



FLYBIRD RMC-01 Multi Function Adjustable Roman Bench User Manual

[Home](#) » [FLYBIRD](#) » FLYBIRD RMC-01 Multi Function Adjustable Roman Bench User Manual 



FLYBIRD

Multi-Function Adjustable Roman Bench RMC-01



User Manual


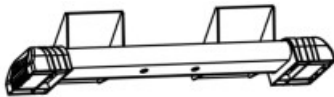

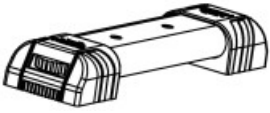

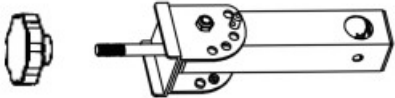
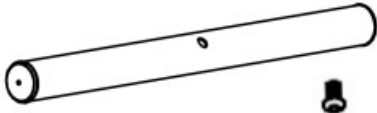

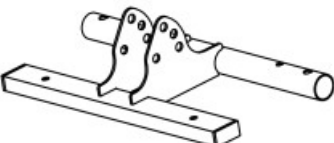
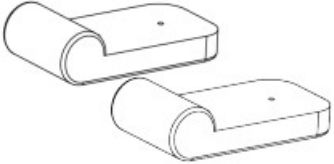

Contents

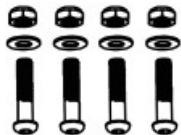

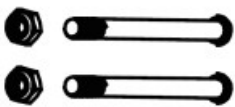



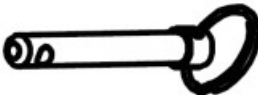
- 1 Precautions**
- 2 ASSEMBLY INSTRUCTIONS**
- 3 Warranty**
- 4 Documents / Resources**
 - 4.1 References**

Precautions

To ensure user safety, please pay attention to the following points before using the product.

1. Teenagers and the elderly should use this product under supervision.
2. Before using this product, please confirm with your doctor whether you can use it. If you feel dis-comfortable during use, please stop using it immediately and consult your doctor.
3. Please install this product correctly before use and make sure that all parts are properly connected.
4. Please wear well-fitting clothes for exercise. Remove all jewelry from your body before exercising.
People with long hair should tie the hair up.

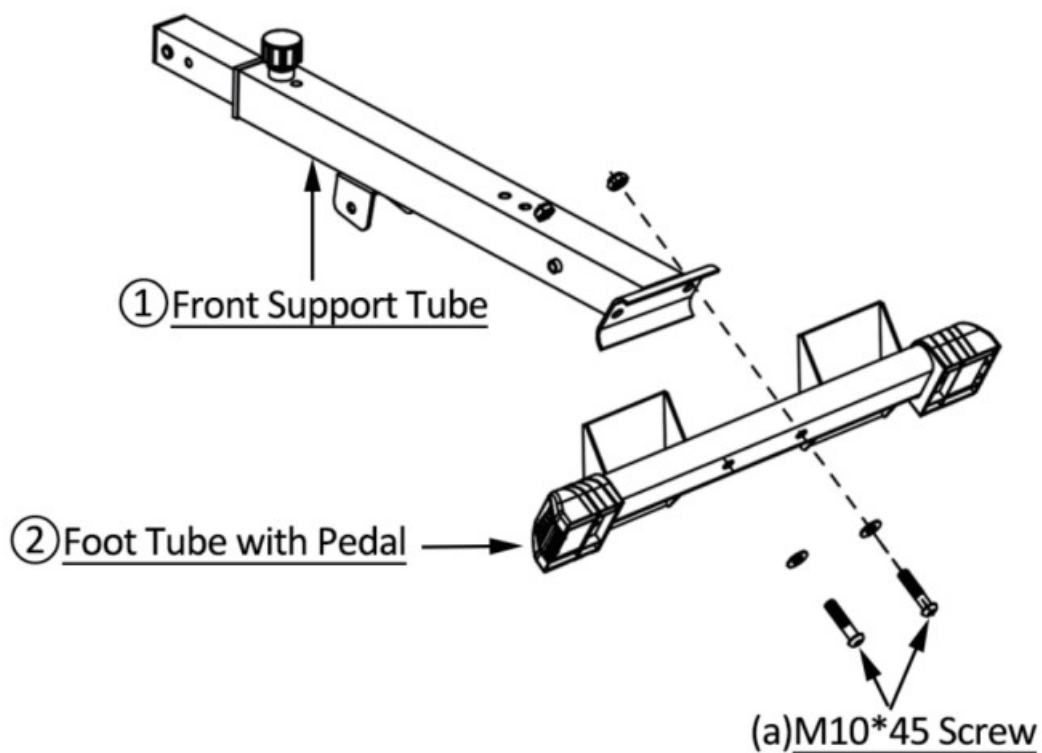
No.	Name	Parts	QTY
1	Front Support Tube		1
2	Foot Tube with Pedal		1
3	Main Frame		1
4	Back Foot Tube		1
5	Bottom Support Tube		2
6	Foot Support Tube		1
7	Foot Pad Tube		1
8	Foot Pads		2
9	Hand Support Stand		1
10	Hand Support Pads		2
11	Armrest(Left & Right)		2

