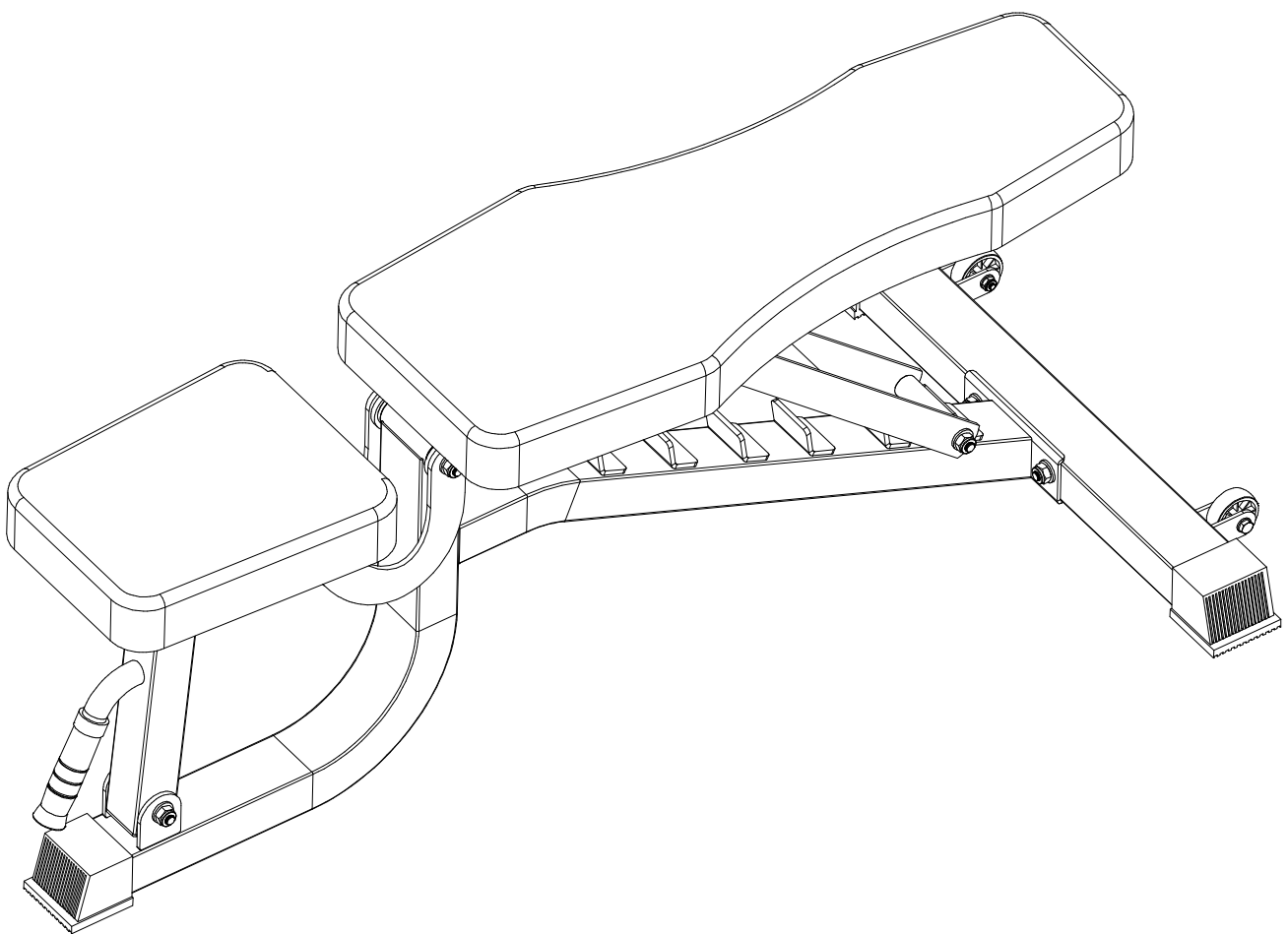


# ***E5 BODY BENCH***

***ITEM NO.: 76201***

***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.

2023, May

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

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. Do not use this equipment if it is not functioning properly or if it is not fully assembled.
3. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
4. 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.
5. Please wear proper clothes and shoes when using this equipment. Avoid wearing loose clothing that may become entangled in the equipment.
6. 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.
7. Never drop or insert any object into any opening.
8. Do not use the equipment outdoors.
9. Do not jump on the equipment.
10. Doing all the exercises with a slow and controlled movement.
11. This equipment is for household use only. It is not a commercial model.
12. Only one person at a time should use this equipment.
13. 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.
14. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
15. 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.
16. The maximum weight capacity for this product is 350 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.

