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› K KINGKANG Adjustable Weight Bench DZL-KK (Model KINGK-021DZK) User Manual

## K KINGKANG KINGK-021DZK

# K KINGKANG Adjustable Weight Bench DZL-KK (Model KINGK-021DZK) User Manual

Comprehensive guide for your K KINGKANG Adjustable Weight Bench.

## 1. SAFETY INFORMATION

Read all instructions before assembling or using this equipment. Keep this manual for future reference.

- **Consult a Physician:** Before starting any exercise program, consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly.
- **Proper Use:** Use the equipment only for its intended purpose as described in this manual. Do not use attachments not recommended by the manufacturer.
- **Children and Pets:** Keep children and pets away from the equipment. This equipment is designed for adult use only.
- **Placement:** Place the equipment on a solid, flat, and level surface. Ensure adequate space around the equipment for safe operation.
- **Inspection:** Before each use, inspect the equipment for loose parts, wear, or damage. Do not use if damaged.
- **Weight Limit:** Do not exceed the maximum weight capacity of 600 lbs (272 kg).
- **Proper Attire:** Wear appropriate exercise clothing and footwear.
- **Maintenance:** Perform regular maintenance as described in this manual.

## 2. PRODUCT OVERVIEW

The K KINGKANG Adjustable Weight Bench (Model KINGK-021DZK, variant DZL-KK) is a versatile utility workout bench designed for full-body exercises in a home gym setting. It features a robust carbon steel frame, adjustable backrest and seat positions, and integrated attachments for varied workouts.



Figure 2.1: Overview of the KINGKANG Adjustable Weight Bench.

### Key Features:

- **High-Hardness Commercial Quality Steel:** Ensures durability and stability.
- **600 lbs Load Capacity:** Supports heavy-duty workouts.
- **7-Position Adjustable Backrest:** Allows for incline, flat, and decline positions.
- **3-Position Seat Adjustment:** Enhances comfort and exercise variety.
- **Rebound Comfort Cushion:** Made with soft leather and high-density recycled sponge for comfort and longevity.
- **Foldable Design:** Easy to store, saving space in your home gym.
- **Integrated Leg Developer:** For leg extensions and curls.
- **Resistance Band Attachments:** For additional exercise options.

### 3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

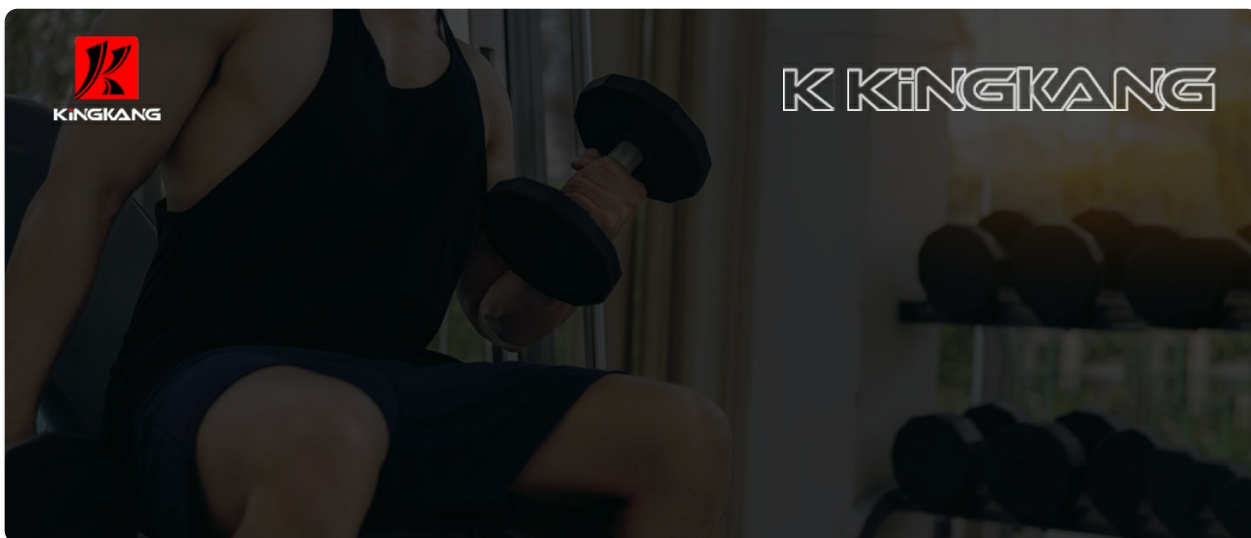


Figure 3.1: Illustration of typical package contents (actual contents may vary slightly).

