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**USER'S MANUAL**  
**WEIGHT BENCH**  
**Model NO. SP37730**

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.

**Please give us a chance to make it right and do better!**

Contact our friendly customer service department for help first.

Replacements for missing or damaged parts will be shipped ASAP!

**Follow Costway**



# Contact Us!

## **Do NOT return this item.**

Contact our friendly customer service department for help first.



# Before You Start

**Please read all instructions carefully and keep it for future reference.**

### **Warnings:**

**Attention: For home use only.**

**Attention: The Product is not suitable for the children under 12 years.**

**Danger: Keep all small parts and packaging materials for this product away from babies and children, otherwise they may pose a choking hazard.**

**Danger: Lack of attachment may cause a risk of tipping or fall hazards.**

### **General Warnings:**

- ⚠ The product must be installed and used under the supervision of an adult.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ Remove all packaging, separate and count all parts and hardware.
- ⚠ Please ensure that all parts are correctly installed, incorrect installation can lead to a danger.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Ensure a secure surface during construction, and place the product always on a flat, steady and stable surface.
- ⚠ Please check and maintain regularly, the most important parts for suspension, fixing, anchoring to the ground.



## **IMPORTANT MESSAGE**

**WARNING - PLEASE READ**

**ADULT ASSEMBLY REQUIRED**

## **WARNING:**

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

## ⚠ WARNINGS

Please read these warnings and the information in this manual in its entirety. Failure to comply with the following instructions may increase the risk of serious injury and/or death:

- **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
- **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
- **The weight bench is intended for home use only. Do not use the bench in any commercial, rental, or institutional setting.**
- **Keep the weight bench indoors, away from moisture and dust. Do not put the weight bench in a garage or covered patio, or near water.**
- **Place the weight bench on a level surface, with enough clearance around the weight bench to mount, dismount, and use the bench. To protect the floor or carpet from damage, place a mat under the bench.**
- **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
- **Keep children under age 12 and pets away from the bench at all times.**
- **Keep hands and feet away from moving parts.**
- **Always wear athletic shoes for foot protection while using the weight bench. Wear appropriate clothing when exercising. DO NOT wear clothing that could get caught in moving parts. Tie long hair so that it does not get in the way when exercising.**
- **The weight bench is designed to support a maximum user weight of 610 lbs, including a maximum user weight of 300 lbs. Do not use more than 310 lbs of weight with weight bench**
- **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

## EXERCISE GUIDELINES

For your own safety, regularly inspect your equipment.

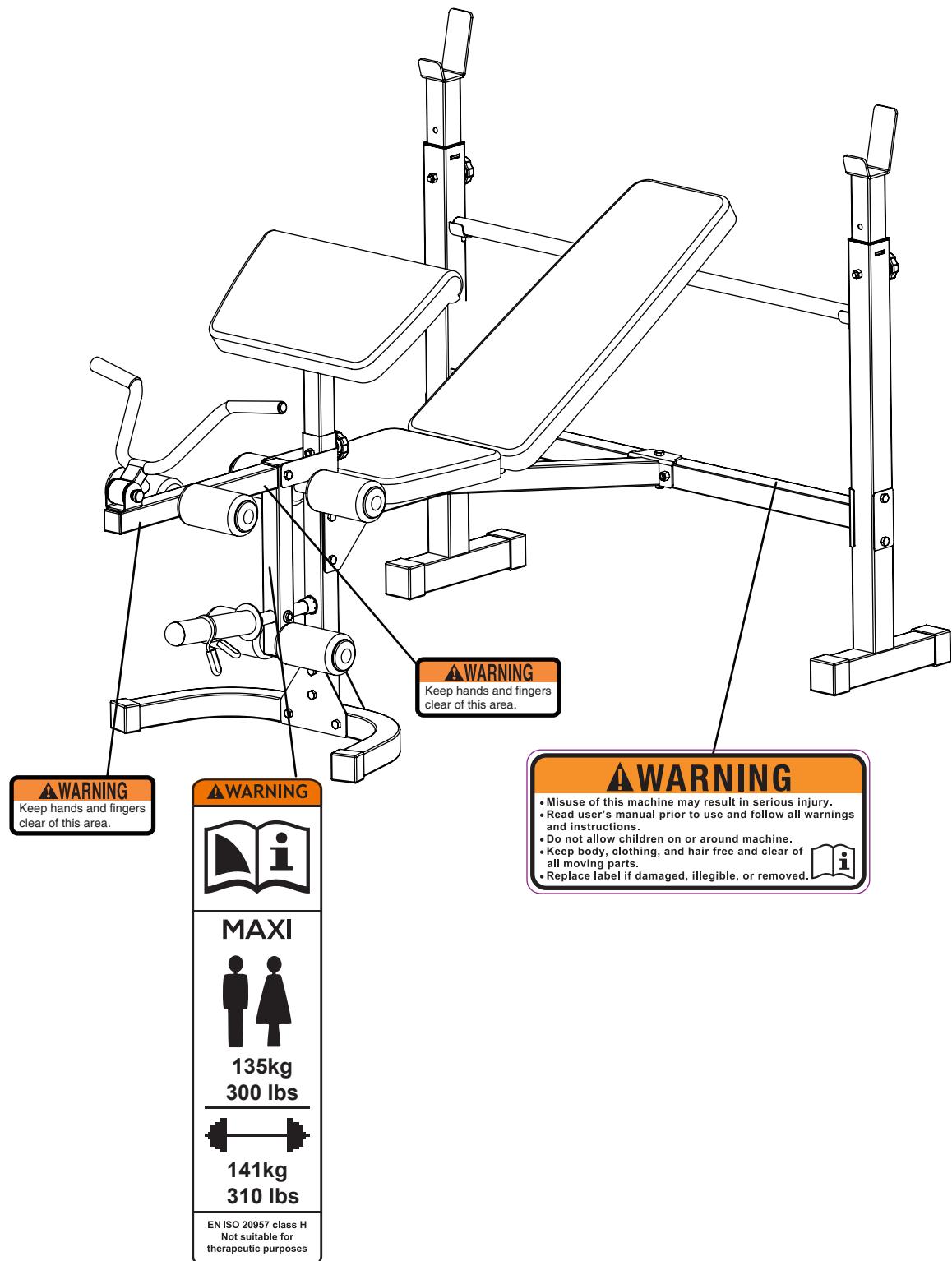
- If you are a beginner, start training for several weeks using the options to get your body used to muscular work.
- Warm up before each session with a cardiovascular workout, sets without weights or warm-up and stretching ground exercises. Increase repetitions and sets gradually.
- Perform all movements regularly and smoothly.
- Always keep your back straight. Avoid arching or rounding your back during movement.
- For a beginner, work in sets of 10 to 15 repetitions, generally 4 sets per exercise with a minimum recovery time between each set.
- Do not work all the muscles every day but instead spread your training over several days.

