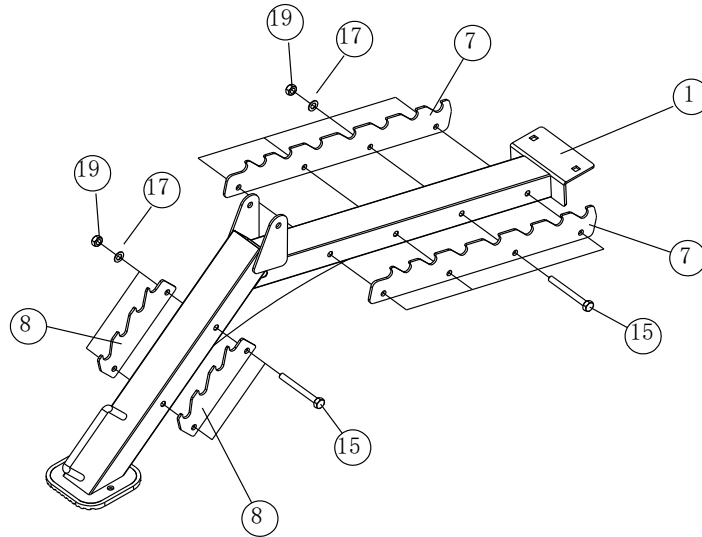


Adjustable Dumbbell Bench

Installation Instructions

Step1:

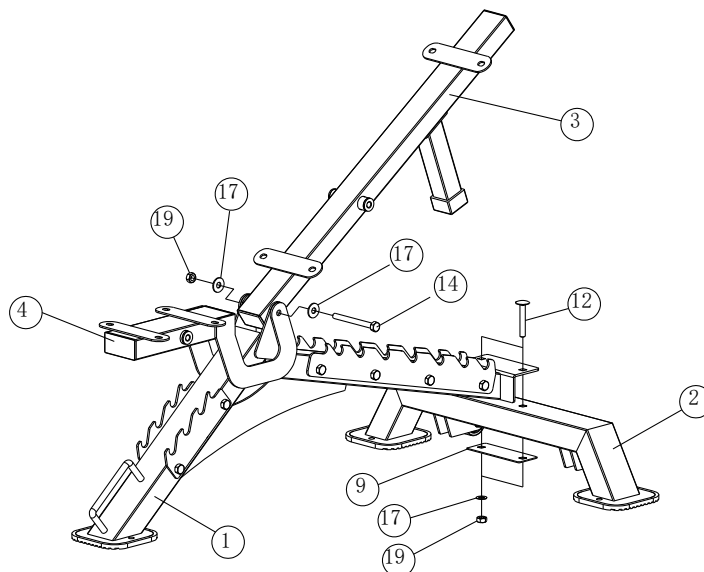
1、Below: Use Screw M10*90(15#), ϕ 10 Washer (17#), M10 Nut (19#) Backrest gear plate (7#), Seat sub gear plate (8#) installation to Support pipe group (1#);



Step2:

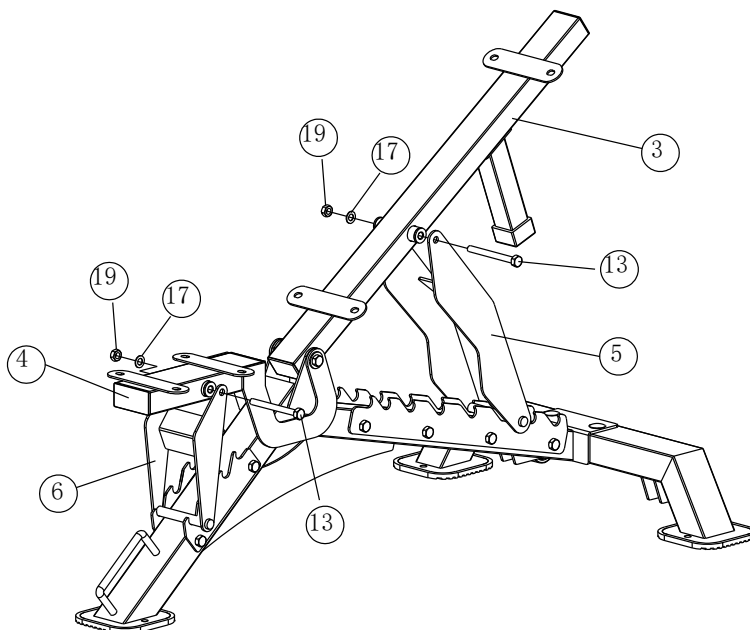
1、Below: Use Screw M10*70(12#), ϕ 10 Washer (17#), M10 Nut (19#), Connection strap (9#) Connect Support pipe group (1#) with the Bottom pipe group (2#);

2、Install the Backrest pipe group (3#) in the middle of the Support pipe group (1 #), install the Seat cushion pipe group (4#) on the outside of the Support pipe group (1 #), and use the Bolt M10*100(14#), ϕ 10 Washer (17#) and M10 Nut (19#) Fixed it;



Step3:

Below: Bolts M10*120(13#), ϕ 10 Washer (17#) and M10 Nut (19#) are used to install the Backrest Adjustment Group (5#) and Transposon Regulatory Group (6#) on the Backrest pipe group (3#) and Seat cushion pipe group (4#), respectively



Step4:

Below: The Seat Cushion (11#) and Backrest Cushion (10#) are respectively mounted on the Seat cushion pipe group (4#) and Backrest pipe group (3#) with Bolts M8*20(16#) and ϕ 8 Washer (18#).

2. Tighten all Nuts.

