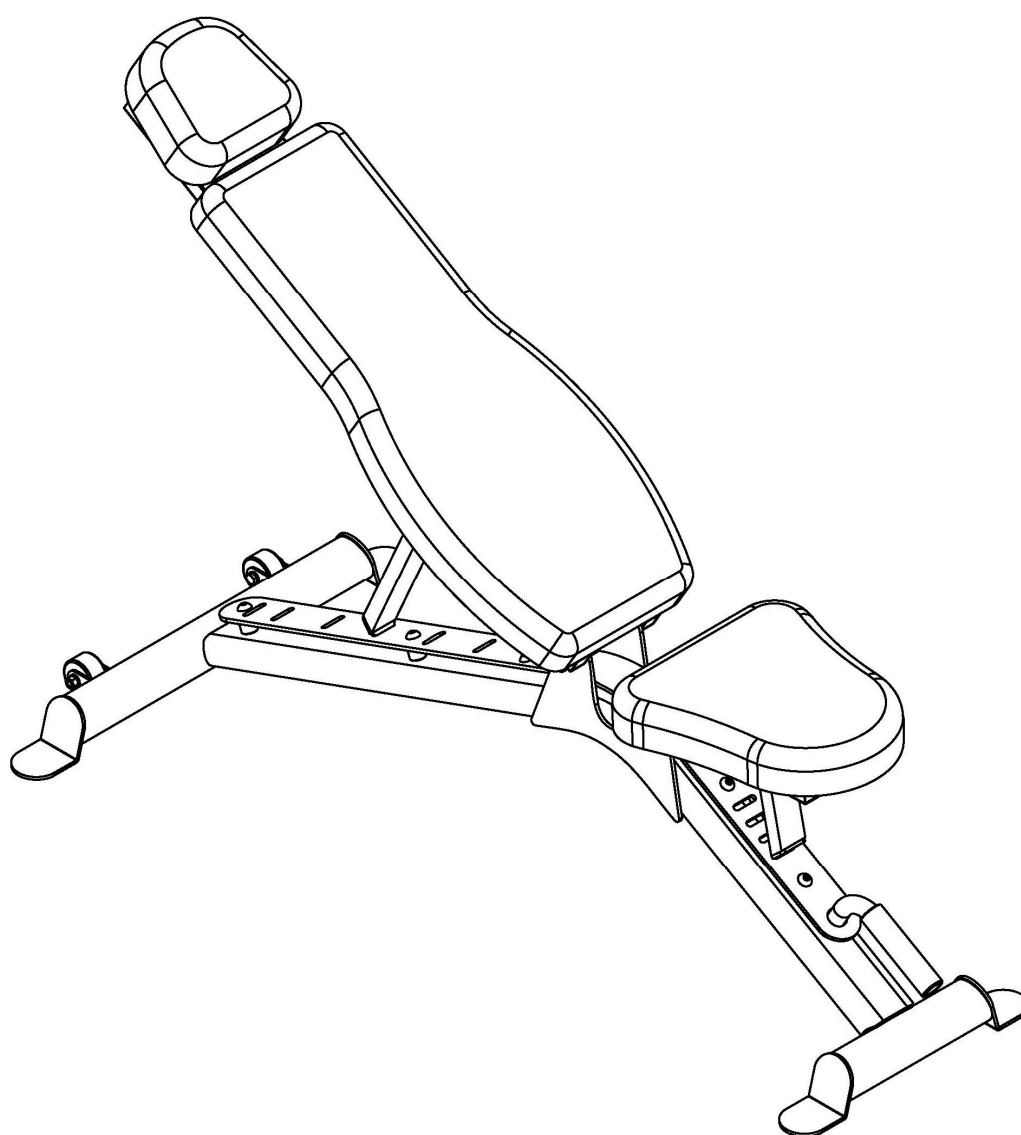


SIT UP BENCH

SUB3001A



1) SAFETY INSTRUCTIONS

IMPORTANT!

- This Exercise bench is made for home use only and tested up to a maximum body weight of 100 kg.
- This training device should be used only for its intended purpose. Any other use is prohibited and dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.

CAUTION!

1. You are using a machine that has been designed and built to the latest safety standards. Any possible sources of danger that could lead to injury have been extensively eliminated. The machine is intended for use by adults only.
2. Wrong or excessive training can damage your health. Before commencing a course of fitness training, arrange for a medical check-up to see if you are in a state of health suited to training on the machine. The result of the check-up should be used as a basis for your training program.
3. The machine is never to be looked upon as a toy. Please remember that the nature of children who are using the machine can lead to unforeseen situations and hazards for which the manufacturer cannot be held liable.
4. If children are allowed to use the machine, they should be instructed on its correct use and dangerous situations explained to them.
5. The machine must be carefully assembled by an adult. Place it on a flat and strong ground. It must be ensured that the machine is not used until it has been fully assembled.
6. When used for regular training/exercising, we recommend checking all parts of the machine (especially screws, nuts, bolts and ropes) every 1 to 2 months.
7. To maintain the intended level of safety the machine is to be taken out of use if any parts are worn. The worn parts are to be exchanged immediately.
8. Make sure that no adjustment device is left projecting.
9. Please always wear proper training clothes and shoes.

