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Contact our friendly customer service department for help first.  
Replacements for missing or damaged parts will be shipped ASAP !

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## Contact Us!

**Do NOT return this item.**

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## USER'S MANUAL

### Weight Bench FH10014DK

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



## 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.

## First, matters needing attention in safe use

### One .Safety & Warnings

- 1) Please read the instructions and warnings carefully before using and installing the product.
- 2) Please consult your doctor before exercising and be sure to use this product correctly.

If you have abnormal feeling of vertigo, chest tightness, physical discomfort, abnormal pain, etc., please stop using the unit immediately and visit your GP or hospital.

- 3) If you are elderly, have high blood pressure, diabetes, heart disease or other diseases or illnesses such as otitis media, spondylitis, pleurisy, etc., please do not use this unit.
- 4) This product and all its parts are not suitable as toys. It contains parts that can cause suffocation. Please place the product and all its parts in a place where children cannot reach it.
- 5) Before using this product, the product must be inspected. If the product is damaged or is missing parts, please do not use it.
- 6) This product is only intended for domestic use; please do not use it for business.
- 7) When using this product, fingers, loose clothing, jewellery and hair should not be close to the moving parts, and long hair must be tied back to reduce risk of injury.
- 8) Please use this product correctly within your own physical strength. Please do not overuse it.
- 9) Use this product in absolutely stationary, unobstructed places, and do not use on slopes or slippery surfaces.

- 10) Please do not exercise for 40 minutes after meals.
- 11) Please ensure that the space between the equipment and obstacles should not be less than 0.6 meters.
- 12) When using this equipment, minors should be under adult supervision and strictly follow the instruction manual.
- 13) Only proper installation, maintenance and use of equipment can achieve safe and effective training. Users must be familiar with all warning and precautions for the equipment.
- 14) The manufacturer shall not be responsible for the failure to comply with the warnings and instructions, causing serious injury, death or loss of property.
- 15) All the screws should be put on first and then locked together on the left and right at the same time during installation. If one side is locked tightly and the other side is not locked tightly, the unit may not be safe to use.

## Two .Storage and maintenance

- Store in a cool place, do not expose to the sun for a long time
- Wipe the surface of the machine regularly, do not try to wipe with corrosive substances
- Do not put heavy weight on the product in the storage room

## Three .The Installation Diagram

**Step one: Open the package to confirm the product components**

 <p>1 body frame</p>	 <p>2 foot tube</p>	 <p>3 Put your foot on the pipe (with handrails)</p>
 <p>4 Lower foot tube</p>	 <p>5 Front foot cover</p>	 <p>6 Rear foot cover</p>
 <p>7 Outer hexagonal wrench 13-17</p>	 <p>8 Carriage screw M8 x 55 (two pieces)</p>	 <p>9 cremorne bolt (m8x72)(four pieces)</p>
 <p>10 stay cord</p>	 <p>11 Outer hexagonal screw m8x55 (one piece)</p>	 <p>12 The dumbbell rack</p>



13 Hold hands  
leather cushion



14 Cremorne bolt  
(m8x66)(one pieces)



15 The dumbbell  
retaining clip

### Step two: Install the main frame



1 body frame



9 cremorne bolt  
(m8x72)(two pieces)



### Step three: Install foot cover and front foot pipe



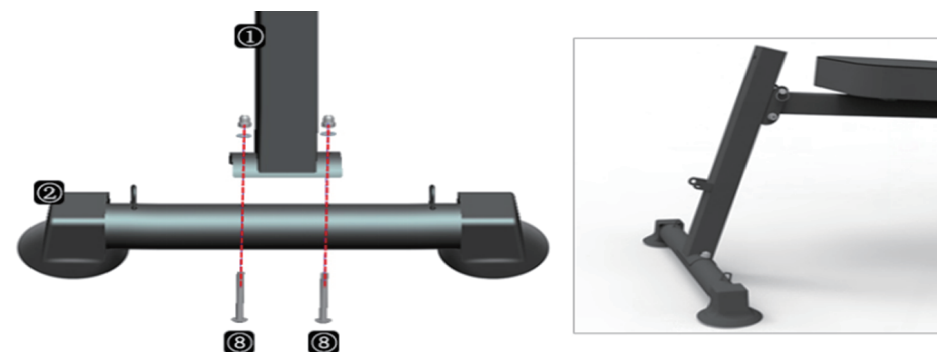
2 foot tube



5 Front foot cover



8 Carriage screw  
M8 x 55 (two pieces)





### Step four: Install the rear foot cover



6 Rear foot cover



### Step five: Install support pipe



13 Hold hands leather cushion



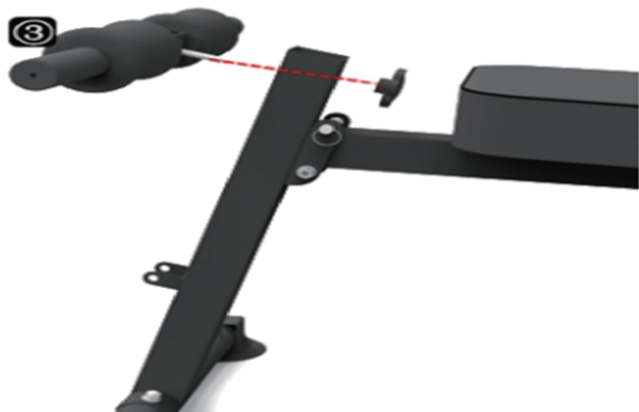
14 Cremorne bolt  
(m8x66)(one pieces)



### Step six: Install the foot rest pipe



3 Put your foot on the pipe (with handrails)



### Step seven: Install the foot rest pipe



11 Outer hexagonal screw  
m8x55 (one piece)



4 Lower foot tube



### Step eight: Install a dumbbell rack



9 cremorne bolt (m8x72)



### Step nine: Adjust dumbbell bench gear

After the black plug is sold to the outside, adjust the proper gear, and release it.



