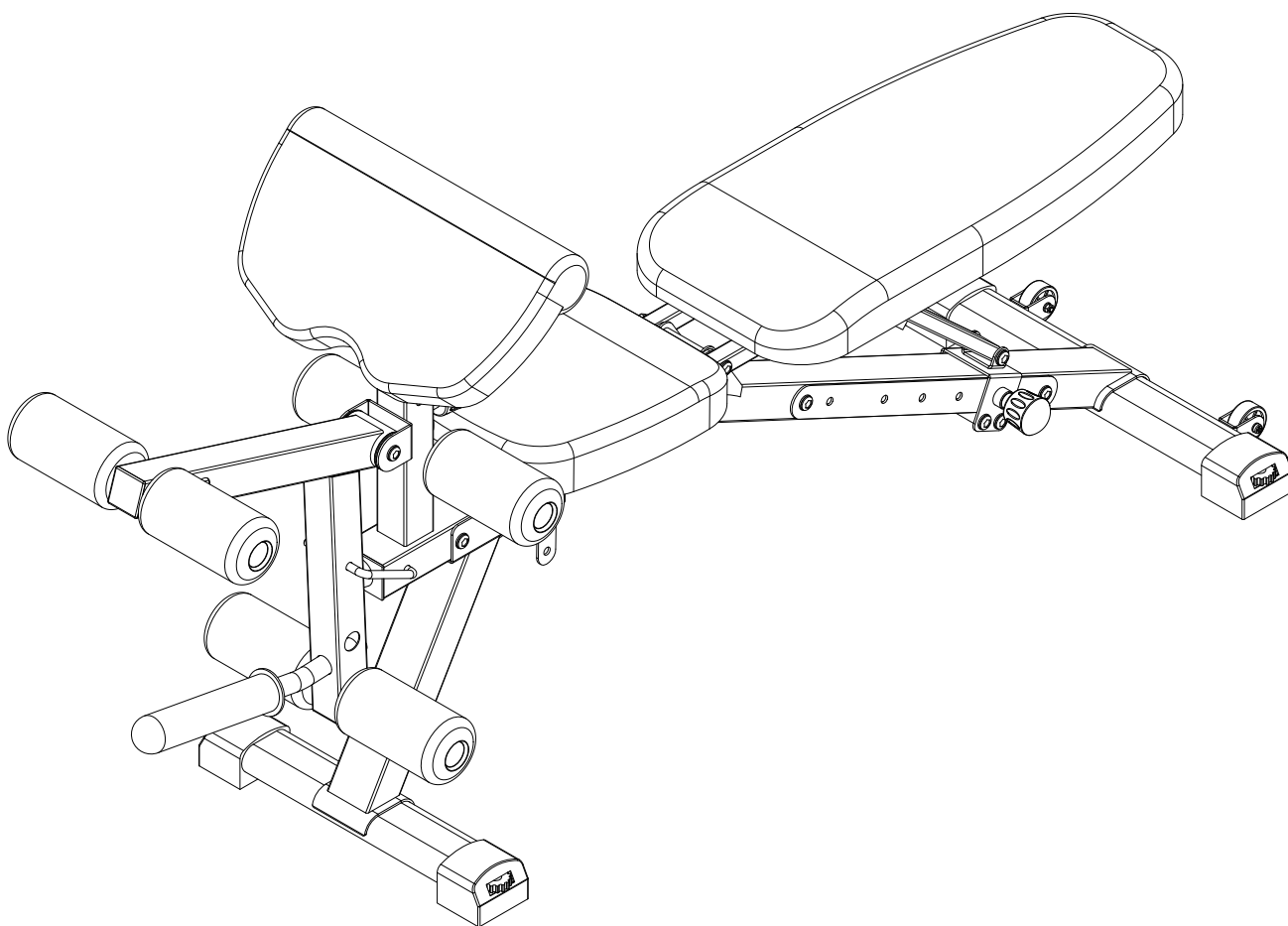


INCLINE BENCH

ITEM NO.: 76503

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 and are subject to change without prior notice.

2021, Dec.

TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE PACK -----	5
EXPLODED VIEW -----	6
ASSEMBLY INSTRUCTIONS -----	7
HOW TO MOVE THE INCLINE BENCH -----	15
ADJUSTMENTS -----	16
MAINTENANCE -----	18
WARM UP AND COOL DOWN ROUTINE -----	19

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, including the following important safety instructions should always be followed when using this incline bench. Read all instructions before using this incline bench.

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened prior to each use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment. Avoid wearing loose clothing that may become entangled in the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Never drop or insert any object into any opening.
7. Do not use the equipment outdoors.
8. Do not jump on the equipment.
9. Doing all the exercises with a slow and controlled movement.
10. This equipment is for household use only. It is not a commercial model.
11. Only one person at a time should use this equipment.
12. Be careful to maintain your balance while using, mounting, dismounting, folding, unfolding or assembling the equipment, loss of balance may result in a fall and serious bodily injury.
13. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
14. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This equipment is designed for adult use only. The minimum free space required for safe operation is not less than two meters.
15. The maximum weight capacity for this product is 120 kg.

WARNING: Before beginning any exercise program consult your physician.

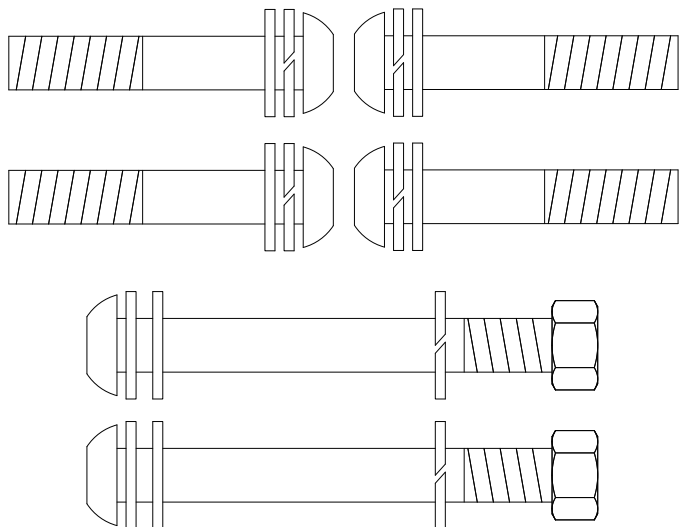
This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

PARTS LIST

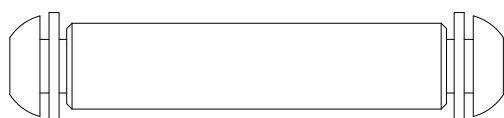
No.	Description	Qty	No.	Description	Qty
001	Front Stabilizer	1	026	Leg Developer Square End Cap (□50)	2
002	Rear Stabilizer	1	027	Leg Developer Round End Cap Ø25	2
003	Front Tube	1	028	Round End Cap Ø25	6
004	Main Frame	1	029	Weight Holder Sleeve	1
005	Seat Support Tube	1	030	Small Spring Clip Ø25	1
006	Backrest Support Tube	2	031	Big Spring Clip Ø48	1
007	Incline Adjust Tube	1	032	Lock Pin Ø10x100	1
008	U-Shaped Bracket	1	033	Spacer Ø16xØ10.5x51.5	2
009	Adjustable Seat Bracket	1	034	Cross Recessed Pan Head Bolt M6x15	2
010	Leg Developer	1	035	Cross Recessed Pan Head Bolt M6x40	2
011	Arm Curl Tube	1	036	Hexagon Socket Pan Head Cap Bolt M10x20	2
012	Holder Tube Ø25xT1.5x390	3	037	Hexagon Socket Pan Head Cap Bolt M10x55	4
013	Backrest Adjustment Plate 500x45xT3.0	2	038	Hexagon Socket Pan Head Cap Bolt M10x65	1
014	Seat	1	039	Hexagon Socket Pan Head Cap Bolt M10x95	6
015	Backrest	1	040	Hexagon Socket Pan Head Cap Bolt M10x150	3
016	Arm Curl Pad	1	041	Hexagon Socket Pan Head Cap Bolt M8x40	8
017	Foam Roller Ø23xØ90x170	6	042	Hexagon Socket Pan Head Cap Bolt M8x15	2
018	Adjustment Knob M16	2	043	Spring Washer M10	11
019	Round Bumper Ø25xØ9x12	2	044	Flat Washer Ø10	26
020	Hexagon Socket Set Screw M8x10	1	045	Flat Washer Ø8	10
021	Stabilizer End Cap	4	046	Flat Washer Ø6	2
022	Transport Wheel Ø50x25	2	047	Nylon Nut M10	10
023	Plastic Bushing Ø50xØ16.2	2	048	Nylon Nut M8	2
024	Arm Curl Tube Bushing (□50x□38)	1	049	Axle Ø16xM10x71	1
025	Square End Cap (□25)	6	050	U-shaped Pin	1

