

VEVOR[®]

TOUGH TOOLS, HALF PRICE

Technical Support and E-Warranty Certificate

www.vevor.com/support

No chair Roman chair

MODEL:5016

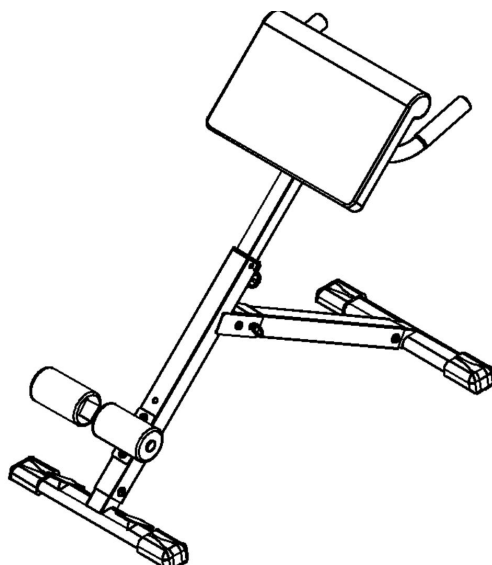
We continue to be committed to provide you tools with competitive price.
"Save Half", "Half Price" or any other similar expressions used by us only represents an estimate of savings you might benefit from buying certain tools with us compared to the major top brands and does not necessarily mean to cover all categories of tools offered by us. You are kindly reminded to verify carefully when you are placing an order with us if you are actually Saving Half in comparison with the top major brands.

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NEED HELP? CONTACT US!

Have product questions? Need technical support? Please feel free to contact us:

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This is the original instruction, please read all manual instructions carefully before operating. VEVOR reserves a clear interpretation of our user manual. The appearance of the product shall be subject to the product you received. Please forgive us that we won't inform you again if there are any technology or software updates on our product.

Thank you very much for choosing this product.

Please read all of the instructions before using it. The information will help you achieve the best possible results.

Operation safety



WARNING:

Please read all instructions before using this product

It is the Owner's responsibility to ensure that all users of this product are fully aware of all warnings and precautions.

- Do not use it if you are pregnant
- Before beginning any exercise program consult your physician.
- Read all instruction before using this product.
- Keep children and pets away from product while in use. Children should not use. The product. without adult supervision.
- Inspect and tighten all parts each time before using this sit-up bench.
- Please clean this machine using dampened wipes only. Do not use any cleansers. Please Consult with customer service if you have any questions.
- This product should be placed on a flat surface when using. Place an anti-slippery mat under the machine if needed.
- Please wear proper clothes when using this product.
- Do not use it if it is not functional or parts are not well-assembled.
- If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- Before use, always ensure that your product is positioned on a solid, hard-flat surface.
- Store idle equipment out of reach of children and do not allow anyone unfamiliar with the equipment to use it. This tool is dangerous in the hands of untrained users.
- When using the product, the crowd of onlookers must keep a distance of 3 meters to avoid accidental injury.

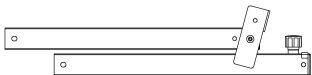
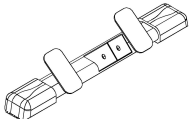
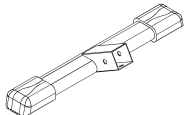


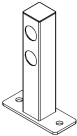
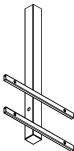
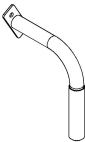
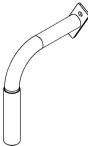
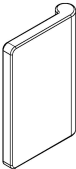
At NO time should pets or children under the age of 12 be closer to the product than 3 m (10 feet). At NO time should children under the age of 12 use the product. Children over the age of 12 should not use the product without adult supervision.

Exercise Plans

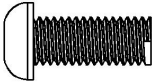
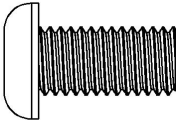
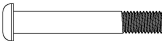
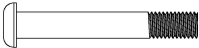
1. Beginners are recommended to start with less reps, 5 reps as 1 set for example and add reps as goes.
2. Please do not exercise half an hour before /after meals or 1 hour before sleep.
3. Please make exercise plans.

