

## KINGSMITH Adjustable Weight Bench with Cable System

# KINGSMITH Weight Bench with Cable System User Manual

Model: Adjustable Weight Bench with Cable System

## 1. INTRODUCTION

Thank you for choosing the KINGSMITH Weight Bench with Cable System. This multifunctional exercise equipment is designed to provide a comprehensive full-body workout experience in the comfort of your home. It combines an adjustable weight bench, a cable resistance system, and integrated dumbbell storage to support a wide range of strength training exercises. Please read this manual thoroughly before assembly and use to ensure safe and optimal performance of your equipment.

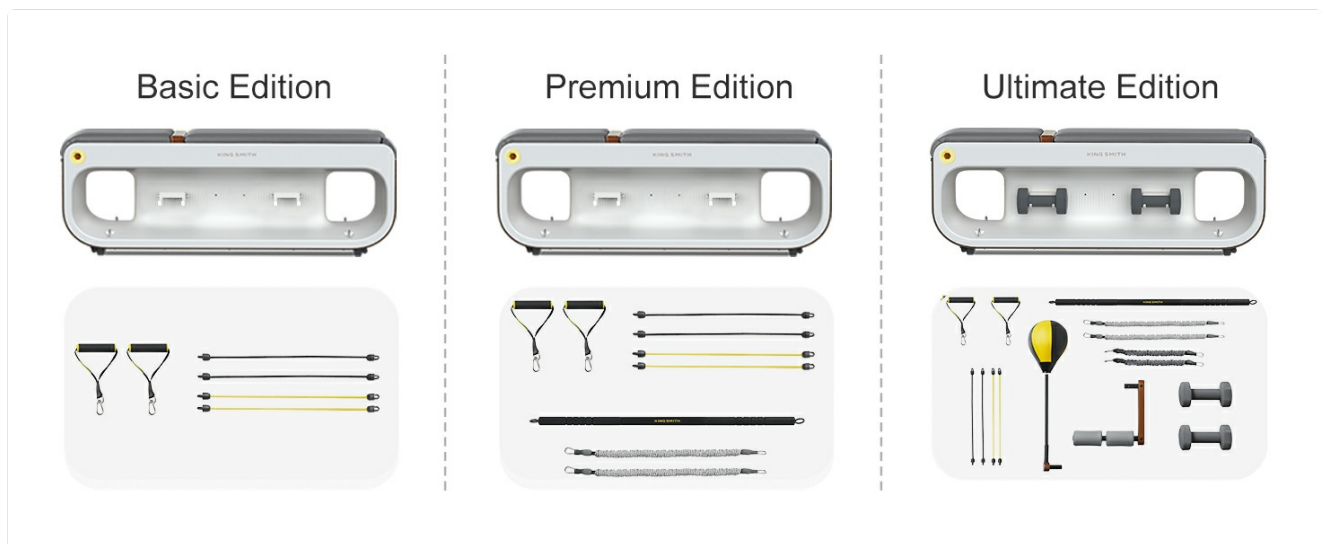
## 2. SAFETY INFORMATION

Always follow basic safety precautions when using this equipment to reduce the risk of injury.

- Consult with a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the equipment on a flat, stable surface. Ensure adequate space around the bench for safe operation.
- Inspect the equipment before each use for loose parts, wear, or damage. Do not use if damaged.
- Do not exceed the maximum weight capacity of the bench or cable system.
- Wear appropriate exercise attire and footwear.
- Perform warm-up exercises before your workout and cool-down exercises afterward.
- Stop exercising immediately if you feel pain, dizziness, or nausea.

## 3. PACKAGE CONTENTS

The KINGSMITH Weight Bench with Cable System is available in different editions, each including specific accessories. Please verify that all components are present according to your purchased edition.



This image illustrates the various components included with the Basic, Premium, and Ultimate editions of the KINGSMTIH Weight Bench. The Basic Edition typically includes the bench and core cable accessories. The Premium Edition adds more resistance bands and handles. The Ultimate Edition provides a comprehensive set including dumbbells, a punching bag, and additional resistance tools.

Please refer to the packing list provided with your specific product for a detailed inventory of included parts.

