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› [Weider](#) /

› [Weider Incline Weight Bench WEBE49310 User Manual](#)

**Weider WEBE49310**

# Weider Incline Weight Bench WEBE49310 User Manual

Model: WEBE49310

## INTRODUCTION

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Thank you for choosing the Weider Incline Weight Bench WEBE49310. This bench is designed to support a variety of dumbbell exercises and weight lifting workouts, offering adjustable positions for optimal training. Please read this manual thoroughly before assembly and use to ensure safety and proper operation.



Image: The Weider Incline Weight Bench, ready for use.

## IMPORTANT SAFETY INFORMATION

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- Consult a physician before beginning any exercise program.
- Read all instructions in this manual before using the bench.
- Keep children and pets away from the equipment during use.
- Place the bench on a level surface with adequate clearance around it.
- Inspect the bench for loose parts or wear before each use. Do not use if damaged.
- Ensure all adjustment pins are securely locked in place before exercising.
- Do not exceed the maximum weight limit of 100 kilograms (220 pounds).
- Wear appropriate exercise attire and footwear.

## PACKAGE CONTENTS

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The Weider Incline Weight Bench WEBE49310 package includes:

- Weider Incline Weight Bench (main frame, backrest, seat, leg lockdown assembly)
- Assembly Hardware
- User Manual
- Exercise Chart (designed by a certified personal trainer)

## **ASSEMBLY INSTRUCTIONS**

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Detailed assembly instructions are provided in the separate assembly guide included with your product. Please follow all steps carefully, ensuring all bolts and nuts are securely tightened before use. It is recommended to have two people for assembly.

## **OPERATION AND ADJUSTMENTS**

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### **Backrest Adjustment**

The backrest can be adjusted to various incline positions, including a 90-degree upright position, suitable for a wide range of exercises. To adjust, locate the adjustment pin mechanism at the base of the backrest. Pull the pin out, adjust the backrest to the desired angle, and release the pin, ensuring it locks securely into one of the available slots.



Image: Demonstrating an incline position for dumbbell exercises.

## Seat Adjustment

The seat can also be adjusted to complement the backrest position, providing optimal support and comfort during your workout. Refer to the adjustment mechanism beneath the seat to change its angle. Ensure the seat is firmly locked before use.

## 4-Roll Leg Lockdown

The 4-roll leg lockdown feature provides stability and support, particularly useful for abdominal exercises like sit-ups or decline presses. Position your legs under the foam rollers to secure yourself on the bench. This

enhances control and safety during your training.



Image: Utilizing the 4-roll leg lockdown for abdominal exercises.

## EXERCISE GUIDELINES

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Your Weider Incline Weight Bench comes with an exercise chart created by a certified personal trainer. This chart provides step-by-step guidance to help you maximize your workouts and achieve your fitness goals. Always maintain proper form and control during exercises.

## MAINTENANCE

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- Regularly wipe down the vinyl seats and frame with a damp cloth to remove sweat and dust.
- Check all bolts, nuts, and adjustment pins periodically to ensure they are tight and secure.
- Inspect the foam rollers and vinyl upholstery for any signs of wear or damage. Replace parts as needed.

- Store the bench in a dry, clean environment away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

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If you encounter any issues with your Weider Incline Weight Bench, please refer to the following common solutions:

- **Bench feels wobbly:** Ensure all assembly bolts are fully tightened. Check that the bench is on a level surface.
- **Adjustment pin not locking:** Verify that the backrest or seat is aligned correctly with the adjustment holes. Clean any debris from the pin mechanism.
- **Squeaking noises:** Apply a small amount of silicone lubricant to moving parts or pivot points.

For further assistance, please contact Weider customer support.

