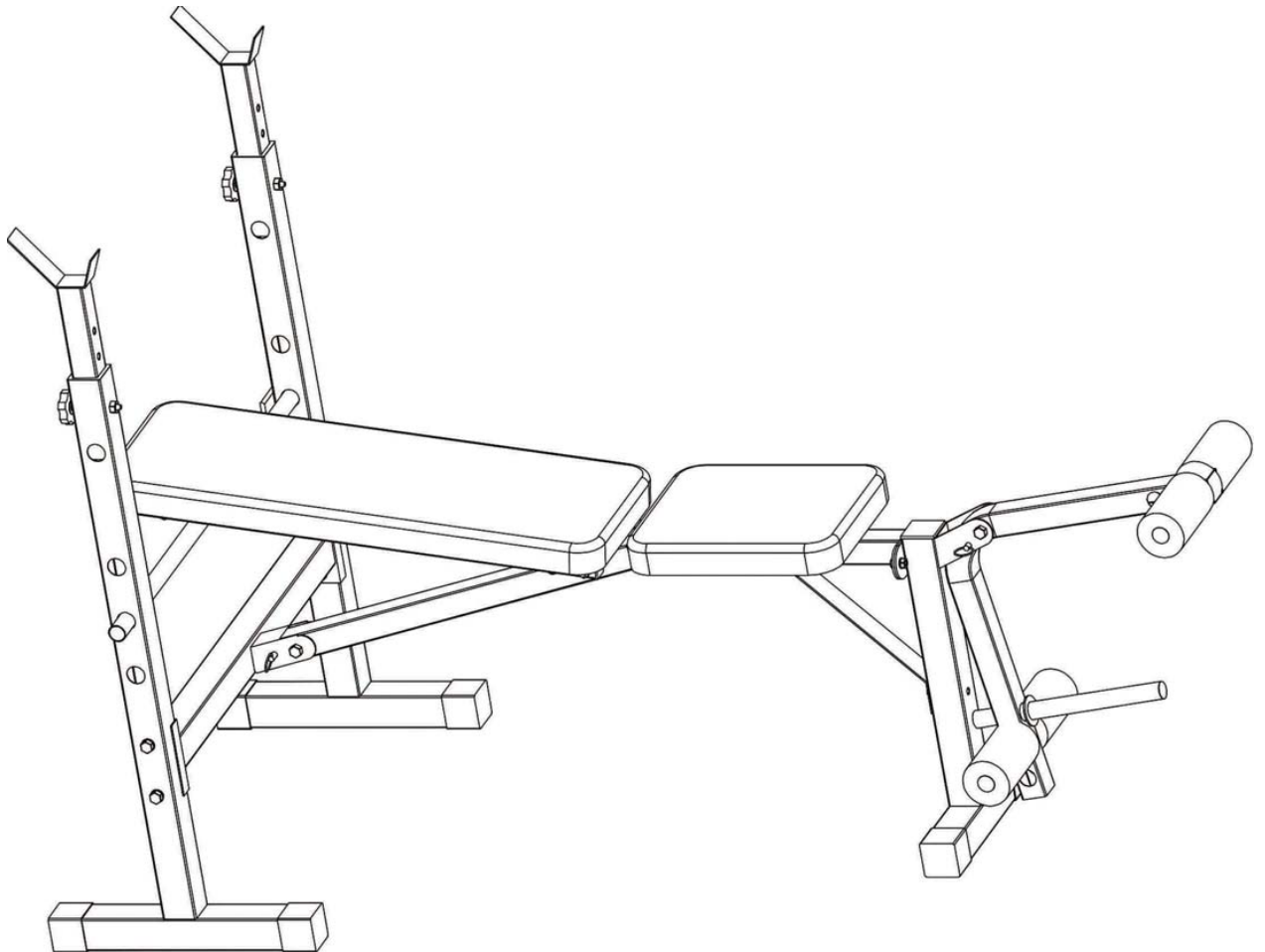


COSTWAY®



USER'S MANUAL

WEIGHT BENCH

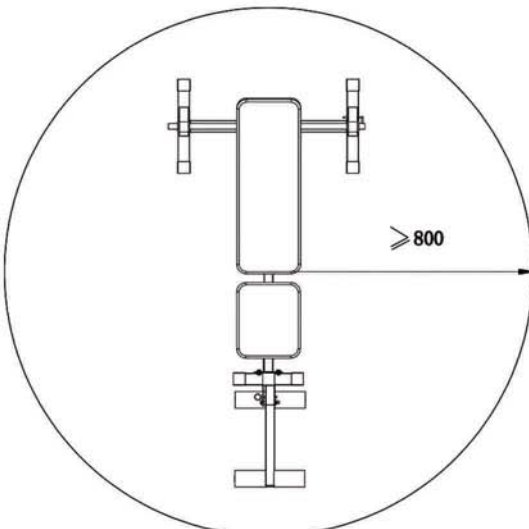
FH10018

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

































WARNING !

