

VEVOR[®]

TOUGH TOOLS, HALF PRICE

Technical Support and E-Warranty Certificate

www.vevor.com/support

WEIGHT BENCH

MODEL: SJ706

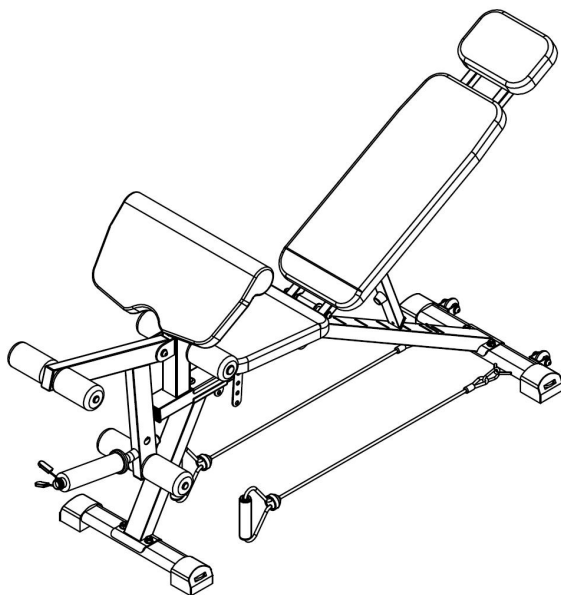
We continue to be committed to provide you tools with competitive price. "Save Half", "Half Price" or any other similar expressions used by us only represents an estimate of savings you might benefit from buying certain tools with us compared to the major top brands and does not necessarily mean to cover 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.



Warning-To reduce the risk of injury, user must read instructions manual carefully.

INSTRUCTIONS

Safety Precautions

Before you undertake any exercise program, please be sure to consult with your doctor.

Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential.

Excessive or incorrect training may result to health injuries.

Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on this item when it is not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.
- Clean only with a damp cloth, do not use solvent cleaners.

If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.

- Before use, always ensure that your product is positioned on a solid,

hard-flat surface.

- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes. This unit is for home use only.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- Make sure all nuts, bolts, and screws are tightened prior to use.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!
- Never over-tighten the above-mentioned devices and parts to avoid damage to the unit.
- Check for loose parts and components and make proper adjustments prior to use.
- Check to see if there are any tears or bends in the welding or metal prior to use. If tears or bends are found, DO NOT use the unit and contact our CUSTOMER SUPPORT.
- Extreme care must be taken to not allow your feet, fingers, hair, clothing, and/or any loose items to be snagged into any portion of the unit when the unit is in use. Failure to follow these instructions could result in serious injury.

WARNING: Before starting any exercise program, you should always consult your physician.

This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

1. Take a few minutes to familiarize yourself with the parts and hardware included with your product.
2. Assembly may require two people.
3. Check the frame for any damage and check any wiring (if present) for rips or tears. If you detect damage, rips, or tears, please contact our Customer Support Team before beginning any assembly.
4. Make sure all the hardware needed is included.
5. It is very important to follow the assembly instructions correctly and to make sure all parts are attached correctly and firmly tightened when the assembly process is complete.
6. Parts that are not tightened correctly will seem loose and can cause irritating noises and will cause damage to the equipment.

PLEASE NOTE: Some of the parts and hardwares listed on the parts list may already pre-assembled or installed on the unit.