## SPECIFICATIONS

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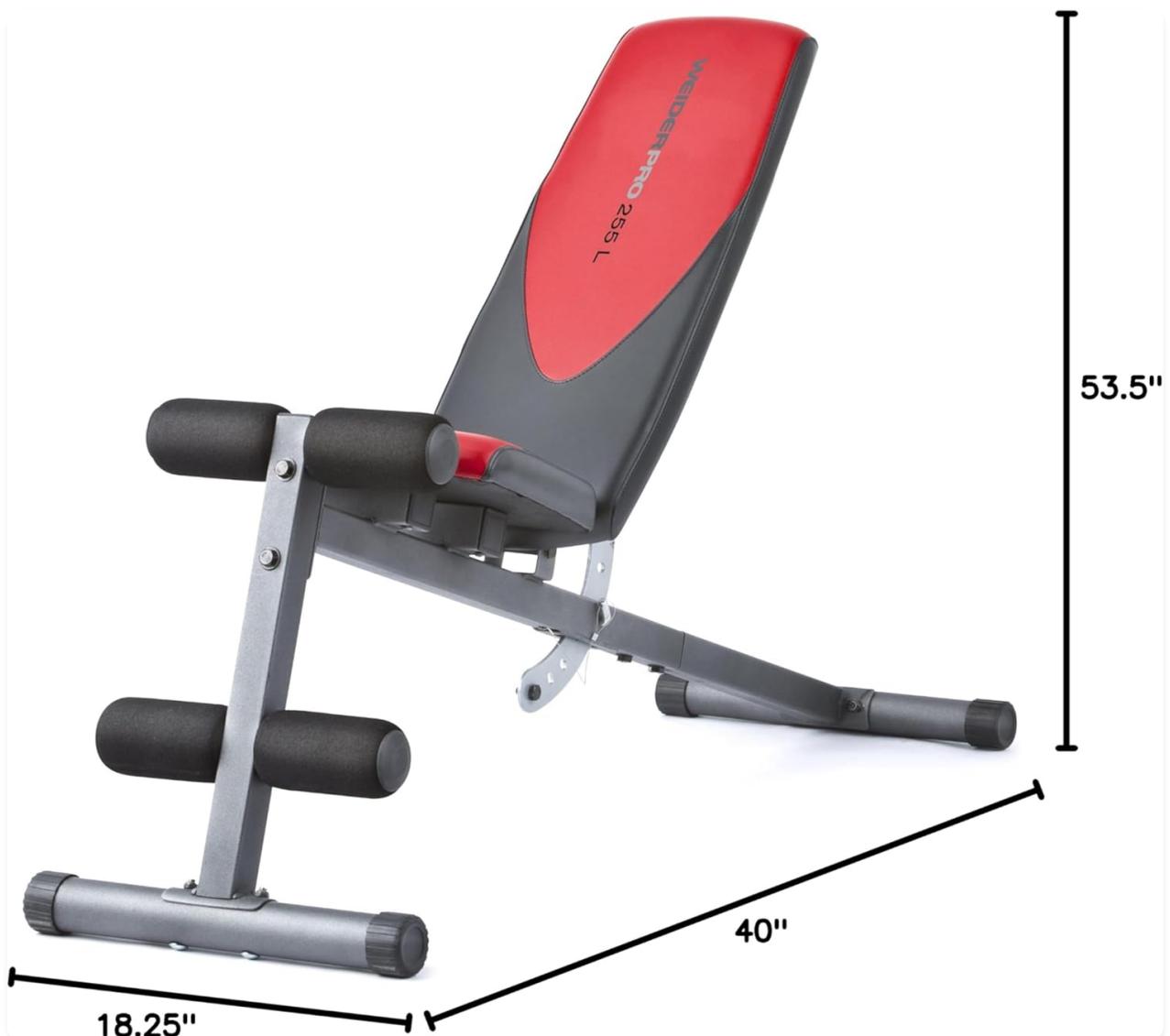


Image: Key dimensions of the Weider Incline Weight Bench.

Feature	Detail
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Brand	Weider
Model Number	WEBE49310
Product Dimensions	40"D x 18.25"W x 53.5"H
Item Weight	33 Pounds
Weight Limit	100 Kilograms (220 lbs)
Frame Material	Metal
Color	Black
UPC	600303374886, 043619493108

## WARRANTY INFORMATION

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The Weider Incline Weight Bench WEBE49310 comes with a **5 Year Frame Warranty**. This warranty covers defects in materials and workmanship of the frame under normal use and service. For full warranty details and claims, please refer to the warranty card included with your product or contact Weider customer support.

## CUSTOMER SUPPORT

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For any questions, assistance, or to order replacement parts, please contact Weider customer support. Have your model number (WEBE49310) and serial number ready when contacting support. Visit the official Weider website for additional resources and support.