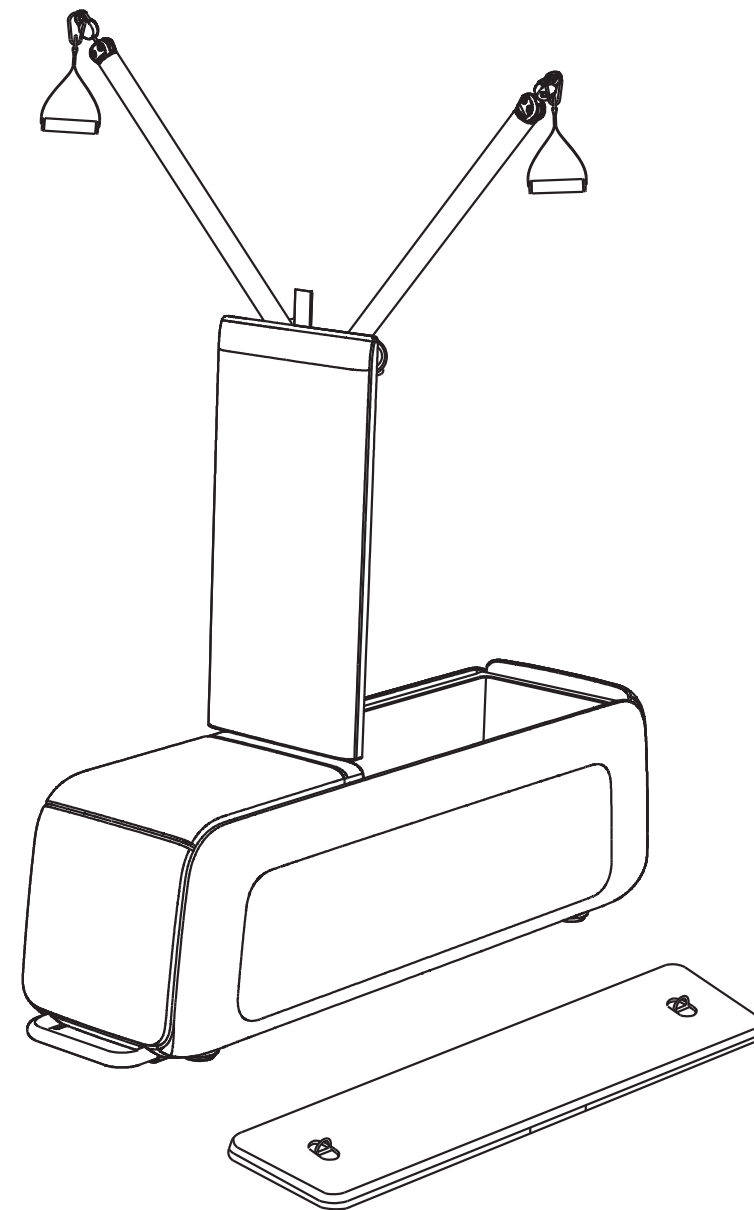


Workout Pilates Bench B2

User Manual

KINGSMITH

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



Contents

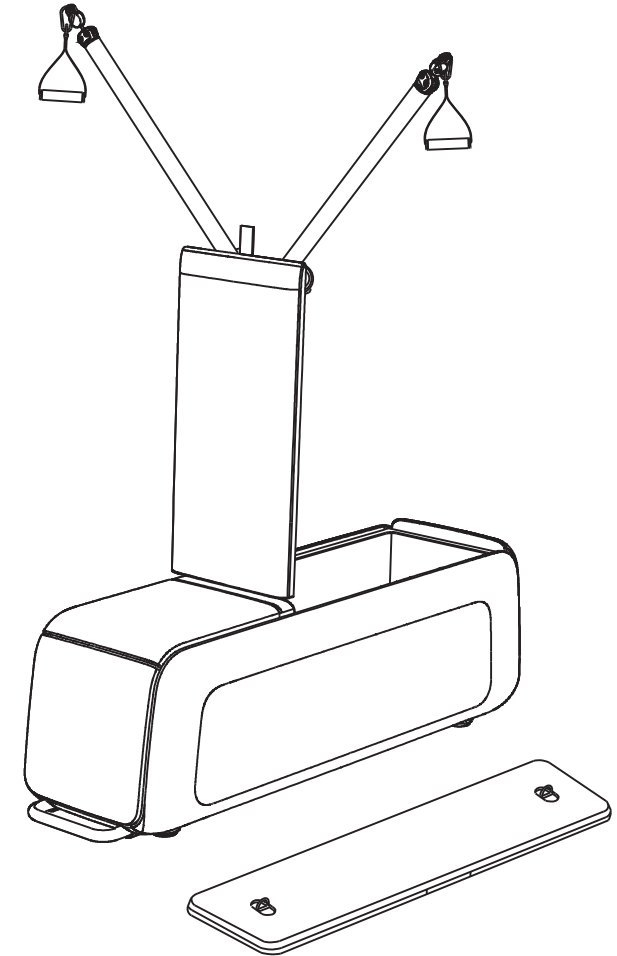
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1. Welcome

Thank you for choosing this product. The "Workout Pilates Bench B2" is a product that integrates various sports and fitness functions and builds your own professional home gym. 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.
- This product can be used by people over 14 years old.
- For the safe of your health, please suspend the use of this product for those who are unwell or advised not to exercise.



2. Warning

1. Set up and operate the equipment on a solid level surface.
2. The equipment is for consumer use only.
3. Risk of personal injury – Keep children under the age of 13 away from machine.
4. Failure to follow instructions may lead to serious personal injury.
5. Make sure all pull pins, locks, and safety latches are in place and fully engaged before each use.
6. The safety level of the appliance can be maintained only if it's examined regularly for damage and wear, e.g. ropes, pulleys, connection points.
7. Advice to replace defective components immediately and/or keep the equipment out of use until repair.
8. Pay special attention to components most susceptible to wear, such as ropes, pulleys, connection points.
9. The equipment is intended for consumer and residential use only. Do not use it in a commercial or light-commercial setting or outdoors or for medical treatment purpose.
