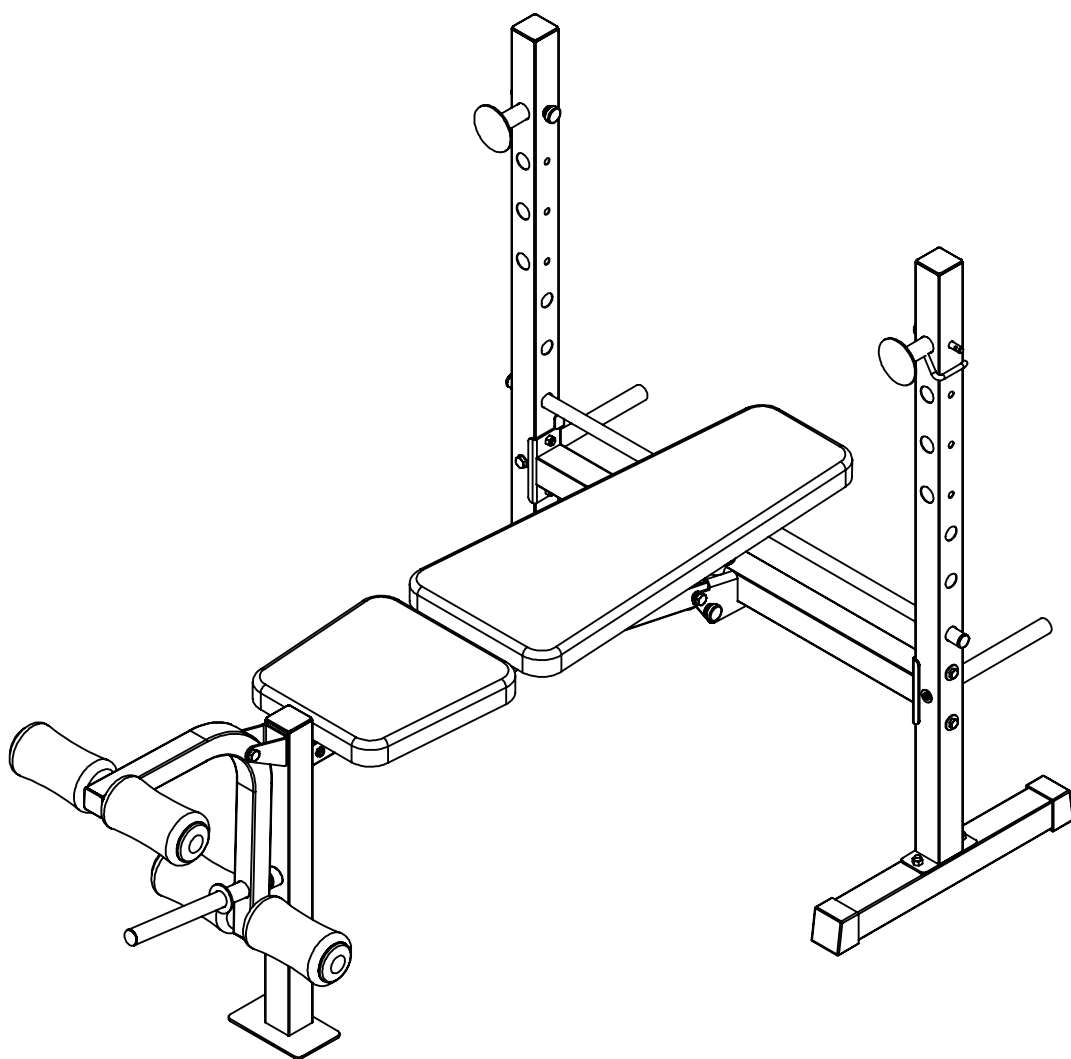


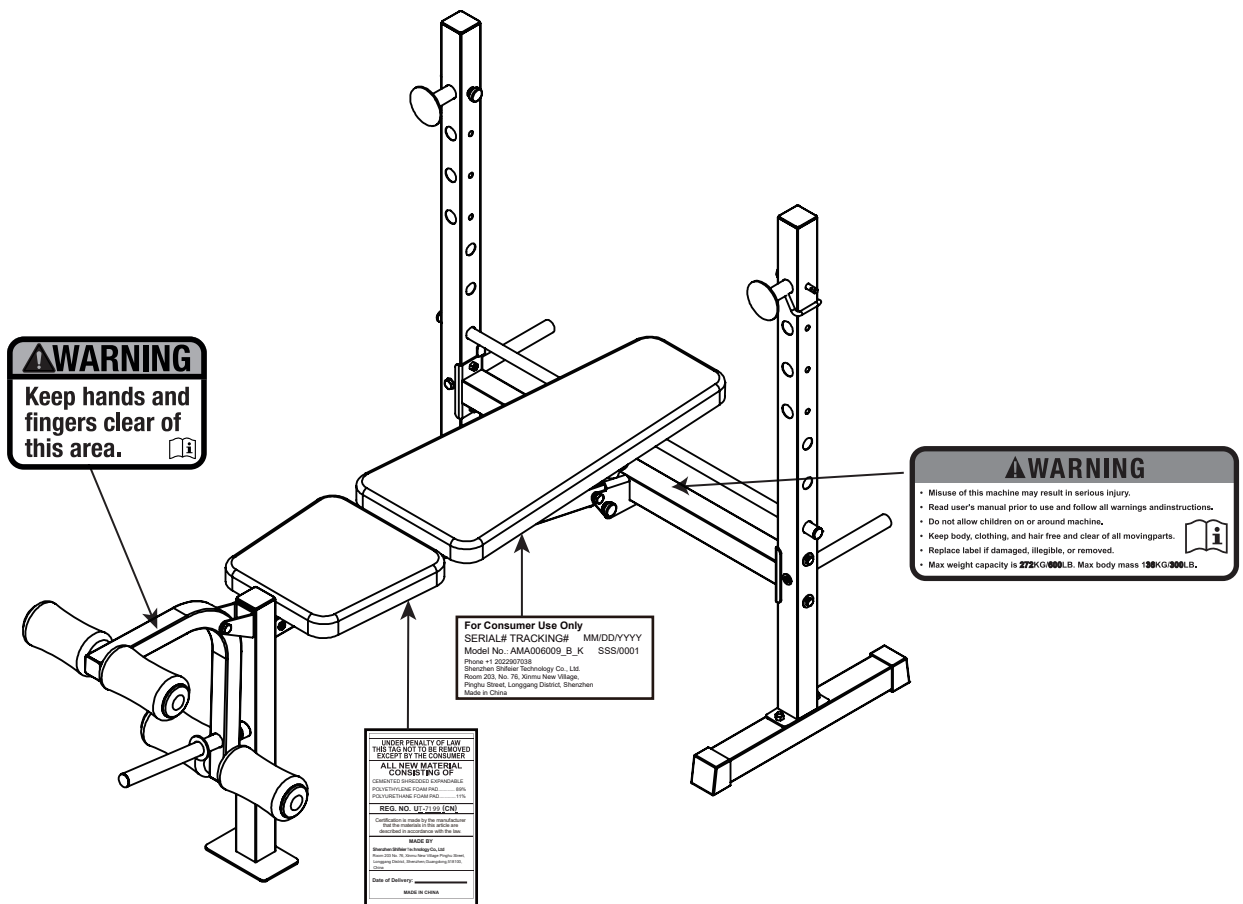
# Folding Barbell Weight Bench

## USER'S MANUAL



# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	01
BEFORE ASSEMBLING AND USING .....	02
BEFORE YOU BEGIN .....	03
PART IDENTIFICATION CHART .....	04
ASSEMBLY .....	05
ADJUSTMENT .....	09
PART LIST .....	11
EXPLODED DRAWING .....	12
WARNING .....	13
EXERCISE GUIDELINES .....	16



---

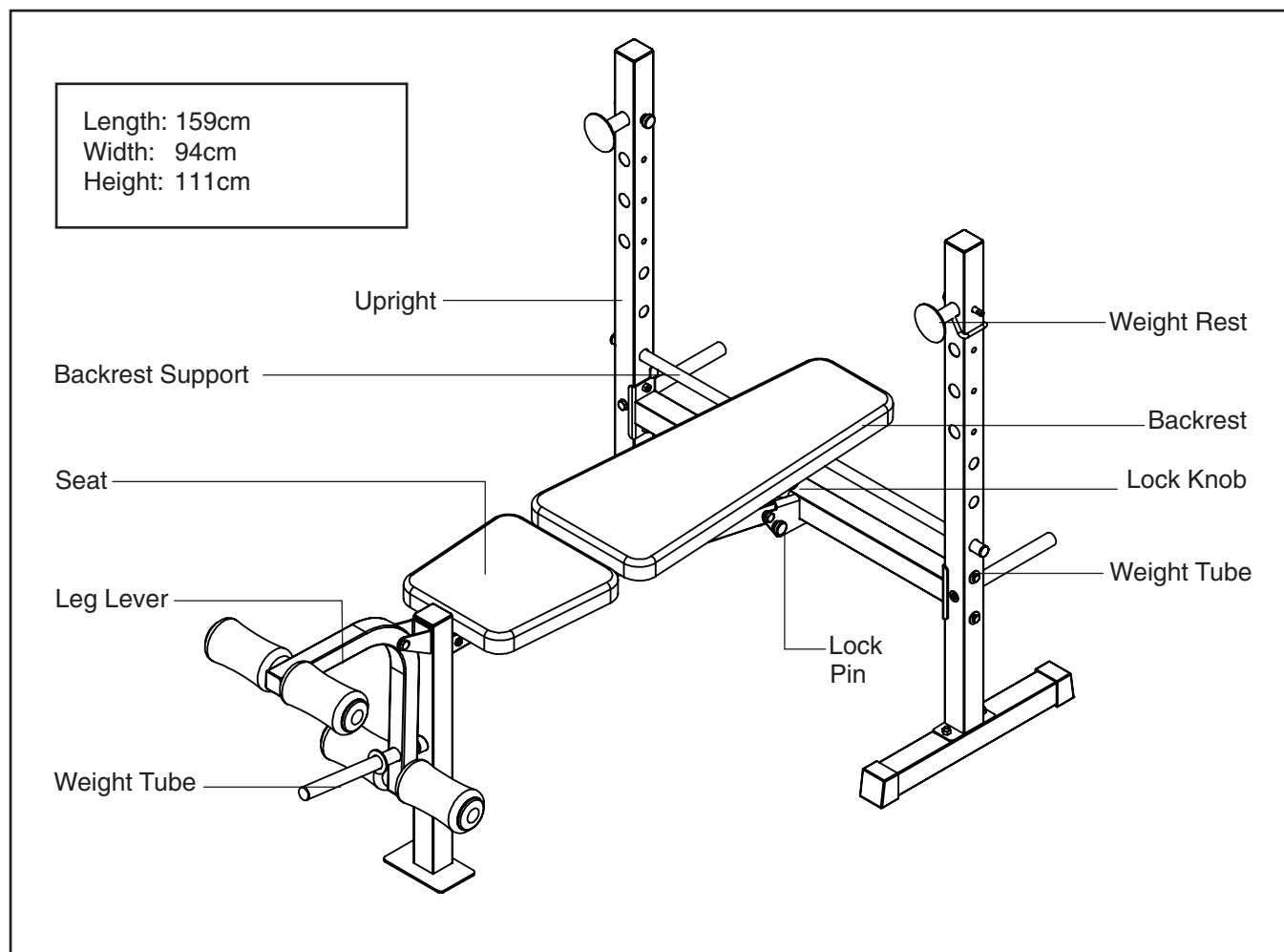
## BEFORE ASSEMBLING AND USING

1. Very important to read the entire manual before assembling and using the product.
2. N.W/G.W: 19.1KG/21.7KG
3. Product size when use, 159 x 94 x 111 cm at the longest and the highest set level.
4. The weight bench has Max weight capacity is 272KG/600LB. Max body mass 136KG/300LB.
5. Before using the product, check the nuts, bolts and safety pins are securely tightened.
6. Keep fingers clear of moving parts at all times.
7. The products shall be placed and used on level and stable surface.
8. Reserve a safe space of 0.6 meters on both sides of the weight bench and reserve a safe space of 1 meters (length)\*1 meter (width) behind the weight bench.
9. Adult use only and keep unsuper vised children away from the product.
10. Check regularly for damage and wear, e.g.support frames, connection joints and safety pins. DO NOT use the product when these parts are misplaced or missing.
11. Special attention to components most susceptible to wear.
12. Contact manufacturer to replace defective components immediately and keep the product out of use unti repair.
13. Application Field: Indoor and outdoor use.



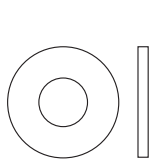
Please read all the instructions in the manual carefully before installing and using the product, and keep the instructions properly.