Expected components include:

- Main Frame Assembly
- Backrest Pad
- Seat Pad
- Leg Developer Attachment (with foam rollers)
- Preacher Curl Pad (if included in specific model)
- Resistance Bands with Handles
- Assembly Hardware (bolts, nuts, washers, pins)
- Assembly Tools (wrenches, Allen keys)
- User Manual

### 4. SETUP AND ASSEMBLY

Assembly typically takes approximately 20 minutes. Follow the steps below for proper setup.

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Video 4.1: Assembly guide for the K KINGKANG Adjustable Weight Bench.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and tools. Ensure they are tightened securely.
3. **Install Backrest Support:** Attach the backrest support frame to the main bench frame.
4. **Mount Backrest and Seat Pads:** Secure the backrest pad and seat pad to their respective frames using

the pre-drilled holes and hardware.

5. **Assemble Leg Developer:** Attach the leg developer unit, including the foam rollers, to the designated slot on the bench. Use the locking pin to secure it.
6. **Attach Preacher Curl Pad (if applicable):** If your model includes a preacher curl pad, attach it to the front upright post.
7. **Connect Resistance Bands:** Hook the resistance bands to the designated attachment points on the front stabilizer bar.
8. **Final Check:** Ensure all bolts are tightened and all pins are securely in place before first use.

## 5. OPERATING INSTRUCTIONS

The K iNGKANG Adjustable Weight Bench offers multiple adjustment points to customize your workout. Always ensure adjustments are securely locked before use.

