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HOMCOM A91-149RD0531

HOMCOM Multifunction Foldable Weight Bench User Manual

Model: A91-149RD0531

1. Safety Information

Please read this entire manual before assembling or using the HOMCOM Multifunction Foldable Weight Bench. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the bench on a flat, stable surface. Ensure adequate space around the equipment.
- Inspect the bench for loose parts or damage before each use. Do not use if damaged.
- Ensure all bolts and nuts are securely tightened before use.
- Do not exceed the maximum weight capacity of 150 kg (330 lbs).
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

2. Package Contents

Verify that all components are present and undamaged before assembly.

- Main Bench Frame
- Padded Backrest and Seat
- Ankle/Foot Support Rollers (Padded)
- U-shaped Armrests
- Resistance Bands with Handles (2)
- Central Traction Spring
- Assembly Hardware (bolts, nuts, washers, adjustment pins)
- Instruction Manual



Image 2.1: Overview of the HOMCOM Multifunction Foldable Weight Bench, showing the main frame, padded sections, ankle supports, and resistance bands.

3. Setup and Assembly

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

1. **Unfold the Main Frame:** Carefully unfold the main frame of the bench until it locks into its open position. Ensure all locking mechanisms are engaged.
2. **Attach Ankle/Foot Supports:** Secure the padded ankle/foot support rollers to the designated positions on the frame using the provided bolts and adjustment pins.
3. **Install U-shaped Armrests:** Attach the U-shaped armrests to the sides of the bench frame.
4. **Connect Resistance Bands:** Hook the elastic resistance bands to the designated attachment points on the front of the bench.
5. **Attach Central Spring:** Secure the central traction spring to its mounting points, ensuring it is firmly attached.
6. **Final Check:** Double-check all bolts, nuts, and pins to ensure they are securely tightened before first use.



Image 3.1: Detail of the central spring and adjustment pin, illustrating how components are secured.

4. Operating Instructions

This multifunction bench supports various exercises. Always perform movements in a controlled manner.

4.1. Adjusting Ankle Cushion Height

The ankle cushion height can be adjusted to 4 different levels to accommodate various body types and exercise intensities.

1. Locate the adjustment pin on the side of the ankle support frame.
2. Pull out the pin and slide the ankle support up or down to your desired height.
3. Release the pin, ensuring it fully engages in one of the four adjustment holes.

