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YOLEO PUTONG

YOLEO Adjustable Weight Bench User Manual

Model: PUTONG | Brand: YOLEO

1. Introduction

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

This adjustable weight bench is designed for full-body workouts, offering multiple incline, decline, and flat positions to target various muscle groups effectively. Its foldable design allows for convenient storage in home gym environments.

2. Safety Information

Before beginning any exercise program, consult with a physician. It is crucial to follow all safety instructions to prevent injury and ensure proper use of the equipment.

- Always inspect the bench for loose parts, damage, or wear before each use. Do not use if any components are compromised.
- Ensure the bench is placed on a flat, stable surface. Use a protective mat if necessary.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum weight capacity of 660 lbs (300 kg). This includes user weight and any weights being lifted.
- Ensure all adjustment pins and locking mechanisms are securely engaged before starting an exercise.
- Perform exercises with controlled movements. Avoid sudden jerks or excessive force.
- Wear appropriate athletic footwear and clothing.
- If you experience pain, dizziness, or discomfort, stop exercising immediately.

3. Product Overview

The YOLEO Adjustable Weight Bench is constructed with an alloy steel frame and features high-quality faux leather cushioning. It offers versatile adjustment options for a comprehensive workout.

Key Features:

- **11-Level Backrest Adjustment:** Allows for various incline, decline, and flat positions.
- **Full Body Workout Training:** Supports exercises for chest, shoulders, back, abs, and legs.
- **Foldable Design:** Easy to carry and store, saving up to 80% storage space.
- **Comfortable & Safe Design:** Thickened supported pipe, high-quality faux leather, and high-density sponge for comfort and stability.
- **ASTM-Certified 660 LBS Capacity:** Dual-triangle steel frame engineered for stability.

Adjustable Positions:



The bench offers 11 flexible adjustment angles, from -30° (decline) to 90° (upright), accommodating various exercises and user preferences.

Full Body Workout Capabilities:



This bench supports a wide range of exercises, including rear delt flyes, incline shoulder press, decline sit-ups, and flat bench rows, for comprehensive training.

Heavy-Duty Capacity:



The bench features a robust design with thick support padding, a commercial steel frame, a triangle stability structure, and an adjustable anti-slip base, ensuring rock-solid stability and a 660 lbs capacity.

4. Setup

The YOLEO Adjustable Weight Bench is designed for quick and straightforward assembly, with most components pre-assembled.



The bench is 95% pre-assembled and comes with a clear guide, allowing for quick setup.

Assembly Steps:

1. **Step 1:** Unfold the weight bench from its carton. Insert the front foot bar into the main frame. Secure it with 2 hex bolts (B) and 2 washers (C) using Wrench (10).
2. **Step 2:** Attach the rear frame of the weight bench, then attach the front main bar (2) to the main frame (1) using 2 hex bolts (B) and 2 washers (C) with Wrench (10). Insert pin (3) and pin (4) to secure folding legs as shown.
3. **Step 3:** Slide the 2 foam rollers (6) over the tube as shown, then adjust the backrest cushion to your preferred position.
4. Screw on the adjustable foot cap (5) on the front foot tube to make sure the bench is stable and does not shake.

Ensure all bolts are tightened securely before use. Do not overtighten.

5. Operating Instructions

Adjusting the Bench Angle:

The YOLEO Adjustable Weight Bench features an 11-level backrest adjustment system. To change the angle:

1. Locate the adjustment pin or lever mechanism, typically found at the hinge point between the seat and backrest, or at the base of the backrest support.
2. Pull the pin or release the lever to disengage the locking mechanism.
3. Adjust the backrest to your desired angle (e.g., flat, incline, decline, or upright).
4. Ensure the adjustment pin snaps securely into place or the lever is fully engaged before using the bench. Verify stability by gently pushing and pulling on the backrest.

Folding and Storing the Bench:

The bench is designed for easy folding to save space.



The bench can be folded and stored in approximately 10 seconds by unplugging the safety pin.

1. Ensure the bench is in a flat position.
2. Locate the safety plug/pin (labeled '1' in the image) at the folding mechanism.
3. Pull the safety plug/pin (labeled '2' in the image) to release the lock.
4. Fold the bench inward until it is compact.
5. Secure any locking pins or straps if available to keep it folded.

6. Store the folded bench in a corner or under a bed.

6. Maintenance

Regular maintenance ensures the longevity and safe operation of your YOLEO Adjustable Weight Bench.



The bench features premium, low-maintenance leather that is waterproof, quick-dry, durable, and breathable.

- **Cleaning:** Wipe down the bench after each use with a damp cloth to remove sweat and dirt. For deeper cleaning, use a mild soap solution and dry thoroughly. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and pins for tightness. Tighten any loose fasteners. Inspect the frame for any cracks or damage.
- **Lubrication:** If adjustment mechanisms become stiff or noisy, apply a small amount of silicone-based lubricant to the moving parts.
- **Storage:** Store the bench in a dry environment, away from direct sunlight and extreme temperatures, to prevent material degradation.

7. Troubleshooting

If you encounter issues with your YOLEO Adjustable Weight Bench, refer to the following common solutions:

- **Bench feels unstable or wobbly:**
  - Ensure all assembly bolts are securely tightened.
  - Verify the bench is on a flat, even surface. Adjust the anti-slip foot caps if necessary to level the bench.
- **Adjustment mechanism is stiff or difficult to operate:**
  - Clean any debris from the adjustment tracks or pin holes.
  - Apply a small amount of silicone lubricant to the moving parts of the adjustment mechanism.
- **Squeaking noises during use:**
  - Identify the source of the squeak. It may be a loose bolt or a joint needing lubrication.
  - Tighten all bolts and apply silicone lubricant to pivot points or areas where metal components rub together.

If the issue persists after attempting these solutions, please contact YOLEO customer support for further assistance.

8. Specifications



Detailed product dimensions for the YOLEO Adjustable Weight Bench.

Feature	Detail
Brand	YOLEO
Model Number	PUTONG
Item Weight	10 kg (22 lbs)
Material	Alloy Steel (Frame), Faux Leather (Cushion)
Color	Red
Product Dimensions (L x W x H)	47.3"D x 16.9"W x 17.5"H (120.1 cm D x 42.9 cm W x 44.4 cm H)
Weight Limit	660 pounds (300 kg)
UPC	199967090251

9. Warranty and Support

YOLEO is committed to providing high-quality products and customer satisfaction. If you have any questions, concerns, or require assistance with your Adjustable Weight Bench, please do not hesitate to contact our customer support team.

For warranty information, please refer to the documentation included with your purchase or contact YOLEO customer service directly. Our team is ready to provide professional answers and resolve any issues you may encounter, including those related to transportation or product defects.

You can visit the official YOLEO store for more information and support:YOLEO Store on Amazon

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