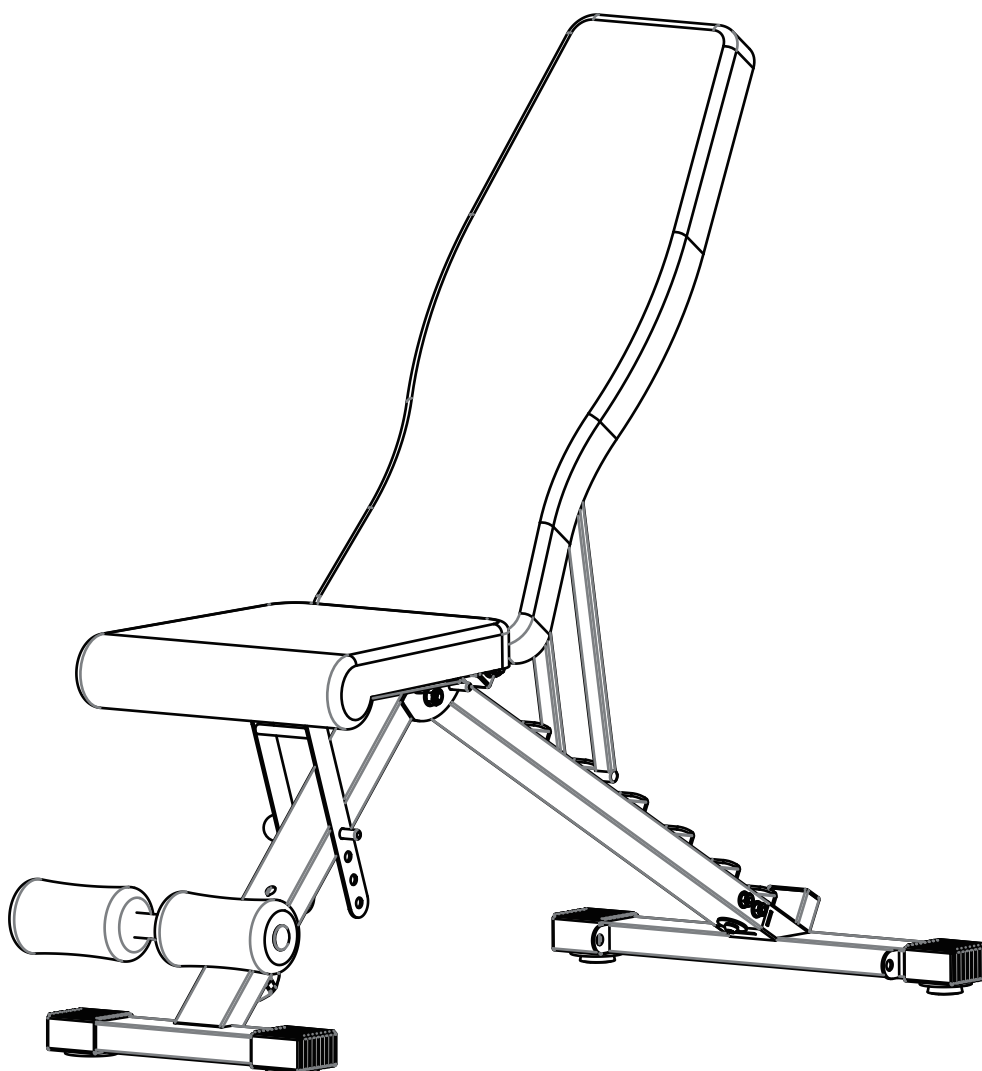


Justerbar Performance Træningsbænk

ASG4634



Læs venligst alle instruktioner i manualen omhyggeligt, inden du installerer og bruger produktet, og opbevar instruktionerne korrekt.

Indledning

Før vi går i gang, vil vi gerne takke dig for at have valgt vores træningsbænk.

Kontakt

- Kontakt os venligst, hvis du har spørgsmål om bænken. Vi er altid her for at hjælpe dig!
- Det er en god idé, hvis du kan inkludere et billede eller en video af de eventuelle problemer, du måtte have.

