



HIT FITNESS

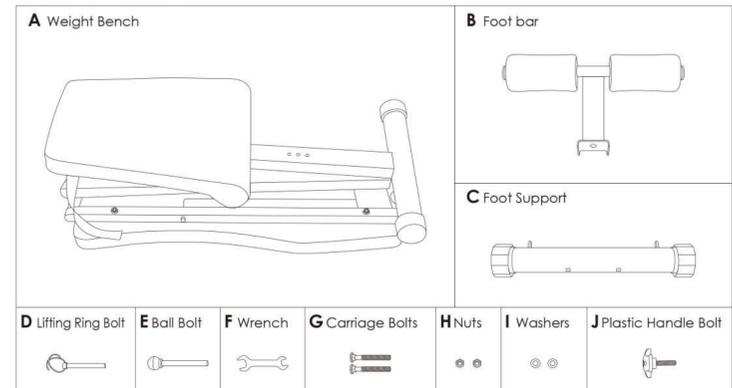
HIT00708

# User Manual

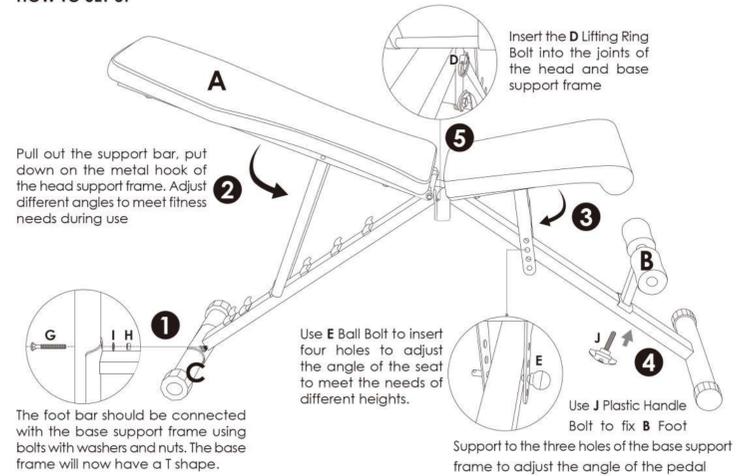
## Adjustable Utility Weight Bench

Thank you for purchasing Hit Adjustable Weight Bench. Please read this user manual carefully and keep it for future reference. If you need any assistance, please contact us.

### PACKAGE CONTENTS



### HOW TO SET UP



- 01 -

### PRODUCT SPECIFICATIONS

Unfolded size	125x40x47cm
Package size	83x38x29.5cm
NW	10.1KG
GW	12.5KG

### EXERCISE GUIDELINES

#### FOUR TYPES OF STRENGTH WORKOUTS

**Note:** A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.

#### Muscle Building

Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

#### Toning

Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

#### Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

#### Cross Training

Combine strength training and aerobic exercise by following this type of program:

- Strength workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

### WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body's signals. Follow each strength workout with at least one day of rest.

#### Warming Up

Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

#### Working Out

Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

- 02 -

### Cooling Down

Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

### EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

### STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed.

Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

Model: Hit00708



- 03 -