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› ANCHEER Basic Weight Bench (Model ANCHEER-003-1) Instruction Manual

ANCHEER ANCHEER-003-1

ANCHEER Basic Weight Bench (Model ANCHEER-003-1) Instruction Manual

1. INTRODUCTION

This manual provides essential instructions for the safe assembly, operation, and maintenance of your ANCHEER Basic Weight Bench, Model ANCHEER-003-1. Designed for home gym use, this versatile and foldable bench supports various strength training exercises. Please read this manual thoroughly before initial use and retain it for future reference.



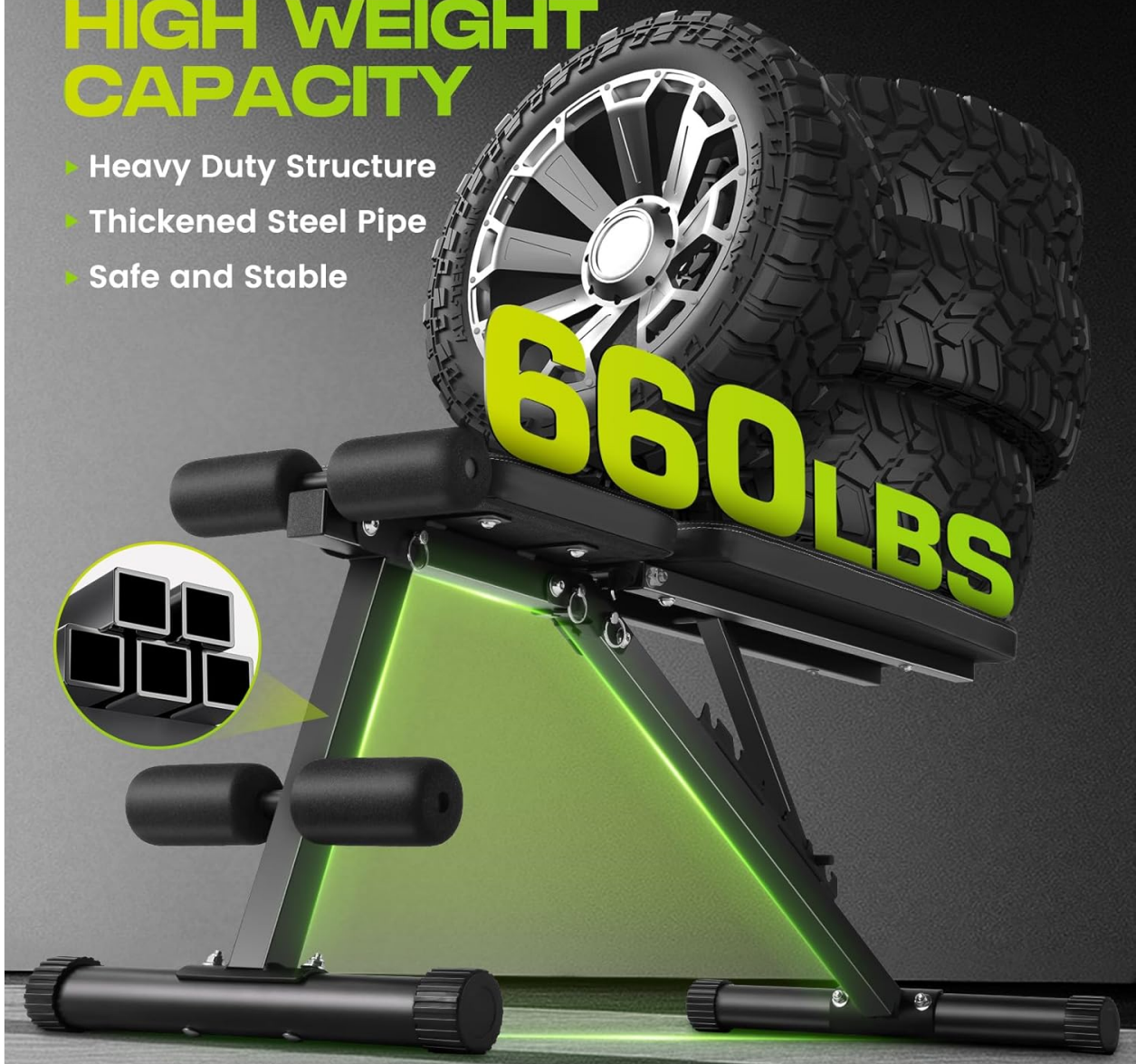
This image displays the ANCHEER Basic Weight Bench, illustrating its versatility in flat, incline, and decline configurations for different exercises. A smaller inset shows the bench folded for storage.

