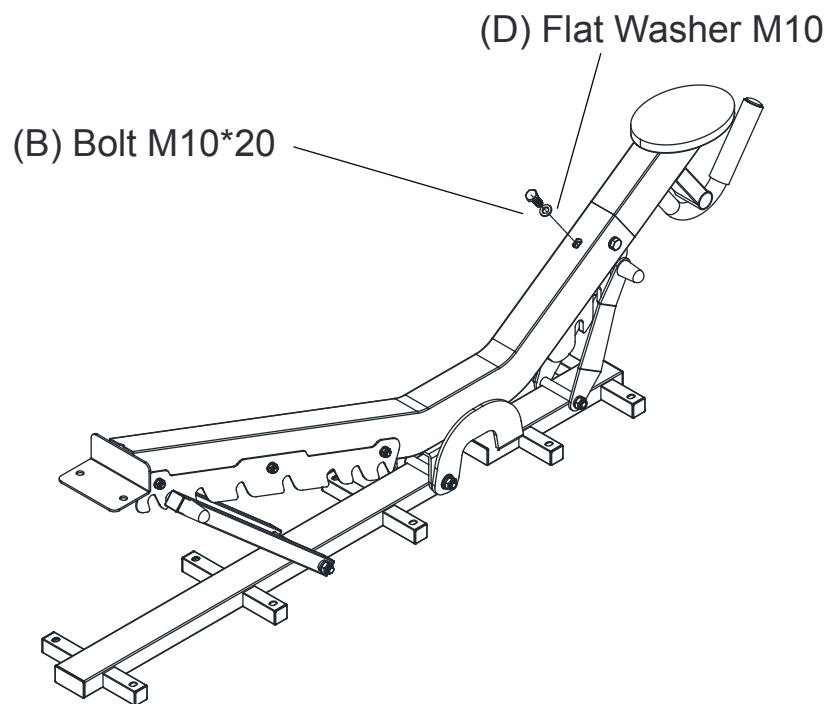
### Step 1



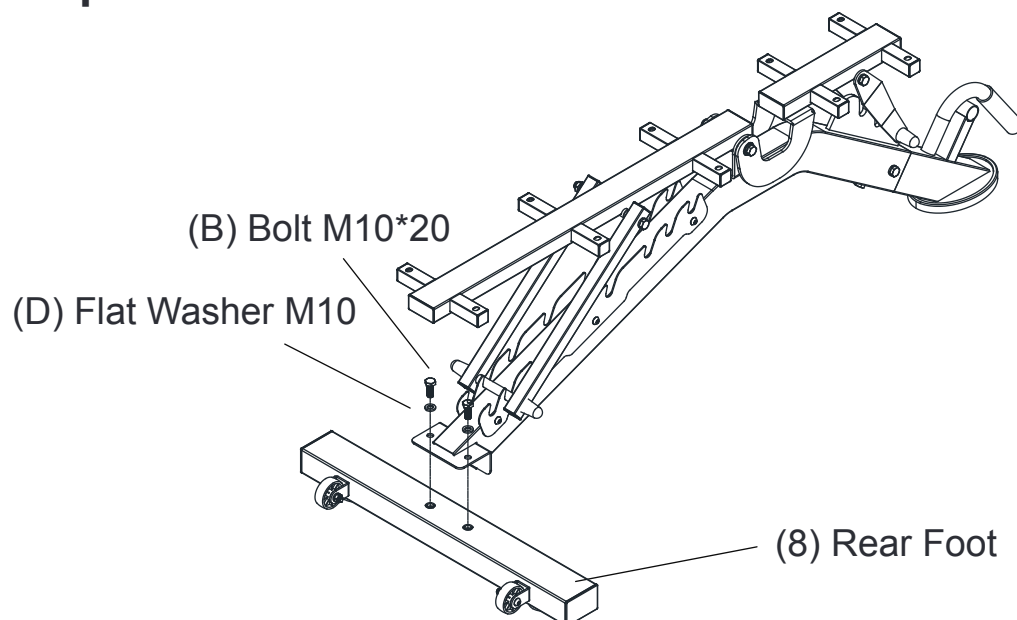
### Step 2



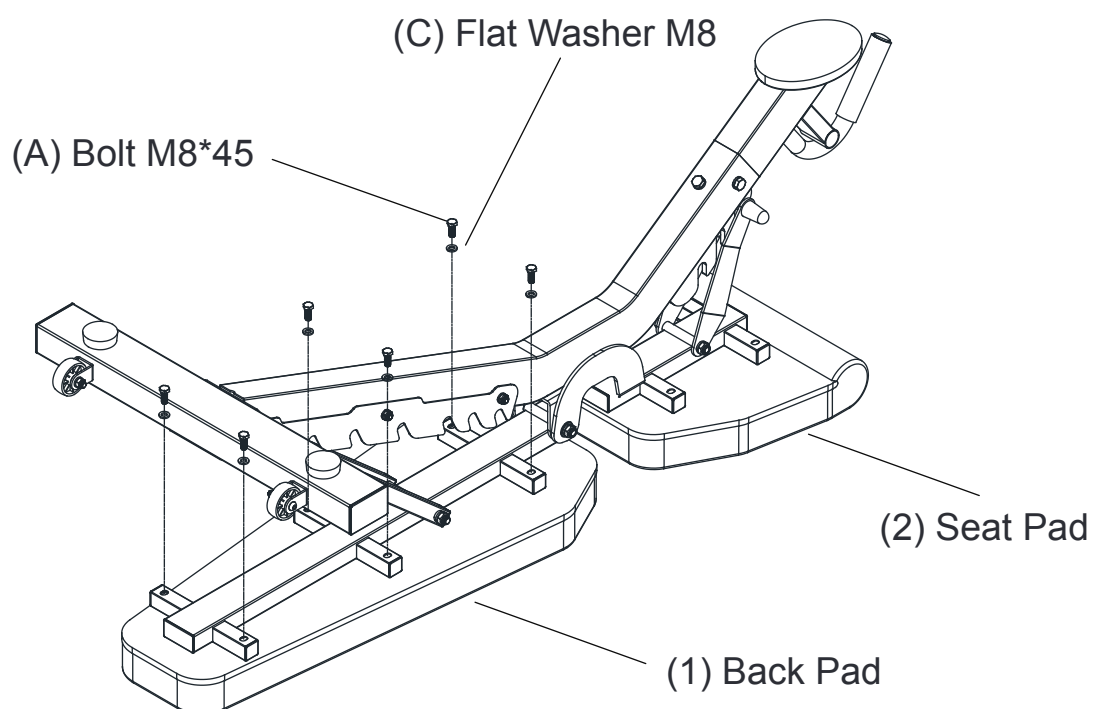
