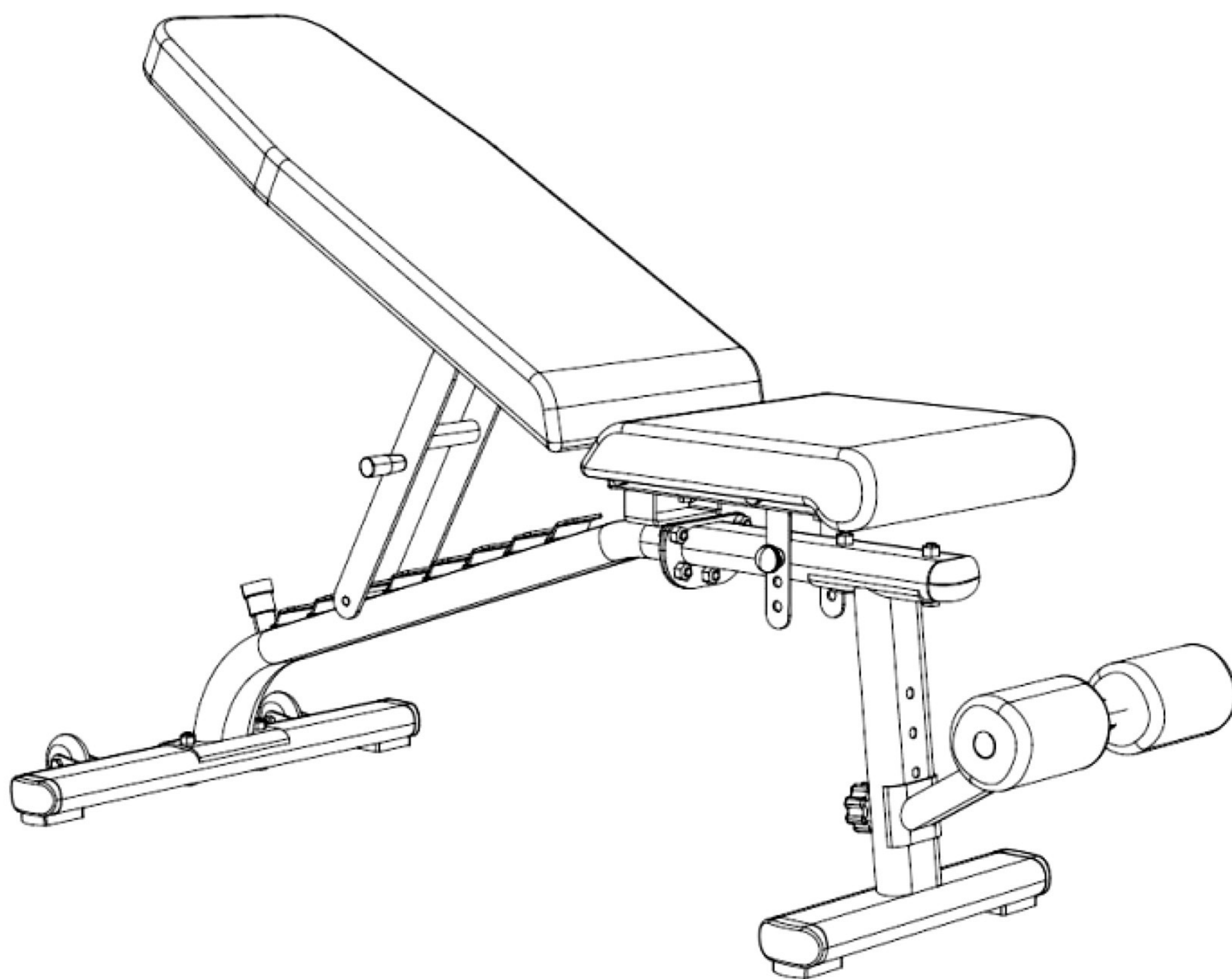




HEAVY DUTY ADJUSTABLE FID WEIGHT BENCH

FSHDFIDBNCA

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SAFETY & WARNINGS

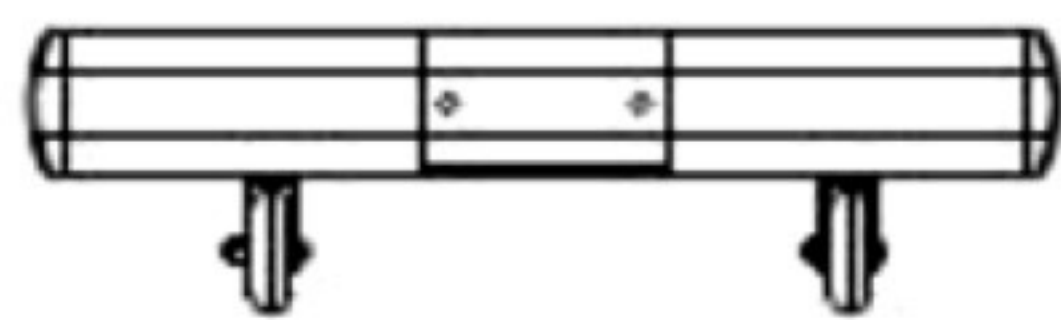
- Before use and assembly, read this user guide and keep for future reference.
- **WARNING:** Before beginning any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or using this product.
- **Maximum weight limit:** 250 kg
- Keep out of reach of children and pets.
- This equipment is designed for one person at a time.
- If you experience nausea, chest pain or any other abnormal physical symptoms, stop exercising immediately.
- Keep limbs away from moving parts.
- Place the machine on a flat, firm and clean surface.
- Always wear suitable sports clothing and shoes, do not wear loose clothing or jewellery.
- Use only for the purposes for which the machine was intended.
- Do not make modify this equipment in any way.
- Remove all sharp objects around the bench during use.
- For safety keep at least 0.6 m free space around the bench.
- People with limited mental or physical abilities must not use this equipment.
- Always warm up your muscles before training.
- If sharp edges appear on the machine, stop using the machine immediately.
- Do not put sharp items on the device. Adjustable parts should not interfere with user's movement.
- Inspect the machine before each use; make sure all connections are tightly secured.

