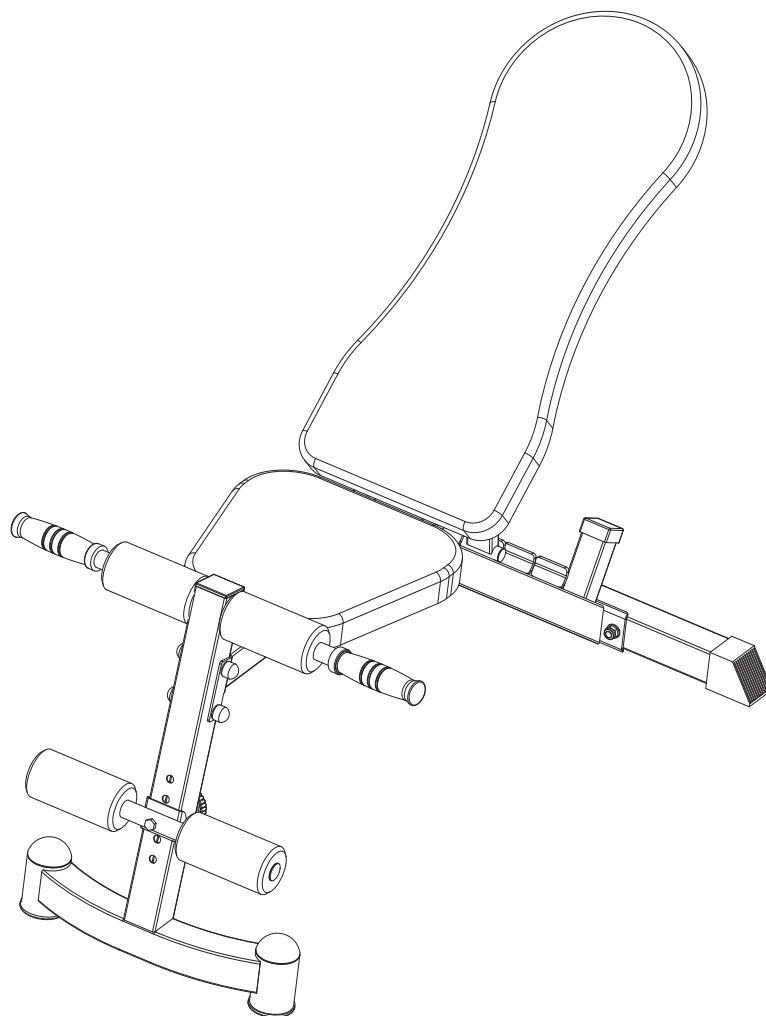


# ***LifeGear E1 Sit-Up/BENCH***

## ***ITEM NO.: 76140***

# ***LifeGear***

Get active for life



## ***OWNER'S MANUAL***

***IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.***  
***The specifications of this product may vary from this photo, subject to change without notice.***

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# ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

# IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this sit-up bench. Read all instructions before using this sit-up bench.

1. Read all the instructions in this manual and do warm up exercises before using this sit-up bench.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This sit-up bench should be placed on a flat surface when using.
4. Never drop or insert any object into any opening.
5. Please wear proper clothes when using this sit-up bench. Do not wear clothes that might catch on any part of the sit-up bench.
6. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
7. Close supervision is necessary when this sit-up bench is used by, on, or near children, invalids, or disabled persons.
8. Children should not use the sit-up bench without adult supervision.
9. Do not jump on the sit-up bench.
10. Do not use this sit-up bench outdoors.
11. Inspect and tighten all parts each time before using this sit-up bench.
12. This sit-up bench is for household use only.
13. Only one person should be on sit-up bench while in use.
14. Keep children and pets away from sit-up bench while in use. The minimum free space required for safe operation is not less than two meters.
15. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
16. The maximum weight capacity for this product is 250 lbs/110 kgs.

