

YOLEO Yoleo

YOLEO 6-in-1 Multi-Function Weight Bench Set Instruction Manual

Model: Yoleo

1. INTRODUCTION

Thank you for choosing the YOLEO 6-in-1 Multi-Function Weight Bench Set. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

2. SAFETY INFORMATION

Warning: Failure to follow these safety guidelines may result in serious injury.

- Consult a physician before starting any exercise program.
- Read and understand all instructions in this manual before assembly and use.
- Keep children and pets away from the equipment during use.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the equipment on a flat, stable surface.
- Do not exceed the maximum weight capacity of 810 lbs for the bench and 660 lbs for the barbell rack.
- Use proper lifting techniques and always have a spotter for heavy lifts.
- Inspect the equipment for wear or damage before each workout. Do not use if damaged.
- Dumbbells and barbells are not included with this product.

3. PACKAGE CONTENTS

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

- Main Frame Components
- Bench Pads (Seat, Backrest, Preacher Curl Pad)
- Leg Extension/Curl Attachment
- Barbell Rack Uprights

- Hardware Kit (bolts, nuts, washers, pins)
- Assembly Tools (wrenches, Allen keys)

4. ASSEMBLY INSTRUCTIONS

Assembly is designed to be straightforward and tool-free for most modular components. Follow these steps for proper setup.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Main Bench Frame:** Connect the main bench sections using the provided pins and bolts. Ensure all connections are secure.
3. **Install Barbell Rack Uprights:** Secure the barbell rack uprights to the main frame. Adjust the height as needed and lock them in place with the safety pins.
4. **Mount Bench Pads:** Attach the seat, backrest, and preacher curl pads to their respective positions on the frame.
5. **Assemble Leg Extension/Curl:** Connect the leg extension/curl attachment to the front of the bench. Ensure the weight plate holder is securely in place.
6. **Final Check:** Verify that all bolts, nuts, and pins are tightly secured before using the bench.

3S FAST FOLDING TO SAVE 80% SPACE

Suitable for the limited space



Image: The YOLEO 6-in-1 Weight Bench demonstrating its quick folding mechanism for space-saving storage.

1680LBS TOTAL WEIGHT CAPACITY

- The Seat: 550LBS
- The Elbow: 100 LBS
- The Backrest: 260LBS
- The Leg Frame: 110 LBS
- The Upper Side Frame: 660LBS=330LBS×2



Image: A user demonstrating the three-step assembly and folding process of the YOLEO 6-in-1 Weight Bench.

Assembly and Folding Video Guide

Your browser does not support the video tag.

Video: This video demonstrates the assembly process and how to easily fold the YOLEO 6-in-1 Weight Bench for storage.

5. OPERATING INSTRUCTIONS

The YOLEO 6-in-1 Weight Bench offers versatile workout options. Adjustments are designed for quick and secure changes between exercises.

5.1 Adjusting the Bench Angle

The back pad can be adjusted to 4 angle positions, ranging from -10° (decline) to 30° (incline), including a flat position. To adjust, pull the adjustment pin, set the desired angle, and ensure the pin locks securely into place.



Image: Illustration of the multi-adjustable bench press, highlighting the 4 back pad positions (-10° , 0° , 20° , 30°), 9 barbell height settings, 5 preacher curl rack heights, and 2 leg press heights.

5.2 Adjusting the Preacher Curl Rack

The preacher curl rack has 5 height settings. To adjust, locate the adjustment knob or pin, select the appropriate height for your arm length, and ensure it is firmly secured.

5.3 Adjusting the Leg Extension/Curl

The leg extension/curl attachment can be adjusted for height. To increase resistance, add 1-inch or 2-inch weight plates to the designated post. Ensure plates are secured with a collar.

5.4 Using the Barbell Rack

The barbell rack features 9 adjustable height positions. Always ensure the barbell is securely seated on the hooks and that the rack height is appropriate for your exercise and safety.



Image: Various exercises possible with the YOLEO 6-in-1 Weight Bench Set, demonstrating its versatility for a full-body workout.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your YOLEO Weight Bench.

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Hardware Check:** Periodically check all bolts, nuts, and pins for tightness. Retighten as necessary to prevent wobbling and ensure stability.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts or adjustment points if they become stiff.
- **Storage:** When not in use, fold the bench to save space. Store in a dry environment away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

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

- **Bench Wobbles:** Ensure the bench is on a level surface. Check all assembly bolts and nuts for tightness and retighten if loose.
- **Adjustment Pins Stick:** Clean the adjustment holes and pins. Apply a small amount of lubricant if needed. Ensure the pin is fully engaged in the desired hole.
- **Difficulty Folding:** Ensure all attachments are removed or adjusted to their compact positions. Check for any obstructions or misaligned parts.

If problems persist, please contact YOLEO customer support for assistance.

8. SPECIFICATIONS

Feature	Detail
Product Dimensions (L x W x H)	159 x 81 x 127 cm (63" x 32" x 50")
Folded Dimensions (D x W x H)	32"D x 17"W x 62"H (approximate)
Item Weight	19.96 kg (44 Pounds)
Material	Alloy Steel (Frame)
Color	Orange
Weight Limit (Bench)	810 Pounds
Weight Limit (Barbell Rack)	660 Pounds

COMPACT **SIZE**, GREAT PERFORMANCE



Image: Detailed dimensions of the YOLEO 6-in-1 Weight Bench in its operational and folded states.

GYM-QUALITY WEIGHT BENCH

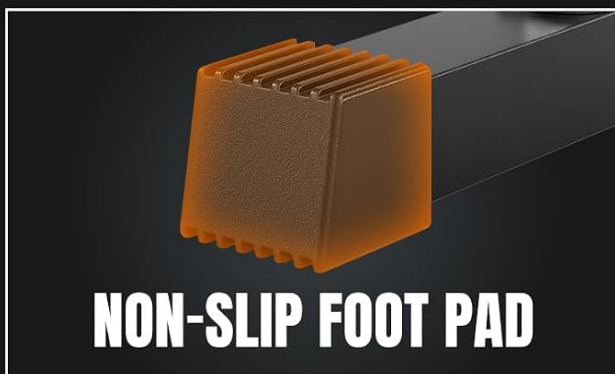


Image: Key features of the YOLEO Weight Bench, such as the 2"x2" thickened steel frame, non-slip foot pads, and adjustable leg press, designed for durability and stability.

9. WARRANTY AND SUPPORT

YOLEO is committed to delivering high-quality products and customer satisfaction. This product comes with a standard manufacturer's warranty. For specific warranty details, please refer to the warranty card included in your package or contact YOLEO customer support.

If you have any questions, require assistance with assembly, or need support for your product, please contact our friendly 24-hour support team. We are dedicated to ensuring your complete satisfaction.

Contact information can typically be found on the YOLEO official website or through your purchase platform.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question