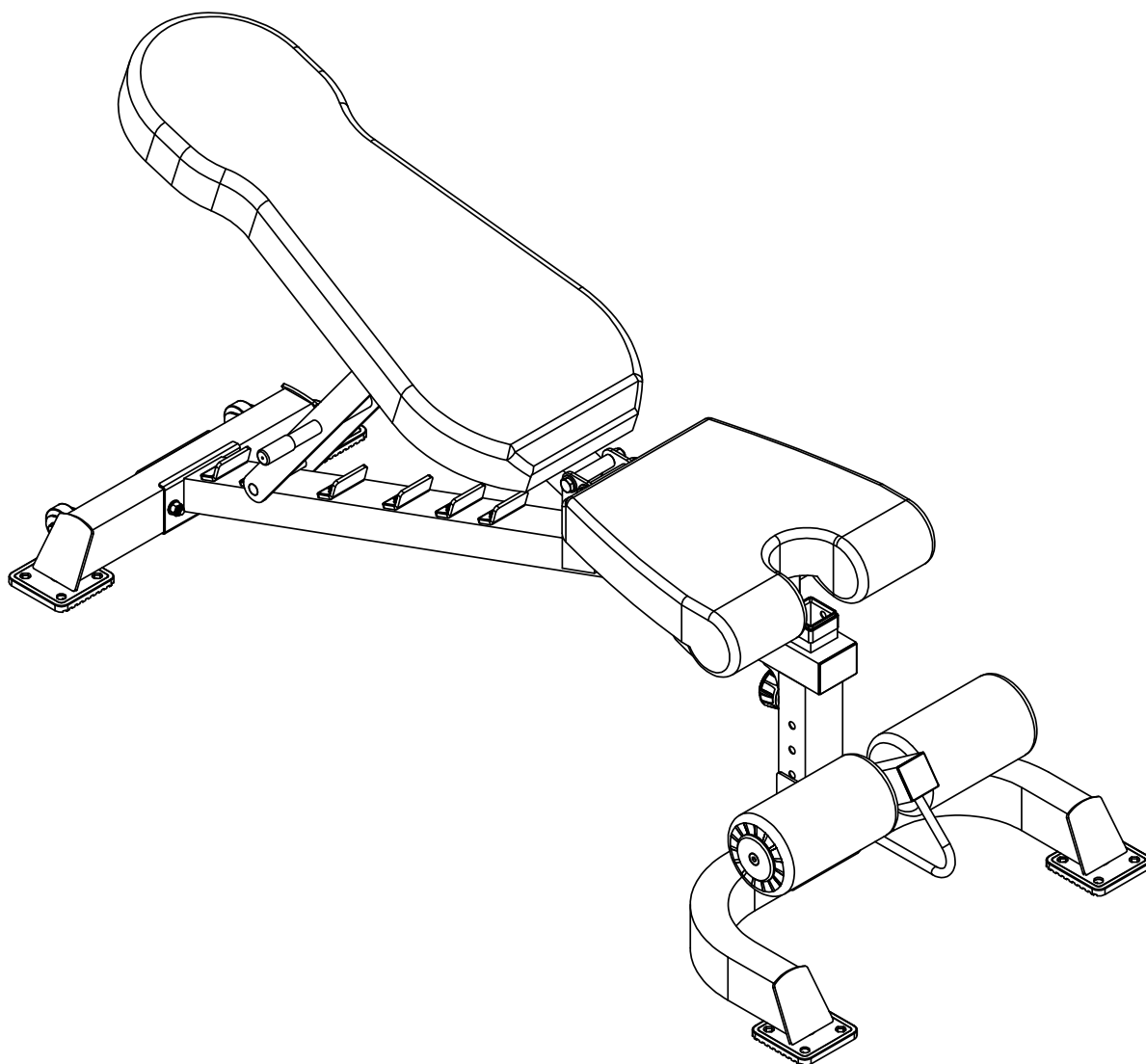




Utility Bench

LP1001B



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

20210506-V1.0

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BEFORE YOU BEGIN

Thank you for selecting the LP1001B. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your rack. In particular, note the following safety precautions:

1. **Keep children and pets away from the equipment at all times.**
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, leveled surface. DO NOT use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment. Running or aerobic shoes are also required when using the rack.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the equipment.
9. Disabled person should not use the equipment without a qualified person or physician in attendance.
10. Before using the equipment to exercise, always do stretching exercises to properly warm up.
11. Never operate the equipment if the rack is not functioning properly.
12. A spotter is recommended during exercise.

