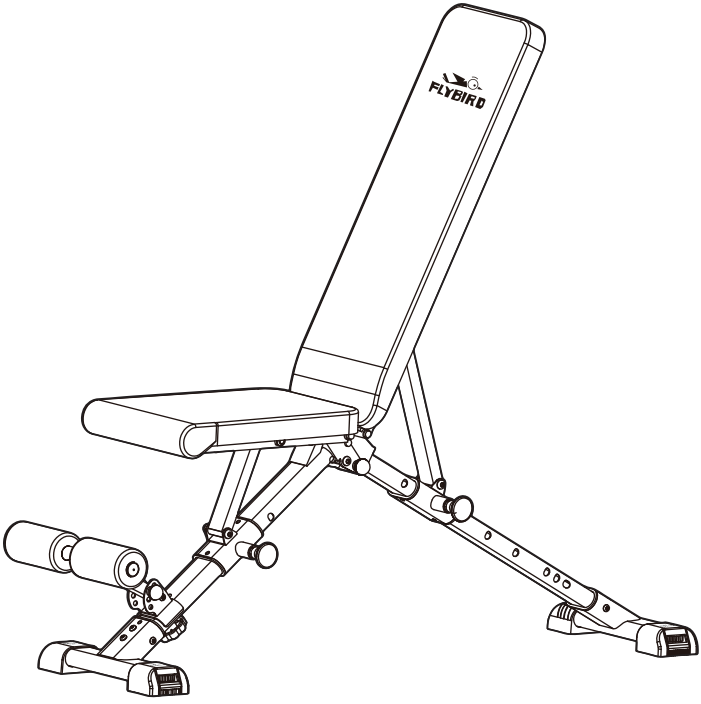
USER MANUAL



FLYBIRD WEIGHT BENCH

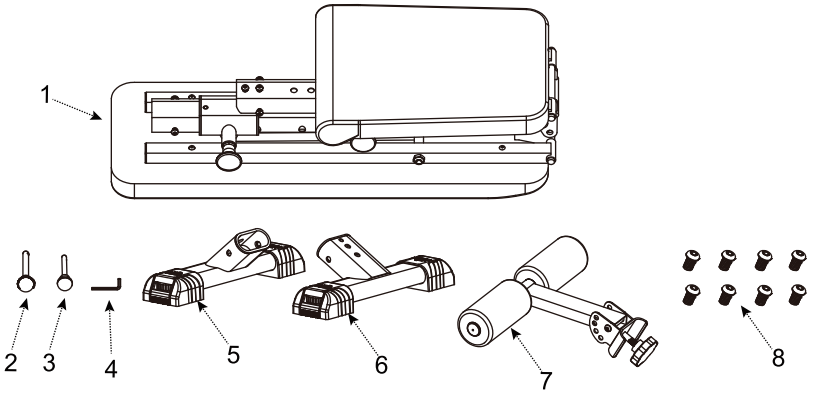
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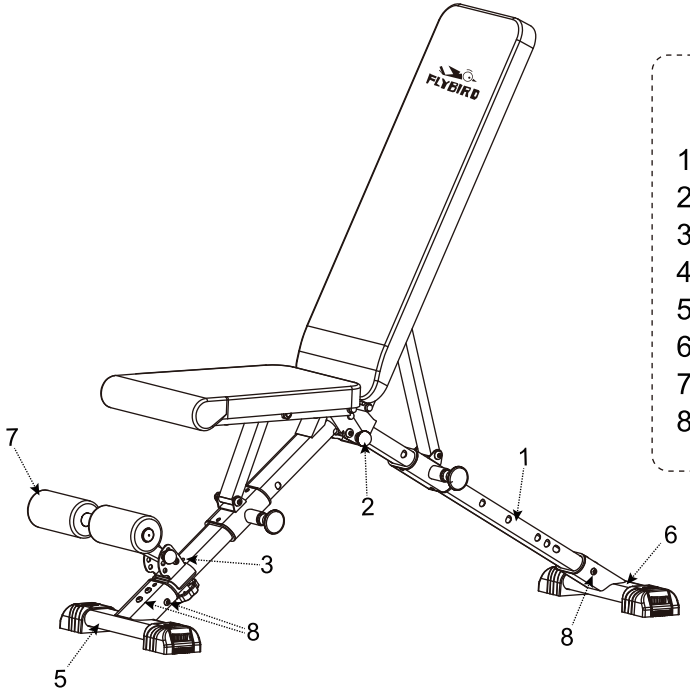
Precautions

To ensure user safety, please pay attention to the following points before using this product.

