

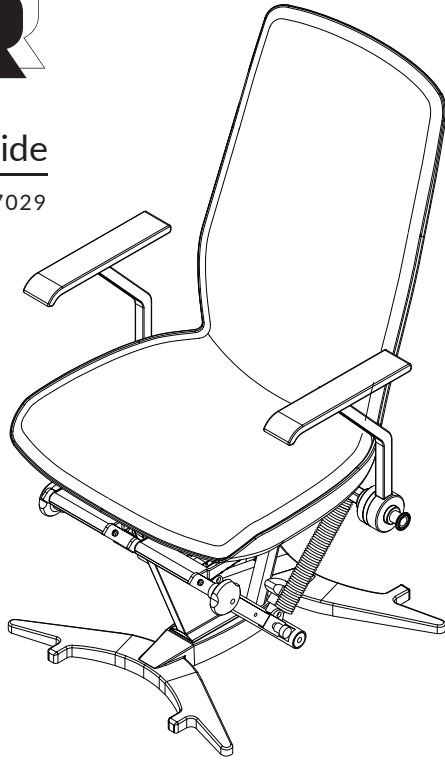
# MY SMARTFIT CHAIR

## Assembly, Use and Safety Guide

8989 North Loop East, Houston, Texas 77029



MySmartfit Chair Website  
Training video for workouts



### READ THIS MANUAL

Do not use this product until you read and understand the instructions in this manual.  
KEEP THIS MANUAL FOR FUTURE REFERENCE.



2 people Recommended



ACCESS YOUR ONLINE  
ASSEMBLY

MY  
SMARTFIT  
CHAIR

Dear Customer,  
Thank you for choosing My Smartfit Chair.

#### CAUTION

Weight on this product should not exceed 300 lbs.

#### WARNING

Any exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. This is especially important if you have never exercised before, are pregnant, or suffer from any health problem. If you feel faint or dizzy, immediately discontinue use of this equipment.

Serious bodily injury can occur if this equipment is not assembled and used correctly. Make sure that all bolts are tightened prior to each use. Keep others and pets away from equipment when in use.

Follow all safety instructions in this manual.

**Cancer and reproductive harm** [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

This product is for home /office use only. Do not use it in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.

#### SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read the following safety instructions before using the My Smartfit Chair.

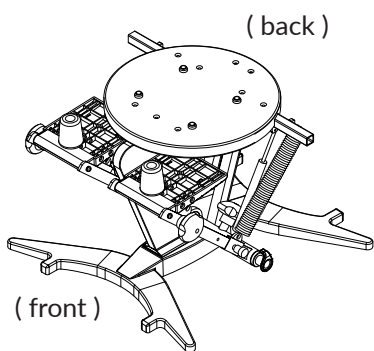
- 01 Save these instructions and ensure that exercisers read this manual prior to using the My Smartfit Chair for the first time.
- 02 Make sure that you are using the bands in a manner that reduces your risk of injury. Wear eye protection such as goggles or glasses while using resistance bands for exercise.
- 03 The My Smartfit Chair should only be used after a thorough review of the Owner's manual. Make sure that is properly assembled and tightened before use.
- 04 We recommend that two people be available for assembly or moving of this product.
- 05 Always keep children and pets away from the My Smartfit Chair at all times.
- 06 Do not operate the My Smartfit Chair on loose rugs or uneven surfaces.
- 07 Make sure that adequate space is available for access to and around the My Smartfit Chair.
- 08 Before using, inspect the My Smartfit Chair for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
- 09 Choose the intensity that fits your strength and flexibility level. Know your body's limits and use this product within them.
- 10 Do not wear loose or dangling clothing while using the My Smartfit Chair.
- 11 Be careful to maintain your balance while using, mounting, dismounting the My Smartfit Chair, loss of balance may result in a fall and serious bodily injury.
- 12 The My Smartfit Chair should not be used by people weighing over 300 lbs
- 13 The My Smartfit Chair should only be used by one person at a time.
- 14 Move the pedals upward and downward in a controlled manner. Maintain tension on the pedals so that they do not move quickly and strike your body or other objects.
- 15 Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and consult your physician or medical provider.

