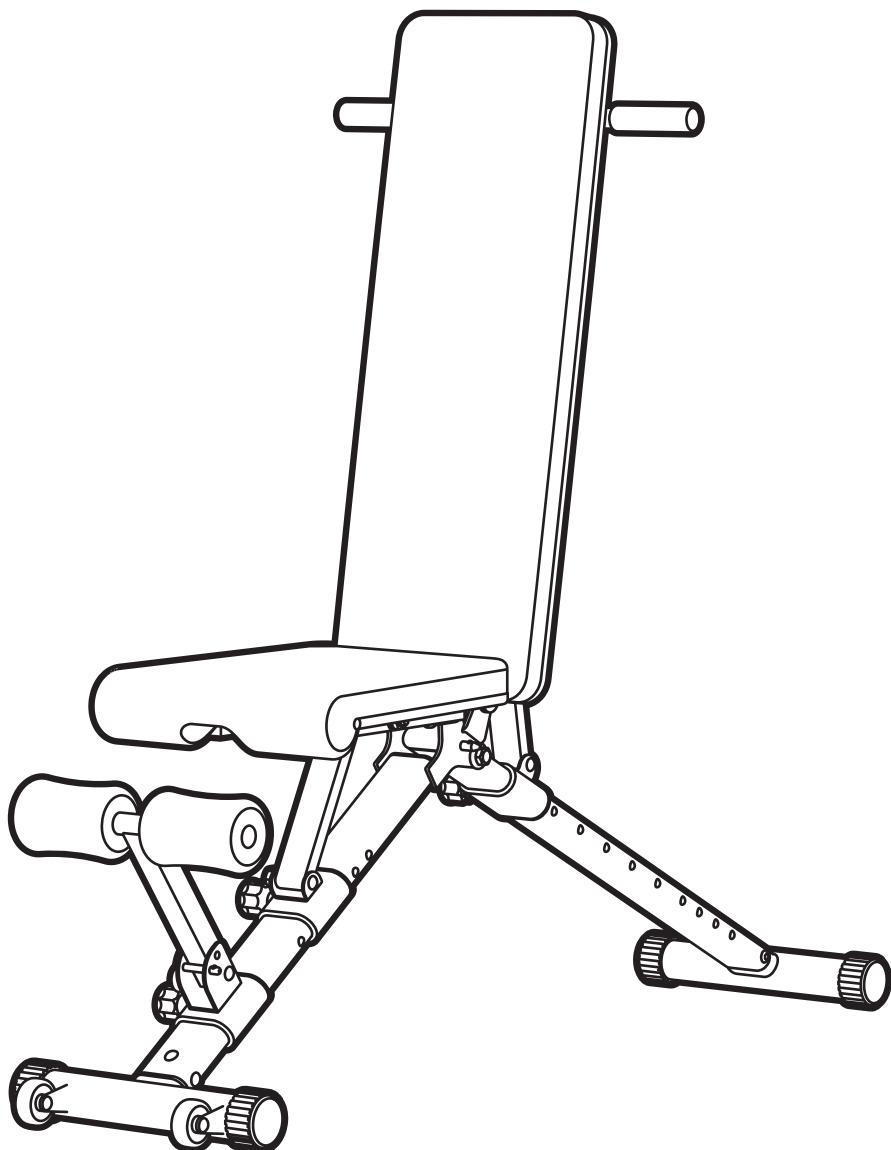




# USER MANUAL

## WORKOUT BENCH STANDARD

VELA VB020



# Specifications

Item Name	Workout Bench Standard
Model	VB020
Net Weight	14kg
Gross Weight	16kg
Folded Size	33in×13in×11in
Unfolded Size	57in×13in×20in
Packing Size	34in×15in×12in

※ Product specifications and appearance may be changed without prior notice, please be aware.

※ It is strictly forbidden to copy, reprint and reprint any part or all of the contents of this manual beyond the scope of copyright law.



Thank you for choosing GYMER WORKOUT BENCH STANDARD VELA VB020.  
Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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# Important Safety Instructions

Read and understand all warnings on this machine. Carefully read and understand the Assembly instructions.



## Warning

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.



## Attention

This icon means if the instructions are not followed, you may get injury and the equipment may damaged.

Read all instructions carefully before assembling and operating this product. This unit is designed with optimum safety in mind. Retain this owner's manual, do not remove any safety labels from the machine, and keep the original purchase receipt for future reference.



## Warning

- ① This bench is for home use only. Please do not use it in a place that is not used by a majority of people such as schools and gyms.
- ② Users should use caution when the following conditions.
  - A person who is receiving treatment and is unwell.
  - Pregnant, suspected of being pregnant, or being in a physiological period.
  - A person who has a heart or bronchial disease and needs to be rested.
  - People who are using implantable medical electronics such as pacemakers.
  - Diagnosed by a doctor, it is recommended that people who are prohibited from exercising.
  - People who are sick, overworked, etc.
- ③ The following people need to consult a doctor before using.
  - People with sensory impairment.
  - Blood circulation, vascular disorders, people with obstacles in circulating organs.
  - People with bone problems such.
  - People with visceral diseases such as hepatitis and gastritis.
  - People with a malignant tumor.
  - People with rheumatism, ventilation, arthritis.
  - People with spinal deformity and spinal curvature.
  - People with lumbar disc herniation and spondylolysis.
  - People suffering from feet, waist, neck, and hand numbness.
  - People with foot varices, high blood circulation diseases, and thrombosis.
  - People who use for rehabilitation purposes.