Sikkerhedsinstruktioner

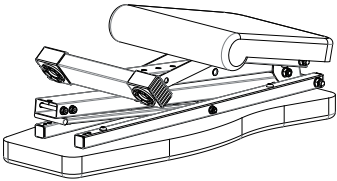
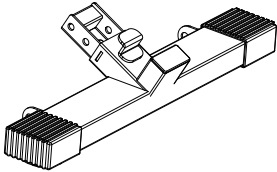
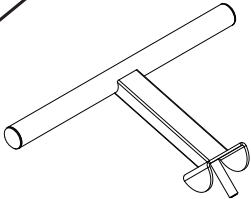
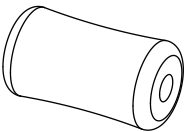
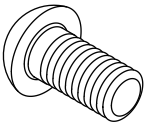
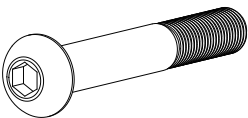
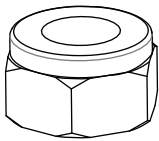
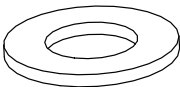
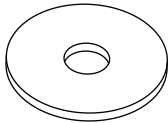
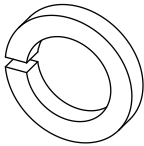
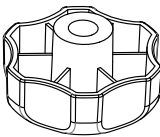
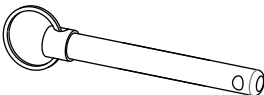
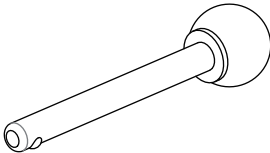
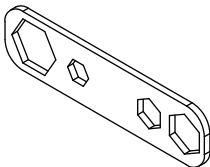
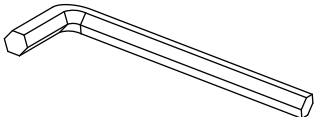
- Læs venligst følgende instruktioner omhyggeligt, før du begynder at bruge denne bænk.
- Følgende bemærkninger er vigtige for korrekt brug og forebyggelse af skader.
- Brug ikke flere brugere på samme tid, da det kan forårsage skade eller personskade.
- Brug ikke dette produkt til andre formål end træning, f.eks. som stige eller stol.

Max. Brugervægt: 120 kg

Bemærk: Kontakt en læge, før du træner eller bruger dette udstyr, især for personer over 35 år og med følgende helbredsproblemer: Høje doser af aspirin eller antikoagulerende medicin. Knoglelidelser, herunder knoglebrud, uhelede brud, kirurgiske stifter, plader eller støtter eller osteoporose. Hjertelidelser, hjertesvaghed eller kredsløbsproblemer. Øreinfektioner eller balanceforstyrrelser. Rygskader, rygmarvsskader, ekstremt hævede led eller cerebral sklerose.

- Graviditet
- Brok
- Fedme

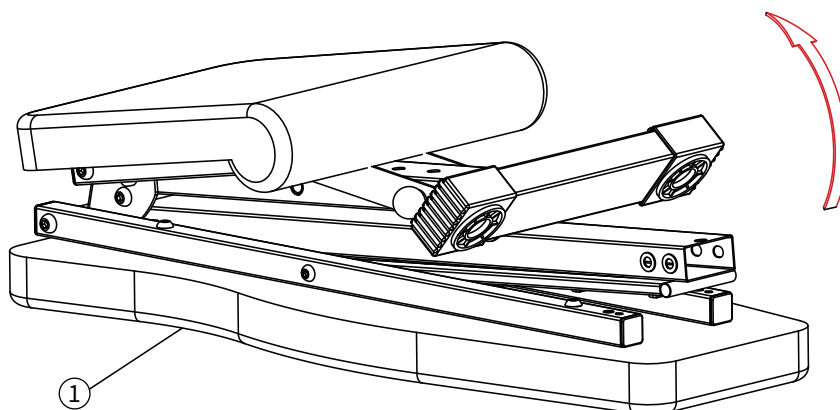
Stykliste

①  Hovedramme	②  Bagerste base	③  Krog fodrør samling 1 stk.
④  Skumpuder 2 stk.	⑤  M8*16 Sekskantbolt med halvrandt hoved 1 stk.	⑥  M8*70 Sekskantbolt med halvrandt hoved 2 stk.
⑦  M8 Møtrik 2 stk.	⑧  d8*D16 Flad skive 4 stk.	⑨  d8*D30 Flad skive 1 stk.
⑩  d8 Fjederskive 1 stk.	⑪  M10 Plum-knapmøtrik 1 stk.	⑫  d8*80 Ringbolt 1 stk.
⑬  d10*90 Kuglestift 1 stk.	⑭  Multifunktionsnøgle 1 stk.	⑮  Unbrakonøgle 1 stk.