- Please note that the screws for assembling the foot tube are already pre-installed on the steel frame.
- Teenagers and the elderly should use this product under supervision.
- Before using this product, please confirm with your doctor whether you can use it. If you feel uncomfortable during use, please stop using it immediately and consult your doctor.
- Please install this product correctly before use and make sure that all parts are properly connected.
- Please wear well-fitting clothes for exercise. Remove all jewelry from your body before exercising. People with long hair should tie the hair up.

Parts List





Parts List

1. Main Frame
2. M10 Bolt
3. Foot Support Bolt
4. Tool
5. Front Foot Tube
6. Rear Foot Tube
7. Foot support
8. M8*16 Screw

Please note that #8 M8*16 screws have been pre-installed on the steel frame.

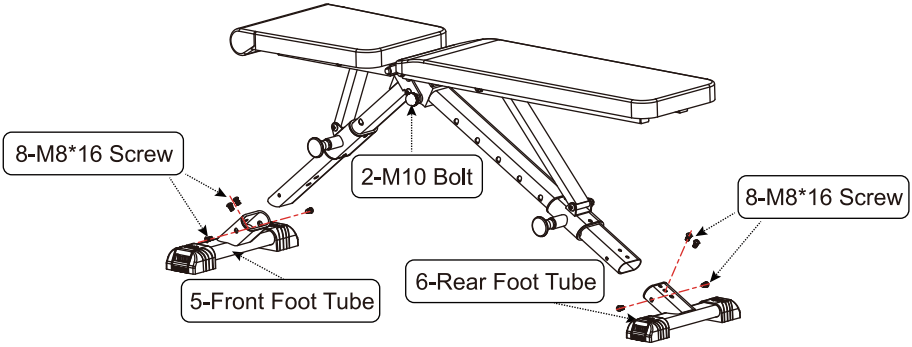
Installation Instructions

⚠ ATTENTION

Please follow the installation instructions and make sure the bench is fully installed before you start using it.

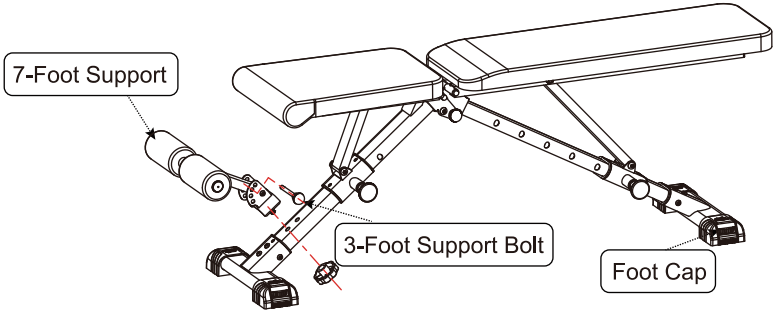
Step 1

Unfold the main frame, insert the M10 Bolt(#2). Install the Front Foot Tube(#5) with four M8*16 Screws(#8). Install the Rear Foot Tube(#6) with four M8*16 Screws(#8).



Step 2

Install the Foot Support(#7)as follows and insert the Foot Support Bolt(#3). Finally, you can adjust the four Foot Caps before you start using it if you feel the bench is unstable.



Warranty

We provide a 1-year warranty for this product. In this period,replacements for all accessories are freely provided.

Our customer service will get back to you within 24 hours.

In order to resolve your issue faster, please include the following information in your email when contacting us.

Order number

Product

Issue

Request

Address

Phone number

Troubleshooting Guide

Troubleshooting Guide		
We offer: Free replacement of any missing or damaged parts Fast and friendly customer support Assembly guidance and troubleshooting assistance		
Issue	**Possible Cause**	**Solution**
Bench moves slightly during use	Loose bolts after repeated use or shipping	Check and tighten all bolts. Refer to assembly diagram.
Squeaking or noise during workout	Loose joints or friction between parts	Tighten all bolts
Light scratches or dust on arrival	Occurred during transportation or warehouse handling	Wipe gently with a soft cloth if functional. If the product is unusable or seriously damaged please contact us immediately for a free replacement.

Care & Maintenance Tips

1.**Wipe Down After Use:** Clean sweat or moisture with a soft, damp cloth to maintain material integrity.

2.**Indoor Use Recommended:** Store in a dry, climate-controlled environment to prevent wear from humidity or dust.

3.**Avoid Sharp Objects:** Keep away from tools or hard items that may scratch the padding or frame.

4.**Check Bolts Monthly:** Routine checks ensure safe and stable performance over time.


FLYBIRD