10. The free area shall be at least 0.6 m greater than the training area in the directions from which the equipment is accessed.
11. The owner shall provide the user with all warnings and instructions.
12. The safety and integrity designed into the machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately, or the equipment removed from service until the repair is made.

3. Notes

It is essential to seek advice from a qualified and licensed medical professional or healthcare provider before initiating any nutrition, diet, stretching, or exercise regimen. You are encouraged to thoroughly research and understand any health-related decisions or actions you take.

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 use it 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

- If your bench feels unbalanced, manually adjust the foot pad under the bench by turning clockwise or counterclockwise. Repeat for all four foot pads, if necessary.
- 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 over.
- The training arms are for exercise purpose only. Do not lean or hang on the arms.
- Please do not sit on the backrest unless it's in a flat position.



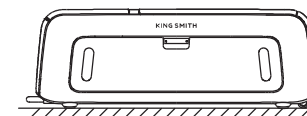
Environmental Requirements

- Please use this product on a flat and sturdy ground.
- Please ensure a clearance of 59 inch 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.

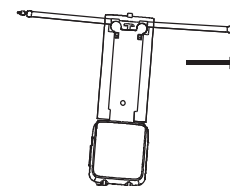


Cleaning Method

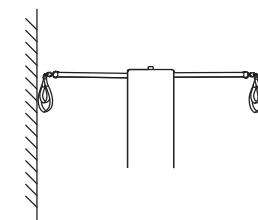
- Please use wet cloth and neutral detergent to wipe this product.



