

ARMOUR BENCH

USER MANUAL

**IMPORTANT - PLEASE
READ THESE
INSTRUCTIONS FULLY
BEFORE ASSEMBLY OR
USE**

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

Please keep this manual for future reference.

**MODEL NO.
ARMOUR BENCH**

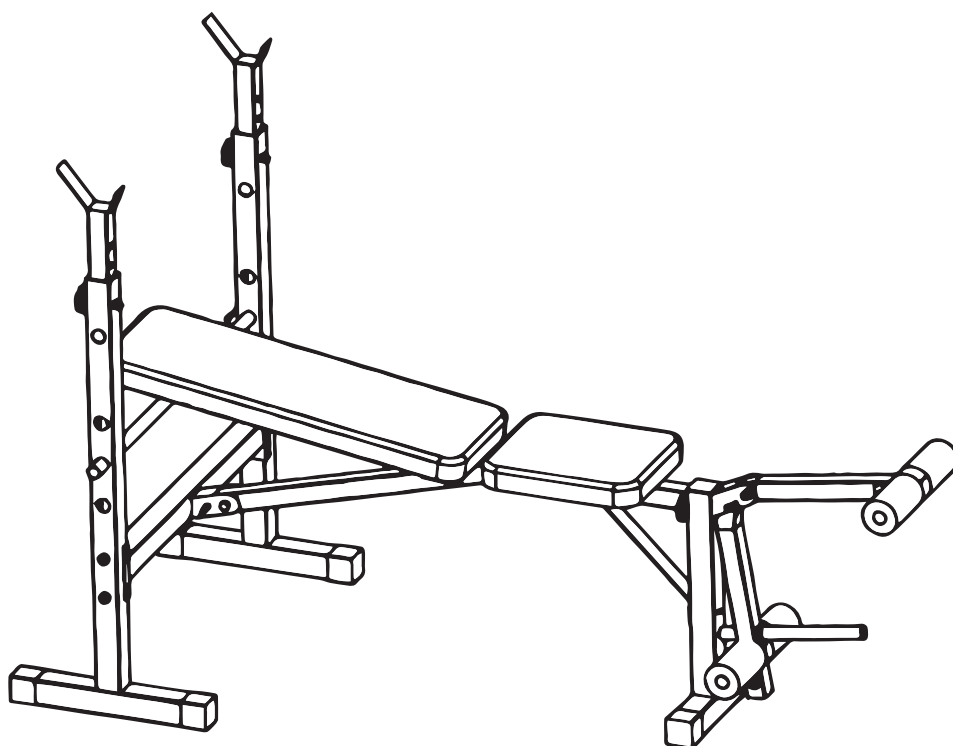


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SPECIFICATIONS FOR ARMOUR BENCH	
EXERCISE FUNCTION	DUMBBELL BENCH PRESS, DUMBBELL FLYS & TRICEP CURLS
MUSCLE GROUP	CHEST, ARMS, SHOULDERS, ABDOMINALS & BACK
PRODUCT SIZE	L 1720 x W 830 x H 1180 mm
TOTAL MAX WEIGHT (INCLUDES USER & LOAD WEIGHT)	135KG

SAFETY INFORMATION

IMPORTANT - TO REDUCE THE RISK OF SERIOUS INJURY, READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE THE ARMOUR BENCH. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS.

WARNING: Before beginning any exercise program, consult your physician. This is especially important for individuals over the age of 35 or with pre-existing health problems. You **MUST** read all instructions before using any exercise equipment. The manufacturer and its associates and partners take no responsibility for personal injury or property damage sustained by or through the use of this product.

PHYSICIAN WARNING: Not all exercise equipment and training programs are suitable for everyone. It is recommended that you consult your physician before using this equipment or beginning any training program.

ASSEMBLY:

- Check that you have all of the components and tools listed, bearing in mind that for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area as small parts could be a choking hazard if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the equipment on a clear and level surface.
- Position the equipment on a clear and level surface.
- Dispose of all packaging carefully and responsibly.

