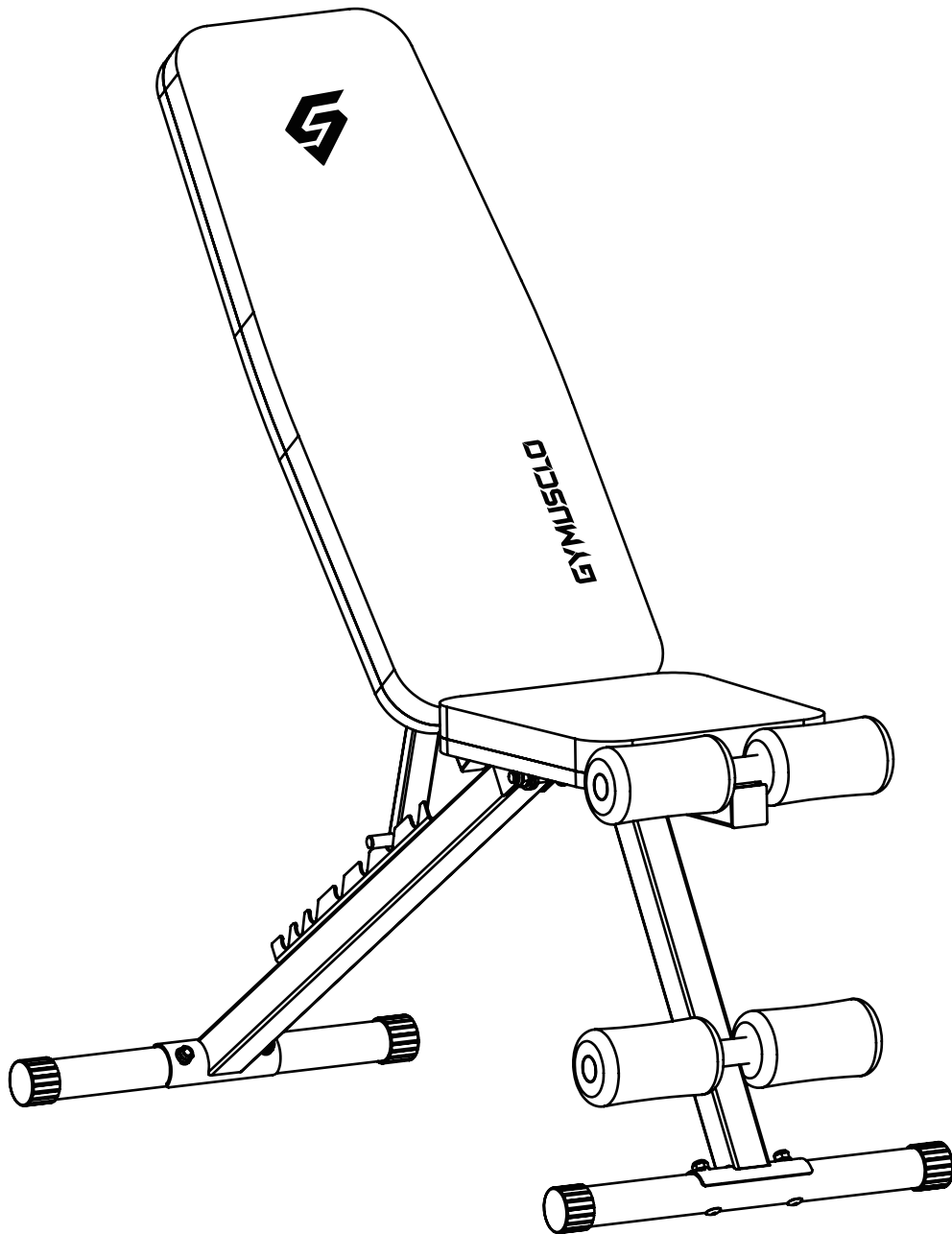


ASSEMBLY INSTRUCTIONS

SKU# DJ1300BK - 43CM



⚠ SAFETY TIPS:
Static charge may cause dust on foam-clean with a dry or damp cloth.
Small foam strands may be present-handle gently and dispose of properly.
Do not burn or incinerate. Check local recycling guideline.

Have an assembly question or need a replacement part?
Please contact with our customer service.

Warnings

To reduce the risk of injury, read and follow all of the warnings, precautions, and instructions in this manual before you use the equipment. Warnings and instructions for care, maintenance, and use of this equipment are included to promote safe enjoyable use of this equipment.

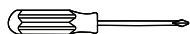
⚠ WARNING

- Any use of this product other than that intended may lead to serious injury.
- Prior to use, read the instructions carefully and comply with all warnings and instructions.
- Do not let children use this appliance, keep children and pets away from it. Teenagers must be supervised.
- You must replace the sticker if it is damaged, illegible or missing.
- Keep your body, clothing, and hair free and clear of all moving parts. Tie long hair back so that it does not get in the way when exercising.
- Not suitable for therapeutic purposes.
- Do not exceed weight capacity.
- Always use the security devices.
- It is the responsibility of the owner to ensure that all users of the weight training system are adequately informed of all precautions.
- Always consult a physician before beginning any exercise program. This is especially important if you are over 35 or have experienced health problems before.
- Always wear sports shoes for foot protection while using the weight training system.
- Before each use, make sure your product is locked (pins engaged). Inspect and properly tighten all parts and replace any worn parts immediately.
- Users are responsible for maintaining the product in good condition after setting it up and before each use.
- This product is intended for home use only. Do not use the product in a commercial, rental or institutional environment.
- The equipment must be placed on a flat, stable surface.
- Leave enough space around the apparatus in order to exercise in complete safety.
- For your own safety, regularly inspect your product.
- Remove any jewellery that you're wearing.
- Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain or any other abnormal symptoms, immediately stop your workout and see your doctor.

