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› **PASYOU** /

› **PASYOU Adjustable Weight Bench User Manual**

PASYOU PA400

PASYOU Adjustable Weight Bench User Manual

Model: PA400 | Brand: PASYOU

1. INTRODUCTION

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



Figure 1: PASYOU Adjustable Weight Bench (Model PA400)

2. KEY FEATURES

The PASYOU Adjustable Weight Bench is designed for versatility and durability, supporting a wide range of strength training exercises.

2.1. High Weight Capacity

Engineered with widened pipes and thickened alloy steel, featuring a unique triangular structure, this bench supports up to 700 pounds (approximately 318 kg), ensuring stability and safety during intense workouts.



Figure 2: 700 Pounds Weight Capacity

2.2. Multi-Position Adjustability

The bench offers extensive adjustability to accommodate various exercises and user preferences:

- **9 Backrest Positions:** For flat, incline, and decline bench presses.
- **4 Seat Positions:** To optimize comfort and support for different angles.
- **3 Foot Hook Positions:** To secure your legs during sit-ups and decline exercises.

ADJUSTABLE 9X4X3 POSITIONS

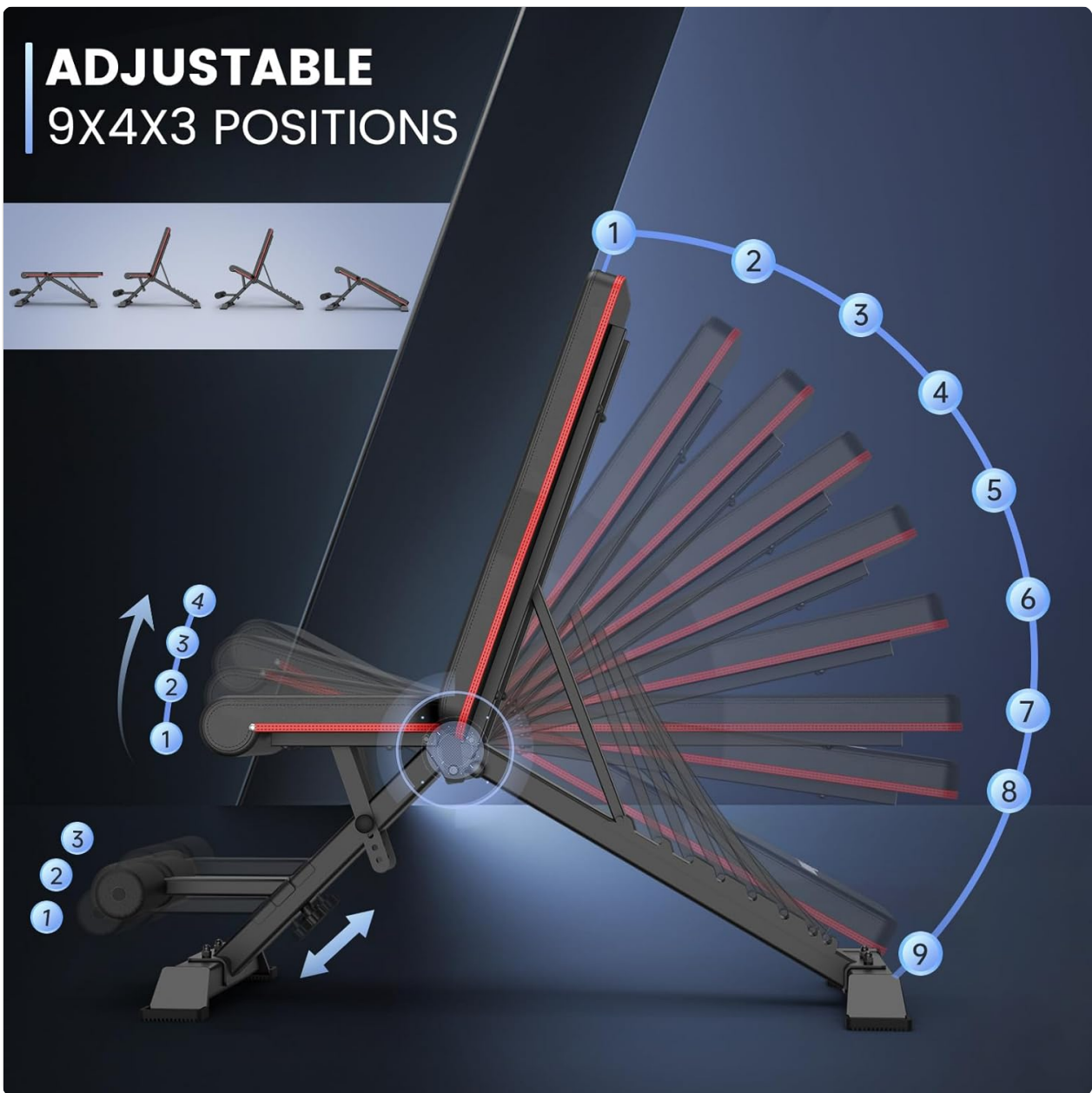


Figure 3: Adjustable Positions

2.3. Foldable and Space-Saving Design

Designed for convenience, the bench can be easily folded for compact storage, saving up to 80% of space and occupying only about 1 square foot of floor area when not in use.