2) PACKAGING

Environment-friendly and recyclable materials:

Outer packing cardboard

Formparts are made of Polystyrol (PS) No FCKW

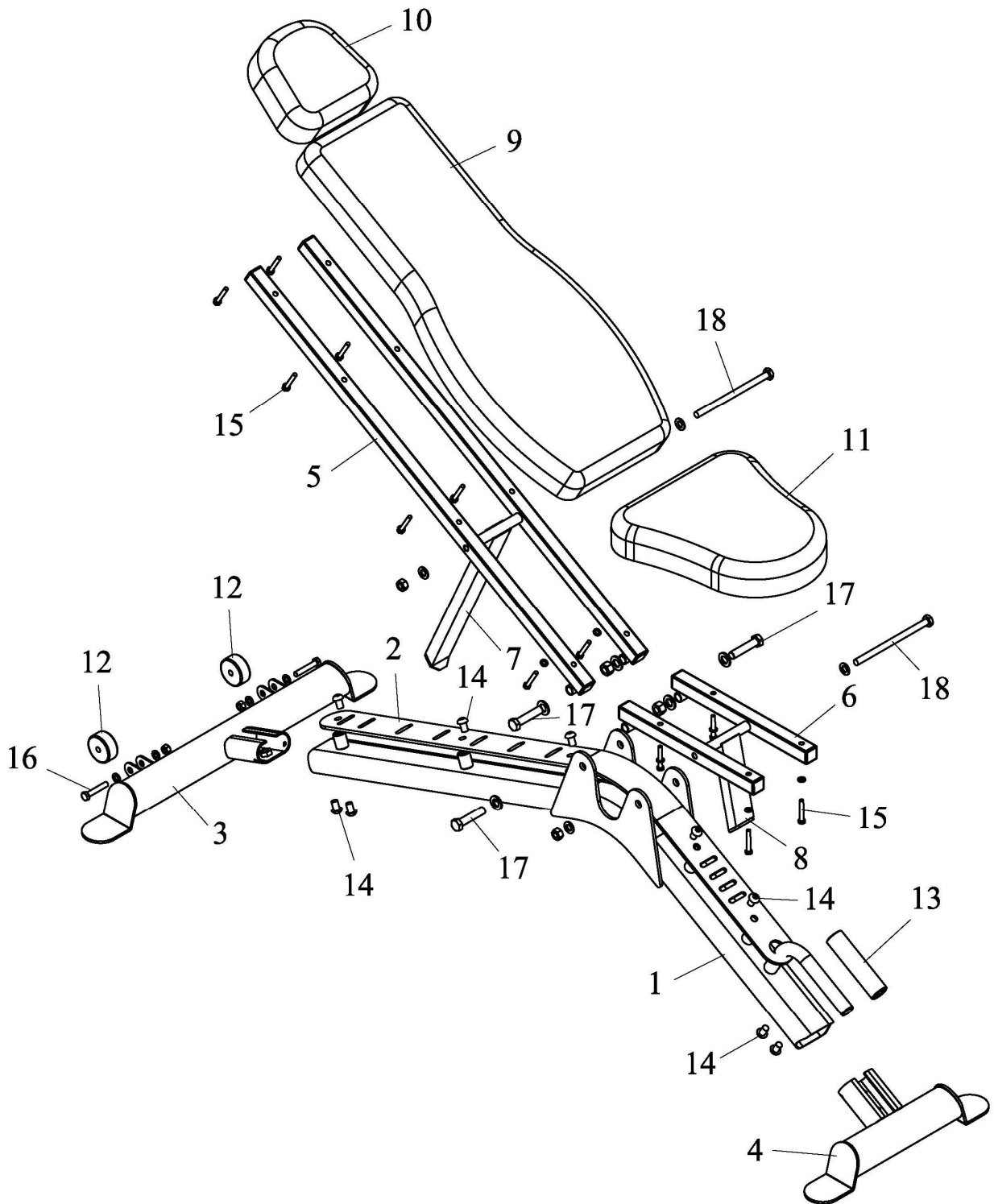
Foils and bags are made of PE

Girths are made of PP

3) DISPOSAL

Please dispose packaging properly. Don't put it in the garbage.

