

WEIGHT LIFTING BENCH

USER'S MANUAL

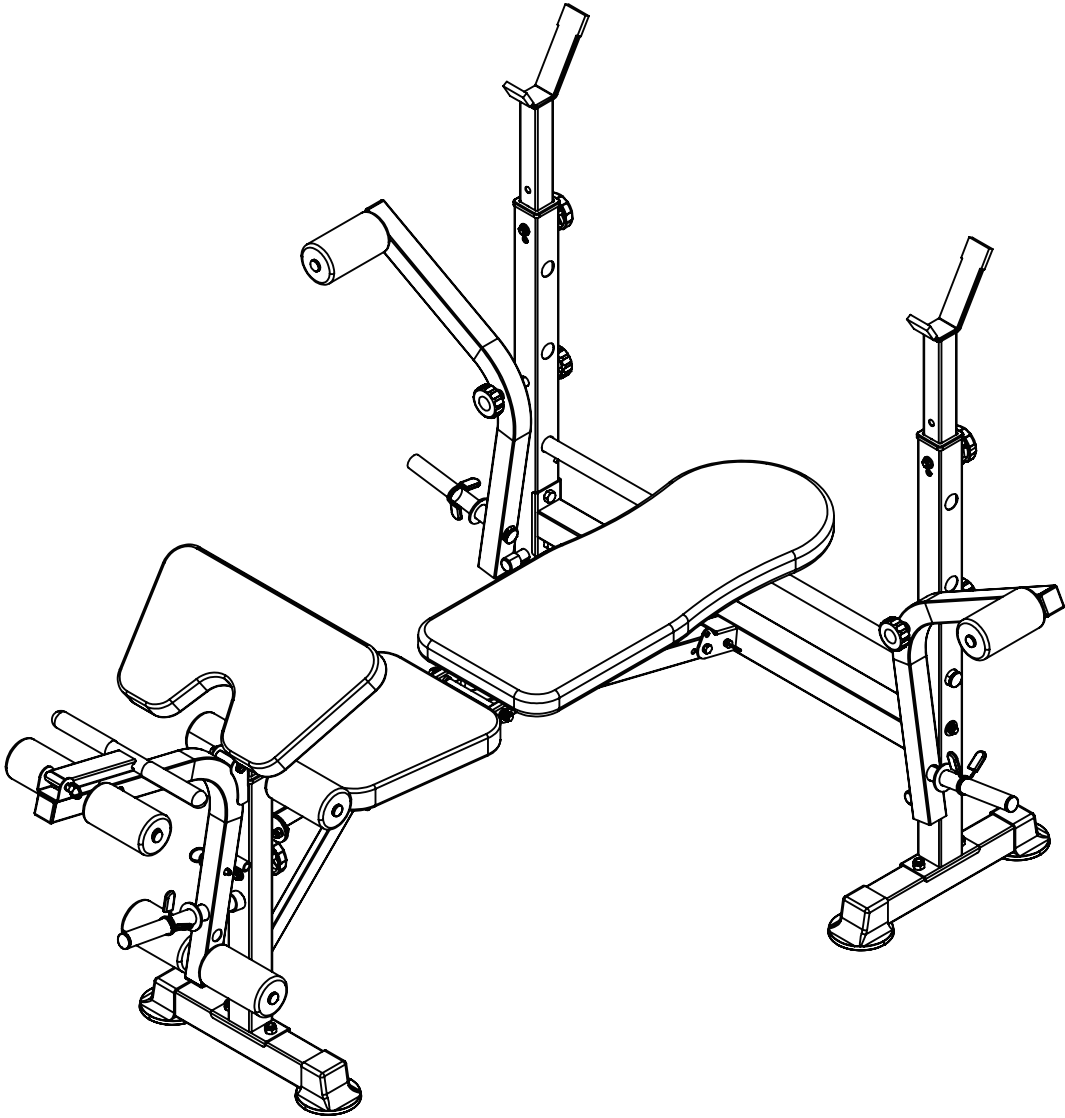


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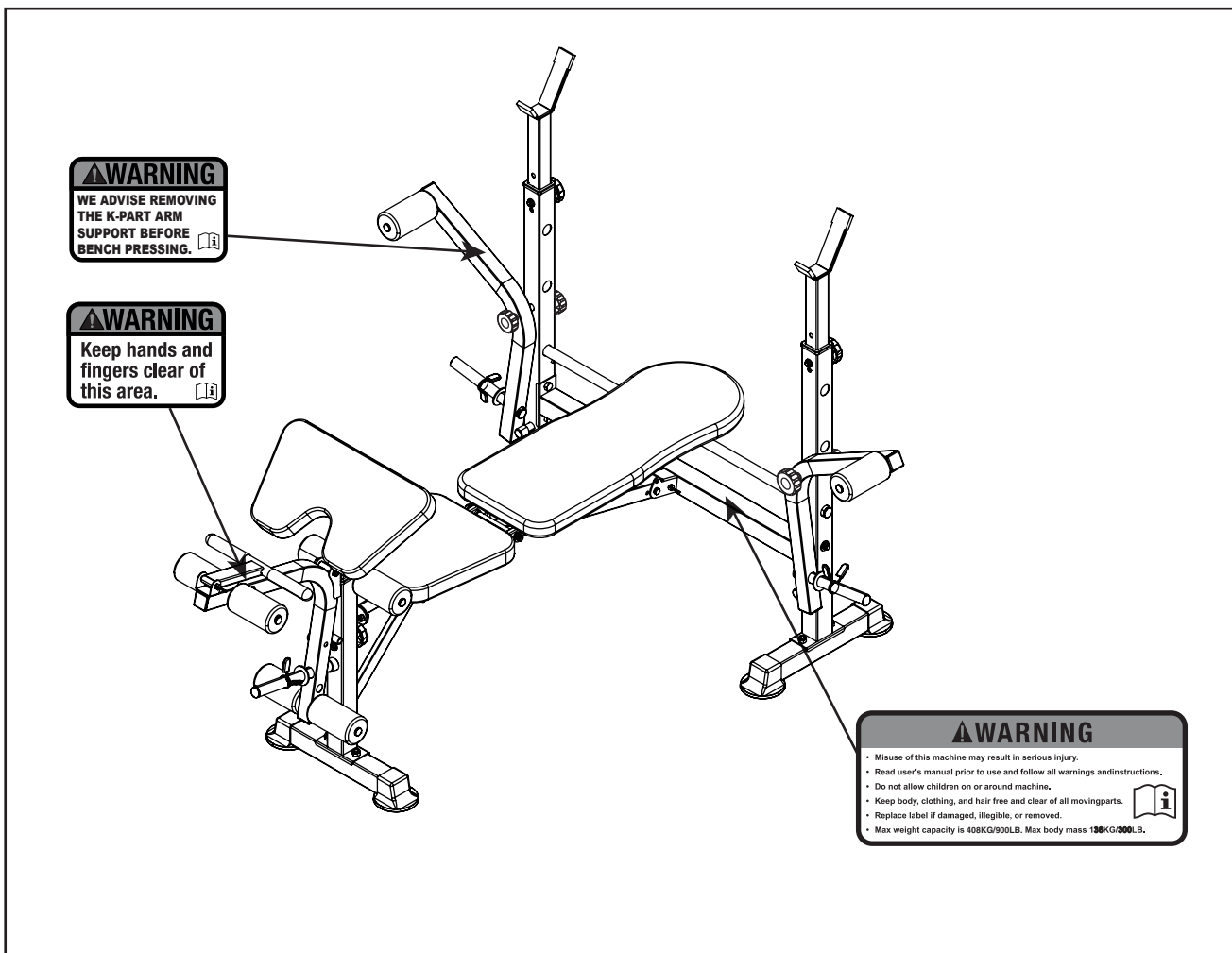
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WARNING DECAL PLACEMENT



BEFORE ASSEMBLING AND USING

To reduce the risk of injury, read and follow all of the warnings, precautions, and instructions in this manual before you use the bench. Warnings and instructions for care, maintenance, and use of this equipment are included to promote safe enjoyable use of this equipment.

