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› CCLIFE Multifunction Weight Bench and Power Tower Instruction Manual

**CCLIFE DFNST001A0000000**

# CCLIFE Multifunction Weight Bench and Power Tower Instruction Manual

Model: DFNST001A0000000

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## 1. PRODUCT OVERVIEW

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The CCLIFE Multifunction Weight Bench and Power Tower is a versatile home fitness station designed for a comprehensive full-body workout. It combines a pull-up bar, dip station, and an adjustable weight bench, allowing for a wide range of exercises including pull-ups, dips, bench presses, and leg raises. Its robust steel frame ensures stability and durability for effective training.



Image 1.1: The CCLIFE Multifunction Weight Bench and Power Tower in its complete setup.

## 2. SAFETY INFORMATION

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

- Read all instructions carefully before assembly and use. Keep this manual for future reference.
- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use. Regularly check for loose parts.
- Place the equipment on a flat, stable surface. Do not use on uneven ground.
- Maintain a clear safety zone of at least 2 meters (6.5 feet) around the equipment during use.
- Do not exceed the maximum weight capacities: 120 kg for the pull-up bar, 200 kg for the weight bench (user weight).
- Children and pets must be kept away from the equipment during use.
- Inspect the equipment for wear and tear before each use. Replace worn or damaged parts immediately.
- Use proper form and controlled movements during exercises.

## 3. SETUP AND ASSEMBLY

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The CCLIFE Multifunction Weight Bench and Power Tower requires assembly. It is recommended that two adults assemble the unit. Ensure all components are present before beginning assembly.

### 3.1 Package Contents

Verify that all parts listed below are included in your package. If any parts are missing or damaged, contact customer support.

- Main frame components (vertical bars, base supports)
- Pull-up bar
- Dip station arms with padding
- Adjustable weight bench with padding
- Barbell rests (adjustable)
- Assembly hardware (bolts, washers, nuts, tools)
- Instruction manual

### 3.2 Assembly Steps

1. **Unpack Components:** Carefully remove all parts from the packaging. Lay them out on a clean, flat surface.
2. **Assemble Base Frame:** Connect the horizontal base supports to the vertical main frame pillars using the provided bolts and nuts. Ensure all connections are finger-tight at this stage.
3. **Attach Dip Station:** Secure the dip station arms to the main frame at the desired height. The arms feature comfortable padding for support.
4. **Install Pull-up Bar:** Attach the upper pull-up bar to the top of the vertical pillars. Ensure it is centered and securely fastened.
5. **Mount Weight Bench:** Attach the foldable weight bench to the lower section of the frame. Ensure it can be securely locked in both the upright (folded) and horizontal (in-use) positions.
6. **Install Barbell Rests:** Insert the adjustable barbell rests into the designated holes on the main frame. These can be adjusted to three different heights (89 cm, 97 cm, 105 cm).
7. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts using the provided tools. Do not overtighten.
8. **Stability Check:** Gently shake the assembled unit to ensure it is stable and all connections are secure.



Image 3.1: Detailed dimensions of the assembled Power Tower and Weight Bench.

## 4. OPERATING INSTRUCTIONS

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This multifunction station allows for a variety of exercises. Always ensure the equipment is stable and properly configured for your chosen exercise.

### 4.1 Using the Pull-up Bar

The top bar is designed for pull-ups and chin-ups. Grip the bar with an overhand or underhand grip, wider or narrower as desired. Ensure your weight does not exceed 120 kg.

### 4.2 Using the Dip Station

The padded parallel bars are for dips. Grip the handles firmly, lift your feet off the ground, and lower your body in a controlled manner. The lower parallel bars can also be used for various exercises.



Image 4.1: Close-up view of the padded handles on the dip station.

### 4.3 Using the Weight Bench

The foldable weight bench can be used for exercises such as bench presses, dumbbell rows, and sit-ups. To deploy the bench, unlatch it from its folded position and lower it until it locks into the horizontal position. To fold, lift the bench and secure it upright to save space.

