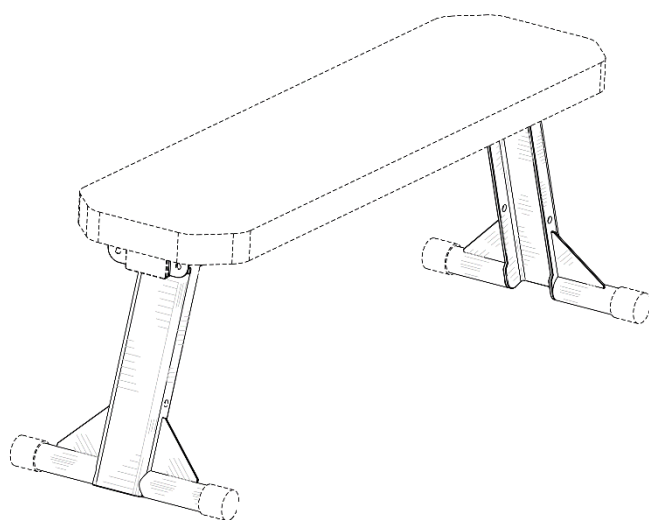


MightyRock

FOLDABLE FLAT WEIGHT BENCH



Model no: SLIM-3A-01

116,5 x 37 x 43 cm | 14,4kg



**WARNING!**

- Any use of this product other than that intended may lead to serious injury.
- Prior to use, read the instructions carefully and comply with all warnings and instructions.
- Do not let children use this appliance, keep them away from it.
- You must replace the sticker if it is damaged, illegible or missing.
- Keep your hands, feet and hair away from all moving parts.
- Not suitable for therapeutic purposes.



**DO NOT EXCEED
WEIGHT CAPACITY**

**ALWAYS CHECK
THAT THE QUICK
RELEASE PINS ARE
IN THEIR PLACE**

Thank You for Choosing MightyLU!

We are delighted that you have selected the MightyLU Foldable Flat Weight Bench for your fitness journey. Your trust in our product is not just appreciated—it's celebrated. At MightyLU, we're committed to providing high-quality, durable fitness equipment that meets your needs and exceeds your expectations.

Should you have any questions or need assistance, please don't hesitate to reach out to our dedicated customer support team. We are here to ensure that your experience with our product is outstanding.

Thank you once again for your purchase. We look forward to being a part of your fitness story and helping you achieve your goals.

Warm regards,

The MightyLU Team

MADE IN CROATIA

GENERAL RECOMMENDATIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

Consult your doctor before starting any exercise program. This is particularly important if you are over 35 or have experienced health problems before.

It is the owner's responsibility to ensure that all users of the product are properly informed of all the user precautions. MightyLu j.d.o.o. declines all responsibility for complaints regarding injury or for damage inflicted on any person or property caused by the purchaser or any other person using or misusing this product.

This product is intended for domestic use only.

- Do not use the product in a commercial, rental or institutional context.
- Always check, before every use, that the quick release pins are in their place and pushed so the pins head is touching the frame
- Always check that the bolts and nuts securing the legs with frame are not loose
- Always check that the bolts securing the padding with the metal frame are not loose
- Users are responsible for maintaining the product in good condition after setting it up and before each use.
- To protect your feet while exercising, wear sports shoes.
- DO NOT wear loose clothing that could become caught in the machine.
- Remove all jewellery.
- The equipment must be placed on a flat, stable surface.
- If you experience dizziness, nausea, chest pain or any other abnormal symptoms, immediately stop your workout and see your doctor.
- Leave enough space around the apparatus in order to exercise in complete safety.

COMMERCIAL WARRANTY

MightyLu guarantees this product under normal usage conditions for 5 years for the structure, and 2 years for other parts and from the date of purchase as shown on the receipt.

MightyLu's obligation in compliance with this warranty is limited to the product's replacement or repair, at MightyLu's discretion.

This warranty does not apply in the following cases:

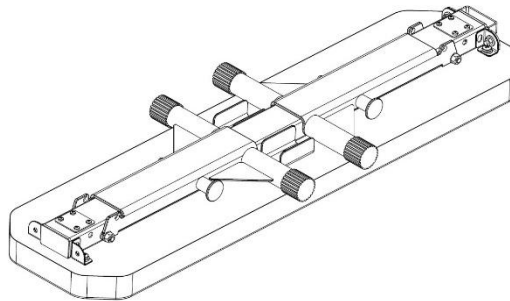
- Damage caused during transportation
- Use and/or storage of the product outdoors or in a damp environment
- Misuse or abnormal use
- Poor maintenance
- Repairs made by technicians not approved by MightyLu
- Usage outside of a domestic setting

This guarantee does not cancel the legal guarantee applicable in the country of purchase.

