

Adjustable Weight Bench YDB004PIN2B (J)



Please read all the instructions in the manual carefully before installing and using the product, and keep the instructions properly.

USER MANUAL EN-1-8

BENUTZERHANDBUCH DE-1-8

MANUALE UTENTE IT-1-8

MANUAL DE USUARIO ES-1-8

MANUEL D'UTILISATION FR-1-8

Before Beginning Assembly...

Congratulations on Your Adjustable weight bench and Welcome to our Fitness Family!

Thank you for your purchase of this quality Adjustable weight bench.

Your new weight bench has been manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. We will do all we can to make your ownership experience as pleasant as possible for many years to come.

If you have any questions about your new product or questions about the item, if you have a technical problem with your weight bench contact our customer service email address: **yoleodirect@gmail.com**

Yours in Health,

Ordering Replacement Parts

Replacement parts can be ordered emailing our customer service department:
Daily 8:00 AM – 5:00 PM (PST).

yoleodirect@gmail.com

When ordering replacement parts please check with the following details

- Box Image
- SKU
- Part Number and Part Description
- Order Number

When contacting customer service, please provide the following

1. Box Image
2. SKU
3. Part Number and Part Description
4. Order Number

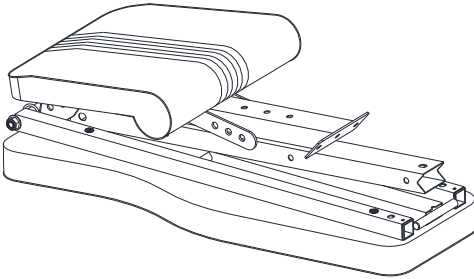
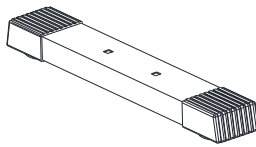
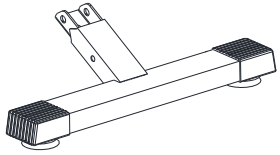
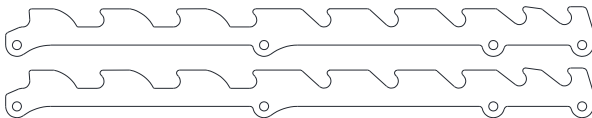
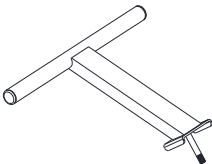
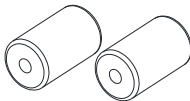
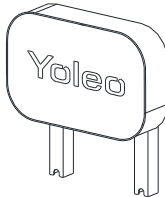
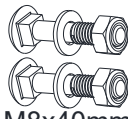
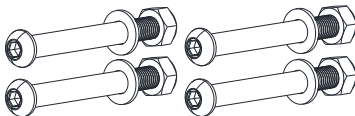
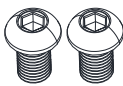
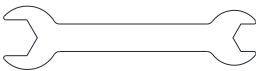
Warning: Before beginning this or any exercise program, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using the weight bench. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

Parts List

Part#	Description	QTY
1	Main Frame	1
2	Front Leg Tube	1
3	Back Leg Tube	1
4	Slot	2
5	Leg Support	1
6	Foam Pad	2
7	Headrest	1
8	Leg Knob	1
9	Ring Pin – $\Phi 10$ x 90mm	1
10	Ball Pin- $\Phi 10$ x 90mm	1
11	Hex Bolt Set M8x40mm - 2pcs bolt, 2pcs washer, 2pcs nut	2
12	Tube Screw Set M8x15mm - 1pc bolt, 1pc large washer	1
13	Slot Bolt Set M8x75mm - 4pcs bolt, 4pcs washer, 4pcs nut	4
14	Tube Screw Set M6x10mm 2pc bolt	2
15	Wrench	1
16	Hexagonal Wrench	1

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Parts List

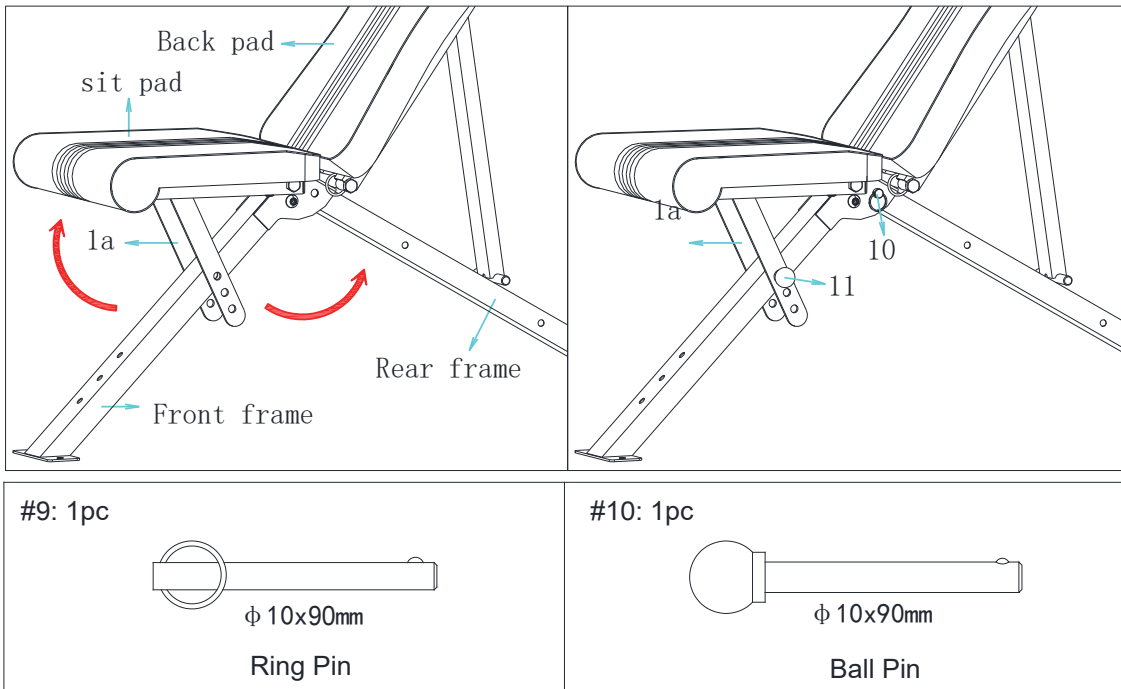
#1: 1pc  Main frame	#2: 1pc  Front leg tube	#3: 1pc  Back leg tube	
#4: 2pcs  Slot			
#5: 1pc  Leg support	#6: 2pcs  Foam Pad	#7: 1pc  Headrest	#8: 1pc  Leg knob
#9: 1pc  Φ 10x90mm Ring Pin	#10: 1pc  Φ 10x90mm Ball Pin	#11: 2pcs  M8x40mm Hex bolt set	#12: 1pc  M8x15mm Tube screw set
#13: 4pcs  M8x75mm Slot bolt set	#14: 2pcs  M6x10mm Tube screw set	#15: 1pc  Wrench	#16: 1pc  hexagonal wrench

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Installation Diagram

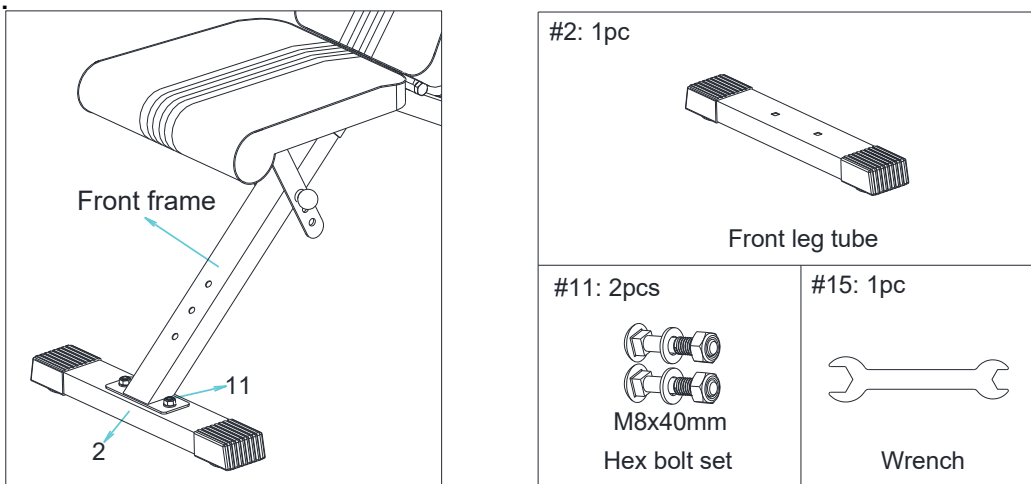
STEP 1:

Unfold the main frame of the weight bench then insert ball pin(#10) and ring pin(#9).



STEP 2:

Tighten front leg tube(#2) and front frame with hex bolt set (#11) by wench(#15)



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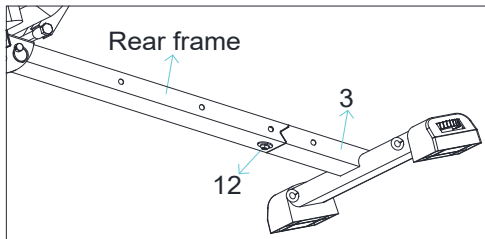
Installation Diagram

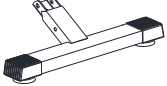


Note: Please incline the back pad first for easy installation when you are in step 3-1 and 3-2.

STEP 3-1:

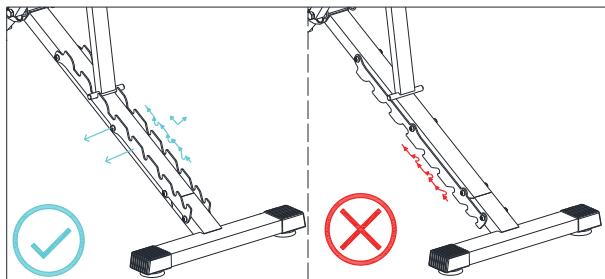
Tighten back leg tube(#3) and back frame with back leg tube screw set(#12) by hexagonal wench(#16).



#3: 1pc  Back leg tube	#12: 1pc  M8x15mm Tube screw set	#16: 1pc  hexagonal wrench
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STEP 3-2:

Tighten slot(#4) and back frame with slot bolt set(#13) by wench(#15) and small hexagonal wrench(#16). **Note:** Sawtooth side of slot must be installed upwards.



Note: Sawtooth side of slot must be installed upwards.

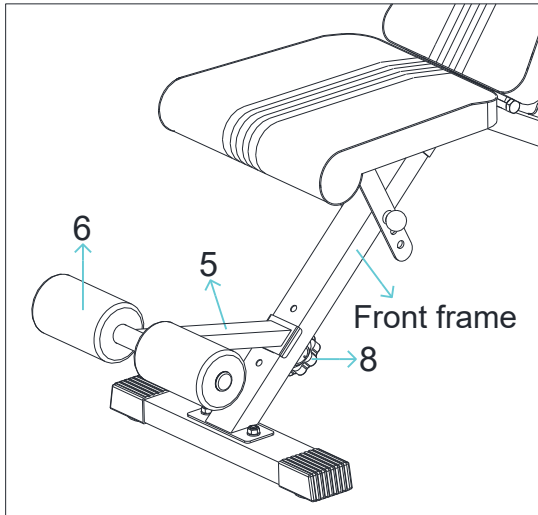
#4: 2pcs  Slot	#13: 4pcs  M8x75mm Slot bolt set
#15: 1pc  Wrench	#16: 1pc  hexagonal wrench

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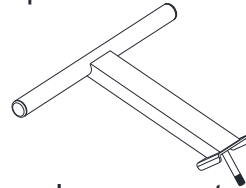
Installation Diagram

STEP 4-1:

Tighten leg support(#5) and front frame with leg knob (#8)and put foam pad (#6) on the leg support.



