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› BARWING Adjustable Weight Bench Workout Bench User Manual

BARWING GT-617

BARWING Adjustable Weight Bench User Manual

Brand: BARWING | **Model:** GT-617

1. INTRODUCTION

Thank you for choosing the BARWING Adjustable Weight Bench. This manual provides essential information for the safe and effective use of your new fitness equipment. Designed for versatility and durability, this bench supports a wide range of strength training exercises, making it an ideal addition to any home gym. Please read this manual thoroughly before assembly and use to ensure proper setup and operation.



Figure 1: BARWING Adjustable Weight Bench

2. SETUP AND ASSEMBLY

The BARWING Adjustable Weight Bench is designed for quick and easy assembly, typically taking only 5 minutes from unpacking to completion. Follow these general steps:

1. Unpack all components and verify against the parts list (not provided in this document, refer to included physical manual).
2. Unfold the main frame of the bench.
3. Attach any pre-assembled parts as indicated in the instructions.

4. Tighten all screws and bolts securely. Ensure all connections are firm to prevent wobbling during use.



Figure 2: Simplified Assembly Steps

Important: Product shaking is often caused by insufficiently tightened screws. Always ensure all fasteners are fully secured before each use.

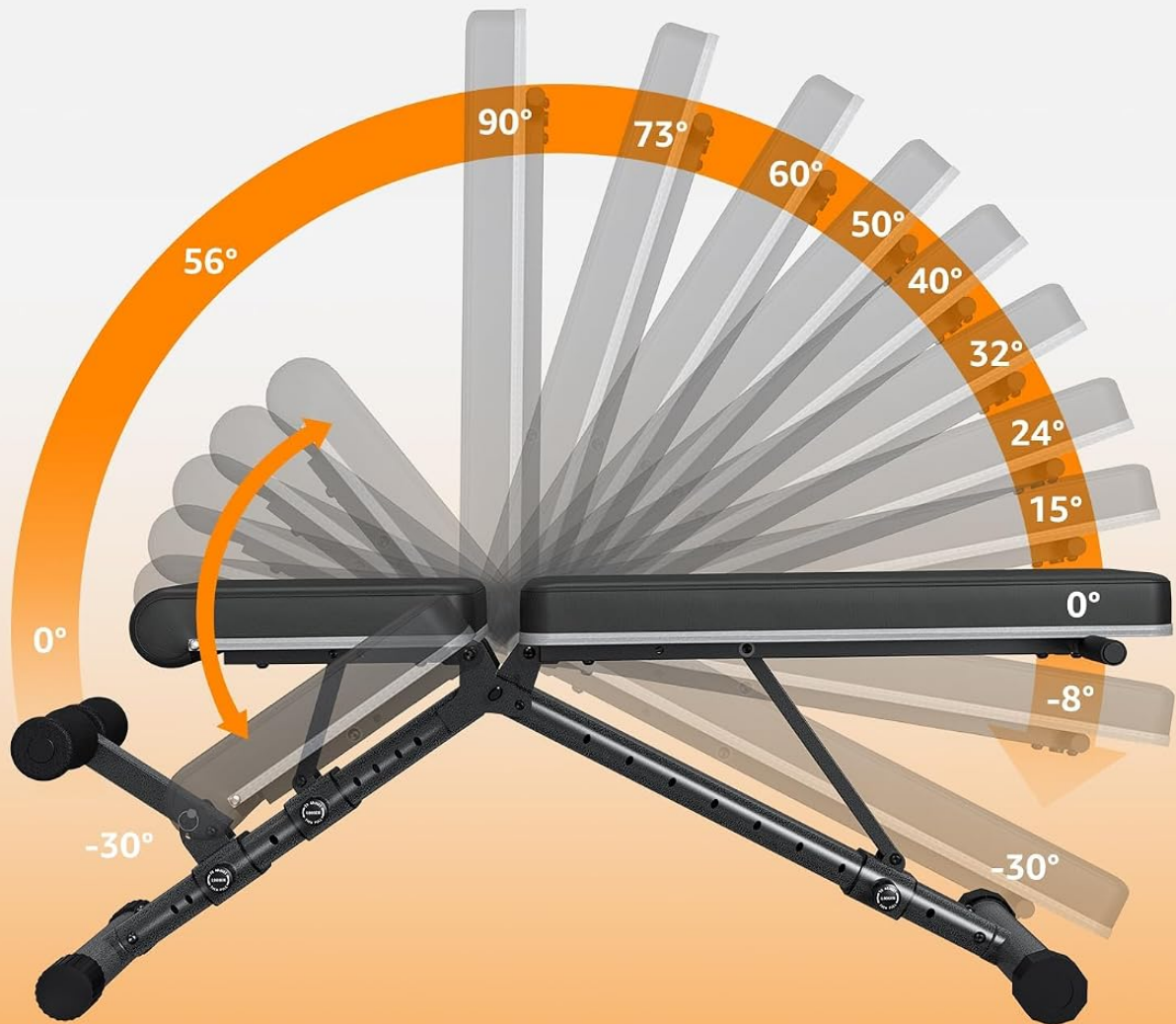
3. OPERATING INSTRUCTIONS

The BARWING Adjustable Weight Bench offers extensive adjustability to accommodate various exercises and user preferences. It features 11 backrest positions, 7 seat positions, and 3-position leg-hold bars.

3.1 Adjusting Backrest and Seat Positions

To adjust the backrest or seat, locate the self-resetting spring lock mechanisms. Simply pull out the knob, adjust the section to your desired angle or height, and release the knob to lock it into place. The reinforced locking mechanism ensures secure positioning.

11 BACKREST POSITIONS



7 SEAT POSITION

Figure 3: Backrest and Seat Adjustment Angles



Figure 4: Example Bench Angles (Flat, Incline, Upright)

3.2 Utilizing Dual Training Grips

The 2025 upgraded version includes two integrated handles on the backrest, significantly expanding your exercise options. These grips allow for over 40 additional positions, including pull-ups, bent-over row variations, TRX suspension training, bench-supported leg raises, and plank variations.



Figure 5: Dual Training Grips and Ultra-Short Gap Design

3.3 Workout Examples

The BARWING bench is versatile for a full-body workout. Here are some examples of exercises you can perform:

- Dumbbell Press (Flat, Incline, Decline)
- Seated Shoulder Press
- Bent-Over Rows
- Crunches and Leg Raises

- TRX Suspension Training (using dual grips)



Figure 6: Various Exercises with the Bench

4. PRODUCT FEATURES

4.1 Heavy-Duty Construction

The BARWING bench is engineered for maximum stability and durability, boasting a 1000 LBS weight capacity. It is constructed from high-ductility alloy steel with high-strength bolts and high-sealing welds, ensuring a robust and safe workout experience.