CARE AND MAINTENANCE

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

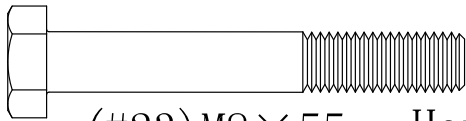
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

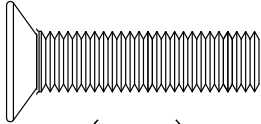
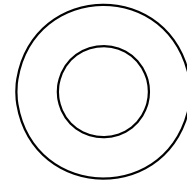
Parts List

NO.	Description	Note	Qty.
1	Main Frame		1
2	Rear Base Frame		1
3	Front Base Frame		1
4	Seat Support		1
5	Backrest Support		1
6	Foam Roll Support		1
7	Adjustment Support		1
8	Rear Support		1
9	Foam Roll Frame		1
10	Seat Pad	400×380×70	1
11	Backrest Board	845×275×70	1
12	Tensile Spring	φ15×φ2×65	1
13	Pop Pin	φ10×110	1
14	Lock Knob	M18×φ10	1
15	Rubber Feet	□105×□105×10	1
16	Foam Roll	φ125×φ22×215	2
17	Foam Baffle	φ70×2	2
18	End Cap	□50	1
19	End Cap	□70×50	1
20	Sleeve	□50×□45	1
21	Handle Grip	φ19×50	1
22	Wheel	φ50×23×φ8.2	2
23	Hex Bolt	M8×55	4
24	Allen Bolt	M8×45	2
25	Allen Bolt	M8×30	2
26	Hex Bolt	M10×75	4
27	Hex Bolt	M12×115	1
28	Hex Bolt	M12×100	2
29	Aircraft Nut	M12	4
30	Aircraft Nut	M10	4
31	Aircraft Nut	M8	2
32	Washer	8	8
33	Washer	10	8
34	Washer	12	7
35	End Cap	□40×60	2
36	End Cap	□25	2
37	HandBall	SR15.5×M10	2
38	Bushing	φ19×φ16×φ12×8	6
	Allen wrench	5#	1

HARDWARE PACK



(#23) M8×55 Hex Bolt (Qty 4)

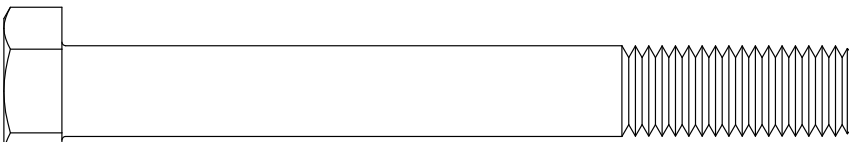
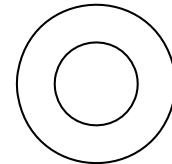


(#25) M8×30 Allen Bolt (Qty 2)

(#34) ϕ 12
Washer (Qty 7)

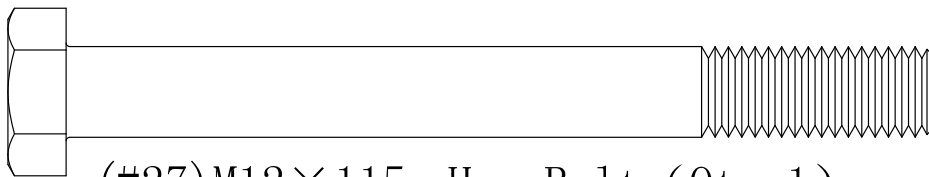


(#26) M10×75 Hex Bolt (Qty 4)