Place properly on a solid level surface



Preventing side pulling
and tipping



Clearance range 59 inch

4. Tech Specs

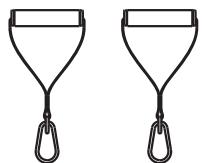
4.1 Product name: Free-Fit Bench

Model: FBB2A

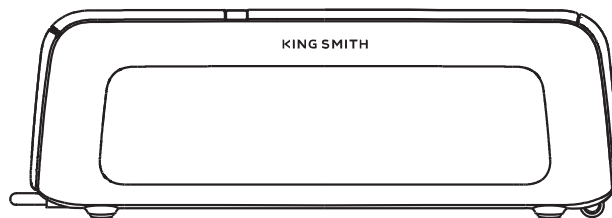
Product Parameters

- Product Size 1170 mm × 340 mm × 399 mm
46 in × 13 in × 16 in
- Net Weight 33 kg / 73 lb
- Max Load 150 kg / 331 lb

Accessories



2 × Multifunctional Handle



1 × Workout Pilates Bench

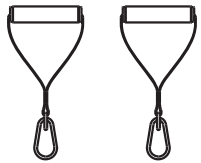
4. Tech Specs

4.2 Product name: Free-Fit Bench

Model: FBB2C

- Product Size 1170 mm × 340 mm × 399 mm
46 in × 13 in × 16 in
- Net Weight 40 kg / 88 lb
- Max Load 150 kg / 331 lb