# BEFORE YOU BEGIN

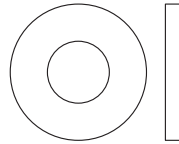


# PART IDENTIFICATION CHART

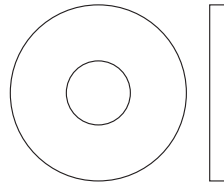
Use the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **IMPORTANT: If you cannot find a part in the hardware kit, check to see whether it has been preassembled. Extra hardware may be included.**



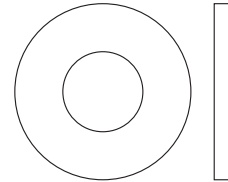
M6 Washer  
(22)-4



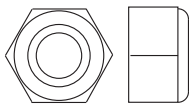
M8 Washer  
(29)-2



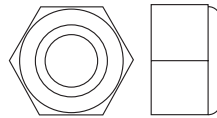
M8 Large Washer  
(35)-4



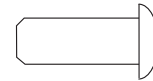
M10 Washer  
(30)-4



M8 Locknut  
(34)-6



M10 Locknut  
(31)-7



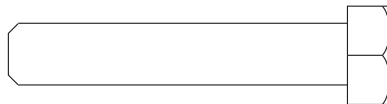
M6 x 16mm  
Screw (24)-4



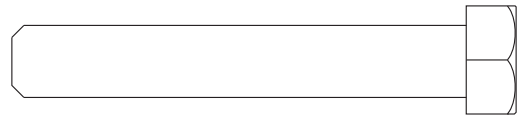
M6 x 40mm Screw  
(32)-4



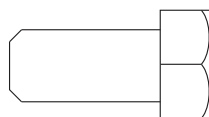
M8 x 65mm Bolt (33)-4



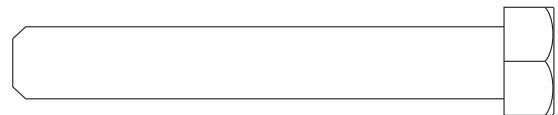
M8 x 45mm Bolt (28)-2



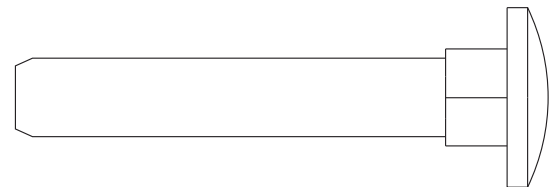
M10 x 60mm Bolt (25)-1



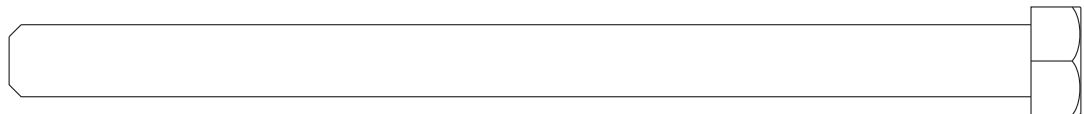
M10 x 20mm Bolt (37)-2



M10 x 65mm Bolt (41)-1



M10 x 65mm Carriage Bolt (27)-4



M10 x 135mm Bolt (23)-1

# ASSEMBLY

1. Assembly requires two persons.

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.

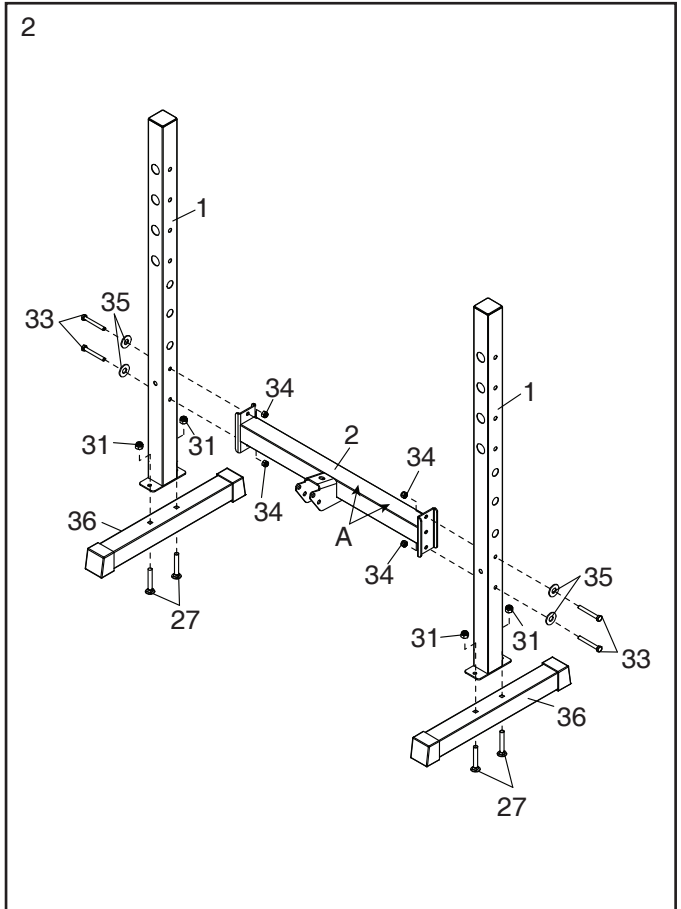
2. Orient the two Uprights (1) as shown.

Attach two Uprights (1) to two Bases (36) with four M10 x 65mm Carriage Bolts (27) and four M10 Locknuts (31); **do not tighten the Locknuts yet.**

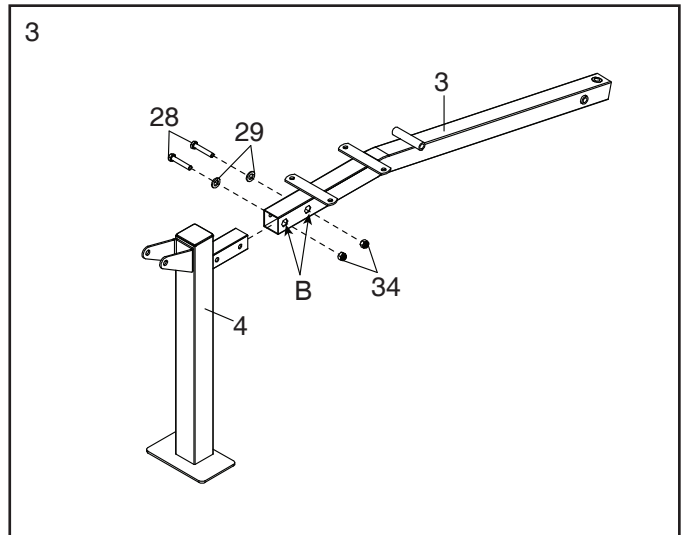
Next, orient the Crossbar (2) so that the warning decals (A) are in the position shown.