- ④ Not intended for use by anyone under the elementary school. Children must not be let on or near to this machine.
- ⑤ Only one person should use the equipment at a time.

## Bench Assembly

- ① Please take the time to read all assembly instructions before attempting to assemble your bench.
- ② When assembling or using this product, please pay attention to safety and prevent your fingers from being caught by moving parts.
- ③ When assembling, in order to avoid hurting the floor or surrounding furniture, please place it on a soft object such as a protective pad.
- ④ Due to the risk of injury, in order to be safe, please wear gloves and ensure that more than 2 people assemble the device together.
- ⑤ If you do not assemble and use according to this manual, there is a risk of serious accidents, so please do not violate the rules.

## Attention

- ① Please make sure that the parts are complete before assembly. In addition, if the parts are not complete, please contact GYMERA.
- ② Please be sure to assemble and set in a fully spacious place, taking care not to damage the surrounding furniture and floor.
- ③ When assembling, please be careful not to hurt yourself by the tools. Must be careful when using the tools.
- ④ Please inspect your exercise bench to ensure that all fasteners are tight and components are properly assembled. Review all warnings affixed to machine.

## Bench Using

- ① Please confirm that it is a place that there is no danger and spacious enough.
- ② Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
- ③ Do not operate this or any exercise equipment if it is damaged.
- ④ Stretching and warming up must be done before use. If you do not stretch, you may be injured.

- ⑤ Always wear proper exercise apparel when using the equipment. Use care when getting on or off the unit.
- ⑥ If any time you feel faint, light-headed or dizziness while operating the equipment, stop exercising immediately. You should also stop exercising if you are experiencing pain or any kind of discomfort.
- ⑦ Keep children and pets away from the equipment at all times.
- ⑧ Keep loose clothes, jewelry, limbs and long hair away from moving parts.
- ⑨ Never attempt to exercise with more resistance than you are physically able to handle.
- ⑩ Wait 2 hours after eating before using the exercise equipment. If you get nauseous, stop exercising right away.
- ⑪ Never exercise after drinking.
- ⑫ Please do not use this product as a chair, ladder or other improper purposes.
- ⑬ Please be careful not to use this product as a toy for children.

## Attentions

- ① This product is for indoor use and should not be used outdoors.
- ② Please do not set it in places where moisture is heavy and splashed by water droplets. It may cause rust or malfunction.

## Bench Maintenance

- ① After each use, wipe bench free of sweat with a clean, dry cloth. Upholstery can be cleaned with a mild detergent or spray cleaner.
- ② If used often, your bench should be thoroughly cleaned using a clean cloth and an ammonia based cleanser. Wipe bench down completely and be sure to touch up any scratches with touch up paint to prevent rusting.
- ③ Check the frame of the bench for any sign of cracking or permanent bending. If you find this situation, do not use the bench and contact YouTen Fitness immediately.

## Storage

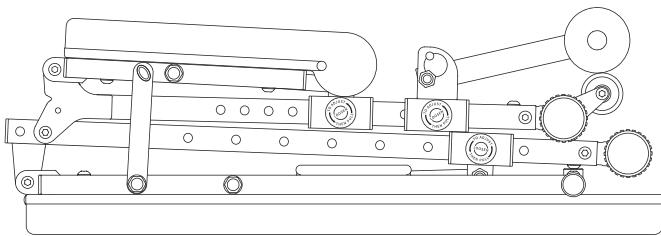
- ① Please do not store this product in a place that is easy to be tripped or where there is a risk of falling.
- ② Please keep out of reach of children.
- ③ Keep away from light during the placement process, avoid high temperatures and avoid moisture.
- ④ If you use it after long-term storage, be sure to check the product according to the instructions before using it.

# Parts Guide

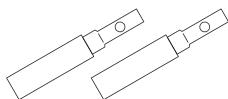
Please carefully check whether the contents of the package are complete and intact. If there is any missing or damaged, please contact the YouTen Fitness.

## Main Body

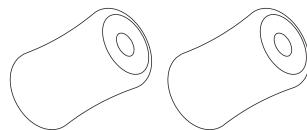
① Frame assy ×1



② Handle ×2



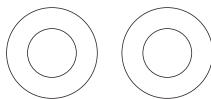
③ Leg pad ×2



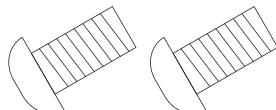
※Accessories are sometimes attached to the main body.

## Hardware and Tool Guide

④ Handle gasket ×2



⑤ Screw ×2



⑥ M5 Allen Wrench ×1



⑦ M6 Allen Wrench ×1



⑧ 14/17 Wrench ×1



※④ and ⑤ are attached to the ② handle.

※The included tools are simple and it is recommended that you tighten them with professional tools.

