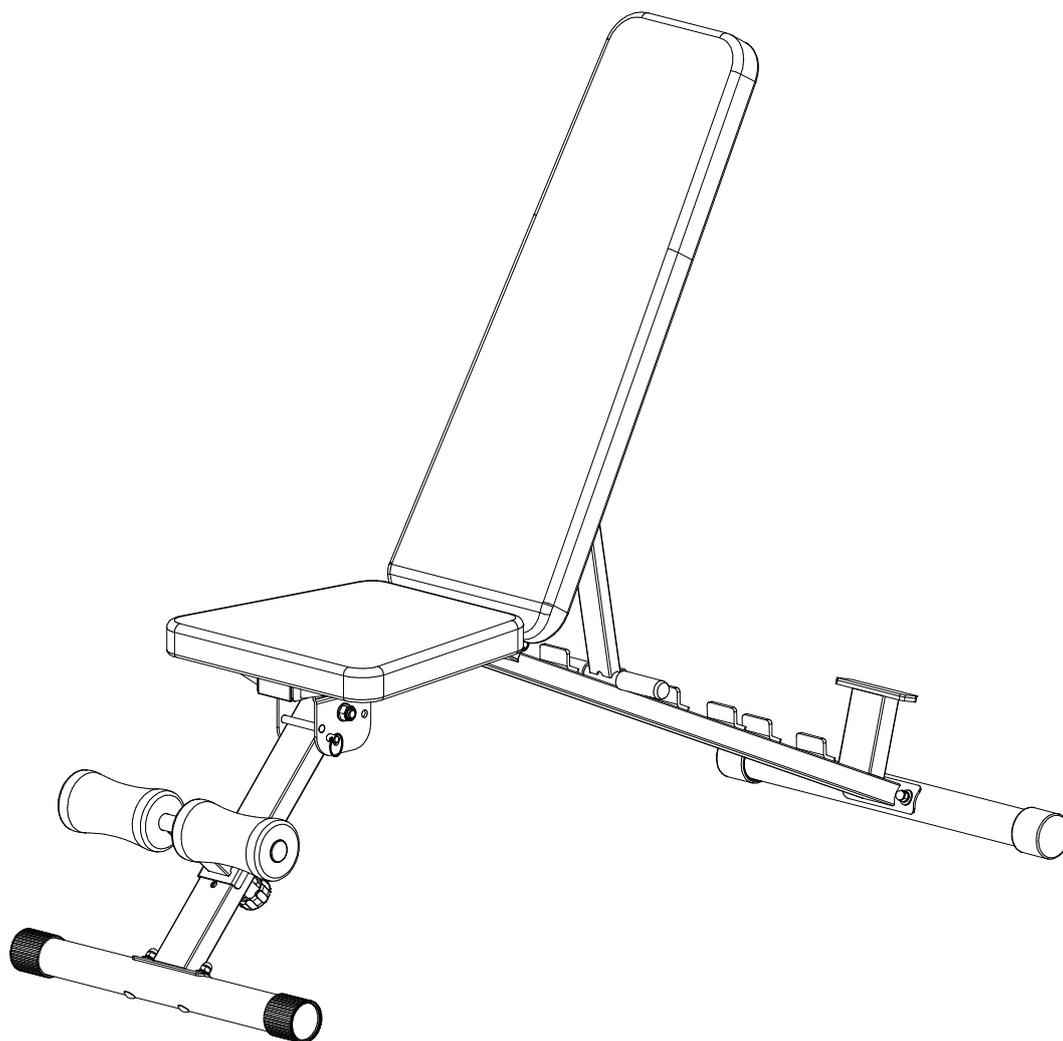


E6 SIT-UP BENCH

ITEM NO.: 76363

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, Oct.

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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 sit-up bench. Read all instructions before using it.

1. 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. 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 care when getting on or off the unit.
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. 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 and level surface. Do not use outdoors or near water.
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 should use the equipment at a time.
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 at any time you feel chest pains, nausea, dizziness, or shortness 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 360 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.

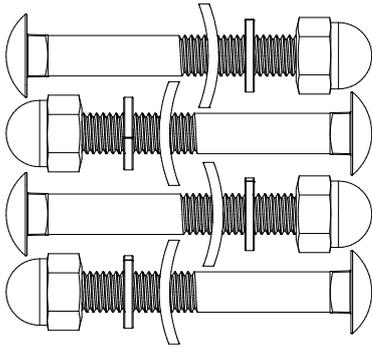
CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	017	Front Stabilizer End Cap	2
002	Front Support Tube	1	018	Hand Grip	2
003	Backrest Support Tube	2	019	Square End Cap (□30x30)	4
004	Backrest Adjustment Tube	1	020	Transport Wheel Cap Ø50	2
005	Backrest	1	021	Leg Hold Down Tube	1
006	Seat	1	022	Spring Washer M8	13
007	EVA Foam Pad	1	023	Foam Roller	2
008	Front Stabilizer Ø50	1	024	Round End Cap Ø22	2
009	Rear Stabilizer Ø50	1	025	Carriage Bolt M8x60	4
010	Threaded Shaft M12x60	1	026	Curve Washer Ø20xØ8x2.0T	4
011	Washer M12	5	027	Cap Nut M8	4
012	Hexagon Head Bolt M12x90	1	028	Washer Ø19xØ8.5x2.0T	1
013	Knob M8	1	029	Washer Ø16xØ8.5x1.2T	8
014	Nylon Nut M12	3	030	Hexagon Socket Button Head Bolt M8x50	4
015	Rectangular End Cap (□30x60)	1	031	Hexagon Socket Button Head Bolt M8x20	4
016	Pin Ø10	1			

