



MEGA PRESTO

PRO BENCH



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THE MEGA PRESTO BENCH IS A VERSATILE AND INNOVATIVE PIECE OF EQUIPMENT DESIGNED TO BRING A FULL-BODY WORKOUT INTO THE COMFORT OF YOUR HOME. THIS BENCH FEATURES 9 ADJUSTABLE LEVELS, ALLOWING YOU TO PERFORM A WIDE RANGE OF EXERCISES TARGETING YOUR SHOULDERS, CHEST, AND MORE. ITS MULTI-FUNCTIONAL DESIGN INCLUDES A SPECIALIZED HORSE PART FOR BICEP EXERCISES AND A DEDICATED SECTION FOR LEG WORKOUTS, INCLUDING LEG CURLS, ENSURING YOU CAN EFFECTIVELY TARGET EVERY MAJOR MUSCLE GROUP.

KEY FEATURES:

9 ADJUSTABLE LEVELS: CUSTOMIZE YOUR WORKOUT INTENSITY AND RANGE OF MOTION FOR SHOULDER PRESSES, CHEST PRESSES, AND VARIOUS OTHER EXERCISES.

HORSE PART FOR BICEP EXERCISES: SPECIFICALLY DESIGNED TO ENHANCE YOUR BICEP CURLS, PROVIDING OPTIMAL SUPPORT AND ISOLATION.

LEG EXERCISE PART: PERFECT FOR LEG CURLS AND OTHER LEG EXERCISES, HELPING YOU BUILD STRENGTH AND MUSCLE IN YOUR LOWER BODY.

CABLE PULL PART: EQUIPPED WITH A CABLE PULL SYSTEM, IDEAL FOR BACK EXERCISES TO DEVELOP A STRONG AND TONED UPPER BODY.

COMPACT AND STORABLE: THE BENCH IS DESIGNED FOR EASY STORAGE; IT CAN BE FULLY CLOSED AND STORED AWAY CONVENIENTLY WHEN NOT IN USE, MAKING IT PERFECT FOR HOMES WITH LIMITED SPACE.

THE MEGA PRESTO BENCH IS THE ULTIMATE SOLUTION FOR THOSE LOOKING TO ACHIEVE A COMPREHENSIVE AND EFFECTIVE WORKOUT ROUTINE AT HOME, COMBINING CONVENIENCE, VERSATILITY, AND DURABILITY IN ONE COMPACT PACKAGE.



INSTRUCTION

FASTEN SCREWS REGULARLY: ENSURE ALL SCREWS AND BOLTS ARE SECURELY TIGHTENED BEFORE EVERY USE TO PREVENT ANY LOOSENING DURING WORKOUTS.

LUBRICATE MOVING PARTS: APPLY A SILICONE-BASED LUBRICANT OR OIL TO THE PULL-DOWN PART AND OTHER MOVING COMPONENTS EVERY 1-2 WEEKS TO ENSURE SMOOTH OPERATION AND PREVENT RUST.

WIPE DOWN AFTER EACH USE: USE A DAMP CLOTH AND MILD DETERGENT TO WIPE SWEAT, DUST, AND DIRT OFF THE BENCH'S SURFACE AFTER EVERY WORKOUT TO MAINTAIN HYGIENE AND EXTEND THE LIFE OF THE MATERIAL.

INSPECT FOR WEAR AND TEAR: REGULARLY CHECK THE BENCH PADDING, CABLES, AND ATTACHMENTS FOR SIGNS OF WEAR OR DAMAGE. CONTACT US WHEN YOU NOTICE ANY WORN-OUT PARTS TO PREVENT ACCIDENTS.

AVOID OVERLOADING: DO NOT EXCEED THE RECOMMENDED WEIGHT CAPACITY OF THE BENCH TO AVOID STRUCTURAL DAMAGE AND ENSURE USER SAFETY.

KEEP AWAY FROM MOISTURE: STORE THE BENCH IN A DRY, WELL-VENTILATED AREA TO AVOID CORROSION AND RUST ON METAL PARTS.

PROPERLY STORE ATTACHMENTS: WHEN NOT IN USE, STORE ALL DETACHABLE PARTS LIKE PULL-DOWN BARS AND OTHER ACCESSORIES IN A DRY, ORGANIZED PLACE TO PREVENT MISPLACEMENT OR DAMAGE.

