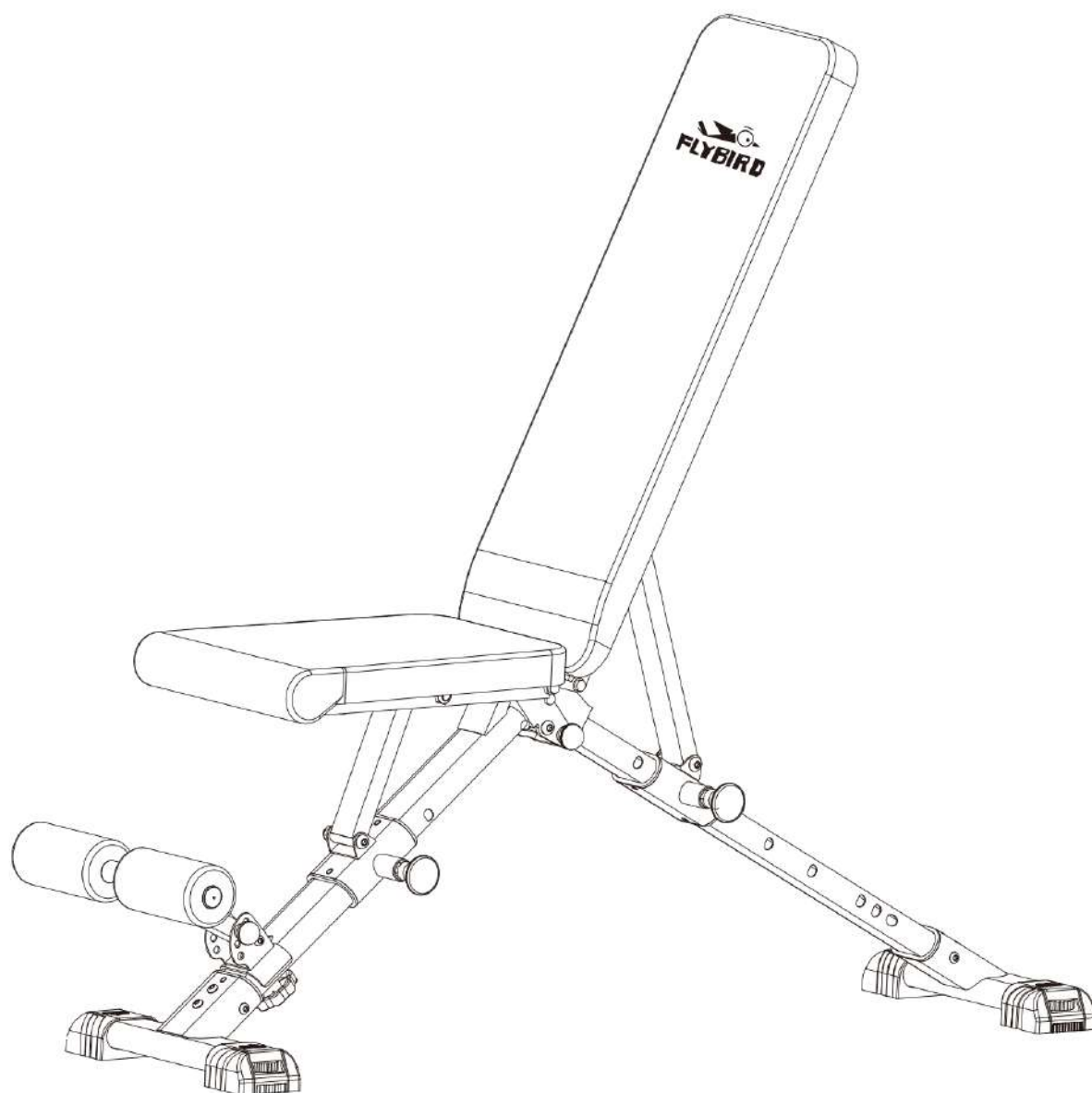




FB-17YLD02

FLYBIRD WEIGHT BENCH

USER MANUAL

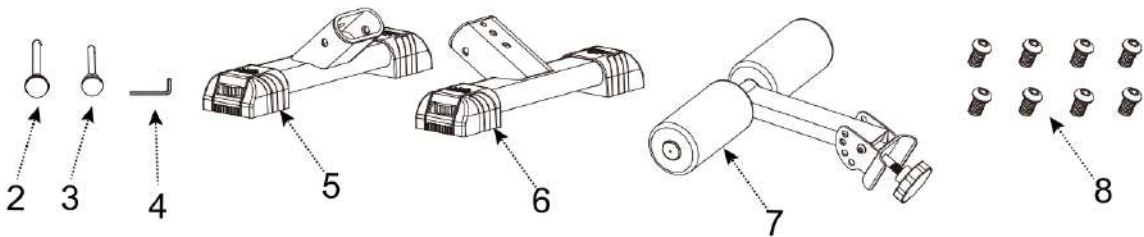
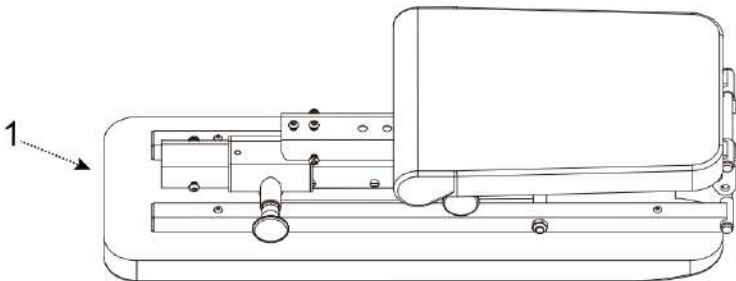