HARDWARE PACK



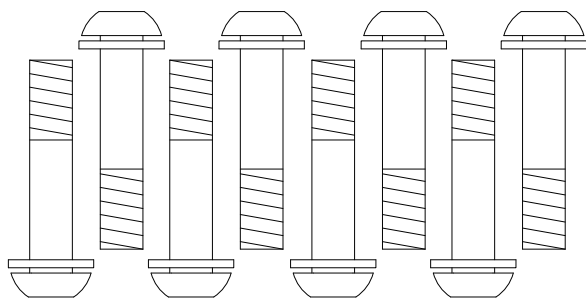
STEP 1

- (37) Hexagon Socket Pan Head Cap Bolt 4 PCS
- (39) Hexagon Socket Pan Head Cap Bolt 2 PCS
- (43) Spring Washer 6 PCS
- (44) Flat Washer 8 PCS
- (47) Nylon Nut 2 PCS



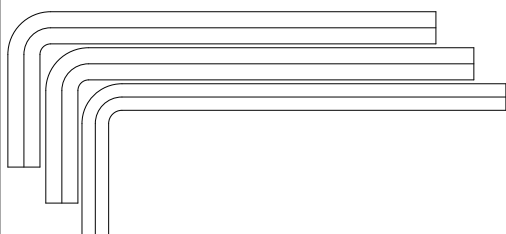
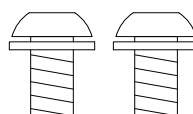
STEP 2

- (36) Hexagon Socket Pan Head Cap Bolt 2 PCS
- (44) Flat Washer 2 PCS
- (49) Axle 1 PC

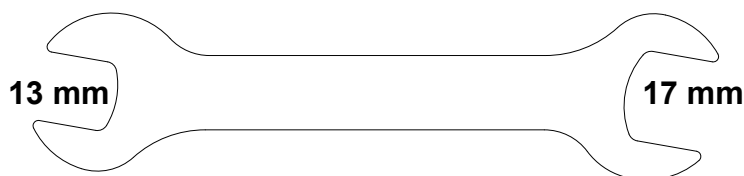


STEP 3

- (41) Hexagon Socket Pan Head Cap Bolt 8 PCS
- (42) Hexagon Socket Pan Head Cap Bolt 2 PCS
- (45) Flat Washer 10 PCS

