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GYMAX CA-GM1709

GYMAX Adjustable Weight Bench User Manual

Model: CA-GM1709

1. Introduction

Thank you for choosing the GYMAX Adjustable Weight Bench. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use to ensure proper function and to maximize your workout experience.

The GYMAX Adjustable Weight Bench is designed for full-body strength training, offering versatility with its adjustable backrest, seat, and foot positions. Its robust construction supports a variety of exercises, making it suitable for home gym environments.

2. Safety Information

- **Maximum Weight Capacity:** This weight bench is designed to support a maximum user weight and load of **660 lbs (300 kg)**. Do not exceed this limit.
- **Consult a Physician:** Before starting any new exercise program, consult with a healthcare professional to ensure it is appropriate for your physical condition.
- **Proper Assembly:** Ensure all parts are correctly assembled and tightened according to the instructions before initial use. Regularly check all bolts and nuts for tightness.
- **Stable Surface:** Always use the bench on a flat, stable, and non-slip surface to prevent tipping or movement during exercise.
- **Clearance Area:** Maintain adequate clear space around the bench during use to avoid obstructions and ensure safe movement.
- **Children and Pets:** Keep children and pets away from the equipment during operation.
- **Inspect Before Use:** Before each workout, inspect the bench for any signs of wear, damage, or loose components. Do not use if damaged.
- **Proper Form:** Use proper exercise form to prevent injury. If you experience pain or discomfort, stop immediately.



Image: The GYMAX Adjustable Weight Bench showcasing its heavy-duty structure and 660 lbs weight capacity, highlighting its robust design for safe use.

3. Package Contents

Please verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer service.

- 1 x GYMAX Adjustable Weight Bench (Main Frame Pre-assembled)
- 1 x Instruction Manual
- Necessary assembly hardware (bolts, nuts, washers, tools)

4. Setup and Assembly Instructions

The main frame of your GYMAX Adjustable Weight Bench comes pre-assembled to simplify the setup process. Follow

these steps to complete the assembly:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Foot Support Part:** Identify the front and rear foot support parts. Securely attach them to the main frame using the provided bolts and nuts. Ensure they are tightly fastened.
3. **Attach Rear Support Part:** Connect the rear support part to the main frame, ensuring all connections are firm and stable.
4. **Fasten Back and Seat Pads:** Position the backrest and seat pads onto the main frame. Fasten them securely using the designated screws. Adjust to your preferred angle if applicable during initial setup.
5. **Final Check:** Once assembled, double-check all bolts, nuts, and connections to ensure they are tight and secure before using the bench.

5. Operating Instructions

5.1 Adjusting the Bench Positions

The GYMAX Adjustable Weight Bench offers multiple positions for a comprehensive workout. Always ensure the bench is securely locked into position before use.

- **Backrest Adjustment:** The backrest can be adjusted to **10 different positions**, ranging from decline to incline. To adjust, lift the backrest, pull the adjustment pin, select your desired angle, and release the pin to lock it into place.
- **Seat Adjustment:** The seat offers **3 adjustable positions** to complement the backrest angle. To adjust, locate the seat adjustment mechanism, pull the pin, move the seat to the desired position, and ensure it locks securely.
- **Foot Holder Adjustment:** The foot holders can be adjusted to **5 different positions** to accommodate various leg lengths and exercise types, providing comfort and stability. Adjust by pulling the pin and sliding the foot holder to the desired height.



Image: An illustration detailing the various adjustable angles for the backrest, seat, and foot positions of the GYMAX weight bench, demonstrating its versatility.

5.2 Recommended Exercises

The adjustable nature of this bench allows for a wide range of exercises targeting different muscle groups. Examples include:

- **Dumbbell Bicep Curl:** Use a flat or slight incline position.
- **Dumbbell Shoulder Press:** Use an incline position.
- **Dumbbell Fly:** Use a flat or slight incline position.
- **Dumbbell Single-arm Rows:** Use a flat position for support.
- **Curl-up Leg Raise:** Utilize the foot holders for stability.
- **Sit-ups:** Use a decline position with foot holders.



Image: A visual guide demonstrating various full-body exercises possible with the GYMAX Adjustable Weight Bench, such as dumbbell bicep curls, shoulder press, and sit-ups.

5.3 Portability

The bench is equipped with built-in handles and smooth wheels for easy relocation. To move the bench, lift it by the handle and roll it to your desired location. This design ensures quiet and hassle-free movement.



Image: The GYMAX weight bench highlighting its portability features, including a convenient built-in handle and smooth, silent wheels for easy movement and storage.

6. Maintenance

- **Cleaning:** Wipe down the bench with a damp cloth after each use to remove sweat and dirt. The PU cover is smooth and waterproof, making it easy to clean. Avoid abrasive cleaners.
- **Inspection:** Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures to prolong its lifespan.
- **Padding Care:** The multi-layer cushions are wear-resistant. Avoid sharp objects that could puncture or tear the padding.



Image: A detailed view of the bench's multi-layer cushion design, highlighting its durability, comfort, and ease of cleaning, which are key aspects of maintenance.

7. Troubleshooting

- **Bench feels unstable:** Ensure all assembly bolts and nuts are securely tightened. Check that the bench is on a flat, even surface. Adjust the anti-slip foot pads if necessary.
- **Adjustment pin is stuck:** Ensure no weight is on the bench when attempting to adjust positions. Wiggle the backrest/seat slightly while pulling the pin. If persistent, check for any obstructions.
- **Squeaking noises:** Check for any loose bolts and tighten them. A small amount of silicone-based lubricant can be applied to pivot points if squeaking persists, avoiding contact with padding.

8. Specifications

Feature	Detail
Model Number	CA-GM1709
Brand	GYMAX
Material	Metal (Alloy Steel Frame), PU, EPE Foam, Sponge
Color	Black
Product Dimensions (L x W x H)	59" x 20" x 21-52" (approximate)
Seat Cushion Size (L x W x Thickness)	14" x 12" x 2"
Back Cushion Size (L x W x Thickness)	34.5" x 12" x 2"
Adjustable Height of Foot Holder	9.5"/10.5"/12"/13"/14"
Net Weight	43 lbs (19.5 kg)
Weight Capacity	660 lbs (300 kg)
Backrest Positions	10
Seat Positions	3
Foot Positions	5



Image: A comprehensive diagram illustrating the dimensions of the GYMAX Adjustable Weight Bench, including overall size and specific cushion measurements.

9. Warranty and Support

For warranty information, technical support, or to order replacement parts, please contact GYMAX customer service. Refer to your purchase documentation for specific contact details or visit the official GYMAX website.

When contacting support, please have your model number (CA-GM1709) and purchase date available.

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