

Yagud Weight Bench

Yagud Adjustable Weight Bench Press with Leg Extension User Manual

Model: Weight Bench

1. INTRODUCTION

Thank you for choosing the Yagud Adjustable Weight Bench Press. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read all instructions carefully before use to ensure proper function and to prevent injury.

Important Safety Information

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Always place the bench on a flat, stable surface.
- Inspect the bench for loose parts or damage before each use. Do not use if damaged.
- Ensure all adjustment pins and bolts are securely fastened before beginning an exercise.
- Do not exceed the maximum weight capacity of 880 lbs (400 kg).
- Wear appropriate exercise attire and footwear.

2. PRODUCT COMPONENTS

The Yagud Adjustable Weight Bench is constructed from heavy-duty commercial quality alloy steel, designed for stability and durability. Key components include:

- **Main Frame:** Provides the primary support structure.
- **Backrest Pad:** Adjustable for various incline and decline positions.
- **Seat Pad:** Provides comfortable support during exercises.
- **Priest Pad:** Adjustable for bicep curl exercises.
- **Leg Extension/Curl Attachment:** For lower body exercises.
- **Foot Rollers:** Padded rollers for leg exercises and stability.

- **Adjustment Pins/Knobs:** For securing various positions.



Image 2.1: Overview of the Yagud Adjustable Weight Bench with Leg Extension. This image displays the full bench in an assembled state, highlighting its various components including the backrest, seat, headrest pad, and leg extension attachment.



DETAILS DISPLAY



Image 2.2: Detailed view of key components. This image shows close-ups of the firm foot base, thick steel pipe construction, locking pin mechanism, and safety pins, illustrating the robust design of the bench.

3. SETUP AND ASSEMBLY

The Yagud Weight Bench requires assembly. Please follow the detailed instructions provided in the separate assembly guide included with your product packaging. Ensure all bolts, nuts, and washers are used correctly and tightened securely. Do not overtighten.

Folding for Storage

This bench features a 2-second fast folding mechanism for convenient storage, saving up to 80% of space. To fold the bench:

1. Ensure all weight plates are removed from the leg extension attachment.
2. Adjust the backrest and seat to their lowest or most compact positions.

3. Locate the folding pins or levers (refer to your assembly guide for exact locations).
4. Disengage the locking mechanism and carefully fold the bench components inward.
5. Secure the folded bench with any integrated locking features to prevent accidental unfolding.



Image 3.1: Dimensional data and folded state. This image illustrates the dimensions of the bench in its operational state and demonstrates how it folds to a compact size for storage, highlighting the space-saving feature.

4. OPERATING INSTRUCTIONS

The Yagud Adjustable Weight Bench is designed for a full-body workout, offering multiple adjustment options to suit various exercises and user preferences.

Adjusting the Bench

Always ensure the bench is empty and stable before making any adjustments. Secure all pins and knobs firmly after adjustment.

- **Backrest Adjustment:** The backrest offers 7 adjustment positions, ranging from decline to incline (e.g., -15°, 0°, 15°, 30°, 45°, 65°, 75°, 85°). To adjust, pull the adjustment pin, move the backrest to the desired angle, and release the pin, ensuring it locks securely into place.
- **Priest Pad Adjustment:** The priest pad has 3 positions. Adjust its height to comfortably support your arms during bicep curls.
- **Foot Position Adjustment:** The leg extension attachment offers 3 foot positions. Adjust these to secure your legs comfortably for leg extensions, leg curls, or sit-ups.

