

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:

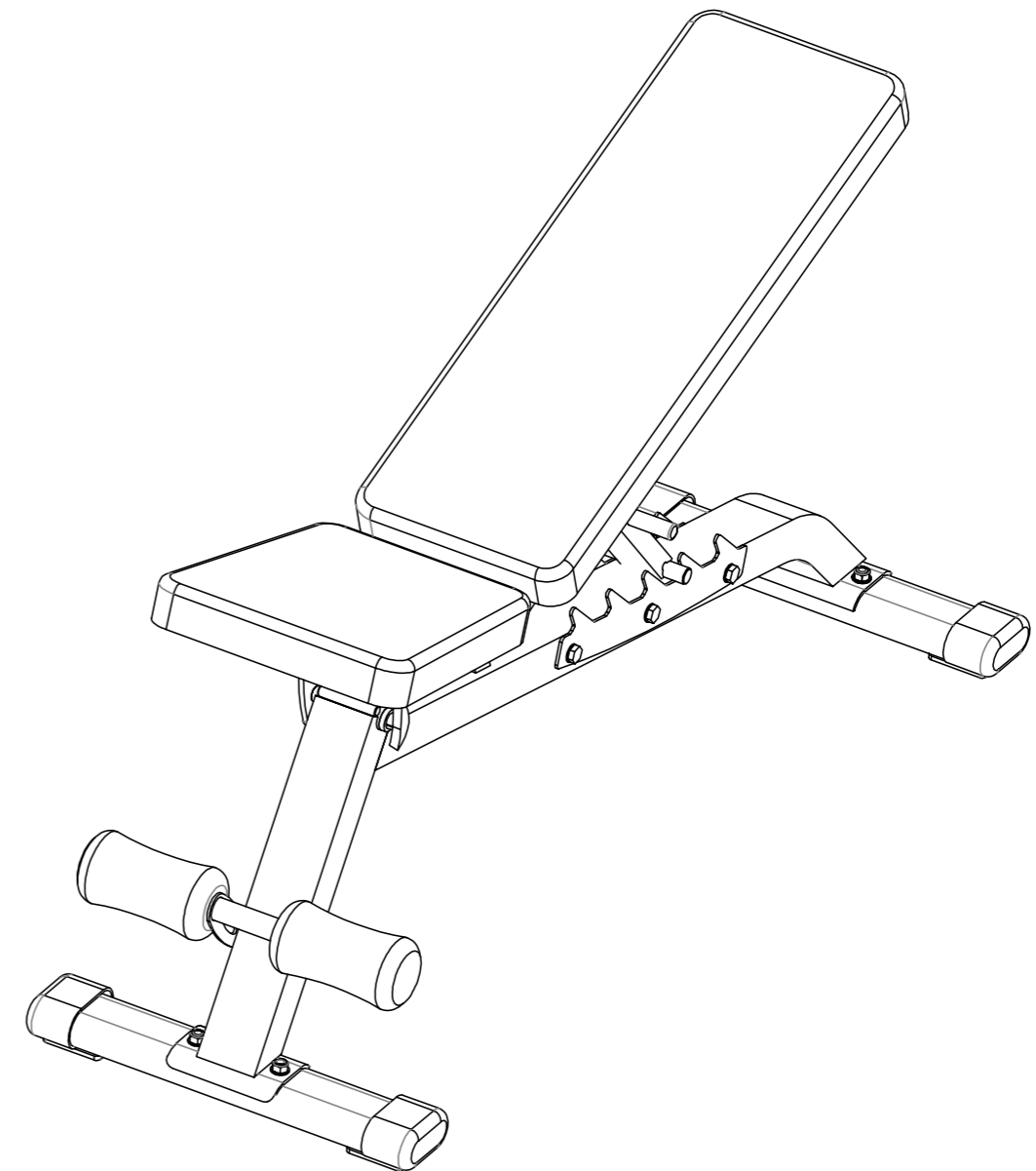
Batch Number:

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



BC2 F.I.D BENCH



USER MANUAL

CONTENTS

BC2 F.I.D Bench

Precautions.....	01
Part Identification Chart.....	03
Part List.....	04
Exploded View Drawing.....	05
Assembly Step.....	06

PRECAUTIONS

BC2 F.I.D 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 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 bench are adequately informed of all precautions.
4. The 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 bench in the garage or covered patio, or near water.
6. Place the 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 bench to mount, dismount and use the bench.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep hands and feet away from moving parts.
9. Keep children under age 12 and pets away from the bench at all times.
10. Always wear athletic shoes for foot protection while exercising.
11. The bench is designed to support a maximum user weight of 135kg and maximum exercise weight of 115kg. The total max load weight for this bench is 250kg.
12. Over exercising may result in serious injury or death, if you feel faint or if you experience pain while exercising please stop.