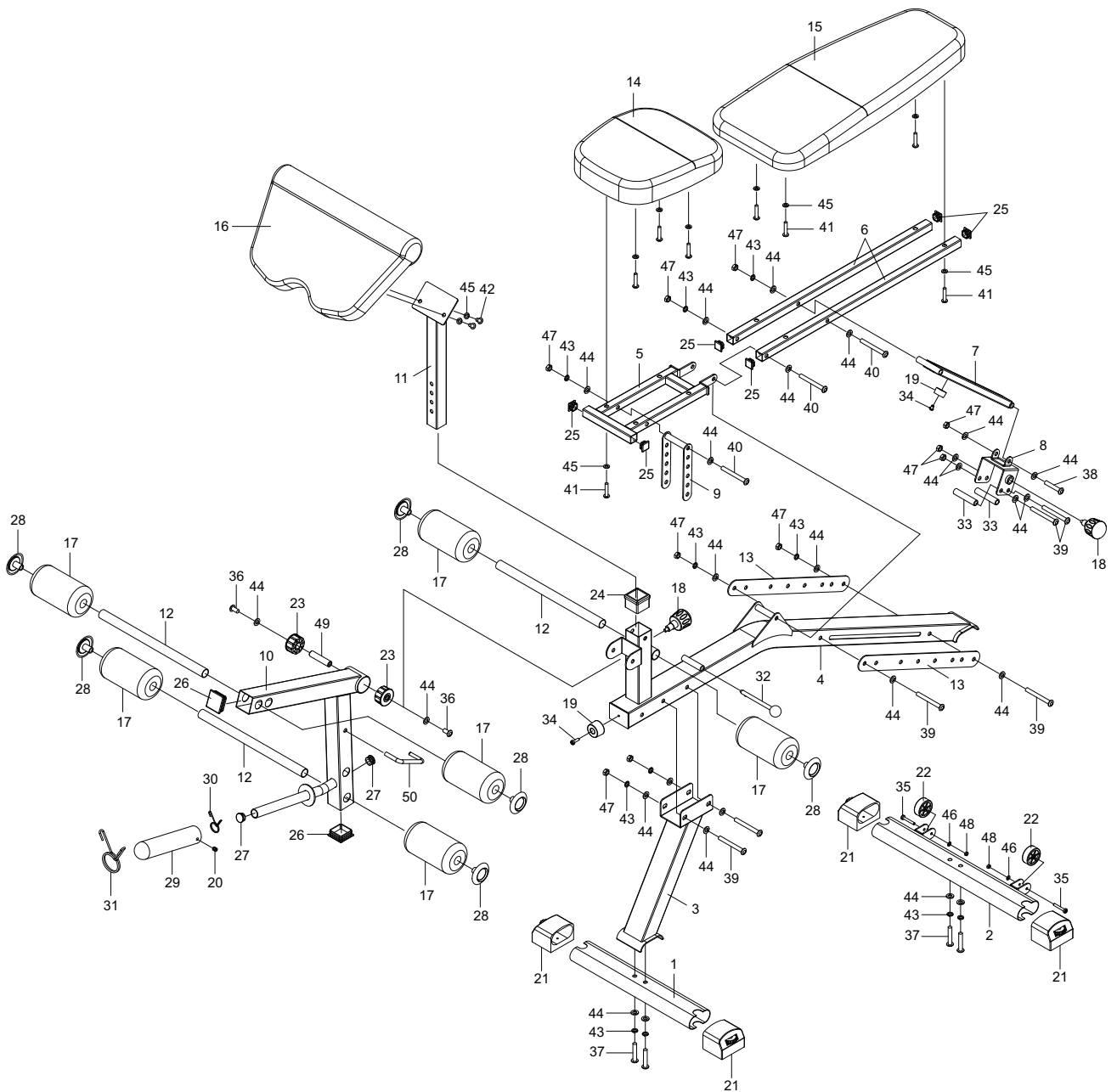


- Allen Wrench 5 mm 1 PC
- Allen Wrench 6 mm 2 PCS

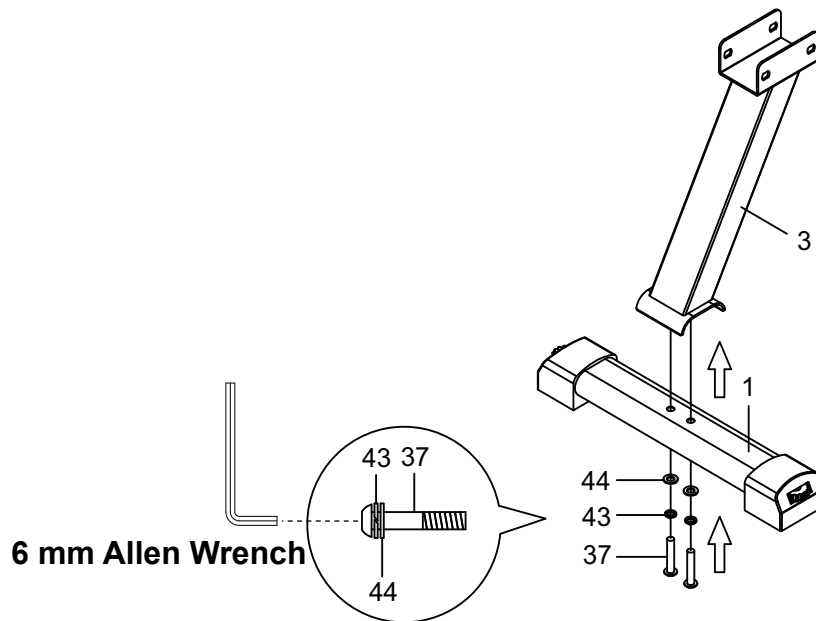


- Double Open End Wrench 13 mm-17 mm 1 PC

EXPLODED VIEW



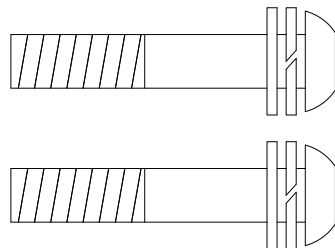
ASSEMBLY INSTRUCTIONS



STEP 1

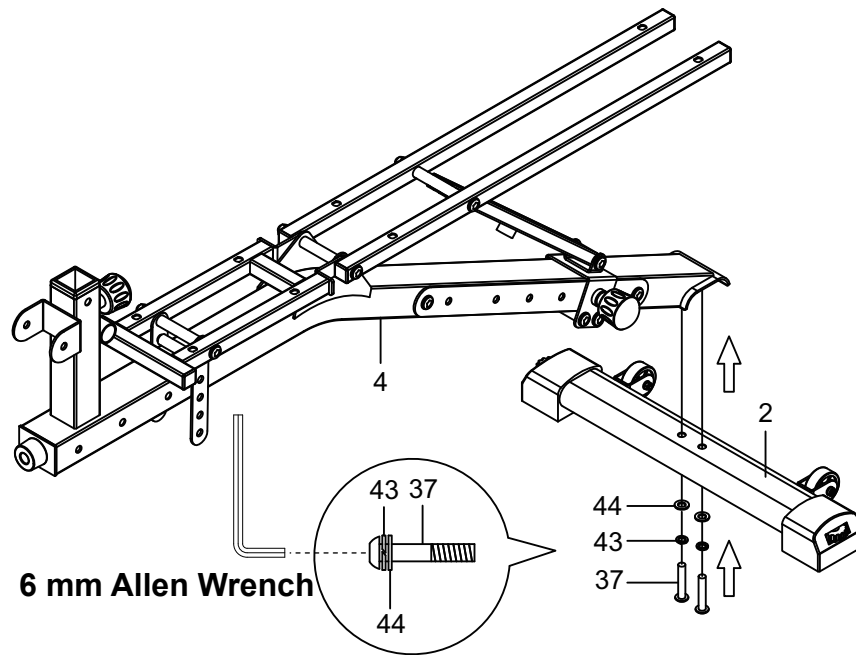
Attach the Front Tube (3) onto the Front Stabilizer (1) with two Hexagon Socket Pan Head Cap Bolts (37), two Spring Washers (43), and two Flat Washers (44). Tighten bolt with the 6 mm Allen Wrench provided.

Hardware:



STEP 1

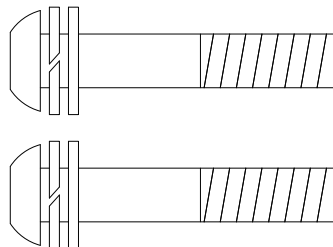
(37) Hexagon Socket Pan Head Cap Bolt	2 PCS
(43) Spring Washer	2 PCS
(44) Flat Washer	2 PCS



STEP 1-1

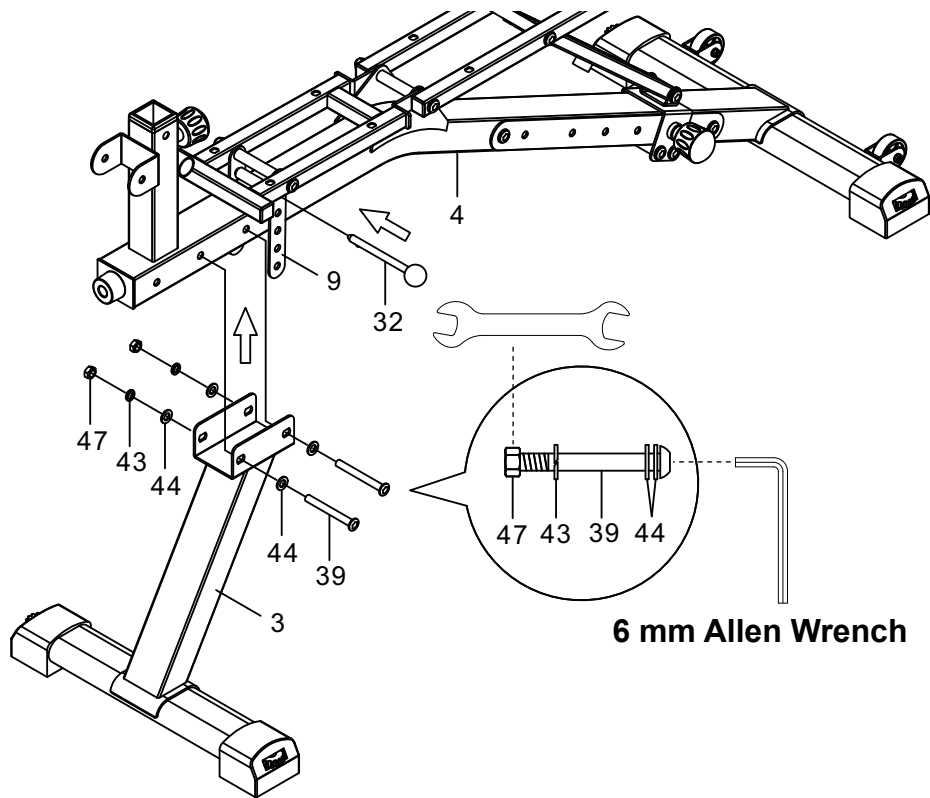
Attach the Rear Stabilizer (2) onto the Main Frame (4) with two Hexagon Socket Pan Head Cap Bolts (37), two Spring Washers (43), and two Flat Washers (44). Tighten bolt with the 6 mm Allen Wrench provided.

