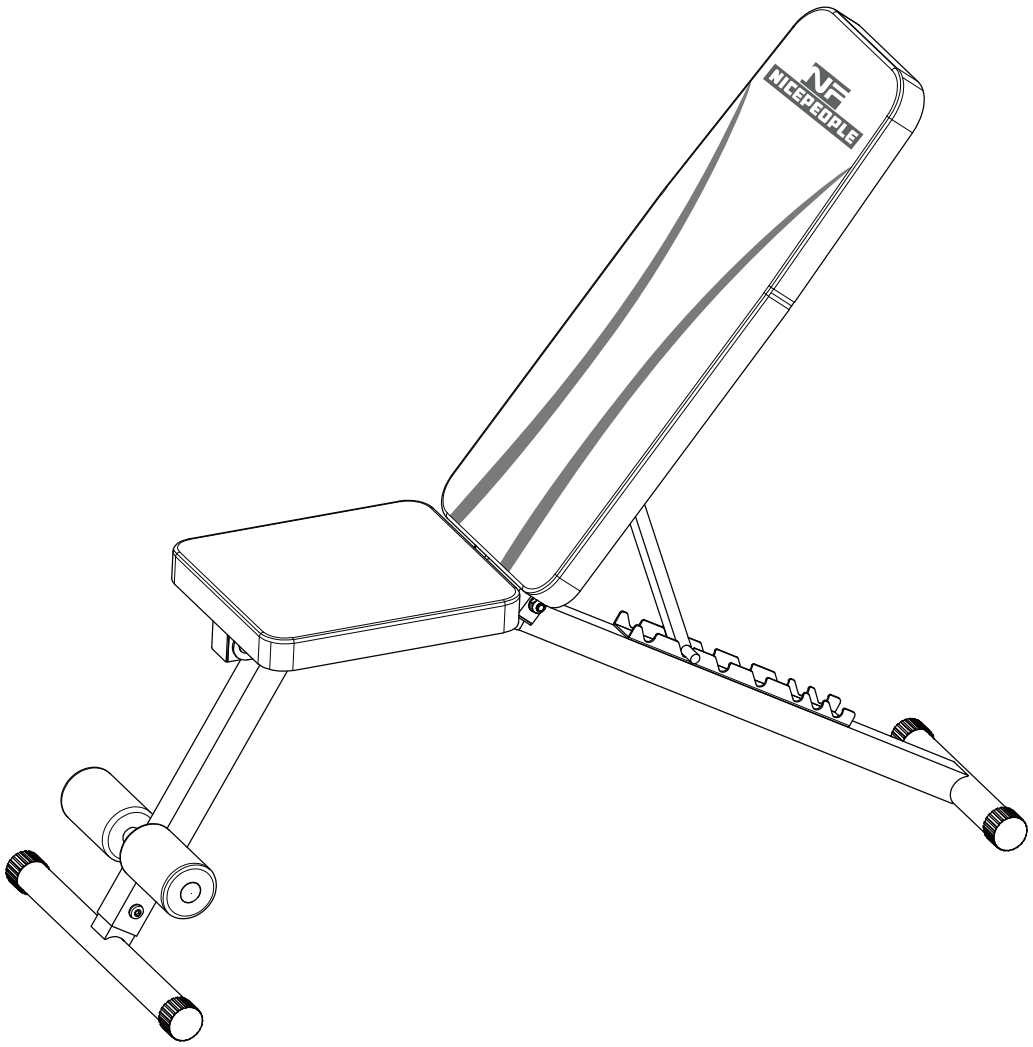


FB-23YLD05

NICEPEOPLE Weight Bench

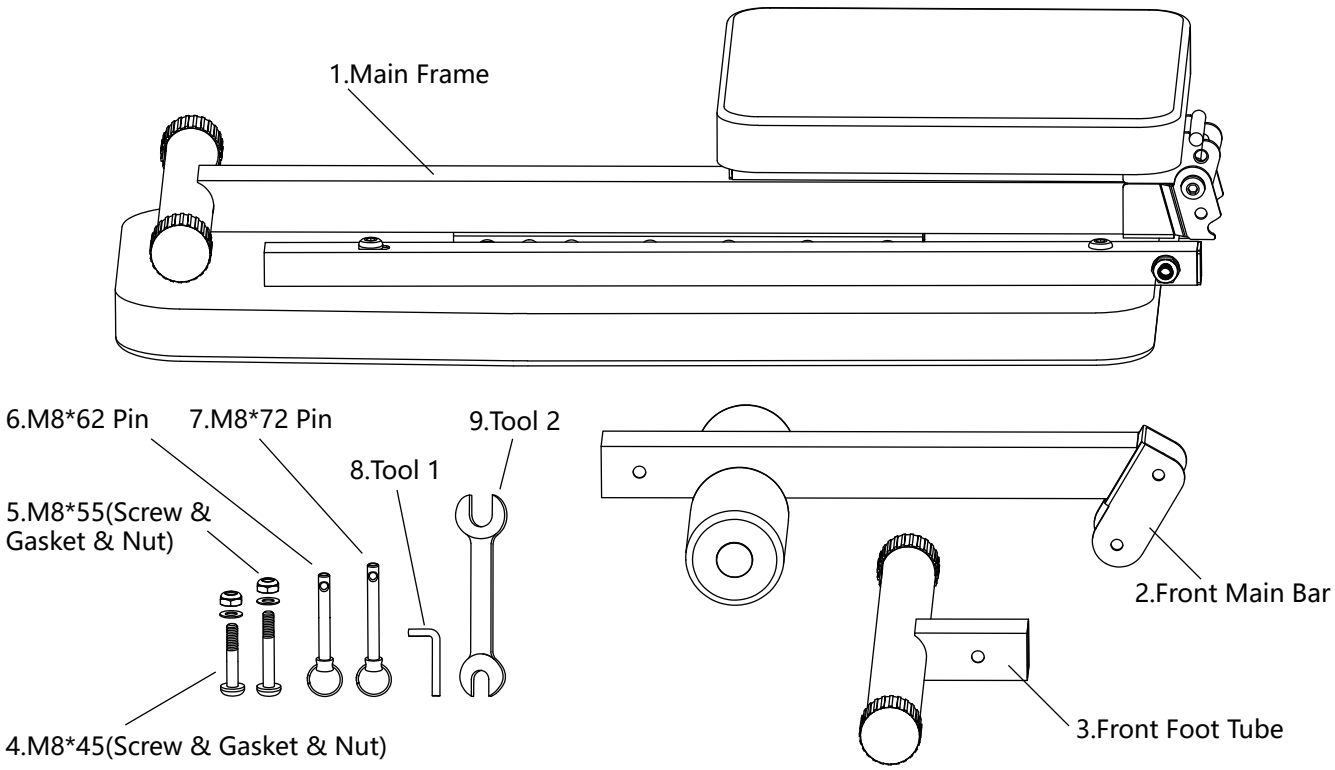
USER MANUAL

Precautions

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

- Teenagers and the elderly should use this product under supervision.
- 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.
- Please install this product correctly before use and make sure that all parts are properly connected.
- 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



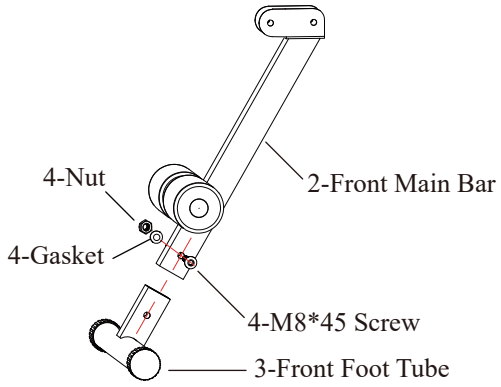
	Parts	Quantity
1	Main Frame	1
2	Front Main Bar	1
3	Front Foot Tube	1
4	M8*45(Screw & Gasket & Nut)	1
5	M8*55(Screw & Gasket & Nut)	1
6	M8*62 Pin	1
