



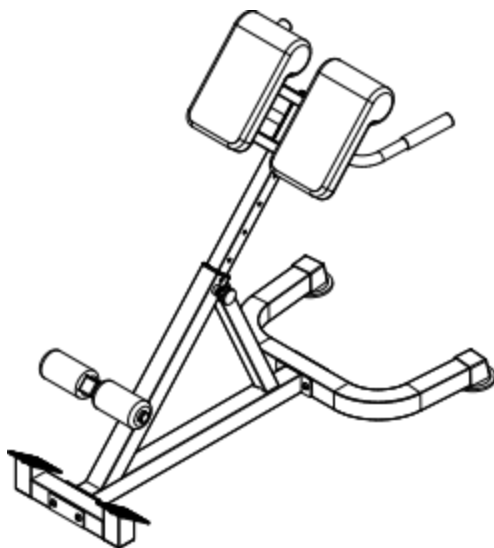
Technical Support and E-Warranty Certificate
www.vevor.com/support

No chair Roman chair

MODEL: SJ1015

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.

MODEL: SJ1015



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 sit-up bench 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

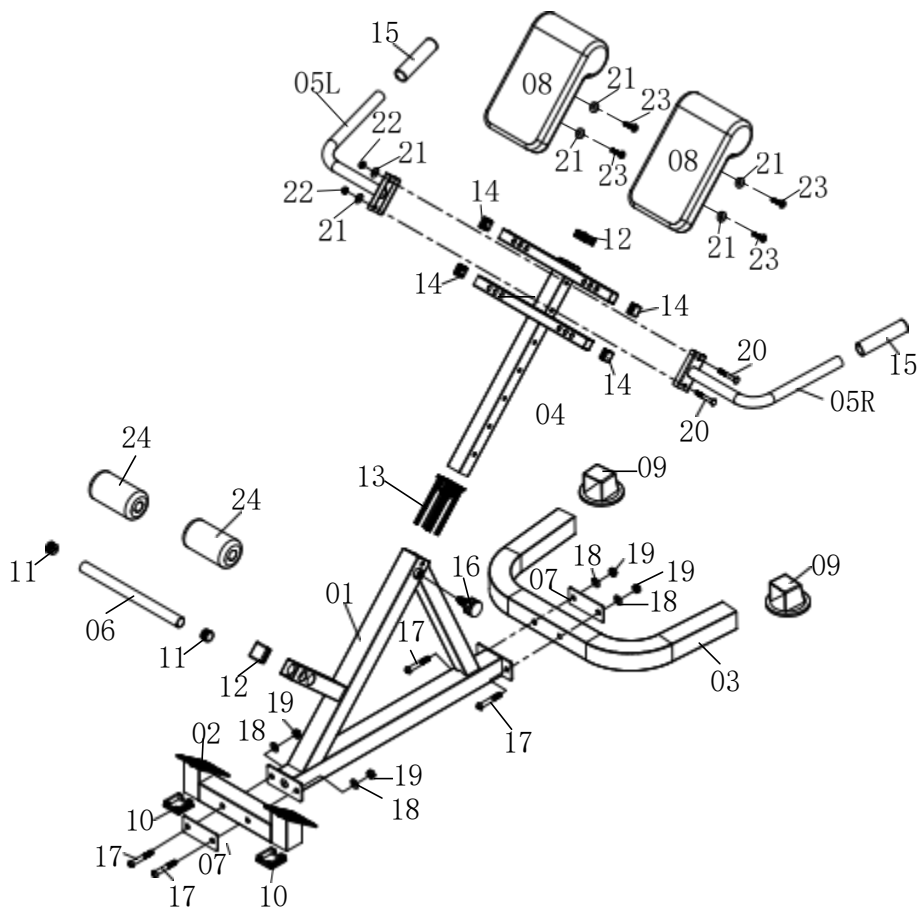
- 1.Beginners are recommended to start with less reps,5 reps as 1set for example and add reps as goes.
- 2.Please do not exercise half an hour before /after meals or 1 hour before sleep.
- 3.Please make exercise plans