Hardware:



STEP 1

- | | |
|---------------------------------------|-------|
| (37) Hexagon Socket Pan Head Cap Bolt | 2 PCS |
| (43) Spring Washer | 2 PCS |
| (44) Flat Washer | 2 PCS |

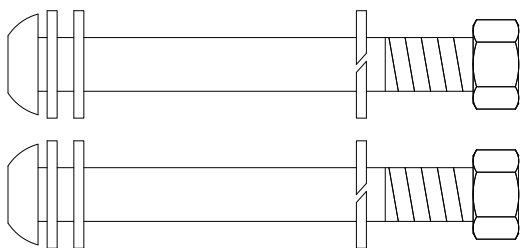


STEP 1-2

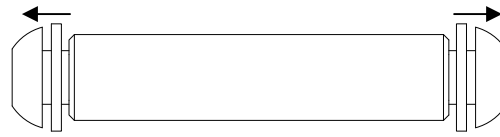
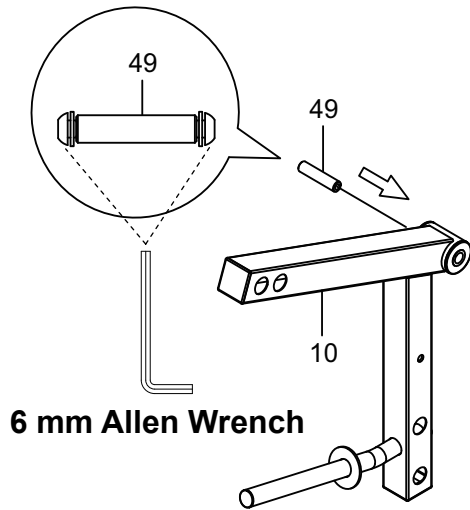
Attach the Front Tube (3) onto the Main Frame (4) with two Hexagon Socket Pan Head Cap Bolts (39), two Spring Washers (43), two Nylon Nuts (47), and four Flat Washers (44). Tighten bolt and nylon nut with the 6 mm Allen Wrench and the Double Open End Wrench provided.

Insert the Lock Pin (32) into the holes on the Adjustable Seat Bracket (9) and Main Frame (4) to lock the Adjustable Seat Bracket (9) in place.

Hardware:



- STEP 1**
- (39) Hexagon Socket Pan Head Cap Bolt 2 PCS
 - (43) Spring Washer 2 PCS
 - (44) Flat Washer 4 PCS
 - (47) Nylon Nut 2 PCS

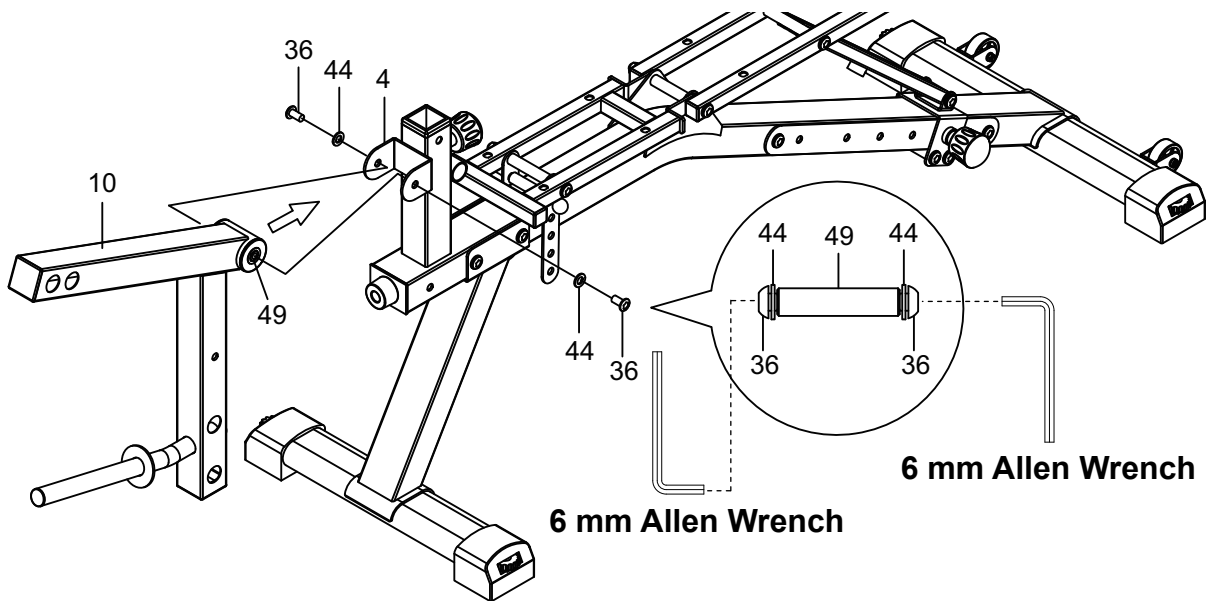


STEP 2

- (36) Hexagon Socket Pan Head Cap Bolt 2 PCS
- (44) Flat Washer 2 PCS
- (49) Axle 1 PC

STEP 2

Remove two Hexagon Socket Pan Head Cap Bolts (36) and two Flat Washers (44) from the both ends the Axle (49). Remove the bolt with the 6 mm Allen Wrench provided. Insert the Axle (49) into the hole of the Leg Developer (10).



STEP 2-1

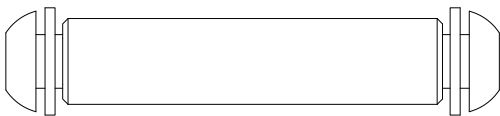
Position the Leg Developer (10) into the u-shaped bracket of the Main Frame (1) and align bolt holes.

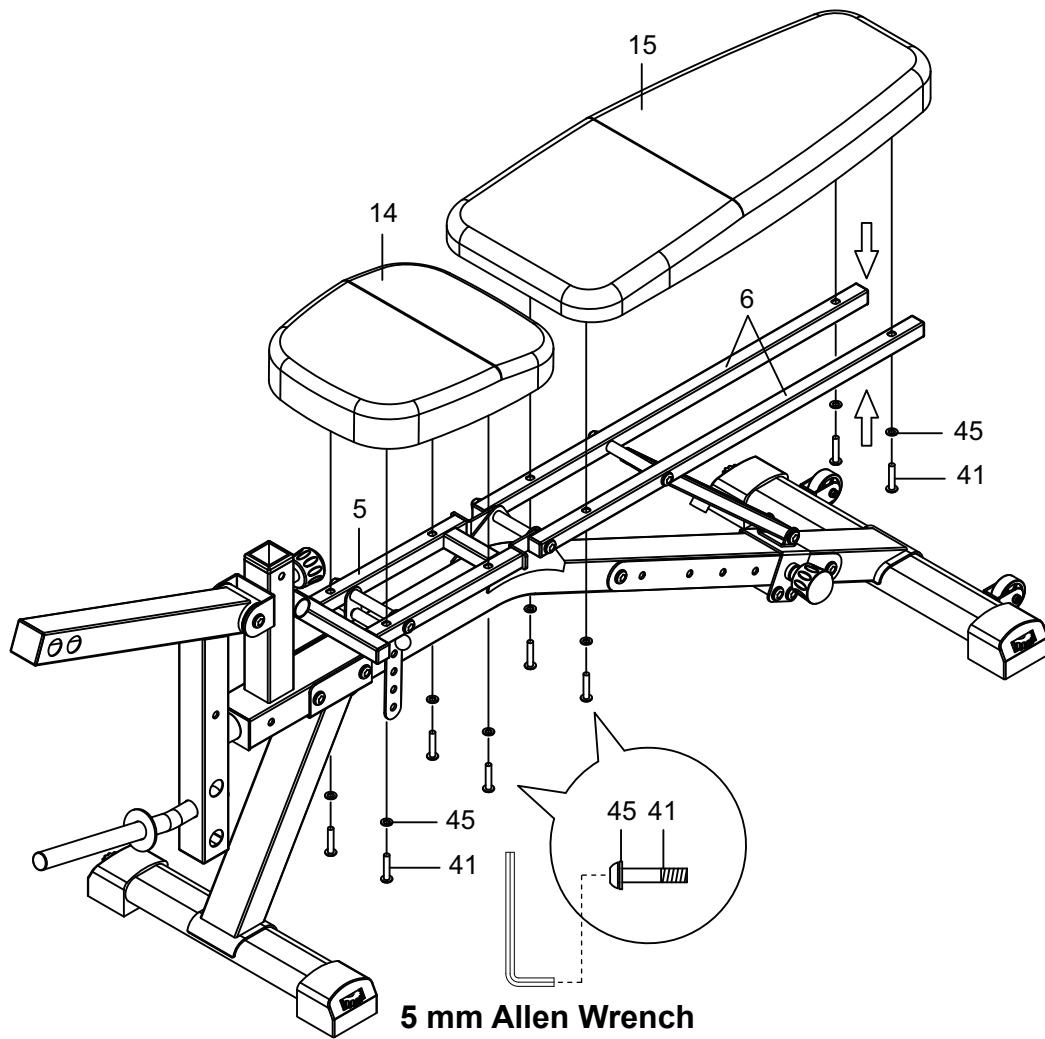
Attach the Leg Developer (10) with two Hexagon Socket Pan Head Cap Bolts (36) and two Flat Washers (44) that were removed. Tighten bolt with the 6 mm Allen Wrench provided.