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: BC2

Batch number:

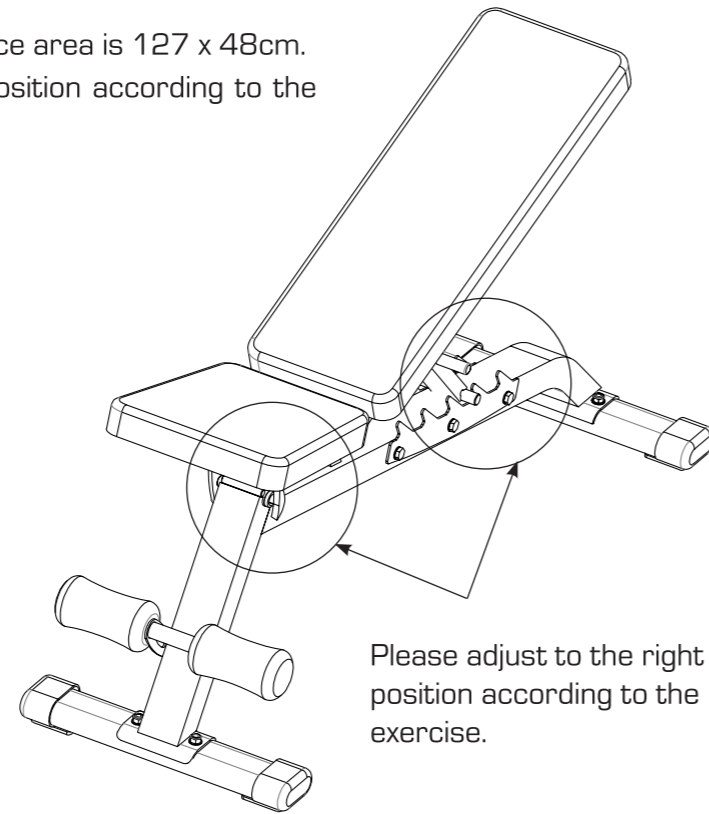
These details can be found on the underside of your product.

PRECAUTIONS

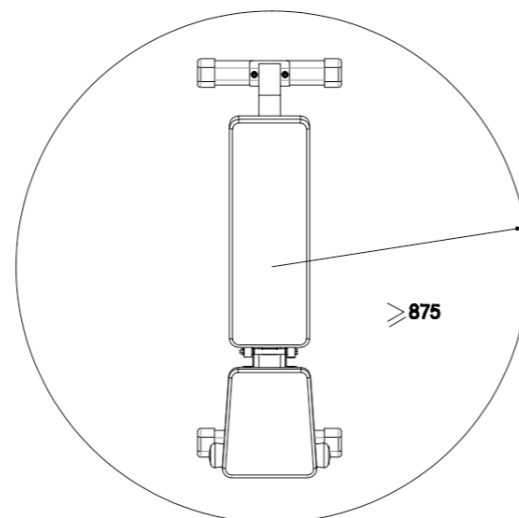
BC2 F.I.D Bench

WARNING:

1. The total mass is 18kg and the total surface area is 127 x 48cm.
2. Adjust Parts: Please adjust to the right position according to the exercise.

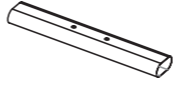

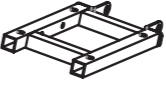
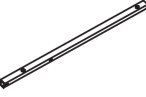

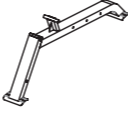



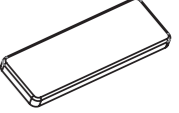














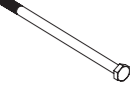







3. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. connection points, etc.
4. Pls replace defective components immediately and/or keep the equipment out of use until repair.
5. Pls pay special attention to components most susceptible to wear.
6. The free area shall be not less than 0.875m 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.



