

OPPSDECOR LSL6005

OPPSDECOR Adjustable Weight Bench User Manual

Model: LSL6005

1. IMPORTANT SAFETY INFORMATION

Before assembling or using your OPPSDECOR Adjustable Weight Bench, please read and understand all instructions in this manual. Keep this manual for future reference.

- **Maximum Weight Capacity:** This weight bench supports a maximum user weight of up to 800 lbs. Do not exceed this limit.
- **Secure Assembly:** Ensure all screws, bolts, and nuts are fully tightened before each use. Regularly check for loose components.
- **Stable Surface:** Always use the bench on a flat, stable, and non-slip surface. Adjust the base to accommodate uneven floors if necessary.
- **Proper Use:** Use the bench only for its intended purpose as described in this manual. Do not modify the equipment.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Medical Advice:** Consult a physician before starting any exercise program. Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. PACKAGE CONTENTS

Verify that all components are present and undamaged before assembly. All necessary small parts are packaged in blister to avoid spilling and loss.

(Note: Barbell, dumbbells, and weight plates are not included.)

3. SETUP AND ASSEMBLY

The OPPSDECOR Adjustable Weight Bench is designed for easy assembly. A concise and clear manual

with all necessary assembly parts is included to help you quickly set it up.

Assembly Steps:

1. Unpack all components and lay them out on a clean, flat surface.
2. Follow the step-by-step instructions provided in the included assembly guide.
3. Ensure all bolts, nuts, and pins are securely fastened. Do not overtighten.
4. After assembly, perform a stability check by gently shaking the bench to ensure all connections are firm.



Figure 3.1: Detail of the leg developer with the 2-in-1 weight rod. To unlock the sleeve, unscrew the pin first. The fixed pin can lock the leg developer for sit-ups without weights.



Figure 3.2: The heavy-duty structure with thickened steel pipe and upgraded non-slip base ensures stability and safety, supporting up to 800 lbs.