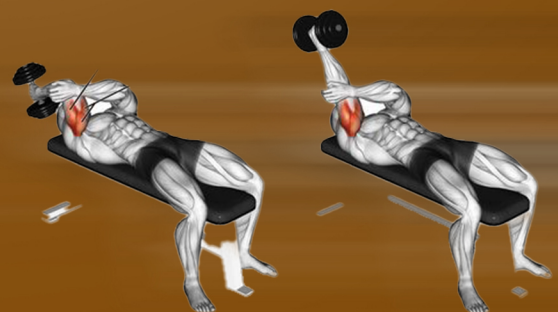
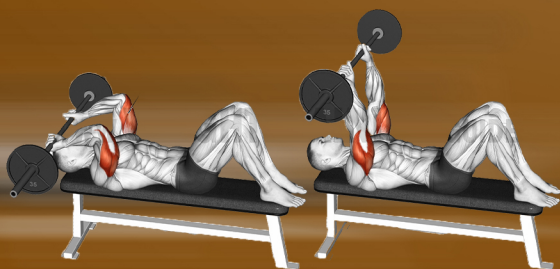
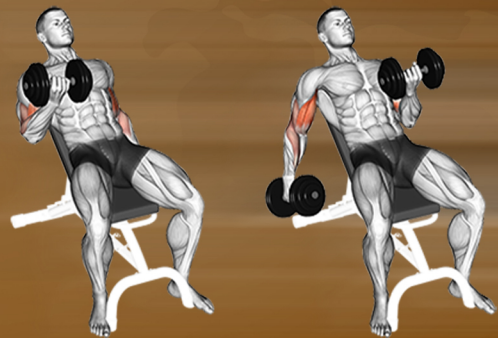
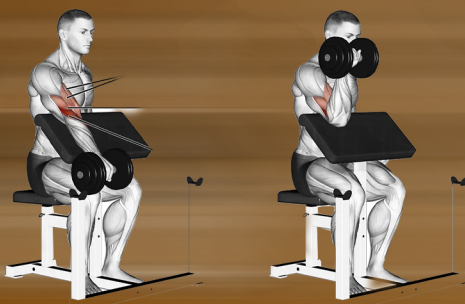
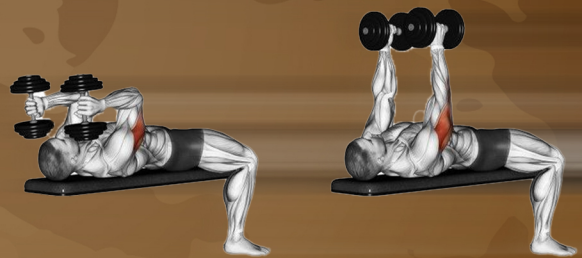
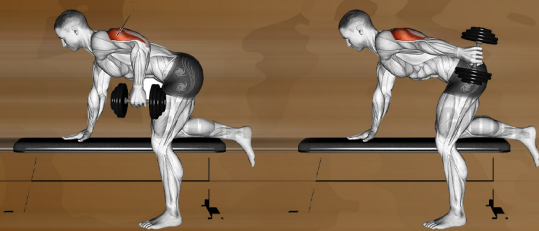
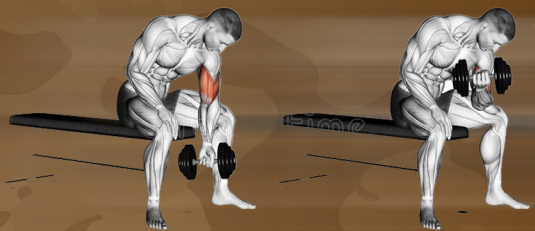
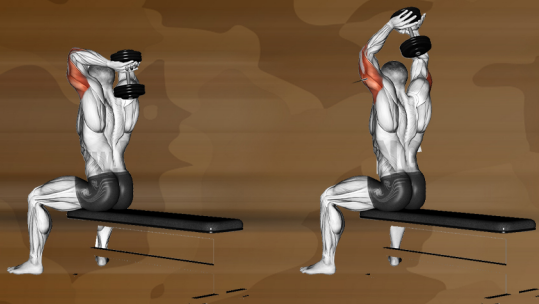
ADJUST SETTINGS CAREFULLY: WHEN ADJUSTING THE BENCH FOR INCLINE OR DECLINE EXERCISES, ENSURE THE PINS AND LOCKS ARE SECURELY IN PLACE BEFORE BEGINNING THE WORKOUT TO AVOID INJURY.