IMPORTANT PRECAUTIONS



WARNING

- It is the responsibility of the owner to ensure that all users of the weight training system are adequately informed of all precautions.
- Always consult a physician before beginning any exercise program. This is especially important if you are over 35 or have experienced health problems before.
- This product is intended for domestic use only. Do not use the product in a commercial, rental or institutional setting.
- Keep body and clothing free from and clear of all moving parts.
- Always wear sports shoes for foot protection while using the weight training system.
- The equipment must be placed on a flat, stable surface.
- Keep children and pets away from the weight training system at all times. Teenagers must be supervised.
- Inspect and properly tighten all parts each time the weight training system is used. Replace any worn parts immediately.
- Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain or any other abnormal symptoms, immediately stop your workout and see your doctor.
- Always use locking pins to secure parts in desired positions.

ADULT ASSEMBLY REQUIRED

READ THIS BEFORE YOU BEGIN

- It is recommended to assemble the product by two adults.
- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Use gloves to protect your hands from pinch points during assembly.
- We've provided two wrench to help with assembly, but you're more than welcome to use your own tools. Assembly may be easier if you have a set of wrenches.

- one Phillips screwdriver

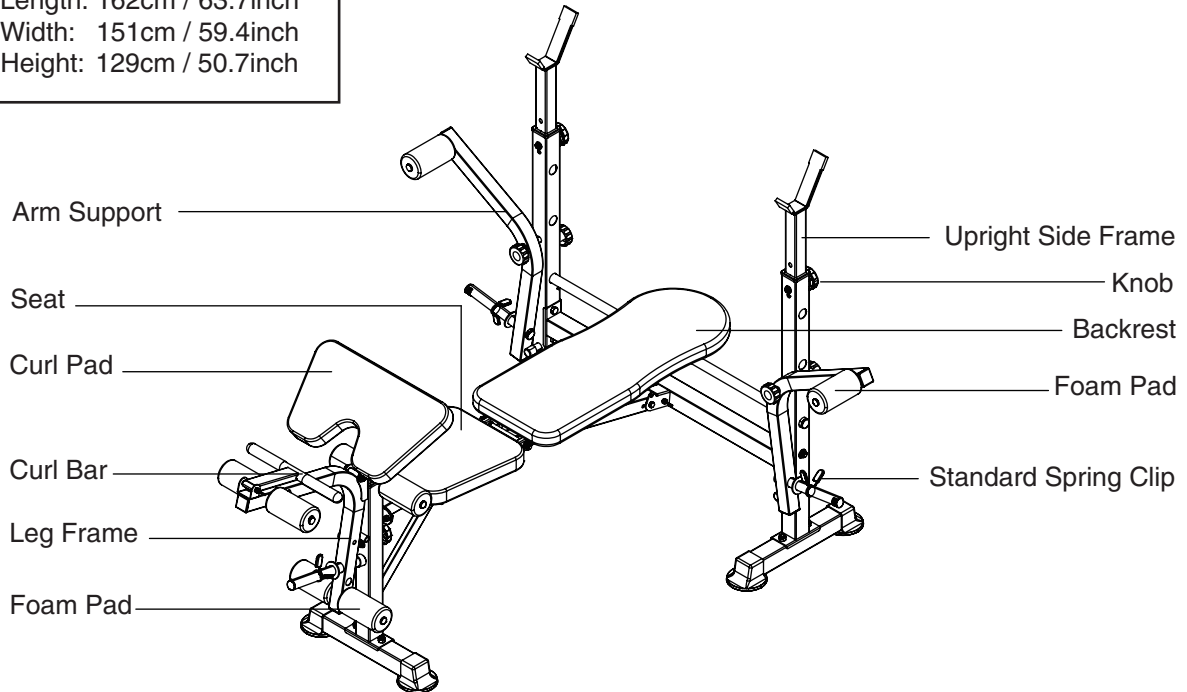


- two adjustable wrenches



BEFORE YOU BEGIN

Length: 162cm / 63.7inch
Width: 151cm / 59.4inch
Height: 129cm / 50.7inch