4) EXPLODED VIEW



5) PART LIST

NUMBER	DESCRIPTION	QUANTITY
1	MAIN FRAME	1
2	SELECTIVE PLATE	1
3	REAR BASE	1
4	FRONT BASE	1
5	BACKREST SUPPORT	2
6	SEAT SUPPORT	2
7	BACKREST ADJUSTMENT	1
8	SEAT ADJUSTMENT	1
9	BACK CUSHION	1
10	HEAD CUSHION	1
11	SEAT CUSHION	1
12	WHEEL	2
13	FOAM ROLLER	1
14	HEXAGON SOCKET BOLT M10*20	9
15	BOLT M6*40 + WASHER	12
16	BOLT M8*45 + WASHERS + LOCK NUT	2
17	BOLT M12*55 + WASHERS + LOCK NUT	4
18	BOLT M10*160 + WASHERS + LOCK NUT	2

6) ASSEMBLY INSTRUCTION

1. Thread the hole of selective plate (2) onto bar on main frame (1), then slide foam roller (13) onto bar on main frame (1).
2. Attach selective plate (2) to main frame (1) with hexagon socket bolt M10*20 (14).
3. Attach wheel (12) to rear base (3) with bolt M8*45 + washers + lock nut (16).
4. Attach rear base (3) to main frame (1) with hexagon socket bolt M10*20 (14).
5. Attach front base (2) to main frame (1) with hexagon socket bolt M10*20 (14).
6. Attach backrest support (5) to main frame (1) with bolt M12*55 + washers + lock nut (17).
7. Attach seat support (6) to main frame (1) with bolt M12*55 + washers + lock nut (17).
8. Attach backrest adjustment (7) to backrest support (5) with bolt M10*160 + washers + lock nut (18).
9. Attach seat adjustment (8) to seat support (6) with bolt M10*160 + washers + lock nut (18).
10. Attach seat cushion (11) to seat support (6) with bolt M6*40 + washer (15).
11. Attach back cushion (9) and head cushion (10) to backrest support (5) with bolt M6*40 + washer (15).

7) TRAINING INSTRUCTIONS

IMPORTANT:

Before beginning your training program, consult your doctor to ensure that you are fit enough to use this training device.

Base your program on the result of this medical examination. All following training instructions are suitable for healthy people only.

This training device is a versatile multi-functional home training unit for optimum fitness training with special emphasis on muscle- power. To ensure that your exercising is in keeping with your general health, please read the following instructions and observe them at all times:

1. Newcomers should avoid using excessively heavy weights.
2. During start-up sessions, use weights that can be used for 15 repetitions without gasping for breath.
3. Always breathe regularly: breathe out when pushing against the load (concentric phase) and breathe in when releasing it (eccentric phase). Avoid forced breathing.
4. Carry out all movements evenly and smoothly without jerking.
5. All movements should be carried out to their full extent to prevent contraction of the muscles. However, in the bending and stretching positions ensure that the muscles are tense enough to minimize strain on the joints.
6. Pay particular attention to keeping your back in a stable position. To ensure this, keep the tension of the belly muscles constant during exercising.
7. Always remember that your tendons and joints do not develop as quickly as your strength and muscle power. For this reason increase the amount of exercise in the following order:
 - a. First increase your exercising frequency (number of exercising sessions per week)
 - b. Increase the length of your exercising sessions (number of sets per exercise)
 - c. Then increase the exercising strain (i.e. increase the weights used)

Recommendation for exercising

For general fitness and health the most suitable types of training are strength and endurance training as well as training aimed at building up the muscles (hypertrophy training).

For strength and endurance exercising it is best to use lighter weights (approx. 40-50% of maximum force*) and brisk but controlled speed of movement. The number of repeats should be between 16 and 20.

For exercises designed to build up muscles, it is advisable to use heavier weights (approx. 60-80% of maximum force*) with a moderately slow speed of movement.

After about four weeks of strength and endurance exercising, a moderate program of muscular exercising can be begun. For older people it is especially important to maintain and build up muscle mass in order to relieve unnecessary strain on the joints.

Always start your session with a set of exercises to warm up. Make use of intervals to do loosening-up exercises. Exercise 2-3 times per week and take every opportunity to exercise in different ways e.g. by walking, jogging, cycling and swimming.

You will soon notice that regular exercise increases your general fitness and sense of wellbeing.

