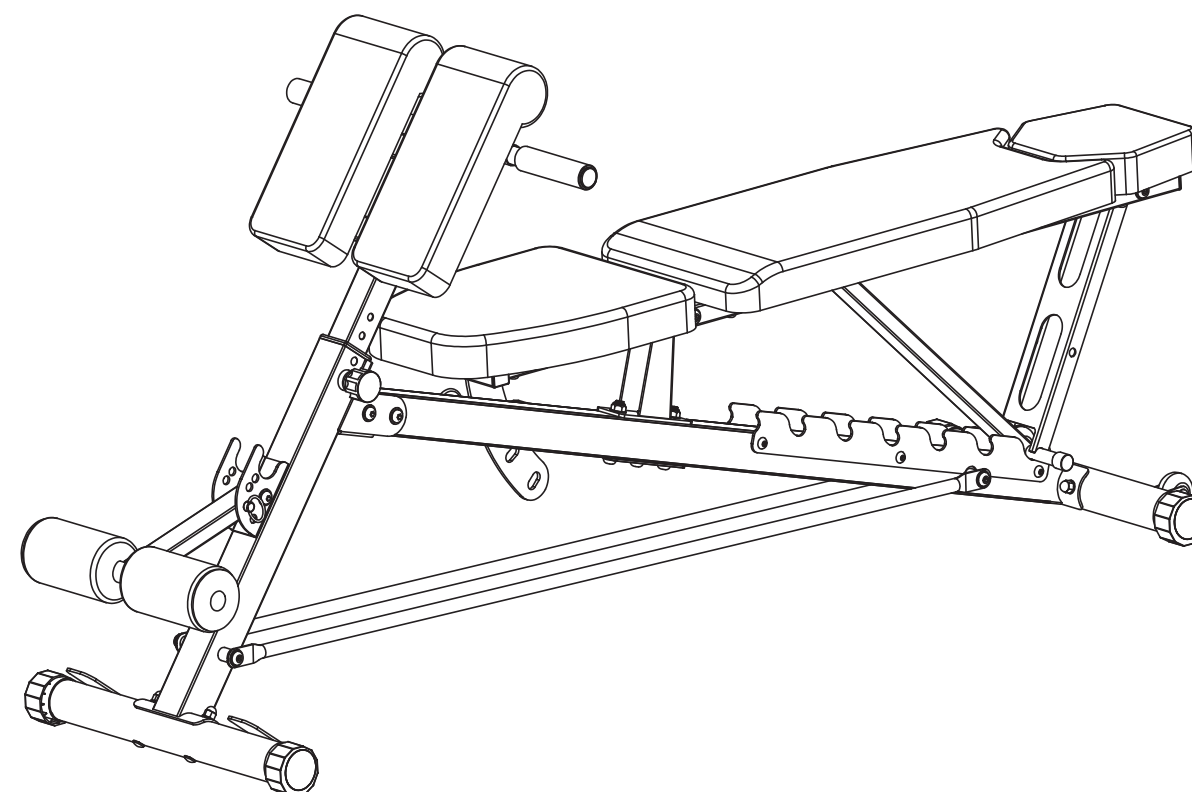




**Please Read User Manual Before
Assembling and Using the Bench**



Multi-Functional FID Weight Bench

User's Manual

SKU: FF-TB022302

Thank You!

Before we get started, we want to thank you for choosing Finer Form for your new exercise bench. We know you have many choices for at-home exercise equipment, so thank you for joining so many others and choosing us!

Customer Service: Contact Us First!

- If you have any questions about assembling the bench, missing parts or pieces, or you need replacement parts, we want to help you!
- Email: info@finerform.com
- It helps if you can include a picture or video of any issues you may be having
- Please include your order ID so that we can help you even more quickly

For exercise instruction videos, please check out our Tiktok, Instagram, Facebook, Youtube **@Finer Form**

Visit **finerform.com** for savings on more gym-quality fitness equipment



MISUSE OF THIS PRODUCT CAN RESULT IN INJURY BOTH CLICKRIGHT CONSULTING, LLC AND BUYER DISCLAIM ANY EXPRESS OR IMPLIED WARRANTY, INCLUDING, WITHOUT LIMITATION, WARRANTIES OR MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE WITH RESPECT TO THE EQUIPMENT. BUYER ASSUMES ALL LIABILITY IN USE OF EQUIPMENT.