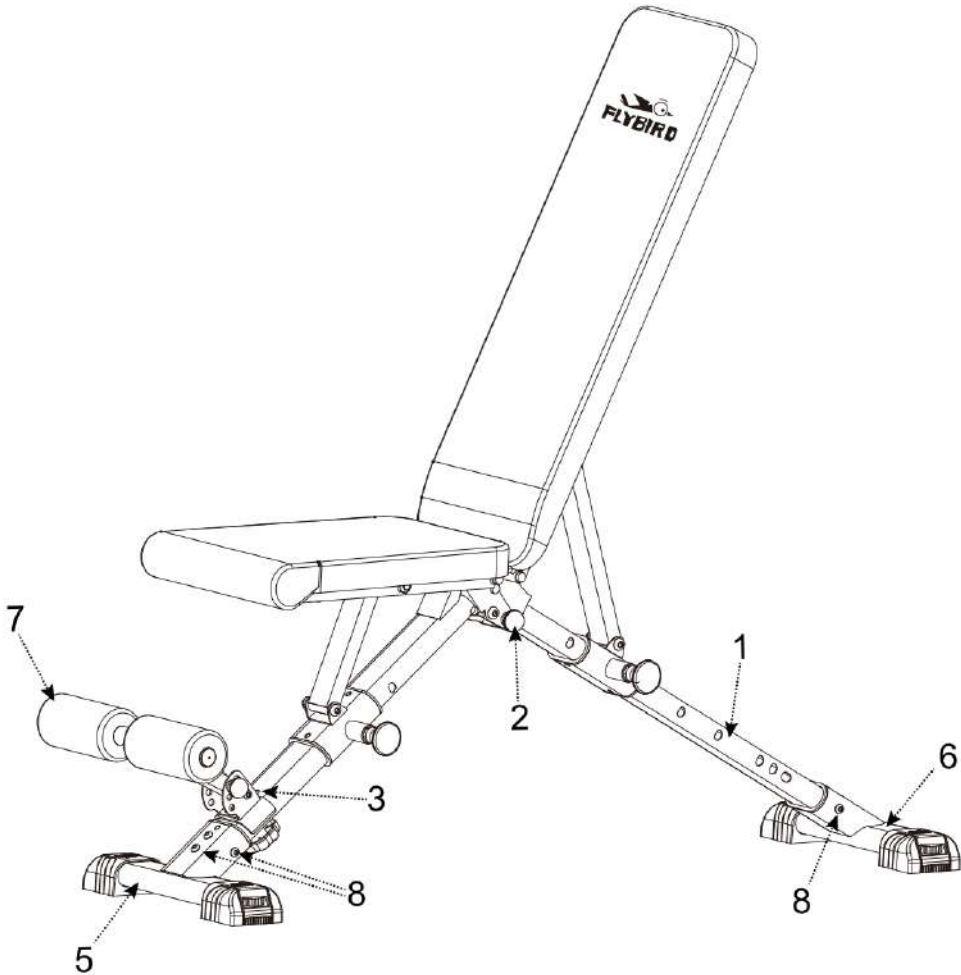
Precautions

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 uncomfortable 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.

