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Bowflex 5.1s Bench

BowFlex 5.1s Bench Instruction Manual

Model: 5.1s Bench

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your BowFlex 5.1s Bench. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

2. SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight limit of 600 pounds (user weight + lifted weight).
- Keep children and pets away from the bench during operation.
- Use the bench on a flat, stable surface.

3. PACKAGE CONTENTS

Verify all components are present before assembly. The package includes the main weight bench components and necessary assembly tools (Allen keys).

4. SETUP AND ASSEMBLY

The BowFlex 5.1s Bench is designed for straightforward assembly. Most components are pre-assembled, requiring minimal effort to set up.

4.1 Assembly Video

Your browser does not support the video tag.

Official Bowflex 5.1S Bench Assembly Video. This video provides a step-by-step guide to assembling your weight bench.

4.2 Initial Setup

- Remove all packaging materials.

- Unfold the bench carefully, ensuring all locking mechanisms engage securely.
- Attach the leg hold-down brace if desired, securing it with the provided pin.
- Adjust the feet for stability on uneven surfaces.



Figure 1: Fully assembled BowFlex 5.1s Bench.

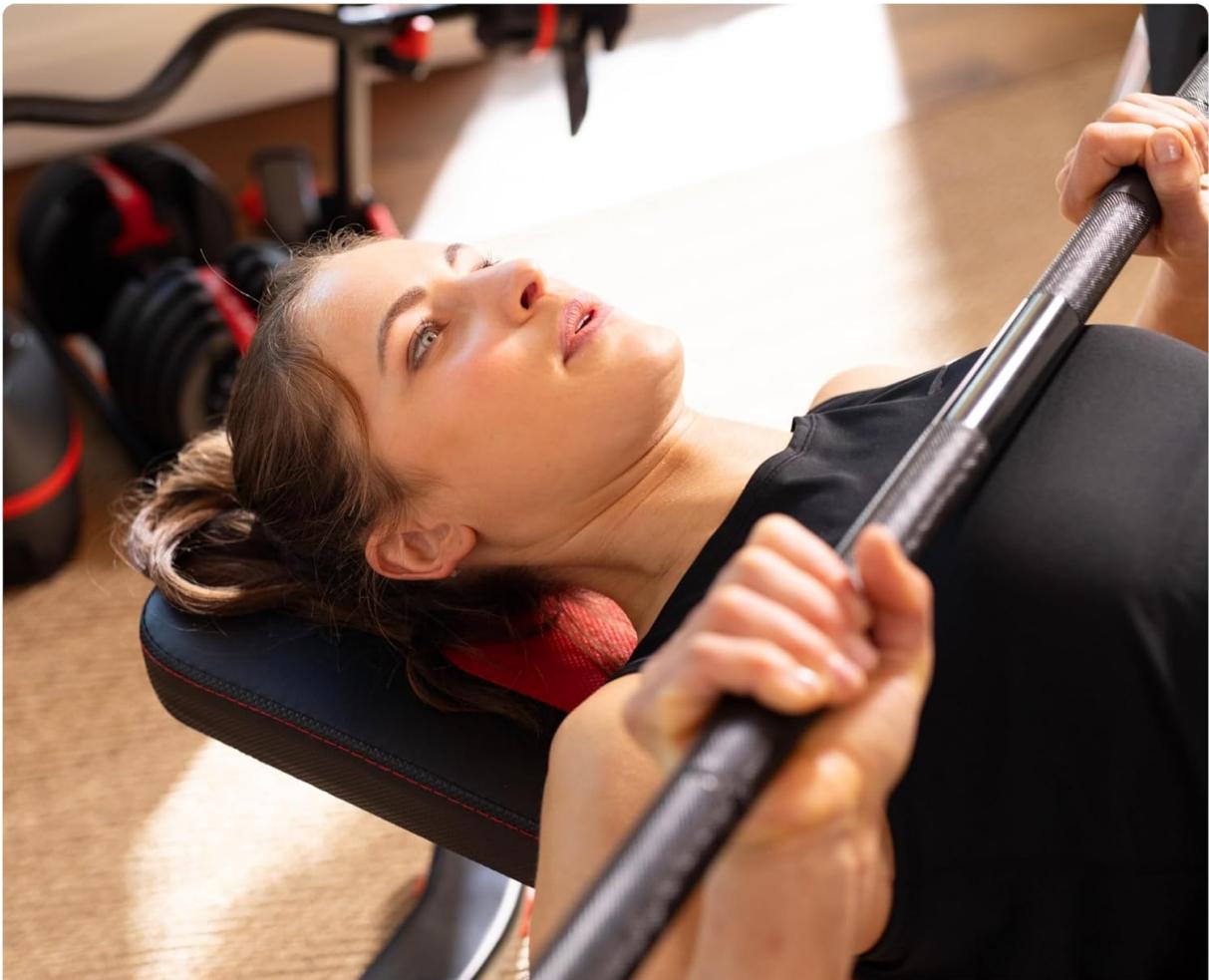
5. OPERATING INSTRUCTIONS

The BowFlex 5.1s Bench offers versatile adjustments for various exercises.

5.1 Adjusting the Backrest Angle

The backrest can be adjusted to 6 different angles: 30°, 45°, 60°, 90°, flat, and decline. To adjust:

1. Locate the easy selection knob on the side of the bench.
2. Pull the knob outwards to disengage the locking pin.
3. Adjust the backrest to your desired angle.
4. Release the knob, ensuring the pin fully engages in the corresponding slot.



Heavy-duty steel construction

Figure 2: Adjusting the backrest for various exercise positions.

5.2 Adjusting the Seat Angle

