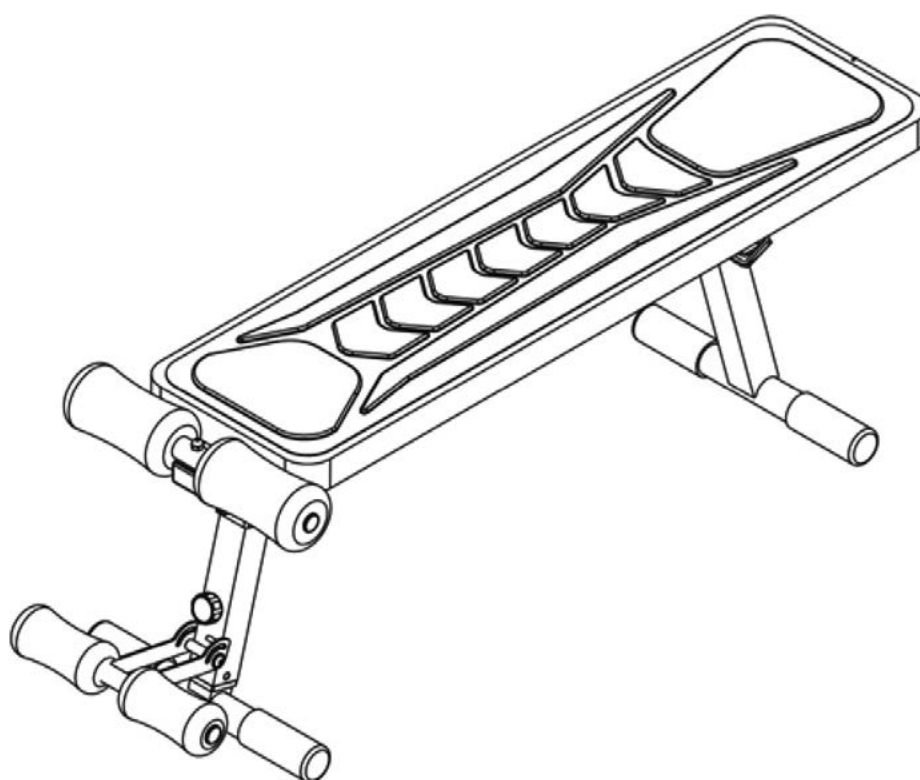


# BRT100 BENCH

AMiLA®

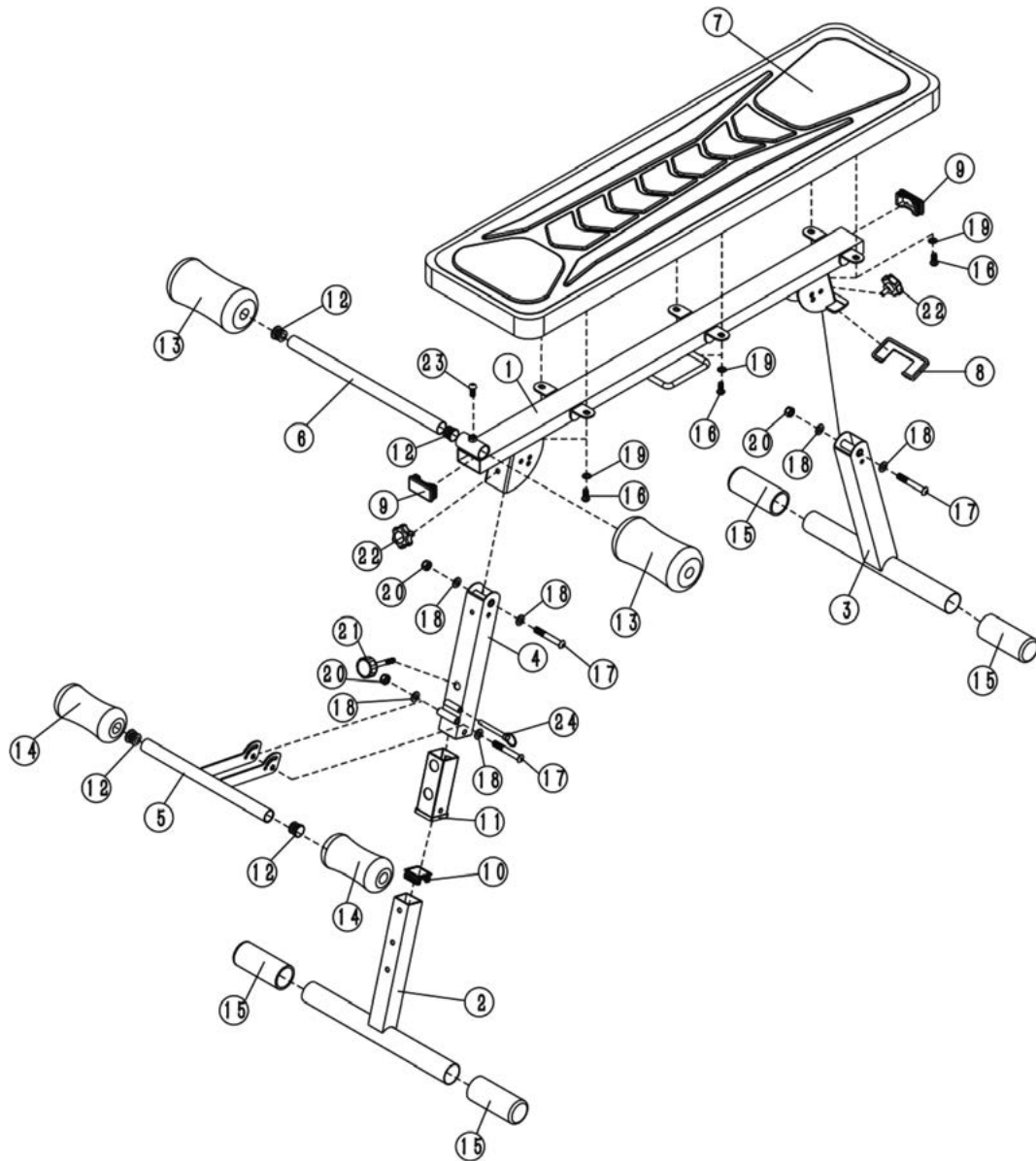
(code 91451)

