

FEIERDUN B0F48S1ZWN

FEIERDUN Adjustable Weight Bench

USER MANUAL

1. SAFETY INFORMATION

Before using your FEIERDUN Adjustable Weight Bench, please read and understand all instructions and warnings in this manual. Improper use can lead to serious injury.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise program.
- **Weight Capacity:** This weight bench is designed to support a maximum weight of **1300 LBS (590 kg)**. Do not exceed this limit.
- **Proper Assembly:** Ensure all parts are correctly assembled and tightened according to the instructions before each use.
- **Stable Surface:** Use the bench on a flat, stable, and non-slip surface.
- **Clearance:** Maintain adequate clear space around the bench during use to prevent accidents.
- **Inspect Before Use:** Regularly check the bench for any signs of wear, damage, or loose components. Do not use if damaged.
- **Children and Pets:** Keep children and pets away from the bench during use and storage.

2. PRODUCT OVERVIEW

The FEIERDUN Adjustable Weight Bench is a versatile and robust piece of equipment designed for comprehensive strength training in a home gym setting. Its durable construction and adjustable features allow for a wide range of exercises.

Key Features:

- **Commercial-Grade Durability:** Reinforced dual-triangle structure, 2.5mm thickened commercial steel tubes, and durable PU leather for long-lasting performance.
- **Rock-Solid Stability:** Dual-track triangle base frame, X-braced legs, and ultra-wide rubber feet ensure balance and anti-slip performance.
- **Adjustable Angles:** 9 backrest positions (-15° to 90°) and 4 seat positions (0° to 20°) for over 13 angle combinations.

- **Quick and Secure Adjustment:** C-shaped gear-tooth lock for instant and secure angle changes.
- **Unparalleled Comfort:** 11.5" long seat pad, 31.5" back pad, 17.7" height, and 2.5" thick high-density foam padding.
- **Easy Assembly & Mobility:** User-friendly design with built-in transport wheels and a handle.



Figure 2.1: The FEIERDUN Adjustable Weight Bench, showcasing its design and a user performing an exercise.



Figure 2.2: The bench's impressive 1300 LBS weight capacity, built for high-intensity training.



Figure 2.3: Detailed view of the sturdy and stable construction, ensuring safety and efficiency.

3. SETUP AND ASSEMBLY

The FEIERDUN Adjustable Weight Bench is designed for straightforward assembly. All necessary tools and a user-friendly manual are included to guide you through the process.

Assembly Steps:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Verify that all components listed in the included assembly guide are present.
2. **Follow Manual Instructions:** Refer to the detailed step-by-step instructions provided in the separate assembly manual. Pay close attention to diagrams and fastener types.
3. **Secure All Fasteners:** Ensure all bolts, nuts, and screws are securely tightened. Periodically re-check tightness after initial use.
4. **Test Stability:** Once assembled, gently rock the bench to ensure it is stable and does not wobble.

Note: If any parts are missing or damaged, please contact customer support immediately.

4. OPERATING THE WEIGHT BENCH

The FEIERDUN Adjustable Weight Bench offers extensive adjustability to accommodate various exercises and user preferences. Understanding how to properly adjust the bench is crucial for effective and safe workouts.

Adjusting Backrest and Seat Positions:

The bench features a C-shaped gear-tooth lock mechanism for quick and secure angle adjustments. This system ensures multi-point locking for maximum stability.

- **Backrest Adjustment:** The backrest can be adjusted to 9 different positions, ranging from -15° (decline) to 90° (upright). To adjust, lift the backrest slightly, pull the adjustment pin, move the backrest to the desired angle, and release the pin, ensuring it locks securely into place.
- **Seat Adjustment:** The seat can be adjusted to 4 different positions, from 0° (flat) to 20° (incline). Similar to the backrest, lift the seat, pull the adjustment pin, set to the desired angle, and ensure it locks.



Figure 4.1: The wide range of adjustable angles for versatile training.

Recommended Exercises:

The adjustable nature of this bench allows you to target various muscle groups effectively:

- **Chest:** Flat Bench Press, Incline Bench Press, Decline Bench Press, Dumbbell Flies.
- **Shoulders:** Seated Shoulder Press, Lateral Raises, Front Raises.
- **Back:** Bent-Over Rows (with dumbbells), Single-Arm Rows.
- **Legs:** Step-ups, Bulgarian Split Squats (using the bench for support).
- **Core:** Decline Sit-ups, Leg Raises.



Figure 4.2: Examples of exercises: Seated Shoulder Press and Incline Bench Press.



Figure 4.3: Examples of exercises: Decline Bench Press and a lower body exercise.

5. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your FEIERDUN Adjustable 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.
- **Inspection:** Periodically inspect all bolts, nuts, and moving parts for tightness. Re-tighten any loose fasteners. Check the upholstery for tears or excessive wear.
- **Lubrication:** If any moving parts (e.g., adjustment pins) become stiff, apply a small amount of silicone-based lubricant.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures. The built-in transport wheels and handle make it easy to move and store.



Figure 5.1: The bench's easy transport feature with built-in wheels and handle.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Bench wobbles during use.	Loose fasteners; uneven surface.	Ensure all bolts are tightened. Move the bench to a flat, level surface.
Adjustment pin is difficult to pull or engage.	Dirt/debris in mechanism; lack of lubrication.	Clean the adjustment mechanism. Apply a small amount of silicone lubricant to the pin and its housing.
Squeaking noises during use.	Loose connections; friction between metal parts.	Check and tighten all fasteners. Apply lubricant to pivot points if necessary.

Problem	Possible Cause	Solution
Upholstery is torn or damaged.	Wear and tear; sharp objects.	Discontinue use if damage affects safety. Contact customer support for replacement parts or advice.

If the problem persists or is not listed here, please contact FEIERDUN customer support for assistance.

7. SPECIFICATIONS

Detailed specifications for your FEIERDUN Adjustable Weight Bench:

Attribute	Value
Brand	FEIERDUN
Model	B0F48S1ZWN
Item Weight	45.2 Pounds (20.5 kg)
Material	Alloy Steel
Color	Black-orange
Product Dimensions (LxWxH)	49.5"D x 28.4"W x 17.7"H (125.7cm D x 72.1cm W x 45cm H)
Frame Material	Alloy Steel
Weight Limit	1300 Pounds (590 kg)
Backrest Positions	9 (-15° to 90°)
Seat Positions	4 (0° to 20°)
Pad Thickness	2.5 inches (6.35 cm)



Figure 7.1: Optimized dimensions for user comfort and natural foot placement.

8. WARRANTY AND SUPPORT

FEIERDUN is committed to providing high-quality products and excellent customer service.

Returns and Refunds:

This product is eligible for **30-day easy returns**. Please refer to the retailer's return policy for specific details and instructions on how to initiate a return.

Customer Support:

For any questions, concerns, or assistance with your FEIERDUN Adjustable Weight Bench, please contact our customer support team. Have your product model (ASIN: B0F48S1ZWN) ready when contacting support to ensure quicker service.

You can typically find contact information for customer support on the product packaging, the retailer's website, or the FEIERDUN brand store page.

We are dedicated to ensuring your satisfaction and providing support for your fitness journey.

