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> Lifepro Foldable Roman Chair Hyperextension Bench User Manual

## LifePro LP-STMRCCL

# Lifepro Foldable Roman Chair Hyperextension Bench

Model: LP-STMRCCL

## 1. INTRODUCTION

The Lifepro Foldable Roman Chair Hyperextension Bench is a versatile piece of fitness equipment designed for strengthening your core, back, glutes, and hamstrings. Its robust construction and adjustable features make it suitable for various users and exercise routines. This manual provides essential information for the safe and effective use of your Roman Chair.

## 2. SAFETY INFORMATION

- Consult a physician before beginning any exercise program.
- Always inspect the equipment for loose parts, damage, or wear before each use. Do not use if any components are compromised.
- Ensure the bench is placed on a stable, level surface during use.
- Maintain proper form during exercises to prevent injury. If you experience pain or discomfort, stop immediately.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum weight capacity of 330 lbs (150 kg).
- Adjust the bench settings carefully and ensure all locking mechanisms are securely engaged before starting an exercise.

## 3. PACKAGE CONTENTS

Please refer to the packaging for a detailed list of all components included with your Lifepro Foldable Roman Chair Hyperextension Bench. Ensure all parts are present before assembly.

## 4. SETUP AND ASSEMBLY

The Lifepro Roman Chair is designed for straightforward assembly. Follow the step-by-step instructions

provided in the separate assembly guide included with your product. Typically, assembly involves attaching the main frame components, padding, and foot rollers. Ensure all bolts and nuts are tightened securely.



Image: The Lifepro Foldable Roman Chair Hyperextension Bench, showcasing its design and potential uses for back and core exercises.

Once assembled, verify the stability of the bench before initial use. The foldable design allows for easy storage when not in use, contributing to a clutter-free home gym environment.

## 5. OPERATING INSTRUCTIONS (USAGE)


The Roman Chair supports various exercises targeting different muscle groups. Always ensure the bench is adjusted to your height and comfort level before starting.

### 5.1 Back and Glute Extensions

- Position your hips over the pads, ensuring your upper thighs are supported and your feet are securely hooked under the foot rollers.
- Keep your back straight and core engaged.

- Slowly lower your upper body towards the floor, maintaining control.
- Engage your glutes and lower back muscles to raise your torso back to the starting position.

**ELEVATE YOUR WORKOUT**  
**HYPEREXTENSION**  
**EXERCISES**

 Prevents Lower Back Pain
  Strengthens Glutes
  Builds Hamstrings

AS SEEN IN:

*New York*  
**Forbes**

**GQ**  
**OK!**

**LifeStyle**  
**inTouch**

Image: Proper execution of a hyperextension exercise on the bench.

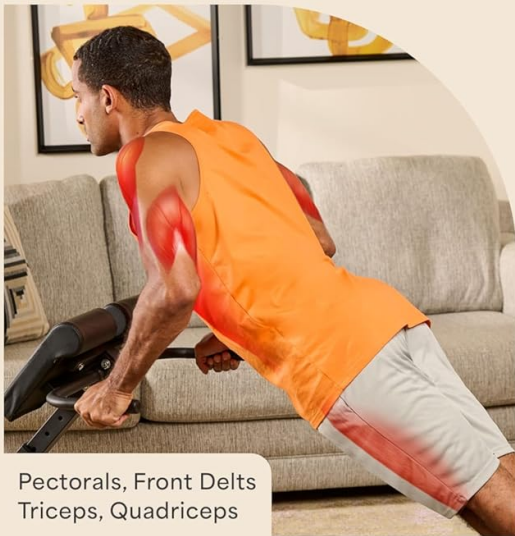
## 5.2 Oblique Crunches

- Position your body sideways on the bench, with one hip resting on the pad and your feet secured.
- Place your hands behind your head or across your chest.
- Slowly lower your upper body sideways, then use your oblique muscles to return to the starting position.
- Repeat on both sides.

Glutes,  
Hamstrings,  
Erector Spinae



## TARGETS MAJOR MUSCLE GROUPS



Pectorals, Front Delts  
Triceps, Quadriceps



External Obliques  
Rectus Abdominis

Image: Demonstrating an oblique crunch exercise on the Roman Chair.

### 5.3 Adding Resistance

For increased intensity, you can hold a weight plate or dumbbell against your chest during back extensions, or a kettlebell during oblique crunches.



## SCULPT TRAINER LITE



Extra Padding for Sensitive Areas



330lbs Max Weight



Lasting Support

## OTHERS



Less Padding

250lbs

No

Image: Incorporating a kettlebell for added resistance during hyperextensions.

## 6. ADJUSTMENTS

The Lifepro Roman Chair features adjustable height settings to accommodate users of various heights, typically from 5'2" to 6'0" (157 cm to 183 cm). To adjust the height:

1. Locate the adjustment knob or pin on the main frame.
2. Pull or unscrew the knob/pin to release the locking mechanism.
3. Slide the upper section of the bench to the desired height.
4. Ensure the knob/pin is fully re-engaged and secured before use.



JUST ADD WEIGHTS  
ELEVATE  
YOUR  
WORKOUT

- More Variety
- Increased Intensity
- Maximize Muscle Growth

Image: Detail of the bench's padding and adjustment points.

## 7. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Roman Chair.

- **Cleaning:** Wipe down the pads and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Storage:** When not in use, the bench can be folded for compact storage. Ensure it is stored in a dry, cool place away from direct sunlight.

## ULTRA COMFORTABLE STURDY PADDING



Helps Prevent  
Muscle Strains



Extra Support  
for Joints



Withstands  
Wear and Tear



Image: The Roman Chair being folded for easy storage.

## 8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Bench feels unstable or wobbly	Loose fasteners; uneven surface	Check and tighten all bolts and nuts. Ensure the bench is on a flat, stable floor.
Adjustment pin/knob not engaging	Obstruction; misaligned holes	Ensure no debris is blocking the holes. Realign the adjustable part until the pin/knob slides in smoothly.
Missing parts during assembly	Packaging error	Contact Lifepro customer support with your purchase details for assistance.

## 9. SPECIFICATIONS

Feature	Detail
Model Number	LP-STMRL
Brand	LifePro
Product Dimensions	98.5D x 55.8W x 70.9H Centimetres (approx. 38.8D x 22W x 27.9H inches)
Item Weight	9 kg (approx. 19.8 lbs)
Maximum Weight Capacity	330 Pounds (approx. 150 kg)
Frame Material	Alloy Steel
Colour	Hyperextension (referring to the specific model variant)
UPC	810090933702

## 10. WARRANTY AND SUPPORT

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The LifePro Foldable Roman Chair Hyperextension Bench is backed by a **Lifetime Warranty**. This commitment reflects the manufacturer's confidence in the product's durability and performance.

For warranty claims, technical support, or any questions regarding your product, please refer to the contact information provided with your purchase or visit the official LifePro website.

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