

AMiLA®

UTILITY BENCH AWB550

(code: 91406)

Assembly instructions



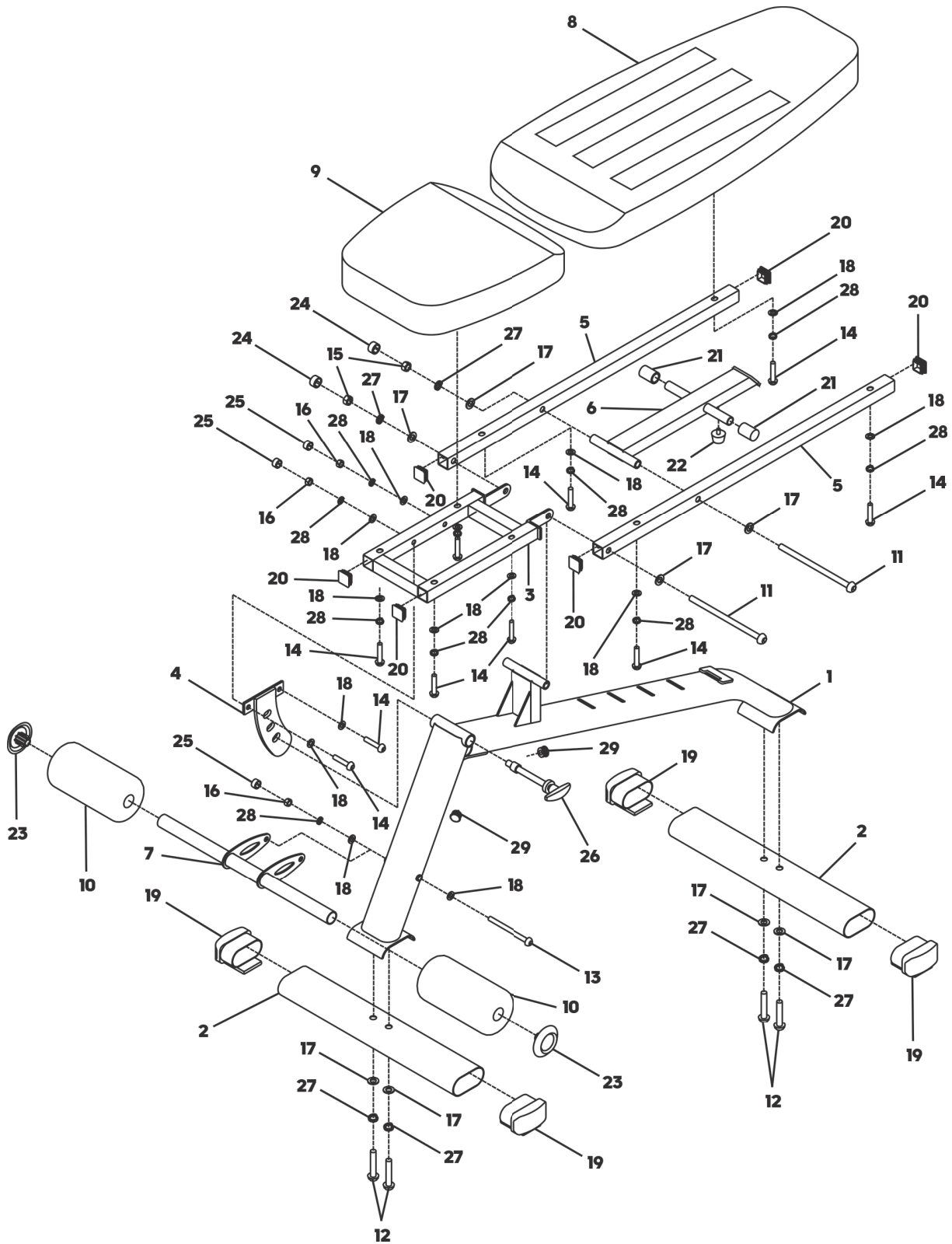
IN ORDER FOR THE WARRANTY TO BE VALID,
PLEASE, BEFORE YOU BEGIN
ASSEMBLING AND USING THE MACHINE,
READ THIS INSTRUCTIONS.

