



## ACTIVE INTENT FITNESS

# Flat Bench

## INSTRUCTION MANUAL

Maximum User Weight: 200kg

Model: HUN1932

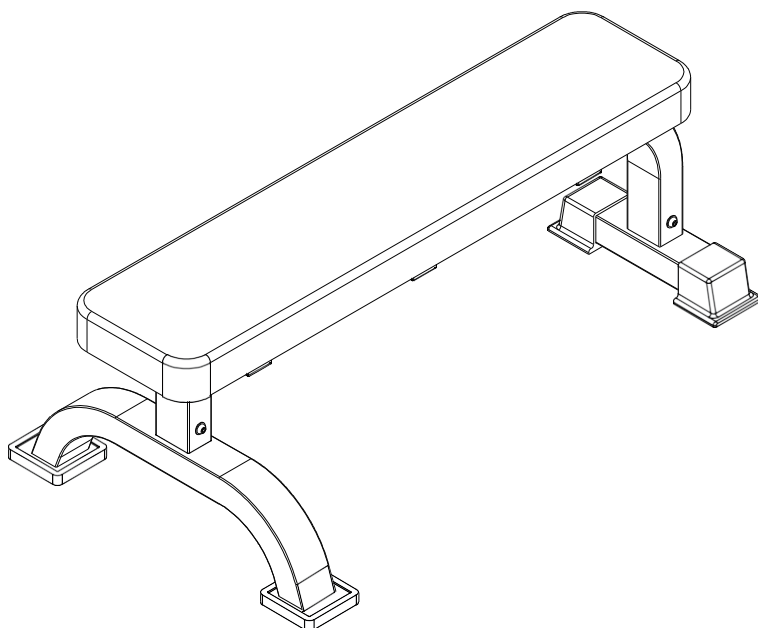
Barcode: 9401073629357



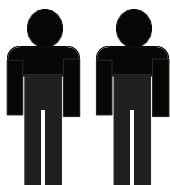
This icon in assembly instructions indicates important notes that users should follow during assembly.



To reduce paper waste and protect the environment, the instruction manual uses less pages.



2-PERSON ASSEMBLY



### Warranty

We pride ourselves on producing a range of quality products that are both packed with features and completely reliable. We are so confident in our products, we back them up with one year warranty.

Now you too can relax knowing that you are covered.

Customer Helpline NZ: 0800 222 246

This product is covered by one year warranty when accompanied by proof of purchase.

