

[Manuals.plus](#) /

› [Yagud](#) /

› Yagud Adjustable Weight Bench YLJSD-SRK2 User Manual

Yagud YLJSD-SRK2

Yagud Adjustable Weight Bench User Manual

Model: YLJSD-SRK2

1. IMPORTANT SAFETY INFORMATION

Before using the Yagud Adjustable Weight Bench, please read and understand all instructions and warnings. Keep this manual for future reference.

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the bench is assembled correctly and all bolts and nuts are securely tightened before each use.
- Place the bench on a flat, stable surface. Do not use on uneven ground.
- Do not exceed the maximum weight capacity of 800 lbs (approximately 362.9 kg). This includes user weight and any weights being lifted.
- Keep children and pets away from the bench during use.
- Inspect the bench for any signs of wear or damage before each workout. Do not use if damaged.
- Use proper lifting techniques to avoid injury.



Figure 1: The Yagud Adjustable Weight Bench features a stable triangular structure, designed to support a maximum weight capacity of 800 lbs (approximately 362.9 kg), ensuring user safety during intense workouts.

2. ASSEMBLY AND SETUP

The Yagud Adjustable Weight Bench is designed for quick and easy setup. While specific assembly steps are not detailed here, ensure all components are securely fastened according to the included hardware instructions.

2.1 Unfolding the Bench

1. Carefully remove the bench from its packaging.
2. Place the folded bench on a clear, flat surface.
3. Extend the main support legs until they lock into place.
4. Unfold the backrest and seat sections. Ensure all adjustment pins are securely engaged.
5. Verify that the bench is stable and does not wobble before use.

2.2 Folding for Storage

The bench can be folded in approximately 2 seconds for convenient storage.

1. Ensure no weights or accessories are on the bench.
2. Adjust the backrest and seat to their lowest or most compact position.
3. Disengage the locking mechanisms for the main support legs.
4. Fold the legs inwards and collapse the bench into its compact form.
5. Store in a dry, safe place.



Figure 2: The Yagud Adjustable Weight Bench shown in both its expanded and collapsed configurations, highlighting its compact storage capabilities. Expanded dimensions are approximately 51 inches (length) by 16 inches (width) by 12 inches (height of seat). Collapsed dimensions are approximately 34 inches (length) by 16 inches (width).

3. OPERATING INSTRUCTIONS

3.1 Adjusting the Backrest and Seat

The Yagud Adjustable Weight Bench offers 8 backrest positions and multiple seat adjustments to accommodate various exercises and user preferences.

1. To adjust the backrest, locate the adjustment pin or lever at the rear of the backrest support.
2. Pull the pin out or disengage the lever, then move the backrest to the desired angle.
3. Release the pin/lever and ensure it securely locks into one of the 8 available positions (ranging from -15° decline to 85° incline).
4. For seat adjustment, locate the corresponding pin or lever beneath the seat. Adjust the seat to a comfortable and stable position for your chosen exercise.
5. Always ensure both the backrest and seat are securely locked in place before beginning any exercise.



Figure 3: Illustration of the Yagud Adjustable Weight Bench's 8 backrest positions, ranging from a -15 degree decline to an 85 degree incline, allowing for a wide variety of exercises.

3.2 Exercise Examples

The Yagud Adjustable Weight Bench supports a comprehensive full-body workout. Examples include:

- **Sit-ups:** Use the decline position with the leg holders for abdominal exercises.
- **Dumbbell Flying Bird (Flies):** Perform on a flat or incline setting to target chest muscles.
- **Biceps Curls:** Can be performed seated or standing, utilizing the bench for support.
- **Flat Bench Press:** Use the flat position for chest presses with dumbbells.
- Other exercises targeting chest, back, shoulders, legs, and abs.

