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HOMCOM B08HNFGVYD

HOMCOM Multifunction Foldable Adjustable Weight Bench - User Manual

Model: B08HNFGVYD

1. INTRODUCTION

Thank you for choosing the HOMCOM Multifunction Foldable Adjustable Weight Bench. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

This versatile weight bench is designed for a variety of exercises, including sit-ups, leg exercises, and resistance band training, offering multiple adjustment options for a personalized workout experience.

2. SAFETY INFORMATION

- 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 any components are compromised.
- Ensure the bench is placed on a stable, level surface. Use a mat underneath to protect flooring and prevent slipping.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum weight limit of 120 kg (264 lbs).
- Adjust the bench settings only when not in use and ensure all locking mechanisms are securely engaged before starting an exercise.
- Perform exercises slowly and in a controlled manner. Avoid sudden or jerky movements.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Wear appropriate athletic footwear and clothing.

3. PACKAGE CONTENTS

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

- Main Bench Frame
- Adjustable Backrest/Seat Pad
- Thigh Support Assembly with Foam Rollers
- Resistance Bands (2)
- Assembly Hardware (bolts, nuts, washers, pins)
- Instruction Manual

4. ASSEMBLY AND SETUP

Follow these steps to assemble and set up your HOMCOM weight bench. It is recommended to have two people for assembly.

4.1 Unfolding the Bench

The bench arrives in a folded configuration for compact storage. To unfold:

1. Carefully remove the bench from its packaging.
2. Place the folded bench on a clear, flat surface.
3. Release the locking pin or mechanism that secures the bench in its folded position.
4. Gently extend the main frame until it is fully open and stable. Ensure all support legs are firmly on the ground.
5. Secure any locking pins or levers to fix the frame in the open position.



Figure 4.1: Foldable design for easy storage.

Your browser does not support the video tag.

Video 4.1: Demonstration of unfolding the HOMCOM weight bench and adjusting its components.

4.2 Adjusting the Thigh Support

The thigh support can be adjusted to 3 different heights to accommodate various user sizes and exercise types.

1. Locate the adjustment knob or pin on the thigh support assembly.
2. Pull out or loosen the knob/pin.
3. Slide the thigh support up or down to your desired height.
4. Release or tighten the knob/pin to securely lock the support in place. Ensure it is fully engaged before use.



Figure 4.2: Adjusting the thigh support height.

4.3 Adjusting the Backrest Angle

The backrest can be inclined to 4 different positions (-15°, 0°, 15°, 30°) for varied exercises.

1. Locate the adjustment mechanism under the backrest.
2. Lift the backrest slightly to disengage the current locking position.
3. Move the backrest to the desired angle (-15°, 0°, 15°, or 30°).
4. Lower the backrest until the support bar securely locks into one of the notches. Verify stability before use.

ENTIÈREMENT RÉGLABLE

Répondre à vos différents besoins en matière de remise en forme



Figure 4.3: Backrest angle adjustments.



Figure 4.4: Detail of the backrest adjustment mechanism.

5. OPERATING INSTRUCTIONS

The HOMCOM weight bench offers a variety of exercises. Always warm up before exercising and cool down afterwards.

5.1 Sit-ups / Abdominal Crunches

1. Adjust the backrest to a decline position (e.g., -15°).
2. Sit on the bench and hook your feet under the thigh support foam rollers.
3. Lie back, keeping your core engaged.
4. Perform sit-ups or crunches, focusing on controlled movement.

EXERCICE MUSCULAIRE MULTIPLE



Redressement assis



Lever de jambe



Entraînement du dos



Corde d'entraînement

Figure 5.1: Multiple exercise options including sit-ups.

5.2 Leg Raises

1. Lie on your back on the bench, holding onto the handle near the thigh support for stability.
2. Keep your legs straight or slightly bent and slowly raise them towards the ceiling, engaging your lower abdominal muscles.
3. Lower your legs back down in a controlled manner.

5.3 Resistance Band Training

The bench includes two resistance bands for additional upper body and core exercises.

1. Attach the resistance bands to the designated anchor points at the base of the bench.
2. You can perform exercises such as chest presses, rows, bicep curls, and shoulder raises while seated or standing, depending on the exercise.
3. Ensure a firm grip on the handles and maintain control throughout the movement.



Figure 5.2: Bench with resistance bands.

6. MAINTENANCE

Regular maintenance will prolong the life of your weight bench.

- **Cleaning:** Wipe down the bench with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners. Inspect the foam rollers and upholstery for tears or excessive wear.
- **Storage:** When not in use, fold the bench and store it in a dry, cool place away from direct sunlight and moisture.

7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose fasteners; uneven surface.	Ensure all bolts and nuts are tightened. Place the bench on a flat, level surface. Adjust the adjustable feet if present.
Adjustment mechanism is stiff or stuck.	Dirt or debris; lack of lubrication.	Clean the mechanism. Apply a small amount of silicone-based lubricant to moving parts if necessary.
Resistance bands lose elasticity.	Normal wear and tear; improper storage.	Resistance bands have a finite lifespan. Replace them if they show signs of cracking, tearing, or significant loss of resistance. Store away from direct sunlight.

8. SPECIFICATIONS

Feature	Detail
Brand	HOMCOM
Model (ASIN)	B08HNFGVYD
Material	Alloy Steel (Frame), Synthetic Coating (Upholstery)
Color	Black with Red accents
Product Dimensions (L x W x H)	143 cm x 44 cm x 84-92 cm (approximate, based on images and specs)
Item Weight	15 Kilograms
Weight Limit	120 Kilograms
Backrest Adjustment	4 positions (-15°, 0°, 15°, 30°)
Thigh Support Adjustment	3 heights
Features	Foldable design, resistance bands, central pull-up handle, ergonomic padded backrest, adjustable non-slip feet, transport wheels.



Figure 8.1: Product dimensions.



Deux roues avant
facile à déplacer



Dossier ergonomique
plus confortable



Patins de pieds réglables
maintiennent une position stable



Mousse épaisse
réduisent le stress sur le corps

Figure 8.2: Key features and components of the bench.

9. WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact HOMCOM customer service through your retailer or visit the official HOMCOM website. Please have your model number (ASIN: B08HNFGVYD) ready when contacting support.