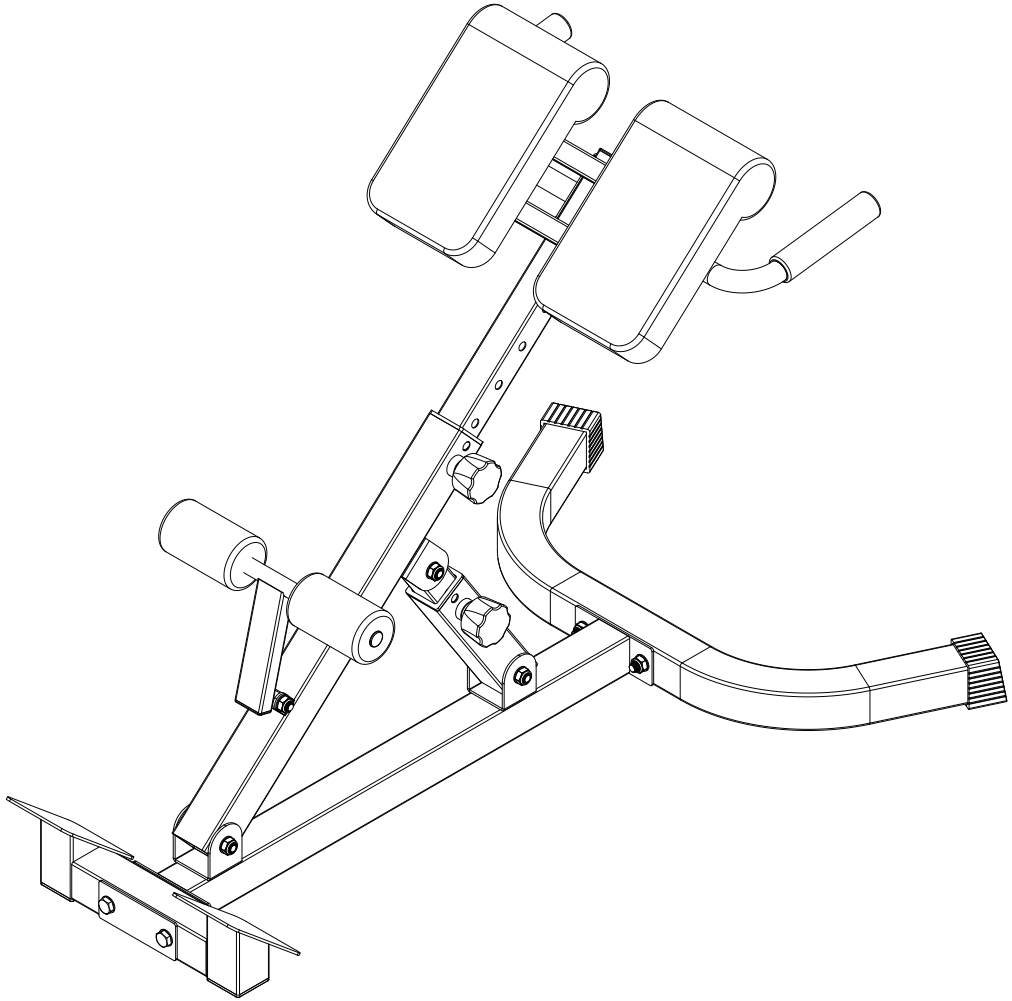
KC: 43725007

Roman Chair Back Extender



Multi-function Exercise Guidline

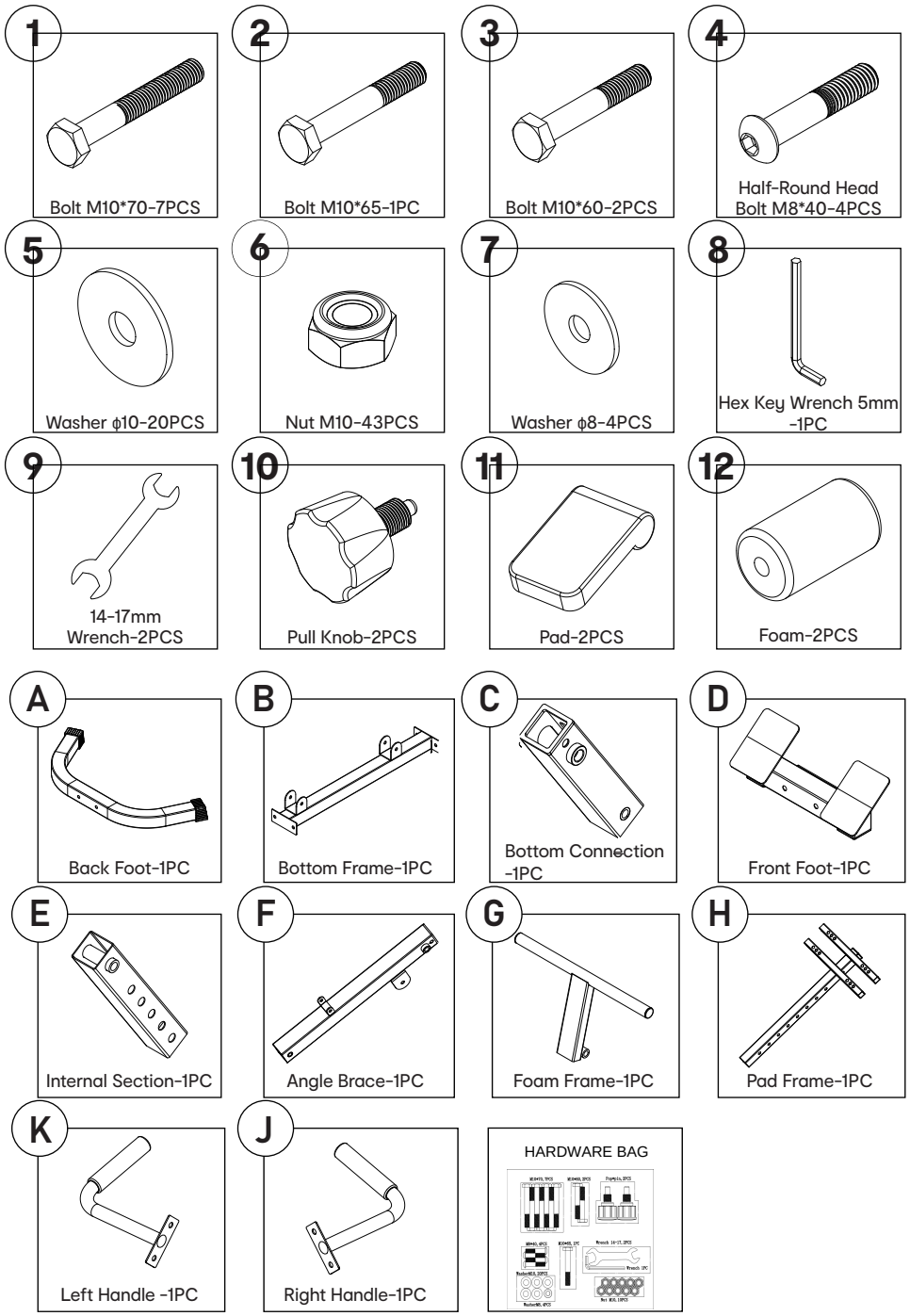
MORE TIPS FOR USAGE

SAFETY WARNING
-Always read the instruction manual before using the device.
-Regularly inspect the device for damage and wear (such as ropes, pulleys, connection points, etc.) to maintain its safety rating; Replace faulty components immediately and stop using until repaired.
-Ensure all bolts, nuts, and locking mechanisms are tightened before use.
-Always place the device on a flat surface.
-For indoor use only.
-A clearance of 0.6 meters around the device is necessary as the free training area.
-Consult your doctor before using the device, If you have any questions about your physical condition or suffer from an ailment, or suffer from asthma or any other respiratory ailment.-Avoid excessive training that may lead to health injuries.
-Do not allow children to play on or around the device.
-Do not use the device if you are pregnant.
-Do not drink alcoholic beverages when using the device.
-Stop immediately if you experience chest pain, irregular heartbeat, dizziness, or nausea
-Drink water and/or an isotonic beverage after use.
-As with any physical exercise machine, consult your doctor before you start using.
-Keep fingers clear of moving parts. Use only under competent supervision.
-Wear proper athletic shoes; avoid bare feet, sandals, or socks.