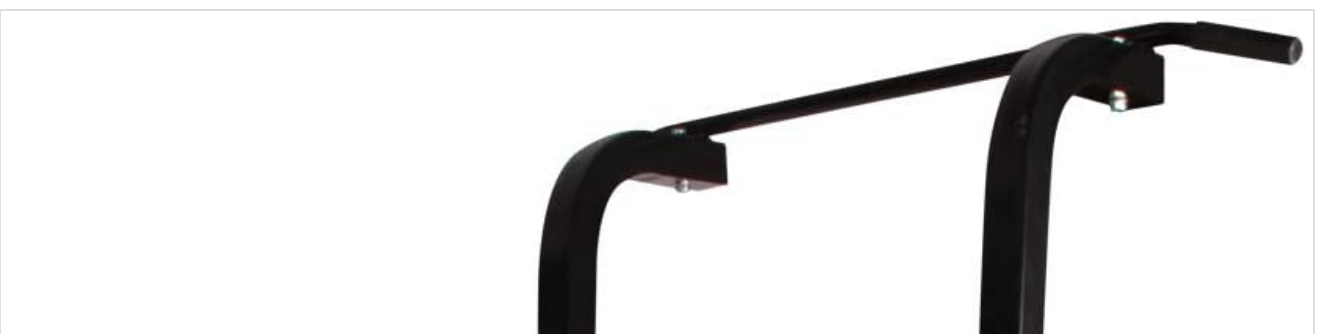




Image 4.2: The weight bench extended for use, showing the CCLIFE logo.





Image 4.3: The weight bench folded vertically against the power tower for compact storage.

#### 4.4 Using Barbell Rests

The adjustable barbell rests are designed to hold a barbell for exercises like bench presses. Adjust the height to one of the three available positions (89 cm, 97 cm, 105 cm) by pulling out the adjustment pin, sliding the rest to the desired height, and re-inserting the pin securely. Ensure the barbell rests are stable before loading weight.



Image 4.4: Close-up view of the adjustable barbell rests with height indicators.



Image 4.5: The power tower with a barbell placed on the adjustable rests, ready for use with the bench.

## 5. MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your fitness station.

- **Daily:** Wipe down the frame and padded areas with a damp cloth after each use to remove sweat and dirt.
- **Weekly:** Inspect all bolts, nuts, and connections for tightness. Retighten any loose fasteners.
- **Monthly:** Check for any signs of wear, cracks, or damage on the frame, padding, and plastic caps. Replace any damaged parts immediately.
- **Lubrication:** No lubrication is generally required for this equipment.

## 6. TROUBLESHOOTING

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If you encounter issues with your CCLIFE Multifunction Weight Bench and Power Tower, refer to the following common problems and solutions:

- **Equipment feels unstable:**  
*Solution:* Ensure the equipment is on a flat, level surface. Check and tighten all assembly bolts and nuts.
- **Squeaking noises during use:**  
*Solution:* Identify the source of the noise. Often, it's a loose bolt. Tighten all connections.
- **Bench does not lock securely:**  
*Solution:* Inspect the locking mechanism for obstructions or damage. Ensure the bench is fully extended or folded into its designated position.
- **Barbell rests are wobbly:**  
*Solution:* Ensure the adjustment pin is fully inserted and seated correctly in the desired height hole.

If problems persist, contact customer support.

## 7. SPECIFICATIONS

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Feature	Detail
Model Number	DFNST001A0000000
Material	Metal
Color	Red / Black
Overall Dimensions (L x W x H)	190 cm x 73 cm x 213 cm (75 in x 29 in x 84 in)
Weight Bench Dimensions (L x W x T)	113 cm x 25 cm x 5 cm (44 in x 10 in x 2 in)
Weight Bench Height from Floor	44 cm (17 in)
Dip Pad Dimensions (L x W x T)	30.5 cm x 12.5 cm x 4 cm (12 in x 5 in x 1.5 in)
Pull-up Bar Length	100 cm (39 in)
Adjustable Barbell Rest Heights	89 cm, 97 cm, 105 cm (35 in, 38 in, 41 in)
Product Weight	36 kg (79.4 lbs)
Max. Load (Pull-up Bar)	120 kg (264 lbs)

Feature	Detail
Max. Load (Weight Bench - User Weight)	200 kg (440 lbs)
Max. Load (Barbell Support)	100 kg (220 lbs)
Recommended Use	Home use

## 8. WARRANTY AND SUPPORT

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For warranty information, product support, or to order replacement parts, please contact CCLIFE customer service through your retailer or the official CCLIFE website. Please have your model number (DFNST001A0000000) and purchase date available when contacting support.