#5: 1pc



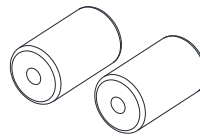
Leg support

#8: 1pc



Leg knob

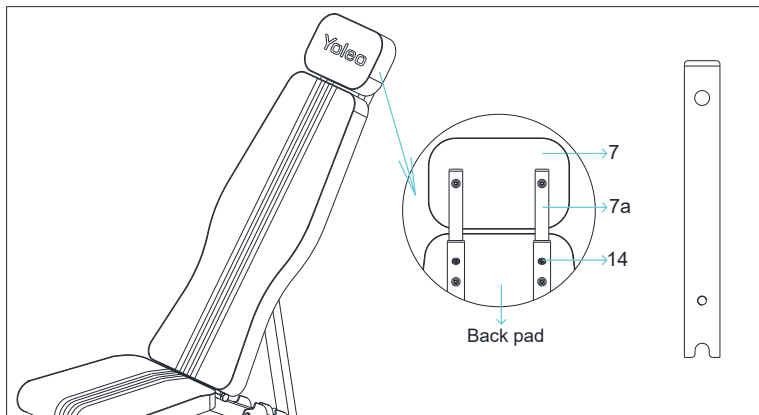
#6: 2pcs



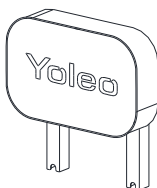
Foam leg roller

STEP 4-2:

Insert headrest(#7) to back pad tube and tighten with tube screw set(#14) by hexagonal wench(#16).



#7: 1pc



Headrest

#14: 2pcs



Tube screw set

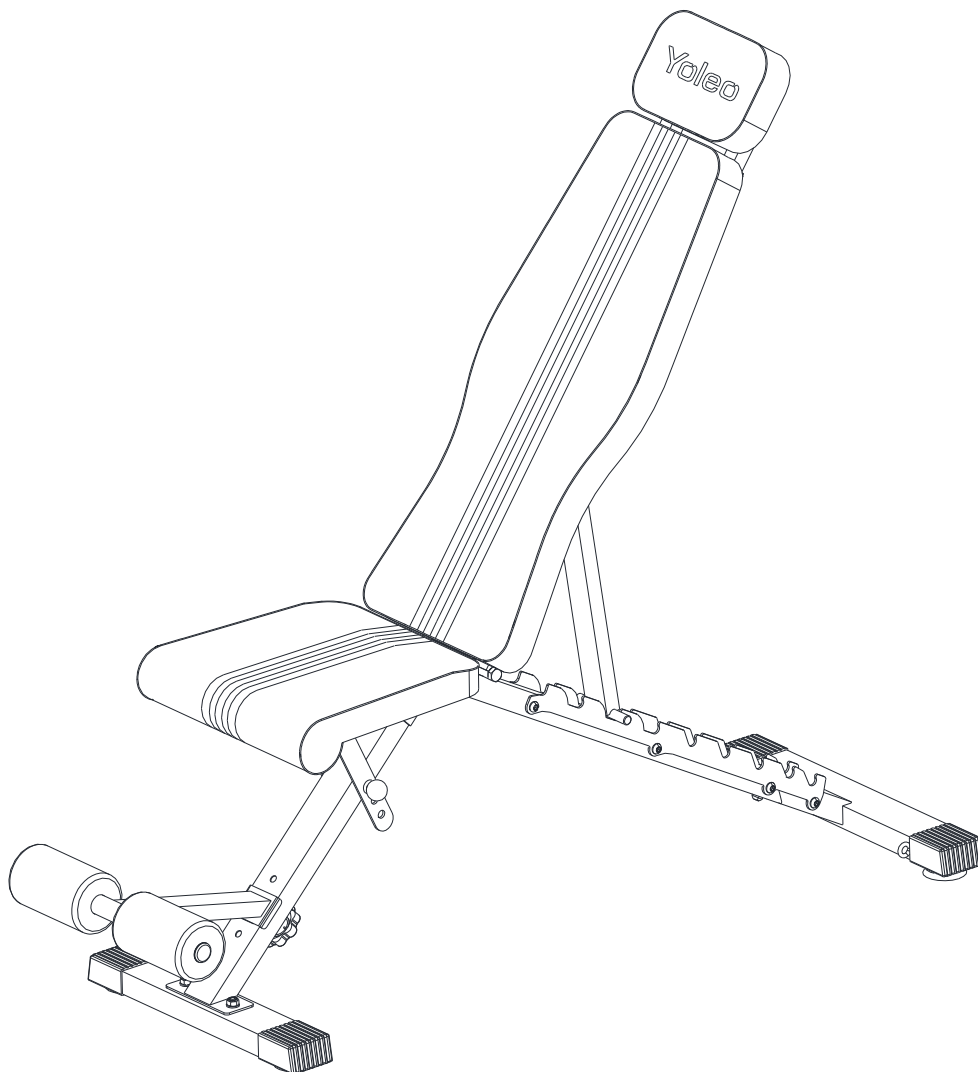
#16: 1pc



hexagonal wrench

Installation Diagram

Final Assembly:



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**Thank you for purchasing our Foldable Workout Bench.
For your safety, please pay special attention to safety
issues to ensure proper operation and use of this product.
If you have any questions, please feel free to contact us:**

yoleodirect@gmail.com

WARRANTY:

We offer an 12 month warranty after the original purchase date.
If there are manufacturing defects on this product, please
contact us with your order number and other details about the
problem. E-mail: yoleodirect@gmail.com

Hantelbank Klappbar YDB004PIN2B (J)



Bitte lesen Sie vor der Installation und Verwendung des Geräts alle Anweisungen in der Anleitung sorgfältig durch und bewahren Sie die Anleitung sorgfältig auf.

USER MANUAL EN-1-8

BENUTZERHANDBUCH DE-1-8

MANUALE UTENTE IT-1-8

MANUAL DE USUARIO ES-1-8

MANUEL D'UTILISATION FR-1-8

Vor Beginn der Montage...

Herzlichen Glückwunsch zu Ihrer verstellbaren Hantelbank und willkommen in der Fitness-Familie!

Vielen Dank, dass Sie sich für diese hochwertige einstellbare Gewichtstabelle-Hantelbank entschieden haben. Ihre neue Hantelbank wurde von einem der führenden Fitnesshersteller der Welt hergestellt und ist es auch Unterstützt durch eine der umfassendsten verfügbaren Garantien. Wir werden alles daran setzen, Ihre Eigentümererfahrung für viele Jahre so angenehm wie möglich zu gestalten.

Wenn Sie Fragen zu Ihrem neuen Produkt haben, wenden Sie sich bei technischen Problemen mit Ihrer neuen Hantelbank an die E-Mail-Adresse des unser Fitness-Kundendienstes : **yoleodirect@gmail.com**

Mit freundlichen Grüßen ,

Ersatzteile bestellen ,

Ersatzteile können per E-Mail an unsere Kundendienstabteilung bestellt werden : Taglich von 8:00 bis 17:00 Uhr(PST).

yoleodirect@gmail.com

Bitte geben Sie bei der Bestellung von Ersatzteilen folgende Angaben an

1. Kastenbild
2. SKU
3. Teilenummer und Teilebeschreibung
4. Bestellnummer

Wenn Sie sich an den Kundendienst wenden, geben Sie bitte Folgendes an

1. Kastenbild
2. SKU
3. Teilenummer und Teilebeschreibung
4. Bestellnummer

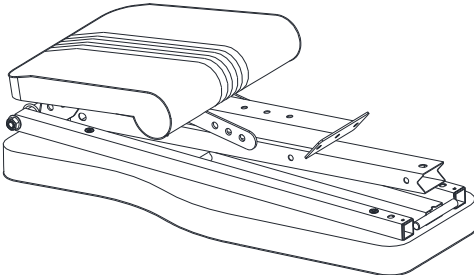
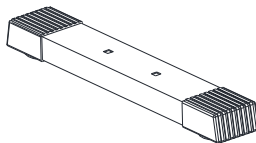
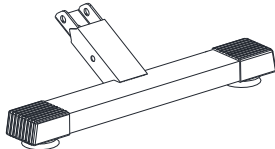
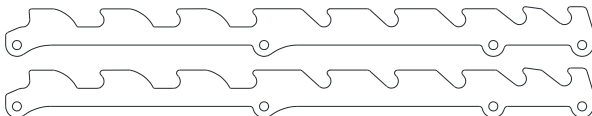
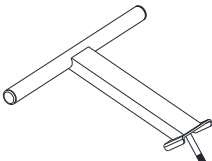
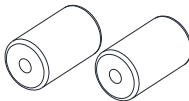
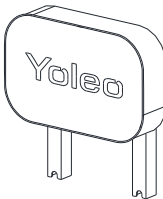
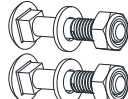
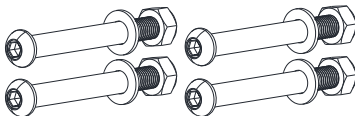
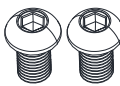
Warnung: Bevor Sie mit diesem oder einem anderen Trainingsprogramm beginnen, konsultieren Sie zuerst Ihren Arzt. Dies ist besonders wichtig für Personen über 35 Jahre oder Personen mit bereits bestehenden Gesundheitsproblemen. Lesen Sie alle Anweisungen, bevor Sie die Hantelbank benutzen. Yoleo übernimmt keine Verantwortung für Personen- oder Sachschäden, die durch oder durch die Verwendung dieses Produkts verursacht werden.

