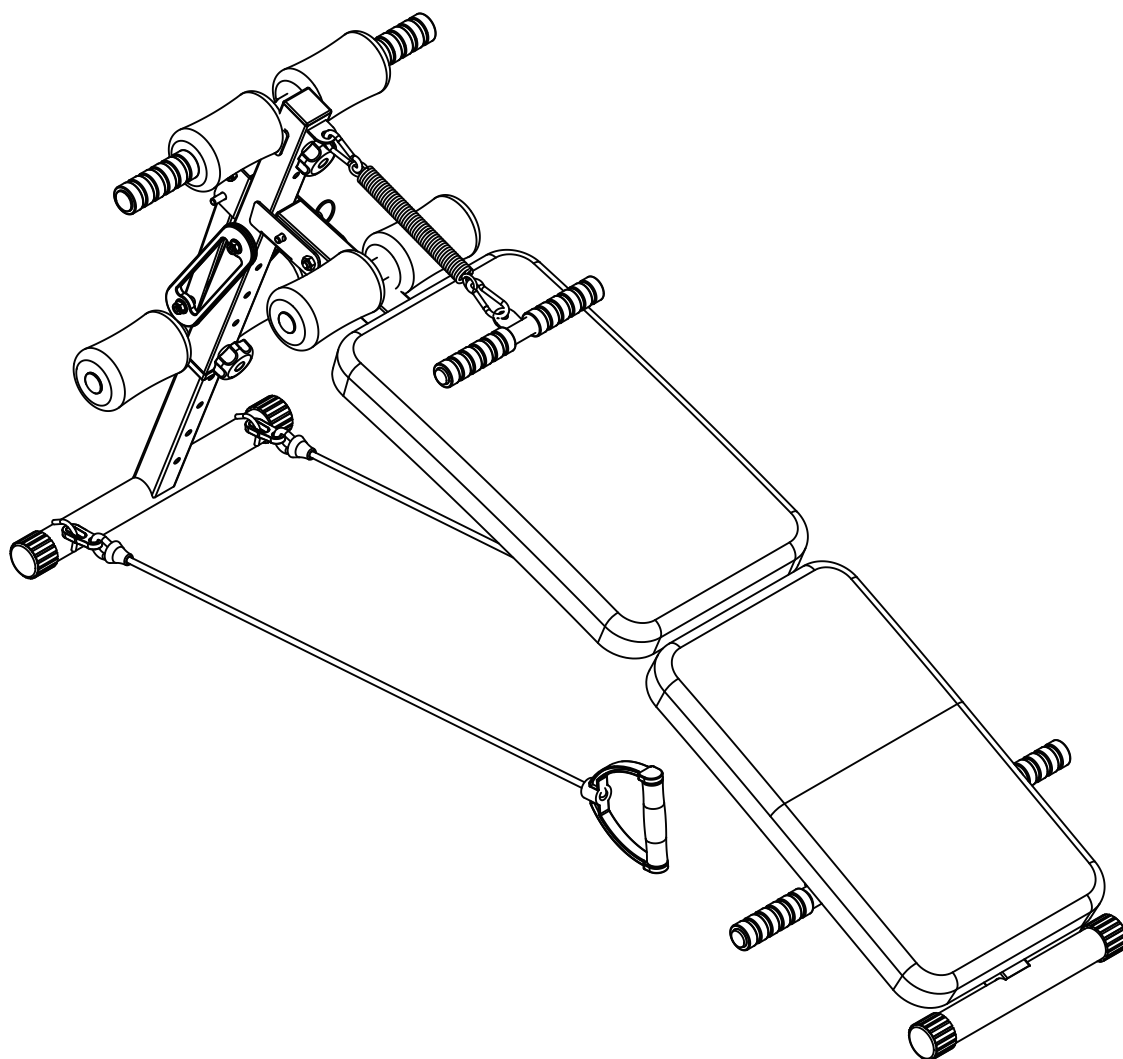


Everfit



SIT UP BENCH

Product instructions



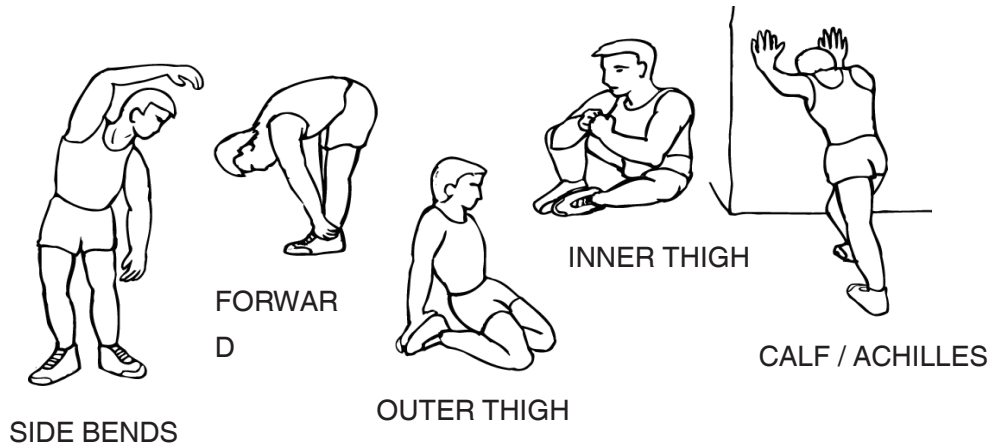
Please read all the instructions in the manual carefully before installing and using the product, and keep the instructions properly