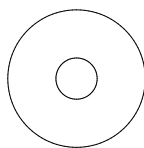
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	018	Transport Wheel	2
002	Rear Base Tube	1	019	Nylon Washer Ø12	4
003	Seat Pad	1	020	Rubber Buffer	1
004	Backrest Pad	1	021	Round Bushing Ø25	2
005	Backrest Pad Tube	1	022	Round Bushing Ø12	4
006	Seat Pad Frame	1	023	Hexagon Head Bolt M8x45	2
007	Seat Pad Adjustment Tube	1	024	Flat Washer Ø16xØ8	10
008	Front Lift Handle Tube	1	025	Nylon Lock Nut M8	2
009	Backrest Pad Adjustment Bracket	1	026	Big Washer Ø40xØ12	2
010	Steel Axis	1	027	Flat Washer Ø24xØ12	12
011	Nylon Rod	1	028	Hexagon Head Bolt M8x25	6
012	Foot End Cap	3	029	Hexagon Head Bolt M12x120	2
013	Rubber Handle Grip	1	030	Hexagon Head Bolt M12x130	1
014	Square End Cap 50x50	2	031	Hexagon Head Bolt M12x90	1
015	Round Knob	1	032	Hexagon Head Bolt M12x80	1
016	Square Plastic Bushing (□50x□45)	1	033	Nylon Lock Nut M12	7
017	Plastic Handle	1	034	Hexagon Head Bolt M12x95	2

