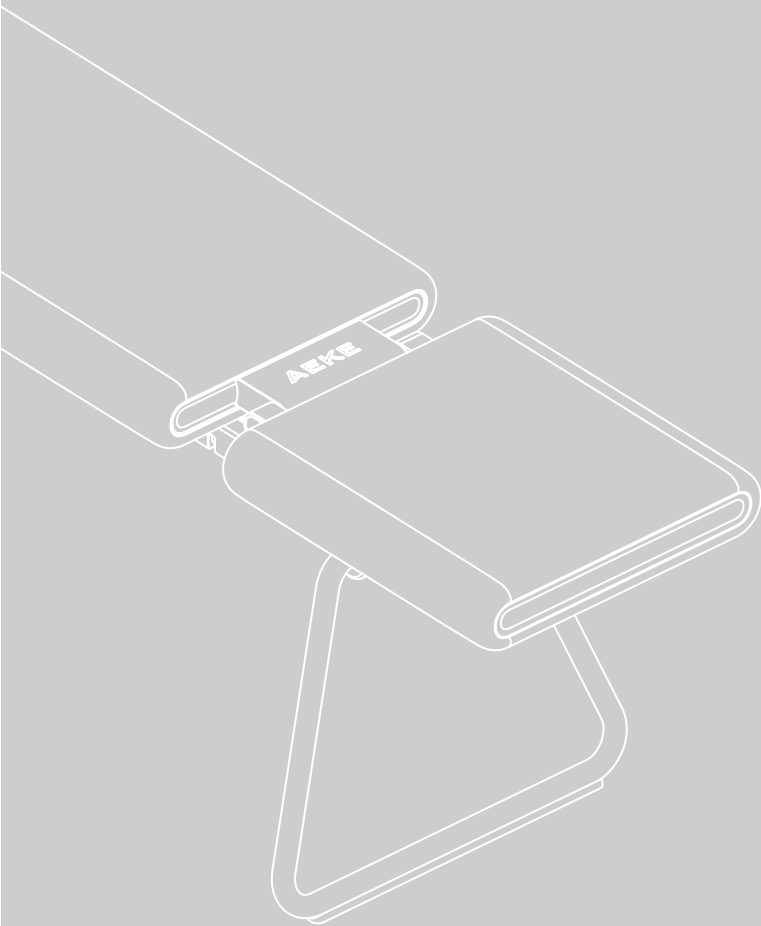


**AEKE**

# **FITNESS BENCH B1 USER GUIDE**



# CONTENTS

Products ————— 01

Function ————— 02

How to use ————— 04

Maintenance ————— 17

After-sales  
Instructions ————— 18

# 1. PRODUCTS

PACKAGE CONTAINS:1\*AEKE FITNESS BENCH B1,1\*USE GUIDE

Product Name	AEKE Fitness Bench B1
Product Model	AFB 2301-1
Folded Size	1275mm (L) *400mm (W)*150 mm (H)
Material	Aluminum+Stainless Steel+PVC Leather
Color	Morning Gold/Starry Night Gray

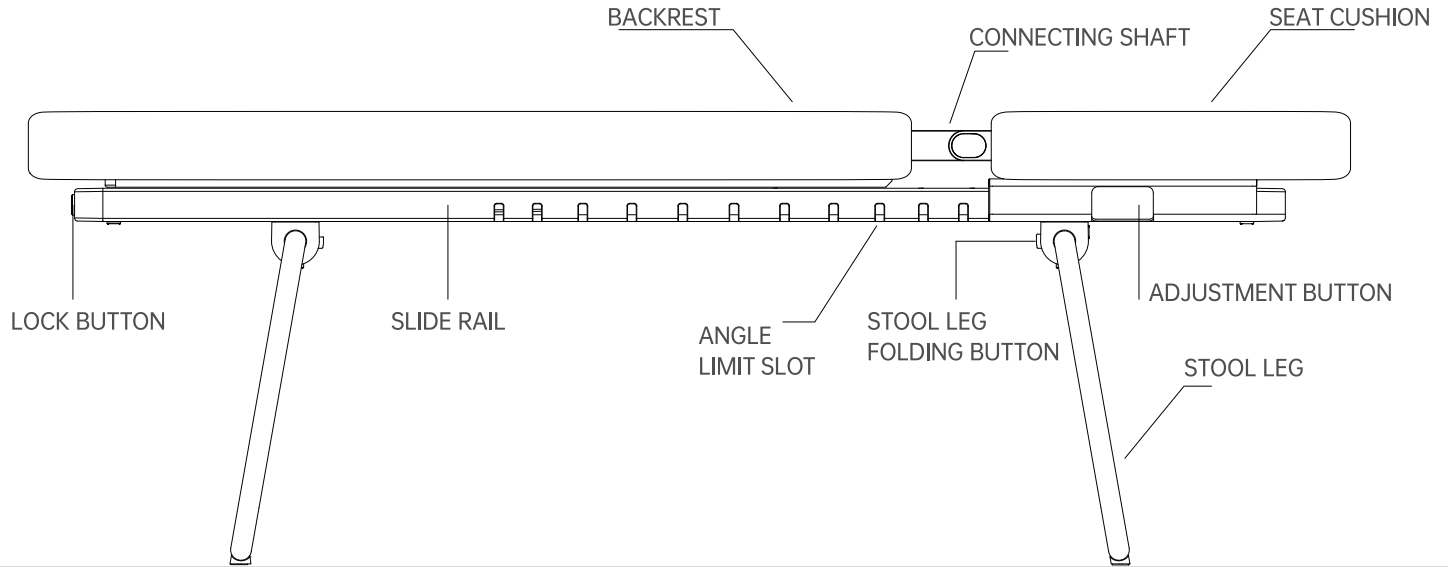
Net Weight	42 lbs.
Gross Weight	50 lbs.
Expanded Size	1275mm (L) *400mm (W)*430mm (H)
Implementation Criteria	ASTM F2276-23,EN ISO 20957-1:2013
Application Scope	Class H

