

TS-2023.06.02

142.50 mm

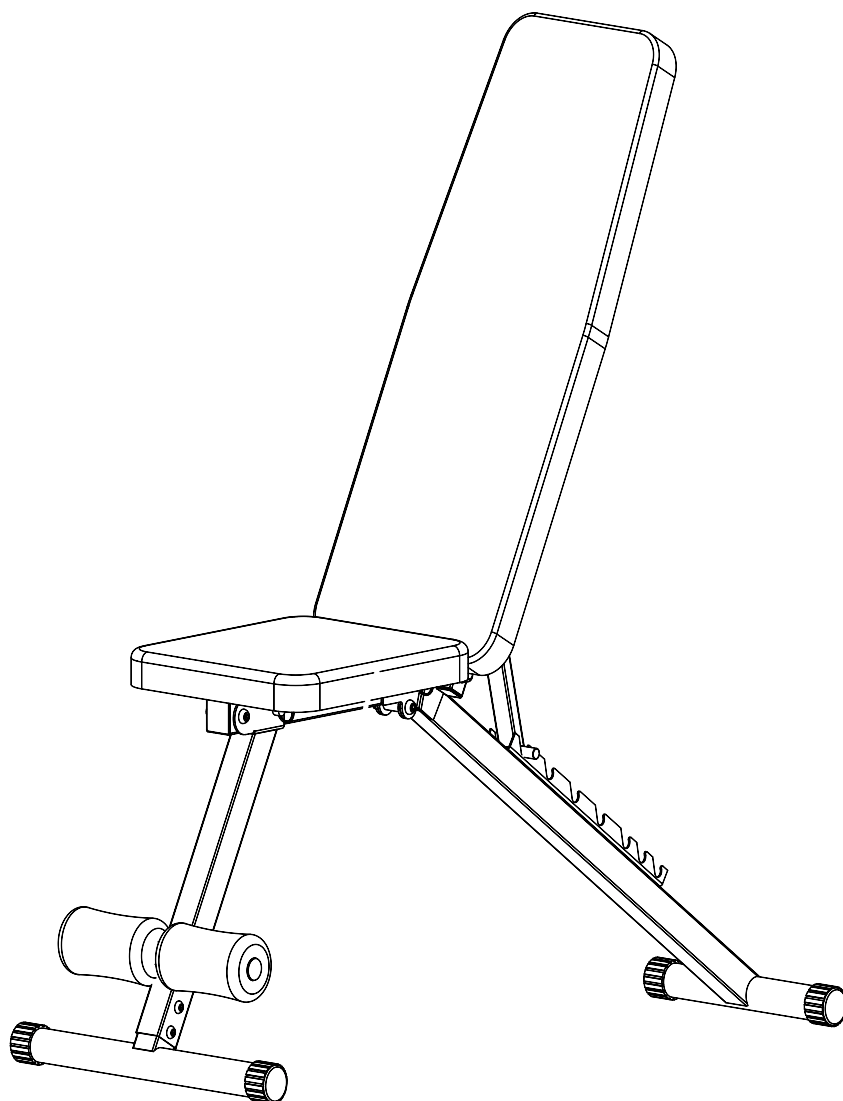


WEIGHT BENCH

LPUSAM-FWBA-CILS44-BK00-V 2

USER'S MANUAL

210.00 mm



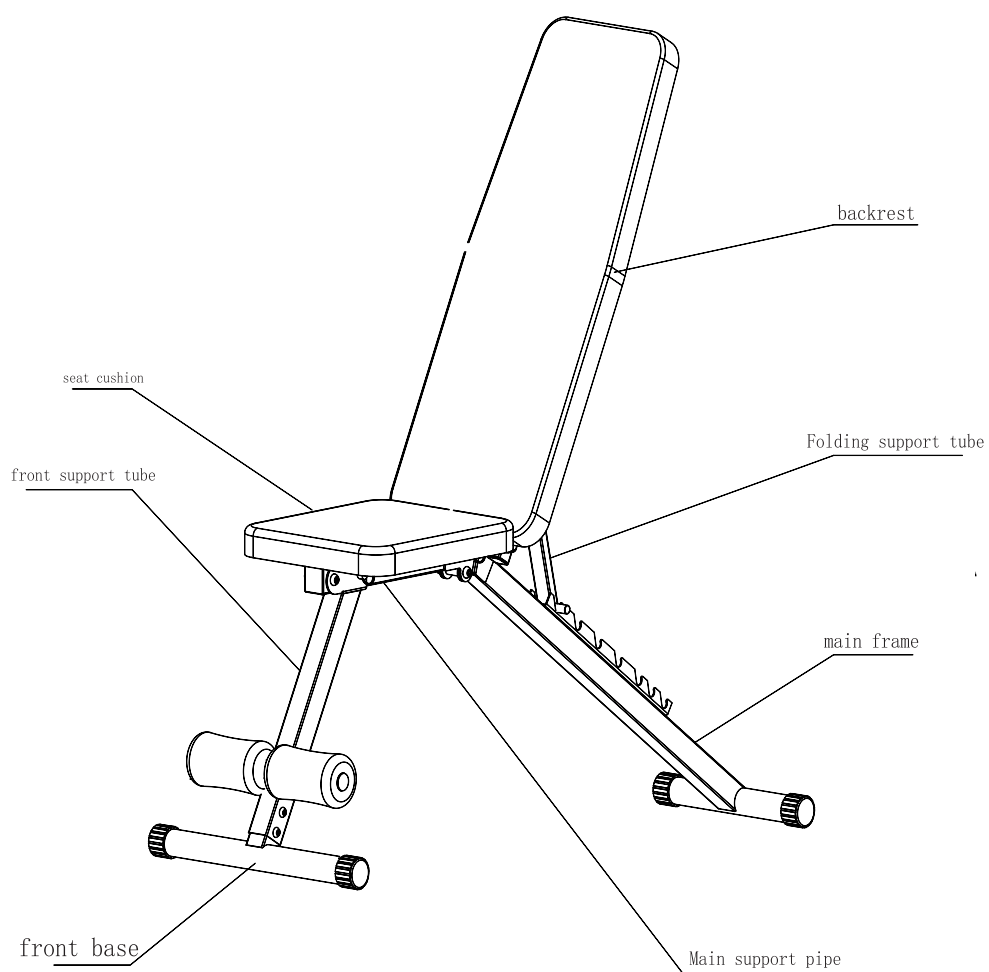
Warranty: All accessories are covered by a 1-year warranty.
If a part is missing, please contact us for replacement.

IMPORTANT PRECAUTIONS

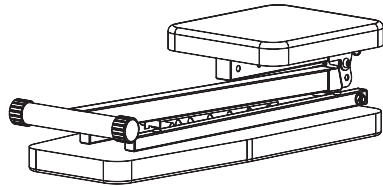
WARNING: To reduce the risk of serious injury, read all important precautions in this manual. Lusper assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Read this user's manual carefully before assembling and using the equipment and keep this manual for future reference.
4. Keep children and pets away from the weight bench, and do not leave unattended children alone in the room where the equipment is placed.
5. Only one person is allowed to use each time.
6. Keep hands and feet away from moving parts.
7. If the user experiences dizziness, nausea, chest tightness, or other symptoms, stop using the equipment and go to see a doctor immediately.
8. Place the weight bench on a clean and level surface. Keep the weight bench indoors, away from moisture and dust. Do not put the weight bench near water.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the weight bench. Wear athletic shoes for foot protection while exercising.
10. Please strictly follow the operational instructions.
11. Warm up properly by doing some stretching and light exercise.
12. Do not use the weight bench if malfunction is indicated.
13. The maximum load is 240 lbs and the dynamic load is 600 lbs.

