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NICEPEOPLE B0DCW5HNRL

NICEPEOPLE Basic Weight Bench User Manual

Model: B0DCW5HNRL

Introduction

This manual provides essential instructions for the assembly, operation, maintenance, and troubleshooting of your NICEPEOPLE Basic Weight Bench. Please read this manual thoroughly before using the product to ensure safe and effective use. This weight bench is designed for home gym use, offering a compact and versatile solution for various strength training exercises.

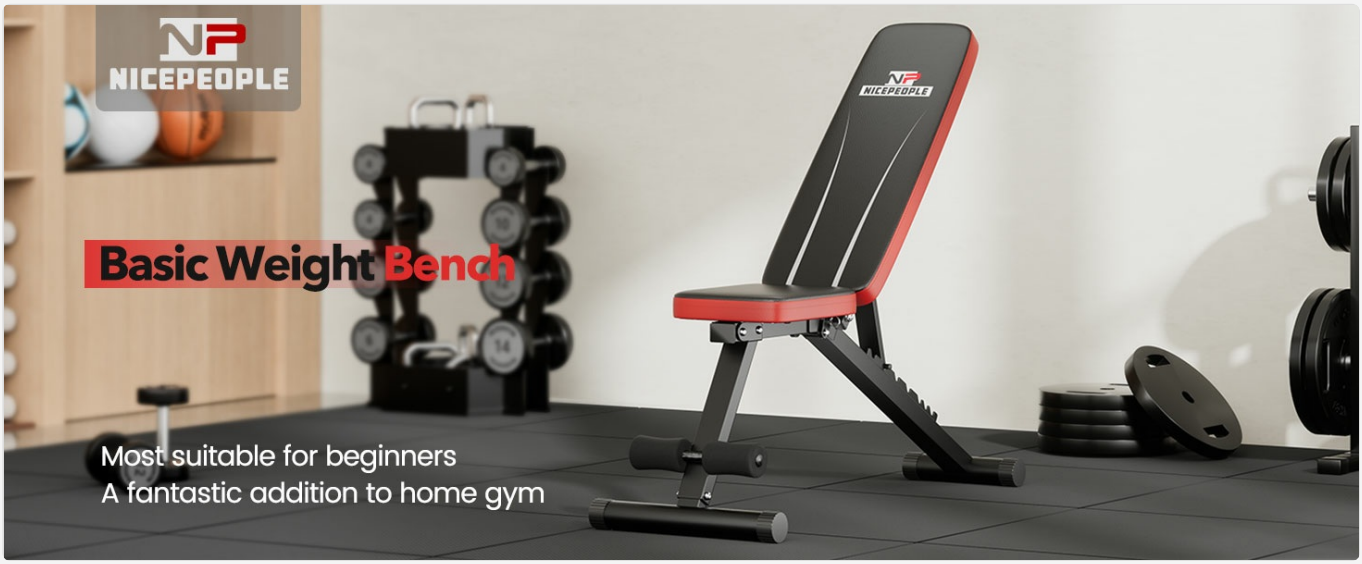


Image: The NICEPEOPLE Basic Weight Bench positioned in a home gym environment.

Safety Information

Before using the NICEPEOPLE Basic Weight Bench, please observe the following safety precautions:

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose components.
- Place the bench on a flat, stable surface. Avoid uneven floors.
- Do not exceed the maximum weight capacity of**760 pounds (345 kg)**, which includes both the user's weight and

any weights being lifted.

- Keep children and pets away from the equipment during use.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- The bench is constructed with high-quality alloy steel for stability. However, proper form and controlled movements are essential for safety.



Image: Illustration highlighting the 760 LBS weight capacity and high-quality steel frame of the bench.



Image: Detail of the bench's stable structure, featuring adjustable anti-slip foot caps suitable for various floor types.

Package Contents

Upon opening the package, verify that all components are present and undamaged. If any parts are missing or damaged, please contact customer support.

- Main Bench Frame (Pre-assembled sections)
- Backrest Pad
- Seat Pad
- Leg Support Rollers (with foam padding)

- Assembly Hardware (bolts, washers, nuts)
- Assembly Tools (wrenches)
- User Manual



Image: The weight bench in its folded state alongside its assembly components and tools.

Setup and Assembly

The NICEPEOPLE Basic Weight Bench is designed for quick and straightforward assembly. Follow these steps:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Refer to the "Package Contents" section to ensure all parts are present.
2. **Attach Leg Supports:** Secure the front and rear leg support frames to the main bench body using the provided bolts and nuts. Ensure they are tightened firmly.
3. **Install Leg Rollers:** Slide the foam leg rollers onto their respective bars and secure them in place.

4. **Final Check:** Once assembled, double-check all connections to ensure they are tight and secure. The bench should be stable and not wobble.

The bench can be folded for storage. To fold, remove the pin securing the backrest, fold the backrest down, and then collapse the main frame. Reverse the process to unfold.

