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› OPPSDECOR 900lb Weight Bench with Squat Rack User Manual

OPPSDECOR 202310085971_R

OPPSDECOR 900lb Weight Bench with Squat Rack User Manual

Model: 202310085971_R

INTRODUCTION

Thank you for choosing the OPPSDECOR 900lb Weight Bench with Squat Rack. This versatile fitness equipment is designed to provide a comprehensive full-body workout experience in your home gym. It functions as a weight bench, bench press stand, squat rack, dumbbell rack, preacher curl pad, V-handle bar, and leg development machine. With its robust construction and adjustable features, this bench is built for stability and user comfort.



Image: The OPPSDECOR 900lb Weight Bench setup, featuring the main bench, squat rack, preacher curl attachment, and leg extension unit. Barbell and weights are not included.

SAFETY INFORMATION

Before using this equipment, please read and understand all instructions and warnings. Failure to follow these instructions may result in serious injury or property damage. Always consult with a healthcare professional before starting any new exercise program.

- **Weight Capacity:** Do not exceed the maximum weight capacity of 900 pounds (408.2 kg) for the entire unit, including user weight and lifted weights.
- **Assembly:** Ensure all bolts, nuts, and connections are securely tightened before each use. Regularly inspect the equipment for any signs of wear, damage, or loose parts.
- **Placement:** Use the equipment on a flat, stable surface. Ensure adequate clear space around the bench for safe operation.
- **Proper Use:** Use the equipment only for its intended purpose as described in this manual. Do not modify the equipment.
- **Children and Pets:** Keep children and pets away from the equipment during use. This equipment is not a toy.
- **Spotter:** For heavy lifting, especially with free weights, it is recommended to have a spotter.

- **Important Note:** The weight bench set does not include the barbell and weights. These must be purchased separately.

PACKAGE CONTENTS

Upon opening the package, please verify that all components are present and undamaged. While a detailed parts list is not provided here, the set includes all necessary tools and parts for assembly. If any parts are missing or damaged, please contact customer support immediately.

SETUP AND ASSEMBLY

The OPPSDECOR Weight Bench is designed for straightforward assembly. All fasteners are thoughtfully organized to simplify the process. Follow the included written instructions carefully for proper setup.

1. Unpack all components and lay them out in an organized manner.
2. Identify all hardware and tools provided.
3. Follow the step-by-step assembly guide provided with your product. Ensure all connections are secure.
4. Once assembled, perform a stability check to ensure the bench is firm and all parts are correctly installed.

OPERATING INSTRUCTIONS

This multifunctional weight bench offers various adjustments to accommodate different exercises and user preferences.

Adjustable Features:

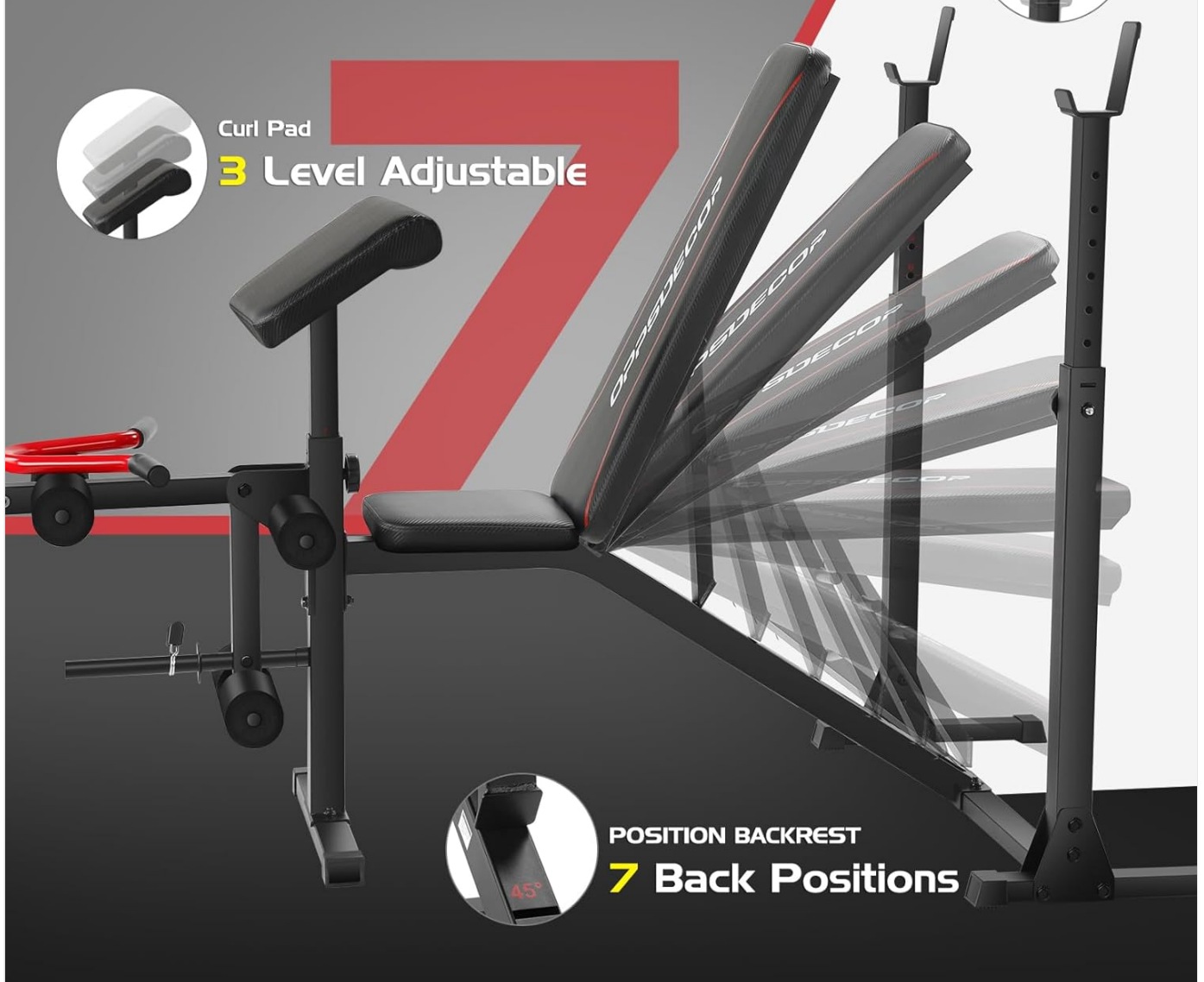
- **Backrest Positions:** The bench features 7 adjustable backrest positions, allowing for incline, decline, and flat exercises.
- **Squat Rack Positions:** The barbell rack offers 8 adjustable height levels to suit various exercises and user heights.
- **Preacher Curl Pad Positions:** The preacher curl pad has 3 adjustable positions for optimal arm isolation.

WORKOUT ADJUSTABLE

BARBELL RACK
8 Level Adjustable



Curl Pad
3 Level Adjustable



POSITION BACKREST
7 Back Positions

Image: Illustration of the adjustable components, including the 7 backrest positions, 8 barbell rack height levels, and 3 preacher curl pad adjustments.

Key Functions and Exercises:

The OPPSDECOR Weight Bench supports a wide range of exercises for a full-body workout:

- **Bench Press:** Utilize the adjustable backrest and squat rack for flat, incline, or decline barbell bench presses.
- **Squats:** The integrated squat rack provides a secure station for barbell squats.
- **Preacher Curls:** Use the preacher curl pad and V-handle for isolated bicep workouts. The pad is removable when not in use.
- **Leg Extensions & Curls:** The leg developer attachment allows for both leg extensions (targeting quadriceps) and leg curls (targeting hamstrings).
- **Dumbbell Exercises:** The bench can be used for various dumbbell exercises, including dumbbell presses, rows, and flies.

TRAIN ALL YOUR MUSCLE GROUPS WITH JUST ONE WEIGHT BENCH!



Preacher Curl



Barbell Bench Press



Concentration Curl



Leg Extension

Image: Demonstrations of various exercises possible with the bench, including Preacher Curl, Barbell Bench Press, Concentration Curl, and Leg Extension.

