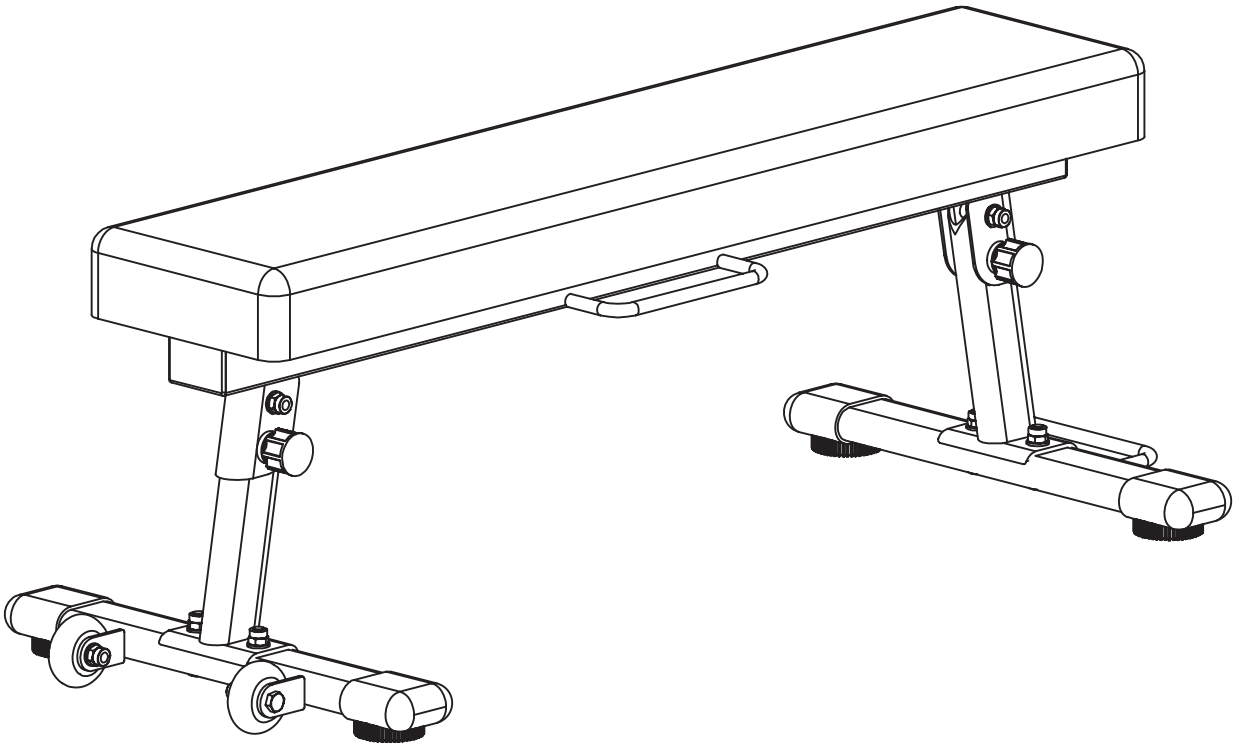
GORILLA SPORTS

FOLDABLE FLAT BENCH



101298

GORILLA SPORTS

TABLE OF CONTENT

Page 2 ..... Table of Contents

Page 3 - 4 ..... Safety Instructions

Page 5 ..... Technical Data Overview

Page 6 ..... Assembling Steps

Page 7 ..... Cleaning/Maintenance/Disposal

Page 8 ..... Warranty

Page 9-10 ..... Training information

Page 11 ..... Warm-Up/Stretching

Page 12-13 ..... Notes

General information

Please ensure that all users read and understand the assembly and operating instructions. These instructions must be regarded as part of the product and kept in a safe place for reference. Follow the safety and maintenance instructions precisely. Any deviation from these instructions may result in health risks, accidents, or damage to the device, for which the manufacturer and distributor cannot accept liability.

Personal safety

Consult your doctor before starting to use the device to determine if the training is suitable for your health, especially if you have a hereditary predisposition to high blood pressure or heart disease, smoke, have high cholesterol, are overweight, or have not exercised regularly in the past year. If you are on medication that affects your heart rate, medical advice is essential. Excessive exercise can seriously jeopardize your health. If you experience any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms during training, stop immediately and consult a doctor. Sports equipment is not a toy. Unless otherwise described, the equipment may only be used by one person at a time for training. It should be used only as intended and by appropriately informed and instructed persons. Children, invalids, and physically and mentally impaired persons should use the device only under supervision. Prevent unsupervised use by children with appropriate safety measures. Ensure that no body parts are in the area of moving parts during use.

Wear appropriate fitness training clothes and shoes when using the device. Clothing should be designed to avoid getting caught in the device, and shoes should provide a firm grip with non-slip soles.

