

**A991**  
OWNER'S MANUAL  
ASSEMBLY INSTRUCTIONS

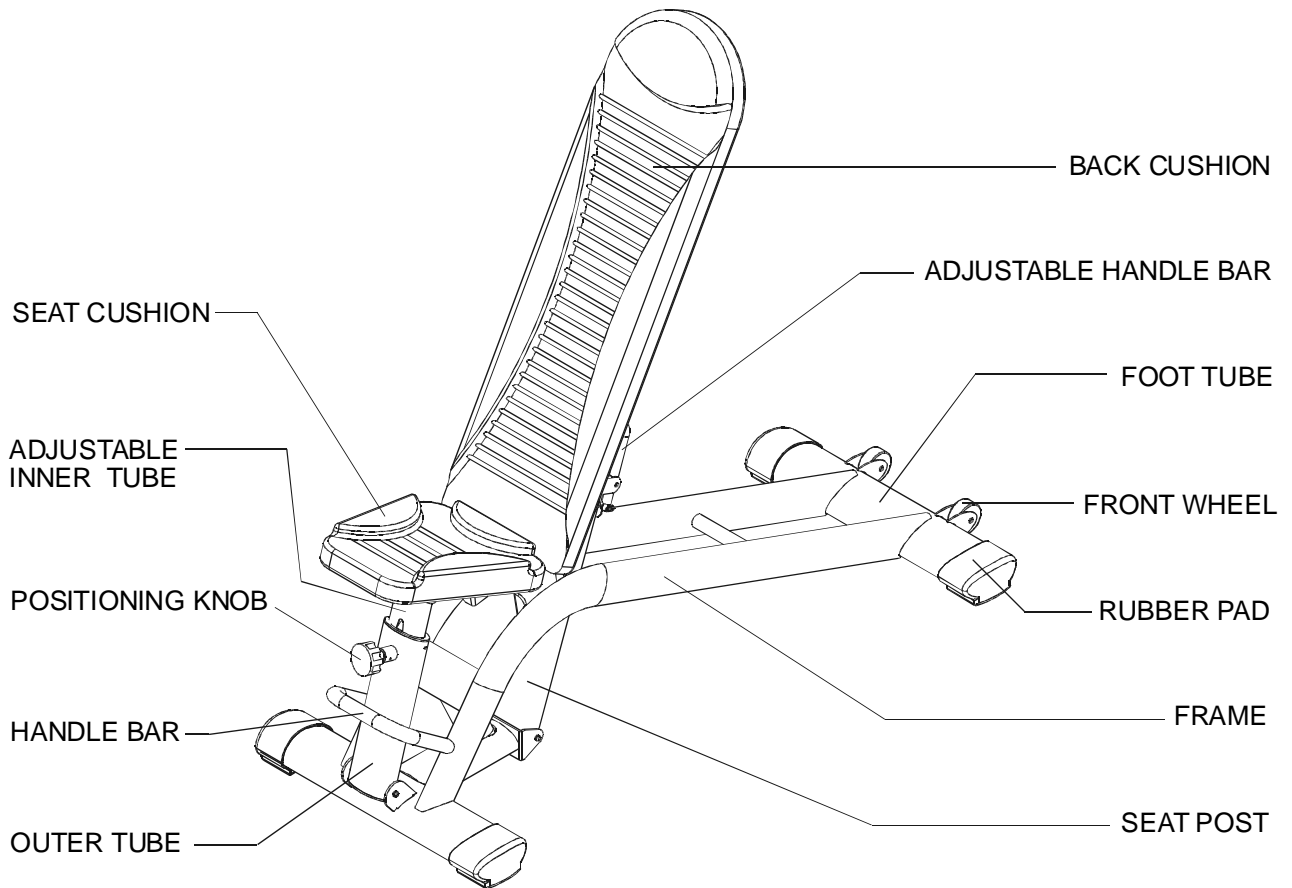


# *ADJUSTABLE BENCH*

## **A. SAFETY INSTRUCTIONS**

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the machine on a solid, level surface. DO NOT use outdoors or near water.
- Never allow children on or near the machine.
- Make sure all fasteners are properly tightened for safety. DO NOT use the machine if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this machine is used by, on, or near adolescent, invalids, and disabled persons.
- Use this machine only for its intended use as described in this manual.
- Never operate this machine if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