**WARNING:** Before beginning any exercise program consult your physician.

This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

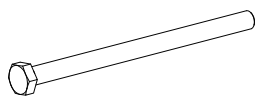
**CAUTION:** Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

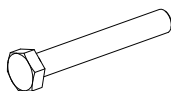
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Bench Frame	1	016	Square End Cap (□0x50)	1
002	Back Pad Adjustable Tube	1	017	Square End Cap (□5x25)	4
003	Back Pad Tube	2	018	Square End Cap (□38x38)	1
004	Back Pad	1	019	Rear Stabilizer End Cap (□50x50)	2
005	Seat Pad	1	020	Round End Cap Ø19	2
006	Front Frame	1	021	Bolt M10x150	2
007	Roller Tube	1	022	Bolt M10x70	4
008	Leg Hold Down Adjustable Tube	1	023	Bolt M6x40	4
009	Rear Stabilizer	1	024	Bolt M8x20	4
010	Handgrip	2	025	Washer Ø8	4
011	Roller Pad Ø70x140	4	026	Washer Ø6	4
012	Round End Cap Ø25	2	027	Washer Ø10	12
013	Round End Cap Ø60	2	028	Nylon Nut M10	6
014	Semicircle End Cap Ø60	2	029	Cap Nut M10	4
015	Knob M8	1			