Attach the Crossbar (2) to one of the Uprights (1) with two M8 x 65mm Bolts (33), two M8 Large Washers (35), and two M8 Locknuts (34); **do not tighten the Locknuts yet.**

**Attach the Crossbar (2) to the other Upright (1) in the same way.**



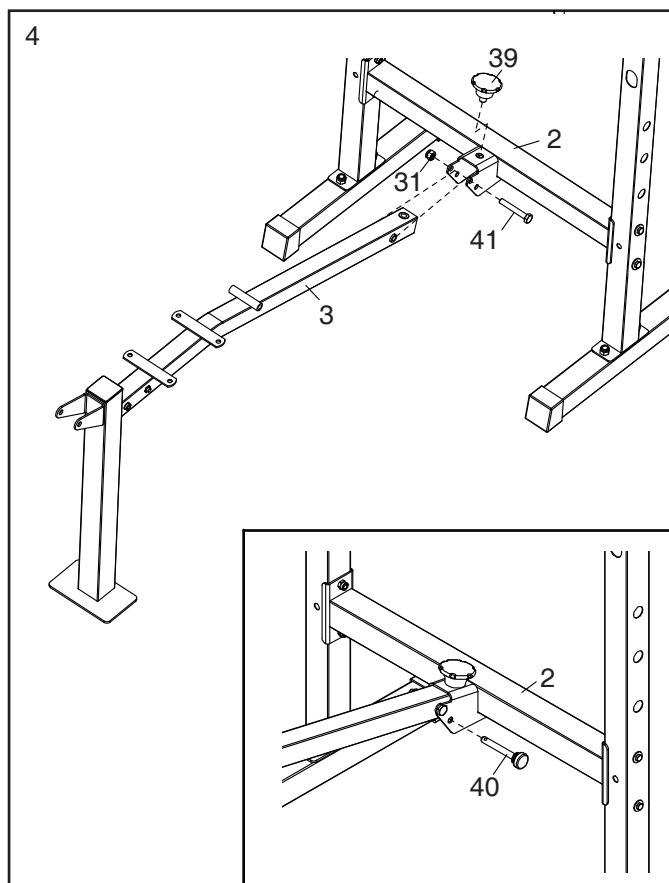
3. Attach the Front Leg (4) to the Frame (3) with two M8 x 45mm Bolts (28), two M8 Washers (29), and two M8 Locknuts (34). **Make sure that the Locknuts are in the indicated hexagonal holes (B); do not tighten the Bolts yet.**



- Attach the Frame (3) to the upper set of holes in the bracket on the Crossbar (2) with the M10 x 65mm Bolt (41) and an M10 Locknut (31). **Do not overtighten the Locknut; the Frame must pivot easily.**

Next, tighten the Lock Knob (39) into the bracket on the Crossbar (2) and into the Frame (3).

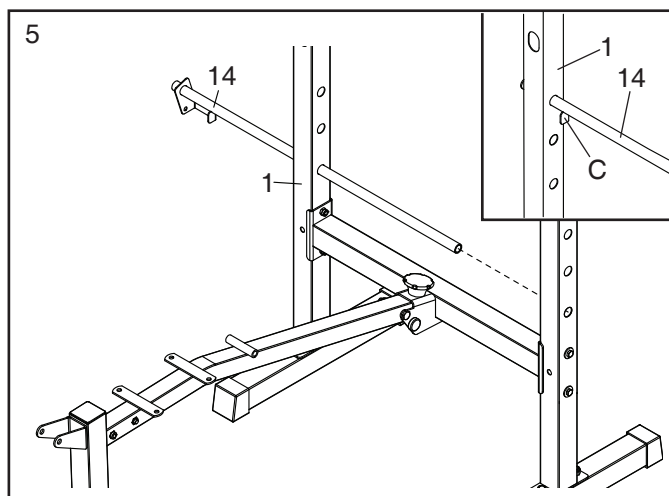
**See the inset drawing.** Insert the Lock Pin (40) into the lower set of holes in the bracket on the Crossbar (2).



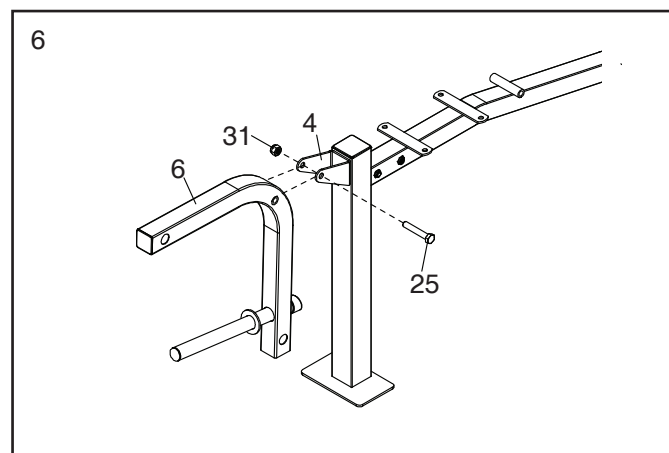
- Insert the Backrest Support (14) into one of the three sets of holes in the Uprights (1).

See the inset drawing. Rotate the Backrest Support (14) so that the clip (C) is wrapped around an Upright (1) as shown.

**See steps 2–4.** Tighten the M8 Locknuts (34), M10 Locknuts (31) and the M8 x 45mm Bolts (28) used in these steps.

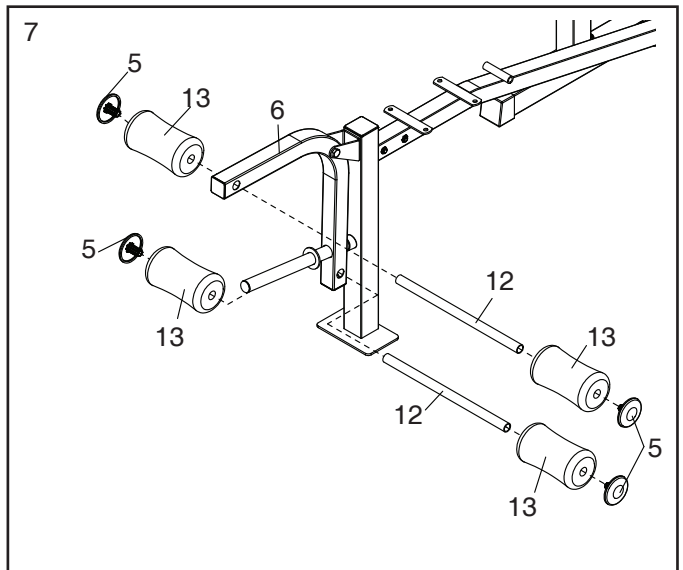


- Attach the Leg Lever (6) to the Front Leg (4) with the M10 x 60mm Bolt (25) and an M10 Locknut (31). **Do not overtighten the Locknut; the Leg Lever must pivot easily.**



7. Insert a Pad Tube (12) through the Leg Lever (6). Then, slide a Foam Pad (13) onto each side of the Pad Tube, and press a Pad Cap (5) into each end of the Pad Tube.

