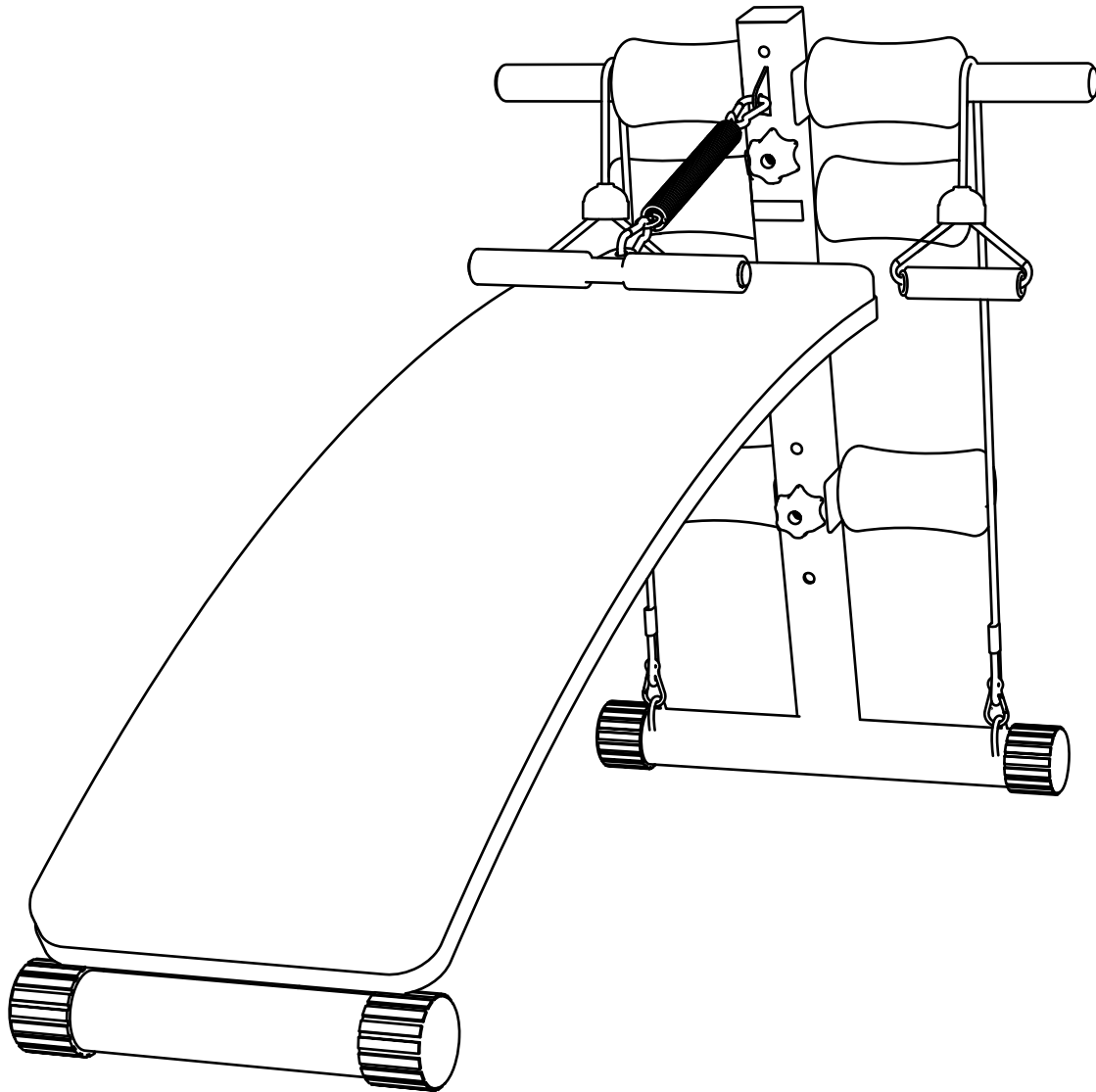


COSTWAY

COSTWAY



USER'S MANUAL
Sit Up Bench
FH10026

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

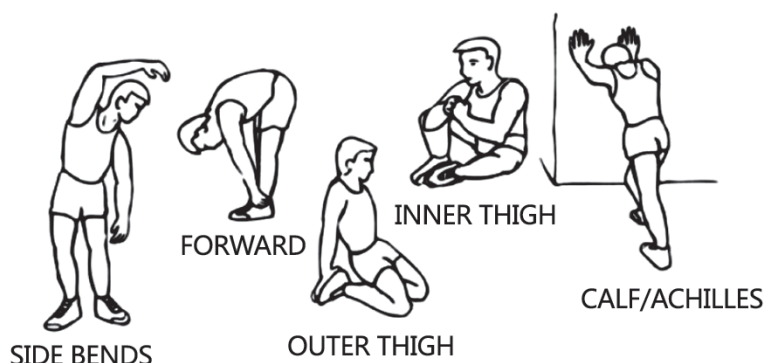
- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will 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.
- ⚠ Maximum weight capacity is 330lbs.

