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DH FitLife LMY

DH FitLife 5-in-1 Hyperextension Roman Chair

Model: LMY

Introduction

Thank you for choosing the DH FitLife 5-in-1 Hyperextension Roman Chair. This versatile fitness equipment is designed to support a wide range of exercises, including hyperextensions, abdominal training, dips, push-ups, and bicep curls. This manual provides essential information for safe assembly, operation, maintenance, and troubleshooting to ensure optimal performance and longevity of your equipment.

Safety Information

Before using the DH FitLife 5-in-1 Hyperextension Roman Chair, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the equipment.

- Consult a physician before starting any new exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Place the equipment on a flat, stable surface. Do not use on uneven ground.
- Keep children and pets away from the equipment during use.
- The maximum user weight capacity is 150 kg (for hyperextension/abdominal use) and 100 kg (for dip station use). Do not exceed these limits.
- Wear appropriate athletic clothing and footwear.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Perform a warm-up before exercising and cool-down afterwards.

Package Contents

Please verify that all components are present before beginning assembly:

- Main Frame
- Rubber Feet (4x)
- Foam Handles (2x)
- Support Tubes
- Assembly Hardware (bolts, washers, nuts, quick-release pins)
- User Manual

Setup Instructions

Follow these steps to assemble your DH FitLife 5-in-1 Hyperextension Roman Chair:

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the main support base to the primary frame using the provided bolts and nuts. Ensure all connections are secure.
3. Install the U-shaped support tubes and rubber feet to the base for enhanced stability.
4. Mount the adjustable backrest and leg support pads. These typically slide into designated slots and are secured with quick-release pins or bolts.
5. Attach the foam handles to the dip station/push-up bar section.
6. Before first use, double-check all connections to ensure they are tight and stable.



This image illustrates the extended U-support tubes and anti-slip rubber feet, which contribute to the equipment's stability during use.

Operating Instructions

The DH FitLife 5-in-1 Hyperextension Roman Chair offers multiple exercise options. Adjust the settings to suit your body size and exercise requirements.

Adjusting Height and Incline

The equipment features 9 height adjustments and 5 incline settings. To adjust:

1. Locate the quick-release pins or adjustment knobs on the main frame.
2. Pull out the pin or loosen the knob, then slide the adjustable section to your desired height or incline.
3. Ensure the pin locks securely into place or the knob is fully tightened before use.



This diagram illustrates the 9 height adjustment levels and 5 incline settings (from 5° to 55°) for customized workouts.

Exercise Modes

- **Hyperextension / Lumbar Training:** Position your hips over the pads, secure your feet, and perform controlled back extensions to strengthen your lower back.
- **Abdominal Training:** Adjust the incline for varying intensity. Secure your feet and perform crunches or sit-ups.
- **Dip Station:** Use the handles to perform dips for triceps and chest. Ensure the equipment is stable and within the 100 kg weight limit for this function.
- **Push-up Station:** Utilize the handles for elevated push-ups, targeting different muscle groups.
- **Bicep Curls:** The padded support can be used as a preacher curl bench for dumbbell bicep curls.



This image demonstrates the equipment's use for both back training (hyperextensions) and abdominal training, highlighting its 5-in-1 versatility and 150kg maximum capacity.



This image illustrates bodyweight training (push-ups and dips) and bicep curls, showcasing the multi-functional capabilities of the bench.

Maintenance

Regular maintenance ensures the longevity and safe operation of your equipment.

- **Cleaning:** Wipe down the frame and pads with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, but avoid harsh chemicals.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose components.
- **Storage:** When not in use, the equipment can be folded for compact storage. Store in a dry place away from direct sunlight and extreme temperatures.



This image demonstrates the compact folding system, allowing for easy storage in small spaces.

Troubleshooting

If you encounter any issues with your DH FitLife 5-in-1 Hyperextension Roman Chair, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Equipment feels unstable or wobbly.	Loose connections; uneven surface.	Tighten all bolts and nuts. Ensure the equipment is on a flat, level surface.
Adjustment pins do not lock securely.	Pin not fully inserted; obstruction in hole.	Ensure the pin is fully engaged. Check for any debris in the adjustment holes.

Problem	Possible Cause	Solution
Squeaking noises during use.	Loose parts; friction between metal components.	Check and tighten all connections. Apply a small amount of silicone lubricant to pivot points if necessary.

Specifications

Feature	Detail
Model Number	LMY
Dimensions (L x W x H)	120 x 70 x 99 cm
Item Weight	13.8 Kilograms
Material	Stainless Steel, Rubber
Maximum Weight Recommendation	150 Kilograms (Hyperextension/Abs), 100 Kilograms (Dips)
Adjustments	9 Height Settings, 5 Incline Settings
Color	Black



This image emphasizes the premium quality construction, featuring water-repellent, odorless cushions and reinforced steel tubes for durability.

Warranty and Support

DH FitLife is a German brand committed to customer satisfaction. We offer a 30-day return policy for our products. If you have any questions, concerns, or require assistance with your DH FitLife 5-in-1 Hyperextension Roman Chair, please do not hesitate to contact our customer service team. Our qualified team is based in Hamburg and is ready to assist you. For support, please refer to the contact information provided with your purchase or visit the official DH FitLife website.

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