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- › ISE /
- › ISE Multifunction Weight Bench SY-5430B User Manual

ISE SY-5430B

ISE Multifunction Weight Bench SY-5430B User Manual

Model: SY-5430B | Brand: ISE

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your ISE Multifunction Weight Bench SY-5430B. Please read all instructions carefully before assembly and use. Retain this manual for future reference.



Image: The ISE Multifunction Weight Bench SY-5430B, featuring a black and red design with a barbell rack, adjustable bench, arm curl pad, and leg developer.

2. IMPORTANT SAFETY INFORMATION

WARNING: Failure to follow these safety instructions may result in serious injury or death.

- Consult a physician before starting any exercise program.
- Read and understand all instructions in this manual before assembly and use.
- Keep children and pets away from the equipment during use.
- Place the weight bench on a flat, stable surface. Ensure adequate space around the equipment for safe operation.
- Inspect the equipment for loose parts, damage, or wear before each use. Do not use if damaged.
- Ensure all bolts and nuts are securely tightened before use.
- Do not exceed the maximum weight capacity of 110 kg (242 lbs) for the user and weights combined.
- Use proper lifting techniques and always use a spotter when lifting heavy weights.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel pain, dizziness, or nausea.

- This equipment is designed for home use only.

3. SETUP AND ASSEMBLY

The ISE Multifunction Weight Bench SY-5430B requires assembly. Follow these general steps. Refer to the detailed assembly instructions provided with your product for specific diagrams and hardware identification.

3.1 Unpacking

- Carefully remove all components from the packaging.
- Verify that all parts listed in the parts diagram are present.
- Keep packaging materials until assembly is complete to ensure no small parts are discarded.

3.2 Assembly Steps

1. Attach the main frame components using the provided bolts and nuts.
2. Secure the barbell rack uprights to the main frame.
3. Install the adjustable backrest and seat pads.
4. Assemble the arm curl pad and leg developer attachments.
5. Ensure all connections are tightened securely.

INSTALLATION AND STORAGE STEPS

It can be easily folded with the latch, and can be stored quickly when not in use



Available to unplug the safety plug by hand



Image: Illustration of the folding mechanism for storage, showing the latch and safety plug for easy folding and unfolding.



Image: An overview of the weight bench's features, including adjustable backrest, seat padding, folding mechanism, and barbell rack height adjustment.

4. OPERATING INSTRUCTIONS

The ISE Multifunction Weight Bench SY-5430B is designed for a comprehensive home workout, allowing for various exercises targeting different muscle groups.

4.1 Adjusting the Backrest

The backrest can be adjusted to multiple levels (flat, incline, decline) to accommodate various exercises such as bench press, incline press, and decline press.

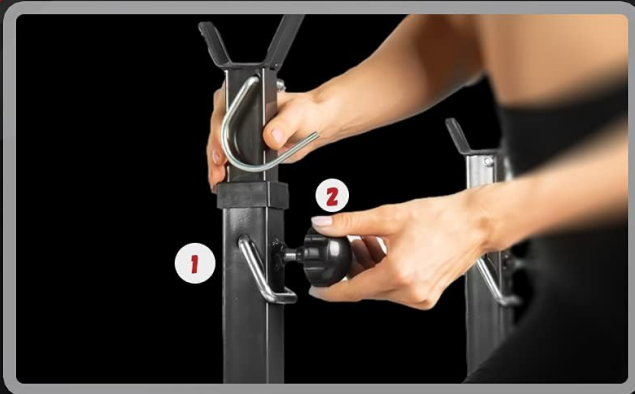


Image: Diagram illustrating the 4-level backrest adjustment, showing positions for backrest support, muscle building, strength training, fat burning, and body shaping.

4.2 Adjusting the Barbell Rack Height

The barbell rack features 5 levels of height adjustment to suit different user heights and exercise requirements. Ensure the barbell is securely placed on the rack before and after each set.