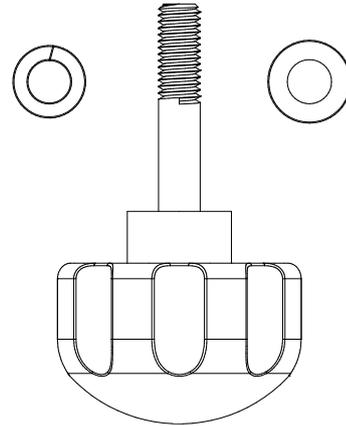
HARDWARE AND TOOLS PACK

STEP 2



- | | |
|--------------------|-------|
| (22) Spring Washer | 4 PCS |
| (25) Carriage Bolt | 4 PCS |
| (26) Curve Washer | 4 PCS |
| (27) Cap Nut | 4 PCS |

STEP 3

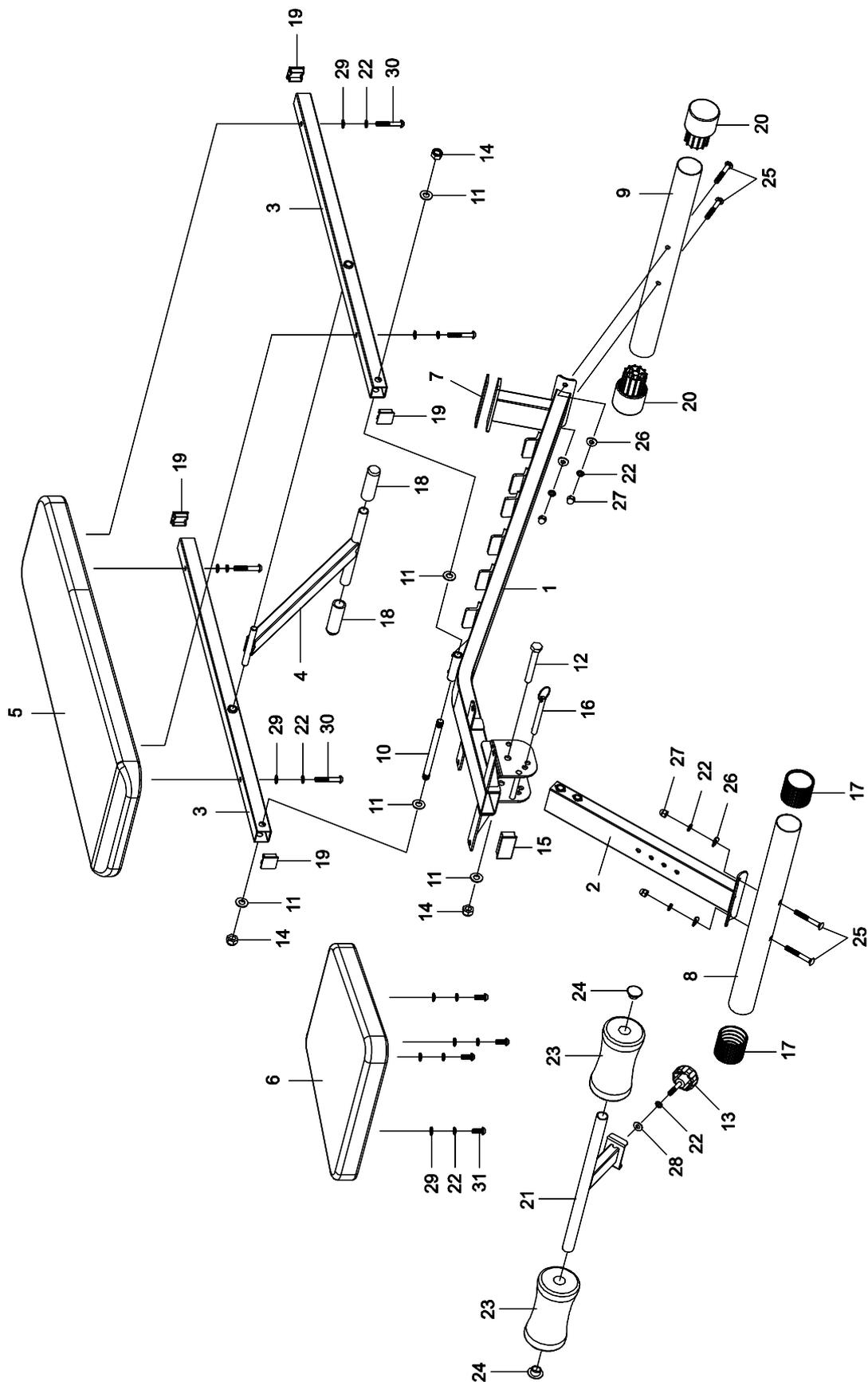


- | | |
|--------------------|------|
| (13) Knob | 1 PC |
| (22) Spring Washer | 1 PC |
| (28) Washer | 1 PC |

