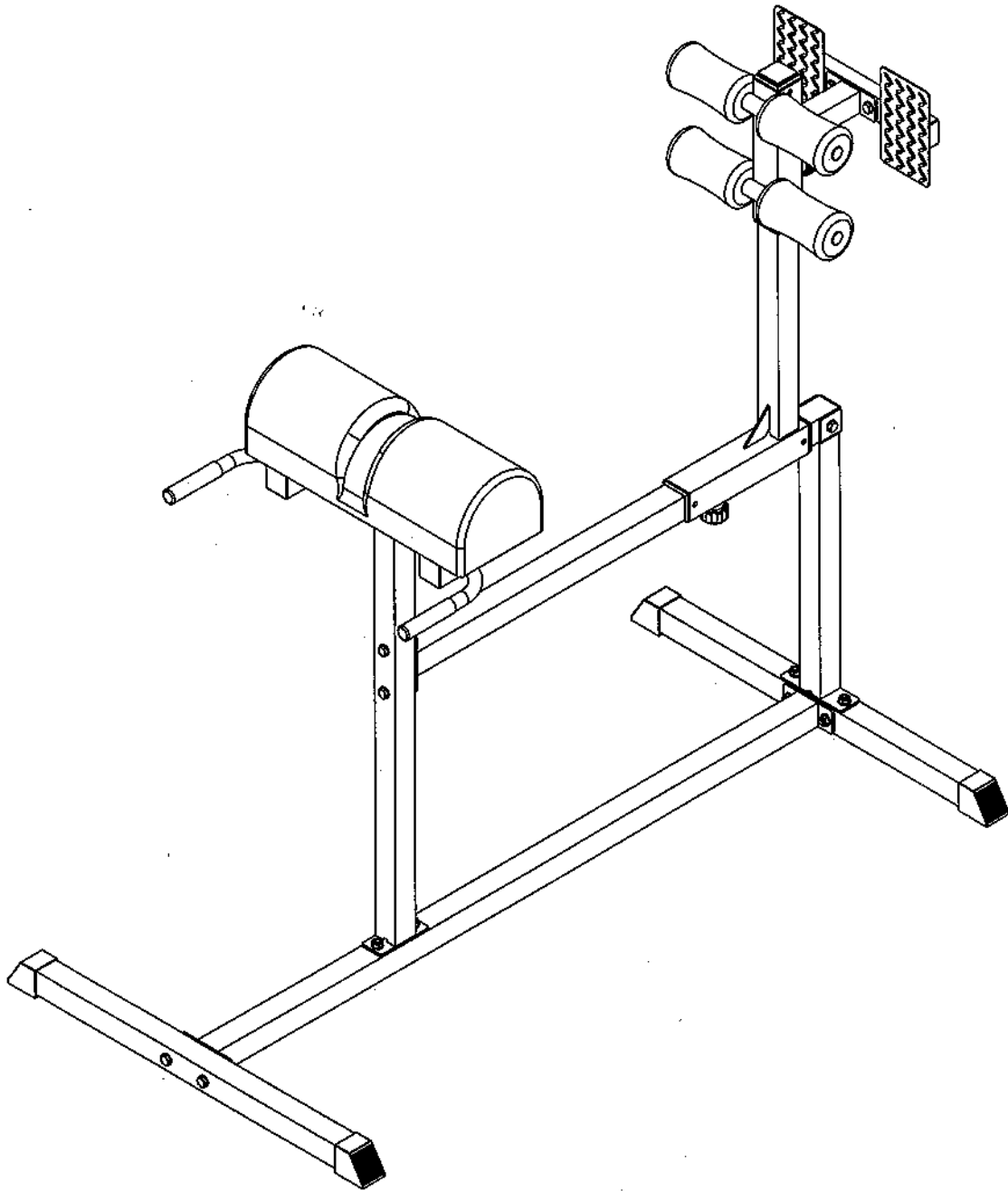
