

VEVOR[®]

TOUGH TOOLS, HALF PRICE

Technical Support and E-Warranty Certificate

www.vevor.com/support

No chair Roman chair

MODEL:5030

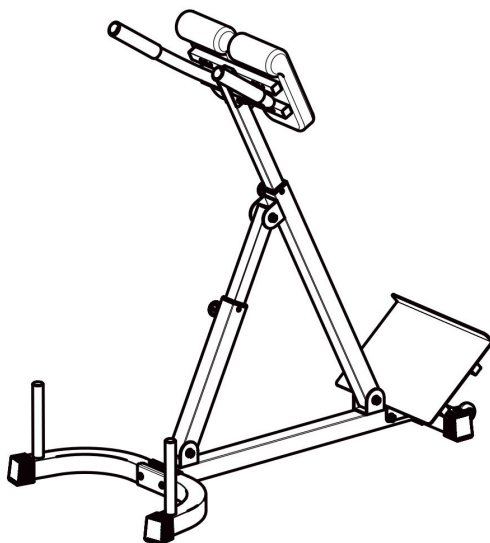
We continue to be committed to provide you tools with competitive price.
"Save Half", "Half Price" or any other similar expressions used by us only represents an estimate of savings you might benefit from buying certain tools with us compared to the major top brands and does not necessarily mean to cover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

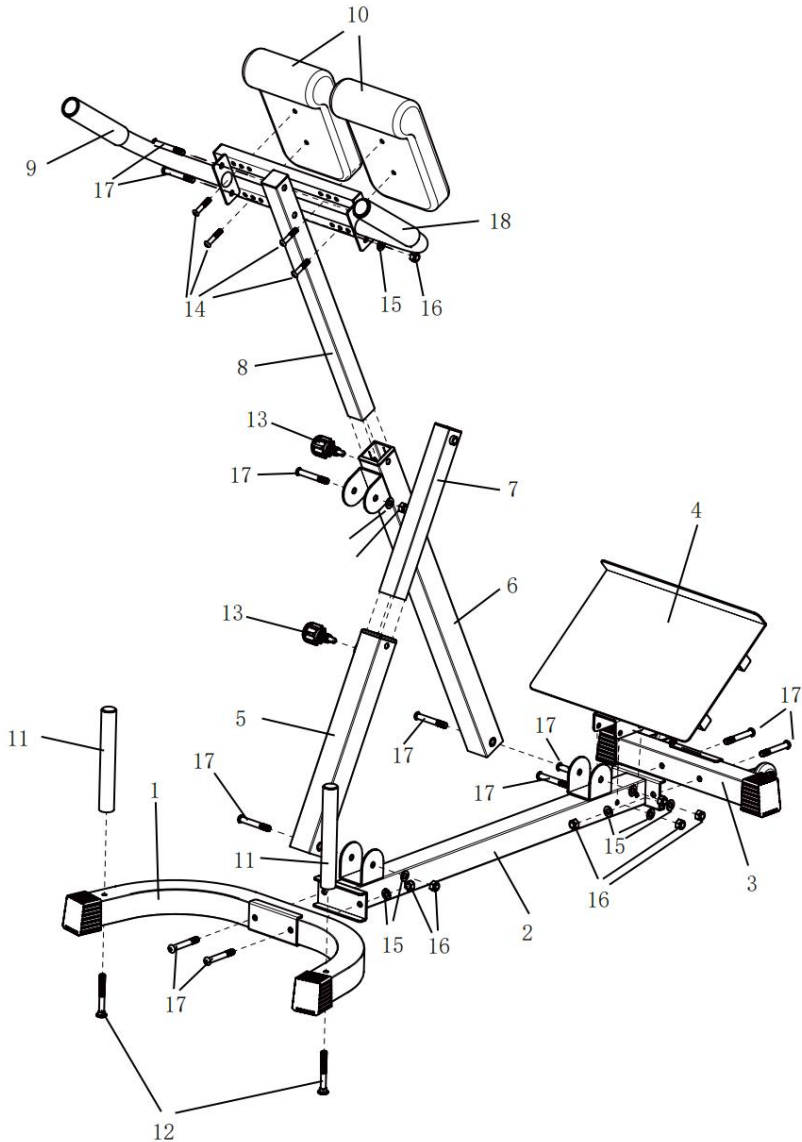
1. Beginners are recommended to start with less reps, 5 reps as 1 set for example and add reps as goes.
2. Please do not exercise half an hour before /after meals or 1 hour before sleep.
3. Please make exercise plans.

