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› [UMJIGF](#) /

› UMJIGF Professional Adjustable Weight Bench User Manual

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Model: Adjustable Weight Bench

1. INTRODUCTION

This manual provides essential instructions for the safe assembly, operation, and maintenance of your UMJIGF Professional Adjustable Weight Bench. Please read this manual thoroughly before assembly and use to ensure proper function and safety. Retain this manual for future reference.

Important Safety Information

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight capacity of 300KG (660LBS).
- Keep children and pets away from the equipment during use.
- Use the bench on a flat, stable surface.
- Inspect the bench for any damaged or worn parts before each use. Do not use if damaged.

2. PACKAGE CONTENTS

Carefully unpack all components and verify that all items listed below are present and undamaged. If any parts are missing or damaged, contact customer support immediately.

- Weight Bench Frame (x1)
- Seat Cushion (x1)
- Backrest Cushion (x1)
- Installation Tools (x1 set)
- Installation Instructions (x1 manual)



Figure 1: Main view of the UMJIGF Adjustable Weight Bench.

3. ASSEMBLY INSTRUCTIONS

Assembly typically takes less than 30 minutes. Follow the detailed installation instructions provided in the package. Ensure all connections are secure before use.

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the main support frame components using the provided bolts and tools.
3. Secure the seat cushion to the frame.
4. Secure the backrest cushion to the frame.
5. Attach any additional components such as foot supports or wheels.
6. Double-check all bolts and nuts to ensure they are fully tightened.

Detailed description



with mobile casters



Non-slip protective cover



Foam Mobile Handles



Thick Foam Foot Hooks

Figure 2: Detailed view of bench components: mobile casters, non-slip protective covers, foam mobile handles, and thick foam foot hooks.

4. OPERATING INSTRUCTIONS

4.1 Adjusting the Bench

The UMJIGF Adjustable Weight Bench features multi-level adjustments for both the backrest and seat cushion to accommodate various exercises and user preferences.

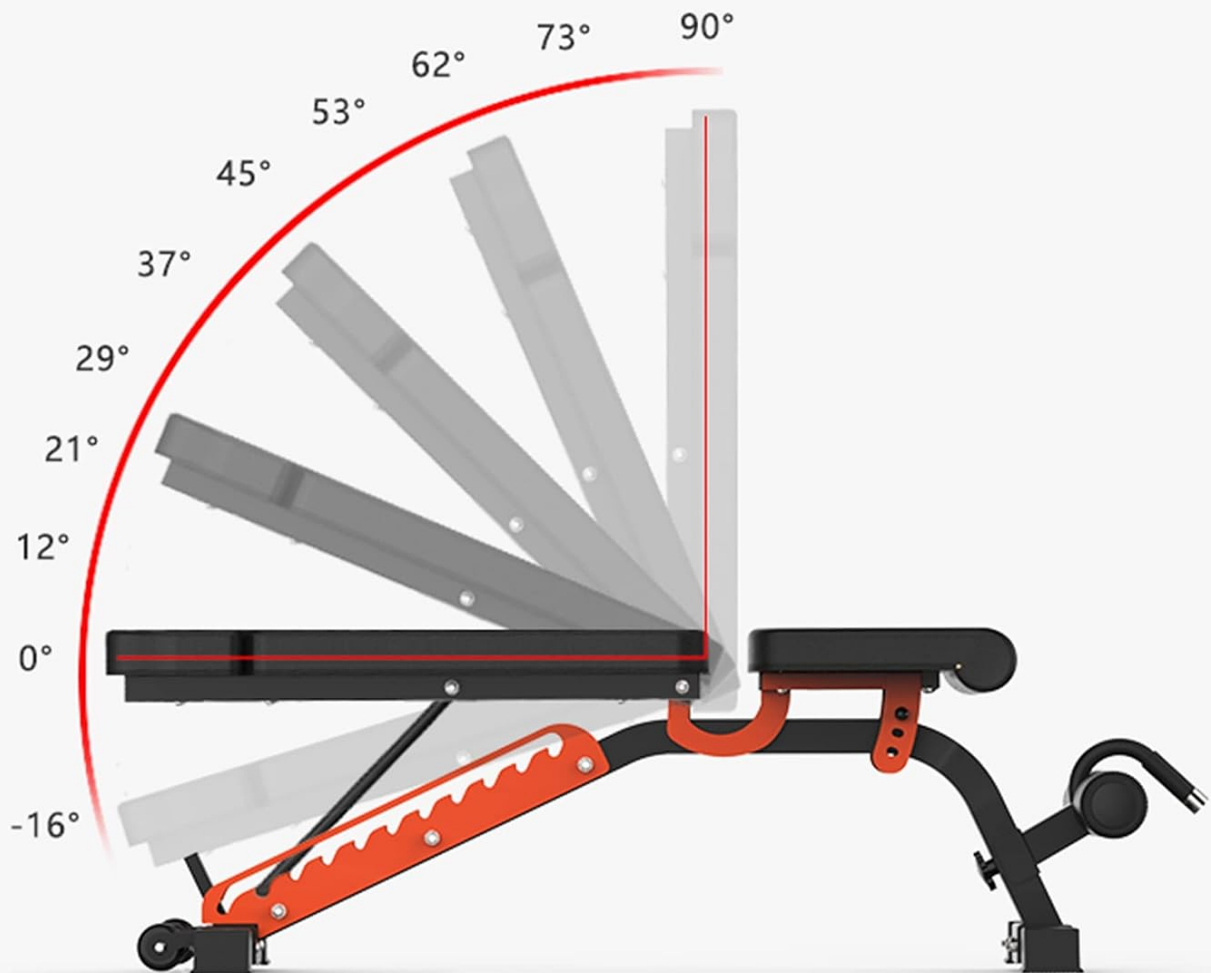
- **Backrest Adjustment:** The back cushion can be adjusted to 11 different positions, ranging from -16° (decline) to 90° (upright). To adjust, pull the adjustment knob, move the backrest to the desired angle, and release the knob, ensuring it locks securely into place.