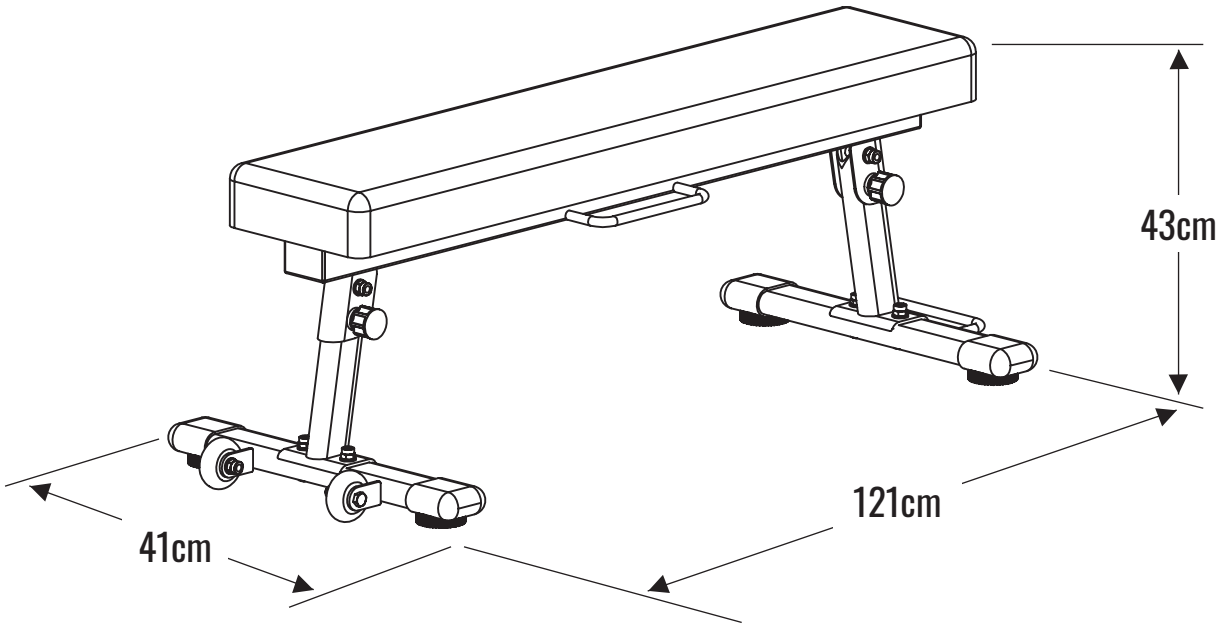
Assembly

Ensure all parts and tools listed in the parts list are present. Some parts may be pre-assembled. Keep children and animals away from the assembly area to avoid injury or suffocation risks. Ensure you have enough space to move around during assembly. Check the tightness of all screws, nuts, and other connections before the first use and regularly thereafter to ensure the device is in safe operating condition.

Location

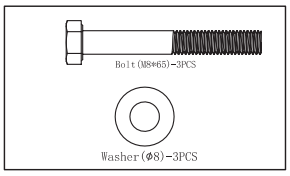
Set up the device on a flat, stable, and dry surface. Uneven surfaces can be compensated with adjustable parts of the device if available. To protect sensitive surfaces from pressure marks and dirt, place a floor protection mat underneath. Remove all objects within the required training radius before starting training. Do not use the device outdoors or in rooms with increased humidity.

