

## Weider WEBE39320

# Weider Legacy Flat Bench Instruction Manual

Model: WEBE39320

## 1. INTRODUCTION

The Weider Legacy Flat Bench is designed for versatile strength training at home, supporting a variety of dumbbell and bodyweight exercises. Constructed from durable steel and featuring a comfortable, easy-to-clean vinyl seat, this bench is built to support your fitness journey. This manual provides essential information for safe setup, operation, and maintenance of your flat bench.

## 2. SAFETY INFORMATION

**WARNING: Before beginning any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.**

- 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. Do not use if damaged.
- Wear appropriate exercise clothing and footwear.
- Do not exceed the maximum user weight capacity of 460 pounds (208 kg).
- Use proper form during exercises to prevent injury.

## 3. PACKAGE CONTENTS

Verify that all components are present before assembly:

- Weider Legacy Flat Bench Frame
- Bench Pad (Sewn Vinyl Seat)
- Assembly Hardware (bolts, washers, nuts)
- Exercise Chart
- 30-Day iFIT Membership (requires WiFi and credit/debit card, cancel anytime)



Figure 3.1: Labeled diagram of the Weider Legacy Flat Bench components. The image highlights the sewn vinyl seat, the steel frame, and the rubber feet at the base of the bench.

## 4. SETUP AND ASSEMBLY

The Weider Legacy Flat Bench is designed for straightforward assembly. Follow these general steps:

1. Unpack all components and place them on a clear, flat surface.
2. Identify the main frame components and the bench pad.
3. Attach the support legs to the main frame using the provided hardware. Ensure all bolts are securely tightened.
4. Place the bench pad onto the assembled frame and secure it with the designated fasteners.
5. Before first use, double-check all connections to ensure they are tight and stable.



Figure 4.1: The Weider Legacy Flat Bench fully assembled, ready for use.

## 5. OPERATING INSTRUCTIONS AND USAGE

The Weider Legacy Flat Bench is a versatile tool for various strength training exercises. It can be used with dumbbells, barbells (sold separately), kettlebells, or for bodyweight exercises.

### 5.1 General Use

- Ensure the bench is placed on a stable, non-slip surface.
- Maintain proper posture and form during all exercises. Refer to the included exercise chart for guidance.
- Start with lighter weights to master form before increasing resistance.

### 5.2 Example Exercises

The flat bench is ideal for exercises such as:

- Dumbbell Chest Press
- Dumbbell Flyes
- Triceps Extensions
- Step-ups (bodyweight)
- Bulgarian Split Squats (bodyweight)



Figure 5.1: Proper form for a dumbbell chest press using the flat bench.



Figure 5.2: Another example of a user performing a dumbbell chest press on the flat bench.

### 5.3 iFIT Membership

Your purchase includes a complimentary 30-day iFIT membership. This provides access to on-demand, trainer-led workouts that can enhance your exercise routine. A WiFi connection and credit/debit card are required for activation, and the membership can be canceled at any time.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Weider Legacy Flat Bench.

- **Cleaning:** Wipe down the vinyl seat and frame with a damp cloth after each use to remove sweat and dirt. A mild soap solution can be used for deeper cleaning, followed by wiping with a clean, damp cloth. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are tight. Tighten any

loose hardware.

- **Storage:** Store the bench in a dry, temperate environment away from direct sunlight or extreme temperatures.



Figure 6.1: The durable sewn vinyl seat is designed for easy cleaning and resistance to tearing.

## 7. TROUBLESHOOTING

If you encounter any issues with your Weider Legacy Flat Bench, consider the following:

- **Bench feels unstable:** Ensure all assembly bolts are fully tightened. Check that the bench is on a level surface.
- **Squeaking noises:** Inspect all connection points. Tighten any loose bolts. Applying a small amount of silicone lubricant to pivot points (if any) may help, though this flat bench has minimal moving parts.
- **Damage to vinyl:** Avoid sharp objects or excessive force on the vinyl. For minor scuffs, a vinyl repair kit may be used.

## 8. SPECIFICATIONS

Model Number	WEBE39320
Product Dimensions (L x W x H)	39.75" x 18.75" x 17.25" (100.97 x 47.6 x 43.82 cm)
Item Weight	20 lbs (9.07 kg)
Maximum Weight Capacity	460 lbs (208 kg)
Frame Material	Alloy Steel
Seat Material	Sewn Vinyl



Color	Black
Manufacturer	iFIT Health & Fitness



Figure 8.1: Dimensions of the Weider Legacy Flat Bench.

## Packaging Dimensions and Weight

**Weight: 22 Lbs**



Figure 8.2: Packaging dimensions and weight of the Weider Legacy Flat Bench.

## 9. WARRANTY AND SUPPORT

The Weider Legacy Flat Bench is protected with a **90-Day Parts & Labor Warranty**. For warranty claims or technical support, please contact iFIT Health & Fitness customer service. Refer to the contact information provided with your product packaging or visit the official Weider/iFIT website for assistance.