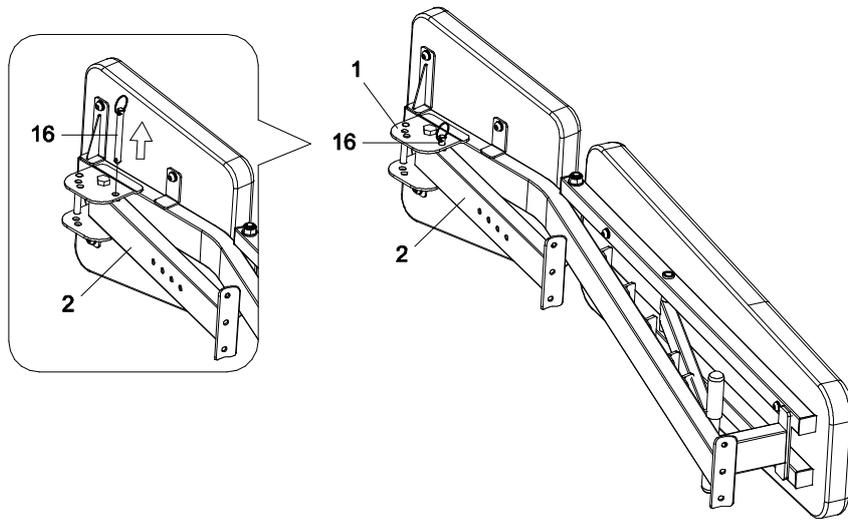


Double Open End Wrench
2 PCS

EXPLODED VIEW

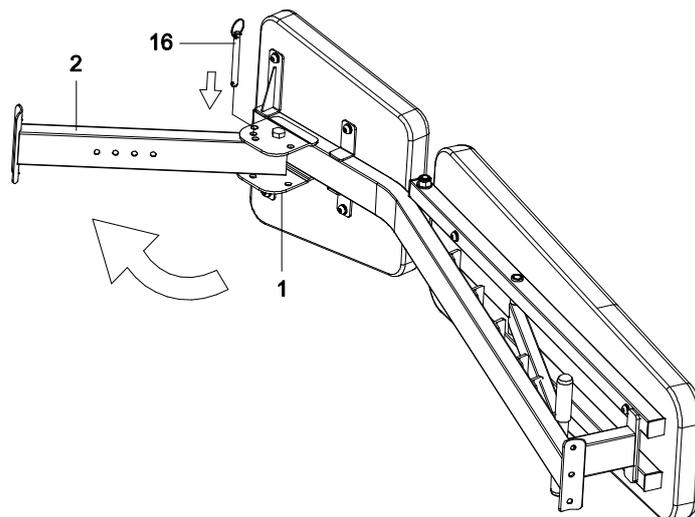


ASSEMBLY INSTRUCTIONS



STEP 1

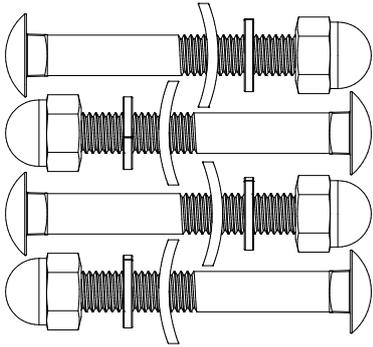
Rest the Bench on its side and completely pull out the Pin (16) from the bracket on the Main Frame (1)



