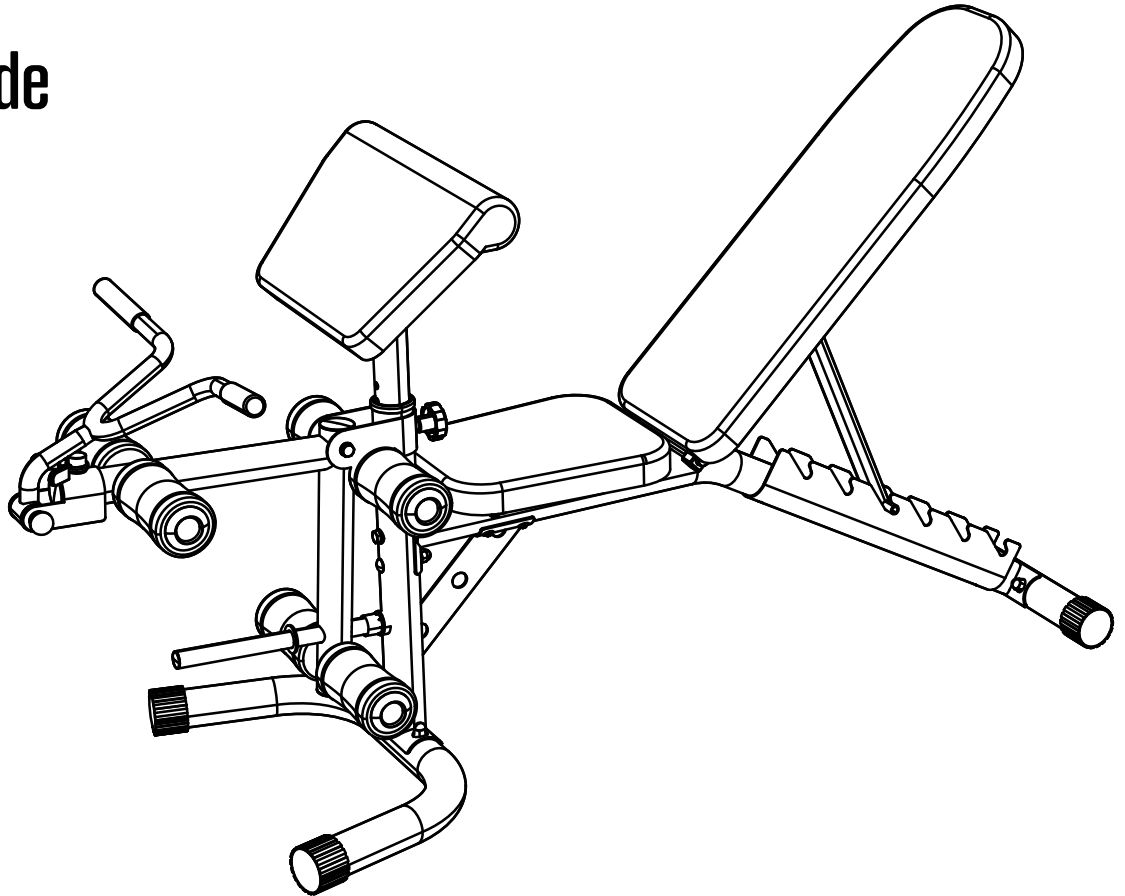


FitRx™

Workout Bench

Assembly Guide

For more details on the FitRx family of products, or to check out more innovations, visit myfitrx.com.



PRODUCT SPECIFICATIONS

Material: Iron

Weight: approx. 35.3 lbs.

Size: 49.82 x 25.67 x 70.19 in.

WARNINGS

To reduce the risk of serious injury, please read this user guide carefully. Keep these instructions for future reference.

- CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.
- Make sure all safety components, including all locks and pins, are properly installed before using this equipment.
- This equipment should be regularly inspected for damage. Do not use this equipment if any of its parts are worn out or damaged.
- Worn-out or damaged parts should be replaced immediately. Do not use this equipment until all damaged parts are repaired or replaced.
- Do not use this equipment without prior instruction from a qualified instructor or trainer.
- Do not allow inexperienced users or children to use this equipment without qualified supervision.
- This equipment is intended for indoor use only. Keep it indoors, away from humidity, water, and other liquids.
- This equipment is designed for home use only.
- Do not modify or make any changes to this equipment.

DISCLAIMER

Always use caution when setting up or using this equipment. This equipment should only be used by people in full possession of their physical and mental capabilities. The use of any fitness equipment involves the potential risk of injury. By using this equipment, you accept and assume full responsibility for any and all injuries, losses, and damages (both economic and non-economic) that may or may not occur. Furthermore, you fully and forever release and discharge this brand and all of its associates from any and all claims, demands, damages, right of action, causes of action, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from or arising out of the use of this equipment.