Assembly Instructions

Trin 1

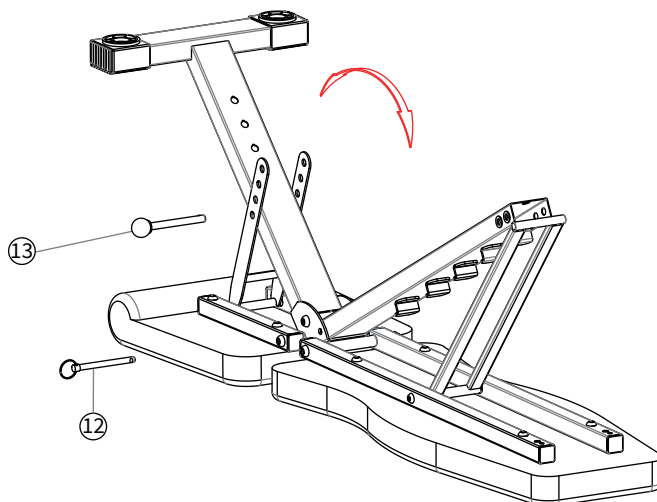
Åbn kassen og tag bænken ud.



① Hovedramme X1

Trin 2

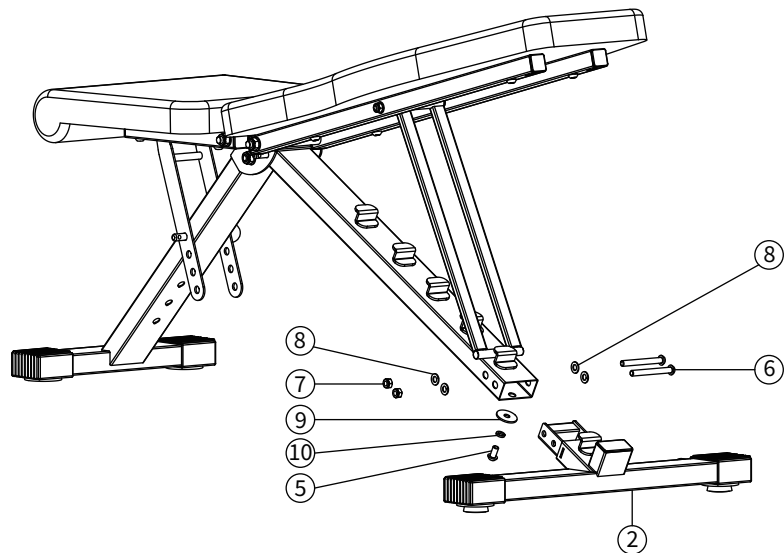
Fold bænken ud og placer den på jorden. Sæt ⑫ Ringbolt og ⑬ Kuglestift i ① Hovedrammen i den rækkefølge, der er angivet.



