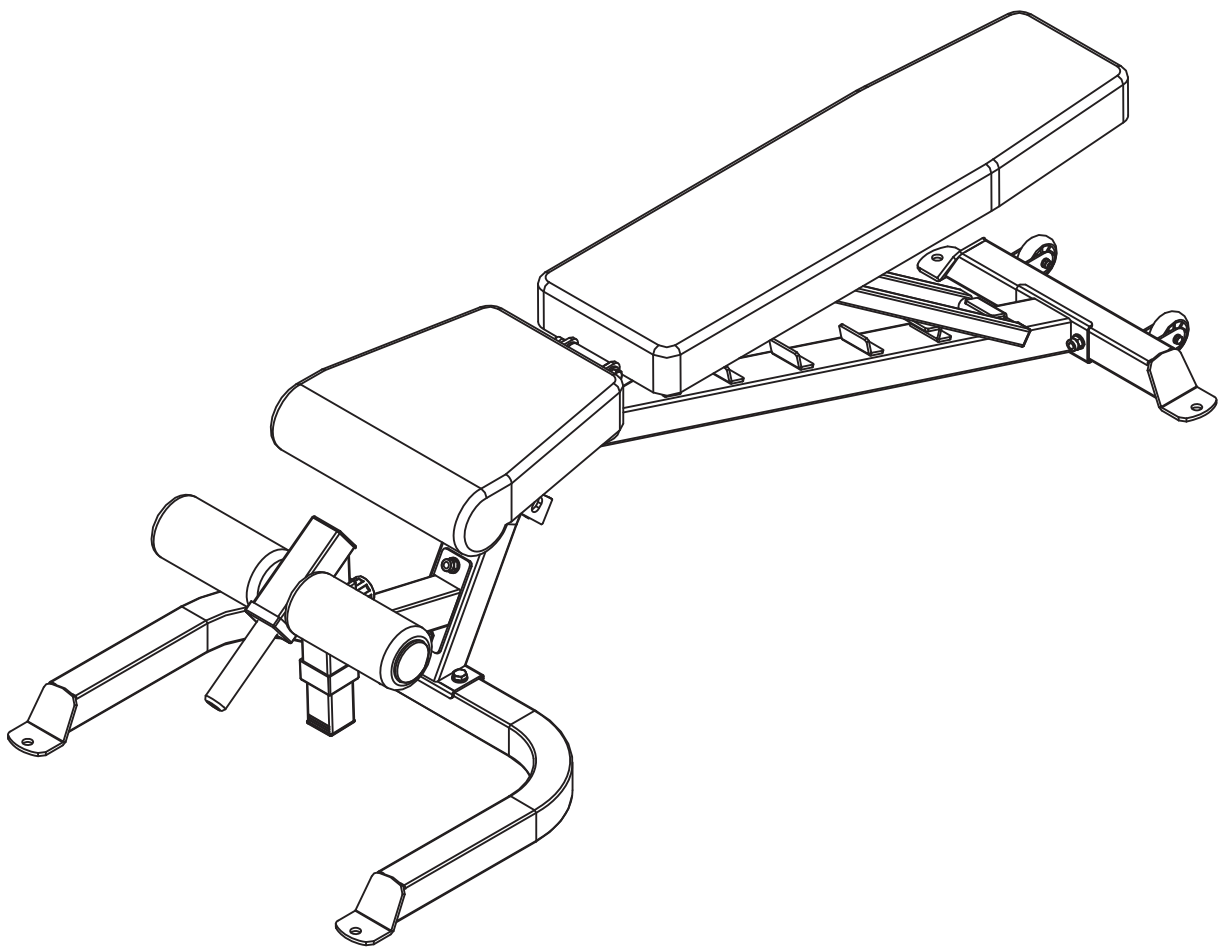


AMILA®

DELUXE UTILITY BENCH

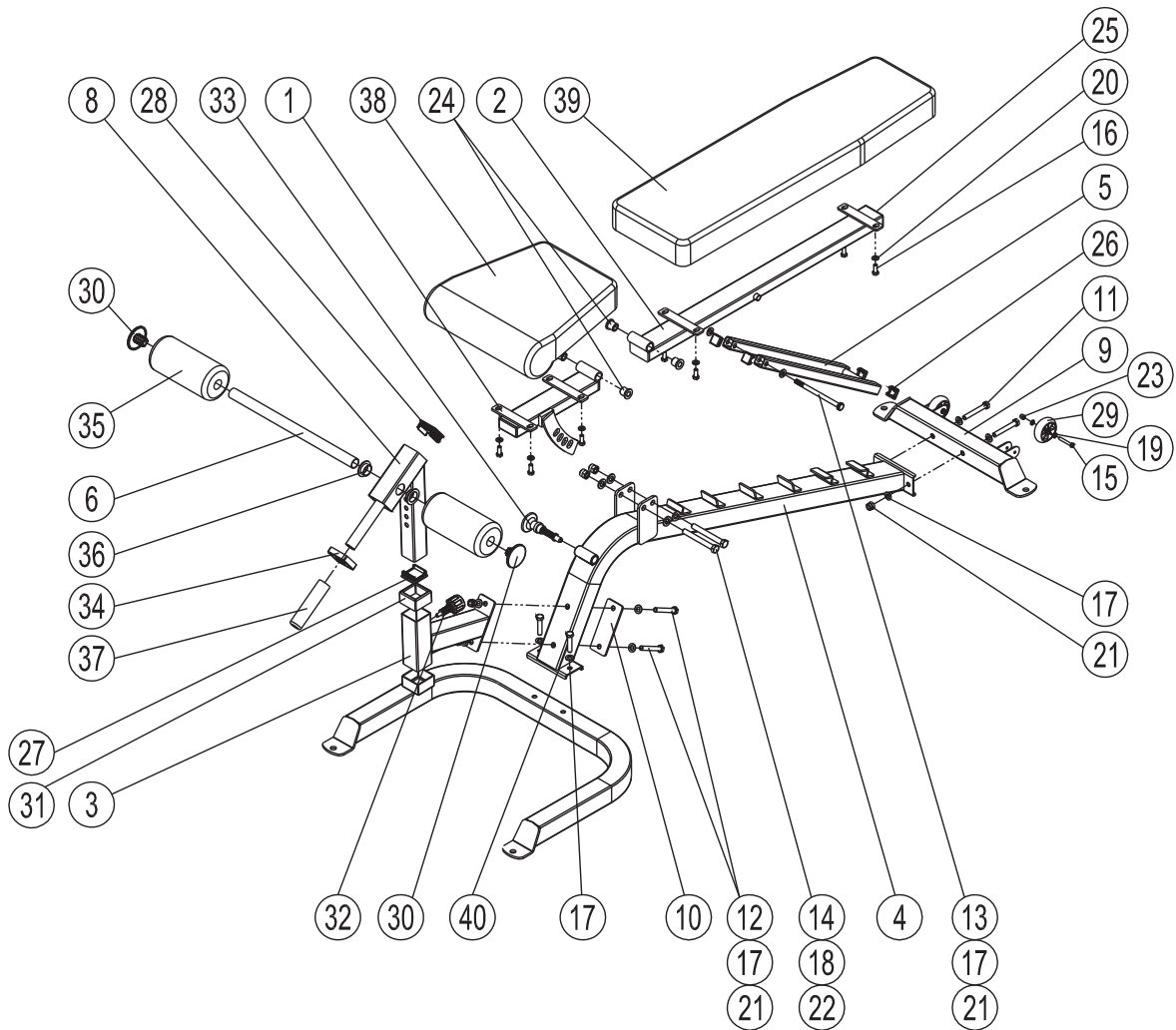
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Assembly instructions



IN ORDER FOR THE WARRANTY TO BE VALID,
PLEASE, BEFORE YOU BEGIN
ASSEMBLING AND USING THE MACHINE,
READ THIS INSTRUCTIONS.

