FLYBIRD

STANDARD WEIGHT BENCH
USER MANUAL
FB-22JZC01



IMPORTANT: Please read this manual carefully before starting to assemble this product.

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BEFORE YOU BEGIN

Thank you for purchasing FLYBIRD Standard Weight Bench FB-22JZC01. For your safety and benefit, read this manual carefully before using the machine. We are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, please feel free to contact us via Amazon or email to us. Our Customer Service Representatives will provide immediate assistance to you.

IMPORTANT SAFETY NOTICES

Consult your physician before starting any exercise program. Read all instructions and warnings in this manual before using. Use it only as described in this manual.

1. This product is not intended for children. Keep it away from children and pets.
2. Ensure that all users are adequately informed of all precautions.
3. This product is for home use only and should not be used in a commercial setting.
4.Make sure that there is enough clearance around the product to mount, dismount, and use it while exercising.
5.Only one person at a time should use the bench.
6.Always wear athletic shoes and appropriate workout clothing while exercising.
7. If you feel dizzy, nausea or show other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
8. Place it on a level surface. If possible, place a mat beneath it to protect the floor.
9. Keep hands and feet away from all moving parts.
10. DO NOT use attachments not recommended by the manufacturer.
11. Keep weight balanced on product when adding or removing weights to prevent the product from tipping over.

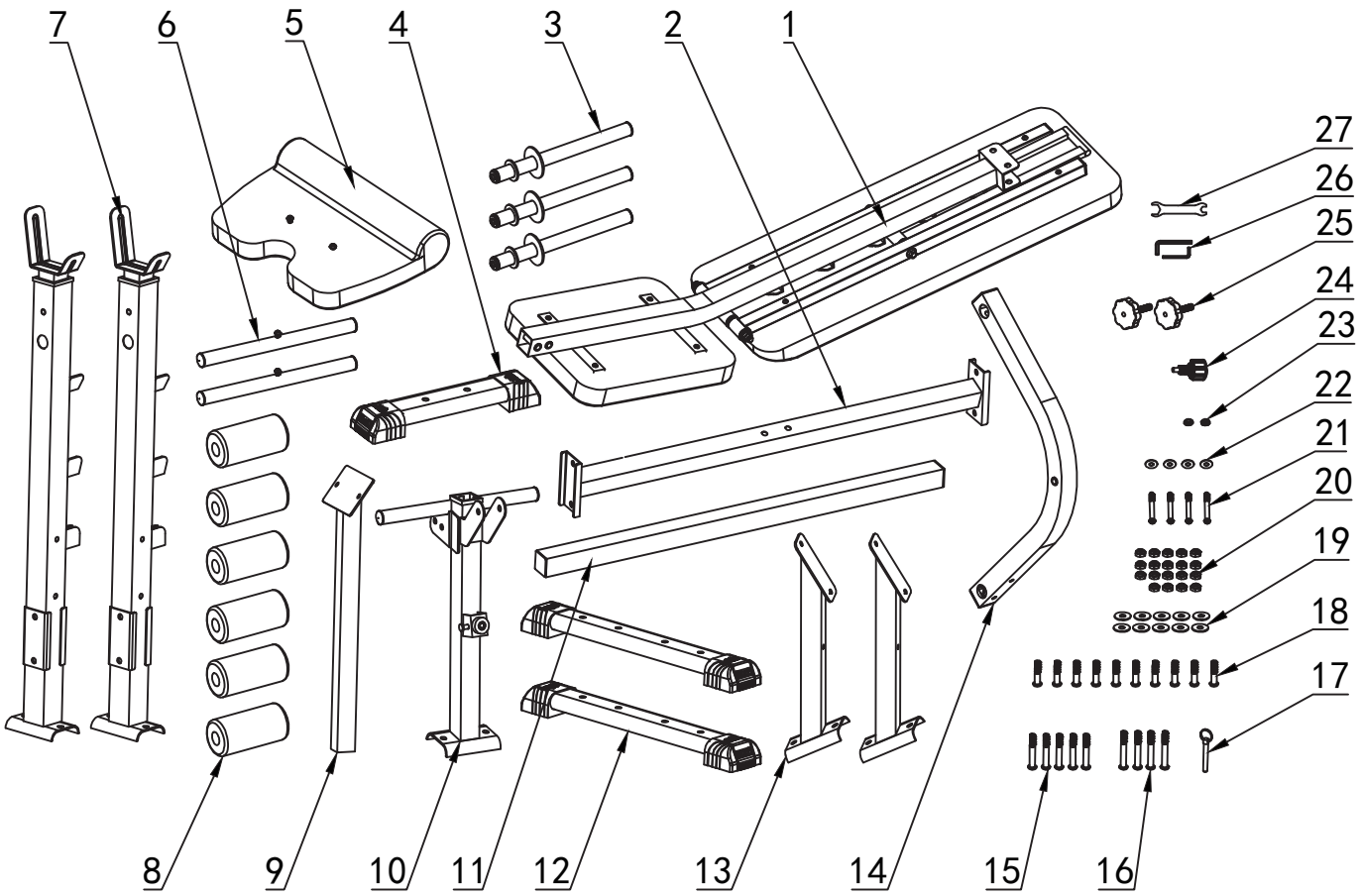
12. Disabled person should not use the machine without a qualified person or physician in attendance.
13. Always do stretching exercises to properly warm up before using the machine to exercise.
14. Never operate the machine if the machine is not functioning properly.