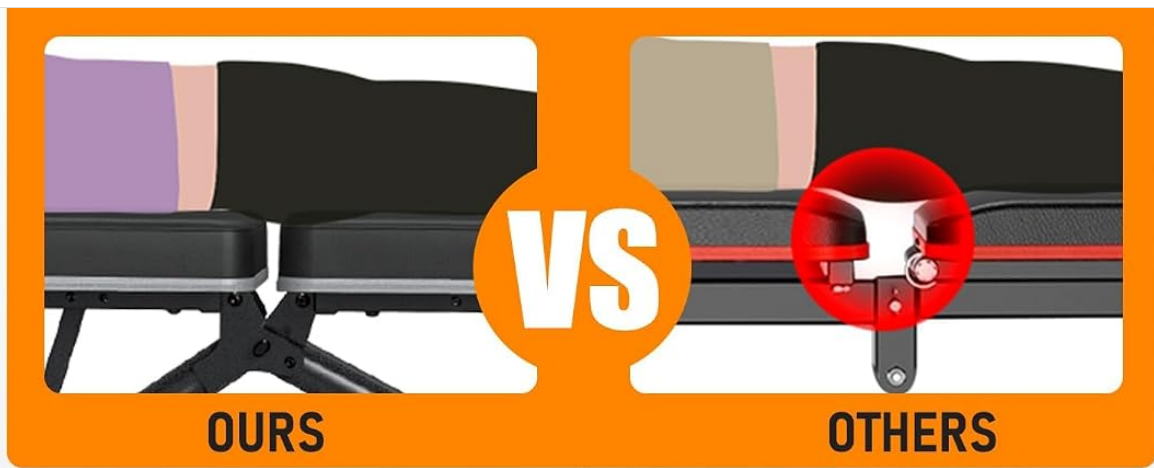


Figure 7: 1000 LBS+ Weight Capacity

