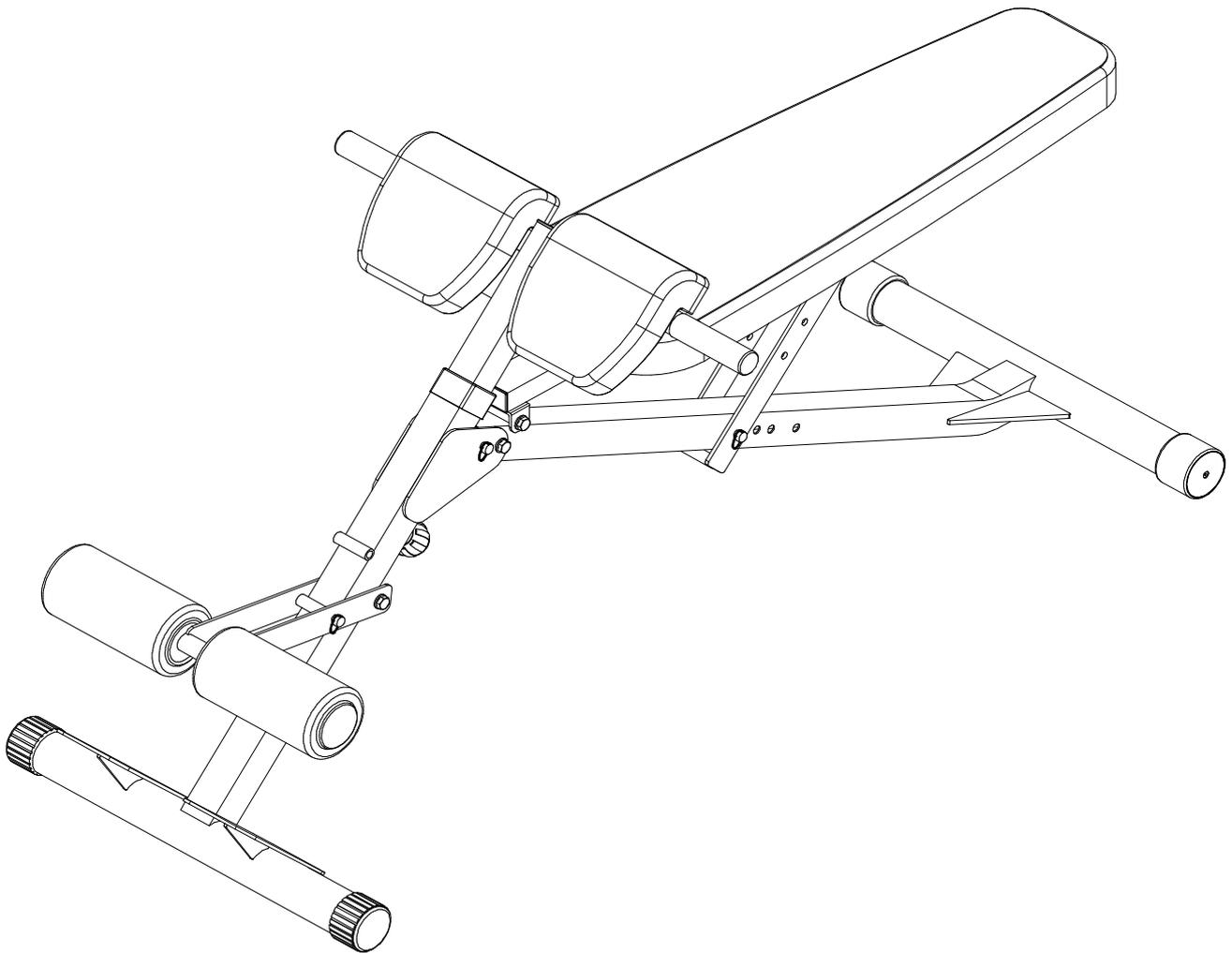


AB HYPER BENCH

ITEM NO.: 76030

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.

TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE AND TOOLS PACK -----	5
EXPLODED VIEW -----	7
ASSEMBLY INSTRUCTIONS -----	8
ADJUSTMENTS -----	14
FOLDING THE BENCH -----	15
TRANSPORTATION -----	16
MAINTENANCE -----	16
WARM UP AND COOL DOWN ROUTINE -----	17

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 bench. Read all instructions before using it.

1. Make sure the equipment is properly assembled and tightened before each use.
2. To avoid muscle injury, warm-up exercises are recommended before starting your workout.
3. Do not operate this or any exercise equipment if it is damaged.
4. Always wear proper exercise apparel and shoes when using the equipment. Use caution when getting on or off the unit.
5. Do not attempt any maintenance or adjustments other than those described in this manual. If any problems arise, discontinue use and consult your local dealer.
6. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
7. Always use this equipment on a clear, level surface. Do not use it outdoors or near water.
8. Do not jump on the equipment.
9. Perform all exercises with slow, controlled movements.
10. This equipment is for household use only. It is not a commercial model.
11. Only one person should use the equipment at a time.
12. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment. Loss of balance may result in a fall and serious injury.
13. If at any time you feel chest pains, nausea, dizziness, or shortness of breath, 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 at least two meters.
15. The maximum weight capacity for this product is 290 kg.

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

This is especially important for people over 35 years old or with pre-existing health conditions. 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.

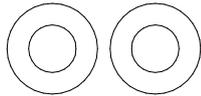
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Front Support Tube	1	014	Spring Washer Ø15.4xØ8.2	8
002	Rear Support Tube	1	015	Hexagon Head Bolt M8x25	8
003	Backrest Support Tube	1	016	Front Support Tube Round End Cap Ø60	2
004	Handle Grip Tube	1	017	Rectangular End Cap (□30x50)	2
005	Ankle Support Tube	1	018	Round Cap Ø65	2
006	Pin Ø10x86	3	019	Knob M16	1
007	Hexagon Head Bolt M10x75	1	020	Transport Wheel Cap Ø60	2
008	Nylon Nut M10	3	021	Backrest	1
009	Washer Ø20xØ11	6	022	Hollow Cap (□50x□44)	1
010	Support Pad	2	023	Hexagon Head Bolt M10x80	2
011	Foam Roller	2	024	Square End Cap (□44x44)	1
012	Handle Grip	2	025	Cross Recessed Pan Head Drilling Screw M6x16	2
013	Washer Ø18xØ8.5	8	026	Square End Cap (□50x50)	1

