

Physionics BHTN01

Physionics Foldable Adjustable Abdominal Bench - Model BHTN01

Brand: Physionics

1. INTRODUCTION

This instruction manual provides essential information for the safe and effective assembly, operation, and maintenance of your new Physionics Foldable Adjustable Abdominal Bench, model BHTN01. This bench is designed to support various abdominal and core strengthening exercises, offering a versatile solution for home fitness.

2. SAFETY INFORMATION

- Read this entire manual before assembly and use. Keep it for future reference.
- Consult a physician before starting any new exercise program.
- Ensure all parts are securely fastened before each use. Regularly check bolts and connections.
- The maximum user weight for this abdominal bench is **100 kg**. Do not exceed this limit.
- Use the bench on a flat, stable surface.
- Maintain proper form during exercises to prevent injury.
- Keep children and pets away from the equipment during use.

3. PACKAGE CONTENTS

Please verify that all components listed below are present in your package:

- 1 x Physionics Abdominal Bench (BHTN01) - requires assembly
- 1 x Assembly Kit (includes necessary tools and fasteners)
- 1 x Instruction Manual (EN/DE/FR/IT/ES)

4. ASSEMBLY INSTRUCTIONS

Follow these steps to assemble your abdominal bench. It is recommended to have a second person assist with assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Check against the package contents list.
2. **Attach Main Frame:** Connect the main support frame components using the provided bolts and nuts from the assembly kit. Do not fully tighten bolts until all major components are in place.
3. **Install Leg Supports:** Secure the front and rear leg supports to the main frame. Ensure the foot caps are properly attached to the ends of the supports for stability and floor protection.
4. **Attach Foam Rollers:** Slide the foam rollers onto their respective support bars. These are designed for comfort and secure foot/leg placement during exercises.
5. **Secure Bench Pad:** Attach the padded bench surface to the frame.
6. **Final Tightening:** Once all components are correctly positioned, fully tighten all bolts and nuts. Ensure the bench is stable and does not wobble.



Figure 4.1: Overview of the abdominal bench, highlighting its 100 kg weight capacity and 4 adjustable height levels.

5. OPERATING INSTRUCTIONS

The Physionics Abdominal Bench offers adjustable settings to customize your workout intensity.

5.1. Adjusting Bench Height

The bench features 4 adjustable height levels to vary the incline and intensity of your exercises. To adjust:

1. Locate the adjustment knob or pin mechanism on the main support frame.
2. Pull out or loosen the knob/pin.
3. Carefully raise or lower the bench to your desired height level (51 cm, 55 cm, 59 cm, or 63.5 cm).
4. Ensure the knob/pin is securely re-inserted and tightened into the corresponding hole to lock the bench in position.



Figure 5.1: Detail of the adjustable height mechanism, illustrating the four available settings.

5.2. Performing Exercises

This bench is suitable for a variety of exercises targeting your core and abdominal muscles. Always ensure the bench is stable and adjusted correctly before starting.

- **Sit-Ups/Crunches:** Lie on the bench with your feet secured under the foam rollers. Place your hands behind your head or across your chest. Engage your core and lift your upper body towards your knees. Control the movement as you lower back down.
- **Trunk Extensions:** Position yourself face down on the bench, securing your feet. Slowly lower your upper body towards the floor, then raise it back up, engaging your lower back muscles.
- **Russian Twists:** While performing a sit-up, twist your torso from side to side, targeting your obliques.
- **Push-Ups:** The bench can be used as an elevated surface for incline push-ups, targeting different muscle groups.

MODERN DESIGN

Workout in different positions
Strengthen your abdominal muscles and back muscles

MODERNES DESIGN

Training in verschiedenen Positionen
Stärken Sie Ihre Bauch- und Rückenmuskulatur



Figure 5.2: Example of a user performing sit-ups on the bench.

NEGATIVE BENCH FOR ABDOMINAL TRAINING NEGATIVE BANK FÜR DAS BAUCHMUSKELTRAINING

suitable for men, women, beginners and professionals
Geeignet für Männer, Frauen, Anfänger und Profis



Figure 5.3: A user demonstrating an abdominal exercise on the bench.

SAFE AND COMFORTABLE

It is padded to ensure your comfort during use and the soft foam handles are slip-resistant to ensure optimal positioning without injury

SICHER UND KOMFORTABEL

Es ist gepolstert, um Ihren Komfort während des Gebrauchs zu gewährleisten und die weichen und rutschfesten Schaumstoffgriffe sind optimal um eine Positionierung ohne Verletzungen zu gewährleisten



Figure 5.4: The padded surface and foam rollers provide comfort and secure positioning.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your abdominal bench.

- **Cleaning:** Wipe down the bench with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are tight. Re-tighten if necessary.
- **Foam Rollers:** Inspect foam rollers for wear and tear. Replace if significantly damaged.

7. TROUBLESHOOTING

If you encounter any issues with your abdominal bench, refer to the following common solutions:

- **Bench feels unstable:** Ensure all assembly bolts are fully tightened. Check that the bench is placed on a flat,

even surface.

- **Difficulty adjusting height:** Verify that the adjustment knob/pin is fully disengaged before attempting to move the bench. Ensure no debris is obstructing the adjustment holes.

For issues not covered here, please contact Physionics customer support.

