

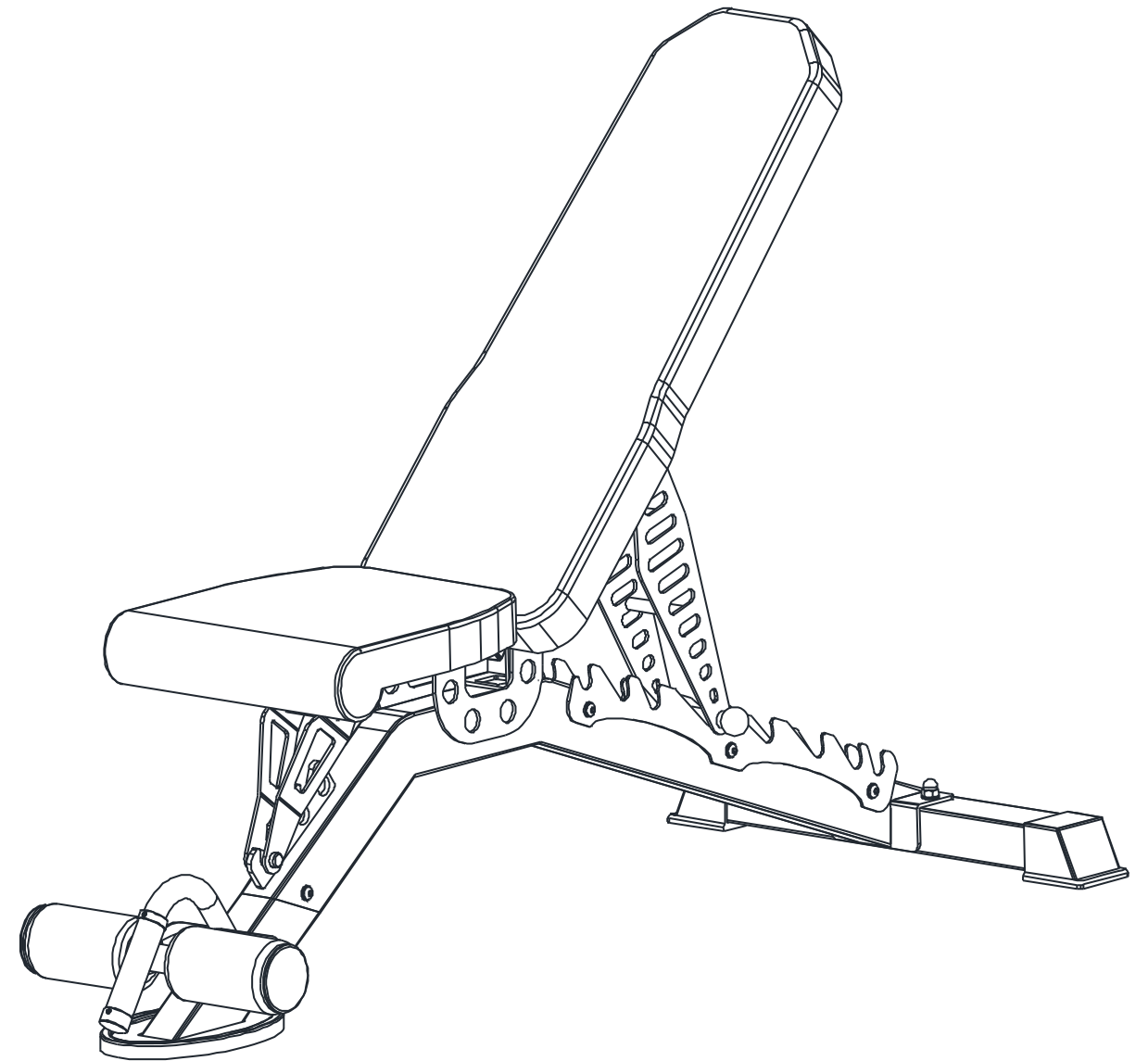
Notice:

If you meet any problem about this product, please get in touch with us directly via mail address below:

Y160service@hotmail.com

We will reply to you with in 24h and help you resolve problems

ADJUSTABLE WEIGHT BENCH



CUSTOMER SERVICE

For FAST Client Service Support Please Call us
at **+1 866-705-9098**, during PST 8:00-17:00,
Monday to Friday.

ADJUSTABLE WEIGHT BENCH

Safe Operation Rules

Please keep this manual properly for easy reference in the future.

