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NICEPEOPLE FB-23YLD05

NICEPEOPLE FB-23YLD05 Foldable Adjustable Weight Bench User Manual

Model: FB-23YLD05

1. Introduction

This manual provides essential information for the safe assembly, operation, maintenance, and storage of your NICEPEOPLE FB-23YLD05 Foldable Adjustable Weight Bench. Please read all instructions carefully before use and retain this manual for future reference.

2. Safety Information

WARNING: Failure to follow these safety instructions may result in serious injury or death.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment.
- Place the bench on a flat, stable surface. Ensure adequate clearance around the bench.
- Inspect the bench for loose or damaged parts before each use. Do not use if damaged.
- Ensure all bolts and pins are securely fastened before use.
- Do not exceed the maximum weight capacity of 660 lbs (300 kg).
- Use proper lifting techniques and maintain control of weights at all times.
- Do not stand on the bench.
- Adjust the bench only when no weight is on it.
- Wear appropriate exercise attire and footwear.

3. Package Contents

Verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Front Foot Tube
- Front Main Bar
- M8*45 Screws (with washers and nuts)

- M8*55 Screws (with washers and nuts)
- M8*72 Pin
- M8*62 Pin
- Tool 1 (Allen wrench)
- Tool 2 (Wrench)



Image: All components of the NICEPEOPLE FB-23YLD05 weight bench laid out, including the main frame, foot tubes, screws, pins, and tools.

4. Assembly Instructions

Follow these steps to assemble your weight bench. It is recommended to have two people for assembly.

Step 1: Install the Front Foot Tube

1. Align the Front Foot Tube with the designated slot on the Front Main Bar.
2. Insert an M8*45 screw through the aligned holes.

3. Secure with a washer and nut. Tighten using the provided tools to ensure stability.

Your browser does not support the video tag.

Video: A short preview demonstrating the assembly of the front foot tube to the main bar. This video shows the process of inserting the foot tube, securing it with a screw, washer, and nut, and then tightening it with a wrench.

Step 2: Unfold the Main Frame and Install the Front Main Bar

1. Carefully unfold the main frame of the bench.
2. Insert the M8*72 pin into the hinge mechanism to secure the main frame in its open position.
3. Attach the assembled Front Main Bar (from Step 1) to the front support of the main frame.
4. Insert an M8*55 screw through the aligned holes.
5. Secure with a washer and nut. Tighten using the provided tools to ensure stability.



Image: The main frame of the weight bench partially unfolded, with the front main bar ready for attachment. This image illustrates the connection points for the front support.

Your NICEPEOPLE FB-23YLD05 weight bench is now assembled and ready for use.

5. Operating Instructions

Adjusting Backrest Angles

The bench features 8 adjustable backrest angles to accommodate various exercises, including incline, decline, and flat positions. To adjust:

1. Ensure no weight is on the bench.
2. Locate the adjustment pin mechanism at the rear of the backrest support.
3. Pull the pin out, adjust the backrest to the desired angle, and release the pin to lock it into place. Ensure the pin is fully engaged before use.



Image: A visual representation of the 8 adjustable backrest angles, ranging from decline to incline, illustrating how different angles target various muscle groups.

Using the Bench for Exercise

The NICEPEOPLE FB-23YLD05 bench supports a variety of exercises. Always maintain proper form and control.

- **Bench Press:** Adjust to flat or incline position. Lie on the bench with feet flat on the floor.
- **Dumbbell Rows:** Adjust to a flat position. Place one knee and hand on the bench, keeping your back straight.
- **Sit-ups:** Adjust to a decline position. Secure your feet under the foot pads.
- **Bicep Curls:** Sit on the bench in an upright position.



Image: Demonstrations of a man performing bicep curls while seated and an incline press while lying on the adjustable weight bench.



Image: Demonstrations of a woman performing dumbbell rows and crunches using the adjustable weight bench.

6. Maintenance

- **Cleaning:** Wipe down the bench with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry.
- **Inspection:** Regularly check all bolts, nuts, and pins for tightness. Tighten as needed. Inspect the upholstery for any tears or excessive wear.
- **Lubrication:** Periodically apply a small amount of lubricant to moving parts (e.g., hinge points) to ensure smooth operation.



Image: A close-up view of the bench's durable leather pad, emphasizing its qualities such as anti-slip, breathability, sweat resistance, and wear resistance, which contribute to easy maintenance.

7. Storage

The NICEPEOPLE FB-23YLD05 weight bench is designed for easy folding and compact storage.

1. Remove the M8*72 pin from the main frame hinge.
2. Fold the backrest and seat sections together.
3. The bench can then be stored upright against a wall or under furniture.



Image: The weight bench in its folded state, illustrating its compact dimensions (30.7" height, 16.73" width, 9.25" depth) and examples of how it can be stored in small spaces like against a wall or under a bed.

Your browser does not support the video tag.

Video: A demonstration of the NICEPEOPLE FB-23YLD05 weight bench being folded for storage. The video highlights the quick and easy process of collapsing the bench into a compact form, suitable for small spaces.

8. Troubleshooting

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all assembly bolts and pins are tightened. Move the bench to a flat, level surface. Adjust non-slip foot caps if applicable.

Problem	Possible Cause	Solution
Difficulty adjusting backrest.	Pin not fully disengaged or mechanism is stiff.	Ensure the adjustment pin is fully pulled out. Apply a small amount of lubricant to the hinge and pin mechanism if stiff. Do not force adjustments.
Squeaking noises during use.	Loose connections or lack of lubrication.	Check and tighten all bolts. Apply lubricant to moving parts and joints.

9. Specifications

Model: FB-23YLD05

Brand: NICEPEOPLE

Material: Alloy Steel Frame, Durable Leather Pad

Color: Black with Red accents

Maximum Weight Capacity: 660 lbs (300 kg)

Product Dimensions (Unfolded): 116.84 cm (L) x 42.42 cm (W) x 43.69 cm (H) (approx. 45.9" L x 16.7" W x 17.2" H)

Product Dimensions (Folded): Approx. 78 cm (H) x 42.5 cm (W) x 23.5 cm (D) (approx. 30.7" H x 16.73" W x 9.25" D)

Item Weight: 7.71 kg (approx. 17 lbs)

Adjustable Backrest Angles: 8 positions (including incline, decline, and flat)

10. Warranty and Support

For warranty information, replacement parts, or technical support, please contact NICEPEOPLE customer service through your original purchase platform or visit the official NICEPEOPLE website. Please have your model number (FB-23YLD05) and purchase date available when contacting support.
Manufacturer: NICEPEOPLE

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