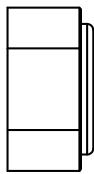


(#28) M12×100 Hex Bolt (Qty 2)

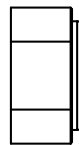
(#33) ϕ 10
Washer (Qty 8)



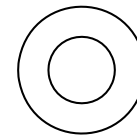
(#27) M12×115 Hex Bolt (Qty 1)



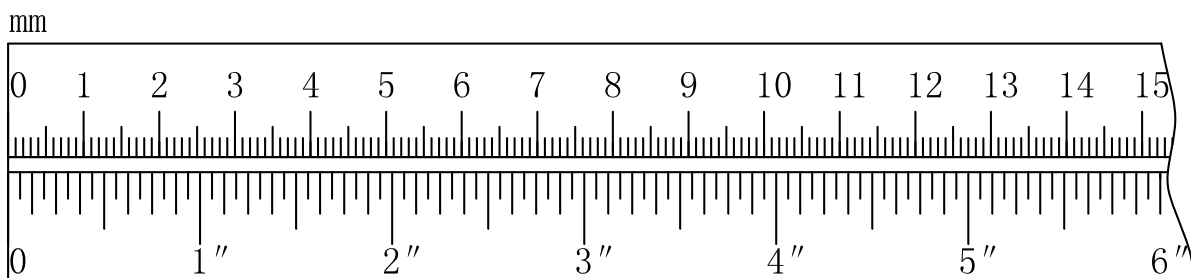
(#29) M12
Aircraft Nut
(Qty 4)



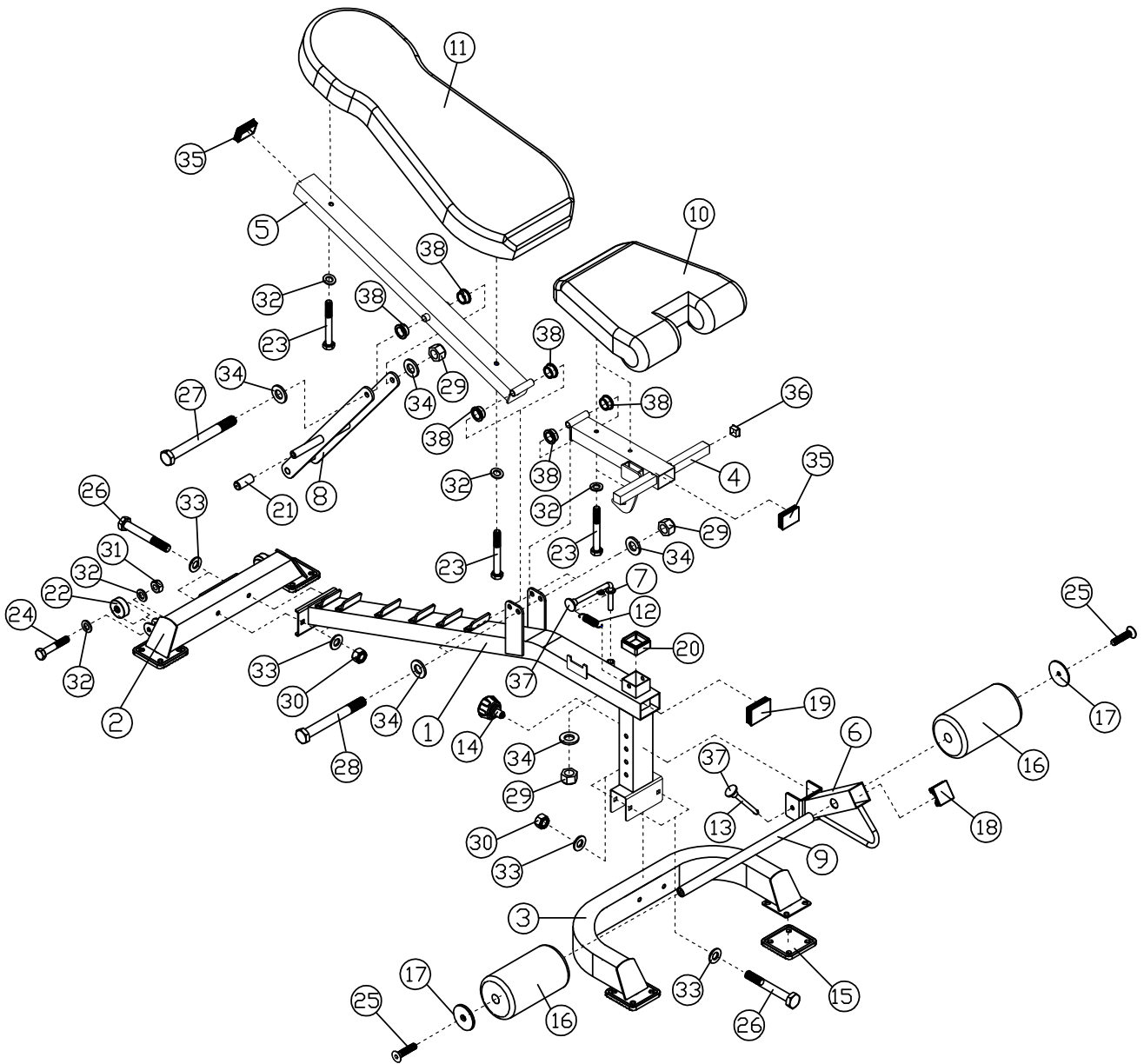
(#30) M10
Aircraft Nut
(Qty 4)



