

MYSMARTFIT CHAIR

Assembly, Use and Safety Guide

2/2 BASE Part



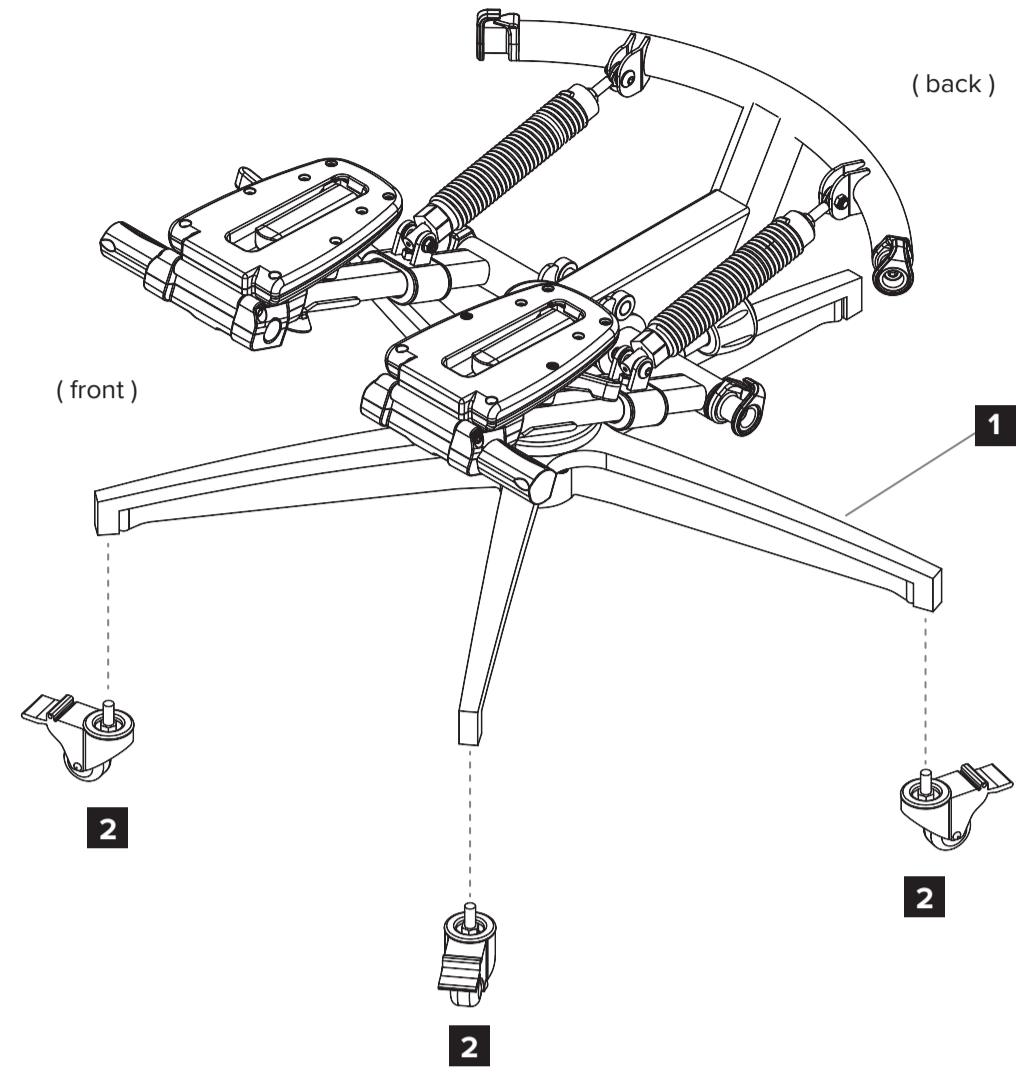
Please read all instructions carefully before using this product.
KEEP THIS MANUAL FOR FUTURE REFERENCE.

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 it 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.

