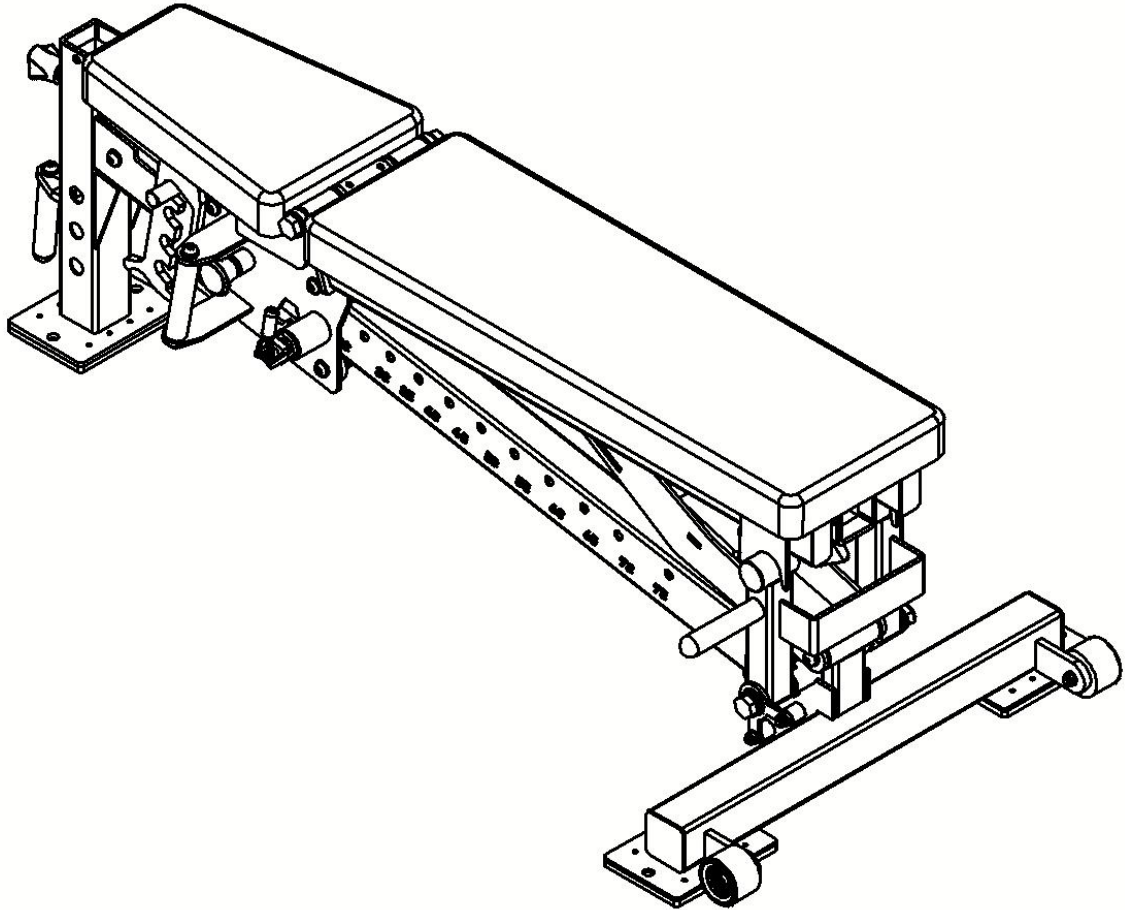




MULTI BENCH

OWNER'S MANUAL



IMPORTANT– Please read fully manual before assembly or using

BEFORE YOU START

Please take sufficient time to read the installation instructions before assembling. Remove all parts from the packaging, separate and count each various components to ensure everything has been correctly provided.

The innovative Modular Design and Preassembly that ensure the installation of this machine to be Quick and Easy.