## 4. SETUP AND ASSEMBLY

The KINGSMTIH Weight Bench is designed for easy setup. Follow these steps to prepare your bench for use.

### 4.1 Unfolding the Bench



This image shows the initial stage of unfolding the KINGSMTIH Weight Bench, revealing the internal support structure as the top surface is lifted.



This image displays the KINGSMTIH Weight Bench fully unfolded and locked into its upright position, demonstrating its readiness for various exercises utilizing the integrated cable system.

To unfold the bench, gently lift the top section until it locks into the desired position. Ensure all locking mechanisms are securely engaged before use.

## 4.2 Attaching Accessories (Expand Interface)



This image shows a user connecting an accessory, such as a leg developer or preacher curl attachment, to the designated 'Expand interface' on the KINGSMTIH Weight Bench.

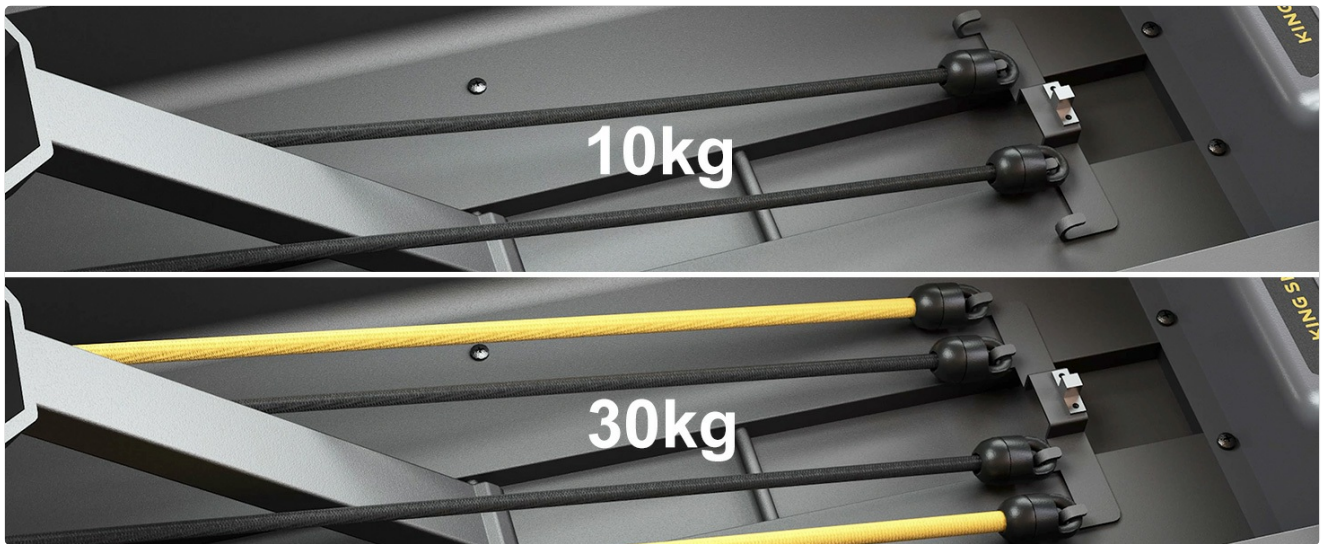
Some accessories, such as leg developers or preacher curl attachments, may connect to the designated 'Expand interface' on the bench. Align the accessory with the interface and secure it according to the accessory's specific instructions.

## 5. OPERATING INSTRUCTIONS

Learn how to adjust and utilize the various features of your KINGSMTIH Weight Bench for an effective workout.

### 5.1 Bench Angle Adjustment





This image provides a close-up view of the yellow angle adjustment dial on the KINGSMTIH Weight Bench, indicating that the bench can be adjusted to various angles, including up to 135 degrees for incline exercises.

The bench features an adjustable backrest to accommodate various exercises. Locate the adjustment mechanism, typically a dial or pin, and set the bench to your desired angle. Ensure it is securely locked in place before beginning your exercise.

## 5.2 Cable System Usage



This image highlights the cable resistance system of the KINGSMTIH Weight Bench, demonstrating how different cables provide varying resistance levels, specifically showing options for 10kg and 30kg.