Teileliste

Teil#	Beschreibung	QTY
1	Hauptrahmen	1
2	Vordere Bein	1
3	Das hintere Bein	1
4	Schlitz	2
5	Beinauflage	1
6	Schaumstoff-Beinrolle	2
7	Kopfstütze	1
8	Beinknopf	1
9	Ringstift - $\Phi 10 \times 90\text{mm}$	1
10	Kugelbolzen - $\Phi 10 \times 90\text{mm}$	1
11	Sechskantschraubensatz M8x40mm - 2 Stück Schraube, 2 Stück Unterlegscheibe, 2 Stück Mutter	2
12	Rohrschrauben-Satz M8x15mm - 1Stück Schraube, 1Stück große Unterlegscheibe	1
13	Schlitzschraubensatz M8x75mm - 4Stück Schraube, 4Stück Unterlegscheibe, 4Stück Mutter	4
14	Rohrschraubensatz M6x10mm - 2St. Schraube	2
15	Schraubenschlüssel	1
16	Sechskant-Schlüssel	1

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Teileliste

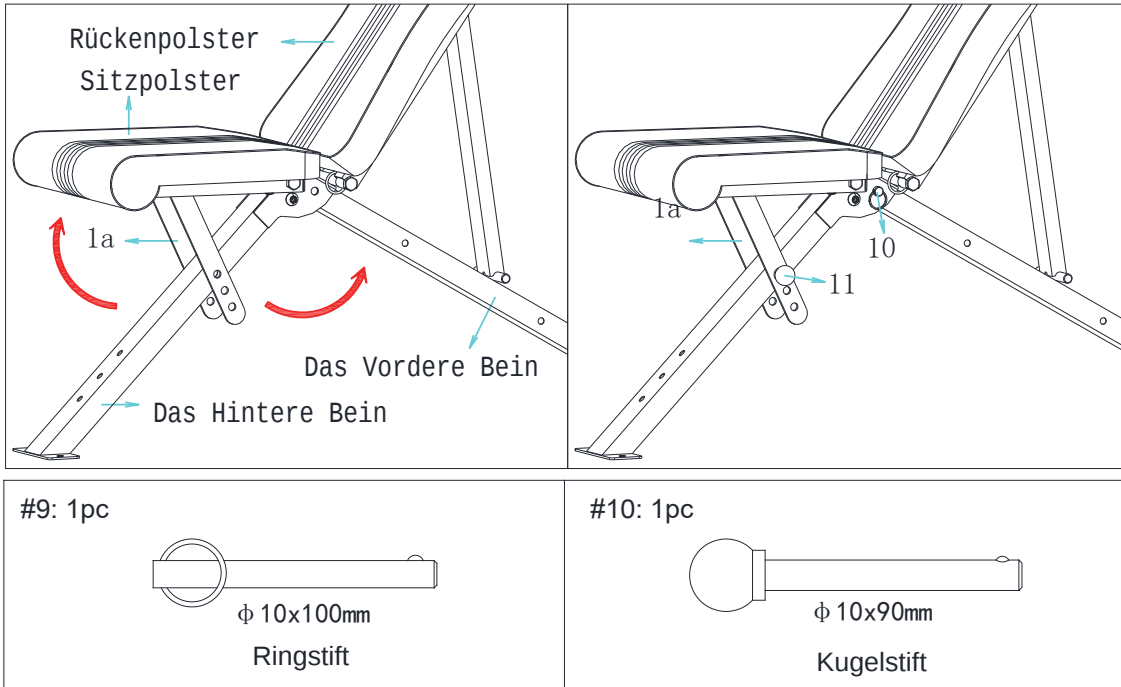
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#4: 2pcs  Schlitz			
#5: 1pc  Beinauflage	#6: 2pcs  Schaumstoff-Beinrolle	#7: 1pc  Kopfstütze	#8: 1pc  Beinknopf
#9: 1pc  Φ 10x90mm Ringstift	#10: 1pc  Φ 10x90mm Kugelbolzen	#11: 2pcs  M8x40mm Sechskantschraubensatz	#12: 1pc  M8x15mm Rohrschraubensatz
#13: 4pcs  M8x75mm Schlitzschraubensat	#14: 2pcs  M6x10mm Rohrschraubensatz	#15: 1pc  Schraubenschlüssel	#16: 1pc  Sechskant-Schlüssel

Kundenservice: yoleodirect@gmail.com

Installationsschema

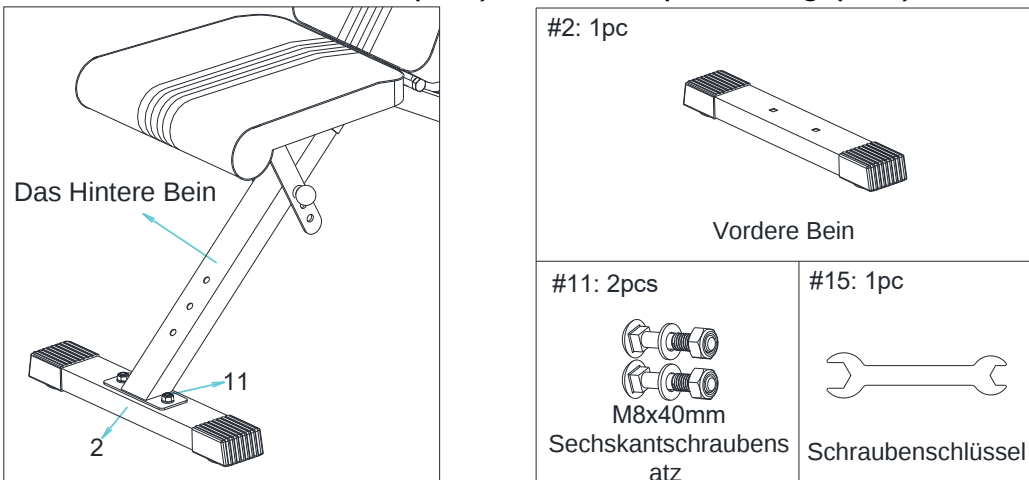
1. Schritt

Klappen Sie den Hauptrahmen der Hantelbank auf und setzen Sie den Kugelstift (#10) und den Ringstift (#9) ein.



2. Schritt

Ziehen Sie das vordere Beinrohr (#2) und den vorderen Rahmen mit dem Sechskantschraubensatz (#11) mit dem Spannzeug (#15) fest.



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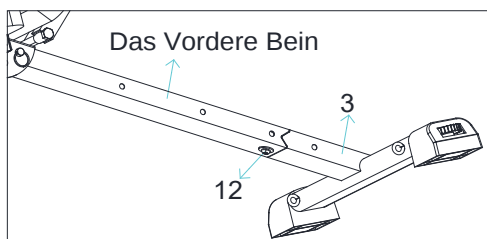
Installationsschema

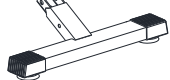


Hinweis: Bitte neigen Sie die Rückenlehne zuerst, um die Installation zu erleichtern, wenn Sie sich in Schritt 3-1 und 3-2 befinden.

3.1 Schritt

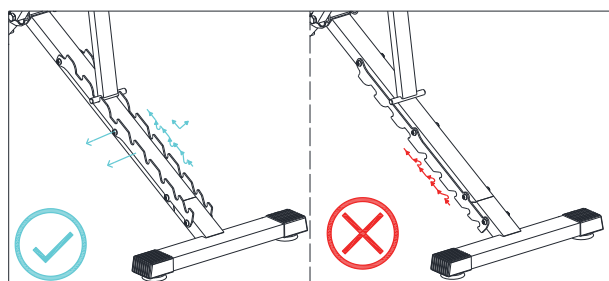
Ziehen Sie das hintere Beinrohr (#3) und den hinteren Rahmen mit der hinteren Beinrohrschraube (#12) mit dem großen Sechskantschlüssel (#16) fest.



#3: 1pc  Das hintere Bein	#12: 1pc  M8x15mm Rohrschraubensatz	#16: 1pc  Sechskant-Schlüssel
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3.2 Schritt

Ziehen Sie den Schlitz (#4) und den hinteren Rahmen mit dem Schlitzschraubensatz (#13) mit Hilfe eines Schraubenschlüssels (#15) und eines kleinen Sechskantschlüssels (#16) fest.



Hinweis: Die Sägezahnseite des Schlitzes muss nach oben gerichtet sein.

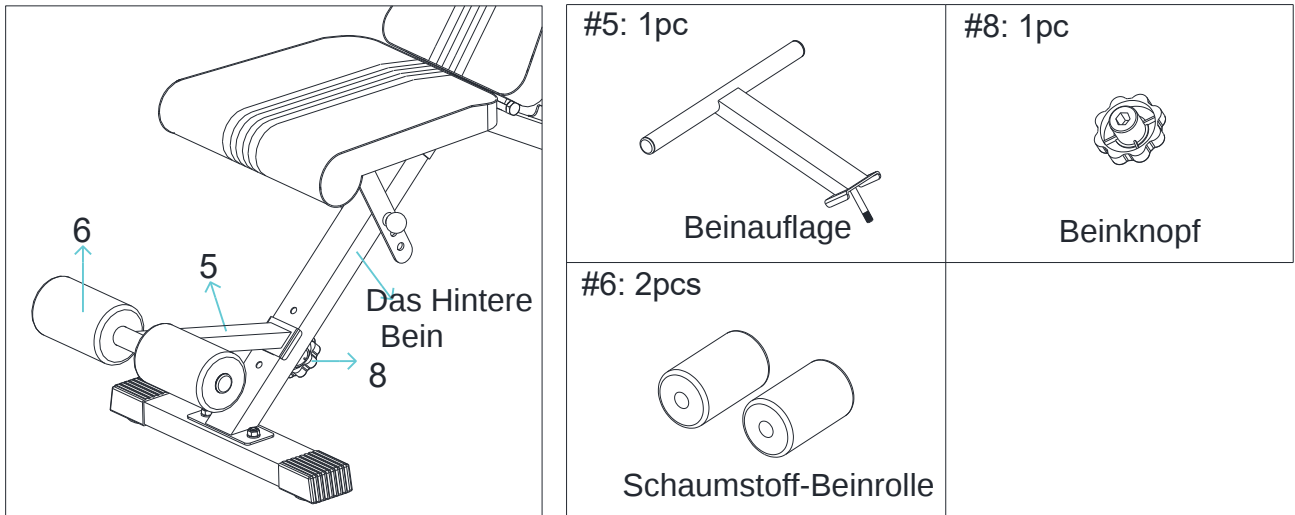
#4: 2pcs  Schlitz	#13: 4pcs  M8x75mm Schlitzschraubensatz
#15: 1pc  Schraubenschlüssel	#16: 1pc  Sechskant-Schlüssel

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Installationsschema

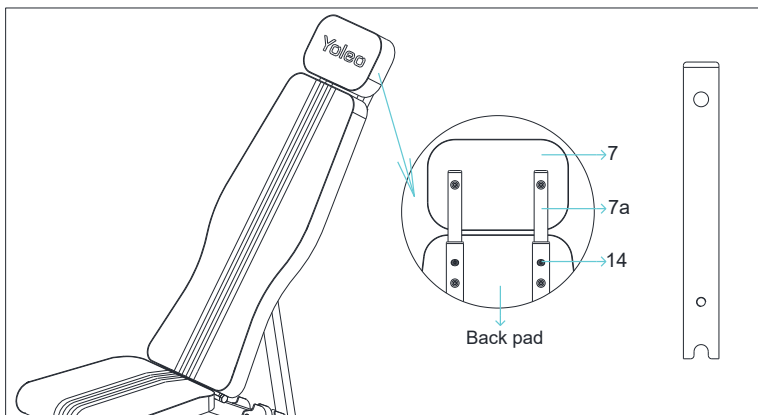
4.1 Schritt

Ziehen Sie die Beinstütze (#5) und den vorderen Rahmen mit dem Beinknopf (#8) fest und legen Sie das Schaumstoffpolster (#6) auf die Beinstütze.



4.2 Schritt

Setzen Sie die Kopfstütze (#7) in das Rückenpolsterrohr ein und ziehen Sie sie mit dem Rohrschraubensatz (#14) und dem Sechskantschlüssel (#16) fest.



Installationsschema

Endgültige Montage :



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Vielen Dank, dass Sie sich für unsere faltbare Trainingsbank entschieden haben. Zu Ihrer Sicherheit achten Sie bitte besonders auf die Sicherheitsaspekte, um einen ordnungsgemäßen Betrieb und Gebrauch dieses Produkts zu gewährleisten. Wenn Sie irgendwelche Fragen haben, kontaktieren Sie uns bitte:

yoleodirect@gmail.com

GARANTIE:

Wir bieten eine 12-monatige Garantie ab dem ursprünglichen Kaufdatum. Wenn es Herstellungsfehler an diesem Produkt gibt, kontaktieren Sie uns bitte mit Ihrer Bestellnummer und anderen Details über das Problem. E-Mail: yoleodirect@gmail.com

Panca Regolabile Palestra YDB004PIN2B (J)



Prima di installare e utilizzare il prodotto, leggere attentamente tutte le istruzioni contenute nel manuale e conservarle correttamente.

