

A995
OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

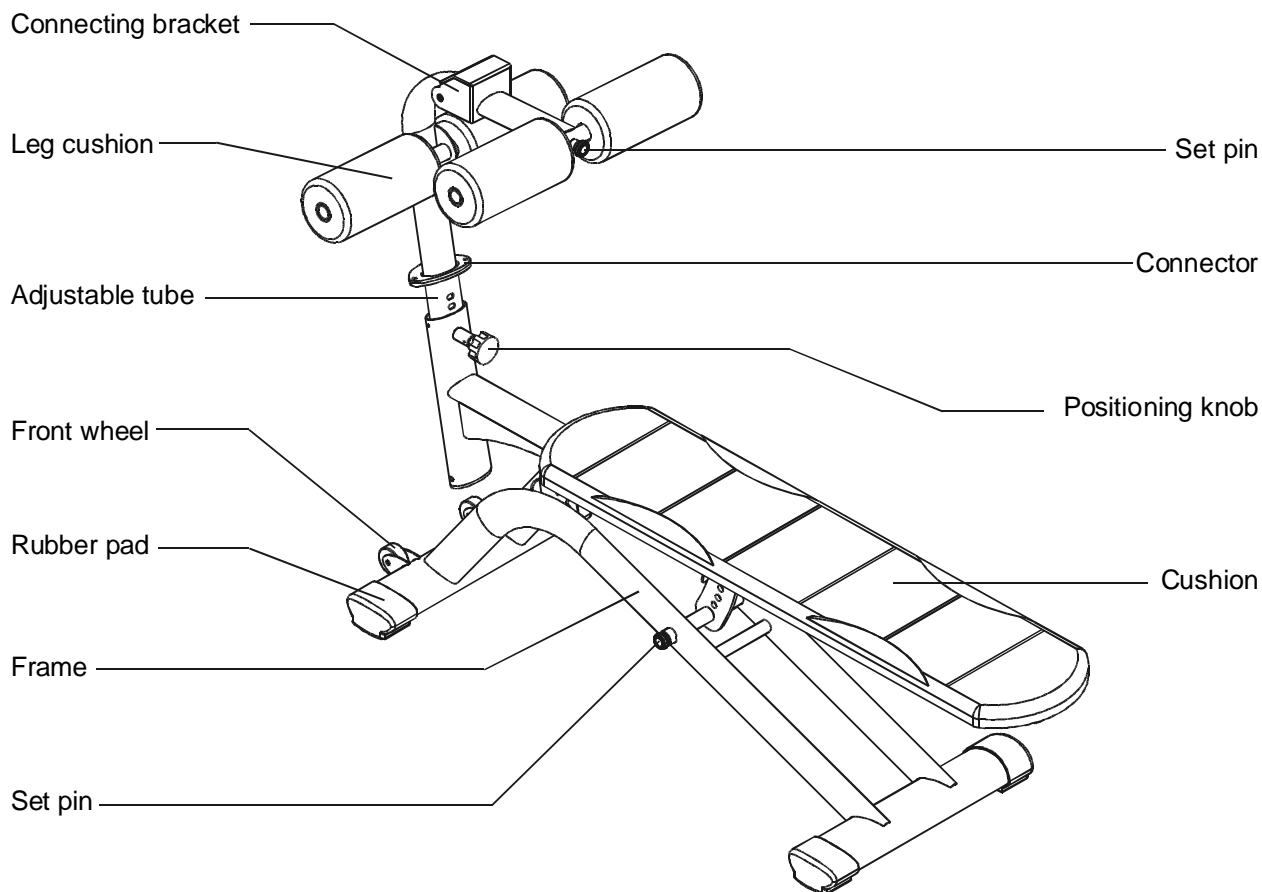


CRUNCH BENCH

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.