**ASSEMBLED DIMENSIONS:**

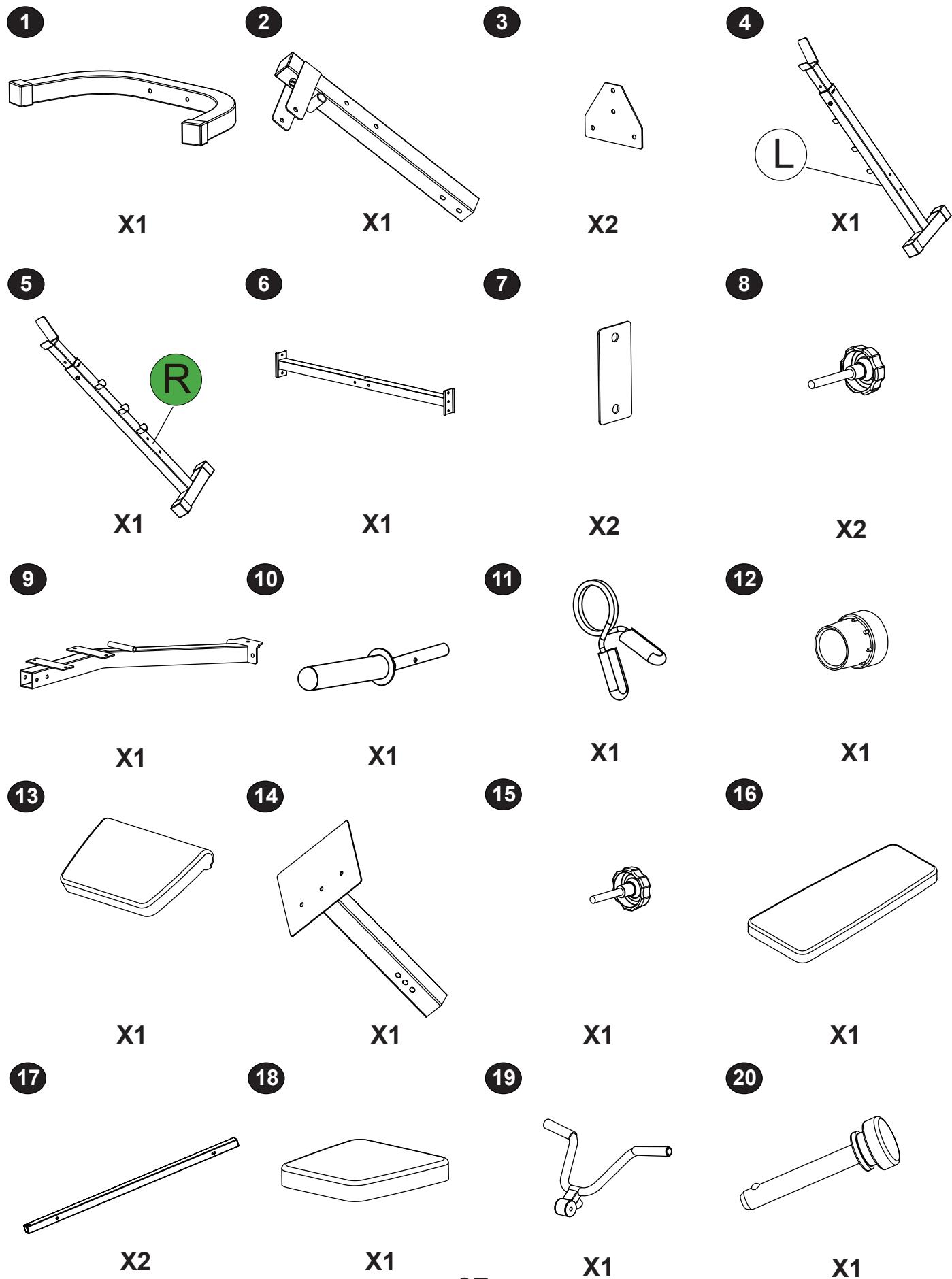
Height: 57.8 in. / 147 cm

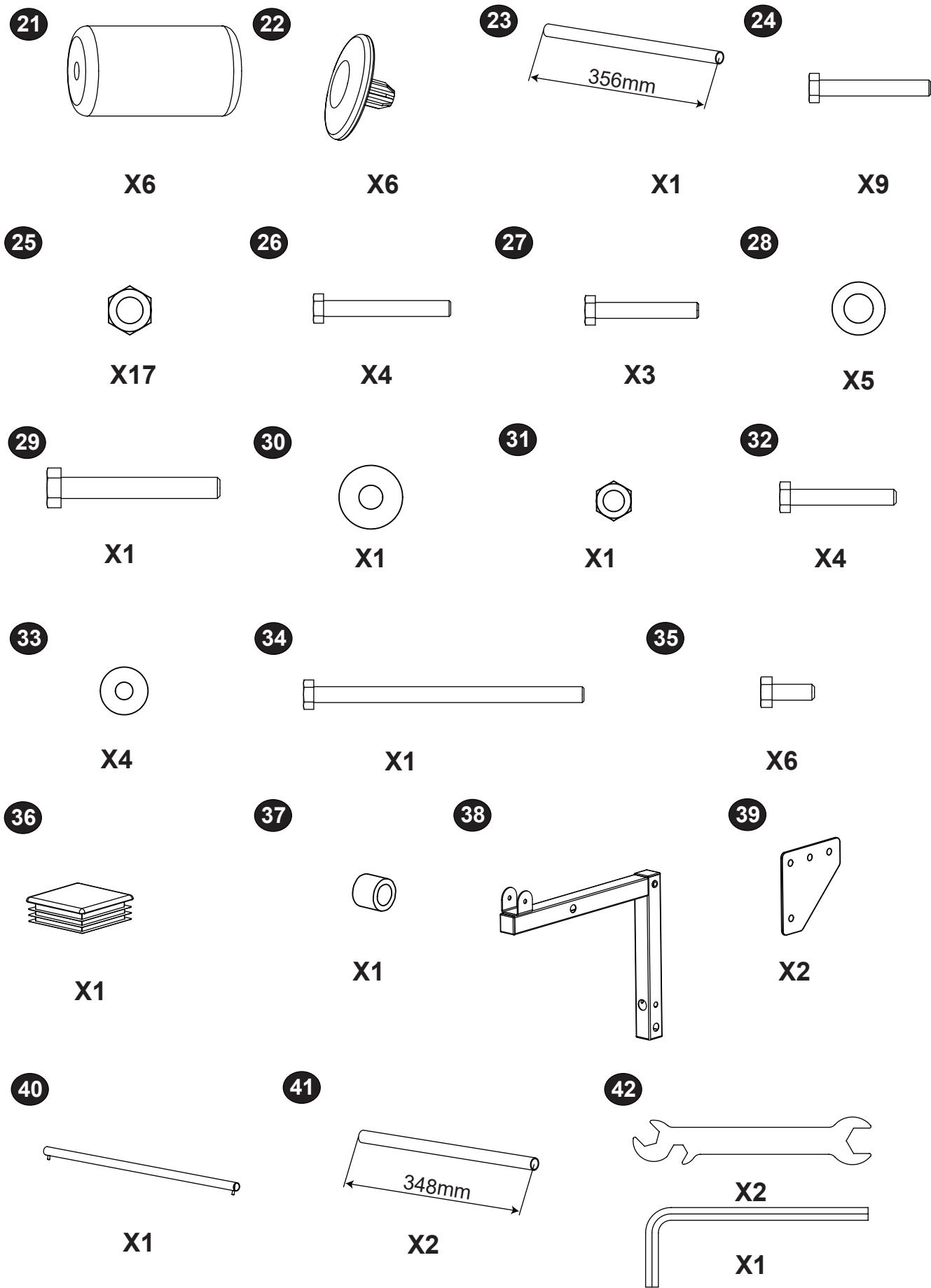
Width: 48 in. / 122 cm

Depth: 71.6 in. / 182 cm



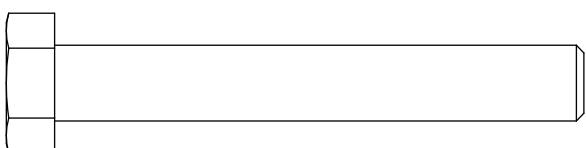
## PART LIST





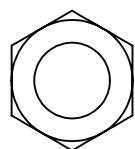
## PART IDENTIFICATION CHART (ACTUAL SIZE)

24



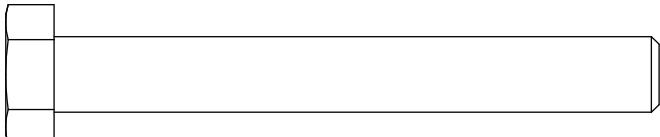
M10X70mm 9pcs

25



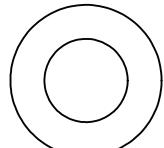
M10 17pcs

26



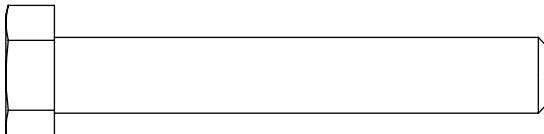
M10X80mm 4pcs

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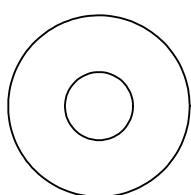
M10 5pcs

27



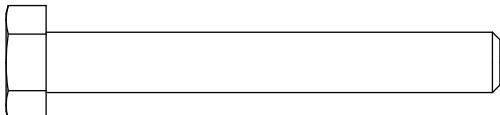
M10X65mm 3pcs

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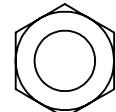
M8 2pcs

29



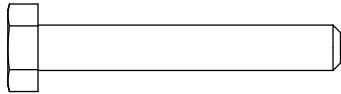
M8X60mm 1pcs

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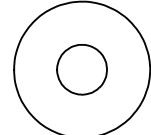
M8 1pcs

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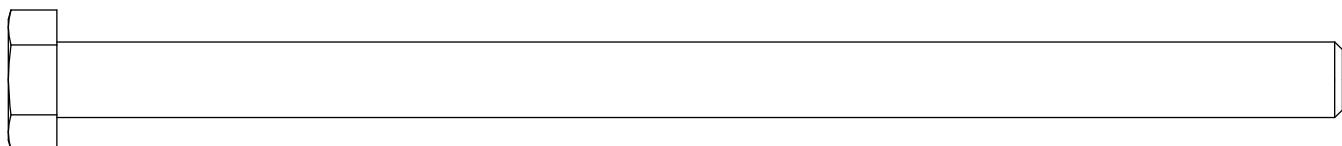
M6X40mm 4pcs

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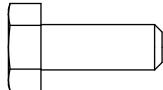
M6 4pcs

