

HOMCOM A91-062

HOMCOM A91-062 Foldable Adjustable Weight Bench User Manual

Model: A91-062

1. INTRODUCTION AND OVERVIEW

Thank you for choosing the HOMCOM A91-062 Foldable Adjustable Weight Bench. This versatile fitness equipment is designed to support a wide range of strength training exercises, offering a full-body workout in the comfort of your home. Its adjustable features and compact, foldable design make it ideal for various fitness levels and living spaces. Please read this manual thoroughly before assembly and use to ensure safe and effective operation.



Figure 1.1: The HOMCOM A91-062 Foldable Adjustable Weight Bench in a home setting.

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Video 1.1: Overview of the HOMCOM A91-062 Foldable Adjustable Weight Bench in various home environments, highlighting its adaptability.

2. SAFETY INFORMATION

Before using this equipment, consult with a healthcare professional. Always inspect the bench for loose parts or damage before each use. Ensure all bolts and nuts are securely tightened. Do not exceed the maximum user weight of 120 kg or the maximum load capacity of 300 kg. Keep children and pets away from the equipment during use. Use the bench on a flat, stable surface. Wear appropriate athletic attire and footwear. Stop exercising immediately if you feel pain, dizziness, or nausea.

3. PACKAGE CONTENTS

Carefully unpack all components and verify against the list below. If any parts are missing or damaged, contact

customer support immediately.

- Main Bench Frame
- Backrest Pad
- Seat Pad
- Preacher Curl Pad
- Leg Extension/Curl Attachment
- Foam Rollers (for legs)
- Resistance Bands with Handles
- Assembly Hardware (bolts, nuts, washers, pins)
- Instruction Manual



Figure 3.1: The product is delivered in one package. Ensure all components are present before assembly.

4. ASSEMBLY INSTRUCTIONS

Follow these steps carefully for proper assembly. It is recommended to have two people for assembly.

1. **Unpack Components:** Lay out all parts on a clean, flat surface. Refer to the parts list to identify each component.
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and nuts. Ensure they are tightly fastened.
3. **Install Backrest and Seat:** Attach the backrest and seat pads to their respective frames. Use the designated bolts and tighten them firmly.
4. **Assemble Leg Extension/Curl Attachment:** Connect the leg extension/curl attachment to the main frame. Slide the foam rollers onto the bars and secure them with end caps or pins.
5. **Mount Preacher Curl Pad:** Attach the preacher curl pad to its support post and insert it into the designated slot on the bench. Adjust its height as needed.
6. **Attach Resistance Bands:** Hook the resistance bands to the designated attachment points on the bench frame.
7. **Final Check:** Double-check all connections to ensure they are secure and stable before first use.

5. PRODUCT FEATURES

The HOMCOM A91-062 bench offers several features designed for a comprehensive and comfortable workout experience:

- **Versatile Training with 7 Backrest Levels:** Easily modify your workout with seven adjustable backrest settings for various exercises such as chest presses, sit-ups, dumbbell rows, and bicep curls, all on one compact gym bench.

- **Full-Body Workout:** Featuring a leg extension, this foldable weight bench provides comprehensive training, from upper body strengthening to lower body toning. Resistance bands and a spring enhance the variety of your regular workouts.
- **Foldable for Easy Storage:** Perfect for home gyms, offices, or small spaces, this weight bench folds neatly for optimal storage without sacrificing functionality.
- **Support and Comfort:** This weight bench is equipped with foam-padded rollers to effectively support your knees and ankles, and an adjustable preacher curl pad (78 to 82 cm) for proper posture during arm workouts. The seat and backrest feature an easy-to-clean EVA coating for prolonged comfort.



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Figure 5.1: The bench features a foldable structure for convenient storage.

DESIGN RÉGLABLE



Figure 5.2: The adjustable design allows for 7 backrest levels and 2 armrest levels.

PLUS DE DÉTAILS



Figure 5.3: Close-up of the thick padded cushion, soft ankle protectors, resistance bands, and anti-slip pads for enhanced comfort and safety.

6. OPERATING INSTRUCTIONS

This section details how to use and adjust your HOMCOM A91-062 weight bench for various exercises.