The integrated cable system allows for a wide range of resistance exercises. Attach the appropriate handles or straps to the cable ends. The system offers different resistance levels, often indicated by color or markings (e.g., 10kg, 30kg). Select the resistance that matches your fitness level and exercise requirements.

## 5.3 Dumbbell Rack

The bench includes a convenient storage rack for dumbbells. Place your dumbbells securely in the designated slots when not in use. This helps keep your workout area tidy and safe.



This image shows a woman using a 3kg dumbbell for bicep curls while comfortably seated on the KINGSMTIH Weight Bench, demonstrating the bench's utility with free weights.

## 6. EXERCISE EXAMPLES

The KINGSMTIH Weight Bench with Cable System supports a variety of exercises targeting different muscle groups.

### 6.1 Upper Body Exercises



This image displays two users performing different exercises: one person is doing arm exercises with the cable system while standing, and another is performing chest presses with the cable system while seated on the bench. A third person is shown doing buttocks exercises using the bench.

- **Arm Exercises:** Bicep curls, tricep extensions using the cable system.
- **Chest Exercises:** Cable flies, chest presses (seated or inclined) using the cable system or dumbbells.

### 6.2 Lower Body and Back Exercises





This image shows two different exercises: one person is performing back exercises by pulling cables while standing behind the bench, and another is doing leg exercises using the cable system while standing next to the bench.

- **Back Exercises:** Cable rows, lat pulldowns (if applicable with attachments).
- **Leg Exercises:** Cable kickbacks, leg extensions (with appropriate attachments).

## 7. SPECIFICATIONS

Below are the general specifications for the KINGSMITH Weight Bench with Cable System.



This image provides the key dimensions of the KINGSMITH Weight Bench: approximately 46 inches in length, 16.3 inches in height, and 13.3 inches in width, highlighting its compact design.

Feature	Detail
Brand	KINGSMITH
Product Type	Adjustable Weight Bench with Cable System
Dimensions (Approx.)	46 inches (Length) x 16.3 inches (Height) x 13.3 inches (Width)
Adjustable Angles	Yes, up to 135 degrees (incline)
Cable Resistance	Variable (e.g., 10kg, 30kg options shown)

Feature	Detail
Dumbbell Storage	Integrated rack
ASIN	B0D1QCMVLW

## 8. MAINTENANCE

Regular maintenance will extend the life of your KINGSMTIH Weight Bench.

- **Cleaning:** Wipe down the bench and frame with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners. Inspect cables and pulleys for signs of wear or fraying.
- **Lubrication:** If any moving parts (e.g., adjustment mechanisms) become stiff, apply a small amount of silicone-based lubricant.
- **Storage:** Store the bench in a dry, clean environment away from direct sunlight and extreme temperatures.

## 9. TROUBLESHOOTING

If you encounter any issues with your KINGSMTIH Weight Bench, refer to the following common troubleshooting tips.

- **Bench is unstable:** Ensure the bench is placed on a flat, level surface. Check that all assembly bolts are tightened securely.
- **Adjustment mechanism is stiff:** Apply a small amount of silicone lubricant to the moving parts of the adjustment mechanism. Ensure no debris is obstructing the mechanism.
- **Cables are not smooth:** Check cables for any kinks or obstructions. Ensure pulleys are clean and free of debris.
- **Unusual noises during use:** Stop exercising immediately. Inspect all parts for damage or loose connections. Tighten any loose bolts.

If the problem persists or if you experience any significant damage, please contact customer support.

## 10. WARRANTY AND SUPPORT

KINGSMTIH is committed to providing high-quality products. Your weight bench is covered by a limited warranty against manufacturing defects. Please refer to the warranty card included with your product for specific terms and conditions, including the warranty period and coverage details.

For technical assistance, replacement parts, or warranty claims, please contact KINGSMTIH customer support through the retailer where you purchased the product or visit the official KINGSMTIH website for contact information.

When contacting support, please have your product model number (Adjustable Weight Bench with Cable System) and ASIN (B0D1QCMVLW) ready.

