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- › [GORILLA SPORTS](#) /
- › [GORILLA SPORTS® Weight Bench Instruction Manual](#)

GORILLA SPORTS 100110-00045-0001

GORILLA SPORTS® Weight Bench Instruction Manual

Model: **100110-00045-0001**

Brand: **GORILLA SPORTS**

[Introduction](#) [Safety](#) [Assembly](#) [Operation](#) [Maintenance](#) [Troubleshooting](#) [Specifications](#) [Warranty](#)

1. INTRODUCTION

This manual provides comprehensive instructions for the assembly, operation, maintenance, and troubleshooting of your GORILLA SPORTS® Weight Bench. Designed for home fitness, this robust bench with barbell support is ideal for various strength training exercises, particularly targeting chest, arm, and shoulder muscles. Please read this manual thoroughly before use to ensure safe and effective training.



Figure 1: GORILLA SPORTS® Weight Bench. This image shows the complete weight bench with its white frame, black padded bench, and integrated barbell support posts. A footrest is visible near the base of the barbell support.

2. SAFETY INSTRUCTIONS

Your safety is paramount. Adhere to all safety guidelines to prevent injury and ensure the longevity of your equipment.

- **Maximum Load Capacity:** The weight bench has a maximum load capacity of **250 kg (551 lbs)**. The barbell support can hold up to **100 kg (220 lbs)**. Do not exceed these limits.
- **Assembly:** Ensure all components are correctly assembled and all bolts are securely tightened before first use. Regularly check for loose parts.
- **Stable Surface:** Always place the weight bench on a flat, stable, and non-slip surface. The rubber-coated feet are designed to prevent slipping and protect your floor.
- **Clearance:** Maintain adequate clear space around the bench during use to avoid obstructions and allow for safe movement.
- **Supervision:** Children and pets should be kept away from the equipment during use.
- **Proper Form:** Use proper lifting techniques and consider consulting a fitness professional for guidance on exercises.
- **Inspection:** Before each use, inspect the bench for any signs of wear, damage, or loose components. Do not use if

damaged.

- **Barbell Length:** Ensure your barbell has an inner measurement of at least 112 cm (44 inches) to fit safely on the barbell support.

3. PACKAGE CONTENTS

Upon unpacking, verify that all components are present and undamaged. If any parts are missing or damaged, contact customer support immediately.

- Main frame components (alloy steel, white finish)
- Padded bench cushion (black)
- Barbell support posts (2 units)
- Barbell hooks/rests (2 units, black)
- Non-slip footrest plate
- Rubber feet caps (for stability and floor protection)
- Assembly hardware (bolts, nuts, washers, tools if included)
- Instruction manual (this document)

4. ASSEMBLY INSTRUCTIONS

Assembly is straightforward. It is recommended to have two people for easier assembly. Ensure you have sufficient space and all parts are laid out before beginning.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, soft surface to prevent scratches.
2. **Assemble Main Frame:** Connect the main horizontal and vertical frame sections using the provided bolts and nuts. Do not fully tighten bolts until all major components are in place.
3. **Attach Barbell Support Posts:** Secure the two vertical barbell support posts to the main frame. Ensure they are aligned correctly.
4. **Install Barbell Rests:** Slide the black barbell hooks/rests into the designated slots on the support posts. These are typically adjustable for height.
5. **Mount Padded Bench:** Attach the black padded bench cushion to the main frame using the appropriate screws or bolts.
6. **Secure Footrest:** Install the non-slip footrest plate to its designated position on the frame.
7. **Attach Rubber Feet:** Place the rubber caps onto the base of all frame legs. These provide stability and protect your floor.
8. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts using the provided tools. Ensure all connections are secure but do not overtighten.
9. **Stability Check:** Before first use, gently shake the assembled bench to ensure it is stable and does not wobble.



Figure 2: Overhead view of the weight bench, illustrating the overall structure and component placement for assembly reference.

PRODUKTDETAILS



Figure 3: Close-up view of the barbell rests, showing their sturdy design and attachment points on the vertical support posts. These rests are crucial for safely holding barbells during exercises.

