



ACCESS YOUR ONLINE
ASSEMBLY

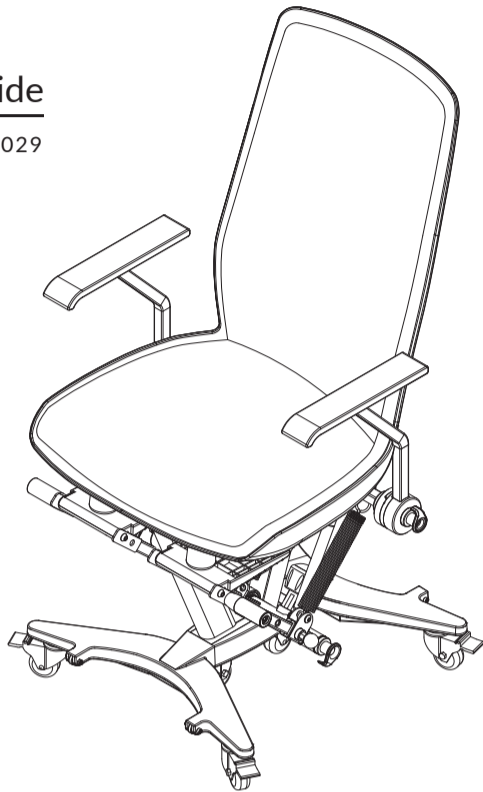
MY SMARTFIT CHAIR

Assembly, Use and Safety Guide

8989 North Loop East, Houston, Texas 77029



MySmartfit Chair Website
Training video for workouts



Dear Customer,
Thank you for choosing My Smartfit Chair.

CAUTION

Weight on this product should not exceed 300 lbs.

WARNING

Any exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. This is especially important if you have never exercised before, are pregnant, or suffer from any health problem. If you feel faint or dizzy, immediately discontinue use of this equipment.

Serious bodily injury can occur if this equipment is not assembled and used correctly. Make sure that all bolts are tightened prior to each use. Keep others and pets away from equipment when in use.

Follow all safety instructions in this manual.

Cancer and reproductive harm www.P65Warnings.ca.gov

This product is for home /office use only. Do not use it in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.

SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read the following safety instructions before using the My Smartfit Chair.

- 01 Save these instructions and ensure that exercisers read this manual prior to using the My Smartfit Chair for the first time.
- 02 Make sure that you are using the bands in a manner that reduces your risk of injury. Wear eye protection such as goggles or glasses while using resistance bands for exercise.
- 03 The My Smartfit Chair should only be used after a thorough review of the Owner's manual. Make sure that is properly assembled and tightened before use.
- 04 We recommend that two people be available for assembly or moving of this product.
- 05 Contains small parts, please keep out of the reach of children to avoid the risk of indigestion.
- 06 Always keep children and pets away from the My Smartfit Chair at all times.
- 07 Do not operate the My Smartfit Chair on loose rugs or uneven surfaces.
- 08 Make sure that adequate space is available for access to and around the My Smartfit Chair.
- 09 Before using, inspect the My Smartfit Chair for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
- 10 Choose the intensity that fits your strength and flexibility level. Know your body's limits and use this product within them.
- 11 Do not wear loose or dangling clothing while using the My Smartfit Chair.
- 12 Be careful to maintain your balance while using, mounting, dismounting the My Smartfit Chair, loss of balance may result in a fall and serious bodily injury.
- 13 The My Smartfit Chair should not be used by people weighing over 300 lbs
- 14 The My Smartfit Chair should only be used by one person at a time.
- 15 Move the pedals upward and downward in a controlled manner. Maintain tension on the pedals so that they do not move quickly and strike your body or other objects.
- 16 Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and consult your physician or medical provider.

READ THIS MANUAL

Do not use this product until you read and understand the instructions in this manual.
KEEP THIS MANUAL FOR FUTURE REFERENCE.