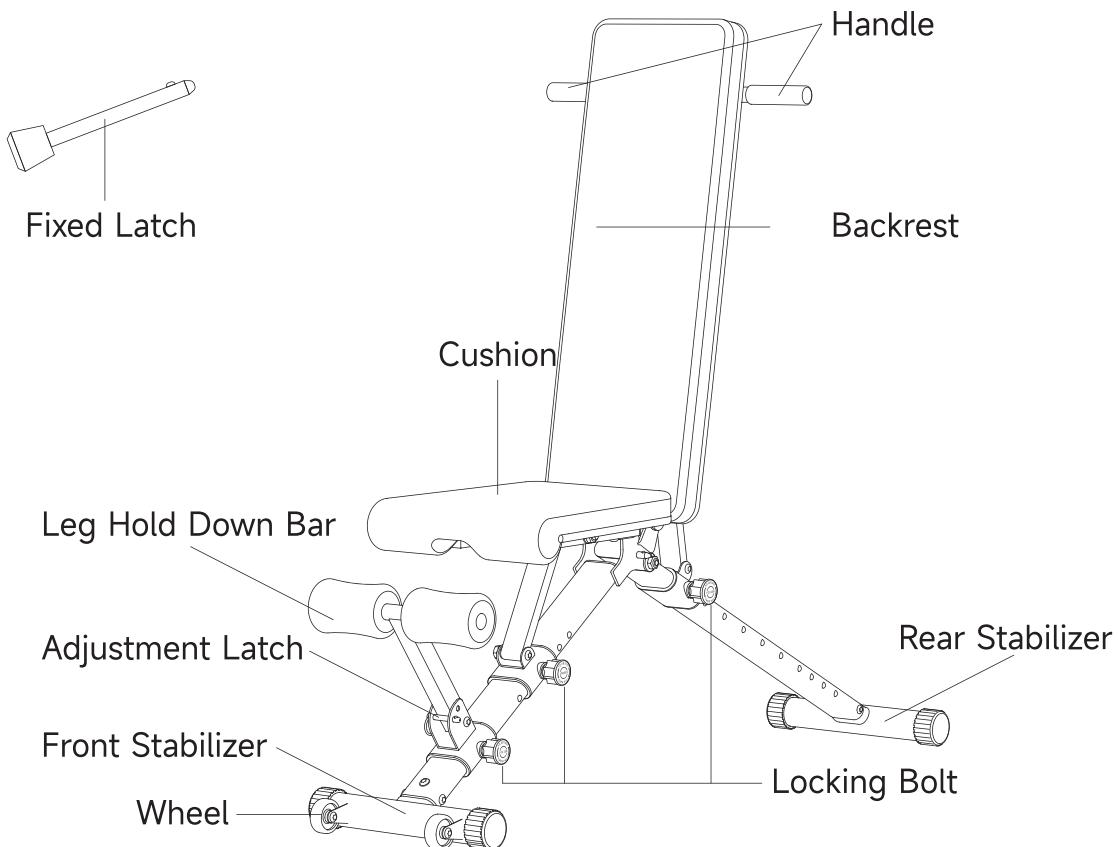
※Please use the tools ⑥⑦⑧ to tighten all the screws before your workout.

**The initial bad period is within 7 days of receiving the goods.**

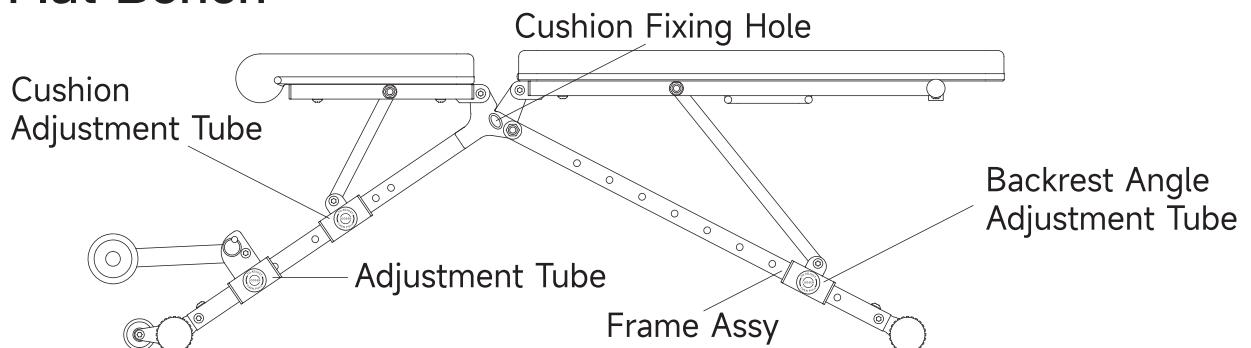
After receiving the product, please open the box to confirm whether it is in good condition. After 7 days of arrival, the product is guaranteed. You must keep the packaged products such as cartons, and use it when repairing.