Hardware:

STEP 2

- (36) Hexagon Socket Pan Head Cap Bolt 2 PCS
- (44) Flat Washer 2 PCS
- (49) Axle 1 PC



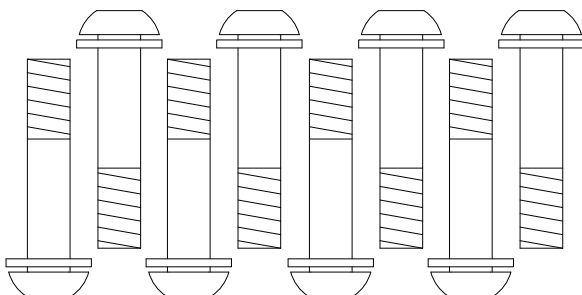


STEP 3

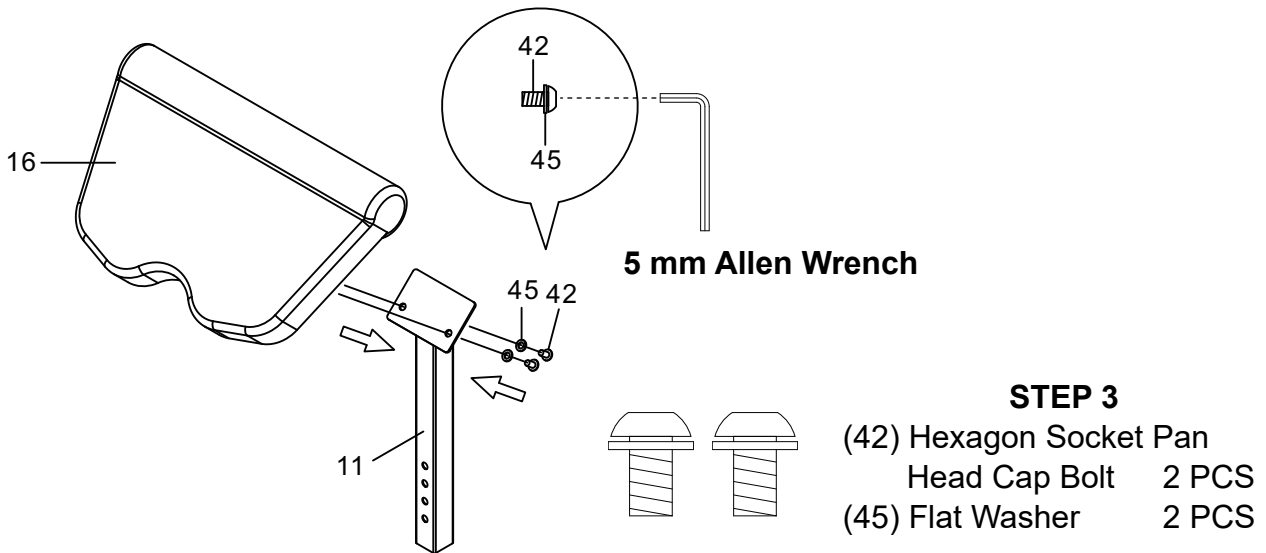
Attach the Seat (14) onto the Seat Support Tube (5) with four Hexagon Socket Pan Head Cap Bolts (41) and four Flat Washers (45). Tighten bolt with the 5 mm Allen Wrench provided.

Attach the Backrest (15) onto the Backrest Support Tubes (6) with four Hexagon Socket Pan Head Cap Bolts (41) and four Flat Washers (45). Tighten bolt with the 5 mm Allen Wrench provided.

Hardware:

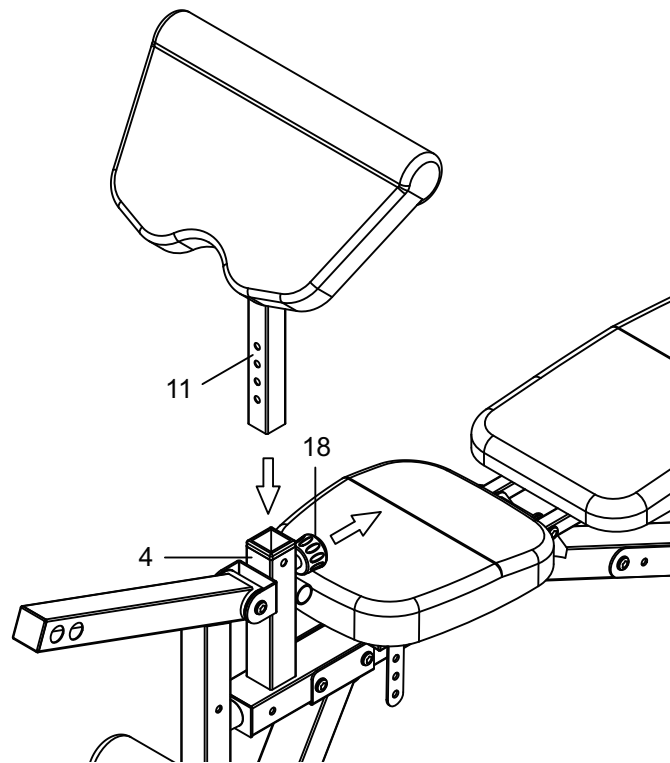


- STEP 3**
- (41) Hexagon Socket Pan Head Cap Bolt 8 PCS
 - (45) Flat Washer 8 PCS