EXERCISE INSTRUCTIONS

Using your bike provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

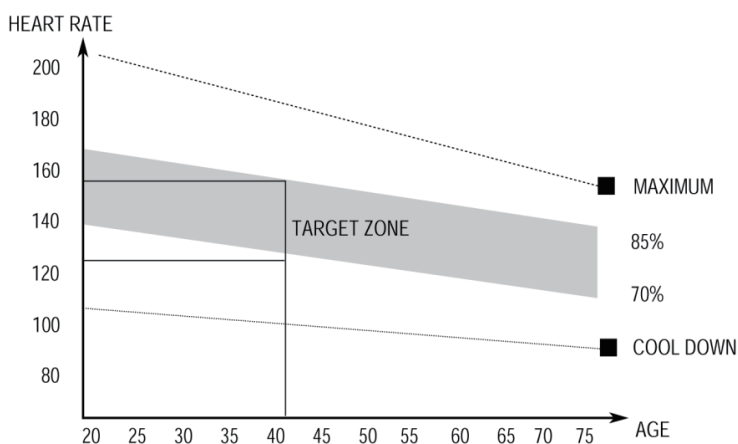
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become Stronger. Work to your limit but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



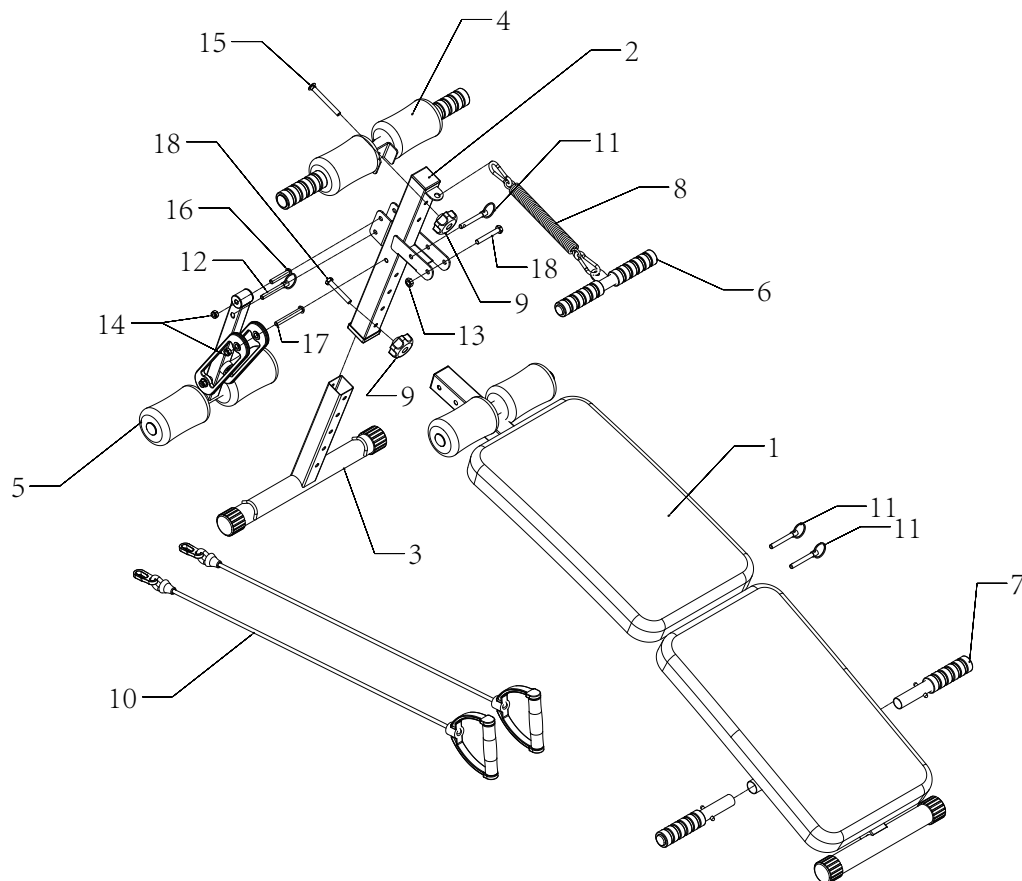
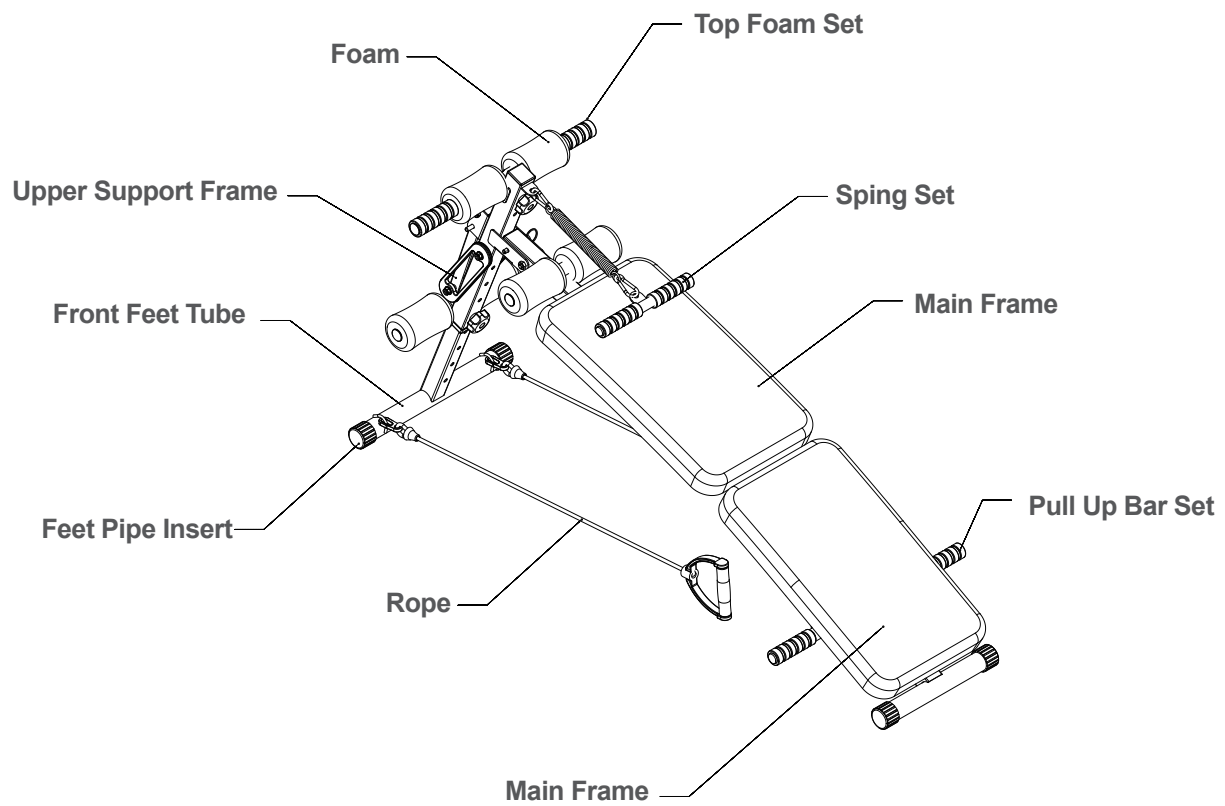
This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

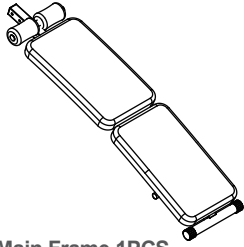
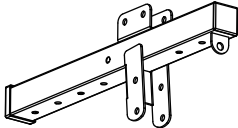
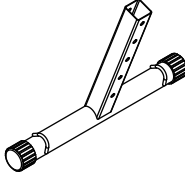
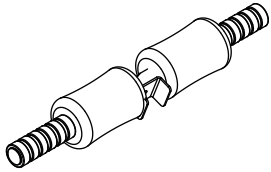
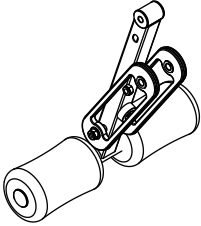