# Parts Guide

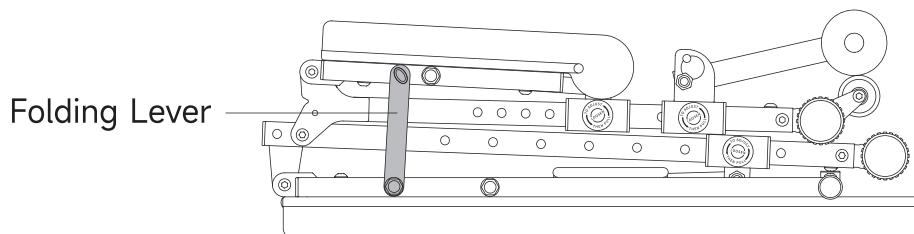
## ■ Incline/Decline Bench



## ■ Flat Bench



## ■ Folding

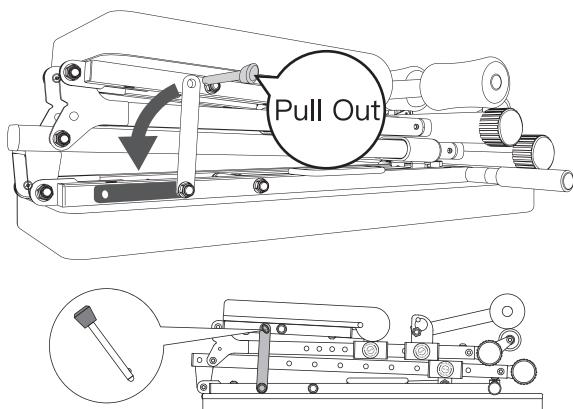


# Assembly Instructions

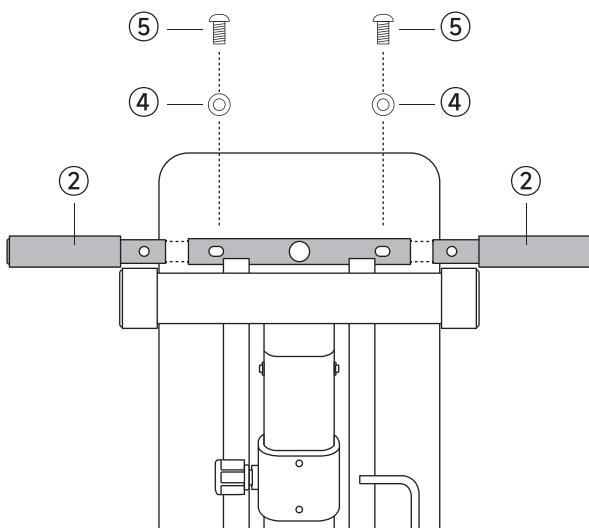


Please take the time to read all assembly instructions before attempting to assemble your bench. By following the manual, you can simplify each process and save yourself extra time and effort.

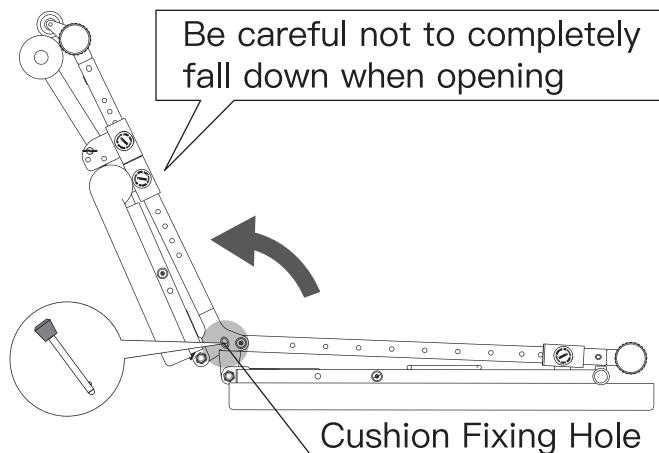
**01** Put the backrest on the ground, pull out the fixed latch from the folding lever. Then put the fixed latch down, please refer to the figure below.



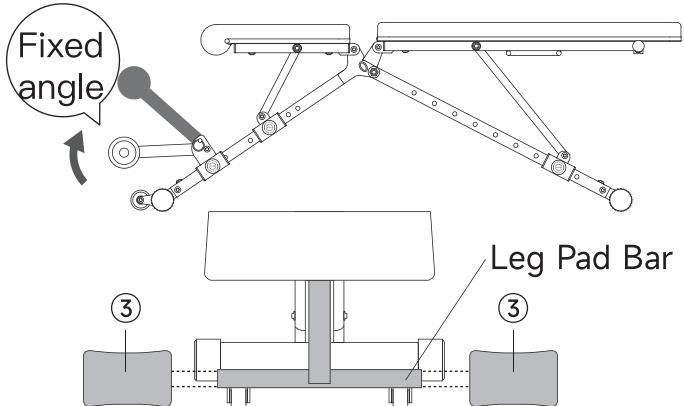
**03** Please assemble the handle on both sides of the cushion.



**02** Unfold the bench refer to the figure below, insert the fixed latch into the cushion fixing hole.



**04** Lift the bench like figure below. In order to assemble the leg pad easily, pull out the fixed latch, fix the angle, then slide both leg pads onto the leg pad bar. You have successfully completed assembly of your bench.

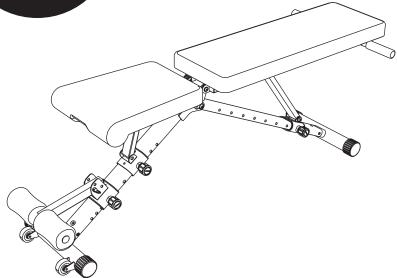


**Always tighten all screws and nuts before use.**

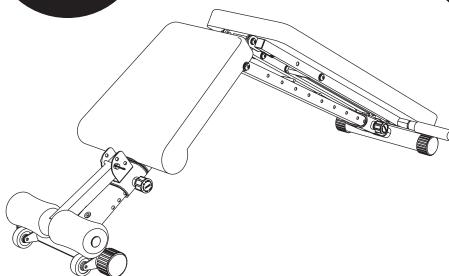
The product is assembled into semi-finished products, and there may be loose screws during transportation. Please confirm the tightening of screws and nuts before use. This product uses a nylon nut, so there is a feeling that it is difficult to tighten, which is not an accessory. So be sure to screw the nut to the gap between the fittings.