To reduce the risk of serious injury, read all warnings and instructions in this manual before using the equipment.

1. Before beginning any exercise program, consult your physician. This is especially important for person over age 35 or persons with preexisting health problems.
2. Read all the warnings and instructions on this equipment before using it. This is essential to safe operation.
3. It is the responsibility of the owner to ensure that all users of the equipment are adequately informed of all warnings and instructions.
4. The equipment is intended for home use only. Do not use the equipment in any commercial, rental, or institutional setting.
5. Keep the equipment indoors, away from moisture and dust. Wipe with a clean cloth only.
6. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tightened all parts before use. Replace any worn parts immediately.
7. Place the equipment on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the equipment to mount, dismount, and use it.
8. Children must not be allowed near this equipment. Teenagers should always have parental supervision when using it.
9. The weight bench is designed to support a maximum user weight of 135kgs. Keep your body weight centered on the equipment during exercise.
10. The main exercise of the weight bench is for bench press, military press, leg extension, leg curl, preacher curl, toe raise, Sit up, biceps curl, shoulder shrug, bent over row, dead lift.
11. Keep body and clothing free from all moving objects.
12. Always wear athletic shoes for foot protection while exercising.
13. Incorrect or excessive training may result in serious injury or even death. If you feel like fainting or if you experience chest pain while exercising, please stop, and rest. If symptoms persist see your physician immediately.
14. The free area shall be not less than 800mm greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared. The free area and training area shall be illustrated with a dedicated figure.



Part List

<p>1</p>  <p>Upper Bar 2PCS</p>	<p>2</p>  <p>Upright 2PCS</p>	<p>3</p>  <p>Backrest Support 1PCS</p>	<p>4</p>  <p>Crossbar 1PCS</p>	<p>5</p>  <p>Frame 1PCS</p>	<p>6</p>  <p>Support 1PCS</p>	<p>7</p>  <p>Front Leg 1PCS</p>
<p>8</p>  <p>Leg Lever 1PCS</p>	<p>9</p>  <p>Pad Tube 2PCS</p>	<p>10</p>  <p>Backrest Tube 2PCS</p>	<p>11</p>  <p>Backrest 1PCS</p>	<p>12</p>  <p>Seat 1PCS</p>	<p>13</p>  <p>Foam Pad 4PCS</p>	<p>14</p>  <p>Pad Cap (Pre-assembled) 8PCS</p>
<p>15</p>  <p>Cap (Pre-assembled) 6PCS</p>	<p>16</p>  <p>Inner Cap (Pre-assembled) 1PCS</p>	<p>17</p>  <p>Plastic Spacer (Pre-assembled) 2PCS</p>	<p>18</p>  <p>M10*50 Screw Knobs 2PCS</p>	<p>19</p>  <p>M6*20 Screw 4PCS</p>	<p>20</p>  <p>M6*40 Screw 4PCS</p>	<p>21</p>  <p>M8*15 Screw 4PCS</p>
<p>22</p>  <p>M10*70 Bolt 1PCS</p>	<p>23</p>  <p>M10*65 Bolt 4PCS</p>	<p>24</p>  <p>M10*200 Bolt 1PCS</p>	<p>25</p>  <p>F6 Washer 8PCS</p>	<p>26</p>  <p>F8 Washer 8PCS</p>	<p>27</p>  <p>M8 Nut 3PCS</p>	<p>28</p>  <p>M10 Nut 6PCS</p>
<p>29</p>  <p>F10 Washer 10PCS</p>	<p>30</p>  <p>ø8*70 Pin 2PCS</p>	<p>31</p>  <p>Inner Cap (Pre-assembled) 4PCS</p>	<p>32</p>  <p>M8*55 Bolt 1PCS</p>			