HARDWARE AND TOOLS PACK

STEP 1

(8) Nylon Nut 1 PC
(23) Hexagon Head Bolt 1 PC



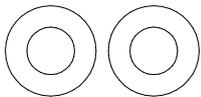
(9) Washer 2 PCS

(6) Pin 1 PC



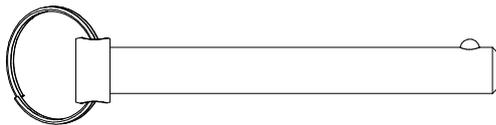
STEP 2

(7) Hexagon Head Bolt 1 PC
(8) Nylon Nut 1 PC



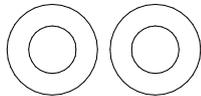
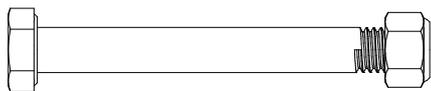
(9) Washer 2 PCS

(6) Pin 1 PC



STEP 3

(8) Nylon Nut 1 PC
(23) Hexagon Head Bolt 1 PC

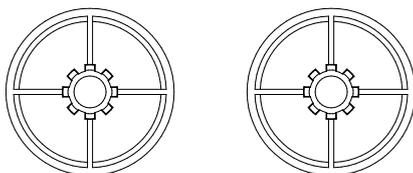


(9) Washer 2 PCS

(6) Pin 1 PC



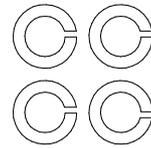
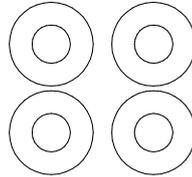
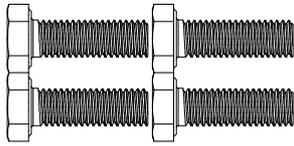
STEP 4



(18) Round Cap 2 PCS

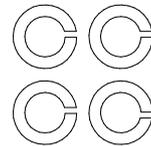
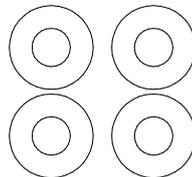
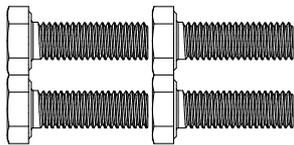
HARDWARE AND TOOLS PACK

STEP 5



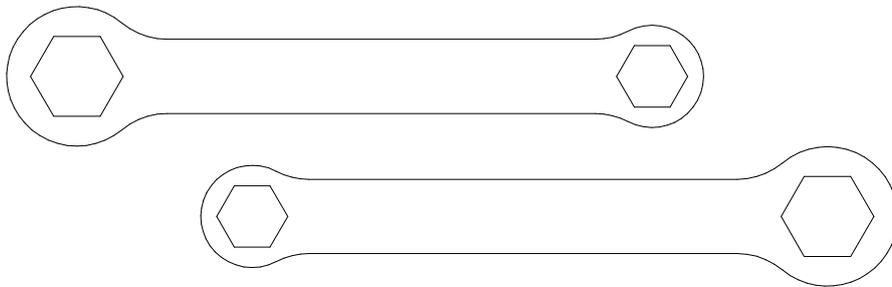
(15) Hexagon Head Bolt 4 PCS (13) Washer 4 PCS (14) Spring Washer 4 PCS

STEP 6



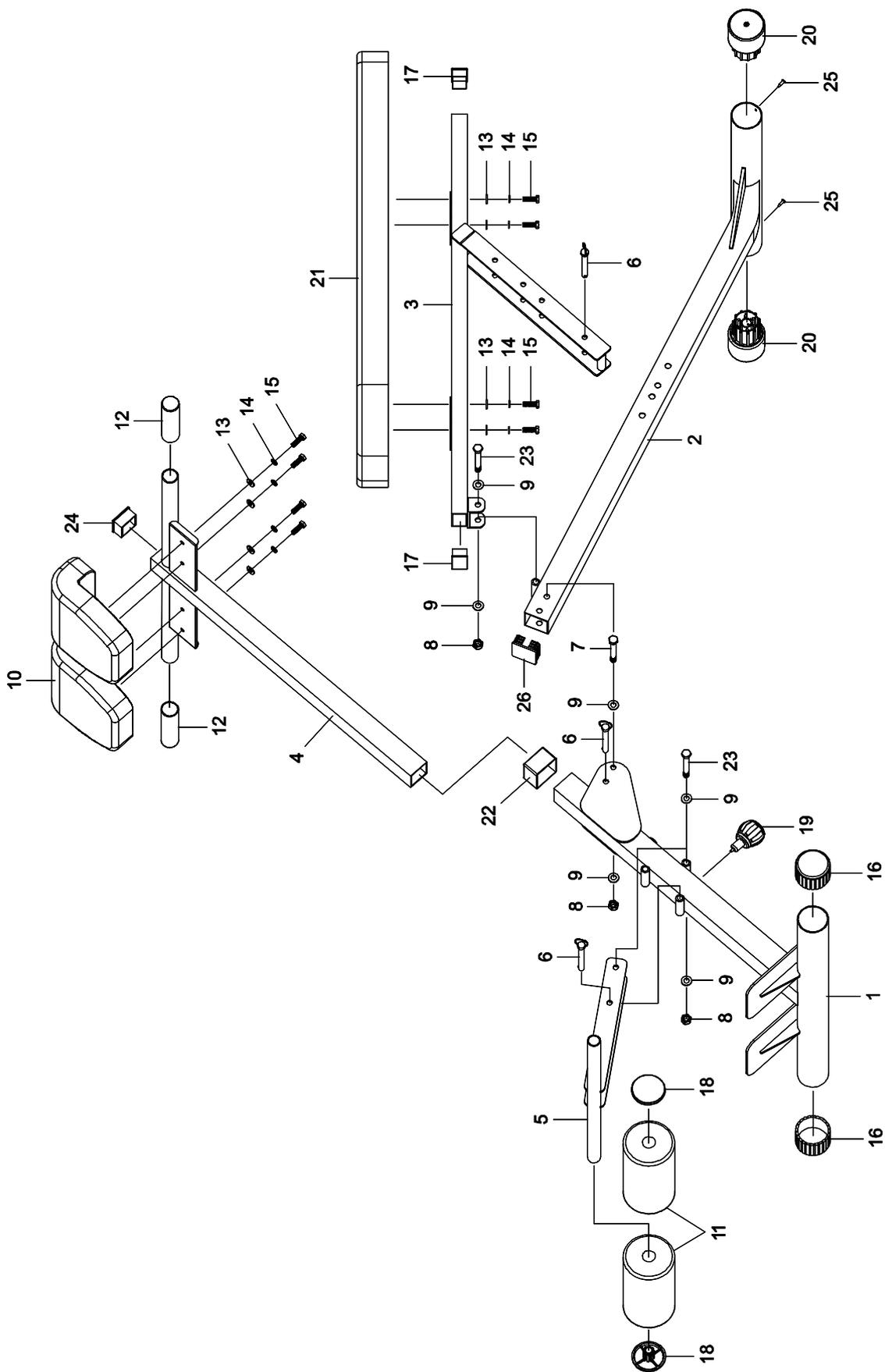
(15) Hexagon Head Bolt 4 PCS (13) Washer 4 PCS (14) Spring Washer 4 PCS