# Bench Positions

Flat Bench



Decline Bench



Incline Bench



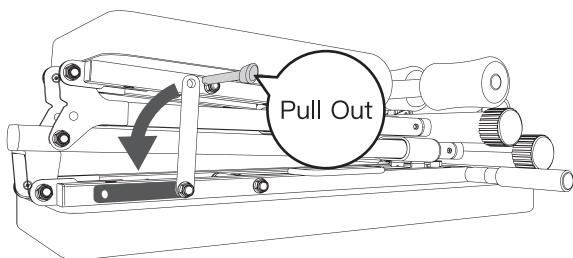
※ When adjusting the angle, be sure to fix it completely before using it.

## Unfolding Instructions

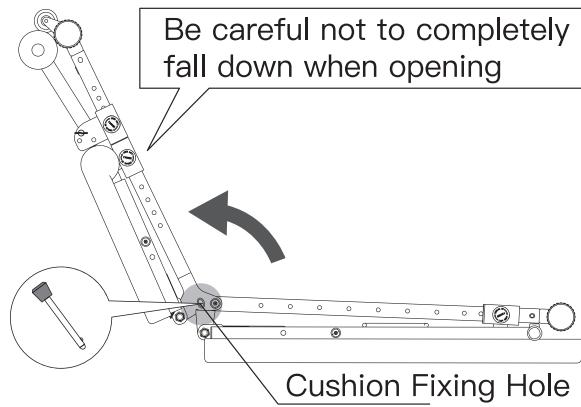


Be careful not to be caught when unfolding the bench.

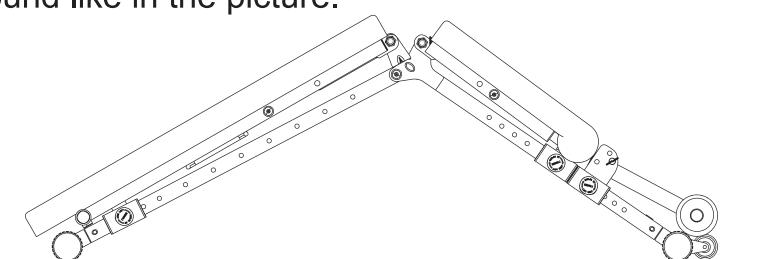
**01** Attach the backrest to the ground and pull out the fixed latch from the folding lever. Please put the folding lever down like the picture.



**02** With the backrest against the ground, extend the main body and insert the fixing pin into the cushion fixing hole.

