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Dskeuzeew Adjustable Folding Weight Bench

Dskeuzeew Adjustable Folding Weight Bench User Manual

Model: Adjustable Folding Weight Bench

Brand: Dskeuzeew

1. INTRODUCTION

Thank you for choosing the Dskeuzeew Adjustable Folding Weight Bench. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.

This weight bench is designed for a variety of strength training exercises, offering multiple adjustment options for backrest, seat, foot, and headrest to accommodate different body types and workout routines. Its robust construction ensures stability and durability for effective home workouts.

2. SAFETY INFORMATION

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

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure the bench is placed on a stable, level surface.
- Inspect the bench for loose parts, damage, or wear before each use. Do not use if damaged.
- Do not exceed the maximum weight capacity of 660 lbs (300 kg). This includes user weight and any weights being lifted.
- Ensure all adjustment pins and locking mechanisms are securely engaged before beginning an exercise.
- Use proper lifting techniques and controlled movements to avoid injury.
- Wear appropriate athletic footwear and clothing.
- Do not modify the equipment.

3. PACKAGE CONTENTS

Carefully unpack all components and verify that all parts are present. If any parts are missing or damaged, do not proceed with assembly. Contact Dskeuzeew customer support for assistance.

- Main Frame Assembly

- Backrest Pad
- Seat Pad
- Foot Support Rollers
- Headrest Pad
- Assembly Hardware (bolts, washers, nuts, pins)
- Assembly Tools (if included)
- Resistance Bands (if included)

4. ASSEMBLY INSTRUCTIONS

Assembly typically takes approximately 30 minutes. It is recommended to assemble the bench with another person for ease and safety. Ensure you have sufficient space and all components before starting.

1. Place all components on a clean, flat surface.
2. Attach the main support legs to the frame using the provided bolts and tighten securely.
3. Mount the backrest pad to the adjustable frame mechanism.
4. Attach the seat pad to its support frame.
5. Install the foot support rollers and headrest pad as indicated in the visual guide.
6. Ensure all bolts are tightened and all adjustment pins engage correctly.
7. Test the stability of the bench before first use.



Figure 4.1: The Dskeuzeew Adjustable Folding Weight Bench in its operational and folded configurations.

5. OPERATING INSTRUCTIONS

5.1 Adjusting the Bench

The Dskeuzeew weight bench features a quick-adjust system for various positions. Always ensure the bench is empty and stable before making adjustments.

- **Backrest Adjustment:** The backrest offers 8 positions, ranging from -20° (decline) to 75° (incline). To adjust, lift the backrest slightly, disengage the locking pin, move to the desired angle, and ensure the pin securely re-engages in the corresponding slot.
- **Seat Adjustment:** The seat can be adjusted to 4 positions, from 0° (flat) to 30° (incline). Follow a similar procedure as the backrest to adjust and lock the seat.
- **Foot and Headrest Adjustment:** The foot support and headrest also offer multiple adjustment points (4 positions each) to optimize comfort and support for different exercises and user heights. Adjust by pulling out the pin, moving to the desired position, and re-engaging the pin.