MYSMARTFIT CHAIR

CONTACT: 833-621-0432
www.MySmartfitChair.com

01 Details of Parts



1 Base	x 1	a Air Pressure Post	x 1
2 Wheel	x 5	b Socket Cap Screw	x 2
		E 4mm Hex Key (Using SEAT PART E)	x 1

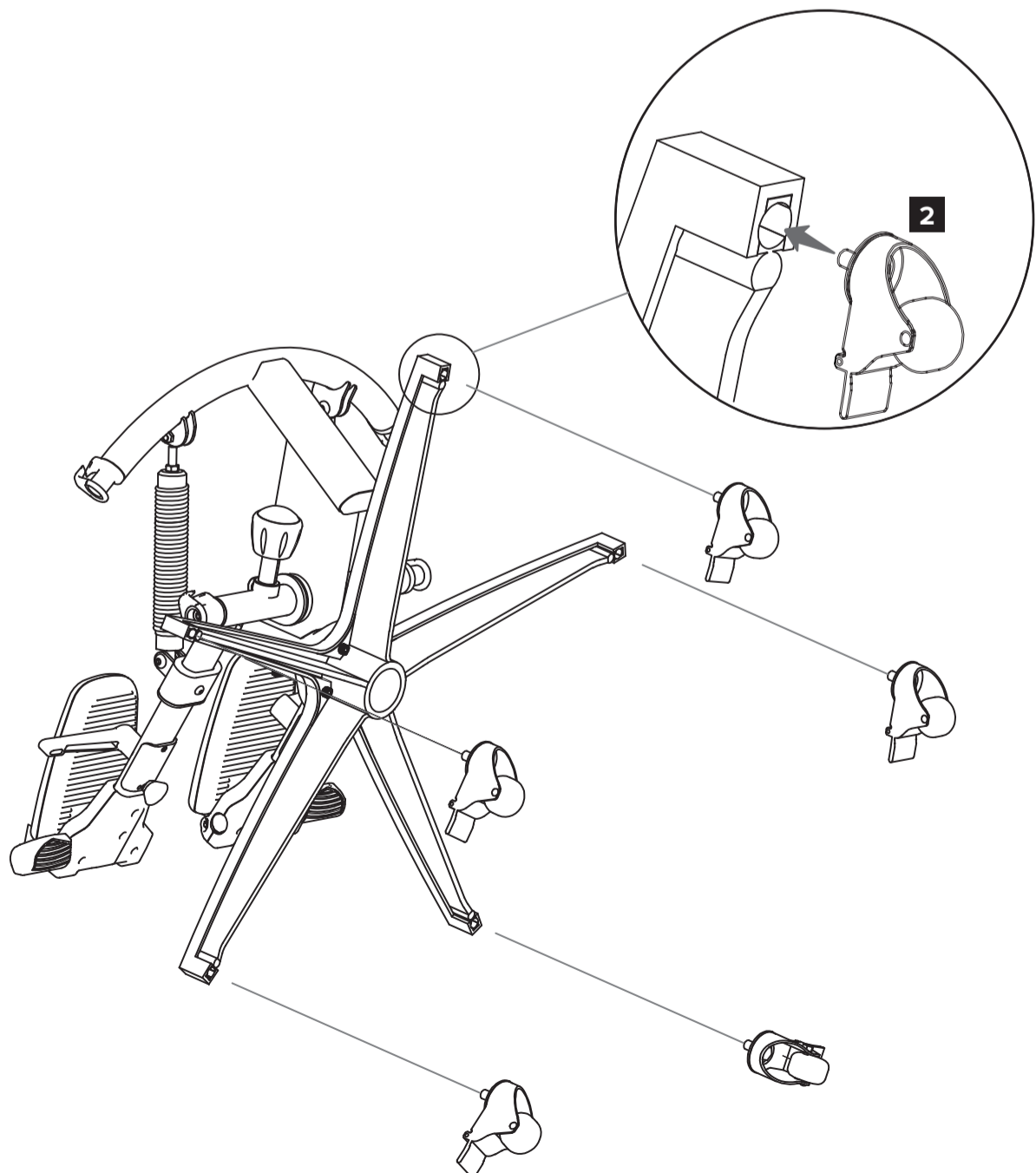
Please check and ensure all the items are in the package.
Please contact us for help if something is not included.

