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› OPPSDECOR 900LBS Foldable Weight Bench Instruction Manual (Model LSL6044)

OPPSDECOR LSL6044

OPPSDECOR 900LBS Foldable Weight Bench Instruction Manual

MODEL: LSL6044

Introduction

This manual provides detailed instructions for the assembly, operation, maintenance, and safety of your OPPSDECOR 900LBS Foldable Weight Bench. Designed for home gym use, this versatile bench supports a variety of strength training exercises, including bench press, leg extensions, and leg curls. Please read this manual thoroughly before assembly and use to ensure safe and effective operation.

Safety Information

- 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. Use non-slip mats if necessary to prevent movement.
- Do not exceed the maximum weight capacity of 900 lbs (including user weight and lifted weights).
- Keep children and pets away from the equipment during use.
- Use proper lifting techniques and always use a spotter when lifting heavy weights.
- Wear appropriate athletic footwear and clothing.
- If you experience pain or discomfort during exercise, stop immediately.

Setup and Assembly

Assembly typically takes approximately 2.5 hours. While all necessary hardware is provided, please note that assembly tools are not included. Refer to the included hardware list to identify all components before beginning assembly.

Step-by-step assembly and usage demonstration:

Your browser does not support the video tag.

Official product video demonstrating the assembly, various adjustment options, and a range of exercises that can be performed with the OPPSDECOR 900LBS Foldable Weight Bench, including bench press, leg exercises, and dumbbell workouts. It also shows the folding mechanism for storage.

Assembly Overview:



Overall view of the OPPSDECOR Foldable Weight Bench with Leg Extension and Leg Curl.