PRODUKTDDETAILS



RUTSCHFESTE FUSSTÜTZE

Figure 4: Detailed view of the non-slip footrest, designed to provide a secure bracing point for a spotter or for certain exercises.

5. OPERATING INSTRUCTIONS

The GORILLA SPORTS® Weight Bench is designed for a variety of strength training exercises. Always ensure proper form and safety precautions.

5.1 Basic Usage

- **Positioning:** Lie flat on the padded bench with your head aligned under the barbell rests. Ensure your feet are firmly on the ground or on the footrest if using it for stability.
- **Barbell Placement:** Carefully place your barbell onto the barbell rests. Ensure it is centered and stable before beginning your set. Remember the minimum inner barbell length of 112 cm.
- **Spotter (Optional but Recommended):** For heavy lifts, especially bench presses, it is highly recommended to have a spotter. The integrated footrest can be used by your spotter for leverage.

5.2 Recommended Exercises

This bench is particularly effective for exercises targeting the chest, arms, and shoulders.

- **Barbell Bench Press:** Lie on the bench, unrack the barbell, lower it to your chest, and press it back up.
- **Dumbbell Bench Press:** Use dumbbells instead of a barbell for a greater range of motion and individual arm strength development.
- **Dumbbell Flies:** Lie on the bench, hold dumbbells with arms extended, lower them out to the sides in an arc, and bring them back up.
- **Triceps Extensions (Skullcrushers):** Lie on the bench, hold a barbell or dumbbells, and extend your arms overhead, bending only at the elbows to lower the weight towards your head.
- **Shoulder Press (Seated):** While seated on the bench (facing away from the barbell rests), press dumbbells overhead.

6. MAINTENANCE

Regular maintenance ensures the safety and longevity of your weight bench.

- **Cleaning:** Wipe down the padded bench and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, but avoid harsh chemicals that could damage the finish or upholstery.
- **Bolt Check:** Periodically check all bolts and nuts for tightness. Vibrations from use can cause them to loosen over time. Tighten as needed.
- **Frame Inspection:** Inspect the alloy steel frame for any signs of rust, cracks, or structural damage. Address any issues promptly.
- **Padded Bench Inspection:** Check the padded bench for tears, cracks, or excessive wear.
- **Rubber Feet:** Ensure the rubber feet are intact and securely in place to maintain stability and floor protection.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures to prevent material degradation.

7. TROUBLESHOOTING

If you encounter any issues with your GORILLA SPORTS® Weight Bench, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Bench wobbles or is unstable.	Loose bolts; uneven floor; damaged rubber feet.	Tighten all assembly bolts. Move bench to a flat, even surface. Check and replace damaged rubber feet.
Squeaking noises during use.	Loose connections; metal-on-metal friction.	Tighten all bolts. Apply a small amount of silicone lubricant to contact points if necessary (avoiding padded areas).
Barbell does not fit on rests.	Barbell is too short.	Ensure your barbell has an inner measurement of at least 112 cm (44 inches).
Padded bench feels loose.	Mounting screws are loose.	Tighten the screws securing the padded bench to the frame.

If the problem persists or you encounter an issue not listed here, please contact GORILLA SPORTS customer support.

8. SPECIFICATIONS

Detailed technical specifications for the GORILLA SPORTS® Weight Bench.

Feature	Detail
Model Number	100110-00045-0001
Dimensions (L x W x H)	143 cm x 110 cm x 103 cm (56.3 in x 43.3 in x 40.6 in)
Product Weight	Approx. 29-30 kg (64-66 lbs)
Maximum User Weight Capacity	250 kg (551 lbs)
Maximum Barbell Support Capacity	100 kg (220 lbs)
Frame Material	Alloy Steel
Frame Color	White
Cushion Color	Black
Foot Protection	Rubber-coated feet, anti-slip
Minimum Barbell Inner Length	112 cm (44 inches)

