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**OPPSDECOR PN6044**

# OPPSDECOR Weight Bench Set Instruction Manual

Model: PN6044

Brand: OPPSDECOR

## 1. INTRODUCTION

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This manual provides essential information for the safe and effective use of your OPPSDECOR Weight Bench Set, model PN6044. This versatile fitness equipment is designed for full-body strength training, offering an adjustable bench, squat rack, leg extension, and leg curl functions. Please read this manual thoroughly before assembly and use to ensure proper operation and safety.



Figure 1: OPPSDECOR Weight Bench Set (Model PN6044) in a home gym setting.

## 2. SAFETY INFORMATION

**WARNING:** Serious injury or death can occur if safety precautions are not followed. Always consult with a healthcare professional before starting any new exercise program.

- Ensure all bolts, nuts, and other connections are securely tightened before each use. Regularly inspect the equipment for wear and tear.
- Place the weight bench on a flat, stable surface. Non-slip rubber caps on the leg tubes enhance stability.
- Do not exceed the maximum weight limit of 900 pounds (408 kg) for the bench.
- Keep children and pets away from the equipment during use.
- Use appropriate spotting techniques when lifting heavy weights.
- Always use the safety-enhanced folding frame and lock pins when adjusting or storing the bench.
- Wear appropriate athletic footwear and clothing during workouts.

## 3. PRODUCT FEATURES

The OPPSDECOR Weight Bench Set is engineered for versatility and durability, supporting a wide range of exercises.

- **Versatile Full Body Workout:** Combines an adjustable FID (Flat, Incline, Decline) bench, sliding seat track, leg curl/extension machine, barbell rack, and plate storage posts.
- **Upgraded Seat Sliding Track:** Allows for easy adjustment of the seat and back pad to achieve proper lifting positions for various exercises.
- **5+5+4 Adjustable Design:** Features 5 barbell height positions, 5 sliding seat positions, and 4 backrest positions (flat/incline/decline/upright) for over 100 different exercises.
- **Dual-Function Leg Developer:** Enables targeted leg curls and leg extensions for glutes, quadriceps, and posterior chain muscles.
- **Fast Folding & Storage:** Designed for quick vertical folding, reducing space by 90% for convenient storage.
- **Multiple Safety Features:** Unique triangular structure, back supports, distinctive base design, and non-slip rubber caps ensure stability.
- **Weight Plates Storage Posts:** Includes 3 storage posts (one at the leg developer for 1" & 2" plates with removable sleeves, plus two standard posts at the barbell rack) for organization and safety.
- **Comfortable Padding & Foam:** Premium multi-layer padding with high-density foam core and tear-resistant PU leather for comfort during workouts.

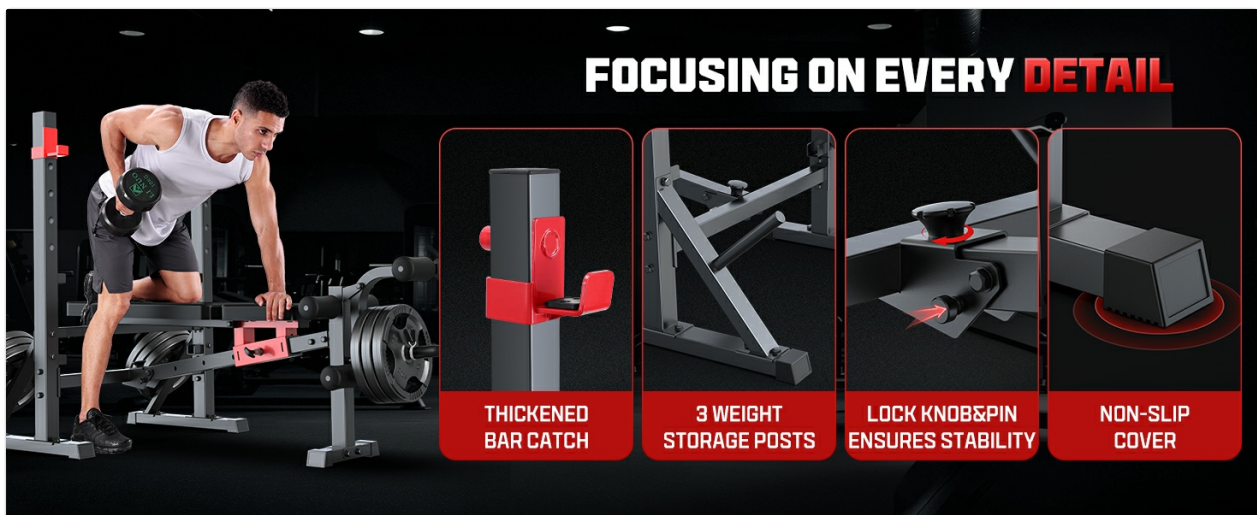


Figure 2: Detailed features of the OPPSDECOR Weight Bench Set.

## 4. SETUP INSTRUCTIONS

The OPPSDECOR Weight Bench Set is designed for straightforward assembly. All required components and tools are included and categorized for ease of installation.