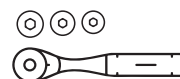
Adult assembly required

- It is recommended to assemble the product by two adults.
- Due to its weight and size, the product should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the product as you assemble it.
- Use gloves to protect your hands from pinch points during assembly.
- We've provided tools to help with assembly, but you're more than welcome to use your own tools.

- *one Phillips screwdriver*



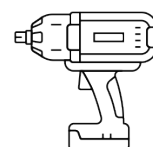
- *Socket set*



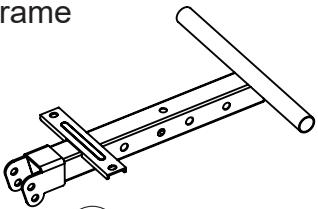
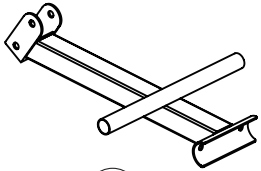
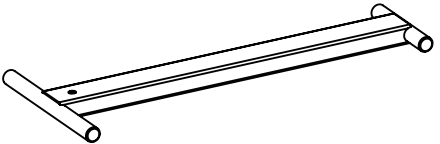
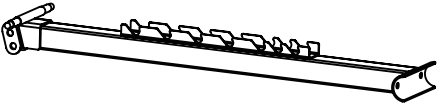
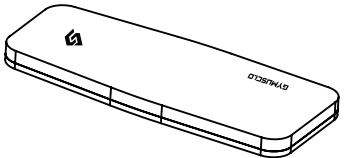
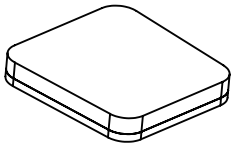
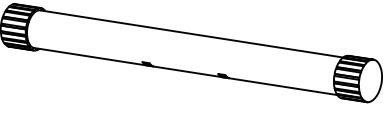
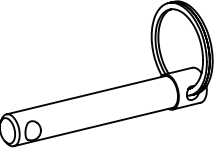
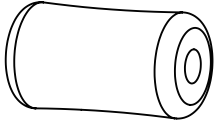
- *Adjustable wrenches*



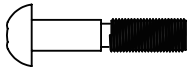
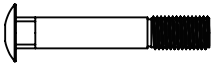
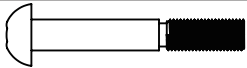
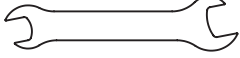
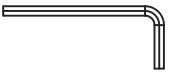
- *Electric Wrench*



Parts List

Seat Frame  ① X1	Front Leg Frame  ② X1	Adjustment Frame  ③ X1
Main Frame  ④ X1	Cushion Frame  ⑤ X2	Cushion  ⑥ X1
Seat  ⑦ X1	Leg Frame  ⑧ X2	Pin  ⑨ X2
Foam  ⑩ X4		

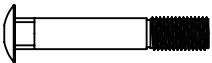
Hardware List

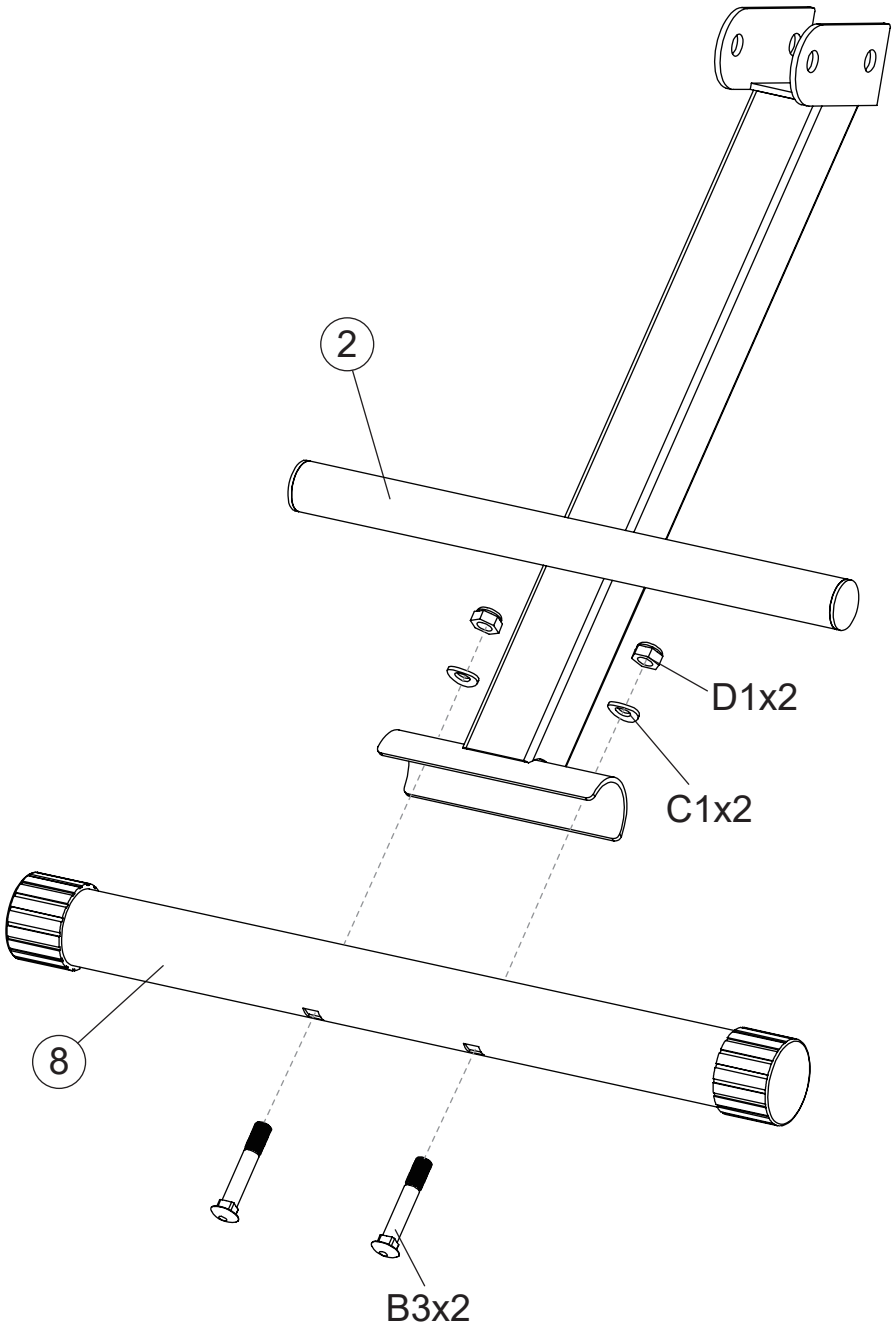
No.	Code	Diagram	Description	Quantity	Spare
1	B1		Bolt M8x15mm	2	
2	B2		Bolt M8x40mm	4	
3	B3		Bolt M8x50mm	4	
4	B4		Bolt M8x55mm	1	
5	B5		Bolt M10x60mm	2	
6	C1		M8 Arc Washer	4	
7	C2		M10 Washer	4	
8	D1		M8 Locknut	4	
9	D2		M10 Locknut	4	
10	*		Wrench	1	
			S6x66mm	1	
			S5x66mm	1	

