

Yagud Weight Bench

Yagud Adjustable Weight Bench User Manual

Model: Weight Bench

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INTRODUCTION

Thank you for choosing the Yagud Adjustable Weight Bench. 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. Keep this manual for future reference.

SAFETY INSTRUCTIONS

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

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose parts.
- The maximum weight capacity for this bench is **880 Lbs (400 kg)**, including user weight and weights being lifted. Do not exceed this limit.
- Use the bench on a flat, stable surface. Ensure adequate space around the bench for safe operation.
- Keep children and pets away from the equipment during use.
- Do not make adjustments while the bench is in use or under load.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Wear appropriate athletic footwear and clothing during workouts.

COMPONENTS OVERVIEW

Familiarize yourself with the main parts of your Yagud Adjustable Weight Bench:

- Main Frame (Alloy Steel)
- Backrest Pad (PU Leather, Foam Padding)
- Seat Pad (PU Leather, Foam Padding)
- Leg Developer Attachment
- Preacher Curl Pad Attachment
- Adjustment Pins and Knobs
- Safety Pins



Image: Overall view of the assembled Yagud Adjustable Weight Bench, highlighting its 880 lbs capacity and stable triangular structure.



DETAILS DISPLAY



Firm Foot

Thick Steel Pipe

With Locking Pin

Safety Pins

Image: Detailed view of key components including the firm foot base, thick steel pipe construction, locking pin for adjustments, and safety pins for secure setup.

SETUP INSTRUCTIONS

Assembly typically involves attaching the main frame components, pads, and leg developer. While specific steps may vary, the general process includes:

1. Unpack all components and verify against the parts list (if provided with packaging).
2. Attach the main support legs to the primary frame using the provided bolts and nuts.
3. Secure the backrest and seat pads to their respective frames.
4. Install the leg developer and preacher curl pad attachments. Ensure all pins and locking mechanisms are correctly engaged.
5. Before first use, double-check all connections to ensure they are tight and secure.

OPERATING INSTRUCTIONS

Adjusting the Bench

The Yagud Adjustable Weight Bench offers multiple positions for a versatile workout:

- **Backrest Adjustment:** Pull the adjustment pin located near the backrest hinge. Move the backrest to one of the 7 available positions (e.g., incline, flat, decline). Release the pin to lock it securely in place.
- **Preacher Curl Pad Adjustment:** Adjust the height of the preacher curl pad using the designated adjustment pin. There are 3 positions to accommodate different arm lengths.
- **Foot Position Adjustment:** The leg developer features 3 foot positions to optimize comfort and effectiveness for leg exercises. Adjust by pulling the relevant pin and repositioning.