## Step 3



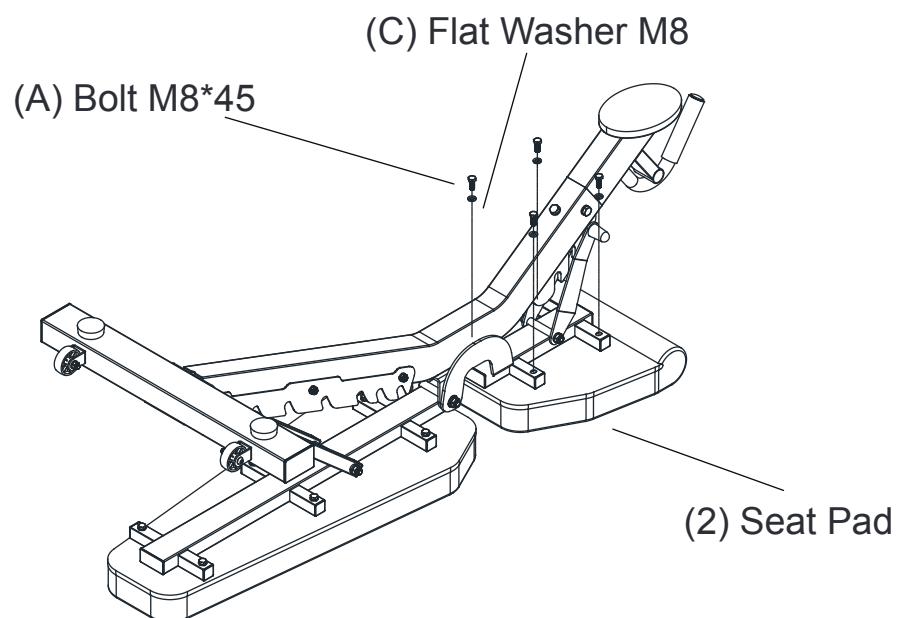
## Step 4



## Step 5

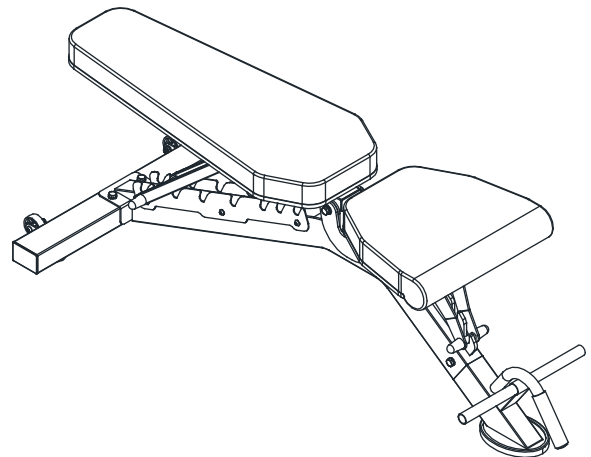
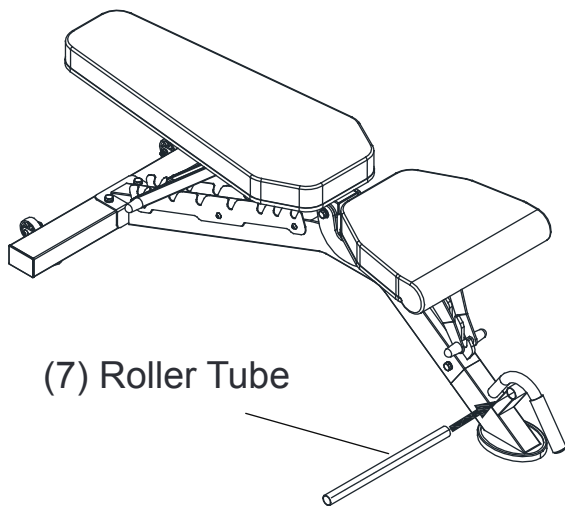


## Step 6





## Step 6



## Step 7

