

leikefitness 8300

leikefitness Deep Sissy Squat Bench User Manual

Model: 8300

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1. SAFETY INFORMATION

Before using the leikefitness Deep Sissy Squat Bench, please read and understand all instructions and warnings. Failure to follow these guidelines may result in injury or damage to the equipment.

- Consult a physician before starting any new exercise program.
- Ensure all parts are correctly assembled and secured before each use.
- Place the equipment on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum recommended user weight of 330 lbs (150 kg).
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Wear appropriate athletic footwear and clothing.

2. COMPONENTS

The leikefitness Deep Sissy Squat Bench includes the following main components:

- Main frame with base
- Adjustable back cushion
- Adjustable seat cushion
- Adjustable padded foot holder
- Adjustment pins/knobs
- Assembly hardware (bolts, washers, wrench)



Image: Main view of the leikefitness Deep Sissy Squat Bench, showing all primary components.

3. SETUP AND ASSEMBLY

The leikefitness Deep Sissy Squat Bench requires minimal assembly. Follow these steps to prepare your equipment for use:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Attach Back Cushion:** Secure the back cushion to the main frame using the provided bolts and washers. Ensure it is firmly attached.
3. **Insert Adjustment Pin:** Insert the long adjustment pin into the designated hole to secure the main structure.
4. **Attach Steering Wheel (if applicable):** If your model includes a steering wheel for leg stretching, attach it to the vertical bar and secure it with the provided Allen wrench.
5. **Adjust Foot Holder:** Adjust the padded foot holder to your desired position by loosening and tightening the knob.
6. **Adjust Back Cushion Height and Angle:** Use the adjustment knobs to set the back cushion to the appropriate height and angle for your exercise.



Image: Diagram highlighting the adjustable angle, adjustable padded foot holder, and adjustable height features of the Sissy Squat Bench.

4. OPERATION AND EXERCISES

The leikefitness Deep Sissy Squat Bench is a versatile piece of equipment designed for various exercises. Always ensure the machine is stable and adjusted correctly for your body type before beginning any exercise.

4.1 Sissy Squats

Sissy squats target the quadriceps, glutes, and core. This exercise helps build muscle, strength, balance, and flexibility.

1. Adjust the foot holder so your feet are securely locked in place.
2. Adjust the back cushion to support your lower back comfortably.
3. Lean back, keeping your body in a straight line from knees to shoulders, and lower yourself into a squat position.
4. Push back up to the starting position, engaging your quads and glutes.

GET IN SHAPE AT HOME WITH SISSY SQUAT

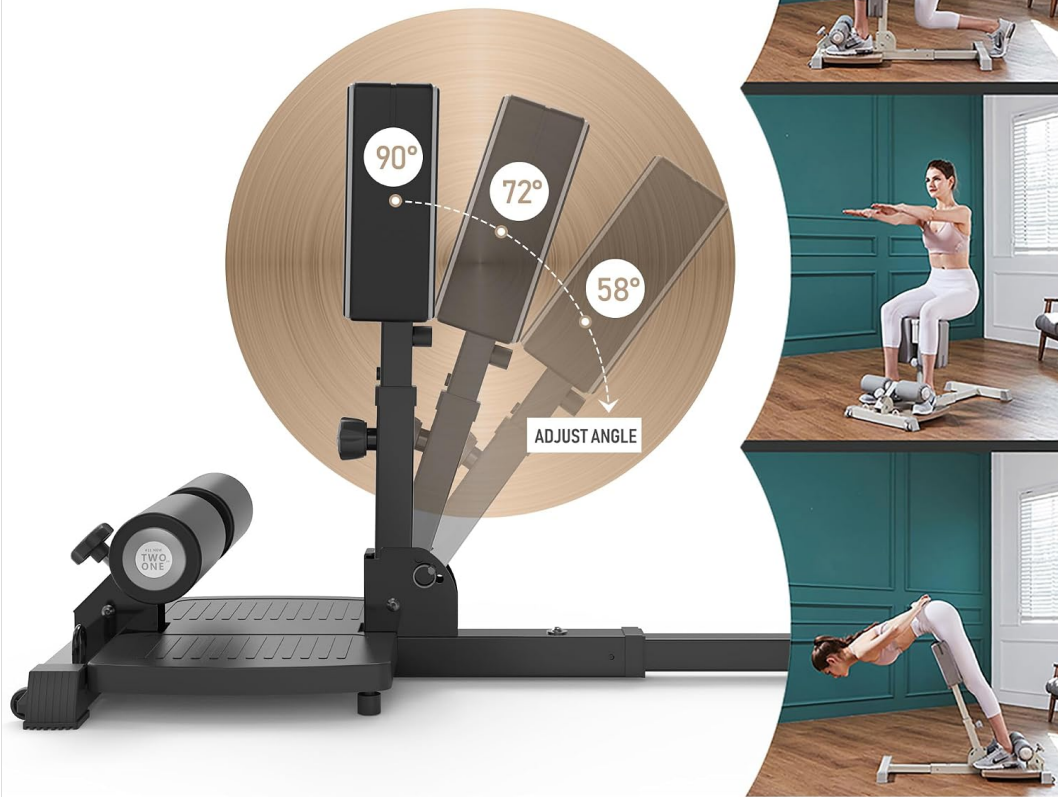


Image: A woman demonstrating the proper form for sissy squats and back extensions using the leikefitness bench, showing adjustable angles for different exercises.