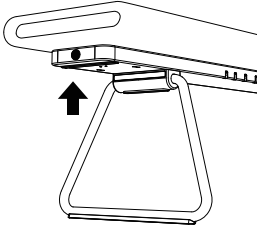
WEIGHT CAPACITY

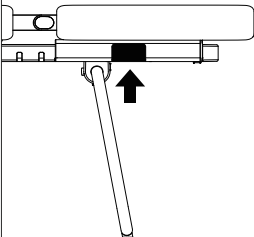
	US Standards	EU Standards
Max User Weight	300lb	100kg
Max Training Load	180lb	100kg

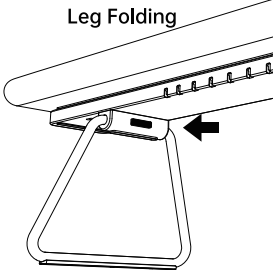
## **2. FUNCTION**

# PRODUCT COMPOSITION



<p><b>0 Degree Locking</b></p> 	<p><b>Operation</b> 0 DEGREE LOCKING</p>	<p><b>Operation Key</b> LOCK BUTTON</p>	<p><b>Position</b> UNDER THE BACKREST</p>
<p><b>Description</b></p> <ul style="list-style-type: none"> <li>- UNLOCKING: THE BACKREST IS LOCKED. PRESS THE LOCK BUTTON TO UNLOCK THE BENCH; AFTER UNLOCKING, YOU CAN LIFT THE BACKREST DIRECTLY TO 30 DEGREES.</li> <li>- LOCKING: AFTER USING THE BACKREST, BRING IT DOWN TO NEARLY 0 DEGREES, AND PRESS THE BACKREST TO LOCK IT.</li> </ul>			

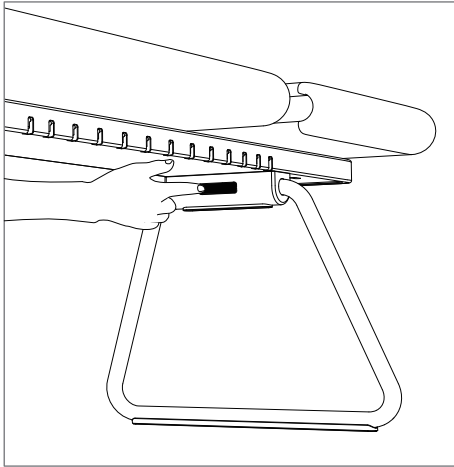
<p><b>Angle Adjustment</b></p> 	<p><b>Operation</b> ANGLE ADJUSTMENT</p>	<p><b>Operation Key</b> ADJUSTMENT BUTTON</p>	<p><b>Position</b> ON THE LOWER RIGHT SIDE OF THE SEAT CUSHION</p>
<p><b>Description</b></p> <ul style="list-style-type: none"> <li>- ANGLE ADJUSTMENT: TO ADJUST THE ANGLE OF THE BENCH, FIRST SET IT TO 30 DEGREES. SIT ON THE SEAT CUSHION, PULL UP THE ADJUSTMENT BUTTON LOCATED ON THE RIGHT SIDE UNDER THE SEAT CUSHION. USE YOUR FOOT TO SUPPORT THE GROUND AND PUSH BACKWARD UNTIL YOU REACH THE DESIRED TRAINING ANGLE, THEN RELEASE THE ADJUSTMENT BUTTON.</li> </ul>			

<p><b>Leg Folding</b></p> 	<p><b>Operation</b> STOOL LEG FOLDING</p>	<p><b>Operation Key</b> STOOL LEG FOLDING BUTTON</p>	<p><b>Position</b> INSIDE THE ATTACHMENT BASE</p>
<p><b>Description</b></p> <ul style="list-style-type: none"> <li>- STOOL LEG UNFOLDING/FOLDING: SLIGHTLY PRESS THE STOOL LEG FOLDING BUTTON TO ROTATE THE STOOL LEG. THE BUTTON WILL AUTOMATICALLY POP UP WHEN IT REACHES THE MAXIMUM POSITION. FOLD BOTH STOOL LEGS IN TURN TO COMPLETE THE PROCESS.</li> </ul>			

## **3. HOW TO USE**

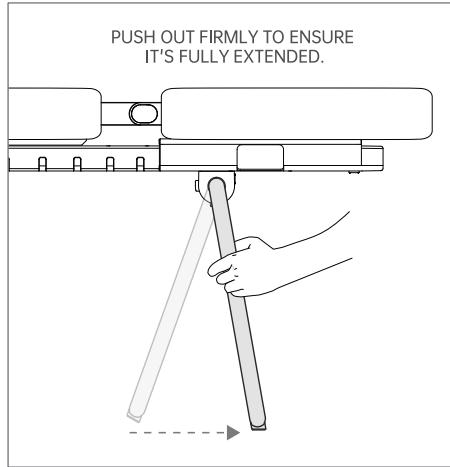
# STOOL LEGS UNFOLDING/FOLDING

\*NO NEED TO PRESS THE STOOL LEG FOLDING BUTTON WHEN ROTATING THE STOOL;  
THE STOOL LEG KEY WILL FULLY EJECT WHEN IT'S IN THE PROPER POSITION.