Part List

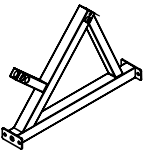
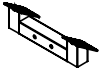
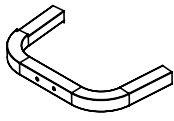
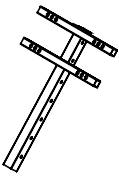
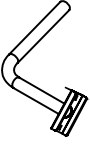
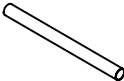
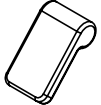
No	Description	Qty	No	Description	Qty
01	Main Frame	1	13	Spacer	1
02	Foot Tube	1	14	Square End Cap 25x25mm	4
03	Base Tube	1	15	Hand Grip	2
04	Adjustable Tube	1	16	Adjustable Knob	1
05L	Left Handle Bar	1	17	Allen Bolt M10x70mm	4
05R	Right Handle Bar	1	18	Flat Washer M10	4
06	Foam Tube	1	19	Nylon Nut M10	4
07	Support Plate	2	20	Carriage Bolt M8x55mm	2
08	Cushion	2	21	Flat Washer M8	6
09	End Cap	2	22	Nylon Nut M8	2
10	Square End Cap 50x50mm	2	23	Allen Bolt M8x40mm	4
11	Round End Cap 25mm	2	24	Foam	2
12	Square End Cap 38x38mm	2			

Exploded Diagram

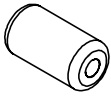
Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these are already pre-installed.



Part List

1.  1 PC	2.  1 PC	3.  1 PC	4.  1 PC
5L.  1 PC	5R.  1 PC	6.  1 PC	7.  2 PCS
8.  2 PCS	9.  2 PCS	10.  2 PCS	11.  2 PCS
12.  2 PCS	13.  1 PC	14.  4 PCS	15.  2 PCS
16.  1 PC	17.  4 PCS	18.  4 PCS	19.  4 PCS
20.  2 PCS	21.  6 PCS	22.  2 PCS	23.  4 PCS

Part List

24.				
	2 PCS			

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.

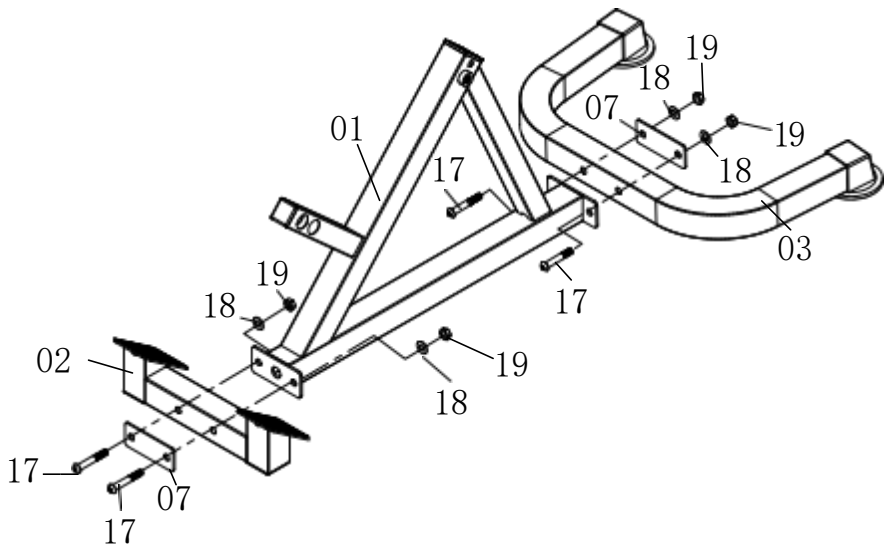
With the help of an assistant.

Assembly

Step 1:

A) Attach Foot Tube (02) to Main Frame (01) with Support Plate (07) using two Allen Bolts (17), two Flat Washers (18) and two Nylon Nuts (19).

