

印刷制作说明 (非印刷页)

叶子类目	胸部推举机
厂家型号	BN1910B
子 SKU	SKU1 XBTJJWTSXTJSME6SYV0 胸部推举机卧推 上下推举 适配 1&2inch 哑铃片 不 带电

技术要求:

- 1.内容正确，图文清晰，位置准确；
- 2.成品不准有破损、裂纹污迹等影响美观缺陷；
- 3.具体页数、尺寸、内容、字体、字号、按设计图纸；
- 4.A5 版面双面黑白印刷，80g 以上铜版纸或者双胶纸。
- 5.装订方式骑马订/折页或者胶装，。
- 6.打样确认后后方可批量印制。



Upgrade · The Home Creator Way

CHEST PRESS MACHINE

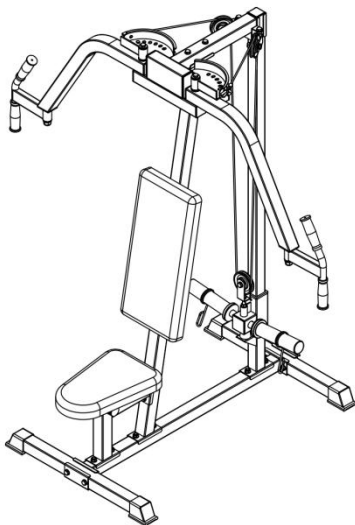
MODEL: BN1903

VEVOR Support Center



BN1903

MODEL: BN1903



COMPLETE INSTALLATION GUIDE:



This is the original instruction, please read all manual 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.
	At NO time should pets or children under the age of 12 be closer to the product than 3 m (10 feet). At NO time should children under the age of 12 use the product. Children over the age of 12 should not use the product without adult supervision.
Warning!	After installing the dumbbell, it is necessary to use the Weight Holder Clip to secure the dumbbell.

IMPORTANT SAFEGUARDS

Thank you for using this product. In order to make sure that you can operate the machine correctly, read this instruction carefully before operation and keep it properly for future reference. Please be sure to read the precautions and safety rules in this page to ensure your safe use. This manual will outline safety warnings and precautions, operating, maintenance and cleaning. The warnings and instructions reviewed in this manual cannot cover all possible conditions and situations that may occur. Caution and common sense are not built into this product, since we believe that the uses will comply with these codes.

Please read ALL the instructions before using your machine.

1. Do not let children and minors and pet get close to or touch the product. Never leave it unattended while in use.
2. Do not apply this unit to any other purposes than the indicated usage.
3. DO NOT CLEAN IT WITH ANY ABRASIVE MATERIAL.
4. Pet urine and feces can damage the product, please keep away.
5. Before using this product, consult with your physician or therapist to discuss an appropriate exercise program.
6. If you experience any pain or difficulty with this equipment, stop using immediately and consult your healthcare provider.
7. Always inspect the product for any damage before each use.
8. To prevent muscle fatigue or injury, do not use this exercise equipment for extended periods of time at once.

9. Improper use of this climbing rope and excessive or incorrect training can lead to serious injuries.
10. Before use, the product's feet must be leveled and the product must be placed on a level surface.
11. Keep your body balanced on the product and do not make large movements.
12. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician or therapist before beginning any workout.
13. Perform two exercises slowly and in a controlled manner, If you feel dizzy or short of breath, please stop and rest as needed. If the problem persists, do not use this equipment and consult your doctor.
14. Use this product only as intended and demonstrated in these instructions and workout!
15. Please take warm-up exercise before using the equipment. Be aware of your physical ability and condition. Do not overuse.
16. Use the equipment on a solid,flat level surface. Suggest adding cushioning pads around the product (cushioning pads need to be purchased by oneself).
17. Before exercise, please carefully examine the equipment make sure it is in good condition. If any defect, adjust and repair it before use. Ensure to wear proper outfit while using this equipment to avoid any possible dangerous circumstances.
18. Do not stand on the product.
19. The exerciser is intended for home use only.
20. Keep the exerciser indoors,away from moisture and dust. Place on a level surface, It is recommended to add a person for supervision when using this product to prevent dangerous situations from occurring.
21. The maximum load-bearing capacity of the seat is 205Kg (450 LBS).
The maximum weight for placing dumbbells on one side is 100KG (220LBS).
22. Wear appropriate clothes while exercising. Do not wear loose clothes that could become caught in the exerciser. In addition, wear athletic shoes for foot protection while exercising.
23. Use the exerciser only as described in the manual.
24. It is recommended to use waist fitness protective equipment, hand fitness protective equipment, and leg protective equipment to protect your body.

25. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

26. Regularly lubricate the machine with lubricating oil.

27. WARNING: This appliance is not intended for use by young or infirm persons unless supervised by a responsible person to ensure that they can use the appliance safely. Young children should be supervised to ensure that they do not play with the product. Pets should stay away from the product.

28. WARNING: Not all exercises are suitable for everyone, To reduce the risk of injury, consult with your physician before using this exercise equipment and beginning this or any other exercise program. This product is not intended to diagnose any medical condition, or to replace the advice or treatment recommended by your healthcare professional.

29. WARNING: PLEASE KEEP A SAFE DISTANCE OF ONE METER ALL AROUND THE EQUIPMENT DURING EXERCISE

30. WARNING: If there is a physical defects or movement disorders. Please consult the physician and trainer before exercise. Please read the manual carefully before use. We will not responsible for personal injury and damage to the equipment which is caused by improper use.

31. Do not use this product after taking drugs, drinking, eating, or in a bad mental state, etc.

32. Indoor use only! The product should not come into contact with water!
Only one person can use!

33. Please keep your hands dry and wipe off sweat in a timely manner.

34. Do not use it if you are pregnant.

35. Please do not exercise half an hour before /after meals or 1 hour before sleep.

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.

SAVE THESE INSTRUCTIONS

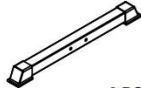
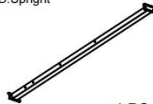
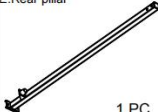
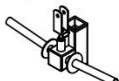
INSTALLATION STEPS

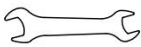
Before using the appliance for the first time, peel off any promotional materials and packaging materials, and check that the cooking plates are clean and free of dust. If necessary, wipe them over with a damp cloth. Spread over with an absorbent kitchen towel and wipe off any excess oil. When your product is heated for the first time, it may emit slight smoke or odor, which is normal for many product, and will not affect the safety of your product.

ATTENTION! Ensure that the product is placed on a horizontal and sturdy platform, or secured to the wall with screws.

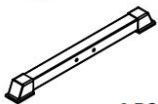
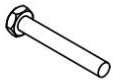
ATTENTION! Before each use, the handle must be checked for looseness and the handle and screws must be kept tight.

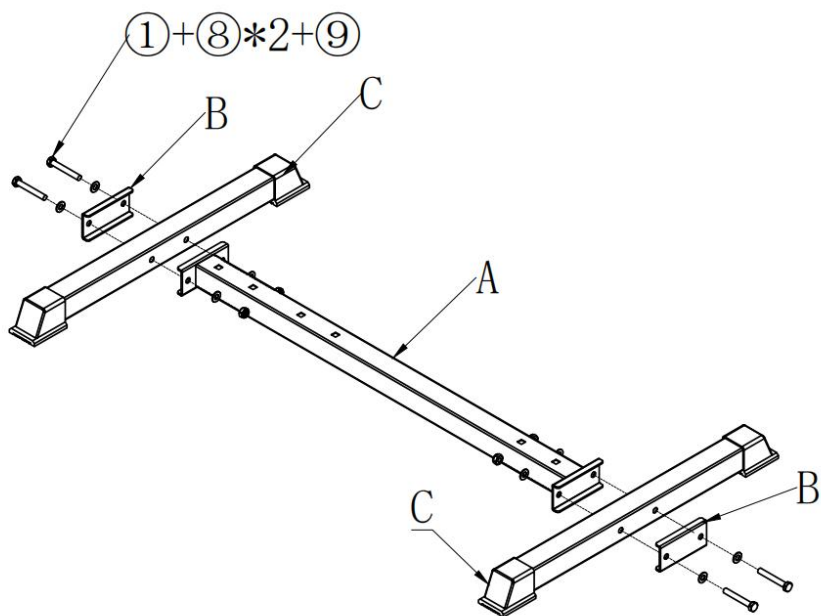
PARTS LIST

A.Base pipe  1 PC	B.Bottom splint  2 PCS	C.Footing tube  2 PCS	D.Upright  1 PC	E.Rear pillar  1 PC
F.Load pulley block  1 PC	G.Sleeve  2 PCS	H.Top beam  1 PC	I.Top splint  1 PC	JA.Regulating part(JA)  1 PC
JB.regulating part(JB)  1 PC	KA.Pushing arm(KA)  1 PC	KB.Pushing arm(KB)  1 PC	L.Handle  2 PCS	M.Seat tube  1 PC
N.Seat board  1 PC	O.Pulley  3 PCS	P.Cable  1 PC	Q.Back cushion  1 PC	R.Seat cushion  1 PC
S.WEIGHT HOLDER CLIP Ø50  2 PCS	T.Buffer pad  2 PCS			

