VEVOR

Upgrade · The Home Creator Way

WEIGHT BENCH

MODEL:SJ602

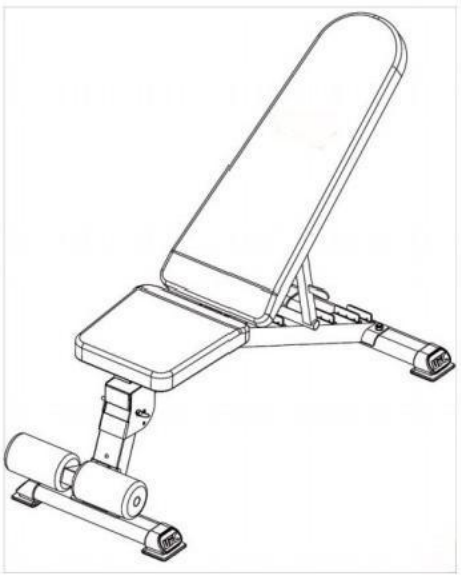
VEVOR Support Center

SJ602

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This is the original instruction,please read allmanual 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.

	Warning-To reduce the risk of injury,user must read instructions manual carefully.

ASSEMBLYPRECAUTIONS

1.Moving parts will need to be lubricated periodically
2.Inspect and tighten all parts before using the equipment.
3.The machine can be cleaned using a damp cloth and mild non-abrasive detergent,Solvents may damage thematerial.
4.Examine the equipment regularly for signs of damage or wear.
5.Replace any defective components immediately and/or keep the equipment out of use until repair.
6.Failure to examine regularly may affect the safety of the equipment.

INSTRUCTIONS

Please read all of the instructions before using it.The information will help you achieve the best possible results.

Safety Precautions

Before you undertake any exercise program,please be sure to consult with your doctor.Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential.Excessive or incorrect training may result to health injuries.

Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use.Do not allow children to climb or play on this item when it is not in use.
- Supervise teenagers while they use this unit.

● For your own safety,always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
● Regularly check to see that all nuts,bolts and fittings are securely tightened.Periodically check all moving parts for obvious signs of wear or damage.
● Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.
● Clean only with a damp cloth,do not use solvent cleaners.
If you are in any doubt,do not use your product;contact CUSTOMER SUPPORT.
● Before use,always ensure that your product is positioned on a solid, hard-flat surface.
● Always wear appropriate clothing and footwear such as training shoes when exercising.Do not wear loose clothing that could become caught in moving parts during exercise.
● Do not use this unit if it is not functioning properly or if it is not fully assembled.
● Do not use this unit for commercial purposes.This unit is for home use only.
● Before use,you must read and understand all instructions &warnings stated in this Owner's Manual as well as posted on the equipment.
● It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
● If at any time during exercise you feel faint,dizzy or experience pain, stop and consult your physician.
● Make sure all nuts,bolts,and screws are tightened prior to use.
● Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!
● Never over-tighten the above-mentioned devices and parts to avoid damage to the unit.
● Check for loose parts and components and make proper adjustments **prior to use.**

● Check to see if there are any tears or bends in the welding or metal prior to use.If tears or bends are found,DO NOT use the unit and contact our CUSTOMER SUPPORT.

● Extreme care must be taken to not allow your feet,fingers,hair,clothing, and/or any loose items to be snagged into any portion of the unit when the unit is in use.Failure to follow these instructions could result in serious injury.

WARNING:

Before starting any exercise program,you should always consult your physician.This is especially important for people who are over 35 years old or who have pre-existing health problems.Read all instructions before using any fitness equipment.

1.Take a few minutes to familiarize yourself with the parts and hardware included with your product.

2.Assembly may require two people.

3.Check the frame for any damage and check any wiring(if present)for rips or tears.If you detect damage,rips,or tears,please contact our Customer Support Team before beginning any assembly.

4.Make sure all the hardware needed is included.