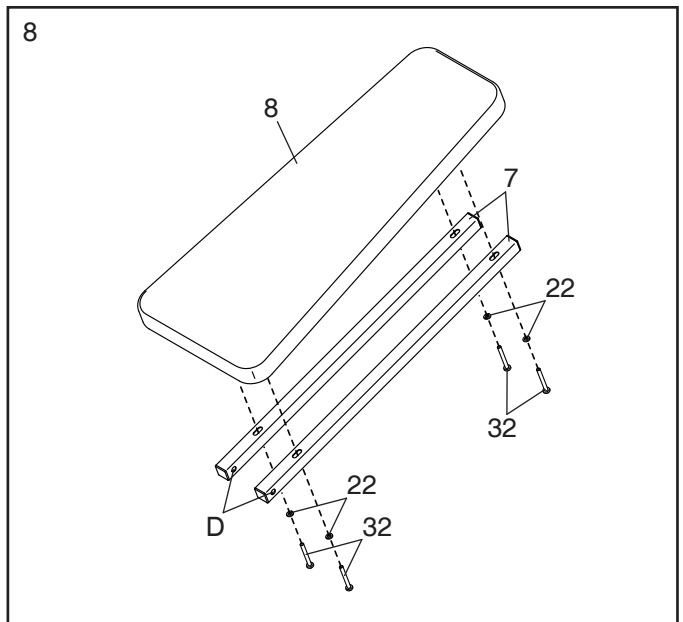
**Repeat this step with the other Pad Tube (12), Foam Pads (13), and Pad Caps (5).**



8. Orient the Backrest (8) as shown.

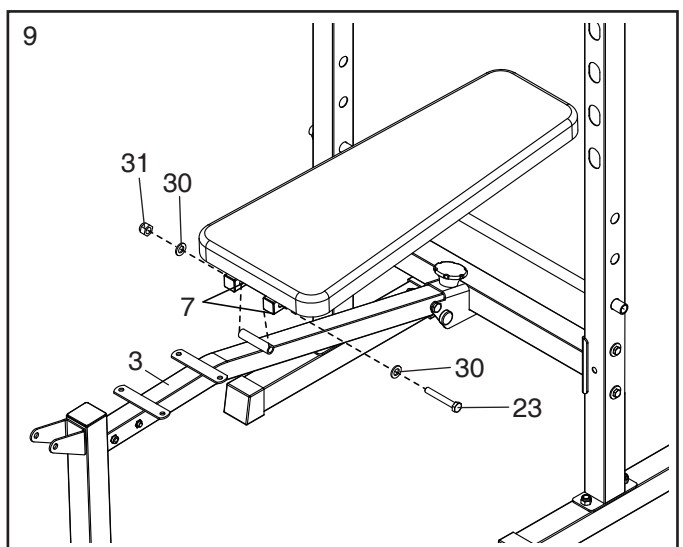
Next, orient the Backrest Tubes (7) so that the indicated holes (D) are in the position shown.

Attach the Backrest Tubes (7) to the Backrest (8) with four M6 x 40mm Screws (32) and four M6 Washers (22); **do not tighten the Screws yet.**



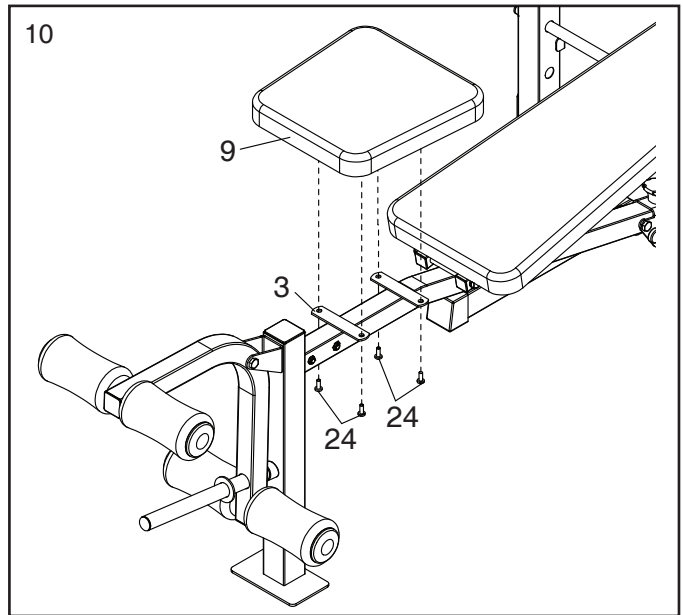
9. Attach the Backrest Tubes (7) to the Frame (3) with the M10 x 135mm Bolt (23), two M10 Washers (30), and an M10 Locknut (31). **Do not overtighten the Locknut; the Backrest Tubes must pivot easily.**

**See step 8.** Tighten the M6 x 40mm Screws (32) **To avoid damaging the Backrest (8), tighten the Screws only until the Backrest does not move or feel loose.**

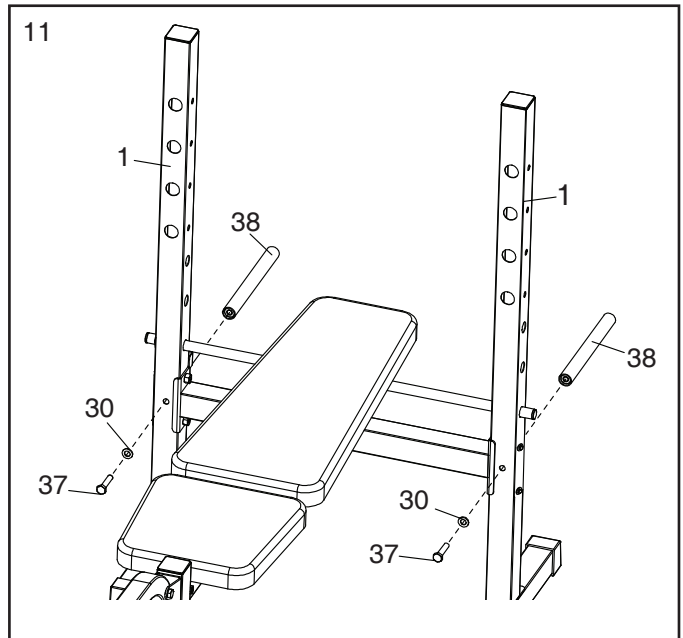


10. Orient the Seat (9) as shown.

Attach the Seat (9) to the Frame (3) with four M6 x 16mm Screws (24); **start all the Screws, and then tighten them. To avoid damaging the Seat, tighten the Screws only until the Seat does not move or feel loose.**