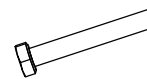
# HARDWARE PACKING LIST



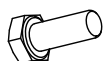
(21) Bolt M10x150  
2 PCS



(22) Bolt M10x70  
4 PCS



(23) Bolt M6x40  
4 PCS



(24) Bolt M8x20  
4 PCS



(25) Washer Ø8  
4 PCS



(26) Washer Ø6  
4 PCS

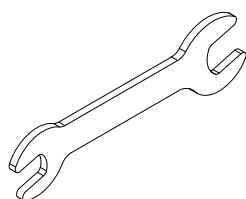


(27) Washer Ø10  
12 PCS

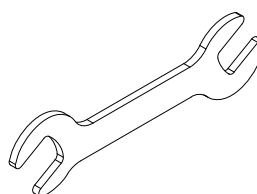


(28) Nylon Nut M10  
6 PCS

# TOOLS

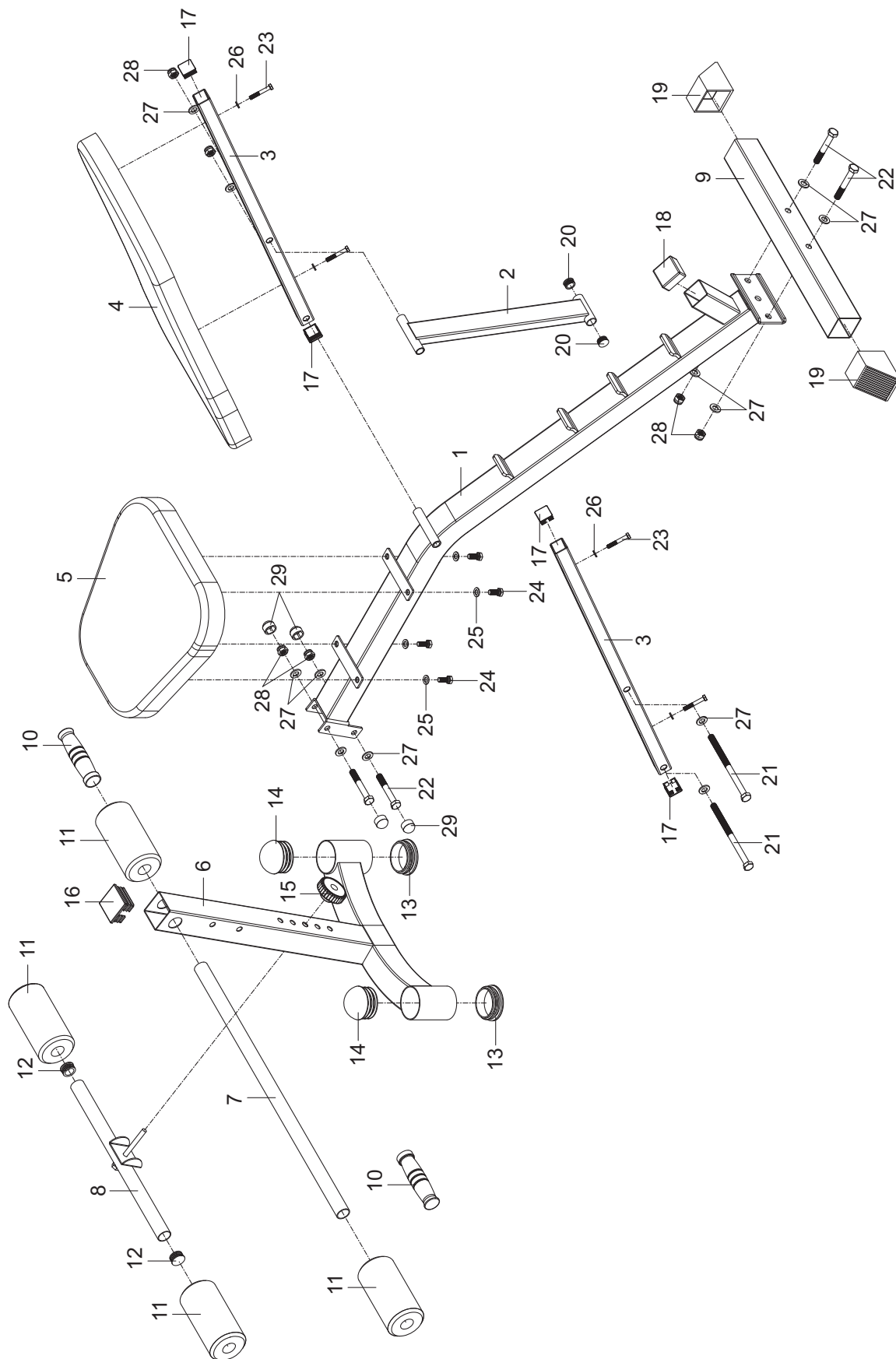


Wrench 14-10  
1 PC

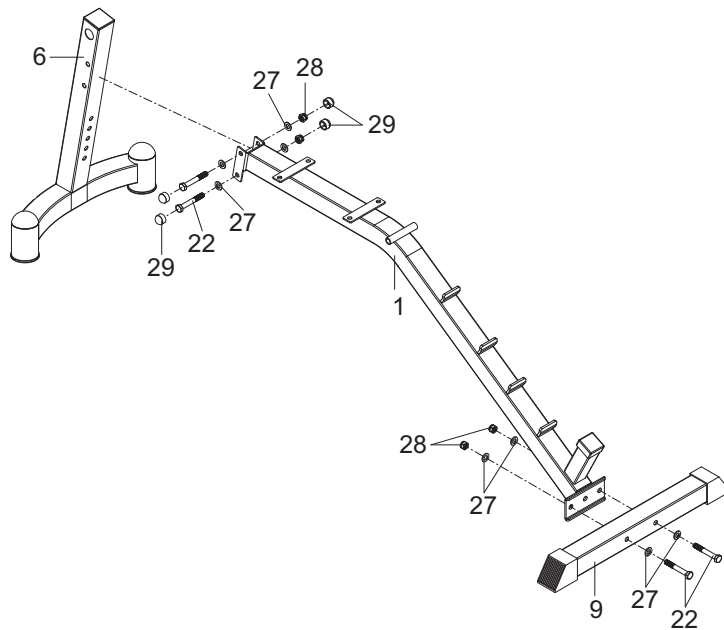


Wrench 14-17  
2 PCS

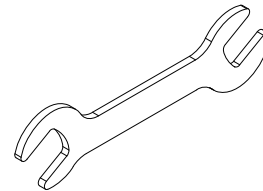
# OVERVIEW DRAWING



# ASSEMBLY INSTRUCTIONS



## Tool:



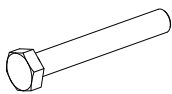
2 Wrenches (14-17)

## Step 1

Attach the Front Frame (6) onto the Bench Frame (1) with two M10x70 Bolts (22), two M10 Nylon Nuts (28), and four Ø10 Washers (27). Tighten bolts and nuts with two Wrenches provided. Install four M10 Cap Nuts (29) onto the M10x70 Bolts (22) and M10 Nylon Nuts (28).

Attach the Rear Stabilizer (9) onto the Bench Frame (1) with two M10x70 Bolts (22), two M10 Nylon Nuts (28), and four Ø10 Washers (27). Tighten bolts and nuts with two Wrenches provided.

