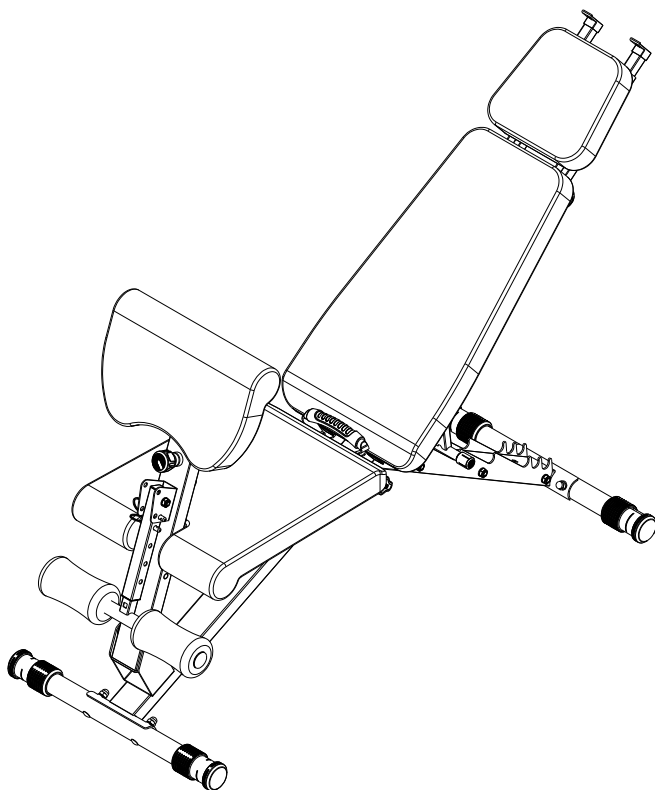




Original instructions

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY.

ASSEMBLY INSTRUCTION

SUMMARY

1. Important Information and Warning.....	3
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1. IMPORTANT INFORMATION AND WARNING

FOR YOUR SAFETY, READ CAREFULLY ALL THE INFORMATION IN THIS MANUAL.

- Before beginning any exercise program consult a physician and/or a fitness coach.
- This is important for people of all ages or who have any pre-existing health problem.
- If you experience any pain or tightness, heart beat irregularity, breathlessness or discomfort during exercise, stop and consult your doctor before continuing.
- Only one person at a time should use this equipment.
- Keep children and pets away from the equipment.
- Caution: Excessive or Inadequate Exercise may cause injury.
- It is recommended not to exercise immediately after meals. Wait at least 1 hour before starting your practice.
- It is recommended that people with little physical/sensory abilities, mental disorders, people with little experience or knowledge, be accompanied by a coach during the practice of the physical exercise.

2. GENERAL SAFETY INSTRUCTIONS

- It is the owner's responsibility to ensure that all users are properly informed about the precautions for their safety.
- This appliance is designed for home and office use alone. It has no therapeutic purposes.
- For your safety, make sure all parts are properly attached and the appliance is on a solid surface and that the area around it is free of obstructions and make sure the appliance is in perfect condition before each use.
- Wear appropriate exercise clothing and avoid accessories that may get caught by the equipment.
- To ensure the safety of children and/or pets, do not allow them to play on or near the device.

GENERAL CONSIDERATIONS

- Never use abrasives or solvents to clean the equipment.
- Do not leave the equipment exposed to natural agents such as sunlight, rain, dew, dust, salt spray, etc.
- Do not place the equipment in dusty and humid places, saunas or anyplace not ventilated.

Using this equipment will provide you with several benefits. It will improve your shape, tone your muscles and, combined with a controlled diet, help you lose weight.

This exercise will improve your circulation and make your muscles function properly. It is recommended to do some stretching exercises before using it as it's shown below.

Each stretch should be done for approximately 30 seconds.

Do not strain your muscles and if you feel pain while stretching, STOP.

