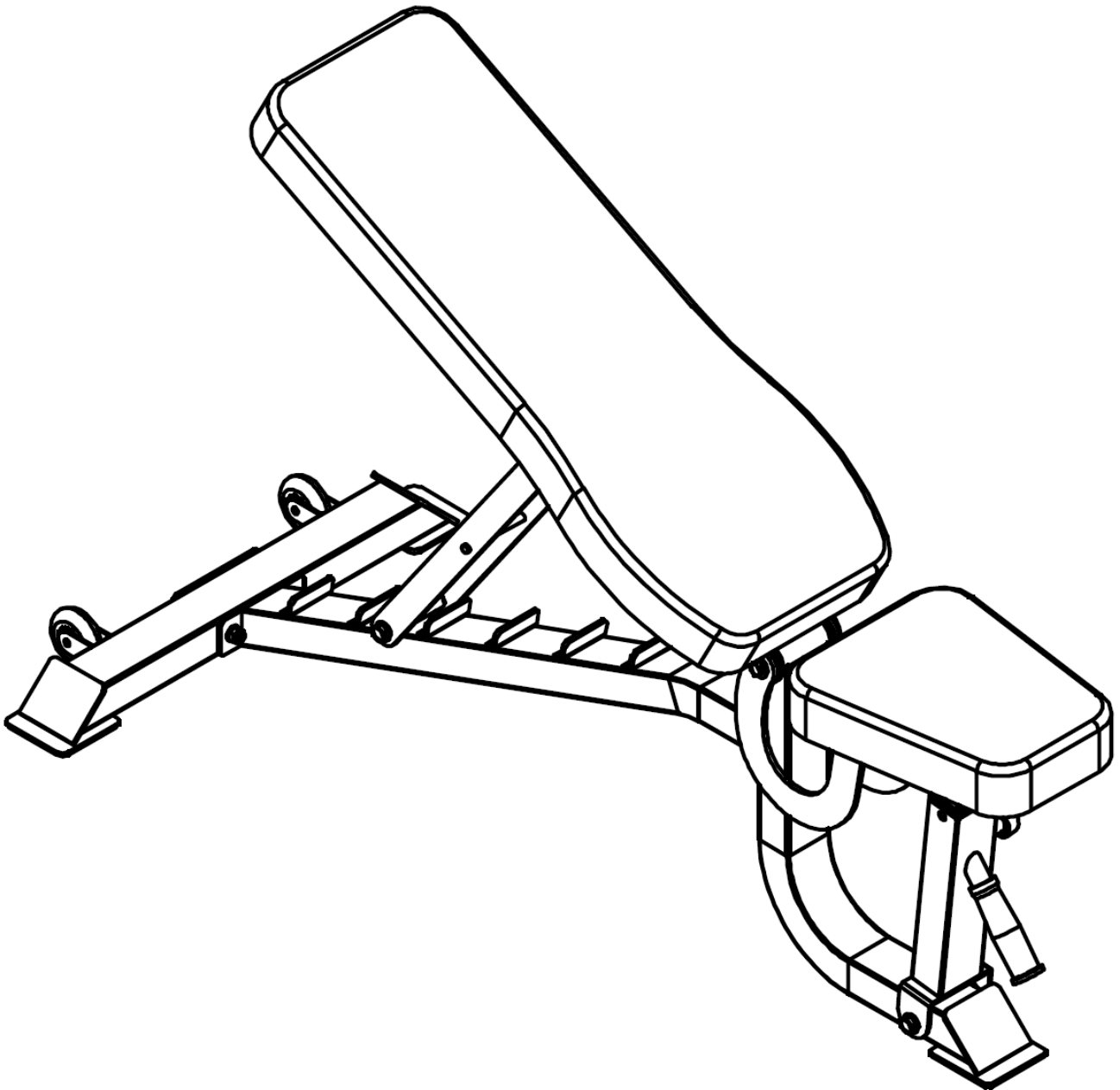


FID BENCH OWNER'S MANUAL



Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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1. IMPORTANT SAFETY INSTRUCTIONS



















WARNING - Read all instructions before using this machine.

Prior to assembly, remove all components from the box and verify that all listed parts have been supplied.

