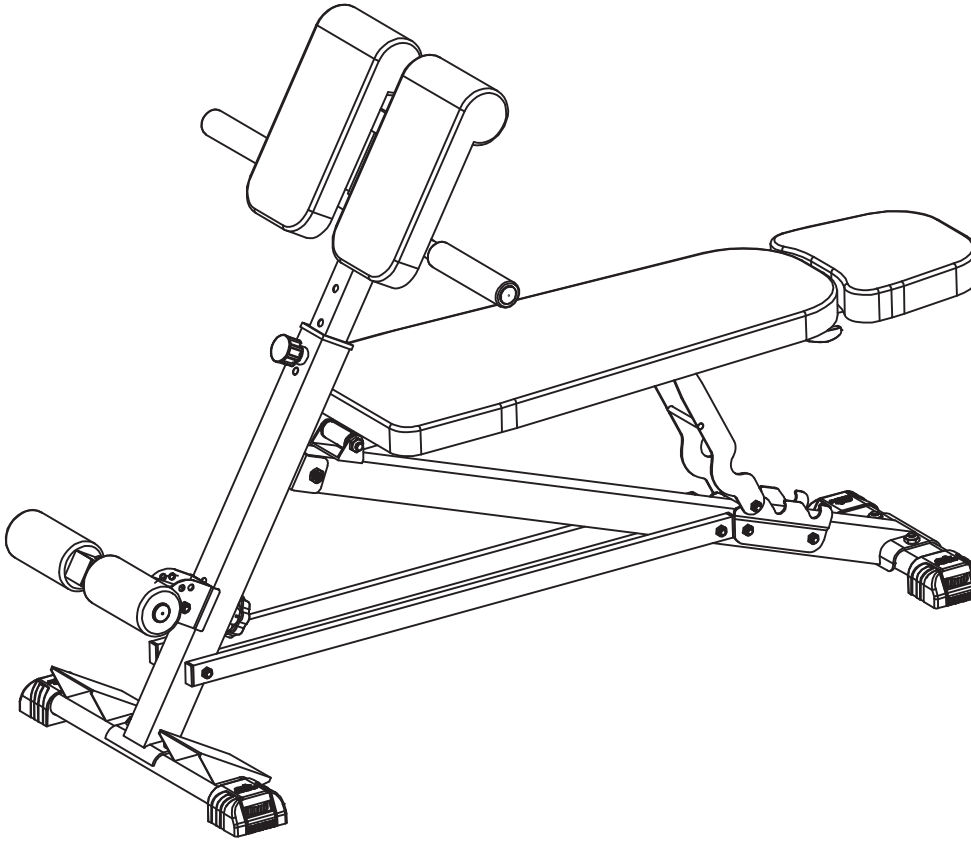
FLYBIRD

Multi-Function Adjustable Roman Bench RMC-01

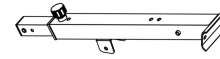
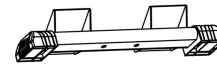
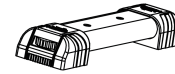
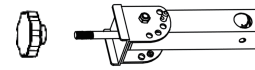
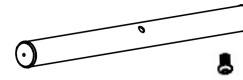
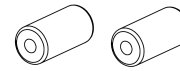
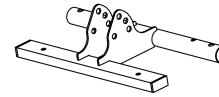
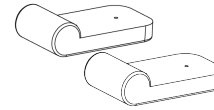
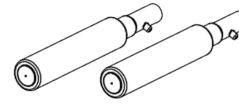


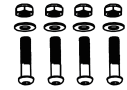
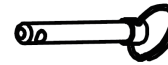
English User Manual

Precautions

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

1.Teenagers and the elderly should use this product under supervision.
2.Before using this product, please confirm with your doctor whether you can use it. If you feel dis-comfortable during use, please stop using it immediately and consult your doctor.
3.Please install this product correctly before use and make sure that all parts are properly connected.
4.Please wear well-fitting clothes for exercise. Remove all jewelry from your body before exercising. People with long hair should tie the hair up.