Part List

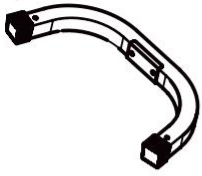
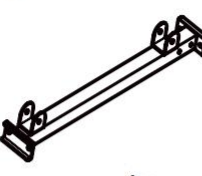
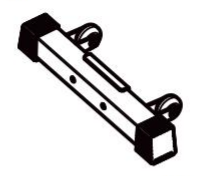
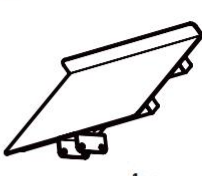
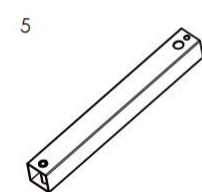
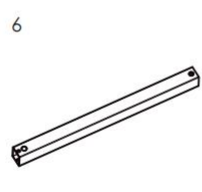
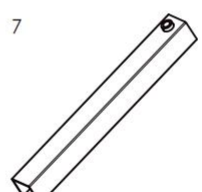
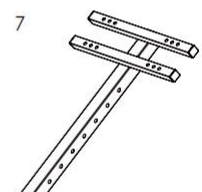
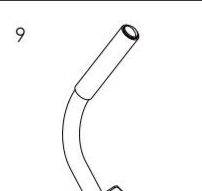
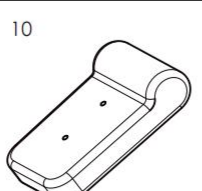
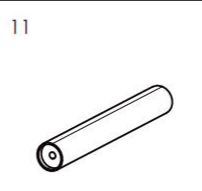
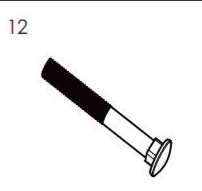
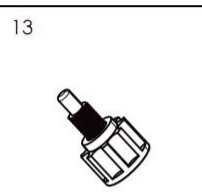
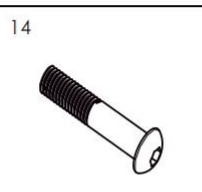
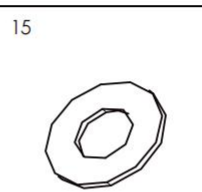
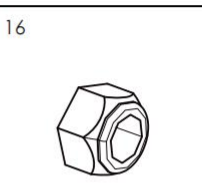
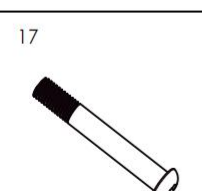
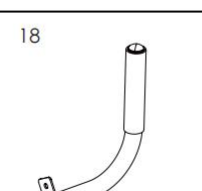
No .	Description	Qty	No .	Description	Qty
1.	U-shaped foot tube	1PC	10.	Elbow pad	2PC
2.	footing	1PC	11.	Barbell placement tube	2PC
3.	Front foot	1PC	12.	M10*70 screw	2PC
4.	Foot pedal	1PC	13.	Pin of pull	2PC
5.	Front riser	1PC	14.	M8*40 screw	4PC
6.	Rear riser	1PC	15.	Φ10*20 Flat pad	11PC
7.	Rear regulating tube	1PC	16.	Lock nut	11PC
8.	Adjusting bracket	1PC	17.	M10*70 Hexagon socket screw	11PC
9.	Left armrest	1PC	18.	Right armrest	1PC

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  1pc	2  1pc	3  1pc	4  1pc
5  1pc	6  1pc	7  1pc	7  1pc
9  1pcs	10  2pcs	11  2pcs	12  2pcs
13  2pcs	14  4pcs	15  11pcs	16  11pcs
17  11pcs	18  1pcs		

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.

