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› OPPSDECOR Professional Adjustable Weight Bench Instruction Manual

OPPSDECOR KRY5-5987-011

OPPSDECOR Professional Adjustable Weight Bench Instruction Manual

Model: KRY5-5987-011

Brand: OPPSDECOR

INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your OPPSDECOR Professional Adjustable Weight Bench. This versatile bench is designed for full-body strength training in a home gym environment, featuring a bench, leg developer, preacher curl pad, and V-handle.



Image: The OPPSDECOR Professional Adjustable Weight Bench, showcasing its multi-functional design with a main bench, leg developer, and preacher curl attachment.

SAFETY INFORMATION

- Read all instructions thoroughly before assembly and initial use.
- Keep children and pets away from the equipment during use and storage.
- Ensure all bolts, nuts, and adjustment pins are securely tightened before each workout session.
- Place the weight bench on a flat, stable, non-slip surface.
- Consult a physician before starting any new exercise program.
- Maximum Weight Capacity: 900 Pounds (approximately 408 kg). Do not exceed this limit, including user weight and added weights.

MULTI-ANGLE ADJUSTMENT

Customize Your Workout Position

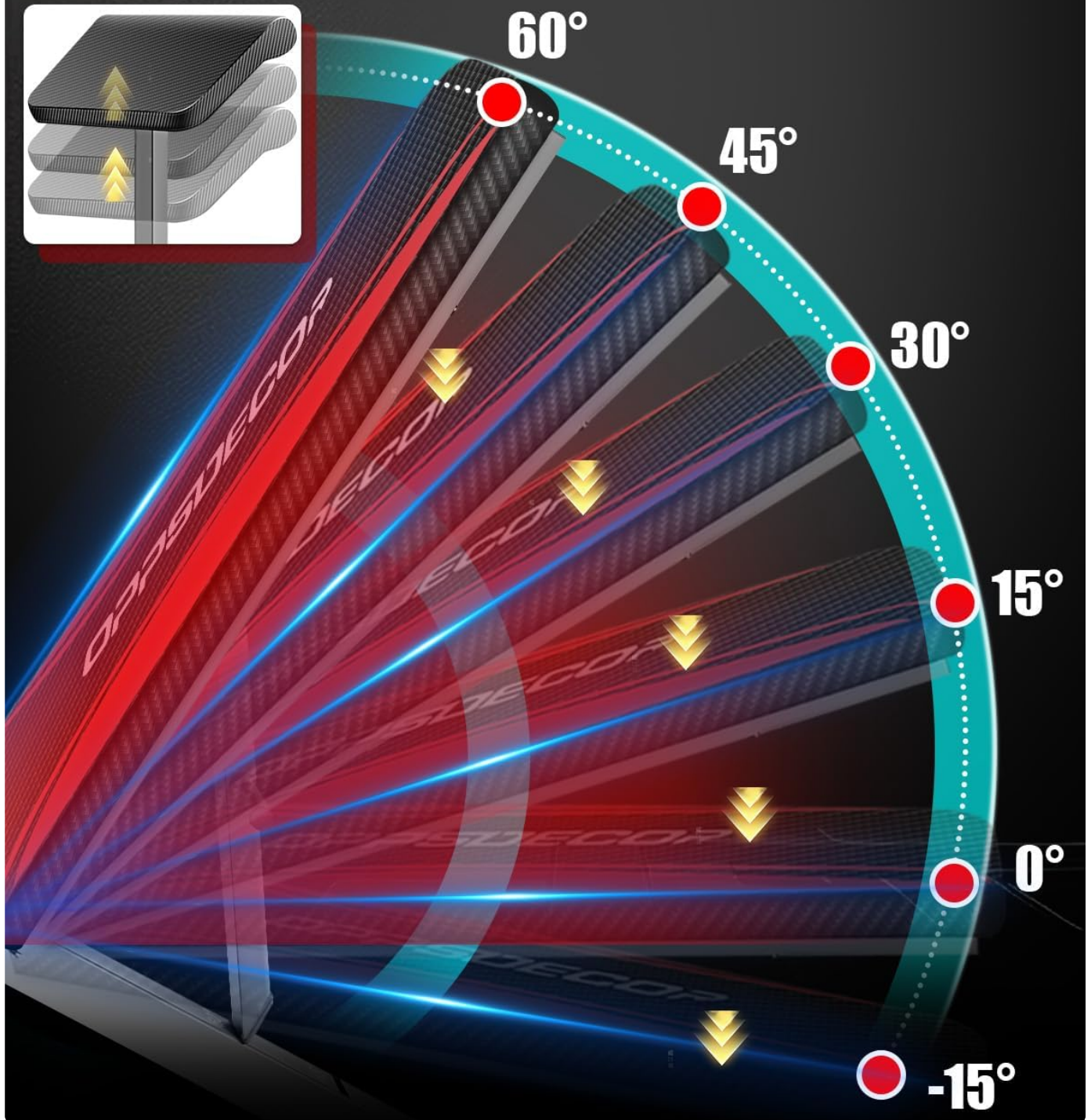


Image: A visual representation highlighting the 900 lbs weight capacity of the heavy-duty frame, emphasizing safety and stability.

SETUP AND ADJUSTMENTS

Assembly

The weight bench is designed for straightforward assembly. Detailed installation instructions and all necessary parts are included with your product. Follow the provided tutorial carefully to ensure correct and safe setup.

Backrest Adjustment

The backrest offers 7 adjustable angle options, allowing for flat, incline, and decline positions to suit various exercises. To adjust, simply lift the backrest and secure it into the desired notch on the support frame.

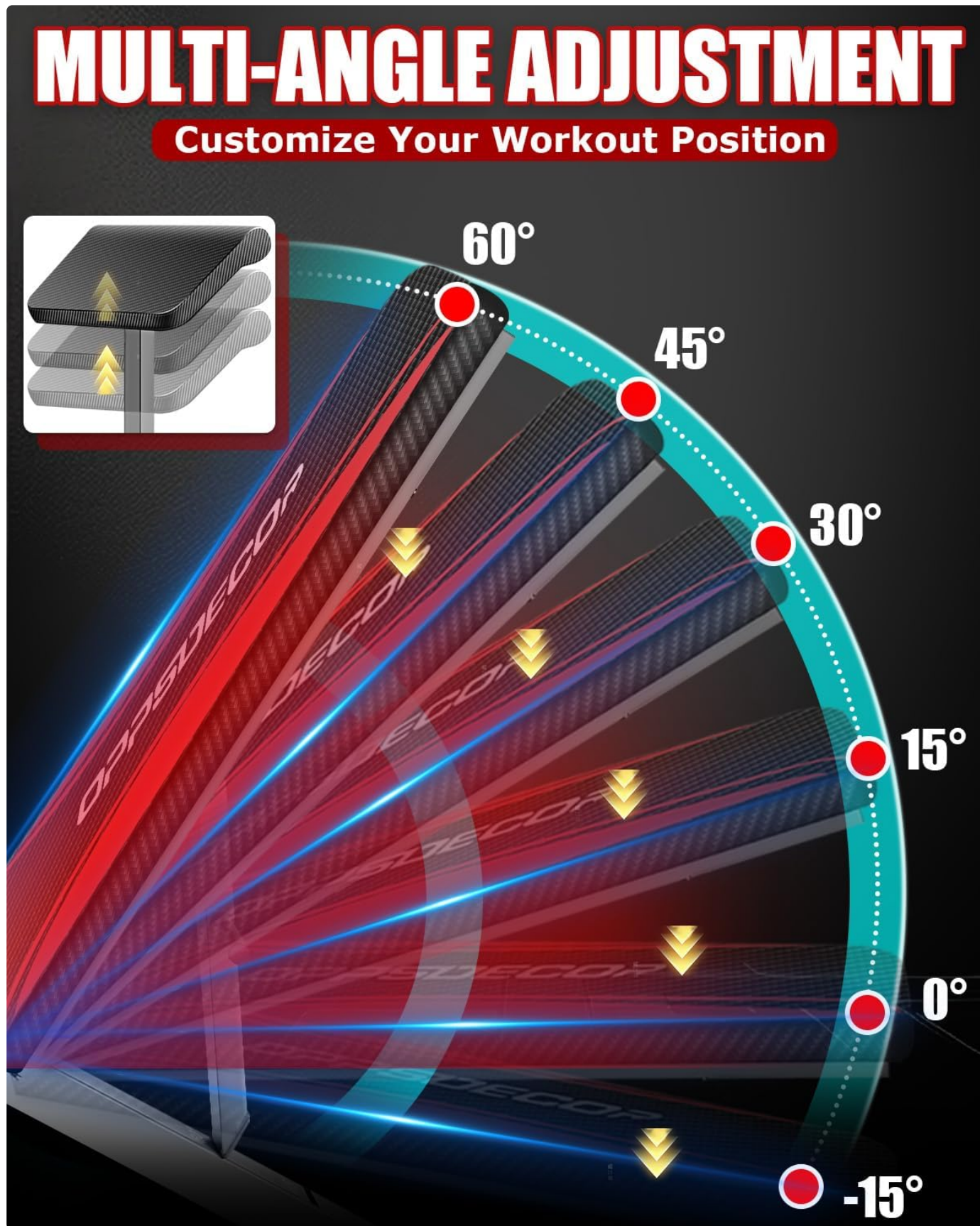


Image: Diagram illustrating the multi-angle adjustment capabilities of the backrest, showing various incline and decline settings.

