

FLYBIRD WB3

FLYBIRD WB3 Adjustable Weight Bench User Manual

Model: WB3 (Part Number: FBHR24)

[Introduction](#)

[Safety Information](#)

[Assembly](#)

[Operation](#)

[Maintenance](#)

[Troubleshooting](#)

[Specifications](#)

[Warranty & Support](#)

1. INTRODUCTION

Thank you for choosing the FLYBIRD WB3 Adjustable Weight Bench. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read it thoroughly before use and retain it for future reference.

The FLYBIRD WB3 is designed for home gym use, offering versatility for various strength training exercises. It features an extended backrest suitable for users up to 6'5", a 750 lbs weight capacity, and multiple adjustment options for incline, flat, and decline positions. Its foldable design allows for convenient storage.



Image: The FLYBIRD WB3 Adjustable Weight Bench, showcasing its design and extended backrest.



Image: Detail of the 35-inch backrest and adjustable head support, designed to accommodate lifters up to 6'5".

2. IMPORTANT SAFETY INFORMATION

- Read all instructions in this manual before assembling or using the weight bench.
- Keep children and pets away from the equipment during use.
- Consult a physician before starting any exercise program.
- Place the bench on a flat, level, and stable surface. Ensure adequate clearance around the equipment.
- Inspect the bench for loose parts, damage, or wear before each use. Do not use if damaged.
- Ensure all adjustment pins and locking mechanisms are securely engaged before beginning an exercise.
- Do not exceed the maximum weight capacity of 750 lbs (user weight + lifted weight).
- Use proper lifting techniques and controlled movements during exercises.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- The locking pin is designed to secure the bench only in the fully unfolded workout position. For storage, remove the locking pin before folding.
- Before each workout, ensure the bench is fully opened, the backrest support bar is locked into the correct slot, and all pins, screws, foot supports, and locking positions are securely in place.

