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K KiNGKANG B08DNLCJXV

K KiNGKANG Adjustable Weight Bench User Manual

Model: B08DNLCJXV

1. Safety Information

Please read all instructions carefully before using the K KiNGKANG Adjustable Weight Bench. Retain this manual for future reference.

- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight capacity of 1050 lbs (476 kg).
- Place the bench on a flat, stable surface.
- Keep children and pets away from the bench during use.
- Consult a physician before starting any new exercise program.
- Inspect the bench for any damage or wear before each workout. Do not use if damaged.

2. Setup and Assembly

The K KiNGKANG Adjustable Weight Bench is designed for quick and easy setup, with most components pre-assembled.

2.1 Unfolding the Bench

1. Carefully remove the bench from its packaging.
2. Unfold the main frame components until they lock into place.
3. Ensure all locking pins and adjustment mechanisms are securely engaged.

The bench is approximately 99% pre-assembled, requiring minimal effort to prepare for use. Tools for final connections are included.



Image: The K KiNGKANG Adjustable Weight Bench shown in both its folded and unfolded configurations, highlighting its compact storage dimensions (31.4" x 14.1" x 12") and full operational size (51.5" L x 13.4" W x 31.5" H).

2.2 Securing Foot Pads

The bench features widened 4-inch foot pads for enhanced stability. Ensure these are firmly placed on the floor.



Image: A detailed view of the bench's wide non-slip foot covers, designed to provide stability and protect flooring during workouts.

3. Operating Instructions

The K KiNGKANG Adjustable Weight Bench offers multiple adjustment options for a variety of exercises.

3.1 Adjusting Backrest and Seat

The bench features an 8-position adjustable backrest and 3-position adjustable elbow pads to accommodate various exercises and user preferences.

1. To adjust the backrest, locate the adjustment pin or lever mechanism. Pull the pin out, adjust the backrest to the desired angle (from upright to decline), and release the pin to lock it securely into one of the 8 positions.
2. To adjust the elbow pads, locate their adjustment mechanism. Adjust to one of the 3 available positions and ensure it is locked.

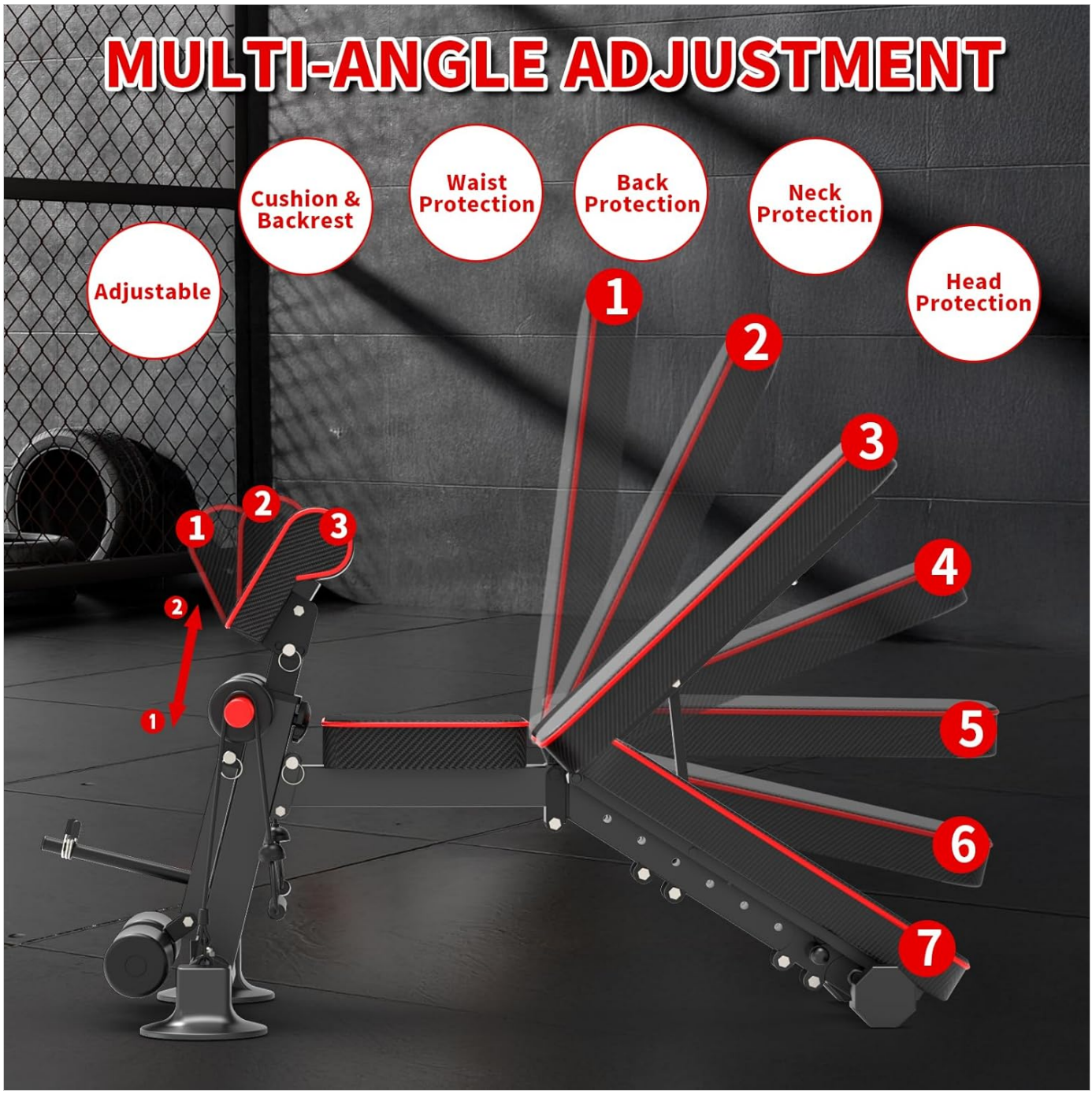


Image: A diagram illustrating the multi-angle adjustment capabilities of the bench, showing 8 backrest positions and 3 elbow pad positions for varied workouts.