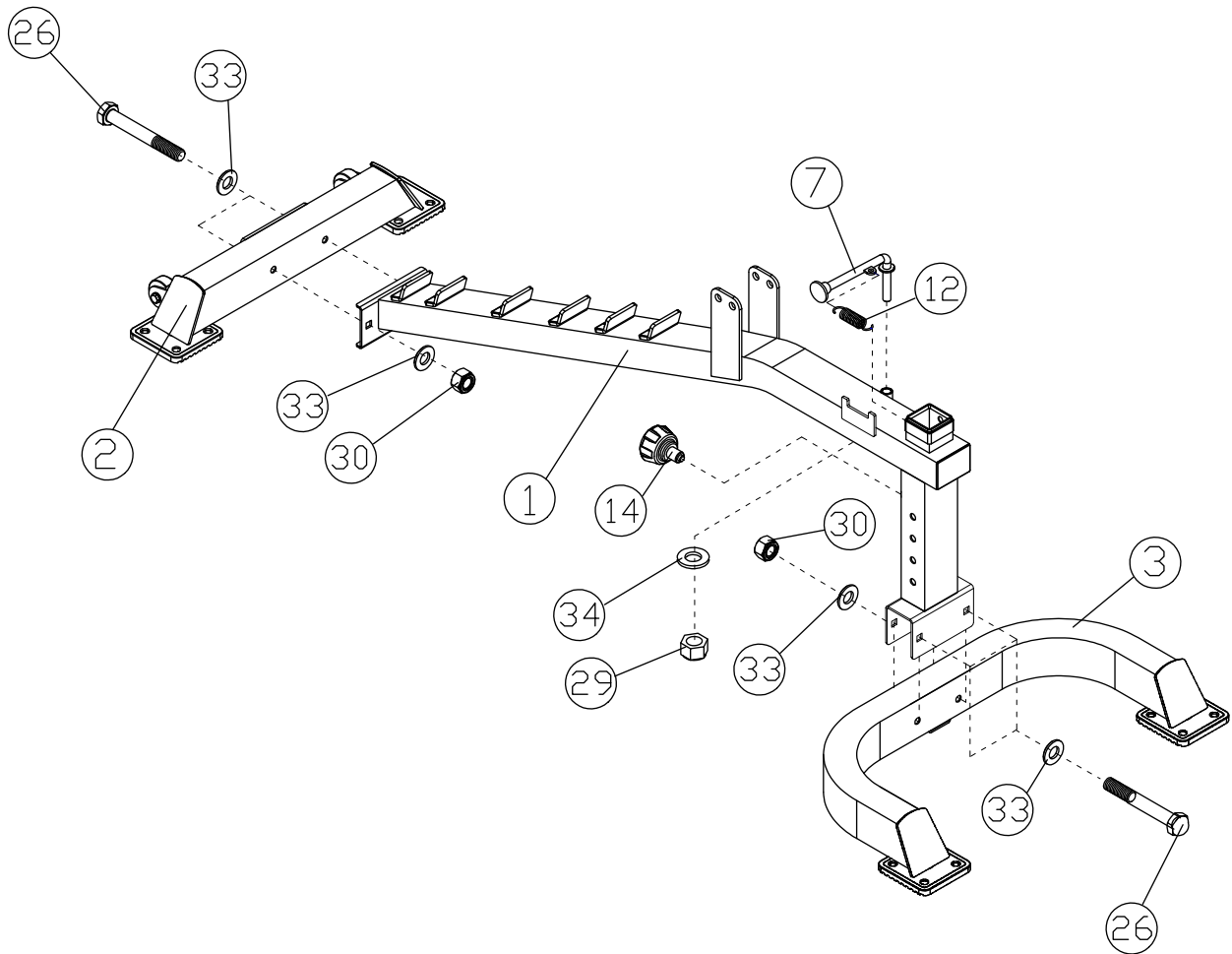
(#32) ϕ 8
Washer (Qty 4)