# HARDWARE AND TOOLS LIST



(24) Flat Washer  
6 PCS



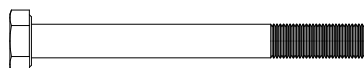
(26) Big Washer  
2 PCS



(27) Flat Washer  
12 PCS



(28) Hexagon Head Bolt  
6 PCS



(29) Hexagon Head Bolt  
2 PCS



(30) Hexagon Head Bolt  
1 PC



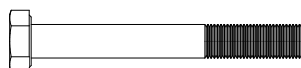
(31) Hexagon Head Bolt  
1 PC



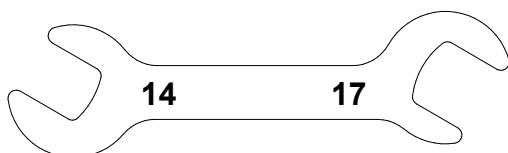
(32) Hexagon Head Bolt  
1 PC



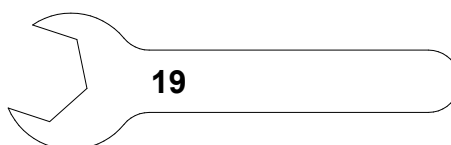
(33) Nylon Lock Nut  
7 PCS



(34) Hexagon Head Bolt  
2 PCS



Double Open End Wrench  
1 PC



Single Open End Wrench  
2 PCS

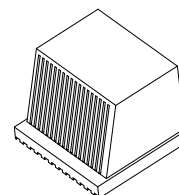
# ASSEMBLY PARTS KIT



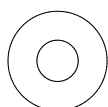
(10) Steel Axis  
1 PC



(11) Nylon Rod  
1 PC

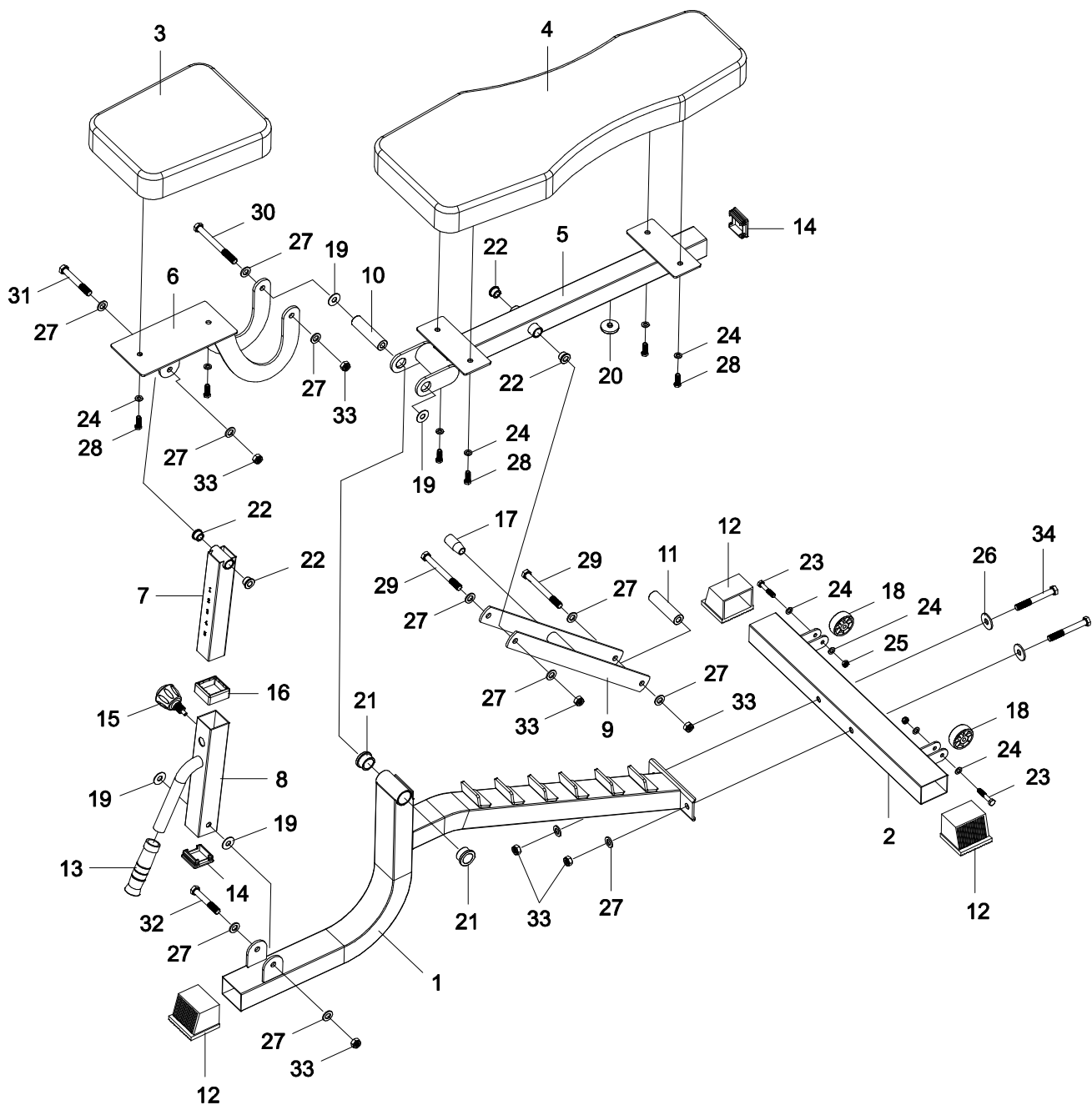


(12) Foot End Cap  
3 PCS

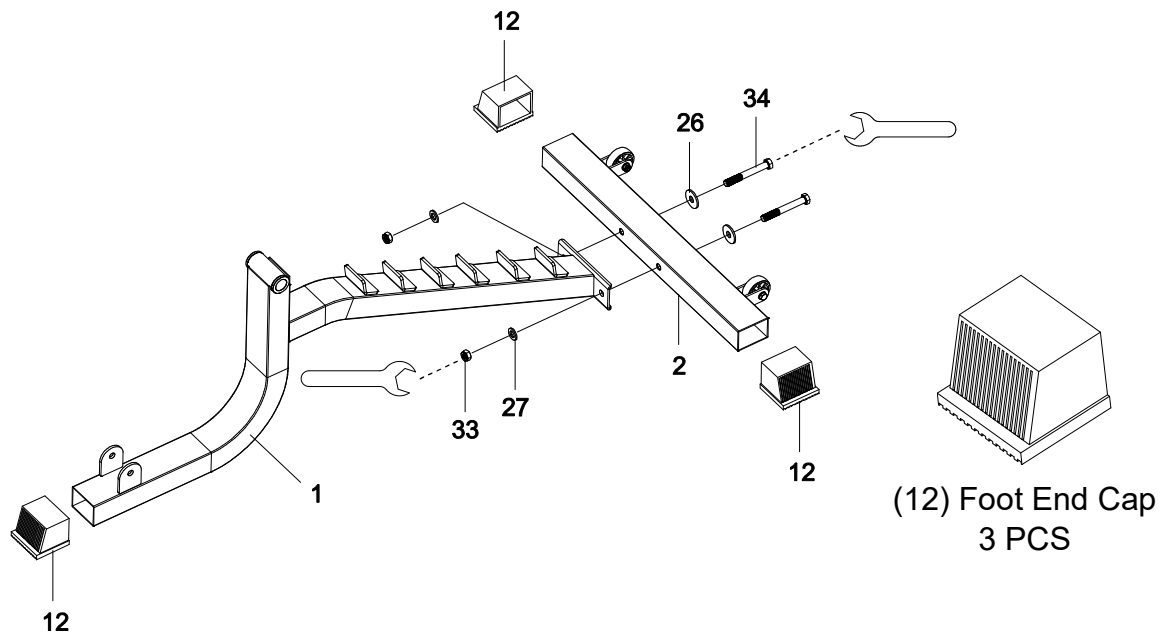


(19) Nylon Washer  
4 PCS

# EXPLODED VIEW



# ASSEMBLY INSTRUCTIONS

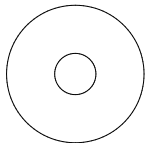


## STEP 1

Slide three Foot End Caps (12) over the ends of the Main Frame (1) and Rear Base Tube (2).

Attach the Rear Base Tube (2) onto the Main Frame (1) with two Hexagon Head Bolts (34), two Big Washers (26), two Flat Washers (27), and two Nylon Lock Nuts (33). Tighten bolt and nylon lock nut with two single open end wrenches provided.