USE:

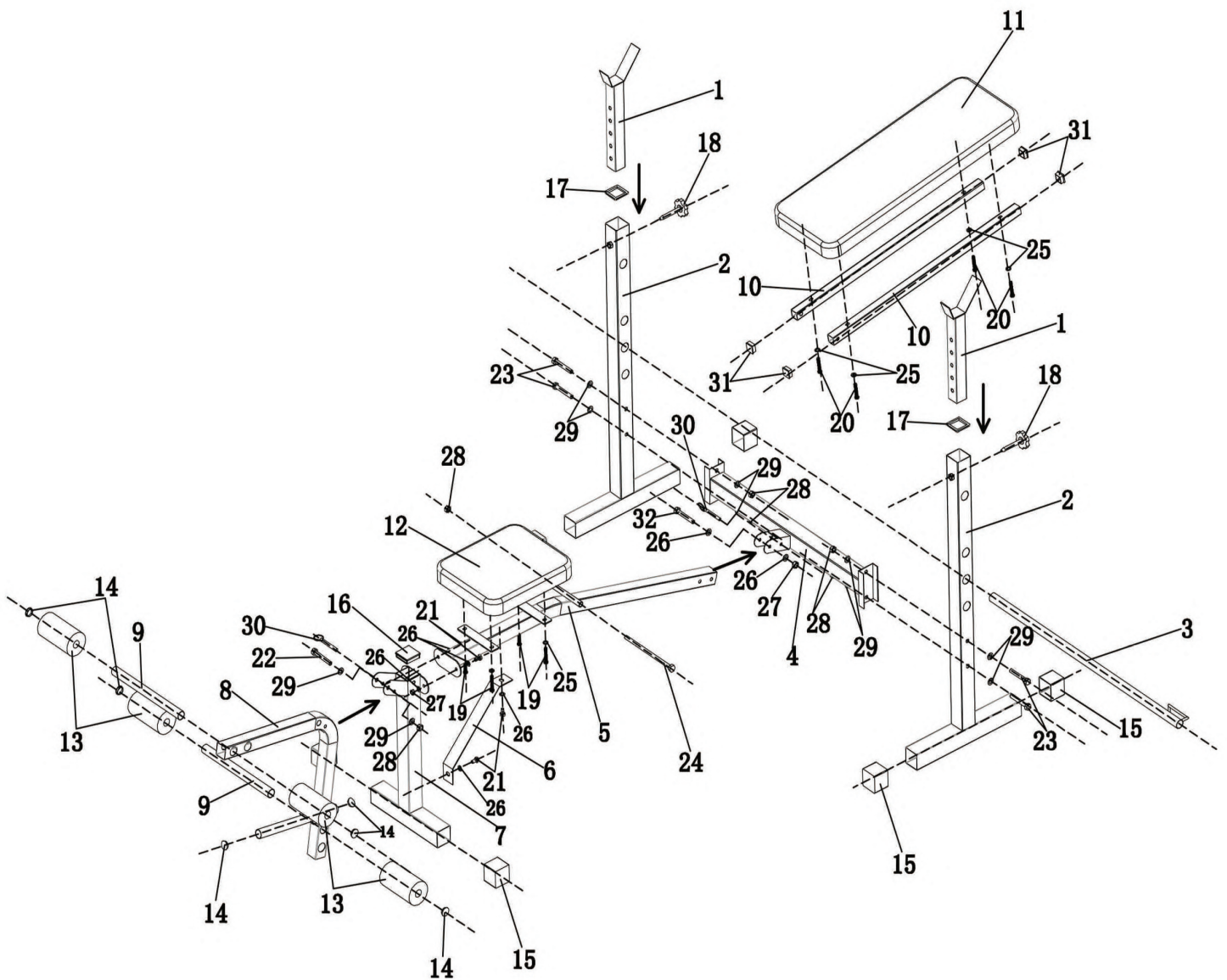
- It is the responsibility of the owner to ensure that all users of this equipment are properly informed as to how to use this equipment safely.
- This equipment is intended for domestic use only. Not for use in any commercial, rental or institutional setting.
- Before using the equipment to exercise, always stretch first to properly warm up.
- If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Only one person should use the equipment at a time.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **DO NOT** wear loose or baggy clothing as it may get caught in the equipment. Always wear athletic shoes to protect your feet while exercising.
- **DO NOT** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- **Total max weight**
(user weight and load weight) : **135KG**