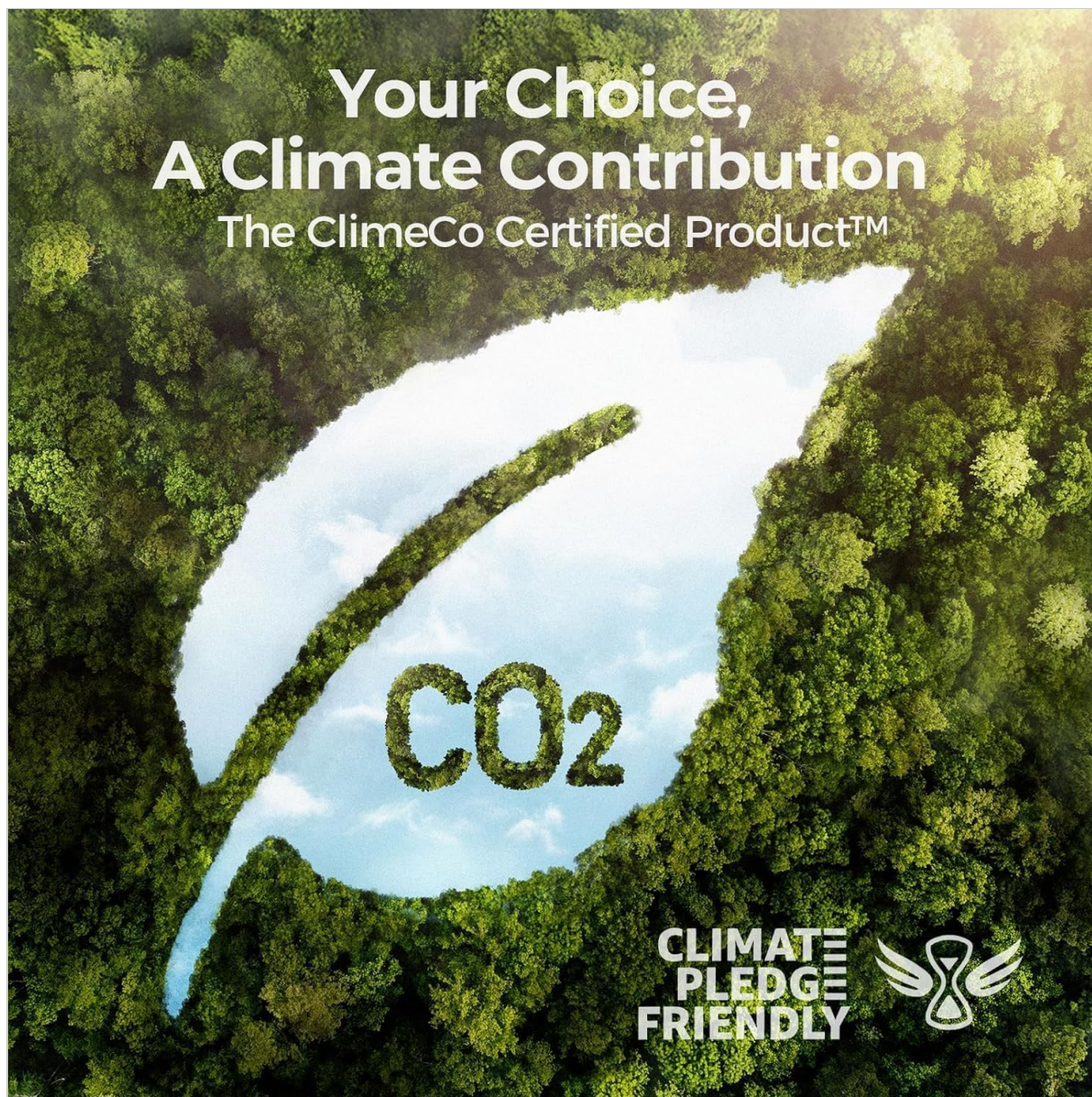


Image: Illustration of the bench's 5X stability features, including 18-inch base legs and dual-lock support for enhanced safety.

3. ASSEMBLY INSTRUCTIONS

The FLYBIRD WB3 weight bench requires minimal assembly. All necessary tools are typically included. Refer to the detailed diagrams provided in your product packaging for specific steps.

1. **Unpack Components:** Carefully remove all parts from the packaging. Lay them out and compare them against the parts list in your manual to ensure all components are present.
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and nuts. Ensure they are tightened firmly.
3. **Install Seat and Backrest:** Attach the seat and backrest to the main frame according to the diagrams. Pay attention to the orientation and ensure all pins and bolts are correctly inserted and secured.
4. **Adjustable Headrest (if applicable):** If your model includes a removable and adjustable headrest, attach it as per instructions.
5. **Final Check:** Once assembled, double-check all bolts, nuts, and pins to ensure they are securely fastened. The bench should be stable and not wobble.



Image: The FLYBIRD WB3 Weight Bench in its fully assembled, flat position, viewed from the front.



Image: Side view of the FLYBIRD WB3 Weight Bench, highlighting its sturdy construction and frame.

4. OPERATING INSTRUCTIONS

Adjusting the Backrest

The backrest offers 8 adjustable positions for incline, flat, and decline training. To adjust:

1. Lift the backrest slightly to disengage the locking pin from its current position.
2. Move the backrest to the desired angle.
3. Ensure the locking pin fully engages into one of the 8 slots. Gently push down on the backrest to confirm it is secure before use.

Adjusting the Seat

The seat has 4 adjustable positions to complement the backrest angles. To adjust:

1. Locate the seat adjustment mechanism, typically a pull-pin or lever.
2. Pull the pin/lever and move the seat to the desired position.
3. Release the pin/lever, ensuring it locks firmly into place.

Adjusting Leg Support

The leg support offers 3 adjustments for comfort and stability during decline exercises or sit-ups. To adjust:

1. Locate the adjustment pin on the leg support.
2. Pull the pin and slide the leg support to the desired height.
3. Release the pin, ensuring it locks into one of the three positions.



Image: Diagram illustrating the 96 possible adjustment combinations for the backrest, seat, and leg support, enabling versatile workouts.