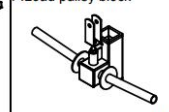
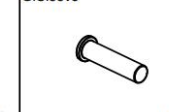
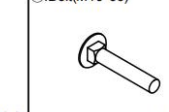
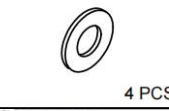
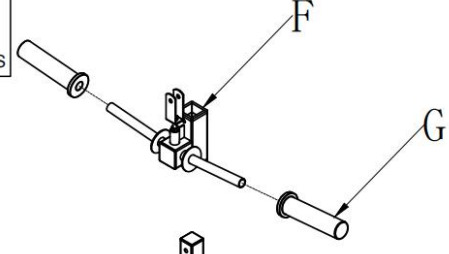
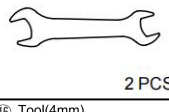
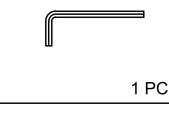
①.Bolt(M10*70)  8 PCS	②.Bolt(M10*65)  6 PCS	③.Bolt(M10*65)  2 PCS	④.Bolt(M10*20)  2 PCS	⑤.Bolt(M10*45)  3 PCS
⑥.Bolt(M8*70)  2 PCS	⑦.Bolt(M8*25)  3 PCS	⑧.Washer ø10  30 PCS	⑨.Lock nut M10  17 PCS	⑩.Big washer ø10-30  2 PCS
⑪.Lock nut M16  2 PCS	⑫.Washer ø16  2 PCS	⑬.Washer ø8  5 PCS	⑭.Tool(14-17)  2 PCS	⑮.Tool(22-24)  2 PCS
⑯.Tool(4mm)  1 PC	NOTE: The quantity of parts shown in the manual is the actual usage and the unused parts are spare parts.			

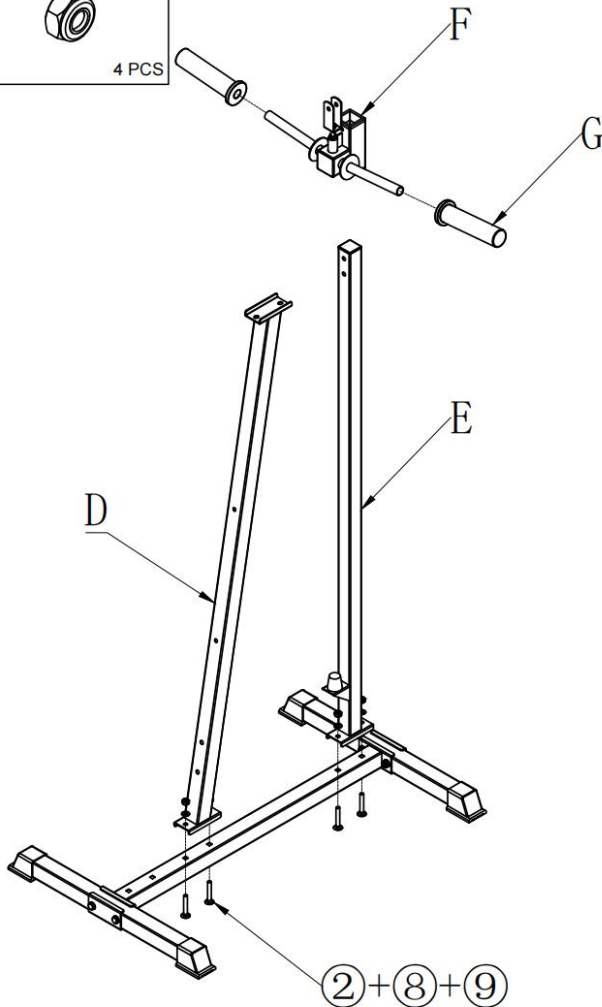
STEP1:

A.Base pipe  1 PC	B.Bottom splint  2 PCS	C.Footing tube  2 PCS	①.Bolt(M10*70)  4 PCS	⑧.Washer ø10  8 PCS
⑨.Lock nut M10  4 PCS	⑭.Tool(14-17)  2 PCS			