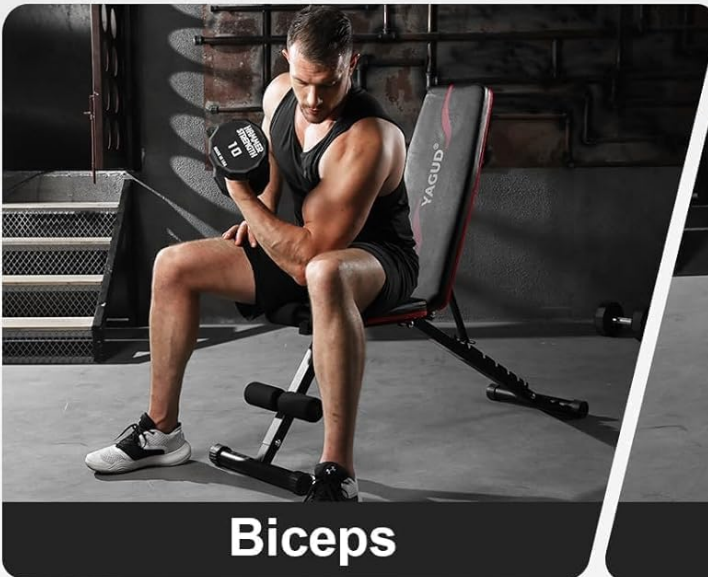
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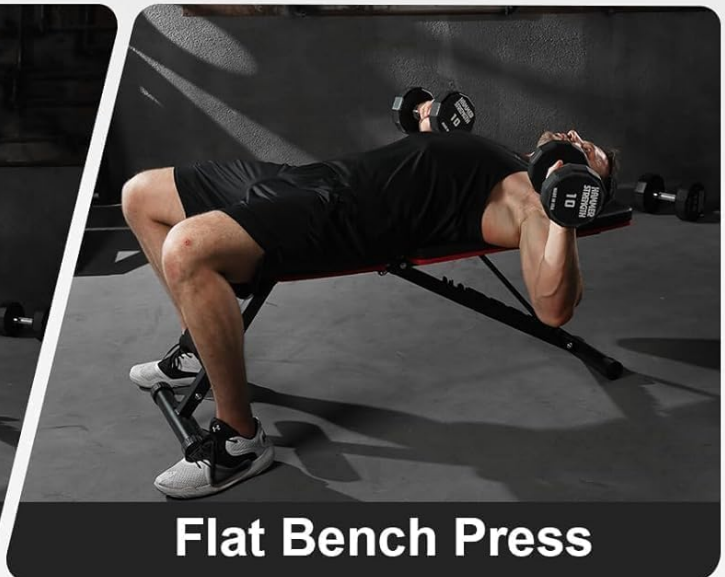
Sit-ups



Dumbbell Flying Bird



Biceps



Flat Bench Press

Figure 4: Visual examples of various exercises that can be performed using the Yagud Adjustable Weight Bench, including sit-ups, dumbbell flies, biceps curls, and flat bench presses.

4. CARE AND MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Yagud Adjustable Weight Bench.

- **Cleaning:** Wipe down the PU leather upholstery and steel frame with a damp cloth after each use to remove sweat and dirt.

Use a mild soap solution for deeper cleaning, then wipe dry. Avoid abrasive cleaners.

- **Inspection:** Periodically check all bolts, nuts, and adjustment pins for tightness. Retighten as necessary. Inspect the frame for any cracks or damage, and the upholstery for tears or excessive wear.
- **Storage:** When not in use, store the bench in a dry environment, away from direct sunlight and extreme temperatures, to prevent material degradation.
- **Lubrication:** Moving parts, such as adjustment mechanisms, may benefit from occasional light lubrication to ensure smooth operation.



Figure 5: Detailed view of key components of the Yagud Adjustable Weight Bench, including the safety pins for secure adjustments, the durable PU leather upholstery for comfort, and the stabilizing foot for enhanced balance.

5. TROUBLESHOOTING

If you encounter issues with your Yagud Adjustable Weight Bench, refer to the following common solutions:

- **Bench feels unstable or wobbly:**

- Ensure all assembly bolts and nuts are securely tightened.
- Verify the bench is placed on a completely flat and level surface.
- Check that all adjustment pins are fully engaged in their respective holes.

- **Adjustment pins are difficult to engage/disengage:**

- Apply a small amount of silicone-based lubricant to the pin mechanism.
- Ensure there is no debris obstructing the pin's movement.
- Slightly lift or shift the backrest/seat to align the holes if they are misaligned.

- **Squeaking noises during use:**

- Check and tighten all bolts and connections.
- Apply lubricant to any pivot points or moving parts.

If the problem persists after attempting these solutions, please contact Yagud customer support for further assistance.

6. PRODUCT SPECIFICATIONS

Model Number	YLJSD-SRK2
Brand	Yagud
Material	Alloy Steel, PU Leather, Foam Padding
Color	Black
Maximum Weight Capacity	800 lbs (approx. 362.9 kg)
Expanded Dimensions (L x W x H)	Approx. 51 in x 16 in x 12 in (129.5 cm x 40.6 cm x 30.5 cm)
Folded Dimensions (L x W)	Approx. 34 in x 16 in (86.4 cm x 40.6 cm)
Item Weight	9.4 Kilograms
Backrest Adjustment Positions	8 (from -15° decline to 85° incline)
UPC	721545978479

7. WARRANTY AND CUSTOMER SUPPORT

For warranty information or if you require assistance with your Yagud Adjustable Weight Bench, please refer to the documentation included with your purchase or contact Yagud customer support directly. Contact details can typically be found on the product packaging or the official Yagud website.

When contacting support, please have your model number (YLJSD-SRK2) and UPC (721545978479) available for quicker service.

