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› [Tunturi](#) /

› [Tunturi Centuri UB100 Weight Bench Instruction Manual](#)

Tunturi UB100

Tunturi Centuri UB100 Weight Bench

INSTRUCTION MANUAL

1. Introduction

Thank you for choosing the Tunturi Centuri UB100 Weight Bench. This adjustable fitness bench is designed to support a wide range of strength training exercises for your upper body, core, and legs. To ensure safe and effective use, please read this manual thoroughly before assembly and operation. Keep this manual for future reference.

2. Safety Information

Warning: Improper use of this equipment can result in serious injury. Always follow these safety guidelines:

- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Do not exceed the maximum weight capacity of **200 kg (user + weights)**.
- Keep children and pets away from the equipment during use.
- Use the bench on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Inspect the bench regularly for any signs of wear or damage. Do not use if damaged.

3. Package Contents

Please refer to the packing list included with your product to ensure all components are present. If any parts are missing or damaged, contact Tunturi customer support immediately.

4. Setup and Assembly

Assembly requires careful attention to detail. It is recommended to have two people for assembly. Ensure you have adequate space and the necessary tools (usually wrenches and Allen keys, often included).

1. Unpack all components and lay them out on a clean, flat surface.
2. Identify all parts using the provided parts list and diagrams.
3. Follow the step-by-step assembly instructions provided in the separate assembly guide.
4. Ensure all connections are tightened securely, but do not overtighten until instructed.
5. Once assembled, double-check all bolts and nuts for tightness.



Figure 4.1: Side view of the Tunturi Centuri UB100 Weight Bench, illustrating its overall structure.

5. Operating Instructions

The Tunturi Centuri UB100 offers multiple adjustment options to customize your workout.

5.1. Adjusting the Backrest

The backrest can be adjusted to 6 different angle positions: 0°, 20°, 37°, 52°, and 70°. To adjust, lift the backrest slightly, pull the adjustment pin, set it to the desired angle, and ensure the pin locks securely into place.



Figure 5.1: Close-up of the backrest padding, showing the Tunturi logo.



Figure 5.2: Detail of the backrest adjustment mechanism, showing the secure locking points.

5.2. Adjusting the Seat

The seat offers 4 angle positions: 0°, 5°, 10°, and 15°. Adjust the seat to complement your backrest position for optimal comfort and support during exercises.

5.3. Adjusting the Leg Extension

The leg extension attachment can be adjusted to 4 different positions to accommodate various leg lengths and exercise types. Ensure the adjustment pin is fully engaged before performing exercises.



Figure 5.3: Close-up of the leg extension attachment with foam rollers.

5.4. Exercise Examples

The UB100 bench is versatile for full-body workouts. It is compatible with both Olympic (50 mm) and standard (30 mm) barbells.

- **Upper Body:** Perform dumbbell presses (flat, incline, decline), flyes, and triceps extensions.
- **Core:** Use the bench for crunches, sit-ups, and leg raises.
- **Legs:** Utilize the leg extension attachment for quadriceps and hamstring exercises.

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Figure 5.4: User demonstrating leg extension exercise on the bench.

TRAINING



Hammer curl incline, alternated
Dumbbells 12x 10x 8x



Biceps curl lying two sides
Dumbbells 12x 10x 8x



Wrist curl, right - DB
Dumbbells 12x 10x 8x



Triceps extension seated, right
Dumbbells 12x 10x 8x

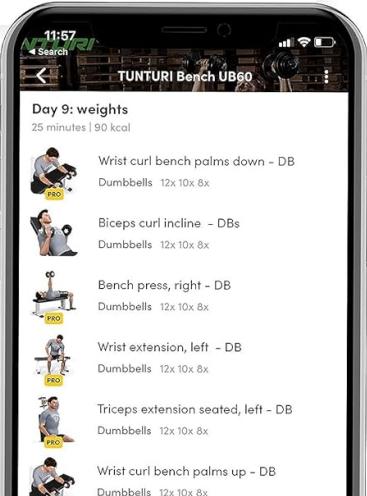


Figure 5.5: User demonstrating a crunch exercise on the bench.



Figure 5.6: The Tunturi Training App can provide additional exercise guidance for the bench.

6. Maintenance

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

- **Cleaning:** Wipe down the upholstery and frame with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** The bench features transport wheels for easy relocation. Store the bench in a dry, clean environment away from direct sunlight and extreme temperatures.



Figure 6.1: Detail of the bench base, showing the Tunturi logo and transport wheels for easy movement.

7. Troubleshooting

If you encounter any issues with your Tunturi Centuri UB100 Weight Bench, please refer to the following common solutions:

- **Bench feels unstable:** Ensure all assembly bolts are securely tightened. Check that the bench is on a level surface.
- **Adjustment pins are stuck:** Clean any debris from the adjustment holes. Apply a small amount of silicone lubricant if necessary.
- **Squeaking noises:** Inspect all pivot points and bolted connections. Tighten any loose parts. A small amount of lubricant on moving parts may help.

For issues not resolved by these steps, please contact Tunturi customer support.

8. Specifications

Feature	Specification
Model	UB100
Dimensions (L x W x H)	167 x 60 x 65 cm
Product Weight	21 kg
Maximum Weight Capacity (User + Weights)	200 kg
Backrest Adjustment	6 positions (0°, 20°, 37°, 52°, 70°)
Seat Adjustment	4 positions (0°, 5°, 10°, 15°)
Leg Extension Adjustment	4 positions
Compatible Barbell Diameters	30 mm and 50 mm (Olympic)
Frame Material	Alloy Steel / Stainless Steel
Color	Gold, Black
Manufacturer Reference	22CSUB1000
GTIN	08717842034699

9. Warranty and Support

For warranty information, please refer to the warranty card included with your product or visit the official Tunturi website. If you require technical assistance, have questions about assembly, or need replacement parts, please contact Tunturi customer support:

- **Phone:** +31 36 54 60 050
- **Email:** sales.online@tunturi.com
- **Website:** Refer to your product packaging or Tunturi's official website for the most current support information.