5-LEVEL HEIGHT ADJUSTMENT



According to the height, choose the right height

Image: A user demonstrating the 5-level height adjustment mechanism for the barbell rack, highlighting the pin and hole system.

4.3 Using Attachments

- **Arm Curl Pad:** Use for bicep curls to isolate arm muscles.
- **Leg Developer:** Perform leg extensions and leg curls to target quadriceps and hamstrings.
- **Butterfly Arms:** Engage chest muscles with butterfly exercises.

MULTIPLE WAYS TO USE



Image: A collage showing various exercises possible with the bench, including flat bench press, seated dumbbell curls, chest expansion, and sitting leg lifts.



Image: A person performing an incline dumbbell press on the adjustable weight bench.

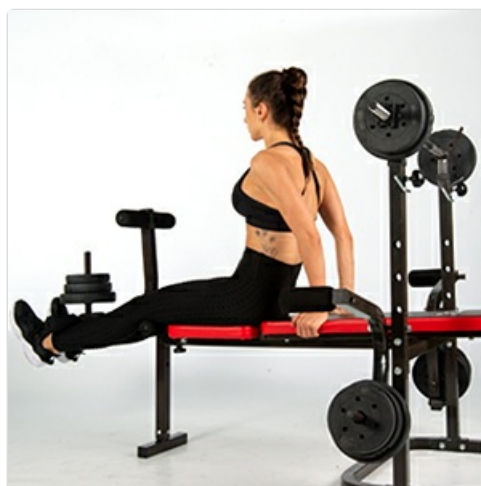


Image: A person performing leg raises using the leg developer attachment on the weight bench.

5. MAINTENANCE

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

- **Cleaning:** The faux leather padding is tear-resistant and quick-drying. Wipe down the bench with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of lubricant to moving parts (e.g., adjustment pins) if they become stiff.
- **Storage:** The bench is foldable for convenient storage. Ensure the safety plug is engaged when folding/unfolding. Store in a dry place away from direct sunlight.



Image: Close-up details showing the water-resistant padding, safe and stable barbell support, bold pipe construction, and integrated dumbbell storage.

6. TROUBLESHOOTING

If you encounter issues with your ISE Multifunction Weight Bench, refer to the following common solutions:

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all assembly bolts are securely tightened. Place the bench on a flat, level surface.
Adjustment pins are stiff or difficult to move.	Lack of lubrication or minor obstruction.	Apply a small amount of silicone-based lubricant to the pins and adjustment holes. Check for any debris.
Squeaking noises during use.	Loose connections or friction between metal parts.	Tighten all bolts. Apply lubricant to pivot points if necessary.

If problems persist, please contact ISE customer support for assistance.

7. SPECIFICATIONS

Feature	Detail
Model Number	SY-5430B
Brand	ISE
Color	Black, Red
Frame Material	Metal
Main Material	Faux leather, Synthetic metal
Maximum Weight Capacity (User + Weights)	110 kg (242 lbs)
Product Dimensions (L x W x H)	160 x 129 x 110 cm (63 x 50.8 x 43.3 inches)
Item Weight	21 kg (46.3 lbs)
Adjustable Backrest	Multiple levels (Incline, Flat, Decline)
Barbell Rack Height Adjustment	5 levels
Foldable	Yes



Image: Detailed dimensions of the ISE Multifunction Weight Bench, including overall length, width, height, and seat thickness, shown in both unfolded and folded configurations.

8. WARRANTY INFORMATION

ISE provides a 1-year warranty for this product. This warranty covers manufacturing defects and ensures your satisfaction with the product. Please retain your proof of purchase for warranty claims.

9. CUSTOMER SUPPORT

For any questions regarding assembly, operation, maintenance, or warranty, please contact ISE customer service. Our professional customer service and technical team are available to provide detailed answers and assistance.

Contact Information: Please refer to the contact details provided with your product packaging or visit the official ISE website for support.

ISE has been established in France since 2010, committed to product development and customer satisfaction.