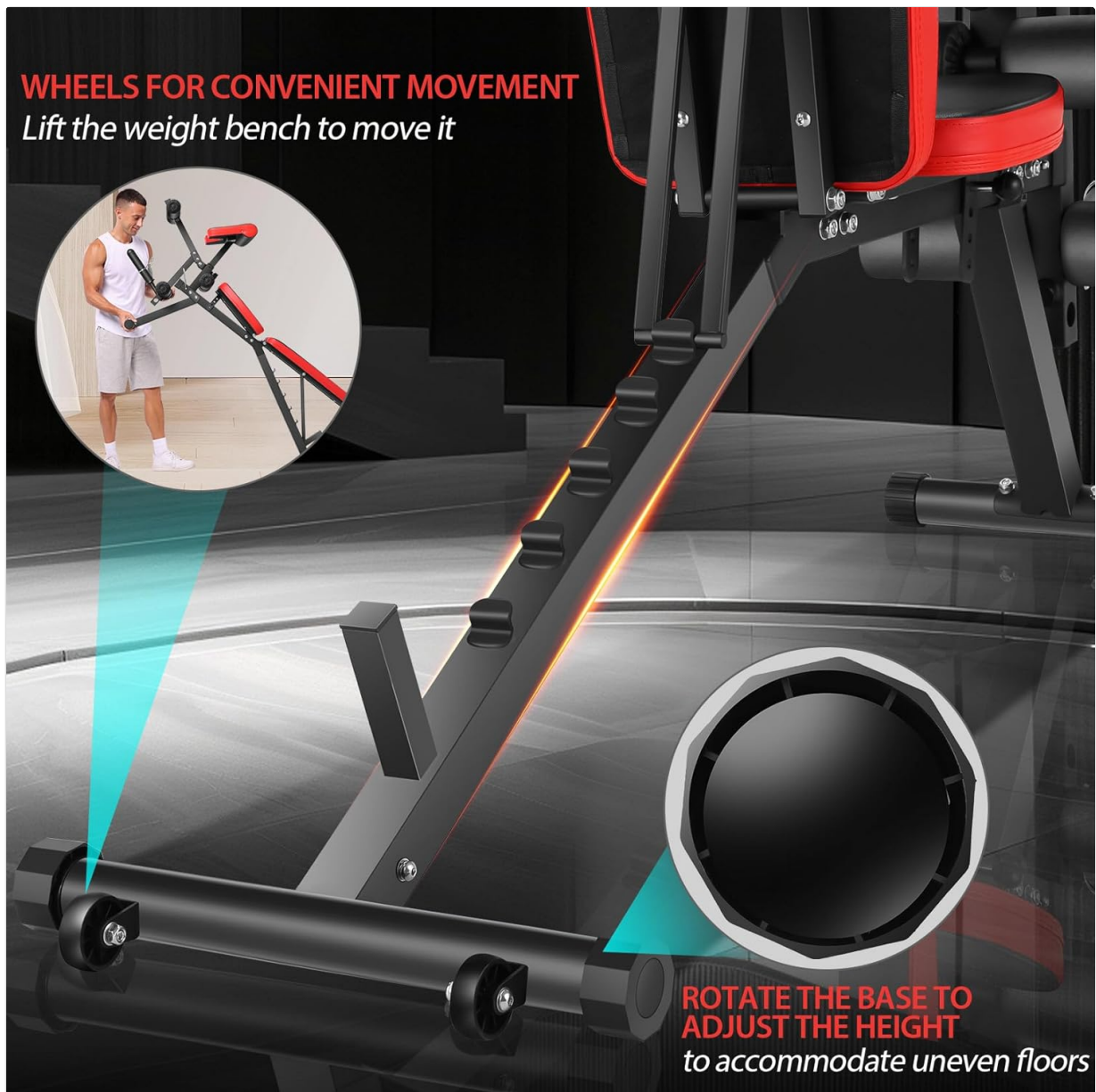


Figure 3.3: The bench is equipped with wheels for easy mobility. The base can be rotated to adjust the height, accommodating uneven floors for a stable workout.

4. OPERATING INSTRUCTIONS

This multi-functional weight bench is designed for a variety of exercises, offering multiple adjustment options for a customized workout.

4.1 Angle Adjustments

The bench features several adjustable components to suit different exercises and user heights:

- **Backrest:** 7 different angle positions.
- **Seat Cushion:** 4 different angle positions.
- **Leg Training Machine Foam:** 2 different angle positions.
- **Preacher Pad:** 3 different angle positions.