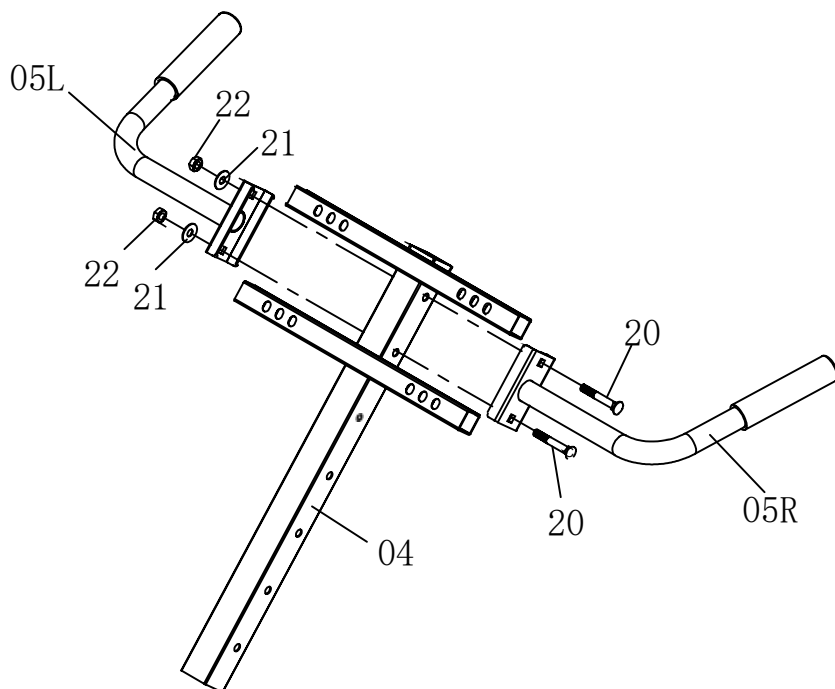
B) Attach Base Tube (03) to Main Frame (01) with Support Plate (07) using two Allen Bolts (17), two Flat Washers (18) and two Nylon Nuts (19).



Step 2:

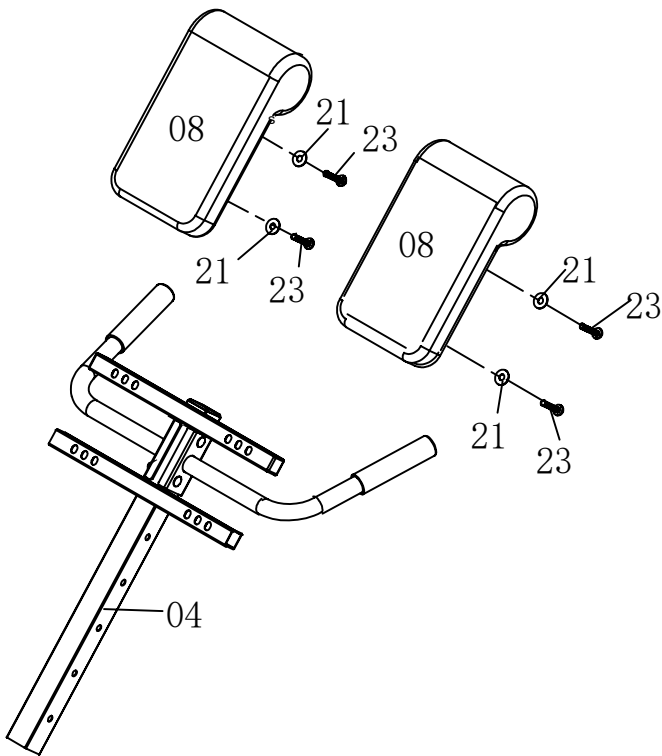
Attach the Left Handle bar (05L) and Right Handle bar (05R) to Adjustable Tube (04) using two Carriage Bolts (20), two Flat Washers (21) and two Nylon Nut (22).

Please ensure the correct direction.



Step 3:

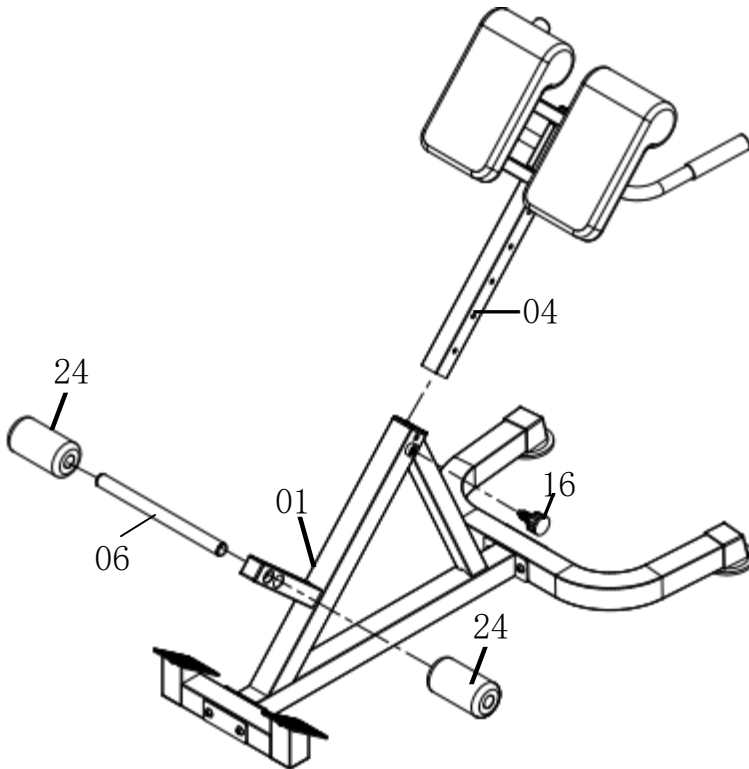
Attach two Cushions (08) to Adjustable Tube (04) using two Allen Bolts (23), and four Flat Washers (21).