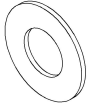
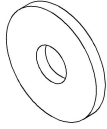
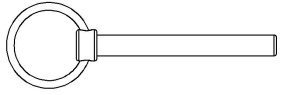
Part List

	PICTURE	NAME	QUANTITY
1		Main frame	1
2		Front foot	1
3		Rear foot	1

4		Leg lever	1
5		Adjustment frame	1
6		Left handle	1
7		Right handle	1
8		Foam frame	1
9		Pad	1
10		Foam	2

Hardware List

	Picture	Name	Dimension	Quantity
11		Hex screw	M8*25	4
12		Hex screw	M10*15	6
13		Hex screw	M10*55	2
14		Hex screw	M10*65	2

15		Lock nut	M10	4
16		Washer	φ 8	4
17		Washer	Φ 10	8
18		Washer	φ 30* φ 10*t3	2
19		Lock pin with ring	φ 8	1

NOTE: To avoid misalignment due to over-tightening, please do not use a wrench at this time.

Hand-tightening for now will help ensure easy assembly.

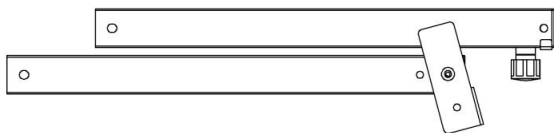
Wrench-tightening should be performed after all parts are assembled to ensure all nuts, bolts, and parts are tightly secured before use.

With the help of an assistant.

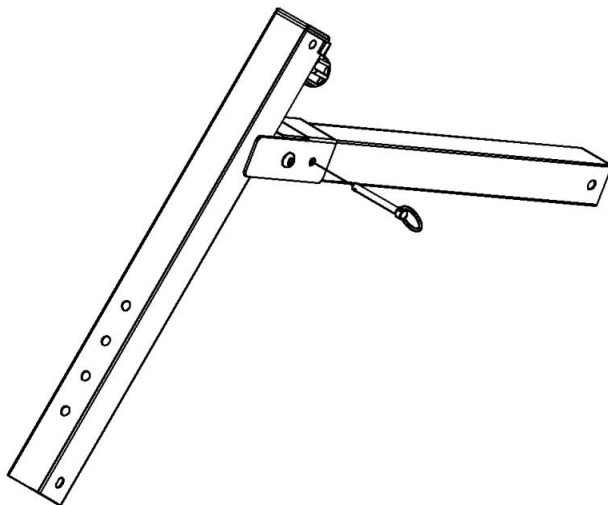
Assembly

Step 1:

1. Unfold main frame (picture1) into picture 2;
2. Insert lock pin with ring as picture 2.



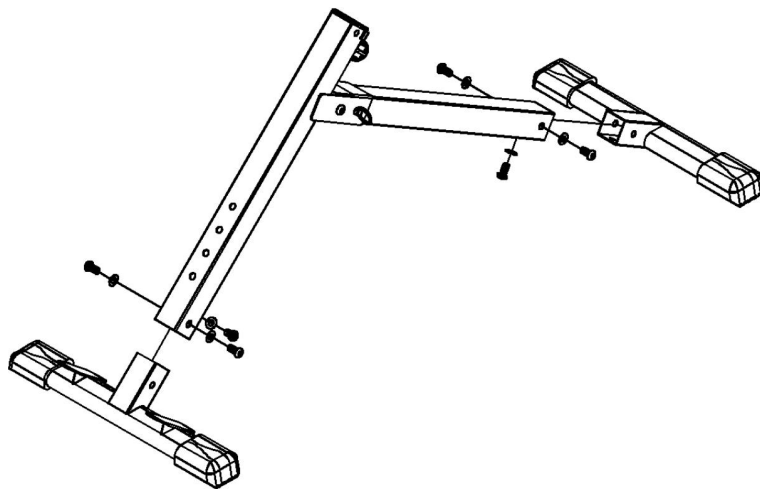
picture 1



picture 2

Step 2:

1. Use hex screw(12) and washer(17) to connect front foot(2) and rear foot(3) and tighten them.

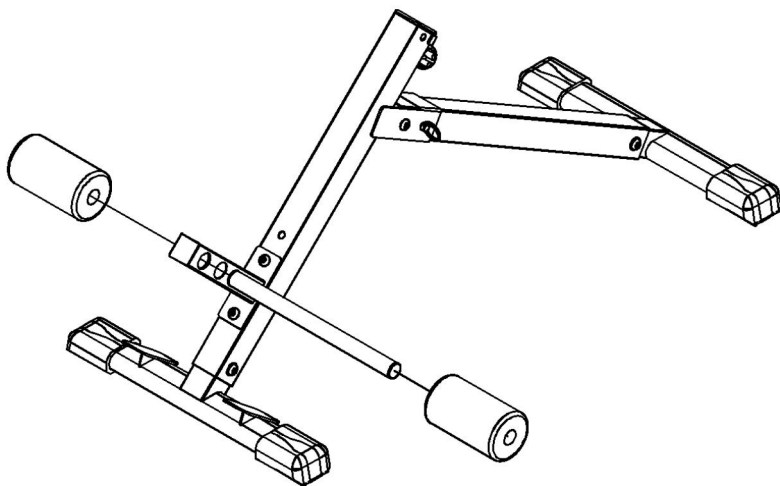
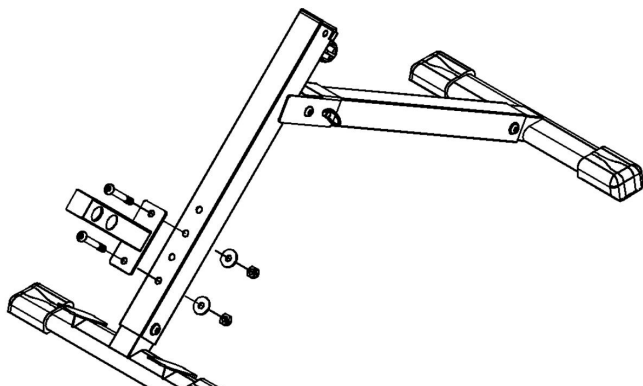


picture 3

Step 3:

1. Use hex screw(14) and washer(18) to connect leg lever(4) and tighten them as picture 4.
2. Insert foam(10) into foam(8) frame as shown in picture5.

picture 4

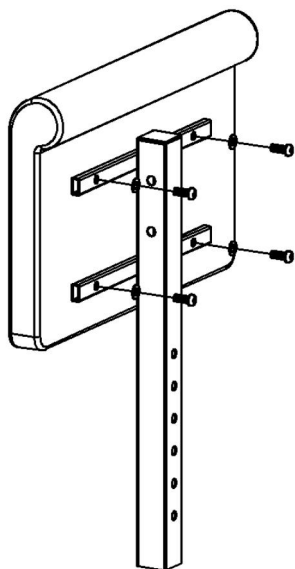


picture 5

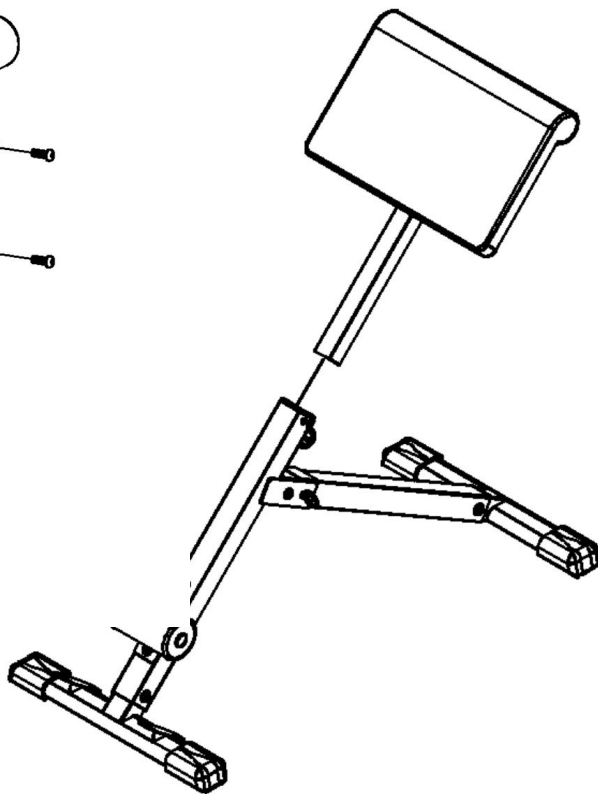
Step 4:

1. Use hex screw(11) and washer(16) to attach pad(9) into adjustment frame(5) as picture 6.

2. Insert adjustment frame into main frame and tighten it with knob as picture7;



picture 6

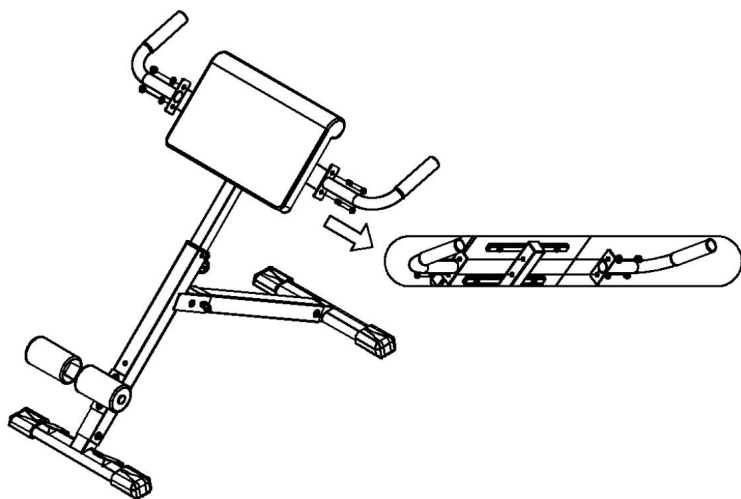


picture7

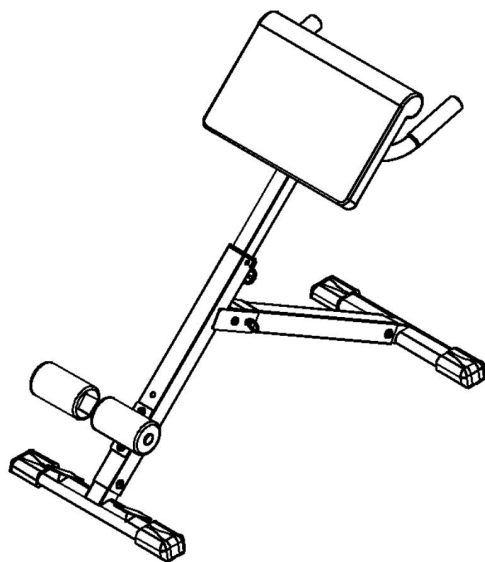
Step 5:

1. Use hex screw(13), washer(17) and lock nut(15) to tighten left handle(6) and right handle(7) as picture 8.

2. Finish.



picture 8



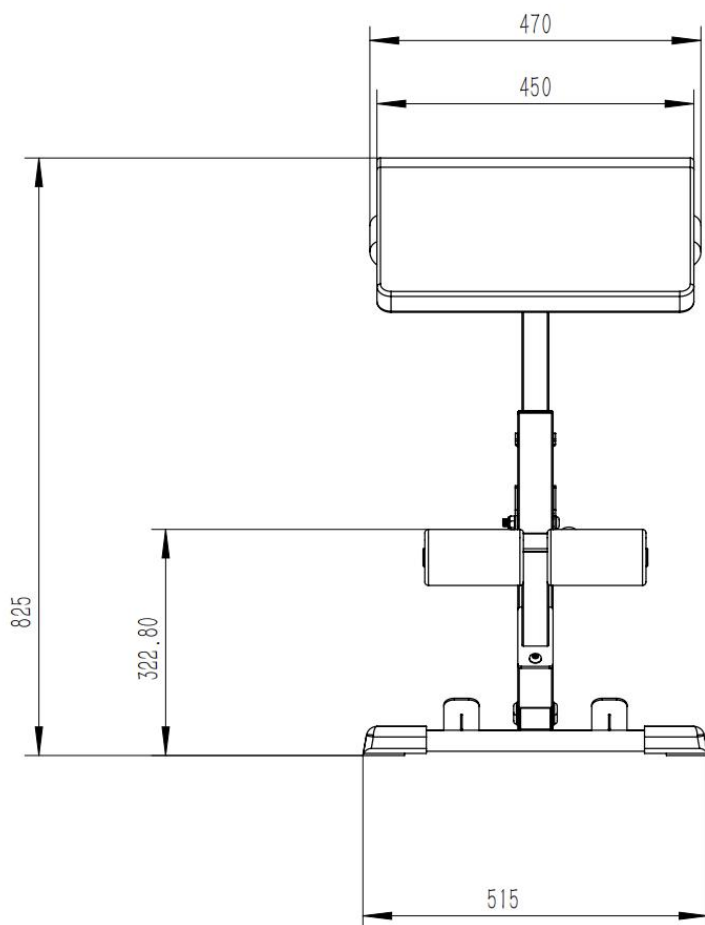
picture9

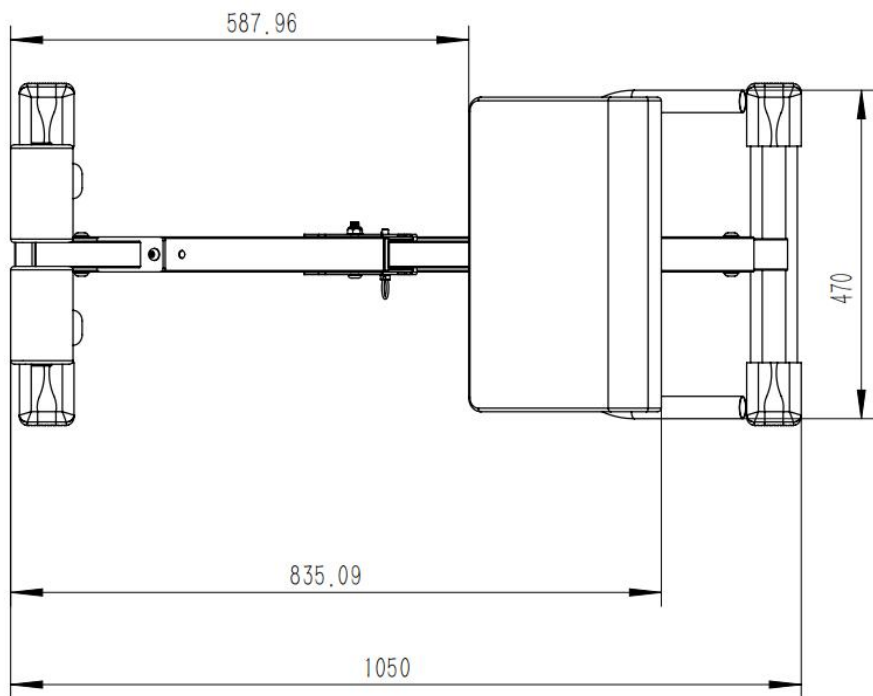
THE ASSEMBLY PROCESS IS NOW COMPLETE.

For your safety, Please tighten the screw and adjust it to the appropriate position.

Please visually and functionally inspect and test the unit after assembly is complete.

Product size chart





NOTE : The Maximum Weight Capacity for this product is 250 lbs or 113kgs. Only one person should use this piece of equipment at one time.

Cleaning and disinfection

1. Wipe the surface with a wet cotton cloth.
2. Check the screws regularly every 3 months for loosening and tighten the screws

Manufacturer: Shanghaimuxinmuyeyouxiangongsi

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EC	REP
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