

WARRANTY INFORMATION

Our product is guaranteed to be free from quality and manufacturing defects for a period of 12 months.

If your product becomes defective during this period, Rebel Sport Limited will offer you either a replacement, credit or refund where a product is faulty; wrongly described; different from the sample shown to you or do not do what they are supposed to do.

This warranty will not cover substantially modified product; misuse or abuse of the product contrary to user instructions or packaging label; change of mind and normal wear and tear.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and failure does not amount to a major failure.

To claim the warranty, take the product to the front Service Desk of your nearest Rebel store. You will need to show receipt or other proof of purchase. Additional information may be required to process your claim. Should you not be able to provide proof of purchase with a receipt or bank statement, identification showing name, address and signature may be required to process your claim.

Any expenses relating to the return of your product to the store will normally have to be paid by you. For online store purchases, Rebel Sport Limited will pay for the return freight for any product assessed as having a major failure.

The benefits to the customer given by this warranty are in addition to other rights and remedies of the Australian Consumer Law in relation to the goods or services to which this warranty relates.

This warranty is provided by Rebel Sport Limited A.C.N.003 283 823, IBC Business Estate, Level 1,29-33 Carter St., Lidcombe, NSW 2141,Australia.Phone:1300 654 502.Email:orders@rebelsport.com.au.

AFFIX RECEIPT
(STAPLE HERE)



FILL OUT THIS CARD AND KEEP IT. IN THE EVENT THE PRODUCT DOES NOT PERFORM AS YOU EXPECT, TAKE THIS WITH YOU TO OUR STORE, TO HELP US RESPOND TO YOUR WARRANTY CLAIM.

Your name:

Phone / E-mail:

Store of purchase:

Purchase date:

Product name:

Model number:

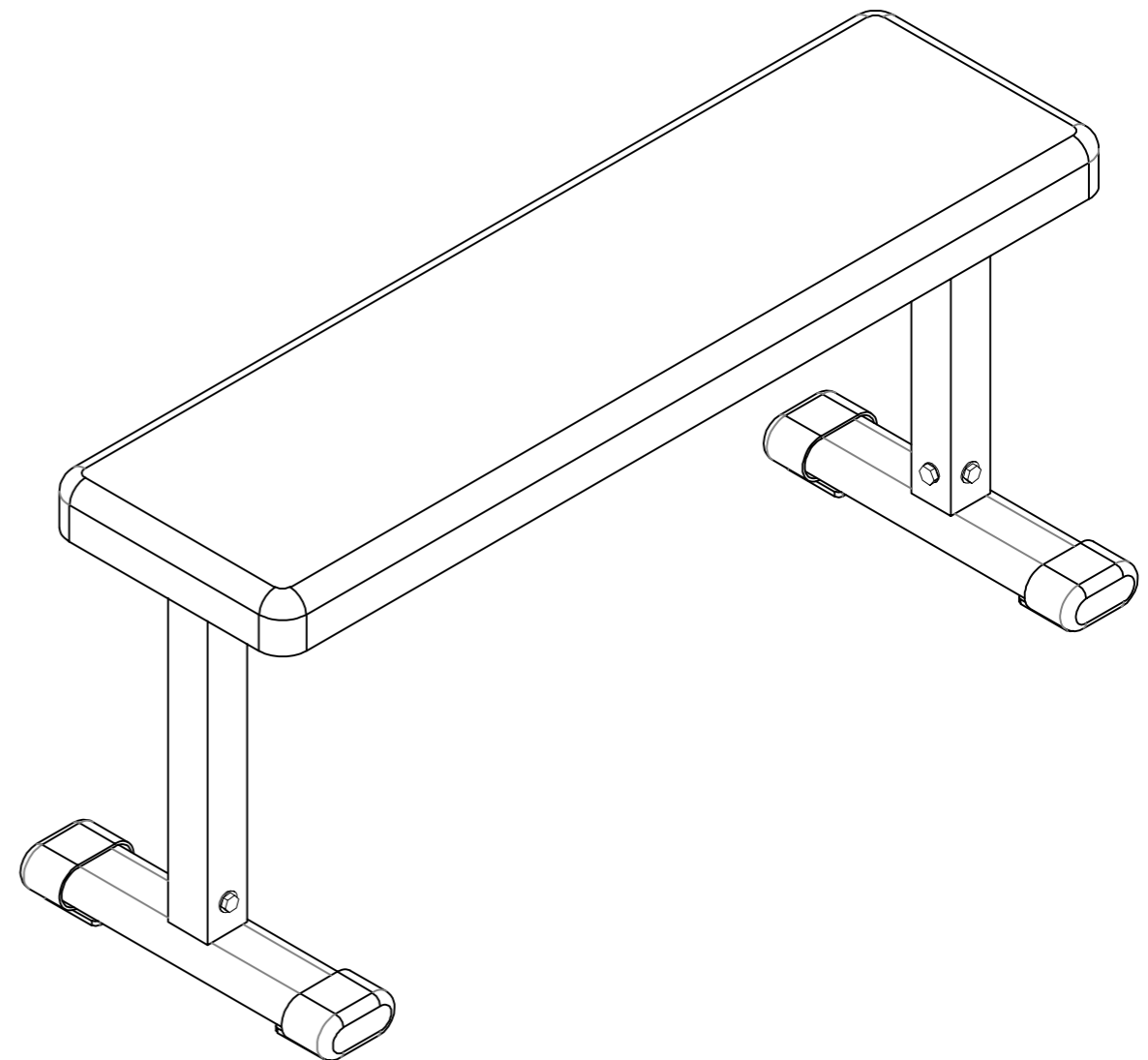
Batch Number:

Fault description:

Manufactured and packaged for
Rebel Sport Limited A.C.N 003 283 823
IBC Business Estate
Level 1, 29-33 Carter Street
Lidcombe NSW 2141, Australia
MADE IN CHINA



BC1 FLAT BENCH



USER MANUAL

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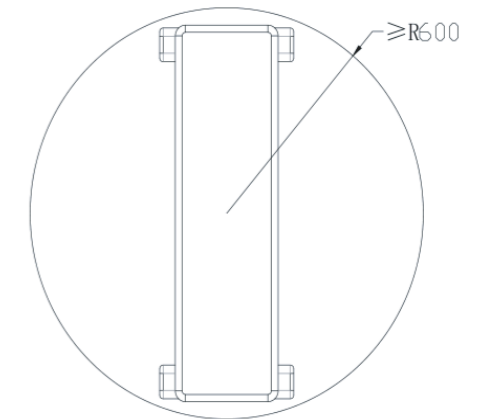
BC1 Flat Bench

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PRECAUTIONS

BC1 Flat Bench

1. Before beginning any exercise program, consult your physician. This is especially important for persons over 35 or persons with preexisting health problems.
2. Read all instructions in this manual and all warnings on the flat bench before using the bench. Use the bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the flat bench are adequately informed of all precautions.
4. The flat bench is intended for home use only. Do not use the bench in any commercial, rental, or institutional setting.
5. Keep the bench indoors away from moisture and dust. Do not put the flat bench in the garage or covered patio, or near water.
6. Place the Flat bench on a level surface with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the Flat bench to mount, dismount and use the flat bench.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the flat bench at all times.
9. Always wear athletic shoes for foot protection while exercising.
10. The Flat bench is designed to support a maximum user weight of 135kg and maximum exercise weight of 115kg, the total max loading weight is 250kg for this bench.
11. Over exercising may result in serious injury or death, if you feel faint or if you experience pain while exercising please stop.
12. The free area shall be not less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared. The free area and training area shall be illustrated with a dedicated figure.
13. The total mass is 9.2kg and the total surface area is 105 x 36cm.



WARNING

To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your device before using your device.

Model name: BC1

Batch number:

These details can be found on the underside of your product.

WARNING:

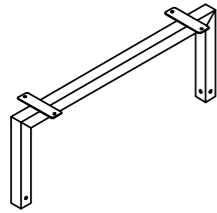
1. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. connection points, etc.
2. Pls replace defective components immediately and/or keep the equipment out of use until repair.
3. Pls pay special attention to components most susceptible to wear.