6.1 Adjusting the Backrest

To adjust the backrest angle, locate the adjustment pin or lever near the hinge point of the backrest. Pull the pin out, adjust the backrest to one of the seven desired positions, and release the pin, ensuring it locks securely into place. Always verify the backrest is stable before applying weight.

6.2 Using the Leg Extension/Curl Attachment

The leg attachment can be used for both leg extensions and leg curls. For leg extensions, sit on the bench with your shins under the foam rollers. For leg curls, lie face down on the bench with your calves under the foam rollers. You can add weight plates (Ø 2.5 cm, max 25 kg) to the designated post for increased resistance.



SUPPORT DE PLAQUES DE POIDS

Charge maximale :
25 kg

Pour plaques ≥ 1 pouce à trous

Figure 6.1: The leg extension attachment includes a support for weight plates (max 25 kg) with a diameter of 2.5 cm.

6.3 Utilizing the Preacher Curl Pad

The preacher curl pad is adjustable in height (78 to 82 cm). To adjust, loosen the locking knob, slide the pad to the desired height, and re-tighten the knob. Use this pad to isolate your biceps during dumbbell or resistance band curls.

6.4 Incorporating Resistance Bands

The included resistance bands can be attached to various points on the bench to add resistance to exercises like bicep curls, tricep extensions, or rows. Ensure the bands are securely attached before starting your workout.

POSTURES DIVERS SPORTIVES



Figure 6.2: Examples of diverse exercise postures possible with the HOMCOM A91-062 bench, including sit-ups, leg raises, chest presses, and dumbbell rows.

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Video 6.1: Demonstration of various exercises that can be performed with the HOMCOM A91-062 bench, including dumbbell rows, bicep curls, and shoulder presses.

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Video 6.2: A user demonstrating sit-ups, leg raises, chest presses, and bicep curls using the HOMCOM A91-062 bench.

7. MAINTENANCE

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

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dirt. Use a mild soap solution for deeper cleaning if necessary, then wipe dry.
- **Inspection:** Periodically check all bolts, nuts, and pins for tightness. Re-tighten any loose fasteners. Inspect the frame for any cracks or damage.
- **Storage:** When not in use, fold the bench for compact storage. Store it in a dry place away from direct sunlight and extreme temperatures to prevent material degradation.



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Figure 7.1: The bench can be folded for easy storage, minimizing space requirements.

8. TROUBLESHOOTING

If you encounter any issues with your HOMCOM A91-062 weight bench, refer to the following common problems and solutions:

- **Bench feels unstable:**

Solution: Check all assembly bolts and nuts. Ensure they are fully tightened. Make sure the bench is on a flat, even surface.

- **Adjustment pin is stuck:**

Solution: Apply a small amount of silicone lubricant to the pin and its housing. Wiggle the pin gently while trying to pull it out. Ensure no debris is obstructing the mechanism.

- **Resistance bands lose elasticity:**

Solution: Resistance bands have a finite lifespan. If they show signs of wear, cracking, or significantly reduced resistance, they should be replaced.

- **Squeaking noises during use:**
Solution: Identify the source of the squeak. Apply a small amount of lubricant to moving parts or pivot points. Check for any loose connections that might be rubbing.

9. SPECIFICATIONS

Detailed technical specifications for the HOMCOM A91-062 Foldable Adjustable Weight Bench:

Specification	Value
Model Number	A91-062
Overall Dimensions (L x W x H)	54 x 160 x 106 cm
Net Product Weight	12 Kilograms
Material	Alloy Steel, ABS, Ethylene-vinyl acetate (EVA)
Color	Black, Red
Max. User Weight	120 Kilograms
Total Load Capacity	300 Kilograms
Max. Recommended Load per Station	25 Kilograms
Suitable Weight Plate Diameter	Ø 2.5 cm
Backrest Adjustment Levels	7
Preacher Curl Pad Adjustment Height	78 - 82 cm



Figure 9.1: Detailed dimensions of the HOMCOM A91-062 Foldable Adjustable Weight Bench.

10. WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please visit the official HOMCOM brand store or contact your retailer. Keep your purchase receipt as proof of purchase.

For more products and information, visit the [HOMCOM Brand Store](#).