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MAJOR FITNESS WB-R

MAJOR FITNESS Adjustable Weight Bench Instruction Manual

Model: WB-R

Introduction

Thank you for choosing the MAJOR FITNESS Adjustable Weight Bench. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use to ensure proper function and longevity of the product.

Safety Information

- **Maximum Weight Capacity:** This weight bench is designed to support a maximum user weight of 900 lbs (408 kg). The frame is engineered and tested to bear up to 1300 lbs (590 kg). Do not exceed the recommended user weight.
- **Consult a Physician:** Before starting any exercise program, consult with a physician to ensure you are in good health.
- **Proper Assembly:** Ensure all parts are correctly assembled and tightened according to the instructions before first use. Regularly check all bolts and nuts for tightness.
- **Stable Surface:** Always use the bench on a flat, stable, and non-slip surface.
- **Clearance Area:** Maintain adequate clearance around the bench during use to prevent accidents.
- **Children and Pets:** Keep children and pets away from the equipment during operation.
- **Inspection:** Before each use, inspect the bench for any signs of wear, damage, or loose components. Do not use if damaged.
- **Proper Form:** Use proper exercise form to prevent injury. If you experience pain or discomfort, stop exercising immediately.

Package Contents

Please verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Backrest Pad
- Seat Pad
- Leg Support Assembly
- Adjustment Pins/Levers
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

Setup and Assembly

Follow these steps to assemble your MAJOR FITNESS Adjustable Weight Bench. It is recommended to have two people for assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Check against the package contents list.
2. **Attach Main Frame:** Connect the front and rear stabilizer bars to the main frame using the provided bolts and tools. Ensure they are securely tightened.
3. **Install Backrest and Seat:** Secure the backrest pad and seat pad to their respective frame sections using the designated screws.
4. **Assemble Leg Support:** Attach the leg support assembly to the main frame. This typically involves sliding it into a receiver and securing it with a pin or bolt.
5. **Final Checks:** Once assembled, ensure all bolts, nuts, and adjustment pins are securely fastened. Test all adjustment mechanisms to confirm they operate smoothly and lock into place.



Image: The MAJOR FITNESS Adjustable Weight Bench, fully assembled and ready for use.



Image: Close-up details of the bench construction, including foot support, foot caps, and the C-shaped lock catch for adjustments.

Your browser does not support the video tag.

Video: Official product video demonstrating the features and adjustments of the MAJOR FITNESS Drone9 weight bench.

Operating Instructions

The MAJOR FITNESS Adjustable Weight Bench offers multiple adjustment positions for versatile workouts.

Adjusting the Backrest

The backrest features 11 adjustable positions, from -20° decline to 85° incline. To adjust:

1. Locate the backrest adjustment mechanism (card slot).
2. Lift the backrest slightly to disengage it from its current slot.
3. Move the backrest to the desired angle and ensure it securely locks into a new slot.

Adjusting the Seat

The seat offers 4 adjustable positions. To adjust:

1. Locate the seat adjustment pull-pin or lever.
2. Pull the support bar to release the seat.
3. Adjust the seat to the desired position and release the bar, ensuring it locks securely.

Adjusting the Leg Support

The leg support has 4 adjustable positions for comfort and stability during decline exercises or sit-ups. To adjust:

1. Locate the leg support adjustment pin.
2. Pull out the pin, adjust the leg support to the desired height, and re-insert the pin, ensuring it is fully engaged.



Image: Visual guide to the 11 back, 4 seat, and 4 leg adjustment positions.



Image: Examples of exercises that can be performed using the adjustable weight bench.

Maintenance

Regular maintenance ensures the safety and longevity of your weight bench.

- **Cleaning:** Wipe down the bench pads and frame 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.
- **Hardware Check:** Periodically check all bolts, nuts, and screws to ensure they are tight. Re-tighten as needed.
- **Pad Inspection:** Inspect the PU leather pads for any tears, cracks, or excessive wear. Damaged pads should be replaced to maintain comfort and hygiene.
- **Frame Inspection:** Check the steel frame for any signs of rust, cracks, or structural damage.
- **Storage:** When not in use, the bench can be folded for space-saving storage. Ensure it is stored in a dry environment away from direct sunlight and extreme temperatures.



Image: The weight bench in its folded configuration, highlighting its space-saving design.

Troubleshooting

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

Problem	Possible Cause	Solution
Bench feels unstable or wobbly	Loose bolts or uneven surface.	Ensure all assembly bolts are tightened. Move the bench to a flat, level surface. Check rubber feet for wear.
Adjustment mechanism is stuck or difficult to move	Debris in the mechanism or misalignment.	Clean the adjustment slots and pins. Ensure the backrest/seat is lifted slightly to relieve pressure before adjusting. Apply a small amount of silicone lubricant if necessary.

Problem	Possible Cause	Solution
Squeaking noises during use	Loose connections or friction between metal parts.	Check and tighten all bolts. Apply a small amount of lubricant to pivot points if the noise persists.

SPECIFICATIONS

Feature	Detail
Brand	MAJOR FITNESS
Model Number	WB-R
Material	Alloy Steel Frame, PU Leather Pads
Color	Black (Basic)
Item Weight	32.51 Pounds (approx. 14.7 kg)
Product Dimensions (Unfolded)	42.11"D x 14.1"W x 14.1"H (approx. 107cm D x 36cm W x 36cm H)
Weight Capacity (User)	900 Pounds (approx. 408 kg)
Frame Weight Capacity	1300 Pounds (approx. 590 kg)
Backrest Adjustments	11 Positions (-20° to 85°)
Seat Adjustments	4 Positions
Leg Adjustments	4 Positions



Image: Detailed product dimensions for both folded and unfolded states.

Warranty and Support

MAJOR FITNESS is committed to providing high-quality fitness equipment. This product comes with a reliable assurance. If any component of your foldable workout bench needs replacement within the first year, please contact our customer support team for assistance.

For further support, questions, or to report any issues, please visit the official MAJOR FITNESS website or contact our customer service department through the retailer where you purchased the product.

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