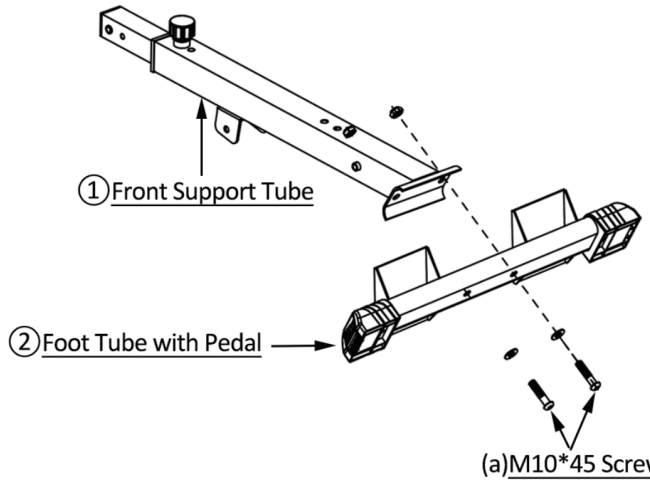
No.	Name	Parts	QTY
①	Front Support Tube		1
②	Foot Tube with Pedal		1
③	Main Frame		1
④	Back Foot Tube		1
⑤	Bottom Support Tube		2
⑥	Foot Support Tube		1
⑦	Foot Pad Tube		1
⑧	Foot Pads		2
⑨	Hand Support Stand		1
⑩	Hand Support Pads		2
⑪	Armrest(Left & Right)		2

No.	Name	Parts	QTY
(a)	M10*45 Screw		4
(b)	M10*70 Screw		1
(c)	M8*110 Screw		2
(e)	M8*60 Screw		1
(f)	M6*30 Screw		2
(g)	M6*40 Screw		2
(h)	M8 Pin		2

ASSEMBLY INSTRUCTIONS

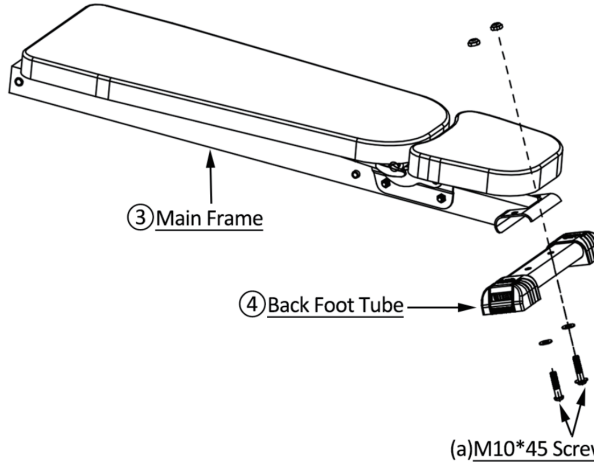
STEP 1

- Connect ①**Front Support Tube** to ②**Foot Tube with Pedal** with **2(a)M10*45 Screw**(with washer)



STEP 2

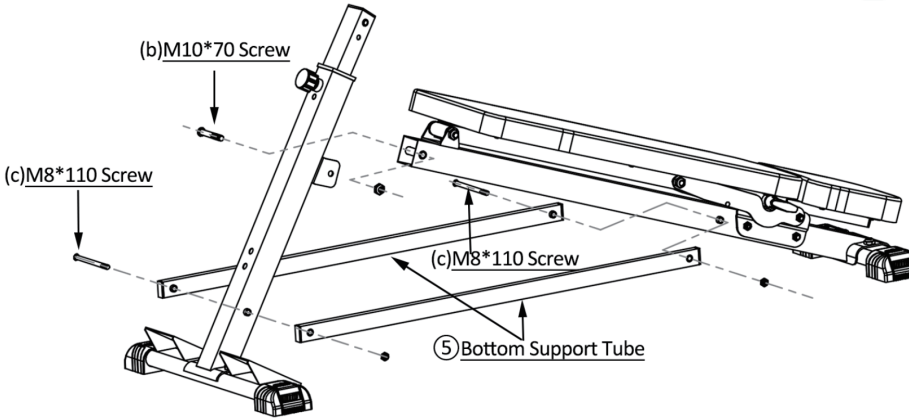
- Connect ④**Back Foot Tube** to ③**Main Frame** with **2 (a)M10*45 Screw**(with washer)



STEP 3

- Connect Main Frame to Front Support Tube with **(b)M10*70 Screw**
- Connect **2⑤Bottom Support Tube** to **Front Support Tube** & **Main Frame** with **2(c)M8*110 Screw**

Attention that ⑤Bottom Support Tube flat side facing out.

