

Soozier A91-191V01

Soozier Adjustable Foldable Workout Bench (Model A91-191V01) User Manual

Model: A91-191V01 | Brand: Soozier

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INTRODUCTION

This manual provides essential information for the safe and effective use of your Soozier Adjustable Foldable Workout Bench. This versatile 2-in-1 exercise bench is designed for various home workouts, including abdominal exercises, weight training with barbells or dumbbells, and resistance band exercises. Please read this manual thoroughly before assembly and use, and retain it for future reference.

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 660 lbs (300 kg).
- Keep children and pets away from the equipment during use.
- Use the bench on a flat, stable surface.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Inspect the bench for any signs of wear or damage before each workout. Do not use if damaged.

PACKAGE CONTENTS

Your Soozier Adjustable Foldable Workout Bench package should contain the following components:

- Main Bench Frame with Padded Backrest and Seat
- Leg Extension/Preacher Pad Assembly

- Resistance Bands (2)
- Assembly Hardware (bolts, nuts, washers, tools if included)
- User Manual

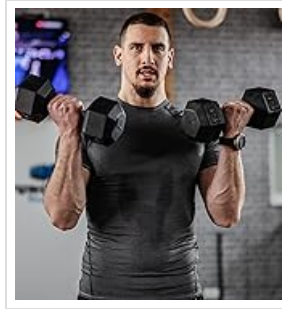


Image: Example of the product packaging.

SETUP AND ASSEMBLY

Follow these steps to assemble your workout 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. Verify all components are present against the package contents list.
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and nuts. Ensure they are tightened firmly.
3. **Install Leg Extension/Preacher Pad:** Attach the leg extension and preacher pad assembly to the designated slot on the front of the bench. Secure with the appropriate pins or bolts.
4. **Adjust Backrest and Seat:** Familiarize yourself with the adjustment mechanisms for the backrest and seat. The backrest has 6 levels of adjustment, and the seat has 4 levels.
5. **Attach Resistance Bands:** Hook the resistance bands to the designated attachment points on the front stabilizer bar.
6. **Final Check:** Before first use, double-check all connections to ensure they are secure.



Image: The Soozier workout bench fully assembled and ready for use.

OPERATING INSTRUCTIONS

The Soozier workout bench offers multiple configurations for a variety of exercises.

Adjusting the Bench

- **Backrest Adjustment:** To adjust the backrest angle, pull the adjustment pin located on the side of the bench. Move the backrest to one of the 6 available positions and release the pin, ensuring it locks securely into place.
- **Seat Adjustment:** To adjust the seat angle, locate the adjustment knob or lever beneath the seat. Adjust the seat to one of the 4 available positions and ensure it is stable before use.

FULLY ADJUSTABLE



Image: Visual guide for adjusting the backrest and seat to various angles.

Performing Exercises

This bench supports a wide range of exercises. Always maintain proper form and control during your workout.

- **Dumbbell Press:** Adjust the backrest to a flat or incline position. Lie on the bench with dumbbells in hand and perform presses.
- **Sit-ups/Crunches:** Adjust the bench to a decline position. Hook your feet under the foam foot supports and perform abdominal exercises.
- **Dumbbell Rows:** Use the bench for support while performing single-arm dumbbell rows.
- **Resistance Band Exercises:** Utilize the attached resistance bands for various upper body and core exercises, such as chest presses, rows, and bicep curls.



Image: A user demonstrating a dumbbell press exercise on the bench.