EXERCISE INSTRUCTIONS

Using your sit up bench provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

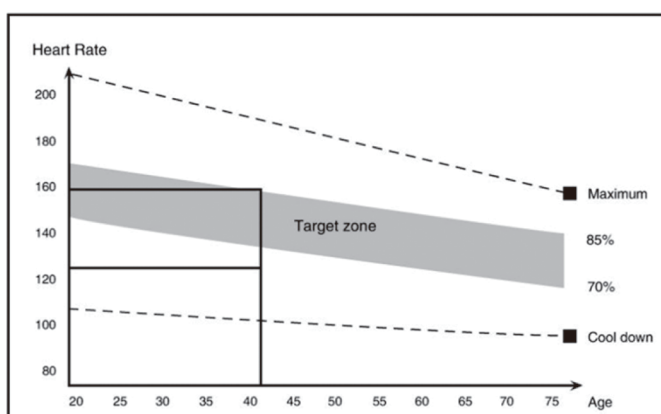
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use , the muscles in your legs will become Stronger. Work to your routine but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



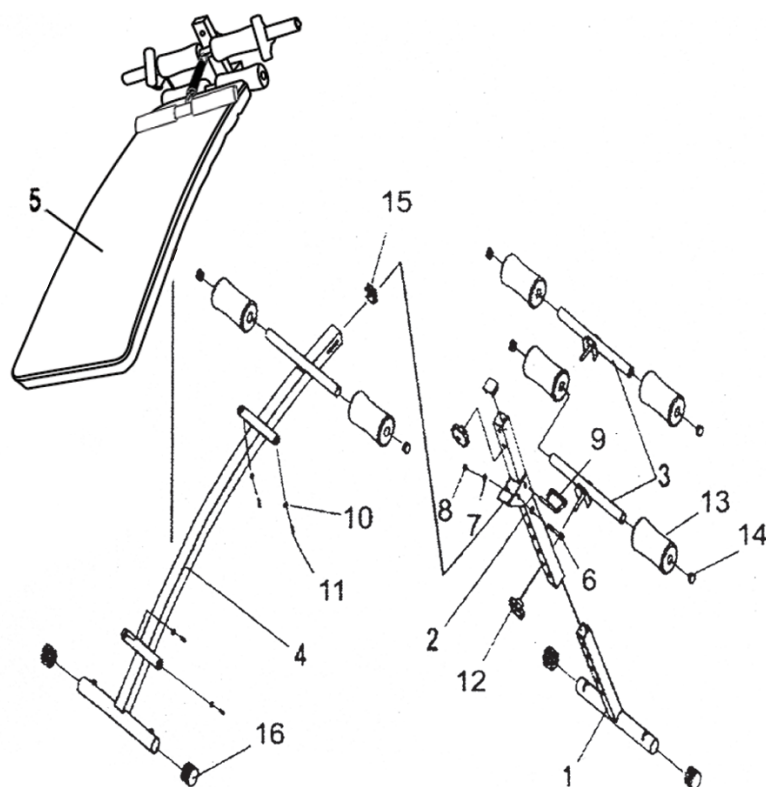
This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

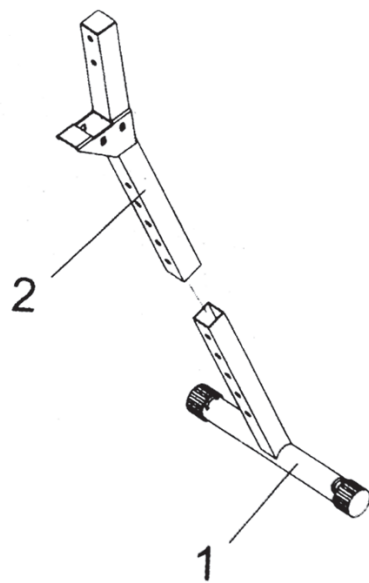
As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