No.	Name	Parts	QTY
(a)	M10*45 Screw		4
(b)	M10*70 Screw		1
(c)	M8*110 Screw		2
(e)	M8*60 Screw		1
(f)	M6*30 Screw		2
(g)	M6*40 Screw		2
(h)	M8 Pin		2

ASSEMBLY INSTRUCTIONS

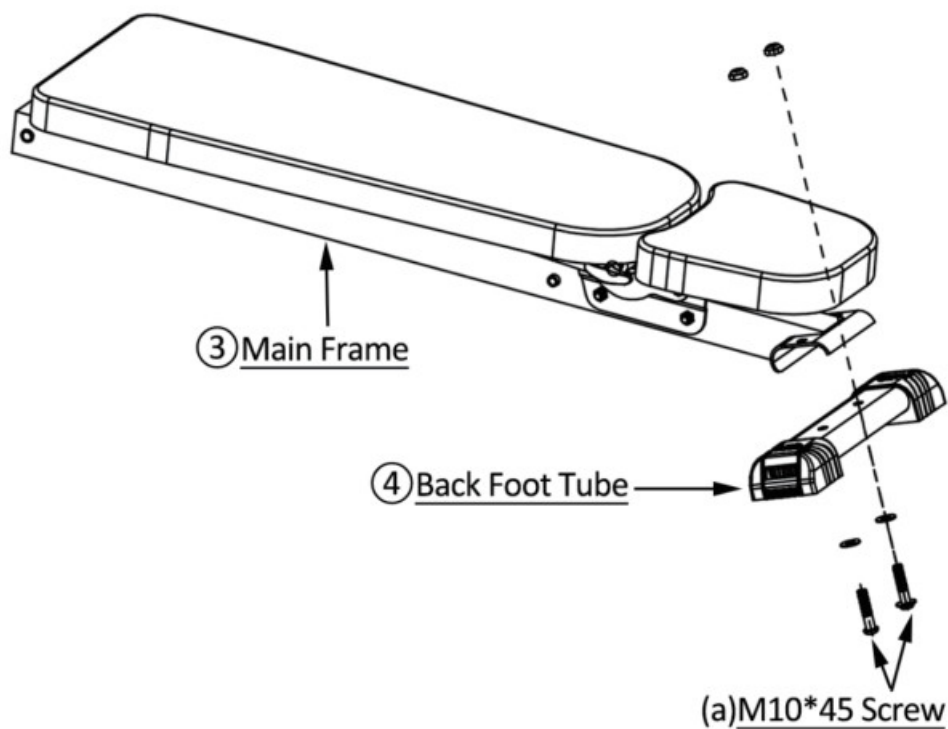
STEP 1

– Connect ① Front Support Tube to ② Foot Tube with Pedal with 2(a)M10*45 Screw(with washer)