THE SPARE BAG INCLUDED EXTRA HARDWARE FOR DAMAGED OR MISSING SMALL HARDWARE WHILE YOU ARE ASSEMBLING

Assemble

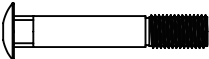
Step 1

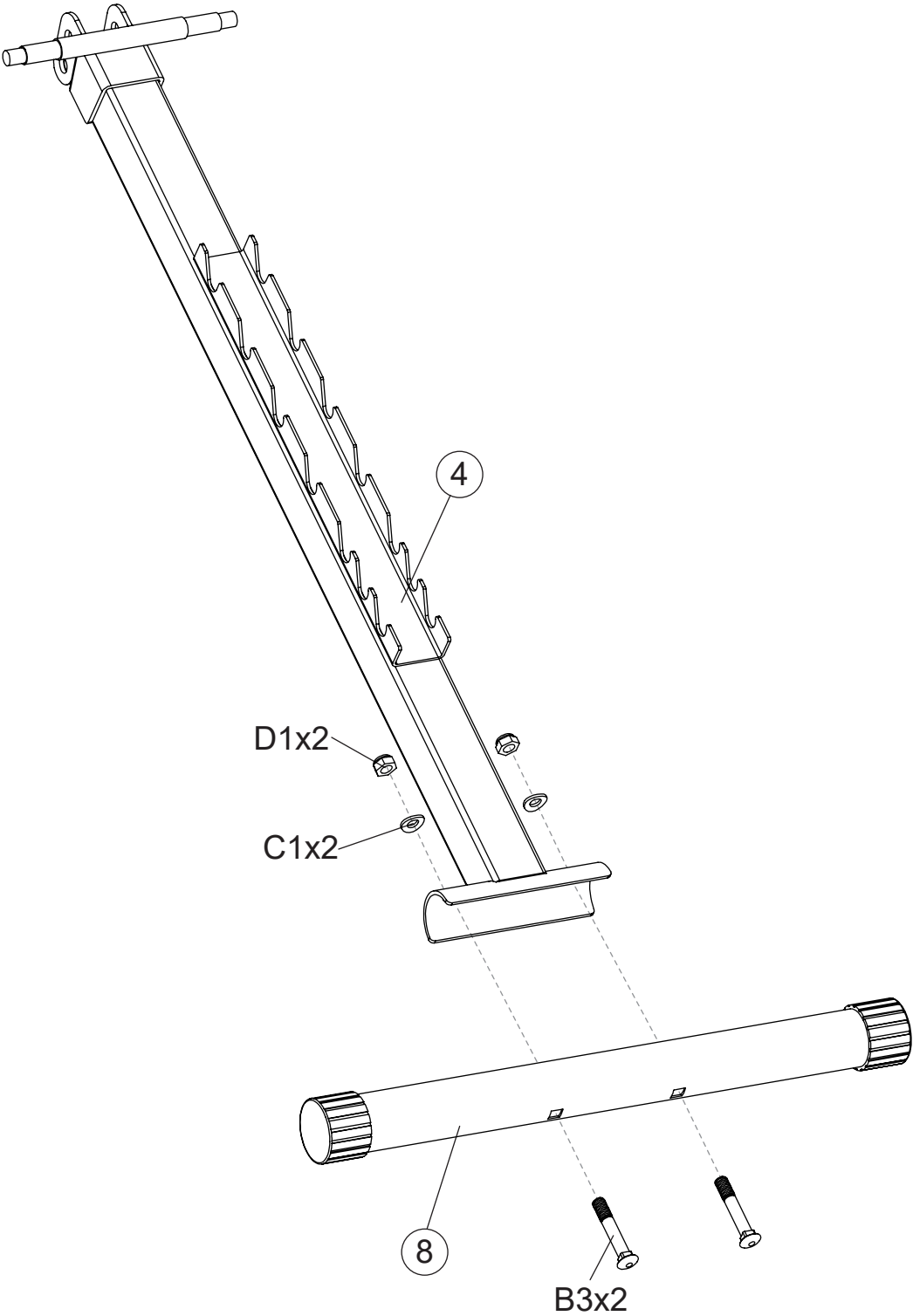
 Bolt M8*50mm		 M8 Arc Washer		 M8 Locknut			
B3	2PCS	C1	2PCS	D1	2PCS		



