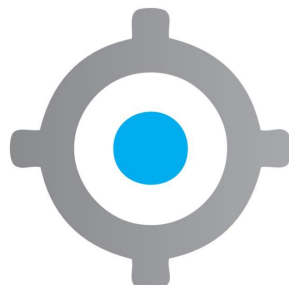


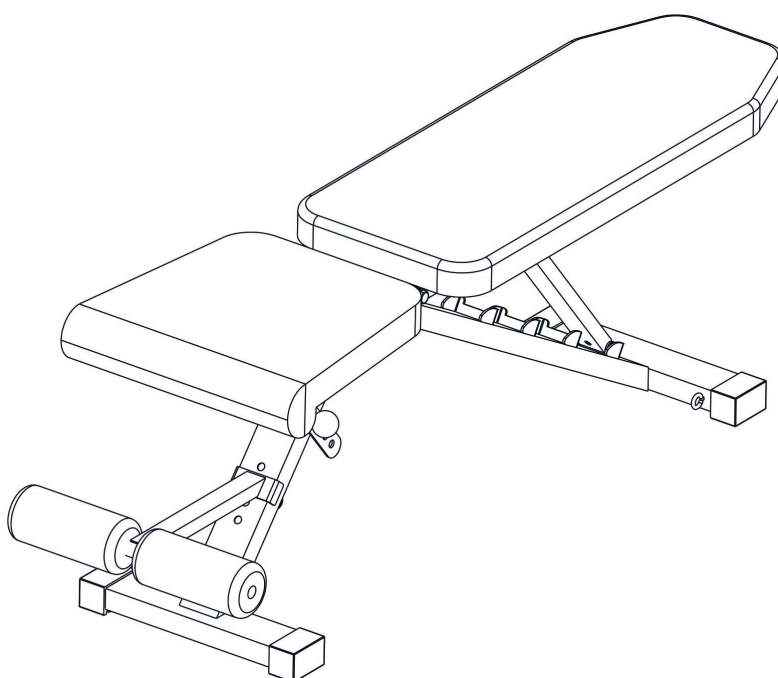
X-1 Foldable abdominal Bench

Assembly & User Instructions – Please keep for future reference

X-1



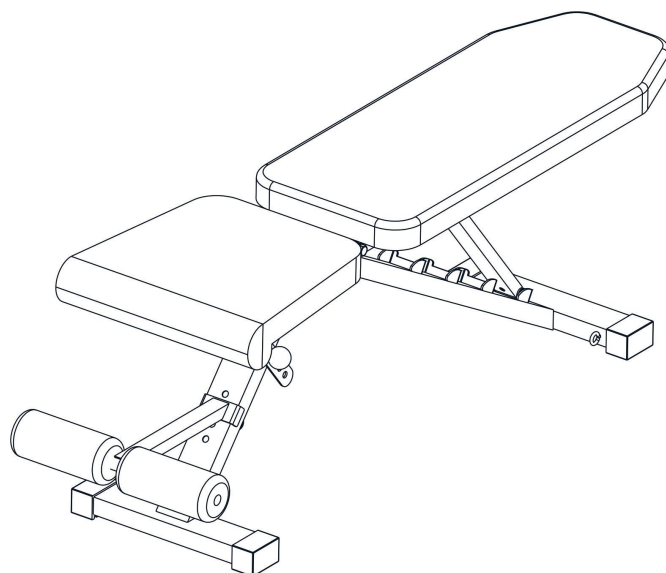
X-1



These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

Contents

Safety Information	2
Explode diagram	3
Assembly Instructions	4-5
Free area and training area	6
Care and Maintenance	7
Parts List	8
Guarantee	9





Safety Information

Important – Please read fully before using and assembly

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Utility Bench. In particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the exercise area, small parts could pose a choking hazard if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- The product must be installed on a stable and level surface.
- Dispose of all packaging carefully and responsibly.

Using the equipment

- The safety of this equipment can only be assured if it is examined regularly for damage and wear. Replace defective components immediately and keep the equipment out of use until repair. Injuries may result from incorrect use of this equipment or excessive training.
- This product is not a toy and is not suitable for children. Please keep out of the reach of children at all times.
- The minimum recommended age for the use of this equipment is 15.
- Any use of this equipment in a commercial environment invalidates the warranty.
- Please consult a medical professional or personal trainer prior to commencing exercise to ensure it is

safe for you to do so.