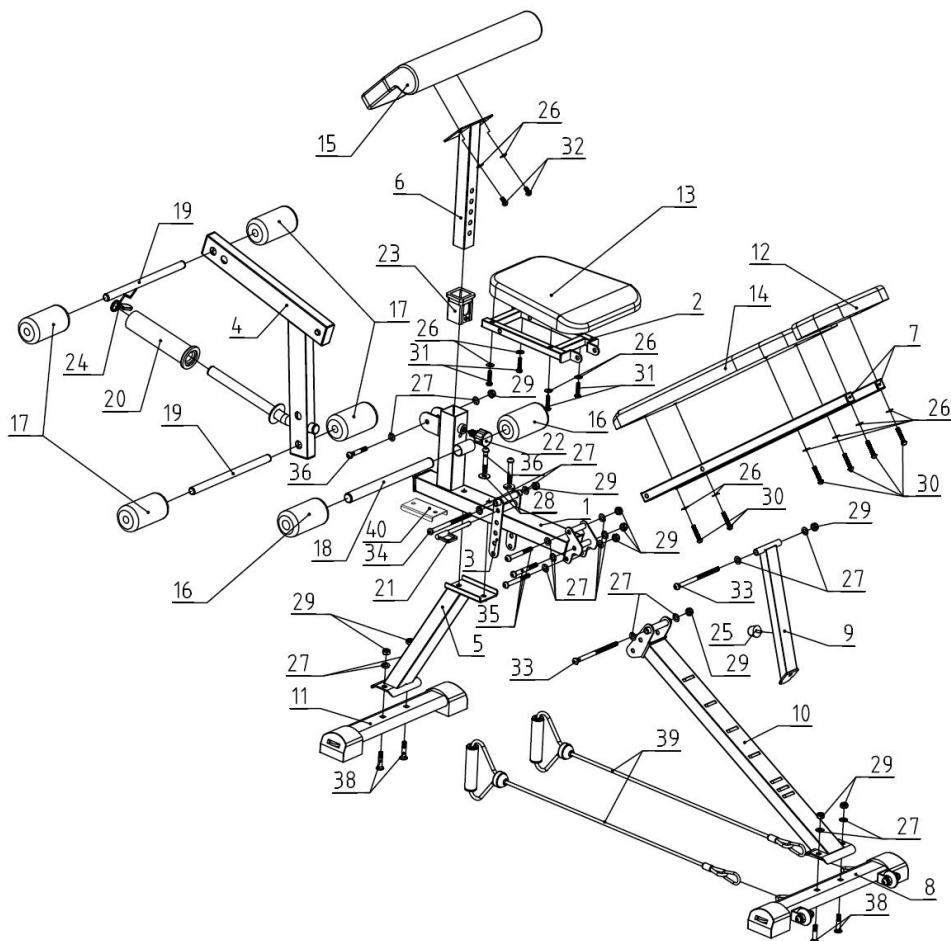
Read all instructions carefully before operating this product. Retain this Users Manual for future reference.

PARTS LITS

Parts list					
No.	Description	Qty	No.	Description	Qty
01	Main Frame	1	21	P Pull Pin	1
02	Seat Frame	1	22	Pop Pin	1
03	Seat Adjustment Frame	1	23	Plastic Bushing	1
04	Leg Developer	1	24	Spring Clip	1
05	Front Support	1	25	Bumper	1
06	Arm Curl Frame	1	26	Flat Washer M8	12
07	Backrest Support	2	27	Flat Washer M10	22
08	Rear Stabilizer	1	28	Big Washer M10	2
09	Backrest Adjustment Frame	1	29	Nylon Nut M10	13
10	Rear Support	1	30	Allen Bolt M8x40mm	6
11	Front Stabilizer	1	31	Allen Bolt M8x35mm	4
12	Headrest Cushion	1	32	Allen Bolt M8x15mm	2
13	Seat Cushion	1	33	Allen Bolt M10x155mm	2
14	Backrest Cushion	1	34	Allen Bolt M10x150mm	1
15	Arm Curl Cushion	1	35	Allen Bolt M10x85mm	3
16	25mm Foam Roll	2	36	Allen Bolt M10x60mm	3
17	19mm Foam Roll	4	37	Allen Bolt M10x50mm	2
18	25mm Foam Tube	1	38	Carriage Bolt M10x45mm	4
19	19mm Foam Tube	2	39	Rope	2
20	Sleeve	1	40	Support Plate	1

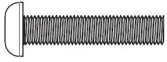
EXPLODED DIAGRAM

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.

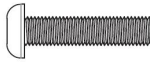


HARDWARE AND TOOL LIST

Bolts



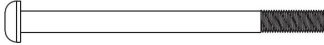
#30. Allen Bolt (M8x40mm) [6 pcs]



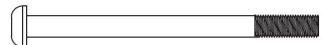
#31. Allen Bolt (M8x35mm) [4 pcs]



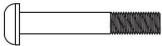
#32. Allen Bolt (M8x15mm) [2 pcs]



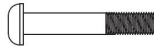
#33. Allen Bolt (M10x155mm) [2 pcs]



#34. Allen Bolt (M10x150mm) [1 pc]



#35. Allen Bolt (M10x85mm) [3 pcs]



#36. Allen Bolt (M10x60mm) [3 pcs]



#38. Carriage Bolt (M10x45mm) [4 pcs]

Washers



#26. Flat Washer (M8)
[12 pcs]



#27. Flat Washer (M10)
[18 pcs]



#28. Big Washer (M10)
[2 pcs]

Nuts

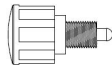


#29. Nylon Nut (M10)
[11 pcs]

Others



#21. P Pull Pin [1 pc]



#22. Pop Pin [1 pc]



#24. Spring Clip [1 pc]



Tool1 [1 pc]



Tool2 [1 pc]



Tool3 [1 pc]

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.