CARE AND MAINTENANCE

1. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
2. The machine can be cleaned by using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Keep the product indoors, away from moisture and dust. Avoid direct sun exposure.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN.THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PREEXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.
SAVE THESE INSTRUCTIONS.

EXPLODED VIEW



PARTS LIST

PART NO.	DESCRIPTION	QUANTITY
1	Main Frame	1
2	Cross Brace	1
3	Weight Storage Post	3
4	Front Base	1
5	Preacher Curl Pad	1
6	Foam Tube	2
7	Upright Beam	2
8	Foam Roll	6
9	Preacher Curl Stand	1
10	Leg Developer Support	1
11	Adjustable Cross Bar	1
12	Rear Base	2
13	Rear Diagonal Support	2
14	Leg Developer	1
15	M10x60 Bolt	5
16	M10x65 Bolt	4
17	Ø8x58 Bolt	1
18	M10x45 Bolt	10
19	Ø10x30x1.5 Washer	10
20	M10 Locknut	19
21	M8x65 Bolt	4
22	Ø8x22x1.5 Washer	4
23	M8 Locknut	2
24	M16 Knob	1
25	M10 Knob	2
26	Allen Wrench	2
27	Open-ended Spanner	1

IMPORTANT ASSEMBLY INFORMATION

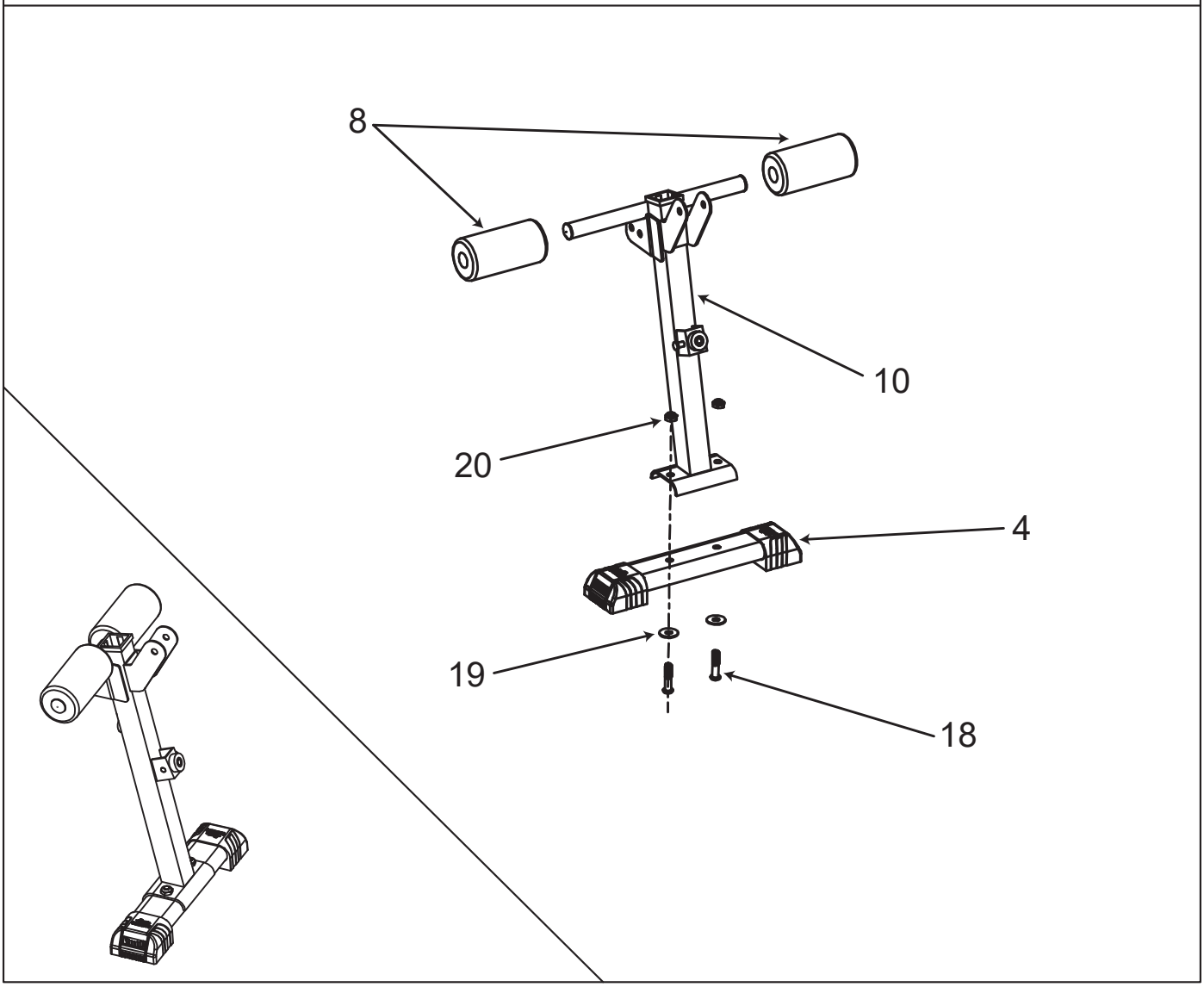
Before beginning assembly, carefully read all instructions. For help identifying small parts, see the EXPLODED VIEW and PARTS LIST. As you assemble your product, make sure all parts are oriented as shown in the drawings. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- Securely tighten all Nuts and Bolts after all components have been assembled onto the bench. Do not tighten each bolt right after it is installed.
- All required M8x16 Bolts of this product have been preinstalled.
- Do not over tighten any component with pivoting function. Make sure the pivoting component is able to move freely.
- Make sure the M10 Knob is inserted completely through the upright beam and turned to a locked position when adding weights on it.

