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› OPPSDECOR LSL6005 Adjustable Weight Bench User Manual

OPPSDECOR LSL6005

OPPSDECOR LSL6005 Adjustable Weight Bench User Manual

Model: LSL6005

1. INTRODUCTION

This manual provides essential instructions for the safe assembly, operation, and maintenance of your OPPSDECOR Adjustable Weight Bench. This multi-functional bench is designed for a comprehensive range of exercises, including preacher curls, single-arm rows, dumbbell bench presses, leg extensions, and leg curls. Constructed with a sturdy metal frame and a stable triangular structure, it supports a maximum weight of up to 800 lbs. Please read this manual thoroughly before initial use and retain it for future reference.



Figure 1: OPPSDECOR Adjustable Weight Bench. This image displays the complete weight bench with its preacher pad and leg developer attachments, ready for various exercises. Weights and dumbbells are shown for illustrative purposes.

2. SAFETY INFORMATION

Before using this equipment, consult with a physician. Always perform a warm-up before exercising. Improper use or assembly can lead to injury. Adhere to the following safety guidelines:

- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Do not exceed the maximum weight capacity of 800 lbs (approximately 363 kg).
- Use the bench on a flat, stable surface. The upgraded base adapts to uneven floors, but a level surface is always recommended.
- Keep children and pets away from the equipment during use.
- Perform exercises with controlled movements. Avoid sudden or jerky motions.
- If you experience pain or discomfort, stop exercising immediately.
- Regularly inspect the bench for any signs of wear or damage. Do not use if damaged.

Important: For your safety, please ensure all screws are fully tightened before starting any workout.



Figure 2: Heavy-Duty Structure. This image highlights the robust construction of the weight bench, emphasizing its triangular support structure and thickened steel pipe for stability and a maximum load capacity of 800 lbs.

3. PACKAGE CONTENTS

Upon unpacking, verify that all components are present and undamaged. All necessary small parts are packaged in blister to prevent spilling and loss. The accompanying manual provides a detailed list of parts and assembly instructions.

- Main Weight Bench Frame
- Backrest Pad
- Seat Cushion
- Preacher Pad Attachment
- Leg Developer Attachment (with 2-in-1 weight rod)
- Foam Rollers
- Assembly Hardware (bolts, nuts, washers, pins)

- Assembly Tools (if included)
- User Manual

Note: Barbell dumbbells and weights are not included with this product.

4. SETUP AND ASSEMBLY

The OPPSDECOR Adjustable Weight Bench is designed for straightforward assembly. Refer to the separate assembly manual included in your package for detailed, step-by-step instructions and diagrams. Ensure you have adequate space and all tools before beginning. It is recommended to have a second person assist with assembly for safety and ease.

1. Unpack all components and lay them out on a clean, flat surface.
2. Identify all parts against the parts list in the assembly manual.
3. Follow the numbered steps in the assembly manual carefully, ensuring all connections are made correctly.
4. Tighten all bolts and nuts securely once assembly is complete. Do not overtighten.
5. Before first use, perform a stability check by gently rocking the bench to ensure it is firm and stable.

5. OPERATING INSTRUCTIONS

5.1 Angle Adjustments

The bench offers multiple adjustment points to accommodate various exercises and user heights.

- **Backrest:** Adjusts to 7 different angles (e.g., 81°, 63°, 48°, 35°, 22°, 0°, -20°). Locate the adjustment pin or lever at the backrest hinge, pull it out, set the desired angle, and ensure the pin locks securely into place.
- **Seat Cushion:** Adjusts to 4 different angles. Use the adjustment mechanism beneath the seat to select the appropriate angle.
- **Leg Training Machine Foam:** Adjusts to 2 angles for comfort during leg exercises.
- **Preacher Pad:** Adjusts to 3 angles to suit different arm lengths and exercise preferences.



