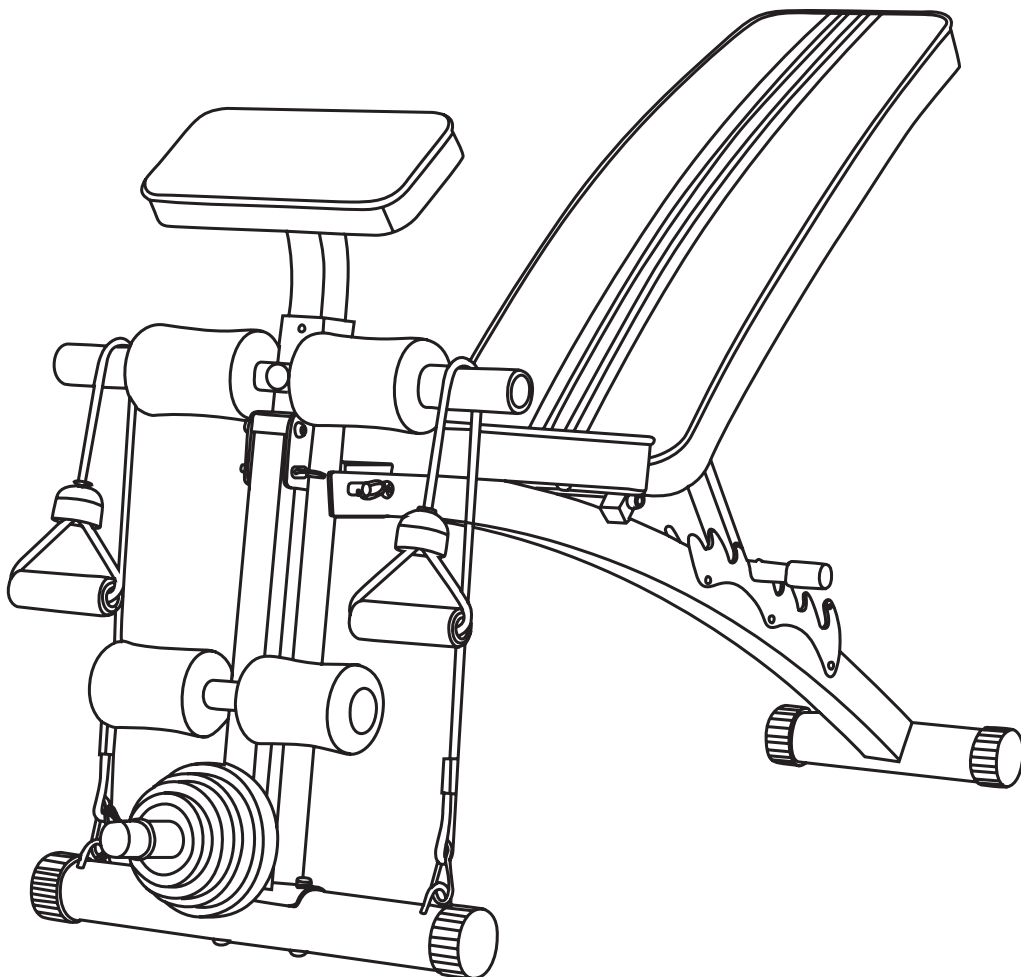


LSC

GBN-007 6 Level FID Bench with Preacher Pad

USER 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.**

NOTE:

This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lsgfitness.com.au



TABLE OF CONTENTS

I. Important Safety Instructions	03
II. Care Instructions	04
III. Parts List	05
IV. Assembly Instructions	06
V. Exploded Diagram	12
VI. Exercise Guide	13
VII. Warranty	15

I. IMPORTANT SAFETY INSTRUCTIONS

 **WARNING: Read all instructions before using this product.**

Please always keep this manual with you.

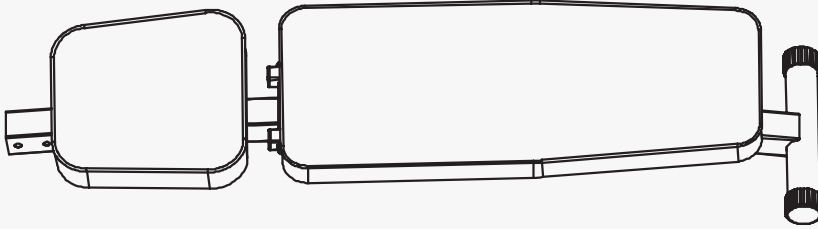
- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly.
Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. This equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 meters of free space around it.
- Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.
- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- This equipment is designed for indoor and family use only.
- Care must be taken when lifting or moving the equipment so as not to injure your back.
- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.

II. CARE INSTRUCTIONS

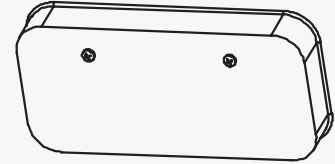
- Lubricate moving joints with grease after periods of usage.
- Re-tighten any loose bolts.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.