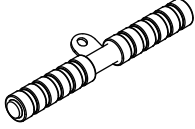
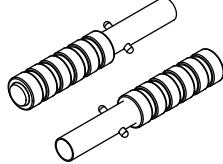
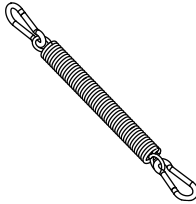
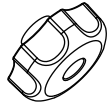
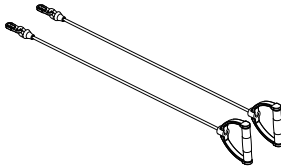
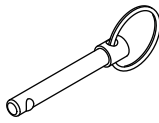
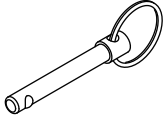
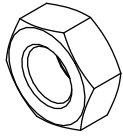
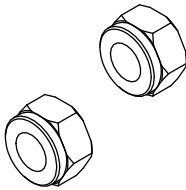
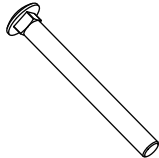
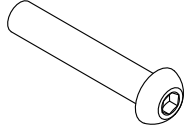
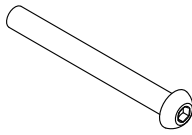
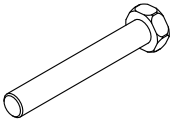
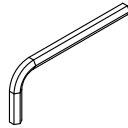
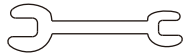
This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