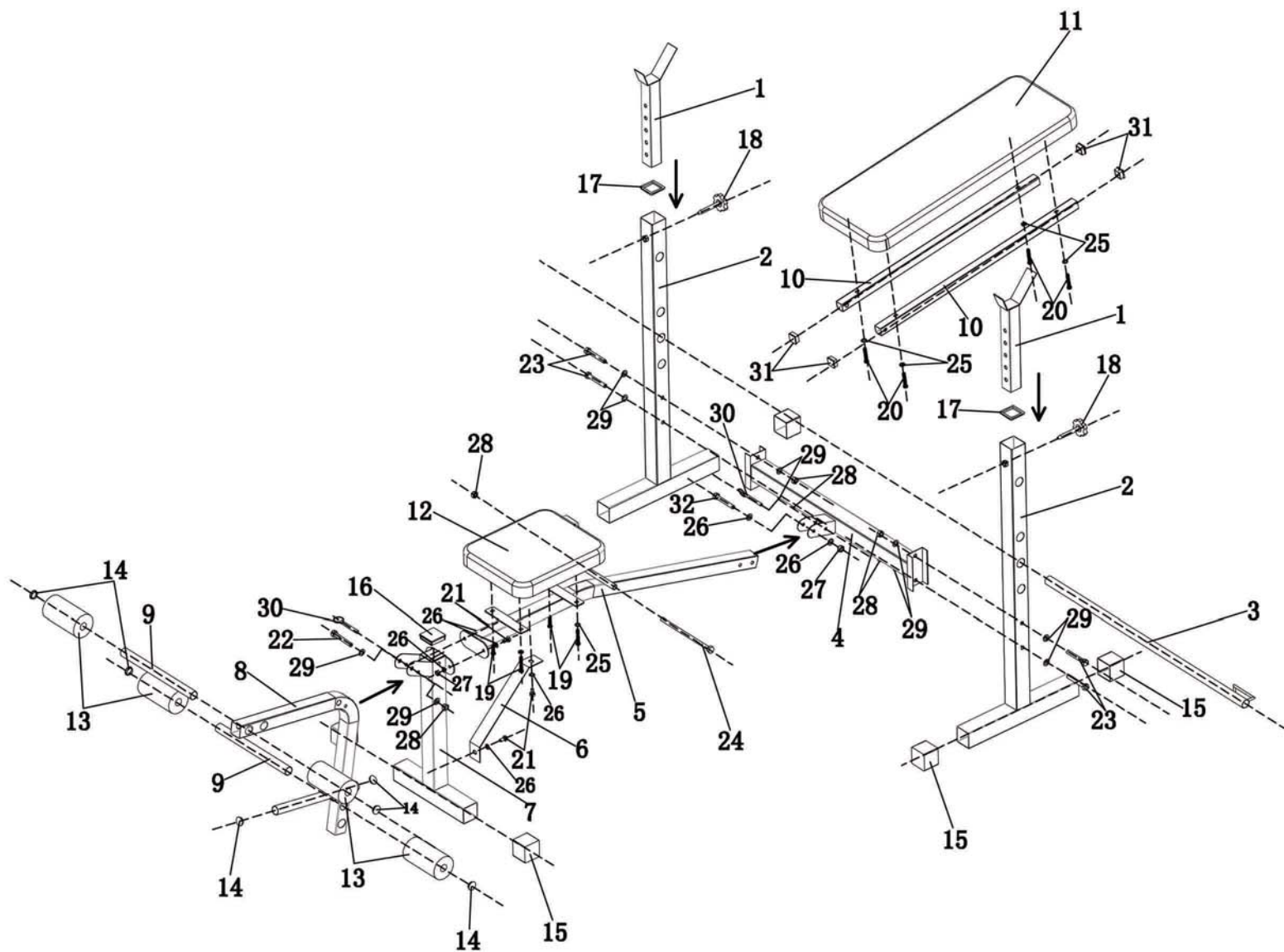
IMPORTANT:

1.The safety level of the equipment can be maintained only if it is examined regularly for damage and wear,e.g. connection points, etc.

2. Please replace defective components immediately and/or keep the equipment out of use until repair.

3. Please pay special attention to components most susceptible to wear.

Exploded diagram



Assembly step

Note: Don't tighten the locknuts and bolts yet before fully assembled.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.
- The following tools (not included) may be required for assembly:

two adjustable wrenches



one rubber mallet



one standard screwdriver



one Phillips screwdriver



Step1

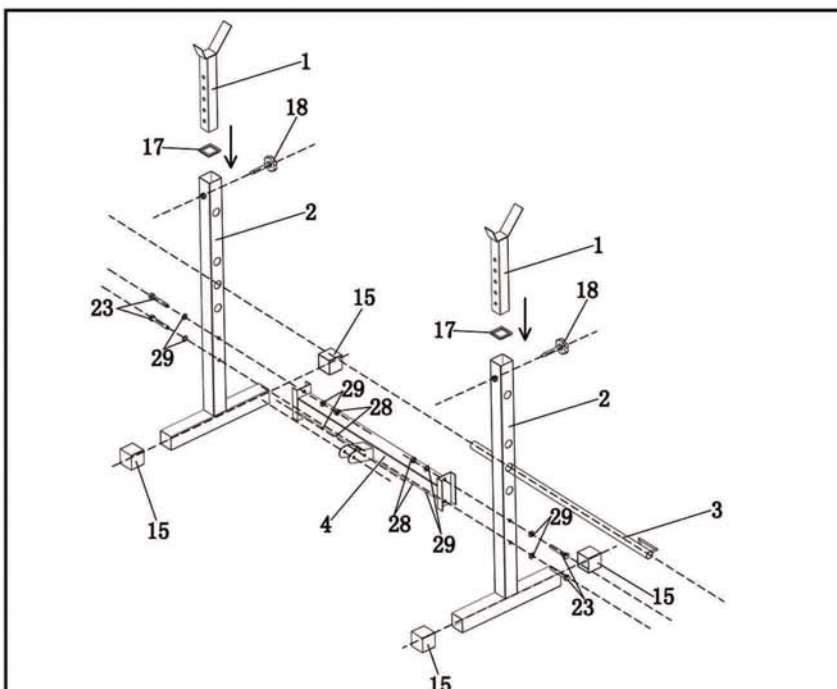
Orient the Crossbar (4) so that the warning decals are in the position shown.

Attach the Crossbar (4) between the Uprights (2) with four M10 x 60mm Bolts (23), the eight washers(29), and four M10 Lock nuts (28).

Insert the Backrest Support (3) into one of the four sets of holes in the Uprights (2).

Insert the Upper Bar (1) to the Uprights (2) with two Screw Knobs (18).

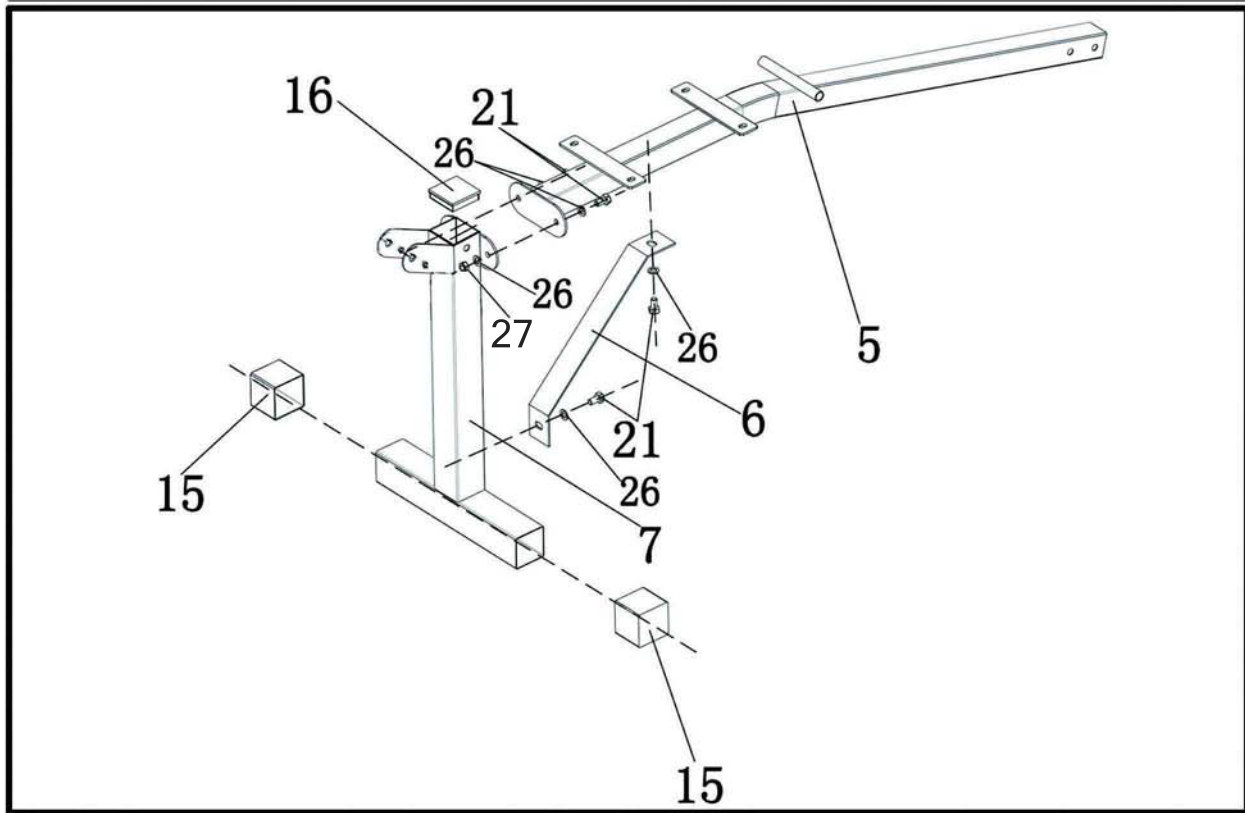
Note:Do not tighten the bolts yet.