7	M8*72 Pin	1
8	Tool 1	1
9	Tool 2	1

Assembly Instructions

Please follow the installation instructions and make sure all screws are fully tightened before you start using it.

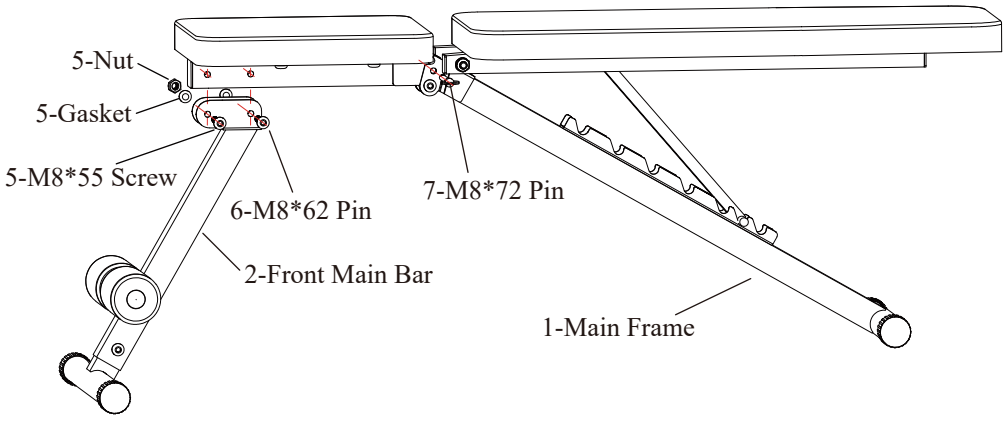
Step 1：

As following, use [M8*45 Screw & Gasket & Nut] to assemble the [Front Foot Tube] on the [Front Main Bar].



Step 2:

Unfold the main frame, insert the [M8*72 Pin]. Use [M8*55 Screw & Gasket & Nut] and [M8*62 Pin] to install the [Front Main Bar] on the [Main Frame].



Step 3

Multiple backrest angles can be adjusted according to your needs. Finally, you can adjust the four [Foot Caps] before you start using it if you feel the bench is unbalanced.

