



TIPS:

Your suggestions and comments for Costway are really important to us!
We sincerely solicit you to go back to our shop and leave a good rating in just a simple click. It would be quite encouraging if you could kindly do so like below:

★★★★★ Great products so far

February 24, 2018

Great product so far. Fast delivery, easy setup, and working without any issues.

With your inspiring rating, Costway will be more consistent to offer you
EASY SHOPPING EXPERIENCE, GOOD PRODUCTS and EFFICIENT SERVICE!

US office:Fontana

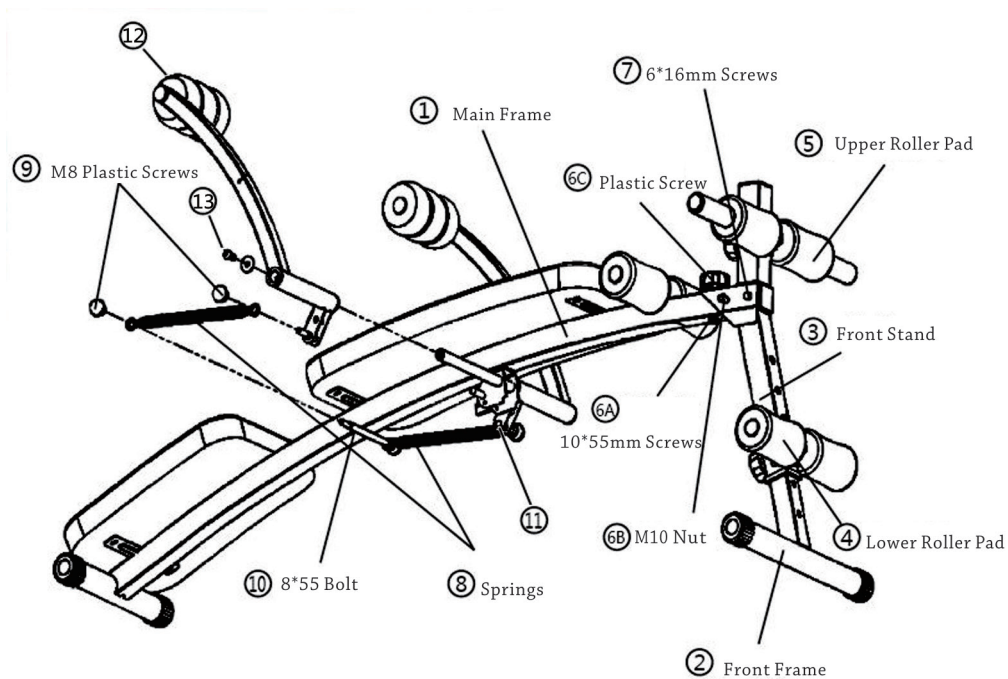
UK office:Ipswich



USER'S MANUAL

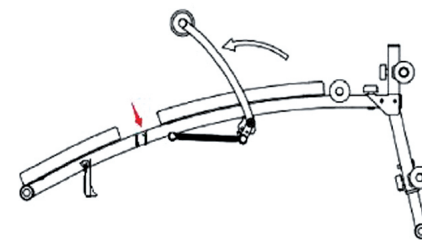
Smart Multi-Functional Sit Up Bench

SP37305

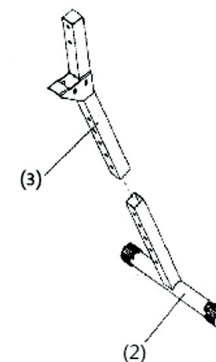


Part	Name	Quantity
1	Main Frame	1
2	Front Frame	1
3	Front Stand	1
4	Lower Roller Pad	1
5	Upper Roller Pad	1
6A	10*55mm Screws	2
6B	M10 Nut	1
6C	Plastic Screw	3

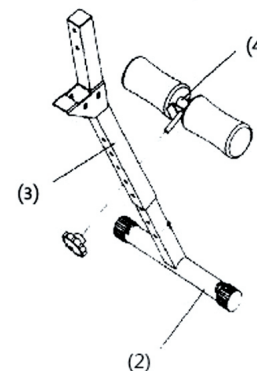
7	6*16mm Screws	2
8	Springs	2
9	M8 Plastic Screws	2
10	8*55 Bolt	1
11	8*105 Bolt	1
12	Handgrip	1
13	8*35mm Screws	2
14	Counter	1
15	Tools	2



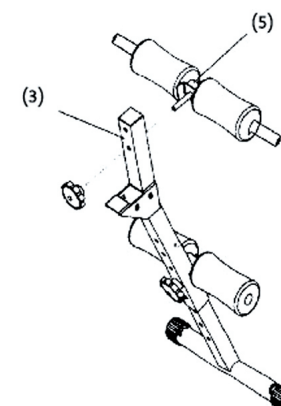
Step 1: Unfold (1) Main frame and Insert (10) 8*55 Bolt to the joint. Stabilize it with (9) M8 Plastic Screws. And fasten (12) Handgrip with (13) 8*35mm screws.



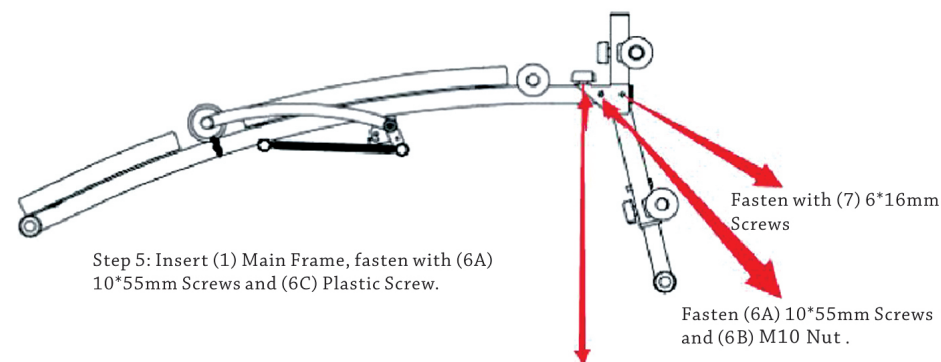
Step 2: Insert (2) Front Frame to (3) Front Stand



Step 3: Insert (4) Lower Roller Pad to the hole of (2)&(3), Fasten it with (6C) Plastic Screws. The height can be adjusted.

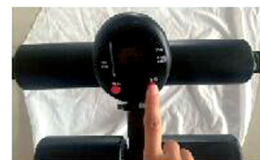


Step 4: Insert (5) Upper Roller Pad to the hole of (3) Front Stand and fasten it with (6C) Plastic Screws



Step 5: Insert (1) Main Frame, fasten with (6A) 10*55mm Screws and (6C) Plastic Screw.

Fasten (6A) 10*55mm Screws and (6C) Plastic Screw.



Install battery in the Dashboard, insert the dashboard to Front Stand and connected with wires to set the counter. Reset the counter holding right button for 3+ seconds.