01



02



03



04



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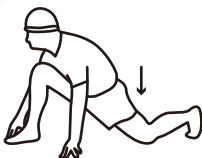
11



12



13



14



15

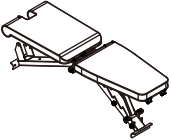
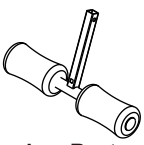
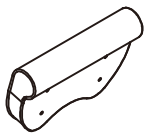
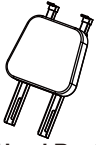
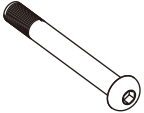
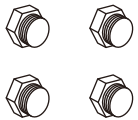
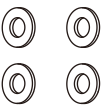
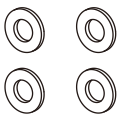
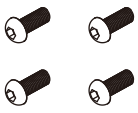
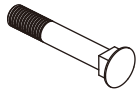
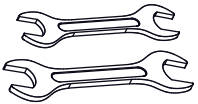


3. HEALTH

1. Before beginning any exercise program, consult your doctor or fitness coach. It will help you establish the exercise frequency, intensity and timing appropriate to your age and fitness. If you experience chest pain or tightness, irregular heartbeat, shortness of breath, faintness or any discomfort while you exercise, STOP IMMEDIATELY! Consult your doctor before continuing. This is important for people of all ages or who have some persistent health problem.
2. Caution: Excessive and/or improper exercise may cause injury.
3. This appliance is designed for residential, indoor use only and is not intended for therapeutic purposes.
4. It is recommended not to exercise immediately after meals. Wait at least 1 hour before starting your practice.
5. It is recommended that people with reduced physical / sensory / mental abilities, people with little experience or knowledge, should be accompanied by a safety coach during physical exercise.

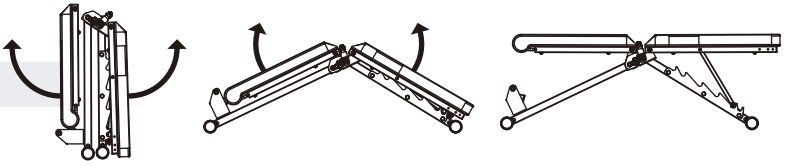
4. BOX CONTENTS

When you open the box you will find the following parts:

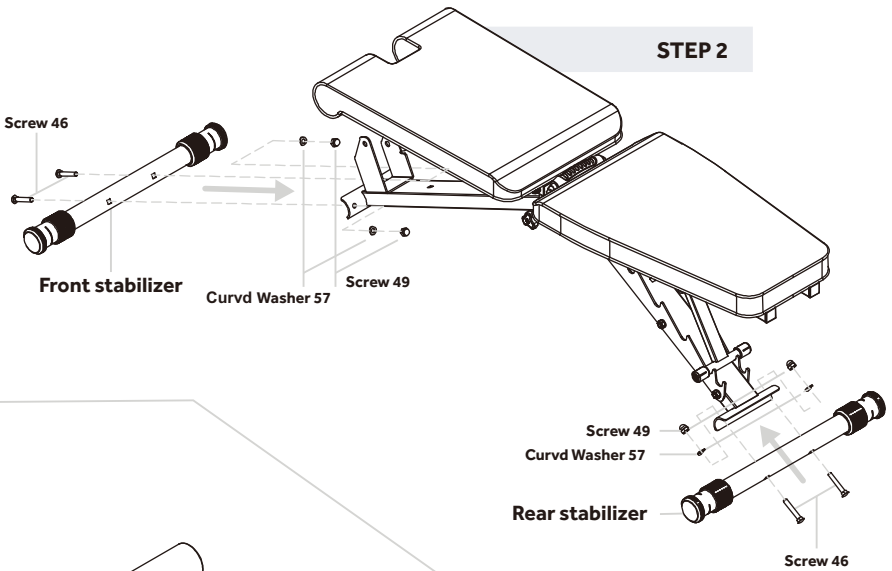
 Main Structure (QTY: 1)	 Front and Rear Stabilizer (QTY: 2)	 Leg and Arm Structure (QTY: 1)
 Leg Rest (QTY: 1)	 Arm Rest (QTY: 1)	 Head Rest (QTY: 1)
 Screw 41 (QTY: 1)	 Nut 50 (QTY: 1)	 Screw 49 (QTY: 4)
 Washer 55 (QTY: 4)	 Curvd Washer 57 (QTY: 4)	 Screw 45 (QTY: 4)
 Washer 54 (QTY: 1)	 Screw 46 (QTY: 4)	 Elastic Knob (QTY: 2)
 Allen Combination Spanner With Phillips 6mm (QTY: 1)	 14-15 Combination Spanner 17-19 Combination Spanner (QTY: 2)	