COMPONENT - PARTS

IMPORTANT - PLEASE CHECK THAT YOU HAVE ALL OF THE PARTS LISTED BELOW
NOTE: SOME OF THE SMALLER PARTS MAY BE PRE-ASSEMBLED TO LARGER COMPONENTS.
PLEASE CHECK CAREFULLY BEFORE CONTACTING US REGARDING ANY MISSING PARTS.

1  Upper Bar 2PCS	2  Upright 2PCS	3  Backrest Support 1PCS	4  Crossbar 1PCS	5  Frame 1PCS	6  Support 1PCS	7  Front Leg 1PCS
8  Leg Lever 1PCS	9  Pad Tube 2PCS	10  Backrest Tube 2PCS	11  Backrest 1PCS	12  Seat 1PCS	13  Foam Pad 4PCS	14  Pad Cap (Pre-assembled) 8PCS
15  Cap (Pre-assembled) 6PCS	16  Inner Cap (Pre-assembled) 1PCS	17  Plastic Spacer (Pre-assembled) 2PCS	18  M10*50 Screw Knobs 2PCS	19  M6*20 Screw 4PCS	20  M6*40 Screw 4PCS	21  M8*15 Screw 4PCS
22  M10*70 Bolt 1PCS	23  M10*65 Bolt 4PCS	24  M10*200 Bolt 1PCS	25  F6 Washer 8PCS	26  F8 Washer 8PCS	27  M8 Nut 3PCS	28  M10 Nut 6PCS
29  F10 Washer 10PCS	30  ø8*70 Pin 2PCS	31  Inner Cap (Pre-assembled) 4PCS	32  M8*55 Bolt 1PCS	33  Plastic cap 1PCS		