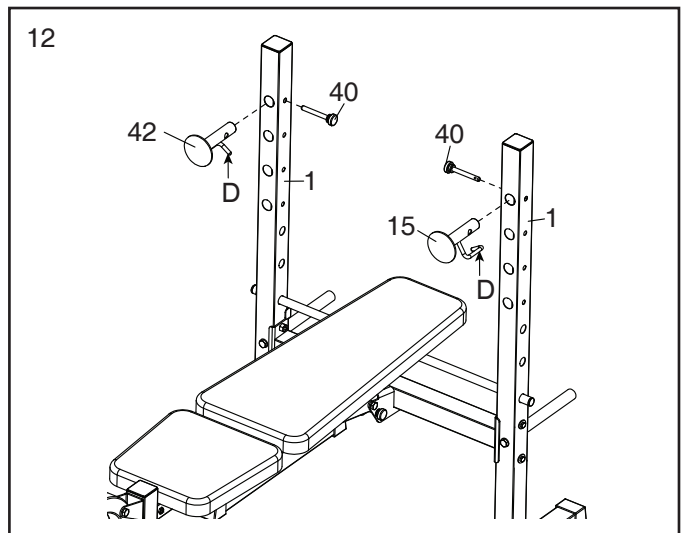
11. Attach the Weight Tubes (38) to the Uprights (1) with two M10 x 20mm Bolts (37) and two M10 Washers (30).



12. Insert the Left Weight Rest (15) into an Upright (1). Then, Insert the attached Lock Pin (40) into the Left Weight Rest and one of the adjustment holes in the Upright. **Rotate the Weight Rest so that the lockingpin (D) is wrapped around the Upright.**

**Repeat this step with the right Weight Rest (42). Make sure that the Weight Rests are at the same height.**

13. **Make sure that all parts are properly tightened before you use the weight bench.** The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 9.



# ADJUSTMENT

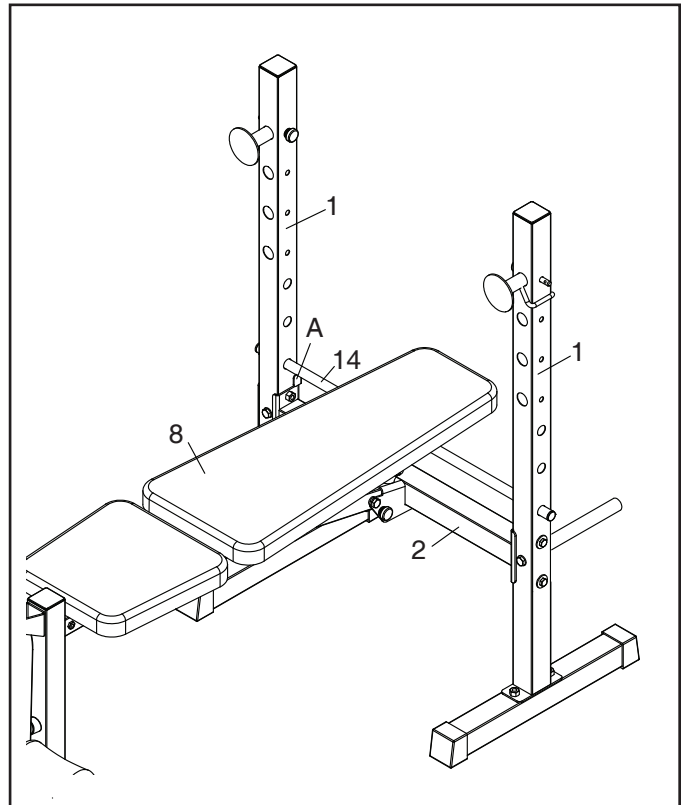
**Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.** The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

## ADJUSTING THE BACKREST

The Backrest (8) can be used in a declined position, a level position, or either of two inclined positions. To use the Backrest in the declined position, remove the Backrest Support (14) and lay the Backrest on the Crossbar (2).

To use the Backrest (8) in the level position or an inclined position, lift the Backrest and insert the Backrest Support (14) through one of the sets of holes in the Uprights (1). **Rotate the Backrest Support** so that the clip (A) is wrapped around an Upright as shown.

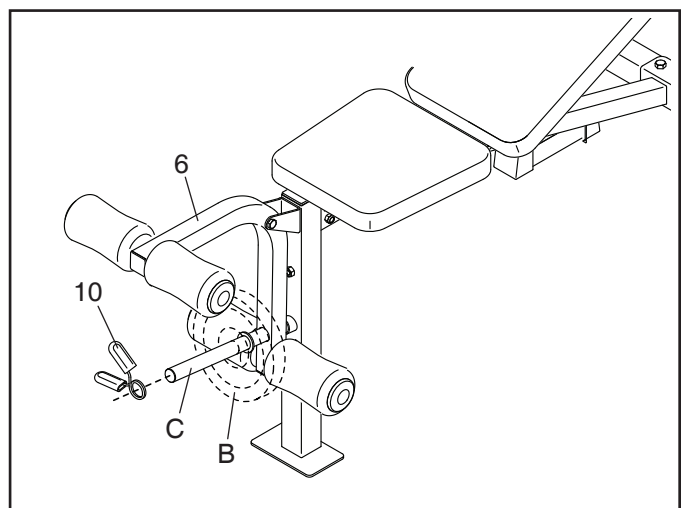
**⚠ WARNING:** When using the Backrest (8) in a level position or an inclined position, insert the Backrest Support (14) completely into both Uprights (1) and rotate it so that the clip (A) is wrapped around an Upright.



## ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (6), slide the desired weights (B) (not included) onto the weight tube (C). Secure the weights with the Spring Clip (10).