Precautionary matters

Although safety precautions have been taken into account as much as possible during the design and manufacture of the training equipment, there are still some safety precautions to be observed during the operation. Please carefully read the user manual before assembling and using the training equipment, especially the following safety precautions:

1. Avoid allowing children, pets, etc. to approach the training equipment, and do not allow unattended children to stay alone in the room where the training equipment is placed.
2. The training equipment is only allowed to be used by one person at the same time.
3. If the user feels dizzy, nausea, chest tightness or other discomfort symptoms, stop using them immediately and see a doctor immediately.
4. The training equipment shall be placed on a clean and flat plane and shall not be used near the water source or outdoors.
5. When in use, hands cannot approach any transmission parts.
6. When using the training equipment for training, the dress should be suitable for training, and do not wear wide or other types of clothes that may be stuck in the training process. It is also recommended to wear sports shoes or health shoes as much as possible during the training process.
7. In the process of using the training equipment, training can only be carried out according to the method in the operation instructions, and training not mentioned in the operation instructions is prohibited.
8. Avoid placing any articles with sharp parts around the training equipment.
9. No disabled person shall use the training equipment without the supervision of accompanying trainers or care givers.
10. Before training, you usually warm up by doing various stretching exercises.
11. If the training equipment has abnormal function, it is forbidden to use it.
12. During the training process, training records should be kept at any time.
13. The maximum user weight of this product is 150kg.
14. The general requirements for product safety are: GB17498.1-2008/GB17498.4-2008.

Warning:

Consult a doctor before training, which is especially important for users over 35 years old or with medical records. Before using any fitness equipment, we must carefully read all the safe operation rules. The company will not assume any responsibility for the injuries caused by our own reasons.

Product Parameter

Product Name	Adjustable Weight Bench	Product Size	1480*610*1170MM
Product Model	Y160	Net Weight	18.5KG
Execution Standard	GB17498.1-2008/GB17498.4-2008		

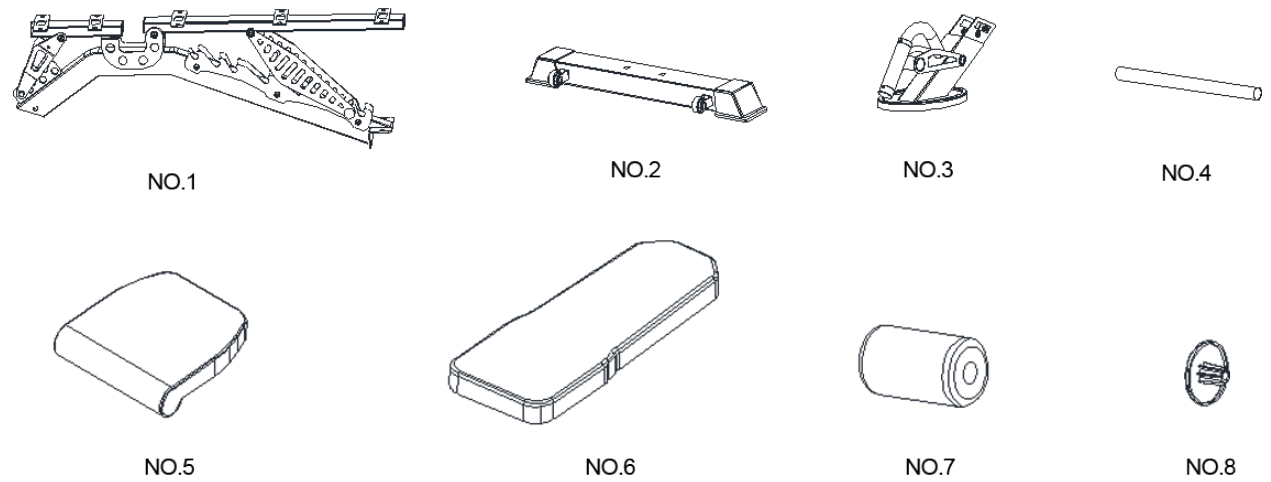
..... The above data are for reference only

Product Components

Name	No.	Number
Main frame	1	1
Rear tube	2	1
Front tube	3	1
Foam tube	4	1
Seat cushion	5	1
Back cushion	6	1
Foam column	7	2
Foam cap	8	2
M10*65 carriage screw	9	2
M10 high cap nut	10	2
M10 flat spacer	11	10
M8*20 hexagon socket head screw	12	10
M8*16 hexagon socket head screw	13	3
M8 flat spacer	14	19
Open-end wrench	15	1
Hexagonal wrench	16	1
Seat Cushion Fixing Bracket	17	1
Backrest Fixing Bracket	18	1
Seat Cushion Support Bracket	19	1

