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› PayLessHere Adjustable Weight Bench WB-EQ9247 Instruction Manual

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INTRODUCTION

This manual provides essential instructions for the safe assembly, operation, and maintenance of your PayLessHere Adjustable Weight Bench (Model WB-EQ9247). Please read this manual thoroughly before using the equipment to ensure proper function and to prevent injury.

SAFETY INFORMATION

- 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.
- Do not exceed the maximum weight capacity of 330 lbs (150 kg).
- Keep children and pets away from the equipment during use.
- Use the bench on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- This equipment is designed for home use only.

PARTS LIST

Please verify that all components are present before beginning assembly. Refer to the assembly diagram for visual identification of parts.

- Main Frame (Left and Right Uprights, Base Supports)
- Adjustable Barbell Rack Posts
- Bench Cushion (Seat and Backrest)
- Leg Support Bar
- Adjustment Pins/Latches

- Non-slip Foot Pads
- Assembly Hardware (Bolts, Washers, Nuts, Wrenches)

SETUP AND ASSEMBLY

Follow these steps carefully to assemble your weight bench. It is recommended to have two people for assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Base Supports:** Secure the base supports to the main frame uprights using the provided bolts and nuts. Ensure they are stable.
3. **Install Barbell Rack Posts:** Insert the adjustable barbell rack posts into the main frame. Secure them with the adjustment pins.
4. **Assemble Bench Cushion:** Attach the bench cushion to the main frame using the designated hardware. Ensure the adjustment mechanism for the cushion is correctly installed.
5. **Attach Leg Support Bar:** Secure the leg support bar to the front of the bench frame.
6. **Final Check:** Double-check all bolts and nuts to ensure they are tightened. Verify that all adjustable components move freely and lock securely into place.



Image: Fully assembled PayLessHere Adjustable Weight Bench with barbell rack and flat bench position.

OPERATING INSTRUCTIONS

1. Adjusting Barbell Rack Height

The barbell rack offers 3 different height adjustments to accommodate various exercises and user heights.

1. Locate the adjustment latch on the barbell rack posts.
2. Pull out the latch and slide the post to the desired height (34.6 in, 38.5 in, or 42.5 in).
3. Ensure the latch fully re-engages into the adjustment hole to secure the post.

3-SECTION HEIGHT ADJUSTMENT

Manually adjust the height used according to the height



Image: Close-up of the barbell rack height adjustment mechanism, showing the latch control and three height options (34.6, 38.5, 42.5 inches).

2. Adjusting Bench Cushion Angle

The bench cushion can be adjusted to 7 different angles, including flat, incline, and decline positions, to support a variety of exercises.

1. Locate the latch control mechanism under the bench cushion.
2. Pull the latch to release the cushion.
3. Adjust the cushion to the desired angle.
4. Release the latch and ensure it securely locks into one of the 7 available positions.

ADJUSTABLE CUSHION

Can be continuously adjusted according to fitness requirements of various intensities

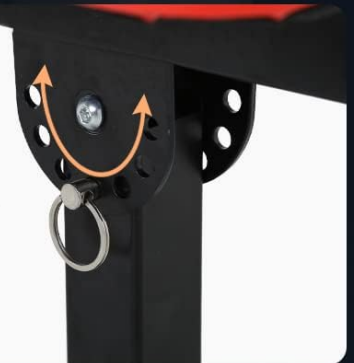


Multifunction



Adjustable

7 kinds of angles can be adjusted through the latch control



Negative angle

Ideal for increased intensity sit-ups, plank movements



Horizontal

Suitable for most sports that require equipment



Standing posture

Convenient and smart design is a boon for sports enthusiasts in small apartments

Image: Diagram illustrating the 7-angle adjustment for the bench cushion, including negative angle for sit-ups, horizontal for flat bench, and standing posture for dips.

3. Folding for Storage

The bench features a folding design for convenient storage in small spaces.

1. Ensure the bench cushion is in a flat or upright position, depending on the folding mechanism.
2. Follow the specific folding instructions provided with your unit, typically involving releasing a pin or latch and collapsing the frame.
3. Secure the folded bench with the integrated strap if available.