Congratulations. You're Finished!



If you find the bench wobbling or unbalanced, try the following fixes:

1. Loosen all screws, put some weight on the bench until it finds its own balance. Then, tighten screws again.
2. Tighten screws in Step 1 (B) and Step 2 (A)
3. The four rubber caps on the bench feet work as floor levelers. Rotate the plates on the sides to level on uneven surfaces.

LIMITED WARRANTY

Finer Form warrants that this product will be free from defects in materials and workmanship for One Year. This warranty is not transferable.

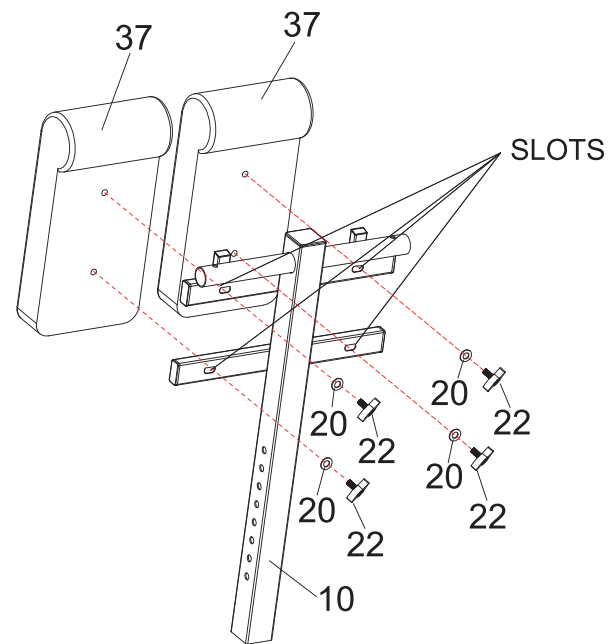
All Finer Form products are manufactured and tested with the highest quality standards and quality control processes. This warranty is limited to the non-commercial use of Finer Form products purchased in the United States.

Finer Form will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence, and arising in connection with the sale, use or repair of the product.

This warranty does not cover damage caused by accident (including in transit), repairs or attempted repairs by any person not authorized by Finer Form, or by vandalism, misuse, abuse, or alteration.

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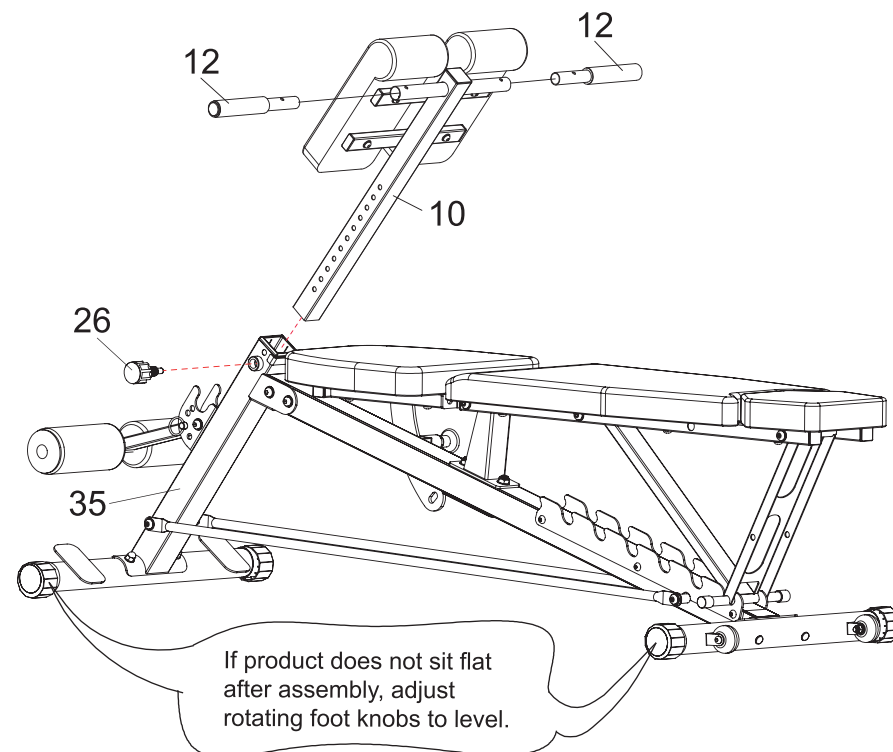
Step 5