Assemble

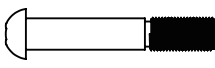
Step 2

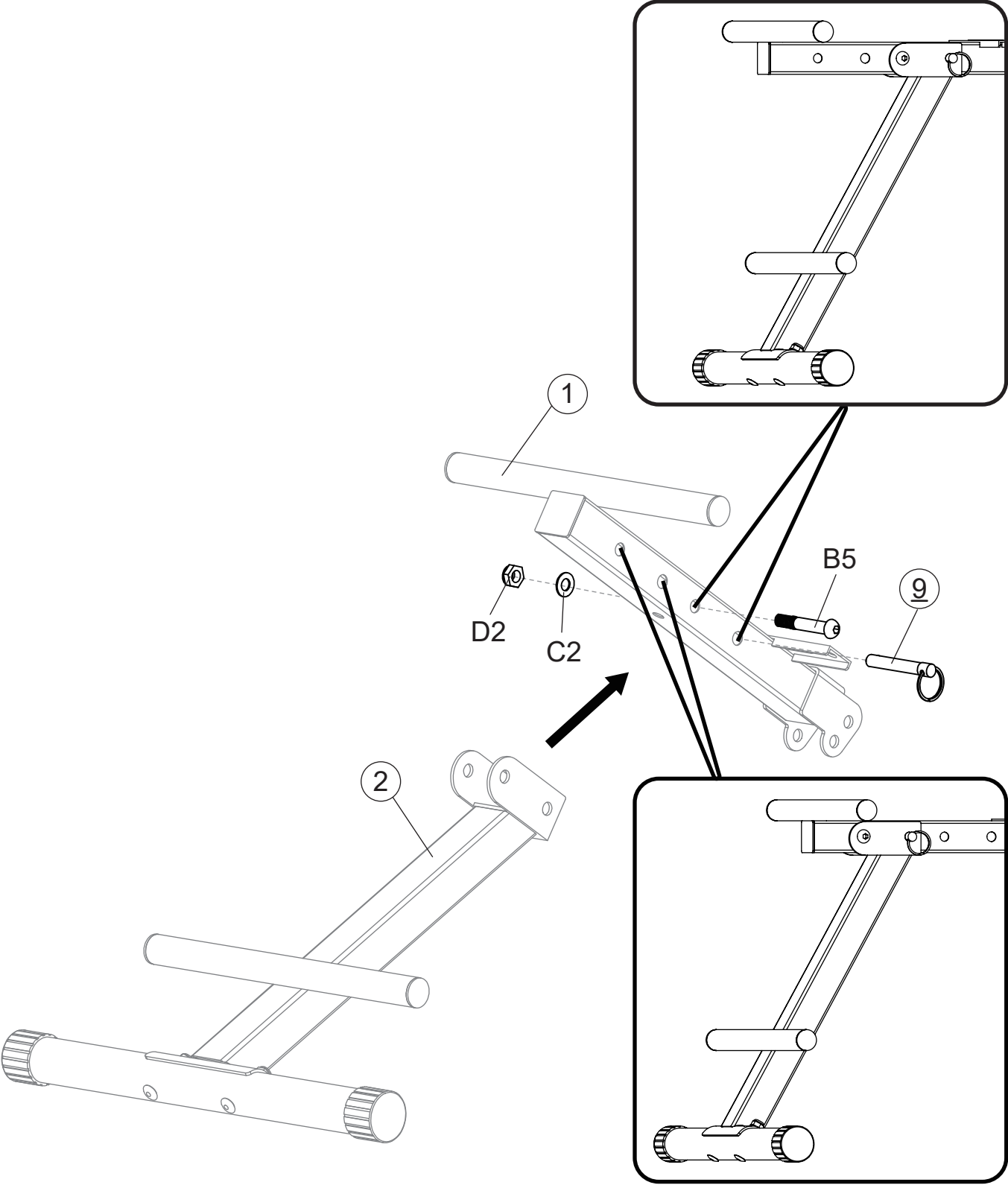
 Bolt M8*50mm		 M8 Arc Washer		 M8 Locknut				 
B3	2PCS	C1	2PCS	D1	2PCS			



Assemble

Step 3

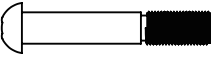
 Bolt M10*60mm		 M10 Washer		 M10 Locknut		 +
B5	1PC	C2	1PC	D2	1PC	

