

FLYBIRD FB04

FLYBIRD FB04 Squat and Rowing Machine User Manual

Model: FB04 | Brand: FLYBIRD

1. IMPORTANT SAFETY INFORMATION

Before operating the FLYBIRD FB04 Squat and Rowing Machine, please read and understand all instructions in this manual. Keep this manual for future reference.

- Consult your physician before starting any new exercise program.
- Ensure all parts are securely assembled and tightened before each use.
- The maximum user weight capacity for this machine is **330 lbs (150 kg)**. Do not exceed this limit.
- Keep children and pets away from the machine during operation.
- Use the machine on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel pain, dizziness, or nausea.

2. PACKAGE CONTENTS

Carefully unpack all components and verify that you have received all items. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Seat
- Handlebars
- Resistance Bands (pre-installed or separate)
- Digital Display Console

- Assembly Hardware Kit
- User Manual

3. SETUP AND ASSEMBLY

The FLYBIRD FB04 is designed for easy setup. Follow these general steps for assembly. Refer to the included assembly guide for detailed diagrams.

1. Unfold the main frame of the machine.
2. Attach the seat to the designated rail, ensuring it slides smoothly.
3. Secure the handlebars to the main upright post.
4. Connect any loose resistance bands if not pre-installed.
5. Insert batteries into the digital display console and attach it to the handlebar assembly.
6. Perform a final check to ensure all bolts and connections are tight and secure.

4. OPERATING INSTRUCTIONS

4.1 Adjusting Resistance Levels

The machine offers 4 adjustable resistance levels, each adding approximately 25 lbs of resistance, for a total of up to 100 lbs. To adjust the resistance:

- Locate the resistance bands at the base of the machine.
- Hook or unhook the desired number of bands to increase or decrease the resistance.
- Start with a lower resistance and gradually increase as your strength improves.

Customize Your Comfort

Find Your Perfect Exercise Positions



This image illustrates the four adjustable resistance levels, each providing 25 lbs of resistance, for a total of 100 lbs. Users can easily hook or unhook bands to customize their workout intensity.

4.2 Adjusting Squat Angles

The machine allows for adjustable squat angles of 30°, 60°, and 120° to target different muscle groups and assist in proper squatting form.

- To change the squat angle, adjust the position of the main support arm.
- Ensure the locking pin is securely engaged in the desired angle setting before use.
- A 30° angle emphasizes glute engagement, while other angles can target different leg and core muscles.

Get Your Dream Butt

Assist in Proper Squatting



This image shows the machine's capability to assist in proper squatting with adjustable angles of 30°, 60°, and 120°, allowing users to maximize glute muscle engagement and maintain correct posture.

4.3 Adjusting Seat Positions and Handle Heights

Customize your comfort and exercise position with 5 adjustable seat positions and 4 handle heights.

- To adjust the seat, pull the adjustment knob, slide the seat to the desired position, and release the knob to lock it.
- To adjust handle height, loosen the locking mechanism, raise or lower the handles, and re-tighten to secure.



This image highlights the machine's adjustable features, including 5 seat positions and 4 handle heights, allowing users to find their perfect exercise posture for optimal comfort and effectiveness.

4.4 Digital Display Console

The built-in digital display tracks your exercise data to help you monitor progress.

- **TIME:** Displays the duration of your workout.
- **SCAN:** Cycles through all functions automatically.
- **COUNT:** Shows the number of repetitions performed.
- **CAL:** Estimates calories burned during your session.
- **RPM:** Revolutions Per Minute (if applicable for rowing motion).
- Press the **MODE** button to select a specific function or to reset values.

10-Minutes Full Body-Sculpting Challenge

Squat & Row Compound Movements



This image displays the digital console, which tracks various exercise data points such as time, count, and calories, enabling users to witness and monitor their workout progress.

5. EXERCISE GUIDE

The FLYBIRD FB04 combines squatting and rowing movements for a comprehensive full-body workout targeting glutes, core, legs, arms, and back.

5.1 Squat Movement

Sit on the seat with your feet on the pedals. Hold the handlebars. Push down with your legs while simultaneously pulling the handlebars towards your body, engaging your core and glutes. Control the return motion slowly.



