

## HOMCOM ITA91-0620631

# HOMCOM Adjustable Folding Weight Bench

Model: ITA91-0620631

Brand: HOMCOM

## 1. INTRODUCTION

Thank you for choosing the HOMCOM Adjustable Folding Weight Bench. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read all instructions carefully before use and retain this manual for future reference.

### Safety Information

- Ensure all parts are present and undamaged before assembly.
- Assemble the bench on a flat, stable surface.
- Always check that all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight capacity of 120 kg.
- Consult a physician before starting any new exercise program.
- Keep children and pets away from the equipment during use.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.

## 2. PRODUCT OVERVIEW

The HOMCOM Adjustable Folding Weight Bench is designed for a comprehensive full-body workout at home. Its versatile design allows for various exercises, targeting different muscle groups.

### Key Features:

- **7-Level Adjustable Backrest:** Allows for incline, flat, and decline positions to target various muscle groups for exercises like chest press, bicep curls, and sit-ups.
- **Integrated Leg Extension Machine:** Provides a dedicated station for leg workouts.
- **Resistance Bands and Spring:** Adds variety and intensity to your workout routines.
- **Foldable Design:** Easily folds for convenient storage, saving space in your home.
- **Comfortable Padding:** Features foam rollers for knee and ankle support, and an adjustable elbow cushion for arm training.

- **Sturdy Construction:** Made from steel, ABS, and EVA for durability and stability.

## Components Diagram

Refer to the image below for a visual representation of the bench's main components and features.



**Figure 2.1:** Detailed view of the bench highlighting the padded cushion, soft ankle rollers, resistance bands, and non-slip feet.

## 3. ASSEMBLY INSTRUCTIONS

The HOMCOM Adjustable Folding Weight Bench requires assembly. Follow these steps carefully. It is recommended to have two people for assembly.

### Unpacking and Preparation

1. Carefully remove all components from the packaging.
2. Lay out all parts on a clean, flat surface and compare them with the parts list (not provided in this manual, refer to your product's included manual for a full list).
3. Ensure all necessary tools are available (e.g., wrenches, Allen keys, usually included with the product).



**Figure 3.1:** The fully assembled HOMCOM Adjustable Folding Weight Bench.

## Folding and Unfolding

The bench features a foldable design for easy storage. To fold the bench, locate the locking pin mechanism (refer to your product's assembly diagram for exact location) and release it. Carefully fold the bench until it is compact. Reverse the process to unfold and ensure the locking pin is securely engaged before use.

## STRUTTURA PIEGHEVOLE

Riponi l'attrezzo  
con il minimo ingombro  
quando non ti serve



Figure 3.2: Illustration of the bench's foldable structure for minimal storage space.

## 4. OPERATING INSTRUCTIONS

This section details how to adjust and use your HOMCOM weight bench for various exercises.

### Adjusting the Backrest and Elbow Cushion

The backrest can be adjusted to 7 different levels, and the elbow cushion to 2 levels, to accommodate various exercises and user preferences. To adjust, locate the adjustment pins or levers, release them, set to the desired position, and ensure they are securely locked before use.



# COMPLETAMENTE REGOLABILE



Figure 4.1: Adjustability features of the backrest and elbow cushion.

## Using the Leg Extension and Weight Plate Holder

The integrated leg extension allows for targeted leg workouts. You can add standard weight plates (with a 2.5 cm hole diameter) to the weight plate holder for increased resistance. The maximum load for the weight plate holder is 25 kg.



## PORTA PESI

Carico massimo: 25 kg

Per piastre con foro da 2.5 cm

Figure 4.2: Details of the weight plate holder for leg exercises.

### Exercise Examples

The HOMCOM weight bench supports a variety of exercises. Below are some examples:

- **Chest Press:** Use the flat or incline position with dumbbells.
- **Bicep Curls:** Utilize the adjustable elbow cushion for support.
- **Sit-ups/Crunches:** Adjust the backrest to a decline position and use the ankle rollers for stability.
- **Leg Extensions:** Use the integrated leg extension machine with or without added weights.
- **Resistance Band Exercises:** Attach the resistance bands for various upper and lower body movements.

# PER DIVERSI TIPI DI ESERCIZI



Figure 4.3: Examples of exercises performed using the weight bench.

## Product in Use (Video)

Watch this video to see the HOMCOM Adjustable Folding Weight Bench in action, demonstrating its features and various exercise possibilities.

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**Video 4.1:** Official product video showcasing the HOMCOM Adjustable Folding Weight Bench and its functionalities.

This short preview video demonstrates the versatility and ease of use of the HOMCOM Adjustable Folding Weight Bench, highlighting key features and exercise positions.

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**Video 4.2:** Preview video demonstrating the HOMCOM Adjustable Folding Weight Bench.

## 5. MAINTENANCE

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

- **Cleaning:** Wipe down the bench with a damp cloth after each use to remove sweat and dirt. Use mild soap and water for deeper cleaning, then dry thoroughly. Avoid abrasive cleaners.

- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners. Inspect the padding for tears or excessive wear.
- **Storage:** When not in use, fold the bench and store it in a dry, cool place away from direct sunlight and extreme temperatures.

## 6. TROUBLESHOOTING

If you encounter any issues with your HOMCOM weight bench, refer to the following common problems and solutions:

| Problem  | Possible Cause                 | Solution  |
|--|--------------------------------|---|
| Bench feels unstable.                              | Loose bolts or uneven surface. | Ensure all bolts are tightened. Move the bench to a flat, level surface.  |
| Adjustment pins are difficult to engage/disengage. | Dirt or minor misalignment.    | Clean the pin mechanism. Apply a small amount of silicone lubricant if necessary. Ensure parts are aligned correctly. |
| Resistance bands lose elasticity.                  | Normal wear and tear.          | Replace resistance bands if they show signs of damage or significant loss of resistance.                              |

## 7. SPECIFICATIONS

Detailed technical specifications for the HOMCOM Adjustable Folding Weight Bench.

| Feature                       | Detail                                  |
|-------------------------------|---|
| Model Number                  | ITA91-0620631                           |
| Open Dimensions (L x W x H)   | 160 cm x 54 cm x 106 cm                 |
| Folded Dimensions (L x W x H) | 42 cm x 54 cm x 150 cm                  |
| Backrest Adjustment           | 7 Levels                                |
| Elbow Cushion Adjustment      | 2 Levels (78-82 cm height)              |
| Maximum Weight Capacity       | 120 kg                                  |
| Weight Plate Holder Capacity  | 25 kg (for 2.5 cm hole diameter plates) |
| Materials                     | Steel, ABS, EVA                         |
| Product Weight                | 12 kg                                   |
| Color                         | Red and Black                           |





Figure 7.1: Detailed dimensions of the weight bench.

## 8. WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please refer to the contact details provided with your purchase documentation or visit the official HOMCOM website. Keep your proof of purchase for warranty claims.