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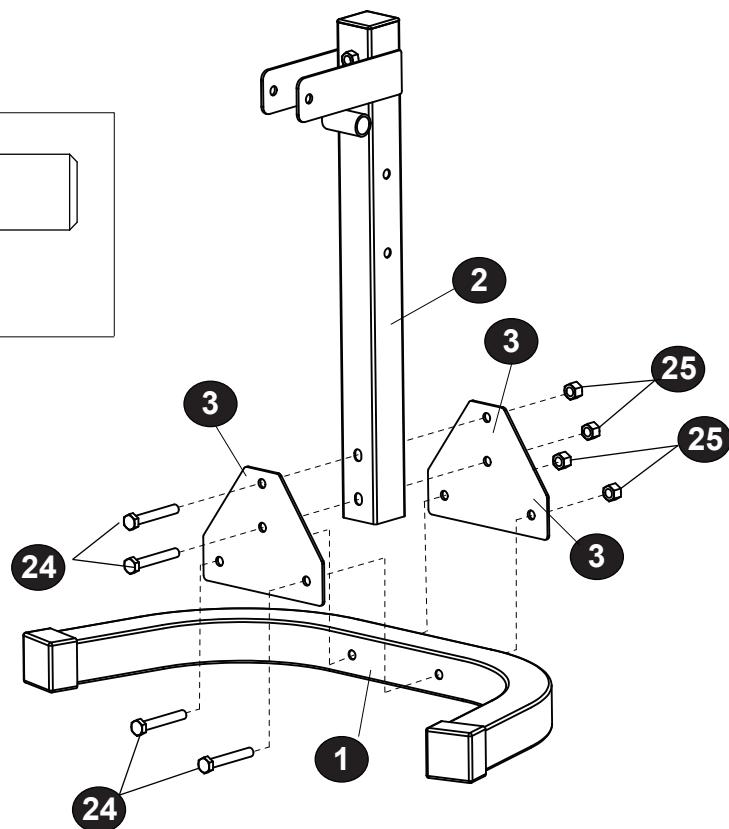
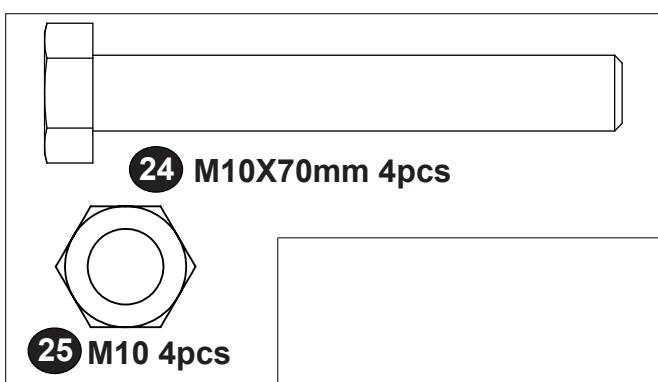
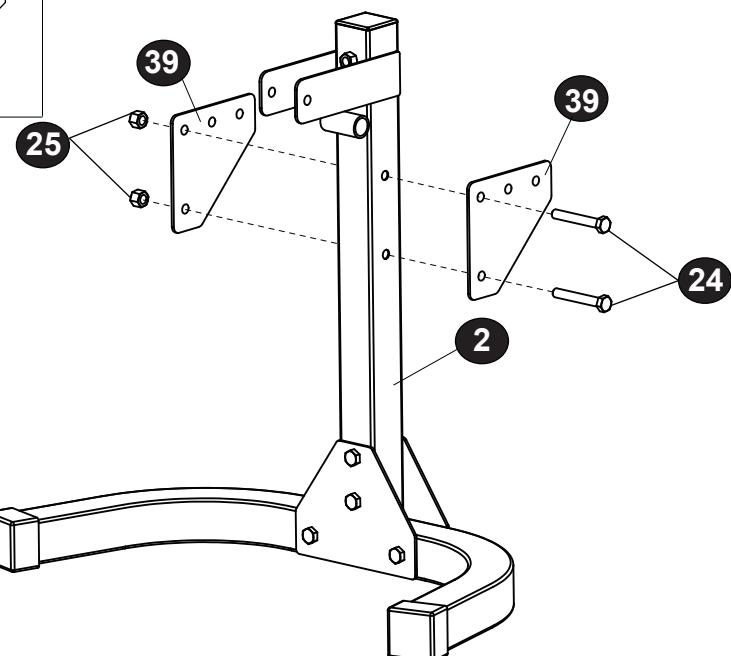
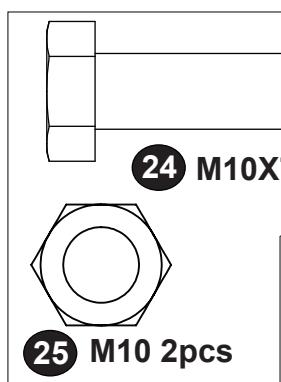


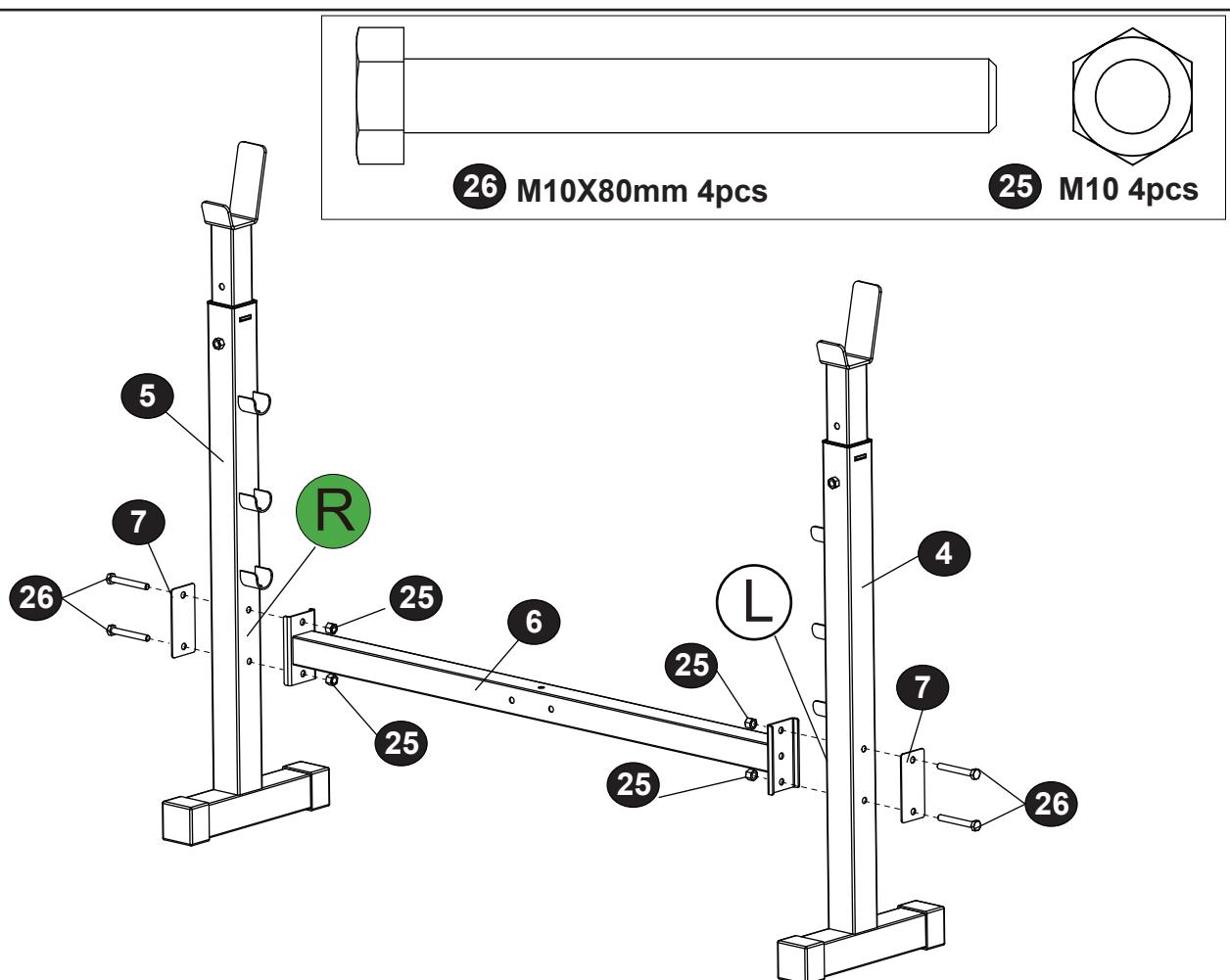
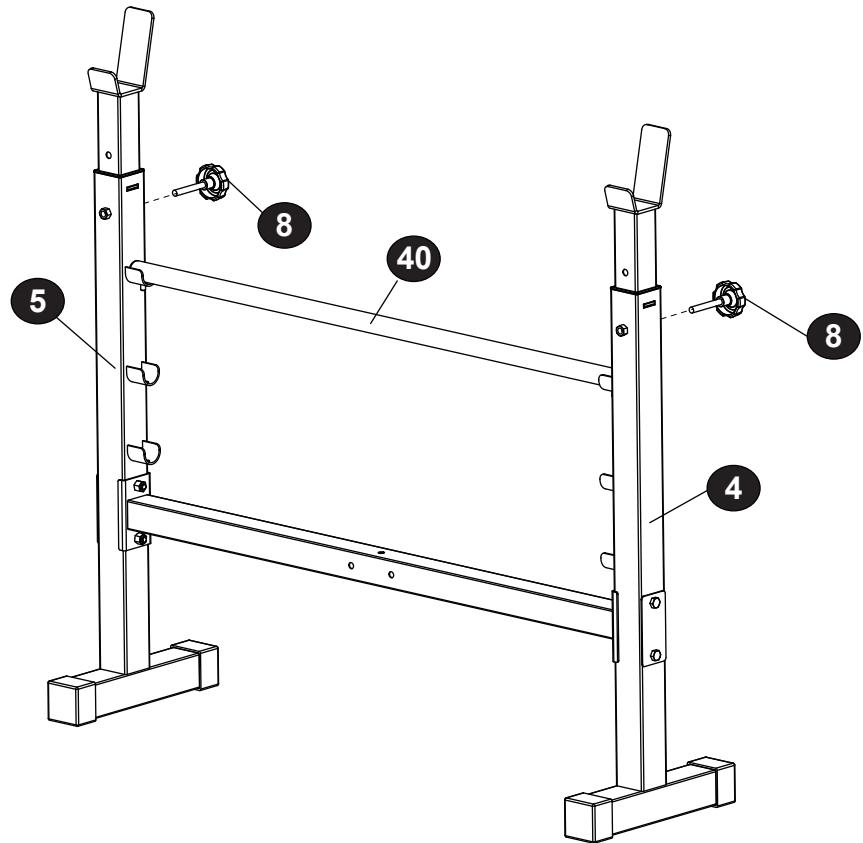
M10X170mm 1pcs