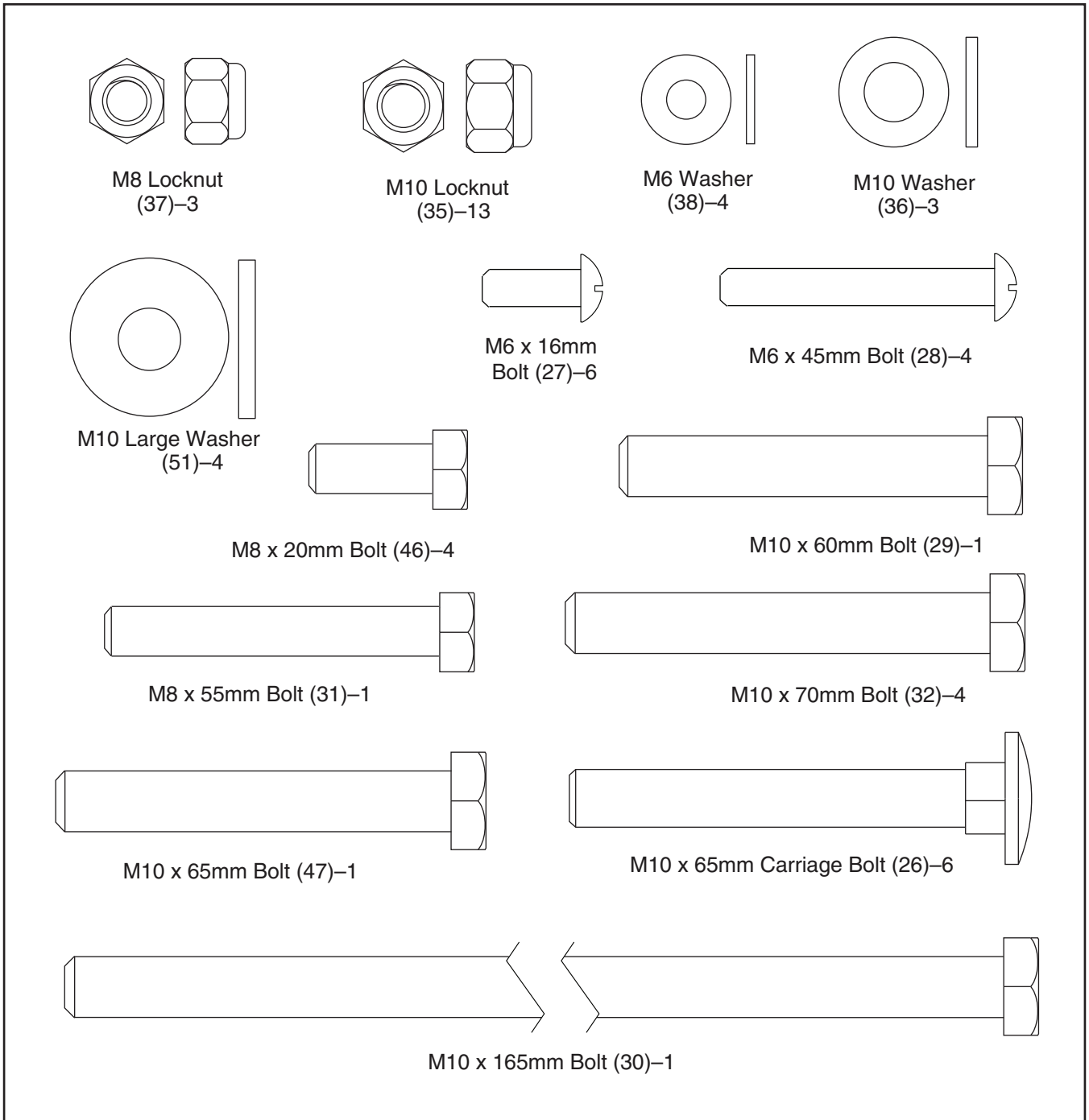


NOTICE

- Please retain these instructions for future reference.
- Please do not exceed the weight limitations of this item.
- The weight bench has Max weight capacity is 408KG/900LBS. Max body mass 136KG/300LBS.
- Do not stand on or use any part of this item as a step ladder.
- Firmly secure all bolts, screws, and knobs before use.
- Fasten screws loosely during initial assembly, Do not firmly tighten the screws until the item is completely assembled.
- Be aware that some parts are heavy and have sharp edges.
- If any parts are missing, broken, damaged, or worn, stop using this product until repairs are made and/or factory replacement parts are installed.
- Do not use this item in a way inconsistent with the manufacturer's instructions as this could void the product warranty.

PART IDENTIFICATION CHART

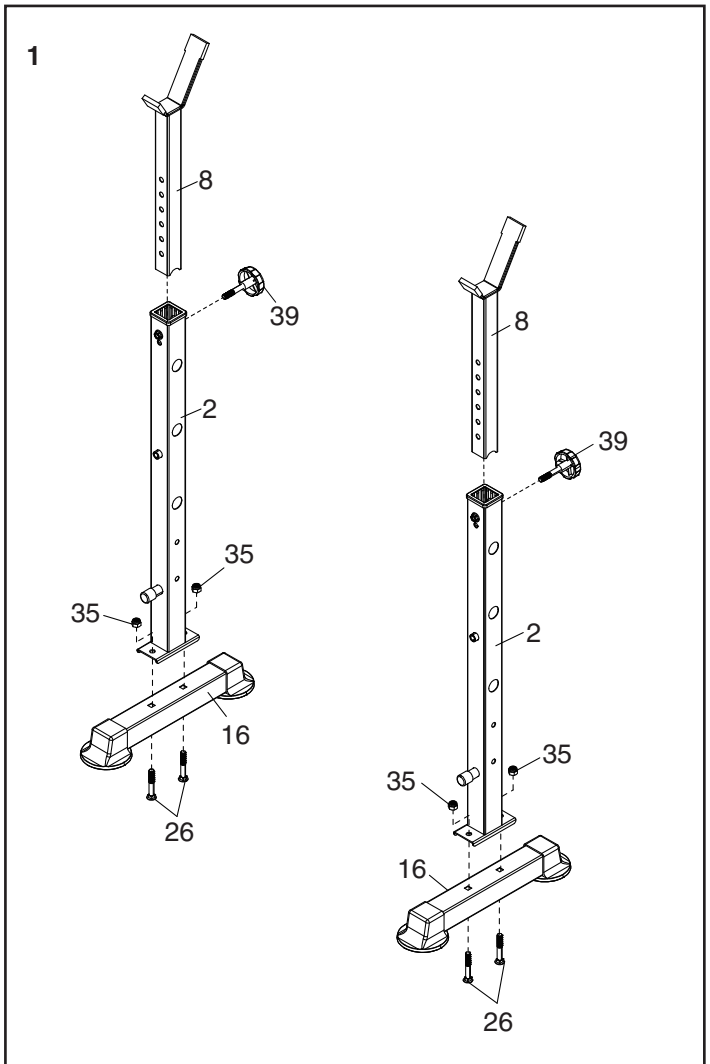
Use the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **IMPORTANT: If you cannot find a part in the hardware kit, check to see whether it has been preassembled. Extra hardware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



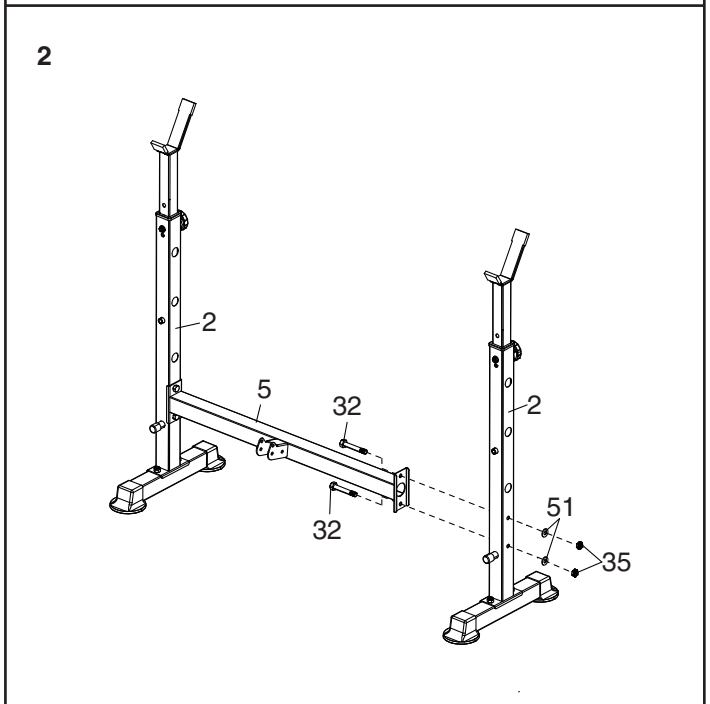
ASSEMBLY

1. Attach two Side Frames (2) to two Stabilizers (16) with four M10 x 65mm Carriage Bolts (26) and four M10 Locknuts (35); **do not tighten the Locknuts yet.**

Insert two Upright Side Frames (8) to the Side Frames (2) with two Knobs (39).



2. Attach the Crossbar (5) to the Side Frames (2) with four M10 x 70mm Bolts (32), four M10 Large Washers (51) and four M10 Locknuts (35); **do not tighten the Locknuts yet.**



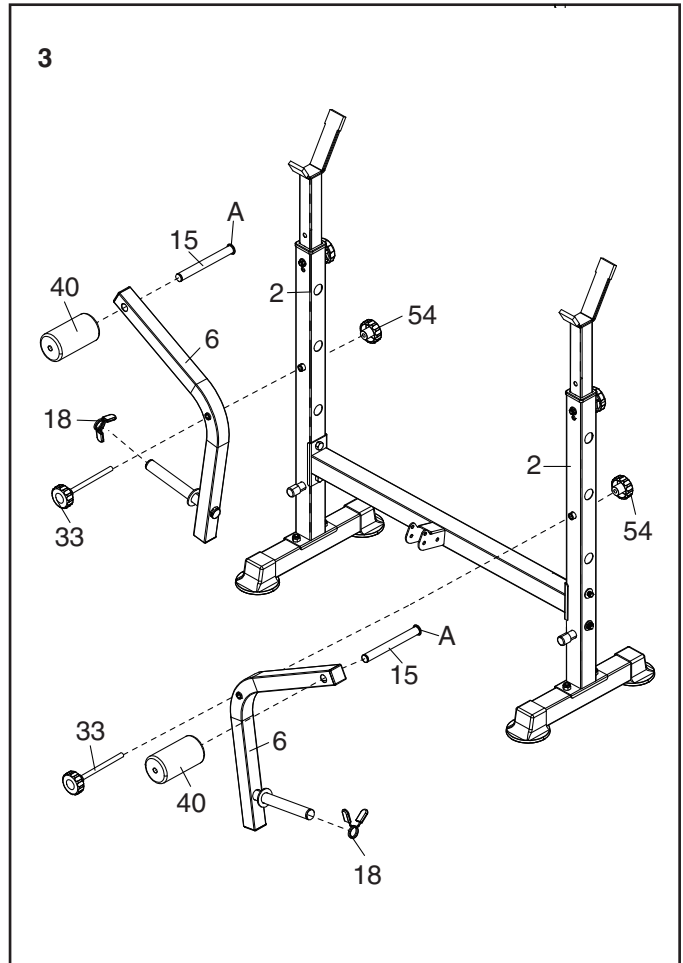
3. Orient two Arms (15) so that the wide end (A) is in the position shown.

