


A black, foldaway flat to incline/decline bench is shown in its inclined position. The bench features a padded seat and backrest, a sturdy metal frame with a wide base, and adjustable footrests. The backrest is tilted at an angle, and the seat is positioned horizontally. The bench is constructed from black metal and has a sleek, modern design.

**IRONEDGE.**

# Foldaway Flat to Incline / Decline Bench

## Setup Instructions

 **CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.

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## General Information and Maintenance Advice

Be sure to read the entire manual before you assemble or operate your Cable Machine. Please note the following precautions:

1. To be used by one person at a time
2. Position on a level surface
3. Keep hands away from moving parts

### Warranty Terms

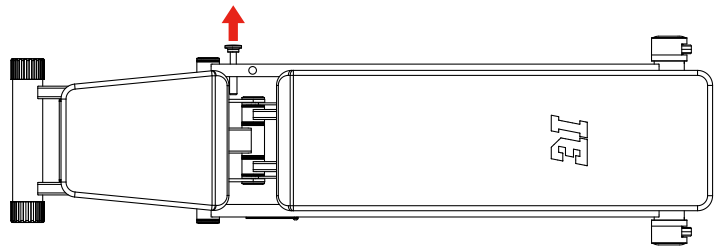
- Upholstery is under warranty for 90 days against manufacturing defects
- Warranty does not extend to wear and tear through normal use, or rust

# Unpacking Instructions

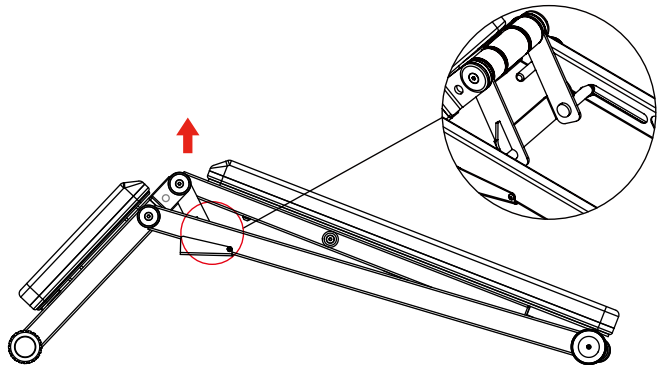
1. Take Foldaway flat to incline/decline out of the box, and place it horizontally.



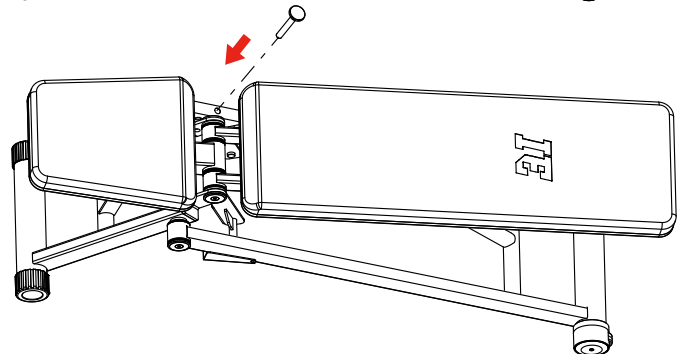
2. Pull out the Pin to unlock.



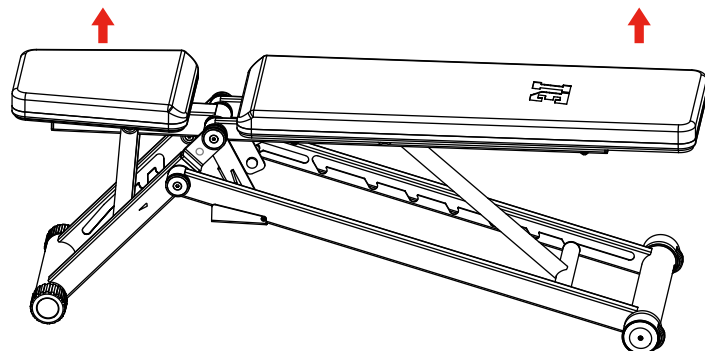
3. Pull the strap up, then the support frame would fix into the supporting bracket accordingly.



4 Place the pin into the storage hole.

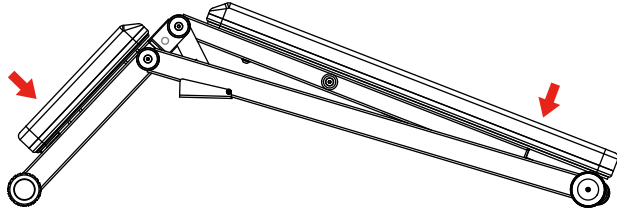


5. Adjust the pads to the angle you need.

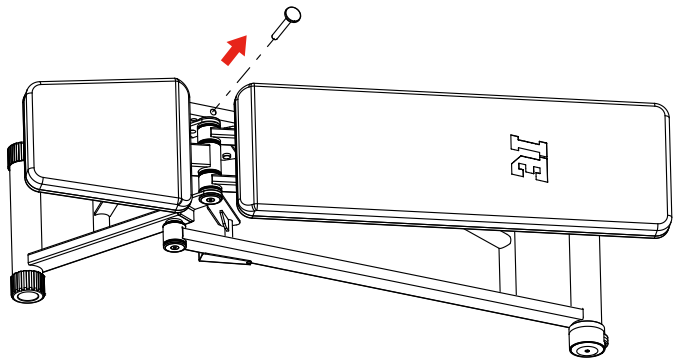


# Folding Instructions

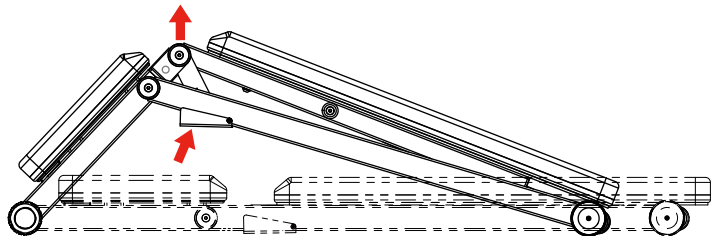
1. Fold the pads down to the frame.



2. Take out the pin.



3. Pull the strap and Press the button, Slowly level the equipment.



4. Insert the pin into the side hole entirely, in the condition of lock-up.

