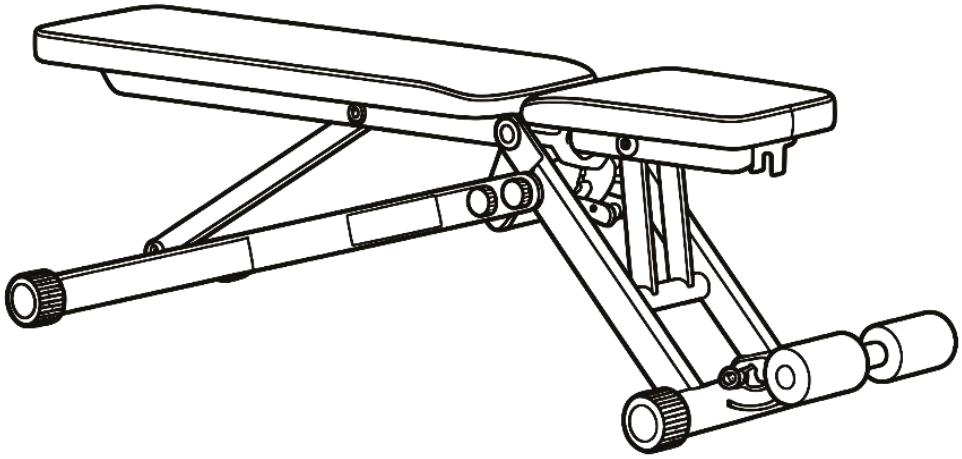
STEALTH EQUIPMENT

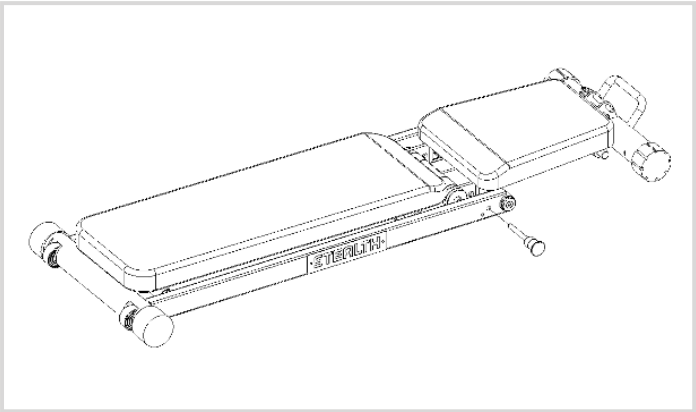


ADJUSTABLE FOLDING FID BENCH V2

USER MANUAL

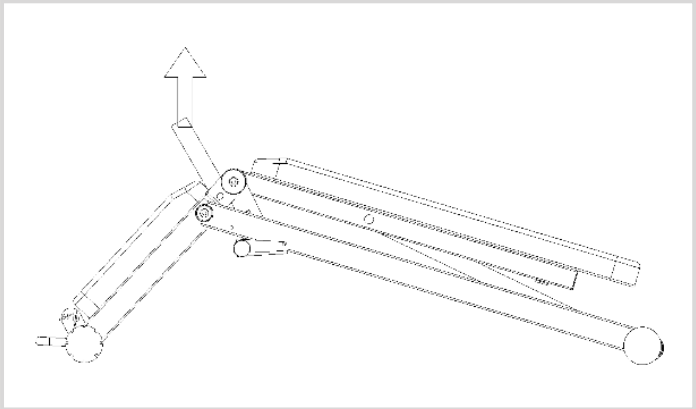
SKU SEFID assassingoods.com

HOW TO SET UP



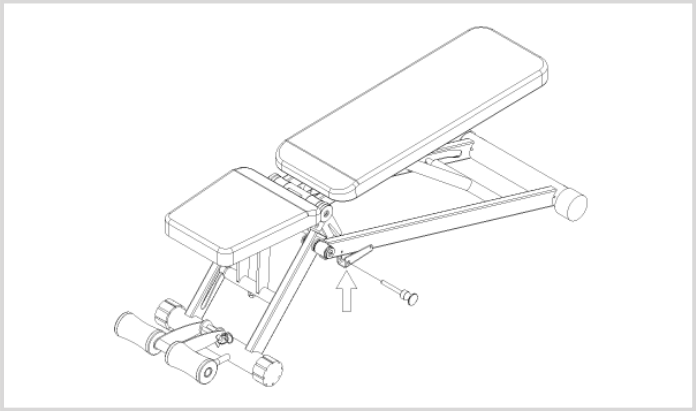
1 STEP ONE

Remove the adjustable bench from its box and place it flat on the floor.