Attach two Arm Supports (6) to the Side Frames (2) with two M10 x 130mm Knob Bolts (33) and two Knob Nuts (54).

WE ADVISE REMOVING THE K-PART ARM SUPPORT BEFORE BENCH PRESSING.

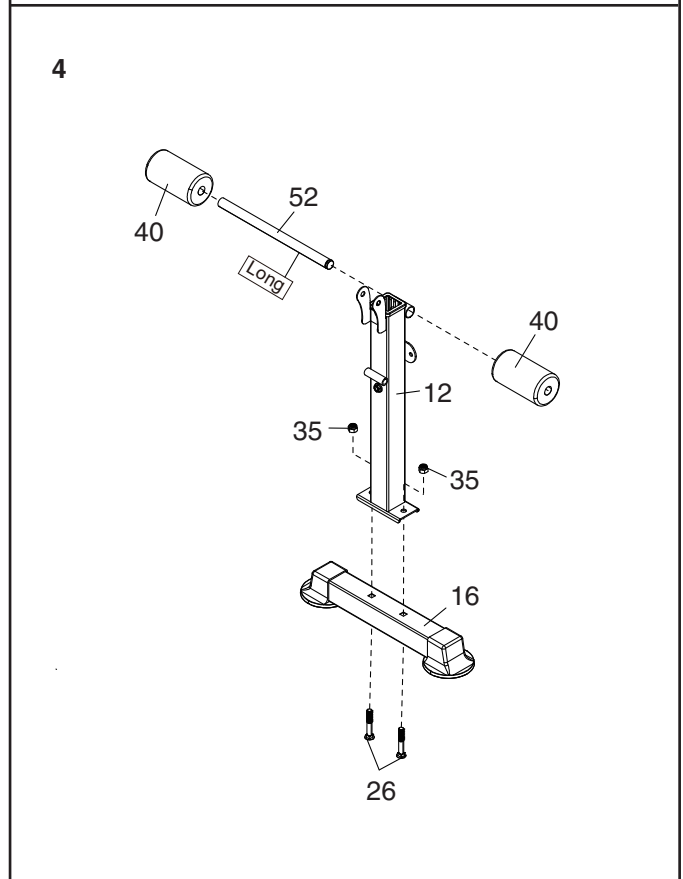
Insert the Arms (15) into the Arm Supports (6), slide two Foam Pads (40) onto the Arms (15).

Then, two Standard Spring Clips (18) onto the Arm Supports (6).



4. Attach the Front Leg (12) to the Stabilizer (16) with two M10 x 65mm Carriage Bolts (26) and two M10 Locknuts (35); **do not tighten the Locknuts yet.**

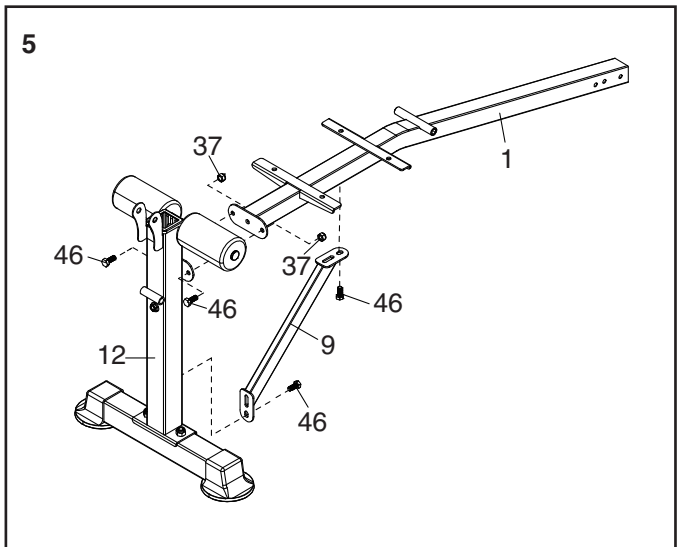
Insert the Long Pad Tube (52) into the Front Leg (12), slide two Foam Pads (40) onto Long Pad Tube (52).



- Attach the Front Leg (12) to the Main Frame (1) with two M8 x 20mm Bolts (46) and two M8 Locknuts (37).

Attach the Fixed Support (9) to the Front Leg (12) and the Main Frame (1) with two M8 x 20mm Bolts (46).

Do not tighten the Bolts or the Locknut yet.

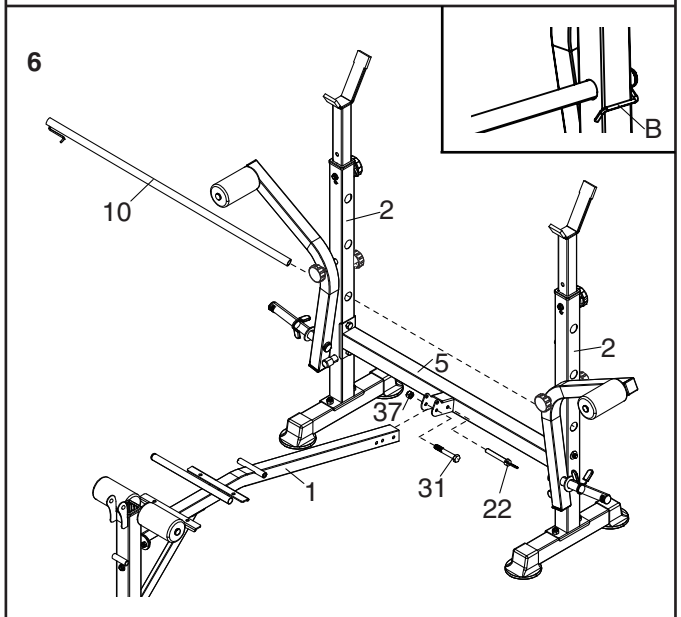


- Attach the Main Frame (1) to the Crossbar (5) with one M8 x 55mm Bolt (31) and one M8 Locknut (37).

Insert the $\Phi 8$ Pin (22) into the lower right holes in the bracket on the Crossbar (5).