TOOLS

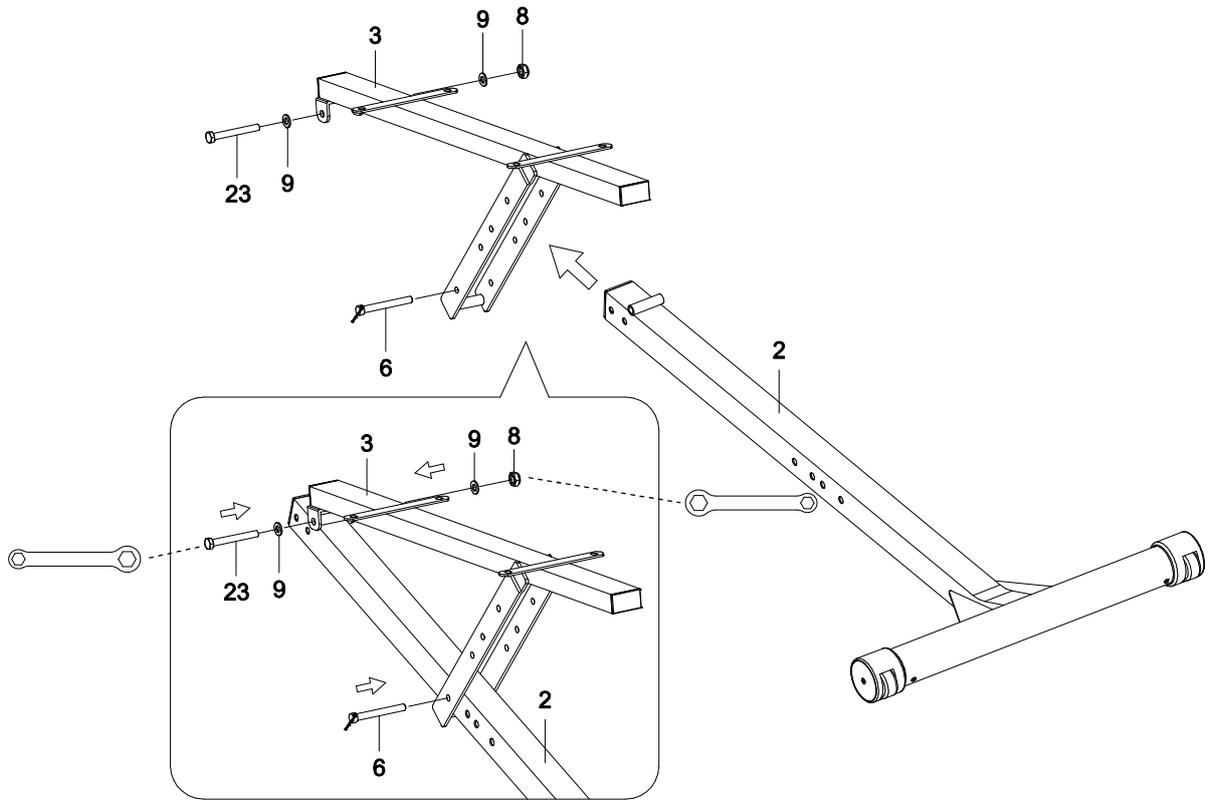


Wrench 13 mm, 17 mm
2 PCS

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS



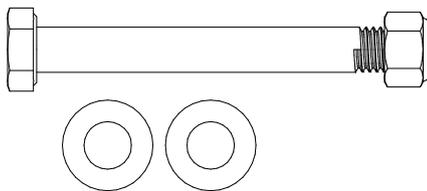
STEP 1

Slide the Rear Support Tube (2) through the bracket of the Backrest Support Tube (3). Secure the Rear Support Tube (2) to the Backrest Support Tube (3) using one Nylon Nut (8), one Hexagon Head Bolt (23), and two Washers (9). Tighten the Nylon Nut (8) and Hexagon Head Bolt (23) with the two Wrenches provided. Align the adjustment holes on the Backrest Support Tube (3) with Rear Support Tube (2) and secure both parts in place using one Pin (6).

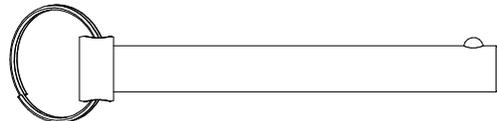
Hardware:

