

HOMCOM ITA91-0720631

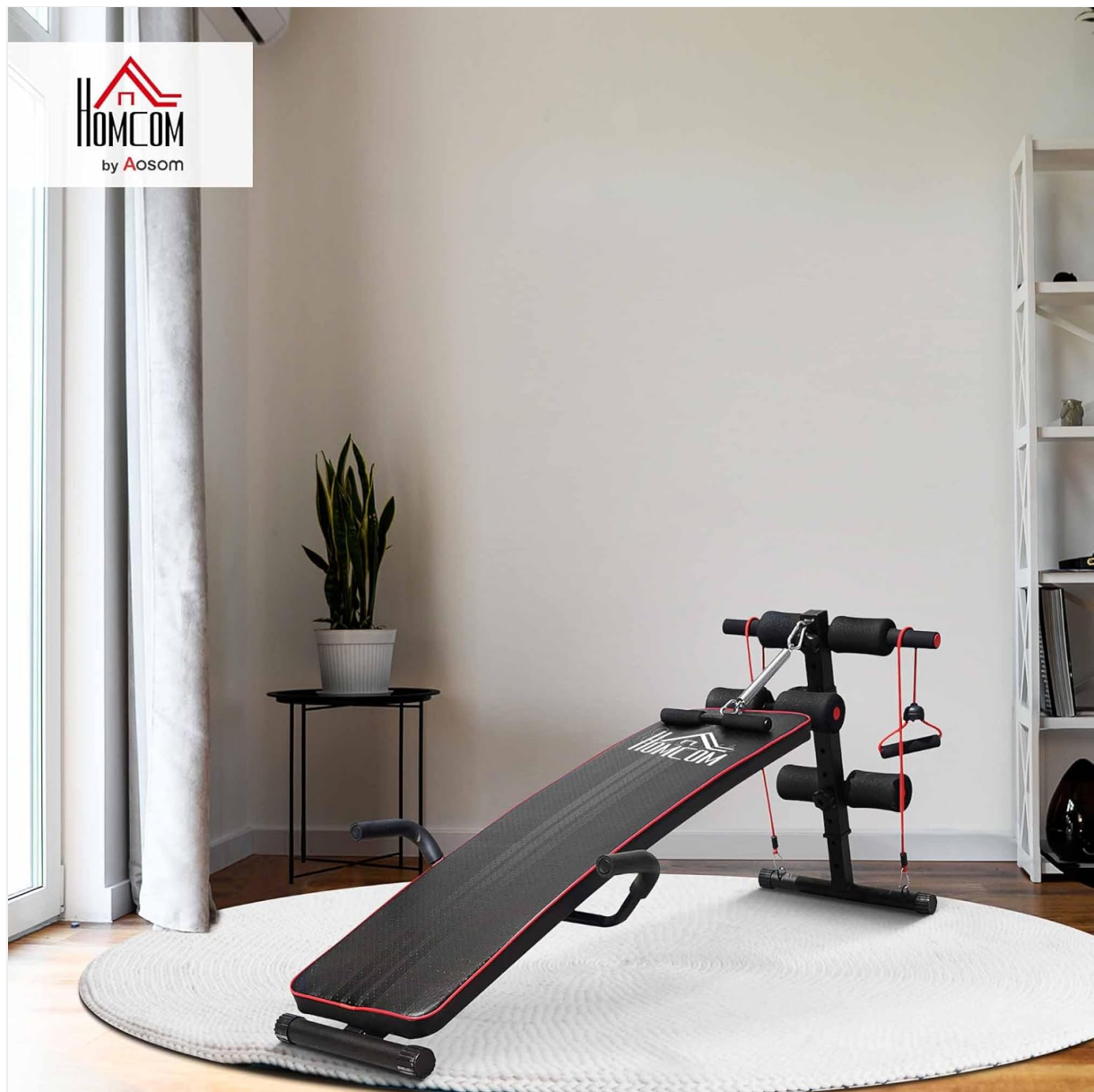
HOMCOM Adjustable Abdominal Bench

MODEL: ITA91-0720631

Introduction

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

This versatile abdominal bench is designed for home use, offering a range of exercises including sit-ups, leg lifts, push-ups, and resistance band workouts. Its adjustable features allow for customized training to suit various fitness levels and body types.



The HOMCOM Adjustable Abdominal Bench, designed for versatile home workouts.

Safety Information

- Consult a physician before starting any exercise program.
- Always inspect the bench for loose parts or damage before each use. Do not use if damaged.
- Ensure the bench is placed on a stable, level surface.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum weight capacity of 120 kg (264 lbs).
- Wear appropriate athletic clothing and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Ensure all adjustment pins are securely locked in place before beginning an exercise.

Package Contents

Please verify that all components are present before assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Components

- Padded Backrest
- Ankle Roller Pads
- Spring Rower Mechanism
- Resistance Bands (2)
- Assembly Hardware (bolts, nuts, washers)
- Assembly Tools (wrenches)
- Instruction Manual

Assembly Instructions

Assembly typically takes 20-30 minutes. Follow the numbered steps in the included assembly diagram. Ensure all bolts are tightened securely, but do not overtighten until all components are in place.

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the main support legs to the base frame using the provided hardware.
3. Secure the padded backrest to the main frame.
4. Install the adjustable ankle roller pads and the spring rower mechanism.
5. Attach the resistance bands to the designated hooks on the bench.
6. Double-check all connections to ensure they are tight and secure.

Operating Instructions

The HOMCOM Abdominal Bench offers multiple exercise options. Always warm up before exercising and cool down afterwards.