Use S-Shaped Knob (22) and Washers (20) to attach Support Pads (11) to Adjustment Frame (10). Adjust the Support Pads (11) to the intended position, and tighten the S-Shaped Knob (22) through the slots as shown.

NOTE: You can always re-adjust the position of the Support Pads (11) by moving it along the Slots.

Step 6



- Insert Rotary knob (26) into Front Vertical Frame (35). It need NOT be screwed in very deeply.
- Insert Adjustment Frame (10) into Front Vertical Frame (35) and use Rotary Knob (26) to adjust height of Adjustment Frame (10).
- Insert Handles (12) into the openings on Adjustment Frame (10) as shown.

Product Safety

WARNING: Please consult a physician before exercising or using this equipment. This equipment should not be used without your physician's review and approval. If you have any of the following conditions or use any of the following medications, please do not use this bench –

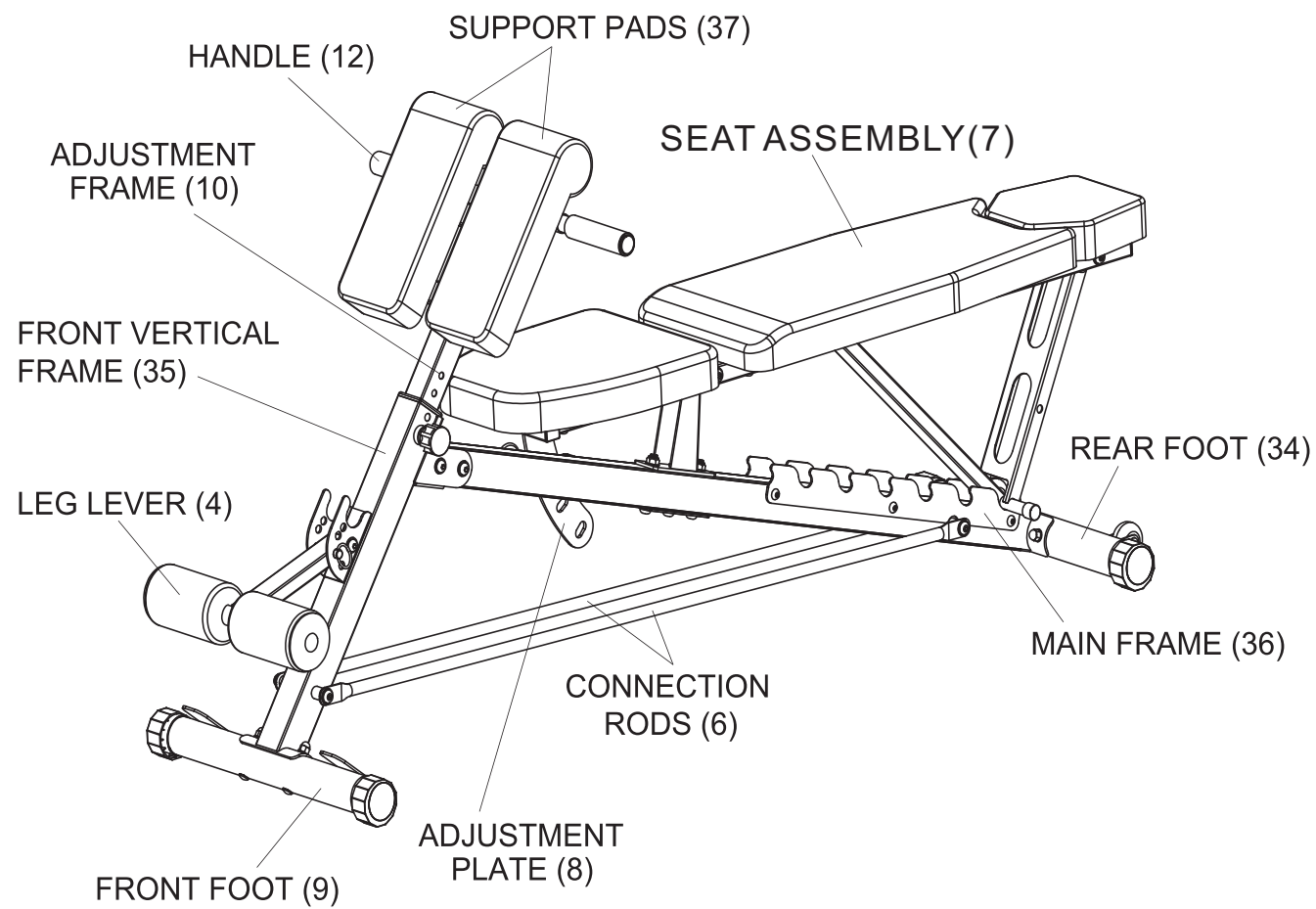
- High doses of aspirin or anti-coagulant medications
- Bone ailments that include fractures, unhealed fractures, Surgical pins, plates or supports, or Osteoporosis
- Hernias
- Heart conditions, heart weakness or circulatory issues that you are being treated for
- Ear infections or balance disorders
- Injuries to the back, spinal injuries, extremely swollen joints or cerebral sclerosis
- Pregnancy
- Obesity