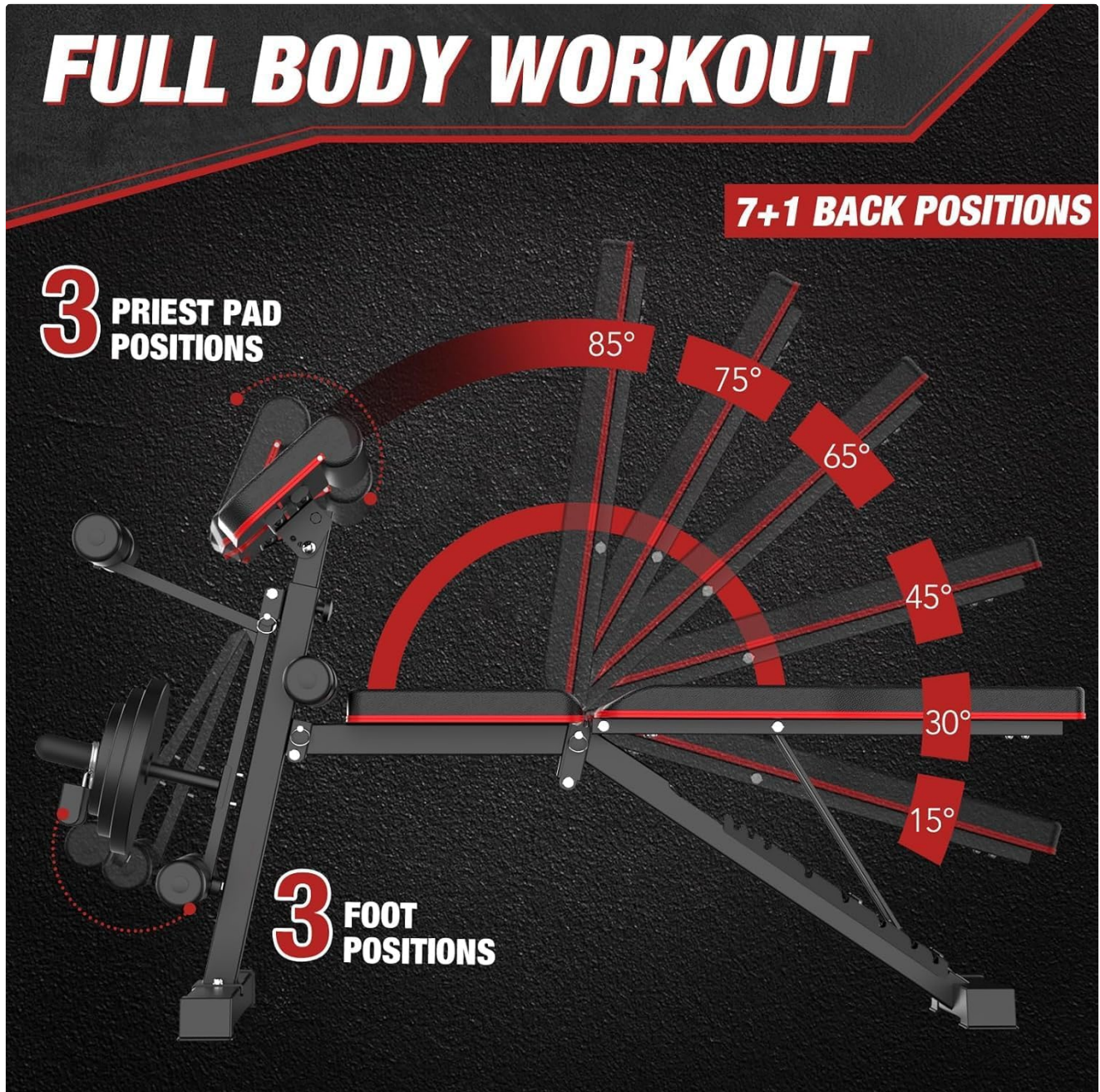


Image 4.1: Adjustment positions for full body workout. This image visually demonstrates the 7 back adjustments, 3 priest pad positions, and 3 foot positions, illustrating the versatility of the bench for various exercises.

Performing Exercises

The bench supports a wide range of exercises for chest, back, shoulders, legs, and other muscle groups. Examples include:

- **Dumbbell Press (Incline/Decline/Flat):** Adjust the backrest to the desired angle.
- **Bicep Curls:** Use the priest pad attachment.

- **Leg Extensions/Curls:** Utilize the leg extension attachment.
- **Sit-ups/Crunches:** Use the decline position with foot rollers for stability.



Image 4.2: Use display for various exercises. This image shows individuals performing different exercises on the Yagud bench, including dumbbell presses, bicep curls, and leg exercises, demonstrating its multi-functional capabilities.