Marketed by The Warehouse Ltd

26 The Warehouse Way Northcote, Auckland 0627. 0800 422 274

**IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY**

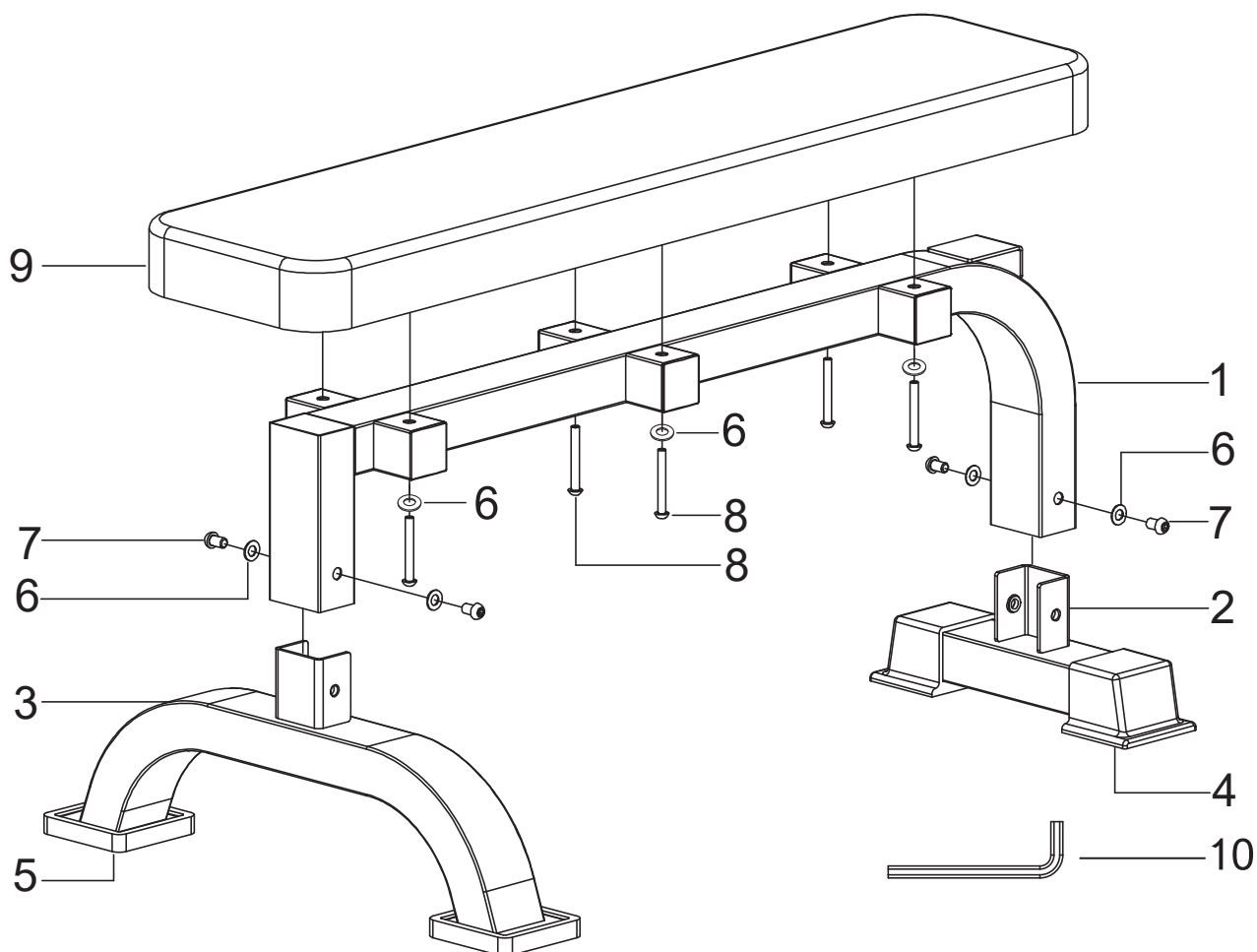
## Tips Before You Start

- 1 It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- 2 Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- 3 Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
- 4 Keep children and pets away from the equipment. The equipment is designed for adult use only.
- 5 Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.6 metre of free space all around it.
- 6 Before using the equipment, check the nuts and bolts are securely tightened.
- 7 The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
- 8 Always use the equipment as indicated. If you find any defective components when assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
- 9 Wear suitable clothing when using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
- 10 Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.
- 11 Please check that all parts are present before you start the assembly of your product. We recommend that you identify all the parts required for each step before commencing assembly
- 12 This product is intended for indoor household use only and is not for Domestic use.

## Care and Maintenance

- ✓ Please periodically check all things and re-tighten as necessary.
- ✓ To clean your item, please use a damp cloth and wipe clean.
- ✓ Never allow any kind of liquid to remain on your furniture.
- ✓ Absorption can cause wood to warp or finishes to delaminate.
- ✓ Please do not place hot items (e.g., hot drinks) directly onto the surface.
- ✓ Please do not drag and pull your furniture.