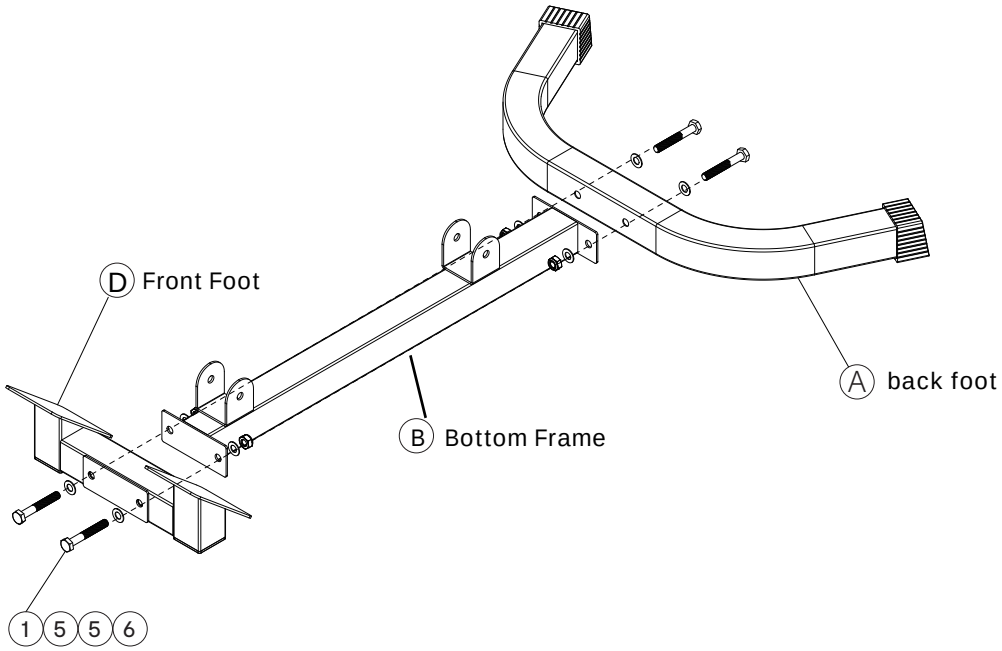
This product is not designed to be used by individuals who are with reduced physical, sensory or mental abilities, or by people without adequate experience and/or knowledge, unless they are supervised by someone responsible for their safety or are given instructions on how to use the device. The maximum weight for using the device is 100 kg.

WARRANTY
This warranty does not cover damages resulting from inadequate use, negligent commercial use, abnormal wear and tear, accidents or improper handling.
Failure to follow these cautions could result in equipment failure, property damage, or serious personal injury.