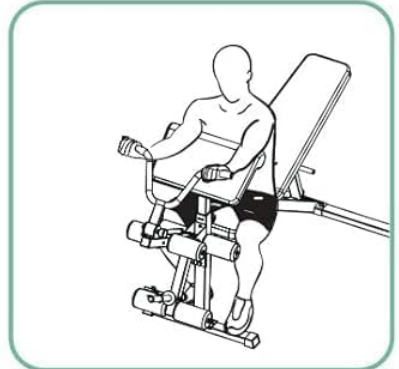
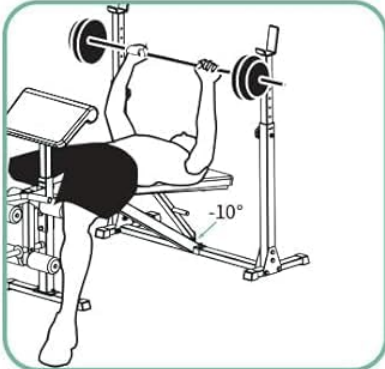
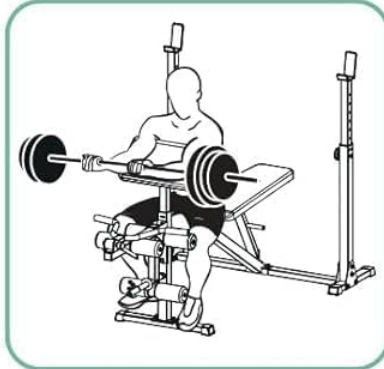
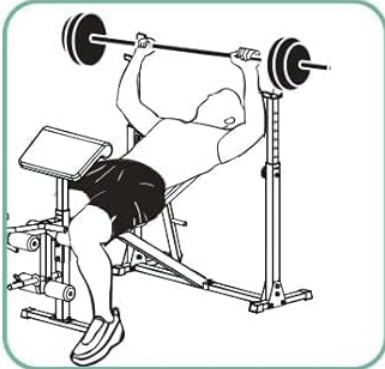
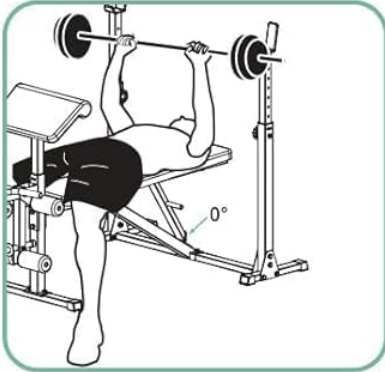


Image: Detailed view of the leg developer and the preacher curl attachment with its V-handle, highlighting their design and functionality.



Image: A user demonstrating the proper form for preacher curls using the V-handle attachment on the bench.

EXERCISE GUIDE



We recommend that the maximum diameter for a weight disc considered for use with externally loaded strength training equipment shall be less than 448mm (17.6 in.)

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Image: A visual exercise guide illustrating different workout positions and movements possible with the weight bench.

MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your OPPSDECOR Weight Bench.

- **Cleaning:** Wipe down the bench and frame with a damp cloth after each use to remove sweat and dust. Avoid

abrasive cleaners.

- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners.
- **Wear and Tear:** Inspect the upholstery, foam rollers, and frame for any signs of damage, cracks, or excessive wear. Replace worn parts immediately.
- **Storage:** Store the equipment in a dry, clean environment away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

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

- **Instability:** Ensure the bench is placed on a flat surface. Check all assembly bolts and nuts for tightness.
- **Difficulty Adjusting:** Ensure adjustment pins are fully disengaged before attempting to move parts. Lubricate moving parts if necessary.
- **Missing Parts:** If you find any parts missing during assembly, please contact OPPSDECOR customer support immediately.

SPECIFICATIONS

Feature	Detail
Brand	OPPSDECOR
Model Number	202310085971_R
Color	Black/Red
Frame Material	Alloy Steel
Maximum Weight Capacity	900 Pounds (408.2 kg)
Product Dimensions (L x W x H)	187.96 x 101.85 x 102.11 cm (approx. 74 x 40.1 x 40.2 inches)
Item Weight	33.7 Kilograms (approx. 74.3 lbs)



Image: Diagram illustrating the dimensions of the weight bench and highlighting its 900lb weight capacity.

CUSTOMER SUPPORT

OPPSDECOR is committed to providing quality products and customer satisfaction. If you have any questions, concerns, or require assistance with your product, please do not hesitate to contact us. We are ready to provide immediate solutions.

For support, please refer to the contact information provided with your purchase or visit the official OPPSDECOR website.