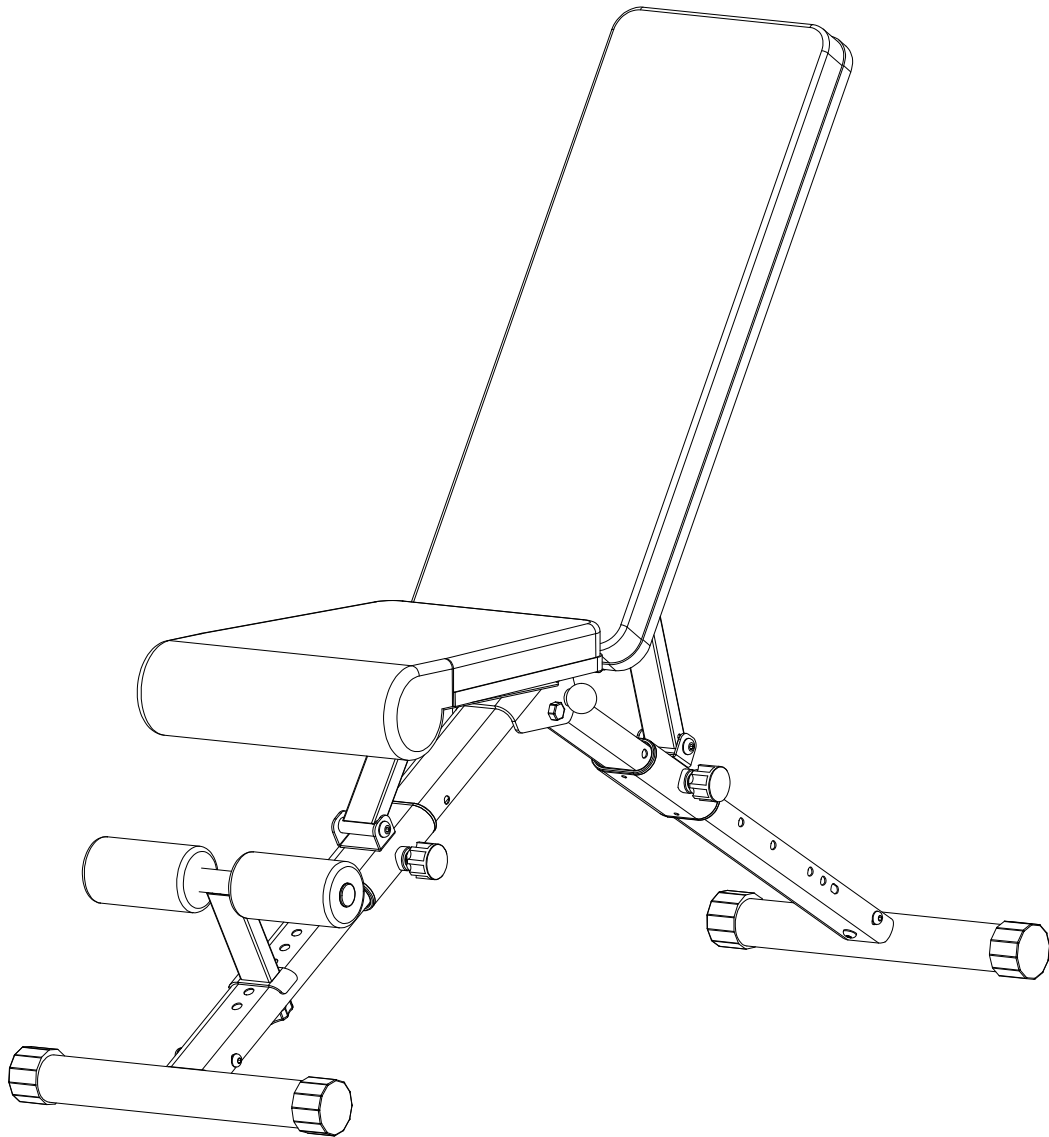


LINK LIFE

Create a Wonderful Lifestyle



**Drago Folding Adjustable
Weight Bench - Black
SKU# FBMBK0153**

Instructions Manual

Step1.