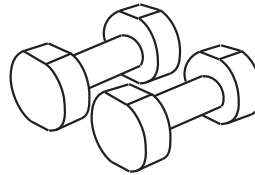
Accessories



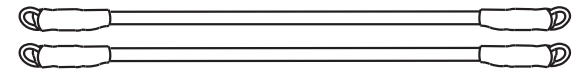
2 × Multifunctional Handle



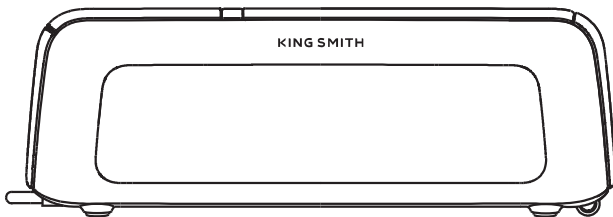
2 × Pilates Handle



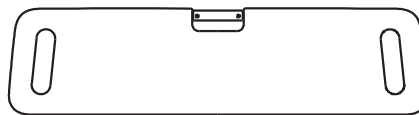
2 × 5 lb Dumbbell



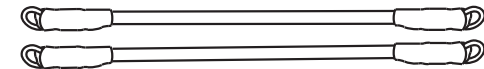
2 × 8 kg/17.6 lb Resistance Band



1 × Workout Pilates Bench



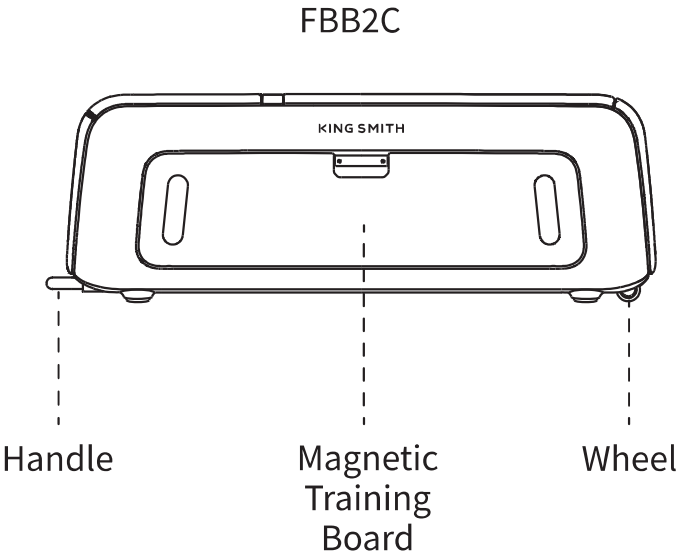
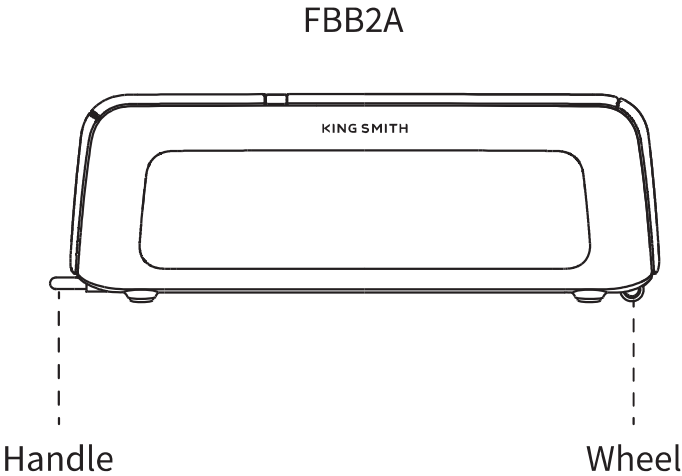
1 × Magnetic Training Board