FAST ADJUSTMENT

More Convenient and More Ergonomic

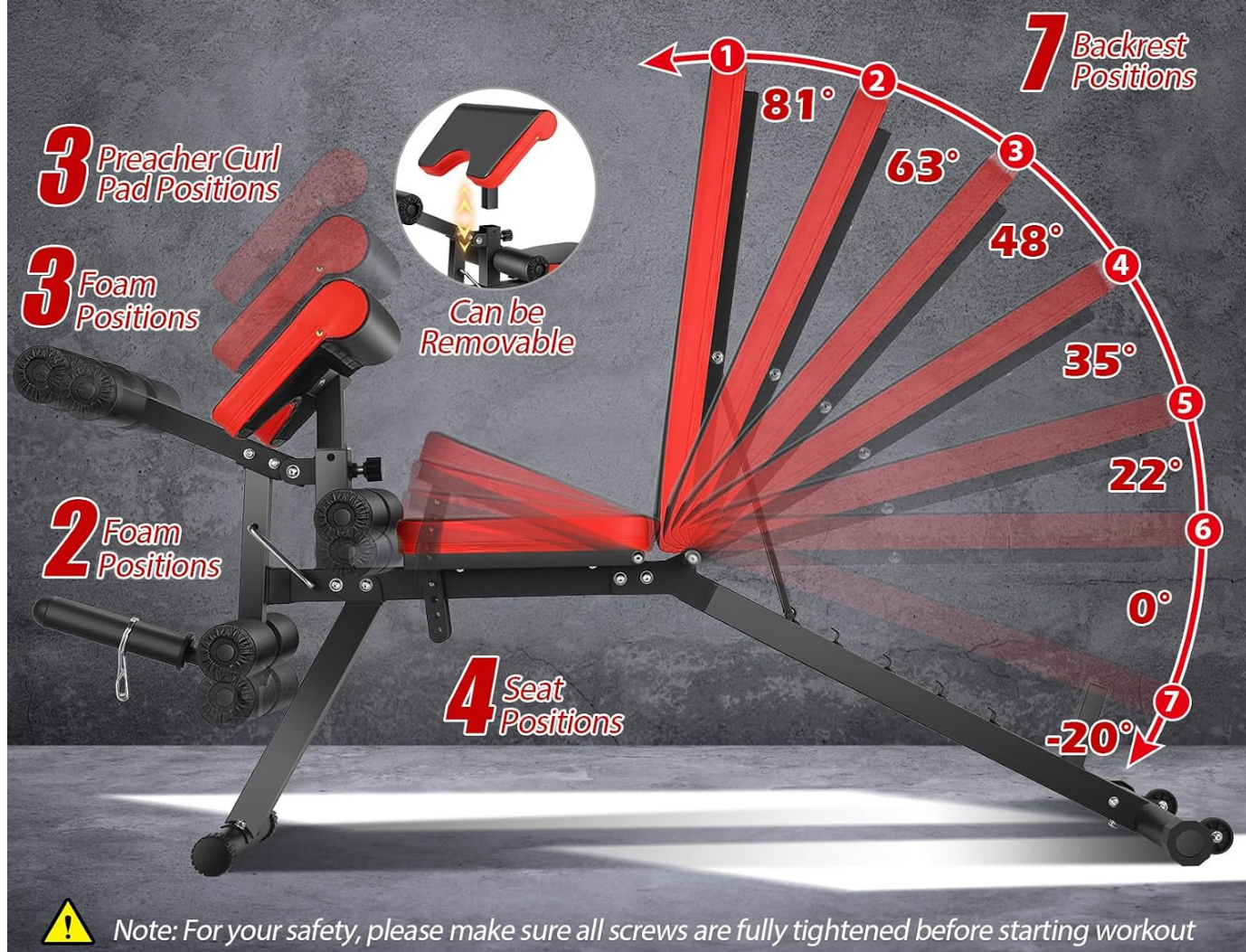


Figure 3: Angle Adjustments. This diagram illustrates the various adjustable positions for the backrest (7 positions), seat (4 positions), preacher curl pad (3 positions), and leg developer foam (2 positions), allowing for versatile workout configurations.