Preacher Curl Pad Adjustment

The preacher curl pad features three height settings for optimal comfort and effectiveness during bicep curls. To adjust, pull out the quick-release pin, slide the pad to the desired height, and re-insert the pin to lock it in place. The preacher pad

is also fully removable for more flexible exercise options.

Leg Developer Adjustment

The leg developer is compatible with both 1-inch standard and 2-inch Olympic weight plates. For 2-inch Olympic plates, use the weight tube directly and secure with the large spring collar. For 1-inch standard weights, unscrew and remove the outer sleeve from the weight tube, then use the provided spring collar to secure the weights. The ankle cushions are adjustable to two different height settings to accommodate various user leg lengths.

Video: Demonstrates the adjustment of the backrest, preacher curl pad, and leg developer, including how to switch between Olympic and standard weight plates.

OPERATING INSTRUCTIONS

This multi-functional weight bench supports a comprehensive range of exercises for a full-body workout.

Leg Extensions and Curls

Attach desired weight plates to the leg developer. Sit on the bench with your back supported, hook your ankles under the foam rollers, and perform controlled leg extensions. For leg curls, lie face down on the bench (if applicable) or sit facing the opposite direction, hooking your heels under the rollers, and perform curls.

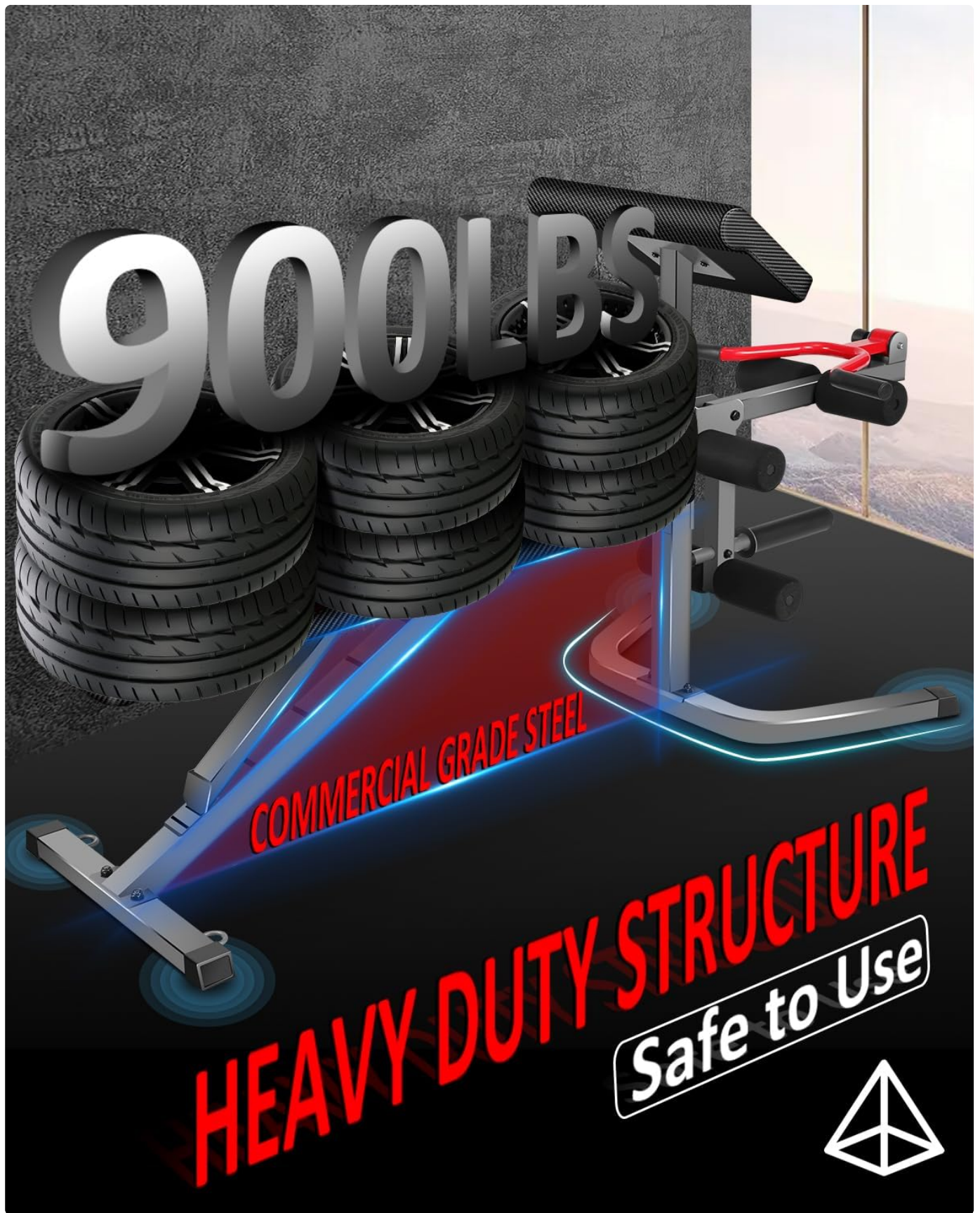


Image: A user demonstrating leg extensions and leg curls using the integrated leg developer attachment.

Preacher Curls

Adjust the preacher curl pad to a comfortable height. Position your upper arms on the pad, ensuring your elbows are stable. Use dumbbells or a curl bar to perform bicep curls, focusing on controlled movement.

