

Domyos BM-490

Domyos BM-490 Weights Bench User Manual

Model: BM-490

1. INTRODUCTION

Thank you for choosing the Domyos BM-490 Weights Bench. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new fitness equipment. Designed for regular home muscle building, this bench offers a versatile platform for various strength training exercises. Please read this manual thoroughly before using the equipment and retain it for future reference.

2. IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is crucial to follow these safety guidelines to prevent injury and ensure the longevity of your equipment.

- Always inspect the bench for loose parts, damage, or wear before each use. Do not use if any components are compromised.
- Ensure the bench is placed on a stable, level surface. Use a protective mat if necessary.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum weight load capacities: 110 kg for the bar supports and 50 kg for the leg/lat tower attachments. The maximum user weight limit is 110 kg.
- Wear appropriate exercise attire and footwear.
- Perform exercises with controlled movements. Avoid sudden jerks or dropping weights.
- If you experience pain, dizziness, or discomfort, stop exercising immediately and consult a physician.
- Keep hands and feet clear of moving parts and pinch points.

3. SETUP AND ASSEMBLY

The Domyos BM-490 Weights Bench requires assembly. It is recommended that two adults assemble the equipment. Ensure all parts are present before beginning.

3.1 Package Contents

While a detailed parts list is typically provided in a separate assembly guide, expect to find the following main

components:

- Main frame components (base, uprights)
- Bench pad(s)
- Leg extension/curl attachment
- Lat pulldown tower with pulley system
- Preacher curl attachment
- Hardware (bolts, nuts, washers, pins)
- Assembly tools (often basic wrenches/allen keys)

3.2 Assembly Steps (General)

1. **Unpack and Identify:** Carefully remove all components from the packaging. Lay them out and identify each part against the provided parts list (if available).
2. **Assemble Base Frame:** Connect the main base sections, ensuring all bolts are finger-tight initially.
3. **Attach Uprights:** Secure the vertical uprights for the barbell rack and lat tower to the base.
4. **Install Bench Pad:** Mount the adjustable bench pad to the frame.
5. **Add Attachments:** Install the leg extension/curl, lat pulldown tower, and preacher curl attachments as per the specific instructions.
6. **Tighten All Fasteners:** Once all components are in place, systematically tighten all bolts and nuts securely. Do not overtighten.
7. **Final Inspection:** Verify that all parts are correctly assembled and secure. Test the stability of the bench before first use.



Image 1: Fully assembled Domyos BM-490 Weights Bench, showing the main bench, barbell rack, leg extension, lat pulldown tower, and preacher curl attachment.

4. OPERATING INSTRUCTIONS

The Domyos BM-490 is designed for a variety of strength training exercises. Familiarize yourself with its adjustable features before use.

4.1 Bench Adjustments

- **Backrest Angle:** The backrest can be adjusted to various incline, flat, and decline positions. Locate the adjustment pin or lever, pull it out, set the backrest to the desired angle, and ensure the pin locks securely into place.
- **Seat Angle:** Some models may allow for seat angle adjustment to complement backrest positions. Adjust similarly to the backrest.
- **Preacher Curl Height:** The preacher curl pad can be adjusted vertically to suit different user heights. Loosen the locking mechanism, slide the pad to the desired height, and re-secure.

4.2 Using the Attachments

- **Barbell Rack:** Use the uprights to support a barbell for exercises like bench press. Ensure the barbell is centered and securely seated on the hooks. Always use safety spotters if available or exercise with a partner.
- **Leg Extension/Curl:** Load appropriate weight plates onto the post. Sit on the bench, position your legs under or over the pads, and perform extensions or curls. Ensure the pads are comfortable and secure.
- **Lat Pulldown Tower:** Load weight plates onto the designated post. Attach the appropriate handle (e.g., lat bar). Sit on the bench, secure your thighs under the pads, and perform pulldowns. Ensure the cable runs smoothly through the pulleys.
- **Preacher Curl:** Load weight plates onto the post for the preacher curl attachment. Rest your arms on the pad, grasp the curl bar, and perform bicep curls.

Always start with light weights to familiarize yourself with the equipment and proper form before increasing resistance.

5. MAINTENANCE

Regular maintenance will extend the life of your Domyos BM-490 Weights Bench and ensure safe operation.

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dust. Use mild soap if necessary, but avoid harsh chemicals.
- **Inspection:** Periodically check all bolts, nuts, and pins for tightness. Re-tighten any loose fasteners. Inspect cables (if applicable) for fraying or wear, and pulleys for smooth operation.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts, such as adjustment pins and pulley axles, if they become stiff or noisy.
- **Storage:** Store the bench in a dry, clean environment away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

Here are solutions to common issues you might encounter:

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose fasteners; uneven floor.	Ensure all bolts are securely tightened. Move the bench to a level surface or use shims under the feet.

Problem	Possible Cause	Solution
Adjustment pin is difficult to engage/disengage.	Dirt/debris; lack of lubrication; misalignment.	Clean the pin and its housing. Apply a small amount of silicone lubricant. Ensure components are aligned correctly.
Pulleys on lat tower are noisy or stiff.	Lack of lubrication; dirt in pulley mechanism.	Clean pulleys and apply silicone lubricant to the axles. Check for any obstructions.

