

CITYSPORTS B0CFQL4TY

CITYSPORTS Multifunctional Folding Weight Bench with Exercise Straps User Manual

Model: B0CFQL4TY

1. INTRODUCTION

Thank you for choosing the CITYSPORTS Multifunctional Folding Weight Bench. This manual provides essential information for the safe and effective use of your new fitness equipment. This bench is designed for various strength training exercises in a home gym environment, offering adjustability and a space-saving folding design.

Please read this manual thoroughly before assembly and use, and retain it for future reference.



Image 1.1: The CITYSPORTS Adjustable Workout Weight Bench, ready for use.

2. SAFETY INFORMATION

To ensure your safety and prevent injury, please adhere to the following guidelines:

- Consult a physician before starting any new exercise program.
- Inspect the bench for any damage or loose parts before each use. Do not use if damaged.
- Ensure all pins and adjustment mechanisms are securely locked in place before beginning an exercise.

- The maximum weight capacity for this bench is **150 kg (330 lbs)**. Do not exceed this limit.
- Use the bench on a stable, level surface to prevent tipping.
- Keep children and pets away from the equipment during use.
- Maintain proper form during exercises to avoid strain or injury.
- Stop exercising immediately if you experience pain, dizziness, or discomfort.

3. PACKAGE CONTENTS

Your CITYSPORTS Multifunctional Folding Weight Bench package should include the following items:

- 1 x Pre-assembled Folding Weight Bench
- 2 x Exercise Straps (Resistance Bands)
- 2 x Metal Rods (for stability)

If any parts are missing or damaged, please contact customer support.

4. SETUP AND ASSEMBLY

The CITYSPORTS Weight Bench comes largely pre-assembled. Minimal setup is required to prepare it for use.

1. **Unfolding the Bench:** Carefully unfold the main frame of the bench until it locks into its open position. Ensure all hinges are fully extended and stable.
2. **Inserting Stability Rods:** Locate the two metal rods. Insert these rods into the designated holes on the underside of the bench's support structure to enhance stability. Ensure they are fully seated.
3. **Attaching Exercise Straps:** The exercise straps can be attached to the designated anchor points at the front of the bench, near the foot pads.



Image 4.1: The CITYSPORTS Multifunctional Folding Weight Bench, shown in its assembled state with a user, and an inset demonstrating its compact folded form.

5. OPERATING INSTRUCTIONS

This section details how to adjust and use your weight bench for various exercises.

5.1 Adjusting the Backrest

The bench features 5 adjustable backrest positions to accommodate different exercises and user preferences.

1. To adjust the backrest, locate the support bar mechanism beneath the backrest.
2. Pull the support bar outwards to disengage it from its current position.
3. Adjust the backrest to your desired angle (110°, 128°, 145°, 162°, or 180° for flat).
4. Release the support bar, ensuring it securely locks into one of the five available notches. Verify stability before use.

WORKOUT ADJUSTABLE WEIGHT BENCH



Image 5.1: This diagram illustrates the five adjustable backrest positions of the weight bench, ranging from 110° to 180° (flat), allowing for varied workout intensities.

5.2 Using Exercise Straps

The included exercise straps can be used for additional resistance training. Attach them to the designated anchor points at the front of the bench. These straps are suitable for exercises such as arm curls, rows, and chest presses, providing a full-body workout option.

5.3 Example Workout Positions

The versatile design of the bench supports a wide range of exercises:

- **Flat Bench:** Ideal for dumbbell presses, flyes, and crunches.
- **Incline Bench:** Suitable for incline presses, incline flyes, and seated shoulder presses.
- **Seated Position:** Use for bicep curls, tricep extensions, and shoulder raises.
- **Resistance Band Exercises:** Incorporate the straps for various upper and lower body movements.



Multi-Gesture Workout Position



Image 5.2: A collage showcasing multiple exercise positions possible with the CITYSPORTS weight bench, including push-ups, crunches, and resistance band exercises, demonstrating its versatility.

WEIGHT CAPACITY

150KG



Image 5.3: The image demonstrates the robust construction of the CITYSPORTS weight bench, capable of supporting up to 150 kilograms, reinforced by its stable triangular design.

6. MAINTENANCE

Regular maintenance will prolong the life of your weight bench.