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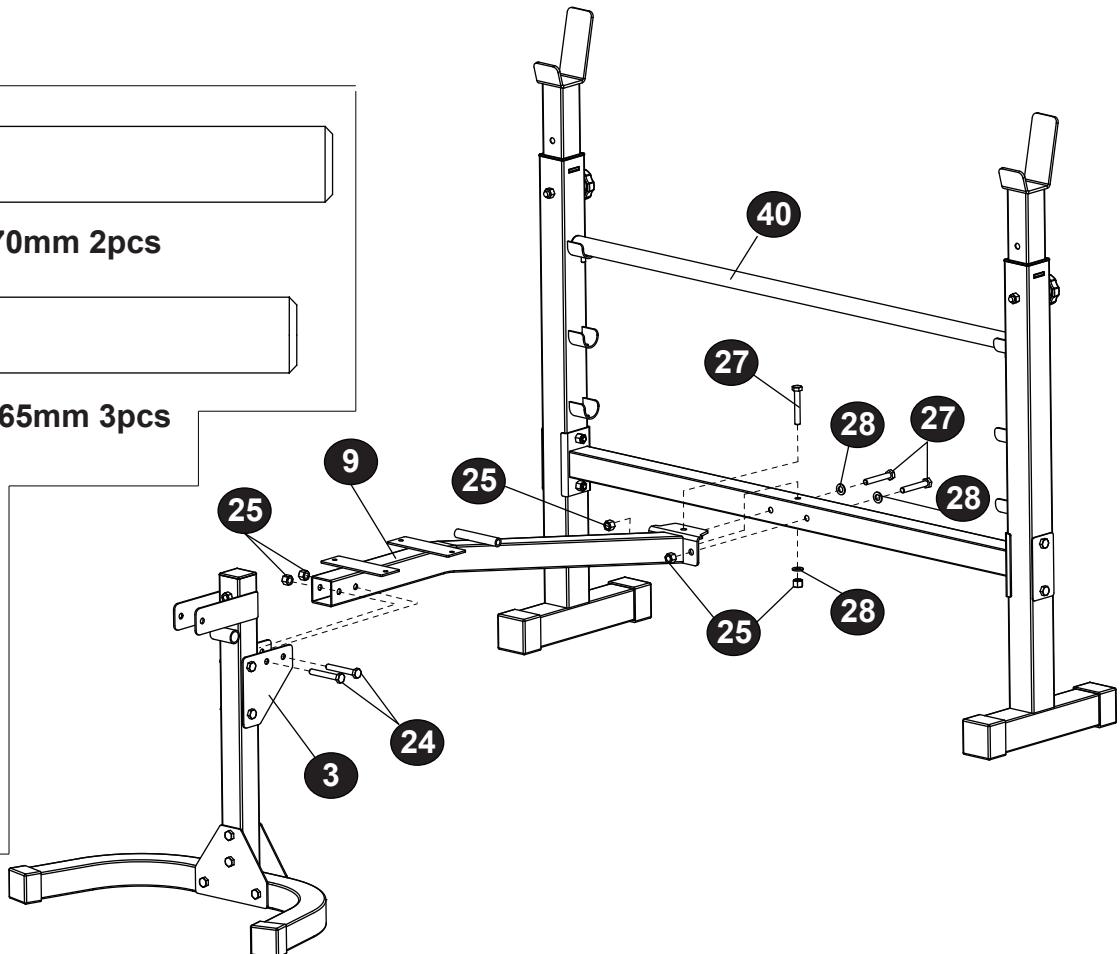
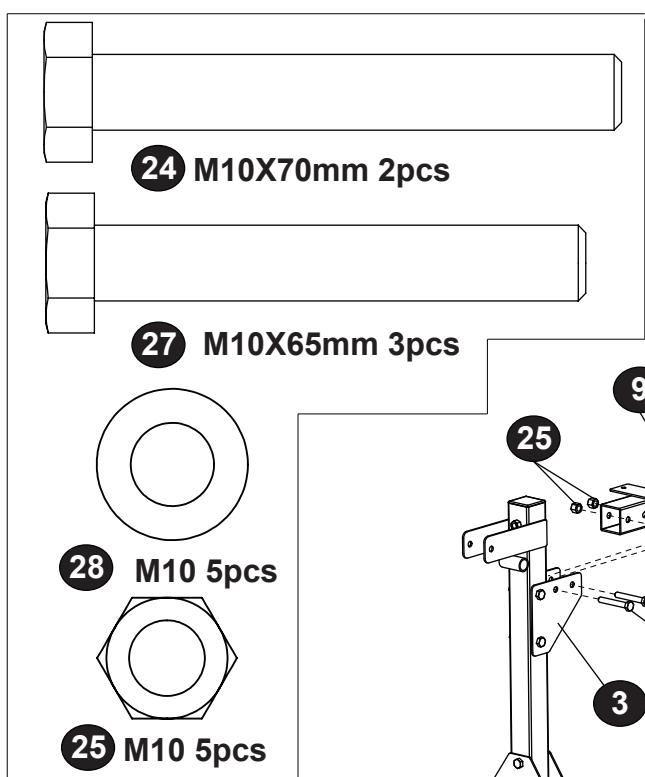