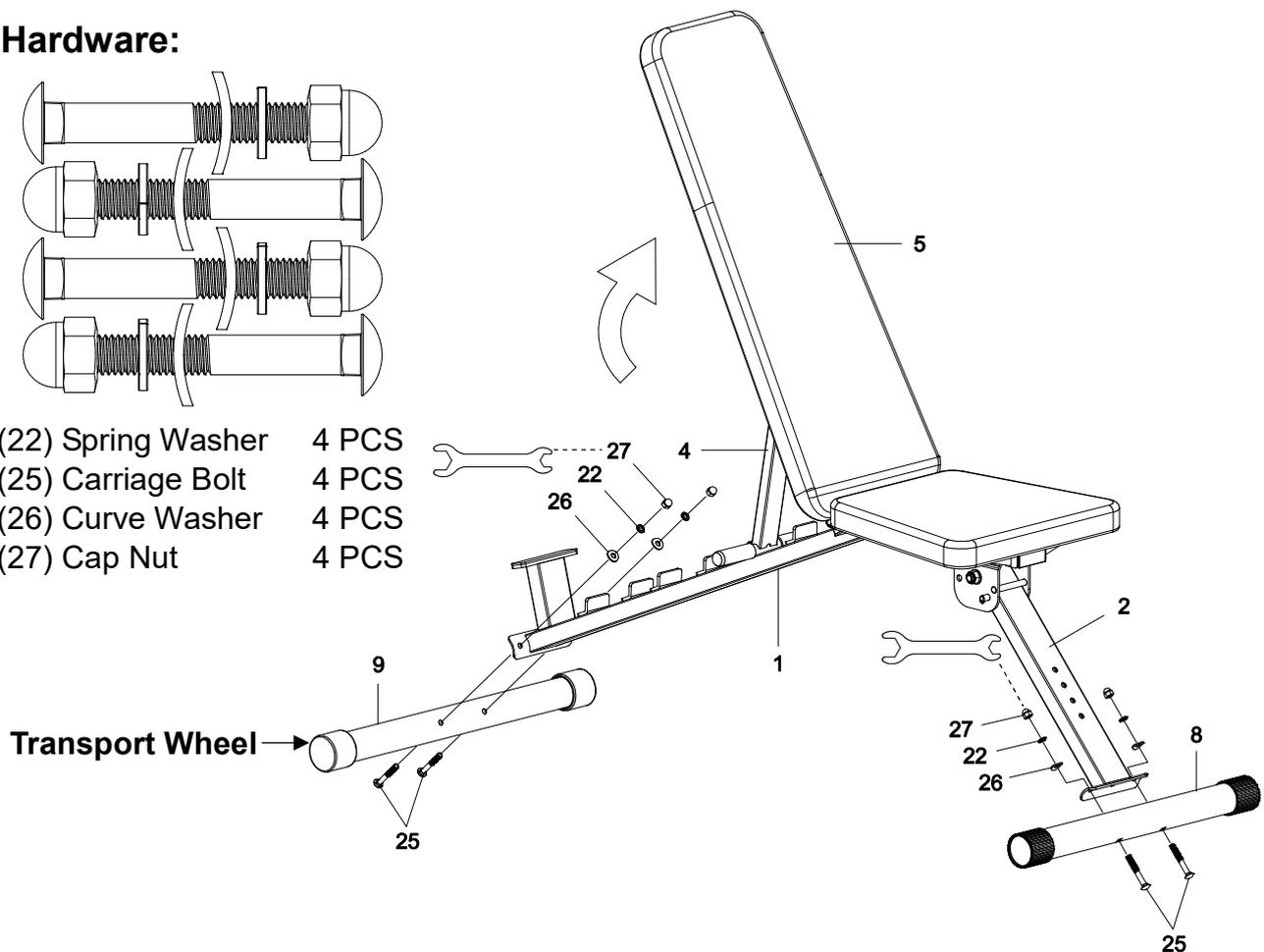
STEP 1-1

Pull the Front Support Tube (2) outwards and completely reinsert the Pin (16) into the hole on the bracket of Main Frame (1).

Hardware:



- | | |
|--------------------|-------|
| (22) Spring Washer | 4 PCS |
| (25) Carriage Bolt | 4 PCS |
| (26) Curve Washer | 4 PCS |
| (27) Cap Nut | 4 PCS |



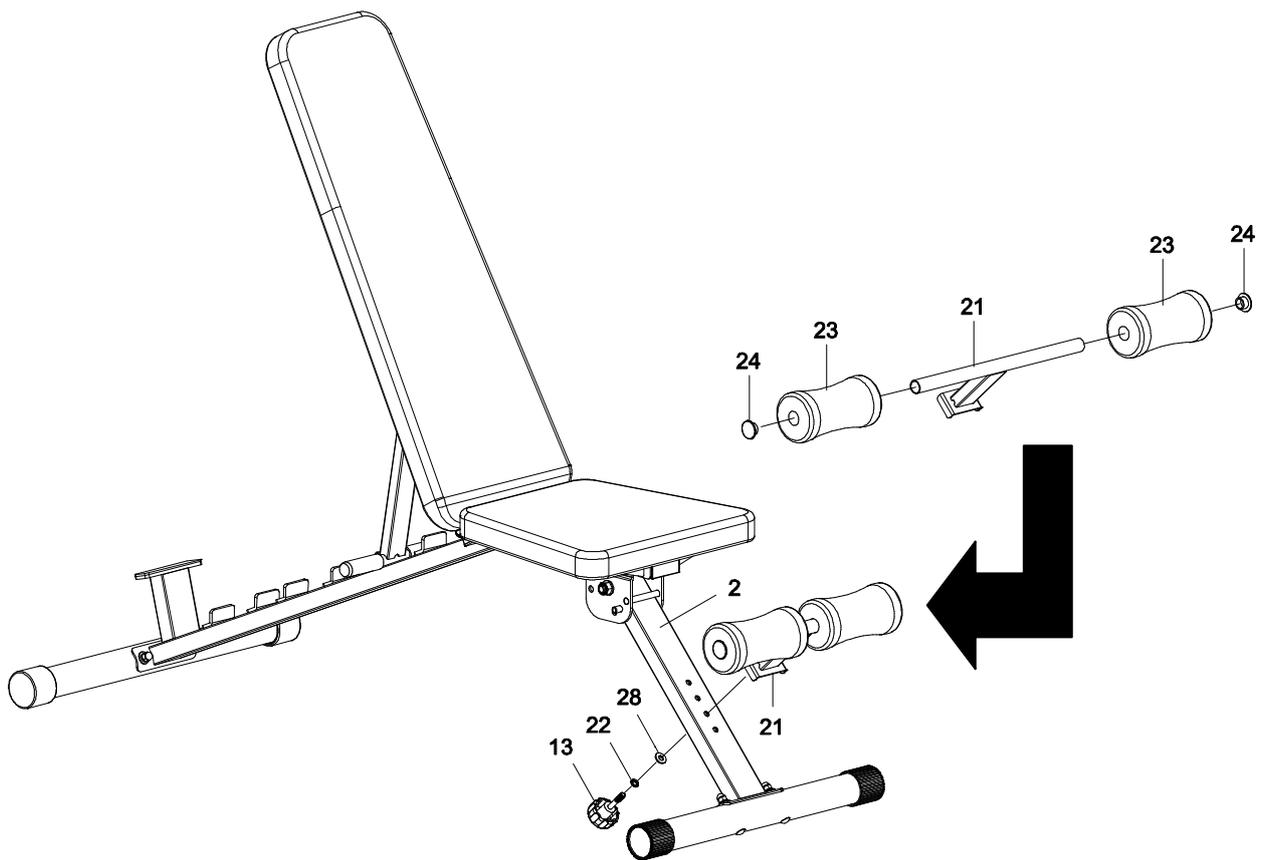
STEP 2

Installing the Front Stabilizer:

Lift up the Front Support Tube (2), and then align the Front Stabilizer (8) holes with the holes on the front curve of the Front Support Tube (2). The square holes of the Front Stabilizer (8) should point towards the floor. Insert two Carriage Bolts (25) through the Front Stabilizer (8) and Front Support Tube (8) until the bolts reach through. On the protruding end of the Carriage Bolts (25), secure on two Curved Washers (26), two Spring Washers (22), and two Cap Nuts (27). Tighten the Cap Nuts (27) with the Double Open End Wrench provided.