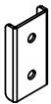


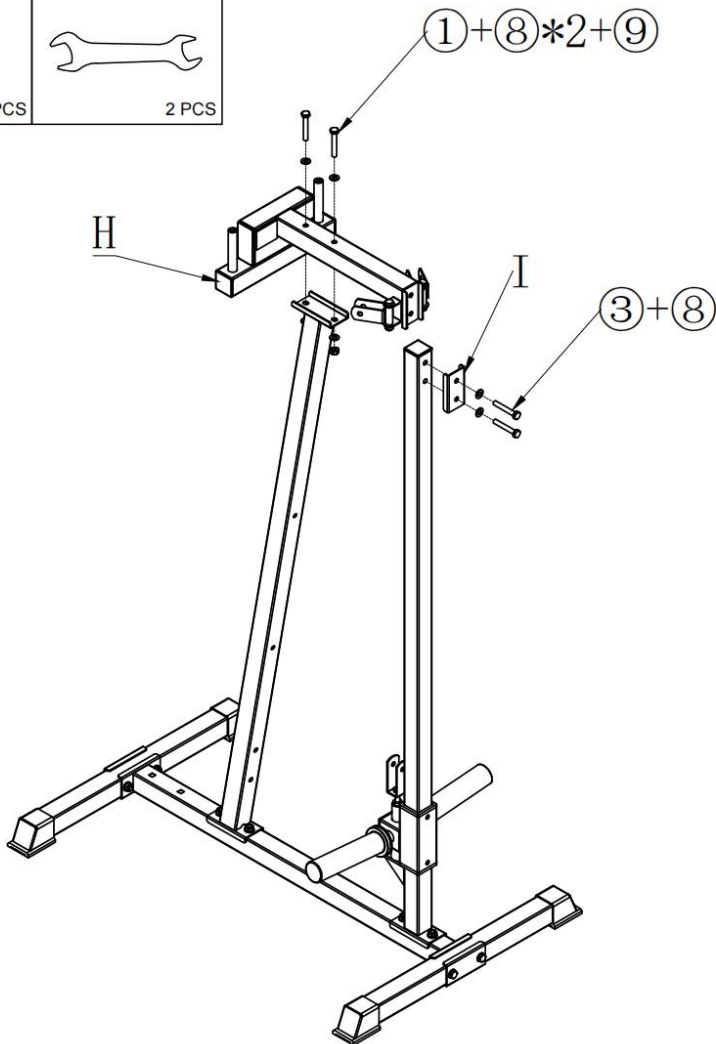
STEP2:

D.Upright  1 PC	E.Rear pillar  1 PC	F.Load pulley block  1 PC	G.Sleeve  2 PCS	②.Bolt(M10*65)  4 PCS
⑧.Washer ø10  4 PCS	⑨.Lock nut M10  4 PCS			
⑭ .Tool(14-17)  2 PCS				
⑯ .Tool(4mm)  1 PC				

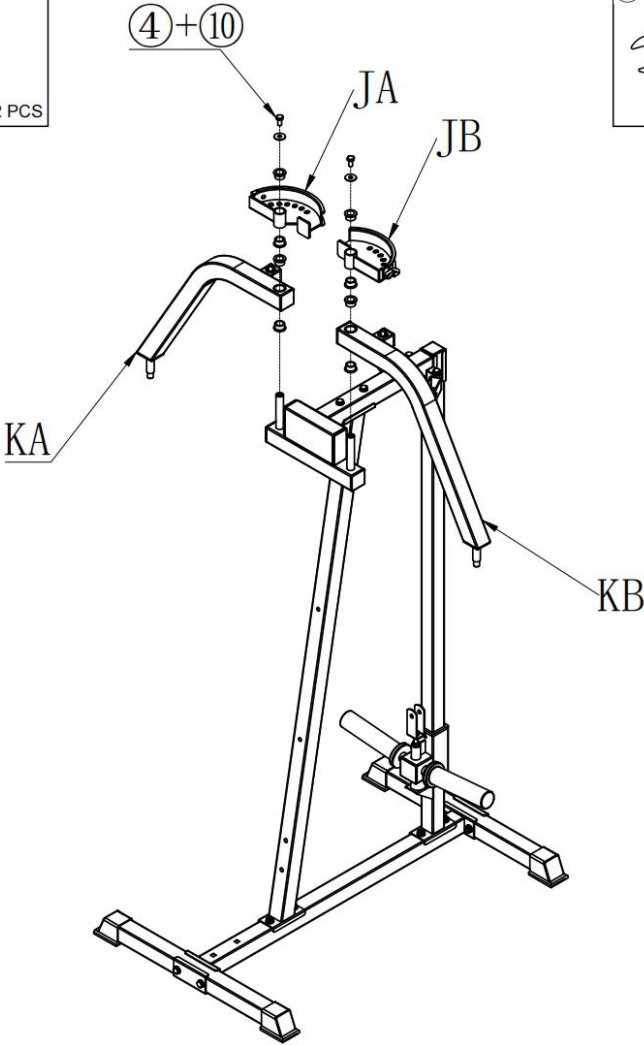


STEP3:

H. Top beam  1 PC	I. Top splint  1 PC	③. Bolt(M10*65)  2 PCS	⑧. Washer ø10  6 PCS	⑨. Lock nut M10  2 PCS
①. Bolt(M10*70)  2 PCS	⑭. Tool(14-17)  2 PCS			



STEP4:

JA.Regulating part(JA)  1 PC	JB.regulating part(JB)  1 PC	KA.Pushing arm(KA)  1 PC	KB.Pushing arm(KB)  1 PC	③.Bolt(M10*20)  2 PCS
⑩.Big washer ø10-30  2 PCS				⑭.Tool(14-17)  2 PCS

STEP5:

L.Handle



2 PCS

⑪.Lock nut M16



2 PCS

⑫.Washer ø16

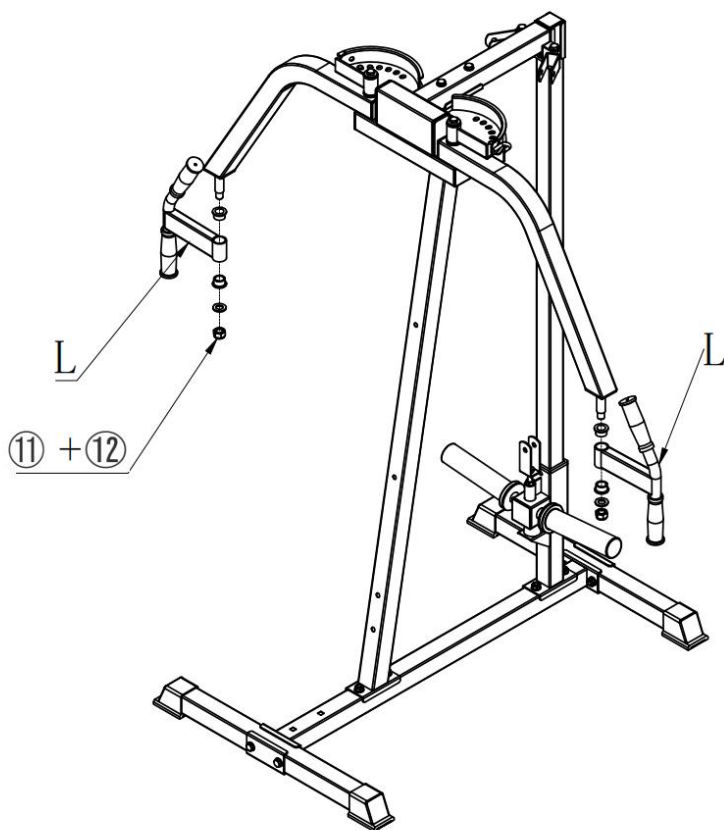


2 PCS

⑮.Tool(22-24)

