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AHB 60" with black leg

AHB 60" Adjustable Height Workbench User Manual

Model: 60" with black leg

Introduction

Thank you for choosing the AHB 60" Adjustable Height Workbench. This heavy-duty workstation is designed to provide a durable and versatile surface for a wide range of tasks, from garage projects to office work. Featuring a solid wood top, a robust steel frame, and integrated power outlets, this workbench is built for efficiency and longevity.
Please read this manual thoroughly before assembly and use to ensure safe operation and proper maintenance of your workbench. Keep this manual for future reference.

Safety Information

- Always ensure the workbench is placed on a level and stable surface before use.
- Do not exceed the maximum weight capacity of 2000 LBS (907 kg).
- Keep hands and fingers clear of moving parts when adjusting the height.
- Ensure all screws and bolts are securely tightened before applying weight or beginning work.
- Do not use the integrated power outlets if the cord or plug is damaged.
- Avoid spilling liquids directly onto the power outlets.

Setup and Assembly

The AHB workbench is designed for easy assembly. It is recommended to have a second person assist during certain steps. All necessary hardware is included.

Components Overview

- Solid Wood Tabletop
- Steel Leg Frames (x2)
- Steel Crossbars
- Integrated Power Strip with Cord
- Adjustable Leveling Feet
- Assembly Hardware (screws, bolts, washers, nuts)
- Tools (Hex key/wrench, screwdriver - typically included)



This image illustrates the key dimensions of the workbench: 60 inches in length, 22 inches in width, and an adjustable height range from 29.7 inches to 38.6 inches.

Assembly Instructions

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, soft surface to prevent scratches. Verify all components are present against the packing list.
2. **Attach Leg Frames to Tabletop:** Position the tabletop upside down. Align the steel leg frames with the pre-drilled holes on the underside of the tabletop. Secure them using the provided screws. **Important: Leave all screws loose at this stage.**
3. **Install Crossbars:** Attach the steel crossbars between the leg frames. Ensure they are correctly oriented. Secure with screws, again, leaving them loose.
4. **Mount Power Strip:** Locate the designated mounting area for the power strip, typically on one of the leg frames. Secure the power strip using the smaller screws provided.
5. **Attach Adjustable Feet:** Screw the adjustable leveling feet into the bottom of each leg.

6. **Tighten All Screws:** Once all components are assembled and aligned, systematically tighten all screws and bolts securely. This ensures the workbench is stable and rigid.
7. **Flip Workbench:** With assistance, carefully flip the workbench upright onto its feet.

Operating Instructions

Adjusting Workbench Height

The AHB workbench features a 3-level adjustable height mechanism, allowing you to customize the working height to suit your needs, whether sitting or standing. No additional tools are required for adjustment.



Detailing the workbench's adjustable height feature, this image shows the three available height settings: 29.7 inches, 34.1 inches, and 38.6 inches, which can be changed without additional tools.

1. **Empty Workbench:** Remove all items from the workbench surface before attempting to adjust the height.
2. **Locate Adjustment Pins:** On each leg, you will find a set of holes and a corresponding adjustment pin or bolt.

3. **Lift and Adjust:** With assistance, slightly lift one side of the workbench. Pull out the adjustment pin on that leg. Move the leg up or down to the desired height setting (29.7", 34.1", or 38.6") and reinsert the pin securely into the corresponding hole. Ensure the pin is fully engaged.
4. **Repeat for Other Side:** Repeat the process for the other leg, ensuring both sides are set to the same height.
5. **Verify Stability:** Gently shake the workbench to confirm it is stable and both legs are securely locked at the chosen height.

Using the Integrated Power Outlets

The workbench is equipped with an ETL-certified power strip for convenient access to power for your tools and devices.



This detailed image highlights the workbench's features: ETL certified power outlets with 4 AC and 2 USB ports, a power switch, integrated wire wrapping for organization, the thick solid wood top, precision-cut steel frame, and heavy-duty non-slip adjustable feet.

- **Plug In:** Connect the workbench's power cord to a standard 120V AC wall outlet.
- **Power On/Off:** Use the red switch on the power strip to turn the power outlets on or off.

- **AC Outlets:** The power strip provides 4 standard AC outlets (120V 12A) for powering tools, lamps, and other electrical devices.
- **USB Ports:** Two 5V 2A USB ports are available for charging mobile phones, tablets, and other USB-powered devices.
- **Wire Wrapping:** Utilize the integrated wire wrapping feature to organize and protect the power cord when not in use or for cable management.



The workbench in a workshop setting, demonstrating its utility for various projects. A person is shown using a circular saw, emphasizing the convenience of the built-in power outlets for tools.



This image showcases the versatility of the workbench, illustrating its potential use as a computer desk, a dining table, and a traditional garage workbench, adapting to various home and office needs.

Maintenance

Regular maintenance will help prolong the life and appearance of your AHB workbench.

- **Cleaning:** Wipe down the wood tabletop and steel frame with a soft, damp cloth. For stubborn dirt, a mild soap solution can be used, followed by wiping with a clean, dry cloth. Avoid abrasive cleaners or harsh chemicals that could damage the finish.
- **Wood Care:** The solid wood top can be periodically treated with a wood conditioner or oil to maintain its luster and protect it from moisture. Follow the instructions of the wood care product.
- **Hardware Check:** Periodically inspect all screws, bolts, and connections to ensure they remain tight. Retighten as necessary to maintain stability.
- **Power Strip:** Keep the power outlets clean and free of dust and debris. Do not attempt to disassemble the power strip.

Troubleshooting

Problem	Possible Cause	Solution
Workbench is wobbly or unstable.	Loose assembly screws; uneven floor; adjustable feet not properly set.	Ensure all assembly screws are fully tightened. Adjust the leveling feet to compensate for uneven flooring.
Power outlets are not working.	Power switch is off; power cord not plugged in; circuit breaker tripped.	Ensure the red power switch on the strip is in the 'ON' position. Verify the power cord is securely plugged into a wall outlet. Check your home's circuit breaker.
Difficulty adjusting height.	Weight on workbench; adjustment pins stuck or misaligned.	Remove all items from the workbench. Ensure pins are fully retracted before attempting to move the leg. Check for any obstructions in the adjustment holes.

Specifications

Feature	Detail
Model	AHB 60" Workbench (60" with black leg)
Tabletop Material	Solid Rubber Wood
Frame Material	Precision Cut Steel
Overall Dimensions (L x W)	60" x 22" (152.4 cm x 55.9 cm)
Adjustable Height Range	29.7" - 38.6" (75.4 cm - 98 cm)
Height Settings	29.7", 34.1", 38.6"
Max Weight Capacity	2000 LBS (907 kg)
Power Outlets	4 AC Outlets (120V 12A)
USB Ports	2 USB Ports (5V 2A)
Power Strip Certification	ETL Certified
Color	Black (frame), Natural Wood (top)



A visual representation of the workbench's robust construction, showing it supporting several large water bottles to demonstrate its impressive maximum weight capacity of 2000 pounds.

Warranty and Support

For any questions, concerns, or assistance with your AHB workbench, please contact AHB customer support. Please have your model number and purchase information ready when contacting support.
Contact information can typically be found on the AHB official website or through your point of purchase.

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