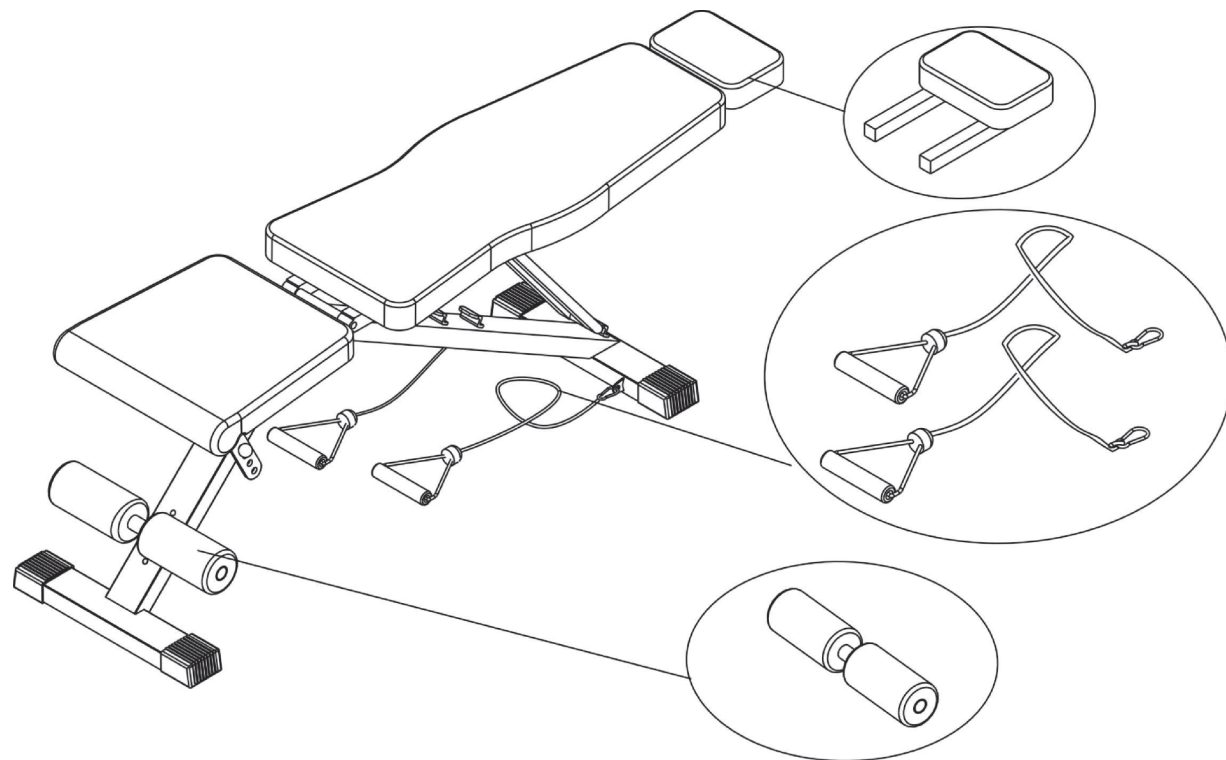


Adjust the Back Cushion and the Seat Cushion Position as illustrations to your favorite, so as to reach your workout aims.



You can buy accessories like Leg catch ,Elastic rope and Head cushion, and fix them on this 5210B as below drawing , so that you can do more exercises like SIT-UP, Chest Fly , Bench Press, Concentration Curl, Bicep Curl, Lateral Raise.

