

## VirtuFit FB100

# VirtuFit FB100 Adjustable Folding Fitness Bench User Manual

Model: FB100 (VF02079)

## 1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or using the VirtuFit FB100 Fitness Bench. Keep this manual for future reference. Failure to follow these instructions can result in serious injury or damage to the product.

- Consult a physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Do not exceed the maximum weight capacity of 200 kg (440 lbs).
- Keep children and pets away from the equipment during use.
- Use the bench on a flat, stable surface.
- Inspect the bench for wear or damage before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.

## 2. PACKAGE CONTENTS

Carefully unpack all components and verify that you have received the following items:

- VirtuFit FB100 Fitness Bench Frame
- Adjustable Seat Pad
- Adjustable Backrest Pad
- Leg Rollers (pre-attached)
- Resistance Band(s) with handles
- User Manual (this document)

If any parts are missing or damaged, please contact customer support immediately.

## 3. SETUP AND ASSEMBLY

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The VirtuFit FB100 Fitness Bench is designed for quick setup. Follow these steps to prepare your bench for use:

1. **Unfolding the Bench:** Carefully unfold the main frame of the bench. Ensure the support legs are fully extended and locked into place. You may hear a click or need to insert a locking pin to secure the frame.
2. **Adjusting Stability:** The bench features adjustable feet. Rotate these feet to ensure the bench is level and stable on your floor, preventing any wobbling during exercise.
3. **Attaching Resistance Bands:** Locate the attachment points on the front stabilizer bar. Securely clip the resistance bands to these points.



Image 3.1: The VirtuFit FB100 Fitness Bench in its fully assembled, upright position, ready for use. Note the resistance bands attached to the front stabilizer.



Image 3.2: A close-up view showing how the resistance band is securely attached to the designated hook on the front stabilizer bar of the bench.

## 4. OPERATING INSTRUCTIONS

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### 4.1 Adjusting the Bench

The VirtuFit FB100 offers multiple adjustment options for both the seat and backrest to accommodate various exercises and user preferences.

- **Backrest Adjustment:** The backrest can be adjusted to 7 different positions. To adjust, pull the adjustment pin, move the backrest to the desired angle, and release the pin, ensuring it locks securely into place.
- **Seat Adjustment:** The seat can be adjusted to 4 different positions. Similar to the backrest, pull the adjustment pin, move the seat to your preferred angle, and ensure the pin locks securely.

## VERSTELLBARER **SITZ**



Image 4.1: The VirtuFit FB100 bench demonstrating its adjustable seat and backrest, allowing for various incline and decline positions. A close-up shows the adjustment mechanism.

# BEQUEME POLSTERUNG

DICKE VON 4 ZENTIMETERN



Image 4.2: A detailed view of the comfortable, 4 cm thick padding on the VirtuFit FB100 bench, designed for support during workouts.

## 4.2 Exercise Examples

The VirtuFit FB100 bench, combined with dumbbells and the included resistance bands, offers a wide range of exercises:

- **Shoulder Muscles:** Dumbbell press, lateral raises, front raises.
- **Leg Muscles:** Dumbbell lunges, leg curls (using resistance bands or bodyweight).
- **Back Muscles:** Two-dumbbell rows, single-arm dumbbell rows.
- **Arm Muscles:** Seated bicep curls, triceps extensions.
- **Core Exercises:** Abdominal exercises using the leg rollers for support.

# **MAXIMALE BELAST- BARKEIT**

**VON 200 KG**



Image 4.3: The VirtuFit FB100 bench showcasing its robust construction and the included resistance bands, emphasizing its maximum load capacity of 200 kg.

## **4.3 Folding for Storage**

The VirtuFit FB100 features a convenient folding design for easy storage.

1. Ensure the backrest and seat are in their lowest or most compact positions.
2. Locate the folding mechanisms (pins or levers) on the frame.
3. Carefully fold the bench inward until it reaches its compact storage form. Ensure all locking pins are engaged to prevent accidental unfolding.





Image 4.4: The VirtuFit FB100 bench shown in its folded configuration, illustrating its compact design for convenient storage. A close-up highlights the folding mechanism.