2 people Recommended

MY
SMARTFIT
CHAIR



Contact Number : 833-621-0432
www.MySmartfitchair.com

MY
SMARTFIT
CHAIR



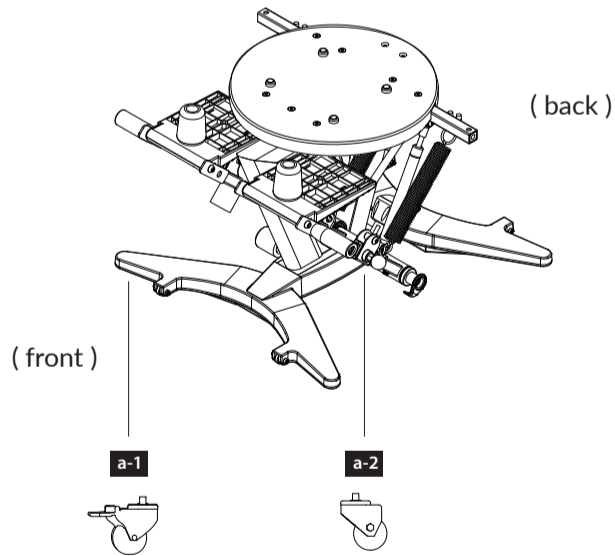
Contact Number : 833-621-0432
www.MySmartfitchair.com



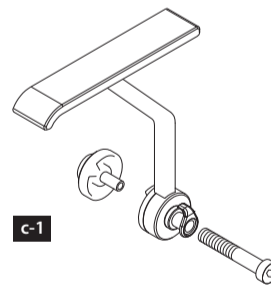
01 Details of Parts

Please keep the original box in case you might need to return or replace the product.

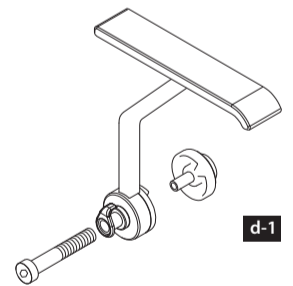
a Base



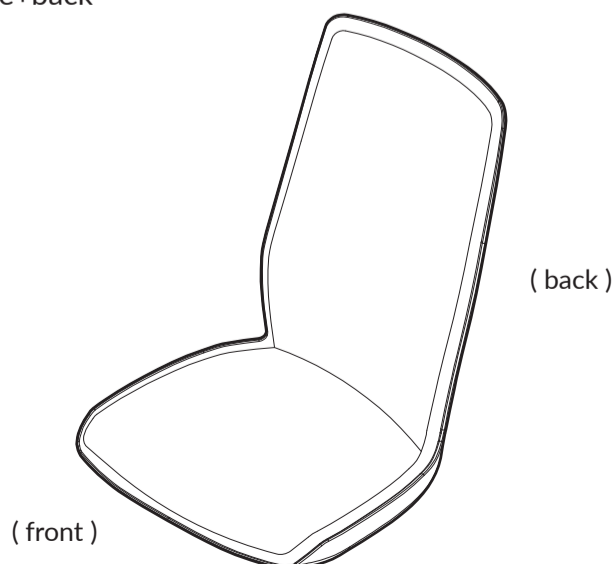
c Left Armrest



d Right Armrest



b Chair base+back



| | | |
|-----|-------------------|-----|
| a | Base | x 1 |
| a-1 | Dual brake wheels | x 4 |
| a-2 | Swivel casters | x 2 |
| b | Chair base+back | x 1 |
| c | Left Armrest | x 1 |
| d | Right Armrest | x 1 |