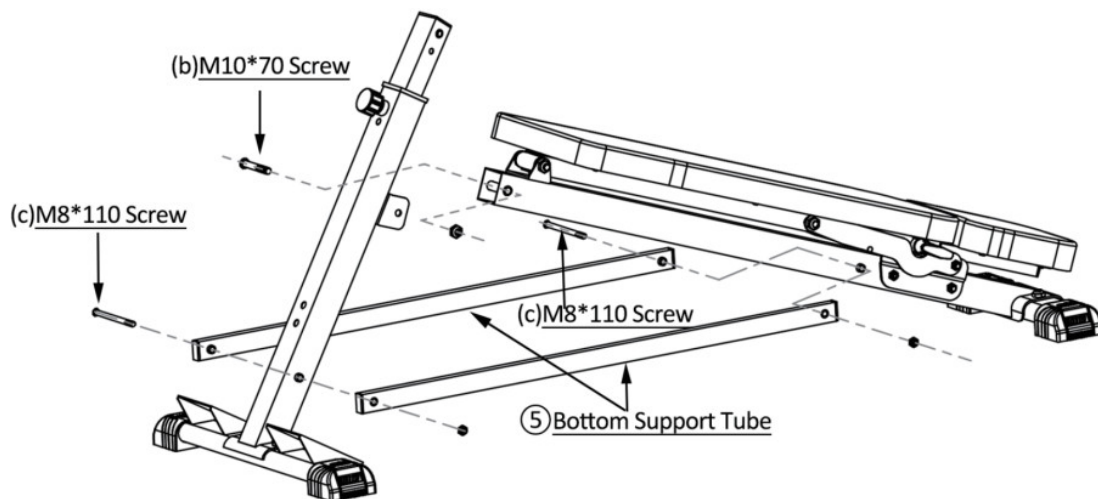
STEP 2

- Connect ④ Back Foot Tube to ③ Main Frame with 2 (a)M10*45 Screw(with washer)



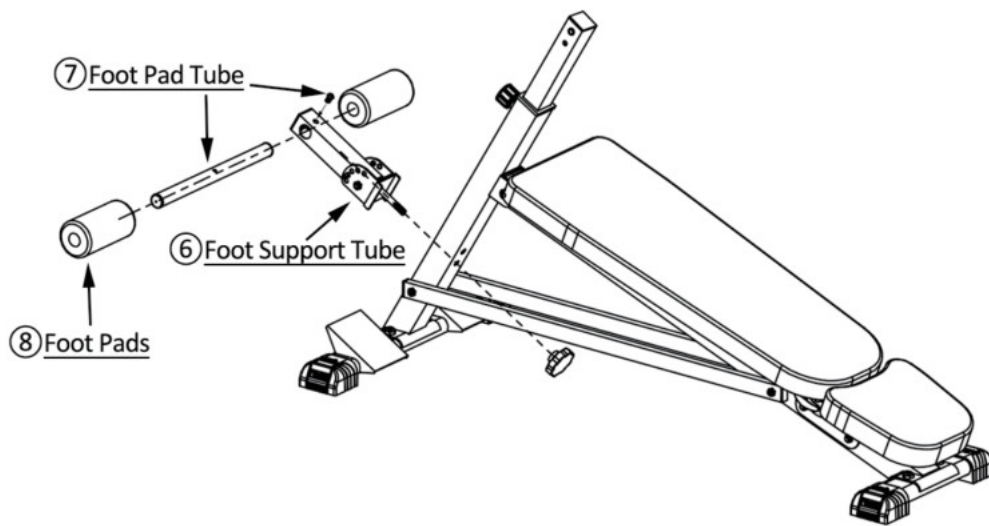
STEP 3

- Connect Main Frame to Front Support Tube with (b)M10*70 Screw
 - Connect 2⑤ Bottom Support Tube to Front Support Tube & Main Frame with 2(c)M8*110 Screw
- Attention that ⑤ Bottom Support Tube flat side facing out.