CUSTOMER SUPPORT

If you have any questions or issues with using the FitRx Workout Bench, please contact tzumi Technical Support at: support@tzumi.com or 1-855-GO-TZUMI.

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PARTS

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38				

PRODUCT DIAGRAM

1. Frame

2. Front Stabilizer

3. Rear Stabilizer

4. Front Leg

5. Leg Lever

6. Curl Post

7. Backrest Frame

8. Long Pad Tube

9. Backrest Post

10. Curl Bar

11. Base

12. Carriage Bolt
13. M10*80mm Bolt

14. M8*35mm Bolt

15. M8*16mm Screws

16. M10*75mm Bolt

17. M10*170mm Bolt

18. Curl Bar Pin

19. Buffer Tube

20. Adjustable Knob

21. Arc Washer

22. Round Cap

23. Square Cap

24. Case Cap
25. Leg Lever Cap

26. Foam Pad

27. Pad Cap

28. Tube Cap

29. Handrail Sponge Cover

30. Curl Pad

31. Seat

32. Backrest

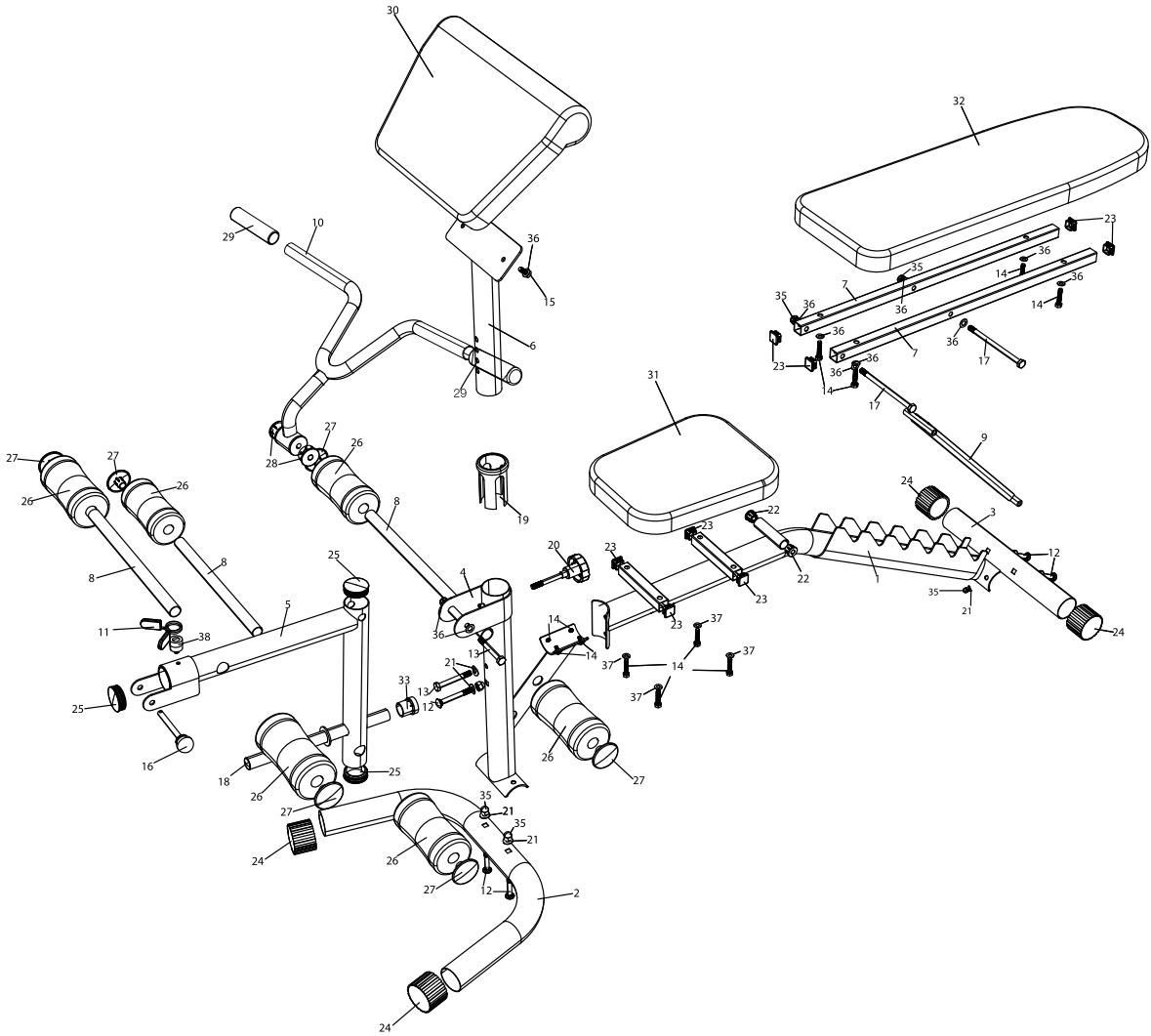
33. Cushion Sleeve

34. M10 Washer

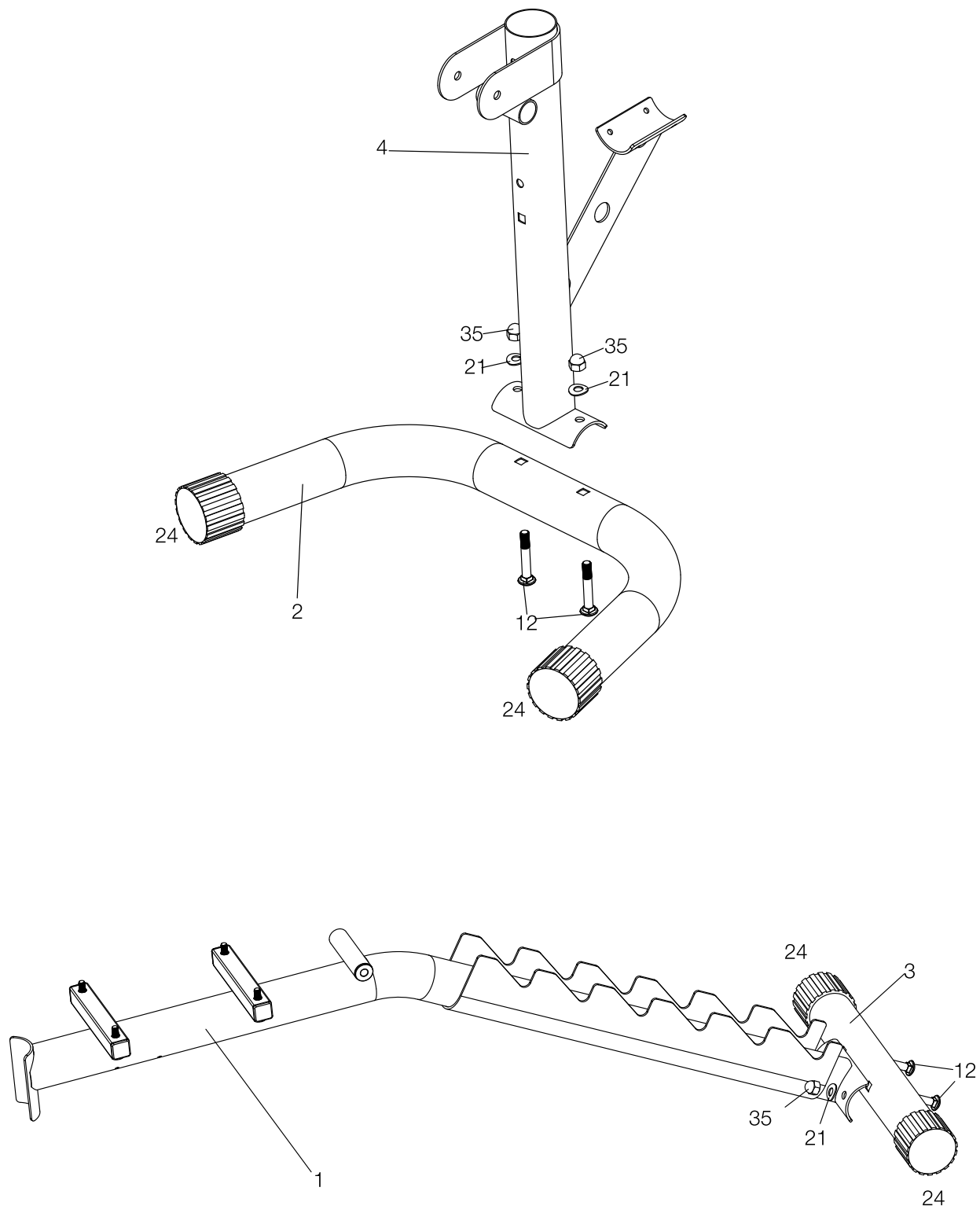
35. Nylon Locknut

36. M8 Washer
37. M6 Washer

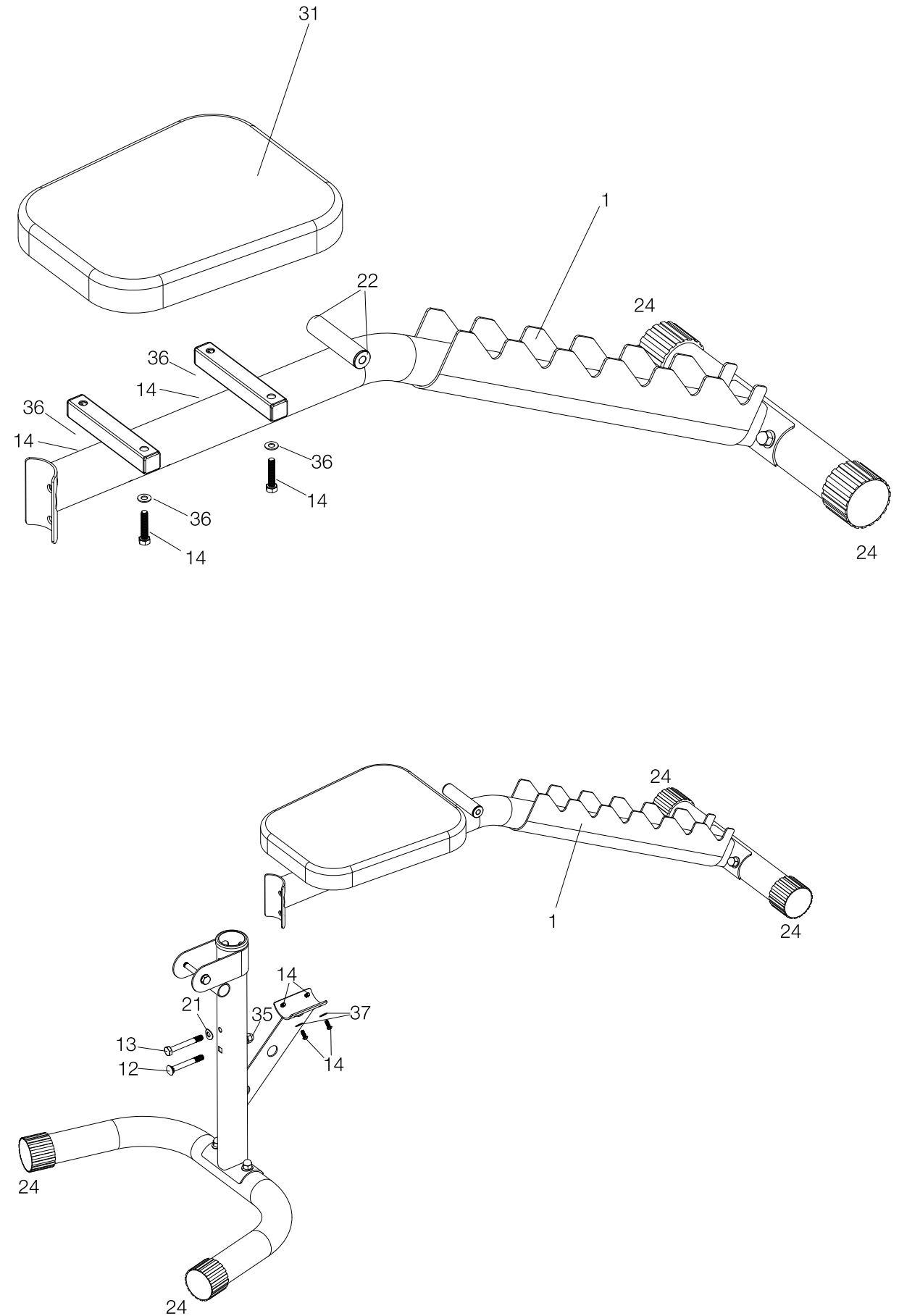
38. Buffer



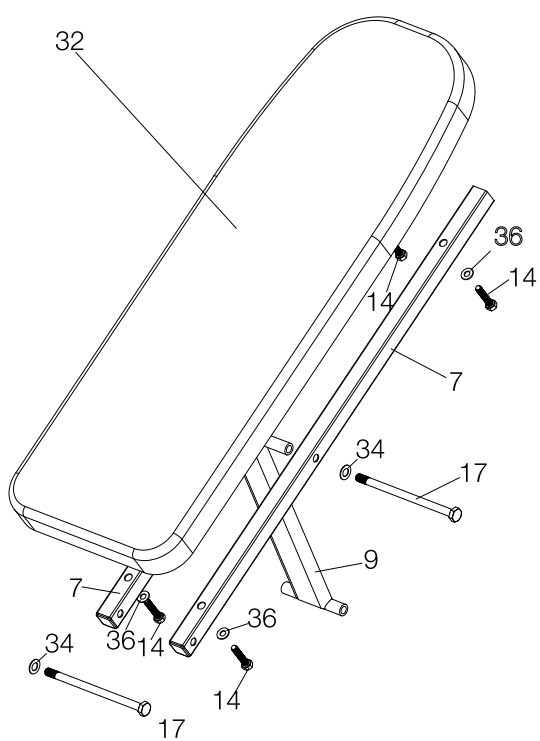
Step 1: Attach the Front and Rear Stabilizers to the Front Leg.