EXPLODED DIAGRAM

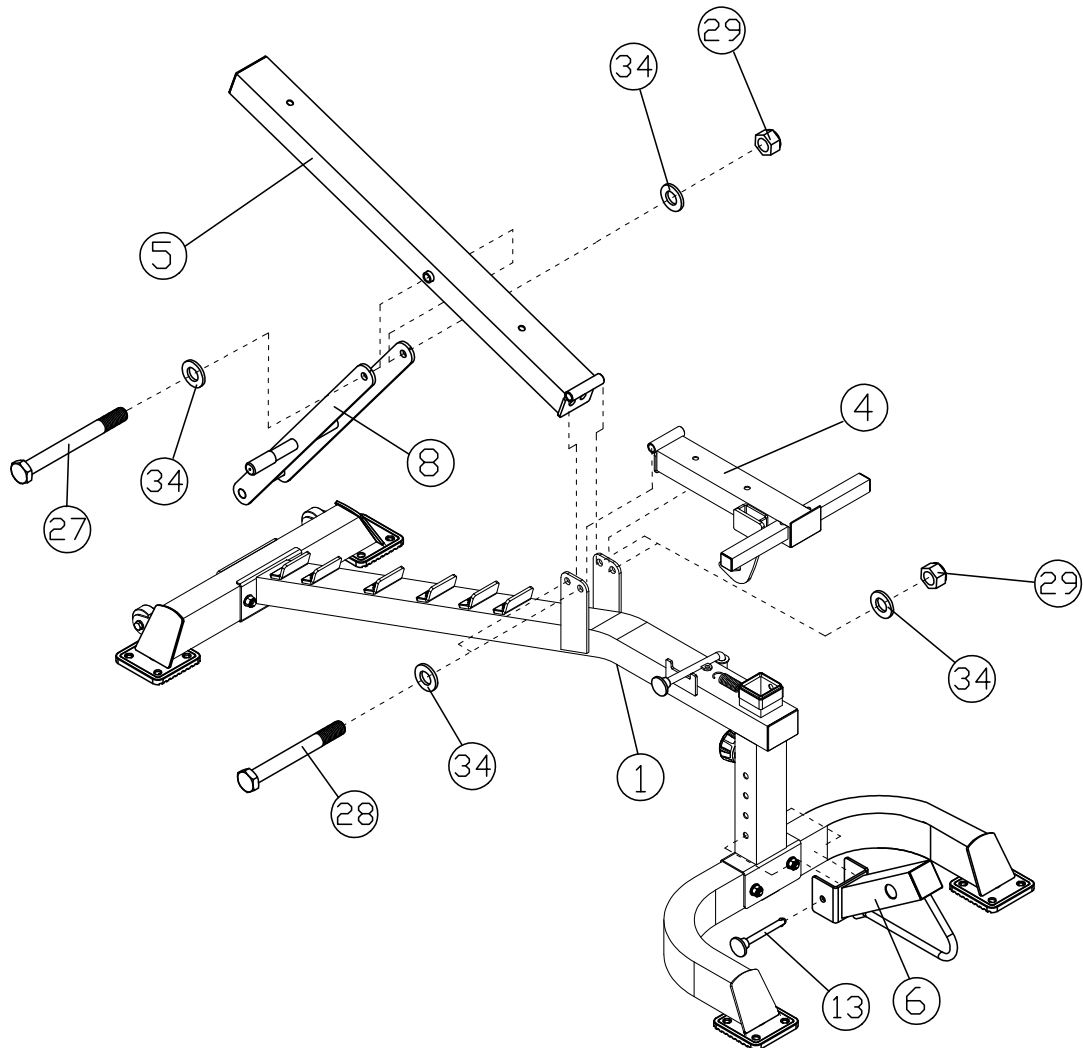


Assembly Step-1 Exploded Drawing



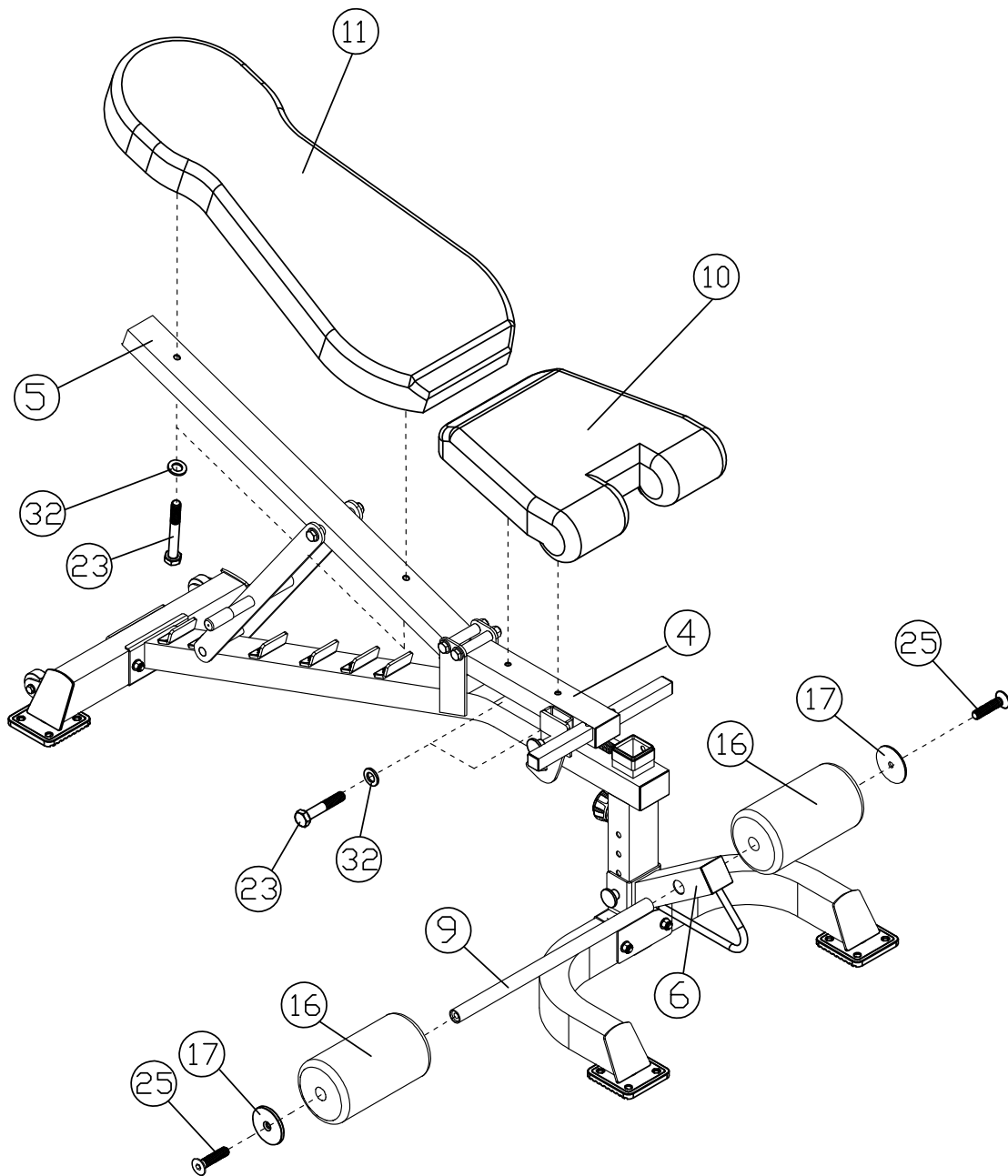
1. Ensuring correct orientation, attach the front of the MAIN FRAME (1) to the FRONT BASE FRAME (3) using two HEX BOLT M10X75 (26), four WASHER10 (33) and two AIRCRAFT NUT M10 (30)
2. Attach the WHEELS (22) to the back of the REAR BASE FRAME (2) using a Allen BOLT M8X45 (24), two WASHER8 (32) and an AIRCRAFT NUT M8 (31) on each wheel. *(See the exploded diagram for more detail, skip this step if pre-assembled)*
3. Ensuring correct orientation, attach the rear of the MAIN FRAME (1) to the REAR BASE FRAME (2) using two HEX BOLT M10X75 (26), four WASHER10 (33) and two AIRCRAFT NUT M10 (30)
4. Insert a LOCK KNOB (14) into the rear of the front post on the MAIN FRAME (1)
5. Connect the HANDBALL (37) to the ADJUSTMENT SUPPORT (7) and attach to the top of the MAIN FRAME (1) using a WASHER12 (34) and an AIRCRAFT NUT M12 (29)
6. Attach the TENSILE SPRING (12) to the top of the MAIN FRAME (1)
7. Insert a SLEEVE (20) into the top of the front post on the MAIN FRAME (1) *(See the exploded diagram for more detail, skip this step if pre-assembled)*