PART IDENTIFICATION CHART

BC2 F.I.D Bench

 01 Base Frame 2PCS	 02 Foam Tube Frame 1PC	 03 Seat Bracket 1PC	 04 Backrest Support 2PCS	 05 Backrest Incline Support 1PC
 06 Main Frame 1PC	 07 Seat Incline Adjustment Frame 1PC	 08 Incline Support Plate 2PCS	 09 Seat Pad 1PC	 10 Backrest Pad 1PC
 11 Rubber Bumper 1PC	 12 Rubber Bumper 2PCS	 13 Bushing 4PCS	 14 Bushing 2PCS	 15 Foam Roll 2PCS
 16 Foam Roll Cap 2PCS	 17 Oval Outer Cap 4PCS	 18 Square Inner Cap 6PCS	 19 T Shape Lock Pin 1PC	 20 Philip's head screw 1PC
 21 Hex Bolt M8 x 40 10PCS	 22 Hex Bolt M8 x 95 1PC	 23 Carriage Bolt M10 x 55 4PCS	 24 Hex Bolt M10 x 90 3PCS	 25 Hex Bolt M10 x 180 2PCS
 26 Flat Washer M6 1PC	 27 Flat Washer M8 12PCS	 28 Flat Washer M10 14PCS	 29 Nut M8 3PCS	 30 Nut M10 9PCS