Adjusting the Bench

The bench features adjustable ankle pads (5 levels) and an adjustable incline (2 levels) to customize your workout. To adjust, pull the spring-loaded pin, move the component to the desired position, and release the pin to lock it securely. Ensure the pin is fully engaged before use.



The bench features adjustable positions for the ankle pads (5 levels) and incline (2 levels) to accommodate different user heights and exercise intensities.



A close-up of the adjustment mechanism, highlighting the spring-loaded pin used to secure the ankle pads at desired heights.

Exercise Examples

- **Sit-ups/Crunches:** Lie on the bench with your feet secured under the ankle pads. Place hands behind your head or across your chest. Engage your core to lift your upper body towards your knees.
- **Leg Lifts:** Sit on the bench, holding the handles for support. Lift your legs towards your chest, engaging your lower abdominal muscles.
- **Push-ups:** Use the bench as an elevated surface for incline push-ups, or position your feet on the bench for decline push-ups.
- **Resistance Band Exercises:** Attach the elastic resistance bands to the designated hooks. Perform exercises such as bicep curls, tricep extensions, or chest presses by pulling the bands.
- **Spring Rower:** Utilize the spring rower for arm and back exercises, simulating a rowing motion.

ESERCIZIO MUSCOLARE MULTIPLO



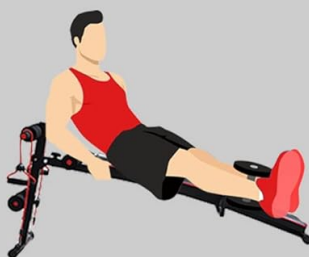
Flessioni



Addominali in piedi



Corda fitness



Sollevamento gambe



Addominali

This diagram illustrates the range of exercises that can be performed using the abdominal bench, including push-ups, standing crunches, resistance band workouts, leg raises, and traditional sit-ups.



This image shows the attachment point for the resistance bands, demonstrating how they connect to the bench for additional exercise options.

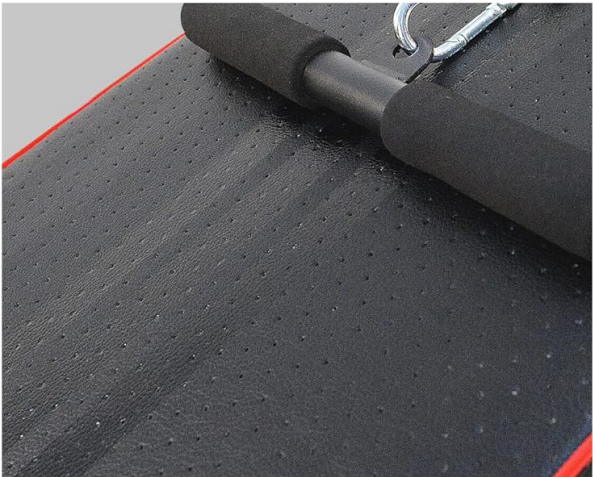
Maintenance

- **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.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures.
- **Lubrication:** Moving parts, such as the spring mechanism, may benefit from occasional lubrication with a silicone-based spray to ensure smooth operation.

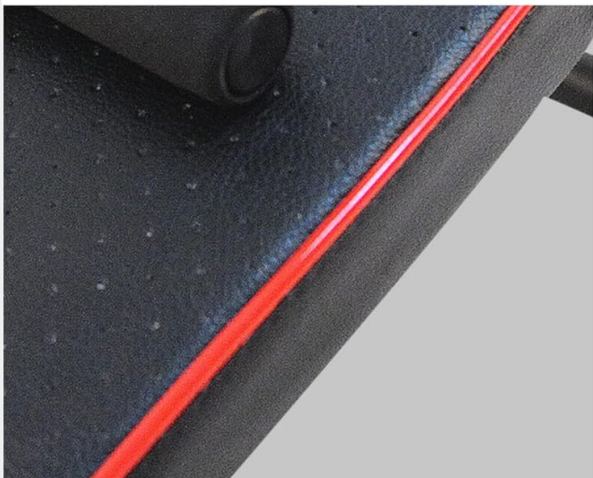
COSTRUZIONE DUREVOLE



Tubo in acciaio resistente



Superficie facile da pulire



Cuscino imbottito spesso



Piedini antiscivolo

Key features of the bench's durable construction include a resistant steel frame, an easy-to-clean padded surface, thick cushioning for comfort, and anti-slip feet for stability.

Troubleshooting

- **Bench feels unstable:** Ensure all bolts are securely tightened. Check that the bench is on a flat, level surface. Adjust anti-slip feet if present.
- **Adjustment pin not locking:** Ensure the component is aligned correctly with the adjustment hole. Clean any debris from the pin mechanism.
- **Squeaking noise:** Identify the source of the noise. Apply a small amount of lubricant to moving joints or pivot points.

Specifications

Model Number	ITA91-0720631
Overall Dimensions (L x W x H)	137.5 cm x 55.5 cm x 50-68 cm (adjustable)
Product Weight	8.3 kg (18.3 lbs)
Material	Steel Alloy, Padded PVC

Maximum Load Capacity	120 kg (264 lbs)
Color	Black



This image provides the overall dimensions of the HOMCOM Abdominal Bench, measuring 55.5 cm in width, 137.5 cm in length, and an adjustable height range of 50 to 68 cm.

Warranty and Support

Information regarding product warranty and customer support is not available in the provided data. Please refer to your purchase documentation or contact the retailer for details on warranty coverage and support services.