ASSEMBLY

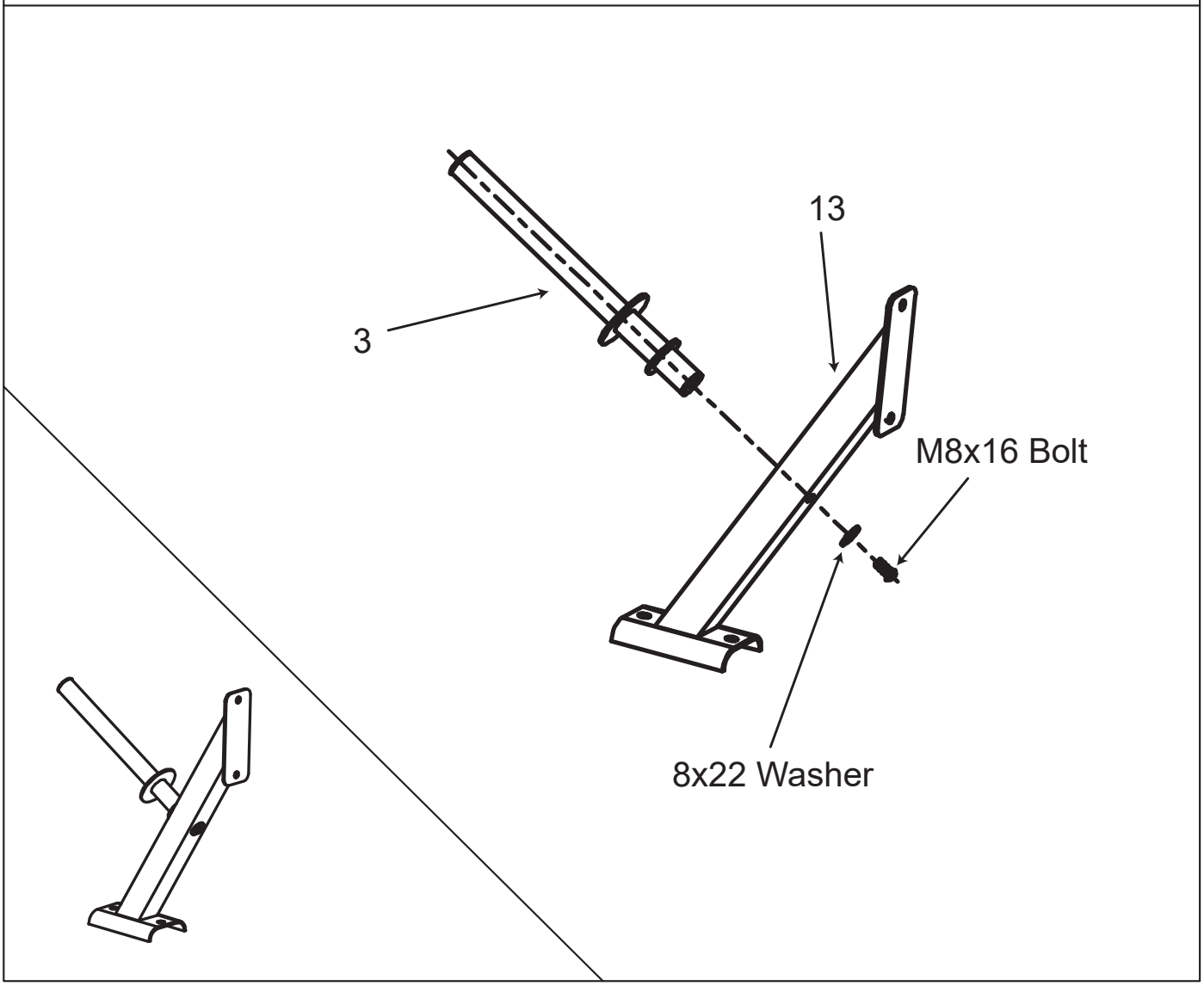
Step1:

18. M10x45 Bolt *2	8. Foam Roller
19. 10x30 Washer * 2	10. Leg Developer Support
20. M10 Locknut * 2	4. Front Base



Step2:

M8x16 Bolt（Preinstalled）	3. Weight Storage Post
8x22 Washer（Preinstalled）	13. Rear Diagonal Support