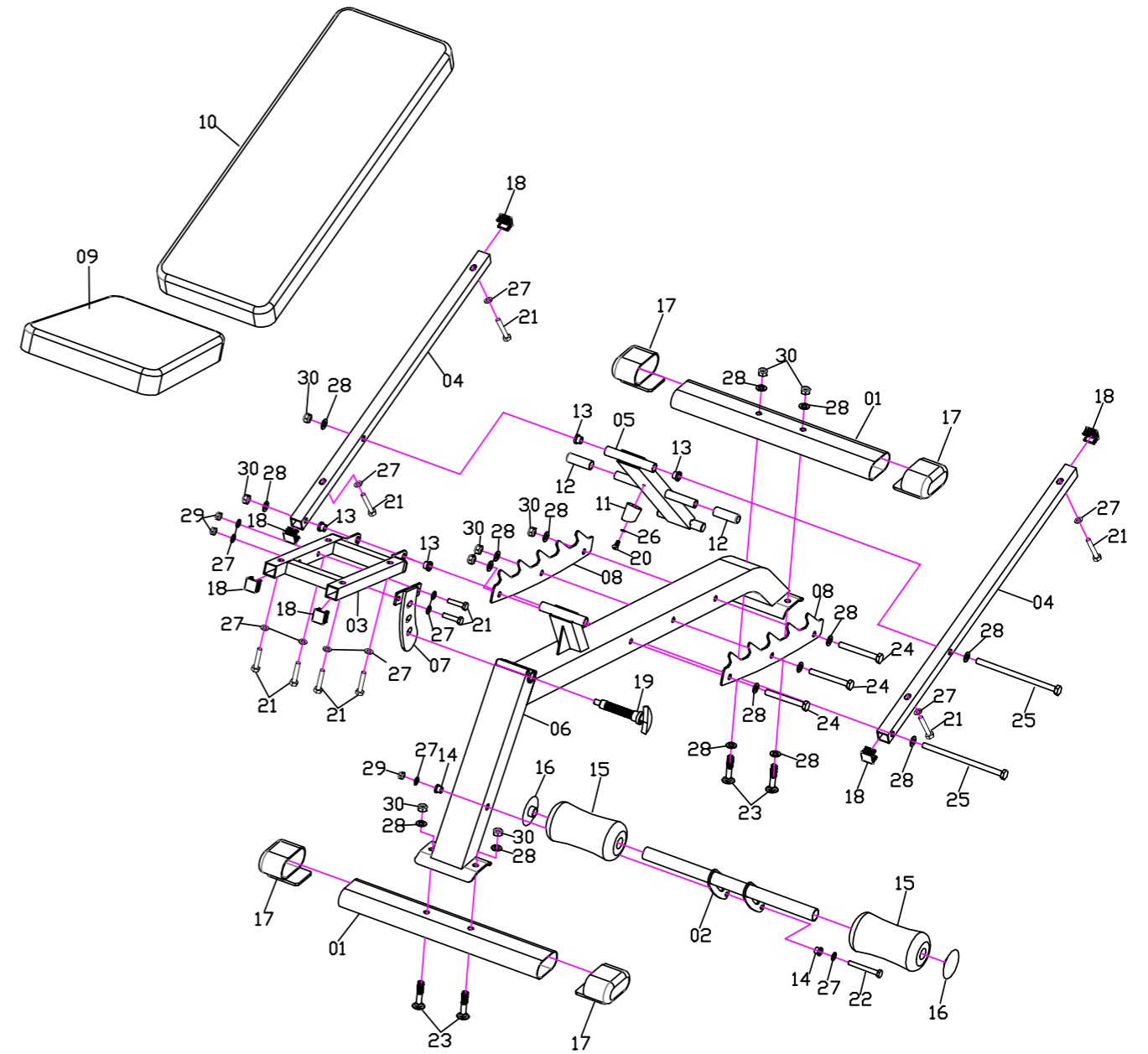
PART LIST

BC2 F.I.D Bench

Part No.	Description	QTY	Part No.	Description	QTY
01	Base Frame	2	16	Foam Roll Cap	2
02	Foam Tube Frame	1	17	Oval Outer Cap 80 x 40	4
03	Seat Bracket	1	18	Square Inner Cap 25 x 25	6
04	Backrest Support	2	19	T Shape Lock Pin	1
05	Backrest Incline Support	1	20	Philip's head screw	1
06	Main Frame	1	21	Hex Bolt M8 x 40	10
07	Seat Incline Adjustment Frame	1	22	Hex Bolt M8 x 95	1
08	Incline Support Plate	2	23	Carriage Bolt M10 x 55	4
09	Seat Pad	1	24	Hex Bolt M10 x 90	3
10	Backrest Pad	1	25	Hex Bolt M10 x 180	2
11	Rubber Bumper	1	26	Flat Washer M6	1
12	Rubber Bumper	2	27	Flat Washer M8	12
13	Bushing	4	28	Flat Washer M10	14
14	Bushing	2	29	Nut M8	3
15	Foam Roll	2	30	Nut M10	9

EXPLODED VIEW DRAWING

BC2 F.I.D Bench



ASSEMBLY STEP

BC2 F.I.D 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:

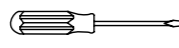
two adjustable wrenches



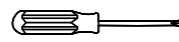
one rubber mallet



one standard screwdriver

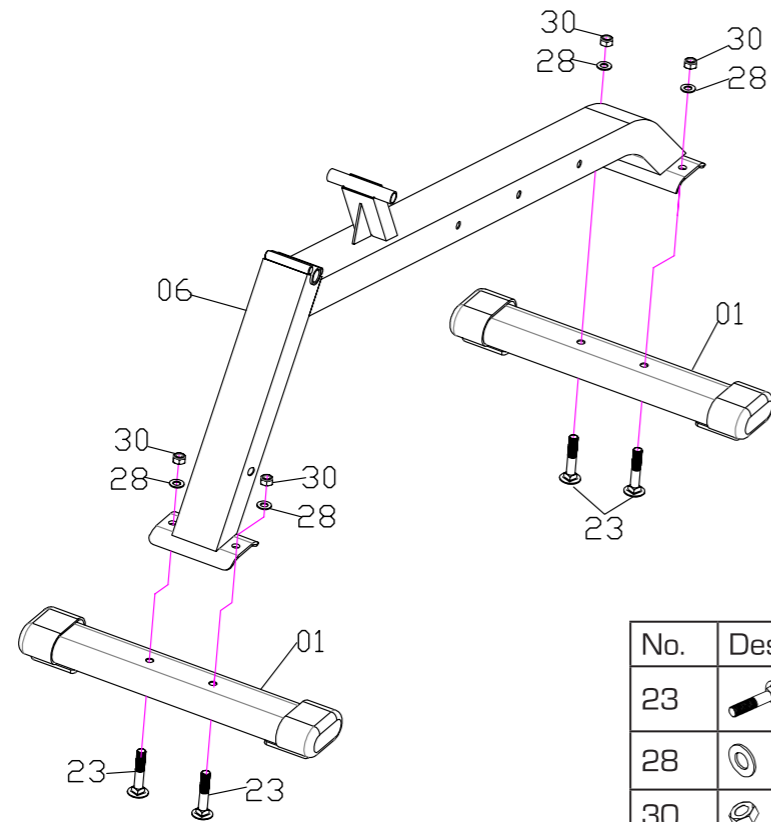


one Phillips screwdriver



STEP 1

1. Attach the main frame(06) to the base frame(01) with Four M10 x 55mm bolts(23), Four M10 washers(28) and Four M10 nuts .