M6X16mm 6pcs

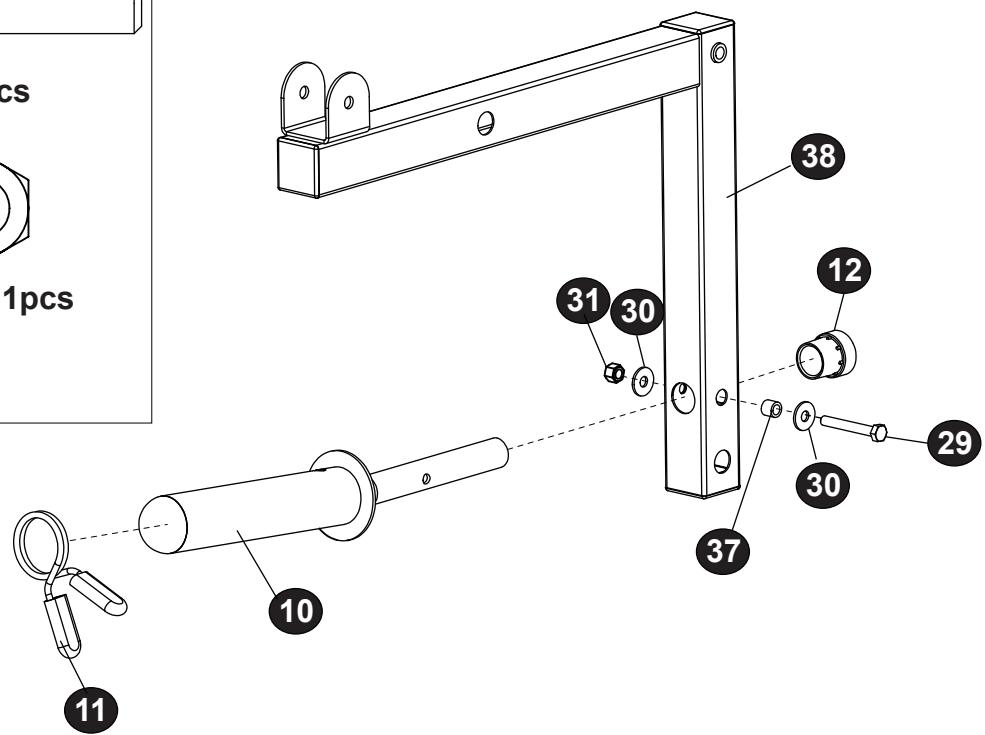
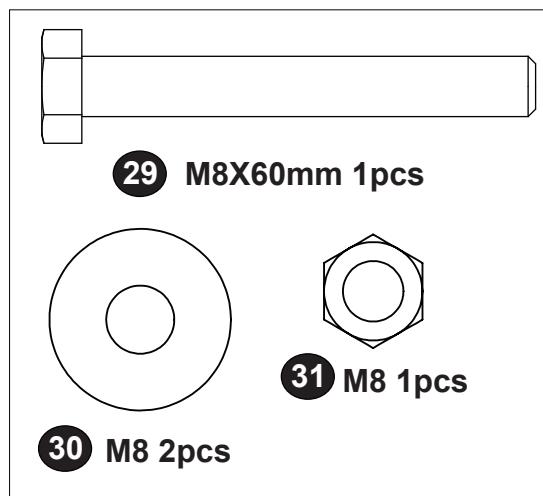
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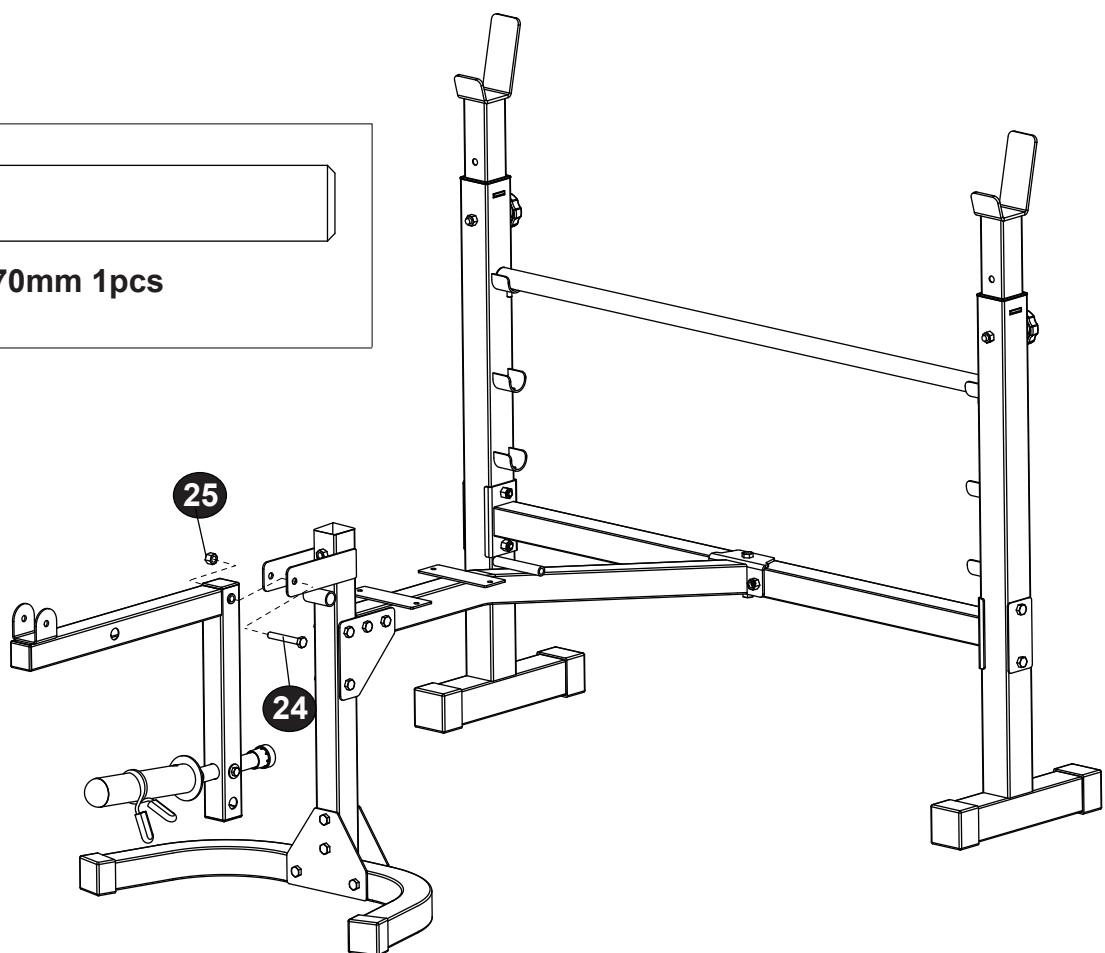
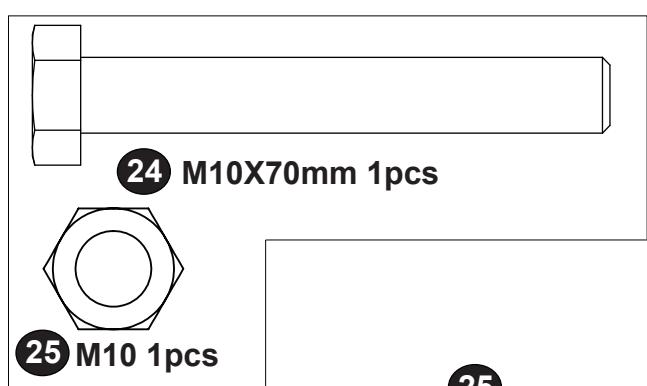
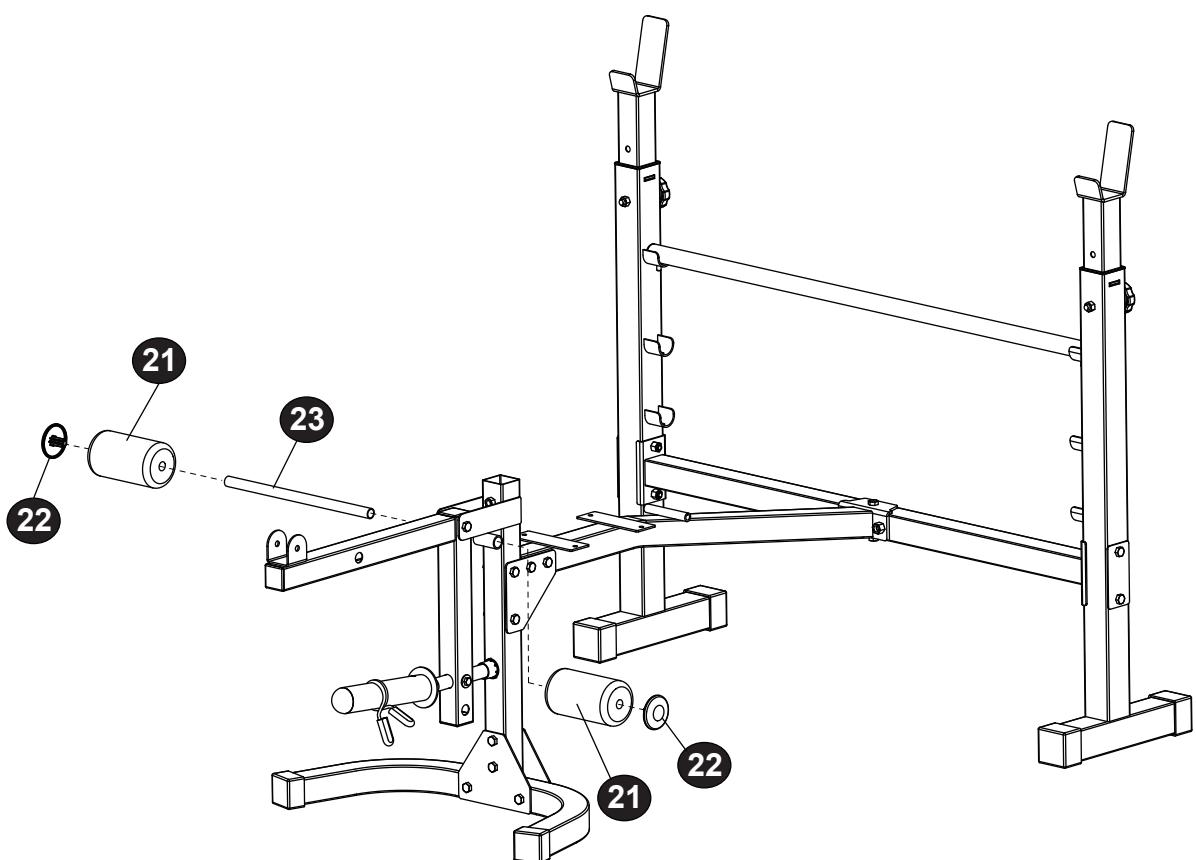
