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› YOLEO Adjustable Folding Weight Bench (Model B0CLVSYY48) User Manual

YOLEO B0CLVSYY48

YOLEO Adjustable Folding Weight Bench

Model: B0CLVSYY48

User Manual

1. INTRODUCTION

Thank you for choosing the YOLEO Adjustable Folding 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 and retain it for future reference.

This weight bench is designed for a comprehensive full-body workout, offering multiple adjustable positions for incline, decline, and flat exercises, including bench press and core training. Its robust construction ensures stability, and its folding design allows for convenient storage.

2. SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose parts.
- Place the weight bench on a flat, stable surface. Do not use on uneven ground.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum weight capacity of 400 kg (880 lbs).
- Use proper lifting techniques and controlled movements to prevent injury.
- If you experience pain or discomfort, stop exercising immediately.
- Wear appropriate athletic footwear and clothing.

3. PACKAGE CONTENTS

The YOLEO Adjustable Folding Weight Bench comes largely pre-assembled. Please verify that all components are present and undamaged upon unpacking.

- Main Weight Bench Frame (partially assembled)
- Front Support Tube
- Rear Support Tube
- Assembly Hardware (bolts, nuts, washers)
- User Manual

4. SETUP AND ASSEMBLY

The YOLEO weight bench is designed for quick setup. Most of the bench is pre-assembled. You only need to attach the front and rear support tubes.

1. Unpack all components from the box and lay them out on a clean, flat surface.
2. Attach the front support tube to the main frame using the provided hardware. Ensure it is securely fastened.
3. Attach the rear support tube to the main frame using the provided hardware. Ensure it is securely fastened.
4. Verify that all connections are tight and the bench is stable before first use.



The robust triangular design provides enhanced stability during workouts.

5. OPERATING INSTRUCTIONS

5.1 Adjusting the Bench Positions

The YOLEO weight bench offers 19 adjustable positions for a variety of exercises. To adjust, simply pull the support bar, select your desired position, and ensure it locks securely into place.

- **Backrest:** 10 adjustable positions, from decline to incline (e.g., -15° to 90°).
- **Seat:** 3 adjustable positions to complement backrest angles.
- **Headrest:** 3 adjustable positions to fit different user heights and provide cervical support.

- **Leg Support:** 3 adjustable positions for secure foot placement during exercises.

10+3+3

MULTI-ANGLES ADJUSTMENT

10 ANGLES FOR BACKREST
3 ANGLES FOR SEAT
3 ANGLES FOR FOOT

Multi-angle adjustment for backrest, seat, and foot support.



Adjustable headrest for optimal neck support and comfort.



Adjustable foot covers for stability and floor protection.

5.2 Performing Exercises

The YOLEO weight bench supports a wide range of exercises. Always ensure the bench is in a stable position and adjusted correctly for your body and the exercise you are performing.

- **Bench Press (Flat, Incline, Decline):** Adjust the backrest and seat to your desired angle. For flat bench press, ensure the bench press stand is used for the second level for maximum stability.
- **Dumbbell Exercises:** Utilize the various incline and decline positions for dumbbell presses, flyes, and rows.
- **Core Workouts:** The adjustable leg support and decline positions are ideal for sit-ups, crunches, and leg

raises.



Performing dumbbell press on the YOLEO weight bench.

Video demonstrating various exercises and adjustments possible with the YOLEO Adjustable Weight Bench.

5.3 Folding for Storage

The YOLEO weight bench features a quick 3-step folding mechanism, saving up to 80% of space, making it easy to store in a corner, closet, or under a bed.

1. Ensure the bench is in a flat position.
2. Locate the folding pins/levers and disengage them.

3. Carefully fold the bench components inward until it is compact.
4. Secure any locking mechanisms to keep it folded.



The bench folds quickly for convenient storage.

6. MAINTENANCE

- **Cleaning:** Wipe down the bench with a damp cloth after each use to remove sweat and dirt. Use a mild soap solution for deeper cleaning if necessary, then wipe dry.
- **Inspection:** Periodically check 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.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts (e.g., adjustment pins) if they become stiff.

7. TROUBLESHOOTING

- **Bench feels unstable:** Ensure all assembly bolts are tightened. Check that the bench is on a flat, level surface. Adjust the foot covers if necessary to compensate for minor floor irregularities.
- **Difficulty adjusting positions:** Ensure the adjustment pins are fully disengaged before attempting to change positions. Check for any obstructions or debris in the adjustment holes. Lubricate moving parts if they are stiff.
- **Squeaking noises:** Check and tighten all bolts. Lubricate pivot points and adjustment mechanisms.

8. SPECIFICATIONS

Feature	Detail
Model	B0CLVSY48
Brand	YOLEO
Material	Alloy Steel
Color	Advanced Black
Product Dimensions (L x W x H)	105 x 32 x 108 cm (41.3 x 12.6 x 42.5 inches)
Folded Dimensions (approx.)	92 x 53 x 25 cm (36.2 x 20.9 x 9.8 inches)
Item Weight	15.57 kg (34.3 lbs)
Maximum Weight Capacity	400 kg (880 lbs)
Backrest Adjustment Positions	10
Seat Adjustment Positions	3
Headrest Adjustment Positions	3
Leg Support Adjustment Positions	3

9. WARRANTY AND SUPPORT

YOLEO products are designed for quality and durability. All YOLEO gym benches are approved products.

If you encounter any issues or require further assistance, please do not hesitate to contact YOLEO customer support. You can reach us via email or directly through the Amazon platform. We offer free replacement service for any reason at any time.

For more information, please visit the official YOLEO store on Amazon: [YOLEO Store](#)