MY  
SMARTFIT  
CHAIR

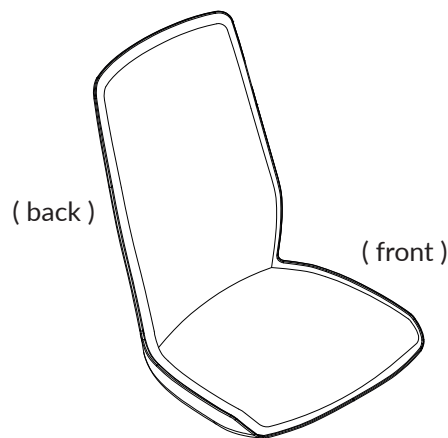
Contact Number : 833-621-0432  
[www.MySmartfitchair.com](http://www.MySmartfitchair.com)

## 01 Details of Parts

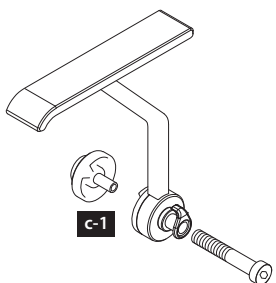
### a Base



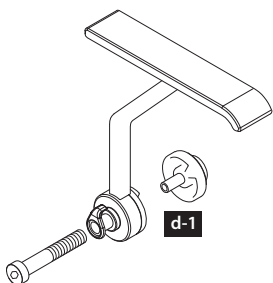
### b Chair base+back



### c Left Armrest



### d Right Armrest



#### Screws and Caps

**e** Screw (M8 X 125)

**f** Washer (M8)

**g** 1/4" Hex Wrench

**h** 5/16" Hex Wrench

Please check and ensure all the things are in the package.  
Please contact us for help if something is not included.

**a** Base x 1

**b** Chair base+back x 1

**c** Left Armrest x 1

**d** Right Armrest x 1

**e** Screw (M8 x 125) x 4

**f** Washer (M8) x 4

**g** 1/4" Hex Wrench x 1

**h** 5/16" Hex Wrench x 1

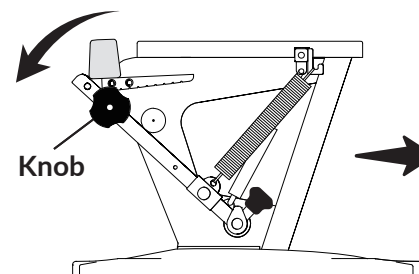
## 02 Chair Assembly

### STEP 1

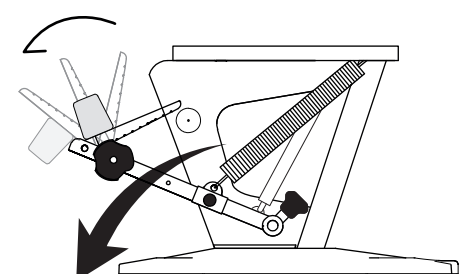
Position base and open both pedals from stored position.

Push down on the stationary knob.  
Open the stationary pedals.

1 Push down on the stationary knob.

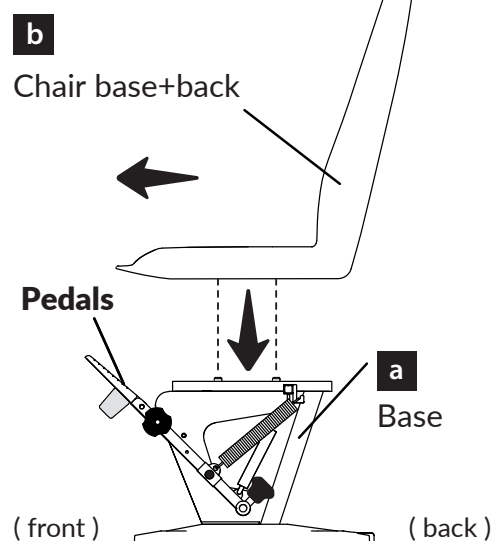


2 Open the stationary Pedals.



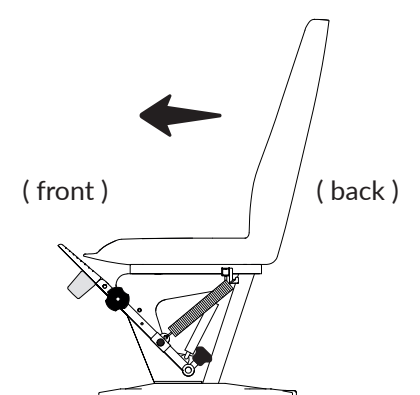
### STEP 2

Place the chair base+back on the tripod base and make sure the chair base+back face the pedals.



#### NOTICE

Make sure the assembling direction.