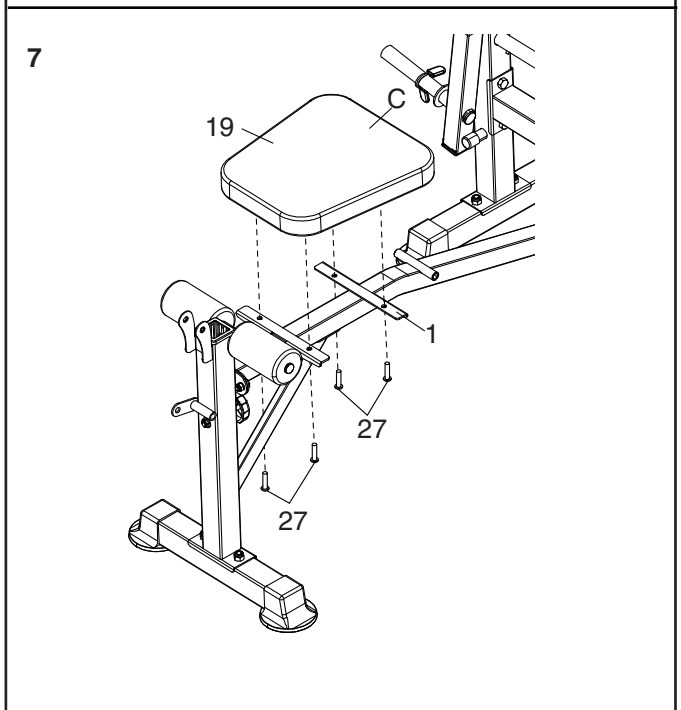
Insert the Backrest Support (10) into one of the three sets of holes in the Side Frames (2).

See the inset drawing. Rotate the Backrest Support (10) so that the clip (B) is wrapped around an Side Frame (2) as shown.



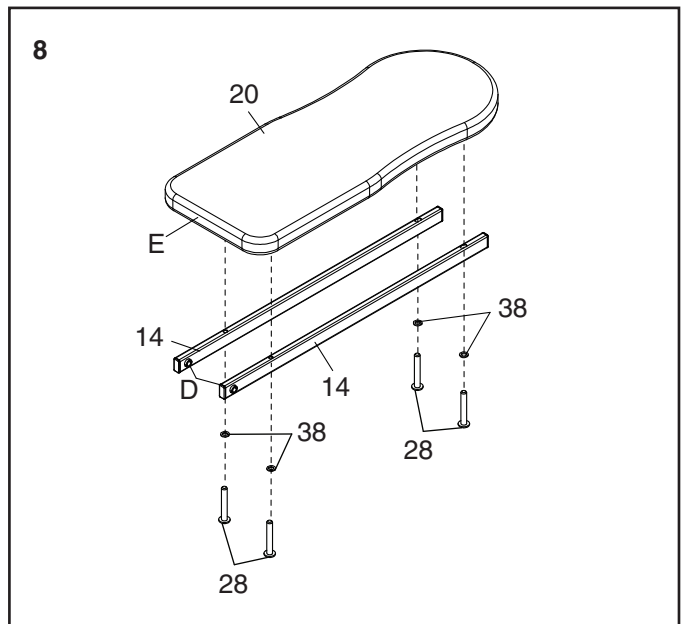
- Orient the Seat (19) so that the wide end (C) is in the position shown.

Attach the Seat (19) to the Main Frame (1) with four M6 x 16mm Bolts (27); **start all four Screws, and then tighten them. To avoid damaging the Seat, tighten the Screws only until the Seat does not move or feel loose.**

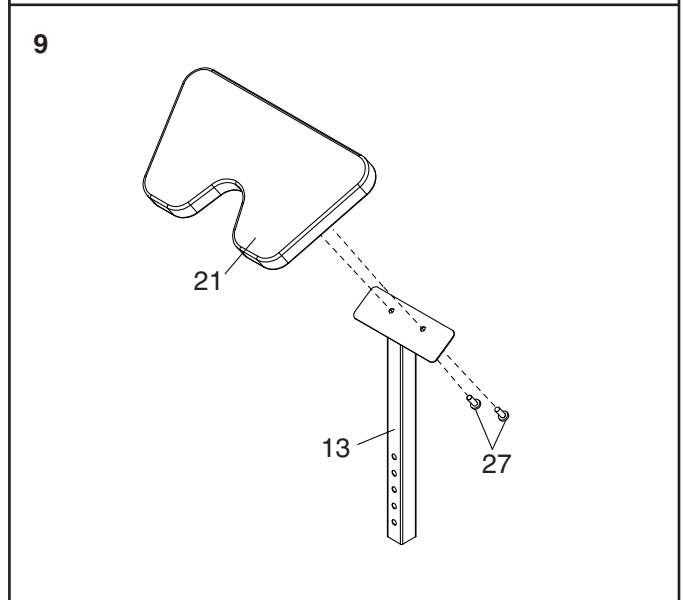


- Orient two Backrest Frames (14) so that the indicated holes (D) are in the position shown.

Then, orient the Backrest (20) so that the wide end (E) is in the position shown, and attach it to the Backrest Frames (14) with four M6 x 45mm Bolts (28) and four M6 Washers (38); **do not tighten the Screws yet.**



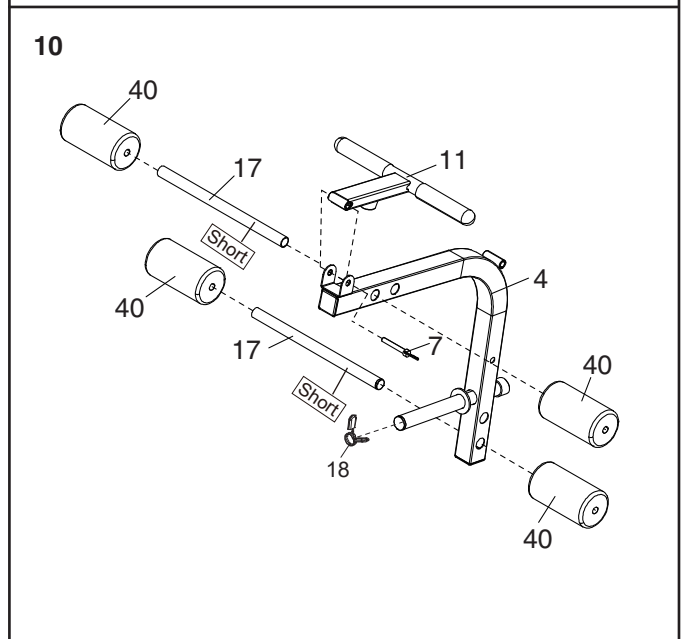
- Attach the Curl Pad (21) to the Curl Post (13) with two M6 x 16mm Screws (27). **To avoid damaging the Curl Pad, tighten the Screws only until the Curl Pad does not move or feel loose.**



- Insert two Short Pad Tubes (17) into the Leg Frame (4). Then, slide four Foam Pads (40) onto the Short Pad Tubes (17).

Attach the Curl Bar (11) to the Leg Frame (4) with the $\Phi 10$ Pin (7).

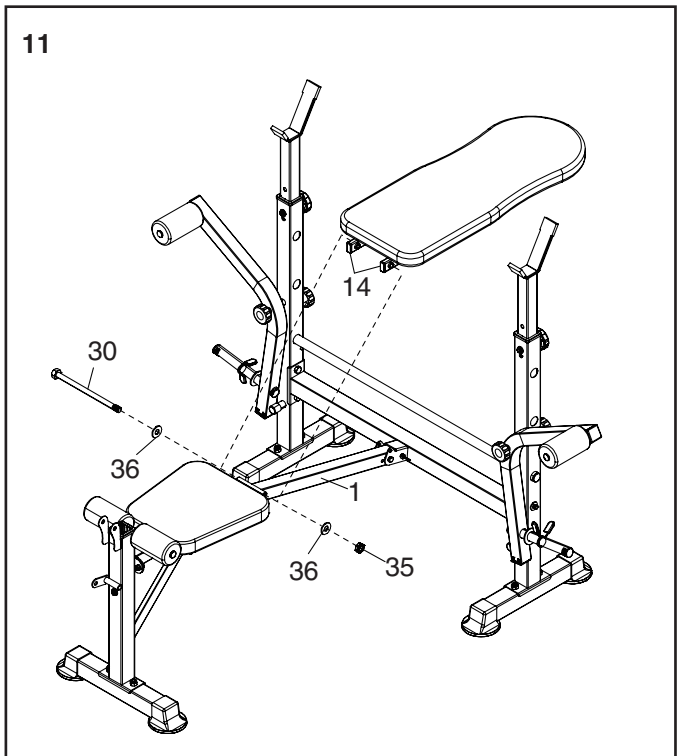
Attach the Standard Spring Clips (18) onto the Leg Frame (4).



