

Domyos PA 190

Domyos PA 190 Abdominal Bench User Manual

MODEL: PA 190

1. Important Safety Instructions

Please read all instructions carefully before assembling and using the Domyos PA 190 Abdominal Bench. Retain this manual for future reference.

- **Maximum User Weight:** Do not exceed the maximum weight capacity of 100 kilograms (220 lbs).
- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the bench on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.
- Beginners should exercise caution to avoid overstraining, particularly in the lower back.

2. Package Contents

Verify that all components are present before assembly:

- Abdominal Bench Frame (Main Unit)
- Padded Backrest/Seat
- Leg Support Rollers (if separate)
- Assembly Hardware (bolts, washers, nuts, tools)
- User Manual

3. Setup and Assembly

Follow these steps to assemble your Domyos PA 190 Abdominal Bench:

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the main support legs to the frame using the provided hardware. Ensure they are stable.
3. Secure the padded backrest to the main frame.
4. Install the leg support rollers, ensuring they are firmly in place.
5. Tighten all bolts and nuts securely. Do not overtighten.
6. Test the stability of the bench before first use.

The bench is designed to fold for compact storage. To fold, locate the folding mechanism (usually a pin or lever) and carefully collapse the frame. To unfold, reverse the process, ensuring all locking mechanisms are engaged before use.



Image: Domyos PA 190 Abdominal Bench. This image illustrates the bench's design and how it supports abdominal exercises.

4. Operating Instructions

The Domyos PA 190 Abdominal Bench allows for effective abdominal muscle training. It features 3 adjustable positions to vary the intensity of your workout.

1. **Adjusting the Decline:** Locate the adjustment pin or lever near the backrest. Pull it out, adjust the bench to one of the three desired decline positions, and ensure the pin locks securely into place. A steeper decline increases the difficulty of the exercise.
2. **Positioning:** Lie on the bench with your feet secured under the leg support rollers. Ensure your back is comfortably supported by the padded backrest.
3. **Performing Crunches/Sit-ups:** Place your hands behind your head or across your chest. Engage your abdominal muscles to lift your upper body towards your knees. Control the movement as you lower yourself back down.
4. **Breathing:** Exhale as you lift and inhale as you lower.

For optimal results, combine regular use of the abdominal bench with a balanced diet and cardiovascular exercise.

5. Maintenance

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

- **Cleaning:** Wipe down the padded surfaces and frame with a damp cloth after each use to remove sweat and dirt. Do not use 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, cool place away from direct sunlight and extreme temperatures. Utilize its folding feature for compact storage when not in use.

6. Troubleshooting

If you encounter any issues with your Domyos PA 190 Abdominal Bench, refer to the following common solutions:

- **Bench feels unstable:** Ensure all assembly bolts are fully tightened. Check that the bench is on a flat, level surface.
- **Difficulty adjusting decline:** Ensure the adjustment pin is fully pulled out before attempting to change positions. Check for any obstructions.
- **Squeaking noises:** Inspect joints and moving parts. A small amount of silicone-based lubricant can be applied to pivot points if necessary.

7. Specifications

Feature	Detail
Brand	Domyos
Model	PA 190
Material	Foam (Padded surfaces)
Maximum Weight Capacity	100 Kilograms
Adjustable Positions	3 Decline Positions
ASIN	B00DS48T6C

8. Warranty and Support

For warranty information or technical support, please contact Domyos customer service. Keep your purchase receipt as proof of purchase.

Visit the official Domyos website for contact details and additional product information: www.domyos.com