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> SPORTSOUL Adjustable Weight Bench with Barbell Rack Instruction Manual SBE3Q11001

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SPORTSOUL Adjustable Weight Bench with Barbell Rack Instruction Manual

Model: SBE3Q11001

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1. PRODUCT OVERVIEW

The SPORTSOUL Adjustable Weight Bench with Barbell Rack is designed to provide a comprehensive home gym setup for strength training and muscle building. This versatile workout station includes a barbell rack, leg developer, and preacher curl attachment, offering a wide range of exercise options.

Key features include:

- **Versatile Workout Station:** Supports full-body strength training.
- **Sturdy Construction:** Features a durable steel frame and high-density foam padding for stability and comfort.
- **Multiple Exercise Options:** Equipped with a barbell rack, leg developer, and weight plate storage.
- **Adjustable Design:** The backrest can be adjusted to various incline positions.
- **Compact and Space-Saving:** Designed for home gyms with limited space.



Image: The SPORTSOUL Adjustable Weight Bench with Barbell Rack, featuring a user performing a bench press. The bench includes a leg extension and preacher curl attachment.

2. IMPORTANT SAFETY INFORMATION

WARNING: Failure to follow these safety instructions may result in serious injury or death.

- Read all instructions in this manual before assembling or using the equipment.
- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the equipment on a solid, level surface with adequate clearance around it.
- Inspect the equipment for loose or damaged parts before each use. Do not use if damaged.
- Ensure all bolts and nuts are securely tightened before use.
- Do not exceed the maximum weight limit of 410 pounds (including user and weights).
- Use a spotter for heavy lifting, especially during bench press exercises.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.



Image: The weight bench with a user, highlighting the maximum weight limit of 410 pounds for safe operation.

3. SETUP AND ASSEMBLY

This section provides general guidance for assembling your SPORTSOUL Adjustable Weight Bench. Refer to the included assembly diagram and hardware pack for detailed, step-by-step instructions specific to your model.

3.1 Unpacking

1. Carefully remove all components from the packaging.
2. Lay out all parts and compare them with the parts list provided in your package.
3. Ensure all hardware (bolts, washers, nuts) is present.

3.2 Assembly Steps (General)

1. Attach the main frame components, ensuring all connections are secure but not fully tightened until all parts are aligned.
2. Install the barbell rack uprights onto the main frame.
3. Assemble the leg developer and preacher curl attachments, securing them to the bench frame.

4. Attach the backrest and seat pads to the frame.
5. Once all components are in place, fully tighten all bolts and nuts.
6. Verify the stability of the assembled bench before first use.



Image: Detailed view of the bench's components, including the safety hook for barbells, detachable preacher curl, thickened foam padding for comfort, protective pads, and barbell safety clips.

4. OPERATING INSTRUCTIONS

The SPORTSOUL Adjustable Weight Bench offers multiple configurations to support a variety of exercises.

4.1 Adjusting the Bench

The backrest of the bench can be adjusted to various angles to accommodate different exercises. Common positions include flat, incline (10°, 20°), and decline (-8°).

1. To adjust the backrest, locate the adjustment pin or lever mechanism.
2. Pull the pin or release the lever, then carefully move the backrest to the desired angle.
3. Ensure the adjustment pin is fully engaged in the corresponding hole before use.

MULTI-ANGLE ADJUSTMENT



Image: Visual guide demonstrating how to adjust the bench backrest to various incline and decline positions.

4.2 Using the Barbell Rack

The integrated barbell rack provides a secure resting place for barbells during exercises such as bench presses and squats.

- Ensure the barbell rack uprights are securely attached and stable.
- Always use appropriate weight collars to secure weight plates on the barbell.
- When racking the barbell, ensure it is centered and fully seated on the safety hooks.

4.3 Using the Leg Developer and Preacher Curl

The leg developer allows for leg extension and leg curl exercises, while the preacher curl attachment targets biceps.

- For leg extensions, sit on the bench with your shins under the padded rollers. Extend your legs upwards.
- For leg curls, lie face down on the bench with your heels under the padded rollers. Curl your legs upwards.
- For preacher curls, sit facing the attachment, resting your arms on the pad. Perform bicep curls with dumbbells or a barbell.

- Ensure weight plates are securely loaded onto the leg developer post.

4.4 Exercise Examples

The bench supports a wide range of exercises for a full-body workout:

- **Chest:** Bench Press (flat, incline, decline), Dumbbell Flyes.
- **Shoulders:** Overhead Press (seated), Lateral Raises.
- **Back:** Dumbbell Rows.
- **Arms:** Bicep Curls (preacher curl, seated), Triceps Extensions.
- **Legs:** Leg Extensions, Leg Curls.
- **Core:** Crunches (decline).



Image: A collage showcasing nine different exercises that can be performed using the adjustable weight bench, illustrating its versatility.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your SPORTSOUL Adjustable Weight Bench.

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to any pivot points or adjustment mechanisms if they become stiff.
- **Storage:** Store the bench in a dry, clean environment away from direct sunlight and extreme temperatures.
- **Damage:** If any part of the bench becomes damaged or worn, discontinue use immediately and contact customer support for replacement parts.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your weight bench.

- **Bench feels unstable:**
 - Ensure the bench is on a flat, level surface.
 - Check all assembly bolts and nuts for tightness.
 - Verify that all feet caps are properly installed.
- **Adjustment pin is stuck or difficult to move:**
 - Ensure no weight is on the backrest when attempting to adjust.
 - Apply a small amount of silicone lubricant to the pin mechanism.
 - Check for any obstructions in the adjustment holes.
- **Pads are worn or torn:**
 - Discontinue use if padding exposes sharp edges or structural components.
 - Contact SPORTSOUL customer support for replacement pads.

7. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	SPORTSOUL
Model Number	SBE3Q11001
Item Weight	50 Pounds
Material	Alloy Steel (Frame), Leather (Padding)
Color	Black/Yellow
Product Dimensions (LxWxH)	62"D x 30"W x 42"H
Weight Limit	410 Pounds
First Available	September 18, 2024

PRODUCT SIZE



Image: Detailed product dimensions of the adjustable weight bench, illustrating its overall size and component measurements.

8. WARRANTY AND CUSTOMER SUPPORT

SPORTSOUL is committed to providing high-quality products. For specific warranty details, please refer to the warranty card included with your product or visit the official SPORTSOUL website.

If you have any questions, require assistance with assembly, or need replacement parts, please contact SPORTSOUL customer support:

- **Online:** Visit the **SPORTSOUL Store on Amazon** for product information and support resources.
- **Email/Phone:** Refer to your product packaging or the official SPORTSOUL website for the most current contact information.

Please have your model number (SBE3Q11001) and purchase date ready when contacting support.