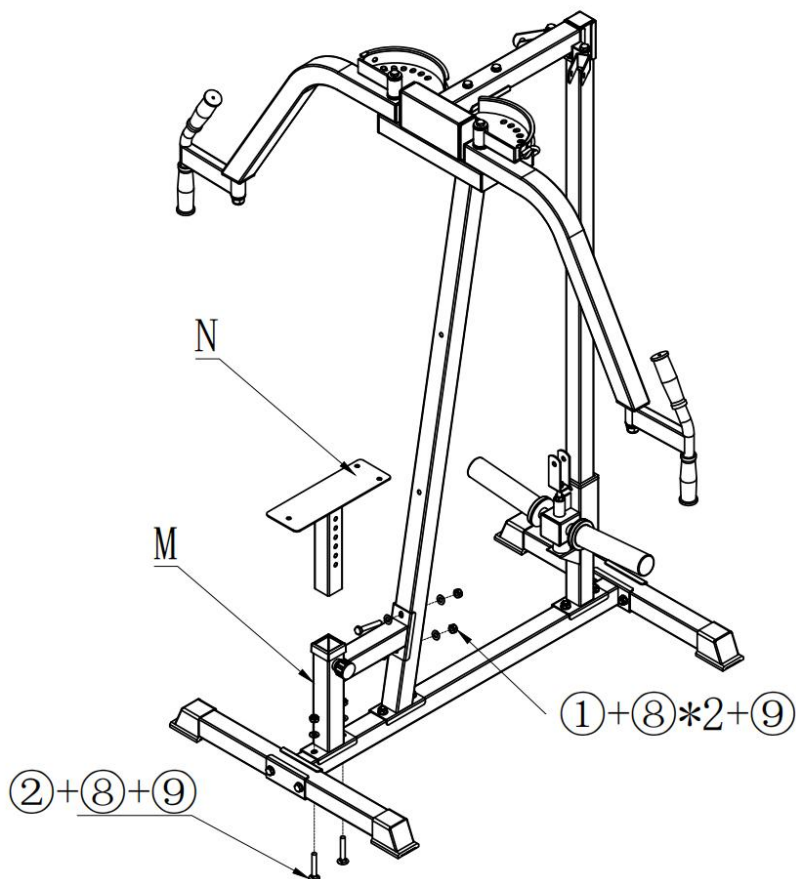


2 PCS



STEP6:

M.Seat tube  1 PC	N.Seat board  1 PC	②.Bolt(M10*65)  2 PCS	①.Bolt(M10*70)  2 PCS	⑧.Washer ø10  6 PCS
⑨.Lock nut M10  4 PCS	⑭.Tool(14-17)  2 PCS			



STEP7:

0. Pulley



3 PCS

⑤. Bolt(M10*45)



3 PCS

⑧. Washer ø10



6 PCS

⑨. Lock nut M10

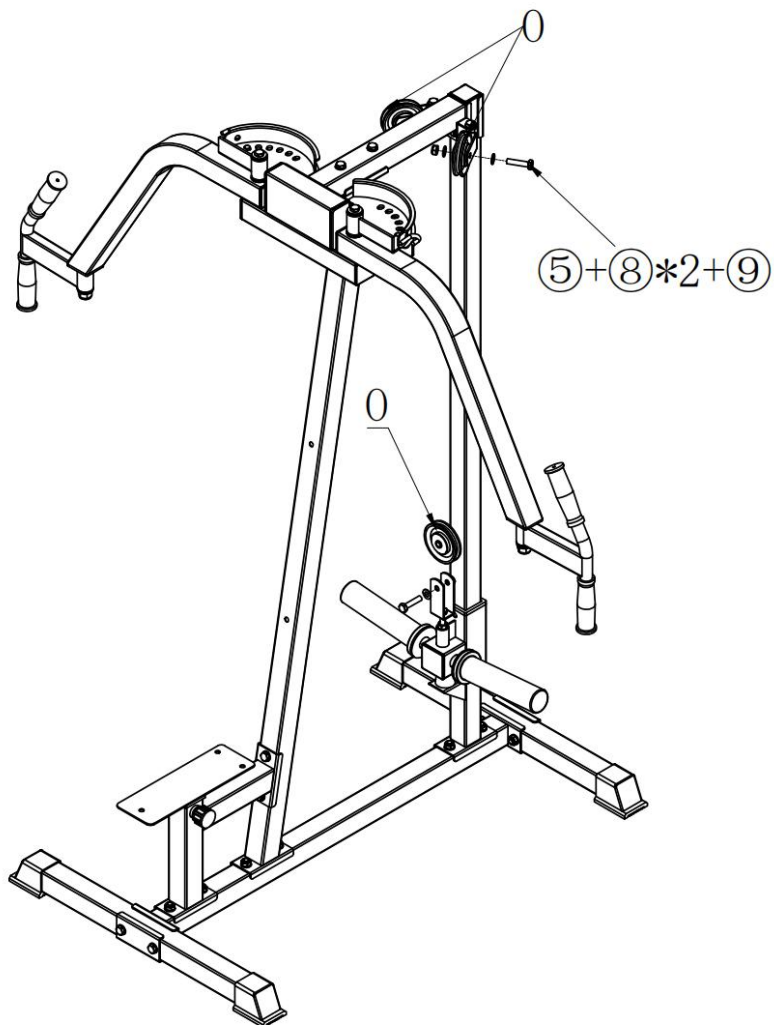


3 PCS

⑭. Tool(14-17)