## Hardware:



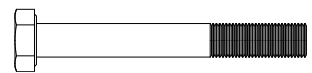
(26) Big Washer  
2 PCS



(27) Flat Washer  
2 PCS

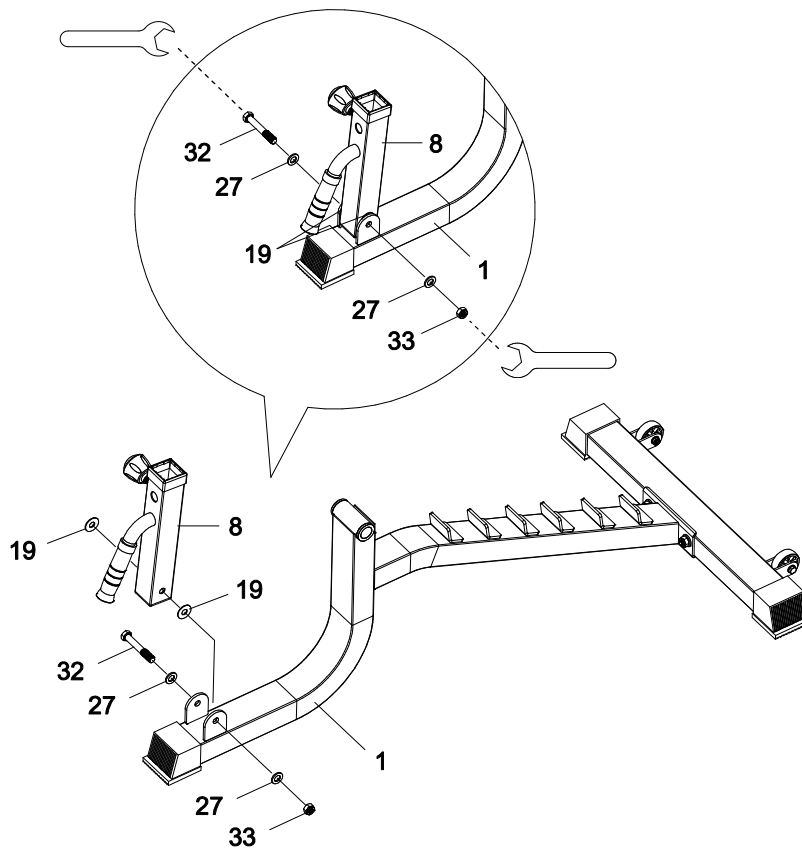


(33) Nylon Lock Nut  
2 PCS



(34) Hexagon Head Bolt  
2 PCS

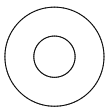




## STEP 2

Attach the Front Lift Handle Tube (8) to the Main Frame (1) with one Hexagon Head Bolt (32), two Flat Washers (27), two Nylon Washers (19), and one Nylon Lock Nut (33). Tighten bolt and nylon lock nut with two single open end wrenches provided.

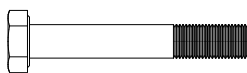
## Hardware:



(19) Nylon Washer  
2 PCS



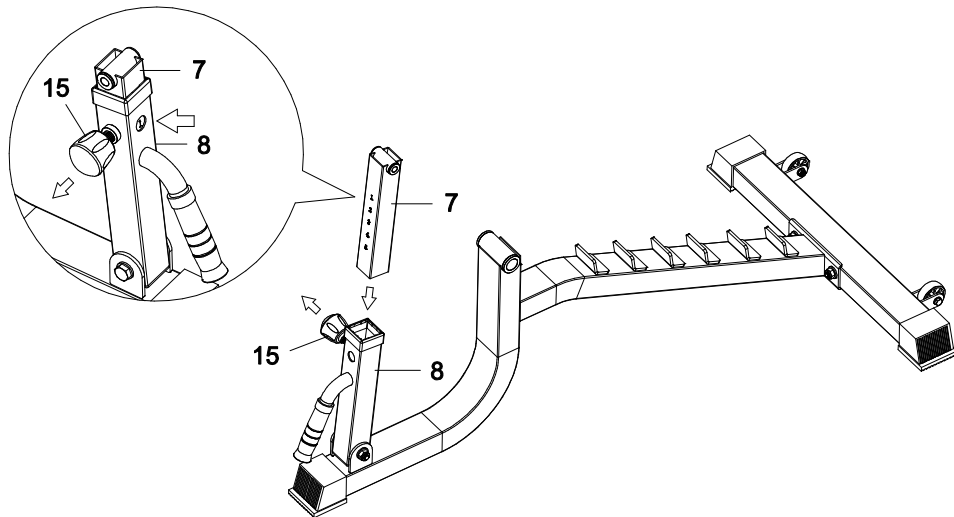
(27) Flat Washer  
2 PCS



(32) Hexagon Head Bolt  
1 PC

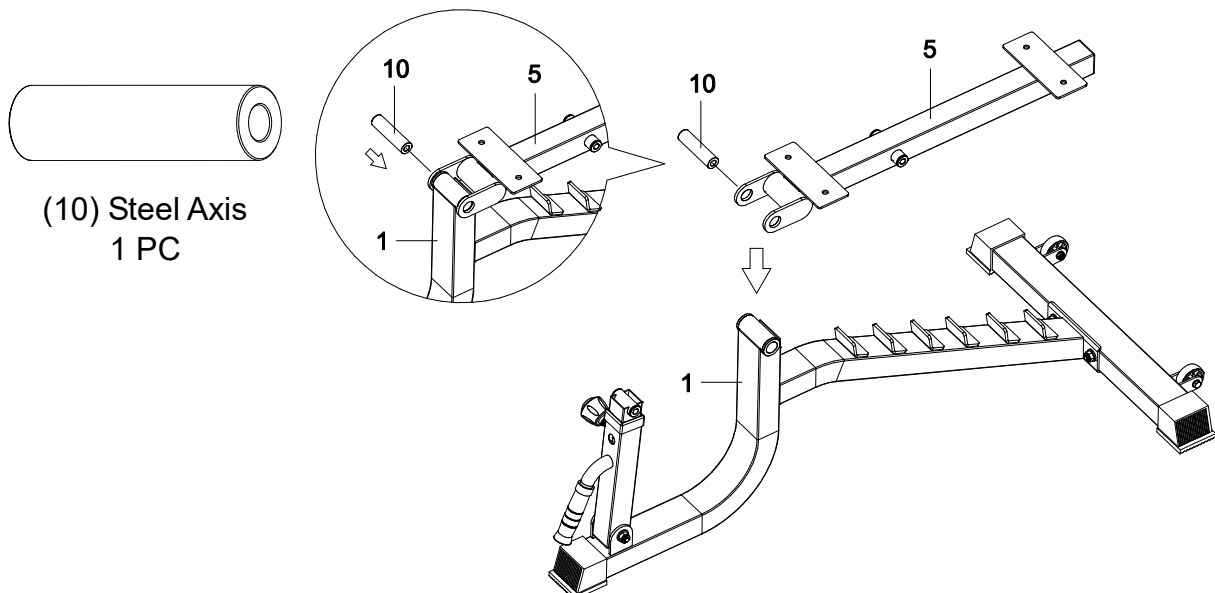


(33) Nylon Lock Nut  
1 PC



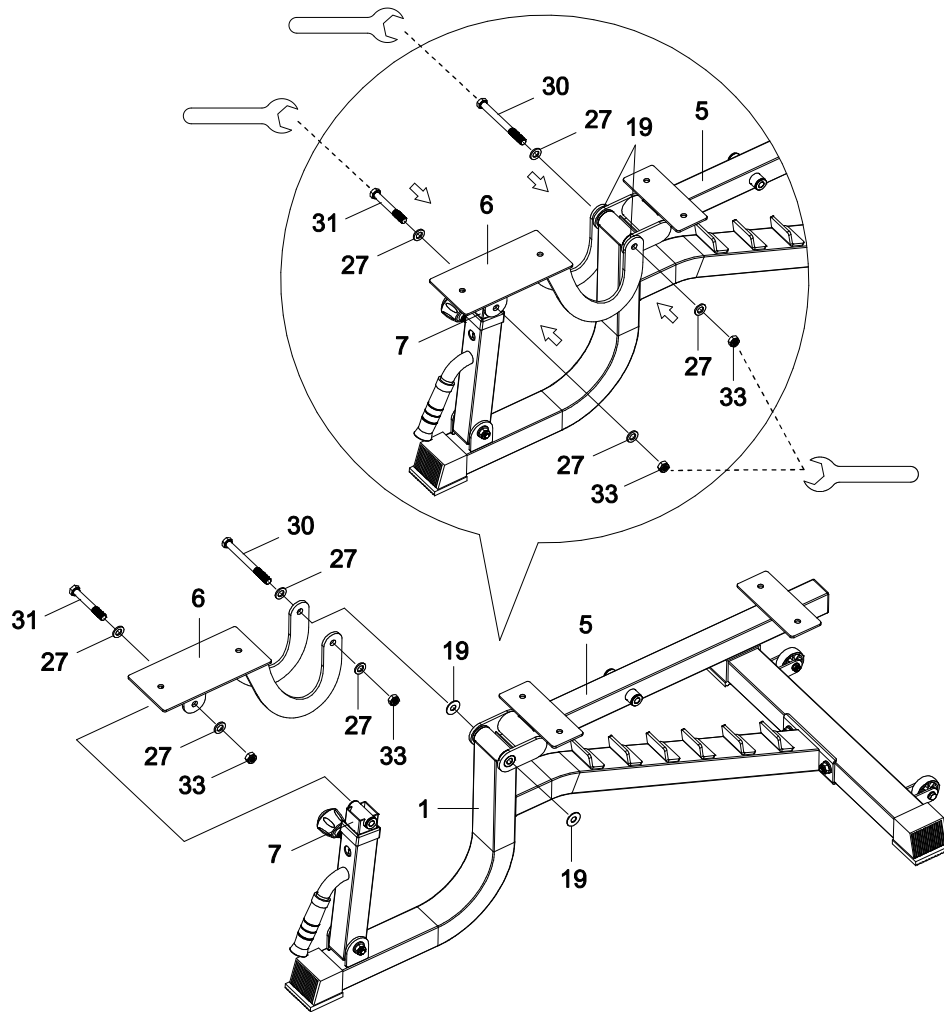
### STEP 3

Loosen the Round Knob (15) by turning it counterclockwise direction until it can be pulled out. Pull out the Round Knob (15) and then insert the Seat Pad Adjustment Tube (7) through the square plastic bushing and into the Front Lift Handle Tube (8). Lock the Seat Pad Adjustment Tube (7) in place by releasing the Round Knob (15) and sliding the Seat Pad Adjustment Tube (7) up or down slightly until the Round Knob (15) "pops" down into the locked position. Tighten the Round Knob (15) in a clockwise direction to secure in place.



### STEP 4

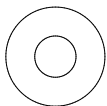
Assemble the Backrest Pad Tube (5) to the Main Frame (1) using one Steel Axis (10) as shown in STEP 4.



## STEP 5

Attach the Seat Pad Frame (6) to the Main Frame (1) and Backrest Pad Tube (5) with one Hexagon Head Bolt (30), one Hexagon Head Bolt (31), two Nylon Washers (19), two Nylon Lock Nuts (33), and four Flat Washers (27). Tighten bolt and nylon lock nut with two single open end wrenches provided.