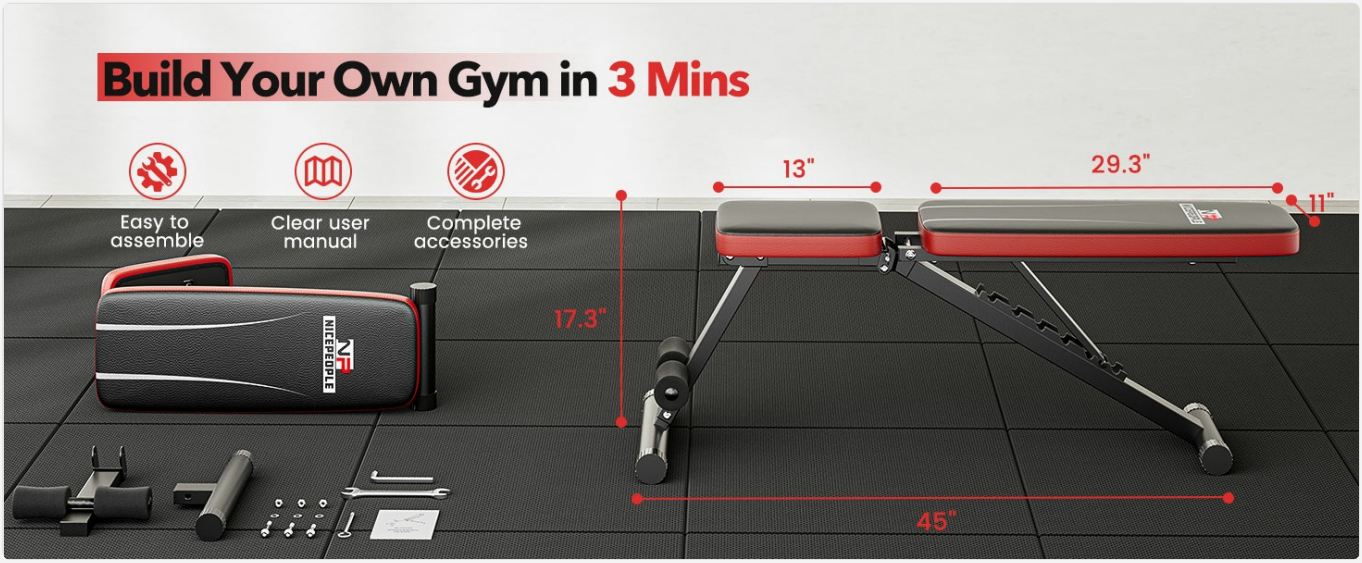


Image: Visual guide for quick assembly and folding, showing the bench's dimensions and compact storage.

Operating Instructions

The NICEPEOPLE Basic Weight Bench offers multiple adjustment options to accommodate various exercises and user preferences.

Backrest Adjustment:

The bench features 8 backrest positions, allowing for incline, flat, and decline exercises. To adjust the backrest:

1. Locate the adjustment pin or lever mechanism at the base of the backrest.
2. Pull the pin out or release the lever to disengage the backrest from its current position.
3. Carefully move the backrest to the desired angle. The groove design allows for precise positioning.
4. Ensure the pin fully re-engages into the chosen slot before applying weight. Verify the backrest is stable.



Image: Detailed view of the 8 backrest positions, showing angles for incline, flat, and decline workouts.

Proper Usage:

- **Standard Seat Height:** The bench is designed with a standard 17.3-inch seat height to facilitate proper exercise form and maximize workout results.
- **Decline Exercises:** When performing decline exercises, the leg support rollers provide cushioning and support for your feet, enhancing comfort and stability.
- **Exercise Variety:** Utilize the adjustable backrest to perform a wide range of exercises, including dumbbell presses (incline, flat, decline), flyes, sit-ups, and more.



Image: A user performing dumbbell presses on the weight bench, demonstrating typical usage.



Image: A user performing sit-ups on the bench, illustrating the standard seat height and the function of the high-density foam leg rollers.

Maintenance

Regular maintenance will extend the life of your NICEPEOPLE Basic Weight Bench and ensure continued safe operation.

- **Cleaning:** Wipe down the bench pads and frame 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 moving parts for tightness. Tighten any loose fasteners. Check for any signs of wear, cracks, or damage to the frame or upholstery.
- **Storage:** When not in use, the bench can be folded and stored in a dry, cool place to save space.
- **Pad Durability:** The thickened pad is covered with premium leather, designed to be sweat-proof, breathable, wear-resistant, and anti-slip. Reinforced stitching enhances its durability for daily use.



Image: Close-up view of the bench's durable, thickened pad, detailing its material properties and reinforced stitching.

Troubleshooting

Problem	Possible Cause	Solution
Bench wobbles or feels unstable.	Loose bolts or uneven floor.	Ensure all assembly bolts are securely tightened. Move the bench to a flat, level surface. Check the adjustable anti-slip foot caps for proper contact with the floor.
Backrest adjustment mechanism is stiff or stuck.	Dirt or debris in the mechanism, or misaligned pin.	Clean the adjustment mechanism. Ensure the pin is fully retracted before attempting to move the backrest. Do not force the adjustment.

Problem	Possible Cause	Solution
Squeaking noises during use.	Loose connections or friction between metal parts.	Tighten all bolts and nuts. Apply a small amount of silicone-based lubricant to pivot points if necessary, avoiding contact with upholstery.

Specifications

- **Brand:** NICEPEOPLE
- **Model:** B0DCW5HNRL
- **Material:** Alloy Steel (Frame), Premium Leather (Pad Cover)
- **Color:** Black / Red
- **Product Dimensions (Unfolded):** Approximately 46" L x 16.7" W x 17.2" H (116.8 cm L x 42.4 cm W x 43.7 cm H)
- **Weight Limit:** 760 Pounds (345 kg)
- **Backrest Positions:** 8 adjustable angles
- **Seat Height:** Standard 17.3 inches (43.9 cm)
- **Features:** Foldable design, thickened multi-layer padding, anti-slip foot caps.

Warranty and Support

For warranty information, replacement parts, or technical assistance, please contact NICEPEOPLE customer support through the retailer where the product was purchased or visit the official NICEPEOPLE brand store online. Please have your model number (B0DCW5HNRL) and purchase date available when contacting support.

Visit the NICEPEOPLE Store

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