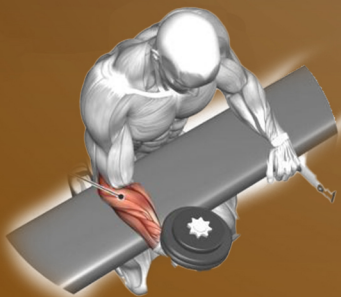
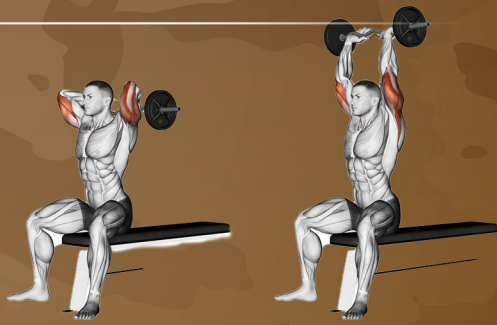
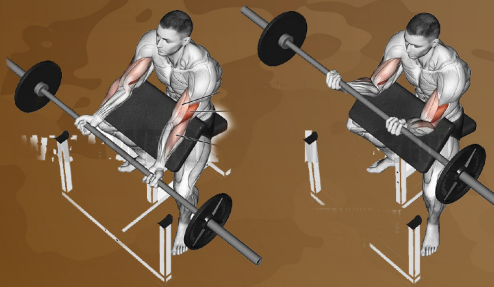
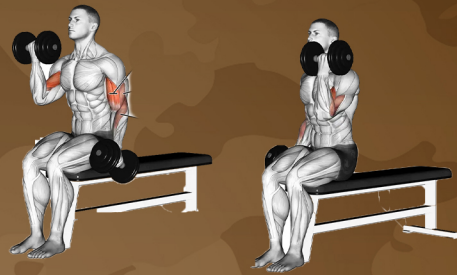
USE A PROTECTIVE MAT: PLACE THE BENCH ON A RUBBER OR NON-SLIP MAT TO PROTECT YOUR FLOOR AND KEEP THE BENCH STABLE DURING EXERCISES.

PERIODIC DEEP CLEANING: ONCE EVERY FEW MONTHS, DISASSEMBLE THE BENCH AND PERFORM A DEEP CLEAN, PAYING SPECIAL ATTENTION TO JOINTS, BOLTS, AND UNDERNEATH THE PADDING TO REMOVE ANY DUST OR DEBRIS BUILDUP.

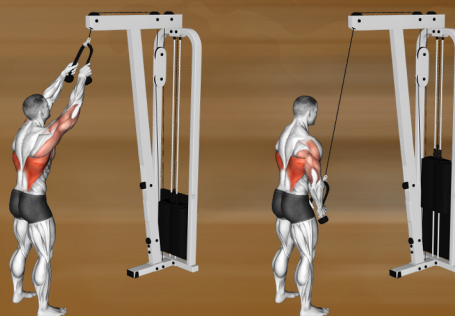
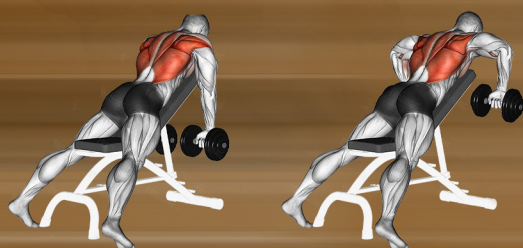
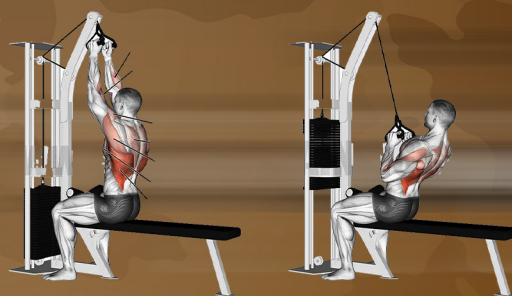
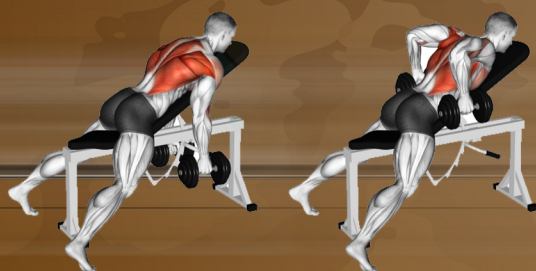