PART IDENTIFICATION CHART

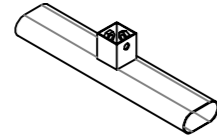
BC1 Flat Bench

PART LIST

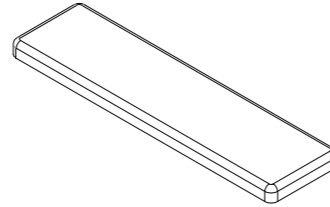
BC1 Flat Bench



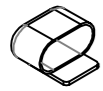
01
Main Frame
1PC



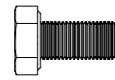
02
Base Frame
2PCS



03
Seat Pad
1PC



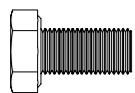
04
Oval Outer Cap
4PCS



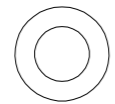
05
Hex Bolt M8 x 20
4PCS



$\Phi 16 \times \Phi 8.5$
06
Flat Washer
4PCS



07
Hex Bolt M10 x 16
6PCS

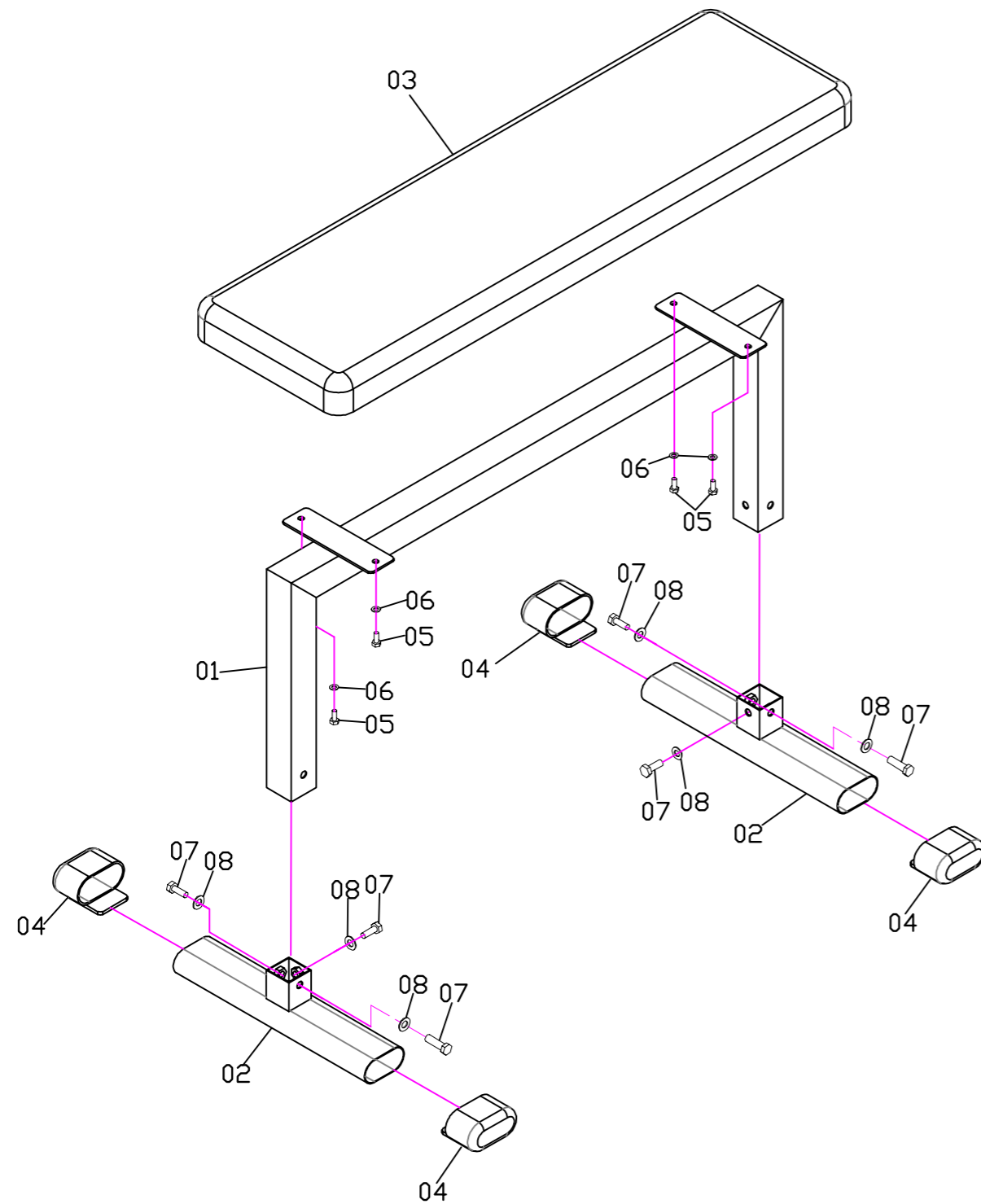


$\Phi 20 \times \Phi 10.5$
08
Flat Washer
6PCS

Part No.	Description	QTY
