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HOMCOM A91-0340531

HOMCOM Multi-functional Adjustable Weight Bench

Model: A91-0340531 | Brand: HOMCOM

1. Important Safety Information

Please read this entire manual before assembling or using the HOMCOM Multi-functional Adjustable Weight Bench. Keep this manual for future reference. Failure to follow these instructions may result in serious injury or damage to the equipment.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the equipment on a flat, stable surface. Ensure adequate space around the bench for safe operation.
- Inspect the equipment for loose or damaged parts before each use. Do not use if any parts are compromised.
- Do not exceed the maximum weight capacity of 150 kg (330 lbs).
- Always use proper form and controlled movements during exercises.
- Wear appropriate athletic footwear and clothing.

2. Product Overview

The HOMCOM A91-0340531 is a versatile multi-functional weight bench designed for a comprehensive full-body workout at home. It features an adjustable backrest, leg curl/extension attachment, a pull-up/lat pulldown bar, and integrated supports for barbells and dumbbells.



Figure 2.1: Overall view of the HOMCOM Multi-functional Adjustable Weight Bench.

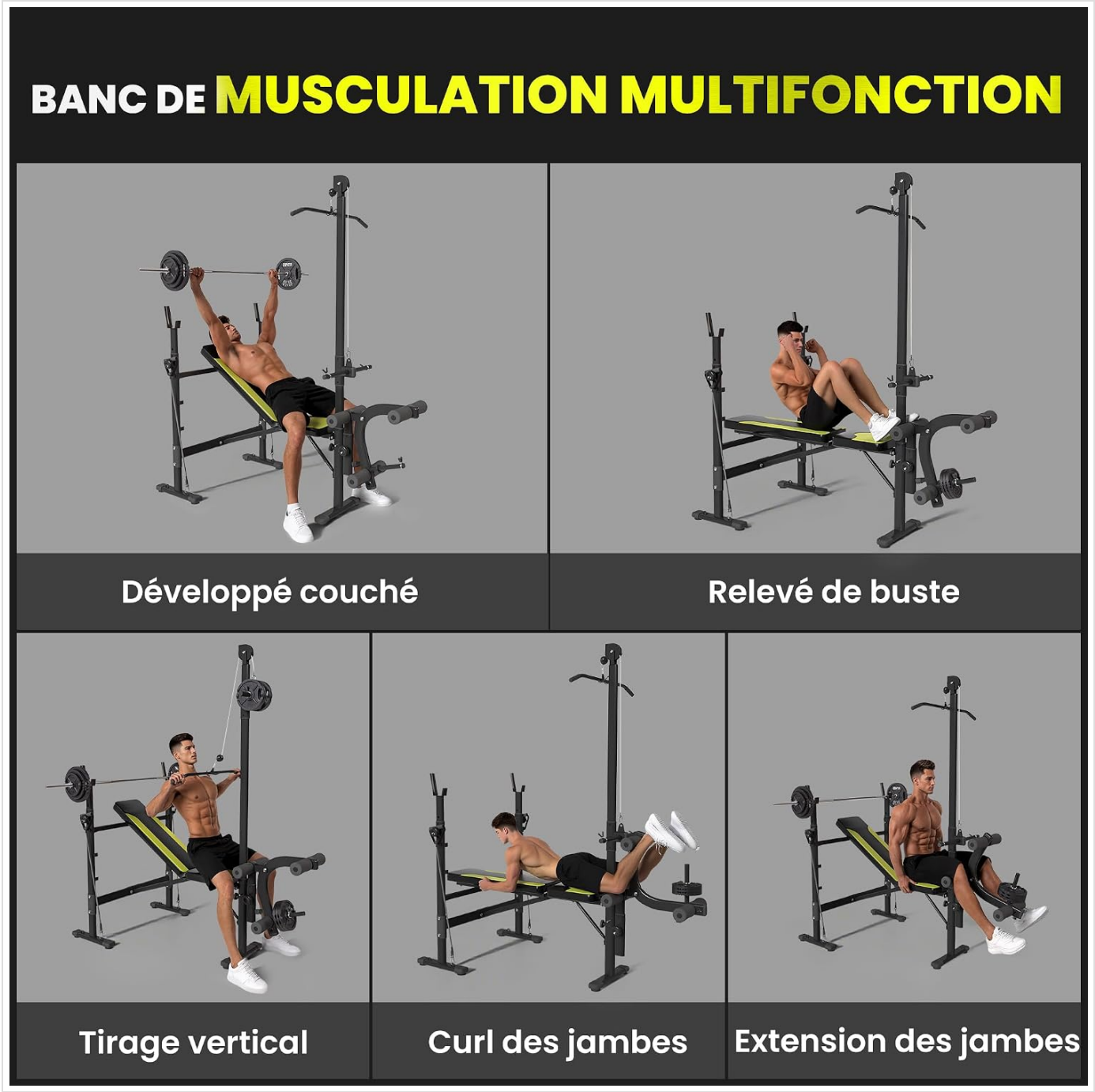


Figure 2.2: Examples of exercises that can be performed using the weight bench, including bench press, sit-ups, vertical pull, leg curls, and leg extensions.

3. Package Contents

Before assembly, ensure all parts listed below are present and undamaged. Refer to the assembly diagram for identification.

- Main frame components (uprights, base, bench frame)