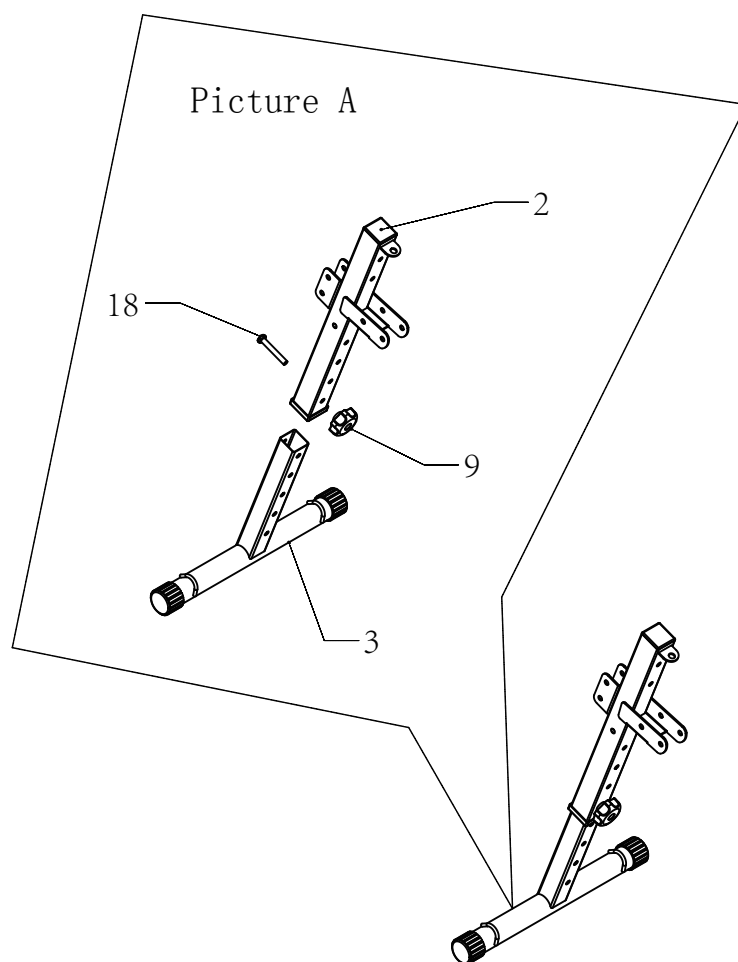
EXPLODED-VIEW ASSEMBLY DRAWING



PARTS

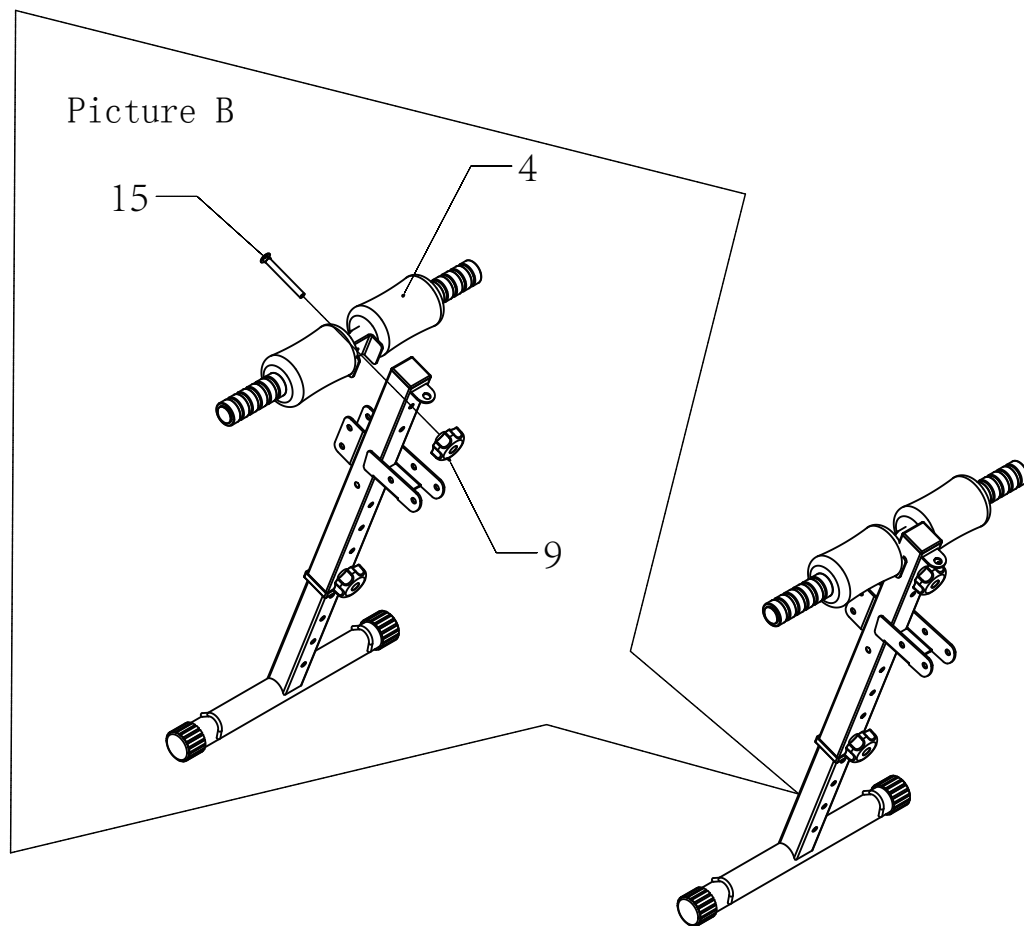
			
1.Main Frame 1PCS	2.Upper Support Frame 1PCS	3.Front Feet Tube 1PCS	4.Top Foam Set 1PCS
			
5.Foma Set 1PCS	6.Spring 1PCS	7.Pull Up Bar Set 1PCS	8. Spring 1PCS
			
9. Knob Nut (M*10) 1PCS	10. Rope 2PCS	11. Safety-hook (D10*55) 3PCS	12. Safety-hook (D8*55) 1PCS
			