EXPLODED DIAGRAM VIEW



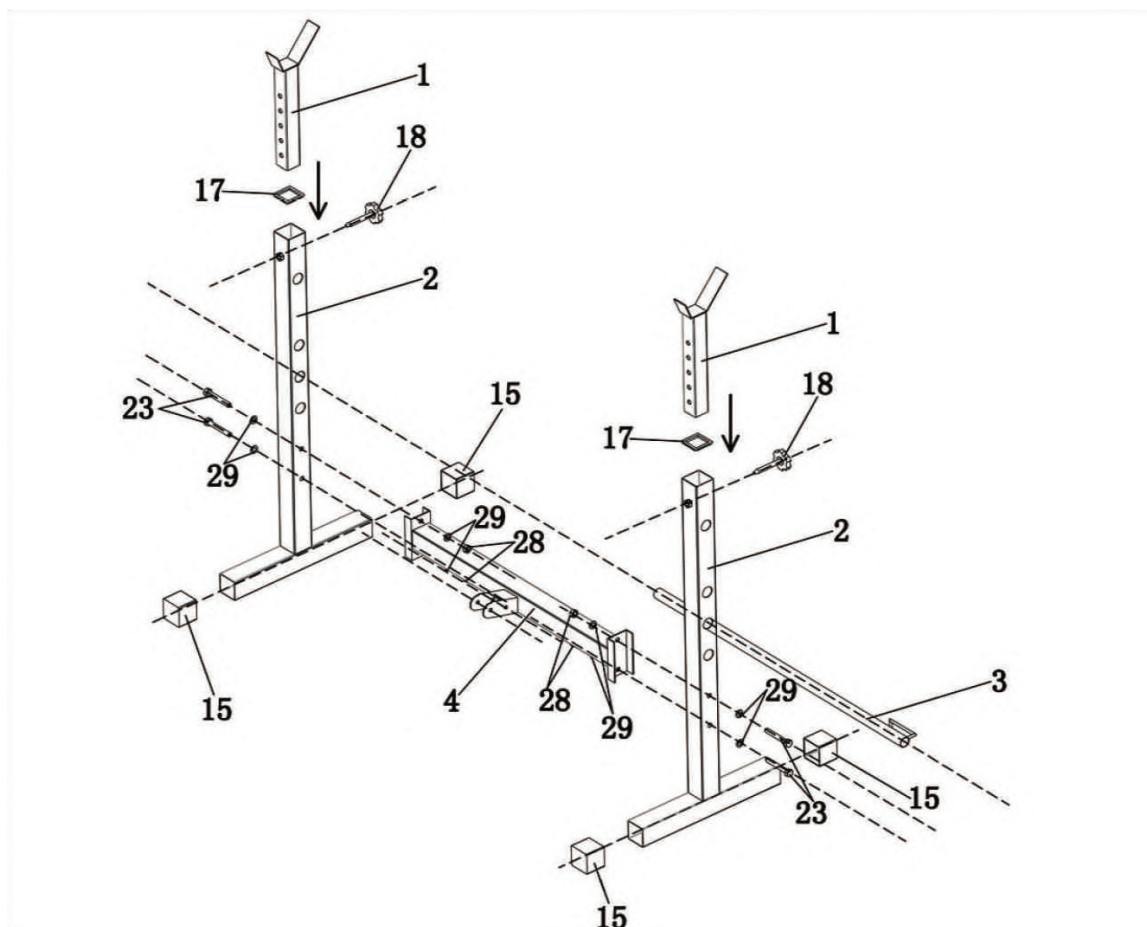
ASSEMBLY INSTRUCTIONS

IMPORTANT - ASSEMBLE WITH ALL NUTS AND BOLTS LOOSE AT FIRST, ONLY TIGHTEN AFTER COMPLETING ALL ASSEMBLY STEPS. UNPACK THE BOX AND PLACE ALL PARTS ON THE FLOOR. CAREFULLY REMOVE ALL PACKAGING MATERIAL AND CHECK EACH PART AGAINST THE MANUAL FIRST. REMEMBER SOME PARTS ARE PRE-ASSEMBLED TO LARGER COMPONENTS.

STEP 1

- 1.) Attach the Crossbar (4) between the Uprights (2) with 4 pc M10 x 60mm Bolts (23), 8 pc Washers (29) and 4 pc M10 Lock Nuts (28).
- 2.) Insert the Backrest Support (3) into one of the four sets of holes in the Uprights (2).
- 3.) Insert the Upper Bar (1) to the Uprights (2) with 2 pc Screw Knobs (18).

NOTE: DO NOT tighten the bolts yet.

