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Physionics HNTLB07

Physionics Adjustable Weight Bench HNTLB07 User Manual

Model: HNTLB07

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Physionics Adjustable Weight Bench HNTLB07. Please read all instructions carefully before assembly and use. Keep this manual for future reference.

1.1 Safety Information

- Ensure all parts are present and undamaged before assembly.
- Assemble the bench on a flat, stable surface.
- Always check that all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight capacity of 200 kg (including user weight and dumbbells).
- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Use the bench only for its intended purpose as a weight bench.
- Wear appropriate exercise attire and footwear.

2. COMPONENTS AND PACKAGE CONTENTS

The Physionics HNTLB07 Adjustable Weight Bench package includes the following:

- 1 x Foldable Weight Bench HNTLB07 (assembly kit)
- 1 x Multi-language assembly instructions (EN/DE/FR/ES/IT)

Note: Weights and decorative items are not included in the delivery.



Image: Physionics Adjustable Weight Bench HNTLB07. This image shows the fully assembled weight bench in an inclined position, with a user performing dumbbell presses in the background. The bench features black upholstery and a sturdy black metal frame.

3. SETUP AND ASSEMBLY

The Physionics HNTLB07 weight bench is delivered as an assembly kit. Please follow the detailed instructions provided in the included multi-language assembly manual. Ensure you have the necessary tools (wrenches, etc.) as they are not included.

3.1 Assembly Steps (General Guidance):

1. Unpack all components and verify against the parts list in the assembly manual.
2. Lay out all parts on a clean, flat surface.
3. Begin by assembling the main frame components, ensuring all connections are finger-tight initially.
4. Attach the seat and backrest sections to the frame.
5. Install the leg support rollers.
6. Once all components are in place, progressively tighten all bolts and nuts using appropriate tools. Do not

overtighten.

7. Perform a stability check by gently shaking the assembled bench to ensure all connections are secure and there is no excessive wobble.



Image: This image illustrates the adjustable features of the Physionics weight bench, showing the 10-position backrest adjustment and 4-position seat adjustment. It also displays the maximum load capacity of 200 kg and how the bench can be folded for storage.

4. OPERATING INSTRUCTIONS

The Physionics HNTLB07 Adjustable Weight Bench is designed for a variety of strength training exercises. Its adjustable features allow for targeting different muscle groups.

4.1 Adjusting the Bench

- Backrest Adjustment:** The backrest can be adjusted to 10 different positions. To adjust, lift the backrest, pull out the adjustment pin, select the desired angle, and re-insert the pin securely. Ensure the pin is fully engaged before use.
- Seat Adjustment:** The seat can be adjusted to 4 different positions. Similar to the backrest, locate the

adjustment mechanism, select the desired angle, and secure it.

- **Leg Support Adjustment:** The leg support rollers can be adjusted for height to accommodate different users and exercises. Loosen the knob, slide the support to the desired height, and tighten the knob firmly.



Image: A close-up view of the adjustable leg support rollers on the Physionics weight bench, showing the foam padding and the adjustment mechanism.

4.2 Recommended Exercises

This versatile bench supports exercises such as:

- Dumbbell Press (Flat, Incline, Decline)
- Dumbbell Flyes
- Seated Shoulder Press
- Bicep Curls (Incline)
- Triceps Extensions
- Sit-ups/Crunches (with leg support)



Image: The Physionics weight bench configured in an incline position, ready for exercises such as incline dumbbell press.



Image: The Physionics weight bench configured in a flat position, suitable for exercises like flat dumbbell press or bench rows.

5. MAINTENANCE AND CARE

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

- **Cleaning:** The bench is upholstered with imitation leather, making it easy to clean. Wipe down the upholstery and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe with a clean, dry cloth. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically inspect all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners. Check for any signs of wear or damage to the frame, upholstery, or foam rollers.
- **Storage:** When not in use, the bench can be folded for compact storage. Refer to the assembly manual for specific folding instructions. Store in a dry environment away from direct sunlight and extreme temperatures.