ASSEMBLY INSTRUCTIONS OF UTILITY BENCH AWB550

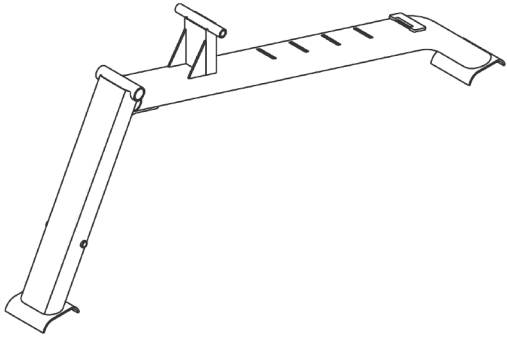
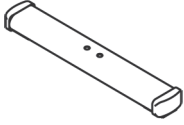
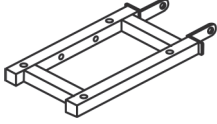

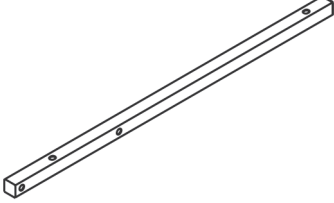
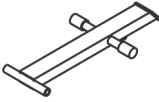
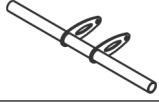
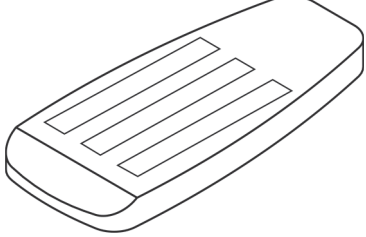

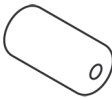
SAFETY INSTRUCTIONS





1. Read all instructions and warm-up before using this bench.
2. Check all parts before assembly/use and make sure they all are in perfect condition and ready for use.
3. The bench should be placed on an perfectly flat surface and, since such is not usually the case, the use of a mat or carpet is recommended.
4. Consult your doctor about the level of exerction you should reach. This is an absolute must if you are over 45 years of age or have a medical history.
5. For your exercise to be effective, it must be done on a daily basis and for at least 20 minutes.
6. Before exercising, it is advised to warm-up, in order to not injure any of your muscles. Also, after your exercise, you should also do some stretching ald relaxation exercises.
7. Do not use outdoors.
8. Do not use the bench for any other purpose than the reccomended one.
9. Always wear sneakers.
10. Do not exercise one hour before eating; do not eat one hour before exercising.
11. If you feel unwell, dizzy, nauseous or anything else, stop exercising immediately and consult a doctor.

EXPLODED DIAGRAM

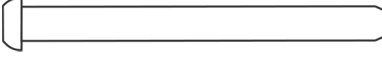
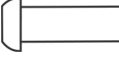
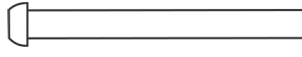
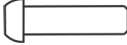




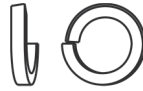



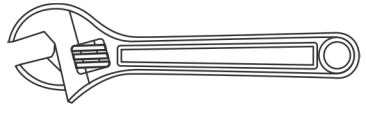


PARTS LIST

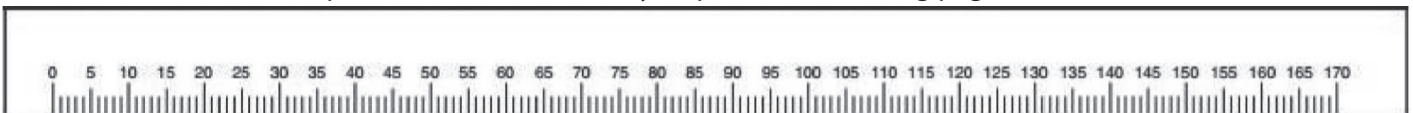
Drawing	#	Pcs	Description
	1	1	Main frame
	2	2	Base frame
	3	1	Seat bracket
	4	1	Seat incline adjustment frame
	5	2	Backrest support
	6	1	Backrest Incline
	7	1	Foam tube frame
	8	1	Backrest board
	9	1	Seat pad
	10	2	Foam roll