USER MANUAL EN-1-8

BENUTZERHANDBUCH DE-1-8

MANUALE UTENTE IT-1-8

MANUAL DE USUARIO ES-1-8

MANUEL D'UTILISATION FR-1-8

Before Beginning Assembly...

Congratulazioni per la tua nuova panca palestra e benvenuti nella famiglia di Fitness !

Grazie per aver acquistato la nostra panca pesa regalabile. Essa e stata prodotta da uno dei principali produttori di fitness al mondo ed e supportata da una delle garanzie pi complete disponibili. Faremo tutto il possibile per rendere la vostra esperienza di proprieta il pi piacevole possibile per molti anni a venire.

Se avete un problema tecnico con la vostra nuova panca per pesi, contattate il nostro servizio clienti all'indirizzo e-mail:

yoleodirect@gmail.com

Distinti saluti,

Ordinazione di pezzi di ricambio ,

Le parti di ricambio possono essere ordinate via e-mail al nostro servizio clienti:

Tutti i giorni 8:00-17:00(PST).

yoleodirect@gmail.com

Quando so ordinano parti di ricambio, tenere presente quanto segue

- Immagine della scatola
- SKU
- Numero di parte e descrizione della parte
- Numero d'ordine

Quando si contatta il servizio clienti, si prega di fornire quanto segue

1. Immagine della scatola
2. SKU
3. Numero di parte e descrizione della parte
4. Numero d'ordine

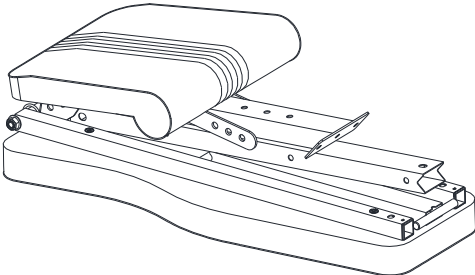
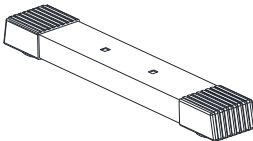
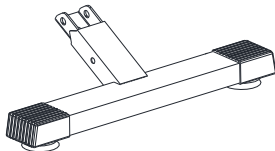
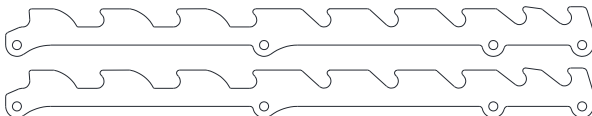
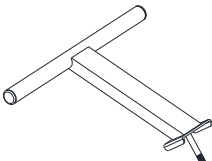
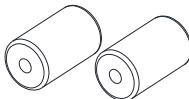
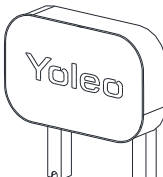
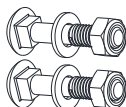
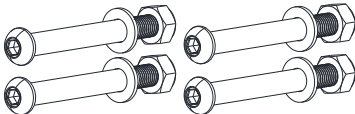
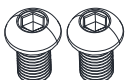
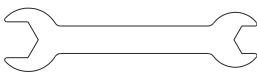
Avvertenza:Prima di iniziare questo oqualsiasi programma di allenamento, consultare prima il proprio medico.Questo particolarmente importante per le persone di eta superiore di 35 anni o con problemi di salute preesistenti. Leggi tutte le istruzioni prima di usare la panca pesa. Dripex non si assume alcuna responsabilita per lesioni personali o danni alla proprieta subiti da o attraverso l'uso di questo prodotto.

Elenco delle parti

Parte#	Descrizione	QTY
1	Struttura principale	1
2	Tubo della gamba anterioree	1
3	Tubo della gamba posteriore	1
4	Slot	2
5	Gambe Di Supporto	1
6	Cuscinetto in schiuma	2
7	Poggiatesta	1
8	Manopola del fermo gamba	1
9	Perno ad anello - $\Phi 10 \times 90\text{mm}$	1
10	Perno a sfera - $\Phi 10 \times 90\text{mm}$	1
11	Set di bulloni esagonali M8x40 mm - 2 pezzi di bulloni, 2 pezzi di rondelle, 2 pezzi di dadi	2
12	Set di viti per tubi M8x15 mm - bullone 1pc, rondella 1pc grande	1
13	Set di bulloni a taglio M8x75 mm - 4 pezzi di bulloni, 4 pezzi di rondelle, 4 pezzi di dadi	4
14	Set di viti per tubi M6x10mm - 2 pz. bullone	2
15	Chiave	1
16	Chiave esagonale	1

Servizio clienti: yoleodirect@gmail.com

Elenco delle parti

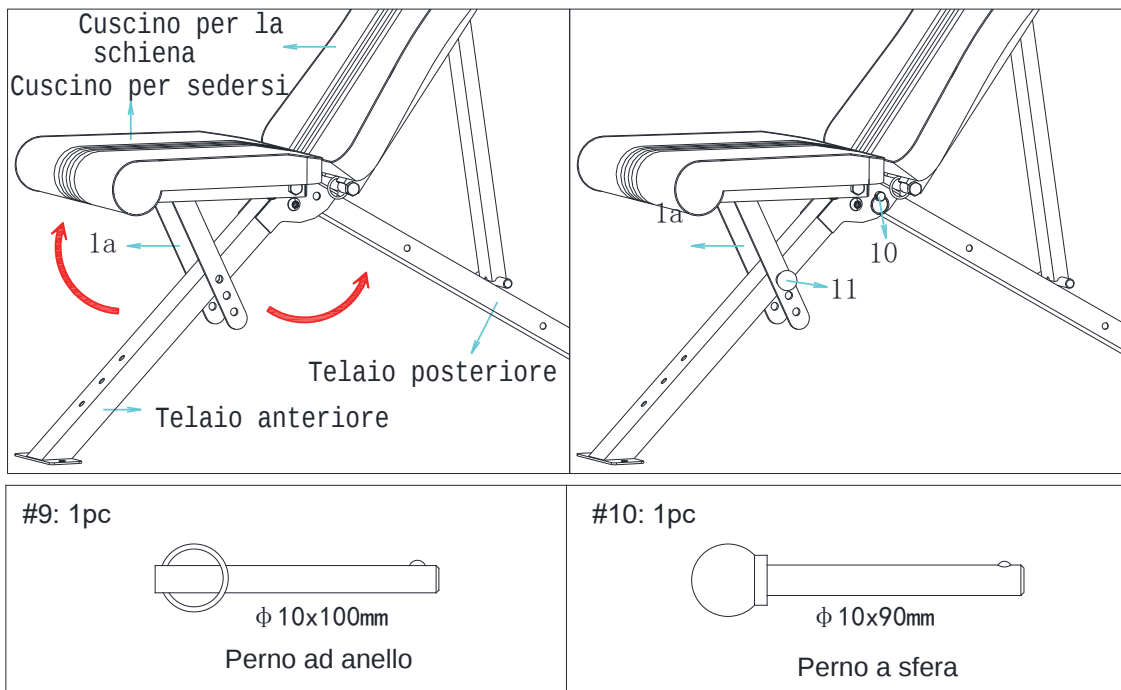
#1: 1pc  Struttura principale	#2: 1pc  Tubo della gamba anteriore	#3: 1pc  Tubo della gamba posteriore	
#4: 2pcs  Slot			
#5: 1pc  Gambe Di Supporto	#6: 2pcs  Cuscinetto in schiuma	#7: 1pc  Poggiatesta	#8: 1pc  Manopola del fermo gamba
#9: 1pc  Φ 10x90mm Perno ad anello	#10: 1pc  Φ 10x90mm Perno a sfera	#11: 2pcs  M8x40mm Set di bulloni esagonali	#12: 1pc  M8x15mm Set di viti per tubi
#13: 4pcs  M8x75mm Set di bulloni a taglio	#14: 2pcs  M6x10mm Set di viti per tubi	#15: 1pc  Chiave	#16: 1pc  Chiave esagonale

Servizio clienti: yoleodirect@gmail.com

Schema di installazione

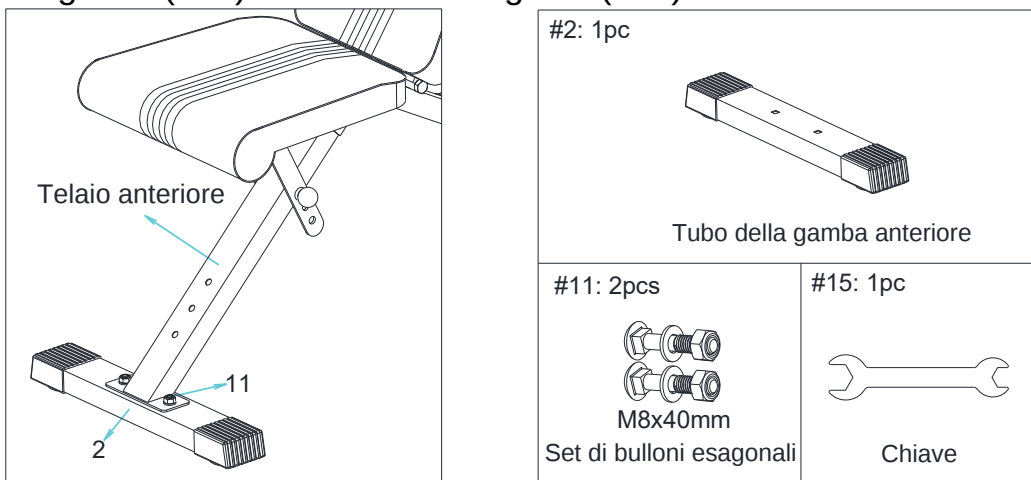
Fase 1

Aprire il telaio principale della panca pesi e inserire il perno a sfera (#10) e il perno ad anello (#9).



Fase 2:

Serrare il tubo della gamba anteriore(#2) e il telaio anteriore con il set di bulloni esagonali (#11) con la chiave inglese (#15).



Servizio clienti: yoleodirect@gmail.com

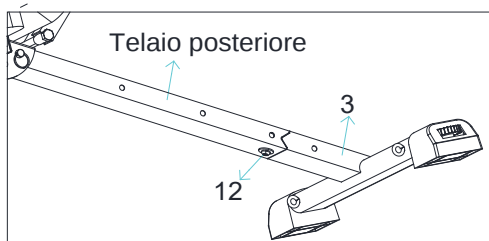
Schema di installazione

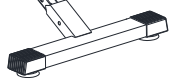


Nota: per agevolare l'installazione, inclinare prima il cuscinetto posteriore quando si è fase 3-1 e 3-2.

FASE 3-1 :

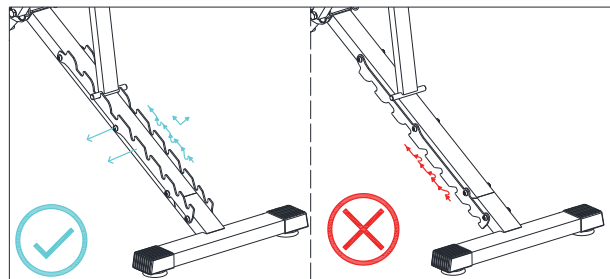
Serrare il tubo della gamba posteriore (#3) e il telaio posteriore con la vite del tubo della gamba posteriore (#12) mediante la chiave esagonale grande (#16).