- If you have any health concerns or medical problems please consult a doctor before using this equipment.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Dress appropriately for exercise and wear comfortable clothing that allows a full range of movements. **Do not** wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- This product is suitable for a maximum user weight of: **110kgs.**
- Max training weight is **60kgs.**

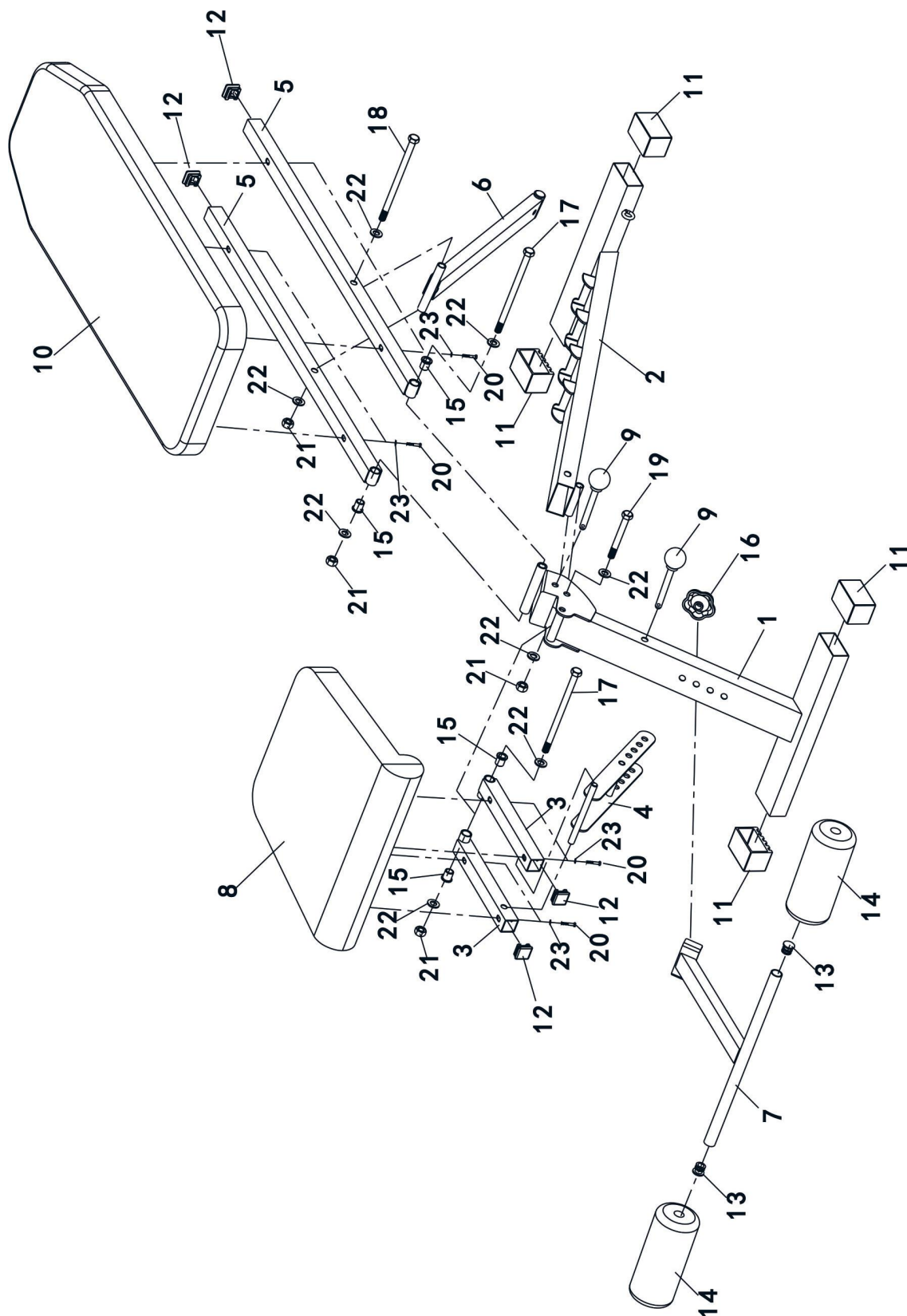


Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons or those who have not exercised for a long period of time. You **MUST** read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