The seat also offers multiple adjustable positions to complement the backrest angle and provide optimal support.

1. Locate the seat adjustment mechanism beneath the seat.
2. Pull the lever or pin to unlock the seat.
3. Adjust the seat to your preferred angle.
4. Release the lever/pin to lock the seat in place.

5.3 Using the Leg Hold-Down Brace

The removable leg hold-down brace provides stability for decline exercises and abdominal workouts. Simply slide it into the designated slot and secure it with the pin.

5.4 Space-Saving Design (Folding)

The BowFlex 5.1s Bench features a convenient lift-and-go process for storage, maximizing space when not in use.

1. Ensure the backrest and seat are in their lowest, flat positions.
2. Locate the folding pin near the base of the bench.

3. Pull the pin to release the folding mechanism.
4. Fold the bench upwards until it locks into its vertical storage position.



Figure 3: The bench in its folded, space-saving configuration.

6. MAINTENANCE

- Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten as needed.
- Wipe down the upholstery with a damp cloth after each use to remove sweat and dirt.
- Avoid using abrasive cleaners or solvents on the bench.
- Store the bench in a dry, cool place away from direct sunlight.

7. TROUBLESHOOTING

- **Bench feels unstable:** Ensure all bolts are tightened. Check that the bench is on a flat surface. Adjust the leveling feet if necessary.
- **Adjustment knob is stuck:** Ensure no weight is on the backrest. Wiggle the backrest slightly while pulling the knob.

8. SPECIFICATIONS

Feature	Detail
Brand	Bowflex
Model Name	Bowflex 5.1S Stowable Bench
Item Weight	70 Pounds
Material	Alloy Steel
Color	Black
Product Dimensions	28.1"D x 49.5"W x 61.3"H
Weight Limit	600 Pounds
Manufacturer	Johnson Health Tech Trading
Part Number	100675
UPC	708447911285

9. WARRANTY AND SUPPORT

The BowFlex 5.1s Bench comes with a comprehensive warranty:

- **Upholstery:** 1 year
- **Frame:** 30 years

For customer support or warranty claims, please contact Johnson Health Tech Trading.