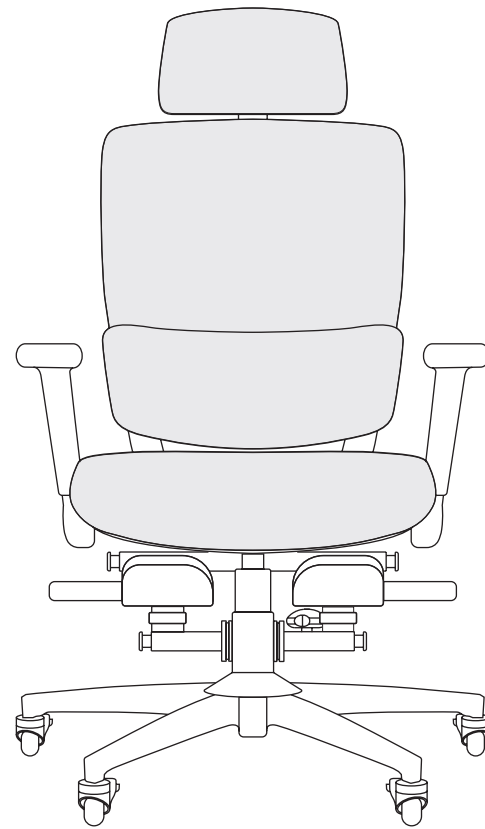




MYSMARTFIT CHAIR

Assembly, Use and Safety Guide

1/2 SEAT Part



Please read all instructions carefully before using this product.
KEEP THIS MANUAL FOR FUTURE REFERENCE.

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.
Follow all safety instructions in this manual.
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 MySmartfit Chair.
01 Save these instructions and ensure that exercisers read this manual prior to using the MySmartfit 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 MySmartfit 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 ingestion.
06 Always keep children and pets away from the MySmartfit Chair at all times.
07 Do not operate the MySmartfit Chair on loose rugs or uneven surfaces.
08 Make sure that adequate space is available for access to and around the MySmartfit Chair.
09 Before using, inspect the MySmartfit 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 MySmartfit Chair.
12 Be careful to maintain your balance while using, mounting, dismounting the MySmartfit Chair. Loss of balance may result in a fall and serious bodily injury.
13 The MySmartfit Chair should not be used by people weighing over 300 lbs.
14 The MySmartfit Chair should only be used by one person at a time.
15 Move the pedals upward and downward in a controlled manner to avoid sudden movements or injury. 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.

01 Chair Body Components



1



2



3



4



5



A



B



C



D



E



F

1 Chair Back x 1

2 Seat Cushion x 1

3 Headrest x 1

4 Seat Plate x 1

5 Armrests x 2

(1 on each side)

A Screw—1/4"x1/2" Flat Hex Socket Head x 1

B Screw—1/4" Hex Flange Bolt with Hex Socket Drive x 4

C Screw—1/4"x1 1/2" Hex Flange Bolt with Hex Socket Drive x 6

D Screw—M8X45 Hex Flange Bolt with Hex Socket Drive x 4

E 4mm Hex Key x 1

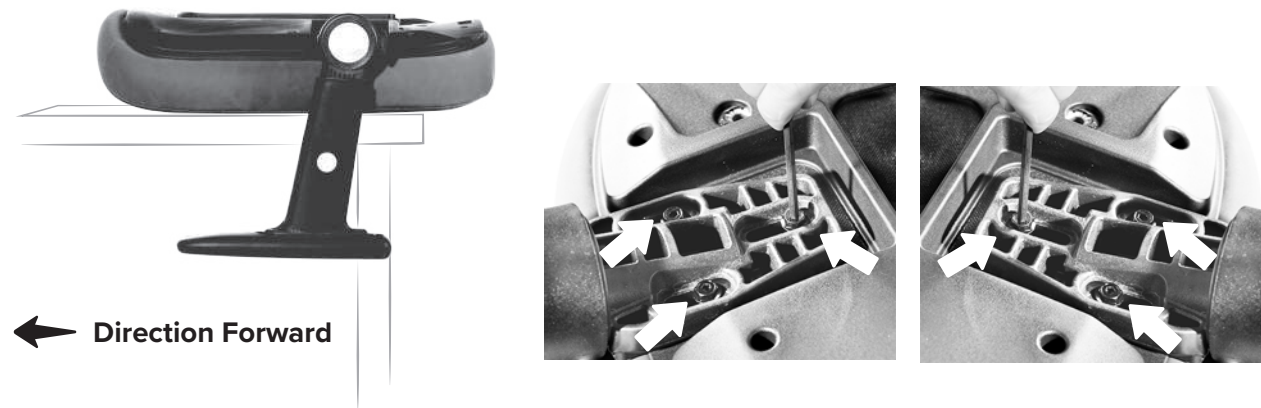
F 5mm Hex Key x 1

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

STEP 1

Install Armrest

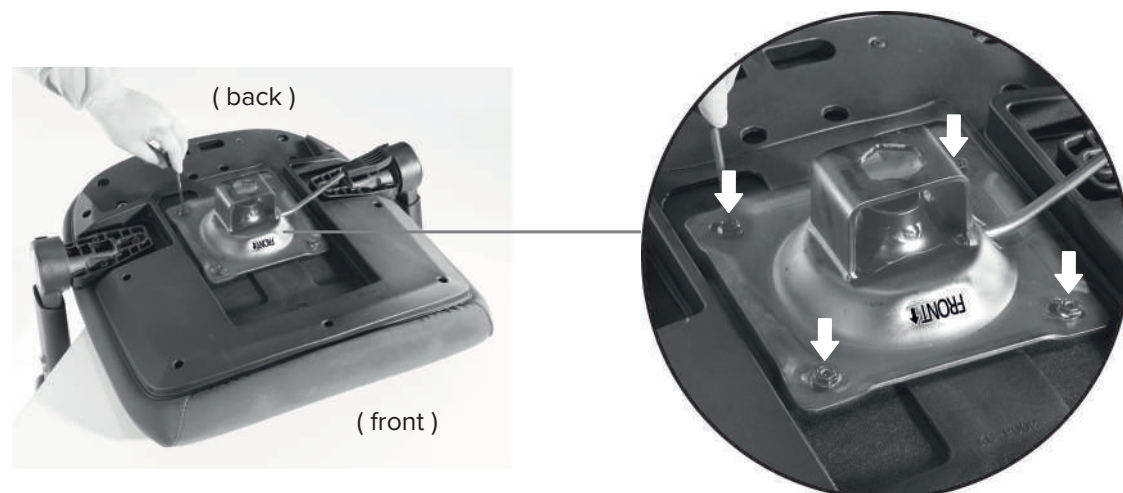
Place [2] the seat cushion upside down on a clean, flat surface. Ensure that the seat cushion and armrests are oriented towards the right direction. Utilize 3 x [C] screws (per armrest) and secure them using [E] hex key.



STEP 2

Install Seat Cushion and Seat Plate

Install [2] seat cushion and [4] seat plate in conjunction with the armrests. The label "FRONT" on the seat plate must be oriented towards the front. Secure the assembly using 4 x [B] screws and [E] hex key.



STEP 3 Install Chair Back

Attach the [1] chair back to [2] seat cushion, identify the four holes and secure them using 4 x [D] screws with [F] hex key.



STEP 4 Installation of Headrests, Completed!

Align the upper hole of [1] chair back with the hole of [3] headrest, then use 1 x [A] screw and [F] hex key to secure them. After completion, check that each screw is properly tightened and that the direction is correct.

