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› Physionics HNTLB01/C Weight Bench Instruction Manual

## Physionics HNTLB01/C

# Physionics HNTLB01/C Weight Bench Instruction Manual

Model: HNTLB01/C

## INTRODUCTION

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This manual provides essential information for the safe assembly, operation, and maintenance of your Physionics HNTLB01/C Weight Bench. Designed for varied strength training exercises, this compact weight bench is suitable for both beginners and advanced users. Please read these instructions carefully before use and retain them for future reference.

## SAFETY INFORMATION

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Always prioritize safety during assembly and use. Ensure all components are securely fastened before each workout. Do not exceed the maximum weight capacities specified in the 'Specifications' section. Consult a physician before starting any new exercise program.

- Maximum total load capacity: 255 kg (body weight + weights).
- Maximum user body weight: 100 kg.
- Ensure the bench is placed on a stable, level surface.
- Keep children and pets away from the equipment during use.

## SETUP AND ASSEMBLY

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The Physionics HNTLB01/C Weight Bench is designed for simple assembly. Follow the steps below to set up your equipment.

1. Unpack all components and verify against the parts list (not provided in this document, refer to packaging).
2. Assemble the main frame components, ensuring all bolts and nuts are tightened securely.
3. Attach the padded backrest and seat to the frame.
4. Install the leg hold-down bar and butterfly arms, if applicable, ensuring they move freely but are stable.
5. Place the bench on a flat, stable surface.

**YOUR PERSONAL  
GYM**

*Enjoy training from the comfort  
of your home*

**DEIN EIGENES  
FITNESSSTUDIO**

*Genießen Sie das Training bequem zu Hause*



Image: Fully assembled Physionics HNTLB01/C Weight Bench, showcasing its compact design suitable for a home gym.

**TURN TO US FOR THE  
BEST CHOICE**

*Highlighted features are there  
to take you on the next level of  
fitness experience*

**WENDEN SIE SICH AN UNS  
FÜR DIE BESTE WAHL**

*Hervorgehobene Funktionen sind dazu  
da, Sie auf die nächste Stufe des  
Fitterlebnis zu bringen*



Image: Overview of key features such as the leg rollers, barbell support, and butterfly attachments, highlighting the multi-functionality of the bench.

## OPERATING INSTRUCTIONS (EXERCISES)

The Physionics HNTLB01/C Weight Bench offers various training possibilities to target different muscle groups. Always perform exercises with controlled movements and proper form.

- **Abdominals:** Utilize the leg hold-down bar to secure your feet for abdominal exercises such as crunches or sit-ups.



**YOU'RE NOT SUPPOSED  
TO CHOOSE**

*Full body workout is possible with  
only one machine*

**DU SOLLST NICHT WÄHLEN**

*Ganzkörpertraining ist mit nur  
einem Gerät möglich*

**SHOW US YOUR BEST  
ATTEMPT**

*Create effective all-round workouts*

**ZEIGEN SIE UNS IHREN  
BESTEN VERSUCH**

*erstellen Sie effektive  
Allround-Workouts*



Image: A user demonstrating leg raises, an exercise that can be performed using the bench's leg support for core engagement.

- **Incline and Flat Bench Press:** Adjust the backrest to the desired angle for incline or flat bench press exercises. Use the barbell support for safe racking and unracking of weights.



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Image: A user performing a bench press, illustrating the use of the bench for chest exercises with a barbell.

- **Butterfly Stretch (Pec Deck):** The butterfly arms allow for chest fly exercises, targeting the pectoral muscles. Ensure the maximum load capacity of 25 kg per arm is not exceeded.
- **Leg Extension:** Attach weights to the leg extension bar to perform leg extension exercises, strengthening the quadriceps. Ensure the maximum load capacity of 25 kg for the leg extension bar is not exceeded.

**WHEN MORE IS BETTER**

*Activate muscles of entire body  
with the help of barbell rack,  
leg unit and butterfly attachment*

**WENN MEHR BESSER IST**

*Aktiviere die gesamte  
Körpermuskulatur mit Hilfe von  
Langhantelablage, Beineinheit  
und Butterfly-Aufsatz*



Image: A user performing leg extensions, demonstrating how the leg unit can be used for lower body strength training.



Image: Detailed view of the leg rollers, which provide support and comfort during leg exercises.

## MAINTENANCE

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

- **Cleaning:** The padded backrest is made of wear-resistant and water-resistant PU leather. Wipe down all surfaces with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the bench in a dry environment, away from direct sunlight and extreme temperatures.



Image: Detail of the padded backrest, highlighting its durable and water-resistant PU leather covering for easy cleaning.