COMPONENTS

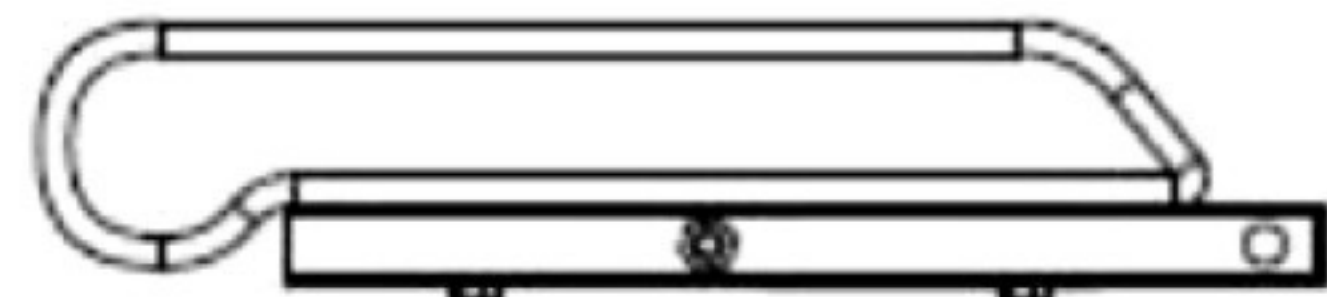
Parts



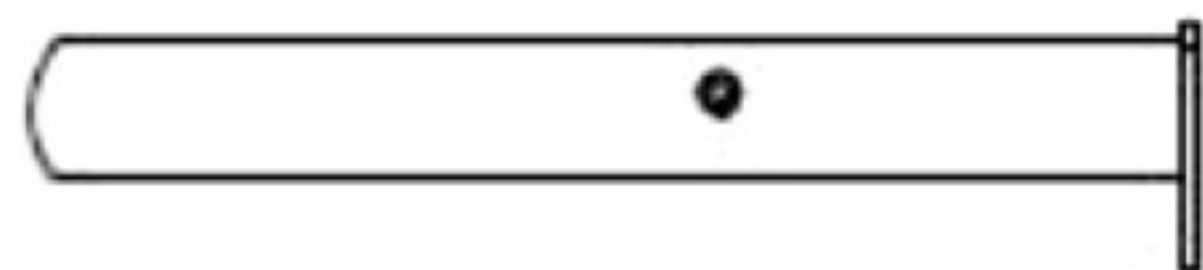
1 Frame



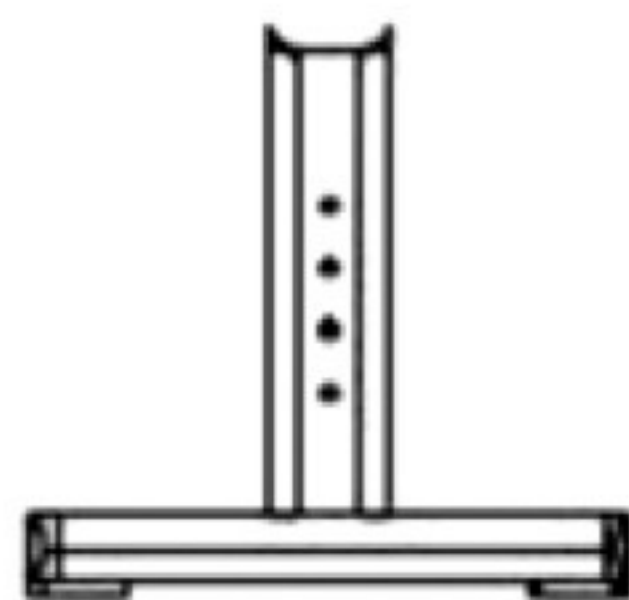
2 Rear stabiliser



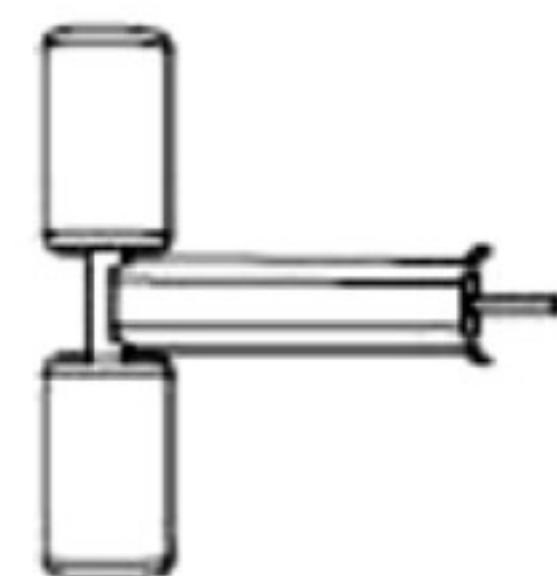
3 Seat



4 Front stabiliser frame



5 Front stabiliser



6 Leg bar

Hardware



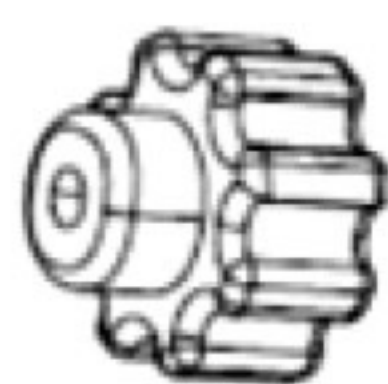
7 Bolt M10 – long (x4)



