

## EYESUN QM-26

# EYESUN QM-26 Foldable Roman Chair Instruction Manual

MODEL: QM-26

Brand: EYESUN

## 1. SETUP AND ASSEMBLY

Before beginning assembly, ensure all components are present and undamaged. Refer to the parts list in your packaging. Assembly typically takes around 30 minutes. It is recommended to have a clear, flat workspace.

### Assembly Video Guide

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**Video Description:** This video provides a step-by-step guide for assembling the Roman Chair. It covers attaching the base components, securing the inclined riser, installing the adjustable pole, assembling the hook leg frame, attaching the adjustable pads, and finally, securing the handles. Follow the visual instructions carefully for correct assembly.

### Key Assembly Steps:

- Assemble the Roman Chair Base:** Remove screws from the bottom tube ends and attach the main base components using the provided bolts and wrenches.
- Assemble the Inclined Riser:** Secure the inclined riser to the base, ensuring all bolts are tightened.
- Assemble the Adjustable Pole:** Insert the adjustment screw into the outer sleeve, then insert the inner sleeve into the outer sleeve.
- Assemble the Hook Leg Frame:** Attach the hook leg frame to the main structure.
- Assemble the Adjustable Pad:** Secure the adjustable pads to the frame using the designated bolts.

6. **Assemble the Left and Right Handles:** Attach the handles to the appropriate positions on the frame.

7. **Assemble the Adjustment Tube:** Insert the adjustment tube into the main frame and secure it.

Ensure all bolts and nuts are securely tightened before using the equipment. Periodically check all connections for tightness.

## 2. OPERATING INSTRUCTIONS

The EYESUN QM-26 Roman Chair is designed for a variety of core, glute, and back exercises. Proper adjustment and technique are crucial for safety and effectiveness.

### Adjusting the Roman Chair

The Roman Chair features adjustable height and angle settings to accommodate users between 5'2" and 6'0" and to target different muscle groups effectively.

- **Height Adjustment:** Locate the adjustment knob on the main frame. Loosen the knob, pull it out, and slide the upper section to your desired height. Release the knob and ensure it locks into one of the 8 adjustable height positions.
- **Angle Adjustment:** The bench offers 5 inclined angles. Adjust the angle by repositioning the support bar into the desired slot. Ensure it is securely locked before use.



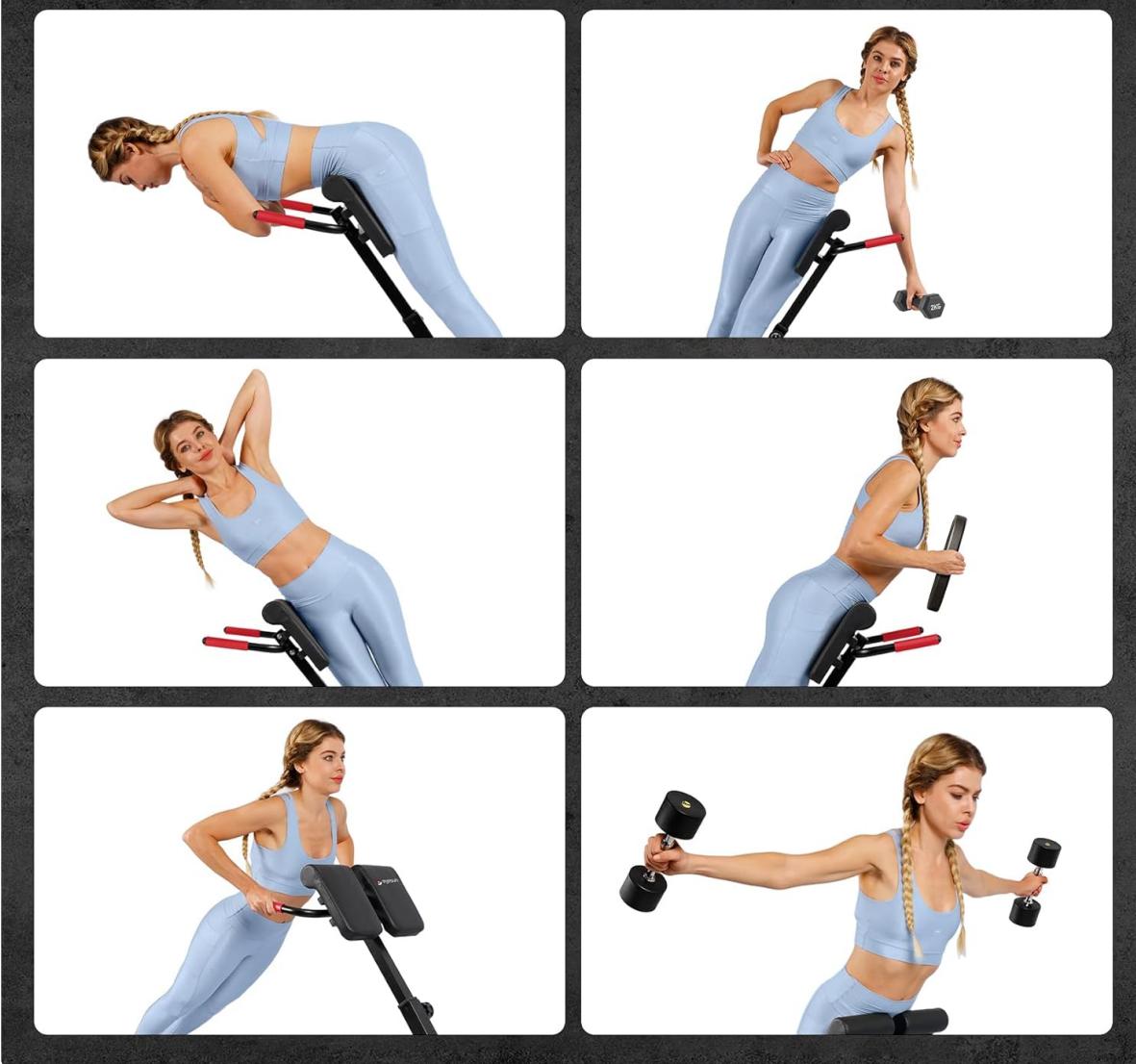
**Image Description:** This image illustrates the adjustment points for both height and angle on the Roman Chair. It shows a hand adjusting a knob labeled 'TO ADJUST LOOSEN THEN PULL' and highlights the multiple holes for height and angle settings, indicating 8 adjustable heights and 5 inclined angles.