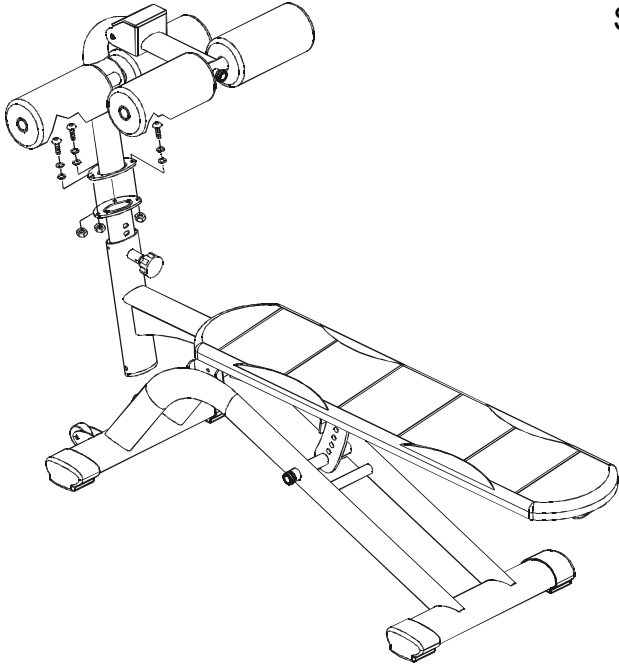
B. INTRODUCTION



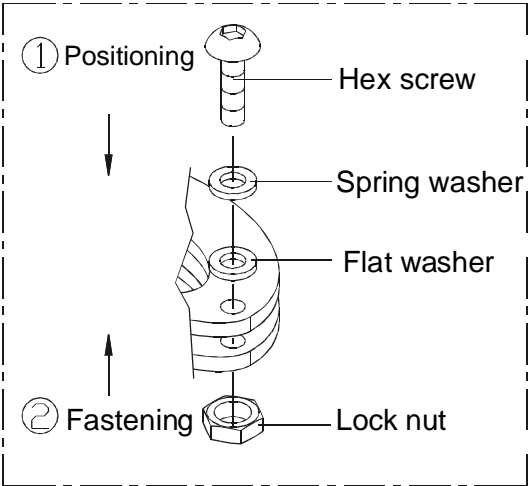
C. LIST OF PARTS

1. One L Shaped hex key wrench M5
2. One L Shaped hex key wrench M6
3. One double-end open wrench 13mm*15mm
4. One main frame set
5. One leg frame set

D. ASSEMBLY INSTRUCTION



Secure all parts with hardware as shown.