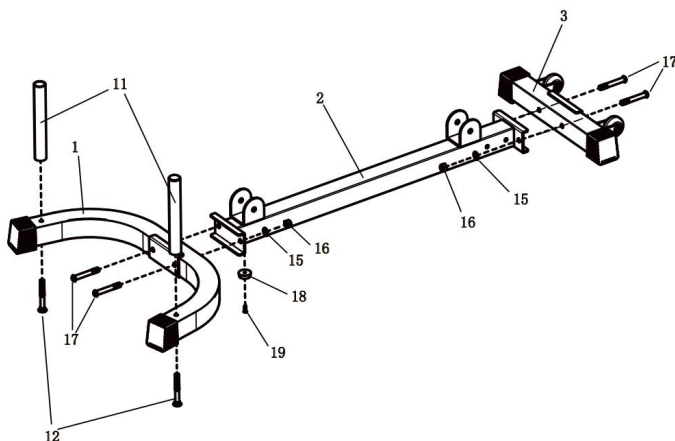
Assembly

Step 1:

A) Attach the barbell placement tube (11) to the U-pin tube (1) with two M10X70 screws (12).

B) Fix the U-shaped foot tube (1) on the bottom beam (2) through two sets of screws :M10X70 hex socket screws (17), ϕ 10X20 flat gasket (15) and M10 locknut (16). Install in the corner without the foot pedal fixing hole

C) by two sets of screws :M10X70 hex socket screws (17), 10X20 flat gasket (15), M10 locknut (16), fix the front ground sticking tube (3) on the bottom beam (2), install in the place where the foot pedal fixing hole is provided

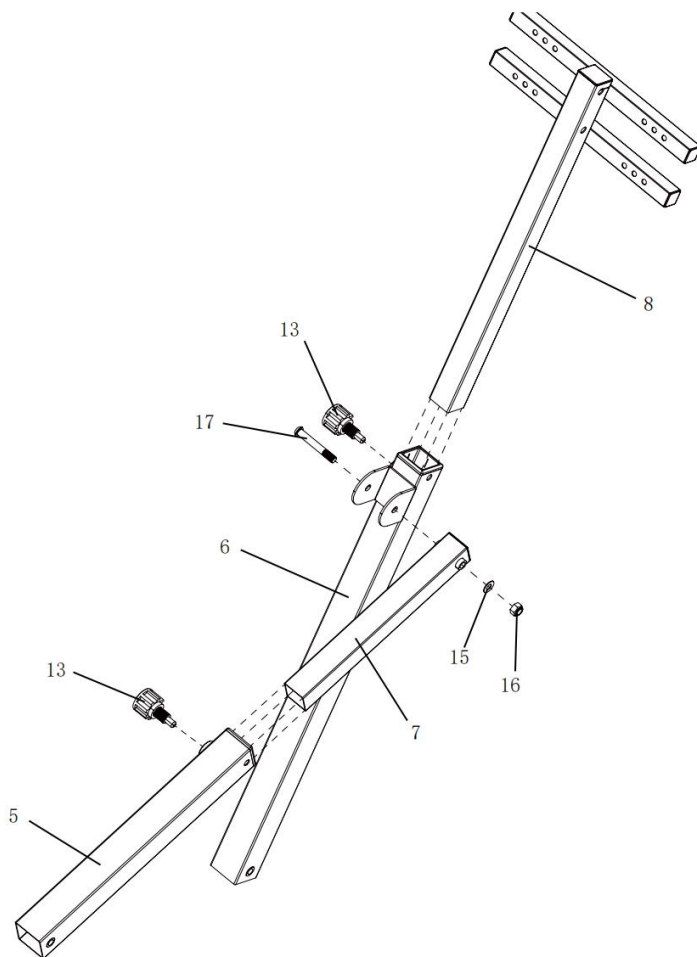


Step 2:

A) Assemble the rear riser (5) with the rear regulating tube (7) and secure it with a pull pin (13).