5.It is very important to follow the assembly instructions correctly and to make sure all parts are attached correctly and firmly tightened when the assembly process is complete.

6.Parts that are not tightened correctly will seem loose and can cause irritating noises and will cause damage to the equipment.

7. CHOKING HAZARD – Small parts. Not for children under 3 years.

8. Do not drop, throw or swing the dumbbell. Risk of impact injury, fractures or property damage.

9. Do not exceed the marked weight rating.

10. Warm up before use to reduce muscle, joint or tendon injury.

11. Stop exercise immediately if you experience pain, dizziness, nausea or shortness of breath. Consult a doctor before resuming.

12. Do not modify, disassemble or replace parts with non-original components.

13. Store in a dry, secure location away from children and pets when not in use.

PLEASE NOTE: Some of the parts and hardwares listed on the parts list may already pre-assembled or installed on the unit.

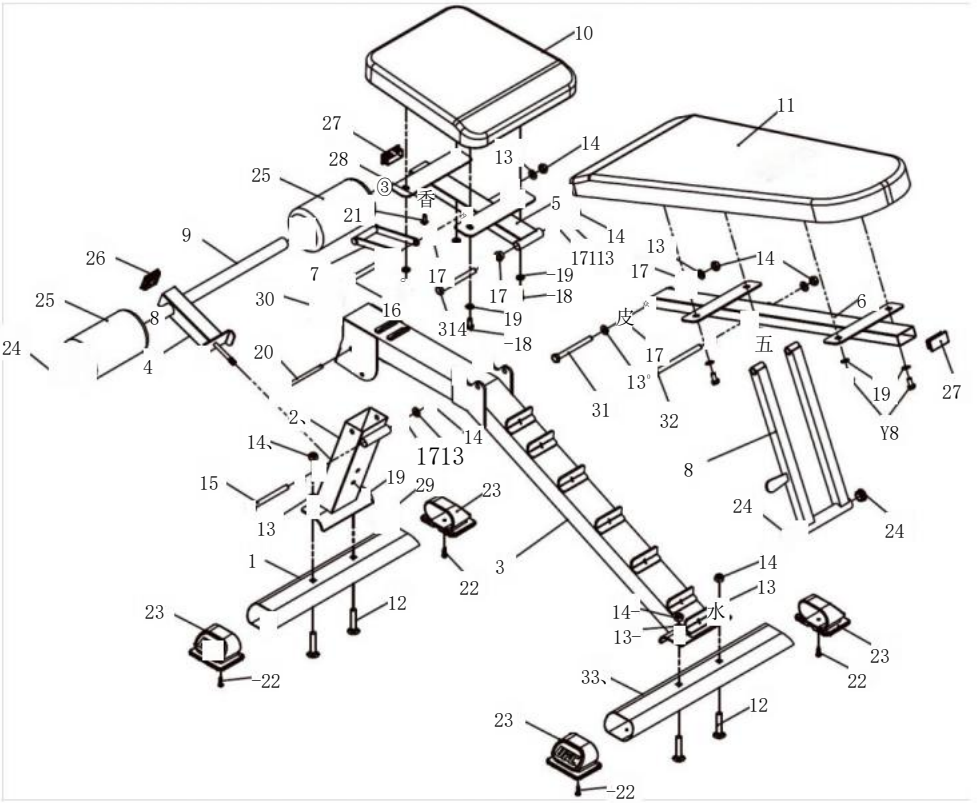
COMPLIANCE STATEMENT

This product is manufactured in compliance with applicable safety standards and regulations for the European Union, United Kingdom, United States and Canada.This product is for indoor adult use only and is not a toy.

Read all instructions carefully before operating this product.Retain this Users Manual for future reference.