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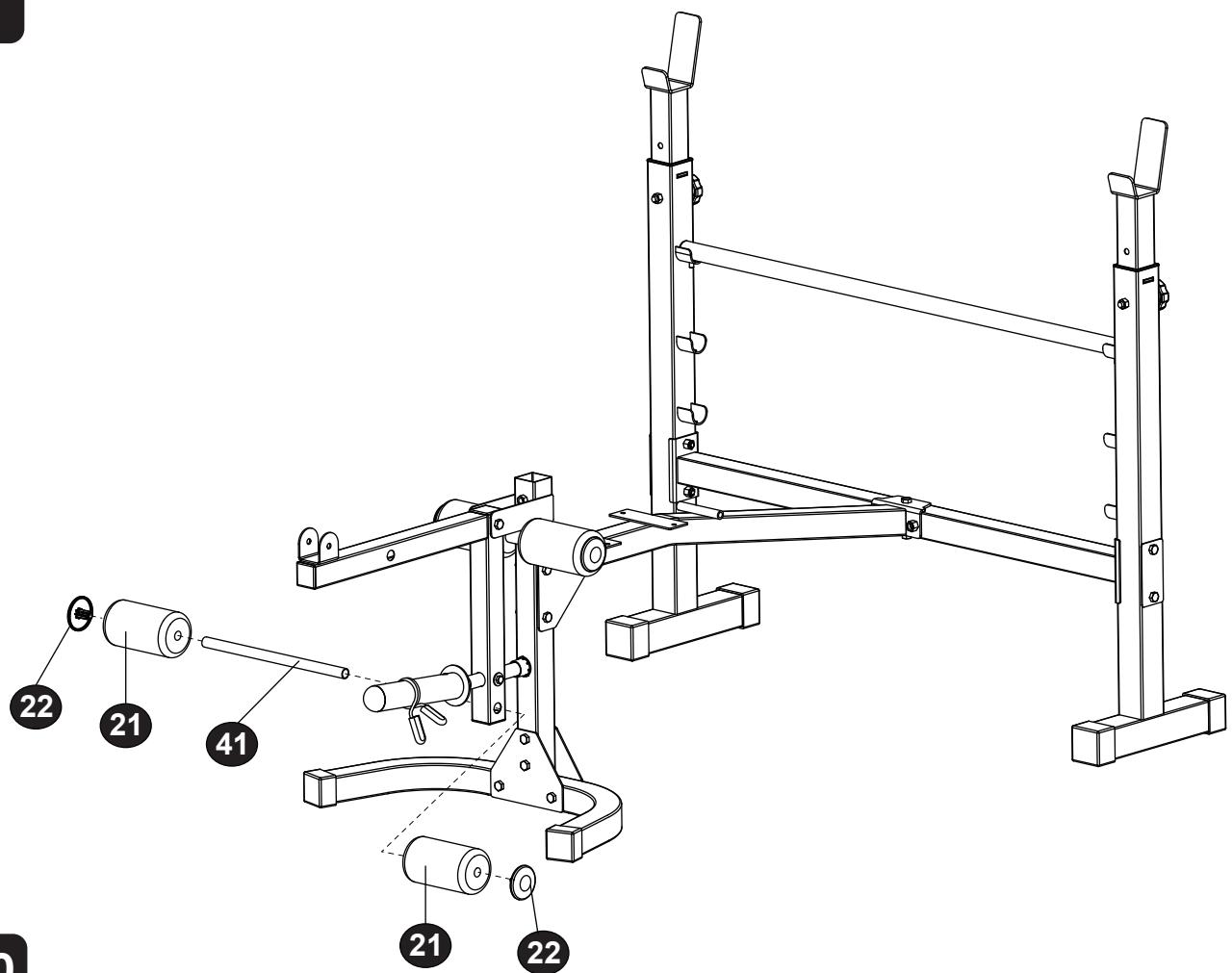
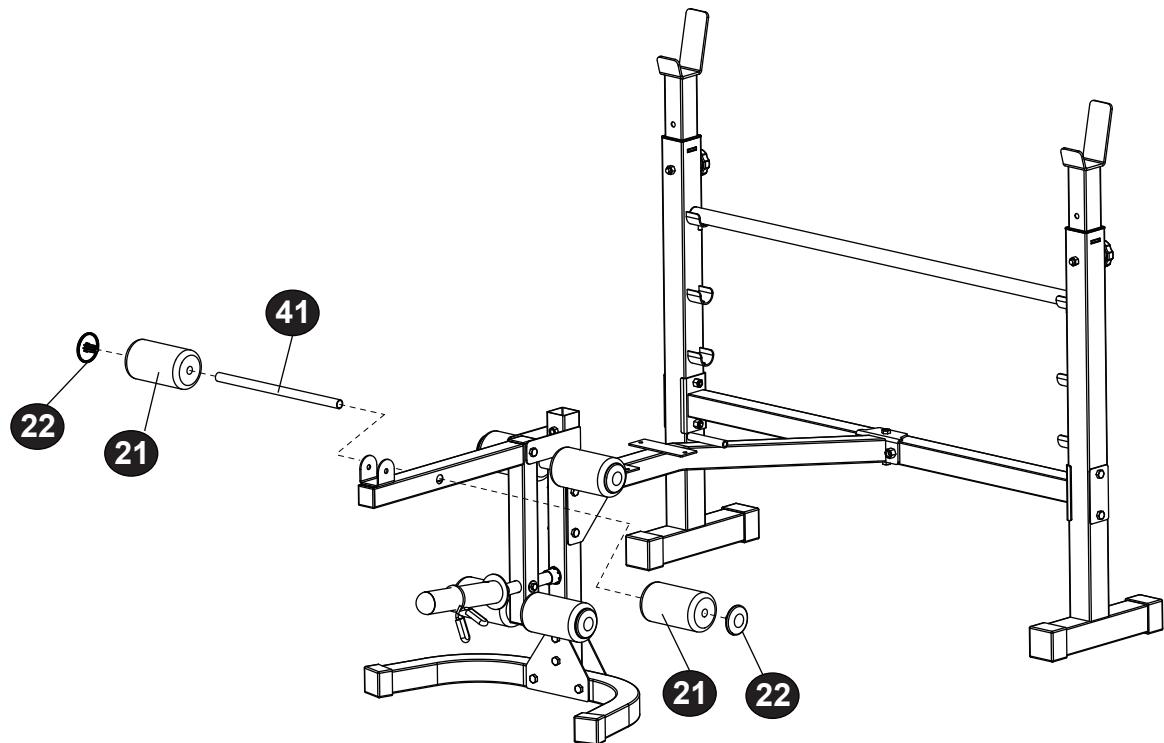
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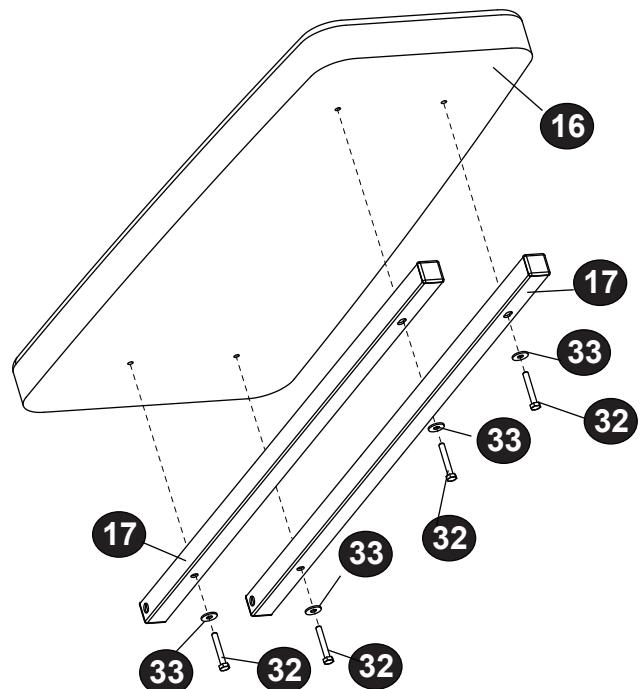
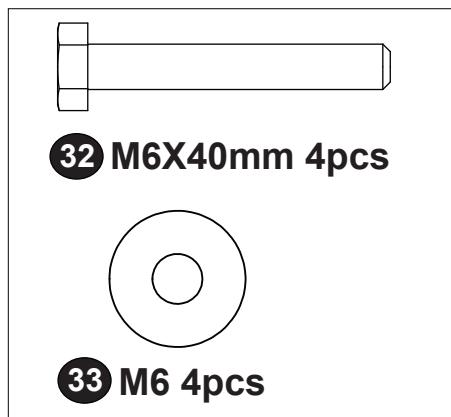
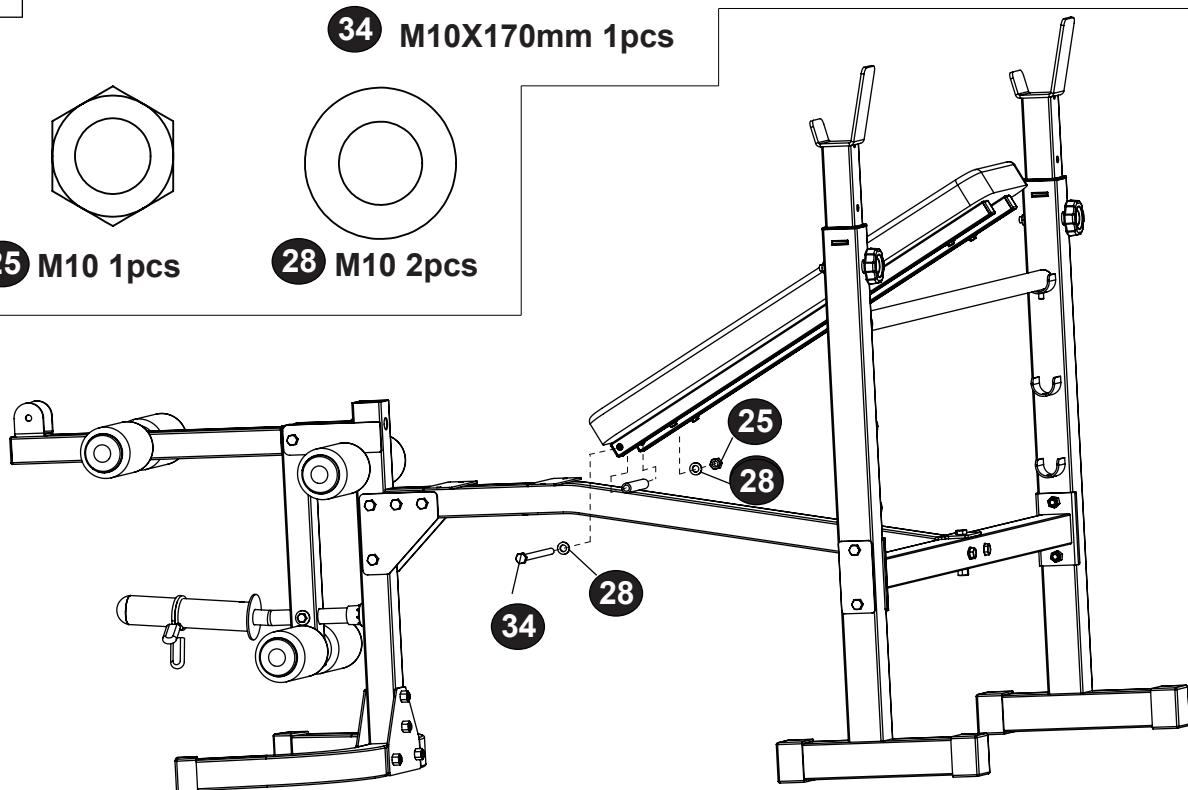
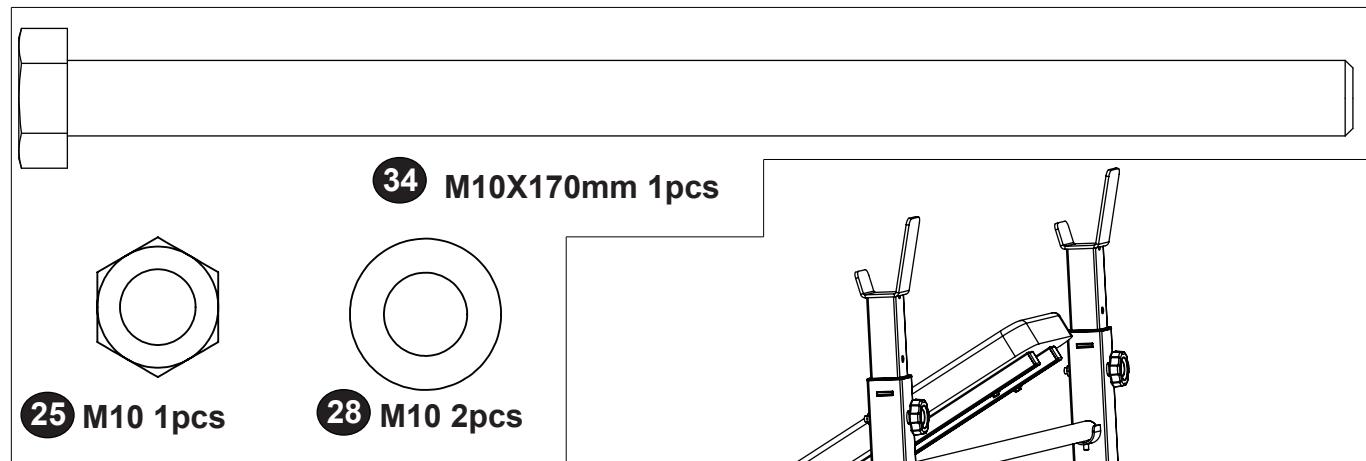


