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TFCFL B098SPZBBY

TFCFL Adjustable Weight Bench Instruction Manual

Model: B098SPZBBY

1. Safety Information

Please read and understand all instructions and warnings before using the TFCFL Adjustable Weight Bench. Retain this manual for future reference.

- **Maximum Weight Capacity:** Do not exceed the maximum user weight of 352 lbs (160 kg).
- **Assembly:** Ensure all parts are correctly assembled and secured before use.
- **Stable Surface:** Always use the bench on a flat, stable, and non-slip surface.
- **Clearance:** Maintain adequate clearance around the bench during exercise.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Medical Advice:** Consult a physician before starting any exercise program. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- **Inspection:** Regularly inspect the bench for loose or damaged parts. Do not use if any components are compromised.

2. Package Contents

Carefully unpack all components and verify that you have received the following items:

- 1 x Main Frame with Backrest and Seat Cushion
- 1 x Arm Curl Pad (if applicable, integrated into main frame)
- 1 x Footrest/Leg Developer
- 2 x Resistance Bands (Drawstrings)
- Instruction Manual

If any parts are missing or damaged, please contact customer support before proceeding with setup.

3. Setup and Initial Adjustment

The TFCFL Adjustable Weight Bench is designed for quick setup. It comes largely pre-assembled and requires

unfolding and minor adjustments.

1. **Unfolding the Bench:** Carefully unfold the main frame until it locks into its fully extended position. Ensure all support legs are firmly on the ground.
2. **Adjusting the Backrest:** Locate the adjustment pin or lever at the base of the backrest. Pull the pin out, adjust the backrest to one of the 6 desired positions, and release the pin, ensuring it fully engages in the chosen slot.
3. **Adjusting the Seat:** Similarly, locate the adjustment mechanism for the seat. Adjust the seat to one of the 4 desired positions, ensuring it is securely locked.
4. **Attaching Resistance Bands:** If not already attached, hook the resistance bands (drawstrings) to the designated attachment points on the front leg stabilizer.



Figure 3.1: Overview of the TFCFL Adjustable Weight Bench with key dimensions. The bench measures approximately 16.5 inches deep, 51.18 inches wide, and has an adjustable height range from 15.7 to 40.2 inches.



Figure 3.2: Detail of the backrest adjustment mechanism, showing the multiple slots for incline and decline positions. Ensure the pin is fully engaged after adjustment.

4. Operating Instructions

The TFCFL Adjustable Weight Bench offers versatility for various exercises. Always ensure the bench is stable and adjusted correctly for your workout.

4.1. Adjusting for Exercise

- **Backrest Positions:** The backrest can be set to 6 different angles, from flat to incline, to target various muscle groups during exercises like dumbbell presses, flyes, or sit-ups.
- **Seat Positions:** The seat can be adjusted to 4 different positions to provide optimal support and comfort, especially when the backrest is inclined.
- **Arm Curl Pad:** The integrated arm curl pad provides support for bicep curls, ensuring proper form and

isolation.

- **Leg Developer/Footrest:** Use the padded leg developer for leg extensions or as a footrest for sit-ups and abdominal exercises.

4.2. Using Resistance Bands

The included resistance bands can be used to add variety and intensity to your workouts.

- Attach the bands to the designated hooks on the front stabilizer.
- Perform exercises such as arm curls, chest presses, or rows by holding the handles and extending the bands.
- Ensure the bands are securely attached and not frayed before each use.



Figure 4.1: Detail of the footrest/leg developer and the attachment points for the resistance bands. The footrest features comfortable padding for leg exercises or abdominal support.