Step2

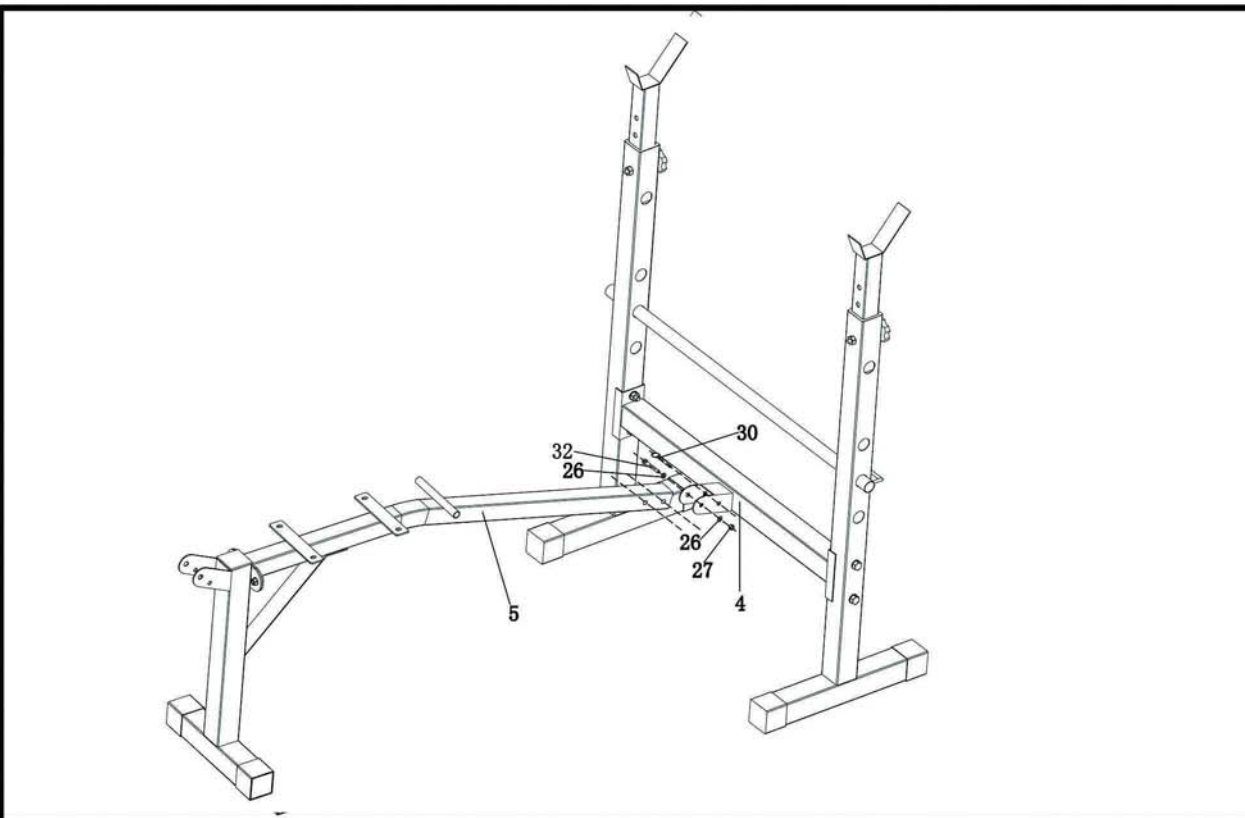
Connect the Frame (5) to the Front Leg (7) with two M8 x 15mm Bolts (21), four Washers (26) and two Nuts (27) fix the Support (6) onto the Frame (5) and Front Leg (7) with two M8 x 15mm Bolts (21) and two Washers (26).