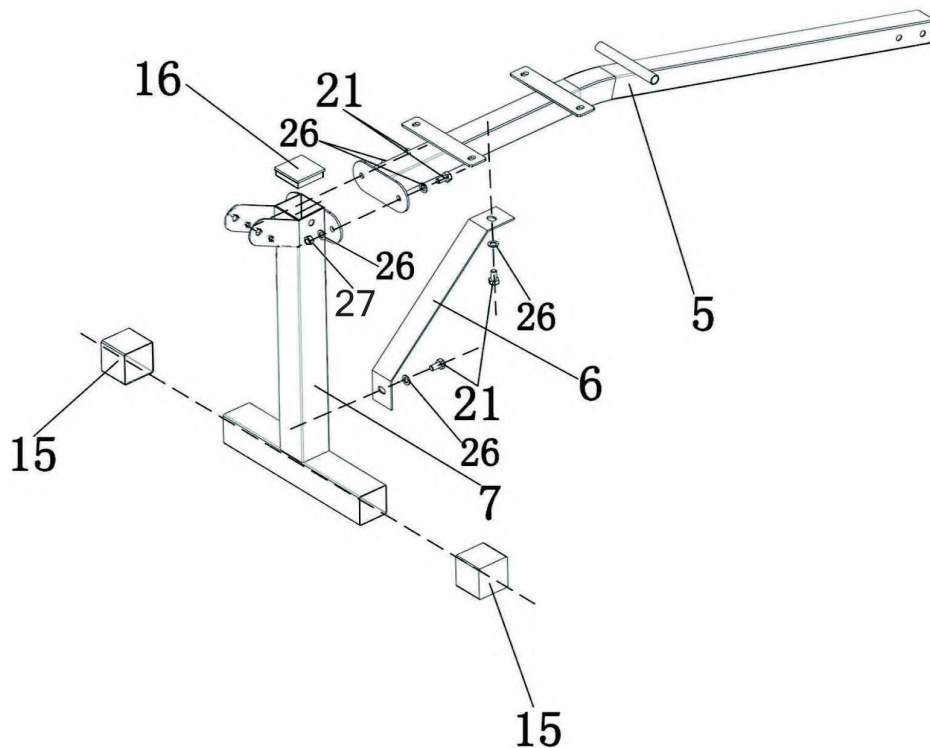


ASSEMBLY INSTRUCTIONS

STEP 2

- 1.) Connect the Frame (5) to the Front Leg (7) with 2 pc M8 x 15mm Bolts (21), 4 pc Washers (26) and 2 pc Nuts (27).
- 2.) Fix the Support (6) onto the Frame (5) and Front Leg (7) with 2 pc M8 x 15mm Bolts (21) and 2 pc Washers (26).

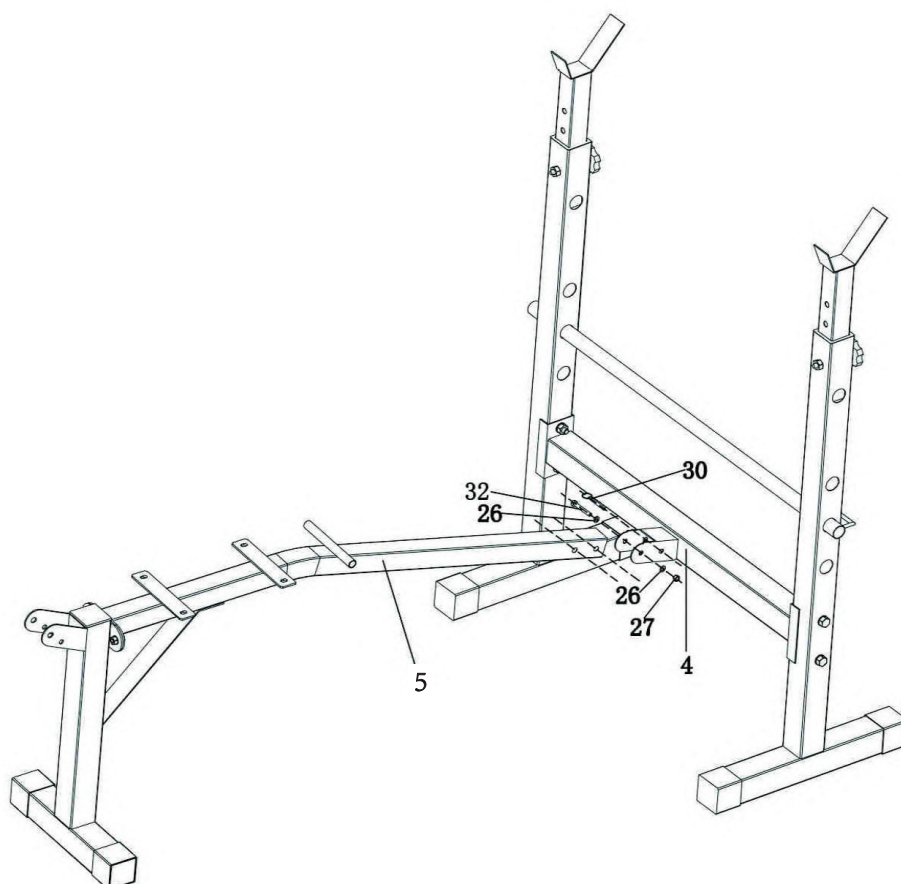
NOTE: Do NOT tighten the bolts yet.



