



ADJUSTABLE FID SIT UP & WEIGHT BENCH

FSADWGTBNCA

SAFETY & WARNINGS

- Children and pets should always be kept away from the product. Do not allow children to be unattended while being around the product.
- Only one person should ever be on the bench at any point in time.
- Stop training and consult your doctor immediately if you experience dizziness/chest pain/ breathlessness or other discomforts.
- Ensure to situate the product on a clean surface, away from water sources.
- When training, always wear appropriate sportswear and footwear and avoid wearing loose clothing that may get caught in the bench.
- Always use this product as per the directions outlined in this guide.
- Keep any sharp or dangerous objects away from the bench when in use.
- Disabled users are not allowed to use this product without the supervision of professional personnel.
- Warm-up and stretching exercise should be done before a workout to reduce the risk of injury.
- Do not use this product if there is a suspicion that it may be faulty.
- It is recommended that users work out with a friend/partner to look out for each other.

WARNING:

Before starting this or any other exercise program, consult your physician. Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments. If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.

Nutrition

In addition to physical fitness and muscle-strengthening exercise, a healthy and balanced diet is very important in achieving fitness goals.

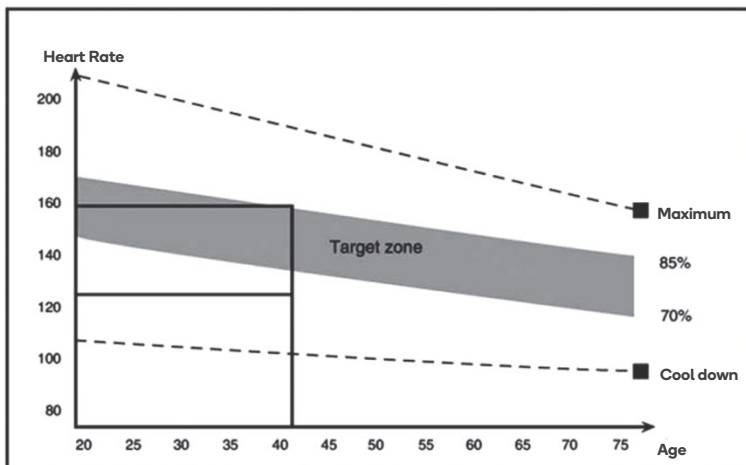
Warm-up before training

The practice of warm-up exercises can enhance blood circulation and help prevent injury during a workout. Try 5 simple stretching exercises (such as those as illustrated below) for an appropriate warm-up.



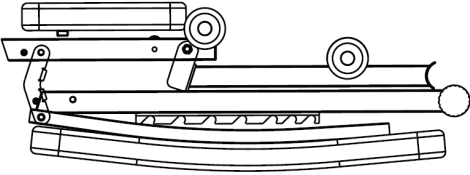
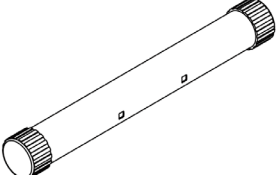
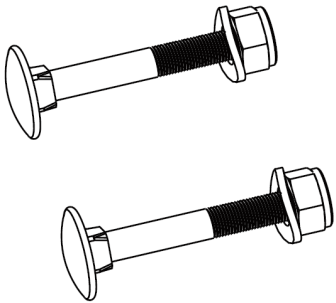
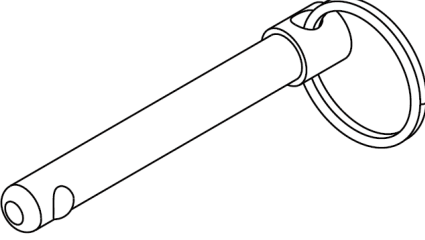
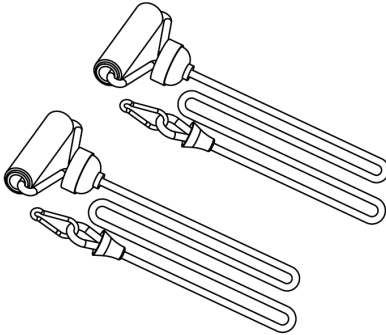
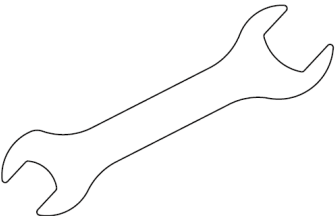
Training stages

It is key to keep training at a consistent and healthy intensity; consider the target heart rate to ensure that exercise is performed at the ideal level. Refer to the graph below for a guide. Note that this graph is only for reference; your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition.