2. SAFETY INFORMATION

- **Maximum Weight Capacity:** The ANCHEER Basic Weight Bench is designed to support a maximum user weight and load of 660 pounds (approximately 300 kg). Do not exceed this limit.
- **Consult a Physician:** Before beginning any exercise program, consult with a physician to ensure you are in appropriate physical condition.
- **Proper Assembly:** Ensure all components are correctly assembled and all bolts and nuts are securely tightened before each use. Refer to the assembly section for detailed instructions.
- **Stable Surface:** Always use the weight bench on a flat, stable, and non-slip surface to prevent tipping or movement during exercise.
- **Clear Area:** Maintain a clear area around the bench during use to avoid obstructions and potential hazards.
- **Children and Pets:** Keep children and pets away from the equipment during operation.
- **Inspect Before Use:** Regularly inspect the bench for any signs of wear, damage, or loose parts. Do not use if damaged.

HIGH WEIGHT CAPACITY

- ▶ Heavy Duty Structure
- ▶ Thickened Steel Pipe
- ▶ Safe and Stable



This image emphasizes the robust construction of the ANCHEER Weight Bench, showcasing its 660-pound weight capacity, heavy-duty structure, and thickened steel pipe for safety and stability.

3. PACKAGE CONTENTS

Upon unpacking, please verify that all the following items are present:

- 1 x ANCHEER Basic Weight Bench (includes all necessary accessories for assembly)
- 1 x User Manual

Note: Weights and dumbbells are not included with the weight bench.

4. ASSEMBLY INSTRUCTIONS

The ANCHEER Basic Weight Bench requires assembly. A detailed user installation manual with clear pictures and part numbers is included in your package. Please follow the steps precisely to ensure proper and safe assembly.

General Assembly Tips:

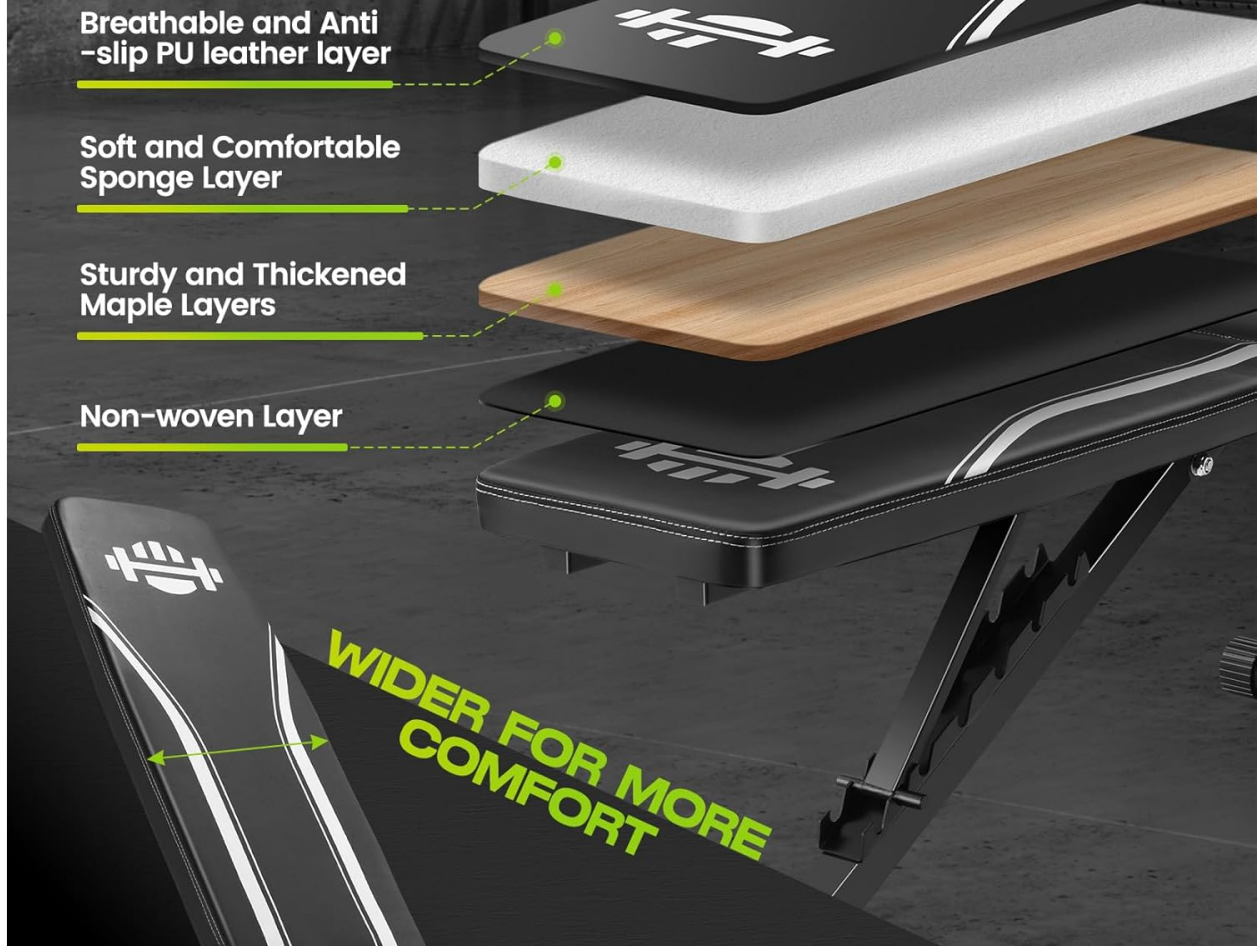
- **Identify Parts:** The hardware (nuts, bolts, washers) is typically plastic-wrapped on a cardboard sheet, numbered to match the assembly drawings. This helps in easy identification.
- **Tools:** While basic tools are provided, using your own pliers or wrenches may offer better torque for tightening bolts securely.
- **Secure Connections:** Ensure all metal parts fit neatly together. Use flat washers for contact points with flat metal frames and concave washers where needed for tube pieces. Tighten all bolts firmly.
- **Time:** Allow sufficient time for assembly, typically around 40-90 minutes, depending on experience.