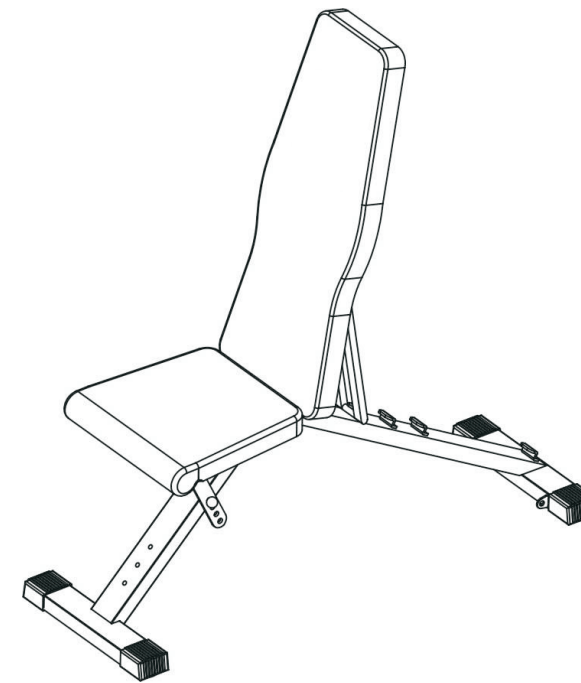


5210B Foldable Bench

OWNER'S MANUAL

WARNING

1. Very important to read the entire manual before assembling and using the equipment.
2. Before using the equipment, check the nuts and bolts are securely tightened.
3. The maximum loading is 100kgs
4. Keep fingers clear of moving parts at all times.
5. The products shall be placed and used on level and stable surface.
6. Use only under competent supervision. Do not allow children to play on or around this product.

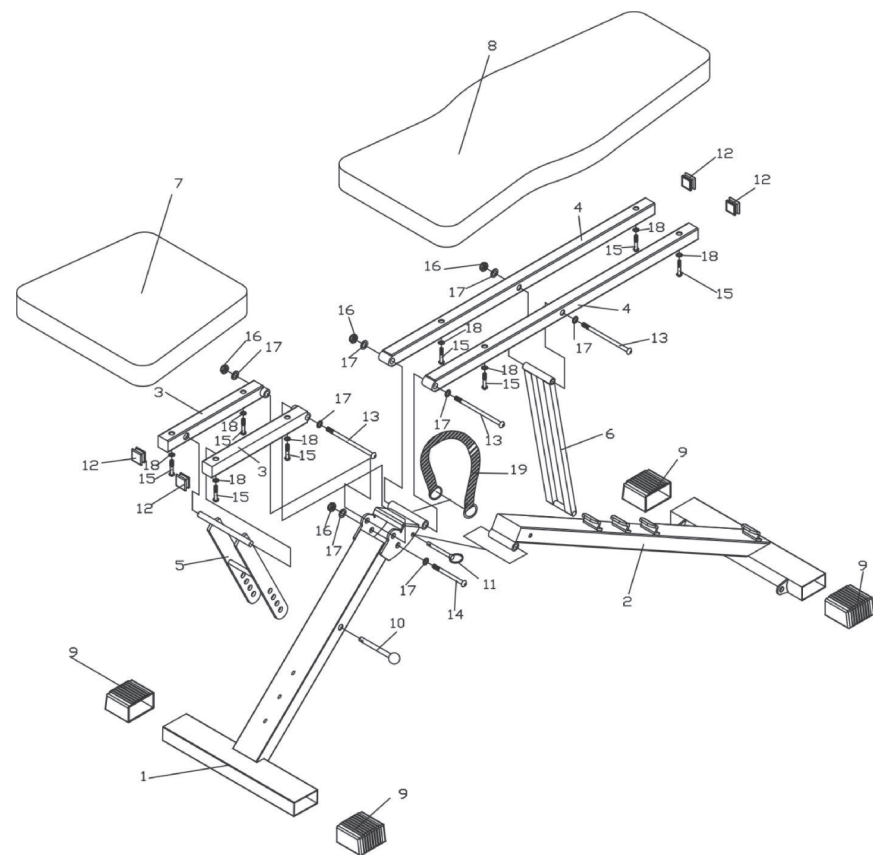


WARNING:

Weight on this product should not exceed 100kgs.

EXPLOSION

DIAGRAM	PART NAME	QTY
1.	Front Support Frame	1
2.	Back Support Frame	1
3.	Seat Support Frame	1
4.	Backrest Support Frame	1
5.	Seat Adjustment Frame	1
6.	Backrest Adjustment Frame	1
7.	Seat Cushion	1
8.	Backrest Cushion	1
9.	Foot Cap 30*60	4
10.	Ball Pin	1
11.	Bolt Ring	1
12.	Plug	4
13.	Bolt, Round head M10*150	3
14.	Bolt, Round head M10*86	1
15.	Bolt, Round head M8*35	8
16.	Nylock Nut M10	4
17.	Washer M10	8
18.	Washer M8	8
19.	Handle Band	1