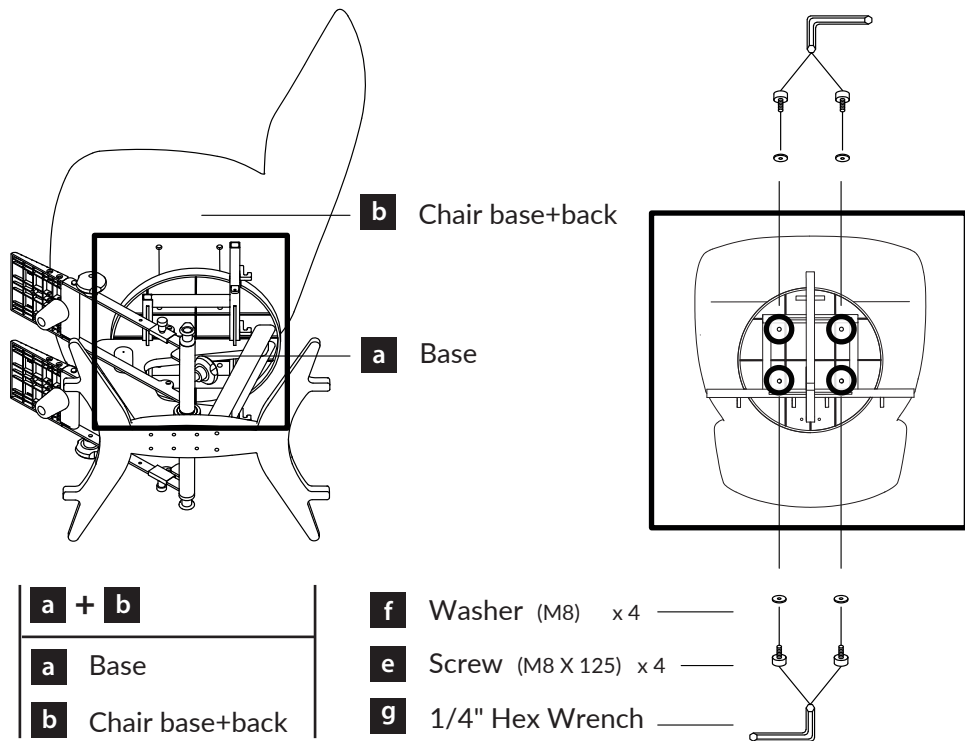


## 02 Chair Assembly

Please keep the original box in case you might need to return or replace the product.

### STEP 3

Combine **a** and **b** with **f + e (4 pcs)** screws. Tighten the screws firmly with **g** 1/4" Hex Wrench.



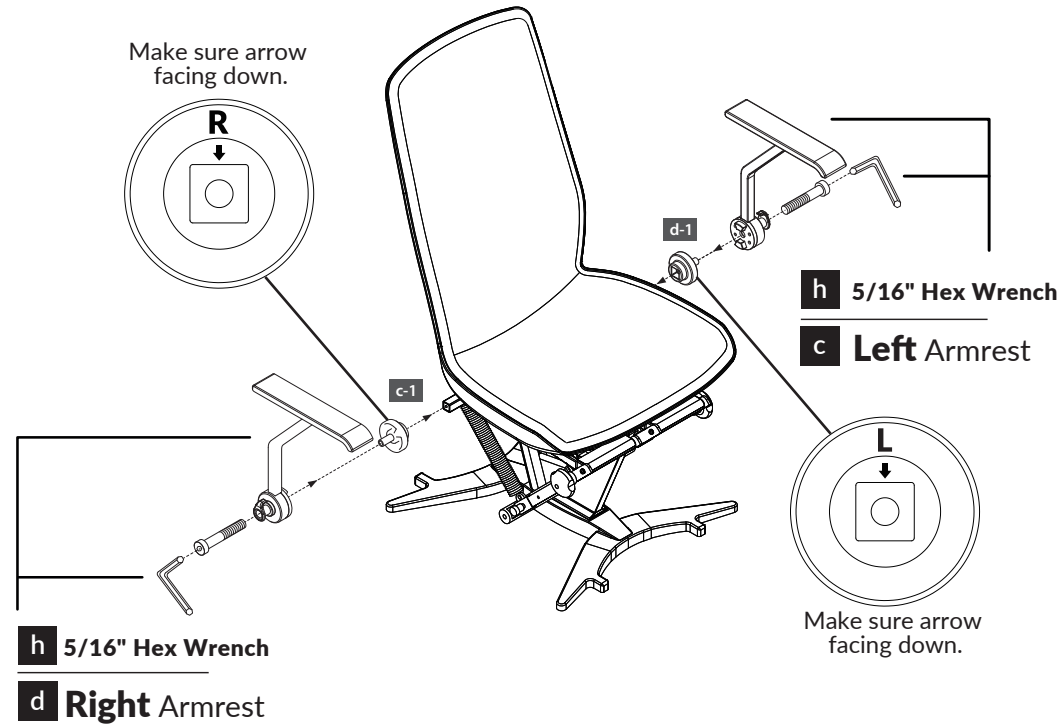
#### NOTICE

Do not tighten all the screws completely until they are fixed in the correct position.  
Set seat on the base with the seat facing forward. Insert screws and align with the hole in the bottom of the seat. Partially tighten and repeat with other bolts.

### STEP 4

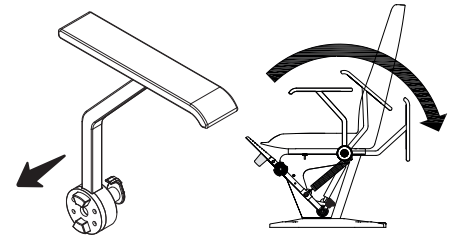
Assemble the armrest as shown in **c** and **d**.

