

[Manuals.plus](#) /

› [Dskeuzeew](#) /

› Dskeuzeew Adjustable Weight Bench User Manual

Dskeuzeew B0DCZ2ZF2N

Dskeuzeew Adjustable Weight Bench User Manual

Model: B0DCZ2ZF2N

1. PRODUCT OVERVIEW

The Dskeuzeew Adjustable Weight Bench is a versatile fitness equipment designed for full-body workouts in a home gym setting. It features a robust alloy steel frame, an adjustable backrest with 8 positions, and a comfortable padded surface. Its foldable design allows for efficient space-saving storage.



Figure 1.1: Dskeuzeew Adjustable Weight Bench in an inclined position.

2. SAFETY INSTRUCTIONS

Before using the Dskeuzeew Adjustable Weight Bench, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the equipment.

- Consult a physician before starting any exercise program.
- Ensure the bench is assembled correctly and all bolts are tightened before use.
- Place the bench on a flat, stable surface. Do not use on uneven ground.
- Do not exceed the maximum weight capacity of 660 pounds (300 kg). This includes user weight plus any weights being lifted.
- Keep children and pets away from the equipment during use.
- Inspect the bench for any signs of wear or damage before each use. Do not use if damaged.
- Adjust the backrest and seat positions only when the bench is not under load. Ensure the adjustment pins are fully engaged.
- Use proper lifting techniques and maintain control of weights at all times.
- Wear appropriate athletic footwear during exercise.

3. PRODUCT COMPONENTS

The Dskeuzeew Adjustable Weight Bench consists of the following main components:

1. **Main Frame:** Heavy-duty alloy steel construction providing stability.
2. **Backrest Pad:** Adjustable padded section for back support, with 8 positions.
3. **Seat Pad:** Padded section for seating.
4. **Leg Hold-Down Rollers:** Ergonomic soft foam rollers for securing legs during sit-ups or decline exercises.
5. **Adjustment Pins/Knobs:** Mechanisms for quickly changing backrest and seat angles.
6. **Resistance Bands Set:** Included for additional exercise options.



Figure 3.1: Key components of the Dskeuzeew Adjustable Weight Bench.

4. ASSEMBLY INSTRUCTIONS

The Dskeuzeew Adjustable Weight Bench is designed for quick and easy assembly. Follow these steps:

1. Unpack all components and verify against the parts list (usually provided in the packaging).
2. Attach the front and rear stabilizer bars to the main frame using the provided bolts and tools. Ensure they are securely fastened.
3. Install the leg hold-down rollers onto their respective supports.
4. Connect the backrest and seat pads to the main frame using the designated attachment points and hardware.
5. Insert the adjustment pins into their slots for the backrest and seat. Ensure they click into place.
6. Perform a final check to ensure all connections are tight and the bench is stable before first use.

Note: While specific assembly diagrams are not provided here, refer to the detailed instructions included in your product packaging for visual guidance.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Backrest Positions

The bench offers 8 backrest positions for various exercises, ranging from decline to incline. To adjust:

1. Ensure no weight is on the bench.
2. Locate the adjustment pin or lever at the base of the backrest support.
3. Pull the pin out or disengage the lever.
4. Move the backrest to the desired angle.
5. Release the pin/lever, ensuring it fully engages into the corresponding slot for the chosen angle. Verify stability before use.

FULL BODY WORKOUT

8 Backrest Positions

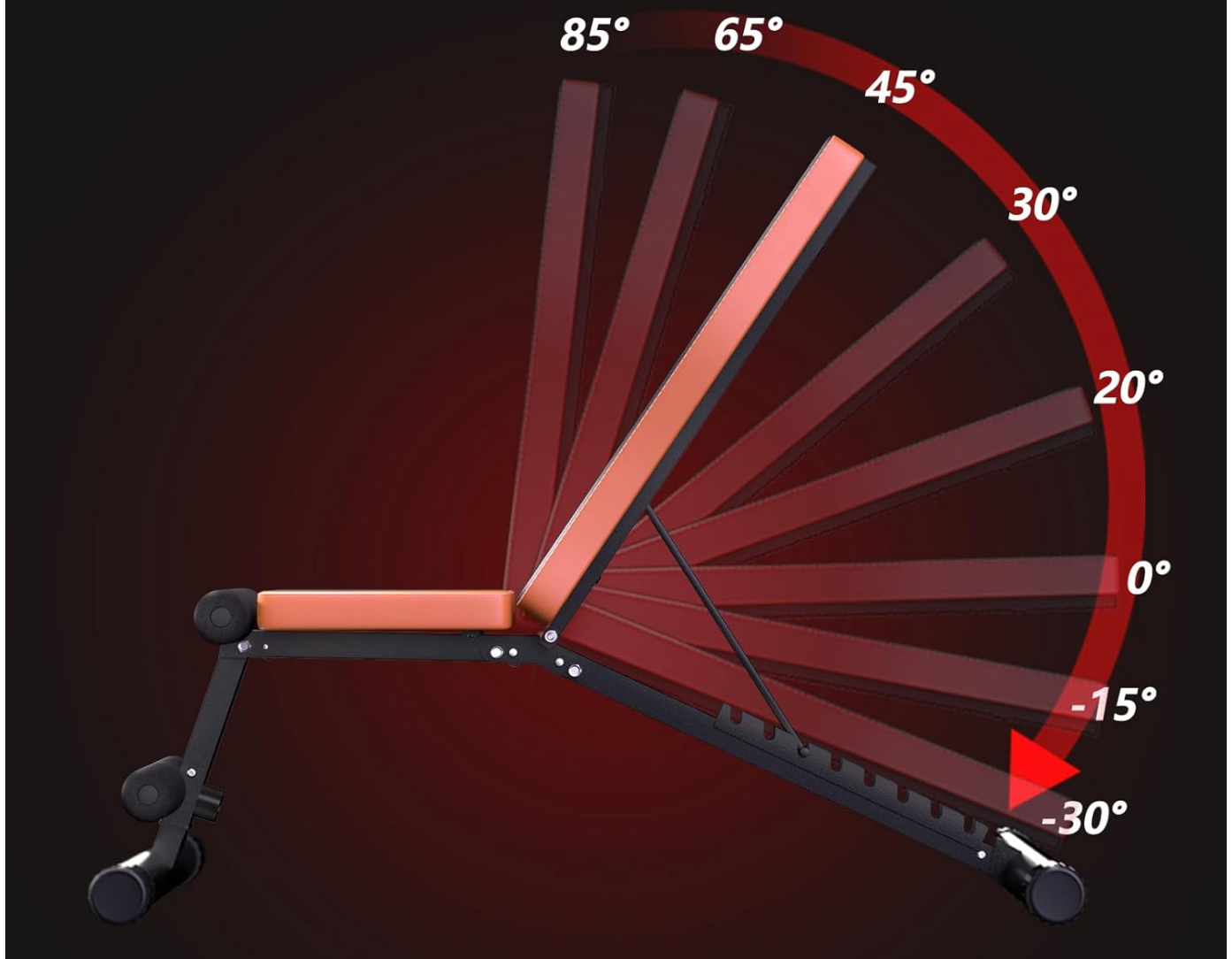


Figure 5.1: Backrest adjustment angles for full body workouts.

5.2 Folding for Storage

The bench can be folded to save up to 80% space. To fold:

1. Ensure the bench is empty and in a flat or slightly inclined position (refer to product-specific folding mechanism).
2. Locate the folding mechanism (often involves pulling pins or loosening knobs).
3. Carefully fold the backrest and/or legs as designed until it locks into its compact storage position.
4. Store in a dry, safe place.

FOLDABLE WEIGHT BENCH

Save **80%** Space
To Fold



Figure 5.2: Bench dimensions in unfolded and folded states.

5.3 Exercise Examples

The adjustable weight bench supports a wide range of exercises, including but not limited to:

- Dumbbell Bench Press (Flat, Incline, Decline)
- Dumbbell Flyes
- Sit-ups / Crunches
- Leg Raises
- One-arm Dumbbell Rows
- Shoulder Press (Seated)

MULTI-FUNCTION DISPLAY



Figure 5.3: Examples of exercises possible with the bench.



Figure 5.4: Additional exercise demonstrations.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your weight bench.

- **Cleaning:** Wipe down the padded surfaces 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. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and adjustment pins to ensure they are tight and secure. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts and adjustment mechanisms if they become stiff.
- **Storage:** When not in use, store the folded bench in a dry environment, away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

If you encounter issues with your Dskeuzeew Adjustable Weight Bench, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all assembly bolts are tightened. Move the bench to a flat, level surface.
Backrest adjustment is difficult.	Adjustment pin not fully disengaged or mechanism is stiff.	Ensure the pin is pulled out completely. Apply a small amount of silicone lubricant to the adjustment mechanism.
Squeaking noises during use.	Friction between metal parts.	Apply silicone lubricant to pivot points and joints. Check for loose bolts.

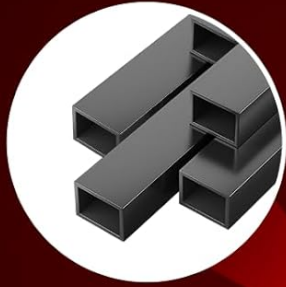
If the problem persists, please contact customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	Dskeuzeew
Model	B0DCZ2ZF2N
Material	Alloy Steel Frame, PU Leather Padding
Color	Black
Weight Capacity	660 Pounds (300 kg)
Backrest Positions	8 adjustable positions (-30° to 85°)
Unfolded Dimensions (Approx.)	Length: 50.7 inches (128 cm) Width: 15.74 inches (40 cm) Max Height: 52.75 inches (134 cm)
Folded Dimensions (Approx.)	Height: 27.55 inches (70 cm) Width: 12 inches (30 cm) Depth: 17.72 inches (45 cm)
Features	Foldable design, ergonomic foam rollers, resistance bands included.

STABLE & SAFE ***STRUCTURE***

Load Capacity Up To 660 LBS



Reinforced Steel



Figure 8.1: Stable and safe structure with 660 LBS load capacity.

THICHEN SOFT BENCH PAD

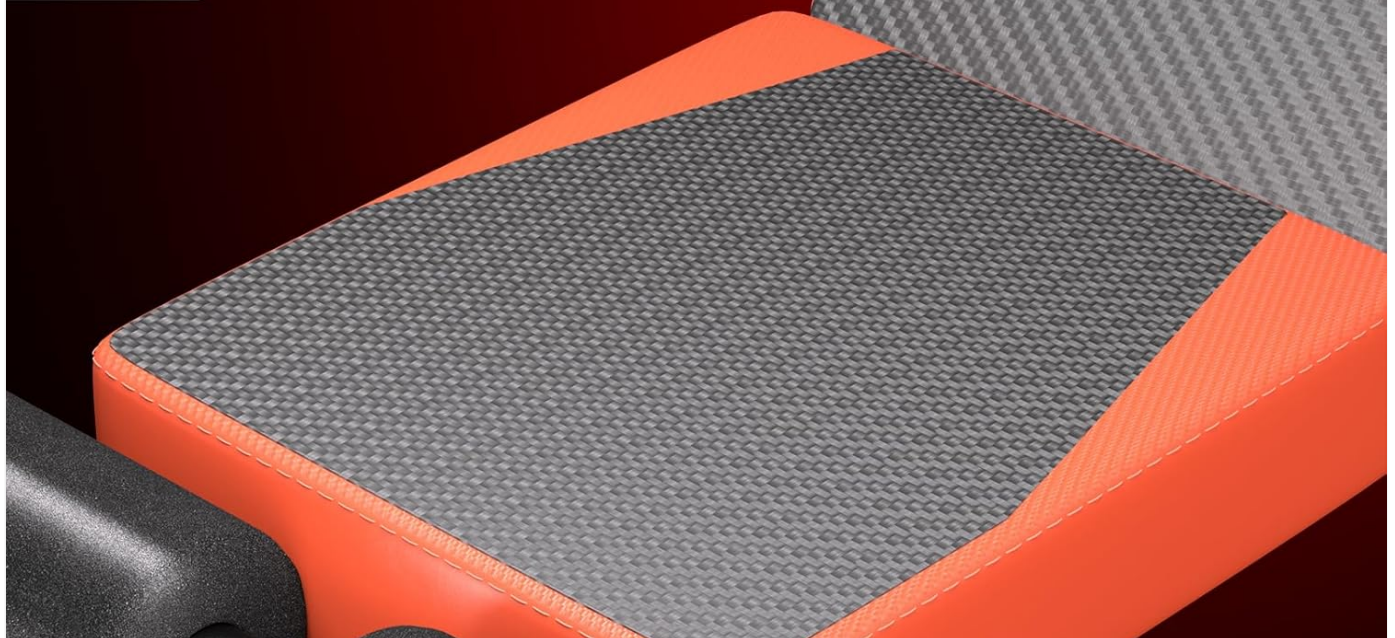


Figure 8.2: Detailed view of the comfortable five-layer bench pad.

9. WARRANTY AND SUPPORT

Dskeuzeew is committed to customer satisfaction. Your Adjustable Weight Bench comes with a **one-year after-sales service** from the date of purchase.

For any questions regarding product quality, assembly, operation, or troubleshooting that is not covered in this manual, please contact our customer support team. Your inquiries will typically be replied to within 24 hours.

Please retain your proof of purchase for warranty claims.