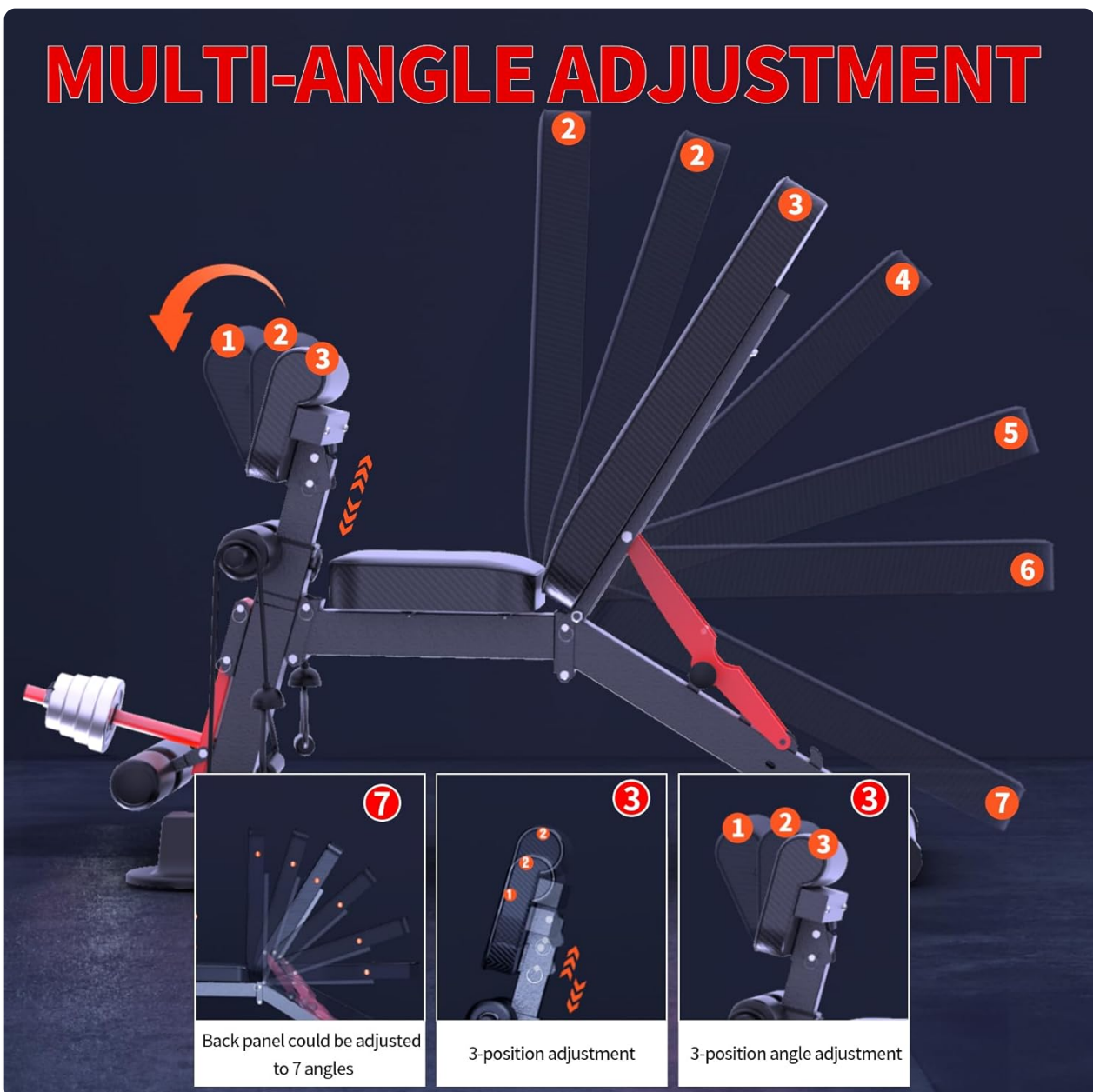


Figure 5.1: Multi-angle adjustment points for the backrest and seat.

## 5.1. Adjusting the Backrest

The backrest can be adjusted to 7 different positions, ranging from decline to incline. To adjust:

1. Locate the adjustment pin or lever at the base of the backrest support.
2. Pull the pin out or release the lever.
3. Move the backrest to your desired angle.
4. Release the pin/lever and ensure it locks securely into one of the notches.

## 5.2. Adjusting the Seat

The seat can be adjusted to 3 different positions to complement the backrest angle and provide optimal support.

1. Locate the seat adjustment mechanism, usually a pin or knob beneath the seat.
2. Pull the pin or loosen the knob.
3. Slide the seat forward or backward to the desired position.
4. Secure the pin or tighten the knob firmly.

## 5.3. Using the Leg Developer

The leg developer attachment is used for leg extensions and hamstring curls. Weights can be added to the post for increased resistance (weights not included).

1. Ensure the leg developer is securely attached to the bench frame.
2. Sit on the bench with your legs positioned under or over the foam rollers, depending on the exercise.
3. Add appropriate weight plates to the weight post.
4. Perform leg extensions or curls with controlled movements.



Figure 5.2: Detail of the leg developer attachment.

## 5.4. Using Resistance Bands

The included resistance bands can be attached to the front of the bench for various upper body and core exercises.

1. Hook the carabiners of the resistance bands onto the designated loops or rings on the front stabilizer bar.
2. Hold the handles and perform exercises such as chest flies, rows, or bicep curls.

## 6. EXERCISE GUIDE

This adjustable weight bench supports a wide range of exercises for a full-body workout. Here are some examples:

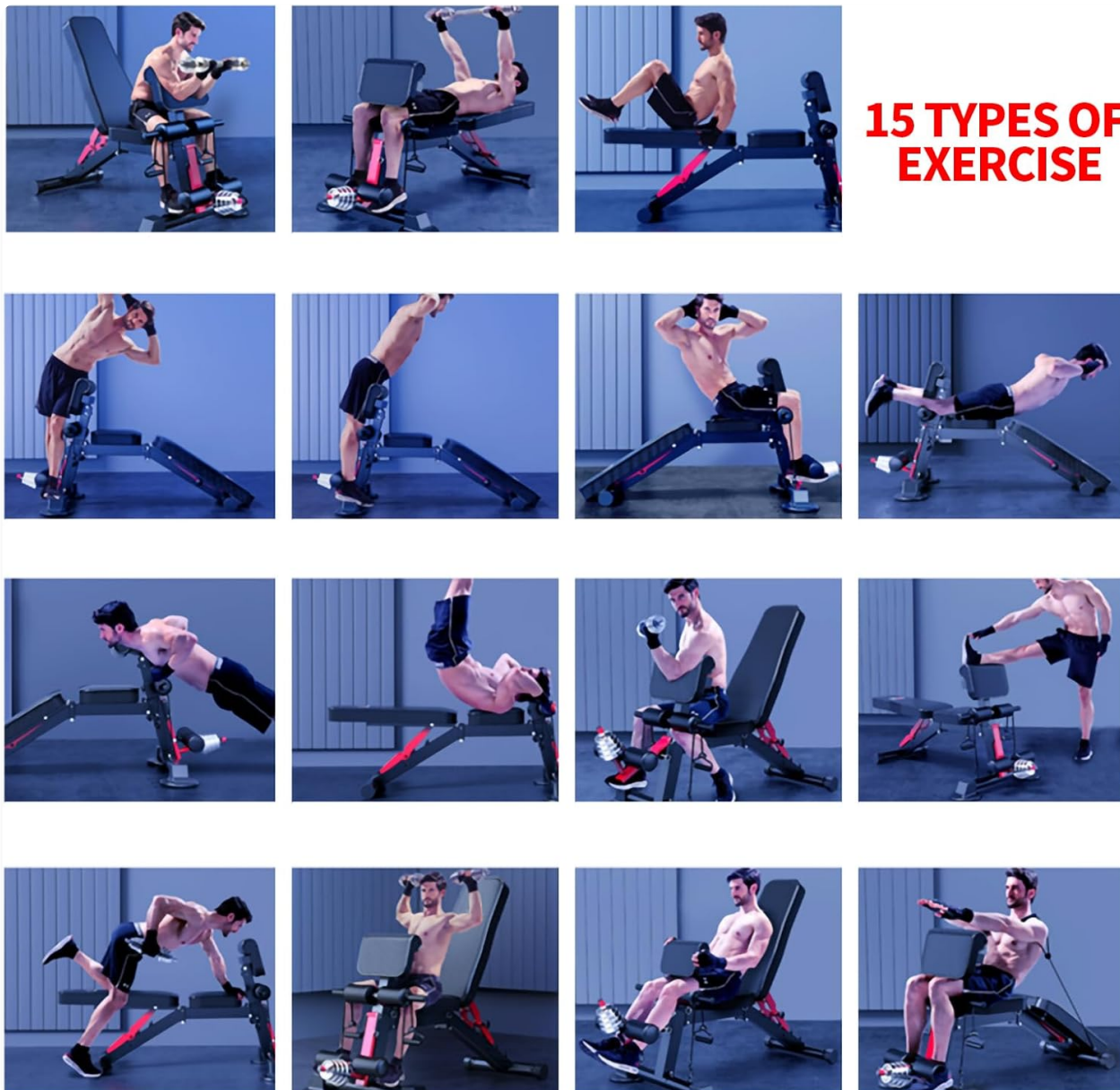


Figure 6.1: Visual guide to various exercises possible with the bench.

- **Chest:** Flat Bench Press, Incline Bench Press, Decline Bench Press, Dumbbell Flies.
- **Shoulders:** Seated Overhead Press, Lateral Raises, Front Raises.
- **Back:** Dumbbell Rows, Hyperextensions (using the leg developer).
- **Arms:** Bicep Curls (seated or preacher curl), Tricep Extensions.
- **Legs:** Leg Extensions, Hamstring Curls (using the leg developer).
- **Core:** Sit-ups, Crunches (decline position).

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Video 6.2: Demonstrations of various exercises using the adjustable weight bench.

## 7. MAINTENANCE

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

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dirt. Use a mild soap solution for deeper cleaning if necessary, then wipe dry.
- **Inspection:** Periodically check all bolts, nuts, and pins to ensure they are tight and secure. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts and adjustment mechanisms if they become stiff or squeaky.
- **Storage:** When not in use, the bench can be folded for compact storage. Store in a cool, dry place away from direct sunlight and extreme temperatures.