#3: 1pc  Tubo della gamba posteriore	#12: 1pc  M8x15mm Set di viti per tubi	#16: 1pc  Chiave esagonale
--	--	---

FASE 3-2:

Serrare la scanalatura (#4) e il telaio posteriore con la vite della scanalatura (#13) con la chiave inglese (#15) e la chiave esagonale piccola (#16).



Nota: il lato a dente di sega della scanalatura deve essere installato verso l'alto.

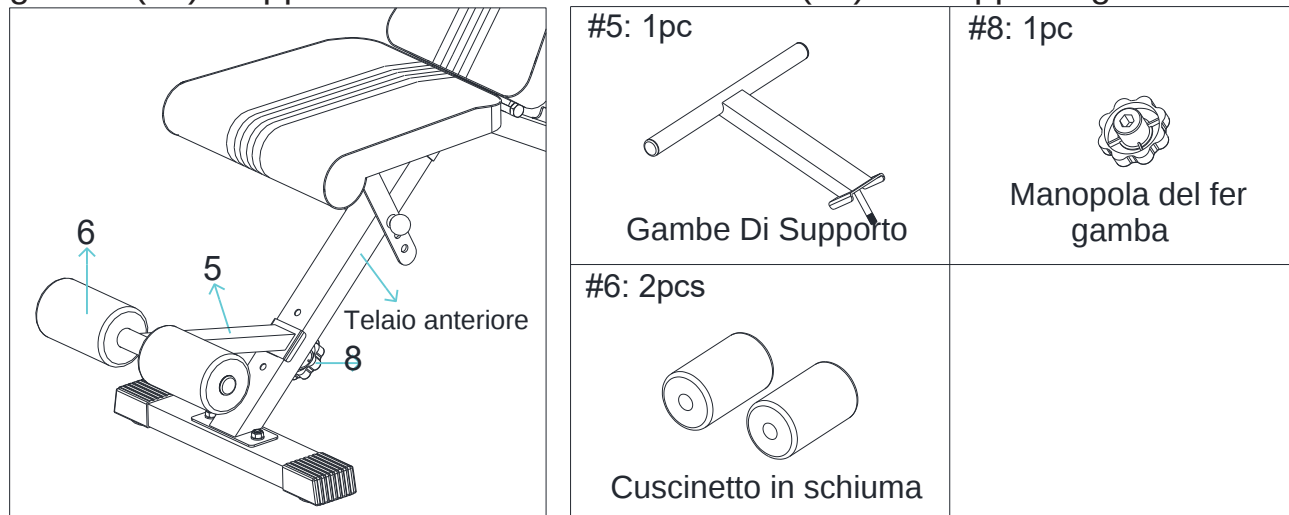
#4: 2pcs  Slot	#13: 4pcs  M8x75mm Set di bulloni a taglio
#15: 1pc  Chiave	#16: 1pc  Chiave esagonale

Servizio clienti: yoleodirect@gmail.com

Schema di installazione

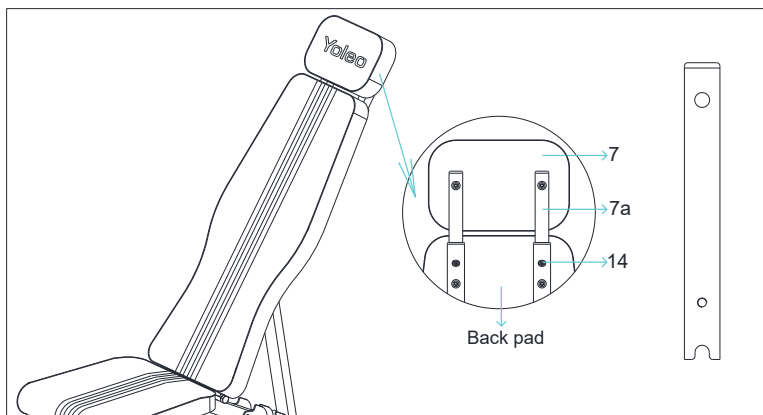
FASE 4-1 :

Serrare il supporto gambe (#5) e il telaio anteriore con la manopola delle gambe (#8) e applicare il cuscinetto in schiuma (#6) sul supporto gambe.



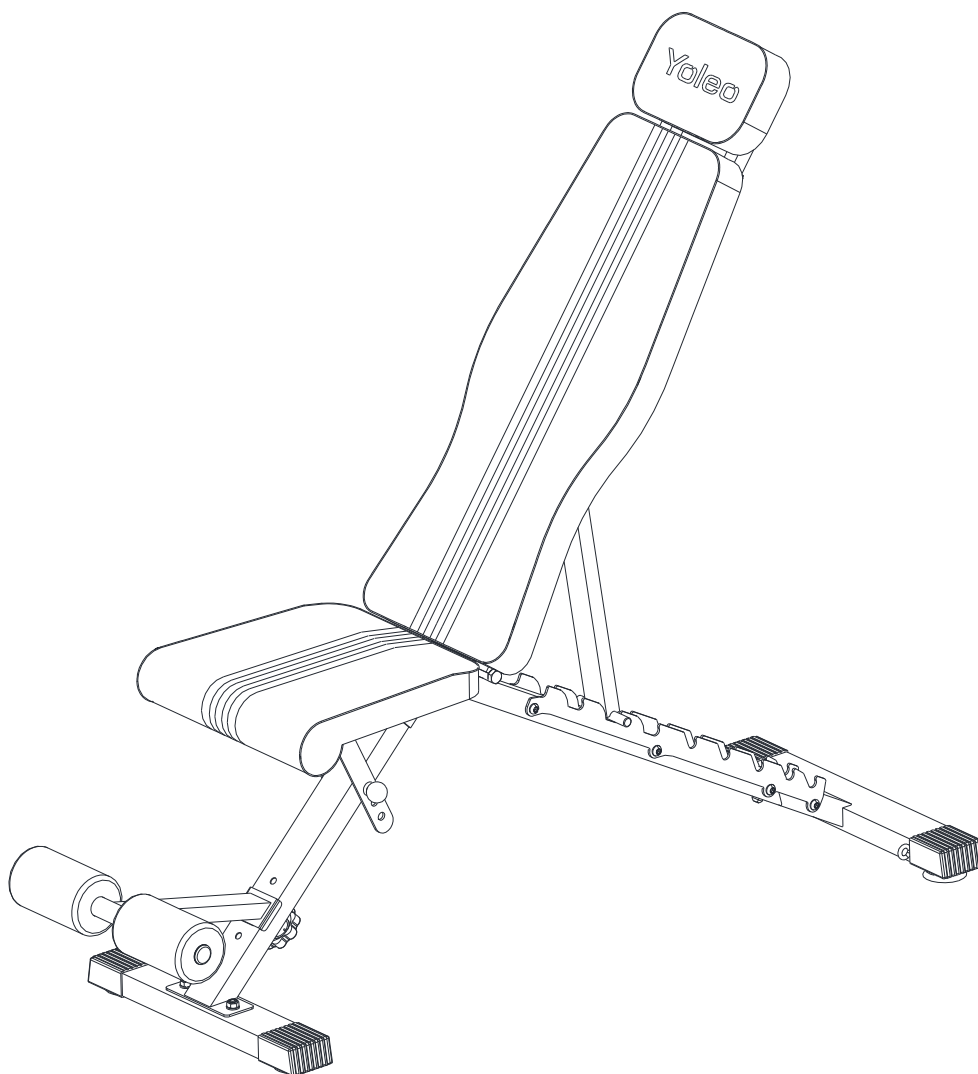
FASE 4-2 :

Inserire il poggiatesta (#7) nel tubo del cuscinetto posteriore e serrare con il set di viti per tubi (#14) e la chiave esagonale (#16).



Schema di installazione

Montaggio finale :



Servizio clienti: yoleodirect@gmail.com

Grazie per aver acquistato la nostra panca da allenamento pieghevole. Per la vostra sicurezza, vi invitiamo a prestare particolare attenzione alle questioni di sicurezza per garantire il corretto funzionamento e utilizzo di questo prodotto. Se avete domande, non esitate a contattarci:

yoleodirect@gmail.com

GARANZIA:

Offriamo una garanzia di 12 mesi dalla data di acquisto originale. In caso di difetti di fabbricazione di questo prodotto, si prega di contattarci con il numero d'ordine e altri dettagli sul problema. E-mail: yoleodirect@gmail.com

Banco de pesas ajustable YDB004PIN2B (J)



Lea atentamente todas las instrucciones del manual antes de instalar y utilizar el producto, y conserve las instrucciones correctamente.

USER MANUAL EN-1-8

BENUTZERHANDBUCH DE-1-8

MANUALE UTENTE IT-1-8

MANUAL DE USUARIO ES-1-8

MANUEL D'UTILISATION FR-1-8

Antes de comenzar el montaje...

¡Felicitaciones por su banco de pesas ajustable y bienvenido a nuestra familia Fitness!

Gracias por comprar este banco de pesas ajustable de calidad. Su nuevo banco de pesas ha sido fabricado por uno de los principales fabricantes de fitness del mundo y está respaldado por una de las garantías más completas disponibles. Haremos todo lo posible para que su experiencia como propietario sea lo más agradable posible durante muchos años.

Si tiene alguna pregunta sobre su nuevo producto o preguntas sobre el artículo, si tiene un problema técnico con su banco de pesas, comuníquese con nuestra dirección de correo electrónico de atención al cliente:

yoleodirect@gmail.com

Suyo en Salud,

Pedido de piezas de repuesto

Las piezas de repuesto se pueden solicitar enviando un correo electrónico a nuestro departamento de atención al cliente:

Todos los días de 8:00 a. m. a 5:00 p. m. (hora del Pacífico).

yoleodirect@gmail.com

Al pedir piezas de repuesto, verifique con los siguientes detalles

- Imagen de Caja
- SKU
- Número de pieza y descripción de la pieza
- Número de orden

Cuando se comunique con el servicio al cliente, proporcione lo siguiente

1. Imagen de la caja
2. SKU
3. Número de pieza y descripción de la pieza
4. Número de pedido

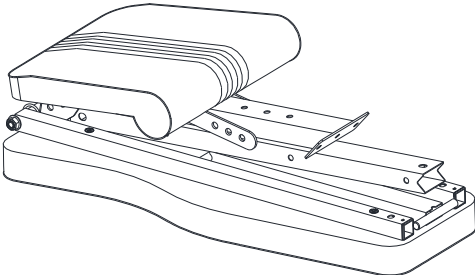
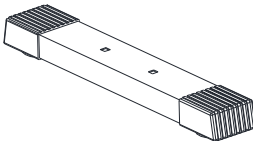
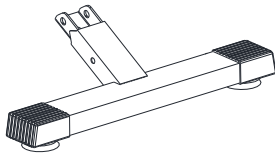
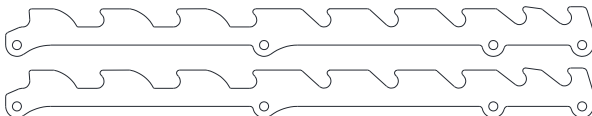
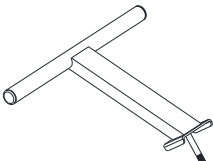
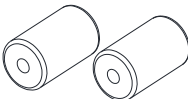
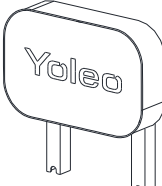
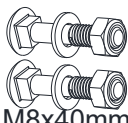
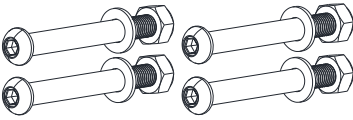
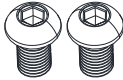
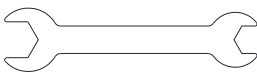
Advertencia: antes de comenzar este o cualquier programa de ejercicios, consulte primero a su médico. Esto es especialmente importante para personas mayores de 35 años o personas con problemas de salud preexistentes. Lea todas las instrucciones antes de usar el banco de pesas. No asumimos ninguna responsabilidad por lesiones personales o daños a la propiedad sufridos por o a través del uso de este producto.