Installing the Rear Stabilizer:

Lift up the rear of the Main Frame (1), and then align the Rear Stabilizer (9) holes with the holes on the rear curve of the Main Frame (1). The square holes of the Rear Stabilizer (9) should point towards the floor. Insert two Carriage Bolts (25) through the Rear Stabilizer (9) and the rear curve of the Main Frame (1) until the bolts reach through. On the protruding end of the Carriage Bolts (25), secure on two Curved Washers (26), two Spring Washers (22), and two Cap Nuts (27). Tighten the Cap Nuts (27) with the Double Open End Wrench provided.



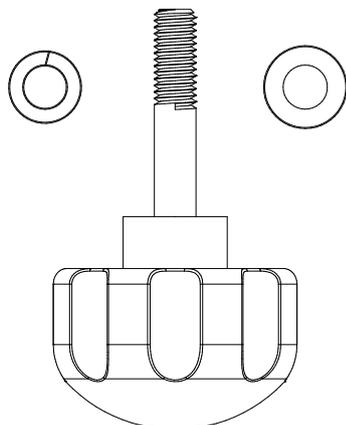
STEP 3

Remove two Round End Caps (24) from both ends of the Leg Hold Down Tube (21). Slide both Foam Rollers (23) onto both ends of the Leg Hold Down Tube (21). Press both R Round End Caps (24) into both ends of the Leg Hold Down Tube (21) that were removed.

Installing the Leg Hold Down Tube:

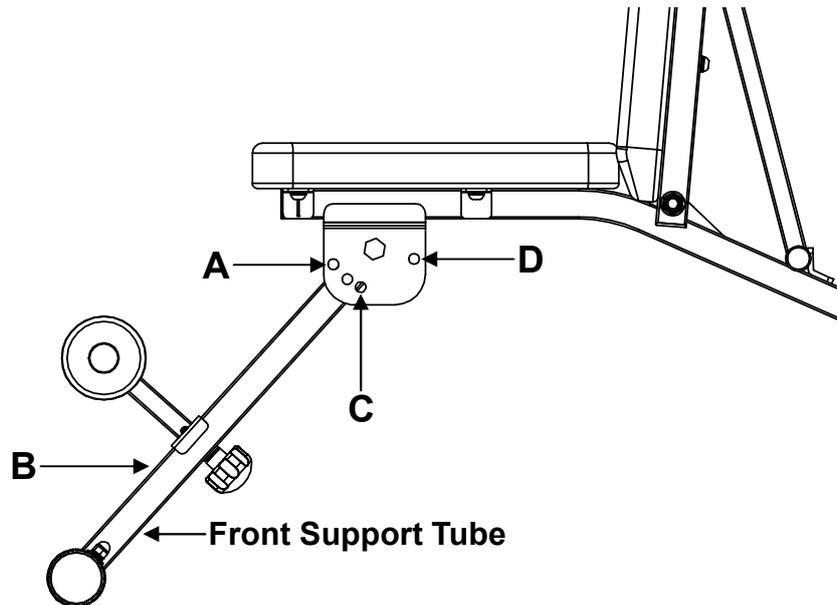
There are four holes down the Front Support Tube (2). They are for height levels. Pick one of the holes and insert the threaded end of the Knob (13) along with one Spring Washer (22) and one Washer (28) through the back side. Align the Leg Hold Down Tube (21) to the protruding threaded shaft of Knob (13). Tighten the Knob (13) in a clockwise manner to secure the Leg Hold Down Tube (21) in place.

Hardware:



(13) Knob	1 PC
(22) Spring Washer	1 PC
(28) Washer	1 PC

ADJUSTMENTS

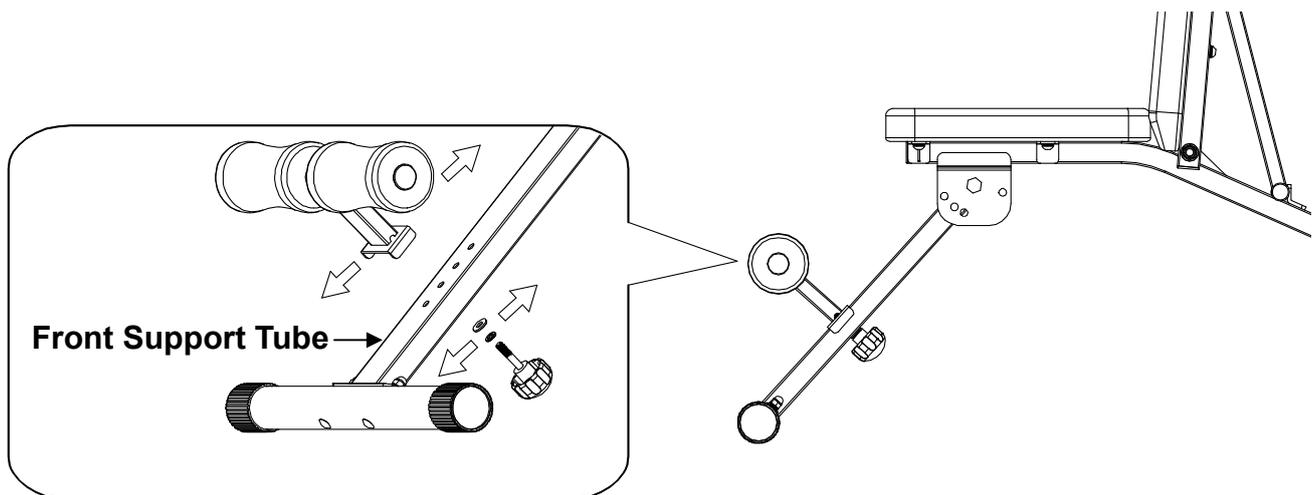


Adjusting The Front Support Tube

Pull the Pin out and swing the Front Support Tube into one of the following positions:

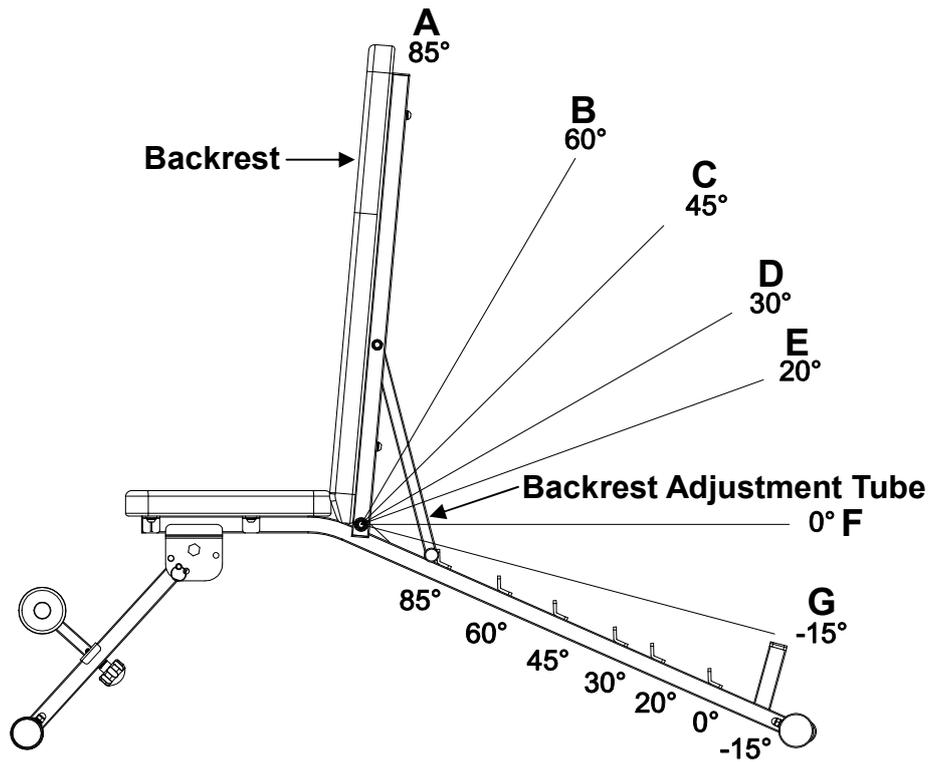
1. Position **A** gives a declined seat for working out.
2. Position **B** gives a flat seat for working out.
3. Position **C** gives an inclined seat for working out.
4. Position **D** is for folding up the Bench for storage.

Completely reinsert the Pin into the hole for the position you select.



Adjusting The Leg Hold Down Tube

There are four holes down the Front Support Tube. They are for height levels. Pick one of the holes and insert the threaded end of the Knob along with one Spring Washer and one Washer through the back side. Align the Leg Hold Down Tube to the protruding threaded shaft of Knob. Tighten the Knob in a clockwise manner to secure the Leg Hold Down Tube in place.



