

USER'S MANUAL

Squat Machine SP36948

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.

Please give us a chance to make it right and do better!

Contact our friendly customer service department for help first.

Replacements for missing or damaged parts will be shipped ASAP!

Follow Costway



Contact Us!

Do NOT return this item.

Contact our friendly customer service department for help first.



Before You Start

- ⦿ Please read all instructions carefully.
- ⦿ Retain instructions for future reference.
- ⦿ Seperate and count all parts and hardware.
- ⦿ Read through each step carefully and follow the proper order.
- ⦿ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⦿ Always place the product on a flat, steady and stable surface.
- ⦿ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

IMPORTANT!

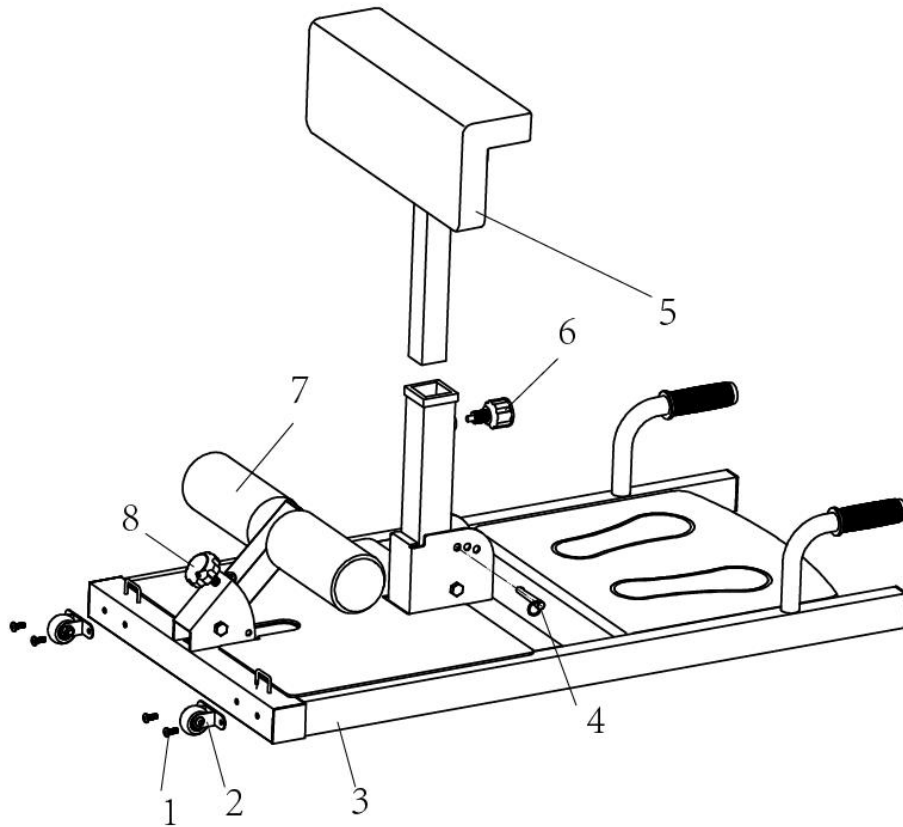
PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THE SIT-UP BENCH!

Important Safety Information

Thank you for choosing our product. To guarantee your safety and health, please use this equipment correctly , Please read the information below carefully before using this equipment.

1. It is important to read this entire manual before assembling and using the equipment.
Safe and effective use can only be achieved when the equipment is assembled, maintained and used properly.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
8. This equipment is designed for indoor and family use only. Maximum weight of user: 100KG.
9. Please take care when lifting or moving the equipment so as not to cause injury.
10. Please keep this instruction manual and assembly tools around for quick reference.
11. The equipment is not suitable for therapeutic use.