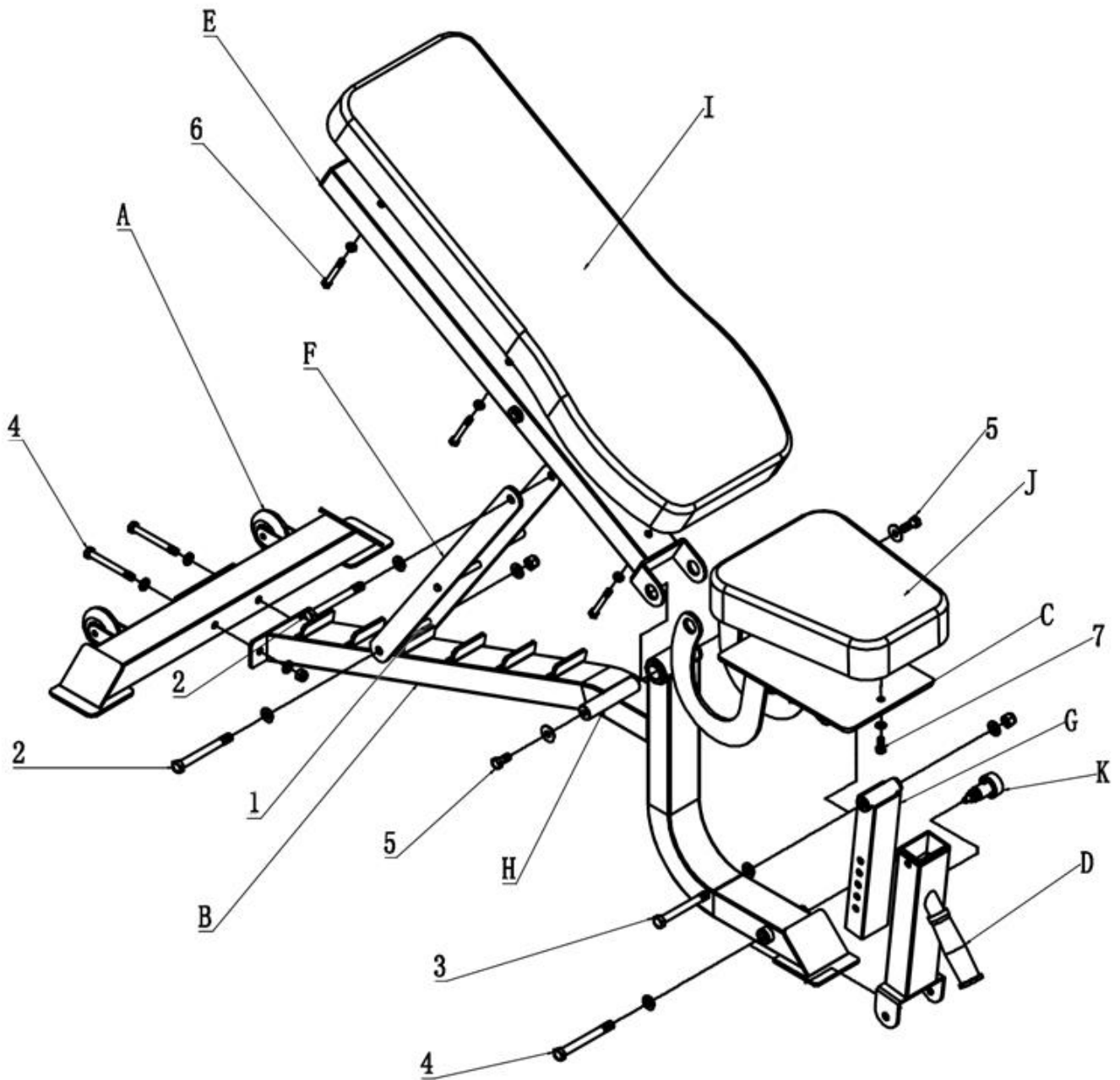
1. Hand tighten bolts until machine is fully assembled
2. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the equipment.
5. Position the machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the machine until it is repaired well.
10. NEVER operate the machine if it is not functioning properly.

11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising.
14. Always stretch prior to exercise.
15. Do not leave children unsupervised near the machine.

2. PART LIST

 A 1 PC	 B 1 PC	 C 1 PC	 D 1 PC
 E 1 PC	 F 1 PC	 G 1 PC	 H 1 PC
 I 1 PC	 J 1 PC	 K 1 PC	
	M12*115 bolt, nut, washer	M12*105 bolt, nut, washer	M12*120 bolt, nut, washer
 1 1 PC	 2 2 PCS	 3 1 PC	 4 3 PC
M10*20 bolt, washer	M8*70 bolt, washer	M8*20 bolt, washer	
 5 2 PCS	 6 3 PCS	 7 2 PCS	

3. ASSEMBLY INSTRUCTIONS



*Check that all nuts and secured tightly with the appropriate tools.

4. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanfitness.com.au/warranty-repairs>

Warranty and Support:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries an email must be sent to lodge a support case in our ticketing system.