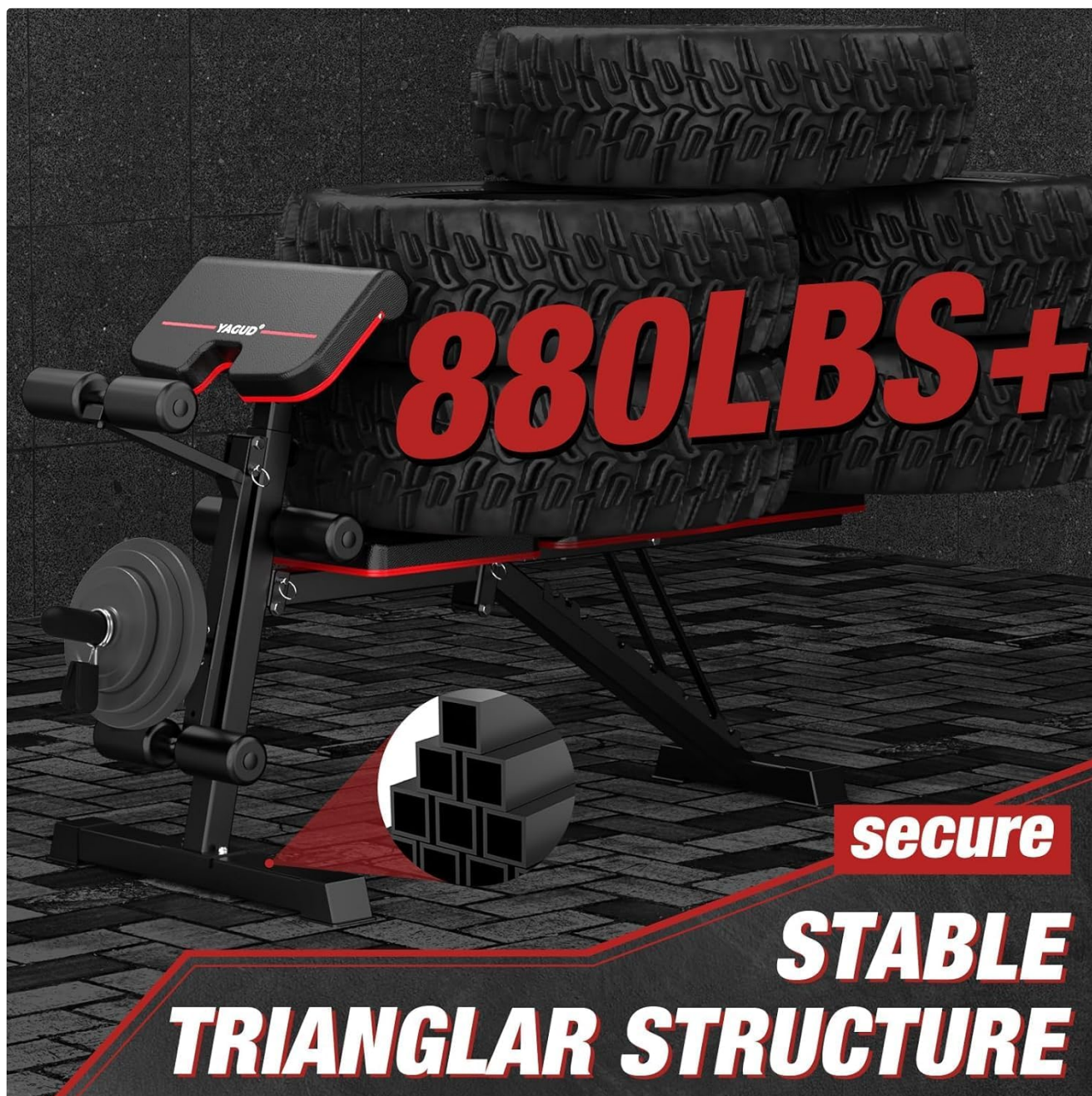


Image 4.3: Stability and weight capacity. This image highlights the bench's robust triangular stability structure and its capacity to support over 880 lbs, ensuring safety during intense workouts.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Yagud Weight Bench.

- **Cleaning:** Wipe down the bench pads 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. Avoid harsh chemicals.
- **Inspection:** Periodically check all bolts, nuts, and adjustment pins for tightness. Retighten as needed. Inspect the frame for any signs of damage, cracks, or wear.
- **Pad Care:** The upgraded backrests and seats are made of high-quality waterproof PU leather with soft foam padding. Avoid sharp objects that could puncture or tear the upholstery.

HIGH QUALITY LEATHER

Leather Covering



Image 5.1: High-quality leather padding. This image showcases the premium waterproof PU leather covering and soft foam padding of the bench, emphasizing comfort and durability for extended use.

6. TROUBLESHOOTING

If you encounter issues with your Yagud Weight Bench, refer to the following common solutions:

- **Bench feels unstable:** Ensure all assembly bolts are tightened. Verify the bench is on a flat, level surface. Check for any damaged frame components.
- **Adjustment pin not locking:** Ensure the adjustment hole is clear of obstructions. Wiggle the component slightly while inserting the pin to align. Do not force the pin.
- **Squeaking noises:** Check for loose bolts and tighten them. A small amount of silicone lubricant can be applied to pivot points if necessary, avoiding contact with pads.

For issues not resolved by these steps, please contact Yagud customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	Yagud
Model	Weight Bench
Material	Alloy Steel Frame, PU Leather Pads
Maximum Weight Capacity	880 Pounds (400 kg)
Product Dimensions (L x W x H)	76.2 x 35.56 x 30.99 cm (approx. 30 x 14 x 12.2 inches)
Folded Dimensions (L x W x H)	48 x 31 x 11.8 inches (approx. 122 x 79 x 30 cm)
Item Weight	18.55 kg (approx. 40.9 lbs)
Backrest Adjustment Positions	7
Priest Pad Adjustment Positions	3
Foot Position Adjustment Positions	3

8. WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please refer to the official Yagud website or contact Yagud customer service directly. Keep your purchase receipt as proof of purchase.

Customer Service Contact: Please visit the Yagud official website for the most up-to-date contact information.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question