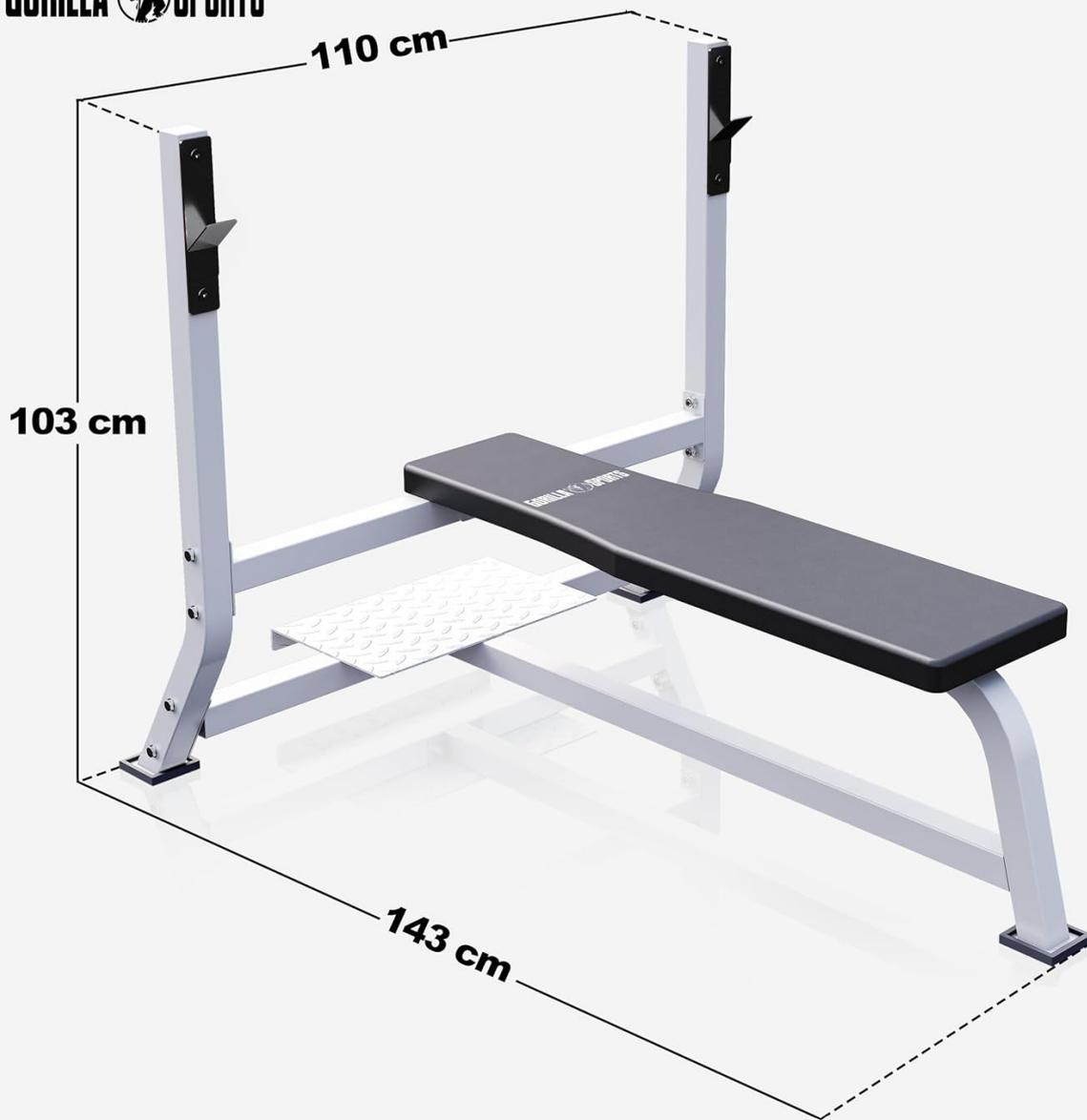


Figure 5: Dimensional overview of the GORILLA SPORTS® Weight Bench, showing its length (143 cm), width (110 cm), and height (103 cm).

9. WARRANTY AND SUPPORT

For specific warranty details, please refer to the warranty card included with your product or visit the official GORILLA SPORTS website. Warranty terms may vary by region and retailer.

If you require technical assistance, have questions about assembly, or need to report a missing/damaged part, please contact GORILLA SPORTS customer support. Provide your model number (100110-00045-0001) and purchase details when contacting support for faster service.

Manufacturer: Gorilla Sports GmbH

You can often find contact information on the product packaging or the brand's official website: www.gorillasports.com

