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› GORILLA SPORTS Multifunction Weight Bench with 100 kg Dumbbell Set Instruction Manual

GORILLA SPORTS 101208-00019-0048

GORILLA SPORTS Multifunction Weight Bench with 100 kg Dumbbell Set

Model: 101208-00019-0048

INTRODUCTION

This instruction manual provides detailed information for the assembly, safe operation, maintenance, and specifications of your GORILLA SPORTS Multifunction Weight Bench with 100 kg Dumbbell Set. Designed for comprehensive full-body strength training in a home environment, this versatile equipment allows for a wide range of exercises including bench press, dips, bicep curls, leg curls, and butterfly. The bench features an adjustable padded backrest, a height-adjustable dumbbell rack, and integrated dip handles. The accompanying 100 kg dumbbell set includes various weight plates and bars, all constructed with a plastic coating to protect your flooring. Please read this manual thoroughly before assembly and use to ensure safety and optimal performance.



Image: The GORILLA SPORTS Multifunction Weight Bench with the complete 100 kg dumbbell set, showcasing its various components.

SETUP AND ASSEMBLY

Carefully unpack all components and verify against the parts list (not provided in this document, refer to your product packaging). Ensure all parts are present and undamaged before proceeding with assembly.

General Assembly Steps:

- 1. Frame Assembly:** Begin by assembling the main frame of the weight bench. Secure all connections using the provided bolts and nuts. Do not fully tighten bolts until all components are loosely fitted.
- 2. Bench and Backrest Installation:** Attach the padded seat and backrest to the main frame. The backrest is adjustable in 6 positions.
- 3. Dumbbell Rack Installation:** Install the height-adjustable dumbbell rack. Ensure it is securely fastened and can be adjusted smoothly.

4. **Accessory Attachments:** Attach the dip handles, curl bench with dumbbell rest (adjustable in 3 positions), leg curler, and butterfly arms. These components are designed for quick adjustment using locking bolts.
5. **Final Tightening:** Once all parts are in place, systematically tighten all bolts and nuts. Ensure the bench is stable and does not wobble.
6. **Safety Check:** Before first use, perform a thorough safety check. Verify all connections are secure, adjustable parts lock firmly into position, and rubberized feet are properly installed to protect your floor and ensure stability.



Image: Front view of the assembled GORILLA SPORTS Multifunction Weight Bench, showing the main frame and attachments.



Image: The adjustable backrest and curl pad of the weight bench, demonstrating its multi-position capabilities.

OPERATING INSTRUCTIONS

The GORILLA SPORTS Multifunction Weight Bench is designed for a variety of exercises. Always ensure the equipment is on a stable, level surface and all adjustments are securely locked before beginning any exercise.

Adjusting the Bench:

- **Backrest:** The backrest can be adjusted to 6 different positions. To adjust, pull the locking pin, move the backrest to the desired angle, and release the pin to ensure it locks securely into place.
- **Dumbbell Rack:** The height of the dumbbell rack is adjustable. Use the locking bolts to set the rack to a comfortable and safe height for your exercises.
- **Curl Bench:** The curl bench with its dumbbell rest is adjustable in 3 positions. Adjust it to suit your arm length and exercise requirements.

- **Butterfly Arms:** The butterfly arms are adjustable. Ensure they are set to a comfortable range of motion for your chest exercises.

Using the Dumbbell Set:

- **Weight Plates:** The set includes plastic-coated weight plates of 1.25 kg, 2.5 kg, 5 kg, 10 kg, and 15 kg. Select appropriate weights for your training level.
- **Bars:** Use the 170 cm long bar for barbell exercises, the 120 cm EZ curl bar for bicep and tricep exercises, and the two 35 cm dumbbell bars for dumbbell exercises.
- **Star Locks:** Always secure weight plates onto the bars using the provided star locks to prevent them from sliding off during exercise.

Exercise Examples:

- **Bench Press:** Adjust the backrest to a flat or incline position. Lie on the bench, grasp the barbell from the rack, and perform presses.
- **Dips:** Use the integrated dip handles for bodyweight dips.
- **Bicep Curls:** Utilize the curl bench attachment with the EZ curl bar or dumbbells.
- **Leg Curls:** Use the leg curler attachment for hamstring and quadriceps exercises.
- **Butterfly:** Perform chest fly exercises using the butterfly arms.



Image: A user demonstrating a chest press exercise on the GORILLA SPORTS Multifunction Weight Bench.