Lista de partes

Parte#	Descripción	CANTIDAD
1	Marco principal	1
2	Tubo de la pierna delantera	1
3	Tubo trasero de la pierna	1
4	Ranura	2
5	Soporte para las piernas	1
6	Rodillo de espuma para piernas	2
7	Reposacabezas	1
8	Perilla de la pierna	1
9	Pasador de anillo - $\Phi 10 \times 90$ mm	1
10	Pasador de bola - $\Phi 10 \times 90$ mm	1
11	Juego de pernos hexagonales M8x40 mm: 2 pernos, 2 arandelas y 2 tuercas	2
12	Juego de tornillos para tubo M8x15 mm: 1 perno, 1 arandela grande	1
13	Juego de pernos ranurados M8x75 mm: perno de 4 piezas , arandela de 4 piezas, tuerca de 4 piezas	4
14	Juego de tornillos para tubo M6x10mm - perno de 2 piezas	2
15	Llave inglesa	1
16	Llave hexagonal	1

Atención al cliente: yoleodirect@gmail.com

Lista de partes

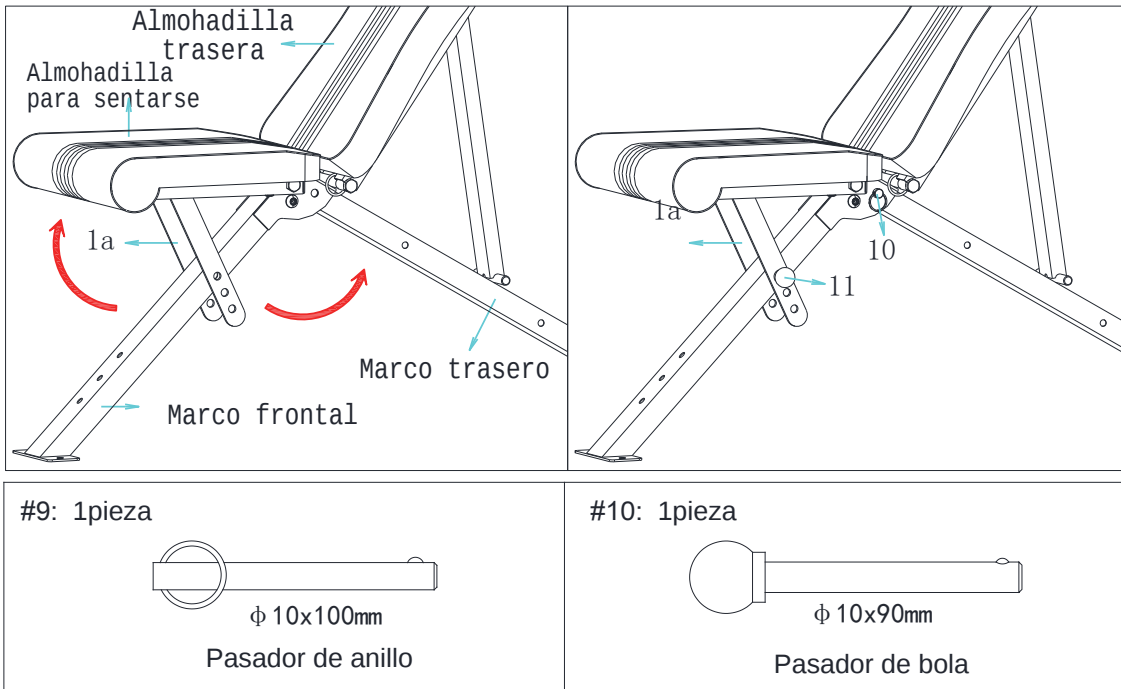
#1: 1pieza  Marco principal	#2: 1pieza  tubo de la pierna delantera	#3: 1pieza  tubo de la pierna trasera	
#4: 2piezas  Ranura			
#5: 1pieza  Soporte para piernas	#6: 2piezas  Rodillo de espuma para piernas	#7: 1pieza  Reposacabezas	#8: 1pieza  Perilla de la pierna
#9: 1pieza  Φ 10x90mm Pasador de anillo	#10: 1pieza  Φ 10x90mm Pasador de bola	#11: 2piezas  M8x40mm Juego de pernos hexagonales	#12: 1pieza  M8x15mm Juego de tornillos para tubo
#13: 4piezas  M8x75mm Juego de pernos ranurados	#14: 2piezas  M6x10mm Juego de tornillos para tubo	#15: 1pieza  Llave	#16: 1pieza  llave hexagonal

Atención al cliente: yoleodirect@gmail.com

Diagrama de instalación

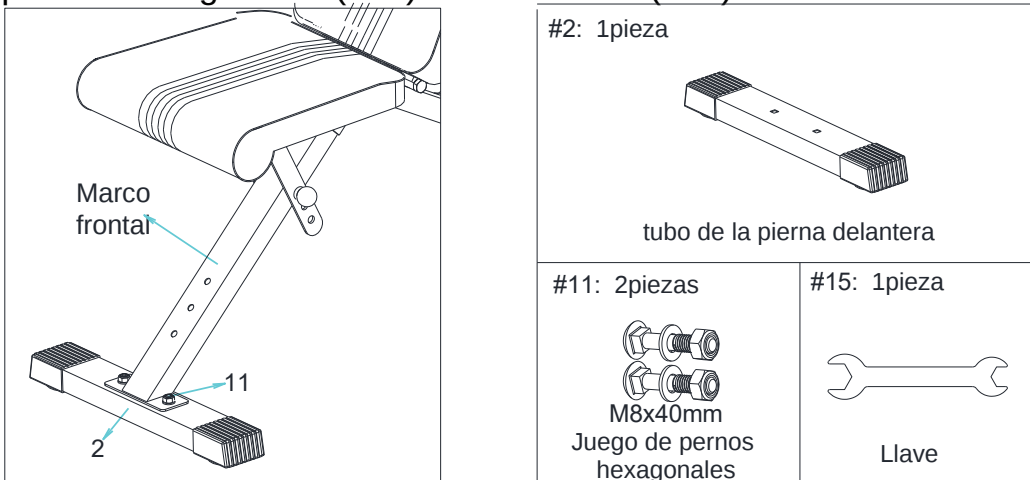
PASO 1:

Despliegue el marco principal del banco de pesas, luego inserte el pasador de bola (#10) y el pasador de anillo (#9).



PASO 2:

Apriete el tubo de la pata delantera (#2) y el marco delantero con el juego de pernos hexagonales (#11) con una llave (#15).



Atención al cliente: yoleodirect@gmail.com

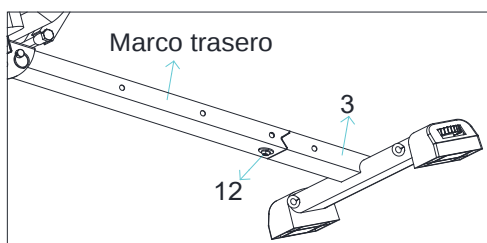
Diagrama de instalación

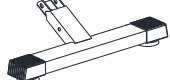


Nota: Inclíne primero la almohadilla trasera para facilitar la instalación cuando esté en los pasos 3-1 y 3-2.

PASO 3-1:

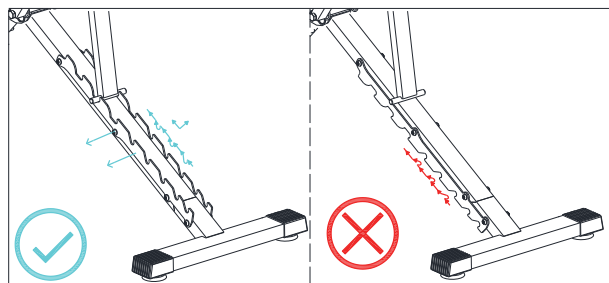
Apriete el tubo de la pata trasera (#3) y el marco trasero con el Juego de tornillos para tubo de la pata trasera (#12) con una llave hexagonal pequeña (#16).



#3: 1pieza  tubo de la pierna trasera	#12: 1pieza  M8x15mm Juego de tornillos para tubo	#16: 1pieza  llave hexagonal
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PASO 3-2:

Apriete la ranura (#4) y el marco trasero con el juego de pernos ranurados (#13) con una llave (#15) y una llave hexagonal (#16). **Nota:** El lado del diente de sierra de la ranura debe instalarse hacia arriba.



Nota: El lado del diente de sierra de la ranura debe instalarse hacia arriba.

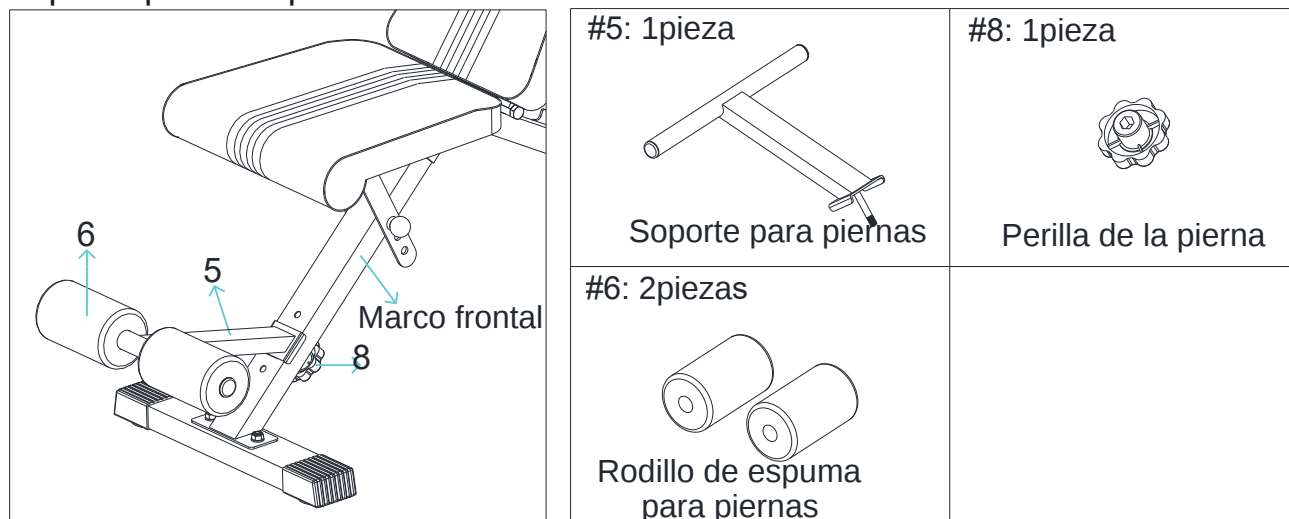
#4: 2piezas  Ranura	#13: 4piezas  M8x75mm Juego de pernos de ranura
#15: 1pieza  Llave	#16: 1pieza  llave hexagonal

Atención al cliente: yoleodiret@gmail.com

Diagrama de instalación

PASO 4-1:

Apriete el soporte para las piernas (#5) y el marco delantero con la perilla de ajuste (#8) y coloque la rodillo de espuma para piernas (#6) en el soporte para las piernas.