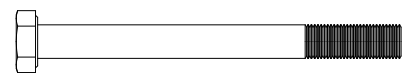
## Hardware:



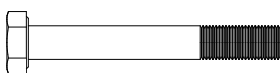
(19) Nylon Washer  
2 PCS



(27) Flat Washer  
4 PCS



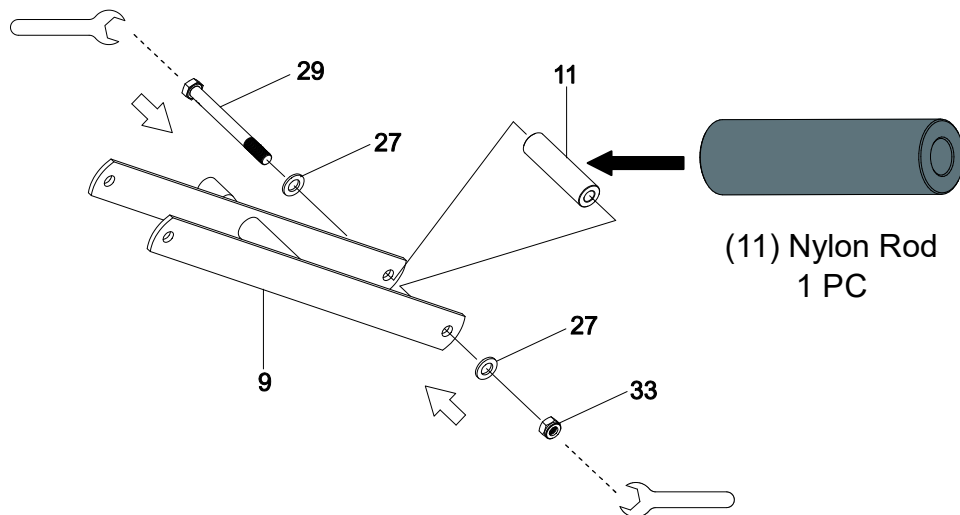
(30) Hexagon Head Bolt  
1 PC



(31) Hexagon Head Bolt  
1 PC



(33) Nylon Lock Nut  
2 PCS



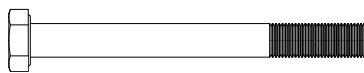
### STEP 6

Attach the Nylon Rod (11) to the Backrest Pad Adjustment Bracket (9) with one Hexagon Head Bolt (29), one Nylon Lock Nut (33), and two Flat Washers (27). Tighten bolt and nylon lock nut with two single open end wrenches provided.

### Hardware:



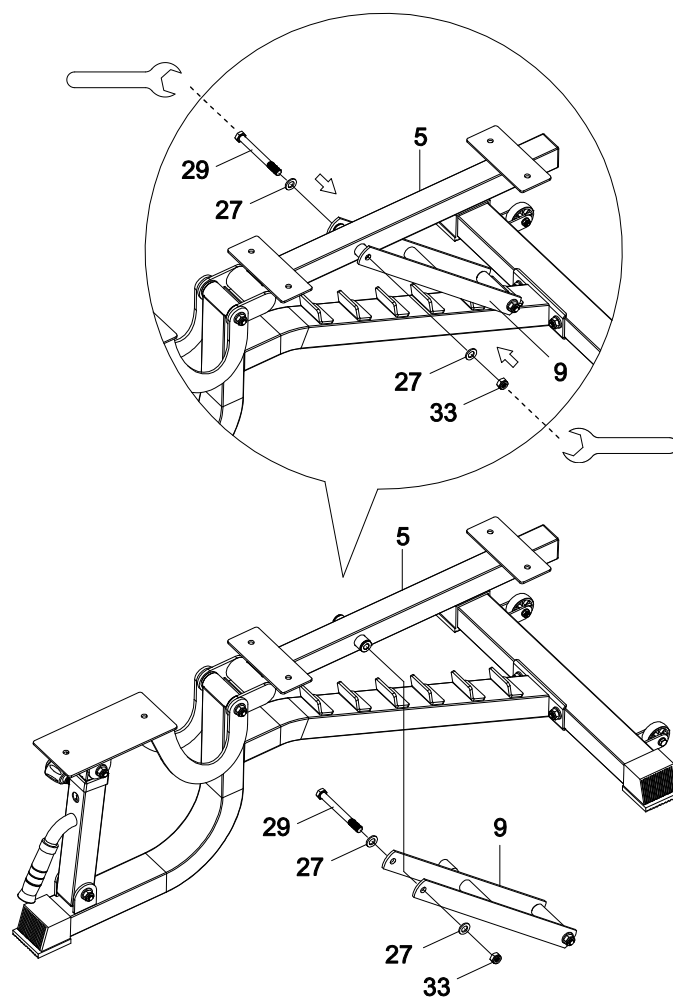
(27) Flat Washer  
2 PCS



(29) Hexagon Head Bolt  
1 PC



(33) Nylon Lock Nut  
1 PC



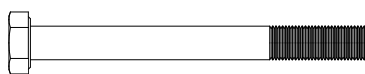
### STEP 7

Attach the Backrest Pad Adjustment Bracket (9) to the Backrest Pad Tube (5) with one Hexagon Head Bolt (29), one Nylon Lock Nut (33), and two Flat Washers (27). Tighten bolt and nylon lock nut with two single open end wrenches provided.