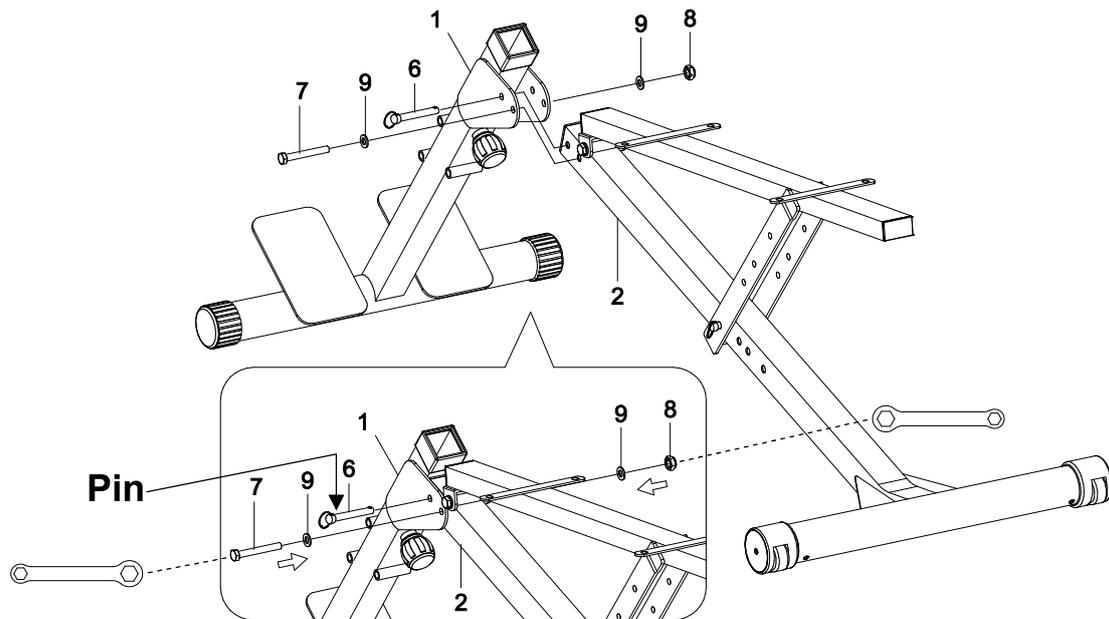
(8) Nylon Nut 1 PC
 (23) Hexagon Head Bolt 1 PC

(6) Pin 1 PC



(9) Washer 2 PCS





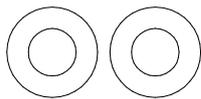
STEP 2

Insert the Rear Support Tube (2) into the bracket of the Front Support Tube (1), aligning the two holes. Fasten them together using one Pin (6), one Hexagon Head Bolt (7), one Nylon Nut (8), and two Washers (9). Tighten the Hexagon Head Bolt (7) and Nylon Nut (8) with the two Wrenches provided.

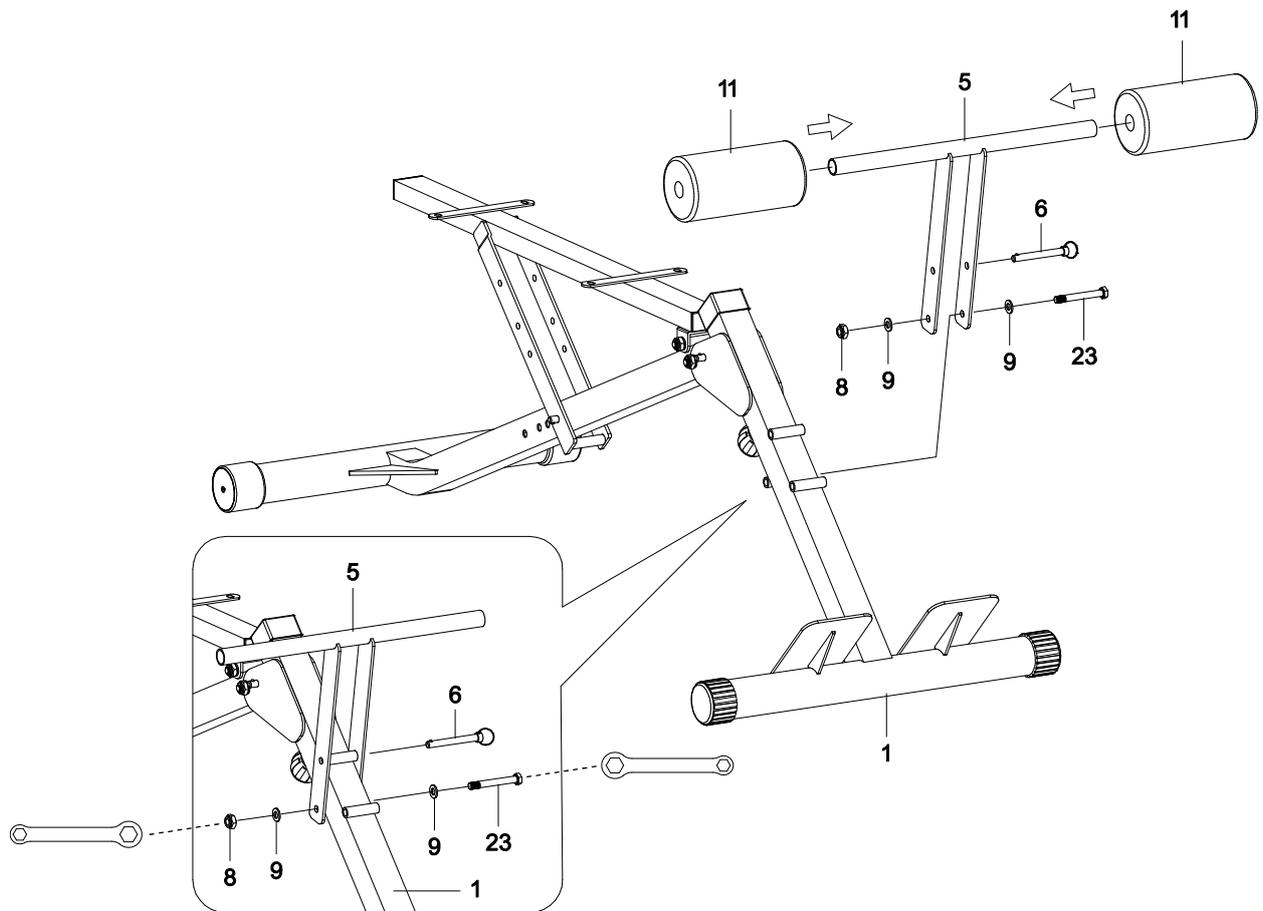
Hardware:

(7) Hexagon Head Bolt 1 PC
 (8) Nylon Nut 1 PC

(6) Pin 1 PC



(9) Washer 2 PCS



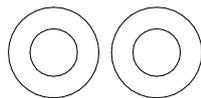
STEP 3

Fasten the Ankle Support Tube (5) to the hole on the underside of Front Support Tube (1) using one Nylon Nut (8), one Hexagon Head Bolt (23), and two Washers (9). Tighten the Nylon Nut (8) and Hexagon Head Bolt (23) with the two Wrenches provided. Align the Ankle Support Tube (5) with the adjustment holes on the front of Front Support Tube (1) and secure both parts in place using one Pin (6).