## Hardware:



(22) Bolt M10x70  
4 PCS

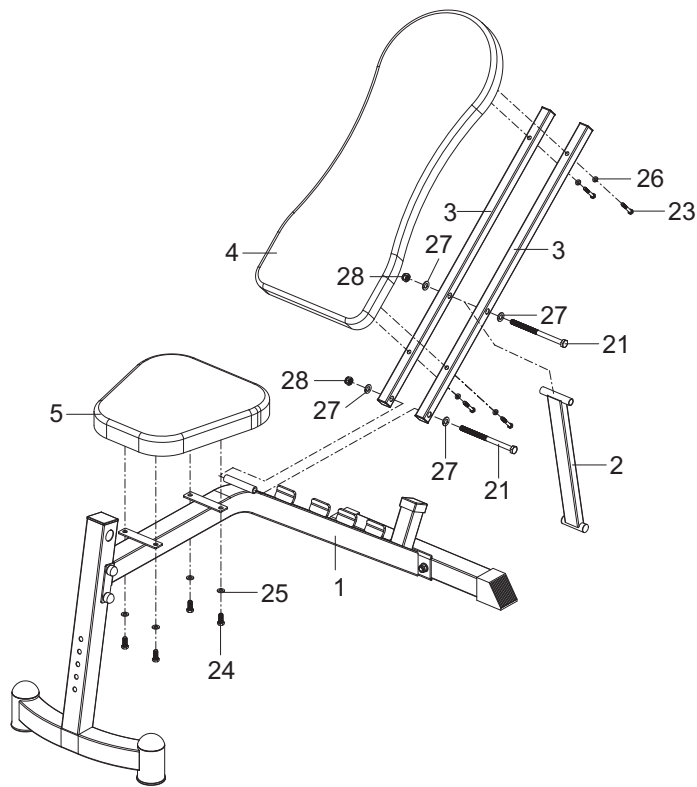


(27) Washer Ø10  
8 PCS

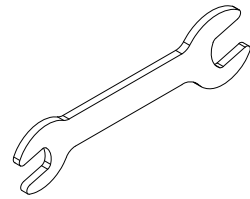


(28) Nylon Nut M10  
4 PCS

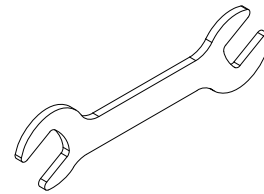




**Tool:**



1 Wrench (14-10)



2 Wrenches (14-17)

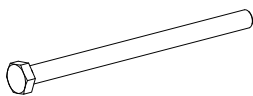
**Step 2**

Attach the Back Pad Tubes (3) onto the Bench Frame (1) with one M10x150 Bolt (21), one M10 Nylon Nut (28), and two Ø10 Washers (27). Attach the Back Pad Adjustable Tube (2) onto the Back Pad Tubes (3) with one M10x150 Bolt (21), one M10 Nylon Nut (28), and two Ø10 Washers (27). Tighten bolts and nuts with two Wrenches provided.

Attach the Back Pad (4) onto the Back Pad Tubes (3) with four M6x40 Bolts (23) and four Ø6 Washers (26). Tighten bolts with the Wrench provided.

Attach the Seat Pad (5) onto the Bench Frame (1) with four M8x20 Bolts (24) and four Ø8 Washers (25). Tighten bolts with the Wrench provided.

