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› Dskeuzeew Adjustable Folding Weight Bench User Manual

Dskeuzeew X22C00I031

Dskeuzeew Adjustable Folding Weight Bench User Manual

Model: X22C00I031

INTRODUCTION

This manual provides essential information for the safe and effective use of your Dskeuzeew Adjustable Folding Weight Bench. Please read all instructions carefully before assembly and use. Keep this manual for future reference.

SAFETY INFORMATION

WARNING: Before starting any exercise program, consult your physician. Incorrect or excessive training can result in injury. Always use the equipment on a flat, stable surface.

- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight capacity of **400 kg (880 lbs)**.
- Keep children and pets away from the equipment during use.
- Inspect the bench for any signs of wear or damage before each workout. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Use caution when adjusting the bench to prevent pinching or injury.

Supporto affidabile per ogni allenamento

Rigorosamente testato con capacità di carico comprovata fino a 880lbs/440kg



Image: The Dskeuzeew weight bench is designed to support up to 400 kg (880 lbs), ensuring reliable support during various exercises.

PRODUCT OVERVIEW

The Dskeuzeew Adjustable Folding Weight Bench is designed for full-body workouts, offering stability, comfort, and space-saving convenience. It features a robust alloy steel frame and high-quality padding.

Key Features:

- **Stable and Durable Construction:** Built with a unique triangular structure and commercial-grade alloy steel, capable of supporting up to 400 kg.
- **Adjustable Headrest:** Extends the backrest length to 140 cm, accommodating users of various heights and providing spinal protection.
- **Multi-Position Adjustments:**
 - 8 Backrest positions
 - 4 Seat positions

- 4 Footrest positions
- 4 Headrest positions
- **Comfortable Padding:** Thick, high-quality foam padding covered with waterproof synthetic leather for durability and hygiene.
- **Non-Slip Stability:** Widened adjustable base with robust non-slip foot covers for secure placement on uneven floors.
- **Space-Saving Folding Design:** Folds quickly in approximately 3 seconds, reducing storage space by 80%.

Robusto e durevole

Costruito per un investimento a lungo termine

**Acciaio
pesante di
alta qualità**



**Piedini
antiscivolo**



**Pelle resistente
all'usura e al
sudore**



**Tavola
solida
ispessita**



Image: Details highlighting the robust construction, including high-quality steel, non-slip foot pads, durable and sweat-resistant synthetic leather, and a thickened support board.

Poggiatesta estensibile

Supporto personalizzato per diverse stature



Image: The extensible headrest provides personalized support, extending the bench length to accommodate users up to 196 cm (approximately 6'5") for enhanced comfort and spinal protection.

SETUP AND ASSEMBLY

The Dskeuzeew weight bench is designed for straightforward assembly. While specific step-by-step diagrams are not provided in this manual, the general process involves attaching the main components using the included tools and hardware. Refer to the packaging for any quick-start guides.

Folding and Unfolding:

The bench features a quick-folding mechanism for easy storage.

1. To fold: Locate the three pins on the bench's frame. Pull these pins to release the locking mechanisms.
2. Carefully fold the bench components inward. The bench will compact significantly, reducing its footprint by 80%.
3. To unfold: Reverse the process, extending the components until the pins click securely into place. Ensure all pins are fully engaged before use.

Design originale:

Riponibile verticalmente in modo compatto

Pieghevole in 3 secondi per spostamento e conservazione



Rimuovere il perno

80%

Risparmio di spazio



Image: The bench can be folded vertically for compact storage, saving up to 80% of space. Simply remove the designated pin to initiate the folding process.

RISPARMIO DI SPAZIO E RAPIDITÀ DI RIPIEGAMENTO



Scollegare il pin



Piegare e riporre

Image: Visual guide demonstrating the quick folding process. Disconnect the pin, then fold and store the bench to save space.