8 Bolt M10 – short (x5)



9 Nut (x9)



10 Hand knob



11 Washer



12 Pin for backrest adjustment

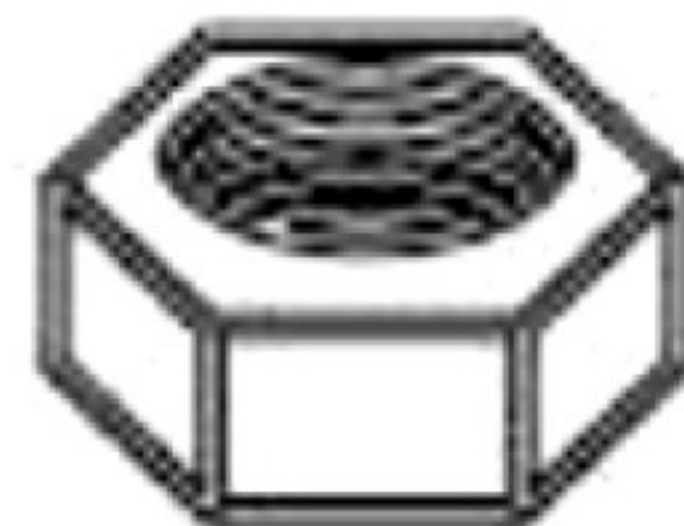


13 Wrench (x2)

Attached to Frame

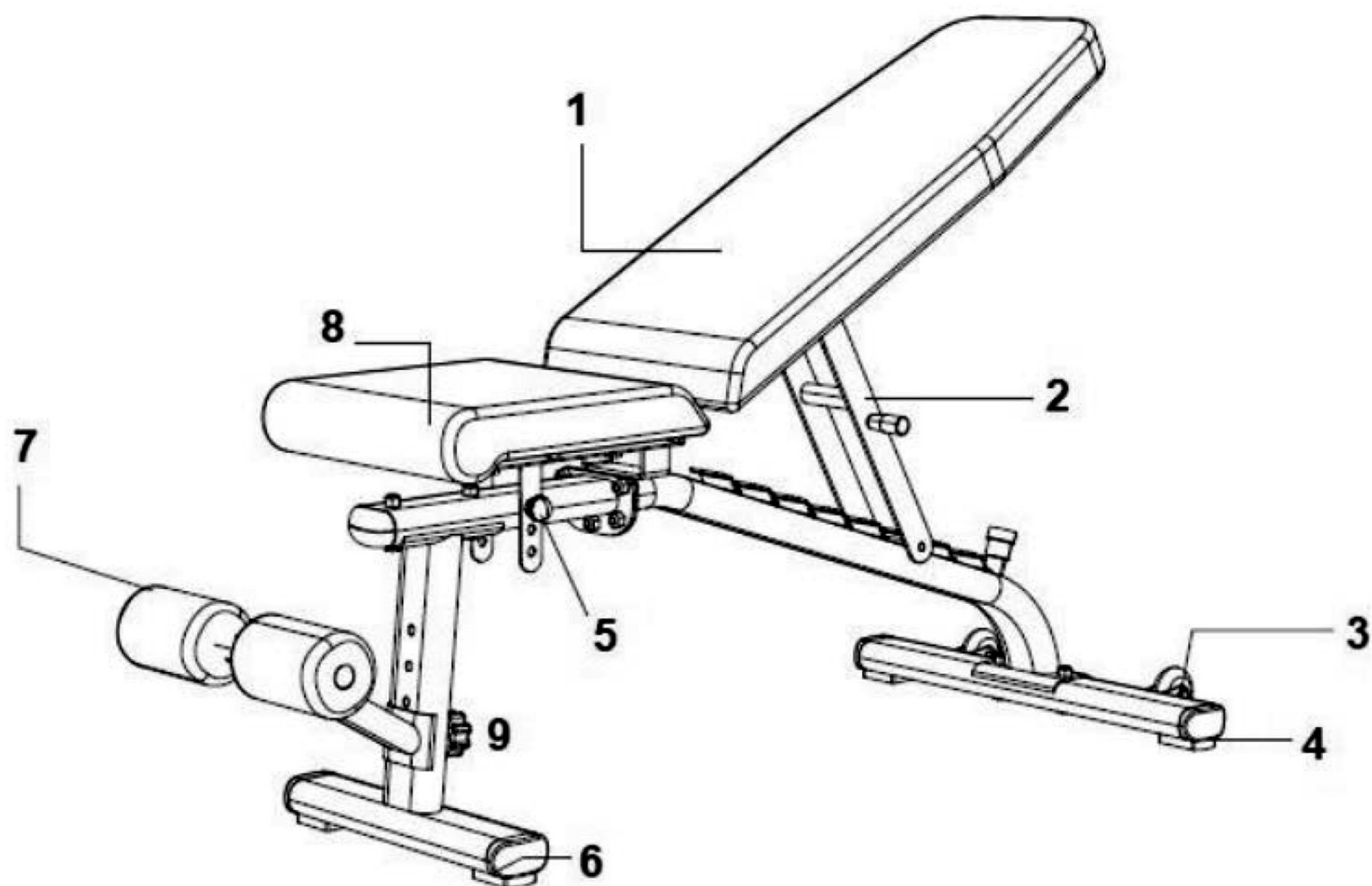


14 Backrest security pin



15 Nut

OVERVIEW

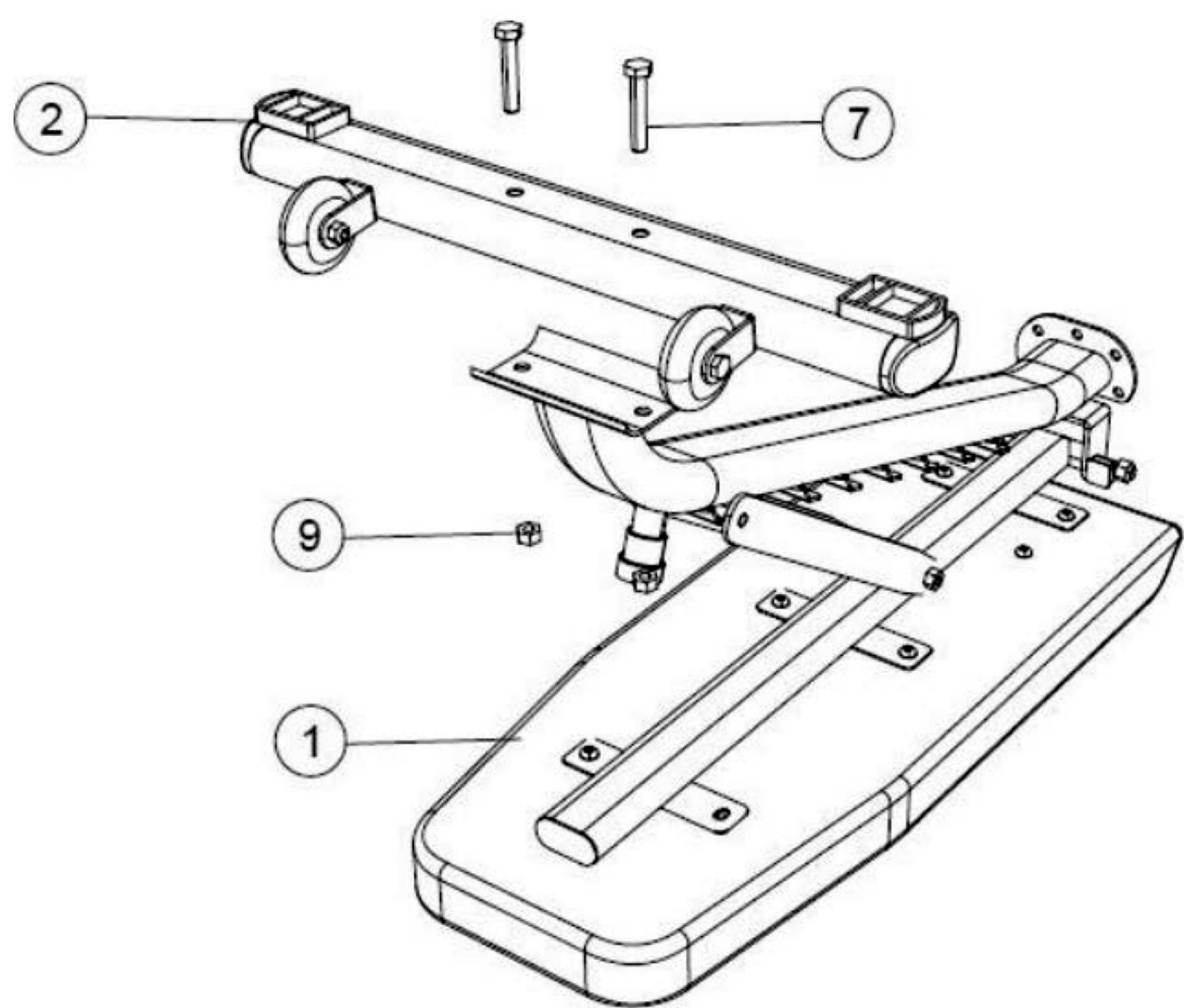


- | | | | |
|----------|------------------|----------|-------------------------|
| 1 | Backrest | 6 | Front stabiliser |
| 2 | Adjustable frame | 7 | Leg bar |
| 3 | Wheels | 8 | Seat |
| 4 | Rear stabiliser | 9 | Leg bar adjustment knob |
| 5 | Seat adjustment | | |

ASSEMBLY

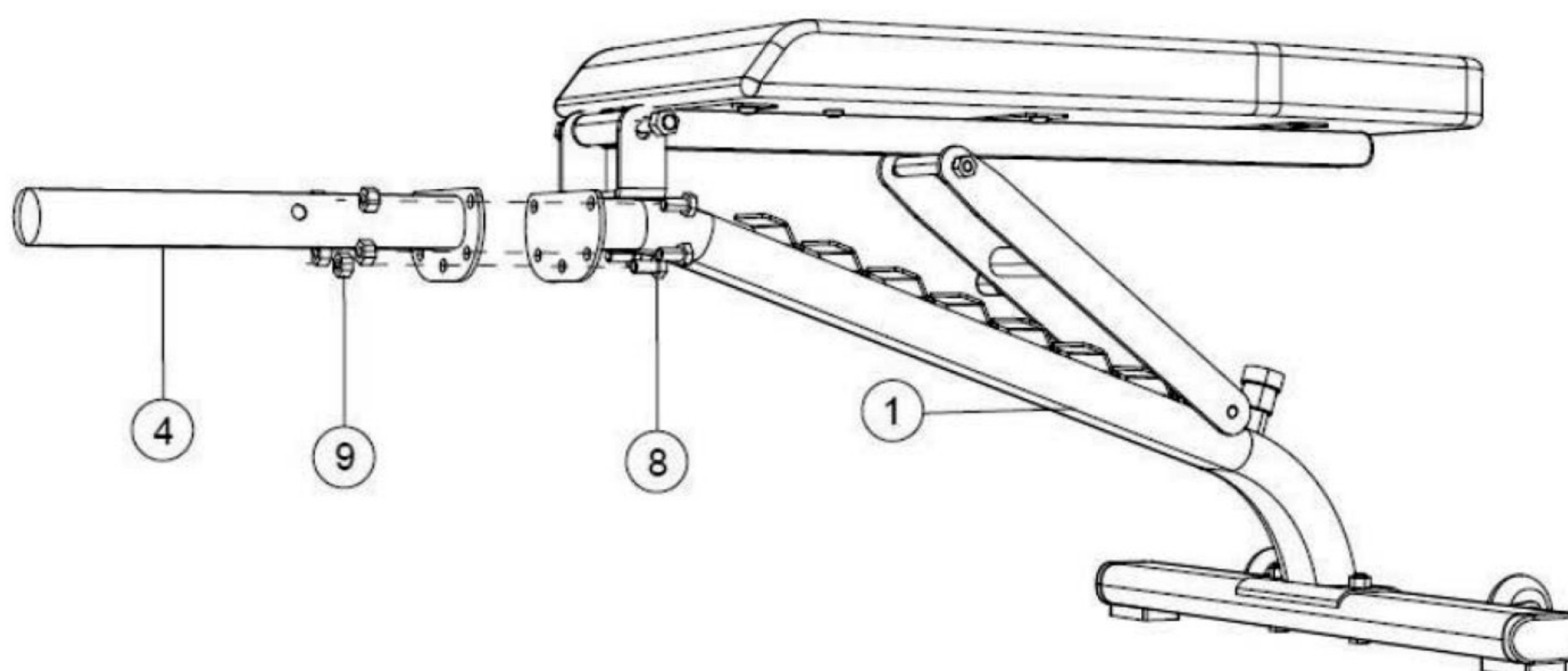
Step 1:

Turn the main frame **(1)** over and secure the rear stabiliser **(2)** to the main frame **(1)** with two M10 long bolts **(7)** and two nuts **(9)**.



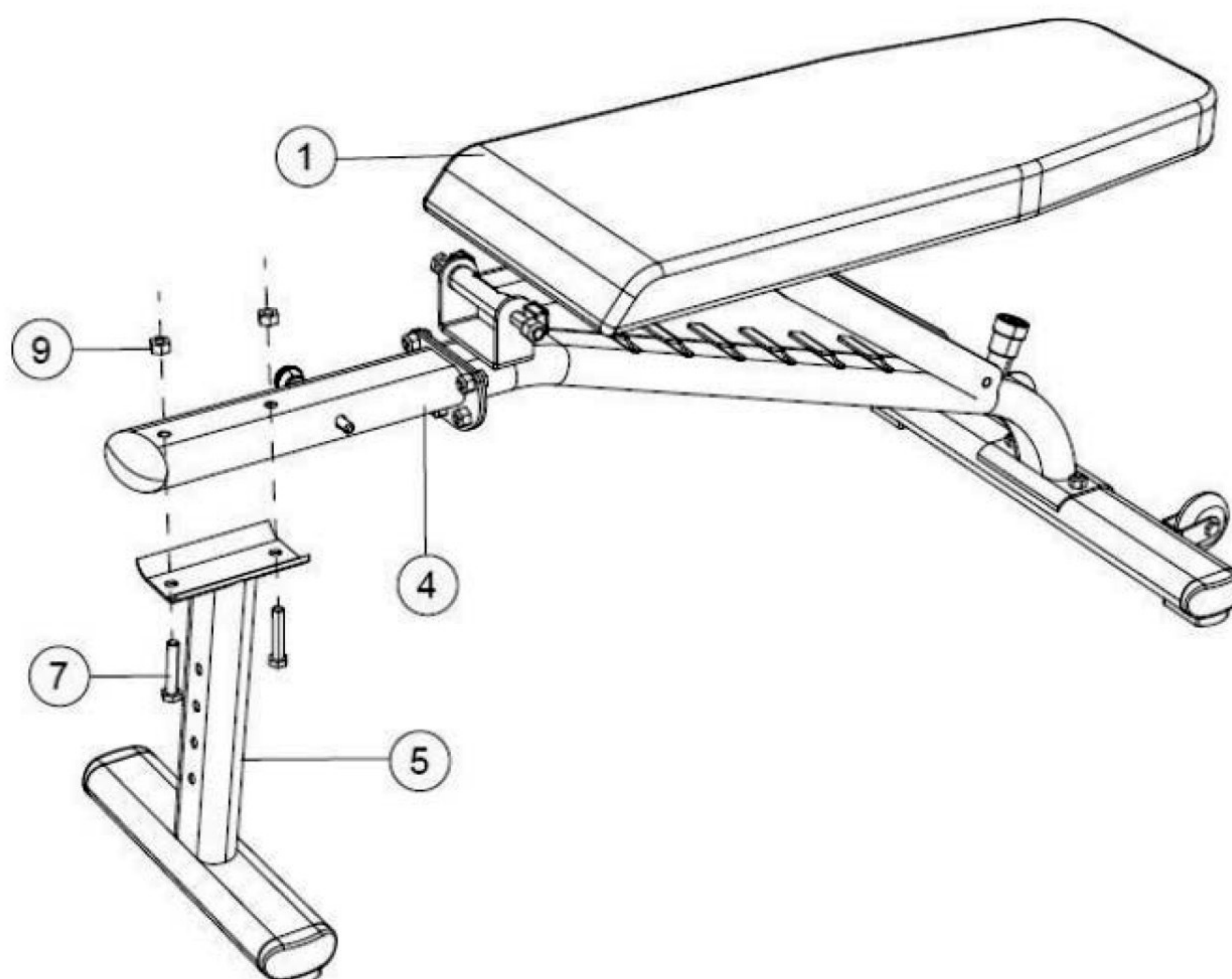
Step 2:

Turn the main frame **(1)** back over and attach the front stabiliser frame **(4)** to the main frame **(1)** with five M10 short bolts **(8)** and five nuts **(9)**.



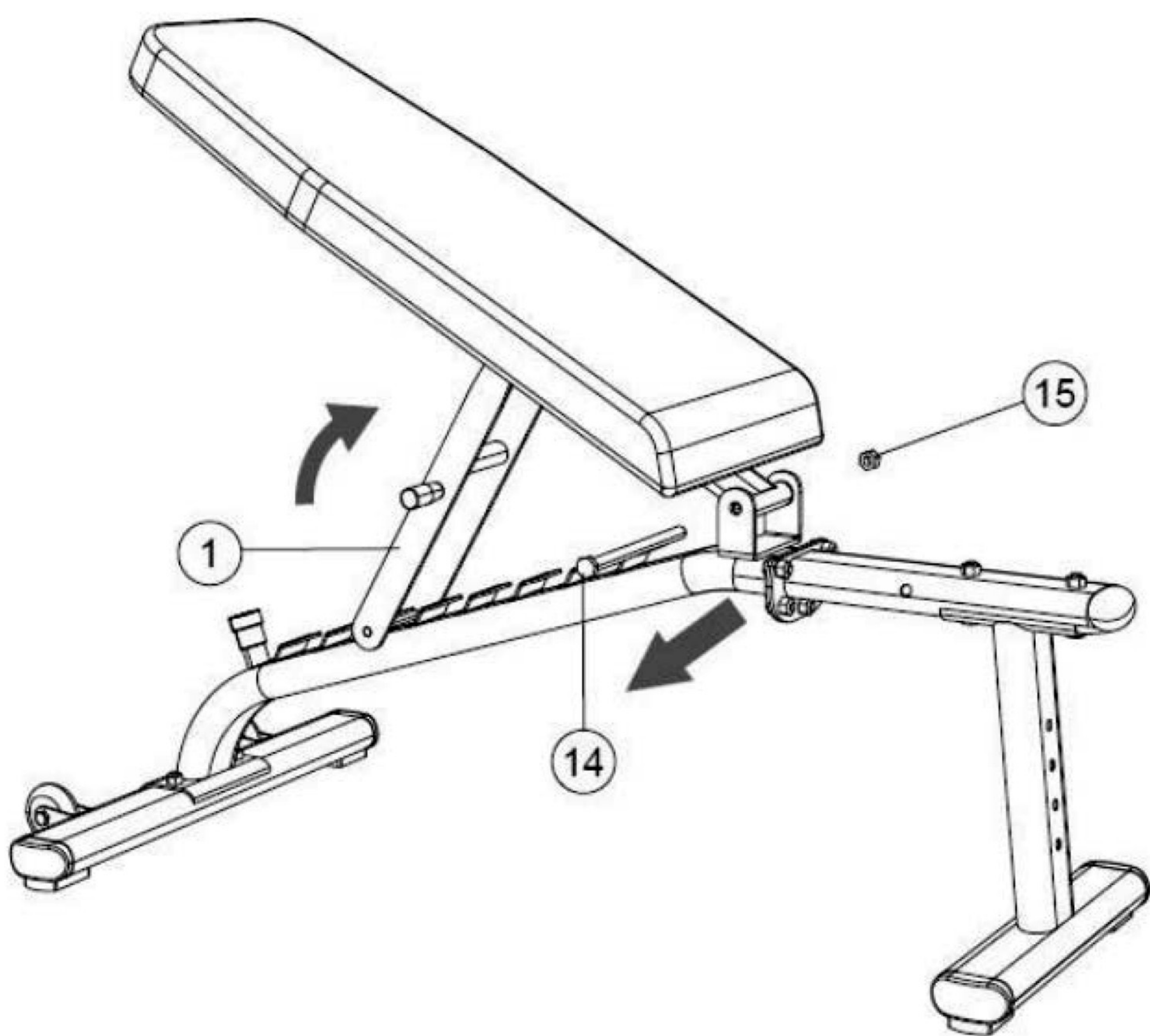
Step 3:

Attach the front stabiliser **(5)** to the front stabiliser frame **(4)** with two M10 long bolts **(7)** and two nuts **(9)**.



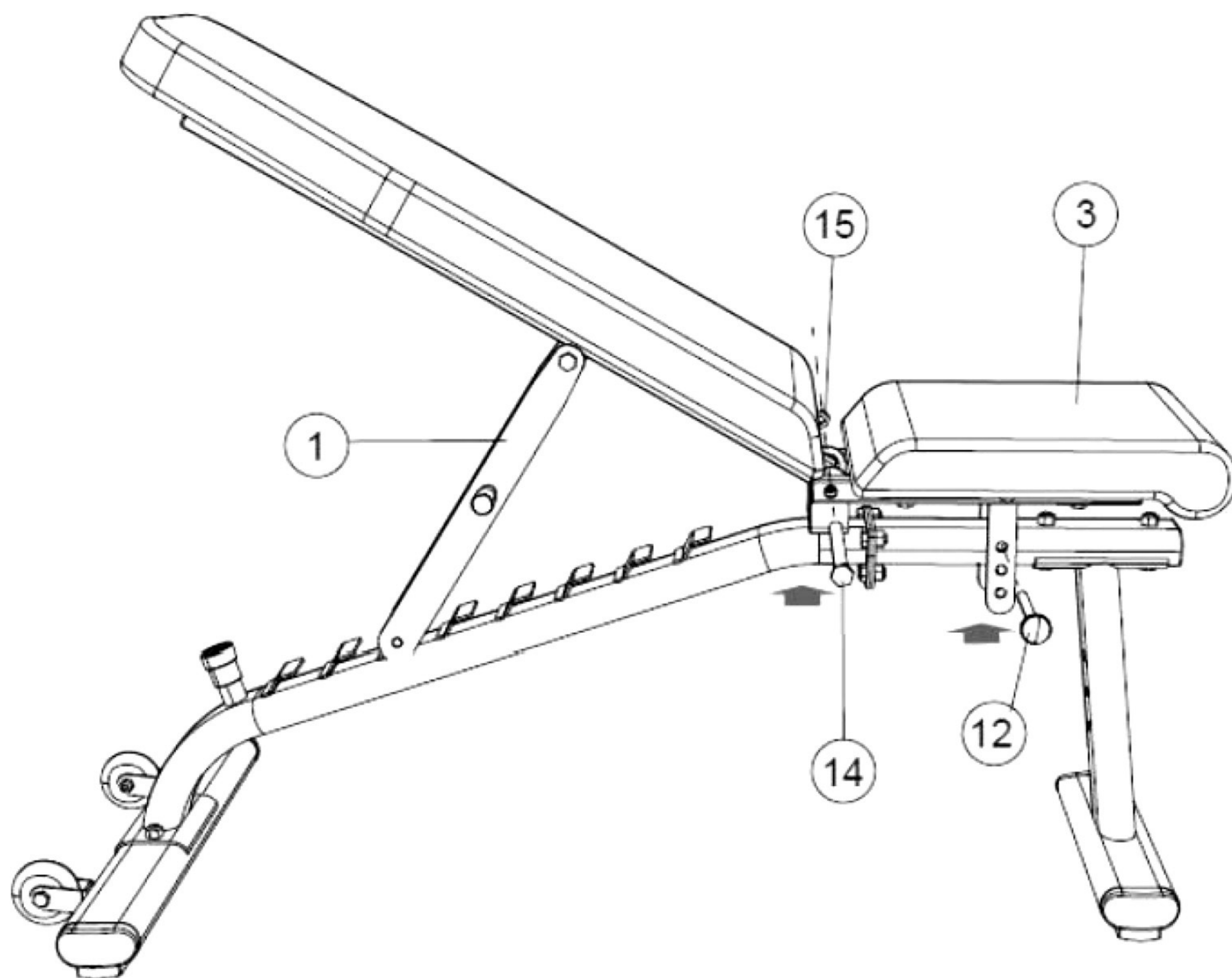
Step 4:

Adjust the backrest to the third level, loosen the nut **(15)** and pull out the pin **(14)**.