## **B. Introduction**



## **C. List of Parts**

1. Back cushion
2. Seat cushion
3. One side frame
4. One hex key wrench, M5

## **D. ASSEMBLY INSTRUCTION**

**Assemble with the hardware provided.**

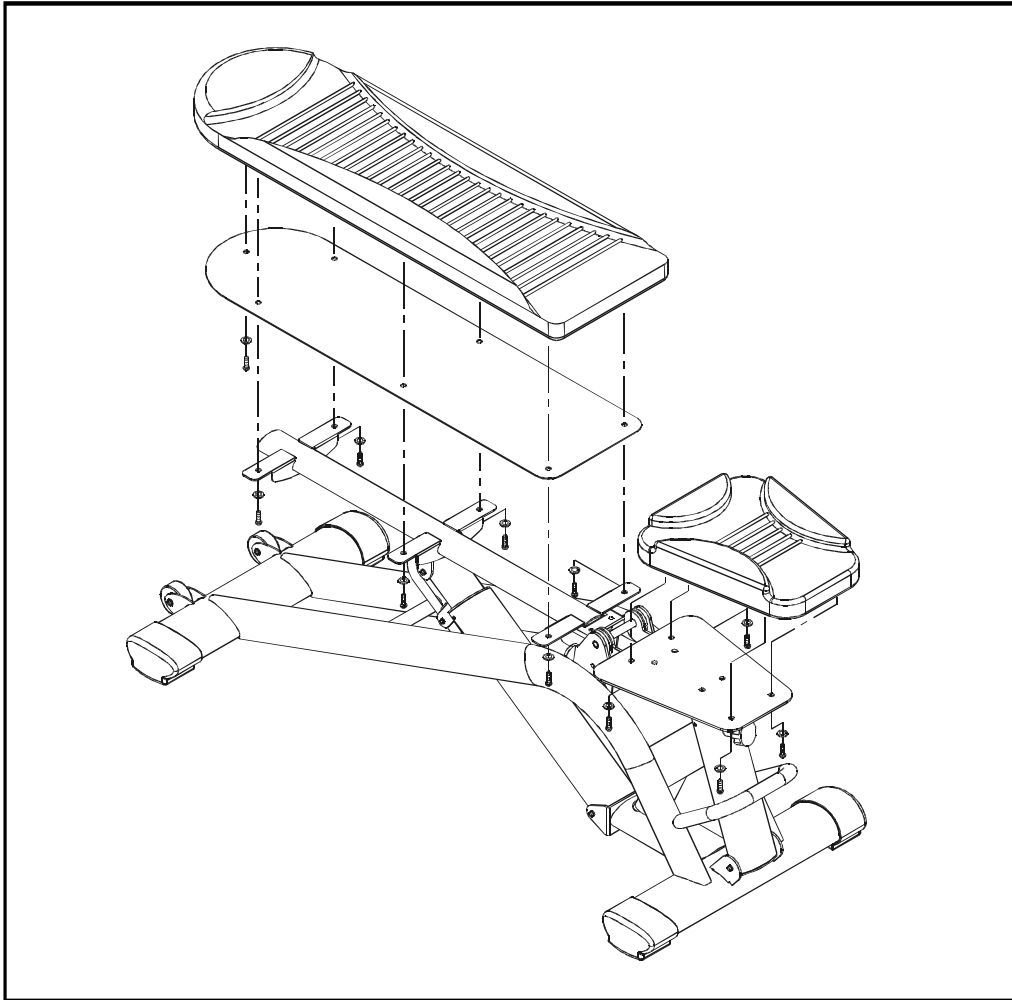


Fig.1

