

## Bonvork Panzer

# Bonvork 1000LBS Adjustable Foldable Weight Bench

## Instruction Manual

### 1. IMPORTANT SAFETY INFORMATION

Before assembling or using your Bonvork Adjustable Foldable Weight Bench, please read and understand all instructions and warnings. Keep this manual for future reference.

- **Maximum Weight Capacity:** This bench is designed to support a maximum user weight of 1000 pounds. Do not exceed this limit.
- **Proper Assembly:** Ensure all parts are correctly assembled and tightened before use. Refer to the 'Setup' section for detailed instructions.
- **Stable Surface:** Always use the bench on a flat, stable, and non-slip surface.
- **Regular Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Replace worn parts immediately.
- **Children and Pets:** Keep children and pets away from the equipment during use and storage.
- **Medical Advice:** Consult with a healthcare professional before starting any new exercise program.

### 2. PRODUCT OVERVIEW

The Bonvork Adjustable Foldable Weight Bench is a versatile piece of fitness equipment designed for full-body strength training. It features a heavy-duty steel frame, an extended backrest, and multiple adjustment options for various exercises.



Image: The Bonvork Adjustable Weight Bench, highlighting its 1000LBS weight capacity and robust 80x40mm steel frame with 1.6mm thickness.

- **Heavy-Duty Steel Frame:** Constructed from 80x40mm commercial-grade square steel with a 1.6mm thickened tube wall for stability and durability.
- **Extended Backrest:** 35-inch backrest length with a two-level adjustable headrest, accommodating users up to 6 feet tall. The 31.5 cm wide backrest provides strong support.
- **Enhanced Stability:** Features a 20.5-inch extended stabilizer and reinforced bolts to prevent wobbling during exercise.
- **Comfortable Padding:** Equipped with a 2-inch thickened seat cushion and high-density foam for comfort and reduced muscle fatigue.
- **Adjustable Settings:** 7 backrest settings, 5 seat settings, 4 footrest positions, and 3 footrest angle settings for versatile workouts.
- **Foldable Design:** Easily folds for convenient storage under beds or in cabinets.

### 3. SETUP AND ASSEMBLY

Follow these steps to assemble your weight bench. It is recommended to have two people for assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify all components are present against the parts list (not provided in this document, refer to your product packaging).
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and wrenches. Ensure they are tightly fastened to prevent wobbling. The rear stabilizer includes wheels for easy transport.
3. **Install Seat and Backrest:** Attach the seat and backrest to the main frame. Use the adjustment pins to set them to your desired initial positions.
4. **Attach Footrest:** Install the removable leg support/footrest. This can be adjusted for angle and position.
5. **Final Check:** Before first use, double-check all bolts and connections to ensure they are secure.

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Video: Detailed installation guide for the Bonvork Weight Bench, demonstrating step-by-step assembly.

### 4. OPERATING THE WEIGHT BENCH

The Bonvork weight bench offers multiple adjustment points to customize your workout experience.

#### 4.1 Adjusting the Backrest

The backrest has 7 adjustable settings, allowing for flat, incline, and upright positions.

1. Locate the adjustment pin on the side of the backrest support.
2. Pull the pin out and adjust the backrest to the desired angle.
3. Release the pin, ensuring it locks securely into one of the adjustment holes.

# MULTI - ANGLE ADJUSTMENT

 **3** Footrest Angles Adjustments

 **4** Footrest Position

 **5** Seat Position

 **7** Backrest Position

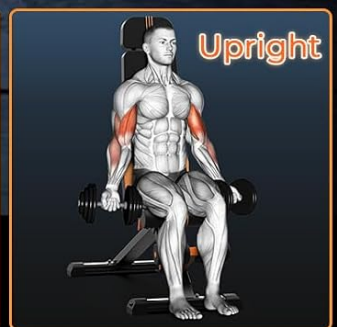
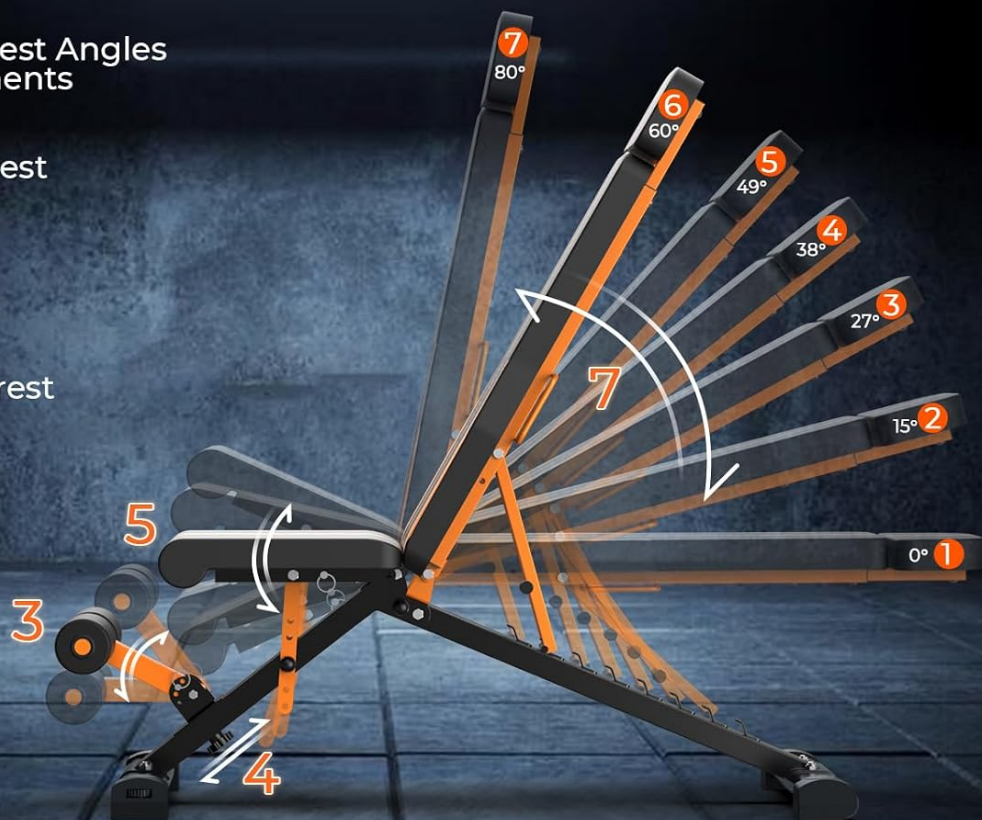