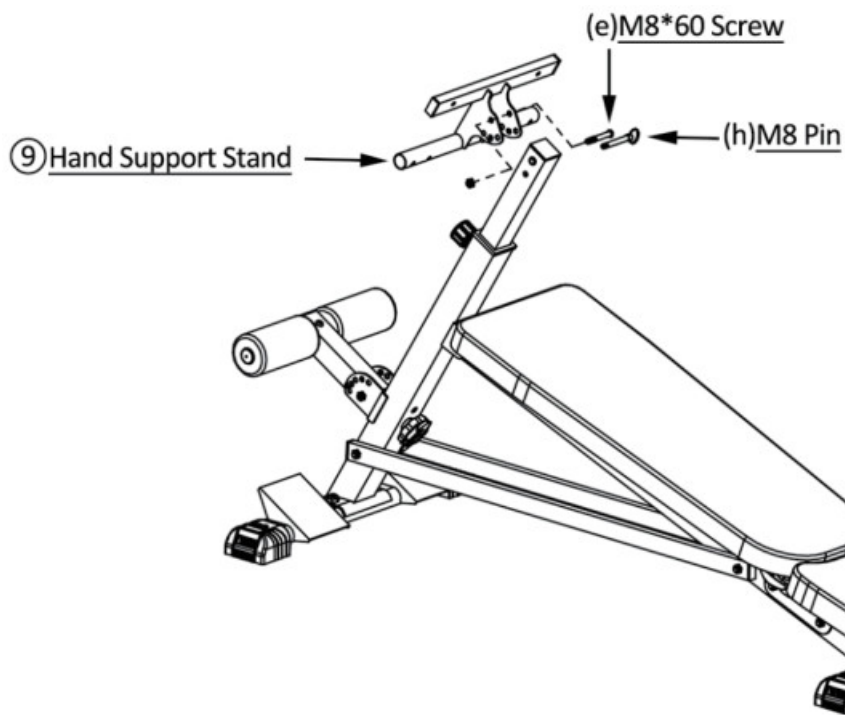
STEP 4

- Install ⑥ Foot Support Tube to Front Support Tube, then connect ⑦ Foot Pad Tube with self-contained M8*16 Screw Use (h)M8 Pin to fix the angle
- Install ⑧ Foot Pads with Foot pad Tube



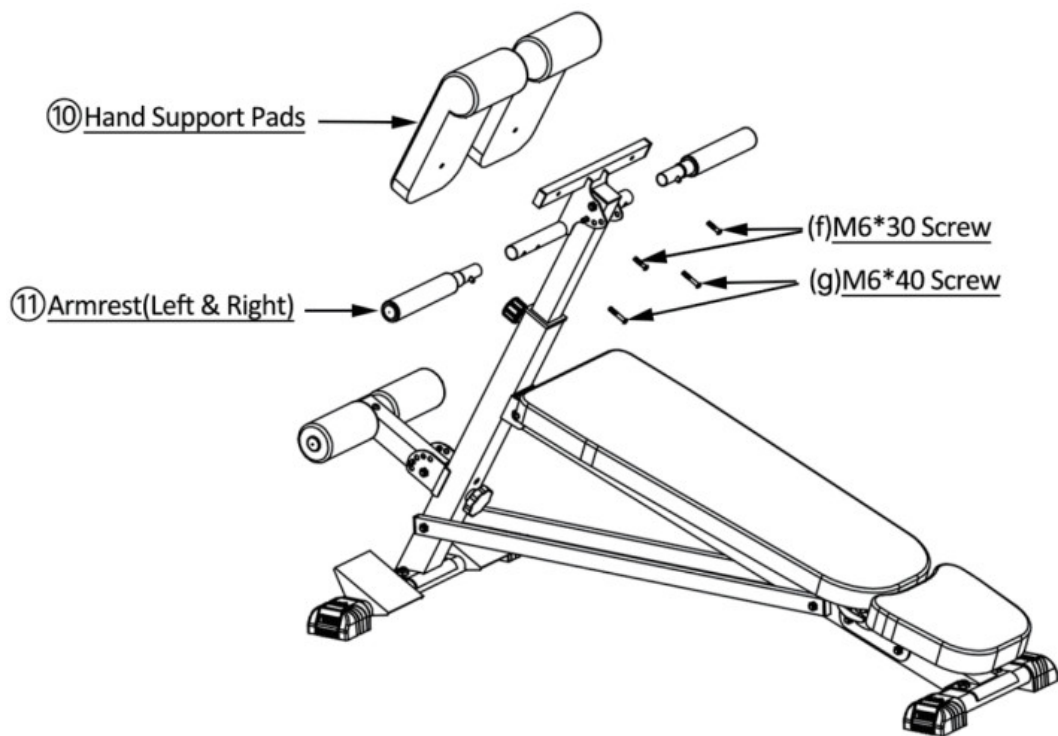
STEP 5

– Connect ⑨ Hand Support Stand to Front Support Tube with (e)M8*60 Screw, then put (h)M8 Pin in the Tube to fix the angle