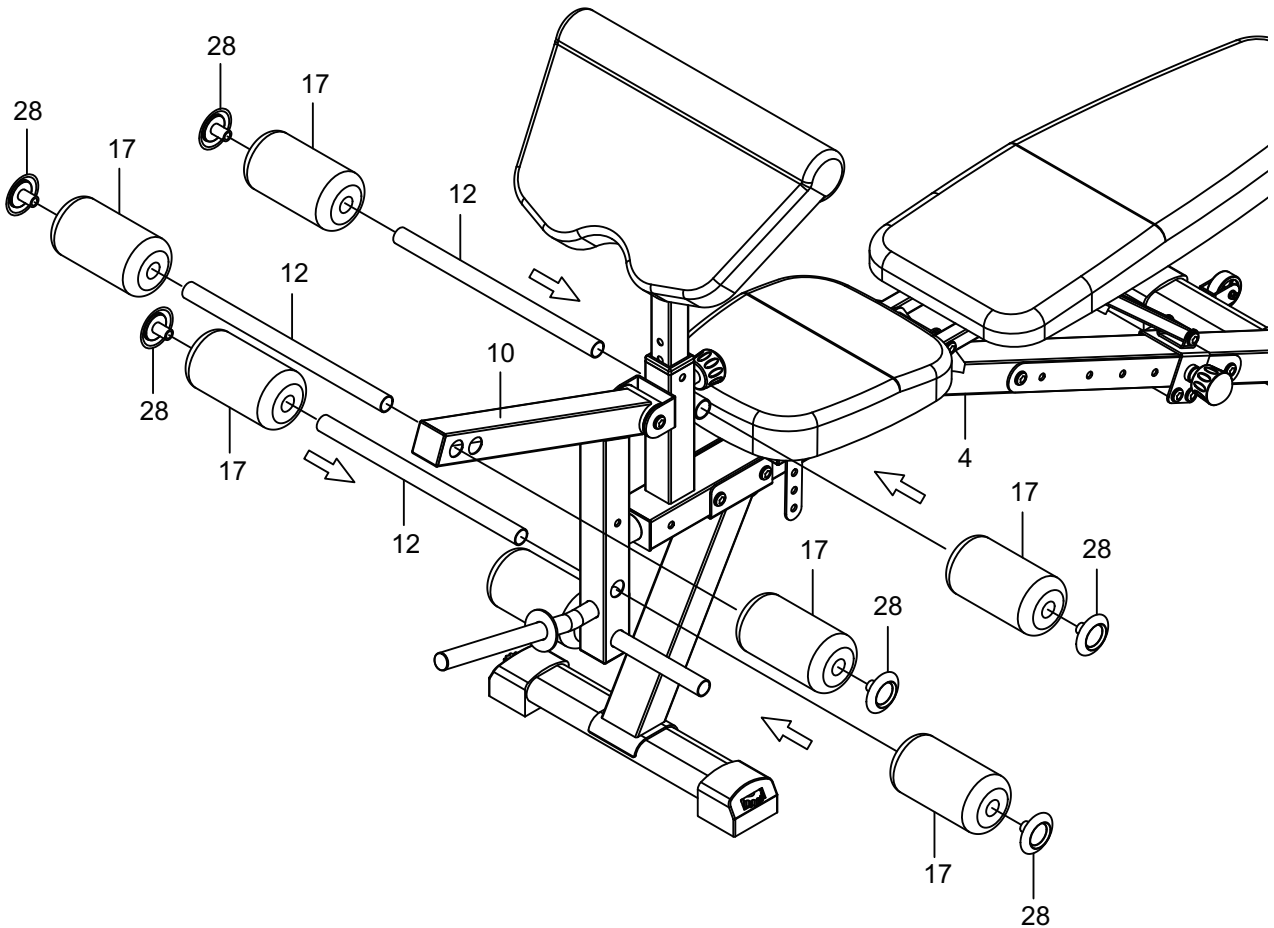
STEP 3-1

Attach the Arm Curl Pad (16) onto the Arm Curl Tube (11) with two Hexagon Socket Pan Head Cap Bolts (42) and two Flat Washers (45). Tighten bolt with the 5 mm Allen Wrench provided.



STEP 3-2

Turn the Adjustment Knob (18) in a counterclockwise direction until it can be pulled out. Pull out the Adjustment Knob (18) and then insert the Arm Curl Tube (11) into the square hole of the Main Frame (4). Slide the Arm Curl Tube (11) up or down direction to the suitable position. Lock the Arm Curl Tube (11) in place by releasing the Adjustment Knob (18) and sliding the Arm Curl Tube (11) up or down slightly until the Adjustment Knob (18) "pops" down into the locked position. For added safety, tighten the Adjustment Knob (18) in a clockwise direction.



STEP 4

Slide a Foam Roller (17) onto one end of the Holder Tube (12). Insert the Holder Tube (12) into the hole in the Main Frame (3). Slide the other Foam Roller (7) onto the other end of the Holder Tube (12).

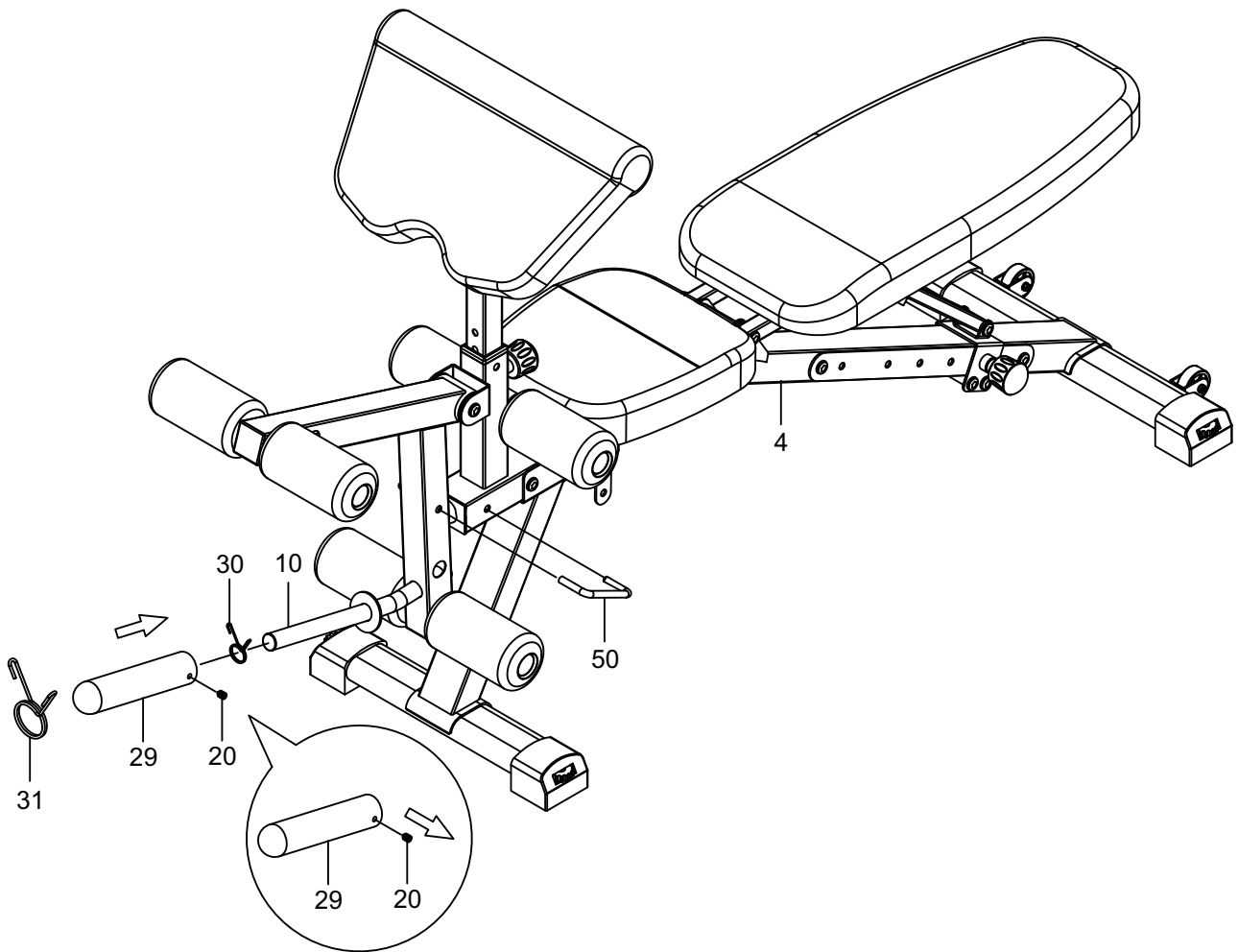
Press both Round End Caps (28) into both ends of the Holder Tube (12).