### Hardware:



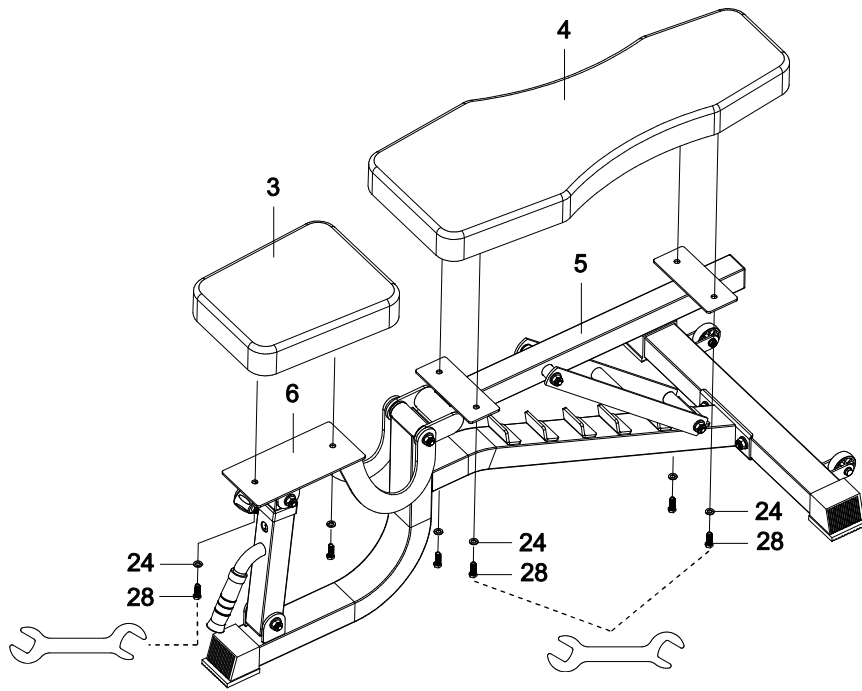
(27) Flat Washer  
2 PCS



**5 adjustable levels.**



(33) Nylon Lock Nut  
1 PC



### STEP 8

Attach the Seat Pad (3) onto the Seat Pad Frame (6) with two Hexagon Head Bolts (28) and two Flat Washers (24). Tighten bolt with the double open end wrench provided.

Attach the Backrest Pad (4) onto the Backrest Pad Tube (5) with four Hexagon Head Bolts (28) and four Flat Washers (24). Tighten bolt with the double open end wrench provided.

### Hardware:

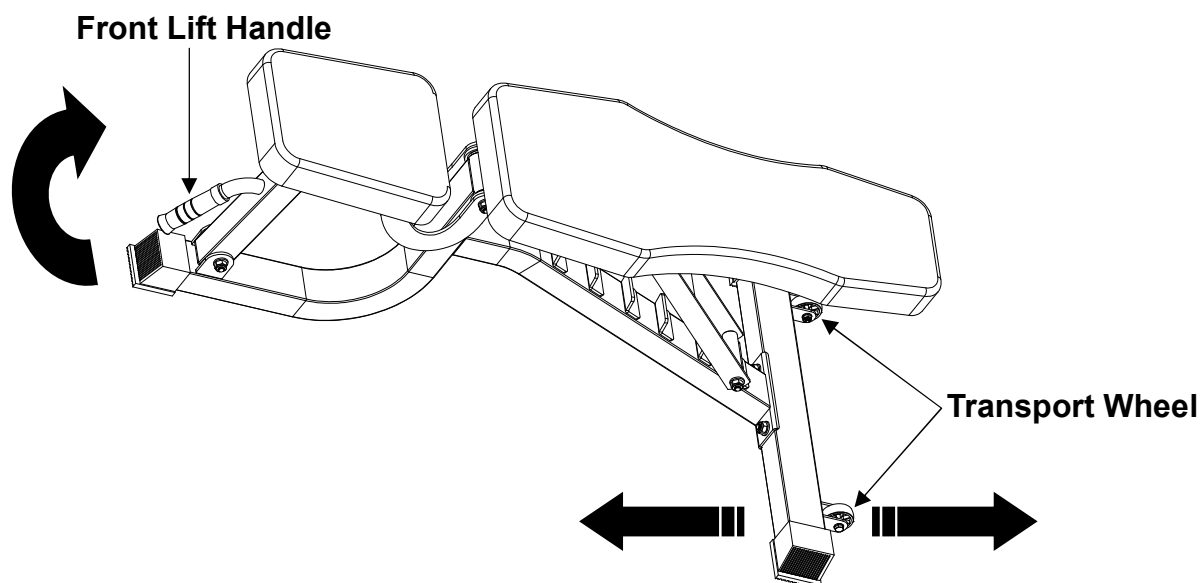


(24) Flat Washer  
6 PCS



(28) Hexagon Head Bolt  
6 PCS

## HOW TO MOVE THE WEIGHT BENCH



This weight bench has a pair of Transport Wheels on the rear base tube and can be carefully tilted onto its **Transport Wheels** for easy moving and storage. To move the weight bench, firmly hold the **Front Lift Handle** with hand. Next, carefully lift the weight 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 weight bench.