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all components listed in the parts list (not provided in this extract) are present and undamaged.
2. **Assemble Main Frame:** Follow the step-by-step instructions provided in the separate assembly guide to construct the main frame, ensuring all bolts are tightened securely.
3. **Attach Barbell Rack:** Secure the barbell rack posts to the main frame, ensuring they are stable and the J-hooks (bar catches) are correctly installed.
4. **Install Bench Pads:** Attach the seat and backrest pads to the adjustable mechanisms.
5. **Mount Leg Developer:** Secure the dual-function leg developer to the front of the bench. Ensure the

removable sleeves for 1" and 2" plates are correctly placed if using.

6. **Final Inspection:** Before first use, double-check all connections for tightness and stability. Ensure the bench is placed on a level surface.

# 5s FOLDING



6.69sq.ft

## 90% SAVE SPACE

**Step1**



Tighten the T-handle

**Step2**



Lift the backrest

**Step3**



Insert the pin

Figure 3: Illustration of the quick folding mechanism for space-saving storage.

## 5. OPERATING INSTRUCTIONS

The OPPSDECOR Weight Bench offers multiple adjustments for various exercises. Always adjust the bench and rack to your specific needs before starting any exercise.

## 5.1 Adjusting the Bench and Barbell Rack

- **Backrest Adjustment:** To change the backrest angle (flat, incline, decline, upright), loosen the knob on the side, adjust to one of the 4 positions, and re-tighten the knob securely.
- **Seat Adjustment:** The seat slides along a track. Loosen the knob, slide the seat to one of the 5 positions, and re-tighten. This allows for optimal body alignment.
- **Barbell Rack Height:** The barbell rack has 5 height positions. To adjust, remove the J-hooks, reposition them to the desired height, and ensure they are fully inserted and stable.



Figure 4: Adjustable features for diverse workout positions.

## 5.2 Performing Exercises

This bench supports a variety of exercises. Examples include:

- **Bench Press (Flat, Incline, Decline):** Adjust the backrest to the desired angle. Position yourself on the bench, ensuring your feet are flat on the floor for stability. Use the barbell rack for barbell presses or dumbbells for dumbbell presses.
- **Leg Extensions:** Sit on the bench with your legs under the leg developer pads. Place weight plates on the leg developer post. Extend your legs fully, contracting your quadriceps.
- **Leg Curls:** Lie face down on the bench, hooking your heels under the leg developer pads. Place weight plates on the post. Curl your legs upwards, contracting your hamstrings.
- **Squats:** Utilize the barbell rack as a squat rack. Ensure the J-hooks are at an appropriate height for safely racking and unracking the barbell.



Figure 5: Examples of exercises possible with the OPPSDECOR Weight Bench.

## 5.3 Folding for Storage

To fold the bench for space-saving storage:

1. Ensure the seat slider is in the rightmost position.
2. Pull out the lock knob located on the seat track.
3. Lift the backrest vertically until it locks into the upright position.
4. Insert the safety pin to secure the folded bench.

# 90% SPACE

## QUICK FOLDING SAVES



Figure 6: The weight bench in its folded, space-saving configuration.

### 5.4 Official Product Video

Watch this video for a demonstration of the OPPSDECOR Folding Workout Bench for Home Gym, showcasing its features and various exercises.

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Video 1: OPPSDECOR Folding Workout Bench for Home Gym. This video demonstrates the assembly, adjustment, and various exercises that can be performed with the weight bench, including bench press, leg extensions, and leg curls, as well as its folding mechanism for storage.

## 6. MAINTENANCE

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

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness. Re-tighten as necessary. Inspect cables (if any) and padding for signs of wear, fraying, or damage.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts, such as the seat sliding track and leg developer pivots, to ensure smooth operation.
- **Storage:** When not in use, store the bench in a clean, dry environment. Utilize its folding feature to save space.

## 7. TROUBLESHOOTING

If you encounter any issues with your OPPSDECOR Weight Bench Set, refer to the following common troubleshooting tips:

- **Bench Instability:** Ensure the bench is on a level surface. Check all frame bolts and nuts for tightness and re-tighten if loose. Verify that the non-slip rubber caps are intact on all feet.
- **Difficulty Adjusting:** If the backrest or seat is difficult to adjust, ensure the adjustment knobs are fully loosened. Check for any obstructions in the sliding mechanism or adjustment holes. Apply a small amount of lubricant if necessary.
- **Squeaking Noises:** Squeaking often indicates loose connections or a need for lubrication. Identify the source of the noise, tighten any loose bolts, or apply lubricant to moving parts.
- **Damaged Parts:** Discontinue use immediately if any part is damaged or broken. Do not attempt to repair it yourself if it compromises safety. Contact customer support for replacement parts.

## 8. SPECIFICATIONS

Feature	Specification
Brand	OPPSDECOR
Model Number	PN6044
Item Weight	31.5 Kilograms
Material	Alloy Steel
Color	Black
Product Dimensions (LxWxH)	74.8"D x 38"W x 49.6"H
Weight Limit	900 Pounds
Adjustable Positions	5 Barbell Rack, 5 Sliding Seat, 4 Backrest
Folding Feature	90% Space Reduction

## 9. WARRANTY AND SUPPORT

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For warranty information, product support, or to order replacement parts, please contact OPPSDECOR customer service directly. Keep your purchase receipt as proof of purchase.

This product may be eligible for a 30-day refund/replacement return policy through the retailer. Optional protection plans may also be available for extended coverage.