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K KiNGKANG DZL001

K KINGKANG Adjustable Weight Bench User Manual

Model: DZL001

1. Important Safety Information

Before assembling or using the K KINGKANG Adjustable Weight Bench, please read and understand all instructions and warnings. Failure to follow these instructions may result in serious injury or property damage.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the bench on a flat, stable surface. Do not use on uneven ground.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose parts.
- Do not exceed the maximum weight capacity of 700 lbs (317.5 kg). This includes user weight plus any weights being lifted.
- Inspect the bench for any signs of wear, damage, or loose components before each workout. Do not use if damaged.
- Use proper lifting techniques and always use a spotter when lifting heavy weights.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel pain, dizziness, or nausea.

2. Product Overview

The K KINGKANG Adjustable Weight Bench (Model DZL001) is designed for full-body workouts in a home gym setting. It features a robust alloy steel frame, comfortable padding, and multiple adjustment options for versatile exercise routines.

Key Features:

- **Heavy-Duty Construction:** Built with thickened commercial-quality alloy steel for durability and stability.
- **High Weight Capacity:** Supports up to 700 lbs (317.5 kg).
- **Multi-Angle Adjustment:** Features 7 backrest positions, 3 seat positions, and 3 foot grip positions for various exercises.
- **Comfortable Design:** High-density foam padding with soft leather upholstery to reduce muscle fatigue.
- **Foldable Design:** Easy to fold for convenient storage, saving space.



Image 2.1: The K KINGKANG Adjustable Weight Bench demonstrating its 700 lbs weight capacity and heavy-duty construction.

3. Assembly Instructions

The K KINGKANG Adjustable Weight Bench is largely pre-assembled to simplify the setup process. Follow these steps to complete the assembly.

3.1 Package Contents

Before beginning, unpack all components and verify that you have received all parts. If any parts are missing or damaged, do not proceed with assembly and contact customer service.

- Main Bench Frame (partially assembled)
- Backrest Pad
- Seat Pad
- Leg Support Rollers

- Assembly Hardware (bolts, washers, nuts)
- Basic Installation Tools (wrenches, allen keys)

3.2 Assembly Steps

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Seat Pad:** Secure the seat pad to the main frame using the provided bolts and washers. Ensure it is firmly attached.
3. **Attach Backrest Pad:** Connect the backrest pad to the adjustable support mechanism on the main frame. Use the appropriate hardware and ensure it can pivot freely.
4. **Install Leg Support Rollers:** Slide the foam rollers onto the leg support bars and secure them with end caps or pins if provided.
5. **Final Tightening:** Once all components are in place, double-check and securely tighten all bolts and nuts using the provided tools. Do not overtighten.
6. **Stability Check:** Before first use, gently shake the bench to ensure it is stable and all connections are secure.

4. Operating Instructions

The K KINGKANG Adjustable Weight Bench offers multiple configurations to support a wide range of exercises. Always ensure the bench is stable and locked into position before use.

4.1 Adjusting Bench Positions

The bench features quick-adjustment mechanisms for the backrest, seat, and foot grips.

- **Backrest Adjustment:** Pull the adjustment pin located near the backrest support. Move the backrest to one of the 7 desired positions (flat, incline, decline) and release the pin, ensuring it fully engages in the chosen slot.
- **Seat Adjustment:** Locate the adjustment pin or lever under the seat. Adjust the seat to one of the 3 available positions to complement your backrest angle and exercise. Ensure the pin locks securely.
- **Foot Grip Adjustment:** Adjust the foot grip rollers to one of the 3 positions for comfort and stability during decline exercises or sit-ups. Ensure the adjustment mechanism is fully engaged.