UPGRADED HIGH QUALITY THICKER PAD

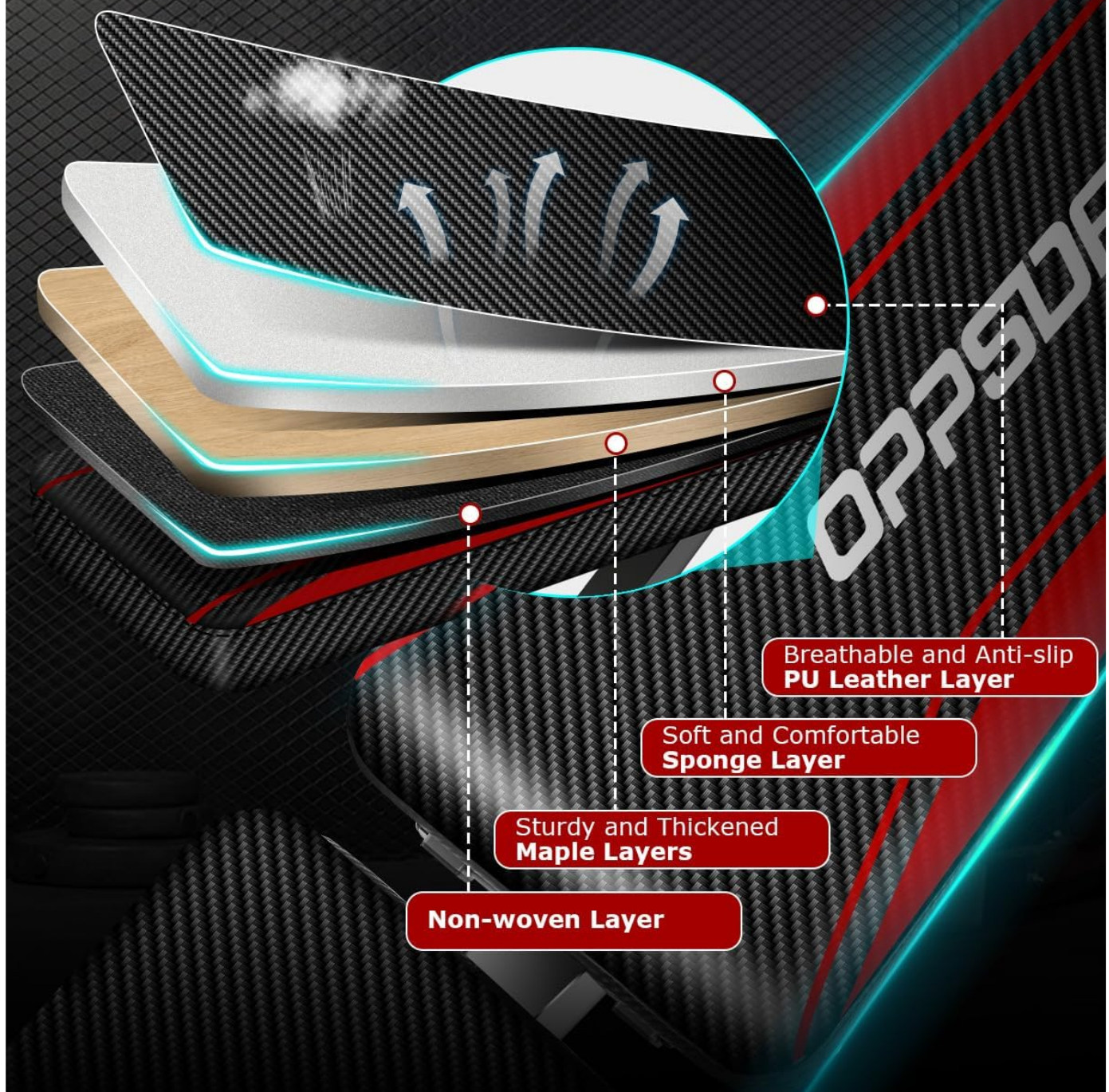


Image: A user performing preacher curls with dumbbells, utilizing the dedicated preacher curl pad for isolated bicep training.

Bench Press (Flat, Incline, Decline)

Adjust the backrest to your desired angle (flat for chest, incline for upper chest, decline for lower chest). Lie on the bench with your feet flat on the floor for stability. Perform chest presses using dumbbells or a barbell (if used with a separate rack).

Shoulder Press

Set the backrest to an incline position (typically 60-75 degrees). Sit on the bench with your back supported and feet flat.

Use dumbbells to perform overhead shoulder presses.

Rows and Other Exercises

The flat position of the bench can be utilized for exercises such as single-arm dumbbell rows, supporting your knee and hand on the bench. The integrated V-handle and base attachment points allow for resistance band curls and rows, targeting various muscle groups effectively.



Image: A collage of images demonstrating multiple exercises that can be performed with the weight bench, including dumbbell press, leg curls, and preacher curls.

Video: A demonstration of various exercises that can be performed using the weight bench, including bench press, leg exercises, and lat pulldowns (if applicable)

MAINTENANCE

- **Regular Inspection:** Periodically inspect all components for signs of wear, damage, or loose connections.
- **Tighten Fasteners:** Regularly check and tighten all bolts, nuts, and adjustment pins to ensure the bench remains stable and safe.
- **Cleaning:** Wipe down the upholstery and frame with a damp cloth and a mild, non-abrasive detergent after each use to remove sweat and dirt. Avoid harsh chemicals that may damage the finish or padding.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures.