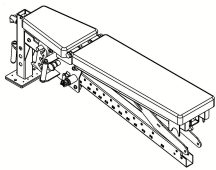
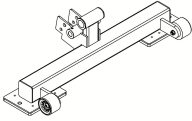
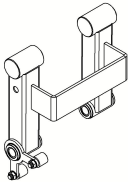
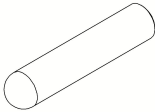
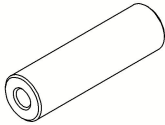
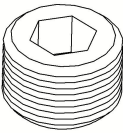
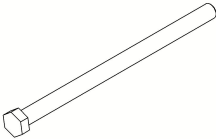
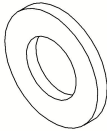
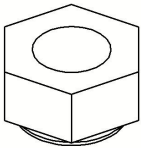
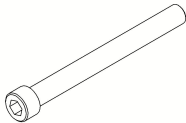
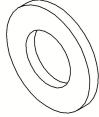
It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

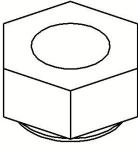
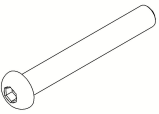
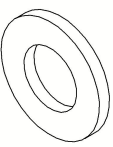
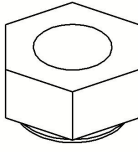
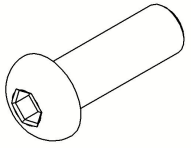
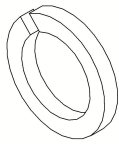
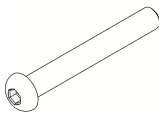
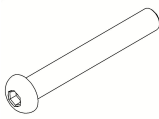
SAFETY PRECAUTIONS

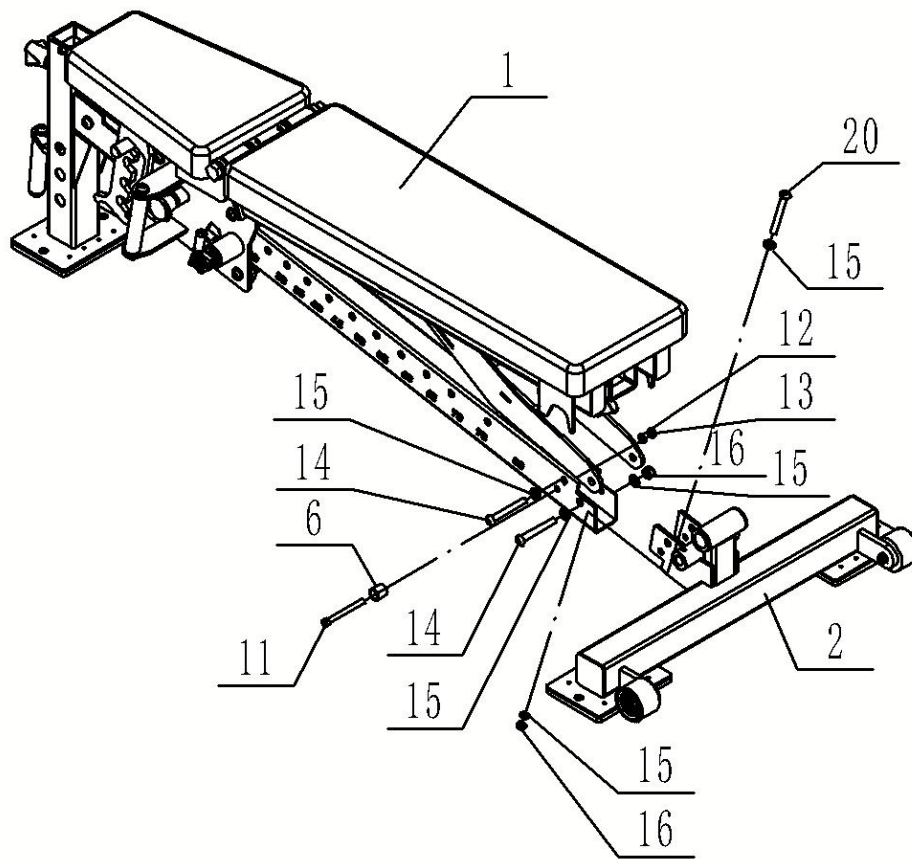
- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear safety footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled.
- Ensure you correctly orientate each piece before attaching.
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.