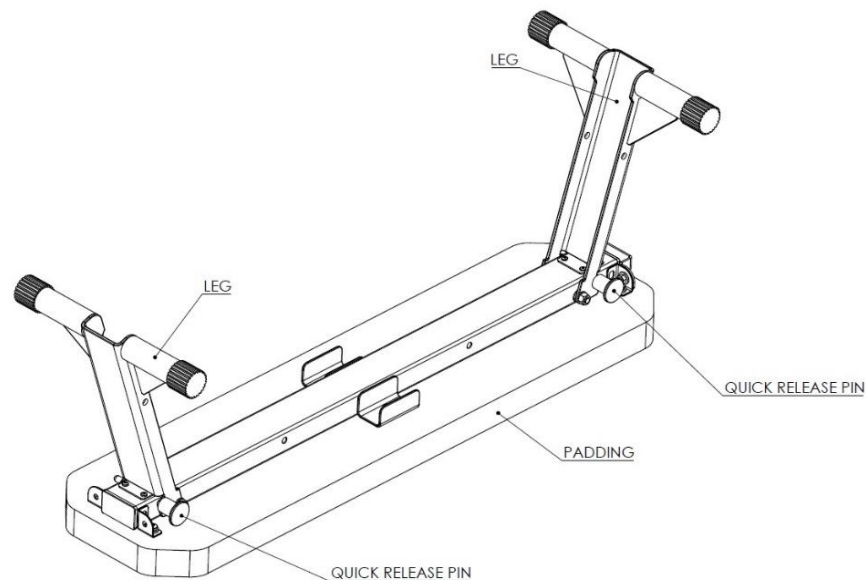
To benefit from your product warranty, contact us via **info@mightylu.com**

ISTRUCTIONS

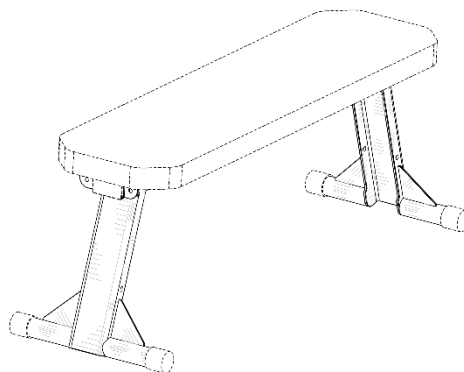
1. Carefully unpack the bench from EPE protection foil
2. Place the bench up-side down with the padding placed on the floor



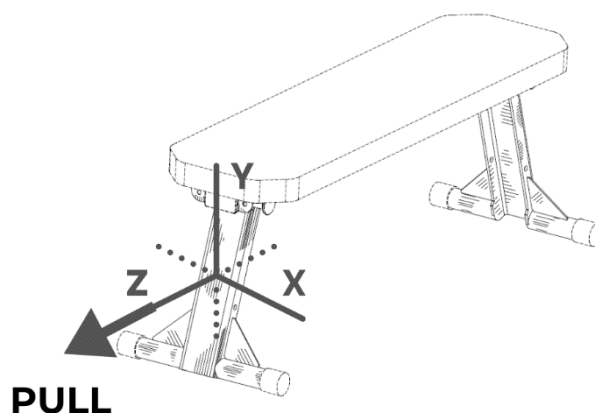
3. Pull the quick-release pins to free the legs
4. Unfold both legs so they are fully opened



5. Secure the legs from moving with the quick-release pins
6. Turn over the weight bench so the padding is looking upwards



7. Pull one leg in a horizontal, Z-direction, so that both legs are nested and fully extended, as shown in the picture below. That will eliminate the movement of the bench.



8. Always position the weight bench on a flat firm surface so that stability is guaranteed, avoid thick soft carpet.

9. To fold back the weight bench repeat the steps backwards.

STORAGE

The MightyRock foldable weight bench gives you plenty of storage possibilities. You can store it under a sofa, lean against the wall, but make sure it is secured from falling, or hang it on the wall using our weight bracket, which you can find on our webshop.

MAINTENANCE

Clean the padding regularly with a damp cloth and clean the dust from the metal frame.

If you notice that the nuts from the bolts securing the attachment of the legs to the metal frame have come loose, you must tighten them back with the corresponding tool. The list of connecting materials is in the table below.

No	Designation	PCS	Material
1.	DIN 931 M10 x 100	2	Steel-Zn
2.	DIN 125 A10	8	Steel-Zn
3.	DIN 985 M10	2	Steel-Zn
4.	DIN 7985 M8 x 20	8	Steel-Zn
5.	DIN 985 M8	2	Steel-Zn
6.	DIN 125 A8	10	Steel-Zn
7.	DIN 128 A8	6	Steel-Zn
8.	IM 1014-self tapping screw for hole 4mm	8	Steel-Zn

EN ISO 20957-1 : 2013

GB 17498.1 : 2008