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› [Gorilla Sports](#) /

› Gorilla Sports Multifunction Weight Bench with 100kg Dumbbell Set - Model B09JWNSZ29 Instruction Manual

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Gorilla Sports Multifunction Weight Bench with 100kg Dumbbell Set - Model B09JWNSZ29 Instruction Manual

Brand: Gorilla Sports | Model: B09JWNSZ29

1. INTRODUCTION

This manual provides detailed instructions for the assembly, operation, and maintenance of your Gorilla Sports Multifunction Weight Bench with 100kg Dumbbell Set, Model B09JWNSZ29. Please read all instructions carefully before use to ensure safe and effective training.



Figure 1: Gorilla Sports Multifunction Weight Bench (White Model)

2. PRODUCT FEATURES

The Gorilla Sports Multifunction Weight Bench is designed for comprehensive full-body workouts at home. Key features include:

- Multifunction fitness station offering 46 training possibilities and accessories.
- Includes butterfly module, pulleys, leg curls, bicep bench, dumbbell rack, fitness mat, straight dumbbells, curved dumbbells, two short dumbbells, and dumbbell plates.
- Easy quick adjustment for various exercises.
- Rubber feet for floor protection.
- Protection mat covering 2.30 m² for home gym setup.
- Adjustable dumbbell support (5 levels) and backrest (6 levels).
- Long dumbbell: 170 cm; Curl bar: 120 cm; Short dumbbells: 35 cm.

- Total weight of plastic dumbbell plates: 100 kg.

3. COMPONENTS OVERVIEW

Familiarize yourself with the main components of your weight bench. The following images illustrate key parts and dimensions.



Figure 2: Overview of the Multifunction Weight Bench with all accessories.