Drawing	#	Pcs	Description
	23	2	25mm large round inner cap
	24	2	M10 locknut cover cap
	25	3	M8 locknut cover cap
	26	1	Pop pin

BOLTS, WASHERS AND NUTS

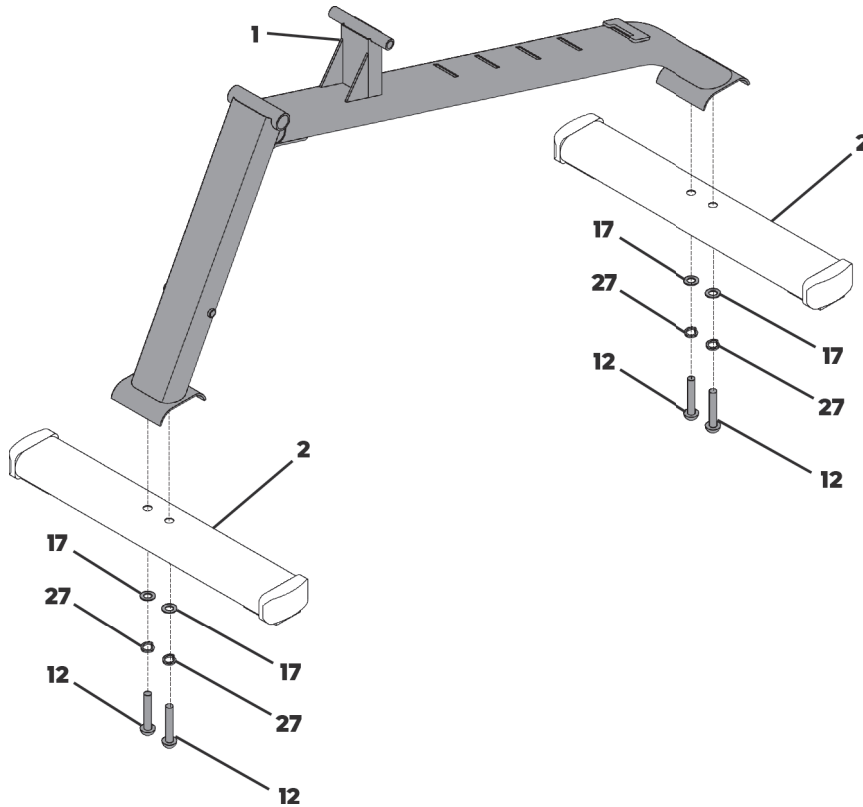
 #11, M10x80mm bolt, 2pcs	 #12, M10x55mm bolt, 4pcs	 #13, M8x105mm allen bolt, 1pc
 #14, M8x45mm allen bolt, 10pcs	 #15, M10 nylon locknut, 2pcs	 #16, M8 nylon locknut, 3pcs
 #17, M10 washer, 8pcs	 #18, M10 washer, 14pcs	 #27, M10 spring washer, 6pcs
 #28, M8 spring washer, 11pcs	 #30, No. 5 allen wrench, 1pc	 #31, No. 6 allen wrench, 1pc
 Adjustable spanner (not included)		

Since the drawings of this and the previous page are not drawn in scale, please use the ruler below to find the correct part to use in the assembly steps on the following pages.