III. PARTS LIST

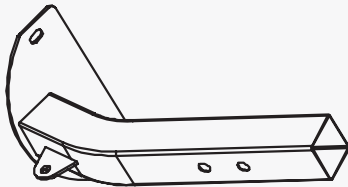
1. Main Frame - 1pc.



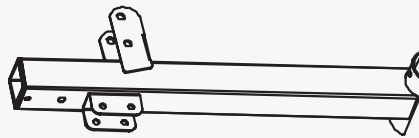
2. Bracket Plate (with screws) - 1pc.



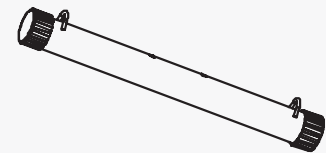
3. Bracket Connection Tube Assembly - 1pc.



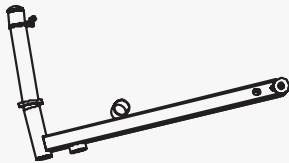
4. Front Connecting Tube Assembly - 1pc.



5. Forefoot Tube Assembly - 1pc.



6. Hook Outer Support Tube Assembly - 1pc.



7. Foam - 2pcs.



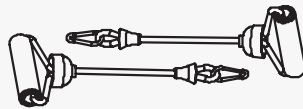
8. Long Hook and Foot Tube Assembly - 1pc.