OPERATING INSTRUCTIONS

The Dskeuzeew weight bench offers multiple adjustment points to customize your workout experience for various exercises and body types.

Adjusting the Bench:

To adjust the backrest, seat, footrest, or headrest, locate the adjustment pins or levers for each section. Pull the pin/lever, move the section to the desired position, and release the pin/lever, ensuring it locks securely into place. Always double-check that the section is stable before applying weight.

- **Backrest:** 8 adjustable positions, ranging from -30° (decline) to 75° (incline).
- **Seat:** 4 adjustable positions to complement backrest angles.
- **Footrest:** 4 adjustable positions for leg support during sit-ups or other exercises.
- **Headrest:** 4 adjustable positions for personalized neck and head support.

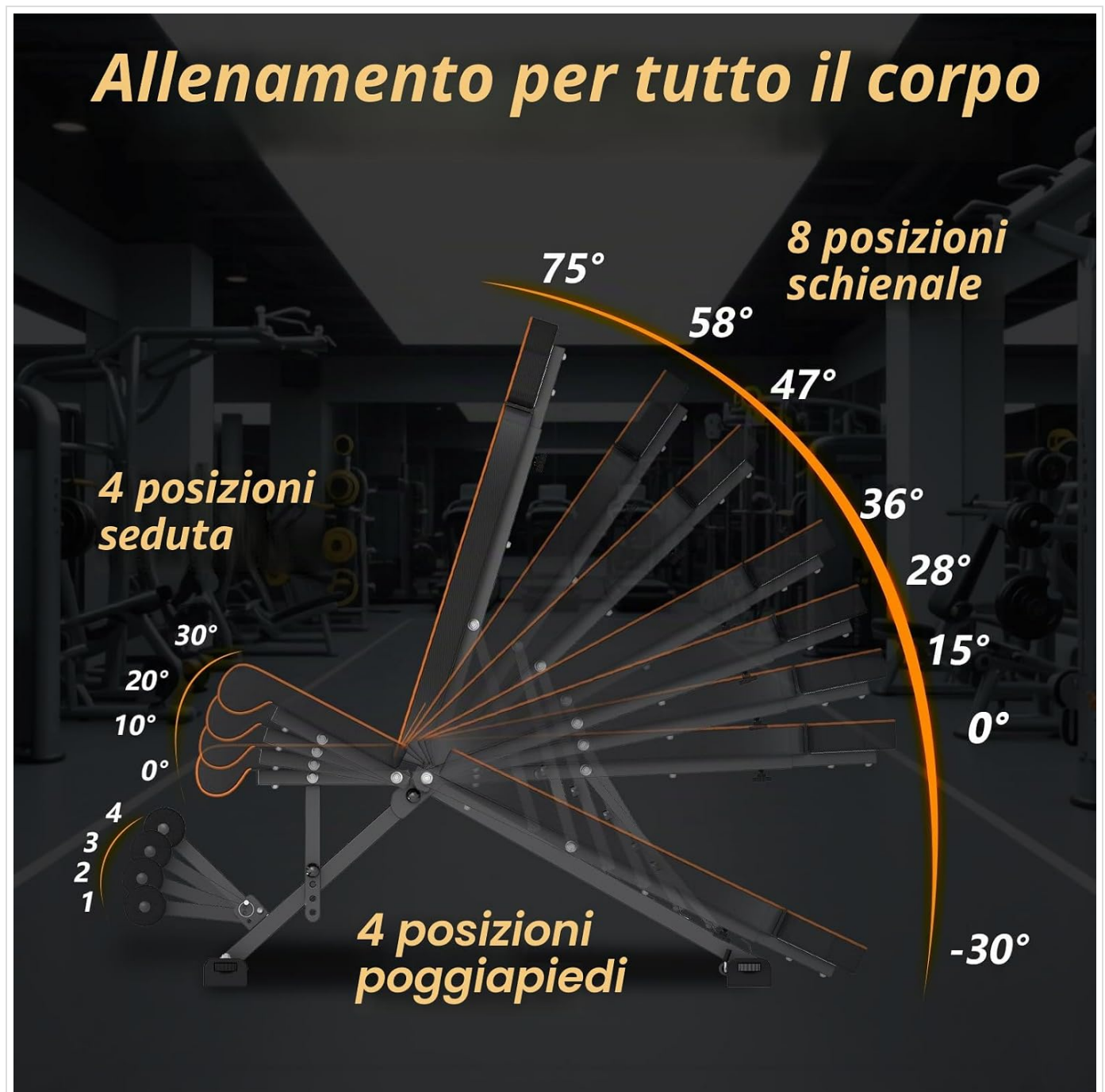


Image: The bench offers comprehensive full-body training with 8 backrest positions (from -30° to 75°), 4 seat positions, and 4 footrest positions for versatile exercise configurations.

Example Exercises:

- **Incline Dumbbell Press:** Adjust the backrest to an incline position (e.g., 30-45°). Lie on the bench with dumbbells, pressing them upwards.
- **Flat Dumbbell Press:** Adjust the backrest to a flat (0°) position. Lie on the bench with dumbbells, pressing them upwards.
- **Decline Sit-ups:** Adjust the backrest to a decline position (e.g., -30°) and secure your feet under the footrest. Perform sit-ups for abdominal training.
- **One-Arm Dumbbell Row:** Place one knee and hand on the bench, with the other foot on the floor. Perform rows with a dumbbell.
- **Bicep Curls:** Sit on the bench with the backrest upright or slightly inclined, perform bicep curls with dumbbells.



Panca con manubri per gli obliqui superiori

Image: Demonstrating an incline dumbbell press, targeting upper chest and shoulders.



Remiera con manubri a un braccio

Image: Demonstrating bicep curls, an effective exercise for arm strength.



Image: Demonstrating a one-arm dumbbell row, targeting back muscles.