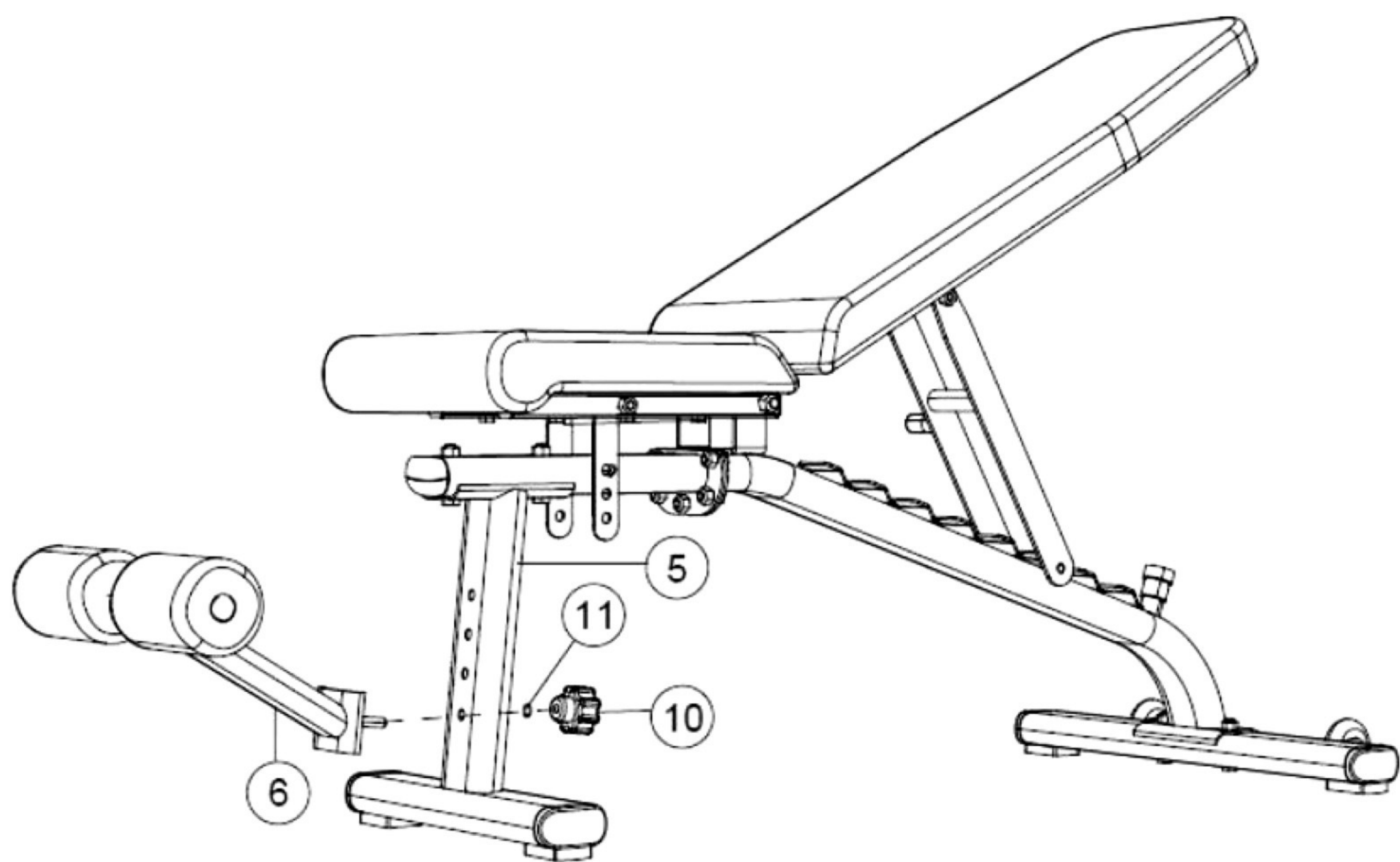
Step 5:

Align the backrest and seat holes **(3)** and then reattach the pin **(14)** and nut **(15)**.



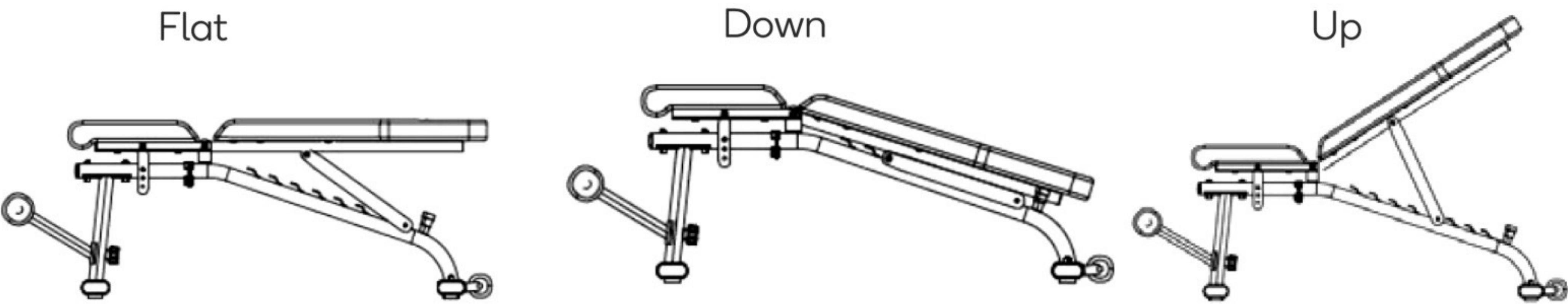
Step 6:

Attach the leg bar **(6)** to the front stabiliser **(5)** with a washer **(11)** and hand knob **(10)**.