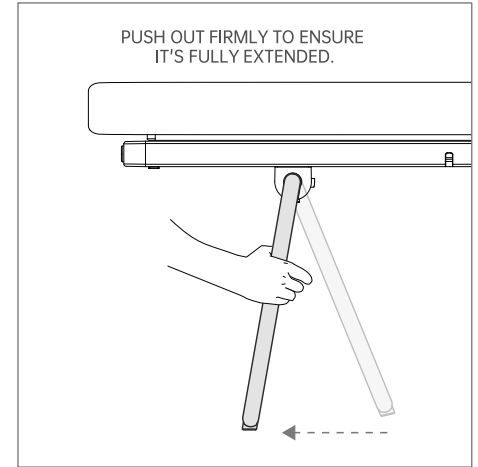
**NOTICE:**

1. PRESS THE STOOL LEG FOLDING BUTTON.



**NOTICE:**

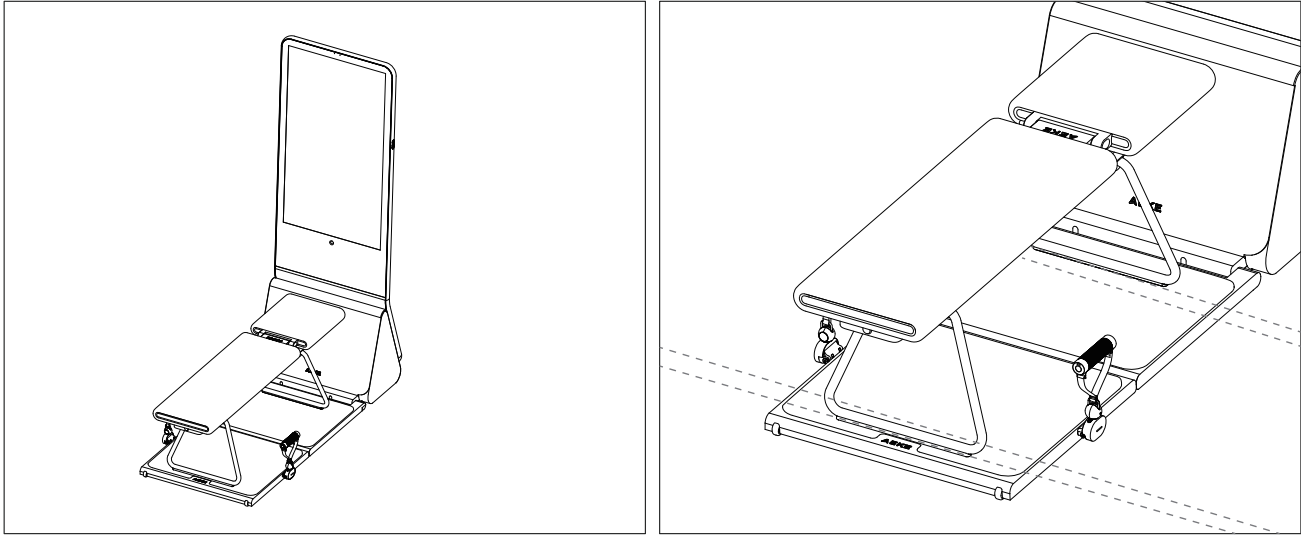
2. ROTATE THE STOOL LEGS OUTWARD OR INWARD TO THEIR MAXIMUM ANGLE.



**NOTICE:**

3. REPEAT THE PROCESS TO UNFOLD THE OTHER SIDE OF THE STOOL LEG.

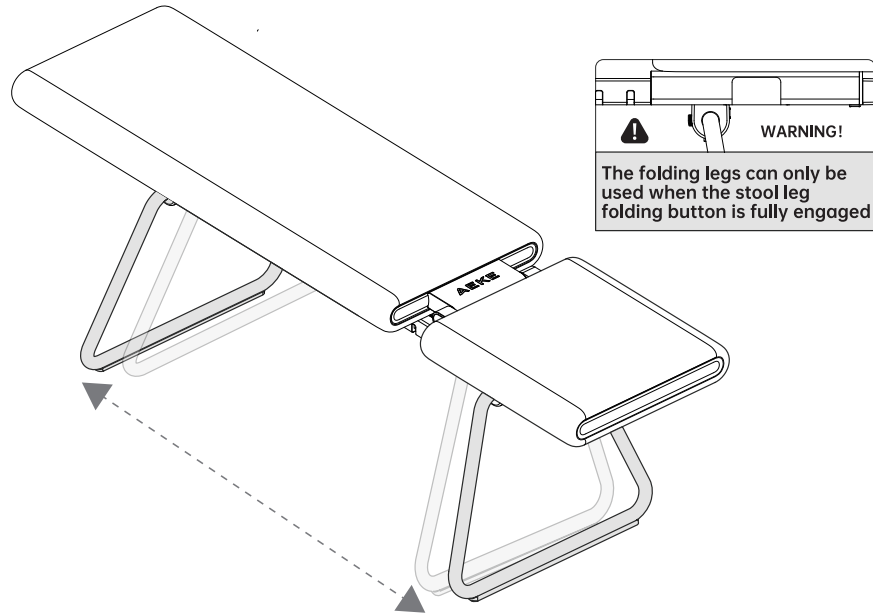
# EXPAND USAGE



## Using AEKE Smart Home Gym

POSITIONING: PLACE THE STOOL WITH THE SEAT CUSHION END LEGS AT THE FRONT PEDAL, ALIGNING THE SILICONE CUSHION EDGE, AND POSITION THE BACKREST END LEGS AT THE AEKE-LABELED SPOT.