- **Part Replacement:** Replace any worn or damaged parts immediately to prevent injury. Contact customer support for genuine replacement parts.

TROUBLESHOOTING

Bench Instability

If the bench feels unstable or wobbly, ensure all assembly bolts and nuts are securely tightened. Verify that the U-shaped base is properly positioned on a flat, level, and stable surface. Uneven flooring can cause instability.

Difficulty Adjusting Backrest or Pads

If you encounter difficulty adjusting the backrest or any pads, ensure that the quick-release pins or adjustment knobs are fully disengaged before attempting to move the component. Check for any obstructions or debris in the adjustment mechanisms. Applying a small amount of silicone-based lubricant to moving parts may help if resistance persists.

SPECIFICATIONS

- **Brand:** OPPSDECOR
- **Model:** KRY5-5987-011
- **Product Dimensions:** 124.97 cm (Length) x 91.69 cm (Width) x 74.93 cm (Height)
- **Item Weight:** 21.9 kg (48.28 lbs)
- **Maximum Weight Capacity:** 900 Pounds (408 kg)
- **Colour:** Black
- **Frame Material:** Alloy Steel
- **Upholstery Material:** PU Leather with high-density foam



Image: Detailed view of the upgraded high-quality thicker pad, showing its multiple layers including breathable PU leather, soft sponge, and sturdy maple layers.

STANDARD SIZE

Suitable for Most People



900lbs
Load Bearing



Thickened
Steel



Trangular
Structure



2.5mm
Thick



Image: Technical drawing displaying the standard dimensions of the weight bench, including length, width, and height measurements.

WARRANTY AND SUPPORT

OPPSDECOR offers a 2-year warranty for parts replacement in cases of non-artificial damage. For any warranty claims or technical assistance, please contact our after-sales service. Refer to the contact information provided with your product packaging for direct support.

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Question

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