The screw in feet stabilizer is pre-installed, if you install, you need loose them at first with the wrench we provide like the picture shown.



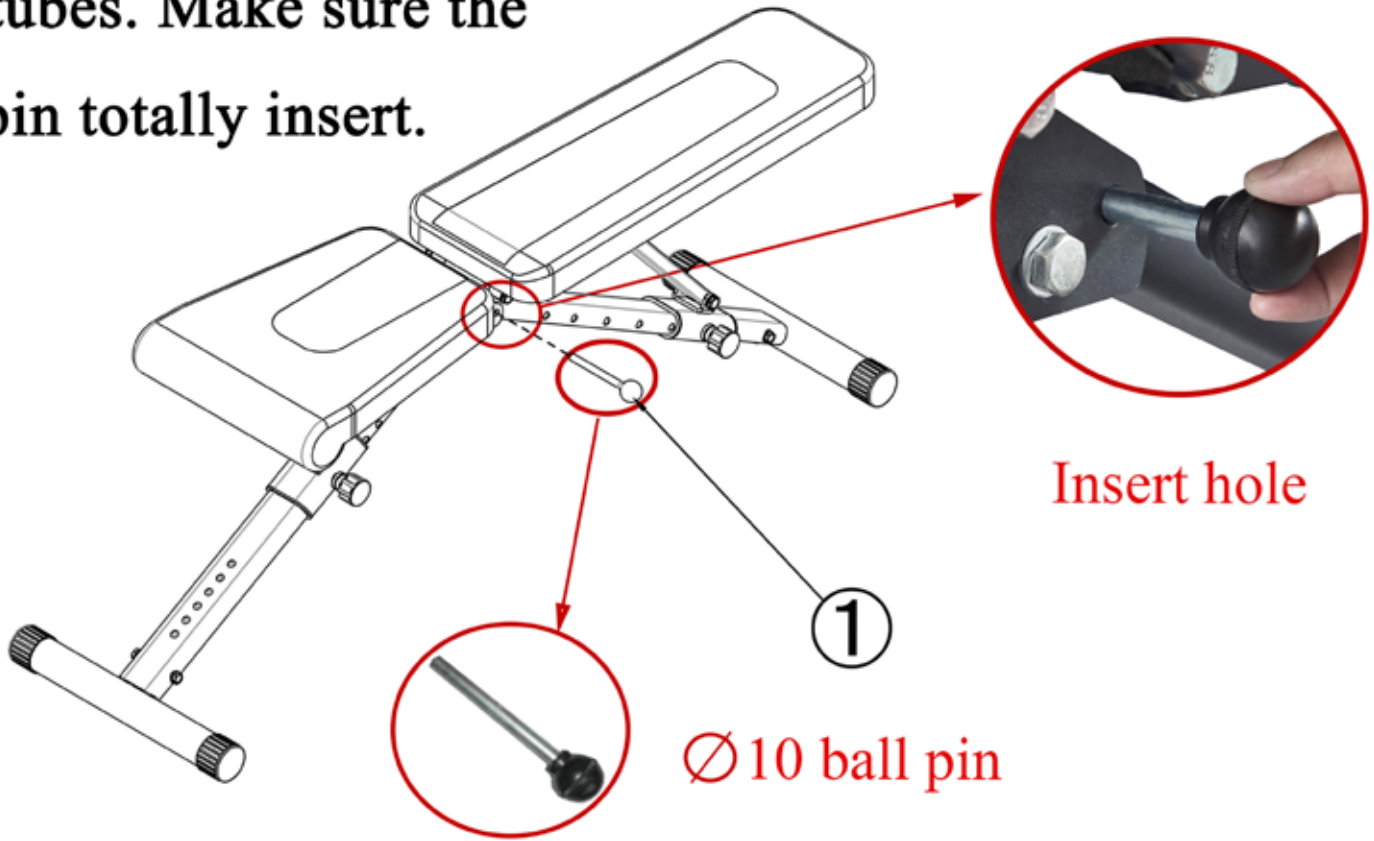
After loosening the screw, you need insert the foot stabilizer to the tube under the cushion



After inserting the stabilizer, use the screw to lock the tube tightly, and the other side is same operate like this one.