## **E. Operating Instruction**

### **Seat Back Adjustment:**

1. Pull lever "A" and hold it.
2. Press the seat back up or down to a comfortable starting position.

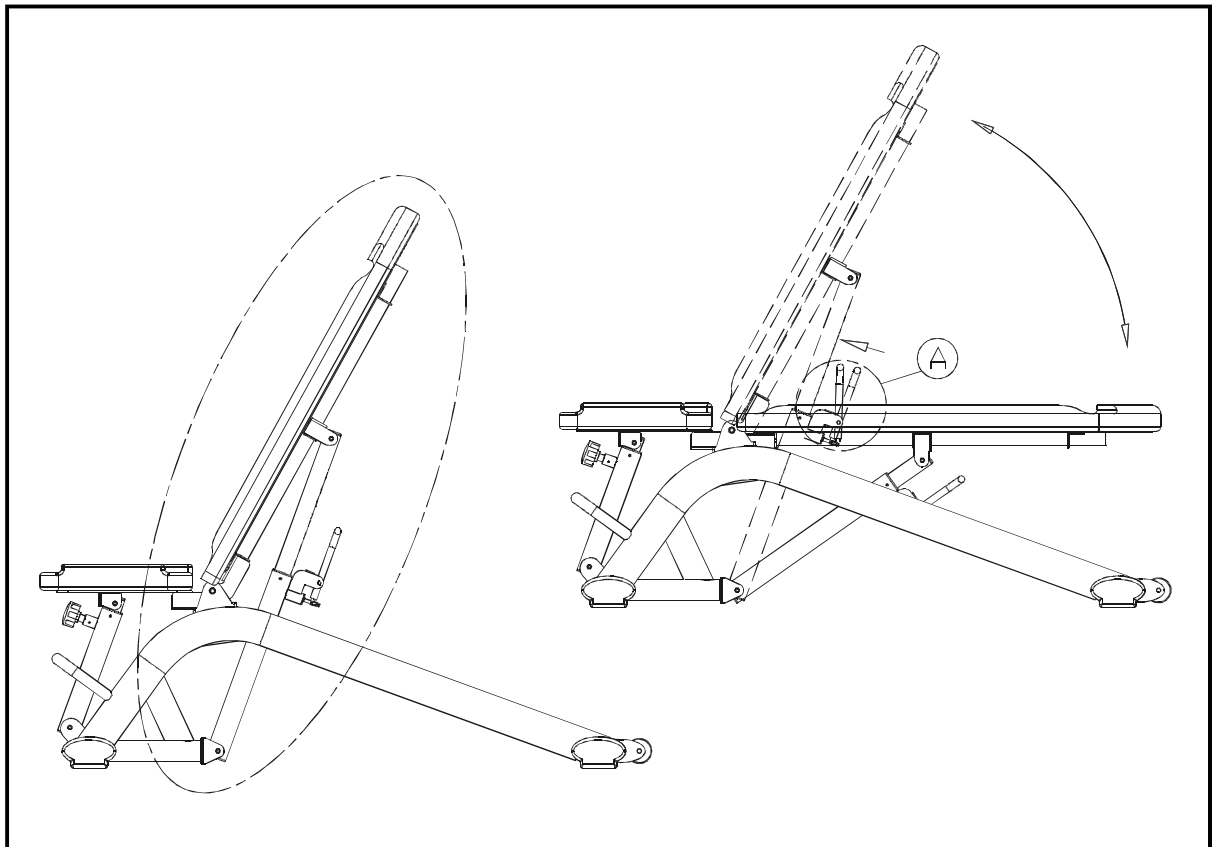


Fig.2

**Seat Cushion Adjustment:**

**Upward adjustment:**

1. Directly pull the seat upward to a comfortable starting position.