Stop immediately if you experience any pain, dizziness or nausea. See a doctor at once.

Parts List

		1. PCS			1. PCS			1. PCS
1	Main frame		2	Base Frame		3	Support frame	
		1. PCS			1. PCS			1. PCS
4	Handle		5	Axis of rotation		6	Nylon sleeve	
		2. PCS			1. PCS			2. PCS
7	M6*8 screw		8	Bolt M16*260		9	Flat Washers φ16	
		1. PCS			1. PCS			1. PCS
10	M16 Nut		11	Bolt M8*80		12	Flat Washers φ8	

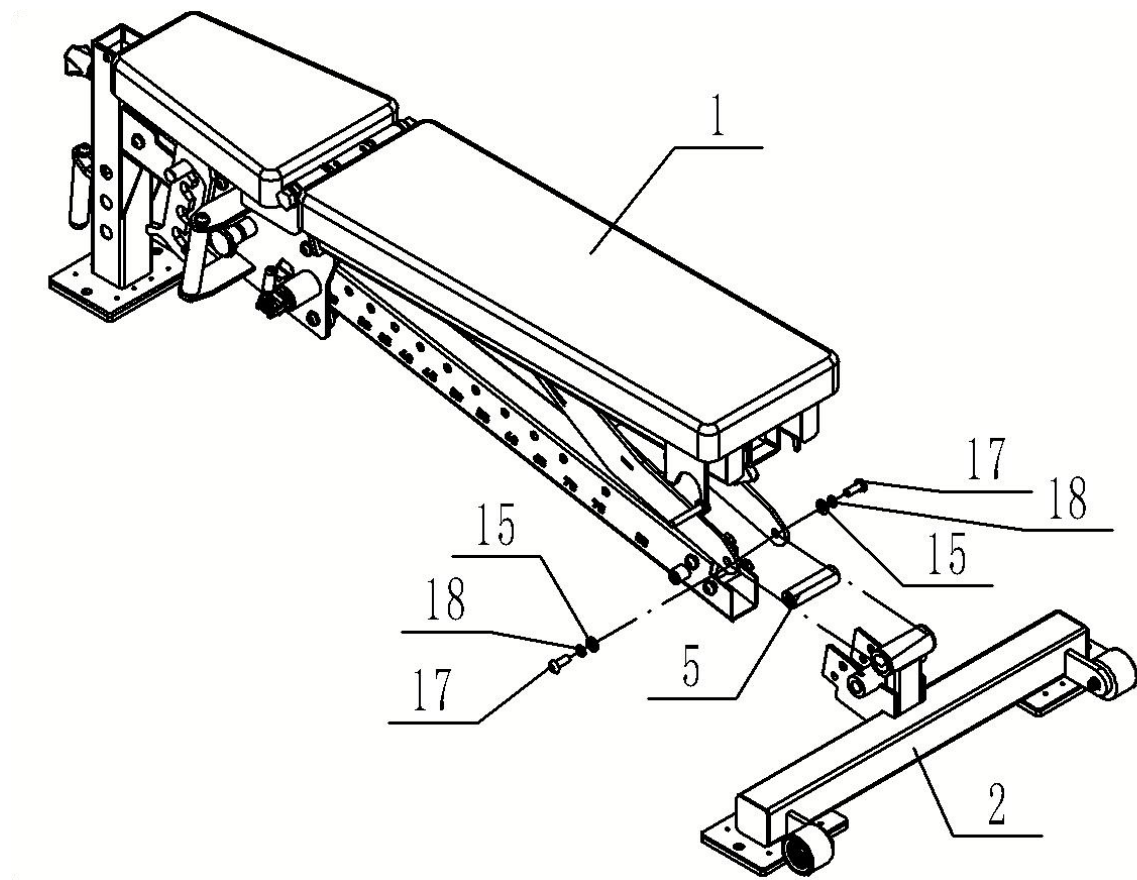
					
1. PCS		2. PCS		9. PCS	
13	M8 Nut	14	Bolt M10*75	15	Flat Washers φ 10
					
3. PCS		2. PCS		3. PCS	
16	M10 Nut	17	Bolt M10*25	18	Spring washer φ 10
					
1. PCS		1. PCS			
19	Bolt M10*60	20	Bolt M10*95		



Step 1:

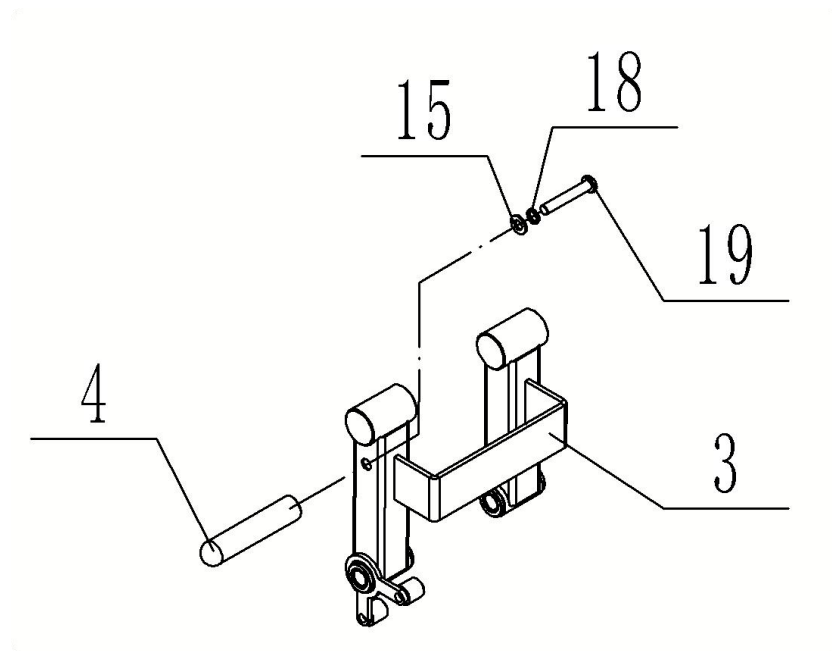
1.Assemble Main frame (1) and Base Frame (2) using Bolt M10*75 (14) , Bolt M10*95 (20) , Flat Washers ϕ 10 (15) and M10 Nut (16) .

2.Assemble Main frame (1) and Base Frame (2) using Bolt M8*80 (11) , Nylon sleeve (6) , Flat Washers ϕ 8 (12) and M8 Nut (13).



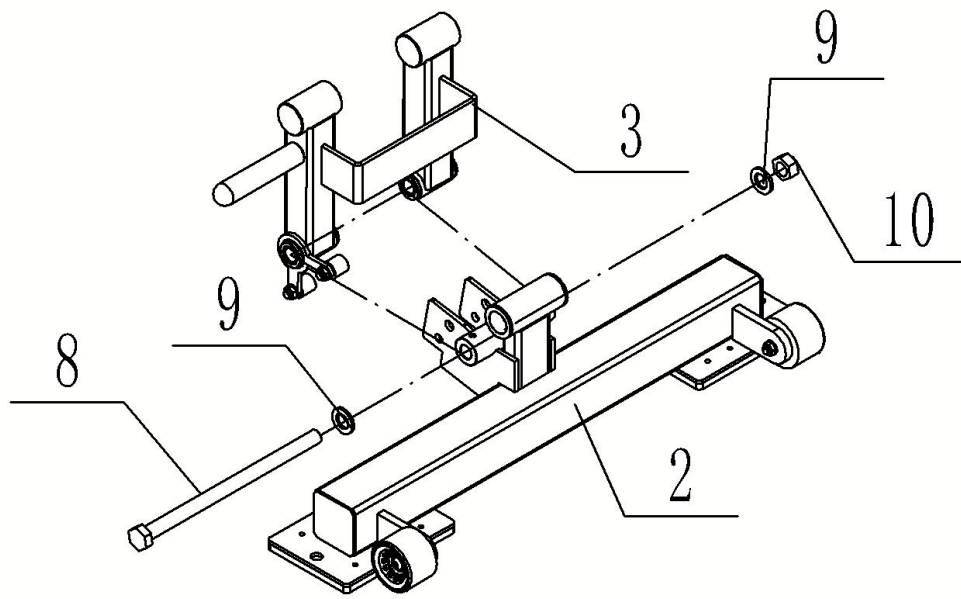
Step 2:

1. Assemble Main frame (1) and Base Frame (2) using Bolt M10*25 (17), Spring washer $\phi 10$ (18), Flat Washers $\phi 10$ (15) and Axis of rotation (5) .



