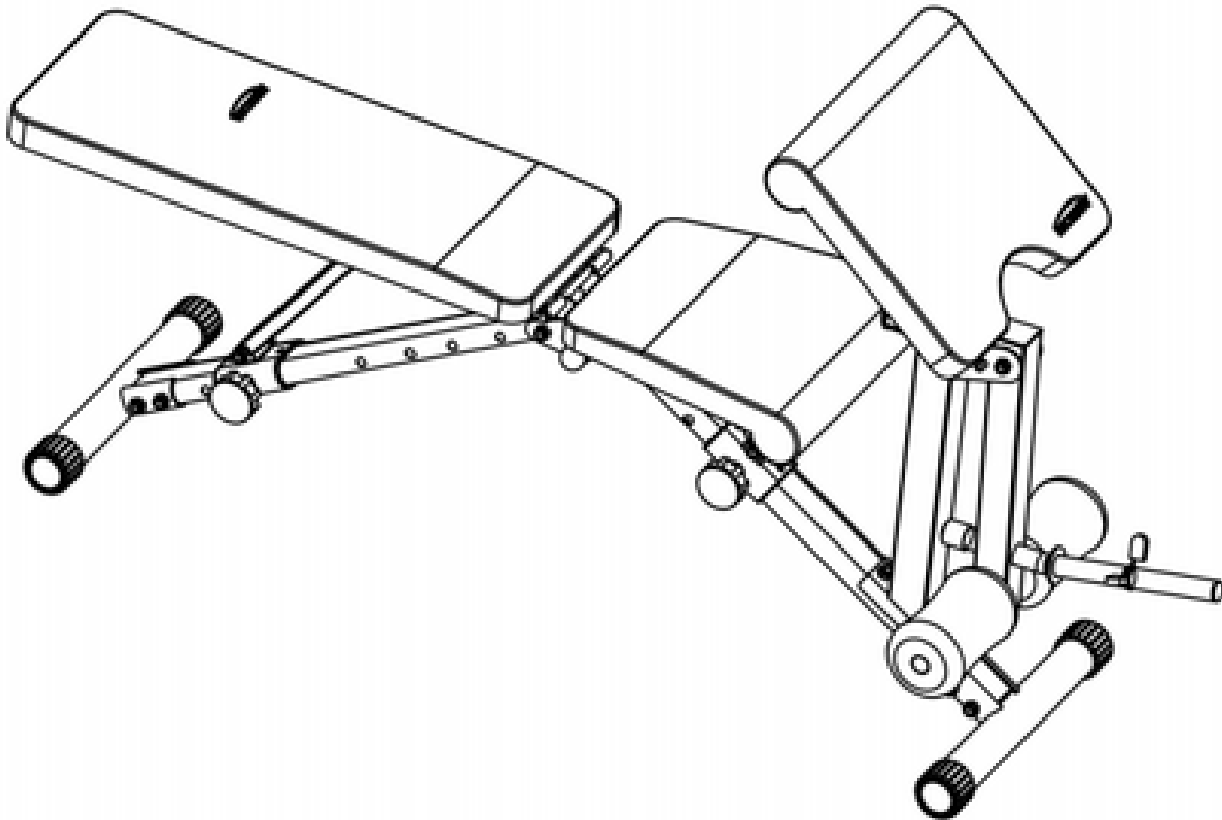


BENCH



Security statements

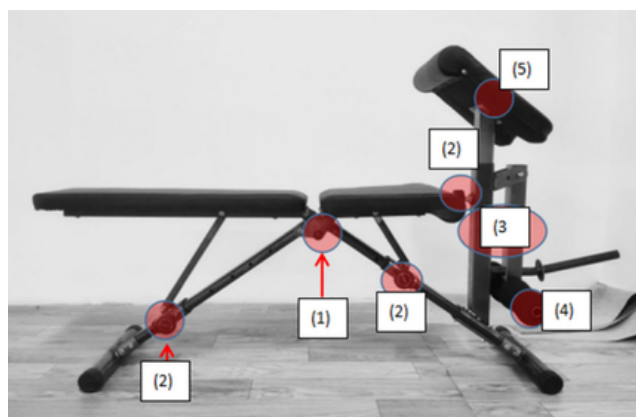
Security precautions

To ensure your safety, please read the following notes before using this product read, study and understand the instructions and all warning labels before use.

It is recommended to be familiar with the normal operation and usage of the apparatus before using this product. Relevant information is available on this instruction sheet as well as at local retailers .

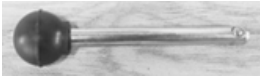
- Be sure to keep this specification and ensure that all warning labels are clear and complete.**
- 3. This product is recommended for installation by more than two people.**
- 4. Ask doctor for advice before you start exercising.**
- 5. Ask you to regularly check any signs of wear of the wire rope, if there is wear may cause some danger to you.**
- 6., Please keep your hands, limbs and clothes stretch so that you can fully and safely use this device.**
- 7. Note any possible signs of mechanical occurrence, including part wear, hardware loosening, and welding cracks. If any of the above signs immediately stop using this device and contact our after-sales service department. You can use a wrench to complete the assembly.**
- 8. The user of this product shall not exceed 100 kg. weight**
- 9. The right of final interpretation of the product is vested in the Company without prior notice of change.**

Product Physical Map



Installation instructions steps

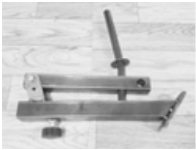
1. Unfold the stool, secure the safety bolt, pull out and fold when folding.



- 1.
-
2. When adjusting the angle or height of the mat, pull the knob and tighten it after adjustment.



- 1.
2. The leg extension pipe is attached to the shelf, please tighten with the corresponding screw, no need to disassemble when folding.



- 1.
2. Take out the foam cotton, insert the tube into the hole position of the leg pipe fitting, and fix both sides with the foam cotton.



- 1.
2. Use two corresponding screws to fix the mat to the support tube and insert it directly into the equipment.



- 1.