MULTI-PURPOSE

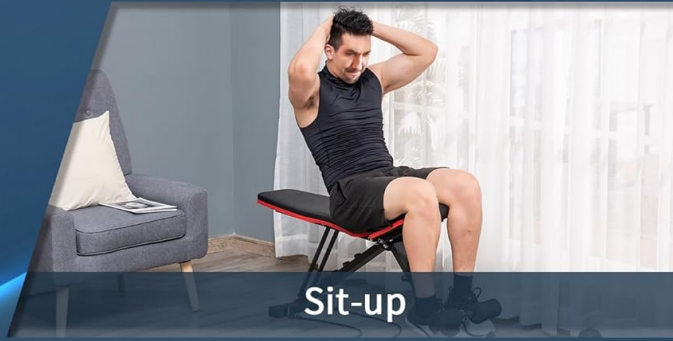
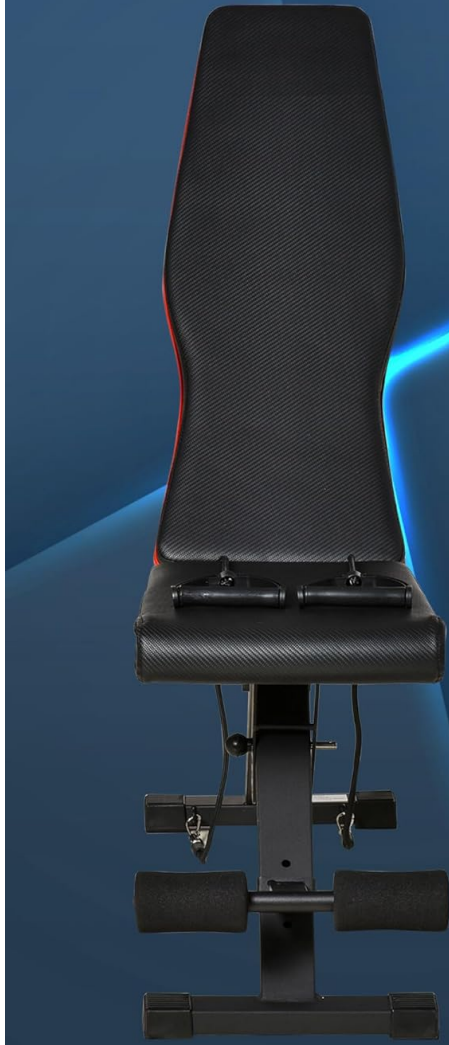


Image: Illustrations of the bench being used for sit-ups, dumbbell one-arm rows, and dumbbell biceps curls.

Product Features Overview

- **Soft Padded Seat & Backrest Pad:** Provides comfort and support during workouts.
- **Non-slip Feet:** Ensures stability and protects flooring.
- **Stable Triangular Structure:** Designed for enhanced safety and durability.
- **Full Foam Foot Support:** Offers comfort and secure positioning for leg exercises and sit-ups.

DETAIL DISPLAY



Image: Close-up details highlighting the soft padded seat, non-slip feet, stable triangular structure, and full foam foot support.

Video Demonstration

Video: A demonstration of the Soozier Adjustable Workout Bench, showcasing its features, adjustability, and various exercises that can be performed, including resistance band workouts, dumbbell presses, and sit-ups. The video also illustrates the folding mechanism for compact storage.

MAINTENANCE

- **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, then wipe dry. The PU cover is easy to clean.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** When not in use, fold the bench for compact storage. Store in a dry place away from direct sunlight and extreme temperatures.

FOLDABLE DESIGN

Folds up into compact size for easy storage



Image: The workout bench in its folded position, demonstrating its space-saving design for easy storage.

TROUBLESHOOTING

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.
Adjustment pin does not lock securely.	Pin not fully engaged or obstruction.	Wiggle the backrest/seat slightly to help the pin engage. Check for any debris blocking the hole.
Resistance bands feel too loose or too tight.	Incorrect attachment or band wear.	Ensure bands are correctly attached. If bands are worn, consider replacing them.

SPECIFICATIONS

Feature	Detail
Model Number	A91-191V01
Overall Dimensions (L x W x H)	51.2" x 13.4" x 18.9"-42.9" (130 x 34 x 48-109 cm)
Weight Capacity	660 lbs (300 kg)
Net Weight	9.53 kg (21 lbs)
Materials	Alloy Steel, Polyurethane
Backrest Adjustment Levels	6
Seat Adjustment Levels	4
Color	Black and Red



Image: Detailed dimensions of the workout bench, including width, depth, and adjustable height range.

WARRANTY AND SUPPORT

For warranty information or customer support, please refer to the purchase documentation or contact Soozier customer service directly.

Manufacturer Contact Information: Markham, Ontario, CA Tel. 1-416-792-6088