Note:Do not tighten the bolts yet.



Step3

Attach the Frame (5) to the Crossbar (4) with one Pins (30) . Also one bolt (32) , two washers (26) and one nut (27) for the other hole.

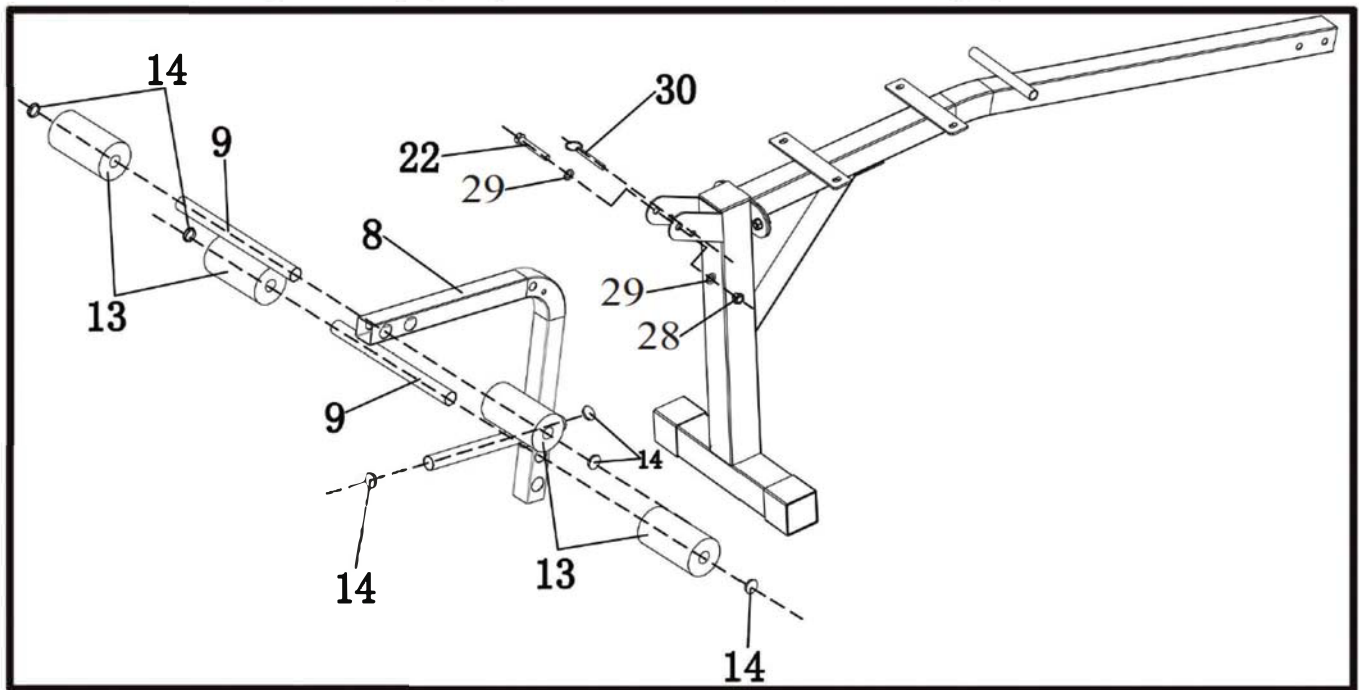


Step4

Attach the Leg Lever (8) to the Front Leg (7) with the M10x70 mm Bolts (22) and an M10 Locknut (28). Insert one Pin (30) through the hole.

Do not overtighten the Locknut; the Leg lever must pivot easily.

Insert a Pad Tube (9) into the Leg Lever (8). Next, slide a Foam Pad (13) onto each end of the Pad Tube. Repeat this step with the other Pad Tube (9).