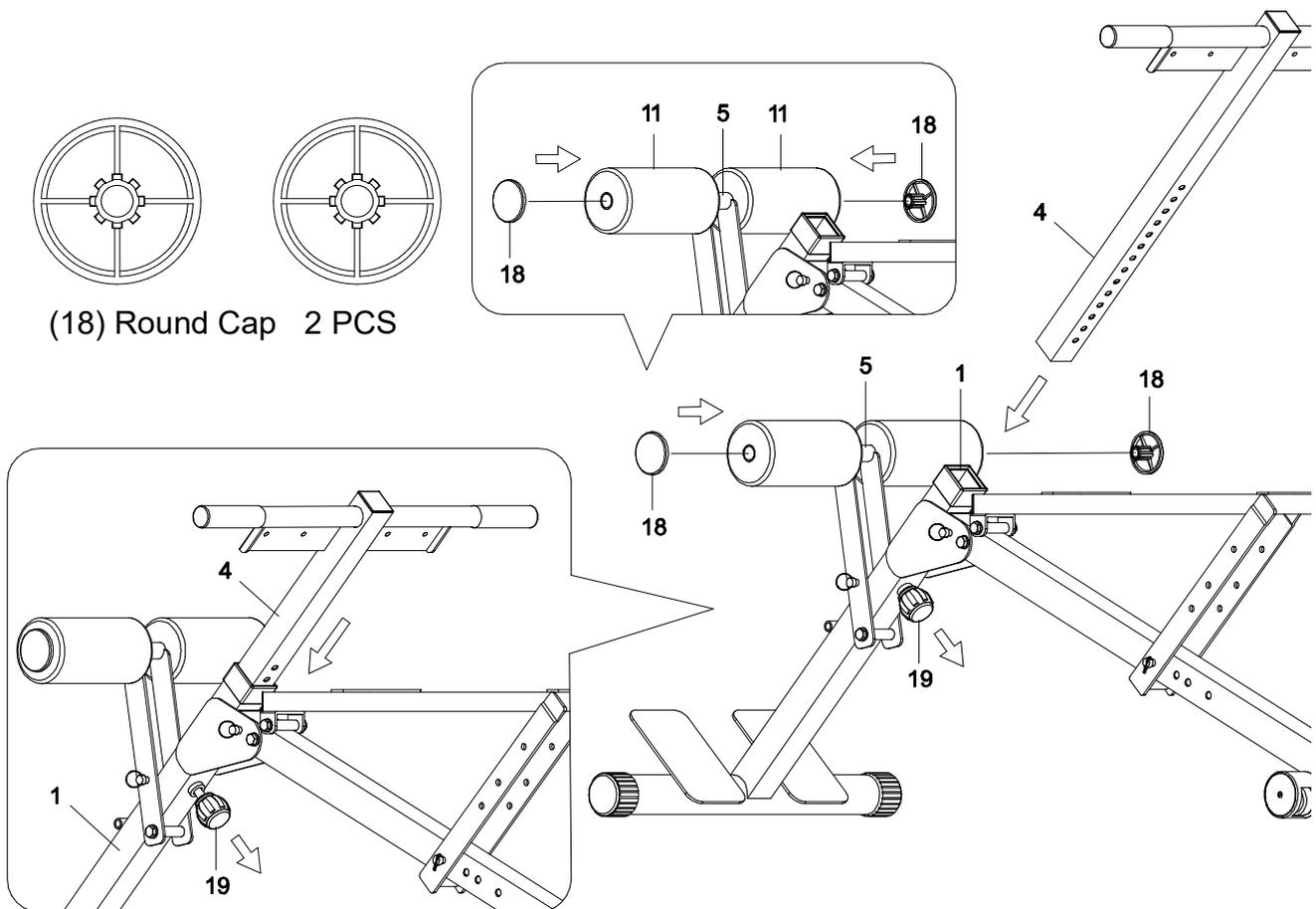
Hardware:

(8) Nylon Nut 1 PC
 (23) Hexagon Head Bolt 1 PC

(6) Pin 1 PC



(9) Washer 2 PCS

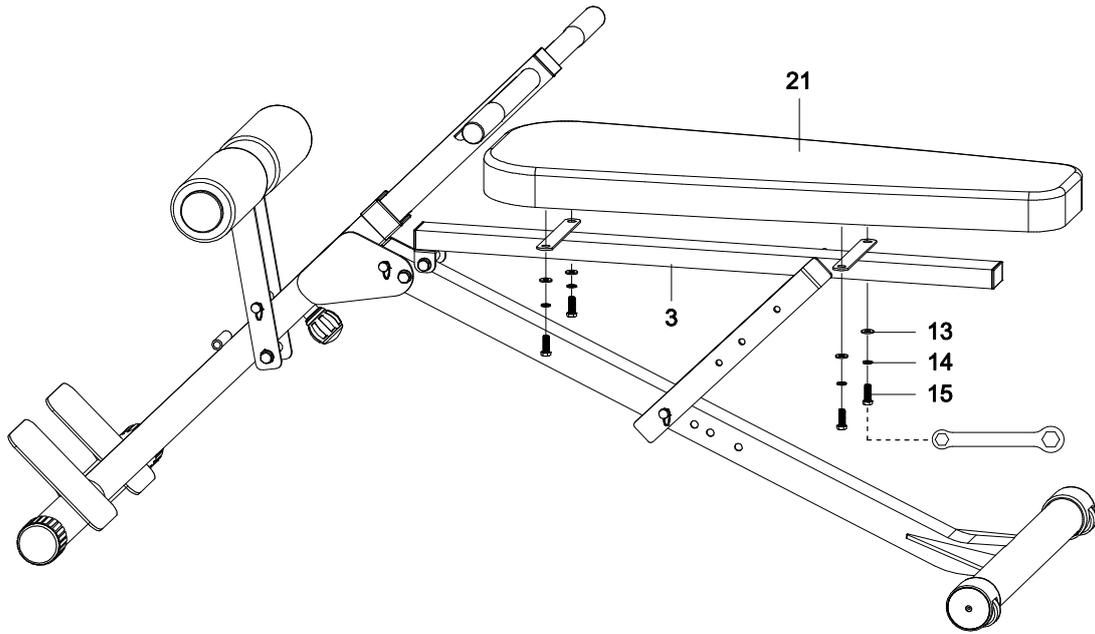


(18) Round Cap 2 PCS

STEP 4

Insert Handle Grip Tube (4) into the square shaft of the Front Support Tube (1). Lock the Handle Grip Tube (4) in place using the Knob (19) located on the underside of the Front Support Tube (1).