7. SPECIFICATIONS

Feature	Detail
Model	BM-490
Brand	Domyos
Frame Material	Metal (Steel, Aluminum)
Max Barbell Load Capacity	110 Kilograms
Max Leg/Lat Tower Load Capacity	50 Kilograms
Max User Weight Limit	110 Kilograms
Included Attachments	Preacher Curl, Leg Extension/Curl, Lat Pulldown Tower
Intended Use	Regular home muscle building (up to 5 hours per week)

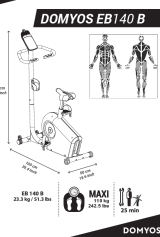
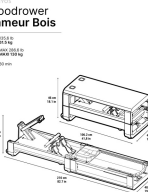
8. WARRANTY INFORMATION

Domyos products are manufactured to high-quality standards. For specific warranty terms and conditions applicable to your BM-490 Weights Bench, please refer to the warranty card included with your purchase or visit the official Domyos website. Keep your proof of purchase for any warranty claims.

9. CUSTOMER SUPPORT

If you have any questions, require assistance with assembly, or need to report a missing or damaged part, please contact Domyos customer support. Contact details can typically be found on the product packaging, the official Domyos website, or your purchase documentation.

Website: www.domyos.com (Please note: This is a generic placeholder. Refer to your product documentation for the exact support website or contact information.)

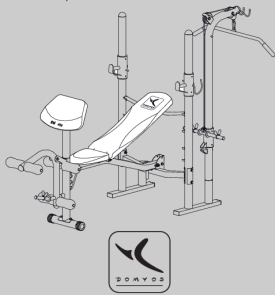
 BA 120 BA 120 63.7 kg / 141.8 lbs 90 x 34 x 54 cm 242 lbs Maxi 110 kg 242 lbs DOMYOS	DOMYOS BA 120 Fitness Bench: Assembly, Usage, and Safety Guide Comprehensive guide for the DOMYOS BA 120 fitness bench, covering assembly instructions, safety warnings, usage tips, exercise examples, and warranty information. Learn how to set up and use your BA 120 bench safely and effectively.
 DOMYOS DOMYOS CONSOLE 3 - TECHNICAL SPECS - DOMYOS	Domyos Console 3 Technical Specifications and User Guide Comprehensive technical specifications, standards compliance, and operational details for the Domyos Console 3 fitness equipment, including its electronic and mechanical hardware, traceability, and Bluetooth connectivity.
 DOMYOS T900 D DOMYOS	Domyos T900 D Treadmill User Manual Comprehensive user manual for the Domyos T900 D treadmill, covering assembly, operation, maintenance, and troubleshooting. Learn about its features, programs, and connectivity options.
 DOMYOS EB140 B DOMYOS	DOMYOS EB140 B Exercise Bike User Manual Comprehensive user manual and assembly guide for the DOMYOS EB140 B exercise bike. Learn about its features, programs, proper usage, posture, and troubleshooting tips.
 RBR 560 DOMYOS	DOMYOS RBR 560 Weight Bench User Manual User manual for the DOMYOS RBR 560 weight bench, providing operating instructions, assembly guidance, safety warnings, maintenance tips, and exercise routines.
 DOMYOS Woodrower Rameur Bois DOMYOS	DOMYOS Woodrower Rameur Bois: User Manual for Rowing Machine, Fitness Bench, and Abdominal Trainer This user manual provides comprehensive instructions for the DOMYOS Woodrower Rameur Bois, a versatile 3-in-1 fitness equipment. It covers assembly, setup, usage for rowing, fitness bench, and abdominal training, security guidelines, maintenance, and warranty information.

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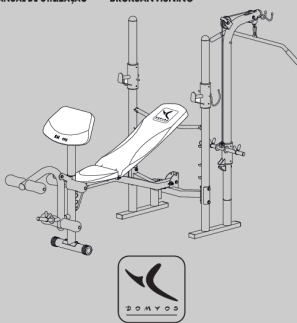
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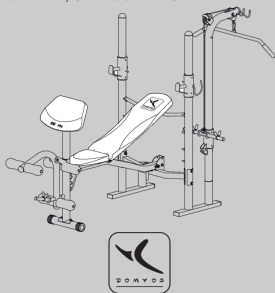
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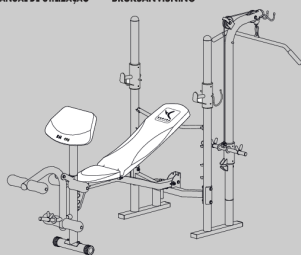
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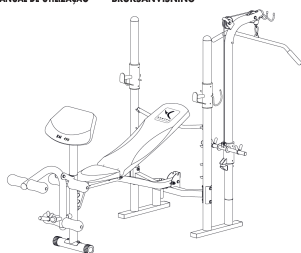
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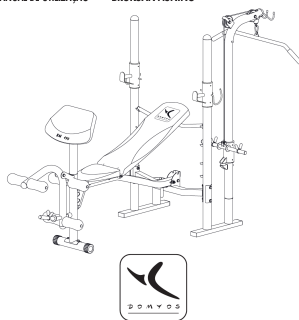
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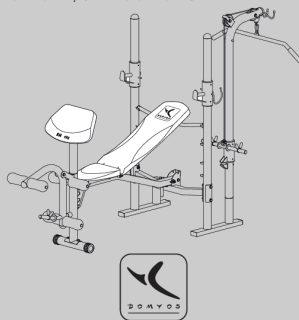
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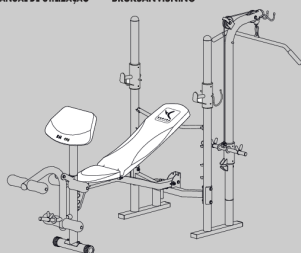
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