Monteringsvejledning

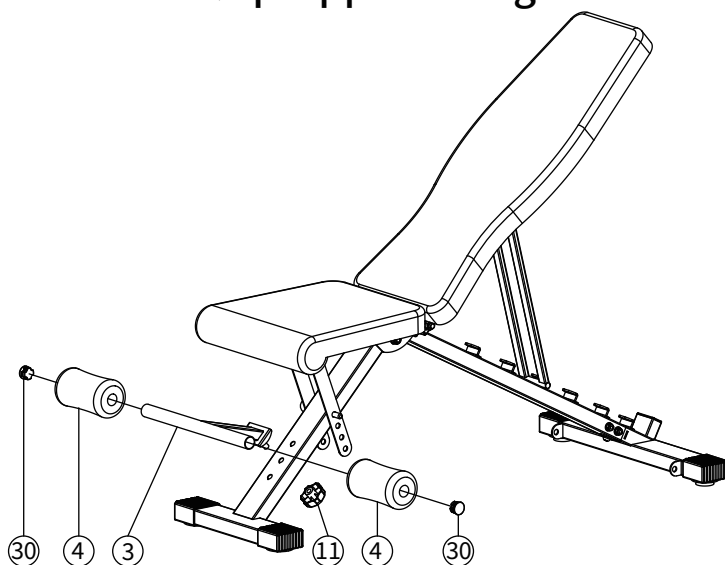
Trin 3

Ifølge diagrammet fastgøres 2 til hovedrammen. Fastgør let med 6, 8 og 7 fra siden, og derefter 5, 10 og 9 nedefra. Spænd dem alle tæt.



Trin 4

Fastgør ③ til hovedrammen og fastgør den med ⑪. Fjern rørproppen fra og sæt den i ④, og sæt derefter rørproppen tilbage.



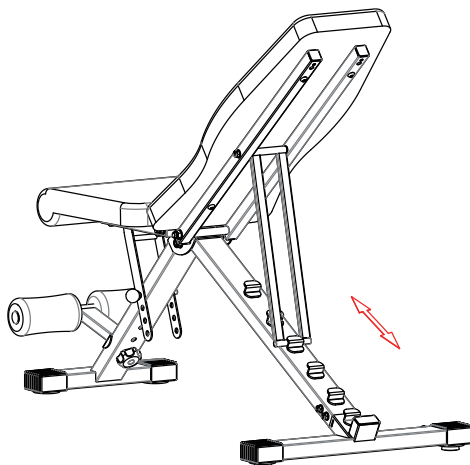
Monteringsvejledning

Trin 5

Justering af sædehynden

Der er fire runde huller på sædehyndens støtterør.

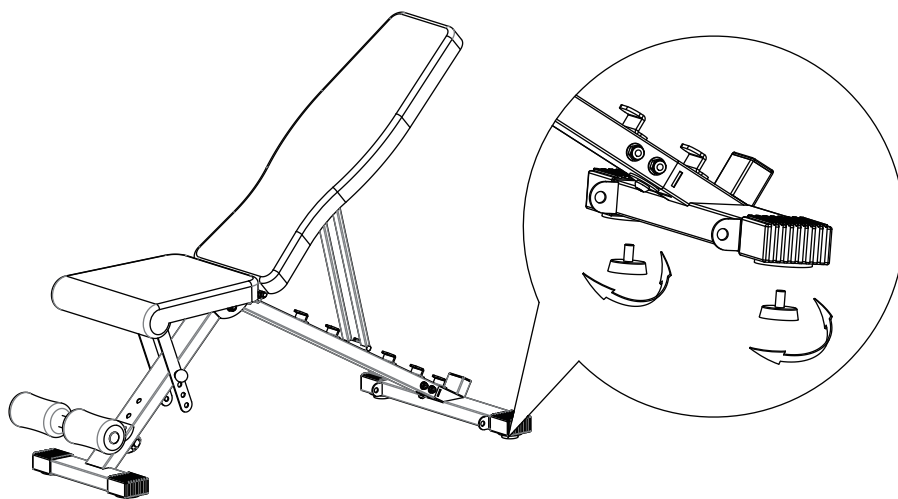
Justering af sædehyndens vinkel: Træk venligst stiften ⑬ ud, og sæt derefter ⑬ ind i det tilsvarende hul for det ønskede niveau.



Trin 6

Højdejustering

Der er to niveaustilleringsknapper under begge sider af den bageste base. Juster bænken ved at dreje de tilsvarende niveaustilleringsknapper til den passende grad.



Vedligehold

Plejeanvisning:

Tør snavs af med en blød, tør klud. Hvis snavset er meget, fugt et håndklæde og vrid det godt ud for at tørre det af. Brug ikke kanel, benzin, alkohol eller petroleumopløsningsmidler eller kemikalier. Det kan forårsage skader, forringelse af farven eller misfarvning. Hvis der ses støv eller snavs i mellemrummet i hovedenheden, skal det fjernes med en støvsuger.

Opbevaring

Opbevares et sted, der ikke er udsat for direkte sollys.