Explode diagram

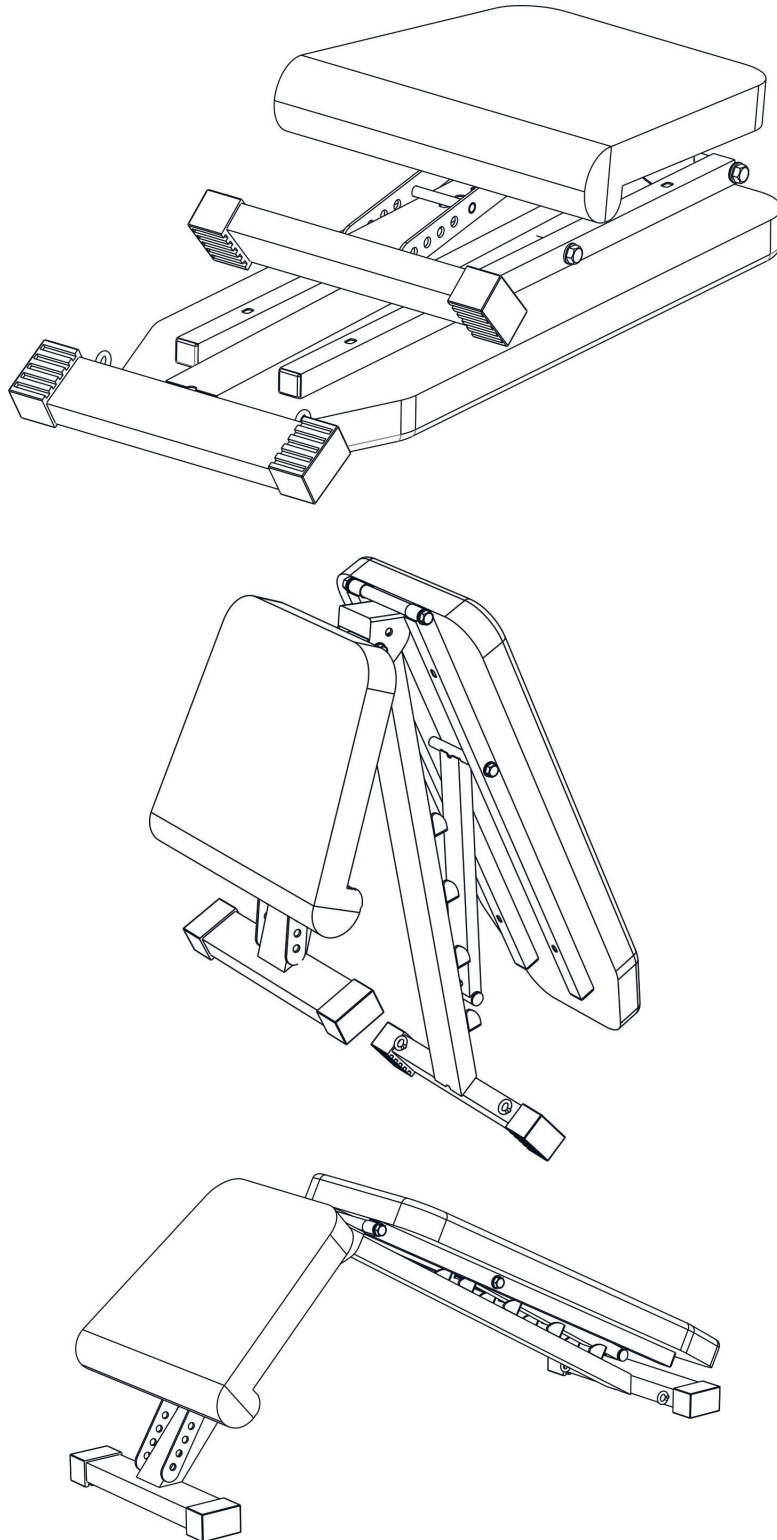
Please check you have all parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting us regarding any missing components.



