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PASYOU PB200

PASYOU PB200 Adjustable Weight Bench User Manual

Model: PB200

1. IMPORTANT SAFETY INFORMATION

Before using the PASYOU PB200 Adjustable Weight Bench, please read and understand all instructions and warnings. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose parts.
- Place the bench on a flat, stable surface. Do not use on uneven ground.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum weight capacity of 300 kg (660 lbs).
- Use proper lifting techniques and always use a spotter when lifting heavy weights.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Wear appropriate exercise attire and footwear.

2. PRODUCT OVERVIEW

The PASYOU PB200 is a versatile 2-in-1 adjustable weight bench designed for various strength training exercises in a home gym setting. It features a robust alloy steel frame and comfortable padding, supporting multiple workout positions.

Key Features:

- **Adjustable Backrest:** 5 positions (0°, 30°, 50°, 70°, 90°) for flat, incline, and upright workouts.
- **High Weight Capacity:** Supports up to 300 kg (660 lbs).
- **Durable Construction:** Made with thickened alloy steel tubing and a triangular support structure for stability.

- **Comfortable Padding:** Features high-quality PU leather and EPE foam for enhanced comfort and easy cleaning.



Image: The PASYOU PB200 Adjustable Weight Bench shown in an incline position, highlighting its multi-angle adjustability.

3. SETUP AND ASSEMBLY

The PASYOU PB200 Adjustable Weight Bench requires some assembly. Follow these general steps for setup. Refer to the included assembly diagram for detailed instructions and part identification.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Verify all components are present against the parts list in your physical manual.
2. **Assemble Base Frames:** Attach the front and rear stabilizer bars to the main frame using the provided bolts and nuts. Ensure they are securely fastened.
3. **Attach Seat and Backrest:** Secure the seat and backrest pads to their respective support frames.
4. **Connect Adjustable Mechanisms:** Assemble the backrest adjustment mechanism, ensuring the sliding track and adjustment knob function smoothly.
5. **Final Tightening:** Once all parts are assembled, double-check and tighten all bolts and nuts to ensure maximum stability. Do not overtighten.

6. **Stability Check:** Before first use, gently rock the bench to ensure it is stable and does not wobble. If any instability is detected, re-check all connections.

Product Size



Image: A diagram illustrating the overall dimensions of the PASYOU PB200 Adjustable Weight Bench, including length, width, and height for both flat and upright configurations.

4. OPERATING INSTRUCTIONS

The PASYOU PB200 bench offers multiple adjustment options to accommodate various exercises.

Adjusting the Backrest:

1. Locate the adjustment knob or pin mechanism near the backrest hinge.
2. Pull the knob/pin outwards to release the backrest.
3. Adjust the backrest to your desired angle (0°, 30°, 50°, 70°, or 90°).
4. Release the knob/pin and ensure it securely locks into one of the designated slots. Gently push down on the backrest to confirm it is locked in place before use.

Easy to Use and Get Full Body Workout



Image: A visual guide demonstrating the versatility of the bench, showing a user performing exercises in upright, flat, and incline positions.

Recommended Exercises:

- **Flat Position (0°):** Bench press, dumbbell rows, leg raises, hyperextensions.
- **Incline Positions (30°, 50°, 70°):** Incline dumbbell press, incline flyes, seated shoulder press, bicep curls.
- **Upright Position (90°):** Seated shoulder press, triceps extensions, bicep curls.



Image: A woman demonstrating bicep curls while seated on the PASYOU PB200 Adjustable Weight Bench, highlighting its use for arm exercises.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the PU leather 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 structural components, bolts, nuts, and adjustment mechanisms for wear, damage, or looseness.
- **Tightening:** Re-tighten any loose bolts or nuts immediately.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

Bench Wobbles or is Unstable:

- **Check Assembly:** Ensure all bolts and nuts are fully tightened. Refer to the assembly instructions and confirm all parts are correctly installed.
- **Level Surface:** Verify the bench is placed on a completely flat and level surface. Uneven flooring can cause instability.
- **Foot Caps:** Check if all rubber foot caps are present and intact. Missing or damaged caps can affect stability.

Backrest Adjustment is Stiff or Stuck:

- **Lubrication:** Apply a small amount of silicone-based lubricant to the sliding track and adjustment pin mechanism.
- **Clear Obstructions:** Ensure no debris or foreign objects are obstructing the adjustment mechanism.

7. SPECIFICATIONS

Feature	Specification
Model	PB200
Dimensions (Flat)	105.5 cm (L) x 36.5 cm (W) x 44 cm (H) / 41.5 in (L) x 14.37 in (W) x 17.3 in (H)
Product Weight	9.3 kg (20.5 lbs)
Maximum Weight Capacity	300 kg (660 lbs)
Adjustable Backrest Angles	0°, 30°, 50°, 70°, 90° (5 positions)
Frame Material	Alloy Steel
Cushion Material	PU Leather and EPE Foam
Color	Black



Image: A man performing a dumbbell press on the flat bench, illustrating the bench's robust 300 kg (660 lbs) weight capacity.

8. WARRANTY AND SUPPORT

PASYOU is committed to providing high-quality fitness equipment and excellent customer service.

- **Warranty:** The PASYOU PB200 Adjustable Weight Bench comes with a 1-year free maintenance plan.
- **Customer Support:** We offer professional lifetime customer service. Our support team is available 24/7 and aims to respond within 24 hours to provide a 100% satisfactory solution for any product issues.
- **Contact:** For support, please refer to the contact information provided with your purchase or visit the official PASYOU brand store: [PASYOU Brand Store](#).

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