5. EQUIPMENT ASSEMBLY

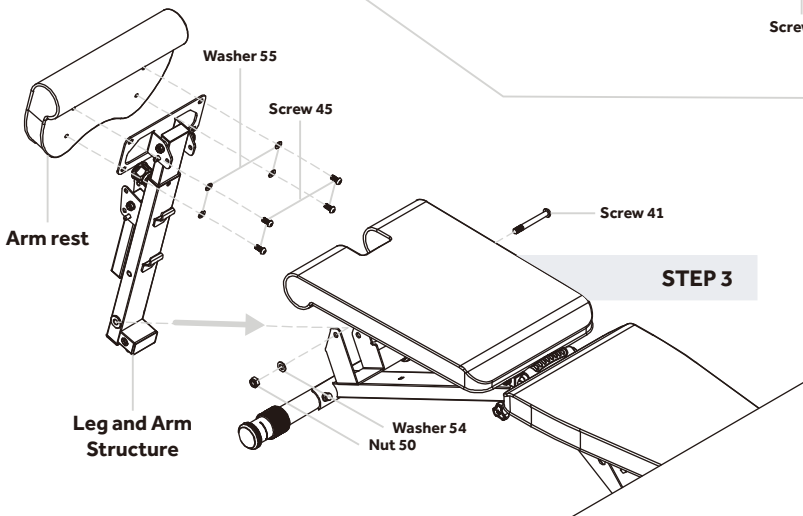
STEP 1

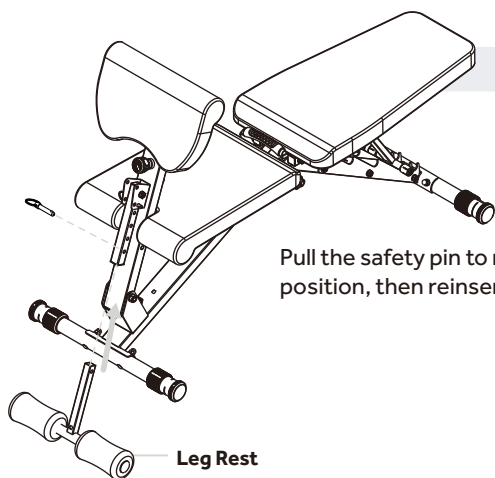


STEP 2

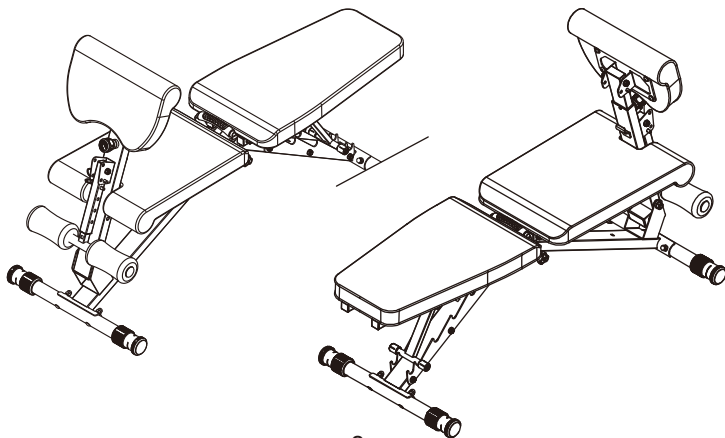
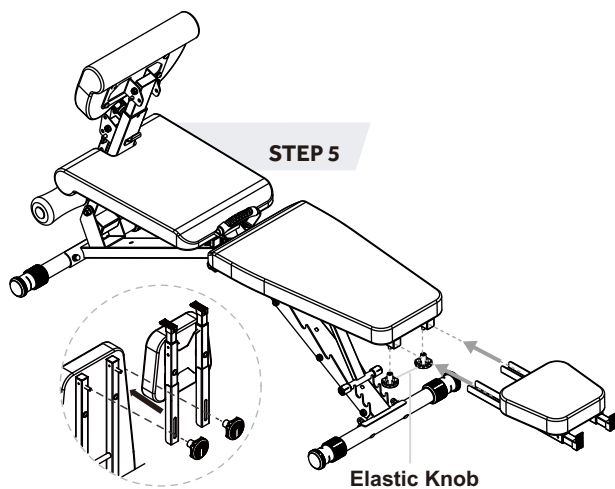


