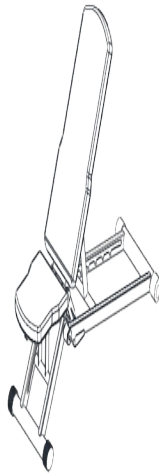


X23 — COMPACT BENCH

MASTER



GENERALAGENT:
VARTEX AB BATTERIVÄGEN 14
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SAFETY PRECAUTIONS



WARNING

To reduce the risk of serious injury, read the following important precautions and all warnings on the dumbbell bench before using the dumbbell bench .

- 1 .Before using the dumbbell bench , please make sure all the screws are tightened;
- 2 .Steadily , slowly exercise for the appropriate amount of time to reach the best results;
- 3 .Dumbbells or other workout equipment may be used with the dumbbell bench .



WARNING

- 1 . Warm up before exercising to prevent muscle injuries;
- 2 . Wear sports clothes and athletic shoes while exercising;
- 3 . Wait two hours after a meal before starting intense workouts;
- 4 . Inspect and properly tighten all parts on the dumbbell bench ;
- 5 . Keep children under 12 away to prevent injuries;
- 6 . Give appropriate care , instruction , and guidance to elders , youths , and handicapped;
- 7 . Please don't attach any other objects to any part of the dumbbell bench to avoid damage.



LIMITED WARRANTY

warranty

This warranty extends only to the original purchaser due to normal use .

warranty period

Home USE

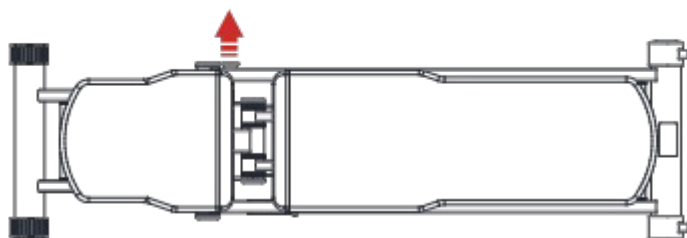
- All parts are warranted for 12 month from the date of purchase.
- Repair labor is waived for one year from the date of purchase.

The following conditions are not covered by this warranty:

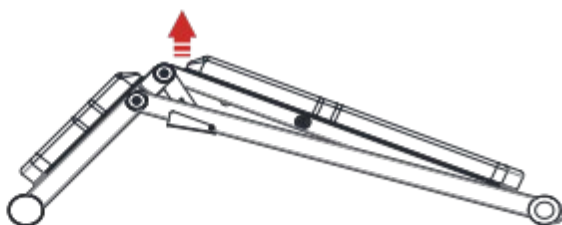
- 1 . Any damage caused by abuse , negligence , accidents , or alterations;
- 2 . Any other improper operations and the resulting damages .



2. Pull out the position locking plug.

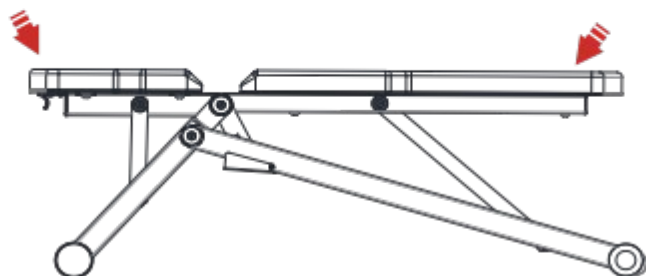


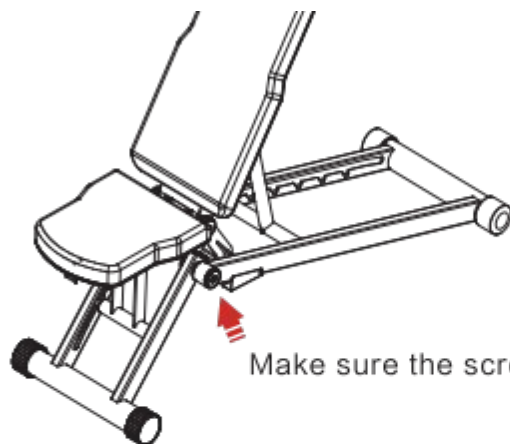
3. Adjust the angle of the frame to about 65° by pulling up the fabric band and locking the pin in one of the slots in the rear supporting leg.



4. Adjust the angle of the seat as needed.

5. Adjust the angle of the backrest as needed.





Make sure the screws are tightened.

Adjustments of the screw tightness

For better usage of this training equipment, inspect the screws (especially the ones on the backrest) for tightness as they become loose after long period of use. Make adjustments to avoid injuries.

Adjustments of the locking pin

When adjusting the position, make sure the steel bead securely locks in the slot.

07	Adjustment support frame		1
09	Front supporting leg axis	∅ 20*85L	2
11	Seat support axis	∅ 15*196L	1
13	Seat connect axis	∅ 15*77.5L	1
15	Washer	∅ 46*T5.0	4
17	Seat	T50*300*350	1
19	1# Bushing	∅ 46* ∅ 42* ∅ 20*13	10
21	3# Bushing	∅ 32* ∅ 28* ∅ 20*13	4
23	Half circle snap lock		1
25	Feet cap	∅ 60 1.5	2
27	Square inner cap	20*40*2.0	2
29	Screw	M8*30	4
31	Screw	M6*20	4
33	Screw	M5*35	1
35	Flat washer	∅ 8.5* ∅ 16*T1.5	8
37	U-shaped push lever		1
39	Spring		1

08	Main connect axis	∅ 20*167L	1
10	Backrest support axis	∅ 15*279L	1
12	Backrest connect axis	∅ 15*124.5L	1
14	Position locking plug	∅ 33* ∅ 12.7	1
16	Washer	∅ 32*T5.0	6
18	Backrest	T50*300*755	1
20	2# Bushing	∅ 32* ∅ 28* ∅ 15*13	8
22	Round snap lock		1
24	Round outer cap	∅ 60	2
26	Square inner cap	50*1.5	1
28	Screw	M8*65 30	4
30	Screw	M6*25	2
32	Screw	M8*25	10
34	Nut	M5	1
36	Flat washer	∅ 6.5* ∅ 12*T1.0	4
38	Fabric band	T1.5*20* (460)	1
40	Nylon washer	∅ 46* ∅ 20.1*T1.0	2