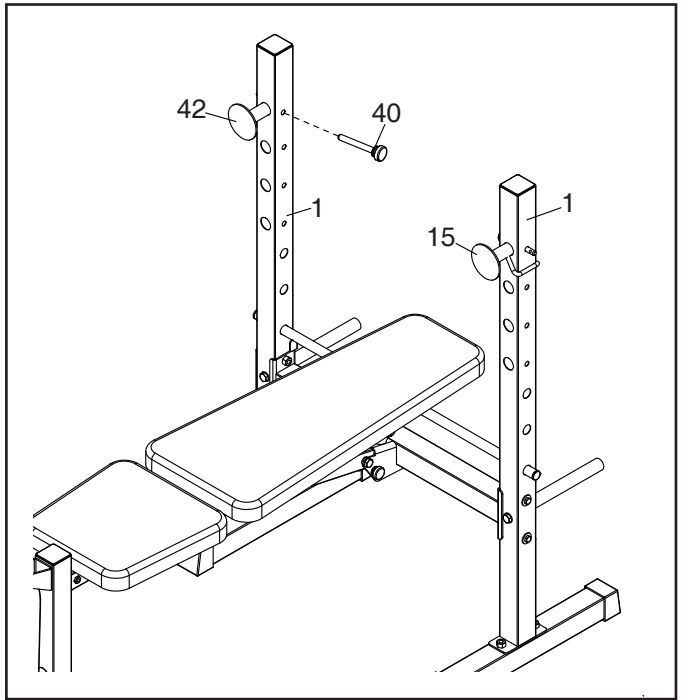
**⚠ WARNING:** Do not place more than 50 lbs. (23 kg) on the Leg Lever (6). When using the Leg Lever, place a barbell with the same amount of weight on the Weight Rests (not shown) to balance the weight bench.



## ADJUSTING THE WEIGHT RESTS

To adjust Weight Rests (15,42), hold the Weight Rests and pull out the attached Lock Pin (40). Move the Weight Rests to the desired height, and insert the Lock Pin into the Weight Rests and one of the adjustment holes in the Uprights (1).

**⚠ WARNING:** Always set both Weight Rests (15,42) at the same height.



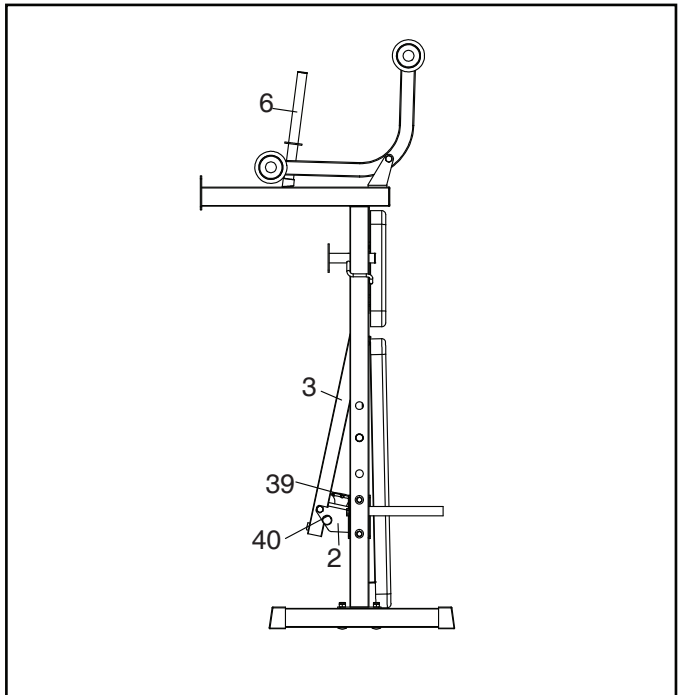
## STORING THE WEIGHT BENCH

**Before storing the weight bench, remove any weights from the Leg Lever (6).**

To store the weight bench, first remove the Lock Knob (39) and the Lock Pin (40) from the bracket on the Crossbar (2).

Next, raise the Frame (3) and the Front Leg (4) to the position shown.

Then, insert the Lock Pin (40) into the side of the bracket on the Crossbar (2), and insert the Lock Knob (39) into the top of the bracket. The Lock Pin will prevent the weight bench from unfolding.

