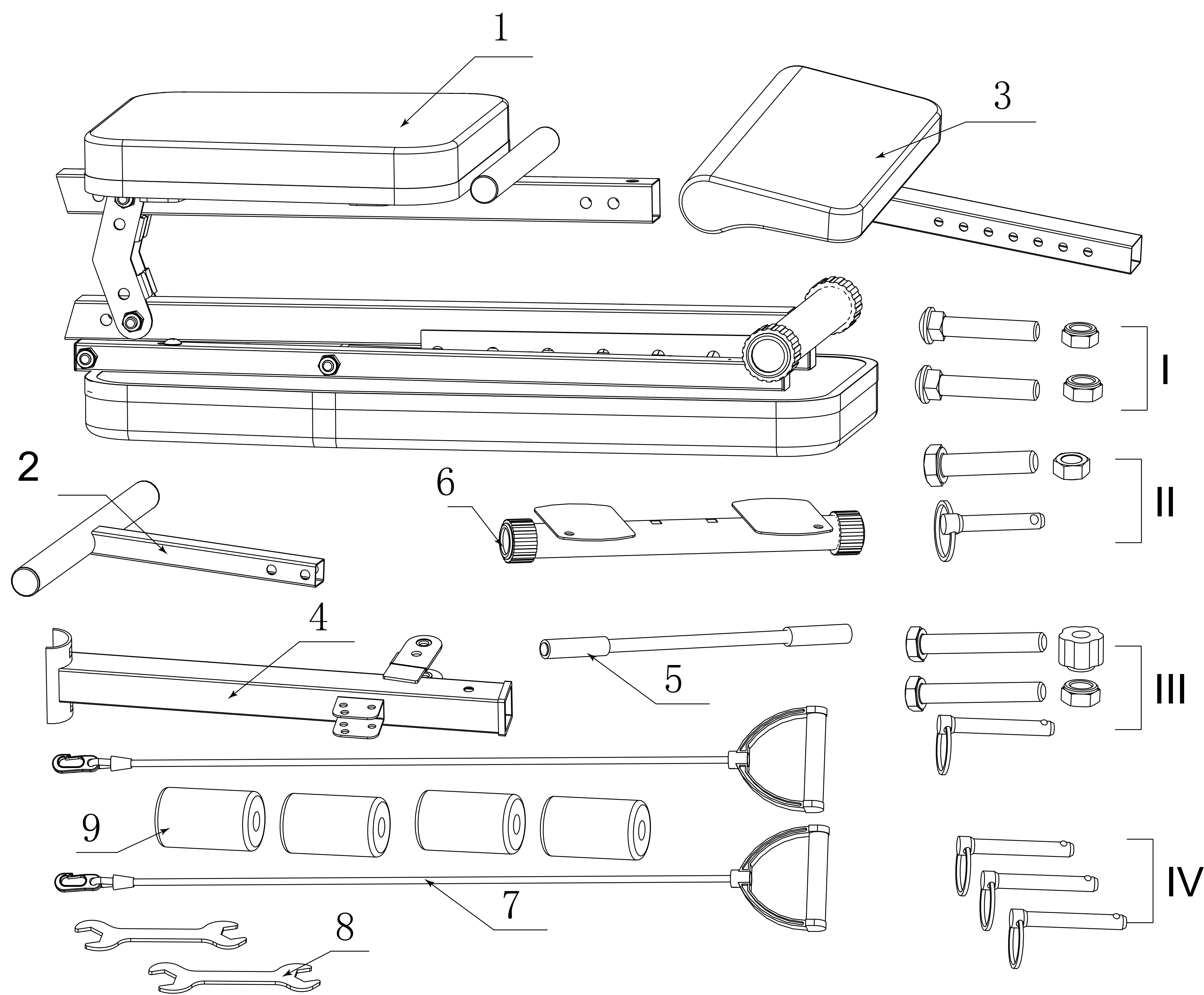




WORKOUT BENCH INSTRUCTION MANUAL

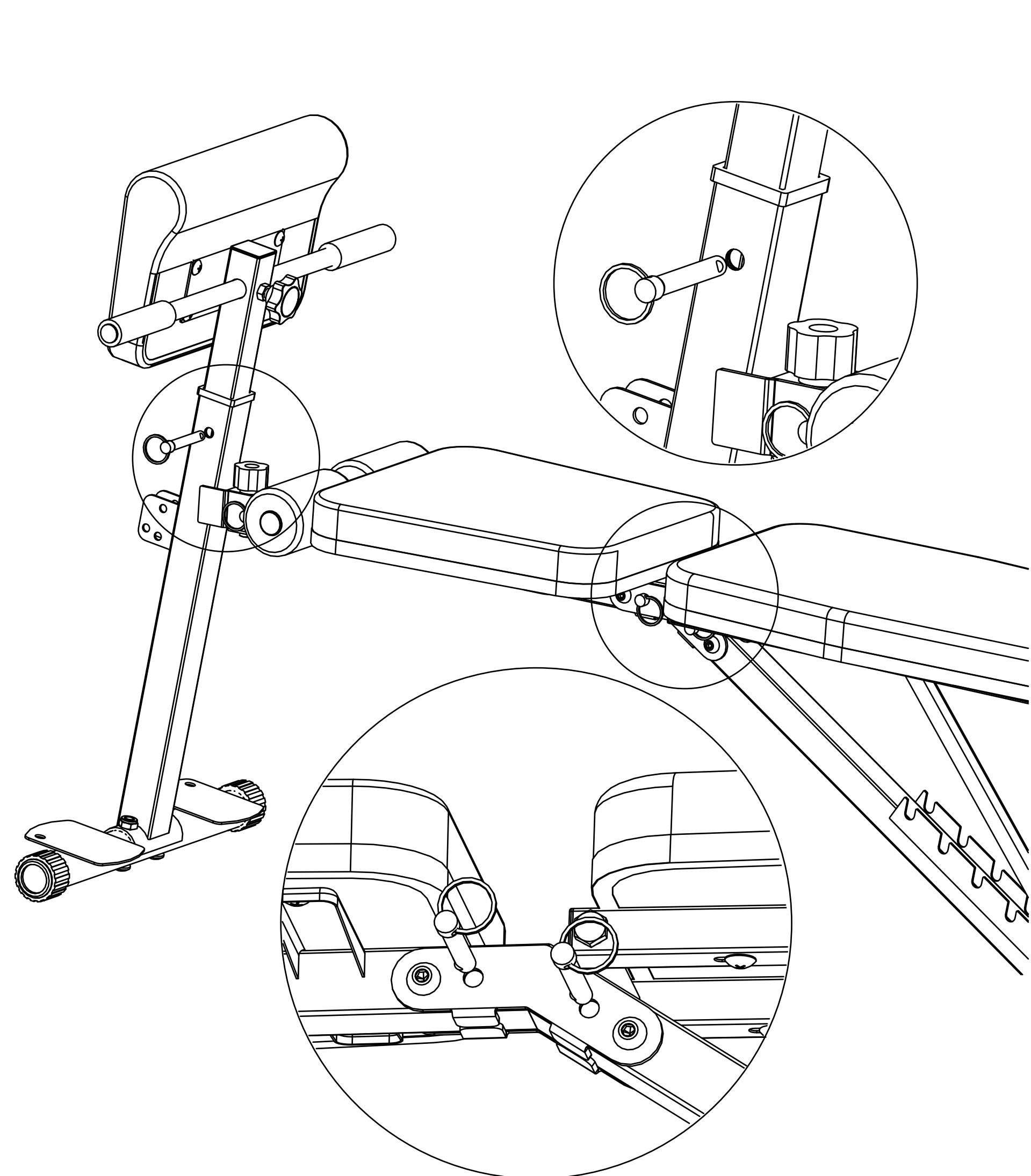


- 1、 Main frame
- 2、 Foot rest assembly
- 3、 Toggle plate
- 4、 Front bracket
- 5、 Handrail
- 6、 Bottom tube
- 7、 Pull rope
- 8、 Open-end wrench
- 9、 Non-slip foams
- I、 M10 carriage screw and nut
- II、 M8 bolt and nut and $\Phi 8$ ring pin
- III、 M10 bolt and nut and $\Phi 10$ ring pin
- IV、 $\Phi 10$ ring pin