3-Level Hook, 0 Pressure, 0 Limit



Image: A user performing a dumbbell fly exercise on the FLYBIRD WB3 bench, demonstrating its use in a flat position for full-body workouts.

Folding for Storage

To fold the bench for compact storage:

1. Ensure the backrest and seat are in their lowest or most compact positions.
2. Remove any locking pins that secure the bench in the unfolded position.
3. Follow the specific folding mechanism of your bench, typically involving collapsing the main frame or legs.
4. Once folded, the bench measures approximately 7.5" x 11.3" x 33" for easy storage.

All-in-One Full Body Training



Dumbbell Fly



Decline Sit-Up



Dumbbell Shoulder Press



Dumbbell Bench Press

Image: The FLYBIRD WB3 bench shown in both its fully set up and folded configurations, illustrating its space-saving design for home gyms.

5. MAINTENANCE

- **Cleaning:** Wipe down the bench with a damp cloth after each use to remove sweat and dirt. Use mild soap and water for deeper cleaning, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners. Inspect the upholstery for tears or excessive wear.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures to prolong its lifespan.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Bench wobbles or feels unstable.	Loose fasteners; uneven surface; incorrect assembly.	Ensure all bolts and nuts are tightened. Place the bench on a flat, level surface. Re-check assembly steps.

Problem	Possible Cause	Solution
Adjustment pin does not engage properly.	Obstruction in the hole; pin misalignment.	Clear any debris from the adjustment holes. Ensure the backrest/seat is aligned correctly with the frame.
Difficulty folding the bench.	Locking pin still engaged; mechanism stiff.	Ensure the workout locking pin is removed. Apply a small amount of lubricant to moving parts if stiff.

7. SPECIFICATIONS

- **Model:** WB3
- **Part Number:** FBHR24
- **Brand:** FLYBIRD
- **Material:** Alloy Steel frame, High-density foam, PU Leather
- **Color:** Black
- **Item Weight:** 27 Pounds
- **Weight Capacity:** 750 Pounds (User + Lifted Weight)
- **Product Dimensions (Set Up):** 42.52"D x 18.1"W x 17.5"H
- **Folded Dimensions:** Approximately 7.5" x 11.3" x 33"
- **Backrest Positions:** 8
- **Seat Positions:** 4
- **Leg Support Adjustments:** 3

8. WARRANTY AND CUSTOMER SUPPORT

For warranty information or customer support, please refer to the documentation included with your purchase or contact FLYBIRD customer service directly. Details for contacting support can typically be found on the manufacturer's official website or through your retailer.

FLYBIRD is committed to providing reliable customer support for any assistance you may need.

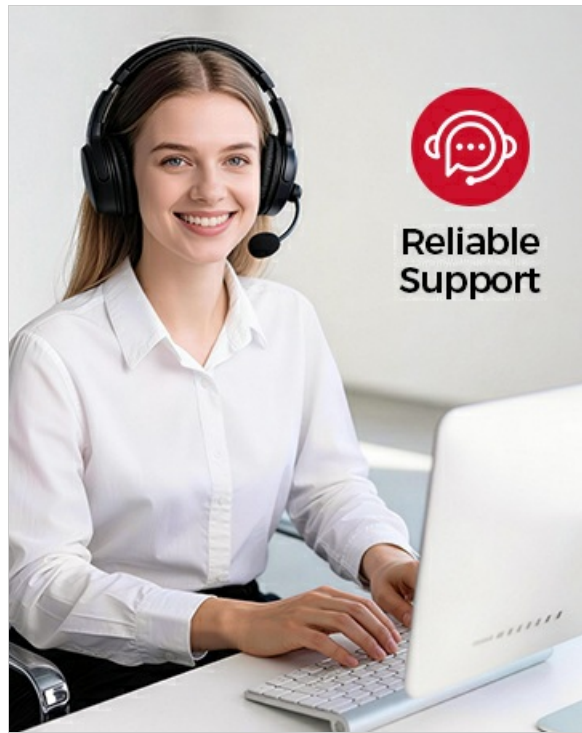


Image: A customer support representative, symbolizing the reliable assistance available from FLYBIRD.