FAST ADJUSTMENT

More Convenient and More Ergonomic

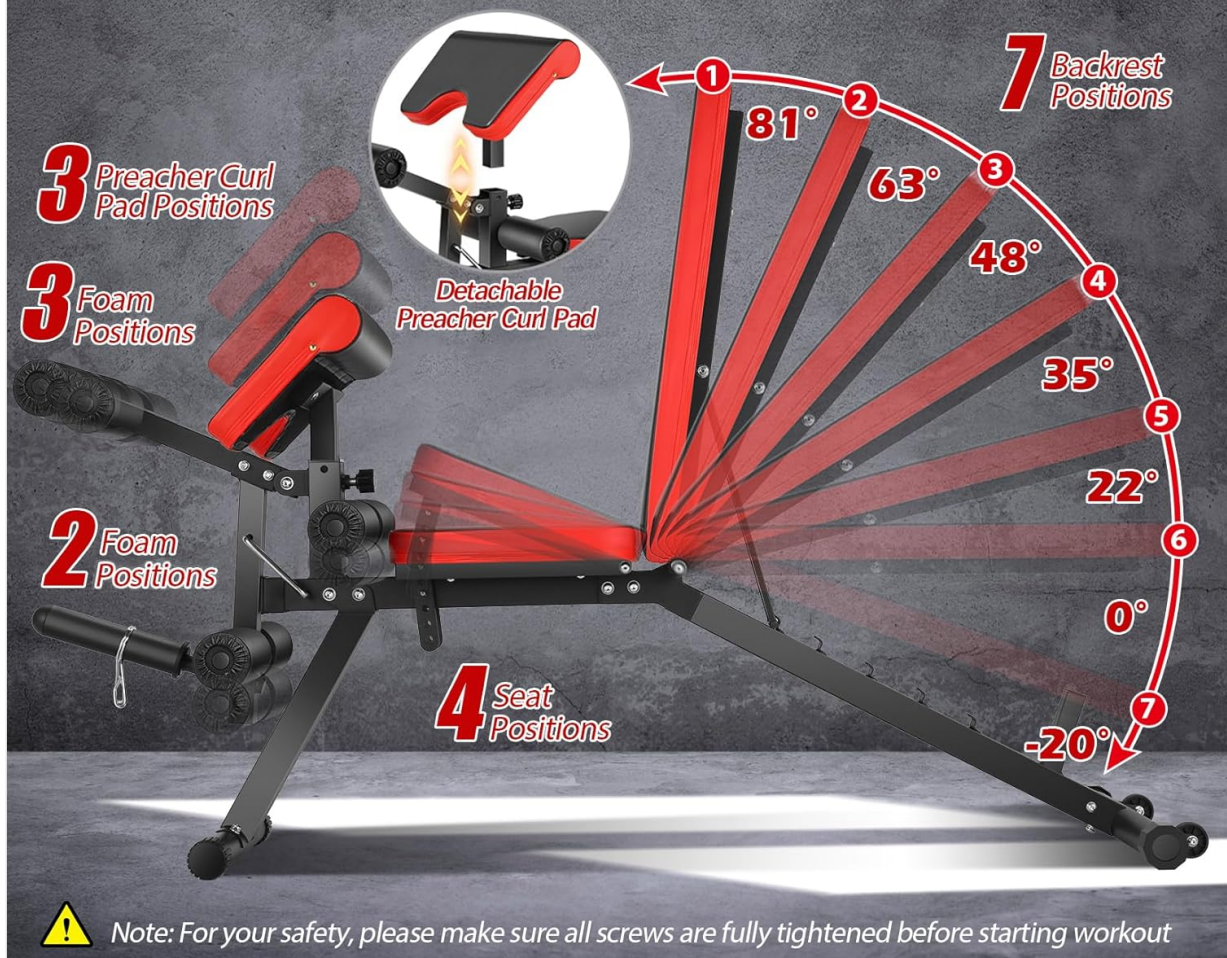


Figure 4.1: Illustration of the fast adjustment system, detailing the 7 backrest positions, 4 seat positions, 3 preacher curl pad positions, and 2 leg foam positions. Ensure all screws are tightened for safety.

4.2 Exercise Functions

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

- Preacher Curls
- Single-Arm Rows
- Dumbbell Bench Presses
- Leg Extensions
- Leg Curls
- Push-ups
- Reverse Fly
- Shoulder Press