Assembly instructions



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

## EXPLODED DRAWING

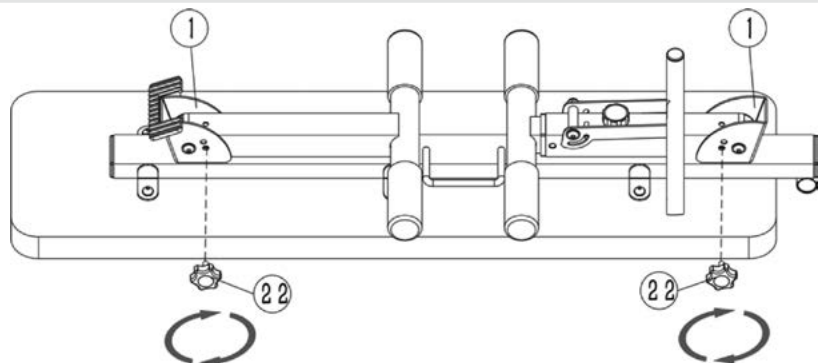


## ASSEMBLY

The bench is pre-assembled. What you have to do is to unfold it and place the foam rolls

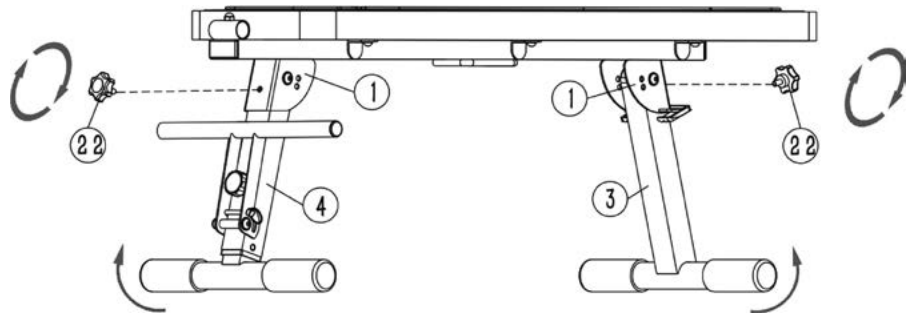
### Step 1

- Unpack the carton and get the bench out of it. Remove the 2pcs M8x15 Lock knob (22).