4.2 Back Extension (Hyperextension)

This exercise strengthens the lower back, glutes, and hamstrings.

1. Adjust the back cushion to a lower angle, as shown in the image, to allow for a full range of motion.
2. Position your hips over the pivot point of the back cushion, with your feet secured under the foot pads.
3. Lower your upper body towards the floor, keeping your back straight.
4. Raise your upper body back to the starting position, squeezing your glutes and lower back.

For Sissy Squats



For Back Extension



Image: Two configurations of the bench, one set up for Sissy Squats (vertical back support) and another for Back Extension (angled back support).

4.3 Other Exercises

The versatile design allows for additional exercises such as:

- Band Squats
- Lateral Extension
- Forward Lunges
- Push-ups
- Sit-ups (using the back cushion for support)



Image: A man performing different exercises including sissy squats, resistance band rows, and bent-over rows using the bench.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your leikefitness Deep Sissy Squat Bench.

- **Cleaning:** Wipe down the frame and cushions with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry.
- **Inspection:** Periodically check all bolts, nuts, and adjustment pins to ensure they are tight and secure. Tighten any loose fasteners.
- **Wear and Tear:** Inspect cushions and padding for any signs of wear, tears, or damage. Replace worn parts as needed.
- **Lubrication:** Moving parts, such as adjustment mechanisms, may benefit from occasional lubrication with a silicone-based spray to ensure smooth operation.

6. TROUBLESHOOTING

If you encounter any issues with your Sissy Squat Bench, refer to the following common problems and solutions:

- **Equipment feels unstable:**
 - Ensure the bench is placed on a flat, level surface.
 - Check all assembly bolts and nuts; tighten if loose.
- **Difficulty adjusting parts:**

- Ensure adjustment knobs are fully loosened before attempting to move parts.
- Apply a small amount of silicone lubricant to sliding mechanisms if they are stiff.

- **Squeaking noises during use:**

- Identify the source of the squeak.
- Tighten any loose bolts or apply lubricant to pivot points.

If problems persist, contact customer support for assistance.

7. SPECIFICATIONS

Model	8300
Brand	leikefitness
Material	Alloy Steel
Product Dimensions (L x W x H)	109.98 x 48.26 x 83.82 cm (43.3 x 19 x 33 inches)
Product Weight	12 kg (26.45 lbs)
Maximum Weight Recommendation	150 kg (330 lbs)
UPC	787794004727



Image: Detailed diagram showing the dimensions of the leikefitness Deep Sissy Squat Bench.

8. STORAGE

The leikefitness Deep Sissy Squat Bench is designed to be foldable for convenient storage, saving space in your home gym.

1. Remove any adjustment pins or knobs that prevent folding.
2. Carefully fold the back support and other movable parts inward.
3. Secure the folded components if there are locking mechanisms.
4. Store the folded bench in a dry, safe place away from direct sunlight and extreme temperatures.



Image: A woman demonstrating how to fold the Sissy Squat Bench for compact storage.

9. WARRANTY AND SUPPORT

leikefitness products are manufactured with high-quality materials and craftsmanship. For information regarding warranty coverage, please refer to the purchase documentation or contact customer support.

Customer Support

If you have any questions, require assistance with assembly, operation, or maintenance, or need to report a problem, please contact leikefitness customer support:

Manufacturer	Xiamen Kangchen Sports Co., Ltd
Address	Room 7F-J Beirongxin Mansion No. 8 Xinfeng 2nd Road, Xiamen
E-mail	leikefit@leikesports.com
EC REP	XDH Tech, 2 Rue Coysevox Bureau 3, Lyon, France (xdh.tech@outlook.com)
UK REP	KOVA ASSOCIATES LTD, 72a Kingston Road, Portsmouth, Hampshire, PO2 7PA, United Kingdom (KOVA.Compliance@outlook.com)

Manufacturer	Xiamen Kangchen Sports Co., Ltd
Address	Room 7F-J Beirongxin Mansion No. 8 Xinfeng 2nd Road, Xiamen
E-mail	leikefit@leikesports.com
Product name	Fitness Equipment
EC REP	XDH Tech 2 Rue Coysevox Bureau 3, Lyon, France xdh.tech@outlook.com
UK REP	KOVA ASSOCIATES LTD 72a Kingston Road, Portsmouth, Hampshire, PO2 7PA, United Kingdom KOVA.Compliance@outlook.com



WARNUNG:

Um die Gefahr der Verlegung zu vermeiden, halten Sie diese Plastiktüte weg von Babys und Kinder.
Verwenden Sie diese Tasche nicht in Kinderbetten, Betten, Kutschen Diese Tasche ist kein Spielzeug.

Image: Table displaying manufacturer details, address, email, and contact information for EC and UK representatives.