22. Foam Tube - 1pc.



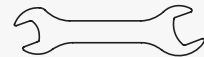
23. Pull Rope - 1pair



20. Hexagon Wrench No.6



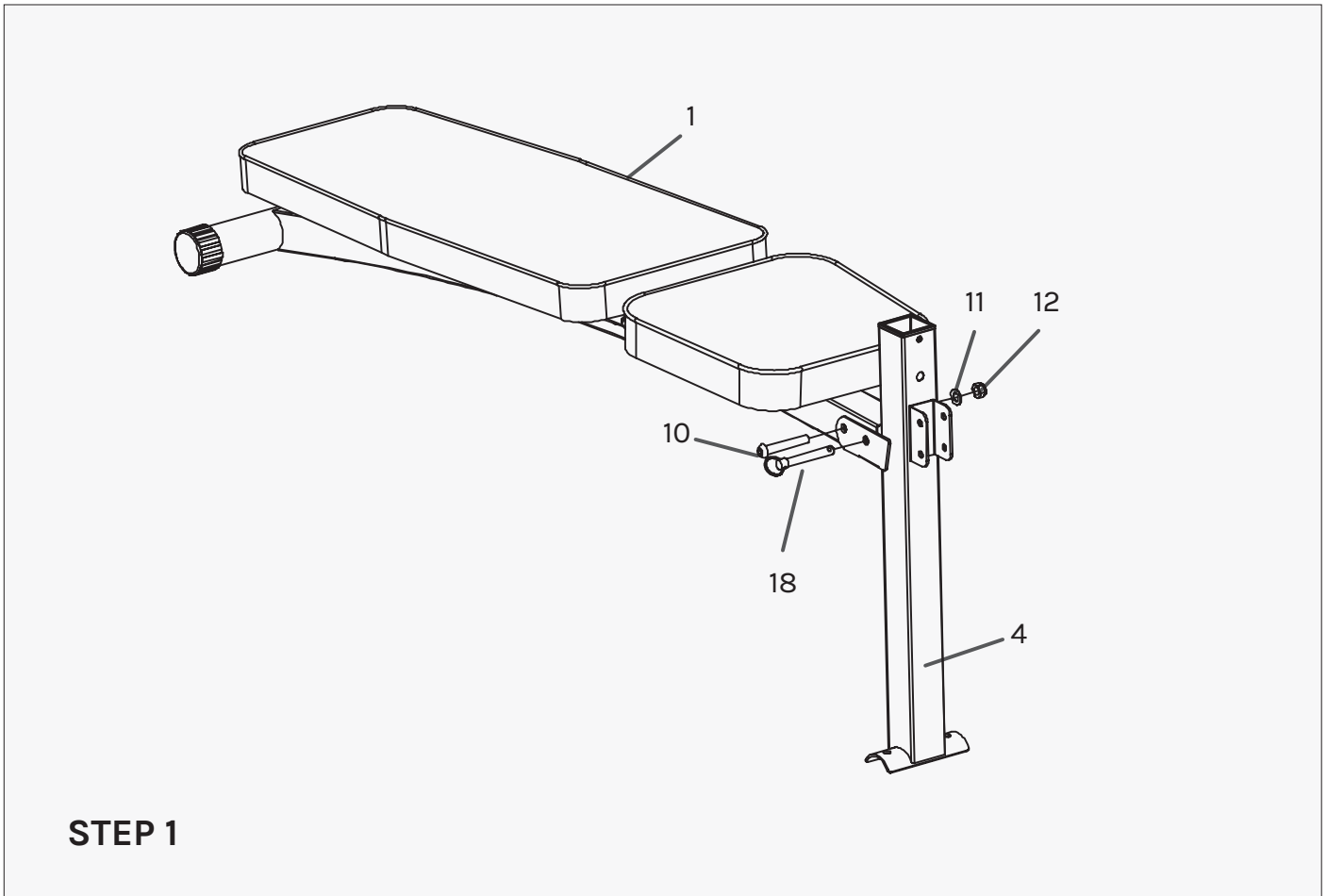
21. 13-17 Open End Wrench



NO.	Name	Qty
10	Hexagon socket head cap screws M10x70	1
12	Locknut M10	1
14	Locknut M8	3
16	Curved Gasket ø8	2
18	Slide inner tube	1

NO.	Name	Qty
11	Flat Pad ø10	1
13	Hexagon Socket Head Cap Screws M8x45	1
15	Round Head Square M8x60	2
17	Short Pin ø8	1
19	Hex Wrench No.5	1