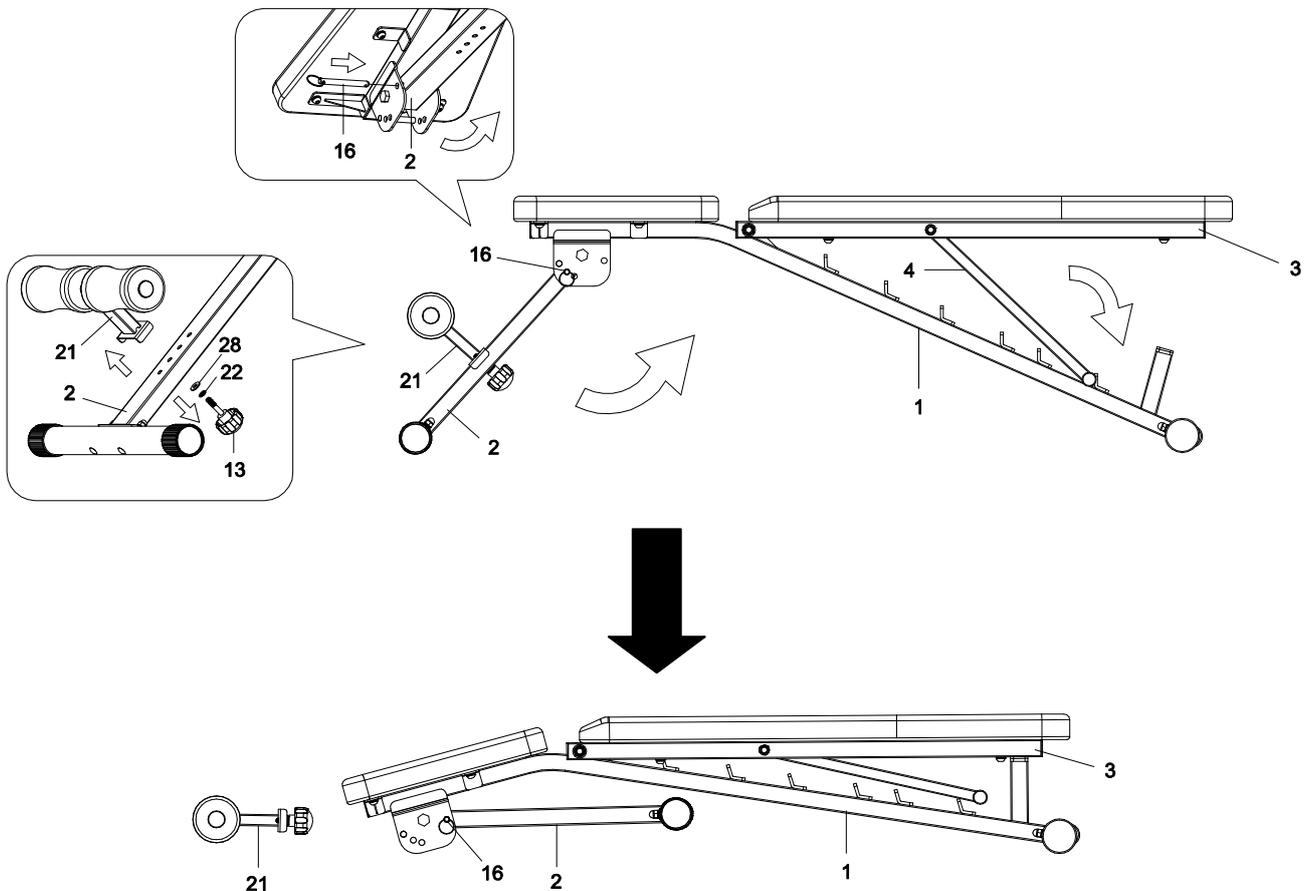
Adjusting The Backrest

Lift the Backrest upwards to raise the Backrest Adjustment Tube off of the tabs that run along the rear shaft of the Main Frame. Then gently lower the Backrest while guiding the Backrest Adjustment Tube back into the new tab height so that your backrest angle is adjusted.

There are 7 different adjustments:

1. **A** = 85°
2. **B** = 60°
3. **C** = 45°
4. **D** = 30°
5. **E** = 20°
6. **F** = 0°
7. **G** = -15°

STORAGE



Rest the Bench on its side and remove one Knob (13), one Spring Washer (22), one Washer (28), and one Leg Hold Down Tube (21) from the Front Support Tube (2). Pull out the Pin (16) from the bracket on the Main Frame (1), then pull the Front Support Tube (2) inwards and completely reinsert the Pin (16) into the folding up hole on the bracket of Main Frame (1). Compact size allows the Bench to be stored under the bed.

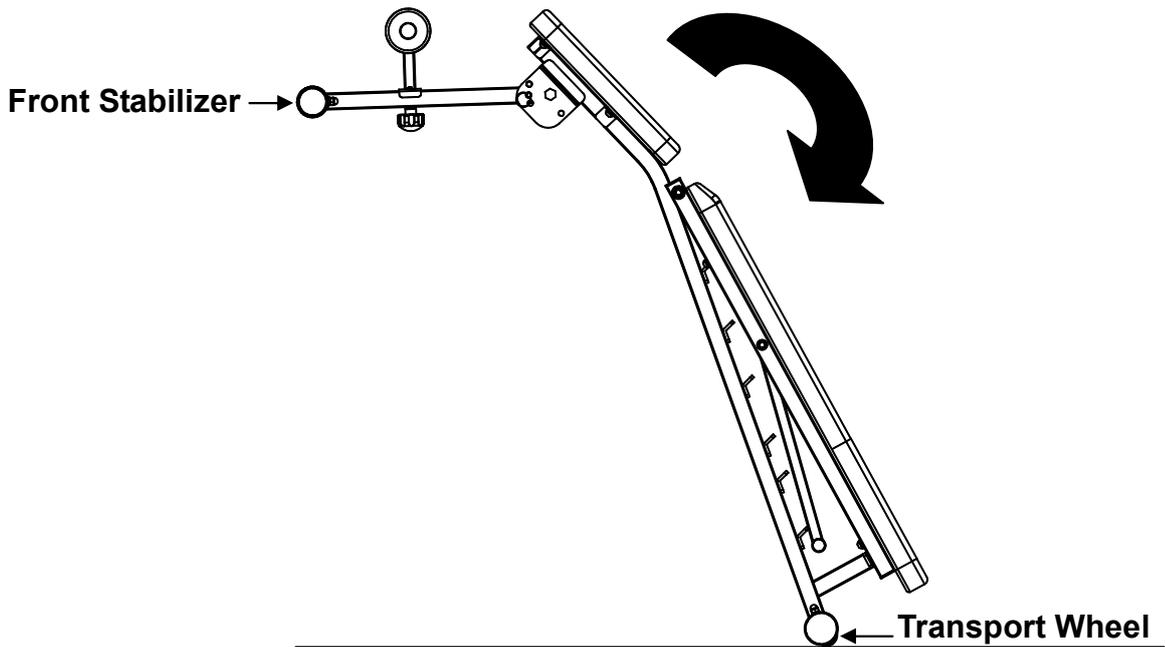
MAINTENANCE

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.