WARMING UP

Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

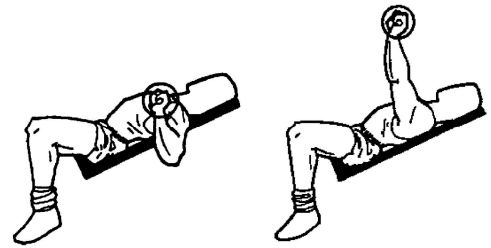
COOLING DOWN

Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

8) EXERCISES

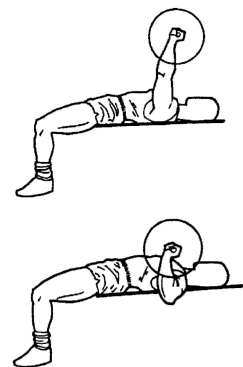
Incline Dumbbell Press

Lie on 20° incline bench. Feet flat on deck. Hold the dumbbells in front of shoulders, palms out. Count 1: Press dumbbells straight up until arms are extended. Exhale raising weight. Keep elbows slightly bent. Lower back should stay on the bench and back should be straight. Count 2: Return to start position, inhaling while lowering weight. Works chest, shoulders and arms.



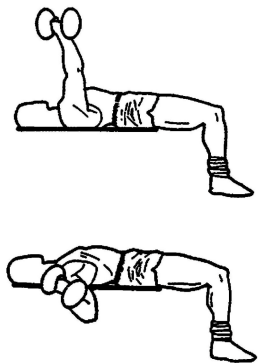
Bench Press

Lie on bench with feet flat on deck. Hold barbell at arms length above mid chest with palms facing out. Count 1: Lower barbell until it barely touches your chest by bringing your elbows straight down and behind you. Inhale while lowering barbell. Do not bounce the bar off your chest. Count 2: Return to start position, exhaling while raising barbell. Variation: Use dumbbells. Works chest, shoulders and arms.



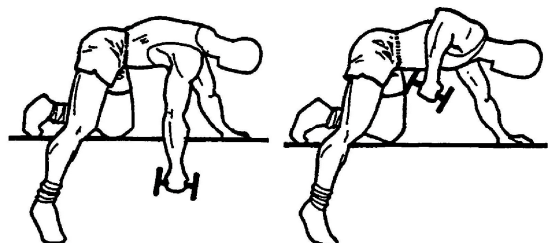
Dumbbell Flies

Lie on bench with feet flat on deck. Hold dumbbells at arms length above upper chest with palms facing each other. Count 1: Keeping elbows slightly bent, lower dumbbells out to each side of chest in semicircular motion. Dumbbells should be even with sides of chest. Inhale lowering dumbbells. Count 2: Return to start position, exhaling while raising dumbbells. Works chest.



One Arm Dumbbell Rows

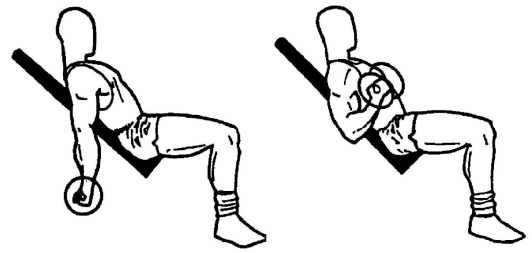
Place left knee and hand on bench, extend right leg on deck. Keep back straight. Extend right arm straight down below right shoulder and hold dumbbell in right hand. Count 1: Pull dumbbell straight up to rib cage by bringing elbow straight up and behind you. Exhale raising dumbbell. Do not turn your torso.



Count 2: Return to start position, inhaling while lowering dumbbell. Switch sides and repeat. Works back and biceps.

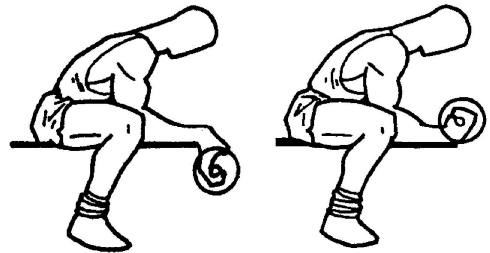
Rotating Dumbbell Curls

On incline bench, hold dumbbells with arms extended down, palms facing back. Count 1: As you begin to lift dumbbells, rotate hands so palms face up before they pass the bench pad. Keep palms up as you bring dumbbells up to shoulder. Exhale raising dumbbell. Count 2: Return to start position, rotating your palms to face back after they pass the bench pad. Inhale while lowering dumbbell. Works biceps.



Wrist Curls

Grab a dumbbell or barbell palms up and sit on the edge of a bench. Place elbows on bench edge between knees. Let wrists hang over bench. Count 1: Curl wrists up to raise weight toward elbow. The motion should resemble a semi-circle. Exhale raising dumbbell. Keep forearms flat against bench through entire exercise. Count 2: Return to start position, inhaling while lowering weight. Works wrist flexors.



Reverse Wrist Curls

Grab a dumbbell or barbell palms down and sit on the edge of a bench. Place elbows on bench edge between knees. Let wrists hang over bench. Count 1: Curl wrists up to raise weight toward elbow. The motion should resemble a semi-circle. Exhale raising dumbbell. Keep forearms flat against bench through entire exercise. Count 2: Return to start position, inhaling while lowering weight. Works wrist extensors.