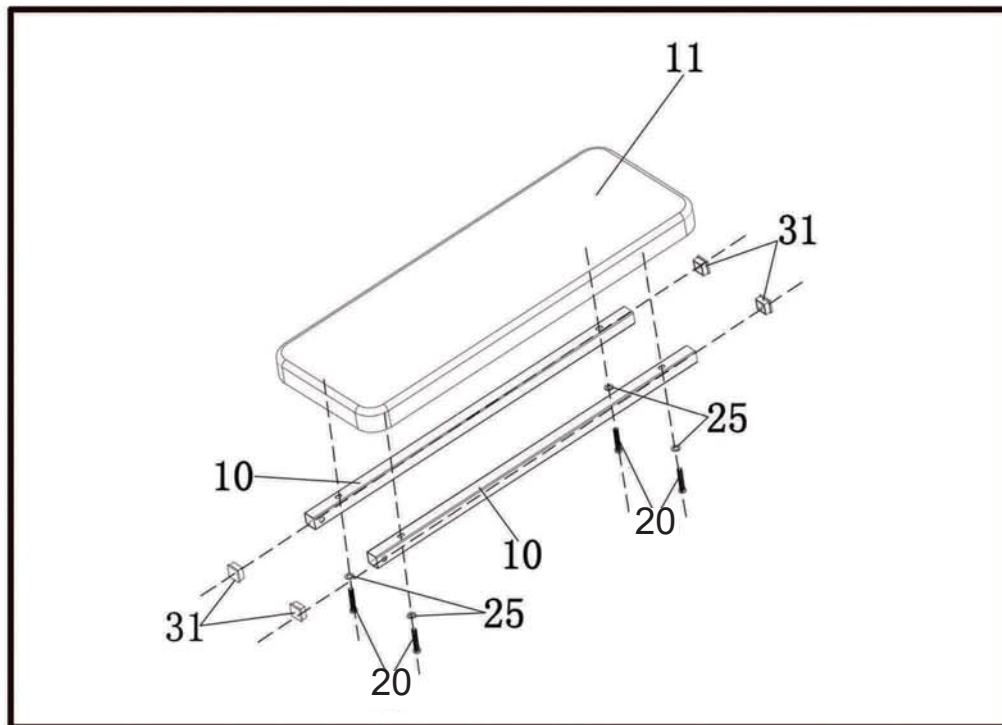


Step5

Orient the Backrest (11) as shown.

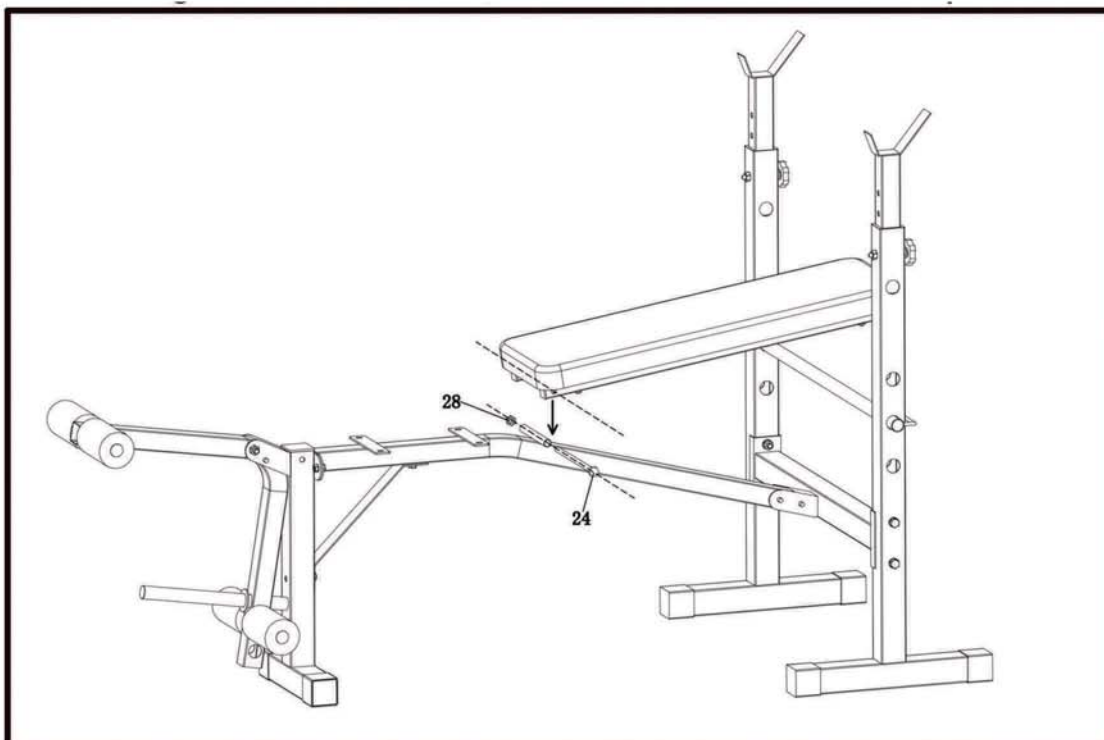
Orient the Backrest Tubes (10) so that the indicated holes are in the position shown.