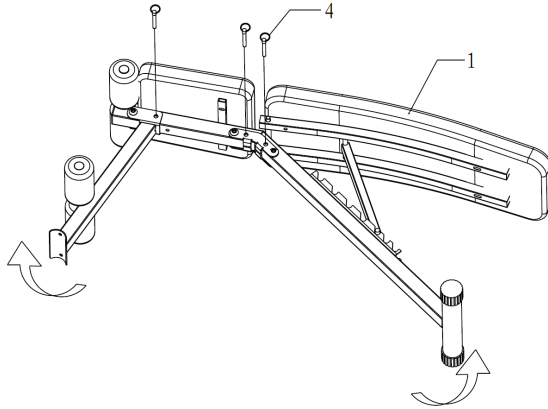
Aim to keep within the target range for 12 to 20 minutes for optimal exercise intensity.

OVERVIEW

 A technical line drawing of the main frame assembly, showing a long horizontal bar with various mounting points, a curved lower section, and a handle-like structure on the left.	 A technical line drawing of a long, cylindrical front foot tube assembly with a textured grip at one end and a small hole near the other.
<p>1. Main frame (1pc)</p>	<p>2. Front foot tube assembly (1pc)</p>
 Two technical line drawings of carriage screws with curved washers and locknuts, shown from different perspectives.	 A technical line drawing of a long, thin pin with a circular ring at one end and a small hole at the other.
<p>3. 3.1 Carriage screw M8x60 (2pc) 3.2 Curved washer d8 (2pc) 3.3 Locknut M8 (2pc)</p>	<p>4. Pin d10x60 (3pcs)</p>
 A technical line drawing of a pull cord assembly, including two cables with handles and a central mechanism.	 A technical line drawing of an open wrench with a 13mm and a 17mm opening.
<p>5. Pull cord (1 pair)</p>	<p>6. Open wrench 13-17 (1 pc)</p>

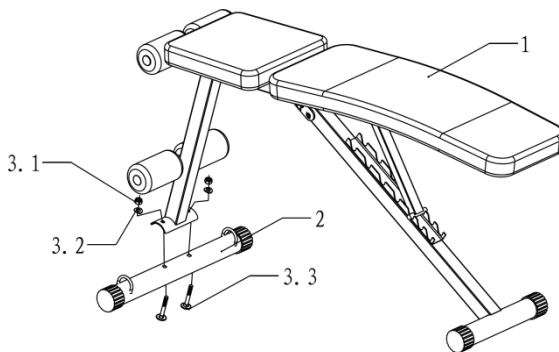
ASSEMBLY

Step 1:



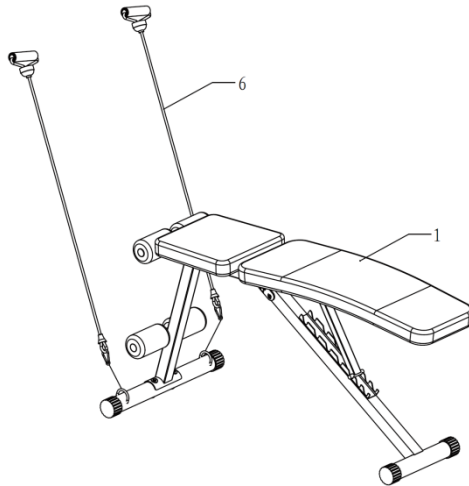
Remove the main frame (1) from the package and unfold it in the direction indicated by the arrow above. Place the frame on the ground in the direction of the above figure and align the pinholes as shown. Insert the three pins d10x60 (4) into the pin holes respectively.

Step 2:



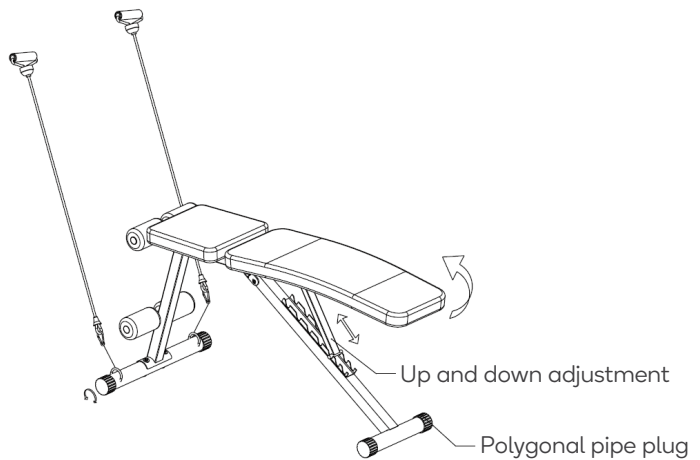
Assemble the front foot tube set (2) on the main frame (1), using the carriage screws (3.1), curved washers (3.2) and locknuts (3.3). Use the open-end wrench (6) to tighten the nuts clockwise.