13. Nut (M*10) 1PCS	14. Nut M8 2PCS	15. Screw (M10*75) 1PCS	16. inner Hexagon Screw (M8*45) 1PCS
			
17. inner Hexagon Screw (M8*65) 1PCS	18. Hexagon Head Screw (M10*55) 2PCS	19. “L”-shape Wrench 1PCS	20. Open Wrench 1PCS

INSTALLATION STEPS



STEP 1

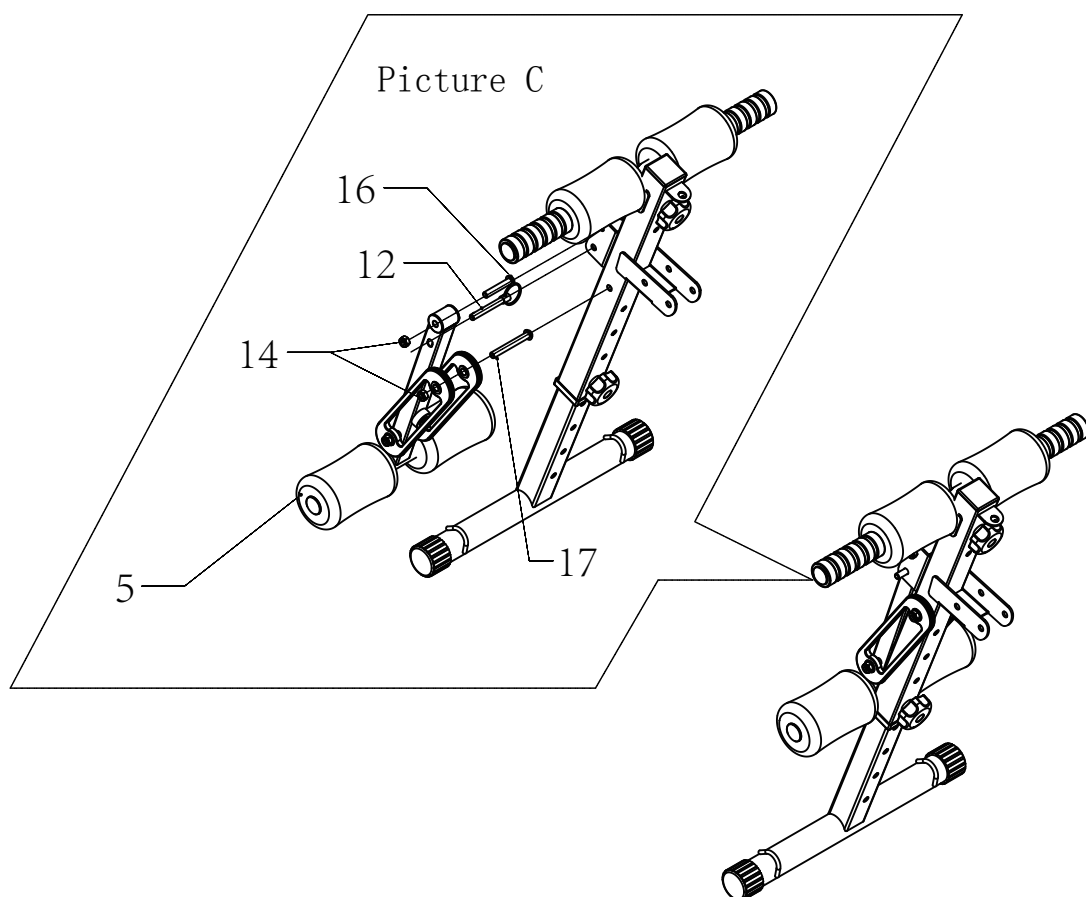
Insert front feet tube (3) to upper support frame (2), align the appropriate hole to insert screw(18) and lock with nut (9).