UPGRADED DOUBLE PINS

QUICKLY FOLD AND UNFOLD
ADDING MORE STABILITY

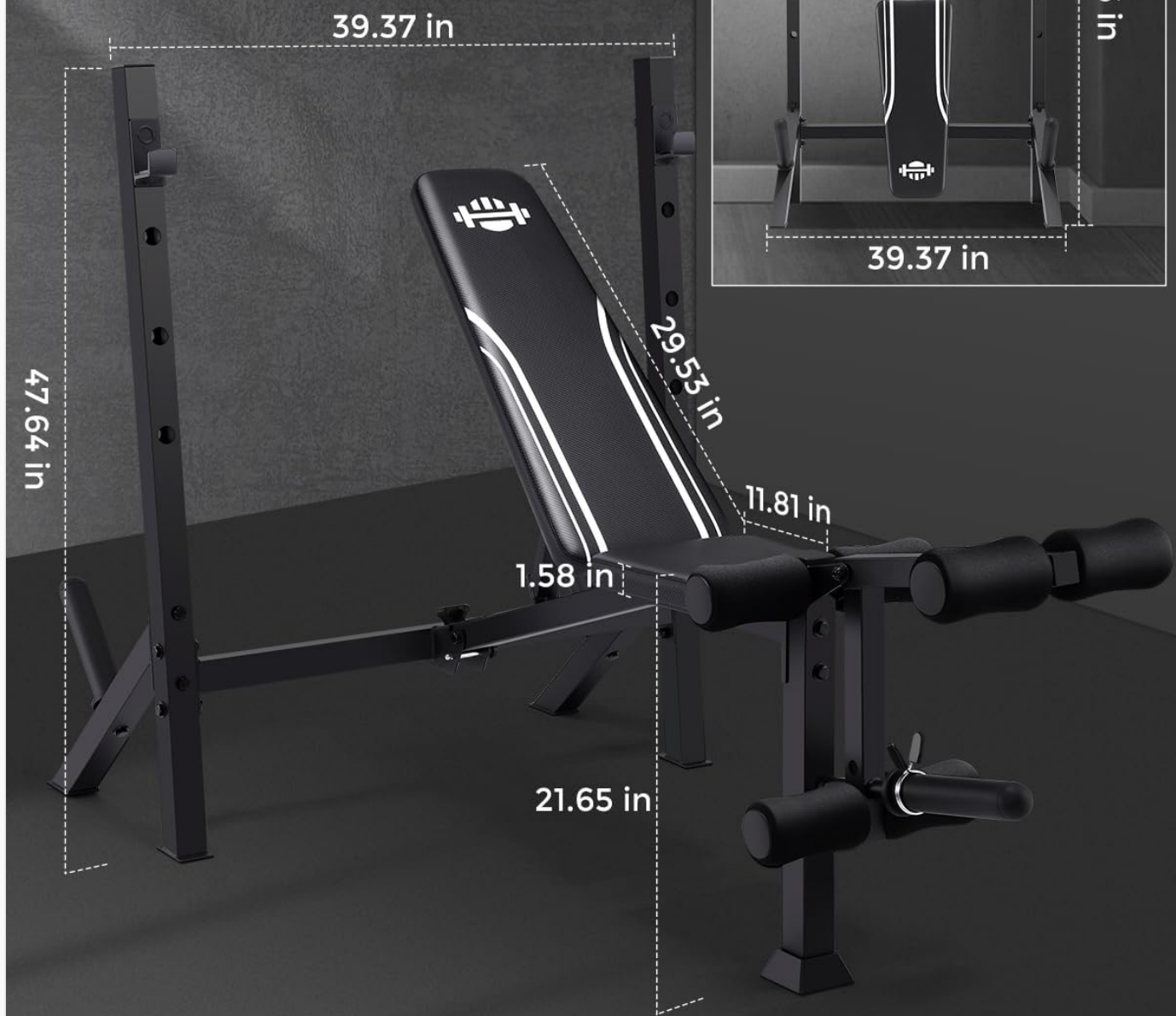


Diagram showing the dimensions and folding mechanism of the bench, emphasizing its space-saving design with upgraded double pins for stability.

Operating Instructions

The OPPSDECOR weight bench offers multiple adjustment points to customize your workout experience. Always ensure adjustments are securely locked before use.

Bench Adjustments:

- **Backrest:** Features 7 adjustable positions for incline, flat, and decline exercises. Adjust the support bar to your desired angle and ensure it is securely seated.
- **Seat:** Offers 5 adjustable positions to complement the backrest angle and provide optimal support during various exercises.
- **Barbell Rack (J-Hooks):** The J-hooks can be adjusted to 5 different height settings to accommodate various barbell exercises and user heights. Ensure the J-hooks are firmly inserted into the frame.
- **Leg Developer:** The integrated leg developer is compatible with both Olympic (2-inch inner diameter) and standard (1-inch inner diameter) weight plates. Use the provided clips to secure weight plates.

INCLINE/FLAT/DECLINE BENCH PRESS

FULL BODY WORKOUT
EASY ADJUSTABLE

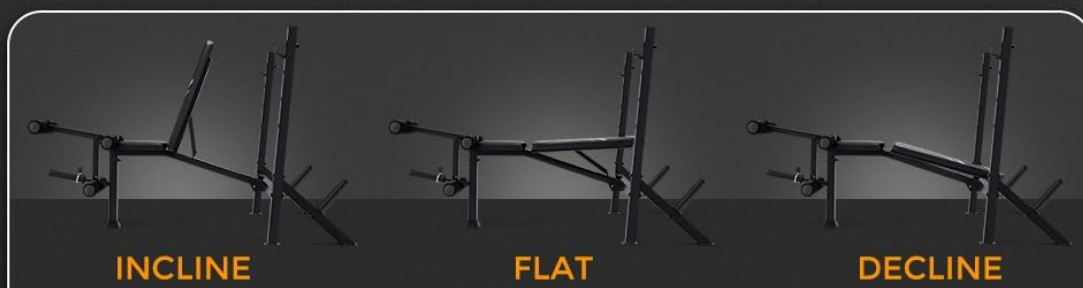


Diagram illustrating the 7-position adjustable backrest and 4-position J-hooks for incline, flat, and decline bench press.