Slide a Foam Roller (17) onto one end of the Holder Tube (12). Insert the Holder Tube (12) into the top hole in the Leg Developer (10). Slide the other Foam Roller (7) onto the other end of the Holder Tube (12).

Press both Round End Caps (28) into both ends of the Holder Tube (12).

Slide a Foam Roller (17) onto one end of the Holder Tube (12). Insert the Holder Tube (12) into the bottom hole in the Leg Developer (10). Slide the other Foam Roller (7) onto the other end of the Holder Tube (12).

Press both Round End Caps (28) into both ends of the Holder Tube (12).



STEP 5

Attach the Small Spring Clip (30) to the Leg Developer (10).

Remove the Hexagon Socket Set Screw (20) from the Weight Holder Sleeve (29).

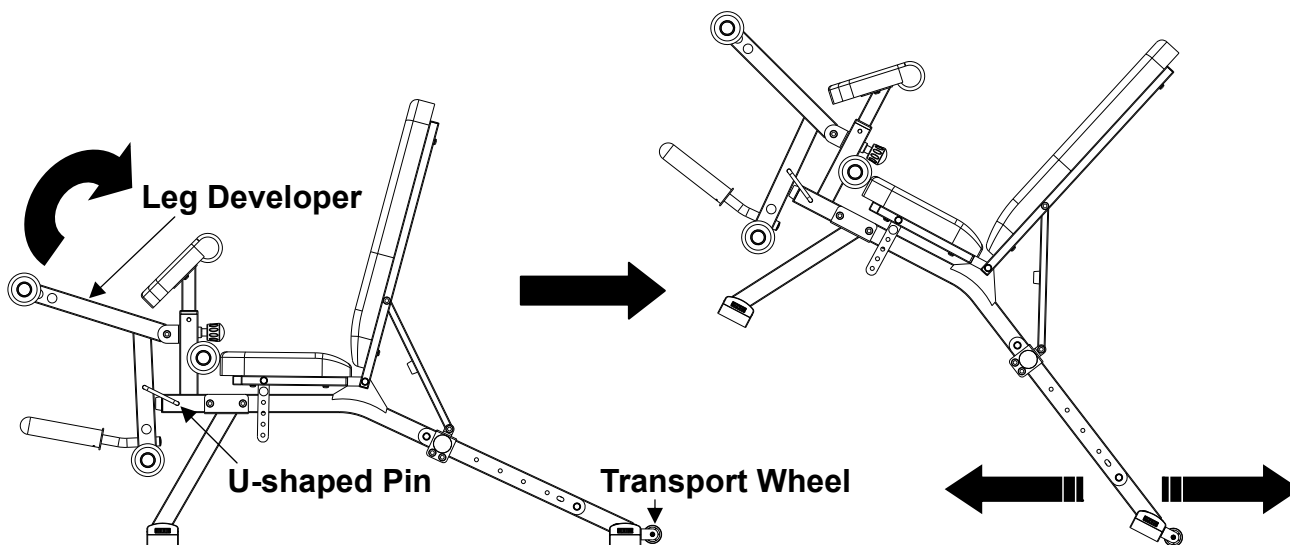
Remove screw with the Allen Wrench provided.

Slide the Weight Holder Sleeve (29) onto the Leg Developer (10) and secure with one Hexagon Socket Set Screw (20) that was removed. Tighten screw with the Allen Wrench provided.

Attach the Big Spring Clip (31) to the Weight Holder Sleeve (29).

Use the U-shaped Pin (50) to lock the Leg Developer (10) in place.

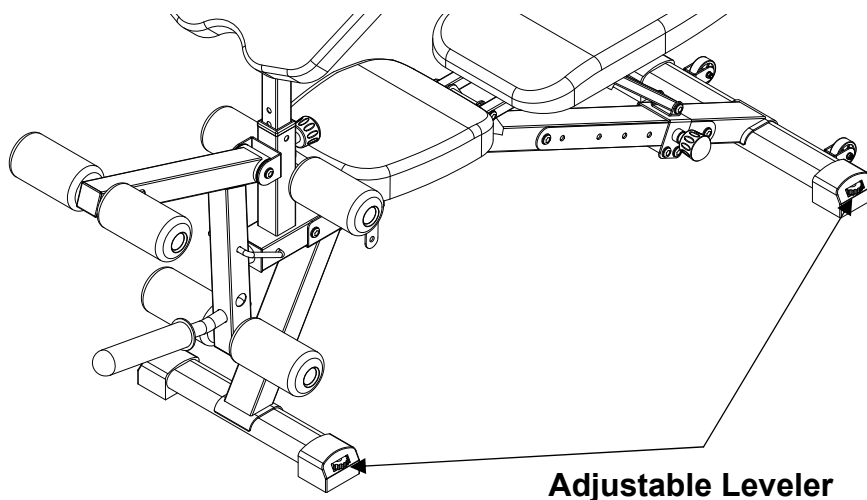
HOW TO MOVE THE INCLINE BENCH



This incline bench has a pair of Transport Wheels on the rear stabilizer and can be carefully tilted onto its Transport Wheels for easy moving and storage. To move the bench, firmly grasp the Leg Developer with both hands and the Leg Developer must be locked by U-shaped Pin. Next, carefully pull the bench up until it rolls freely on the Transport Wheels.

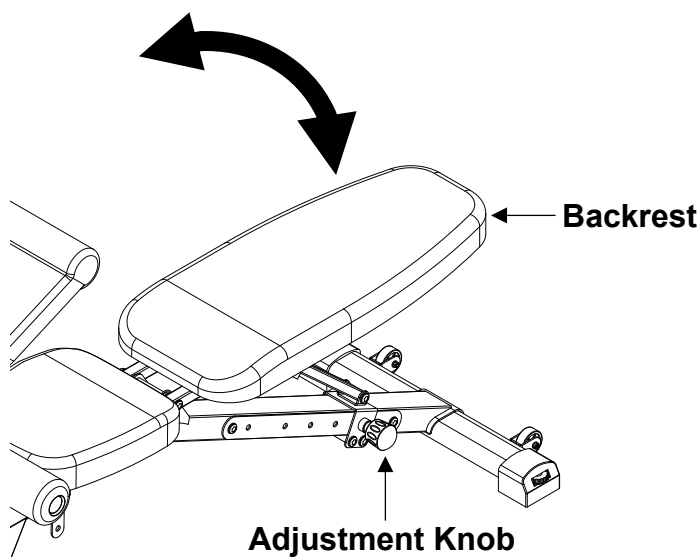
CAUTION: It is suggested you always use the aid of a second person when moving the bench.

ADJUSTMENTS



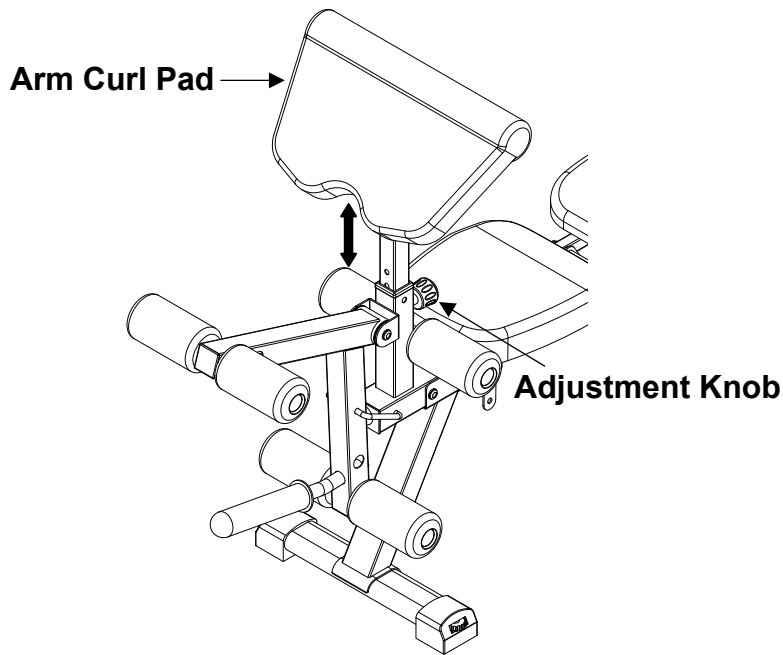
Adjusting the Adjustable Leveler

Turn the adjustable leveler on the front or rear stabilizer as needed to level the bench.