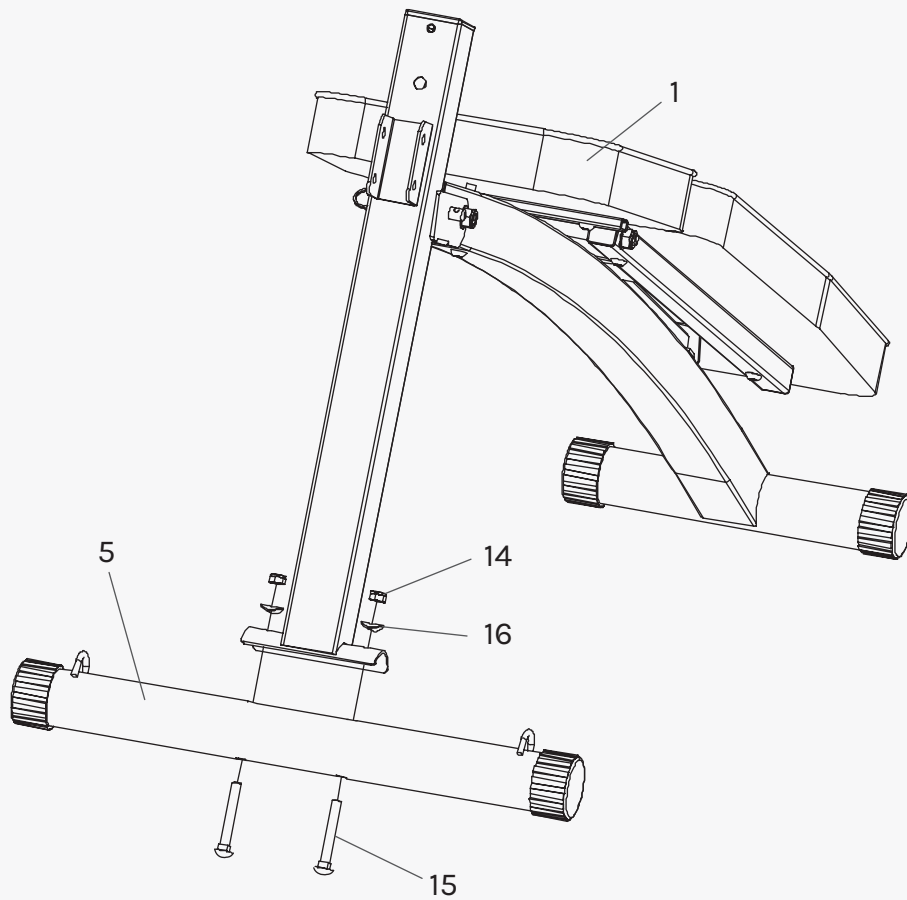
IV. ASSEMBLY INSTRUCTIONS



1. Assemble #4 front connecting tube onto the #1 Main Frame with:

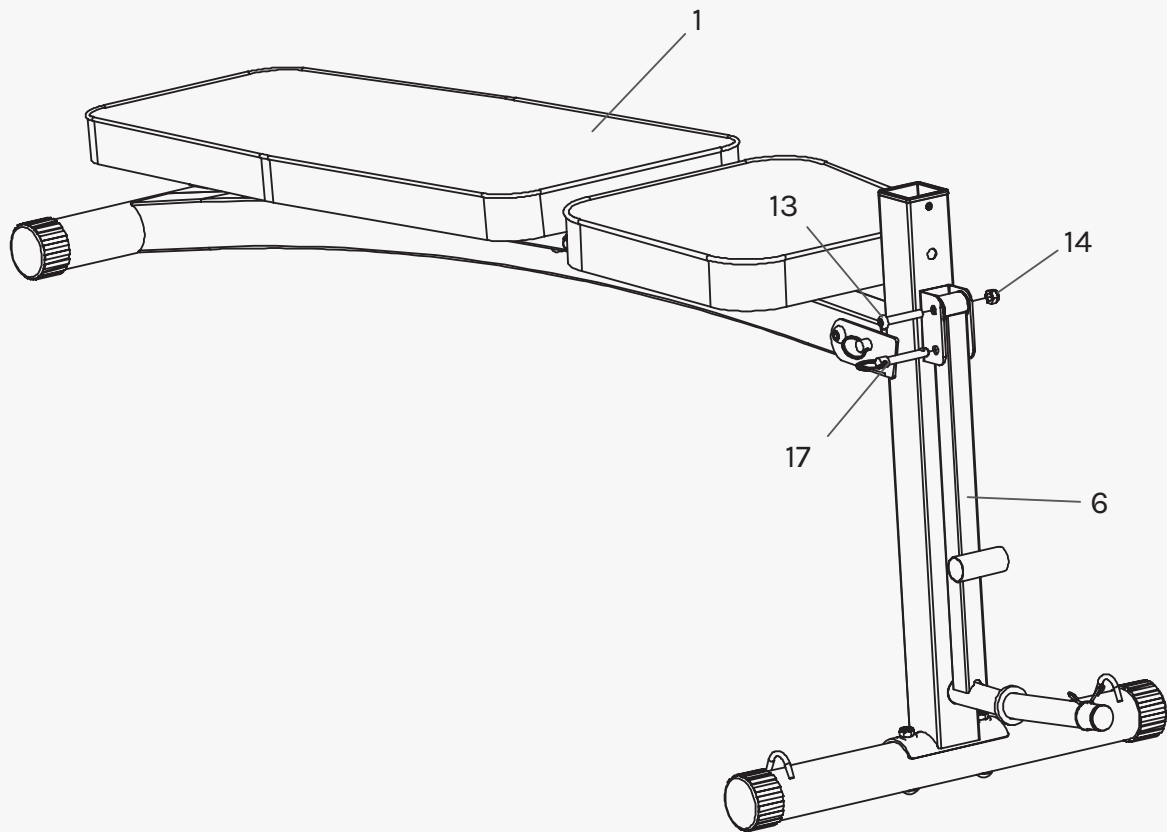
- 1x #10 Hexagonal flat head screw M10x70mm
- 1x Flat Washer $\Phi 10$
- 1x #12 Lock nut M10

2. Use the tool 20. Hexagonal Tool #6 and 21. 13-17 Open End Wrench to lock the nut clockwise and finally insert #18 long pin $\Phi 10$ into the hole as shown in the figure and fix it on the main frame.



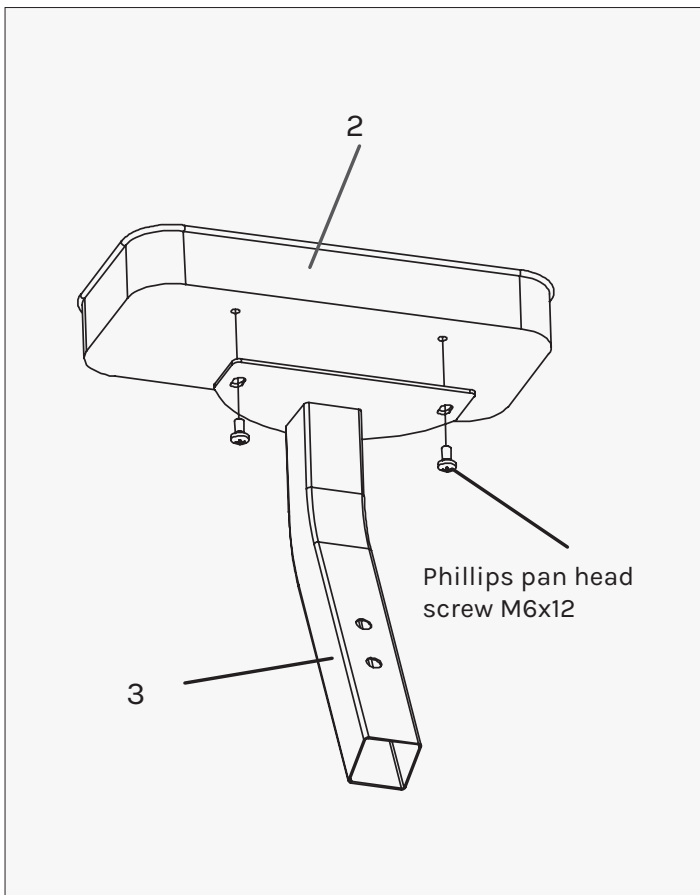
STEP 2

1. Assemble the #5 forefoot tube assembly to the #1 Main Frame with
 - 2x #14 locknut M8
 - 2x #16 arc washers $\Phi 8$
 - 2x #15 round head neck bolts
2. Use the tool 21.13-17 Open End Wrench to lock the nut clockwise.