FOLDABLE & PORTABLE

SAVE 80% SPACE

Taking up

1ft² footprint



Figure 4: Folded for Space Saving

2.4. Durable Construction

Constructed from high-quality alloy steel with a 1.5mm thickness and wrapped in high-density leather, this exercise bench is built to withstand rigorous use and provide long-lasting performance.



Figure 5: High-Quality Materials

2.5. Comfortable and Ergonomic Design

The bench features a 12-inch (310mm) wide seat and an 11-inch (270mm) wide backrest. Both pads are filled with 2.4-inch (60mm) thick soft foam, providing optimal comfort without compromising stability, allowing you to maintain proper posture and reduce discomfort during workouts.



3. SETUP AND ASSEMBLY

The PASYOU Adjustable Weight Bench comes largely pre-assembled for quick setup. Follow these general steps to prepare your bench for use:

1. **Unpack:** Carefully remove all components from the packaging. Verify all parts are present against the packing list (not provided in this manual, refer to product packaging).
2. **Unfold the Bench:** Gently unfold the main frame of the bench. Ensure all locking mechanisms click securely into place.
3. **Attach Foot Stabilizers:** If detached for shipping, attach the front and rear foot stabilizers. Ensure they are firmly secured with the provided bolts and nuts.
4. **Adjust to Desired Position:** Before first use, adjust the backrest, seat, and foot hooks to a flat position or your preferred starting position. Ensure all adjustment pins are fully engaged.
5. **Stability Check:** Before each workout, ensure the bench is stable and does not wobble. Tighten any loose connections if necessary.



Figure 7: Bench in Folded State (for reference during unfolding)

4. OPERATING THE WEIGHT BENCH

4.1. Adjusting Positions

The PASYOU bench features a quick and easy adjustment system without complex knobs or screws. Simply lift and slide the support bar into the desired notch.

- **Backrest Adjustment:** Lift the backrest slightly, pull the support bar out of its current notch, move the backrest to the desired angle, and re-engage the support bar into the corresponding notch. Ensure it is fully seated.
- **Seat Adjustment:** Locate the adjustment pin under the seat. Pull the pin, adjust the seat to one of the 4 positions, and release the pin to lock it in place.
- **Foot Hook Adjustment:** Adjust the foot hooks by pulling the adjustment pin, sliding the foam rollers to one of the 3 positions, and releasing the pin to lock.



Figure 8: Backrest Adjustment Mechanism



Figure 9: Seat Adjustment Mechanism



Figure 10: Foot Hook Adjustment Mechanism

4.2. Recommended Exercises

The PASYOU Adjustable Weight Bench supports a full range of exercises for a comprehensive workout:

- **Chest Workouts:** Flat bench press, incline bench press, decline bench press.
- **Shoulder and Arm Workouts:** Seated overhead press, one-arm dumbbell lateral raise, seated dumbbell curl.
- **Ab Workouts:** Sit-ups, abdominal curl, reverse curls, lying leg raise.

- **Back Workouts:** One-arm dumbbell row, hyper-extension, reverse fly.
- **Thighs Workouts:** Seated calf raise, dumbbell one-leg calf raise.
- **Buttocks Workouts:** Glute bridge, reverse hyper extension.



Figure 11: Exercise Examples

5. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your PASYOU Adjustable Weight Bench.

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dust. Use a mild soap solution for deeper cleaning if necessary, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and adjustment pins to ensure they are securely tightened. Inspect the frame for any signs of damage, cracks, or bending. Check the padding for tears or excessive wear.
- **Lubrication:** If any moving parts (e.g., adjustment mechanisms) become stiff, apply a small amount of silicone-based lubricant.

- **Storage:** When not in use, fold the bench and store it in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Bench wobbles or feels unstable	Loose bolts or uneven surface	Ensure all bolts are tightened. Move the bench to a flat, even surface.
Adjustment mechanism is stiff or difficult to move	Lack of lubrication or debris	Clean the mechanism and apply a silicone-based lubricant.
Pads are torn or worn	Normal wear and tear or sharp objects	Contact customer support for replacement parts if within warranty.

If the problem persists or is not listed here, please contact PASYOU customer support.