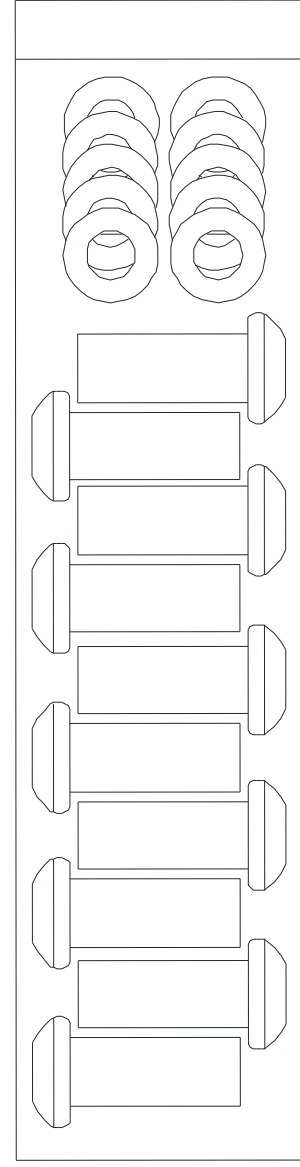
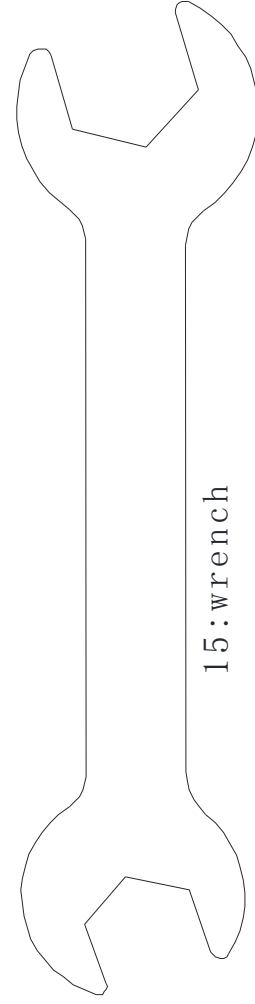
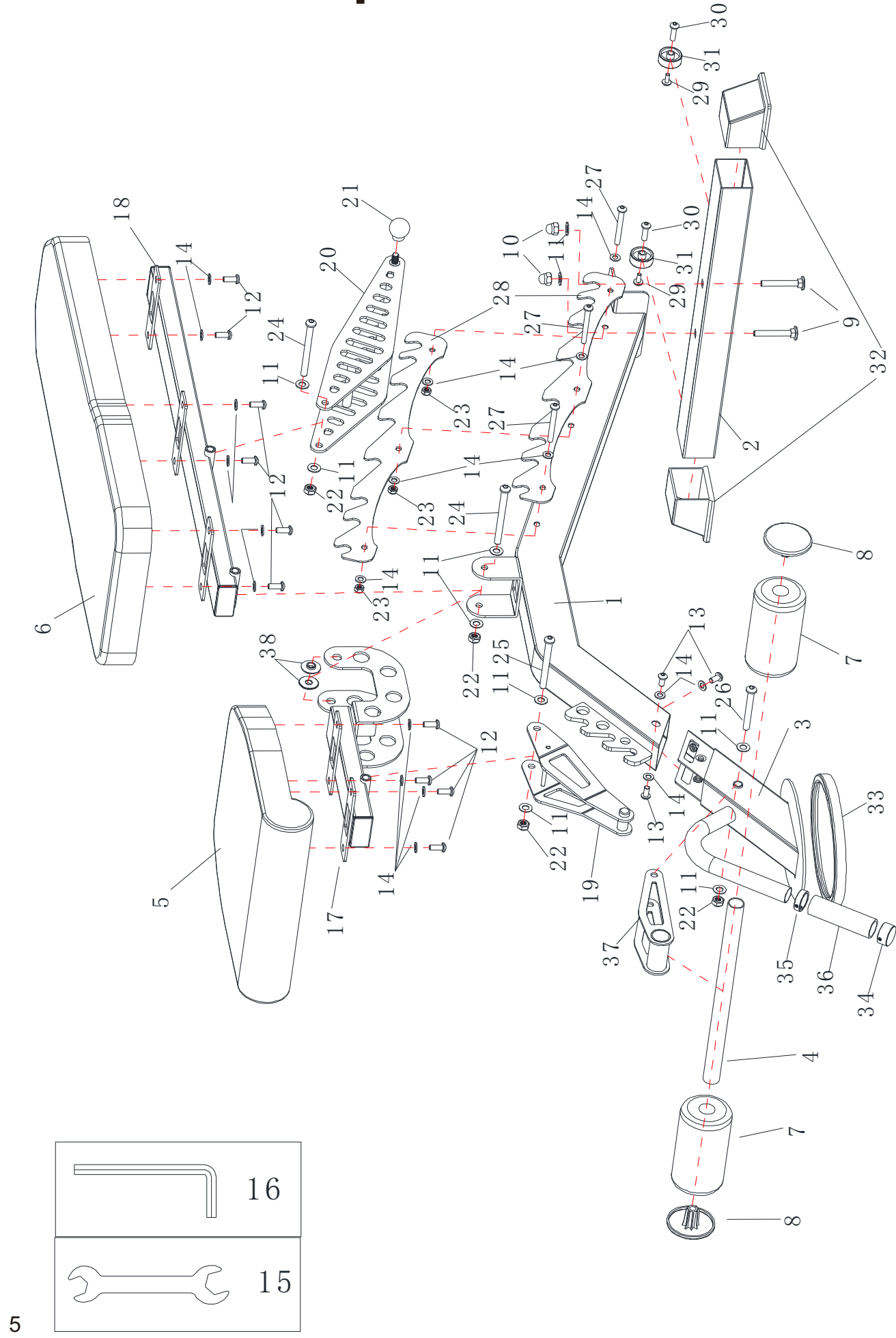
Installation Instructions