5.2 Detachable Preacher Pad

The preacher pad can be detached for specific exercises, such as leg curls, to improve training efficiency. To detach, locate the quick-release mechanism or pin securing the preacher pad and remove it. Reattach by aligning and securing the pad until the mechanism locks.

5.3 Leg Developer Usage

The leg developer features a 2-in-1 weight rod compatible with both Olympic and standard weight plates. To use, slide your desired weight plates onto the rod. The leg developer also includes a fixed pin to lock it in position when not in use or for specific exercises like sit-ups without weights. To unlock the sleeve for weight plates, you may need to unscrew a retaining screw first.



Figure 4: Leg Developer Details. This image shows the leg developer attachment, highlighting the fixed pin for locking, the process to unscrew a sleeve for weight plates, and the 2-in-1 weight rod designed for both Olympic and standard weights. It also illustrates the bench being used for sit-ups without weights.

5.4 Easy Mobility

The weight bench is equipped with wheels at the base for convenient movement. To move the bench, lift one end slightly and roll it to your desired location. The base can also be rotated to adjust the height, accommodating uneven floors and ensuring stability.

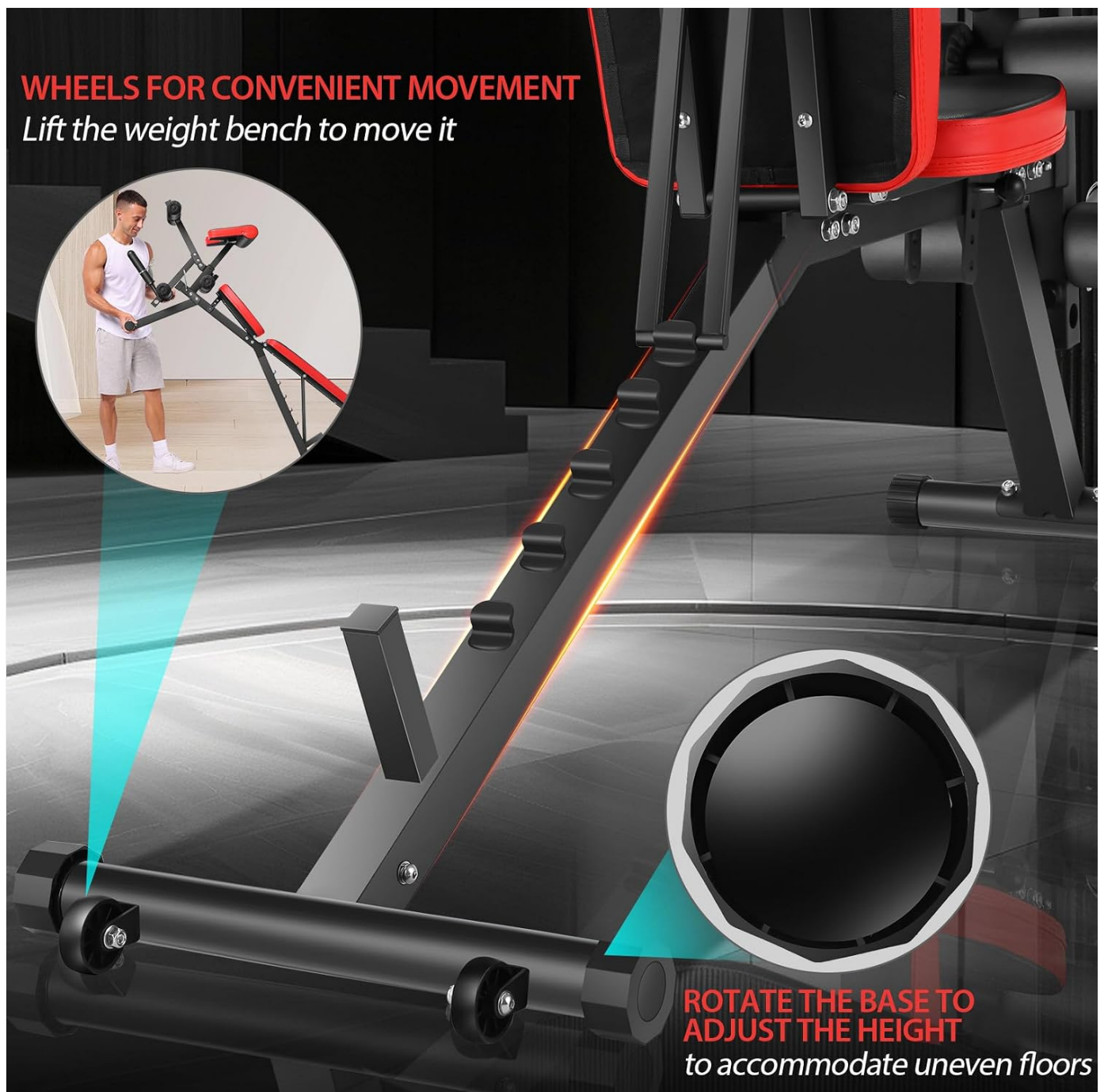


Figure 5: Mobility and Stability. This image demonstrates the wheels on the bench's base for easy relocation and the rotating base feature that allows for height adjustment to stabilize the bench on uneven surfaces.

5.5 Exercise Examples

The OPPSDECOR Adjustable Weight Bench supports a wide range of exercises for a full-body workout:

- Reverse Fly
- Leg Curl
- One-arm Rowing
- Leg Extension
- Push-up
- Dumbbell Curl
- Shoulder Press
- Bench Press

MULTIFUNCTIONAL

SUITABLE FOR FULL-BODY EXERCISE

Model Height: 6'2"



Figure 6: Multifunctional Exercises. This collage of images demonstrates various exercises that can be performed using the weight bench, including reverse fly, leg curl, one-arm rowing, leg extension, push-up, dumbbell curl, shoulder press, and bench press.

6. MAINTENANCE

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