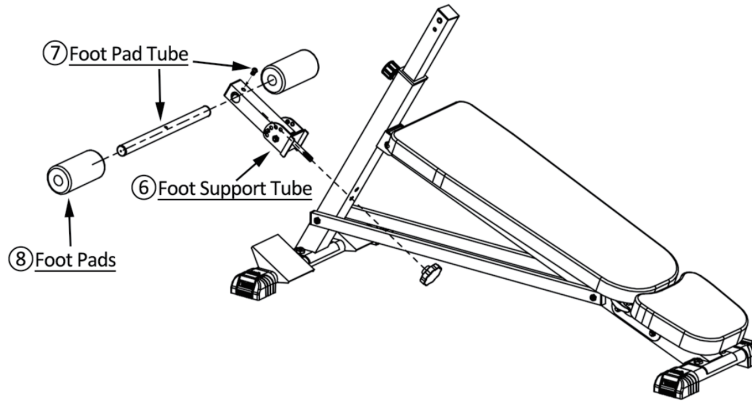


STEP 4

- Install ⑥**Foot Support Tube** to **Front Support Tube**, then connect ⑦**Foot Pad Tube** with self-contained M8*16 Screw

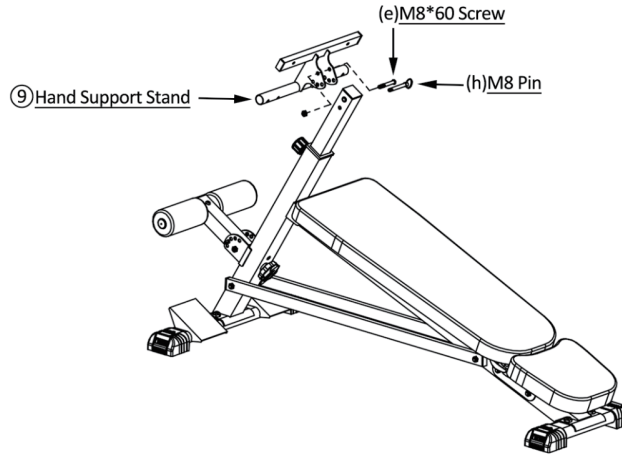
Use (h)M8 Pin to fix the angle

- Install ⑧**Foot Pads** with **Foot pad Tube**



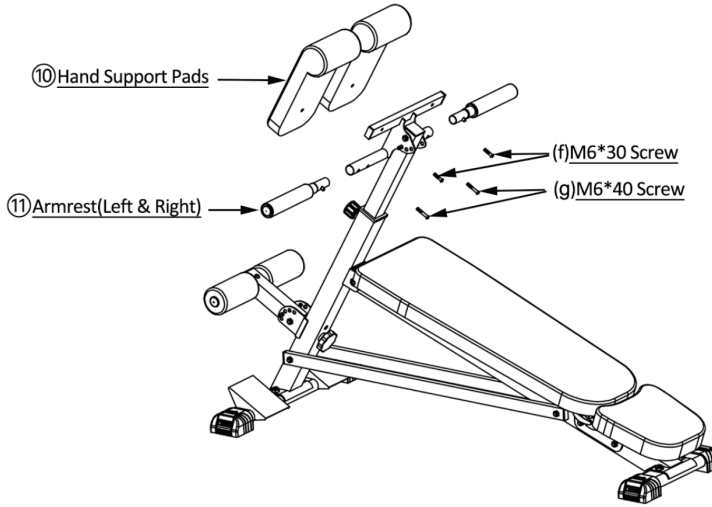
STEP 5

- Connect ⑨**Hand Support Stand** to **Front Support Tube** with **(e)M8*60 Screw**, then put **(h)M8 Pin** in the Tube to fix the angle



STEP 6

-Install 2 ⑪**Armrest(Left & Right)** into Hand Support Stand
-Connect ⑩**Hand Support Pads** to the Stand, with 4 Screws.
-Pay attention that the TOP 2 screws are **(f)M6*30 Screw**, the 2 screws BELOW are **(g)M6*40 Screw**



Warranty

We provide a **1-year warranty** for this product. In this period, replacements for all accessories are freely provided. If you need replacement parts or support from the seller, please contact us via Amazon

(Login your amazon account > choose "Your orders" > find the order ID > click "Contact seller")

or email to flybirdfitness@outlook.com.

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