The Maximum Weight Capacity for this product is 1,000 lbs. Only one person should use this piece of equipment at one time.

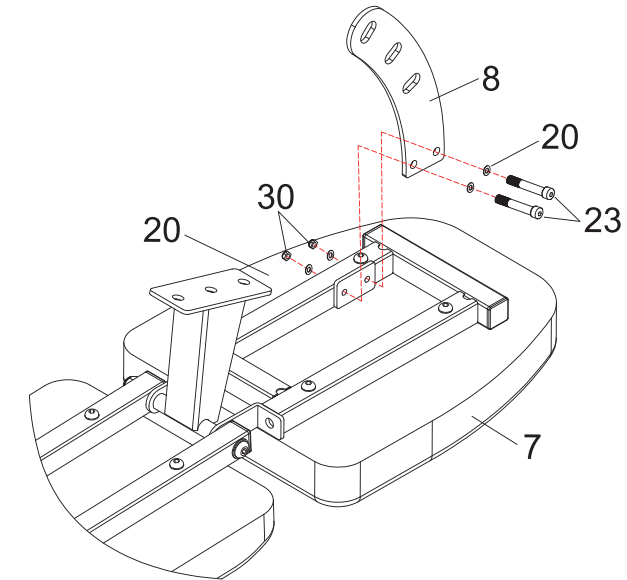
This equipment was designed to be used safely and responsibly. Please read all instructions and use caution before using this equipment. All nuts, bolts and screws included in the package should be used during assembly. Please consult the assembly instructions as you assemble the equipment, and then follow these safety instructions:

- 1) Consult your doctor or a physician before using this exercise equipment.
- 2) Use extreme care as you get on and off of the bench.
- 3) Stop use of equipment if you experience dizziness, light-headedness or you feel faint. Then contact your doctor or a physician.
- 4) Stop using this equipment if you feel any type of pain or discomfort.
- 5) Wear clothing appropriate to exercise and fitness when using this piece of equipment.
- 6) Do not allow children to operate this equipment.
- 7) Keep pets away from equipment while exercising.
- 8) Cease using this equipment if you feel nauseous or dizzy during a workout.
- 9) Do not operate equipment if it is malfunctioning or is damaged.
- 10) Place bench on a level surface. Do not place bench outside.
- 11) Do not place hands, feet, fingers or toes near any moving parts.
- 12) Do not insert any item into open parts of the bench.
- 13) Do not wear long jewelry, baggy or loose clothing, or long hair while exercising on the bench.
- 14) No individual under the age of 12 should attempt to operate this bench