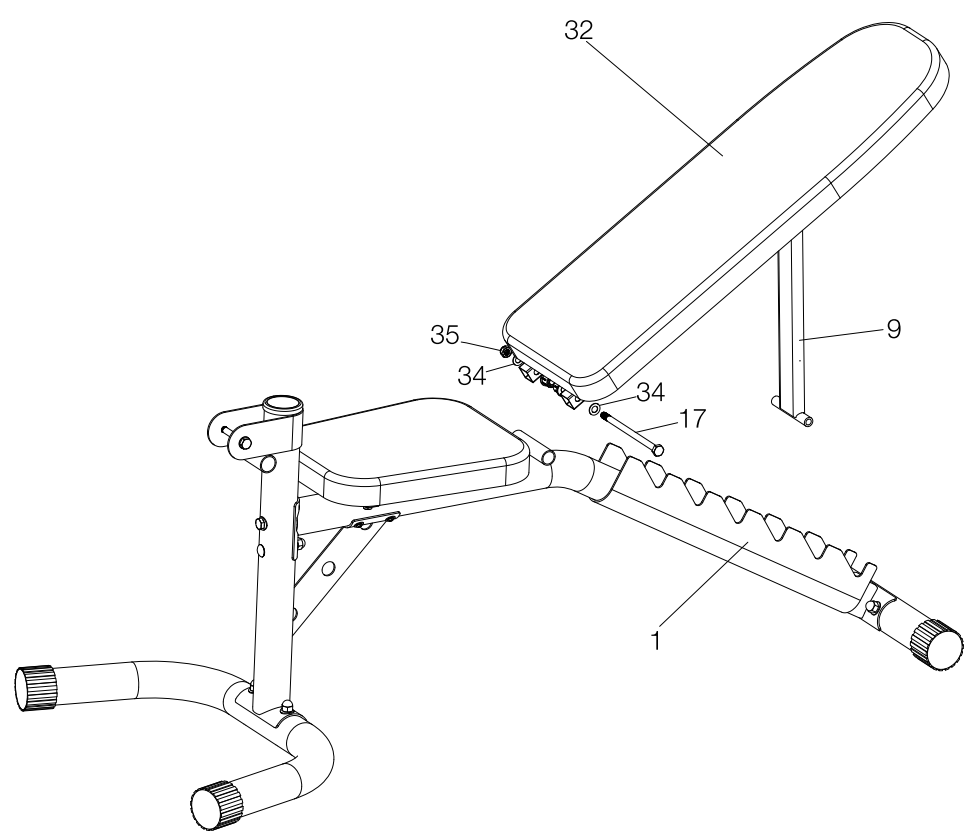
Step 2: Attach the Seat to the Frame, and attach the Frame to the Front Leg.



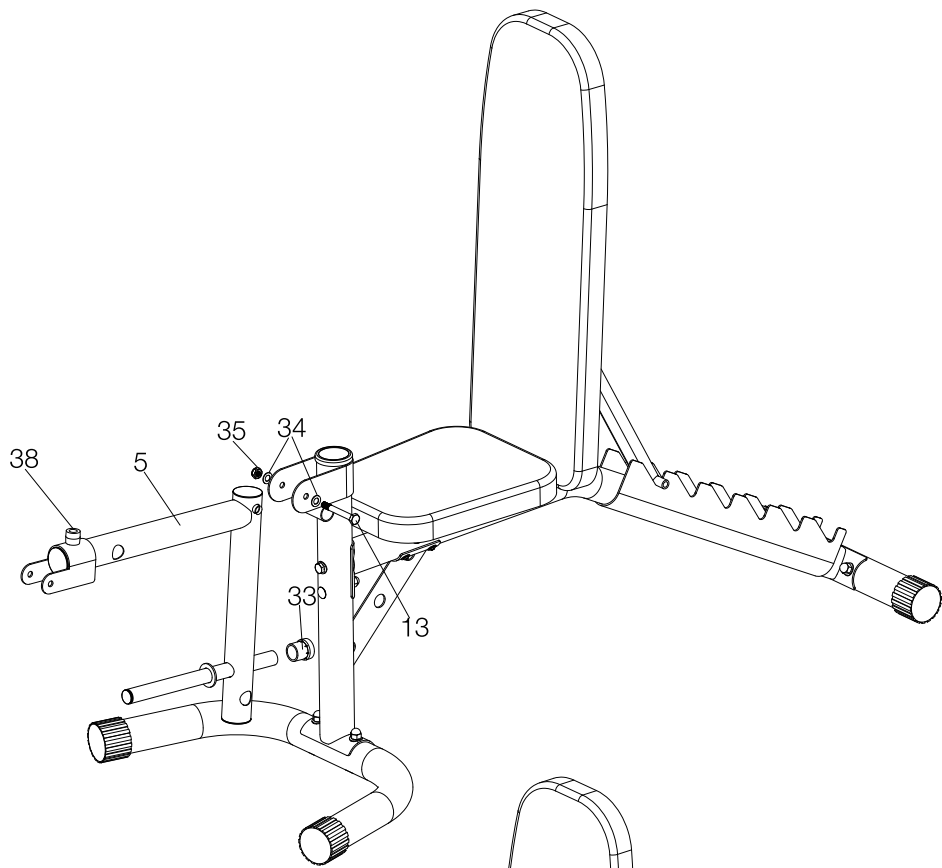
Step 3: Attach the Backrest and Backrest Post to the Backrest Frames.