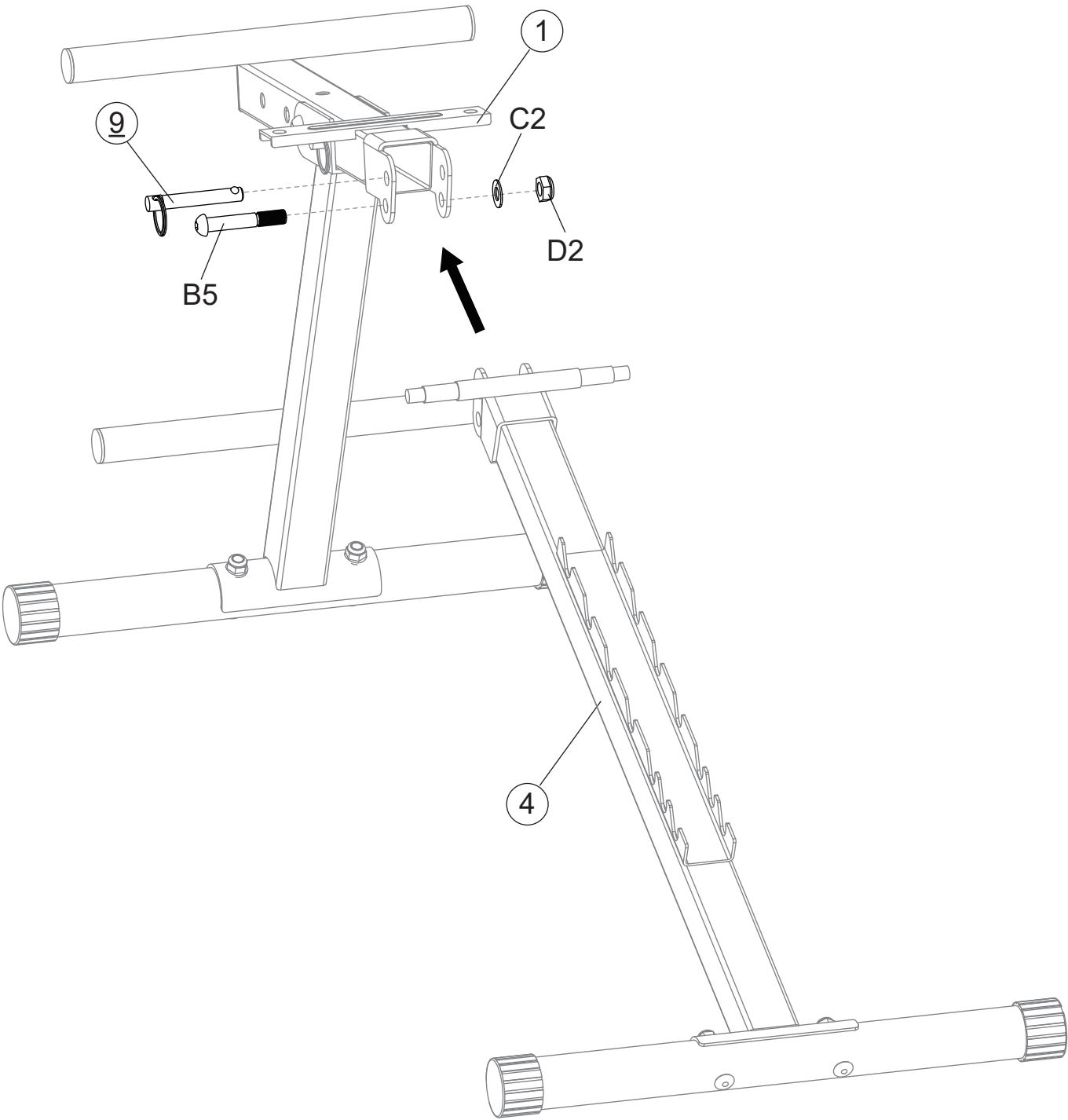


Note: According to different needs
choose different holes locations.

Assemble

Step 4

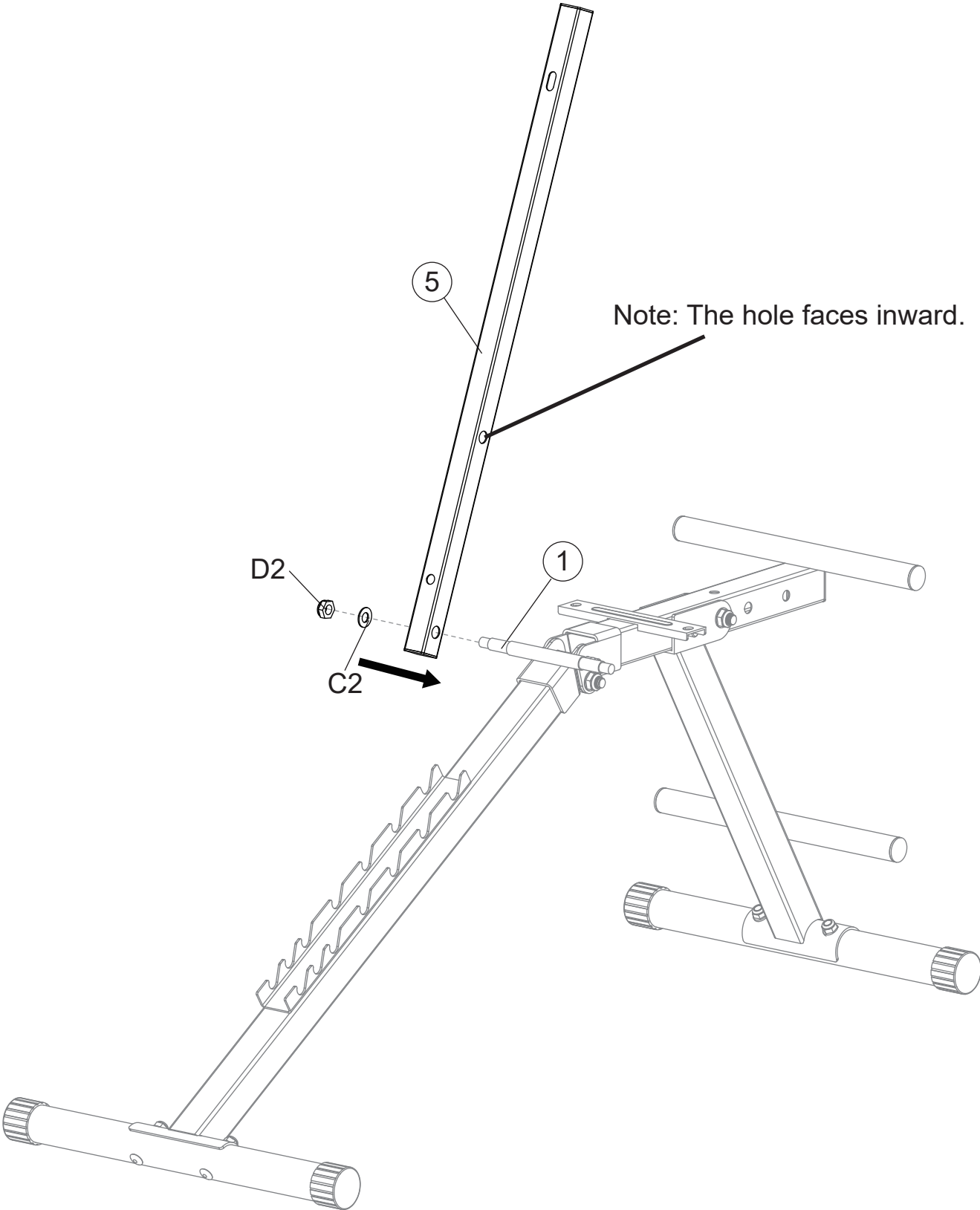
 Bolt M10*60mm		 M10 Washer		 M10 Locknut		 
B5	1PC	C2	1PC	D2	1PC	