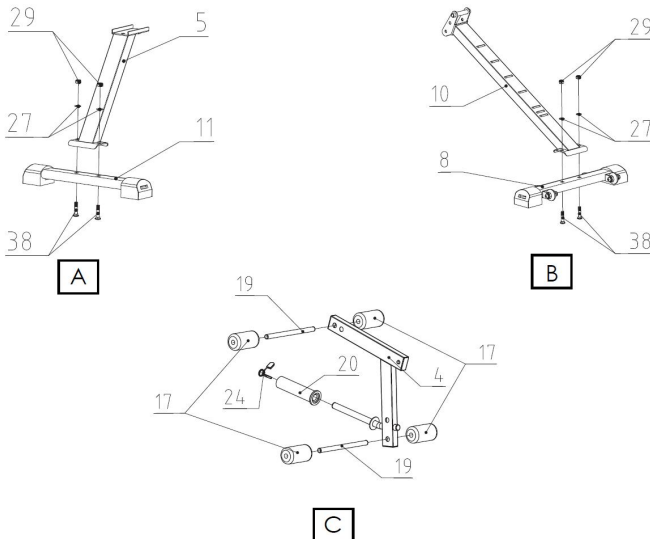
With the help of an assistant.

Step 1

A: Attach the Front Support (#5) to Front Stabilizer (#11) by two Carriage Bolts (#38), two Flat Washers (#27) and two Nylon Nuts (#29).

B: Attach the Rear Support (#10) to Rear Stabilizer (#8) by two Carriage Bolts (#38), two Flat Washers (#27)

C: Insert the 19mm Foam Tubes (#19) to each holes of Leg Developer (#4), then slide the four 19mm Foam.Rolls (#17) to each side of the Foam Tube. Slide the Sleeve (#20) to the weight tube of Leg Developer (#4) and attach the Spring Clip (#24) .

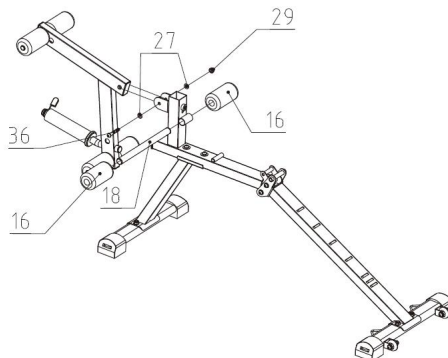
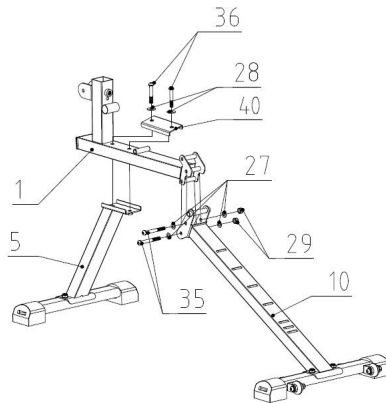


Step 2

Attach the Main Frame (#1) to Front Support and Rear Support assembled, secure with Support Plate (40).using two Allen Bolts (#36) and two Big Washers (#28) to Front Support assembled, secure two Allen Bolts(#35), four Flat Washers(#27)and two Nylon Nuts(29)to Rear Support assembled.

Attach Leg Developer assembled to the Main Frame (#1) using one Allen Bolt (#36), two Flat Washers (27) and one Nylon Nut (#29).

Insert the 25mm Foam Tube (#18) to the welded tube on Main Frame (#1), then slide the two 25mm Foam Rolls (#16) to each side of the Foam Tubes.

