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## tectake 402148-NL

# tectake Multifunctional Weight Bench - Model 402148-NL User Manual

For safe and effective use of your tectake weight bench.

## 1. IMPORTANT SAFETY INFORMATION

Before assembling or using the tectake Multifunctional Weight Bench, please read this entire manual carefully. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Always inspect the bench for loose parts, damage, or wear before each use. Do not use if damaged.
- Ensure all bolts and nuts are securely tightened before use.
- Place the bench on a flat, stable surface. The non-slip rubber feet provide stability and floor protection.
- The maximum user weight capacity for this bench is **100 kg (220 lbs)**. Do not exceed this limit.
- Use proper form and controlled movements during exercises.
- Keep children and pets away from the equipment during use.
- This product is designed for home use only.

## 2. PACKAGE CONTENTS

Please check that all components are present and undamaged before beginning assembly.

- 1 x tectake Multifunctional Weight Bench
- 1 x Assembly Instructions Manual
- All necessary assembly hardware (bolts, nuts, washers, tools)

*Note: The barbell and weights shown in some illustrations are not included with the product.*

## 3. SETUP AND ASSEMBLY

Follow the step-by-step instructions provided in the separate Assembly Instructions Manual included in your package. Ensure you have adequate space and all tools required before starting.

1. Unpack all components and lay them out on a clean, soft surface to prevent scratches.
2. Identify all parts using the parts list in the assembly manual.

3. Assemble the main frame, ensuring all connections are finger-tight initially.
4. Attach the barbell rack supports and the bench padding.
5. Once all components are in place, securely tighten all bolts and nuts using the provided tools. Do not overtighten.
6. Verify the stability of the bench before first use.



Figure 3.1: The tectake weight bench assembled in a flat position, ready for use.



Figure 3.2: The tectake weight bench assembled in an incline position, demonstrating adjustability.

## 4. OPERATING INSTRUCTIONS

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### 4.1 Adjusting the Bench Position

The tectake weight bench offers multiple adjustable positions to accommodate various exercises. To adjust the backrest angle:

1. Ensure no weight is on the bench.
2. Locate the adjustment pin or lever mechanism, typically at the rear or underside of the backrest.
3. Pull the pin or release the lever, then carefully raise or lower the backrest to your desired angle.
4. Ensure the adjustment pin is fully engaged in the chosen slot before use.

### 4.2 Adjusting the Barbell Rack

The barbell rack height is adjustable to suit different exercises and user heights.

1. Ensure no barbell is on the rack.

2. Locate the adjustment pins on the vertical posts of the barbell rack.
3. Pull out the pins, slide the barbell supports to the desired height, and re-insert the pins, ensuring they are fully engaged through both sides of the post.
4. Always adjust both sides of the rack to the same height.





Figure 4.1: Detail of the adjustment pin mechanism on the barbell rack for height modification.



Figure 4.2: Close-up view of the barbell rack hooks and integrated handles.

### 4.3 Folding for Storage

The bench can be folded for convenient, space-saving storage.

1. Remove any barbells or weights from the rack and bench.
2. Adjust the backrest to its lowest or flat position if necessary.
3. Follow the specific folding mechanism detailed in your assembly manual. This typically involves releasing a pin or lever to allow the bench to fold upwards or inwards.
4. Ensure the bench is securely locked in its folded position before moving or storing.





Figure 4.3: The tectake weight bench in its folded configuration, ready for compact storage.

#### 4.4 Exercise Possibilities

This multifunctional weight bench allows for a wide range of exercises targeting various muscle groups, including:

- **Chest:** Bench press (flat, incline, decline), dumbbell flyes.
- **Shoulders:** Seated dumbbell press, lateral raises.
- **Arms:** Bicep curls, tricep extensions.
- **Abdomen:** Sit-ups, crunches, leg raises.



Figure 4.4: Example of abdominal exercise (sit-ups) being performed on the tectake weight bench.

## 5. MAINTENANCE

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

- **Cleaning:** Wipe down the padding and frame with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Padding:** Inspect the synthetic leather padding for tears or excessive wear.
- **Frame:** Check the steel frame for any signs of rust or structural damage.
- **Storage:** Store the bench in a dry, clean environment away from direct sunlight and extreme temperatures.



Figure 5.1: Close-up of the durable synthetic leather padding, which should be regularly cleaned and inspected.



Figure 5.2: Detail of the non-slip rubber feet, which provide stability and protect flooring. Ensure they are intact.

## 6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all assembly bolts are securely tightened. Place the bench on a flat, level surface.
Difficulty adjusting backrest or rack.	Adjustment pin not fully disengaged or mechanism is stiff.	Ensure the adjustment pin is pulled out completely. Apply a small amount of silicone lubricant to moving parts if stiff.
Squeaking noises during use.	Loose connections or friction between metal parts.	Tighten all bolts. Apply a small amount of lubricant to pivot points or areas of friction.

If the problem persists, please contact tectake customer support for further assistance.

## 7. SPECIFICATIONS

Feature	Detail
Model Number	402148-NL
Overall Dimensions (L x W x H)	118 x 55 x 106 cm (46.5 x 21.7 x 41.7 inches)
Folded Dimensions (L x W x H)	55 x 37 x 131 cm (21.7 x 14.6 x 51.6 inches)
Lying Surface Height	41 cm (16.1 inches)
Padding Thickness	3 cm (1.2 inches)
Steel Frame Dimensions (L x W)	5 x 5 cm (2 x 2 inches)
Maximum Load Capacity	100 kg (220 lbs)
Product Weight	14.5 kg (32 lbs)
Material	Painted Steel Frame, Synthetic Leather Padding
Color	Black

## 8. WARRANTY AND SUPPORT

For warranty information, product support, or to order replacement parts, please contact tectake customer service. Refer to your purchase documentation for specific contact details or visit the official tectake website.