Assemble

Step 5

 M10 Washer		 M10 Locknut				 
C2	1PC	D2	1PC			



Assemble

Step 6



M10 Washer

C2

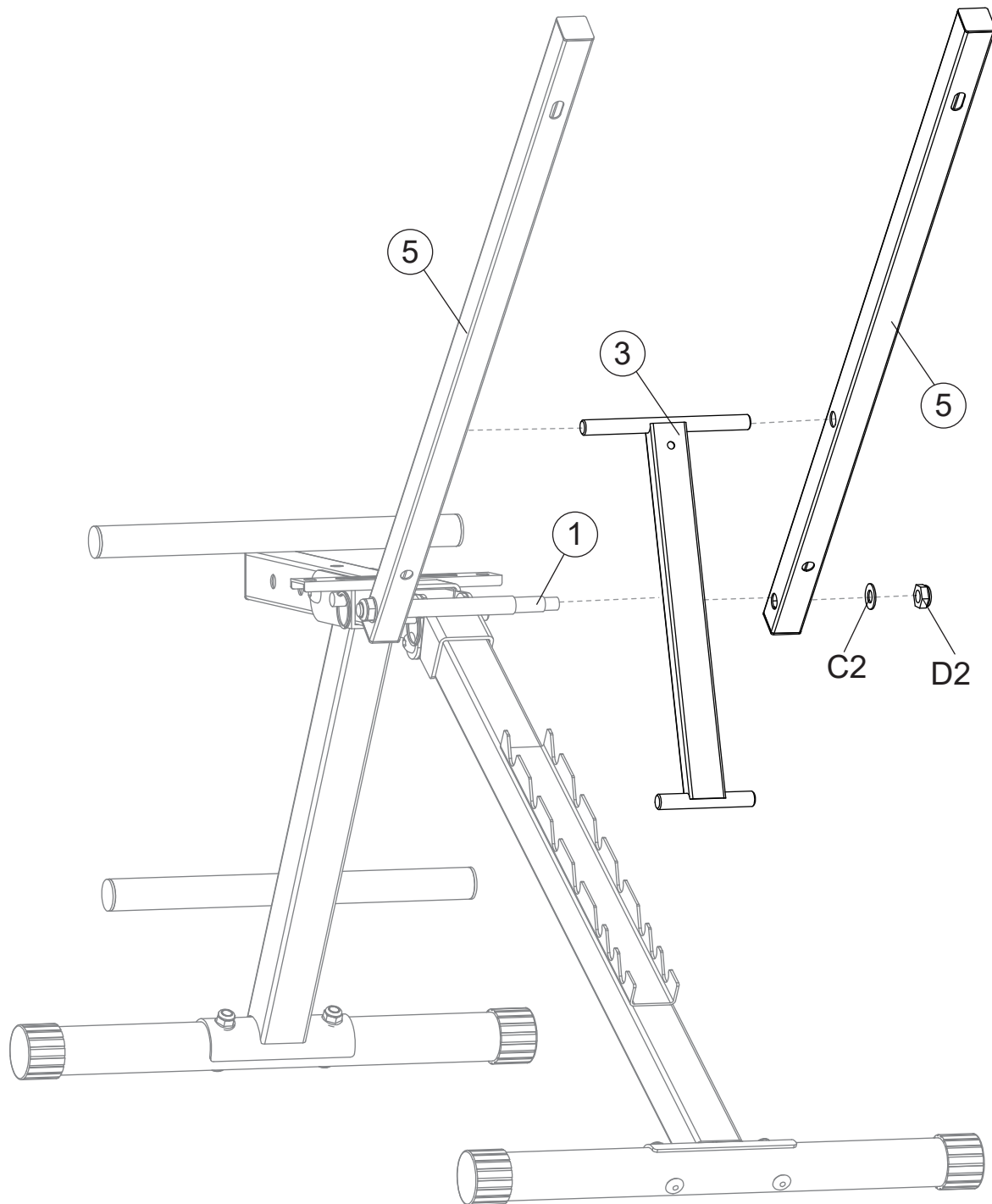
1PC



M10 Locknut

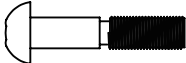
D2

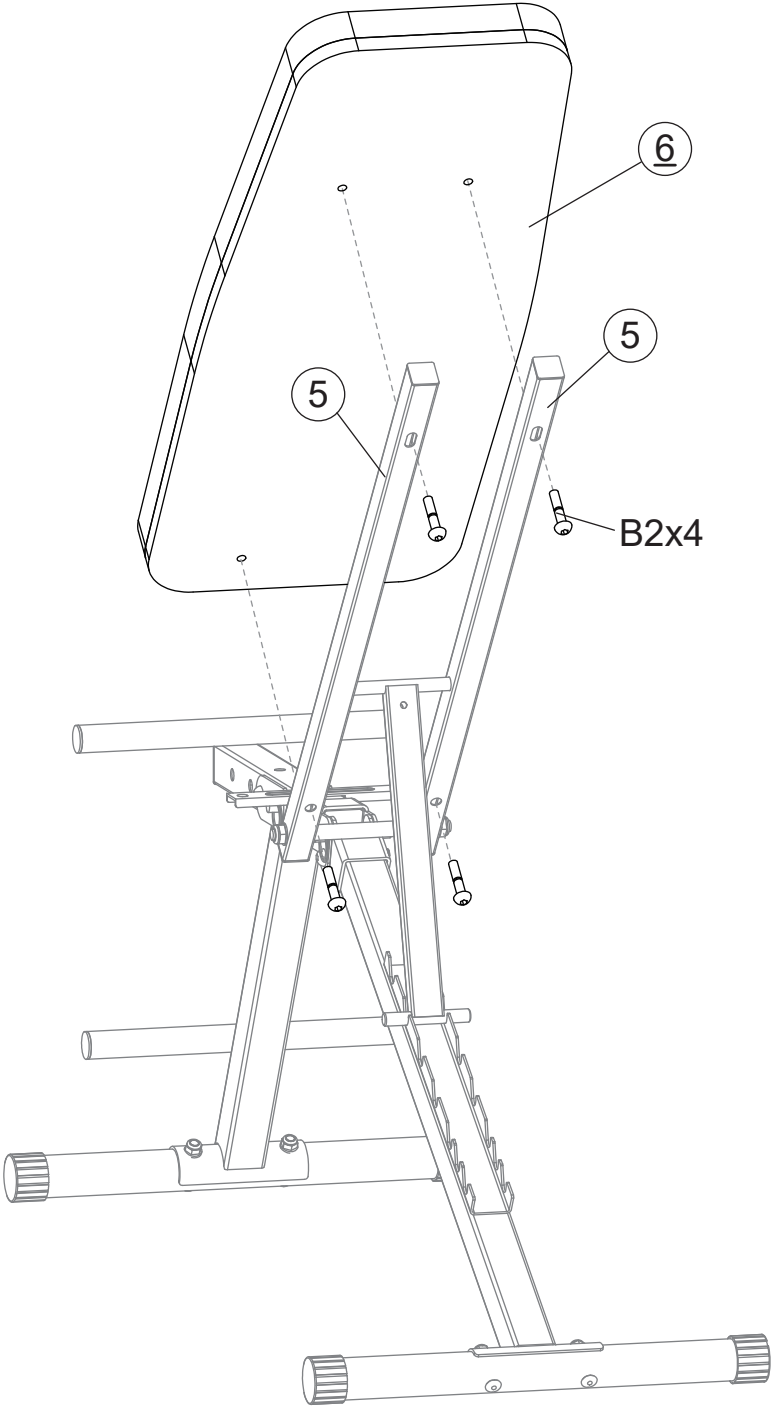
1PC



Assemble

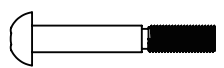
