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› K KINGKANG 900lbs Weight Bench Set with Squat Rack Instruction Manual

K KINGKANG SD09

K KINGKANG 900lbs Weight Bench Set with Squat Rack

MODEL: SD09

Introduction

Thank you for choosing the K KINGKANG 900lbs Weight Bench Set with Squat Rack. This versatile fitness equipment is designed for comprehensive full-body workouts in a home gym setting. It combines a weightlifting bench, barbell rack, preacher curl station, and leg training machine into a single, robust unit. This manual provides essential information for safe assembly, operation, and maintenance of your new equipment.

Key Features:

- **Multi-Functional Design:** Integrates a weight bench, barbell rack, preacher curl, and leg developer.
- **Adjustable Settings:** Features 8 backrest positions, 5 barbell rack heights, and adjustable curl pad and leg rollers for varied exercises.
- **Heavy-Duty Construction:** Made from high-quality tubular steel with a wide-footed base, supporting up to 900 pounds.
- **Comfort & Durability:** Equipped with thick foam pads and double-stitched cushions for maximum comfort and wear resistance.
- **Dual-Functional Leg Developer:** Supports leg extensions and leg curls, with a 220-pound capacity, and can be locked for abdominal exercises.

Safety Information

- Read all instructions before assembling and using the equipment.
- Consult a physician before starting any exercise program.

- Keep children and pets away from the equipment during use.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight capacity of 900 pounds for the bench and squat rack, and 220 pounds for the leg developer.
- Use the equipment on a flat, stable surface.
- Inspect the equipment for wear or damage before each use. Do not use if damaged.

Assembly Instructions

For a detailed visual guide, please refer to the official assembly video below. All necessary tools and parts are included and clearly marked for easy assembly.

Your browser does not support the video tag.

Video: K KiNGKANG Weight Bench with Rack 900lbs Heavy Duty Assembly Guide. This video demonstrates the step-by-step assembly process for the weight bench and squat rack system.

Step-by-Step Assembly Overview:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Verify all components are present according to the parts list (refer to the video for a visual check of all parts).
2. **Assemble Main Base:** Attach the stabilizer feet to the main base frame using the provided bolts and nuts. Ensure they are securely fastened.
3. **Construct Squat Rack Uprights:** Insert the adjustable uprights into the main base. Secure them with the locking pins and adjustment knobs. Attach the barbell holders to the desired height.
4. **Prepare Bench Frame:** Assemble the rear stabilizer bar for the bench.
5. **Connect Bench to Rack:** Align the bench frame with the squat rack and secure it using the designated connection points and hardware.
6. **Install Preacher Curl Attachment:** Assemble the preacher curl arm and pad. Attach it to the bench frame.
7. **Assemble Leg Developer:** Slide the foam rollers onto the leg developer bar. Attach the leg developer to the front of the bench frame.
8. **Final Adjustments:** Ensure all connections are tight. Adjust the backrest, barbell rack, preacher curl, and leg developer to your preferred settings.

UNIQUE DESIGN



Image: This image highlights the unique design elements, including the Olympic bar holder, multi-function adjusting lever, dumbbell piece placement bar, and high-quality leather upholstery.

MULTI-ANGLE ADJUSTMENT

Multi-adjustment Meet All You Needs



Image: This image illustrates the multi-angle adjustment capabilities, showing the 8-position adjustable backrest, 8-position adjustable barbell rack, 4-position curl pad, and 4-position adjustable rollers.

Operating Instructions

The K KiNGKANG Weight Bench Set offers multiple adjustment points to customize your workout experience. Always ensure adjustments are securely locked before beginning an exercise.

- **Backrest Adjustment:** To adjust the backrest angle, locate the adjustment pin or lever beneath the backrest. Pull the pin, move the backrest to one of the 8 desired positions (incline, flat, or decline), and release the pin to lock it securely.
- **Barbell Rack Height Adjustment:** The barbell rack can be adjusted to 5 different heights. Loosen the adjustment knobs on the uprights, slide the barbell holders to the desired height, and re-tighten the knobs to secure.
- **Leg Developer Usage:** The dual-functional leg developer allows for leg extensions and leg curls. Adjust the foam rollers to comfortably fit your legs. For leg extensions, sit on the bench and extend your legs against the rollers. For leg curls, lie face down on the bench and curl your legs towards your glutes. The leg developer can also be locked in place for abdominal exercises.
- **Preacher Curl Usage:** Position yourself comfortably at the preacher curl pad. Adjust the height of the pad to allow for full range of motion during bicep curls, ensuring your arms are fully supported.



Image: This image demonstrates a user performing a bench press, indicating the primary muscle groups targeted: shoulder, arm, chest, abdominal, hip, and leg muscles.

MULTIPLE EXERCISE OPTIONS



Image: This image displays various exercise options possible with the K KINGKANG Weight Bench Set, including bench press, dumbbell curls, preacher curls, and leg exercises.

Maintenance

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to any moving parts or adjustment mechanisms if they become stiff.
- **Storage:** Store the equipment in a dry, clean environment away from direct sunlight and extreme temperatures.

Troubleshooting

- **Equipment feels unstable:** Ensure all bolts and nuts are fully tightened. Check that the equipment is on a flat, level surface.
- **Difficulty adjusting components:** Loosen adjustment knobs or pins completely. Clean any debris from the adjustment holes or sliding mechanisms. Apply a small amount of lubricant if necessary.

- **Squeaking noises:** Identify the source of the noise. Tighten any loose bolts in that area. Lubricate moving parts if tightening does not resolve the issue.

Specifications

Feature	Specification
Brand	K KiNGKANG
Model Number	SD09
Material	Alloy Steel, Stainless Steel
Color	BLACK&RED
Product Dimensions (LxWxH)	67"D x 26"W x 57"H
Weight Limit (Bench/Rack)	900 Pounds
Weight Limit (Leg Developer)	220 Pounds
Item Weight	30.5 Kilograms
Backrest Positions	8 (Incline, Flat, Decline)
Barbell Rack Heights	5

Warranty and Support

K KiNGKANG is committed to providing high-quality products. For any questions, concerns, or warranty claims regarding your weight bench set, please contact K KiNGKANG customer support through the retailer where the product was purchased. Please retain your proof of purchase for warranty validation.