

IN 3369 Multipurpose bench WAVE (ASL802) - instruction manual cover

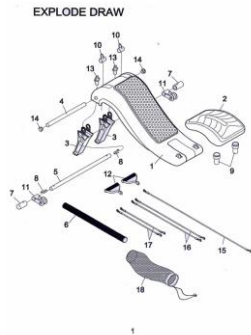
VERSATILE GYM BOARD

inSPORTline ASSEMBLY MANUAL 3
EXERCISE INSTRUCTIONS



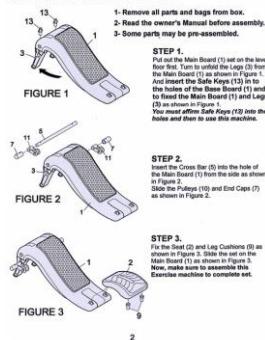
Assembly manual & exercise instructions

P1



P2

ASSEMBLY & INSTRUCTIONS



Assembly & Instructions

- 1- Remove all parts and bags from box
- 2- Read the owner's manual before assembly
- 3- Some parts may be pre-assembled

Step1.

Put out the Main Board(1) set on the level floor first. Turn to unfold the Legs(3) from the Main Board(1) as shown in Figure 1. And insert the Safe Keys (13) in to the holes

of the Base Board(1) and to fixed the Main Board(1) and Legs(3) as shown in Figure 1.

You must affirm Safe Keys(13) into the holes and then to use this machine.

Step2.

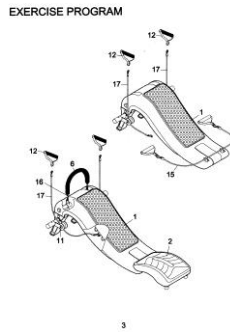
Insert the Cross Bar(5) into the hole of the Main Board(1) from the side as shown in Figure 2.

Slide the Pulleys(10) and End Caps(7) as shown in Figure 2.

Step3.

Fix the Seat(2) and Leg Cushions(9) as shown in Figure 3. Slide the set on the Main Board(1) as shown in Figure 3. Now, make sure to assembly this Exercise machine to complete set.

P3



Exercise Program

P4

| PARTS LIST | | PART NAME | |
|------------|---------------|-----------|-----------------|
| 1 | Main Board | 10 | Ring |
| 2 | Seat | 11 | Pulley |
| 3 | Leg | 12 | Handle |
| 4 | Rod for Leg | 13 | Safe Key |
| 5 | Cross Bar | 14 | End Cap |
| 6 | Foam Tube | 15 | Resistance Rope |
| 7 | End Cap | 16 | Resistance Rope |
| 8 | Spring Bundle | 17 | Resistance Rope |
| 9 | Leg Cushion | 18 | Heel Bag |

PART LIST

PART NAME

-Main Board

-Seat

-Leg

-Rod for Leg

- Cross Bar
- Foam Tube
- End Cap
- Spring Buckle
- Hang
- Pulley
- Handle
- Safe Key
- End Cap
- Resisten Rope
- Net Bag