2 STEP TWO

Remove the safety pin from the flat-lock position.



3 STEP THREE

Pull the mounting strap upward until the support clicks fully into the frame slot.

! IMPORTANT WARNING

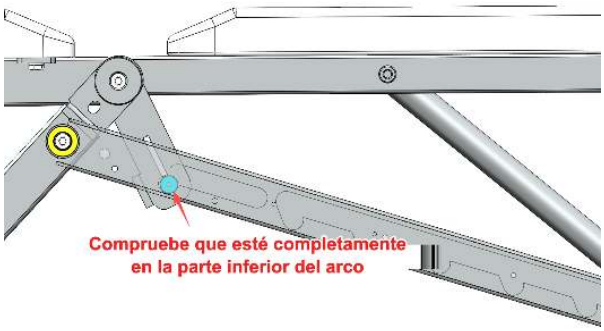
After pulling the strap, check that the support is fully locked in place to avoid injury caused by collapse.

IMPORTANT WARNING

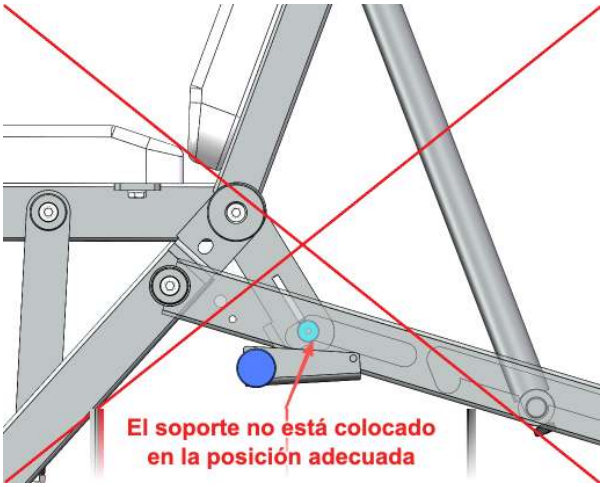
! IMPORTANT WARNING

After pulling the strap, check that the support is fully locked into the underside of the arch to avoid injury caused by collapse.

✓ CORRECT



✗ INCORRECT



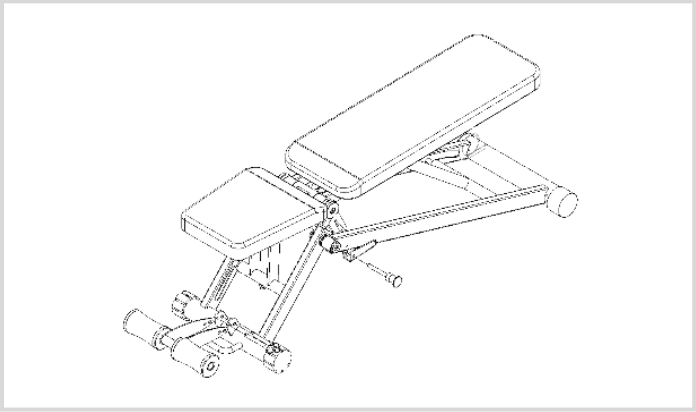
ADJUSTMENT



4 STEP FOUR

Adjust the seat and backrest angle for your exercise, install the footrest if needed, and insert the pin into the safety position.

HOW TO FOLD



FOLDING THE BENCH

Pull the mounting strap, remove the safety pin, press the fold lever and slowly lower the adjustable bench until it lies flat. Once flat, reinsert the safety pin into the flat-lock position (refer to Step 2).