- Adjustable backrest and seat cushions
- Leg curl/extension attachment with foam rollers
- Pull-up/Lat pulldown bar with cable and pulley system
- Barbell and dumbbell support racks
- Resistance bands (if included with your model)
- Assembly hardware (bolts, nuts, washers, pins)
- Assembly tools (wrenches)



Figure 3.1: Close-up of key features such as resistance bands, comfortable padded cushions, and soft foam rollers for leg exercises.

4. Assembly Instructions

Assembly requires careful attention to detail. It is highly recommended that two people assemble the weight bench to ensure safety and ease of construction. All parts are numbered and quantities are indicated in the included paper manual.

Your browser does not support the video tag.

Video 4.1: This video demonstrates the unboxing and assembly process of the HOMCOM weight bench, highlighting key steps and components. It also shows various exercises that can be performed once assembled.

Follow the step-by-step instructions provided in the physical assembly manual. Ensure all bolts are securely tightened after assembly. Do not overtighten.

5. Operating Instructions

This multi-functional weight bench allows for a variety of exercises targeting different muscle groups. Always warm up

before exercising and cool down afterwards.

5.1 Adjusting the Bench

The backrest and seat can be adjusted to various incline, flat, and decline positions to accommodate different exercises and user preferences. Locate the adjustment pins or levers, pull them out, adjust the section to the desired angle, and ensure the pin locks securely back into place before use.