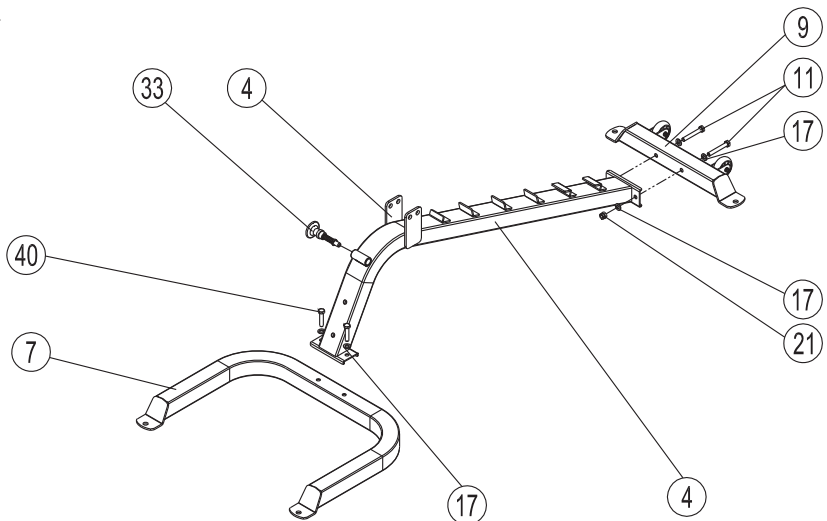
EXPLODED DIAGRAM



ASSEMBLY INSTRUCTIONS

Step 1

- Attach M20 long adjusting Popper Pin (33) to Main Frame (4).
- Attach Horseshoe Base (7) to Main Frame (4) and secure using two M10 x 16 Bolts (40), two M10 Washers (17).
- Attach Rear Base (9) to Main Frame (4) and secure using two M10 x 70 Bolts (11), four M10 Washers (17) and two M10 Lock Nuts (21).
- Firmly tighten all hardware.



WARM-UP EXERCISES

A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise, something not to be missed. It prepares your body for more strenuous exercises by warming and stretching your muscles, increasing blood circulation and heart rate and sending more oxygen to your muscles. Repeat these exercises after your workout to minimize muscle soreness. We suggest the following exercises:

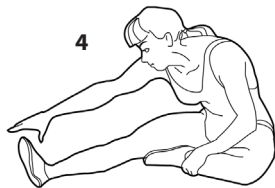
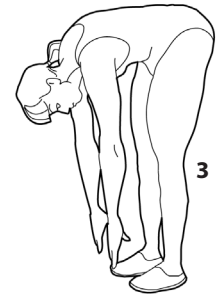


1. Quadriceps stretch: Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



2. Adductor exercise: Sit down pulling your feet towards you, knees bent and the soles pressed together. Then use your elbows to press your knees towards the floor. Perform 15 repetitions.

3. Touch the toes: Bend your waist slowly forward with your knees slightly bent and your hands trying to grip the toes. Hold this position for 15 seconds.



4. Biceps exercise: Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.

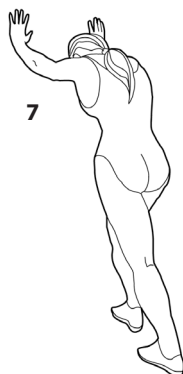
5. Neck stretching (Head rolling): Tilt your head to the right, feeling the stretching of the left side of the neck. Then tilt your head towards the other side. Finally, tilt the head once forward and once backwards.



6. Shoulder lift: Raise your right shoulder as close as you can to your ear. Repeat with the left shoulder. This exercise should be performed at a slow pace.



7. Tension of the Achilles tendon: This exercise is performed by leaning on a wall, which you press with your hands. The right foot should be bent at the knee and the left one stretched backwards, the soles of both feet touching the ground. Repeat the exercise by reversing the feet.



8. Side stretching: Stretch your hands upwards and try to lift your left outstretched hand as high as possible, so that you feel your left side being pulled. Repeat for the right hand.



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