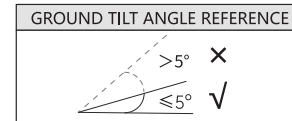
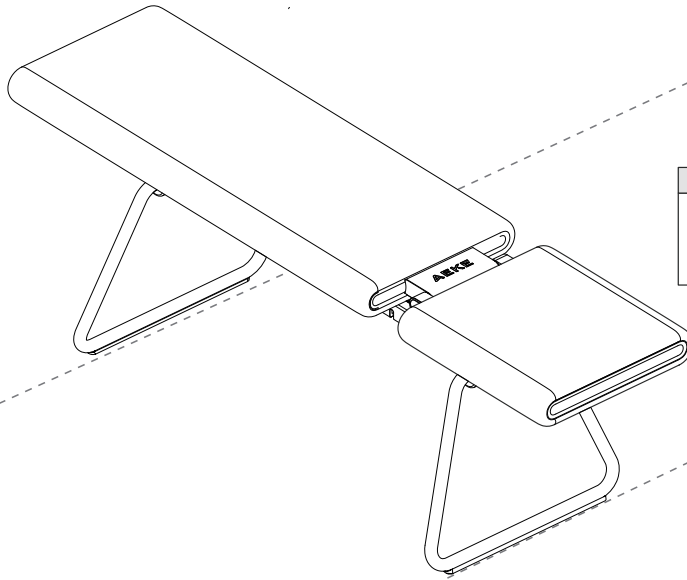
# USING SMALL EQUIPMENT



## NOTICE

1. ENSURE THAT THE STOOL LEGS ARE FULLY EXTENDED TO THEIR MAXIMUM ANGLE.

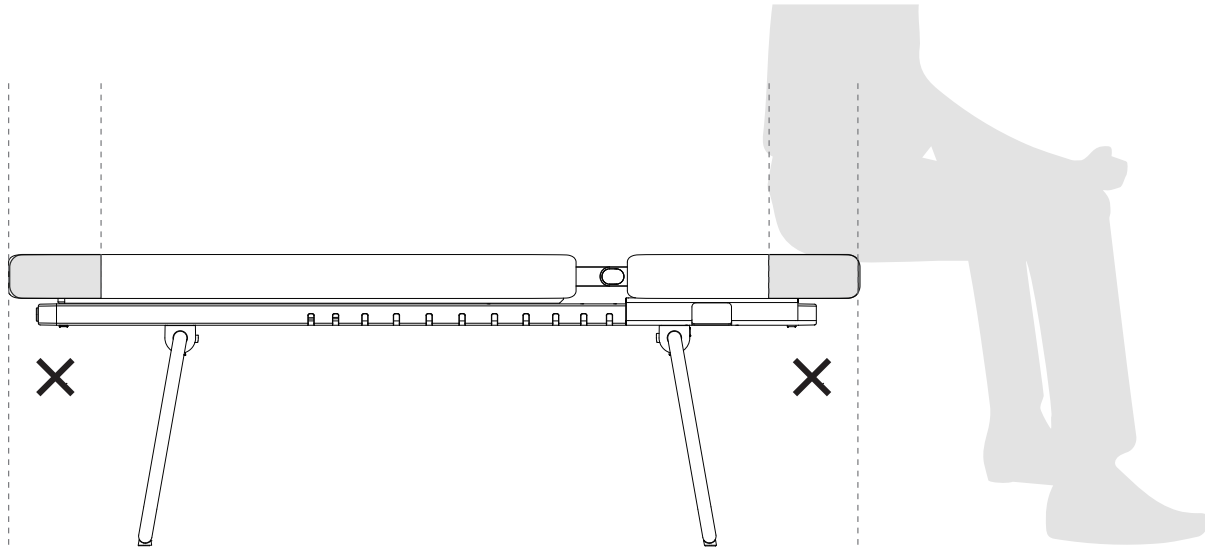
# USING WITH SMALL EQUIPMENT



## NOTICE

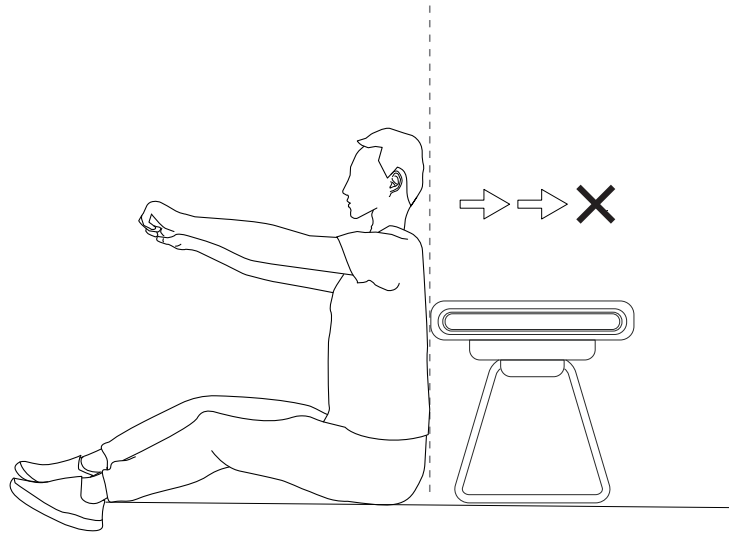
2. ENSURE THE STOOL IS PLACED ON A FLAT, HORIZONTAL SURFACE.  
THE TILT ANGLE SHOULD NOT EXCEED 5 DEGREES, AND IT MUST BE LOCKED.