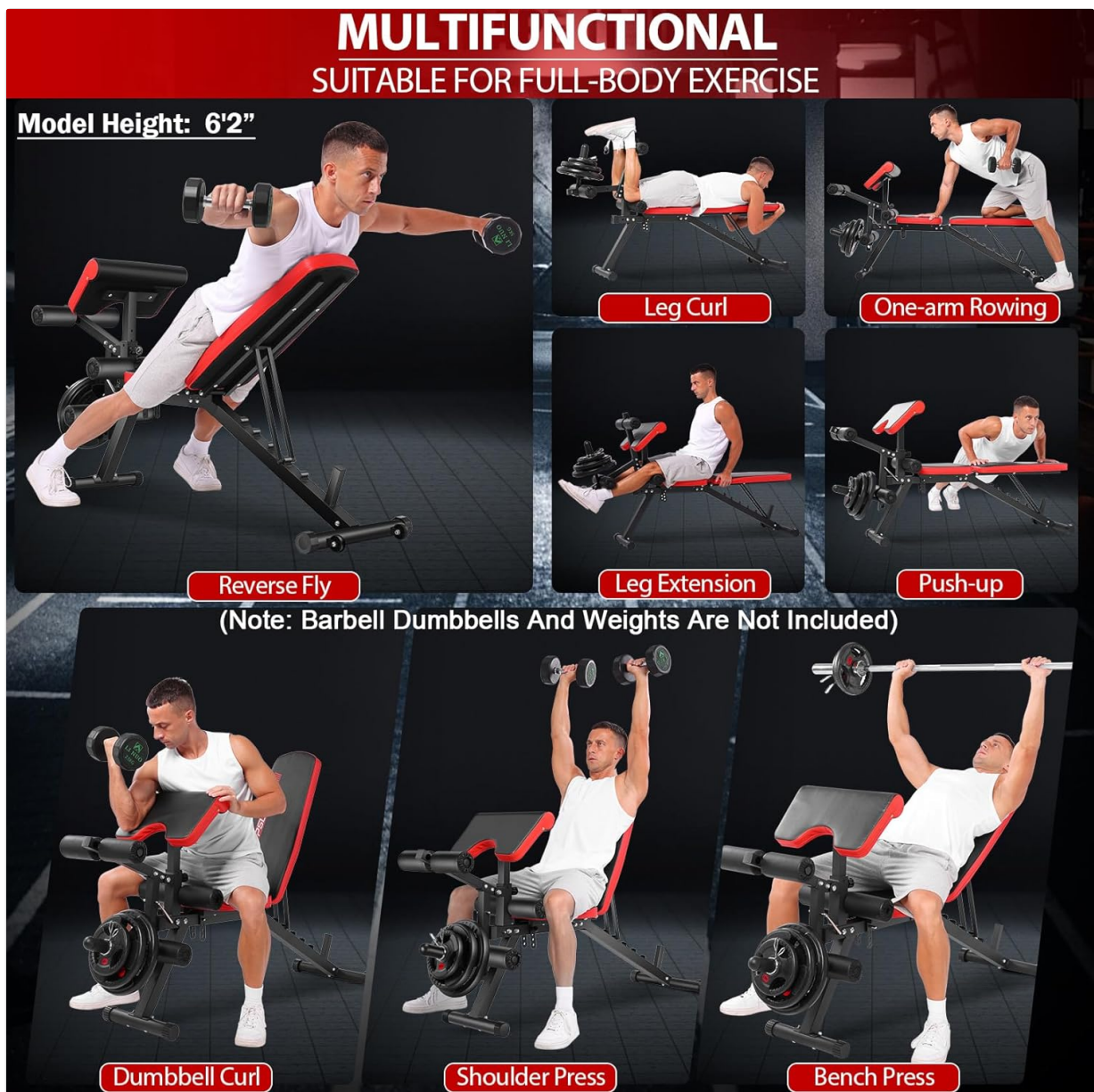


Figure 4.2: Examples of exercises that can be performed using the OPPSDECOR Adjustable Weight Bench for a comprehensive full-body workout.

4.3 Leg Developer and Preacher Pad

- The pin-loaded leg developer allows for effective leg extensions and leg curls. It features a 2-in-1 weight rod compatible with both Olympic and standard weight plates.
- The 17.7-inch wide preacher pad provides comfort for bicep curls. It is detachable for convenience during leg exercises.

Your browser does not support the video tag.

Video 4.3: Official product video demonstrating the OPPSDECOR 800 LBS Weight Bench with Wheels, highlighting its features and adjustments.

5. MAINTENANCE

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

- **Cleaning:** The premium leather material is sweat-resistant and easy to clean. Wipe down the padded surfaces with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals.
- **Inspection:** Periodically inspect all nuts, bolts, and moving parts for tightness and wear. Tighten any

loose fasteners.

- **Storage:** Store the bench in a dry environment away from direct sunlight and extreme temperatures.



Figure 5.1: The durable, sweat-resistant, and easy-to-clean leather material of the bench ensures long-lasting use and comfort.

6. TROUBLESHOOTING

If you encounter any issues with your weight bench, refer to the following common solutions:

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose fasteners or uneven floor.	Tighten all nuts and bolts. Adjust the rotating base on the feet to level the bench on uneven surfaces.
Limited range of motion during leg extensions/curls or preacher curls.	Preacher pad or other padded bars obstructing movement.	Ensure the preacher pad is detached when performing leg exercises. For leg extensions, adjust the seat angle to a higher notch if needed to achieve full range of motion.

Problem	Possible Cause	Solution
Difficulty adjusting angles.	Adjustment pins not fully disengaged or engaged.	Ensure adjustment pins are fully pulled out before attempting to change angles, and fully inserted to lock the desired position.

If the issue persists, please contact customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	OPPSDECOR
Model Number	LSL6005
Material	Alloy Steel Frame, Premium Leather Upholstery
Color	Black
Product Dimensions (L x W x H)	70.87" x 19.29" x 36.81"
Item Weight	21.9 Kilograms
Weight Limit	800 Pounds
Backrest Adjustments	7 Angles
Seat Adjustments	4 Angles
Preacher Pad Adjustments	3 Angles
Leg Developer Foam Adjustments	2 Angles
Weight Rod Compatibility	Olympic and Standard Weight Plates



PRODUCT DIMENSION



Figure 7.1: Product dimensions for the OPPSDECOR Adjustable Weight Bench.

8. WARRANTY AND SUPPORT

OPPSDECOR is committed to customer satisfaction and offers a Lifetime Warranty for this product.

- **Lifetime Warranty:** If you encounter any issues with your weight bench, please do not hesitate to contact us.
- **Customer Support:** We are dedicated to resolving any problems you may have, including providing solutions or facilitating returns with a return label if necessary. Your satisfaction is our top priority.