PARTS LITS

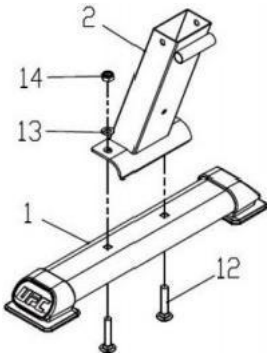
Key No.	Descriptions		Qty/
1	Front Leg		1
2	Base Frame		L
3	Main Frame		L
4	Hook tube		1
5	Seat tube		
6	Backrest tube		
7	Seat Adjustment		
8	Backrest Adjustment		
9	Foam Rollar bar		
10	Seat		
11	Backrest Cushion		1
12	Bolt	M10x55	4
13	Washer	Φ10	14
14	Nylon Nut	M10	9
15	Bolt	M10x95	1
16	Bolt	M10x75	1
17	Bushing	φ20xφ16xφ10	8
18	Bolt	M8x16	8
19	Washer	Φ8	9
20	Locker Pin	Φ8x90	1
21	Bolt	M8x16	1
22	Bolt	ST4.2x20	4
23	Plastic End Cap	40×80mm(Oval)	4
24	Plastic End Cap	①25	4
25	Foam Roller	φ23xφ100xφ170	2
26	Plastic End Cap	38	1
27	Plastic End Cap	25×50mm(Oval)	2
28	Cushion		1
29	Knob	M8	L
30	Plastic End Cap	50x75mm(Oval)	L
31	Bolt	M10x98	2
32	Bolt	M10x145	
33	Rear Leg		

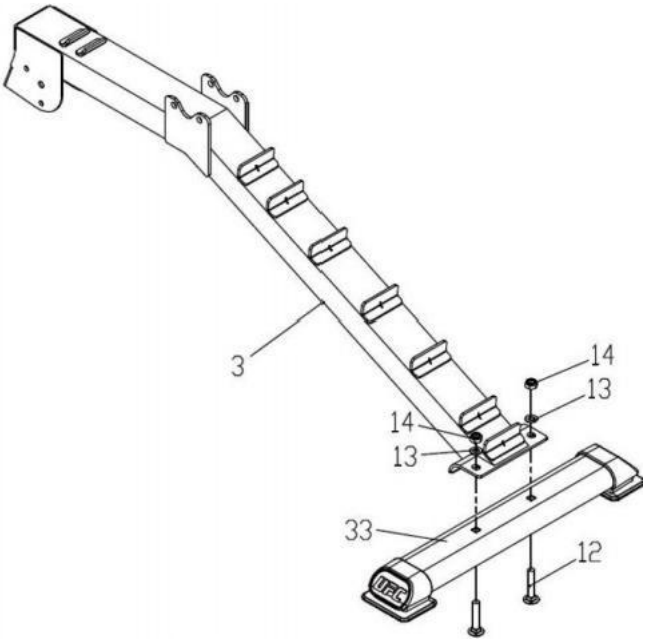

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ASSEMBLY PROCESS

Assembling the Frame
The following parts are needed in this step

NO.12		X4	M10×55mm
NO.13		X4	φ10mm
NO.14		X4	M10mm

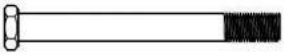
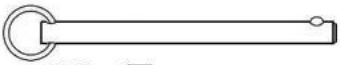
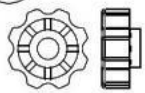