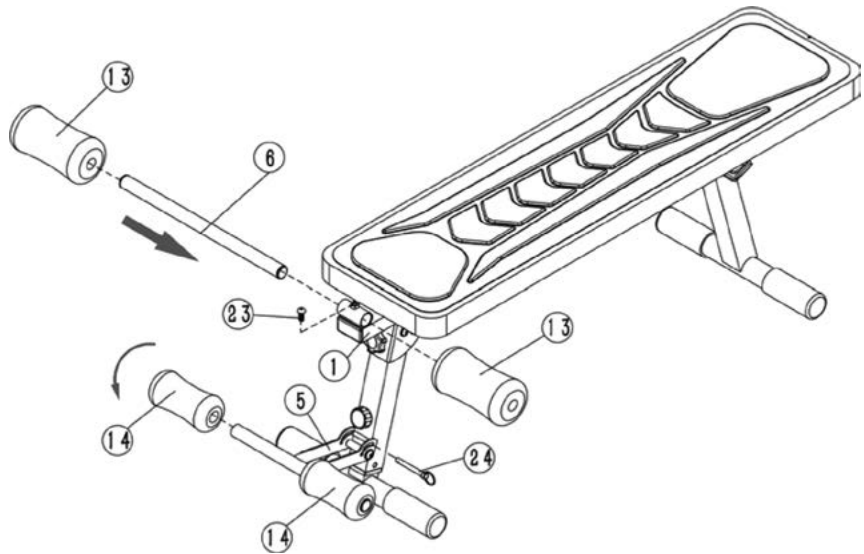
## Step 2

- Turn the adjustment frame (4) clockwise and tighten with M8x15 lock knob (22). Turn the rear stabilizer (3) anticlockwise and tighten with M8x15 lock knob (22).



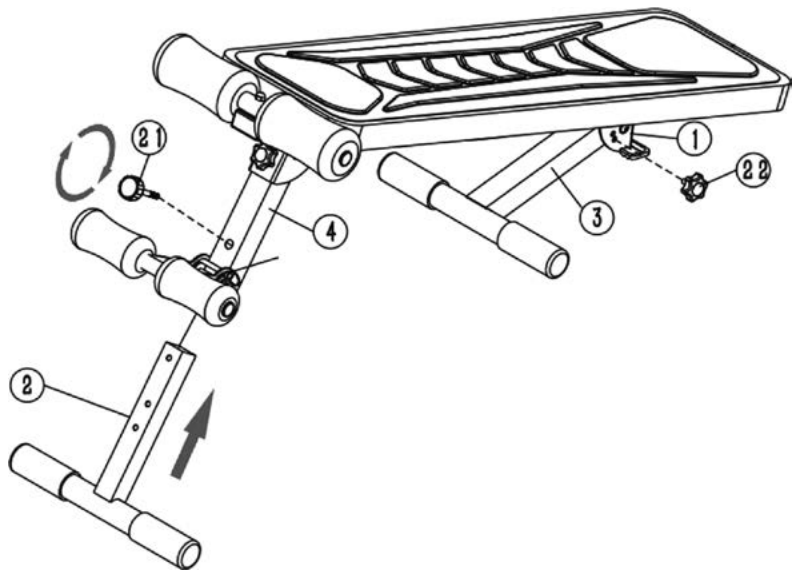
## Step 3

- Insert the foam roll tube (6) into the hole as the diagram shows and then push 2pcs foam roll (13) from both ends. Secure the foam roll tube (6) with the M6x15 Allen bolt (23).
- Remove the lock pin (24) and turn the Leg developer holder (5) anti-clockwise and fix it with the lock pin (24).
- Push the 2pcs Foam roll (14) to the ends of the Leg developer holder (5).



## ADJUSTING THE INCLINE

- Remove the lock knob (22) and turn the Rear stabilizer (3) clockwise.
- Select the desired height with the M8x50 Lock knob (21) when using.



## WARM-UP EXERCISES

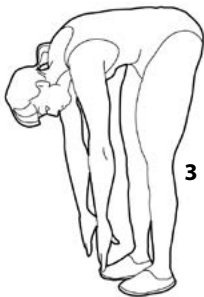
A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise, 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:



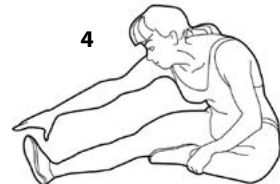
**1. Quadriceps stretch:** Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



**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.



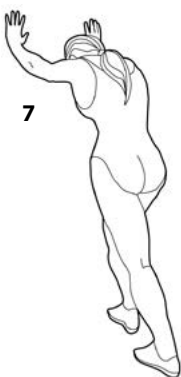
**4. Biceps exercise:** Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.



**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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