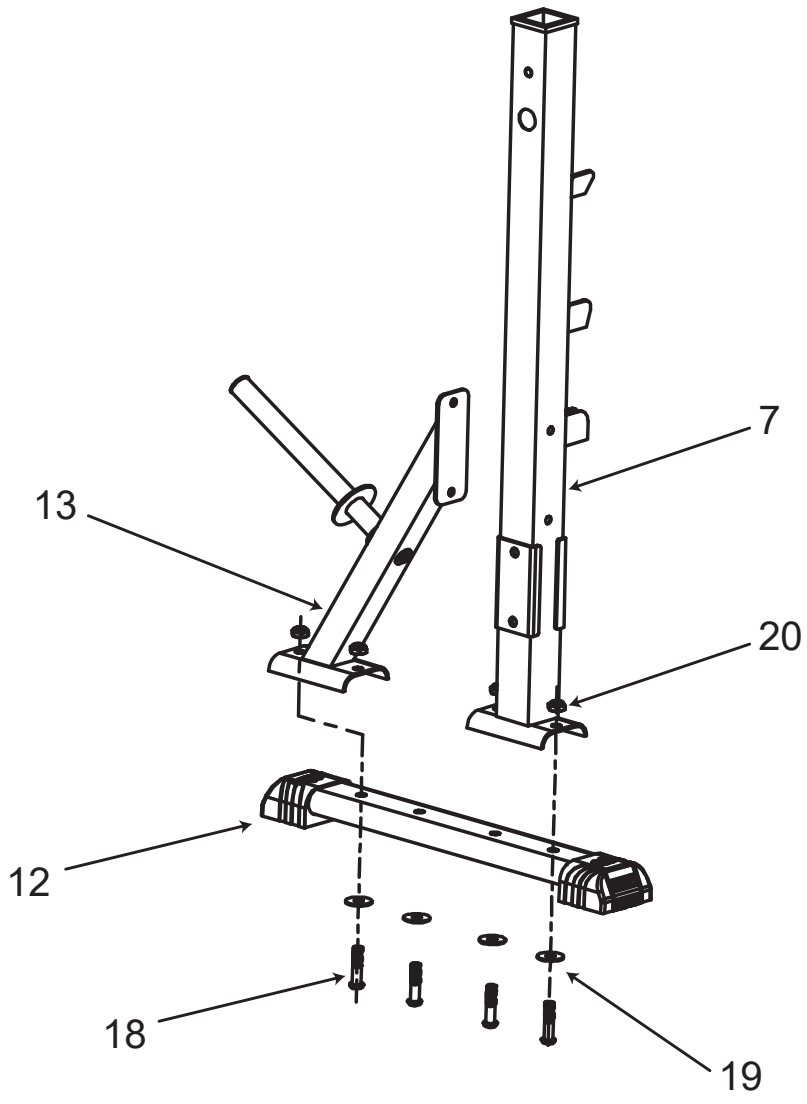
NOTE:

The M8x16 Bolt and 8x22 Washer are preinstalled on the Weight Storage Post. Just need to unscrew them and attach the Weight Storage Post to the Rear Diagonal Support.

Step3:

>1.Parts required on the Rear Bases

18. M10x45 Bolt*4*2	12. Rear Base
19. 10x30 Washer*4*2	13. Rear Diagonal Support
20. M10 Locknut*4*2	7. Upright Beam

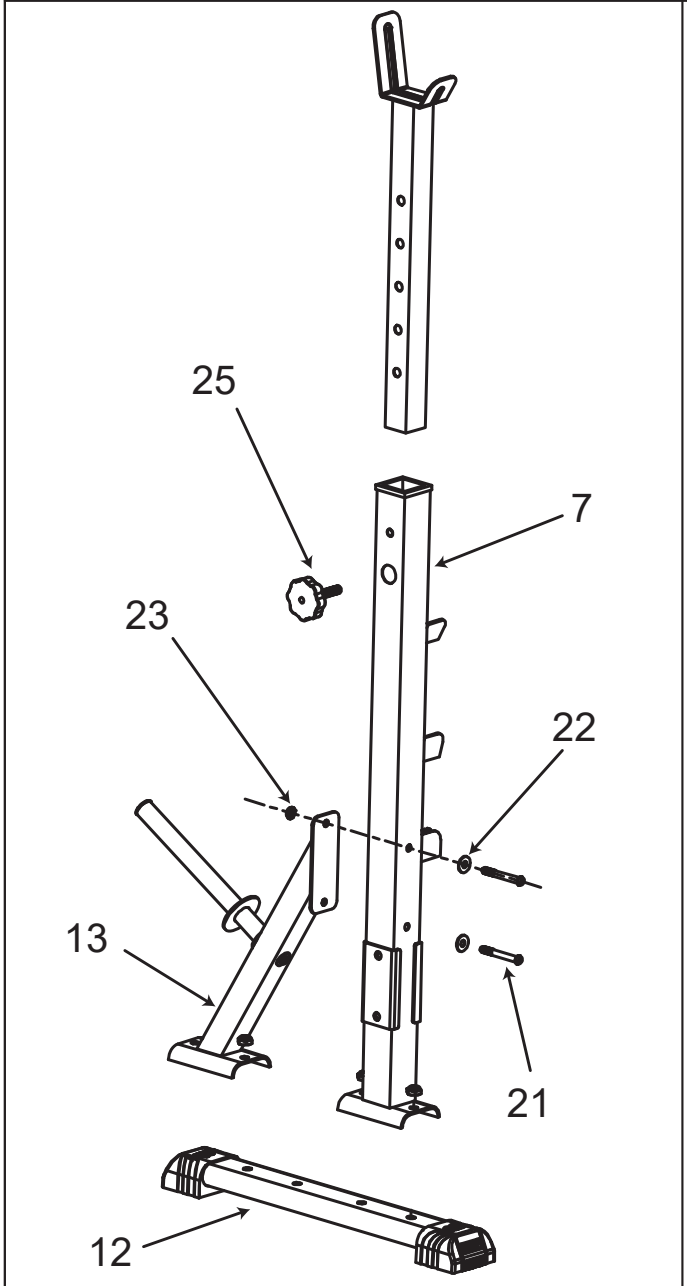


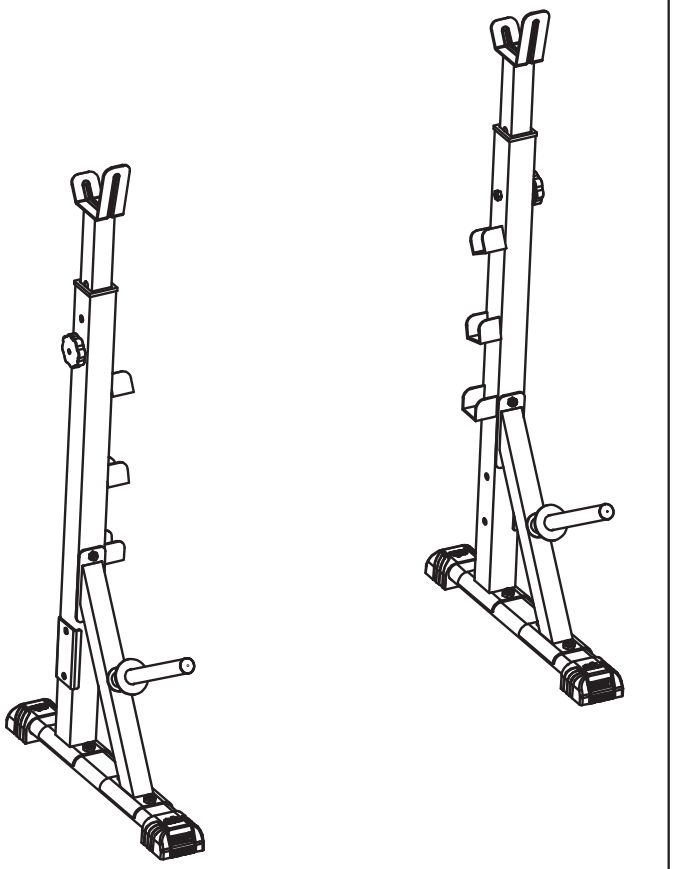
NOTE:

We have labeled the Upright Beam. The Upright Beam in the picture above is the left side.

>2.Parts required to attach the Rear Diagonal Support to the Upright Beam:

21. M8x65 Bolt*2*2	25. M10 Knob*2	12. Rear Base
22. 8x22 Washer*2*2		13. Rear Diagonal Support
23. M8 Locknut*2		7. Upright Beam