01	Main Frame	1
02	Base Frame	2
03	Seat Pad	1
04	Oval Outer Cap 80 x 40	4
05	Hex Bolt M8 x 20	4
06	Flat Washer M8	4
07	Hex Bolt M10 x 16	6
08	Flat Washer M10	6

EXPLODED VIEW DRAWING

BC1 Flat Bench



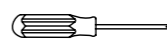



ASSEMBLY STEP

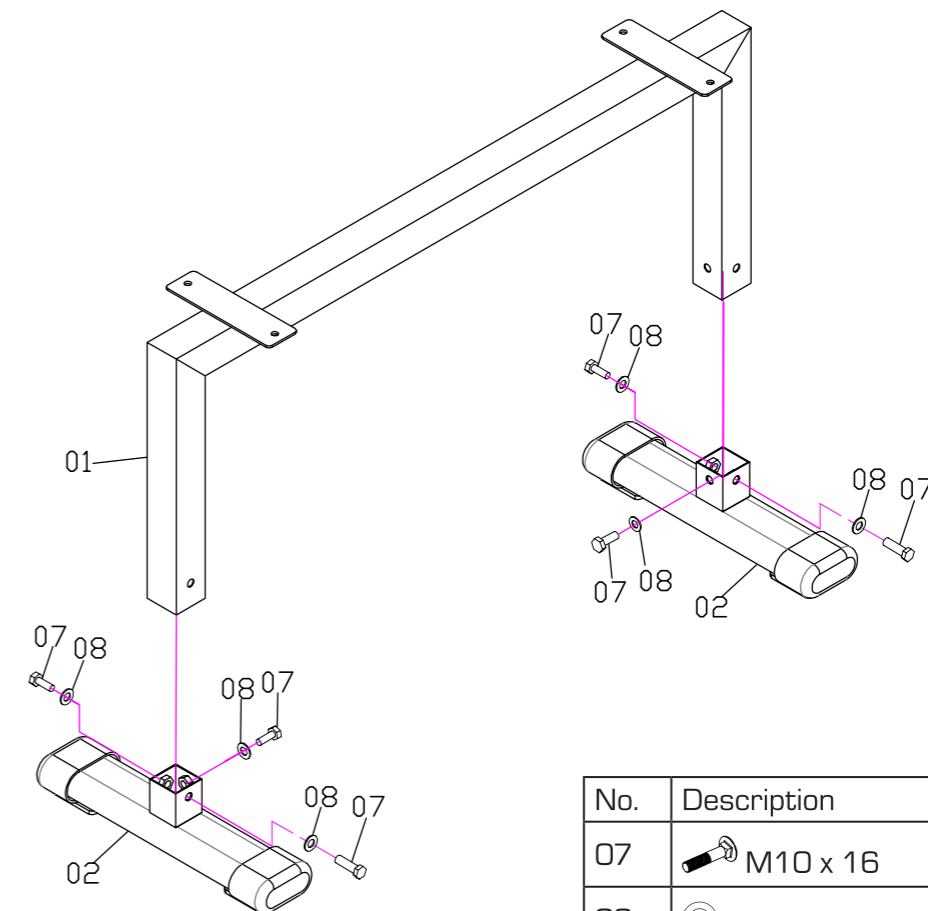
BC1 Flat Bench



Note: Don't tighten the locknuts and bolts before fully assembled.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.
- The following tools (not included) may be required for assembly:

two adjustable wrenches	
one rubber mallet	
one standard screwdriver	
one Phillips screwdriver	