2 PCS

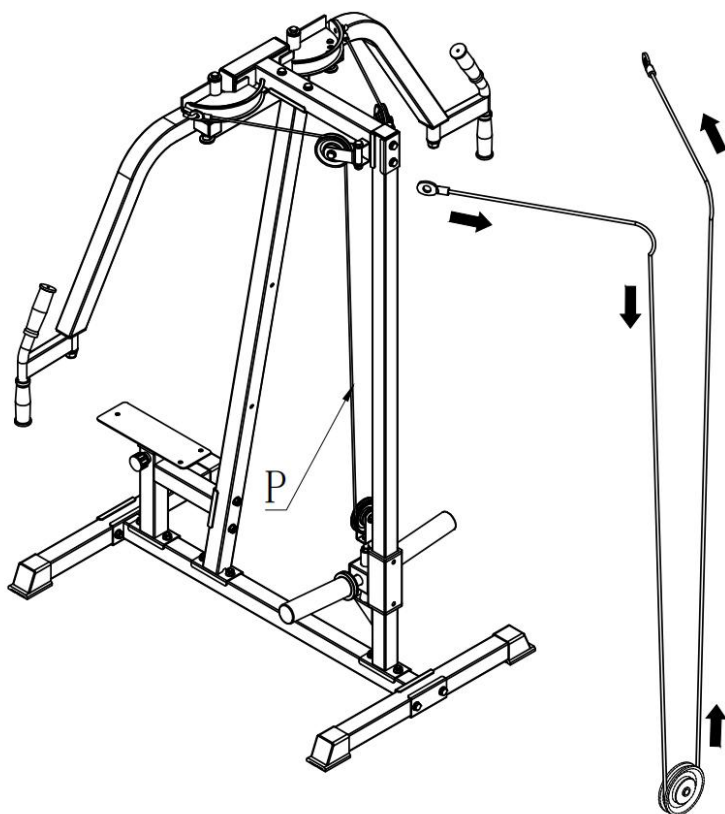


STEP8:

P.Cable



1 PC



STEP9:

Q. Back cushion



1 PC

⑥. Bolt(M8*70)



2 PCS

⑬. Washer ø8

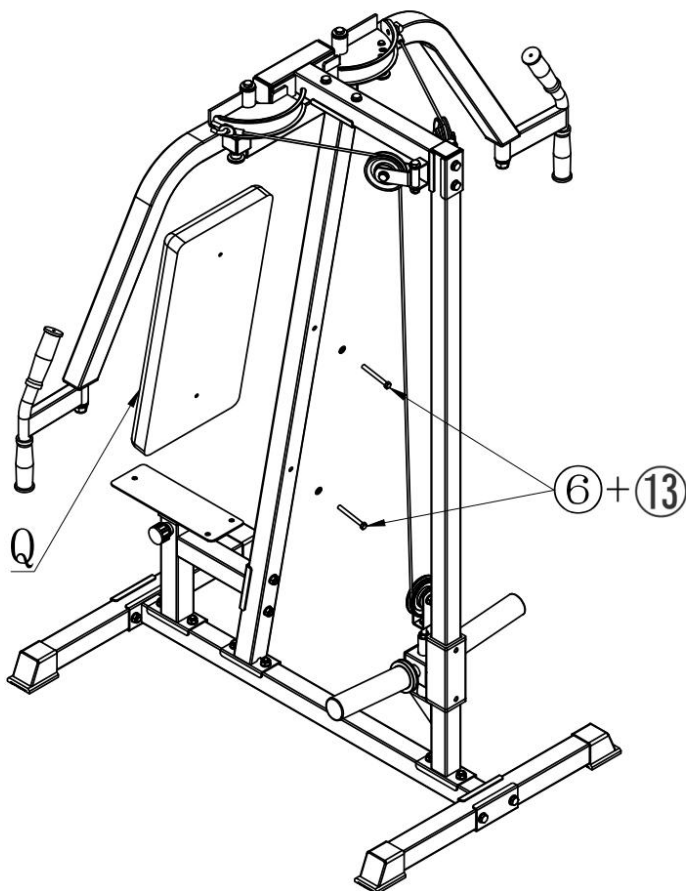


2 PCS

⑭. Tool(14-17)