Image: The Physionics weight bench shown in its folded configuration, demonstrating its compact storage capability.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose bolts or uneven assembly.	Check all bolts and nuts and tighten them securely. Ensure the bench is on a flat, level surface.
Adjustment pin does not engage properly.	Obstruction in the adjustment hole or misaligned parts.	Ensure the backrest/seat is correctly aligned with the frame. Clear any debris from the adjustment holes. If bent, contact support.

Problem	Possible Cause	Solution
Squeaking noises during use.	Loose connections or friction between metal parts.	Tighten all bolts. Apply a small amount of silicone-based lubricant to pivot points if necessary, avoiding contact with upholstery.

7. SPECIFICATIONS

Feature	Detail
Model	HNTLB07
Dimensions (L/W/H)	Approx. 115 x 32 x 45-113 cm (45.3 x 12.6 x 17.7-44.5 inches)
Seat Height	Approx. 52 cm (20.5 inches)
Backrest Height	Approx. 57 cm (22.4 inches)
Product Weight	Approx. 11 kg (24.2 lbs)
Maximum Load Capacity	200 kg (440 lbs) (body weight with dumbbells)
Maximum User Weight	Approx. 100 kg (220 lbs)
Frame Material	Alloy Steel
Upholstery Material	Imitation Leather with Foam Padding
Color	Black
Backrest Positions	10 adjustable positions
Seat Positions	4 adjustable positions
Foldable	Yes



Image: This image displays the key dimensions of the Physionics weight bench: length (115 cm), width (33 cm), and adjustable height (45-113 cm).

8. WARRANTY INFORMATION

Specific warranty details are not provided in the product information. Please refer to your purchase documentation or contact the retailer/manufacturer directly for warranty terms and conditions.

9. CUSTOMER SUPPORT

For any questions, missing parts, or assistance with assembly or operation, please contact Physionics customer service or your retailer. When contacting support, please have your model number (HNTLB07) and purchase details ready.

You can often find support contact information on the manufacturer's official website or through the retailer where you purchased the product.

Related Documents - HNTLB07

 <p>HNTLB09</p>	<p><u>Physionics HNTLB09 Biceps Training Bench - Assembly, Safety, and Maintenance Guide</u></p> <p>Comprehensive guide for the Physionics HNTLB09 Biceps Training Bench, including detailed assembly instructions, important safety precautions, maintenance tips, and training advice. Learn how to safely set up and use your fitness equipment.</p>
 <p>HNTLB09</p>	<p><u>Physionics Preacher Curl Bench (HNTLB09) - Assembly, Usage, and Safety Guide</u></p> <p>Comprehensive guide for the Physionics Preacher Curl Bench (Model HNTLB09), covering assembly instructions, safety guidelines, maintenance, and training tips from Gorilla Sports.</p>
 <p>HNTLB010A0000000</p>	<p><u>Physionics HNTLB010A0000000 Weight Bench User Manual and Assembly Guide</u></p> <p>Comprehensive user manual and assembly guide for the Physionics HNTLB010A0000000 Weight Bench, including safety instructions, setup, maintenance, and training tips.</p>
 <p>HNTLB010A0000000</p>	<p><u>Physionics Panca Pesi: Manuale di Montaggio, Sicurezza e Allenamento</u></p> <p>Guida completa per la panca pesi Physionics (Modello HNTLB010A0000000), che include istruzioni dettagliate di montaggio, importanti informazioni di sicurezza, consigli per la cura e la manutenzione, e suggerimenti per l'allenamento. Prodotto da Gorilla Sports GmbH.</p>

 SPWD01C	<p><u>Physionics Espalier SPWD01C User Manual and Safety Guide</u></p> <p>Comprehensive guide for the Physionics Espalier (model SPWD01C), covering assembly, safety instructions, maintenance, training tips, and warranty information. This document provides essential information for safe and effective use of the fitness equipment.</p>
 FSB02	<p><u>Physionics Aerobic Step FSB02 User Manual and Safety Guide</u></p> <p>Comprehensive user manual for the Physionics Aerobic Step (Model FSB02), including safety instructions, assembly guide, maintenance, training exercises, and warranty information from Gorilla Sports GmbH.</p>