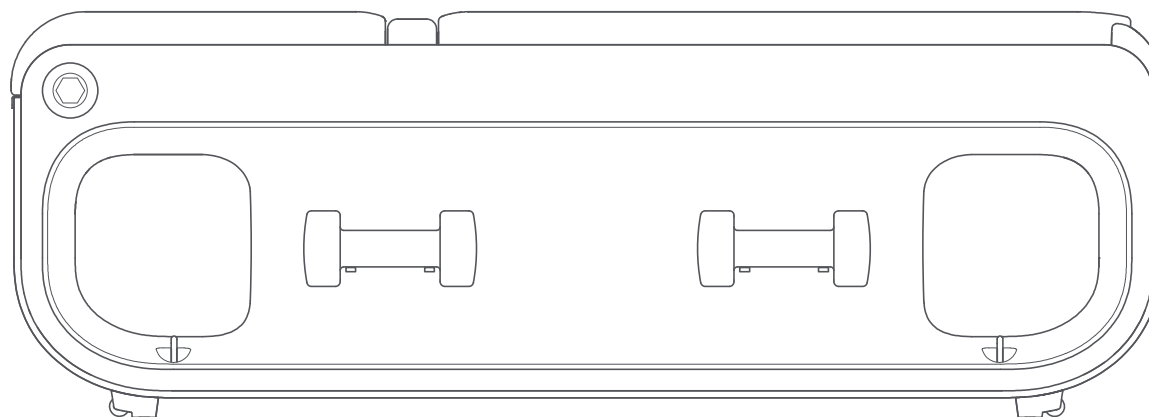


KING SMITH

KINGSMITH Free-Fit Bench

FBB1A / FBB1B / FBB1C

User Manual



Please read this manual carefully before using and then keep it in a safe place.

1. Welcome

Thank you for choosing this product. The "KINGSMITH Free-Fit Bench" is a brand new product that integrates various sports and fitness functions and high-quality furniture. For a better user experience, please read this manual carefully to understand our product features.

Applicable People

- This product is a multi-functional fitness equipment suitable for the whole family. Please use this product reasonably in an environment and physical conditions suitable for exercise.
- Minors and elderly people over 60 years old should use this product under sports protection.
- For the sake of your health, please suspend the use of this product for those who are unwell or advised not to exercise.

Product Parameters

- | | |
|-----------------|--|
| • Unfolded Size | 1170×1415×1105 mm
46×55.7×43.5 inch |
| • Folded Size | 1170×340×415 mm
46×13.3×16.3 inch |
| • Net Weight | (FBB1A) 26 kg / 57 lbs
(FBB1B) 27 kg / 59 lbs
(FBB1C) 36 kg / 79 lbs |
| • Max Load | 150 kg / 330 lbs |



2. Note

During the design process of this product, safety issues have been fully considered, but please read the following precautions before using this product for the first time, understand and familiarize yourself with the product's usage methods, in order to obtain a better product experience.



Safety Use

- Before using this product for the first time, please read the product manual completely or under the guidance of experienced peers.
- Before each use of this product, please ensure that the fitness bench and accessories are not damaged or in any other abnormal state.
- Please ensure that the handles, locks, indexing pins, snap rings, etc. are correctly assembled during use.
- Do not modify or use non original accessories without authorization.
- During the use of the product, do not extend any part of the body below the moving parts of the product (such as the moving pulley block) to avoid danger.



Operation Tips

- When adjusting the backrest angle, please ensure that the support leg buckle is locked tightly.
- When using the bird pulling system, please use a safe action method to avoid danger caused by improper action.
- Do not adjust the loading and unloading resistance rope when using the bird pulling system.
- Please do not pull sideways to prevent the product from tipping.



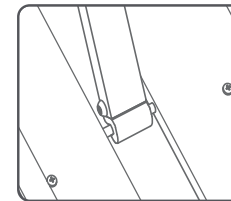
Environmental Requirements

- Please use this product on a flat and sturdy ground.
- Please ensure a clearance of 1.5 meters around the product before opening the bird arm.
- It is not recommended to place the product in an environment with strong sunlight, humidity, and rain to avoid affecting its service life.

