

Please give us a chance to  
make it right and do better !



KK-20231107

## USER'S MANUAL Weight Bench

## Contact Us!

**Do NOT return this item.**

Contact our friendly customer service department for help first.



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THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.



## Before You Start

- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

## First, matters needing attention in safe use

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### One .Safety & Warnings

- 1) Please read the instructions and warnings carefully before using and installing the product.
- 2) Please consult your doctor before exercising and be sure to use this product correctly.

If you have abnormal feeling of vertigo, chest tightness, physical discomfort, abnormal pain, etc., please stop using the unit immediately and visit your GP or hospital.

- 3) If you are elderly, have high blood pressure, diabetes, heart disease or other diseases or illnesses such as otitis media, spondylitis, pleurisy, etc., please do not use this unit.
- 4) This product and all its parts are not suitable as toys. It contains parts that can cause suffocation. Please place the product and all its parts in a place where children cannot reach it.
- 5) Before using this product, the product must be inspected. If the product is damaged or is missing parts, please do not use it.
- 6) This product is only intended for domestic use; please do not use it for business.
- 7) When using this product, fingers, loose clothing, jewellery and hair should not be close to the moving parts, and long hair must be tied back to reduce risk of injury.
- 8) Please use this product correctly within your own physical strength. Please do not overuse it.
- 9) Use this product in absolutely stationary, unobstructed places, and do not use on slopes or slippery surfaces.



- 10) Please do not exercise for 40 minutes after meals.
- 11) Please ensure that the space between the equipment and obstacles should not be less than 0.6 meters.
- 12) When using this equipment, minors should be under adult supervision and strictly follow the instruction manual.
- 13) Only proper installation, maintenance and use of equipment can achieve safe and effective training. Users must be familiar with all warning and precautions for the equipment.
- 14) The manufacturer shall not be responsible for the failure to comply with the warnings and instructions, **Administrator** us injury, death or loss of property.
- 15) All the screws should be put on first and then locked together on the left and right at the same time during installation. If one side is locked tightly and the other side is not locked tightly, the unit may not be safe to use.

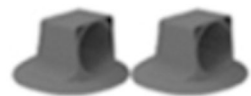
## Two .Storage and maintenance

- Store in a cool place, do not expose to the sun for a long time
- Wipe the surface of the machine regularly, do not try to wipe with corrosive substances
- Do not put heavy weight on the product in the storage room

## Three .The Installation Diagram

**Step one: Open the package to confirm the product components**

		
1 body frame	2 foot tube	3 Put your foot on the pipe (with handrails)
		
4 Lower foot tube	5 The dumbbell rack	6 Hold hands leather cushion
		
7 Outer hexagonal wrench 13-17	8 Outer hexagonal screw m8x66 (one piece)	9 cremorne bolt (m8x72) (four pieces)
		
10 The dumbbell retaining clip	11 Elastic rope	12 Carriage screw M8 x 60 (two pieces)



13 Rear foot cover

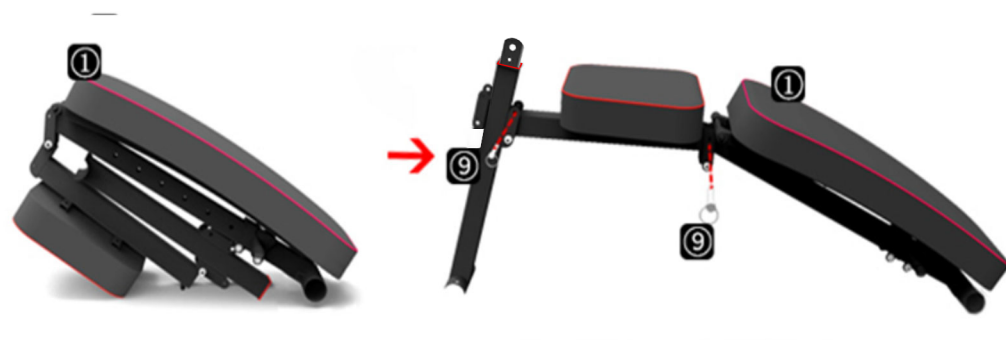
## Step two: Install the main frame



1 body frame



9 carriage bolt  
(m8x72)(two pieces)