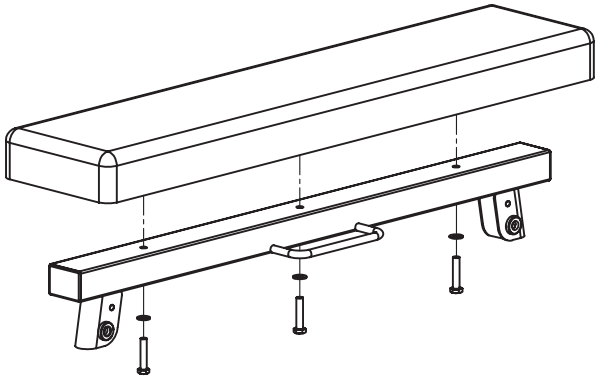
TECHNICAL DATA OVERVIEW



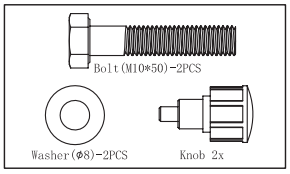
Max weight load: 400kg

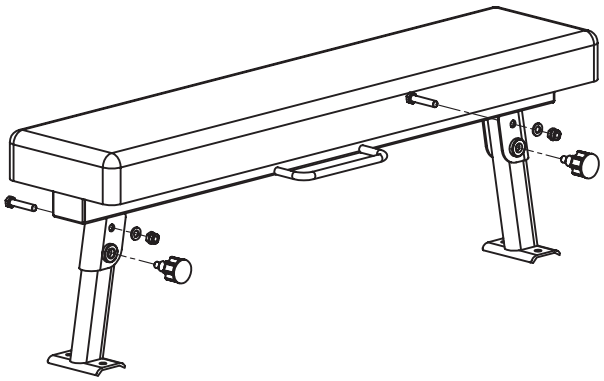
Step 1



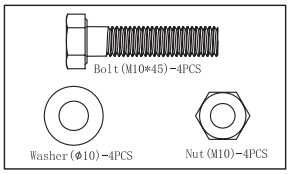


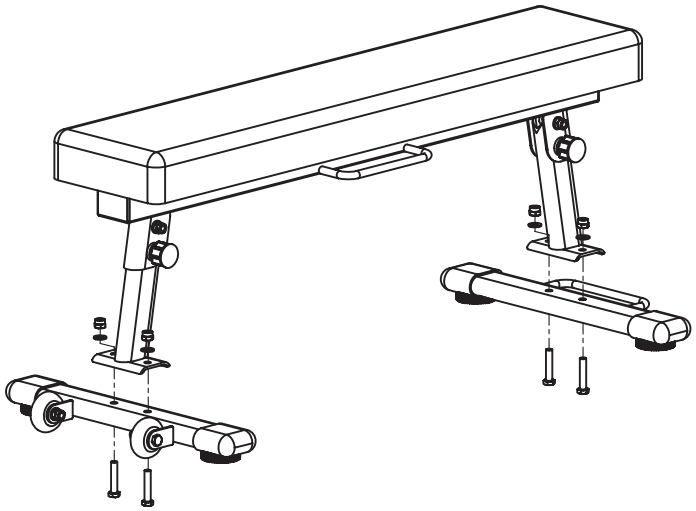
Step 2





Step 3





Cleaning

Use only a slightly damp cloth for cleaning. Never use gasoline, thinner, or other aggressive cleaning products as they may damage the surface. The device is suitable only for private home and indoor use. Keep the device clean and dry. Damage caused by body sweat or other liquids is not covered by the warranty.

Maintenance

Check the screws and moving parts regularly. The device should only be used if it is in proper working condition. For repairs or spare parts, contact customer service. The device may only be used after successful repairs.

Disposal

In the interest of the environment, dispose of packaging materials, empty batteries, and parts of the device in designated collection containers or at suitable collection points. Observe current regulations.

WARRANTY

The warranty is 24 months from the date of purchase or delivery. During this period, any defects will be repaired free of charge. Report defects immediately to the seller. The seller may fulfill the warranty by sending spare parts or replacements. Shipment of spare parts does not extend the warranty. Home use devices are not suitable for commercial or industrial use. Misuse will reduce or void the warranty. Warranty covers only material or workmanship defects. Wear parts or damage from misuse, force, or unauthorized interventions void the warranty. Retain the original packaging for the warranty period for returns and do not send goods carriage forward. A warranty claim does not extend the warranty period. Claims for damage outside the device are excluded unless legally mandated.

Manufacturer:

Gorilla Sports GmbH
Nordring 80
64521 Groß-Gerau

Find our international partners at:
www.gorillasports.eu.

Training preparations

Ensure both the training equipment and your body are ready for training. If you have not done strength/endurance training for a long time, consult your doctor and get a fitness check-up. Discuss training goals with your doctor for valuable tips. This is especially important for people over 35, overweight, or with cardiovascular issues.

Workout Planning

Effective training requires planning. Incorporate fitness training into your daily routine. Unplanned training can become a disruptive factor. Plan your workouts for the long term, not just daily or weekly. Use music for motivation and set realistic goals. Reward yourself when goals are achieved.

Training Frequency

Experts recommend 3 to 4 days of endurance/strength training per week. Training more often helps reach goals faster, but ensure to take breaks for recovery. Take at least one day off after each session.

Hydration

Ensure sufficient fluid intake before and during training. You can lose up to 0.5 liters of fluid in a 60-minute session. Drink a mix of one-third apple juice and two-thirds mineral water to replace electrolytes and minerals lost through sweat. Drink about 330 ml 30 minutes before training and maintain balanced fluid intake during the workout.

Warm-Up

Always warm up for 5-7 minutes before training with low-intensity exercises like skipping rope or cross-trainer. This prepares your body for the workout.

Cool-Down

Never stop training abruptly. Gradually reduce intensity for 5-7 minutes on an exercise bike or cross-trainer. Always stretch muscles well afterward.

Thighs



Support yourself with your right hand against a wall or exercise equipment. Lift your left foot backward and hold it with your left hand. The knee should point straight down. Pull your thigh back until you feel a stretch. Hold for 15-20 seconds. Release slowly and repeat with the right leg.

Legs and lower back



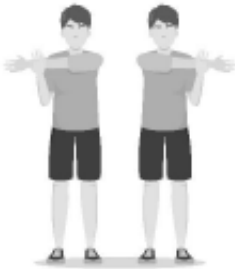
Sit on the floor with your legs stretched out. Try to grasp the tops of your feet with both hands, stretching your arms and bending your upper body slightly forward. Hold for 15-20 seconds, then release and straighten your upper body.

Triceps and shoulder



Reach behind your head to your right shoulder with your left hand and pull on your left elbow with your right hand until you feel a stretch. Hold for 15-20 seconds. Repeat with the other arm.

Upper body



Extend your left arm across your body at shoulder level and pull on your left upper arm with your right hand until you feel a stretch. Hold for 15-20 seconds. Repeat with the other arm.

NOTES

GORILLA SPORTS

NORDRING 80, 64521 GROß-GERAU
WWW.GORILLASPORTS.EU