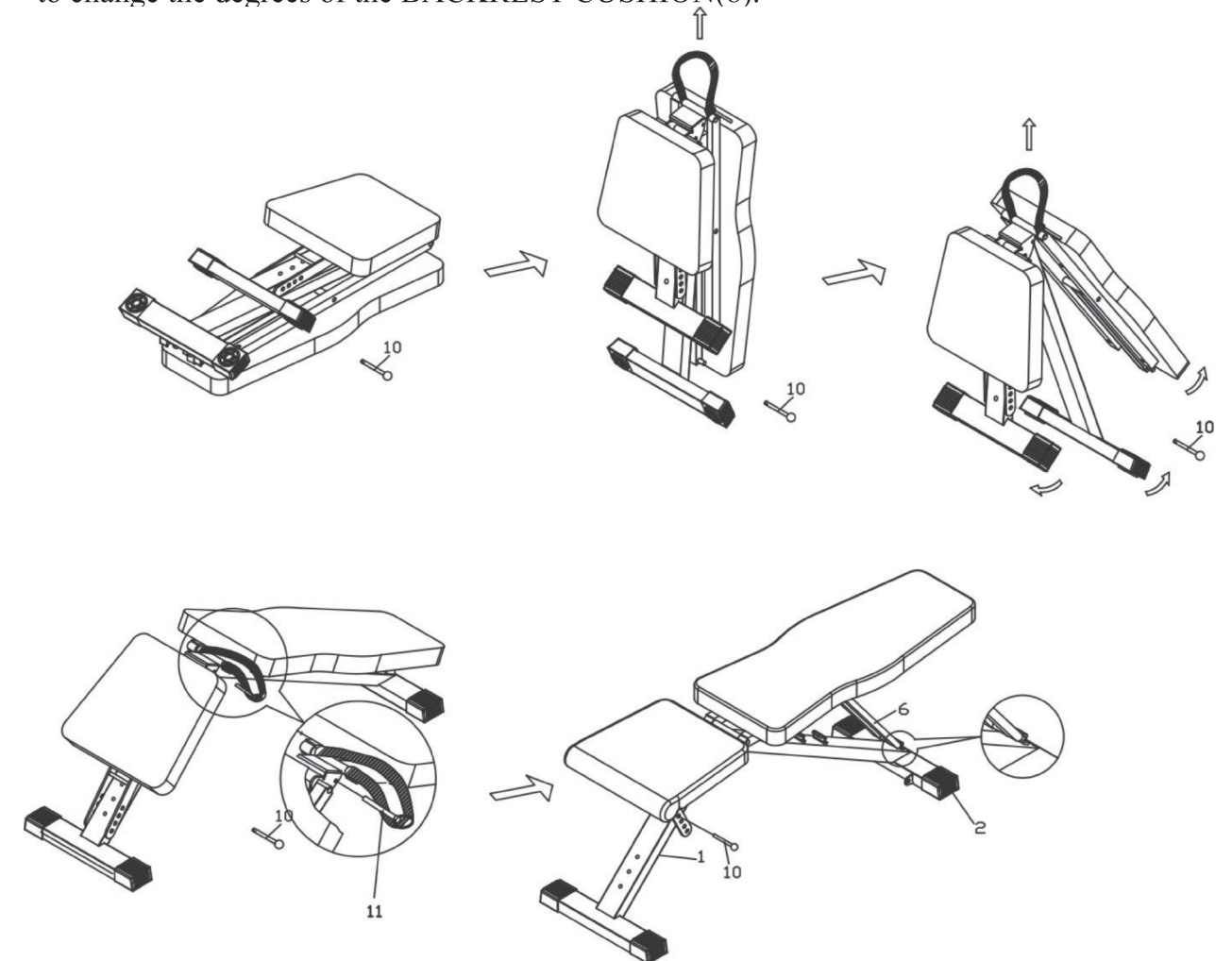
2

ASSEMBLY INSTRUCTIONS

STEP 1. Bring HANDLE BAND(19) to folding bench stand up.

STEP 2. Pull out the BACKREST CUSHION(8), then separate the FRONT SUPPORT FRAME(1) and the BACK SUPPORT FRAME(2) on the ground, insert the BOLT RING(11) into the hole.

STEP 3. Insert the BALL PIN(10) into the hole of SEAT ADJUSTMENT FRAME(5) and the FRONT SUPPORT FRAME(1), the SEAT ADJUSTMENT FRAME(5) have four holes to change the degrees of the seat. put the BACKREST ADJUSTMENT FRAME(6) in the fixed slot of the BACK SUPPORT FRAME(2). the backrest adjustment frame also have four slots to change the degrees of the BACKREST CUSHION(8).



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