Weight loss

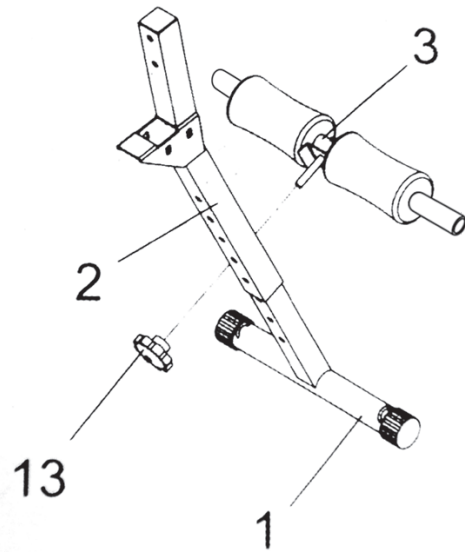
The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

EXPLODED-VIEW ASSEMBLY DRAWING

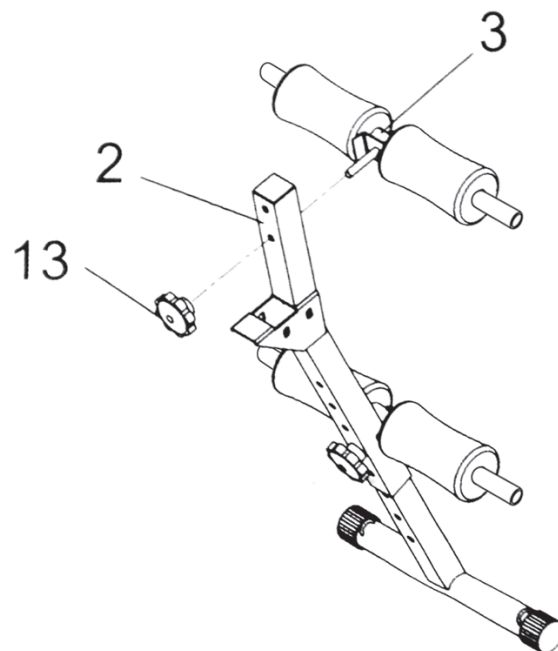
PART		
PART No.	DESCRIPTION	QTY
1	Front Leg	1
2	Upper Support Frame	1
3	Cushion Holder	2
4	Main Frame	1
5	Back Cushion	1
6	Hexagonal Bolt(M8-60mm)	1
7	Washer(M8)	2
8	Nut(M8)	1
9	Safety-Hook	1
10	Washer(M6)	4
11	Screw(M6*50MM)	4
12	Knob Nut	2
13	Circular Foam Grip($\Phi 73^* \Phi 23^* \Phi 40\text{mm}$)	6
14	End Plug($\Phi 25.4$)	6
15	Square Cap(38*38mm)	2
16	Round End Cap($\Phi 38$)	1

ASSEMBLY STEPS**Step 1**

Insert the front leg (1) to the upper support frame(2).

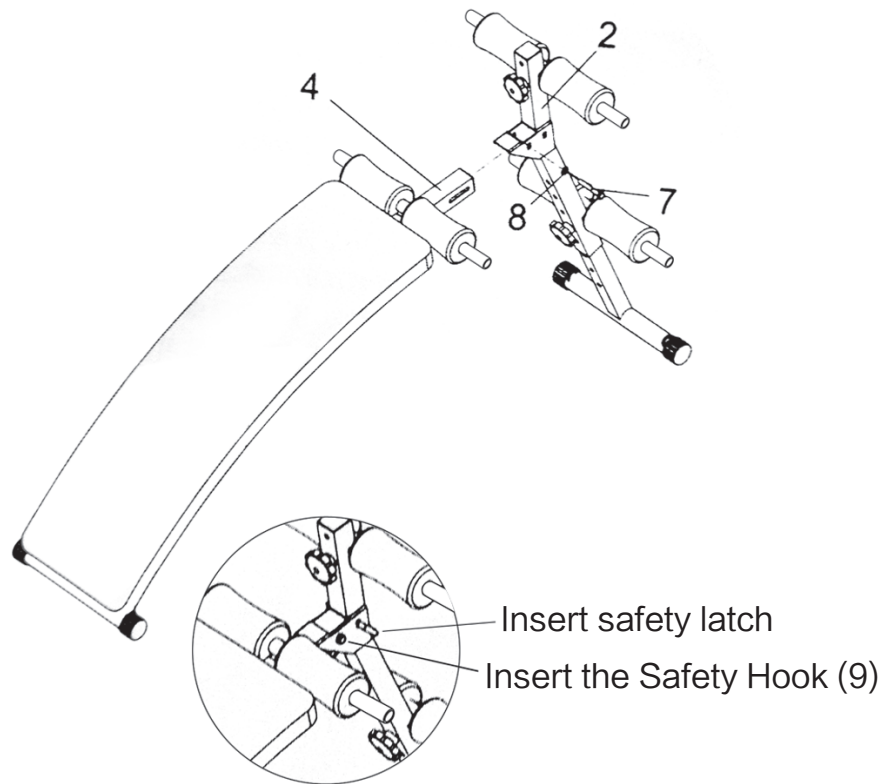
**Step 2**

Attach the front leg(1) and cushion holder(3) by one knob nut(12). The correct height for the back cushion can be adjusted after bench is fully assembled.