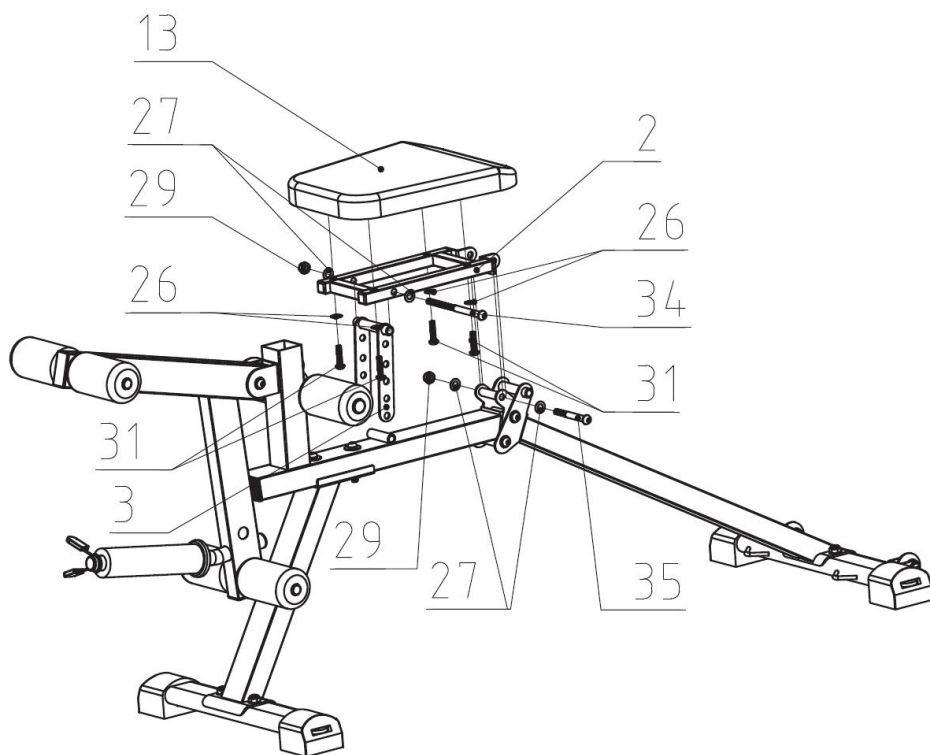


Step 3

Attach the Seat Frame (#2) to the welded part on Main Frame (#1) using one Allen Bolt (#35), two Flat Washers (#27) and one Nylon Nut (#29).

Attach the Seat Adjustment Frame (#3) to Seat Frame (#2) using one Allen Bolt (#34), two Flat Washers (#27) and one Nylon Nut (#29)

Attach the Seat Cushion (#13) to Seat Frame (#2), by four Allen Bolts (#31) and four Flat Washers (#26).

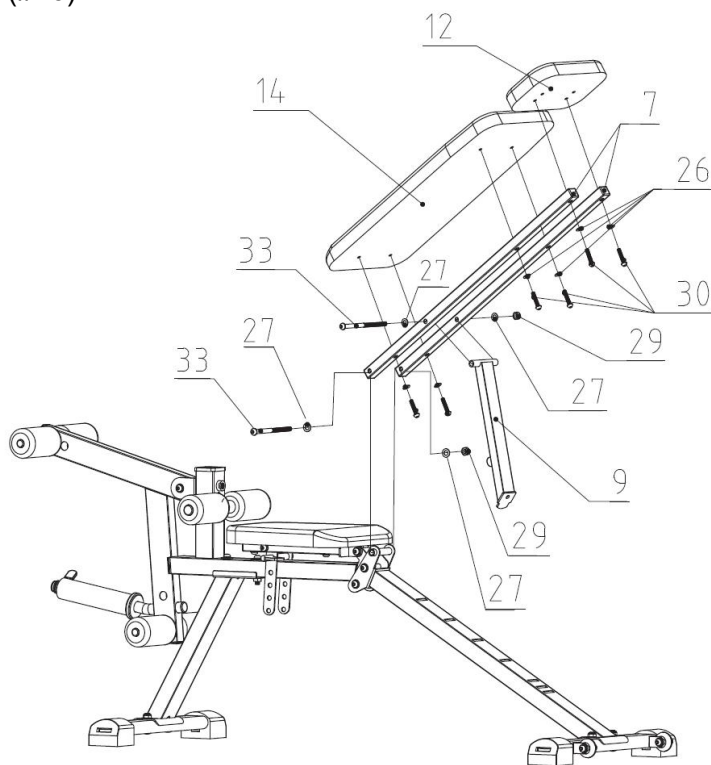


Step 4

Attach the Backrest Support (#7) to the welded parts of Rear Support (#10) using one Allen Bolt (#33), two Flat Washers (27) and one Nylon Nut (29).

At the same time attach the Backrest Adjustment Frame (#9) to the middle of the Backrest Support (#7) using one Allen Bolt (#33), two Flat Washers (#27) and one Nylon Nut (#29).