Name	No.	Number
Back Pad Support	20	1
Ball Sleeve	21	1
M10 jam nut	22	4
M8 jam nut	23	3
M10*105	24	2
M10*95 hexagon	25	1
M10*75 Hexagon	26	1
M8*70 hexagon	27	3
Cushion Angle	28	2
M6*28 bevel	29	2
M6*12 hexagon	30	2
Transportation	31	2
Rear leg sleeve	32	2
Front Foot Tube	33	1
Grip outer trim	34	1
Inner Grip Ring	35	1
Foam	36	1
Foot Hook Tube	37	1
Shaft Sleeve	38	2



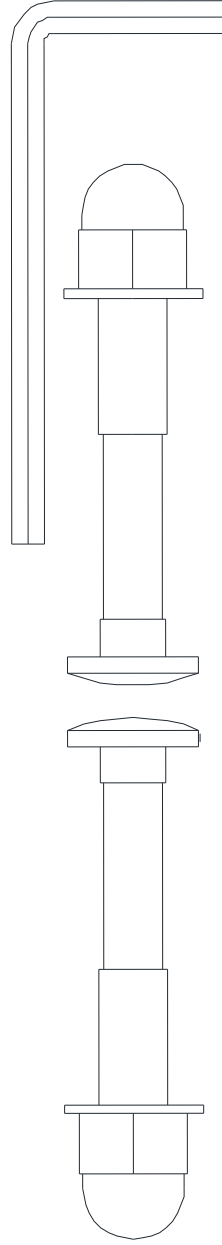
No.	Part Name	Quantity
1	Main frame	1
2	Rear tube	1
3	Front tube	1
4	Foam tube	1
5	Seat cushion	1
6	Back cushion	1
7	Foam column	2
8	Foam cap	2

Product Components



14: Flat mat (M8)

12: Hexagon socket head screws (M8*20)