ASSEMBLY INSTRUCTIONS

STEP 3

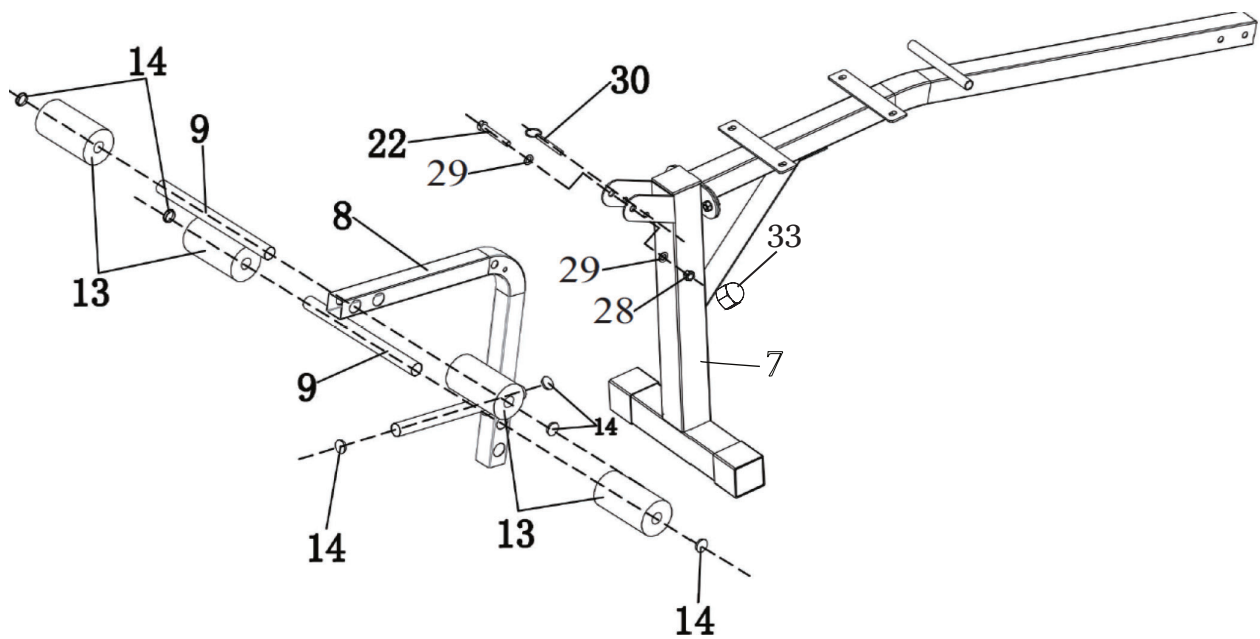
- 1.) Attach the Frame (5) to the Crossbar (4) with 1 pc Pin (30), 1 pc Bolt (32), 2 pc Washers (26) and 1 pc Nut (27).



ASSEMBLY INSTRUCTIONS

STEP 4

- 1.) Attach the Leg Lever (8) to the Front Leg (7) with the M10 x 70mm Bolts (22) and 2 pc Washers (29) and an M10 Locknut (28). Place the Plastic Cap (33) onto the end of the Bolt (22). Insert 1 pc Pin (30) through the hole. Do not over-tighten the Locknut, the Leg Lever must pivot easily.
- 2.) Insert a Pad Tube (9) into the Leg Lever (8). Slide a Foam Pad (13) onto each end of the Pad Tube. Repeat this step with the other Pad Tube (9).