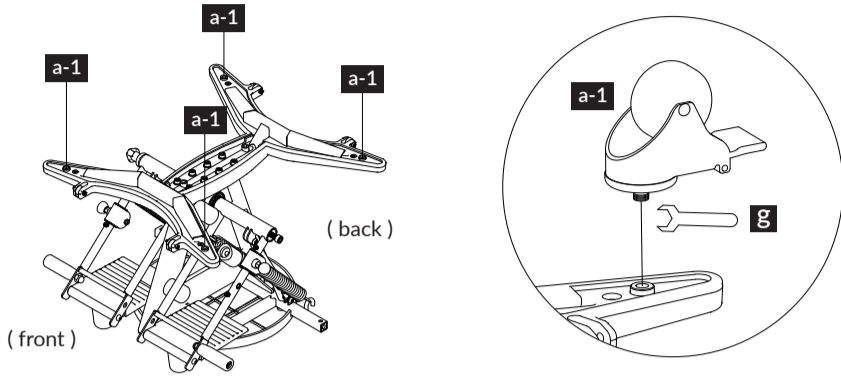
| | | |
|---|------------------|-----|
| e | Screw (M8 X 125) | x 4 |
| f | Washer (M8) | x 4 |
| g | Open-end wrench | x 1 |
| h | Threadlocker | x 1 |
| i | 1/4" Hex Wrench | x 1 |
| j | 5/16" Hex Wrench | x 1 |

Please check and ensure all the things are in the package.
Please contact us for help if something is not included.

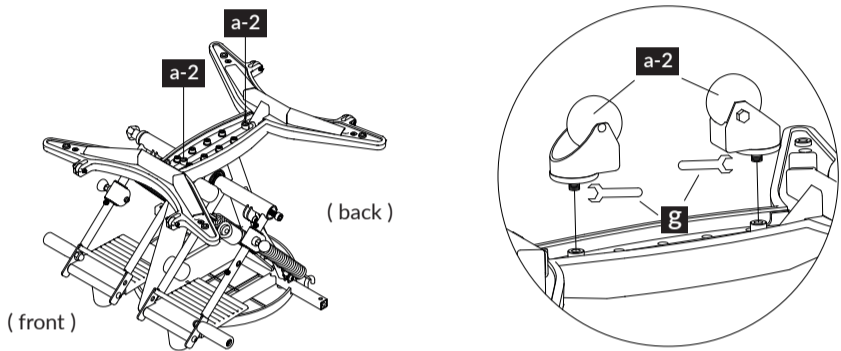
STEP 1

Turn **a** upside down and install **a-1** **a-2** in the correct positions using a [**g** wrench] as shown in the diagram. When finished, turn the base upside down again and test the smoothness of the sliding mechanism.

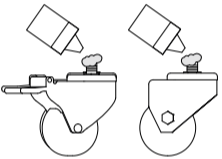
1 Install the dual brake wheels.



2 Install the swivel casters.



NOTICE



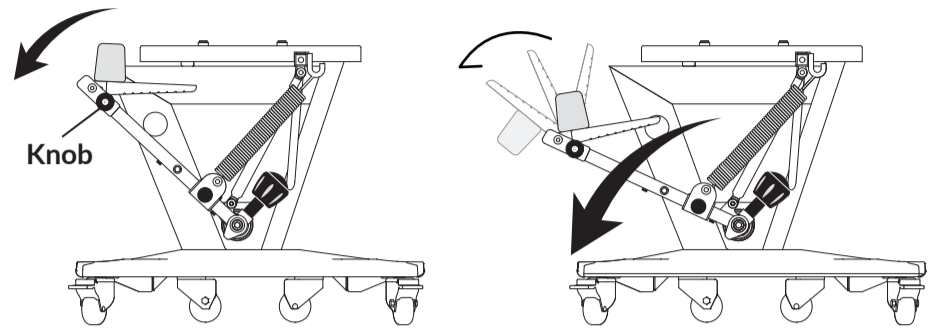
To ensure stability, it is recommended that thread locking adhesive be applied to the wheel threads prior to installation. Allow the adhesive to set for **30 minutes** after installation.