Mount both Foam Rollers (11) onto the posts of the Ankle Support Tube (5). Lock both Foam Rollers (11) in place by inserting two Round Caps (18) into the post holes of the Ankle Support Tube (5).

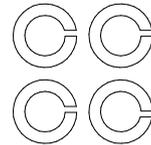
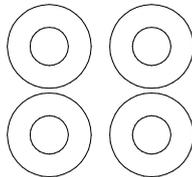
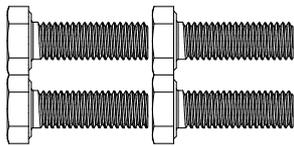


STEP 5

Attach the Backrest (21) to Backrest Support Tube (3) using four Washers (13), four Spring Washers (14), and four Hexagon Head Bolts (15). Tighten the Hexagon Head Bolt (15) with the Wrench provided.

NOTE: Loosely install all the hardware by hand before tightening with tools. This will make aligning the holes easier.

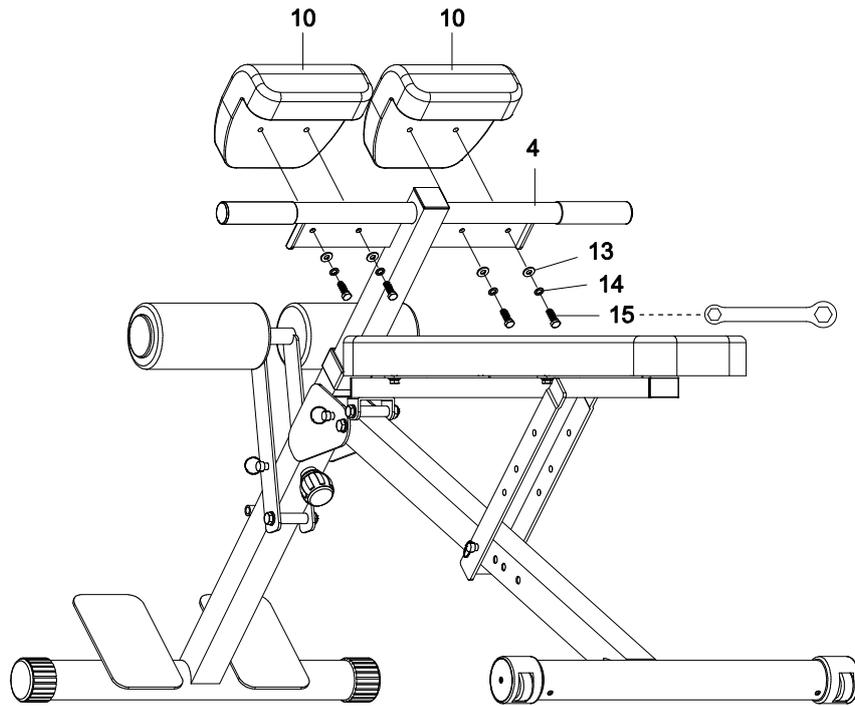
Hardware:



(15) Hexagon Head Bolt 4 PCS

(13) Washer 4 PCS

(14) Spring Washer 4 PCS

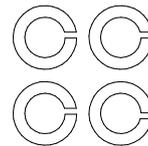
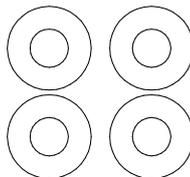
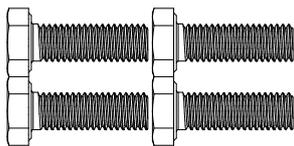


STEP 6

Attach both Support Pads (10) to the Handle Grip Tube (4) using four Washers (13), four Spring Washers (14), and four Hexagon Head Bolts (15). Tighten the Hexagon Head Bolt (15) with the Wrench provided.

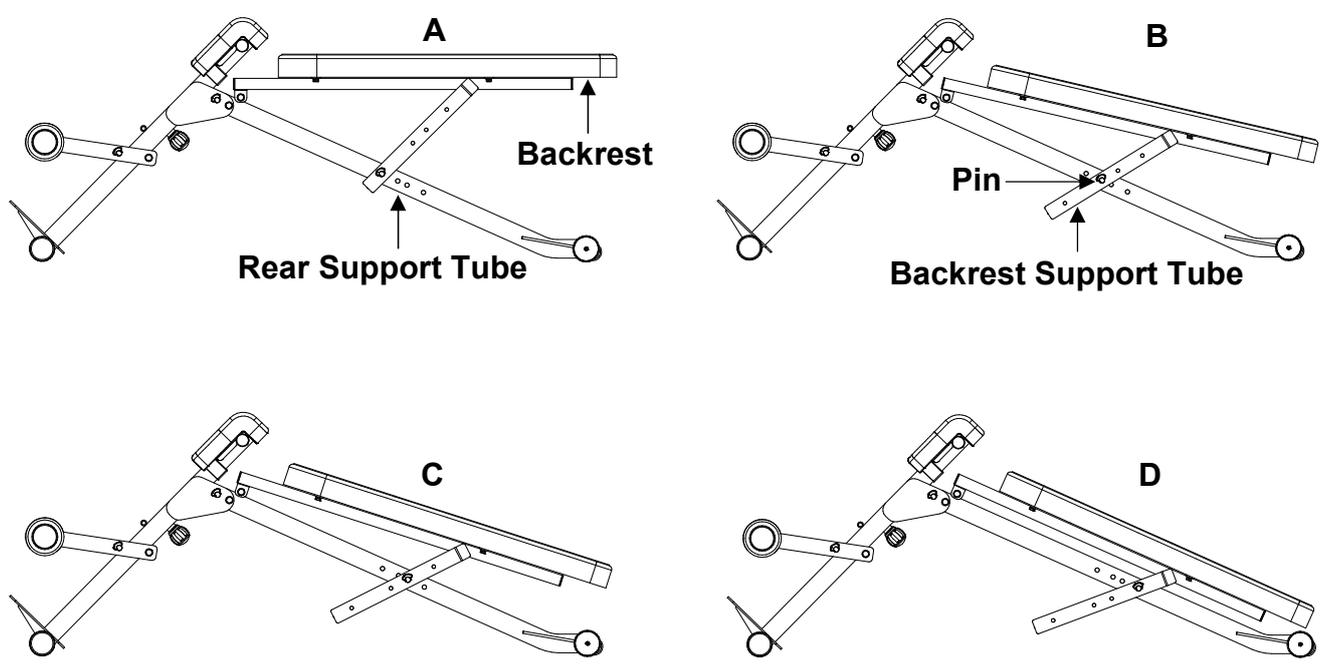
NOTE: Loosely install all the hardware by hand before tightening with tools. This will make aligning the holes easier.

