

Weider WEBE40020

Weider Platinum Adjustable Workout Bench

MODEL: WEBE40020

INTRODUCTION

Thank you for choosing the Weider Platinum Adjustable Workout 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 keep it for future reference. This versatile bench is designed to support a wide range of strength training exercises, offering multiple adjustment positions for a comprehensive workout experience.

SAFETY INFORMATION

- Consult a physician before beginning any exercise program.
- Read all instructions in this manual before using the equipment.
- Keep children and pets away from the equipment during use.
- Place the equipment on a level surface with adequate clearance around it.
- Inspect the equipment for worn or loose parts before each use. Tighten or replace any components as needed.
- Do not exceed the maximum user weight capacity of 400 pounds (181 kg).
- Use proper form and controlled movements during exercises.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult a physician.

ASSEMBLY INSTRUCTIONS

The Weider Platinum Adjustable Workout Bench is designed for straightforward assembly. Follow these general steps. For detailed diagrams and specific part identification, refer to the included assembly guide

that came with your product.

1. Unpack all components and verify against the parts list.
2. Attach the main support frames. Ensure all bolts are securely tightened. It is recommended to use two wrenches for tightening locking nuts: one to hold the bolt and one to tighten the nut.
3. Install the backrest and seat pads onto the frame, securing them with the provided hardware.
4. Attach any additional components, such as leg holders or adjustment pins.
5. Before first use, double-check all connections to ensure they are tight and secure.



Figure 1: Main view of the Weider Platinum Adjustable Workout Bench.



Figure 2: Side view of the bench, showing its structural components.

OPERATING INSTRUCTIONS

The Weider Platinum Adjustable Workout Bench offers 16 possible combinations for various exercises. Adjust the backrest and seat to your desired position using the adjustment pins.

Adjusting the Backrest and Seat

- To adjust the backrest, locate the chrome safety pin at the base of the backrest support. Pull the pin out, adjust the backrest to one of the available positions, and release the pin to ensure it locks securely into place.
- The seat also offers multiple positions to complement the backrest angle. Adjust the seat by pulling its respective adjustment pin and locking it into the desired slot.
- Always ensure both the backrest and seat are securely locked in position before beginning any exercise.

Dimensions and Weight:

Weight: 410 Lbs



Figure 3: The bench can be adjusted to 16 different positions, from flat to incline and decline, to support various exercises.

Example Exercises

- **Flat Bench Press:** Adjust the bench to a flat position. Lie on your back with dumbbells or a barbell.



User performing a flat dumbbell bench press.

- **Incline Press:** Adjust the backrest to an incline position. Sit with dumbbells and press upwards.



User performing an incline dumbbell press.

- **Dumbbell Rows:** Adjust the bench to a flat position. Place one knee and hand on the bench, performing rows with a dumbbell.



User performing a one-arm dumbbell row.

- **Bulgarian Split Squats:** Use the bench to elevate one foot for split squats.

16 Possible Combinations



User performing a Bulgarian split squat.

- **Sit-ups/Crunches:** Adjust the bench to a decline position for abdominal exercises.



User performing sit-ups in a decline position.

An exercise chart is included with your purchase to guide you through various routines and proper form.

MAINTENANCE

- **Cleaning:** Wipe down the vinyl seat and frame with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Regularly check all bolts, nuts, and adjustment pins for tightness. Tighten any loose fasteners immediately.
- **Storage:** Store the bench in a dry, clean environment away from extreme temperatures and direct sunlight.

TROUBLESHOOTING

- **Bench feels wobbly:** Ensure all assembly bolts are fully tightened. Check that the bench is on a flat, stable surface.
- **Adjustment pin is stuck:** Ensure no weight is on the bench. Wiggle the backrest/seat slightly while attempting to pull the pin. Clean any debris from the pin mechanism.
- **Squeaking noises:** Apply a small amount of lubricant to pivot points or areas where metal components rub together.

SPECIFICATIONS

Brand	Weider
Model Number	WEBE40020
Product Weight	38 Pounds (17.2 kg)

Material	Alloy Steel (Frame), Stitched Vinyl (Seat)
Color	Black
Product Dimensions (D x W x H)	140.3 cm x 58.4 cm x 127 cm (55.25 in x 23 in x 50 in)
Weight Limit	410 Pounds (186 kg)
Included Components	Weight Bench, 30-day iFIT Membership (requires WiFi and credit/debit card, cancel anytime)



Figure 4: Product dimensions for the Weider Platinum Adjustable Workout Bench.

WARRANTY AND SUPPORT

The Weider Platinum Adjustable Workout Bench is protected with a 90-day parts and labor warranty. For warranty claims, technical support, or replacement parts, please refer to the contact information provided in your product packaging or visit the official Weider website. Keep your proof of purchase for warranty validation.