## USING WITH SMALL EQUIPMENT



### NOTICE

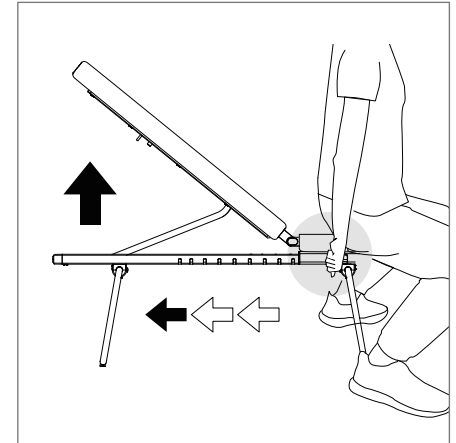
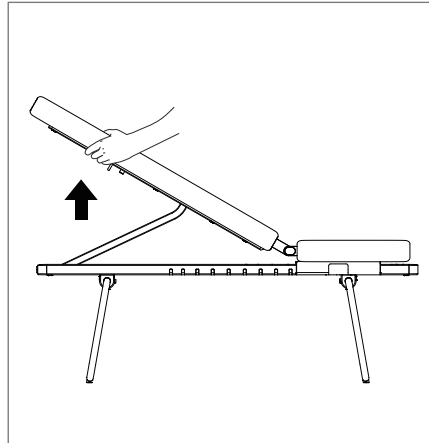
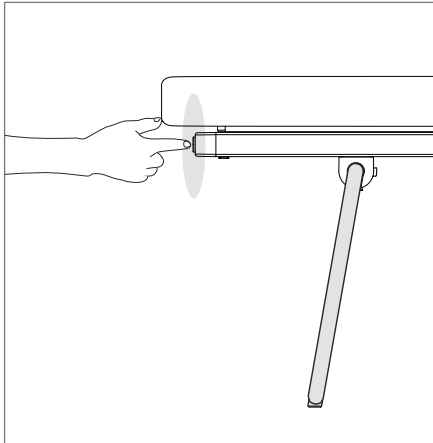
3. DO NOT SIT ON BOTH ENDS OF THE STOOL WHEN THE SURFACE IS HORIZONTAL.



#### NOTICE

4. THE STOOL SURFACE SHOULD NOT BE SUBJECTED TO HORIZONTAL FORCE; AVOID LEANING ON THE SIDES.

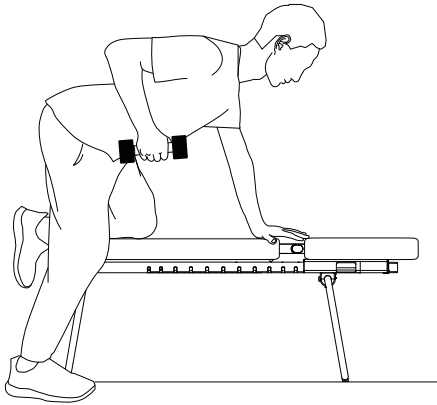
# BACKREST ANGLE ADJUSTMENT



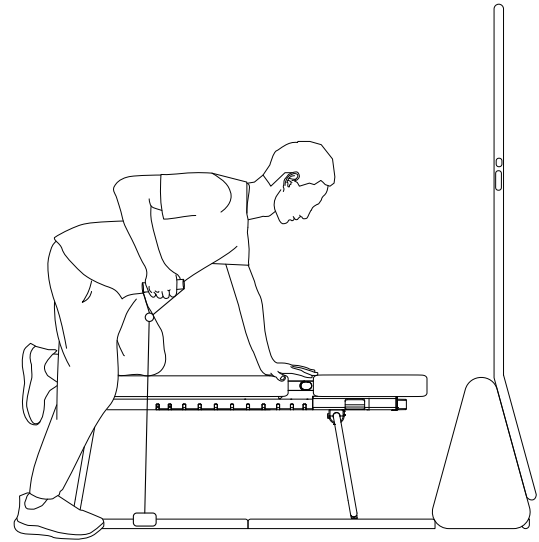
## NOTICE

1. PRESS THE LOCK BUTTON TO UNLOCK THE BACKREST OF THE BENCH.
2. UNLOCK AND RAISE THE BACKREST TO THE FIRST TRAINING ANGLE (30 DEGREES FOR THE BACKREST).
3. WHEN THE BENCH ANGLE IS AT 30 DEGREES OR MORE, YOU CAN SIT ON THE CUSHION AND SLIDE THE ADJUSTMENT BUTTON TO SET IT TO THE DESIRED ANGLE.