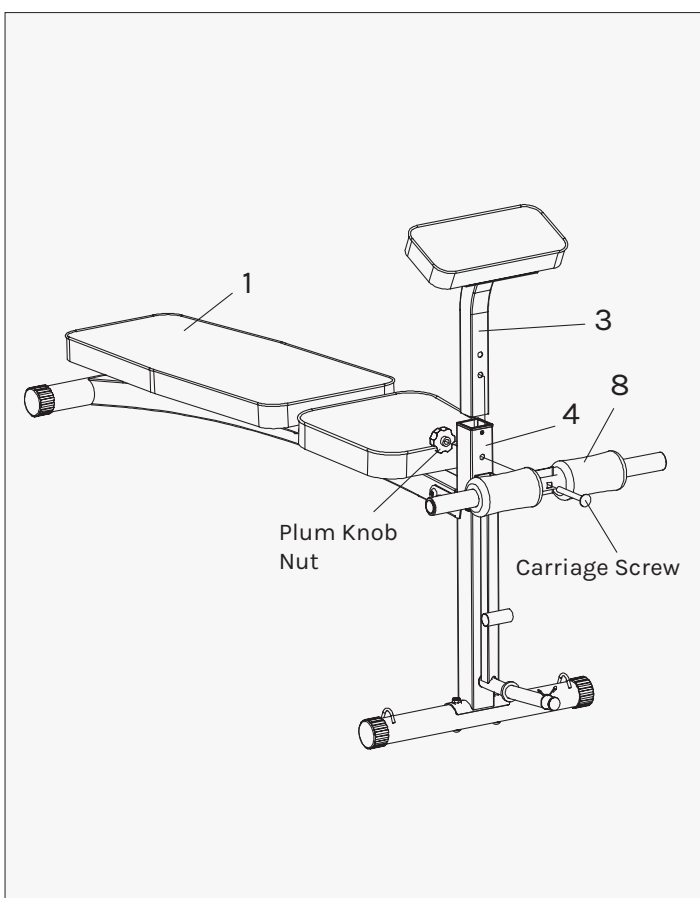
STEP 3

1. Assemble #6 hook outer support tube onto #1 main frame with:
 - 1x #13 Hexagonal flat head screw M8x45mm
 - 1x #14 locknut M8
2. Use the tool #19 Allen Key and 21. 13-17 Open End Wrench to tighten the nut clockwise.
3. Insert the #17 short pin $\Phi 8$ into the hole as shown on the image.