## Part Name



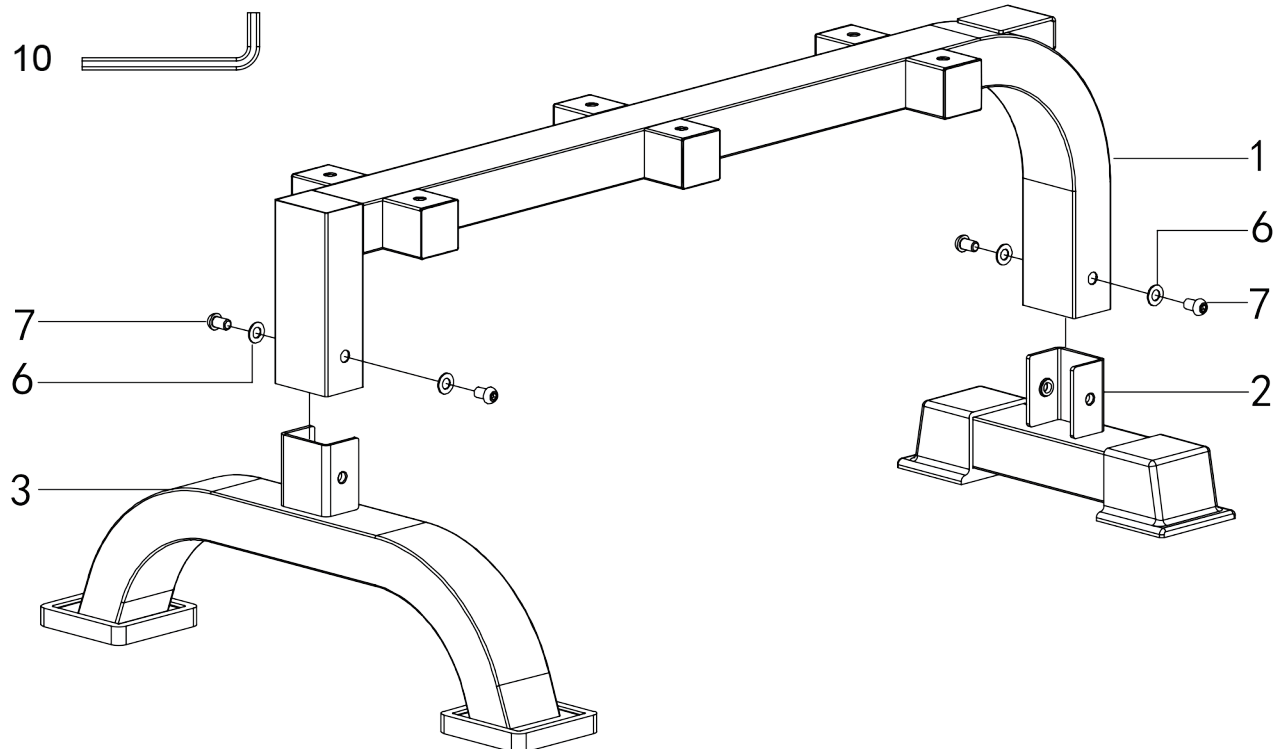
## PART LIST

PART NO.	DESCRIPTION	QTY
1.	Main Frame	1
2.	Front stand	1
3.	Rear stand	1
4.	Front end cap	2
5.	Rear end cap	2
6.	Washer (8mm)	10
7.	Screw (M8*15mm)	4
8.	Screw (M8*60mm)	6
9.	Cushion	1
10.	Allen Key	1

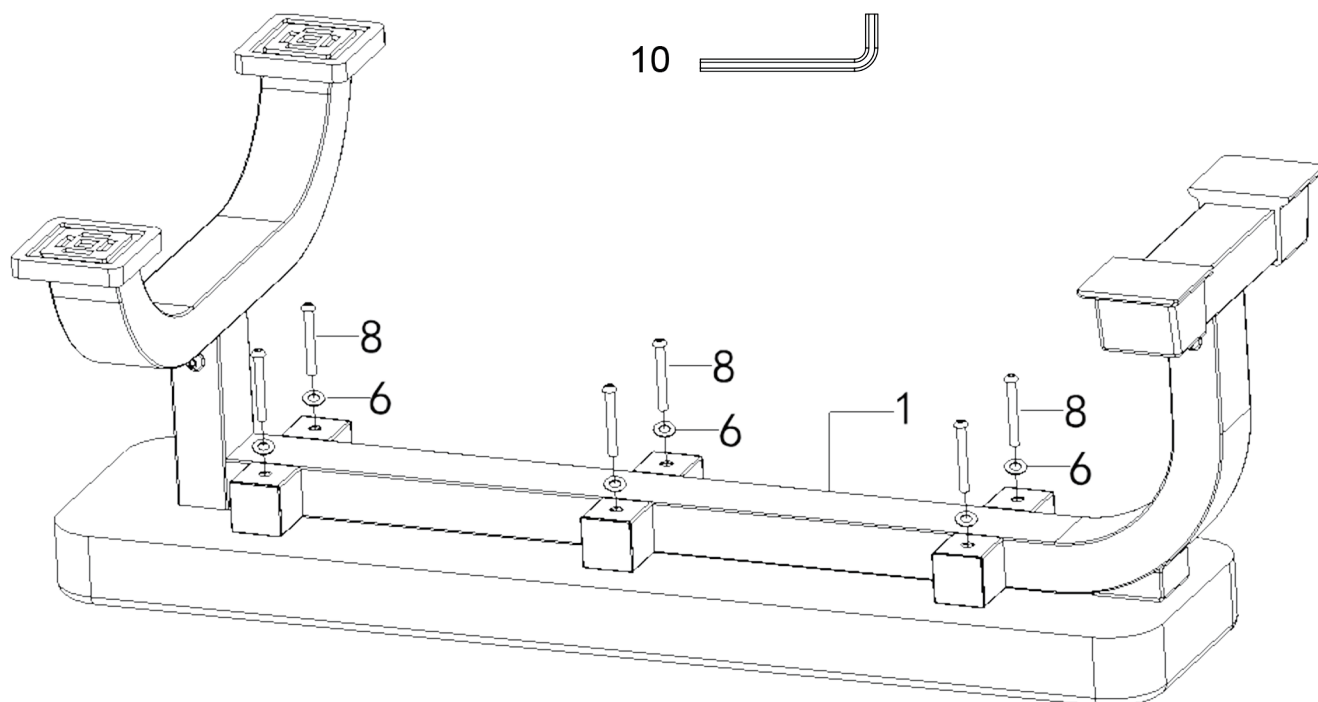
**Assembled:110\*65\*46CM, Net weight: 10 kg**

# Assembly

## Step 1



## Step 2



**WARNING: DO NOT OVER TIGHTEN THE SCREWS (#8)**