**Hardware:**



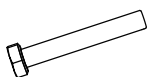
(21) Bolt M10x150  
2 PCS



(27) Washer Ø10  
4 PCS



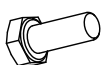
(28) Nylon Nut M10  
2 PCS



(23) Bolt M6x40  
4 PCS



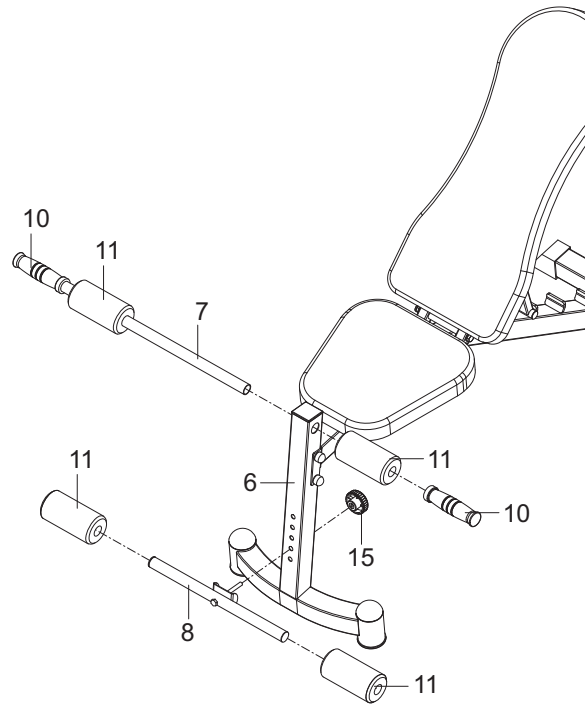
(26) Washer Ø6  
4 PCS



(24) Bolt M8x20  
4 PCS



(25) Washer Ø8  
4 PCS



### Step 3

Insert the Roller Tube (7) through the hole in the Front Frame (6), leaving room on each side for the Roller Pads (11). Slide both Roller Pads (11) onto the Roller Tube (11). Slide both Handgrips (10) onto both ends of the Roller Tube (7).

Install the Leg Hold Down Adjustable Tube (8) onto the one of the adjustment holes of the Front Frame (6) and secure with a M8 Knob (15). Slide both Roller Pads (11) onto the Leg Hold Down Adjustable Tube (8).

## BENCH POSITIONS



The angle of the Back Pad can be adjusted. There are 5-Level incline of Back Pad for different workout demands.

## MAINTENANCE

Please wipe your perspiration off the bench with a clean, dry cloth after each use.

Upholstery can be cleaned with a mild detergent or spray cleaner.

Please inspect all assembly bolts and nuts on the bench for proper tightness and frame of the bench for any sign of cracking or permanent bending. If you find this situation, do not use this bench and contact an Authorized Service Representative immediately.

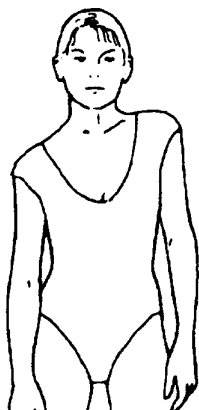
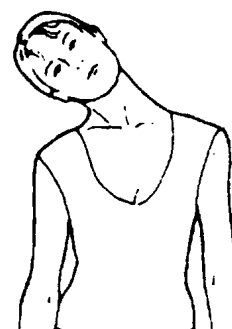
# WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

**COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

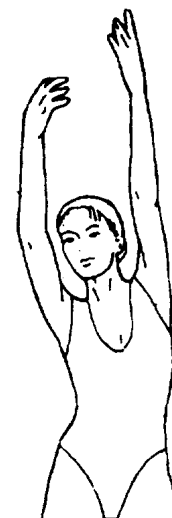
## HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



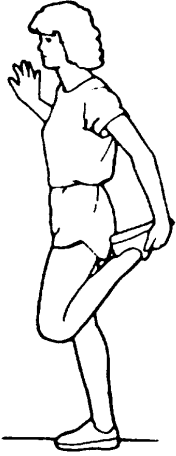
## SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



## SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

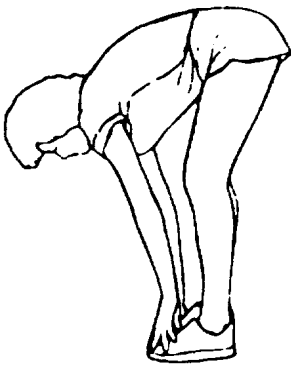


### **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

### **INNER THIGH STRETCH**

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

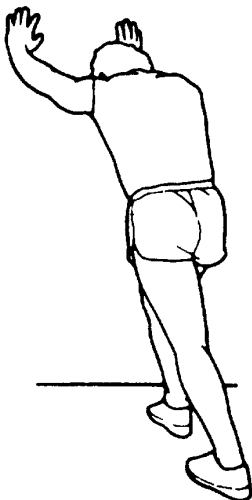
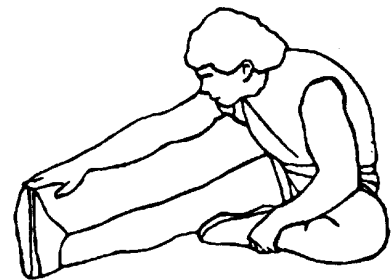


### **TOE TOUCHES**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

### **HAMSTRING STRETCHES**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



### **CALF/ACHILLES STRETCH**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.