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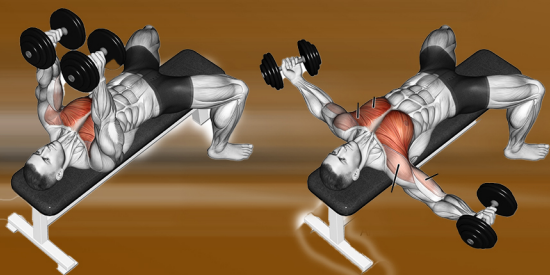
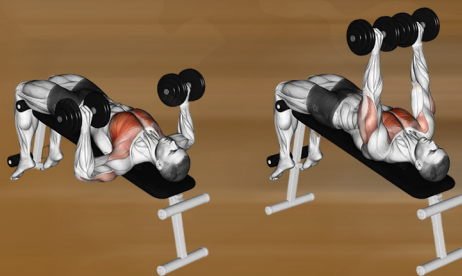
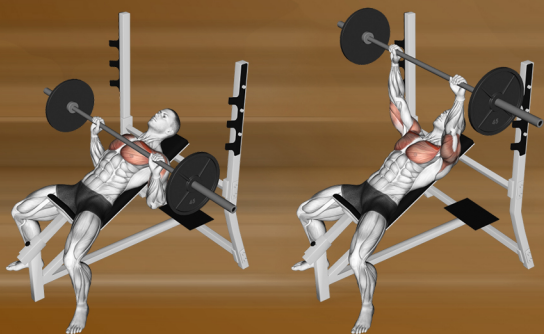
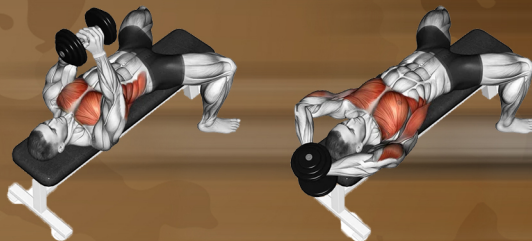
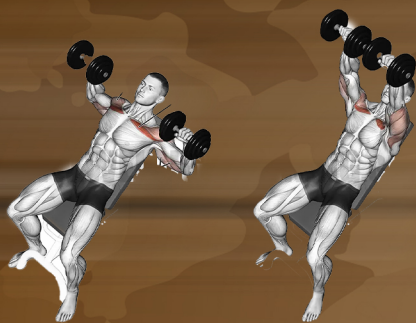


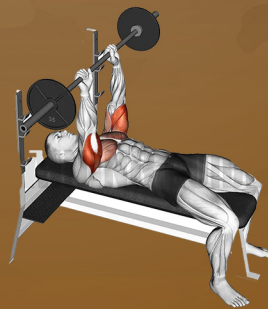
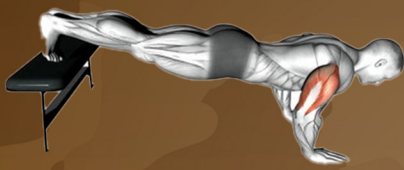


BACK

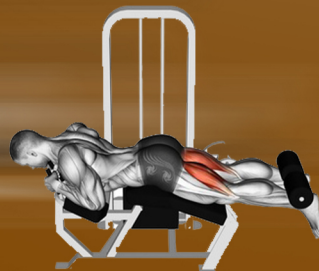
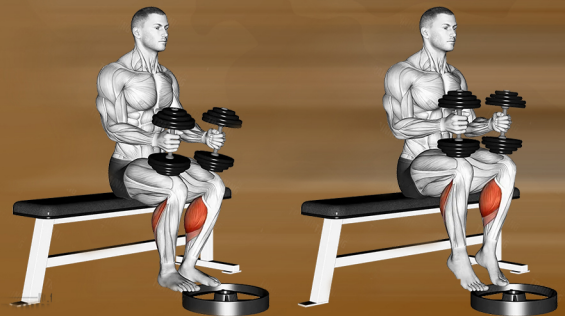
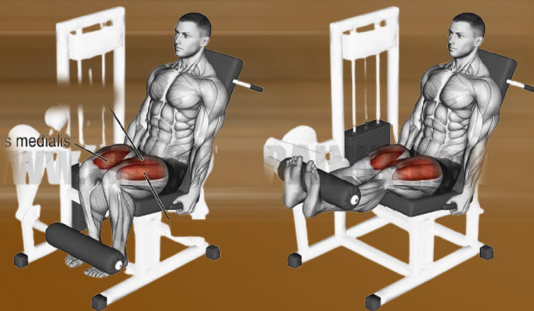
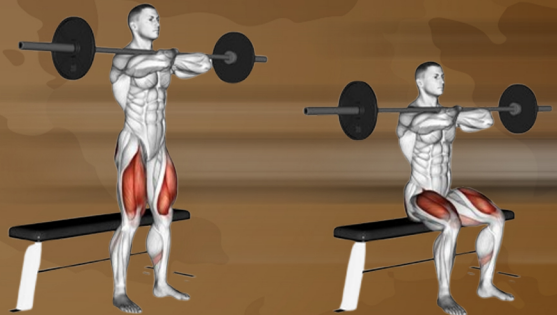
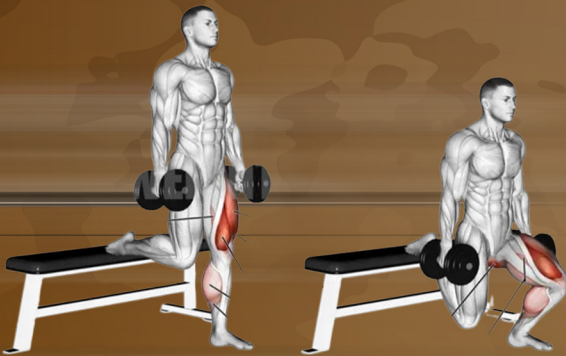
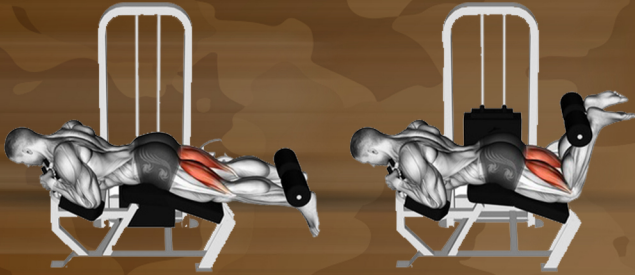