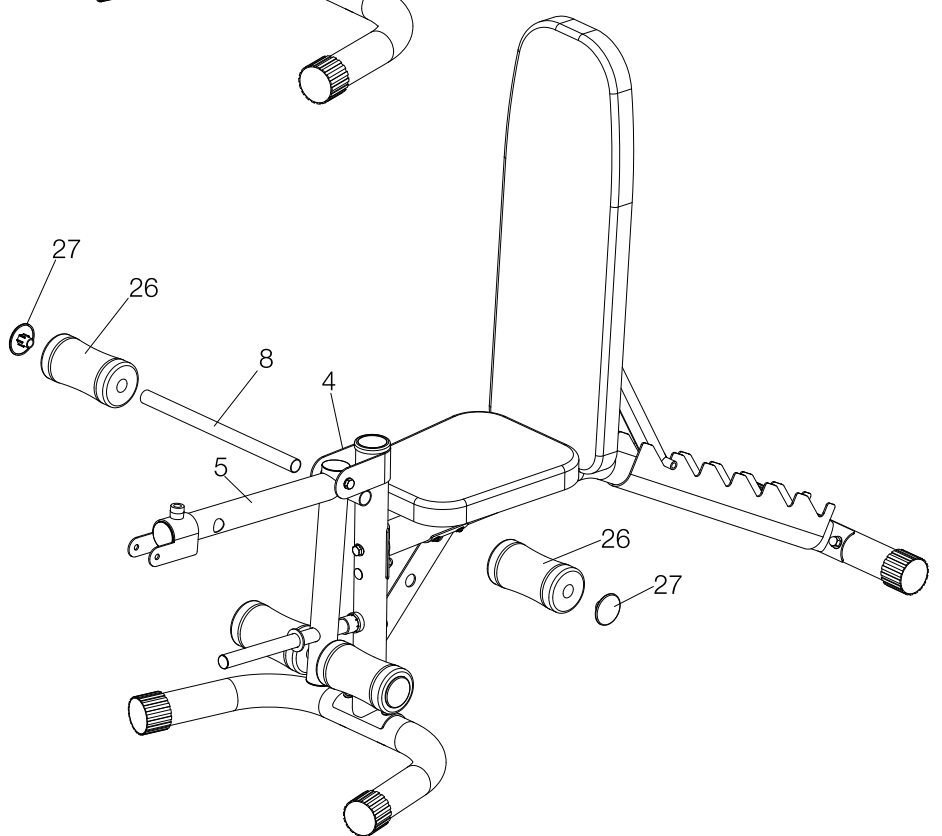
Step 4: Attach the Backrest Frames to the Frame. Set the Backrest Post anywhere on the Frame.



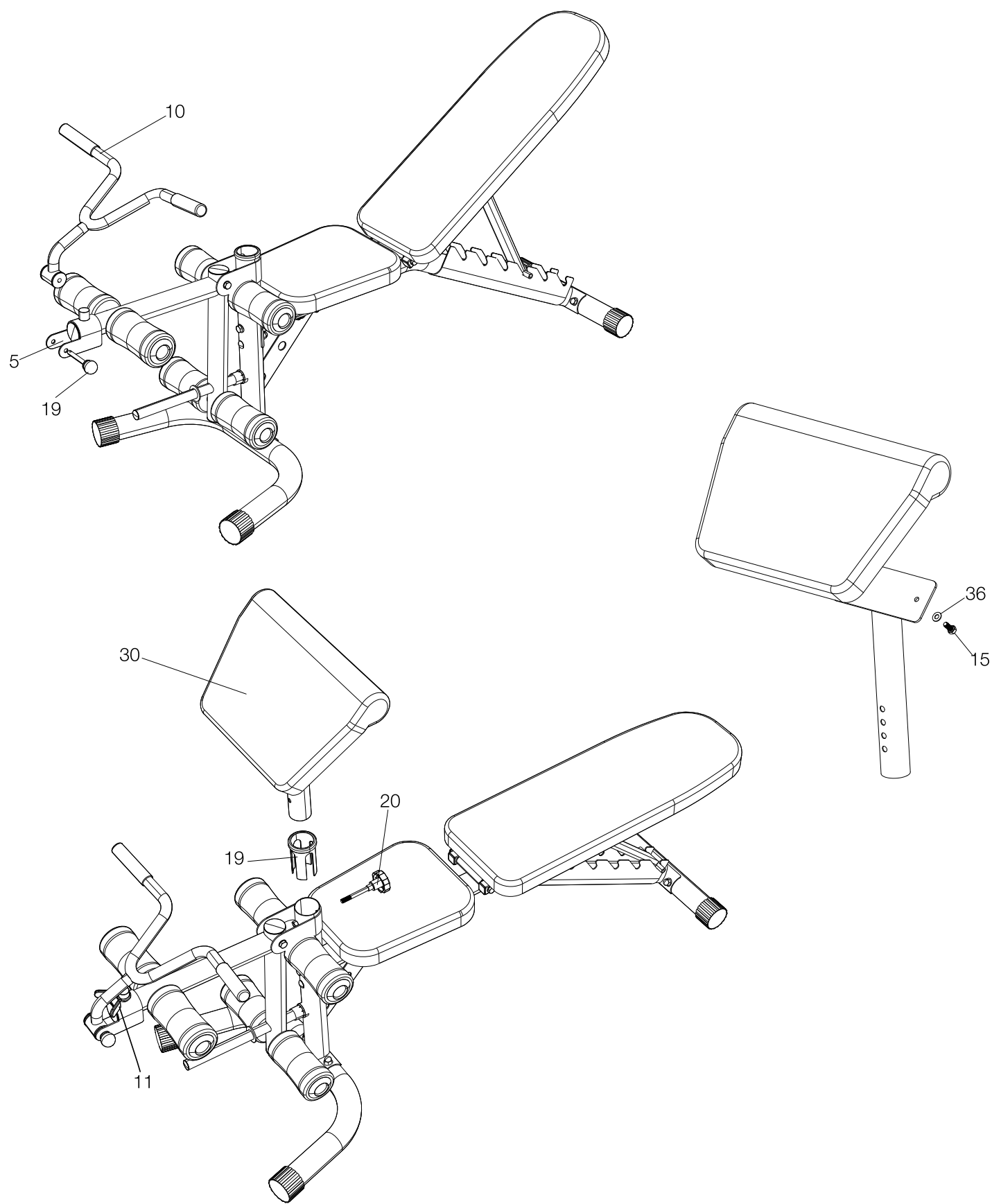
Step 5: Attach the Leg Lever to the Front Leg. Insert the Long Pad Tube into the bracket on the Front Leg.