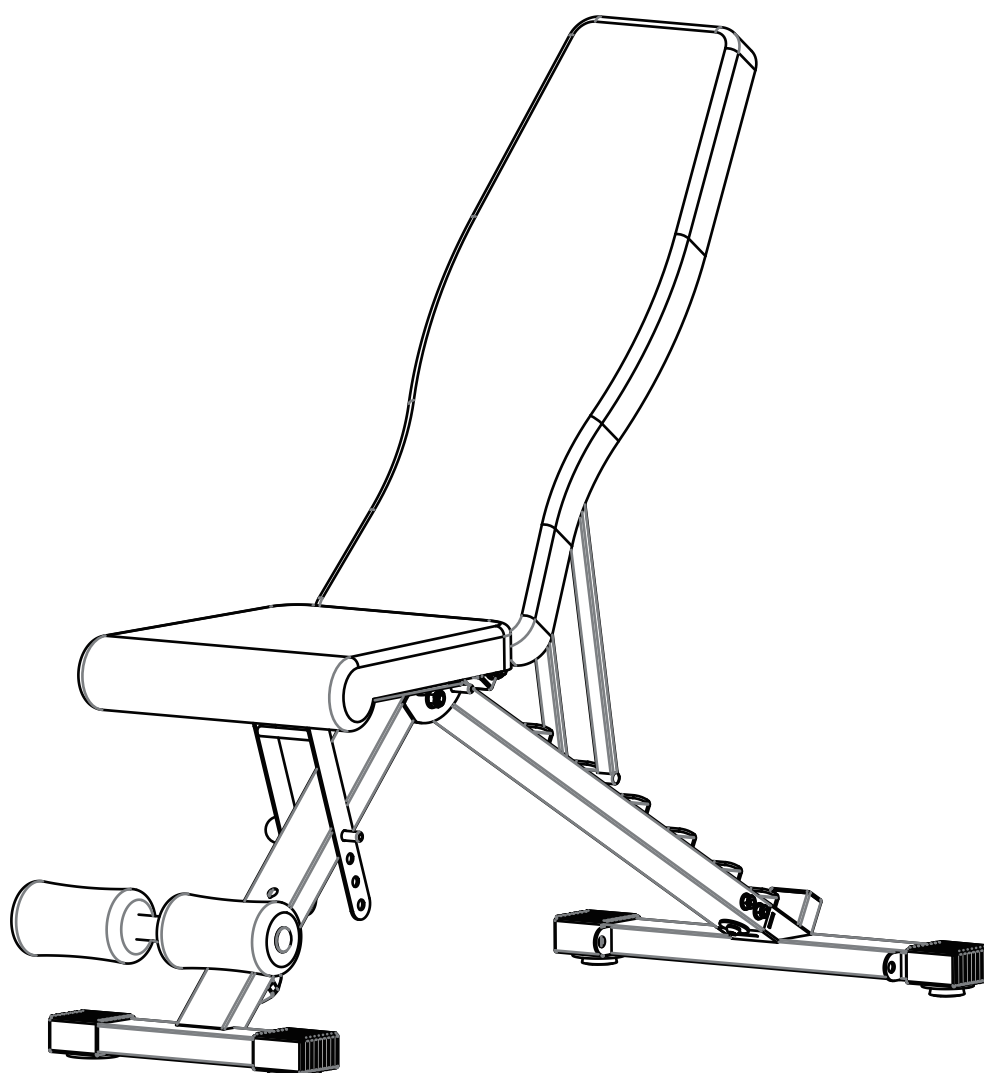
Opbevares et sted uden støv.

Opbevares et sted, hvor børn ikke kan nå den.

Manufactured in China for:
Sport Scandinavia A/S
Niels Bohrsvej 2. 9900 Frederikshavn. DK
Tel: +45 70 126 126. E-mail: Info@spsca.dk
www.spsca.dk

Adjustable Performance Training Bench

ASG4634



Please read all the instructions in the manual carefully before installing and using the product, and keep the instructions properly.

Thank You!

Before we get started, we want to thank you for choosing our weight bench.

Contact Us!

- Please contact us if you have any questions about the bench, we are always here to help you!
- It helps if you can include a picture or video of any issues you may be having.