Product Diagram

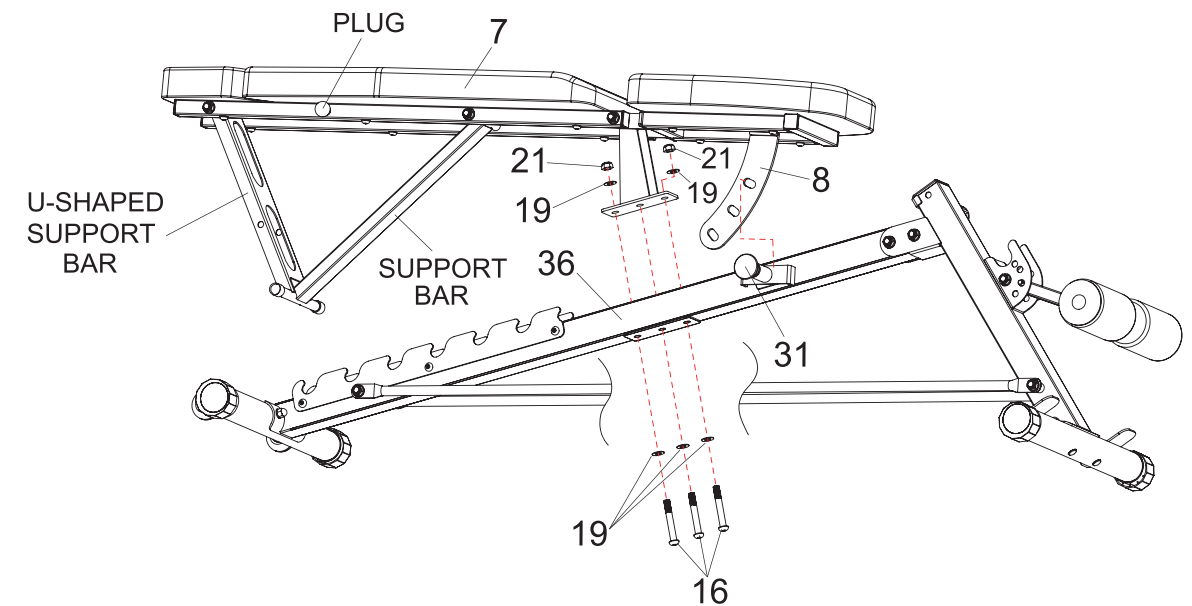


Step 3



Lay Seat Assembly (7) flat, and attach Adjustment Plate (8) to Seat Assembly (7) using Hex Screws M8*45 (23), Lock Nut M8 (30) and Washer M8 (20). Tighten screws.