## USING AT 0 DEGREE

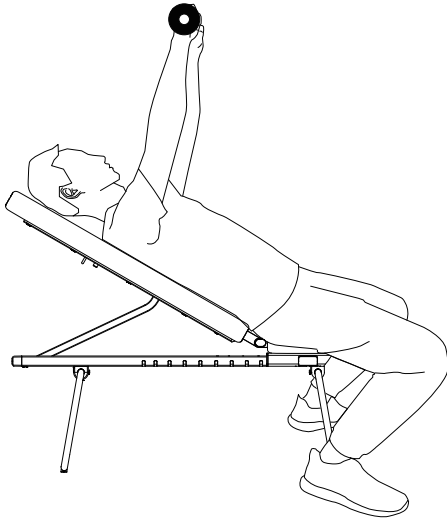


Using with small instruments

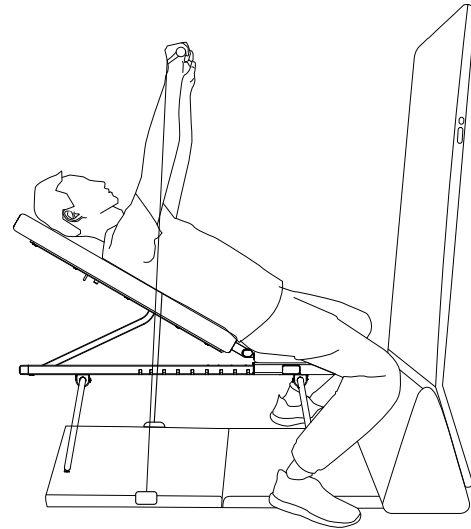


Using with AEKE Smart Home Gym

## USING AT 30 DEGREES

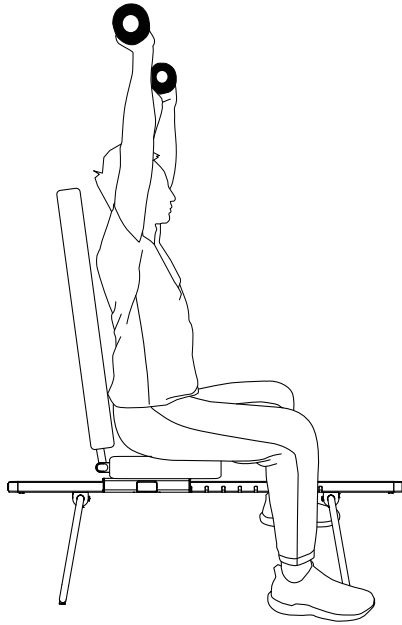


Using with small instruments

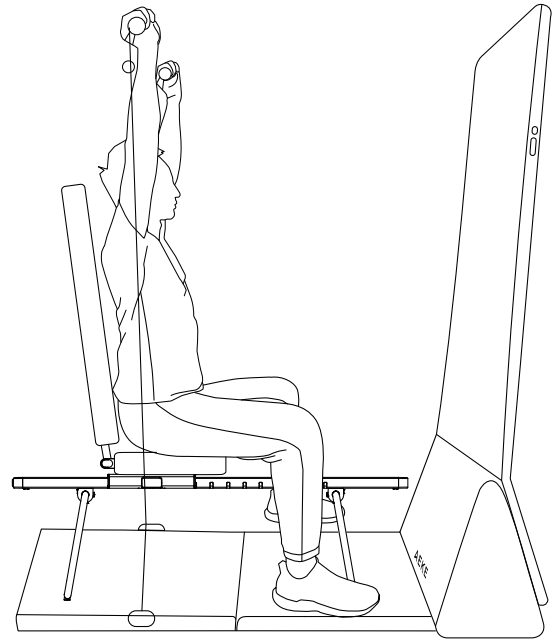


Using with AEKE Smart Home Gym

## USING OVER 30 DEGREES

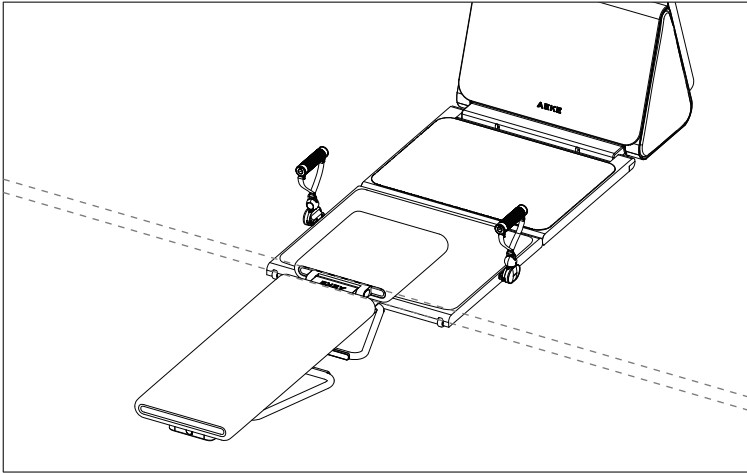


Using with small instruments



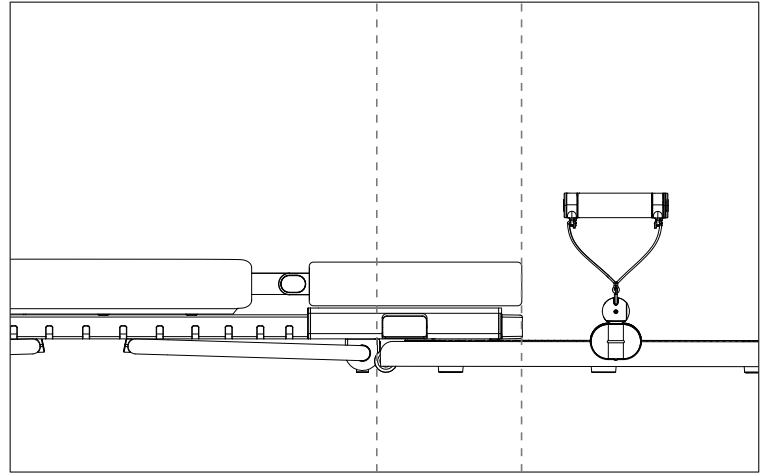
Using with AEKE Smart Home Gym

# FOLDING USE



## Left Image Operation

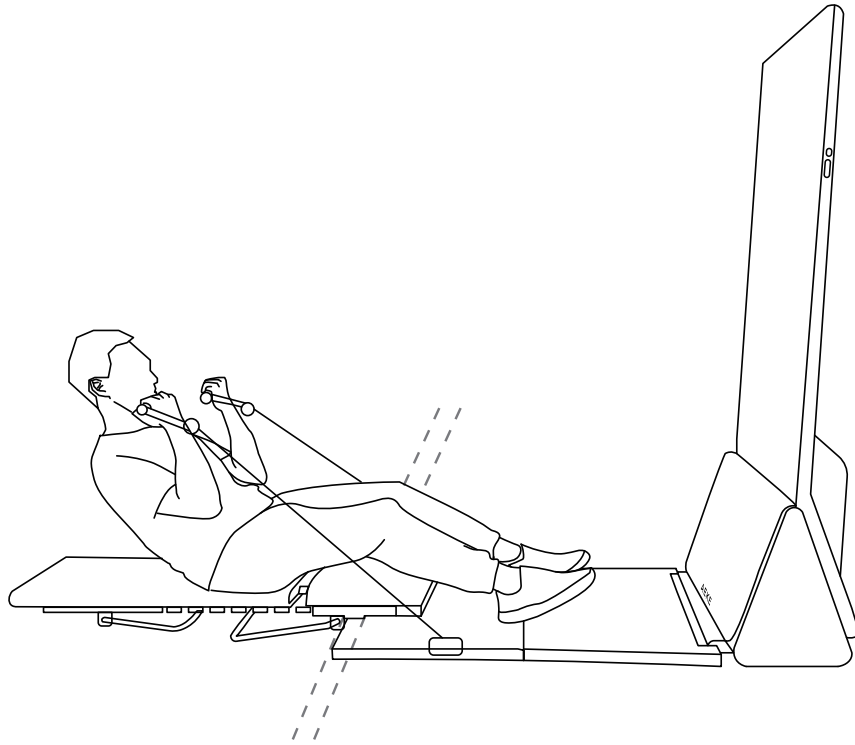
1. PRESS THE STOOL LEG FOLDING BUTTON FOR EACH LEG IN TURN, AND FOLD BOTH STOOL LEGS UP.
2. AFTER FOLDING, PLACE THE BENCH IN THE CENTER OF THE K1 REAR FOOTBOARD.



## Right Image NOTICE

IF YOU NEED TO USE THE FITNESS BENCH WITH THE WORKOUT MIRROR K1 IN FOLDING MODE, PLEASE ENSURE THAT THE CENTER AXIS OF THE FITNESS BENCH B1 ALIGNS WITH THE CENTER AXIS OF K1. ALSO, MAKE SURE THE FRONT BENCH LEG JOINTS ARE ALIGNED WITH THE END OF THE REAR FOOTBOARD.

**THE FOLDED FITNESS BENCH SHOULD NOT BE PLACED ON THE FRONT FOOTBOARD OF K1 OR DIRECTLY ON THE FLOOR.**

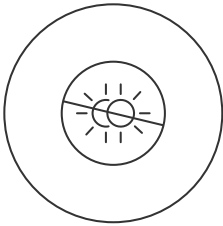


- THE FITNESS BENCH B1 CAN BE USED WITH AEKE SMART HOME GYM FOR PILATES TRAINING.

# PRODUCT DESCRIPTION

- 1.** The fitness bench B1 is implemented according to ASTM F2276-23 and EN ISO 20957-1:2013
  - 2.** The maximum user weight is 300 lbs, and the maximum training load is 180 lbs. The product can withstand a maximum load of 1,425 lbs. Please do not exceed these limits to prevent damage to the equipment or personal injury.
  - 3.** A warm-up exercise is essential before using the fitness bench B1, as it will help improve muscle flexibility and reduce the risk of injury.
- 
- 4.** When using the fitness bench B1, make sure to place it on a firm, smooth floor or flat surface to avoid rocking or instability due to uneven or loose surfaces.