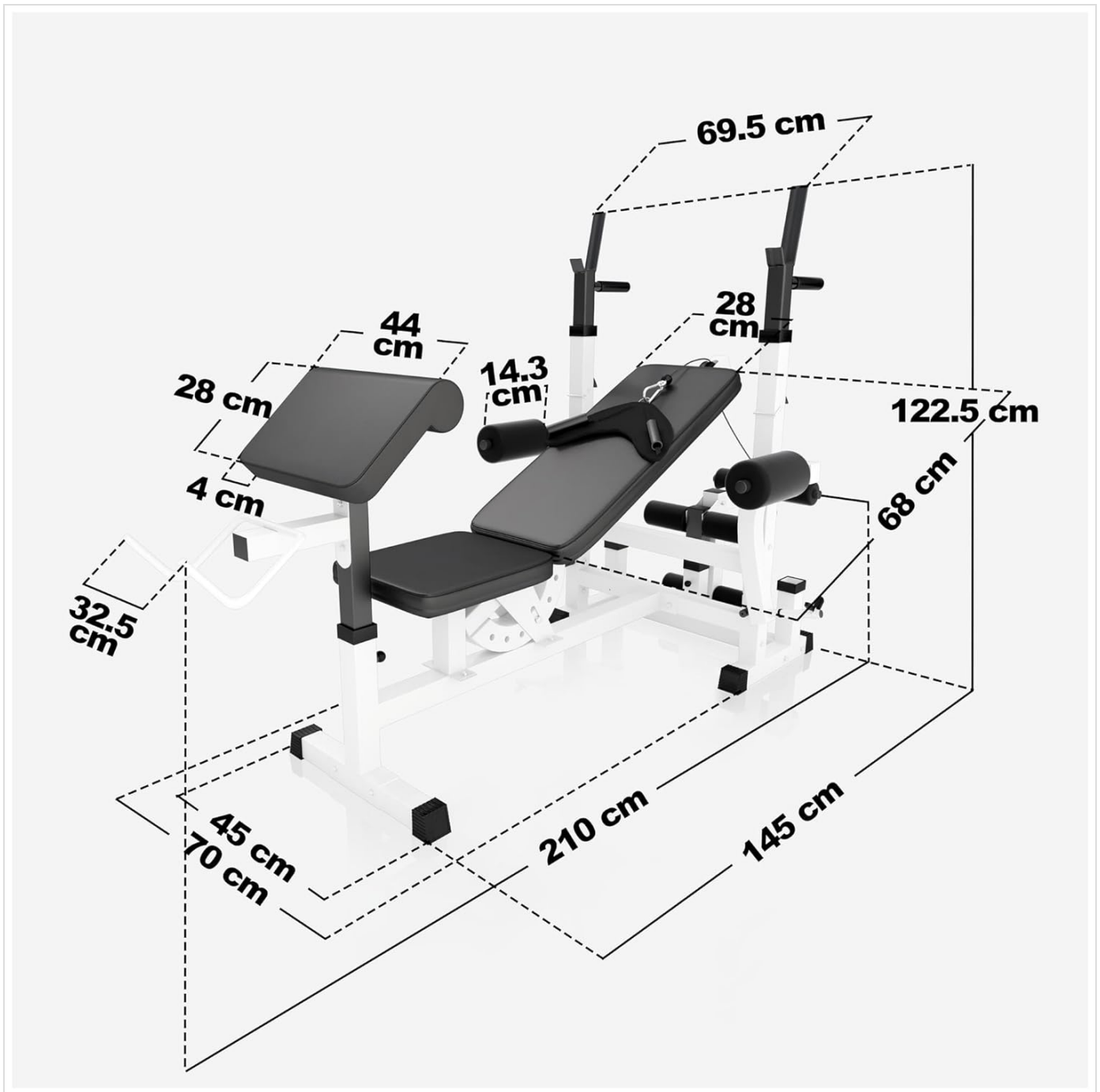


Figure 3: Product dimensions including length, width, and height of various components.





Figure 4: Lat pulldown attachment, showing the cable system and bar.



Figure 5: Included plastic dumbbell plates, designed for use with the provided bars.

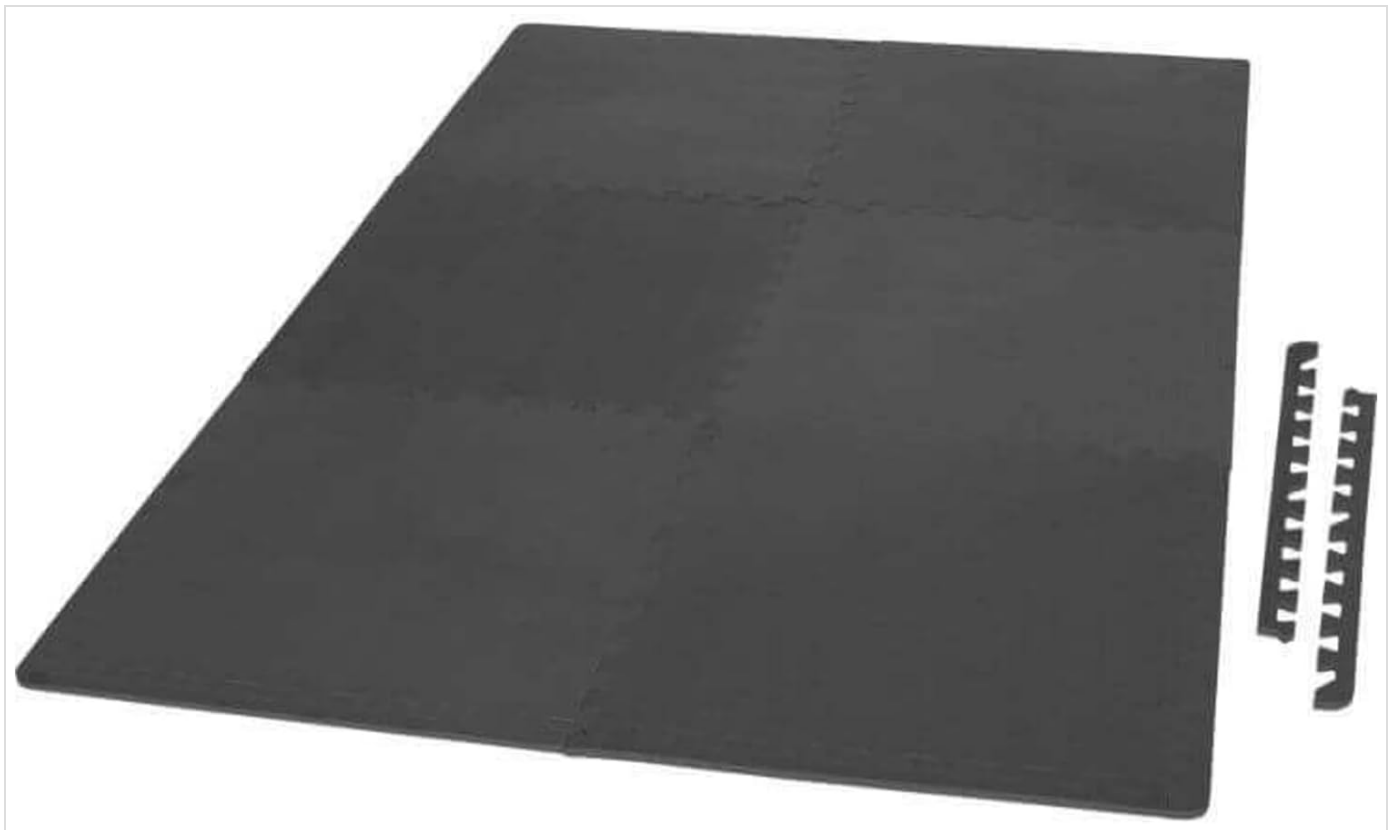


Figure 6: Floor protection mats, covering 2.30 m², to prevent damage to your floor.