Parts List

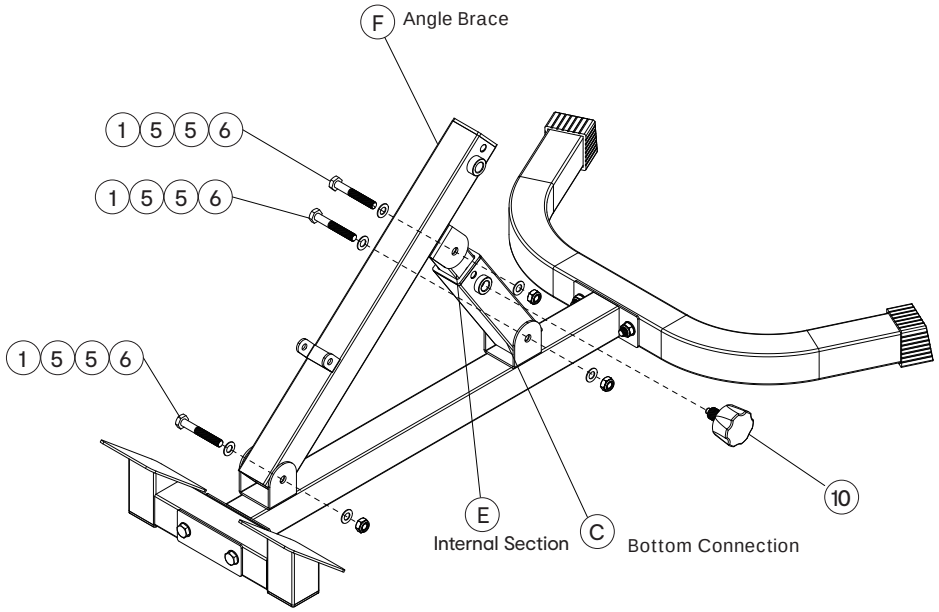


Assembling Step 1



PARTS LIST		
Number	**Description**	**Quantity**
A	Back Foot	1
B	Bottom Frame	1
D	Front Foot	1
1	Bolt M10*70	4
5	Washer- ϕ 10	8
6	Nut M10	4

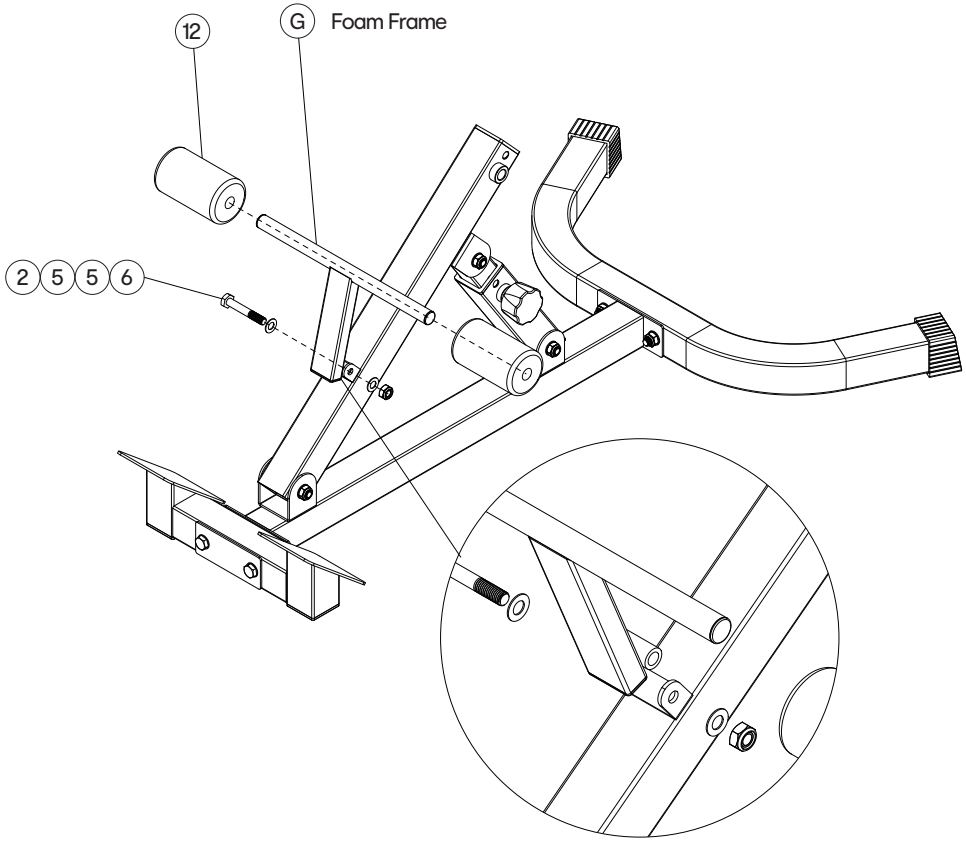
Assembling Step 2



Note: Insert (E) (Internal Section) into (C) (Bottom Connection).