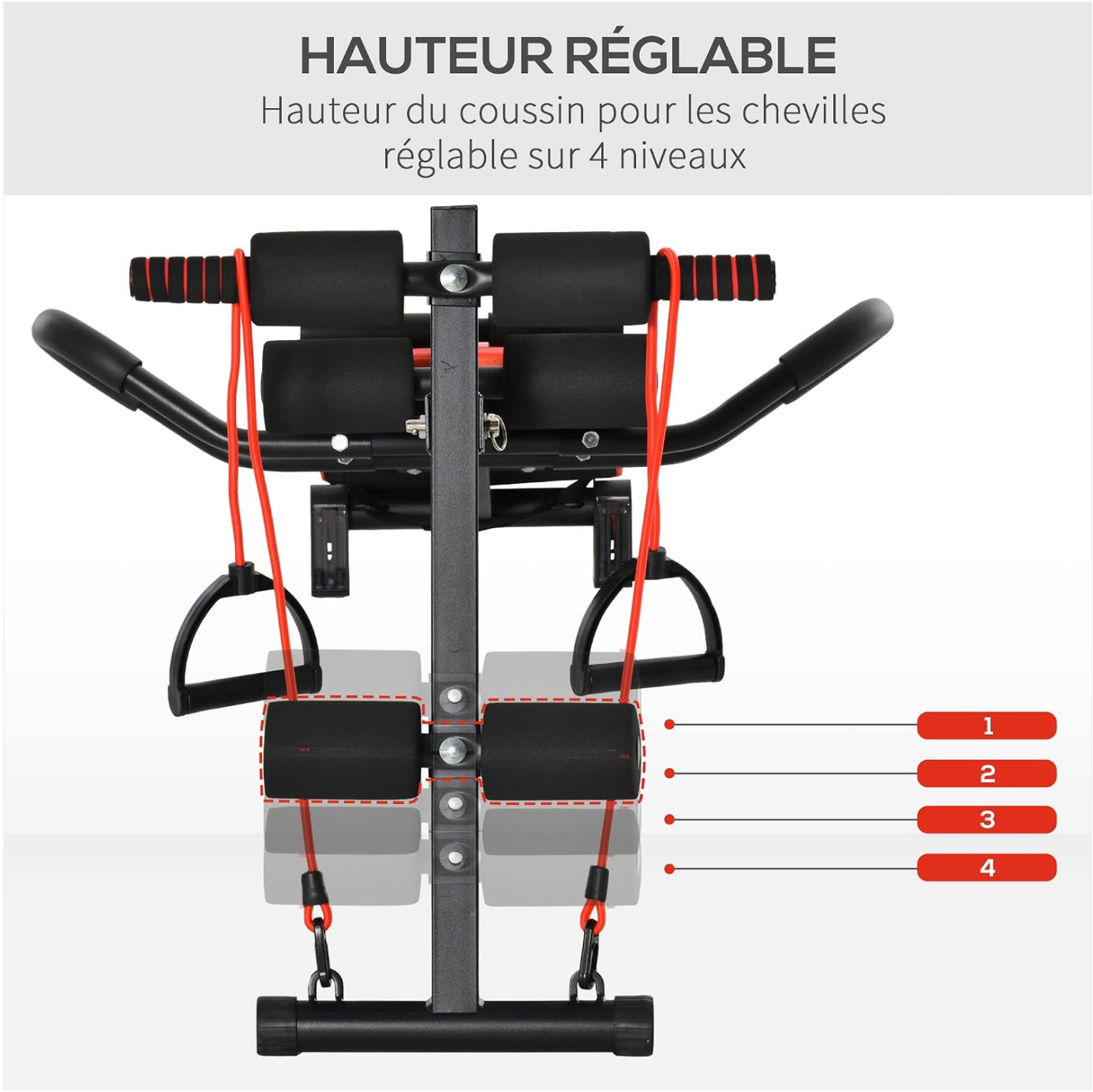


Image 4.1: The adjustable ankle cushion, showing the four height settings for personalized comfort and exercise.

4.2. Performing Sit-ups and Abdominal Exercises

The inclined bench is ideal for targeting abdominal muscles.

1. Adjust the ankle cushions to a comfortable and secure height.
2. Lie back on the bench with your feet secured under the ankle cushions.
3. Place your hands behind your head or across your chest.
4. Engage your core and slowly lift your upper body towards your knees, then slowly lower back down.

