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OPPSDECOR Weight Bench PXZXYX1

OPPSDECOR 6-in-1 Weight Bench User Manual

Model: PXZXYX1

Introduction

This manual provides essential information for the safe and effective use of your OPPSDECOR 6-in-1 Weight Bench. Please read all instructions carefully before assembly and operation. This versatile weight bench is designed for comprehensive home gym strength training, offering multiple exercise options including flat bench presses, incline dumbbell bench press, preacher curls, leg extensions, and leg curls.



Figure 1: Fully assembled OPPSDECOR 6-in-1 Weight Bench, showcasing its multi-functional design with barbell and weights (weights not included).

Important Safety Instructions

- Consult a physician before starting any exercise program.
- Always inspect the equipment for loose parts or damage before each use. Ensure all screws are fully tightened.
- Do not exceed the maximum weight capacity of 660 lbs (300 kg).
- Keep children and pets away from the equipment during use.
- Use the equipment on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Perform exercises slowly and in a controlled manner.
- If you experience pain or dizziness, stop exercising immediately.

Setup and Assembly

The OPPSDECOR Weight Bench is designed for easy assembly. All necessary small parts are packaged to prevent spilling and loss. Refer to the included manual for detailed step-by-step instructions and diagrams.

1. Unpack all components and verify against the parts list in the manual.
2. Assemble the main frame components, ensuring all bolts and nuts are securely fastened.
3. Attach the backrest and seat cushions.
4. Install the leg extension/curl attachment and preacher curl pad.
5. Ensure all adjustable pins and knobs are correctly engaged before use.



Figure 2: Illustration of the adjustable features, including the 4-position backrest, 6 barbell rack positions, and 3 curl pad positions.

▶ **Watch video online**

Multifunctional Weight Bench Set

Video 1: Demonstrates the multifunctional setup of the weight bench, including assembly and adjustment points. This video is provided by the seller.

Operating Instructions and Exercises

The OPPSDECOR 6-in-1 Weight Bench offers a variety of exercises for a full-body workout. Adjust the bench and rack positions according to your exercise needs and body type.

Adjusting the Bench and Rack:

- **Backrest Adjustment:** Pull the adjustment pin located at the back of the bench to change the backrest angle (4 positions available).
- **Barbell Rack Adjustment:** Adjust the height of the barbell rack using the pins on the vertical supports (6 positions available).
- **Preacher Curl Pad Adjustment:** The preacher curl pad can be adjusted to 3 different positions for optimal arm support.