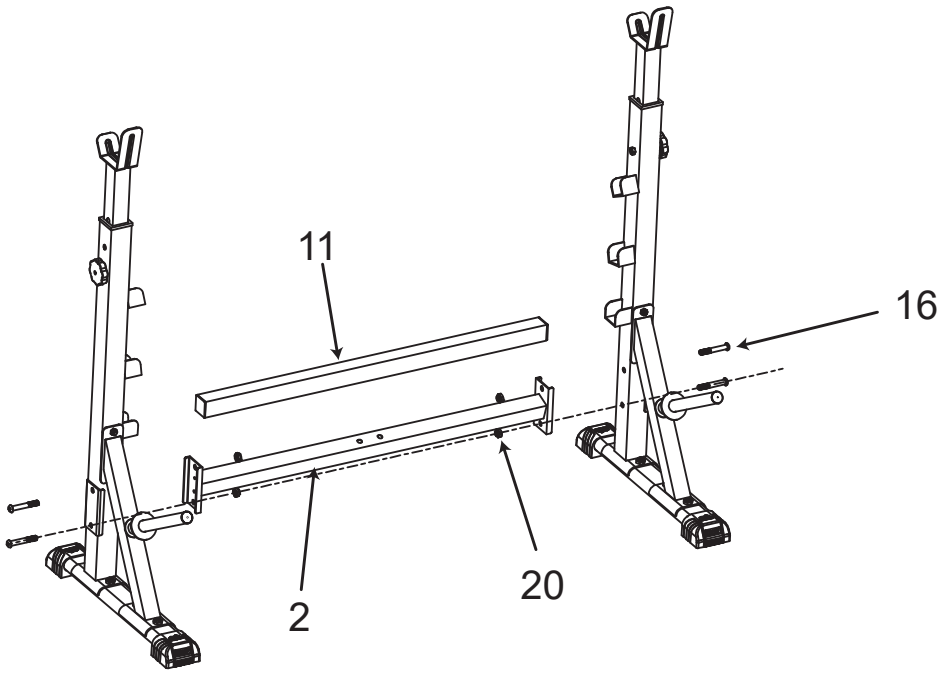


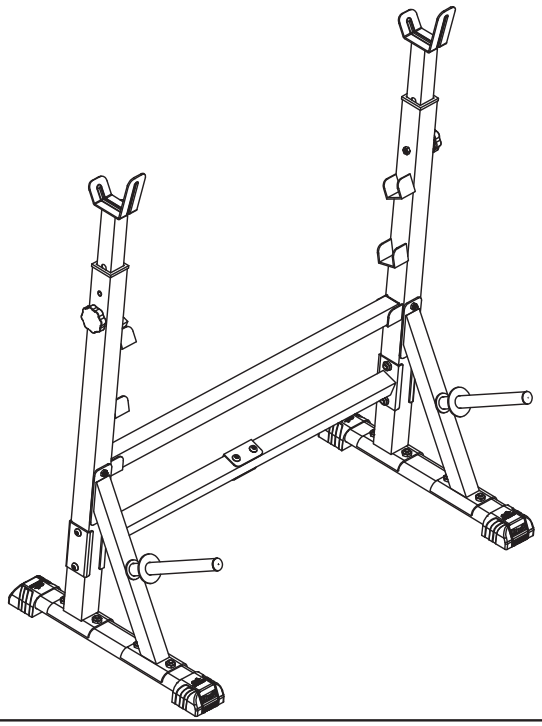
NOTE:

- The Rear Diagonal Support comes with two M8 Locknuts installed. You only need to assemble two more M8 Locknuts provided.
- The assembly steps on the right and left are the same.

Step4:

16. M10x65 Bolt*4
20. M10 Locknut * 4
2. Cross Brace
11. Adjustable Cross Bar



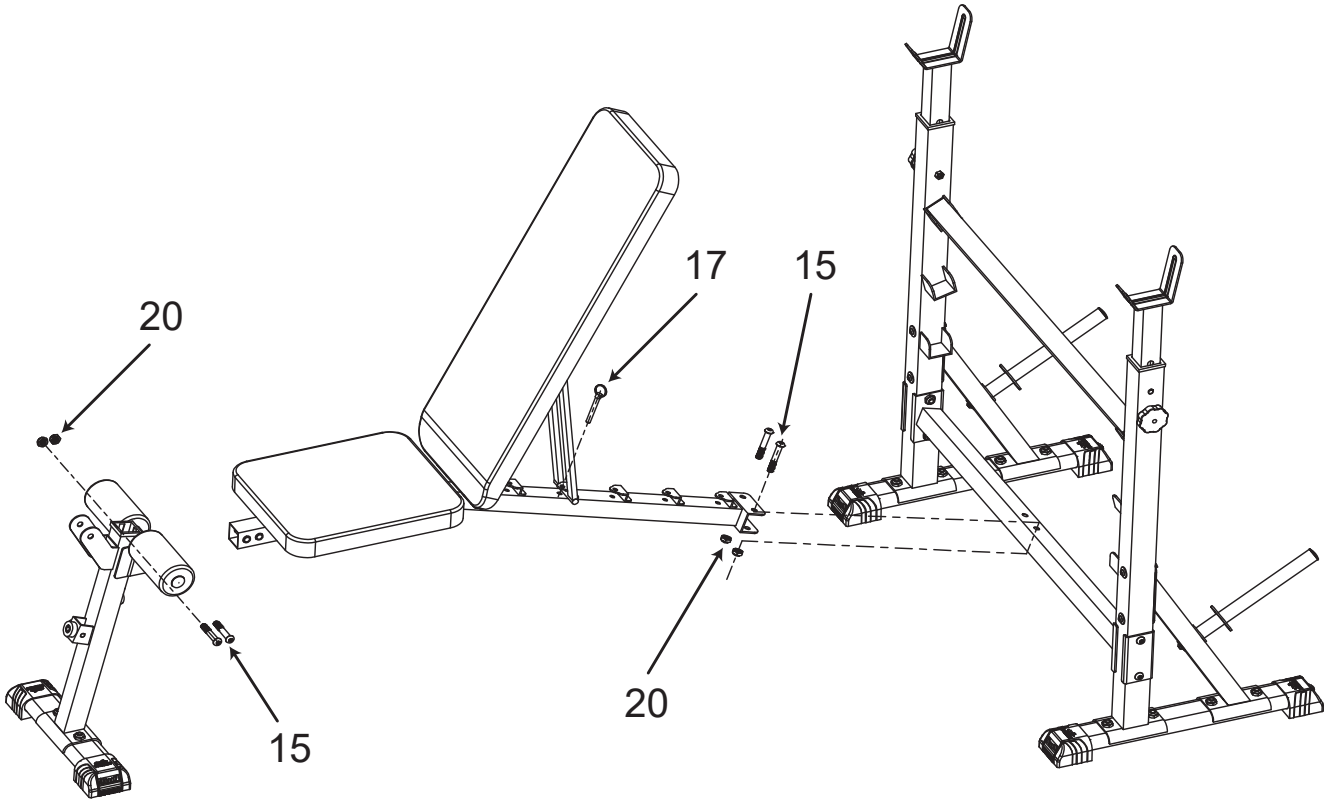


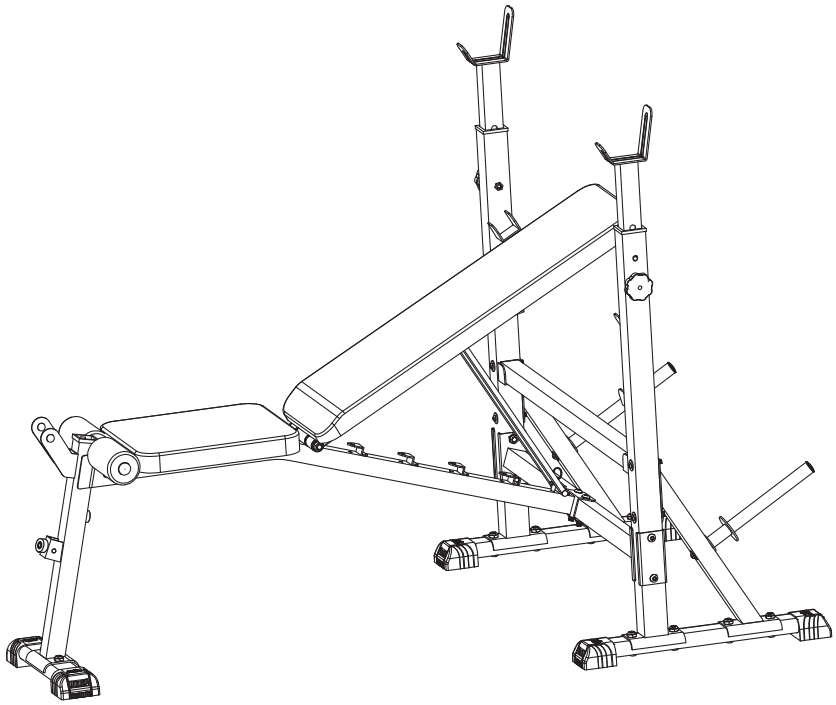
NOTE:

We have labeled the Adjustable Cross Bar. Please assemble it in the directions indicated.

Step5:

15. M10x60 Bolt*4
20. M10 Locknut*4
17. 8x58 Bolt





Step6:

M8x16 Bolt*3 (Preinstalled)