Parts list

1.Main Frame	2.M10 Bolt	3.Foot Support Bolt	4.Tool
5.Front Foot Tube	6.Rear Foot Tube	7.Foot Support	8.M8*16 Screw



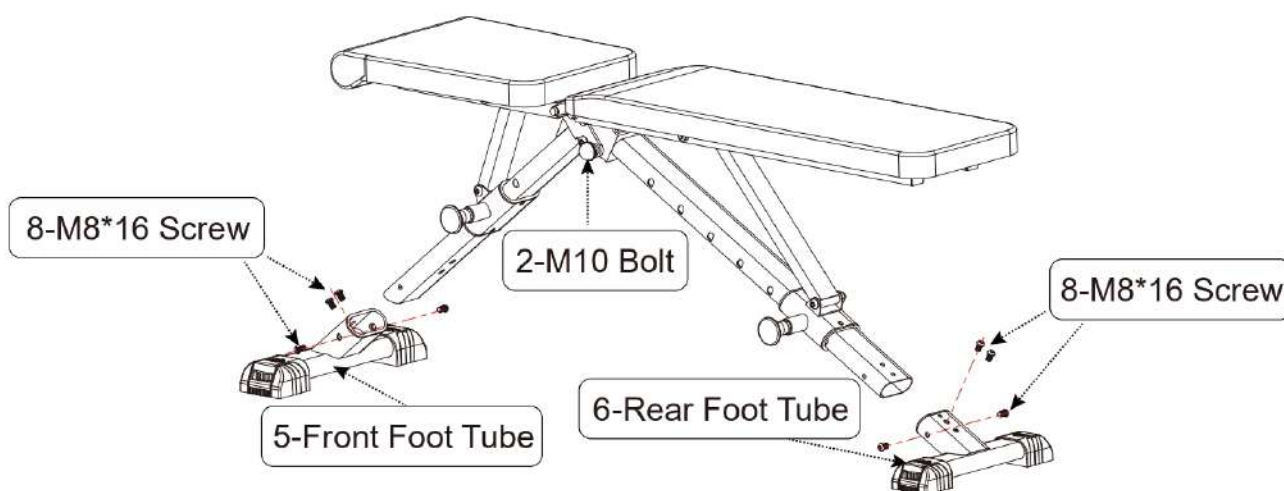
Installation Instructions

ATTENTION!

Please follow the installation instructions and make sure the bench is fully installed before you start using it.

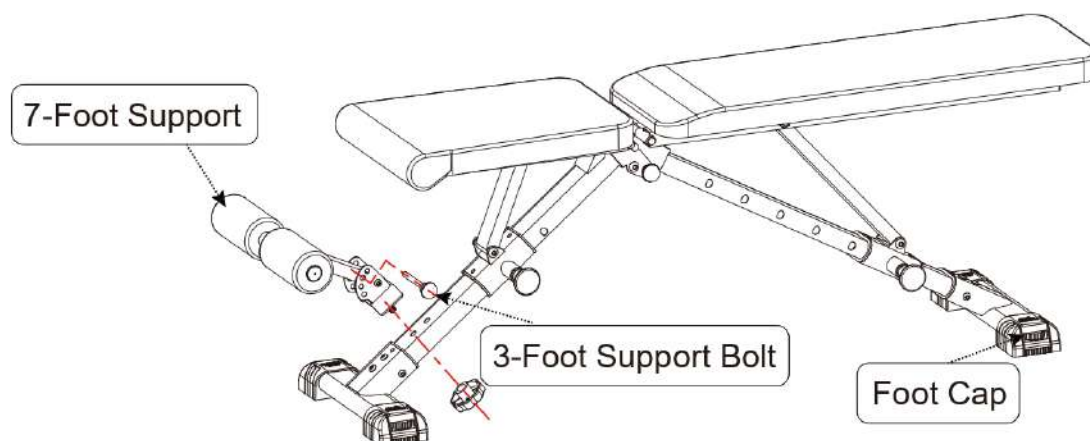
Step one

Unfold the main frame, insert the [M10 Bolt]. Install the [Front Foot Tube] with four [M8*16 Screws]. Install the [Rear Foot Tube] with four [M8*16 Screws].



Step two

Install the [Foot Support] as follows and insert the [Foot Support Bolt]. Finally, you can adjust the four [Foot Caps] before you start using it if you feel the bench is unstable.



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, please contact us
service@flybirdfitness.com

Amazon Order:

(Login your amazon account > choose "Your orders" > find the order ID > click "Contact seller") .

or Email to flybirdfitness@gmail.com.

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

In order to resolve your issue faster, please include the following information in your email when contacting us.

Order number _____

Product _____

Issue _____

Request _____

Address _____

Phone number _____