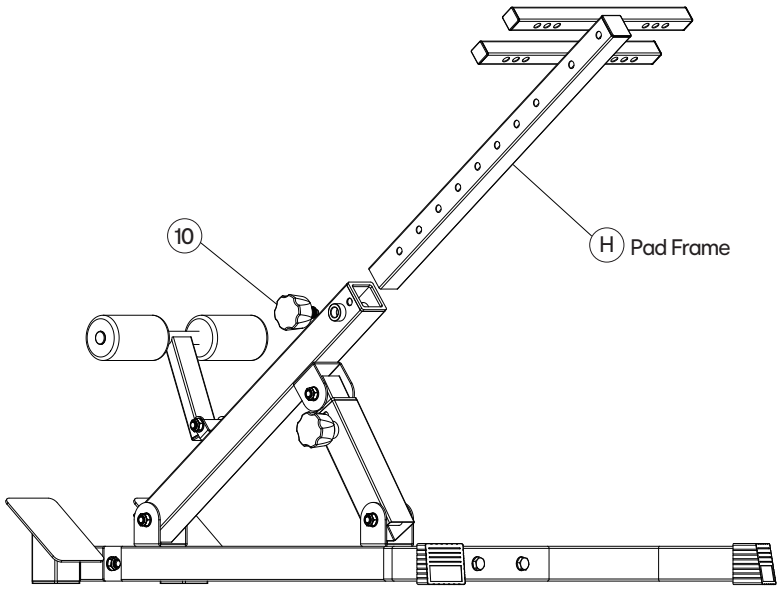
PARTS LIST		
Number	**Description**	**Quantity**
C	Bottom Connection	1
E	Internal Section	1
F	Angle Brace	1
1	Bolt M10*70	3
5	Washer- ϕ 10	6
6	Nut M10	3
10	Knob	1

Assembling Step 3



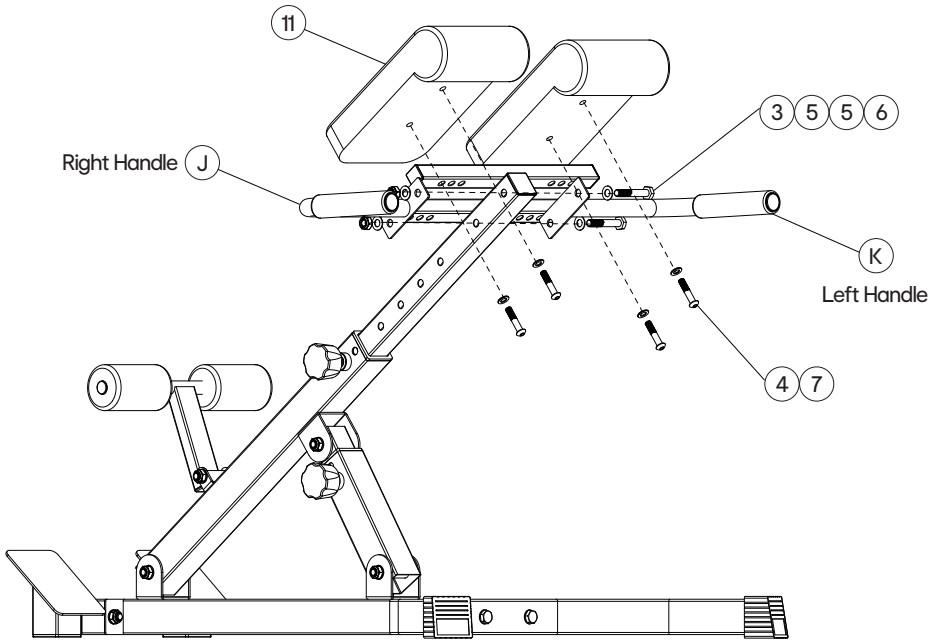
PARTS LIST		
Number	**Description**	**Quantity**
G	Foam Frame	1
2	Bolt M10*65	1
5	Washer- ϕ 10	2
6	Nut M10	1
12	Foam	2