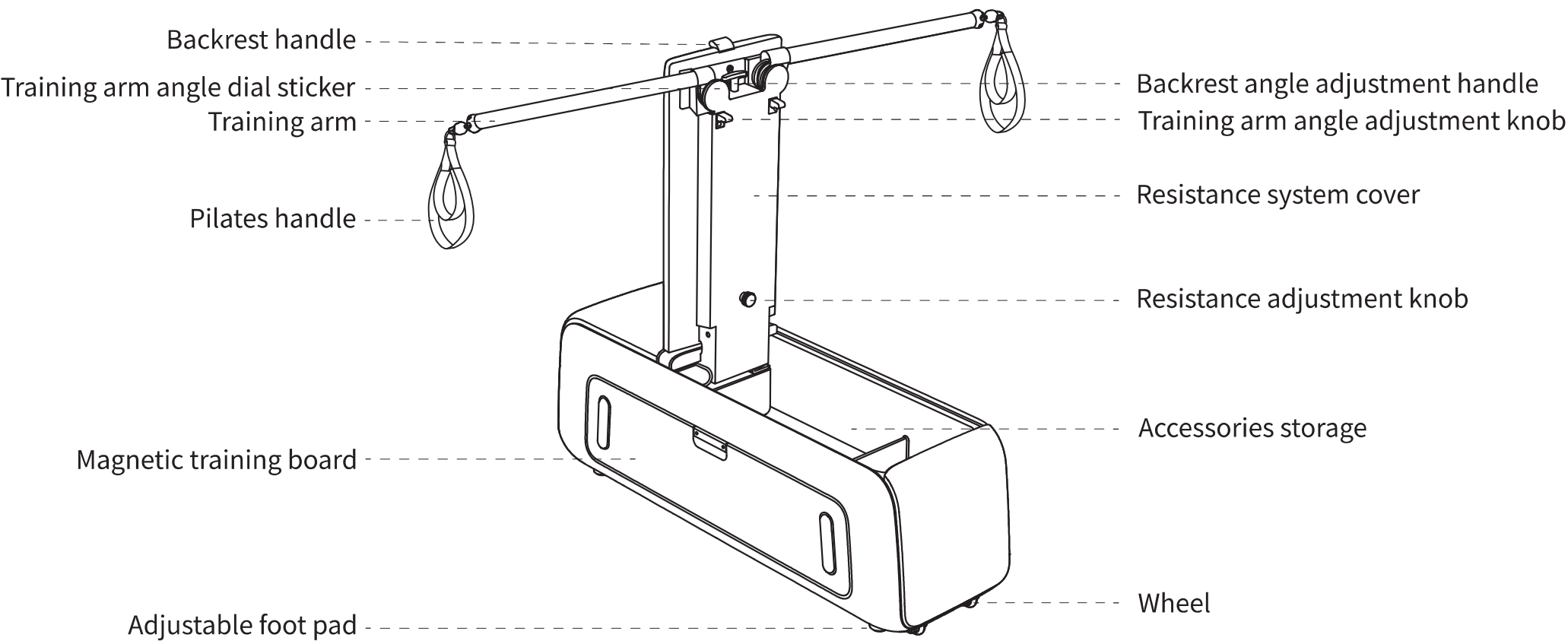
2 × 12 kg/26 lb Resistance Band

5. Product Introduction

Part Names



5. Product Introduction

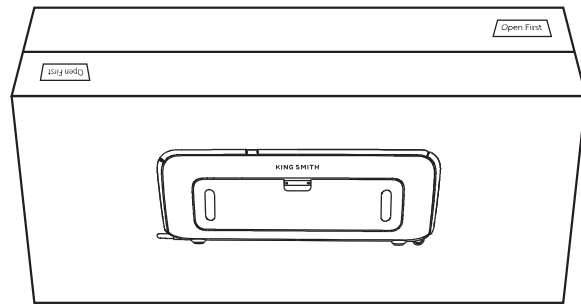


6. Operating Instructions

6.1 Product Unboxing

Unpack the product and check the contents inside. If there is any damage or missing accessories*, please contact the seller.

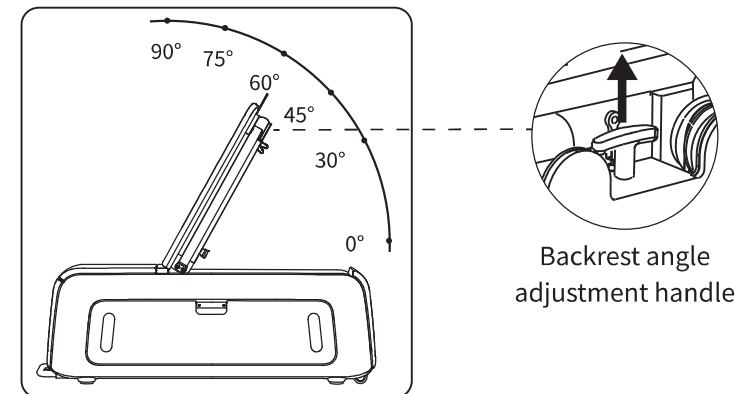
- The accessories included in the product are listed on pages 4-5, "Tech Specs".



6.2 Backrest Angle Adjustment (30° / 45° / 60° / 75° / 90°)

- For 30° angle, lift the backrest from flat position directly once until you hear a click.
- Pull up the handle to adjust the backrest angle.

Caution: Hold the backrest while adjusting the angle to avoid causing collision to your body.



Warning: Please do not sit on the backrest unless it's in a flat position.

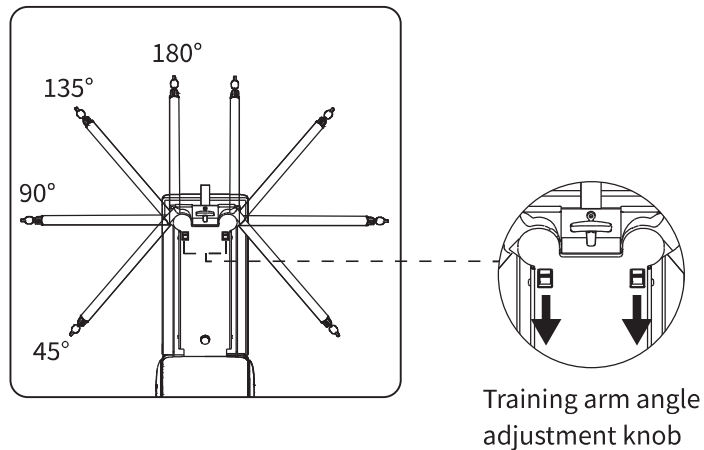
6. Operating Instructions

6.3 Training Arm Angle Adjustment

Push down the training arm angle adjustment knob and adjust the arm to your desired angle.

