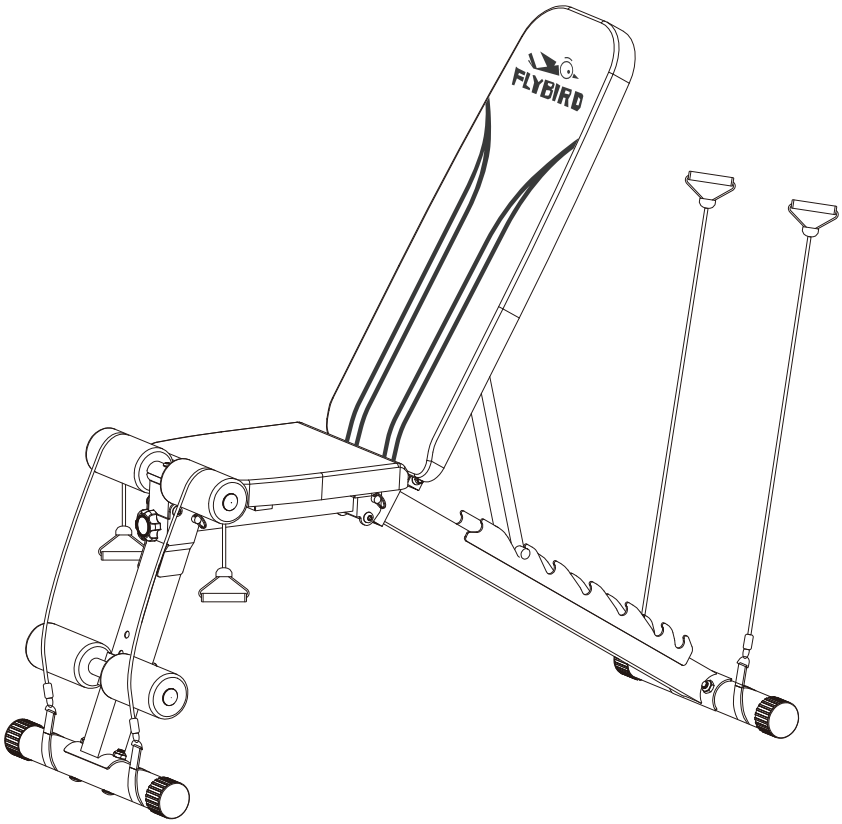


FB-22YLD02-01

FLYBIRD WEIGHT BENCH

USER MANUAL

Precautions

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

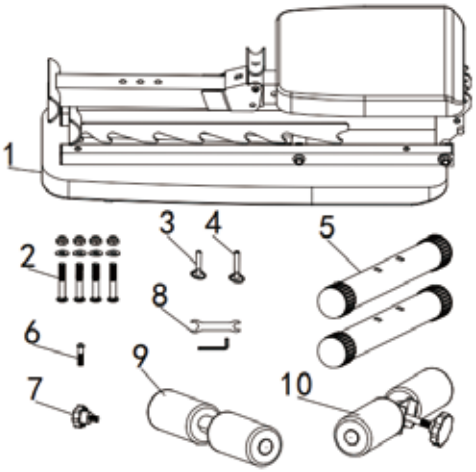
1. Teenagers and the elderly should use this product under supervision.

2. Before using this product, please conifrm with your doctor whether you can use it. If you feel uncomfortable during use, please stop using it immediately and consult your doctor.