STEP 1



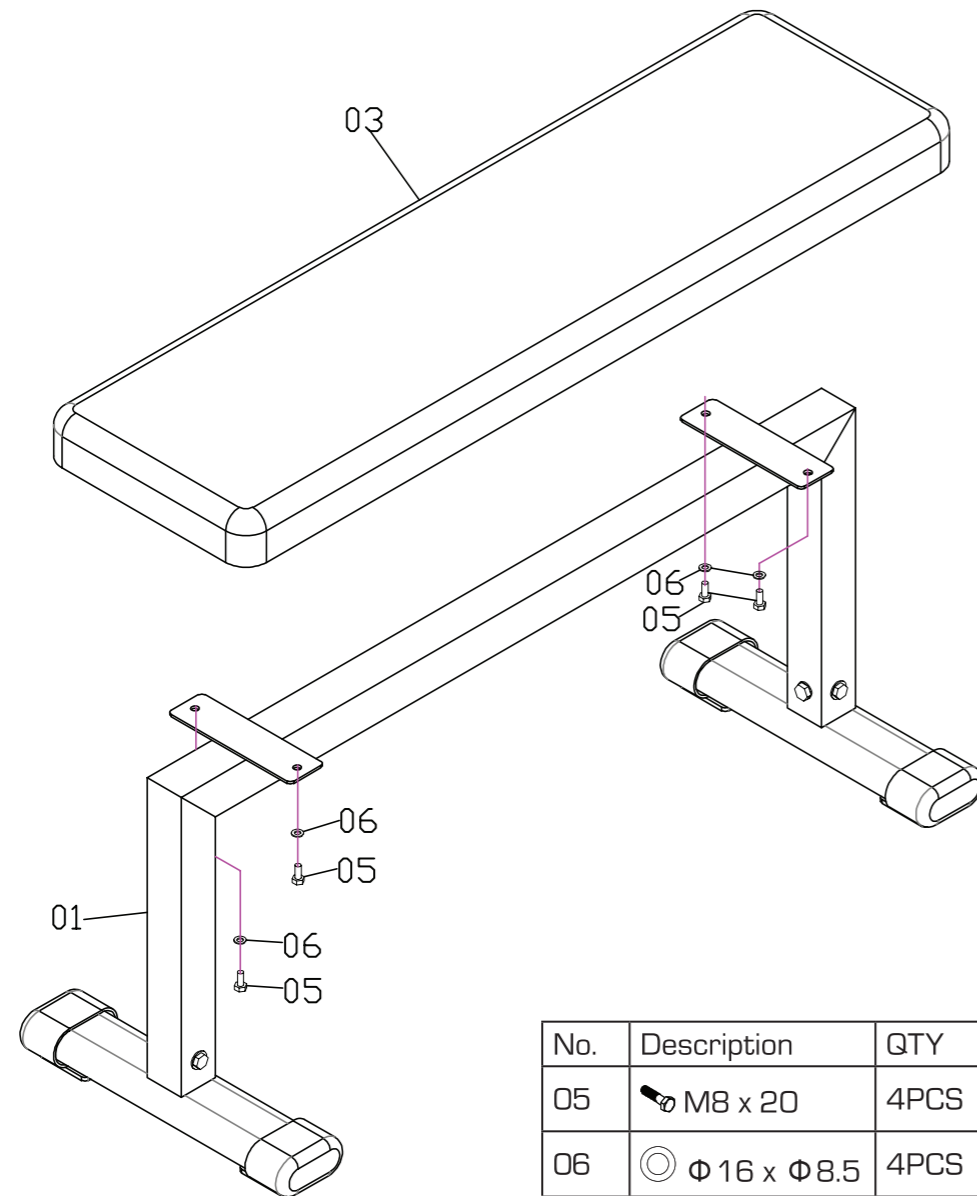
No.	Description	QTY
07	 M10 x 16	6PCS
08	 $\Phi 20 \times \Phi 10.5$	6PCS

Attach the main frame (01) to the base frame (02) with Six M10 x 16mm bolts (07) and Six M10 washers (08).

ASSEMBLY STEP

BC1 Flat Bench

STEP 2



Attach the Seat Pad (03) to the main frame (01) with four M8 x 20mm bolts (05) and four M8 washers (06).

Note: Make sure that all parts are properly tightened before you use the bench.