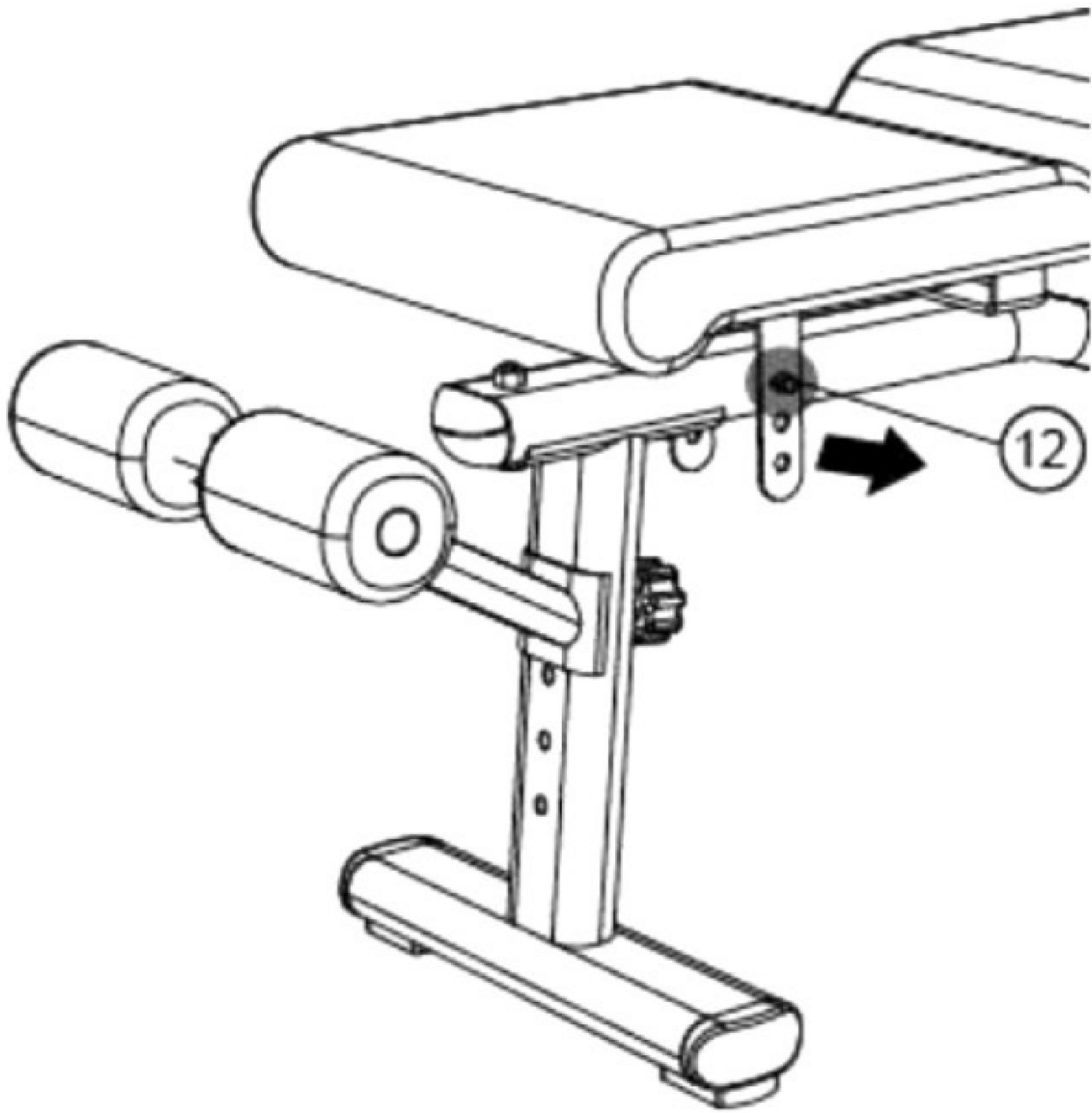
ADJUSTMENTS

Bench Positions

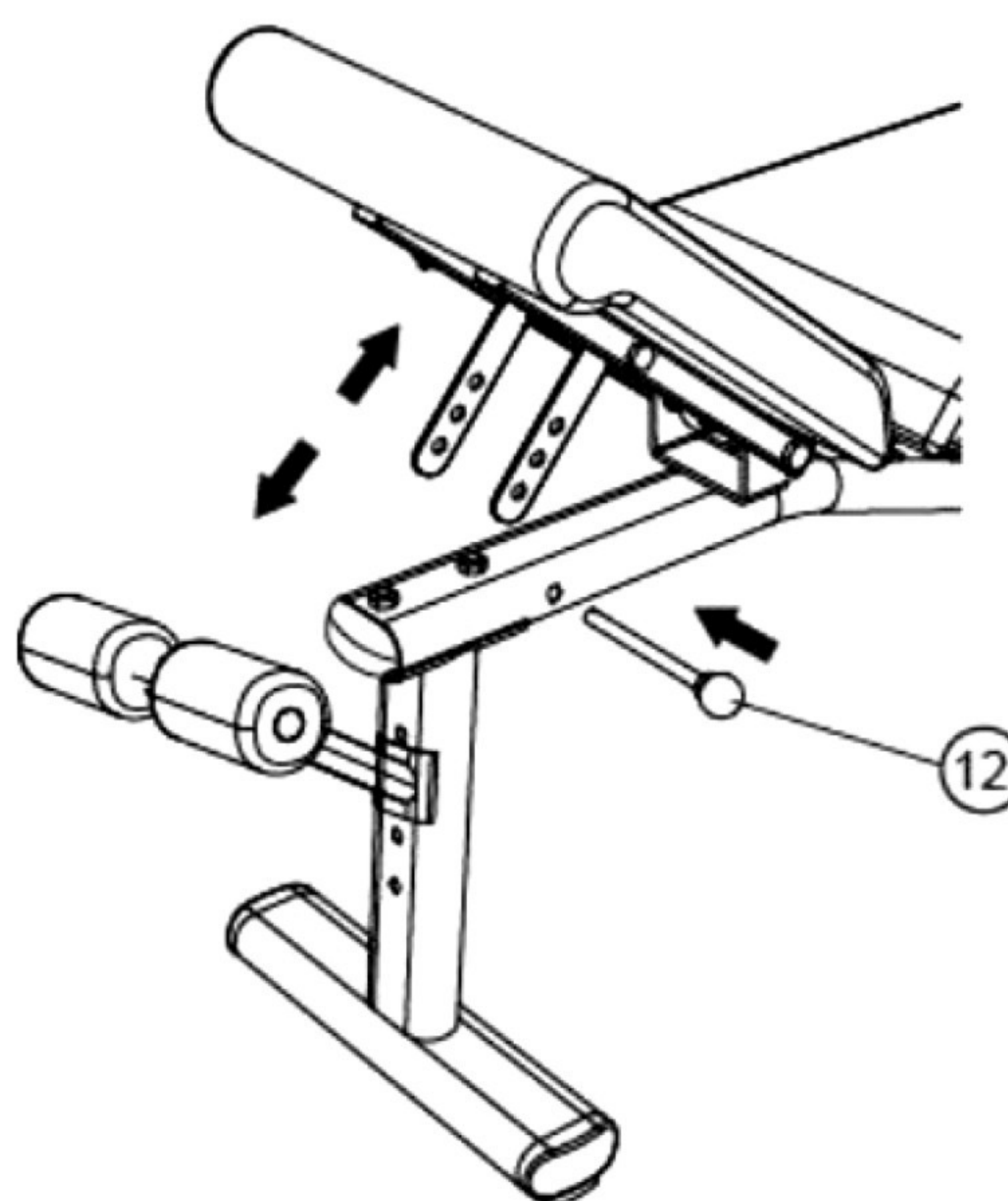


Seat Position Adjustment

Pull out pin (12).

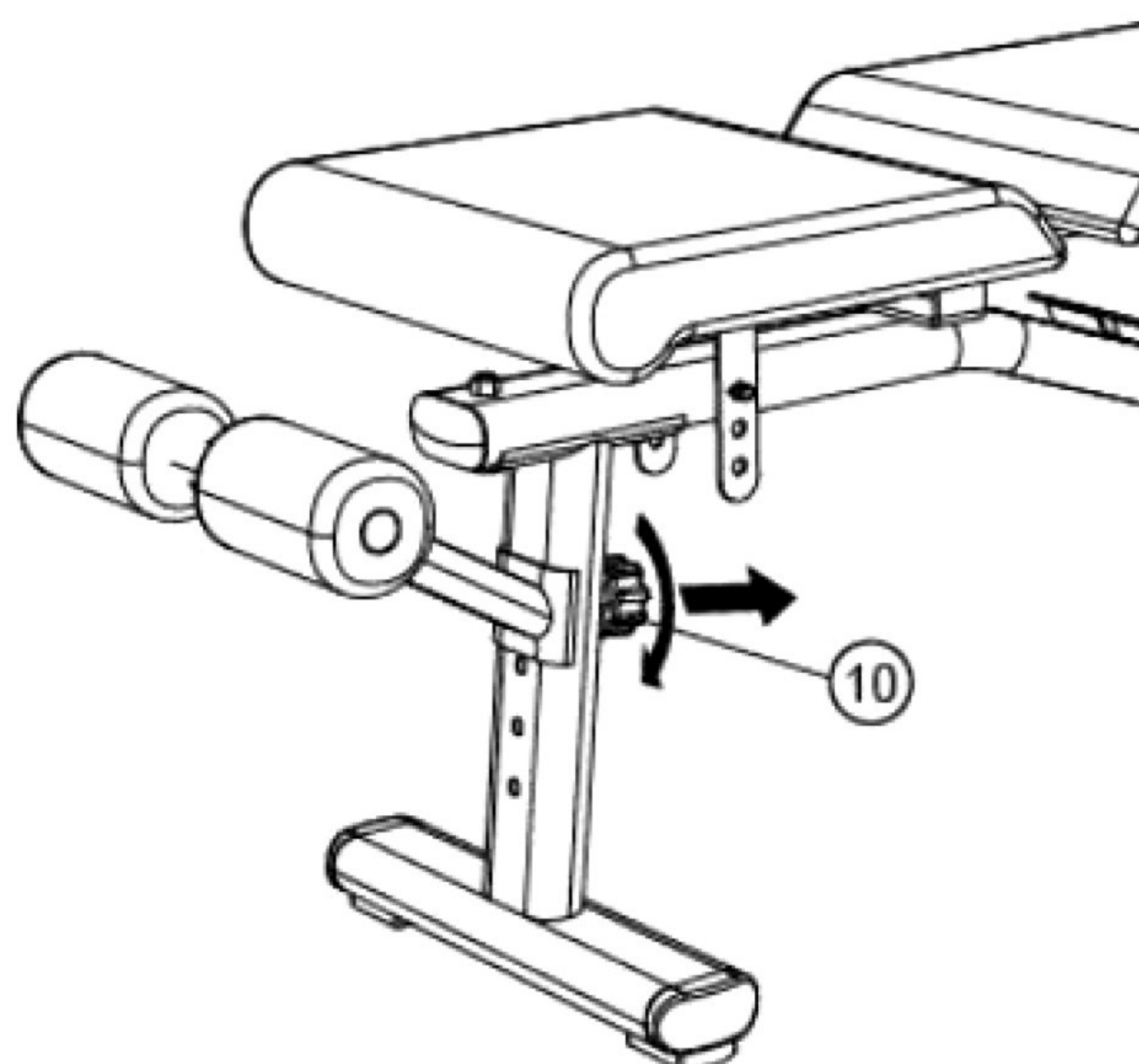


Set the required position and then replace the pin **(12)**.