STEP 2

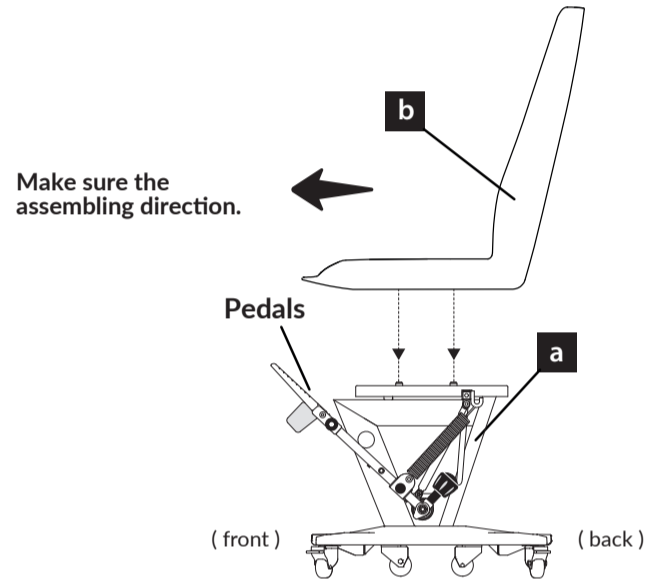
Lay the base flat and make sure the brake wheel is securely fastened. Push down on the stationary knob to open the pedals.

1 Push down on the stationary knob.

2 Open the stationary Pedals.

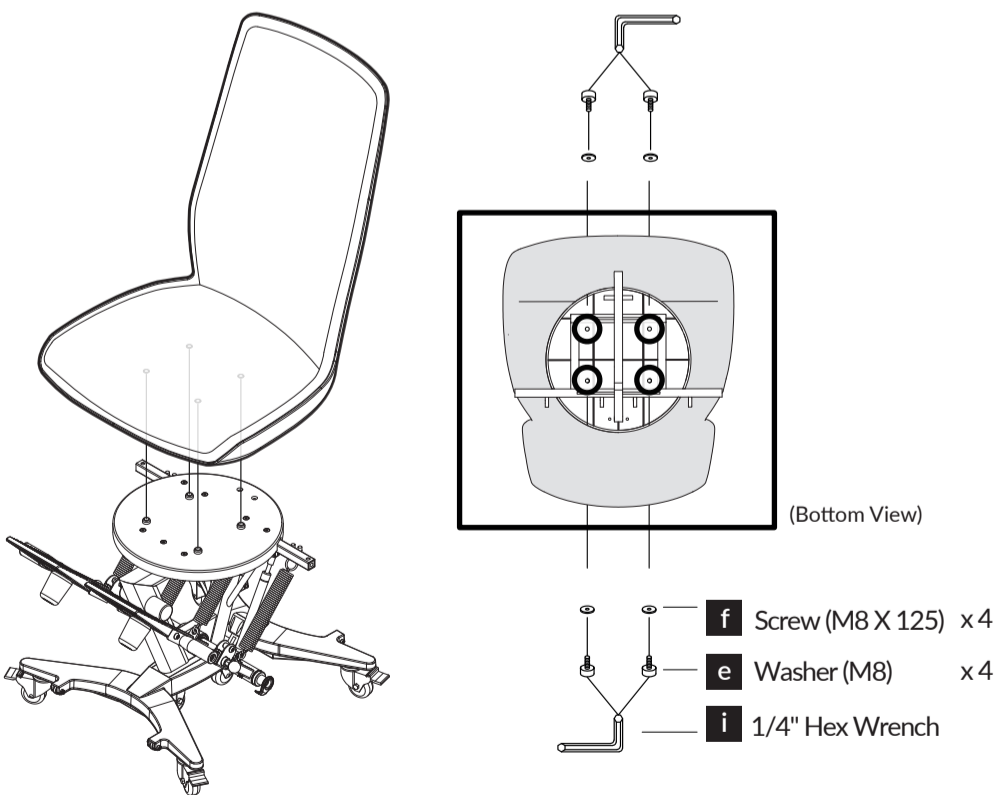


Place the chair base+back on the tripod base and make sure the chair base+back face the pedals.



STEP 3

Combine **a** and **b** with **e** **f** . Tighten the screws firmly with [**i** 1/4" Hex Wrench].

