

OPPSDECOR 6045KC

OPPSDECOR Adjustable Weight Bench Instruction Manual

Model: 6045KC

1. INTRODUCTION

Thank you for choosing the OPPSDECOR Adjustable Weight Bench. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

2. SAFETY INSTRUCTIONS

Your safety is paramount. Adhere to the following guidelines to prevent injury and ensure proper use of the weight bench:

- **Weight Limit:** Do not exceed the maximum weight capacity of 900 pounds (408 kg). This includes user weight plus any weights being lifted.
- **Stable Surface:** Always use the bench on a flat, stable, and non-slip surface. Ensure the extended rear base is fully deployed for maximum stability.
- **Proper Assembly:** Ensure all bolts, nuts, and adjustment pins are securely fastened before each use. Regularly check for loose parts.
- **Adjustments:** Always ensure adjustment pins are fully engaged and secured before applying weight. Never adjust the bench while in use or under load.
- **Clearance:** Maintain adequate clear space around the bench during exercise to prevent accidents.
- **Supervision:** Children and pets should be kept away from the equipment during use.
- **Health Check:** Consult a physician before starting any new exercise program. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- **Inspection:** Before each workout, inspect the bench for any signs of wear, damage, or loose components. Do not use if damaged.

3. PRODUCT OVERVIEW

The OPPSDECOR Adjustable Weight Bench is designed for versatile home gym strength training. Key features include:

- **High Weight Capacity:** Supports up to 900 lbs for robust workouts.
- **Adjustable Positions:** Features 8 backrest, 4 seat, and 2 footrest positions, allowing for incline, decline, flat, and upright exercises.
- **Space-Saving Design:** 90% pre-assembled for quick setup and folds to a compact size (33x8x12 inches) for easy storage.
- **Enhanced Stability:** Equipped with an extended rear base (approx. 20 inches) and triple-direction screw fastening to prevent wobbling.
- **Ergonomic Design:** 18.5-inch height for optimal foot grip and a unique 90-degree shoulder press position for torso stability.
- **Durable Construction:** Built with reinforced triangular structure and high-quality, sweat-resistant cushioning.



Figure 1: The OPPSDECOR Adjustable Weight Bench showcasing its various configurations and foldable design.

4. SETUP

The OPPSDECOR Adjustable Weight Bench comes 90% pre-assembled for quick and easy setup. Follow these steps to complete the assembly:

1. **Unpack:** Carefully remove all components from the packaging. Verify that all parts listed in the assembly guide are present.
2. **Unfold:** Gently unfold the main frame of the bench.
3. **Attach Footrest:** Secure the footrest attachment to the designated slot on the front leg using the provided pin and tighten any associated screws.
4. **Stabilize:** Ensure the extended rear base is properly positioned and all locking mechanisms are engaged.
5. **Final Check:** Double-check all bolts, pins, and connections to ensure they are tight and secure before initial use.



Figure 2: Close-up of the extended rear base and triple-direction screw fastening for enhanced stability.

5. OPERATING INSTRUCTIONS

The bench offers multiple adjustment points for a variety of exercises. Always ensure the bench is stable and adjustment pins are fully engaged before use.

5.1 Adjusting Backrest and Seat

The bench features 8 backrest positions (from -30° to 90°) and 4 seat positions. To adjust:

1. Locate the self-returning spring lock mechanism for the backrest/seat.
2. Pull the spring lock with one hand to disengage the pin.
3. Adjust the backrest/seat to your desired angle.
4. Release the spring lock, ensuring the pin fully engages into a new position. Gently test stability before use.



Figure 3: Visual representation of the 8 backrest and 4 seat positions for versatile workouts.

5.2 Adjusting Footrest

The footrest has 2 adjustable positions to secure your legs during decline or sit-up exercises.

1. Locate the adjustment pin on the footrest bar.
2. Pull the pin to release the footrest.
3. Slide the footrest to the desired height.
4. Release the pin, ensuring it locks securely into place.

5.3 Folding and Storage

The bench can be easily folded for compact storage.

1. Ensure the backrest and seat are in their lowest, flat positions.
2. Locate the main folding pin (often near the center hinge).
3. Pull the pin to release the folding mechanism.
4. Fold the bench inward until it is compact.
5. Secure the folding pin to prevent accidental unfolding.
6. Use the integrated strap handle for easy transport.



Figure 4: The bench folds quickly for storage in small spaces, such as a car trunk, under a desk, or against a wall.

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Video 1: Official product video demonstrating the folding and unfolding process of the OPPSDECOR Adjustable Weight Bench.

6. MAINTENANCE

Regular maintenance ensures the longevity and safety of your weight bench:

- **Cleaning:** Wipe down the upholstery and frame with a damp cloth after each use to remove sweat

and dirt. Avoid harsh chemicals.

- **Inspection:** Periodically check all nuts, bolts, and pins for tightness. Tighten any loose fasteners.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures to prevent material degradation.
- **Upholstery Care:** Avoid sharp objects that could puncture or tear the cushioning.

7. TROUBLESHOOTING

If you encounter any issues with your OPPSDECOR Adjustable Weight Bench, refer to the following common solutions:

Problem	Possible Cause	Solution
Bench feels wobbly	Loose fasteners; uneven surface.	Tighten all bolts and nuts. Ensure the bench is on a flat, level surface. Adjust feet if applicable.
Adjustment pin not engaging	Obstruction in the hole; pin bent or damaged.	Check for any debris in the adjustment holes. Ensure the pin is straight. Contact support if damaged.
Difficulty folding/unfolding	Pin not fully disengaged; mechanism stiff.	Ensure all pins are fully pulled out. Apply a small amount of silicone lubricant to moving parts if stiff.

8. SPECIFICATIONS

Attribute	Detail
Brand	OPPSDECOR
Model Number	6045KC
Material	Alloy Steel
Color	Black
Product Dimensions (LxWxH)	47.3"D x 19.7"W x 47.3"H
Item Weight	14.2 Kilograms (approx. 31.3 lbs)
Weight Limit	900 Pounds
UPC	199723044313

9. WARRANTY & SUPPORT

OPPSDECOR offers a lifetime warranty for this product. If you encounter any issues, please do not hesitate to contact us. We are committed to responding and resolving any concerns within 24 hours. Your satisfaction is our top priority.

For support, please refer to the contact information provided with your purchase or visit the official OPPSDECOR website.

