

Manuals.plus /

› SPORTNOW /

› SPORTNOW Multi-Function Foldable Weight Bench Instruction Manual

SPORTNOW A91-369V00BK



SPORTNOW Multi-Function Foldable Weight Bench

Model: A91-369V00BK

IMPORTANT SAFETY INSTRUCTIONS

Please read and understand all instructions before assembling and using this product. Keep this manual for future reference. Failure to follow these instructions may result in serious injury or property damage.

- 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 120 kg (264 lbs).
- Keep children and pets away from the equipment during use.
- Use the bench on a flat, stable surface.
- Inspect the bench for worn or damaged parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.

PACKAGE CONTENTS

Upon opening the package, verify that all components are present and undamaged. If any parts are missing or damaged, please contact customer support.



Image: The SPORTNOW Multi-Function Foldable Weight Bench displayed in a home gym environment, showcasing its design and potential use.

The package typically includes the main bench frame, adjustable cushions, foam rollers, and necessary hardware for assembly. While the product is largely pre-assembled for folding, some minor setup may be required.

SETUP AND ASSEMBLY

The SPORTNOW Multi-Function Foldable Weight Bench is designed for easy setup. Follow these steps to prepare your bench for use:

- 1. Unfolding the Bench:** Carefully remove the bench from its packaging. Unfold the main frame components until they lock into place. Ensure all locking pins or mechanisms are fully engaged.
- 2. Attaching Foam Rollers (if separate):** If the foam leg rollers are not pre-attached, slide them onto their respective bars and secure them as per the design (usually with end caps or clips).
- 3. Adjusting the Cushion:** Locate the adjustment knob or lever for the main cushion. Pull it out, adjust the cushion to your desired angle (there are 8 positions), and release the knob to lock it securely. Refer to the image below for visual guidance on adjustment.
- 4. Final Check:** Before first use, double-check all connections, bolts, and adjustment points to ensure they are tight and secure.

CONCEPTION PLIABLE

Une excellente option pour la salle de sport à la maison ou dans le garage où l'espace est rare



18 cm



Image: The bench in its folded state, highlighting its compact dimensions (111 cm length, 38 cm width, 18 cm height) for space-saving storage.



Image: Illustration of the 8-level adjustable cushion, demonstrating how the backrest can be set to different heights (from 70 cm to 95 cm) to accommodate various exercises and user heights.



Image: A detailed view of the secure adjustment knob used to lock the cushion into one of its 8 positions, ensuring stability during workouts.

OPERATING INSTRUCTIONS

The SPORTNOW Multi-Function Foldable Weight Bench offers versatility for a full-body workout. Here are some common exercises and how to use the bench:



Entraînement avec haltères



Extension du dos



Curl pupitre



Pompes

BANC DE GYMNASTIQUE MULTIFONCTIONNEL

Image: A collage demonstrating the bench's multi-functional capabilities, including dumbbell training, back extension, preacher curls, and push-ups.

- **Sit-ups / Abdominal Crunches:**

Adjust the bench to a decline position. Hook your feet under the foam rollers for stability. Lie back and perform sit-ups or crunches to target your abdominal muscles.