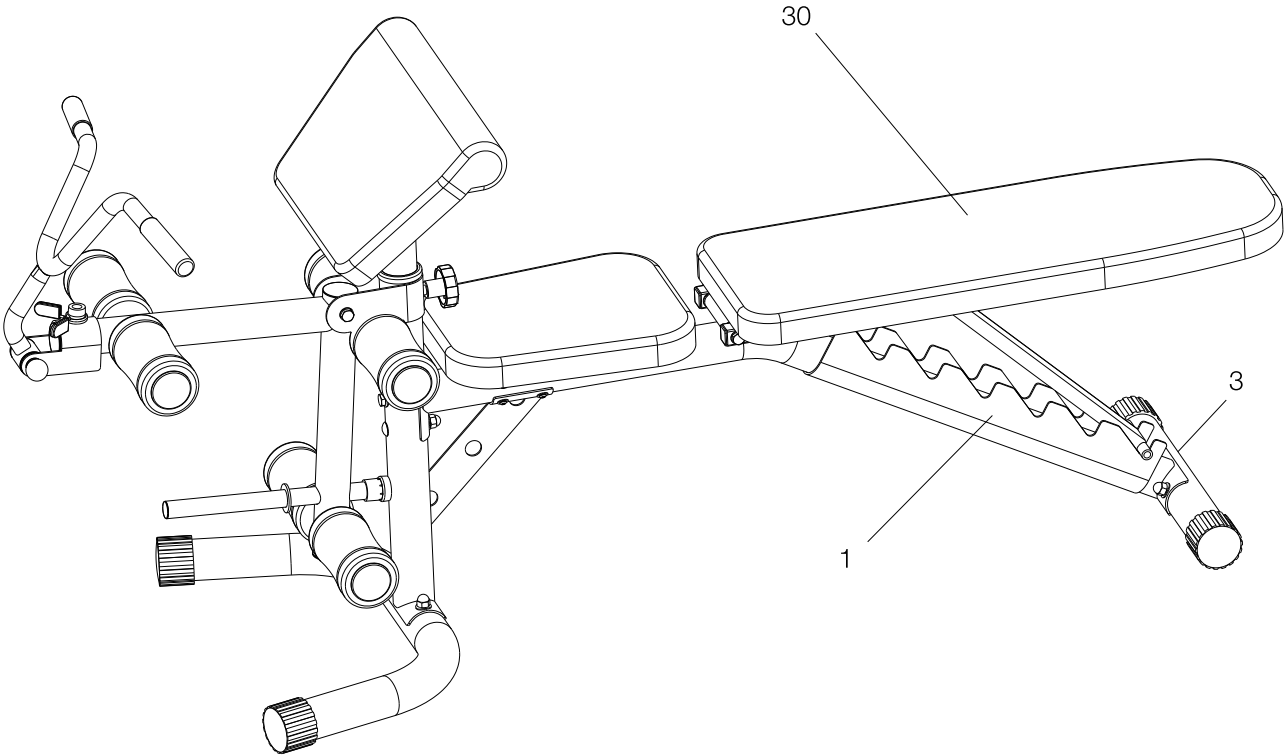
Step 6: Slide the Foam Pads onto the Pad Tube and add the Pad Caps. Repeat this step with two Short Pad Tubes on the Leg Lever.