Safety Instructions

- Before you start to use this bench, please read the following instruction carefully.
- The following notices are important for the correct use and prevention of injury.
- Do not have multiple users at the same time as it may cause damage or injury.
- Do not use this product for purposes other than training, such as using it as a ladder or chair.

Maximum user weight: 120 KG

Note: Please consult a physician before exercising or using this equipment, especially for those over the age of 35 years old and with the following health problems High doses of aspirin or anti-coagulant medications.

Bone ailments that include fractures, unhealed fractures, Surgical pins, plates or supports, or Osteoporosis.

Heart conditions, heart weakness or circulatory issues

Ear infections or balance disorders.

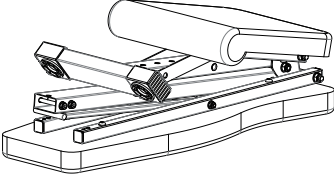
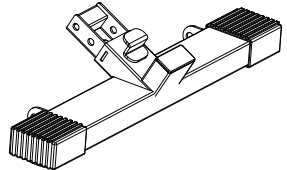
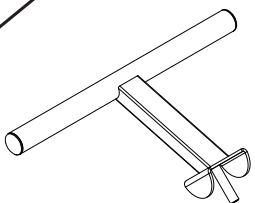
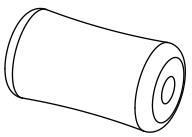
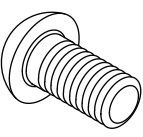
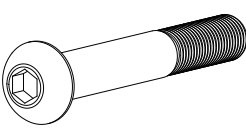
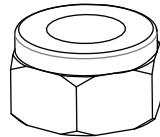
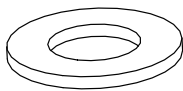
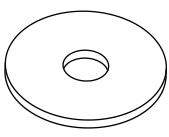
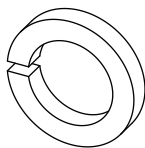
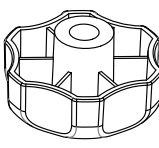
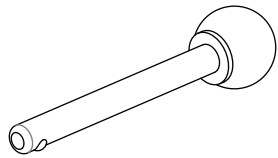
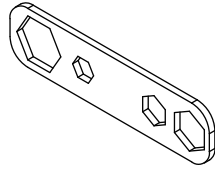
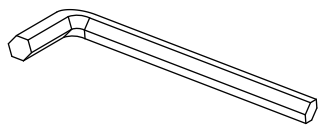
Injuries to the back, spinal injuries, extremely swollen joints or cerebral sclerosis.

• Pregnancy

• Hernias

• Obesity

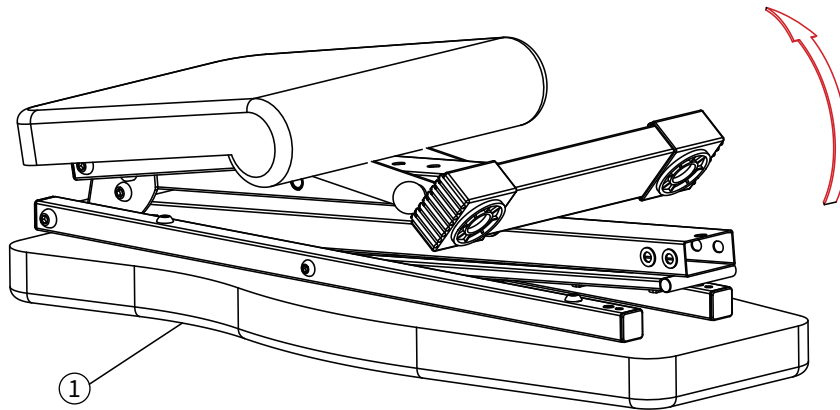
Part List

①  Main frame 1 set	②  Rear base 1 set	③  Hook foot tube assembly 1 pcs
④  Foam pads 2 pcs	⑤  M8*16 Hexagon half round head bolt 1pcs	⑥  M8*70 Hexagon half round head bolt 2 pcs
⑦  M8 Nut 2 pcs	⑧  d8*D16 Flat washer 4 pcs	⑨  d8*D30 Flat washer 1 pcs
⑩  d8 Spring washer 1 pcs	⑪  M10 Plum knob nut 1 pcs	⑫  d8*80 Ring bolt 1 pcs
⑬  d10*90 Ball pin 1 pcs	⑭  Multifunctional wrench 1 pcs	⑮  Hex Key 1 pcs