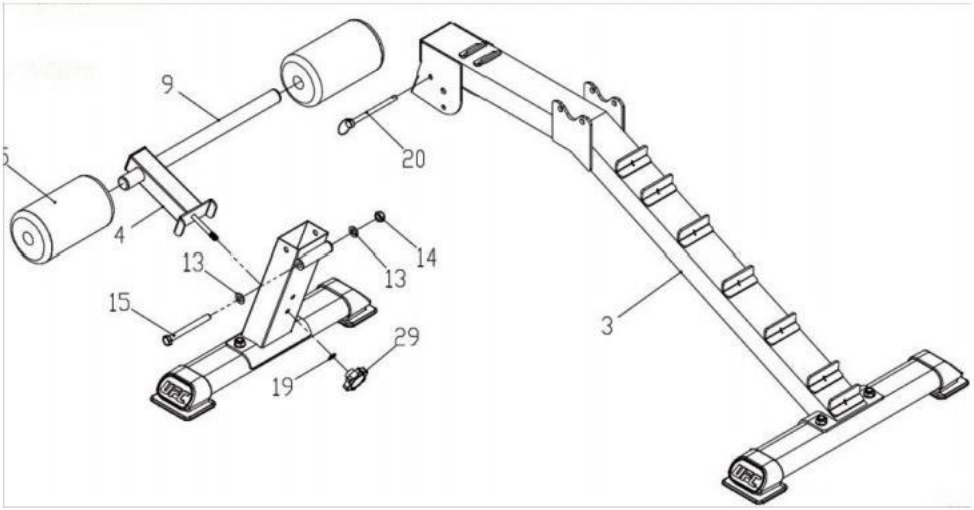


2

Assembling the Frame

The following parts are needed in this step

NO.13		X2 φ10mm
NO.14		X1 M10mm
NO.15		X1 M10X95mm
NO.19		X1 中8mm
NO.20		X1 中8x90mm
NO.29		X1 M8mm

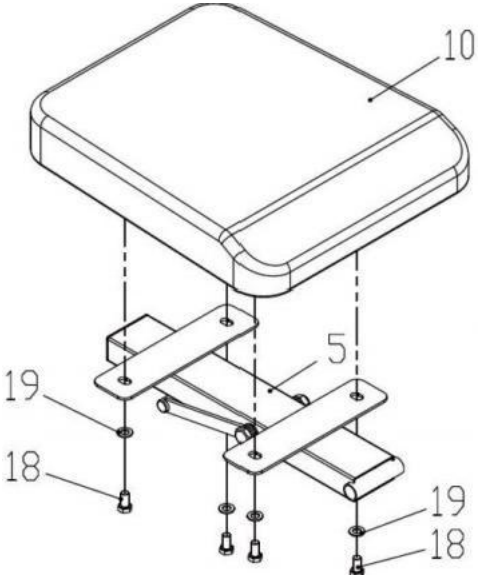


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Assembling the Frame

The following parts are needed in this step

NO.18		X4	M8×16mm
NO.19		×4	8mm



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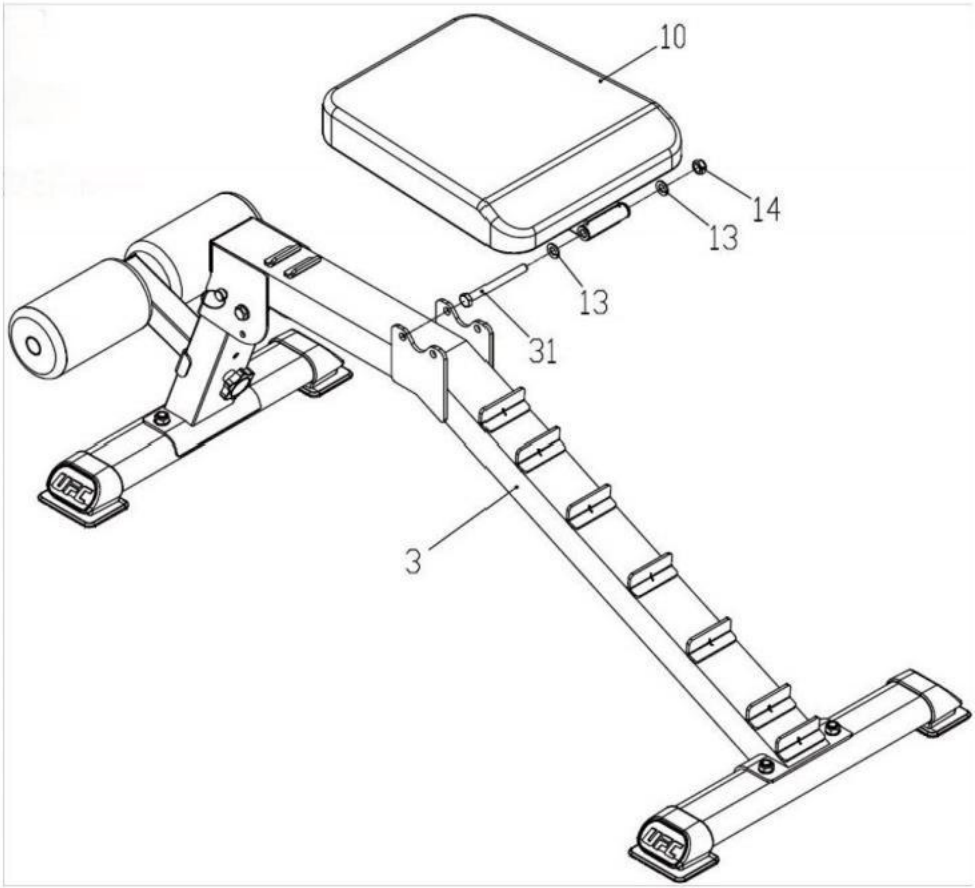
Assembling the Frame