STEP 2

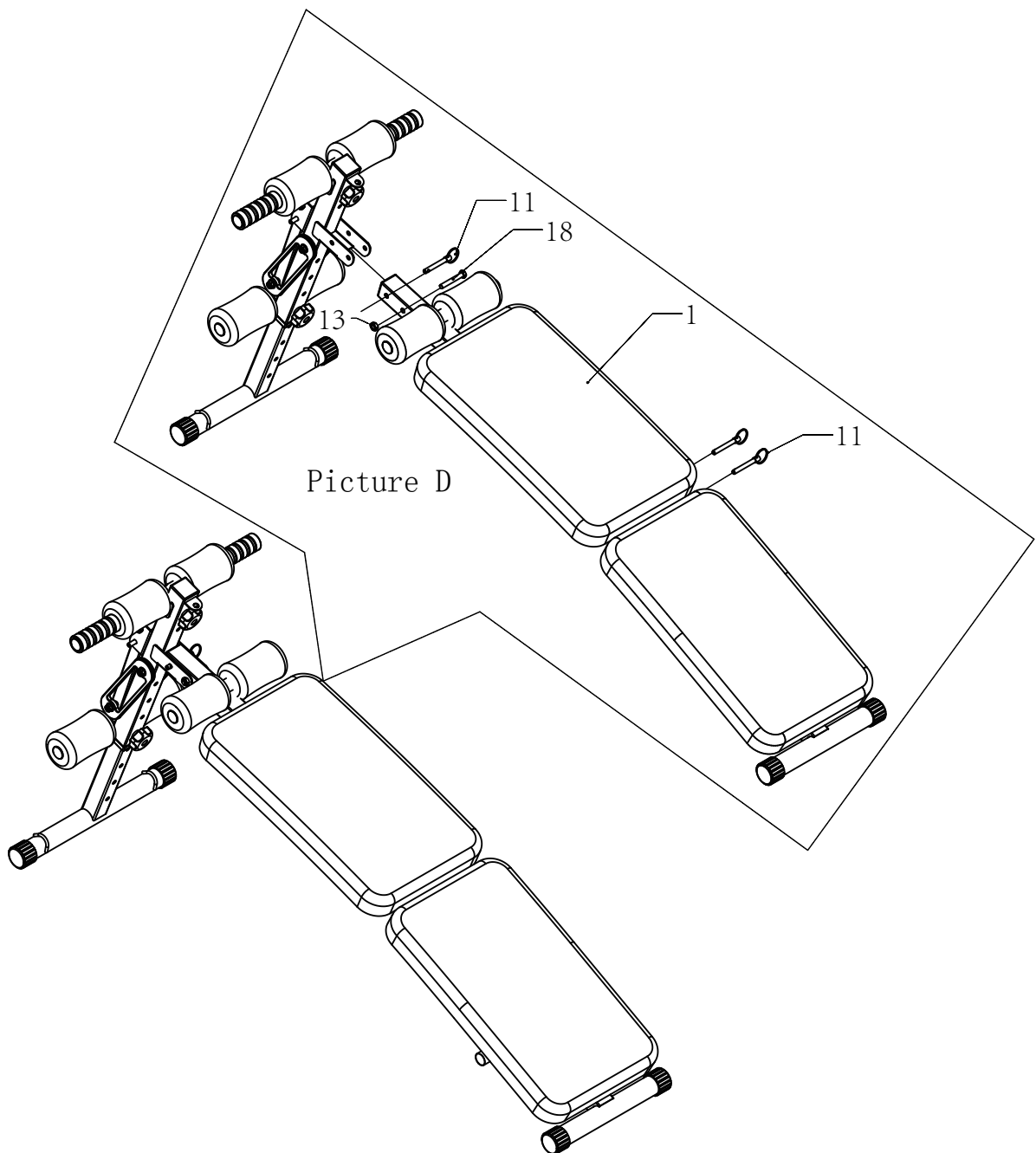
Insert Top foam set(4) to upper support frame (2), align the appropriate hole to insert screw(15) and lock with nut (9).