Assembly Step-2 Exploded Drawing



1. Ensuring correct orientation, attach the SEAT SUPPORT (4) to the front holes in the upright bracket on the MAIN FRAME (1) using a HEX BOLT M12X100 (28), two WASHER12 (34) and an AIRCRAFT NUT M12 (29)
2. Ensuring correct orientation, attach the BACKREST SUPPORT (5) to the rear holes in the upright bracket on the MAIN FRAME (1) using a HEX BOLT M12X100 (28), two WASHER12 (34) and an AIRCRAFT NUT M12 (29)
3. Attach the REAR SUPPORT (8) to the underside of the BACKREST SUPPORT (5) using a HEX BOLT M12X115 (27), two WASHER12 (34) and an AIRCRAFT NUT M12 (29)
4. Connect the FOAM ROLL SUPPORT (6) to the front post of the MAIN FRAME (1) using a POP PIN (13) with attached HANDBALL (37)
5. Attach the HANDLE GRIP (15) to the FOAM ROLL SUPPORT (6). Attach a HANDLE GRIP (21) to the REAR SUPPORT (8)(See the exploded diagram for more detail, skip this step if pre-assembled)

Assembly Step-3 Exploded Drawing



1. Attach the BACKREST BOARD (11) to the BACKREST SUPPORT (5) using two HEX BOLT M8X55(23) and two WASHER8 (32)
2. Attach the SEAT PAD (10) to the SEAT SUPPORT (4) using two HEX BOLT M8X55(23) and two WASHER8 (32)
3. Insert the FOAM ROLL FRAME (9) through the FOAM ROLL SUPPORT (6)
4. Slide a FOAM ROLL (16) over each end of the FOAM ROLL FRAME (9) and attach using a FOAM BAFFLE (17) and a ALLEN BOLT M8X30 (25) on each side.
5. Insert the appropriate sized END CAPS (18,19, 35&36) into any open ends (*See the exploded diagram for more detail, skip this step if pre-assembled*)