**Step 3**

Attach the cushion holder (3) to the upper support frame (2) using the knob Nut(12)

ASSEMBLY STEPS



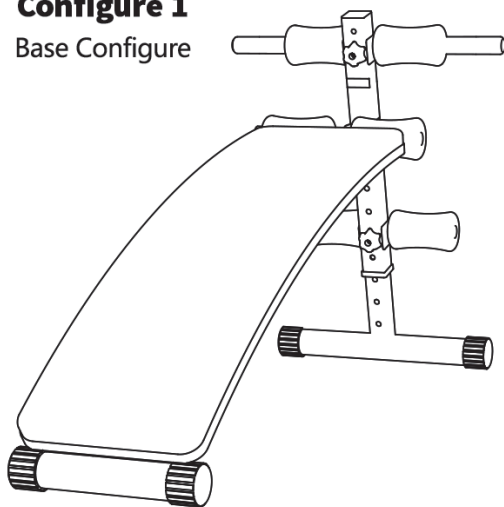
Step 4

Connect the Main frame(4)to the Upper support frame(2) using one Hexagonal bolt(6). Nut(8) and Washer (7),then insert Safety Hook(9)

Install according to the different configurations of purchased product

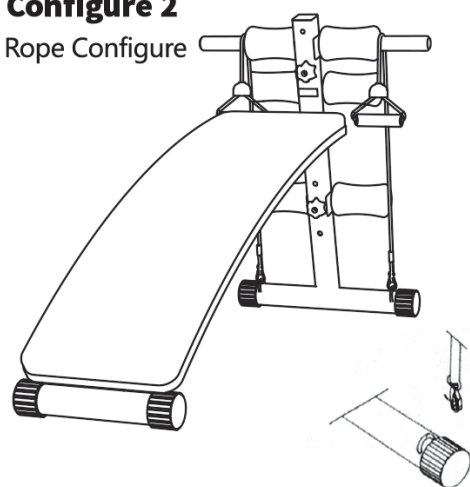
Configure 1

Base Configure

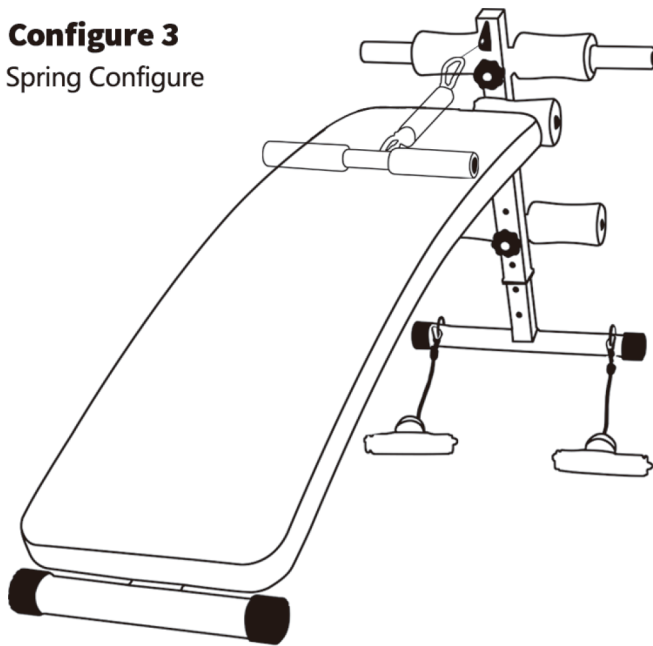


Configure 2

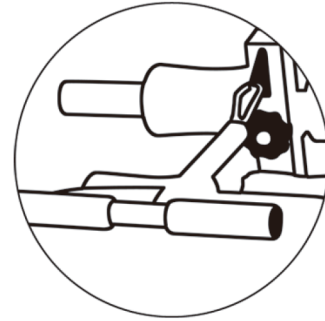
Rope Configure



Configure 3
Spring Configure



Spring mounting method



According to your own personal exercise needs, fasten the tension rope to the regulating foot tube for exercise:

Buckle the spring puller into the triangle hole according to your own personal exercise needs (as shown in the figure)

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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.