Attach the Backrest Tubes (10) to the Backrest (11) with four M6 x40 mm Screws (20) and four F6 Washers (25). Do not tighten the Screws yet.



Step6

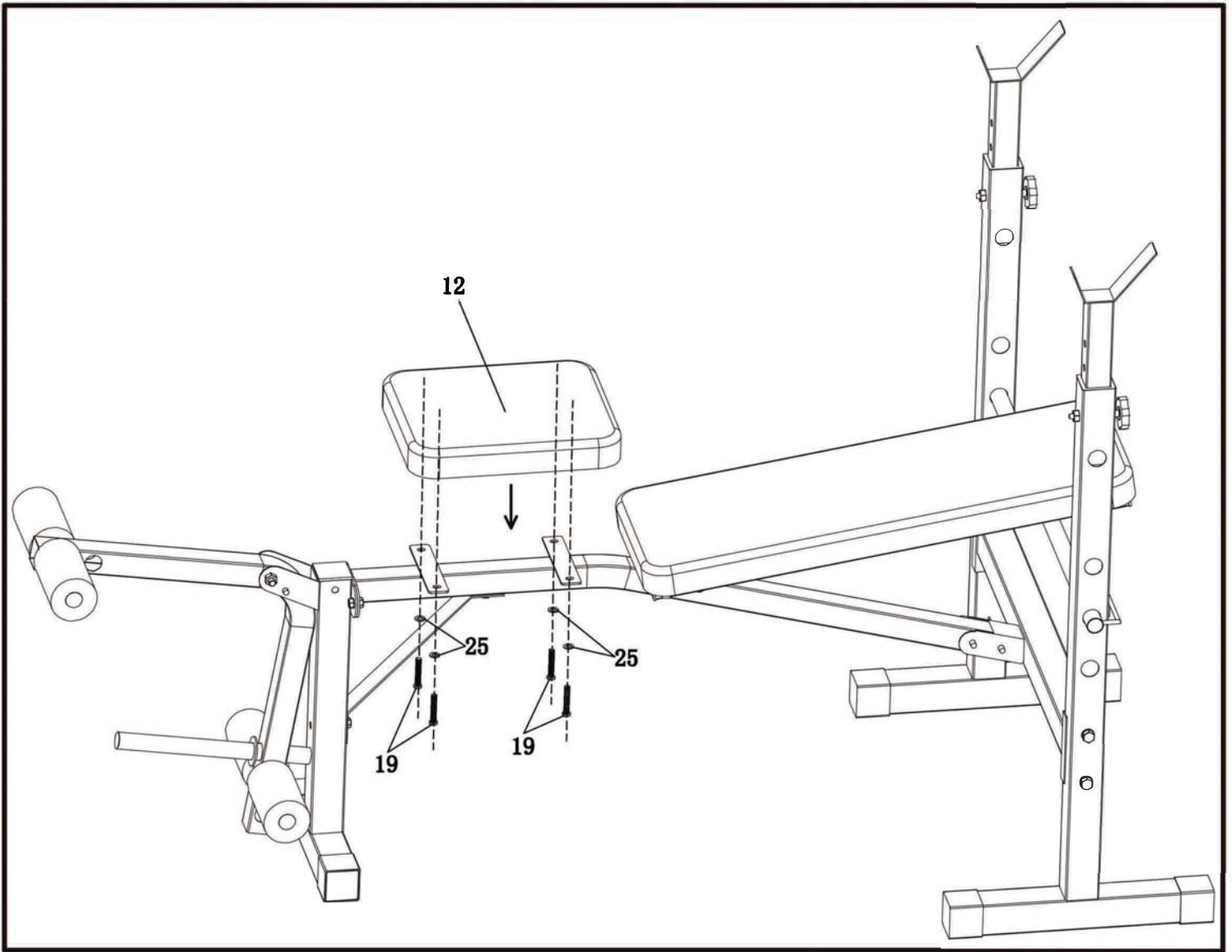
Attach the Backrest Tubes (10) to the welded tube on the Frame (5) with the M10 x 200mm Bolt (24), and an M10 Locknut (28). Do not overtighten the Locknut; the Backrest Tubes must pivot easily.



Step7

Orient the Seat (12) as shown.

Attach the Seat (12) to the Frame (5) with four M6 x 15mm Screws (19) ; start all the Screws, and then tighten them.



Make sure that all parts are properly tightened before you use the weight bench.

EN

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