PASO 4-2:

Inserte el reposacabezas (#7) en el tubo del respaldo y apriételo con el juego de tornillos para tubo (#14) con una llave hexagonal (#16).

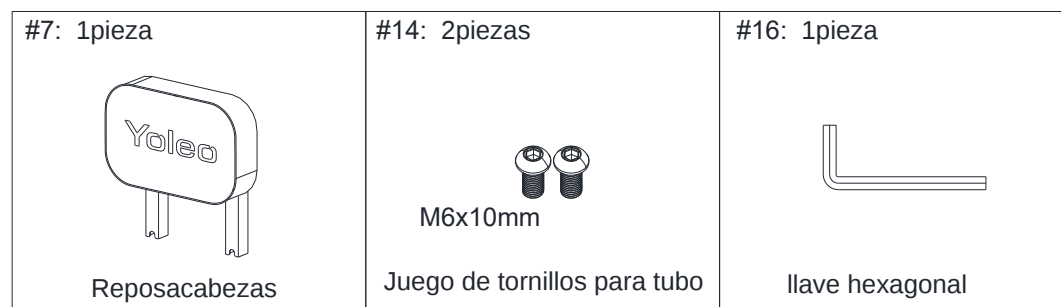
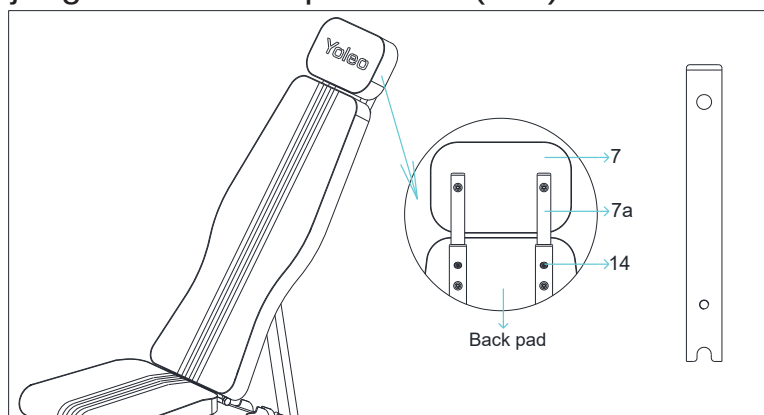


Diagrama de instalación

Montaje final:



Atención al cliente: yoleodirect@gmail.com

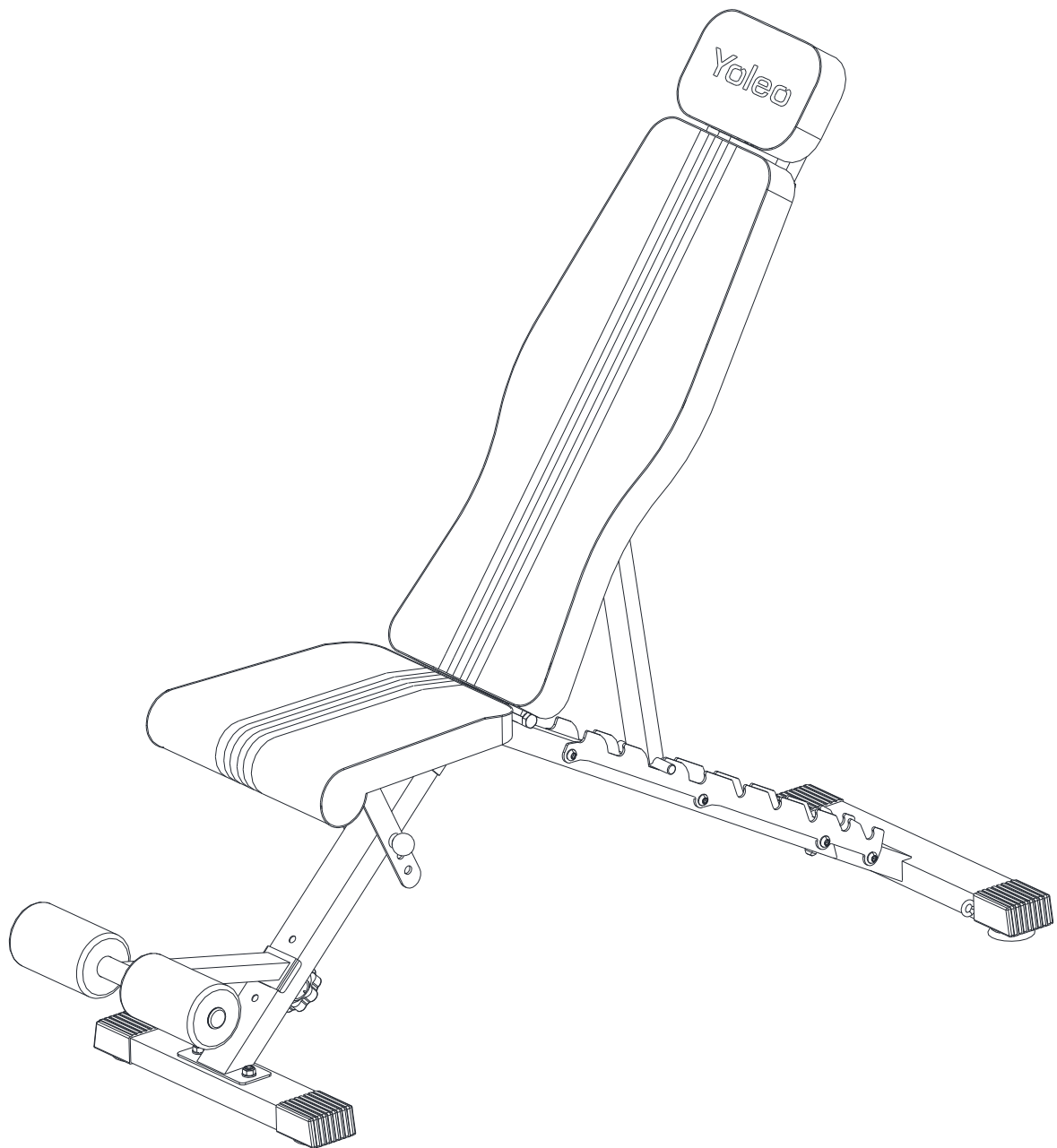
Gracias por comprar nuestro banco de ejercicios plegable. Por su seguridad, preste especial atención a las cuestiones de seguridad para garantizar el funcionamiento y uso adecuados de este producto. Si tiene alguna pregunta, no dude en contactarnos:

yoleodirect@gmail.com

GARANTÍA:

Ofrecemos una garantía de 12 meses después de la fecha de compra original. Si hay defectos de fabricación en este producto, contáctenos con su número de pedido y otros detalles sobre el problema. Correo electrónico: yoleodirect@gmail.com

Banc de Musculation Réglable YDB004PIN2B (J)



Veillez lire attentivement toutes les instructions contenues dans le manuel avant d'installer et d'utiliser le produit, et conservez-les soigneusement.

USER MANUAL EN-1-8

BENUTZERHANDBUCH DE-1-8

MANUALE UTENTE IT-1-8

MANUAL DE USUARIO ES-1-8

MANUEL D'UTILISATION FR-1-8

Avant de commencer le montage...

Félicitations pour votre banc de musculation réglable et bienvenue dans notre famille Fitness !

Merci d'avoir acheté ce banc de musculation réglable de qualité.

Votre nouveau banc de musculation a été fabriqué par l'un des principaux fabricants de matériel de fitness au monde et bénéficie de l'une des garanties les plus complètes qui soient. Nous ferons tout ce qui est en notre pouvoir pour rendre votre expérience de propriétaire aussi agréable que possible pendant de nombreuses années.

Si vous avez des questions sur votre nouveau produit ou sur l'article, si vous avez un problème technique avec votre banc de musculation, contactez notre service clientèle à l'adresse électronique suivante :

yoleodirect@gmail.com

Bien à vous en santé,

Commande de pièces de rechange

Les pièces de rechange peuvent être commandées par courriel à notre service à la clientèle:

Tous les jours de 8h00 à 17h00 (PST).

yoleodirect@gmail.com

Lors de demandes de pièces de rechange, veuillez vérifier les détails suivants :

- Image de la boîte
- SKU
- Numéro et description de la pièce
- Numéro de commande

Lorsque vous contactez le service clientèle, veuillez fournir les informations suivantes :

1. Image de la boîte
2. SKU
3. Numéro et description de la pièce
4. Numéro de commande

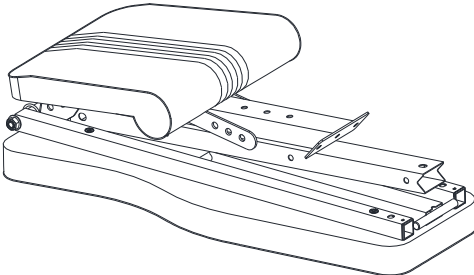
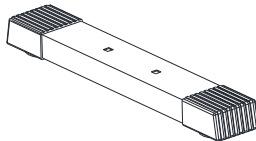
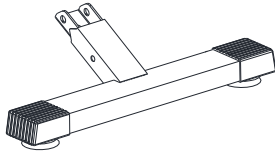
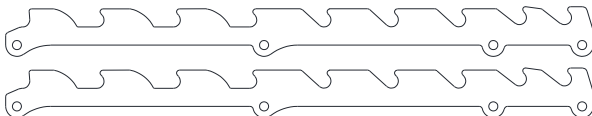
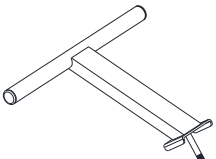
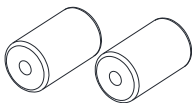
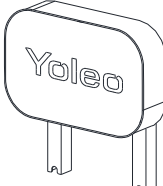
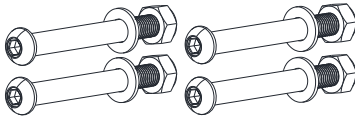
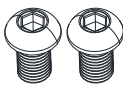
Avertissement : Avant de commencer ce programme d'exercices ou tout autre programme, consultez d'abord votre médecin. Ceci est particulièrement important pour les personnes âgées de plus de 35 ans ou les personnes ayant des problèmes de santé préexistants. Lisez toutes les instructions avant d'utiliser le banc de musculation. Nous déclinons toute responsabilité en cas de dommages corporels ou matériels causés par l'utilisation de ce produit.