- **Seat Cushion Adjustment:** The seat cushion can be adjusted to 3 different positions. To adjust, pull the adjustment knob, move the seat to the desired position, and release the knob, ensuring it locks securely.

Multi-level adjustable to meet different needs

Adjustable cushion angle: **-16° 0° 12° 21° 29° 37° 45° 53° 62° 73° 90°**

Cushion adjustable angle: **0° 4° 8°**



**cushion can be adjusted in 11 positions, seat cushion
can be adjusted in 3 positions**

Figure 3: Multi-level adjustment options for the backrest (11 positions) and seat cushion (3 positions).

Double-sided steel limit

thickness reaches 8mm, which is more stable and safer, and does not shake when used

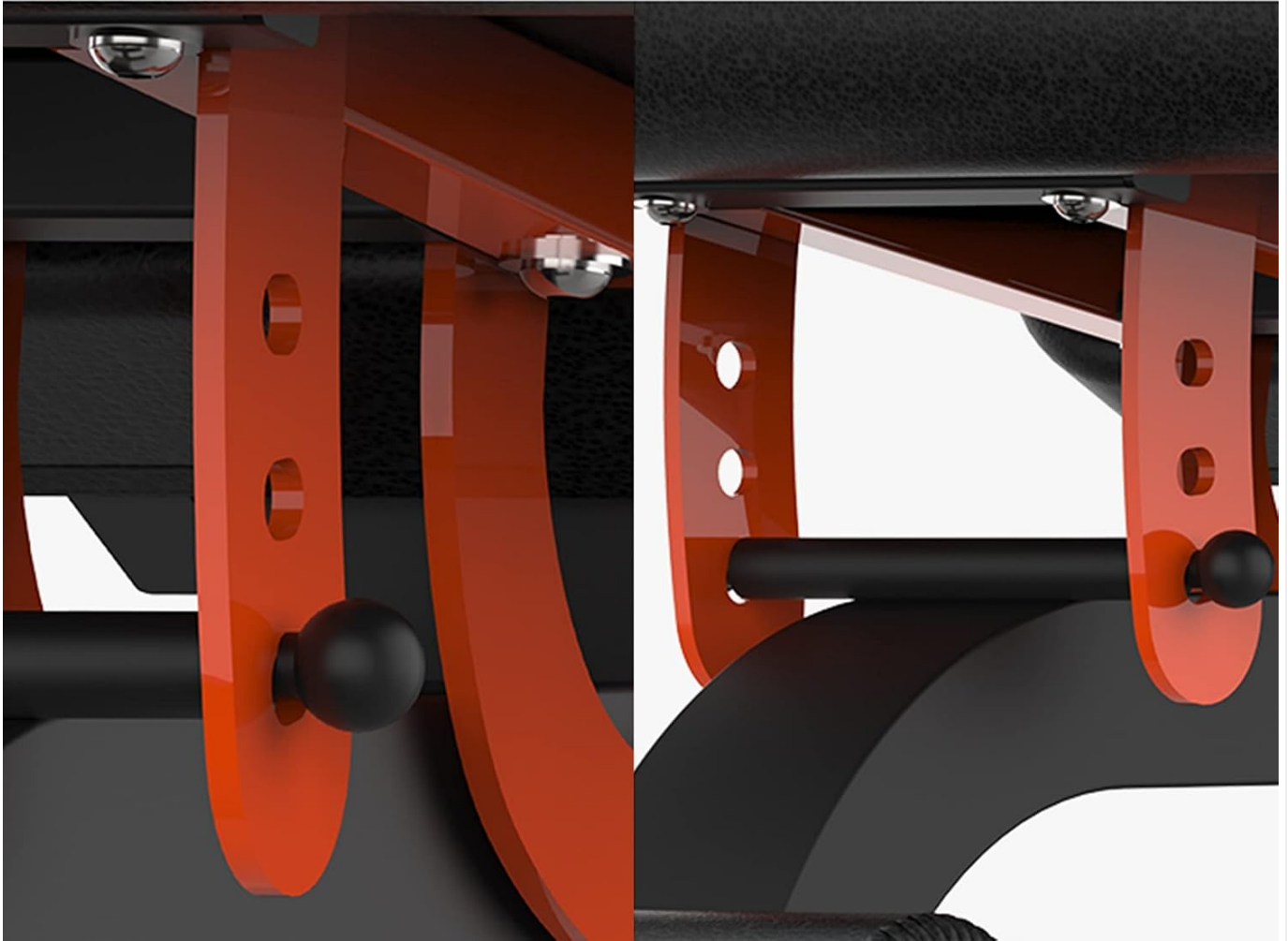


Figure 4: The double-sided steel limit mechanism, with 8mm thickness, ensures stability and safety during use.

4.2 Recommended Training Movements

This versatile bench supports a wide range of strength training exercises targeting various muscle groups:

- Dumbbell bench press (flat, incline, decline)
- Seated shoulder press
- Dumbbell row
- Dumbbell fly
- Sit-ups
- Leg raises

Targeted body parts include shoulders, hips, legs, back, and overall body strength.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the bench 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 abrasive cleaners.

- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures. The integrated wheels allow for easy movement and storage.

PU leather cushion has a thickness of 70mm, and the inner pearl cotton structure is comfortable to lie on, and it will not be stuffy when sitting for a long time



Figure 5: The PU leather cushion, with a thickness of 70mm and an inner pearl cotton structure, provides comfort and breathability.

6. TROUBLESHOOTING

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

- **Bench feels unstable:** Ensure all assembly bolts and nuts are fully tightened. Verify the bench is on a flat, level surface.
- **Adjustment mechanism is stiff:** Check for any obstructions. Apply a small amount of silicone-based lubricant to moving parts if necessary, avoiding contact with cushions.
- **Squeaking noises:** Identify the source of the noise and ensure all connections are tight. Lubricate pivot points if

needed.

For issues not covered here, please contact customer support.