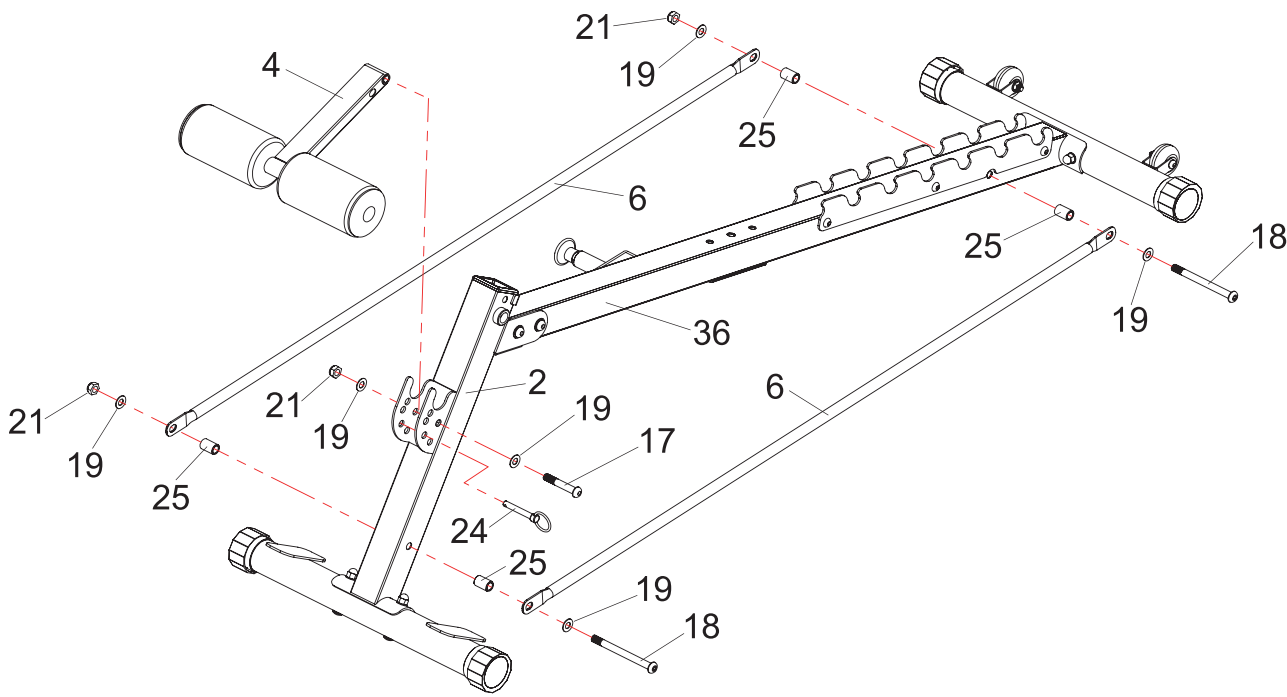
Step 4



- Pull the Adjustment Knob (31) on Main Frame (36) and position the hole on Adjustment Plate (8) onto the Adjustment Knob (31).
- Line up holes on Seat Assembly (7) and Main Frame (36) as shown.
- Attach using Hex Screws (16), Flat Washers (19), and Lock Nuts (21), then tighten.

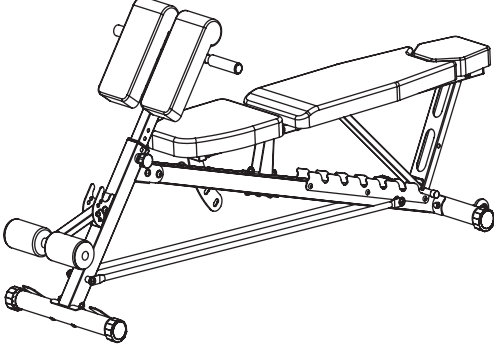
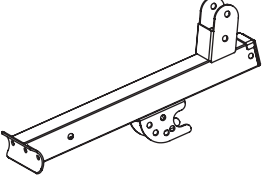
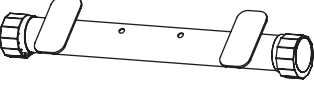
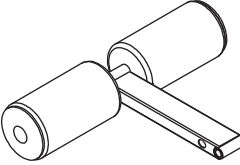
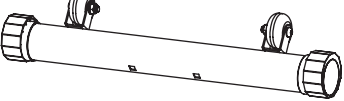
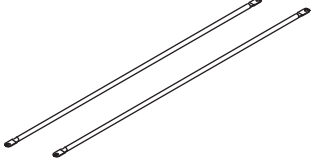
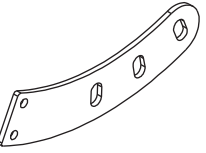
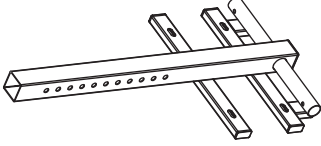
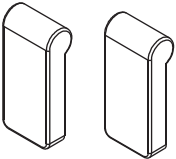
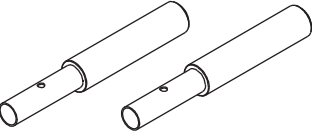
- CLIP THE U-SHAPED SUPPORT BAR TO THE SUPPORT BAR AT THE FLAT BENCH POSITION TO INCREASE WEIGHT BEARING, IF NEEDED.
- AT OTHER BENCH POSITIONS, CLIP THE U-SHAPED SUPPORT BAR TO THE BACK OF THE BENCH AND SECURE IT WITH THE PLUG AS SHOWN.