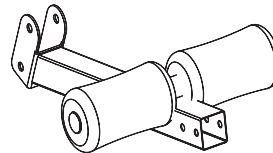
MAJOR PARTS



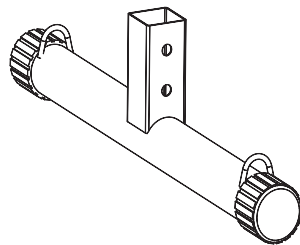
PART IDENTIFICATION CHART



main frame* 1pc

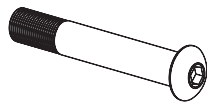


Front support tube

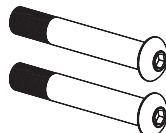


front base

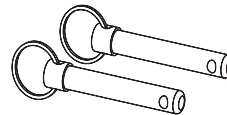
Fastening Parts & Accessories



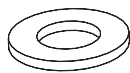
screw M10-55*1



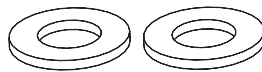
Screw M8-50*2



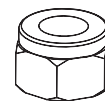
Locking Pins*2PCS



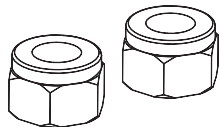
flat washer d10 *1



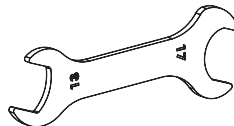
flat washer d8 *2



locknuts*1 M10



locknuts *2 M8



Open-End Wrench x1

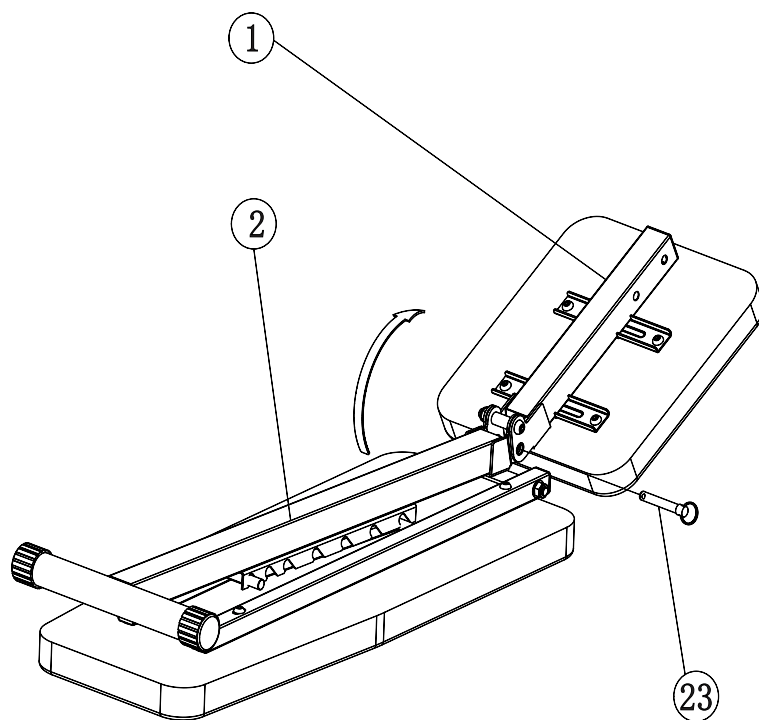


S5 Allen key*1



S6 Allen key*1

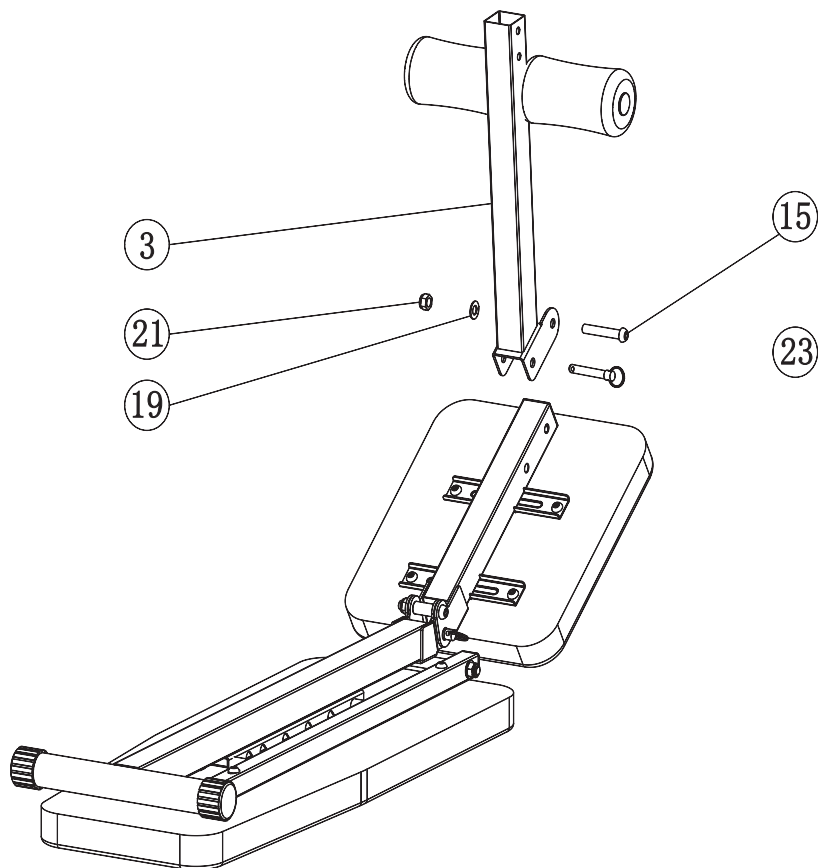
ASSEMBLY INSTRUCTIONS



STEP 1:

Lay (2-rear main frame) flat and then turn ((-front main frame tube group) over, take out ((2-locking pins d10*60 1 piece) and insert it into (1-front main frame tube) and (2-rear main frame tube), as shown in the figure.

ASSEMBLY INSTRUCTIONS

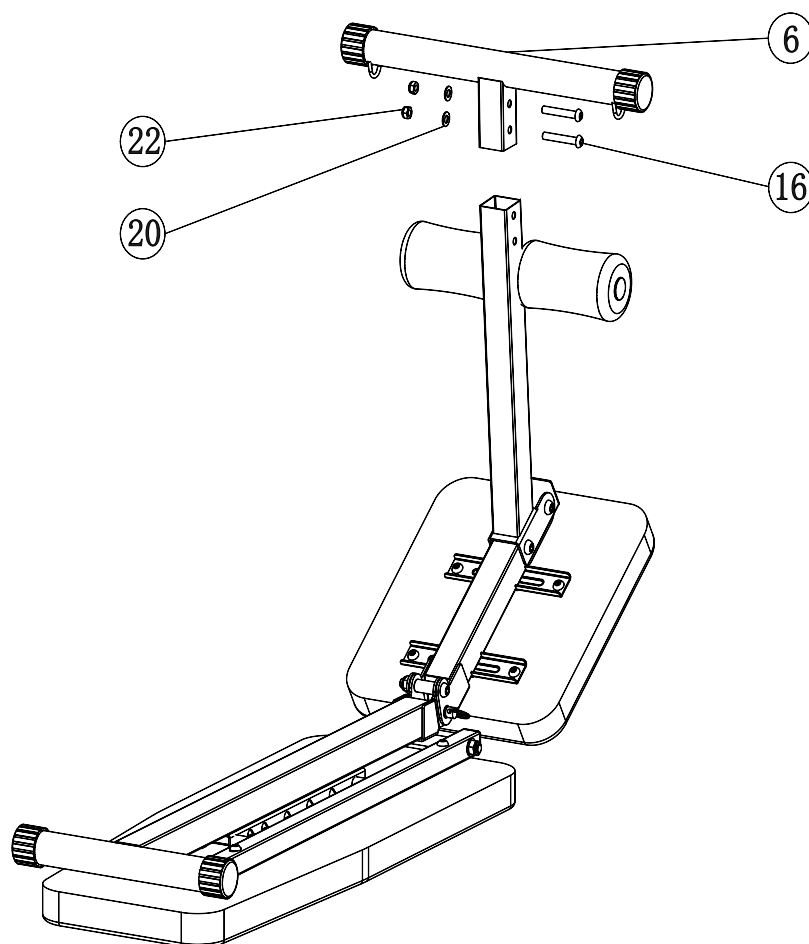


STEP 2:

Insert (3-front support pipe group) into (1-front main support pipe group), insert (15screws M10-55) into (1-front support pipe group), align corresponding holes, lock (19-flat washers d1) ((2-lock nut MM1), as shown in the figure.

Take out (23-lockingpin d10*60 1 piece) and insert it into (1-front main bracket tube), (3-front support tube set), as shown in the figure.

ASSEMBLY INSTRUCTIONS



STEP 3 :

Take out (6. Front pipe 1 piece) and install it on (3- front support tube set). Align the corresponding holes with (16. screws M8 *50 2 PCS), (20. Flat washer d8 2 PCS), (22. lock nut M8 2 pieces), as shown in the figure



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