Assembly Instructions

Step 1

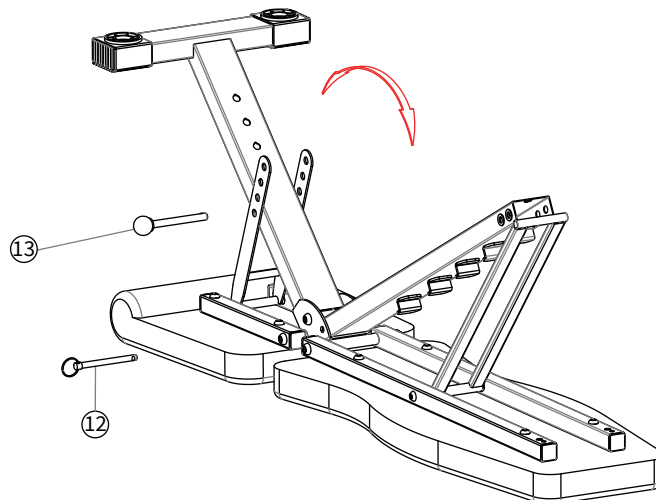
Open the carton and take out the bench.



① Main frame X1

Step 2

Unfold the bench and place it on the ground. Insert ⑫ Ring bolt and ⑬ Ball pin into the ① Main frame in order.



⑫ d8*80 Ring bolt X1

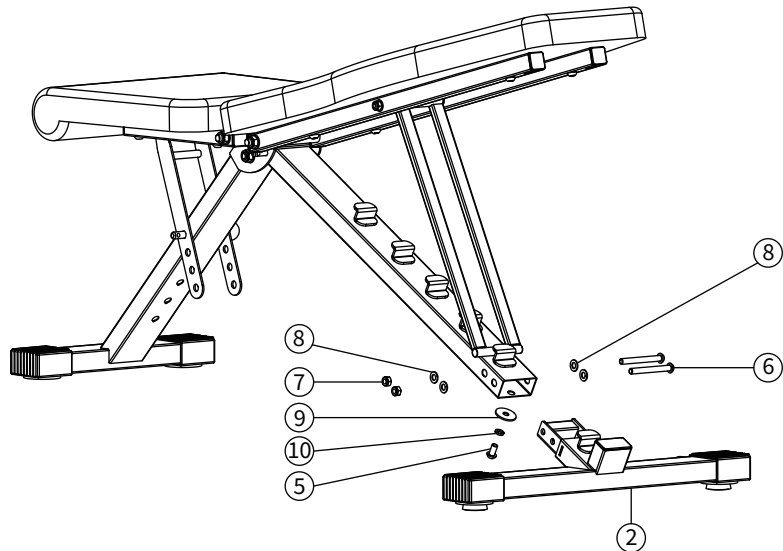
⑬ d10*90 Ball pin X1

Assembly Instructions

Step 3

According to the diagram, attach ② to main frame. Lightly secure with ⑥, ⑧, and ⑦ from the side, and then ⑤, ⑩, and ⑨ from under. Fasten all of them tightly.

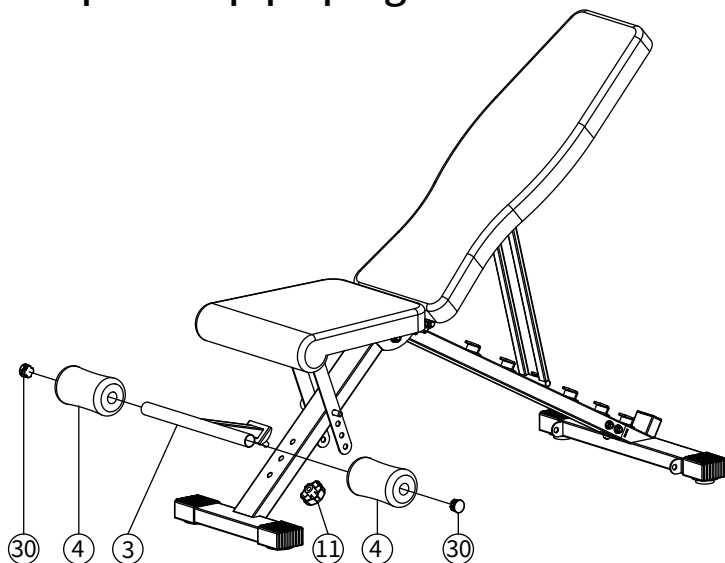
- ② Rear base X1
- ⑤ M8*16 Hexagon half round head bolt X1
- ⑥ M8*70 Hexagon half round head bolt X2
- ⑦ M8 Nut X2
- ⑧ d8*D16 Flat washer X4
- ⑩ d8 Spring washer X1