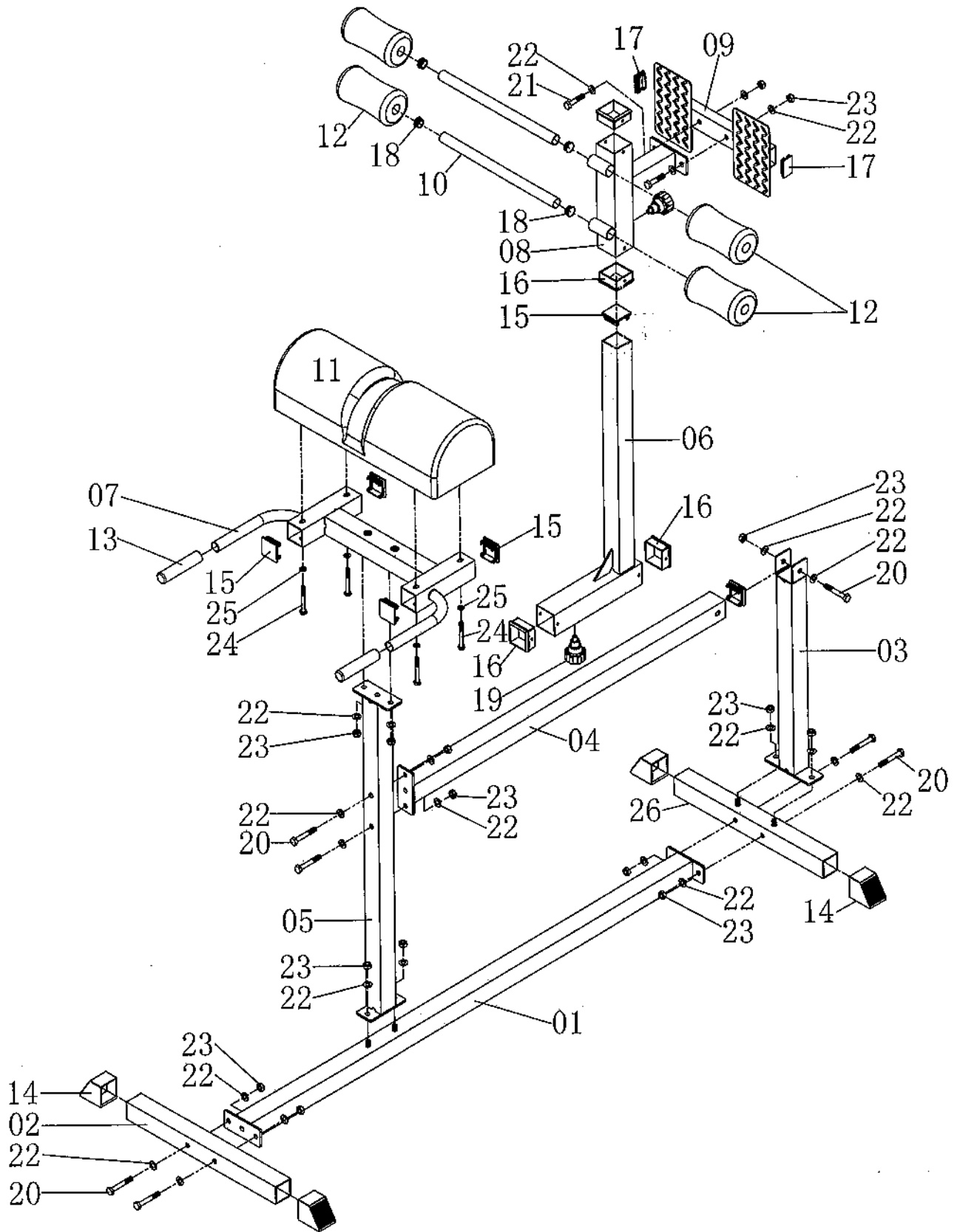