Hardware:



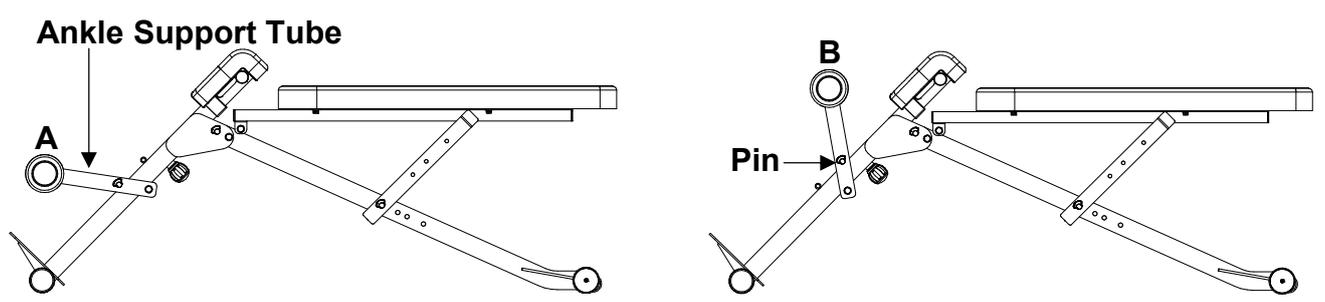
(15) Hexagon Head Bolt 4 PCS (13) Washer 4 PCS (14) Spring Washer 4 PCS

ADJUSTMENTS



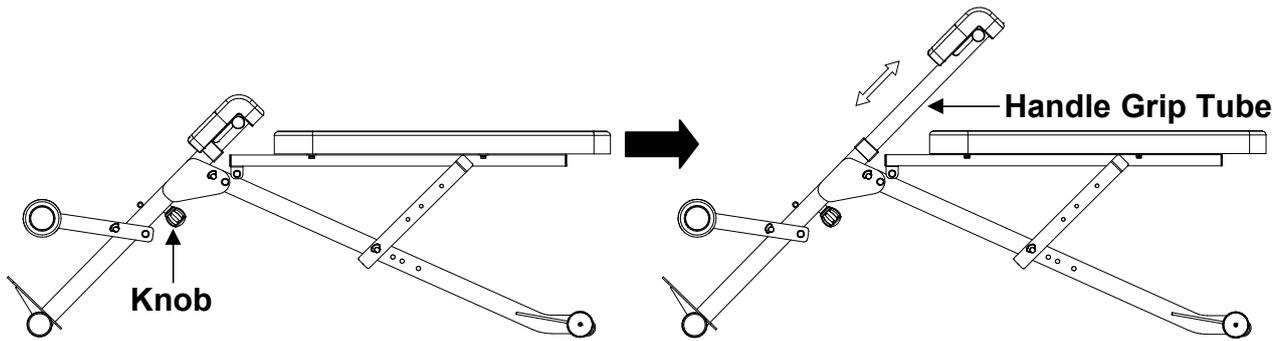
Backrest Adjustment

Raise or lower the **Backrest** to the desired position (A, B, C, or D). Align the adjustment holes of the **Backrest Support Tube** with the holes of the **Rear Support Tube**, and fully secure the two parts in place with the **Pin** before using the Bench.



Ankle Support Tube Adjustment

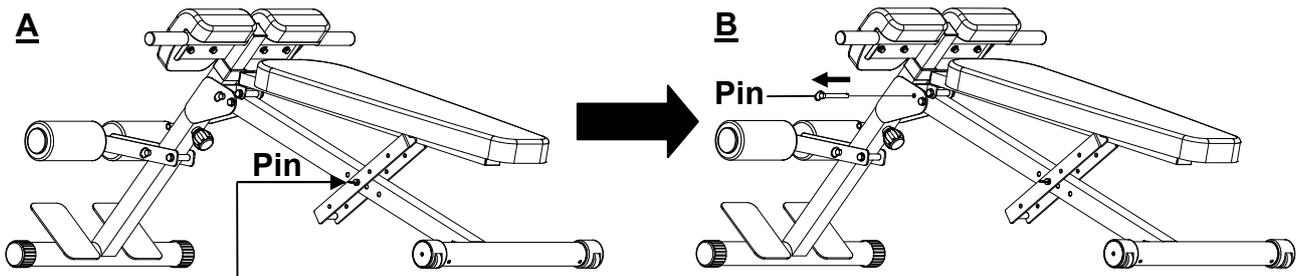
Raise or lower the **Ankle Support Tube** to the desired position (A or B), align the adjustment holes, and secure it in place with the **Pin** before using the Bench.