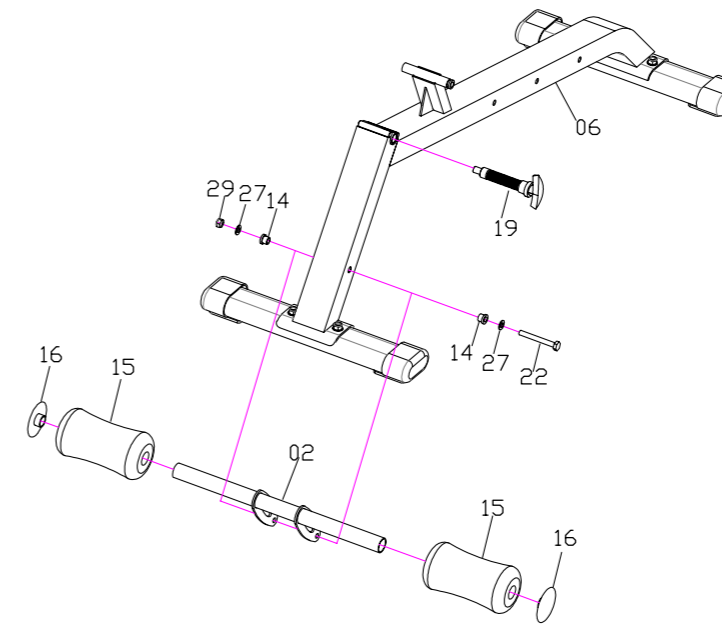
No.	Description	QTY
23	M10 x 55	4PCS
28	M10	4PCS
30	M10	4PCS

ASSEMBLY STEP

BC2 F.I.D Bench

STEP 2

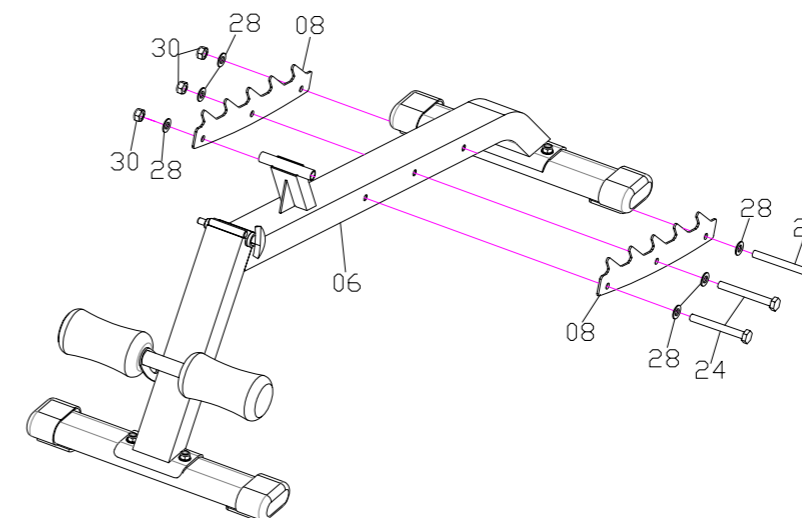
1. Insert the Lock Pin(19) through the Main Frame(06).
2. Slide a Foam Roll(15) onto each end of the Foam Tube Frame(02). Then, press a Round Foam Cap (16) into each Foam Roll(15).
3. Attach the Foam Tube Frame(02) with one M8 x 95mm Bolt(22), Two M8 Flat Washers and One M8 Nut.



No.	Description	QTY
22	M8 x 95	1PCS
27	M8	2PCS
29	M8	1PCS

STEP 3

1. Attach two incline support plates(08) to the Main Frame(06) with Three M10 x 90mm Bolts(24), Six M10 Flat Washers and Three M10 Nuts.