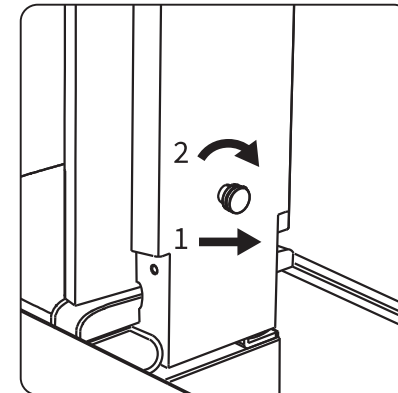
Caution:

- Maintain a 1.5m (59inch) clearance on both sides while adjusting the training arm.
- The training arms are for exercise purpose only. Do not lean or hang on the arms.



6.4 Resistance Adjustment Knob

There are two levels of resistance weight. Pull out the knob firstly and rotate it to finish resistance level adjustment into the second level. Repeat the previous action for back to first level.



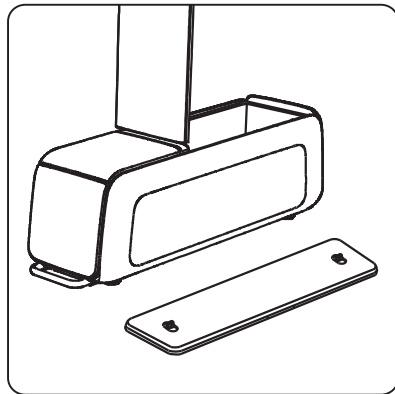
6. Operating Instructions

6.5 Magnetic Training Board

Magnetic training board could easily be placed on the both sides of the bench. There are two foldable hooks on each side of the training board that could be attached with the elastic rope for training.

Caution:

- Max load capacity: 150 kg/331 lb
- Make sure you stand on the training board first, then start training.
- Please place the training board on a solid surface.

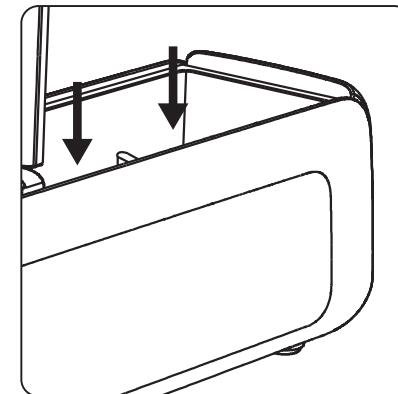


6.6 Accessories Storage

We recommend you place the dumbbell on the right section.

Caution:

- Please do not stack your training accessories beyond the maximum storage level.
- Please do not place the training accessories beyond 10kg/22lb.

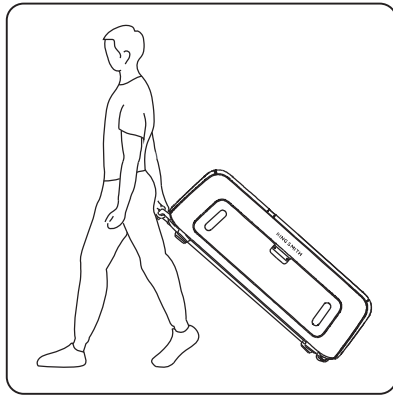


6. Operating Instructions

6.7 Moving the Bench

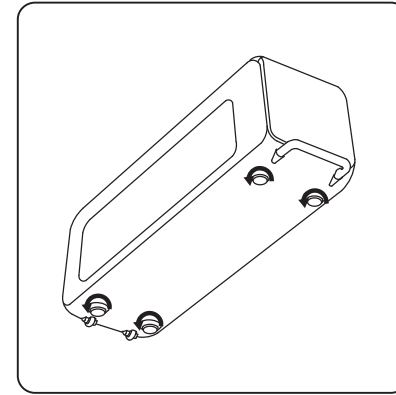
You could easily grab the handle and move the bench.