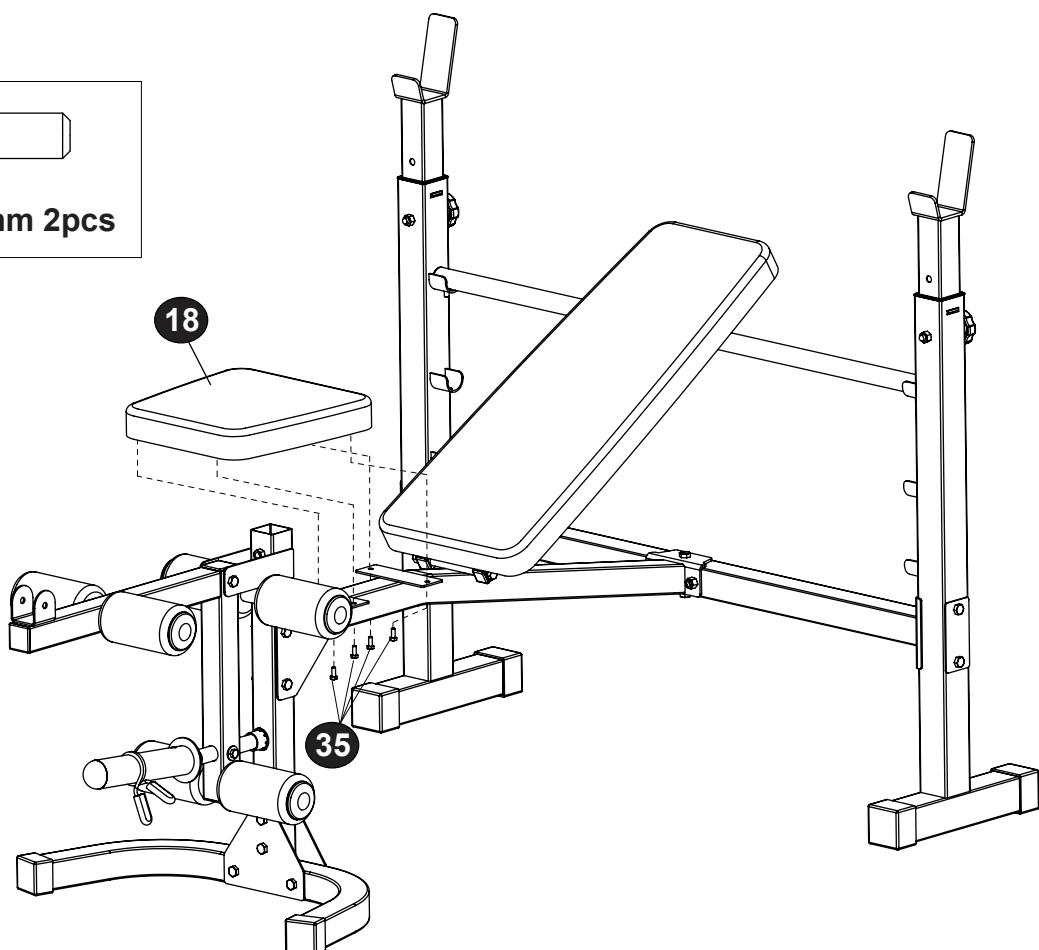
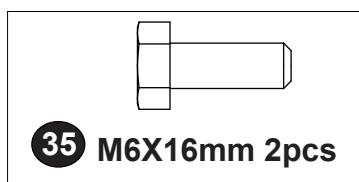
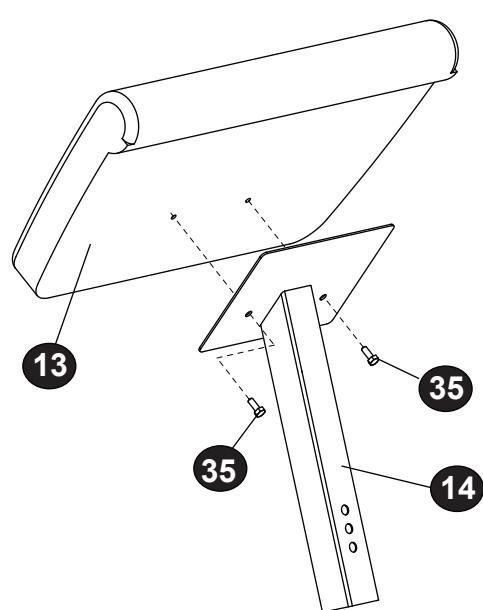
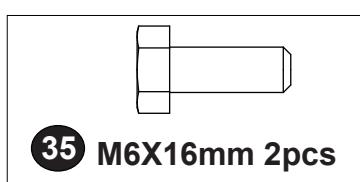
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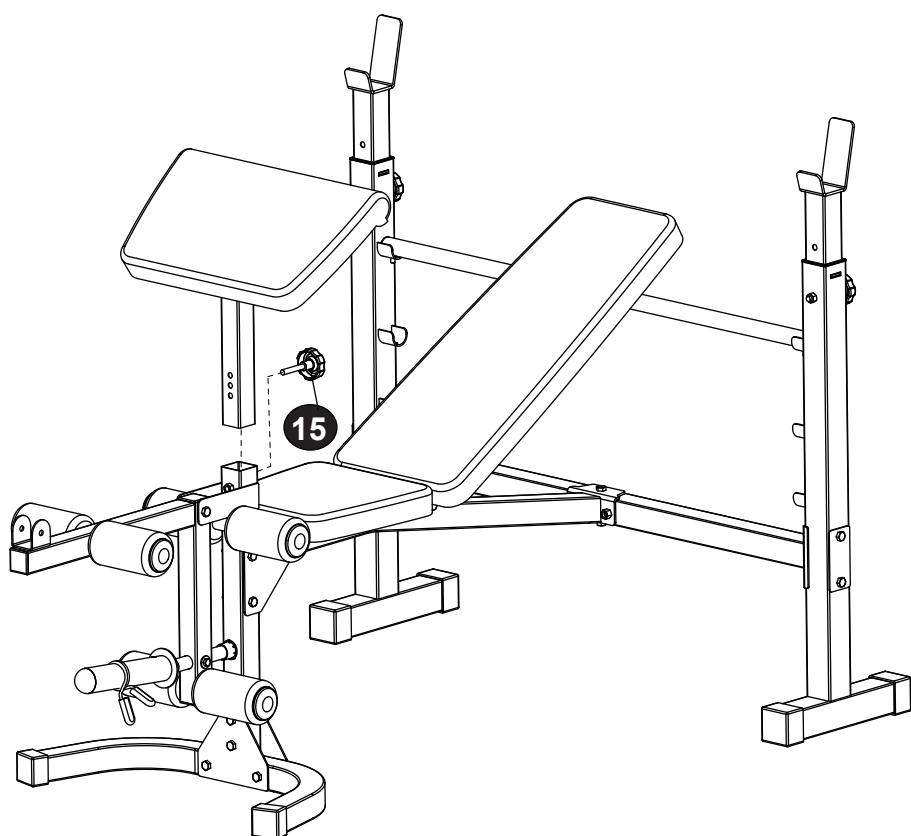
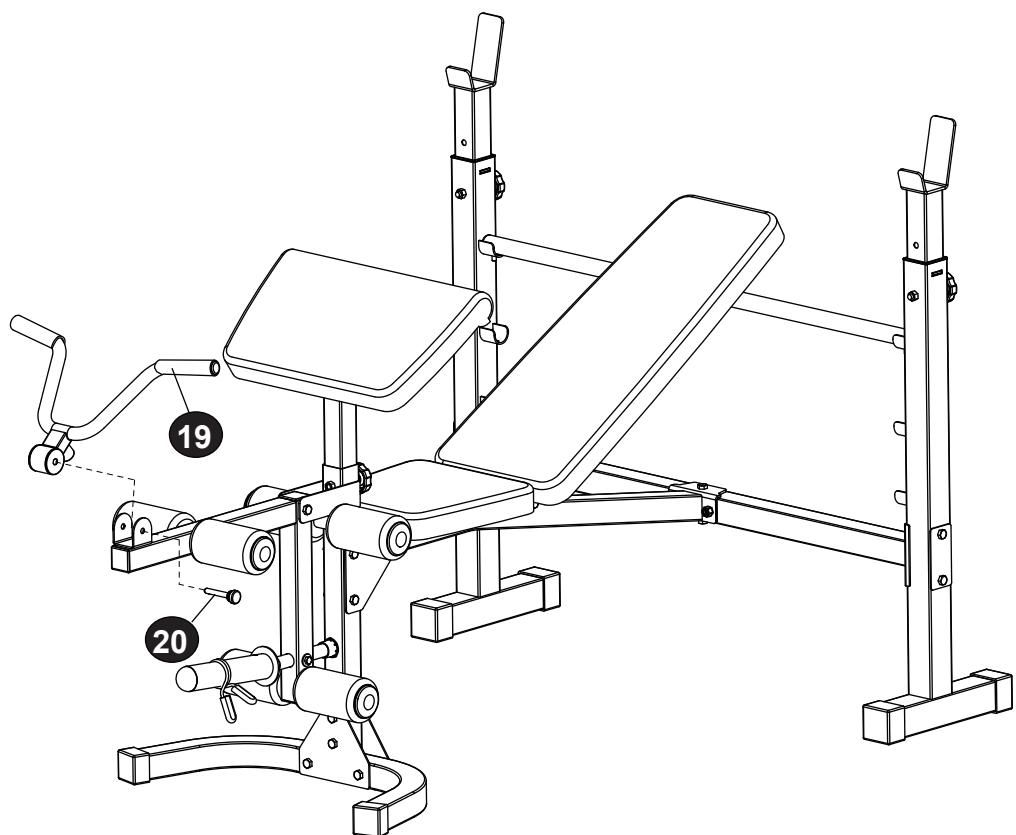