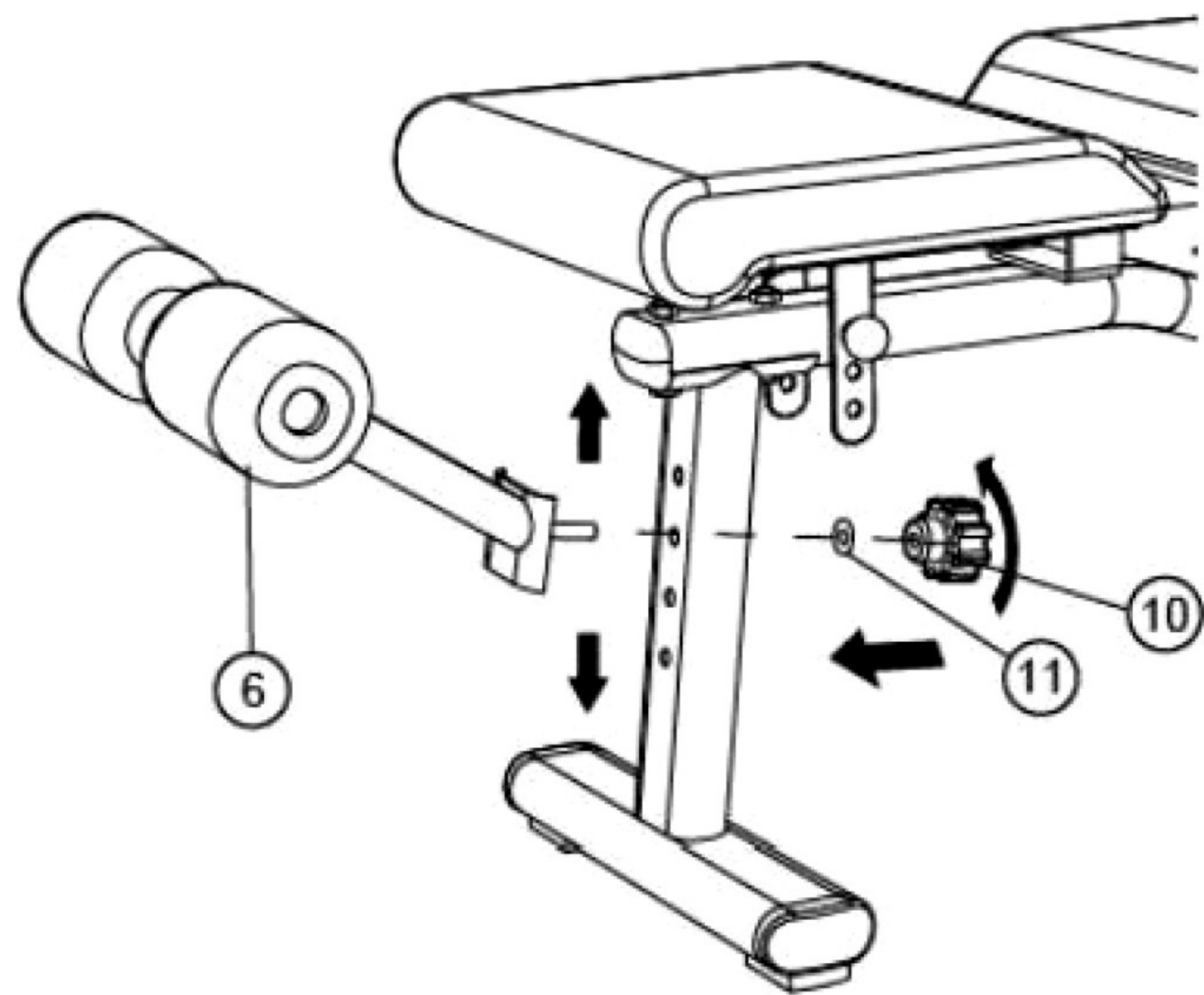


Foot Frame Position Adjustment

Remove the hand knob **(10)**.

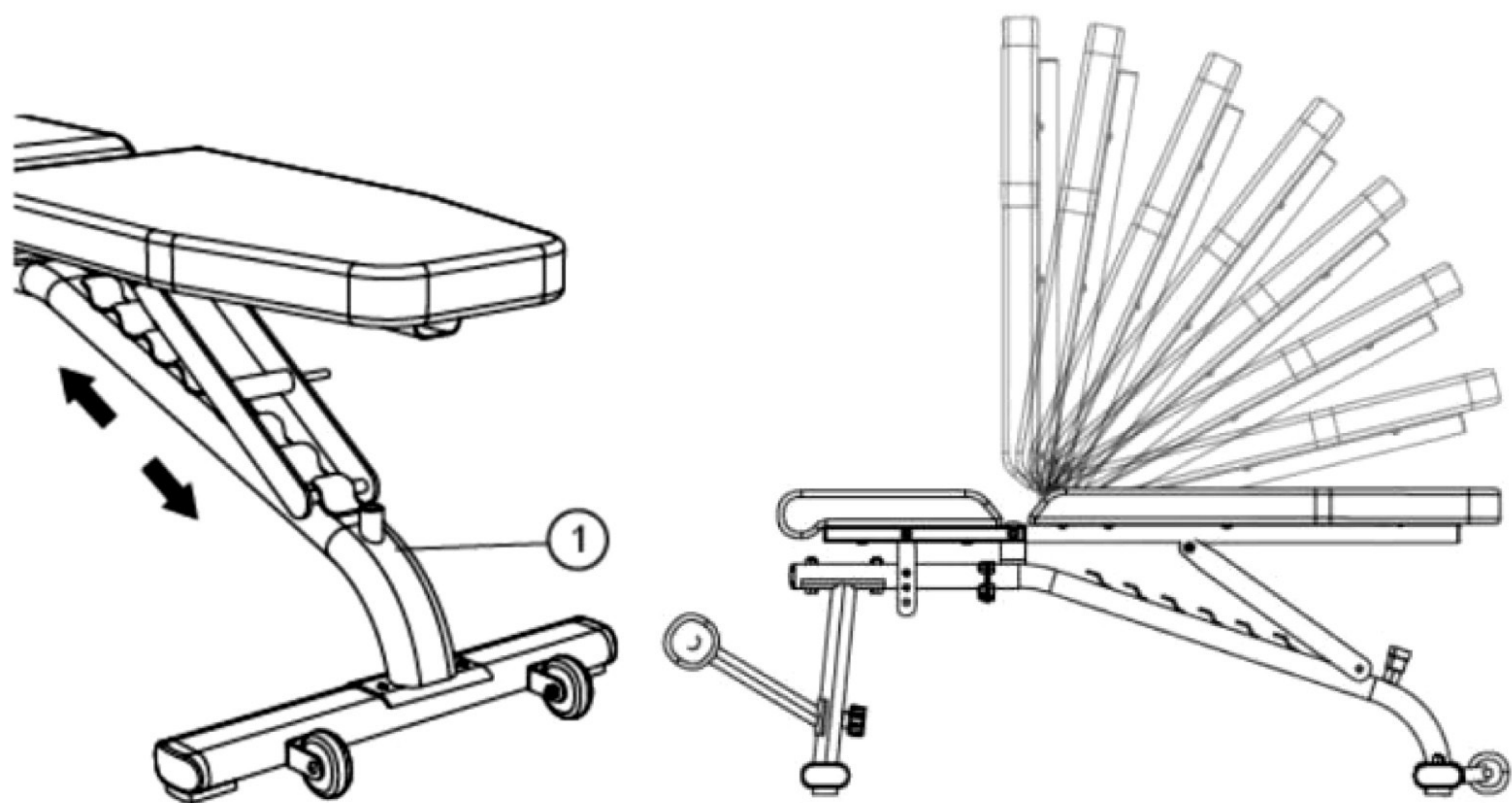


Set the required position of the frame **(6)** and then reattach the hand knob **(10)** and washer **(11)**.



Adjusting the Backrest Position

Adjust the position of the backrest according to your preferences.