INSTALLATION STEPS



STEP 3

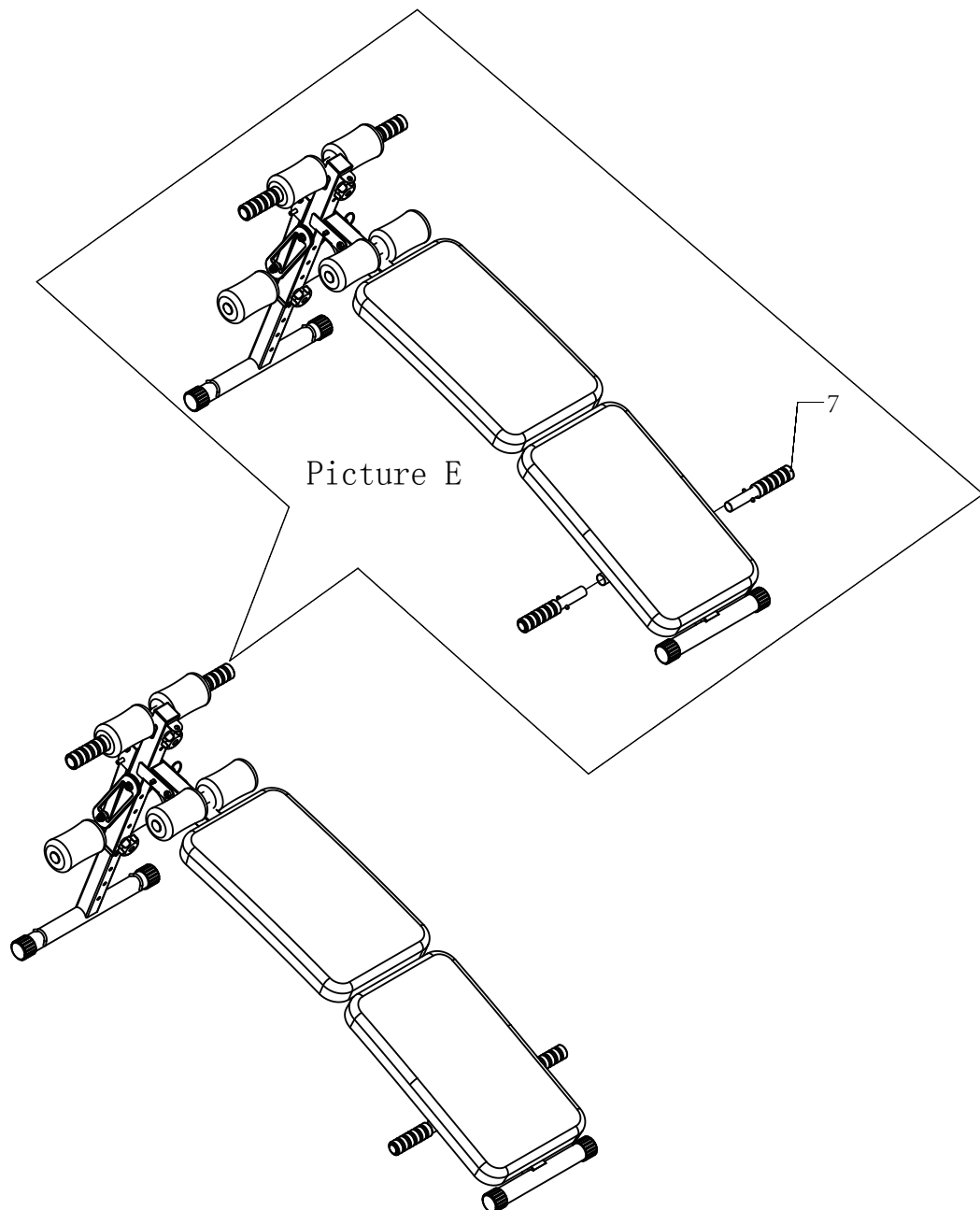
Insert foam set (5) to upper support frame(2),align the appropriate hole to insert screw(12) (16) (17)and lock with nut (14) using "L"type and mulit-function wrench.



