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Lusper LPUSAM-FWBA-CILS45-BK00-V1

Lusper Weight Bench Instruction Manual

Model: LPUSAM-FWBA-CILS45-BK00-V1

IMPORTANT SAFETY INFORMATION

Before using the Lusper Weight Bench, please read and understand all instructions and safety warnings in this manual. Failure to follow these instructions may result in serious injury or property damage.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Always place the weight bench on a flat, stable surface.
- Inspect the bench for loose parts, damage, or wear before each use. Do not use if damaged.
- Ensure all adjustment pins and fasteners are securely locked in place before beginning your workout.
- Do not exceed the maximum weight capacity of 880 pounds (400 kg). This includes user weight plus any weights being lifted.
- Use proper lifting techniques and always use a spotter when lifting heavy weights.
- Do not modify the equipment in any way.

PACKAGE CONTENTS

Carefully unpack all components and verify that you have received all items listed below. If any parts are missing or damaged, do not proceed with assembly and contact Lusper customer support.

- Main Frame Assembly
- Backrest Pad
- Seat Pad
- Headrest Pad
- Front Stabilizer
- Rear Stabilizer
- Footrest Rollers (2)
- Adjustment Pins (various)
- Hardware Kit (bolts, washers, nuts, assembly tools)

SETUP AND ASSEMBLY

Assembly typically requires two people and takes approximately 15-30 minutes. Ensure you have adequate space and all components before starting.

1. **Unpack Components:** Remove all parts from the packaging and lay them out on a clean, flat surface. Verify all parts are present according to the package contents list.
2. **Attach Stabilizers:** Secure the Front Stabilizer and Rear Stabilizer to the main frame using the provided bolts, washers, and nuts. Ensure they are tightened securely.
3. **Install Footrest Rollers:** Slide the foam rollers onto the footrest bar and secure them with the end caps or retaining clips.
4. **Attach Pads:** Mount the Backrest Pad, Seat Pad, and Headrest Pad to their respective positions on the main frame using the pre-drilled holes and hardware. Ensure they are firmly attached.
5. **Final Inspection:** Once assembled, double-check all bolts and pins to ensure they are tight and secure. Test all adjustment mechanisms to confirm proper function.



Image: Fully assembled Lusper Weight Bench, ready for use.



ZERO GAP NO STUCKING

Pull & Slide, Gap Adjustment Made Easy



Image: Detail of the stable double-legged frame and wide base design.

OPERATING INSTRUCTIONS

The Lusper Weight Bench offers multiple adjustment options for various exercises and user comfort.

Adjusting Backrest, Seat, and Headrest

The bench features multiple positions for the backrest, seat, and headrest to accommodate different exercises and user preferences.

1. **Backrest Adjustment:** Locate the adjustment pin or lever at the base of the backrest. Pull the pin out, adjust the backrest to the desired angle (7 positions available), and release the pin to lock it securely into a hole.
2. **Seat Adjustment:** Find the seat adjustment mechanism. Pull the pin or lever, move the seat to one of the 4 available positions, and ensure the pin locks into place.
3. **Headrest Adjustment:** The headrest can be adjusted to 2 positions. Locate the adjustment point, set to the desired height, and secure.
4. **Footrest Adjustment:** The footrest offers 3 positions. Adjust by pulling the pin and sliding the bar to the desired position, then re-engaging the pin.



ADJUSTABLE IN ALL POSITIONS

All Bench Positions
You'll Ever Need



7 Backrest Position

4 Seat Position

3 Footrest Position

2 Headrest Position

Image: Adjustment points for backrest, seat, headrest, and footrest.

Zero-Gap Adjustment

The zero-gap feature allows for seamless transition between the seat and backrest, enhancing comfort and support during exercises.

- To adjust the gap, locate the sliding mechanism between the seat and backrest.
- Pull the adjustment handle and slide the seat forward or backward to eliminate any gap with the backrest.

- Release the handle to lock the seat in the desired position.



Image: Demonstration of the zero-gap feature for improved comfort.

Folding for Storage

The Lusper Weight Bench is designed for quick and easy folding, allowing for compact storage.

1. **Lower Backrest:** Adjust the backrest to its lowest (flat) position.

2. **Fold Main Frame:** Locate the folding mechanism (usually a pin or lever) near the base of the bench. Disengage the lock and fold the bench upwards, bringing the front and rear stabilizers closer together.
3. **Secure in Folded Position:** Ensure the bench is securely locked in its folded position to prevent accidental unfolding.
4. **Store:** The folded bench can be stored vertically to save space.



**5-SEC
FAST FOLDING**
Saves 80%+ of Your Space

Image: The weight bench in its folded, space-saving configuration.

MAINTENANCE AND CARE

Regular maintenance will ensure the longevity and safe operation of your Lusper Weight Bench.