5. PRODUCT FEATURES

The ANCHEER Basic Weight Bench is designed with several features to enhance your home workout experience:

- **High Stability:** Constructed from high-quality steel with an adjustable non-slip base and a widened front base (17 inches) and rear base (20 inches) to prevent shaking during exercise.
- **Enhanced Support:** Features four high-density thickened support foams, including two additional foams for popliteal fossa protection, providing elastic cushioning.
- **8-Angle Adjustable Backrest:** Easily adjusts to incline, flat, or decline positions using a secure card slot design, allowing for a wide range of exercises.
- **Durable & Comfortable Pad:** The backrest pad is wider and thicker, covered with premium PU leather that is sweat-proof, breathable, wear-resistant, and anti-slip for increased comfort and longevity.
- **Quick Fold Design:** Designed for fast folding by unplugging 3 pins, allowing for 80% space saving and easy storage under furniture or in compact spaces.

UPGRADED ERGONOMIC THICKER PAD



This detailed diagram breaks down the construction of the ANCHEER Weight Bench's upgraded ergonomic pad, featuring a breathable and anti-slip PU leather layer, soft sponge, sturdy maple layers, and a non-woven layer for enhanced comfort and durability.

6. OPERATION

6.1 Adjusting the Bench Position

The ANCHEER Basic Weight Bench offers 8 adjustable backrest angles to accommodate various exercises. To adjust the backrest:

1. Locate the adjustment mechanism, typically a pin or lever, at the base of the backrest.
2. Pull the pin or release the lever to disengage the backrest from its current position.
3. Carefully move the backrest to your desired angle (incline, flat, or decline).
4. Ensure the backrest securely locks into one of the designated card slots. Verify stability before use.

3 IN 1

INCLINE / FLAT / DECLINE BENCH

Full Body Workout



This graphic illustrates the 8 adjustable backrest angles of the ANCHEER Weight Bench, ranging from -31 degrees (decline) to 69 degrees (incline), along with flat position, enabling a full-body workout.

6.2 Folding for Storage

To fold the bench for compact storage:

1. Ensure the bench is in a flat position.
2. Locate the 3 pins that secure the bench's frame.
3. Pull out these 3 pins to release the locking mechanism.
4. Carefully fold the bench inward until it reaches its compact storage configuration.
5. Once folded, the bench can be easily stashed under a couch/bed, in a corner, or a cabinet.