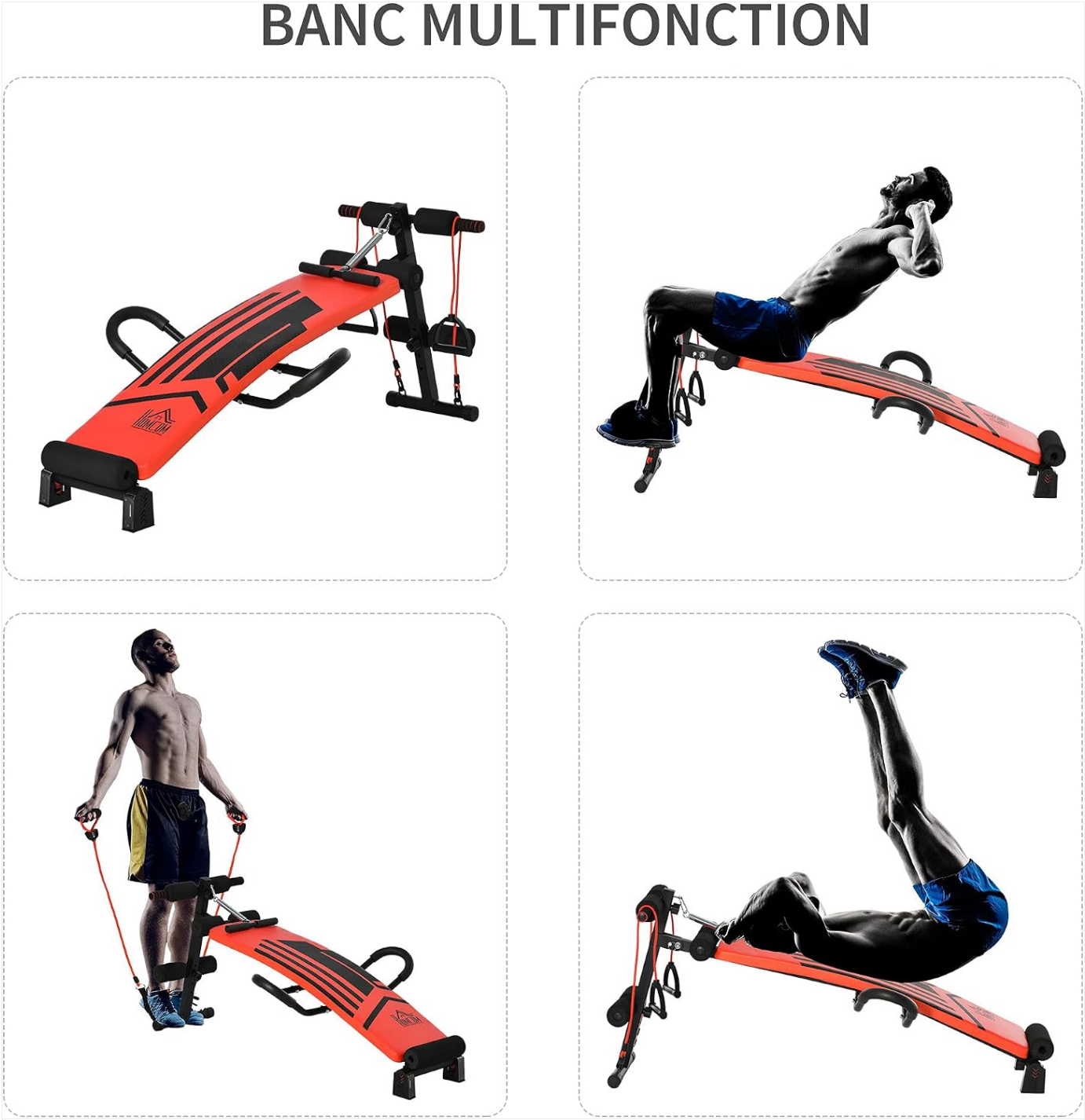


Image 4.2: Examples of exercises possible with the bench, including sit-ups, push-ups, and leg raises, demonstrating its versatility.

4.3. Using Resistance Bands

The included elastic bands add resistance for upper body and core workouts.

- Attach the handles to the resistance bands.
- Perform exercises such as bicep curls, tricep extensions, or chest presses while seated or lying on the bench, using the bands for added resistance.

4.4. Folding for Storage

The bench is designed to be foldable for compact storage.

1. Ensure no weight is on the bench.
2. Locate the folding mechanism (usually a pin or lever) on the main frame.
3. Disengage the mechanism and carefully fold the bench.
4. Store in a dry, safe place.

5. Maintenance

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

- **Cleaning:** Wipe down the bench with a damp cloth after each use to remove sweat and dirt. Use a mild detergent if necessary, then wipe dry. The PU coating is easy to clean.
- **Inspection:** Periodically check all bolts, nuts, and connections for tightness. Tighten any loose fasteners.
- **Wear and Tear:** Inspect the padding, resistance bands, and spring for any signs of wear, tears, or damage. Replace worn parts immediately.
- **Storage:** Store the bench in a cool, dry place away from direct sunlight and extreme temperatures.

6. Troubleshooting

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

- **Bench is unstable:** Ensure the bench is placed on a flat, level surface. Check that all assembly bolts are securely tightened.
- **Difficulty adjusting height:** Make sure the adjustment pin is fully pulled out before attempting to slide the support. Ensure the pin fully re-engages in the desired hole.
- **Squeaking noises:** Check all bolted connections and tighten if loose. A small amount of lubricant can be applied to pivot points if necessary.
- **Resistance bands losing elasticity:** Resistance bands have a finite lifespan. If they show signs of wear or reduced resistance, they may need replacement.

7. Specifications

Model Number	A91-149RD0531
Dimensions (L x W x H)	137 cm x 72 cm x 62 cm (53.9 x 28.3 x 24.4 inches)
Weight Capacity	150 kg (330 lbs)
Material	Steel Alloy Frame, Polyurethane (PU) Coating
Color	Red and Black
Net Weight	9 kg (19.8 lbs)



Image 7.1: Dimensional drawing of the weight bench, indicating its length, width, and height.

8. Warranty and Support

For warranty information or technical support, please refer to the purchase documentation or contact HOMCOM customer service directly. Keep your proof of purchase for any warranty claims.

Contact information can typically be found on the HOMCOM official website or through your retailer.

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