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› DH FitLife Adjustable Folding Weight Bench, Incline and Flat Bench, with Curl Bench and Leg Extension (Model WTD0102)

DH FitLife WTD0102

DH FitLife Adjustable Folding Weight Bench

Model: WTD0102 | Brand: DH FitLife

1. INTRODUCTION AND SAFETY INFORMATION

Thank you for choosing the DH FitLife Adjustable Folding Weight Bench. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read all instructions carefully before assembly and use.

Important Safety Precautions:

- Consult a physician before starting any exercise program.
- Always 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.
- Place the bench on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum weight capacity of 200 kg (440 lbs).
- Use proper form and controlled movements during exercises.
- Wear appropriate athletic footwear and clothing.

Package Contents:

- DH FitLife Adjustable Folding Weight Bench (Main Frame)
- Curl Bench Attachment
- Leg Extension Attachment
- Fitness Bands
- Barbell Lock
- Assembly Hardware (screws, nuts, washers)
- User Manual

2. SETUP AND ASSEMBLY

The DH FitLife Adjustable Folding Weight Bench is designed for straightforward assembly. The main frame arrives largely pre-assembled. Follow these steps to complete the setup:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Verify all components listed in the 'Package Contents' section are present.
2. **Attach Base Supports:** The bench requires the attachment of its base supports. Secure these supports to the main frame using the provided 4 screws and corresponding hardware. Ensure they are tightened firmly for stability.
3. **Install Curl Bench and Leg Extension:** Attach the curl bench and leg extension components to their designated points on the main frame. Refer to the diagrams in the included printed manual for specific attachment points and hardware.
4. **Final Check:** Once assembled, double-check all connections, bolts, and nuts to ensure they are securely fastened. The bench should feel stable and not wobble.

Note: While the bench is designed for easy assembly, it is recommended to have a second person assist for safety and convenience during certain steps.

3. OPERATING INSTRUCTIONS

Adjusting the Bench:

The DH FitLife weight bench offers multiple adjustment options to suit various exercises and user preferences.

- **Backrest Adjustment:** The backrest features seven adjustable levels, allowing you to switch between flat, incline, and decline positions. To adjust, pull the adjustment pin, move the backrest to the desired angle, and release the pin, ensuring it locks securely into place.
- **Curl Bench Adjustment:** The curl bench can be adjusted in height from 76.5 cm to 94.5 cm. Use the adjustment knob or pin to set it to a comfortable height for bicep curls.

FLESSIBILITÀ

Regolabile in 7 posizioni



Panca curl regolabile:
76.5 - 94.5cm

Image: The backrest of the DH FitLife weight bench can be adjusted to 7 different positions, from flat to various incline angles, providing flexibility for diverse workouts.

Performing Exercises:

This multifunctional bench supports a wide range of exercises for a full-body workout.

- **Bench Press:** Adjust the backrest to a flat or incline position. Lie on the bench with your feet flat on the floor. Use dumbbells or a barbell (with the included barbell lock) for chest exercises.
- **Bicep Curls:** Utilize the curl bench attachment. Position your arms over the pad and perform bicep curls with dumbbells.
- **Leg Extension:** Attach the leg extension component. Sit on the bench and place your shins under the padded rollers. Perform leg extensions to target your quadriceps. The bench can support weights up to 30 kg for leg extensions.
- **Abdominal and Lumbar Training:** Adjust the bench to a decline position for abdominal crunches or use it for hyperextensions to strengthen your lower back.
- **Resistance Band Exercises:** The included fitness bands can be attached to designated points on the bench for various resistance training exercises, targeting arms, shoulders, and back.

MULTIFUNZIONALE



Image: Demonstrates the versatility of the bench, showing a man performing bicep curls using the curl attachment and a woman performing leg extensions, highlighting its multifunctional design.



ALLENAMENTO COMPLETO

Image: A collage illustrating a complete workout, featuring exercises such as incline bench press, back extension (hyperextension), dumbbell row, and decline abdominal crunch, showcasing the bench's full range of use.

Folding for Storage:

The bench features a practical folding system for space-saving storage.