Step 7

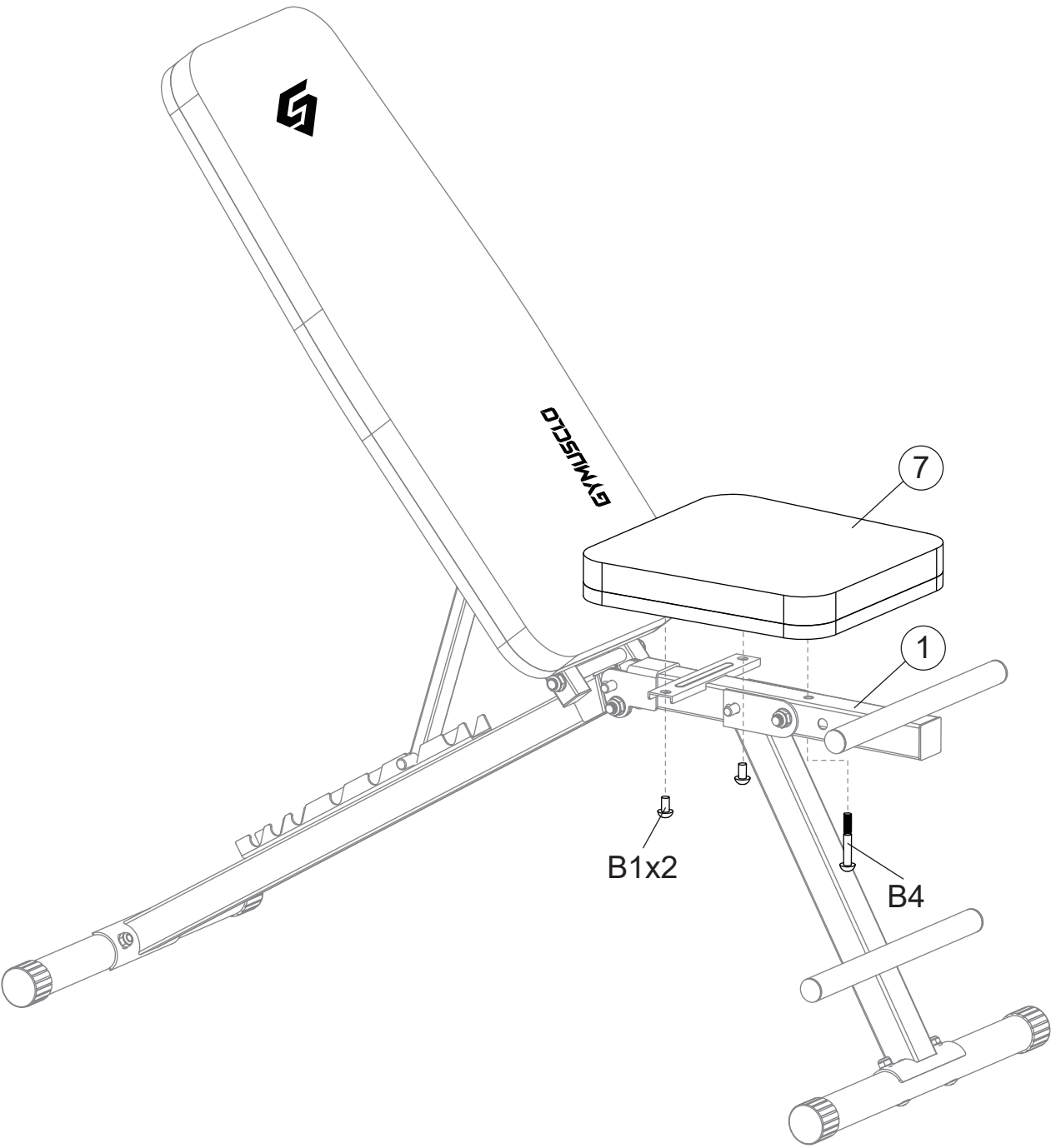
 Bolt M8*40mm						 S5 S6	
B2	4PCS						



Assemble

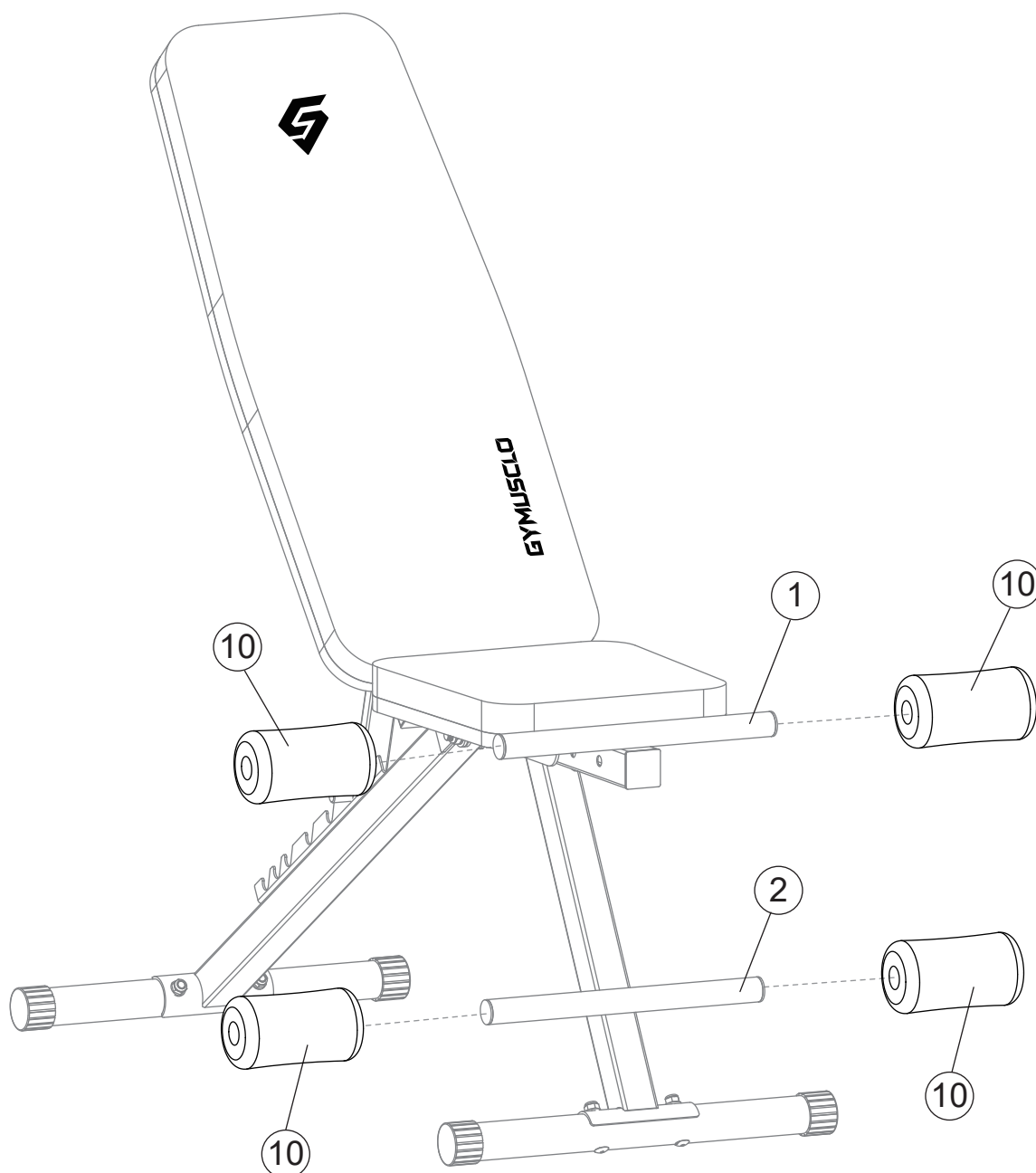
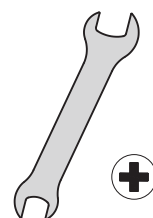
Step 8

 Bolt M8*15mm		 Bolt M8*55mm						 S5 S6	
B1	2PCS	B4	1PC						



Assemble

Step 9



CHECK THAT ALL BOLTS ARE TIGHTENED.

Assemble

Fold And Storage

Remove the pin, the leg and adjustment frame to be folded in the direction of the arrow, until it is completely folded. Then insert the pin into the free holes, or store it somewhere else. Place this product anywhere, such as under the table or against the wall.