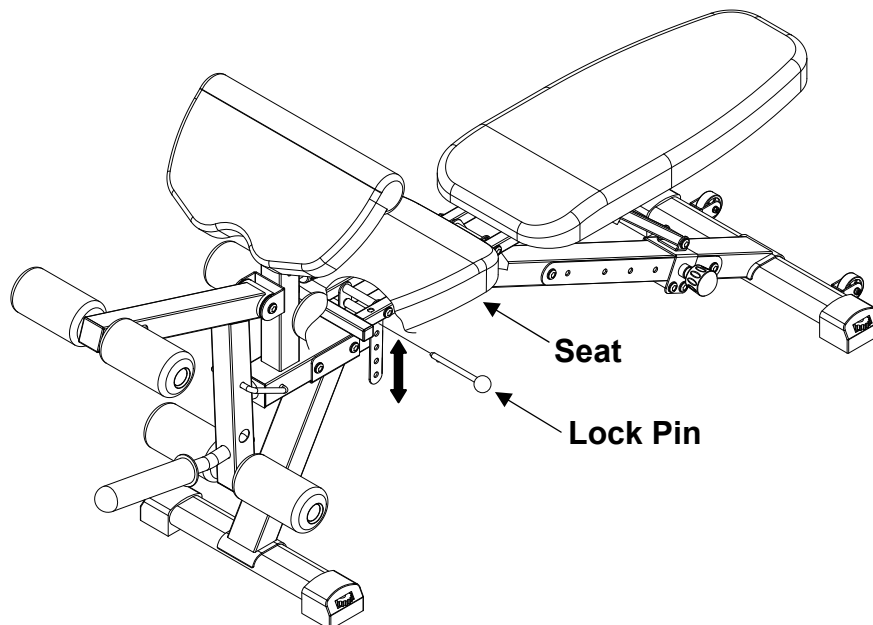
Adjusting the Backrest

The backrest can be adjusted according to your own training needs. Turn the adjustment knob in a counterclockwise direction until it can be pulled out. Pull out the adjustment knob and then raise or lower the backrest to the suitable position. Lock the backrest in place by releasing the adjustment knob and raise or lower the backrest slightly until the adjustment knob "pops" down into the locked position. For added safety, tighten the adjustment knob in a clockwise direction.



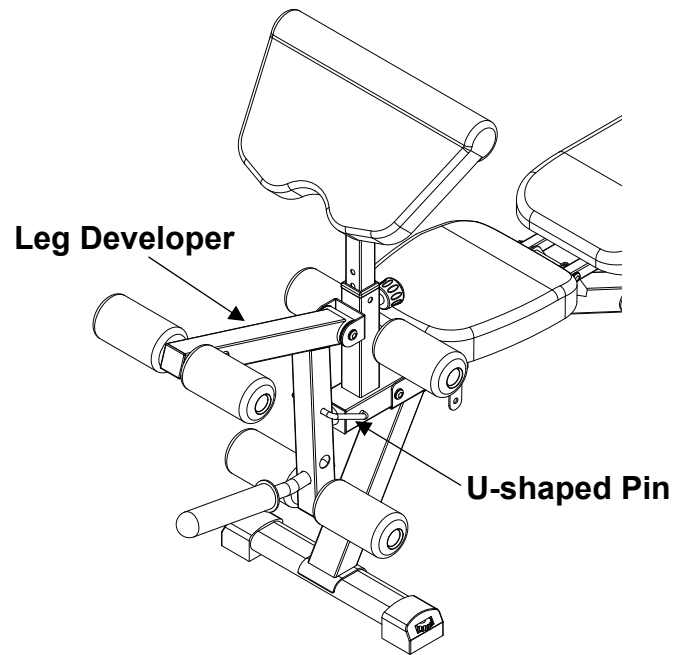
Adjusting the Arm Curl Pad Height

The arm curl pad height can be adjusted according to your own training needs. Turn the Adjustment knob in a counterclockwise direction until it can be pulled out. Pull out the adjustment knob and then slide the arm curl pad up or down direction to the suitable position. Lock the arm curl pad in place by releasing the adjustment knob and sliding the arm curl pad up or down slightly until the adjustment knob "pops" down into the locked position. For added safety, tighten the adjustment knob in a clockwise direction.



Adjusting the Seat Height

The seat can be adjusted according to your own training needs. Pull out the lock pin and then adjust the seat to the desired height, insert the lock pin back into the holes on the adjustable seat bracket and main frame to lock the seat in place.



Adjusting the Leg Developer

The leg developer can be locked when doing sit up exercise. Simply pull the U-shaped pin out and drop into the hole on the leg developer. Remove the U-shaped pin when doing leg developer exercises.

MAINTENANCE

The equipment can be cleaned using a clean and 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 equipment for proper tightness and frame of the equipment for any sign of cracking or permanent bending. If you find this situation, do not use this equipment and contact local dealer immediately.

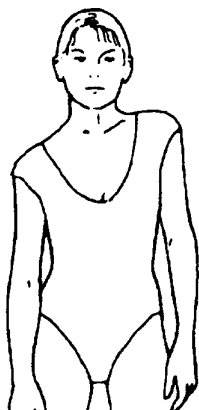
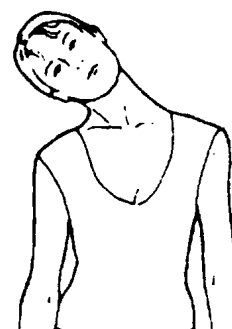
WARM UP AND COOL DOWN ROUTINE

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.

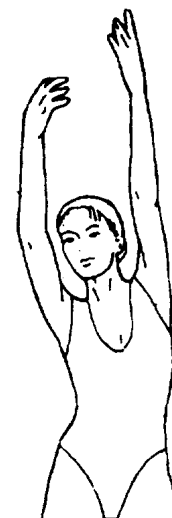
HEAD ROLLS

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.

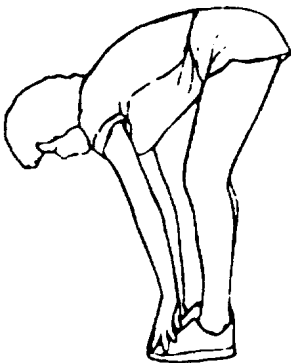


QUADRICEPS STRETCH

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.

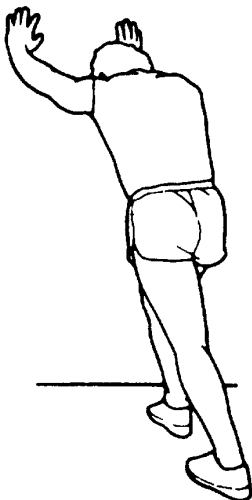
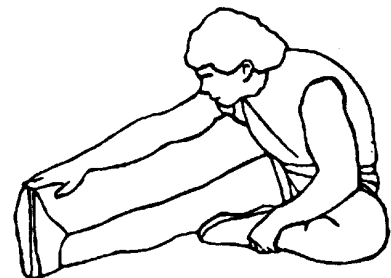


TOE TOUCHES

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