STEP 3





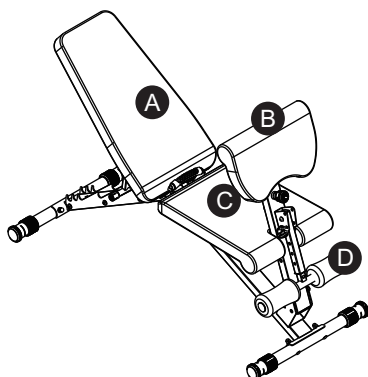
Installing head rest



6. POSITION AND ADJUSTMENTS

The ergonomic Bench Pro allows a wide adjustment in both height and angle. Be aware of the position that is most comfortable for you.

To adjust both the height and angle of the seat, follow these simple but important steps:

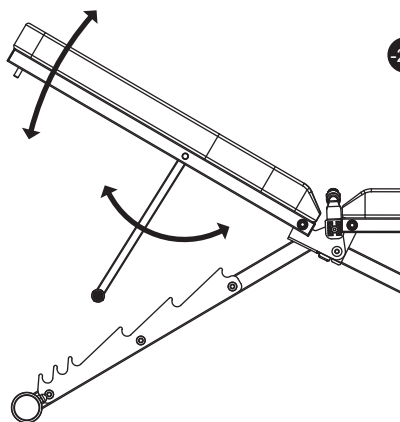
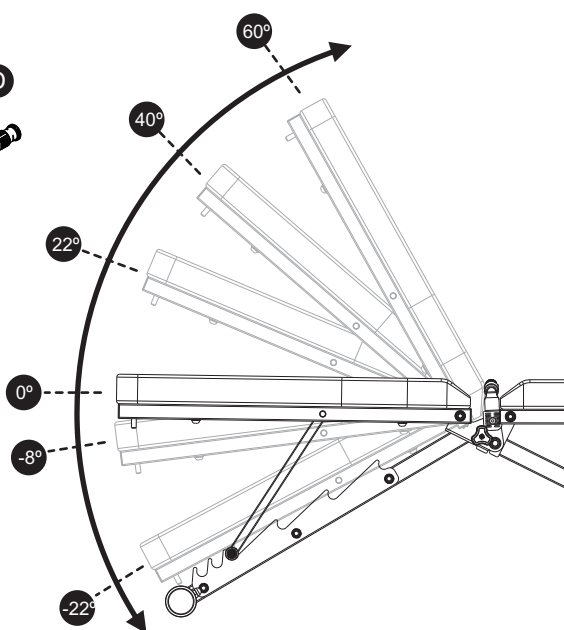


A BACKREST:

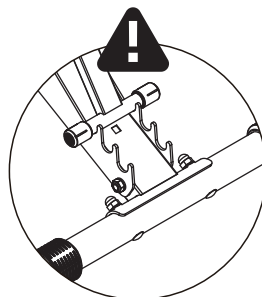
Easy and fast angle adjustment with 6 angles.

Lift the backrest to adjust the angle.

IMPORTANT: Make sure that the support is engaged.

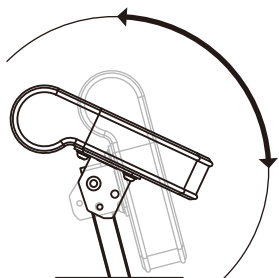


Choose the better position according to each exercise.