Assembling Step 4



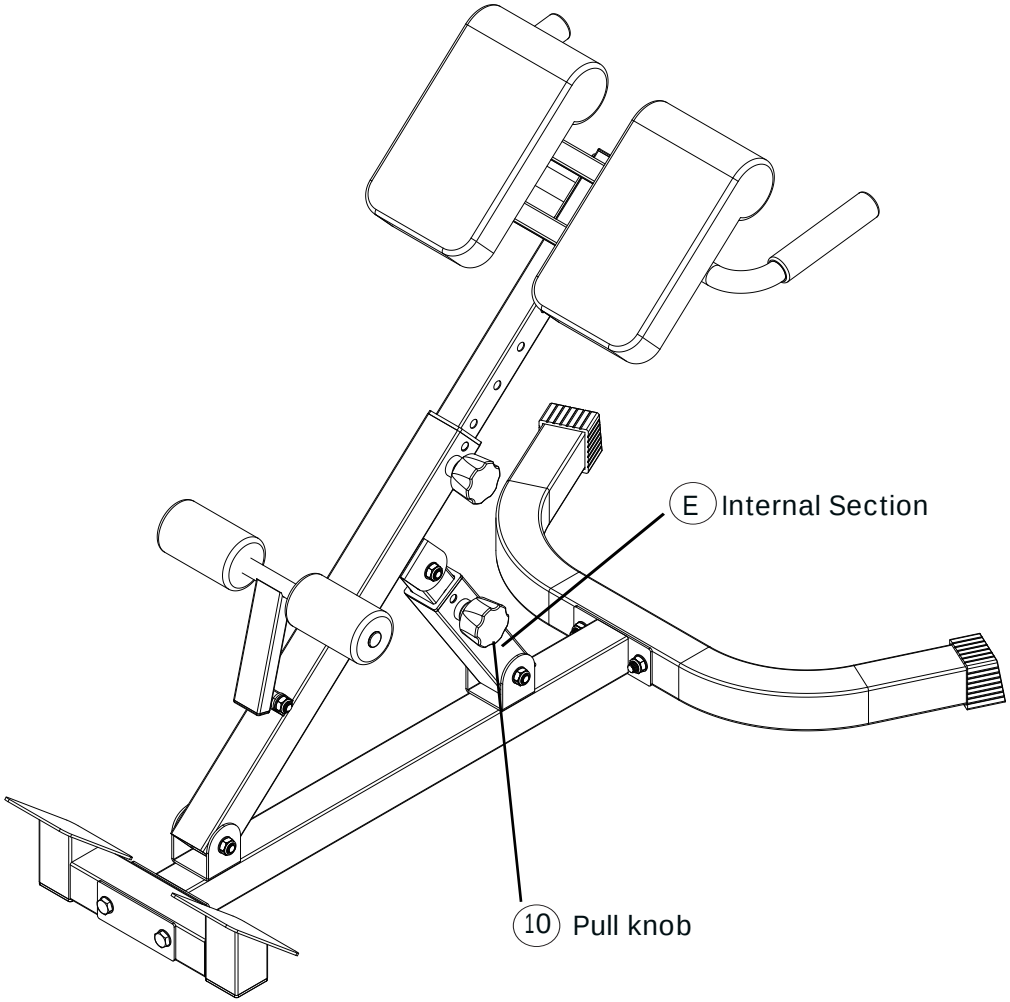
PARTS LIST		
Number	**Description**	**Quantity**
H	Pad Frame	1
10	Knob	1

Assembling Step 5



PARTS LIST		
Number	**Description**	**Quantity**
K	Left Handle	1
J	Right Handle	1
3	Bolt M10*60	2
4	Half-Round Head Bolt M8*40	4
5	Washer- ϕ 10	4
6	Nut M10	2
7	Washer- ϕ 8	4
11	Pad	2