11. Attach the Backrest Frames (14) to the Main Frame (1) with the M10 x 165mm Bolt (30), two M10 Washers (36), and an M10 Locknut (35). **Do not overtighten the Locknut; the Backrest Tubes must pivot easily.**

See step 8. Tighten the M6 x 45mm Bolts (28). **To avoid damaging the Backrest (8), tighten the Screws only until the Backrest does not move or feel loose.**

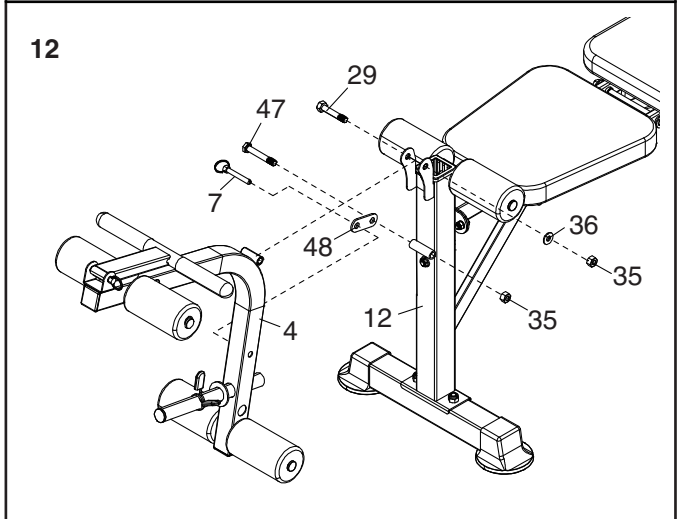
See step 1–6. Tighten the M8 Locknuts (37), M10 Locknuts (35) and the M8 x 20mm Bolts (46) used in these steps.



12. Attach the Leg Frame (4) to the Front Leg (12) with the M10 x 60mm Bolt (29), an M10 Locknut (35) and one M10 Washers (36). **Do not overtighten the Locknut; the Leg Frame must pivot easily.**

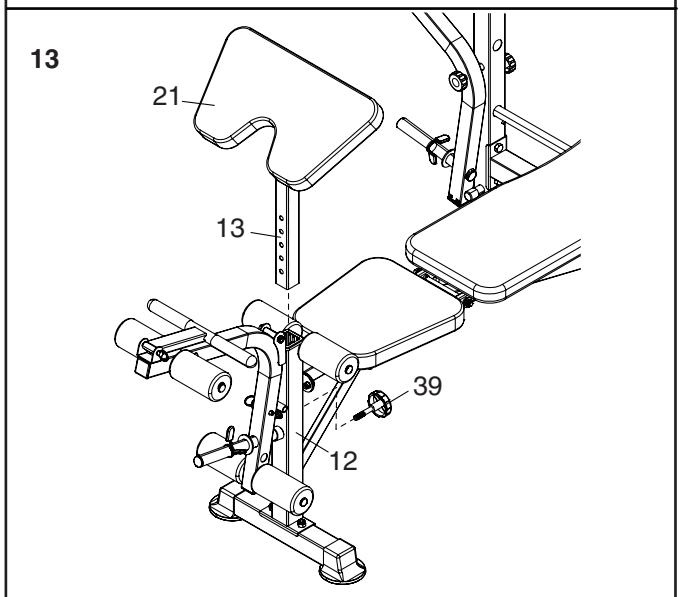
Attach the Plate (48) to the Front Leg (12) with an M10 x 65mm Bolt (47) and an M10 Locknut (35). **Do not overtighten the Locknut; the Plate must pivot easily.**

Then, insert the $\Phi 10$ Pin (7) through the Plate (48) and the Leg Frame (4).



13. To attach the Curl Pad (21) and insert the Curl Post (13) into the Front Leg (12). Then, tighten the Knob (39) into the Front Leg and into one of the adjustment holes in the Curl Post. **Make sure that the Knob is inserted through one of the adjustment holes.**

14. **Make sure that all parts are properly tightened before you use the weight bench. Extra parts may be included. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 10.**



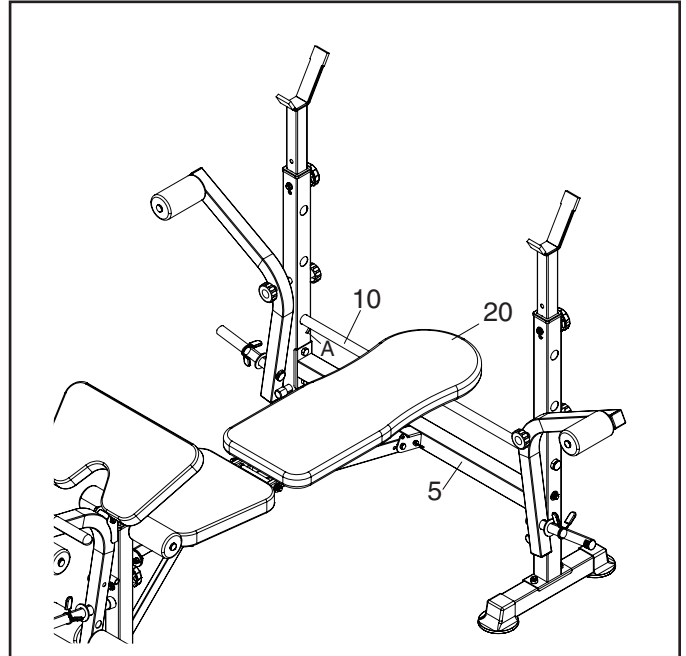
ADJUSTMENT

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

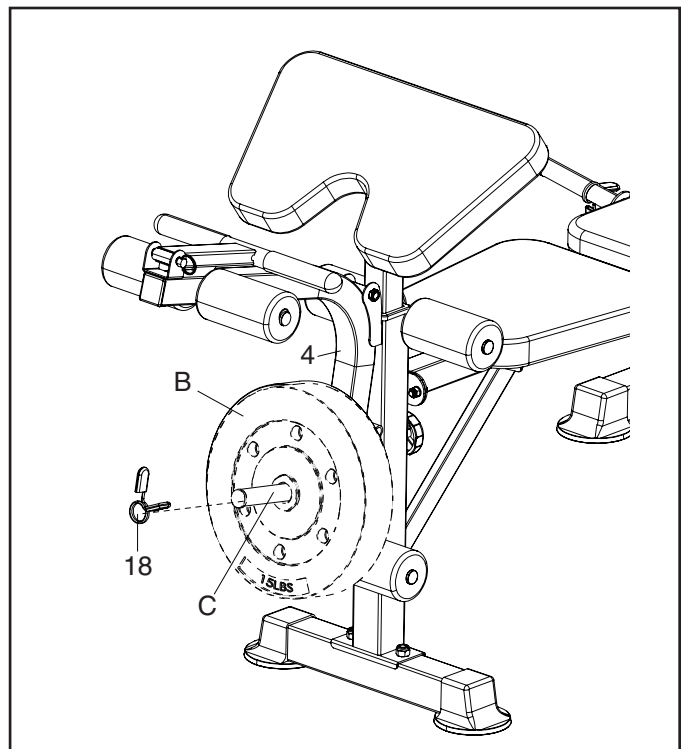
The Backrest (20) can be used in a declined position, a level position, or either of two inclined positions. To use the Backrest in the declined position, remove the Backrest Support (10) and lay the Backrest on the Crossbar (5).