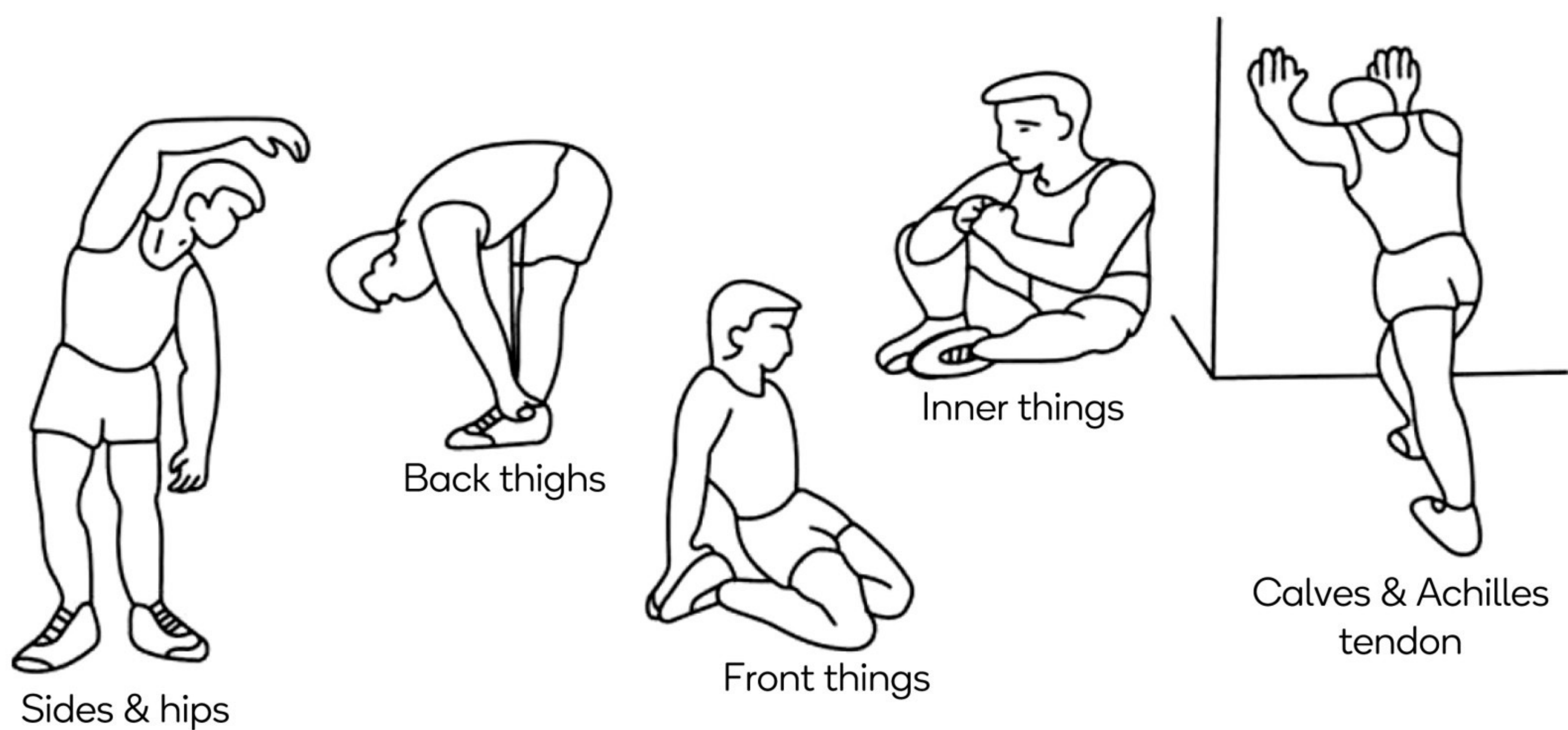


EXERCISE GUIDE

Exercise is beneficial to your health, improves physical condition, shapes muscles and, in combination with a calorie-balanced diet, leads to weight loss.

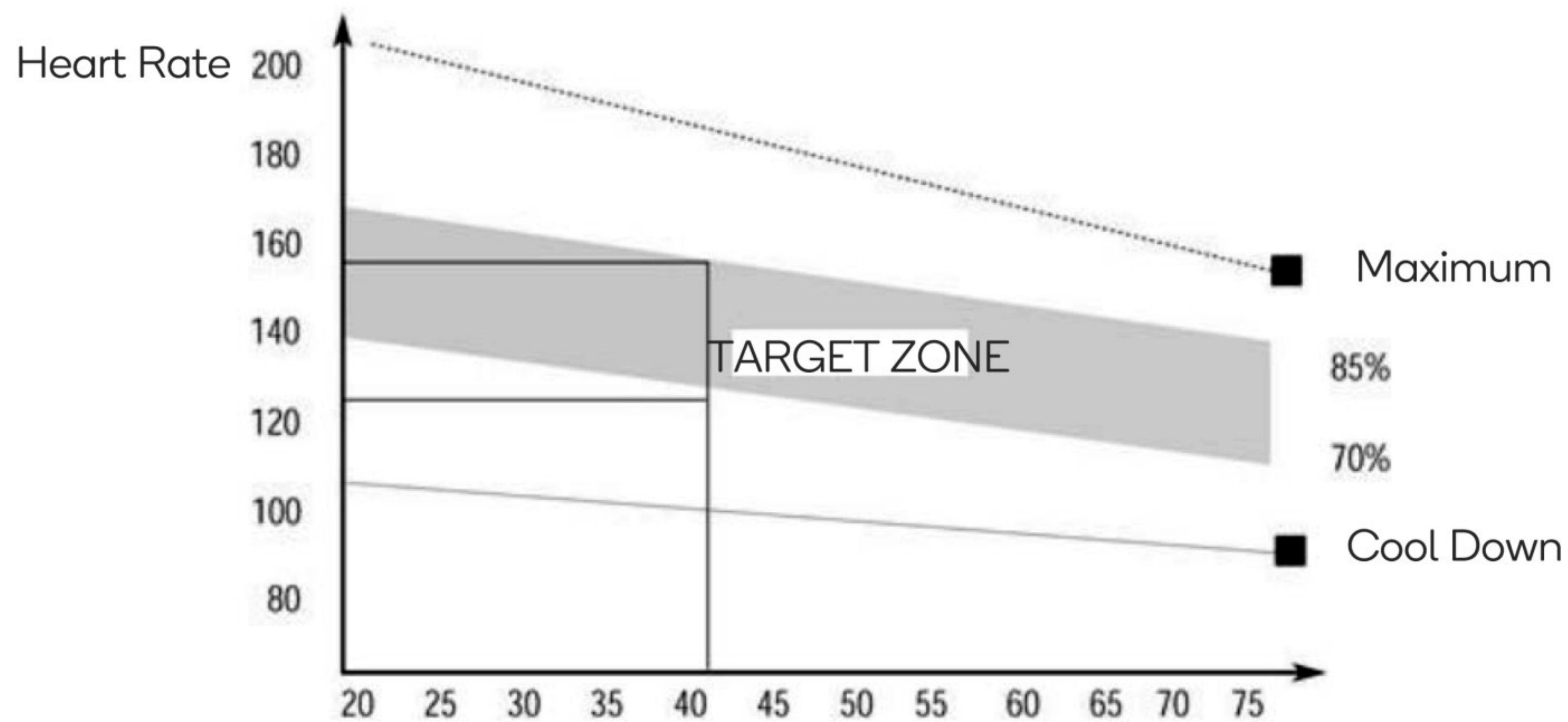
Warming Up

This phase serves to improve the blood circulation of the whole body and to warm up the muscles, to reduce the risk of convulsions and muscle injury. It is recommend performing the stretching exercises below. When dragging, stay in the end position for approximately 30 seconds, do not make sudden movements and do not vibrate.



Exercising

This phase is the most physically demanding part. Regular exercise strengthens the muscles. You can determine the tempo yourself, but it is very important that it is the same throughout the exercise. Heart rate should be within the target zone (see figure below).



This phase should last at least 12 minutes. Most people exercise for 15-20 minutes.

Cooldown

This phase serves to soothe the cardiovascular system and relax the muscles. It should take approximately 5 minutes. You can repeat warming up exercises or continue exercising at slower pace. Stretching your muscles after exercise is extremely important - you need to avoid sudden movements and vibrations.

With improved fitness, you can lengthen and increase exercise intensity. Train regularly, at least three times a week.

Shaping Muscles

For muscle shaping, it is important to set a high load. The muscles will be more stressed, which may cause that you will not be able to exercise as long as usual. If you are trying to improve your condition at the same time, you need to adjust your training. Exercise in the usual way during the warm-up and final stages of training but increase the resistance of the device at the end of the exercise. You may need to slow down the speed to keep the heart rate in the target area.

Weight Loss

The number of calories burned depends on the length and intensity of the exercise. The essence is the same as in fitness exercise, but the goal is different.

CLEANING & CARE

- Regularly lubricate all moving parts.
- Check and tighten all connections.
- Clean the device with damp cloth and a mild cleaning detergent.
- Regularly check the device for signs of wear or damage.
- Immediately replace worn or damaged parts.

Disposal



This marking indicates that this appliance should not be disposed with other household wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources.

NOTES

[illegible]

[illegible]

[illegible]

Need more information?

We hope that this user guide has given you the assistance needed for a simple set-up.

For the most up-to-date guide for your product, as well as any additional assistance you may require, head online to **help.kogan.com**

kogan.com