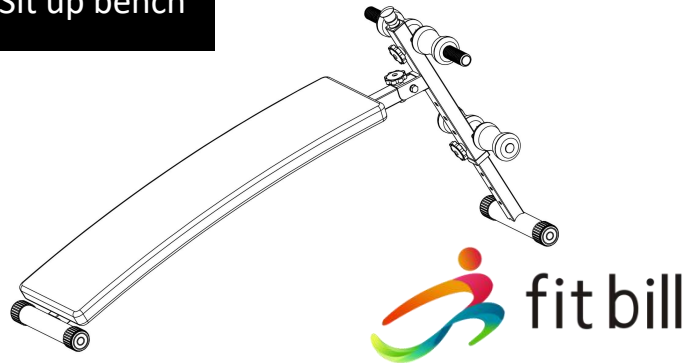


fitbill™ Sit up bench



Sit Up Bench Assembly Guide

Technical support phone: +1-206-792-9928

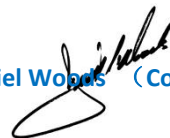
email address: service@fitbill.net

ASSEMBLY INSTRUCTIONS

Preparation

- A. Unpack your new equipment. Save your box and packaging.
- B. Clear a space on your floor or counter that will allow you to easily complete the assembly process.
- C. Before you begin, layout all parts and hardware to make sure all components have been received as shown on parts list .
- D. Check the tools provided for assembly.

“to those just beginning an exercise regime, it should be less about the look or features of their exerciser and more about their commitment to a personal fitness program through continually tracking their progress”


Daniel Woods (Co-founder)

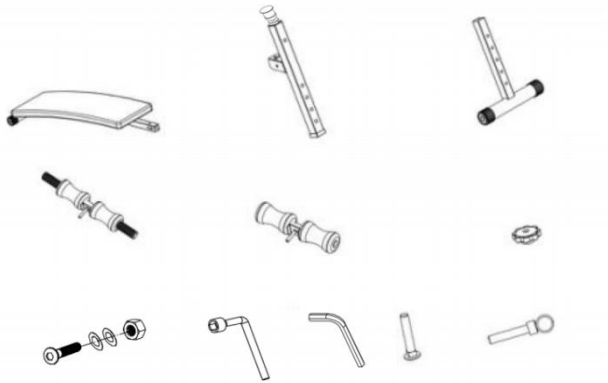
ABOUT fitbill™

ESmartGym is a renowned leader of innovative mobile and cloud based technology. Their android and IOS applications are integrated in many recognized brand name products in the health and fitness industry throughout the world. Fitbill™ is the vision ESmartGym has conceived for an inspiring and rewarding way to bring personalized wellness solutions into the homes of health conscious Americans.

Parts List

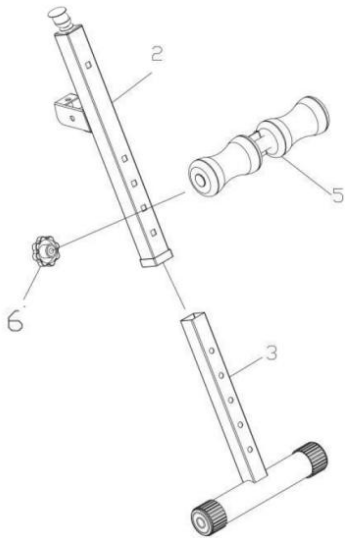
NO	NAME	QTY	CHECK	NO	NAME	QTY	CHECK
1	Back pad	1		6	Adjustment knob	2	
2	Square support tube	1		7	Pit pin	1	
3	Lateral foot support	1		8	Ring pin	1	
4	Hand support	1		9	Allen Wrench	1	
5	Padded leg roller	1		10	Phone holder	1	

Note: some hardware may be on parts already!



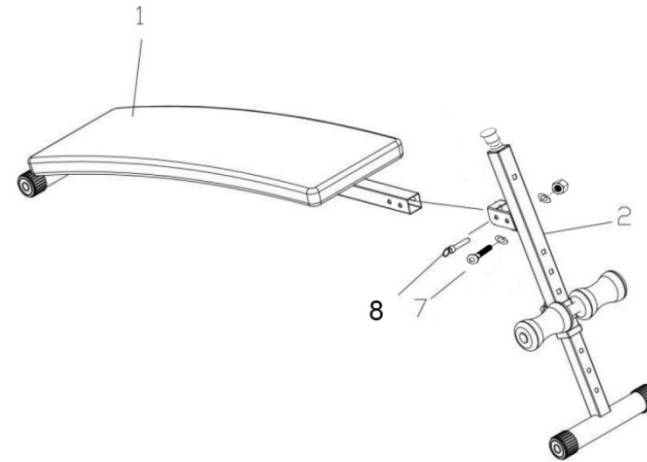
Step 1

Slide square support tube (2) over square support tube with lateral foot support (3) aligning holes. Insert padded leg roller (5) into one of the desired resistance positions and secure with adjustment knob (6).



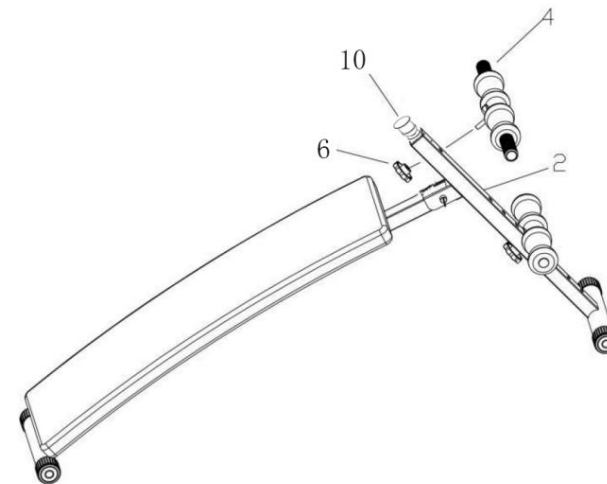
Step 2

Insert the square tube of the back/seat pad (1) into the collar of square support tube (2). Secure with pit pin (7), ring pin (8). Ring pin is in front of pit pin.



Step 3

Insert hand support (4) into one of the desired resistance positions and secure with adjustment knob (6). Stick metal plate onto cell phone and place your phone on phone holder (10).



Step 4

Install "fitbill" through Apple App Store or Google play to your cell phone.