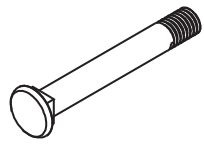
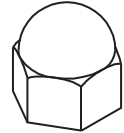
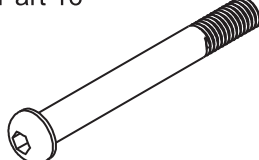
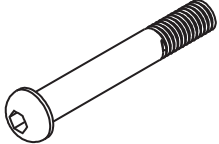
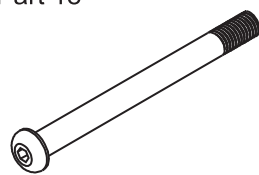
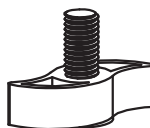
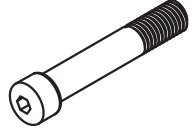
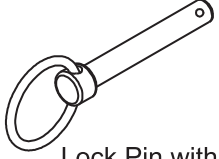
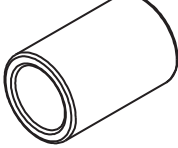
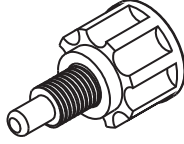
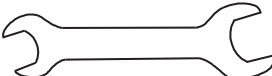
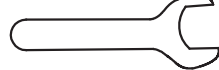
Step 2



- a. Use Hex Screw (18), Casing (25), Washer (19) and Lock Nuts (21) as shown to connect ends of Connecting Rods (6) to Main Frame (36) and Front Vertical Frame (2).
- b. If the holes do not line up during assembly, raise the connection point between the Main Frame (36) and Front Vertical Frame (2) to adjust.
- c. Tighten screws. Then tighten all screws installed in Step 1 that were not tightened at that time.
- d. Use Hex Screw (17), Washer (19) and Lock Nuts (21) to attach Leg Lever (4) to Front Vertical Frame (2) and insert Lock Pin with Ring (24).

PART LIST

	part 36 Main Frame x 1
	part 35 Front Vertical Frame x 1
	part 9 Front Foot x 1
	part 4 Leg Lever x 1
	part 34 Rear Foot x 1
	part 6 Connecting Rod x 2
	part 7 Seat Assembly x 1
	part 8 Adjustable Plate x 1
	part 10 Adjustment Frame x 1
	part 37 Support Pads x 2
	part 12 Handles x 2

HARDWARE LIST			
Part 38  Carriage Bolt M8*60 x 4	Part 15  Cap Nut M8 x 4	Part 16  Hex Screw M10*70 x 5	Part 17  Hex Screw M10*60 x 1
Part 18  Hex Screw M10*115 x 2	Part 19  Washer M10 x 15	Part 20  Washer M8 x 8	Part 21  Lock Nut M10 x 7
Part 22  S-Shaped Knob x 4	Part 23  Hex Screw M8*45 x 2	Part 24  Lock Pin with Ring x 1	Part 25  Casing x 4
Part 26  Rotary Knob x 1	Part 27  Hex Wrench 5mm x 1	Part 28  Hex Wrench 6mm x 1	Part 29  Wrench 14-17 x 1
Part 30  Lock Nut M8 x 2	Part 31  Adjustment Knob x 1	Part 32  Wrench 21 x 1	Part 14  Curved washer M8 x 4