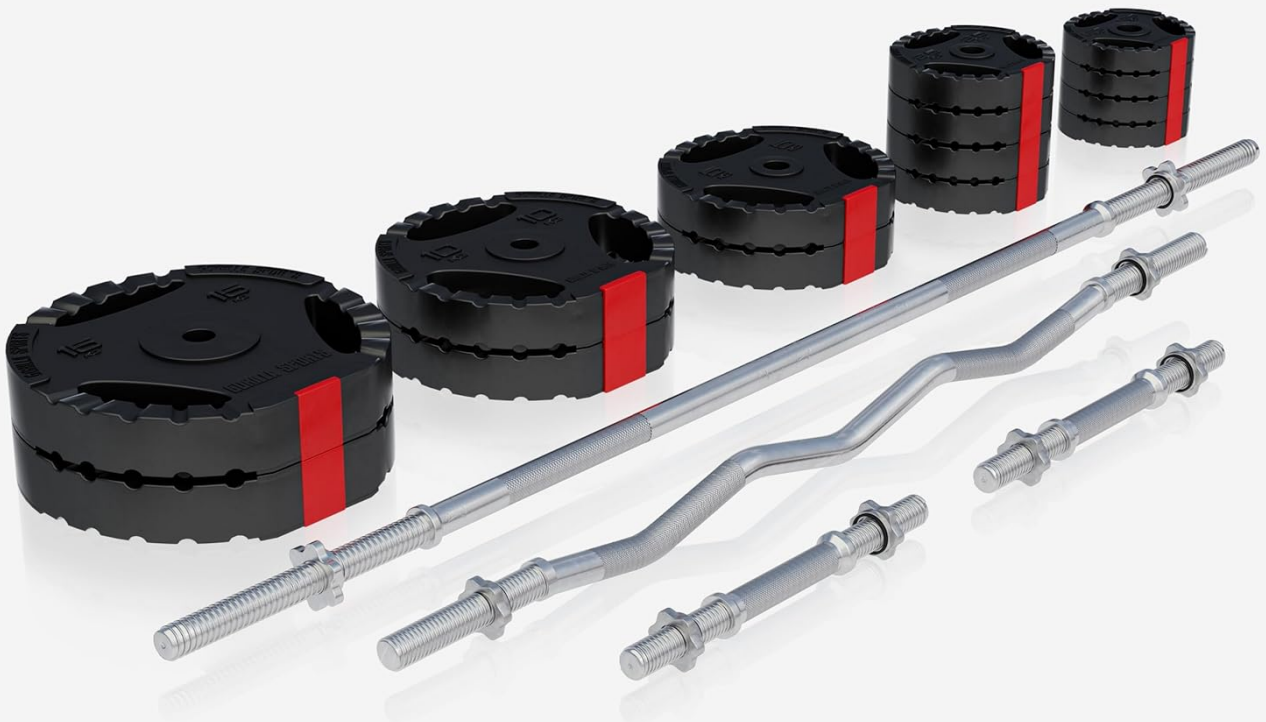


Image: The various components of the 100 kg dumbbell set, including different bars and plastic-coated weight plates.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your GORILLA SPORTS Multifunction Weight Bench.

- **Cleaning:** Wipe down the bench and all components with a damp cloth after each use to remove sweat and dust. Use a mild cleaning solution if necessary, but avoid abrasive cleaners that could damage the finish or upholstery.
- **Bolt Check:** Periodically check all bolts, nuts, and locking pins for tightness. Retighten any loose fasteners to maintain stability and safety.
- **Upholstery Inspection:** Inspect the padded seat and backrest for any signs of wear, tears, or damage. Damaged upholstery should be repaired or replaced to prevent further deterioration and maintain hygiene.
- **Moving Parts:** Ensure all adjustable parts, such as the backrest mechanism and locking bolts, move freely and lock securely. Lubricate moving parts with a silicone-based spray if they become stiff.

- **Storage:** Store the weight bench in a dry, clean environment away from direct sunlight and extreme temperatures to prevent material degradation.

TROUBLESHOOTING

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

- **Bench Wobbles or is Unstable:**
 - Ensure the bench is placed on a flat, level surface.
 - Check all assembly bolts and nuts. Tighten any loose fasteners.
 - Verify that the rubberized feet are properly installed and making full contact with the floor.
- **Difficulty Adjusting Backrest or Attachments:**
 - Ensure locking pins are fully disengaged before attempting to move adjustable parts.
 - Check for any obstructions or debris in the adjustment mechanisms.
 - Apply a small amount of silicone lubricant to moving parts if they are stiff.
- **Weight Plates Slide on Bars:**
 - Always use the provided star locks to secure weight plates firmly against the collars of the bars.
 - Ensure star locks are tightened completely.
- **Unusual Noises During Use:**
 - Inspect all connections for looseness and tighten as necessary.
 - Check for any rubbing parts or components that may be misaligned.

If problems persist, please contact GORILLA SPORTS customer support for assistance.

PRODUCT SPECIFICATIONS

Model Number	101208-00019-0048
Brand	GORILLA SPORTS
Color	Black
Material	Plastic (for weight plates), Steel (for frame)
Product Dimensions (L x W x H)	210 x 70 x 122.5 cm
Item Weight	140 Kilograms
Maximum Weight Capacity	280 Kilograms (including user weight)
Backrest Cushion Dimensions	68 x 28 x 4 cm
Curl Cushion Dimensions	28 x 44 x 4 cm

Seat Height	44 cm
Dumbbell Set Weight	100 kg (total)
Dumbbell Set Components	4 x 1.25 kg, 4 x 2.5 kg, 2 x 5 kg, 2 x 10 kg, 2 x 15 kg plates; 1 x 170 cm barbell, 1 x 120 cm EZ curl bar, 2 x 35 cm dumbbell bars; 8 star locks



Image: Detailed dimensions diagram of the GORILLA SPORTS Multifunction Weight Bench.

WARRANTY AND SUPPORT

For information regarding warranty coverage, please refer to the warranty card included with your product packaging or visit the official GORILLA SPORTS website. If you require technical assistance, have questions about assembly, operation, or need to report a defect, please contact GORILLA SPORTS customer support directly.

Manufacturer: Gorilla Sports GmbH

Contact Information: Please refer to the contact details provided on the GORILLA SPORTS official website or your

purchase documentation.