Liste des Pièces

Pièce#	Description	QTÉ
1	Cadre principal	1
2	Tube de la jambe avant	1
3	Tube de jambe arrière	1
4	Fente	2
5	Support de jambe	1
6	Coussin de mousse	2
7	Appui-tête	1
8	Bouton de jambe	1
9	Goupille à anneau - $\Phi 10 \times 90\text{mm}$	1
10	Goupille à bille - $\Phi 10 \times 90\text{mm}$	1
11	Jeu de boulons hexagonaux M8x40mm - 2 boulons, 2 rondelles, 2 écrous	2
12	Jeu de vis à tube M8x15mm - 1 boulon, 1 rondelle large	1
13	Jeu de vis à fente M8x75mm - 4pcs boulon, 4pcs rondelle, 4pcs écrou	4
14	Jeu de vis à tube M6x10mm - 2 boulons	2
15	Clé	1
16	Clé hexagonale	1

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Liste des Pièces

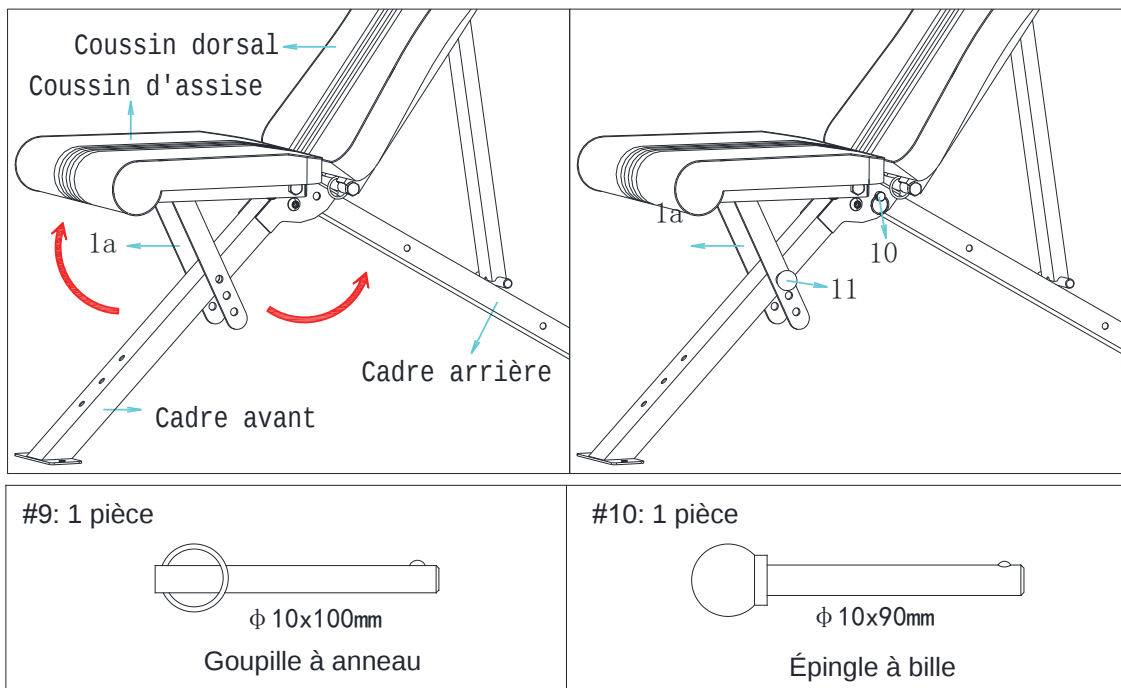
#1: 1pc  Cadre principal	#2: 1pc  Tube de la jambe avant	#3: 1pc  Tube de jambe arrière	
#4: 2pcs  Fente			
#5: 1pc  Support de jambe	#6: 2pcs  Coussin de mousse	#7: 1pc  Appui-tête	#8: 1pc  Bouton de jambe
#9: 1pc  Φ 10x90mm Goupille à anneau	#10: 1pc  Φ 10x90mm Goupille à bille	#11: 2pcs  M8x40mm Jeu de boulons hexagonaux	#12: 1pc  M8x15mm Jeu de vis à tube
#13: 4pcs  M8x75mm Jeu de vis à fente	#14: 2pcs  M6x10mm Jeu de vis à tube	#15: 1pc  Clé	#16: 1pc  Clé hexagonale

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Schéma d'installation

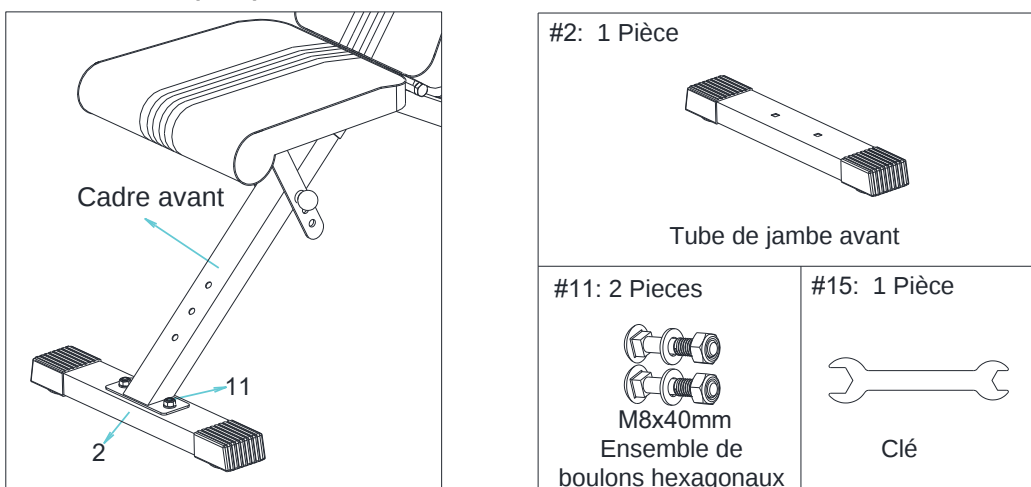
ÉTAPE 1 :

Dépliez le cadre principal du banc de musculation, puis insérez la broche à bille (#10) et la goupille de l'anneau.



ÉTAPE 2 :

Serrez le tube de jambe avant et le cadre avant avec le jeu de boulons hexagonaux (#11) avec une clé (#15).



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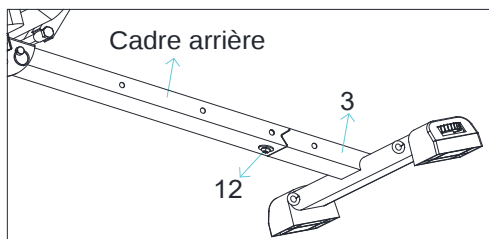
Schéma d'installation

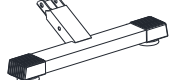


Note : Veuillez d'abord incliner le coussin arrière pour faciliter l'installation lors des étapes 3-1 et 3-2.

ÉTAPE 3-1 :

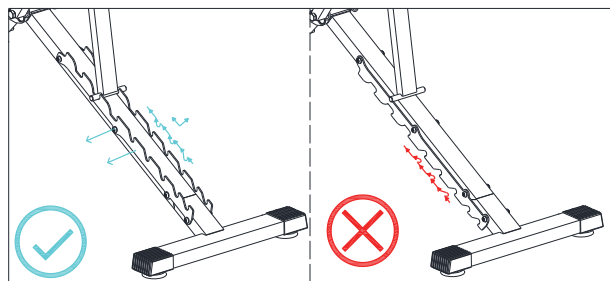
Serrez le tube de la jambe arrière (#3) et le cadre arrière avec le jeu de vis du tube de la jambe arrière (#12) à l'aide de la clé hexagonale (#16).



#3: 1pc  Tube de jambe arrière	#12: 1pc  M8x15mm Jeu de vis pour le tubet	#16: 1pc  Clé hexagonale
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ÉTAPE 3-2 :

Serrez la fente (#4) et le cadre arrière avec le jeu de vis de la fente (#13) à l'aide de la clé (#15) et de la clé hexagonale (#16).



Note : Le côté dent de scie de la fente doit être installé vers le haut.

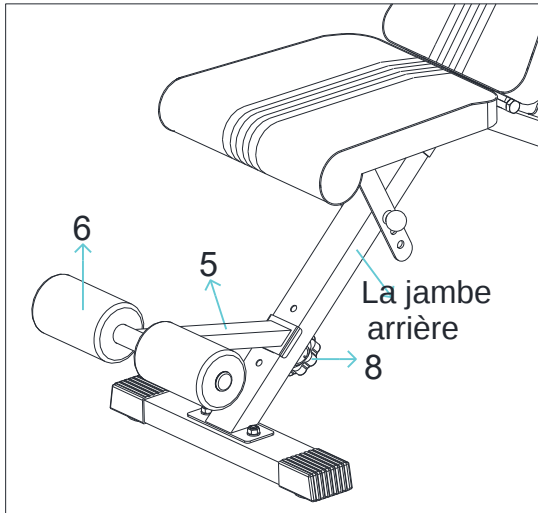
#4: 2pcs  Fente	#13: 4 pcs  M8x75mm Jeu de vis à fente
#15: 1pc  Clé	#16: 1pc  Clé hexagonale

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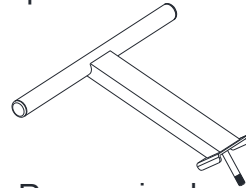
Schéma d'installation

Étape 4-1 :

Serrez le support de jambe (#5) et le cadre avant avec le bouton de jambe (#8), et placez le coussin en mousse (#6) sur le support de jambe.



#5: 1pc



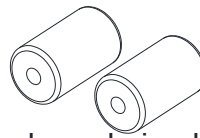
Repose-jambes

#8: 1pc



Bouton jambe

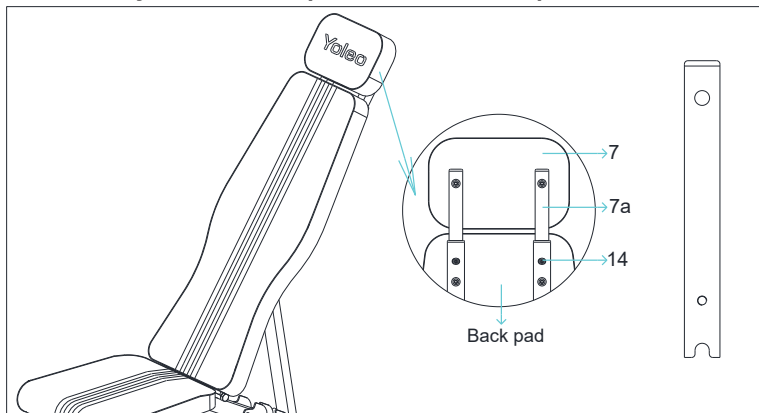
#6: 2pcs



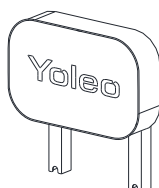
Rouleau de jambe
en mousse

Étape 4-2 :

Insérez l'appui-tête (#7) dans le tube du coussin de dossier et serrez-le avec le jeu de vis pour tube #14) et la clé hexagonale (#16).



#7: 1pc



Appui-tête

#14: 2pcs



M6x10mm

Kit de boulons de tuyau

#16: 1pc



Clé hexagonale

Schéma d'installation

Assemblage final



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Merci d'avoir acheté notre banc de musculation pliable. Pour votre sécurité, veuillez prêter attention aux questions de sécurité afin d'assurer le bon fonctionnement et l'utilisation de ce produit. Si vous avez des questions, n'hésitez pas à nous contacter :

yoleodirect@gmail.com

GARANTIE :

Nous offrons une garantie de 12 mois après la date d'achat originale. Si ce produit présente des défauts de fabrication, veuillez nous contacter en indiquant votre numéro de commande et d'autres détails concernant le problème. E-mail : yoleodirect@gmail.com