B ARM REST:

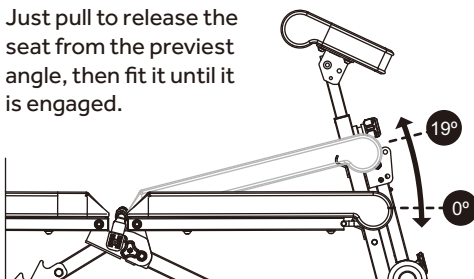
Set with 2 angles.



C SEAT:

Set with 2 angles.

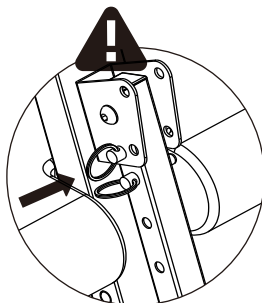
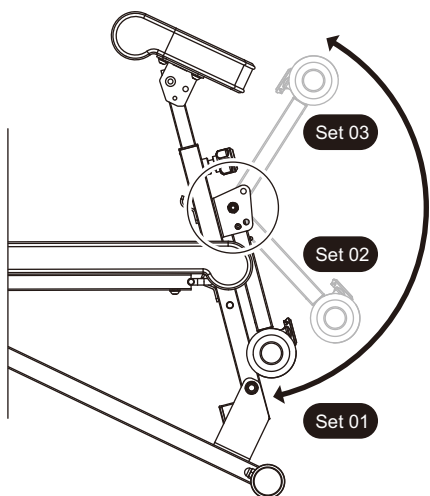
Just pull to release the seat from the previast angle, then fit it until it is engaged.



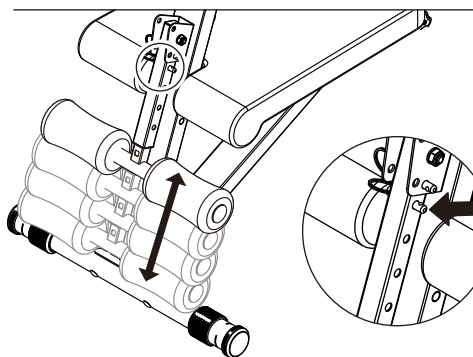
D LEG REST:

Easy and fast angle adjustment with 3 angles.

Pull the safety pin and then move the leg rest to the desired angle, then reattach the pin.

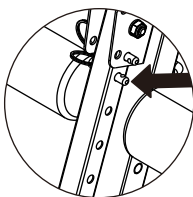


IMPORTANT:
Make sure that
the pin is fully
inserted.



LEG HEIGHT

Pull the safety pin, adjust the leg rest to your desired height, then reinsert and firmly secure the safety pin.

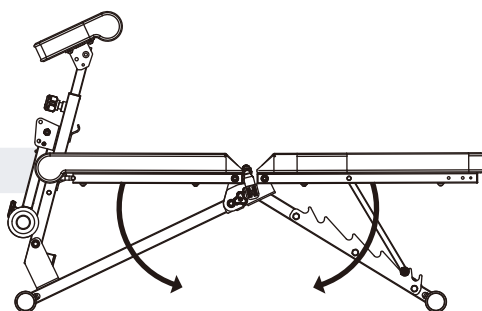


IMPORTANT: Ensure the safety pin is fully locked in the slot before use. Failure to do so may cause injury.

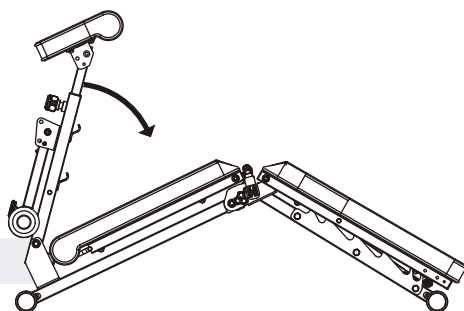
7. FOLDING AND STORAGE

Follow these simple but important steps and to store wherever you want:

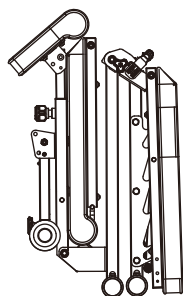
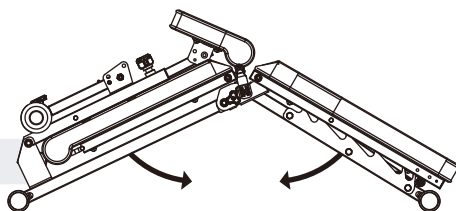
STEP 1



STEP 2

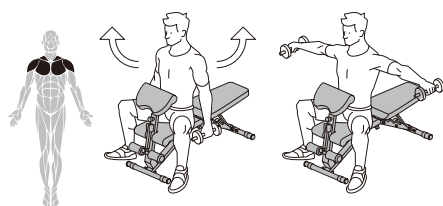


STEP 3

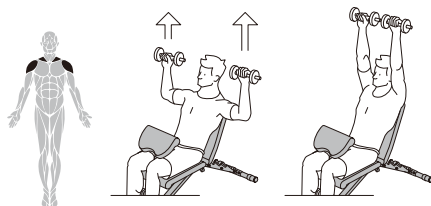


8. WORKOUT GUIDE

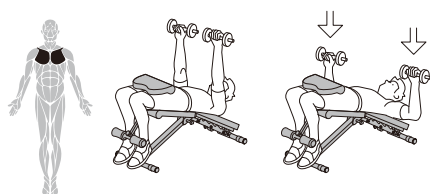
UPPER BODY



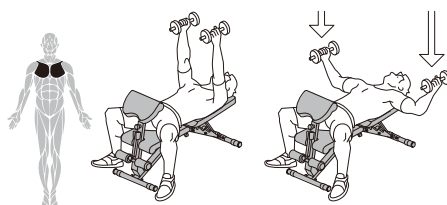
Side Raise



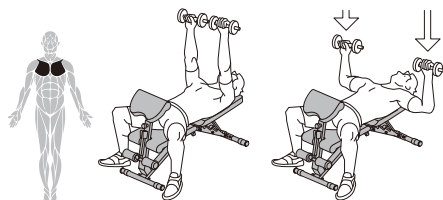
Shoulder Press



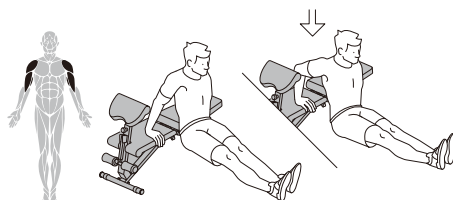
Decline Bench Press



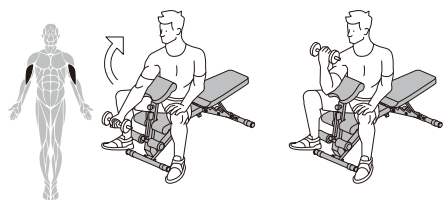
Chest Fly



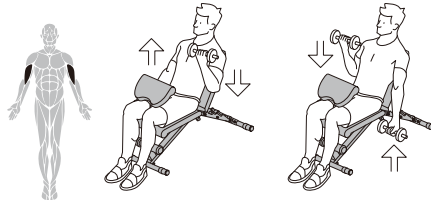
Bench press



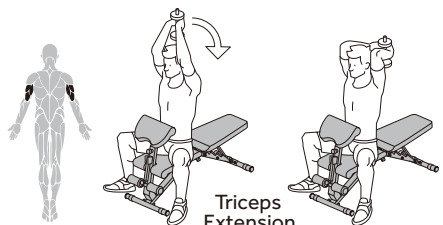
Triceps Dips



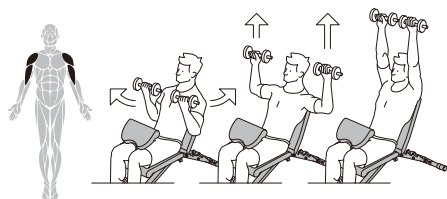
Biceps Curl Scott



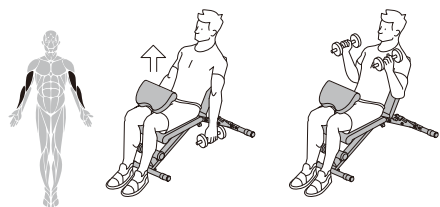
Biceps Alternate Curl



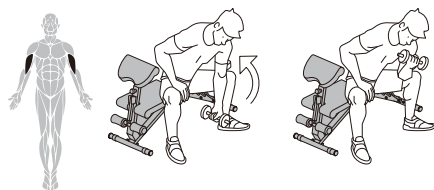
Triceps
Extension



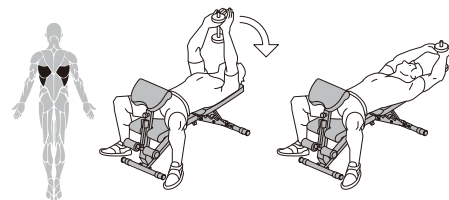
Arnold Press



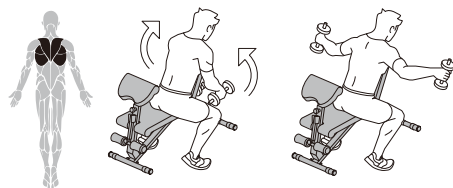