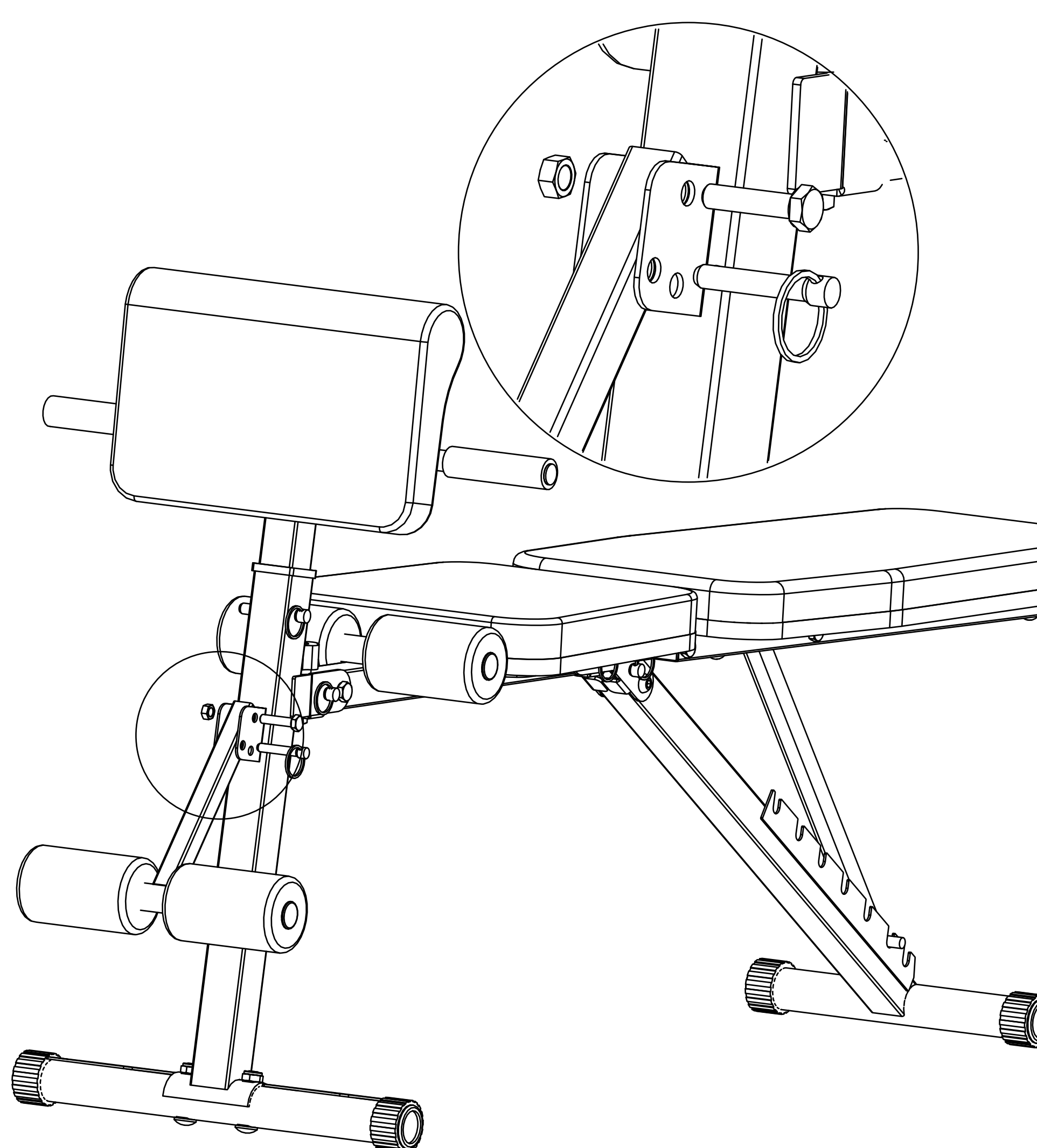
A、 Connect (3) and (5) with knob.

B、 Connect (4) and (6) with carriage screw and nut (I).