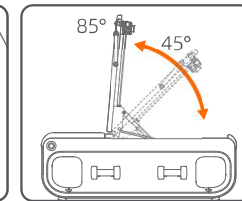


Cleaning Method

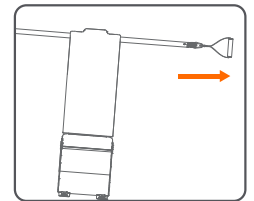
- Please use wet cloth and neutral detergent to wipe this product.



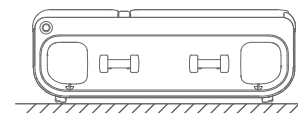
The support leg buckle is locked tightly



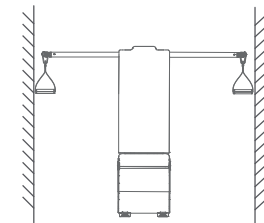
Adjustable backrest angle



Preventing side pulling and tipping



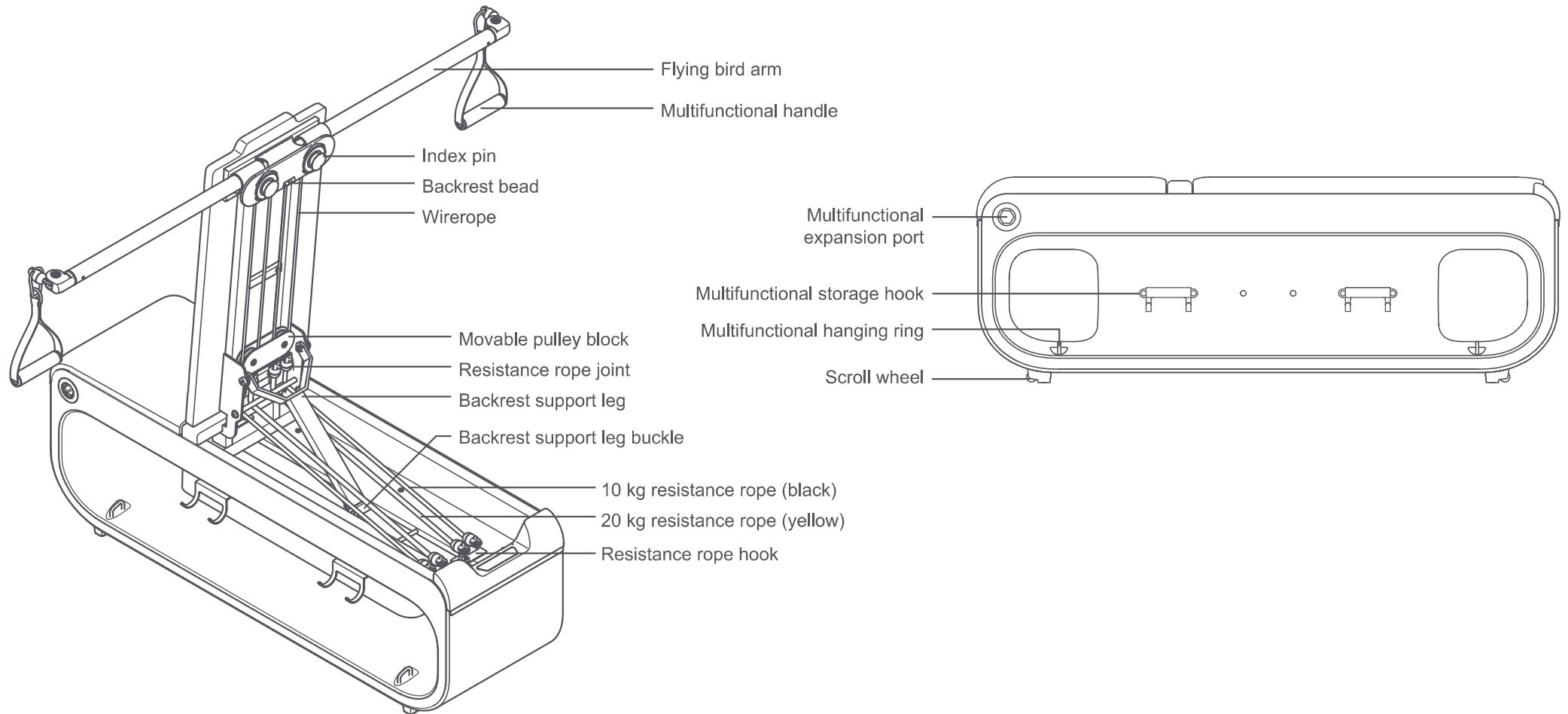
Smooth placement



Clearance range 1.5 m

3. Product Introduction

Parts Name



Introduction to Optional Accessories

① FBB1A - Basic Edition

1 x Fitness bench, 2 x Multifunctional handle,
2 x 10kg resistance rope, 2 x 20kg resistance rope