- **Cleaning:** The premium leather material is sweat-resistant and durable. Wipe down the pads with a damp cloth after each use to remove sweat and dirt. Use a mild soap solution for deeper cleaning, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and pins for tightness. Retighten as necessary. Inspect the frame for any cracks or damage, and the upholstery for tears or excessive wear.
- **Storage:** Store the bench in a dry, clean environment away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

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

- **Bench feels unstable:** Ensure all assembly bolts are fully tightened. Check that the bench is on a level surface; use the adjustable base feature to compensate for uneven floors.
- **Adjustment pin not locking:** Ensure the backrest or seat is properly aligned with the desired hole. Clean any debris from the pin mechanism.
- **Squeaking noises:** Check and tighten all bolts. Applying a small amount of silicone-based lubricant to pivot points may help, but avoid getting lubricant on upholstery.
- **Difficulty moving the bench:** Ensure the wheels are clear of obstructions. Lift the non-wheeled end sufficiently to allow the wheels to roll freely.

If problems persist, please contact customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	LSL6005
Product Dimensions	180.01 x 37.49 x 93.5 cm (70.87 x 14.76 x 36.81 inches)
Item Weight	21.9 kg (48.28 lbs)
Maximum Weight Capacity	800 lbs (363 kg)
Frame Material	Alloy Steel
Upholstery Material	Premium Leather
Color	Black / Red
Backrest Positions	7
Seat Positions	4
Preacher Pad Positions	3
Leg Developer Foam Positions	2
Leg Developer Weight Rod	2-in-1 (Olympic & Standard)



PRODUCT DIMENSION



Figure 7: Product Dimensions. This image provides a detailed view of the weight bench with key dimensions labeled in inches, including length, width, and height of various components.

9. WARRANTY AND SUPPORT

OPPSDECOR provides a **2-Year Warranty** for this product. This warranty covers manufacturing defects and issues arising from normal use. If you encounter any problems or have questions regarding your weight bench, please do not hesitate to contact OPPSDECOR customer support. Our team is committed to resolving any issues and ensuring your satisfaction. For warranty claims or technical assistance, please refer to the contact information provided on the product packaging or the official OPPSDECOR website.

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