Step 4:

Insert the Adjustable Tube assembly to Main Frame (01) using Adjustable Knot (16).

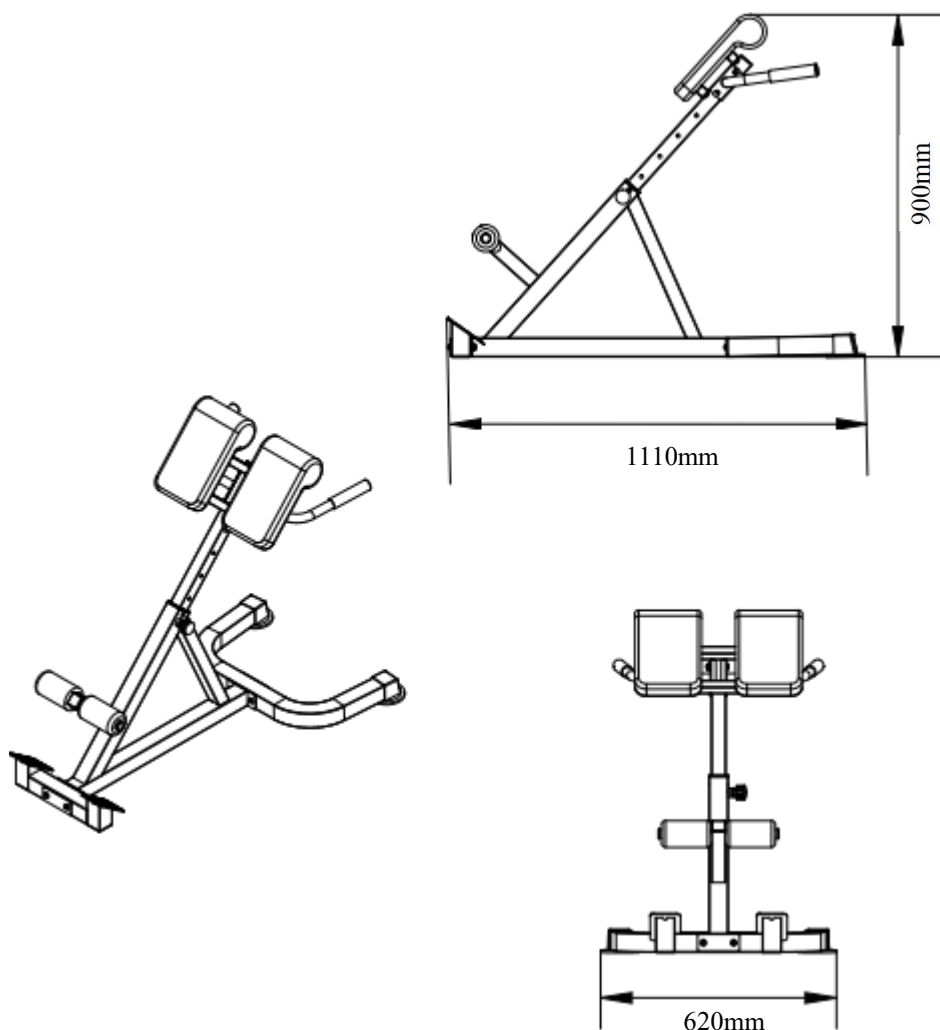
Attach the Foam Tube (06) to Main Frame (01), then slide two Foams (24) to each end of Foam Tube (06).

**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 300 lbs or 136kgs. 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

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Imported to USA: Sanven Technology Ltd. Suite 250, 9166 Anaheim Place, Rancho Cucamonga, CA 91730

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