Hammer Curl



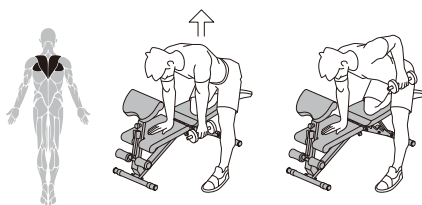
Concentration Curl



Dumbbell Pullover

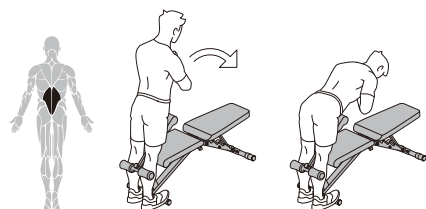


Incline Row

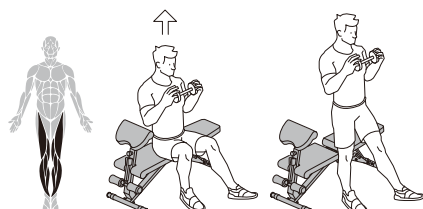


Single Arm Row

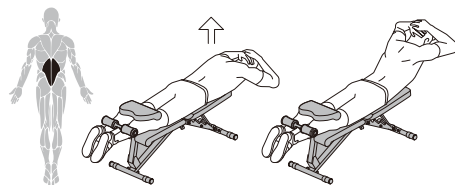
CORE AND LEGS



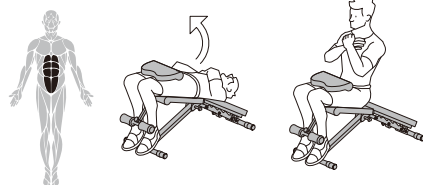
Back Extension



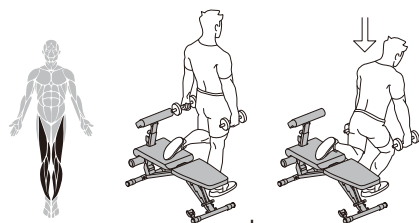
Pistol Squat



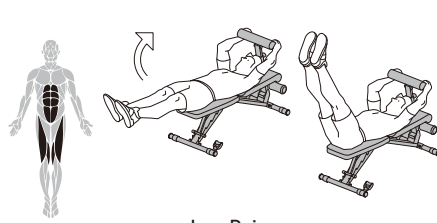
Back Hyper Extension



Crunches



Lunge



Leg Raise

INCLUDED ITEMS

- 1 Bench Pro
- 1 Instruction Manual
- 1 Allen Combination Spanner With Phillips 6mm
- 1 14-15 Combination Spanner
- 1 17-19 Combination Spanner

Maximum Supported Weight: 120Kg | 265Lbs

For home use only.

If you have any questions, please contact our customer care center.
Our contact details are below:



0044-800-240-4004



enquiries@mhstar.co.uk

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