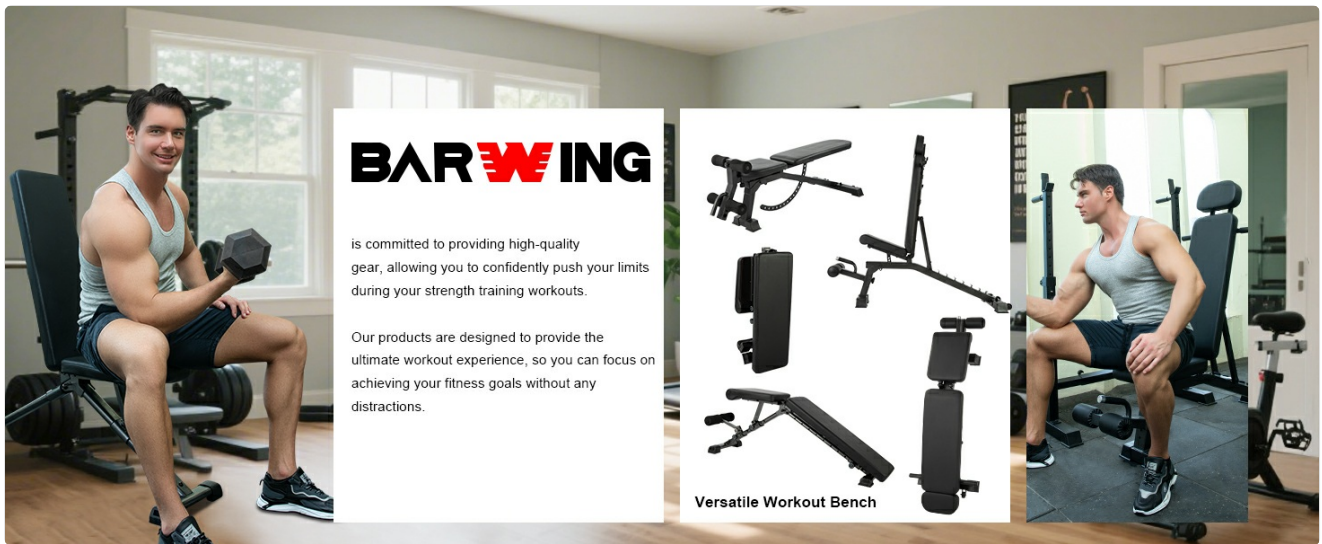
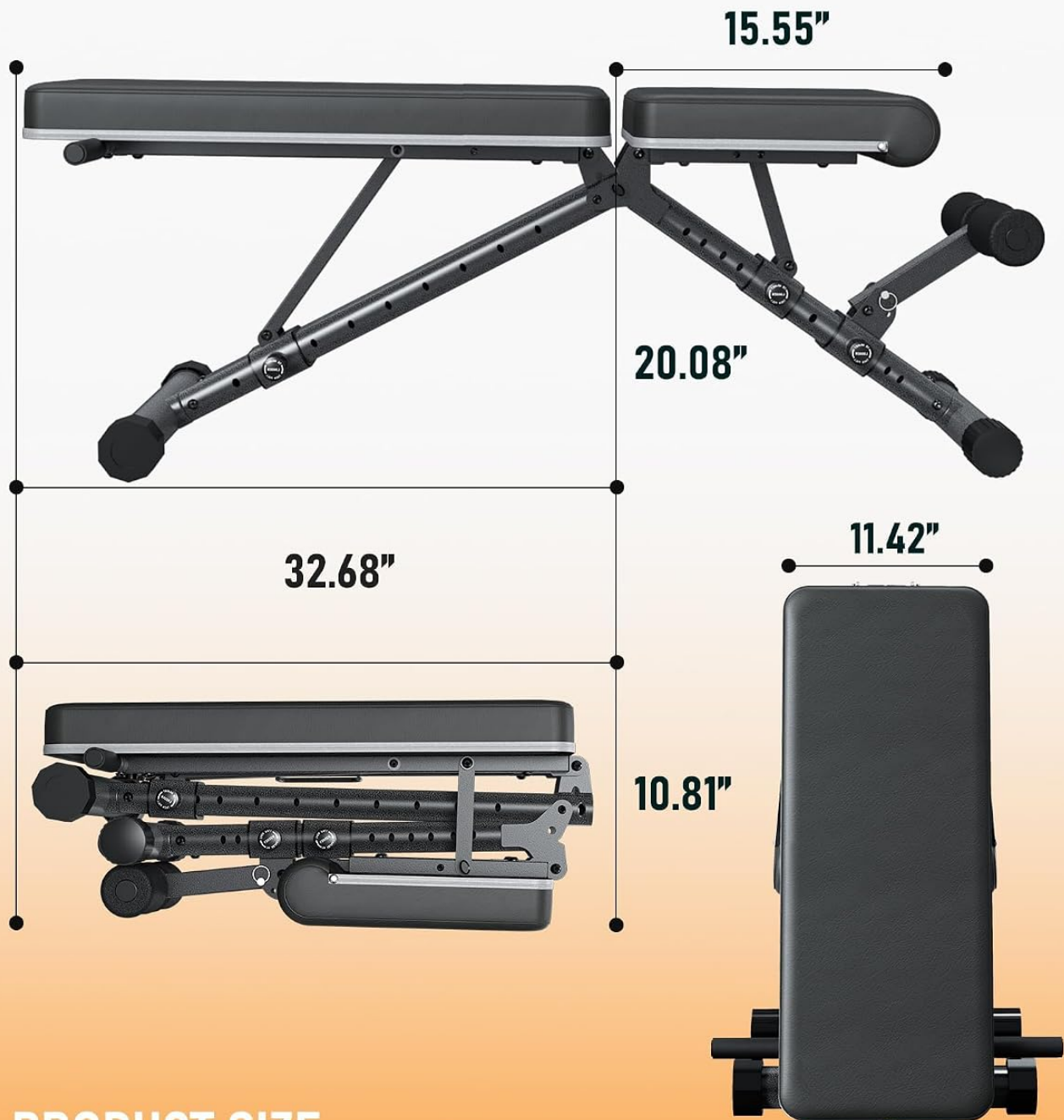