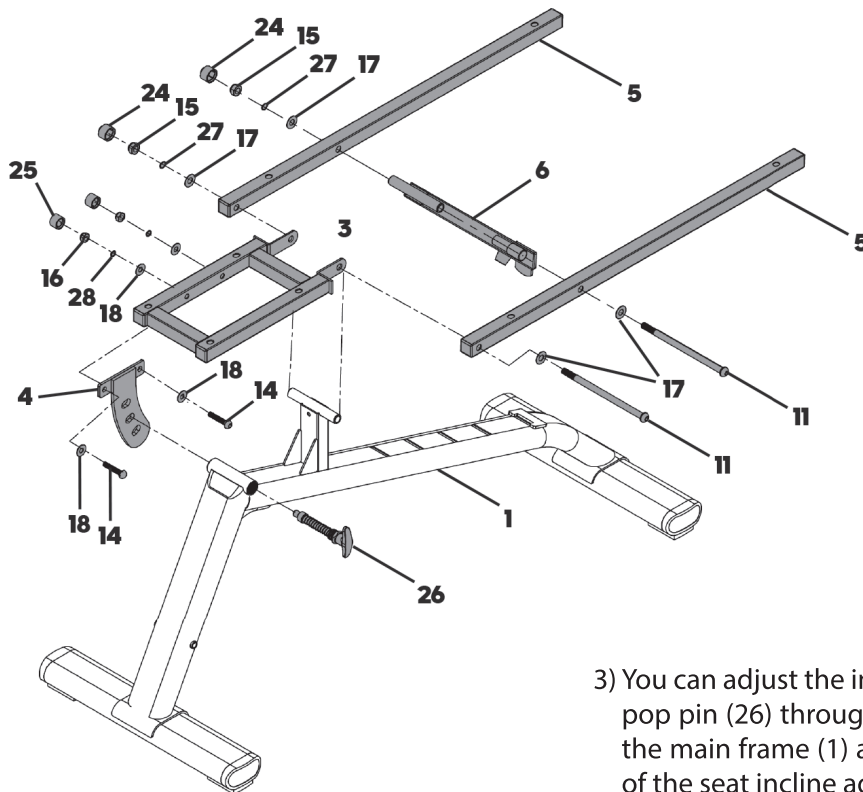
ASSEMBLY INSTRUCTIONS

Step 1



- 1) Connect the 2 base frames (2) to the main frame (1) using bolts (12), washers (17) and spring washers (27). DOT NOT tighten the nuts.

Step 2

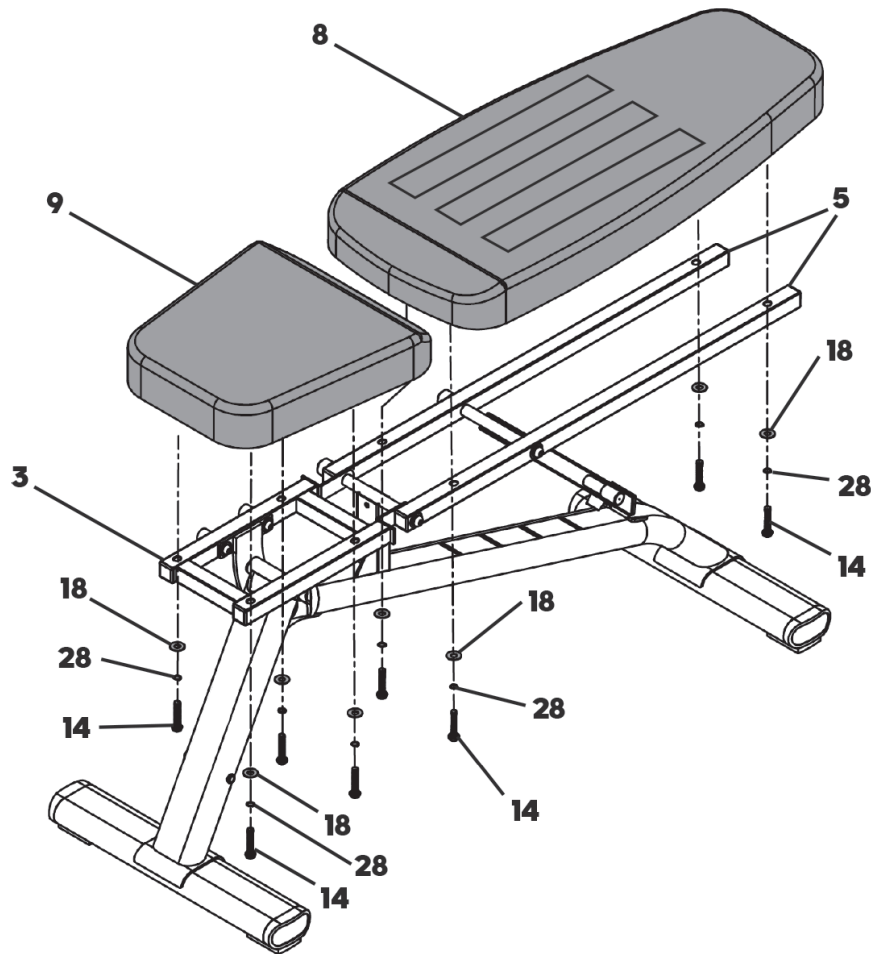


- 1) Connect the 2 backrest supports (5) to the backrest incline (6) and the seat bracket (3) using 2 bolts (11), 4 washers (17), 2 spring washers (27), 2 nuts (15) and 2 caps (24). Please note the placement of the holes on the drawing on the left.
- 2) Connect the seat incline adjustment frame (4) to the seat bracket (3) using (2 bolts (14), 4 washers (18), 2 spring washers (28), 2 nuts (16) and 2 caps (25).