② FBB1B - Premium Edition

1 x Fitness bench, 2 x Multifunctional handle,
2 x 10kg resistance rope, 2 x 20kg resistance rope,
1 x Comprehensive training rod, 2 x 16kg double hook elastic rope

③ FBB1C - Ultimate Edition

1 x Fitness bench, 2 x Multifunctional handle,
2 x 10kg resistance rope, 2 x 20kg resistance rope,
1 x Comprehensive training rod, 2 x 16kg double hook elastic rope,
2 x 8kg double hook elastic rope, 1 x Agile boxing ball,
1 x Core training balance arm, 2 x 3kg dumbbell



20 kg resistance rope



10 kg resistance rope



Multifunctional handle



3 kg dumbbell



Agile boxing ball



Core training balance arm



8 kg double hook elastic rope

16 kg double hook elastic rope



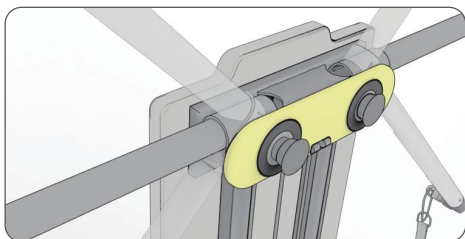
Comprehensive training rod

* This product comes in 3 models based on varying accessory configurations.

* The resistance value of each resistance rope may vary slightly depending on the actual product.

4. Operating Instructions

Adjustment and Installation Methods



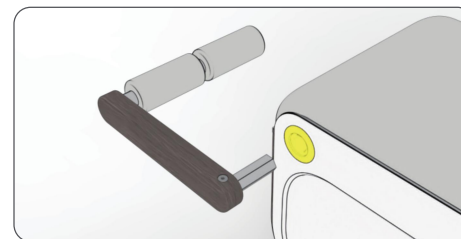
Bird Arm Angle Adjustment

When adjusting the angle of the flying bird arm, it is necessary to first use one hand to open the index pin handle, and the other hand to rotate the flying bird arm to the desired angle, ensuring that the index pin enters the corresponding hole position and locks tightly.

Course acquisition methods

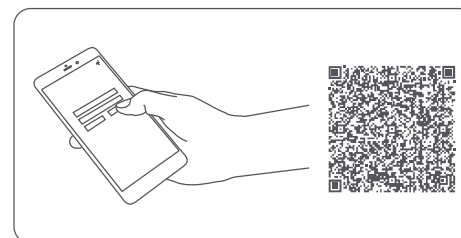


1. Scan the QR code above or search for "KS Fit" in the app store, and complete installation and registration.



Installation of Optional Accessories

When installing the core training balance arm and agile boxing ball, please align the hexagonal prism of the accessory with the hexagonal hole position of the body expansion port. After inserting, hear the sound of the marble positioning, and then install it in place.



2. Open the APP, scan the jump QR code or follow the following path to watch the training guide: Me > Product Encyclopedia > Free-Fit Bench > Training Guide.

5. Regulatory Compliance Information

WEEE Disposal and Recycling Information

All products bearing this symbol are waste electrical and electronic equipment (WEEE as in directive 2012/19/EU) which should not be mixed with unsorted household waste. Instead, you should protect human health and the environment by handing over your waste equipment to a designated collection point for the recycling of waste electrical and electronic equipment, appointed by the government or local authorities. Correct disposal and recycling will help prevent potential negative consequences to the environment and human health. Please contact the installer or local authorities for more information about the location as well as terms and conditions of such collection points.

EU Declaration of Conformity

Hereby, Beijing Kingsmith Technology Co., Ltd. declares that the radio equipment type [FBB1C] is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: <https://www.walkingpad.com/pages/declaration>