Folding for Storage:

To fold the bench for space-saving storage, follow the instructions for releasing the locking pins and folding the components. Ensure all parts are securely locked in the folded position before moving or storing.

Recommended Exercises:

This versatile bench supports a wide range of exercises for a full-body workout:

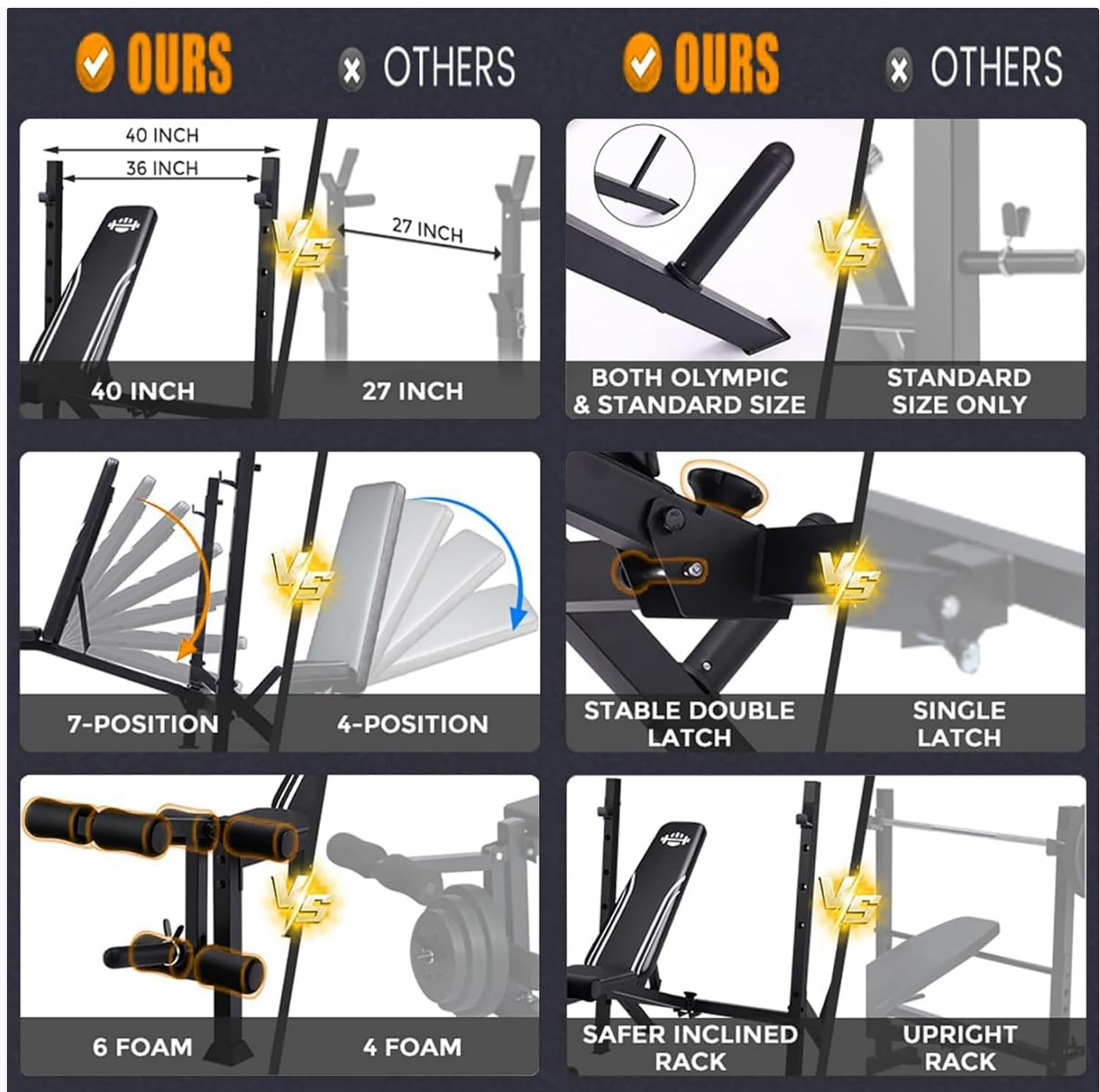
- **Chest:** Bench Press (Flat, Incline, Decline), Dumbbell Press, Dumbbell Flyes.
- **Legs:** Leg Extensions, Leg Curls.
- **Arms/Shoulders:** Dumbbell Curls, Arm Rowing, Reverse Fly.
- **Core:** Decline Sit-ups, Crunches.