## 5. MAINTENANCE

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

- **Cleaning:** Wipe down the bench 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 adjustment pins to ensure they are tight and secure. Inspect the upholstery for tears or excessive wear.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures. Utilize its folding feature for compact storage when not in use.

## 6. TROUBLESHOOTING

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If you encounter any issues with your VirtuFit FB100 Fitness Bench, refer to the following common solutions:

- **Bench is wobbly:** Ensure the bench is on a flat surface. Adjust the leveling feet on the stabilizer



bars until the bench is stable. Check all frame connections for tightness.

- **Adjustment pin not locking:** Ensure the backrest or seat is properly aligned with the adjustment holes. Wiggle the component slightly while pushing the pin to help it engage. Do not force the pin.
- **Squeaking noises:** Check all bolted connections and tighten if loose. A small amount of silicone-based lubricant can be applied to pivot points if necessary, avoiding contact with upholstery.

For issues not covered here, please contact VirtuFit customer support.

## 7. SPECIFICATIONS


Model Number	VF02079
Product Dimensions (Unfolded)	110 cm (L) x 108 cm (W) x 35 cm (H)
Product Weight	11.6 kg
Maximum User Weight Capacity	200 kg
Material	Alloy Steel Frame, Padded Upholstery
Backrest Positions	7
Seat Positions	4
Backrest Surface Area	80 cm x 23.5 cm





## 8. WARRANTY AND SUPPORT

VirtuFit products are manufactured to high-quality standards. For information regarding warranty coverage, returns, or technical support, please refer to the VirtuFit official website or contact your retailer.

You can also visit the official VirtuFit store on Amazon for more information and product range:[VirtuFit Amazon Store](#)

### Related Documents - FB100

 The image shows the cover of the user manual for the VirtuFit Adjustable Utility Bench. It features the VirtuFit logo at the top, followed by the text 'Adjustable Utility Bench' and 'User manual'. Below the text is a line drawing of the bench in its folded position. A small green square icon is visible at the bottom left of the drawing.	<p><a href="#">VirtuFit Adjustable Utility Bench User Manual and Assembly Guide</a></p> <p>This user manual provides detailed assembly instructions and a parts list for the VirtuFit Adjustable Utility Bench. Learn how to assemble and use your fitness equipment safely and effectively.</p>
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 <p><b>virtufit</b> Verstelbare Ab Bench USER MANUAL</p>	<p><a href="#">VirtuFit VF02058 Adjustable Ab Bench Assembly and User Manual</a></p> <p>Assembly instructions and technical details for the VirtuFit VF02058 Adjustable Ab Bench. Includes a parts list, assembly steps, and company contact information for service requests.</p>
 <p><b>virtufit</b> VirtuFit V3 Exercise bike with grips and computer Owner's manual</p>	<p><a href="#">VirtuFit V3 Exercise Bike Owner's Manual</a></p> <p>Owner's manual for the VirtuFit V3 Exercise bike with grips and computer. This guide provides essential information on safety precautions, assembly, operation, display functions, training guidelines, parts list, and maintenance for your VirtuFit V3 exercise bike.</p>
 <p><b>virtufit</b> Krachtstation Homegym KH1 USER MANUAL</p>	<p><a href="#">VirtuFit Krachtstation Homegym KH1 User Manual</a></p> <p>User manual for the VirtuFit Krachtstation Homegym KH1 (VFKSHG-KH1), providing assembly instructions, safety guidelines, maintenance, and training tips for home fitness.</p>
 <p><b>virtufit</b> VirtuFit V2 Opvouwbare steffi-bike met computer Gebruikershandleiding</p>	<p><a href="#">VirtuFit V2 Foldable Mini Bike with Computer User Manual</a></p> <p>This user manual provides comprehensive instructions for the VirtuFit V2 foldable mini bike with computer. It covers important safety precautions, assembly steps, exercise computer functions, operation procedures, and maintenance guidelines to ensure safe and effective use.</p>
 <p><b>virtufit</b> Vibration Plate USER MANUAL</p>	<p><a href="#">VirtuFit Vibration Plate VF11007 User Manual</a></p> <p>User manual for the VirtuFit Vibration Plate VF11007, providing safety instructions, operating conditions, error codes, warranty information, display functions, and remote control usage in English, Dutch, German, and French.</p>