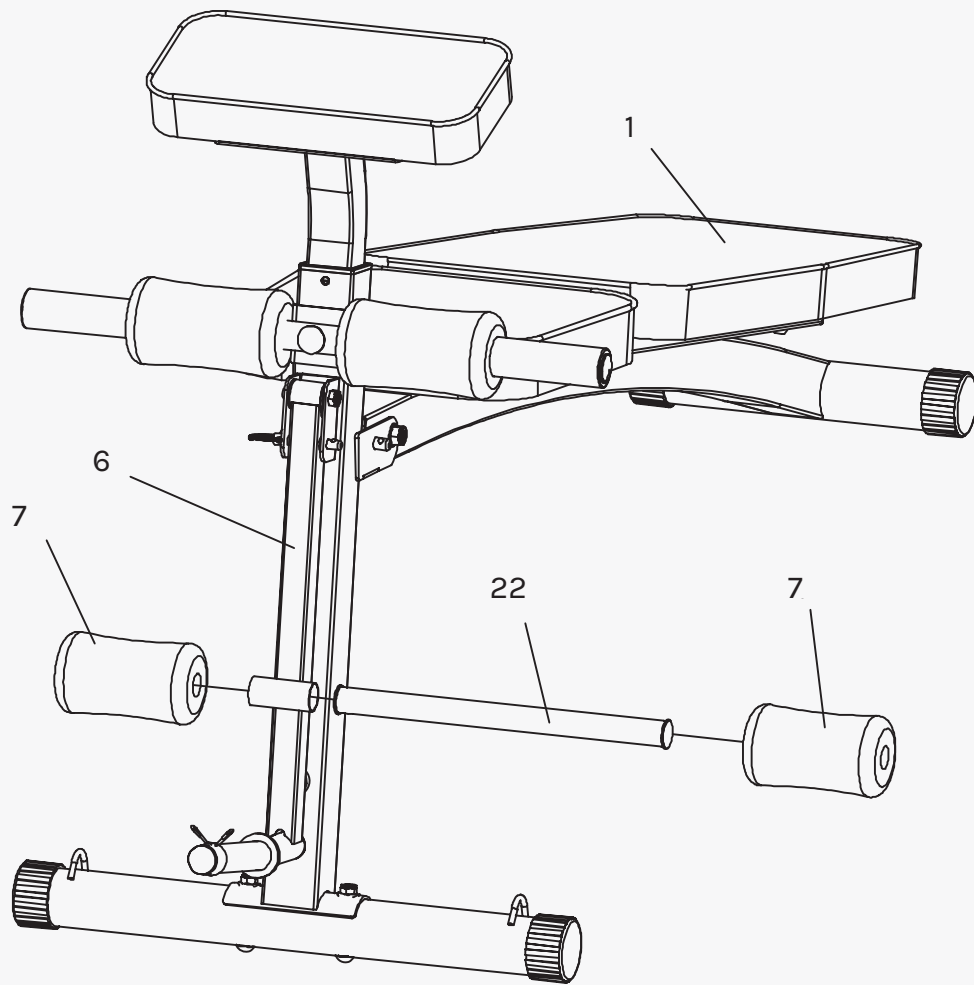
STEP 4

1. Use the #19 Hex Wrench 5 to loosen #6 bracket's own Philips pan head screw M6x12m and place the #2 bracket plate on the #3 bracket connecting tube, relock the screw.



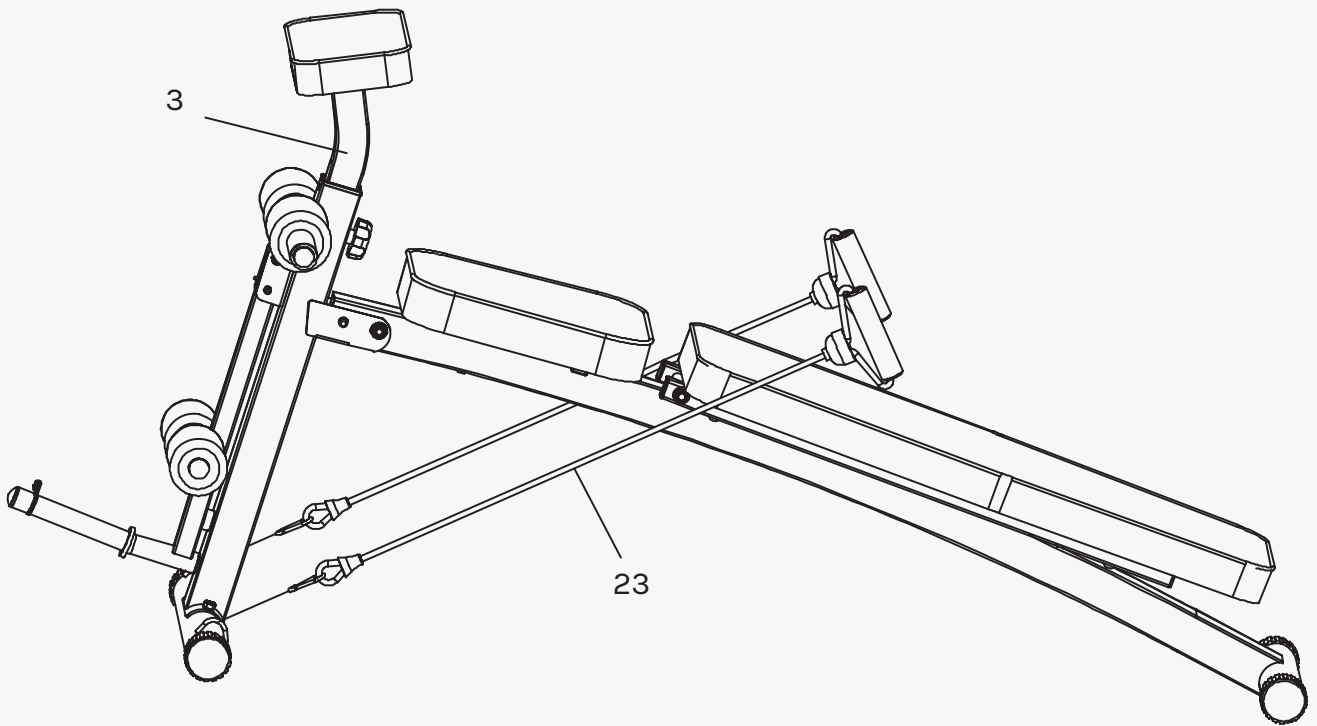
STEP 5

1. Insert #3 bracket connecting tube assembly into the #1 main frame as shown in the figure, loosened the plum knob nut on #8 long hook foot tube.
2. Pass the carriage screw with the long hook and foot tube through #4 and #3 front connecting tube and lock with the plum knob nut.