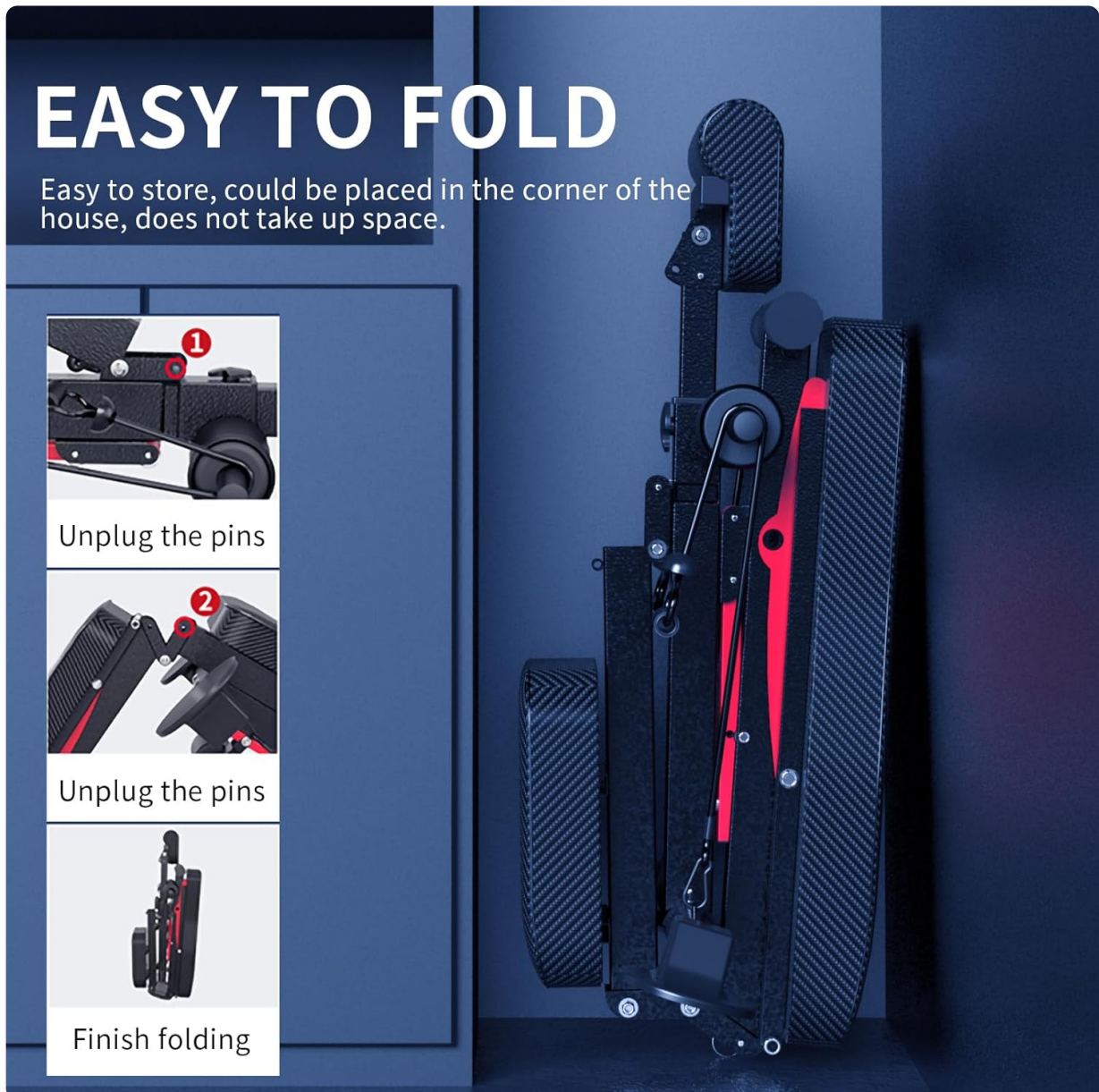


Figure 7.1: The bench in its folded configuration for space-saving storage.

## 8. TROUBLESHOOTING

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

- **Bench feels unstable:**
  - Ensure the bench is placed on a flat, level surface.
  - Check all assembly bolts and nuts; tighten any that are loose.
  - Verify that all adjustment pins are fully engaged and locked.
- **Adjustment mechanism is stiff:**
  - Apply a small amount of silicone-based lubricant to the moving parts and pins.
  - Ensure no debris is obstructing the mechanism.
- **Squeaking noises during use:**
  - Identify the source of the squeak. It is often caused by loose bolts or friction between metal parts.
  - Tighten all fasteners and apply lubricant to pivot points.

If problems persist, contact K KiNGKANG customer support.

## 9. SPECIFICATIONS

| Attribute                  | Detail  |
|----------------------------|---|
| Brand                      | K KiNGKANG  |
| Model Number               | KINGK-021DZK  |
| Item Weight                | 35 Pounds (15.88 kg)                                    |
| Material                   | Carbon Steel  |
| Color/Variant              | DZL-KK  |
| Product Dimensions (LxWxH) | 31.8"D x 14"W x 13.5"H (80.77 cm x 35.56 cm x 34.29 cm) |
| Weight Limit               | 600 Pounds (272 kg)                                     |
| Backrest Positions         | 7 (Incline, Flat, Decline)                              |
| Seat Positions             | 3   |

Usage: strength training of all levels  
Dumbbell not included  
Material: carbon steel PVC leather, high-density foam  
weight Capacity: 600lbs  
GW: 38lbs  
Maintenance: Store in cool dry places, wipe cleaning regularly



Figure 9.1: Detailed dimensions of the adjustable weight bench.

## 10. WARRANTY AND SUPPORT

K KINGKANG is committed to providing quality products. For warranty information, technical support, or to report missing/damaged parts, please contact K KINGKANG customer service directly. Refer to your purchase documentation for specific warranty terms and contact details.

You can also visit the official K KINGKANG store for more information: [K KINGKANG Store](#)