Handle Grip Tube Adjustment

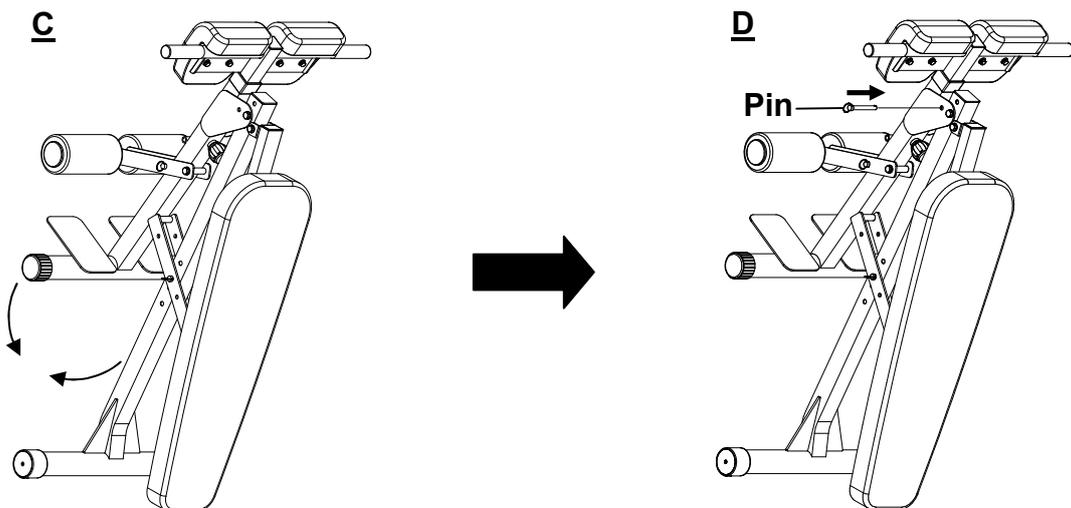
Loosen the **Knob** by turning it counterclockwise until it can be pulled out. Pull out the **Knob** and slide the **Handle Grip Tube** up or down to reach the desired height. Lock the **Handle Grip Tube** in place by releasing the **Knob** and sliding the **Handle Grip Tube** up or down slightly until the **Knob** “pops” into the locked position. Finally, tighten the **Knob** in a clockwise direction to secure the **Handle Grip Tube** in place.

FOLDING THE BENCH



The **Pin** must be inserted into the second hole of the bracket on the Backrest Support Tube.

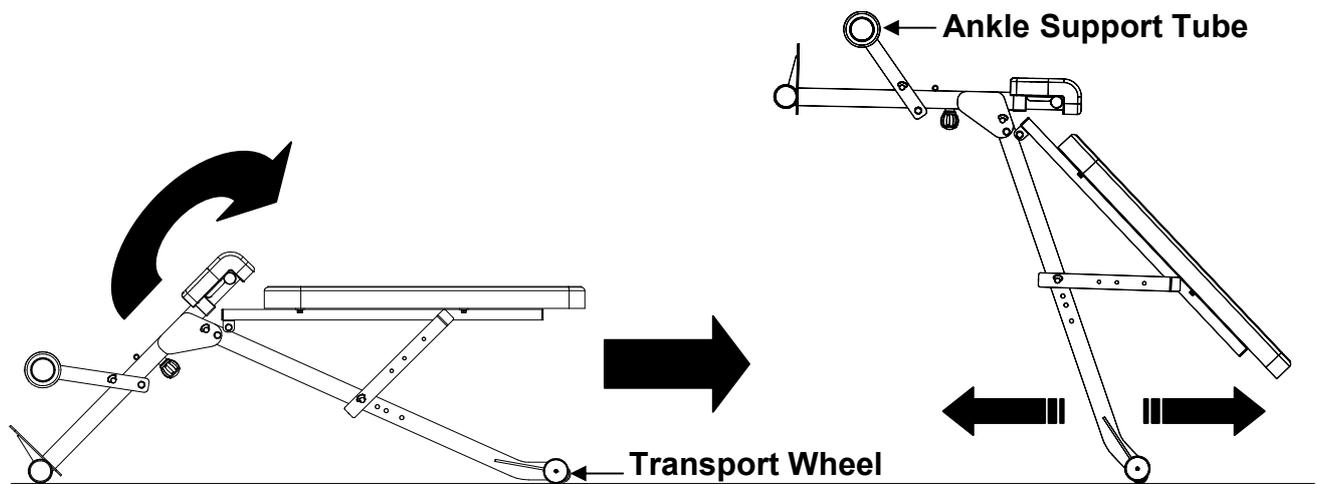
Remove the **Pin** from the Front and Rear Support Tubes.



To fold the bench, grab the bench and fold it according to the picture.

Insert the **Pin** back into the holes on the Front Support Tube to lock the bench in the folded position.

TRANSPORTATION



Transporting When The Bench Is Set Up

Lift up the Ankle Support Tube until the Transport Wheels make contact with the ground, then move the bench to your desired location.

MAINTENANCE

The equipment can be cleaned using a clean, dry cloth after each use.

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

Please inspect all assembly bolts and nuts on the equipment for proper tightness, and check the frame for any signs of cracking or permanent bending. If you notice any issues, discontinue use and contact your local dealer immediately.

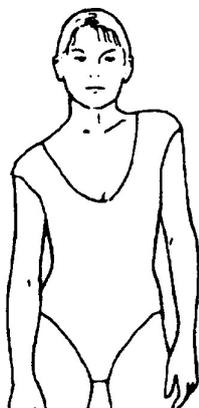
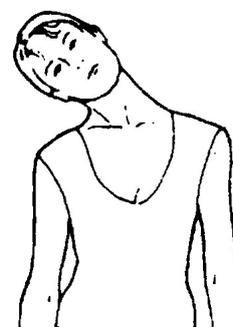
WARM UP AND COOL DOWN ROUTINE

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.



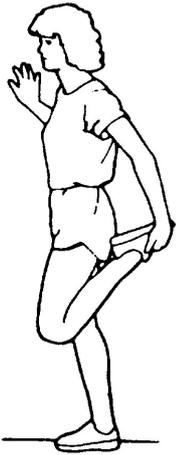
SHOULDER LIFTS

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.

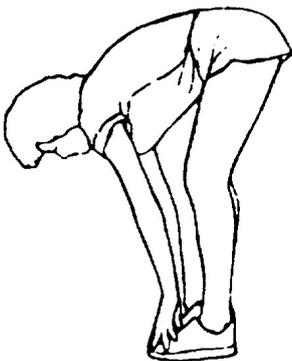


QUADRICEPS STRETCH

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.

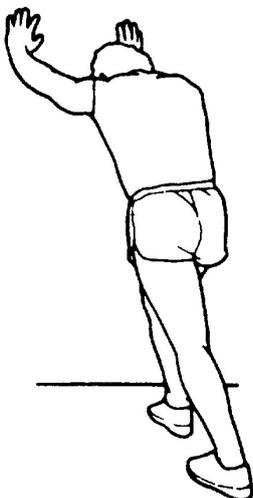
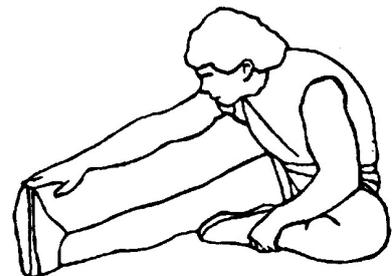


TOE TOUCHES

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.