1. **Remove Attachments:** If attached, remove the curl bench and leg extension components.
2. **Fold Backrest:** Adjust the backrest to its lowest or most compact position.
3. **Collapse Frame:** Follow the folding mechanism instructions (usually involves pulling a pin or lever) to collapse the main frame.
4. **Secure:** Ensure the bench is securely locked in its folded position before moving or storing.

SALVASPAZIO

Pratico sistema pieghevole



Image: A man demonstrating the practical folding system of the DH FitLife weight bench, highlighting its space-saving design for easy storage after use.

4. MAINTENANCE

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

- **Cleaning:** Wipe down the padded surfaces and frame with a damp cloth after each use to remove sweat and dirt. Use a mild soap solution if necessary, then wipe dry. Avoid abrasive cleaners. The high-quality faux leather padding is water-resistant and odorless.
- **Inspection:** Periodically check all bolts, nuts, and connection points for tightness. Re-tighten any loose fasteners.
- **Rust Prevention:** The frame is made of steel alloy. While durable, proper storage is crucial. Store the bench in a dry environment to prevent rust, especially if you live in a humid climate or near the sea. Regularly inspect the frame for any signs of rust and address them promptly.
- **Padding Care:** Inspect the padding for any tears or excessive wear. While durable, proper care will extend its lifespan.

QUALITÀ

Comoda & Durevole



Imbottitura in similpelle di alta qualità
Resistente all'acqua & inodore

Image: A detailed view of the bench's high-quality, water-resistant, and odorless faux leather padding, emphasizing its comfort and durability for long-term use.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your weight bench.

- **Bench feels wobbly:**
 - Ensure the bench is placed on a completely flat and stable surface.
 - Check all assembly bolts and nuts. Re-tighten any that are loose. Minor movement in some joints is normal and does not affect stability or robustness.
- **Leg extension bar is not moving smoothly:**
 - Inspect the pivot points of the leg extension mechanism for any obstructions or debris.
 - Apply a small amount of silicone-based lubricant to the moving parts if necessary. Avoid oil-based lubricants that can attract dust.
- **Adjustment pin is stuck:**
 - Ensure there is no weight or pressure on the backrest when attempting to adjust.
 - Wiggle the backrest slightly while pulling the pin to release any tension.

- **Squeaking noises during use:**

- Identify the source of the squeak. It is often caused by loose bolts or friction between metal parts.
- Tighten all bolts and apply a small amount of lubricant to pivot points if needed.

If you encounter an issue not listed here or require further assistance, please contact DH FitLife customer support.

6. SPECIFICATIONS

Detailed technical specifications for the DH FitLife Adjustable Folding Weight Bench, Model WTD0102.

Feature	Specification
Model Number	WTD0102
Product Dimensions (L x W x H)	173 x 53.5 x 94 cm (68.1 x 21.1 x 37 inches)
Folded Dimensions (Approx.)	157 x 41 x 113 cm (61.8 x 16.1 x 44.5 inches)
Item Weight	12.4 kg (27.3 lbs)
Maximum Supported Weight	200 kg (440 lbs)
Frame Material	Steel Alloy (1.5 mm thickness)
Padding Material	High-quality Faux Leather
Backrest Adjustment Levels	7 positions (Flat, Incline, Decline)
Curl Bench Adjustment Height	76.5 - 94.5 cm (30.1 - 37.2 inches)
Leg Support Diameter	25 mm

STABILITÀ

Robusta & Sicura



Image: A detailed diagram illustrating the key dimensions, maximum weight capacity (200 kg), and robust steel alloy structure of the DH FitLife weight bench, emphasizing its stability and safety.

7. WARRANTY AND SUPPORT

DH FitLife is a German brand committed to customer satisfaction. We work with reliable and qualified teams and trainers to ensure the quality of our products.

- **Return Policy:** We offer a 30-day return policy. Please refer to your purchase platform for specific return instructions and conditions.
- **Customer Service:** Our sales and customer service team is based in Hamburg, Germany. If you have any questions, concerns, or require assistance with your product, please do not hesitate to contact us at any time.
- **Contact Information:** Please refer to your purchase receipt or the DH FitLife official website for the most current customer support contact details.

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