- 3) You can adjust the incline of the seat by placing a pop pin (26) through the hole on the top part of the main frame (1) and through one of the holes of the seat incline adjustment frame (4).

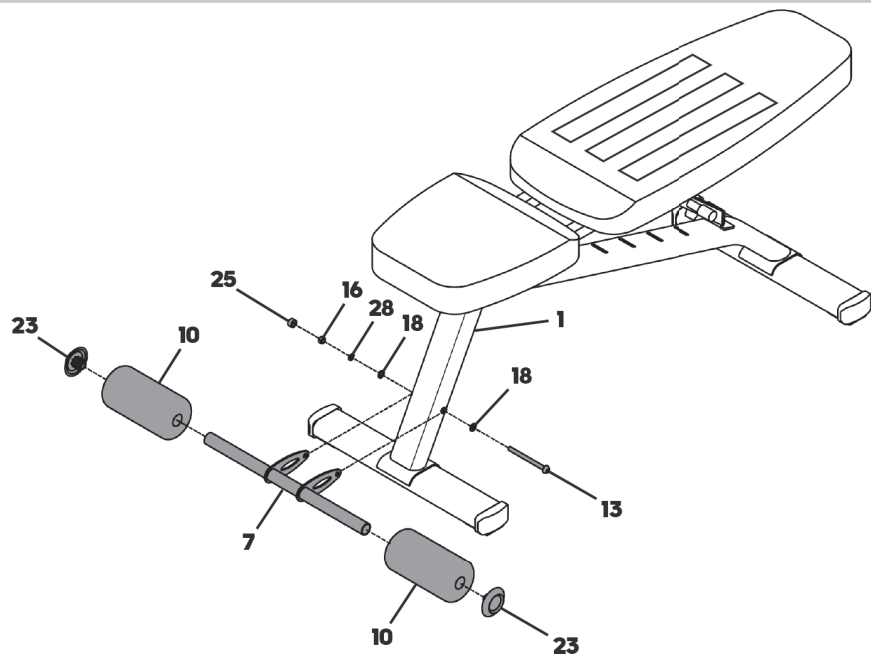
Step 3

- 1) Secure the backrest board (8) to the backrest supports (5) using 4 bolts (14), 4 spring washers (28) and 4 washers (18).
- 2) Secure the seat pad (9) to the seat bracket (3) using 4 bolts (14), 4 spring washers (28) and 4 washers (18).



Step 4

- 1) Connect the foam tube frame (7) to the front part of the main frame (1) using a bolt (13), 2 washers (18), a spring washer (28), a nut (16) and a cap (25).
- 2) Push foam rolls (10) on the foam tube frame and then place caps (23) on the outside.



WARM-UP EXERCISES

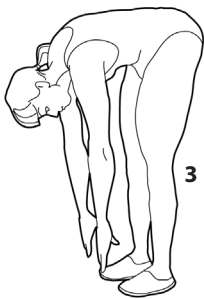
A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise,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



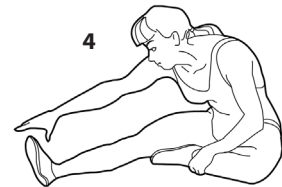
1. Quadriceps stretch: Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



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.



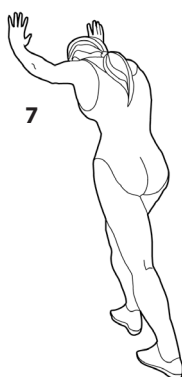
4. Biceps exercise: Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.



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.

ELDICO
sport



in conformity with the
alternative packing
management system

Distributed by **ELDICO SPORT SA**

eMail: support@eldico.gr • Web Site: eldico.gr