Install **c-1** and **d-1** to both side of seat first, and then assemble armrests.



#### NOTICE

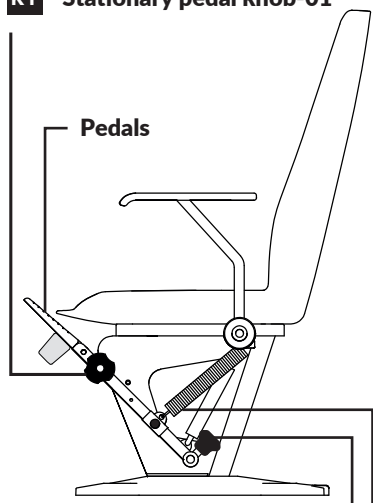
Assemble armrests in vertical direction, and then check the armrest could rotate backward to 90 degree.



## 03 Instructions for Use

Please read the function introduction carefully.

### k1 Stationary pedal knob-01



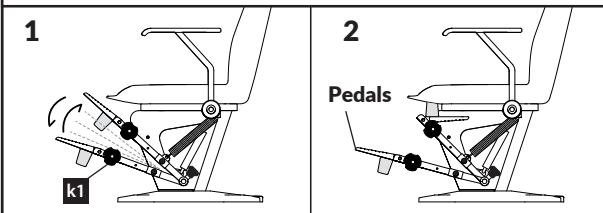
### k2 Pedal split knob-02

### k3 Spring knob-03

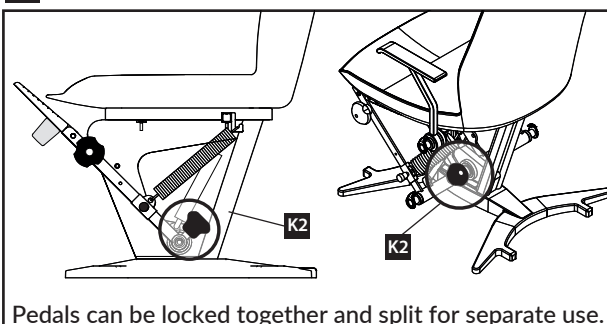
### k1 Knob-01 - Opening and closing the pedals

#### Attention

Caution is advised. When open or closing pedals. Spring may rebound and close quickly.

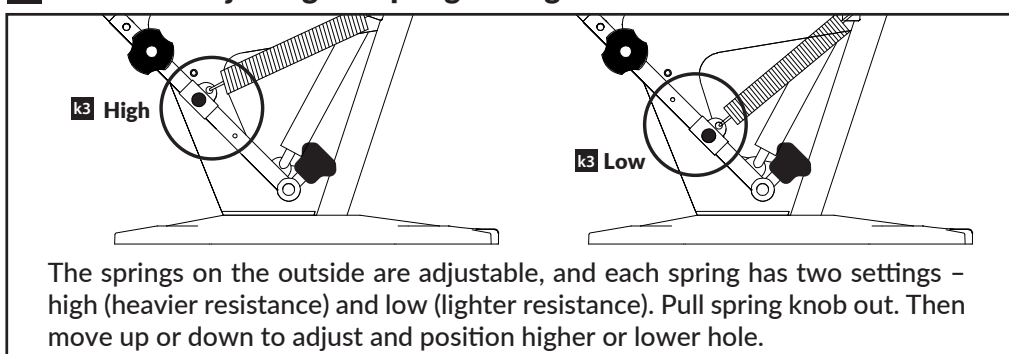


### k2 Knob-02 - Locking split pedals together



Pedals can be locked together and split for separate use.

### k3 Knob-03 - Adjusting the spring setting



## 04 Safety

#### Attention

Please read the safety introduction carefully.



Sit in the center of the chair with your back to the backrest.



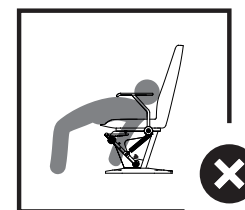
DO NOT stand on the chair.



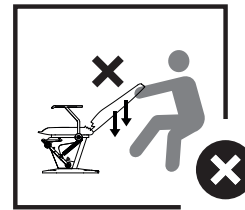
DO NOT move the chair around when a person is sitting in it.



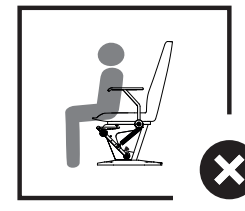
DO NOT use the chair with more than one person.



DO NOT lay on the chair.



DO NOT push down the backrest forcibly.



DO NOT sit at the front edge of the chair.

MY  
**SMARTFIT**  
CHAIR



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