B) Assemble the front riser (6) with the adjusting frame (8) and secure it with a pull pin (13).

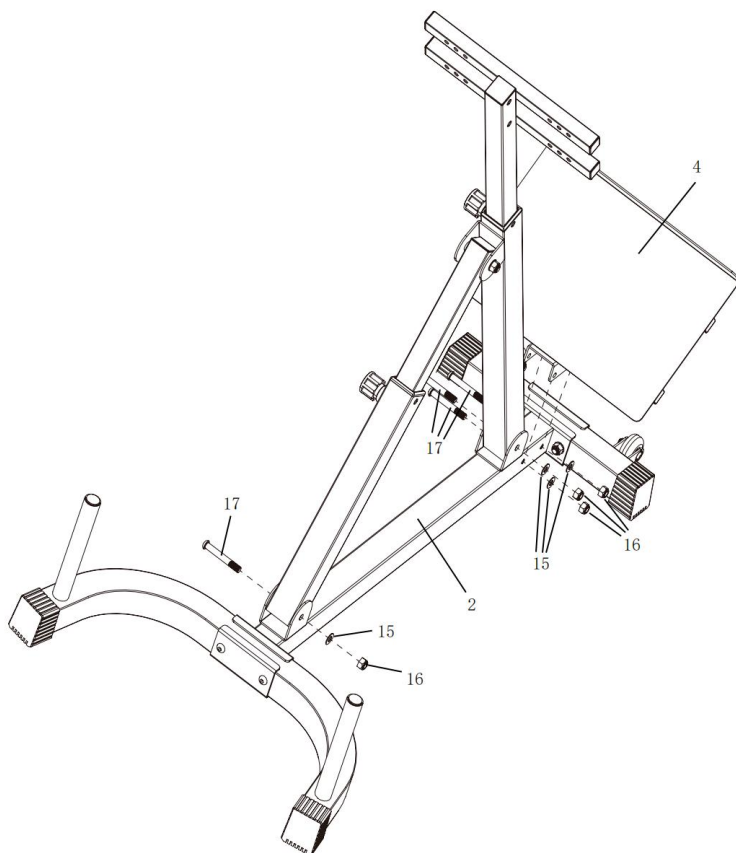
C) Assemble the two assembled support tubes with a set of screws : 10X70 hex socket screws (17), 10X20 flat gaskets (15), and M10 lock nut (16).



Step 3:

A) Through two sets of screws :M10X70 hex socket screws (17), ϕ 10X20 flat gasket (15), M10 lock nut Fix the support tube assembled in the previous step to the bottom beam (2)