GHD MEASURES



OWNER' S MANUAL

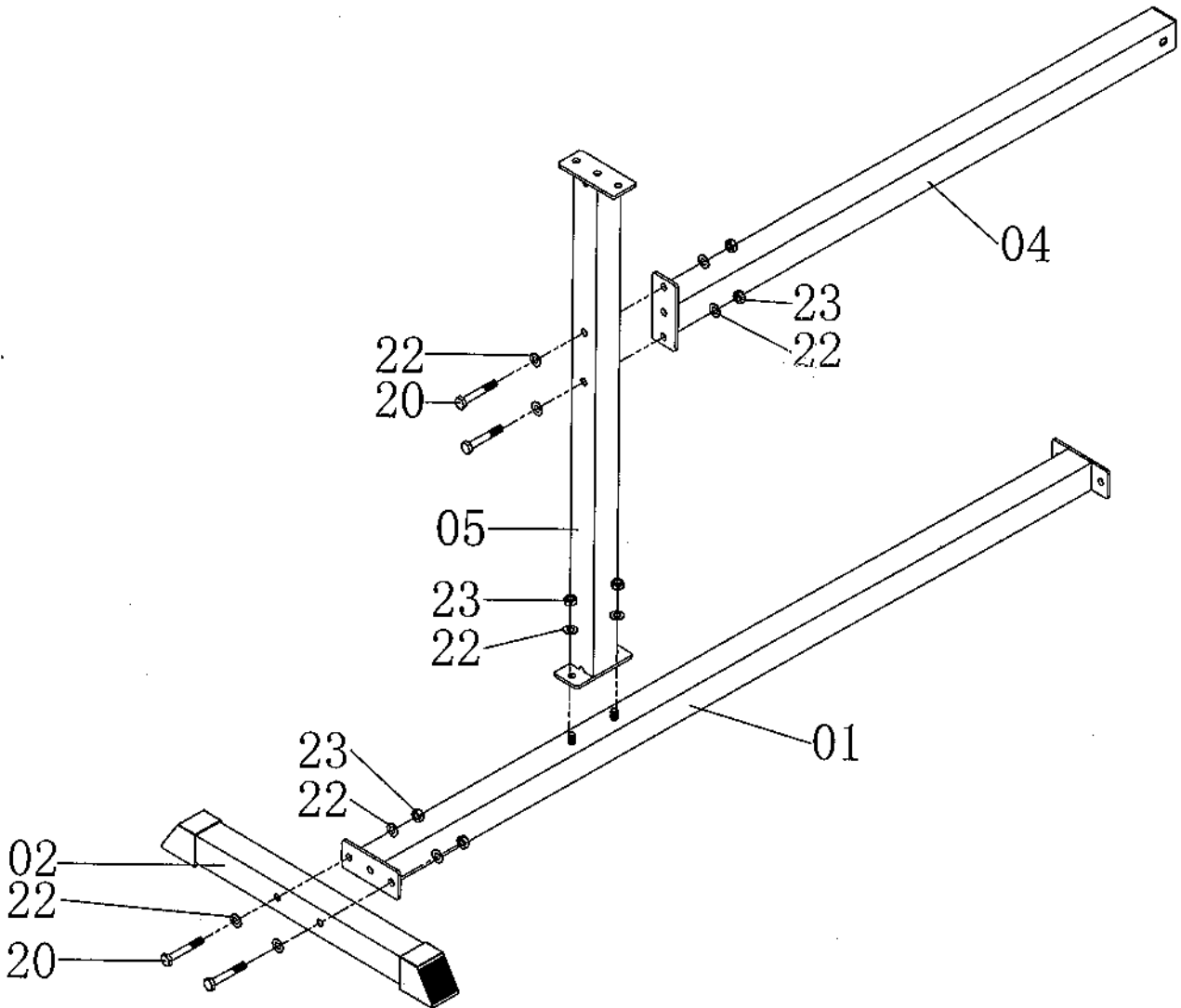
EXPLODED DRAWING



PARTS LIST

PART NO.	DESCRIPTION	Q' TY
01	Bottom connect tube	1
02	Rear bottom tube	1
03	Front upright frame	1
04	Slide pipe tube	1
05	Rear upright frame	1
06	Adjustable upright support	1
07	Cushion Fixed group	1
08	Adjustable for pedal	1
09	Pedal	1
10	Foam tube	2
11	Cushion	1