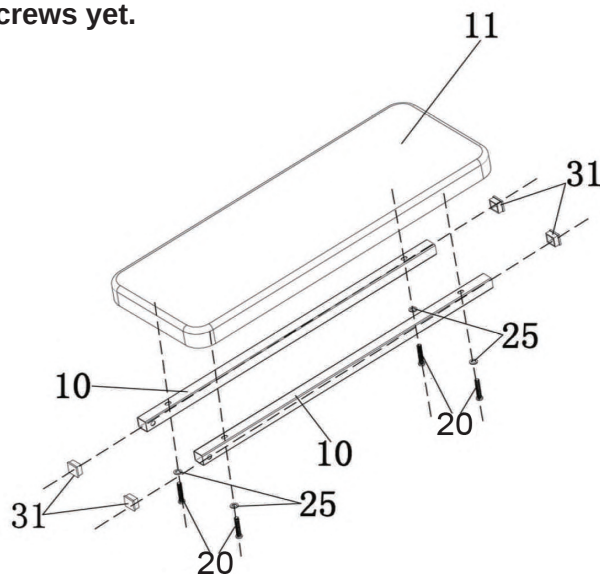


ASSEMBLY INSTRUCTIONS

STEP 5

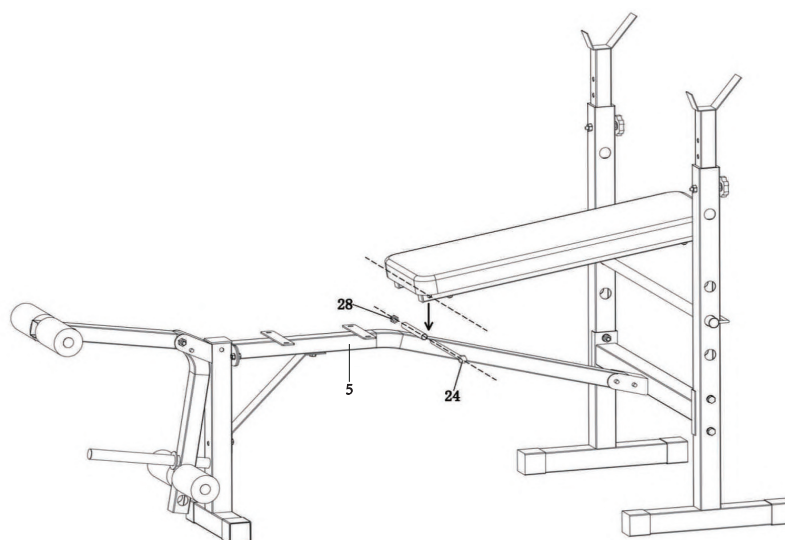
- 1.) Attach the Backrest Tubes (**10**) to the Backrest (**11**) with 4 pc M6 x 40mm Screws (**20**) and 4 pc F6 Washers (**25**).

NOTE: Do NOT tighten the Screws yet.



STEP 6

- 1.) Attach the Backrest Tubes (**10**) as assembled above, to the welded tube on the Frame (**5**) with the M10 x 200mm Bolt (**24**), and 1 pc M10 Locknut (**28**). Do not over-tighten the Locknut; the Backrest Tubes must pivot easily.



ASSEMBLY INSTRUCTIONS

STEP 7

1.) Attach the Seat (12) to the Frame (5) with 4 pc M6 x 15mm Screws (19) and 4 pc F6 Washers (25)

NOTE: MAKE SURE THAT ALL PARTS ARE PROPERLY TIGHTENED BEFORE YOU USE THE WEIGHT BENCH.