STEP 4

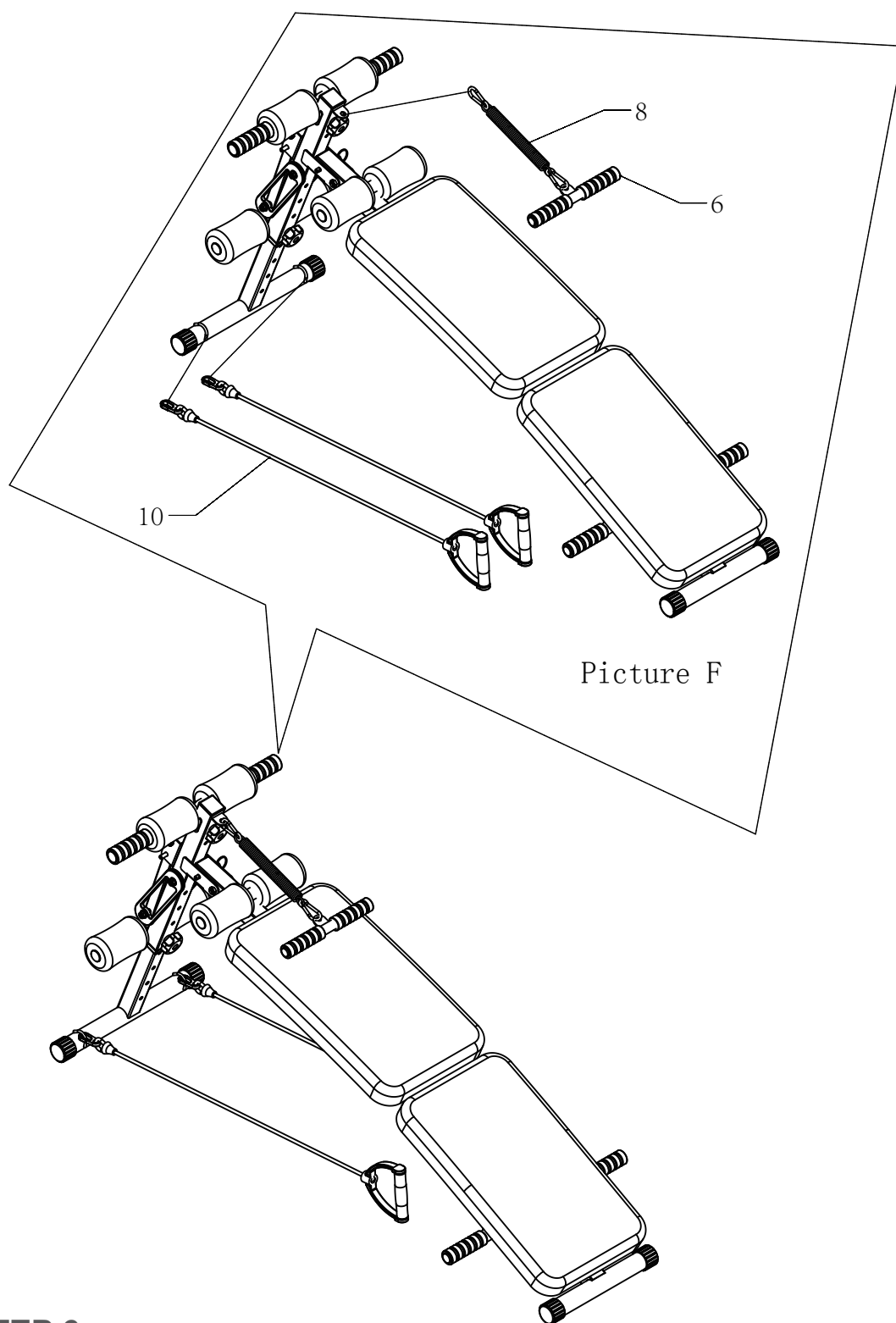
Connect main frame (1) to the support frame (2) using screw (18) , nut (13), safe Hook (11) same as picture D, do not forget folding cushion back safe hook.

INSTALLATION STEPS



STEP 5

Insert pull up bar to hole as picture E.



STEP 6

Buckle spring set (6) (8) into the triangle hole, Buckle rope(10) into the feet tube hole as Picture F.

Using Environment

- 1.Children and pets should stay away from products at all time, and do not allow children to be unattended while being around the product.
- 2.Only one person should be on the bench at any point of time.
- 3.Stop training and consult your doctor immediately if you experience dizziness/chest pain/breathlessness or other discomfort.
- 4.please put the product on a clean surface, away from water sources.
- 5.When training, wear appropriate sportswear and footwear, Avoid wearing loose clothing that may get caught in the bench.
- 6.please use this product in accordance with the product description described in the manual.
- 7.Do not put any sharp or dangerous objects nearby this bench during workout.
8. Disabled users are not allowed to use this product without the supervision of professional personnel.
- 9.warm-up and stretching exercise should be done before workout to reduce the rates of injury.
- 10.Do not use this product if you suspect that it may be faulty.
- 11.we recommend users to workout with a friend/partner to lookout for each other.

Daily maintenance

1. Lubricate the parts regularly.
2. Check and tighten all parts of the product before using the device.
3. Use a damp towel to clean the bench after use, Avoid using a chemical solvent to clean the product.

Warning:

Before any training, please be sure to consult your health care providers, especially those with health problems, you acknowledge that you are utilizing our equipments voluntarily and are aware of risks involved in fitness and weight training in your own private compound, These include, but are not limited to, injuries sustained while utilizing our fitness equipment, any illness that could potentially be precipitated during workout(eg, heart attack, stroke ect) as well as sudden death. You also acknowledge that any damage to your property will be at your own risk.