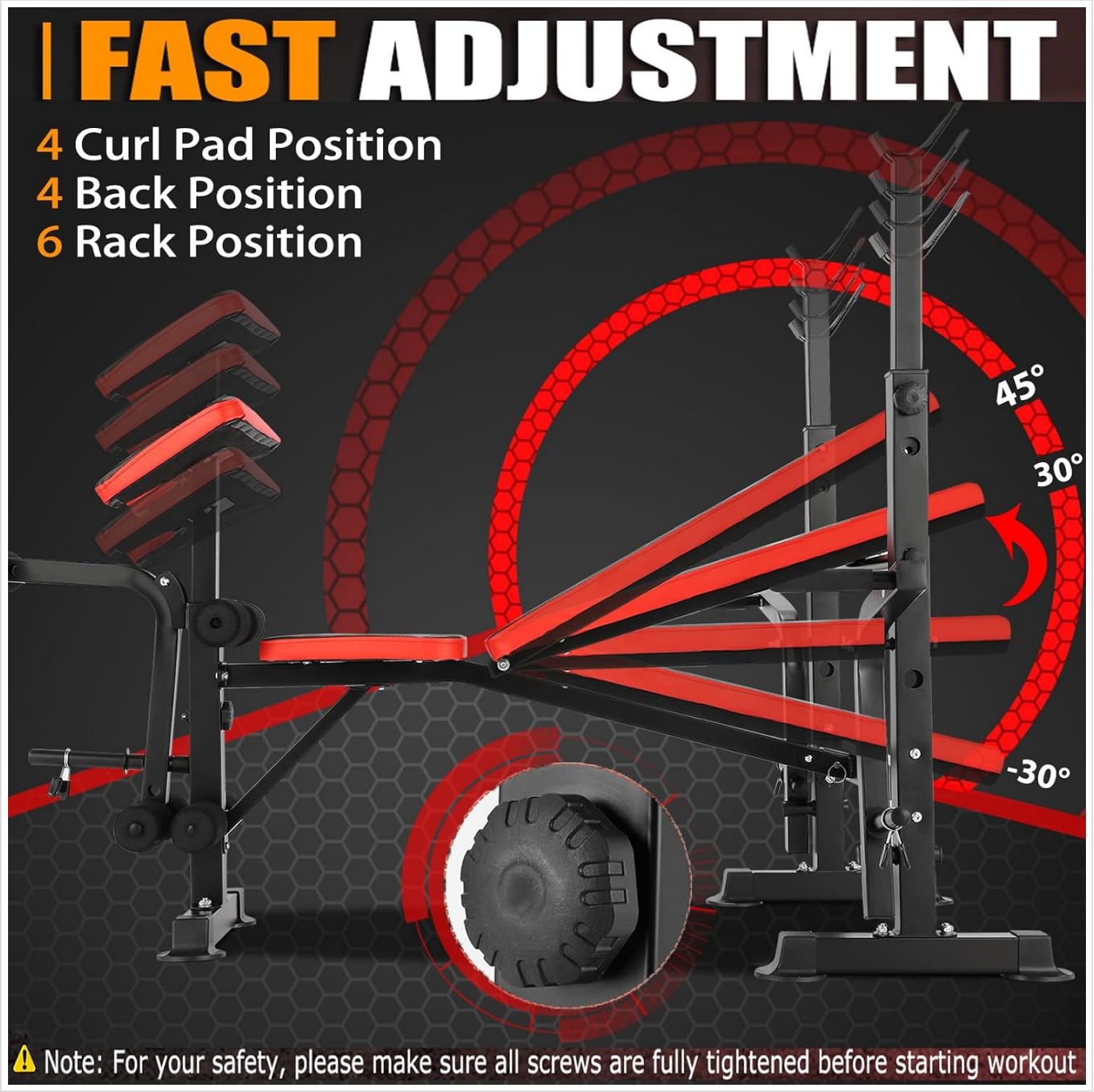


Figure 3: Visual guide to the fast adjustment system for the curl pad, backrest, and barbell rack, ensuring secure positioning.

Recommended Exercises:

Below are examples of exercises that can be performed using your weight bench. Always warm up before exercising and cool down afterwards.

1. Barbell Squat

Position the barbell on the rack at a comfortable height. Stand with feet shoulder-width apart, unrack the barbell, and perform squats, ensuring your back remains straight. Re-rack the barbell safely after your set.

▶ **Watch video online**
Barbell Squat Exercise

Video 2: Demonstrates proper form for barbell squats using the weight bench's squat rack feature. This video is provided by the seller.

2. Preacher Arm Curl

Sit on the bench with your arms resting on the preacher curl pad. Hold a dumbbell or barbell with an underhand grip. Curl the weight upwards, focusing on contracting your biceps, then slowly lower it back down.

▶ **Watch video online**
Preacher Arm Curl

Video 3: Illustrates the technique for performing preacher arm curls using the dedicated pad. This video is provided by the seller.

3. Leg Extension and Leg Curl

For leg extensions, sit on the bench with your shins under the padded bar. Extend your legs upwards, contracting your quadriceps. For leg curls, lie face down on the bench with your heels under the padded bar. Curl your legs upwards, contracting your hamstrings.

▶ **Watch video online**
Leg Extension And Curl

Video 4: Shows how to perform leg extensions and leg curls using the integrated leg developer. This video is provided by the seller.

4. Chest Fly Expansion

Lie on the bench with your back supported. Hold a dumbbell in each hand with a slight bend in your elbows. Lower the dumbbells out to your sides in a wide arc, then bring them back up over your chest, squeezing your pectoral muscles.

▶ **Watch video online**
Chest Fly Expansion

Video 5: Demonstrates the chest fly expansion exercise, targeting chest muscles. This video is provided by the seller.

5. Incline Bench Press

Adjust the backrest to an incline position. Lie on the bench with your feet flat on the floor. Unrack the barbell and lower it to your upper chest, then press it back up to the starting position.

▶ **Watch video online**
Incline Bench Press

Video 6: Shows the proper form for performing an incline bench press. This video is provided by the seller.



Figure 4: A collage demonstrating multiple exercises that can be performed with the OPPSDECOR 6-in-1 Weight Bench, including bench press, leg extension, and preacher curl.

Maintenance

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

- **Cleaning:** Wipe down the cushions and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners immediately.
- **Lubrication:** Apply a small amount of silicone-based lubricant to any moving parts (e.g., adjustment pins) if they become stiff.
- **Storage:** When not in use, the bench can be folded to save space. Ensure it is stored in a dry environment to prevent rust.



Figure 5: The weight bench in its folded configuration, highlighting its space-saving design for convenient storage.

Troubleshooting

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose fasteners or uneven surface.	Ensure all bolts and nuts are tightened. Place the bench on a flat, level surface. Check non-slip feet for wear.
Adjustment pins are difficult to move.	Lack of lubrication or dirt accumulation.	Clean the pins and apply a small amount of silicone-based lubricant.
Squeaking noises during use.	Friction between metal parts.	Identify the source of the squeak and apply lubricant to the contact points.

Specifications

- **Model:** PXZXYX1
- **Brand:** OPPSDECOR
- **Material:** Steel, Leather, Foam
- **Weight Limit:** 660 lbs (300 kg)
- **Unfolded Dimensions:** 59.8" L x 55.1" W x 50.4" H (152 x 140 x 128 cm)
- **Height Adjustment:** 38.6" - 50.4" (98 - 128 cm)
- **Seat Size:** 13.0" x 12.6" (33 x 32 cm)
- **Back Cushion Size:** 29.1" x 12.6" (74 x 32 cm)
- **Front Cushion Size:** 19.1" x 10.5" (49 x 27 cm)
- **Item Weight:** 31.2 kg (68.78 lbs)
- **Color:** Red

Warranty and Support

OPPSDECOR is confident in the quality of its weight benches. All parts come with a lifetime cover. If you encounter any issues with your product, please do not hesitate to contact us. We are committed to responding and resolving your concerns within 24 hours. Your satisfaction is our top priority.
For support, please refer to the contact information provided in your product packaging or visit the official OPPSDECOR website.
Note: Barbell and weights are not included with the weight bench.

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