## MAINTENANCE AND STORAGE

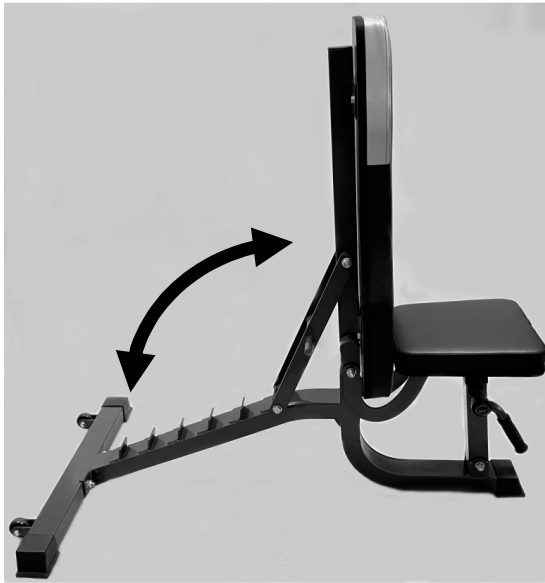
This weight bench can be cleaned using a clean and dry cloth after each use.

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.

This weight bench is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

# ADJUSTMENTS

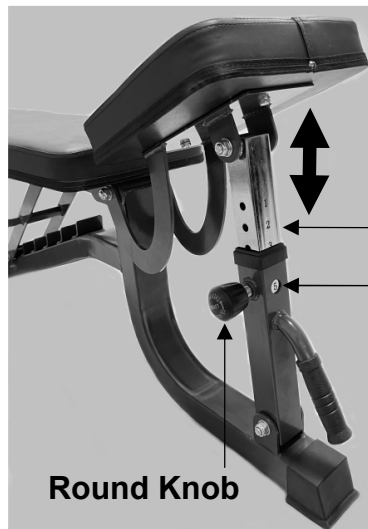


**VERTICAL**

**Backrest with 7 adjustable levels.**



**DECLINE**



**Round Knob**

**Seat with 5 adjustable levels.**

**Seat Pad Adjustment Tube**

**5 Position Adjustable Height**

**Seat Height Adjustment:**

Loosen the **Round Knob** by turning it counterclockwise direction until it can be pulled out. Pull out the **Round Knob** and slide the **Seat Pad Adjustment Tube** up or down direction to the suitable position. Lock the **Seat Pad Adjustment Tube** in place by releasing the **Round Knob** and sliding the **Seat Pad Adjustment Tube** up or down slightly until the **Round Knob** "pops" down into the locked position. For added safety, tighten the **Round Knob** in a clockwise direction to secure in place.





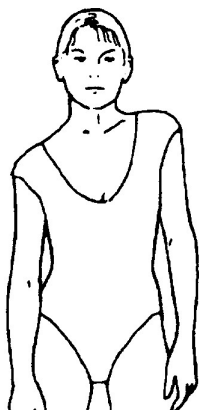
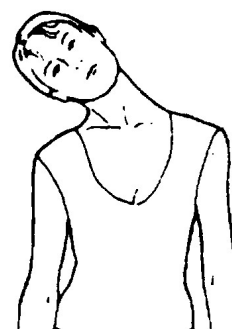
# WARM UP AND COOL DOWN ROUTINE

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.

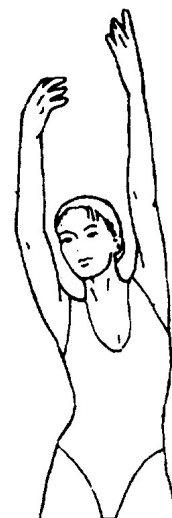
## HEAD ROLLS

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.

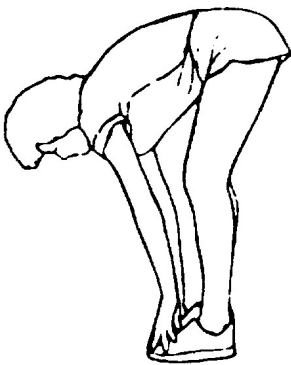


### **QUADRICEPS STRETCH**

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.

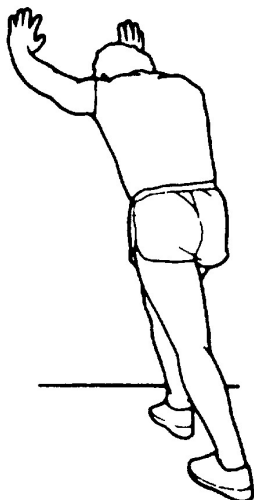
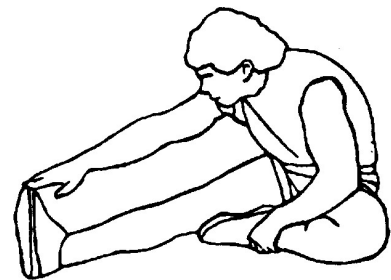


### **TOE TOUCHES**

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.