The following parts are needed in this step

NO.13 X2 Φ10mm

NO.14 X1 M10mm

NO.31 X1 M10×98mm



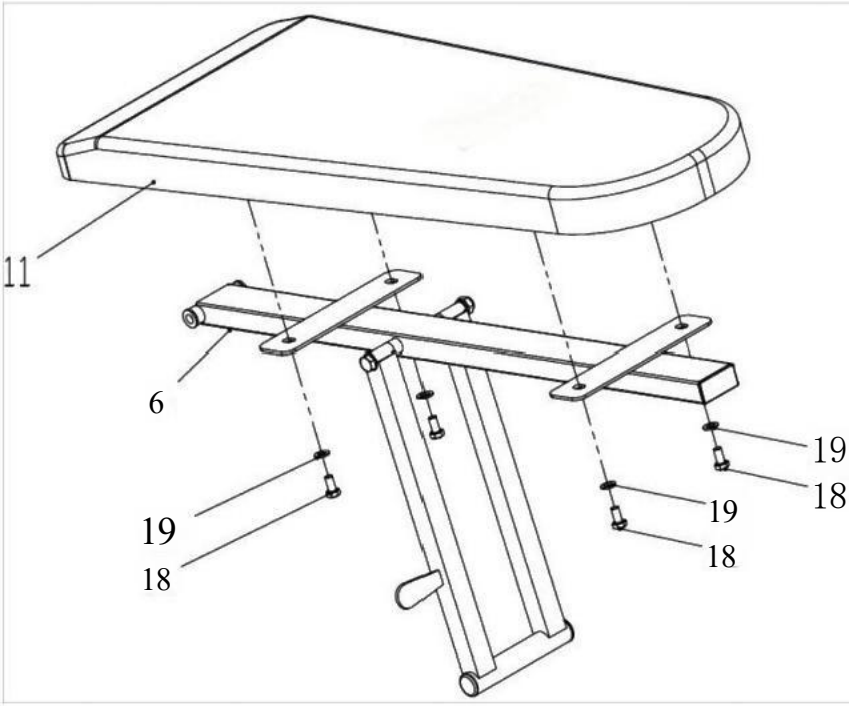
5

Assembling the Frame

The following parts are needed in this step

NO.18  X4 M8×16mm

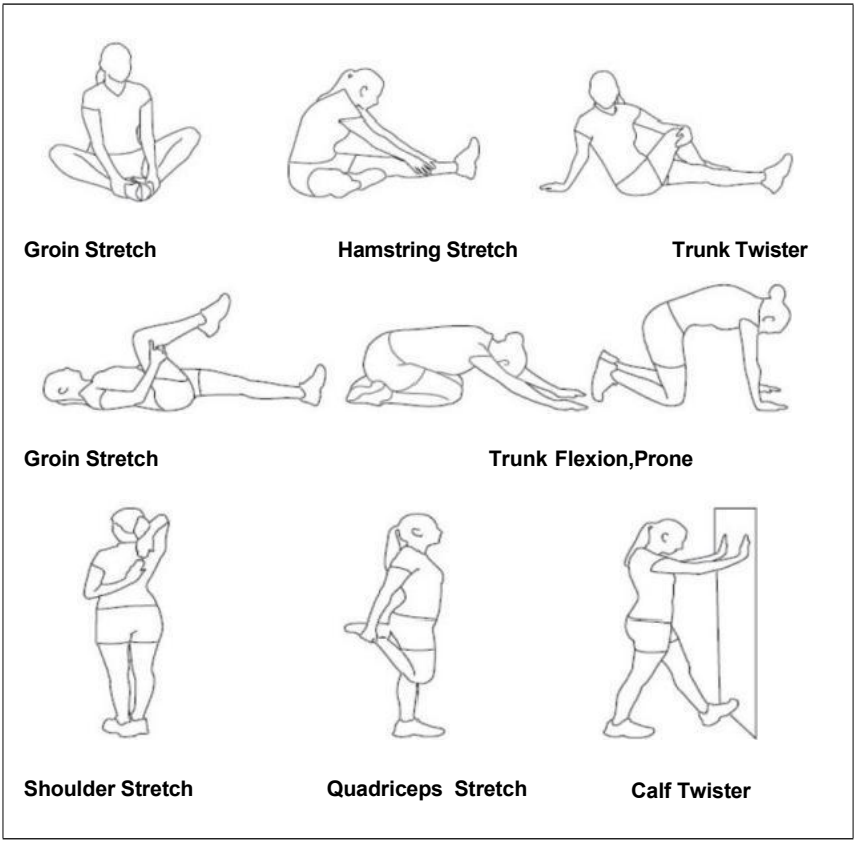
NO.19 X4 中8mm



WARM-UP INSTRUCTIONS

Before use,you must read and understand all instructions &warnings stated in this Owner's Manual as well as posted on the equipment.Before beginning any exercise program including the following flexibility exercises, please consult with your physician.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising.A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.



Groin Stretch

1.Sit with your knees flexed and soles of feet together.

2.Hold your ankles and bend at your hips(keep your back straight)as you press your knees toward the floor with your elbows.

Hamstring Stretch

1.Sit with your eft leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.

2.Flex the foot of your extended leg (toes pointed toward ceiling)and gently bend forward from your hips;keep your back straight.

3.Reach your hands on your extended leg as far as possible and then switch legs and repeat

Trunk Twister

1.Sit with your leg extended and bend your right knee as you cross your right leg over your left leg.Your right foot of your extended leg foot should be flat on the floor alongside your left knee.

2.Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right.Place your right hand on the floor behind your but-tocks.Reverse leg positions and repeat.

Groin Stretch

1.Lie on your back and raise your right leg as you clasp both hands under the back of the knee.Keep your left leg straight.

2.Gently pull your right leg toward your trunk without raising your upper body.Switch leg positions and repeat.

Trunk Flexion,Prone

1.Assume the depicted position on your hands and knees.Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.

2.Return to the starting position slowly.

Shoulder Stretch

1.Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.

2.Try to reach your fingertips.If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other.

Reverse arm positions and

Quadriceps Stretch

1.Stand on your left leg and hold onto a support with your left hand.

2.Flex your right leg behind you,grasp your ankle or foot with your right hand and pull your foot toward your buttocks.Keep your back straight and right knee pointed down.Repeat on the other leg.

Calf Twister

1.Place both hands against a wallto aid your balance.Press the ball of your left foot against the walland keep the heel of the same foot rested on the floor(make sure your left knee is bent).

2.Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch.

Switch leg positions and repeat.

