



Manuals.plus /

› tectake /

› tectake Abdominal Workout Bench Model 404160 Instruction Manual

## tectake 404160

# tectake Abdominal Workout Bench Model 404160 Instruction Manual

Your guide to safe and effective use of your tectake fitness equipment.

## 1. INTRODUCTION AND OVERVIEW

---

Thank you for choosing the tectake Abdominal Workout Bench, Model 404160. This versatile fitness equipment is designed to support a comprehensive home workout, focusing on abdominal muscles, while also allowing for exercises targeting the chest, back, and arms with the included accessories. The bench features 6 adjustable height levels to customize workout intensity, a comfortable padded surface, and foam leg rests for support. This manual provides essential information for assembly, safe operation, and maintenance to ensure a long-lasting and effective fitness experience.

## 2. SAFETY INSTRUCTIONS

---

Please read all safety instructions carefully before assembling or using the abdominal workout bench. Failure to follow these instructions may result in injury or damage to the product.

- **Consult a Physician:** Before starting any new exercise program, consult with a healthcare professional, especially if you have pre-existing medical conditions.
- **Weight Limit:** The maximum user weight capacity for this bench is **100 kg (220 lbs)**. Do not exceed this limit.
- **Proper Assembly:** Ensure all parts are correctly assembled and tightened according to the assembly instructions before use. Regularly check all bolts and nuts for tightness.
- **Stable Surface:** Use the bench on a flat, stable, and non-slip surface to prevent tipping or movement during exercise.
- **Clear Area:** Maintain a clear area around the bench during use to avoid obstructions.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Proper Form:** Always use proper exercise form to prevent injury. If you experience pain or discomfort, stop exercising immediately.
- **Inspection:** Before each use, inspect the bench for any signs of wear, damage, or loose parts. Do not use if damaged.

## 3. PACKAGE CONTENTS

---

Carefully unpack all components and verify that you have received the following items:

- 1 x tectake Abdominal Workout Bench
- 2 x Resistance Bands (training ropes)
- 2 x Dumbbells (approx. 1.5 kg each)
- Assembly Hardware
- Assembly Instructions (separate document)

If any items are missing or damaged, please contact customer support immediately.

## 4. SETUP AND ASSEMBLY

---

The tectake Abdominal Workout Bench requires assembly. Please refer to the separate, detailed assembly instructions included in your package for step-by-step guidance. Ensure you have all listed components and the necessary tools before beginning assembly.

### **Key Assembly Points:**

- Lay out all parts on a clean, flat surface.
- Follow the numerical order of steps provided in the assembly manual.
- Do not fully tighten all bolts until instructed, as some parts may need slight adjustment.
- Once assembled, double-check all connections to ensure they are secure and stable.

# tectake

sport & wellness



## Stevig frame

van gelakt staal, is uiterst robuust en stabiel



## 6 hoogte-instellingen

om de moeilijkheidsgraad aan te passen



## Slimme opvouwfunctie

snelle op- & afbouw, compacte opberging



## Gevoerd ligvlak

& schuimstofrollen voor aangenaam comfort



## Veelzijdig inzetbaar

2 trainingstouwen met grepen & 2 halters



## 100% stabiliteit

dankzij vloerbeschermende en antislipvoetjes



Image: Overview of the tectake abdominal workout bench, showing its sturdy frame, adjustable height, folding function, padded surface, and included accessories.

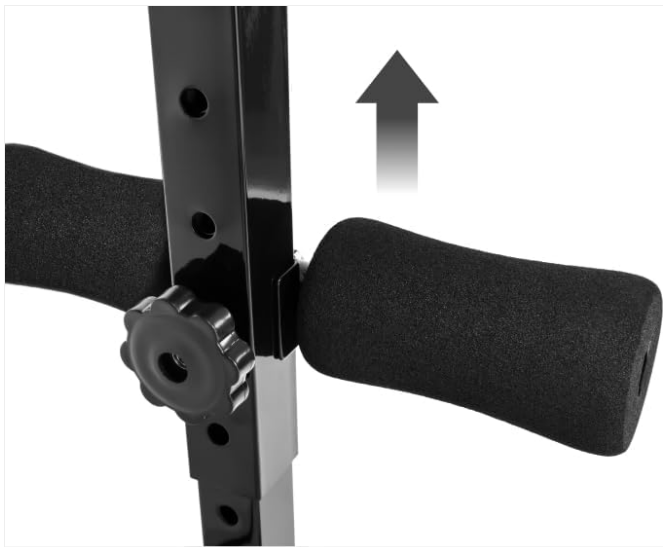
## 5. OPERATING INSTRUCTIONS

This section details how to use your tectake Abdominal Workout Bench effectively and safely.

### 5.1 Adjusting Height Levels

The bench offers 6 adjustable height levels to vary the intensity of your abdominal exercises. A higher incline increases the difficulty.

1. Locate the adjustment knob or pin mechanism near the leg rests.
2. Pull out or loosen the knob/pin.
3. Adjust the bench to your desired height level.
4. Ensure the knob/pin is securely re-inserted and tightened before use.



De hoogte kan in **6 standen** worden aangepast, passend bij **verschillende moeilijkheidsgraden**.



Met de **2 meegeleverde halters van 1,5 kg** train je de spieren van het bovenlichaam optimaal.



Het **gestoffeerde ligvlak** & de **beensteunen van schuimrubber** zorgen voor veel ligcomfort.



De **elastische spanbanden** met **zachte grip** zorgen voor een nog afwisselendere training.