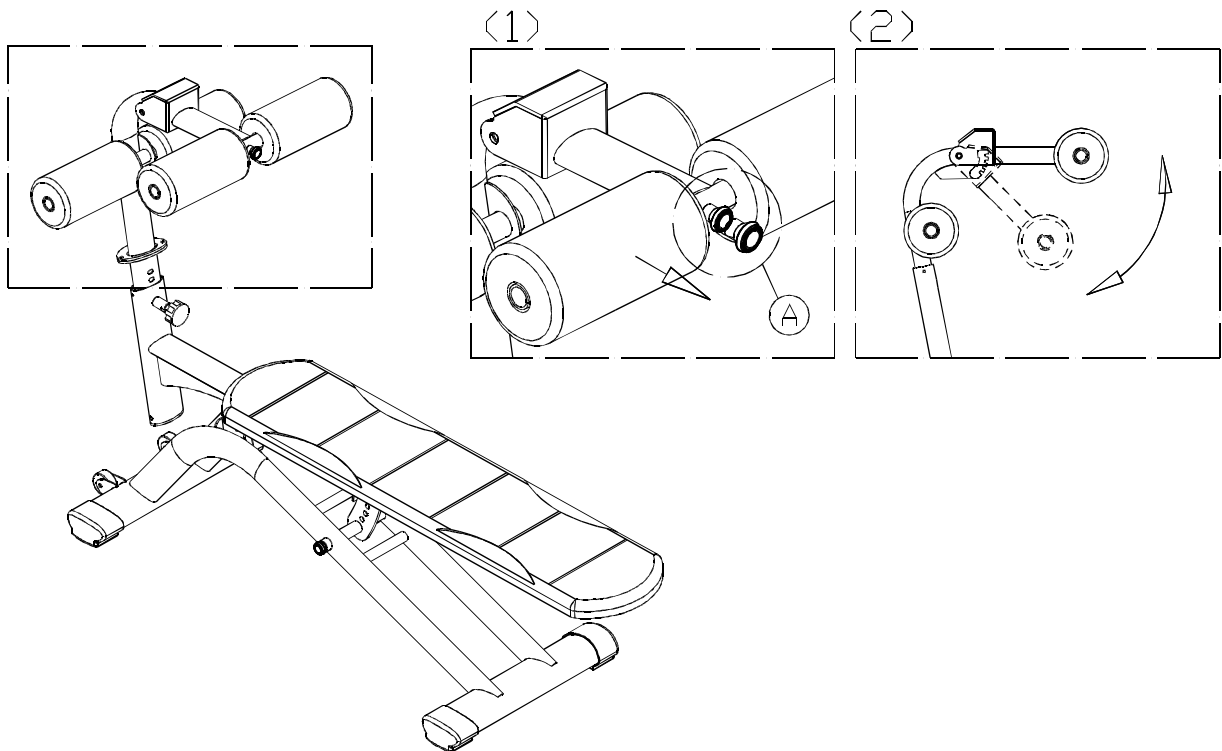


Assemble with the hardware provided.

E. ADJUSTMENT INSTRUCTION

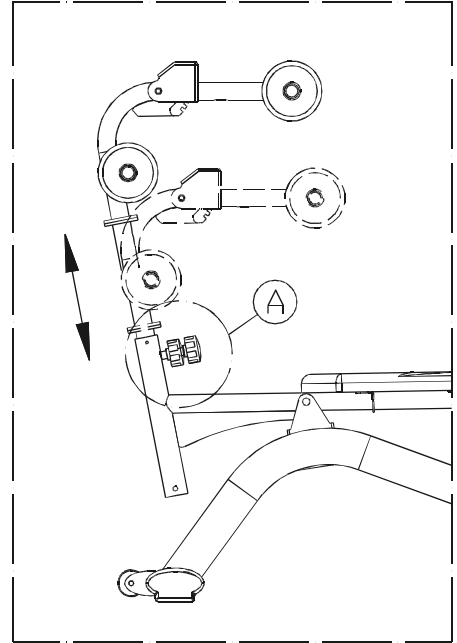
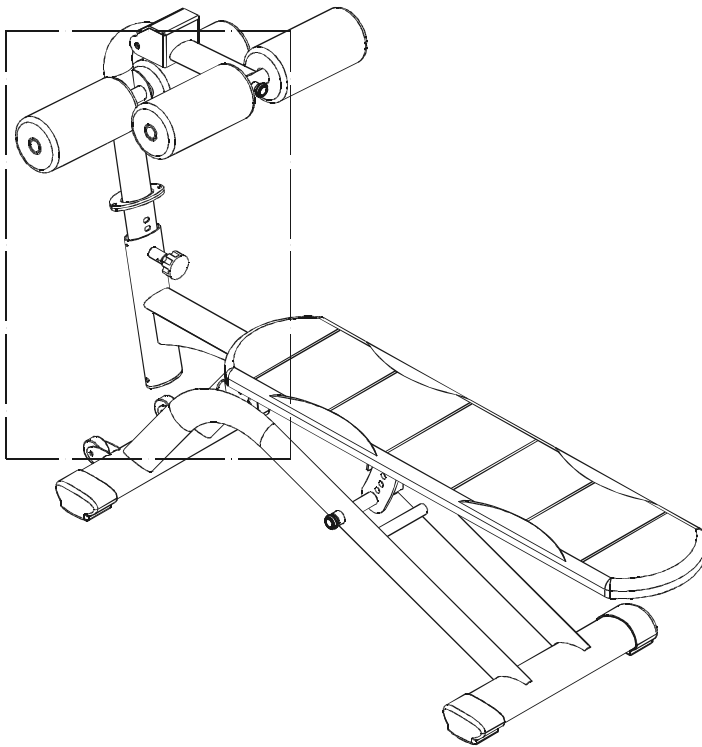
Cushion Angle Adjustment:

1. Pull knob "A" out and hold it.
2. Pull up or push down to adjust the cushions to a comfortable position.
3. To secure the position, release knob "A".