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect all bolts, nuts, and adjustment pins for tightness. Tighten any loose fasteners. Check for any signs of wear, cracks, or damage to the frame, pads, or moving parts.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts and adjustment mechanisms if they become stiff or squeaky.
- **Storage:** Store the bench in a dry, cool environment away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter any issues with your Lusper Weight Bench, refer to the following common problems and solutions:

- **Bench feels unstable or wobbly:**

Solution: Ensure the bench is on a flat, level surface. Check all assembly bolts and nuts for tightness and re-tighten if necessary. Verify that the front and rear stabilizers are fully extended and locked.

- **Difficulty adjusting backrest/seat:**

Solution: Ensure the adjustment pin is fully disengaged before attempting to move the component. Check for any obstructions or debris in the adjustment holes. Apply a small amount of lubricant to the moving parts if they are stiff.

- **Squeaking noises during use:**

Solution: Identify the source of the squeak. It is often caused by loose fasteners or friction between moving metal parts. Tighten any loose bolts and apply a small amount of lubricant to pivot points.

- **Bench does not fold easily:**

Solution: Ensure the backrest is in its lowest position. Check that the folding mechanism is fully disengaged. Lubricate the folding pivot points if resistance is felt.

If these solutions do not resolve the issue, please contact Lusper customer support.

SPECIFICATIONS

Feature	Specification
Brand	Lusper
Model Number	LPUSAM-FWBA-CILS45-BK00-V1
Maximum Weight Capacity	880 Pounds (400 kg)
Frame Material	Alloy Steel
Product Dimensions (L x W x H)	124.97 x 34.29 x 45.97 cm
Item Weight	14.51 kg (32 Pounds)
Color	Black / Orange



880LBS



Image: Visual representation of the 880 LB weight capacity.

WARRANTY AND SUPPORT

Lusper stands behind the quality of its products. For specific warranty details, including coverage period and terms, please refer to the warranty card included with your purchase or visit the official Lusper website.

If you require technical assistance, have questions about assembly or operation, or need to make a warranty claim,

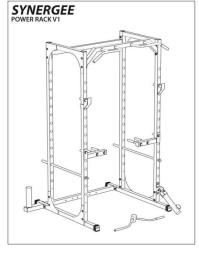
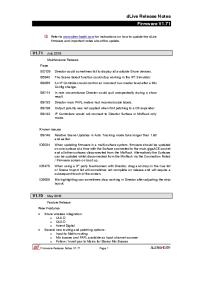
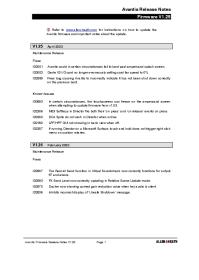
please contact Lusper customer support through the following channels:

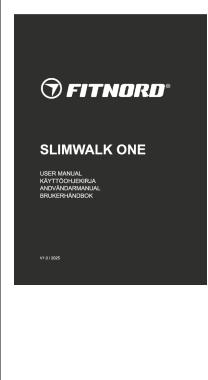
- **Website:** Visit the official Lusper website for FAQs and contact information.
- **Email:** Refer to your product packaging or warranty card for the customer support email address.
- **Phone:** Contact numbers may be available on the Lusper website or product documentation.

Please have your model number (LPUSAM-FWBA-CILS45-BK00-V1) and proof of purchase ready when contacting support.

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Related Documents - LPUSAM-FWBA-CILS45-BK00-V1

	<p><u>Lusper Dumbbell, Barbell & Kettlebell Workouts Guide</u></p> <p>A comprehensive guide to dumbbell, barbell, and kettlebell exercises for a full-body workout, including detailed instructions and tips for proper form.</p>
	<p><u>Synergee Power Rack V1 Assembly and Safety Guide</u></p> <p>Comprehensive assembly instructions and safety guidelines for the Synergee Power Rack V1, including parts list, hardware details, and important usage warnings.</p>
	<p><u>Allen & Heath dLive Firmware Release Notes V1.71</u></p> <p>Release notes for Allen & Heath dLive firmware version 1.71, detailing fixes, known issues, and new features for various firmware versions from V1.71 down to V1.0.</p>
	<p><u>Avantis Firmware Release Notes V1.25</u></p> <p>Comprehensive release notes for the Allen & Heath Avantis digital audio mixer firmware, detailing fixes, improvements, new features, and known issues across multiple versions from V1.25 down to V1.00.</p>



[FitNord SlimWalk One User Manual: Setup, Operation, and Safety Guide](#)

Comprehensive user manual for the FitNord SlimWalk One treadmill, covering assembly, technical specifications, safety guidelines, maintenance, and troubleshooting. Learn how to safely operate and maintain your FitNord treadmill.