02 Wheel Assembly

STEP 1

Install the Wheels

Turn [1 the base] upside down and install [2 the wheels] in the correct positions as shown in the diagram and fully insert them into the base. Use a rubber mallet to gently tap the wheels into place. Once installed, turn the base upright and test for smooth movement.

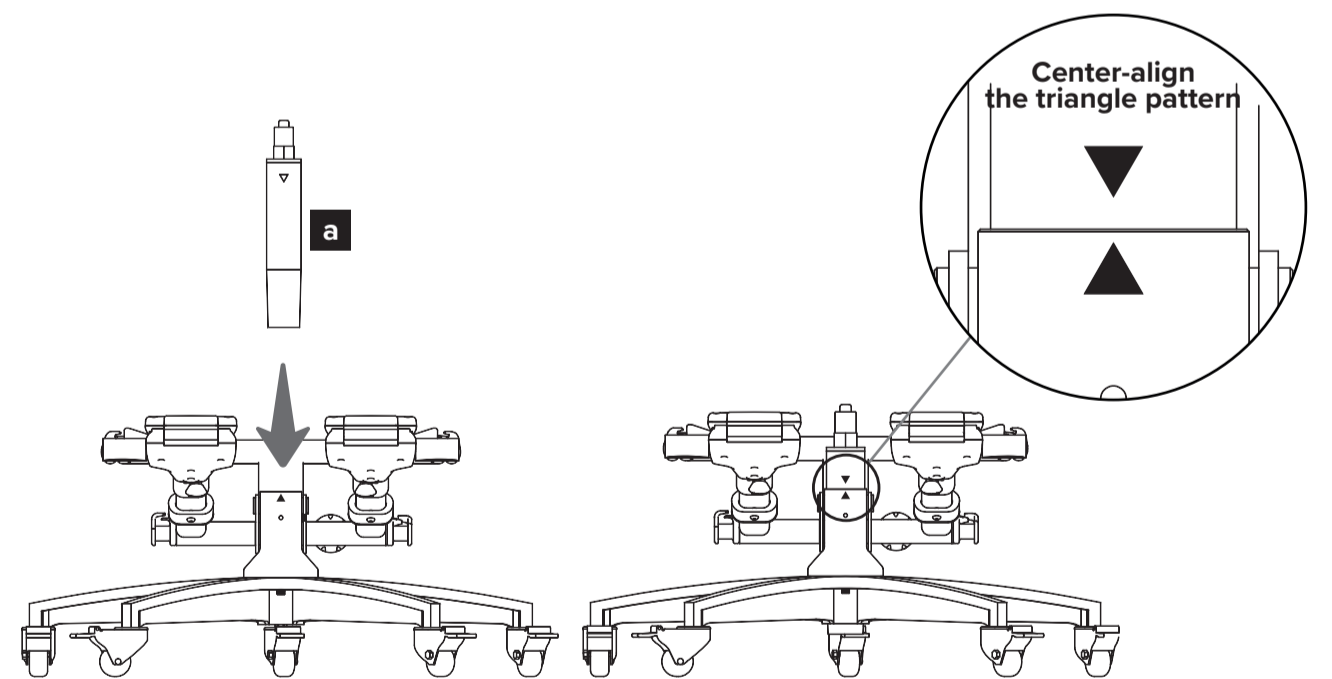


03 Install Air Pressure Post

STEP 2