Figure 12: Important Warning Label (Pinch Points)

7. PRODUCT SPECIFICATIONS

Specification	Detail
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Specification	Detail
Brand	PASYOU
Model Number	PA400
Material	Alloy Steel
Color	Black
Product Dimensions (LxWxH)	107.87"D x 35.98"W x 47.99"H (Unfolded)
Item Weight	15.5 Kilograms
Weight Limit	700 Pounds
Backrest Positions	9
Seat Positions	4
Foot Hook Positions	3
Manufacturer	PASYOU
Date First Available	August 31, 2021



Figure 13: Product Dimensions

8. WARRANTY AND SUPPORT

All brand new PASYOU strength training benches come with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and ensures your product meets quality standards.

For warranty claims, technical support, or any inquiries regarding your PASYOU Adjustable Weight Bench, please contact PASYOU customer service. Refer to the contact information provided on your product packaging or the official PASYOU website.

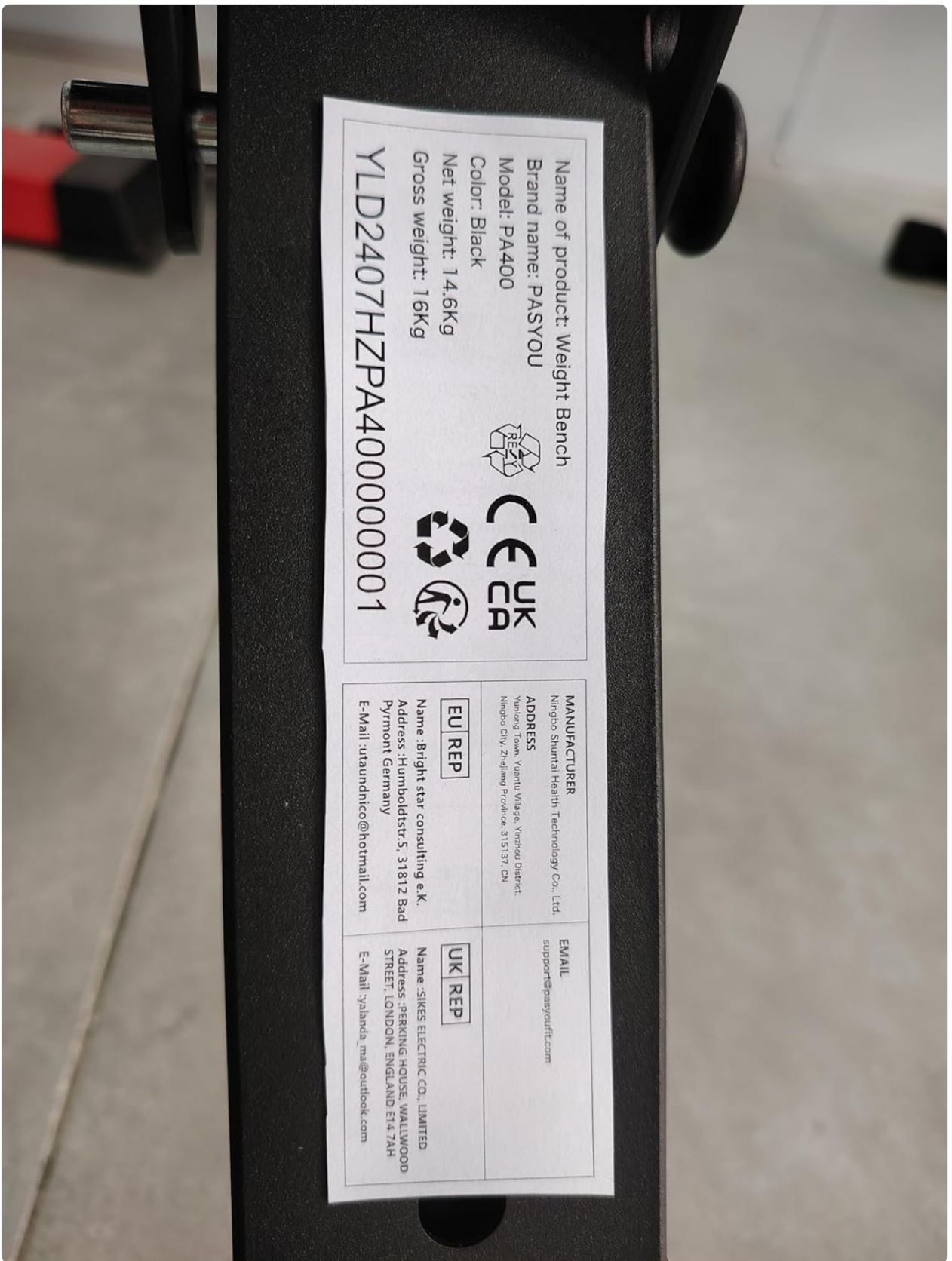


Figure 14: Product Information Label