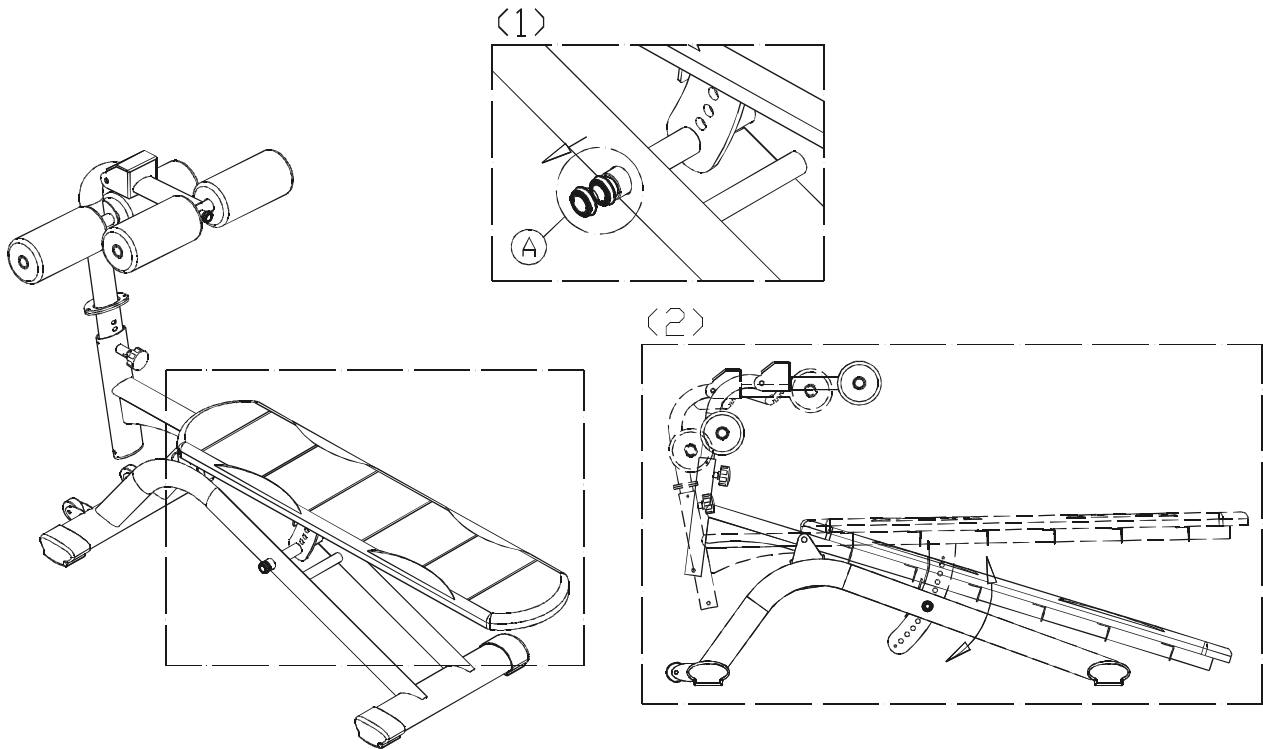
Cushion Bracket Height Adjustment:

1. Pull knob "A" out and hold it.
2. Pull up or push down to adjust the cushions to a comfortable height.
3. To secure the position, release knob "A".



Bed Adjustment:

1. Pull knob "A" out and hold it.
2. Pull up or push down to adjust the bed to a comfortable position.
3. To secure the position, release knob "A".



Cautions:

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