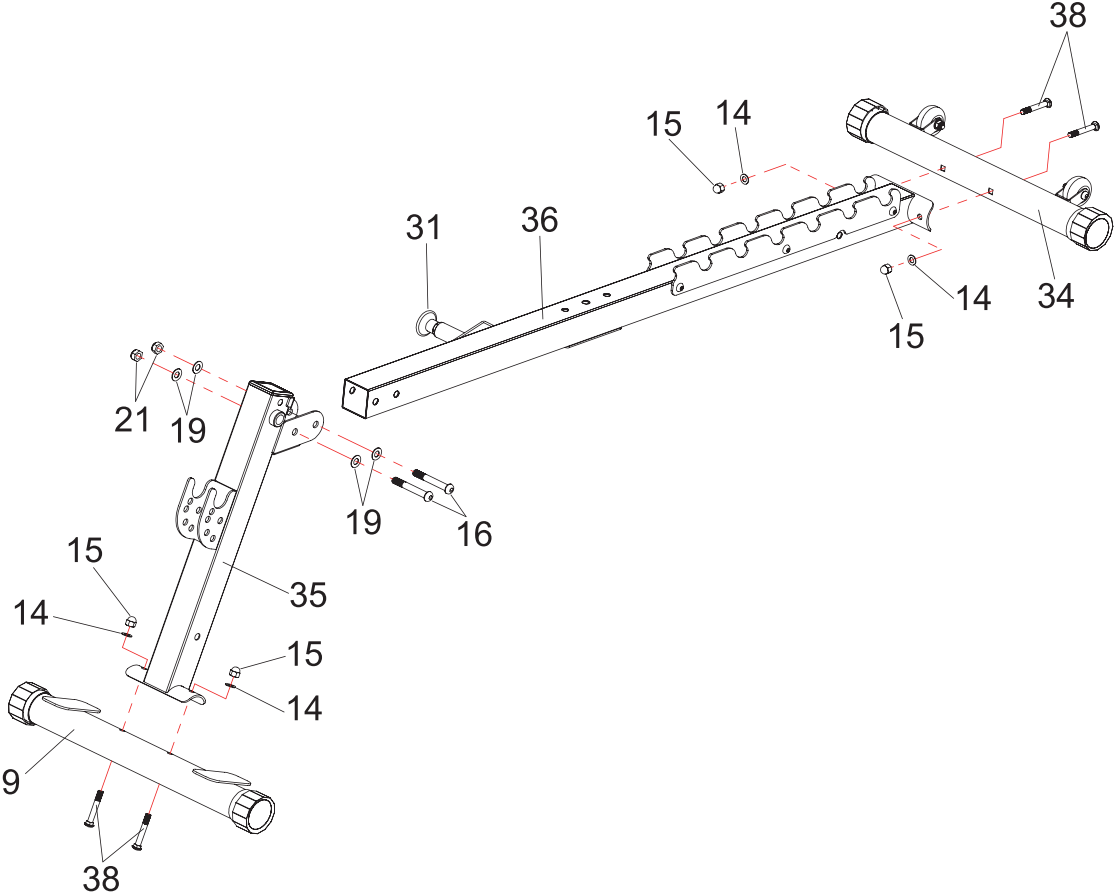


BEFORE ASSEMBLY

We recommend that you tighten all screws after all steps are completed, instead of tightening screws after each step.

ASSEMBLY INSTRUCTIONS

Step 1



- a. Use Carriage Bolts (38), Washers (14) and Cap Nuts (15) to secure Front Foot (19) onto Front Vertical Frame (35).
- b. Use Carriage Bolts (38), Washers (14) and Cap Nuts (15) to secure Rear Foot (34) onto Main Frame (36).
- c. Tighten all nuts and bolts for front and rear feet.
- d. Use Hex Screws (16), Washers (19) and Lock Nuts (21) to connect Front Frame (35) and Main Frame (36).
- e. Insert and screw in Adjustment Knob (31) as shown in the figure.

Note: DO NOT tighten these screws yet.