Step2.

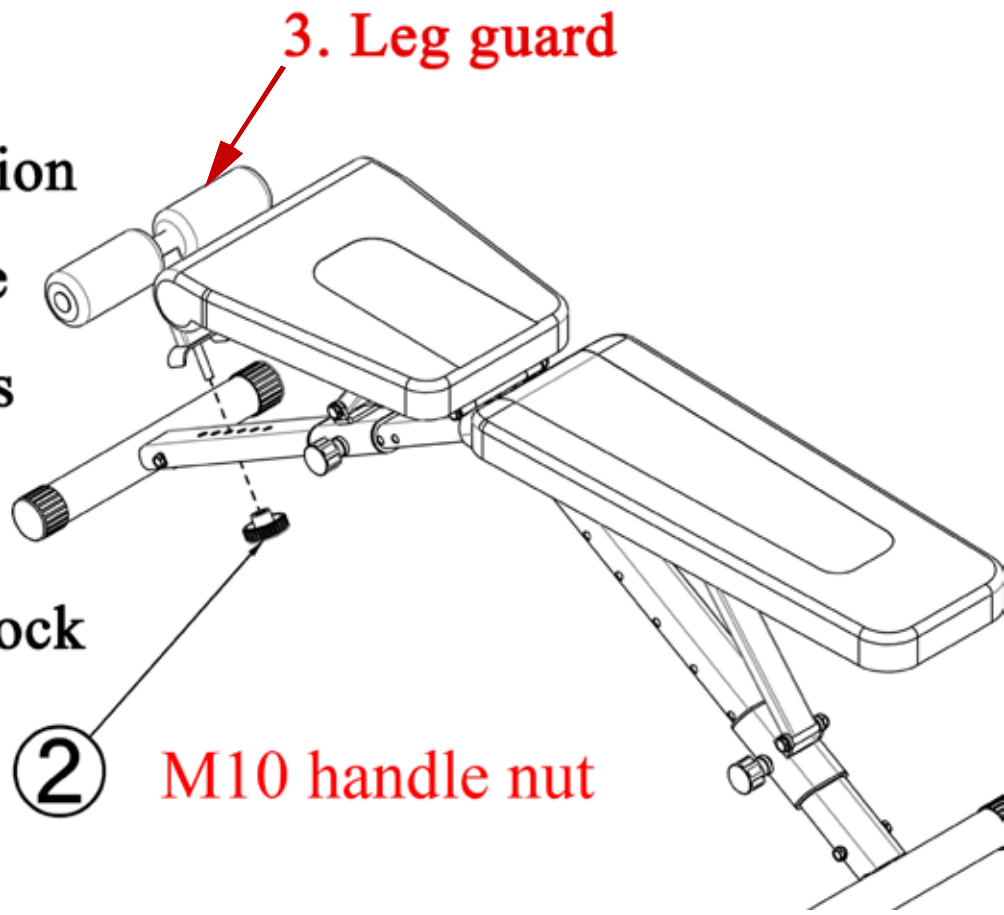
Use the ball pin insert the hole in the middle position of foot tubes. Make sure the ball pin totally insert.



Step3.

The leg guard position is adjustable, choose the suitable level fits for yourself.

Make sure the blot lock tightly.



Notice:



If you want to adjust the bench angle, you don't need to screw all the part out, just turn the knob for a few round and pull up the the knob can adjust the angle which fits for yourself.

The thickness of foot pads is different.

When you receive the product, we have been installed them directly, if you feel the bench is unstable, you can adjust the pads to regulate the stability.