**Downward adjustment:**

1. Pull lever "A" up and hold it.
2. Press the back down to a comfortable starting position.

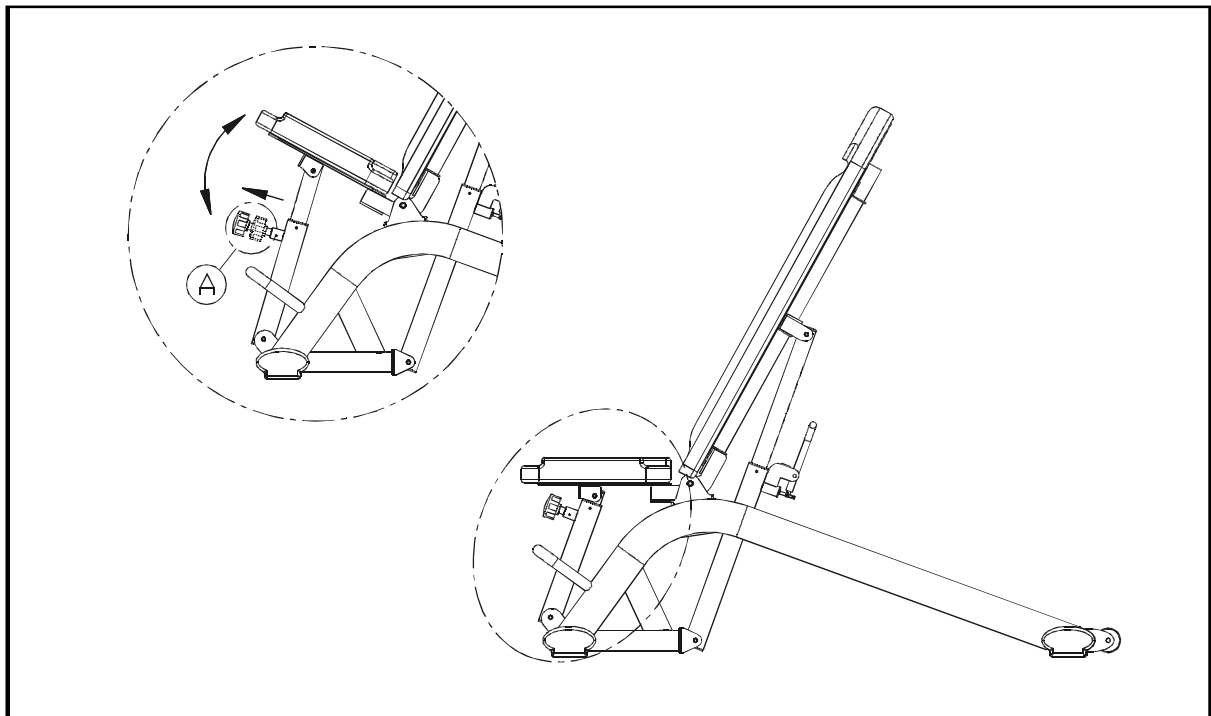


Fig.3

**Cautions:**

Before moving, please lift up the machine at position "A".

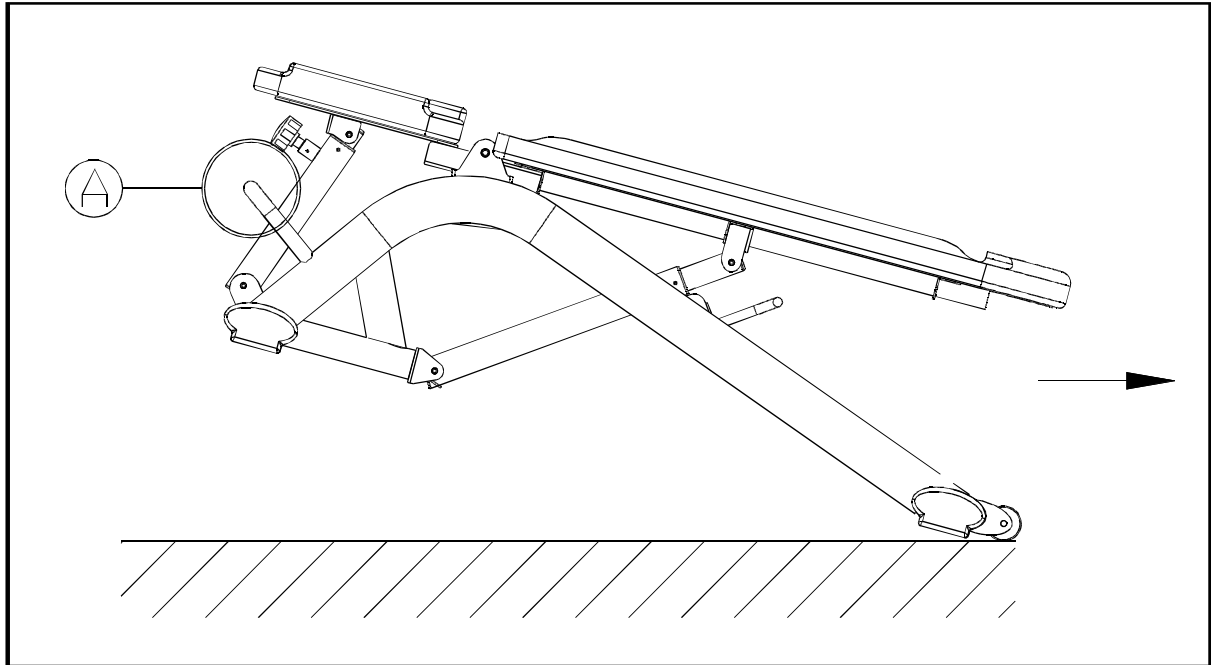


Fig.4