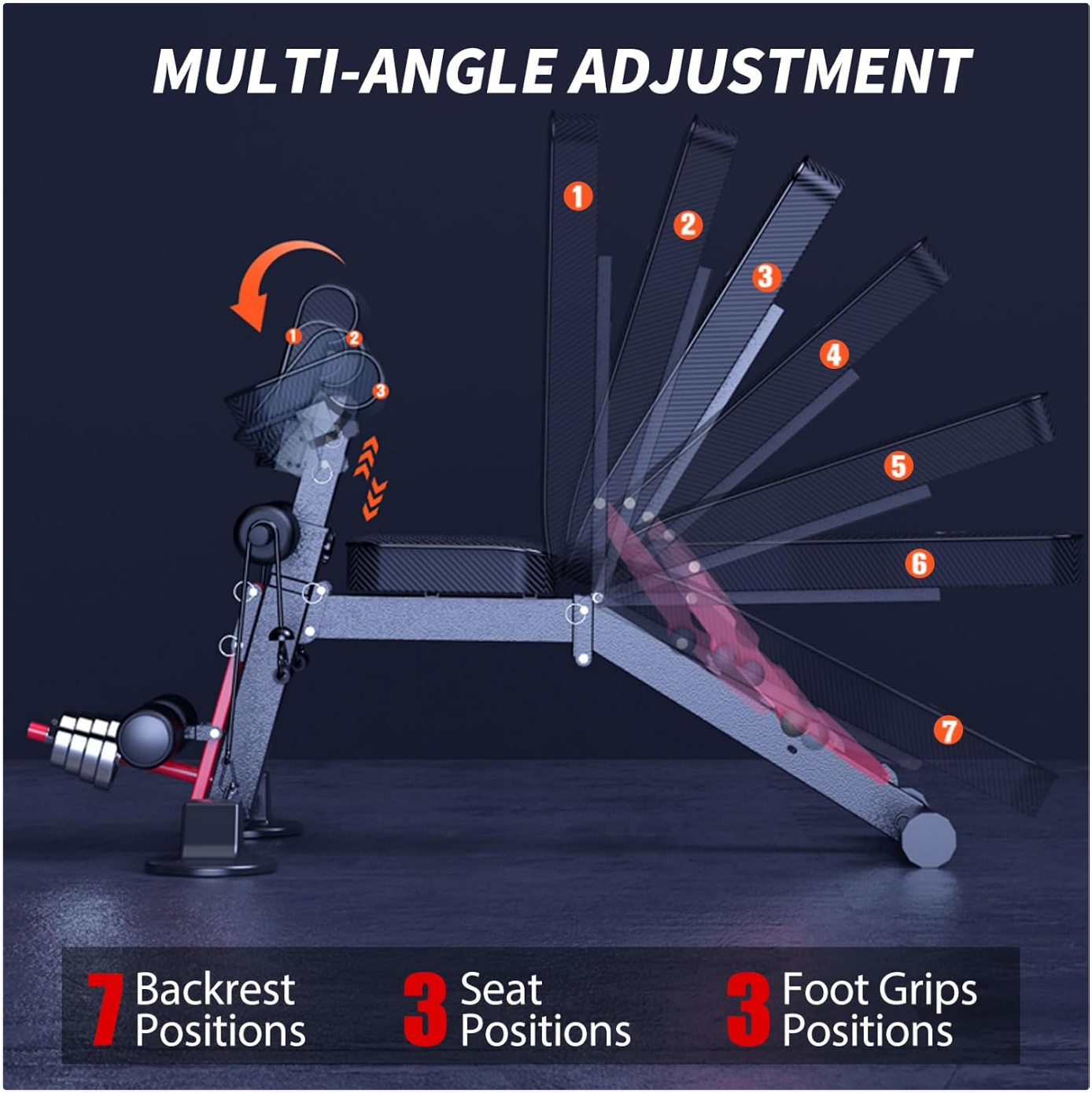


Image 4.1: Illustration of the multi-angle adjustment capabilities, including 7 backrest, 3 seat, and 3 foot grip positions.

4.2 Folding and Storage

To fold the bench for storage:

1. Ensure the backrest and seat are in their lowest or most compact positions.
2. Locate the folding mechanism (often a pin or lever) on the main frame.
3. Engage the mechanism and carefully fold the bench components inward.
4. Once folded, ensure it is securely latched or stable for upright or horizontal storage. The folded size is approximately 51.57" L x 13.4" W x 11" H.

5. Maintenance

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

- **Daily Cleaning:** Wipe down the upholstery and frame with a damp cloth after each use to remove sweat and dirt.

Use a mild soap solution if necessary, then wipe dry.

- **Weekly Inspection:** Check all bolts, nuts, and pins for tightness. Retighten any loose fasteners. Inspect the frame for cracks or damage, and the upholstery for tears or excessive wear.
- **Lubrication:** Periodically apply a small amount of silicone-based lubricant to moving parts and adjustment mechanisms to ensure smooth operation.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures to prevent material degradation.

6. Troubleshooting

If you encounter issues with your K KINGKANG Adjustable Weight Bench, refer to the following common solutions.

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all assembly bolts are securely tightened. Move the bench to a flat, level surface.
Difficulty adjusting backrest/seat.	Adjustment pin not fully disengaged or mechanism is stiff.	Pull the adjustment pin completely out before attempting to move. Apply a small amount of lubricant to the pivot points if stiff.
Squeaking noises during use.	Loose connections or friction between metal parts.	Check and tighten all bolts. Apply lubricant to any moving joints or friction points.
Bench does not fold easily.	Folding mechanism obstructed or stiff.	Ensure no parts are obstructing the folding path. Lubricate the folding mechanism.

If the problem persists or you encounter an issue not listed here, please contact K KINGKANG customer service for assistance.

7. Specifications

Detailed specifications for the K KINGKANG Adjustable Weight Bench (Model DZL001).

- **Model Number:** DZL001
- **Brand:** K KiNGKANG
- **Material:** Alloy Steel (Frame), High-Density Foam (Padding)
- **Color:** Black
- **Maximum Weight Capacity:** 700 lbs (317.5 kg)
- **Expanded Dimensions (L x W x H):**51.57" x 13.4" x 57.4"
- **Folded Dimensions (L x W x H):**51.57" x 13.4" x 11"
- **Item Weight:** 20 Kilograms (approx. 44 lbs)
- **Backrest Positions:** 7
- **Seat Positions:** 3
- **Foot Grip Positions:** 3



Image 7.1: Dimensional view of the K KINGKANG Adjustable Weight Bench in an incline position.

8. Warranty and Customer Support

K KINGKANG is committed to providing high-quality products and customer satisfaction.

8.1 Warranty Information

For specific warranty details and terms, please contact K KINGKANG customer service. Products undergo strict inspections to ensure quality. Any claims under warranty should be directed to customer support with proof of purchase.

8.2 Customer Support

If you have any questions, concerns, or require assistance with your K KINGKANG Adjustable Weight Bench, please do not hesitate to contact our customer service team. We aim to resolve inquiries within 12 hours.
Contact Information: Please refer to your purchase documentation or the K KINGKANG official website for the most current customer service contact methods (e.g., email, phone number).

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