- **Cleaning:** Wipe down the bench 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:** When not in use, the bench can be folded for compact storage.

6.1 Folding for Storage

To fold the bench, reverse the setup process. Ensure the stability rods are removed if they impede folding. The bench folds to a compact size of approximately 80cm x 30cm x 29cm, allowing it to be stored in small spaces, such as a closet or under a bed.

SPACE-SAVING



Image 6.1: A user is shown easily folding the CITYSPORTS weight bench, highlighting its simple mechanism for space-saving storage.

SAVE 80% STORAGE

NO ASSEMBLY NEEDED



Image 6.2: This image provides the dimensions of the CITYSPORTS weight bench when fully set up (115cm height, 106cm length, 32cm width) and when folded for compact storage (29cm height, 80cm length, 30cm width).

7. TROUBLESHOOTING

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

- **Bench feels unstable:** Ensure the metal stability rods are fully inserted and all adjustment pins are securely locked. Verify the bench is on a flat, even surface.
- **Difficulty adjusting backrest:** Check for any obstructions in the adjustment mechanism. Ensure the support bar is fully pulled out before attempting to change the angle.
- **Bench does not fold completely:** Ensure all components are correctly aligned and no parts are obstructing the folding mechanism. Remove stability rods if they interfere.

For issues not covered here, please contact customer support.

8. SPECIFICATIONS

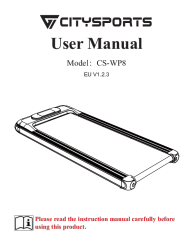


Feature	Specification
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Product Dimensions (Unfolded)	106 cm (L) x 32 cm (W) x 115 cm (H)
Product Dimensions (Folded)	80 cm (L) x 30 cm (W) x 29 cm (H)
Item Weight	10.4 kg
Maximum Weight Capacity	150 kg
Frame Material	Alloy Steel
Upholstery Material	Foam, Leather
Color	Black Orange

9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the purchase documentation or contact CITYSPORTS customer service directly. Details for contacting support are typically found on the product packaging or the retailer's website where the product was purchased.

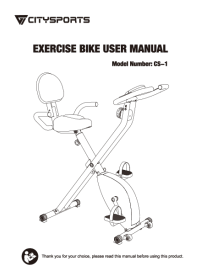
Related Documents - B0CFQL4TY

<div><p>CITYSPORTS User Manual Model: CS-WP8 REV 1.2.2</p><p>Please read the instruction manual carefully before using this product.</p></div>	<p>CITYSPORTS CS-WP8 Treadmill User Manual</p> <p>Comprehensive user manual for the CITYSPORTS CS-WP8 treadmill, covering safety precautions, warm-up guides, technical specifications, assembly, operation, maintenance, and troubleshooting.</p>
<div><p>CITYSPORTS User Manual MODEL:CS-WP9</p><p>Please read this manual carefully and keep it handy before using the product.</p></div>	<p>CITYSPORTS CS-WP9 Treadmill User Manual</p> <p>Comprehensive user manual for the CITYSPORTS CS-WP9 treadmill, covering safety precautions, product instructions, installation, workout routines, maintenance, and troubleshooting.</p>
<div><p>CITYSPORTS Model: CS-WP6 TREADMILL USER'S MANUAL</p><p>Please read this manual carefully before using!</p></div>	<p>CITYSPORTS CS-WP6 Treadmill User Manual</p> <p>Comprehensive user manual for the CITYSPORTS CS-WP6 Treadmill, covering security cautions, product parts, assembly, operation, maintenance, and error codes.</p>



[Citysports Stepper TB1 - Compact Home Fitness Equipment](#)

Overview of the Citysports Stepper TB1, a compact home fitness device. Includes product identification, handling instructions, and recycling information. Designed for urban living, it offers a convenient way to stay active.



[CITYSPORTS CS-1 Exercise Bike User Manual](#)

User manual for the CITYSPORTS CS-1 exercise bike, providing installation instructions, safety guidelines, training advice, and maintenance information.



[CITYSPORTS WP1 Treadmill User Manual](#)

Comprehensive user manual for the CITYSPORTS WP1 Treadmill, covering important precautions, technical features, assembly, workout guidelines, operation, maintenance, and recycling information.