A VARIETY OF ADJUSTMENTS TO MEET YOUR VARIOUS NEEDS

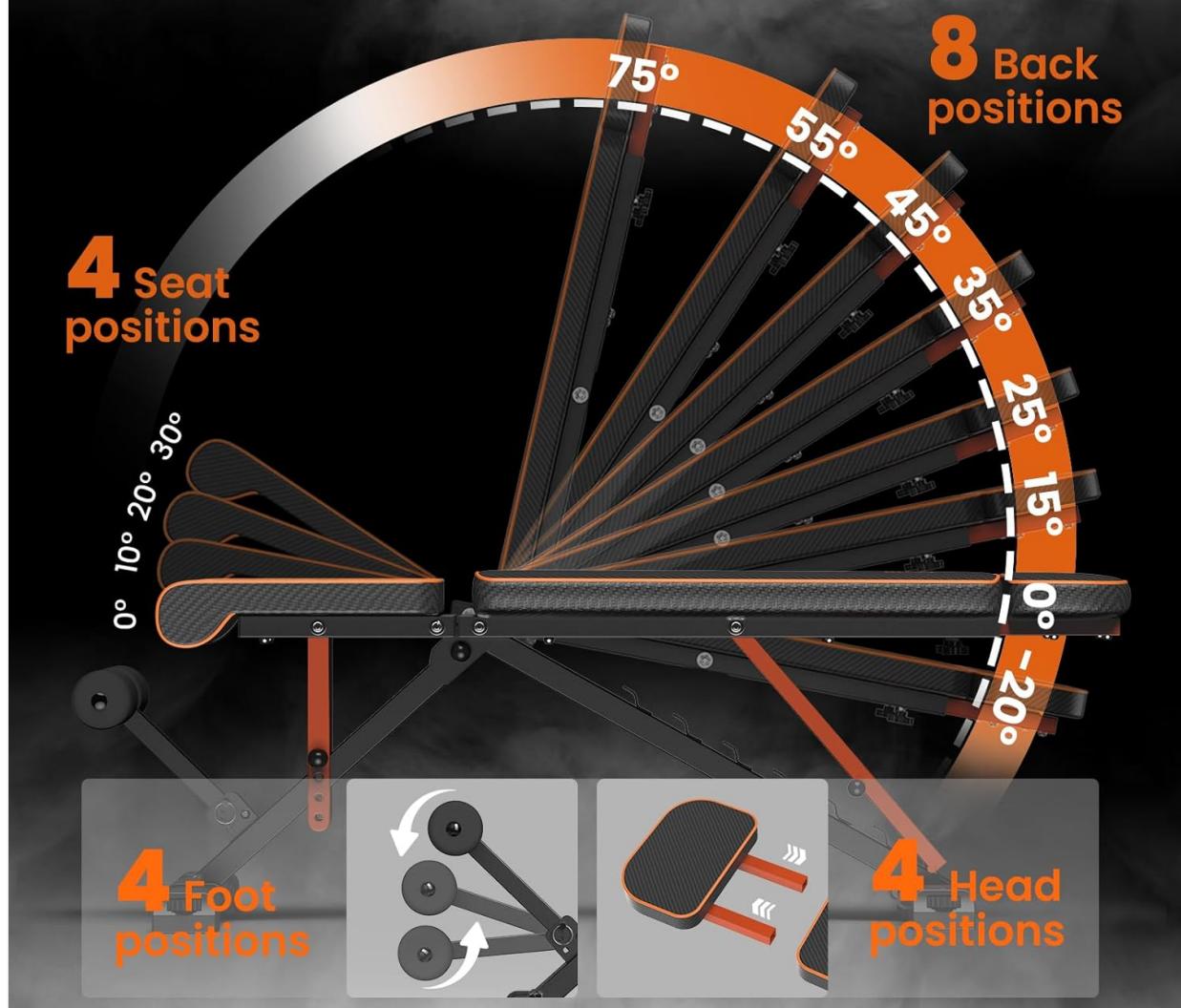


Figure 5.1: Adjustment capabilities of the Dskeuzeew Weight Bench.

5.2 Folding for Storage

The bench is designed for quick folding, taking approximately 3 seconds. This allows for convenient storage and space-saving.

1. Ensure the backrest and seat are in their lowest or most compact positions.
2. Locate the folding pins or levers (refer to Figure 4.1).
3. Pull out the pins to release the locking mechanism.
4. Carefully fold the bench components inward until it reaches its compact storage size.
5. Ensure all folding mechanisms are securely latched to prevent accidental unfolding.

**SPACE SAVING
80%**



**3 SEC
FAST FOLDING AT
YOUR FINGERTIPS**

Figure 5.2: Dimensions and folded state for space-saving storage.

5.3 Exercise Examples

The Dskeuzeew weight bench supports a wide range of exercises for a full-body workout. Examples include:

- Dumbbell Bench Press (Flat, Incline, Decline)
- Dumbbell Rows
- Seated Shoulder Press
- Crunches/Sit-ups (Decline)
- Leg Raises
- Resistance Band Exercises (if bands are included)

FUNCTION DISPLAY



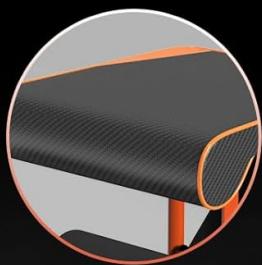
Figure 5.3: Examples of exercises possible with the Dskeuzeew Weight Bench.

6. MAINTENANCE

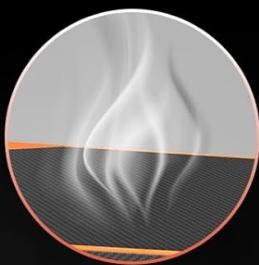
Regular maintenance ensures the longevity and safe operation of your weight bench.

- **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 pins for tightness. Tighten any loose fasteners. Inspect the frame for cracks or damage, and 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.

STURDY AND VERSATILE



High Quality PU Leather



Hihtly Breathable



High Quality Material



Figure 6.1: High-quality materials used in the Dskeuzeew Weight Bench, requiring proper care.

7. TROUBLESHOOTING

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

- **Bench feels unstable:** Ensure all assembly bolts are securely tightened. Verify the bench is on a flat, level surface. Check that all adjustment pins are fully engaged.
- **Difficulty adjusting positions:** Ensure no weight is on the bench. Check for any obstructions in the adjustment mechanism. Lubricate moving parts with a silicone-based lubricant if necessary.
- **Squeaking noises:** Identify the source of the noise. Tighten any loose bolts in that area. A small amount of lubricant on pivot points may help.

If the problem persists or if you experience any other issues, please contact Dskeuzeew customer support for further assistance.

8. SPECIFICATIONS

Feature	Detail
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Brand	Dskeuzeew
Model	Adjustable Folding Weight Bench
Maximum Weight Capacity	660 lbs (300 kg)
Material	Alloy Steel, PU Leather, High-Density Foam
Color	Deep Black
Product Dimensions (Unfolded)	131D x 109W x 43H cm (approx. 51.6D x 42.9W x 16.9H inches)
Item Weight	13 kg (approx. 28.7 lbs)
Backrest Adjustment	8 positions (-20° to 75°)
Seat Adjustment	4 positions (0° to 30°)
Foot/Headrest Adjustment	4 positions each

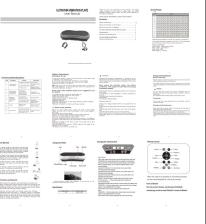
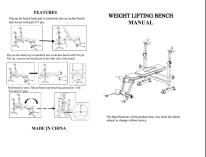
Note: Dimensions and weight are approximate and may vary slightly.

9. WARRANTY AND CUSTOMER SUPPORT

Dskeuzeew is committed to providing high-quality products and customer satisfaction. For any issues, questions, or assistance regarding your weight bench, please do not hesitate to contact our professional support team.

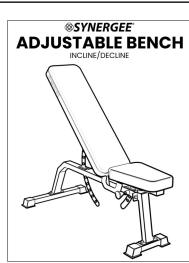
Please refer to your purchase documentation or the seller's platform for specific warranty details and contact information. Our team is ready to provide effective and timely solutions for any concerns you may have.

Related Documents - Adjustable Folding Weight Bench

	<p>Dskeuzeew Vibration Plate Exercise Machine User Manual: Features, Benefits, and Operation</p> <p>Detailed user manual for the Dskeuzeew Vibration Plate Exercise Machine. Learn about its oscillation and waver motion, Bluetooth speakers, rope skipping, massage vibration, and how to use it for home fitness and weight loss.</p>
	<p>Dskeuzeew YQ-T4015 Treadmill: User Manual and Operating Instructions</p> <p>Comprehensive user manual for the Dskeuzeew YQ-T4015 treadmill, covering safety precautions, installation, operation, maintenance, and troubleshooting. Learn how to set up and use your home treadmill safely and effectively.</p>
	<p>OPPSDECOR Weight Lifting Bench (OPX496) - Assembly Manual & Features</p> <p>Official assembly manual and feature guide for the OPPSDECOR OPX496 Weight Lifting Bench. Learn how to assemble your adjustable home gym equipment, including its incline/decline capabilities and leg developer.</p>

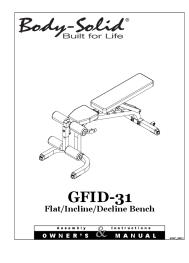
[LINODI Weight Bench Workout Guide: Beginner Fitness Routines](#)

A comprehensive guide for beginners using the LINODI adjustable weight bench. Features detailed instructions for chest, shoulder, arm, abs, back, leg, and glute workouts, including bench press technique and training programs.



[Synergee Adjustable Incline/Decline Bench Assembly Instructions and Parts List](#)

Detailed assembly instructions and parts list for the Synergee Adjustable Incline/Decline Bench. Learn how to assemble your home gym equipment with clear steps and diagrams.



[Body-Solid GFID-31 Flat/Incline/Decline Bench Assembly Manual](#)

Comprehensive assembly manual and owner's guide for the Body-Solid GFID-31 Flat/Incline/Decline Bench. Includes safety instructions, preparation, hardware list, parts list, and step-by-step assembly instructions.