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Model: WEBE30020

INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your Weider Platinum Slant Bench, model WEBE30020. Please read this manual thoroughly before assembly and operation to ensure proper setup and to maximize your workout experience. Retain this manual for future reference.



Image: The Weider Platinum Slant Bench, showing its adjustable design.

IMPORTANT SAFETY INFORMATION

Before using this equipment, consult your physician. It is essential to understand all warnings and instructions. Use the equipment only as described in this manual. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Keep children and pets away from the equipment.
- Place the equipment on a level surface with adequate clearance around it.
- Inspect the equipment for worn or loose parts before each use. Do not use if damaged.
- Do not exceed the maximum user weight capacity of 300 lbs (136 kg).
- Wear appropriate exercise clothing and footwear.
- Always use proper form and controlled movements during exercises.

SETUP AND ASSEMBLY

The Weider Platinum Slant Bench requires assembly. Follow the instructions provided in the separate assembly guide that came with your product. Ensure all bolts and nuts are securely tightened before use. An exercise chart is included to guide you through various routines.



Image: A user adjusting the incline of the Weider Platinum Slant Bench.

Adjusting the Bench Position

The bench offers 7 seating positions, including 4 incline levels, flat, and decline positions. To adjust, locate the adjustment pin mechanism, pull it out, set the bench to your desired angle, and ensure the pin securely locks into place before use.

OPERATING INSTRUCTIONS

The Weider Platinum Slant Bench is designed for a variety of strength training exercises. Always ensure the bench is stable and properly adjusted for your chosen exercise.

Using the Integrated Leg Lockdown

The integrated leg lockdown feature helps secure your form and prevents unwanted shifting during exercises, particularly for abdominal workouts or decline presses. Position your legs under the comfortable foam rollers to engage the lockdown.



Image: A user performing abdominal crunches on the slant bench, utilizing the leg lockdown feature.

Exercise Examples

- **Decline Crunches:** Adjust the bench to a decline position. Hook your feet under the leg lockdown. Perform crunches to target your abdominal muscles.
- **Incline Dumbbell Press:** Adjust the bench to an incline position. Lie back with dumbbells (not included) and perform presses to work your upper chest and shoulders.
- **Flat Dumbbell Flyes:** Adjust the bench to a flat position. Lie back with dumbbells and perform flyes to target your chest muscles.



Image: A user performing dumbbell flies on the flat position of the Weider Platinum Slant Bench.



Image: A user performing an incline dumbbell press on the Weider Platinum Slant Bench.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Weider Platinum Slant Bench.

- **Cleaning:** The sewn vinyl seat is tear-resistant and easy to clean. Wipe down the bench with a damp cloth after

each use to remove sweat and dirt. Avoid abrasive cleaners.

- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners. Replace any worn or damaged components immediately.
- **Storage:** Store the bench in a dry, clean environment away from direct sunlight and extreme temperatures.



Image: A close-up view highlighting the durable sewn vinyl material of the bench seat.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose fasteners; uneven surface.	Ensure all bolts and nuts are tightened. Move the bench to a level surface.
Adjustment pin is difficult to engage/disengage.	Misalignment; debris in the hole.	Ensure the bench is not under load. Clear any debris from the adjustment holes.
Squeaking noises during use.	Loose connections; lack of lubrication.	Check and tighten all fasteners. Apply a small amount of silicone-based lubricant to pivot points if necessary.

SPECIFICATIONS

Model: WEBE30020

Brand: Weider

Product Dimensions (L x W x H): 101.6 cm x 46.36 cm x 135.89 cm (40" x 18.25" x 53.5")

Item Weight: 14.97 kg (33 lbs)

Maximum Weight Capacity: 136 kg (300 lbs)

Frame Material: Alloy Steel

Upholstery Material: Sewn Vinyl

Adjustable Positions: 7 (4 incline, flat, decline)

Color: Black

Included Components: Bench, Exercise Chart

Packaging Dimensions and Weight:

Weight: 410 Lbs



Image: Diagram illustrating the dimensions of the Weider Platinum Slant Bench.

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the warranty card included with your product or contact ICON Health and Fitness, the manufacturer. Keep your proof of purchase for any warranty claims.

Manufacturer: ICON Health and Fitness