Assembly Instruction

Step 1

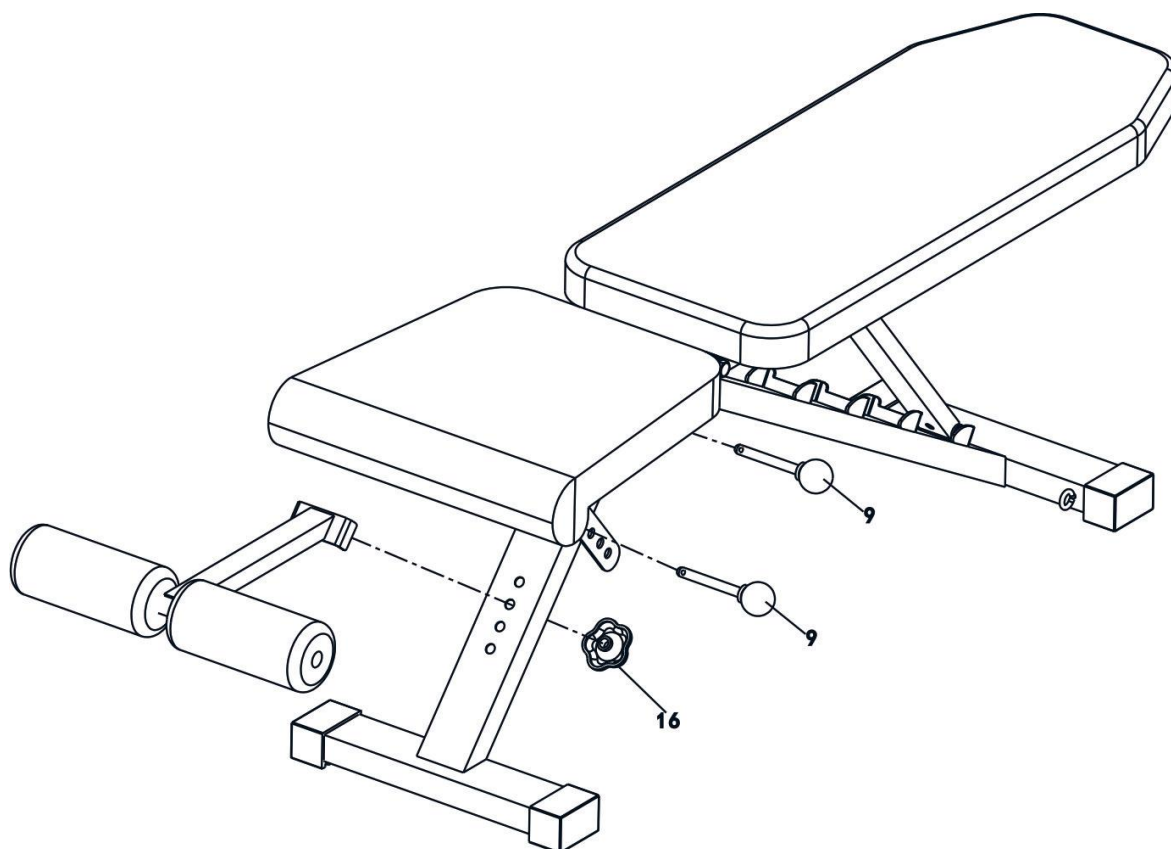


A. Open the CTN and get the main frame out from the CTN.

B. Unfold the main frame as the above diagram.

Assembly Instruction

Two person assembly recommended

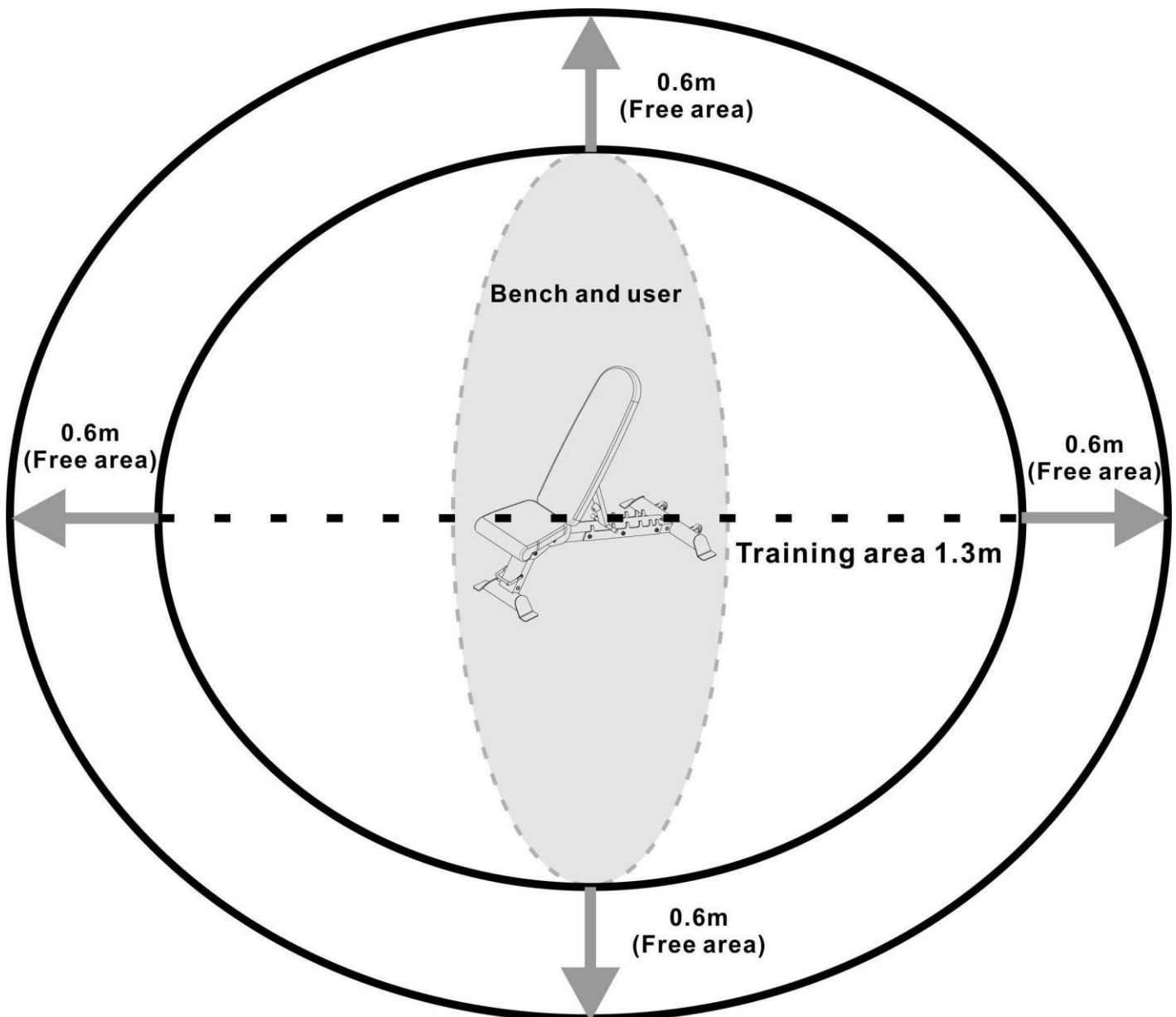


Step 2

- A. Attach the leg developer (7#) to the main frame and secure it with 1 pc lock knob(16#).
- B. Insert the 2 pcs lock pin (9#) into the holes accordingly.

Free area and training area

The free area must be at least 0.6m greater than the training area in the directions from which the equipment is accessed. The free area is a place should you need to dismount in an emergency. Where two pieces of equipment are positioned adjacent to each other the value of the free area may be shared.



Care and Maintenance

1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e.g. connection points.
2. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair.
Pay special attention to components most susceptible to wear.
3. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.

4. **Do not** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact

Guarantee:

For guarantee purposes, please retain your original purchase receipt.

Part List

Part #	Descriptions	Qty
1	Front support frame	1
2	Rear support frame	1
3	Seat pad support	2
4	Seat pad incline support	1
5	Backrest pad support	2
6	Backrest pad incline support	1
7	Foam roll tube	1
8	Seat pad	1
9	Lock pin	2
10	Backrest pad	1
11	30×60 foot	4
12	□25 end cap	4
13	Φ19 end cap	2
14	Foam roll	2
15	bushing	4
16	Lock knob	1
17	M10×165 Hex bolt	2
18	M10×160 hex bolt	1
19	M10×85 hex bolt	1
20	M8×42 hex bolt	8
21	M10 aircraft nut	4
22	Φ 10 washer	8
23	Φ 8 washer	8

Guarantee

Product Guarantee

This product is guaranteed against manufacturing defects for a period of



YEAR

This product is guaranteed for two years from the date of original purchase

Any defect that arises due to faulty materials or workmanship will either be replaced refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual
- It must be used solely for domestic purposes
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexpert repair
- Specifications are subject to change without notice
- The manufacturer accepts no liability for incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights
- In the event of problem with the product within the guarantee period call the