3-SEC FAST FOLDING

80% SPACE SAVING



Pull Out the Pin



Fold and Storage

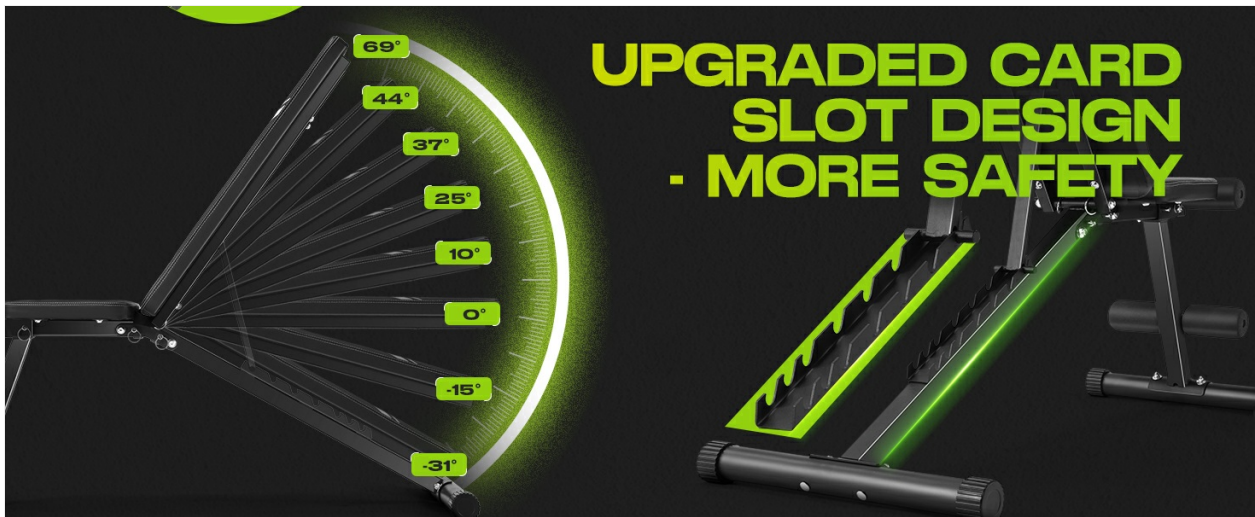


This image demonstrates the quick folding mechanism of the ANCHEER Weight Bench, highlighting how to pull out a pin to fold it, resulting in 80% space saving for easy storage.

6.3 Exercise Examples

The ANCHEER Basic Weight Bench supports a variety of exercises targeting different muscle groups:

- **Chest:** Flat Bench Press, Incline Bench Press, Decline Bench Press, Dumbbell Flyes.
- **Back:** Dumbbell Rowing Exercise.
- **Abdomen:** Sit-ups, Decline Sit-ups, Russian Twists.
- **Arms & Shoulders:** Dumbbell Curls, Shoulder Press.
- **Full Body:** Push-ups (using the bench for elevated push-ups).



This collage showcases the versatility of the ANCHEER Multifunctional Weight Bench by demonstrating various exercises such as dumbbell press, dumbbell rowing, sit-ups, dumbbell curl, push-ups, and Russian twists, illustrating its utility for a full-body workout.

7. MAINTENANCE

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

- **Cleaning:** Wipe down the bench's frame and upholstery with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals that may damage the finish or material.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they remain tight. Re-tighten any loose fasteners.
- **Storage:** When not in use, store the bench in a dry, cool place, away from direct sunlight and extreme temperatures. Utilize its foldable design for compact storage.

8. TROUBLESHOOTING

- **Bench Feels Unstable/Shakes:**
 - a. Ensure the bench is placed on a completely flat and level surface.
 - b. Re-check all assembly bolts and nuts. Tighten any that are loose. Refer to the assembly instructions.
- **Difficulty Adjusting Backrest:**
 - a. Ensure the adjustment pin/lever is fully disengaged.
 - b. Make sure the backrest is aligned correctly with the card slots. Sometimes a slight finesse is needed to seat it squarely.
- **Protruding Screws on Front Leg:**
 - a. Some users have noted that screws on the front leg may protrude. While this is part of the design, exercise caution when moving legs around this area.
 - b. Consider adding protective covers (e.g., silicone caps) over the screw ends if this is a concern. Ensure any covers do not interfere with the bench's stability or folding mechanism.

9. SPECIFICATIONS

Attribute	Detail
Brand	ANCHEER
Model Number	ANCHEER-003-1
Item Weight	12.4 Kilograms
Material	Alloy Steel, Leather, Metal
Color	Black
Product Dimensions (Unfolded)	46"D x 17"W x 20"H
Frame Material	Alloy Steel
Weight Limit	660 Pounds
Package Dimensions	32 x 13 x 7 inches
Package Weight	27 Pounds



This image provides key dimensions of the ANCHEER Weight Bench, both when unfolded (46 inches long, 17 inches wide, 20

inches high) and when folded (33 inches long, 10 inches high, 17 inches wide), illustrating its compact design for small home gyms.

10. WARRANTY AND SUPPORT

ANCHEER is committed to product quality and customer satisfaction.

- **Lifetime Warranty:** All parts of the ANCHEER Basic Weight Bench come with a lifetime warranty.
- **Customer Support:** If you encounter any issues with your product, please do not hesitate to contact ANCHEER customer support. We aim to respond and resolve concerns within 24 hours.

For support, please refer to the contact information provided on the product packaging or the official ANCHEER website.