Image: Detailed view of the bench's height adjustment mechanism, showing how to select one of the 6 levels. Also visible are the included dumbbells and resistance band handles.

## 5.2 Using the Resistance Bands

The two included resistance bands can be used for various upper body exercises, such as rows, chest presses, and arm curls, while seated or lying on the bench.

- Attach the resistance bands to the designated anchor points on the bench (if applicable, otherwise they are integrated).
- Hold the soft-grip handles firmly.
- Perform controlled movements, focusing on muscle contraction.
- Ensure the bands are not twisted or frayed before use.



Image: A user demonstrating an exercise using the resistance bands attached to the abdominal workout bench, highlighting their versatility for upper body workouts.

### 5.3 Using the Dumbbells

The two 1.5 kg dumbbells can be used for light strength training exercises, complementing your abdominal workout.

- Use the dumbbells for exercises such as bicep curls, tricep extensions, or light chest presses.
- Always maintain a firm grip on the dumbbells.
- Store them safely when not in use to prevent tripping hazards.

### 5.4 Folding and Storage

The tectake Abdominal Workout Bench features a smart folding function for compact storage, ideal for homes with limited space.

1. Ensure the bench is empty and all accessories are removed.
2. Follow the specific folding instructions provided in your assembly manual. This typically involves releasing a locking mechanism and collapsing the frame.
3. Once folded, store the bench in a safe, dry place away from high traffic areas.

## VOLGENDE STOP Topvorm!



**tectake**  
sport & wellness

Met deze stevige sit-upbank ben je in een mum van tijd fit! Dankzij de 6 hoogte-instellingen pas je de intensiteit van de oefeningen eenvoudig aan op jouw trainingsniveau. De 2 dumbbells en spanbanden maken bovendien veelzijdige trainingen voor verschillende spiergroepen mogelijk.

Image: The abdominal workout bench is shown in various stages, including its folded configuration, demonstrating its space-saving design for easy storage.

## 6. MAINTENANCE

---

Regular maintenance will ensure the longevity and safe operation of your tectake Abdominal Workout Bench.

- **Cleaning:** Wipe down the padded surface and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, and dry thoroughly. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the bench in a dry environment, away from direct sunlight and extreme temperatures, to prevent material degradation.
- **Resistance Bands:** Inspect resistance bands for cracks, tears, or stretching before each use. Replace immediately if any damage is found.

## 7. TROUBLESHOOTING

---

If you encounter any issues with your abdominal workout bench, please refer to these general troubleshooting tips:

- **Bench feels unstable:**

- Ensure all assembly bolts are securely tightened.
- Verify the bench is on a flat, even surface.
- Check that the height adjustment pin/knob is fully engaged.

- **Difficulty adjusting height:**

- Ensure the adjustment mechanism is free of obstructions.
- Apply slight pressure to the bench while adjusting to relieve tension on the pin/knob.

- **Squeaking noises:**

- Check and tighten all bolts and connections.
- Apply a small amount of silicone lubricant to pivot points if necessary (avoiding foam or padded areas).

If the problem persists, please contact tectake customer support.

## 8. SPECIFICATIONS

---

Detailed technical specifications for the tectake Abdominal Workout Bench Model 404160:

<b>Model Number</b>	404160
<b>Brand</b>	tectake
<b>Total Dimensions (L x W x H)</b>	Approx. 129 cm x 55 cm x 70 cm
<b>Folded Dimensions (L x W x H)</b>	Approx. 145 cm x 70 cm x 20 cm
<b>Padding Dimensions (L x W x H)</b>	Approx. 91 cm x 30 cm x 3 cm
<b>Steel Frame Dimensions (L x W)</b>	Approx. 4 cm x 4 cm
<b>Resistance Band Strength</b>	Max. 90 N
<b>Resistance Band Length</b>	Approx. 85 cm each
<b>Foam Roller Diameter</b>	Approx. 7 cm
<b>Maximum Load Capacity</b>	100 kg (220 lbs)
<b>Product Weight</b>	Approx. 10.2 kg
<b>Dumbbell Weight</b>	Approx. 1.5 kg each
<b>Materials</b>	Steel, Polyvinyl Chloride, Poplar Plywood, Polyethylene, Nitrile Rubber
<b>Color</b>	Black

## AFMETINGEN

**Totale afmetingen**

129 x 55 x 70 cm

**Ingeklapt**

145 x 70 x 20 cm

**Lengte per expanderkoord**

85 cm

**Diameter schuimstofrollen**

7 cm

## TECHNISCHE DETAILS

**Draagkracht** 100 kg

**Gewicht** ca. 10 kg

**Gewicht per halter** ca. 1,5 kg

**Weerstand expanders** max. 90 N

**Materiaal** staal, polyvinylchloride,  
populierenhout, polyethyleen,  
nitrilrubber

## INHOUD

**Sit-upbank**

**2 trainingstouwen**

**2 halters**

**Montagemateriaal**

**Montagehandleiding**

Afmetingen zijn bij benadering



Image: A visual representation of the product's dimensions and key technical specifications, including overall size, padding, and weight capacity.

## 9. WARRANTY AND SUPPORT

**Warranty Information:** Specific warranty terms and conditions are typically provided with your purchase documentation or can be found on the manufacturer's official website. Please retain your proof of purchase for warranty claims.

**Customer Support:** For any questions, missing parts, or technical assistance, please contact the retailer where you purchased the product or visit the official tectake website for customer service contact information.