Image: Demonstrating a flat dumbbell press, targeting chest muscles.



Image: Demonstrating decline sit-ups, an effective exercise for abdominal muscles.

Regular maintenance ensures the longevity and safe operation of your Dskeuzeew 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.
- **Inspection:** Periodically check all bolts, nuts, and adjustment pins for tightness. Tighten any loose fasteners.
- **Wear and Tear:** Inspect the synthetic leather upholstery for cracks, tears, or excessive wear. Check the frame for any signs of damage or corrosion.
- **Storage:** When not in use, fold the bench and store it in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose fasteners; uneven floor; adjustment pins not fully engaged.	Ensure all bolts and nuts are tightened. Place the bench on a flat, level surface. Verify all adjustment pins are securely locked.
Difficulty adjusting backrest/seat.	Pin/lever stuck; mechanism obstructed.	Ensure the pin/lever is fully pulled out before attempting to move the section. Check for any obstructions. Apply a small amount of silicone lubricant if movement is stiff.
Bench does not fold correctly.	Pins not fully disengaged; obstruction.	Ensure all three folding pins are completely pulled out. Check for any items blocking the folding mechanism.

SPECIFICATIONS

Feature	Detail
Brand	Dskeuzeew
Model Number	X22C00I031
Material	Alloy Steel (Frame), Synthetic Leather (Upholstery)
Color	Black/Orange
Product Dimensions (Unfolded)	109 cm (Depth) x 114 cm (Width) x 42 cm (Height)
Item Weight	10.6 Kilograms
Maximum Weight Capacity	400 Kilograms (880 lbs)
Backrest Adjustment	8 positions (-30° to 75°)
Seat Adjustment	4 positions
Footrest Adjustment	4 positions
Headrest Adjustment	4 positions



Image: Detailed dimensions of the bench in both unfolded and folded states, illustrating its space-saving design.

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your purchase or contact Dskeuzeew customer service through the retailer where the product was purchased. Keep your proof of purchase for warranty claims.