8. SPECIFICATIONS

Feature	Specification
Model	BHTN01
Dimensions (Assembled L/W/H)	Approx. 123 cm x 32 cm x 63 cm
Dimensions (Folded L/W/H)	Approx. 124 cm x 32 cm x 22 cm
Adjustable Height Levels	4 levels: 51 cm, 55 cm, 59 cm, 63.5 cm
Bench Surface (L/W/H)	Approx. 97 cm x 25 cm x 4 cm
Foam Roller Diameter	31 mm
Weight	Approx. 5.94 kg
Maximum Load Capacity	100 kg
Frame Material	Steel alloy
Roller Material	Foam
Upholstery Material	PVC
Foot Cap Material	Polypropylene
Color	Black

9. FOLDING AND STORAGE

The Physionics Abdominal Bench is designed to be foldable for convenient storage, saving space when not in use.

1. Ensure the bench is on a stable surface.
2. Locate the folding mechanism, typically a pin or lever near the hinge points of the frame.
3. Disengage the locking mechanism.
4. Carefully fold the bench inwards until it reaches its compact storage dimensions.
5. Secure any locking pins or straps to keep it in the folded position.

Once folded, the bench can be stored upright against a wall or horizontally under a bed.

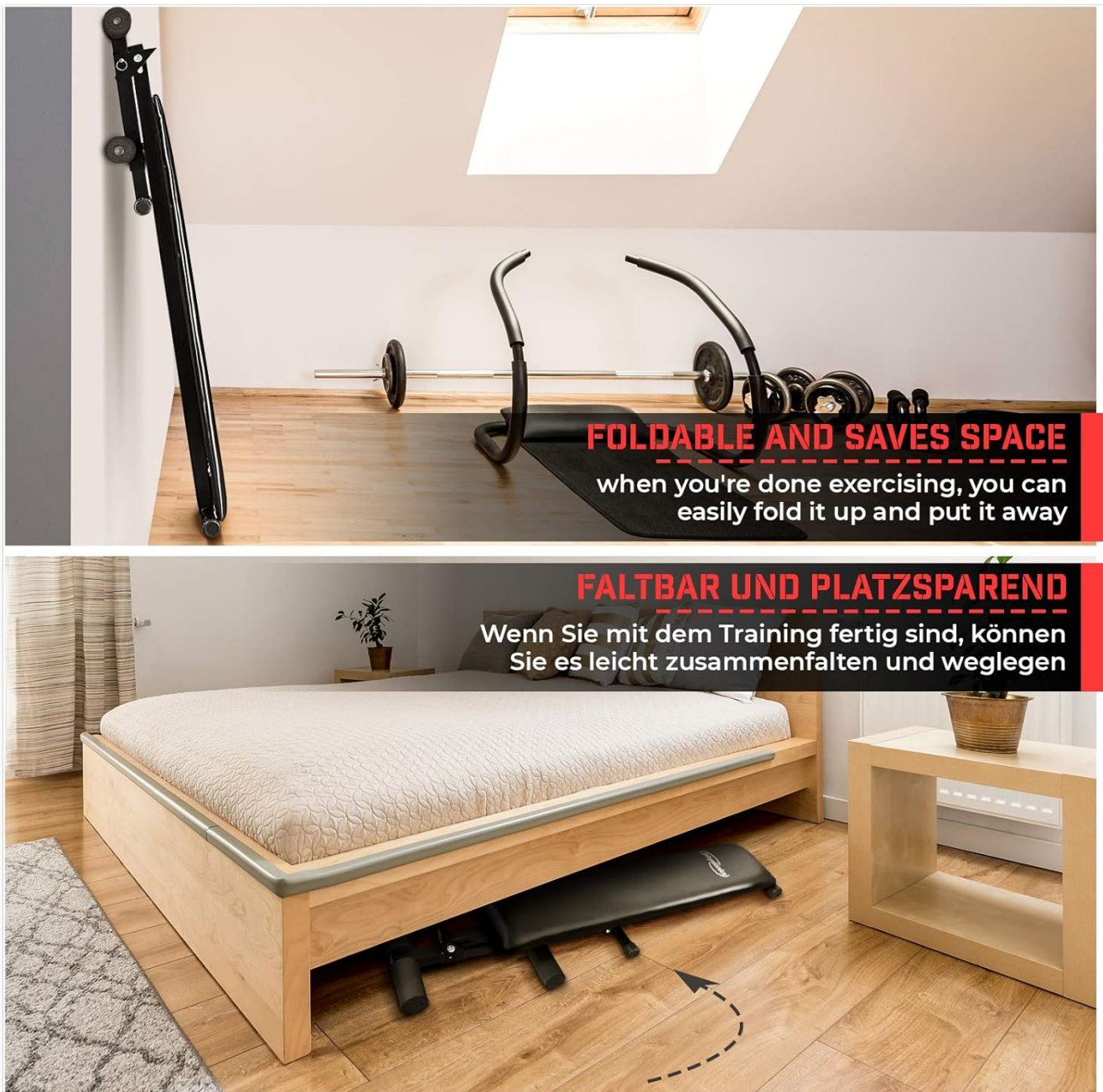


Figure 9.1: The bench can be folded for compact storage, either upright or under furniture.

10. WARRANTY AND SUPPORT

Physionics products are manufactured to high-quality standards. For any questions regarding assembly, operation, maintenance, or if you experience any issues with your product, please contact Physionics customer support. Please have your model number (BHTN01) and purchase information ready when contacting support.