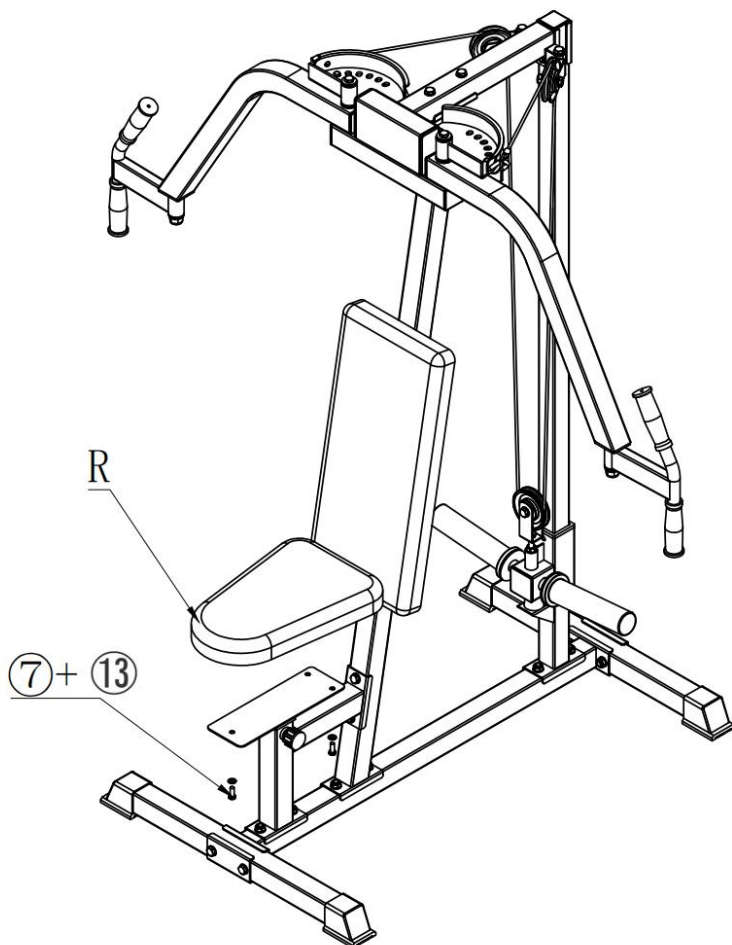
2 PCS



STEP10:

R.Seat cushion	⑦.Bolt(M8*25)	⑬.Washer ø8	⑭.Tool(14-17)
			
1 PC	3 PCS	3 PCS	2 PCS

Attention: The maximum weight for placing dumbbells on one side is 100KG (220LBS).



STEP11:

S.WEIGHT HOLDER CLIP
Ø50



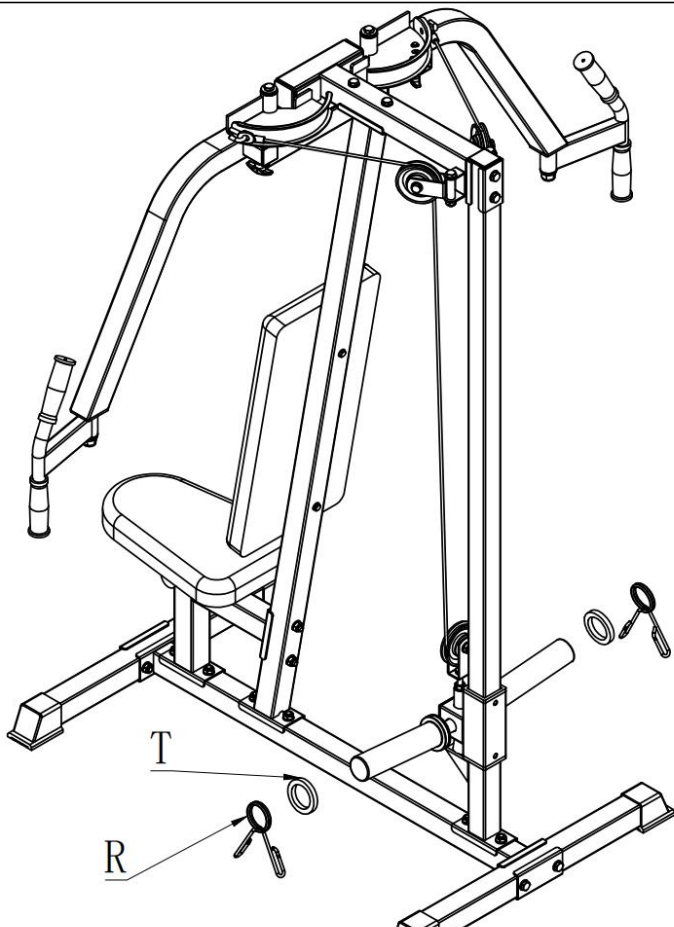
2 PCS

T.Buffer pad



2 PCS

Warning: The number of dumbbells placed should not be too many to avoid falling beyond the dumbbell bracket.



Warning! After installing the dumbbell, it is necessary to use the Weight Holder Clip to secure the dumbbell.

CLEANING AND STORAGE

1. Wipe with a soft, dry cloth. Never use an abrasive cleanser or harsh pad. Be sure to keep the product dry
2. Children are **not allowed** to wipe the product to avoid tipping and falling injuries.
3. Check the screws regularly every months for loosening and tighten the screws.