To use the Backrest (20) in the level position or an inclined position, lift the Backrest and insert the Backrest Support (10) through one of the sets of holes in the Side Frames (2). Rotate the Backrest Support so that the clip (A) is wrapped around an Side Frame as shown.



ATTACHING WEIGHTS TO THE LEG FRAME

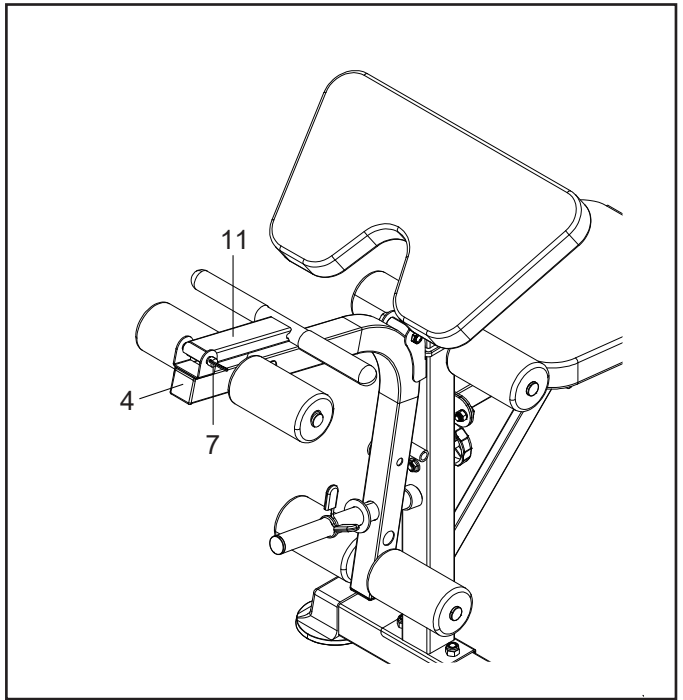
To use the Leg Frame (4), slide the desired weights (B) (not included) onto the weight tube (C). Secure the weights with the Standard Spring Clip (18).



ATTACHING AND REMOVING THE CURL BAR

To attach the Curl Bar (11) to the Leg Frame (4), fully insert the $\Phi 10$ Pin (7) into the Leg Frame and the Curl Bar as shown.

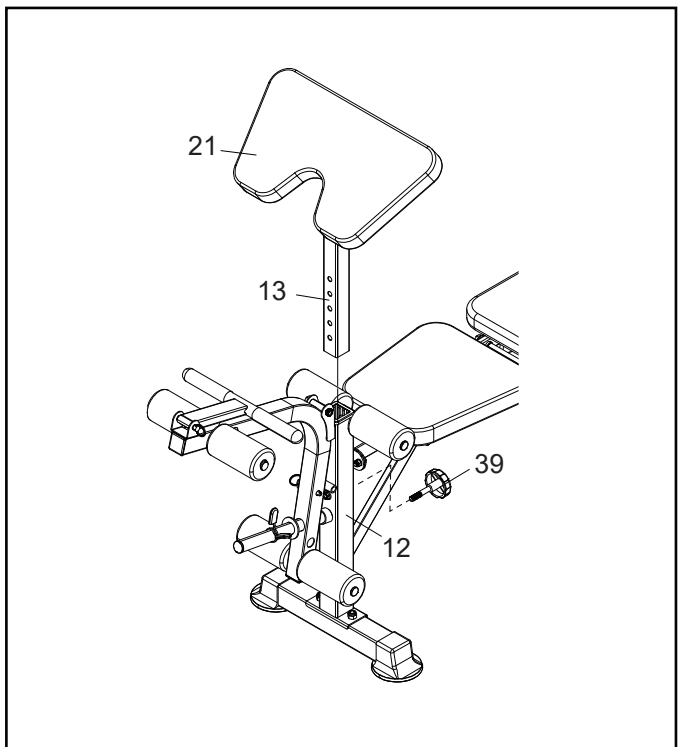
When performing exercises that do not require the Curl Bar (11), pull the $\Phi 10$ Pin (7) out of the Leg Frame (4), and remove the Curl Bar.



ATTACHING AND REMOVING THE CURL PAD

To attach the Curl Pad (21), insert the Curl Post (13) into the Front Leg (12). Then, tighten the Knob (39) on the Front Leg (12) and insert it into one of the adjustment holes in the Curl Post (13).

Make sure that the Adjustment Knob is inserted through one of the adjustment holes.



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.**

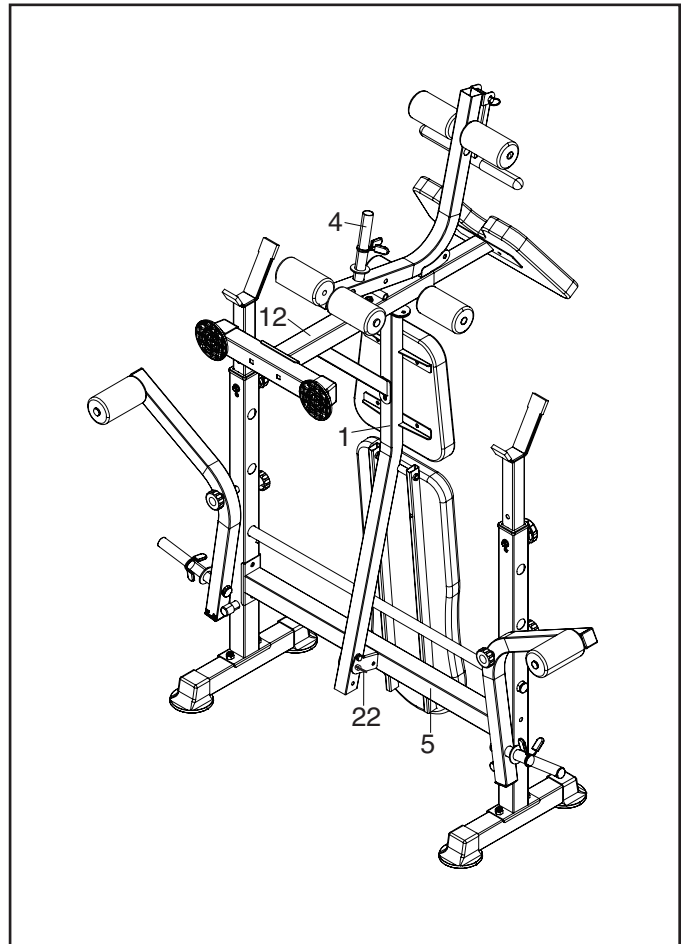
STORING THE WEIGHT BENCH

Before storing the weight bench, remove any weights from the Leg Frame (4).

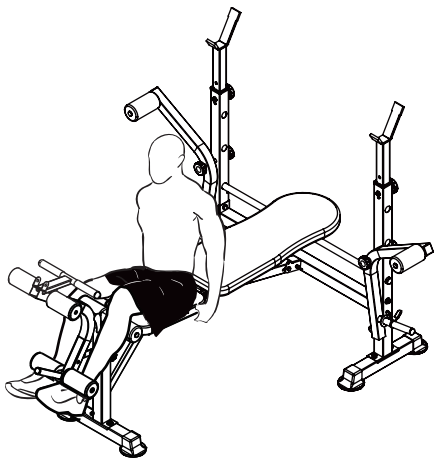
To store the weight bench, first remove the $\Phi 8$ Pin (22) from the bracket on the Crossbar (5).