Image: Visual guide illustrating the 7 backrest settings, 5 seat settings, and 4 footrest positions with 3 angle adjustments.

## 4.2 Adjusting the Seat

The seat has 5 adjustable settings to complement the backrest position and provide optimal support.

1. Find the adjustment pin located beneath the seat.
2. Pull the pin and move the seat to the desired position.
3. Release the pin, ensuring it engages fully in a hole.

## 4.3 Adjusting the Footrest

The footrest offers 4 positions and 3 angle adjustments for decline exercises and sit-ups.

1. To adjust the position, locate the pin on the footrest support and slide it to one of the 4 positions.
2. To adjust the angle, use the separate pin on the footrest itself to select one of the 3 angle settings.
3. Ensure both pins are securely locked before use.

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Video: Demonstrates the various adjustments of the Bonvork Adjustable Weight Bench, including backrest, seat, and footrest settings, and shows different exercises.

## 4.4 Folding for Storage

To fold the bench for storage:

1. Ensure the backrest and seat are in their lowest, flat positions.
2. Remove any adjustment pins that might obstruct folding.
3. Collapse the bench by bringing the two main sections together.
4. Secure with any locking mechanisms if present.

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Video: Quick demonstration of how to fast fold the Bonvork Weight Bench for convenient storage.

## 5. MAINTENANCE

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

- **Cleaning:** Wipe down the bench with a damp cloth after each use to remove sweat and dirt. Use mild soap and water for deeper cleaning, avoiding harsh chemicals.
- **Inspection:** Annually, or more frequently with heavy use, inspect all nuts, bolts, and moving parts. Tighten any loose fasteners. Check for cracks, tears, or excessive wear on the upholstery and frame.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts (e.g., adjustment pins, hinges) if they become stiff or squeaky.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures to prevent material degradation.

## 6. TROUBLESHOOTING

If you encounter any issues with your Bonvork weight bench, refer to the following common problems and solutions:

- **Bench Wobbles:**  
*Solution:* Ensure the bench is on a flat surface. Check all bolts and nuts for tightness, especially on the stabilizers. The 20.5-inch extended stabilizer is designed to minimize wobbling, but proper tightening is crucial.
- **Adjustment Pins are Stiff:**  
*Solution:* Apply a small amount of silicone lubricant to the pins and their respective holes. Ensure no debris is obstructing the mechanism.
- **Upholstery Damage:**  
*Solution:* Small tears can sometimes be repaired with upholstery repair kits. For significant damage, contact customer support for replacement options.
- **Difficulty Folding:**

*Solution:* Ensure all adjustment pins are disengaged and the backrest and seat are in their lowest positions. Check for any obstructions.

If the problem persists, please contact Bonvork customer support.

## 7. SPECIFICATIONS

|                                |                                      |
|--------------------------------|--------------------------------------|
| Brand                          | Bonvork                              |
| Model Number                   | Panzer                               |
| Material                       | Alloy Steel                          |
| Frame Dimensions               | 80x40mm (1.6mm thickened tube wall)  |
| Product Dimensions (L x W x H) | 139.7"D x 20.47"W x 17.72"H          |
| Weight Limit                   | 1000 Pounds                          |
| Backrest Length                | 35 inches (with adjustable headrest) |
| Backrest Width                 | 31.5 cm                              |
| Seat Cushion Thickness         | 2 inches                             |
| Stabilizer Length              | 20.5 inches (extended)               |

## 8. WARRANTY AND SUPPORT

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

- **Warranty:** This product comes with a 365-day warranty from the date of purchase.
- **Customer Service:** For any questions, concerns, or warranty claims, please contact our professional customer service team. All inquiries will be answered within 24 hours.
- **Contact Email:** [support@bonvork.com](mailto:support@bonvork.com)

### 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