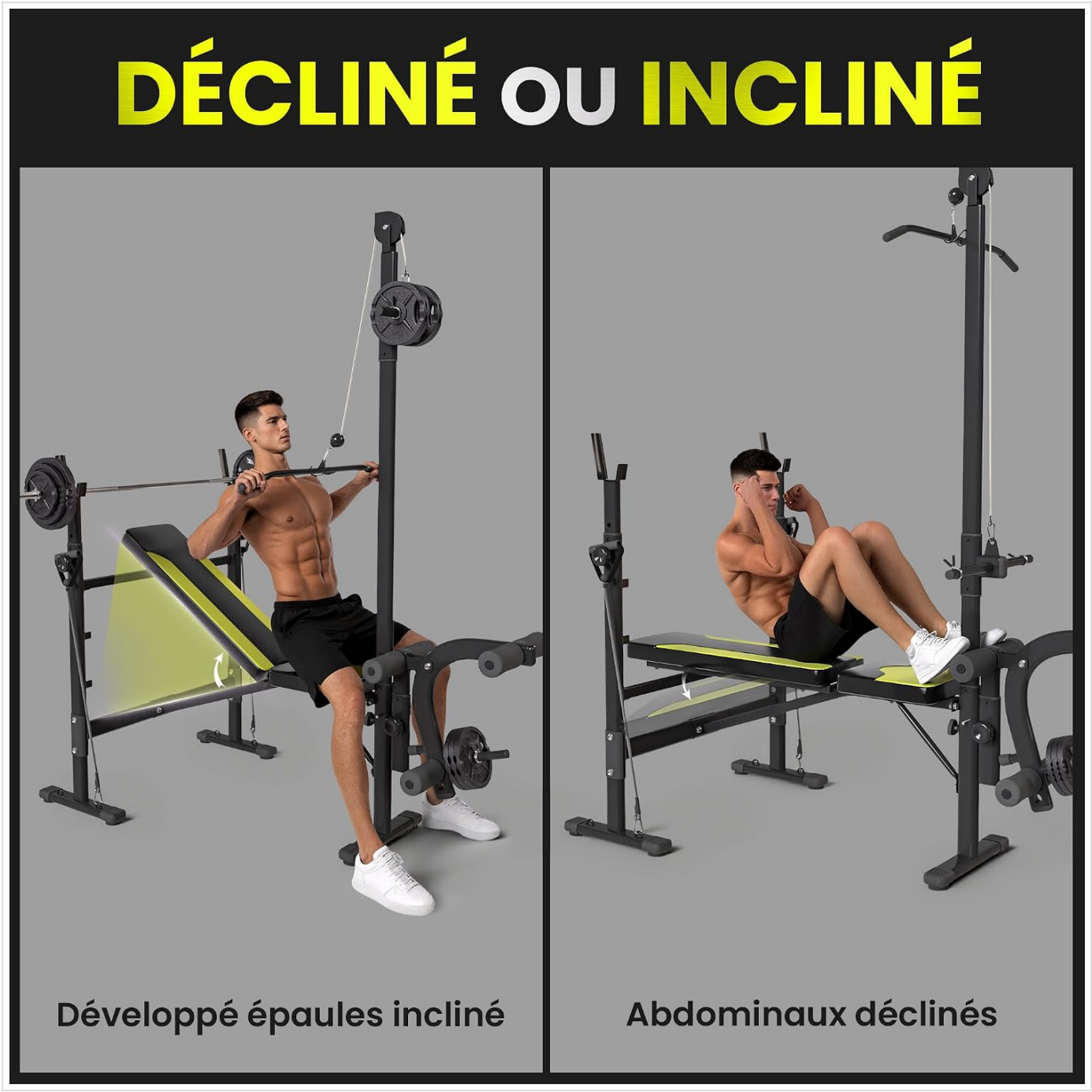


Figure 5.1: The bench can be set to various positions, including incline for shoulder presses and decline for abdominal exercises.

5.2 Using the Leg Curl/Extension Attachment

Attach appropriate weight plates to the leg curl/extension bar. Sit on the bench with your legs positioned under the foam rollers. For leg curls, pull your heels towards your glutes. For leg extensions, push your feet upwards against the rollers. Ensure smooth, controlled movements.

5.3 Using the Pull-up/Lat Pulldown Bar

The integrated pull-up bar allows for bodyweight exercises. For lat pulldowns, attach a suitable handle to the cable system and add weight plates to the pulley. Sit on the bench and pull the handle down towards your chest, engaging your back

muscles.

5.4 Using Barbell and Dumbbell Supports

The bench includes dedicated supports for barbells and dumbbells. Always ensure barbells are securely placed on the racks before and after exercises. Use spotters when lifting heavy weights. The barbell supports are adjustable in height to suit various exercises like bench presses and squats.



Figure 5.2: A user demonstrating a bench press exercise, utilizing the barbell supports for safe and effective training.

6. Maintenance

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

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners. Replace worn or damaged parts immediately.

- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts (e.g., pulley system, adjustment pins) every few months to ensure smooth operation.
- **Storage:** Store the bench in a dry, clean environment away from direct sunlight and extreme temperatures.

7. Troubleshooting

If you encounter any issues with your weight bench, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
Bench feels unstable	Loose fasteners; uneven floor	Check and tighten all bolts and nuts. Ensure the bench is on a level surface.
Squeaking noises during use	Lack of lubrication; loose parts	Lubricate moving parts with silicone spray. Check and tighten all fasteners.
Difficulty adjusting parts	Dirt or debris in adjustment mechanism; lack of lubrication	Clean adjustment pins/levers. Apply lubricant.

8. Specifications

Detailed technical specifications for the HOMCOM A91-0340531 weight bench.

Feature	Detail
Model Number	A91-0340531
Brand	HOMCOM
Color	Black and Yellow
Material	Alloy Steel (Frame)
Overall Dimensions (L x W x H)	175 x 110 x 202 cm (68.9 x 43.3 x 79.5 inches)
Weight Capacity	150 Kilograms (330 lbs)
Item Weight	25 Kilograms (55 lbs)
Backrest/Seat Padding	High-density foam with synthetic covering
Leg Curl/Extension	Included, with foam rollers
Pull-up/Lat Pulldown	Included, with pulley system
Barbell/Dumbbell Supports	Included, adjustable



Figure 8.1: Key dimensions of the weight bench for space planning.

9. Warranty and Support

For warranty information, please refer to the documentation provided with your purchase or contact HOMCOM customer service. If you have any questions, require assistance with assembly, or need to report a missing/damaged part, please contact the retailer or manufacturer directly.

Spare parts availability in the EU: 2 Years.

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