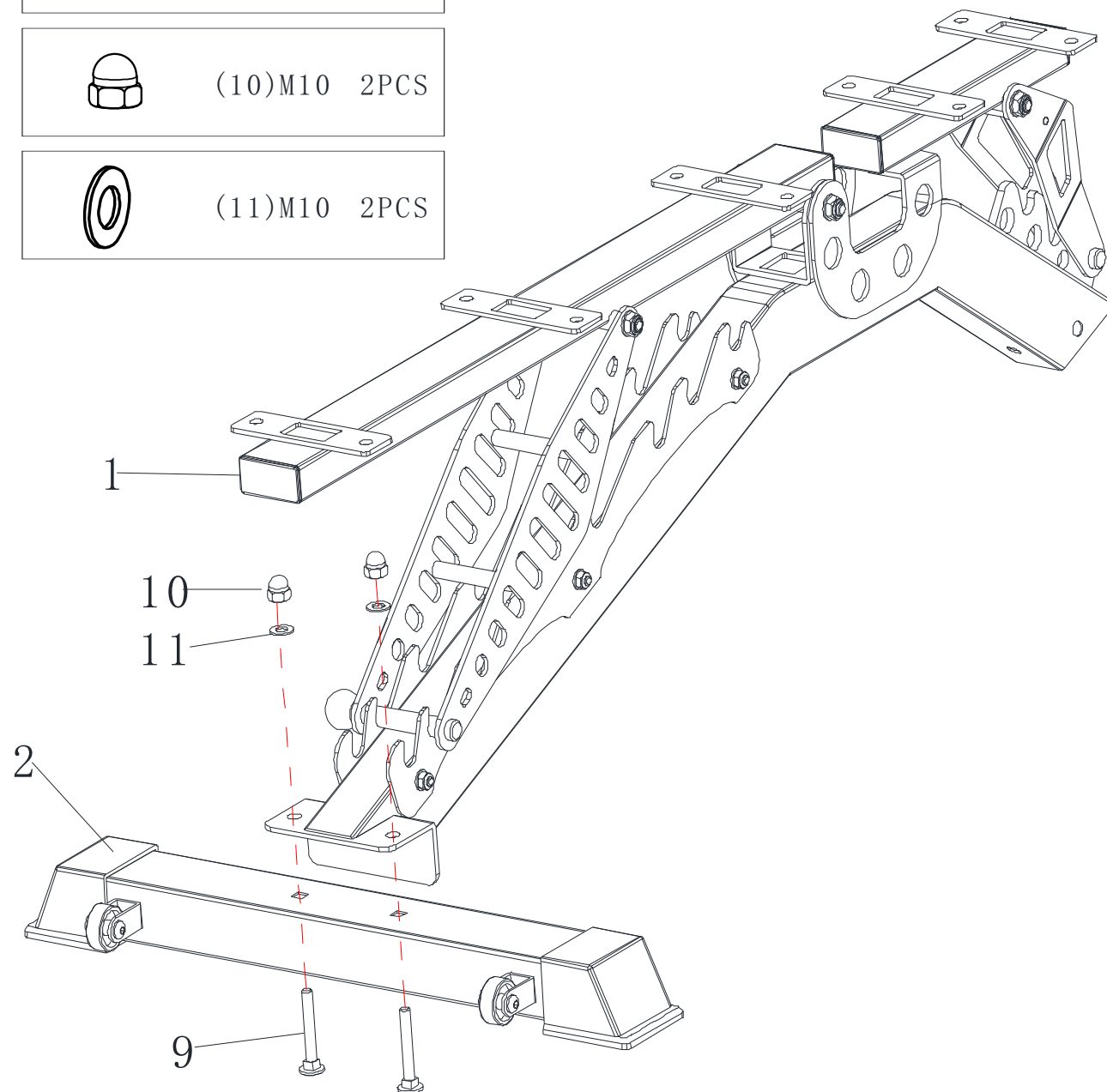
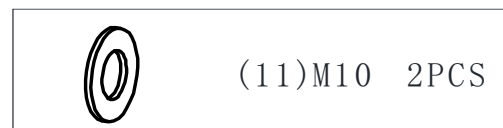
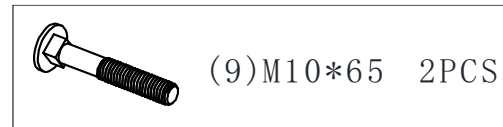
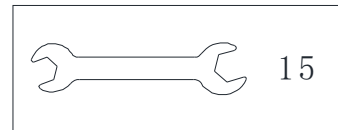
16: Hex socket wrench (M5)

9: The carriage screw (M10*65) 10: The cap nut (M10) 11: Flat mat (M10)