STEP 6

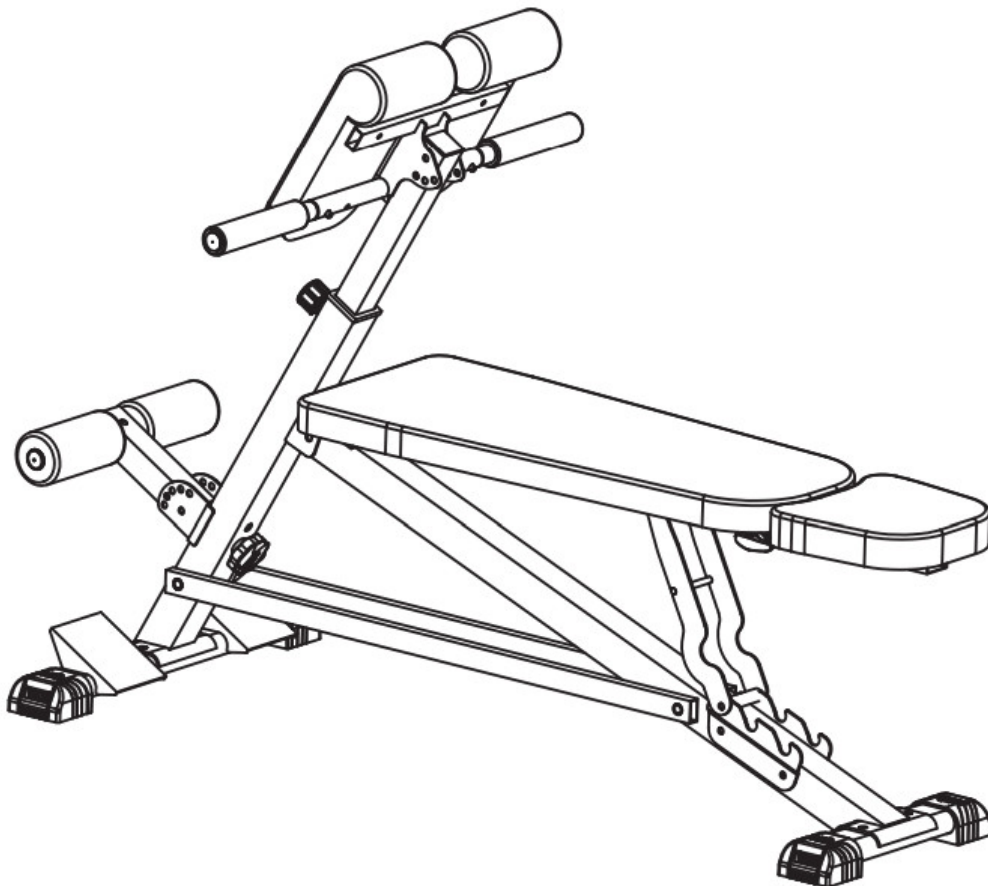
- Install 2 11 Armrest(Left & Right) into Hand Support Stand
- Connect ⑩ Hand Support Pads to the Stand, with 4 Screws.
- Pay attention that the TOP 2 screws are (f)M6*30 Screw, the 2 screws BELOW are (g)M6*40 Screw

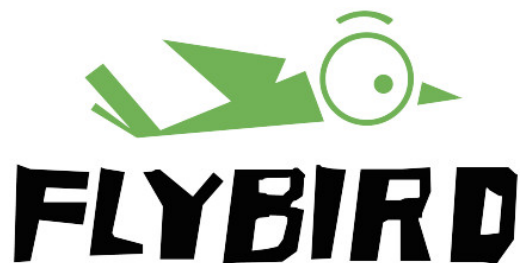


Warranty


We provide a 1-year warranty for this product. In this period, replacements for all accessories are freely provided. If you need replacement parts or support from the seller, please contact us via Amazon (Login your amazon account > choose "Your orders" > find the order ID > click "Contact seller") or email to flybirdfitness@outlook.com.

Our customer service will get back to you within 24 hours.





Documents / Resources

 <p>Multi-Function Adjustable Roman Bench RMC-01</p> <p>English User Manual</p>	<p>FLYBIRD RMC-01 Multi Function Adjustable Roman Bench [pdf] User Manual</p> <p>RMC-01 Multi Function Adjustable Roman Bench, RMC-01, Multi Function Adjustable Roman Bench, Adjustable Roman Bench, Roman Bench</p>
--	---

References

- [User Manual](#)