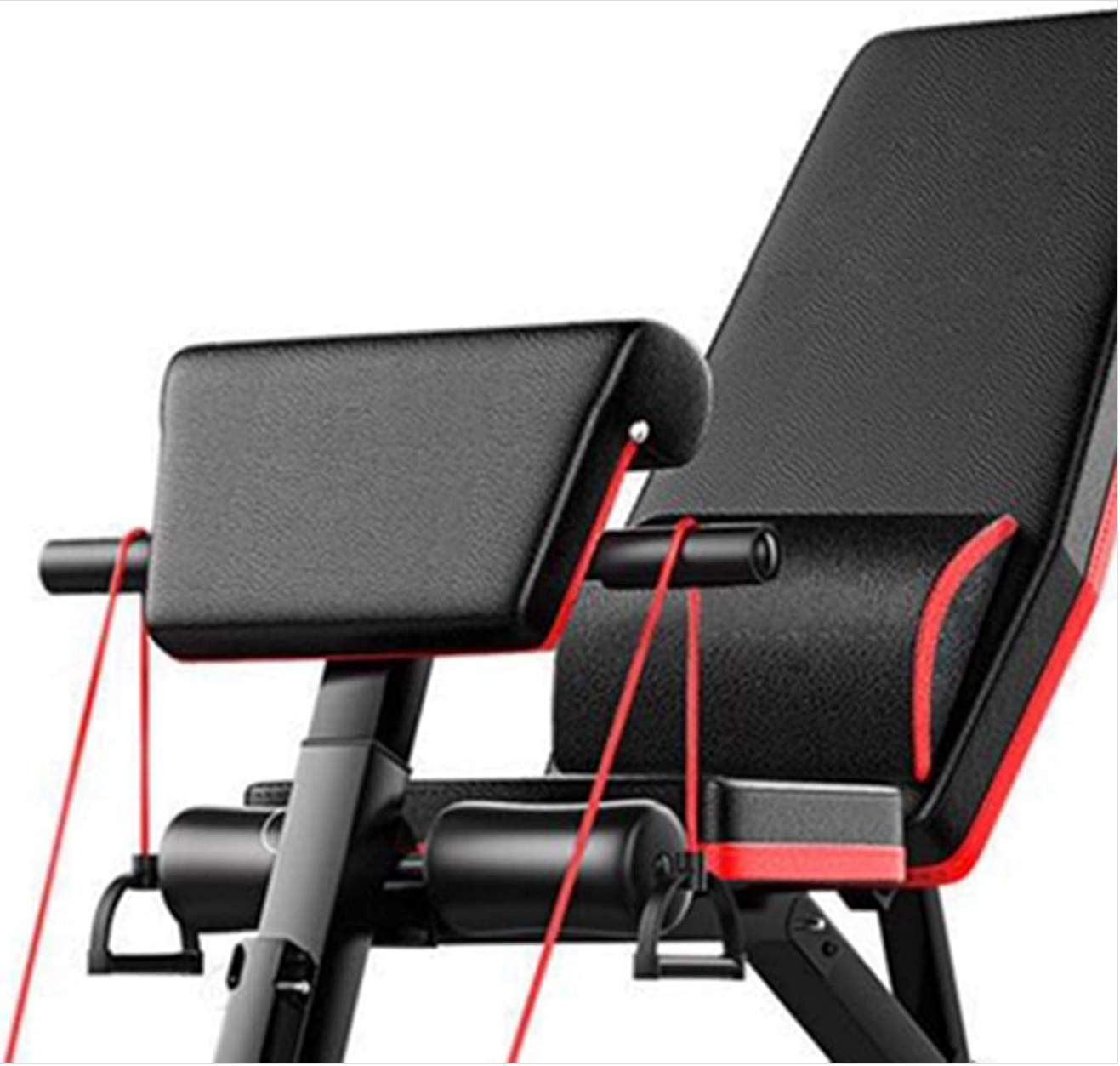


Figure 4.2: Close-up view of the arm curl pad, designed to support the arms during bicep and tricep exercises.

5. Maintenance

Regular maintenance will prolong the life and ensure the safe operation of your weight bench.

- **Cleaning:** Wipe down the leather cushions and steel frame 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 adjustment pins to ensure they are tight and secure. Tighten any loose fasteners.
- **Padding:** Inspect the cushions for any tears or excessive wear.
- **Resistance Bands:** Check resistance bands for signs of wear, cracks, or damage. Replace if necessary.
- **Storage:** The bench is foldable for convenient storage. Fold it and store in a dry, cool place away from direct sunlight and extreme temperatures.

6. Troubleshooting

If you encounter any issues with your TFCFL Adjustable Weight Bench, refer to the following common solutions:

- **Bench feels unstable:** Ensure the bench is on a flat, level surface. Check that all adjustment pins are fully

engaged and all bolts are tightened.

- **Difficulty adjusting backrest/seat:** Ensure the adjustment pin is fully pulled out before attempting to change positions. Check for any obstructions in the adjustment slots.
- **Squeaking noises:** Inspect all moving parts and joints. A small amount of silicone-based lubricant can be applied to pivot points if necessary, but avoid getting lubricant on the cushions.
- **Resistance bands losing elasticity or breaking:** Resistance bands have a finite lifespan. Replace them if they show signs of wear or damage.

For issues not covered here, please contact customer support.

7. Specifications

Parameter	Value
Model	B098SPZBBY
Brand	TFCFL
Product Dimensions (L x W x H)	51.18" x 16.5" x 15.7"-40.2" (adjustable height)
Net Weight	24.25 lbs (11 kg)
Maximum Load Capacity	352 lbs (160 kg)
Material	Alloy Steel, Leather
Color	Black
Backrest Positions	6 adjustable positions
Seat Positions	4 adjustable positions

8. Warranty and Support

For warranty information and customer support, please refer to the documentation provided at the time of purchase or contact the seller directly. The manufacturer of this product is Upthehill, and the brand is TFCFL.

Please have your model number (B098SPZBBY) and purchase date available when contacting support.

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