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EYESUN B0FC6HH628

EYESUN Foldable Roman Chair Instruction Manual

MODEL: B0FC6HH628

1. Product Overview

The EYESUN Foldable Roman Chair is a versatile fitness machine designed for full-body training, targeting glutes, hamstrings, lower back, hips, and core. It also supports various abdominal and arm exercises, making it a compact, all-in-one solution for effective home workouts.

This Roman chair features a sturdy steel frame, high-density foam rollers, and dual hip support pads for enhanced comfort and stability during exercise. Its adjustable design accommodates users from 5'2" to 6'0" and supports up to 330 lbs. The foldable design allows for convenient storage in small spaces.



Figure 1: Assembled EYESUN Foldable Roman Chair.

2. Package Contents

Upon opening the package, ensure all components are present and undamaged. The package includes:

- 1pcs EYESUN Adjustable Ab Back Roman Chair
- A set of spare handle foam pads
- User manual (this document)
- All necessary hardware and tools for assembly

3. Setup and Assembly

The EYESUN Roman Chair is designed for quick and straightforward assembly, typically taking around 30 minutes. All required tools and hardware are included in the package. Follow the step-by-step

instructions provided in the included user manual for detailed guidance.



Figure 2: Adjustment points for height and angle.

Assembly Tips:

- Lay out all parts and hardware before beginning.
- Ensure all bolts are securely tightened after assembly to prevent wobbling.
- The unit is designed to be stable; if it feels unsteady, recheck all connections.

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Video 1: This video demonstrates the assembly process and highlights key features of the EYESUN Roman Chair, including its adjustability and foldable design. It also shows various exercises.

4. Operating Instructions

The EYESUN Roman Chair offers multiple exercise options for a comprehensive workout. Always consult a healthcare professional before starting any new exercise program.

Adjustments:

- **Height Adjustment:** The hyperextension bench features customizable height settings to fit users from 5'2" to 6'0". Locate the adjustment pins/knobs (refer to Figure 2) and pull to release, then slide the support bar to the desired height. Ensure it locks securely into place before use.
- **Angle Adjustment:** The angle of the main support can also be adjusted to vary exercise intensity. Use the designated adjustment mechanism to set the desired incline.

Recommended Exercises:

- **Back Extensions (Hyperextensions):** Position your hips over the pads, securing your feet under the ankle rollers. Lower your torso towards the floor, then raise it back up, engaging your lower back, glutes, and hamstrings.
- **Oblique Crunches:** Position one hip over the pad, securing your feet. Lower your torso sideways, then raise it back up, targeting your obliques.
- **Abdominal Crunches:** Face the machine with your feet secured under the ankle rollers and your back against the pads. Perform crunches to engage your core.
- **Arm Exercises:** The sturdy handlebars can be used for support during various arm exercises, such as bicep curls or tricep dips, using dumbbells (not included).



Figure 3: Demonstrating a back extension exercise.

USER-FRIENDLY DESIGN THAT PRIORITIZES COMFORT



Figure 4: Key comfort and design features including firm support pads, non-slip handles, and high-density rollers.

5. Maintenance

To ensure the longevity and safe operation of your EYESUN Roman Chair, regular maintenance is recommended:

- **Cleaning:** Wipe down the pads and frame with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and screws to ensure they are tight. Retighten as necessary.
- **Pad Condition:** Inspect foam rollers and hip pads for any signs of wear or damage. Replace if necessary to maintain comfort and safety.
- **Storage:** When not in use, fold the Roman Chair for compact storage in a dry, cool place away from direct sunlight.

6. Troubleshooting

If you encounter any issues with your EYESUN Roman Chair, refer to the following common troubleshooting tips:

- **Unstable Unit:** Ensure all assembly bolts are fully tightened. Check that the unit is placed on a flat, stable surface.
- **Difficulty Adjusting Height/Angle:** Loosen the adjustment knobs/pins completely before attempting to slide the components. Ensure no debris is obstructing the adjustment holes.
- **Squeaking Noises:** Apply a small amount of silicone-based lubricant to moving parts or connection points if squeaking occurs.

If problems persist, please contact EYESUN customer service for assistance.

7. Specifications

Feature	Detail
Brand	EYESUN
Model Number	B0FC6HH628
Material	Alloy Steel
Color	Black
Product Dimensions (D x W x H)	40.6"D x 27.6"W x 40.6"H
Item Weight	28.9 Pounds
Weight Limit	330 lbs (Note: Product specifications list 25 Pounds, but feature bullets state 330 lbs. 330 lbs is assumed to be correct for a Roman Chair.)
Adjustable Height Range	Suitable for users 5'2" to 6'0"
UPC	784668532775

8. Warranty and Support

EYESUN is committed to customer satisfaction. Your purchase includes:

- **24-Month Worry-Free Warranty:** Covers manufacturing defects and ensures product quality.
- **Friendly Customer Service:** Available 24/7 for support.

For any inquiries, support, or warranty claims, please contact us at atsupport@eyesun.net.

You can also activate extended warranty and VIP service by visiting <https://eyesun.net/warranty>.