Assemble Steps

Step 1: Rear tube Installation

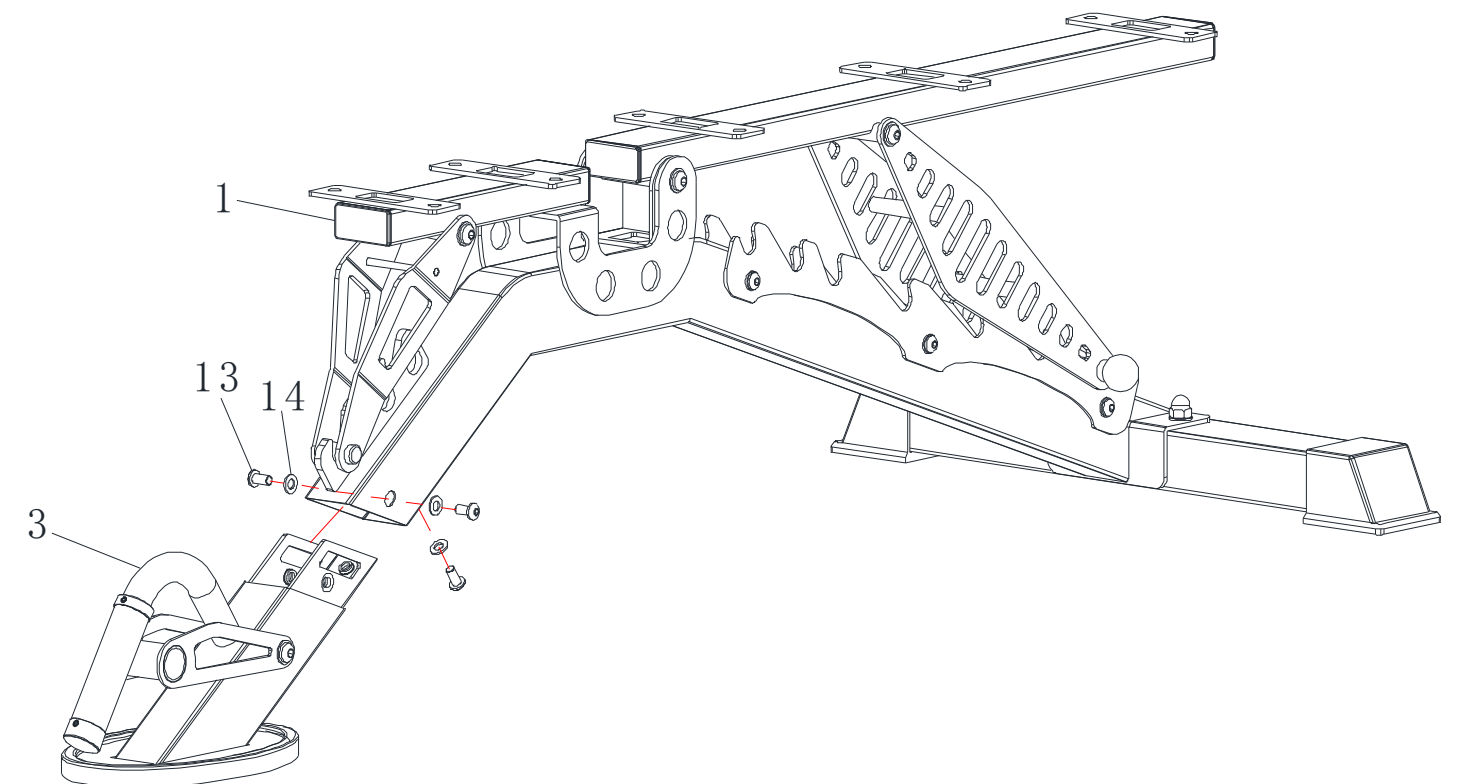
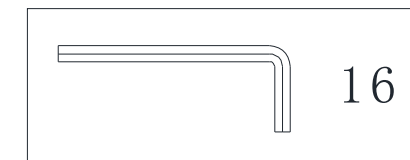
As shown in the figure, align the rear tube (2) with the holes of the main frame (1), connect them using M10*65 carriage screws (9), M10 flat washers (11), and M10 high cap nuts (10), and then use an open-end wrench (15) to tighten the M10 high cap nuts (10).