## Step three: Install the rear foot cover



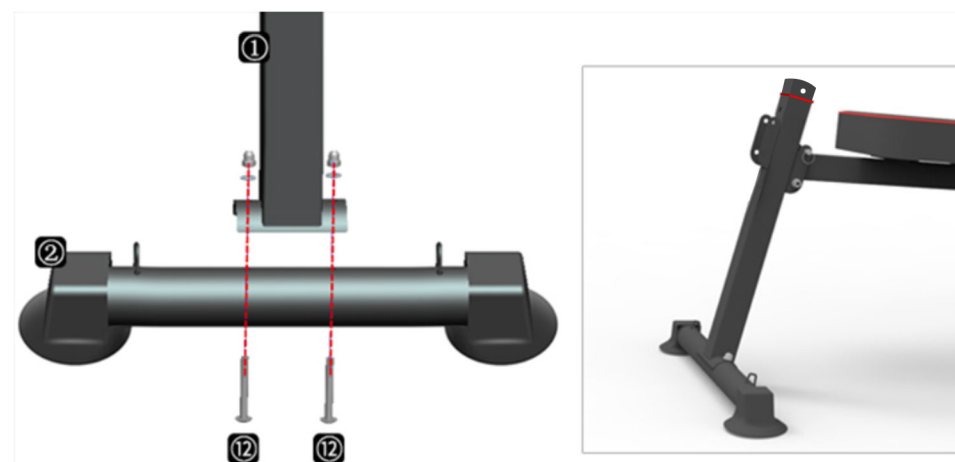
2 foot tube



13 Rear foot cover



12 Carriage screw  
M8 × 60 (two pieces)



### Step four: Install support pipe



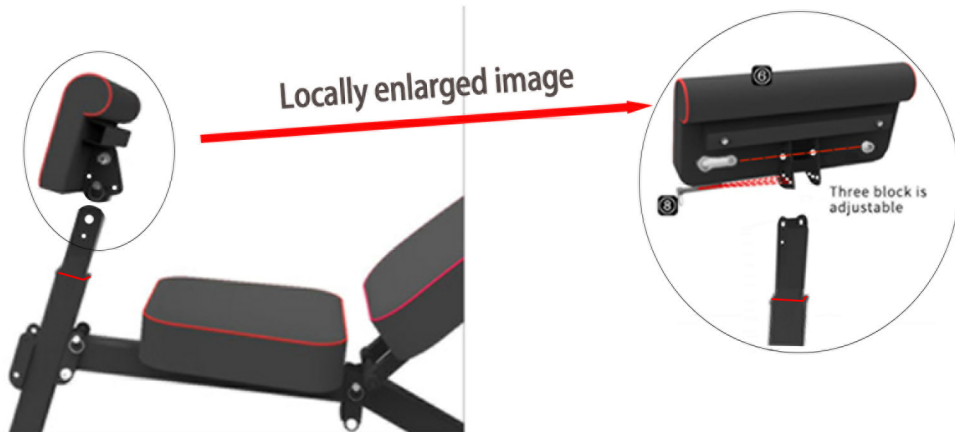
6 Hold hands leather cushion



8 Outer hexagonal screw m8x55 (one piece)

Align the adjustment tube under the elbow pad with the hole indicated by the arrow, and then tighten the screw to fix it.

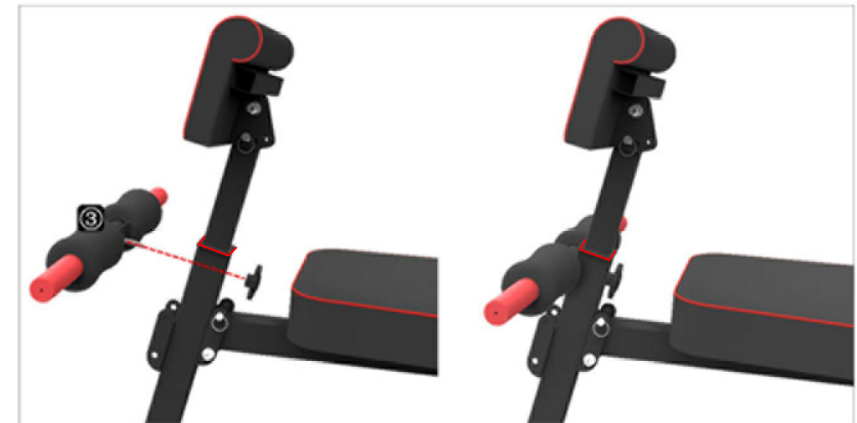
Locally enlarged image



### Step five: Install the foot rest pipe



3 Upper foot holder(with handrails)



### Step six: Install support pipe



4 Lower foot tube



5 The dumbbell rack



10 The dumbbell retaining clip



## Step seven: Install dumbbell bench gear



9 cremorne bolt (m8x72)(two pieces)



Fixed state:  
You could do sit-ups  
Unfixed state:  
Could exercise your leg  
muscles by kicking



## Step eight: Adjust the Angle of the board