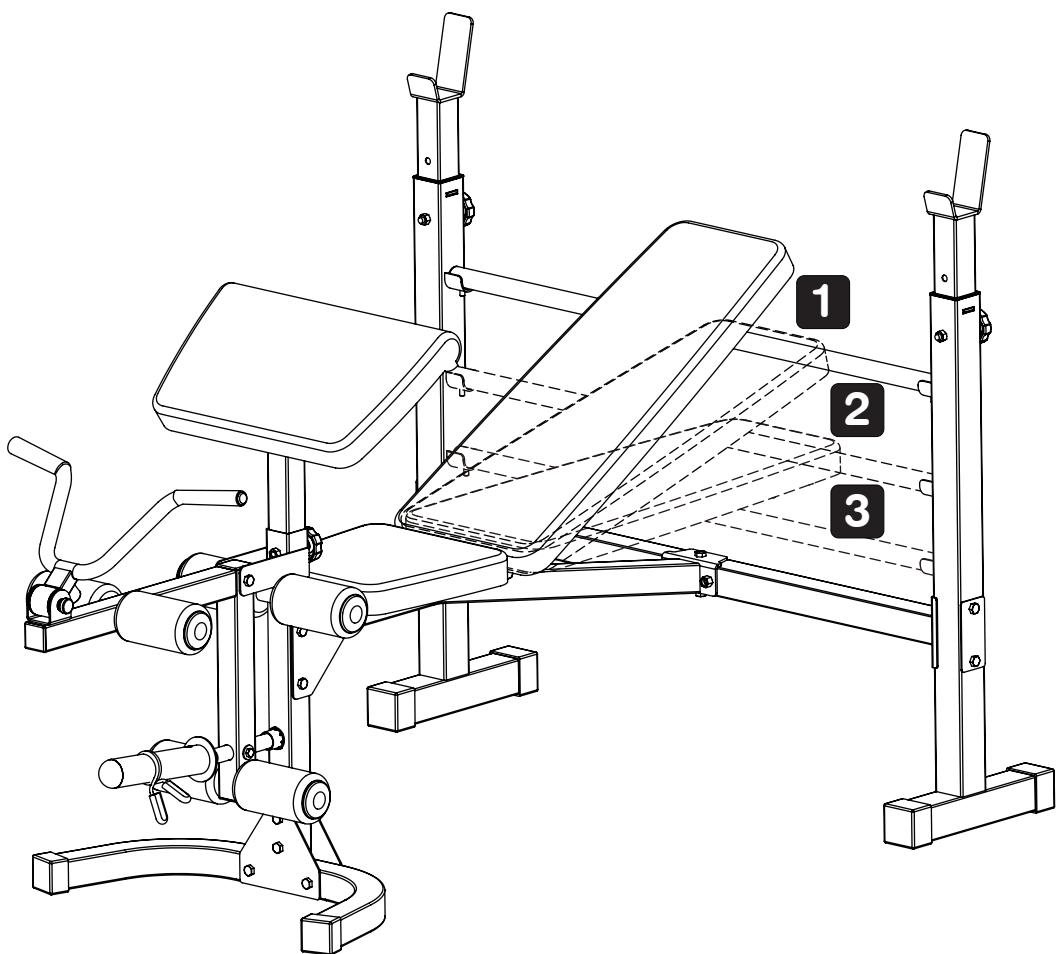
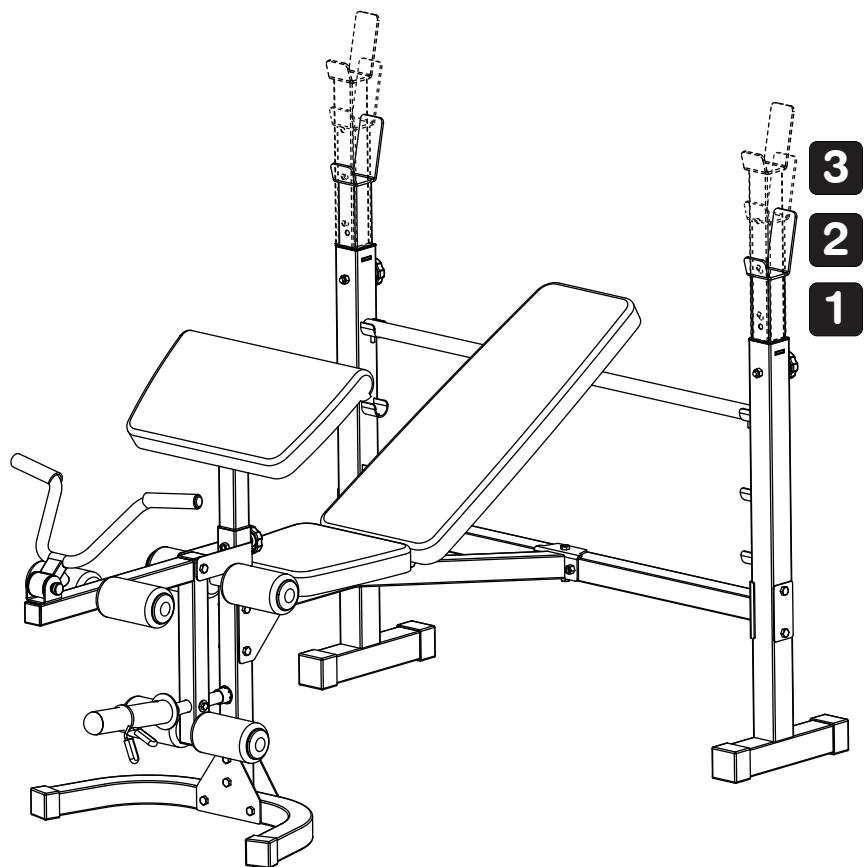
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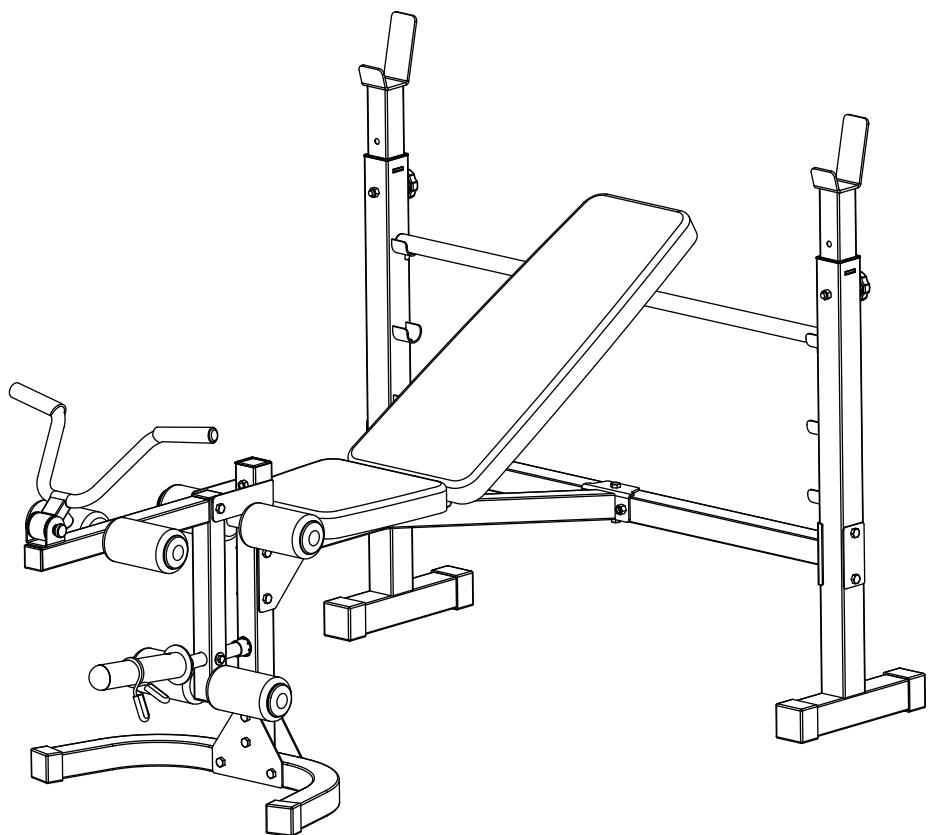
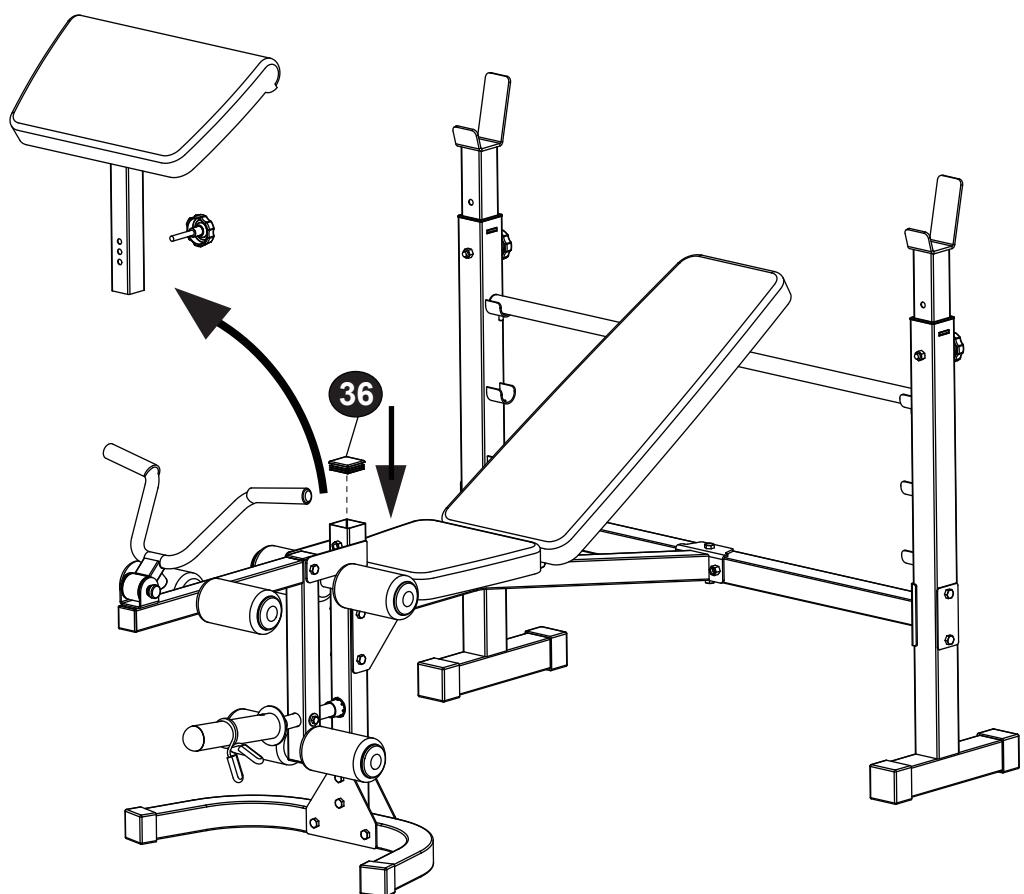
**11****12**

**13****14**

**15****16**

**17****18**

19



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We would like to extend our heartfelt thanks to all of our customers for taking time to assemble this product and giving us valuable feedbacks.

THANK  
YOU