Exploded drawing:

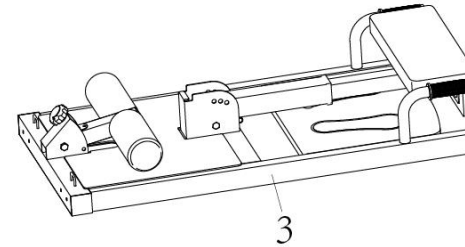


PARTS LIST

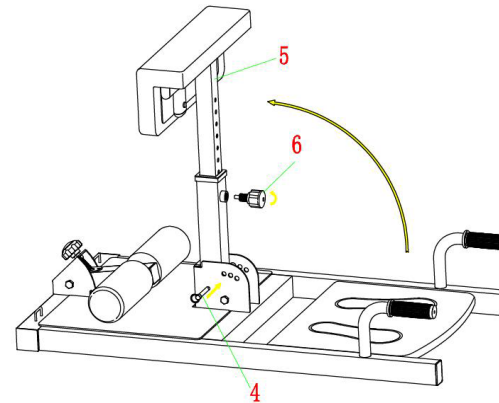
NO	NAME	QTY	NO	NAME	QTY
1	Screws	4	5	Backrest	1
2	Wheel Accessory	2	6	Knob M16	1
3	Main frame	1	7	Foam	2
4	Pin	1	8	Knob M10	1

Assemble instruction

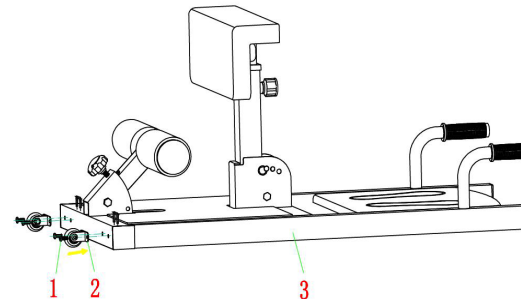
STEP 1: put the part 3 out of carton and lay it on ground

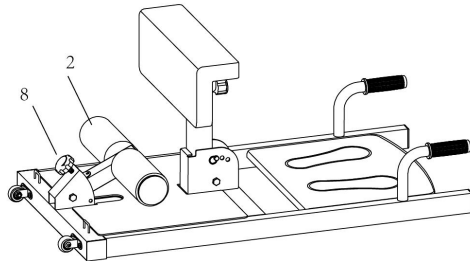


STEP 2: put part 5 on Vertical and fixed by knob part 6 . Insert the pin part 4 to the suitable holes you prefer and adjust the height of backrest part 5 by knob



STEP 3: Assemble the wheels accessory to main frame part 3 and fix by screws





STEP 4: Adjust the height of part 2 which is suitable for your feet and fix by Knob part 8

Stretch exercise

No matter how you do sports, please do some stretch at first. The warm muscle will extend easily, so, warm up yourself with 5-10minutes, Then We suggest the following stretch exercise, five times,10counts for each time or longer, do these exercise again after sports.

1.Toe Touch

Slow bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes, Reach down as far as you can and hold for 15 counts. (Picture 1)

2. Hamstring Stretch

Sit with your right leg extend. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extend. (Picture 2)

3. Calf-Achilles Stretch

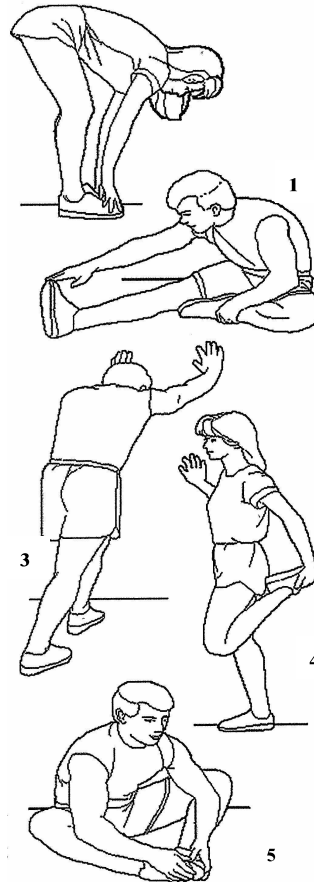
Lean against a wall with your left leg in front of the right and your arms forward, Keep your right leg straight and the left foot on the floor, then bend the left leg and lean forward by moving your hips toward the wall, Hold, then repeat on the other side for 15 counts. (Picture 3)

4.Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up .Bring your heel as close to your buttocks. Hold for 10-15counts, relax.Repeat three times for each foot. (Picture 4)

5. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts. (Picture 5).



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February 24, 2019

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We would like to extend our heartfelt thanks to all of our customers for taking time to assemble this product and giving us valuable feedbacks.

THANK YOU