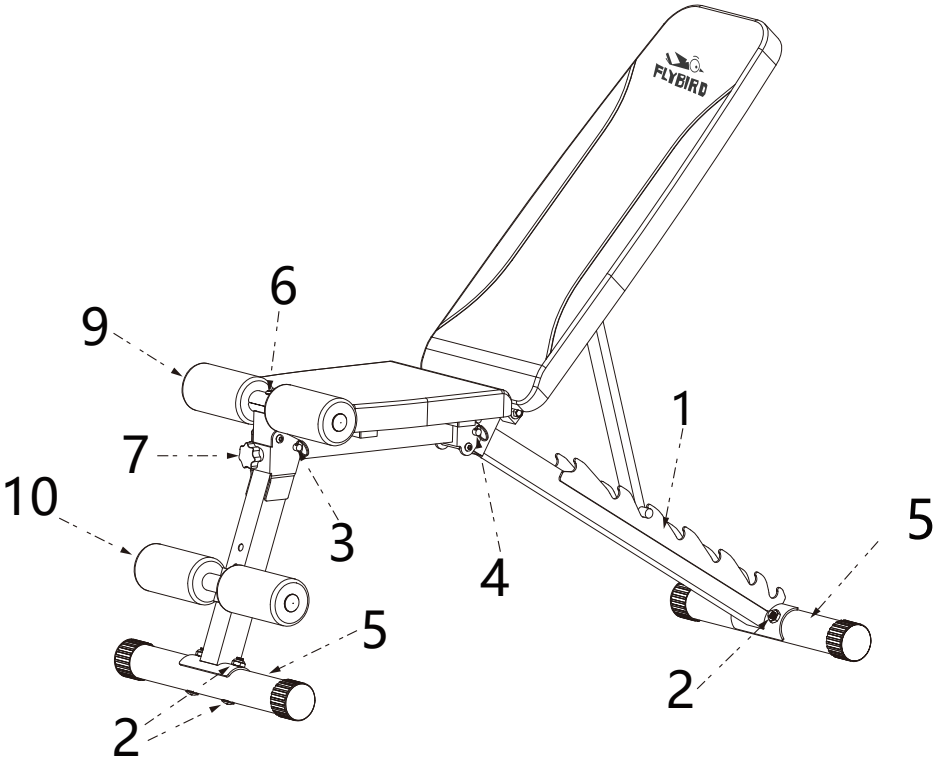
3. Please install this product correctly before use and make sure that all parts are properly connected.

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.

Parts list



1.Main Frame
2.M10*60 Screw & Gasket & Nut
3.M8*68 Pin
4.M8*80 Pin
5.Foot Tube
6.M8*40 Screw
7.M8*16 Knob
8.Tool
9.Foam Bar
10.Foot Support



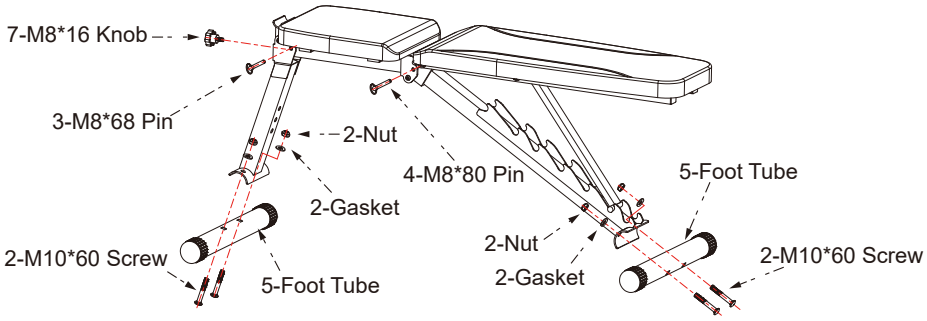
Installation Instructions

ATTENTION!

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

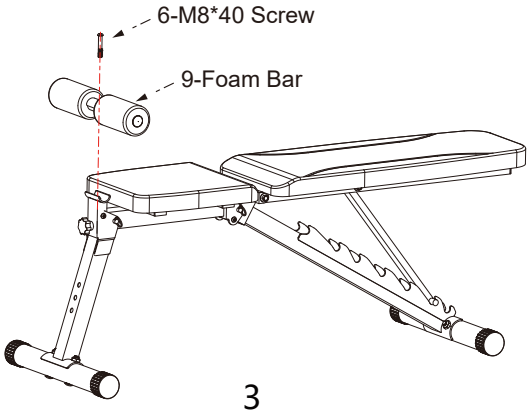
Step one

Unfold the main frame and install the [M8*16 Knob] as follows. Insert the [M8*68 Pin] and the [M8*80 Pin]. Install two [Foot Tubes] with four [M10*60 Screws & Gaskets & Nuts].



Step two

Install the [Foam Bar] with the [M8*40 Screw].



Installation Instructions

Step three

You can choose the position according to your needs to install the [Foot Support]. Finally, you can adjust the four [Foot Caps] before you start using it if you feel the bench is unstable.