Image: The weight bench shown in its folded, upright position, demonstrating its space-saving design for storage.

4. Exercise Examples

This multi-functional bench supports various exercises:

- **Sit-ups:** Use the leg support bar to secure your feet.
- **Dip Station:** Utilize the integrated dip handles.
- **Weight Bench Exercises:** For dumbbell presses, rows, etc.
- **Barbell Rack Exercises:** For bench presses and squats.

MULTIPLE FUNCTIONS COMBINED

Suitable for fitness enthusiasts of all levels
spend one money to get more benefits



Sit-ups



Dip station



Weight bench



Barbell rack

Image: Illustrations depicting various exercises possible with the bench, including sit-ups, dip station, general weight bench use, and barbell rack exercises.

MAINTENANCE

- **Cleaning:** Wipe down the bench with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures.
- **Lubrication:** Periodically apply a small amount of lubricant to moving parts (e.g., adjustment pins) to ensure smooth operation.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bench feels unstable/wobbly	Loose fasteners; uneven surface.	Ensure all bolts and nuts are securely tightened. Move the bench to a flat, level surface. Check non-slip foot pads.
Adjustment pins are difficult to engage/disengage	Dirt/debris in holes; lack of lubrication.	Clean adjustment holes. Apply a small amount of lubricant to the pins.
Squeaking noises during use	Loose connections; friction between metal parts.	Tighten all fasteners. Apply lubricant to pivot points or areas of friction.
Bench does not fold smoothly	Obstruction; stiff hinges.	Check for any obstructions. Lubricate hinges and pivot points.
Cushion feels uncomfortable or worn	Normal wear and tear; improper cleaning.	Ensure regular cleaning. If severely worn, contact customer support for replacement options.
Barbell rack feels loose	Adjustment pin not fully engaged.	Ensure the adjustment pin is fully inserted and locked into the desired height hole.
Non-slip feet are missing or damaged	Wear and tear; accidental removal.	Contact customer support for replacement non-slip foot pads.
Product dimensions do not match expectations	Measurement discrepancy; misunderstanding of specifications.	Refer to the "Specifications" section for exact dimensions. Ensure measurements are taken correctly.
Weight capacity concerns	Misunderstanding of maximum load.	The maximum weight capacity is 330 lbs (150 kg). Do not exceed this limit.
Difficulty with assembly	Unclear instructions; missing tools/parts.	Review the "Setup and Assembly" section carefully. Ensure all parts are present. Contact customer support if parts are missing or instructions are unclear.
Product arrived damaged	Shipping damage.	Contact the seller or manufacturer immediately with details and photos of the damage.
General dissatisfaction with product	Expectations not met.	Contact customer support to discuss your concerns and potential solutions.

SPECIFICATIONS

Feature	Detail
Model Number	WB-EQ9247

Feature	Detail
Brand	PayLessHere
Material	Alloy Steel
Color	Black
Product Dimensions (L x W x H)	119.38 x 66.04 x 107.95 cm (47 x 26 x 42.5 inches)
Item Weight	13.15 kg (29 lbs)
Maximum Weight Capacity	330 lbs (150 kg)
Barbell Rack Height Adjustment	3 levels (34.6, 38.5, 42.5 inches)
Bench Cushion Angle Adjustment	7 positions (flat, incline, decline)
UPC	195030067595

Size Information



Image: Detailed size information and dimensions of the adjustable weight bench in both assembled and folded configurations.

WARRANTY AND SUPPORT

PayLessHere products are manufactured to high-quality standards. For warranty information, technical support, or to order replacement parts, please contact PayLessHere customer service. Refer to your purchase documentation for specific warranty terms and contact details.

If you have any questions or concerns regarding your product, please do not hesitate to reach out to our support team. We are committed to providing assistance and ensuring your satisfaction.

PRODUCT FEATURES OVERVIEW

Folding Design

Save Space and Easy to Storage



Image: Visual breakdown of key product features: comfortable seat, thickened bracket, sturdy and non-slip design, fixed feet, and non-slip feet for stability.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question