4. SETUP AND ASSEMBLY

Assembly of the Gorilla Sports Multifunction Weight Bench requires careful attention to detail. Please ensure all parts are present before beginning. Refer to the included assembly diagram for specific steps.

1. Unpack all components and verify against the parts list provided in your packaging.
2. Begin by assembling the main frame of the weight bench, ensuring all bolts are securely tightened.
3. Attach the adjustable dumbbell support posts to the main frame.
4. Install the backrest and seat, adjusting them to your preferred height and angle.
5. Assemble the leg curl and butterfly attachments, ensuring they move freely and securely.
6. Attach the lat pulldown tower, if included, following the specific instructions for cable routing.
7. Place the floor protection mats in your desired workout area before positioning the assembled bench.
8. Perform a final check of all connections and moving parts to ensure stability and safety.

Note: No official assembly videos for the Gorilla Sports brand were found in the provided data. Please refer to the detailed diagrams and instructions included in your product packaging for precise assembly steps.

5. OPERATING INSTRUCTIONS AND EXERCISES

The multifunction weight bench allows for a wide range of exercises targeting different muscle groups. Always warm up before exercising and cool down afterwards. Consult a fitness professional for personalized workout plans.

5.1. Bench Press

Adjust the backrest to a flat or inclined position. Lie on the bench with your feet flat on the floor. Grip the barbell with hands slightly wider than shoulder-width apart. Lower the barbell to your chest, then press it back up until your arms are fully extended. Ensure the safety catches are properly set.

5.2. Lat Pulldown

Sit on the bench facing the lat pulldown tower. Adjust the thigh pads to secure your legs. Grip the lat bar with a wide overhand grip. Pull the bar down towards your upper chest, squeezing your shoulder blades together. Slowly return the bar to the starting position.

5.3. Butterfly (Pec Deck)

Sit on the bench with your back against the backrest. Place your forearms against the pads of the butterfly attachment. Bring the pads together in front of your chest, focusing on squeezing your pectoral muscles. Slowly return to the starting position.

5.4. Leg Curls and Extensions

For leg extensions, sit on the bench with your shins under the padded rollers. Extend your legs upwards, contracting your quadriceps. For leg curls, lie face down on the bench with your heels under the padded rollers. Curl your legs upwards, contracting your hamstrings.

5.5. Bicep Curls (Preacher Curl)

Attach the bicep bench (preacher curl pad). Rest your upper arms on the pad, holding a barbell or dumbbells. Curl the weight upwards towards your shoulders, keeping your elbows stationary. Slowly lower the weight back down.

5.6. Abdominal Exercises

The adjustable bench can be used for various abdominal exercises, such as crunches or sit-ups, by adjusting the incline. Ensure your feet are secured under the leg rollers for stability.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe with clean water and dry thoroughly.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners. Inspect cables (if applicable) for fraying or wear.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts and pivot points as needed to ensure smooth operation.
- **Storage:** Store the bench in a dry, clean environment away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

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

- **Squeaking Noises:** Check all bolted connections and tighten if loose. Apply lubricant to moving parts.
- **Instability:** Ensure the bench is placed on a flat, stable surface. Verify all assembly bolts are fully tightened.
- **Difficulty Adjusting:** Check for any obstructions or debris in the adjustment mechanisms. Lubricate if necessary.

If problems persist, contact Gorilla Sports customer support for assistance.

8. SPECIFICATIONS

Attribute	Value
Brand	Gorilla Sports
Item Weight	147 Kilograms
Material	Alloy Steel (Frame), Plastic (Dumbbells)
Color	White
Product Dimensions (L x W x H)	210P x 70I x 122.5H centimeters
Adjustable Dumbbell Support	5 levels
Adjustable Backrest	6 levels
Long Dumbbell Length	170 cm
SZ Curl Bar Length	120 cm
Short Dumbbell Length	35 cm
Total Dumbbell Plate Weight	100 kg

9. WARRANTY AND SUPPORT

Your Gorilla Sports Multifunction Weight Bench is covered by a standard manufacturer's warranty. Please retain your proof of purchase for any warranty claims. For detailed warranty information, product support, or to order replacement parts, please contact Gorilla Sports customer service directly.

Contact information can typically be found on the Gorilla Sports official website or within your product packaging.

10. SAFETY INFORMATION

Always prioritize safety during your workouts. Failure to follow safety guidelines can result in serious injury.

- Consult a physician before starting any new exercise program.
- Ensure the bench is assembled correctly and all fasteners are tight before each use.
- Use appropriate weight for your fitness level. Do not overload the bench or barbell supports beyond their stated maximum capacity.
- Always use spotters when lifting heavy weights, especially during bench press.
- Keep children and pets away from the equipment during use.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel pain, dizziness, or nausea.