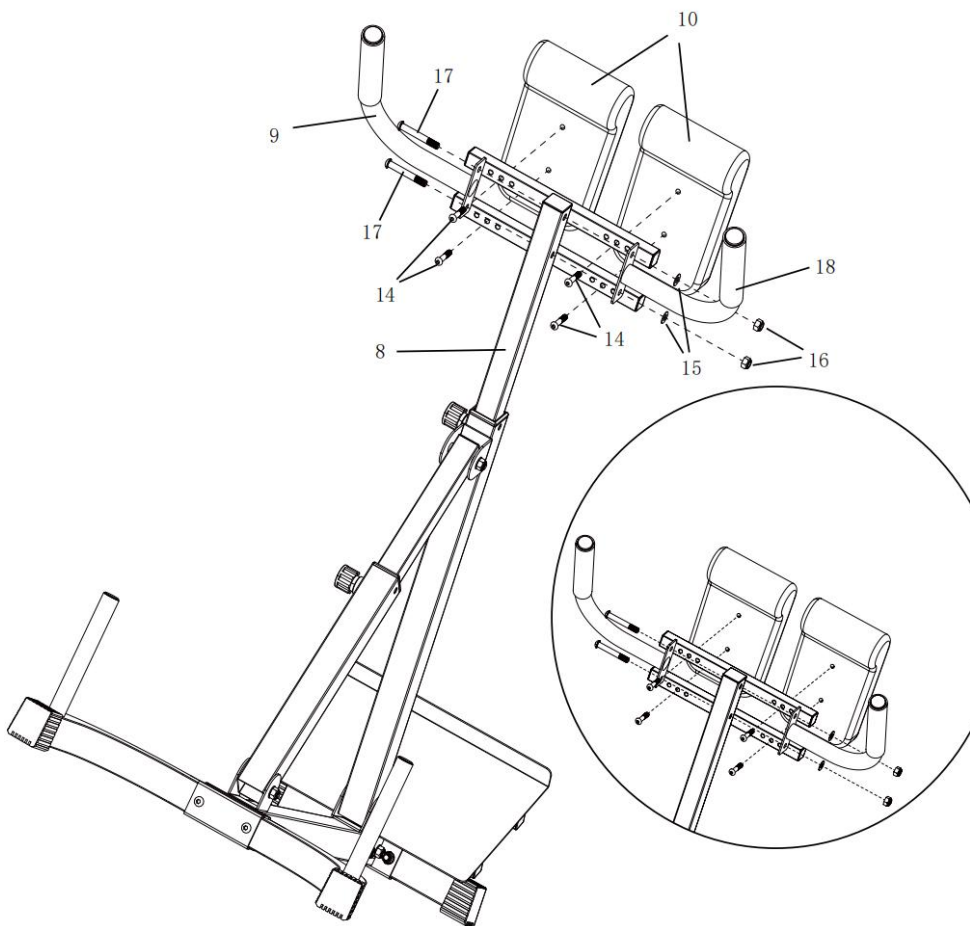
B) through two sets of screws :10X70 hex socket screws (17), 10X20 flat gasket (15) and M10 lock nut (16), fix the foot pedal (4) on the bottom beam (2).



Step 4:

A) Secure the two handrails (9 and 18) to the adjustment rack (8) by two sets of screws :M10X70 hex socket screws (17), M10X20 flat gaskets (15), and M10 lock nut (16).

B) Secure the elbow pad (10) to the transverse tube of the adjustment frame (8) with four M8X40 screws (14).

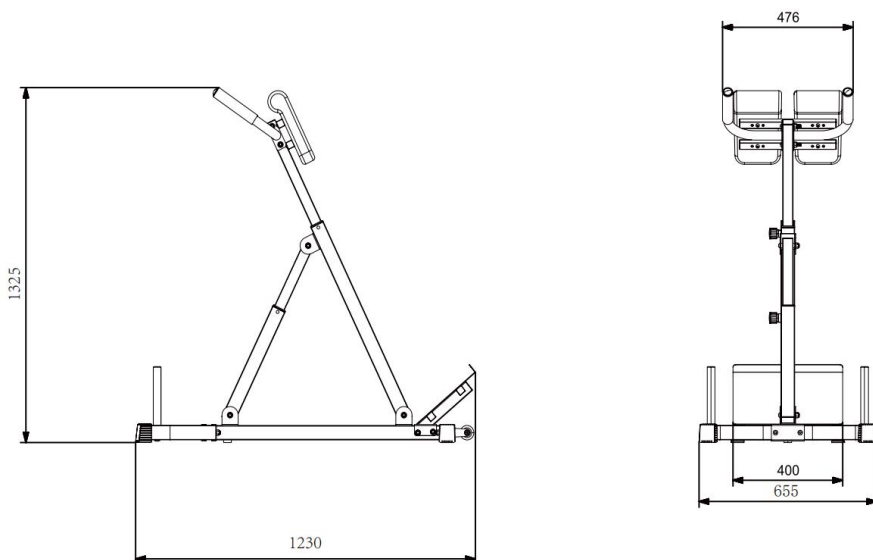


THE ASSEMBLY PROCESS IS NOW COMPLETE.

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 350 lbs or 158kgs. 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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