Next, raise the Main Frame (1) and the Front Leg (12) to the position shown.

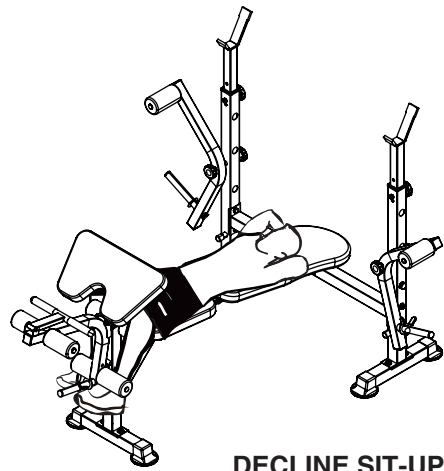
Then, insert the $\Phi 8$ Pin (22) into the side of the bracket on the Crossbar (5). The Pin will prevent the weight bench from unfolding.



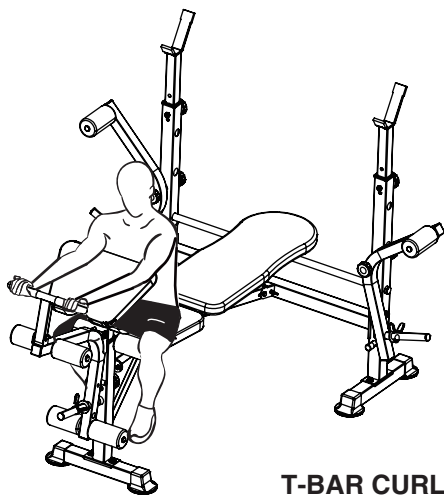
FEATURES



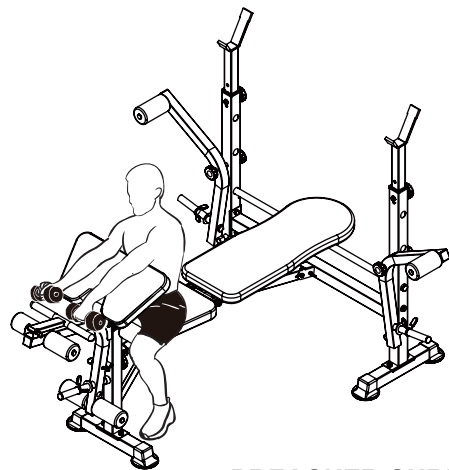
LEG EXTENSION



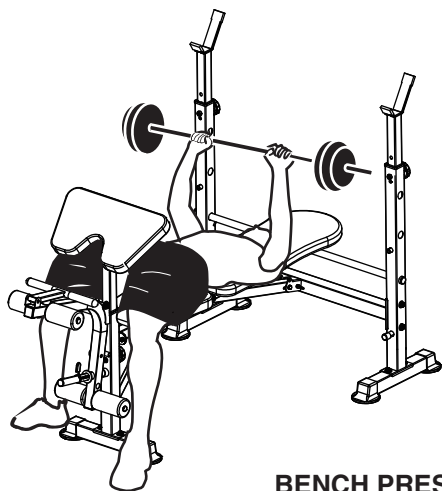
DECLINE SIT-UP



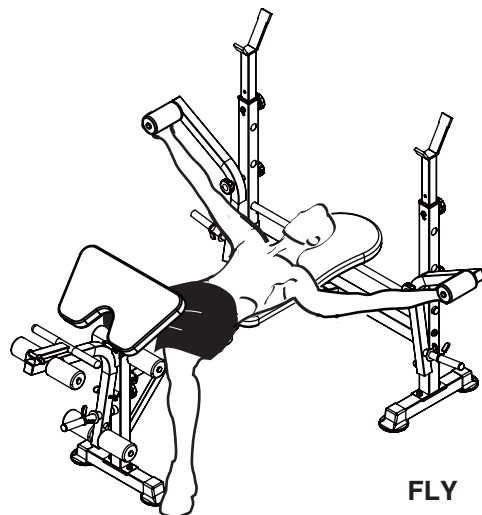
T-BAR CURL



PREACHER CURL



BENCH PRESS



FLY

PART LIST

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Main Frame	29	1	M10x60mm Bolt
2	2	Side Frame	30	1	M10x165mm Bolt
3	1	25mm Round Outer Cap	31	1	M8x55mm Bolt
4	1	Leg Frame	32	4	M10 x70mm Bolt
5	1	Crossbar	33	2	M10 x130mm Knob Bolt
6	2	Arm Support	34	2	Handgrip
7	2	Φ10 Pin	35	13	M10 Locknut
8	2	Upright Side Frame	36	3	M10 Washer
9	1	Fixed Support	37	3	M8 Locknut
10	1	Backrest Support	38	4	M6 Washer
11	1	Curl Bar	39	3	Knob
12	1	Front Leg	40	8	Foam Pad
13	1	Curl Post	41	4	Backrest Frame Inner Cap
14	2	Backrest Frame	42	7	25mm Round Inner Cap
15	2	Arm	43	12	19mm Round Inner Cap
16	3	Stabilizer	44	2	38mm Square Inner Cap
17	2	Short Pad Tube	45	2	Tube End Cap
18	3	Standard Spring Clip	46	4	M8x20mm Bolt
19	1	Seat	47	1	M10x65mm Bolt
20	1	Backrest	48	1	Plate
21	1	Curl Pad	49	1	Bumper
22	1	Φ8 Pin	50	1	M4x19mm Screw
23	3	Sleeve	51	4	M10 Large Washer
24	6	End Cap	52	1	Long Pad Tube
25	2	Rubber	53	6	M4x16mm Screw
26	6	M10x65mm Carriage Bolt	54	2	Knob Nut
27	6	M6x16mm Bolt	55	4	30mm Square Inner Cap
28	4	M6 x 45mm Bolt			

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 the 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 exercise as illustrated below for proper warm-up.

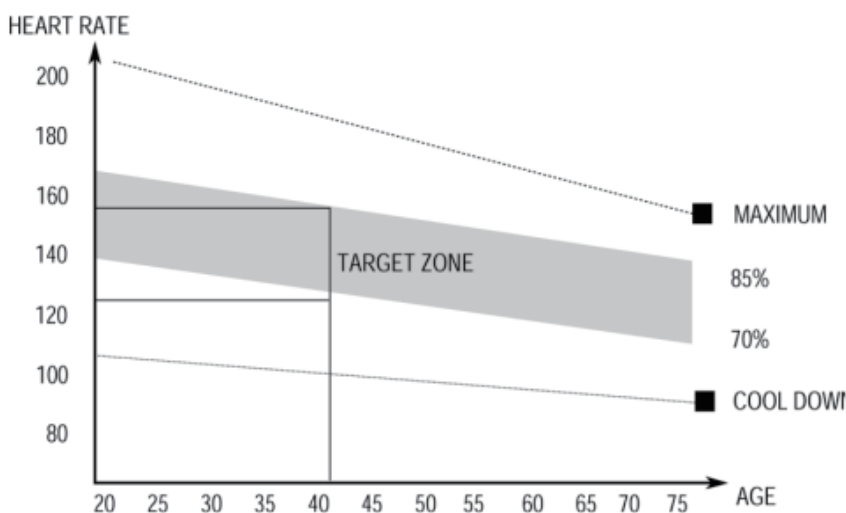


WARNING

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.