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OPPSDECOR ls009

OPPSDECOR 6-in-1 Weight Bench Set Instruction Manual

Model: ls009

1. Introduction

This manual provides essential information for the safe and effective use of your OPPSDECOR 6-in-1 Weight Bench Set. This versatile fitness equipment is designed for full-body workouts, including exercises for arms, chest, abdomen, and legs. It is suitable for beginners and users with smaller builds, offering a comprehensive workout experience in a home environment.

The weight bench features a robust metal frame, adjustable backrest and preacher curl pad, and a leg extension/curl attachment. It is designed for stability, comfort, and space-saving storage.

2. Safety Guidelines

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Regularly inspect the bench for any signs of wear or damage.
- Do not exceed the maximum weight capacity of 660 lbs (approximately 300 kg).
- Use the bench on a flat, stable surface. The non-slip rubber pads protect your floor and enhance stability.
- Keep children and pets away from the equipment during use.
- Perform exercises with controlled movements. Avoid sudden jerks or excessive force.
- When adjusting the bench, ensure all locking mechanisms are fully engaged before applying weight.
- Wear appropriate athletic footwear and clothing.
- If you experience pain, dizziness, or discomfort, stop exercising immediately.

3. Assembly Instructions

The OPPSDECOR 6-in-1 Weight Bench Set is designed for easy assembly. All necessary small parts are packaged to prevent loss, and a clear manual is included. Follow the steps below to set up your bench.

Step 1: Unpack Components

Carefully remove all parts from the packaging. Verify that all components listed in the included parts list are present and

undamaged.

Step 2: Assemble the Main Frame
Attach the main support beams and base stabilizers. Ensure all bolts are finger-tightened initially.

Step 3: Install the Bench Pads
Secure the backrest and seat pads to the frame using the provided hardware. Ensure they are firmly attached.

Step 4: Attach Leg Extension/Curl Unit
Connect the leg extension and curl attachment to the front of the bench. Ensure the pivot points are free-moving and secure.

Step 5: Install Preacher Curl Pad (if applicable)
Mount the preacher curl pad to its designated support. Adjust its height as needed.

Step 6: Final Tightening
Once all components are in place, systematically tighten all bolts and nuts using the provided tools. Double-check for stability.



Image: The bench can be folded for storage by pulling out the lock knob and inserting a lock pin.

▶ **Watch video online**
OPPSDECOR Weight Bench

Video: An overview of the OPPSDECOR Weight Bench, demonstrating its features and potential assembly steps. This video is provided by the seller.

4. Adjustments and Features

The OPPSDECOR 6-in-1 Weight Bench offers multiple adjustments to accommodate various exercises and user preferences.

4.1 Backrest Angle Adjustment

The backrest can be adjusted to 4 different angles (incline, decline, and flat positions). To adjust, locate the adjustment pin or lever under the backrest, pull it out, set the backrest to the desired angle, and ensure the pin locks securely into place.



Image: The backrest of the weight bench can be adjusted to various angles, including 45°, 30°, 0°, and -15° for diverse exercises.



Image: This illustration highlights the quick adjustment feature for the 4 backrest angles, allowing for incline, decline, and flat positions.

4.2 Barbell Rack Height Adjustment

The barbell rack offers multiple height settings to accommodate different exercises and user heights. To adjust, remove the locking pin, slide the barbell supports to the desired height, and re-insert the pin, ensuring it is fully engaged.



Image: The barbell rack features 4 adjustable heights to suit individual needs and exercise types.

4.3 Preacher Curl Pad Height Adjustment

The preacher curl pad has 3 adjustable height settings. Adjust it to a comfortable position that allows for proper form during bicep curls.

4.4 Weight Storage Rod

The integrated weight storage rod provides additional stability during leg curls and offers a convenient place to store weight plates when not in use.



Image: Key features include a locking knob for secure adjustments, soft foam for comfort, a weight plate storage bar for stability, and non-slip foot pads for safety.

5. Exercise Guide

The OPPSDECOR 6-in-1 Weight Bench supports a variety of exercises for a full-body workout.

- **Bench Press:** Use the adjustable backrest in a flat or incline position with a barbell on the rack.
- **Leg Extension:** Sit on the bench, place your shins under the padded rollers, and extend your legs.
- **Leg Curl:** Lie face down on the bench, place your heels under the padded rollers, and curl your legs upwards.
- **Preacher Curls:** Use the preacher curl pad for isolated bicep exercises with dumbbells or a curl bar.
- **Dumbbell Flys:** Lie on the bench (flat or incline) and perform chest fly movements with dumbbells.
- **One-Arm Dumbbell Row/Curl:** Utilize the bench for support during single-arm exercises.



Image: This multifunctional weight bench allows for exercises such as bench press, leg curl, and leg extension.



Image: Examples of exercises possible with the bench: one-arm dumbbell curl, leg extension, dumbbell fly, leg curl, and bench press.

6. Folding and Storage

The weight bench is designed to be foldable for convenient storage, saving up to 90% of space.

Folding Steps:

1. Pull out the lock knob located near the base of the backrest support.
2. Lift the front bottom section of the weight bench.
3. Insert the lock pin to secure the bench in its upright, folded position.

Once folded, the bench can be easily placed in a corner or against a wall.

7. Maintenance

- **Cleaning:** Wipe down the PU leather and metal frame with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **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 pivot points and adjustment mechanisms if they become stiff.
- **Storage:** Store the bench in a dry environment to prevent rust and material degradation.

8. Troubleshooting

- **Bench feels unstable:** Ensure all assembly bolts are fully tightened. Verify the bench is on a flat, even surface. Check for any damaged components.
- **Adjustment pins are stiff:** Apply a small amount of lubricant to the pin and its housing. Ensure no debris is obstructing the mechanism.
- **Squeaking noises:** Identify the source of the noise (usually a pivot point or loose bolt) and lubricate or tighten as necessary.
- **Pads are worn or damaged:** Contact customer support for replacement options.

9. Product Specifications

Brand	OPPSDECOR
Model Number	ls009
Material	Metal frame, PU leather, foam padding
Color	Dark
Product Dimensions (L x W x H)	61" x 37" x 44" (155cm x 94cm x 112cm)
Item Weight	22.3 pounds (10.1 kg)
Weight Capacity Maximum	660 pounds (300 kg)



Image: The OPPSDECOR bench features a 33.5" rear rack width and 27.5" backrest length, indicating a wider and longer design compared to some alternatives.



Image: Detailed dimensions of the standard size weight bench, including overall length (61 inches), width (37 inches), and height (44 inches).

10. Customer Support

OPPSDECOR is committed to providing high-quality customer service. If you have any questions regarding the product, assembly, operation, or require after-sales support, please contact us directly. Your satisfaction is our priority.
Please refer to your purchase documentation or the official OPPSDECOR website for specific contact information.

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