8x22 Washer（Preinstalled）

15. M10x60 Bolt

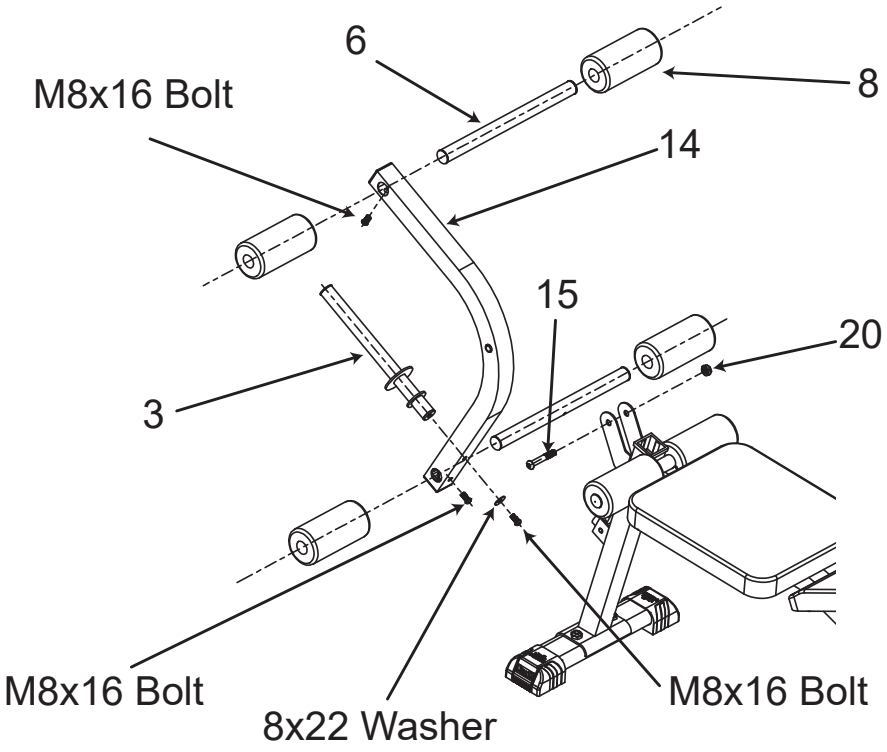
20. M10 Locknut

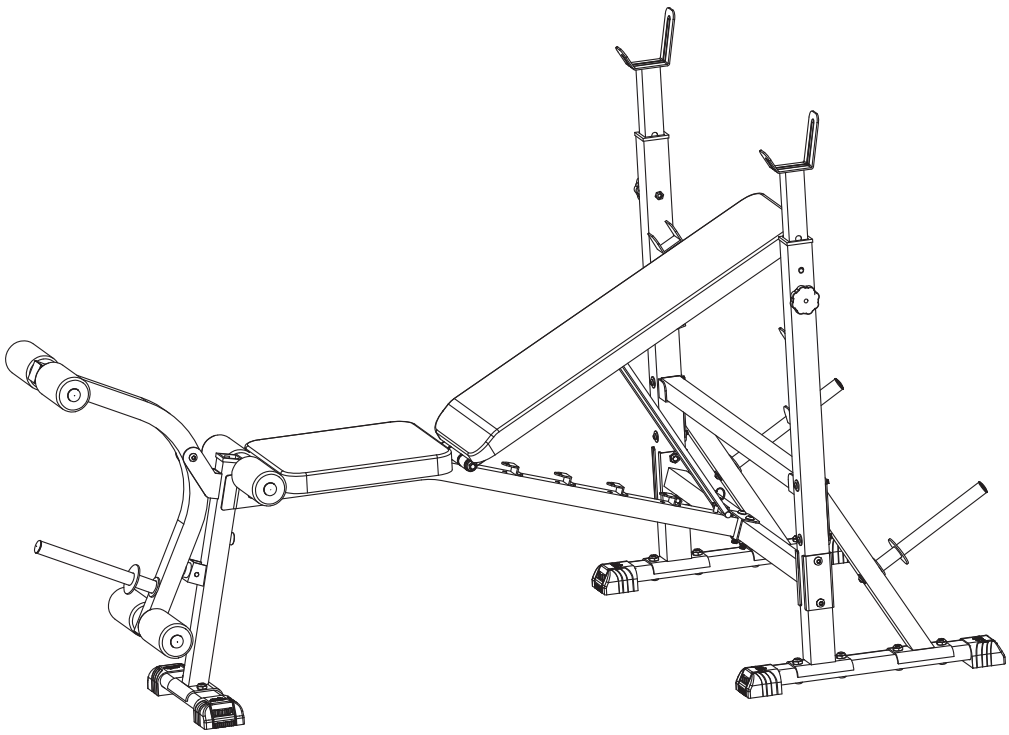
14. Leg Developer

6. Foam Tube

3. Weight Storage Post

8. Foam Roll





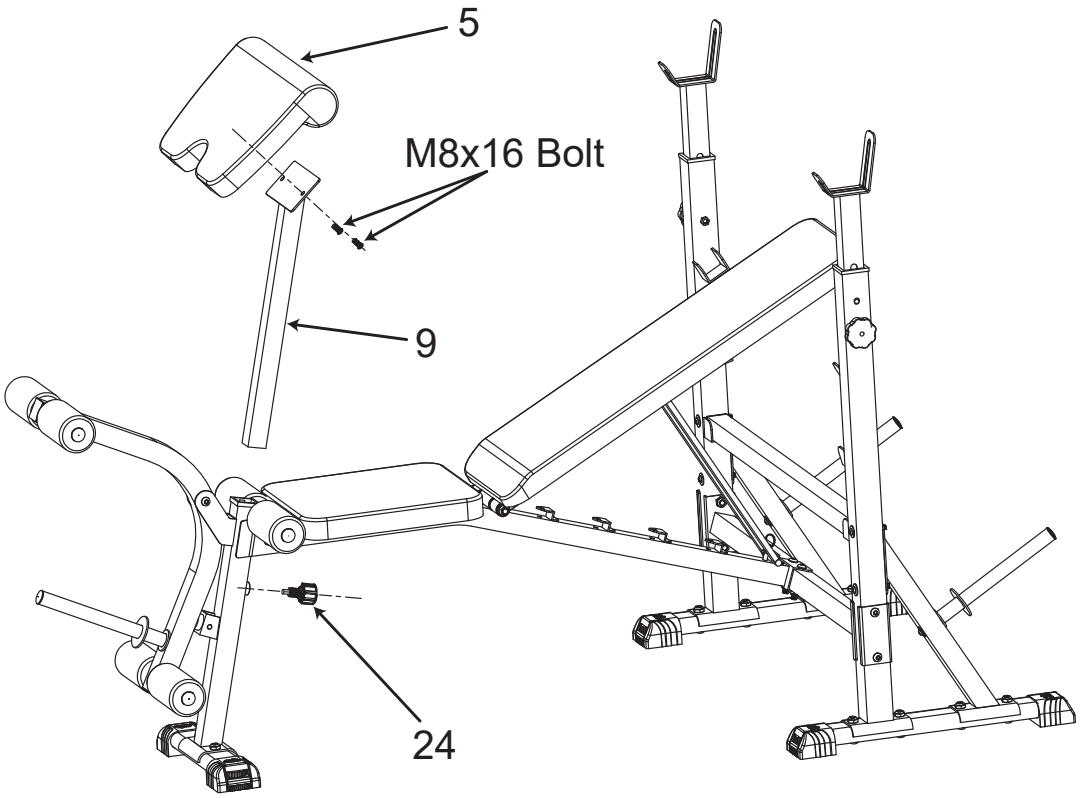
Step7:

M8x16 Bolt*2 (Preinstalled)

24. M16 Knob

5. Preacher Curl Pad

9. Preacher Curl Stand





WARRANTY

This warranty covers your product against defects in materials and workmanship when used for the intended purpose under normal use and conditions, provided that the product receives normal maintenance and care. The warranty is for the original owner only.

This warranty is void in cases where the product is used in a commercial, rental or other non-home use setting under no circumstances will the manufacturer be responsible for damages or failures that occur as a result of improper assembly or failure to operate the product correctly. This warranty does not cover misuse, neglect, accident, alterations or repairs made by an unauthorized service representative.

This warranty covers defects in material or craftsmanship for 1 year from date of purchase. Manufacturer will provide a replacement part at no charge for any part found defective in materials or workmanship during the specified warranty period. Proof of purchase is required for all warranty claims.

If you need replacement parts or support from the seller, please contact us via Amazon.

(Login your Amazon account＞Chick”Your orders”＞find the order ID＞click ”Contact seller”)

Or email to **flybirdfitness@gmail.com**

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

To better solve your problem, please include the following information in your email to us.

Order number_____

Product_____

Issue_____

Request_____

Address_____

Phone number_____

If you have any questions, please feel free to contact us.