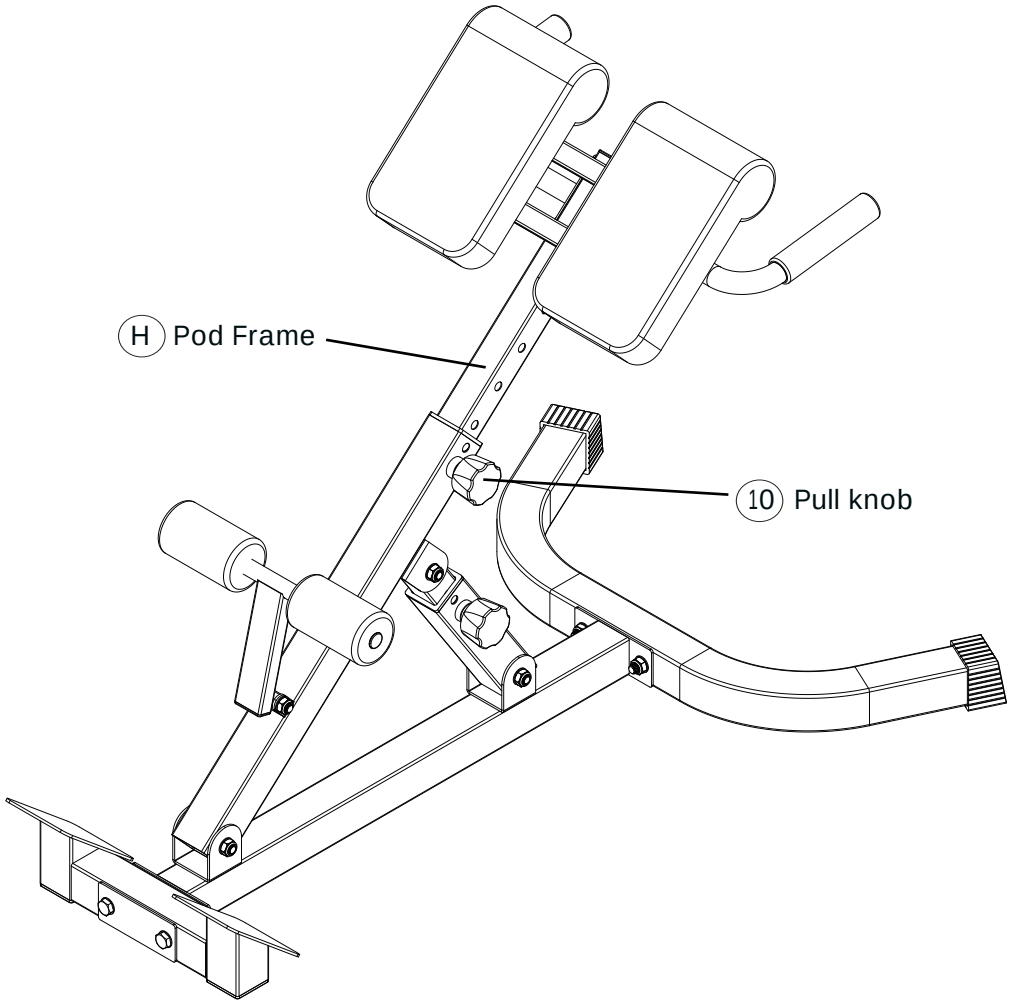
Angle Adjustment



Angle adjustment range: 5 levels, 37-55°
Pull out pull knob (10) and slide the internal section (E) up/down to various angles. Wait for a "click" sound, then tighten pull knob (10).

Warning:
-Do not adjust any operating height while the product is under load.
-Do not rely on friction alone. Visually confirrm that the knob have passed completely through the adjustment holes on both sides.
-Caution: stability may vary depending on different angles and exercises. Always place the device on a flat serface and adjust to a secure, stable height before usage.

Height Adjustment



Height adjustment range: 8 levels, 74.5-103cm
Pull out pull knob (10) and slide the pod frame (H) up/down to various heights. Wait for a "click" sound, then tighten pull knob (10).

Warning:
-Do not adjust any operating height while the product is under load.
-Do not rely on friction alone. Visually confirrm that the knob have passed completely through the adjustment holes on both sides.
-Caution: stability may vary depending on different angles and exercises. Always place the device on a flat serface and adjust to a secure, stable height before usage.