



USER'S MANUAL

Weight Bench FH10014

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.

Please give us a chance to make it right and do better!

Contact our friendly customer service department for help first.

Replacements for missing or damaged parts will be shipped ASAP!

Follow Costway



Contact Us!

Do NOT return this item.

Contact our friendly customer service department for help first.



Before You Start

- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

First, matters needing attention in safe use

I .Safety & Warnings

- 1) Please read the instructions and warnings carefully before using and installing the product.
- 2) Please consult your doctor before exercising and be sure to use this product correctly.
If you have abnormal feeling of vertigo, chest tightness, physical discomfort, abnormal pain, etc., please stop using the unit immediately and visit your GP or hospital.
- 3) If you are elderly, have high blood pressure, diabetes, heart disease or other diseases or illnesses such as otitis media, spondylitis, pleurisy, etc., please do not use this unit.
- 4) This product and all its parts are not toys. It contains parts that can cause suffocation. Please place the product and all its parts in a place where children cannot reach it.
- 5) Before using this product, the product must be inspected. If the product is damaged or missing parts, please do not use it.
- 6) This product is only intended for domestic use; please do not use it for business.
- 7) When using this product, fingers, loose clothing, jewellery and hair should not be close to the moving parts, and long hair must be tied back to reduce risk of injury.
- 8) Please use this product correctly within your own physical strength. Please do not overuse it.
- 9) Use this product in absolutely stationary, unobstructed places, and do not use on slopes or slippery surfaces.
- 10) Please do not exercise within 40 minutes after meals.
- 11) Please ensure that the space between the equipment and obstacles should not be less than 0.6m (23.6")
- 12) When using this equipment, minors should be under adult supervision and strictly follow the instruction manual.
- 13) Only proper installation, maintenance and use of equipment can achieve safe and effective training. Users must be familiar with all warning and precautions for the equipment.
- 14) The manufacturer is not responsible for serious personal injury, death or property damage if the warnings and instructions are not followed.
- 15) During the installation process, all screws should be inserted first, and then the left and right screws should be fixed together at the same time. If one side is tightened and the other side is not tightened, you may not be able to use the machine safely.

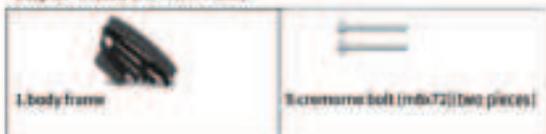
II .Storage and maintenance

- Store in a cool place, do not expose to the sun for a long time
- Wipe the surface of the machine regularly, do not try to wipe with corrosive substances
- Do not put heavy weight on the product in the storage room

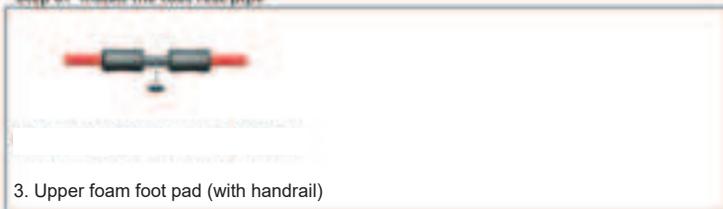
III . The Installation Diagram

Step 1: Open the package to confirm the product components

 <p>1. Body frame</p>	 <p>2. Foot tube</p>	 <p>3. Upper foam foot pad (with handrail)</p>
 <p>4. Lower foam foot pad</p>	 <p>5. Front foot cover</p>	 <p>6. Rear foot cover</p>
 <p>7. Outer hexagonal wrench 13-17</p>	 <p>8. Carriage screw M8 x 55 (two pieces)</p>	 <p>9. Crevice bolt (M8x72) (four pieces)</p>
 <p>10. Elastic cord</p>	 <p>11. Outer hexagonal screw M8x55 (one piece)</p>	 <p>12. The dumbbell rack</p>
 <p>13. Arm support leather cushion</p>	 <p>14. Crevice bolt (M8x60) (one piece)</p>	 <p>15. The dumbbell retaining clip</p>

Step 2: install the main frame**Step 3: install foot cover and front foot pipe**

step 4: install the rear foot cover**E**Rear foot cover**step 3: install support pipe****13**Arm support leather cushion**14**Connective belt (rubber) (two pieces)

Step 6: Install the foot rest pipe**Step 7: Install the foot rest pipe**

Step 8: Install a dumbbell rack



Step 9: Adjust dumbbell bench gear

After the black plug is installed to the outside, adjust the proper gear, and release it







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We would like to extend our heartfelt thanks to
all of our customers for taking time to assemble
this product and giving us valuable feedbacks.

*THANK
you*
☺