Step 2: Front tube Installation

Align the front tube (3) with the holes of the main frame (1) as shown in the picture, connect them using M8*16 hexagon socket head screws (13), M8 flat washers (14), and finally tighten them with a hexagonal wrench (16)

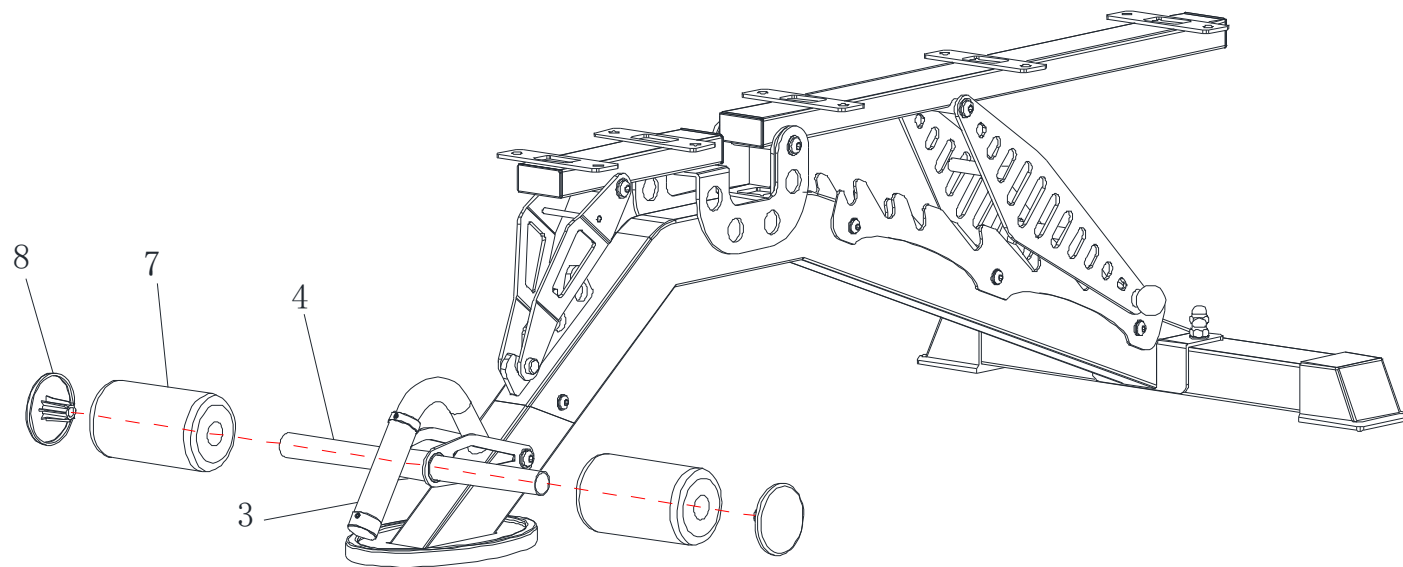
Note: M8*16 hexagon socket head screws (13), and M8 flat washers (14) are pre-installed on the front tube (3)



Step 3: Foam column Installation

As shown in the figure, install the foam tube (4) into the front tube (3), making sure that both sides are of equal length. Then, install the foam column (7) on both sides of the foam tube, and finally install the foam cap (8).