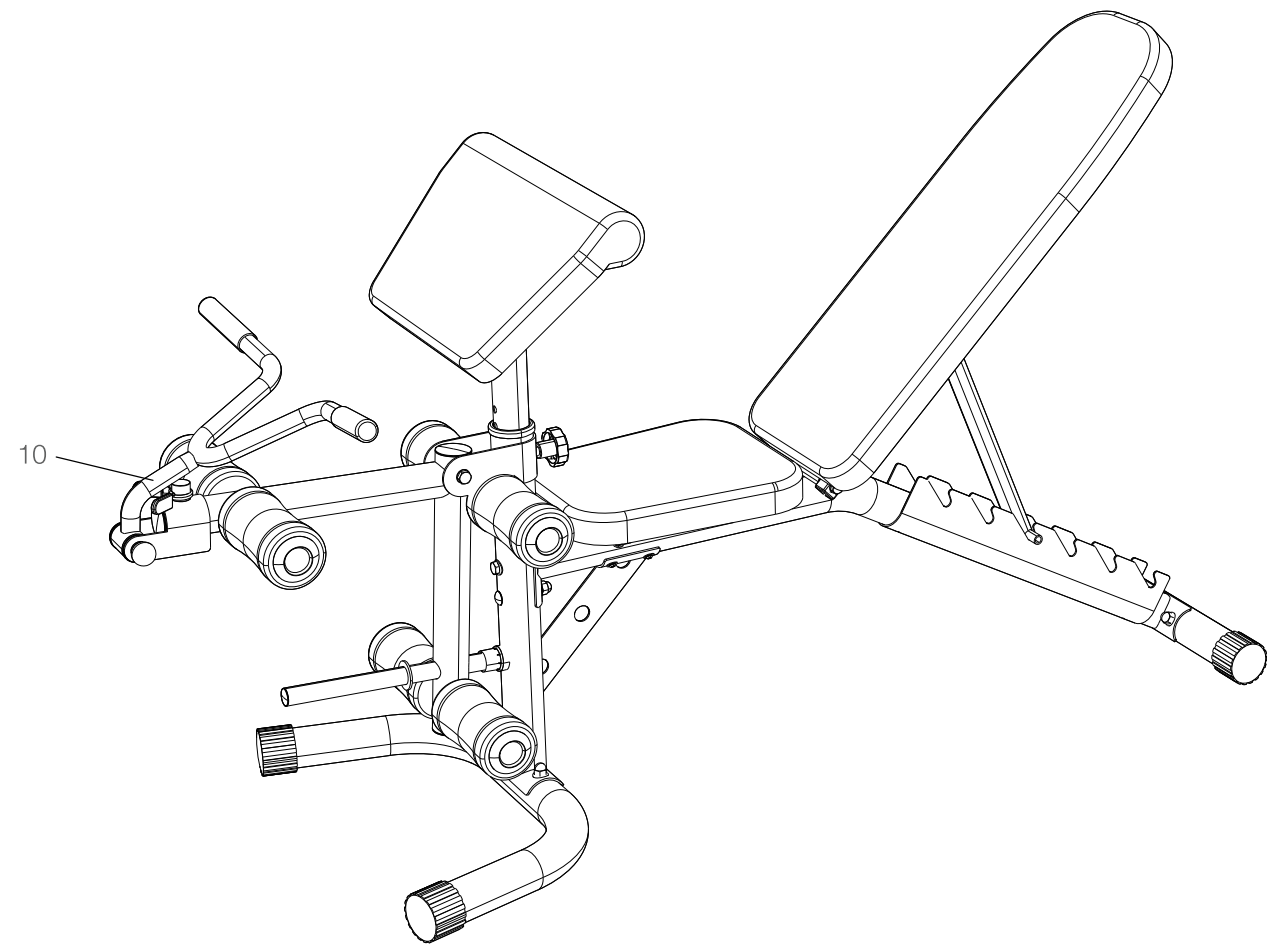
Step 7: Attach the Curl Bar to the Leg Lever using the Curl Bar Pin, and attach the Curl Pad to the Curl Post. Tighten the Adjustment Knob into the Front Leg to use the Curl Pad.



Step 8: To raise or lower the Backrest, set the Backrest Post into one of the slots on the Frame.



Step 9: When using the Leg Lever, remove the Curl Bar and secure the Weight Tube to use the Leg Lever. The Leg Lever can be used with standard or Olympic weights.



Step 10: Pull the Curl Bar Pin out of the Leg Lever when you're not doing exercises that require the Curl Bar.