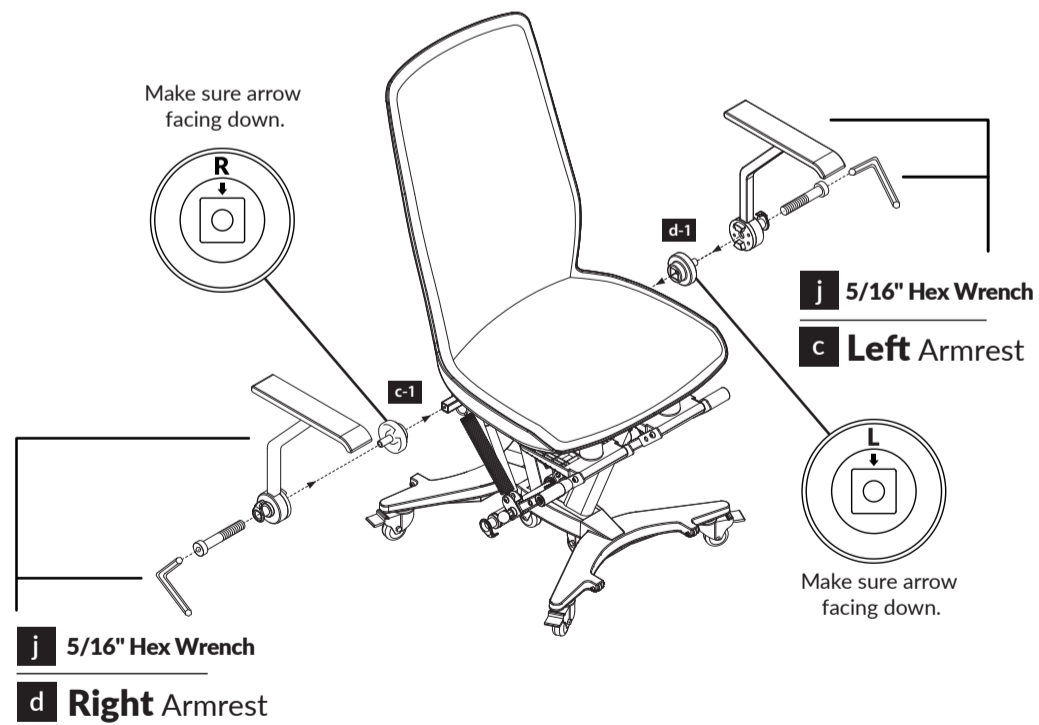


NOTICE

Do not tighten all the screws completely until they are fixed in the correct position. Set seat on the base with the seat facing forward. Insert screws and align with the hole in the bottom of the seat. Partially tighten and repeat with other bolts.

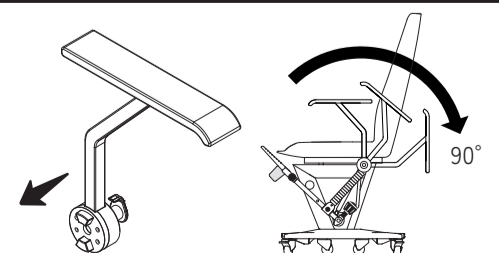
STEP 4

Assemble the armrest as shown in **c** and **d** . Install **c-1** **d-1** to both side of seat first, and then assemble armrests.



NOTICE

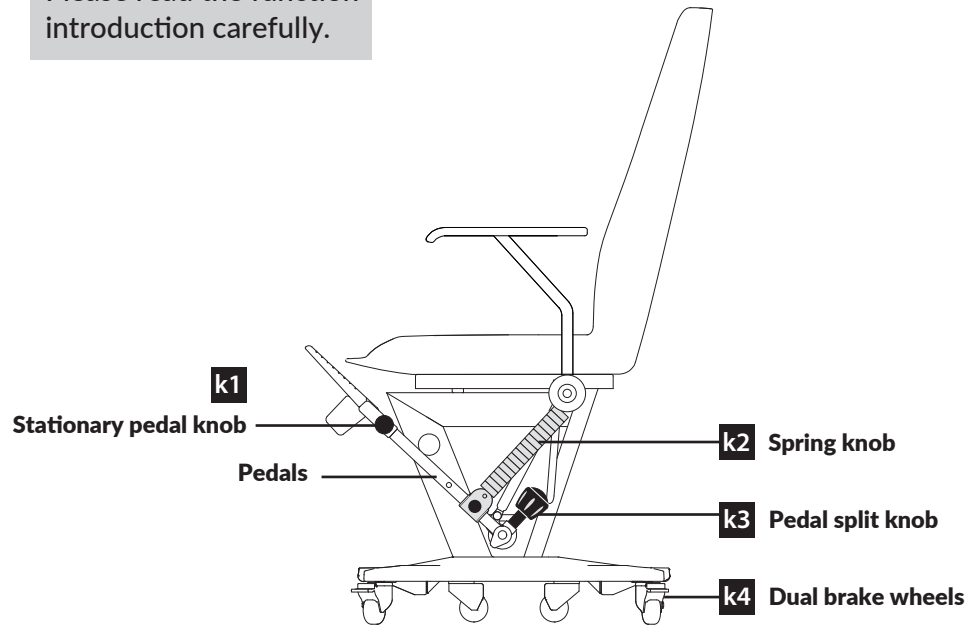
Assemble armrests in vertical direction, and then check the armrest could rotate backward to 90 degree.



