

Warning

Before training, please consult your health adviser, especially those who have health problems. Be sure to read the instructions carefully before using them. We are not responsible for personal injury or property damage caused by improper use of the product.

Daily maintenance

1. Regularly lubricate moving parts.
2. Always check and tighten all parts of the product before using the equipment.
3. Use a wet towel and a soft cleaner to clean the product and can not use a chemical solvent to clean the product.

THANK YOU FOR YOUR PURCHASE

We would like to warmly thank you for your purchase of this RPM Power® Weight Bench. Should you have any questions or concerns about this product, please don't hesitate to get in touch with us and we will be happy to help you in any way we can.

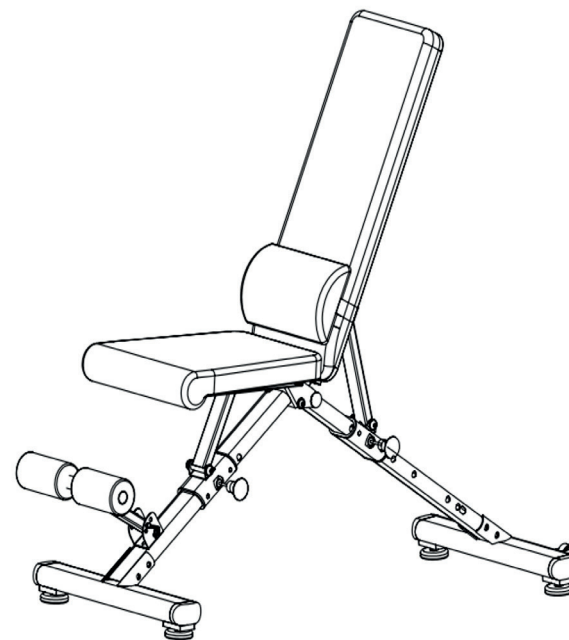
Your Opinion is Important to Us

As a small family business, word of mouth is what keeps us going. That is why we would love to hear your thoughts on our product! If you have even a minute, we would really appreciate it if you could leave us a quick review on Trustpilot.com. Just search for our business - **RPM Power** - on the Trustpilot website. Thank you so much.

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rpm power®

**ADJUSTABLE
WEIGHT BENCH
P1400 (V2)****SAFETY MANUAL**

Please read instructions before use



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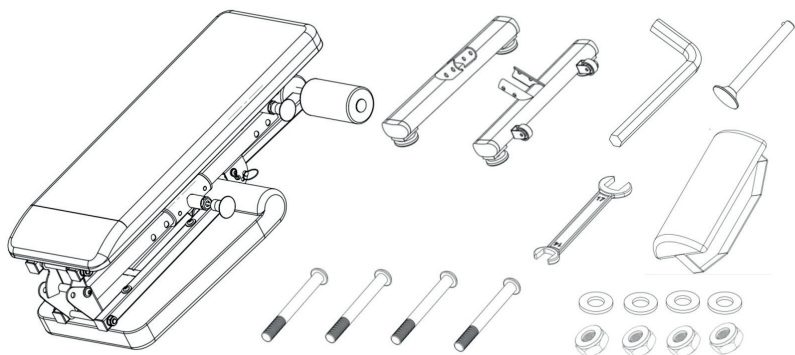
rpmpower.com

IMPORTANT SAFETY WARNING:

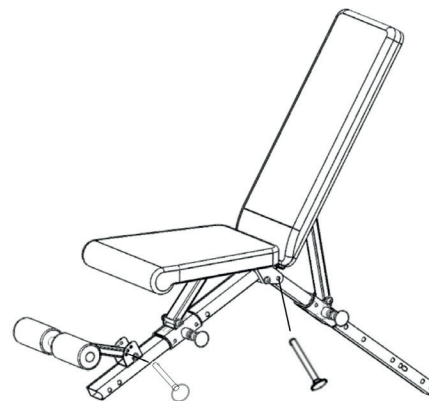
Using environment

1. Children and pets must be kept away from the product at any time, and do not allow children without a caretaker stay alone in a room with the product.
2. Allow only one person to use the product at the same time.
3. If the user has dizziness, nausea, chest pain or other discomfort during training, please stop training immediately and consult a doctor immediately.
4. Place the product on a clean level ground, and it can not be used near water or outdoor.
5. Keep hands and feet away from sport parts.
6. When training, please wear appropriate sportswear, it is strictly forbidden to wear gowns and other loose clothing easily caught by the equipment, it is recommended to wear running shoes or other sports shoes.
7. You must use the product in accordance with the use of the product described in the instructions, do not use other accessories or manufacturers do not recommend product features to avoid injury.
8. Do not have obstacles or sharp items around the product.
9. In the absence of professional and health care custody, disabled persons are not allowed to use the product alone.
10. Careful warm-up and stretch training must be done before training.
11. Do not use the device if the product is not fully equipped.

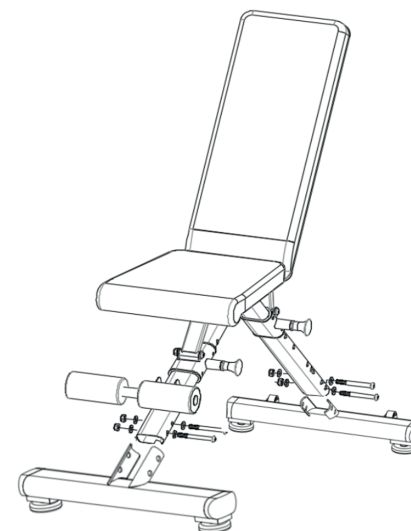
Step 1: Take the bench and all parts out



Step 2: Insert the pins into the holes.



Step 3: Install the base pipe to the bench with spacers and nuts.



Step 4: Install the drawstring (can be installed on the front/rear legs)