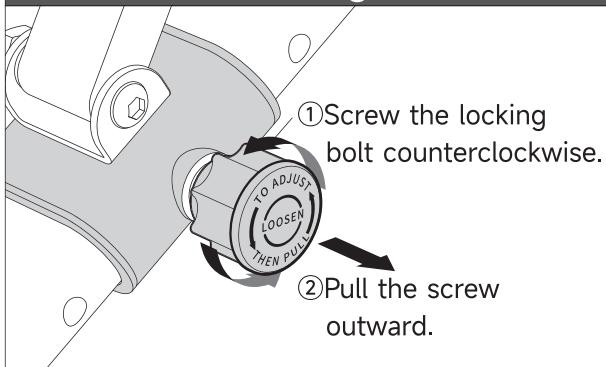


**03** The base on the front of the main body and the base on the back are placed on the ground like in the picture.

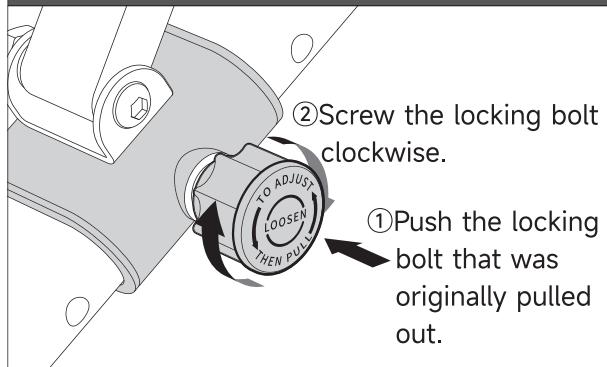


# How To Use One-touch Screws

## When loosening the screw

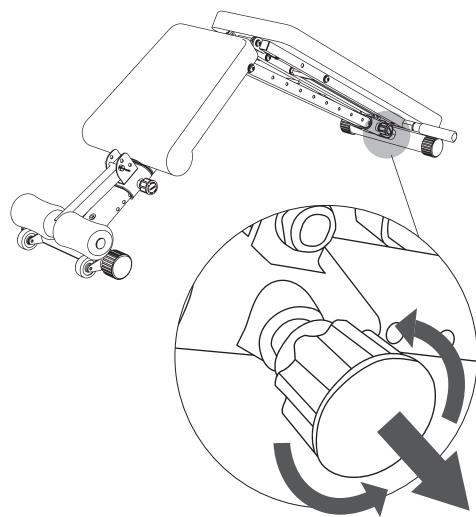


## When tightening the screws

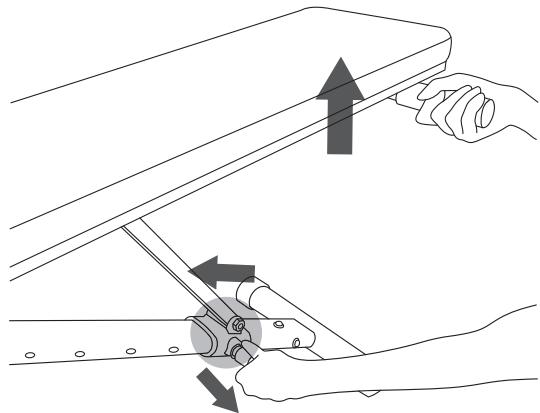


# Backrest Adjustment Instructions

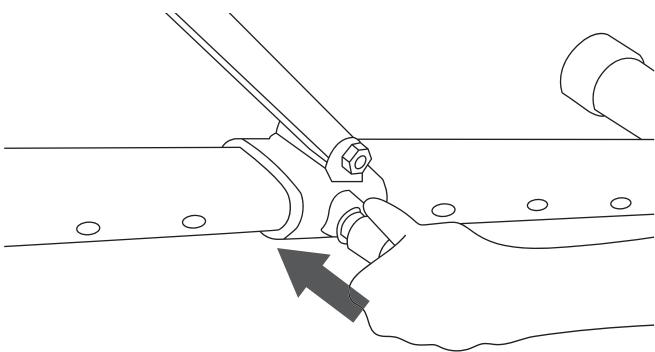
**01** Loosen the backrest locking bolt and pull out.



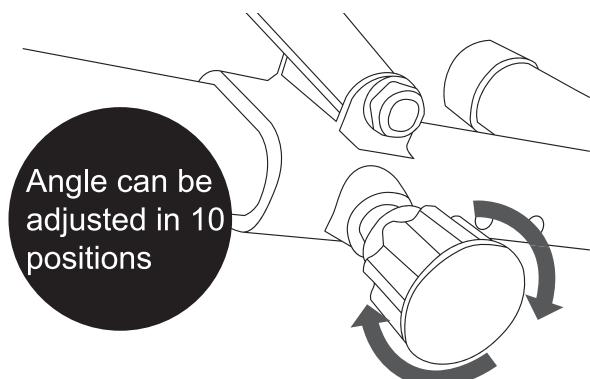
**02** While pulling the locking bolt outward, hold the backrest or the handle so that the adjustment lever can be slide and the angle can be adjusted up and down.



**03** Check the hole in the frame assy and insert the locking bolt.

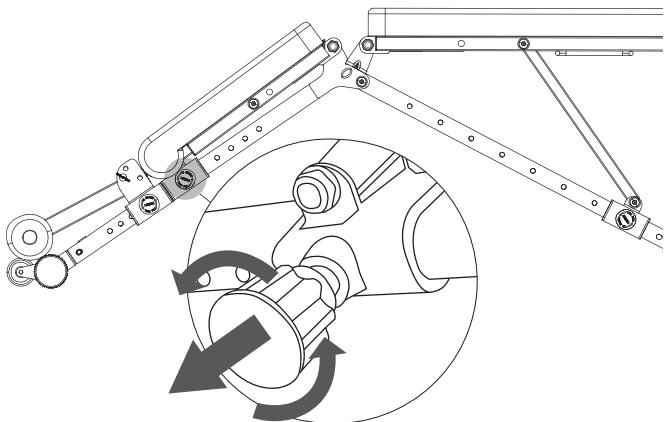


**04** Then screws the locking bolt and completed.

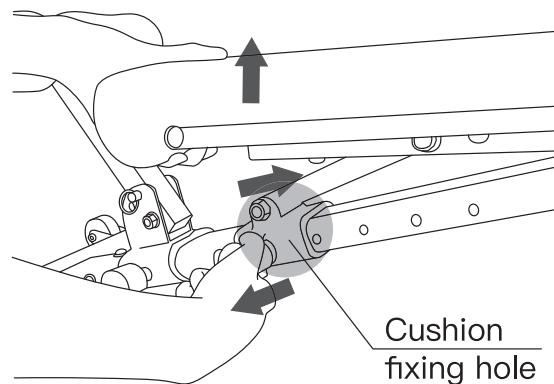


# Cushion Adjustment Instructions

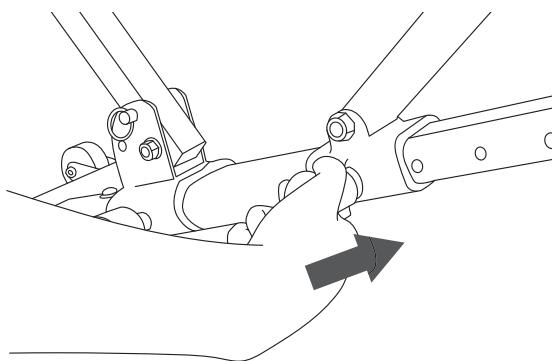
**01** Loosen the locking bolt of the cushion and pull out.



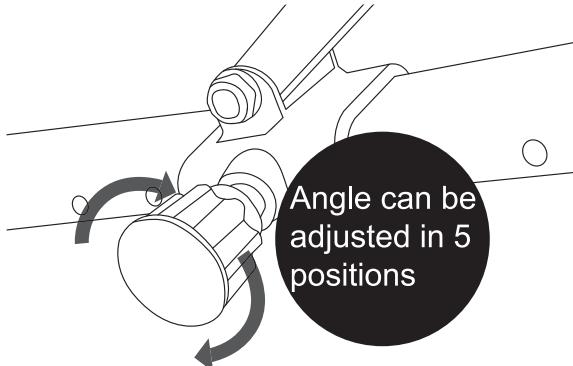
**02** While pulling the locking bolt outward, hold the seat cushion so that the adjustment lever can be slide and the angle can be adjusted up and down.