03 Instructions for Use

Please keep the original box in case you might need to return or replace the product.

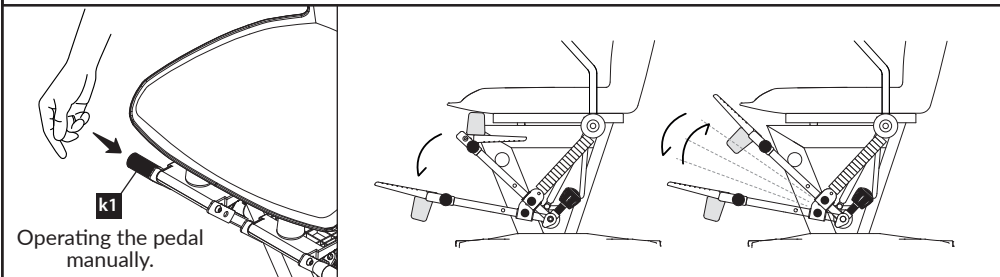
Please read the function introduction carefully.



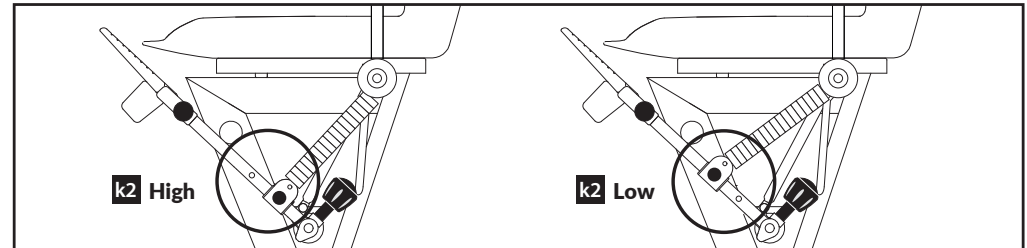
k1 Stationary pedal knob—Use the knob to conveniently open and fold the pedal.

NOTICE

Caution is advised. When open or closing pedals. Spring may rebound and close quickly.

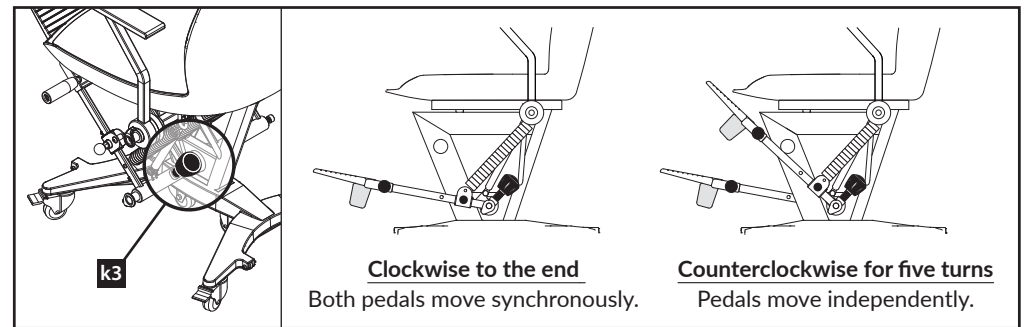


k2 Spring knob—Adjusting the spring setting.