Caution: Before move the bench, make sure you have placed the magnetic training board properly.



6.8 Keep the bench balanced

If your bench feels unbalanced, manually adjust the foot pad under the bench by turning clockwise or counterclockwise. Repeat for all four foot pads, if necessary.

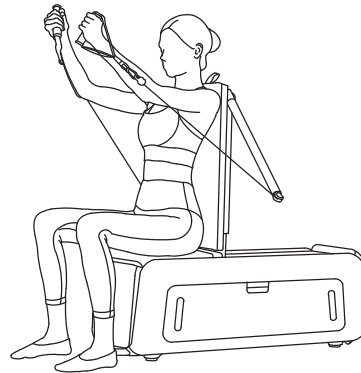


7. Training Modes

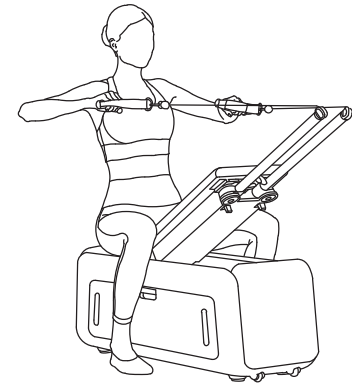
For more training movements, please check the Workout Chart



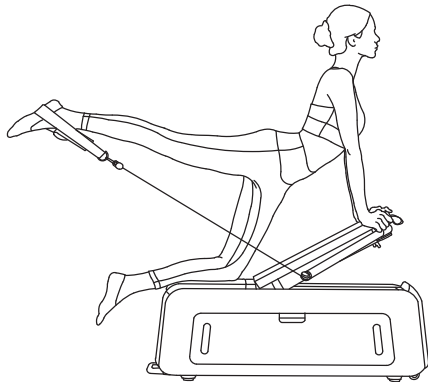
Shoulder press



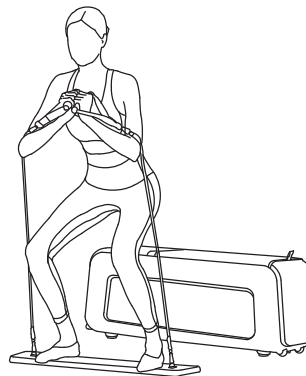
Arm chest fly



Seated row



Kneeling rear leg raise



Lateral lunge

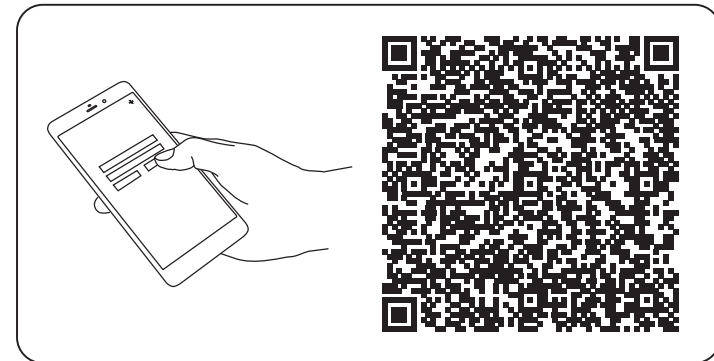


Scan the QR code to view more workout illustrations.

Course acquisition methods



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



2. Open the APP, scan the jump QR code or follow the following path to watch the training guide:
Me-Product Encyclopedia-B2-Training Guide.



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Address: Floor 4, Building 25, Area 18, ABP Park, Fengtai, Beijing, China
MADE IN CHINA
Customer service
eu.support@kingsmith.com
eu.contact@walkingpad.com