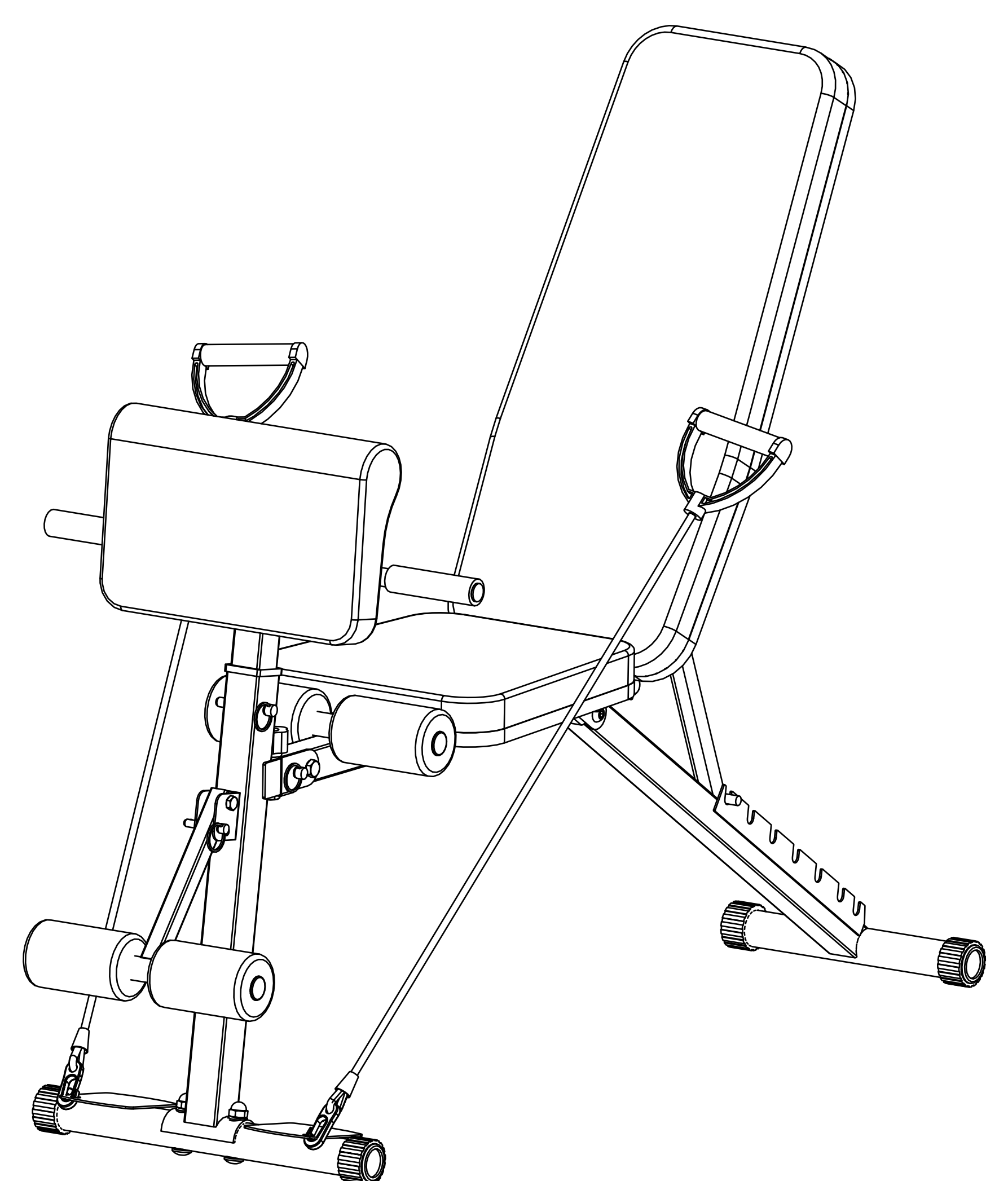
C、 Unfold main frame, Connect the main frame(1) and the Front bracket(4) with (III). Install non-slip foams (9).



D、 Connect the Toggle plate (3) and the Front bracket(4) with a ring pin(IV). And position the main frame with two ring pins(IV).



E、 Connect the Foot rest assembly(2) and the Front bracket(4) with (II). Then install non-slip foams (9)



F、 Install the pull rope(7) on the Bottom tube (6).