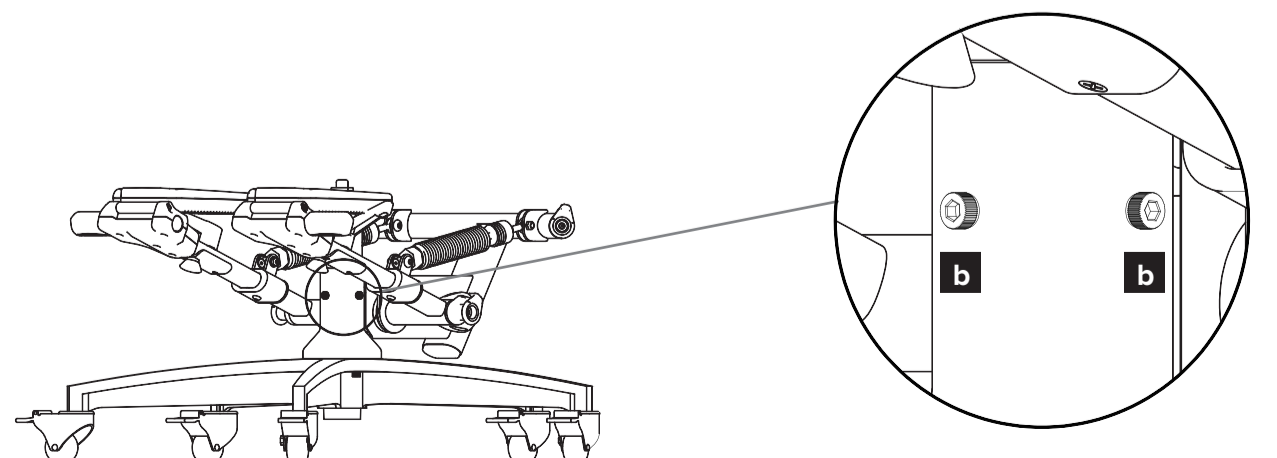
Insert the Post into the Base

[a The air pressure post] features a triangular marking ▼ that must be aligned with the corresponding triangular marking ▲ on the base prior to insertion.



Secure Screws

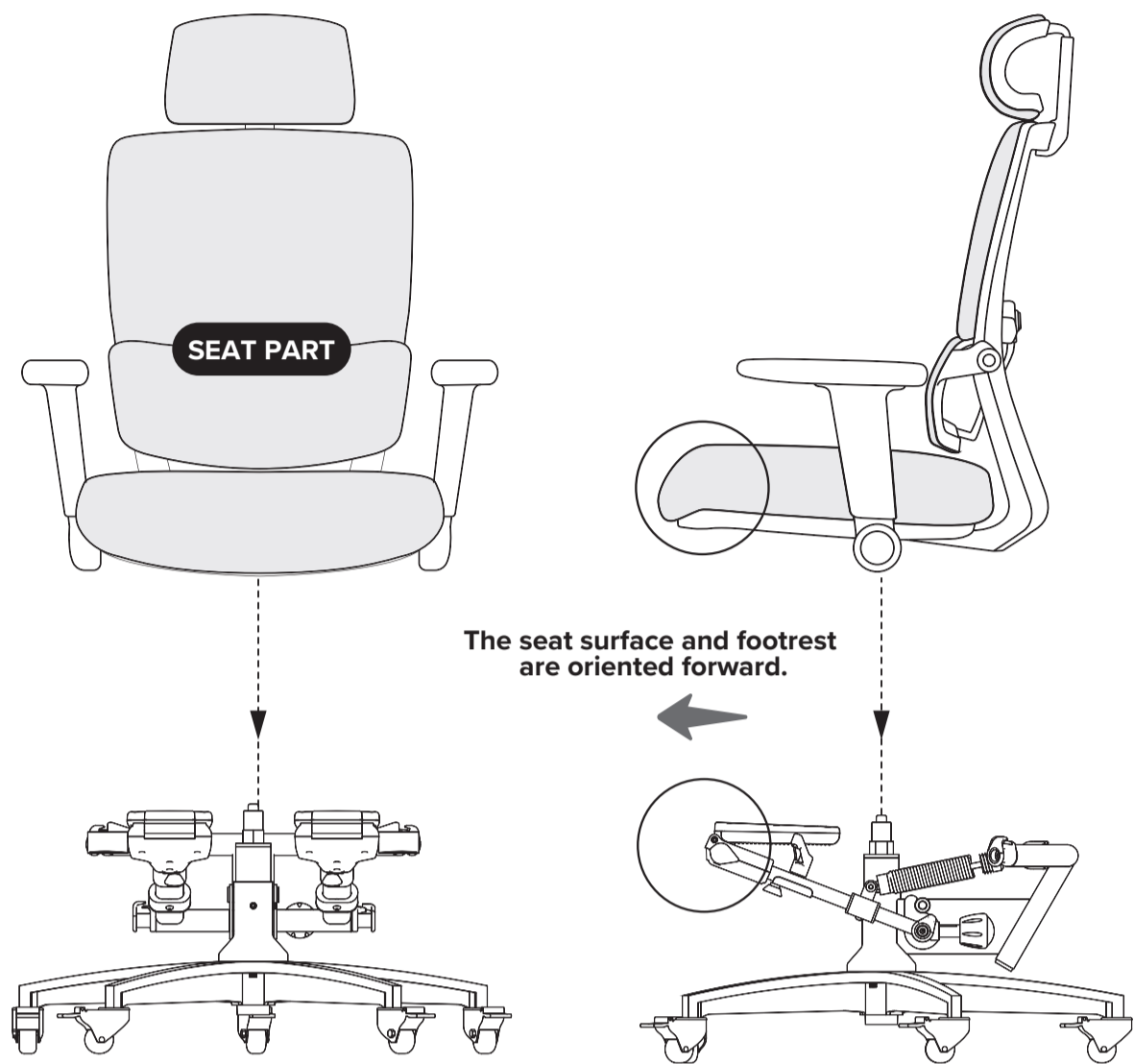
After properly inserting the air pressure post, use [E hex key from the SEAT PART] to secure and tighten [b the screws].