3.2 Exercise Examples

This versatile bench supports a wide range of strength training exercises, including:

- Dumbbell presses (flat, incline, decline)
- Dumbbell flyes
- Rows
- Abdominal exercises (crunches, leg raises)
- Arm exercises (bicep curls, tricep extensions)



Image: A collage demonstrating various exercises that can be performed with the adjustable weight bench, showcasing its versatility for full-body workouts.

3.3 Leg Weight Rod Usage

The leg weight rod is designed to accommodate weight plates with a 1-inch inner hole and a maximum diameter of 8.7 inches. Note that leg weights are not included with the bench.

3.4 Official Product Videos

Your browser does not support the video tag.

Video: This video demonstrates the useful adjustable features of the K KiNGKANG weight bench, showcasing its various positions and how to adjust them for different exercises.

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Video: An overview of the K KiNGKANG Adjustable Weight Bench, highlighting its design, stability, and various applications for a comprehensive home workout.

4. Maintenance

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

4.1 Cleaning

- The premium leather cover is sweat-resistant and easy to clean. Wipe down the padded surfaces with a damp cloth after each use to remove sweat and dirt.
- Use a mild soap solution if necessary, then wipe with a clean, damp cloth and dry thoroughly.
- Avoid harsh chemicals or abrasive cleaners, as these can damage the upholstery and frame finish.

4.2 Inspection

- Regularly check all bolts, nuts, and adjustment pins to ensure they are tight and secure. Tighten any loose fasteners.
- Inspect the steel frame for any signs of damage, cracks, or corrosion.
- Examine the upholstery for tears, punctures, or excessive wear.
- Check the stability of the foot pads.



Image: Detailed views highlighting the quality construction of the bench, including the ergonomic padding, secure bolts, and robust frame, which should be regularly inspected for maintenance.

5. Troubleshooting

If you encounter any issues with your K KiNGKANG Adjustable Weight Bench, please refer to the following common solutions.

5.1 Bench Instability

- **Issue:** The bench feels wobbly or unstable during use.
- **Solution:** Ensure the bench is placed on a completely flat and even surface. Check all connection points, bolts, and locking pins to confirm they are fully tightened and engaged. Verify that the foot pads are making full contact with the floor.

5.2 Adjustment Mechanism Issues

- **Issue:** Difficulty adjusting the backrest or elbow pads.

- **Solution:** Ensure the adjustment pin is fully pulled out before attempting to change positions. Check for any obstructions or debris in the adjustment holes. Apply a small amount of silicone-based lubricant to moving parts if they feel stiff.

5.3 Leg Attachment Discomfort

- **Issue:** The leg attachment pads are uncomfortable or resistance bands provide insufficient resistance.
- **Solution:** Ensure the leg attachment is correctly installed and adjusted to your body. If discomfort persists, consider using additional padding or consulting customer support for advice. For resistance bands, verify they are properly attached and not stretched beyond their intended capacity. If resistance is still inadequate, consider using heavier resistance bands or alternative exercises.

6. Specifications

Feature	Detail
Model	B08DNLCJXV
Brand	K KiNGKANG
Material	Alloy Steel, Faux Leather, Stainless Steel
Color	Black & Red
Max Weight Capacity	1050 lbs (476 kg)
Unfolded Dimensions (L x W x H)	51.5" x 13.4" x 31.5" (130.8 cm x 34 cm x 80 cm)
Folded Dimensions (L x W x H)	31.4" x 14.1" x 12" (79.8 cm x 35.8 cm x 30.5 cm)
Item Weight	15.42 kg (34 lbs)
Backrest Adjustment	8 positions
Elbow Pad Adjustment	3 positions
Padding Thickness	2.4 inches (6.1 cm)
Frame Tubing Thickness	2 inches (5.1 cm) commercial-grade steel



Image: The K KiNGKANG Adjustable Weight Bench, highlighting its 1050 lbs weight capacity, reinforced steel frame, firm padding, and extra-large non-slip foot covers.

7. Warranty and Support

7.1 Warranty Information

The K KiNGKANG Adjustable Weight Bench comes with a 3-year frame replacement warranty. This warranty covers defects in materials and workmanship of the main frame components under normal use.

7.2 Customer Support

For any questions, concerns, or warranty claims, please contact K KiNGKANG customer service directly via the Amazon platform. We offer a 100% satisfaction guarantee and are committed to providing prompt support.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

Where can I find a manual to reassemble the K KiNGKANG B08DNLCJXV Adjustable Weight Bench after disassembling it for a move?

The K KiNGKANG Adjustable Weight Bench (Model B08DNLCJXV) is designed to be 99% pre-assembled from the factory, which is why detailed piece-by-piece assembly diagrams are often not included in the standard manual. However, you...

Read full answer

What kind of manual is this, and where can I find the instructions to assemble the K KiNGKANG B08DNLCJXV Adjustable Weight Bench piece by piece?

The manual for the K KiNGKANG Adjustable Weight Bench (Model B08DNLCJXV) is a combined setup, operation, and maintenance guide. According to the manufacturer, this specific model is designed to be 99% pre-assembled, which is...

Read full answer

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