## SPECIFICATIONS

<b>Model Number</b>	HNTLB01/C
<b>Dimensions (L x W x H)</b>	Approx. 147 cm x 116 cm x 116 cm
<b>Product Weight</b>	Approx. 18 kg
<b>Maximum Total Load Capacity</b>	255 kg (body weight + weights)
<b>Maximum User Body Weight</b>	100 kg
<b>Maximum Load for Leg Extension Bar</b>	25 kg
<b>Maximum Load for Butterfly Arm</b>	25 kg per side
<b>Maximum Load for Barbell Support</b>	Approx. 60 kg

Disc Admission Area Diameter	2.5 cm
Materials	Alloy steel, artificial leather (PU), plastic
Color	Black

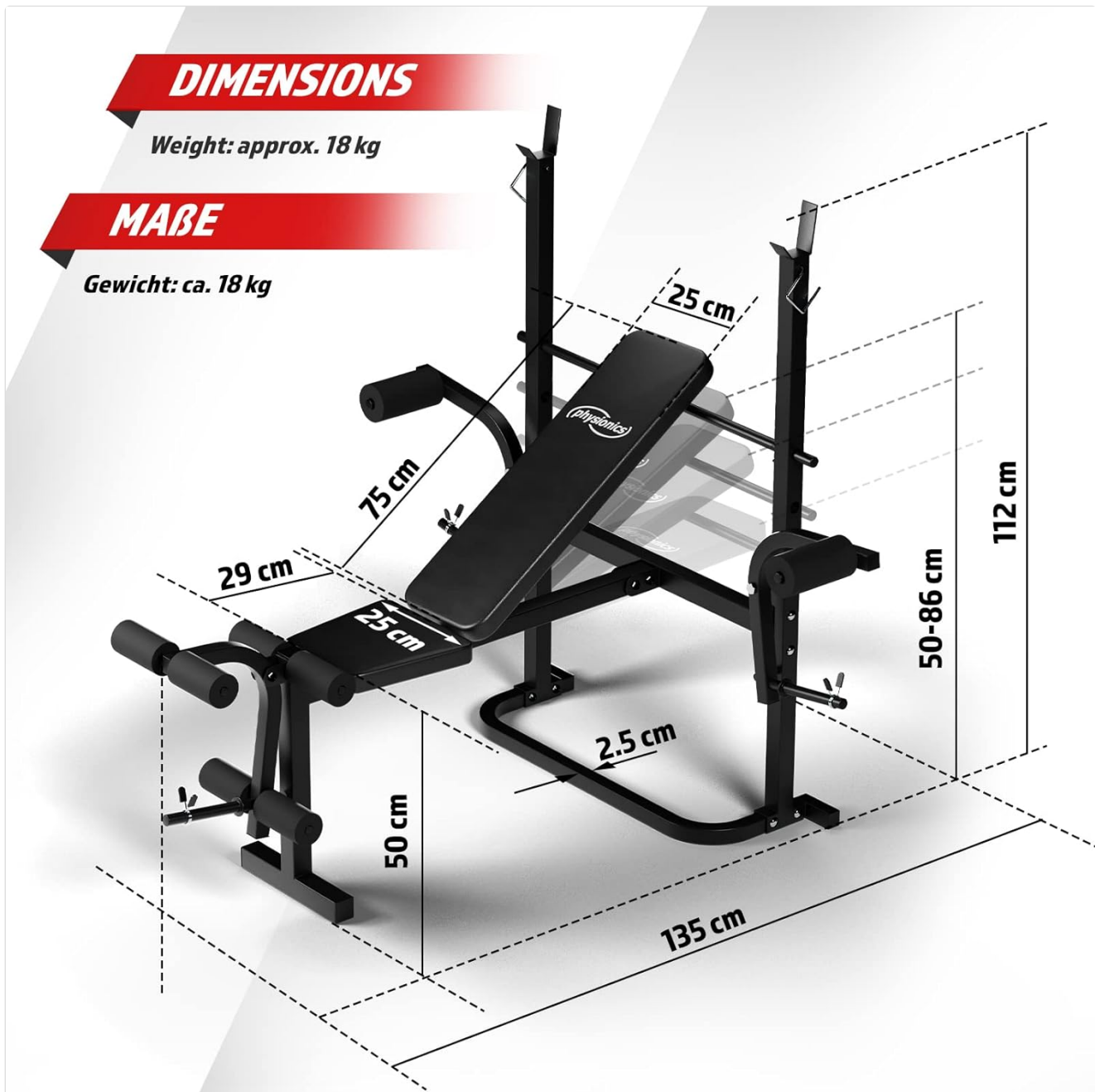


Image: Technical drawing illustrating the key dimensions of the weight bench, including length, width, and height measurements.

## TROUBLESHOOTING

This section addresses common issues you might encounter with your weight bench. For problems not listed here, please contact customer support.

- **Issue:** Bench feels unstable during use.
- **Solution:** Ensure all assembly bolts are securely tightened. Verify the bench is on a flat, level surface. Adjust the feet if necessary to eliminate wobbling.
- **Issue:** Parts are stiff or difficult to adjust.
- **Solution:** Apply a small amount of silicone-based lubricant to moving joints or adjustment pins. Do not use oil-

based lubricants as they can attract dust.



Image: Detail of the bench's base, illustrating the design for maximum security and stability during workouts.

## WARRANTY AND SUPPORT

Specific warranty details are typically provided with your purchase documentation. For technical support, replacement parts, or any inquiries not covered in this manual, please contact Physionics customer service through their official website or your retailer.

*Please note: Warranty terms may vary by region and retailer. Keep your proof of purchase for warranty claims.*

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