7. SPECIFICATIONS

Brand	UMJIGF
Model	Adjustable Weight Bench
Material (Main Body)	Steel structure (steel pipe)
Material (Seat & Backrest)	PU Leather and pearl cotton (70mm thickness)
Overall Dimensions (L x W x H)	131.5cm x 51.5cm x 155cm (51.7in x 20.2in x 61in)
Machine Weight	22KG (48.5 LBS)
Load Bearing Capacity	300KG (660 LBS)
Back Cushion Adjustment	11 positions (-16° to 90°)
Seat Cushion Adjustment	3 positions (0° to 8°)

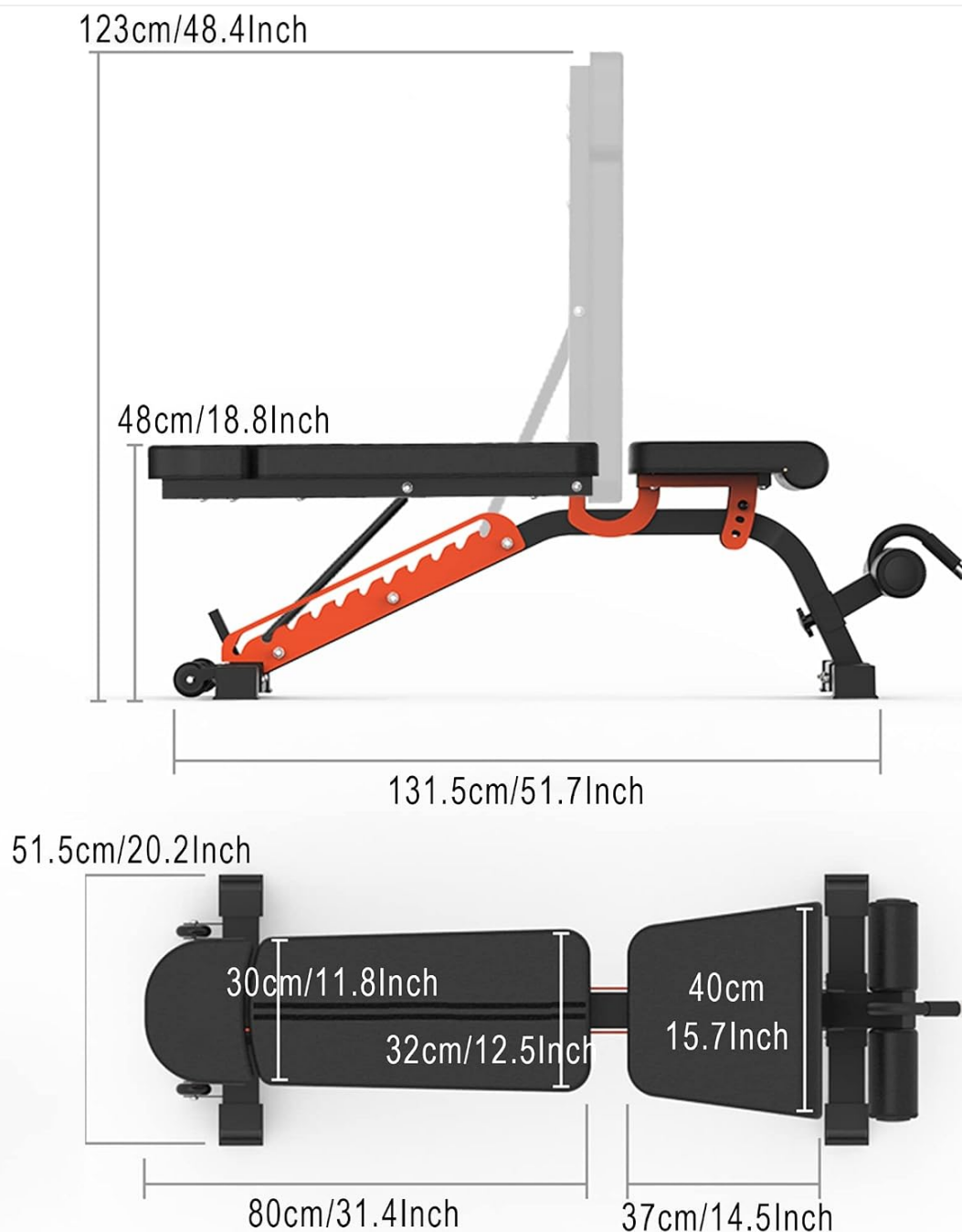


Figure 6: Detailed dimensions of the weight bench, including length, width, and height measurements.

8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided with your purchase documentation or contact the retailer. Keep your purchase receipt as proof of purchase.

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