**03** Check the hole in the frame assy and insert the locking bolt.



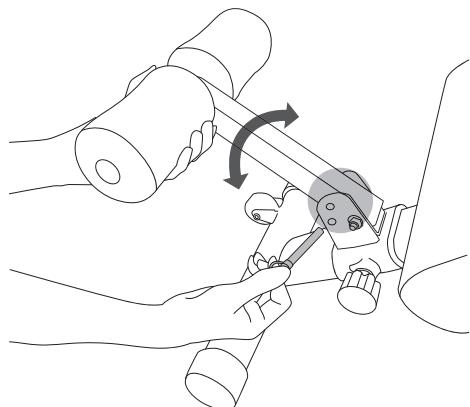
**04** Then screws the locking bolt and completed.



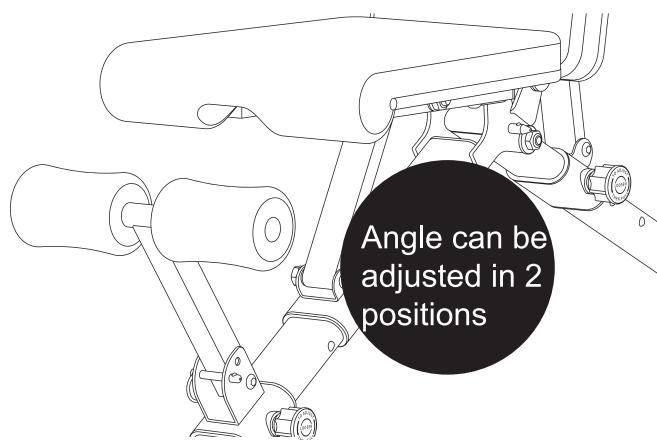
# Leg Hold Down Bar Adjustment Instructions

## ■ Angle Adjustment

**01** Pull the leg hold down bar adjustment latch out and adjust the angle.

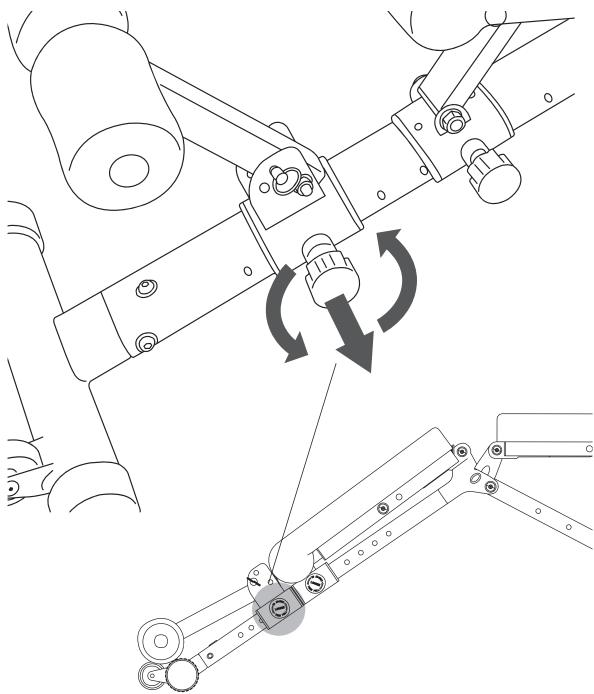


**02** Align the angle adjustment hole and insert the adjustment latch into it.

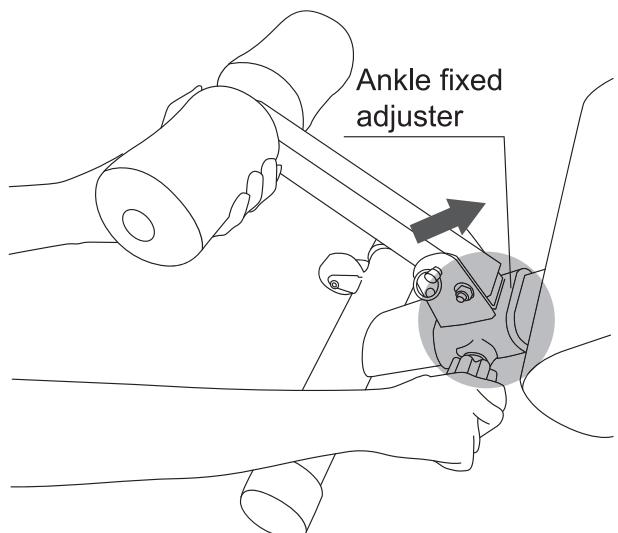


## ■ Height Adjustment

**01** Loosen the locking bolt of the leg hold down bar and pull out.



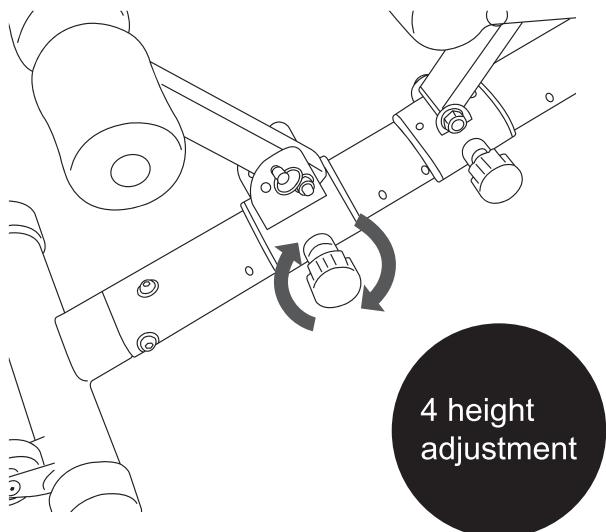
**02** While pulling the locking bolt outward, hold it so that the adjustment lever can be slide and the height can be adjusted up and down.