Figure 8: Stable Structure and Quality Materials

4.2 Comfortable and Durable Cushions

The bench features 2-inch thick cushions made with high-density foam and exquisitely embossed leather. The quality sewing craft prevents deformation and damage, providing a comfortable and long-lasting exercise surface.



PRODUCT SIZE
SAVE 80% SPACE

Figure 9: Premium Cushioning

4.3 Portability and Space-Saving Design

This foldable weight bench can be fully collapsed to occupy minimal space, shrinking to just 9 inches in thickness and the length of a single backrest. Equipped with smooth-rolling transport wheels, it can be easily moved and stored in your home gym.

1 BACKREST DUMBBELLS PUSH SHOULDERSP



2 ONE-ARM DUMBBELL ROWING



3 DOWNSLOPE CRUNCHES



4 SUPINE DUMBBELL WITH CHEST CLAMPS



5 STRAIGHT LEG UP



6 ONE - ARM DUMBBELL BEND LIFT



Figure 10: Folded Dimensions for Space Saving



Figure 11: Easy Mobility with Transport Wheels

5. MAINTENANCE

To ensure the longevity and safe operation of your BARWING Adjustable Weight Bench, regular maintenance is recommended:

- **Cleaning:** Wipe down the cushions and frame with a damp cloth after each use to remove sweat and dirt. Use a mild soap solution for deeper cleaning if necessary, then wipe dry.
- **Inspection:** Periodically check all bolts, nuts, and adjustment knobs to ensure they are tight and secure. Tighten any loose fasteners immediately.
- **Lubrication:** If any moving parts (e.g., adjustment mechanisms) become stiff, apply a small amount of silicone-based lubricant.
- **Storage:** When not in use, fold the bench and store it in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

Most issues with the BARWING Adjustable Weight Bench can be resolved with simple checks:

- **Bench Wobbles:** This is most commonly caused by loose screws or bolts. Re-check all fasteners, especially those connecting the main frame and adjustable parts, and tighten them securely.
- **Difficulty Adjusting:** Ensure the adjustment knobs are fully pulled out before attempting to change positions. If stiff, apply a small amount of lubricant to the sliding mechanisms.
- **Squeaking Noises:** Identify the source of the noise and apply lubricant to the pivot points or joints. Ensure all parts are clean and free of debris.

If you encounter persistent issues not covered here, please refer to the support section for assistance.

7. SPECIFICATIONS

Attribute	Value
Brand	BARWING
Model Number	GT-617
Item Weight	14.7 Kilograms
Material	Alloy Steel
Color	Black
Product Dimensions (D x W x H)	11.18"D x 48.8"W x 13.3"H
Weight Limit	500 Kilograms (approx. 1100 LBS)
Manufacturer	YouTen
Date First Available	December 19, 2019

8. WARRANTY AND SUPPORT

BARWING is committed to providing high-quality products and excellent customer service.

- **Warranty:** This product comes with a 1-year warranty.
- **Technical Service:** We offer 24/7 technical support.
- **Contact Guarantee:** We guarantee a response to buyer inquiries within 12 hours.

For detailed information, troubleshooting, or to contact support, please refer to the official user guide PDF or visit the BARWING website.

Official User Guide (PDF): [Download Here](#)

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question