Step 4

Attach ③ to main frame and secure with ⑪. Remove the pipe plug from ③ and insert it into ④, then put the pipe plug back.

- ③ Hook foot tube assembly X1
- ④ Foam pads X2
- ⑪ M10 Plum knob nut X1

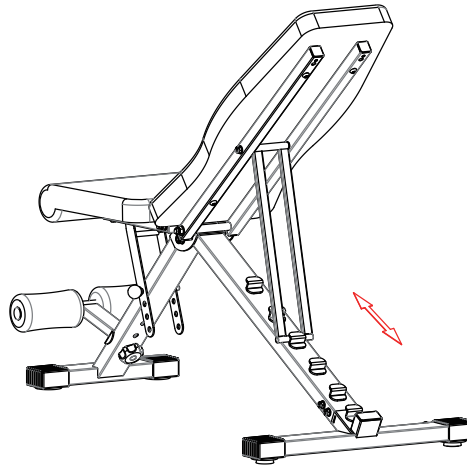


Assembly Instructions

Step 5

Seat cushion adjustment

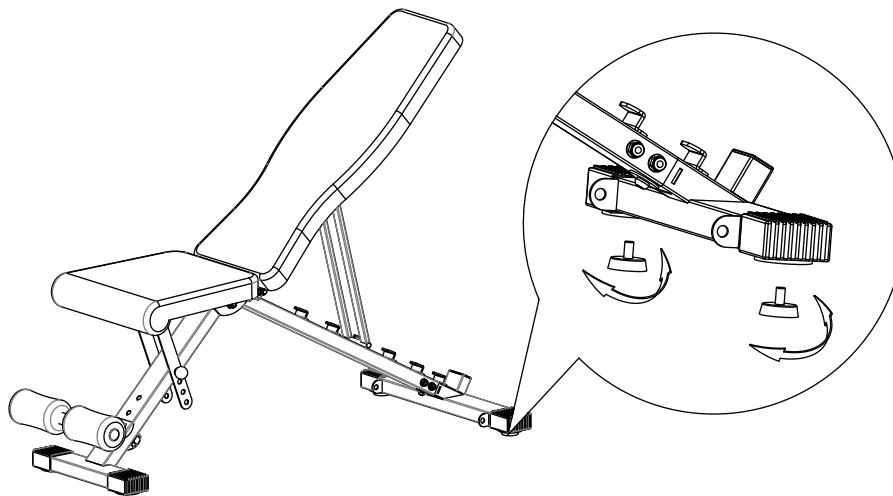
There are four round holes on the seat cushion support tube.
Seat cushion angle adjustment: Please pull out the ⑬ Pin and then insert ⑬ into the corresponding hole for the level you need.



Step 6

Height adjustment

There are two level adjustment knobs under both sides of the rear base.
Make the bench level by turning the corresponding level adjustment knobs to the appropriate degree.



Maintenance

- Care instructions: Please wipe off dirt with a soft, dry cloth.
- If the dirt is severe, wet a towel and wring it out firmly to wipe off the dirt.
- Do not use cinnamon, benzine, alcohol or petroleum solvents or chemicals. It may cause damage or degradation of color or discolor.
- If dust or garbage is seen in the main body gap, please take out with a vacuum cleaner.

Storage

- Please store in a place that is not exposed to direct sunlight.
- Please store in a place without dust.
- Store in a place where children are not reaching.
- Please be careful to prevent dirt from sticking to the dirt when it is covered with vinyl.

Manufactured in China for:
Sport Scandinavia A/S
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Tel: +45 70 126 126. E-mail: Info@spsca.dk
www.spsca.dk