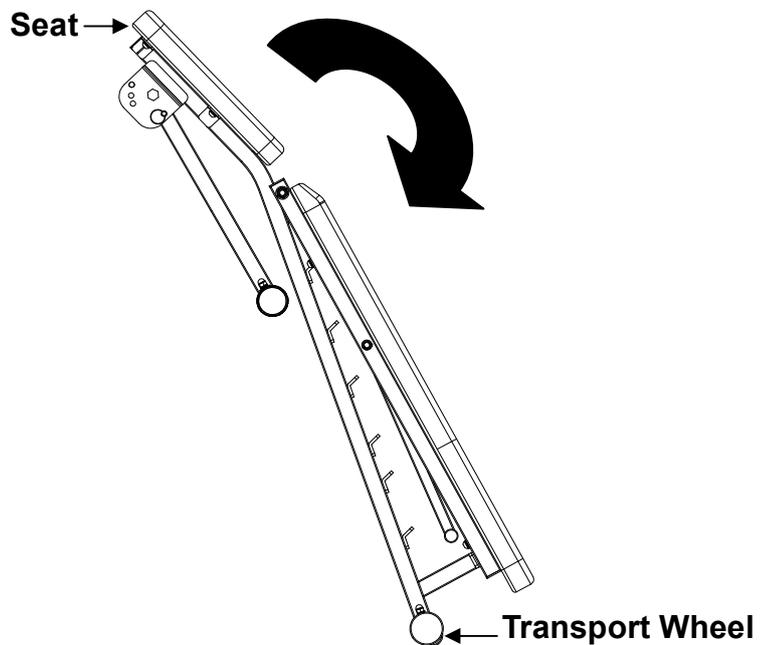
Please inspect all assembly bolts and nuts on the equipment for proper tightness and frame of the equipment for any sign of cracking or permanent bending. If you find this situation, do not use this equipment and contact local dealer immediately.

TRANSPORTATION



Transporting When The Bench Is Set Up

Lift up the Front Stabilizer until the Transport Wheels make contact with the ground, then move the bench to your desired location.



Transporting In Storage Mode

Lift up the bench by holding the Seat until the Transport Wheels make contact with the ground, then move the bench to your desired location.

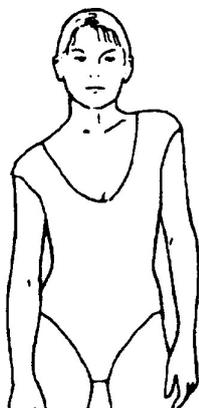
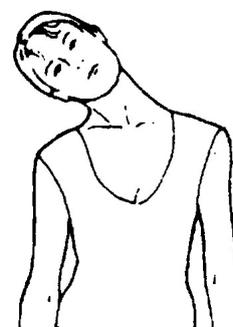
WARM UP AND COOL DOWN ROUTINE

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.

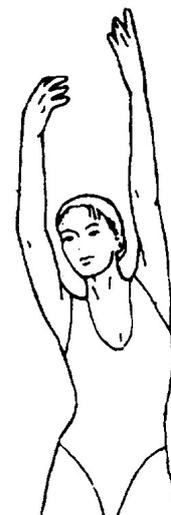
HEAD ROLLS

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.



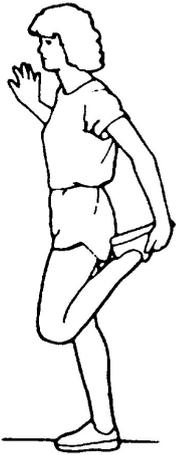
SHOULDER LIFTS

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.

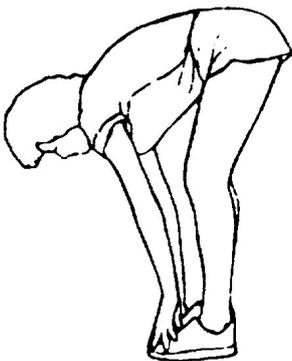


QUADRICEPS STRETCH

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.

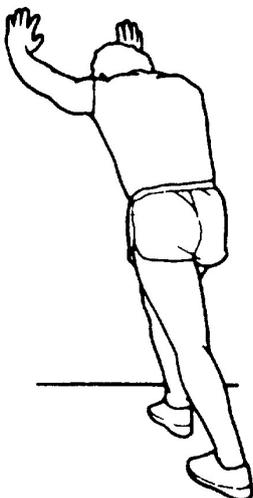
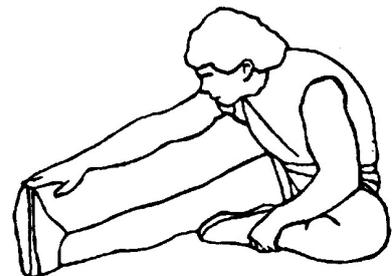


TOE TOUCHES

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.