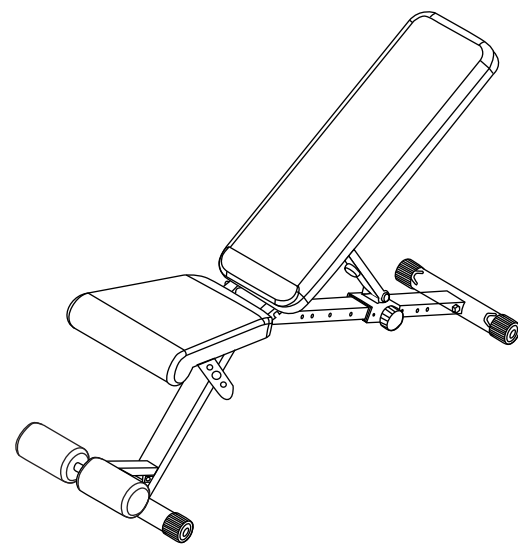


GRIT-EGB300 Instruction materials - (OEM English translation)

Paper size : 210*297mm
Double sided coated paper, 100g paper



Adjustable Exercise Bench Manual



1 Safety instructions

IMPORTANT!

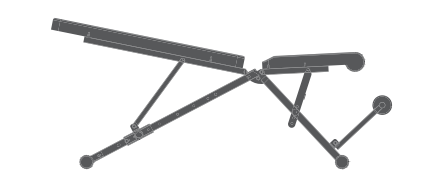
IMPORTANT:
Read and understand this Owner's Manual and ALL WARNINGS on and for this equipment prior to using it.



Warning: To prevent accidents, please read the following important notes before using adjustable exercise bench. No responsibility is assumed for personal injury or property damage caused by the use of this product. Please make sure you read all the information below and keep the instructions for reference.

1. It is very important to read this manual completely before installing and using the product. Only when the product is correctly installed, maintained and used, can you use it safely and effectively. notice it is your responsibility to pay attention to all users in use.
2. Before using this product for practice, you should consult your doctor to determine whether the use of this product poses a threat to your body. If the medicine you are taking affects your heart rate, blood pressure and cholesterol, you must follow the doctor's advice.
3. Pay attention to your health. Incorrect or excessive exercise will harm your health. If the following symptoms appear during exercise, please stop practicing: weakness, chest tightness, irregular heartbeat shortness of breath, headache, dizziness and nausea. If the above symptoms occur, consult your doctor before continuing exercise.
4. This product is suitable for ADULTS ONLY. Children and pets are not allowed to use it.
5. Use this product on a firm, flat and leveled surface with protective covering or carpet. For safety reasons, there should be at least 2 ft open space around the product.
6. Make sure the nuts and bolts are locked before use.
7. Please use this product according to the instructions of this product. If you find defective parts during installation or inspection, or abnormal sound during use, please immediately stop using until the problem is resolved.
8. Do not wear loose clothing when using the product.
9. Be careful when lifting or moving the product to avoid back injury. Please use the correct skills or help to lift the object.
10. To avoid injuries keep your body weight centered when using this product.
11. DO NOT exceed the maximum total (user + lifting weight) load weight of 330 lb.
12. This product is for Home Use only
13. Inspect the product before each use. DO NOT use the product if any part or component appears worn or damaged

2 Packing list



Bench	x1
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Bolt x2



Wrench x1



Manual x1

3 Product parameters

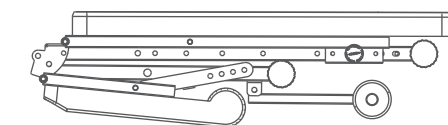
Product category: Adjustable Exercise Bench
Product model: GRIT-EGB300
Maximum load: 330 lb

Assembly size: 55.5 * 25.5 * 17.8 in (unfolded state)
18.5 * 17.8 * 47.6 in (folded)

4 Operating instructions

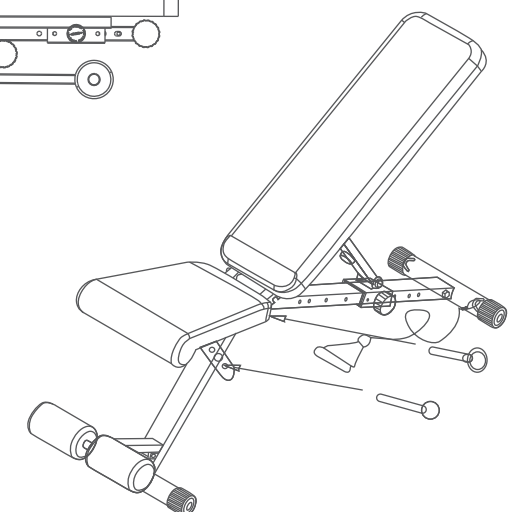
1. Unfold the bench

Unfold the bench to complete the installation
(Product can be folded back after use for storage)



- ## 2. Complete the installation

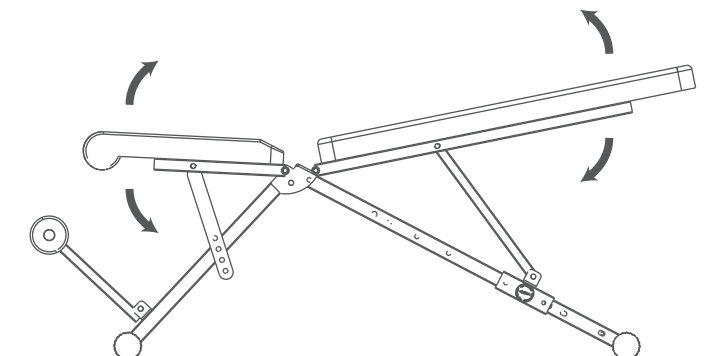
Step 1: Insert the pull rod bolt into the middle limit stop (the hole should be aligned);
Step 2: insert the round head bolt into the adjusting gear hole under the cushion.



- ### 3. Product usage

Back adjustment: pull the spring pin knob, slide the support rod to desired hole position and release it. Do not use the product until the pin knob is fully inserted into the desired hole position.

Cushion adjustment: pull out the round head bolt, adjust the cushion angle, and insert the bolt into the desired hole position until the bolt is fastened. (Important: Do NOT USE THE PRODUCT until the equipment is fully tightened before use.)



5 TRAINING SAFETY WARNINGS



Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint.

▲ Contact your doctor before using the equipment again.

Choose your training intensity according to the training difficulty, training time, etc.
For more training moves, check out professional exercise manuals, books, and videos or consult a personal trainer to learn the correct posture, technique, and methods.