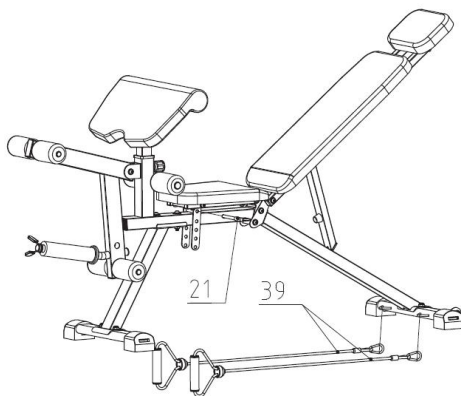
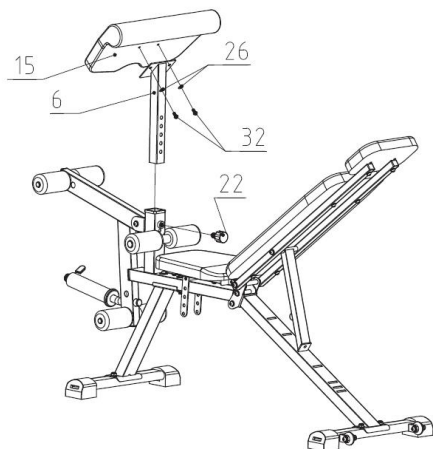
Attach the Headrest Cushion (#12) and Backrest Cushion (14) to Backrest Support (#7) then secure by using six Allen Bolts (#30) and six Flat Washers (#26).



Step 5

Attach the Arm Curl Frame (#6) to Main Frame (#01) with the Pop Pin (#22). Then attach the Arm Curl Cushion (#15) to Arm Curl Frame (#6) using two Allen Bolts (#32) and two Flat Washers (#26).

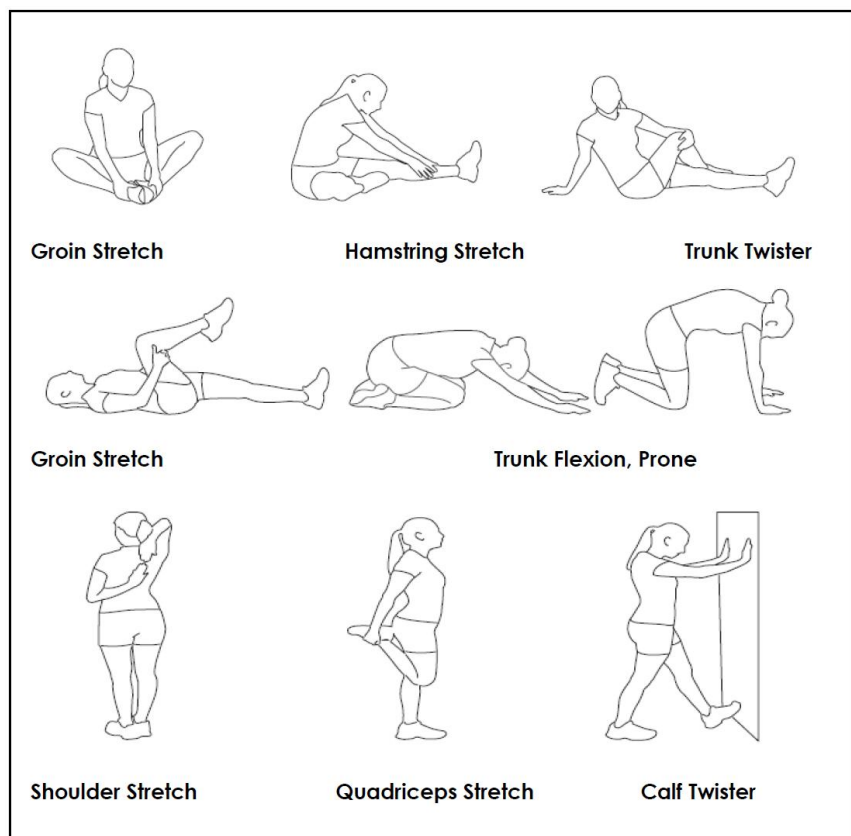
Attach two Ropes (#39) to the Rear Stabilizer (#9). Insert the P Pull Pin (#21) to the hole of Seat Adjustment Frame (#3)



WARM-UP INSTRUCTIONS

Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment. Before beginning any exercise program including the following flexibility exercises, please consult with your physician.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.



Groin Stretch

1. Sit with your knees flexed and soles of feet together.
2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.

Hamstring Stretch

1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.
2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.
3. Reach your hands on your extended leg as far as possible and then switch legs and repeat

Trunk Twister

1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot of your extended leg foot should be flat on the floor alongside your left knee.
2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your but- tocks. Reverse leg positions and repeat.

Groin Stretch

1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.

Trunk Flexion, Prone

1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.
2. Return to the starting position slowly.

Shoulder Stretch

1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other.

Reverse arm positions and

Quadriceps Stretch

1. Stand on your left leg and hold onto a support with your left hand.
2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down. Repeat on the other leg.

Calf Twister

1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).
 2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch.
- Switch leg positions and repeat.

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