  - 5.** To avoid injury, do not use the fitness bench without proper guidance. Ensure you have relevant training experience or are under the supervision of a professional coach.
  - 6.** The fitness bench B1 has several adjustable parts, such as the seat cushion and stool legs. Please adjust these components according to your personal needs to achieve optimal training support.
- 
- 7.** Ensure that you have adequate training space (at least 50cm x 150cm) and that the area is free of obstacles while using the product.
  - 8.** If you experience pain or discomfort during use, stop immediately and consult an expert.

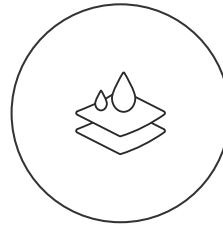
## **4. MAINTENANCE**



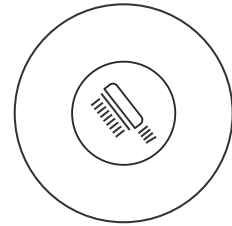
**1.** The stool surface is made of leather. To ensure a longer service life, avoid exposing the product to direct sunlight.



**2.** Do not use alcohol-based cleaners for cleaning. Instead, use a soft brush with water or detergent for any dirty spots on the leather surface. The water temperature should not exceed 40°C. After cleaning, apply a leather care solution to protect the leather.



**3.** You can use alcohol wipes or alcohol-impregnated non-woven cloths to clean the stool legs.



**4.** Dirt in the chute can be cleaned with a car vacuum cleaner or a small vacuum cleaner. You can also use a brush to remove foreign objects through the dust port.

## **5. AFTER-SALES INSTRUCTIONS**

## AFTER-SALES SERVICE GUARANTEE CARD

AEKE

### HELLO! THANK YOU VERY MUCH FOR YOUR SUPPORT OF OUR PRODUCT.

IN ORDER TO RESPOND TO YOUR REQUEST QUICKLY, PLEASE FIRST CONTACT THE MERCHANT WHERE YOU PURCHASED THE MACHINE IF YOU HAVE ANY QUESTIONS. IF YOU ARE BUYING FROM THE OFFICIAL ONLINE FLAGSHIP STORE OF AEKE, PLEASE CONTACT CUSTOMER SERVICE OF THE FLAGSHIP STORE DIRECTLY.