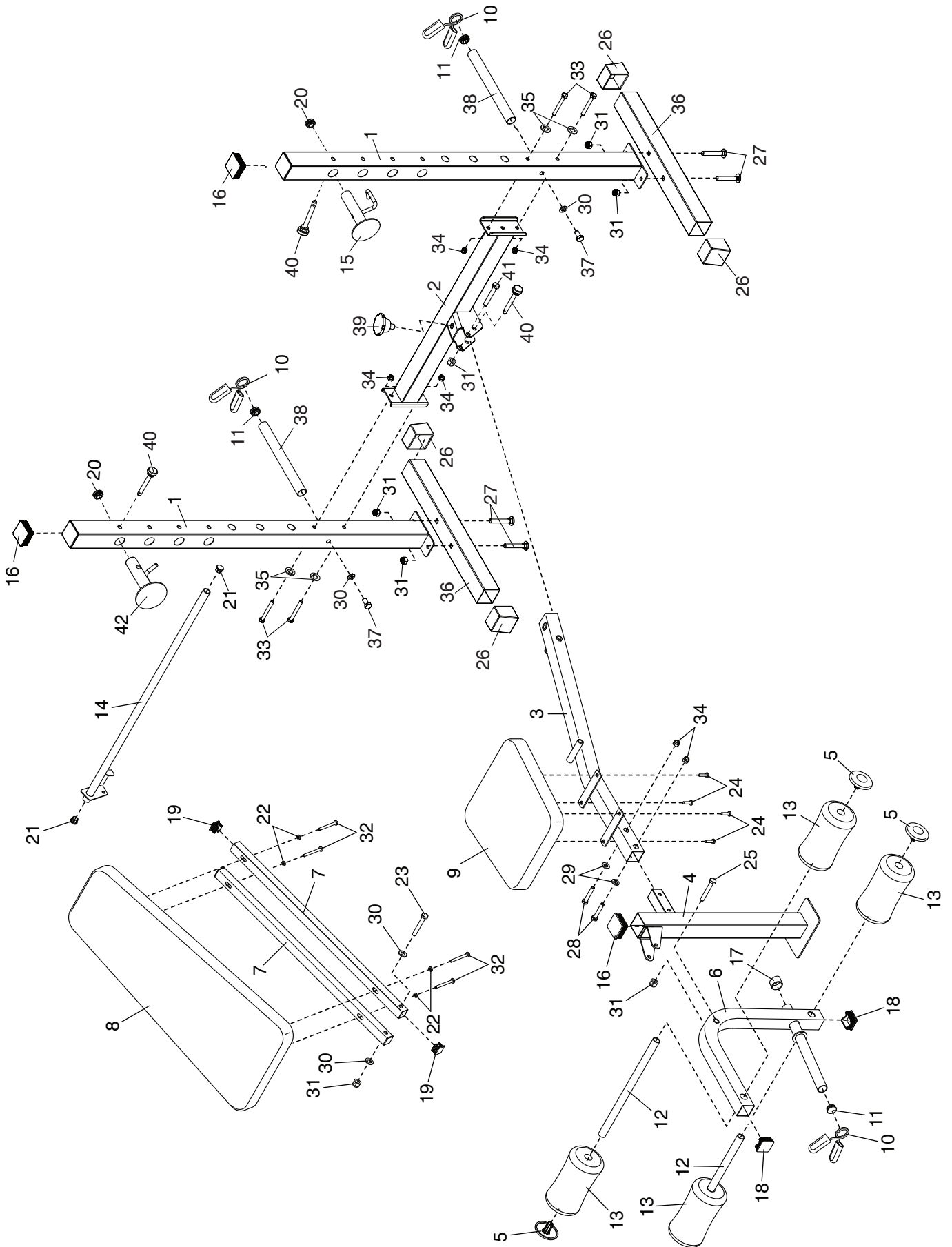


---

# PART LIST

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	22	4	M6 Washer
2	1	Crossbar	23	1	M10 x 135mm Bolt
3	1	Frame	24	4	M6 x 16mm Screw
4	1	Front Leg	25	1	M10 x 60mm Bolt
5	4	Pad Cap	26	4	50mm Square Outer Cap
6	1	Leg Lever	27	4	M10 x 65mm Carriage Bolt
7	2	Backrest Tube	28	2	M8 x 45mm Bolt
8	1	Backrest	29	2	M8 Washer
9	1	Seat	30	4	M10 Washer
10	3	Spring Clip	31	7	M10 Locknut
11	3	25mm x 1.5mm Round Inner Cap	32	4	M6 x 40mm Screw
12	2	Pad Tube	33	4	M8 x 65mm Bolt
13	4	Foam Pad	34	6	M8 Locknut
14	1	Backrest Support	35	4	M8 Large Washer
15	1	Left Weight Rest	36	2	Base
16	3	50mm Square Inner Cap	37	2	M10 x 20mm Bolt
17	1	25mm Round Angled Cap	38	2	Weight Tube
18	2	38mm Square Inner Cap	39	1	Lock Knob
19	4	25mm Square Inner Cap	40	3	Lock Pin
20	2	25mm x 2mm Round Inner Cap	41	1	M10 x 65mm Bolt
21	2	21mm Round Inner Cap	42	1	Right Weight Rest

# EXPLODED DRAWING



---

## **WARNING** ⚠️

### **SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED**

1. Obtain a medical exam before beginning any exercise program.
2. Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.
3. Obtain instructions before using.
4. Read and understand the owner's manual and all warnings posted on the machine before using.
5. Keep all children(12 and under) away. Teenagers(13 and over) and disabled must be supervised.
6. Use a spotter.
7. Keep body and clothing free from and clear of all moving parts.
8. Use the machine only for the intended use. DO NOT modify the machine.
9. Inspect machine prior to use. DO NOT use if it appears damaged or inoperable.
10. DO NOT attempt to fix a broken or jammed machine.
11. Report any malfunctions, damage or repairs to the facility.
12. Replace any warning labels if damaged, worn or illegible.

### **Training manual**

In addition to physical fitness and muscle strengthening exercise, a healthy and balanced diet is very important in achieving your fitness goals.

### **Warm-up exercises before training**

This phase of warm-up exercises can enhance the blood circulation of the user and hence prevent injury during workout, please follow 5 simple stretching exercises as illustrated below for proper warm-up.



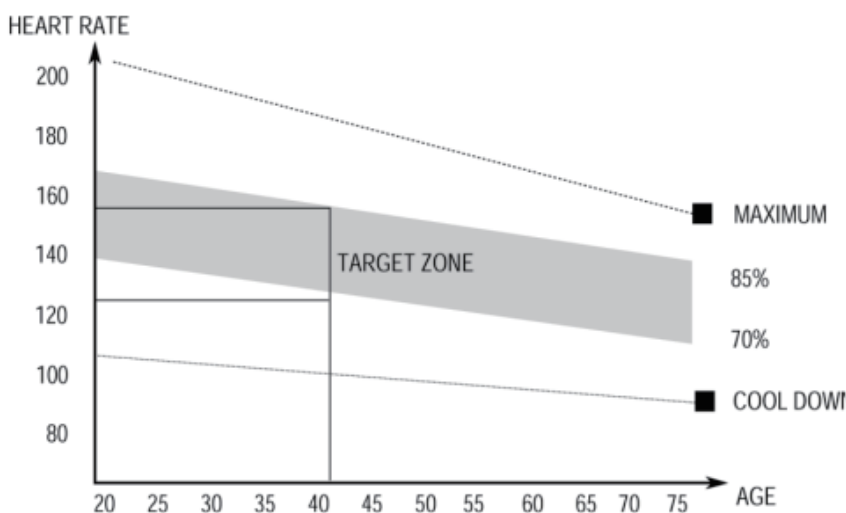
---

## WARNING

### The stage of training

This stage is the formal training stage, Through regular practice, you can improve the strength and flexibility of your muscles.

The key is to have a consistent and healthy intensity of training, you should consider the target heart rate to ensure that you are exercising in the optimal intensity. Please refer to the graph below.



Aim to keep your heart rate within the target range for 12 to 20 minutes.

### Using Environment

1. Children and pets should stay away from products at all time, and do not allow children to be unattended while being around the product.
2. Only one person should be on the bench at any point of time.
3. Stop training and consult your doctor immediately if you experience dizziness/chest pain/breathlessness or other discomfort.
4. Please put the product on a clean surface, away from water sources.
5. When training, wear appropriate sportswear and footwear, Avoid wearing loose clothing that may get caught in the bench.
6. Please use this product in accordance with the product description described in the manual.
7. Do not put any sharp or dangerous objects nearby this bench during workout.
8. Disabled users are not allowed to use this product without the supervision of professional personnel.
9. Warm-up and stretching exercise should be done before workout to reduce the rates of injury.
10. Do not use this product if you suspect that it may be faulty.
11. We recommend users to workout with a friend/partner to look out for each other.

---

## **WARNING**

### **Daily maintenance**

1. Lubricate the parts regularly.
2. Check and tighten all parts of the product before using the device.
3. Use a damp towel to clean the bench after use, Avoid using a chemical solvent to clean the product.

### **Warning:**

Before any training, please be sure to consult your health care providers, especially those with health problems, you acknowledge that you are utilizing our equipments voluntarily and are aware of risks involved in fitness and weight training in your own private compound, These include, but are not limited to, injuries sustained while utilizing our fitness equipment, any illness that could potentially be precipitated during workout( eg, heart attack, stroke ect) as well as sudden death. You also acknowledge that any damage to your property will be at your own risk.

---

# 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.

**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.