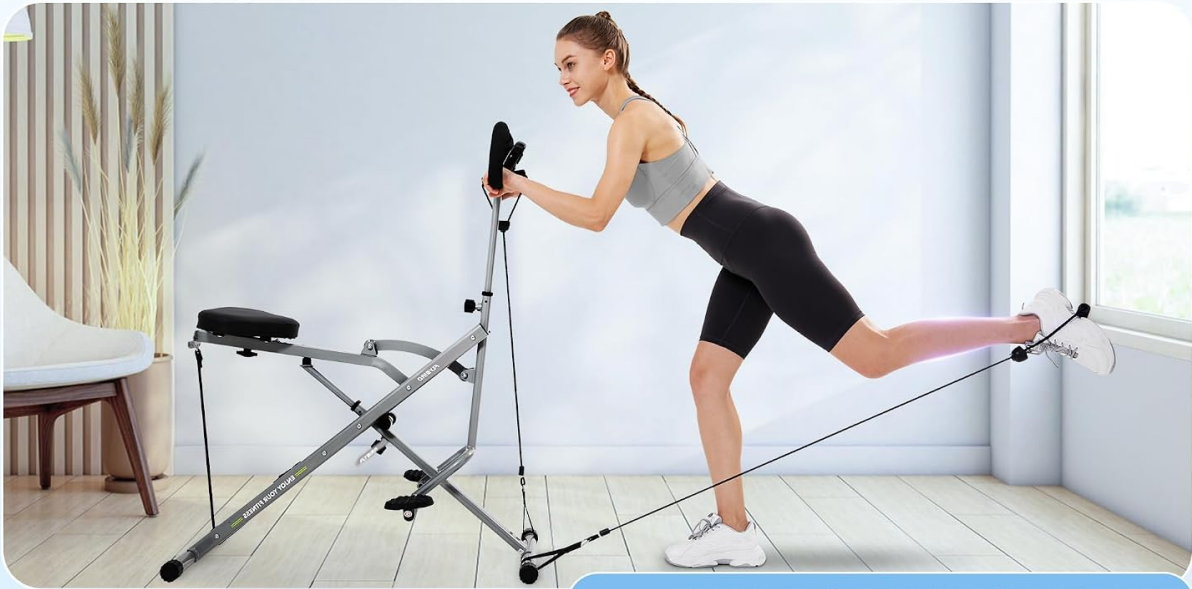
This image illustrates the compound squat and row movement, demonstrating how the machine engages multiple muscle groups including the back, arms, abs, glutes, and calves for a full-body sculpting challenge.

5.2 Rowing Movement

While seated, extend your legs and arms fully. Pull the handlebars towards your abdomen, engaging your back and arm muscles. Maintain a straight back and controlled movement. Return to the starting position smoothly.

5.3 Resistance Band Exercises

The machine can also be used for additional resistance band exercises to target specific muscle groups. Attach external resistance bands to the designated points for varied workouts.



FULL BODY WORKOUT WITH RESISTANCE BANDS



This image demonstrates how the machine can be utilized for a full-body workout with additional resistance bands, allowing for diverse exercises beyond standard squat and row movements.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your FLYBIRD FB04 machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** If any moving parts begin to squeak, apply a small amount of silicone-based lubricant.
- **Storage:** The machine is foldable for space-saving storage. Ensure it is folded correctly and stored in a dry, safe place.

7. TROUBLESHOOTING

If you encounter issues with your FLYBIRD FB04, refer to the following common solutions:

- **Digital Display Not Working:** Check if batteries are correctly installed or need replacement. Ensure all connections to the console are secure.
- **Squeaking Noises:** Identify the source of the noise and apply lubricant to the moving parts. Ensure all bolts are tightened.
- **Resistance Feels Uneven:** Verify that all resistance bands are properly hooked and in good condition.
- **Machine Feels Unstable:** Ensure the machine is on a flat, level surface and all assembly bolts are securely tightened.

For issues not covered here, please contact customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	FB04
Material	Alloy Steel
Color	Gray
Maximum User Weight	330 lbs (150 kg)
Resistance Levels	4 (up to 100 lbs total)
Squat Angles	30°, 60°, 120°
Seat Positions	5 Adjustable
Handle Heights	4 Adjustable
Display Type	Digital (Time, Scan, Count, Cal, RPM)
Foldable	Yes
Item Weight	12.8 kg (approx. 28.2 lbs)
Parcel Dimensions	105.66 x 23.62 x 19.3 cm

9. WARRANTY AND SUPPORT

FLYBIRD products are manufactured to high-quality standards. For warranty information, product support, or to purchase replacement parts, please contact FLYBIRD customer service through the official website or your retailer.

Please have your model number (FB04) and purchase date available when contacting support.