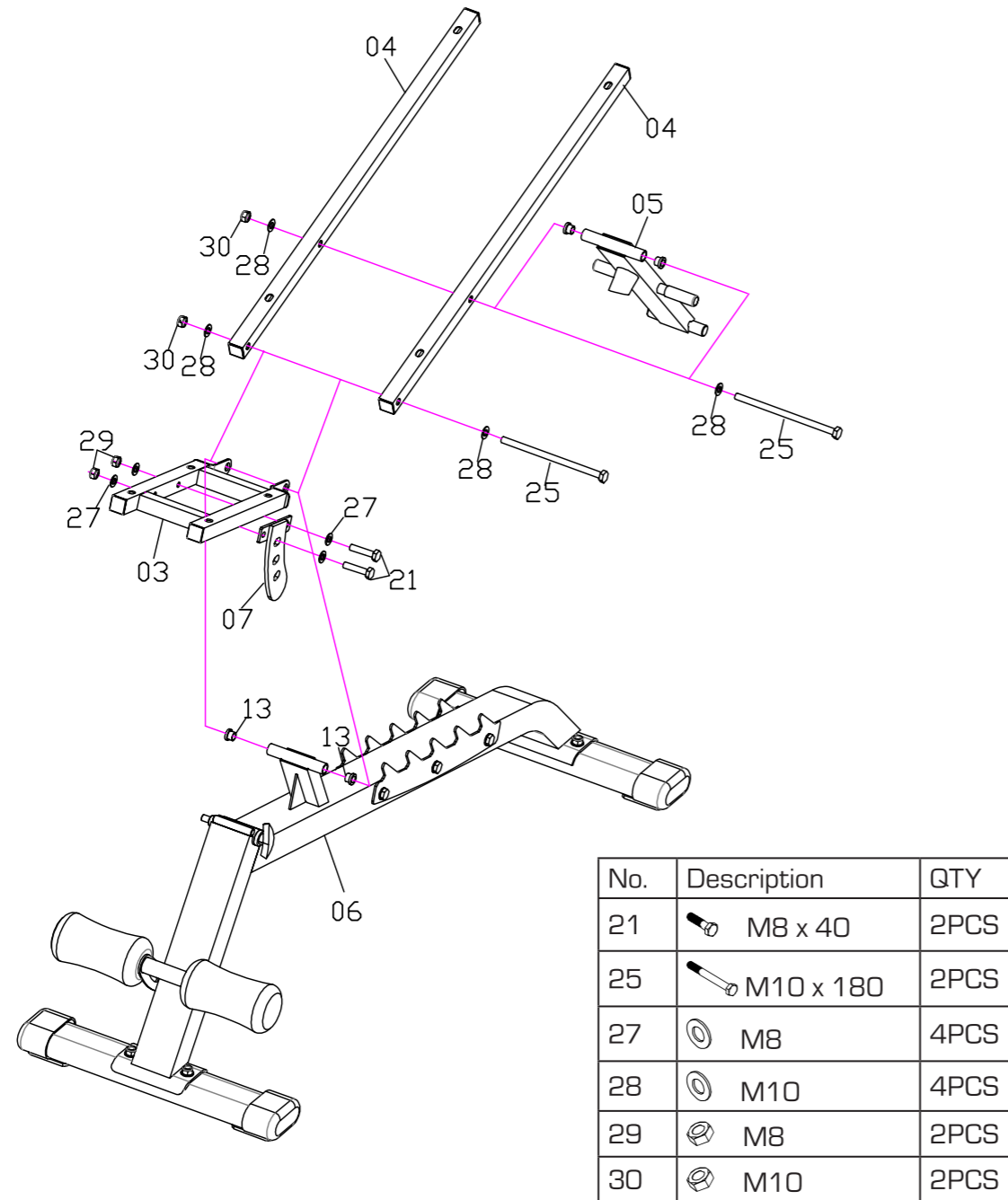
No.	Description	QTY
24	M10 x 90	3PCS
28	M10	6PCS
30	M10	3PCS

ASSEMBLY STEP

BC2 F.I.D Bench

STEP 4

1. Attach the Seat Incline Adjustment Frame(07) to the Seat Bracket(03) with Two M8 x 40 Bolts (21), Four M8 Flat Washers(27) and Two M8 Nuts(29).
2. Attach the Seat Bracket(03) and Bracket Support(04) to the Main Frame(06) with One M10 x 180 Nut(25),Two M10 Flat Washers(28), Two Bushings(13) and One M10 Nut(30), In the same line.
3. Attach the Backrest incline support(05) to the Backrest Support(04), with One M10 x 180mm Bolt(25),Two M10 Flat Washers(28),Two Bushings(13) and One M10 Nut (30).



ASSEMBLY STEP

BC2 F.I.D Bench

STEP 5

1. Attach the Seat Pad(09) onto the Seat Bracket(03), with Four M8 x 40 Bolts(21) and Four M8 Flat Washers(27).
2. Attach the Backrest Pad(10) onto the Backrest Support(04), with Four M8 x 40 Bolts(21) and Four M8 Flat Washers(27).

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