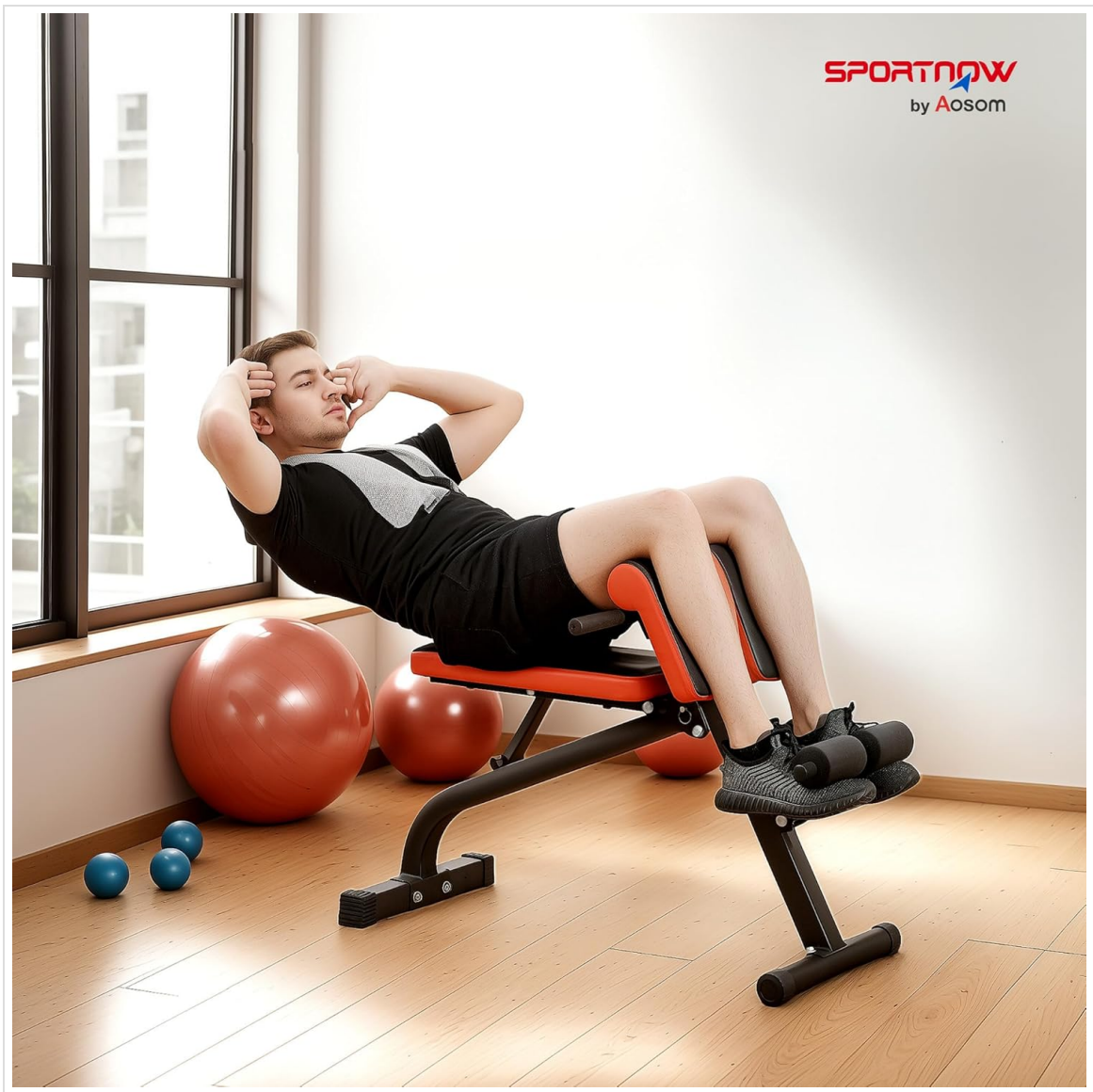


Image: A user demonstrating proper form for sit-ups on the bench, utilizing the leg foam rollers for support.

- **Back Extensions (Hyperextensions):**

Adjust the bench to a flat or slight incline. Position your hips over the main cushion, with your feet secured by the foam rollers. Lower your upper body towards the floor and then raise it back up, engaging your lower back muscles.

- **Dumbbell Training (Preacher Curls):**

Adjust the bench to an incline or use the dedicated preacher curl position (if applicable to the bench's configuration). Rest your arms over the pad and perform bicep curls with dumbbells.



Image: A user performing bicep curls with dumbbells while seated on the bench, demonstrating its use for arm exercises.

- **Push-ups:**

The bench can be used as a stable support for elevated push-ups, targeting different muscle groups depending on hand placement and elevation.

Always maintain proper form and control during exercises. If you experience pain, stop immediately.

MAINTENANCE

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

- **Cleaning:** Wipe down the cushions and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and adjustment pins for tightness. Tighten any loose fasteners.
- **Wear and Tear:** Inspect the foam rollers and upholstery for signs of wear, tears, or damage. Replace worn parts immediately.
- **Storage:** When not in use, fold the bench and store it in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

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

- **Bench feels unstable:** Ensure the bench is on a flat, level surface. Check that all assembly bolts are securely tightened. Verify that the adjustment knob for the cushion is fully engaged and locked.
- **Difficulty adjusting cushion:** Ensure the adjustment knob is fully pulled out before attempting to change the angle. Check for any obstructions in the adjustment mechanism.
- **Squeaking noises:** Apply a small amount of silicone lubricant to pivot points or moving parts if squeaking occurs. Ensure all bolts are tight.

If problems persist, please contact customer support for assistance.

SPECIFICATIONS



Image: Technical drawing showing the detailed dimensions of the bench, including seat width (24 cm), seat length (50 cm), backrest width (26 cm), backrest length (16 cm), overall length (103 cm), width (65 cm), and adjustable height (67-98 cm).



Image: A user seated on the bench, with callouts pointing to key features such as 5 cm thick padding, foam rollers for legs, anti-slip feet, and the robust 50x50 mm steel tube frame, emphasizing stability and comfort.

Product Specifications

| Feature | Detail |
|-------------------------------|---------------------------------------|
| Model Number | A91-369V00BK |
| Brand | SPORTNOW |
| Material | Alloy Steel (Frame), Foam (Padding) |
| Color | Black with Red accents |
| Overall Dimensions (Unfolded) | 103 cm (L) x 65 cm (W) x 67-98 cm (H) |
| Folded Dimensions | 111 cm (L) x 38 cm (W) x 18 cm (H) |
| Product Weight | 12 kg |
| Maximum Weight Capacity | 120 kg |
| Cushion Adjustment | 8 positions |

WARRANTY AND SUPPORT

This SPORTNOW product comes with a standard manufacturer's warranty. Please refer to your purchase documentation or the retailer's website for specific warranty terms and conditions.

For technical assistance, missing parts, or warranty claims, please contact the retailer or SPORTNOW customer service directly. Have your model number (A91-369V00BK) and proof of purchase ready.

Contact Information: (Please refer to your purchase receipt or the official SPORTNOW website for current contact details.)