## Recommended Exercises

Always consult a fitness professional for proper exercise form and to determine suitable exercises for your fitness level.

- **Hyperextensions (Back Extensions):** Position your hips over the pads, with your feet secured under the foot rollers. Keep your back straight and slowly lower your torso, then raise it back to the starting position. This targets the lower back and glutes.
- **Oblique Crunches:** Position one hip over the pad, securing your feet. Lower your torso sideways, then raise it using your oblique muscles. Repeat on the other side.
- **Abdominal Crunches:** Face the pads, securing your feet under the rollers. Perform crunches by lifting your upper body towards your knees, engaging your abdominal muscles.

## VARIOUS EXERCISE METHODS



**Image Description:** This image displays six different exercise methods that can be performed using the Roman Chair. These include various back extensions, side bends, and core exercises, demonstrating the versatility of the equipment for full-body training.

### Usage Videos

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**Video Description:** This video demonstrates the adjustable features of the Roman Chair and various exercises, including hyperextensions and oblique crunches, highlighting its versatility for core and back strength training.

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**Video Description:** This video showcases the Hyper Back Extension Roman Chair in use, demonstrating proper form for back extension exercises to strengthen the lower back, glutes, and hamstrings.

### 3. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Roman Chair.

- **Cleaning:** Wipe down the frame and pads with a damp cloth after each use to remove sweat and

dirt. Avoid abrasive cleaners.

- **Inspection:** Periodically inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** The EYESUN Roman Chair is foldable for convenient storage. Ensure it is folded correctly and stored in a dry place away from direct sunlight or extreme temperatures.

## 4. TROUBLESHOOTING

If you encounter issues with your Roman Chair, refer to the following common solutions:

- **Instability:** Ensure all assembly bolts are fully tightened. Check that the Roman Chair is placed on a flat, stable surface.
- **Difficulty Adjusting:** Make sure the adjustment knob is fully loosened and pulled out before attempting to change height or angle. Clean any debris from the adjustment holes.
- **Squeaking Noises:** Apply a small amount of silicone-based lubricant to pivot points or areas where metal parts rub together.
- **Pads feel loose:** Check the bolts securing the pads to the frame and tighten if necessary.

If problems persist, contact customer support for assistance.

## 5. SPECIFICATIONS

Feature	Detail
Model Number	QM-26
Brand	EYESUN
Material	Alloy Steel
Product Dimensions	103.12 x 70.1 x 103.12 cm (40.6 x 27.6 x 40.6 inches)
Item Weight	13.1 kg (28.9 lbs)
Maximum Weight Capacity	150 kg (330 lbs)
Adjustable Heights	8 levels
Adjustable Angles	5 levels

## 6. WARRANTY AND SUPPORT

Your EYESUN QM-26 Roman Chair comes with a **24-month worry-free warranty**.

For any questions, concerns, or support needs, please contact our friendly customer service team. We offer 24/7 support to ensure your satisfaction.

**Customer Support Email:** [support@eyesun.net](mailto:support@eyesun.net)