CUSTOMER'S NAME:

PURCHASE STORE:

CONTACT NUMBER:

STORE ADDRESS:

CUSTOMER ADDRESS:

PURCHASE DATE:

MODEL NO:

MERCHANT CONTACT NUMBER:

SERIAL NUMBER:

INVOICE NUMBER:

FOR CUSTOMER

## GUARANTEES CERTIFICATE

AEKE

PLEASE FILL IN THE ABOVE INFORMATION, ONLY WHEN THE MACHINE'S SERIAL NUMBER AND THE SERIAL NUMBER ON THE GUARANTEES CERTIFICATE AND THE PURCHASE INVOICE ARE CONSISTENT, THE GUARANTEES CERTIFICATE IS VALID. PLEASE SHOW THE GUARANTEES CERTIFICATE AND THE PURCHASE INVOICE IF YOU NEED TO REPAIR, REPLACE, OR RETURN THE PRODUCT.

CUSTOMER'S NAME:

PURCHASE STORE:

CONTACT NUMBER:

STORE ADDRESS:

CUSTOMER ADDRESS:

PURCHASE DATE:

MODEL NO:

MERCHANT CONTACT NUMBER:

SERIAL NUMBER:

INVOICE NUMBER:

DATE OF REPAIR:

RESULT:

REPAIR CENTER:

ACCEPTANCE DATE:

FAULT DESCRIPTION/  
CAUSE OF FAULT:

SIGNATURE OF  
MAINTENANCE PERSON:

FOR MERCHANT

# WARRANTY

## NOTICE

### THE WARRANTY BEGINS ON THE DATE OF PURCHASE AND IS VALID FOR 3 YEARS ON THE FRAME AND 1 YEAR ON MOVING PARTS.

Customer must provide valid proof of purchase for warranty. Replacement parts are available for sale after the warranty period is over.

Warranty service will not be provided for the parts as:

- Damage caused by improper use, improper maintenance, or improper storage and force majeure.
- Normal wear and tear.
- Damage caused by unauthorized repairs of the product.
- Re-sold / second-hand items.

You can apply for our product warranty service if there is a performance failure during the valid warranty period, please send email to support@aeke.com, we will get back to you as quickly as possible.

If there is a quality issue, please contact us within 7 calendar days of receiving your product.

Contact email support@aeke.com with following information.

1. Order Number:
2. Product issue:
3. Images or Videos of Products and Intact Packaging:

We will process your enquiry within 5 working days after receiving your email.

## RETURN & REFUND SERVICE WILL NOT BE PROVIDED WHERE

1. It is requested beyond 7 calendar days of receiving a product.
2. A product sent to AEKE for Return & Refund Service is missing any original accessories, attachments, or packaging, or is not in new or like-new condition, such as showing signs of damage.
3. Legal proof of purchase, such as a receipt or invoice, is not provided or is suspected to have been forged or altered.

4. Any fault or damage to the product is caused by unauthorized use or modification of the product, including exposure to moisture, entry of foreign materials (water, oil, sand, etc.), or improper installation or operation.
5. Product labels, serial numbers, waterproof marks, etc. show signs of tampering or alteration.
6. Damage is caused to the product by uncontrollable external factors, including fire, floods, high winds, or lightning strikes.
7. A product is not delivered to AEKE within 7 calendar days after Return & Refund Service confirmation is sent from AEKE.
8. Other circumstances not stated in this policy where applicable.

## REFUND TIME

Refunds will be processed using the same method that was used to make the payment. The refund process will be completed in about 7-14 business days, depending on the bank or credit card issuer.

## RETURN SHIPPING

Customers need to pay for any return shipping to the designated service center (including cross-border and international shipping costs if applicable) unless the return is caused by performance faults.

## REPLACEMENT FEE

AEKE shall be responsible for the two-way replacement freight for any products sent in for replacement due to performance faults. Or the customer shall be responsible for the two-way replacement freight for any products sent in for replacement when the warranty period has been expired.

# SECURITY STATEMENT

## NOTICE

- 1.** Do not allow children to use or approach the Exercise Bench B1 without supervision.
- 2.** Avoid placing heavy objects on the Fitness Bench B1 or performing exercises beyond its designed capacity.
- 3.** Ensure you have the physical strength and skills required for high-intensity exercise. If necessary, exercise under professional guidance.
- 4.** Use the stool on a flat surface and avoid placing it on soft or uneven surfaces.
- 5.** Wear appropriate sportswear and shoes for stability and protection when using the product.
- 6.** Before use, check that the stool is stable and not wobbly. If the stool is unstable or damaged, stop using it immediately.

## ATTENTION TO PHYSICAL CONDITION:

Individuals with severe high blood pressure, coronary heart disease, pulmonary heart disease, asthma, or vertigo should avoid using the product or use it with caution to prevent accidents. Stop using it immediately and consult your doctor if you feel unwell.

## KEEP AWAY FROM FIRE:

The product contains fabrics; avoid contact with open flames and fireworks.

## REGULAR INSPECTIONS AND MAINTENANCE:

Regularly check the fitness bench for any damaged or worn-out parts. Contact a professional for repair or replacement if needed.

## FOLLOW THE USER GUIDE:

Always follow the instructions and regulations when using the fitness bench, and do not alter its structure. Consult an expert if you have any questions or issues.

## AVOID USING IT ALONE:

Do not use the product alone if you are elderly, infirm, or a child to prevent accidents.

**AEKE**

QUDONG FUTURE (SHENZHEN) TECHNOLOGY CO., LTD.

WEBSITE: [WWW.AEKE.COM](http://WWW.AEKE.COM)

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