MUST HAVE FOR YOUR HOME GYM

EXERCISE YOUR WHOLE BODY MUSCLE GROUPS



Collage demonstrating various exercises possible with the bench, including bench press, leg curls, leg extensions, and dumbbell curls.



Comparison chart highlighting features of this bench versus others, including wider rack, Olympic & standard size compatibility, 7-position backrest, stable double latch, 6 foam rollers, and safer inclined rack.

Maintenance

- **Cleaning:** Wipe down the bench 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 and wear. Tighten any loose fasteners.
- **Storage:** When not in use, store the foldable bench in a dry, cool place away from direct sunlight and extreme temperatures.

Troubleshooting

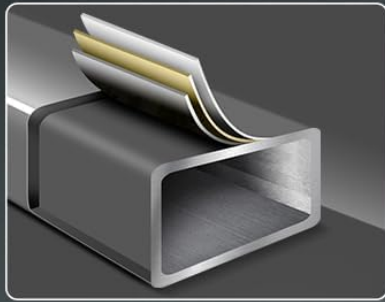
- **Bench Wobbles:** Ensure all assembly bolts are fully tightened. The bench is designed to be stable when properly secured.

- **Difficulty Adjusting:** Check for any obstructions or misaligned parts. Ensure adjustment pins are fully disengaged before attempting to move components.
- **Weight Plate Rubbing (Leg Developer):** If using Olympic-sized plates, ensure they are properly seated and secured with the provided clips. Some larger plates may have minimal contact depending on leg size, but should not impede movement significantly.

Specifications

Feature	Detail
Brand	OPPSDECOR
Model Number	LSL6044
Item Weight	26.3 Kilograms
Material	Metal (Frame), PU Leather (Padding)
Color	White
Product Dimensions (LxWxH)	76.4"D x 40.35"W x 47.22"H
Weight Limit	900 Pounds
Backrest Positions	7 (Incline, Flat, Decline)
Seat Positions	5
Barbell Rack Positions	5
Leg Developer Compatibility	Olympic (2-inch) and Standard (1-inch) weight plates

SECURE, STEADY-REFUSE SHAKE



HEAVY DUTY STRUCTURE
HIGH DENSITY STEEL - 2MM
HIGH STRENGTH BOLT
HIGH PRECISION WELD

900 LBS

The main image shows a heavy-duty steel frame, likely for a gym or industrial use. A glowing orange pyramid is superimposed on the frame, pointing upwards towards the text '900 LBS', which is written in large, bold, white letters. The pyramid's base is on the floor, and its apex is near the text. The frame itself is dark grey or black, with various bolts and joints visible. The background is a dark, slightly textured surface.

TESTED STATIC LOAD CAPACITY UP TO 1600+ LBS,
RECOMMENDED SAFE USE 900 LBS

Detailed view of the heavy-duty steel frame and non-slip base, highlighting the 900 lbs weight capacity.

Upgraded Ergonomic Thicker Pad

- Ⓐ Breathable and Anti-slip PU leather layer
- Ⓑ Soft and Comfortable Sponge Layer
- Ⓒ Sturdy and Thickened Maple Layers
- Ⓓ Non-woven Layer



Cross-section of the upgraded ergonomic thicker pad, showing layers of breathable PU leather, sponge, maple, and non-woven material.

Warranty and Support

For warranty information, product support, or to order replacement parts, please contact OPPSDECOR customer service directly. Refer to your purchase documentation or the manufacturer's website for specific contact details.

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