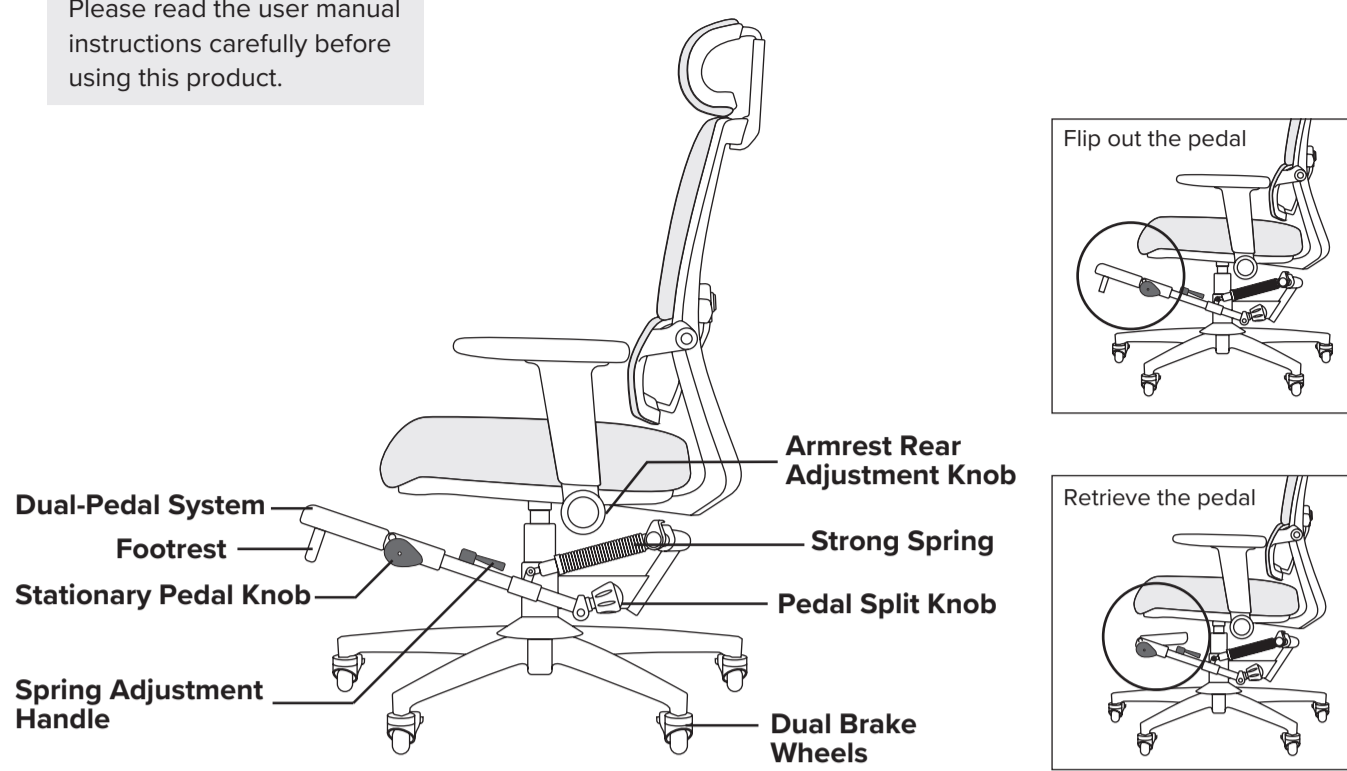
STEP 3

Install Seat Cushion, Done!

Install the **SEAT PART** onto the air pressure post, ensuring that the seat cushion faces forward (toward the pedal direction) to complete the installation.

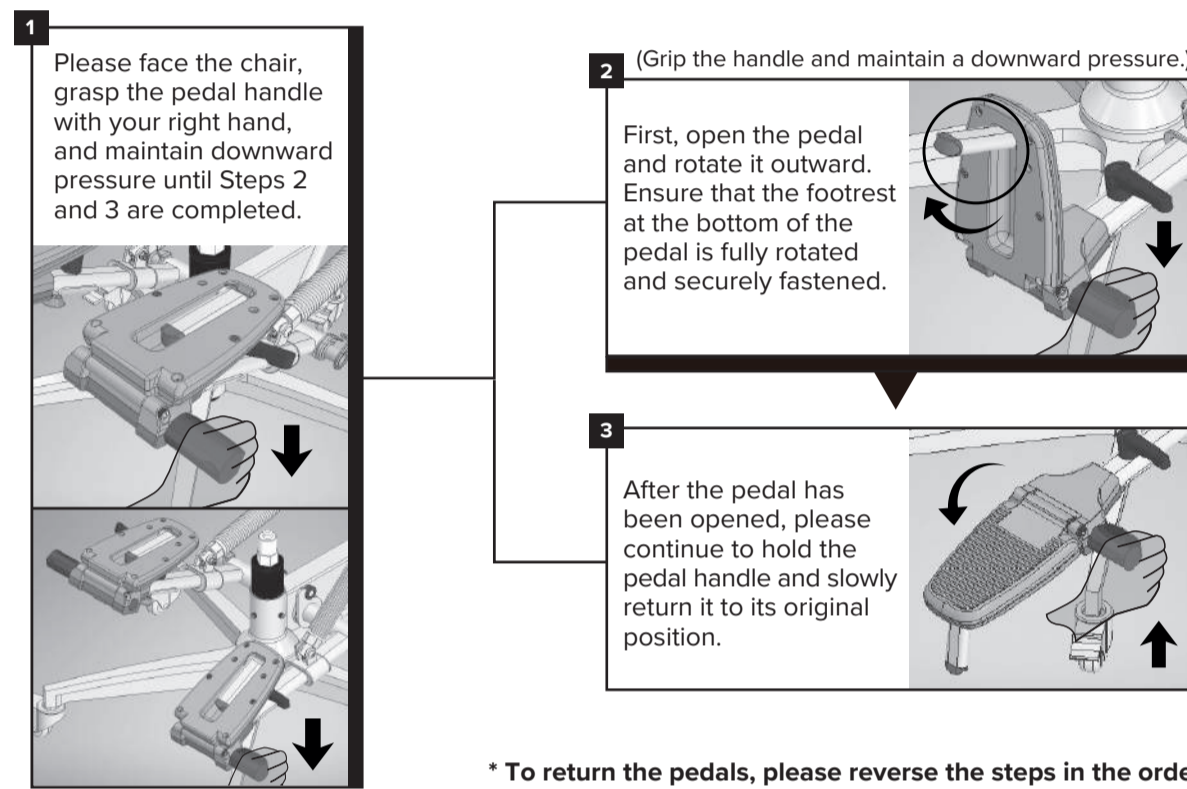


Please read the user manual instructions carefully before using this product.