STEP 6

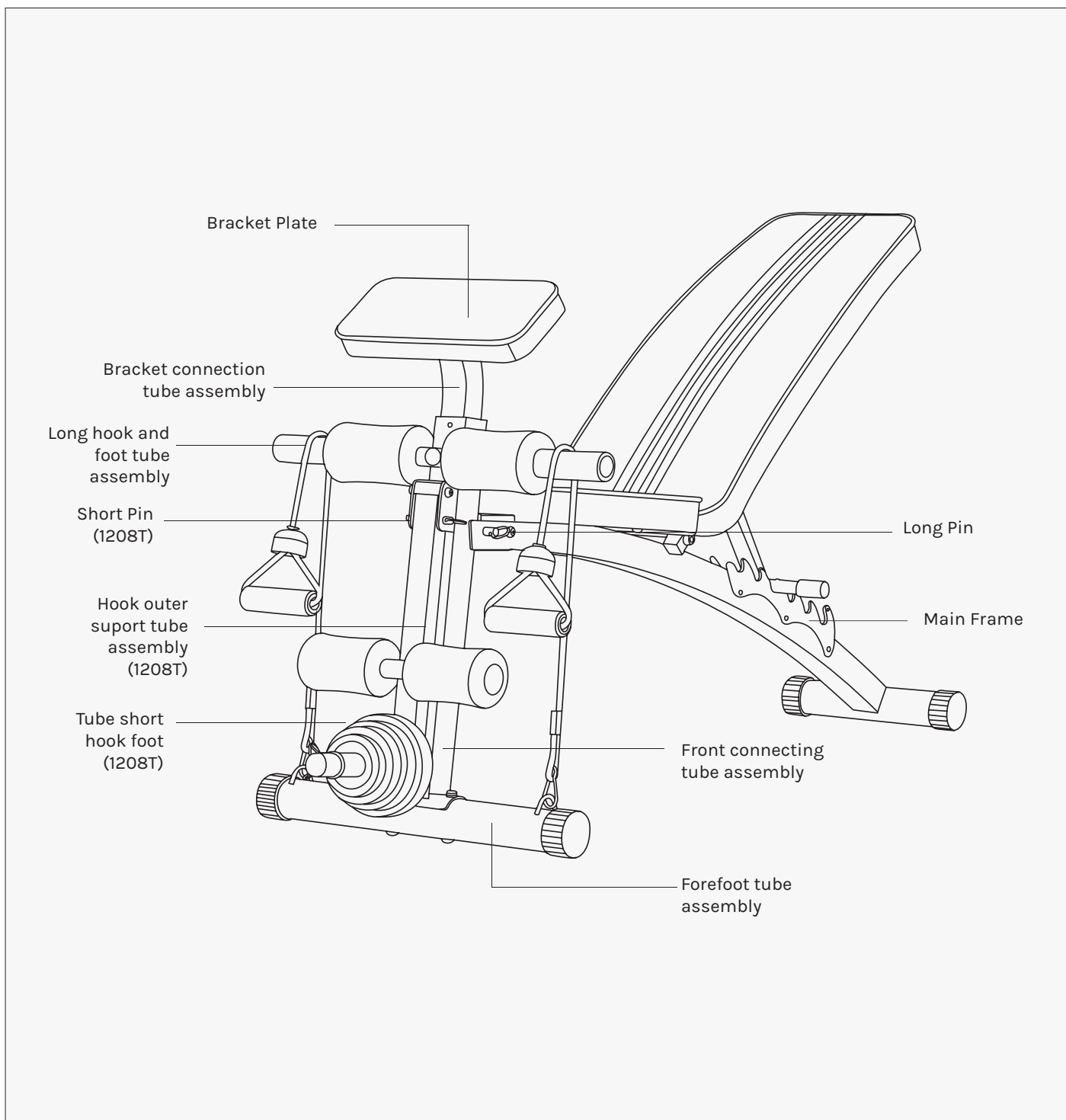
1. After inserting the #22 foam tube into the #6 hook outer support tube and insert #7 foam at both ends.



STEP 7

1. Place the #3 bracket on the pipe assembly and connect the #23 pull rope onto the foot tube as shown in image.

V. EXPLODED DIAGRAM



VI. EXERCISE GUIDE

ⓘ PLEASE NOTE:

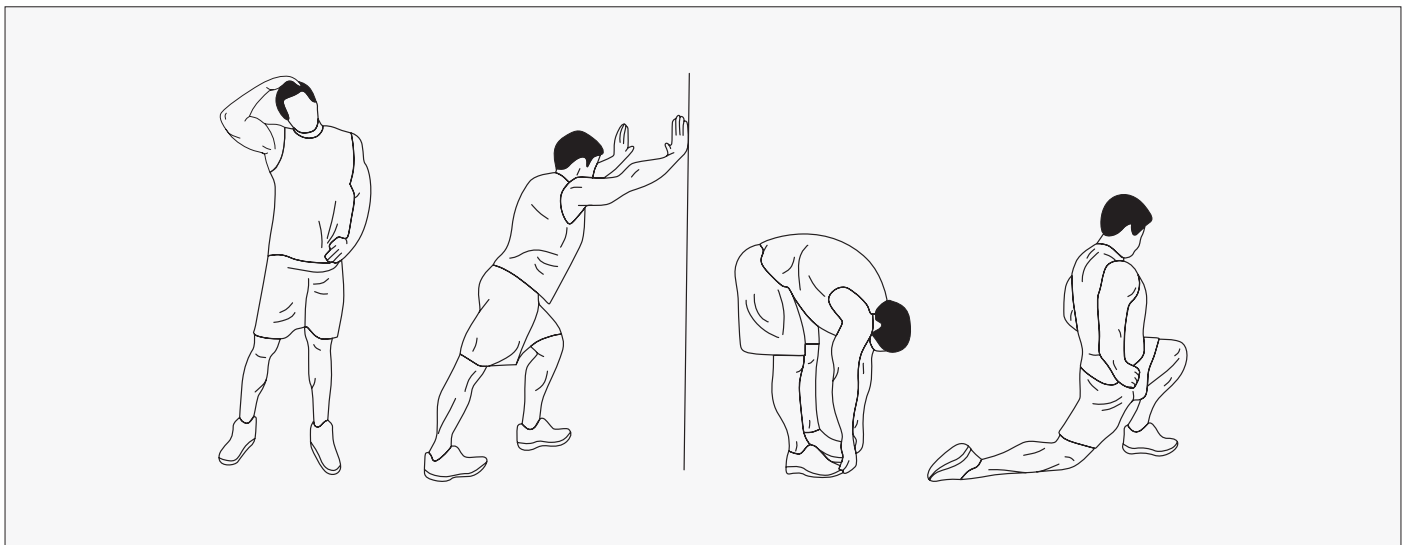
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

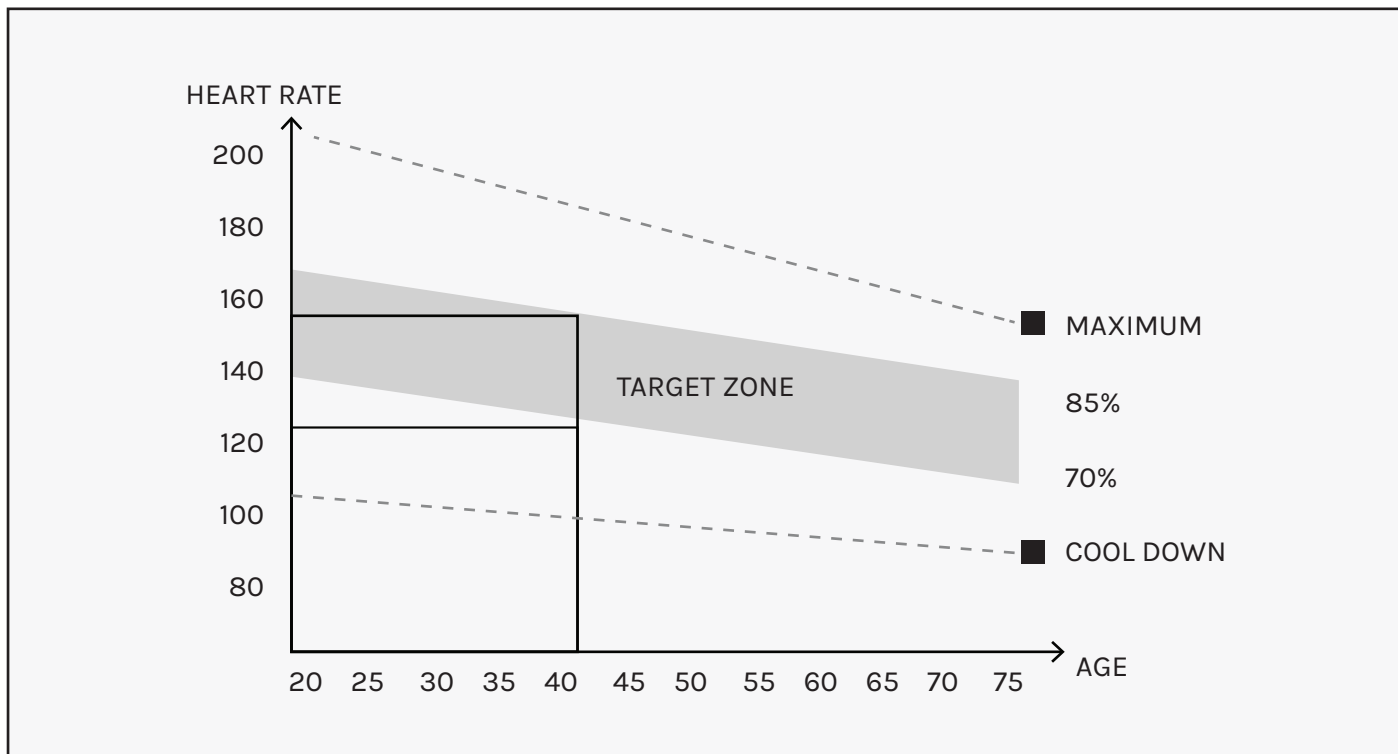
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

VII. 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:

<https://www.lsgfitness.com.au/pages/warranty>

WARRANTY AND SUPPORT

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

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.

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