

OPPSDECOR PXZXS003

OPPSDECOR PXZXS003 Foldable Adjustable Weight Bench User Manual

Model: PXZXS003

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or using the OPPSDECOR PXZXS003 Weight Bench. Keep this manual for future reference. Failure to follow these instructions can 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.
- Inspect the bench for any signs of wear or damage before each workout. Do not use if damaged.
- Do not exceed the maximum weight capacity of 660 lbs (300 kg).
- Use proper lifting techniques and always use a spotter when lifting heavy weights.
- Ensure the backrest adjustment mechanism is securely latched in place before applying weight.

2. PACKAGE CONTENTS

Verify that all components are present before beginning assembly.

- 1 x OPPSDECOR PXZXS003 Weight Bench (main frame, backrest, seat, leg support foams)
- Assembly Hardware (bolts, nuts, washers, pins)
- 1 x User Manual

- *Note: Weights and dumbbells are not included.*

3. ASSEMBLY INSTRUCTIONS

The OPPSDECOR PXZXS003 Weight Bench is designed for quick assembly. Follow these steps carefully.

Step 3.1: Unpacking and Preparation

Remove all components from the packaging. Lay them out on a clean, flat surface. Ensure all parts listed in Section 2 are present.

Step 3.2: Attaching the Stabilizer Bases

Attach the front and rear stabilizer bases to the main frame using the provided bolts and nuts. Ensure they are securely fastened. The wider base is typically for the rear for enhanced stability.



Figure 1: Illustration of the bench's heavy-duty structure, highlighting the thickened steel pipe and triangular design for stability.

Step 3.3: Installing the Backrest and Seat

Connect the backrest and seat components to the main frame. Pay attention to the alignment of the adjustment mechanisms. Secure with the appropriate hardware.

Step 3.4: Attaching Leg Support Foams

Slide the high-density support foams onto the designated leg support bars. Ensure they are firmly in place.

Step 3.5: Final Check

Once assembled, double-check all connections to ensure they are tight and secure. Test the stability of the bench before initial use.

4. OPERATING INSTRUCTIONS

4.1 Adjusting the Backrest Angle

The OPPSDECOR PXZXS003 features 8 adjustable backrest positions, allowing for incline, flat, and decline exercises. To adjust:

1. Locate the adjustment pin or lever at the base of the backrest.
2. Lift the backrest slightly to release tension on the pin.
3. Pull out the adjustment pin and move the backrest to your desired angle.
4. Ensure the pin fully re-engages into one of the 8 secure slots. Gently push down on the backrest to confirm it is locked.



Figure 2: Visual guide to the 8 adjustable backrest positions, including incline, flat (0 degrees), and decline (-31 degrees).

4.2 Folding and Storage

This bench is designed for quick folding to save space.

1. Ensure the backrest is in the flat position (0 degrees).
2. Locate the three quick-release pins on the frame.
3. Pull out the pins to release the locking mechanisms.
4. Carefully fold the bench components inward.
5. Once folded, the bench can be stored under a bed, in a corner, or a cabinet.

3-SEC FAST FOLDING



Pull Out the Pin



Fold and Storage

80%

SPACE SAVING

Figure 3: Step-by-step visual of the quick folding process, illustrating how to pull out the pin and the compact storage under furniture.

4.3 Recommended Exercises

The OPPSDECOR PXZXS003 bench supports a variety of exercises for a full-body workout:

- **Incline Bench Press:** Targets upper chest.
- **Flat Bench Press:** Targets mid-chest.
- **Decline Bench Press:** Targets lower chest.
- **Dumbbell Flyes:** Chest isolation.
- **Dumbbell Rows:** Back muscles.
- **Sit-ups/Crunches:** Abdominal muscles (can be performed on decline).

- **Dumbbell Curls:** Biceps.
- **Triceps Extensions:** Triceps.



Figure 4: Examples of exercises that can be performed using the multifunctional weight bench, showcasing its versatility for different muscle groups.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the padded surfaces with a damp cloth after each use to remove sweat and dirt. Use a mild soap solution for deeper cleaning, then wipe dry. Avoid harsh chemicals.
- **Inspection:** Periodically check all bolts, nuts, and pins for tightness. Re-tighten as necessary. Inspect the frame for any cracks or bends, and the upholstery for tears or excessive wear.
- **Storage:** When not in use for extended periods, fold the bench and store it in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter issues with your OPPSDECOR PXZXS003 Weight Bench, refer to the following common problems and solutions.

- **Bench feels unstable or wobbly:**

- Ensure all assembly bolts and nuts are fully tightened.
- Verify the bench is on a flat, level surface. Adjust non-slip foot caps if present and adjustable.
- Check for any damaged frame components. Discontinue use if structural damage is found.

- **Backrest adjustment mechanism does not lock securely:**

- Ensure the adjustment pin is fully inserted into the desired slot.
- Check for any obstructions in the adjustment slots or on the pin itself.
- Inspect the pin and slots for wear or damage. If damaged, contact customer support for replacement parts.

- **Difficulty folding the bench:**

- Ensure all quick-release pins are fully disengaged.
- Verify the backrest is in the flat position before attempting to fold.
- Check for any components obstructing the folding path.

7. SPECIFICATIONS

Feature	Detail
Brand	OPPSDECOR
Model Number	PXZXS003
Material	Alloy Steel, Leather, Metal
Color	Red
Product Dimensions (L x W x H)	46" x 17" x 20" (116.8 cm x 43.2 cm x 50.8 cm)
Folded Dimensions (H x W x D)	33" x 17" x 10" (83.8 cm x 43.2 cm x 25.4 cm)
Item Weight	12 Kilograms (26.4 lbs)
Weight Limit	660 Pounds (300 kg)
Backrest Adjustment	8 positions (Incline, Flat, Decline)

FOLDABLE DESIGN

For Small Spaces Home Gym



Figure 5: Detailed dimensions of the weight bench, illustrating its compact foldable design for small spaces.

8. WARRANTY AND CUSTOMER SUPPORT

OPPSDECOR is committed to customer satisfaction. If you encounter any issues with your weight bench, please do not hesitate to contact us.

- **Service Guarantee:** Our products are stocked in the US to ensure prompt delivery. If there is any issue, contact us, and we will respond and resolve it within 24 hours.
- **Contact Information:** Please refer to the contact details provided on your purchase receipt or the official OPPSDECOR website for support.
- **Returns:** If necessary, items can be returned with a return label. Your satisfaction is our top priority.