12	Foam	4
13	Round end cap ϕ 25*120	2
14	Square end cap 50	4
15	Square inner end cap 50	5
16	Square sleeve 60*50	4
17	Square inner end cap 30*50	2
18	Round plug ϕ 25	4
19	Spring knob	2
20	Hex bolt M10*70	7
21	Hex bolt M10*50	2
22	Washer ϕ 10	24
23	Nylon nut M10	15
24	Hex bolt M8* 85	4
25	Washer ϕ 8	4
26	Front bottom tube	1

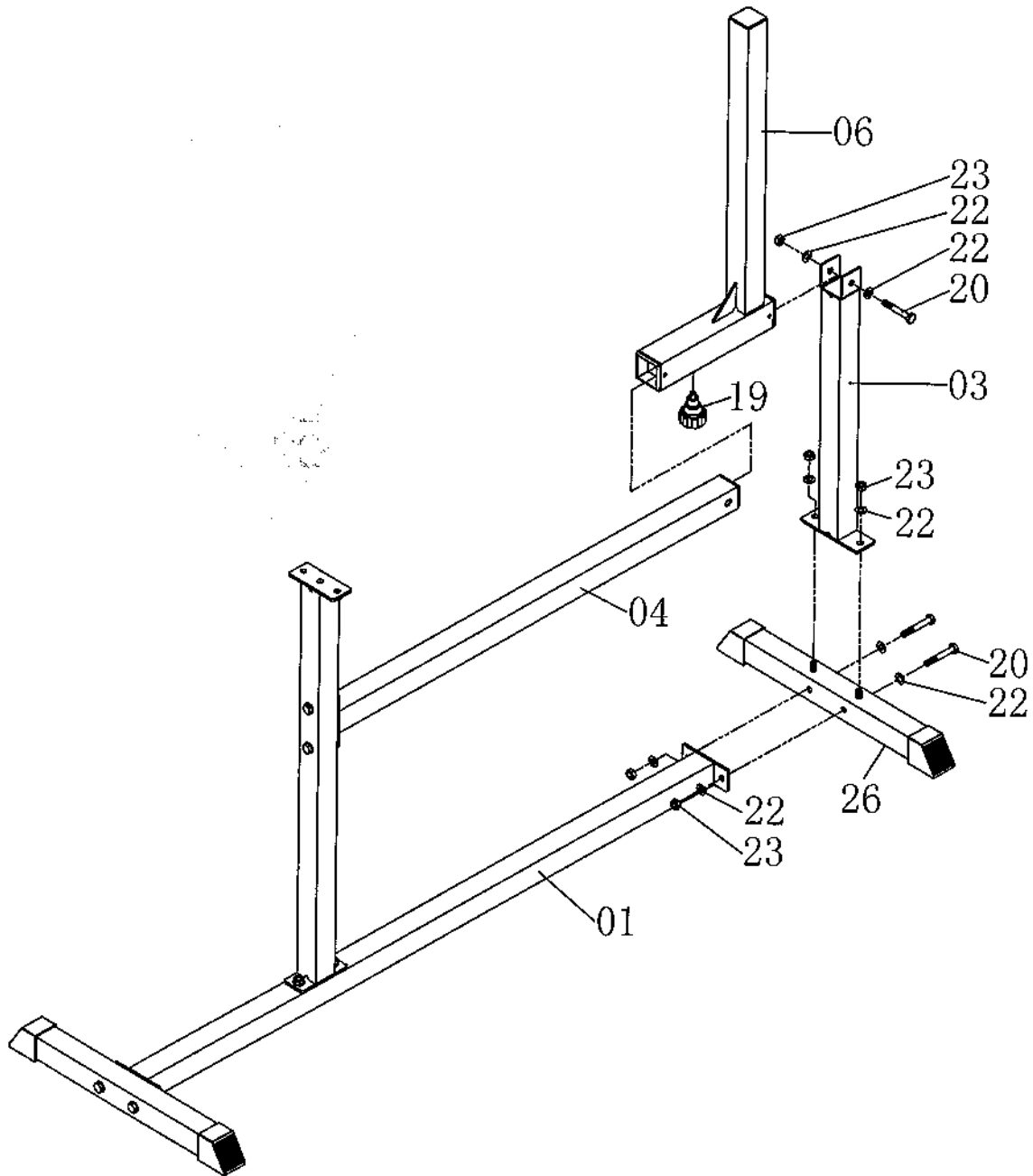
FIG-1:



Step 1:

1. Attach Rear bottom tube(01) to Connect bottom tube(02), Hex bolt M10*~~35~~ (20), Washer $\phi 10$ (22) and Nylon nut M10(23).
2. Attach Rear upright frame(05) to Connect bottom tube(01) using Washer $\phi 10$ (22) and Nylon nut M10(23).
3. Attach Slide pipe tube(04) to Rear upright frame(05) using Hex bolt M10*70(20), Washer $\phi 10$ (22) and Nylon nut M10(23).

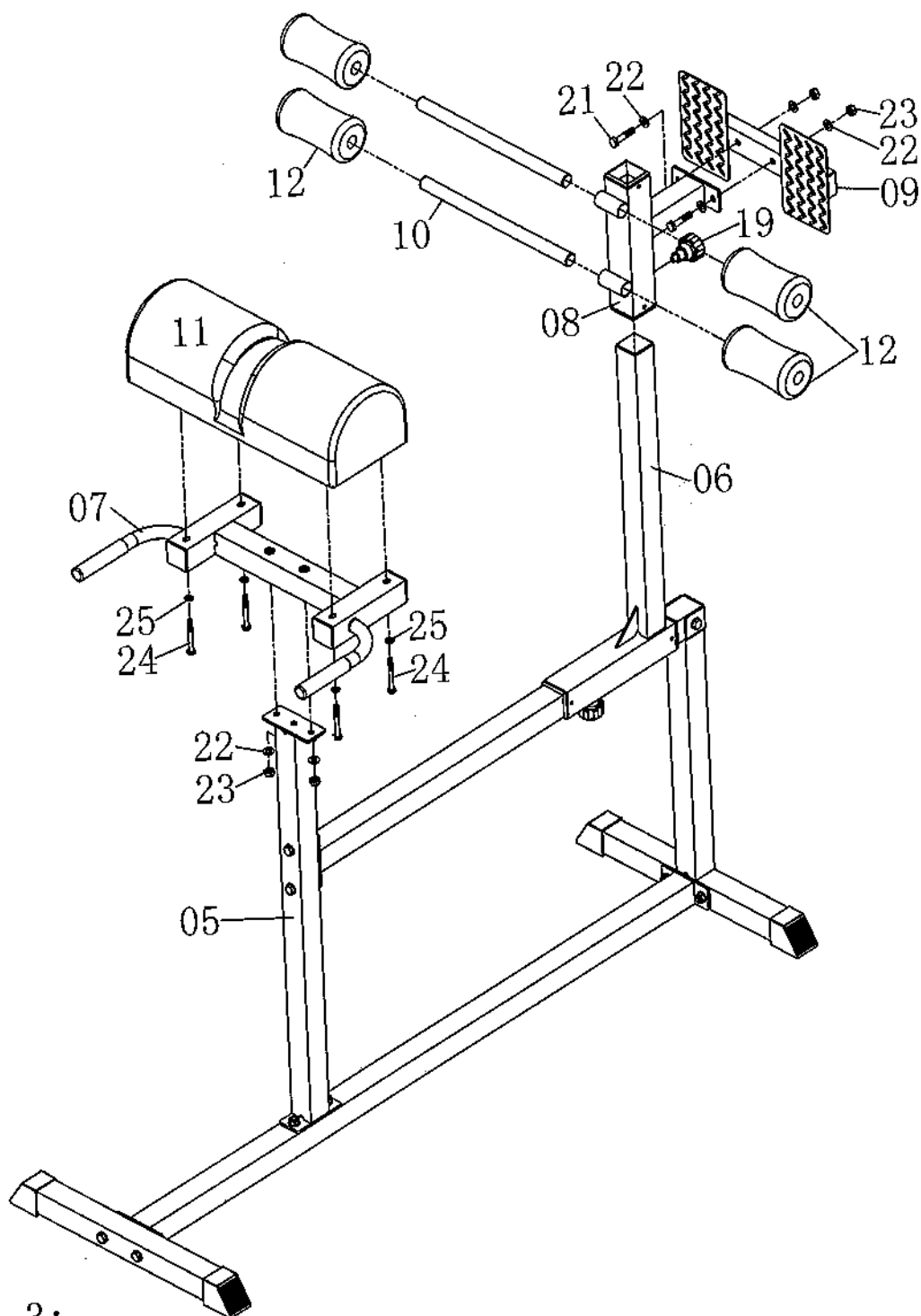
FIG-2:



Step 2:

1. Slide Adjustable upright support(06) onto the Slide pipe tube(04), Secure them using Spring knob(19)
2. Attach Front bottom tube(26) to Connect bottom tube(01) using Hex bolt M10*70(20), Washer $\phi 10$ (22) and Nylon nut M10(23).
3. Attach Front upright frame(03) to Front bottom tube(26) and Slide pipe tube(04) using Hex bolt M10*70(20), Washer $\phi 10$ (22) and Nylon nut M10(23).

FIG-3:



Step 3:

1. Attach Cushion fixed group (07) to Rear upright frame (05) using Washer $\phi 10$ (22) and Nylon nut M10(23).
2. Attach Cushion (11) to Cushion Fixed group (07) using Hex bolt M8*70(24) and Washer $\phi 8$ (25).
3. Slide Adjustable for pedal (08) onto the Adjustable upright support (06). Secure them using Spring knob (19).
4. Attach Pedal (09) to Adjustable for pedal (08) using Hex bolt M10*50(21), Washer $\phi 10$ (22) and Nylon nut M10(23).
5. Attach Foam (12) to Foam tube (10), Attach Round plug $\phi 25$ (18) to Leg curl tube(10).

IMPORTANT SAFETY NOTICE

PRECAUTIONS

Note the following precautions before assembling or operation the WEIGHT BENCH.

1. Keep children and pets from the machine at all time. DO NOT leave unattended children in the same room with the machine.
2. Only one person at a time should be using the machine.
3. If the user experiences dizziness ,nausea ,chest pain ,or any other abnormal symptoms ,STOP the workout at once. CONSULT A PHYSICAN IMMEDIATELY.
4. Position the machine on a clear ,level surface. DO NOT use machine near water or outdoors.
5. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required when using the machine.
6. Use the machine only for its intended use as described in the manual. DO NOT use attachments not recommended by the manufacturer.
7. Do not place any sharp object around the machine.
8. Invalids or disabled persons should not use the machine without a qualified person or physician in attendance.
9. Before exercising ,always do the stretching exercises first.
10. Never operate the machine if the machine is not functioning properly.

WARNING:

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN , THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTIN HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE USING.

FOREVER INTERNATIONAL LTD. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAIED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS