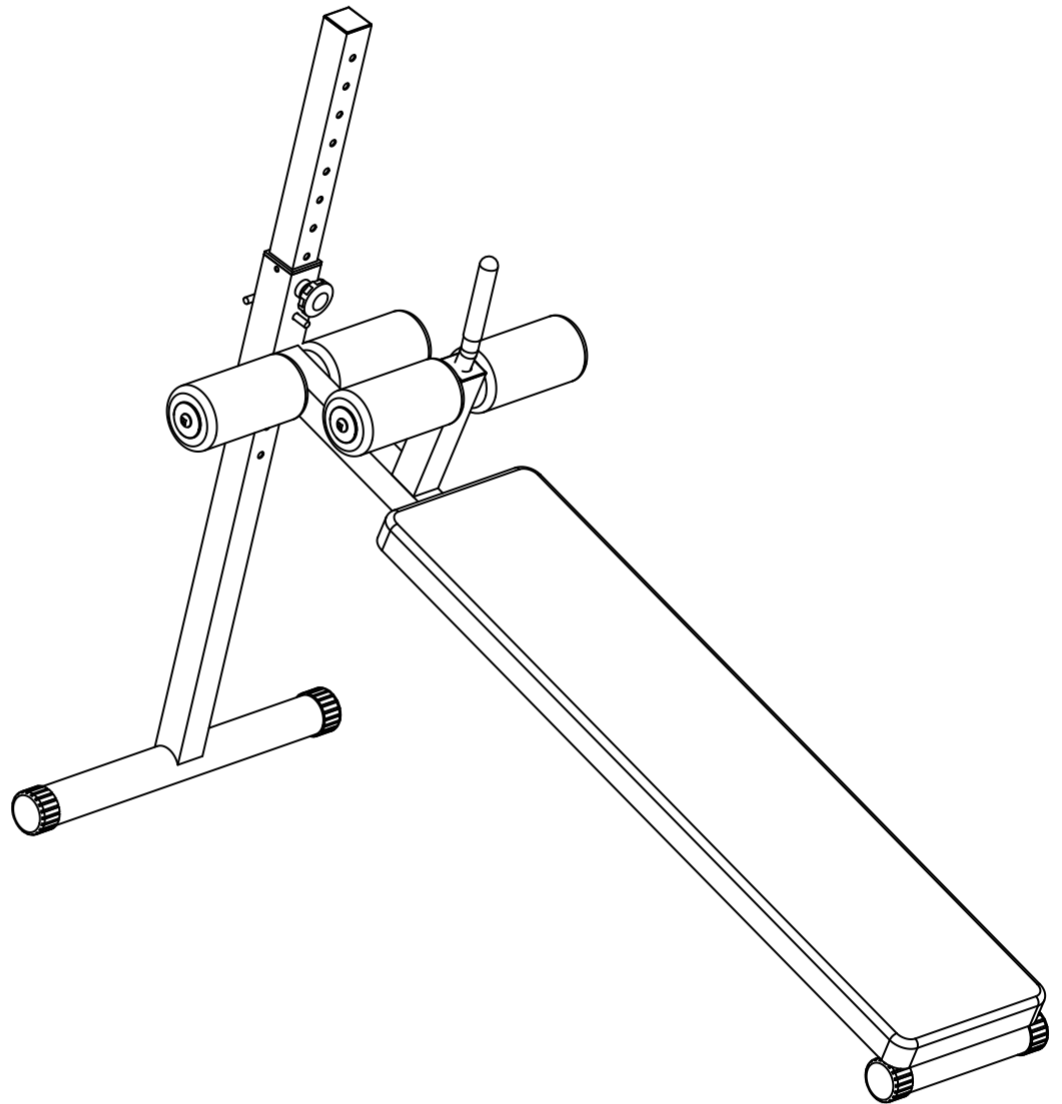


OWNER'S MANUAL

ADJUSTABLE ABDOMINAL BENCH

Model #: 605 AB



Caution: Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Assembly Instructions

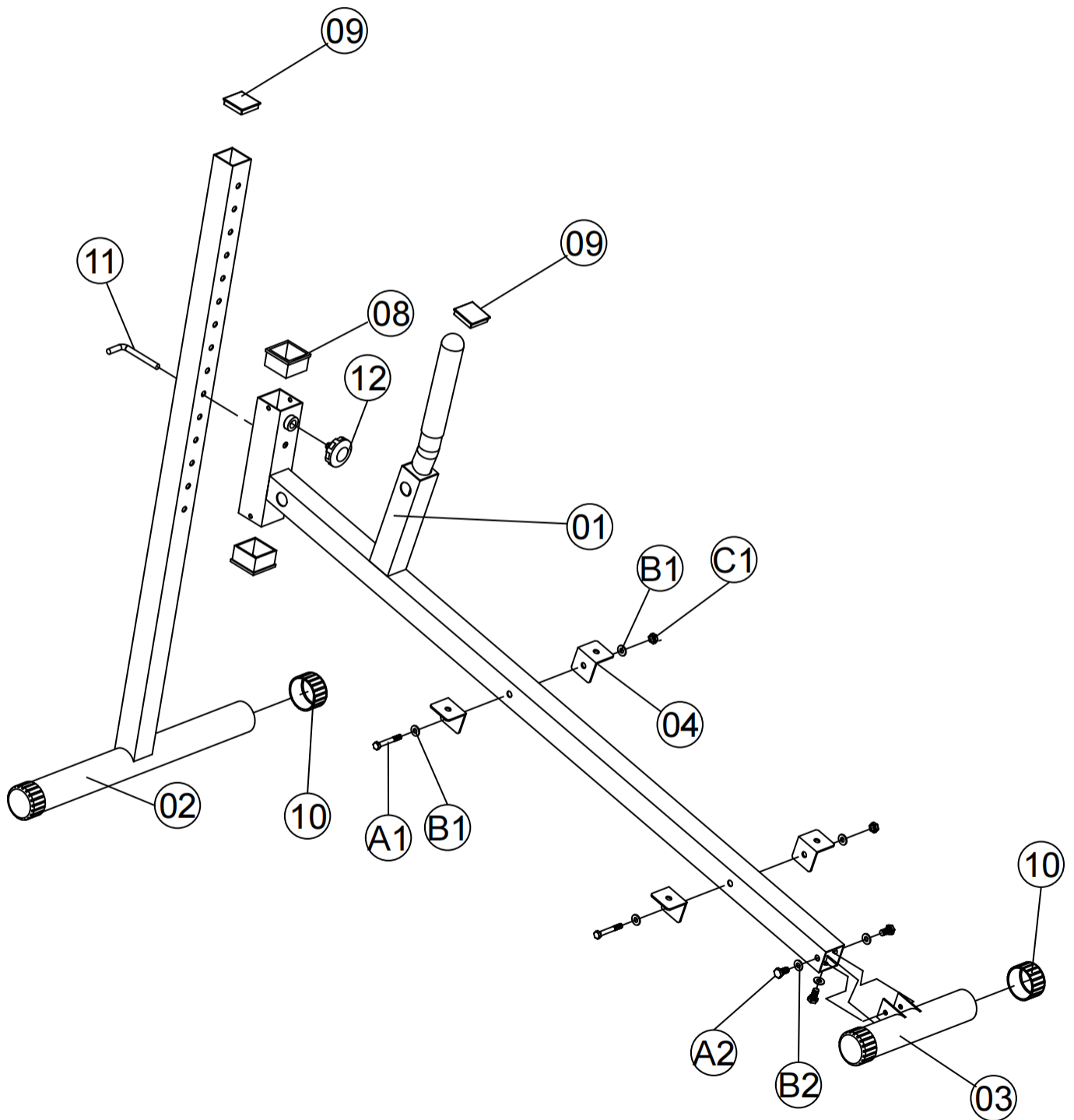
Before You Begin

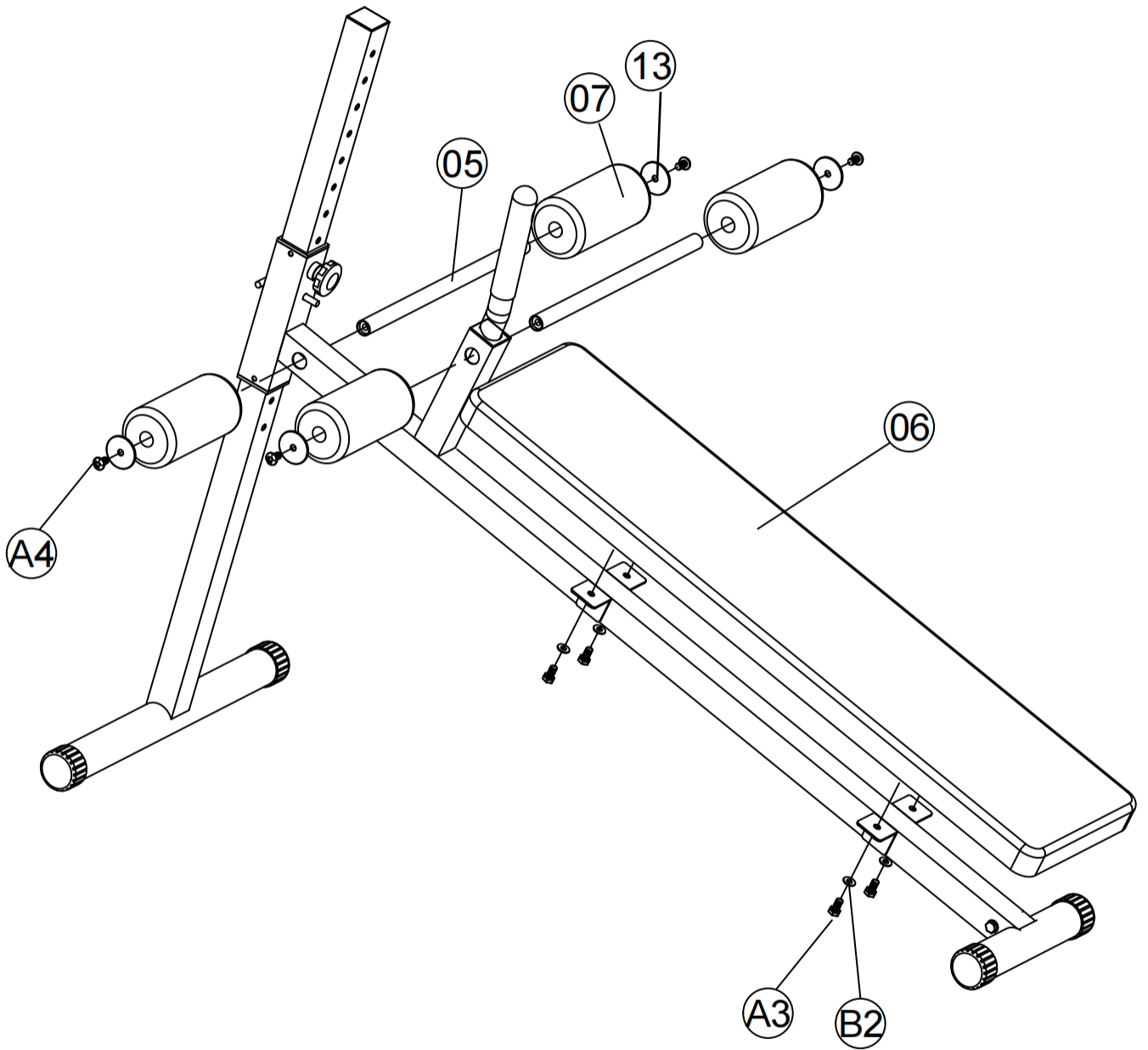
This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.
CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if it is not functioning properly.

ASSEMBLY INSTRUCTIONS

Place all parts in a clear area and remove the packing materials. We highly recommend that this weight bench be assembled by at least 2 persons.





PARTS LIST

Part#	Description	Qty	Remark
1	Main Support Frame	1	
2	Front Support Frame	1	
3	Leg	1	
4	Backrest Board Support	4	
5	Foam Roll Tube	2	
6	Backrest Board	1	
7	Foam Roll	4	
8	Sleeve	2	Pre-assembled
9	Square Inner Plug(50x50)	2	Pre-assembled
10	Round End Cap(d=60)	4	Pre-assembled
11	Pin	1	
12	Locking Knob	1	
13	Big Washer	4	
A1	Hex Head Bolt M10X70	2	
A2	Hex Head Bolt M8x16	3	
A3	Hex Head Bolt M8x24	4	
A4	Allen Bolt M10x20	4	
B1	Flat Washer Dia10	4	
B2	Flat Washer Dia8	7	
C1	Nylon Lock Nut M10	2	

Limited Warranty

We warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **1 year FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the product. The company's obligation under this warranty is limited to replacing or repairing the product, at the discretion of the company.

This Limited Warranty is void if the product is:

Damaged through improper use, negligence, abuse, misuse, transportation damage, act of nature, or accident, include failure to follow the assembly and or operation instructions supplied with the product.

Used in commercial or rental applications.

Modified or repaired by anyone not authorized by the company.

This Limited Warranty does not cover expendable items including but not limited to: Batteries, light bulbs, fuses, accessories, and other items that experience wear as a result of normal use.