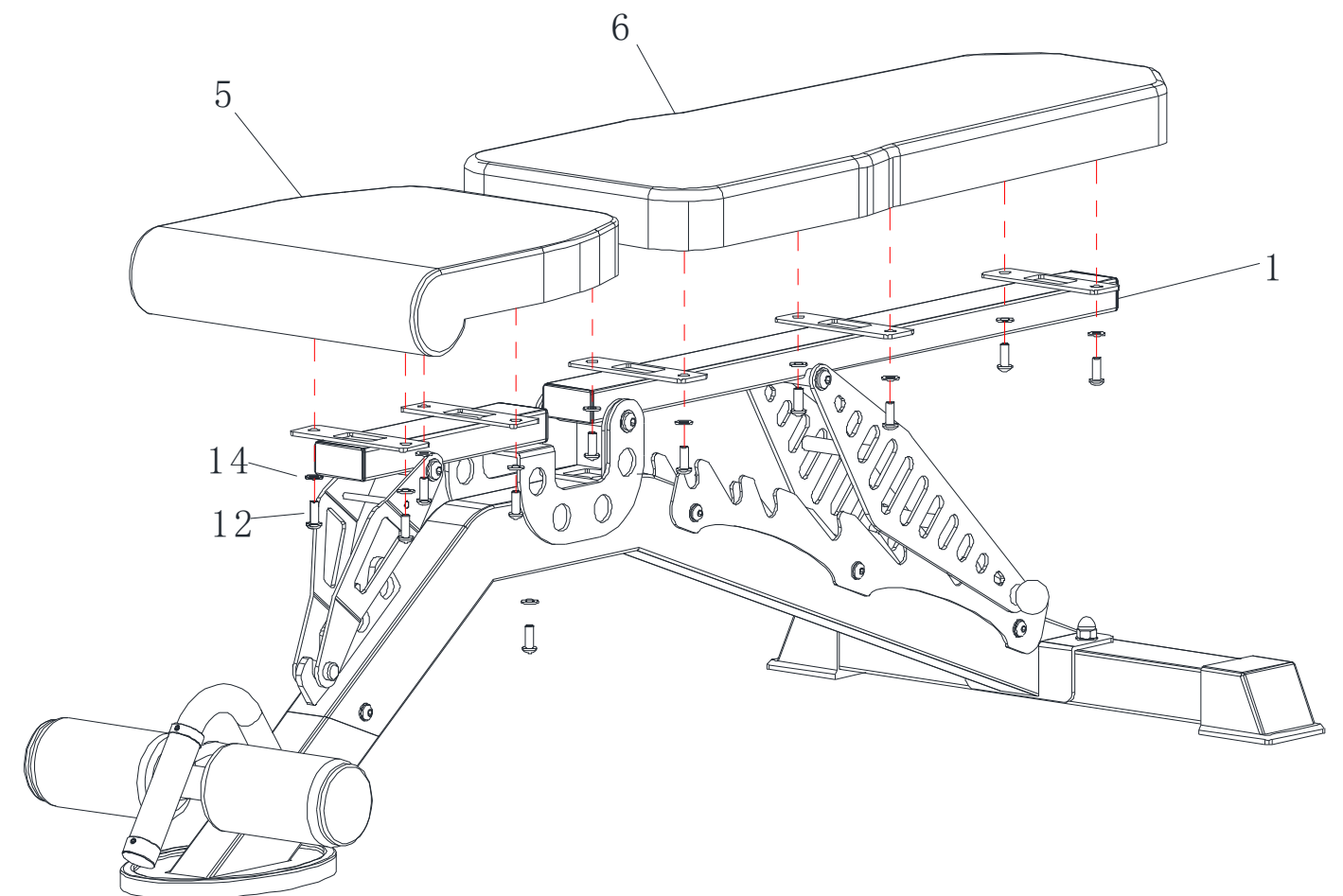
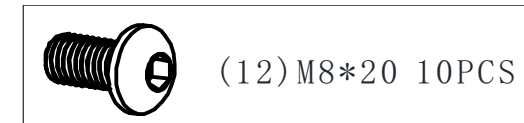
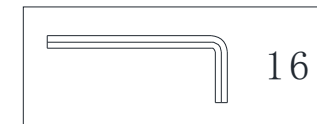
Note: The foam cap (8) must be knocked into place inside the foam tube (4), or it may fall off easily.



Step 4: Seat cushion and back cushion Installation

As shown in the picture, align the seat cushion (5) with the holes on the main frame (1), and connect them using M8*20 screws (12) and M8 flat spacers (14). Finally, tighten them with a hexagonal wrench (16).

Align the back cushion (6) with the holes on the main frame (1), and connect them using M8*20 screws (12) and M8 flat spacers (14). Finally, tighten them with a hexagonal wrench (16).



Backrest and Cushion Adjustment

Lift the backrest upwards, slide the support rod to the appropriate position at the fastener, and release it. Ensure the support rod and fastener are securely fixed. The preparatory movements before each workout and the stretching exercises after finishing the workout are very important.

Through practice, you can improve the control of joints and muscles in various parts of the body, exercise the smaller muscle groups around the target muscles, and better stimulate the muscle tissues at the connecting points of different muscle groups. This helps strengthen the connection between the muscle groups, making the muscles you develop feel more coordinated.

Notice

Consult your doctor before starting any exercise program. This is especially important for people over the age of 35 or those who have experienced it.

Pre-existing health problems. Please read all instructions before using any fitness equipment. Do not operate this sports equipment without proper protective devices, because if the sports part is exposed, there will be a risk of serious injury.

User Weight Limit 150KG

Daily Maintenance

Suggestions on Maintenance and Maintenance of All Parts of Equipment

1. Before using this instrument, please check whether all screws and nuts are locked and in a safe state. Please check your equipment regularly. If any damaged parts are found, please replace them immediately. Please do not exercise until the worn parts are repaired.
2. After each exercise, please dry the sweat and moisture left on the product with wet cloth, water and mild soap. Do not clean the product with solvent containing petroleum components to avoid damaging the surface of the product.

Contact

if any questions about the dumbbell bench, Do please contact us through the mail address above and we will reply you within! 24 hours !

Mail Y160service@hotmail.com