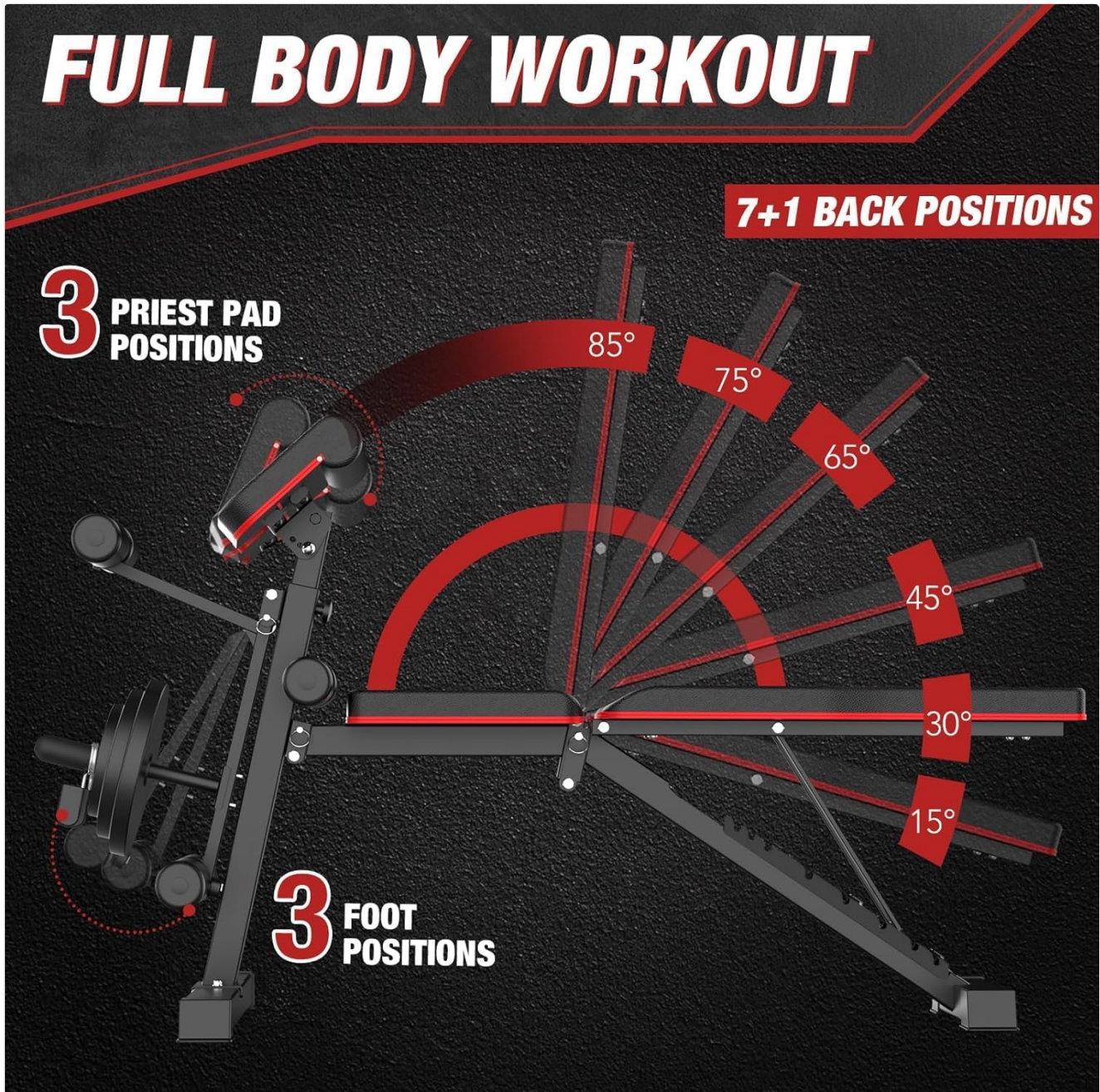


Image: Diagram illustrating the adjustable backrest (7 positions), preacher curl pad (3 positions), and foot positions (3 positions) for comprehensive full-body workouts.

Folding for Storage

The bench is designed for easy folding to save space:

1. Ensure the backrest is in its lowest (decline) position.
2. Locate and pull out the three designated pins that allow the bench to fold.

- Carefully fold the bench components together. The integrated handle assists with this process.
- Once folded, the bench can be stored upright or in a compact space.



Image: Dimensional data of the weight bench in both extended and folded configurations, illustrating its space-saving design when folded.

Exercise Examples

The Yagud Adjustable Weight Bench supports a variety of strength training exercises:

- Bench Press (Flat, Incline, Decline)
- Dumbbell Rows
- Bicep Curls (with Preacher Curl Pad)
- Leg Extensions and Leg Curls (with Leg Developer)
- Shoulder Press



Image: Collage of images demonstrating various exercises possible with the bench, including bench press, bicep curls with the preacher pad, and leg exercises.

MAINTENANCE

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

- **Cleaning:** Wipe down the PU leather 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 inspect all bolts, nuts, and pins for tightness. Tighten any loose fasteners. Check for signs of wear or damage on the frame, pads, and adjustment mechanisms.
- **Storage:** When not in use, store the bench in a dry environment, away from direct sunlight and extreme temperatures. Utilize its folding feature for compact storage.

HIGH QUALITY LEATHER

Leather Covering



Image: Close-up view of the high-quality PU leather covering on the backrest and preacher curl pad, emphasizing durability and comfort.

TROUBLESHOOTING

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

- **Bench feels unstable:** Ensure the bench is on a flat, level surface. Check all assembly bolts and nuts for tightness. The triangular stability design relies on proper assembly.
- **Difficulty adjusting positions:** Verify that the adjustment pins are fully pulled out before attempting to change positions. Ensure no obstructions are preventing movement. Apply a small amount of silicone lubricant to moving parts if resistance persists.
- **Squeaking noises:** Inspect all connection points. Tighten any loose bolts. A small amount of lubricant on pivot points may resolve squeaking.

If problems persist, please contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	Yagud
Model Number	Weight Bench
Material	Alloy Steel (Frame), PU Leather (Pads)
Maximum Weight Capacity	880 Lbs (400 kg)
Product Dimensions (Extended)	30.99 x 35.56 x 76.2 cm (approx. 12.2 x 14 x 30 inches)
Item Weight	18.55 kg (approx. 40.9 lbs)
Color	Classic Black
Backrest Positions	7
Preacher Curl Pad Positions	3
Foot Positions	3

WARRANTY INFORMATION

Specific warranty details for the Yagud Adjustable Weight Bench are typically provided with your purchase documentation or on the product packaging. Please refer to these materials for information regarding warranty coverage, terms, and conditions. In most cases, the warranty covers manufacturing defects under normal use.

CUSTOMER SUPPORT

For technical assistance, missing parts, or warranty claims, please contact the retailer where you purchased the Yagud Adjustable Weight Bench or visit the official Yagud website for support contact information. When contacting support, please have your model number (Weight Bench) and proof of purchase readily available.

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