The springs on the outside are adjustable, and each spring has two settings – high (heavier resistance) and low (lighter resistance). Pull spring knob out. Then move up or down to adjust and position higher or lower hole.

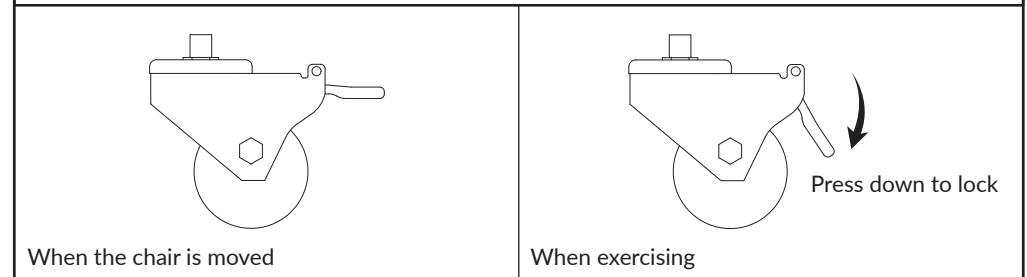
k3 Pedal split knob—Locking split pedals together.



k4 Dual brake wheels

注意

Please note that it is important to lock the brake wheels when exercising for safety.

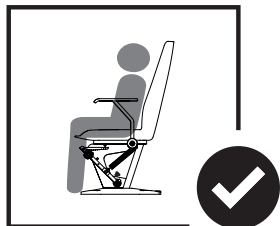


MY
SMARTFIT
CHAIR

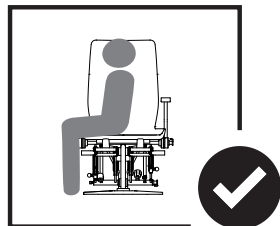


Contact Number : 833-621-0432
www.MySmartfitchair.com

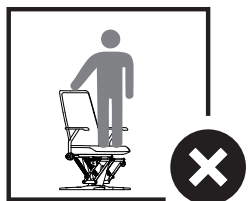




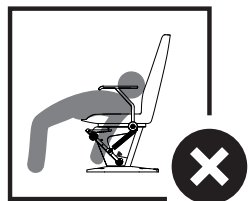
Sit in the center of the chair with your back to the backrest.



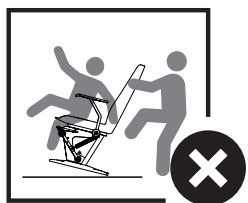
When sitting sideways, make sure both feet are firmly planted on the floor before beginning the exercise.



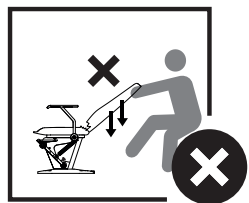
DO NOT stand on the chair.



DO NOT stand on the chair.



DO NOT move the chair around when a person is sitting in it.



DO NOT push down the backrest forcibly.



DO NOT use the chair with more than one person.



DO NOT sit at the front edge of the chair.

ADVICE MAINTENANCE

Cleaning

Please clean all non-metallic surfaces of the chair using a soft cloth and warm soapy water. If you stain the cloth by accident, please use "PU LEATHER CLEANER" to help remove the stain. **Do not use oil and waxes for maintenance, as these solvents may harm the material.** To remove dust from all metallic surfaces, (springs, pedals, frame) use a dry soft cloth. Clean the spring slide bars on a regular basis with a soft, dry cloth to minimize dust buildup that can affect smoothness. When cleaning, wear gloves for protection and keep the slide bars still to ensure personal safety.

Regular Checks

Please check the screws in the chair base and arm rests are appropriately tight after the first month of use, and regularly **every 2 months** to ensure safe functioning.

Storage

When not in use, avoid leaving the chair in direct sunlight. If you will not be using the chair for a few days, we recommend covering it with a cloth or towel to avoid dust or sunlight damage. To maintain the cushion elasticity and material lifespan, do not stack items on the chair during storage.