**03** Align the screw holes of the main frame, then insert the locking bolt.



**04** Screw the locking bolts and fix them.

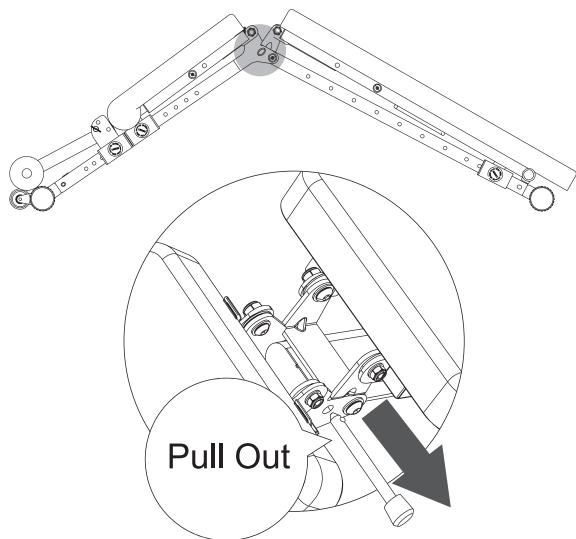


# Folding Instructions

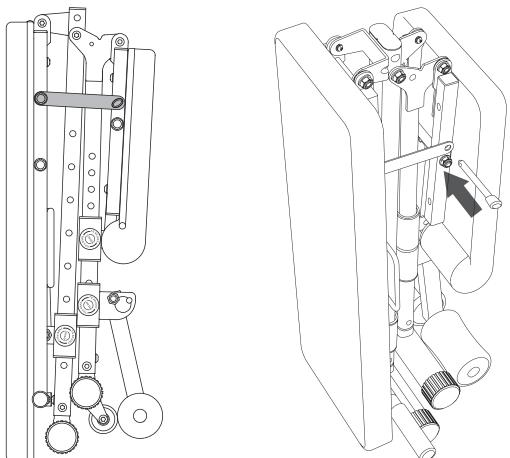


Be careful not to be caught when folding the bench.

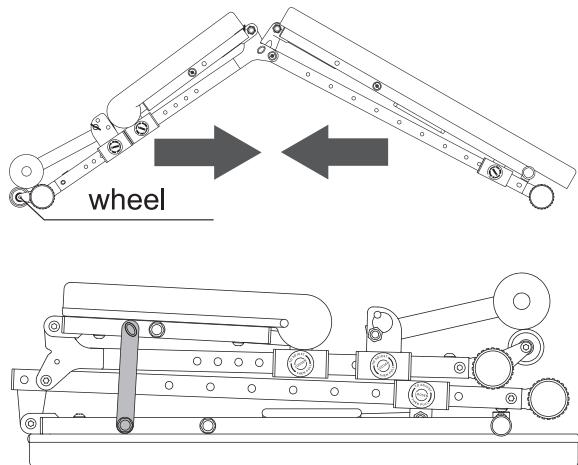
**01** Adjust the main body to the state shown in the figure below, and then pull out the fixed latch used for folding.



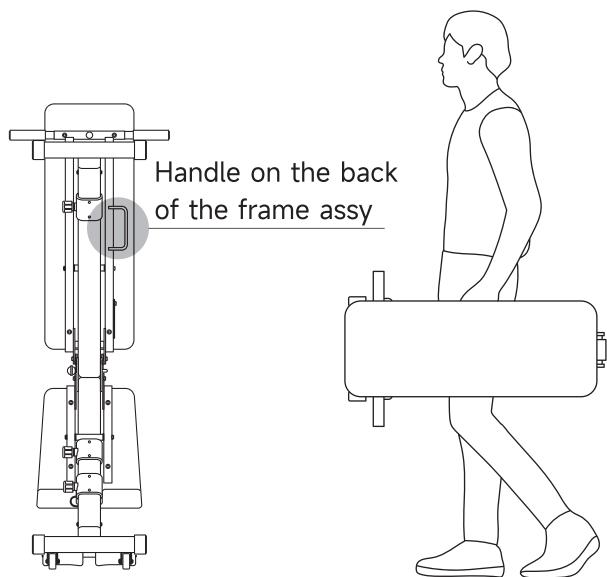
**03** Slide down the folding lever and insert the fixed latch for folding.



**02** Push the wheel for the frame assy to move and fold it slowly.



**04** Comes with a handle, you can move it easily.



# Support and Warranty

## Technical Support and After Sales Service

Thank you for your trust on Gymera products. We will wholeheartedly provide you with satisfactory service. To get technical support and after-sales service, please select ways as:

- (1) Gymera App → My → Feedback and Support
- (2) Email: support@gymera.net
- (3) Tel: +86-0755-23732305
- (4) Web: [www.gymeratech.com](http://www.gymeratech.com)

## Warranty Instructions

**2 YEARS WARRANTY  
IN FREE**

You can get **2 years warranty in free** for your Gymera products.

But, the below clauses are not exempt:

1. The problem which caused by manual such as disassembly or modification without authorition;
2. The failure caused by the environment or condition which does not meet the specification;
3. Failure or damage caused by calamity (such as fire, earthquake, lightning strike, etc. );
4. The product serial number missing or damage;
5. No warranty for the accessories such as Barbell Pad and Workout Mat.

*※The final interpretation right belongs to Gymera.*



## Shenzhen Gymera Technology Co., Ltd

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