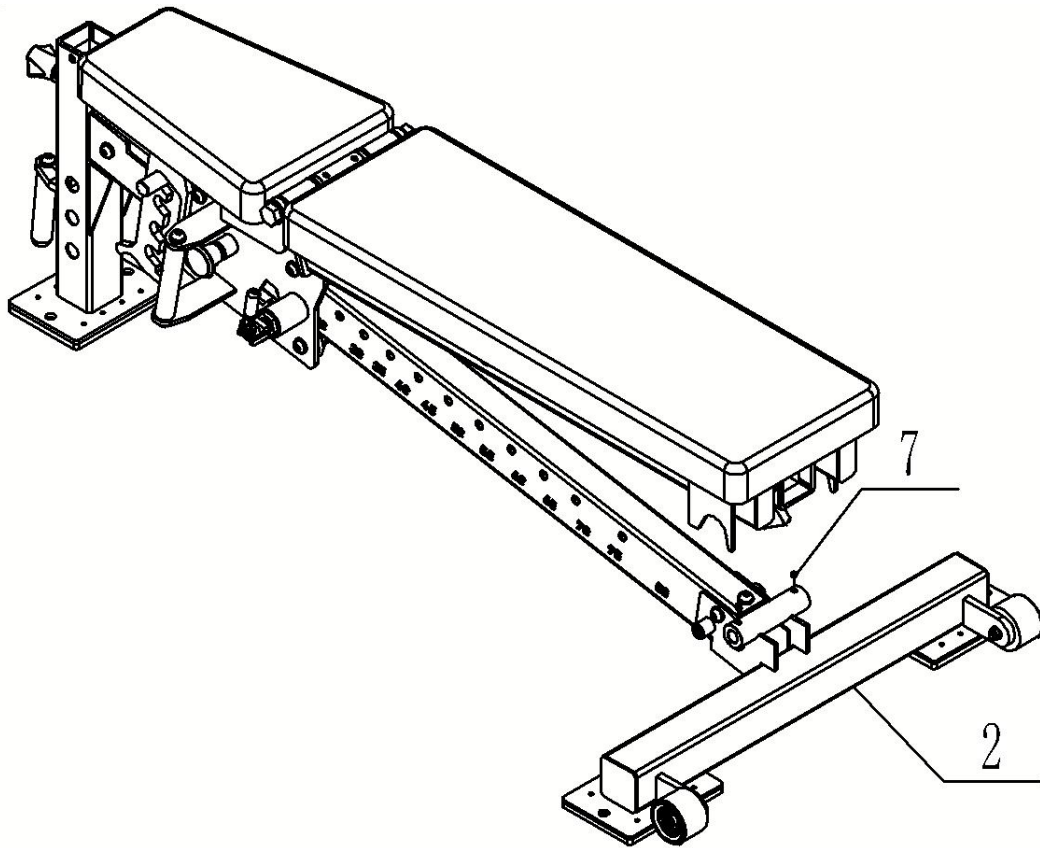
Step 3:

Assemble Support frame (3) and Handle (4) using Bolt M10*60 (19) , Spring washer $\phi 10$ (18) and Flat Washers $\phi 10$ (15) .



Step 4:

Assemble Base Frame (2) and Support frame (3) using Bolt M16*260 (8) , Flat Washers ϕ 16 (9) and M16 Nut (10) .



Step 5:

As shown in the figure: Install the M6*8 screw (7) into the Base Frame (2) and make it secure.