Step 3:

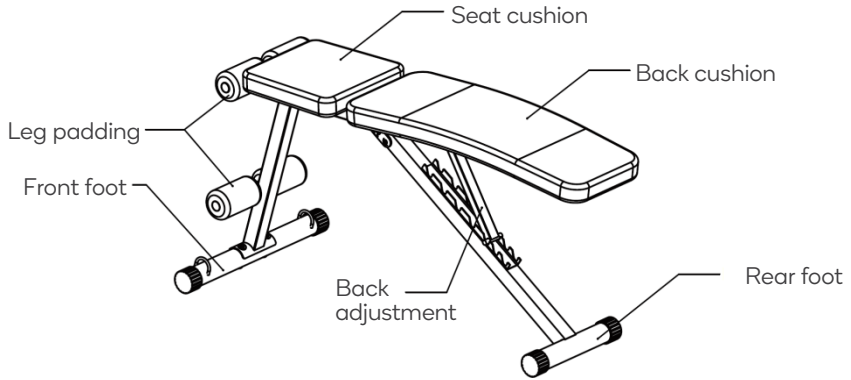


Assemble the pull cords (5) on the main frame (1) as shown above

Balance and adjustment

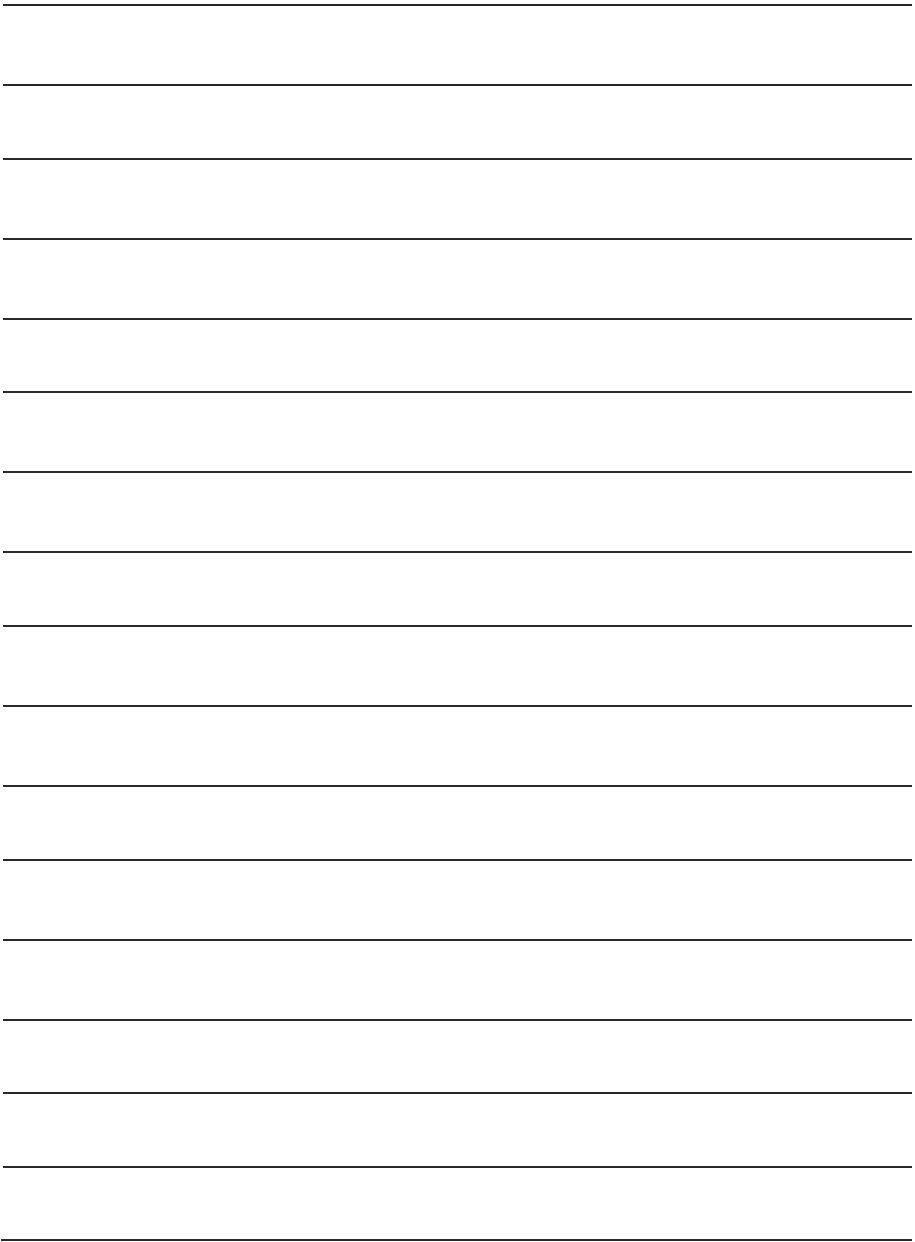


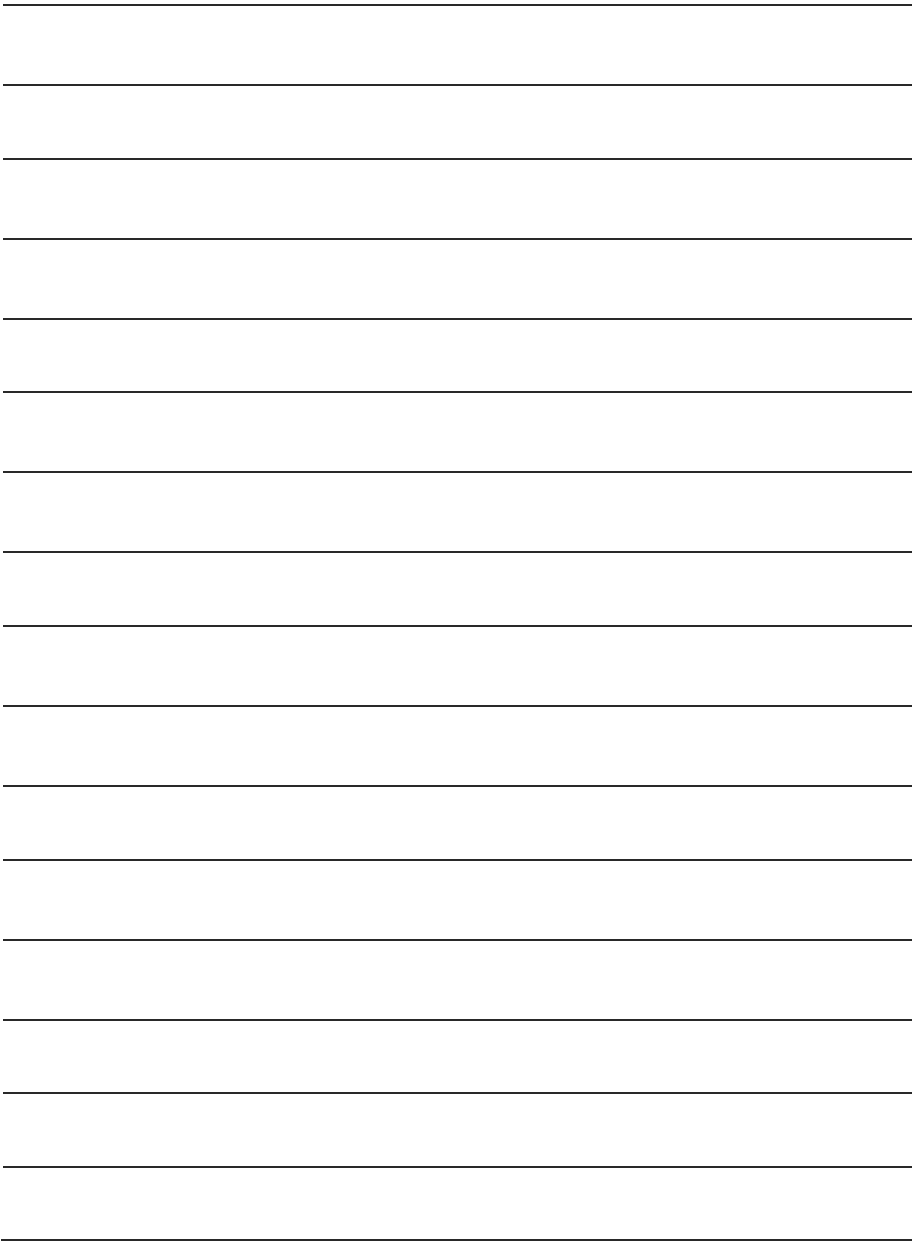
Completed assembly



CLEANING & CARE

- Lubricate moving parts regularly.
- Always check and tighten all loose parts of the product before every use.
- Use a damp towel to clean the bench after use. Avoid using chemical solvents to clean the product.





Need more information?

We hope that this user guide has given you the assistance needed for a simple set-up. For the most up-to-date guide for your product, as well as any additional assistance you may require, head online to **help.kogan.com**

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