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> [Yes4All Yoga Headstand Bench \(Model V5DW\) Instruction Manual](#)

Yes4All V5DW

Yes4All Yoga Headstand Bench (Model V5DW) Instruction Manual

Brand: Yes4All | Model: V5DW

INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Yes4All Yoga Headstand Bench. Designed for balance training, core strengthening, and inversion exercises, this bench offers a stable platform to enhance your yoga practice. Please read all instructions carefully before assembly and use.

SAFETY INFORMATION

- **Maximum Weight Limit:** Do not exceed the maximum weight limit of 330 lbs (approximately 150 kg).
- **Proper Assembly:** Ensure the stool is assembled correctly and all fasteners are securely tightened before each use.
- **Supervised Use:** Beginners should use the bench under supervision or with a spotter until comfortable and stable.
- **Clear Area:** Always use the bench in a clear area, free from obstructions.
- **Listen to Your Body:** Discontinue use if you experience any pain or discomfort. Consult a healthcare professional if you have pre-existing medical conditions.

PRODUCT OVERVIEW

The Yes4All Yoga Headstand Bench is constructed with a sturdy wooden frame and features comfortable PU pads with thick foam for support during various exercises. Its design facilitates safe inversion and assists in developing core strength and balance.

Key Features:

- PE Foam Pad and PU Leather for comfort and durability.
- Wooden frame for stability.

- Designed for yoga headstands, inversion therapy, balance training, and core strengthening.



Image: The Yes4All Yoga Headstand Bench in use, demonstrating a headstand pose. The bench features a light wood frame and a black U-shaped padded cushion.

ASSEMBLY INSTRUCTIONS

The Yes4All Yoga Headstand Bench requires minimal assembly. All necessary tools and instructions are included in the package. Follow the steps below for proper setup:

1. Unpack all components and verify against the parts list provided in the included assembly instructions.
2. Attach the wooden frame pieces using the provided screws and hex key. Ensure all connections are firm.
3. Secure the padded cushion to the top of the assembled wooden frame.
4. Double-check all screws and connections to ensure they are tightly fastened before initial use.

OPERATING INSTRUCTIONS & USAGE

The Headstand Bench is designed to assist with various yoga poses and inversion exercises. Always ensure proper form and listen to your body.

Performing a Headstand:

1. Place the bench on a stable, non-slip surface.
2. Kneel in front of the bench with your head positioned through the U-shaped opening of the cushion, ensuring your shoulders rest comfortably on the pads.
3. Grip the sides of the bench firmly with your hands.
4. Slowly lift your hips, walking your feet closer to the bench.
5. Engage your core and gently lift your legs towards the ceiling, using the bench for support and stability.
6. Maintain a straight line from your shoulders to your feet. Hold the pose for a comfortable duration.
7. To exit the pose, slowly lower your legs back to the starting position.

Additional Uses:

- **Stretching:** Use the bench to deepen forward folds or other stretches by placing hands or feet on it.
- **Seated Poses:** The bench can be used as a comfortable seat for meditation or other seated yoga postures.
- **Core Work:** Incorporate the bench into core strengthening exercises, such as planks with feet elevated.

MAINTENANCE

To ensure the longevity and hygiene of your Yoga Headstand Bench, follow these maintenance guidelines:

- **Cleaning:** Wipe the bench with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals that may damage the wood or upholstery.
- **Inspection:** Regularly inspect all screws and connections for tightness. Re-tighten if necessary to maintain stability.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight to prevent material degradation.

TROUBLESHOOTING

If you encounter any issues with your Yes4All Yoga Headstand Bench, consider the following:

- **Wobbling:** If the bench wobbles, check that all screws are fully tightened and that the bench is on a flat, even surface. Uneven flooring can cause instability.
- **Assembly Difficulties:** Some users have reported issues with screw alignment during assembly. Ensure you follow the included instructions carefully. If holes do not align perfectly, try loosening all screws slightly, fitting the pieces, and then tightening them gradually.
- **Discomfort:** If you experience discomfort during use, ensure your head and shoulders are correctly positioned on the U-shaped cushion. Adjust your body alignment as needed.

SPECIFICATIONS

Feature	Detail
Product Dimensions	24.6"D x 7.1"W x 15.2"H
Color	A. Black
Brand	Yes4All
Style	Yoga Stool
Furniture Finish	Wood
Leg Style	Wooden
Maximum Weight Recommendation	330 lbs (150 kg)
Product Care Instructions	Wipe with Damp Cloth
Assembly Required	Yes (Instructions Included)
Number of Pieces	1
Material	Wood
Suggested Users	All ages
Model Name	Yes4all Yoga Headstand Bench with PU Pads and Thickness Foam, Wooden Yoga Inversion Chair for Balance Training, Core Strengthening
UPC	810073386754



Image: Detailed dimensions of the Yes4All Yoga Headstand Bench, showing its length, width, and height.

WARRANTY AND SUPPORT

Your Yes4All Yoga Headstand Bench comes with a **30-day return policy** and a **1-year warranty**. For any questions, concerns, or warranty claims, please contact Yes4All customer support through their official website or the retailer where the product was purchased.

Related Documents - V5DW

	<p>Yes4All Wooden Yoga Stool Assembly Instructions and User Guide Comprehensive guide for assembling and using the Yes4All Wooden Yoga Stool, including safety warnings, warranty information, and troubleshooting tips. Features multilingual support.</p>
	<p>Yes4All Aerobic Deck User Manual and Safety Guide Comprehensive guide for using the Yes4All Aerobic Deck, including assembly, adjustment, safety precautions, and warranty information. Learn how to safely set up and utilize the aerobic step for your workouts.</p>
	<p>Yes4All Portable Home Gym System: Setup Guide and Workout Exercises Comprehensive guide to setting up and using the Yes4All Portable Home Gym System. Includes detailed instructions for each component and a wide range of exercises for full-body training.</p>