CHEST

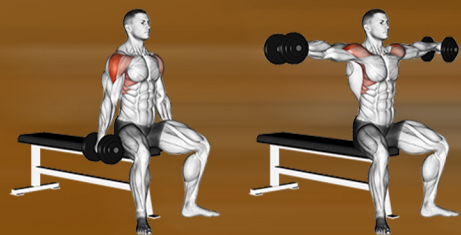
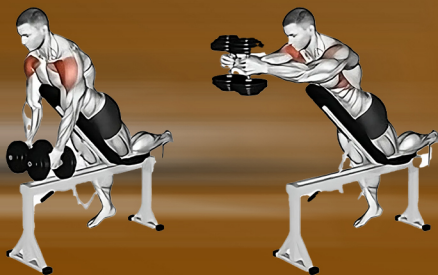
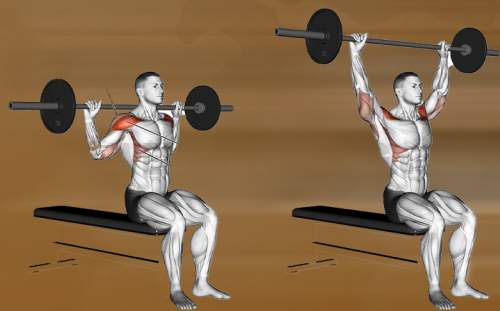
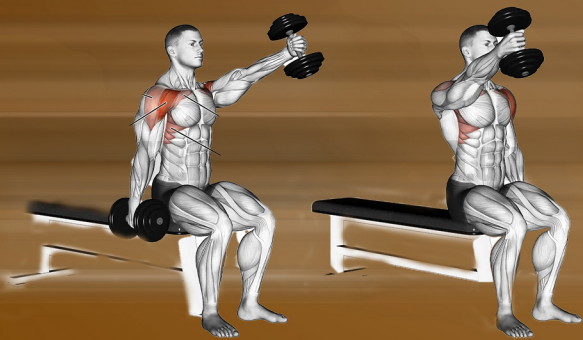
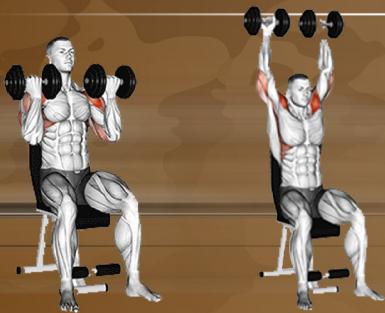
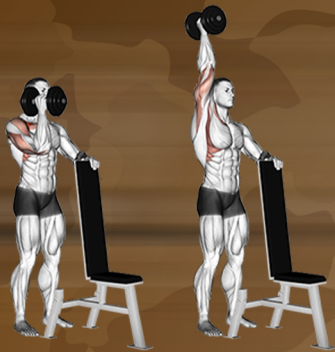




LEG



SHOULDER





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