Dual-Pedal System

When using this product for exercise, please follow steps 1-2-3 to correctly flip out the pedal, using the right pedal as an example.



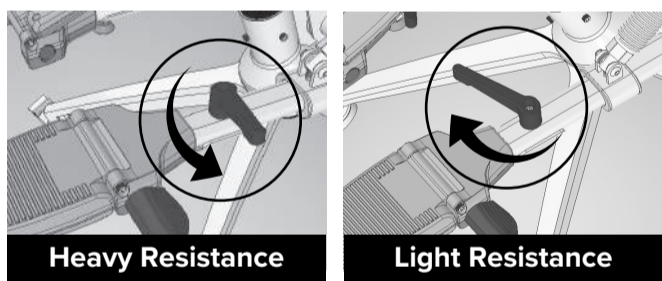
* To return the pedals, please reverse the steps in the order of 3-2-1.

05 Instructions for Use

Please read all instructions carefully before using this product.

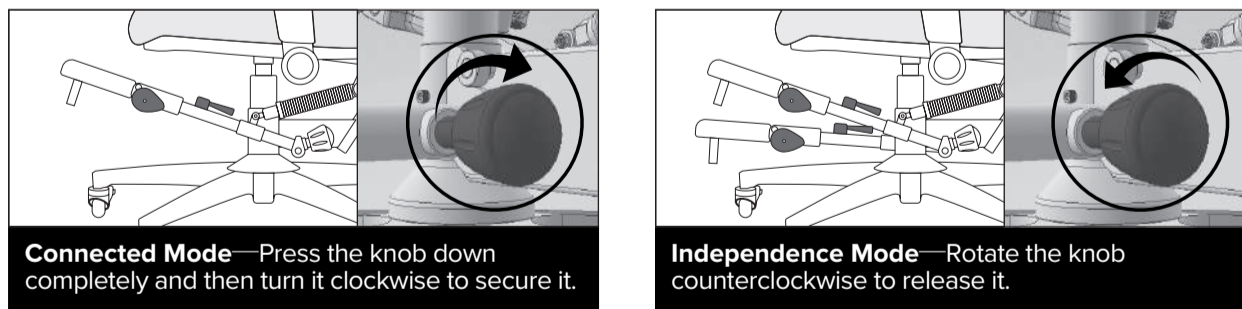
Adjustment of Strong Spring Resistance

Each pedal is equipped with a powerful spring on the pedal arm. Before adjusting the spring, please ensure that both pedals have been properly unfolded according to the steps outlined above, and adjust the resistance of the spring handle as needed. After rotating to the Heavy or Light position, please ensure that the handle is securely fixed in place.



Pedal Split Knob

Connected Mode—Both pedals move upward or downward simultaneously.
Independent Mode—Each pedal operates individually.
 The Independent Mode offers a greater variety of exercise scenarios; it is recommended to use this mode under normal circumstances. Additionally, before use, please ensure that the spring settings on both pedals are configured to the same resistance level. (For further details, please refer to the user manual.)



Brake Wheels

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



Armrest Rear Adjustment

While pressing the armrest rear adjustment knob, the armrest can be pulled backward. Once it is pulled back 90 degrees, it will automatically lock into place. To return to the original position, press the knob again and pull the armrest forward 90 degrees, at which point it will also automatically lock. Adjustments can be made based on usage conditions.



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. Wear sneakers.



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



DO NOT use the chair with more than one person. DO NOT stand on the pedal. DO NOT push down the backrest forcibly.

ATTENTION

We only recommend the exercises specified in this The MySmartfit Chair user manual. Standing or kneeling on the chair is prohibited. This product is for home/individual 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.

ADVICE MAINTENANCE

To fully maximize the optimal benefits of the MySmartfit Chair, we recommend the following actions:
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. If you have pets, we recommend covering the chair with a blanket when not in use to prevent clawing damage and fur accumulation.