OPPSDECOR bench5779

OPPSDECOR 660lbs 6 in 1 Weight Bench Set User Manual

Model: bench5779

1. Introduction

Thank you for choosing the OPPSDECOR 660lbs 6 in 1 Weight Bench Set. This versatile fitness equipment is designed for a wide variety of full-body workouts, making it ideal for home gym use. It features an adjustable workout bench with a squat rack, leg developer, and preacher curl rack, supporting various strength training exercises.
Key features include:

- **Versatile Workout Options:** Supports flat bench presses, incline dumbbell bench press, one-arm dumbbell preacher curls, leg extensions, rope training, arm rowing, reverse crunches, and chest dips.
- **Foldable & Adjustable Design:** Backrest adjusts for flat/incline positions, uprights adjust to 5 levels, and the entire unit can be folded for space-saving storage.
- **Durable Construction:** Made with metal and imitation leather, featuring 2.5mm commercial thickness steel and senior imitation leather seats for comfort and stability.
- **High Weight Capacity:** Designed to support up to 660 pounds.

2. Safety Information

Please read all safety instructions carefully before assembly and use. Failure to follow these instructions may result in injury or damage to the equipment.

- Always warm up fully before training to avoid physical injury.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight limit of 660 pounds.
- Keep children and pets away from the equipment during use.
- Use the equipment on a stable, level surface.
- Consult a physician before starting any new exercise program.

3. Setup and Assembly

Simple assembly is required for the OPPSDECOR Weight Bench Set. Please follow the detailed instructions provided in the included assembly manual. Ensure all components are present before beginning assembly.



Figure 3.1: Overview of the main components of the OPPSDECOR Weight Bench Set, showing the separate bench and squat rack sections.



Figure 3.2: Partial details display, highlighting the elastic rope attachment, fixed pins for adjustments, reinforced base for stability, and points for easy installation.

Assembly Tips:

- Lay out all parts and hardware before starting.
- Do not fully tighten bolts until all components are loosely assembled.
- Refer to the numbered diagrams in your physical manual for step-by-step guidance.

4. Operating Instructions

The OPPSDECOR Weight Bench Set offers multiple configurations for a comprehensive workout. Adjustments are quick and secure.

4.1 Adjusting the Bench and Rack

The backrest can be adjusted for flat or incline positions, and the uprights (squat rack) can be set to 5 different height levels. The leg developer also has adjustable settings.



Figure 4.1: Illustration of the adjustable parts, including the bench angle (4 levels), squat rack height (6 levels), and leg developer position (7 levels).

4.2 Exercise Examples

This multi-functional machine allows for various exercises:

- **Bench Press:** Utilize the adjustable bench and squat rack for flat or incline bench presses.
- **Dumbbell Exercises:** Perform incline dumbbell bench press or one-arm dumbbell preacher curls.
- **Leg Developer:** Engage in leg extensions and leg curls.
- **Rope Training:** Use the included pull ropes for arm muscle exercises.
- **Abdominal Work:** The supine board allows for abdominal and leg muscle exercises, including reverse crunches.
- **Chest Dips:** Use the integrated pull-up grips for chest dip exercises.



Figure 4.2: Visual guide to various exercises possible with the bench, including rope training, arm rowing, reverse crunches, chest dips, and bench presses.



Figure 4.3: A user demonstrating a bench press, highlighting the stability and functionality of the equipment during use.

4.3 Official Product Videos

Video 4.1: Demonstration of the OPPSDECOR Weight Bench with Rack, showcasing its features and various exercises.

Video 4.2: An overview of the OPPSDECOR Weight Bench as an ideal partner for home fitness, demonstrating its versatility.

Video 4.3: A detailed look at the OPPSDECOR Weight Bench for Home Gym, covering its assembly and various workout possibilities.

5. Maintenance and Storage

Proper maintenance and storage will extend the life of your OPPSDECOR Weight Bench Set.

5.1 Cleaning

- Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dust.
- Use mild soap and water for deeper cleaning, then wipe dry immediately.

- Avoid abrasive cleaners or solvents that could damage the finish or upholstery.

5.2 Inspection

- Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten as necessary.
- Check the upholstery for any tears or damage.
- Ensure the non-slip mats on the base are intact and providing proper grip.

5.3 Storage

The bench features a foldable design for convenient storage, saving up to 90% of space.



Figure 5.1: Demonstration of the fast-folding mechanism, allowing for significant space saving after use.



Figure 5.2: The compact dimensions of the bench when folded, illustrating how it can be stored in small spaces.

- To fold, follow the instructions in your assembly manual, typically involving fixing the barbell rack with the bottom pin.
- Store the bench in a dry, cool place away from direct sunlight and extreme temperatures.

6. Troubleshooting

This section addresses common issues you might encounter with your weight bench.

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all assembly bolts are tightened. Move the bench to a flat, level surface. Check the non-slip mats for proper contact.

Problem	Possible Cause	Solution
Difficulty adjusting bench or rack.	Adjustment pins not fully disengaged or obstruction.	Ensure adjustment pins are fully pulled out before attempting to move sections. Check for any debris or obstructions in the adjustment holes.
Squeaking noises during use.	Friction between metal parts.	Apply a small amount of silicone-based lubricant to pivot points and joints.

7. Specifications

Detailed specifications for the OPPSDECOR 660lbs 6 in 1 Weight Bench Set:

- **Brand:** OPPSDECOR
- **Model Number:** bench5779
- **Structure Material:** Alloy Steel
- **Bench Surface Material:** Imitation Leather
- **Item Weight:** 40 Pounds
- **Package Weight:** 52 Pounds
- **Weight Limit:** 660 Pounds
- **Product Dimensions (LxWxH):** 43.3"D x 29.5"W x 41.3"H (109.98 cm D x 74.93 cm W x 104.9 cm H)
- **Rack Width:** 29.6 inches (75 cm)
- **Height (Adjustable):** 31.5-41.3 inches (80-105 cm)
- **Seat Size:** 10.2 x 11.8 inches (26 x 30 cm)
- **Cushion Size:** 31.5 x 10.2 inches (80 x 26 cm)
- **Color:** Red
- **Date First Available:** December 4, 2020

8. Warranty and Support

OPPSDECOR is committed to customer satisfaction.

- **Guarantee:** If there is any issue with your product, please do not hesitate to contact us. We aim to respond and resolve issues within 24 hours.
- **Customer Support:** For assistance, please refer to the contact information provided with your purchase or visit the official OPPSDECOR store online.
- **Returns:** This product is eligible for 30-day easy returns.

For further information or to explore other products, visit the OPPSDECOR Store.

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